Dear Parents & Carers,

We have returned from, I hope, a relaxing September break to a very busy final term. It was great to see our students returning happily to begin the term of fun and learning.

We returned to school with the sad news of the death over the weekend of Mrs Marita Artuso’s mother. We wish Marita, Tony and the children our sincere sympathy and assure them of our prayers.

“May the Holy Cross strengthen us.”

It is good to be back from Family Leave and I want to go on record to thank Mrs Patty Mc Court for once again stepping up to Act in the role of Principal. Patty’s dedication to the children, parents and staff of our school is amazing. I thank her for working in the role through such a busy time. I am very grateful too for the support that parents offered me so that I was able to take leave when I did.

Thanks to the fund raising efforts of the P&F orders are in for increasing the number of laptops and introducing iPads These purchases which will enhance the access and use of digital technologies at Holy Cross are a direct result of the fund-raising from Festival.

As you are aware Mrs Patty Mc Court has retired as APRE from the end of 2012. The position has been advertised by Brisbane Catholic Education. The process of shortlisting and interview involves Fr Josekutty, Brisbane Catholic Education staff and myself. The successful applicant will be announced soon. Patty’s shoes are obviously hard to fill but each person will bring their unique gifts to the role and to this community.

On Wednesday, while there was no Assembly, the school gathered to view photos of the Musical. The slide show reflected the excitement and joy that was the result hard work, by staff, parents and students, associated with staging the Musical. The DVDs will soon be available.

This week, in the business of the return to school, I have been struck by the importance of taking a positive spin on situations. I have witnessed a few times this week how focussing on what IS working and on the SUCCESS of children in academic and social situations can draw them forward. Of course it is important then to look forward to what can be done to resolve any issues, but beginning with an ABUNDANT view rather than a DEFICIT view point gives confidence for the journey forward. Let’s remember this coming week to be grateful for all that is going WELL; all God’s blessings.

Paul Drewniak
Principal
A.P.R.E.’s Report

I love returning to school after a holiday and looking at the expressions on people’s faces as they greet one another, ready to continue what has been and to forge ahead with the surprises that lie in front of them. There are nine weeks to complete what we started in January and contrary to the ‘little’ fears we may experience every so often during this relatively short time about getting everything done, we will fit everything in and we will do it with the usual pomp and ceremony that is typical of Holy Cross School community! And the God who has walked with us thus far, will continue to do just that. Sometimes, at Mass, I am struck by the music and this week the words of the songs almost jumped out and grabbed me!

From You are Mine by David Haas

I will come to you in the silence
I will lift you from all your fear.

In the shadows of the night
I will be your light,
Come and rest in me.

From On Eagle’s Wings by Michael Joncas

I will raise you up on eagle’s wings,
Bear you on the breath of dawn,
Make you shine like the sun,
And hold you in the palm of My hand.

My prayer is that you hear your God saying these words especially to you right now and to believe in the power that is imbedded in them.

God is with us.

Patty McCourt

Pastoral Care Corner

Dear Parents

Welcome back to the last term. Perhaps it is timely that it co-incides with Mental Health Week. This term will get very hectic and have us all running by the end of November. Those with children in Year Seven and Year Twelve will be particularly affected. The following information from ‘Beyond Blue’ is worth a read. Mental Health should never be a forbidden topic. www.beyondblue.org.au

Start the conversation

Depression and anxiety can affect anyone at any time. Often people won’t talk about how they’re feeling because they’re worried about what others will think. During Mental Health Week (7-13 October), we’re encouraging everyone - individuals, community groups and workplaces - to talk about depression and anxiety. Sometimes, the simplest acts have the greatest impact - just talking openly about depression and anxiety can reduce stigma.

Common behaviour associated with depression includes:

- moodiness that is out of character
- increased irritability and frustration
- finding it hard to take minor personal criticisms
- spending less time with friends and family
- loss of interest in food, sex, exercise or other pleasurable activities
- being awake throughout the night
- increased alcohol and drug use
- staying home from work or school
- increased physical health complaints like fatigue or pain
- being reckless or taking unnecessary risks (e.g. driving fast or dangerously)
- slowing down of thoughts and actions.

The symptoms of anxiety disorders may sometimes be ignored, as they often develop gradually over time. Given that we all experience some anxiety, it can sometimes be hard to know how much is too much. Below are some simple checklists for common types of anxiety disorders. They are quick and easy and are designed to help you reflect on your situation or that of someone close to you. They will not provide a diagnosis - for that you need to see a doctor. However, they will tell you if you have symptoms in common with people who have an anxiety disorder.

