



Stella Maris

COLLEGE MANLY



2022

Our Year of
Hospitality

Stella Newsletter

Term 3 | Issue 27 | 09 September 2022

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From the Principal



R U OK? Day

This week's assembly focused on R U OK? Day. R U OK? Day is an opportunity to stop and look around at your friends and family and check in on their wellbeing. You aren't expected to fix everyone's problems or know the best way to help and support. But you can listen to what your friend or family member is saying, let them know you care and tell someone (like a trusted adult) if you are

worried about them.

When we experience pressure or stress it can take a toll on our wellbeing. This can be compounded if we experience pressure or stress for a prolonged period or multiple stressful incidents. Remember, the longer we're under pressure and stress and the more stressful incidents we experience, the more our anxiety increases.

Uncertainty about the future can leave us feeling hopeless. Changing friendships and relationships can leave us confused and sad. Exam times and a heavy study load can leave us feeling overwhelmed and stressed.

There are supports available and practices that can assist you to help you reassess your wellbeing state. We work in Pastoral Care to provide students with a toolkit of activities that can boost their wellbeing and help do a reset. It is important to take time for self-care and undertake activities that help one feel better and give a sense of control during these uncertain times.

Think about what helps to de-stress and ensure that you build that into your daily and weekly routines. Whether it is taking the dog for a walk, running, swimming, or reading, you need to give yourself permission for this to happen.

Remember that at Stella, we work with the girls to assist them to find balance in their physical, spiritual, mental and psychological wellbeing. At home, families should look for ways to support each other to sustain all aspects of their health.

Year 11 Exams

Year 11 are about to commence their Preliminary Examination period and we wish them well. Remember girls that you have the support of the Stella Tutors and your teachers during this period.

Prayer

God of grace and wisdom

You raise good people who follow your inspiration

Let our lives be true

May we respond to others' needs with open and compassionate hearts

So we grow more and more in your likeness.

We ask this prayer in Jesus' name

AMEN

'...two are better than one' (Ecclesiastes 4:9)

Elizabeth Carnegie

Elizabeth Carnegie
Principal

Highlights

People's Choice Awards Announced

Congratulations to the winners of the BOW People's Choice Awards. [READ MORE](#)

Stella Sleep-out Update

Well done to students who slept out last Friday and thank you to all donors! [READ MORE](#)

Performing Arts News

Eights students have been nominated for HSC Dance Callbacks. [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) by the end of Term 3.

TERM DATES

TERM 3

Tue 19 Jul to Fri 23 Sep

TERM 4

Mon 10 Oct to Fri 02 Dec

IMPORTANT DATES

YEAR 12 GRADUATION MASS

Wednesday 21 September

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

Notices

Stella Maris / St Augustine's Community Mass

The Stella community is warmly invited to the Community Mass this Sunday, 11 September from 6.00pm at St Kieran's Manly Vale. During this mass we gather together for song and prayer.

We hear the Word of God proclaimed and reflect on its meaning for us.

We pray for the world, our community and ourselves, sealing our prayers with the sign of peace.

We set our table with bread and wine, give thanks, and praise to God.

We share in a sacred meal that spiritually strengthens, nourishes, and transforms us.

We share a blessing from God and are sent out on mission to the world, to be agents of change.

Everyone is invited to come as they are, knowing that all are included in God's circle of love.

Australian Childhood Anxiety Treatment Study

Griffith University, Queensland (funded by the National Health and Medical Research Council) is conducting an Australia-wide anxiety treatment study for 7 – 12 year old children. For further information, including details on how to participate, please [click here](#).

Performing Arts News

Congratulations to the following students who were nominated for Dance Callback for possible inclusion in the 2022 HSC Showcases. To have eight students nominated is an exceptional result.

Major Study Performance

Annabelle C
Abby E
Tahlia S

Core Performance

Paris D
Abby Ed
Siena R
Adriana T

Core Composition

Paris D

Visual Arts News

Clare Hodges - Art Assistant

One of the fun parts of our fabulous Body of Works night we held earlier this term, was Stella's own 'Archibald' exhibition where we displayed our Year 10 Visual Arts students' impressive portraits in the foyer and offered visitors the chance to vote for the 'People's Choice'.

From the remarkable 40 drawings and painting exhibited, we had an outright winner, with second and third place also receiving much appreciation:

1st prize - Lauren K, Self Portrait

2nd prize - Iona K, Inspiration Portrait of Emma Watson

3rd prize - Alexea M, Inspiration Portrait

These talented students received a big round of applause at our assembly and accepted a prize from the Art Department. Well done to all those involved.

Many of the portraits are on display in the downstairs corridor of the Good Samaritan building: our new exhibition corridor! Please take some time to browse the art works displayed.



Iona K



Alexea M



Lauren K

Stella Sleep-out Update

Sarah Metcalfe - Teacher of History and Social Justice Program Co-ordinator

A big congratulations to the 80 people that slept out last Friday evening in the bitter cold and windy conditions. The night was lots of fun and a special thank you goes to the Duke of Edinburgh Prefect, Stella G for leading the girls in lots of fun and games. The other senior leadership girls, Emily V, Emily M, Chloe H, Alexandra A, Paris D, Mathilde H and Ella Mc all helped keep the younger students engaged and ensured lots of fun was had.

