It has been great to welcome so many parents to our school community this term. Mitchelton Special School enjoys wonderful support from parents and carers and we recognise that people can contribute in many different ways. Besides the day to day interactions you may have with your child’s class and teacher, many opportunities exist for parents to involve themselves in the life of our school. In term one these have included parent information evening, P&C meetings, MyTime sessions, Monday assemblies, tuckshop and a Triple P parenting workshop.

Our P&C is focused on helping to create the best possible learning environment for students and on building a supportive community. Photos above show happy parents and students enjoying the first Mitchie tuckshop day for 2015. During the April school holidays, the P&C will be running a sausage sizzle at Bunnings Stafford. This has proved to be a great fundraiser and team building opportunity in previous years, so please show your support by offering assistance at the stall or coming along to buy a sausage on Saturday 11 April. A very Happy Easter to all families and staff!
**Parent Support Update**

Welcome to all new families who have commenced their journey at Mitchie Special. It has been lovely to meet and chat with you. A number of support initiatives are available to parents in our school. One of these is the Parent Resource Room which is located off the Canteen Preparation in B Block. In this room you will find brochures about respite, therapy and support services, information about post school options, future planning, and various community education events. We also have a parent library with disability and parenting resources that you can borrow. Please feel free to drop in for a browse or a chat any time. You are also welcome to phone, email or make an appointment to discuss any needs or concerns. Sometimes parents like to have a general chat about possible options.

A few areas where parents frequently seek support and information include:

- registering their child with Disability Services and preparing for needs assessment (any age)
- accessing respite and support services
- applying for continence aids/ nappies (age 5 and over)
- applying for Disability Support Pension and other allowances (age 16)
- understanding Support for School Leavers and other funding initiatives
- exploring post school options
- planning for the future

Please be aware that Centrelink have recently changed some of the processes around applying for the Disability Support Pension and other payments for 16 year olds. There is now a requirement for parents and carers to make contact with Centrelink directly to communicate intent to claim. The school is no longer able to provide copies of application forms and these are no longer available online. You do not need to make an appointment at Centrelink. Just present at your nearest office – take a book with you as waiting times can be lengthy – or you can try telephoning. Once you have received the correct application forms, you then complete these at your convenience. If you require assistance to complete forms, or would like to chat prior to contacting Centrelink (to check which allowances your child may be eligible for), please feel free to contact me. You will need certain proof of identity documents for your child as well as a tax file number to claim 16 yr old allowances.

Stay connected. Stay well.

*Kylie Graham*  
Parent Liaison Officer  
Email: kgrah145@eq.edu.au or phone via school office 3354 5333

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**Materials in the Parent Library**

**A guide to protecting children and young people with disability and preventing sexual abuse:**  
*For Parents and Carers*  
Creating awareness among children is one of the best ways to protect them. This guide is available on the web and can serve as a starting point for parents – as well as a valuable reference. It contains specific advice on teaching children about relationships, sexuality and staying safe.

**Everyone’s got a bottom –**  
*Tess Rowley*  
This is a story about Ben and his brother and sister learning and talking together about bodies. It is a tool for parents and carers to gently start a conversation with children about self-protection in a style that is fun, positive and protective.

**Puberty: A Guide for Teenagers with an Autism Spectrum Disorder and their Parents – LaTrobe University**  
This resource has been developed to provide parents, families, friends and caregivers information to assist teenagers with an Autism Spectrum Disorder (ASD) to recognize and manage the emotional, physical, and social issues that individuals diagnosed with an ASD will encounter during puberty. Very comprehensive.

**Caring For Myself – Christy Gast, Jane Krug**  
For a child with a disability, everyday activities like brushing your teeth, washing your hands or visiting the doctor can cause anxiety and stress because of the sensory, cognitive and communication impairments they experience. *Caring For Myself* is an entertaining and educational social skills storybook that will help children to understand the importance of taking care of their bodies.

