



Stella Maris

COLLEGE MANLY



2022

Our Year of
Hospitality

Stella Newsletter

Term 3 | Issue 20 | 22 July 2022

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From the Assistant Principal



Managing Meltdowns and Teenage Distress

Dr Lisa Damour, a leading psychologist in the realm of child and adolescent development, presented at a recent webinar hosted by the Alliance of Girls' Schools Australasia, titled "Helping girls manage intense emotions". Dr Damour co-hosts the "Ask Lisa" podcast, and regularly writes about teenagers for the New York Times. She is also the author of two New York Times best sellers, "Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood" and "Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls."

the Seven Transitions into Adulthood" and "Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls."

Dr Damour's [presentation](#) was fantastic, focusing on teenage meltdowns and psychological distress. A keystone of the Stella Maris Pastoral Program is the self-regulation of emotions and the importance of reflection before reacting in a circumstance. For young people (and adults) to feel capable of self-regulation, Dr Damour shared some useful insights:

- Top of the list is **sleep: to successfully deal with psychological distress**, teenage girls need 9-10 hours sleep per night
- Take time to allow your daughter to **verbalise her feelings**. It lowers cortisol, has a calming effect, and provides direct relief
- Take the time to be **curious and show empathy** about your daughter's experiences to help them self-regulate their emotions
- For young people who **do not like to talk**, self-regulation occurs through activities such as exercise, art, or listening to **music that matches their mood**
- **Distraction** can help regain perspective and find emotional relief
- Asking your daughter to express **what they can control** helps reduce stress
- **Walk** (or drive) **alongside** your daughter, rather than talk face to face, to help them verbalise their feelings

Whilst psychological distress in varying degrees is normal, Dr Damour gave examples of when to worry that the distress has become a mental health issue:

- When a young person finds no relief from the above strategies
- When a shift in behaviour or interests is observed, impacting normal life
- When a young person shuts down and stops expressing emotions
- When distractions are used in a long-term sense to numb the senses
- Risk taking behaviour

Dr Damour has some fantastic resources at: <https://drlisadamour.com/>. She has separate sections on family relationships; mental health; peer and friends; risky behaviour; school and college; and stress and coping. Each of these topics are broadly covered with a variety of media. I hope you find this resource useful as you journey through some rewarding but challenging waters with your teenager.

Amy Smith
Assistant Principal Wellbeing

A Prayer for Peace & Calm

Dear Lord
May today there be peace within.
May you trust your highest power
that you are exactly where you are
meant to be.
May you not forget the infinite
possibilities that you are born with.
May you use those gifts and pass
on the love that has been given to
you.
Let this presence settle into your
bones, and allow your soul the
freedom to sing and dance.
It is there for each and every one.
Amen.

Highlights

School Photos

School photos will be taken on Monday. Find out how to order.

[READ MORE](#)

Comedy for a Cause

A week to go! Don't delay in securing your tickets.

[READ MORE](#)

Sports Update

Stella students have recorded incredible success over the recent holidays.

[READ MORE](#)

Year 7 2025 Applications Now Open!

Stella Maris College invites families with daughters currently in Year 4 to submit an Enrolment Application for Year 7 2025 – our Class of 2030!

Please be advised of the following important dates:

Applications close:

Friday 5 August, 2022

Enrolment Interviews:

Saturday 10 – Friday 16 September, 2022

Offer Acceptances due:

Friday 11 November, 2022

A reminder that we are currently finalising Year 7, 2024 places (current Year 5 students). If you have not submitted an Enrolment Application, please contact the Registrar urgently.

Further information is available on the website by [clicking here](#).

Please help spread the word to family and friends outside the Stella community.



2022 School Terms

TERM 3

Tue 19 Jul to Fri 23 Sep

TERM 4

Mon 10 Oct to Fri 02 Dec

Important Dates

SCHOOL PHOTOS

Monday 25 July

** see details in this newsletter**

YEAR 7 2025 APPLICATIONS CLOSE

Friday 5 August

BODIES OF WORK EXHIBITION

Wednesday 17 August

FATHER'S DAY BREAKFAST

Friday 2 September

YEAR 12 GRADUATION MASS

Wednesday 21 September

REMINDERS

Semester 1 Reports

Semester 1 Reports were posted on the SEQTA portal at the end of last term.

