P&C NEWS

Bunnings BBQ
The P&C kicked off the year with another successful fundraising BBQ at Bunnings Stafford. Enthusiastic support from our parent community ensured the day ran smoothly, despite the intense February heat. Huge thanks to all volunteers for their great team spirit and hard work. Thank you also to those who helped in the lead up with donation of items and preparation tasks. Together, we have raised $2,472 which will be put to good use within our school community. Well done! We hope to receive another opportunity at Bunnings later this year. Can we do it? YES WE CAN!

2014 AGM
It was very positive to welcome new faces and accept many new memberships to the P&C at the Annual General Meeting held March 19. The P&C Executive Team for 2014 was elected at this meeting and will be:
President – Jane Mooney
Vice-President – Andrew Denford
Treasurer – Manuela Luchterhand
Secretary – Kylie Graham

Many thanks to outgoing President, Suzanne Goopy for her work with the P&C during 2013. We wish Su and her family well in their move to Canada.

Tuckshop Meal Deal
Tuckshop continues to be a popular activity within our school community. On Friday 14 March, the first tuckshop day ran for the year with 110 lunches served to students and staff. Meatball subs and chocolate slice were a big hit with customers! Thank you to our 10 parent volunteers who assisted this term. As always, tuckshop is a feel good experience and a great way for parents to get to know others in the Mitchie community. Our next tuckshop day is planned for Friday 6 June (week 7.) We will begin contacting interested volunteers in early May. Enquiries to Kylie Graham at school.

Year Book Project
At the last P&C meeting, the possibility of producing a school Year Book was raised and discussed. A working group of interested parents has since met to share ideas and undertake some preliminary planning. Contact person for the Year Book project will be Manuela Luchterhand: email mluchterhand@hotmail.com or phone 0411 812753.

Sunday Afternoon Chill
This casual, social get-together for grown-ups will be held at our school on Sunday 18 May from 3pm. Live musical entertainment will be provided by The Deadliners, plus raffles, food, drinks (and dancing for those with energy!) All parents, carers, staff and friends of MSS are invited to this fun event! Put the date in your diary. See the flyer attached to this newsletter.

Jersey Presentation Assembly
It is tradition in our school each year for the P&C to present a rugby jersey embroidered with the school name to all year 12 graduating students. The presentation will take place during Monday assembly on 12 May beginning at 8:30am. All are welcome to attend.

Mitchie Community Cook Book – last chance!
A handful of copies of the Mitchelton Special School Community Cook Book are still available for sale. Priced at $15, the book offers our community’s favourite recipes and makes a nice keepsake for your child. If you would like to purchase, send payment along in an envelope marked with your child’s name and ‘cook book’.

Important Dates
Fri, 4 April: Last day of term one
Tue 22 Apr: Term two commences
Fri, 25 Apr: ANZAC Day holiday
Wed, 30 Apr: MyTime session, 9:30am
Tue, 6 May: Parent Education Evening (Funding Processes), 6pm
Fri, 9 May: Mothers Day Stall
Mon, 12 May: Jersey Presentation Assembly, 8:30am
Wed, 14 May: MyTime Session, 9:30am
Sun, 18 May: Sunday Afternoon Chill, from 3pm
Wed, 21 May: P&C Meeting, 9am
Fri, 6 Jun: Tuckshop Meal Deal
Parent Support Update

Information guides – “My child has”
A new series of information resources for Queensland families of young children with disability provide practical information about the services and supports available and how parents can support their child’s development. The following guides are available online – some copies are in the parent room too.

- My child has cerebral palsy
- My child has a developmental delay
- My child has a physical disability
- My child has vision impairment
- My child has autism spectrum disorder: Information for Qld families of children aged 9-17
- My child has Fragile X Syndrome
- My child has an intellectual disability


Blue Care Continence Advisory Service
Blue Care Continence Advisors specialise in the area of continence management. Blue Care can provide advice about your child’s needs, and assist you to complete funding applications for continence aids through MASS (Medical Aids Subsidy Scheme) and CAPS ( Continence Aids Payment Scheme). The free service is offered to children aged 5 years and older. A Blue Care Continence Advisor is able to come out to the school and meet with parents/caregivers for appointments, or they can come to your home.

