Friday 16 September, 2016

No 15

Key Dates

<table>
<thead>
<tr>
<th>Sept. ‘16</th>
<th></th>
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<tbody>
<tr>
<td>Every Tues.</td>
<td>My Time Group Meetings</td>
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<table>
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<tr>
<th>Fri. 16</th>
<th>LAST DAY TERM 3</th>
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<tbody>
<tr>
<td></td>
<td>School finishes at 2.30 PM</td>
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<table>
<thead>
<tr>
<th>Oct. ‘16</th>
<th></th>
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<tbody>
<tr>
<td>Mon. 03</td>
<td>FIRST DAY TERM 4</td>
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<table>
<thead>
<tr>
<th>Mon. 31</th>
<th>Curriculum Day—NO SCHOOL</th>
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<tr>
<th>Nov.’16</th>
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<tbody>
<tr>
<td>Tues. 1</td>
<td>Melbourne Cup Day—NO SCHOOL</td>
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Term Dates 2016

<table>
<thead>
<tr>
<th>Term 1</th>
<th>January 28 – March 24</th>
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<tr>
<td>Term 2</td>
<td>April 11 – June 24</td>
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<tr>
<td>Term 3</td>
<td>July 11 – September 16</td>
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<td>Term 4</td>
<td>October 03 – December 20</td>
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Pupil Free Days 2016

<table>
<thead>
<tr>
<th>Oct</th>
<th>Monday, 31st</th>
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<tr>
<td>Dec</td>
<td>Tuesday, 20th</td>
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A big welcome to Xavier F and his family. Xavier has commenced in our Early Education Program and has joined the group 1 program. We would also like to welcome Sara W and her family to our school. Sara will be starting next term and will be joining the girls and Luke in group 11.

Sadly we must say farewell to Michelle McGinn one of our Speech Therapists who will be leaving us at the end of term. Michelle has worked hard supporting our students with their communication. We wish her all the best in her new appointment.

The last fortnight has been very busy with school camps to Blackwood and Garfield, and some of our Pathways students headed into the city for the Urban Camp. A big thank you to our staff who supported the students on camp, and also the staff who supported the programs back at school. All our camps were a huge success and both students and staff had a great time.

James Mooney our Phys ED specialist teacher organised another Mini Olympics for our students. Great to see families supporting this event with our students clad in their team colours! The students thoroughly enjoyed the concept of participation and having fun!

I would like to wish all staff, students & families a lovely break and hope that everyone is able to make the most of the spring days.

Helen McCoy
Principal
Emergency management update: Flood risk in Victoria

Significant rain is expected to fall over much of Victoria today and over the next few days. There are already reports of flooding in the South West, and there are other growing areas of concern in the rest of the state.

With the school holidays approaching, people are likely to be travelling more than usual and there is an increased risk to those traveling on our roads.

Schools play an important role as an information hub for your local community, and the Department has drafted a letter to help you inform parents of the developing situation and offer them tips to remain safe over the holidays. You are asked to distribute this letter to your school community, see:

  ? Flood risk in Victoria: Important advice for your school community

Please remember that in an emergency, you should:

1. Contact 000
2. Log an IRIS Report
3. Contact your Student Education Improvement Leader

If your school community or infrastructure has been impacted but there is no current danger, please log an IRIS Report and contact your Student Education Improvement Leader to advise of the situation.

Thank you for your cooperation.

Gene Reardon
A/Deputy Secretary
Regional Services Group
From the office....

Please remember to label your child’s clothing appropriately so they can be identified and returned when they are mislaid.

Statements for outstanding school fees for the 2016 year have been forwarded to you in the post. It would be appreciated if all outstanding fees could be paid.

Thank-you to those families who have made their payments.

If paying your account via direct deposit please ensure that the highlighted Reference Code is included so the amount can be allocated to the correct account.

Thank-you.

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

Unsure what Centrelink payments are available to you? Visit www.humanservices.gov.au and select the Payment Finder.
MyTime at Monash Special Developmental School in 2016

EVERY TUESDAY at 9.15 in the Library

All parents and carers are welcomed.

- MyTime is open to anyone caring for a child with disability, developmental delay, or chronic medical condition. Groups are open to everyone, regardless of the condition of their child. Children below school age may also attend groups with their parent or carer.

- MyTime groups provide a place to socialise, to discuss, to get information, and to support and be supported by other carers.

- Facilitators work with group members, helping them get to know each other and learn more about the services and supports in their area. Members choose what they would like to discuss in their groups, with help from the facilitator. Depending on what the group wants to do, the facilitator might guide group activities or provide resources.

- Facilitators are workers from local organisations. They have qualifications and experience in disability, parenting or family support and bring to the MyTime group a good understanding of local resources and support services.

- Play helpers keep children, including under school aged siblings, busy and active in activities so members can spend time catching up with one another.

- MyTime is free.

mytime.net.au
**REACTIONS**

**Love Pitch Perfect? Love Glee? You’ll love this!**

Reactions is a brand new singing, dancing, acting and performance skills group. It is a community youth group that prides itself on being inclusive and will help you build your confidence.

**When:** Wednesdays during the Term from 6:30-7:30pm.

**Where:** Knox Community Arts Centre, Bayswater.

Your first session is free, then $5 per session thereafter.

