Dear All,

Family and time spent with those we love is one of the most important aspects of our life. Those closest to us provide the love and support needed to meet the everyday challenges we encounter. This week is National Families Week and is a time to celebrate and appreciate our loved ones. The theme for 2016, “Stronger Families, Stronger Communities,” acknowledges the vital role families play in our society. Communities, like the St Mary of the Cross community, are representative of the people within them and we are very fortunate to have a welcoming feel. Take that extra time this week to tell your family how much you love them.

Promoting Our School

The obvious segway from telling your family how much you love them is to telling other people how much you love your school family. Over the next couple of weeks we will be releasing a number of advertising and marketing stories, videos and testimonials telling people about our school. After seeing the draft of our marketing video I know that it will show the best of our school. Thank you again to the parents and friends of the school who made themselves available on the day to be filmed and interviewed. All of you will receive your Logies in the near future.

Our flyer for an information night next week at school from 6pm and the details to rsvp have been sent out. Our school was launched this week electronically and will be delivered to local childcare centres and homes over the next couple of days in a hard copy. If parents are available on the night to serve food and drink more details will be home next week.

Cross Country and No Assembly

This day will see the children come to school as normal at 8:30am in their sports uniform. The students will then be walked down from 8:45am to Windsor Park on National Walk to School Day and complete their cross country. Because of this there will be NO Active School Travel walking from the park. Toilets will be open on the day at the oval.

The timetable will follow as approximately:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00 am</td>
<td>Group Warm Up</td>
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<tr>
<td>9:10 am</td>
<td>Prep Race</td>
</tr>
<tr>
<td>9:20 am</td>
<td>Years 1 and 2 Race</td>
</tr>
<tr>
<td>9:30 am</td>
<td>Years 3 and 4 Race</td>
</tr>
<tr>
<td>9:40 am</td>
<td>Years 5 and 6 Race</td>
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</table>

As always Parents and Friends are very welcome to come along and support on the day.

Have a good week,
Matthew Beacroft
Principal
**UNIFORM SHOP**

- **Winter Uniform**
  - Jumper: $22.00
  - Jacket: $50.00

- **School shoes**
  - Children: $65.00
  - Adults: $120.00

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**SCHOOL NOTICES**

- **School banking** is on **THURSDAY**.

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

- **As the weather cools, a reminder to all families that due to Work Place Health & Safety - We DO NOT reheat food for Students.**

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**APRE**

Mr Dean Estreich

Dear Parents and Caregivers,

**Cross Country**

St Mary of the Cross students will run our Cross Country tomorrow at Windsor Park starting at 9a.m with a welcome and prayer. Our goal again for the event is ‘NOW’: No One Walks. We look forward to a great run and competition between our athletes. As always Parents and Friends are very welcome to come along and support on the day.

**St Mary of the Cross School Mass**

Our next school Mass will be celebrated next Wednesday 25th May at 9am in Holy Rosary Church. We welcome all St Mary of the Cross families, friends and our Parish to this celebration of Eucharist. We welcome back Mrs McCourt from her travels and we look forward to singing in praise and thanksgiving as part of our celebration. Fr Jose visited classrooms on Wednesday and gave us an important message to ponder. He wrote the word 'CHURCH' on the board after students spelt it out. The question from this was: 'Who is at the centre of the CHURCH?' After some contemplation the clear answer was 'You Are!'

**Pentecost and Confirmation**

Congratulations to those children in the Catholic Parish of Lutwyche who received the Sacrament of Confirmation on Sunday during our Mass celebrating Pentecost and the gift of the Holy Spirit. As a community we pray for these children and their families, that they may strengthened by the Holy Spirit as they continue to grow and deepen their relationship with God and the Church.

Have a peaceful week,

Dean Estreich
Assistant Principal Religious Education (APRE)

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**A message from Brisbane Catholic Education**

The Royal Commission into Institutional Responses to Child Sexual Abuse will close new applications for private sessions on 30 September 2016. If you know of people who would like to apply for a private session, it is important that they come forward now. People who have already registered for a private session will not be affected. They will have been notified of this and are guaranteed to receive a private session if they still wish to attend.

Please contact the Royal Commission with any questions or for support by calling 1800 099 340 or by emailing : contact@childabuseroyalcommission.gov.au. More information about private sessions can be found at http://childabuseroyalcommission.gov.au/share-your-story/privatesessions.

**PAM BETTS - EXECUTIVE DIRECTOR**
PASTORAL CARE CORNER
Sr Anne Cannon

Dear Parents

We are all gifted as much as we are all flawed. Sometimes we forget to look at our own gifts because we are so busy making sure the gifts in our children are nurtured. Joan Chittister, psychologist and author, suggests that gifts are our contribution to life in general that we simply must share with others. We need to recognise what it is that takes our energy and takes us out of the normal time zone. Maybe it is knitting or gardening or cooking or singing or … Joan loves developing her own films. She says that in her dark room all time stopped for her. “There was only one thing driving the work;: the sheer giddy joy of producing what my mind had created. … My professional education was in other things, but it was giving expression to the ink in my veins that really touched the me in me.”

