It’s hard to believe we are already halfway through the school year! Our community has enjoyed wonderful support from parents and carers at recent events. This term offers further opportunities to be involved, meet others and contribute to our great school. We look forward to welcoming you.

Important Dates in Term 3

**Wed 22 Jul:** MyTime Session, 9:30am

**Thu 30 Jul:** Parent Education – Advocacy Skills Training, 9am – 2:30pm

**Tue 4 Aug:** Parent Education Session – Planning for a Meaningful Life After School, 6:30-8:30pm

**Wed 5 Aug:** MyTime Session, 9:30am

**Wed 12 Aug:** Ekka Show Holiday

**Wed 19 Aug:** MyTime Session, 9:30am

**Wed 5 Aug:** P&C Meeting, 7pm

**Fri 21 Aug:** Tuckshop

**Mon 24 Aug:** Scholastic Book Fair opens

**Wed 2 Sep:** MyTime Session, 9:30am

**Thu 3 Sep:** School Fun Run, 10am-1pm

**Fri 4 Sep:** Fathers Day Stall

**Fri 11 Sep:** Twilight Art Exhibition, 6pm

**Wed 16 Sep:** MyTime Session, 9:30am

**Fri 18 Sep:** Last day of term 3

This issue:
- NDIS information
- Parent Education upcoming events
- MyTime
- Siblings Resource
- Stepping Stones Triple P
- P&C Info
- Recipe – Fudge Brownies
- Parent Support
- Workshops and seminars
NDIS PARENT SHARING SESSION

It was great to have 20 people attend the NDIS sharing session at school on June 17. Basic information about the scheme and processes involved were discussed, as well as the important thinking we need to do in planning a good life for our young person. Key messages from the session helped us to understand that all supports in NDIS plans must be linked to goals, and that supports enable people. We looked at the NDIS Planning Workbook, Participant Statement and discussed useful resources which are available on the web to help with planning. A significant objective of this and other parent-led sessions has been to build a culture of peer support in our school community around future planning and new opportunities that the NDIS may bring. Some parents and carers were unable to attend and have asked for handouts from the session. Given the strong interest, we are planning to repeat the sharing session on Thursday 27 August, 9am -11am and then follow up with group sessions for those who’d like to keep sharing ideas about planning. We strongly encourage parents to attend NDIS events run by other organisations and tap into different sources of information. Read on for more details.
Parent Education @ MSS - Upcoming events

Advocacy Skills Training Workshop – Thursday 30 July, 9am – 2:30pm
This will be a whole day workshop run by Carers Queensland - an opportunity to learn how to be an effective advocate for yourself and others. Build on your existing advocacy skills, enhance confidence, capacity, skills and resilience in representing your needs.

Planning for a Meaningful Life After School – Tuesday 4 August, 6:30 – 8:30pm
An evening presented by Community Resource Unit to discuss preparation for life after school. Parents of secondary-aged students are invited to attend this presentation which will focus on expanding interests and strengths, developing a vision of a good adult life, planning strategies and useful resources, principles for helping your family member participate and make a contribution in community, and developing valued roles in education, employment, volunteering and leisure.

Thank you to those who have already returned RSVP slips. You can also RSVP by phoning the school office or email to Kylie kgrah145@eq.edu.au.

What will the NDIS fund?
Everyone’s needs, goals and aspirations are different, and the NDIS is intended to ensure that people can access the reasonable and necessary disability support that is right for them.

The NDIS funds reasonable and necessary supports that help a participant to reach their goals, objectives and aspirations, and to undertake activities to enable the participant’s social and economic participation.

In order to be considered ‘reasonable and necessary’, a support must:

- assist the participant to pursue the goals, objectives and aspirations;
- be related to the participant’s disability;
- not include day-to-day living costs that are unrelated to their disability support needs;
- represent value for money (and be the most cost effective option);
- be likely to be effective and beneficial to the participant;
- take into account the participant’s informal and mainstream support; and
- not be something that is the responsibility of another service system.

For more information on NDIS funded supports visit: www.ndis.gov.au/people-disability/what-help-can-i-get
MyTime is a facilitated peer support group that meets fortnightly. Activities range from social and relaxation-focused to information sessions with guest speakers. You can attend on an occasional or regular basis – it’s informal, friendly and a great way to connect with others who understand the rewards and challenges of caring for a child with a disability.

MyTime sessions (including the fabulous MyTime Café) will be held on the following dates in term 3:

- 22 July
- 5 August
- 19 August
- 2 September
- 16 September

For more info about Mitchelton MyTime, contact Chris Booth on 0409 516 101 chrisbooth2@bigpond.com

Don’t forget to join our Mitchelton MyTime Facebook group where useful information about activities and resources is shared for the benefit of parents and carers. http://www.facebook.com/groups/161502343987363/

New resource in Parent Library

The Siblings Australia DVD, Stronger Siblings, assists parents to understand the experience of brothers and sisters of a child with disability, and how to support them. Parents and siblings share their stories and, together with professionals, explore a number of issues including:

- Why support siblings
- The issues – short and long term
- How concerns show up in behavior
- The needs of siblings
- The role parents play
- Outside support – extended family, friends, schools and organisations

Stepping Stones Triple P

Level 3 Primary Care
For everyday problems

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/
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

Fudge Brownies
Gluten and dairy free

Ingredients:

- 200g dark, dairy free chocolate (e.g. Loving Earth brand)
- 130g raw Medjool dates, pitted
- 180g coconut oil
- 30g coconut flour
- 4 eggs
- 1/2 tsp vanilla
- 1/4 tsp sea salt

Method:

1. Preheat oven to 190C. Line a 22cm square baking dish with baking paper.
2. Place the chocolate (broken into pieces) into a food processor and chop finely.
3. Add dates to the processor and whiz again.
4. Place chopped dates, chocolate and coconut oil in a double boiler or heatproof bowl over simmering water, whisking till smooth.
5. Stir in remaining ingredients with a wooden spoon.
6. Place mixture into baking dish. Bake in preheated 190C oven for 18-20 mins. Take care not to overcook - just until a skewer inserted in the centre comes out clean.
7. Cool, cut into small squares, and refrigerate until cold.

Thanks to Anita for sharing a favourite recipe with us.

Parent Support

Drop in to the Parent Room, phone or make an appointment if you’d like to chat about school matters or services for you and your child. Questions about respite, therapy, counselling, workshops, funding, allowances, aids/equipment, post school and future planning welcome! Maybe you’ve had a great experience with a service or organization that you’d like to share with others. Your feedback is valuable - it helps us to identify needs and keep building a supportive community. Stay connected. Stay well.

Kylie Graham, Parent Liaison Officer
Email: kgrah145@eq.edu.au or phone via school office 3354 5333
Griffith University Autism Centre of Excellence - Seminar Series 2015

COMMUNICATION DEVELOPMENT AND AUTISM

Keynote speaker: Professor Rita Jordan, University of Birmingham

When: Friday 14 August 2015  Times: 9:00am - 4:30pm  Fee: Parents $120
Where: Mt Gravatt campus, Griffith University, Building M10 room 5.02/5.03
RSVP: By 10 August 2015

The focus of this one day seminar will be on social communication development in children and young people with autism with a focus on participation at home, at school, at preschool and in the community. There will also be sessions on assessment and intervention and the use of technology (iPads) to promote communication and interaction.

Please contact the Autism Centre of Excellence on 07 3735 5640 or ace@griffith.edu.au for more information.