





Stella Newsletter

Term 1 | Issue 04 | 23 February 2023

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Lent Begins

As a community, we begin Lent with Ash Wednesday. Due to the rain, we held the liturgy as year groups led by students and staff. Thank you to those who helped make this a prayerful experience for the community.

The celebration of Ash Wednesday dates to the 11th century CE. Yet, the tradition of receiving ashes has even earlier roots to the ancient Hebrew custom of clothing oneself in sackcloth and dusting oneself with ashes as a sign of penance. In the

early Christian Church, public penance for people who had sinned including wearing ashes and sackcloth. As the Church grew and evolved, this practice lessened.

This long tradition — of externally recognising ourselves as sinners seeking renewal with God – ultimately transformed into what we now know as Ash Wednesday, the first day of Lent. (https://hallow.com/blog/ash-wednesday/)

In our prayer service for Ash Wednesday, Lauren B shared a reflection from Sr. Joan Chittister, who tells us, "Spiritual life does not come cheap. It is a walk into the dark with the God who is the light that leads us through darkness.

Darkness....gives us the sensitivity it takes to understand the depth of the pain in others. It seeds in us the humility it takes to learn to live gently with the rest of the

Darkness is a very spiritual thing." (Joan Chittister, Called to Question, 2009).

Year 7 Welcome Evening

It was wonderful to welcome our new Year 7 students and their parents to the College this week. They met with Ms Heraghty, Year 7 Head of Year, and their Pastoral Care teachers. Thank you to Sue Homann and the Community Engagement and Administration teams for their help with the event which was a great success.

Assembly

This week's assembly was a celebration with the College welcoming back some of our high achievers from 2022 HŠC. Alexandra Alle, Ruvé Bauer, Saskia Chin, Ashling Carroll, Paris Downs, Sophie Dunne, Abigail Gartner and Mason White spoke to students about their journey from Year 7 to Year 12 and what helped them focus and achieve great outcomes. We extend our congratulations to Sherry Jin and Soraya



Gerritsen who also achieved top ATARs in the 2022 HSC. Soraya placed 5th in the State for Mathematics Standard 2 while Saskia Chin placed 9th in the State for Textiles and Design. The Class of 2022 continue to inspire their Stella

Congratulations too to Piper S who was awarded a Blue Award for Rugby and the Vince Villa award for the most outstanding female sportsperson for 2022 for the NSW Combined Catholic Colleges. Pip Q was acknowledged as well with her Blue Award for Cross Country, for her outstanding results at state and national level.

Elizabeth Carnegie **Elizabeth Carnegie** Principal











Prayer

God who walks with us Be our guide this Lent. Sustain us in our fasting. Inspire us in our prayer. Lead us in our giving. May we support the work of Caritas Australia Walking shoulder to shoulder With our neighbours around the world Until all live life in fullness. Amen.





e-Bike Safety

The College has become increasingly concerned about how e-bikes are being ridden, notably the speed they are being ridden at on roads and footpaths, and the lack of helmets worn by riders. We have recently been contacted by a member of the public who witnessed a dangerous incident involving three Stella students on an e-bike. We urge parents with students who ride all types of bicycles to have a serious conversation with their children regarding road rules, especially the wearing of helmets as required by law. Transport for NSW has some **resources** for bike users that may be of use.

P&F Meeting - TONIGHT

Our first P&F meeting for 2023 will be held tonight (23 February) in the Old Library commencing at 7.00pm. The best entrance is via the Iluka Avenue gates. For those unable to meet in person, please join us via Teams by **clicking this link**.

Student Services - procedures

Our Student Services team has compiled a comprehensive information flyer regarding procedures for everything including absences, early exits, late arrivals, illness, medical plans and medication. See the back of this newsletter.

Open Evening (Wednesday 15 March) - Early departure of students

Our annual Open Evening will take place on Wednesday 15 March from 4.00 - 7.00pm. To allow time to prepare for the evening, students will be dismissed at 1.30pm. Please make travel arrangements for your child on this day.

In the coming weeks we will be requesting assistance from our students (as tour guides, subject ambassadors and performers) and from parents who can assist on the barbecue. We look forward to showcasing our wonderful school community to prospective families.

Study Skills @ Stella

Louise Yeates - Assistant Principal Learning and Teaching

Study skills are integrated with subject work throughout the year in Stella classrooms. They are not just the techniques used two nights before an exam to cram information. Effective study skills form a way of organising, prioritising, applying and retaining information throughout the learning process.

