Hello and welcome to our fortnightly newsletter. News from the principal’s desk...

POSTPONED ADIDAS SCHOOL FUN RUN will now be held Wednesday, August 31st from 11:50 am–12:50 pm here in the school grounds. Sponsorship forms can be returned to the front office on or before the day. We sincerely thank those families who have been supporting the fundraising.

We are having a ‘Sausage Sizzle’ following the run, $1 per sausage.

OPERA AUSTRALIA PRESENTS ‘EL KID’ VRS has been offered a free performance of ‘El Kid’, which will be held after the Fun Run at 1:45 pm in the hall.

Designed to introduce young audiences to the wonder, passion and drama of opera, this 50-minute family opera explores the courage you find when you believe in yourself by reimagining the much-loved story of the Three Billy Goats Gruff and setting it to the glorious melodies of Bizet’s Carmen.

TIQBIZ MORNING TEA An information session for parents will be held next Thursday, August 18th from 10:20–11:20 am.

Tiqbiz is a communication app that gives our school advanced online tools so we can deliver immediate communications to our school community.

It has been trialled in several classrooms, and we would now like to present it to the wider school community.

Parents are asked to download the Tiqbiz App to their device, whether it’s your mobile phone or iPad, or we will help on the day.

JENNY O’CONNELL & THE TRAUMATISED CHILD Jenny is a social worker with expertise in post-traumatic stress disorder (PTSD), learning disabilities, anger management, anxiety, depression, grief and loss, relationships, stress and trauma. She spoke to staff about trauma and it’s affect on the brain; and how we can help students work through and deal with issues when they become highly agitated.

RAFFLE A ‘Wonky Quilt’ has been donated to the school by Olivia Hardie’s grandmother, Jeanette Steel and her friend Sharyn Gee. We are going to raffle this quilt with proceeds toward our Breakfast Program. Many thanks to these ladies for their generous and beautiful donation. Quilt pictured below.

Janet Gill Kirkman Principal
SLOW-COOKED BEEF AND GNOCCHI BAKE
This glorious make-ahead bake is full of rich, meltingly tender beef, topped with gnocchi and then smothered in a creamy, tangy yoghurt bechamel. Best of all, you can freeze it, so it's on hand for those busy, chilly weeknights.

Ingredients
- 2 tablespoons extra virgin olive oil
- 2kg beef chuck steak, cut into 5cm pieces
- 150g rindless bacon rashers, coarsely chopped
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 fresh bay leaves
- 1 large sprig fresh rosemary
- 2 x 400g cans diced tomatoes
- 125ml (1/2 cup) red wine
- 125ml (1/2 cup) water
- 2 x 500g pkts gnocchi

Yoghurt bechamel
- 40g butter
- 40g (1/4 cup) plain flour
- 250ml (1 cup) milk
- 260g (1 cup) Greek Style Natural Yogurt
- 20g (1/4 cup) shredded parmesan
- 100g (1 cup) shredded mozzarella & gouda blend

Method
1. Heat the oil in a large saucepan over high heat. Add one-third of the beef and cook, turning occasionally, for 5 minutes or until browned. Use a slotted spoon to transfer to a heatproof bowl. Repeat with the remaining beef in 2 more batches, reheating the pan between batches.
2. Add bacon and onion to pan. Cook, stirring, for 5 minutes or until onion softens and bacon is golden. Add garlic, bay leaves and rosemary. Cook, stirring, for 1-2 minutes or until aromatic. Add beef, tomato, wine and water. Bring to the boil. Reduce heat to low. Cook, partially covered, stirring occasionally, for 1 hour. Uncover and cook, stirring occasionally, for a further 1 hour or until sauce reduces and thickens slightly. Season.
3. Meanwhile, for bechamel, melt butter in a small saucepan over medium heat until foaming. Add flour and stir for 1 minute or until light golden. Remove from heat. Gradually stir in milk until smooth. Stir over medium heat for 4 minutes or until thickened. Remove from the heat. Set aside for 2 minutes to cool slightly. Whisk in the yoghurt until well combined. Stir in parmesan and half the mozzarella blend. Season. Return to a very low heat and stir for 2-3 minutes or until the cheese melts (do not boil). Remove from heat. Cover surface of bechamel with plastic wrap to prevent a skin from forming.
4. Preheat oven to 180C/160C fan forced. Cook gnocchi in a large saucepan of boiling salted water following packet directions or until tender. Drain.
5. Spoon beef mixture into a 4L (16-cup) ovenproof dish. Top with gnocchi, cover with bechamel and sprinkle with remaining mozzarella blend. Bake for 30-40 minutes or until the cheese is melted and golden.
This year our horse riding groups have done a fantastic job at RDA. They have worked really hard to learn new skills and have made lots of new equine friends along the way. Hopefully most of the wet weather is behind us and we can have strong finish to the year.
Tiqbiz is a communication app that gives our school advanced online tools so we can deliver immediate communications to our School Community.

Our eLearning Team is hosting a Morning Tea Thursday, 18\textsuperscript{th} August 10:20 am-11:20 am VRS Staff Room

Find out what TiqBiz is, how to set it up on your device and get signed up.

