‘MOSS GOSS’

TELEPHONE: 3717 6888   FAX: 3717 6800   ABSENCE: 3717 6860
SMS: 0447 100209

ADDRESS: 94 CAPITOL DRIVE MOUNT OMMANEY
EMAIL: info@mtommanespecs.eq.edu.au
WEBSITE: http://mtommanespecs.eq.edu.au

May 2014

Important Events to Remember:

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Imagination Station</td>
<td>17/5/14</td>
</tr>
<tr>
<td>Rotary Fun Run</td>
<td>25/5/14</td>
</tr>
<tr>
<td>Imagination Station</td>
<td>31/5/14</td>
</tr>
<tr>
<td>P&amp;C Meeting</td>
<td>2/6/14</td>
</tr>
<tr>
<td>Public Holiday</td>
<td>9/6/14</td>
</tr>
<tr>
<td>MyTime Early Literacy</td>
<td>13/6/14</td>
</tr>
<tr>
<td>Imagination Station</td>
<td>14/6/14</td>
</tr>
<tr>
<td>P&amp;C Baby &amp; Kids Market</td>
<td>21/6/14</td>
</tr>
<tr>
<td>End of Term 2</td>
<td>27/6/14</td>
</tr>
</tbody>
</table>

From the Principal

Welcome

Hello and welcome to the first MOSS GOSS newsletter of Term 2. I’d like to take the opportunity to introduce myself to you. My name is Darren Greenway and I have been lucky enough to be the Acting Principal, while Ric works over at Aspley Special School.

Ric will be back in mid-May, ready to hear all the wonderful news and stories that have occurred while he was away. It has been a really lovely experience to work with old friends, see past pupils of Ipswich Special School and get the opportunity to work with new friends too!

The most exciting news from this term, so far, is the Showcase Awards. Last year the school, in partnership with The Song Room, launched the Just Imagine documentary. This was such a success that the program has been entered into the Education Department’s Showcase Awards - Excellence in Education.

Bettina, Jim, Tracy and a host of staff have contributed to the entry. I have had a ‘sneak peek’ at the final document and am blown away by the achievements and engagement of students. The final copy of the school's application has gone in. The school (and the team behind the submission) are very proud and excited by the work that has resulted in the Showcase Award application.

Go team Ommaney!
Cold and Flu season

The cold weather has come and the chances of catching a cold or the flu are high! Many students at the school do struggle with fighting these illnesses. Please keep your child at home if they are ill.

Out and about

Karen, Jim and a group of parents and carers attended the Post School Options Expo last week. From the excited conversations, I was reminded that the support networks for families and children are an ever changing landscape. This is true, not just of the senior students, but of all the students at the school.

The one constant in all of this is the need to keep in contact with Disability Services and keep asking questions about what is available, what is current, what services are operating. Making sure your child is registered is the first step. Other important things you can do are to let Disability services know what services you need.

Great News

The P&C meeting is usually held on a Monday night once a month. It is a great way to become more involved with the school. Hope to see you at the next one! The next one will be held on 2nd June at 6.30 pm. Manu from My Kitchen Rules will be performing a quick and easy cooking lesson that evening**.

Thank you

Finally, I would like to thank the students of the school, the staff and the parents for making me feel so welcome. I have been so impressed by the staff and students of Mount Ommaney. It is truly such a beautiful school to work and learn in!

Many thanks

Darren Greenway, Acting Principal

** Manu will not actually be cooking, it will be Ric making coffee and toast for those interested.
From the Deputy Principal

Reflections on support and families -

In past months, I have been listening to conversations around supports to families and how things might be changing in preparation for the National Disability Insurance Scheme. Obviously, as we move towards this new scheme, there will be many ways that things have been done in the past that will need to be done differently. There will also, undoubtedly, be a period of transition while service providers respond to this need to change and before the new scheme is fully in place. These times of change are not always the easiest things to get through.

