Dear All,

Active School Travel

This week sees the beginning of our Active School Travel Program with our very first Footloose Friday from Windsor Park.

Active School Travel means that families do not drive onto the school grounds on a Friday but instead park a block or two away and walk to school. It could also mean riding bikes or scooters to school or even carpooling with another family. Make sure you wear your helmet if you are riding a bike or a scooter.

Active School Travel is a program to help improve safety in the school car park and also develop safe travel behaviours for children. Please make Footloose Friday a regular part of your weekly travel. Children all have an Active Travel Passport that stays in the classroom that gets a stamp on Friday if they actively travel. Students will receive prizes when they reach travel milestones on their passport.

To help launch the programme Cr McLaughlin will be walking with us from 8:15 from Windsor Park. There will be fruit available from 8:25 in the Stadium. Unfortunately due to the cancellation of their game on the weekend the Brisbane Lions training schedule has changed and they will not be able to walk with us tomorrow. We will have some players drop in over the next couple of weeks to help with our Footloose Friday walking though.

Car Park Speed

Please consider your speed in the car park. I know we are all busy and need to get to appointments before and after school but please remember that it is the adults that make the car park safe.

Prep Enrolments 2017 - GET YOUR IN NOW

It is that time of the year when we begin the enrolment process for next year.

If your child is turning 4 before June30, 2016 they are required to start Prep in 2017. Please pass this information to friends and families that may have a child ready to start Prep. You are the best advocate for our wonderful little school.

Have a good week,

Matthew Beacroft
APRE

Mr Dean Estreich

Dear Parents and Caregivers,

St Mary of the Cross School and Parish Mass

Saint Mary of the Cross School will celebrate Eucharist in Holy Rosary Church next Wednesday 16th March at 9am. We invite our school and parish community to join us in this celebration. At the conclusion of mass there will be the Mini Vinnies Commitment Ceremony. Sr Anne and Mrs Bernice Heron will support the students in making this commitment. The students will make promises as part of their commitment and receive their badges in recognition of this.

International Women’s Day

International Women’s Day is held annually on March 8 to celebrate women’s achievements throughout history and across nations. It is also known as the United Nations Day for Women’s Rights and International Peace. We celebrate the importance and achievements of all women. I was reminded of the blessings of those women so close to us at St Mary of the Cross this week as I thought about all the things that our mothers, wives, sisters and friends do for us each and every day. You are all so special and we appreciate all that you do.

Women Are So Special

Mum and Dad were watching TV when Mum said,

"I'm tired, and it's getting late. I think I'll go to bed."

She went to the kitchen to make sandwiches for the next day’s lunches. Rinsed out the popcorn bowls, took meat out of the freezer for supper the following evening, checked the cereal box levels, filled the sugar container, put spoons and bowls on the table and started the coffee pot for brewing the next morning.

She then put some wet clothes in the dryer, put a load of clothes into the washer, ironed a shirt and secured a loose button.

She picked up the game pieces left on the table, put the phone back on the charger and put the telephone book into the drawer.

She yawned and stretched and headed for the bedroom.

She stopped by the desk and wrote a note to the teacher, counted out some cash for the excursion and pulled a text book out from hiding under the chair. She signed a birthday card for a friend, addressed and stamped the envelope and wrote a quick note for the grocery store. She put both near her bag.

Mum then washed her face with 3 in 1 cleanser, put on her Night Solution & age fighting moisturizer, brushed and flossed her teeth.

Dad called out, "I thought you were going to bed."

"I'm on my way," she said.

She put some water into the dog’s dish and put the cat outside, then made sure the doors were locked and the patio light was on. She looked in on each of the kids and turned out their bedside lamps and radios, hung up a shirt, threw some dirty socks into the hamper, and had a brief conversation with the one up still doing homework.

In her own room, she set the alarm; laid out clothing for the next day, straightened up the shoe rack. She added three things to her 6 most important things to do list. She said her prayers, and visualized the accomplishment of her goals.

About that time, Dad turned off the TV and announced to no one in particular.

"I'm going to bed." And he did without another thought.

Anything extraordinary here? Wonder why women live longer...?

'CAUSE THEY ARE MADE FOR THE LONG-HAUL...’

(and they can't die sooner, they still have things to do!!!!!)

Have a peaceful week,

Dean Estreich

Assistant Principal Religious Education (APRE)
PASTORAL CARE CORNER
Sr Anne Cannon

Dear Parents,

‘Forgiveness’ is our touchstone of mercy this month. Forgiveness – and so many other things in life – are only real if we are sincere. Fr Ronald Rolheiser offers us some tips on how to be sincere, a virtue we need to cultivate in our children, too.

