



1931 - 2021

STELLA MARIS NEWSLETTER

administration@stellamaris.nsw.edu.au

www.stellamaris.nsw.edu.au

Term 4 Issue 3

22 October 2021



Prayer

Creator God,

*You are present in the whole universe
And in the smallest of your creatures.*

You surround with your tenderness all that exists.

Help us to be a witness to your presence,

To your compassion, here and now,

*And inspire us to live in communion with all that
surrounds us.*

AMEN



Vinnies Winter Appeal & Northern Beaches Women's Shelter

If you have any donations that you have gathered during lockdown for the Vinnies Winter Appeal and Northern Beaches Women's Shelter Drive, please remember to bring them in during Week 4 ONLY 25th to 29th October. Thank you in advance for your generosity!

Fees Help

Thank you to those families who have worked with us to manage their payments during this difficult year.

The Fees Department treat all communications confidentially and are contactable on fees@stellamaris.nsw.edu.au or feel free to call or leave a voicemail on 9976 1813 or 9976 1812

Should you need fee assistance beyond what the College can provide, another option to families is considering funding your school fees via Edstart – please see flyer in this newsletter for more information.

Dear Stella Community

2022 Student Leadership Team

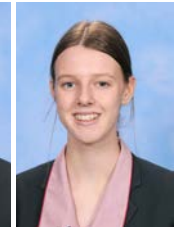
This week Ms Smith and I interviewed students for the positions of College Captain and Vice Captains and I am happy to inform you that the following girls were successful in attaining these positions.



*Paris Downs
Captain*



*Alexandra Alle
Vice Captain*



*Ella McLeod
Vice Captain*

Other Year 11 students have also been elected to the Prefect positions (see next page). I look forward to them making their mark as senior leaders for the College.

Returning to School

A recent article in *The Conversation* made some suggestions to parents and carers about what might assist students with the return of face-to-face learning.

- It suggests that setting new routines to re-establish structure will assist with getting to school.
- Allowing time to reset is important as students might be tired when first going back to school.
- Acknowledging that it might be difficult or that teens might be anxious about what the first days might be like.
- Showing empathy and helping them to reach out to their friends to support them could be useful.
- Finally, being optimistic about the experience of returning to school is important to assist the transition.

[Read more in *The Conversation*](#)

Another worthwhile read is *The Good Oil*, the monthly newsletter of the Good Samaritan Sisters. Read it [HERE](#).

Elizabeth Carnegie, Principal



Diary Dates

25 Oct	Welcome back!
1 Nov	Year 12 Graduation
8 Nov	HSC begins
15 Nov	Year 10 Advancement Program begins
19 Nov	Comedy for a Cause P&F Event
1 Dec	Presentation Night
2 Dec	End of Term 4 for students (half day)

Prefects 2022

The process of electing our Student Leaders each year is founded on democratic processes that are fair, transparent and rigorous. This ensures those elected are authentic and enthusiastic representatives of their fellow students and the College as a whole.

Congratulations to the following Year 11 students who have been elected as Prefects for 2022. Each of them fulfils an important leadership role within the College reflecting the breadth and depth of a Stella education.

Wellbeing

Nina Winther
Ruby Warner

SRC

Sophie Dunne
Chloe Hatvany

Liturgy

Sky Barham
Mathilde Hanaut

Social Justice

Lara Dean
Emily Varde

International

Sherry Jin

Duke of Edinburgh

Stella Guberina

Academic

Bronte Coles

Sports

Emily Smith

Stewardship

Emily Mihelic
Elisa Royle

Creative and Performing Arts

Tilli McMahon

The College has every confidence that this strong team will wholly support Paris, Alex and Ella and be worthy role models for the whole student body.

Check next week's Northern Beaches Review for an editorial about their election.

It is worth noting that one of the benefits of an all-girls' environment is that the girls are called to step into all leadership positions without concern for traditional gender roles.

