



St Mary of the Cross Newsletter

PRINCIPAL

Mr Matthew Beacroft

Dear Parents and Friends,

As always it has been another busy week at our wonderful school.

As the term comes to end I think it is important to reflect on all the wonderful things we do at our school which are aimed both at developing a child academically and socially and emotionally.

Thank you to Mrs Morgante for her organisation and hard work which led to the success of Book Week with the many and varied activities that went on. Thank you to all the wonderful costumes and a special mention the staff for their interpretation of the book "The day the crayons quit".



Last week for the first time ever we had our inaugural poetry competition as part of the Book Week celebration. It was wonderful to see children getting up in front of their peers and presenting the poems with confidence, props, clever use of volume and even accents. Congratulations to Harry Blackmore for being crowned the overall winner.

Thank you very much to the staff and students who went away to the Gregory Terrace Camp space on Monday and Tuesday. Part of why we attend camp is to learn to be resilient. Just as you can't teach a child to swim unless they are in water, it's hard to teach a child to be resilient unless they are in a situation that requires it. It is always very important to help a child to recognise when things are difficult, but that difficulties don't give us a reason to quit or make excuses. If it is having to read a poem in front of your peers, hold a snake on camp or go the high ropes, in my case sing or dance in front of other people or anything else that is difficult it is important we encourage your child to be the best they can be. As is always the case, when we, as the important adults in the lives of children, model these habits and values, we give a very concrete example from which our children can learn.

This week we also had the privilege of having Olympic Gold Medallist, Gemma Etheridge, from the women's sevens rugby union team come to school. Congratulations to Gemma Etheridge, gold medal winning member of the women's rugby union seven's team in Rio, who came to school today to speak at assembly. Gemma spoke about how she tried numerous sports when she was younger and how much she loved all sports growing up. She spoke about how much hard work, dedication and ensuring you eat all your vegetables every day is important. Gemma also gave us an insight into the Olympic village and free chicken McNuggets after she had finished playing. Gemma was an inspiration to all students, staff and parents who came along with her humbleness and obvious dedication to her sport. She will forever be part of history in being in the first women's rugby union gold medal team. We thank her very much for giving up her time to come to our school and welcome her back any time.

The below link allows you to watch highlights of that historical match.

<https://www.youtube.com/watch?v=EGvVXa7fnt0>

Building Works:

As mentioned last week our new front fence will be completed over the holidays. Today our letters with our school name went up on our school library on Lutwyche Road. Make sure you have a look as you drive past. Our colourful school logo will go up on the same space next Tuesday. Now more people will know where our wonderful school is as we will be very visible from the main road.



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

FRI 16 Sept	Prep Excursion— Trevena Glen NO ASSEMBLY— DISCO 2.30-3 DRESS—SCHOOL UNIFORM END OF TERM
TUES 4 Oct	FIRST DAY OF TERM 4

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.



EVERY FRIDAY

\$4 includes a sausage on bread, popper & snack.

**MAKE LIFE EASY -
PAY UP FOR THE
TERM BY EFT!**



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,

Thank you to Holy Cross and St Mary of the Cross Schools, families and Parish for making our mass for the feast of the 'Exaltation of the Holy Cross' a joyous celebration. Fr Michele spoke of how we all have to take up our own crosses from time to time. We were able to connect with different images of the cross presented to us and the importance of the symbol of the cross being one of triumph. Fr Michele also recounted how when he first came to our parish 34 years ago that Holy Rosary Church would be full, just as it was yesterday. A special thank you to Ms Michelle McClafferty for organising our shared celebration with Holy Cross School, to Mrs Patty McCourt for accompanying us with music and our Parish for their support.

On Monday and Tuesday, the Years 3 to 6 students enjoyed the fantastic weather for our annual camp at Maroon Dam with St Joseph's Gregory Terrace. We engaged in a variety of activities including low ropes, food source discussions, archery, possum glider and group challenges. We thoroughly enjoyed our time on camp including coming into close contact with wildlife. The food was delicious and the service was faultless. I would like to echo the speeches of thanks made by our students in acknowledging the support and generosity of St Joseph's Gregory Terrace. We look forward to our camp in 2017.

We pray that your holidays will be safe and that we all have a chance for a well-earned rest. We look forward to seeing everyone back with us to start Term 4 on Tuesday, 4th October.

Have a peaceful holiday,

Dean Estreich

Assistant Principal Religious Education (APRE)



Happy
SCHOOL HOLIDAYS

PASTORAL CARE CORNER

Sr Anne Cannon

Dear Parents,

With holidays about to start, you may be more stressed than usual, trying to manage everything, or you may find you have a little more time with more relaxed children. Either way, it can be a good time to emphasise the need for respect. Respect always makes us feel better about ourselves as well as others so these ideas from Michael Grose may help.

Respect starts at home

As parents we have an incredible power to shape positively children’s attitudes and behaviours, including how they treat others.

1. **Start by insisting that siblings treat each other well.** Encourage both genders to resolve conflict and disputes using low power methods such as talking things through; give and take and apologising.
2. **Socialise your sons.** It’s easy to excuse boy’s aggressive behaviour as part of being a boy. Yes, their physiology may mean they are more prone to handle disputes physically but that doesn’t mean we accept that. Model for your sons how to resolve disputes in a civil and civilised way.
3. **Put respect on the agenda.** Healthy families talk about the things that matter to them. If respect matters then you need to hold conversations around disrespectful behaviours – whether they occur in the family or outside. Be willing to listen to children’s and young people’s views but also to challenge views that are questionable.

Mary MacKillop would say: *“Have charity and trust, do not judge by appearances.”*

Have a wonderful holiday, enjoying the blessings that come by trusting and respecting the other.

God bless,

Sr Anne
School Pastoral Worker

HEALTHY LUNCHES

Prue Watt is a Paralympic swimmer. Prue has very limited vision but doesn’t let that stop her living a full and healthy life. Here is one of her favourite healthy recipes. Prue usually teams this with an apple.

CHEESY MUFFIN SNACK

These are great straight from the oven/griller, but can also be served cold in lunch boxes.

Ingredients

- English muffins (wholemeal or multigrain are best)
- Cheese slices (low fat of your favourite variety)
- Tomato slices
- Avocado (optional)



Method

1. Turn on your griller to heat or turn the oven on to 200° C
2. Split the muffins, enough for each person to have two halves.
3. Spread with avocado if desired.
4. Place a piece of cheese on each muffin.
5. Add a slice or two of tomato (this can be cut to create a monster face or other pattern on each muffin if you feel like some fun with your children).
6. Place under the griller for a few minutes, watching it until the cheese melts; if using the oven, it will take about the same time as long as the oven is hot first.
7. Allow to cool slightly before serving as the tomato will be much hotter than the cheese or muffin.



SEPTEMBER

2nd	Declan
19th	Hayden
30th	Cerys



SCHOOL AWARDS

Principal	
Prep	Chanel & Albie
YR1-2	Ivy, Oliver, Kyuss & Sam
YR3-4	Eli
YR5-6	Jenny, Louisa & Omarion
Sr Anne	Talarah & John



WHAT A WEEK AT ST MARY OF THE CROSS!



BOOK WEEK CELEBRATIONS



**GEMMA ETHERIDGE
GOLD MEDALIST**



**GREGORY TERRACE
CAMP YR3-6**



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