



# St Mary of the Cross Newsletter

## PRINCIPAL

Mr Matthew Beacroft

Dear Parents & Friends,

I start many newsletters with it has been another busy and exciting week at our wonderful school but even in my twenty years of education I have never had as a busy or exciting week as the last week at our school. From hosting a press conference, to children being part of the joint choir for the Mary Mackillop mass on her feast day, to NAIDOC Day celebrations, educational excursion trips to Caboolture Historical Village, launching the Rugby League World Cup and on Friday we will be part of the helicopter landing at Windsor Park.

Below I have gone into more detail about the weeks activities.

On Friday we celebrated NAIDOC Day with a prayer liturgy, rotational activities that included art, cooking, jewellery and storytelling and finished with an arts council performance with some great dancing by the students and some average dancing by the leadership team. The children enjoyed kangaroo stew and damper and it was our privilege to have Auntie Ruth Hegarty lead our story telling and sign some books for our library. It was an engaging and exciting day made even better by Jharal Yow Yeh and our friends from Terrace joining us in the rotations.

On Tuesday a number of students from our school were privileged enough to be part of the launch of the Rugby League World Cup for 2017. The children were involved in clinics, face painting, advertising shoots and were lucky enough to go on Suncorp with the Australian, New Zealand and Papua New Guinean captains and coaches. It was an amazing experience for all and I thank the staff and students for representing St Mary of the Cross so well. A big thank you to Sarah Walker from the NRL for allowing us to be part of this special event that the children will never forget.

As you are all aware our school has been involved in the Brisbane City Council Active School Travel programme this year. As part of this programme the children have actively travelled to school on Friday's and last term we had a whole school scooter lesson.

Over the next two days the students will have the next two parts of the programme.

This will see every student in the school having an age appropriate Streets Safety 45 minute lesson on Thursday during class time and the whole school involved for some part of the morning with the Rescue Helicopter landing at Windsor Park on Friday morning. Parents and Friends are very welcome to come along at 9am.

## FASHION NIGHT FUNDRAISER

We are very excited to announce that you can now buy tickets to our school fashion night to be held at Victoria Park Ballroom in conjunction with The Friday Collective. This night will be held on August 31st from 6:30 until 9:30pm. This will be a fun, engaging and enjoyable night as 4 wonderful speakers share their fashion and life knowledge and let you relax with friends.

Tickets are able to be purchased now as detailed on the flyer or you can contact the office for further information. Lucky door prizes and raffle tickets will be available on the night or can be pre purchased. Please feel free to invite family, friends and work colleagues to this event to fundraise for our wonderful school in an enjoyable way.

We are putting together a number of raffle prizes on the night to help with our fundraising. If you or your workplace are able to donate a prize or voucher that would be suitable for a raffle prize however big or small we would very much appreciate your support.

Have a good week,

Matthew Beacroft  
Principal

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## Specialist Timetable

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

## Date Claimers

22 July	Helicopter Landing
27 July	Picasso Cow Presentation
2 Aug	Community Association Mtg
8 Aug	150th Celebration at St Stephens
10 Aug	EKKA HOLIDAY
12 Aug	Athletics Carnival
18 Aug	Zone 6 Carnival
26 Aug	Parish Social Justice Night
30 Aug	Book Fair begins
31 Aug	Father's Day Stall Fashion Night
9 Sept	Book Week Celebrations

## 2016 Terms

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: \$75.00  
Adults: \$110.00



## 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,

At St Mary of the Cross this week we have been blessed with many opportunities to build our school and broaden learning outside the classroom. It was great to see so many families enjoying the clash between the Lions and Giants on Sunday at the Gabba. Regardless of the weather the excitement of being right next to the action was enthralling. Thank you to our students for their flair, enthusiasm and outstanding behaviour at the Rugby League World Cup 2017 launch at Suncorp Stadium on Tuesday. There will be a further opportunity in the coming months for our school to have the World Cup come to our school for everyone to see. We look forward to the RACQ Careflight Helicopter visit at Windsor Park tomorrow morning.