So many of our alumnae are in positions of influence in a broad range of domains - medicine, politics, education, law, the arts, sport, academia and social justice, among others. Experiencing leadership at school breaks down barriers and creates mindsets for future success. There's no glass ceiling at Stella!

Standing Up for Education for Afghani Girls

An education for all is a basic right and will foster future peace, so Stella students are hitting the keyboards to lobby the government to take stronger action to ensure the right to an education is upheld for girls and women living under Taliban rule in Afghanistan. In the Year Meetings this past week in Year 7, Year 8 and Year 9, the Heads of Year raised this initiative with their groups and gave these younger girls some context about what is happening in Afghanistan.

The idea is to gather and direct student letters to Mr Alex Hawke, Minister for Immigration. As part of our Stella Year of Peace & Justice, we see this as a something we can do to support fellow female students that, in stark contrast to the opportunities available to us here in Australia, are now restricted and controlled under the Taliban.

Ms Metcalfe has provided a template to help our girls construct their own letters. Please encourage your daughters to get writing!

Letters are due to Ms Metcalfe by this Tuesday, 26th October, Period 2 (PC session). JRS (Jesuit Refugee Service) and other Good Sam schools are also gathering student letters to send all together by next Wednesday 27th October.

Calling Volunteers! Christmas Wrapping for Bear Cottage

If you would like to volunteer to wrap Christmas presents at Warringah Mall to raise money for Bear Cottage, contact Ms Metcalfe or Ms Silburn to express your interest **by next Tuesday's** Pastoral Care session Period 2, 26th October.

- The Christmas Wrapping Station will commence on Saturday 4th December and Sunday 5th December (just for the weekend) and then 7 days per week from Saturday 11th December until Friday 24th December (during all shopping hours).
- The shifts are 2 hours at a time, however, it is possible to request longer/double shifts. The students may be able to be rostered together with their friends depending on shift availability.

ADDITIONAL INFORMATION

This will be provided in a more formalised fashion closer to the time but in the interim, please note the following:

- Depending on the date/times, 3 to 6 volunteers at a time are required.
- There is ample space on the stand for volunteers to be safely socially distanced and masks must/may be worn (depending on NSW Health guidelines at the time). Hand sanitiser will be provided.
- There will be a designated "team leader" on the stand for each shift so that the students are able to receive guidance during their shift if required
- All volunteers must be double vaccinated with proof of vaccination provided prior to volunteering
- Volunteers and customers will be required to check in via the Westfield QR code as per entry requirements to other shops at Warringah Mall
- Bollards and roping will be in place to ensure that customers are able to social distance and form orderly lines

Festival of Speech

We had six students represent the College in the Independent Girls' School Association's annual "Festival of Speech", which was held virtually on Friday night and Saturday morning. Ruby Kelly and Samantha Winter from Year 9 entered the Junior Poetry and Readings sections respectively, while Amelie Dooney (Year 8), Audrey Ray, Ava Nicolson and Amelia Duffy (all Year 9) competed as our Junior Debating Team. Congratulations to Sami who was a Top 10 finalist out of twenty-one schools, and to the debaters for reaching the quarter finals! Well done to all participants on their outstanding enthusiasm for the event!

Here are the topics from the event. Have a family debate at home!

- That there should be a minister for young people in cabinet.
- That we should teach current affairs instead of history.
- That we prefer social media activism over physical protests.

Alex Mascarenhas, Debating Coordinator

Duke of Ed News

Unfortunately due to current restrictions, all overnight hikes have been postponed for Term 4, although we are getting very excited for the Tasmania and Snowy mountains tour in January which will kick off a very exciting 2022 with the Award at the College. Students on these tours, please keep an eye out for meeting catch up times next week.

Exciting new opportunities

Gold Award residential opportunity: We have limited spaces available for a residential experience working with the National Park Sustainability team at Morning Bay. Students would be completing training in bush regeneration around the Pittwater hostel, residing with other Year 12 students from PLC at the hostel. Please email Ms Silburn for information.

