



STELLA

Newsletter



Stella Maris
COLLEGE MANLY

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Term 4 | Issue 30 | 19 October 2023

From the Principal



HSC 2023

Our Year 12 students have made a great start to their HSC examinations. For many they have already gained entry into tertiary courses for 2024 which gives them confidence now to do their utmost for their peers. We wish them all the best for the rest of their exams.

Email Etiquette

I acknowledge that emails are an essential tool to aid communication. I do ask, however, that you consider the timing of when emails are sent. I encourage all students and parents/carers to email during business hours – from 8.00am to 5.00pm. Expecting a staff member to respond on weekends and at night is not always manageable. To enable us all to maintain Benedictine balance, could I ask that you consider this request.

Celebrating Scholastica Gibbons

On October 16 we commemorate Mother Scholastica Gibbons who, with Archbishop John Bede Polding, established the first Australian congregation, the Sisters of the Good Samaritan of the Order of St Benedict, founded on 2 February 1857.

Geraldine Henrietta Gibbons was born in Kinsale, County Cork, Ireland in 1817. She emigrated to Australia with her family in 1834. In 1847 she was professed as a Sister of Charity. In 1848 she established a home for penitent women in Campbell Street and then Carter's Barracks in Pitt Street in March 1849. This was the starting point of ministry for the Good Samaritan Sisters.

In 1856 Scholastica was selected the Mother General of the Sisters of Charity. A year later Archbishop Polding asked her to serve as superior both to her own congregation, and to a new Australian congregation, the Community of the Good Shepherd (renamed the Sisters of the Good Samaritan in 1866). At the same time the Sisters of Charity under her leadership were establishing St Vincent's Hospital in Sydney. With zeal and great industry, Scholastica Gibbons guided the early sisters along the way of the Gospel and the Rule of St Benedict. She inspired and led both groups of women to embrace the call of mission and respond with compassion to the poor and destitute in the fledgling colony of Sydney.

Scholastica remained a Sister of Charity. She died at the Good Samaritan Convent, Marrickville on October 15, 1901. She rests now in the Good Samaritan Sisters' cemetery in the grounds of Rosebank College, Five Dock.

The life of Scholastica Gibbons shows a willingness to answer one's calling and live with integrity in the face of tensions and at times, criticism. A woman of great courage, Scholastica was prepared to embrace a broader vision of the Church of Australia and two religious congregations remain as monuments to her fidelity to Gospel living.

Elizabeth Carnegie

Elizabeth Carnegie
Principal

Photo Gallery



Year 7 students tending to their veggies and herbs that they grow and harvest to make a pizza in Food Technology.



Notices

Term 4 Extra Curricular Program

Please [click here](#) for the list of extra curricular activities for Term 4.

Semester 2 Performance Summer Series

This term we have our Semester 2 Performance Summer Series. Please see below for the following details of each event and how you can reserve a ticket. Tickets will be a \$5 donation which will contribute to the continued work of The Good Samaritan Foundation. We are looking forward to showcasing our amazing students at Stella Maris College.

Showcase of Music: Tuesday 7 November - 6:30pm

6:30pm Show: <https://www.trybooking.com/CMJXI>

Celebration of Dance: Friday 17 November 5:00pm & 7:00pm

5:00pm Show: <https://www.trybooking.com/CMJXB>

7:00pm Show: <https://www.trybooking.com/CMJXF>

The Drama Gala: Tuesday 21 November 6:30pm

6:30pm Show: <https://www.trybooking.com/CMJXR>

Parent Seminar

Parents are invited to join a free webinar - Protecting Young Minds with Healthy Relationships & Consent Conversations. Presented by Consent Labs and covering a number of topics, the webinar runs from 7.00pm - 8.30pm on Wednesday 15 November. [Click here](#) for further details.

The Good Oil

The Good Oil is the e-newsletter of the Sisters of the Good Samaritan. [Click here](#) for October's edition.

HSC Nominations - congratulations!

Congratulations to the following Year 12 students who have been nominated for possible inclusion in the Shape 2023 showcase exhibition for Textiles and Design, Design and Technology and Industrial Technology - Multimedia Technologies.

