



Stella Maris

COLLEGE MANLY



2023

Our Year of

Stewardship

# Stella Newsletter

Term 1 | Issue 05 | 02 March 2023

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## From the Principal



### Year 7 Camp @ Kincumber

This week Year 7 ventured out on camp with the Pastoral Care team, Year Coordinator and Counsellors. Ms Heraghty said it was a great success, with girls engaged in a range of sport and physical challenges over the three days. Getting to know each other better is such an opportunity for these students as they start their high school journey.

### Being a Teenager

As the term continues, I wanted to share more insights from Michelle Obama's recent book, *The Light We Carry* (2022). In speaking about trying to fit in when starting high school, Michelle commented on her overwhelming self-consciousness and her desire to fit in:

**"Do I belong?**

**What do others think of me?**

**How am I seen?**

It can be easy to presume that your differentness is the most visible part of you.....The problem is, once you allow the judgement of others inside, it gets distracting.....it can also become a form of self-sabotage."

This is an important message for all students to hear but in particular for our Year Sevens as they start their journey with us. We encourage all at Stella to try something different, even if you are unsure what others may think. Our student body is a truly welcoming one.

### Psalm 121

***I lift up my eyes to the hills—from where will my help come?  
My help comes from my God who made heaven and earth.***

Loving God, I give thanks for Your Word.

Allow it to shape my life and enliven my efforts to put it into practice.

Bless my Lenten journey so that with Your help, I may be able to turn to You with a change of heart that opens new pathways of prayer and friendship.

Give me the grace and wisdom to recognise Jesus as my light and my life; and draw me more genuinely into unity with Your people, the Church, so that we may all be one in Christ.

Amen

(Diocese of Broken Bay Lenten Program 2023)

Elizabeth Carnegie

Elizabeth Carnegie  
Principal

## Photo Gallery

Year 7 Camp



## Important Dates

### Term 1

#### March

**03** Swimming Carnival

**15** Open Evening

**30 - 31** Year 10 Retreat

#### April

**06** Term 1 Concludes

## Notices

### Lost Property

There are quite a few lunch containers and drink bottles left outside the canteen. Please ask your child to check the boxes at the barbecue area of the canteen to claim any lost items.

### 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.



## Student Learning Conferences (Year 12)

Student Learning Conferences (SLC's) are an opportunity for parents, teachers and Year 12 students to meet and discuss progress and goals for the HSC.

### MS Teams

This year's SLC's will again be conducted through MS Teams. In preparation, your daughter(s) will be instructed as to how it will work.

Date	Time	Duration
<b>Year 12 Only</b>		
Wednesday 5 April	4.00pm - 7.00pm	Each timeslot is 8 minutes duration.
<b>All Year Levels (Also available to Year 12 if first session does not suit)</b>		
Tuesday 2 May	2.30pm - 7.00pm	Each timeslot is 6 minutes duration
Wednesday 10 May	4.00pm - 8.00pm	Each timeslot is 6 minutes duration
Monday 15 May	2.30pm - 7.00pm	Each timeslot is 6 minutes duration

### Login Instructions

- Interviews are booked online through an external provider, Parent Teacher Online (PTO).
- Please do not attempt to use login details for PTO from a previous year or your Stella Online login, as neither will work.
- Instructions for obtaining login details will be emailed the day before bookings open. Please look out for this email. If you do not receive it, contact College Reception.
- Bookings open on **Tuesday 14 March at 9.00am.**
- We highly recommend that you leave a gap between interviews (i.e. do not make bookings back-to-back).
- Please use a computer to access PTO, not a phone or tablet.

### One set of interviews

- Both parent/carer emails have been set up in PTO, but please only make ONE set of interviews per daughter unless it is necessary for you to attend separately.

### Years 7-11

Student Learning Conference information for families of students in Years 7-11 will be communicated later this term.



# Department News

## English Department

Alison Tedman - Head of English

### Read for Your House

Read for Your House is running again in 2023.

Whenever you finish reading a novel for Renaissance Reading, complete the quiz to earn reading points for your House. See the library staff to add a colour chip for your House total.

Totals will be updated regularly... all points contribute towards the House trophy for 2023. See Mrs Christensen in the library or your English teacher for more details.



## Performing Arts Department

Jessica Maker - Head of Performing Arts

### Open Evening

Open Evening will be held on Wednesday 15 March and we are excited to showcase the talents of our Performing Arts students. Below is the schedule for Performing Arts.

