From the Principal

Thanks Miss Stuart
A very big thank you must go to Miss Stuart from St George State High School who came to Hebel last week. Miss Stuart was replacing Miss Robinson while she was on leave. Miss Stuart said she had a wonderful week working in our excellent school! We thank Miss Stuart for her contributions to Hebel and wish her all the best in her future leadership endeavours.

Footy Tipping
Excellent news, if you were entered in the Hebel tipping comp in 2015 you are automatically entered into 2016. Simply log in and ensure your details are still up to date. This is a fun event for our community so why not get involved? Remember, only 1 week and 6 days till kick off!

Dirran Show Categories
The Dirranbandi Show is fast approaching! The Show Society has been in touch to notify Hebel of the categories for children. I hope each child at Hebel takes the time to look through the categories and find something they can enter. Hebel State School has a long and proud tradition of entering in the Dirranbandi show and with so many wonderful categories I am certain there is a section for everyone. A list of the children sections include:

- Best vegetable grown by a school child
- Best object made from fruit and/or vegetable
- Best flower arrangement by a child
- Iced chocolate cake
- Plate of slice (six pieces)
- Plate of biscuits (six piece)
- Pikelets (serving of six)
- Plate of two decorated arrowroot biscuits
- Decorated novelty cake
- Decorated cupcake
- Piece of embroidery by schoolchild
- Any article made by a school child
- And knitted article by school child
- Photography – Nature
- Photography - Animal
- Photography – Group
- Photography – Action
Attendance
One of our improvement agenda items for 2016 is improving our attendance. Half way through term 1 and unfortunately we are already under our target of 95%. However, some of our students are doing an OUTSTANDING job! The following students have 95-100% attendance half way through Term 1—Bryce, Kimberley, Regan, Dempsey, Ruby, Victoria, Miah and Porter! Well done to these boys and girls. Keep up the excellent attendance!

I have attached a flyer for your consideration and thought. It is titled, “Every Day Counts”. We are all guilty of thinking, it’s only 1 day a fortnight that my child is missing from school, but 1 day a fortnight is 2 days a month, which is 20 days a year. Have a look and see what this equates to in the life of the child’s primary years of schooling as well as the time lost by the end of their schooling. What are you doing to address this issue in 2016 as the long term impact is very significant.

<table>
<thead>
<tr>
<th>If our students miss...</th>
<th>That equals...</th>
<th>Which is...</th>
<th>And over 13 years of schooling that’s...</th>
<th>Which means the best our students may achieve is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day a fortnight</td>
<td>20 days a year</td>
<td>4 weeks a year</td>
<td>Nearly 1.5 years</td>
<td>Equal to finishing in Year 11</td>
</tr>
<tr>
<td>1 day a week</td>
<td>40 days a year</td>
<td>8 weeks a year</td>
<td>Over 2.5 years</td>
<td>Equal to finishing in year 10</td>
</tr>
<tr>
<td>2 days a week</td>
<td>80 days a year</td>
<td>16 weeks a year</td>
<td>Over 5 years</td>
<td>Equal to finishing in Year 7</td>
</tr>
<tr>
<td>3 days a week</td>
<td>120 days a year</td>
<td>24 weeks a year</td>
<td>Nearly 8 years</td>
<td>Equal to finishing in year 4</td>
</tr>
</tbody>
</table>
**Hebel Seafood Night**
The seafood night is approaching fast on the 5th of March! That’s only 2 weeks away!! 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 the advertisement attached for further details. We look forward to seeing you all there.

**Behaviour Expectations**
Please keep up the great job of encouraging students to uphold our school rules and focus on our fortnightly behaviour expectation.

At Hebel State School we are—Respectful, Responsible, Learning and Safe

Our Behaviour Expectation for this fortnight is to:

**Be Safe**
*Chair legs flat on the floor*
*Wear shoes and socks at all times*
*walk on concrete*
*Wash our hands thoroughly*

**In the Classroom**
Every week the Prep and Year 1 students engage in gross and fine motor activities. The activities usually relate to the sounds or words we are learning. Last week we read the Very Hungry Caterpillar. This was very exciting because we got to make multi coloured cupcakes that look just like the butterfly. Thanks Shelley for being a great helper in the kitchen!
Calendar

February
24th  PE
25th  Music
26th  LOTE
Cluster Meeting St.George

March
1st  PE
3rd  Woman’s World Day of Prayer  Hebel Church 9:15am
4th  Clean Up Australia Day
5th  Hebel P&C Seafood Night
8th  PE
10th  Music
17th  Music
17th  LOTE
22nd  LOTE
24th  PE
24th  LOTE
24th  Easter Holidays Begin
25th  Good Friday

April
2nd  Dirran Show

Birthdays

February
18th  Ruby
22nd  Miah

Hebel Footy Tipping Competition
Come on parents and community members join the
Hebel Footy Tipping Competition, you don’t have to be a
football guru - anyone can guess.
Entry fee is $20 for the season and we pay on 1st, 2nd, 3rd and
3rd last places. Entries are online please follow this link to reg-
ister
When speaking with parents when I present at schools, or engaging with them via our social media, bullying is always a hot topic. A recent Facebook post had one of our biggest engagement rates ever. It begged the question - "What is bullying? Do we mix it up with teasing and other forms of mean behaviour?"

It’s an important topic that needs clarification.

Bullying is a term that’s wrapped in emotion. For many people it’s associated with bad childhood memories. It’s been estimated that around 40 per cent of people have experienced bullying in the past. It’s something that we don’t want to happen to our kids.

But I fear it’s being overused at the moment and confused with teasing and rudeness.

