COLLEGE NEWS

Winter Edition 2025

Creating a brighter future



Our Yellow Team of Day College students with Trainer Josh and Kim McCosker



Our Green Team of Boarding College students with Trainer Aaron and Kate Bracks



Celebrity guests Kate Bracks, Matt Golinski, and Kim McCosker

Students step up to the plate for Ready STEPS Cook!

The air was filled with excitement and mouth-watering aromas at Ready STEPS Cook, a culinary showdown hosted at STEPS Pathways College.

Inspired by the popular show *Ready Steady Cook*, this high-energy cooking competition saw three Day Students and three Boarding Students team up with their Trainers for a friendly kitchen feud.

Each team included a student at the beginning of their STEPS Pathways College journey, a student halfway through the experience, and a student getting ready for graduation.

STEPS Pathways College Principal Stephanie Patey expressed how proud she is of the students.

"I loved seeing everyone working together to cook and serve up their delicious meals," Stephanie said.

"Of course, they got to put their cooking skills to the test, but I also saw a lot of communication and determination. It was heartwarming to see how they supported one another."

The competition was judged by celebrity chef Matt Golinski, whose culinary wisdom and warmth made him an instant hit with the students.

Guiding the teams were beloved Australian food personalities Kim McCosker, creator of the *4 Ingredients cookbook* series, and Kate Bracks, winner of *MasterChef Australia* Season 3 and proud owner of local gelato shop *Fifty Acres*.

The event brought together STEPS supporters, offering a unique opportunity to see the impact of STEPS Pathways College's curriculum in action.

Beyond the delicious food and friendly rivalry, Ready STEPS Cook was a celebration of the students and the achievements, growth and confidence they've displayed in their journey to independence.

STEPS PATHWAYS COLLEGE

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Trainer profile

What do you teach at STEPS Pathways College?

I am a Student Support Officer who provides guidance counselling. Students and staff at the College can call on me to help students regulate their emotions and link to other allied health services that are relevant to their needs.

What do your students teach you?

That it's important to have fun, and that you can effectively communicate and educate in a playful way. They remind me not to take everything so seriously and that sometimes, being flexible and relaxed can enable you to build stronger connections and become a reliable person in the students' eyes.

What do you enjoy teaching your students?

I love how I can uniquely help students with their individual interests and see their passions and dreams align with their real-world goals and futures plans. It is such a privilege to encourage students to think outside the box and remind them that they can dream big and we'll do whatever we can to help them achieve their goals.

What is the most valuable thing that you have learnt in this role?

I've learned how I can apply my training, education and experience to my personal life. It makes me more empathetic and understanding of others' experiences, both in and out of the workplace, just by spending time with the students and seeing how gracious and humble they are.

What has been a highlight of your time at STEPS so far?

Watching the students grow into independent and capable young adults during their time here. Reminding students of how far they've come and being a part of their journey is so special and fulfilling, especially when it comes to emotional regulation and watching them use the tools they've learnt to become stronger and more resilient.

Sarah Graham

Trainer
STEPS Pathways College



Sarah



Taine

Student profile

What hobbies or activities do you enjoy?

I like playing basketball and going to the movies with my support worker Dean. I also like swimming in my pool and going for drives with my dad. My mum and I watch a lot of movies together, too.

What do you enjoy about STEPS Pathways College outside of the classroom?

When I'm not in class, I like going for walks up and down the road that runs through the campus. It's good exercise and lets me think about stuff and process what I've learnt.

What are some valuable life skills you have learnt so far during your time at STEPS?

I feel like I've learnt how to learn – like I can understand things better now and ask for help or let someone know I don't understand without feeling stupid or judged. Now, I know how to cook and have developed a lot of different skills, which I love.

Who is someone you look up to?

Josh Price, one of the trainers here at the College. He helps me a lot and I'm very grateful to him for all he has taught me and shown me in the kitchen and the classroom. He understands me and takes the time to listen to me, letting me take a break when I need it. He's always there to help me when I need it.

What are your goals for the future?

I would like to win a medal in basketball. At the moment, I enjoy living at home, but one day I'd like to move out and be more independent. Of course, I'm very thankful I have a family who care for me. They support me to make good choices for myself and help me when I don't know what to do.

What advice would you give to someone wanting to attend STEPS Pathways College?

If you want to get help learning to be more independent and you want to make friends, STEPS Pathways College is here for you.

Enrolments are open for STEPS Pathways College for 2025/2026



Stephanie

Principal's message

Welcome to the latest edition of our STEPS Pathways College newsletter!

This issue has a real sizzling start, diving into Ready STEPS Cook! Our students took part in a friendly cooking competition, joined by their trainers and three celebrity chefs. They were all amazing and we hope to host an event like this again soon!

From here, you'll read about exciting achievements, like Jess' big STEPS anniversary and Alec's martial arts leadership, along with lessons in applying for rentals, preparing the students for life after STEPS Pathways College.

You'll also meet Day Student Taine and Student Support Officer Sarah, who talk about their experiences here at the College and what it's taught them.

Finally, you'll notice a fun change to the final page of College News. Starting with this issue, we'll be sharing from the last few months of life at STEPS Pathways College with a beautiful photo collage on the back cover.

