



Stella Maris

COLLEGE MANLY



2022

Our Year of
Hospitality

Stella Newsletter

Term 1 | Issue 10 | 08 April 2022

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From the Principal



Term Break

We finally have reached term break - from what has been a challenging and eventful Term 1. Many students and staff have been dealing increasingly with illness and fatigue over the last few weeks and there have been some events that have been significantly impacted by rain - such as the Year 7 Camp, Year 8 Retreat and the Duke of Edinburgh adventurous journey.

Thank you to the many staff who have helped the girls and the school by taking additional covers whilst their colleagues have been sick. We hope those staff and students who are still unwell, have time to recover during the term break.

In Judith Valente's book (*How to Live: What the Rule of St Benedict Teaches Us About Happiness, Meaning and Community (2018)*), Valente speaks of St Benedict insisting that the monastic community maintained a focus on balance. 'St Benedict refused to let work overwhelm. He wanted his communities to be productive. He didn't want people working until they dropped or as if little else mattered' (Valente: 2018; 101). Valente goes on to conclude that, '... the human heart...needs to be nourished - with work, play, friendship and family.'

So, I invite everyone over the term break to search for balance. For the girls, I think it is important that they get out into the sunshine and immerse themselves in the beautiful environment we have here on the Northern Beaches.

Students should also take time to reflect on their studies (and, for Year 12, any information from this week's Student Learning Conferences) and put in place some strategies to support their learning in Term 2. Don't forget the library and the tutors are available four afternoons a week during term time.

Mrs Christensen and library staff are opening the library to Year 12 during the first week of the school holidays - Monday 11 April to Thursday 14 April from 9.00am-3.00pm (with Tim Tams supplied).

I invite the Stella community to connect with our local church communities through the Easter season. I attach the link to the Broken Bay Diocesan parish information, where you can locate services that will be held over Holy Week and the Easter season.

[CLICK](#) for Broken Bay Diocesan parish information.

Elizabeth

Elizabeth Carnegie
Principal

Highlights

Mother's Day Celebrations - 6 May

Join our Mother's Day Breakfast on Friday 6 May. We invite all Mothers, Grandmothers or Mother figures.

[READ MORE](#)

Visual Arts News

We were so grateful to finally be able to take our Year 11 Visual Arts Students to Bundanon this year for a 3 day art camp.

[READ MORE](#)

Duke of Edinburgh's International Award Program

The Duke of Edinburgh's International Award is offered to Stella Maris students from Year 9 to Year 12.

[READ MORE](#)

Lenten Prayer

Loving God,

You have heard my complaints, my
impatience.

Sometimes I become frightened when I
move away from you.

Guide my heart back to you.

Help me to think beyond my own wants
and to desire only to do your will.

Thank you for the many blessings in
my life and for the ways I feel your
presence.

Faithful God - bless us,
protect us from all evil
and bring us to everlasting life.

AMEN

Important Dates

Term 1

APRIL

08

End of Term 1

27

Term 2 commences

School Terms

TERM 1

Mon 31 Jan to Fri 08 Apr

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

Student Learning Conference Dates

**SLC Conference 2
YEARS 7 - 12
Mon 2 May
2:30pm - 7:00pm**

**SLC Conference 3
YEAR 7 - 12
Tue 10 May
4:00pm - 8:00pm**

**SLC Conference 4
YEAR 7 - 12
Wed 18 May
2:30pm - 7:00pm**

Student Learning Conferences Year 7 to Year 11

Student Learning Conferences (SLC's) are an opportunity for parents, teachers and students to meet and discuss progress so far in 2022, and to identify learning goals and strategies to achieve these.

MS Teams

This year SLC's will again be conducted through MS Teams. In preparation, your daughter(s) will be instructed as to how it will work.

Dates

There will be **3 dates available** to book. Each interview timeslot will be for 6 minutes.

Mon 2 May	2:30pm – 7:00pm	6 min interviews
Tue 10 May	4:00pm – 8:00pm	6 min interviews
Wed 18 May	2:30pm – 7:00pm	6 min interviews

Login instructions

- Use a **computer** to access PTO, not a phone or tablet
- Interviews are booked online through an external provider, PTO.
- Please do not attempt to use login details for PTO from a previous year or your Stella Online login, as neither will work.
- Instructions for obtaining login details will be emailed the day before bookings open. Please look out for this email. If you do not receive it, contact College Reception.

