



St Mary of the Cross Newsletter

PRINCIPAL

Mr Matthew Beacroft

Dear All,

I hope you are all having a better week than me after getting my hopes up again that NSW could win a game. The staff and students have been very quick to remind me today who won the game last night. As always we have had an exciting week.

Over the next couple of weeks and term we have a number of wonderful activities happening in our school with more details to follow. We will be having a school disco after school, a Fashion Night for parents and friends of the school at an off-site venue, working bee, school market day and AFL tickets to a Brisbane Lions game on July 17th and a number of other activities around Active School Travel (including a helicopter coming to school) and finalising the painting of our cow for the dairy competition. This will be on top of us finalising and releasing our building masterplan. I am always very happy for parent ideas which help create a more welcoming and engaging community.

Technology in Rooms

I am pleased to announce a technology injection to our school. Our students already have access to a variety of technology across the school. This includes iPads, surface pro machines and laptops across the year levels. We are committed to providing access to technology that enhances learning opportunities for all students and so over the next couple of weeks we will roll out another 65 iPads across all year levels for all students to have 1-1 iPad access. iPads provide new ways for students to show their knowledge. Instead of a pen and paper, they can show their knowledge through a stop-motion animation, movie, e-book, screen recording, blog, podcast, interactive presentation, photo manipulation, map quest to name a few in all subject areas. It may be recording a drama presentation of the wild things by prep that I saw the other day for assessment, kicking a football in PE or taking pictures of their plants growth progress. It will also allow easy access to the Reading Eggs and Mathletics applications in classrooms. We are excited about the possibilities of this new technology and the opportunities to demonstrate their knowledge in different ways that these iPads will bring.



Homework Club

Homework Club has finished for the term. Thank you to all the parents and friends who made homework club possible this term. The Terrace boys will be back next term starting Wednesday 27th July for Homework Club for Term 3. As always if you have any questions or concerns please let me know.

Student Attendance

Coming to school on time and being ready for class when the school bell rings is extremely important. Missing the first 5-10mins of each day does not allow children to settle and start the day calmly and organised. 10mins per day is 50 minutes a week and will add up to more than a week of missed school each year. Keeping children at home when they are sick is important. Likewise, it is also extremely important that students maintain regular attendance. Missing a day or two does have a negative impact on learning and social growth. I encourage all families to make an extra special effort to ensure that attendance is a priority every day. Increased attendance means greater class time, which will result in greater learning and academic progress. More time in school is always a good thing.

Have a good week,

Matthew Beacroft
Principal

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

TUES	PE, Art & Library
WED	Spanish & Music
FRI	Active School Travel, Assembly & Sausage Sizzle

Date Claimers

3 June	Free Dress Day - Winter Appeal
	Beach Safe Presentation
10 June	Scooter Skills Training
	Riverbend Visit
16 June	Gala Day
22 June	School Mass
23 June	Out of the Box

2016 Terms

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

UNIFORM SHOP

- Winter Uniform**

Jumper: \$22.00
Jacket: \$50.00



- School shoes**

Children: \$65.00
Adults: \$120.00



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.**



APRE

Mr Dean Estreich

Dear Parents and Caregivers,

World Environment Day

This Sunday 5th June is World Environment Day. This weekend (weather permitting) would be a great opportunity for your family to do something outdoors with the environment. My kids love going for a bush walk through Toohey Forest and spotting different plants and animals. There are so many local forests and parklands that are well maintained and allow us to escape the busyness of the city.



Something to think about...

This week my wife reminded me of the African proverb, "It takes a village to raise a child." Our 'village' has never been more necessary than it is today. This idea of collective care and concern consists of many people including extended family, school, friends, sporting groups, Church and community. Today's children are faced with many challenges and opportunities. Likewise, parenthood can be a daunting undertaking – partnerships and supports are welcome and necessary to prepare our children for tomorrow.

Parents face many challenges and one is to set boundaries and establish appropriate structures to ensure their child's development during the formative years and internalise behaviours which will inform the rest of their lives. This is exactly how God guides us!

The thing is that children need boundaries and if the fences around the boundaries are weak, our children, like adventurous young calves, will break through. Asking them not to lean on the fence is about as pointless as handing them a chocolate and telling them not to eat it. If the fence is weak, our children run the risk of unacceptable behaviour and missed opportunities. A weak fence says to the child that this particular expectation is not thought very important by the adult, so why bother with it!

If we take time to build strong fences, the boundaries become both known and respected. Children admire strength in adults and deep down respect the boundaries, even in the throes of the battle.

The strong people of history – Jesus, Mary MacKillop, Mother Theresa, Nelson Mandela, Gandhi, each had an ethical strength that was extraordinary, but this did not stop any of them from showing love, shedding tears or dealing compassionately with those they met and never once were their ideals and values compromised! All this is not easy, but it is sure worth the effort!