Service opportunities

Bear Cottage have kindly asked for volunteers for their annual Christmas wrapping store at Warringah Mall. If you are interested please contact Ms Silburn or Ms Metcalfe for details.

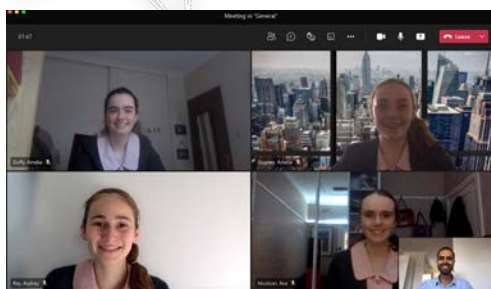
Lifeline Book Fair is planned for 9th – 12th December at St Augustine's College. Now more than ever Lifeline need our help in raising vital funds for community mental health support. If you would like to help out over one or more days please contact Glenice on 0419 269 821

Capes for Kids will resume next week for Year 9. Please bring in any creations you have made over the past few months.

We are very excited to see you all back at school next week and assisting you with your Award journey.

As always, Ms Rudolph and I are here to help you so please don't hesitate to reach out.

Ms Silburn, Duke of Ed Coordinator



Festival of Speech Debating Team Photo

Careers

Job of the Week: Librarian

What does a Librarian do?

Librarians develop and organise collections of information, such as books and electronic records. They assist people to help them find the information they are looking for. Librarians can work in a variety of settings, including public libraries, academic libraries, school libraries, and archives.

If you are curious and inquisitive, have great organisational and communication skills, and want a career that is always changing and evolving, becoming a Librarian could be perfect for you.

How do you become a Librarian?

Click [here](#) to learn more about this job and pathways to get there.



Reminder: Career Catch-ups

Career catch-ups are about to begin for our Year 11 girls embarking on their Year 12 journey. To assist in ensuring a beneficial meeting to begin your post-school pathway process, please click on the link below and complete the questions to prepare for our career catch-up meeting.

[Complete THESE QUESTIONS](#)

Stella Careers Website

Please visit our very own Stella Careers website at www.stellacareers.com for all your career needs, PLUS, see our regular weekly Careers newsletters [HERE](#).

*Lisa Walsh
Careers & Pathways Advisor*



Perspectives

Your school in focus

Our school is using the Perspectives: Your school in focus suite of surveys developed by AISNSW to support our school improvement endeavours. The information gathered will assist in furthering the growth and development of our school community. We will use the survey results to help inform and direct future school planning and improvement strategies.

These surveys are specifically designed to assist schools in gaining an understanding of stakeholders' perceptions of five important areas: School Environment, Teaching and Learning, Student Wellbeing, Leadership and Community. All staff, students, parents/guardians, leaders and Board members are invited to participate.

The surveys will be available from 1 November to 14 November and are conducted online, taking approximately 15 to 20 minutes to complete.

Your input and contribution are important to the success of our continuous school improvement process as we aspire to improve the learning experience for everyone at our school.

For any enquiries about the surveys please contact Courtney Pynsent wellbeing@stellamaris.nsw.edu.au

Good Sams Foundation

"On Thursday the 21st some girls from Stella and I got to talk some of the Sisters of the Good Samaritan about the work that the Good Samaritan Foundation supports. We talked to Sisters in Melbourne, Sydney and the Philippines. All of these sisters have different stories and work in very different places.

One Sister works in the Philippines and gets no money from it. She helps at the Kinder School and helps cook in kitchens to make food for the homeless. They teach women how to cook and help them with their personal lives. She also takes food and amenities to women in prison and talks to them. Unfortunately a lot of their work has been put on hold due to the pandemic. Many of the kids have not been able to attend school and they have not been able to enter the prisons. Many people in the Philippines have not been able to get vaccinated either so this means a lot of them are getting Covid and becoming very sick.

