



Stella Maris

COLLEGE MANLY



2023

Our Year of

Stewardship

Stella Newsletter

Term 1 | Issue 01 | 02 February 2023

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From the Principal



2023 A New Beginning

On Tuesday, we welcomed students back to Stella to start the academic year. It was delightful to see the happy faces, ready to start the year, greeting friends and staff and looking excited to see what 2023 would bring.

Students listened intently to their Year Coordinators and connected with their Pastoral Care teachers before beginning lessons with their teachers. It was pleasing to see the positive responses to freshly painted rooms, additional air-conditioning in rooms on the Senior Campus, refreshed Textiles Technology classroom and refurbished English Staffroom. The Theatre is currently receiving a refit of chairs on the upper level and will be available for use in a few weeks.

Thank you to the Maintenance, Theatre and Administration Teams who have worked over the holidays to ensure the school is ready for the students' return.

Farewell

We farewell Sally McIntyre, long-serving Student Support Officer, whose family have relocated on the Central Coast. We thank Sally for her dedicated service to the Stella community and wish her well.

The Light We Carry

In her recent book, *The Light We Carry* (2022), Michelle Obama explains a Native American method of growing food in a resourceful way. She explains that corn, beans and squash are grown together. "The corn grows tall and creates a natural pole for the bean plants to climb. The beans provide nitrogen, a nutrient that helps the other plants grow more efficiently, and the squash stay slow to the ground, its large, spreading leaves help to block weeds and keep the soil moist.....The balance comes from the combination."

As we start 2023, I encourage everyone in the Stella community to find balance. I urge students to work hard in the classroom, support each other to grow and to learn and to give themselves an opportunity to rest and experience the wonderful environment in which we live. Take time to study and to read for pleasure. Everything in balance. In a Benedictine community we express this in the Latin phrase *Ora et Labora*- prayer and work. You might see this motto on the entrance to the Good Samaritan building near the Canteen (placed there by the Sisters of the Good Samaritan).

Stewardship Prayer

Generous and loving God,
You call us to follow your Son Jesus and be faithful stewards of your creation.
Open our mind and hearts to a deeper appreciation of your blessings.
Transform us to nurture a way of life marked by faith-filled prayer, service to our neighbour, and care for our natural world.
We pray through Christ, our Lord. Amen.

Elizabeth Carnegie
Principal

Welcome to our Class of 2028



Performing Arts News

Jessica Maker - Head of Performing Arts

Welcome to Performing Arts for 2023. We are looking forward to another busy year.

If your daughter is interested in signing up to any Performing Arts Ensembles for 2023, please complete the relevant forms:

[Music Ensemble Sign Up Form](#)

[Drama Ensemble Sign Up Form](#)

[Dance Company and Ensemble Sign Up Form](#)

[Private Music Lessons Sign Up Form](#)

Please complete the Sign-up Forms by Monday 6 February.

These forms are an expression of interest at this stage.

Once we have your name on the list the teachers directing the ensembles will be in touch to give you more information about the ensemble, rehearsal times, auditions, and fees.

If you have any questions, please email:

[Leanne Haines](#): (Music and Drama)

[Jessica Maker](#): (Music and Drama)

[Rochelle Jones](#): (Dance)

Performing Arts Extra Curricular Opportunities

Music

- Performance Band is a Concert Band open to all musicians in Year 7 – 12.
- Vocal Ensemble is a choral group, singing a range of repertoire open to all singers in Year 7 – 12.
- Jazz Ensemble is a small group exploring improvisation and music in a jazz style. Open to all.
- String Group is open to all string players at the college.
- Contemporary Music Ensemble is open to elective Music students in Years 9 -12

Dance

- Jazz Ensemble
- Lyrical Ensemble
- Jazz Company
- Extension Jazz Company
- Lyrical Company
- Hip Hop Company
- Performance Group – no audition required

Drama

- Year 7 Drama Ensemble
- Year 8-12 Drama Ensembles
- Play: *The Complete Works of William Shakespeare Abridged* (Year 8 – 12 students only)

