



STELLA

Newsletter



Stella Maris
COLLEGE MANLY

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Term 4 | Issue 33 | 09 November 2023

From the Principal



Supporting teenage friendships

As a parent, we are a sounding board for our kids about life in general but when friendships are under pressure, it is important that we help them manage to negotiate how to move forward in the relationship.

Listen to them

It is important to listen to them, without any judgement or suggestions to fix things. Listen to the entire story without interruption. Make sure you completely understand their perception of what has happened. It is important to remember that this is their side of the story and there will always be another side to the story.

Consider your response

How you respond is key. If you react too strongly, it might exacerbate the situation. Try not to criticise the others involved as it may be that the friendship can be restored. Make sure you remain calm. Make sure you let them know that you trust they can handle this situation and you will be there for them. Ensure they know you love them unconditionally.

Reset to normal

Family routines are a comfort and help teens to calm and not dwell on their concerns. Home is usually their happy place, but they need to keep everything in their life on track ... go to sport training, get eight hours sleep and walk the dog as usual. If their routine is normal, it will help them de-stress. If possible, try to encourage your daughter to stay off social media until things have been resolved.

Pause

It might be tempting to ring the parents of other children or rush to school and that is a perfectly normal response. It might be best to sleep on it first before acting. When we rush in to solve the problem, sometimes you disempower your daughter and take away their opportunity to grow. We want them to know they are capable and empowered to solve problems.

Problem solve

Your daughter needs to be part of the solution. Sometimes it might be the right time to make a break with a friendship that is not working for them. Sometimes the teens just need to share their emotions and hurts with each other, and the friendship can be restored. For your daughter, it is important that they surround themselves with friends that empower them, who make them feel good about themselves and will let them be themselves.

At Stella, we want the girls to be able to move through adolescence with all the support they need. We work in pastoral care and year meetings to help provide the skills the girls need to negotiate the teen years. We want you to know that we are working alongside you as parents and carers to help your daughters grow. Speak to your Head of Year or the counsellors if you need some additional help with supporting your daughter.

(Based on Linda Stadel's work – an education writer and consultant)

<https://lindastade.com/>

Elizabeth Carnegie
Principal

Showcase of Music

Tuesday 7 November



2023 Term Dates

Term 4

Tuesday 10 October - Friday 1 December

Important Dates

November

17 Dance Night

21 Drama Night

29 - 30 Year Group Award Ceremonies

December

1 Last day of 2024. School finishes at approx. 11.00am.

Vinnies Christmas Hamper Appeal

Keep those donations coming in! A reminder that we are collecting items up until Monday 20 November.



Notices

November Youth Mass

An invitation is extended to all Stella students to attend St Kieran's Catholic Church this Sunday 12 November for Youth Mass commencing at 6.00pm. A sausage sizzle and light refreshments will be served following.

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.



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>

Design the 2024 Stella Postcard

Are you the next designer of the Stella postcard? Entries are now open to be the creative genius behind our very own 2024 Stella postcard. See details on how to apply at the back of this newsletter.

Sailing Towards World Champs

Congratulations to Violette R, in Year 10, who competed in the J24 State Championships on Sydney Harbour last Friday to Sunday. In the Youth Challenge on Friday, Violette helped her team secure second place overall. An outstanding achievement!

Saturday's highlight was a thrilling victory in the third race. Sunday tested their mettle with cold, windy and rainy conditions. Violette admitted, "Being up on the bow the whole time was pretty harrowing, to be honest". They were very close to placing second overall until "the last 30 metres of the race when a ferry stole the wind, allowing two boats to overtake".

Despite the setback, her team claimed fourth place overall in the State Championships.

Violette will be in both Youth and Adult teams in the January 2024 National Championships (Sydney) where she hopes to qualify for the World Championships in the USA, next year. Congratulations and fair winds, Violette! - **Ann O'Brien, Sailing Coordinator**



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.



PRAYER

God of love,

In moments of difficulty and challenge, grant me the humility to seek help and guidance.

Help me release my pride and self-reliance and lean on others for support and strength.

May I learn from setbacks and failures and approach adversity with resilience and grace.

Guide me to grown through humility in time of struggle.

AMEN

(GSE Year of Neighbour Prayer Resource 2023)

Job of the Week

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

UX Designer

What do UX Designers do?

UX (or User Experience) Designers create easy, efficient, relevant, pleasant experiences for the end-user. UX Design can be applied to any product or service, from websites to vegetable peelers, or even a visit to the local supermarket.

If you're practical but creative, have great all-round communication skills and are looking for a job which is fast paced, full of variety, and requires lots of human interaction, then a career in UX Design could be really rewarding.

How do you become a UX Designer?

[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](#).



Canteen Roster

Bernie McGrath - Canteen Manager

Monday 13 November

Ayesha Ballesty
Camilla Zervas
Petra Weiss

Tuesday 14 November

Nicole Margetts
Majella Brady
Eve Harvey

Wednesday 15 November

Rachel Blenkinsop
Rachel Bijl
Jess Ozbay

Thursday 16 November

Orla Neville
Sarah Bernie
Nicole Holmes
Joanne Bright

Friday 17 November

Justine McKee
Duncan Barnett
Lisa McGregor
Marie Watson
Nicole Covich

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.

Years 7 - 12 2024 booklists are 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.

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.

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.

P&F Update

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

Barefoot Bowls - don't miss the last spots!

Dads don't forget - 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 a few spots remain, so [click here](#) to get your tickets.

Stella Sunset Social - DJ Search

Do you want to be the Stella Sunset Social star on 22 February 2024, or do you know someone who could be? We're seeking a talented female DJ to play the perfect sunset vibe set to welcome parents and carers and launch the 2024 school year.

