



# THE RIPPER TIMES

Weekly Newsletter of Traralgon South Primary School

## PRINCIPAL REPORT...

### The Resilience Project – Part 3:

Following on from Part 1 & 2 in previous editions of The RIPPER Times, this week's presentation from [The Resilience Project](#) focuses on **Empathy**.

**Empathy** is our ability to put ourselves in the shoes of others to feel and see what they do. We practice this through being kind and compassionate towards other people.

Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g.) eating brussel sprouts! Research shows that practicing **empathy**, such as performing acts of kindness, taps into our brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community based.

To view Part 3 of the series, follow the link below and under the heading 'Explore The Key Principles', select the Empathy tab:

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

Here's an activity to practise empathy and kindness:

- Reflect on someone in your life who could benefit from an act of kindness today. It could be a friend who would love some affirmation about their work, your pet who deserves an extra treat, or a family member who would love a phone call or text message.
- Make a plan for who you are going to gift an act of kindness to, and what you are going to do.
- If you want to add accountability to your plan, share it with someone else and encourage them to do the same thing.
- Follow up with each other in a few days' time, to ask how it went!

Sources: [Psychology Today](#), [UC Berkeley](#), [Greater Good Science](#)

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

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## Uniform Lost Property:

Presently, we have a very large number of uniform items in our lost property that are unnamed and unclaimed. This is also mirrored in our Outside School Hours Care program, where In2Learning are collecting a growing number of uniform items. As detailed in The RIPPER Times last week, our [Uniform Policy](#) asks parents and carers to ensure all items are clearly named, thus helping to facilitate their return. For anyone that seems to be missing any jumpers, jackets, and hats, please visit our lost property collection in the middle area of the main building and help yourself!

Take care,

Joel Blythman

## DATES TO REMEMBER...

23 <sup>rd</sup> June	Friday	Early Dismissal at 1:00pm – End of Term 2
10 <sup>th</sup> July	Monday	First Day of Term 3
		Give A Damn, Give A Can Appeal Begins
17 <sup>th</sup> July	Monday	School Council Meeting
21 <sup>st</sup> July	Friday	Brainstorm Productions Incursion – Whole School – No cost

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## RIPPER STUDENT AWARDS...



Prep/1	Marlee L	For working well through distractions showing great independence.
1/2	Violet M	For her enthusiasm and commitment to our class sustainability work.
2/3	Levi H	For his consistent effort and a positive attitude towards all learning tasks.
4/5	Liam P	For getting straight back into classroom routines and expectations after a big holiday. Well done on a fantastic week of hard work!
5/6	Sophie W	For her persistence and independence during writing. Her readers theatre piece is engaging and contains a number of text features.
Art	Murray R	For his persistence to work through weaving techniques in Art.
PE	Poppy M	For her independence and persistence during PE.
Auslan	Nathaniel R	For showing independence and persistence to learn Auslan.
School Captains	Emma B	For picking up rubbish at lunch time.

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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><b>PARTY DAY!</b></p> <p>Let's celebrate the start of the school holidays with party food, party games and dancing.</p> 	<p><b>LET'S GO ON A NATURE WALK</b></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><b>BRING YOUR WHEELS DAY</b></p> <p>Bring along your bike, scooter, skateboard, or rollerblades. Please don't forget your helmet</p> 	<p><b>PIZZA DAY</b></p> <p>Let's make Pizza! What will you put on your pizza?</p> 	<p><b>ARTS AND CRAFTS DAY</b></p> <p>Come in and spend the day creating things.</p> 
	<p>Monday 03/07/2023</p> <p><b>TIE-DYE DAY</b></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><b>TACO TUESDAY</b></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><b>CLAY CREATION DAY</b></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><b>HOT CHIP DAY</b></p> <p>Lets all walk over to the covenidence shop and get some hot chips. Well watch a movie while we enjoy them.</p> 	<p>Friday 07/07/2023</p> <p><b>TECH &amp; DEVICE DAY</b></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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*Mid V FREE holiday fun!*

**WEEK ONE**

**WARNING!**  
Venomous, dangerous and endangered wildlife **ON SHOW!**  
**MONDAY 26TH TO FRIDAY 30TH JUNE**

Animals On Display: 10am-2pm  
Interactive Presentations: 10.15am & 12pm

Get up close and learn about some amazing Australian reptiles, marsupials, mammals, birds, endangered species and venomous ones too...all safely contained!  
Plus, enjoy take home activities

Activity located near Cotton On Mega  
NO BOOKINGS REQUIRED. PARENTAL SUPERVISION REQUIRED

**Catch a movie at Village Cinemas this school holidays!**

*Mid V FREE holiday fun!*

**WEEK TWO**

**Pot & Paint Workshops**  
Monday 3rd July  
Workshops 12pm to 2pm

Grow your imagination with Latrobe City Libraries by painting a pot and planting a seed to take home.

**Pirate Pickle Pants Puppet Shows**  
Monday 3rd to Friday 7th July  
Two shows daily at 11am & 1pm

Join "Pirate Pickle Pants" as he explores the ocean in these fun and interactive ventriloquist puppet shows.

**Latrobe City**  
a new energy

HOSTED BY LATROBE CITY LIBRARIES.  
BOOKINGS PREFERRED. SCAN QR CODE TO SECURE YOUR PLACE.  
12 KIDS PER 30 MIN WORKSHOP.  
SUITABLE FOR AGES 3+.

HOSTED BY FAIRY JULIANNE CHILDREN'S ENTERTAINMENT.  
NO BOOKINGS REQUIRED. PARENTAL SUPERVISION REQUIRED.

All activities located near Cotton On Mega.

**Catch a movie at Village Cinemas this school holidays!**

**midvalley**  
SHOPPING CENTRE  
Celebrating 40 years

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## GO Girls School Holiday Bonanza!

**GO Girls is a fun, social football program for 7 to 12 year old girls.**  
**Specifically designed for any and every girl, no matter their skill level.**  
**GO Girls is non-competitive and you will learn skills whilst having a lot of fun.**  
**Come along or bring a friend and get a taste for the game!**

GIPPSLAND - MORWELL	THORBURY	MORNINGTON PENINSULA	Register Here:
Location: Gippsland Sports & Entertainment Park - Fairway Dr, Morwell VIC	Location: John Cain Memorial Park, Darebin Road, Thornbury	Location: Civic Reserve, 350 Dunns Rd, Mornington VIC	
Date: Wednesday 28th June, 2023	Date: Friday 30th June, 2023	Date: Tuesday 4th July, 2023	
Time: 9am - 1pm Cost: \$10	Time: 9am - 1pm Cost: \$10	Time: 9am - 1pm Cost: \$10	

#FootballHerWay

**FOR MORE INFORMATION:**  
[INFO@GOFOOTBALL.COM.AU](mailto:INFO@GOFOOTBALL.COM.AU) | [GOFOOTBALL.COM.AU](http://GOFOOTBALL.COM.AU)



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