Continues over page



Important Dates

Term 1

February

7 - 8 Year 12 Retreat

14 Opening Liturgy

20 Year 7 Welcome Event

27, 28 Year 7 Camp

March

01 Year 7 Camp

03 Swimming Carnival

15 Open Evening

30 - 31 Year 10 Retreat

2023 Term Dates

Term 1

Tuesday 31 January -
Thursday 6 April

Term 2

Wednesday 26 April -
Friday 23 June

Term 3

Tuesday 18 July -
Friday 22 September

Term 4

Tuesday 10 October -
Friday 1 December

2023 State Surf Lifesaving Championships - Queenscliff

Please be aware when planning travel to school in the coming weeks that the NSW State Lifesaving Championships will be held between 17 February and 5 March at Queenscliff. Organisers anticipate up to 5,000 competitors, officials and spectators. Heavy traffic congestion is expected at the following times and locations:

Pittwater Rd at Kierle Park/Hinkler Park.

- 23 – 26 February 2023 between 5:30am – 8:30am and 3:00 – 5:00pm
- 1 March – 5 March 2023 between 5:30am - 8:30am and 3:00 – 5:00pm

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

Performing Arts News (cont.)

Our Performing Arts Staff

For those new to the College, I would like to introduce the Performing Arts staff here at Stella. We have a wonderful team of teachers who run our Performing Arts classes, extra-curricular ensembles and private lessons.

Music Teachers

Mrs Jessica Maker

Mr Evan Browett

Mr Rob Sutcliffe

Dance Teacher

Ms Rochelle Jones

Drama Teachers

Mr Phillip Wood: director of the Play, *The Complete Works of William Shakespeare Abridged*

Mr Mitchell Smith

Performing Arts Support

Mrs Leanne Haines

Private Music Tutors

Tamara O'Brien - Piano and Strings

Emma Clain - Woodwind

Greg Arnold - Guitar and Bass

Janella Fyfe - Woodwind

Jacinda Mikus - Flute

Ruth Callard - Brass

Lessons are available for the following:

Voice	Flute	Clarinet
Oboe	Saxophones	Trumpet
French Horn	Trombone	Euphonium
Drums/Percussion	Piano	Guitar
Ukulele	Violin	Viola
Cello	Bass (Double or Electric)	

Job of the Week

Lisa Walsh - Careers and Pathways Adviser

e lisa_walsh@stellamaris.edu.au

Visual Merchandiser

What does a Visual Merchandiser do?

Visual Merchandisers (VMs) play a key role in brand sales strategies by attracting customers into retail settings and maximising sales by creating floor plans and 3D displays that sell the products. Window displays, shop floor, special promotions, shelving layouts and point of sales displays are some of the areas of focus.

While VMs mostly work in fashion and retail settings, there are also opportunities in museums, hotels, airports and other commercial environments. If you have a great sense of style and a natural flair for colour and design, can work well with anyone and are prepared to work hard, you could make a great career as a VM.

How do you become a Visual Merchandiser?

[Click here](#) to learn more about this job and pathways to get there. Visit our very own [Stella Careers Website](#) for all your career needs. PLUS, our regular weekly careers newsletters can be read [here](#).



Dance News

Rochelle Jones - Teacher of Dance

Do you love to dance?

Then we want you! Come and join the Stella Dance Company, Dance Ensemble or Performance Group for your chance to dance, perform and compete against other schools with your friends at Stella Maris.

Please [click here](#) to register your interest:

In 2023 the Stella Dance Program will offer three levels of opportunity to cater for all students with differing levels of ability and commitment:

The Stella Dance Company (Years 7-12)

For the advanced, experienced and dedicated Dancer. Rehearsals one morning a week for each style before school (some Sundays may be required for external choreographers). Routines in Jazz, Commercial Jazz and Lyrical/Contemporary. Approximately three to five Eisteddfod Competitions, two Dance Nights (concerts at school), Dance Camp Day, and Presentation Night performances.

