From the Principal

Athletics Day
What a day it was last Friday at the annual Small School Athletics Carnival in Dirranbandi. A very big thank you and congratulations needs to go to the Dirranbandi staff and community who ensured the grounds were pristine, help was on hand and we were well fed throughout the day! All of this ensured it was a fantastic carnival as always!

Hebel students were, a credit to themselves and their school. Every student did their very best and encouraged others to do the same. The level of sportsmanship shown was a delight to see! Well done Hebel. Thank you also to all of the Hebel parents, grandparents, family & friends who made their way to Dirran to help support our students and our school. It was wonderful to have such a great support team in place!

Balonne Athletics
Congratulations to Henry who will be representing Hebel at the Balonne Athletics Carnival on Tuesday. The carnival is at St George State High School and is for all 10, 11 and 12 year students in the Balonne Cluster. Good Luck Henry, and Go Hebel!

Show Holiday
Just a reminder that this coming Monday, the 5th August is the Queensland Show Holiday at Hebel. There is no school on Monday! We will see you all back at school ready to learn on Tuesday.

Public Speaking
This year all Hebel students will be participating in the Hebel Public Speaking competition. This event allows the students to improve their public speaking ability and expose them to new situations. Year 4 and 5 students will compete to represent Hebel at the area finals with a 3 minute speech. Year 3, in preparation for next year will also produce and deliver a 3 minute speech. Students in years Prep and 1 will deliver a 30 second—1 minute speech. The information regarding the speeches has been sent home this week. Only 2 weeks to go!! Get cracking!

Bike Ride and Showcase
Dust off those bicycles and make sure the helmet fits because the Tour De Hebel is fast approaching! This year the bike ride will be in the last week of school. Along with the bike ride, the students will also invite their parents to walk through our student showcase where work samples from the past semester will be on display. This will provide the students the opportunity to share their pride and knowledge with their parents around their school work.
School Review
I have been contacted this week by the School Review team who have indicated they will be visiting Hebel State School on Monday and Tuesday the 29th and 30th of August. This is a wonderful opportunity for our staff, parents, community and students to share the wonderful success stories we are having at Hebel. The students and I are very much looking forward to this visit. I will provide further details closer to the date.

Improvement Agenda
Improving Reading and Attendance at Hebel State School is our focus for 2016. How is your child progressing with this? How is their attendance? Do you know the % they are attending school? How is their reading? Are they improving? What are their strengths and what are their goals? Ask your child. They should be able to tell you how they are tracking and what they are working towards.

<table>
<thead>
<tr>
<th>2016</th>
<th>Hebel State School Attendance Tracker</th>
</tr>
</thead>
<tbody>
<tr>
<td>92.8%</td>
<td>2016 Current Attendance Rate</td>
</tr>
<tr>
<td>94.7%</td>
<td>2016 Term 3</td>
</tr>
<tr>
<td>95%</td>
<td>Hebel Expectation</td>
</tr>
<tr>
<td>93%</td>
<td>DDSW Expectation</td>
</tr>
<tr>
<td>86.9%</td>
<td>Attendance Rate this time last year</td>
</tr>
</tbody>
</table>

Jeans for Genes Day
Thank you to all of the Hebel students and community members who supported the Jeans for Genes Day today. It is a great cause and a wonderful opportunity for us to support. Who doesn't love wearing jeans to school!
The Hebel Howler

Results Dirran

Athletics

Boys 2005 800m 1st Henry Knight
Girls 2007 800m 2nd Miah Rae
Boys 2005 High Jump 2nd Henry Knight
Boys 2005 Shot Put 1st Henry Knight
Boys 2005 Discus 1st Henry Knight

Sprints

Girls 2011 5yrs 50m 1st Ruby McCumstie
Boys 2010 6yrs 60m 3rd Dempsey Rae
Boys 2009 7yrs 60m 2nd Bryce Houlahan
Girls 2009 7yrs 60m 1st Kimberley McCumstie
Boys 2008 8yrs 80m 2nd Theo Knight
Girls 2008 8yrs 80m 2nd Regan Houlahan
Girls 2009 7yrs 60m 1st Kimberley McCumstie
Boys 2005 11yrs 100m 1st Henry Knight
Boys 2005 200m 1st Henry Knight
Girls 2007 200m 3rd Miah Rae
Boys 2005 Long Jump 1st Henry Knight
Girls 2007 Long Jump 3rd Miah Rae
Boys 2008 Long Jump 1st Theo Knight
Girls 2008 Long Jump 1st Victoria McCumstie
Boys 2009 Long Jump 1st Porter Rae
                2nd Bryce Houlahan
Girls 2009 Long Jump 1st Kimberley McCumstie
Boys 2010 Long Jump 2nd Dempsey Rae
Girls 2011 Long Jump 3rd Ruby McCumstie