Parents should contact [Portal Support](#) if there were any issues accessing them.

Signing-in

If arriving late to school, all students are required to first sign-in at Student Services prior to proceeding to their timetabled class.

After School Stella Tutors

Did you know that Stella offers after-school tutoring across many subjects and year levels? From Monday to Thursday (3.20pm - 5.30pm) in the Library, some of Stella's recent graduates are available to provide free academic assistance to students. To book a tutor, students should contact Library staff in person or via library_notices@stellamaris.nsw.edu.au

[Click here](#) for the schedule of tutors.

Job of the Week

Lisa Walsh - Careers and Pathways Adviser
e lisa_walsh@stellamaris.edu.au



Anaesthetist

What do Anaesthetists do?

Anaesthetists are responsible for administering general or local anaesthesia to a patient for a variety of reasons, including undergoing surgery, for diagnostic procedures, or for pain relief. They also monitor patients during the procedure in case of an adverse reaction.

If you're kind and dedicated, want work that is rewarding, and are prepared to take on the responsibility of the role, becoming an Anaesthetist could be ideal for you.

How do you become an Anaesthetist?

[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](#).

Uniform Shop

Operating Hours

Tue | Wed | Thu

8:00am - 4:30pm during term.

Winter Uniforms

[Click here](#) for uniform prices. Some winter items are available [online](#). Junior and senior skirts have now been added.

Semester 2 Art

Year 7 students doing Art in Semester 2 are to purchase the Art Pack. This is available at the Uniform Shop [Online Store](#).

Year 8 girls doing Art do not need to purchase a complete Art Pack. Generally, only some items need to be topped up.

Stationery items

The Uniform Shop stocks a large range of stationery items:

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

Please go to the [Stationery](#) section online to see what items can be purchased.

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.

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

Canteen Roster

MONDAY 25 JULY

Gabrielle Cook
Milu Rich
Erica Bilton
Emma Cousins

TUESDAY 26 JULY

Meaghan Wellings
Riany Tanner
Heather Lawson
Kim Singleton
Yvonne Kelly

WEDNESDAY 27 JULY

Peta Alpen
Jude Furniss
Daniella Hazell
Nicole O'Sullivan

THURSDAY 28 JULY

Monique Franks
** Help needed please **

FRIDAY 29 JULY

Sam Economos
Maria Dunn
Elizabeth Fitzsimon
Jacinta Norton
Natalia Mascolo
David Laime

School Photos - this Monday!

School photos will take place this coming Monday 25 July. Please note the ordering instructions below.

Students are required to wear full winter uniform and have correct hair and jewellery.

Daughter/Granddaughter Photos

As a new tradition to be recorded in the pages of Stellabration, we will be photographing the daughters and granddaughters of ex-students. Students involved should have their name marked off in PC and then go directly to have their photo taken at 8.45am.



SCHOOL PHOTOS

MONDAY 25th JULY

(Absentee photo day Friday 29 July, during lunch break - details to be emailed to those students)

Click here to order (direct link to Advanced Life website) OR follow instructions below

order online

Online payment options include Visa, Mastercard and PayPal. Alternatively, you can choose to pay over 10 weeks using LatitudePay.

STEP 1

Go to www.advancedlife.com.au on your computer, phone or tablet.

STEP 2

Enter your school code:
KY8 HAC 97W
in the 'order and download' box.
This will take you to your school's secure online ordering site.