**The Autism Discussion Page – Bill Nason**  
*Book 1 – Core Challenges*  
*Book 2 – Anxiety, Behaviour, School, Parenting Strategies*  
Both books offer sound understanding of how children with autism process and experience the world and effective strategies for coping with the challenges.

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Is this you?
Being a parent should be easier than this! Perhaps you can’t take your daughter shopping because she throws a tantrum every time. Or maybe you have a child who makes bedtime a nightmare. Or a son who never seems to listen to anything you tell him to do.

If your child has a particular behaviour or developmental problem that is making family life more difficult than it should be, then Primary Care Stepping Stones Triple P can help. Primary Care Stepping Stones Triple P gives guidance that is tailored to help you with specific issues.

What is Primary Care Stepping Stones Triple P?
This is a very brief and private way for parents to get Stepping Stones Triple P support. There are usually about four to six sessions (although sometimes more, sometimes less). It will just be you (and your partner, if you wish) and a Stepping Stones Triple P provider. There will be no other parents at these sessions. Primary Care Stepping Stones Triple P is for parents of children from 2–12 years.

Where do I get it?
Your practitioner will be someone who has been trained and accredited to offer Stepping Stones Triple P parenting advice and support. MSS has three trained practitioners on staff.

What happens at the sessions?
You will talk with your practitioner about the problem you have. You could target anything from your child’s fears and anxiety to mealtime dramas. You will discuss what might be causing your child to behave this way. Then you’ll work out the changes you would like to see in your child’s behaviour.

You will be given suggestions to deal with the problem. You will also be given a booklet to take home. The booklet will remind you of the things you have discussed. You may also be shown a DVD that shows other parents dealing with similar problems with their children.

How long do the sessions take?
A session can last anywhere from 15 minutes to half an hour. Over four sessions that’s a maximum of two hours. Just two hours that could help you turn your family life around.

Contact Kylie Graham at school or visit http://www.triplep-steppingstones.net/
At last week’s MyTime session (March 25), we welcomed Caylie Jeffery; nurse, counsellor and educator, who loves nothing more than sharing passion, enthusiasm, reality and insightfulness through the written and spoken word. Caylie gave us a great introduction to the therapeutic benefits of journaling. Her book “Bedtime Stories for Busy Mothers” will soon be available in our parent library. It’s full of humour and gentle wisdom - just right for busy people who only have time to read in short bursts!

Below is a story Caylie happily shares with us from her book. Perhaps you will relate to its message…

My Village in a Storm

One day at school drop-off, I was talking to a mother about a deadline I had that day, and commented that it was going to be tough to meet it with a child at home all day. Just a general whinge. A minor complaint with no hidden agenda. Do you know what she did? She asked my daughter if she would like to come to her house for the day and literally kidnapped her. While I stood there gaping, she lifted up my child, plonked her into the stroller next to her own child and walked off, saying, “See you at the 3pm pickup!”

I watched her walk away wondering what sort of day she was about to have, but not willing to waste one more second of this amazing opportunity. I ran home with a smile on my face, finished my work and had a wonderful day (as did my daughter)!

If this Mum had said, “Oh no, that’s really tough. Is there anything I can do to help?”, I would have laughed off my stress and said, “No, we’ll manage”.

And I would have managed, just not particularly well. How many times have you offered to help a friend when you can see they need it, only to have them reject you? And on the flip-side, how many times have you been desperate for help, but not known how to ask?

Continued next page
P&C Meetings are held on the 3rd Wednesday of each month in the Admin Building. We welcome you to attend.

President
Jane Mooney

Vice-President
Karen Lovelace

Treasurer
Manuela Dieckelmann

Secretary
Karen Nelson

UNIFORMS

Polo Shirts – $28 each
Sizes available;
Child – 6, 8, 10, 12, 14
Adult – S, M, L, XL
Payment by cash or cheque
Uniform enquiries to Kylie Graham,
Mob: 0409 262 438

E-Mail:
pandc@mitcheltspecs.eq.edu.au

P&C Meetings Dates in 2015

Wed 20 May 9am
Wed 17 Jun 7pm
Wed 15 Jul 9am
Wed 19 Aug 7pm
Wed 21 Oct 9am
Wed 18 Nov 7pm

We all know it takes a village to raise a child. But how many of us actually use our village? How often do we just hold our breath, gird our loins and plunge into life stubbornly, independently and hopelessly alone? This is part of the legacy of being taught to stand on our own two feet, of toughing it out and making the best of it. But why should it take a flood or an illness to discover you are actually living in a world of people on the brink of kindness?

