



1931 - 2021

STELLA MARIS NEWSLETTER

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www.stellamaris.nsw.edu.au

Term 4 Issue 8

26 November 2021



Advent Prayer

Loving God, let your hope arise in our hearts!

Lift our eyes up to see that you alone are where our hope comes from.

Help us to shake off the anxiety, discouragements, and distractions that have filled this year.

May we pause to remember that we have hope in you.

You know the end of our stories, and we give you thanks.

Give us the grace we need to wrap up this year joyfully.

We invite your Spirit into this beautiful Advent season.

Renew our sense of holy anticipation!

Let us be those who are waiting eagerly for Jesus to come again.

More than anything, we ask that you be glorified in this season of expectation.

Amen.

Adapted from <https://www.crosswalk.com/special-coverage/christmas-and-advent/first-sunday-of-advent-readings-and-prayer.html>

Dear Stella Community

Year 10 Advancement

Year 10 completed their First Aid training and also attend RYDA at Homebush this week. It has been an exciting week for the girls who have enjoyed both the activities and the opportunity to dive into senior studies. Thanks to Mr Cruise and the Year 10 PC team for their efforts with the girls, preparing them for Year 11.

Parents and Friends

The P&F's Comedy Night was a success last Friday. Thank you to all the parents and carers who came along. Thanks too to the staff who took the opportunity to be there. We are grateful to the P&F Executive for all the work they have done in 2021 and we thank and farewell our retiring P&F Year 12 parents for their generous support over six (or more) years.

Helping teenage social and emotional skill development

In a recent article in Teacher Magazine by Sue Thomson, Deputy CEO (Research) at ACER (Australian Council for Educational Research), Sue shared learnings about factors that impact on young peoples' wellbeing.

The Organisation for Economic Cooperation and Development (OECD) explored the impact of personality factors called the Big Five Inventory on young peoples' growth and development. The five domains are Engaging with Others, Open-Mindedness, Collaboration, Emotional Regulation and Task Performance. The ACER Survey on Social and Emotional Skills (SSES) collected students' self-reported skills across the Big Five domains from 3000 students living in 10 cities around the world.

In all the cities, socioeconomically advantaged students reported higher levels of social and emotional skills than their disadvantaged peers. Interestingly, the SSES confirmed that, regardless of socioeconomic background, 15 year olds report lower social and emotional skills than 10 year olds on all measures (except tolerance and assertiveness).

Research indicates that development of these skills was fostered by providing resources and the influence of the home environment. Schools are also an important resource for promoting psychological wellbeing. Stress resistance, optimism, emotional control, trust and energy are associated with higher psychological wellbeing and positive education programs, such as those run at Stella, can foster development of these skills.

Read more: *'Disadvantage hindering social and emotional development'*, Teacher Magazine, Nov 22, 2021.

We walk beside our Stella students, focusing on the development of skills to promote positive wellbeing. Our Wellbeing Team (College Counsellors, Assistant Principal - Wellbeing, the Heads of Year and PC Teachers) challenge the girls to be their best and encourage them to develop a strong sense of self-worth and determination.

Elizabeth Carnegie, Principal

Diary Dates

1 Dec Years 7, 8, 11 Academic Presentations*

2 Dec Years 9, 10 Academic Presentations*

2 Dec End of Term. Students dismissed 12.10pm

*Presentations are during class time

Medications/Health Plans

As we draw to the end of the school year, our Student Services team will be conducting an audit of student medications.

You may receive correspondence over the coming weeks asking for prescription or over-the-counter medication to be replaced if out of date, or due to expire. We also ask parents/carers to take some time to review Health Care Plans to ensure they are current.

What's New This Week?

HSC Works Chosen

We are thrilled to announce three of our Visual Art HSC cohort have had their art works selected for the *Express Yourself* Exhibition 2022 at Manly Gallery.

Express Yourself is a significant annual curated exhibition of artworks by HSC Visual Arts students from the 20 high schools across Sydney's Northern Beaches. Represented are diverse bodies of work including multimedia, digital, sculpture and drawing.

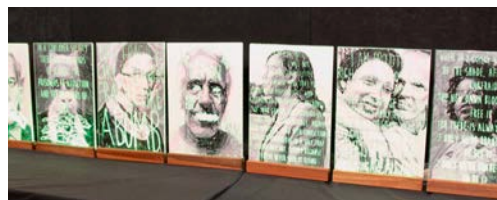
The exhibition runs from 25th March until 1st May 2022. It is really worth a visit as the works are always of a very high standard and it's interesting to gain an insight into what young people are expressing currently.