We also got to talk to a Sister in Melbourne. She is a family investigator for women and children's domestic violence and works in homes and safe places where women and children can come to escape domestic violence. The location of the home is kept secret and only known to people staying there and people who work there. This is so a partner can't come in and hurt them. We got to learn some facts about domestic violence as well. One of these facts was that one woman every week is murdered by her partner due to domestic violence. This is why the Sisters create places like this, so these things happen less often.

Overall it was a great experience to see the work done all over the world by the Sisters and how it is helping people everywhere.

We saw that when everyone makes small changes we can make big changes to the world around us."

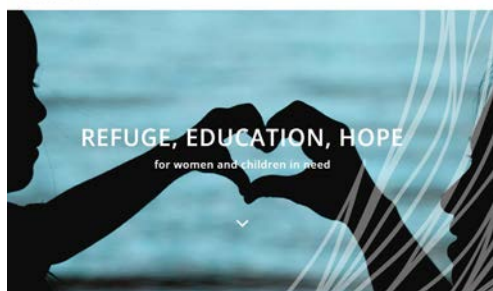
Sahara, Year 8

To learn more about the Good Sams Foundation and the very important work of the Sisters, visit their website [HERE](#). Are you looking for a charity you can trust to make the absolute best use of your charity dollars? Consider becoming a supporter - a link in the chain for people in most need both here and in our region.

[REFUGE](#) [SHELTER](#) [HOPE](#) [PACIFIC REGION](#)



[HOME](#) [WHO WE ARE](#) [WHAT WE DO](#) [HOW TO HELP](#) [DONATE](#) [W](#) [F](#)



Virtual Vinnies High School Christmas Gathering Invitation



Invitation to the first Virtual Vinnies Christmas Gathering! Held on the Thursday 2nd December from 3.30pm-4.30pm, this will be a great opportunity for students to have lots of fun games and connect with other schools.

Registration closes on Monday 22nd November so please email Ms Metcalfe before then if you are interested.

Comedy Night 19th November Star of the Sea Theatre

Have you bought your tickets yet for our one and only social event for the year? A fantastic line-up of comedians is secured and drinks will be available prior to the show. Don't miss out on this great opportunity to support our school and catch up with friends. Tickets are \$35. To book follow this link comedyforacause.net/SMC.

All guests will be required to check-in using the QR code on arrival and will need to show proof of vaccination status. This is an adult only event (no students).

P&F Meeting Guest Speaker Brett Foster

A reminder that the P & F Meeting for Term 4 is on this

Wednesday, 27th October at 7.30pm on Teams and will feature guest speak Brett Foster, Director of Innovative Learning, who will make a brief presentation on Innovative Learning during COVID to help parents/carers understand how the girls have been engaging in learning this year.

To join the meeting you need to register by sending an email to fleur_tichelaar@stellamaris.nsw.edu.au before 12 noon on Wednesday so you can be sent a meeting link. We hope to see you there!

Thank you

A big thank you to Kylie Andrew, Amy Smith and Jill Roy for an informative webinar on Wednesday evening which included some really helpful tips on how to support our girls in their transition back to school. We wish you and your girls a smooth and happy first week back.

Kate Lovelace and Andrea Hogan
P&F Presidents



In Support of:

**Stella
Maris
College**



Peter Berner

- Melbourne International Comedy Festival Gala
- Host of the BackBerner and The Einstein Factor on ABC TV
- The Peter Berner Experiment on Triple M
- As seen on Good News Week, Rove, The Footy Show

"exactly what stand up should be"
"hysterically funny" – Chortle



Andrew Barnett

- Sydney & Perth Comedy Festival
- Performer and writer for 'Sunday Nights with Matty Johns',
- 'The Professor's Late Hit' & 'The Night Watchmen' - Fox Sports.
- Winner - ANZ Blue Rooms Comedy Prize 2016
- NSW RAW Comedy Finalist

"Warm, personable and hilarious" - Akmal Saleh



Bruce Griffiths

- Triple J Comic of the Year Winner
- Triple-M, Live At Jongleurs (UK)
- Aria Award winning writer for Good News Week & The Glasshouse
- Gold Medal in the New York Festival Film & TV Awards

