From the Principal

Swimming Carnival
Congratulations to all of the Hebel students who competed in the small Schools Swimming Carnival last Friday. You all represented the school with such pride and your behaviour and sportsmanship was exemplary. Thank you to the staff and parents who made the trip, and the opportunity possible for our students.

Great work Thallon on hosting a terrific event, and to Bollon P&C who catered with a top notch BBQ. It really was a great day all round! Looking forward to 2017 already.

Awards Night
The Hebel State School Awards night is fast approaching. This year our awards night is Thursday the 8th of December. In my excitement to send out invitations for our event, I overlooked the fact that the invitation said Friday the 8th. Thank you to those people who bought this to my attention in quick time. I have sent out an amendment outlining it is in fact Thursday the 8th! Looking forward to seeing you all there!!

Prep Transition
This week we had our first full day of Prep transition for our 2017 Prep students. This is an important learning experience for our students to give them an idea around what it is like at school. Our 2017 Prep students took the day in their stride. Enjoying a range of literacy and numeracy activities, fine and gross motor development and even a library lesson. We look forward to having our 2017 Preps back next Thursday!
Uniform Orders
Just a reminder to new and returning families that it would be a really good idea to get our uniform orders in before the end of 2016. While the P&C keep a range of sizes, if we need to order more items for you the Christmas period is the ideal time. This means your items will be ready and waiting when you return for 2017. I have attached an order form to this weeks newsletter for your convenience.

Enrolments
Is your child enrolled at Hebel for 2017? If you are wanting to enrol your child at our fantastic little school now is the best time! Come and visit our school, chat with staff and students and enrol your child for 2017 today. We look forward to meeting with you.

Miss Horrex
Miss Robinson is away next week completing a School Review at Nagoorin State School. Miss Horrex from St George State school will be visiting us. Miss Horrex is very excited to be working with us next week and is looking forward to meeting you all. I know you will make her feel extremely welcome!

Student of the Week
Congratulations to Theo, who is this weeks student of the week. Theo has put in an outstanding effort towards all of his assessment tasks this term, in particular towards his English Assessment. Well done Theo!

Calendar

November
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
10th         Christmas in the Showgrounds Dirran 6pm
19th         CWA Cake & Gift Stall 10am Dirran
22nd         Catholic Christmas Service Hebel 10am

January 2017
23rd         School resumes
Swimming Carnival
Parenting insights

Building parent-school partnerships

WORDS Michael Grose

How to encourage kids to be problem-solvers

When parents solve all children’s problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That’s fertile ground for anxiety and depressive illness.

So, how can we raise kids to be courageous problem-solvers rather than self-critical scaredy cats?

Here are six practical ideas to get you started.

1. Turn requests into problems for kids to solve

Kids get used to bringing their problems to parents to solve. If you keep solving them, they’ll keep bringing them. “Mum, my sister is annoying me!” “Dad, can you ask my teacher to pick me for the team?” “Hey, I can’t find my socks!” It’s tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, curing them to resolve their own problems and take responsibility for their concerns. “What can you do to make her stop annoying you?” “What’s the best approach to take with your teacher?” “Socks, smocks! Where might they be?”

2. Ask good questions to prompt problem-solving

A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child’s problems. The first question when a child brings you a problem should be: ‘Can you handle this on your own?’ Next should be, ‘What do you want me to do to help you solve the problem?’ These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

3. Coach them through problems and concerns

So, your child feels she was unfairly left out of a school sports team by a teacher and asks you get involved. The easiest solution may be to meet with the teacher and find out what’s going on. You may or not resolve the problem but in doing so you are teaching a child to become dependent on you. Alternatively, you could coach your child to speak to the teacher herself and find out why she was left out. Obviously, there are times when children need their parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your child find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.

4. Prepare kids for problems and contingencies

You may coach your child to be independent – walk to school, spend some time alone at home (when old enough), catch a train with friends – but does he know what to do in an emergency? What happens if he comes home after school and the house is locked? Who should he go to? Discuss different scenarios with children whenever they enter new or potentially risky situations so that they won’t fall apart when things don’t go their way. Remember the Boy Scouts motto – be prepared!
How to encourage kids to be problem-solvers ...

