A number of families of students turning 18 years this year or the next, attended the “Futures for Young Adults” information night on March 10. 7 Adult Service Provider presenters attended and furnished the families with valuable information in order to help facilitate the transition from school to their post 18 year destinations.

Our sincere thanks are extended to the volunteers from the Lions Club of Wheelers Hill who supported our school by diligently moving our student library from the Administration building to a room directly behind the staffroom this week. Next term these wonderful volunteers are returning, to commence the mammoth task of cataloguing and registering all the items, in preparation for student borrowing.

As mentioned previously, Dan Petro, visiting behaviour analyst, has returned to the school this week to work with a number of students, staff and parents. We greatly appreciate the opportunity to benefit from Dan’s extensive knowledge and experience, having worked for many years in the special education field and associated areas.

The last couple of weeks of term have also seen a number of visitors to the school from mainstream primary schools. I wish to thank the staff at this school for so readily sharing their knowledge and expertise with their mainstream colleagues.

Finally, as this is the last newsletter for Term 1, on behalf of the staff, I wish everyone a quiet and healthy break from the routines of the school term.

*Helen McCoy*
Monash Special Developmental School would like to acknowledge the generous donation of 28 Used Acer Extensa Notebooks made by Hopetoun P-12 College located in country Victoria.

Above is a photograph of our Assistant Principal Lois Mitchell accepting the donation from Scott Nootboom, who drove all the way down to Melbourne to deliver the Notebooks to us personally.

The students and staff alike will now be able to have more access to much needed technology, and the Notebooks will boost our computer numbers around the school.

On behalf of Monash Special Developmental School, the Staff and all the Students, I would like to thank Hopetoun P-12 College and Scott Nootboom for making this possible.

John Delta
School Technician
Monash Special Developmental School
From the office....

From the office....

CHANGES TO EDUCATION MAINTENANCE ALLOWANCE (EMA)

From **1 January 2015** the government will provide extra financial support directly to Victoria’s neediest schools instead of providing the EMA directly to parents.

Parents will not be able to apply for the EMA in 2015.

The money will be allocated to eligible schools through the schools’ core operational funding agreement with the Commonwealth Government to make sure Victorian schools receive increased funding that will benefit all students and, in particular, those from schools with concentrated disadvantage.

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### School Uniforms

An easy way to purchase your school uniforms which will save you time and money


**bringing the uniform shop to you!**

Online Uniforms is providing a **FREE** service for your school community

- More and improved quality options
- Free delivery to your school
- Lower prices
- Purchase online from anywhere, anytime
- Secure payment options include Visa, Master Card, & Direct Deposit
- Your school’s logo
- 1-Click ordering for your students
- Complete year guide online

Our friendly & experienced team at Online Uniforms are always here to help!

**Tokyo**

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### Every Minute Counts

Just a little bit late doesn’t seem much but....

<table>
<thead>
<tr>
<th>Minute Difference</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>1 minute per day</td>
<td>60 days per year</td>
</tr>
<tr>
<td>2 minutes per day</td>
<td>120 days per year</td>
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<tr>
<td>5 minutes per day</td>
<td>300 days per year</td>
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<tr>
<td>1 hour per week</td>
<td>4 weeks per year</td>
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<tr>
<td>1 hour per month</td>
<td>4 weeks per year</td>
</tr>
</tbody>
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Did you know your child’s best learning time is the start of the school day? That’s when every minute counts the most!
HOLIDAY PROGRAM - A NEW INNOVATIVE PROGRAM TAILORED TO KIDS WITH ALL ABILITIES — COME JOIN OUR CREW

CareChoice is excited to announce the launch of the CareChoice K.I.D.S Crew holiday program to be held at Monash SDS commencing Term 1 school holidays 30th March. The program will be an action packed, fun filled holiday option for children of all abilities ranging from the ages of 5 to 16 years.

The program will be led and facilitated by qualified professionals skilled in both the Disability and Early Childhood Education. Run strictly in accordance to Early Childhood and Disability Services legislation the program offers a safe, secure and structured environment where the learning and developmental outcomes of the students are paramount.

Open to children of all abilities, CareChoice will now be taking expressions of interest for places. Due to the high demand and limited number of spaces we encourage early bookings to avoid disappointment.

If you would like to reserve a position or if you have any further questions please do not hesitate to contact James Bennett, Relationship Manager, on ph. 1300 737 942 or alternatively email him on jbennett@carechoice.net.org.