"The best one-liner comic in the business"



Laura Hughes

- 'The Comedy Zone' - Melbourne International Comedy Festival's top five best new comedians.
- 'The Detour' - TBS in the U.S.A.
- 'At Home Alone Together' - ABC

"irreverently hilarious" - Herald Sun

Friday 19th November 2021
Doors: 7pm / Show: 8pm
Star of The Sea Theatre
Stella Maris College, 52 Eurobin Ave, Manly

**BOOK
NOW!**

Tickets: \$35 at
comedyforacause.net/SMC
(18+ Only)

Canteen

Here is the roster for next week. A reminder that the canteen will **NOT** be open at recess - girls have been asked to please bring their recess. All lunch orders are to be made **online only** on the Portal via My Student account. The canteen will not be open for walk ins. This will be the process for the next 2 weeks at this stage. If you cannot make your day, please let the Canteen know on 9976 1826 and leave a message or ring Bernie on 0414519108. Please bring a mask and proof of vaccination. Look forward to seeing our parents back!

Monday 25 October

Nicki Lawson
Bernadette Hickey
Milu Rich

Tuesday 26 October

Riary Tanner
HELP NEEDED PLEASE

Wednesday 27 October

Year 12 Ladies Lunch
Jude Furniss
Nell Laime
Peta Alpen

Thursday 28 October

Michelle Malouf
Lesha Evans

Friday 29 October

Sam Economos
Simone Selinas
Alison Kelly

I have also sent emails to our current volunteers asking if you can come in for the remainder of this term and ALSO your plans for next year.

If you haven't already, I need you to let me know ASAP if you would like to stay on your day, change to another day or not come back at all. I will be preparing next year's roster soon but I can't assume that because you are on the roster now, that you will be doing the same next year.

We will have responses back soon from next year's new parents with their preferences, so if I haven't heard back from our current volunteers, I can't guarantee you will get your preferred day.

*Thank you
Bernie and Cheryl*

Uniform Shop

Opening Hours

Open 8.00am to 4.30pm Tuesday, Wednesday and Thursday. Limit one student at a time; mask and sanitising essential.

Uniform Supplies

Factory closures due to Covid have delayed the shipment of dresses and sports uniforms. Stock is currently very low. If your daughter desperately needs a new item, please email the Uniform Shop and I will check availability.

StellaBay

Some Year 7 and 8 textbooks can be sold to Year 7 2022. Details are on StellaBay. ONLY those books listed can be sold. Please post now as the new parents will soon be looking for second hand textbooks. Make the exchange after the exams.

Disposable Face Masks \$2

All girls should be bringing their own face masks. On the odd occasion it is forgotten, masks can be purchased from the Uniform Shop Tuesdays to Thursdays and Student Services on Mondays and Fridays. Cost is \$2.

Parents On Site

Currently Stella Maris is not encouraging parents on site. Your daughter can pay by Student Card or with credit card details.

Student Card

Does your daughter have sufficient funds on her Student Card for purchases at the Uniform Shop? Please top up her card the night before as it can take a few hours to load. We also accept debit/credit cards.

Online Uniform Shop

The College now has an online Uniform Shop allowing parents and students to conveniently purchase items online. Please order under your daughter's name. All items are available for pick up from recess the next Uniform Shop trading day. Please see link below to access our online store. This link can also be found on the portal and College website. If you have any queries, please email us.

Some sizes may show as "Out of Stock". This may be because stock is low in that size. Please check with the Uniform Shop.

There is a 1pm cut-off for placement of orders for same day collection Tuesday to Thursday.

[ONLINE UNIFORM SHOP](#)

Please collect orders shortly after the 'Ready for Collection' notice is sent.

*Gail Hickey 9976 1819
uniform_books@stellamaris.nsw.edu.au*

Scholarship 2022

Senior Performing Arts

We are pleased to announce the opportunity for Year 10 students to apply for a Senior Performing Arts Scholarship.

