



Stella Maris

COLLEGE MANLY



2022

Our Year of  
*Hospitality*

# Stella Newsletter

Term 3 | Issue 28 | 16 September 2022

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## From the Principal



### Friendships

Dr Tara Porter's recent book, *You Don't Understand Me- The Young Woman's Guide to Life* (2022), explores the challenges facing young women as they transition from childhood to adulthood. In Chapter 3, Dr Porter explores the challenges of Friendship.

Dr Porter describes patterns in female friendships including the on/off friendship where someone appears to be your best friend one day, then the next it seems they are spending all their time with someone else. Social media can exacerbate this process of on/off friendships where online group chats can make it easy to form little groups where power games are played through inclusion and exclusion.

Another pattern can be being liked vs being popular. Being liked is related to being kind and being honest, being tolerant and not disruptive to the group. Being popular seems to link to social power, being a leader, being cool or edgy. Being popular can be a challenge to maintain as it involves power, status, and dominance. It is stressful to maintain this position.

For adolescents, finding 'their tribe' can be a challenge. At the start of high school, there are sometimes changes to friendships formed since primary school, as the opportunity to develop other friendships arises. Dr Porter explains that for some girls, finding their tribe takes a long time. She reassures saying, "as you get older and the pool of people you meet increases, you will find your tribe (p 77)."

### What can Stella girls do to respond to this challenge?

Stella girls are encouraged to get involved with different groups at school, join a club, join a new sport, get involved in debating, dancing, drama or music. Mixing in a greater number of groups will enhance the chance to meet new friends and following your passions will help you connect to others with similar interests.

Developing strategies to deal with group behaviours is helpful – openly talk about what is going on. Encourage positive relationships with your friends by being kind and thoughtful, but also be honest. Have honest and respectful conversations in your groups – in a gentle way, let your friends know when their actions make you feel frustrated or upset. At the same time, you need to be open to hearing some feedback about your actions.

Sometimes the group may decide to do something you don't agree with. That is okay. There are always safe ways to disengage. Try to encourage inclusion of others gently. We don't all have to think the same, look the same or do the same.

Remember, if our students have friendship struggles that they are finding difficult to manage, our Wellbeing Team are here to help with strategies and stress relievers. Intervention sometimes helps to reset the group.

### Year 11 Exams

With the decision to list a public holiday on Thursday 22 September, the Year 11 Examinations planned for that day have been rescheduled. Thank you to Year 11 for your understanding and we hope that the rest of the examination period remains manageable. Thank you to Mrs Yeates and Mr Cruise for your quick response to this change and for managing a suitable adjustment to the exam schedule.

### Reflection

You do not need to know precisely what is happening  
Or exactly where it is all going.

What you need is to recognise the possibilities and challenges offered by the present...  
And to embrace them with courage, faith and hope.

Elizabeth Carnegie  
Principal

Thomas Merton

## Highlights

### National Finalists

Congratulations to our Future Problem Solvers -  
national finalists!

[READ MORE](#)

### Performing Arts News

Well done to Performance Band members for a  
great concert!

[READ MORE](#)

### Lost Property

Don't forget to check Lost Property to reclaim items  
before the holidays.

[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.

*Happy Holidays!*

This will be the final  
newsletter for Term 3. We  
wish all families a relaxing  
break and look forward to  
seeing students for the  
commencement of Term 4  
on Monday 10 October.

## 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)

## Reminder

### Lost Property

There is a significant amount of lost property outside the Canteen. Please ask your daughters to check the baskets for missing items before the end of term as all items will be disposed of over the holidays.

## Future Problem Solvers National Finalists

Cath Douglas - Head of Inclusive Learning

Congratulations to Gabriella F, Emma M, Kiera M and Sara T who will be participating in the Future Problem Solvers (FPS) National Finals in Melbourne this October. This team of Year 9 students have displayed a high level of teamwork and problem-solving skills and have competed against some of Australia's best creative and critical thinkers in this competition. The FPS program requires the students to investigate real-world problems while thinking critically, creatively and futuristically. The topic they will be exploring for the FPS National Finals is 'Mining'.