For information, email reactions@outlook.com.au or call Karina on 9788 5522.

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**INVERECHE INNER EAST INVITES YOU**

**RECREATION INFORMATION SESSION**

Interchange Information sessions are the first step for young people with a disability and their families to directly enrol into and access Interchange options.

The next scheduled Information sessions are:

**Date:** Saturday 16th October from 3pm-4pm

**Saturday 12th November from 3pm-4pm**

**Location:** 2 Kendall St Canterbury. Please park inside the main gates.

**RSVPs** essential to Jenny McDermott at jenny@ice.org.au

This session will cover:

- Available Recreation Options
- How Interchange matches participants into activities
- Activity fees
- Relevant policies and procedures
- How to supply Interchange with adequate support information
- NDIS readiness
- Host and mentor program

It is important that your young person with a disability attends this session. Interchange will have experienced and qualified staff on hand to support your young person with games and activities, if they do not wish to participate in the presentation.

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**INTERCHANGE OUTER EAST**

**Mindfulness for Carers Training**

Interchange Outer East and EACH invite you to join our FREE mindfulness for carers training; a series of sessions focusing on learning to be mindful in our day-to-day lives.

The art of looking after oneself is often overlooked by carers. There are simple things that can be done in a short space of time that can help calm your racing mind and help you get through the day in a more peaceful, less stressful way using a strategy called mindfulness. Mindfulness involves learning to pay attention to the present moment, instead of worrying about the future or dwelling in the past. It focuses on developing an attitude of mindfulness toward yourself, as opposed to criticism or judgement.

There are many benefits to mindfulness with research showing that mindfulness can:
- Reduce levels of stress, anxiety and depressive symptoms
- Improve overall wellbeing
- Improve in relationships
- Increase resilience and peace of mind
- Enhance cognitive performance e.g. concentration, memory

This training will run over three consecutive Wednesdays and sessions are two hours long. Register for our evening sessions in October in the outer east, or our daytime sessions in November in the inner east. Morning tea/lunch provided. Just 10 places are available at each location, so be sure to confirm your attendance ASAP.

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**Parent Information session: Advocating for your child**

A workshop for Carers

**Details**

**EVENING SESSIONS**

Dates: 3, 10 and 17 October
Times: 7:30 – 9:30pm
Venue: Ec Centre 306, 306 Brougham St, West Woden
RSVP: Monday 25th September

**DAYTIME SESSIONS**

Dates: 16, 23 and 30 November
Times: 10:00 – 1:00pm
Venue: Mount Street Neighbourhood House, Mount St, Glen Waverley
RSVP: Wednesday 8th November

**RSVP:** Please call Ice reception on 9755 5522 or email info@ice.org.au

**Generously supported by:**
FAMILY SUPPORT SERVICES – CARER SUPPORT GROUPS
(Formally Parent Support Network, Eastern Region Inc.)

Parent Support Network has merged with Interchange Outer East (IOE) and now forms part of our Family Support Services. IOE’s Family Support Services includes facilitation of regular carer support groups across the eastern region of Melbourne. Activities and events are advertised each term on the IOE website – www.ioe.org.au. Our carer support groups aim to provide support, information and resources in a relaxed and welcoming environment. Support groups may also involve:

- Recreational activities – a variety of social and recreational activities around various locations of Melbourne. Activities may include movie luncheons, massage and relaxation sessions, art and craft, etc.
- Workshops and guest speakers – these sessions can involve guest speakers from a variety of local support organisations and services, who present on a range of topics and share valuable information about other support networks and organisations around Melbourne.

Our support groups run in the following locations (please note, groups are cancelled during school holiday periods, and locations may change due to recreational activities, but will remain within the local area). All carers are welcome to attend any of our support groups.

WHITEHORSE SUPPORT GROUP
Clota Cottage Neighbourhood House
31 Clota Ave, Box Hill
Runs on the 1st Tuesday of each month
Time: 10:00am – 12:00pm

MAROONDAH SUPPORT GROUP
Yarrunga Community House
74-86 Croydon Hills Drive, Croydon Hills
Runs on the 1st Wednesday of each month
Time: 10:00am – 12:00pm

KNOX SUPPORT GROUP
Coonara Community House
22 Willow Rd, Upper Ferntree Gully
Runs on the 2nd Tuesday of the month
Time: 10:00am – 12:00pm

YARRA RANGES SUPPORT GROUP
Mooroolbark Community Centre (Red Earth Room)
10-12 Brice Ave, Mooroolbark
Runs on the 2nd Wednesday of each month
Time: 10:00am – 12:00pm

BOROONDA SUPPORT GROUP
Bowen Street Community Centre
102 Bowen St, Camberwell
Runs on the 3rd Monday of each month
Time: 10:00am – 12:00pm

MONASH SUPPORT GROUP
Mount Street Neighbourhood House
6 Mount St, Glen Waverley
Runs on the 4th Thursday of each month
Time: 10:00am – 12:00pm

EVENING SUPPORT GROUP
Locations to be advised each month.
Activities include dinners and guest speakers or workshops. Dinners are held at various bistros/restaurants around the Eastern suburbs of Melbourne, and other sessions generally run from the IOE training room in Ferntree Gully.
Runs on the 4th Wednesday evening of each month
Time: 6.00 – 8.30pm (times may vary depending on activity)