Web: www.carechoice.net.au
Vic parents get full year of support

Parents of children with a disability across Victoria are eligible for free parenting support throughout 2015. The Stepping Stones Triple P (SSTP) Project is offering tailored, evidence-based support for parents raising children with a disability aged 2 to 12. Parents can book online to access free group and individual sessions with trained practitioners in different regions. The Stepping Stones parenting program helps parents reduce child behaviour problems, improve family relationships and raise happy, more confident children.

How do parents book in for a parenting session?
Parents can visit www.tripletsteppingstones.org.au and click on book now for parenting support to see what sessions are currently available. New sessions are added regularly by practitioners in different areas. If no sessions suit, email med.steph@monash.edu or call (03) 9905 0155 and we'll help link you up with a Stepping Stones program which meets your needs.

What if I live in a regional or remote area?
You don’t have to miss out if you live in an area which doesn’t have convenient access to a Stepping Stones practitioner. Just contact our team on med.steph@monash.edu or (03) 9905 0155 and we can help work out a plan which suits. In some cases, a self-directed program which includes phone-based support and a self-help workbook is available.

Moonee Valley City Council hosts free, public seminar on Feb 12
We’re thrilled to announce that a free Positive Parenting for Children with a Disability seminar will be held in the Moonee Valley Civic Centre on February 12. The seminar is being presented by leading child psychiatrist and head of the SSTP Project for Victoria, Emeritus Professor Bruce Tonge. To register click here. Please register as soon as possible to secure your place.

For more information please email med.steph@monash.edu or call (03) 9905 0155.

Yooralla and Deakin University NDIS study

Are you or someone you care for receiving NDIS support or looking to do so in the future?

Yooralla in partnership with Deakin University wants to hear from people who receive support from the National Disability Insurance Scheme (NDIS), or will be eligible for funding in the future.

We want you to know:
- What goods and services people have bought, or will buy, with support from the NDIS;
- How people have made, or will make, decisions about goods and services to buy.

Information gained through this research will be used to improve services in Victoria, so that they best meet the needs of people who receive NDIS support.

You can participate by completing an online survey on the Deakin University website.

There is also an opportunity for people with disabilities and their carers, to participate in focus groups and interviews. People who attend a focus group will receive a $20 gift voucher to contribute to the travel costs and time involved in participating in this study.

Please be aware that participating or not participating in this research will not affect your relationships with the NDIS, disability service providers, or any other organization.

If you are interested please contact Meredith Prain on 92446077 or email meredith.prain@deakin.edu.au
Positive Behaviour Support Workshop
For Parents and Carers of Children and Young Adults with Autism Spectrum Disorder
(see expiry clause above)

Aspect Victoria is pleased to offer our highly successful, contemporary, evidence-based 6-day
Positive Behaviour Support Workshops in the Southern Region of Victoria.

More than 1200 families have participated in Aspect’s Positive Behaviour Support workshops across Australia. Past workshop evaluations have shown effectiveness of the workshops, with participants reporting decreases in challenging behaviours and increases in self-esteem and capacity to support their children and young adults.

More than 1200 families have participated in Aspect’s Positive Behaviour Support workshops across Australia. Past workshop evaluations have shown effectiveness of the workshops, with participants reporting decreases in challenging behaviours and increases in self-esteem and capacity to support their children and young adults.

Where: Saturday 16th & Sunday 17th April 2016
Where: Tooa Hall, Cnr Alvie Road and High Street Road,
Mount Waverley (Melb. Rd. D 11)
Time: 9:00am - 4:30pm (12 hours for registration)
Cost: $450 (tax on the workshop fee)
Registration: Register online at www.aspectpositivebehaviour.com.au

Eligibility to participate in this Workshop:
- Parents or carers of children and young adults aged between 6 - 25 years, diagnosed with an Autism Spectrum Disorder (ASD)
- The individual with ASD in the family must have a diagnosis of Autism Spectrum Disorder (ASD)
- Parent/Carer and the Individual with ASD must have attended the 6-day training simultaneously
- At least one parent/ carer and one individual with ASD has attended the workshop together
- Family participating in this workshop

Families participating in this workshop:
- Developing an understanding of autism and how an ASD impacts upon learning and behaviour
- Learn how to prepare by creating an autism-friendly environment at home
- Learn how to use Aspect’s specific behaviour support plan for each of their children’s behaviour
- Learn how to use 2 plans to required behaviour when challenging behaviour occurs
- Learn how to teach new skills to promote their child’s independence and quality of life

Enquiries:
Contact Amber Day: Workshop Administrator or Waverley Contact Centre - Service Coordinator Phone 03 9377 6635 or email aday@aspect.org.au

In the past say such important strategies are really helpful, while in the future say it really helped me.

We're looking forward to this workshop.

