From the Principal

Pink Ribbon Morning Tea
We are looking forward to having all of the ladies of Hebel join us next Friday the 28th for our annual Pink Ribbon morning tea. The day will commence with the book week dress up parade at 9am and then move onto morning tea around 9:30. Please come along and enjoy an outing to support a great cause!

Book Fair and Dress Up
Book Fair commences on Wednesday and will run through for one week. Book Fair is always a favourite time of year for everyone in Hebel, remember Christmas is “just around the corner”, for the perfect little gifts!

And don’t forget Book Fair Dress Up!! This coming Friday at 9am. There will be prizes for best dressed so make sure you bring your A Game, and of course the book to match.

Computer Skills
We are working on incorporating digital technologies in class as much as practicable as it is important for students to become familiar with many simple technological skills. With NAPLAN moving to an online only system in the coming years it is essential that our students are confident in skills such as the drag and drop, ticking boxes and letter positions. Students will also need to be able to type answers and stories easily to complete the test successfully. While we attempt to offer technology to the students where possible, is there anything you can be doing at home? Typing tutor, online learning such as Mathletics and Reading Eggs are just some simple ideas to assist your child.

Presentation Night
The date is locked in! Thursday the 8th of December. This is Thursday of week 10, the last week of school. Make sure you have it marked in your calendar.

Absentee
Notifying the school of a child’s absence must be done ASAP on the day of the absence, prior to 9.00am if possible. Please ensure you also notify the school if there is a change of afternoon travel arrangements for your child, by phoning the school.

<table>
<thead>
<tr>
<th>2016</th>
<th>Hebel State School Attendance Tracker</th>
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<tbody>
<tr>
<td>91%</td>
<td>2016 Current Attendance</td>
</tr>
<tr>
<td>88.2%</td>
<td>Term 3 2016</td>
</tr>
<tr>
<td>95%</td>
<td>Hebel Expectation</td>
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<tr>
<td>93%</td>
<td>DDSW Expectation</td>
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<tr>
<td>88.2%</td>
<td>Attendance Rate this Time Last Year</td>
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Swimming
Swimming lessons commenced last week with our first trip to Dirranbandi pool. Our lessons will run every Tuesday departing Hebel at 12 noon and returning at 3pm. Please ensure your child has suitable swimming clothes which must include a sun shirt, a towel, sun-screen, thongs, goggles (if they wish to use them) and a water bottle!

Balonne Swimming Carnival
The Balonne Small School’s Swim Carnival is being hosted by Thallon, and held in St George, on Friday, 11th November. This is a whole-school event from Prep to Year 6. Thallon, Bollon, Begonia and Hebel will all be taking part. This will be an awesome day for our students to get involved and have fun in the water! You don’t need to be a great swimmer to take part, as there will be novelty races for less confident swimmers. Parents will need to transport their own children on the day. If this is an issue or concern for anyone please contact the school ASAP so we can assist you in making alternate arrangements.

POCKETS
POCKETS next week will change from Thursday 27th October to Friday 28th October to work in with our Pink Morning Tea and our Book Fair character dress up.

Student of the Week
Congratulations to Henry who is this weeks Student of the Week. Henry has really been making a conscious effort this week to work independently and to capacity. He is working on making good decisions around his own learning. Well done Henry.
Emotional intelligence remains a work in progress throughout our lives. Dr Jenny Brockis offers parents tips to help children deal with emotional pain.

The four girls, who called themselves the ‘Four Musketeers’, had been really close friends since Primary School. They did everything together. They shared the good times and the bad, they slept over at each other’s houses (frequently at ours), and seemed really happy.

Then one day it all fell apart.

Noticing our daughter seemed unusually quiet, I asked, ‘Is everything OK, you seem a little down?’ Then it all came tumbling out.

One of the four had decided it was time to say goodbye. She didn’t want to be part of that friendship group anymore and had already made overtures to another group that she wanted to be best friends with instead.

But rather than explaining her decision, she chose to break all contact with her former best friends and spread rumour that they had been mean to her and it was they who had ousted her from the group. Bewildered and hurt, the three girls attempted to rebut the accusations, to no avail. Their frustration led to resentment and anger along with grief that the happy band of four was no more.

Helping our kids deal with relationship issues is an important part of growing up at any age. As adults we have our previous experience, logic, and reasoning which help us to keep things in perspective, without resorting to catastrophising or experiencing those intense emotions that can be difficult to contain.

That’s because the fully mature adult brain uses the pre-frontal cortex (PFC), the thinking part of our brain, to help regulate emotion and behaviour.

But a child does not attain full brain maturity until approximately the age of 24 when cognitive development is complete (boys can be a bit later). This means our kids see their world through a predominantly emotional lens, they feel emotions more intensely than we do and they react more strongly to those emotions because they lack the regulatory mechanisms of a fully developed PFC.

Helping a child through a difficult time helps them develop a higher level of emotional intelligence (EQ), which helps them to handle those more complex interpersonal relationships as they get older.