To assist the development of sound study habits, the College engages Dr Prue Salter of Enhanced Learning Educational Services. There are five touchpoints from Year 7 to Year 12 to allow progress from basic skills to the more advanced skills needed for success in the HSC:

Year 7	June 8, 5:45-7:15pm	Parent + student – Stage 4 skills, resources and support
Year 9	June 8, 7:30-8:30pm	Parent + student – Stage 5 skills, resources and support
Year 10	Advancement Program	Students – Getting set for success in Year 11
Year 11	Last week	Students – Stage 6 skills, resources and support
Year 12	June 19	Students – Preparation for Trial and HSC exams

All students have access to Dr Salter's website where many resources can be found. She also encourages students to send her questions, comments and even their study notes for her expert advice.

To access the study skills website:

www.studyskillshandbook.com.au

User name: stellamaris Password: 52success

If you hear the comments, "I don't know how to study" or "nothing I studied was on the test", the study skills site can provide some direction, support and relief – for both students and parents!

Important Dates

Term 1

February

23 P&F Meeting

27, 28 Year 7 Camp

March

01 Year 7 Camp

03 Swimming Carnival

15 Open Evening

30 - 31 Year 10 Retreat





Visual Arts Department

Marisa Quick - Head of Visual Arts

We had a lovely morning with Golden Ridge Farm animals visiting on Monday for 'Animals Alive' - our Year 7 Visual Arts incursion.

Our keen art students spent the morning drawing from observation the little farm animals. Lots of very cute moments and brilliant drawings from our students.







9977-5144 Student Absences & Enquiries

Get in Touch

General Enquiries & Feedback

administration@stellamaris.nsw.edu.au

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

Connect with Us!

A very warm invitation (especially to our new Year 7 families) to connect with us on social media. Click on the icons below to follow us on Facebook, Instagram and LinkedIn.







Languages Department

Jennifer Murray - Head of Languages

At the College Opening Assembly, Languages students welcomed students and staff, speaking confidently in the languages that they are learning.

Zhenni (Malin) L and Jingyan (Molly) S	Year 11 Mandarin
Grace E, Abbie R and Ivy V	Year 8 French
Mila C and Sophie L	Year 9 Italian
Sarah K	Year 11 Japanese
Sophia GH and Isla M	Year 9 Spanish

Drama News

Philip Wood - Teacher of Drama

On Friday 10 February, Year 12 Drama travelled to the Seymour Centre to see both programs of OnSTAGE. OnSTAGE featured a selection of exemplary group and individual projects from 2022 Higher School Certificate Drama students including performances, video drama, and a moved reading of a script. Last year, four Stella students' individual works were nominated for OnSTAGE.

Isabella Reid's hilarious scripted comedy set at a wake in Northern Ireland, Misery Loves

Company was selected for OnSTAGE and given a performed reading by professional actors at the Seymour Centre as part of the program. The girls from Stella could say comfortably and without any bias that Isabella's work was the highlight of the program. Well

the program. Well done to all our 2022 HSC Drama students. Hats off to you and your incredible results. Good luck to the Class of 2023!







Scott Mellis - Director of Innovative Learning

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point-in-time assessment of literacy and numeracy skills that are essential for every child to progress through school and life. Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. All NSW schools will sit NAPLAN online in 2022.



Our College will be participating in NAPLAN between 15 - 20 March.

Click the following link to see the schedule **2023 SMC NAPLAN Schedule**

In preparation for NAPLAN, our school will be conducting a practice test lesson in the week prior to testing on Thursday 9 March. The practice tests give students an opportunity to become familiar with the test format, functions, and tools of the online tests in a test environment. The practice tests are not an assessment of student ability and will not be marked.

If your child is absent for one or more of the NAPLAN tests, we will be conducting catchup test sessions from 21 - 24 March.

Excessive preparation for NAPLAN is not recommended. Students do not need to be able to touch type to complete NAPLAN as the tests are not about keyboard skills (just as the paper test is not about handwriting skills). Students can use the **public demonstration** site to familiarise themselves with the types of questions and tools available in NAPLAN.

Students who receive special provisions during examinations will also receive them for NAPLAN. Our Head of Inclusive Learning, Cath Douglas is organising these provisions and the inclusive learning team will be supervising those students.

Please follow the link to **Information for parents and carers - NAPLAN 2023** for further information.

A link to Information for students is also provided below:

NAPLAN 2023 Information for students

If you have any questions about NAPLAN, please email **Scott Mellis** our NAPLAN Coordinator.

If you choose to withdraw your child from NAPLAN testing please contact the NAPLAN Coordinator.

