



**Stella Maris**

COLLEGE MANLY



2022

Our Year of  
*Hospitality*

# Stella Newsletter

Term 3 | Issue 25 | 26 August 2022

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## From the Principal



### Wellbeing

This week our student leaders led a pastoral session for students to discuss some key wellbeing concerns for young people. Our Year 12 Leaders: Paris D, Alex A, Ella M, Sky B, Bronte C, Lara D, Ruby W, Mathilde H, Chloe H, Elisa R Sherry J, Tilli M, Sophie D, Emily M, Emily S, Emily V, Nina W and Stella G led the sessions. The areas of discussion chosen were mindset and balance. Below is part of their presentation to their peers.

*Mindset refers to our own established set of ideas about ourselves and the world around us. You've probably heard people talk about a growth mindset before, well during today we hope to show you what a Growth mindset looks like, and how there are easy ways of trying to nurture a growth mindset.*

*Nurturing a growth mindset is not the sort of thing that happens overnight – it takes an effort over time and is the culmination of a lot of small events, rather than just clicking your fingers and expecting it to happen. The activities today will hopefully show you some different ways you can nurture this in yourself.*

*Balance is another key aspect of nurturing wellbeing in ourselves. Throughout our lives we will feel pulled in certain directions by different people and places and learning how to juggle this is crucial to feeling in control of the direction our life is taking!*

*How could you develop a growth mindset:*

- Realise that you can improve
- Remove the 'fixed mindset inner voice' involves a change from 'I can't do this', to 'I can do this if I keep practicing' to nurture a growth mindset
- Reward the process and the effort exerted
- Get feedback
- Get out of your comfort zone
- Accept failure as an important part of the process.

*Stanford psychologist Carol Dweck conducted research on both children and adults into the power of our beliefs, both conscious and unconscious, and how changing even the simplest of them can have profound impact on nearly every aspect of our lives. "As you begin to understand the fixed and growth mindsets, you will see exactly how one thing leads to another—how a belief that your qualities are carved in stone leads to a host of thoughts and actions, and how a belief that your qualities can be cultivated leads to a host of different thoughts and actions, taking you down an entirely different road... The mindsets change what people strive for and what they see as success. . . they change the definition, significance, and impact of failure. . . they change the deepest meaning of effort." (Dweck, The New Psychology of Success, 2016)*

The student led session was very powerful. The Year 12 leaders put much thought and effort into the presentation and feedback was positive. Well done to the Year 12 team and the Wellbeing Team who supported and assisted with this initiative.

### Year 12 Music

It was wonderful to see the talent on show at the Year 12 Music Showcase this week. Congratulations to Ciara C, Lara D, Maddison H-W, Ellen H, Tilli M, Ruby S, Amelia W and Ruby W for showcasing great performances. It was an exceptional night with the girls showing the confidence of well-rehearsed pieces with great variety and challenge. Thanks to the Music Department, particularly Year 12 teacher, Evan Browett for the work done to help the students achieve to their best. Thank you to the many students, families and staff who were there to support the girls.

**Elizabeth Carnegie**  
Principal

## Highlights

### Last chance for Father's Day tickets!

Today is the last chance to book tickets to our Father's Day celebrations.

[READ MORE](#)

### Stella Sleep Out

The countdown is on for the Stella Sleep Out. Get involved!

[READ MORE](#)

### Mission News

Students and staff have been very active out and about in the community.

[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.

## Reflection

Let nothing disturb you,  
let nothing frighten you,  
all things will pass away.  
God never changes;  
patience obtains all things,  
whoever has God lacks nothing.  
God alone suffices.

Teresa of Avila

## 2022 School Terms

### TERM 3

Tue 19 Jul to Fri 23 Sep

### TERM 4

Mon 10 Oct to Fri 02 Dec

## Important Dates

### FATHER'S DAY BREAKFAST

Friday 2 September

### YEAR 12 GRADUATION MASS

Wednesday 21 September

## Notices

### Canteen Reminders

Please remember when putting in online lunch orders for your daughter/s that you can't submit orders for days or even a week in advance...only for the following day. Access will open after 3.00pm each day when we update the menu.

Can parents please ask your daughters to come to the barbecue area outside the canteen where there are MANY drink bottles and lunch containers waiting to go home. They will be thrown out if they are not claimed this week. There are many very good quality items which we're sure you are missing!

