Hello and welcome to our fortnightly newsletter.

SENIOR YEARS CAMP- Next week 12 Senior Years students and 4 staff members will fly from Melbourne to Sydney to experience everything that Sydney has to offer!

They will sail on Sydney Harbour with “Sailors with DisABILITIES”, sightsee the Sydney Opera House, walk across The Sydney Harbour Bridge, as well as visit Paddy’s Market and catch a ferry to Manly for some fish and chips.

Many thanks to Janine Thorne, Janine Guymer, Brian Reiners and Andrew Renato who are giving up time with their own families to give our students a wonderful learning experience.

GRANT FROM GREATER SHEPPARTON CONNECTED COMMUNITIES- On Wednesday night Carolyn West, Jan King & Playgroup parent Michelle Singh represented VRS at the GSCC

UNCOMING EVENTS

Friday, December 2nd
International Day of People with a Disability

Tuesday, December 6th
Orientation and Transition Day

Monday, December 12th
Senior Years Graduation - 6.30pm Shepp. East Bowls.
Whole School Assembly- 11.30am Bourchier St. PS.

Last Day for Students

Congratulations to the graduating students on your amazing journey through High School. We hope you will have a fantastic time at the graduation ceremony on Monday, December 12th. There will be formal presentations at 6:45pm and the disco from 8:00pm-9:00pm. Tickets will be $10 per head. This ceremony is held to recognise and celebrate the contribution that the graduating students have made to our school. Parents and friends are invited to attend.

WHOLE SCHOOL ASSEMBLY & CHRISTMAS SING-ALONG On Thursday, December 15th we will hold a Whole School Assembly at the Bourchier St. Hall at 11.30am.

Outstanding Achievers and Attenders for the term will be presented with their certificates and we will have a Christmas Sing-along as well. I would like to welcome as many families as possible to attend and join in on the festive spirit.

SCHOOL YEAR BOOK- Your child will soon bring home a School Year Book reflecting the events of 2016. There have been many hours of work put into preparing this book by our teachers and support staff and I’m sure you will be thrilled with the result. A special thankyou to Lauren Daws, Reece Wardle, Sue Cowper and Kim Farrell- a very big job indeed!

CHRISTMAS RAFFLE- We are calling for donations towards the Christmas Raffle; these can be left at the front office. Priscilla Pomeroy has once again donated a Gingerbread House as 1st Prize for the raffle, many thanks Priscilla!

Tickets are available in this newsletter.

"Excellence in Supported Learning"
LEMON AND GARLIC CHICKEN SKEWERS WITH CARAMELISED PINEAPPLE.

**Ingredients**

You will need 12 skewers for this recipe

- 1 tablespoon finely grated lemon rind
- 1/4 cup lemon juice
- 2 garlic cloves, finely chopped
- 2 tablespoons extra virgin olive oil
- 1 tablespoon sweet paprika
- 1 tablespoon hot chilli sauce
- 2 teaspoons sea salt
- 1kg chicken thigh fillets
- 1 small whole pineapple, peeled
- 1/4 cup brown sugar
- Lemon wedges, to serve

**Method**

Step 1 - Combine lemon rind, lemon juice, garlic, oil, paprika, chilli sauce and sea salt in a glass or ceramic bowl. Halve chicken pieces and add to the bowl. Turn to coat. Cover. Refrigerate for 4 hours or overnight, if time permits.

Step 2 - Cut pineapple in half lengthways. Cut each half lengthways into 4 wedges. Trim core if needed. Thread pineapple onto 8 metal skewers. Rub all over with sugar.

Step 3 - Thread chicken onto 4 metal skewers. Season with pepper.

Step 4 - Heat a barbecue chargrill or grill plate on medium-high heat. Cook chicken, turning, for 8 to 10 minutes or until browned all over and cooked through. Transfer to a plate. Cover loosely with foil. Set aside for 5 minutes to rest.

Step 5 - Meanwhile, cook pineapple on chargrill, turning, for 5 minutes or until just tender and caramelised.

Step 6 - Serve chicken with pineapple skewers, lemon wedges and coriander sprigs.

