



St Mary of the Cross Newsletter

PRINCIPAL

Mr Matthew Beacroft

Dear All,

Parent Night

Thank you to the Parents and Friends who joined us on Tuesday night to hear from the teaching staff and myself about the 2016 school year. On Tuesday night I showed the proposed masterplan of our site. The staging of this masterplan and timeline are still very much to be decided but we have a clear set of directions now about what our site will look like into the future.

Student Leaders

A big thank you to Mr Dean Estreich for all his preparation for our opening school mass which included the blessing of student leader badges. Yesterday our student leaders participated in a leadership day run by Mr Estreich and Mrs Dos Santos which focused on their responsibilities as leaders and also in this very hot weather saw them have a quick swim. After seeing their genuinely caring interactions with their younger buddies already I know that they will be great role models for all our students.

Amazing Mural

At St Mary of the Cross we believe strongly in the power of the arts to help inspired and engaged learning. This week we have some amazing artists begin a stunning mural on the concrete wall facing the playground. This mural reflects our proximity to the city with the trains and skyscrapers. It also highlights our responsibility to the environment and how many of our unique native animals are endangered. Due to weather it is not quite finished but make sure you have a look next time you are at school.

Active School Travel

Fridays at our school will never be the same. From Friday, 11 March we will be asking everyone to really think about how they travel to and from school as we launch Footloose Friday as part of our Active School Travel program. It's a great way to increase your family's activity levels, meet other families and teachers in the school, and spend time with your child on your active journey to school.

We will be launching Footloose Friday on 11 March with a walk and then healthy fruit from Windsor Park from 8:15am. We would love any parent volunteers who would like to walk with us from there to join us then. More details will come home over the next couple of weeks.

All students will receive an Active School Travel passport on this day. Students who actively travel to schools on Fridays will collect stamps and earn lots of great rewards this year.

We know that everyone is different, so there are lots of ways you can actively travel to school. How will you actively travel to school?

Walk

Leave the car at home and walk your kids to school. If you live too far away, drive part of the way and walk the rest. We call that "Park and Stride".

Cycle

Ride with your children to school. It's legal to ride on the footpath and remember to always have your helmet secured.

Public Transport

Public transport is easy once you know how. For bus, train and ferry timetables, visit www.translink.com.au, or phone 13 12 30.

Carpool

Find a friend and carpool to school. It's an easy way to save money and time. Talk to other parents in your child's class or at music and sport to see who is going your way.

Have a good week,
Matthew Beacroft



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Specialist Timetable

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

Date Claimers

| | |
|---------------|-------------------------------|
| 24 Feb | Homework Club begins |
| 26 Feb | Family Social Night (Bowls) |
| 2 Mar | School Photos |
| 3 Mar | Yr3/4 Excursion |
| 11 Mar | Footloose Friday |
| 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 |

APRE**Mr Dean Estreich**

Dear Parents and Caregivers,

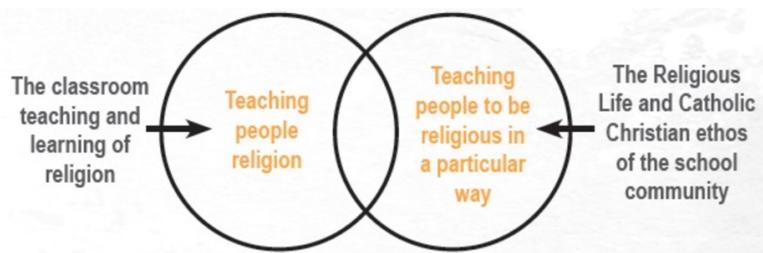
School and Parish Mass

Thank you to our students, staff, families, Holy Rosary parishioners and Fr Jose for our celebration of Eucharist on Wednesday for our opening school mass. Fr Jose spoke to us about being better people through the choices we make and the good things we choose to do at school and at home. Thank you to Mrs McCourt for preparing our school during hymn practise and for accompanying us on Wednesday. I will definitely have a go at leading the school in singing after the many positive comments made to me after mass.

Religious Education at St Mary of the Cross

The Vision for Religious Education, as stated in the Religious Education Curriculum of Brisbane Catholic Education, gives voice to what our hopes for our students at St Mary of the Cross in terms of their religious literacy and faith formation.

