A fabulous day at Fun Run 2015! The weather was kind and Marist College proved to be a perfect venue. Our Fun Run provides an opportunity for students to participate with peers in an atmosphere of encouragement and positive school spirit. Our staff do a tremendous job supporting students throughout this day. Many parents and carers joined in the fun and also supported behind the scenes with fundraising efforts. Thanks to all for contributing to a truly memorable Mitchie community experience!
Sometimes we just shine! Creative displays, entertainment and lots of happy faces at this year's Twilight Art Exhibition...
**NDIS TALK**

Reasonable and Necessary Supports

The National Disability Insurance Scheme (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. A participant’s reasonable and necessary supports take into account any informal supports already available to the individual—those informal arrangements that are part and parcel of family life or natural connections with friends and community services—as well as other formal supports, such as health and education.

Reasonable and necessary supports are funded by the NDIS to help a participant to reach their goals, objectives and aspirations in a range of areas, which may include education, employment, social participation, independence, living arrangements and health and wellbeing. These supports will help participants to:

- pursue their goals, objectives and aspirations
- increase their independence
- increase social and economic participation, and
- develop their capacity to actively take part in the community.

How does the National Disability Insurance Agency (NDIA) know what is reasonable and necessary?

NDIA staff make decisions based on the National Disability Insurance Scheme Act 2013 (NDIS Act) and the rules made under the NDIS Act. The operational guidelines also provide practical guidance for decision makers. When NDIA staff members make decisions about which supports would be reasonable and necessary for a particular participant, they refer to the particular operational guideline that relates to each specific support. In order to be considered reasonable and necessary, a support must:

- be related to the participant’s disability
- not include day-to-day living costs that are not related to a participant’s disability support needs
- represent value for money
- be likely to be effective and beneficial to the participant
- take into account informal supports given to participants by families, carers, networks, and the community.

The National Disability Insurance Scheme (NDIS) will progressively roll out across Queensland over three years from 1 July 2016 to June 2019. The scheme will launch early in North Queensland ahead of the three year rollout. The NDIS is a new way of providing individualized support for people with permanent disability that affects their ability to take part in everyday activities. The Scheme is being implemented by the National Disability Insurance Agency (NDIA). It connects participants with community and mainstream supports and funds reasonable and necessary supports to assist them to pursue their goals and aspirations, and participate in daily life.

What types of supports are funded?

The types of supports that the NDIS may fund for participants include:

- daily personal activities
- transport to enable participation in community, social, economic and daily life activities
- workplace help to allow a participant to successfully get or keep employment in the open or supported labour market
- therapeutic supports including behaviour support
- help with household tasks to allow the participant to maintain their home environment
- help to a participant by skilled personnel in aids or equipment assessment, set up and training
- home modification design and construction
- mobility equipment, and
- vehicle modifications.
Remaining MyTime sessions for term 4 will be:

- 28 Oct
- 11 Nov
- 25 Nov
- 09 Dec

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

Planning for 2016
After many wonderful years as Mitchelton MyTime Facilitator, Chris will be vacating her position at the end of 2015. A new facilitator will be appointed under the direction of Playgroup Queensland. Expressions of interest for the role are now open. The Facilitator role requires a committed person to support parents and carers of children in the local community (not just MSSS). The Facilitator works closely with the school community including the Principal and Parent Liaison Officer to deliver a program relevant to the needs of parents and carers. This is a paid position – 3 hours per fortnight (approximately) during school terms. A position description is available upon request. Please contact the Principal for more information.

Transition preparation opportunity
Are you the parent of a student in year 10 or 11 and looking for guidance about what your young person may do after they leave school? Community Resource Unit (CRU) is offering Mitchie parents and carers the opportunity for individual conversations to help with thinking and planning for the future. Virginia Lonsdale from CRU will be available in our school on Mon 16th Nov and Tues 17th Nov by appointment to speak with parents individually. This initiative is funded under My Future My Life and is free for parents. Please contact Kylie to make a booking. Other dates may be available for school or home visits too. Just ask!

