From the Principal

Cross Country
Hebel State School once again hosted the Balonne District Cross Country trials this year, and what a day it was! Well done, and thank you to the exceptional work by our parents and the whole Hebel community ensure this day went along without a hitch. Your contributions to our school are extremely valued and appreciated. Thank you also to all of the Balonne schools and their students. The sportsmanship, teamwork and pride on display was excellent to see. I know everyone who attended had a fantastic day! I am looking forward to next year already!

NAPLAN
NAPLAN is done and dusted for another year. Well done to all of our 3’s and 5’s for putting in a tremendous effort, as always. You have worked extremely hard in your schooling to this point and I know you will continue to put in the effort to ensure you all succeed! Well done!

Heat Up
With the weather cooling down its timely to remind parents we are welcoming heat up food. Simply send it to school in a microwave safe container with the time required for reheating. What a lovely thing to look forward to a warm lunch in this cool weather.

Uniforms
Please make sure that all of your children’s clothing is clearly labelled when it is coming to school. With the cooler weather tracksuits are in season and are easily left behind. When items are clearly labelled they are easily returned to the rightful owner.
Balonne District Cross Country
Held in Hebel on Friday 6th May
A good friend enthusiastically told me how he was looking forward to spending a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He was having some ‘dad time’ with his kids.

Good on him!

He was doing some memory building & relationship building, as well as having some fun.

He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing.

Gone are the days when the only relationship many had with their kids was through their wife. She would explain to the kids (“Your dad’s very busy but he would love to see you play sport but he can’t make it.”) As well, she’d keep him up-to-date with the children’s lives.

Blesses, it seems, are valuing the time they spend with their kids on their own.

Or at least the dads I mix with are.

Spending time alone with kids is a great way to build confidence in dads. And the kids usually just love it.

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (Most mums I meet welcome this!)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to do together with their dads. Playing, walking, fishing, wrestling...the list goes on.

It’s through shared activity and involvement in kids’ lives that dads build up frequent father points. It’s hard to build good connections with kids when you are not there!

Don’t wait until adolescence

These relationships are best built in childhood, when kids just love their dads to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes-turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men. I’m not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child’s space. There is a big kid inside most men just busting to get out.

These days we take parenting pretty seriously and it’s easy to forget that one of the fundamentals of raising kids well is to spend some time in your child’s space, doing stuff, or not doing stuff, whatever the case may be.

So how are your (or your partner’s) Frequent Father points going? If they need some topping up then you can start by doing something together that the kids enjoy. Having a bit of fun together is the best place to start.

Author’s note: Safe mums can take these ideas on-board to have a NO RULES weekend with your kids, where you have a change of routine and activity that can give kids the chance to see you in a different way.
Calendar

**May**
- 16th: Scripture Patrol
- 17th: Flying Arts Class
- 24th: PE
- 26th: Music
- 26th: Bre Mobile Kindy

**June**
- 2nd: Music
- 2nd: Under 8’s Day Thallon
- 7th: PE
- 9th: Bre Mobile Kindy
- 14th: PE
- 16th: Music
- 23rd: Bre Mobile Kindy
- 24th: Holidays End First Semester

**July**
- 11th: School Resumes 3rd Term
- 28th/29th: Dirranbandi Athletic Carnival

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**Footy Tipping Results**

1st: Frank Deshon  55
2nd: Thomas Dyer   50
3rd: Jessica Halls  49
4th: Rainy Day     47
5th: Mr B.         46
5th: Lauren Crothers  46
5th: Rhett Butler  46
6th: Wally Bell    45
7th: Grinner       44
7th: Emily Robinson 44
8th: Selina Halls   43
8th: go hard       43
9th: She who must be obeyed! 42
10th: Mish         39
10th: Belinda Butler 39
10th: Sarsar       39
Health Happenings

May 2016

WOMENS HEALTH NURSE

This service aims to improve the health and well being of all women, through the provision of information, counselling, education and community development.

Gynaecological screening services are also undertaken by the women’s health nurse – for example – pap smears and breast checks.

Our women’s health service will be visiting Dirranbandi on Thursday 19th of May. At this stage there are still some appointments available.

We encourage all women to access this valuable and confidential service.

To make an appointment, please contact the Dirranbandi Hospital on 46258222.

SOCIAL WORK

Did you know that a Social Worker visits Dirranbandi every Tuesday?

The role of a social worker is to provide a service to all members of the community with the aim being to assist people to understand and cope with issues such as – child care, relationships, sexual assault, domestic violence, grief and loss, depression and anxiety.

People can self refer to this service by calling 46202265 or can be referred by another service provider.

If you require further information, please contact Kimberley on 46258222.

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.
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.
- 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
Community Planning Project – Workshops for the Community

EVERYONE WELCOME

This project presents an opportunity for communities to come together and develop collective plans to transform and adapt for a better future. Researchers from Sam Houston State University (SHSU) (Center for Rural Studies, Center for the Study of Disasters & Emergency Management) and Penn State University (PSU) are conducting research to help communities improve their adaptability. The work involves structured workshops with community and industry people to discuss the challenges and changes facing rural towns. The workshops will provide an opportunity for people in different sectors to share knowledge and work together on a plan to adapt to and manage the change that is occurring, including reduced water availability as a result of climate change, drought and water reform.

This is the perfect opportunity for the community as a whole to get together and plan the future of the Balonne Shire for our future generation.

Monday, 16th May 2016
5 pm – Dirranbandi – Old Moey

Dirranbandi QCWA Pamper Day

postponed from 21/5/16

To a date to be advised.

Church Services

Catholic Sunday 5th June
At 10:00am

Movies under the stars
Dirranbandi Show Grounds
Friday 13th March

1st Movie Home Start time 6:30pm
2nd Movie Perfect Pitch 2 8:30pm

BBQ - Popcorn For Sale
Bring your own Chair
Run by Dirranbandi Showgirl

Dirranbandi Branch of QCWA
Is holding their Cancer Morning Tea
At the CWA Hostel, Kirby Street
Dirranbandi
on Thursday 26th May
at 10:00am.
Everyone Welcome
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