Jade Anderson

Son and Daughter of Man
Drawing

"When taught to colour at a young age I was taught to stay inside the lines, to create picture perfect works. I am no longer self-restricting to perfection. My series of works titled *Son and Daughter of Man*, reflect on where I was when I first began my practice, to where I am now."



Madi Cook

limelight
Collection of Works

"My body of work, *limelight* is a controversial piece that is a personal social commentary on the misconception of certain public figures that we hold in high regard in our easily misguided society."



Breeze Williams

'They Flash Upon the Inward Eye'
Photomedia

"My landscape series explores the adventures on which I embarked during this lockdown period. My main source of inspiration, enabling me to capture the beauty that surrounds me, came from poems written by the Lake District poet, William Wordsworth."

Eliminating Violence Against Women

"Last weekend, Stella emailed me and asked if I'd speak to you at Assembly about what the International Day for the Elimination of Violence Against Women means to me. At first, I felt a little embarrassed and ashamed that I didn't know much. I should have at least realised it was honoured on the same day as my middle daughter Teaghan's birthday. I should have known about the three incredibly brave Mirabel Sisters who went to a Catholic girls' high school just like you. How they stood up for justice against their country's Dictator Rafael Trujillo who ordered their violent murder on 25th November 1961.

I should have known that 650 million women living in the world today were married off before they were 18. 59% of all Bangladeshi women have been married under the age of 18. I should have known that 1 in 3 women worldwide have experienced physical or sexual violence, mainly at the hands of an intimate partner. I should have learnt that 49 countries in the world today, still don't have laws protecting women against domestic violence. I should have listened more when the 45th Australian woman was violently killed this year. Or the 3148th Pakistani woman. One of those killings was committed by a girl's cousin and uncle who heard her talking on a phone to a boy. Last year I should have joined the online hashtag petition #whereismyname which advocated changes to the Afghan Constitution to allow women's names to appear on their child's birth certificates, wedding invitations and even their own gravestone.

I should have written to Cricket Australia expressing my disappointment that they would be playing against the Afghan men's team at the recent World Cup only weeks after the Taliban banned all women's sport including their women's cricket team. I should have given more to Mike Pawley's Happy Days charity which aims to prevent violence against women in Cambodia - a country where 14% of women marry under the age 18.

On the other hand, I'm glad that I said to my daughter Teaghan, who was born exactly 61 years after the death of the Mirabel sisters that:

- It's ok to wear blue and not pink
- It's ok to prefer a cricket bat or a rugby ball over a barbie doll
- It's ok to be a hairdresser or a builder

I will continue to encourage my two daughters and all the girls I am privileged to teach at Stella to:

- ditch any boy immediately that does not treat you as an equal, tries to possess you or acts violently towards you
- teach your brothers gender equality and respect for women
- call out online bullies, stand up for your friends and really listen to their concerns
- hold each other accountable - call out sexist behaviour
- don't let anybody tell you that you can't do something because you are a girl.

Finally, realise that you can make a difference. Each movement that aims to break down walls of oppression, like the [Where Is My Name](#) movement that was momentarily successful last year, begins with ONE voice."

David Ford, History Teacher

Careers

Job of the Week: Scrum Master

What does a Scrum Master do?



Scrum Masters are important within Project Management teams who use “[Scrum](#)” frameworks when they’re working on complex projects that can change a lot during their progress (e.g. [Agile Software Development](#)). Scrum Masters manage communications between team members and departments, provide focus and clarity, and remove obstacles and distractions to ensure plans stay on track through appropriate collaboration and organisation.

If you have excellent interpersonal and communication skills, along with mentoring and management know-how, and you’re looking for a job that will be varied and challenging, then a career as a Scrum Master could be highly rewarding.

How do you become a Scrum Master?

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

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*

Thank You from the P&F

Thank you to all who attended the Comedy Evening last Friday. It was a wonderful night and gave us all the welcome opportunity for a good laugh – medicine for the soul after the year we’ve had!

We are delighted to announce that we raised \$2571.73 for the Stella Parents & Friends Association – funds which will be used towards future events in the spirit of connecting our wonderful Stella community.

It’s difficult to believe that school finishes next week! We wish all Stella families a happy and restful holiday and look forward to seeing you next year.