**COCONUT RICE**

**Ingredients**

- 3 cups Jasmine Fragrant Rice, well-rinsed
- 3 cups cold water
- 400ml can coconut cream
- 3cm piece ginger, peeled, sliced

**Method**

Step 1 – Place all ingredients in a large saucepan over high heat. Bring to the boil, stirring occasionally. Reduce heat to low. Simmer, covered, for 10 minutes. Remove from heat. Stand, covered, for 10 minutes. Discard ginger. Serve
Senior School Project

Library

Shop Nth
Activities
Education
Centre

Srir Constable
Dean Lloyd

St Vinnies

T.A.F.E.

Op Shop

Remembrance Day
Friday 11/11/2016

C.F.A.

The Bridge

Goulburn Valley Health

Making Muffins
Things Every Parent Should Know Part 1

1) You are not alone.
There may not be anyone else with the same constellation of symptoms as your child but there are people with similar challenges. Find those people. I have never met anyone with all of these same challenges but there are strong networks within each separate diagnosis. Use Facebook to find support groups, and hopefully lifelong friends who understand. Be reminded, you are not alone.

2) You too deserve to be cared for.
We are placed in a position of caring for others nearly constantly. However, you still need and deserve to be cared for. That entails asking friends or family to bring a meal by every now and then, or going for a pedicure, or a date night, or whatever else you enjoy doing. Whatever makes you feel special and taken care of, take the time to enjoy it, you are worth it!

3) You aren’t perfect—and that’s ok!
No one is perfect. We all make mistakes. We can wallow in our stuff-ups or move on! Try to shift your thinking, maybe there was a good reason you missed that appointment, that you were sure was on Tuesday but apparently was on Monday. Maybe your child had a tough day at school and just needed the night off. Who knows? But beating yourself up isn’t going to change the situation, so try to move on.

4) You are a superhero.
You may not leap buildings in a single bound or run faster than a speeding bullet but you are a superhero none the less. Everyday, you manage situations that a regular parent would think are impossible. You stretch tight muscles, remember pills, inject and infuse medicine. You hold hysterical children during horrendous medical procedures. You deal with tantrums and melt downs. And most often manage not to have a tantrum or melt down yourself. You encourage your child to do things doctors told you they would never do but you never gave up hope. You are a therapist, nurse, doctor, friend and confidante. You are no regular parent.

5) Therapy is play.
For children, therapy is play and play is therapy. What I mean is that the best therapists find ways to make children engage in challenging activities that they otherwise would have balked at, by making it a game that they wanted to play. Take a page from their book and do the same at home.

6) Play is therapy.
Yes this is different from number five. After therapy appointments seek extra-curricular activities for your child that would offer therapeutic benefits. Play footy or soccer, run on an athletic team, learned to shoot archery and take swim lessons. All of this is therapy. Your child is learning, having fun and getting stronger. Win, Win and Win!
Senior Years Alternative Camp.

Over Wednesday the 2nd and Thursday the 3rd of November, a group of Senior Years students went to Echuca for the Alternative Camp. While we were away we had lots of fun at the Kyabram Fauna Park, went looking at the paddle steamers, walked through the Historic Precinct, had afternoon tea at the Beechworth Bakery, went for a ride on the PS Canberra and saw a puppet show at Dancing Emus. Everyone was on their best behaviour and had lots of fun doing something different away from school with our friends.
VERNEY ROAD DRAGONS CHEERLEADING

Our team had amazing success the Victorian State Cheerleading Championships in September. We’d love to show you what we’ve learnt.

The City of Greater Shepparton are holding an event to celebrate International Day of People with Disability. Verney Road Dragons will be performing at 12:00, 12:45 and 1:30pm. Many students from Verney Road will also be attending to participate in the various activities running on the day. As this is a public event you are invited to attend and see the display from the cheerleading team as well as participate in the event.

FRIDAY DECEMBER 2nd
11am-2pm
Queen’s Gardens Shepparton
**CHERRY DRIVE 2016**

Will be available (while stocks last) for delivery on:

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1kg Bag $10 or 5kg Box $40

MONEY ENCLOSED:...$..........................

NAME:..........................................

TEACHER......................................
Example 1: I don’t like monsters and vampires!

Example 2: The soldier is my hero.
Verney Road School

CHRISTMAS RAFFLE
50 CENTS A TICKET
Many great prizes
Drawn Thursday 15th December
Prizewinners to be notified

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All Abilities Christmas Gala Day
December 1st, 2016

10.30am start
2 games of bowling and lunch

$20 per bowler

www.oztenpin.com.au
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<td>Last Day of Term for Students</td>
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