



Stella Maris

COLLEGE MANLY



2022

Our Year of  
*Hospitality*

# Stella Newsletter

Term 3 | Issue 21 | 29 July 2022

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## From the Principal



### Congratulations!

Some amazing results for our Stella sportstars have been shared with me this week:

- Congratulations to four Year 7 students (Pip, Lyla, Maddi and April) who competed at the NSW All Schools Cross Country. Pip and Lyla won their divisions and will compete at Nationals in Adelaide in August.
- The Stella Snow team had great success with all girls finishing in the top 20 for their events.
- Four students (Maeve, Grace, Ellen and Lulu) competed at the NSW Interschools Equestrian Competition with Maeve being selected to represent NSW at the Nationals.
- Piper S captained the winning NSW Schoolgirls Rugby 7s team, was announced in the Australian Schoolgirls Rugby 7s Merit team and was also selected for the Australian Schoolgirls Rugby League team.
- Shay H was selected into the Young Matildas Soccer team. She has also been playing in the Sydney Women's FC team this season.

### Friendships

This week at Assembly we celebrated friendships. Paris, our School Captain, shared some great ways in which we can foster good friendships with our peers. I spoke to the girls about some specific things they might be able to do to repair relationships when things go wrong.

**Dealing with Strong Minded Friends:** Sometimes a strong person in a friendship group tries to control the conversation, the agenda and even what you do together as a group. Sometimes we refer to these people as a Queen Bee.

Try to develop your own self-confidence and cultivate broad friendships beyond your core group of friends. As your own confidence grows you might gently suggest that your view is a little different, but that you accept that their point of view is valid.

**Jealousy:** Sometimes a friend might be a little jealous of you or you of them. Perhaps there is some competitiveness or difference that fuels this in your mind.

Remember to accept your friend for who they are. If they are better at some things, be happy for them. Instead of investing in negative feelings be positive and maybe be motivated to develop your skills.

**Betrayal:** Has a friend ever broken a promise to you? It can be very hurtful and damage relationships. Remember it is important to keep your promises unless you are concerned about your friend's wellbeing and need to seek help for them.

**Differences:** Sometimes you and your friend can have dissimilar interests. This might lead to some estrangement but it doesn't have to be all bad. The fact you have diverse interests can be healthy and lead to other pockets of friendship for both of you.

**Conflict:** Sometimes an argument can create issues in friendships and some friends have long memories of such arguments.

Try to restore friendships as soon as possible and be willing to accept that you may have acted rashly or hurt them. Reach out to them in friendship, perhaps do something to make up for the conflict if it is possible.

Remember that friendships are powerful. Friends that you make at Stella often become lifelong. Friendships are special. Invest in them.

**Elizabeth Carnegie**  
Principal

## Highlights

### Good luck Year 12!

Trial HSC Exams start next week for our Seniors. We wish them well. [READ MORE](#)

### Comedy for a Cause - is on TONIGHT!

Tickets are available at the door. [READ MORE](#)

### Space Camp is Coming

Learn about the incredible opportunity to visit NASA in the USA next year. [READ MORE](#)

## Providing a Term's Notice

Local families are reminded that the College requires one term's notice of any move to another school or learning environment (please note that overseas enrolments require two terms' notice). There are several reasons for this notice period. Firstly, budgets are set on current numbers, and, as the annual budget is set in September, we need to ensure that we are calculating costs and student numbers accurately. Secondly, once school returns in January, we are unlikely to make up numbers lost for any students who choose to leave without providing the required notice.

Please ensure that if your daughter is leaving at the end of 2022, you have informed the Registrar ([registrar@stellamaris.nsw.edu.au](mailto:registrar@stellamaris.nsw.edu.au)) by the end of Term 3.

## Prayer

### Feast of St Martha

St. Martha, the Gospel tells us that you and your sister Mary hosted Jesus in your home.

You were most hospitable towards your guest, and you came to recognise that listening to the message of Jesus was vital to living a good life.

Pray for me, that I may always strive to have a deep relationship with Jesus.

Pray that I may imitate your desire to serve God well in my life.

St. Martha, pray for us!