"The schools and colleges of the Archdiocese of Brisbane aspire to educate and form students who are challenged to live the gospel of Jesus Christ and who are literate in the Catholic and broader Christian tradition so that they might participate critically and authentically in faith contexts and wider society".



Religious Education consists of two distinct but complementary dimensions, namely an educational dimension and a faith formation dimension.

The first dimension, most commonly referred to as the classroom teaching and learning of religion, is focussed on Religious Education as an educational activity. It utilises a range of teaching and learning processes and resources.

The second dimension, faith formation, is reflected in the religious life of the school, family and parish. The educational dimension and the faith formation dimension are inextricably linked. The classroom teaching of religion is one element in a complex web of experiences that have the potential to nurture the faith life of young people.

All classroom teachers are working from the Brisbane Catholic Education Religious Education Syllabus and Curriculum documents. Religious Education aims to "develop students' religious literacy in the light of the Catholic tradition, so that they may participate critically and effectively in the light of their faith communities and wider society" (A Syllabus for Religious Education for Catholic Schools).

The Religion Curriculum involves four strands. These strands are interrelated and are taught in an integrated approach which are appropriate to the learning contexts of the class.

1. Sacred Texts
2. Beliefs
3. Church
4. Christian Life

At St Mary of the Cross it is a requirement that a minimum of 2.5 hours per week of religion teaching is provided. This time is allocated in the way that best meets the needs of our students.

The Religious Life of the School also comprises four interrelated components:

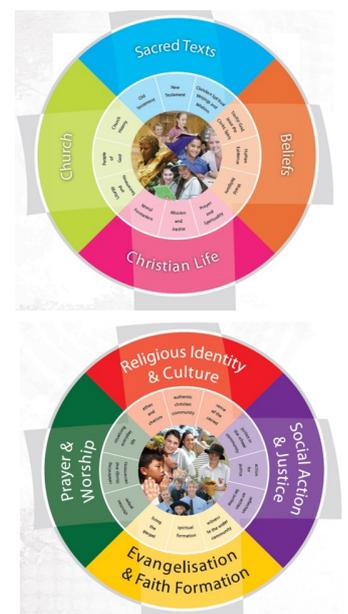
1. Religious Identity & Culture
2. Evangelisation & Faith Formation
3. Prayer and Worship
4. Social Action & Justice

Each of these components, while mutually reinforcing, provides a significant focus on a distinctive aspect of the religious life of our school and complements the teaching of religion within the classroom. Of particular interest for St Mary of the Cross students, staff, parents and Parish community is the focus placed on the life of Mary MacKillop. By sharing in Mary MacKillop's stories our students and their families are encouraged live our school motto: One in Christ. Our commitment to responding to the Christian call defines our school, provides the framework for our responses to what happens in the wider community and the way we go about being members of our school community at St Mary of the Cross.

Have a peaceful week,

Dean Estreich

Assistant Principal Religious Education (APRE)



PASTORAL CARE CORNER

Sr Anne Cannon

Dear Parents,

I'm sorry I didn't get to meet you all on Tuesday night. I was at a First Aid Course which went VERY late. As the First Term rushes to it's half-way mark (yes, mid-next week!!), it might be timely to look at your child's study skills. Have they settled into a pattern of homework and study that gets the job done? Michael Grose, psychologist and educator, offers these tips.

1. Establish a thorough homework process

Encourage your young person to:

- write down an assignment when it's given orally
- ask the teacher clarifying questions if s/he doesn't understand anything
- place the homework in a designated place, preferably the school bag, as soon as its finished.

2. Establish a Study Zone at home

Choose a consistent study or homework space that's conducive to working. Some young people need absolute quiet when doing homework, while others work better with soft music. Contrary to the opinions of many teens, studies consistently show that loud music and/or TV are highly distracting to students. Young children may be better at the kitchen table, where a parent can supervise as they prepare dinner or see to other children. Keep work and sleep spaces separate.

3. Establish a regular study time

The establishment of a consistent and specific time to do homework has been linked to academic success. Help your young person work out the best time for him/her – and you – to do homework– before play is probably best for primary aged children.

4. Establish a way to stay organised

Getting organised reduces stress levels and improves the chance of success. Have a calendar or similar where you can clearly mark 'due dates' for those tasks that extend over a period of time. This could be the same calendar as suggested in no 5. Have a supply of pens, pencils, scrap paper, etc readily available, either in the homework space, or in a basket that can easily be retrieved from the cupboard.