Have a peaceful week,

Dean Estreich

Assistant Principal Religious Education (APRE)

RED	PURPLE / BLUE	ORANGE / YELLOW	GREEN	BROWN / WHITE
Tomato	Beetroot	Carrots	Spinach	Garlic
Red capsicum	Red cabbage	Rockmelon	Asparagus	Bananas
Radishes	Eggplant	Lemons	Avocados	Potatoes
Strawberries	Purple	Pumpkin	Broccoli	Onions
Rhubarb	asparagus	Sweet Potato	Peas	Parsnips
Cherries	Blackberries	Pineapples	Limes	Turnip
Red grapes	Blueberries	Mangoes	Green apples	Cauliflower
Raspberries	Purple grapes	Corn	Green grapes	Brown pears
Watermelon	Plums	Oranges	Green beans	Mushrooms
Red apples		Squash	Green capsicum	White peaches
		Nectarines	Lettuce	Dates
		Grapefruit	Cabbage	Ginger
		Peaches	Cucumber	
		Apricots	Kiwifruit	

PASTORAL CARE CORNER

Sr Anne Cannon

Dear Parents

Michael Grose, child psychologist offers some tips for promoting positive mental health from an early age. He suggests:

1. Model good mental health habits If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. Children learn what they live!

2. Make sure they get enough sleep Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of 9 hours. One of the single most powerful strategies to improve children’s abilities to cope with stressful or changing situations is to ensure they get enough sleep. I have some strategies that will help if this is a problem area for your children. Just ask for them.

3. Encourage your children to exercise Children today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour per day seems the minimum.

4. Encourage creative outlets Children should practice creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried children out of themselves. This doesn’t require a large outlay of expensive equipment. Talk to me if you need some suggestions or support to get started.

5. Talk about their troubles A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some children bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem, let them know that those concerns are important to you. Children often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how they may be feeling.

Mary MacKillop would say: *“Care and perplexities form part of my life but I am learning to look upon them as I think God wishes and so I am happy.”*

Have a good week, sharing your troubles, sleeping and getting creative.

God bless

Sr Anne

HEALTHY LUNCHES

Eat a rainbow (from Nutrition Australia)

Fruit and vegetables fall into five different colour categories: red, purple/blue, orange, green and white/brown. Each colour carries its own set of unique disease fighting chemicals called phytochemicals. It is these phytochemicals that give fruits and vegetables their vibrant colour and of course some of their healthy properties. Encourage your children to ‘eat a rainbow’ every day. Some of these should be in lunch boxes and some can be incorporated into other meals or snacks.

RED Red fruits and vegetables are coloured by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy.

PURPLE /BLUE The plant pigment anthocyanin is what gives blue/purple fruits and vegetables their distinctive colour. Anthocyanin also has antioxidant properties that protect cells from damage and can help reduce the risk of cancer, stroke and heart disease.

ORANGE/YELLOW Carotenoids give this group their vibrant colour. A well-known carotenoid called Betacarotene is found in sweet potatoes, pumpkins and carrots. It is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Another carotenoid called lutein is stored in the eye and has been found to prevent cataracts and age-related macular degeneration, which can lead to blindness.

GREEN Green vegetables contain a range of phytochemicals including carotenoids, indoles and saponins, all of which have anti-cancer properties. Leafy greens such as spinach and broccoli are also excellent sources of folate.

BROWN/WHITE White fruits and vegetables contain a range of health-promoting phytochemicals such as allicin (found in garlic) which is known for its antiviral and antibacterial properties. Some members of the white group, such as bananas and potatoes, are also a good source of potassium.

← RAINBOW FOOD TABLE



MAY / JUNE

2nd	Georgia
21st	Aiden M
27th	Joanne
30th	Kira



SCHOOL AWARDS

Principal	Isabella
Prep	Jada, Declan & Flynn
YR1-2	Will & Sam
YR3-4	Shelliah & Lethae
YR5-6	Kira & John



WINTER APPEAL

Don’t forget the Winter Appeal tomorrow. Wear free dress but pay for the privilege. Bring in a tin of food especially soup, meals, long life milk or custard, packaged pasta and similar. Otherwise bring in a gold coin. Mini Winnies are organising this for the poor and homeless of our area.





The new 2016 | 2017 Entertainment™ Membership is now available



Time is running out... Please BUY FROM US TODAY!

From every Membership we sell, 20% of the proceeds go towards the fundraising for our school.

Start using your NEW 2016 | 2017 Entertainment Book or Digital Membership immediately! Enjoy over \$20,000 worth of value on 50% OFF and 2-for-1 offers for some of the best local restaurants, cafes, attractions, hotel accommodation, travel and more.

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



Active School Travel



Session details

Date: NEXT WEEK - Friday 10th June

Time: 12pm-3pm

Cost: FREE!

Location:
St Mary of the Cross School

Please bring your own scooter and helmet. If you need to borrow one, tick the box on the parent consent form below.



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