Music on the Deck	
4.00pm	Year 9 Elective Music
4.30pm	Year 10 Elective Music
5.00pm	Performance Band, Jazz Band and Vocal Ensemble
5.45pm	Year 12 Elective Music
6.15pm	Year 11 Elective Music
Dance in the Theatre	
5.15pm	Ms Jones will notify students involved
6.15pm	Ms Jones will notify students involved
Drama in the Theatre	
Various times	Drama activities will be showcased between each theatre session. The students involved will be notified by Mr Smith when they are required.

### School Play

The 2023 College Play, *The Complete Works of William Shakespeare (abridged)*, will be performed on the dates below:

**Tuesday 6 June (School show - Period 2)**

**Wednesday 7 June, 6.30pm**

**Friday 9 June, 6.30pm**

Rehearsals are on Wednesday and Friday from 3.30pm - 5.30pm. If your child is unable to attend, they should contact Mr Wood [via email](#).

## 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)

## 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

## NAPLAN 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.

**NAPLAN**  
NATIONAL ASSESSMENT PROGRAM  
Literacy and Numeracy

## Canteen Roster

### Monday 6 March

Petra Weiss  
Katherine Pinkerton  
Vanda Skavaas  
Belinda Robinson

### Tuesday 7 March

Kate Lovelace  
Nicole Sheather  
Belinda Vumbaca  
Rebecca Simpson  
Sara McHugh

### Wednesday 8 March

Amanda Smerdon  
Danielle Bennett  
Sandra Suarez  
Shannon Morrell

### Thursday 9 March

Kelly Hindman  
Eve Harvey  
Louise Lewcock  
Marlene Richardson

### Friday 10 March

Melissa Pitkin  
Terri Glynn  
Natalie Moschou  
Lisa Hung  
Sarah Reynolds

## Mufti Day for Mater Dei

On **Friday 17 March** (St Patrick's Day) we will be holding a mufti day with all money raised going directly to our SGS school, Mater Dei, in Camden. The \$5.00 donation can be paid via Consent2Go.

### Who is Mater Dei?

Mater Dei is a co-educational school for students with a mild to moderate intellectual disability from Kindergarten to Year 12. The education provided cater to individual needs with innovative programs and therapeutic services. Mater Dei is a place of opportunity to develop the special gifts and unique talents of these students so they can become fully participating members of their respective communities. The students here are valued and encouraged to reach their potential with a focus not on "dis-ability" rather "different-ability" where their emerging talents and integrity are nurtured and fostered.



## Project Compassion Update

Sarah Metcalfe - Social Justice Coordinator

### First Week of Lent (week beginning 27 February)



We begin our annual Lenten Projection Compassion journey by learning about Laxmi, a 16 year old girl living in Jajarkot, a remote district in Nepal where almost half of the population live below the poverty line. Tragedy struck when Laxmi was 10 years old and her father passed away. Her father worked hard to pay for his children's education and, after losing him, Laxmi was at risk of falling further into extreme poverty.

With the support of our partner Caritas Nepal, Laxmi joined a child's club at her school where she was encouraged to resume her education. Through the child's club, Laxmi developed the skills and confidence to become a leader, advocating for clean water taps at her school.

Laxmi is now excelling in her studies and working towards her dream of becoming a civil engineer. She continues to be involved in the child's club, serving as an advisor and mentoring the next generation of leaders at her old school.

### How to Donate

**A reminder that 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.
2. 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 image below.

**WELCOME TO 7.9**

WE HAVE RAISED \$0.00 SO FAR! HELP US DO MORE THIS YEAR.

**JOIN THE TEAM**

**WHY WE HAVE TEAMED UP**

We are raising funds to help support Project Compassion, Caritas Australia's annual fundraising campaign.

Project Compassion brings together supporters from across Australia to address the challenges of poverty today, and drive lasting change for a better tomorrow.

Join us to help support remote and vulnerable communities across Asia, Africa, the Pacific and in Australia. Your generosity today can help communities access clean water, food security, skills training, health and sanitation and disaster risk reduction training.

Together with your support, we can create lasting change today, and For All Future Generations.

