Dear Parents & Friends,

St Mary of the Cross Feast Day

On Monday, August 8th we celebrated a special day for our school, Mary Mackillop's feast day. Our school has had a Sister of St Joseph working in it since 1929 including Sr Anne today. This year marks the sesquicentenary of the foundation of the Sisters of St Joseph by St Mary MacKillop and Fr Julian Tenison Woods. The newly created Mary MacKillop pilgrimage walk in the Cathedral grounds will also be officially blessed by Archbishop Coleridge as part of these celebrations and we are very honoured we will be part of these celebrations. As part of our schools feast day on Monday celebrating the 150th year of the foundation of the Sisters of St Joseph a number of our senior students went into the cathedral to celebrate mass. It was very special for our students to be part of the joint choir of over 200 students from across Brisbane and to see the Mary MacKillop statue in the Chapel. Our children were exemplary in their behaviour and represented the school with pride at this wonderful event.

We wished Sr Anne a happy feast day with some flowers at school as a small token of our appreciation for everything she does for our school on behalf of our school community.

Athletics Carnival

On Monday August 15th we are holding our school Athletics Carnival. A program for the day’s events will go home with students today. Parents and Friends are very welcome to attend on the day to cheer along our students as in the Olympic Spirit they compete hard but fairly across the morning. The dress for the day is school sports uniform.

Next Thursday August 18th a team of our students will be competing at the Zone 6 athletics carnival at Bowden Park, Geebung.

This team will be chosen after Monday’s athletics carnival with consent forms to follow.

World Record Attempt

Our school along with approximately 3000 students in Years 5-10 from across the state will be part of something very special tomorrow. The students will travel to the Brisbane Exhibition and Convention Centre to be involved in breaking the Guinness World Records title for the largest practical science lesson. As part of the event, students will be entertained by scientists and have the opportunity to take part in other science-based activities.

Have a good week,
Matthew Beacroft
Principal

Dear God,
You inspired Mary Mackillop to live her life inspired by the Gospel of Jesus
And be constant in bringing hope and encouragement to those who are lonely or needy.

We ask that our faith and hope be fired afresh by the Holy Spirit, so that we too, like Mary Mackillop, may live with courage trust and openness.

Amen
**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.**

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**APRE**

Mr Dean Estreich

Dear Parents and Caregivers,

I would like to thank our wonderful Year 5 and 6 students for their reverent participation and exemplary involvement in the celebration of the Feast of St Mary of the Cross on Monday. Thank you to Sr Anne and Sr Jenny for supporting our students during our time at St. Stephen’s Cathedral. The celebration was a great opportunity for us to connect with the story of Mary MacKillop and her enduring legacy. Congratulations to the Sisters of Saint Joseph of the Sacred Heart for reaching 150 years of service across Australia and many other countries. We look forward to continuing to celebrate with the Sisters of Saint Joseph next week at school on Wednesday.

Have a peaceful week,
Dean Estreich
Assistant Principal Religious Education (APRE)
Sr Anne Cannon

Dear Parents,

The following reflection comes from Ronald Rolheiser, psychologist and sociologist. It’s a bit ‘different’ but I thought it was worth sharing with you.

“Eighty-five years ago, G. K. Chesterton looked at his society and saw some things that disturbed him. Here’s his comment:

There comes an hour in the afternoon when the child is tired of ‘pretending’; when he is weary of being a robber or a noble savage. It is then that he torments the cat. There comes a time in the routine of an ordered civilization... when the effect of this staleness is the same ... drug-taking and -drinking and every form of the tendency to increase the dose. ... We need to stab our nerves back to life ... it doesn’t strain the imagination to see evidence of what he is expressing in our own culture today ... illegal drug trade is one of the biggest industries in the world, internet pornography is the biggest addiction in the world, excessive use of alcohol is everywhere, high-profile athletes and entertainers ... go in and out of rehab regularly, ... But we need not look at the lives of rich and the famous to see this. None of us are immune. ... for example, our addictive struggle with information technology. It’s not that the internet and the myriad of programs, phones, pads, gadgets, and games are bad. They aren’t. ... Our problem is in handling them in a non-addictive way, both in how we respond to the pressure to constantly buy ever-newer, faster, flashly, and more capable technologies, and in our inability to not let them control our lives ... and find ourselves on a dangerous treadmill upon which we begin to lose any sense of real enjoyment in life. Antoine Vergote, the famed Belgium psychologist, had a mantra which read: Excess is a substitute for genuine enjoyment. We go to excess in things because we can no longer enjoy them simply. It’s when we no longer enjoy things that ... we overeat; ... drink to excess ... let things get out of hand and ... we try to eat all the chocolate in the world. ... excess is the very thing that drains all enjoyment from our lives. Every recovering addict will tell us that. When excess enters, enjoyment departs, as does freedom. Compulsion sets in. Now we begin to seek a thing not because it will bring us enjoyment, but because we are driven to have it ... That’s what Chesterton’s metaphors – tormenting the cat and stabbing our nerves back into life – express. The answer? A simpler life. But that is easier said than done. We live with constant pressure, from without and from within, to see more, consume more, buy more, and drink in more of life. The pressure to increase the dosage is constant and unrelenting. ... To quote Mary Jo Leddy, we must, at some point say this, mean it, and live it: It’s enough. I have enough. Life is enough. I need to gratefully enjoy what I have.