The successful applicant will

- Have a proven ability as an outstanding, active, and committed member of the Performing Arts community at Stella Maris College.
- Select 2-unit Music and/or Dance and/or Drama as part of their HSC pattern of study.
- Be achieving outstanding academic results in all subject areas.
- Reflect and support the Benedictine values of our College.

The Scholarship covers the tuition fee component of the annual student fees for Year 11 2022 and Year 12 2023 and is subject to an annual review of commitment and performance. The Scholarship does not cover the cost of resource fees or any other non-tuition fees.

Please complete this **APPLICATION FORM** if you are interested in applying for the Senior Performing Arts Scholarship.

Applications close 3.00pm 1st November.
Auditions held week beginning 15th November.

Once applications are closed, a short list of successful applicants will be invited for an audition. Those successful in the audition will be called for an interview.

With the fluid Covid restrictions at the moment we may require applicants to submit a video of their performance if we are unable to audition in person. Applicants will be informed of the audition process closer to the audition date.

Applicants are to prepare the following for their audition:

- Music – an accompanied performance on their principal instrument. Backing tracks or live accompaniment are acceptable.
- Dance – a prepared solo in preferred style.
- Drama – a short monologue (no longer than 2 minutes).



Fees Help

Edstart provide extended tailored payment plans for approved applicants, where school fee payments may be spread beyond the current school year, and beyond Year 12, to assist with any cash flow issues you may be dealing with. You can even combine school fees for various schools your other children are currently attending.

Feedback from other Stella families using this facility is that the application process is straight forward.

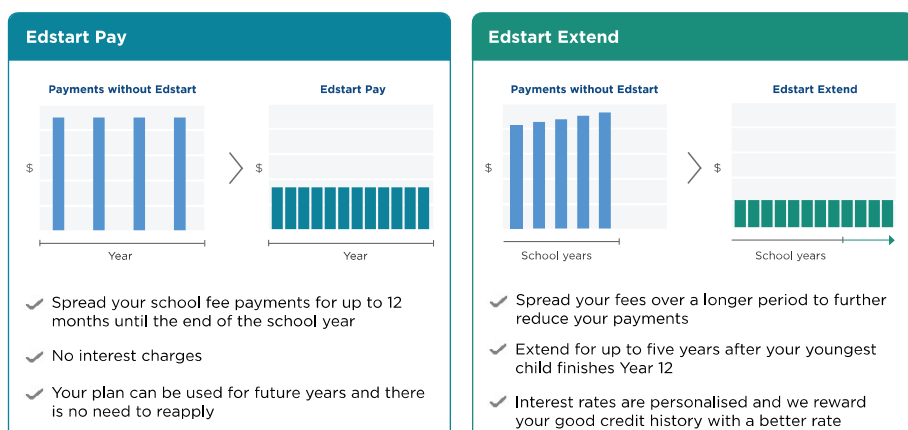
Disclaimer: Stella Maris College do not provide any recommendations, brokering or advice services, nor do we receive referral fees, commissions or other remuneration from Edstart. Visit <https://edstart.com.au/>

Flexible payment options

Edstart is providing flexible payment plans to help you manage your fees at Stella Maris College.

- ✓ Pay in weekly, fortnightly or monthly instalments
- ✓ Include school fees and other costs like uniforms, laptops, excursions and extracurricular activities
- ✓ Change or cancel your plan at any time with no additional cost

Payment plan options



How to get started

Calculate your plan and apply online at edstart.com.au/stellamaris

You can apply at any time during the year and we will tailor a plan to meet your needs based on your remaining school fee balance.

Please note, in providing information about Edstart, Stella Maris College does not provide any recommendations, brokering or advice services. The College does not receive referral fees, commissions or other remuneration from Edstart.

1300 139 445 contact@edstart.com.au edstart.com.au/stellamaris

Edstart Australia Pty Ltd ABN 48 611 024 205 holds Australian credit licence number 485096.