**SO FAR WE HAVE RAISED \$0.00**

**WHO'S IN THE TEAM**

Be the first to sign up

**DONATE TODAY**

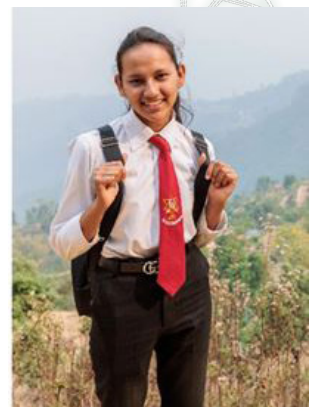
**\$25**  
Can allow students access to supplies for drawing and art in Nepal.

**\$50**  
Can provide specialised rehabilitation devices for people living with disabilities in Vietnam.

**\$294**  
Can be used to conduct an awareness campaign on child protection in Zimbabwe.

**\$1,000**  
Would go along way towards the fortnightly pay-packet of a part-time youth worker in Australia.

**\$ other**



students just need to click in this section.



## P&F Update

Clare Cahill and Gayle Connor (P&F Presidents)

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

### Welcoming the new P&F Exec Committee & thanks to our outgoing Executive Team

Firstly, we would like to thank the outgoing executive team for their support over the last two years. A huge thanks to Kate Lovelace and Andrea Hogan, as outgoing presidents, and Nadine Fagan as outgoing secretary for all you have done to support the P&F over the last two years. You have left us in great shape, and we hope to do you proud.

Please join us in welcoming the new incoming 2023 Committee:

- Co-President: Clare Cahill
- Co-President: Gayle Connor
- Vice President: Linda Rowe
- Secretary: Catherine Fitzgerald
- Treasurer: Nicole Bruin

Expect more to come from the P&F once we have had our first planning meeting.

### Stella Open Evening – we need volunteers!

To support the Stella Open Evening on Wednesday March 15, we need volunteers for the BBQ from 3.30pm until about 7.15 pm approx. We need 11 volunteers from set-up to cooking, serving and clearing up. If you can spare an hour, please sign up by Friday 10 March - thanks!

[Click here](#) to sign up.



## 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.



## Job of the Week

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

### Physiotherapist

#### What do Physiotherapists do?

Physiotherapists are health professionals who assess and treat people with a variety of injuries that impact on mobility.

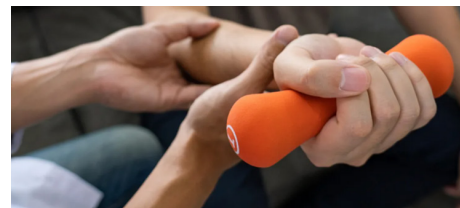
You might travel with professional athletes and play a critical role in their success, managing injuries and helping maximise recovery and preparation so that they can be their best on the big day. Or you can assist in rehabilitating people who have been injured in accidents so they can get back to work and normal life.

If you love helping people and have a healing touch, and want a job that can provide a lot of variety and the chance to travel, this could be the ideal career for you.

#### How do you become a Physiotherapist?

[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



## 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.

### Winter Uniform

Years 7 and 10 parents have been emailed the details for purchasing the winter uniform.

Year 10 students can attend at recess and lunchtime to make purchases.

Winter skirts and blazers are not available online. They need to be fitted and purchased in the Uniform Shop.

### Online Order Collections

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.

Gloves and stockings are available online.

### Books to Collect

Year 9 Music (Ms Haines class) - Theory of Music Grade 1 (\$28), Grade 2 (\$30) and Grade 3 (\$28).

Fantasy of Anthology - Year 9 students with this book on back order have been emailed (this has been paid).

### Year 9 - 11 Design and Technology Tubs

Please purchase this week online by [clicking here](#).

### Dresses

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

### 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.

# Final Reminders

## 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:** 8.40am - 3.20pm

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.

**No student will be permitted to go home directly from the pool.**

### What to Wear:

HOUSE COLOURS in the theme: "What are you even wearing?!"

All students will need a one-piece swimming costume and house coloured swimming cap.

No singlet tops or inappropriate length shorts. Covered shoes must be worn for the walk to and from the pool.

### Other important information:

- **There will be no canteen on the day**
- Bring a hat and plenty of suncream
- No coloured hair spray, feathers or coloured streamers allowed at the pool
- Students must remain in their house areas when they are not competing. The indoor pools and children's pools are out of bounds
- Normal school rules apply for the day
- **Students will not be allowed mobile phones at the carnival**
- **WET WEATHER: Please keep an eye on emails for any changes to the carnival due to wet weather**



### The Events:

Entries for Championship events have closed.

