



St Mary of the Cross Newsletter

PRINCIPAL

Mr Matthew Beacroft

Dear All,

We welcome Mrs Marika Dos Santos who is teaching 5/6 this year. Marika and her beautiful family join us all the way from Canada on teacher exchange. I would like to formally welcome all our new families and students from Prep through to Year 6. A big congratulations to Miss Carley Hearne, our Guidance Counsellor, and her husband Luke who were married over the holiday break. The wedding photos showed it was a beautiful day.

We keep in our thoughts and prayers members of our community who may have suffered loss or suffering.

PARENT INFORMATION NIGHT:

Our Parent night and welcome BBQ is on Tuesday night February 16th. The purpose of the night is to further explain our vision for the school across 2016.

The information night is about :

- Vision for Learning and Teaching for your students
- Explanation of our Building and refurbishment program
- Explanation of the reading and spelling online programmes your children have access to at home and school
- Calendar for year for school and class events
- Daily classroom timetable
- Opportunities to meet and hear from your classroom teacher in two sessions
- Opportunity to have a sausage sizzle and soft drinks in the courtyard

PARENT SOCIAL NIGHT:

On another note a date claimer was sent home yesterday about a Parent and Children Social night on Friday night 26th February at the Windsor Bowls Club just down the road from school from 6pm. I thank Mrs Nicole Dwan (Clancy and Alby) for her organisation of this night. Please contact the office to help with booking approximate numbers. Barefoot bowling is available from \$3 and last year I beat most of the children and will be looking to defend my title. There will be a number of food options available on the night and more details will follow next week. The school will put on some limited platters of food and drink for people at the beginning of the night and other menu options will be sent home. The purpose of the night is to meet new and existing families within the school in a relaxed and friendly atmosphere.

STAFF PROFESSIONAL DEVELOPMENT:

For five days before students returned all staff participated in Professional Development that covered a range of Curriculum areas including planning across all areas of the curriculum, giving feedback to children, the web based reading eggs and athletics programmes and Student Protection and Workplace Health and Safety updates. As always I was extremely impressed with the professional and collaborative culture that was evident among all staff. Parents of St Mary of the Cross should feel extremely confident that their children are in the very capable hands of our wonderful teachers.

Assembly

All parents and friends are very welcome to join us for Assembly each week on Friday at 2:30 in the library.

Programme Achieve

Throughout the year our school will introduce, role play and explicitly teach the Programme Achieve social skills programme across all classes. Today I spoke about resilience at assembly. It is about teaching children different skills to help them look positively at new situations, form positive relationships and experience emotional well-being.



Merciful Lord, you know the anguish of the sorrowful, you are attentive to the prayers of the humble. Hear us as we ask for your comfort at this time, And strengthen our hope in your lasting goodness. We ask this through Christ our Lord.

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Specialist Timetable

TUES	PE, Art & Library
WED	Spanish & Music
FRI	Assembly & Sausage Sizzle

Date Claimers

10 Feb	Ash Wednesday
16 Feb	Parent Night
17 Feb	School Mass
19 Feb	School Banking at Assembly
2 Mar	School Photos
3 Mar	Yr3/4 Excursion
19 Mar	150th of Sisters of St Joseph
21 Mar	Harmony Day
25 Mar	Good Friday

2016 Terms

Term 1 (9 wks)	Wed 27 January - Thu 24 March
Term 2 (11 wks)	Mon 11 April - Fri 24 June
Term 3 (10 wks)	Mon 11 July - Fri 16 September
Term 4 (9 wks)	Tue 4 October - Fri 2 December



IMPORTANT School Reminders PLEASE READ!



- **EVERY FRIDAY**
\$4 will get you a
sausage on bread,
popper & snack



- Due to Work Place
Health & Safety -
**We DO NOT reheat
food for Students.**



- **School banking** is
processed on a **Friday**.