In past years the Education Queensland Occupational Therapist and Nurse have supported families to complete MASS and CAPS applications. With the changing roles of these professionals (regional services) and in compliance with their Education Queensland roles, this is not able to continue. The Blue Care continence service is an alternative for you. A number of our families at MSSS are already using this service and can recommend it.

If you are interested in registering with Blue Care for continence advice and completion of funding applications for your child, please contact the Blue Care Intake Officer on PH: 3722 1740 to arrange an appointment. Feel free to talk to Kylie first if you’d like more information.

Sony Foundation Marist Children’s Holiday Camp 2014
Applications are now open for the Marist Children’s Holiday Camp being held 20-23 September 2014 at Marist College Ashgrove. This camp caters for children with physical and intellectual disabilities aged 5-15 years and offers fun activities, carefully selected secondary school companions, full adult supervision and medical facilities. The camp is held at NO COST TO PARENTS. There is a high demand for places. Many MSSS students have experienced this camp and families speak highly of the experience! Application forms are available online and also in the Parent Room.

Visit www.marash.qld.edu.au - click on Sony Camp 2014
Contact person: Luke McMahon ph. 38584581 or 38584534

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

Parent Resources

New titles available in the Parent Library

Some Kids Have Autism – Martha E. H. Rustad
Colorful photos show children with autism interacting with others in positive ways. Simple text for children who have or know children with autism.

A Good Friend- How to Make One, How to Be One – Ron Herron and Val J. Peter
Advises on the basics of conversation and friendship dos and don’ts. Included are nine easy-to-follow “people” skills such as giving and receiving compliments, introducing yourself, and showing respect and sensitivity. A special chapter deals with the challenge of shyness, giving kids practical advice on how to conquer it and grow in self-confidence. For ages 10 and up.

How Full is Your Bucket? For Kids – Tom Rath, Mary Reckmeyer
Through the story of a little boy named Felix, this charming book explains to children how being kind not only helps others, it helps them, too.

Let’s Make Faces – Gerard Emerson Langeler
A creative tool for parents or teachers, this book will help children identify facial expressions, understand the words related to emotions, and then relate emotions to real-life events. Copying the contours of the mouth, eyebrows, and eyes teaches the child how feelings may “look” on other people.

The Lunchbox Revolution - Mona Hecke
A colourful easy to follow guide for parents and children with tips on how to pack a great tasting and healthy lunchbox. Written by a Naturopath, nutrition specialist and busy mum!

How to Talk to an Autistic Kid – Daniel Stefanski
Kids with autism have a hard time communicating, which can be frustrating for autistic kids and for their peers. In this intimate yet practical book, author Daniel Stefanski, a fourteen-year-old boy with autism, helps readers understand why autistic kids act the way they do and offers specific suggestions on how to get along with them.
Parent Education @ Mitchelton Special School

Thank you to parents who attended the parent education evening on Tuesday 25 March. This was a Stepping Stones Triple P seminar for parents and carers of 2-12 year olds on the topic, “Changing problem behaviours into positive behaviours”. Our school has a range of Triple P parenting resources available for loan. See over the page for a list of DVD resources. We are also able to offer group and primary care levels of Stepping Stones Triple P program at our school. Talk to Jenny Katona, Rose Watson or Kylie if you are interested.

Upcoming parent education events:

- **Funding Processes** - Tue 6 May @ 6pm – Rebecca Lane from Disability Services (Qld Govt) will be talking to parents about the processes involved in applying for funding support. This information changes from year to year so the session will be an opportunity to hear the latest update from Disability Services and ask any questions you may have. The topic is suitable for parents and carers with children of ALL ages, and timely for parents of students approaching school leaving age. Child minding will be available. Flyers will be sent home after the holidays.

- **Exploring Self-Directed Support** – term 2 (date to be advised)
  This will be a daytime session led by Julie Simpson of Pathways to Leadership. Understanding more about self-directed support and the value of planning are important lessons in the lead up to the National Disability Insurance Scheme. Get focused on the future!! Share and learn with others.

