Dear Parents and Friends,

Welcome Back to week 2 at our wonderful school. As this hot weather continues we are very grateful to have air-conditioning in all our classrooms. We strongly encourage each child to have a named water bottle for class time as it certainly helps to remain hydrated across the day.

Planning:

Before school resumed for this year teaching staff were at school planning and preparing learning activities for the students that are in our rooms. Over the course of the year our staff will continue to have professional development days and twilight meetings with other schools, consultants and as a staff to ensure we continue to gain “teaching experience” and to reflect on our work.

“Teaching is an experience and we talk about gaining ‘teaching experience’ but experience alone does not guarantee that we will teach better. Only when we reflect on our teaching can we really think about it, revise it, and do it better next time. Reflective practice, when done consistently, can guarantee continuous improvement of our teaching. The secret ingredient in the reflection is evidence.” – John Dewey

On Wednesday this week all teachers were released from class to plan, review and reflect with an educational consultant to ensure our planning and practice is of high quality and engaging. As the term progresses all teaching and administration staff will be gathering data and evidence about all the students in our school.

Change of Assembly Day:

Over the last couple of years we have held our assembly on Friday afternoons from 2:30 until 3:00.

This year our assemblies will still be held from 2:30 until 3:00pm but the day has changed to Wednesday. Parents and Friends are very welcome to join us each week.

Every second Week during this term different classes will be presenting one of the 5 keys we use at St Mary of the Cross as part of our Social and Emotional Programme. The Program Achieve puppets and posters across the school helps the children to make sense of the new skills they will be learning and consolidating of Persistence, Getting-a-long, Resilience, Organisation and Confidence. Thank you to the year five and six students who led us in learning about Organisation this week.

Have a good week,

Matthew Beacroft - Principal
Dear Parents and Caregivers,

Welcome for 2017

Welcome to the school year for 2017 and a very warm welcome to our new families and new staff at St Mary of the Cross. We are rich in support and compassionate giving that is abound for our students, teachers, and loving parents. Our school community is truly a treasure for all those who have come to be part of life and learning at St Mary of the Cross.

Hymns with Mrs McCourt

Thank you to Mrs Patty McCourt for her gift of music and singing. Patty has commenced hymns with us on a Monday afternoon again for 2017. Our students will learn new songs and practice ones we all know so well. I look forward to our opening school mass on Wednesday 15th February and the great involvement we have especially in singing.

Year 5 and 6 Student Leaders

2017 is an exciting year for our older students and a year where they have an opportunity to demonstrate their strengths and talents by leading the student body. Over the past two weeks, students have reflected on their individual strengths and those of their classmates and have worked on setting goals for 2017. Next Wednesday the Year 5 and 6 students will attend a formal leadership day at the Queensland State Library and Southbank. We wish our Year 5 and 6 students every success as our student leaders and may they set the right example for the rest of the school community for the entire year. Leadership badges and shirts will be presented at our opening school mass and the students will receive a blessing as they embark on their journey of leadership this year.

“First love with actions, not with words. The wind whisks words away; today they’re here, tomorrow they are not. When Jesus spoke of love he speaks to us of concrete things: feed the hungry, visit the sick and more. A person who loves gives and gives.” Pope Francis

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

Dear Parents,
We are already into the second month of the year – seems impossible! Kathleen Noonan, journalist, offers a few tips for stepping into the new year (month). She says “there are many things we cannot control, health scares, terrorism, etc. But we can control how we respond. We can become a ‘First-footer’, an Irish/Scottish thing, referring to the first person through your door after midnight on New Year’s Day. … The ritual begins by opening the back door to let out the bad luck of the past year. … What are you going to let out this year – bad habits, lousy attitudes? Then what are you going to let in the front door? Attitude is one of the few things we can really control as we allow it in the front door. …”
This is a concept I’m sure you could discuss with your children as they move into the school year. Gratefulness.org. is a website worth visiting. Among other things it offers a ‘thought for the day’. This one is worth considering when trying to shape positive attitudes: “When the waves close over me, I dive down to fish for pearls. Masha Kaleko Mary MacKillop would say: I felt peace and the warmest confidence that out of thee troubles good would come.”
Have a great week fishing for pearls.
God bless,
Sr Anne

HEALTHY LUNCHES
This table comes from Nutrition Australia. The fruit and vegetable boxes are good ideas for ‘Munch Crunch’.

What makes a healthy lunchbox?

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Nutrients</th>
<th>Suitable examples to include in a lunchbox</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads and cereals</td>
<td>Source of carbohydrate which is a major energy source for the brain and body.</td>
<td>All types of bread – whole meal, multigrain, white, pita or other flat breads, fruit loaf. Rice, pasta, crackerbreads or crispbreads, rice crackers.</td>
</tr>
<tr>
<td>Fruit</td>
<td>Contains lots of vitamins and fibre. Aim to include 1–2 serves of fruit per day.</td>
<td>Fresh whole fruits or cut up and placed in a container. Dried fruit mix, canned fruit.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Good source of fibre and vitamins.</td>
<td>Vegetable pieces as a snack such as cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears. Carrot, celery and cucumber sticks. Salad vegetables or coleslaw in a sandwich.</td>
</tr>
<tr>
<td>Dairy</td>
<td>Major source of calcium. Include one serve in lunchbox every day.</td>
<td>Low fat milk, cheese or yoghurt.</td>
</tr>
<tr>
<td>Lean meats, fish, poultry, egg, nuts and legumes</td>
<td>Protein for growing bodies.</td>
<td>Cold meats or chicken. Tinned fish such as salmon, tuna or sardines. Boiled eggs, baked beans, hommus.</td>
</tr>
</tbody>
</table>

Remember to involve your children. Take them shopping and let them help choose fruits and vegetables for their lunchbox. Let them help prepare and pack their own school lunchbox.

FEBRUARY

- 5th: Adhiraj
- 6th: Prince
- 7th: Jayden
- 10th: Kalesita
- 14th: Oliver V

SCHOOL AWARDS

<table>
<thead>
<tr>
<th>Class</th>
<th>Award Winners</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep</td>
<td>Ella &amp; Jayden</td>
</tr>
<tr>
<td>Yr 2</td>
<td>Jack</td>
</tr>
<tr>
<td>Yr 5/6</td>
<td>Kira</td>
</tr>
<tr>
<td>Sr Anne</td>
<td>Lily</td>
</tr>
</tbody>
</table>
Sausage Sizzle Friday is back
TOMORROW
Only $5.00

Sausage Sizzle Friday is available for all classes and is served at first break. The children will get a sausage sizzle, drink and a snack.

Please note that lunch for second break will still need to be sent with your child.