



Stella Maris

COLLEGE MANLY



2022

Our Year of  
*Hospitality*

# Stella Newsletter

Term 4 | Issue 33 | 11 November 2022

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## From the Principal



### Benedictine Values

I asked the Senior Student Leadership Team to offer feedback on which Benedictine values we do well and which we could focus more on in 2023. The feedback was invaluable. The values of Stewardship, Hospitality and Community were strongly identified in the school. All girls agreed that these values were constantly evident and a strong feature of the Stella Maris community.

One of the leaders said, "At Stella, I believe we achieve highly in the Benedictine value of Community. This is because the teachers and students always look after every person at our school. This is done by the support offered by the school, such as the counsellors, Year Coordinators and PC teachers. Furthermore, the students also play a massive role in the success of the Stella community by always being inclusive, welcoming, and accepting of everyone. This is also achieved by the support groups set up with the students, with the Stella sisters, SRC representatives and the student leaders, all supplying tremendous support and inclusiveness."

The value that the girls thought we might consider a strategy for was Sustainability. Suggestions from the students included recycling bottles, which could be used to fund sustainable projects or help charities. The idea of composting was strongly advocated as well as separating wastes and supporting the Canteen in compostable packaging. One of the leaders noted, "Small things such as introducing recycling bins around the school or conducting a monthly beach clean-up are ways that we could be stewards of not only one another, but of our lovely in-school, and surrounding environment!"

The College is mindful of our footprint and our impact on the environment. We already use LED globes, solar panels, harvest rainwater, use sustainable cleaning products (where possible), compost vegetables from the Canteen, Hospitality and Food Technology classes, and plan to reduce non-recyclable items in catering.

2023 is our Year of Stewardship and we hope to develop greater capacity for recycling and sustainable practices in the school. Pope Francis' Encyclical, Laudato Si, calls on us to take action for a better world. "By developing our individual, God-given capacities, an ecological conversion can inspire us to greater creativity and enthusiasm in resolving the world's problems and in offering ourselves to God." (Laudato Si, 220).

I look forward to working with the 2023 Student Leaders on improving our approach to Stewardship in the College.

### Thank you Stella Volunteers

This week we celebrated the many parent and carer volunteers who assist in the Canteen and Uniform Shop. Stella is grateful for the support it receives from the parent/carers community helping us to provide support for our students and staff. Tuesday evening, under the figs, we were able to celebrate and thank the volunteers for their support.



Elizabeth Carnegie, Principal

## Highlights

### Last chance for 'Under the Trees' Tickets

Jump online to book your tickets to the P&F Parent Get Together. [READ MORE](#)

### Duke of Edinburgh News

Congratulations to our Year 10 students on their Snowy Mountains Adventure. [READ MORE](#)

### Good luck Shay!

Best wishes to Shay H as she represents the Young Matildas in upcoming matches. [READ MORE](#)

## Prayer

All-powerful God,  
you are present in the whole universe  
and in the smallest of your creatures.  
You embrace with your tenderness all that exists.  
Pour out upon us the power of your love,  
that we may protect life and beauty.  
Fill us with peace, that we may live as brothers  
and sisters, harming no one. (Laudato Si)



Stella Maris College P&F invites  
parents to an evening

# Under the Trees

**TICKETS CLOSING SOON**

**Friday 18 November**

6.30pm – 10.00pm  
On the Deck at Main Campus  
Only \$40 per person

## Important Dates

### Term 4

#### NOVEMBER

**30** Presentation Day

#### DECEMBER

**01** Presentation Day

**02** End of Term 4  
(Half day)

## Notices

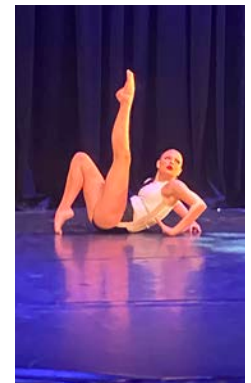
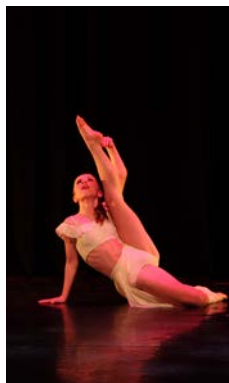
### Performing Arts Concert Series

Congratulations to our dancers who delighted audiences across two incredible shows last night. It was a wonderful showcase of our emerging and more experienced dancers. Well done also to Teacher of Dance, Rochelle Jones.