- **School shoes**
Children: \$65.00
Adults: \$99.00



- **Pinkberry Kisses Bows
& Clips** \$5 each

PRINCIPAL (continued)

Mr Matthew Beacroft

RICKY RESILIENCE

Our children are not perfect but they are wired to handle challenge and they are always far tougher than we give them credit. Challenges develop skills and familiarity with stressful feelings and emotions. Enabling our children to resolve their own issues when appropriate empowers them with opportunities to grow and develop vital independence skills. Taking away those opportunities only serves to create dependent children who lack the skills and resilience to fully develop into adults. After all, our role in life is to prepare our children for adulthood. At times it may be difficult not to step in and protect them but if we are to really show them love we need to allow them some space and time to grow through support.

ACTIVE SCHOOL TRAVEL IS COMING!

This year St Mary of the Cross is joining with the Brisbane City Council to improve the safety of our school drop off and pick up times and zones. The BCC will help the school run a program that encourages families to actively travel to school more often e.g. walk, ride, scooter, bus or carpool. There will also be opportunities for children to improve their skills and knowledge about road safety. Please keep an eye out for more information in the coming weeks and get ready to be active travellers on Walking, Wheeling Wednesday. As part of our commitment to this programme I am looking for a couple of parent volunteers to meet once a month on a Friday morning for around thirty minutes to help organise this in our school. Our first meeting is next Friday February 12th at 8:30am. Please contact the office if you think you can help out.

Have a good week,
Matthew Beacroft

APRE

Mr Dean Estreich

Dear Parents and Caregivers,

Ash Wednesday

Next Wednesday is Ash Wednesday and marks the beginning of Lent. Lent is a time when we think about how we have been called into a special relationship with God and other people. At the end of the forty days of Lent we celebrate Easter and Jesus rising from the dead. God sent his son Jesus to give his life for us and show us that we need to open the doors of our hearts to love others as God loves us.

The students and staff will receive ashes on their foreheads in the sign of the cross. From these blessed ashes comes hope and new life. The ashes are a sign that during Lent we are trying to grow to be more like Jesus. The cross reminds us that just as Jesus gave of himself for others we need to share what we have.

I invite all St Mary of the Cross families and friends to join us for our Ash Wednesday liturgy in the library at 2:30pm next Wednesday 10th February.

The Year of Mercy

Last week I asked students what they thought mercy was. The responses centered on giving of ourselves so that others will benefit. The words used in our discussion included: courage, giving, helping, caring, kindness, sacrifice and the act of showing our love for each other through our actions and words.

Pope Francis says,

"We need constantly to contemplate the mystery of mercy. It is a wellspring of joy, serenity, and peace. Our salvation depends on it.

Mercy: the word reveals the very mystery of the Most Holy Trinity.

Mercy: the ultimate and supreme act by which God comes to meet us.

Mercy: the fundamental law that dwells in the heart of every person who looks sincerely into the eyes of his brothers and sisters on the path of life.

Mercy: the bridge that connects God and man, opening our hearts to the hope of being loved forever despite our sinfulness."

Have a peaceful week,

Dean Estreich

Assistant Principal Religious Education (APRE)

PASTORAL CARE CORNER

Sr Anne Cannon

Dear Parents,

I hope you survived the hot weather as well as a full week of school. To help with the next thirty-eight weeks (!) I offer these thoughts from Oprah, as reported by Kylie Lang. Whatever we may think of Oprah as a phenomenon, her wisdom is worth listening to. She suggests:

- *Chocolate tastes better if you wait and share it* – be prepared to work for what you want and share your good things
- *Listen to your life experiences* – take time just for YOU, not you as parent, you as colleague, you as ... Let your spirit speak to you.
- *Be you* – use your own personality, talents, values, don't worry about anyone else.
- *Read and read* – Develop your mind, relax your body, be informed.
- *Luck is about preparation* – there is nothing that beats preparation and hard work.
- *Pay attention to what makes you curious* – this will help you find your life's purpose.
- *See people* – everyone needs to know others are listening to them, so be their listener and then you will be sure people are listening to you.
- *"NO" is a complete sentence* – you can say it, whether it's to a spouse, a colleague, a friend or a child. See no 2!
- *Be responsible for the energy you bring into a space* – positive energy brings positive results.
- *Live with intention* – think before you act, be mindful of your words. Listen to what your life whispers to you.

Mary MacKillop would say: "Do not go beyond your strength and attempt more than you are able for." May you enjoy a cooler weekend, where you can 'share chocolate' without fear of it melting!