RSVP by 17/08/2016 for catering purposes

\[ \checkmark \]

Yes, I am interested to find out about Tiqbiz

Name:________________
ROOM A 24
HELEN, JUDI
& THEIR 'LITTLE RAYS OF SUNSHINE'
**AIDED LANGUAGE DISPLAY (ALD)**

The ALD below is a general interactive display that can be used at home. For an early communicator, the adult would only produce short modelled sentences. The adult does not need to have all of their words backed up by the vocabulary on the display.

Example 1: “On Monday you are going to Verney Road School”

Example 2: “On the weekend we will be staying home”
Daniel and Kay’s class

This semester we have been learning how to communicate with a PODD.

Our Speech Pathologist Abby has been very helpful in improving our communication skills through fun learning activities in the classroom.

Use visual techniques
Because children with ASD are often visual learners, visual timetables, Social Stories, picture schedules or photographs of them in certain situations can help them know what to expect.

For example, if your child gets anxious when you drop them off at school, you could take some photos of what you’ll be doing while you’re not together. You could include photos of you driving home, grocery shopping, gardening and so on, as well as a clear picture of you coming back to pick her up. You could also have photos of what your child will be doing – walking in the school gate, sitting in the classroom, playing sport, eating lunch and so on.

If your child gets anxious when there’s a change in routine, daily or weekly visual schedules can help prepare them. When you know a change is coming up – for example, no swimming lessons during the school holidays – you can show this on your schedule. Leading up to the change, look at the schedule regularly with your child so that he knows the weekly routine will be different.

Some children find it helpful to be warned about a change or an event a day in advance. Some like to know a week in advance. But for some, too much warning can mean they worry until the event happens.

Rehearse stressful situations

Preparation is the key for some children with anxiety. Rehearsing or practicing situations that your child finds stressful can help them understand the situation in a visual way, with the addition of physical preparation as well.

For example, if going to the hairdresser makes your child feel anxious, you could try taking them for a practice run. You could ask the hairdresser if you could come at the end of the day when it’s quiet and calm and then go through the steps with them. Or perhaps they could watch someone else get their hair cut.

If your child gets anxious in social situations you could practice these together. You could practice different situations and take turns playing different roles. Try to keep the scenarios short and simple, and encourage and praise your child.

Other parents often have great practical ideas about everyday life with a child with autism spectrum disorder (ASD). You can chat with other parents about managing your child’s anxiety.
Getting help

A psychologist might be able to help if your child is very anxious. Psychologists have specialised training in mental health conditions, and can work directly with your child and family to develop strategies for reducing anxiety.

Psychologists use a range of approaches, including:

Cognitive Behavioural Therapy (CBT) – this helps children develop skills to change their thinking in situations that make them anxious

Interventions using gradual exposure to help children face their fears – for example, the stepladder approach

Social Stories – these can help prepare children for unfamiliar or stressful situations that generally make them anxious.

Relaxation training to help your child learn to relax.

Mental health occupational therapists are another option to help your child with managing anxiety.

You can ask your GP or Paediatrician to recommend a psychologist or therapist.

Medication can also help reduce anxiety symptoms in children with ASD. It’s usually recommended only when anxiety is affecting a child’s everyday life and behaviour strategies haven’t been able to reduce the anxiety enough. You can speak to your GP or Paediatrician about this option.

Support groups are another great way to find out different things that work. As parents you are on the front line in dealing with your children’s anxiety and behaviours on a day to day basis. If you are not involved in a support group or would like some help in starting one please get in touch with me and I would be happy to help out.

‘It’s all in the preparation’, says one mum about helping children with autism cope in social situations. Parents say that unfamiliar social events – children’s parties, weddings, religious events or family gatherings – can create particular anxiety. But planning ahead and preparing their children can help. Strategies from these mums and dads include social stories and social skills classes.

Take care and make sure you are looking after yourself.

Darren.
By Jamie and Robyn’s Class
Jhett, Jake, Dragon, Mohammed, Nawras, Ayden, Daniel, Corey, Yhya and John

1. Put 4 cups of flour in the bowl.
2. Put 8 tablespoons of sugar in the bowl.
3. Put 8 half cups of milk in the bowl.
4. Mix it together with a wooden spoon.
5. Cook the mix in the frying pan.
6. When the top of the pancake has bubbles, flip the pancakes over.
7. Put honey or jam on the pancakes with a knife.
8. We sit at the table and eat our pancakes.
FATHERS’ DAY or SPECIAL PERSONS’ BREAKFAST

Dads or Special Person of the student are invited to join us here at Verney Road School for a delicious breakfast.

Date: Friday, September 2nd
Time: 7:30 am – 9:30 am

I ………………….. would love to attend the Father’s Day Breakfast with ………………… on Friday, September 2nd.
Dualware

On Monday the 18th of July the first year girls went to dual ware in Mooroopna. We were there for a week. We done a lot of things like fire lighters, soaps, white king. We done all of them we worked as a team to get it done. Some of us did them together. I was on the soap for the first day and then I was on fire lighters on the second day. Then we just keep taken turns in different things and on the last day we only did half a day work. I did fire lighters with a lot of different people. I enjoyed sealing bags and then we finished at 12:30 and we all got our bags and signed out and got our pay from Jackie. The people that were looking after us while we were working were Jackie, Debbie, Di, Serena. We all had a great time there. It was great to learn new skills in a workplace and I learnt how to seal bags. By Allishia Steers
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$1 per ticket

Thank You