**Generalised Anxiety Disorder**

For SIX MONTHS or more on more days than not, have you felt very worried found it hard to stop worrying found that your anxiety made it difficult for you to do everyday activities (e.g. work, study, seeing friends and family)? If you answered “YES” to ALL of these questions have you also experienced   THREE or more of the following:
- felt restless or on edge
- felt easily tired
- had difficulty concentrating
- felt irritable
- had muscle pain (e.g. sore jaw or back)
- had trouble sleeping (e.g. difficulty falling or staying asleep or restless sleep)?

If you answered ‘YES’ it is important to see a doctor. This article is not meant to upset anyone, but feel free to contact me if you have any concerns about yourself, your children, or others. Remember what Catherine McAuley said, “‘Get a good cup of tea and comfort one another’. I’m sure she wouldn’t mind if you had coffee!

God bless

Sr Anne.

TUCKSHOP

Helpers for Wednesday 17th October are:

Tuck-shop: Maddie Barbour, Deb Birthisel, Kelly Seibold, Natalie Finney, Lisa Evans & Jo Watson

Home bake: Karen Hind, Deb Birthisel, Simone Ross, Suzanne Colette, Kym Hodda, Trish Slater & Barb Waters

Please note our NUT FREE POLICY when preparing Homebake items. Thank you
The school community wishes the students who celebrated their birthday this week and during the holidays, many happy returns:

Sofia Coco, Lili Vincent, Ella Syron, Lia Walsh, Thomas Gordon, Ross Grimsdale, Frank Piper, Dominique Aming, Dominic Zitny, Gabi Hodda, Kyle Trickey, Sienna Artuso, James Mason, Charles Williamson, Michael Daniec, Lincoln Felsman, Jordan Bennett & Laelah Dunn

Reminder
Friday November 2nd
Pizza Day
Help Needed!!! Calling all Pizza Slingers - Past Present and Future

From approx 12.30 - 2.00pm on the day.
If you have some spare time on the Friday then we would love your help to sort and distribute the pizzas just prior to big lunch.

No experience needed!!
For more information or to sign up just text Mary-Therese on 0423 777 600 or email mary-therese@bigpond.com

OSHC NEWS
We are open on Monday 22nd October which is a student free day! We will be operating a Vacation Care day with Vacation Care fees applying - $38 for prior bookings or $41 if attending casually on the day (providing there is enough space). We will be supplying Pizza, Soft Drink and Ice Cream for lunch for an added cost of $10 per child.

Due to limited staff availability we will only be able to provide care for a maximum of 30 children. Please make sure you book early so rosters can be organised. Contact me at OSHC to book your place for the day.

Rhonda Wood
Coordinator

P&F AGM
Wednesday 14 November
6.30pm – Lower Floor New Building

The finish line for the 2012 P&F Year is approaching. The P&F Executive would like to warmly invite all parents and friends to attend the Holy Cross School P&F AGM to hear a report on our P&F Association’s achievements throughout this year, and to elect an Executive for 2013.

If you have never attended a P&F, the AGM is a great time to do so. Join us in celebrating the last meeting of the year with some drinks and nibbles. We are always looking for new ideas, and we would be grateful if you could spend some time with us.

As per the nature of a P&F Association, each year nominations are sought for the following positions:-
- President (Executive)
- Vice President (Executive)
- Treasurer (Executive)
- Secretary (Executive)
- Grants Team Sub Committee (Non Executive)

(Nominations form is attached to the newsletter)

Any questions: please contact Toni Williamson via the P&F email address: pfhcps@bne.catholic.edu.au

We welcome your nominations and look forward to seeing you there! Kind Regards, Peter Chester, Maddie Barbour, Toni Williamson and Tony Artuso.

MYMEMENTO Family Photo Fundraiser
Any families, who have booked a timeslot for Saturday, please meet the photographer at the Prep classrooms. The toilets will be open and an area put aside for personal belongings. The photographer is yours for the full 15 minute timeslot, so think about how you would like your photos to look. The photographer will have selected a few suggested spots ideal for portraits, but the choice is totally yours.
Sharon Vogel will be there to help the afternoon run smoothly. Any questions or problems on the day, please text 0402 321 886. Thanks.
Soon local garden enthusiasts and a Holy Cross School family will be opening their stunning garden to the general public on Saturday November 3 and Sunday November 4 in celebration of the 25th Anniversary of Open Gardens Australia. Sharon Kellett and Adam Wilson (Jack, Prep W) have very kindly nominated our HCS P&F as the beneficiaries of the entrance fee, as set by the Australian Open Garden Scheme. Their Chalk Street garden, called Mindilga, was specifically selected as it is a usual house block and there are very few small gardens in the scheme – the majority being properties/acreage. It can be accessed via the website, along with all other Open Gardens: http://www.opengarden.org.au/regions/qld_calendar.html. This lovely garden is listed in the 2012 – 2013 Guide and described as a “tiny tropical oasis of beautiful trees and exotic undergrowth attractive to butterflies and birds. Hidden amongst the paths and green spaces are giant bromeliads, orchids and beautiful sculptural pieces. Epiphytes cascade from the canopy of trees, palms and frangipanis. Secluded spaces for quiet contemplation.”. It is their first opening to the public and will occur over the weekend of 3 & 4 November. The Australian Open Garden Scheme has set the entrance at $6.00 per adult (a percentage of which will be contributed to HCS P&F Association). Young people and children under the age of 18 enter for free to encourage the love of gardens and gardening in younger people.