I occasionally have chats with members of our school families about the many different things that help them to manage the needs of their children. Being part of parent networks (such as the P&C and MyTime and Playgroup; Carolyn Swann our chaplain has been a huge help to families in this area) where information is shared, is critical to people feeling that they know what’s going on and are empowered about their options. This process of self-determination and family chosen/managed support is what is ahead for us in terms of support to loved ones with special needs or disabilities.

Recently, I have wanted to be clearer about the processes for eligibility and then for accessing various respite services. I know that this is an area of great need, as well as, often, a lot of frustration for families. There was a news release about 2 weeks ago where the Department of Communities/...Disability Services in Qld informed the state that it will no longer be accepting new clients into the government supported respite services – any new clients will be directed to non-government providers. This is definitely in line with the NDIS model, but takes away an old level of ‘familiarity’.

There are a wide variety of services who are now providing respite in various forms - finding out about it can feel like a very complicated process. In the first instance, families need to register their child with the Department of Communities/...Disability Services.

The following link will take you to the home page for the department, while the next link has more information about the more specific services in general, as well as respite.

If you ring 13 74 68, you can ask to be given the number for your local Intake Office, where a "needs assessment" can be arranged and you can specify the areas of support that your child requires. This may well include respite.

I also was in contact with the Community Access Point service on their 1800 600 300 number. If you need support for someone you love who is between 18 and 65, this is a good starting point. However, for the young people we care about, I was recommended the following link, being Commonwealth Respite and Care Link Centre on 1800 052 222. This service provides short term and limited respite support to carers who need a break. Carers can register over the phone.
In times of great difficulty, where people need urgent or crisis respite support, Carers Qld on 3900 8100, can be contacted.

I feel a little better informed about how things are at the moment, but need to say that as parents, you are by far the best advocates for what your child needs. However, sometimes you might also need a little extra from people like us, your staff at school. Please don’t hesitate to ring in and we will do our best to help you negotiate your best path forward.

Post School Options Expo

I bring you good news! ...and how lovely it is to be able to say that 😊
I want to share with you all, the great experience that a group of us, parents, carers and school staff had together last week.

But first, to set the background...many of you will be aware that as our students progress through school, the focus of their schooling and educational program tweaks or shifts with programs to support their learning using the Australian Curriculum and priority goals (communication, social skills, physical skills etc). Once students are in their Year 10 equivalent (the year they turn 15), schools start to prepare students (and their families) for their young adult life, post-school.

Every school does this differently, based on the needs and expectations of their students and families. However, as we are all becoming more aware, the government and broader community focus is very much now in line with families advocating for their young person and making decisions for their future.

Last week, we were very fortunate to be able to attend a Post-School Options expo in Brisbane, now held every 2 years. Here, there were MANY representatives of groups that provide services and supports to young people after graduation. There were also sessions from Disability Services, the Public Trustee, Centre Link and an NDIS team. Agencies reflected a very positive approach to meeting the varied needs of young people and there seemed to be a greater willingness to do this than in past years, rather than focusing on more 'specialised' supports that might exclude individuals.

Parents met with the different service providers and asked specific questions about processes and their child. It was a very positive experience for us all, mainly because we all came away with more general information, as well as having particular questions answered.
Every parent I spoke to after the expo had a plan of what they needed to do next. These plans varied of course, but for one mum, it was about making sure that her child is registered with the Department of Communities, Disability Services.

You don't need to wait until your child is in or getting ready for senior school to register for support with this department. Call your local intake office and speak to staff there about arranging a Needs Assessment for your child. This is the contact number for the Oxley office - 3035 1701, which supports families etc. living in the broad area around the school.

You will be directed to other offices based on your address, as appropriate.

Warm regards, Karen Walton (DP)

---

PLEASE DON'T READ THIS (¬¬ if you are already getting all the support you are entitled to re your child’s personal care product needs.)

Some of our families still don't know about the possible supports available to them through the BlueCare Continence Advisory Service and may therefore be missing out on some fantastic assistance. So, this article is an updated repeat 😊

If you have a child with special needs, there are entitlements for families around providing incontinence support - both nappies/pads through MAAS (Medical Aides Subsidy Scheme) and a possible cash payment through CAPS (Continence Aides Payment Scheme).