Dance Ensemble (Years 7-10)

For intermediate dancers with previous experience who want to compete but with less time and commitment than the Dance Company. Rehearsals are held one morning a week before school for each style. Routines in either Jazz/Musical Theatre and Lyrical/Contemporary. Three to five Eisteddfod Competitions and two Dance Nights (concerts at school).

Performance Groups (Years 7-10)

A semesterly program for the beginner - intermediate dancer who may or may not have previous experience and wants to dance for fun with friends. Rehearsals are held one lunchtime per week. One routine per semester in either Jazz/Musical Theatre or Lyrical/Contemporary. This group will work towards Dance Night (concerts at school) performances in Terms 2 & 4 and will not compete at Eisteddfods. Students may join in Semester 1 or Semester 2 or participate the entire year. There is no audition required for the Performance group, anyone is welcome!

Please note: There is a cost involved for all dance groups

Auditions

What do I wear?

For Company auditions dancewear is required – leggings or shorts with a crop top, leotard and singlet or t shirt. For Ensemble Auditions you may wear dancewear or your sport uniform.

What will happen at the audition?

Students will be taught a short combo which they will then be asked to perform in small groups. If time allows they may also be taken through some corner technique (turns, kicks and leaps).

If you have any queries please contact me via [email](#).

I look forward to seeing you all!



Canteen Roster

MONDAY 6 February

Petra Weiss
Katherine Pinkerton
Vanda Skavaas
Belinda Robinson

TUESDAY 7 February

Kate Lovelace
Nicole Sheather
Belinda Vumbaca
Rebecca Simpson
Sarah McHugh

WEDNESDAY 8 February

Amanda Smerdon
Sandra Suarez
Shannon Morrell

HELP NEEDED PLEASE

THURSDAY 9 February

Lucy Stephenson
Kelly Hindman
Eve Harvey
Louise Lewcock

FRIDAY 10 February

Melissa Pitkin
Terri Glynn
Natalie Moschou
Sarah Reynolds

2023 Rosters

Thank you to all our volunteers who have added their names to our roster.

We are still in need of help on Mondays, Wednesdays and Thursdays. Even if you can't do twice a term, we have spots where you can just do three or four sessions for the year. It all helps so please let me know if you can spare any time or if you know of anyone who might be contemplating volunteering.

It's a great way to meet other parents, staff, and teachers and we know your daughters love seeing you at the school.

Please [email me](#) if you are able to help in any way.

Bernie McGrath
Canteen Manager

Sports News

Jenny Wickham - Sports Coordinator and Teacher of PDHPE

Australian Athletics Champions!

On Monday 12 December, the Stella Junior Athletics team travelled to Adelaide to compete at the 2022 Australian Athletics National Schools Challenge. This is an elite and highly competitive event, with the best athletics schools from across Australia participating.

The Stella team consisted of six students from Years 7, 8 and 9:

Zoe B, Matilda B, Elisabeth P, Pip Q, Ellie E and Lyla R.

All of the Stella girls competed amazingly! Every one of our athletes finished in the top five of their events, which is an incredible achievement at such a high level! With such amazing results in each event, the Stella team finished in **FIRST PLACE!**

Congratulations to this talented group of athletes who are now AUSTRALIAN CHAMPIONS! Everyone at Stella is very proud of you!

A big congratulations to Elisabeth P and Pip Q who also competed as individuals, representing NSW at the Australian All Schools Athletics Championships in December. Elisabeth competed in the 14 years shot put and finished in 4th place. Pip competed in the 13 years 800m, 1500m and 14 years 3000m, finishing 5th in all events. Well done Elisabeth and Pip!



Pip Q



NSWCCC Blues Awards

The NSWCCC Blues awards ceremony took place in early December. The Blues Award is a very prestigious award that is presented to the best performing athletes in NSWCCC sport each year. In 2022, Stella Maris had two students receive these awards!

Philippa Q: Pip was the youngest student to be awarded a NSWCCC Blue award last year. Pip received her award for her outstanding performance in Cross Country. In 2022, Pip was unbeaten in every cross country race, winning the gold medal at Stella, BBSSSA, IGSA, NSWCCC, NSW All Schools and Australian All Schools. This is an amazing achievement and we congratulate Pip on her Blue Award.