## Languages News

Jennifer Murray - Head of Languages

After watching a demonstration by Ms Nora Daly, Food Technology and Hospitality Assistant, Year 8 French students made crêpes in their French lesson. A choice of lemon and sugar or chocolate, strawberries and ice cream made the crêpes especially delicious.



## Performing Arts News

Jessica Maker - Head of Performing Arts

On Tuesday evening we had a lovely Concert featuring our Performance Band.

The girls performed a selection of songs for their families. It was wonderful to be able to play for a live audience again. Thank you to all who came along to hear the girls.

I would especially like to acknowledge the contribution made by our Year 12 students Ciara C and Grace P. Ciara and Grace have been members of our band since they began in Year 7. It is so wonderful to see such commitment; these girls are wonderful role models to our younger musicians. We will miss having your talents in our band.

We wish you all the best in your upcoming HSC examinations.



Ciara C and Grace P



Our Jazz Group performing 'Harlem Nocturne' featuring Erin W, Catherine B, Grace P.



Gabby F and Eva L performing the 'Flower Duet'



## Canteen Roster

### Term 3

#### MONDAY 19 SEPTEMBER

Jacki Reimer  
Kendall Traverso  
Lindie McKay  
Louise Lewcock

#### TUESDAY 20 SEPTEMBER

Terri Buchanan  
Louise Stedman  
Amy Keary  
Kate Lovelace

#### WEDNESDAY 21 SEPTEMBER

Shea Whiteford  
Michelle Ohle  
Rachel Blenkinsop  
Help needed please

#### THURSDAY 22 SEPTEMBER

Public Holiday

#### FRIDAY 23 SEPTEMBER

Louise Moore  
Majella Brady  
Katie Spillane  
Kylie Church

### Term 4

#### MONDAY 10 OCTOBER

Abi Sweet  
Ayesha Ballesty  
Louise Lewcock  
Nicole Margetts  
Camilla Zervas

#### TUESDAY 11 OCTOBER

Majella Brady  
Rebecca Kristensen  
Sharon Fountain  
Lilian Henley

#### WEDNESDAY 12 OCTOBER

Amanda Smerdon  
Joanne Robinson  
Eve Harvey  
Sarah Chirgwin

#### THURSDAY 13 OCTOBER

Kelly Hindman  
Anna Anderson  
Lucy Stephenson  
Grace Mason

#### FRIDAY 14 OCTOBER

Melissa Pitkin  
Kate Bambrick-Browne  
Gemma van Hamburg  
Cindy Fordham

I will be preparing the roster for next year during Term 4. If you would like to come back on canteen next year, can you please let me know if you would like to stay on your current day or change? Or if you prefer not to be on the roster, that's fine too. Please let me know ASAP. Email me at: [bernie.mcgrath@stellamaris.nsw.edu.au](mailto:bernie.mcgrath@stellamaris.nsw.edu.au)

See you in Term 4. Bernie & Cheryl

## Careers News

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

### Firefighter

*This week's pick for job of the week is in light of last Friday's visitors.*

#### What do firefighters do?

Firefighters respond to emergency calls for a variety of disasters, including fires, chemical spills, gas leaks, rescue missions, and accidents. Their main job is to protect lives and property. They may also help by spreading awareness and education to the wider community about fire safety.

If you can work well under extreme pressure, are fit and healthy, and want to give back to your community, a career as a firefighter could be perfect for you.

#### How do you become a Firefighter?

[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.



## Food Technology News

Elizabeth Gallagher - Head of Food Technology and Textiles

Students have been busy in the Food Technology and Textiles Department. Our Year 10 Hospitality students have become baristas - learning the fine art of coffee making.

Year 9 and 10 Food Technology students created amazing cakes as part of their 'Celebration' assessment to design and decorate a celebration cake.





## 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

## Uniform Shop

### Operating Hours

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

The Uniform Shop will be closed Wednesday 21 and Thursday 22 September. Online orders placed after Tuesday lunchtime can be collected next term. The Uniform Shop reopens on Tuesday 11 October.

### 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.

The due date for orders has now passed. Deliveries for orders placed now may be delayed.

