From the Principal

Clean Up Australia Day
At Hebel we always go above and beyond. We live by our motto, only our best will do, and today was no exception to that. Congratulations and well done to the Hebel students who ensured our school grounds and surrounds continue to look clean and tidy. You have done our bit to ensure Australia stays beautiful. Be proud!

World Day of Prayer
On Thursday the students participated in World Day of Prayer at the Hebel church. This year the student’s country of focus was Cuba. Over the past few weeks we have learnt a little about Cuba from their flag, colours, traditions, clothing and foods. Thank you to Pam who worked through this investigation with us and lead the ceremony on Thursday.

Attendance
We have just slipped under the Regional target of 93% with 92.7%. However I am certain that with continued support and focus in the area of attendance we can still reach our goals. Each fortnight, in our newsletter, we will celebrate the success of those students who have achieved 100% attendance for the fortnight. What an excellent achievement it will be for these students. Are you a “Hebel Hero” at attending? Congratulations and well done to all students who have made an improvement in the area of attendance.

100% attendance for Weeks 5&6- Kimberley, Ruby, Victoria, Miah, Dempsey and Porter.
**Behaviour Expectation**
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

**Footy Tipping**
It’s not too late! Footy season started Thursday 3rd March, but you can still be a part of the fun! Get on board at http://www.footytips.com.au/ simply search Hebel. Good Luck!

**In the Classroom**
Across the school we are looking at living things. From determining living and nonliving things to life cycles and protection of the living environment, so this week we all conducted a little experiment. Growing a seed in a CD case. Thus far we have completed the set up phase of the experiment, written our scientific report and taken day 1 observations. Our next observations will be week 1. We are eagerly awaiting what has happen, why it happened and what will happen next. Stay tuned for more updates.
Make this year your child’s best ever at school

A new school year means a clean slate for students. Here are 7 ideas to help you make the most of the fresh start and make this year your child’s best year ever at school.

1. **Commit to your child going to school every day on time**
   One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day—and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. **Help kids start each day well**
   A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

3. **Establish work & study habits**
   The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. **Make sure your child gets enough sleep**
   Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. **Insist kids exercise**
   The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. **Focus on being friendly**
   Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be open and tolerant, to be friendly, to be sensitive to others, to be involved in plenty of activities and to be social risk-takers. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

7. **Develop self-help skills**
   Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
Calendar

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Dirranbandi Junior Rugby League Sign On

Thursday March 10th
Dirranbandi P-10 State School Oval
4.00pm
New players please bring a copy of Birth Certificate

For further information contact:
Grant Murphy 0428 261 969
Edwina Graham 0437 258 000

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 register
Competition Name: Hebel Tipping Comp

Remember It is NOT too late to join!
Community News

Church Services Easter

Catholic
Easter Sunday 27th March
At 10:00am

Anglican
Saturday 19th March
At 9:30am

Dirranbandi QCWA
Saturday March 19th.
cake stall
at the
Family Fun Day
organized by the Kindy/Playgroup & Prep
Lots of children’s
activities...J.G.HILE PARK
9am-12noon

Please endeavor to make something for our stall –

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 & 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...

All inquiries: Sr. Christine Henry
Dows & West. Community Support Coordinator
59/22 Towns Street, Mitchelton QLD 4053
E: admin@dowsandwestcommunity.org.au
P: 07 3355 9868 M: 0414324682

Brought to you by
Dows & West Community Support
Continuing the Mission of the Sisters of Charity
Annual Hebel P&C Seafood Night

RESPECT RESPONSIBILITY LEARNING SAFE
DIRRANBANDI SHOW
Saturday 2nd April 2016
OFFICIAL OPENING
2pm
Ray Meagher
[aka Alf Stewart ‘Home and Away’]

FOR $10 GATE ENTRY YOU'D BE A FLAMIN' GALAH TO MISS IT!

starting at 5.30pm
DROUGHT CONCERT
MISSY LANCASTER JAMES BLUNDELL MICK LINDSAY & THE AYERS ROCKETTES
Sheep • Ring Events • Stockhorse • Campdraft • Commercial Cattle
Wool • Poultry & Birds • Yard Dog Trials • Pavilion • Town & Country Shed
Entertainment • Smorgasbord Luncheon • Lucky Gate Prize • Side shows
Shearing Demo • Fashion Parade • Bar • No BYO Alcohol • BBQ • & LOTS MORE!

WWW.DIRRANBANDISHOW.COM.AU
For more information contact Caitlin Crothers
PHONE: 0488 250 854 or 4625 0856
EMAIL: dirranbandishowssecretary@hotmail.com

EFTPOS / Limited Cash Out Facilities available at the Show Office

RESPECT RESPONSIBILITY LEARNING SAFE