Piper S: Piper was awarded the NSWCCC BAR Award for her achievements in Rugby. Piper received a Blue Award for rugby in 2021, and a BAR award in 2022. Piper had an outstanding year in both Rugby 7s and Rugby League in 2022. Piper was selected to represent NSWCCC, NSW All Schools and Australia in both codes. Piper has travelled with the Australian team on many occasions, representing Australia in many international tournaments at a schoolgirl level and open women's level.

At the NSWCCC Blue Awards, Piper was also awarded the prestigious Vince Villa Award, which is presented to the most outstanding athlete in NSWCCC sports. Congratulations Piper on this amazing achievement!

Term 1 Sport at Stella

Sport is already up and running for the year! It is great to see such a huge number of students who have already signed up to play sport this term - it is looking like an exciting but busy term in sport. Following is a list of sports that students may sign up to play this term.

Students have all been emailed the link to sign up for Term 1 extra curricular sports. Once students have signed up for a particular sport, parents will be sent a Consent2Go permission note with full details of the sport. Parents can accept this invitation and pay any fees associated with the sport, or decline the invitation if their child is no longer interested in playing this sport. Please note that some sports are very popular and there will be limited space in some sports (such as surfing, pilates, sprint training, volleyball). Spots in these sports will be given to the those who approve the Consent2Go before spaces are full.

Please note that Active Kids Vouchers cannot be used for school sport.

Piper S



Term 1 Extra Curricular Sport

Term 1	Year Group	Trainings	Games
AFL	7 - 10	Tuesdays at Keirle Park 3:30pm – 4:30pm.	Saturday afternoons at various locations. Anytime between 1-5pm
BASKETBALL	7 - 12	7:15am – 8:25am on school court, day dependant on year group	Mondays (Year 7&8) Wednesdays (Year 9&10) Fridays (Year 11&12) Game times vary between 4:00 - 7:00pm at NBISC
SURF GROUP	8 - 12	Tuesday or Thursday mornings 7:00 – 8:30am at Manly Surf School	N/A
RUGBY 7s	7 - 12	TBC	Gala Day in April Term 1 at North Narrabeen
WATER POLO	Year 7 Open (Year 10 - 12)	Year 7 – Wednesday 7:15 – 8:15pm Open: Friday 6 – 7pm	Year 7: Friday 7:00 - 9:00pm, Manly Pool Open: Friday 7:00 – 9:00pm, Warringah Aquatic Centre
GROUP FITNESS	7 - 12	Friday mornings in the Old Library at 7:30am – 8:25am.	N/A
MEL G-T SPRINT TRAINING	7 - 9	Fridays at Keirle Park 3:30pm – 4:30pm.	N/A
PILATES	7 - 12	Thursday mornings in the Old Library at 7:30am – 8:25am.	N/A
TENNIS LESSONS	7 - 12	Monday mornings at Keirle Park Tennis 7:15am-8:15am.	N/A
TILDESLEY TENNIS SQUAD	7 - 12	Keirle Park Tennis. Wednesday 7:15am – 8:25am and Friday 7:00am – 8:25am	Tildesley Tennis Tournament held at Pennant Hills Park on the 8 - 10 March
RUN CLUB	7 - 12	Monday mornings meet at school 7:15am.	N/A
CROSS COUNTRY	7 - 12	Run club available on Monday mornings for training (information above).	Cross Country Challenge Cup: After school on the following dates: 16th Feb and 30th March
VOLLEYBALL	7 - 10	Monday afternoons at Queenscliff beach/ school court 3:30pm – 4:30pm	2x gala days in Term 4

Uniform Shop

Trading Hours

The Uniform Shop is open
8am – 4.30pm Tuesdays to
Thursdays

Student Cards

Please ensure your daughter's
student card has sufficient
funds on it for purchases.

Online Order Collections

Current parents can now
find the Online Store on the
'Welcome to SEQTA Engage'
page.

Orders can be collected from
Recess after the order has
been placed. Reminders are
not sent out.

