Dear Parents and Friends,

Happy New Year and welcome back to St Mary of the Cross for the 2017 school year. It is my privilege to be the leader of this school community and I have spent the last couple of days in every room meeting the new and returning students and staff. We formally welcome Mrs Caitlin Warren, year 1 teacher, to our school. Caitlin joins us from Melbourne and is an experienced, enthusiastic and welcome addition to our school staff. We also welcome Mrs Mel McCabe back from Canada to our staff as she works with Mrs Nena Morgante in Years 3 and 4 across 2017.

Always one of my priorities is to emphasise open, transparent and respectful communication between staff and parents. I would encourage all families to embrace the opportunity to communicate with their class teacher and myself throughout the upcoming year. I am always very happy to meet with or talk to any parents about issues, concerns or suggestions that can benefit the school.

One of the first opportunities for families to meet their child’s class teacher/s will be at the parent information meeting. This will be on Wednesday 15th February. There will be two sessions on the night, allowing families with more than one child, to attend a second meeting. The evening will begin at 6pm sharp in the library. At 6:20 the first of two sessions will begin and the second session will begin at 6:40 for parents to go to both sessions. This evening will provide families with specific classroom details and routines in the classroom. I will provide information about our school building programme and other exciting social and academic initiatives for 2017. Child minding will be available on the night for all siblings and children from 6pm in the library. A sausage sizzle will be operating from 6pm on the night for all members of our community. A RSVP to the night will be sent home next week to help with catering and organisation.

Uniform Day:

Just a reminder that the Sports uniform is to be worn Tuesday and Friday. Our formal uniform is to be worn Monday, Wednesday and Friday. The school uniform shop is open from Monday to Friday from 8am.

Get Started Vouchers:

This time of year is particularly expensive—especially fees for soccer, rugby, swimming and dancing etc. If you are enrolling your children into club sports did you know that the Queensland Government offers vouchers to assist you with these payments? Please see the link below about ‘Get Started Vouchers’ and whether you are eligible for the assistance.


Have a good week,

Matthew Beacroft - Principal

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**Date Claimers**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>FRI 3rd Feb</td>
<td>Sausage Sizzle starts!</td>
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<tr>
<td>WED 8th Feb</td>
<td>5/6 Leadership Day</td>
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<tr>
<td>WED 15th Feb</td>
<td>School Opening Mass 9am Parent Information Night 6—7.30pm</td>
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**Specialist Timetable**

<table>
<thead>
<tr>
<th>Day</th>
<th>Subject</th>
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<tbody>
<tr>
<td>TUES</td>
<td>PE, Art &amp; Library</td>
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<tr>
<td>WED</td>
<td>Spanish &amp; Music Assembly</td>
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<tr>
<td>FRI</td>
<td>Sausage Sizzle</td>
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**2017 Terms**

<table>
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<tr>
<th>Term</th>
<th>Dates</th>
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<tbody>
<tr>
<td>1</td>
<td>Tue 24 January - Fri 31 March</td>
</tr>
<tr>
<td>2</td>
<td>Tue 18 April - Fri 23rd June</td>
</tr>
<tr>
<td>3</td>
<td>Mon 10 July - Fri 15 September</td>
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<tr>
<td>4</td>
<td>Tue 3rd October - Fri 1st December</td>
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Matthew Beacroft - Principal
$4 includes a sausage on bread, popper & snack.

**SAUSAGE SIZZLE**
**FRIDAY STARTS**
3rd February

School banking is on **THURSDAY**.
PASTORAL CARE CORNER
Sr Anne Cannon

Dear Parents,

Welcome to new families and welcome back to ‘old’ families. I hope you have all had a good start to the year. Pope Francis, in his New Year Message of Peace reminded us that “the family is the indispensable crucible in which spouses, parents and children learn to communicate and to show generous concern for one another and in which frictions and even conflicts have to be resolved not by force but by dialogue, respect, concern for the good of the other, mercy and forgiveness. From within families, the joy of love spills out into the world and radiates to the whole of society. ... [peace is] based on responsibility, respect and sincere dialogue. ... St Therese invites us to practise the little way of love, not to miss out on a kind word, a smile or any small gesture which sows peace and friendship.”

I thought there could be no better way to start the year than to resolve to do just this throughout 2017. Happy new year.

Mary MacKillop would say: “Help one another, bear with one another, by love God lets me see love in all.”

God bless,
Sr Anne

HEALTHY LUNCHES

The following is wise advice from Nutrition Australia. Their website is worth a browse for great ideas and recipes. (Recipe on back page.)

PACKING THE SCHOOL LUNCH BOX

When children eat well they behave better, are able to listen well and concentrate for longer. Packing a healthy school lunchbox will help children to learn and play well and be happy at school.

Steps to planning a healthy lunchbox
1. Make time to prepare. Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.
2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.
3. Make your own snacks. For example snack packs from fresh ingredients which you can buy in bulk.
4. Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.
5. Choose a variety of foods from the 5 food groups (to be published next week).
6. Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink as these contain too much sugar which are not good for teeth. Non-water drinkers usually start drinking water with the example of other children. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.
7. Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox. Another good tip is to prepare food in advance. The following can be cooked on the weekend and used over several days, just adding the meat/seafood on the day it is to be used. Of course, this can be served hot as a main meal.

COLLECTIONS to support those less fortunate than ourselves

Thank you to families who have already sent in contributions to my ‘collections’. I have contacts with various organisations who welcome our contribution. We can help others in so many simple ways. Any of the following can be left in the Office at any time.

- Used stamps with at least 1mm of paper around the edge are sold to stamp collectors and the money is used by the Sisters of St Joseph to support their work in East Timor and in the poorest areas of Peru. People from all over Australia contribute to this collection.
- Toiletries from motel rooms, etc are used by the ‘Gate Ministry’. When a prisoner is released s/he is often without support or family contacts on the ‘outside’. The ‘Gate Ministry’ provides them, at the gate, with a bag containing a supply of toiletries to meet their immediate needs, a notebook and pen, a towel and washer, a phone card with $25 and a Go-card with a similar amount. This at least allows them to face the world with something.
- Towels, washers (don’t have to be new), small note books, pens, cash for the above.
- Tea, coffee, sugar, longlife milk for the ‘Funeral Pantry’. These can be collected from motel rooms, etc or you may choose to buy an item when you go shopping. These are then supplied to people who cannot afford to provide a ‘cuppa’ after a funeral.
**FRIED RICE**

**Ingredients**
- 1 cup long grain rice (brown or wholemeal is best)
- 2 eggs, beaten
- Olive or canola oil spray
- 1 teaspoon olive or sesame oil
- 75g lean leg ham, diced (or any cooked/tinned seafood or leftover meat) – this should be added on the day it is to be used
- 1 onion, diced
- 1 red or green capsicum, seeded and diced
- 2 cups Chinese cabbage, shredded
- 1 cup green peas, cooked
- 1 cup sweet corn kernels, cooked
- 1 cup bean shoots
- 2 spring onions, diced
- 3 tablespoons reduced-salt soy sauce
- 1 tablespoon oyster sauce

**Method**
1. Cook rice following packet directions, drain and cool completely.
2. Lightly spray a heated non-stick pan with oil and pour in eggs to make a thin omelette.
3. Cook over gentle heat until set.
4. Transfer to a plate and slice thinly. Set aside.
5. Lightly spray the same pan with oil and cook ham (if using) and onion until golden.
6. Add capsicum, cabbage, peas, corn. Cover and toss well for several minutes.
7. Add remaining ingredients. Stir until sauce has mixed through.
8. Fold in sliced omelette.
9. Freeze in portions to be used during the week.