*Kate Lovelace and Andrea Hogan
P & F Presidents*

Family Connections

When you’re next languishing over a long lunch or drooling over a delicious dinner at Garfish in Manly, be sure to say hello to the Manager, Danen. Danen is the son of our own Cheryl Young in the canteen. One of the unexpected consequences of the pandemic is that the hospitality industry in many parts of the world has an enormous number of job vacancies to fill now it is reopening, as does Garfish. We’re sure Danen would be a good boss - or you can tell his mum on him!

Don’t forget to **check out all the ads for our Stella family businesses** on the last pages of this newsletter. Covid has been rough on everyone but we can recover and thrive by supporting each other in any way we can.

G A R F I S H restaurant | bar

Hungry for Summer work?

Garfish Manly is on the lookout for **section waiters + food and beverage runners** to join our vibrant and bustling local restaurant.

We offer a fun and friendly team environment, great staff perks and professional training (no previous experience necessary!).

Please email your CV to manly@garfish.com.au and we will be in touch ASAP.

We look forward to hearing from you!



SMESA News Stella Maris Ex-students' Association

Business Network

SMESA Business Network is a newly-created register for ex-students to promote their businesses to other ex-students. The Register is for ex-students only and the business must belong to the ex-student or their immediate family.

If you are a former student of the College and would like to add your business to the register, enter the details [HERE](#). It appears on the College website and will also be pinned to the SMESA Facebook page. Be one of the first to join!

New Members

The Stella Maris Ex-students' Association is always looking to reconnect with former students of the College and to help them reconnect with each other.

[JOIN SMESA HERE](#)

*Donna Stimson
SMESA Coordinator*

2022 Sport

We are busy planning our 2022 sport calendar. It is definitely looking like a fun and busy year for Stella Sport.

A reminder that sport information regarding sport is available on SEQTA in the Sport Notices Tab. Information is also emailed to students and will appear in the newsletter. Students are encouraged to take responsibility for their involvement in sport and signing up to the sports they are interested in playing. Once students have expressed interest in joining a sport, parents will be sent full details through Consent2Go.

Some of the sports that are already open for registration in Term 1 2022 are basketball, AFL and Tennis Squad. Information regarding these sports is available on SEQTA. All other Term 1 sports will open for registration at the commencement of the 2022 school year.

NSW All Schools Athletics

Best of luck to the Stella students who will be competing at the NSW All Schools Athletics during the holidays. Elisabeth Pulis, Erin Heraghty, Carys Gibbons-Maurer and Emily Smith will be competing in various events. Good luck girls!

Interschools Equestrian

Good luck to Maeve Reedy and Grace Cooper who will be competing in the Berry Interschools Equestrian Championships in December.

Equestrian Scholarship

Congratulations to Amelia Dart Year 10, who came second in the State for Interschools Eventing EVA 80. This achievement qualified her to represent Stella at Nationals in Victoria but sadly this event was cancelled due to COVID.

Amelia is also the recipient of the 2021 Equestrian Australia, Remi Stud Young Rider Scholarship.

This scholarship is awarded annually to a very deserving Young Rider who has the talent and dedication in either dressage, showing, or eventing. It is an amazing opportunity for a young rider to have entry into the equestrian industry. It includes a 9-month-old purpose bred Hanoverian weanling by Remi Vigneron, plus an extensive support package. The total scholarship is valued at over \$30,000.

Good luck to Amelia this weekend at the Zone Inter Club championships for Pony Club NSW!



Stella Sport Star

This week at our Stella Maris assembly we recognised one of our amazing Stella Sporting Stars. This is a new idea, where we will recognise different Stella students and teams for their outstanding achievements or involvement in sport.

Our Stella Sport Star this week is SHAY HOLLMAN.

Shay is in Year 10 and is one of Australia's best young football players. Shay has played football since she was six years old. Since that time, Shay has achieved so much in soccer. She has been selected in the Junior Matildas (U17 Australian Soccer team) and currently trains full time with the Sydney FC A-League Women's Squad for the 2021/22 season. Shay has also captained NSW teams and has been awarded Player of the Tournament at the Australian Football Championships.

Shay has also excelled in soccer at some school events. In Years 7 and 8, she was even selected into the BBSSA and NSWCCC open teams! This is an amazing achievement for such a young student to be selected in a team with players all the way to Year 12! Shay has not been able to play for Stella in recent seasons, due to Covid interruptions and her commitments with the Young Matildas.

Congratulations Shay on all of your incredible achievements in soccer. We are very proud to have such a fantastic athlete here at Stella! We can't wait to see what the future holds for you!