**Please use your daughter's
name on the order.**

Year 7 Art Packs

Thank you to the Year 7
parents who have ordered
the Semester 1 Art Packs so
quickly. There are just a few
more girls who need to order.

The girls doing Art in
Semester 2 will be able to
order closer to that time. A
reminder will be sent out.

Dresses

Any family that require extra
dresses can now do so.

Sports polos

The Year 7 girls who went
onto a waiting list for their
sport polos at their November
fitting can now collect these.
The cost is \$48.

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.

Term 1 Representative Sport

Stella will also compete at a number of representative sports in Term 1. Representative sports are usually in the form of a gala day. For representative sports, we will hold trials and select a team to compete at the gala day. Students can then progress further in these sports to represent BBSSSA, NSWCCC and NSW All Schools.

Students will be sent a link to register their interest in trialling for these representative sports. The following representative sports will take place in term one:

- BBSSSA Open touch: 14 February
- BBSSSA U15 touch: 21 February
- BBSSSA U13 touch: 8 March
- NSW All Schools Triathlon: 23 February (individual) and 24 February (teams).
- BBSSSA Swimming: 14 March
- IGSA Swimming: 17 March
- IGSA Rowing: 26 February
- Tildesley Tennis: 8 – 10 March

Representative Sport Pathway Levels

NSWCCC: New South Wales Combined Catholic Colleges: <https://csnsw.sport/> is the pathway for Stella students to compete at NSW All Schools level and beyond. This is the next level after the Broken Bay Secondary Schools Championships (BBSSSC).

BBSSSA: Stella will compete in all BBSSSA sporting events in the pathway through to NSWCCC Sports. All Broken Bay affiliated schools have access to the following NSWCCC sporting pathways:

Australian Football, Athletics, Basketball, Cricket, Cross Country, Diving, Football (Soccer), Golf, Hockey, Netball, Rugby League, Rugby Sevens, Softball, Swimming, Tennis, Touch, Triathlon, Volleyball, Water Polo

1. These sports are offered through the following structures:

Broken Bay Teams (selected at a trial or Championship Day):

Athletics, Basketball, Cross Country, Football (Soccer), Netball, Rugby League (Boys U15 and Opens / Girls U16/U18), Swimming, Tennis, Touch

2. Individual entry via a nomination on the Catholic Schools NSW Sport website: AFL, Baseball, Cricket, Diving, Golf, Hockey, Rugby Sevens, Rugby Union, Boys and Girls Softball, Triathlon, Volleyball, Water Polo.

For more information on the nomination process for these individual sports, please go to the Catholic Schools NSW Sport [website](#).

2023 NSWCCC Teams with early Term 1 nomination closing dates

Registrations are open for these sports with closing dates in February/March as listed. (Please confirm via the CSNSW Sport website as closing dates may have changed). Parents who wish to register their daughters for these trials must do so via the CSNSW Sport website prior to the closing date.

Note these are state level trials and as such students should have a strong playing history. There are age restrictions as to who may trial for some teams.

Diving: All ages 12-19 Closes March 31 [Diving | CSNSW Sport Portal](#)

Golf: 18yrs and under Closes March 3 [Golf | CSNSW Sport Portal](#)

Softball: 17yrs and under Closes February 10 [Softball | CSNSW Sport Portal](#)

Tennis: 19yrs and under Closes February 17 [Tennis | CSNSW Sport Portal](#)

Triathlon: Individual – Jun/Int/Sen - Closes February 15 [Triathlon | CSNSW Sport Portal](#)

Stella will enter teams in this event. Students will be notified of details in week 2.

Volleyball: 15yrs and under Closes March 31 [Volleyball | CSNSW Sport Portal](#); 19yrs and under Closes April 28 [Volleyball | CSNSW Sport Portal](#)

Water Polo: 17yrs and under Closes March 3 [Water Polo | CSNSW Sport Portal](#)

Other sports will be promoted closer to their advertised closing date. Further information regarding NSWCCC team selections for all sports is available on the [CSNSW Sport website](#).