Our Local Community #supportingeachotherthroughcovid

Advertising Policy: The College newsletter is usually not open to advertising for commercial businesses; however, at this point in time we are supporting our Stella families in any way we can. If you are a business owned and operated by a Stella family feel free to send your advertisement to administration@stellamaris.nsw.edu.au. Under normal circumstances, we are sure you understand the practical nature of our decision.

Get scroll-stopping content that wows!

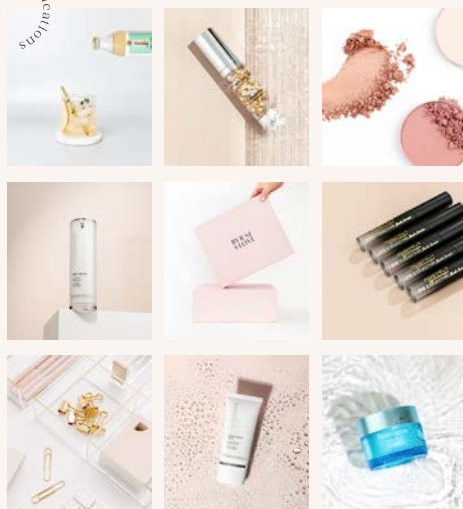
Are you ready to invest in professional images and/or stop-motion videos for your product-based business?

Mama Bear Communications offers cost-effective product photography packages to suit a variety of budgets.

Get in touch today to learn more.



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E: HELLO@MAMABEAR.COM.AU | T: 0416 244 974



Parties at The Sydney Chocolate School.

The minimum number of children to attend is 6 with no maximum numbers (up to 50 can be catered for). The price is \$80 per child. The minimum age is 5 years and again no maximum as all ages enjoy the parties and they are designed for the age group booked.

The fun filled 1.5 hours includes the children hand tempering chocolate on marble and making a selection of chocolates – all of which they take home on the day in generous goody bags (so you do not have to create these yourself!). The children make chocolate bars, artwork lollypops, chocolate stars and freckles (this can be adjusted or changed on request).

You can choose to use organic milk, white or dark chocolate. You will need to make the selection before the event. All children get a certificate, celebrating the day. The birthday parties usually are hosted 2-3.30 on Saturdays and Sundays but other days and times can be booked if we have availability.



We offer a full high tea service after your party for an additional \$40pp. Please note our high tea is an outdoor event only.

Alternatively there is a lovely BBQ area that many parents have a party and cake at after. Please note the BBQ area is a public facility, so we recommend you get there early to try to get the space. Our front lawn is an excellent alternative to bring a picnic rug and watch the boats sail by on the harbour foreshore while enjoying your cake.

If you would like our balcony with tables and chairs and plates for the cake; this space can be leased for 1 hour for an additional \$150 per hour. This way you can have full access to our harbourside outdoor deck to celebrate with cake and snacks that you bring on the day.

Please note we are a fully licensed venue, so can serve adults sparkling wine and champagne at this time. For BYO we charge an overall \$25 corkage for the hour. Please advise us if you are bringing alcohol on the day.

HOW TO BOOK

We hope to welcome you in the future. All bookings are confirmed with a 50% deposit. You can [book online](https://www.wholefoodmama.com.au), email rebecca@cocochocolate.com.au or phone 0414701477 to 1:00pm.

LOCATION

The Sydney Chocolate School
Coco Chocolate Studio
Building 21, 1110 Middle Head Rd
Mosman NSW 2088



GET YOUR ZING BACK THIS SPRING!

3-WEEK CLEANSE

- Nutritionist designed & run
- 3 Weeks of meal plans + recipes
- 3 Live educational webinars
- Group + personal coaching



WHOLE
HEALTH RESET

LIMITED
NUMBERS!

