Dear All,

As always it has been another busy week in our wonderful school. On Tuesday and Wednesday this week Mr Dean Estreich and I were at a learning and planning session along with around 28 other schools from North Brisbane. It was an invaluable time to be able plan and consolidate goals for our school. The days also affirmed that we are doing lots of creative and engaging work already in our classrooms every day.

Over the last week in classrooms I have learnt about animal adaptations, seen expressive poems created, met some maths marvels who are increasing their speed and accuracy with times tables, worked on i-pads with reading eggs and mathletics and seen sound superheroes flying around the room. Have you asked your child this week what they have learnt?

This week also saw the commencement of homework club. Thank you to the staff who give up their time on a Wednesday afternoon to work with students across the school on oral reading, numeracy and literacy activities. If you would like your child to be part of homework club or you want further details please contact the office.

Health Concerns

As always the health and safety of all children is the most important part of our role. If children are unwell with any type of infectious diseases they should be kept at home until they well. Unfortunately if children turn up to school they will be sent home for the benefit of the whole school.

Parent Social Night

I look forward to seeing all of the parents and friends at the Windsor Bowls Club from 6pm tonight. With over ninety responses I look forward to meeting lots of new people and families and beating the children at barefoot bowls. I apologise for the competitive nature in advance.

Active School Travel

Attention parents! We’re celebrating our first Active Travel Day on Friday 11th March. Leave the car in the garage and walk, ride, scooter, carpool or take public transport to school instead and help keep our streets safe, our students healthy and active, and our neighbourhood clean and green.

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,

Lenten Journey
A look in classrooms shows the Lenten journey lots of our students are travelling. Many have committed to demonstrating acts of kindness, taking on extra jobs to help out in class and at home and the actions we can take to help others who are in need.

During lent, our student leaders are speaking to all classes regarding our commitment as a school to Project Compassion. Last week our leaders delivered posters and collection boxes to classrooms. The children have embraced this opportunity to give to those less fortunate. Thank you to all those who have donated to Caritas through the classroom Project Compassion boxes or their individual collection boxes. The boxes will remain in classrooms throughout Lent. Your generosity will have a positive impact on many lives and communities.

Jubilee of Mercy
All the four papal basilicas in Rome have what is known as a holy door. These doors are normally shut from the inside and cannot be easily opened; they are only opened during jubilee years. When you enter St. Peter’s Basilica, the last door to the right hand side is the Holy Door. The door is bricked up on the inside. On the first day of the Holy Year (Jubilee Year), the pope strikes the brick wall with a hammer and then opens the door to let the door at the end of the Jubilee Year. The tradition of the opening and closing of the Holy door can be traced back as far as the 15th Century.

The Holy Door in St Peter’s Basilica
The very top row has two panels showing the exile of Adam and Eve from the Garden of Eden after the Fall with the sword wielding angel guarding the entrance with the fiery sword. The opposite two panels depict the Annunciation with the Archangel Gabriel asking Mary to be the Mother of Jesus. The inscription covering both panels reads, “What sad Eve took away [paradise], you [Mary] give back with life-giving child”.

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

Dear Parents,

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Michael Grose offers five practical strategies that you can use.

1. Model confident thinking
Children soak up the language, thinking and behaviour of those closest to them. Parents and teachers play a part in modelling confident thinking and behaviour especially when it comes to tackling new activities. In particular, let children hear positive self-talk when you tackle something new. They should hear something like “I’ll have a go at this. If I don’t do so well then I can try again tomorrow.” This is far more effective than “I’m no good at this. I’ll probably stuff it up.”

2. Focus on effort & improvement
“Use it or lose it” is as relevant to our mind and emotions as to our physical health. One way to develop this ‘growth mindset’ is to focus your language on effort and improvement rather than on the results. By linking success with effort you are teaching them success comes from something other than pure ability, talents or smarts. There is no need for constant material rewards, either, just the satisfaction of knowing you have improved by your own efforts.

3. Praise their strategies
Children need a broad repertoire of approaches – not just sheer effort – to learn and improve. Focus your language on better and smarter ways of improving. Comments such as “That was a smart idea to tackle the hardest task while you were fresh!” and “You recognised the first few steps were the most important but then after that you were right” are descriptive statements that have significant instructional value for children.

4. Develop self-help skills from an early age
A child’s self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed. Start as soon as they are mobile!

5. Give them real responsibility
From a young age, start giving children responsibility for some aspects of their lives. By giving children responsibility we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to be independent. Even toddlers can learn to put away their toys. Increase the complexity of the responsibility as they get older. Then tell them how proud you are of their ability to accept that responsibility, let them know you believe in them, you know they are becoming independent.

Mary MacKillop would say: “It is not necessary that we should succeed in all we undertake .. but have courage, a courage that rises with difficulties.”

Enjoy your week, trying new things.

God bless
Sr Anne

School Pastoral Worker

MARY MACKILLOP COLLEGE INFORMATION NIGHT—WEDNESDAY 2ND MARCH

We warmly invite families from Nundah and surrounding suburbs to the Mary MacKillop College Enrolment Info Evening. The evening will include:

- Student lead tours of classroom and facilities from 4.30pm
- Principal and College Captain address from 5.30pm
- Light refreshments provided

Interviews for 2017 - 2019 placements commence Wednesday 16 March.

You are welcome to book your daughter’s Enrolment Interview whilst attending the Info Evening. To find out more, please phone 3266 2100 or email mmc@mmc.qld.edu.au

Current Year 6 students need to be enrolled for Year 7 immediately, whatever school they are going to.

Current Year 5 students should strongly consider enrolling immediately, if they wish to secure a place at the school of their choice.
HEALTHY LUNCHES

The following recipe won’t appeal to everyone, but it is worth a try for a healthy and inexpensive snack. Chickpeas are high in protein and fibre. Begin with only one can of chickpeas, if you are uncertain, then halve the quantities (number in brackets) for everything else. You could make a milder version by using less paprika and curry powder. If you want to eliminate them altogether, try substituting some other herbs and spices that you know your family will like.

ROASTED CHICKPEAS

Ingredients

- 2 (1) x 400g cans of chickpea, drained
- 30(15) ml olive oil
- 2(1) teaspoons sweet paprika
- ½(¼) teaspoon ground cumin
- ½ (¼) teaspoon curry powder
- 1(½) tablespoon freshly grated lemon rind
- 1 (½) teaspoon dried thyme
- 1(½) teaspoon fresh rosemary, chopped

Method

1. Preheat oven to 200ºC
2. Line a shallow biscuit tray (with sides) with baking paper.
3. Toss well dried chickpeas in olive oil.
4. Spread on tray and roast for 10 minutes.
5. Remove tray from oven, loosen chickpeas, ensuring they are well spread out, roast for another 10 minutes until chickpeas begin to crisp up.
6. Check when ready by pressing a chickpea with a fork- they need to be slightly crisp on the outside and soft on the inside. Don’t let them go brown.
7. While chickpeas are roasting, prepare the dressing by combining all remaining ingredients in a medium sized bowl.
8. Remove chickpeas from oven and transfer roasted chickpeas to the bowl and carefully toss through the mixture until well coated.
9. Return coated chickpeas to oven and roast for a final 10-15 minutes. Allow to cool.