



Stella Maris

COLLEGE MANLY



2022

Our Year of
Hospitality

Stella Newsletter

Term 4 | Issue 29 | 14 October 2022

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From the Principal



Welcome

We welcome everyone back to Term 4 2022. Thank you to the Administration and Maintenance and Sustainability Teams for the work done in the break. Additional study booths for Benedict Senior Study area have been purchased and a new paved bike storage zone on Main Campus are just two of the initiatives undertaken by the teams as well as an audit and replenishment of our First Aid Packs.

Adolescence Today

Adolescence today looks very different to that pathway to adulthood that existed five or ten years ago. The impact of the pandemic has only exacerbated the differences.

In a recent report, 'Turning the tide on depression: a vision that starts with Australia's youth' (Black Dog Institute), researchers noted that adolescents today are less likely to have a paid job, to go out socially with parents or be in romantic relationships. Their exposure to digital content, however, is higher, with teens, on average, spending over 14 hours a week online. Researchers noted that teens are more likely to experience loneliness, to get insufficient sleep and be concerned about their future.

Professor Jean Twenge (2021) an expert on teen depression, has found young people today are less independent, spend more time at home and socialise less. Earlier research studies have suggested a connection between high social media use and lower perceptions of their wellbeing.

As educators and parents, we need to monitor our young people's social media use and encourage teenagers to seek opportunities to make connections to the community. Whether it is through face-to-face social networking, engaging in sports activities, seeking a part time job or getting involved in school clubs and sports - getting our young people into activities that connect them to their peers and adult mentors is critical for their development.

(Source: AGSA eBrief- Youth depression rising at alarming rates, especially for girls and young women, October 5, 2022)

Congratulations

Congratulations to Sr Catherine Slattery *sgs* who was awarded the Kelvin Canavan Catholic School Leadership Award in recognition for her outstanding contribution to Catholic education. The presentation was made at the CSNSW Law Symposium last week.

The Brother Kelvin Canavan Catholic School Leadership Award recognises those with a teaching background that have transitioned into education administration. The presentation of the Brother Kelvin Canavan Catholic School Leadership Award represents the recipient's commitment to the growth of Catholic schools and education in NSW, as well as their personal faith and discipleship.

Congratulations to Sr Catherine for all she has done for Catholic education and for her contribution to Benedictine leadership within Good Samaritan Education.

Elizabeth Carnegie
Principal

Highlights

Under the Trees

Gather your friends for an evening 'Under the Trees' - brought to you by the Stella P&F. [READ MORE](#)

Dance News

Congratulations to our dance students for their exceptional results this year. [READ MORE](#)

Duke of Edinburgh

Just announced - find out more about the Cambodia tour planned for 2023. [READ MORE](#)

Reflection

The self is formed one experience at a time. Choosing those (experiences) wisely is of the essence of life...

Coming to know ourselves is the beginning of both humility and freedom...When we learn to be more tomorrow than we have been today, we are on our way to being free to go on becoming more of ourselves always...

Until we have become the best of ourselves, we are not capable of becoming good for anyone else. Good relationships free us to become the best of ourselves; they do not enslave us to the demands or the dependencies of others.

Whatever we are, it will continue to bubble up within us...It can take a lifetime of side roads to find the high-ways of the heart that take us home, whole and entire, satisfied and content.

*Joan Chittister,
Aspects of the Heart, 2021.*

Best wishes to our Year 9 Future Problem Solvers who will be contesting the national final in Melbourne on the weekend.

Good Luck!

Gabriella F

Emma M

Kiera M

Sara T

Dance News

Rochelle Jones - Teacher of Dance

Below are the results from competitions that the Stella Dance Company, Ensembles, and Elective Classes have competed at this year. The Dance Company and Elective teams all made it to the National Finals of Dancelife Unite. Unfortunately we weren't able to compete for the National Title because the competition was held during the holidays. Regardless, to know we have made it to the finals is a huge achievement and so exciting!

I am so impressed with the level of commitment and dedication from all the girls who work tirelessly to make these teams a success. Congratulations to all of the dancers who are so talented and such a pleasure to work with.

