



# St Mary of the Cross Newsletter

## PRINCIPAL

**Mr Matthew Beacroft**

Dear Parents and Friends,

St Mary of the Cross's Annual End of Year 2016 Christmas Concert is a great way to bring our school family together and be entertained by the amazing talents of our children. Food and drinks will be available for purchase on the night, including a cash bar. To help with planning and catering we are asking families to RSVP to the office by Friday 18th November. Invitations and program with all details will go with students this week.



We would very much appreciate your support on the night. At the bottom of the invitation is the RSVP for people to offer their services in either cooking, serving or packing up on the night. We would very much appreciate if you are able to donate 20 minutes of your time. Your support in ensuring your RSVP form is returned to the office by the due date is greatly appreciated. I know it will be a fun night for all involved.

### Prep 2017

It was wonderful to meet the new prep students on Tuesday who will be joining us in 2017. They will be a wonderful addition to our school family, as will all the other new students who will be joining us in almost every year level. This year's small class size has ensured that all our current preps have had a great start to their year and from looking at some of their writing and reading this week I know this will continue into their stand alone year 1 class in 2017 and beyond.



### Planning and Preparation for 2017

Mr Estreich and I will not be at school on Friday as we meet with our cluster of schools to finalise our school goals, staffing and budgeting for the 2017 school year. Over the next week the school fee schedule will be mailed and emailed.

### Booklist and School Fee Schedule for 2017

Next week you will receive in the post and via email our school fee schedule for 2017 along with the 2017 uniform price list and other financial paperwork.

For your convenience a Curriculum Levy will be charged to your school fees to cover the cost of text books and consumables for the year ahead, this *is in lieu* of parents purchasing a book pack. As a cost saving measure we will bulk order the consumables for each class.

School Fees will continue to be billed monthly and due within 14 days. All levies will be charged on the first account. Please feel free to contact the office if you have any concerns. Thank you.

Have a good week,  
Matthew Beacroft  
Principal

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### Specialist Timetable

<b>TUES</b>	PE, Art & Library
<b>WED</b>	Spanish & Music
<b>THU</b>	Dance Cart
<b>FRI</b>	Swimming, Assembly & Sausage Sizzle

### Date Claimers

<b>FRI 11 Nov</b>	Remembrance Day... Lest we Forget  Memorial Assembly 2:30pm
<b>FRI 18 Nov</b>	Swimming Carnival 12-2pm
<b>THU 24 Nov</b>	End of Year Concert 5.30-7.30pm
<b>TUE 29 Nov</b>	Year 6 Graduation 5.30-7.30pm
<b>THU 1 Dec</b>	The Great Debate Year 5/6
<b>FRI 2 Dec</b>	<b>School finishes at 12 noon</b>

### 2016 Terms

<b>Term 4 (9 wks)</b>	Tue 4 October - Fri 2 December
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## UNIFORM SHOP

- **Swimming Caps**  
Blue (Tension): \$5  
Yellow (MacKillop): \$5



- **School shoes**  
Children: \$75.00  
Adults: \$110.00



## SCHOOL NOTICES



Please continue to collect the Woolies World Explorer Cards for PREP!



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

**LAST SAUSAGE  
SIZZLE FRIDAY  
25TH NOVEMBER**



School banking is on  
**THURSDAY.**

## APRE

Mr Dean Estreich

Dear Parents and Carers,

### Remembrance Day – Friday 11th November

This Friday will mark the 98th anniversary of the Armistice which ended the First World War (1914–18). Each year Australians observe one minute of silence at 11am on 11 November, in memory of those who died or suffered in all wars and armed conflicts. It is a time to pray for all who have served and our still serving in the military for our country. It is a time to pray for peace.



### We will remember them... Lest we forget

#### Pope Francis 'Top 10 Tips' for HAPPINESS

This week I have included the first five of Pope Francis' top 10 tips for happiness summarised by Father Ronald Rolheiser. Some great tips for the week ahead.

