



Stella Maris

COLLEGE MANLY



2022

Our Year of  
*Hospitality*

# Stella Newsletter

Term 2 | Issue 13 | 13 May 2022

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## From the Principal



### Dealing with Emotion

When students commence at Stella, some have yet to develop the skills of being authentic to their true selves and learning how to express emotions appropriately. Many sublimate their true emotions and personality to fit in with what they perceive to be appropriate in their social settings. It can be a difficult journey for some young adults to find their true selves and to feel accepted.

In a recent article published in the *Conversation*, <https://theconversation.com/you-cant-be-happy-all-the-time-how-encanto-and-turning-red-can-help-families-wrestle-with-anger-and-sadness-181782>, Cher McGillivray explores the recent film, *Turning Red* (2022) which follows the story of 13 year old Meilin Lee who turns into a red panda when she is angry, sad or excited.

Assistant Professor McGillivray writes, 'Developing a sense of self is vital not only for the developing child, but across the lifespan. A strong positive sense of self is integral for well-being.'

Films such as *Turning Red*, *Encanto* and *Inside Out* explore how we approach our emotions. McGillivray suggests that watching and discussing these films might assist families to understand and express emotions appropriately. I encourage Stella families to consider a 'night in' to watch some of these films together and discuss how they express their emotions in a positive way.

### Prayer to Our Lady of Fatima

(Feast Day 13 May)

Mother of all individuals and peoples,  
you know all their sufferings and hopes.

In your motherly heart you feel all the struggles between good and evil,  
between light and darkness, that convulse the world:  
accept the plea which we make in the Holy Spirit directly to your heart...

Take under your motherly protection the whole human family,  
which with affectionate love we entrust to you, O Mother.

May there dawn for everyone the time of peace and freedom, the time of truth,  
of justice and of hope.

AMEN

*Elizabeth*

Elizabeth Carnegie  
Principal

## Highlights

### Learning and Teaching News

Well done to all Year 7 and 9 students who recently completed NAPLAN tests.

[READ MORE](#)

### Sports Update

Stella students recorded outstanding results at the recent BBSSA Cross Country Championships.

[READ MORE](#)

### Athletics Carnival Information

The Athletics Carnival will be held next Thursday. Please read updated information about the day.

[READ MORE](#)



**TICKETS ON  
SALE NOW!**

**15 - 18 June, 2022**

<https://www.trybooking.com/BZHRA>

## Important Dates

### Term 2

#### MAY

- 18** Student Learning Conference
- 19** Athletics Carnival
- 27** Stella Day

#### JUNE

- 10** Pupil Free Day
- 15 - 18** Matilda - The Musical Performance
- 24** End of Term 2

### 2022 School Terms

#### TERM 2

Wed 27 Apr to Fri 24 Jun

#### TERM 3

Tue 19 Jul to Fri 23 Sep

#### TERM 4

Mon 10 Oct to Fri 02 Dec

## Learning and Teaching News

Louise Yeates - Assistant Principal, Learning & Teaching

### NAPLAN

My congratulations to all involved in this week's NAPLAN tests. I was impressed with the focus and diligence of our students in undertaking each of the assessments. This was the first time that we had conducted NAPLAN tests online and I am pleased to report that it went very smoothly. I am hearing other schools did not fare as well! Thank you to Scott Mellis and his IT team for their preparation work.

Thank you also to the team of dedicated and trained NAPLAN teachers who supported students through the practice sessions and the actual assessments.

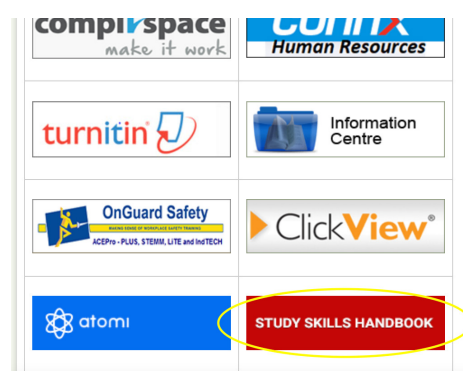
### Study Skills

In last week's newsletter, I outlined the program Stella is undertaking to teach students how to revise, to plan and complete assessments. Part of the program involves providing weekly study tips. [Click here](#) for this week's topic - Writing Assignments.

A reminder that all students and parents have access to the Study Skills Handbook of resources. Simply go to the SEQTA portal and click on the Study Skills Handbook icon.

Login with these details:

**username:** stellamaris  
**password:** 52success



## Job of the Week

Lisa Walsh - Careers and Pathways Adviser  
e [lisa\\_walsh@stellamaris.edu.au](mailto:lisa_walsh@stellamaris.edu.au)

### Architect

#### What do Architects do?

Architects are responsible for seeing the design and construction of buildings and infrastructure through from start to finish. They work with a variety of other people, including builders, tradespeople, surveyors, engineers, and more to complete a project.

