From the Principal

Under 8’s Day
Last Thursday Hebel students in Prep, Year 1, 2 and 3 travelled to Thallon with Miss Robinson and Kim for the annual under 8’s day. We all had a marvellous time celebrating 60 years of under 8’s with the Thallon and Dirranbandi students. Hebel School ran the dance station, there are some terrific dances out there and we all had a fun time. A very big thank you to Kim Burke and Vicky Pilcher who volunteered their time to assist us on the day. It’s your contributions that make activities like these possible! Thanks ladies. Thank you to the staff and students of Thallon School for a wonderful day!

Monday the 13th
There has been a little bit of confusion surrounding the Queens Birthday long weekend. In Queensland, it is not a public holiday this coming Monday the 13th. For Queensland students it is business as usual on Monday, so I expect to see everyone at school. Queensland will celebrate the Queens Birthday long weekend on October the 3rd. Please update your calendars accordingly.

Attendance
As a school we are showing excellent progress on improving our results in attendance against those of last year. From the same time last year we are sitting over 4% up which is a wonderful effort. We are currently sitting just below the DDSW expectation of 93% with 92.5%, this is good to see, however we can certainly do better. I am certain with a strong emphasis on 100% attendance for the remainder of the year we will not only reach the DDSW expectation, but also the Hebel expectation on 95%. Lets do it!!

With the end of the Semester quickly approaching it can be easy to become complaisant with attendance. I ask you all to give your full attendance and support in the last few weeks of term, lets finish strong Hebel!

2016 Hebel State School Attendance Tracker

<table>
<thead>
<tr>
<th></th>
<th>2016 Current Attendance Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>92.5%</td>
<td></td>
</tr>
<tr>
<td>95%</td>
<td>Hebel Expectation</td>
</tr>
<tr>
<td>93%</td>
<td>DDSW Expectation</td>
</tr>
<tr>
<td>88.2%</td>
<td>Attendance Rate this time last year</td>
</tr>
</tbody>
</table>

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
Reading

Reading, as you all will know is Hebel’s ‘Big ticket item’ in terms of improved performance. This is something we are working extremely hard on at Hebel. Reading is for life. It is a life skill that starts at a very young age and a skill we will value for the rest of our life. Consider asking your child these questions… What is the comprehension strategy you have been practising this week? What decoding strategy are you learning today? What is your reading goal this week? I know all of our students will be able to talk to you about all of the wonderful thing they are doing in reading at Hebel.

Here is a little poster that highlights some very eye opening statistics in terms of home reading. I thought it was very interesting and know you will too. Keep up the home reading!!

<table>
<thead>
<tr>
<th>Student A</th>
<th>Student B</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Student A reads 15 minutes</strong>&lt;br&gt;4 nights of every week;</td>
<td><strong>Student B reads only 5 minutes</strong>&lt;br&gt;4 nights…or not at all.</td>
</tr>
</tbody>
</table>

**Step 1:** Multiply minutes a night x 4 times each WEEK.

| Student A reads 15 minutes x 4 times a week = 60 minutes/WEEK. | Student B reads 5 minutes x 4 times a week = 20 minutes/WEEK. |

**Step 2:** Multiply minutes a week x 4 weeks each MONTH.

| Student A reads 240 minutes a MONTH. | Student B reads 80 minutes a MONTH. |

**Step 3:** Multiply minutes a month x 9 months/SCHOOL YEAR.

| Student A reads 2160 minutes in a SCHOOL YEAR. | Student B reads 720 minutes in a SCHOOL YEAR. |

**So what does this mean???**

| Student A practices reading the equivalent of 6 whole school days a year. | Student B gets the equivalent of only 2 school days of reading practice. |

By the end of 6th grade if Student A and Student B maintain these same reading habits, then...

| Student A will have read the equivalent of 36 whole school days. | Student B will have read the equivalent of only 12 school days. |

**WHY READ 30 MINUTES A DAY?**

*If daily reading begins in infancy, by the time the child is 5 years old, he or she has been fed roughly 900 hours of brain food!*

*Reduce that experience to just 30 minutes a week, and the child’s hungry mind loses 770 hours of nursery rhymes, fairy tales, stories, and vocabulary development.*

*A kindergarten student who has not been read aloud to could enter school with less than 60 hours of literacy nutrition.*
Under 8’s Day
Recently I spoke at a school in Melbourne about the challenges of parenting in the digital age. It was a great night with a very enthusiastic crowd. I thought I’d share some key messages with the Parenting Ideas community.

If every generation of parents had its own new or unique challenges then it’s safe to say that the overriding challenge shared by the current generation of parents centres around technology – their children’s use and their own use.

The communication technology now available to all of us is constantly being updated. Every innovation in technology presents a new set of challenges for parents. Yesterday’s schoolyard bullying is today’s cyberbulllying!

Frequently I hear parents talk about children’s use of technology as if the technology is a problem. However technology is the context or background in which we must raise our kids to be safe, social and savvy. The bigger question we need to ask is: “What is good parenting in the digital age?”

Our job is to educate kids about technology – helping them be safe, smart and balanced users – so we need some guidelines to follow. Every parent needs to set their own guidelines suitable to their own situation.