#### Live and let live

All of us will live longer and more happily if we stop trying to arrange other peoples' lives. Jesus challenged us not to judge but to live with the tension and let God and history make the judgments. So to live we need to live by our own convictions and let others do the same.

#### Be giving of yourself to others

Happiness lies in giving ourselves away. We need to be open and generous because if we withdraw into ourselves we run the risk of becoming self-centered.

#### Proceed calmly

Move with kindness, humility and calm. These are the antithesis of anxiety and distress. Calm never causes high blood pressure. We need to make conscious efforts not to let the moment cause panic and excessive hurry. Rather be late than stressed.

#### A healthy sense of leisure

Never lose the pleasures of art, literature and playing with children. Remember that Jesus scandalized others with his capacity to enjoy life in all its sensuousness. We don't live by work alone, no matter how important and meaningful it might be. In heaven there will be no work, only leisure. We need to learn the art and joy of leisure not just to prepare for heaven but to enjoy some of heaven already now. ***This can be a challenge but we all need to rest and enjoy life!!***

#### Sundays should be holidays

Workers should have Sundays off because Sunday is for family. Accomplishment, productivity, and speed may not become our most valued commodities or we will begin to take everything for granted, our lives, our health, our families, our friends, those around us, and all the good things in life. That is why God gave us a commandment to keep the Sabbath holy. This is not a lifestyle suggestion, but a commandment as binding as not killing.

Have a peaceful week,

Dean Estreich

Assistant Principal Religious Education (APRE)

**PASTORAL CARE CORNER**

**Sr Anne Cannon**

Dear Parents,

The hot weather has tested everyone’s resilience. Michael Grose talks about ‘Grandma’s Principle’ as a good way to get hassle-free (or at least ‘less hassle’) co-operation from your children. *Grandma’s principle* is also known as the ‘When – then’ strategy.

I’m sure many of us have/had wise grandmas. Their strategy was to insist that children do the boring and difficult things before they did the easy, fun activities.

*Want to go out and play? Sure, but you need to get your homework out of the way first.*

Grandma’s principle is all about getting the order right – get the boring but important stuff out of the way then you can relax and have fun. Grandma’s principle has other applications as well. You can use it to promote responsible behaviour as well.

*“When you’ve helped your brother with his homework then you can play a game on the iPad.”* (Not many grandmas had ipads!)

We can also use Grandma’s principle to give children more freedom, especially as they get older. *“When you’ve shown you can catch the bus to the shops safely on your own then you’ll be able to catch a bus into the city on your own.”*

‘When...then’ opens up possibilities for children. Rather than saying “No you can’t have ice cream/use my phone/go out” you can grant children their wishes contingent on doing the important things first. “When...then” is a useful strategy to add to your parenting repertoire.

Mary MacKillop would say: *“May God teach us all the patience and prudence we require”.*

Have a good week, being like Grandma!

God bless,

Sr Anne  
School Pastoral Worker

**HEALTHY LUNCHES**

These tips come from mentalhealth.org. Healthy eating is as important for our mental health as it is for our physical health. With Christmas parties etc fast approaching and time becoming even more precious, it is not the time to give up on healthy meals. Check your score on these tips:

- Eat fewer high sugar foods (most processed foods) and more wholegrain cereals, nuts, beans, lentils, fruit and vegetables. Sugary foods are absorbed quickly into the bloodstream. This may cause an initial ‘high’ or surge of energy that soon wears off as the body increases its insulin production, leaving you feeling tired and low.
- Wholegrain cereals, pulses, fruit and vegetables are more filling and, because the sugar in these foods is absorbed more slowly, don’t cause mood swings. These foods are more nutritious as they contain thiamin (B1), a vitamin that has been associated with control of mood, and folate and zinc.
- Eat at least five portions of fruit and vegetables per day.