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**ANNA TRIES SURFING**

On Sunday 16 February, encouraged by Anna’s lovely cousins who volunteer with the Gold Coast Surfing for the Disabled, we made the trek to Currumbin to give surfing a go. At first Anna was very reluctant to try, but with encouragement from the supportive group of volunteers, she got onto the board.

You can see how many support people there are, and they can be as hands on as needed, or step back a little for the more capable or experienced surfer.

On Anna’s second go, she caught two waves with cousin Lachie riding on the back of her board! Needless to say, there were beaming smiles all round. Anna, Dad, Lachie, me and just about everyone in the vicinity!

The set up is fabulous with a park next to the beach, shade and chairs on the beach itself, beach wheelchairs, post-surfing BBQ and loads of smiling faces.

If you think you would like to give surfing a go, find out more at [http://disabledsurfers.org/qld/gold-coast-branch/](http://disabledsurfers.org/qld/gold-coast-branch/)

The 2014-15 season will begin in October. There is also a branch of DSA on the Sunshine Coast.

Highly recommended by Anna Doyle and her family!

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**Dance Night**

"Come Dance with us"

- **When:** Saturday, 10th May 2014
- **From:** 6.00pm to 9.00pm
- **Where:** Ferny Hills State School
  12a Avenue
  Ferny Hills
- **Entry:** $10.00 (Including Pizza & supper)

Please RSVP for catering purposes by 26th April 2014
Kim Hammermeister, Ph 32898225, Email hammer01@oapt.net.au
Suze Skinner, Ph 38831169, Email suzeskinner@bigpond.com

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**The 37th Brisbane Model Train Show**

at the Doomben Racecourse

Model trains of all types & sizes. A great outing for the whole family.

Doomben Racecourse, Off Nudgee Road, Hendra
9am-5pm 3rd May 2014
9am-4pm 4th May 2014

Adults $13.00   Concession $10.00   Children (5-15) $6.00
**Dates to Remember**

Thu, 23 Aug 2012:

- Term 2 dates will be:
  - 30 April
  - 14 May
  - 28 May
  - 11 June
  - 25 June

**Science Fiction – Science Future Exhibition**

Queensland Museum's Sciencentre is hosting this interesting and mind expanding exhibition. Children and adults will both learn something new about holograms, worm holes and the power of the human mind. Can you challenge your kids to a mind game? Be sure to visit the Deep Oceans Exhibition while you're at the Museum as well.

**Triple P DVDs**

The following DVD resources are available in our school for parents to borrow:

**Supporting Your Partner** (15mins)
Tackles key issues including what parents disagree about, why couples have conflict over parenting, how to look after your relationship, how to work as a team and how to solve problems

**Dealing with Disobedience** (17mins)
Tackles key issues including why children are disobedient, how to help prevent disobedience, and how to teach your child to do as they are told and how to manage disobedience

**Coping with Stress** (15mins)
Tackles key issues including what stress is and what causes it, how stress affects parenting, how to recognise stress and how to manage daily stress

**Self-Esteem** (19mins)
Tackles key issues including why self-esteem is important, what causes low self-esteem, how to encourage healthy self-esteem, how to help your child manage negative self-talk, how to help your child solve problems

**Every Parent's Guide to Teenagers**
Shows how to create a positive family environment and deals with common flash points. It presents situations with which many parents of teenagers will be familiar, and useful ways of preventing and defusing them. The video offers suggestions and ideas to help parents build a positive relationship with their teenager and help their teenager develop new skills. It also presents ideas on preventing problems and using disciplinary strategies that work, dealing calmly with emotional behaviour and avoiding conflict with teenagers.
**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**  
Andrew Denford

**Treasurer**  
Manuela Luchterhand

**Secretary**  
Kylie Graham

**UNIFORMS**

Debbie Gibbons is available to assist with uniform sales in the canteen on Monday mornings 8.15-8.45am.