God bless,

Sr Anne

School Pastoral Worker

HEALTHY LUNCHES

"Roll ups" are supposedly full of fruit, but are actually full of sugar!! Here is a much better variety that will go well in lunch boxes. They also give children a chance to be involved in the lunch-making process, as well as eating vegetables.

RECIPE OF THE WEEK - ROLL UPS

- Start with the '**ribbon**' – use large zucchini, large carrot, large cucumber, wraps – anything that will cut into ribbons. The veges need to be cut with a large vegetable peeler to be thin enough to wrap.
- **Filling** can be thin slices of meat, tuna, shredded chicken, last night's left-overs, hummus, pesto or cream cheese. Mix with a little mayonnaise to bind the filling, if needed.
- Spread the filling along the ribbon, roll into a little pinwheel and, if necessary, secure with a toothpick.



A new initiative for healthy lifestyle is the **PEACH™ program**. This is a FREE parent-led healthy lifestyle program that supports parents and carers who are struggling to maintain a healthy balance. It offers families practical advice and information about healthy eating options and ways to increase levels of physical activity. You are required to attend 9 weekly sessions with your children, followed by at-home support for 6 months, then a final group session. The program is available free for families with primary-school aged children. More information is available at www.peachqld.com.au or 1800 263 519 or call Sr Anne if you are interested.

ASSISTANCE WITH SPORTS' CLUB MEMBERSHIP

Under the *Get Started Vouchers* program, vouchers of up to \$150 are provided to eligible children and young people to help pay for the cost of sport or recreation club membership and or participation fees through registered *Get Started Vouchers* clubs.

Students or their parent/carer/guardian who hold a valid Health Care Card or Pensioner Concession Card are able to apply online. Alternatively, nominations for children and young people who do not hold a concession card need to be initiated through their school by two eligible referral agents. Further details about referral agents and eligibility requirements are outlined on the Queensland Government website or contact PDU@npsr.qld.gov.au. Vouchers are issued on a first in first served basis, so act immediately. Contact Sr Anne for further support.



FEBRUARY

5th	Xavier Heier
6th	Jenny Woodsford
10th	Kalesita Fusi
14th	Harry Blackmore
21st	Ethan Maxwell



SCHOOL AWARDS

(assembly week ONLY)

Principal	Kira Stokes
Prep	Zali Meggitt Harry Graham
YR1-2	Celiya Batista Dos Santos Jack Webber Oliver Brumpton
YR3-4	Amelia Bieniek Mia Cameron
YR5-6	Lily Crawford Cerys Garland



READING at home – both parents and children – is a guaranteed way to improve your child's learning, not to mention your own well-being. You may like to explore 'My Humble Abode' at 112 Lodge Street, Wooloowin, which is starting **free** story time for little ones on the first Thursday of every month (we've just missed February). They also have second-hand books available for purchase. Find them at www.facebook.com/myhumbleabode112 or call 38610011.



**Bendigo Bank
Wilston Grange Junior AFL Club
Sign On Weekend**

Gorillas Clubhouse, Hickey Park,
Babarra Street, Stafford

6th & 7th February - 10am to 2pm

Girls and boys welcome to play in all age groups from
Under 6 (2010 & 2011) to Under 17 (1999)

New players please bring Birth Certificate.

Any enquiries please contact
Julia McLauchlan julia.mclauchlan@gorillas.com.au 0412 384 069

REGISTER NOW
brothersrugby.com



2016 WELCOME DAY

Feb 6+7

9am – Noon

103 Crosby Road Albion

VALLEYS DIEHARDS

REGISTER ONLINE NOW



**pARTY ARTworks
studio**

Art Classes

We encourage each student to paint
what inspires them under the
guidance of our artists.

Wed & Thurs 3:30 - 5:30, Sat 10am - 12noon
\$31.50 per lesson. Includes afternoon tea.

Shop 11A 72 Basnett st Chermside West
PH: 3359 4544 info@partyartworks.com

PH: 07 3857 4803
Fax: 07 3857 5039
Email: pwindsor@bne.catholic.edu.au

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 Find us and like our Facebook page:
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