Dear Parents and Friends,

This weekend marks the beginning of Advent. This is a time to prepare for the coming of Jesus at Christmas. It is through the Gospel stories of Jesus’ life that we find our greatest role-model. It is through Jesus’ life and teachings that we learn the values of love, forgiveness and thankfulness. Taking time throughout Advent to reflect on our own actions and comparing them to Jesus’ example allows us to challenge ourselves to become better Christians.

THANK YOU:
Thank you to all our parents and friends who came along last night to our Christmas Concert. Congratulations to all the students who sang, danced and performed so beautifully. Thank you to Mrs Amanda Crocetti for preparing all our children in her dance, drama and visual arts lessons. We thank Mrs Crocetti for her talents in taking photos last night. We will let people know next week the dropbox details that people will be able to access these photos through.

Thank you to Mrs Biddy Seymour for her hard work in preparing our children for the musical performances last night. Thank you to Biddy for creating some ‘magic’ last night with the wonderful singing and instrumental playing.

Just as importantly thank you to the parents and friends who cooked, served, sold or bought raffle tickets, set or packed up chairs or just were there to clap loudly supporting your child. Last night was another example of the special community that we have.

Congratulations to the following students who received a Medal last night for excellence across the year. All the teachers mentioned last night all of the students have achieved and moved forward in their learning progress and making one choice was a very difficult decision. But there can only one medal winner and the following children were the 2017 recipients.

Prep: Harry Graham
1/2: Jack Webber
3/4: James Woodsford
5/6: Kira Stokes

BUILDING NEWS:
Over the holidays we will commence our building programme as Stage One of our masterplan. This will see the demolition of our current meeting room and the complete refurbishment of this space into our new year 2 classroom, small meeting room and Learning Support space. Towards the end of term one into the Easter holidays we will begin refurbishing every other classroom in the school. This will see our classes rotating into our new art/music room that is currently being finalised now.

PARENT SMS COMING IN 2017:
Next year all Queensland schools are required to have a system in place that alert parents if children are not marked ‘present’ in school. Our school will be using a Parent SMS system recommended by BCE. Each teacher, including specialists are required to take the class role each morning before 9:00am. If a child is marked absent ‘unexplained’ an automatic SMS will be sent to the main parent contact. Please ensure your emergency details are up to date with the school office. This SMS will also be used as whole school reminders for important events in school life.

STAFFING NEWS:
It is my absolute to pleasure to welcome a new staff member to our school community in 2017. Mrs Kate Marsh will be joining us as our PE teacher in 2017. We thank Mr Dean Estreich for his excellent work this year in PE.

Have a good week,
Matthew Beacroft - Principal
Dear Parents, Caregivers and Families,

You are invited to celebrate

The Graduation Mass of
St Mary of the Cross School
Year 6 Students

The Graduation Ceremony will be at the
Holy Rosary Church
on Tuesday 29th November, 2016
Commencing 6.00pm sharp

A presentation, light supper and cutting of the graduation cake will follow Mass in Baratta Stadium.
Family photos available in the church from 5:30pm with Mrs Amanda Crocetti.

Please email or phone your attendance to the office for catering purposes:

pwindsor@bne.catholic.edu.au
phone: 3857 4803
PASTORAL CARE CORNER
Sr Anne Cannon

Dear Parents,

It seems impossible that we are at the end of another year! Holidays are the best of times and the worst of times for parents. Tired/too much festive activity/too many visitors/too much … all of these things impact on children and often lead to frayed tempers. So, here are five tips for managing anger over the holidays, with thanks to Michael Grose.

1. **Recognise it** The first step is to help children recognise that they are angry. What are the signs? What are they thinking? We are all different but tension in the shoulders, restricted breathing, raised voices and clenched teeth are common signs of anger.

2. **Name it** Developing a vocabulary around anger is important. The more nuanced children’s language is, the better. Annoyed, angry, hurt and enraged are very different emotions but are often described as the same.

3. **Choose it** Help children recognise that they have a choice to stay in control or lose control when they get angry. It’s what they do with it rather than the anger itself that is the problem.

4. **Say it** Encouraging children to express how they feel is okay as long as no one is hurt. The use of ‘I Statements’ is one way of letting others know how they feel. “I feel really mad when you …” is one way of being heard.

5. **Shift it** Help children shift their anger to a more pleasant and less energised place. Children can shift their moods by modifying their thinking or altering their physiology. They may go for a run, play a physical game or pour their anger into a protest letter/drawing to let their frustrations out.

The maxim of managing anger in healthy ways is: “There’s nothing so bad that we can’t talk about it. However, there are behaviours that we don’t engage in when we are angry.” Mary MacKillop would say: “DO not say in heat what you may bitterly regret later”.

God bless,

Sr Anne
School Pastoral Worker

HEALTHY LUNCHES

This is a quick and easy dessert which would be a great Christmas treat, especially if served with plain yoghurt. Since it’s Christmas you could even indulge in a low-fat ice-cream!

**BAR-B-QUE FRUIT PARCELS** (serves 6)
- 1 cup cherries, stoned and stems removed
- 1/2 rockmelon, peeled and cubed
- 1 mango, peeled and cubed
- 2 plums, stoned and cut into wedges
- 1/3 cup blanched almonds
- 2 tablespoons runny honey
- 1 lemon, peel only cut into strips
- Basil (or mint) sprigs, to garnish

**Method**
1. Preheat a barbecue or a grill to moderate.
2. Combine cherries, rockmelon, mango, plums and almonds in a bowl and drizzle with honey. Mix well.
3. Cut 6 x 30cm square pieces of foil, add a sixth of the fruit mixture to each and place the lemon strips on top. Seal foil and transfer to the barbecue.
4. Cook until fruit is tender, about 10 minutes. Remove from the barbecue and carefully open the parcels. Scatter with basil leaves and serve.

MINI VINNIES CHRISTMAS APPEAL

Thank you to all who supported the Christmas stall yesterday. We raised almost $100. We will have another sale on Friday. Remember our Christmas Appeal next Wednesday. If you can’t bring what is allocated for your class, you may choose something on the list.

**PREP:** gifts for children, soft drinks, cordial

**YEARS 1/2:** lollies, chips, nuts, chocolates, gifts for Dad

**YEARS 3/4:** plum pudding, Christmas cake, long life custard, gifts for Mum

**YEARS 5/6:** tinned hams (450gm), tinned salad items, gifts for teenagers

SCHOOL AWARDS

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<th>YR1-2</th>
<th>YR3-4</th>
<th>YR5-6</th>
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**CONGRATULATIONS** to Talarah, Christopher and Hayden Simpson who, with their Mum and Dad and brother and sister, welcome another sister into their family. We eagerly await the announcement of her name. God bless this special baby and her family.

WOODEN COAT HANGARS

Mini Vinnies at Holy Cross are still collecting wooden coat hangars.
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