Here are some ideas to help:

1. **Be a good role model**
   
   It’s well established now that children will copy many of their parents’ behaviours. Our behaviours and habits now extend to our use of communication technology, which is a good thing as we’ve got the chance to model smart, balanced technology habits. This means we need to be mindful of how often we have a mobile device in our hands when we are around kids. It means we need to take care that we don’t use technology as an emotional pacifier when we feel stressed or under pressure. Model face-to-face communication and healthy ways to manage your stress levels so kids can learn these techniques too.

2. **Think about expectations and rules for your kids in the digital world**
   
   You wouldn’t drop your kids off for the day in the middle of the city and say, “Have fun. Stay safe!” Yet we often do the equivalent to our kids with technology. Most digital devices are set up for adults so when you introduce a piece of technology think carefully about its use and expectations before handing it over to your kids. Where possible and practical use restrictions under settings when you give a device to a child. And place your own restrictions around use and timing when kids use devices, rewarding responsible use with greater freedom.

3. **Differentiate between uses**
   
   One use doesn’t fit all. Digital technology has three purposes – communication, education and entertainment. Gender plays a part here with girls using digital technology more for communication and boys using digital devices more for entertainment. As a parent we need to be aware how our kids are using technology, which will influence how we respond to them.
For instance, you should take a different approach to a child who spends all his time after school playing Minecraft to one who spends significant time online for educational purposes. Nuance your approach according to the children’s technology use.

4. Create social media mantras and scripts to keep kids safe
Parents have always found ways to frame messages for children so that they rattle around inside their heads when parents aren’t around. “Don’t speak to strangers” still reverberates with me decades after my mother first drilled it into me. She also gave me the scripts to use with strangers if ever I got lost, or found myself in trouble. So what scripting are you introducing to your child to keep them safe and also make them think about smart use while online? These include such mantras as “Is it worth posting?”, “Take a deep breath before hitting the send or post button.” “Do you want the principal to see this post?”

5. Create tech-free zones and times
Knowing when to cut off or leave technology is just as important as knowing when to use it appropriately. One way to teach appropriateness of technology use is to introduce tech-free zones and tech-free times into your family. For instance, dinner tables and meal times should be kept technology free to encourage in the moment face-to-face conversations. Bedrooms should be tech free particularly at night to encourage children to get a good night’s sleep.

5. The family that plays together learns together
Technology can bring us together or keep us apart. I recently saw a mother and her early teen son walking down a busy street both with their faces in mobile devices, only glancing up occasionally from their screens to make sure they didn’t bump into others. Although physically close, mentally they were worlds apart. On the other hand, a well-chosen game can easily connect parents with their kids. Choose games and activities that bring you together and provide opportunities to teach kids about sportsmanship and etiquette.

Media and digital devices are an integral part of our world today, presenting opportunities and challenges for parents and children. It’s part of the parenting job to help kids access digital media safely and sensibly, which involves setting limits and boundaries; knowing how kids are using technology and encouraging them to consciously engage with technology while at the same time ensuring kids connect with others, learn and keep themselves entertained away from technology as well.
Calendar

**June**
- 14th PE
- 16th Music
- 23rd Bre Mobile Kindy
- 24th Holidays End First Semester
- 29&30th Learn to knit & Sew for Girls (info attached)

**July**
- 11th School Resumes 3rd Term
- 16th Poetry Day Thallon (Henry)
- 28th/29th Dirranbandi Athletic Carnival

**August**
- 9th Balonne Athletics Day St.George

Footy Tipping Results

1st Thomas Dyer 76  
2nd Frank Deshon 72  
3rd Rainey Day 66  
3rd Selina Halls 66  
3rd Jessica Halls 66  
4th Mr B. 65  
5th Lauren Crothers 63  
5th Grinner 63  
6th Rhett Butler 62  
7th Emily Robinson 61  
7th Wally Bell 61  
7th Mish 61  
8th Shelley Johnston 59  
9th She who must be obeyed! 58  
9th Go Hard 58  
9th Jack Johnston 58  
10th Belinda Butler 55

Payments due by Friday 23rd June.
Pathways toward Succession

(Know what is 'out there' ahead of time)

A lot of information has been offered to the Rural Sector involving business development, improving the bottom line and Succession planning. But how do you actually begin the process from actively running the business, to stepping back, final retirement and is an Age Pension likely?

Please come along to a relaxed and informal setting to discuss this interesting and important subject.

Preliminary notice of sessions:
Dirranbandi 15th June 2016

John White has a passion for people on the land. His family are farmers in the Mid North of South Australia, and the ‘young ones’ are now running the farm. As a previous Rural Financial Counsellor, John has a strong understanding of the dynamics of landholders and the emotional decision making involved”.

For information please contact
John: - 0447 787 436 (johnwhite@ruralgen.com.au)
Trish McKenzie: - 07 4655 4911 (trishmckenzie1@bigpond.com)

Football Game
Friday Night 10th June, 2016
Tigers Vs Rabbits

Our very own Ex Hebel student Danny McIntosh will lead his favourite team the Tigers out for the game on this Friday night the 10th June.

This is his wish made possible by ‘Make A Wish Foundation’
Danny will also be interviewed for The Footy Show.

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
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!

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.

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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