5. Establish good time management skills

The best way to help your young person organise their time is to use a large wall calendar so they can jot down study, leisure, family and other activities. The visual nature of the wall calendar will enable you as a parent to help them stay on track as well.

Mary MacKillop would say: "Be faithful in the least as well as in the greatest."

Enjoy your week, organising work, play and family!

God bless,

Sr Anne - School Pastoral Worker

HEALTHY LUNCHES

Congratulations to those makers of healthy sandwiches (with wholemeal or high fibre bread), fruit snacks and similar. The latest guidelines remind us that fruit **juice** (not drink) is best. The 'drink' is loaded with extra sugar. Milk is also a good drink, but nothing beats water (from the tap!). NO packaged snacks are healthy, unless you can find air-popped popcorn with no added salt or other flavourings.

COLLECTIONS

Thank you to those people who have continued to faithfully collect the following items. These are always gratefully received. They can be left at the Office at any time.

USED STAMPS: these are sold and the money used to support Josephite missions in Peru and East Timor. They should be surrounded by at least .5cm of paper and the perforation must not be torn. Most stamps are worth about \$30 a kilogram.

TOILETRIES: the kind you are given in motels, etc are very useful for chaplains in Prison Ministry. The chaplains provide a basic toiletry pack (shampoo, soap, comb, toothpaste and brush) to those entering prison who have no family to help them. Prisoners can only purchase such items once a week and if they enter on any other day, must wait until the next shopping day, so that's when the Chaplains help out. The 'Gate Ministry' also provides those exiting prison without support, with basic toiletry packs. This group also needs shaving gear, face washers and towels (which need not be new).

'CUPPA' ITEMS: The Funeral Pantry is a service for those who cannot afford to provide a 'cuppa' after a funeral. This service helps them out with tea, coffee, sugar, cups, spoons, long-life milk. Again, the left-overs from motels, etc are very acceptable.



FEBRUARY

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



SCHOOL AWARDS

(assembly week ONLY)

| | |
|-----------|---|
| Principal | Bebo Deng |
| Prep | Flynn Blackmore Christian Brew-Graves |
| YR1-2 | Ivy Jewell Willard Alcantara Dante Matthews |
| YR3-4 | Kalesita Fusi Eli Watson |
| YR5-6 | Saesha George Isabella Agulto |
| Sr Anne | Kira Stokes |



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

If you are interested we will be holding a information session at the school on Wednesday February 24, 9.00-10.30 am.

Please contact Maureen Walsh - mvwalsh@bne.catholic.edu.au or 38574803. Thank you in anticipation!

“RECIPE OF THE WEEK” - BERRY NICE BROWNIES

Ingredients

- 200 grams (approx 2 cups) raw medium sized sweet potato (or beetroot, zucchini, carrot, pumpkin), peeled, grated and extra moisture squeezed from it
- 125 grams (½ cup) of butter, melted or macadamia nut oil or coconut oil
- 170 grams (½ cup) sweetener of your choice (honey, pure maple syrup or rice malt syrup)
- 2 large eggs
- 2 teaspoons of vanilla powder or paste (or essence)
- 30-60 grams (¼-½ cup) of raw cacao/cocoa powder (the more cacao, the richer the chocolate flavour)
- 2 teaspoons of baking powder
- 1 teaspoon of bicarbonate of soda
- 2 tablespoons of coconut flour (least amount of carbohydrate) or 4 tabs of plain flour (wholemeal is better than white for less carbohydrates)
- ½ cup (approx.) of raspberries, fresh or frozen or pitted cherries are lovely too (estimate about one berry per slice)

Method

- Preheat your oven to 180°C.
- In a large bowl, blender or processor, mix together the sweet potato, butter or oil, sweetener, eggs and vanilla until combined.
- Add the cacao, bicarbonate of soda and baking powder and combine.
- Finally stir through the coconut flour. Coconut flour absorbs a lot of liquid so you should only need the two tablespoons. Your batter should be the consistency of a thick (cake like) batter. Let it sit for a minute and if it still seems a little wet, add more coconut flour teaspoon by teaspoon.
- Line a small slice tin with baking paper.
- Pour the batter into the tin and top with the raspberries or cherries (optional).
- Bake for 25 minutes or until the centre is firm to touch or a skewer inserted comes out clean. Cool completely before slicing. It will firm up once chilled.
- Store in the fridge in an airtight container or you can also freeze them.



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