From the Principal

Welcome back to the Hebel School Community. I hope you are all refreshed and recharged ready for a very busy Term 2! As always there is a lot of things happening in our little school. Please take special note of the calendar to ensure you do not miss any of the events. I am looking forward to a productive and enjoyable Term 2.

School Photos
Next Friday the 22nd is School Photo Day. Please ensure you have returned your photo envelopes (attached to the newsletter) before the due date. Full school uniform is required on Friday, including black shoes. I am looking forward to everyone looking their best for photo day.

ANZAC Day
As with previous years, Hebel State School will participate in the Dirranbandi ANZAC Day commemorations. The school will meet at the Post Office in Dirranbandi at 9am for a 9:30am commencement. Please ensure you are in full school uniform including your school hat. I am looking forward to marching with pride alongside the Hebel staff and students.

Public Holidays
Please note that there are 2 public holidays this term. ANZAC Day on Monday the 25th of April and the following Monday, Labour Day on the 2nd of May. There is no school on these two days. Please ensure you have these dates marked accordingly.

Cross Country
Save the Date! Hebel State School is hosting the Balonne District Cross Country again this year and it would be wonderful if any parents or community members are able to assist on the day. If you are available to help, please just let the school know. Last year was a fantastic event and I am certain 2016 will be even better.

Welcome Kim
The Hebel School welcomes Kim to the staff at Hebel School. Kim is going to be taking up the temporary role of Administration Officer. We wish Kim all the best in her new role at the school.
Dirran Show
Once again the students of Hebel State School participated excellently in the Show Art Categories.
Congratulations to all students on their efforts. The following were the award winners:

Ruby 1st Kindy/Prep Best Show Memory
Bryce 2nd Yr 1&2 Best Show Memory
Miah 1st Yr 3&4 Best Show Memory
Victoria 2nd Yr 3&4 Best Show Memory
Regan 2nd Yr 3-6 Any Subject Any Medium
Henry 1st Primary Computer Generated ANZAC Day Cover
Victoria 2nd Primary Computer Generated ANZAC Day Cover
Kimberley 2nd Kindy/Prep Best Black & White Miniature Drawing
Regan 2nd Yr 3&4 Best Black & White Miniature Drawing
For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

**Staying calm**
Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**CALM** is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**ACCEPT** your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**CHALLENGE** the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

**Making a plan**
**ENCOURAGE** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal** and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.
Calendar

**April**
- 19th: Push to the Bush ANZAC
- 21st: Music
- 22nd: School Photos 2pm
- 25th: ANZAC Day Dirran 9am
- 26th: Flu Vaccine Staff 11am
- 26th: PE

**May**
- 2nd: Labour Day Public Holiday
- 3rd: PE
- 5th: Music
- 6th: Balonne Cross Country Hebel
- 10th: NAPLAN
- 11th: NAPLAN
- 11th: PE
- 12th: NAPLAN
- 12th: Music
- 13th: Cluster Meeting Bollon
- 17th: Flying Arts Class
- 24th: PE
- 26th: Music

**June**
- 2nd: Music
- 7th: PE
- 14th: PE
- 16th: Music
- 24th: Holidays End First Semester

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**Birthdays**

**April**
- 13th: Regan
- 15th: Victoria

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**Footy Tipping Results**

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<th>Date</th>
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<td>32</td>
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<tr>
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<td>29</td>
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<tr>
<td>3rd</td>
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<td>Go Hard</td>
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<td>9th</td>
<td>Wally Bell</td>
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ARTS COUNCIL GENERAL MEETING
Conference Room
At the Hospital
6pm
Wednesday 27th April
Membership now due ($20 single $30 family)
Send to Margaret Cross “Braemore Park” Dirranbandi or Heritage BSB638070 a/c no 8344477

Kev Fowler Zen Landscaping, Robyn Rigby and Gerry Grant relaxing upon the new pavers laid by the WORK team.

Thankyou to all our community who participated in discussions with our landscaper and designer as well as Dep Mayor Cr. Gaske, and Mayor Richard Marsh.
Annual QLD Cotton Rugby Union Cup

St George Frillnecks v Goondiwindi Emus

Saturday 16th April 2016

At Dirranbandi School Oval

Kick Off – 3.00 PM

Bar and BBQ available

A great day out for the whole family
Health Happenings
April 2016

INFLUENZA

One of the most effective ways to protect you, your friends and family from influenza (the flu) is to practice good personal hygiene. Following 5 simple practices can prevent the spread of flu:

1. **Cover your mouth and nose when you sneeze or cough** – the flu virus can travel through the air when a person coughs or sneezes. If possible, when you cough or sneeze, turn away from other people and cover your mouth and nose. Where possible use disposable tissues rather than a handkerchief, which could store the virus, and always put the used tissue in the bin.

2. **Wash your hands** – Washing your hands regularly, even when they aren’t visibly dirty is the single most effective way to kill the flu virus.

3. **Don’t share personal items** – The flu virus can spread when someone touches an object with the virus on it and then touches their face. If a member of the household has the flu – keep their personal items separate and do not share eating and drinking utensils.

4. **Clean surfaces** – Flu viruses can live on surfaces for a number of hours. Regularly clean surfaces such as tables and benches with soap and water or detergent.

5. **Avoid close contact with others** – Keeping your distance from others (at least 1 metre) when you are feeling unwell will help reduce the chance of spreading the flu virus to other people. Avoid going out in public when you are sick. If you have the flu you should remain at home while you are unwell and have a fever. You should not go to school, work or attend public gatherings.

**Protect yourself and those around you - get immunised!**

If you would like further information about getting your Influenza vaccination please call Kimberley or contact your GP for advice.

**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.