



St Mary of the Cross Newsletter

PRINCIPAL

Mr Matthew Beacroft

Dear All,

Last week I spoke about the school gaining iPads for use across the school. I also should have spoken about the learning that occurs in the class and outside the classroom is the most important, not the use of iPads. It's about the learning NOT the technology. Effective pedagogy is about applying practical, accessible and meaningful teaching strategies. It is about engaging learners, providing structure and guidance, setting reasonable goals and expectations. As teachers of contemporary learners we need to stay current and evolve with our students. We need to model life-long learning and using technology is sometimes the best way to do that. Sometimes using pen and paper, or talking in a small group or as a class will be a better way of learning.

Another way of learning is through play. Play is an important way that children can express and work through their feelings. Through watching and joining children's play, you can gain insight into how your child is feeling and thinking.

- Running, kicking, throwing helps children develop balance and co-ordination
- Singing and rhyming games help with language development
- Puzzles and problem solving games help children's intellectual development
- Turn taking and sharing in play help develop important relationship skills and self-control

Play activities should be at the right level. Too easy and the child will be bored, too hard and your child may become frustrated. Let your child lead the play. Don't take over. Allow plenty of time for the play to develop into a new game or let them play the same game over and over. New skills require practice so be patient. Encourage their effort and persistence rather than the achievement. We want to build respect for how hard they try rather than being right. Joining in play helps to build positive relationships between you and your child in a climate of fun. It promotes opportunities for you to support them as they experiment with new skills. Make sure you find some time every week to play. There is no age barrier to play. Most of all have fun with play in this beautiful winter weather.

Winter Warming Disco

This disco is a joint community event, open to all students from our school and students attending after school care. All parents. Friends and siblings are very welcome to attend this event. Attached is a flyer with additional details. We look forward to seeing you all at the disco!

Why do we Actively Travel?

How are you going to actively travel each Friday.

Today all children were engaged and enjoyed Scooter Skills run by Brisbane City Council. It was wonderful to see every child partake in this activity. This scooter skills training involved learning to stop safely and importance of road safety.

Have a good week,

Matthew Beacroft
Principal



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Specialist Timetable

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

Date Claimers

10 June	Scooter Skills Training
	Riverbend Visit
16 June	Gala Day
17 June	Winter Disco
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,

Last week it was great to see our students 'seeing a need and doing something about it'. I was certain that Year 3/4 was going to top the collection total for donations last week. Congratulations to 5/6 on taking out the prize for our Mini-Vinnies Winter Appeal.

At this time of year many charities including St Vincent de Paul Society have a drive for donations with the colder weather that comes with winter. After some conversations this week I think the positive story is that we all want to help and show our generosity. This does require some thoughtfulness to ensure what we give can be put to good use in supporting those who need it. Being able to give speaks not just about our wanting to show kindness to others; it's about the essence and the power that compassion offers all humanity.

Lord, thank you for this sink of dirty dishes; we have plenty of food to eat.

Thank you for this pile of dirty, stinky laundry; we have plenty of nice clothes to wear.

And I would like to thank you, Lord, for those unmade beds; they were so warm and comfortable last night. I know that many have no bed.

My thanks to you, Lord, for this bathroom, complete with all the splattered mirrors, soggy, grimy towels and dirty lavatory; they are so convenient.

Thank you for this finger-smudged refrigerator that needs defrosting so badly; it has served us faithfully for many years. It is full of cold drinks and enough leftovers for two or three meals.

Thank you, Lord, for this oven that absolutely must be cleaned today. It has baked so many things over the years.

The whole family is grateful for that tall grass that needs mowing, the lawn that needs raking; we all enjoy the yard.

Thank you, Lord, even for that slamming screen door. My kids are healthy and able to run and play.

Lord, the presence of all these chores awaiting me says, You have richly blessed my family.

I shall do them cheerfully and I shall do them gratefully. Amen.

Have a peaceful week,

Dean Estreich

Assistant Principal Religious Education (APRE)



PASTORAL CARE CORNER

Sr Anne Cannon

Dear Parents

Abraham Maslow was an American psychologist who was best known for creating Maslow's hierarchy of innate human needs. After suffering a near fatal heart attack, Maslow went on to write: "One very important aspect of post-mortem life is that everything gets precious, gets piercingly important. You get stabbed by things, by flowers and by babies and by beautiful things—just the very act of living, of walking and breathing and eating and having friends and chatting.

Pierre Teilhard de Chardin, another twentieth century wisdom figure, described it as a question of seeing. "I long to see the fire that shimmers deep beneath things and deep within things. Oh, to see all things ablaze with God's fire! There are different ways of seeing, just as there are different ways to being vigilant. This could be seen as a moral challenge: Get your life in order because you don't know when death will hit! Do the reconciliations you need to do! Wrap up your unfinished religious, moral, and relational business because death can catch you rather suddenly!" There is some wisdom in that interpretation of things, but what about seeing colours while we are alive. Let things get precious and really important—when you are still alive. Be awake to the beauty of babies, and flowers, and your family, and your friends, and your own health—before you are separated from them. Don't be asleep while you are awake. Don't be dead to life while you are living. Don't be blind to miracle, especially to the miracle of your own life. In the busyness of everyday living, that can be very difficult, but don't give up on it.