Ballgames

Junior Minor Tunnel Ball Hebel 1st
Junior Minor In & Out Files Hebel 1st
Junior Minor Leader Ball Hebel 1st
Junior Tunnel Ball Hebel 1st
Junior Leader Ball Hebel 1st
Junior In & Out Files Hebel 1st
Junior Captain Ball Hebel 3rd
Middle Tunnel Ball Hebel 1st
Middle Leader Ball Hebel 1st
Middle In & Out Files Hebel 1st
Middle Captain Ball Hebel 2nd

Relays

Junior Minor Boys Hebel 1st
Junior Minor Girls Hebel 3rd
Junior Boys Hebel 1st
Junior Girls Hebel 2nd
Middle Circular Hebel 2nd

Age Championships

Boys 2009 Porter Rae & Bryce Houlahan
Boys 2008 Theo Knight
Boys 2005 Henry Knight
Girls 2009 Kimberley McCumstie
Girls 2008 Victoria McCumstie

Overall Points Ball Games Hebel 1st

Overall Points Relays Hebel 2nd

Average Points Shield Hebel 1st  22
                           Culgoa 2nd  21.7
                           Balonne 3rd 14.9

Overall Points Shield Hebel 3rd
Athletics Day
When kids bend the truth

As a rule of thumb, step back and try to identify the purpose of a child’s untruths. This indicates to parents how they should deal with the behaviour.

Children often bend the truth to suit themselves. They sometimes tell fibs to escape punishment or avoid being caught when misbehaviour occurs.

Some kids fantasise about their exploits to make themselves appear bigger, more daring or more exciting than they really are. These children often think that they are not much good and so invent a few tales to make themselves seem more interesting. Of course, some children fantasise purely because it is fun to stretch the truth a little. It is more fun to run away from a ‘fearsome man-eating tiger’ than be scared of the next-door neighbour’s moggie.

As a rule of thumb, step back and try to identify the purpose of a child’s untruths. This indicates to parents how they should deal with the behaviour.

Escaping negative consequences

Eight-year-old Pamela spilt a container of milk on the kitchen floor. She panicked, replaced the empty container in the refrigerator and went off to her bedroom to read. When her mother saw the mess, she asked Pamela if she knew what had happened. The child denied any knowledge of it. ‘What milk do you mean, Mum?’ said Pamela, with an innocent look on her face. Her mother, knowing immediately that her daughter was responsible, asked her to help to clean up the mess. Avoiding a scene, she made sure that her daughter didn’t escape the consequence of cleaning up the mess that she had made.

A matter of trust

Thirteen-year-old Britta was refused permission to visit an older friend after school, as her mother thought the friend unsuitable company for her daughter. Resenting her mother’s interference Britta frequently visited her older friend. When her mother asked her where she was going after school she would lie and tell her that she was visiting a friend that her mother approved of. Eventually her mother found out through an acquaintance that Britta had been lying to her about her visits. She confronted her daughter with the truth. Her mother dealt with the matter of the illicit visits. She was not permitted to go out after school for two weeks. This was an appropriate consequence that matched the misbehaviour. She dealt with the matter of lying separately, pointing out that it was difficult to trust her daughter when she didn’t tell the truth.

Fantasising

Some children continually exaggerate to make everything appear bigger or better than in real life. In this way they appear more exciting or interesting than they think they are. This is a sign of discouragement. It is best to go along with these children’s tales, although you should let them know that you are aware of the truth without bursting their bubble.
... When kids bend the truth ...

It is fine to exaggerate, but they should never be too far away from reality. Persistent fantasisers often need plenty of encouragement. Let them know that they are OK as they are. Fantasising and telling tall tales may be fun but they don’t need to fantasise to build themselves up. Youngest children in the family often tell whoppers in an effort to make themselves seem important in the eyes of older siblings.

**Imaginary friends**
Some children will use imaginary friends to avoid doing things they don’t want to do. ‘Mr. Bear says I don’t have to go bed.’ If it only happens once in a while then it’s a bit of fun. It can become wearing if it’s a continuous avoidance strategy. If that’s the case, try the direct approach. ‘Mr. Bear could be right. But I’m your mum and I know it’s bedtime. Mr. Bear can join you if he likes.’