The service will also help in making decisions about the most appropriate aides for your child as they grow or their needs change.

PLEASE TAKE THE TIME TO MAKE CONTACT, CHECK YOUR ELIGIBILITY and arrange for an assessment.

The incontinence care advisory nurses will come to school and meet with you at a mutually agreeable time.

You just need to give them a call to arrange the assessment or to discuss any changes in your child’s needs for support.

For more information, please ring the BlueCare Continence Advisory Service on 07 38918040. (THIS IS A NEW NUMBER!!)

They will advise you about what to do next.

---

Latest Drama Program News

What are we doing in May? Please go to our drama program page for an update from Lynda.
Below is a list of the students who have received Special 'Student of the Week Awards' at Assembly this term...

Annalis...for learning how to roll during physio programs (Personal and Social Capability)

Antony...for pointing to the correct pictures during Story-time (Literacy and Communication)

Carissa...for successfully transitioning to school and staying the whole day (Personal and Social Capability)

Isabel...for great participation in the Gymzoonasium exercise program (Personal and Social Capability)

Izzy G...for great choice making and participation during music time (Personal and Social Capability)

Izzy H...for using her iPad and Proloquo2Go like a pro (Literacy and Communication)

Joseph...for becoming more confident when touching different textures during sensory play (Critical and Creative Thinking)

Joshua...for participating fully in a drama session on Rumplestiltskin (Critical and Creative Thinking)

Michael...for enthusiastic participation in cooking sessions (Critical and Creative thinking)

Oscar...for improved participation and engagement during cooking activities (Personal and Social Capability)

Sarah...for doing everything that she needed to do on her newspaper delivery - remembering; signing; good manners; using her booklet and using the stamps after finishing each shop (Personal and Social Capability)

Sarah...for sharing toys and playing so well with a friend (Personal and
Social Capability)

_T._J._... for sharing toys and playing so well with a friend (Personal and Social Capability)

_T._J._... for packing away his toys (Personal and Social Capability)

_T._yson... for great, independent use of his iPad and Proloquo2Go (Literacy and Communication)

---

**Imagination Station**

The Imagination Station Drama program continues every second Saturday in the MP hall at MOSS. We have transformed the hall from DRAB to FAB by manifesting a dragon lair, a castle and a Knight’s battle field. And did you know MOSS even has its own Circus Big Top, tight rope and Side show alley?!!!

It’s always such a lovely atmosphere with our MOSS student’s being able to have fun with their families. Sisters, Brothers, Mums, Dads and Grandies have been swept up into the wonderful creative arts experience.

Granny - akka **Fi Fi The Fabulous** will be sharing more of her adventures in the coming sessions. You get more than a bed time story with Granny. Who knows where we will end up next?

If you are interested in going on the wait list for the program contact Jim Green at jgree345@eq.edu.au.

From the Imagination Station Team 😊
School lunches are always challenging. How do you get lunches to go to school and not come back? It is important to provide nutritious lunches and snacks for our children, as these are the critical years for growth and development as well as for their concentration and learning. Chips, biscuits, fruit juices, soft drinks and other pre-packaged treats can be high in kilojoules, sugar, fat or salt while providing little other nutrition. School lunches are always challenging, but with a little bit of preparation and planning, you can provide both tasty and healthy lunchboxes. Children do enjoy healthy options; they just need to be given the opportunity to try new things. A great way to get children interested in healthy foods is to include them in choosing and making meals and snacks. All healthy options don’t have to be made from scratch but it is important to decrease the amount of high fat, sugar and salt treats marketed towards our children. Decrease those pre-packaged snacks and get creative! And we don’t mean taking the tiny teddies or chips out of their packaging. Make sure you have a lunchbox ready with lots of compartments so you don’t need to wrap each item individually. This will mean you are able to have a rubbish free lunchbox, which can positively impact the environment.