#### A Prayer for Families

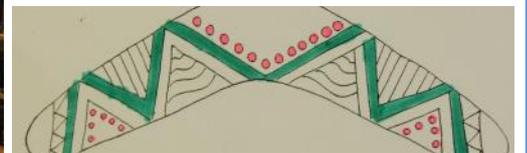
Thank you for my family. They want the best for me, even if we sometimes disagree on what that is. They support me in countless ways—many I'm probably not even aware of. They do their best to be agents of your love in my life. Help me to give them the love, respect, and obedience they deserve.

Jesus, watch over my family. Show us your loving acceptance and support. Help us to look honestly at ourselves and at the decisions we are making and to keep the best interests of our family always in mind. Teach us to trust in you in times of pain, frustration, or failure. Fill our days with joy and love. Protect us and keep us safe all the days of our lives. Amen.

Have a peaceful week,

Dean Estreich

Assistant Principal Religious Education (APRE)



**PASTORAL CARE CORNER**

**Sr Anne Cannon**

Dear Parents,

Last week I wrote about being happy. Even the happiest person in the world has some stress. KidsMatter offers the following advice for helping children handle stress.

Some ways adults can support children’s developing coping skills include:

**Optimising children’s positive experiences**

Arrange opportunities for ‘ups’ that involve fun, joy, and pleasure which provide a bank of positive emotions to buffer against life’s everyday ‘downs’ that may involve hurt, disappointment, frustration or conflict.

**Helping children develop optimism**

Children learn by observing others. Show them how to be optimistic by your own attitude and what you say when things go wrong for you.

Look for solutions and avoid blaming others or yourself.

Give children opportunities to succeed.

Give realistic praise and encouragement.

**Helping children to reframe their unhelpful thoughts, feelings and behaviours into helpful ones**

Help children turn setbacks into a drive to try again

Help children to think positively. For example, "I know that puzzle was hard today, but yesterday I saw you get a hard puzzle out. You kept trying until you got it right.

**Reconnection and repair when things go wrong**

When things go wrong between parents/carers and a child, the most important thing to do is to reconnect and repair the relationship. This is not only essential for the child’s mental health and wellbeing but also enables them to learn to deal with relationship problems. It may not be possible to reconnect right at the time because of strong feelings, but as soon as you can, offer a hug and some words to show that you understand and accept how the child felt.

Mary MacKillop would say: *“Take fresh courage, lean more on God than on self.”*

Have an “I coped with stress” week!

God bless

Sr Anne

**HEALTHY LUNCHES - RECIPE OF THE WEEK**

**Ingredients**

This is a simple recipe that can be tailored to the tastebuds of your children. Why not introduce them to some new flavours!

- 1/4 cup unpopped corn
- 1/8 teaspoon cumin
- 1/8 teaspoon dried coriander
- 1/8 teaspoon curry powder

**Method**

1. Place the unpopped corn into a brown paper bag and fold the top of the bag over twice to seal in the corn.
2. Place in the microwave on high for 2 1/2 to 3 minutes, or until you hear pauses of about 2 seconds between pops.
3. Allow to stand for 20 seconds and then carefully open the bag and pour into bowl.
4. Sprinkle with cumin, coriander and curry powder and toss before serving. If it’s for lunches, place in sealed bags. To keep at home, place in a sealed container.



FLAVOURED POPCORN



**JULY**

8th	Albie + Baylee
12th	Flynn
21st	Kyuss
25th	Lily
28th	Christopher
29th	Kiarna



**SCHOOL AWARDS**

Principal	Aiden A
Prep	Hayden
YR1-2	Summer, Baylee, Clancy, Sam, Koormurri, Christopher
YR3-4	Kalesita, James, Mia
YR5-6	Isabella & Saesha



**SENIORS’ MORNING TEA**

To celebrate Seniors’ Week and also recognize the 150<sup>th</sup> anniversary of the Sisters of St Joseph, we are having a special morning tea on **Wednesday, 17 August**. Seniors – grandparents, neighbours, those who know the sisters who worked here, our friends from Windsor Aged Care – are all welcome. Start asking them to keep the date. An invitation will go out soon.



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