Thank you - Bernie, Canteen

### Bus Services During HSC Exams

Keolis Downer (operator of Northern Beaches Bus Services) has written to the College regarding bus services during HSC Examinations. All school special services will be operating as normal with no changes. Driver shortages have resulted in some cancellations of public bus services across the network. As a priority, Keolis Downer will continue to ensure that there are no cancellations for school services during the HSC Examination period.

Students undertaking HSC Exams who use public buses are urged, where possible, to instead use the dedicated school specials to get to school. Please allow plenty of time to arrive before exams. To search school services, [click here](#) and type in 'Stella Maris College' - school special services will be indicated with an 'n' after the 3 digit route number.

### Performance Band Concert - rescheduled date!

Parents are warmly invited to the Performance Band Concert from 5.30pm - 6.30pm on Tuesday 13 September in G201 at the College.

### Beach2Beach - this Sunday!

It's not too late to join the Stella team for this Sunday's (28 August) Beach2Beach.

[Click here](#) to register.

All money raised from the Beach2Beach is donated to The Happy Days Charity run by local icon Mike Pawley and helps fund a local village school in Siem Reap, Cambodia that we have been



## Father's Day Breakfast - RSVP close today!

Today is the last chance to RSVP to the Stella Father's Day Breakfast. It's time to celebrate and show our appreciation to the dads, the grandads and other father-figures in the lives of Stella students. We invite dads/grandads/father-figures and their Stella daughters to join us for a complimentary bacon and egg burger and a coffee to kick-start Father's Day celebrations.

**Important:** when booking, please don't forget to book a ticket for both you and your daughter/s so that we have accurate numbers for catering.

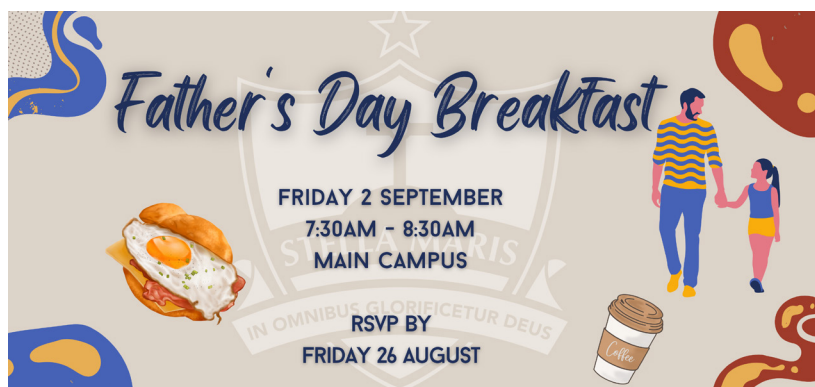
**Date:** Friday 2 September

**Venue:** Main Campus (under the fig trees)

**Time:** 7.30am - 8.30am

**RSVP:** Today - Friday 26 August

**Bookings essential:** [Click here](#) for tickets (please include any dietary requirements at time of booking).





## Get in Touch

### General Enquiries & Feedback

[administration@stellamaris.nsw.edu.au](mailto:administration@stellamaris.nsw.edu.au)

9977-5144

### Student Absences & Enquiries

[studentservices@stellamaris.nsw.edu.au](mailto:studentservices@stellamaris.nsw.edu.au)

9976 1817 or 9976 1885

### Student Enrolments & Exits

[registrar@stellamaris.nsw.edu.au](mailto:registrar@stellamaris.nsw.edu.au)

### Canteen Manager

[Bernie\\_McGrath@stellamaris.nsw.edu.au](mailto:Bernie_McGrath@stellamaris.nsw.edu.au)

### College Fee Enquiries

[fees@stellamaris.nsw.edu.au](mailto:fees@stellamaris.nsw.edu.au)

### Uniform & Text Books

[uniform\\_books@stellamaris.nsw.edu.au](mailto:uniform_books@stellamaris.nsw.edu.au)

# Stella Sleep Out!

## It's time to join in!

Friday 2 September (5.00pm) until  
Saturday 3 September (8.00am)

This is a voluntary experience to empathise with rough sleepers in Australia and abroad. We are fundraising for ministries that provide sustainable support for the most vulnerable people in the world.



