From the Principal

Cross Country
Save the Date! Next Friday, the 6th May, Hebel State School is hosting the Balonne District Cross Country 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 with your assistance.

Public Holiday
Please note that Monday the 2nd May, Labour Day is a public holiday and as such there is no school. Please ensure you have this marked accordingly.

Push to the Bush
The school would like to thank Bob Bettany and the ‘Push to the Bush’ group for visiting Hebel School and discussing the importance of ANZAC Day. We thoroughly enjoyed the fantastic display of war memorabilia and were very excited to try a soldier’s outfit on.

WOULD YOU LIKE TO RECEIVE THE HEBEL NEWSLETTER VIA EMAIL? IF SO, PLEASE SEND YOUR REQUEST TO: the.principal@hebelss.eq.edu.au
NAPLAN
Students in Years 3 and 5 will be participating in NAPLAN on May 10-12.

What is NAPLAN?
The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7, and 9. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. All government and non-government education authorities have contributed to the development of NAPLAN materials.

Why do students do NAPLAN tests?
NAPLAN is the measure through which governments, education authorities, schools, teachers and parents can determine whether or not young Australians have the literacy and numeracy skills that provide the critical foundation for other learning and for their productive and rewarding participation in the community. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools, states and territories with information about how education programs are working and which areas need to be prioritised for improvement. NAPLAN tests are one aspect of each school’s assessment and reporting process, and do not replace the extensive, ongoing assessments made by teachers about each student’s performance.

If you would like more information regarding your child’s participation in NAPLAN please contact the school.

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

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

Attendance

<table>
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<tr>
<th>2016 Hebel State School Attendance Tracker</th>
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<tbody>
<tr>
<td>93.1%</td>
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<tr>
<td>95%</td>
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<tr>
<td>93%</td>
</tr>
<tr>
<td>88.2%</td>
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ANZAC Day
Thank you to all of the Hebel students, staff and community members who participated in the Dirranbandi ANZAC commemorations on Monday. It was wonderful to see such a gathering from Hebel. Well done to Henry for his rendition of ‘A Tribute to the ANZAC’s’ what an outstanding job! Thank you also to Miah who laid our book. Well done everyone.
Parenting ideas insights
Building parent-school partnerships

WORDS Michael Grose

10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn't all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn't seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn't mean kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it's useful to reflect on the mental health habits that you promote in your kids.

Here are ten ways to promote good mental health and wellbeing in kids:

1. Model good mental health habits
   If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It's worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep
   Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!

   Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids' abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise
   When my mum would tell me all those years ago to turn the television off and go outside and play, she didn't know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour's movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets
   Kids should practice creativity if for no other reason than it helps them experience the state of 'flow'. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It's energizing and helps take stressed and worried kids out of themselves.

more on page 2
Parenting Ideas

Insights

Building parent-school partnerships

... 10 ways to promote good mental health & wellbeing in kids ...

5. Provide a space of their own
Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles
A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiety. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse.

If your child has a problem let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax
Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!

8. Have two routines — weekday and weekend
Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness
Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives
Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squashed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

Michael Grose
Calendar

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<tr>
<th>May</th>
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<tr>
<td>3rd</td>
<td>PE</td>
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<tr>
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<td>6th</td>
<td>Balonne Cross Country Hebel</td>
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<td>10th</td>
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Birthdays

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Footy Tipping Results

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<td>Thomas Dyer</td>
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<tr>
<td>3rd</td>
<td>Rhett Butler</td>
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<td>Rainy Day</td>
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<td>Jessica Halls</td>
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<tr>
<td>7th</td>
<td>Mr B.</td>
<td>39</td>
</tr>
<tr>
<td>8th</td>
<td>Go Hard</td>
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<tr>
<td>9th</td>
<td>Wally Bell</td>
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<tr>
<td>12th</td>
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Community News

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.

Dirranbandi QCWA Pamper Day
Is postponed from 21/5/16
To a date to be advised.

Church Services

Catholic
Sunday 1st May
At 10:00am
BALONNE DISTRICT
CROSS COUNTRY TRIALS
HEBEL STATE SCHOOL
6TH MAY 2015

MENU

Sausage Sizzle $2
Steak Sandwich $5
Home Bake 50c
Tea/Coffee $1
Poppers $1
Water $2
RSL CHARITY GOLF DAY
Sunday 22nd May 2016

13 HOLE
3 PERSON AMBROSE DRAW FOR PARTNERS
GOLFERS, ASSOCIATES & NON GOLFERS
DRAWN IN EACH TEAM

WINNERS & RUNNER UP TEAM TROPHIES, LONG DRIVE
GOLFERS, ASSOCIATES & NON GOLFERS
N.T.P. 6, 8, 10 – GOLFERS & ASSOCIATES

AUCTION OF EACH TEAM 10.30AM

NOMINATION INCLUDING LUNCH
$20.00/PERSON
LUNCH NON PLAYERS $10
CHILDREN $5

NOMINATIONS BY 10.00AM
BBQ TEA AVAILABLE

ALL PROCEEDS GO TOWARDS THE MAINTENANCE OF OUR LOCAL RSL HALL
YOUR SUPPORT WOULD BE GREATLY APPRECIATED

ENQUIRIES
Don Perkins 46 258 686 Dale Hadenfeldt 0428258631
or Douglas Crothers 46250856