

## Michael Johnson - Special Brekky to give thanks



Hi, my name is Michael Johnson. I attend Henry Kendall High School and am currently in year 11.

I have friends who participated in the Max Potential program in 2009. I saw how they benefited individually from the program. I was also impressed by the great things they achieved for the community, as part of the program. I have a supportive coach, by the name of David Bird, who always seems to know the right thing to say/do when I require his assistance.

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"I have a supportive coach, by the name of David Bird, who always seems to know the right thing to say/do....." David Bird (Left) and Michael Johnson (Right) one of many coaching partnerships formed at the Gosford max potential.

My Community service project is all about saying thank you and giving hardworking people the recognition they deserve. Henry Kendall High School has one of the largest Special Education units on the Central Coast. After doing some research, I discovered some of the roles and responsibilities that the carers of these kids provide. Each morning, recess and lunch, they have to feed the kids, take them to the toilet and return them to class. I thought to myself: "when do the carers get a break and enjoy some time to relax?"

So, I decided to have a thank you breakfast for the staff of the Special Education Unit. This breakfast will hopefully make them feel appreciated and acknowledged for their ongoing dedication and commitment to the students of this unit.

The "Brekky 4 u" is planned for Tuesday 27<sup>th</sup> July and will be held in the courtyard of the Special Education Unit. I am looking forward to delivering the invitations and observing the reactions of the staff as they become aware of the event. It will be obvious to me that it is a success because the staff members will be relaxing and enjoying themselves.

Through the Max Potential program so far I have realised that I am responsible for my actions & that life offers many options – all I need to do is be disciplined, think positively, make good choices, work hard and then I will benefit from my efforts.

Through the community service project I have realised that throughout life you will encounter knockbacks. However, I have learnt that it is ok to accept these setbacks and the important thing is to move forward by re-adjusting my ideas, re-evaluating the situation and keep trying in an attempt to achieve my goal.