Bookings for Years 7-11 open on **Wednesday 27th April at 9:00am**.

We highly recommend that you leave a gap between interviews (i.e. do not make bookings back-to-back).

One set of interviews

Both parent/carer emails have been set up in PTO, but please only make **ONE set of interviews per daughter** unless it is necessary for you to attend separately.

You will receive an email from your daughter's Head of Year with more information.

Uniform Shop

Gail Hickey
e uniform_books@stellamaris.nsw.edu.au

The **first two weeks** of Term 2 are a transition time from Summer to Winter uniform. When wearing Winter Uniform, stockings and blazer are compulsory. Year 11 need to purchase the senior pink blouse. These can be ordered instore or online.

Winter uniforms must be worn **starting Monday 9 May**.

The Uniform Price List is available on the [website](#), with some winter items available online.

Online orders placed through the Term 1 holiday period can be collected Wednesday 27 April when Term 2 commences.

Canteen Roster

WED 27 APR

Amanda McNally
Jude Furniss
Vanessa Hodgson

**** 1 or more helper needed****

THU 28 APR

Danielle Hazel
Monique Franks
Sarah Reynolds

**** 1 or more helper needed****

FRI 29 APR

Sam Economos
Maria Dunn
Elizabeth Fitzsimon
Jacinta Norton
Wendy Bierer
Natalie Mascolo

College Fees

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 term's notice).

Please email any enrolment changes to:

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.

[LEARN](#) more about Edstart

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.

NAPLAN 2022

Louise Yeates

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point in time assessment of literacy and numeracy skills that are essential for every child to progress through school and life. Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy.

All NSW schools will sit NAPLAN online in 2022. Our school will be participating in NAPLAN between 10 and 20 May 2022.

In preparation for NAPLAN, our school has been participating in practice tests in the last week of term. The practice tests give students an opportunity to become familiar with the test format, functions and tools of the online tests in a test environment. The practice tests are not an assessment of student ability and will not be marked.

Excessive preparation for NAPLAN is not recommended. Students do not need to be able to touch type to complete NAPLAN as the tests are not about keyboard skills (just as the paper test is not about handwriting skills). Students can use the public demonstration site to familiarise themselves with the types of questions and tools available in NAPLAN.

Students who receive special provisions during examinations will also receive them for NAPLAN. Our Head of Inclusive Learning, Cath Douglas, will supervise those students.

Please follow the links below to learn more.

[CLICK](#) to read information for **Parents and Carers**

A link to Information for students is also provided below:

[CLICK](#) to read information for **Years 7 and 9**

If you have any questions about NAPLAN, please contact Scott Mellis our NAPLAN Coordinator
scott_mellis@stellamaris.nsw.edu.au

If you choose to withdraw your daughter from NAPLAN testing please follow the link to the parent/carer consent form and follow the instructions.

[CLICK](#) to read information on Parent/Carer consent form for exemption or withdrawal.

Additional resources:

- **[Public demonstration site](#)**
- **[NESA NAPLAN website](#)**
- **[NAP parent/carer support page](#)**
- **[Watch a video that explains tailored testing](#)**

We wish our Year 7 and 9 students well for the NAPLAN tests.

Get in Touch

General Enquiries & Feedback

administration@stellamaris.nsw.edu.au
9976-5144

Student Absences & Enquiries

studentreception@stellamaris.nsw.edu.au
9976 1817 or 9976 1885

Student Enrolments & Exits

registrar@stellamaris.nsw.edu.au

Alumni Enquiries

Donna_Stimson@stellamaris.nsw.edu.au
9976 1825

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

Uniform Shop

Operating Hours

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

The Uniform Shop will close
Friday 8 April and reopens
Wednesday 27 April.

Current conditions

- Two students per visit
- Mask mandatory
- Hands to be sanitised

Appointments are no longer required.
Students can come before school, during lunch or after school.
Payment is required at time of fitting.

Online Ordering

Visit our Online Store to order your uniform needs. Some winter items available online.

Please remember to order using your daughter's name.

Orders can be collected during recess or the next trading day.

[**SHOP**](#) now

Mother's Day Celebrations

Call out to multigenerational Stella families

The College extends a special invitation to our second, third and fourth generation Stella families to join our Stella first generation families for our Mother's Day Breakfast in May.

We appreciate how much value multigenerational families bring to this community and would like to celebrate your commitment to Stella with breakfast and a small gift.

Your stories and special connection to the College are an inspiration to first generation families and an important part of our College history.