Our Music Night and Drama Night are next up in the Performing Arts Concert Series in the Star of the Sea Theatre. Tickets are free, but please reserve your seats using the following links:

**Music Night:** Wednesday 16 November, 6.30pm. [Click here](#) for tickets

**Drama Night:** Tuesday 22 November, 5.00pm and 7.00pm shows. [Click here](#) for tickets



## Get your tickets!



### Community Mass - St Kieran's Manly Vale

North Harbour Catholic Community invites all school leaders (captains, prefects, house captains etc) and their families from Stella Maris, St Augustine's and St Paul's to a youth mass at St Kieran's this Sunday 13 November at 6.00pm. This will be followed by a sausage sizzle. Any student from Stella Maris College is warmly welcome to attend.

### Seeking Confident Teenagers

At Macquarie University, we are conducting an exciting online study investigating body image in Australian adolescents. To help us do this, we need to learn from adolescents who are not anxious or concerned about their appearance.

We are seeking parents and their confident teenagers 12 to 17 years to participate in our online study. To thank you for your time and involvement in the study, you will receive a \$30 gift voucher at the completion of your participation.

To find out more about this project, please contact [bddproject@mq.edu.au](mailto:bddproject@mq.edu.au)





## 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

## Visual Arts News

Marisa Quick - Head of Visual Arts

ArtExpress is an annual series of exhibitions of exemplary artworks created by New South Wales visual arts students for the Higher School Certificate examination. This year, Stella Maris had four students nominated for their outstanding Bodies of Work and possible inclusion into ArtExpress 2023.

A heartfelt congratulations to Mia B, Ashling C, Jessica C and Mia F.

## Technology News

Natalie Cavallaro - Teacher of Design and Technology

Shape is an annual exhibition of exemplary Year 12 Major Projects developed by HSC Design and Technology and Industrial Technology – Multimedia Technologies students.

We would like to offer a huge congratulations to the following students for being nominated for possible inclusion in the Shape and InTech 2023 showcase events.

This is deserved recognition of their outstanding efforts throughout the year.

### Design and Technology

Sky B  
Emily G  
Chloe H  
Jessica O  
Imelda R  
Olivia S  
Claudia V  
Holly W  
Sophia Z

### Industrial Technology – Multimedia Technologies

Jessica C  
Maeve J  
Jessica O  
Taylor P

## Job of the Week

Lisa Walsh - Careers and Pathways Adviser

### Disaster Management Officer

#### What do Disaster Management Officers do?

Disaster Management Officers are responsible for planning and preparing communities for disasters and emergencies. They generally work with councils and government bodies to develop and implement plans and strategies to deal with natural disasters, such as bushfires, floods, cyclones, or other large-scale emergencies.

If you are passionate about helping your community, want a role that can be varied, and are prepared to face tough situations, this role could be ideal for you.

#### How do you become a Disaster Management Officer?

[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](#).



## Hamper Donations

### Vinnies Christmas Hampers

Items Needed  
via PC

1



jelly or jam

2



custard

3



Christmas pudding

4



Christmas cake

5



fruit mince pies

6



tinned leg ham  
(eg Plumrose)

7



Bon Bons

8



tinned fruit (ring pull)

9



coffee and/or tea

10



long life milk

11



cereal

12



tinned vegies (ring pull)

13



biscuits

Thank you!



## Duke of Edinburgh News

Linda Silburn - Teacher of Visual Arts & Coordinator of Duke of Edinburgh

### Snowy Mountains Adventure

Congratulations to the 31 amazing Year 10 girls who successfully completed the Snowy Mountains Duke of Edinburgh adventure this week. The girls completed six days of adventure activities including rock climbing, abseiling, fire making, and a four-day Snowy Mountains alpine hike. There were tears, laughter, and jubilation at completing the challenge.