STEP 3

Click on 'Order Photos' and complete your details and procedures. During this process you can place orders for additional children at your school and sibling photos, if available



School photographs will be returned to your school 4-6 weeks after the day of photography

IMPORTANT - "not for publication" students

If you have instructed your school that your child's image is "not for publication" (sometimes called "do not publish" or "not for media release" instructions), the school will ensure that your child is not presented to our photographers on photo day and school photographs will not be available for purchase. If you wish to change your instruction, then you must notify your school, so they change their records and identify your child as able to be photographed for school photography purposes. All students presented to our photographers by your school on photo day will be photographed, their images will appear in school photography packages with their fellow students and these packages will be available to purchase by all families.

Contact us: www.advancedlife.com.au/contact



cash/envelope ordering

Your school prefers orders to be placed online. However, if you are unable to order online, please complete your order using the order envelope provided.

STEP 1

Complete a separate order envelope for each individual child's package/s ordered. If ordering for more than one child, payment should be enclosed in the envelope of the eldest child and this should be indicated on the envelope of the other child/children (the envelope that does not have cash enclosed).

STEP 2

Enclose exact cash payment in one envelope for the package/s you are ordering. Payment for more than one child should be in the eldest child's envelope and marked at the bottom of the envelope in the space provided.

STEP 3

Return your completed envelope/s, with correct cash payment, to our photographers on the day.

Please note: You must enclose exact correct payment, as change is not available. Credit card payments can only be made online and we no longer accept cheques. There is a separate envelope for sibling photo orders, should your school choose to offer sibling photos.



P&F Update

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

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. Please don't hesitate to get in touch with us at pandf@stellamaris.nsw.edu.au if you have any problems joining your WhatsApp Group so we can fix the problem.

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>

Comedy for a Cause - Friday 29 July

We are delighted to announce the line-up for our Comedy Night on Friday 29 July. With an amazing selection of talented comedians; it promises to be a great night. We do need to sell some more tickets to make this night a success so please support the Stella P&F by coming along and don't forget to invite your friends – the event is open to all, not just Stella families. There are drinks prior to the show, so plenty of time to mingle as well as enjoy some fabulous comedy. The evening raises funds for the Stella P&F Association to go towards building our wonderful community.

[Click here](#) to book your tickets.

Year 8 Mums' Night Out

Calling all Mums with a daughter Year 8! Please come along to the Mums' Night Out on Friday 5 August. It's been a long time between catch-ups so ensure you lock this one in your diary! Join us for a drink or have dinner too – this will be a casual evening with both options available. Look forward to seeing you there.

Diary Dates

Friday 29 July - Comedy for a Cause

Thursday 11 August at 7.30pm
– Term 3 P&F Meeting. All welcome!

Friday 18 November – Parent End of Year Drinks (all year levels).

Stella Buy Sell Swap Facebook Page

A reminder, when requesting to join our Buy/Sell/Swap Uniform and Books Facebook Page, please don't forget to answer the admin question (are you a Parent/Guardian of a Stella Maris College student?) and agree to the rules - as otherwise your membership request can't be approved!



In Support of:

Stella Maris College



Gary Eck

- Edinburgh, Melbourne and Sydney Comedy Festivals.
- Rove, The Footy Show, Spicks & Specks
- Tropfest Winner, Aria Nominee, Writer of Happy Feet Two

"Spellbinding charm, sharp-witted lines coupled with an out-of-the-world sense of humour" - Time Out
"Totally original and clever...funny till it hurt" - Daily Telegraph



David Smiedt

- Sydney & Melbourne International Comedy Festivals
- Opening act Joan Rivers & Martin Short
- 'The Today Show', 'Standup Australia'
- Acclaimed author & Editor of GQ Magazine

"A living, breathing joke machine" - Adam Hills



Stephanie Broadbridge

- Sydney & Melbourne International Comedy Festivals
- Nominee: Best Comedy at Sydney Fringe Festival
- National Finalist RAW Comedy 2019
- Touring her solo show 'Female Musical Comedian' nationally in 2022



Mat Wakefield

- Sydney Comedy Festival - Sold Out
- Sydney Fringe Festival - Sold Out

"one of the rising stars of Australian Comedy" - The Laugh Garage

"a genuine alternative way of thinking, remi'niscent of comedy legend Doug Stanhope..." (Weekend Notes)