Textiles and Design

Jaime H
Georgie S
Sasha G
Tilly M
Sabrina S
Eva T

Design and Technology

Brooke F
Chloe F

Industrial Technology - Multimedia Technologies

Angelique B
Tia E
Isabella K

TAFE Event - The Beauty Faire

One of our Senior students participating in a TAFE course has reached out to invite Stella community members to a special night at Northern Beaches TAFE on 6 November from 6.00pm - 8.00pm. Hair and beauty workshops, games, food and more. See the flyer for further details.



2023 Term Dates

Term 4

Tuesday 10 October - Friday 1 December

Important Dates

October

21 Big Day Back for Ex-students

25 Year 7 2024 Parent Welcome and Information Evening

November

03 P&F Black & Red Night Parent Event

07 Music Night

17 Dance Night

21 Drama Night

29 - 30 Year Group Award Ceremonies



Social Justice News

Sarah Metcalfe - Social Justice Coordinator

Vinnies Christmas Hamper Appeal 2023

This week marks the beginning of our Vinnies Christmas Hamper Appeal. Once again Stella will be participating in this venture through the Pastoral Care classes.

We are asking for specific food donations to make up a quality Christmas hamper from each PC class. This should equate to approximately 60 hampers that will go out to individuals and families in need this coming Christmas season.

The Mission Team came across some startling facts about the situation for many people in our community during this continuing cost-of-living crisis such as:

- Vinnies has noted an increase in people seeking assistance for the first time.
- 62% of NSW residents have gone without essentials or could not afford to pay for essentials this past year
- There has been a 33% increase in people skipping meals or prescribed medication and healthcare in the last 12 months
- Over the past year food prices in Australia rose between 7 to 8% and for utilities between 12 to 14%.

Through the direct action of supplying Christmas Hampers, we aim to provide a little bit of joy, happiness and dignity at a time that can ironically be filled with deep despair and loneliness for a lot of people. In this year of the Benedictine value of Hospitality it will be a concrete action reflective of the Sisters of the Good Samaritan ethos played out in reality.

PC Teachers will be discussing the donation items and collecting them in their classes over the next four weeks. The final date for the collection is **Monday 20 November**.

We kindly ask that donations are:

- Chocolate and nut free
- Not out-of-date
- Have ring pulls on any tin items

The following donations are required. →



GIFT Cook Volunteers

Last Thursday 12 October saw the last session for the GIFT Cook. This program's aim is to give in faith together through batch cooking up a series of delicious and nutritious meals for people in our community in need.

Mrs Callanan and I were very proud of the following Year 9 students who gave up their evening to brave the thousands of onions that needed chopping and who whipped up an enticing 80 to 100 portions of minestrone soup. A very BIG thank you goes to Amalia M, Grace and Eleni H, Sacha C and Charlotte S. The girls' efforts were remarkable, and the night was a lot of fun.

"Having the opportunity to help our community first-hand by making these meals is a great experience and it's such a great atmosphere in the kitchen. We had lots of fun preparing, cooking, and packaging all the food and laughed a lot when cutting up the onions." - Eleni

"Cooking for the community was such a great experience, and we ended up making 80 servings of minestrone! We had lots of fun trying not to cry when cutting onions and working together stirring the large pots." - Grace

"Cooking for the homeless was a fun experience, that I would love to do again. I loved cutting up all the vegetables and then watching the meal come together. It was so fun doing it with my friends as well and knowing that we are helping people was very rewarding." - Charlotte

"I had the amazing opportunity to partake in cooking for the homeless. We all made such a great team especially when cutting onions and absolutely crying over the onions. I had so much fun being able to cook with my friends and to create delicious meals. I thoroughly enjoyed doing this." - Amalia

Cooking for people in need was an experience that I will never forget, the feeling that you are doing good for people that are less fortunate than you are truly amazing. It was a great bonding experience with my friends and was a great time overall. I can't wait for an opportunity like this again. - Sacha



International Students

Alex Mascarenhas - International Student Wellbeing Coordinator

Overseas Student Holiday Fun!

In the holidays, a group of International Students in Years 9 to 11 enjoyed an amazing cultural experience with Sensei Hitomi. Sensei began by performing a traditional Japanese tea ceremony. She explained the meaning of the different props used and the need to choose the best and most decorative tea bowl for your guests.