The K7 staff emailed to say what an unbelievable group of young ladies they worked with and our Stella staff also commented on the girls' determination, kindness, and ability to work together. Well done to the girls, I hope you are very proud of their achievements.

This is a good time to send a very big thank you to Lisa Walsh, David Ford, Rob Sutcliff, and Will Symons for accompanying the girls and managing to balance their home lives, a very busy teaching/marking/reporting time at the college and a Duke of Ed trip. These amazing adventures are not possible without the help of staff.



### Community Service Opportunity

Bear Cottage Children's Hospice will be holding their annual Christmas Wrapping Station at Warringah Mall on Saturday 3 and Sunday 4 December and then every day from Saturday 10 December until Saturday 24 December. The stand runs all shopping hours – day and night.

The Christmas Wrapping Station is very important in raising funds for Bear Cottage and your help really makes a difference for the children and families in their care.

If you are keen to be involved, and ideally 15 years or older, register your details by [clicking here](#):

Please send an email confirming your interest to [bronwen.simmons@health.nsw.gov.au](mailto:bronwen.simmons@health.nsw.gov.au). Bronwen will be in touch regarding which shifts are available.



## P&F Update

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

### 'Under the Trees' Parent Event - early bird prize draw winner!

Congratulations to Ola Bergefall (a new Year 7 parent in 2023) who is the lucky winner of the early bird prize draw. Ola has chosen a case of 4 Pines Pale Ale.

We are looking forward to coming together for a fabulous evening of good company, drinks, food, music by ex Stella student Tilli McMahon and a sensational selection of hot and cold finger food by local caterer Gourmet Tarts. There will be name tags with your daughter's year group/s included so that you can look out for others from your year. Ticket sales close on Tuesday at midnight, so be quick to purchase if you'd still like to come. Tickets are available now on the link below (the evening has been subsidised by the P&F to make it an affordable event).

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

### Formal Dresses on Stella Buy Sell Swap

It was announced this week that we are now able to sell pre-loved formal dresses on the Stella Buy Sell Swap Facebook page. With these dresses often only being worn once, it is a fantastic and sustainable way to shop for your daughter's next formal dress! Conditions do apply – dresses should be less than 24 months old, only Stella students and should be freshly laundered, preferably dry-cleaned. For a full list of Ts & Cs please see the Stella Buy Sell Swap Facebook page.

### P&F Vacancies

At the end of the year we will be resigning from our positions as joint P&F Presidents after two years in the role. Our wonderful P&F Secretary, Nadine Fagan, and Treasurer, Nicole Bruin will stay on. This leaves the P&F President role vacant. This role could be taken up by one person, perhaps with a Vice President, or as a joint role between two. If you have some time to spare please consider volunteering for this role, which involves building our wonderful school community by organising one or two social events for the year, with not much onus on fundraising. We have found it to be very rewarding. Please contact us on the above email address if interested.

## Canteen Roster

### 2023 Roster

I'll be preparing the roster for next year in the coming weeks. If you are yet to do so, can you please let me know if you are coming back, or would prefer not to be on the roster. Either way, I'd like to be able to give you your preferred day again if possible.

Thank you, Bernie

### Term 4

#### MONDAY 14 NOVEMBER

Abi Sweet  
Ayesha Ballesty  
Nicole Margetts  
Camilla Zervas

#### TUESDAY 15 NOVEMBER

Terri Buchanan  
Louise Stedman  
Amy Keary

#### WEDNESDAY 16 NOVEMBER

Shea Whiteford  
Michelle Ohle  
Rachel Blenkinsop  
Sarah Chirgwin

#### THURSDAY 17 NOVEMBER

Sarah Bernie  
Orla Neville  
Nicole Holmes  
Diana Panuccio

#### FRIDAY 18 NOVEMBER

Justine McKee  
Lisa Macgregor  
Duncan Barnett  
Marie Watson  
Nicole Covich



## Sports News

Jenny Wickham - Sports Co-ordinator and Teacher of PDHPE

### 2023 Sports

We are beginning to call on expressions of interest for some of our Term 1 sports. Emails have already been sent to all students to sign up for 2023 basketball and AFL. Both of these sports will commence very early in Term 1, with grading and initial training sessions being held this term.