*Jenny Wickham
Sports Coordinator*

Canteen and Uniform Shop

Canteen

A reminder that I will be preparing the roster for next year during the holidays. If I haven't heard from our current volunteers letting me know whether you intend coming back to canteen duties or would like to change your day, I won't assume that you wish to be on the same day for next year. Please let me know asap your intentions for next year.

Monday November 29

Nicole McNally
Nicole Unite
Diana Panuccio

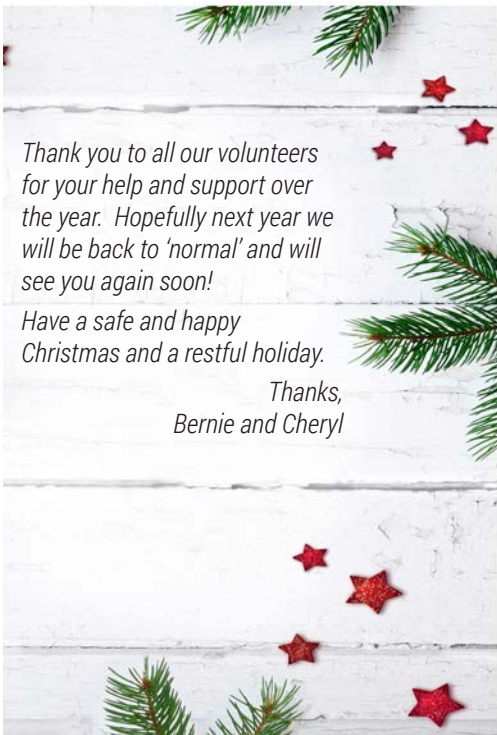
Tuesday November 30

Kate Lovelace
Diana Panuccio

Wednesday December 1

Francine Scali
Janine Silva

The canteen will be closed Thursday December 2.



Uniform Shop

Opening Hours

Open 8.00am to 4.30pm Tuesday, Wednesday and Thursday during term time.

Please Note

1. The Uniform Shop's last day this term is Wednesday, 1st December. It reopens 11th January from 1.30pm to 3.30pm. No appointments are required. Please see the table of January opening times below.
2. Online Order cutoff is Tuesday 30th November at 4pm. These orders can be collected on Wednesday, 1st December.
3. The Online Uniform Shop will be closed from Tuesday 30th November 4pm and will reopen Friday, 7th January 9am.
4. Senior dresses will be available for ordering and collection in January. Senior dress sizing is similar to the junior dress sizing.
5. [ONLINE UNIFORM SHOP](#)
Please remember to order using your daughter's name.

2022 Booklists

These are now available for online ordering at www.campion.com.au Use code KV6K to access.

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. All years have been emailed the list of books that can be sold second hand. These are also shown on StellaBay.

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

Uniform Shop January Opening Times

Please note: Not open Fridays

Monday	Tuesday	Wednesday	Thursday
10	11	12	13
	1.30 – 3.30pm	1.30 – 3.30pm	1.30 – 3.30pm
17	18	19	20
	1.30 – 3.30pm	1.30 – 3.30pm	1.30 – 3.30pm
24	25	26	27
1.30 – 3.30pm	1.30 – 3.30pm	Australia Day	12.00-4.00pm
31	1	2	3
Open 8.00am – 2.30pm All Years return			

Our Local Community

Advertising Policy: The College newsletter is not open to advertising for commercial businesses; however, we are open to supporting a range of local community groups and charitable organisations' fundraising initiatives. We are sure you understand the practical nature of our decision and thank you for your understanding.

**Help Support your local Scout Group
1st/2nd Harbord Scout Group**

**Sat 11th & Sun 12th
December, from 7am**

**Freshwater Senior Campus
Carpark, Harbord Road**

Freshly Cut Christmas Trees

& stands

Christmas Cakes & Puddings

**No Cash,
Credit Cards Only**



Our Stella Community #supportingeachotherthroughcovid

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!

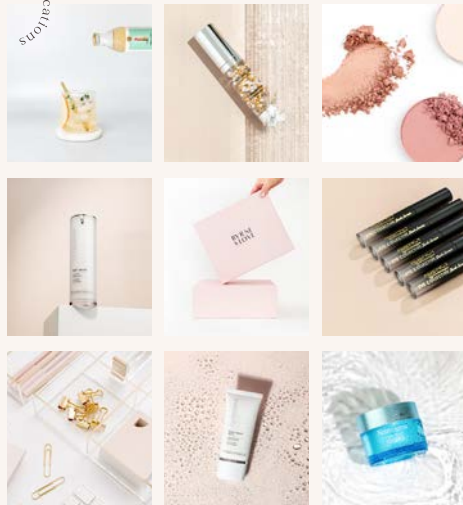
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Parties at The Sydney Chocolate School.

