From the Principal

Semester 1

Well that is another semester done and dusted! We were so busy it went so quickly! We welcomed 2 new students to Prep, World Day of Prayer, Clean Up Australia Day, outback patrol, scripture union, ANZAC Day, cross country, NAPLAN and so much more!! I would like to thank all of the staff and students for putting in such a great effort this semester and I hope you all enjoy a well deserved break! School will resume, Monday the 11th of June.

Poetry Enrichment Day

On Thursday the 16th of June, poet Murray Hartin, held an Enrichment Day at Thallon State School. An invitation was extended to selected year 5 and 6 students from the cluster schools. Henry represented Hebel State School and had a terrific day. He was eager to return to school to share the stories from his day. Henry has included 2 poems in this weeks newsletter that were constructed on the day. Thank you to Murray and Thallon School for yet another great day for our cluster!

Report Cards

School reports were sent home today, the last day of term. If you are absent the reports will be posted. I know all children have put in a good effort throughout the semester and for the most part students and parents can be extremely happy with their results. If you have any concerns regarding reporting please feel free to speak with me.

Attendance

Our attendance this Semester has been improving slowly but surely which is wonderful to see. Well done, and thank you to everyone who has put in such a wonderful effort to ensure our children are at school every day. We have fallen just short of the DDSW expectation of 93% with a finishing semester figure of 92.6%. Lets make sure we get there in Term 3.

<table>
<thead>
<tr>
<th>2016</th>
<th>Hebel State School Attendance Tracker</th>
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<tbody>
<tr>
<td>92.6%</td>
<td>2016 Current Attendance Rate</td>
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<tr>
<td>95%</td>
<td>Hebel Expectation</td>
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<tr>
<td>93%</td>
<td>DDSW Expectation</td>
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<tr>
<td>88.7%</td>
<td>Attendance Rate this time last year</td>
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WOULD YOU LIKE TO RECEIVE THE HEBEL NEWSLETTER VIA EMAIL? IF SO, PLEASE SEND YOUR REQUEST TO: the.principal@hebelss.eq.edu.au
Yesterday we officially launched our POCKETS program. Preparing Our Community Kids Effectively To Succeed.

This program is will be run at the school for 2 hours every Thursday morning and is open to all children not yet of school age. The aim of the program is to ensure our children have every opportunity to succeed in readiness for school. We will engage in oral language activities, fine and gross motor, literacy and numeracy games, early writing and much much more.

This program not only prepares our children academically it also prepares our children mentally and emotionally for the transition to school. Living in a location such as Hebel it can be easy to not have interaction with other children on a regular basis.

If you are interested in learning more about our POCKETS program, or you know of someone in our community who might be interested, please encourage them to contact the school. We are open to all families, not just those in Hebel.

Watch this space, we begin week 1. The newest Hebel POCKETS are ready to go!

Contact: Emily Robinson, (07) 4625 0938
Meets every Thursday 9-11am.
For all children not yet of school age.
Pizza Party

Thanks to Barb and Ralph at the Hebel Store who helped us celebrate our end of Semester party. We headed over to the Hebel store, where we made our very own pizzas and cooked them in the special pizza oven. While they were cooking we played at the Hebel park. Once our pizzas were ready we enjoyed them in the dining room. We had a fantastic day!! Thanks to Barb and Ralph!
**Poetry Day at Thallon**

**Thallon Enrichment Day**
We all came into Thallon for school Enrichment Day. But that crazy poet Muzza, well, he somehow lost his way. And while we were waiting for him to come the weirdest thing we’ve seen
Sam Thaiday and a Donkey in a flying submarine.

Sam thaiday said, “Where’s Muz?” We all said “we don’t know. But if he doesn’t show up soon, Sam, you’ll have to start the show.”
Sam he said, “That’s fine, we’re heading to the Milky Way. Climb aboard and you can see Muz some other day.”

So we loaded up some pizza and heaps of fresh, green peas, Peanut butter sandwiches and lots of runny cheese, Mars Bars, ice-cream, rocky road, a few cold cans of coke. And somehow there were waffles, must have been that crazy Donkey bloke.