Everyone is most welcome to come along and view the garden and please tell your family and as many friends as possible to support both Sharon, for her enormous effort with creating this beautiful garden, and also our P&F Association.

If you have photos from school events this year that you think would be great for the school magazine, please submit them ASAP to the school office (CD/DVD or USB preferred) or e-mail bmcke@bne.catholic.edu.au for approval and possible inclusion.

Thank you – Toni Williamson - on behalf of Holy Cross P&F Association.
Swimming Lessons – Term 4
Swimming lessons will continue on
Thursdays at Wooloowin State
Primary School.

SCHOOL SWIMMING EXCLUSION POLICY- 2012
TO HELP US KEEP THE POOL CLEAN AND THE
CHILDREN HEALTHY THIS SWIMMING SEASON, ALL
PARENTS WILL NEED TO BE AWARE OF THE
FOLLOWING RULES.

CHILDREN WHO ARE PHYSICALLY UNWELL OR
SHOW ANY SYMPTOMS OF THE FOLLOWING
CONDITIONS WILL NOT BE ABLE TO ENTER THE WATER.
(WITH MOST OF THESE CONDITIONS CHILDREN
SHOULDN'T BE AT SCHOOL UNTIL THE SYMPTOMS
HAVE IMPROVED).

- CONJUNCTIVITIS
- DIARRHOEA-SHOULD NOT ENTER THE POOL UNTIL
14 DAYS AFTER THE SYMPTOMS HAVE CEASED.
- INFECTED OPEN SORES AND CUTS
- COLD SORES
- SCHOOL SORES
- INFLUENZA
- RINGWORM
- WHOOPING COUGH

DESPITE GOOD CHLORINE LEVELS, GERMS FROM
SORES AND INFECTIONS CAN BE PASSED ON TO
OTHER SWIMMERS CAUSING FURTHER HEALTH
PROBLEMS.

FOR FURTHER ADVICE AND INFORMATION ON ANY
OF THESE CONDITIONS, PLEASE FEEL FREE TO
CONTACT YOUR NEAREST PUBLIC HEALTH UNIT.

Library News

- All children in years 1 to 7 have been
  provided with a green plastic library bag. This
  bag is to be used to transport library books to
  and from school. We have had a number of
  library books damaged by water leaking from
  water bottles in bags etc and are therefore
  enforcing the rule - NO BAG- NO BORROW.
  If your child has lost their library bag you may
  buy a replacement from the library for $5.
- The Annual Book Fair will take place this
  term. The book fair will be stocked by The
  Book Warehouse and the school receives a
  generous commission from sales. The date for
  the Book Fair is November 12 – 16.
- If your child likes to play word games
  there is a great on line competition running at
  the moment. There is no cost and it is easy to
  register. For more information go to
  www.wordmania.com.au
- There are only 6 weeks of borrowing this
term so please encourage your child to return
their books each week.

Holy Cross School Musical Showcase
Who? Our school band, school choirs, various
student ensembles and some solo pianists will
perform at their first school gala since the inception
of our school band. This musical showcase shall
allow our students a wonderful opportunity to
perform for their school community after many
months of preparation and it is sure to dazzle and
delight you, as you join them on their musical
journey.

When? Sunday November 11 from 4.30pm –
6.30pm *Please ensure you mark this important date
in your diary and encourage and support your child
in her/his preparation.

Where? Holy Cross Heritage Hall, Chalk Street.
Many thanks to Ms Chelsea McNelliey, Mrs Sharon
Farne Sang and Mrs Danielle Price for their time and
commitment in preparing our students for this
showcase and to Mrs Kathryn Lyons, Mrs Maria
Crawford and Mrs Alison Boyd for organising this
special event.

School Office Request
Change
When paying school accounts please have correct
money when paying cash as the School Office does
not keep change on the premises.

Orientation Days for 2013 Prep Students
Will be held on Friday 9th November and
Tuesday 13th November. Please contact
Mrs McKee should you have any queries.