Another busy and exciting term in our school community draws to a close. The P&C continues to focus on strengthening community relationships, and the Sunday Afternoon Chill event (May 18) was a great way for parents, staff and friends of Mitchie Special to share some quality time. Thanks to all who attended. We appreciate the fabulous entertainment provided by The Deadliners and all assistance received in organizing raffles, BBQ and bar. Even the weather was kind to us! Check out some happy snaps below.
Parent Support Update

It has been a busy month for parent support. Parents are welcome to drop into the Parent Room at any time, or make an appointment if they’d like help to find particular information, or to chat about any concerns. Our Parent Room has library resources which can be borrowed, brochures about services, workshop/ event flyers displayed and information filed on a range of topics. Comfy couch, chocolate, coffee and a friendly ear available too! Perhaps you have some information you’d like to share with other parents. We value any positive contributions to the sharing process! The MyTime email and Facebook group are also great ways to share useful information about disability, parenting and family topics. Don’t forget to read your school newsletters too. These are always accessible via the school website and often a handy reference. The password for newsletters is Mitchieparents (with a capital M!!)

NDIS information
The National Disability Insurance Scheme (NDIS) will start in Queensland from 1 July 2016 and be fully implemented by 1 July 2019, with around 97,000 Queenslanders eligible to receive support through the scheme. The NDIS will be administered by the National Disability Insurance Agency. Under an NDIS people with a disability will have choice and control over their disability support, including choosing who and how these supports are provided and managed.

Some basic NDIS information from the Department of Communities is attached to this newsletter.

Changes to government allowances
Carers Australia has outlined what the 2014/15 federal budget impacts will be for carers. In summary, changes include the following:

- As of 1 September 2017, the Carer Payment will be indexed to the Consumer Price Index (CPI).
- From 01 January 2015, the Pensioner Education Supplement will no longer be available.
- From 1 July 2014, the eligibility of current Disability Support Pension (DSP) recipients who are aged under 35 years and who started receiving DSP between 1 January 2008 and 31 December 2011 will be reviewed.
- From 1 July 2014, Disability Support Pension (DSP) recipients who are aged under 35 years - and who have been assessed as having the capacity to work eight or more hours a week - will be required to participate in activities that will help them find and keep a job.
- From 01 January 2015 patients will pay more for pharmaceutical items (medicines) that are listed on the Pharmaceutical Benefits Scheme (PBS). Currently, patients pay a PBS co-payment of $36.90 when they purchase pharmaceutical items. Concession card holders pay $6.00 per item. From 2015, this payment will increase to $42.70 per item, or $6.90 for concession card holders.

The full document is available in the parent room or online at http://carersqld.asn.au/federal-budget-what-it-means-for-carers

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

Date: Friday 25 July, 9am – 12pm at MSSS
Topic: Building Blocks for the Future

We are entering an era of increased choice and control with individualized funding for people with disability. The Queensland Government’s current initiative ‘Your Life Your Choice’ and in the future, the National Disability Insurance Scheme (NDIS) will allow people to self-direct their funding and supports. What can parents and carers do to get ready? What kind of planning should we be undertaking for our child to have a good life? This session, led by Julie Simpson of Pathways to Leadership will explore some of the questions including:

- What is self-direction and what are the benefits?
- What makes a good life? – valued roles, gifts, strengths, contribution, relationships, community, life enhancing experiences and activities
- How can we start creating a quality person-centred plan for life?

All parents are welcome to attend this practical and thought-provoking session. It’s never too early or too late to start planning for the future.

Source Kids - Australia’s first magazine for children with special needs

Source Kids has been developed to provide information about a range of topics to parents, carers, families, professionals and teachers of children with special needs.

Source Kids is a free magazine distributed throughout Australia and is also available online. The magazine is a ‘source’ of information about education, health and nutrition, travel, sport, safety, therapy, technology, grants and funding, products and services, what’s on calendar and an up-to-date directory, plus so much more. [http://www.sourcekids.com.au/]

MyPost Concession Account

Do you have a Federal Government concession card? You may be eligible for a reduced rate on domestic stamps, and other offers. Apply for a free MyPost Concession Account today!

Benefits include:

- Free booklet of 5 concession stamps
- Ability to purchase up to 50 concession stamps per year
- Discount on Mail Hold and Mail Redirection
- A free MyPost Concession Card and digital mailbox

How to apply:

- Complete and print out an application form
- Take the form to your closest post office, along with your valid Federal Government concession card
- Receive your free booklet of 5 stamps and your MyPost card in the mail within 14 days

Education Accord- Everton’s Local Forum

You are invited to be part of a process which will help shape the future of school education, in collaboration with the Queensland Government’s Education Accord.

The Queensland Education Accord is a historic 30 year vision for school education in Queensland, and is about developing a strong plan for a brighter future, so that Queensland is a great state with great opportunity for generations to come.

A local Everton forum is set for Wednesday 30th July, from 5pm-7pm and will be held in the Library of Everton Park State School. The forum will focus around seven questions – contact the P&C if you would like more information.
Two MyTime sessions this term were devoted to the topic of stress management. Andrew Mayes, Counsellor from Carers Queensland ran these sessions, providing valuable information and handouts. All materials are available in the Parent Room if you were unable to attend.