It’s hard seeing your child in pain, whether emotional or physical, and it’s natural as a parent to want to fix it. What matters though is to not intervene with all guns blazing, as this can make matters worse and doesn’t teach our children how to work through a tough time and find their own solutions. It’s difficult too if we have a pre-existing relationship with the other parents involved, because the fallout from our children’s friendship issues impacts everyone.

more on page 2
Helping your child deal with emotional pain

Allow them to grieve
Pain hurts and that’s normal. Social pain hurts as much as physical pain because they share common neural pathways. Share with your child that you’re sorry they are hurting to help them learn that emotions are normal, and that it’s normal too to feel that their whole world has temporarily turned upside down.

Encourage them to step away from the situation
When up close it can get very personal. Encourage your child to look at the situation from the other person’s perspective to ease their pain; even though they may not fully understand why the other person acted in the way they did or said those hurtful things. This helps them to reframe what happened, elevates empathy and builds resilience to future hurts. What doesn’t work is returning fire with fire or blocking communication routes. A nasty comment on Facebook is best not responded to. However, telling your child to not use social media or to ban access to Facebook or their phone isolates them further and means they can’t reach out to their other friends for support.

Offer time and an open ear
Sometimes what helps the most is to just be there. Offering support so they know you can with a kiss or a cuddle and encouragement to do some ‘normal’ things is what counts, as well as being available to just listen when required. It’s about understanding, not interrogation. They don’t necessarily want our advice.

Move forward with respect and dignity
A great friendship is a thing of joy, but many will wax and wane for a variety of reasons. Helping your child to celebrate what makes them feel good about any relationship leads to greater acceptance and tolerance of difference.

Emotional intelligence remains a work in progress throughout our lives. It’s something that can always be built on and added to. Helping our children develop their EQ equips them to know they will survive when a relationship goes pear shaped, and increase resilience to life’s knocks. This has to be one of the greatest gifts as parents we can give to our kids.

Dr Jenny Brockis is the Brain Fitness Doctor, author of Future Brain: The 12 Keys to Create Your High-Performance Brain and mother to two young adults.

Want more ideas to help you raise confident and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
## Calendar

### October
- 25th: PE & Swimming
- 26th/2nd: Book Fair
- 27th: Music
- 28th: Pink Ribbon Morning Tea, Children’s Character Dress Up
- 28th: POCKETS

### November
- 1st: Swimming 12 Noon Dirranbandi
- 1st: Melbourne Cup Luncheon
- 3rd: Music & POCKETS
- 4th: Cluster Meeting St.G
- 8th: Swimming 12 Noon Depart Dirranbandi
- 10th: POCKETS/Bre Mobile
- 11th: Small School Swimming Carnival St.George
- 15th: PE
- 15th: Swimming depart 12 Noon Dirranbandi
- 17th: Music
- 17th: POCKETS
- 22nd: Swimming depart 12 Noon Dirranbandi
- 23/25th: Review Emily
- 24th: Music
- 24th: POCKETS/Bre Mobile
- 29th: PE

### December
- 1st: Music & POCKETS
- 6th: PE
- 8th: Presentation Evening
- 9th: Last Day of School 2016

### January 2017
- 23rd: School resumes

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**POCKETS** Children at work
Community News

Catholic Church Service
Sunday
November 6th
At
10:00am

Hebel State School Book Fair
Wednesday 26th October
To
Wednesday 2nd November
Opens to the public
8:30am - 9:00am
3:00pm to 4:00pm
School children have access at times during the day.
There will be many different books including picture books, first readers, fiction non fiction & craft.
There are always many stocking fillers for the event that is not too far away.
Friday 28th we invite all ladies to attend the Pink Morning Tea at 9:30am.
Lana Russell the breast care nurse from St.George will be there to answer any questions.
Cancer Council merchandise and a raffle, Prize is $60 worth of books chosen by the winner from our Book Fair.

Hebel State School POCKETS Program
Contact: Emily Robinson, (07) 4625 0938
Meets every Thursday 9-11am.
For all children not yet of school age.

Dirranbandi Show Meeting
Saturday 22nd October
Dirran Pub
at
5:00pm
Agenda to include:
• Christmas in the Showgrounds
• Annual Show 22nd April 2017
Christmas in the Showgrounds
hosted by Dirranbandi Show

Saturday 10th December
6pm
Dirranbandi Showgrounds

Santa, Spin & Win, Raffles, BBQ, Bar, Ice-Cream & Coffee Van, Jumping Castle and more
Dirranbandi Hospital Auxiliary invites you to the
2016 Melbourne Cup Luncheon
Tuesday 1st November at Dirran Pub

Starts @ 10am  Smorgasbord Luncheon  Lucky Door Prize
$25 pp  Raffles  Our Famous Race Auction

Fashions On The Field

Great new categories and lots of prizes on offer. Start planning your outfit now!

Best Dressed Contemporary Filly - Best Dressed Contemporary Mare
Best Dressed Classic Filly - Best Dressed Classic Mare
Best Dressed Colt - Best Dressed Stallion

Most Outstanding Headwear
Peoples Choice Award for Best Dressed Male & Female

Funds raised are used to purchase items to benefit patients, visitors and staff of the Dirranbandi Hospital. This in turn benefits members of the wider community.

Bookings Essential - Please Book Early

Lorraine Crothers 07 46 250 856 crlothdi@bigpond.com
Fran Hetherington 07 46 258 235 j.f.hetherington@bigpond.com
Lynda Parbury 07 46 258 393 theparbys@bigpond.com

RESPECT  RESPONSIBILITY  LEARNING  SAFE