Mitchie Special is a great little school! Our students and staff are always busily engaged in the process of learning. We are also fortunate to enjoy great support from parents for the many community events that happen throughout our school. A BIG thank you to parents for supporting the following activities in term three:

*Bunnings Sausage Sizzle  *Fathers Day Stall  *Tuckshop Meal Deal  *Community Recipe Book project  *P&C Meetings  *Parent Education Evening  *QSR Community Consultation Evening  *MyTime Program  *MyTime Café  *Pathways Pop Up Markets  *Post School Providers Tour  *Chaplaincy Morning Teas

On Monday, our school Fun Run was held at UQ Athletics Centre, St Lucia. What an amazingly positive experience! We are all winners at such an event. Students participated to the best of their abilities with lively encouragement from parents and supporters. We appreciate our Mitchie staff and volunteers who worked hard to make it an enjoyable day AND manage the many challenges involved. In terms of fundraising, this event has provided our school with an opportunity to benefit from the generosity of a wider community. Your efforts, big and small, have contributed to fundraising success beyond all expectations. Stay tuned for updates – sponsorship money and forms need to be returned to school this week.

Ready or not, term four is almost upon us. There’ll be more opportunities to enjoy, grow and share in our wonderful Mitchie Special Community after the holidays. Wishing everyone a restful two week break from school. Hope to see you next term!
Our community has enjoyed two delicious morning teas this term in support of the school's chaplaincy program. It was warming winter soup in July and Devonshire teas in September. Good food and fellowship from our LCC.

Pleasing the crowd...

Once each term, a happy team of parent volunteers delivers the tuckshop experience to our Mitchie students and staff. We’re not sure what it is about food, but people seem to get quite excited by it. Last tuckshop day, we had 106 lunch orders, our biggest number ever. Perhaps it was that favourite lasagne on the menu?

At our tuckshop, we cook dishes from scratch (because they taste so much better) and this means an extra day’s work is devoted to shopping and cooking. Our Thursday team did a great job baking trays and trays of lasagne and delicious apple slice with great love. No one complained about chopping onions or washing dirty dishes. They never do (well, hardly ever!)

On Friday morning, it was all hands on deck. Salads and rolls to prepare and package. Food to heat. A named box for every order was filled and served. Good team skills are always required as the clock ticks towards midday and the lunchtime rush begins.

We all love seeing the students and staff line up in anticipation while they chat or smile with others at the counter. Thankyous and comments are shared. Many return later with compliments and feedback. As volunteers, we enjoy each other’s company and conversation. There is always lots of laughter involved and a sense of achievement when we make it to the last order.

Tuckshop is a feel-good community exercise. We have never regarded it as a fundraiser, although we do make a modest profit. Sincere thanks to our 10 helpers this term. You did a fantastic job.

New parents are always welcome to help at tuckshop. If you’d like to be involved, please contact the P&C by email pandc@mitchellspecs.eq.edu.au or chat to Kylie Graham at school (Mob: 0409 262 438).

Jonty Martin’s family has kindly donated this drum kit to the school. The drums previously belonged to Jonty’s cousin and can hopefully be put to good use in our music program. Thank you!

Shoebox Learning

Earlier this term, Nicole Edwards (Garrett’s mum) created another set of shoebox learning tasks for one of our junior classrooms with the help of the Young Women’s Group from the Church of Jesus Christ of Latter Day Saints. Thank you Nicole and team for cutting, drawing, colouring and laminating all the items needed. We appreciate your efforts.
Parent Support Update

Parent Library
A reminder to all that you are welcome to borrow books from the parent library. There’s a catalogue of resources on the school website – click on the tab “support and resources”, then “parent resources” to access a list of available materials. Alternatively, there are printed copies of the catalogue in the parent room, or you can request to have a catalogue or particular book sent home with your child. Suggestions for future library purchases also welcome!

Mobile Phone Information
Recently, one of our parents was searching for a suitable mobile phone to purchase for her 13 year old. She wanted a simple model with basic functions that her child could learn to operate safely and independently. After some research, an Alcatel One Touch OT-282 was chosen. Thanks for sharing the following information with us.

The Alcatel OT-282 is aimed primarily at people who can’t or don’t want to use most of today’s more complicated smartphones. This model speaks numbers as you enter them on the keypad, has a low price tag and big buttons. It comes with a desktop charging cradle. On the rear of the OT-282, where you’d usually find a camera lens, there’s a button instead. This is the SOS key. You can set this up so when it’s held down for two seconds it sends an emergency text and then repeatedly dials four different numbers until someone picks up, or the SOS feature is turned off again by the user. It’s a handy safety feature to have, especially for those who live on their own.

Respite Packs
We have compiled some information packs to use as a starting point when looking to access respite services. The pack contains brochures from local respite providers and info from relevant web pages. Drop into the parent room or contact me if you’d like a pack, or want to chat about respite needs. In particular, the Teenage Holiday Program and Flexi-Respite initiative may be of interest to families with older children.

Kylie Graham
Parent Liaison Officer (Mon/Tue)
Email: kgrah145@eq.edu.au or phone via school office

Post School Provider Parent Bus Tour

“What do you think your child will do after finishing school?”
A few years ago, this frequently asked question would make me feel highly anxious. I had trouble envisaging post school life for my son and only sketchy ideas about options and possibilities.

