From the Principal

Public Speaking
Well done to all of our students for their participation in the Hebel Public Speaking competition! We had all students from Prep to year 5 participate in the competition and they all did an outstanding job. You all overcame your nerves and produced some fabulous work you should be very proud of. Congratulations to Henry who has won the Hebel competition and will now represent Hebel next Wednesday at St George Primary School at the Balonne level. Well done also to Theo and Miah on second and third place. A huge thank you to our judges, Lorraine and Frank, for taking the time to assist with making the day a success. We truly appreciate your dedication to Hebel, the students and their learning. Thank you. Good luck Henry and congratulations to everyone today on a stellar performance!

19th August, 2016
**School Review**
The School Review team 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 have attached an invitation for everyone to join us for lunch on Monday the 29th at 1pm. I hope to see you all there.

**Bike Ride and Showcase**
Only 4 weeks to go… so 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.

**Spring Affair**
Hebel School will be having a stall at the Dirranbandi QCWA Spring Affair on the 3rd of September. We require as many jars as possible to sell at our stall. If you can donate jars to the school that would be wonderful! We will need to have the jars by Thursday the 1st, that will give us Friday to label all the jars & prepare for Saturday. In the past people have bought in their empty jars for us to fill, which we are happy to do, however please feel free to fill your jar with random prizes such as lollies, pens, hair ties etc.

**Student of the Week.**
Congratulations to Porter who is this fortights Student of the Week! Porter has worked exceptionally well during class time and is striving to improve his independence in learning activities. Well done Porter!
Casual Cleaner Needed

Hebel State School is looking for a casual cleaner/grounds person to employ immediately. The position would be an immediate start and would continue until the end of term 3, 2016 at 15 hours a week. It would then be on a needs basis.

The position would incorporate 1 hour of grounds work and 2 hours of cleaning for a total of 15 hours per week.

The hours are flexible and can be worked either morning or afternoon.

If you are interested please contact:
Emily on 07 4625 0938 at the school ASAP.

*The applicant must be eligible to obtain a blue card
Creative Fence Weaving
The Hebel Howler

Parenting insights
Building parent-school partnerships

WORDS Michael Grose

The pitfall of using other children as benchmarks

Benchmarking children’s progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Have you ever compared your child’s behaviour, academic progress or social skills with a sibling or your friend’s children?

Comparing your child with others is a stress-inducing and, ultimately, useless activity.

But it’s hard to resist, as we tend to assess our progress in any area of life by checking out how we compare with our peers.

When you were a child in school you probably compared yourself to your schoolmates. Your teachers may not have graded you, but you knew who the smart kids were and where you ranked in the pecking order.

Now that you have kids of your own do you still keep an eye on your peers? Do you use the progress and behaviour of their kids as benchmarks to help you assess your own performance as well as your child’s progress? Or perhaps you compare your child to yourself at the same age?

Benchmarking children’s progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Kids develop at their own rates
Each child has his or her own developmental clock, which is nearly impossible to alter. There are slow bloomers, early developers, bright sparks and steady-as-you-go kids in every classroom. The slow bloomers can cause the most concern for parents who habitually compare children to siblings, their friends’ kids and even themselves when they were in school.

The trick is to focus on your child’s improvement and effort and use your child’s results as the benchmark for his or her progress and development. “Your spelling is better today than it was a few months ago” is a better measure of progress than “Your spelling is the best in the class.”

Gender matters
It’s no secret that boys’ and girls’ brains were developed by different architects. One major difference lies around timing, or maturity. The maturity gap between boys and girls is anywhere between 12 months and two years. This gap seems to be consistent all the way to adulthood.

Quite simply, girls have a developmental head start over boys in areas such as handwriting, verbal skills and relationship skills.

Boys benefit greatly from teaching strategies designed for their specific needs. They also benefit from having teachers and parents who recognise that patience is a virtue when teaching and raising boys, as it seems to take longer for many boys to learn and develop.

more on page 2 ➞
... The pitfall of using other children as benchmarks ...

**Kids have different talents, interests and strengths**

So your eight-year-old can’t hit a tennis ball like Novak Djokovic, even though your neighbour's child can. Avoid comparing the two as your child may not care about tennis anyway.

It’s better to help your child identify his or her own talents and interests. Also recognize that the strengths and interests of a child may be completely different to those of his or her peers and siblings.

**Avoid linking your parenting self-esteem to your child’s performance**

As a parent you should take pride in your children's performance at school, in sport or their leisure activities. Seeing your child do well is one of the unsung pleasures of parenting. You should also celebrate their achievements and milestones, such as taking their first steps, getting their first goal in a game or getting great marks at school.

However, you shouldn’t have too much personal stake in your children's success or milestones, as this close association makes it hard to separate yourself from them. It may also lead to excessive parental pressure for kids to do well for the wrong reasons – to please you!

The maxim “You are not your child” is a challenging but essential parental concept to live by. Doing so takes real maturity and altruism, but it is the absolute foundation of that powerful thing known as “unconditional love”.

*Michael Grose*
All Welcome

The School Improvement Unit are visiting Hebel State School on Monday 29th & Tuesday 30th of August. They wish to meet with Parents and Community Members to discuss the exceptional learning that occurs at Hebel. Please join us.

Monday 29th August
BBQ lunch at 1pm
Hebel State School

RSVP, Friday 26th August.
Hebel State School, P 4625 0938
Calendar

**August**
19th  Hebel Public Speaking
23rd  PE
24th  Emily & Kim Roma
25th  Music  -  Emily & Kim Roma
25th  POCKETS
29th/30th  School Review
31st  Balonne Public Speaking  St.G.SS 10:00am

**September**
1st  Pockets/Bre Mobile
1st  Music
3rd  CWA Spring Affair
6th  PE
8th  Pockets
8th  Band 5 Moderation
13th  PE
15th  Pockets/Bre Mobile  &  Music
16th  Bike Ride & Showcase

**Footy Tipping Results**

| 1st | Thomas Dyer | 135 |
| 2nd | Frank Deshon | 133 |
| 3rd | Mr B. | 131 |
| 4th | Rhett Butler | 130 |
| 5th | Lauren Crothers | 129 |
| 6th | Rainey Day | 126 |
| 7th | Selina Halls | 120 |
| 8th | Wally Bell | 117 |
| 8th | Grinner | 117 |
| 8th | Shelley Johnston | 117 |
| 8th | Emily Robinson | 117 |
| 9th | Belinda Butler | 116 |
| 10th | Jessica Halls | 113 |

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

There are a few who have not paid. Could you please pay by 20/8/2016
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 0427098207
or
Email: dirranbandicwa@outlook.com
Save the Date

Melbourne Cup Luncheon
hosted by Hospital Auxiliary
Tuesday 1st November at Dirran Pub

For more information contact: Lorraine Crothers 07 46 250 856 or crothdl@bigpond.com
Fran Hetherington 07 46 258 255 or Lynda Parbury 07 46 258 393

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
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-12noon
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.