I am so proud of everything the students have accomplished so far, big and small, because it all adds up to show their perseverance and growing confidence.

As always, thank you for being part of our vibrant and supportive community.

Please don't hesitate to get in touch with us if you would like to learn more about our College, have any questions or would like us to take you on a tour of our beautiful campus.

Stephanie Patey
Executive Principal and CEO
STEPS Pathways College and STEPS Social Business

How you can help

The generosity of our community helps make STEPS Pathways College possible.

Your donation is fully tax deductible and has the power to change a student's life for the better, giving them the skills they need for independence, empowerment, and connection.

With your help, we can continue to build a brighter future for young people living with a disability and autism.



Thank you!



Resolve Fitness team at Steps for STEPS

Thank you to Resolve Fitness

Resolve Fitness are committed to inclusivity, and their generosity and community spirit shine through its ongoing support of STEPS Pathways College.

Whether it's donating services to our STEPS Grand Winter Ball silent auction or actively participating in our fundraising initiatives, they are always eager to lend a hand.

Beyond financial support, the business extends its kindness directly to our students, assisting them in accessing its gym and making full use of its facilities. They believe that fitness should be accessible and enjoyable for everyone.

Founded in 2014, Resolve Fitness is conveniently located behind the Caloundra RSL. They offer top-quality Technogym equipment and take pride in fostering a warm and welcoming atmosphere for all visitors.

Curriculum news

Jess celebrates 5 years with STEPS

Jess, a STEPS Pathways College graduate, recently marked her five-year anniversary with the STEPS community.

For almost three years, Jess has been working at STEPS Café on George, a STEPS social business that is open to the public and designed to teach students cooking and hospitality skills and job readiness while raising funds for STEPS Pathways Charity.

Jess first joined STEPS in April 2020 in the midst of the COVID-19 lockdowns. As a Day Program student, she began her journey from her home in Brisbane, joining Zoom classes alongside students from all across Australia.

During her time at STEPS Pathways College, Jess developed life skills, built her confidence, and formed lasting friendships.

"STEPS taught me how to develop a routine that works for me, and I still use the skills I learned every day at home," Jess said.

When STEPS Café on George opened in 2021, Jess become one of the first employees – and she's been working there ever since. After graduating in 2022, Jess stayed on as a paid team member and has continued to thrive.

"I love working at the Café. I get to prep food, make coffee, and talk to interesting people," Jess said.

"We have regulars that I really love to see, and this year has been the best so far. We have a lot of fun changes happening in the Café and the menu has gotten even better. It's also been a lot busier!"

Stop by STEPS Café on George to say hi to Jess and try a coffee at one of the best cafes in Caloundra!



Jess at Café on George



Students Alec and Elisha (left and right) with Caloundra City Realty team (centre)

Caloundra City Realty helps students prepare for tenancy

Students in our Transition Program recently took part in private rental property inspections organised by Caloundra City Realty, a local real estate agency and supporter of STEPS Pathways College.

From a two-bedroom unit to a five-bedroom house, the tour gave our students an exciting look into the local rental market, and a chance to reflect on their personal needs and preferences when it comes to independent living.

Just a few days later, we welcomed Caloundra City Realty back to the classroom for an insightful rental application workshop.

The students explored rental apps and discussed the importance of a strong rental profile. This visit brought rental course content to life in a practical and empowering way.

Drew Simpson, a STEPS Pathways College Trainer, said that the students found the experience engaging and interesting.

"It was wonderful to see them asking so many questions," he said.

"It makes me proud to see them connect the dots between what they're learning and how it applies to the real world."



Alec showing us his martial arts moves

Kicking goals: Alec joins martial arts leadership team

Alec, one of our Boarding College students, has proudly joined the leadership team at MF Martial Arts Caloundra.

With the guidance of his Student Support Officer, Alec carefully developed a plan to take on the role while continuing to prioritise his College studies and boarding responsibilities.

He even sought advice from a former student and wrote a thoughtful letter to our STEPS Pathways College Principal, Stephanie Patey, outlining his commitment to both the College and his martial arts.

Alec has since taken on the leadership role with pride and is thriving.

"Leadership has been a way for me to better myself, my health, and my mind," he said.

"It gives me structure and a way to engage in life and understand myself and others. It's made me stronger, not just in physical strength but in my confidence and discipline."

Alec's journey is a reminder of the power of self-advocacy and the importance of setting goals that align with your passions.

Make a difference. Become a volunteer.

Volunteers are an integral part of STEPS – and we want your help to deliver life-changing opportunities to our students.

Whether your skills lie in the kitchen, classroom, garden or beyond, we have a role that suits your unique experience and interests.

If you are unable to commit to a regular volunteering role, we have opportunities for one-time positions at our many community events.

For more information, please contact our
Volunteer Relationship Coordinator, Karla.
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Mark your calendar!

JULY

Grand Winter Ball – Saturday 26 July 2025

SEPTEMBER

STEPS Pathways College Open Day – Tuesday 16 September 2025



Visit our website for more information and to RSVP

Sign up to get this newsletter in your inbox

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