At Mitchelton Special School, we encourage and value the involvement of our parents and carers. Some people are participants, helpers or organizers and some support quietly behind the scenes. We appreciate ALL contributions to our great school community, believing everyone has something to offer. Thank you for supporting activities throughout term three including the Fun Run, Book Fair and parade, Fathers Day stall and tuckshop, as well as MyTime and Parent Education sessions. Our students continue to benefit from the support and engagement of parents. Please join us next term to experience more of our brilliant community spirit!

### Important Dates

- **Tue, 7 Oct:** Term 4 commences
- **Wed, 15 Oct:** P&C Meeting, 9am
- **Mon, 20 Oct:** Student Free Day
- **Fri, 24 Oct:** World Teachers Day
- **Mon, 27 Oct:** Grandparents Morning Tea
- **Wed, 29 Oct:** MyTime
- **Fri, 7 Nov:** Twilight Art Exhibition
- **Fri, 14 Nov:** Public Holiday (G20)
- **Wed, 19 Nov:** P&C Meeting, 7pm
- **Wed, 26 Nov:** MyTime
- **Fri, 28 Nov:** Pathways Graduation Dinner
- **Wed, 3 Dec:** MyTime Christmas Dinner
- **Fri, 5 Dec:** Whole school end of year celebration
- **Fri 12 Dec:** Last day of term

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**Live & Learn & Live**

This issue:
- Parent Support Update
- New Parent Resources
- Parent Education
- Stepping Stones Triple P Parenting Group
- What is a One Page Profile?
- MyTime information
- Community workshops
- Recipe – Roasted Vegetable Lasagne
- Autism resources
- Sibling resources
- Brothers and Sisters workshop

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**Parent Newsletter Issue 22**

**Fun runners**

**Book lovers**

**Tuckshop dream team**

**MyTime players**

**Supporters of parent education**

**Year Book creators**
Parent Support Update

It is always a privilege to share time with parents in our school community. Many conversations occur throughout a week – in the Parent Room, around the school, on the footpath and on the phone. It’s important to connect and catch up. Sometimes the opportunity to talk is helpful when you are having concerns about your child or facing particular challenges in your parenting role. Talking to someone you trust can help to sort through a problem or to see a situation more clearly. Often you find out you are not alone and that others share similar feelings or situations. Talking helps to release built-up tension and may also help to identify options or solutions you hadn’t thought of before. These thoughts are the basis of Parent Support at Mitchelton Special School and parents are always welcome to contact the Parent Liaison Officer if they would like to chat privately (contact details at the bottom.) Our MyTime program also provides good opportunities to chat with other parents who understand the caring role. If you’ve never been along, why not give it a try.

When problems or concerns are having significant impact on your life, it could be helpful to consider professional counselling. Counselling involves talking with someone who can assist you in making a difference to your caring role and your life. It’s about looking after you, reducing stress and improving your own health and wellbeing. There are brochures available in the Parent Room about various counselling services. Here are two options:

Centacare’s Family Relationship Services for Carers (FRSC) provides counselling and mediation services to assist families caring for a person with a disability to:

- manage conflicts that may arise within the family
- discuss their concerns and issues around family relationships and the care of a family member with disability
- make decisions about future care arrangements

This service is free of charge and clients can access up to six sessions. Contact 1800 337 552 or call the Brisbane centre at Fortitude Valley on 3252 4371.

Carers Queensland, through the National Carer Counselling Program, offers counselling services which aim to:

- assist with stress management
- provide you with coping skills and strategies
- give you practical problem-solving techniques
- help you deal with grief issues around your child’s disability

To make an appointment or to access the telephone counselling service, call 1800 242 636 between 9am and 5pm weekdays.

Stay connected. Stay well.

Kylie Graham
Parent Liaison Officer (Mon/Tue)
Email: kgrah145@eq.edu.au or phone via school office 3354 5333

Parent Resources

New titles available in the Parent Library

- **Tom Needs to Go**: A book about how to use public toilets safely for boys and young men with autism and related conditions – Kate E Reynolds
  
  This visual resource helps parents and carers teach boys how to use public toilets safely. It covers the subtleties of social etiquette including where to stand and look, as well as practicalities such as remembering to lock the cubicle door.