Have a good week, discovering what is ‘enough’ for you and your family.

Mary MacKillop would say: “Be aware of the blessings that have been given us.” Have a good week, enjoying your blessings.

God bless

Sr Anne

HEALTHY LUNCHES

Here are a few suggestions from a dietician on ways to get your children to eat what’s good for them – fruit and veges, essential items for healthy growth and disease prevention.

- Make the food interesting – put veges in the shape of a face, or ask children to do it on their plate. Be prepared for a bit of ‘mess’ at first.
- Allow them to explore their food on the plate. Don’t keep this up forever, but let it happen until they are comfortable with what is on the plate.
- grate zucchini onto the bottom of the plate/pizza base before adding other things and call it ‘Shrek food’. Think of other ideas like this.
- We should eat 15 foods a day, so make it a race to see who can get their 15 (healthy ones) in. It’s not that hard when you start counting, eg breakfast probably includes three or four to start with.
- Talk about why healthy food is so important, maybe mention a classmate who has a broken bone/flu/? and explain how their healthy eating helps them recover.
- Teach by example – watch what you eat.
- Keep portions small. Children do not need adult sized meals.
The Principal and Students of

ST MARY OF THE CROSS SCHOOL
with Sr Anne invite

Grand Parents,
Senior Friends & Family
to morning tea to celebrate
150 Years of the Sisters of
St Joseph in Seniors Week
on
WEDNESDAY 17 AUGUST
9:45am – 11:00am

RSVP: 3857 4803 or
pwindsor@bne.catholic.edu.au
by 15 August

CONGRATULATIONS to the staff and friends who WON the TUH Primary Schools Touch Football Carnival on the weekend representing our school, St Mary of the Cross.

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

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

Lutwyche Parish Social Justice Night with Orange Sky Laundry

Heritage Hall, Chalk St, Wooloowin
Friday 26th August
6:30pm - 8:30pm
All ages welcome
(children under 11y.o. must be accompanied with an adult)
$5 entry per person inc. a cup of soup
REGISTER TODAY!
via Parish or School Office or after Mass

PH: 07 3857 4803
Fax: 07 3857 5039
Email: pwindsor@bne.catholic.edu.au
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St Mary of the Cross School Windsor
Australia is indeed a Story Country. We are fortunate to have the oldest, continuous, surviving culture in the world – our Aboriginal and Torres Strait Islander people have lived on this land for over 40,000 years. Their stories are expressed as Dreaming Tracks or Songlines which criss-cross Australia, ‘singing’ the land into life. The Songlines transcend language groups, forming a spiritual and cultural connection to knowledge, customs, ceremony and Lore. There are Songlines for the earth and Songlines for the sky, allowing people to traverse sea and land. We are fortunate that Dr Aunty Ruth Hegarty, Aunty Maud and Jack tell us stories, not only about the land, but about themselves. Stories connect us to places, people and experiences, both here and overseas.

The stories chosen for Book Week this year, written by Australian authors, connect students to their Story Country. My Dog Bigsy and Piranhas Don’t Eat Bananas are written by two much-loved Australian authors, Alison Lester and Aaron Blabey. Mr Huff tells the story of a young boy and his journey with his internal emotions. One Step at a Time tells the story of life in landmine-ridden Cambodia, and encourages the older students to think about how they can respond in a practical way to global issues.

We are looking forward to Friday 9th September, as we prepare for our Book Week Celebration Day. The day will begin with our Indigenous Literacy Foundation café, followed by class presentations. The afternoon will see an exciting change to our usual schedule, with the Finals of our inaugural Poetry Competition being held from 2pm. Thank you to Ms Dos Santos for organising this wonderful addition to our Book Week Celebration! A detailed schedule will be available soon.

Ms Nena Morgante, Mrs Bev Hickey & Mrs Di Morley
pwinlibrary@bne.catholic.edu.au