Read more at: <https://www.praymorenovenas.com/st-martha-novena>

## 2022 School Terms

### TERM 3

Tue 19 Jul to Fri 23 Sep

### TERM 4

Mon 10 Oct to Fri 02 Dec

## Important Dates

### 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

### 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.

## Learning and Teaching News

Louise Yeates - Assistant Principal Learning and Teaching

Best wishes to our Year 12 students for their Trial HSC Exams which run from August 1 - 15. Students will return to regular classes on Monday 15 August (except for Extension History students who still have an exam on that Monday).

[Click here](#) for the Trial HSC Exam timetable.

Students are expected to be in full school uniform when attending their exams.

Following the Trial HSC Exams, we have organised a Study Skills Workshop on **Monday 29 August** for Year 12 students with Dr Prue Salter ([www.enhanced-learning.net](http://www.enhanced-learning.net)). The session will help reinvigorate Year 12 students to compile a study plan right through to their final HSC exams so they can be confident about their approach in the last months of their studies. Dr Salter will outline the steps students should take to apply teacher feedback, fine-tune their study approach and bring balance to their studies with self-care. Using research about the brain, students will be guided in how to structure their study during the HSC exam period and avoid common study mistakes. Students will have the chance to map out their exam timetable and allocate study time based on the guidelines Dr Salter explains, looking at different scenarios such as exams that are clustered together or significant gaps in the exam timetable. Parents are encouraged to ask their student to explain their plan to them after the session as talking through it will help embed the learning from the session and give parents a greater understanding of what our students will be undertaking in their last weeks of Year 12.

Some feedback from students who have done this session:

*"This session helped me to simplify what I need to do and how I can effectively do it."*

*"The session definitely reinvigorated me - gave some great ideas about study partners, etc. - whilst also not being overly stressful or overwhelming."*

*"I found Prue very helpful. I'm usually quite individual in terms of my study habits but I'll definitely*

## Year 12 Trial HSC Exams - Illness Protocols

Year 12 Trial HSC Exams start Monday 1 August and will be held at our Benedict Campus. For Year 12 students who cannot make their exams due to illness the following applies:

### Illness – non-COVID-19 related

**Notify Ms Heraghty – Head of Year 12 before 8:30am. A Doctor's Certificate** will be required to confirm illness. If the student is unable to get an appointment with your family doctor or medical centre, a telehealth appointment should be able to provide you with a certificate. Please send a copy of the certificate to Ms Heraghty – Head of Year 12 as soon as possible.

### Illness – symptoms associated with COVID-19

**Notify Ms Heraghty – Head of Year 12 before 8:30am.** The student is to conduct a RAHT test. If result is positive, the student is required to have a PCR test. The text confirmation of a positive PCR result must be sent to Ms Heraghty as soon as possible.

## Job of the Week

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

### Logistics Manager

#### What do Logistic Managers do?

Logistics Managers are responsible for making sure our goods and resources travel smoothly from the supplier to the customer. They oversee the organisation, storage, distribution, and transport of goods in order to keep costs down and operations running efficiently. If you are a problem-solving expert, have excellent time management skills, and can think quickly on your feet, this could be an ideal career for you.

#### How do you become a Logistics Manager?

[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](#).



# Space Camp is Coming!

Andrew Latham - Head of Science

## 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

Stella Maris College is excited to announce our participation in the CASE Space School Expedition in 2023. All Stella students are invited to join CASE Junior Space School or CASE Senior Space School and visit NASA in the USA!

The space industry is the most stimulating environment to showcase the impact of Science, Technology, Engineering, Arts and Mathematics (STEAM) and innovation in our world and inspire students in the pursuit of STEAM studies.

This is a wonderful opportunity for all students to learn beyond the classroom and be inspired by the opportunities that lie ahead!



### Information Evening

Wednesday 24 August 2022 online, via ZOOM

Years 7 - 9: 6:00pm | Years 10 - 12: 7:30pm

For more information and to RSVP to the Information Evening, visit:

<https://actura.com.au/stellamarisspace/>

## Canteen Roster

### MONDAY 1 AUGUST

Hollie Seibold  
Milu Rich  
Cathie Shanahan  
Jacqueline Randall

### TUESDAY 2 AUGUST

Belinda Vumbaca  
Nicole Sheather  
Kate Lovelace  
Claudine Guterres

### WEDNESDAY 3 AUGUST

Francene Scali  
Janine Silva  
Kirsten Wenbourne  
Julie Martin  
Karlee Fox

### THURSDAY 4 AUGUST

Jane Egan  
Danielle van Dijk-Humel  
Diana Panuccio

**\*\* help needed please \*\***

### FRIDAY 5 AUGUST

Margie Mort  
Tara Edgton  
Alyson Perry  
Simone Selinas  
Marie Watson



## School Fee Reminder

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

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

### EDSTART

Families may like to consider Edstart as a flexible payment provider. Edstart assists families to manage their school fees and education costs. Feedback from Stella families is that the application process is easy and seamless. [Click here](#) to learn more about Edstart.

