We are at the end of the first week in Term 2 and it has been great to see the students happy to return to school and the normal routines of the term. I trust many were in a position to enjoy the beautiful weather we experienced over this holiday period.

I am pleased to announce the following newly appointed and/or re-elected School Council members: Robyn Reynolds [parent], Alain Le Bon [parent] and Lois Mitchell [staff]. On behalf of the school community I wish to extend our sincere appreciation to Annie Murray, Arlen Duke and Janelle Campbell who are retiring from School Council. We greatly appreciate the time commitment given and willingness to support the operational running of the school in this crucial manner.

Later this term teachers will be preparing Semester 1 student reports for distribution at the end of the term. Parents wishing to participate in a student support group meeting in Term 2 are requested to advise your child’s teacher, so that a meeting time can be allocated within the next few weeks.

Finally, the following is a warning the school recently received in relation to possible NBN scams which may be of interest:

As the rollout of the National Broadband Network (NBN) progresses, you may receive legitimate materials from NBN Co and telecommunications service providers about what you need to do when the NBN comes to your area. Unfortunately, scammers may take advantage of the NBN rollout, using it as an excuse to contact consumers and small businesses. Scammers may call or email with false claims that they need personal details, such as credit card details, to allow access to the NBN. Some scammers may also tell consumers that they need to buy new equipment to use services over the NBN.
Scammers typically ask for people’s financial and other personal details to access their money and commit identity theft.

NBN Co is the company responsible for the NBN rollout. It is a wholesale network provider and does not provide retail services to consumers. It is unlikely that NBN Co will ask consumers for personal bank or credit card details. You should only give your personal bank or credit card details if you know who you are talking to and understand the reason you are providing these details.

If you are unsure about what you need to do to switch to services over the NBN, you should contact your preferred telecommunications service provider using the number in the telephone directory or on their official website.

There are a limited number of circumstances where you may need new equipment when you switch to services over the NBN – for example if you have a household or medical alarm or if you need a new modem or router. Do not purchase any new equipment before speaking with your preferred telecommunications service provider and/or your equipment provider.

Be on guard, you may receive a phone call or email from someone asking for your personal or banking details in order get services over the NBN at your home or business. If you are approached by someone purporting to offer the NBN in this way, hang up and stop contact – the person on the other end may be a scammer. The best approach is to call your preferred telecommunications service provider using the number they list in the telephone directory or on their official website.

Helen
McCoy
A big thank you to all those families who have either paid their fees in full or are paying via the instalment method. We still have many families whose fees remain outstanding. We appreciate that some families may experience financial difficulties in meeting this commitment; if you wish to discuss a different payment arrangement please contact Deb Crawley on 9239-7431.

A gentle reminder to those parents whose children go to respite care: due to limited space on the buses, please make sure your child’s bags are no larger than a carry-on size.

Thank you
Free Seasonal Influenza Immunisation for Students Attending Specialist Schools 2015

Children and young people with chronic medical conditions are at increased risk of suffering severe complications from the influenza infection.

As a result, the Department of Health is offering the seasonal influenza vaccine free of charge for all students attending specialist schools.

As the flu virus changes each year, it is recommended that students be vaccinated even if they were vaccinated last year.

Information sheets will be sent to you through your child. Please sign, and return the consent form to school by Wednesday April 22\textsuperscript{nd} if you would like your child to be immunised. Unfortunately we will be unable to accept forms returned after this date.

The date of the immunisation session is yet to be confirmed by the council. There will be only one session at Monash SDS so alternative arrangements will need to be made if your child is absent. If your child does not normally attend school on that day you are welcome to bring them in.

Elise Harper and Judy Dalton
Save the date for Housing Network Meeting on Friday 1st May

Knox Disability Housing Network – inaugural meeting
When: Friday 1st May, 9.45am to 12noon
Where: Function Room 3, Knox Civic Centre, 511 Burwood Highway, Wantirna South, VIC 3152
Who: Anyone is welcome!
What: We will aim to have guest speakers, opportunities for updates and information sharing, time for discussing and planning, and of course networking.
Why: The shortage of appropriate housing options for people with disability is a huge problem. For example, in the East, alone there are 2000 people on the wait list for group homes and 380 of these are on the urgent list. We hope that this network will become a regular forum for exchange of ideas, identifying great solutions, gaps, barriers, and opportunities, for developing new projects, collaborations and solutions, for networking, and for advocating.