If you have a keen eye for design, are precise and analytical, and can work to strict budgets and timelines, becoming an Architect could be perfect for you.

#### How do you become an Architect?

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

Please visit our very own [Stella Careers Website](#) for all your career needs. PLUS, our regular weekly careers newsletters can be read [here](#).



## Wellbeing News

Jillian Roy - College Counsellor

### Get in Touch

#### General Enquiries & Feedback

administration@stellamaris.nsw.edu.au

9977-5144

#### Student Absences & Enquiries

studentservices@stellamaris.nsw.edu.au

9976 1817 or 9976 1885

#### Student Enrolments & Exits

registrar@stellamaris.nsw.edu.au

#### Canteen Manager

Bernie\_McGrath@stellamaris.nsw.edu.au

#### College Fee Enquiries

fees@stellamaris.nsw.edu.au

#### Uniform & Text Books

uniform\_books@stellamaris.nsw.edu.au

### LivingWorks Suicide Prevention Training for Parents/Carers

The New South Wales Government has committed \$14 million to a state-wide suicide prevention training initiative focused on supporting students in Years 10-12 whose mental health may have been impacted by the COVID-19 pandemic.

LivingWorks is a free suicide prevention training that aims to create a network of safety around young people in New South Wales by training their most trusted peer, adult and community touchpoints in how to recognise the signs that someone may be thinking about suicide, intervene, and refer to further help.

Parents/carers are well-placed to observe suicide warning signs, monitor risk, encourage alternative coping strategies, provide emotional support, and facilitate young people to engage with mental health and suicide prevention services. However, research indicates that many teachers and parent/carers' suicide-related knowledge, and confidence in their ability to intervene, is lacking.

If you would like to complete the free online training register [here](#).



## Canteen Roster

#### MONDAY 16 MAY

Jacki Reimer  
Lindie McKay

**\*\* more helpers  
needed please\*\***

#### TUESDAY 17 MAY

Terri Buchanan  
Louise Stedman  
Yvonne Kelly  
Amy Keary

#### WEDNESDAY 18 MAY

Shea Whiteford  
Michelle Ohle  
Rachel Blenkinsop  
Nell Laime

#### THURSDAY 19 MAY

**Athletics Carnival - no volunteers  
required**

#### FRIDAY 20 MAY

Justine McKee  
Lisa McGregor  
Duncan Barnett  
Marie Watson

#### Noodle Cups

When the girls bring in noodles for lunch and they require boiling water, we encourage parents to send in a cup with a lid. We have a few to lend them but are running out each day. The ones from Woolies or Coles are best...red with a secure lid. Please label them so they make their way home. Thank you

## Student Learning Conference Dates

#### SLC Conference

**YEAR 7 - 12**

**Wed 18 May**

2:30pm - 7:00pm



## College Fees

Thank you to the families who paid their various Performance Arts fees via Consent2Go.

This was a new trial with the aim that consent and payment was facilitated through one system.

For those families not under a direct debit arrangement, this is a courtesy reminder that the **second instalment of your 2022 College fees is payable by 15 May 2022.**

If you feel your financial situation will change short or long term which has impacted your ability to keep up with your regular fees payment schedule, we kindly urge you to please contact the finance team [fees@stellamaris.nsw.edu.au](mailto:fees@stellamaris.nsw.edu.au) for confidential advice as to how we can best support you during this time.

We remind our families that the College requires one term's notice of any move to another school or learning environment (please note that overseas enrolments require two terms' notice). Please email any enrolment changes to: [registrar@stellamaris.nsw.edu.au](mailto:registrar@stellamaris.nsw.edu.au) as soon as you are aware the enrolment may change to ensure a notice fee is not incurred.

### EDSTART

Families may like to consider Edstart as a flexible payment provider. Edstart assists families to manage their school fees and education costs. Feedback from Stella families is that the application process is easy and seamless.

[Click here](#) to learn more about Edstart.

#### Disclaimer:

Stella Maris College does not provide any recommendations, brokering or advice services, nor do we receive referral fees, commissions or other remuneration from Edstart.

## WhatsApp Groups

If you are new to the school you may not yet have joined up to your Year Group's WhatsApp Group. These groups are set up by the P&F to help you connect with other parents in your daughter's year group. They are used to organise social events and are very handy for asking questions.

Here are the links to join.