Dancelife Unite National Regional Heats:

1st – Lyrical Company 2021 "Scars To Your Beautiful" - FINALISTS

1st – Commercial Jazz Company "Overdrive" - FINALISTS

2nd – Commercial Contemporary Company "Great Dane" - FINALISTS

2nd – Lyrical. Company 2022 "Arcade" - FINALISTS

4th – Extension Jazz Company "Comfortable" - FINALISTS

2nd – Year 9, 200 Hours Dance "Cinco De" - FINALISTS

3rd – Year 10, 200 Hours Dance "All Coming Back To Me" - FINALISTS

Dance Spec Challenge Results:

1st – Lyrical Company 2021 "Scars To Your Beautiful"

3rd – Lyrical Company 2022 "Arcade"

HC – Extension Jazz Company "Comfortable"

HC – Commercial Jazz Company "Overdrive"

3rd – Lyrical Ensemble "Breathe Me"

HC – Jazz Ensemble "Bulletproof"

Sydney Eisteddfod Results

3rd – Extension Jazz "Comfortable"

Highly Commended – Jazz Company "Sweet Dreams"

Highly Commended – Lyrical Company 2022 "Arcade"

3rd – Lyrical Ensemble "Breathe Me"

Highly Commended – Jazz Ensemble "Bulletproof"

Extreme Eisteddfod Results:

1st – Lyrical Company 2022 "Arcade"

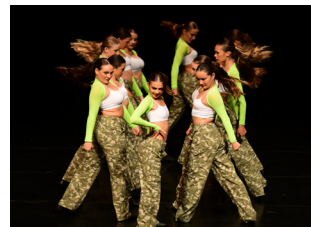
2nd – Lyrical Ensemble "Breathe Me"

IRBD Results:

2nd – Extension Jazz Company – "Comfortable"

2nd – Lyrical Company 2021 – "Scars To Your Beautiful"

Highly Commended – Lyrical Company 2022 – "Arcade"



Duke of Ed News

Linda Silburn - Teacher of Visual Arts & Co-ordinator of Duke of Edinburgh

Term 4 is another busy term at the College with the Award. A wonderful group of Year 10 students is busily preparing for their Snowy Mountains hike in early November and a very committed group of Year 11 students is excited to be travelling to Tasmania in early December. Thank you to the parents and staff who are supporting the girls.

- Year 9 Bronze awards: Please continue to log final hours and complete the AJ report from your last hike. Awards are being signed off on week 4 this term.
- Year 10: Please finish logging all overdue bronze awards and silver practice journeys from earlier this term.
- Year 11 and Year 12: Please remember to log the AJ from last term and keep up to date with skill, service, and physical recreation hours.



Cambodia Tour

The Duke of Ed team is SUPER excited to be offering a 2023 Cambodia tour. This tour is open to students who will be in Years 11 and 12 in 2023 and registered with the Duke of Edinburgh Award. It is a once-in-a-lifetime experience to be immersed in another culture and experience life in a Cambodian school. If you are interested in receiving further information, please complete the form link below. The tour will be limited to around 25 students.

[Click here](#) to receive more information and deposit links for the Cambodia tour planned for week 1 of the mid-term break 2023: 24 June - 2 July. The approximate cost for this tour is \$3700 all-inclusive.

Service Opportunity

Ex-Stella student and Gold Duke of Ed awardee Natalie Taylor is working with The Sydney Peace Foundation which promotes peace, justice, and non-violence through a number of events later this year. Each event requires 8-10 hours of volunteering so it will be a great way to complete a large chunk of the volunteering portion of the award. To register to volunteer please complete [this form](#).

Social Justice News

Sarah Metcalfe - Teacher of History and Social Justice Program Co-ordinator

On October 12, six Year 12 Prefects attended the **Virtual Philippines Immersion** and got the chance to meet Sister Anne and the Out Reach Staff who help to run the Sisters of the Good Samaritan Kinder School.

The live event was beamed across via zoom and it was fantastic to see Sister Anne and her staff in their actual place of work. Similarly, we got to meet Marites, a head teacher at the Kinder School and some of the children in their actual classrooms and in their playground. It was the next best thing to not actually being there in reality.

The students were shocked to find out that the children and teachers were still experiencing remote learning and won't be back to face-to-face teaching until early November due to the Covid pandemic.

Our Year 12 Prefects realised that the Bacolod Kinder school simply needs financial donations to continue to operate the Out Reach Program. During Covid, the need in the community was to access food and as a result, the Sisters of the Good Samaritan commenced the Street Feeding Program that provides nutritious meals and milk to not only the children and their families in the Kinder School, but also to the wider Bacolod community that had lost work during the pandemic and were living hand to mouth and facing starvation.

