



THE RIPPER TIMES

Weekly Newsletter of Traralgon South Primary School

PRINCIPAL REPORT...

The Resilience Project – Part 2:

Following on from Part 1 in last week's edition of The RIPPER Times, this week's presentation from [The Resilience Project](#) focuses on **Gratitude**.

Gratitude is paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist around us.

Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world for what we are thankful for. It is also shown to broaden thinking and increase physical health through improved sleep and attitude to exercise.

To view Part 2 of the series, follow the link below and scroll down the page to find the video alongside the heading 'Gratitude':

<https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-martin/>

There are many ways in which you can practise gratitude, including starting a gratitude journal. You can simply use a notebook to list three things that went well for you each day, or use a more comprehensive [Wellbeing Journal](#), like those created by The Resilience Project.

Source: [Psychology Today](#)

For mental health resources and support information, visit [The Resilience Project's Support Page](#).

Uniform Policy:

Earlier this week, School Council endorsed our [Uniform Policy](#) as a part of our annual review. Whilst there are no changes, this ratification provides a timely opportunity to communicate several particulars around our expectations on our student dress code, linked also to our RIPPER value of Pride. I have copied the most pertinent elements from this policy and presented these as dot points below, however I certainly encourage our parent community to be familiar with the entire policy to ensure consistency across the wider student body.

Principal: Joel Blythman

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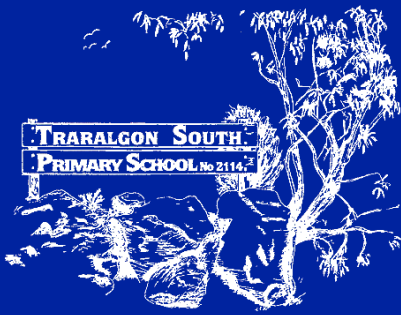
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- The Student Dress Code (Uniform) policy aims to:
 - Foster a sense of community and belonging and encourages students to develop pride in their appearance.
 - Reduce student competition on the basis of clothing.
 - Enhance the profile and identity of the school and its students within the wider community.
- School Council has developed a dress code that we believe provides a range of choices for students and is cost effective for families.
- The school logo is optional on all garments, and alternative cheaper items (without the school logo) can be purchased from various retail outlets. Those items permitted include:
 - Royal Blue polo shirt (short sleeve or long sleeve)
 - Royal Blue or White skivvy (can only be worn under long sleeve uniform items)
 - Royal Blue cardigan
 - Royal Blue windcheater (with or without hood)
 - Grey school tunic/pinafore
 - Grey tights (can only be worn under the Grey school tunic/pinafore)
 - Royal Blue or Grey shorts
 - Socks (school colours are preferred)
- Uniforms must be clean and in good repair.
- Uniforms must be clearly marked with the owner's name.
- Additional layers of clothing may be worn underneath the uniform for added warmth, provided these undergarments are completely hidden.
- Students wearing non-compliant uniform items may be asked to change into a compliant item of clothing provided by the school.

Division Mixed Netball:

Today (Wednesday 7 June) we will have eight students participating in the Division Mixed Netball competition in Traralgon, following their success in the District event several weeks ago. We wish them all the very best and thank Lisa Prior in advance for her support as coach. Go TSPS!

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Long Service Leave:

As announced several weeks ago, this week will be my last for Term 2 as I take the final two weeks as long service leave. I look forward to seeing everyone when I return at the beginning of Term 3 and I am confident our school community will provide wonderful support to Ruth Bone and Ben Rilen as they step into the Acting Principal role in my absence.