Following the ceremony, the students dressed in traditional yukata (summer cotton kimonos) and took lots of photos! Finally, we learnt how to make a cheat's version of mochi using a microwave, heating rice flour, sugar and water and turning it into the chewy dessert! The afternoon concluded with sampling lots of Japanese snacks including strawberry pocky sticks and matcha cake. This was a great opportunity to have some fun in the holidays especially for students spending the time away from their families. Thank you Sensei Hitomi and Jiani for organising!

Prayer

We give praise and thanks for the life and love of Scholastica Gibbons...

Woman of charity
Woman of generous heart
Woman of hope
Woman of strength and single mindedness
Woman, carer of the poor, the sick and the dying
Woman, nurse to the wounded
Woman, visitor to the lonely
Valiant woman

Contemplative woman
Peace-loving woman
Beloved of the Sisters of Charity
Beloved of the Sisters of the Good Samaritans
May her faithful and discerning life inspire us to follow those same paths with humility and gratitude. We make our prayer through Jesus the Christ and in the Holy Spirit, who live with you for ever and ever. Amen

Good Samaritan Education resource



Canteen Roster

Monday 23 October

Lisa Thorpe Apps
Joanna Brown

Tuesday 24 October

Joanne Robinson
Heather Lawson
Lilian Henley
Kim Singleton

Wednesday 25 October

Peta Alpen
Jude Furniss
Hollie Seibold
Cathy Shanahan
Petra Weiss

Thursday 26 October

Jill Sholl
Rosetta Papallo
Melanie Crea

Friday 27 October

Alison Kelly
Louise Moore
Nicole Hodgkinson

Duke of Edinburgh 2024

Linda Silburn - Duke of Edinburgh Coordinator

The following adventurous journeys and tours will be offered by Stella Maris College in 2024.

Bronze Combined Adventurous Journey:

This is a two-night, three day 'Pack and Paddle' (hike and canoe) that is run in Ku-ring-gai Chase National Park and Berowra Waters. This hike is designed to include the practice and qualifying components of the Adventurous Journey section of the bronze award. The Pack and Paddle is run by Southbound Adventures and supervised by College staff. The cost of this AJ is approximately \$600 (including transport) and is run in June, Term 2.



Silver Combined Snowy Mountains Adventure Tour:

This is a five-night, six-day tour that includes a four-day hike in Kosciusko National Park. One night either side of the hike are spent in lodge accommodation in Jindabyne where participants will take part in adventure activities such as rock climbing, abseiling, canoeing, survival skills etc. This adventure tour is designed to include the practice and qualifying components of the Adventurous Journey section of the silver award. The tour is organised by Educational Journeys and K7 adventures and supervised by college staff. The cost of this AJ is approximately \$2500 including accommodation, food, and all activities, and is planned for April, term 2.

Silver Combined Myall Lakes Canoe Tour:

This is a four-night, five-day canoe adventure on the Myall Lakes north of Sydney camping in tents on the riverbanks of the Myall Lakes. This tour is designed to include the practice and qualifying components of the Adventurous journey section of the silver award. The canoe tour is run by Southbound Adventures and supervised by college staff. The cost of this AJ is approximately \$1400 including transport, food and canoe equipment and is planned for November, term 4.

Gold practice or qualifying Royal National Park Hike:

This is a three-night, four-day hike in the Royal National Park south of Sydney camping in tents along the ocean track. This hike is designed to include the gold practice or qualifying components of the Adventurous journey section of the gold award. This hike is run by Southbound adventures and supervised by college staff. The cost of this AJ is approximately \$700 including transport and is run in May.

Bronze / Silver Beaches catch up hike:

This hike is for students who missed previous adventures due to sickness. This hike is on the Northern Beaches of Sydney and Kurringai National Park and includes the Beach 2 Beach charity fun run. Cost TBC



Beach 2 Beach Stella Maris College Team Event:

Charity Fun Walk that is run on the last Sunday in August and raises vital funds for our Cambodian Charity 'Happy Days School'. It is expected that all Duke of Edinburgh Participants are involved in the Stella Maris team for the fun walk. The cost of entry into this charity event is approximately \$50.

Gold Residential Tour - Cambodia:

This tour is for students completing their gold award and includes the requirements for the residential for the gold award. This 9-day 8-night tour includes all activities, village school teaching experiences, cultural experiences, food, hotel accommodation and flights. This tour is organised by Educational Journeys and run by college staff. The approximate cost of this tour is approximately \$3400 and is run in December, Term 4.