Rudeness refers to thoughtless behaviours and thoughtless words. Kids often do rude things to each other without thinking about it. Examples include breaking wind or someone’s hair; joking about the colour of a child’s hair in front of others; failing to share possessions and neglecting to acknowledge someone. Rudeness is usually about selfishness and thoughtlessness. Taken on their own many rude behaviours can be seen as an element of bullying but when looked at in context they are more about thoughtlessness, lack of consideration and poor manners rather than a deliberate attempt to hurt someone.

**Teasing** refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It’s generally an attempt to get under someone’s skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person’s rights. But generally teasing doesn’t have the key ingredients that make up bullying.

**Bullying** is the selective, uninvited, repetitive oppression of one person or group by another. It involves **three elements** – intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past children and young people could escape bullying behaviours by being at home. Cyber-bullying means that children can’t escape bullies like they once could.

**Why the distinction?** I hear the term bullying misused a great deal in the media and when talking with parents. We run the risk of “The Boy Who Cried Wolf” Syndrome where we become so desensitised to the term that we (or teachers) ignore it when children really are the victims of bullying. We also run the risk of failing to skill our kids up to manage rudeness and teasing if we categorise every awful behaviour that kids experience as bullying.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills, getting others involved; building up a child’s support network; and building self-confidence that can take a battering.

Bullying needs to be taken seriously. But we also need to be discerning about bullying behaviours.
Community News

You're invited to the 2016 Hebel P&C

Seafood Night

Saturday 5th March,
6pm QLD at Hebel Hall.

- Bar
- Lucky door prize
- Rum slide
- Seafood smorgasbord
- Raffles

Bookings Essential
Adults $50ea 16yr+  Children $1 per year of age
Rosemary (02) 6829 4079  or knightkaroola@bigpond.com

NO BYO  NO DOGGY BAG  NO ESKY
Tips for Healthy Eating

For adults with a body weight above that suggested in the healthy weight category, reducing your food and energy intake, in conjunction with increasing your physical activity levels, can help reduce your weight. Restrictive dieting is not recommended for children and adolescents, as they have high nutritional needs.

Here are some healthy eating tips for maintaining a healthy weight:

- Eat breakfast and don’t skip meals
- Eat a wide variety of foods each day
- Keep “extra” foods, such as biscuits, cake, chocolate to a minimum
- Reduce the amount of fat you eat
  - Limit saturated fat – these are usually solid at room temperature and are the main fats in milk, cream, butter, cheese and some meats
  - Choose reduced fat dairy products
  - Limit the amount of “take away” food
  - Select lean meat and remove visible fat before cooking
- Choose low fat cooking methods, for example – stir fry, grill, microwave, non stick cooking pans
- Eat more low kilojoule foods such as wholegrains, fruits and vegetables
  - 2 serves of fruit and 5 serves of vegetables each day
- Drink more water – instead of soft drink and fruit juice
  - Limit your alcohol intake if you choose to drink
- Read food labels – especially for fat, sugar and energy (kilojoule/calorie) levels
- Eat smaller portions, eat slowly, don’t fill your plate, try a smaller plate, don’t feel that you need to finish every meal.

VISITING SERVICES

Don’t forget the following services visit Dirranbandi

- Physiotherapy
- Occupational Therapy
- Speech Pathology
- Women’s Health Nurse
- Continence Nurse
- Podiatrist
- Social Work
- Adult Mental Health
- Child and Youth Mental Health
- Dietitian
- Diabetic Educator
- Aged Care Assessment Team
- Breast Care Nurse
- Dentist

Some services – eg – physio will require a referral.

If anyone would like information regarding available services, or referrals to these services please call Kimberley or staff at the Dirranbandi MPHS on 46 258 222.
**Woman's World Day of Prayer**

Hebel Community Church

**Thursday 3th March**

**At 9:15am**

Everyone Welcome

Please bring a plate to share for morning tea.

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**INVITATION**

**Dragonfly... embracing the harmony and gift of life**

**IS THIS WHAT YOU HAVE BEEN WAITING FOR?**

The 3 day Dragonfly health and wellness retreat is offered to women living & working on farms in rural areas of Queensland who have experienced the loss of loved ones and/or the impact of destructive climatic conditions.

All expenses paid from the moment you arrive on Friday to Sunday after lunch including travel to and from the event.

This retreat will provide time for us to:
- gather with like-minded women,
- hover gently around the importance of caring for self,
- gain knowledge in an environment of learning and companionship,
- relax, reflect and be refreshed.

Come, let us travel together on the spectacular wings of the dragonfly as we explore, discover and embrace the harmony and gift of life.

**Dates:** FRIDAY 8 April 2016
Registration from 1.30pm – 2.30pm
Concludes Sunday 10 April by 2pm

**Venue:** JAMES BYRNE CENTRE,
60 James Byrne Road, Highfields, QLD 4352

**Register by:** Wednesday 23 March, 2016
Only 40 places available
Complete the registration form and return to ...

**Contact:**
S. Christine Henry
Downs & West Community Support Coordinator
59/22 Towns Street, Mitchelton QLD 4053
E: admin@downsandwestcommunity.org.au
P: 07 3355 9868 M: 0414324682

**Topics:**
- Women’s health
- Self-care
- Health check
- Optional – onsite
- Pap smear
- Hearing test
- Mammogram - Offsite
- Relaxation therapies:
  - Facial
  - Massage & Reflexology
  - Meditation/quiet time
  - Manicure
  - Yoga and Laughter Yoga
  - Reike
- Evening Entertainment
- Need to know:
  - Fress casual, comfortable
  - Shared & Single rooms
  - Shared amenities
  - Car parking available

Brought to you by

Downs & West Community Support
Continuing the Mission of the Sisters of Charity