## THERIPPERTMES

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 <u>The Resilience Project</u> focuses on <u>Empathy</u>.

**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 <u>The Resilience Project's Support Page</u>.

**Principal:** Joel Blythman

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## THE RIPPER TIMES

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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 <u>Uniform Policy</u> 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	Рорру М	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





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

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**

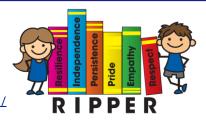
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