Additional resources:

Public demonstration site
NESA NAPLAN website
NAP parent/carer support page
Watch a video that explains tailored testing

We wish our Year 7 and 9 students well for the NAPLAN tests.

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





+
END POVERTY
PROMOTE JUSTICE
UPHOLD DIGNITY+

Thank you from Vinnies St Vincent de Paul recently got in touch with Stella to thank our community for their generosity in donating to the 2022 Vinnies Christmas Appeal. Vinnies wanted the Stella community to know that the support shown was deeply appreciated and went a long way towards providing much needed relief to many individuals and families in the local area during the recent Christmas period. Vinnies were very touched by Stella's incredible efforts. CERTIFICATE OF APPRECIATION alla Maris College, Manly

Project Compassion 2023

Launching in PC classes from Week 5, Monday 27 February until the end of Term 1.

Each year, Project Compassion comes as a timely reminder of the importance of solidarity and how a single act of kindness – whether big or small, can make a life-changing impact in the lives of those who need it most.

The theme of Project Compassion for 2023 is 'For All Future Generations'. This phrase is a powerful affirmation that the good that we do today will extend and impact the lives of generations to come. It is also a call for all of us to play our part in making the world a better place by working together in finding long-term solutions to global issues.

The message of working towards generational change invites us to step up for those who do not have the essential resources they need for their survival and those whose needs currently are far beyond ours.

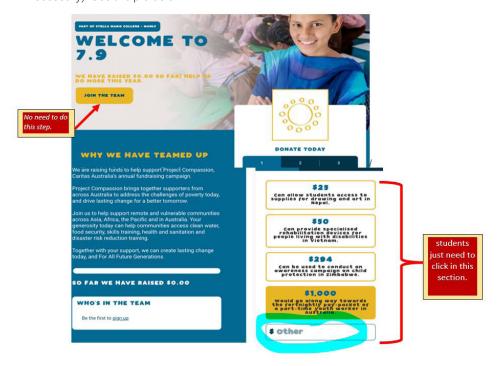
By putting compassion into action, we can make a difference today, For All Future Generations.

Thank you for supporting Project Compassion through your donations in PC time.

This year marks a change in donations being collected online.

"How To Steps":

- 1. Go to to your unique PC fundraising page. This will be provided to you by your PC Teacher or please **email** Ms Metcalfe.
- Go to the 'Donate Today' box on the right side and enter the amount you would like to donate in the 'Other' box (any amount over \$2 - or you can also select a pre-filled price point box if preferred) and then press Next to enter donor details and payment information.
- 3. Please ignore the left-hand side regarding signing up for your team as this is not necessary). See the pic below.



Every donation made online is tax deductible – you should be emailed a tax receipt directly from Project Compassion (please check your junk mail if not and email **projectcompassion@caritas.org**.au if any issues).

There will still be donation boxes placed in each PC for those that would prefer to make cash donations.

Good luck with getting on board with this important social justice action.

Sarah Metcalfe, Social Justice Program Coordinator





Jocelyn Christensen - Teacher Librarian

Uniform Shop

Trading Hours

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

Student Cards

Please ensure your child'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 child's name on the order.

Limited dresses are available for purchase in the Uniform Shop as most have been packed away for winter.

Year 9 - 11 Design and Technology Tubs

Please purchase this week online by **clicking here**.

Dresses

Families requiring extra dresses are asked to purchased by next week before they are packed away for winter.

Swimming caps

The Stella Swimming Carnival is on March 3. All swimmers are to wear a colour house swim cap so your house knows to cheer you on. These are to be purchased **online** for \$5.

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.

The 16 Classics Challenge

- The 16 Classics Challenge = read 16 classics by the end of your 16th year Year 10.
- The goal of this challenge is to broaden your reading experiences.
- · It is not the prize it is the journey.

Read a minimum of 16 classic novels. A classic is defined as a book that is still being read 100 years after being first published. However, this challenge will select books from the Goodreads List. The Goodreads 1771 books include some modern books that may one day be defined as a classic.

When finished reading your classic, take the Renaissance quiz and gain points for your house.

Give a star rating and write why you would/would not recommend this book.

Read two books maximum from each author (e.g., cannot read 16 by Agatha Christie)

I am depending on the honour system and books must be read while at Stella – just fill out the form and come to see Mrs Christensen.

Each participant who completes the challenge will receive a reading pin as a symbol of their commitment to broadening their learning.

YOU MUST READ CLASSICS - (1771 BOOKS ON THIS **GOODREADS LIST**)

MOST OF ALLENJOY YOUR READING JOURNEY

Click here to start recording your 16 Classics Challenge.