Take care,

Joel Blythman

DATES TO REMEMBER...

| | | |
|-----------------------|---------|---|
| 12 th June | Monday | King's Birthday Public Holiday |
| 13 th June | Tuesday | Grades Prep/1 & 1/2 GPAC Excursion - Wilfrid Gordon McDonald Partridge |
| 23 rd June | Friday | Early Dismissal at 1:00pm - End of Term 2 |
| 10 th July | Monday | First Day of Term 3 |

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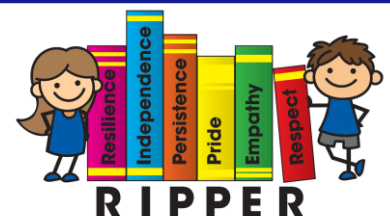
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RIPPER STUDENT AWARDS...



| | | |
|-----------------|------------|---|
| Prep/1 | Ava Q | For participating well in our Sounds-Write lessons and doing a great job at learning her sounds. |
| 1/2 | Archer M | For excellent contributions in Sounds-Write and to our MAPPEN sustainability work. |
| 4/5 | Jake K | For engaging in MAPPEN and The Resilience Project by developing strong responses in both lessons. |
| 5/6 | Bentley H | For being a kind, caring and respectful member of the group at camp. You were such a brilliant leader for everyone. |
| Art | Alice C | For her outstanding skill and effort put into every art lesson. |
| PE | Otis M | For always being a fabulous helper during pack up time. Well done. |
| School Captains | Felicity P | For encouraging people to have a go and try their best. |





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Regional Cross Country Results

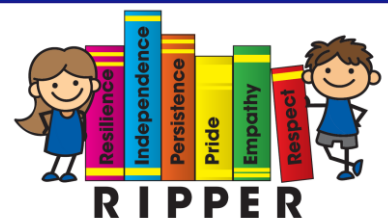


Taking part in cross country was a very good opportunity for me. It made me very proud to know I was a brilliant runner. I came 29th out of 50 from all Gippsland.

By Bowie R

I participated in regional cross country on Thursday. I came 41st out of 50 while running 3km at Drouin golf course. I feel very lucky to have got to regionals and think I did especially well.

By Mia P





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IN 2 LEARNING- TRARALGON SOUTH

Join our fun filled Vacation Care program!

To confirm your booking, please complete the online Vacation Care Booking Form.

Opening hours 7:00am – 6:00pm | Contact number: 0411 821 530 | traralgonsouth@in2learning.com.au



| | Monday 26/06/2023 | Tuesday 27/06/2023 | Wednesday 28/06/2023 | Thursday 29/06/2023 | Friday 30/06/2023 |
|-------------------------------------|--|--|---|--|---|
| VACATION CARE PROGRAM IN 2 LEARNING | <p>PARTY DAY!</p> <p>Let's celebrate the start of the school holidays with party food, party games and dancing.</p>  | <p>LET'S GO ON A NATURE WALK</p> <p>Put on your walking shoes and let go explore what's around us. We will enjoy a hot chocolate and marshmallow when we get back</p>  | <p>BRING YOUR WHEELS DAY</p> <p>Bring along your bike, scooter, skateboard, or rollerblades. Please don't forget your helmet</p>  | <p>PIZZA DAY</p> <p>Let's make Pizza! What will you put on your pizza?</p>  | <p>ARTS AND CRAFTS DAY</p> <p>Come in and spend the day creating things.</p>  |
| | <p>Monday 03/07/2023</p> <p>TIE-DYE DAY</p> <p>Come a join us to Tie-dye our own pillowcases. What colours will you choose?</p>  | <p>Tuesday 04/07/2023</p> <p>TACO TUESDAY</p> <p>From hard to soft tacos to all your favourite fillings. Come and enjoy taco Tuesday.</p>  | <p>Wednesday 05/07/2023</p> <p>CLAY CREATION DAY</p> <p>Come in for a fun filled day of creating things with clay. What will you create?</p>  | <p>Thursday 06/07/2023</p> <p>HOT CHIP DAY</p> <p>Lets all walk over to the convenience shop and get some hot chips. Well watch a movie while we enjoy them.</p>  | <p>Friday 07/07/2023</p> <p>TECH & DEVICE DAY</p> <p>Bring along your tablets, iPad, phones, etc and enjoy a day of using technology to enhance your learning and play experience.</p>  |

Complete the booking form by Wednesday 21st June 2023. Breakfast, morning tea and afternoon tea provided. Please pack lunch.

Price is \$74.90 dollars per day
(Childcare Subsidy Approved Provider)

[**CLICK HERE TO BOOK**](#)

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