### Disclaimer:

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



## Uniform Shop

### Operating Hours

Tue | Wed | Thu

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

### Summer Uniforms

Winter uniform will soon be packed away in readiness for the summer uniform going onto shelves. Please order any winter skirts, pants or blouses in the next few weeks.

### 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.

## Notices

### 2022 Non Government Schools Census

Please [click here](#) for information from the Department of Education regarding the Commonwealth School Data Collections and how Stella Maris College provides information during the Census reference period.

### World Youth Day 2023

World Youth Day (WYD) is the gathering of young people from all over the world with the Pope. Pope Francis announced that the next WYD will be held in Lisbon in August 2023. Whilst Stella will not be sending a group, we encourage students to participate through your local parish if you are 18+. All students are encouraged to share this information with any older sisters who have graduated.



### NSW School Vaccination Clinic - Year 10

Please [click here](#) for information from NSW Health regarding the Meningococcal ACWY vaccination to all Year 10 students on Monday 8 August. Please note that catch-up doses of HPV or dTpa vaccinations will be administered to any **Year 7 or 8** students who missed the earlier vaccination date.

### Term 3 Extra-Curricular Activities

The Term 3 Extra-curricular timetable has been published. Please [click here](#) for sports, performing arts, clubs and other interests available in Term 3.

### Parents Prepared Information Session

Please find information below regarding the 'Parents Prepared' information session regarding drug and alcohol use in young people.


## Parents Prepared

Information about drug and alcohol use & young people

**When:** Thursday 1<sup>st</sup> September, 2022  
**Time:** 4.30-6.00pm  
**Where:** online via Zoom  
**Cost:** \$10 per ticket

**Presenters:**  
Hayley Bowen, Clinical Team Leader  
Northern Beaches  
Rez Akbarian, Drug & Alcohol Counsellor


**RSVP:**  
To register visit <https://www.trybooking.com/CAYWK>



**This webinar will cover:**

- ✓ Why young people use substances
- ✓ Information about substances young people use
- ✓ How to start conversations about substance use
- ✓ Available support services

For more information about us, visit [sdecc.org.au](https://www.sdecc.org.au)



# Duke of Edinburgh News

Linda Silburn - Duke of Edinburgh Co-ordinator

## The Duke of Edinburgh's International Award

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.

Congratulations to our 110 Year 9 students who successfully completed their first Duke of Ed pack and paddle adventurous journey at the end of Term 2. The girls were well prepared, had a great attitude and made our Stella staff proud with their resilience and positivity. Great work girls.

### Upcoming Bronze Hike: 27 - 28 August

Hiking along the Northern Beaches and including the **Beach 2 Beach** charity walk/fun run staying overnight at Lakeside Campground.

**Bronze Training:** Wednesday 17 August during lunch in the old library.

### Upcoming Gold Hike: 28 - 30 August

Hiking along the Northern Beaches and Ku-ring-gai National Park staying overnight at The Basin Campground.

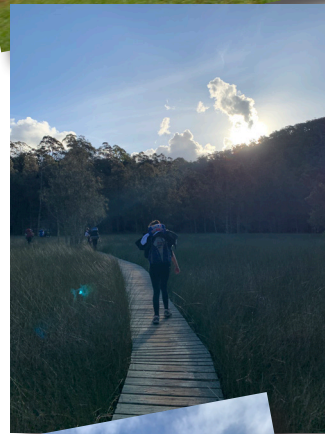
All participants on these hikes will be participating in the **Beach 2 Beach** charity walk/fun run as part of the highly successful Stella Maris team. We would like to encourage all Stella families and friends to join our team by registering with the following link:

<https://www.registernow.com.au/secure/Register.aspx?E=37696&G=131699>

All money raised from the Beach 2 Beach is donated to The Happy Days Charity run by local icon Mike Pawley and helps raise vital funds for a local village school in Siem Reap, Cambodia that we have been lucky enough to visit through our senior award program.