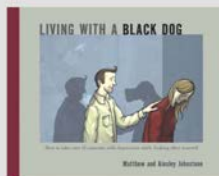
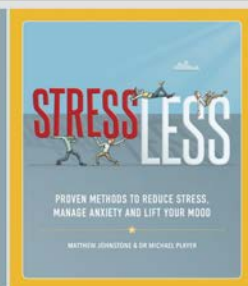
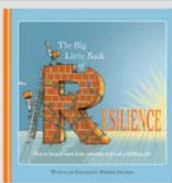


EARLY BIRD OFFER NOW ON

www.wholefoodmama.com.au



#supportingeachotherthroughcovid



From internationally best selling author, illustrator, speaker and Northern Beaches local.

Seven illustrated books for all ages covering mental health, resilience, mindfulness and stressing less. The perfect gift for someone who maybe doing it a little tough.

Please scan QR code for more information.



10% discount for Stella Families until the end of October use **10_off_Stella** code at checkout

www.heidihorne.com.au

Full flyer

Heidi Horne
YOGA & WELLNESS

200-350 hrs

Hi, I am **Heidi Horne** and I was once a yoga student like you, later a teacher and now many years later a yoga teacher trainer.

As a Senior Level 3 teacher, I have created 200 and 350 hour yoga teacher training programs Yoga Australia approved and recognised. Combining the best of an online program that fits with your lifestyle, and personalised training with webinars and interaction with your online yoga family.

I am excited for my upcoming LIMITED GROUP LAUNCH starting on 25th October. Doors close for this on 15th October and it is highly discounted.

Limited spots, so get in quick. Get ready for the journey of a lifetime!

Time to live your dream of being a Yoga Australia certified teacher.

Why Train with Heidi Horne

- ✓ Learn at your own pace (even sit in your PJ's) in your own home. Fit in with your lifestyle, family, and current commitments.
- ✓ Join the community with regular contact with Heidi and the other students (monthly live webinars and breakout group training)
- ✓ Other students will be your new tribe. Go on the journey together, build a community, and meaningful connections to support each other.
- ✓ Be Yoga Australia Level 1 (350hours) or provisional (200hours), PLUS able to get insurance and teach classes straight away
- ✓ Be a knowledgeable and diverse teacher, capable and confident to deliver a world-class standard yoga class
- ✓ Can't do the perfect dancer pose? Start at any age and yoga ability - from 18-80 (Minimum 1-year practice)
- ✓ Spaces are limited for personalised attention in this last group class for 2021
- ✓ Heidi Horne Yoga teacher training has the reputation for excellence and experience



Level 3 Yoga Australia Approved Senior Teacher

Book a call with HEIDI



DOORS CLOSE 15th OCT
Limited Group Launch starts 25th Oct
Prices increase after this date



The Family Tree Genealogist

<https://www.thefamilytreegenealogist.com>
hellofamilytree@outlook.com

Looking for a unique Christmas present?

Have you always wanted to research your family tree but haven't had the time?

Let The Family Tree Genealogist research your ancestors....whether it's someone specific or a whole branch of your family tree.

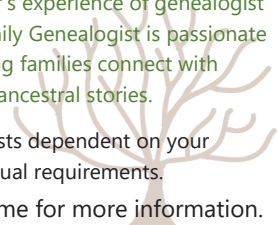
Connect with your family history and share the stories with the rest of your family.

With over 10 year's experience of genealogist research, The Family Genealogist is passionate about helping families connect with their ancestral stories.

Package costs dependent on your individual requirements.

Please contact me for more information.

The Family Tree Genealogist



Sydney Harbour Kayaks

Stella-Paddlers

All Stella families are invited to come down and rent a kayak with us (for 'fitness' of course!)

Paddle with us in a double deluxe sea-kayak for 2 hours
Usual price \$90.00 but...

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Location: The Spit Bridge, Mosman.



Beautiful, personalised memory and activity boxes, designed to help older Australians live for today, while remembering their past.

collectivememories.com.au/

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Dementia friendly organisation

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Recipes for beauty tonics, beauty lotions, masks, bath soaks and how to make creams at home.

Faye James


THE Long Life PLAN

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AGE DEFYING RECIPES
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