Principal’s Update

I usually like to begin my column with a focus on students but this time I’d like to focus on our parents and carers. People often admire our staff and our commitment to supporting young people with a disability – this is lovely and motivates us to do our absolute best for our students. We work hard and long and we are happy to do so, but our time with our students is restricted to 5-6hrs a day, 5 days a week, 40 weeks a year. Parents and careers have a 24/7 lifelong responsibility. As a staff, we look in awe at our families and their commitment to their young person with a disability.

It is complex to raise a kid. Raising a young person with a disability is even more challenging and demanding. We realise this and are committed to supporting our families in diverse ways. More and more we are realising that our responsibility extends to more than providing enriching learning experiences for our students during school hours. Our job is not just to prepare our young people for life after school but also to provide support and advice to our families to empower and build resilience.

The last 5 years has seen our school focus strongly on our curriculum, behaviour support and culture. This year in particular we have placed parent and carer education and support as a top priority. This focus has seen:
- expansion of our information sessions (Term 1);
- provision of behaviour support advice for individual families (ongoing);
- ensuring key personnel are available for meetings and discussions pertaining to specific topics – post-school, government funding and supports;
- parent representation at workshops designed to enhance parent engagement – including this week;
- partnering with YMCA to provide Out of School Hours Care (OSHC) programs.

Our latest addition to our suite of parent and carer supports is the introduction of MyTime. This support group provides the opportunity to socialise, share ideas and information with others who understand the rewards and intensity of caring for a child with special needs. Parents and carers can:
- Meet others in similar circumstances;
- Have fun, hear from others and share experiences;
- Find out about available community support;
- Get extra parenting information and skills development.

Our first MyTime session, a fortnight ago was very well attended, as was our second last Friday in the Coffee Shop. We have 2 more sessions planned for this term – Monday 2nd December at 10.30am and a lunch on the 11th of December (last week of school).

With the end of the year fast approaching it is important you are aware of two significant end of year school events. Firstly our School Formal which is being held on Thursday, 21st November at the Tavernetta at Carseldine. We have 21 students who have completed 12 years of schooling and will be wearing their finest at the formal. This is a very special evening that not just recognises the achievements of the students but also the extraordinary efforts of their families.

The second significant event is our Awards night on Thursday 5th of December. This year we have changed the format to combine the award ceremony with carols by candlelight on the oval. We will start the evening with a formal ceremony in the hall to present the awards and then (weather dependent) move to the oval to sing Christmas carols and enjoy each other’s company. More information will be forthcoming but we will be encouraging families to bring camping chairs and a rug to ensure high level of comfort and enjoyment.

As part of our positive approach to supporting behaviour, last week we introduced Student High 5 Awards. Gayle, in her section of this newsletter outlines our refined rewards system which the High 5 award is a part of. Essentially each week a student(s) of the week from each of the three sections of the school will be announced on assembly. These students will receive a certificate and have their names ‘up in lights’ on our new LED School Sign. Our first two set of recipients are shared later in this newsletter.

Cheers Chris

Parents, carers and family members enjoying lunch at our first MyTime session – we had 17 in attendance.
Deputy Principal’s Update

Congratulations staff and students on a great start to the busiest term of the year. So far we have had 12 students attend the Bribie Island Fishing Camp/Competition. The students did catch a lot of fish but were outdone by another Special School this year. It was very pleasing to hear from the Teacher coordinators, Kylie Taylor and Kevin O’Brien, that student behaviour on this camp was exemplary. A big thanks also to Sue Scott, our Teacher Aide, Ruth our Chaplain and Dave our Groundsman for their help to make this a successful camp. We are also very grateful to our volunteers – Elaine Dwan and Brad Britton our Adopt-a-cop for once again assisting our students on this camp.

On Monday this week we participated in the “Day for Daniel”. To highlight child safety students and staff wore red and donated a gold coin to support this worthy cause.