- **What’s Happening to Tom?**: A book about puberty for boys and young men with autism and related conditions – Kate E Reynolds
  
  This simple resource helps parents and carers teach boys about puberty. It covers all the changes that they will experience, both emotional such as new feelings and physical such as wet dreams.

- **Things Tom Likes**: A book about sexuality and masturbation for boys and young men with autism – Kate E Reynolds
  
  This accessible and positive resource helps parents and carers teach boys about masturbation. It covers when and where it is appropriate and helps to establish boundaries surrounding privacy more generally. Contains simple but explicit illustrations.

- **Still Quiet Place**: Mindfulness for Teens CD – Dr Amy Saltzman
  
  Listen and learn to chill, just be yourself and find your own still quiet place. It is a place of power and peace inside you. The best thing about the Still Quiet Place is that it’s always with you, whatever you are doing or feeling.

**Understanding Sensory Processing Disorder – Angie Voss**

The world of sensory integration and SPD can be an intimidating place. This guide gives you just enough information to see the big sensory picture. With the right tools and the understanding of the basic concepts, the sky is the limit in how you can impact your child’s life!
Many thanks to Julie Simpson of Pathways to Leadership for presenting us with ideas and tools to help with planning the future earlier this term. Twenty-three parents attended Julie’s Building Blocks for the Future session and afterwards, many expressed interest in continuing on as a group to further explore other aspects of planning. If you missed this workshop and would like handouts, please drop into the Parent Room.

STEPPING STONES TRIPLE P PARENTING GROUP

The Stepping Stones Triple P group program provides practical strategies to help parents promote their child’s development and to change problem behaviour if it is occurring. The program involves five (2 hour) group sessions that provide information and opportunities to practice the strategies, and follow up individual telephone consultations to assist parents to refine the use of their parenting skills and to develop independent problem solving skills.

Where: Mitcheltown Special School
Time: 9 – 11am
Who: Parents and carers of a child with a disability, aged 2-10 yrs
RSVP: Jenny Katona T: 3354 5333 jkato2@eq.edu.au

What is a One Page Profile?

A One Page Profile can be a quick, positive tool for introducing your child to carers, professionals or services.

Originally developed by Helen Sanderson Associates, a One Page Profile is a profile of a person which is positively focused on their core qualities.

There are three key sections to a One Page Profile:

1. What other people like and admire about the person
2. What makes the person REALLY happy and is most important to them
3. How the person likes to be supported

Below are some tips for creating a one page profile.

For more information and to see examples, talk with Kylie or visit the Parent Room.
A fun and friendly MyTime term included activities such as a beautiful Spring walk to the Teralba Park fitness trail and a relaxing session playing board games at our favourite Mitchie MyTime Cafe. It was brilliant to hear so much laughter and animated conversation!

Upcoming MyTime sessions:
- Nutrition for the whole family – 15 Oct
- Tips for personal safety – 29 Oct
- Comedy Night at QPAC – 22 Nov

Contact Chris Booth for more information
Ph. 0409 516 101

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**Designing Communication Displays Workshop**

This workshop will focus on principles, tools, and strategies for designing effective communication displays for individuals with Complex communication Needs. This will include the use of both high and low technology (e.g. iPads, flip charts, etc) as well as customising displays to suit individual's needs.

**Sunday 12/10/14**

10am-3pm

Mamre, 40 Finsbury Street, Newmarket 4051

BYO Lunch - M/tea and A/tea provided

Cost - Mamre families $20pp
External families - $50pp

RSVP to Branko Funda at 36221223 or branko.funda@mamre.org.au
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

Uniform sales are available in the canteen Monday mornings 8:30 – 9:00am

Polo Shirts – $28 all sizes available

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

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Roasted Vegetable Lasagne

Last tuckshop day, we served this delicious lasagne. It was a hit!