450 Andre Oxford Place, Bentleigh, Vic 3206
www.aspectpositivebehaviour.com.au

Outside the Square Psychology
UPCOMING WORKSHOPS

Bi-monthly Double Features Introducing Saturday Workshops

Wednesday 29th March, 2017 Double Feature:
Keeping Safe in the Playground: Bullying & Children with Additional Needs, 10:00am - 11:30am
Success with Mainstream Schooling, 12:00 - 1:30pm

Saturday 30th May, Double Feature:
Tackling Sleep Issues, 10:00am - 11:30am
Toilet Training for Children with Additional Needs, 12:00 noon - 1:30pm

Saturday 18th July, Double Feature:
Teaching Social Skills to Primary School Children with Additional Needs, 10:00am - 11:30am
Autism Spectrum Disorder and Eating Difficulties, 12:00 noon - 1:30pm

Wednesday 9th September, Double Feature:
NEW - Anxiety in Children with Additional Needs, 10:00am - 11:30am
Poverty and Autism Spectrum Disorders, 12:00 noon - 1:30pm

Wednesday 25th November, Double Feature:
Talking to the Child about their Autism Spectrum Diagnosis, 10:00am - 11:30am
Talking to Friends and Family about the ASD Diagnosis, 12:00 - 1:30pm

All sessions of Outside the Square Psychology, 20 Bankoook Street, Bentleigh
Cost: $60 per workshop, or $275 for both workshops on the same date
For more information: ph (03) 9286 9717 or visit: www.outsidethesquarepsychology.com.au
Wild at Heart Community Arts presents ‘Strumarama’

It’s Strumarama Time!!
Original artists open up their hearts and vocal chords just for you!!
Strumarama Songwriters Night
7pm Thursday 26 March
Prince Of Wales Hotel
29 Fitzroy Street
St Kilda
FREE ENTRY

Wild at Heart provides opportunities for people who experience disability or mental illness to tell their stories through high quality arts making in music, dance, video and performance.

Wild at Heart nurtures a vibrant creative community, including the 2 Hot 2 Handle Hip hop crew, the Wild Dives, the Bipolar Bears, songwriters, singers, film makers, dancers, event makers, production trainees, volunteers, staff and directors.

We employ professional artists who facilitate skill development and creative arts making with participants, in music, dance, film making, event production and community engagement.

We know from our participants’ evaluation and from the extensive body of international research, that community arts making has hugely positive personal, social, health, economic and cultural benefits.

FREE Information Session on preparing for the NDIS

FREE information session on preparing for the National Disability Insurance Scheme (NDIS) presented by Christine Scott from VALID with individuals, families and workers.

Wednesday 22 April 2015, 10.00am – 12 noon
Manningham Civic Centre, Function Room 2, 699 Doncaster Road, Doncaster

Be more informed about the NDIS, including:
• How to prepare for the NDIS
• Concerns and issues around the scheme
• The strengths and potential of the scheme
• Time for questions, both personal and technical.

RSVP
For more information, contact Jon Adams, Metro Access, Manningham City Council on 9840 9317 or email Jon.adams@manningham.vic.gov.au. Registration closes 15 April 2015.

About the Presenter
Christine Scott has many years experience working with the disability system, and is a parent of a young adult who is part of the NDIS. Christine also works at VALID and has experience in supporting individuals and their families with resolving issues, and getting the best out of the NDIS in the Barwon launch site.

Disability Forum held by Alan Tudge local Federal MP for Ashton

Disability Forum with Assistant Minister for Social Services Senator Hon Mitch Fifield.

Friday 8th May, 2.00pm
Rowville Uniting Church, Cnr Bridgewater Way & Fulham Rd, Rowville

RSVP to Alan Tudge’s Office 9887 3890 or glynis.allan@aph.gov.au
2015
3 day Aquatic OT Intensive
School Holiday Program – for 3 to 6 year olds
$285
Helping Children with Autism (FACHSIA) funded

Mar 31st – April 2nd

Irina Mums: I personally cannot recommend Aquatics at holker enough, whether it is a first introduction to water or more advanced, on a weekly basis or the school holiday intensive program, there are many benefits to be gained.

Aquatic OT
Encourages motor development
Supports effective core processing
Develops water safety awareness and water confidence
Provides self care skills such as tolerating hair and face washing
Develops basic independent swimming skills with a goal of transitioning into lessons at community pools
Develops social interaction, play and communication skills

Limited places – register soon! Staff with planning, registrations must be filled by the 29th March. Email registrations to otadmin@irabina.com or hand them to Wendy in main reception.

Dance Family 2015
A respite opportunity & a fun dance & drama activity for families with children with a disability

Are you looking for a new and exciting activity that the whole family can get involved in? Then Dance Family might be for you!