Each year students can earn the right, through good behaviour to attend special activities or events. Eleven students were given the opportunity last Friday to go to the V8’s down the coast. The students and staff had a wonderful day and for the second time this term the teachers reported that the behaviour of the students was beyond reproach. Well done to these students also. It is fantastic when our students represent our school so well. These special outing days have now been incorporated into our new “Reward Triangle”. The SWPBS committee has been working on developing a more formalised reward system within the school. The raffle tickets have worked well but we are now looking at rewards everyday, once a week and once a term, as the reward triangle illustrates below. Thanks to Brad Morse and David Osborne for working with Chris to develop this sequence for rewarding students using positive behaviours and one that directly contrasts but also compliments the

Cheers
Gayle Morton

Week 4

Students of the Week
High Five Award

ACTIVE LEARNERS
• Isabella Jorss
• Michael Cawley
MIDDLE SCHOOL
• Emily Broderick
• Lauryn Rantanen
SENIOR SCHOOL
• Kristian Douglas
• Josh Potter

Week 5

Students of the Week
High Five Award

ACTIVE LEARNERS
• Zoe Steel
MIDDLE SCHOOL
• Ryan Swann
SENIOR SCHOOL
• Skye Gosper-Cooper
• Mathew Luck
From the Office

A Big welcome back to all even though we are already into week 5 with 5 weeks to go.

A big thank you to all parents & carers who have paid their Voluntary Contributions. These contributions are used by the school for resources for your student/s.

Please remember that the Voluntary Contribution is tax deductible.

It would be greatly appreciated if all other monies owed could be finalised as soon as possible. We have the facilities to accept credit card payments also.

Have looked for some funny quotes but have decided on a couple of life inspirational quotes for this newsletter, so here goes with the inspirational fix:-

1. “Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else”.

2. “I don’t regret the things I’ve done. I regret the things I didn’t do when I had the chance”.

3. “Challenges are what make life interesting and overcoming them is what makes life meaningful”.

4. “Life is like photography. You need the negatives to develop”.

Most people are as happy as they make up their minds to be. The most important thing is to enjoy your life – to be happy- it’s all that matters.

Birthday Wishes

Josh J 1 October
Jaymz 1 October
Isabella R 2 October
Zac 5 October
Trae 6 October
Zoe 6 October
Isabella J 8 October
Lauryn R 10 October
Nick 10 October
Dylan 10 October
Josh P 23 October
Jacob B 12 November
Claire 25 November
Jake F 27 November

From the Chaplain

I had the privilege of going on the fishing camp last week, what a great few days. The students were amazing, fun to be with, well behaved and full of energy. The staff that went were amazing too. I am always impressed when anyone can take 12 teenagers and feed them, keep them occupied and happy, manage a few unexpected hiccups, have them in bed asleep by 9pm and still have a smile on their faces at the end of the day! Aspley staff deserve medals!

I learnt so much on fishing camp and have listed below a few of these valuable “life” lessons:

- Sand/dirt is a compulsory part of any fishing trip and appears to be attracted to teenage boys in particular.
- Plenty of good food, a day outside, a totem tennis game and the odd ice-cream make for very content teenagers (even without the usual electronic toys!)
- The number of fish caught is occasionally in direct proportion to the number of hours spent fishing. However, it is more often than not related to unpredictable factors that remain a mystery to many of the general population (myself included).
- Tips about fishing that I learnt include: don’t rub sunscreen on your hands then bait the line (woops!), put all sinkers, hooks and gadgets into a container before cutting lines when you are on the beach (I spent quite a bit of time retrieving these from the sand), don’t leave bait in a bucket for longer than a day (it stinks really bad!) and when you cast the line for a student make sure all the other staff are busy elsewhere so they don’t see the hook/sinker come flying back and hit you in the face!

Leanne, Lea & Beryl
One of the highlights for me was a drive up Bribie beach one afternoon and seeing a couple of beautiful sea eagles, the WW2 remains and lagoons. I also loved that I was given a crash course in “fishing”. I grew up in the desert so fishing was never big on our list of fun things to do. Even a stint in Darwin didn’t change my view that fishing was by and large a past time for either very patient or very strange people.

Thanks to the staff who went on fishing camp, though, I now know enough to rig up a line and take my sons fishing. Learning to tie a fishing knot was so great – Kevin’s patient explanation and example soon had me confidently tying these and even managing it in the wind on the beach. I had plenty of practice for this new skill! It got me thinking about the students at Aspley while I tied these knots. They often need to learn life skills that come easier to some of us, however, given patient and gentle coaching, plenty of practice and supporters who don’t give up on them they can manage great things. Come to think of it, most of us learn best this way!

