



# St Mary of the Cross Newsletter

**PRINCIPAL**

**Mr Matthew Beacroft**

Dear All,

**Building Works**

As a school over the last couple of years we have undergone significant building and landscaping to ensure our school is a high quality learning space which is engaging for the children. Yesterday I met with representatives of Queensland Catholic Education as part of the Block Grant Approval or BGA. The BGA is about schools developing a masterplan of their site and an educational brief which informs future building projects and ensures the school is offering contemporary, engaging and flexible learning spaces. Yesterday we put forward our proposal for the continued development of all our classroom spaces and other spaces around the school. We will find out later in the year which elements were successful, if at all as they prioritise schools needs across Queensland. Our fingers are crossed for some good news.

**Paint a Cow**

Dairy Milkilop has plenty of colour on her now after Mrs Amanda Crocetti, our wonderful art teacher, led a number of students in painting her this week. On Monday the whole school will be attending a dairy as part of learning about the farm to table curriculum. The children will be having around a hour and a half tour of the milking and milk production process. It is important that all children have a hat, water bottle and plenty of food for the day and after attending a number of excursions over the years it is amazing how much hungrier the children get on these days. Just a reminder that Normal school uniform is to be worn on the day.

**Camp**

I had the privilege of attending camp on Thursday afternoon and Friday last week. A big thank you to Mrs Dos Santos, Mr Estreich, Miss Boysen and Mrs Carley Hearne who all attended camp as well. The children learnt a lot about being resilient, encouraging and supporting each other, getting organised, challenging yourself and being confident. They had to try new foods, interact with different instructors, try new activities like cooking damper over a fire or flying on a giant swing, or archery, or orienteering. The staff get to see the children in a completely different light and it helps us to strengthen relationships which are integral to high quality teaching and learning happening in classes. I learnt that mobile phones do not work well after being in the dam after falling out of a canoe. So overall we all learnt a lot.

**Uniforms**

Just as the weather finally cools down after our long hot summer, we have taken delivery of a small number of fleece jumpers and size 6 sports jackets.

This new stock will be available at the school uniform shop from today, with more available in the coming weeks.

**Active School Travel**

Next week is National Walk Safely to School Day. As always we encourage all children to actively travel to school anyway they can on this day. On the following page we have details of the scooter skills training that will be occurring in the following weeks.

Have a good week,  
Matthew Beacroft



\$20 each



\$45 each

**Inside this issue:**

Principal ..... 1  
 APRE ..... 2  
 School Reminders ..... 2  
 Pastoral Care ..... 3  
 Birthdays ..... 3  
 School Awards ..... 3  
 Parish Notices ..... 3  
 Photos / Advertisements ... 4

**Specialist Timetable**

<b>TUES</b>	PE, Art & Library
<b>WED</b>	Spanish & Music Homework Club
<b>FRI</b>	Active School Travel, Assembly & Sausage Sizzle

**Date Claimers**

<b>15 May</b>	Confirmation at Holy Cross
<b>16 May</b>	Dairy Farm Excursion
<b>20 May</b>	Cross Country
<b>23 May</b>	P-2 Children's Theatre Performance
<b>25 May</b>	School Mass
<b>3 June</b>	Free Dress Day - Winter Appeal

**2016 Terms**

<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!



- **SAUSAGE SIZZLE FRIDAY** - \$4 includes a sausage on bread, popper & snack



- Due to Work Place Health & Safety - **We DO NOT reheat food for Students.**



- **School banking is on THURSDAY.**



- **School shoes**  
Children: \$65.00  
Adults: \$99.00



- **Pinkberry Kisses Bows & Clips** \$5 each

### APRE

Mr Dean Estreich

Dear Parents and Caregivers,

This term we have had a variety of opportunities to pray together as a school community, in class groups and as individuals. We have recognized the need to pray for the needs of the world, our country, community, family and friends. Please consider the following as we pray this week:

Blessed are those who can laugh at themselves:

*They will have no end of fun.*

Blessed are those who can tell a mountain from a molehill:

*They will be saved a lot of bother*

Blessed are those who think before acting and pray before thinking:

*They will avoid many blunders.*

Blessed are those who know how to relax without looking for excuses:

*They are on their way to becoming wise.*

Blessed are those who know when to be quiet and listen:

*They will learn many new things.*

Blessed are those who are sane enough not to take themselves seriously:

*They will be valued by those about them.*

Blessed are you if you can be kind in understanding the attitudes of others, even when the signs are unfavourable;

*You may be taken for a fool, but you will know peace within.*

Blessed are you if you can appreciate a smile and forget a frown:

*Your days will be sunny.*

Blessed are you who recognise God in all whom we meet:

*You will discover treasures beyond belief.*

Have a peaceful week,

Dean Estreich

Assistant Principal Religious Education (APRE)

## Active School Travel Scooter Skills



Scooters are growing in popularity but parents may be reluctant to allow their children to scoot to school because they aren't confident they have the skills or experience to ride safely. To overcome this, as part of the Active School Travel program, Brisbane City Council is offering students a one off 60 minute scooter skills session with a professional coach.

This session provides children with invaluable road safety skills and lays the foundation for active travel choices as teenagers and young adults. The course will be conducted at school on Friday 10 June at 2pm.

The training will cover:

- simple scooter and helmet safety checks
- basic control and riding manoeuvres
- emergency stops
- road rules and footpath etiquette

To participate, students are asked to bring their own scooter and helmet although some are available to borrow if required. Scooter skills training is subsidised by Brisbane City Council's Active School Travel Program and will be provided free of charge to parents.

