



# St Mary of the Cross Newsletter

## PRINCIPAL

**Mr Matthew Beacroft**

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

**GROWTH MINDSET**  
Adjust the way you think.



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## Specialist Timetable

<b>TUES</b>	PE, Art & Library
<b>WED</b>	Spanish & Music
<b>FRI</b>	Assembly & Sausage Sizzle

## Date Claimers

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

## 2016 Terms

<b>Term 1</b> (9 wks)	Wed 27 January - Thu 24 March
<b>Term 2</b> (11 wks)	Mon 11 April - Fri 24 June
<b>Term 3</b> (10 wks)	Mon 11 July - Fri 16 September
<b>Term 4</b> (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

**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**

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



**SCHOOL AWARDS**

(assembly week ONLY)

Principal	Clancy Royes
Prep	Chanel Skerritt James Clive
YR1-2	Kiarna Georgetown Clancy Royes Koormurri Livermore
YR3-4	Harry Blackmore Craig Welch
YR5-6	Isabella Agulto Bebo Deng



**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](http://www.facebook.com/myhumbleabode112) or call 38610011.



Brisbane  
City Council



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.

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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 [mwwalsh@bne.catholic.edu.au](mailto:mwwalsh@bne.catholic.edu.au) or 38574803. Thank you in anticipation!

**VIRTUOSI**  
SCHOOL OF MUSIC

Call to book your free trial lesson today!

Ph: 3352 3639

NEW STUDIOS NOW OPEN  
11 Days Rd, Grange

[www.virtuosi.com.au](http://www.virtuosi.com.au)

STRINGS PIANO VOICE GUITAR BRASS WOODWIND

**EXCITING CROSS COUNTRY PROGRAM**  
MARCH - JULY 2016

Queensland Running's 2016 Cross Country season commences on Saturday 5 March at Teralta Park, Mitchelton. The season runs from March through to the end of July and is of great assistance to all students in preparing for the school, district and regional cross country competitions.

Our competition includes distances ranging from 500/800metres (alternating each week), 1000, 1500, 2000, 3000, 4000, 5000, 6000 and 8000 metres. The 3000 and 5000 metre distances are run together as are the 4000, 6000 and 8000 metre events. In these races, runners can complete the lesser or greater of the of distances, depending on their comfort zone.

The runs are conducted at various parks in and around Brisbane, including Cherside, Toowong, Pine Rivers, Sandgate and Yeronga, to name a few.

For those unable to run, but still wishing to participate, a 500 metre non-competitive walk is programmed each week. Take your pram or dog for a wander through one of these beautiful parks. It is a popular event for families and best of all, it is free!

We have very reasonable rates to run and they include as many events as you would like to run over the afternoon. 10 years and under run for \$3.00 for the afternoon, \$4.00 for 11 to 17 years and adults pay \$5.00. If you register for the season for the cost of \$12.00, your runs cost \$1 less each afternoon and you run your first day for free.

We also have family registrations or individual runners can pay up front for the season. It is a great family afternoon where mums and dads can run with their children.

If you have any enquiries, please check out our website: [www.queenslandrunning.com.au](http://www.queenslandrunning.com.au) or call 0418 113 377.

**FUN FOR ALL AGES AND FITNESS LEVELS**

queensland running

Season Features:

- Weekly Competition
- Distances to suit all ages and fitness levels
- Championship events & Relays
- Picturesque park venues
- Canteen
- Affordable fees and family registrations

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Find us and like our Facebook page:  
St Mary of the Cross School Windsor



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