We look forward to celebrating with you over breakfast. Please advise on the Mother's Day breakfast TryBooking link if you are a multigenerational family.



P&F Update

Kate Lovelace & Andrea Hogan P&F Presidents
e pandf@stellamaris.nsw.edu.au



Friday 6 May @ 7:30pm, Harbord Diggers

If you have a daughter in Year 9 don't miss this opportunity to catch up with other mums in your year. Thank you to Holly MacKenzie, WhatsApp Administrator for Year 9, for organising.

Please don't forget to RSVP.



Our next P & F meeting will be on **Thursday 19 May at 7.30pm**. We'd love to see you there.



Comedy Evening

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.

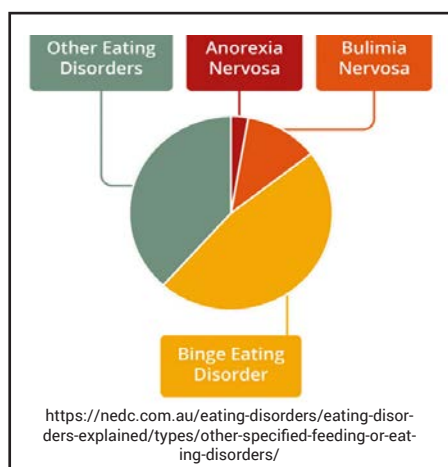
Wishing you an enjoyable Easter break and school holidays

Wellbeing

Kylie Andrew & Jillian Roy

Eating disorders

Unfortunately we are seeing an increase in eating disorders in young people. Traditionally, the term 'eating disorder', is associated with anorexia nervosa and bulimia nervosa, however you might be surprised to learn that they are actually the least commonly diagnosed of all the eating disorders. Binge Eating Disorder and Other Eating Disorders make up the majority of diagnoses.



Some common sub-types to be aware of are:

- ARFID (Avoidant Restrictive Food Intake Disorder): food intake is limited, however there is no distress around body shape and size
- OSFED (Other Specified Feeding or Eating Disorder): this diagnosis is given when diagnostic criteria are not met for other eating disorders. This is still a very serious condition and requires specialist treatment.
- Orthorexia: although not technically an official eating disorder, the obsession with 'healthy' or 'clean' eating can lead to an unhealthy relationship with food and can potentially lead to an eating disorder.

Further information:

- [National Eating Disorders Collaboration](#)
- [Butterfly Foundation](#)

Community Forum - problem gaming and the link to gambling

The Burdekin Association has developed the DY Project Community Forum.

Many parents and carers are unaware of what their children are playing online and may not know that young gamers are being encouraged to start gaming to earn crypto currency.

DY Project will be running a face-to-face Community Forum in partnership with local youth health services and experts, offering support to families and young people via case management. This is a preventative/intervention project to support families when their young person has become dependent on gaming.

For further information, [CLICK](#) to read more

To stay informed, please [COMPLETE](#) this short survey.

Sleep

An enchanting aid for mindfulness and sleep.



Dreamy is a collection of sleep stories created by First Nations storytellers. These soothing tales will help people of all walks of life to quiet their minds, connect with our land, and drift off into dream. First Nations people are the original storytellers.

[LEARN](#) more.

Have you joined the Parent WhatsApp Group?

If you have any problem joining the group, email our P&F Presidents at: pandf@stellamaris.nsw.edu.au

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/HxFeVIPxrqW15dqno44mEG>

Year 11

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

Year 12

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



Social Justice Term 1 News

Sarah Metcalfe



"I can eat, dress, maintain my health and help others. My children study and manage to eat twice a day"

MAD

(Making a Difference)

Social Justice Club

Meet @ Lunch

Old Library

Every Wednesday

- Please come along if you would like to connect with like-minded people who are passionate about making a difference in our community.
- Our Social Justice Prefects Lara Dean and Emily Varde run the informative and interactive session.
- We have had several initiatives raised such as recycling and raising awareness for the current crisis in Ukraine.



Project Compassion

A **huge** congratulations to our Stella Community for participating in Project Compassion, Caritas. Each Pastoral Care (PC) has contributed extremely generously through their donations during the Lenten period and through the St Patrick's Day fundraiser. We are still collating the Project Compassion donations as Easter fell later in the calendar this year and in early Term 2, we will know the definitive total.