**WANTED - OLD WOODEN COAT HANGARS**

The Mercy Centre at Wooloowin are looking for old-fashioned wooden coat hangars for their craft group. They are the single wooden arch with the screw-in hook. As long as the hook is still stable and not right through the wood they are acceptable. It doesn't matter if they have an old cover on them. They can be left at the Office, thank you. Sr Anne



**NOVEMBER**

3rd	Sam & Will
8th	Alanis
11th	Aiden A
23rd	Eli & Craig
27th	James
29th	Shelliah
30th	Harry G



**SCHOOL AWARDS**

Principal	Lily
Prep	Zali, James, Harry & Albie
YR1-2	Kiarna, Ivy, Summer, Aiden A, Clancy, Jack, Oliver, Christopher
YR3-4	Eli & Craig
YR5-6	Jett & Omarion



**MEMORIAL ASSEMBLY**

Remember to return your form if you have anyone to be remembered in our special Memorial Assembly on Friday, 11 November at 2:30pm.



# CHRISTMAS CARDS

*changing lives*



**WHEN YOU GIVE A  
CHRISTMAS CARD  
THIS SEASON**

*...give a card that counts*

Beautifully hand-crafted cards by the women of rural Timor Leste – the sale of one pack of cards provides two days' income to a Timorese woman.

**PACK** | **\$24.<sup>95</sup>**  
OF 8 CARDS

**WWW.JUSTICEPRODUCTS.ORG**



ALL PROFITS FROM THE PURCHASE OF CARD PACKS DIRECTLY SUPPORTS THE WOMEN OF TIMOR LESTE WORKING TO SUPPORT THEIR FAMILIES. WHEN YOU GIVE A CARD YOU BECOME PART OF A STORY THAT IS CHANGING LIVES.

## Karuna Christmas Market

unique gifts • christmas decorations • food & drinks



Friday 18 November • 2pm-7pm

27 Cartwright Street • Windsor

Phone: 07 3632 8300  
[www.karuna.org.au](http://www.karuna.org.au)



**karuna**  
dedicated holistic support

*the kindest care*

PH: 07 3857 4803  
Fax: 07 3857 5039  
Email: [pwindsor@bne.catholic.edu.au](mailto: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



[www.stmaryofthecross.qld.edu.au](http://www.stmaryofthecross.qld.edu.au)



# St Mary of the Cross

invites you to the annual

## Christmas Concert

**Thursday, 24th November, 2016**

**5.30 - 7.30pm**

Held in Baratta Stadium with Special Guest Santa!

This is a compulsory event for all students as they are required to play a special part in their class presentation. We look forward to seeing you all.

<u>Program</u>		<u>Price List</u>	
5.30pm	BBQ & Drinks available	Sausage Sizzle	\$2.50
6.10pm	Students to change into costumes	Steak Burger	\$5.00
		Soft Drink	\$2.00
6.30pm	Concert commences	Water	\$1.00



***Please complete & return this section to the office by Friday 18th November.***

If you are able to help with the serving and sales of food / beverages during the night, please specify your availability below :

Name: \_\_\_\_\_

Time:  5:30-5:50pm  5:50-6:10pm  6:10-6:25pm

For seating & catering purposes, could you please indicate the number of family & friends attending the evening:

Family Name: \_\_\_\_\_

No. Adults: \_\_\_\_\_

No. Children: \_\_\_\_\_



# St Mary of the Cross Christmas Concert



**Thursday, 24th November, 2016  
5.30 - 7.30pm in Baratta Stadium**

## Program

**5.30pm:** BBQ & Drinks available for purchase

**6.10pm:** Students to change into costumes  
*PREP—YR6 students to wear a plain white shirt.  
All students to wear **black or dark** coloured shorts, skirt, leggings.  
All other props will be supplied by Dance Kart.*

**6.30pm:** Concert commences  
Dance performances  
*Prep & 1/2 Combined  
3/4 & 5/6 Combined*  
Song performances  
Presentation of class medals  
Raffle Prizes Drawn  
Special guest appearance by Santa  
Whole school performance  
of Music Count Us In and a special  
surprise Christmas Carol

**This is a compulsory event for all students as they are required to play a special part in their class presentation.**

***We look forward to seeing you all on the night.***