We do live in a fortunate time, with wall-to-wall modern conveniences, but one thing has not changed across the centuries. People need people to survive, especially when the walls start to fall. And they will cave in and crash down, for all of us, at some point. It may be the death of a loved one, a sick child, the loss of your own health, redundancy, storms, fire or flood. These things happen all around us, all the time.

No one is immune to any of life’s vicissitudes, but there are remedies available to reduce the severity. They come in the form of family, friends, neighbours and, more often than not, strangers.

As Dan Pallotta said so eloquently in a TED talk about philanthropy and charity, “People are weary of being asked to do the least they can possibly do. People are yearning to measure the full distance of their potential on behalf of the causes they care about deeply. But they have to be asked.”[1]

So how can you learn to ask for what you need without the guilt, shame and fear of being seen as weak?

Just open your mouth and let people know exactly what you need. And be specific.

I am too sick to cook. Can you bring me two family meals, please?
I can’t get out of bed. Could you pick up the kids today, please?
I think I have head lice. Can you please have a look in my hair?

My husband and I are going nuts. We need a night out. Can you please babysit?

If you don’t let people know that you need them, then they will assume you’re okay. But you’re not always okay, are you?

So swallow your pride, embrace your humanity and say, “Please, I need you.” And just watch what happens.


Caylie Jeffery
Freelance Writer, Mindful Matter Publications
Author, Bedtime Stories for Busy Mothers
W: www.cayliejeffery.com.au
E: caylie@cayliejeffery.com.au
FB: https://www.facebook.com/BedtimeStoriesBusyMothers

Anyone for HEALTHY COOKING CLASSES?
Check these out. (Thanks Pauline)

- Food for Picky Kids - Tue 14 Apr - 6.30pm to 8.30pm
- Kids Cooking and Thinking Outside the Lunchbox - Tues 14 Apr - 10am to 1pm
- Beginner’s Nutrition and Food as Medicine - Thu 21 May - 6.30pm to 9pm

Putia Pure Food Kitchen in Banyo, Brisbane.
Shop, 4, 17 Royal Pde, Banyo, QLD, 4014
putiapurefood.com.au eat@putiapurefoodkitchen ph. 07 3267 6654
STEAM TRAIN SUNDAY @ ROMA STREET STATION | BRISBANE
SUN 5 APRIL
This event is being held on the first Sunday of each month and the train will depart twice on the day at 10.15am and 11.40am.
Cost - $75 per family of 4, $25 per adult, $15 per child and kids under 3 free.
TICKETS MUST BE PRE-PURCHASED.
Take in the view of Brisbane behind a magnificently restored steam locomotive as the train winds its way through suburbs, city stations, past landmarks and over river crossings.
Bookings are essential: Contact The Workshops Rail Museum on (07) 3432 5100 or http://www.theworkshops.qm.qld.gov.au/

DINOSAUR DISCOVERY: LOST CREATURES OF THE CRETACEOUS @ QUEENSLAND MUSEUM | SOUTH BRISBANE
27th March-5th October. TICKETS MUST BE PURCHASED
This exhibit offers the extraordinary opportunity to see nearly two dozen life-size models brought to life through the wonders of animation and will transport visitors back to the time when dinosaurs inhabited the earth. You will have an intimate look at the way these massive creatures looked, sounded, behaved and interacted with each other just as they did several million years ago. The exhibit features animals that lived during the Cretaceous era between 66 and 145 million years ago. Visitors will have the opportunity to see a variety of species, including the wildly popular T-Rex and other lesser known species such as the Australian Australovenator and the Muttaburreasaurus, which originated in Queensland.
Contact: Queensland Museum Phone: 3840 7555
Email: discovery@qm.qld.gov.au Web: www.qm.qld.gov.au