CREATIVE MINDFUL POSSIBILITIES FOR CHILDREN

A WORKSHOP TO INSPIRE ADULTS:
Enabling teachers, parents, grandparents and health professionals to share the precious gift of mindfulness with children. The focus is on the 10 Core ‘Cupcakes’ of Joan’s book: ‘Meditation Capsules: A Mindfulness Program for Children’
Please bring your own picnic lunch.

CONTENT:
Theoretical background to mindfulness and meditation • Awareness of the body
Stress and its implications for young bodies and minds • Discovering the world of the senses
Observing feelings & thoughts • Creative approaches to meditation

DETAILS:
SATURDAY 2 MAY 2015
8.45am Registration • 9am – 5pm Workshop
Kew Library • 241 High Street • Kew VIC 3101

BOOKINGS & FEES:
EARLY BIRD RATE $110 PAY BY MONDAY 20 APRIL $135 THEREAFTER
Bookings via website: www.meditationcapsules.com
*Pay are non-refundable & early booking is encouraged as places are limited.

‘There are only two lasting legacies we can hope to give our children: One is roots, and the other wings’. – Helen Keller.

FOR FURTHER INFORMATION
JAET ETYHAL
PO Box 17 East Keilor Victoria 3022 Australia
0408 331 618 • jae@meditationcapsules.com

Parent Support Network
Eastern Region Inc.

Have Wheelchair Will travel...awesome website

‘have Wheelchair Will travel’ is a fantastic site with loads of information, stories, recommendations, tips and travel ideas.

Click here for the website: have Wheelchair Will travel

About this website
"Surely we can’t be the first people to do this?" I kept asking our travel agent, the airline and our therapists. We certainly are not the first family with a disabled child to travel to America but at times it felt that way.

That was when the idea for this website came to me. Why not share all my research and great discoveries with others who are either, planning a trip, or are feeling nervous about giving it a go.

About our family
We are a Sydney based family of four trying to find our way around tricky situations so we can do as much as possible, despite a wheelchair being part of our package. Our son is now 18, has Cerebral Palsy and is non-verbal.

When we travel we use his manual wheelchair that does not fold (I’m specific about this because it becomes an issue when doing tours etc which I will mention later).
Positive Behaviour Support Workshop
For Parents and Carers of Children and Young Adults with Autism Spectrum Disorder

Aspect Victoria is pleased to offer our highly successful, contemporary, evidence-based three (3)-day Autism specific Positive Behaviour Support Workshop in the Eastern Region of Victoria.

More than 1000 families have participated in Aspect’s Positive Behaviour Support Workshops across Australia. Past workshop evaluations showed at the end of the workshop, with participants reporting decreases in challenging behaviors and increases in capabilities and capacity to support their children and young people.

Workshop Information:

**Workshop Dates:** 29th, 30th & 31st May, 2012
**Workshop Venue:** Ballarat, Victoria

**Eligibility:**
- Parents or carers of children and young adults aged between 0 - 25 years, diagnosed with an Autism Spectrum Disorder (ASD).
- Individuals with ASD must be aged 18 years or younger.
- Participation is limited to 20 professionals or service providers working with them to present the workshop.

**Cost:** $580 per participant, or $530 for groups of 5 or more.

**Contact Information:**
- Phone: 03 5327 8620 or email: aspect@aspect.org.au

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**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 unhelpful or unhealthy thinking habits, feelings and behaviour.

- Learn gentle and effective techniques that help maintain calm 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 bridge the little periods of sadness and negative or self-critical thinking.

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**FREE POSITIVE PARENTING SEMINAR**

Are you the parent or caregiver of a child with a disability?

Monash University, in partnership with Manningham City Council, is running a free Stepping Stones Triple P – Positive Parenting seminar for parents and caregivers of children with a developmental delay or disability, aged 2 to 12 years. In this seminar, parents will learn core principles of positive parenting.

**The seminar,** presented by Emeritus Professor Bruce Tonge, will be held at Manningham City Council, 499 Doncaster Road, Doncaster, Level 2, Function Room 1, on Thursday May 14th, 2015, from 7 to 9pm.

Parents and caregivers of children with a developmental delay or a disability, aged 2 to 12 years, are eligible for this free parenting support as part of the Stepping Stones Triple P Project.

If you are interested in participating in this project and attending the free seminar, please contact the research team on:

E: med-steppingstones@monash.edu
T: (03) 9894 1360 or (03) 9894 7712

Or register via our webpage by finding the seminar in our calendar: www.triplep-steppingstones.net

Please register as soon as possible to secure your place.

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Please register as soon as possible to secure your place.
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