We blasted off towards the moon just as muz arrived The flames they nearly cooked him, it’s amazing he survived In just 7 seconds we were zooming close to Jupiter Eating all the waffles made the donkey even stupider.

Now the reason for this trip was to find the donut planet And this planet, was ruled by an evil queen called Janet. She’d captured Homer Simpson, he’d tried to steal her crown. She locked him in a dungeon where he was hanging upside down.

Sam he charged into the dungeon, unlocked Homer from his chains Climbed back aboard the submarine and we flew off again With two hundred tons of donuts, the best we’ve ever tasted Homer gust kept eating until he was well and truly wasted.

By Thallon Enrichment Day. 16-6-16

**Marching Song**
4,2,1,3 We’ve just come back from morning tea 5,8,7,6 Mango juice and liquorice sticks You say 10, I say 9, Eat your food and I’ll eat mine We are such a crazy bunch, we’ll eat an elephant for our lunch

Then we’ll tumble in the dirt, and eat a hippo for dessert Plus a wombat and a sheep, then we’ll just go to sleep See you soon, It won’t be long, this has been our marching song Thank-you, you too, now we’re going to the zoo. YEH HAHH

By Thallon Enrichment Day. 16-6-16
Five ways to know you are over-parenting

Times have changed.
When I began as a parenting educator over two decades ago the biggest issues I spoke about in the media generally revolved around under-parenting. Neglected kids; kids with poor or delinquent behaviour and raising kids that lived on society’s margins were popular media topics in the early 1990s.

Now two decades later it’s over-parenting that captures the main media attention. Spoilt kids; kids with a false sense of entitlement and parents that place excessive demands on schools are among the popular media topics right now. These all fit into the over-parenting, or more colloquially helicopter parenting category.

Is over-parenting new?
While we hear a great deal about over-parenting at present it’s not a new phenomenon. Parents of past generations have been overly protective and over-indulgent of their offspring at times, however it does seem many parents today are a little over-enthusiastic in their endeavours to optimise the future prospects of the current generation.

In fact, the defining feature of twenty-first century parents is a fierce determination to provide children with the best possible childhood and the best possible start in life. In pursuit of these admirable goals a parent can easily over-extend their role entering areas of children’s lives that would have been off-limits to parents a couple of generations ago.

How to know that you are over-parenting
It’s a quirk of twenty-first century parenting that we need an objective measure to assess our parenting. Past generations were satisfied with more subjective measures such as whether their kids were happy; whether they got good marks at school; whether they were employable; and whether or not if they stayed out of trouble (read goal in extreme cases). It’s safe to say the parenting waters were far clearer in the past than they appear to be now. But the parenting industry has come a long way in a short time so we now have stringent indicators that let us know what parenting track we maybe on. And that, for many people, would appear to be the over-parenting track.

You know you are over-parenting if:

1. You take on all, or nearly all, of a child’s problems.

Kids are good at handballing their problems to their parents. They’ll bring disputes with siblings for you to sort; expect you to take forgotten school lunches to school and pester you to organise their after-school lives. Mums and dads that over-parent invariably end up sorting out all their children’s problems which may make life easier in the short-term, but can mean kids become more dependent on their parents than children in the past.

Point to remember: Leave some problems for kids to solve.

more on page 2
You regularly do for a child the things he or she can reasonably do for themselves.

It’s an irony of modern life that the busier parents get the more we tend to do for kids. In the race to get things done we dress young children; prepare children’s snacks and accompany them on trips outside the house even when they are old enough to do these activities themselves. If your child is becoming more rather than less dependent the older he becomes then it’s probably time to reassess your parenting.

**Point to remember:** Never do regularly for a child the things they can do for themselves.

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You take on too many of your child’s responsibilities

Let’s see how you go with these questions! “Who’s responsible for getting your child up each morning? Who’s responsible for packing lunches and bags? Who is responsible for cleaning away children’s toys?” If you answered “My children, of course”, then congratulations; you shifted responsibility to where it rightfully lay: with kids. If not, then you guessed it. It may be time for a parenting reassessment.