So far, we know the top 3 PC's who have raised to date the following amounts:

1. PC 12.2 & Ms Fisher with astounding \$262.15!
2. PC 7.6 & Mr Mascarenhas = \$118.75
3. PC 11.3 Ms Merchan = \$113.00

Notable PC's that were incredibly generous along the way were PC 12.6 with Mrs Han and Ms Metcalfe and PC 8.5 with Mrs O'Brien and PC 11.5 with Ms McCutcheon.

Peace Eggs and Mater Dei

The mufti day fundraiser proceeds will be distributed to the St Vincent de Paul Flood Appeal and to our sister school Mater Dei.

The Stella community managed to raise a staggering **\$6,527.50!**

Each year at Stella Maris we focus upon our connection to our fellow Sisters of the Good Samaritan school, Mater Dei. We managed to sell a staggering 700 Peace Eggs of which the funds go directly to Mater Dei to increase support for their students with special needs.



Our St Patrick's Day fundraiser has also provided much needed financial support through the donations that were raised. Coincidentally we are supporting the current flood crisis gripping our state with donations raised going to the St Vincent de Paul Flood Appeal

We have an incredibly generous and inclusive Stella community!

On Thursday 7 April, five Stella students generously gave up their time to cook up a batch of nutritious and healthy meals for people in our local community doing it tough. The girls worked hard chopping (at least 50 onions!) stirring, mixing, and packaging up 100 servings of vegetarian bolognese. Thanks to the girls who participated have put social justice in action with a practical and healthy option - Ruby A, Caitlin T, Emma McG, Holly A, Milla C.



Here's what some of our students said:

"It was inspiring to see how easy it was to help those who are less fortunate" Caitlin

"It felt rewarding to give back to the community" Ruby

"It was a great experience to see what you could do to help others" Emma



Visual Arts News

Clare Hodges

We were so grateful to finally be able to take our Year 11 Visual Arts students to Bundanon this year for a 3 day art camp. Having missed the opportunity due to renovations and COVID-19 over the last few years, as well as a postponement due to the floods, it was with gratitude and almost amazement that we were finally able to visit the Boyd Education Centre last week.

Established in 1993, Bundanon represents a remarkable act of philanthropy by Arthur and Yvonne Boyd, who gifted the property to the people of Australia. The vision to create a cultural institution for artistic enjoyment has grown through the years and thrives today in Shoalhaven.

Our students stayed in the Glenn Murcutt designed Boyd Education Centre where they dived into a variety of art practices and mediums including dyepots, weaving, night drawing, and landscape painting. Led by the Bundanon educators and Stella's Art teachers.

This experience is fundamental in offering our Visual Art students an opportunity to really explore their art practice and is often a foundation for inspiration leading to their major works for HSC.

The new addition of Kerstin Thompson and Associates designed 'Bridge' was stunning to visit, as well as the new subterranean Art Museum embedded in the landscape. Here we viewed the inaugural exhibition: 'Impulse to Action', featuring art works by Arthur Boyd and 'responses' from contemporary artists.

An exciting moment of serendipity occurred when having visited the exhibition and observing one of the artists work: '700 bowls' by Dean Cross with Uncle Steve Russell and Aunty Phyllis Stewart. This piece references the 700 bowls bought to

Australia with the First Fleet, and highlights the irony that First Nations technologies and expertise would have certainly had bowls available. The art work is a participatory project and so when two of our students made their own woven bowls the Trust asked if they would like to be included in the installation! Both Macey Sajowitz and Sofie Johnston were thrilled to accept the invitation and now have their bowls in this National Exhibition! A remarkable time was had by all.

Here are some comments from two of the students who attended:

'Bundanon was such a rewarding experience and a ton of fun. It was so great to be immersed in such a beautiful environment and to be able to just make art alongside the amazing teachers. I learnt a lot from the experience and it was very inspirational. It was also very powerful to be surrounded by Arthur Boyd's legacy and learn more about Australian art history and his practices.' **Macey S**

'I thought Bundanon was such a unique opportunity to express ourselves with different art mediums. The coordinators managed to achieve this perfect balance between teaching us new skills, while still giving us the freedom to express our own style. Waking up to that incredible view made me never want to leave; and the inspiration to make art once we left was all I could think of. Not to mention the food was super good. Without a doubt the best camp I've ever been on.' **Jess W**

If you get a chance to visit Bundanon you will not regret the experience. Its certainly breathtaking. Open to the public Wednesdays to Sundays.