3. Show a little faith
Sometimes you've got to show faith in children. We can easily trip them up with our negative expectations, such as by saying 'Don't spill it!' to a child who is carrying a glass filled with water. Of course, your child doesn't want to spill it but you've just conveyed your expectations with that statement. We need to be careful that we don't sabotage children's efforts to be independent problem-solvers with comments such as, 'Now don't stuff it up!' 'You'll be okay ... won't you?' 'You're not very good at looking after yourself.'

4. Applaud mistakes and stuff-ups
Would a child who accidentally breaks a plate in your family while emptying the dishwasher be met with a 'That's really annoying, you can be clumsy sometimes' response or an 'It doesn't matter, thanks for your help' type of response? Hopefully it won't be the first response, because nothing shuts a child's natural tendencies to extend themselves down quicker than an adult who can't abide mistakes. If you have a low-risk-taking, perfectionist, consider throwing a little party rather than making a fuss when they make errors so they can learn that mistakes don't reflect on them personally, and that the sun will still shine even if they break a plate, tell a joke that falls flat or don't get a perfect examination score.

Michael Grose
The Principal, Staff & Students  
With  
The President & Members  
Of the Hebel State School P & C  
Cordially invite you to the

HEBEL STATE SCHOOL  
ANNUAL PICNIC  
&  
PRESENTATION EVENING  

Thursday the 8th December, 2016  
5.30 For a 6pm commencement  
Followed by a barbecue provided by the P&C

We'd be delighted if you would join us  
RSVP: 07 4625 0938 or theprincipal@hebelss.cq.edu.au

Please bring a salad to share · Bar facilities available
Uniform Order

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Please note, skivvy, scarves and ponte pants also available.
Community News

Hebel State School
POCKETS Program
2017
Commences Thursday 2nd February 2017

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

Catholic Church Service
Sunday December 4th
at 10:00am
Christmas Mass
Thursday 22nd Dec.
At 10:00am
Everyone Welcome

Christmas is Coming!!!!
Dirranbandi CWA is holding a Cake & Gift Stall,
Morning Tea & Sausage Sizzle
On Saturday 19th December from 10:00am
At The CWA Grounds, Kirby Street
Dirranbandi

Raffle: Homemade Traditional Christmas Cake 2.5Kg (approx.)
Come & Share Some Christmas Fare!
The Queensland Country Women’s Association

QCWA “Bouncing Back” Program

For more than 90 years, the QCWA has been there to help rural, remote and regional Queenslanders through tough times. The QCWA is renowned for practical, caring assistance to those in need. We also believe that when you are facing the stress of drought, flood, fire, cyclone or other financial or natural disasters the last thing you want is to be given a mental illness label. People under severe stress need support, a friendly ear and some assistance to get through the hard times and not become overwhelmed by their current circumstances. In the financial year July 2015 to June 2016, through its Public Rural Crisis Fund the QCWA donated $500,000 to families in need throughout the state, helping not only the recipient but also local businesses who benefit from cash being spent locally.

To build on this, we also commenced our ‘Bouncing Back’ Program as a way of helping individuals and communities to get back on their feet. In simple terms, it’s a way of helping those in need to get through difficult time. The following suggestions offer a series of practical, achievable ways to promote a positive mental attitude and to avoid being overwhelmed by current circumstances. **Try these “Bounce Back” ideas before, during and after difficult times**

- Be assured you are not the first person to feel as you do. No matter your circumstances, some-one, somewhere will have been through something similar.
- Nothing is so bad you cannot tell someone about it. If you don’t have someone in your immediate circle you feel you can talk to, find someone else. Lifeline and Beyondblue are good places to start. They can often suggest others who may be able to help.
- If you are experiencing financial difficulties contact the company you owe the money to, as soon as you realise there will be a problem. They all have special arrangements they can make for people in need. The sooner you apply the easier it will be to make an arrangement to allow the debt to be paid off. All the Banks, power suppliers, water boards, ‘phone companies, Councils can make these arrangements – but you need to make the phone call to set it in motion.

There are a lot more suggestions to read and follow in this “Bounce Back Program”. It is available from all CWA branches in Queensland so just ask if you need further information.