Mary MacKillop would say: *"Try to make yourself happy and do not give way to low spirits or anxiety."*

Have a great week, enjoying all the beauty in and around you.

God bless

Sr Anne

HEALTHY LUNCHES

The Queensland Government has a 'Traffic Light' system for recommending which foods are most healthy for school lunches. It was developed in conjunction with Nutrition Australia. 'Green' foods should be eaten every day, 'yellow' foods occasionally and 'red' foods rarely. **GREEN** foods and drinks are typically fresh or minimally processed. These foods and drinks are excellent sources of important nutrients, are low in saturated fat and/or added sugar and/or added salt, are less likely to result in excess energy intake and reduce the risk of weight gain.

GREEN foods and drinks should be promoted to students as the best option for lunches. **Green drinks** include water (free from the tap), milk, reduced fat (plain or flavoured) soy milk, soy milk based liquid breakfast, reduced fat. **Green foods** include yoghurt, plain or flavoured (reduced fat), boiled egg, corn on the cob, fruit, popcorn (plain), rice cakes or crackers (plain), cheese (reduced fat), vegetable dippers with hummus, guacamole or salsa, wraps, focaccia and sandwiches with lean meats and reduced fat cheese, salad, and yoghurt dressing, quiche with bread or crustless base or frittata, pasta dishes with lean meats or vegetarian, spaghetti bolognese, vegetable pasta bake (these could be 'left-overs from the previous night's dinner).

From this list I am sure you can find lunch items that are inexpensive and that your children will enjoy.

CONGRATULATIONS

A big **THANK YOU** and congratulations for your response to the Mini Vinnies Winter Appeal. We collected 199 items of food, four blankets and \$58.

That is a great effort from sixty children in forty-eight families.

**JUNE**

21st	Aiden M
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27th	Joanne
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30th	Kira
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**SCHOOL AWARDS**

Principal	
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Prep	
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YR1-2	
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YR3-4	
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YR5-6	
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The new 2016 | 2017 Entertainment™ Membership is now available

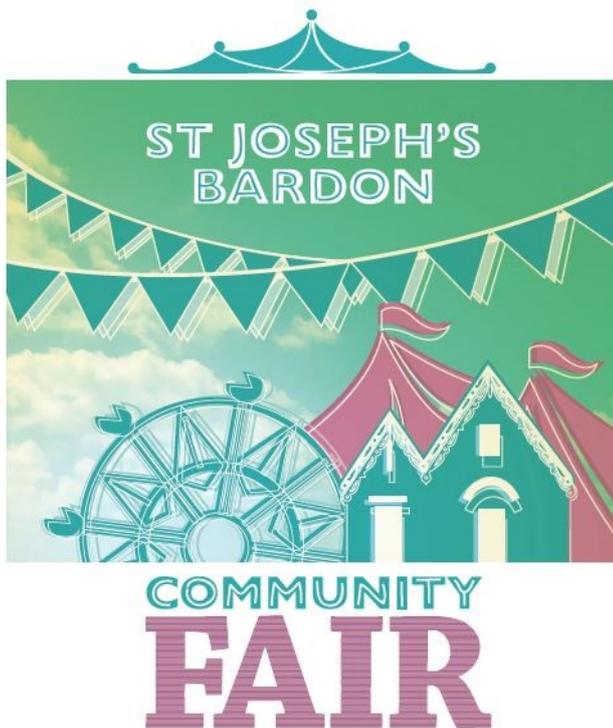


Time is running out... Please BUY FROM US TODAY!

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



Bring family and friends together for a memorable day in our community! There will be market stalls, rides, barbecue, coffee, cakes, jams and preserves, silent auction, lob-a-choc, crazy hair and tattoos, a bar and more!

Sunday 24 July 2016 from 10am until 4pm

St Joseph's Catholic Primary School (Cnr Drive & Cecil Road, Bardon)

Holiday Clinic

Dates: June 27th – July 7th
Venue: Shaw Park Tennis Centre

Join our high performance coaching team for a mix of fun, technical, and physical activities that cater to all players aged 4 to 17 years. Attend all four days and enjoy great savings!

Cost (\$ per day)	Single Day	2-3 Days	4 Days
Member	\$69	\$59	\$49
Non-Member	\$79	\$69	\$59

PH: 07 3857 4803
 Fax: 07 3857 5039
 Email: pwindsor@bne.catholic.edu.au

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



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 St Mary of the Cross School Windsor



www.stmaryofthecross.qld.edu.au

St Mary of the Cross & WSACC Presents

The

WINTER WARMING DISCO

FREE ENTRY

FRIDAY 17 JUNE | 4 - 6 PM
BARATTA STADIUM

★ DANCE TO THE LATEST TUNES MIXED BY DJ STEVE ★

★ FREE DRESS ★ PRIZES TO BE WON ★

★ SINGING CONTEST ★ DANCE OFFS ★

★ ITEMS FOR SALE ★ COLD DRINKS \$2 ★ SNACKS 50¢ ★



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