A gift is a very personal part of us. It’s special. It taps in us what nothing else in life can even begin to explore. And yet so many of us make so little of our gifts, consider them “hobbies” more than specialties, go so far sometimes as even to hide them from public sight. But it is in our giftedness that our future lies. To be really happy, we must either follow our gifts or find our gifts. Otherwise we run the risk of going to our graves only half alive.

When we finally take that first step toward being honest about what we ourselves really believe, really want to do, really enjoy most, are really most committed to doing for others—and do it—we become a person who is a gift to the rest of the human race. Then the wisdom in us becomes a benefit to the rest of the world. Then we come closer to being our own true selves.

Mary MacKillop would say: “Listen to the whisperings of God in your own heart”.

Have a wonderful week exploring your gifts.

God bless
Sr Anne

HEALTHY LUNCHES

Over the next few weeks, I’ll offer some ideas from reputable websites about healthy lunches. The following is from www.raisingchildren.net.au

Healthy Lunch Ideas

Packing a lunch box from home means you can offer your child a range of healthy lunch options from the five food groups:

- vegetables
- fruit
- grain foods – bread, pasta, breakfast cereals, rice, corn and so on
- reduced-fat dairy – milk, cheese, yoghurt and so on
- meat, fish, chicken, eggs and legumes, including peas, beans, lentils, chickpeas, nuts, tofu and so on.

Here are some healthy lunch ideas for getting the five food groups into your child’s lunch box:

- a sandwich with wholegrain bread and a filling such as salad, cheese, lean meat or falafel
- different breads for extra interest – rye breads, baguettes, seeded rolls, pita bread pockets, flat bread, foccacia, rice cakes or corn thins or turkish bread
- dips such as hummus, tzatziki or beetroot, along with pita or crackers and vegetable sticks for dipping
- potato salad, chickpea salad, quinoa salad, Greek salad or tabbouleh
- leftover pizza or rice and noodle dishes that can be eaten cold
- yoghurt and fruit or muesli, kept cool in an insulated lunch box or frozen overnight.

If your child won’t eat anything but white bread, try a high fibre, low-GI loaf. These are more nutritious than white bread and will stop your child from getting hungry again too quickly after lunch.

Healthy Snack Options

Fresh fruit, stewed fruit in natural juice, dried fruit, muesli, yoghurt, pieces of cheese, fruit bread, rice cakes, pikelets and wholegrain crackers all make nutritious snacks.

You could also try making your own healthy muffins or cakes using vegetables or fruit – for example, sultanas, carrot, banana, pumpkin or zucchini.

Sweet cakes are best kept for special occasions such as birthdays.

Most families are busy, so it’s good to look for tasty, simple, easy, ‘ready to eat’ lunch box options. You can make sandwiches or homemade snacks such as healthy muffins or pancakes the night before or on the weekend, freeze them and pop them into the lunch box each day.

MAY

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<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tr>
<td>2nd</td>
<td>Jett Summer</td>
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<td>15th</td>
<td>Chanel</td>
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<tr>
<td>18th</td>
<td>Dominic Halle</td>
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<td>27th</td>
<td>Clancy</td>
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SCHOOL AWARDS

Principal
Prep
YR1-2
YR3-4
YR5-6

CONGRATULATIONS to Lethae Wilkie, Shelliah Wilkie, Cerys Garland and Kira Stokes who were confirmed on Sunday.

MARY MACKILLOP COLLEGE is holding their Open Day this Sunday, 22 May from 10:00am to 1:00pm.

Take your daughter along to see what this great school in our area has to offer.
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

MINI VINNIES WINTER APPEAL
On Friday, 2 June, we will have the Winter Appeal. You may wear woolly socks or a scarf with your uniform, BUT you will be fined. You will have to pay with either a gold coin, some warm Winter bedding or Winter food such as a tinned meal, longlife/powdered milk/custard, soup, pasta, tinned veges.

From Cerys and Jenny, for Mini Vinnies.

***Mrs Dos Santos has already challenged the other classes because she believes her class will bring in the most items per child!***
Your Invitation

Twilight Enrolment Session
Thursday | 26 May | 6pm

Join Principal Mr Matthew Beacroft at this interactive 45 minute session followed by Q & A and a personal tour of the Campus. Welcome drinks and light refreshments will be served. Children welcome.

Meet the Prep Teachers and other parents at the school. At this session you'll discover:

- The small school advantage of small class sizes, schoolwide friendship and whole school events
- How we explicitly teach all students to instill a love of learning for life
- Specialist teachers for Spanish, Art, Drama, Music and Sport
- On site before and after school care 6am - 6pm weekdays and till 10pm weekends
- Air-conditioned classrooms and easy drop off and parking for parents

REGISTER @ www.WindsorLearningCommunity.com