Centrelink allowances for 16 year olds
A number of parents have recently made contact for advice or assistance with claiming the Disability Support Pension and other allowances for their 16 year olds. There’s a new process for DSP claims submitted on or after July 1 2015. Although the claim process has changed, there are no changes to the eligibility for DSP. Information about changes are available on the Human Services website at this link: http://www.humanservices.gov.au/customer/news/new-claim-process-for-disability-support-pension or feel free to contact me directly for assistance. A tip sheet has been developed which is useful in identifying steps involved.

Supports for the early years
If you have a child in the early years, you may find the Guide to Services and Supports (Early Childhood) useful. This document can be a starting point when looking for supports. There are copies in the Parent Room, on the school website or we can email it to you. Another great source of information is the Therapy Connect website at www.therapyconnect.amaze.org.au. While this site is aimed at parents of young children with an Autism Spectrum Disorder, it contains valuable information about therapies commonly recommended for children with disabilities/ developmental delays such as speech language therapy, occupational therapy, or behavior therapy. If you’re thinking about therapy needs and goals for your child, this site is well worth a visit.

Looking forward to meeting all grandparents at our special Grandparents Morning on Monday 26 October.

Kylie Graham | Parent Liaison Officer
T: 3354 5333 E: kgrah145@eq.edu.au

An Early Start for your Child with Autism – Rogers, Dawson, Vismara
Parents can play a huge role in helping toddlers and preschoolers with autism spectrum disorders (ASD) connect with others and live up to their potential. This encouraging guide from the developers of a groundbreaking early intervention program provides doable, practical strategies you can use every day.

New resource in Parent Library
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**

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Payment by cash or cheque  
Uniform enquiries to Kylie Graham,  
Mob: 0409 262 438

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

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**Póg & Céadthóilsholáthar**

**Pepitas** are laden with utilisable zinc which is important for immunity. Tá aon taispeántas eile sna éigse agus imreoirí, le haghaidh an gcoinneótaidh. Tá siad in ann leasadh doimhin, sna 10-15 mhóin, os a tháinig de chloig a phoist mar eolaíocht. Tá an gnó in ann a bhaint as sé go leor, go háirithe ar an cheathrú damhsa, agus a bheith in ann a bhaint as deiscintí, agus a bheith in ann a bhaint as uimhirchleachtaí.

**Pepitas Roasted**

2 cups raw pepitas  
2 tsp olive oil  
1 tsp sea salt  
OR

**Spice Roasted Pepitas**

1 cup raw pepitas  
1 tablespoon maple syrup  
1/2 teaspoon cinnamon  
1/2 teaspoon ginger  
1/2 teaspoon nutmeg  
1/8 teaspoon sea salt

Preheat oven to 170°C. Line an oven tray with baking paper.  
In a bowl, mix all the ingredients together. Spread the pepitas onto the baking paper and bake for about 10-15 minutes, shaking the pepitas half way through. Cool, then store in a glass jar in the pantry. They should stay fresh a week or two. Use them as a snack or add to roast veggies, salads, to garnish soups or sprinkle in your wraps.

A **delicious lunch box alternative!**

**Pizza Scrolls**

2 cups Greek-style yoghurt  
2 cups self-raising flour  
1 cup tomato cooking sauce (passata)  
3 cups mozzarella cheese, grated  
100g bacon, diced  
1 tbsp Italian herbs

Preheat oven to 190°C. Line a baking tray with baking paper and set aside. In a large bowl, combine the yoghurt and self-raising flour and mix until a ball forms. Turn out onto a floured bench and knead for 5 minutes. Add extra flour if the dough is too sticky.  
Roll the dough into a large rectangle of even thickness using a rolling pin. Spread tomato sauce evenly over the entire dough surface.  
Sprinkle bacon and 2 cups of cheese all over the tomato sauce.  
Shake over the Italian herbs. Roll the dough into a log, starting at the short side. Slice into 2cm pieces and place cut side up on tray. Sprinkle with remaining cheese. Bake for 20-25 mins until golden.
GRANDPARENTS MORNING @
MITCHELTON SPECIAL SCHOOL