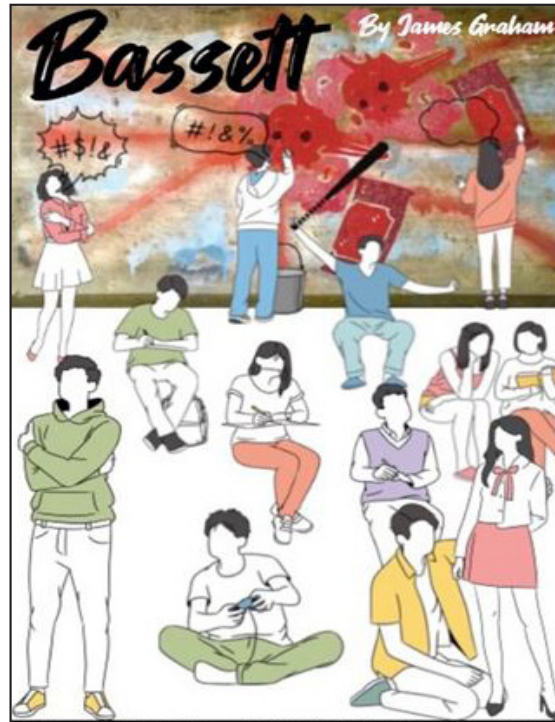
[LEARN](#) more about Bundanon.

For students and teachers at school, stop by the old library to have a look at some of the students art work from the camp.



Year 11 Drama Play - Bassett

Mitchell Smith and Philip Wood



Congratulations to our Year 11 Drama class who have been working all term on their production performance assessment task, Bassett. In a week where the class performed to both the Year 11 year group and their parents and friends, the cast presented a great show and it was great to perform to our first live audiences!

Congratulations - you all should be proud of your efforts in this production!



Job of the Week

Lisa Walsh

e Lisa_Walsh@stellamaris.nsw.edu.au

Game Designer



What does a **Game Designer** do?

Game Designers are responsible for creating, developing, and overseeing the progress of video games. They work with other team members to develop the game's concepts, characters, story, gameplay, interfaces, and more. Game Designers usually choose to specialise in one particular area of development.

If you love games and technology, have great problem solving skills, and are creative and innovative, this could be the perfect career for you.

How do you become a Game Designer?

LEARN more about this job and pathways to get there.

VISIT

our Stella Maris College Careers website for all your career needs, plus our regular weekly careers newsletters **here**

w www.stellacareers.com

Inclusive Learning

Cath Douglas

Nationally Consistent Collection of Data (NCCD)

Each year, all schools across Australia take part in the collection of data of students who require extra support or who have a disability or medical issue. The fact sheet below will provide you information about this. Please do not hesitate to contact me if you have any questions about this.



NCCD Nationally Consistent Collection of Data of School Students with Disability

What is the NCCD?
The NCCD is an annual collection of information about Australian school students with disc...

Information collected:
Year of schooling
Level of adjustment
Broad category of disability

Annual collection
The NCCD is held each year in every Australian School.
First Friday in August

Who is involved?
School staff, students and parents / carers.

Where learn more?
Visit the new NCCD Portal www.nccd.edu.au

Future Problem Solvers

This term, eight teams from Years 8, 9 and 10 have been participating in the Future Problem Solving Program. This is a research-based academic program that teaches problem solving strategies, collaboration, critical and creative thinking and effective communication. The Future Problem Solving program helps to develop ethical leadership skills.

The Stella Maris College teams focus on Global Issues Problem Solving. This involves completing in-depth research about topics of global significance that may occur in the future and then systematically addressing topic-related complex situations. The topic for this term was 'Water Supply'.

Next term, the Stella teams will be solving problems related to the topic: 'Building Green'.

We wish them best of luck!

Duke of Edinburgh's International Award

Linda Silburn

The Duke of Edinburgh's International Award is offered to Stella Maris students from Year 9 to Year 12. The Award is a leading youth development program, empowering all young Australians aged 14 to 25 to explore their full potential.

Duke of Edinburgh Award News

This week I had the pleasure of speaking at the Year 9 year meeting about The Duke of Edinburgh Award and how the award works at the College. The girls listened intently and have since had the opportunity to complete an expression of interest to be sent more information. I look forward to an exciting time ahead as the girls begin their award journey. [Learn](#) more about the award in general.

Gold Residential Project Opportunity

Are you looking for a challenging and local residential option for your Gold award? Please consider the 'Environmental Conservation' Camp at Morning Bay Hostel - [learn](#) more.

