Dear All,

At St Mary of the Cross we believe in growth mindset and teach it explicitly in assemblies and in class. A growth mindset helps children to take on challenges, accept feedback and they have a want to learn, improve and succeed. It helps children and adults to understand that making mistakes is alright and that putting in effort makes a difference in your result. Don't limit your potential or your child’s potential by saying or letting your child say "I can’t do that" but rather "I can’t do that yet”.

**LUNCHTIME**

As the children at school are extremely active and busy across the day they often become more hungry than normal. Please ensure that your child has enough lunch to refuel their growing bodies across the day. We appreciate your support with this matter.

**PARENT INFO NIGHT**

Our Parent night and welcome sausage sizzle is on Tuesday 16th February at 6pm. Offering to information session at 6:20 & 6:40pm. 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

**FAMILY SOCIAL NIGHT**

Our parent and children social night is Friday 26th February at the Windsor Bowls Club. As mentioned in the note that came home this week, the school will provide some platters and drink in the beginning of the night. This social event offers the opportunity to meet new and exiting families with the school in a relaxed and friendly atmosphere. Please return your RSVP to the office by Wednesday 24th February.

Have a good week,

Matthew Beacroft
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

APRE
Mr Dean Estreich

Dear Parents and Caregivers,

Opening School Mass
Saint Mary of the Cross School will celebrate Eucharist at our opening Mass. This will be held in Holy Rosary Church, Wednesday 17th February at 9.00 a.m. I invite our school and parish community to join us in this celebration.

Ash Wednesday and Project Compassion
St Mary of the Cross School celebrated Ash Wednesday with our liturgy and the signing of ashes. The students were exposed to the many symbols that our church uses at this time including – ashes, the cross, purple cloth, palms and the Holy Bible. We shared in listening to the Word of God and we participated in prayer. I thank the students for their prayerful participation in our liturgy.

Ash Wednesday marks the beginning of Lent. It is a time to deepen our faith through fasting, prayer and almsgiving. Many look to give up treats or something of meaning during this time as a reminder of the sacrifices made by Jesus for us. Instead of fasting, we can look to do something extra to help others or make a promise to change a bad habit. This can be a more appropriate approach for children.

Almsgiving is our way of showing care and concern for others. As a Catholic school, we support the work of Caritas during Lent through their Project Compassion campaign. This year’s theme is ‘Learning More, Creating Change’. Funds raised will go to support communities to develop the knowledge and skills to effect positive change for their futures. Next week we will distribute Project Compassion boxes to all classrooms and each student will receive a donation box.

Have a peaceful week,
Dean Estreich
Assistant Principal Religious Education (APRE)
PASTORAL CARE CORNER
Sr Anne Cannon

Dear Parents,

Happy Valentine’s Day! Contrary to what the media seem to say, this day is not all about balloons and chocolates and expensive gifts. It is about real love and relationships!

Joan Chittister, psychologist and counsellor, offers the following reflection (adapted).

I don’t think that life’s stages have much to do with age at all. I think the parts of life are best described by the kinds of relationships most commonly made in each. These relationships teach us what it means to discover that we are not alone in life, not the centre of life, not the standard of value for anyone else’s journey through life. We learn something valuable from each and every one of them about what it means to be alive, a social being, a companion on the journey.

Playmates (when we are very young children) provide companionship; buddies (as we begin primary school) give us a sense of security as we begin to learn our way through life; gangs (as we progress through primary) give us a feeling of belonging; schoolmates (as we negotiate secondary) bring a feeling of camaraderie in the face of the crowd; friends (as we mature) provide the beginning of intimacy; acquaintances (as we move through adulthood) become a lifeline in strange places; work colleagues provide professional identity; lovers teach us the otherness of life; soul mates bring us home to the self; friends (in old age) put cement under our feet again just when we begin to realize that our own legs are not as strong as they used to be. It is a lifelong series of coming to understand ourselves through our feelings.

The relationships we form at each stage make every stage that follows both easier to negotiate and more meaningful. It is a precious thing, relationship, meant to be savoured and certain to be demanding. It is our relationships that teach us how to be a human being rather than a prima donna/big shot, a useful member of the human race rather than a spoiled brat. Our relationships grow us up and make life possible—all the way to the grave. It is incumbent upon us to make them possible, both for the other’s sake and for our own.