Job of the Week

Lisa Walsh - Careers and Pathways Adviser

e lisa_walsh@stellamaris.nsw.edu.au

Urban Planner

What do Urban Planners do?

Urban Planners develop the plans and programs to

make the best use of land. Their planning skills are needed to develop infrastructure and services to create communities, accommodate growth, or revitalise physical facilities in towns, cities, counties, and metropolitan areas. Regional planners work outside these areas.

If you are logical, innovative and great at solving problems, becoming an Urban Planner could be a rewarding profession to consider.

How do you become an Urban Planner?

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 (now on the students' SEQTA landing page). PLUS, our regular weekly careers newsletters can be read **here**.





Jenny Wickham - Sports Coordinator and Teacher of PDHPE

Stella Maris College Swimming Carnival

Date: Friday 3 March

Venue: Manly Andrew Boy Charlton Swim Centre

This is a compulsory school day and all Stella students will attend the carnival.

Time: All students should be at school by 8.40am for PC. Students will walk to the pool in PC groups. All students are required to walk back to Stella at the conclusion of the carnival and will be dismissed from school at 3.20pm. Students will not be able to go home straight from the pool.

What to wear

Students should arrive to school in house colours. The dress up theme is: "What are you even wearing?" The Year 12 leaders will speak to students to give more details on what to wear in their house colours!

All students will need a one-piece swimming costume and house coloured swimming cap. You may purchase these from the Uniform Shop.

No singlet tops or inappropriate length shorts.

Other important information:

- There will be NO CANTEEN on the day. Students will need to pack all food and dript.
- Students must not bring mobile phones to the carnival.
- Bring a hat and plenty of suncream
- No coloured hair spray, feathers or coloured streamers allowed at the pool
- Students must remain in their seating areas when they are not competing. The indoor pools and children's pools are out of bounds.
- Normal school rules apply for the day.
- Parents are asked to provide permission through the Consent2Go email that has been sent.

The Events:

There will be two divisions of races: Championship and Non-Championship.

To be considered for age champion or the Stella swimming team, you must compete in the Championship event for that stroke. All students have been sent the link to register for Championship events

Entries for Championship events will close on Thursday 23 February.

Students who do not want to enter championship events will be able to enter non-championship races on the day. Ribbons will be awarded in both championship and non-championship events. You do not need to pre register for non-championship events.

You can only swim each stroke and distance once. For example you cannot do 50m championship freestyle and 50m non-championship freestyle. However, you may do 50m championship breaststroke and 50 non-championship freestyle.

We encourage all students to participate! It is a fun day and we look forward to the Stella girls swimming, cheering and being involved in this great event!



Canteen Roster

Monday 27 February

Gabrielle Cook Lisa Thorpe-Apps Nicole Hodgkinson Joanna Brown

Tuesday 28 February

Heather Lawson Riany Tanner Lilian Henley Kim Singleton

Wednesday 1 March

Janine Silva Francene Scali Karlee Fox Julie Martin Kirsten Wenbourne

Thursday 2 March

Diana Panuccio Steph England Jessica Ozbay Katy Foster

Friday 3 March

Simone Selinas Jeremy Stubbs Claudine Guterres Tara Edgtton Noemi Bangel Amanda Beecham Margie Mort





National Soccer Selection

Congratulations to Year 12 student, Shay H who has been selected in the Australian Under 20s women's soccer team. Shay will soon travel to the Kyrgyz Republic to play in a qualifying tournament for the 2024 U20 Asian Cup. Well done and best wishes from the entire Stella community.

Touch Football

Congratulations to the Stella U15 Touch Football team who played at the Broken Bay U15 Touch Championships at Nolan Reserve on Tuesday



Well done to all members of the team:

Zoe B, Elisabeth P, Ana T, Charlotte H, Giselle B, Holly G, Indie C, Charlotte B, Summer B, April U, Harriet W, Riley Mc, and Matisse F.

A big congratulations to the Stella girls who were selected in the U15 Broken Bay team. These girls will play at the NSWCCC Championships in Wagga in April:

Charlotte H, Giselle B, Charlotte B, Summer B and April U.

They will join the five Stella girls who have been selected into the open team:

Bella B, Holly W, Sophie B, Grace F and Mia S, with Jemma K the shadow.

What an outstanding achievement to have so many Stella students selected to represent at this level. Well done girls!

The U13 Broken Bay touch Championships will take place at Doyalson on March 8.

Triathlon

Good luck to the Stella students who will be participating in the NSW All Schools Triathlon on February 23 and 24. Stella has three students competing in the individual event: Evie K, Pip Q and Mia S.