KIDS ACTIVITY DAY @ CABOOLTURE HISTORICAL VILLAGE
7th, 8th, 14th and 15th April from 9.30am. Cost is $9.90 per person for entry and activities and $13 for entry, activities, sausage sizzle and bottle of water.
BOOKINGS ARE RECOMMENDED.
Head to the Caboolture Historical Village for a day full of fun for the kids these Easter Holidays. A visit to the Village focuses on changes to our lifestyle, transport, communication and industry as a result of technology and innovation. Children will learn of the origins of some of today’s most popular items, (e.g. mobile phones and iPods) and give some thought to how advances in technology in the future may be influenced by the issues of today, (e.g. climate change, fossil fuels).
Phone: 07 54954581
Email: marketing@historicalvillage.com.au
Web: www.historicalvillage.com.au
Getting Queenslanders with disability ready for the NDIS
Participant Readiness activities

Queensland will roll out the National Disability Insurance Scheme (NDIS) from 1 July 2016 and it’s time to start getting ready.

Nine organisations have been funded by the Department of Communities, Child Safety and Disability Services to support Queenslanders with disability, their families and carers to make the most of the opportunities the NDIS will bring.

About the NDIS
The NDIS is a new way of providing people with disability across Australia with support to meet their disability needs and link with their community.

Under the NDIS, people who are eligible will be able to access reasonable and necessary supports to live in the community and work towards their goals and aspirations, over their lifetime.

People will have choice and control over their disability supports, including being able to choose who provides supports and how they are managed.

Helping people with disability get ready for the NDIS
In Queensland, people with disability, their families and carers can learn more about the NDIS and what it means by getting involved in Participant Readiness activities like workshops, meetings, forums, online resources and home visits, coaching and mentoring.

The nine funded organisations will offer a range of Participant Readiness activities from now through to December 2015.

In some cases, organisations will work with a specific group of people or people living in certain areas of the state.

The table over shows the activities, who delivers them and lists contact details for the nine organisations.

What’s available and when
Contact the organisations directly to find out how they can help you, or someone you know, to prepare for the NDIS.

You can find out more about Participant Readiness activities at www.qld.gov.au/disability/adults/ready-for-ndis/

The information about where activities are available is based on Department of Communities, Child Safety and Disability Services regions. Talk to your local Disability Services office to find out which region you are in or visit www.communites.qld.gov.au/gateway/about-us/regions

For more information
- www.communites.qld.gov.au/ndis for information on Queensland’s preparations and to sign up to the Queensland NDIS e-blast
- www.qld.gov.au/disability for information about current services for Queenslanders with disability or call 13 QGOV (13 74 68)
- www.ndis.gov.au for further information on the NDIS or call the NDIS Hotline 1800 800 110
- for people with hearing or speech loss TTY 1800 555 677
- for people who need help with English call TIS 131 450 and ask to connect to the NDIS Hotline 1800 800 110
- follow us on Twitter @disabilityQLD

Queensland Government
Parent Education @ MSS

Future Planning Interest Group

Date Claimer

Some of you may recall that we ran a Parent Education session in 2014 called Building Blocks for the Future. The presenter was Julie Simpson from Pathways to Leadership and the session was very well attended by parents and carers. Afterwards, interest was expressed by many in the idea of forming a group which could meet on an ongoing basis and offer peer support with the process of future planning. In 2016, Queensland will commence rolling out the National Disability Insurance Scheme (NDIS). Thoughtful and positive planning for your young person with a disability is becoming more important than ever. MSS parent Kylie Clark has offered to lead an informal session on the morning of Wednesday 27 May for interested parents. The session will focus on determining and developing necessary supports for the well-being of the individual with a disability and their family. This will be great preparation for NDIS planning. Mark the date in your diary. More information to follow after the school holidays.