Students may enter non-championship races on the day (50m Freestyle, 50m Breaststroke, 50m Backstroke).

**IT IS EXPECTED THAT ALL STUDENTS WILL PARTICIPATE.**

There will be fun out of the water as well: students are encouraged to dress up for the fashion parade, as well as get involved in the cheering, relays etc.

There is no scheduled lunch break. Students are encouraged to bring their own healthy snacks and lunch for the day. There is no canteen this year.

We encourage all students to participate! It is a fun day and we look forward to the Stella girls swimming,



## Sports News

Jenny Wickham - Sports Coordinator and Teacher of PDHPE

### NSW All Schools Triathlon

The NSW All Schools Triathlon was held at the Sydney International Regatta Centre on Thursday 23 and Friday 24 February.

#### Individual Event:

On the Thursday, Stella had three students participate in the individual event: Mia S in the intermediate division, and Pip Q and Evie K in the junior division.

Mia completed a 600m swim, 15km bike ride and 4km run. Pip and Evie completed a 400m swim, 10km ride and 2km run. All of the Stella girls had outstanding results in the individual events:

- Mia finished 8th in NSW in the intermediate individual event. This means she has qualified for the Australian All Schools Triathlon in Tasmania. She placed fourth in all of NSWCCC schools.
- Pip finished 15th overall (4th NSWCCC) in the junior division.
- Evie was 32nd overall (8th NSWCCC) in the junior division.

These are outstanding results. Mia, Pip and Evie should be congratulated on their performances!

#### Teams Event:

Stella had five teams compete in the team event on Friday 24 February. The Stella students had a fantastic day and enjoyed participating in the team event. Congratulations to all teams on their excellent results:

#### Junior:

Team 1: Emily B, Ruby-Rose H, Lyla S: 18th overall (4th NSWCCC)

Team 2: Heidi H, Karina O, Ella M: 27th overall (8th NSWCCC)

Team 3: Bonnie B, Meike M, Emily K: 49th overall (20th NSWCCC)

#### Intermediate:

Team 1: Alexis H, Kate S, Tara K: 14th overall (7th NSWCCC)

Team 2: CJ Wa, Amelie C, Ruby A: 65th overall (20th NSWCCC)

### Good Luck!

Best of luck to the U13 touch team who will play at the Broken Bay Touch Championships at Doyalson on Wednesday 8 March.

Good luck also to the Tildesley Tennis Team who will be playing at the Tildesley Tennis Tournament at Pennant Hills on Wednesday 8 and Thursday 9 March. This team has been training hard since Term 4 and are looking forward to a great tournament!



# STUDENT SERVICES

Supporting your daughter on her Stella journey

## 1 ABSENCES, EARLY EXITS OR LATE ARRIVALS

### Absences

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 days;**
- **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.

## 2 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.

## 3 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.

## 4 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 non-prescribed medications as for prescribed medications.

It should be noted however that in any **life-threatening 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 your 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

REGISTRATIONS ARE NOW OPEN

# HEAD ABOVE WATER

24 HOUR SWIMATHON  
SATURDAY MARCH 4TH TO SUNDAY MARCH 5TH, 2023



## LIKE TO SWIM A FEW LAPS?

Want to help raise funds for mental fitness programs on the Northern Beaches? Please join us for this awesome, life-saving event.

Head Above Water Collaroy  
headabovewater1

For more info, email us at admin@headabovewater.com.au

PROUDLY SUPPORTING

To donate or find out more, visit [headabovewater.com.au](http://headabovewater.com.au)

# A Bear Affair

2023

A Bear Affair Gala is back in 2023 to raise critical funds to support paediatric palliative care programs at Bear Cottage – the only children's hospice in NSW.

We hope you will join us for this very special event.

**Saturday 18 March 2023, from 6PM**  
The Fullerton Hotel, 1 Martin Place, Sydney NSW 2000

**Dress**  
Formal

**Tickets**  
\$300 per person  
\$3,000 table of ten



To purchase, please scan the QR code



Sydney Children's Hospitals Foundation  
bear cottage

**SES WORKSHOP**  
Warringah-Pittwater Unit



### WOMEN Helping WOMEN

**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:**

- 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
- Evacuation Box



For further information like the Warringah Pittwater Facebook page and send us a private message @nswseswpw

## 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.