Stella will also have 18 students taking part in the teams event on Friday 24 February. Good luck girls!







STUDENT SERVICES

Supporting your daughter on her Stella journey



ABSENCES, EARLY EXITS **OR LATE ARRIVALS**

Parents/caregivers are required to notify of a student's absence as soon as practical and no later than 7 days from the first day of absence. Kindly advise student name, reason for absence (eg sick, holiday etc) and expected return date.

Parents/caregivers can complete the form "Application for Leave (excluding illness)" which can be accessed from Stella Online for leave during Term time where student is:

- absent for 3 or more consecutive school
- absent to attend at an elite sport. performing arts event, or
- · involvement in the entertainment industry (eg television commercial).

Early Exit or Late Arrival

Where a student is exiting before the official end of the school day (prior to 3:20pm), is arriving late to school (after 8:50am), or will be absent from a before or after school lesson, please notify Student Services as soon as practical. The student is required to visit Student Services to sign-in or sign-out of school grounds.

Where student is leaving during a lesson

Student is to visit Student Services (before school, during Recess or Lunch) to obtain a Leave Pass to give to teacher allowing her to be released from class. Student is to proceed to Student Services office to meet parent/caregiver and be signed-out of school grounds

Where student is leaving during Recess or Lunch

Proceed to Student Services office to meet parent/caregiver and sign-out of school grounds.

STUDENT ILLNESS **DURING SCHOOL HOURS**

Where your daughter is feeling unwell, she can visit the Student Services office. Our team will conduct a basic assessment with a view for her to return to lessons.

Parents/caregivers will be contacted if it is best for the student to be sent home.

What if my daughter contacts me directly?

Please ask her to visit Student Services where we can conduct an initial assessment.

However, if you believe you need to collect your daughter, ask your daughter to meet you at the Student Services office, then notify Student Services you will be collecting her.

MEDICAL PLANS AND MEDICATION

If your daughter has a serious medical condition which requires rapid response you must upload information to Consent2Go.

This would include:

- a clearly scanned Health Care Plan (may also be known as a Medical Plan. Care Plan or Action Plan), and
- associated in-date medication (either prescribed or over-the-counter). Parents/caregivers will be notified if medication is due to expire

Contact our Student Services office for assistance or guidance.



OVER-THE-COUNTER MEDICATION

Our staff do not provide, supply or administer 'over-the-counter' medication (eg Panadol, Clarantyne, Zyrtec etc).

This is in accordance with NSW Government - Education, where schools do not generally supply or administer medications, unless they have been provided by parents/caregivers, as part of an individual health care plan for a specific student.

NSW Health advises that 'over-the- counter' medication may still be harmful and schools should follow the same procedures for nonprescribed medications as for prescribed medications

It should be noted however that in any lifethreatening situation, the welfare of the student is paramount and must be dealt with immediate priority, even if there is no appropriate individual Health Care Plan in place.

We welcome the return of parents/ caregivers onsite to collect vour daughter from the **Student Services** office when leaving school grounds before the end of the official school day

The two Kiss & Drop Zones in place are:

- Iluka Avenue and
- Eurobin Avenue 8:00am - 9:30am 2:30pm - 4:00pm

Please respect our neighbours and avoid obstructing driveways

Please label personal belongings (including wireless devices), uniforms, pencil cases and lunch containers so they can be returned to students

Where your daughter is absent with an illness, kindly provide a brief explanation of symptoms (eg cold, headache, COVID-19 etc)

P Plate drivers are encouraged to read all parking signage as significant penalties can apply. All student drivers must complete a driving contract students to see the **Head of Year**

STUDENTSERVICES@STELLAMARIS.NSW.EDU.AU 9976 1817 9976 1885

Community News









FREE workshops for women living on the Northern Beaches to learn useful knowledge from experienced female SES members to prepare for storms, floods and other emergencies. Don't miss the opportunities!

Choose one of two sessions:

- o 2pm 4pm Sunday 12th March 2023
- 2pm 4pm Sunday 2nd April 2023
 Location: NSW SES Warringah Pittwater Unit
- Gate 3, Thompson Drive, Terrey Hills, NSW 2084

Limited places so scan the QR code and book now!



Activities involved:

- · Access emergency info
- Using ladders safely
- Property Protection



SES Workshop for Women

The SES Warringah-Pittwater Unit is hosting two free workshops for women from the Northern Beaches to acquire knowledge from experienced female SES members to prepare for storms, floods and other emergencies. Don't miss the opportunity. Further details on the flyer.

