



27 July 2018

Welcome  
 Nau Mai Haere Mai  
 Fáilte  
 欢迎  
 Maligayang pagdating  
 Welkom  
 Willkommen  
 Добро пожаловать  
 Afio mai  
 Malo e lelei  
 Selamat datang  
 Bienvenida  
 Ahlan Wa Sahlan  
 Willkommen  
 Salam  
 Croeso  
 Youkoso  
 Mabuhay

### Upcoming Dates—Term 3

#### Week 1

**Fri 27 Jul**

Sushi Friday

#### Week 2

**Mon 30 Jul**

**Athletics ASB** –bus leaving at 9am

**Tues 31 Jul**

Pizza Lunches

**Wed 1 Aug**

Before School Walking Bus

**Fri 3 Aug**

Sushi Friday

3pm Secondhand Uniform Shop Open

#### Week 3

**Mon 6 Aug**

**Athletics ASB** –bus leaving at 9am

**Tues 7 Aug**

Pizza Lunches

**Wed 8 Aug**

Before School Walking Bus

**Fri 10 Aug**

Sushi Friday

### Ngā Rerenga Kōrero — Maori Phrase of the Week

**oho, whakaoho(a):** awake, wake up

Oho ai au i te ono karaka i te ata.  
I wake up at six o'clock in the morning.



**Ra whanau kia koe**  
to Nicholas who  
celebrates his  
birthday on  
Saturday, and to

Nell who celebrates her birthday on  
Monday.

### Kia ora te whānau,

Welcome back to term 3! We have enjoyed hearing about our tamariki's holiday adventures over the past few days.

### Catholic Character- Note from Cardinal John Dew'

Ngā Mihi Nui ki a koutou katoa

The Pope's Worldwide Prayer Network for July was focussed on "the tiredness of priests." Pope Francis is so realistic and down to earth and begins by saying: *"The tiredness of priests... Do you know how often I think about it? Priests, with their virtues and defects, work in many different areas. Working on so many active fronts, they cannot remain inactive after a disappointment. At such times, it's good for them to remember that the people love their priests, need them, and trust in them. Let us pray together that priests, who experience fatigue and loneliness in their pastoral work, may find help and comfort in their intimacy with the Lord and in their friendship with their brother priests."*

Pope Francis asked the world to pray that "priests, who experience fatigue and loneliness in their pastoral work, may find help and comfort in their intimacy with the Lord and in their friendship with their brother priests." I am suggesting in this newsletter that we are all invited to support our priests, especially through prayer, a kind and affirming word, a smile, or some form of encouragement. The Pope said in his message *"It's good for them (priests) to remember that the people love their priests, need them, and trust in them."*

I am very aware that there are times when people are disappointed and frustrated for a whole range of reasons. The priest snapped at them before Mass, they did not understand the homily and the content was not relevant, he was bad-tempered and impatient, he acted as though it was his Church. I am also very aware that there are all sorts of pressures on priests every day, as there are for everyone as they deal with jobs, family illness, financial difficulties, etc. Perhaps that is where we are all called to help, support, assist and encourage one another in our parish communities. If we all do some little thing in our parishes to develop close and warm relationships, create community, and try to hold each member of the parish community within a network of solidarity and belonging, we can create a setting for a dignified life.

We all deserve a dignified life. We help each other, priests and parishioners to create that.

Mā te Atua koutou e manaaki, e tiaki

+John

### Athletics Next Week

Please arrive at school early on Monday dressed in PE gear, **the bus is leaving at 9am** and we start at 9.30am at the ASB Centre.

### Uniform

It is often at this time of year you may find you need to replace uniform items. Please ensure that the items you purchase are part of our school uniform, in particular shoes should be all black. You can check this by visiting the school website-

<https://www.cardinalmckeefry.school.nz/parents-and-caregivers/cardinal-mckeefry-school-uniform/>

### Confirmation 2018

The Confirmation Mass was a wonderful prayer filled celebration on Sunday 8 July when 57 children and young people from the Wellington Central Pastoral Area were confirmed by Cardinal John Dew at St Teresa's Church, Karori. A big thank you to those who participated in the Mass and a special congratulations to TJ, Petelo, Max, Maddy, Poppy & Odette.



Ngā mihi nui, Tania Savage

## Winter Netball

Our netball teams are refreshed from the school holiday break and all set for Round 2 of winter netball which commences Saturday. Cardinal Team Extreme are playing Wadestown Thunder at 8:30am on court 2. The Cardinal Crazy Cats are up against Karori Normal Rata at 12:35pm on the Astro Court. Go CMcK!

## Request

We currently have a number of lost property items that could do with a wash before they are transferred in to our school second hand uniform shop. If you are able to help please see Jo-Anne in the office.

🔴 Road Patrol arrive at 8:25am 🔴				
Friday 27 July	Monday 30 July	Tuesday 31 July	Wednesday 1 August	Thursday 2 August
Fiona	Pam	Baljinder	John	Brigita
Drew & Jamie	Alisha & Isabella	Lucas & Helen	Hugh & Shakti	Madison & Darcey

# GARDEN TO TABLE

GROW, HARVEST, PREPARE, SHARE



### Term 3 Week 1- Garden Group

This week the garden group learnt how to make compost out of used materials.

The Skills learnt this week were-

- 👉 We learnt how to make a compost and what to put in it
- 👉 We learnt how to rake up things and loosen the dirt and soil.
- 👉 We learnt how to make a worm farm and about worm farms



### Term 3 Week 1- Kitchen Group

The kitchen group this week made orzo with spice-roasted carrots, currants and roasted sunflower seeds.

The Skills learnt this week were-

- 👉 How to slice carrots & parsnips
- 👉 How to roast vegetables
- 👉 How to cut veggies lengthways



## ORZO WITH SPICED ROASTED CARROTS, CURRANTS & SUNFLOWER SEEDS

### Ingredients

1 cup orzo	1 t paprika
½ t turmeric (for cooking orzo)	½ c currants
4 carrots, peeled (or parsnips)	½ c sunflower seeds toasted (or pinenuts)
½ t turmeric (for roasting carrots)	3T chopped fresh coriander
Oil to roast	¼ c extra virgin olive oil
1 t ground cumin	2 T spiced vinegar
1 t ground coriander	Salt & pepper



### Method

Cook orzo with ½ t turmeric added, until just tender. Drain and set aside to cool. Preheat oven to 180C. Cut carrots in half lengthways then slice on the diagonal into 1 cm thick pieces. Place in a roasting pan, drizzle with a little oil, sprinkle with spices and toss to coat evenly. Roast for 30 mins, remove and allow to cool. Mix orzo, carrots, currants, sunflower seeds, coriander, oil and vinegar together well. Season to taste with salt & pepper. Serves 6.

Recipe from Julie le Clerc's—Simple Café Food