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.cocochocolate.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!

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- Nutritionist designed & run
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- Group + personal coaching



WHOLE
HEALTH RESET

LIMITED
NUMBERS!

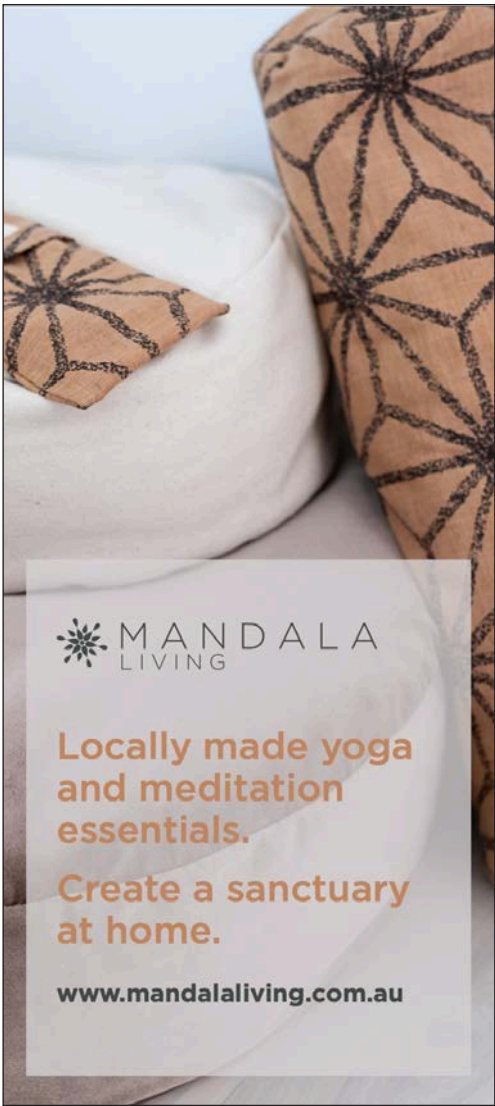



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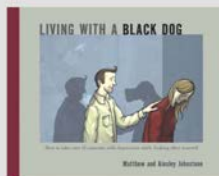
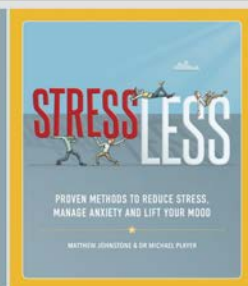
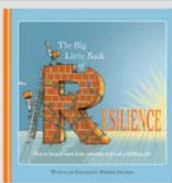
Lots of great gift ideas for Xmas!

- ❖ Plush terry velour hooded change towels
- ❖ Terry beach skirts
- ❖ Cool terry goggle purses or handy holdalls
- ❖ Beach Bags
- ❖ Beach Pillows
- ❖ Ocean friendly sunscreen

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gives back to the big blue planet every time you shop.

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— AUSTRALIA —

#supportingeachotherthroughcovid



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YOGA & WELLNESS

200-350 hrs

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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



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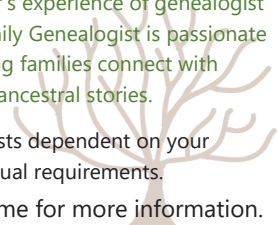
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With over 10 year's experience of genealogist research, The Family Genealogist is passionate about helping families connect with their ancestral stories.

Package costs dependent on your individual requirements.

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- 30 minute Pilates mat workouts that can be done before and after work.
- Beauty tips to help fight ageing and maintain a youthful glow.

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

Faye James

THE Long Life PLAN
FAYE JAMES

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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...

Stella Family Price \$50.00


Save another \$25.00 with your NSW 'Discover Voucher'

Bookings are a must: 02 9969 4590
Location: The Spit Bridge, Mosman.



One house, two self-contained apartments


Sawtell beach accommodation perfect for large families or friends to stay in the same location yet with the convenience of their own private space.



Lou's

3 BEDROOMS 2 BATHROOMS

Lou's is the ultimate in relaxed luxury featuring high raked ceilings in a large open plan kitchen-dining-living room.



Lewie's

3 BEDROOMS 2 BATHROOMS

Lewie's is on the ground floor of the beach house and opens directly onto its own BBQ and outdoor dining area.

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