Basketball grading will be held for students in Years 7 – 9 in week 7 of this term.

AFL training will also commence in week 7.

Any student who would like to play AFL or basketball in Term 1 should sign up via the link that has been emailed.

### Soccer

Congratulations to Shay H (Year 11) who is a member of the Young Matildas (Australian Women's Under 20 Soccer team). Shay is currently playing at the Pacific Women's Four Nations Tournament in Canberra.

Shay's team had a good win against the Solomon Islands earlier this week. Their next game will be against Fiji at 5.00pm today (Friday 11 November), with the final game against Papua New Guinea at 4.00pm on Sunday. Good luck Shay!



### Hockey

A big thank you to the 12 students who assisted at the Northern Beaches Catholic Primary Schools Gala Day on Tuesday 8 November. The Stella students did a great job of looking after the games. Well done to all of the students involved:

Bonny A, Amy B, Katie B, Lyla C, Mietta D, Gabriella F, Alex F, Kinvara L, Lara M, Ruby P, Rileigh S, Harriet W.



### Run Club

A reminder that all students are welcome to join the Stella Run Club. This is held on Monday mornings at 7.15am. Now that the weather is warming up, the mornings are perfect for run training! Students of all running ability levels are welcome to come along and join the group.





## Community News

### Vinnies Volunteers

Vinnies NSW are currently looking for volunteers 18+ years for our Vinnies Support Centres. Vinnies Support Centres are client-centred support and referral services operated by the St Vincent de Paul Society. They offer face to face support to those in the community who require financial, food or material assistance. The support teams work with our clients to offer the best possible assistance for their needs and connect them to the Society's Conference home visitation teams or Vinnies' Services.

If you are interested in hearing more about volunteering in a Vinnies Support Centre, or helping out in a volunteer capacity elsewhere, please contact the Volunteer Experience Team at [volunteers@vinnies.org.au](mailto:volunteers@vinnies.org.au)

### Keen to volunteer but need to be there for the kids?

Vinnies NSW are currently looking at what we can offer in terms of increased flexibility around volunteering. The Volunteer Experience Team at Vinnies are looking to create a mailing list of volunteers who would be happy to volunteer on an ad-hoc basis. Volunteer tasks may range from assisting packing Christmas hampers at a Vinnies centre for a few hours to committing to sharing a Vinnies Campaign via social media once a month. Once placed on our 'Vinnies Support Volunteer Crew' mailing list, you will be contacted once a month via email to inform you of upcoming ad hoc opportunities. To be placed on our mailing list and become a part of our valued Vinnies Support Volunteer Crew please email [volunteers@vinnies.org.au](mailto:volunteers@vinnies.org.au). We thank you wholeheartedly for your contribution.

## Sports News (cont)

### Surf Lifesaving

Stella will be taking part in the BBSSSA Surf Lifesaving Carnival at Terrigal beach on November 24. There are still spots available in some events. Any student who has nippers experience who would like to take part, should complete the form that has been emailed to all students.

## Uniform Shop

### 2022 Closing Date

The Uniform Shop will close for the year on Thursday 24 November at 4.30pm for stocktaking. Any online orders placed after this can be collected in January when we reopen for a short period before Term 1 starts. This date will be advised shortly.

Please make sure all Year 9 have purchased their senior dress before 24 November.

### 2023 Booklists

These are available for all years from [www.campion.com.au](http://www.campion.com.au) using the code JBTY.

Relevant books can be sold on StellaBay (via [Moodle](#)).

A list is attached to each year showing only the books that can be sold.

### Online Order Collections

There are many uncollected orders. Please ask your daughter to collect these next week. 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 Uniform

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.

Junior dresses are available for purchase online.

White crew style socks are available for \$9.

### Stationery items

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