### Year 7

Administrator: Kelly Hindman  
<https://chat.whatsapp.com/DTV8mc1S1RgDu8Bw2WEzce>

### Year 8

Administrator: Belinda Hay  
<https://chat.whatsapp.com/Ld26FUW8TDsD2xRTICaVUW>

### Year 9

Administrator: Holly MacKenzie  
<https://chat.whatsapp.com/HHMUa6P9oXM1Q6QSqcPrwF>

### Year 10

Administrator: Molly McKenzie  
<https://chat.whatsapp.com/HxFeVIPxrw15dqno44mEG>

### Year 11

Administrator: Janet Sajowitz  
<https://chat.whatsapp.com/InVnTvMt9NFAkoR99H2bxC>

### Year 12

Administrator: Carrie Hobday  
<https://chat.whatsapp.com/F9pAVos1No0AS1DFa3oteC>

## P&F Update

Kate Lovelace & Andrea Hogan - P&F Presidents  
[epandf@stellamaris.nsw.edu.au](mailto:epandf@stellamaris.nsw.edu.au)

### Mother's Day Raffle

Huge congratulations to the winner of our Mother's Day Breakfast Raffle, Jane Ravenscroft, mother of Pippa in Year 11. Jane won a bottle of Veuve Clicquot Champagne and two hours kayaking for a family of four at Sydney Harbour Kayaks.

Thank you to everyone for your generosity in supporting the Northern Beaches Women's Shelter by purchasing raffle tickets. We managed to raise \$1,213 (in the space of just one hour!) and this money was used to provide the NBWS residents with a special Mother's Day lunch and gift.

A big thank you to our senior girls who went around and sold the tickets most efficiently last Friday - great job girls!

### P&F Meeting - all welcome!

Our next P & F meeting will be held virtually next **Thursday 19 May at 7.30pm on Teams**. To join the meeting you need to register by sending an email to [Fleur Tichelaar](mailto:Fleur.Tichelaar@stellamaris.nsw.edu.au) before 12 noon on Wednesday and you will be sent the meeting link.

Please join us, meet some new friends and learn about what's going on at school. We look forward to seeing you!

### Diary Date

Please save **Friday 29 July** for this year's Comedy for a Cause Event. All are welcome, so feel free to bring friends even if they don't have a daughter at Stella. Tickets will go on sale next Friday.





## Interfaith Dialogue Excursion

Iona Hearn - Year 11

On Wednesday 11 May, several Year 10 and 11 students travelled to the Great Synagogue for an interfaith event. We met students from other schools - Waverley College (Catholic) and Emanuel School (Jewish).

One of the activities that stood out for me was the group discussions. In one, some shared their experiences of prejudice. This highlighted the problems of society's treatment of religious diversity, and how to enact change. We also shared prayers/religious objects and went into the synagogue to learn about Jewish values and practices, which I found really interesting and enjoyable!

By the end of the day, I was really enjoying learning about and communicating with these students, and everyone ended up making friends with each other. This was such a great event and I would definitely do this again if given the chance!



## Uniform Shop

### Operating Hours

**Tue | Wed | Thu**  
**8:00am - 4:30pm**  
during term.

### Current conditions

Two students per visit.  
Mask mandatory.  
Hands to be sanitised please

### Winter Uniforms

[Click here](#) for uniform prices.

Some winter items are available [online](#)

Black socks are to be worn with the tailored pants. You can wear any you have at home, or purchase from the Uniform Shop.

### Need extra items?

Blouses can be purchased online. If your daughter needs an extra junior or senior skirt, this can be purchased in store.

Junior and senior blazers can also be purchased in store.

### Online orders

Please collect these from Recess.

There are many long-standing orders still to be collected.

### Stationery items

The Uniform Shop stocks a large range of stationery items. These include:

- Calculators
- Grid, exercise and music books
- Art supplies
- A4 Display folders
- A3 display folders and black sheet inserts
- Pens, lead pencils, glue sticks, Bernina bobbins



## Early Departure Reminder

A reminder that students will finish after period 4 on **Wednesday 18 May** to accommodate the Student Learning Conferences commencing at 2.30pm. Students will be required to make their own way home, including those who would normally catch the private Stella bus.

## Athletics Carnival Information

**We are looking forward to the Stella Athletics Carnival next week!**

**Date:** Thursday 19 May, 2022

**Venue:** Sydney Academy of Sport, Narrabeen

**Time:** PC will be held at school at 8.40am.  
Buses depart Stella from 8.45am and will return by 3.20pm.

**What to Wear:** House colours in the theme:  
"Once upon a time" (super heroes/princess/villain!)  
Please ensure clothes are suitable for athletics events, including appropriate sport shoes

**Javelin Event:** The javelin event will be held prior to the carnival at 8.30am. All javelin competitors must be at school by 7.45am to catch an early bus to the carnival.

Buses will be provided to transport all students to and from the carnival.