If you've got the beats, the passion, and the style, get in touch! Contact Clare via the P&F [email](#).

More details coming before the end of Term 4 on how to grab your tickets!

Celebrating the Success of Red & Black Night - Prize Winners Announced!

What an incredible evening at the Stella Maris Red & Black Night! Your enthusiasm, support, and participation made this so much fun. We're thrilled to announce the prize winners:

1. \$150 Gift Voucher - Heidi F
 2. A Bottle of Champagne - Helen K
 3. A Case of Freshie Brews - Maree J
 4. A Bottle of Manly Spirits Gin - Andrew S
- Card Game - \$200 Prize - Fletch F

Congratulations to all our lucky winners! Your smiles and excitement added an extra layer of joy to the evening.

A Big Thank You

We wanted to do a huge call out to the volunteers and Stella staff members who dedicated their time, effort, and energy to make the Red & Black Night a grand success. Thank you from the bottom of our hearts, we couldn't have done it without you.

From planning to execution, every detail was thoughtfully handled, and the results were evident in the smiles and laughter of our attendees.

Once again, thank you for being part of the Red & Black Night. We can't wait to see you at our next exciting event, stand by for all the calendar dates for 2024 towards the end of term.

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/Ld26FUW8TDsD2xRTICaVJUUp>

Year 10

Administrator: Holly MacKenzie

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

Year 11

Administrator: Molly McKenzie

<https://chat.whatsapp.com/HxFeVIPxrwQ15dqno44mEG>

Year 12

Administrator: Janet Sajowitz

<https://chat.whatsapp.com/InVnTvMt9NFAkoR99H2bxXc>



Sports News

Jenny Wickham - Sports Coordinator and Teacher of PDHPE

Gymnastics

Congratulations to Mila C and Lyla S who competed at the IGSA Gymnastics Championships at PLC Sydney on Friday 3 November. The Stella team competed in all four apparatus: Floor, Beam, Bars and Vault. Both Lyla and Mila performed brilliantly, finishing with great results on all apparatus! Both achieved a top 10 result in one event: Mila finishing 9th on vault and 10th on floor; Lyla finishing 10th on beam. Well done girls!

Touch Football

Congratulations to the Year 8 and 9 touch team (U15) who were invited to play at the NSW Touch Schools Cup. The top eight schools from NSW were invited to play in this state final which was held at Gosford on Thursday 2 November. It was a tough competition against schools from all over NSW, most of which were sport high schools.

The Stella team played well through the round games, finishing in third place. This moved the team into a semi final game against Westfield Sports High. It was a close game, with scores level at full time. The game went into a drop off, with the Stella team unlucky to lose 3 – 2. Congratulations to all members of the team. Third place in NSW is a great achievement!

Stella team: Charlotte H, Indie C, Ana T, Mia L, Zoe B, Summer B, Lara M, Kayla A, April U, Charlotte B and Giselle B.



Aquathon

The CGSSSA Aquathon was held at Merrylands Park and Pool on Tuesday 7 November. This is a great event where students complete a 2-2.5km run and a 400m swim. The event can be completed individually or in teams of two.



Sports News (cont)

All of the Stella students performed very well! We had some amazing results and all students had a wonderful time.

Well done to Jess O and Lyla R who won the GOLD medal in the intermediate teams. Congratulations also goes to the Stella students who competed in the junior individual event, just missing out on medals: Pip Q (4th), Izzy C (5th) and Eve K (6th). Well done also to Zara D and Amber K who finished a very close fourth in the intermediate teams event.

The Stella team finished in 3rd place overall. Well done to all students involved.



Cricket

Congratulations to Saoirse F (Year 9) who has been selected to trial at the NSWCCC open age cricket trials. Good luck Saoirse!

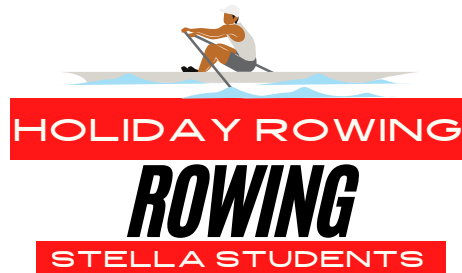
2024 Term 1 Sport

We are busy planning for 2024 sport! There will be plenty of opportunities in lots of sports for the Stella students again next year.

Registrations have now opened for BASKETBALL, AFL AND TOUCH. Students have been emailed the link to register for these sports.

The following extracurricular sports are also available in Term 1. Registrations for these sports will open at the very start of the 2024 school year:

Water Polo, Pilates, Tennis lessons, Tildesley Tennis, Group Fitness, Surf Group, Run Club and Sprint training with Mel Gainsford-Taylor.



4 DECEMBER TO
25 JANUARY
9AM TO 12 NOON
DAILY @ THE SPIT
ROWING IS AN
OAR-SOME SPORT,
GREAT FOR YOUR
MIND & BODY!

Scan QR code or use the link
[Summer Holiday Rowing Book Here!](#)
Everyone is welcome, Learn to row or
training for the regatta season!
GoodFormRowing@gmail.com

ALL WELCOME!



Competition Time

Design the 2024 STELLA POSTCARD



Create a unique graphic that represents “a Stella girl” and your design could be the face of the 2024 postcards

You can use any medium you like: paints, coloured/lead, etch, watercolours, pastels, collage, crayon, lino print, digital sketch etc.

x 2 winners will receive a prize worth \$25

*Due Wednesday
22nd November*

Email to Ms McCutcheon or Mr Saros