From the Principal

Welcome Back
Welcome back to all of our returning students and their families. We have already made a great start to the year and I am certain that this year is going to be a very busy one! I look forward to seeing the exceptional effort and growth of our student over the next 12 months. All the best to everyone in 2016!

Welcome Miss Stuart
During week 3 Miss Ashley Stuart from St George State High School will be taking on the Teaching Principal role at Hebel while I am away on leave. Ashley is extremely excited to be coming down to us for the week and I consider us very fortunate to have someone as dedicated to learning as Ashley is. I wish Ashley all the best for her week ahead and I know her and the students will have a fantastic time learning together.

Welcome Mrs McLean
Mrs McLean will be joining us this year from St George to deliver our Health and PE curriculum. The days Mrs McLean visits do change between Tuesdays and Wednesdays. Please make sure you check your calendar to ensure you children are wearing the correct footwear on these days. Please remember, sports shoes should only be worn on PE days.

Welcome Preps
This year we have 2 new student to our school. Dempsey Rae and Ruby McCumstie are both joining us in our Prep class. Dempsey and Ruby have hit the ground running and are extremely excited to be at school. I wish them all the best in their first year of schooling.

WOULD YOU LIKE TO RECEIVE THE HEBEL NEWSLETTER VIA EMAIL? IF SO, PLEASE SEND YOUR REQUEST TO: the.principal@hebelss.eq.edu.au
2016 School Focus
In 2016 Hebel State School will have a very focused and specific Improvement Agenda. This will include improving reading and attendance. Reading is a life skill and one we will use for the entirety of your life. It is essential that we develop excellent reading habits from a young age. Attendance, this is an area where we need to make significant gains. In fact it is essential to our learning because at school Every Day Counts.

Library
Library is an integral aspect of our schooling here at Hebel and something our students get great joy from. Can you please ensure your child is returning their library books every Thursday during our library lessons. This will ensure all students have full access to a wide range of books.

Parent Calendar
I have attached a calendar to this weeks newsletter so that we can easily see what is on and when. We have a few visitors to our school this term and it is excellent to see students ready for their learning and with the correct equipment ready.

Seafood Night
The seafood night is approaching fast on the 5th of March! Please help support our wonderful school P&C by attending our annual Seafood Night. A great night of fun, entertainment and seafood. So get a group together, book a table, and a bus and head to the Hebel Seafood night. See advertisement attached for further details. We look forward to seeing you all there.

Footy Tipping
It’s that time of year again, the Hebel State School footy tipping competition is on again and fast approaching. If you would like to join the competition please follow this link to register http://www.footytips.com.au/ Competition Name: Hebel Tipping Comp. Please forward your $20 to Emily Robinson at the school. Payment is required by round 5. This year we will again pay 1st, 2nd, 3rd place and 3rd last. Good Luck and good tipping.

Christmas Colouring Competition
Last year, in December, Care Balonne ran a colouring in Competition. The Hebel students who entered did extremely well!. Congratulations to Bryce and Miah who won their division and to Regan, Kimberley and Darcy who all won a Merit Certificate. Congratulations on another outstanding Hebel effort.
Day 1
What a great start to the year!
## Calendar

### February
- 11th: LOTE RE
- 16th: PE
- 18th: Music LOTE Play Group
- 26th: Cluster Meeting SG.SH

### March
- 1st: PE
- 3rd: LOTE Play Group
- 4th: Clean Up Australia Day
- 5th: Hebel P&C Annual Seafood Night
- 8th: PE
- 10th: Music LOTE
- 17th: LOTE Music Play Group
- 22nd: PE
- 24th: LOTE
- 25th: Good Friday
- 25/10th April: School Holidays

## Birthdays

### February
- 18th: Ruby
- 22nd: Miah
Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children’s and young people's confidence is complex. It’s more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well.

Here are five practical strategies that you can use to build real self-confidence in kids of all ages:

1. **Model confident thinking**
   Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers, play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities, including letting kids hear positive self-talk.

2. **Focus on effort & improvement**
   Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do.

3. **Praise strategy**
   While effort is key for achievement, it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving.

4. **Develop self-help skills from an early age**
   A child’s self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. **Give them real responsibility**
   From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.
We are pleased to invite you and your friends to the launch of The Gift - Finding Strength Within When You Need it Most, by Emily Martin.

Enjoy canapes and wine in beautiful garden settings, in
- St George - Monday 22 February 5pm at Riversands Vineyard
- Toowoomba - Tuesday 23 February 5pm at Park House Cafe.

RSVPs for catering please to:
Jo 0419 912 879 or
Email jo.eady@bigpond.com

All profits from the sale of this book are being directed to the Royal Flying Doctor Service (RFDS) and the Brain Injury Rehabilitation Unit (BIRU) at Princess Alexandra Hospital, Brisbane.

Thursday 3rd March Hebel Church at 9:15am

 Gemeunity News

World Day of Prayer

A global ecumenical movement of informed prayer and prayerful action.

Aussie Quick Quilt Workshop with Leanne

What day you thank you can't see or whether you are an Advanced Quilter
You need:
Your sectional sewing machine,
coffee cup and a smile
WE BRING EVERYTHING ELSE

Your day of fun includes:
Quick Kit(100% cotton quilters fabric for top, batting and backing)
All tuition and instructions for this workshop
Morning and Afternoon Tea, Lunch (arrive at $ for an 8.30 start)

$50 p/p all inclusive

Dirranbandi 5th Mar

Frotnly sponsored by Centacare Drought Relief
Books NOW On Sale - Limited Places Available
Or call Leanne 0404 573 765

Email: leanne@aussiquiltquip.com

Community News

Respect  Responsibility  Learning  Safe
We have some very exciting announcements to make in regards to the 2016 Dirranbandi Show.

**Official Opener:** We have local boy Ray Meagher also known as ALF Stewart from Home and Away returning to Dirranbandi to officially open the Dirranbandi Show at **2:15pm on Saturday 2nd April**. Ray is also the brother of the late Colin Meagher who was a life member of the Dirranbandi Show.

**Drought Concert:** We have some exciting new night time entertainment. The rodeo has been put off to allow us to hold a MEGA Open Air Concert. We have four amazing artists coming to perform for our local community.

The line up includes:

- James Blundell
- Mick Lindsay
- Missy Lancaster
- Ayers Rockettes

The concert will begin at 6pm on Saturday Night.

The committee have been working hard to ensure that they can bring our members, local community and the wider public a bigger and better show in 2016.
P&C Annual Fundraiser

HEBEL SEAFOOD NIGHT

We also cater for the non-seafood eaters!

Saturday 5th March 2016

Bookings & Enquiries

Rosemary
(02) 68294079 or knightkaroola@bigpond.com

RSVP: February 26th

Venue:

HEBEL HALL

Bar Operating
Multi Draw Raffle

RESPECT RESPONSIBILITY LEARNING SAFE