Sleep out



OR



Donate instead

**REGISTER TO SLEEP OUT  
VIA CONSENT2GO**  
(registration link sent in  
email this week)

**DONATE HERE**

*Proudly raising funds for*



Northern Beaches  
Women's Shelter





## Mission News

Nicky Chin - Director Mission, Identity and Culture

### Excursion to Mater Dei

Stella Maris was recently invited to celebrate the Feast Day of St Benedict with our sister school - Mater Dei. Mater Dei School is the oldest and original educational offering of Mater Dei, which began as an orphanage by the Sisters of the Good Samaritan Order in 1910. We celebrated Mass with the Bishop and then moved outside to rotating activities to assist students to have fun. Activities included a Kinder Farm, face painting, mini golf, climbing frames, relay races, ball games and a disco. Here are some reflections of the day from Year 9:

*"Spending the day with the kids at Mater Dei was so heart-warming, having younger kids come and give us hugs when they saw us and older kids ask about us and how we were going. Helping them with activities showed me that even though they were different from us, they were so happy and genuine and it made my heart feel warm and tingly. We loved the mini putt putt and most of the kids were better than us. The mini petting zoo was the jam. Outside the school was peaceful and the hedges were so neatly trimmed and the chapel was so beautiful and historical. It's an experience that we will never forget and would love to go back and do again."* (Charlotte S)

*"Mater Dei is such a lovely school that is so authentic and genuine. I'm so grateful to have gone and met all these kids who may be seen as 'different' — they were so loving and accepting of us and welcomed us with open arms. They were polite and respectful to us as guests to their lovely school and genuinely loved having fun. Working together with other Good Sam schools to provide help to these students was such a fun experience and I know that I, along with everyone else, will never forget this experience and the many people that I got to meet."* (Catherine B)



### Assumption Mass

Stella Maris celebrated the Assumption Mass with Manly Freshwater Parish and students from St Mary's Catholic Primary School. Stella Maris is Latin for Mary, Star of the Sea. As a Marian school it was wonderful to attend this special Mass for Mary.

### Community Mass

We recently celebrated a beautiful Community Mass with Fr Jepser Bermudez OSA, together with St Augustine's College at St Keiran's Manly Vale.

Thank you to the many students and families who attended, sung in the choir, altar served, read or participated in prayers.

Our next Community Mass will be at 6.00pm on **Sunday 11 September** with a free meal and hospitality provided from 7.00pm.



## Careers News

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

### Camera Operator

#### What do Camera Operators do?

Camera Operators set up and operate cameras and other recording equipment to record material for film, television, news, live events, music videos, advertising, and more. They work in a variety of environments, from indoor studios and locations, to almost any outdoor location imaginable.

If you have a passion for screen and the arts and want to know all about what goes on behind the scenes, becoming a Camera Operator could be ideal.

#### How do you become a Camera Operator?

[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](#).



## P&F Update

### Diary Dates

Thursday 20 October at  
7.30pm – Term 4 P&F  
Meeting, Old Library. All  
welcome.

Friday 18 November –  
Parent End of Year Drinks, all  
year groups

## Canteen Roster

### MONDAY 29 AUGUST

Deb Ristuccia  
Stephanie La Greca  
Nicole McNally

### TUESDAY 30 AUGUST

Paula Curley  
Alison Vaubell  
Lilian Henley  
Kim Singleton

### WEDNESDAY 31 AUGUST

Learne Farquhar

**\* At least two helpers  
needed please**

### THURSDAY 1 SEPTEMBER

Danielle van Dijk-Humel  
Diana Panuccio

**\* Help needed please**

### FRIDAY 2 SEPTEMBER

Jeremy Stubbs  
Margie Mort  
Tara Edgton  
Alyson Perry  
Simone Selinas

## Uniform Shop

### Operating Hours

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

### Year 12 (2023) Textbooks

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

### Online Order Collections

Orders can be collected from Recess. Please note that collection notices are not sent.

### Summer Uniforms

Limited skirts and blouses are available for purchase in store as most winter items have been packed away for summer.

- Tights, gloves, scarves are still available online.
- Year 9 can now purchase the senior dress (for Year 10).
- Year 11 and 12 can purchase the short sleeve pink blouse to be worn with the tailored shorts.
- Junior dresses are available for purchase online.

### Stationery items

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

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

Please go to the [Stationery](#) section 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.