**Don’t overreact**
Be careful not to overreact when children tell lies. It is better to recognise the child’s goal and act in a way that prevents the behaviour from achieving its purpose. There is little point moralising about the evils of lying. Children know that they should be good; they don’t need to be reminded all the time. Children will continue behaviours that serve a purpose, regardless of whether the actions are morally good or bad. It is more useful to ensure that lying doesn’t achieve its goal and to encourage children at every conceivable occasion.

Michael Grose
**Calendar**

**August**
- 8th: Show Holiday
- 9th: Balonne Athletics Day St.George
- 11th: POCKETS
- 11th: Music
- 12th: Cluster Meeting Begonia
- 15th/16th: Roma Business Meeting
- 18th: POCKETS & Bre Mobile
- 19th: Hebel Public Speaking
- 23rd: PE
- 25th: Music
- 25th: POCKETS
- 31st: Balonne Public Speaking St.G.SS 10:00am

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**Footy Tipping Results**

1st: Frank Deshon 125
1st: Thomas Dyer 125
2nd: Lauren Crothers 121
3rd: Mr B. 119
4th: Rhett Butler 116
5th: Rainey Day 114
6th: Selina Halls 109
6th: Grinner 109
7th: Shelley Johnston 108
8th: Wally Bell 105
8th: Jessica Halls 105
9th: go hard 104
9th: Houla 104
10th: Emily Robinson 103

Don’t forget to use your 2 jokers!!!!!!

There are a few who have not paid. Could you please pay by 20/8/2016
Community News

Church Services
Hebel

Sunday 7th August
Catholic Mass
10:00am
Everyone Welcome

CWA Spring Affair

Saturday 3rd September

At 10:00am
Dirranbandi CWA Grounds
Kirby Street.

There will be various stalls, - children’s entertainment, plants, cakes, produce, morning tea, bar, and many more.

It's always a great day out with an enjoyable lunch. So come along and support the CWA.

If you wish to have a stall or know someone who might then contact:
Barb McMillan on 46207309
Robyn Rigby on 0427908207
or
Email: dirranbandicwa@outlook.com

Dirranbandi Show
Annual General Meeting
Saturday 20th August at
9:00am
Dirranbandi Show Grounds
Everyone very welcome

P&C News

P&C are having a Bottle Stall at the CWA Spring Affair on 3rd Sept could all members please supply bottles filled with goodies for this stall. All assistance from the parents & community will be greatly appreciated.
A Celebration: The Songs and Stories of Paul Kelly

Giovanni Porta fronts a 5 piece band to present the best of Paul Kelly’s music & the stories behind the songs........

Dirranbandi Polocrosse Grounds 9th September @ 7pm

Tickets $20pp Bar Opens 6pm Finger food & Dinner Available

Supported by Balonne Shire Council Community Drought Fund

Celebrating Dirranbandi Arts Council 40th Birthday 1975 – 2015

Hebel State School
POCKETS Program

Contact: Emily Robinson, (07) 4625 0938

Meets every Thursday 9-11am.

For all children not yet of school age.

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.
Welcome to the Dirranbandi MPHS monthly Newsletter! August 2016

What’s on?

Bingo!
Dirranbandi Conference room from 1.30 pm
12/08/2016
26/08/2016

Know you’re Numbers: Free Blood Pressure Check and Diabetes Screen
RTC from 10am-12N oon
Wednesday 24th August 16

Visiting Services to Dirranbandi MPHS

Women’s Health Nurse -17th August
Occupational Therapy-9th August
Physiotherapy- 3rd, 17th, 31st August
**Social Worker-6th, 11th, 20th August
**Counselling Service Alex Donoghue-11th, 25th August
Speech Therapy – As needed on request.

**Able to self- refer to these services**
Other services listed above 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.

Welcome! We would like to take this opportunity to welcome our Registered Nurses Roslyn and Judith to our team.

Health Promotion
Dental Health Week is from the 1st to 8th August 16

Good dental hygiene is essential to your health.
Good dental health includes;
- Regular brushing and flossing
- Regular visits to your dentist
- Health eating habits including plenty of fruit and Vege
- Limit fizzy drinks
- Seek help if you have dental trauma or pain.

Community Compliment
I am so proud to have such a strong and capable team who provided such amazing care… Brad, Jenny and Julie; they did a sterling job and the care they provided was A1. Thank you so much for your professionalism and hard work.

What’s New
The patient travel subsidy scheme guidelines have recently changed. The guidelines have become more stringent so if you have any questions please feel free to ask.

Your travel must be approved prior to your specialist appointment by the Director of Nursing/Facility Manager.
Your application must be completed by your Doctor prior to the specialist appointment.
Documentation stating your Appointment details is required when completing your Application form.