Olive oil spray
2 medium zucchini, thinly sliced lengthways
1 medium orange sweet potato, peeled, thinly sliced into rounds
1 large red onion, diced finely
1 medium eggplant, thinly sliced into rounds
1 red capsicum, finely chopped
1/4 cup shredded fresh basil
1 small bag baby spinach
700g jar tomato passata
50g butter
2 garlic cloves, crushed
1/4 cup plain flour
3 cups milk
1 1/4 cups grated pizza cheese
4 lasagne sheets

1. Preheat oven on 200 deg C. Line 4 trays with baking paper. Place zucchini, sweet potato, and eggplant in a single layer on prepared trays. Roast, 2 trays at a time, for 15 minutes or until vegetables are tender and start to brown.

2. Meanwhile, sauté onion in a pan with a little oil. Combine onion, capsicum, basil, spinach and passata in a bowl. Season with salt and pepper.

3. Melt butter in a medium saucepan over medium heat. Add garlic and flour. Cook, stirring for 2 minutes or until mixture is bubbling. Remove from heat. Gradually stir in milk until smooth and combined. Return to heat. Cook, stirring constantly, for 10 minutes or until mixture boils and thickens. Remove from heat. Season with salt and pepper. Stir in 1/4 cup cheese. Season with salt and pepper.

4. Reduce oven temperature to 180 deg C. Grease a 6cm deep, 29cm x 22cm ovenproof dish. Place 1 lasagne sheet over base of prepared dish, trimming to fit. Top with 1/3 vegetables. Drizzle with 1/3 tomato mixture, then cheese sauce. Arrange 1 lasagne sheet over mixture, trimming to fit. Top with half the remaining vegetables, half the tomato mixture and 1/3 cheese sauce. Repeat with 1 lasagne sheet, remaining vegetables, remaining tomato mixture and half of the remaining cheese sauce.

5. Arrange remaining lasagne sheet over mixture, trimming to fit. Spread remaining cheese sauce over lasagne. Sprinkle evenly with remaining cheese. Cover with foil. Bake for 30 minutes. Remove foil. Bake for 20 minutes or until top is golden. Stand for 5 minutes before serving.

Food For Thought:

The grass isn’t greener on the other side....
It is green where you water it.
Brothers, sisters, and autism: a parent’s guide to supporting siblings

Having a child with autism and children without comes with unique challenges. You’re not only faced with doing what’s best for your child with autism, but also with paying attention to the needs of their brothers or sisters. No matter what you call them (neurotypical, typically developing, normal, etc.) these siblings are often dealing with the same struggles and feelings that you do as parents. They, too, feel a sense of loss, confusion, and frustration—all at a time before they’ve developed comparable coping skills. These future advocates, potential caretakers, and friends will establish the longest lasting relationship with your child on the spectrum, and therefore need guidance and support from the start. You’re likely to find that supporting your children without autism will prove to be a long-term investment in your child with autism. The topics addressed in this resource outline ways you can help your kids without autism adjust, understand, and enjoy being a sibling.

1. Explaining autism
   - Why it’s important
   - When should I start?
   - “Your sibling’s autism…”
2. Family life
   - “It’s not FAIR!”
   - Sharing your attention
   - Recognizing differences
3. Out in public
   - Embarrassment
   - Special events, holidays, and going out
4. Challenges and feelings
   - Negative feelings
   - Thinking about the future
   - Aggressive behaviors
5. Relationships between siblings
   - Growing up together
   - Time apart
6. Finding balance

The booklet is able to be downloaded on the web at http://www.researchautism.org/family/familysupport/documents/OAR_SiblingResource_Parents_Bookmarks.pdf or copies will be available in the Parent Room.

Links:
- http://www.researchautism.org/resources/WhatsupwithNickbooklet.asp

**The Kit for Kids is designed to teach school aged children about their peers with autism. The kit is centered around an illustrated, fold-out booklet called, “What’s up with Nick?”**

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