Students are welcome to organise their own AJ through a private provider although any activities must be approved by a college award leader PRIOR to participating.

Expression of interest in these activities must be completed via the Microsoft forms link emailed to the students.



Connect with Us!

A very warm invitation to connect with us on social media. Click on the icons below to follow us on Facebook, Instagram and LinkedIn.



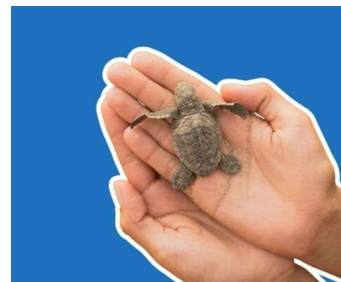
Job of the Week

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

Conservationist

What do conservationists do?

Conservationists work to protect the environment, from protecting specific places and animals to changing behaviours and systems contributing to environmental damage. Employed in a wide range of roles and industries, Conservationists focus on preserving and saving life for future generations, benefitting the ecology and health of our planet.



If you are passionate, dedicated, and want to help make the world a better place, then working as a Conservationist could be ideal for you.

How do you become a conservationist?

[Click here](#) to learn more about this job and pathways to get you 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](#).

Uniform Shop

Trading Hours

The Uniform Shop is open 8.00am – 4.30pm Tuesdays to Thursdays during term.

The Uniform Shop's last day this year will be Thursday 23 November. Please ensure all online orders are collected by then.

Year 12 2024 booklist is available to order through www.campion.com.au. The access code is RJF4

Summer Uniform

Year 9 need to purchase the senior dress or shorts before Thursday 23 November as these will be worn from Term 1. Parents have been emailed with particulars of times.

During October and the first week of November, purchases from the Uniform Shop will only be possible at recess or lunch.

Scarves, jumpers and tracksuits can be purchased all year.

All summer items are available online and instore.

Online Orders

Please use your child's name on the order. Orders are available to collect from recess. Confirmation is emailed at time of order. Please note that reminders are not sent.

There is a wide range of stationery available online and in the Uniform Shop – grid, exercise and music books, calculators, Design Tech and Art supplies.

New calculator: Casio fx-8200AU (\$53.00). Approved for HSC and all exams.

New Scarf

Stella now has a new scarf. It is the same colour as previously but is a soft-feel wool/polyester. The cost is \$26.

Second Hand Uniforms

Please visit the [P&F Stella Maris Buy, Sell, Swap Uniform, Books/Equipment and Sports Gear Facebook page](#) for all second hand purchases.

**ANYTHING
ENGLISH**

EVERY DAY

8am BENNIES
1.45pm LIBRARY

Use this space to get
help with your essays,
homework, assessments

Use this space to
bounce your creative
writing ideas around

P&F Update

Clare Cahill (P&F President)
e pandf@stellamaris.nsw.edu.au

Last P&F General Meeting for 2023

Our last Stella General P&F meeting is tonight, Thursday 19 October 19 at 7:30 pm in the Old Library; we would love to see you in person! If you want to join remotely, you can via Microsoft Teams - [click here](#).

Our last two events for 2023 are taking bookings. Don't forget to book early:

To close out the year, the **Stella P&F Gala Red & Black Night** is on Friday 3 November starting at 6:30pm at Stella Maris. Join us for a spectacular night of food, drink, music, fun and laughter. Tickets will be at an all-inclusive price of \$60. [Click here](#) to grab your tickets now.



Barefoot Bowls - For dads, male caregivers, and daughters! Join us for an afternoon of barefoot bowls on Sunday 19 November starting at 2:00pm at Manly Bowling Club. Tickets are on sale at \$29 per person. Only 20 spots remain, so [click here](#) to get your tickets.



What a Manly Spirited Tasting Afternoon!

A big THANK YOU to all the incredible mums and significant females who joined us for an unforgettable afternoon of fine Manly Spirits, great company, and endless fun. From the moment we raised our first glass, it was clear that good times were on the menu!