Grandparents & older friends are invited to join our school community on
Monday 26th October 2015 at 8.30am
for Assembly, School Tour, Morning Tea & Lucky Door Prizes

TIPS FOR GRANDPARENTS AND EXTENDED FAMILY OF CHILDREN WITH DISABILITY

1. Family members have a lot to offer. Each family member is able to offer the things they have learned to do best over time. ASK how you can be helpful to your family. Your efforts will be appreciated whether it means taking care of the child so that parents can go out for dinner, or cooking a family meal to give parents a break.

2. If you find yourself having a difficult time accepting and dealing with the fact that your loved one has a disability, seek out your own support. Your family may not be able to provide you with that kind of support so be considerate and look elsewhere. In this way you can be stronger for them, helping with the many challenges they face. Be open and honest about the disability. The more you talk about it, the better you will feel. It may be hard to talk about it at first, but as time goes on it will be easier.

3. Put judgement aside. Consider your family’s feelings and be supportive. Respect the decisions they make for their child with disability. They are working very hard to explore and research all options, and are typically coming to well thought out conclusions. Try not to compare children (this goes for typically developing kids as well.) Children with disability can be brought up to achieve their personal best.

4. Learn more about the disability. There may be promising research, with many possibilities for the future. Share that sense of hope with your family, while educating yourself about the best ways to help manage the disorder.

5. Carve out special time for each child. You can enjoy special moments with both typically developing family members and the family member with a disability. Yes, they may be different, but all of the children look forward to spending time with you. For example, children with autism thrive on routines, so find one thing that you can do together that is structured, even if it simply going to the park for 15 minutes. If you go to the same park every week, chances are over time that activity will become easier and easier….it just takes time and patience. If you are having a difficult time thinking of ideas, ask your family. They will sincerely appreciate your effort.

Adapted from ‘Tips for Grandparents and Extended Family Factsheet’ by Kathryn Smerling, Family Therapist at Autism West

Have you heard about In Home Child Care?

Funded by the Australian government, In Home Care is a flexible form of child care where the care is provided in the child’s home by an approved educator. This could include care after school. To ensure quality outcomes for children, the care is monitored and supported by an approved agency (Service Provider).

In home care is not available to everyone, but limited to families who have no access to existing child care services, and/or their circumstances mean that an existing child care service cannot meet their needs, and where the family meets one or more of the following criteria:

- the child has, or lives with another child who has an illness or a disability;
- the child’s guardian (or guardian’s partner) has an illness or disability that affects their ability to care for the child;
- the child lives in a rural or remote area;
- the work hours of the child’s guardian (or guardian’s partner) are hours when no other approved child care service is available;
- the child’s guardian (or guardian’s partner) is caring for three or more children who have not yet started school.

As each In Home Care service is allocated a limited number of places, they must also ensure that they do not provide care in excess of their allocation. This means that an In Home Care service may not always be able to meet the needs of all eligible children.

To ensure quality outcomes for children the care is monitored and supported by an approved agency (Service Provider). Local service providers for In Home Care include:

- Brisbane Wesley Mission IHC  Tel: 07 3151 6160
- East Brisbane IHC  Tel: 07 3896 1300
- The Gowrie (Qld) IHC  T: 07 3232 2667

THIS WORKSHOP SPECIFICALLY CATERS FOR FAMILIES WITH CHILDREN IN THE 0-8 AGE RANGE. HIGHLY RECOMMENDED!!!!!!!

Weighted Shoulder Snakes

These cute weighted shoulder snakes are a great accessory for any child seeking deep pressure input. Easily wrapped around shoulders to be transported around and then sits nicely on the lap during class or floor time. Soft to hug and touch, this friendly looking snake offers calming pressure for your child no matter where they are. Two sizes available - small (1kg) and large (2kg).