**Point to remember:** If you want a child to be responsible then give responsibility to him.

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You know too much about your child’s life

Being an attentive parent of a small family invariably means that you know in minute detail every quirk and vagary of your child’s life. “He didn’t eat all his breakfast this morning. Hmm! That’s not good.”

“She seems a bit grumpy after school. What’s wrong?” “They left their jumper at home. I’d better take it to them.” Kids benefit from having some emotional and physical space from their parents. It gives them chances to rely on their own resourcefulness and develop the skills needed to get by on their own.

**Point to remember:** A little bit of benign neglect can benefit children’s development.

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You parent the individual and not the gang

If you are constantly trying to make sure life is smooth for each child then you are probably parenting the individual, rather than for the good of the whole family! I’m not talking about ‘playing favourites’, but having an intense focus on meeting each individual’s wants can often be at the expense of family life in general. For instance, you allow a child to go on a sleepover rather than attend the birthday of a sibling. Parenting the gang means that children need to fit into the patterns of family life and don’t always get what they want.

**Point to remember:** Raise your small family with a big family mindset.

Most of the research indicates the authoritative approach as “parenting best practice”. Authoritative parenting is a mix of firmness and warmth; discipline and nurturance; high expectations and relationship building. It’s an approach that sits... surprise, surprise... somewhere between over-parenting and under-parenting.
Calendar

**June**
- 24th: Holidays End First Semester
- 29&30th: Learn to knit & Sew for Girls (info attached)

**July**
- 11th: School Resumes 3rd Term
- 14th: POCKETS
- 14th: Music
- 21st: Music Carnival Dirran IM
- 26th: PE
- 28th/29th: Dirranbandi Athletic Carnival

**August**
- 2nd: PE
- 4th: POCKETS & Bre Mobile
- 8th: Show Holiday
- 9th: Balonne Athletics Day St. George

Footy Tipping Results

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<tr>
<td>2</td>
<td>Frank Deshon</td>
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<td>3</td>
<td>Lauren Crothers</td>
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<td>4</td>
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<td>Rainey Day</td>
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<td>Mish</td>
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<td>9</td>
<td>Emily Robinson</td>
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<td>10</td>
<td>Shelley Johnston</td>
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Payments due by Friday 23rd June.
July 2016

What’s On?
Bingo!
Dirranbandi Conference room from 1.30 pm;
Gold Coin Donation
08/07/16
22/07/16

Know Your Numbers; Free Blood Pressure check and Diabetes Screen
RTC from 10am-12noon
27/07/2016

Allied Health will be in Dirranbandi on:
Occupational Therapy – 12th July
Physiotherapy- 6th 20th July
Podiatry- 12th July
Dietician- 12th July
Diabetes Educator- 12th July
**Social Work- 5th 12th 19th 26th July
**Counselling Service Alex Donoghue- 14th 28th July
Occupational Therapy- 12th July
Dental Clinic- 13th July

**Able to Self-Refer to these services

The above services require a referral; please see our lovely Medical and Nursing staff.
Child and Family Health- Available by Appointment with Sarah Deshon at the Medical Practice

Community Compliment
‘Trust me, I know brilliant Doctors and staff…all Medical staff are awesome. Michele H has been great. Thank you for providing great staff here.’

July 10th-16th is National Diabetes Week
Did you know that you are at risk of Type II diabetes if you;
- Are Indigenous
- Have a family history of Diabetes
- Have High Blood Pressure
- Are a Smoker
- Your waist measures more than 100cm for women and 110cm for men
Talk with your GP or Sarah Deshon at the medical Practice for further information

What’s New
New Long-Stay Pergola!

Special thanks to the Hospital Auxiliary who have done an amazing job of creating a beautiful outdoor space for our residents.

New High Dependency Unit!