Mary MacKillop would say: “Live in perfect charity and love, aiding and mutually encouraging one another in the path marked out for each of us to follow.”

Enjoy Valentine’s Day with the ones you love.

God bless,
Sr Anne - School Pastoral Worker

HEALTHY LUNCHES

“RECIPE OF THE WEEK” - BAKED RICE

This recipe could be made for any time of the day, as a breakfast dish, as a dessert or in lunch boxes. It ticks several boxes, being low fat, low sugar, using fresh fruit, nuts ...

**Ingredients**
- 2 cups (approx.) cooked brown rice (eg brown basmati)
- 2 large eggs
- 500ml (2 cups) milk of your choice
- 85g (¼ cup) approx. sweetener (raw honey, rice malt syrup or maple syrup)
- zest of one lemon, finely grated (optional)
- 1 teaspoon of cinnamon, ground (optional)
- ½ teaspoon cardamom seeds, ground (optional)
- ½ teaspoon of ginger powder (optional)
- ¼ teaspoon of grated fresh turmeric (optional)
- handful of almond flakes (or any nut of choice) – for nut-free replace the nuts with shredded coconut, seeds or just omit altogether
- fresh fruit, to bake on top (apple, rhubarb, pear, stone fruit, banana, berries)

**Method**
- Preheat your oven to 200°C.
- Grease a small baking dish well and add the brown rice.
- In a blender (or by hand with a whisk and muscle) combine the eggs, milk, sweetener, zest and spices.
- Pour over the rice, top with almonds (or any other nuts you like) and fruit.
- Bake for 20 minutes or until set (like a custard), whilst you take a shower, make lunches etc;
- Enjoy hot out of the oven with full-fat natural yoghurt, cultured sour cream or coconut yoghurt or allow to cool and then refrigerate before slicing. It will stay firm enough to put in a lunchbox.

FEBRUARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>5th</td>
<td>Xavier Heier</td>
</tr>
<tr>
<td>6th</td>
<td>Jenny Woodsford</td>
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<td>10th</td>
<td>Kalesita Fusi</td>
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<td>14th</td>
<td>Harry Blackmore</td>
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<tr>
<td>21st</td>
<td>Ethan Maxwell</td>
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SCHOOL AWARDS
(assembly week ONLY)

<table>
<thead>
<tr>
<th>Year</th>
<th>Students</th>
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<tbody>
<tr>
<td>Prep</td>
<td>Chanel Skerritt, James Clive</td>
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<tr>
<td>YR1-2</td>
<td>Kiarna Georgetown, Clancy Royes, Koormurri, Livermore</td>
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<td>YR3-4</td>
<td>Harry Blackmore, Craig Welch</td>
</tr>
<tr>
<td>YRS-6</td>
<td>Isabella Agulto, Bebo Deng</td>
</tr>
</tbody>
</table>

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.
This year, St Mary of the Cross School has been selected as one of 16 new schools joining Brisbane City Council’s Active School Travel program.

Active School Travel promotes clean and green, active and healthy school travel modes such as walking, cycling, carpooling and public transport.

By leaving your car at home, at least one day a week on our active travel day, we can improve road safety, improve our health and fitness, reduce traffic congestion at the school gate, and create a cleaner environment for our students.

How can you lose?

Brisbane City Council’s Active School Travel crew will visit our school assembly to launch the Active School Travel program on 26 February, so come along to learn more about the program.

Brisbane City Council’s Active School Travel crew will visit our school assembly to launch the Active School Travel program on 26 February, so come along to learn more about the program.

Look out for the Active School Travel crew and start thinking how you can use your car less travelling to and from school this year.

SUPPORT A READER (SAR) is a very successful program which aims to support and develop the literacy skills of our young students. It is easy, fun and very satisfying. We are calling for volunteers to help us with this program in 2016.

If you are interested we will be holding a training session at the school on Wednesday, February 24, 9.00-10.30 am. This session will be informative but very relaxed! We will then ask you to nominate a 1 hour time slot each week when you can support young readers 1:1, following the SAR process.

If you feel you are able to support the school in this way please contact Maureen Walsh on mwalsh@bne.catholic.edu.au or 38574803. Thank you in anticipation!