Bronze, Silver or Gold Community Service Opportunity

Are you looking for a community service that you can complete in your own time? Can you knit a simple square? Wrap with Love is the charity for you. Simply follow the instructions on the link below and knit for one hour per week. Sew your squares together to make a blanket or bring your squares into Stella and we will arrange to have them sewn together for you and sent to the charity [Wrap with Love](#).

Participant Spotlight - Getting to know our College GOLDEN girls

Stella G is the first of sixteen Year 12 girls completing their Gold award this year, she is also the 2022 Stella Maris College Duke of Edinburgh Prefect.

Why did you sign up for Duke of Ed?

I signed up with a massive group of friends in Year 9 after we heard our friends in the year above rave about it. It sounded like so much fun and we all decided we wanted to go on an adventure together.

What activities have you completed for your community service component?

Over the past four years I have been part of the lifeline bookfairs, being a basketball coach for the younger Stella girls and this year being Duke of Ed captain which acts as another service opportunity for me as I get to help the younger award participants :-)

What activities have you completed for your skills component?

I started off with baking, then developed into cooking in general because I enjoyed it so much. Now I am cooking full meals for my family and friends.

What activities have you completed for your physical recreation component?

I have continued with basketball from Year 7 -12 and also joined the Stella Maris tennis group.

Where have your adventurous journeys been held?

Most of my journeys have been in the local area because of COVID. My favourite would be the Royal National Park trip the gold girls did last year. It was a completely different experience to what we were used to and we had so much fun camping by the beach at Era and then Cockatoo island.

What have been your favourite moments whilst completing the award?

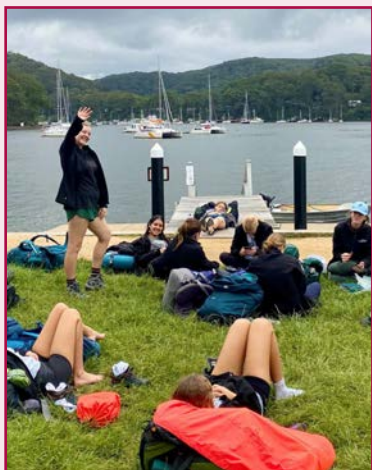
My favourite part about Duke of Ed has always been the memories you make once you get to the campsite and the chats you have with your peers and teachers along the way. It's such a great way to make new friends and you have so much fun setting up your tent, playing card games, cooking dinner, etc.

How has participating in the award changed your relationships with other students and teachers?

It makes you so much closer because you see them in such a different a light than you normally would at school. You also become so much closer with the girls in your year.

Would you suggest to other students to get involved? If so, why?

100% yes, it's such a good experience to go through with your peers and I've made some of the most amazing memories and challenged myself in new environments while achieving my award.





Mitchell Smith

It is the end of Term 1 and that signifies we are halfway through rehearsing our show! It is a significant milestone, and everyone should be proud of the progress we have made as a company.

As you leave for holidays, please ensure you continue learning all your songs, lines and choreography, as we will be hitting the ground running when we start Term 2! All videos are up on Teams.

The rehearsal schedule for our first Wednesday back (Wednesday 27th April) is below:

Theatre Stage

Acrobat Story 3 Pg 58-60 & Acrobat Story 4 62-64
(Matilda, Acrobat, Mrs Phelps, Escapologist, Miss Honey)

Drama Studio

Telly + Monologue, I'm So Clever - Mr Wormwood

Dance Studio

LOUD – Mrs Wormwood, Rudolpho, Miss Honey

Foyer

PATHETIC – Miss Honey (if not needed in parts of Loud)

Wednesday - 27 Apr

Theatre Stage

Acrobat Story 3 Pg 58-60 &
Acrobat Story 4 62-64
(Matilda, Acrobat, Mrs Phelps,
Escapologist, Miss Honey)

Drama Studio

Telly + Monologue, I'm So Clever -
Mr Wormwood

Dance Studio

LOUD – Mrs Wormwood,
Rudolpho, Miss Honey

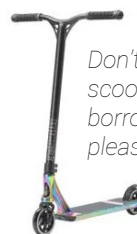
Foyer

PATHETIC - Miss Honey (if not
needed in parts of Loud)

Everyone will be required at every rehearsal from this point on. If your name is not specified on the list below, that's ok! You will be doing other ensemble work during this time.