It is important to always have healthy treats available in the home. By having these types of treats available you are able to still offer your child variety while providing them the opportunity to choose healthier options. Children at this age can learn quickly so it is important to give them the opportunity to learn great eating habits. Try to limit the amount of processed foods in the house to eliminate temptation of choosing unhealthy options.

Quick nude food tips:

- Get your children involved in planning & making their lunches
- Keep healthy lunchbox ideas & recipes next to the lunchboxes in your kitchen
- Plan lunch ideas & a shopping list each week
- Have quality baking/cooking time together as a family each Sunday
- Prepare 2-3 times the quantities of foods your family loves, then portion the leftovers & refrigerate or freeze for convenient lunches
- Have lunchboxes with plenty of compartments. This will save you time & save money/environment by avoiding plastic wraps.

Here are some deliciously healthy lunchbox ideas to try...

**Zucchini Muffins**

2 cups zucchini grated
2 eggs lightly beaten
⅓ cup light grated cheese
⅓ cup breadcrumbs
½ cup onion finely chopped
¼ cup parsley

Preheat oven to 180 degrees. Combine all ingredients in a large bowl. Using clean hands, work ingredients together until fully combined. Form the dough into balls and place in muffin trays. Make the cups about ¾ full. Bake for 20 minutes or until golden.

www.food52.com

Muesli bars

3 cups natural bircher muesli
½ ground LSA (linseed, sunflower and almond) mix
3 eggs
1 teaspoon vanilla
½ teaspoon ground cinnamon
¼ cup olive oil
¼ cup honey

Preheat oven to 160 degrees. Combine all ingredients in a large bowl until mixed through. Spoon into lined baking tin and place in oven for 25-30 minutes. Cool and then cut into pieces.

www.thehealthychef.com

Zucchini slice

5 eggs
150g (1 cup) self-raising flour, sifted
375g zucchini, grated
1 large onion, finely chopped
200g ham or rindless bacon, chopped
1 cup grated cheddar cheese
60ml (1/4 cup) olive oil

Preheat oven to 170°C. Grease and line a 30 x 20cm lamington pan. Beat the eggs in a large bowl until combined. Add the flour and beat until smooth, then add zucchini, onion, bacon/ham, cheese and oil and stir to combine. Pour into the prepared pan and bake in oven for 30 minutes or until cooked through.

Cut into desired portions and refrigerate or freeze. Serve either cold or warm, ideally with salad.

Optional extra: You can substitute some of the zucchini for carrot if preferred.

Adapted from www.taste.com.au/recipes/5546/zucchini+slice
First, a warm welcome to new and returning P&C members for 2014. Our meetings are held every six weeks or so, and all parents/caregivers are welcome to come along and have your say. If you can’t attend, but have an issue you would like to raise, please email the Secretary mchavill@yahoo.co.nz to ensure the matter is on the agenda for discussion. Our next meeting is at 6.30pm on Monday 2 June.

The focus for our fundraising efforts this year will again be the purchase of specialised therapy equipment to assist our students. In 2013 we raised around $11,500; let’s see what we can do in 2014.

Other matters that the P&C is following up on at the moment include after-school care options; cost-effective ways to spruce up E-block; training for parents/caregivers in lifting our precious kids; and supporting our wonderful school staff where we can (e.g. the involvement of many staff in the national Early Childhood Intervention conference in August 2014, which will be for the benefit of both our students and staff).

The P&C looks forward to seeing many of the school community at the Rotary Fun Run/Walk on Sunday 25 May!

Jen McDonald (Secretary)

The Stepping Stones Triple P Project

The Stepping Stones Triple P Project is developing an online parenting programme for caregivers of children with a disability. However, we need your help!

We have developed a very short survey for parents and caregivers of children with a disability that will provide us with valuable insights in relation to their current use of the internet and other online communication and social media tools. This information will be used to shape the nature of the online supports that caregivers will be offered as part of the online parenting programme.

The survey will take between 5-7 minutes to complete.

(The link can also be located on the Project Website in the ‘What’s News’ section)