### Online Order Collections

There are many uncollected orders. Please ask your daughter to collect these next Tuesday. 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

Most winter items will be taken off the online store next Tuesday as we approach Term 4 and the summer uniform.

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

### NSW All Schools Netball

Congratulations to Chloe H and Sophie B who represented NSWCCC at the NSW All Schools Tri-series Netball on Monday 12 September. The NSWCCC teams played against NSW CIS and NSW CHS. Chloe was part of the NSWCCC Open team, while Sophie was part of the NSWCCC U15 team. The Stella girls played amazingly, and both teams finished the event as runner-up.

Well done Chloe and Sophie!



### NSWCCC Athletics

Congratulations to the Stella students who competed at the NSWCCC Athletics Championships at Sydney Olympic Park on Monday 12 September. This is an extremely high level of competition, with students from all over NSW travelling to Sydney to compete. The Stella students were outstanding! We had amazing results from all of our athletes, with all placing in the top six of their events!

Huge congratulations to the students who won medals:

Pip Q: Gold in 800m and 1500m

Lyla R: Gold in 800m and 1500m

Madi R: Silver in 800m and bronze in 1500m

Ellie E: Gold in 100m and bronze in 200m

Elisabeth P: Silver in discus and bronze in shot put

Erin H: Silver in high jump

Emily S: Silver in 400m



Well done also to Holly W, Zoe B, Tilly B and April U who finished just outside the medals in their events. Best of luck to the students who are competing at the NSW All Schools Championships in the holidays!



### Catholic Primary Schools Netball Umpiring

This week we had more than 70 students from Years 7 – 10 umpire at the Northern Beaches Catholic Primary Schools Netball Gala Day. The Year 7 and 8 students umpired on Tuesday at the Year 3 and 4 Gala Day, while the Year 9 and 10 students umpired on Thursday at the Year 5 and 6 Gala Day.

The Stella girls did a wonderful job! They umpired well and were outstanding ambassadors for the College. We thank all of the students involved for giving up their time to allow this event to go ahead.



## Sports News (cont.)

### Soccer

Good luck to our Junior Soccer teams who will be playing in the GRAND FINAL of the Peninsula Cup soccer competition on Tuesday!

- The Stella Red team is playing in the U14 Div 1 grand final vs Mater Maria
- The Stella Green team is in the play off for third place in the U14 Div 2 competition vs Oxford Falls Grammar.

Well done to both teams and best of luck in the finals!

### Term 4 Sports

A reminder that all information for Term 4 sports has been emailed to all students. Parents of students who have signed up for Term 4 sports will receive information and permission notes through a consent2go email.

Some of the Term 4 extra-curricular sports include:

Tennis lessons: Monday morning  
Run Club: Monday morning  
Volleyball: Monday afternoon  
Touch Football: Monday afternoons  
Tildesley Tennis: Wednesday and Friday mornings  
Pilates: Thursday mornings  
Surfing: Thursday mornings (tbc)  
Group Fitness: Friday mornings  
Basketball: continued from Term 3.

There will also be various representative gala days in Term 4. These include:

BBSSSA and NSWCCC Water Polo, IGSA Gymnastics, CCC Aquathon, BBSSSA U13 Touch, BBSSSA Surfing, BBSSSA Tennis, BBSSSA Surf Lifesaving, BBSSSA Volleyball, BBSSSA AFL and BBSSSA Rugby 7s. Students are reminded to watch for emails regarding details for these events.

## Sailing - registrations open

The eight-week sailing program will begin in Week 1 of Term 4, (12 October) at Middle Harbour Yacht Club. Unlike previous years, Middle Harbour Yacht Club has had to put a limit on numbers so please register as soon as possible to avoid disappointment. [Click here](#) for the registration and payment link.

(An \$100 Active Kids voucher can be used.)

Any problems with registration, email: [discoversailing@mhyc.com.au](mailto:discoversailing@mhyc.com.au) or call MHYC on 9969 1244.

Qualified and experienced instructors will coach and supervise our sailors for eight Wednesday afternoons from 4.00pm - 6.30pm. Information on the Australian Sailing courses can be found [here](#).