The final amount raised was:

\$5,216.23!

We filmed a whole group video greeting to send to the Bacolod Kinder school in the Philippines and they loved hearing from us! Thank you, to Ms Collins for engaging the girls in the discussion surrounding the need to provide practical help to those most vulnerable. Just \$50 will feed a child in the Philippines for approximately 6 months and, in addition, \$200 will buy a start-up home basics kit for a person moving from homelessness into their own home with bedding, linen, kitchenware and small essentials.

We will also purchase gift cards to donate to The Northern Beaches Women's Shelter and the Good Samaritan Inn, Melbourne for women who are escaping domestic violence. The gift cards are an empowering gift of choice that some women in these circumstances have not had the financial independence to do so freely.

Student insights on the night:

"Being able to raise money for disadvantaged members of our community and abroad was an amazing opportunity. While it was cold, windy and a little rainy, everyone at the sleep-out was in such high spirits, excited to raise money for the women's shelter and the kinder school in the Philippines. Throughout the night we played games to get to know each other better and a couple of rounds of Just Dance. After that we ate a good meal of pumpkin soup and then rugged up to watch a movie. Finally, we settled down getting ready for a cold night to experience what rough sleepers in our community experience. This will forever be an experience I treasure and would be more than happy to participate in again."

Holly A, Year 9

"It was my first time ever going to the Stella Sleep-out and it won't be the last! I thoroughly enjoyed myself throughout the evening. The night was well planned out and fun. I really liked the games and activities the staff and School Leaders set up and the food was amazing! For dinner we had hot pumpkin soup with bread. In the morning we had a croissant (another if you went and asked) and a delicious hot chocolate. Lots of my friends went to the Sleep-out which encouraged me to go, and I made the right choice. We all had a good time; more girls should participate in the Sleep-out as it is not only lots of fun but supports a worthwhile cause."

Molly F, Year 7



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 12 SEPTEMBER

Abi Sweet
Ayesha Ballesty
Louise Lewcock
Nicole Margetts
Camilla Zervas

TUESDAY 13 SEPTEMBER

Majella Brady
Sharon Fountain
Lilian Henley

WEDNESDAY 14 SEPTEMBER

Amanda Smerdon
Joanne Robinson
Eve Harvey
Sarah Chirgwin

THURSDAY 15 SEPTEMBER

Sarah Bernie
Orla Neville

* **HELP NEEDED PLEASE**

FRIDAY 16 SEPTEMBER

Justine McKee
Lisa McGregor
Duncan Barnett
Marie Watson
Nicole Covich

Careers News

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

Radiographer

What do Radiographers do?

Radiographers are medical professionals who use a variety of technology to produce high quality medical images. They use a variety of different machines and techniques, including x-rays, Magnetic Resonance Imaging (MRI), and Computed Tomography (CT) scans.

If you love helping others, want a career that is challenging and rewarding, and have an interest in healthcare, becoming a Radiographer could be ideal for you.

How do you become a Radiographer?

[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.

Year 12 (2023) Textbooks

The current Year 11 group can order their Year 12 2023 textbooks online at 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.

Update: Current parents can now find the Online Store on the 'Welcome to SEQTA Engage' page. Online orders can only be placed for current students. New students for 2023 will have their initial fitting in store to ensure correct sizing of uniforms.

Summer 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.

Sports News

Jenny Wickham - Sports Co-ordinator and Teacher of PDHPE



BBSSSA Golf

Congratulations to Isabelle B (Year 11) who competed at the BBSSSA Golf Championships at the Shelley Beach Golf Course on the Central Coast on September 2. Isabelle had a great day and ended up as joint winner in the Open Girls event! Well done on this outstanding achievement Isabelle!

NSWCCC Athletics

Best of luck to the 12 Stella students who are competing at the NSWCCC Athletics Championships at Sydney Olympic Park on Monday 12 September:

Madi R, April U, Pip Q, Lyla R, Ellie E, Freya M, Elisabeth P, Tilly B, Zoe B, Erin H, Emily S and Holly W.

Thank you

A huge thank you to the 65 Stella students who are assisting at the Northern Beaches Catholic Primary Schools Netball Gala Days next Tuesday 13 and Thursday 15 September. The Stella students will umpire all of the games for the local Catholic primary schools.



Gymnastics

Stella will be entering teams into the IGSA Gymnastics Championships on Friday 28 October. A reminder to all students who wish to compete at this event, you must complete the expression of interest form that has been emailed to all students.

Term 4 Sports

It is the time to start thinking about Term 4 sports! Students will have been sent the links to sign up for Term 4 sports (also available on SEQTA).

Weekly sports available in Term 4 include:

- Tennis Lessons: Monday mornings
- Touch Football competition: Monday afternoons
- Volleyball: Monday afternoons
- Tildesley Tennis: Wednesday and Friday mornings
- Basketball (carried on from Term 3)
- Run Club: Monday mornings
- Pilates: Thursday mornings
- Group Fitness: Friday mornings