We would like to wish everyone a Happy Easter and extend our best wishes to the cast and crew a safe, healthy and restful holiday period!

See you when we get back!



Don't forget.....if you have a spare scooter (or 12) that we can borrow for this Performance, please let Mr Smith know.

Upcoming Rehearsals

Weekend Rehearsal Times

We have scheduled four weekend day rehearsals that

all cast are required to attend.

For your planning, we have provided them here so that everyone is on the same page.

Sunday 15 May

10:00am - 4:00pm

Sunday 29 May

10:00am - 4:00pm

Sunday 12 June

9:00am - 5:00pm

Everyone is required at every rehearsal from Term 2 onwards

Sports Update

Jenny Wickham

Stella Cross Country

The Stella Cross Country carnival was held on Monday 4 April at Queenscliff Lagoon. It was lovely to finally have the sun shining and it was a perfect day for running cross country!

There were a few last minute changes to the course as the large waves on the weekend had caused some damage to the pathways and lots of debris around the park area, but after all of the chaos of wild weather and Covid in recent times, the Stella girls have learnt to adapt very well! Almost 100 students took part in the event this year. All of the students ran well, cheered each other on and had a great afternoon! Congratulations to all of the students who participated.

Well done to the following students who placed in the top 3 in their event:

12 years

1. Lyla R
2. Maddi R
3. April U

13 years

1. Pip Q
2. Jess O
3. Lilianna R

14 years

1. Jade G
2. Tilly B
3. Saoirse F

15 years

1. Ashton R
2. Eadie P
3. Chloe K

16 years

1. Dyllan H

===

All of Year 10 were at a science excursion, so no 2nd and 3rd place awarded.

17 years

1. Holly W
2. Ruby B
3. Anna C

18 years

1. Emily S
2. Ava L
3. Taylor J

Girls who placed in the top 10 of their age group will now represent Stella at the BBSSSA and IGSA Cross Country Carnivals in May.

NSWCCC Swimming

Congratulations to the Stella girls who competed at the NSWCCC Swimming Championships at Sydney Olympic Park Aquatic Centre on Wednesday 6 April. This is a high level of competition, with the best swimmers from Catholic Schools from all over NSW. The Stella girls achieved amazing results!

A huge congratulations to our Junior relay team, who won GOLD in both the junior 4x50m freestyle relay and the 4x50m medley relay. This is an amazing achievement and this team will now progress through to the NSW All Schools event in Term 2.

Well done to all four members of these teams:

Zara D	Kiera M
Andie M	Jess O

A big congratulations to all of the girls who swam on Wednesday. All students finished in the top 10 places in their events:

Zara D	Kiera M
Andie M	Jess O
Tilda B	Lara M

NSWCCC Diving

The NSWCCC Diving Championships were held at Sydney Olympic Park Aquatic Centre on 6 April. Stella had two students compete in this event: Elissa M in the 15 years event and Kendie C in the 14 years. These girls showed a huge amount of talent, with spectacular dives off the 1m and 3m diving boards.

Congratulations to Kendie who finished 4th in the 14 years and Elissa who was 5th in a very close 15 years division.

AFL

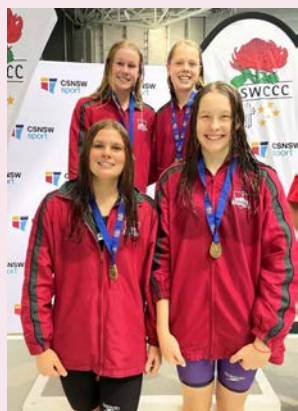
It was a very frustrating season for our Year 7 and Year 8 AFL teams. With all of the wet weather and ground closures, only 2 rounds of the competition were able to proceed. The girls still managed to get a few training sessions in, so they learnt a lot and had lots of fun when they were able to play.

On Friday night the IGSA representative game will take place at Wagener Park, Ashbury. Two Stella students have been selected to play in this game: Olivia S will represent the 'North' team, and Holly W will represent 'South'. Good luck to both of these girls.

Netball

Stella will have 14 teams in the Peninsula Cup Netball competition in Term 2. These games will commence in Week 2 and will be played at the Curl Curl netball courts on Tuesday afternoons. Team lists will be finalised early in Term 2, after we hold the final Year 7/8 grading on Tuesday 26 April 3:30pm – 5:00pm.