Jennifer Ward/ Amy Byrne/ Dr. Sonya Manwaring/ Brad Greentree
Hebel Sports Association Inc.
Hebel. 4486.

President: Frank Deshon
Secretary: Kate Treweeke
Treasurer: Lorraine Crothers

MEMBERSHIP 2016

The Hebel Sports Association is an important organisation for our community. We are asking that you support this group by becoming a member. A membership application is attached below; please consider filling it in and forwarding it to the Treasurer.

- Membership does not mean work – however, we do welcome ideas and suggestions.
- The number of members in our group is important when applying for government funding and grant applications.
- The Hebel Sports Association Inc does have a number of items available to the community for a small hire fee. This includes a portable cold room, fold up tables, chairs, sunshade tent, BBQ.
- We now have a refurbished complex complete with meeting room tables and chairs, large screen television and Vast Decoder box. The complex is available for hire for meetings and workshops.

Membership 2016

Name: ..............................................................
Address: ..........................................................
Email: .............................................................
Phone: ............................................................

Membership: $5.00 per person
..........................................
..........................................
..........................................
..........................................
..........................................

Amount enclosed: ...................... or Direct Deposit  BSB 084-915
Account 773320524

Please return to Treasurer: (advise by email if direct deposit)
Lorraine Crothers
“Booligar”
Dirranbandi 4486.
crothdl@bigpond.com 0746250856
Hello,
You may have already heard - it’s that time again, August 9 is Census night and the Australian Bureau of Statistics (ABS) is seeking up to 38,000 motivated and community minded people across Australia to join our team and work on the 2016 Census.

If you or someone you know is interested in a Census Field Officer position - apply today!

Some positions are still available and need to be filled urgently.

Census Field Officers:
- are temporary casual jobs, with flexible working hours
- are responsible for making contact with households to ensure everyone can complete the Census
- will earn $21.61 per hour (inclusive of 25% loading).

If you recently applied for an Area Supervisor position and indicated you wish to be considered for a Field Officer position, you do not need to reapply.

Queensland Country Women’s Association
Dirranbandi Branch

“Learn to Knit & Sew for Girls”

Venue: CWA Rooms, Dirranbandi
Date: Wednesday 29th & Thursday 30th June 2016
Time: 9:30am - 3pm
(Workshop is open to girls 8 to 13 Yrs.)

Girls will be learning the following skills -
- How to sew on a button.
- Straight stitch, Back Stitch and Blanket Stitch (by hand)
- Sewing machine skills (supervised) Straight stitching and gathering stitch and a seam.
- How to make a Suffolk Puff (also known as a quick yoyo)
- How to make up a pom pom with wool
- How to use an iron
- Knitting in garter stitch, a square 8” x 8” (20cm x 20cm) (This can be made into a rabbit.)
- A draw string bag—with side seams, button, casing with ribbon or cord inserted.

All areas of learning & participation by the girls in the above skills will be supervised on the two days of the workshop.

All the material for “Learn to Knit & Sew for Girls” Workshop, + morning tea, afternoon tea and lunch will be provided free of charge.

Please Contact: Mrs Robyn Rigby Phone: 0427098207
Water Quality Field Day

Tuesday 28th June 2016

FREE Lunch cooked by the Lightning Ridge Rotary

9:30am Gold Coin Donation Morning Tea to contribute to the next Outback Links Trip

10:30am — Walk About the Garden Talk with Margaret Mansfield (property owner) & Julie Slade (horticulturalist)

Any gardening questions are welcome with Bore Water & Drought Tolerant plants available for purchase on the day

FREE Lunch

1:30-3pm - Specialist Speakers on:

- Bore Water for the Garden (Soil pH & Water testing by the North West Local Land Services)
- Bore Water for Stock
- Bore Water for Crop Spraying
- Ann Kennedy from the Artesian Bore Water Users Association

Free Water and Soil pH testing (BYO samples)

Please RSVP by 24th June to Aleena Greenaway - Local Landcare Coordinator
0437 628 630 or nwpsg.aleena@gmail.com