Congratulations to our Lucky Door Prize winners:

- 1st Prize: Julie F - 1 x Gin Making Class (value \$190)
- 2nd Prize: Claire D - 1 x Cocktail Making Class (value \$105)
- 3rd Prize: Kate J - 2 x Gin Tour & Tasting (value \$60)
- 4th Prize: Elizabeth F - Bottle of Manly Spirits



We were overwhelmed by the warmth of the Stella community's spirit (sorry, I couldn't resist it), and whilst our glasses are empty for now, there's no doubt that we'll be back in 2024 for another incredible event at Manly Spirits!

Call Out – New Year Level WhatsApp Admins Needed

In 2023, we thank our Year Level Admins for their essential role in information sharing and support. As we look ahead to 2024, we seek new Year Level Admins for a few of our Stella Maris College WhatsApp channels.

If you're a parent or carer of incoming Years 7, 8, or 11 students in 2024 and want to contribute to our Stella community, please get in touch with us. Your role as a Year Admin involves:

- Facilitating communication within the Year group.
- Maintaining a positive and respectful WhatsApp environment.
- Providing support and guidance to parents and carers.
- Optionally, organising Year-specific events.

Reach out to your current admin or the P&F via email to express your interest.

P&F WhatsApp Groups

Stella Fellas

Administrators: Nick and Brendan

<https://chat.whatsapp.com/KHHVDH2ziSE3ZNilaxXwmz>

Year 7

Administrator: Emma Flett

<https://chat.whatsapp.com/LUyd4A57KYAXKMo1oXJUUp>

Year 8

Administrator: Kelly Hindman

<https://chat.whatsapp.com/DTV8mc1S1RgDu8Bw2WEzce>

Year 9

Administrator: Belinda Hay

<https://chat.whatsapp.com/Ld26FUW8TDsD2xRTICaVUW>

Year 10

Administrator: Holly MacKenzie

<https://chat.whatsapp.com/HHMUa6P9oXM1Q6QScPrwF>

Year 11

Administrator: Molly McKenzie

<https://chat.whatsapp.com/HxFeVIPxrQW15dqno44mEG>

Year 12

Administrator: Janet Sajowitz

<https://chat.whatsapp.com/InVnTvMt9NFAkoR99H2bxc>

Sports News

Jenny Wickham - Sports Coordinator and Teacher of PDHPE

NSW Athletics Schools Challenge

Congratulations to the Stella teams who competed at the NSW Athletics Schools Challenge at Sydney Olympic Park on Wednesday 18 October.

This is a great event, with the best athletics schools from NSW taking part. Despite having quite a few injuries which affected the teams, the Stella athletes performed extremely well. Congratulations to both the junior and intermediate 'A' teams who finished in fourth place in NSW! This is a fantastic effort from the Stella teams.

Well done to all members of the teams:

Erin H, Elisabeth P, Matilda B, Zoe B, Pip Q, Lyla R, Chanel H, Amber K, Avie R, Eliza J, Jess P, April U, Izzy C, Madi R, Charlotte B, Karina O and Lara M.



NSWCCC Water Polo

The NSWCCC Water Polo Junior Championships was held at Sydney Olympic Park on Wednesday 18 October. Stella had a strong junior (Years 7 – 9) team. The team played well all day, but were unlucky to lose their final game against Monte. This meant the team finished in equal second place, missing out on a place in the grand final on a goal countback.

Congratulations to all members of the team: Bonnie B, Charlotte C, Jess O, Zara D, Katie E, Leili M, Sophie L, Emily B, Lola H, Freya C, Chloe A and Keiley B.



Sports News (cont)

Broken Bay Surf Lifesaving

Well done to the Stella athletes who competed at the Broken Bay Surf Lifesaving Championships at Terrigal Beach on Tuesday 17 October. Unfortunately, the Stella team was smaller than usual this year, due to the clash with exams, but the small group of Year 7 and 8 students who attended this event had a fantastic time and finished with some great results! Congratulations to Chiara and Zaylee who won ribbons in the water events, and Eliza and Chanel who won ribbons on the land.

Well done to all members of the team:

Chiara D, Zaylee Z, Chanel H, Eva S, Gabi H and Eliza J.



National Championships

Well done to the Stella students who have represented at recent NSW championships in various sports, including touch football and soccer. April U, Charlotte B, Sophie B and Summer B played at the National Touch Youth Championships in Queensland. Ellie E played at the National Football Championships in Wollongong.