## Bodies of Work Exhibition

Clare Hodges - Art Assistant

It was wonderful to see the impressive Year 12 HSC Bodies of Work from Visual Arts, Design and Technology and Textiles on display last week.

The Exhibition was a great success with a steady flow of students, family, friends and the public coming to view the impressive work of these young ladies. The opportunity to display these practical HSC works in a gallery style environment is an important component of the process of artmaking. To accompany the atmosphere of celebration, we were spoilt with the delicious offerings from the Year 11 Hospitality students.

It was particularly special as of course it was the first time in a few years that we've been able to have this event. Our wonderful students and staff worked hard to bring the occasion together and the hard work paid off. There was a buzz of excitement and celebration at this milestone.

We were thrilled to welcome one of our ex-students, Ash Holmes: a successful practising artist, to answer questions on her art practice and inspire our girls.





# Sports News

Jenny Wickham - Sports Co-ordinator and Teacher of PDHPE

## Athletics

Congratulations to the Stella Athletics Team who competed at the 2022 IGSA Athletics Championships at Sydney Olympic Park on Friday 19 August. The Stella team was absolutely outstanding! We had some amazing results, with Stella students in lots of finals and winning plenty of ribbons and medals!

The Stella team finished in 11th place overall out of 27 schools – a fantastic result! Our juniors were right up there in the top five places overall!

Well done to the following students who won ribbons for their results in the heats:

Ellie E, Zoe B, Madi R, Holly W, Lara M, Emily S, Sophie L, Elisabeth P, Pip Q, Piper S, Lyla R, Jade G, Tilly B, Erin H and the Junior Relay team (Ava M, Tilly B, Zoe B, Ellie E).

Congratulations to the following students who made finals:

April U, Ellie E, Zoe B, Piper S, Holly W, Tilla G, Emily S, Lyla R, Lara M, Tilly B, Erin H, Pip Q, Elisabeth P and the Junior Relay team.

Huge congratulations to the students who won medals:

- Ellie E: bronze in 13 years 100m and 200m
- Pip Q: gold in 13 years 800m and silver in junior 1500m
- Lyla R: silver in 12 years 800m
- Erin H: silver in intermediate high jump
- Elisabeth P: gold in junior discus and silver in 14 years shot put
- Piper S: bronze in 17 years 100m

We look forward to a great day at the BBSSA Athletics Championships which will be held on Tuesday 30 August at Sydney Olympic Park. Best of luck to all members of the team!



## Cross Country

Good luck to Pip Q and Lyla R who will be representing NSW at the Australian Cross Country Championships in Adelaide this weekend!

## Gymnastics

Stella will be competing in the IGSA Gymnastics Championships early in Term 4. Students will be emailed details next week to register interest in taking part in this event.

## Touch Football

Stella will be entering teams in the Peninsula Cup Touch Football competition in Term 4. This will be held on Monday afternoons at Nolans. Information will be sent out to all students next week to register interest.

## Rugby

On Tuesday 23 August, the Stella Junior Rugby teams competed at the NSW Schoolgirls Rugby 7s Gala Day. This was a fantastic day, and the first Rugby Gala Day for many of our players. The Stella teams played some outstanding rugby, and had good wins over schools such as Narrabeen Sports High and Mater Maria. Both teams did very well and finished 3rd and 5th respectively in the Year 7 and 8 division.

A big thank you to Piper S (Year 11) – our rugby star who is arguably the best schoolgirl rugby player in Australia! Piper came along to help the teams on the day. The Stella players were very impressed to hear that Piper played her first ever rugby game at a gala day for Stella when she was in Year 8, and has since gone on to represent Australia in this sport!

Well done to both teams:

**Stella White:** Ana T, Charlotte B, Charlotte S, Jemima M, Molly R, Mya B, Sasha O, Tess P

**Stella Red:** Avalon C, Emily B, Kayla A, Lara M, Leili M, Penny S, Ruby L, Scarlett L

We look forward to the BBSSA Rugby Gala Day which will be held in Term 4.



## Debating Club

Alexander Mascarenhas - Teacher of English and Geography

Last Friday Stella Maris competed in Round 5 of the Schools Debating Network Competition at Wenona. The teams debated "Media" including whether TV shows glorify war and if social media is a reliable news source! Tonight we are hosting Round 6 at the Benedict Campus where we will be debating about the "Law and Order". Good luck!

**Topic of the Week:** That people should not use social media for news.