We are also looking for experienced umpires to umpire for this competition. Umpires will be needed for the whole season, and will be paid for all games. Students will need to complete the expression of interest form if they would like to umpire. The link has been sent to all students in Years 9 - 12.



Congratulations

Some of our Stella sporting stars have been achieving remarkable things in recent weeks! Shay H (Year 11) has been selected into the U20 Matildas soccer team! Shay is currently playing matches at the AIS in Canberra! Well done Shay!

Piper S (Year 11) represented NSW in the Womens Rugby 7s team!

Pip Y, Catherine W and Grace B competed at the Australian Rowing Championships. All of the girls made semi finals in their events, with Grace winning Silver in the U19 Womens Coxless Four.

Pip Q (Year 7) has been selected into the NSW Little Athletics team to compete at the Australian Championships in the holidays.

Term 2 Sports

All Term 2 sports are open for registration. Some of the extra-curricular sports on offer in Term 2 are:

Athletics Squad

Training days to be confirmed at Sydney Academy of Sport, Narrabeen.

Netball

Peninsula Cup – Tuesday afternoons at Curl Curl

Basketball

Continuation of Term 1 competition

Water Polo

Year 8 and 9 NSSWPA competition – Monday nights at Warringah Aquatic Centre

Pilates

Thursday morning – 7:30am in the Old Library

Group Fitness

Friday morning – 7:30am in the Old Library

Touch Football Development

Wednesday afternoon 3:30pm – 4:30pm at Keirle Park

Sprint Training

Friday afternoon 3:30pm – 4:30pm at Keirle Park

Volleyball

Monday afternoons 3:30pm - 4:30pm at Queenscliff beach/school court

Tennis Lessons

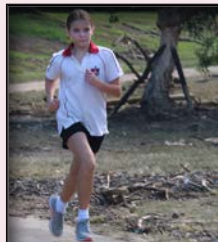
Monday mornings 7:15am at Keirle Park Tennis

Tennis Squad Training

Wednesday morning 7:15am at Keirle Park Tennis

Students have been sent links to complete to express interest in these sports. Links are also available on SEQTA (please note that the surveys are only open to students).

Details for the start of all sports will be sent on first day of Term 2.





MENTAL STEALTH

Unlocking the secrets to a more enjoyable life

Have you ever felt like stress or low energy was getting in the way of living a happier and more productive life? Research shows that when we put our happiness and well-being first, we're way more likely to achieve results in other areas of our life than if we do it the other way around.

KYDS Youth Development Service is offering free online workshops every Monday & Wednesday from 4-5pm to help you become a happier and more resilient version of yourself!

YOU WILL:

- Develop an understanding of how to develop a more **resilient mindset**
- Learn & implement tools to make friends with **stress & anxiety**
- Develop effective strategies to manage conflict and build **better relationships**
- Understand how to deal with **perfectionism, fear of failure & procrastination**
- Build your awareness around **social media and technology addiction**
- Develop a stronger self-esteem independent of **body image or "achievement"**
- And much more!

The program will start on **Monday 2nd May 2022** and will run throughout the whole of term two. Each Monday there will be a different topic which will be repeated again on the Wednesday. These are small, interactive group sessions, you can join as many or as few sessions as you like, and you can **enter or leave the program at any date during the term.**

To register for the program, go to <https://lu.ma/tmhmeayaf>. Once registered, you will receive email reminders each week leading up to the sessions.

PLEASE NOTE IT IS A REQUIREMENT TO HAVE CAMERAS ON DURING THE SESSIONS

2022 Anzac Day Schools' Awards



Prizes

National, State and Territory Awards

1 x National Winner \$5000

8 x State and Territory Winners \$3000

Special Categories

1 x Award for Veteran Involvement \$2000

1 x Award for Innovative Commemoration \$2000

1 x Award for Creative use of Technology \$2000

1 x Remote Schools Award \$2000

1 x Specialist Educational Settings Award \$2000



Australian Government
Department of Veterans' Affairs

**Entries close
Thursday
30 June 2022**

Engaging with veterans: Stories of peacekeeping

Preparing your entry

Use the Anzac Portal and other websites to research Australian peacekeepers and share their stories and experiences such as:

- Create a podcast to share with other year levels
- Create a museum and conduct a gallery walk or virtual tour
- Create a video chronicling the life and contributions of an Australian peacekeeper
- Create a website to share student investigations

Entries should show how students engaged with veterans and include evidence of their learning about Australian peacekeepers.

For more details go to anzacportal.dva.gov.au