**The carnival is a compulsory school day. Parents/carers should follow regular absentee procedures if their daughter is unwell.**

- The format will be the same as the Swimming Carnival in that there will be Championship and Non-championship events. Students have been sent the link to the survey to enter all championship events. Students may enter the non-championship 100m, 200, 400m and 800m on the day.
- Please note that all field events (throws and jumps) are championship events. If your daughter would like to compete in a throw or jump event, she will need to enter by completing the survey.
- Javelin will be held on the morning of the carnival. Students competing in javelin will need to catch an early bus to the carnival.
- There are no finals for any event. Overall placings will be calculated on times.
- All students should try to enter at least two events.
- Please bring sunscreen and hat.
- There will be NO CANTEEN at the carnival. Students will need to pack ALL FOOD AND DRINK for the day.

**The Athletics Carnival will be a fun day. We encourage all students to get involved in all of the fun events and cheering!**

**Parents/carers will need to approve the Consent2Go permission note prior to Wednesday 18 May.**

## Extra-curricular Timetable - Term 2

The Term 2 Extra-curricular timetable has been published. Please [click here](#) for sports, performing arts, clubs and other interests available in Term 2.





## Tickets are now on sale!

Tickets for Matilda are selling fast. Please click the link below and purchase your tickets to the show. The production runs from 15 - 18 June with nightly shows from 6.30pm including a 1.30pm matinee show on Saturday 18 June.

Tickets are \$35.00 each or \$120.00 for a family of four.

<https://www.trybooking.com/BZHRA>

## Rehearsals This Week

This week saw *The Smell of Rebellion* completed as we watched the ghastly Miss Trunchbull steam around in the gymnasium. The small kids in this scene were suitably stressed with having orders barked at them by Trunchbull. Other great in roads this week were completed with Miss Honey singing *My House*.

## Reminder

There are THREE Sunday rehearsals that we will be requiring all cast and crew members to take part:

- **Sunday 15 May (10:00am - 4:00pm)**
- **Sunday 29 May (10:00am - 4:00pm)**
- **Sunday 12 June (10:00am - 4:00pm: Sunday of the long weekend)**

As always, if unwell, please take care of yourself and stay at home. Email Mr Smith and we will make adjustments and bring you up to speed when you get back to rehearsal.

## Rehearsal Schedule

The rehearsal schedule for next week is below:

Monday 16 May	Tuesday 17 May	Wednesday 18 May
<b>Drama Rehearsal 3.30pm - 5.30pm</b>	<b>Vocal Ensemble 7.30am - 8.30am</b>	<b>Drama Rehearsal 3.30pm - 5.30pm</b>
Pages 79 - 84	All Acting Ensemble and Lead Principals	Pages 84 - 87
Matilda, Trunchbull, Miss Honey, All the Kids		Revolting Children All Kids Dancers



## Sports Update

Jenny Wickham - Sports Co-ordinator and Teacher of PDHPE

### Cross Country

Congratulations to the Stella Cross Country team who competed at the BBSSA Cross Country Championships at St Ives Showground on Monday 9 May. It was a wet and rainy day, but the Stella girls coped really well in the tough conditions. Our results were outstanding on a difficult course!

As a team, Stella did extremely well. Stella won first place in the 12 years teams and 13 years teams! We were also second in the 17 years teams and third in the 15 and 16 years teams!

Stella also won many individual medals on the day:

Lyla R: Gold 12 years

Philippa Q: Gold 13 years

April U: Silver 12 years

Maddi R: Bronze 12 years

Holly W: Bronze 17 years

Congratulations to the following students who finished in the top six places and have progressed through to the NSWCCC Cross Country at Eastern Creek on June 7:

Lyla R, Maddison R, April U, Lara M, Pip Q, Lauren K, Holly W, Tilla G, Ruby B.

The IGSA cross country carnival was scheduled to be held at Frensham on May 13. This has been postponed due to wet weather. The new date will be advised as soon as confirmed.

### NSWCCC Softball

Good luck to Jemima M and LeAnnette T who will play at the NSWCCC Softball Championships on Monday 16 May.

### Hockey

Stella will be entering teams into the IGSA Term 3 hockey competition if we have enough interested players. All students have been sent the link to the survey to express interest. Surveys should be completed by Friday 20 May.

### Rugby League

Students who turn 15 or 16 this year, and have rugby league experience are able to trial for the combined BBSSA/CGSSSA rugby league team. Registrations are through the NSWCCC website: <https://csnsw.sport/>

### Touch Football

Stella will be entering teams into the NSW Touch regional gala days on 15 and 16 June. Students in Years 7 -10 have been sent the link to register their interest in playing at this event. Training will be held on Wednesday afternoons from 3.30pm – 4.30pm at Kierle Park.

### Water Polo

Well done to the Stella Year 8 and 9 water polo teams who played their first game in the NSSWPA competition on Monday night. This is the first chance that students in these year groups have had to play water polo for Stella for some time, after Covid caused the cancellation of this competition for the last two years. We look forward to building up our strong water polo program again!