“Much as the desire for sincerity haunts us, it is very difficult to be sincere. Why? Because too many things get between ourselves and our true centre. There are almost too many muddles to escape from. What does it mean to be sincere? Dictionaries offer two versions ... and both interpretations shed light on its true meaning. Some dictionaries suggest that sincere comes from two Latin words: sine (without) and caries (decay). Hence, to be sincere means to be “without corruption.” Other commentators suggest that its root is: sine (without) and cero (to smear, to coat with wax). In this view, to be sincere means to be uncovered, to have a certain nakedness of soul, to not have a coat of something smeared on you. Certainly, both are true. To be sincere is to be, in mind and heart and soul, uncorrupted. To be sincere is also to be bare, uncoated, truly yourself, not smeared by pretence, whim, fad, political correctness, posturing and acting out. To be sincere is to be without false props, without a mask, without anything that is not really true to you. ... The quest for sincerity is the struggle to “finally grow up.” Sincerity is the final resistance to everything that is immature, that blocks us from truly facing ourselves, each other and our God.”

It’s a tall order, but perhaps we can start with just one thing, eg respond very honestly when someone mentions refugees – be honest with your own opinion, but also open to learning about another’s stance and why.

Mary MacKillop would say: “Our good God sees what is in the heart”.

Enjoy your week, being as sincere as you can with each other.

God bless
Sr Anne
School Pastoral Worker

SISTERS OF ST JOSEPH CELEBRATIONS

Join the Sisters of St Joseph, who have been part of our school for 87 years, as they celebrate the 150 anniversary of their founding by Mary MacKillop and Julian Tenison Woods. Mass at St Stephen’s Cathedral on Saturday, 19 March, is at 10:30am, followed by morning tea. Let the Office know if you are coming. We will have other opportunities in August.

HEALTHY LUNCHES

Did you know that most children will consume over 3,000 school lunches in their lifetime?! The more healthy we can make their lunches, the better they will be, physically, emotionally and academically. With the following recipe, you can produce basic biscuits or join them together with a healthy filling to create your own ‘oreos’. See recipe over page.

FREE FUN

For you Littles Ones: Story Time
Chermside Library (currently in the Council Service Centre on Gympie Rd) 10.30am on Wednesday 16th March. Bookings 3403 8888.

Family Fun: Gazing at the Stars
Grange Library, 7pm on Friday 18th March. Bookings 3403 8888

Primary Creators: Free Art and Craft Activities
Zillmere Library 10am on Saturday 19th March. Bookings 3403 8888

MARCH

3rd Dante Matthews
5th Isaiah Batista Dos Santos
8th Ivy Jewell
10th Cooper Lyndon
13th Jada Livermore
20th Bebo Deng
27th Trefena Reju
28th Seth Watson

SCHOOL AWARDS

Principal Savannah Smith
Prep Christian Brew-Graves
                    Albie Royes
YR1-2 Ethan Maxwell
                    Aiden Mullavey
                    Seth Watson
                    Kyuss Callaghan
YR3-4 Daniel Sibanda
                    Lethae Wilkie
YRS-6 Louisa Cameron
                    Georgie Zumbo

Sacraments

Parent Info Sessions COMPULSORY
• Tuesday 12th April 2016
  7-8pm
Enrolment Weekend
• Sat/Sun 16/17 April at weekend masses
Preparation COMPULSORY
(at 3.30pm-4.30pm)
• Friday 29th April;
• Friday 6th May;
• Friday 13th May
Confirmation
• Sunday 15th – 11.00 am
  Pentecost Sunday
RECIPE OF THE WEEK - CHOCOLATE BISCUITS

Ingredients

- 120 grams (1 cup) of wholemeal flour (Using spelt flour is even more nutritious.)
- 30 grams (¼ cup) of cacao powder (or a rich dutch cocoa powder)
- ¼ teaspoon of bicarbonate of soda
- Pinch of sea salt
- 1 teaspoon of vanilla powder, paste or essence
- 50 gram (¼ cup) of coconut or macadamia nut oil (extra virgin olive oil if others not available)
- 30 gram (3 tablespoons) of milk
- 85 gram (¼ cup) of rice malt syrup, pure maple syrup or honey

Method

- Pre heat your oven to 150ºC.
- In a mixing bowl, combine the flour, cacao powder, bicarbonate of soda and salt.
- In a blender or food processor, mix the vanilla, oil, milk and syrup until well combined.
- Add the wet to the dry ingredients and mix together until a dough forms.
- Roll into a ball, wrap in cling wrap or baking paper and refrigerate for 30-60 minutes.
- Place the dough between two pieces of baking paper and roll to approximately 2-3 millimetres thick.
- Cut rounds with a cookie cutter, place on a lined or greased baking tray and bake for 10 minutes.
- Leave on the tray until completely cooled and add a filling or eat as they are.
- Store in an airtight container in the fridge or freezer.

Fillings

Cream centre (aka Oreo)

- Mix ¾ cup of creamed coconut (coconut butter) (warmed to make it easier to mix) with
- 1 teaspoon of vanilla essence,
- 2 tablespoons milk and
- 2 tablespoons of rice malt syrup or maple syrup until well combined to a creamy paste. A food processor or a bit of muscle is required to combine it.

If you can’t find or can’t afford the coconut butter, use ordinary butter or try creamed cheese.

Minty (aka Mint slice)

Add 1 teaspoon of mint essence to the cream centre recipe for a delicious mint centre.

To fill

- To begin with, make sure your biscuits are cold (or even frozen).
- Place ½ teaspoon of cream to a biscuit and push down another to squash the cream across the base.
- Store in the fridge or freezer.