Answering the question became easier with the right education and support. At MSSS, we are fortunate to have Pathways, our transition program for students in the final (3) years of schooling. The focus of Pathways is on helping students and parents plan and prepare for the future. A very good way to start doing this is to visit some of the providers that operate services for young people with a disability and get a sense of what’s available.

Recently, Pathways and Senior parents received the opportunity to board a school bus and be chauffeured around to various post school providers. Ten parents accepted the offer and received a comprehensive tour of seven different services, excellent commentary from our tour guide, morning tea, lunch, show bag and helpful conversations with other parents on the journey. Thank you to Courtney, our Pathways Coordinator for organizing a very worthwhile day. That BIG question seems a lot less daunting once you (the parent) start the process of becoming educated.

FPQ provides support and education for parents and carers of children with a disability

FPQ (Family Planning Queensland) offers workshops to support parents and carers to feel confident having conversations about staying safe, growing up and healthy relationships with their child with a disability. Group programs are available for children and young people with a disability. FPQ also offers a consultation service to schools and organizations to support positive responses to sexuality, relationships and sexual behaviours for children, young people and adults with a disability. FPQ have many resources for parents and carers including free activity books which include worksheets and picture cards to discuss topics such as bodies, public and private, puberty and decisions about sexual relationships.

For more information, visit the FPQ website: www.fpq.org.au
Telephone 3250 0240

Upcoming Workshop: Introduction to Support Circles
Have you thought about developing a support circle around your family member with disability? Would you like an opportunity to explore this concept in more depth?
If so, Pave the Way invites you to explore some of the important aspects to consider when deciding on this particular strategy to safeguard your family member now and into the future.

Date: Saturday 26 Oct Time: 9:30am-1:30pm
Location: Newmarket Contact: Pave the Way ph. 3291 5800
www.pavetheway.org.au
Triple P Stepping Stones resources available in our school:

Booklets
- A Guide to Positive Parenting
- A Guide to Early Learning Skills
- A Guide to Language and Communication
- A Guide to Mealtimes
- A Guide to Self-Care Skills
- A Guide to Toileting
- A Guide to Social Skills
- A Guide to Disruptive Behaviour
- A Guide to Being Part of the Community
- A Guide to Fear and Anxiety
- A Guide to Family Adaptation

DVD
Stepping Stones Triple P: A survival guide for families who have a child with a disability

Accredited Providers
Ask Kylie for more information about accessing a free Stepping Stones Triple P program
MyTime allows YOU the opportunity to relax in the company of other parents and carers. The MyTime craft morning held August 28th was enjoyed by all who attended. Thanks to our guest crafter Anna for a lovely morning, followed by a visit to the Mitchie MyTime Café (and those delicious brownies!!)

Your suggestions for future MyTime sessions are always welcome. Don’t forget to find us on Facebook too! It’s a great way to share information about resources and services, as well as catch up on the latest MyTime news.

Mitchelton MyTime Group: http://www.facebook.com/groups/161502343987363/

Contact Chris Booth – Mitchelton MyTime Facilitator
0409 516 101
P&C Meetings are held on the 3rd Wednesday of each month at 7 pm in the Admin Building. We welcome you to attend.

President
Suzanne Goopy

Vice-President
Andrew Denford

Treasurer
Kylie Graham

Secretary
Jane Mooney

UNIFORMS

Debbie Gibbons is available to assist with uniform sales in the tuckshop on Monday mornings 8:15-8:45am.

Polo Shirts – $28 all sizes available
Zip Jackets - $15 (selling out remaining stock - size XL only)

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

Apple Crumble Dessert Cake

Ingredients
- 220g butter, chopped, melted
- 4 eggs, at room temperature
- 2 3/4 cups self-raising flour
- 1 1/2 cups caster sugar
- 1 cup sour cream
- 1/3 cup custard powder
- 1 teaspoon vanilla essence
- 800g can apple pie fruit

Crumble topping
- 3/4 cup plain flour
- 1/3 cup white sugar
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 75g butter, chilled, chopped

Method

Preheat oven to 180°C. Grease a 5cm-deep, 20cm x 30cm (base) roasting dish or slab pan. Line base and sides with baking paper, allowing a 2cm overhang at both long ends.

Using an electric mixer, beat melted butter, eggs, flour, caster sugar, sour cream, custard powder and vanilla essence for 3 minutes or until pale and fluffy.

Pour half the mixture into prepared dish or pan. Spread apple over mixture. Top with remaining mixture.

Make crumble topping: Combine flour, white sugar, baking powder and cinnamon in a bowl. Using your fingertips, rub butter into flour mixture until mixture resembles coarse breadcrumbs. Sprinkle topping over cake mixture.

Bake cake for 1 hour to 1 hour 15 minutes or until a skewer inserted into the centre comes out clean. Serve warm with cream.

Community Recipe Book Update

There have been some great entries and photos submitted for the community recipe book. Did you get your recipe in? Manuela has been working hard to compile everyone’s contributions. She is now attempting to collect a favourite recipe from each class group so we can all share in the wonderful things our kids cook here at school. Manuela can be contacted by email mluchterhand@hotmail.com

Food for Thought:
Do small things with great love