It was very useful to find out in concrete terms that \$20 Australian dollars is equivalent to \$850 pesos and with that money it is enough to buy ½ a sack of rice which would then go on to feed a family of four for two weeks.

It was an insightful immersion, eye-opening and heart-warming and great to actually see where all the money raised throughout this year, particularly from the Sleep Out in September is making a big difference to a community in genuine need.



The Good Samaritan Parable mural at the Kinder school.

Where is the Kinder School?

In the Philippines: broadly categorized under three main geographical divisions from north to south: Luzon, Visayas, and Mindanao.

Bacolod is the capital of the province of Negros Occidental.

Population: 600,783 (2020 census), the second most populous city after Cebu City.

Renowned as The Friendly city, as it bears the nickname "The City of Smiles".



Debating News

Alex Mascarenhas - Teacher of English and Geography

St Mary's Primary School Debating Workshop

On Wednesday, five Stella Maris debaters led a debating workshop for Years 5 and 6 students at St Mary's Catholic Primary School in Manly. Our students did an amazing job of engaging the 65 primary children with activities designed to help students develop convincing arguments and prepare them for an upcoming competition. The workshop ended with a mock debate about the topic, "That homework in schools should be banned" which encouraged some diverse perspectives! Well done to Ava N, Ruby K, Lauren K and Audrey R from Year 10, and Georgia C from Year 9 for their outstanding enthusiasm and professionalism.



Visual Arts News

Marisa Quick - Head of Visual Arts

Some of our talented Visual Arts students made a wonderful contribution to a charitable event, Dreams2Live4 Charity Art Exhibition, by donating some of their impressive artworks for exhibition and auction.

Dreams2Live4 is the only charity of its type in Australia, set up to empower Australian adults living with advanced cancer to dream and find purpose again. Based in Sydney's Northern Beaches, every single cent they raise is used to make the dreams come true.

Local Northern Beaches gallery, DiversARTy, based in Cromer, is supporting their work with the Dreams2Live4 Charity Art Exhibition.

This is a big fundraiser and will be super special for all, coming off two years of covid cancellations. It is being held for the month of October and will showcase the work of local known and emerging artists and raise awareness of Dreams2Live4. Each artist supporting the exhibition will donate 50% of the final sale price of their work to help make dreams come true.

Four of our Visual Art students have donated their art works: Sara T, Josie F, Nieve M, Mia C

The opening night of the exhibition was a great success, and it was wonderful for our students to see their work exhibited and enjoy the excitement of the event. Do pop by the gallery and visit if you are able, you might even like to bid on some of the artworks to support the charity.

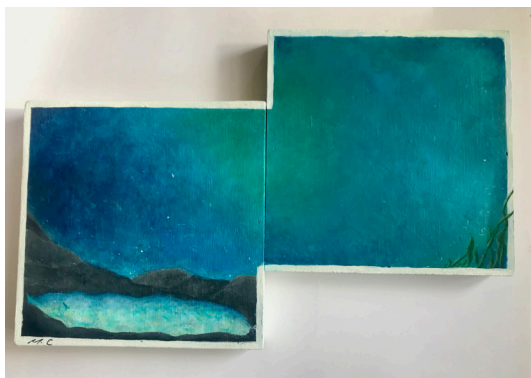
[Click here](#) for the auction site. Don't miss out on viewing (and bidding on) some really fabulous work.



Sara T



Nieve M



Mia C



Josie F

P&F Update

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

Welcome back everyone – hard to believe it is Term 4 already!

Parent End of Year Get-together

We hope you have all set aside Friday 18 November and will join us for drinks, some delicious canapes and live music in the beautiful surroundings of the school courtyard. Tickets are available now on the link below. Please note that the evening has been subsidised by the P&F to make it an affordable event.

[Click here](#) to get your tickets. See you there!

P&F Meeting

This term's P&F Meeting is next Thursday, 20 October at 7.30pm in the Old School Library. Come along and have your say, meet new friends and hear what's going on at school. All welcome.



Uniform Shop

Operating Hours

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

Year 12 (2023) Textbooks

The current Year 11 group can order their Year 12 2023 textbooks online at www.campion.com.au using the Stella code JBTY. Please select the digital products carefully. Once ordered these cannot be returned or refunded.