Friday 29th July 2022
Doors: 7pm / Show: 8pm
Star of The Sea Theatre
Stella Maris College



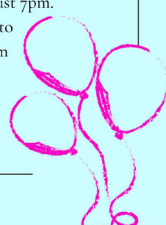
Tickets: \$35 at
comedyforacause.net/SMC
(18+ No Students)



Year 8

Mums Night Out

Dee Why Hotel Friday 5th August 7pm.
Please RSVP by 29th July to
stellayear2026@gmail.com



Sports News

Jenny Wickham - Sports Co-ordinator and Teacher of PDHPE

Stella Sporting Success

Congratulations to the Stella students who competed in a variety of sporting events over the school holidays. These students achieved outstanding results in their different sports.

Rugby League and Rugby Union

A huge congratulations to Piper S (Year 11) who achieved amazing results over the holidays. Piper captained the NSW All Schools Rugby team in the National Championships. Her NSW team won the championship and Piper was awarded Player's Player for her team as well as the award for Player of the Final. To top it off, Piper was selected into the Australian Rugby Merit team. What amazing achievements!

Following on from her success in rugby, Piper was also selected to represent NSW in the Schoolgirls Rugby League State of Origin. Piper travelled with her NSW team to play as a curtain raiser for the State of Origin Game 3 in Brisbane. Piper was outstanding in this game.

Well done Piper on your amazing achievements in both of these sports.

A huge congratulations also goes to Grace F who was also selected into the NSW U16 Rugby Union team. Grace played in the junior event at nationals. Well done Grace!

Football

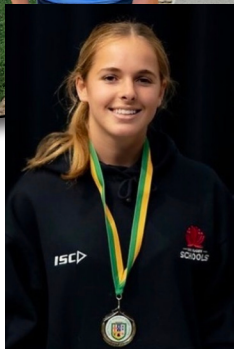
Congratulations to Shay H (Year 11) who has again been selected into the young Matildas football team. Shay is achieving amazing things in soccer. Not only is she playing at a national level, Shay is also part of the Open Women's Sydney FC team! Well done Shay!

NSW State Equestrian Interschools Championship

Congratulations to Amelia D, Grace C, Ellen T and Lulu R who competed at the NSW State Equestrian Interschools Championship in the holidays. The weather made the conditions very tough, but our Stella students still achieved fantastic results. The rain also gave some of the students the opportunity to compete in the Sydney Olympic indoor arena which was a great experience for them.

A big congratulations to Amelia D who won her event and will now represent NSW in the National Interschool Championships in September.

Well done to all involved!



Sports News (cont.)

NSW Interschools Snow Sports Championships

Well done to the Stella girls who competed at the Northern NSW Interschools Snow Sports Championships at Thredbo in the holidays. Lara H, Bridey C and Amber C had outstanding results in all of their events!

Lara: 6th in Snowboard X, 19th in Alpine and Ski X.

Amber: 22nd in Alpine

Bridey: 20th in Alpine



Term 3 Sport Competitions

Many of our Term 3 competitions will commence in Week 2.

Water Polo

Games for the Year 8/9 competition will re-commence on Monday 25 July.

Round one of the Year 7 competition will be held on Friday 29 July.

Athletics

Students will compete in the first of four IGSA Twilight Carnivals on Friday 22 July. Training will continue on Thursday afternoons.

Tennis

Round one of Peninsula Cup Tennis will be held on Thursday 28 July.

Tennis lessons commence on Monday 25 July.

Tildesley Tennis Squad training commences Friday 29 July.

Soccer

Round one of Peninsula Cup will commence on Tuesday 26 July.

Basketball

All divisions of the Manly Warringah Basketball Competition commenced in Week 1.

Netball

Good luck to the four Stella netball teams who will play at the BBSSA Netball Championships on Monday 25 July.

Cricket

Stella will be entering teams in to the Year 7 and 8 Regional Gala Day on August 16. Students have been emailed a link to register their interest.