



# Term 4 Week 5 Newsletter

**Catholic Character: Nourishing our Souls:** It is a fact of life: there are always things to be done. At some point, we need to stop 'doing' and just 'be'. I was captured by an article recommending the benefits of **one minute meditation on-the-go**: We don't need a 10-day mountain retreat to get proper spiritual refreshment. Those small moments of down time everyone gets during the day are plenty. Instead of rehashing your mental to-do list or scrolling through social media when a time pocket opens up, take a few deep, calming breaths instead. Be open to an awareness of yourself within God's loving presence next time you find yourself with a spare minute:

- In the car at the traffic lights
- In a queue at the supermarket
- Waiting for the children to come out of school
- While reheating food in the microwave

These small pockets of peace can have a dramatic effect on our wellbeing and the quality of our daily life! This simple meditation practice may be just what we need to keep us grounded as we prepare for the end of year and Christmas.

## **Garden to Table: Gardener of the Day- Faris:**

At home we have some flowers growing and a small tree. I am also growing buckwheat that I was given at my First Communion.

**Garden Tip:** We were trying to find out why some of our seeds didn't germinate. We think they had too much water, so they rotted and split in half. I love to grow plants.

**Kitchen Tip:** When you have lettuce you can dip it in the water then scoop up and eat it or put it in salad.

My favourite food from GTT is cauliflower curry with rice.

My favourite food is dolma.



## Important Dates

### **EVERY Friday- Subway Day**

Place your order in the library from 8.30am.

**16th November- School closed-teacher strike**

**22nd November -** Somes Island Excursion for Year 7/8

**27th November -** Interzone Athletics Newtown Park

**4th December -** Christmas Liturgy

**5th December -** Eastern Zone Miniball

**6th December -** Final BOT meeting for 2018

**7th December -** New classes for 2019

**8th December -** Feast of the Immaculate Conception

**13th December -** Year 8 Graduation 7pm

**17 December -** End of year fun day ASB

**18th December-** End of Year Liturgy and last day of school

**HAPPY BIRTHDAY**

A big Happy Birthday to: Emma, William, Amelia, Nosi and Austin. Have a great birthday week

**Thank you Morning Tea:** Last Thursday we were delighted to be able to acknowledge and thank the many individuals, groups and organisations who have supported our school throughout the year. Six of our Year 8 leaders expressed our appreciation to the Catholic Community, the Staff, the Parents, the Helping Agencies, the Learning Community and the Wider Community. We were delighted to have our priests, our local Member of Parliament, Paul Eagle, and over fifty other guests attend this celebration of Community. Congratulations: Andareh, Rose, Diya, Obsaan, Maria and William, each one of you expressed so well our sentiments and gratitude.

We also congratulate our cultural group who provided a rich cultural experience for our guests. To all those who have helped in any way this year but weren't able to attend, we say

**THANK YOU!**

### TEACHER STRIKE

The planned teacher strike is Friday 16 November 2018.

The school will be closed this day. Please make alternative plans for your children to be looked after on this day.

The swimming lessons (Rm 6 and 7) have been postponed and there will be a catch up lesson at the end of the term.

**First Communion:** We congratulate the students from our school and parish who have taken the next step in their faith journey, receiving their First Communion. Please keep Julia, Selina, Angelfaga, Faris, Rhian, Isabelle, Maria and their families in your prayers



The St Vincent de Paul Christmas food parcel collection is on!

We are collecting items that can be donated to families in need in our community at Christmas time.

If you are able to help please send any items to the school office.  
Thank you for your support.



## **Can you help?**

Year 7/8 are travelling to Somes Island on Thursday 22 November as part of their William Pike Challenge Award.

We require additional adult supervision and we would really appreciate any extra parent or adult helpers who can join us for what will be a fantastic excursion.

The Ferry leaves the Seatoun Terminal at 10:50am and we will return at 2:30pm. On the island we will have rangers acting as guides but we do need extra adult support. If you can help please contact the office or Tim Carson at [tim.carson@hcm.school.nz](mailto:tim.carson@hcm.school.nz)

## **SPORTS NEWS**

**Eastern Zone Athletics:** We congratulate all of our students who participated on the athletics held at Newtown Park last Wednesday. Their results were outstanding; eighteen Holy Cross students, are going on to represent the Eastern Zone schools in the Wellington Zone competition. Our Year 7 boys and girls relay teams were both placed first. Well done everyone, a great effort and we loved the way you supported each other. Thank you to the parents and grandparents who supported this event.