Great work to all the Years 9 and 10 students who are steadily working towards their Bronze Awards. Once complete these girls can register for their Silver award via the online record book.

Stay tuned for some exciting Year 10 opportunities coming up in next week's newsletter.



## Debating Club

Alexander Mascarenhas - Teacher of English and Geography

Last Friday Stella Maris hosted Monte Sant' Angelo for Round 1 of the Schools Debating Network Competition held throughout Term 3. Well done to the teams for their enthusiastic participation and congratulations to Year 7 for winning their first ever debate! Round 2 will be held at St. Ignatius' College Riverview.

Good luck!

### Topic of the Week

That school should provide breakfast and lunch for all students.



## P&F Update

Kate Lovelace & Andrea Hogan - P&F Presidents  
[epandf@stellamaris.nsw.edu.au](mailto:epandf@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](mailto: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/HxFeVlPxrqW15dqno44mEG>

### Year 11

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

### Year 12

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

## Comedy for a Cause - it's tonight!

### Tickets are available at the door.

Comedy for a Cause is tonight! Please arrive at 7pm for a drink before the show starts at 8pm. If you haven't managed to buy a ticket yet or have another friend or two who would like to come, tickets will be available to purchase on the door.

We are looking forward to a fabulous night with an amazing selection of talented comedians. See you there!

Please note the school has asked that masks are worn in the Theatre, due to current Covid numbers.

## Year 8 Mums' Night Out

Calling all Mums with a daughter in 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 at the College. 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, reminiscent 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](https://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](mailto:stellayear2026@gmail.com)





## Sports News

Jenny Wickham - Sports Co-ordinator and Teacher of PDHPE



### NSW All Schools Cross Country

The NSW All Schools Cross Country was held at Eastern Creek on Friday 22 July. Stella had four students competing at this event: Phillipa Q was in the 13 years race; Lyla R, Maddi R and April U were in the 12 years race.

The conditions were quite tough on a cold and wet day. It was a very high level of competition, with runners from all over NSW competing. The Stella Maris results were outstanding!

A huge congratulations to both Pip and Lyla on winning gold in their events. This is an amazing achievement! The Stella results:

13 years: Pip Q – 1st

12 years: Lyla R – 1st, Maddi R – 10th, April U – 33rd.

Pip and Lyla have now been selected to represent NSW at the National Cross Country Championships in Adelaide in late August. Well done!



### Rugby League

Congratulations to Piper S who was named in the first ever Australian Schoolgirls Rugby League Team this week. Well done on the outstanding achievement Piper!

### BBSSSA Netball

Congratulations to the Stella Netball teams who competed at the BBSSSA Netball Championships at Pennant Hills on Monday 25 July. The Stella teams played very well and we had some excellent results.

A big congratulations to our Junior Team (Years 7 and 8) who made it to the grand final, losing narrowly to Mount St Benedict. The Year 7 Team also did extremely well, just missing the grand final after losing the semi final by only one goal. The Inter Team finished 5th and the Open Team 4th. Well done to all teams, and a big thank you to our umpires: Elisha C and Grace A who umpired so well all day.

Well done also to Holly W who has represented NSWCCC as an umpire at the NSW Netball Championships at Netball Central this week.



### Athletics

We are very happy to be enjoying our first full athletics season since 2019. A small group of students braved the rain last Friday evening to compete at the first of four IGSA twilight carnivals. Good luck to all of the students who will continue to train and compete at the Friday night carnivals in the lead up to our championship events in mid- late August.

### Rugby 7s

Stella is looking at entering teams in the NSW Rugby Unions Schoolgirls 7s Gala Day on 23 August. Details have been sent to students in Years 7 – 10. This will be for students who have played rugby union or league (and have had tackling experience). Interested students will need to complete the form via the link they have been sent on email.



## **Sports News (cont.)**

### **Netball Umpiring**

Stella will be providing umpires for the Northern Beaches Catholic Primary Schools Netball gala day in September. Students in Years 7 – 10 have been emailed information on how to sign up to help on this day. We are asking all students with netball umpiring experience to come along and help.

### **Touch Football**

Good luck to our Year 7s and 8 Touch Team who will be playing at the NSW State Final at the Central Coast Sport Complex on Tuesday 2 August.