Guided by experienced dance therapist, Heather Hill, and volunteers, children can explore a mix of creative movement, dance, drama, art and music.

The Dance Family program aims to give children and their families an opportunity to develop self-awareness, self-expression, and connection to others.

This program also provides a respite opportunity for parents who need it on a weekly basis.

Venue: Bayswater Community Youth Centre
(152 Station St & Pine Rd, Bayswater)
Time: Sunday 10.30am to 12 midday (during school terms)
For ages: 6-18 yrs
Cost: $10 per session (per family) - cost is subject to change at any time
For more information please contact:
Rashe Duyn on 9758 7991 or flounra@knox.vic.gov.au

Proudly sponsored by


Carer Adjustment Payment
A one-off payment following a catastrophic event when a child under 7 years of age is diagnosed with a severe illness, medical condition or major disability.

Eligibility
To be eligible for Carer Adjustment Payment:
• you must provide full-time care for a child under 7 years of age who has been diagnosed with a severe illness, medical condition or major disability following a catastrophic event
• the care is required for a minimum of 2 months
• you must receive Carer Allowance for the child
• you and your partner are not eligible for Carer Payment or other income support payments, and
• you have a very strong need for financial support immediately after the catastrophic event

*** Claims for this payment must be lodged with us within 2 years from the date of diagnosis of a severe illness, medical condition or major disability following the catastrophic event.

Catastrophic Event
Examples of catastrophic events may include but are not limited to:
• car accident
• childhood stroke
• diagnosis of a serious or severe illness such as childhood cancer
• fall
• fire
• poisoning
• near drowning
• another type of accident

Payment Rates for Carer Adjustment Payment
The maximum amount of Carer Adjustment Payment any family can receive is $30,000 for each child in a single catastrophic event. The amount you receive is dependent on your family’s circumstances. The payment is non-taxable.

Claiming
Visit www.humanservices.gov.au and search Carer Adjustment Payment or call Centrelink on 130 717 or visit nearby Centrelink service centre

(Thank you to Kim Daise for sharing this information in our Thursday Early Education Therapy Workshop)
MINDFULNESS
MEDITATION
EVENING GROUP

An 8-week group program that combines meditation with therapy for people who have a child with autism and have experienced depression or chronic unhappiness.

This group teaches a range of exercises and skills based on Meditation and Cognitive Behavioural Therapy, a type of therapy which helps people to change unhealthy or unhealthy thinking habits, feelings and behaviours:

- Learn gentle and effective techniques that help maintain clarity and well-being.
- Learn about the patterns of the mind, how to recognize when your mood is starting to sink and how best to respond.
- Learn the practice of mindfulness meditation by listening to it in classes and at home.
- Help break the link between periods of sadness and negative or self-critical thinking.

Does Your Child have a Diagnosis of Autism Spectrum Disorder? Interested in Understanding Your Child’s Personality?

We need your help to complete an ONLINE QUESTIONNAIRE!

Researchers from the Faculty of Education, Monash University, are conducting a research project that explores the personality trait profiles of school-aged children diagnosed with an autism spectrum disorder (ASD) using a child-specific personality questionnaire.

Parents or caregivers (aged 18+ years) of children with an ASD are invited to participate in this research. The study involves an online questionnaire asking questions about your child’s personality and behaviour. Most participants complete the survey in approximately 30 minutes.

Ultimately, the results from this study will enable further research into the development of more effective or learning support programs that are individually tailored to each child's unique personality.

After completion of the survey, you will obtain a summary of your child’s personality traits, as rated by you.

You will also have the opportunity to enter a monthly draw to win a $50 Coles Myer voucher.

Full details of the study can be found in the explanatory statement by following the link to the online questionnaire:

http://tinyurl.com/PersonalityInAutism

ENTER PASSWORD: childhood

(This study has been approved from Monash University Human Research Ethics Committee – Project Number 140502-2015000020)

For more information about this project please contact Sara Arnold via slarnet@monash.edu

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Vehicle for sale

Chrysler Voyager LE

1997 Automatic
Colours: Black
Seats: 5 passengers in addition to the person seated in the wheelchair in the back.
Regular services and will have Road Worthy Certificate at time of sale.
Suit all sizes and kinds of wheelchair.
Ramp at back allows chair to move easily into rear area of car.
Approx odometer: 226,000km
Unleaded fuel
November registration
Air conditioning
Six track CD and radio
Electric side windows
Beautiful and easy to drive. Wide visibility.
Excellent condition. A great family car.
Was at the top of the range when produced.
Housed in garage. Genuine sale.

Price $5,000

Glen Waverley
Please ring Nicole after 5pm
9560 3923 or mobile: 0406 573 588