Polo Shirts – $28 all sizes available

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

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**Easter Surprise Muffins**

**Ingredients**

- 2 ¼ cups SR flour
- ½ cup caster sugar
- 125g butter, melted and cooled
- ¾ cup milk
- 2 eggs
- 1 teaspoon vanilla essence
- 12 small caramel-filled Easter eggs

**Method**

Preheat oven to 180 deg C. Line a 12 cup muffin pan with paper cases.

Sift flour into a large bowl. Stir in sugar. Whisk butter, milk, eggs and vanilla essence together.

Add butter mixture to dry ingredients. Use a wooden spoon to mix until just combined (don’t over-mix or your muffins will be tough.)

Spoon batter into cases so each is one-third full. Place an unwrapped Easter egg into the middle of each muffin. Spoon over remaining muffin batter.

Bake muffins for 18 to 20 minutes, or until lightly golden and cooked through. Stand in pans for 10 minutes before turning onto a wire rack to cool completely.

**Easter Egg Tip:**

A large muffin pan works well for egg dyeing. Pour coloured water into holes to one-third full. Place hard boiled or blown eggs into the water and turn. You can use a second muffin pan for drying the eggs.

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**P&C Meetings Dates in 2014**

- Wed, 21 May – 9am
- Wed, 18 June – 7pm
- Wed, 16 July – 9am
- Wed, 20 August – 7pm
- Wed, 15 October – 9am
- Wed, 19 November – 7pm

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**Food for thought:**

Relax. Nothing is under control.
Easter Holiday Fun

Redcliffe Festival of Sails
Good Friday, 18 April

Celebrating all things Easter and nautical, the Festival provides a day of fabulous family fun with heaps of things to do. Shoppers and foodies will be well catered for with more than 120 market stalls full of goodies. When you need to catch your breath, chill out by the stage and enjoy a bit of live entertainment. Catch the Easter bunny as it hops around with a basket of eggs and take a look at the yachts from the 66th QantasLink Brisbane to Gladstone Yacht Race. Entry is free, parking at the Showgrounds is free, and the shuttle bus from the Showgrounds to the Festival site is also free.

www.moretonbay.qld.gov.au

Kenilworth Cheese Wine and Food Festival
Easter Saturday, 19 April

Come and celebrate 25 years of cheese making by Kenilworth Country Foods and indulge in all the best bounty of the renowned Mary Valley. Entertainment includes Cheester Egg Hunt, Great Cheese Rolling Contest, gourmet cooking demonstrations, live music and stalls.

www.kenilworthfoodfest.org.au

Our Street Mall, in the city is putting on free live stage shows for children. You can learn to dance with Dora The Explorer and Boots the Monkey, at Dora's Dance Party from April 12th - April 17th. Nickelodeon's Slime Time Live will run from April 18th - April 21st, so you can join your favourite Nicktoon characters for this crazy interactive show. Both performances hit the stage at 11am and 1pm daily.

We’re Going on a Bear Hunt
Cremorne Theatre QPAC
5-17 April

From the page, live on stage! Suitable for children 3 years and up.

Easter Extravaganza
The Marine Village
Sanctuary Cove
Easter Sunday, 20 April

From 10am to 4pm, the Village will be filled with Easter fun for adults and children. Participate in the Best Dressed Easter Buggy Competition or just check them out. Kids will have a ball running around hunting for Easter eggs in the Easter Egg Hunt Challenge. Matt Hollywood's Magic Easter Show will mesmerize and captivate the young ones with two shows during the day. Say hi and have your photo taken with the furry Easter Bunny as it hops around the Village. Plus, the clowns and stilt walkers will amaze visitors with their skills.

Easter egg and sack races and when you need a break, chill out by the stage with the awesome live entertainment. Kids will also love jumping castles, face painting, pony rides and the baby animal farm. Plus, pop by the craft station for a crafty time!

www.sanctuarycove.com

Outback Easter Celebration Day
Workshops Railway Museum
Sunday, 6th April

Celebrate Easter Aussie style with a giant Easter Bilby cuddle, sing along with the hilarious Bush Galah, and meet some scary critters from the Wild Rangers Wildlife Encounters display. Sunday, April 6th is Outback Easter Celebration Day at The Workshops Rail Museum, and the event runs from 9.30am - 4pm. Ideal for ages 3 – 10.