By the time you read this we will have had our first “MyTime” meeting for parents. This is a parent support group to help connect parents/carers and help you support each other on your journeys. I hope to see many of you at future meetings over this next term and look forward to getting to know you a bit better. Stay tuned for details about our next planned meeting. I hope you have a great 4th term and don’t get too busy to enjoy life, or maybe even go fishing!

If you ever want a chat feel free to email or ring the office and make a time to catch up. My days at Aspley are Monday’s and Friday’s.

Email: ruths@chappy.org.au

Ruth (Chaplain)

**Kingfisher Recycling Report**

It has been a very busy month at Kingfisher Recycling Centre with lots of items being recycled. The items recycled were as follows:

- Light gauge steel 4300kg
- Aluminium Cans 163kg
- Power Supplies 353kg
- Circuit Boards 58kg
- Batteries 75kg
- Electric Motors 95kg
- PVC Wire 182kg
- Aluminium Sheet 25kg
- Domestic Copper 27kg
- Domestic Aluminium 69kg
- Extruded Aluminium 50kg
- Brass 5kg
- Stainless Steel 12kg
- Burnt Copper 65kg
- Gold Ics (CPU) 4kg
- Board Ends (RAM) 3.4kg
- Clean Aluminium 73kg

**TOTAL WEIGHT = 5559.4kg**

We also have a new glass bin from Remondis, this means no more sorting of different colours. Plastic drink bottles now can go in the grey bin. I do not have a weight of how much cardboard and paper was recycled but approximately 8 containers were emptied over the last month.

**Keep up the great work!**

Please find below a list of items that the Kingfisher Recycling Centre accepts.

- Televisions
- Cardboard
- Paper and Newspaper
- Egg Cartons
- Steel
- Copper
- Aluminium
- Aluminium Drink Cans
- Bottles eg: wine & spirits
- Jars
- Electrical equipment Eg: DVD players, stereo systems, radios
- Washing Machines, Dryers and Refrigerators (Household)
- Car Batteries
- Computers and Laptops
- Spectacles

**Dates to Remember**

- New Parents Info Morning: 1 November
- Uniform Shop Open 9:30-11am: 18 November
- Formal: 21 November
- Bunnings Sausage Sizzle: 29 November
- Awards Night & Carols by Candlelight: 5 December
- Whole school outing: 11 December
- Break up day: 12 December
Phones
Wire
Books and Magazines

Kingfisher Recycling Centre DOES NOT TAKE:-
- Furniture
- Large Commercial Refrigerators
- Clothing
- Mattresses
- Sheet Glass
- Printers
- Foam
- Toys
- Plastic Bottles

Thank you

Graeme
Kingfisher Recycling Centre (Coordinator)

Recipes from the office

Fijian pickled cucumber
- 1 (about 400g) cucumber
- 125ml (1/2 cup) white vinegar
- 80g (1/3 cup) caster sugar
- 2 tsp finely chopped fresh ginger

Wash the cucumber and trim ends. Use a vegetable peeler to peel lengthways strips of skin from cucumber to form a striped pattern down the side. Thinly slice the cucumber and place in a medium heatproof bowl.

Place the vinegar, sugar and ginger in a small saucepan and cook over medium heat, stirring, until the sugar dissolves. Pour mixture over the cucumber slices. Set aside for 15 minutes or until completely cooled. Keep in the fridge until serving.

Cheesy potato bake
- 60g butter
- 1/4 cup plain flour
- 2 1/3 cups milk
- 2 cups grated tasty cheese
- 1.2kg Sebago potatoes, peeled, thinly sliced

Preheat oven to 180°C. Grease a 6cm deep, 24cm square baking dish.

Melt butter in a heavy-based saucepan over medium heat. Add flour. Cook, stirring constantly, for 2 minutes, or until bubbly. Remove from heat. Slowly add milk, stirring constantly until well combined. Return to heat. Cook, stirring, until sauce comes to the boil.

Add 1 1/2 cups of cheese. Stir to combine.

Arrange one-third of potatoes, overlapping slightly, over base of baking dish. Sprinkle with salt and pepper. Spoon one-third of the cheese sauce over potatoes. Repeat twice. Sprinkle with remaining cheese. Bake for 1 hour, or until potatoes are tender and top is golden. If top begins to brown too much, cover with foil.