



THE RIPPER TIMES

Weekly Newsletter of Traralgon South Primary School

PRINCIPAL REPORT...

Welcome To Term 3:

After enjoying a fortnight of long service leave prior to the recent school holidays, admittedly it was a shock to the system to return to school earlier this week! It has been so lovely to have many welcome me back, and after a few busy days, momentum has quickly built for what I am sure will be a fantastic Term 3. I would like to take this opportunity to thank Ruth Bone and Ben Rilen for each taking on the duties of Acting Principal in my absence too, as your support and assistance in this manner is very much appreciated.

Over the school holidays we have had a large portion of our main building re-painted internally, following on from our works last year that concentrated on each of the classrooms. Tidying of our gardens was undertaken with some winter pruning (thanks to Ross Game who supported these efforts by pruning our fruit trees), a new soccer net was installed, and a lovely handmade seat donated by the Lumley family was up-cycled to create a Buddy Bench for our children. There will be further upgrades and improvements to our buildings and grounds as the year progresses, so stay tuned for further updates.



Mobile Phones, Electronic Devices & Social Media:

Whilst very few of our student population have their own mobile phone, I am aware that this number is increasing given the modernised world we are living in. Additionally, so too is

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student access to social media accounts (Facebook, Instagram, TikTok, etc.), despite the legal age for accessing these are often above 13. I would like to remind our parent community that the Victorian Government have banned students using mobile phones in schools, unless an exemption has been granted (for example, for the purposes of monitoring student health). Secure storage options are available for students to keep their mobile phones safe whilst at school, with this to be enforced as per our [Mobile Phone Policy](#).

By extension of the above, it is also not necessary for students to bring other personal electronic devices to school, such as iPads or the like. Furthermore, whilst I am aware that I am beginning to step into the decision-making space of parents and guardians, I would like to strongly encourage families to not allow children access to social media, as unfortunately very little good tends to be an outcome of this. Holistically, we have very few instances of issues relating to the improper use of mobile phones, electronic devices, and social media by students, with our RIPPER values well entrenched throughout the school. Nevertheless, it is important for us to remain vigilant, and we seek the support of families with this too.

The Resilience Project – Part 4:

Following on from Parts 1-3 in previous editions of The RIPPER Times, this week's presentation from [The Resilience Project](#) focuses on [Mindfulness](#).

[Mindfulness is our ability to be present at any given moment. We practise this by using intentional awareness and concentrating on what you are doing when you are doing it.](#)

Thousands of studies into [Mindfulness](#) indicate that with regular practise, [Mindfulness](#) can lead to benefits such as; reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.

To view Part 4 of the series, follow the link below and under the heading 'Explore The Key Principles', select the Mindfulness tab:

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

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Mindfulness can be practised through meditation, yoga, flow-states and daily activities such as cooking.

Source: [UC Berkeley](#), [Greater Good Science](#), [American Psychological Association](#)

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

Take care,
Joel Blythman

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Give a Damn, Give a Can!

This year, we will once again be participating in the Give a Damn, Give a Can food drive run by the Rotary Club of Traralgon.

Last year, every Traralgon government, independent and Catholic school took part in the campaign and a record of more than 17,000 cans were collected in our area!

We will be starting to collect cans at the start of Term 3! We ask that students bring in clearly labelled and in date cans of food to be collected in their classrooms and donated to Vinnie’s Food Bank. Donations of other non-perishable, in date items will also be welcomed!

We appreciate your support with this wonderful campaign and hope to help towards another record-breaking collection of food cans.

Thank you,

Junior School Council



DATES TO REMEMBER...

10 th July	Monday	First Day of Term 3
		Give A Damn, Give A Can Appeal Begins
17 th July	Monday	School Council Meeting
20 th July	Thursday	Online LOOP Book Club Orders Due
21 st July	Friday	Brainstorm Productions Incursion – 2:00pm – 3:30pm at Traralgon South Hall – Whole School – No cost - There will be no assembly

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