**coping with stress**

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**Stress and Stressors**

Stress is something that is part of normal life, in that it is experienced by everyone from time-to-time. However, some people suffer from stress which is so frequent or so severe that it can seriously impact on their quality of life. Stress can come from a huge range of sources (stressors), such as:

- Relationships with others
- Work-related issues
- Study demands
- Coping with illness
- Life changes, such as marriage, retirement, divorce
- Day-to-day activities and tasks
- Positive events, such as organising holidays or parties
- Juggling many roles or tasks at the same time

Some people are aware of what tends to trigger their stress, and this increases their ability to either prevent stress or to handle it more effectively. Many others are less able to deal with stress, and identifying stressors is a key step in this. If you often experience stress, take some time to consider what tends to set it off for you.

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**Stress Management Tips**

1. Identify your stressors, and see if there are some things within your control to manage better. Some things will be beyond your control, for example if you work a job that is based on working towards deadlines than you can’t change this without changing jobs. But perhaps you can control some aspects, such as scheduling to have at least a short lunch break each day, or to go to bed earlier so that you have more energy to cope with the daytime.

2. Build regular exercise into your life - as well as being part of a healthy, balanced lifestyle and giving you more energy, many people find that working out at the gym or playing sport helps them to unwind.

3. Make sure that you eat and sleep well.

4. Take time out for family, friends and recreational activities. Most of us know that this is important but we do not all do it. If you find it hard to make time for this, perhaps you need to take deliberate steps to have time out, such as set aside one evening a week where you meet up with friends or enjoy a hobby, or set aside one day of the weekend for relaxing at home.

5. Problem-solving techniques can be a useful way of clarifying the problem, brainstorming possible solutions, and then choosing one to put into action after listing the pros and cons of each option. See the handout Problem Solving for more details about this.

6. Learn calming techniques such as controlled breathing and progressive muscle relaxation, to train your mind and body to become more relaxed. These techniques require practice but can be helpful with regular use. See handouts Calming Technique and Progressive Muscle Relaxation.

7. You may wish to speak to a professional about assertiveness training and communication skills which can help you to deal with challenging situations more effectively, thereby reducing stress. See the handout Assertive Communication.

8. Last but definitely not least, consider whether there is negative thinking which is contributing to your stress. Negative thinking can make us worry more than is necessary, increasing stress, and generally does not motivate us to take positive actions. See the handouts Thinking & Feeling, Analyzing Your Thinking and Changing Your Thinking.
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 Dieckelmann

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

P&C Meetings Dates in 2014

Wed, 16 July – 9am
Wed, 20 August – 7pm
Wed, 15 October – 9am
Wed, 19 November – 7pm

Winter warming recipe to share….

Creamy Chicken and Pumpkin Pasta
(Serves 4)

Ingredients
300g butternut pumpkin, peeled, cut into small chunks
250g cherry tomatoes, halved
160g penne pasta
2 tsp olive oil
250g lean chicken breast fillets, thinly sliced
1 medium red onion, thinly sliced
1 garlic clove, crushed
1 tbs cornflour
375ml can evaporated skim milk
6 pitted green olives, sliced (optional)
¼ cup (20g) finely grated parmesan cheese

Method
Preheat oven to 220°C or 200°C fan-forced. Line a baking tray with baking paper. Place pumpkin on prepared tray and lightly spray with oil. Bake for 20 minutes. Add tomatoes and bake for 10 minutes or until pumpkin is lightly browned and tomatoes soften.

Meanwhile, cook the pasta in a medium saucepan of boiling salted water, following packet instructions, or until just tender. Drain.

Heat oil in a non-stick frying pan over medium-high heat. Add chicken and cook, stirring, for 5 minutes or until lightly browned. Transfer to a plate. Add onion and garlic and cook, stirring, for 5 minutes or until softened. Return chicken to pan.

Blend cornflour and a little evaporated milk in a jug. Stir in remaining milk. Add milk mixture to pan and bring to the boil. Reduce heat to low and simmer, stirring occasionally, for 3 minutes or until sauce thickens slightly.

Add the pasta, olives and roasted pumpkin and tomatoes to the sauce. Toss gently to combine. Serve pasta sprinkled with cheese.

Thought for the Week

If you look for something to criticize, you will find it.
If you look for something to compliment, you will find that too. Your choice!
Redcliffe Show 2014
27, 28 and 29 June
www.redcliffeshow.org.au

With a huge program of events over the three days, and admission only $10 per adult and $5 for children/pensioners, this show is good value for money and a fun day out. Gates open each day at 8am.

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Snow 4 Kids at River Stage, Botanical Gardens
9am - 4pm, June 28 - July 15
www.snow4kids.com.au

River Stage will be transformed into a winter wonderland these school holidays with a giant snow filled play park designed just for kids. Fresh snow will be made daily on site for the children to experience a taste of an icy winter playground. The highlight of this unusual event will be the huge toboggan run down the river side snow slope. There will also be the enormous snow dome, where kids can join in the ultimate snow ball fight. Silly Snow Men live stage show runs throughout the day, where children can follow the fun adventures of Silly Billy and Silly Gilly. Refreshments will also be available on site.

General entry into the snow park itself is free, however, participating in any of the five actual snow attractions (snow dome, stage show, snow man building, toboggan run and snow ball throwing arena) will involve a fee. There is a special $30 package which covers entry into all five snow attractions, otherwise it costs $10 to just ride the toboggans and $5 to just enter the Snow Dome.

Brisbane Arts Theatre presents
Charlotte’s Web
E.B. White’s beloved childhood classic is brought to life on stage, enchanting children and adults alike.

Performance times:
11am Tuesday to Friday (1 July to 11 July)
2pm Saturdays (7 June to 2 August)
2pm Sundays (29 June, 20 July and 27 July only)

See more at