A brochure with permission slip will be sent home with all students to be returned to the office by Friday 3 May. Places are strictly limited so be quick if you don't want to miss out!

**PASTORAL CARE CORNER**

**Sr Anne Cannon**

Dear Parents,

**Anxiety** seems to be an ever more common problem, but it is not something we need to overreact to. Michael Grose, child psychologist, offers the following suggestions. Most children - and adults - experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt us to proceed with caution. That's a good thing. It is only when anxiety and fear become paralysing that we have a problem. Some children simply can't stop their bad thoughts/feelings. They can't silence the voice of fear that whispers to them continually.

Anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when children get anxious. **Calm** is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some children get angry, some become upset and others withdraw. What does the body do – shake, get butterflies, become tense? Work out the reactions with/for your child and help them recognise when they are anxious.

**Accept** your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety. Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be *catastrophizing*, eg 'What if I can't get it right/learn it/lose the race? Point out that the answer is "Nothing bad will happen, you'll just try again/congratulate the winner. If you feel there is reason for concern, help them to overcome their anxiety.

**Challenge** the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow children to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around. **Encourage** your child to overcome their anxiety through action. Do something, either related to the problem, or as a distraction, eg run to the back fence, pull a funny face!

Mary MacKillop would say: *"Never expect perfection; have courage, no matter what."*

Have a calm, peaceful week.

God bless,  
Sr Anne

**THANK YOU** to all who supported the Mothers' Day stall. We raised \$216 for the Vinnies Winter Appeal. That will buy a number of blankets or lots of tinned foods. We will also be collecting these items before the end of term. Watch for our next notice. *Mini Vinnies*.

**VOLUNTEERS, WE SALUTE YOU**

Thank you to all those wonderful people who volunteer so much time and effort to keep our school running smoothly. People who work in our grounds, ancillary staff who work well beyond their allocated hours, classroom helpers, Community Association Group, Library helpers and so much more. We do appreciate you and we know we couldn't manage without you.

**WE PRAY FOR OUR CONFIRMATION CANDIDATES**, Shelliah, Lethae, Cerys, Amelia and Kira who will be confirmed on Sunday at Holy Cross Church at 11:00am. You are welcome to join them for this special Mass.

**AUSTRALIA'S BIGGEST MORNING**

Friday 27th May | Starts 10:00am till 12:00pm

Mary Sellen Centre, 12 Chalk St, Woolloowin 4030

Entry: \$10 includes cup of coffee/tea and a delicious selection of savoury and sweet treats plus one free raffle ticket | Raffle Tickets 3 for \$5 or 7 for \$10

Some of the prizes include: 2 x \$40 Grill'd Voucher, 2 x S & S Hair Voucher Cut, Wash & Blowdry, Plus more to come on the day!!

Extra Merchandise available for sale.

R.S.V.P – Narelle 3866 4212 if no answer ring my mobile 0418 202 628



**MAY**

2nd	Jett Parnell Summer Poed- Newell
15th	Chanel Skerritt
18th	Dominic Deng Halle Wild
27th	Clancy Royes



**SCHOOL AWARDS**

Principal	Craig Welch
Prep	James Clive Cooper Lyndon
YR1-2	Celia Batista Dos Santos Summer Poed- Newell Alanis Morris Kyuss Callaghan
YR3-4	Savannah Smith Harry Blackmore
YR5-6	Jett Parnell Georgia Zumbo



**GIVE HAPPY  
LIVE HAPPY**



**Confirmation**

- Sunday 15th – 11.00 am  
Pentecost Sunday



### HEALTHY LUNCHES

Here is an easy recipe that can be used as part of a main meal and then left-overs can be used for lunches. This serves 6, so make extra if you want a meal and lunches.

#### RECEIPE OF THE WEEK - FRIED RICE

##### Ingredients

- 1 cup long grain rice (brown rice is best but takes longer to cook)
- 2 eggs, beaten
- Olive or canola oil spray
- 1 teaspoon olive or sesame oil
- 75g lean leg ham, diced
- 1 onion, diced
- 1 red or green capsicum, seeded and diced
- 2 cups Chinese cabbage, shredded
- 1 cup green peas, cooked
- 1 cup sweet corn kernels, cooked
- 200g can peeled baby prawns (optional)
- 1 cup bean shoots (or beans, sliced finely)
- 2 spring onions, diced
- 3 tablespoons reduced-salt soy sauce
- 1 tablespoon oyster sauce

##### Method

1. Cook rice following packet directions, drain and cool completely.
2. Lightly spray a heated non-stick pan with oil and pour in eggs to make a thin omelette.
3. Cook over gentle heat until set.
4. Transfer to a plate and slice thinly. Set aside.
5. Lightly spray the same pan with oil and cook ham and onion until golden.
6. Add capsicum, cabbage, peas, corn and prawns. Cover and toss well for several minutes.
7. Add remaining ingredients except omelette. Stir until sauce has mixed through.
8. Fold in sliced omelette. Serve hot or refrigerate, ready for lunches.



From every Membership we sell, 20% of the proceeds go towards the fundraising for our school. Please forward to all your family and friends. Books and Digital Memberships are available for \$65. Click on the link below to order from us today:

[www.entbook.com.au/2m21510](http://www.entbook.com.au/2m21510)

PH: 07 3857 4803  
 Fax: 07 3857 5039  
 Email: [pwindsor@bne.catholic.edu.au](mailto:pwindsor@bne.catholic.edu.au)

22 Grafton St, Windsor Qld 4030  
 PO Box 535, Lutwyche Qld 4030



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



[www.stmaryofthecross.qld.edu.au](http://www.stmaryofthecross.qld.edu.au)