The due date for orders has now passed. Deliveries for orders placed now may be delayed.

Online Order Collections

There are many uncollected orders. Please ask your daughter to collect these next Tuesday. Orders can be collected from Recess. Please note that collection notices are not sent.

Update: Current parents can now find the Online Store on the 'Welcome to SEQTA Engage' page.

Online orders can only be placed for current students. New students for 2023 will have their initial fitting in store to ensure correct sizing of uniforms.

Summer Uniforms

Year 9 can now purchase the senior dress (for Year 10).

Year 11 and 12 can purchase the short sleeve pink blouse to be worn with the tailored shorts, which are an alternative to the dress.

Stationery items

The Uniform Shop stocks a large range of stationery items that can be purchased in store. These include:

- Calculators
- Art supplies
- A3 and A4 Display folders
- Pens, lead pencils, glue sticks, Bernina bobbins

Please go to the Stationery section of SEQTA Engage page to see what items can be purchased online.

Second Hand Uniforms

The Uniform Shop does not accept second hand uniforms. Please go to the [P&F's Facebook](#) page to buy and sell uniforms.

Canteen Roster

Term 4

MONDAY 17 OCTOBER

Jacki Reimer
HELP NEEDED PLEASE!

TUESDAY 18 OCTOBER

Terri Buchanan
Louise Stedman
Amy Keary
Kate Lovelace

WEDNESDAY 19 OCTOBER

Michelole Ohle
Rachel Blenkinsop
Jo Robinson

THURSDAY 20 OCTOBER

Sarah Bernie
Orla Neville
Nicole Holmes

FRIDAY 21 OCTOBER

Duncan Barnett
Marie Watson
Cindy Fordham
Nicole Covich
Kate Bambrick Browne

Sports News

Jenny Wickham - Sports Co-ordinator and Teacher of PDHPE

Australian Schoolgirls Rugby League

Congratulations to Piper S (Year 11) who represented Australia in the Schoolgirls Rugby League team during the holidays. Piper was part of the team that travelled to Fiji to play an international schoolgirls' game. Well done Piper on another amazing sporting achievement!

NSW All Schools Athletics

Congratulations to the following girls who competed at the NSW All Schools Athletics Championships during the holidays: Lyla R, Maddi R, April U, Pip Q, Ellie E, Elisabeth P, Erin H, and Emily S. The Stella girls all performed extremely well, with quite a few winning medals!

Lyla R: 3rd in 12 years 800m, 1st in 12 years 1500m

Pip Q: 1st in 13 years 800m, 1st in 13 years 1500m, 2nd in 14 years 3000m

Elisabeth P: 2nd in 14 years discus

Emily S: 1st in 19 years 400m

Well done also to Maddie R, Ellie E and Erin H who made finals in their events.

Pip and Elisabeth have now been selected into the NSW team to compete at the Australian All Schools Championships in Adelaide in December! Well done on this outstanding achievement!

We look forward to the NSW schools team event which will be held on October 26 at Sydney Olympic Park.



Peninsula Cup Soccer Finals

Well done to the Stella soccer teams who played in the finals of the Peninsula Cup competition at the end of Term 3. Both teams had fantastic games, and were unlucky to lose by just one goal! Well done to all members of the Stella Red and Stella Green teams.



Get in Touch

General Enquiries & Feedback

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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

Sports News (cont.)

Tildesley Tennis

The Tildesley Tennis Squad has commenced training in preparation for the Tildesley Tennis Tournament in March 2023. The squad trains on Wednesday and Friday mornings at Keirle Park Tennis. There are still places available in the squad for any student who has tennis experience and would like to join the squad. Students should email Mrs Jenny Wickham if interested.

Good Luck!

There are many representative carnivals for various sports in the coming weeks. Best of luck to the following teams who will play at gala days in the first weeks of this term:

BBSSSA AFL: 13 October

BBSSSA Water Polo: 17 October

BBSSSA U13 Touch: 24 October

NSWCCC Water Polo: October 26 and 28

NSW Athletics Schools Challenge: October 26

Aquathon: 2 November

Sailing

This Wednesday afternoon saw our new group of Stella Sailors launch Pacer dinghies into Middle Harbour. The wind was lively but friendly and conditions were good. Most importantly, our students were enthusiastic and supportive of each other. They had a great sail and it was lovely to hear their laughter and squeals echoing around the harbour.

