



# THE RIPPER TIMES

Weekly Newsletter of Traralgon South Primary School

## PRINCIPAL REPORT...

### Prep-Year 6 Swimming Program:

This week has seen the beginning of our whole school swimming program, and at our recent whole school assembly, I encouraged our students to make an extra effort to practise demonstrating our RIPPER value of Independence throughout the 10-session program. More specifically, this included asking our children to ensure they prepare their swimming bag each morning, and upon returning home after school, hang out their wet belongings to dry in readiness for the following day. Hopefully this request translates into action at home and parents have one less chore to complete during a busy program!

As an aside, and partly related to the above, if parents and guardians could please ensure all belongings are clearly labelled, this will help ensure lost property is kept to a minimum and children are better able to practise their Independence throughout. If children know what goes into their swimming bag each day because they packed it themselves, they will also be able to better recognise any unclaimed items left over at the end of each day.

### New Interactive TV Panels:

In the previous few years, alongside our growth in our teaching and learning practices, evidenced with great school achievement data, we have been making a deliberate effort to improve the facilities our children are learning in. Some recent examples of this has been:

- The replacement of carpet in all classrooms
- A re-paint of each classroom and the middle area of the main building
- A new front fence
- Classroom furniture upgrades
- A new septic tank system to replace the previous undersized and outdated version that often failed
- Installation of four new basketball/netball towers and a second set of AFL goals
- Garden improvements
- The creation of the fake turf space under a shade sail structure
- The installation of new flagpoles, with the Aboriginal and Torres Strait Islander flags each now able to be flown
- Line marking of both basketball/netball courts

Principal: Joel Blythman

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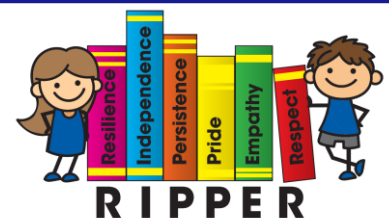
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Over the weekend, we have now added to this list by upgrading the interactive whiteboards and projector systems in each of our five classrooms, as well as the Art room, with new 65" interactive TV panels. This will better allow teachers to deliver their lessons using our instructional model, improve visibility and engagement for children in classrooms, and replace outdated technology that was first installed many years ago. It has been an exciting upgrade and one that has been well received already!

## Murray's Mullet Shave - Update:

As highlighted in previous editions of The RIPPER Times, Murray R (Year 5) has recently been fundraising for the *Carrie's Beanies For Brain Cancer* foundation. With all funds tallied, I am so pleased to share Murray raised a total of \$1200 for this cause, which we believe is a phenomenal effort and one that Murray should be so proud of. Great effort Murray, and a big thank you to our school community for getting behind Murray and supporting this great cause too!

## Year 6 Graduation Fundraiser:

Whilst on the topic of fundraising, yesterday our Grade 5/6 class concluded their sausage sizzle fundraiser to support our Year 6 Graduation event. With the fantastic support of parent helpers (Nicole W, Jo M, Monica P, Whitnie B, Justine P, Rylee M, Steven S, Natalie J, and Ben O), our Grade 5/6 class were provided a real-life opportunity to plan, budget, prepare and deliver the fundraiser as a part of their Maths Money & Finance unit of learning in the classroom. Total funds have yet to be counted at the time of writing, but early indications suggest approximately \$500 was raised in total.

Take care,

Joel Blythman

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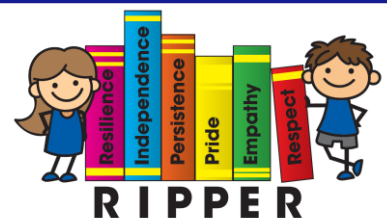
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## DATES TO REMEMBER...

31 <sup>st</sup> October – 15 <sup>th</sup> November	Various Days	Whole School Swimming Program
6 <sup>th</sup> November	Monday	Student Free Day
7 <sup>th</sup> November	Tuesday	Melbourne Cup Day – Public Holiday
8 <sup>th</sup> December	Friday	Whole School End of Year Excursion – Details to follow
12 <sup>th</sup> December	Tuesday	Statewide Orientation Day
18 <sup>th</sup> December	Monday	End of Year Concert – 7:00pm
20 <sup>th</sup> December	Wednesday	Last day of Term 4 – Early Dismissal - 1:00pm

## RSL REMEMBRANCE DAY APPEAL

In support of Traralgon RSL's Remembrance Day Poppy Appeal, our School Captains will be visiting the classrooms each day to sell the various items. Prices range from \$2 to \$5.



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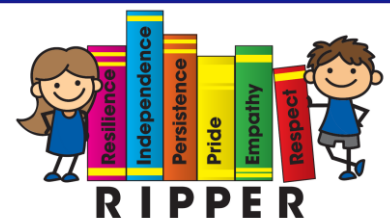
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## RIPPER STUDENT AWARDS...



Prep/1	Chloe B	For being a great listener and trying her best in all tasks.
1/2	Charlie S	For consistently showing our RIPPER values and being a conscientious class member.
2/3	Maxwell O	For listening to instructions and putting his best effort into his work.
4/5	Jack W	For displaying courage, resilience and persistence during 'high level' money and financial maths work.
5/6	Tyler M	For showing empathy and supporting his classmates. His efforts don't go unnoticed.
Music	Ava Q	For her wonderful connections made in our Music class.
School Captains	All Teachers!	For World Teachers Day. The best teachers of the world!!

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## PROJECT +

## Parents & Carers

### Mindfulness

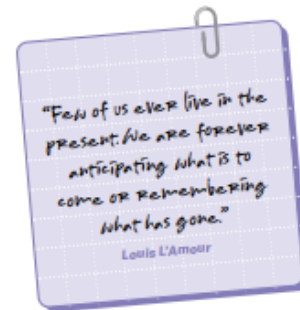
is about **purposely paying attention to the present moment** in ways that are helpful for you. **Looking after our mind** can have great positive benefits, both physically and mentally, such as a **reduction in anxiety and stress**. You can practise mindfulness in a formal way by completing meditations/breathing exercises, or in a more informal way by being mindful/engaged in your day's activities.



**Habits are automated behaviours that we have learned from experience.**

Developing daily wellbeing habits will positively impact your mental health and create a sense of wellbeing. They will further develop your resilience skills to help you cope with life's ups and downs.

**Creating new habits can be challenging**, you need to train your brain. Think about your current daily habits. Do you have a morning routine? What about a pre bedtime routine? **Where could mindfulness fit in?**



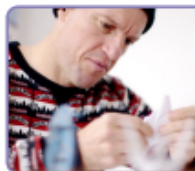
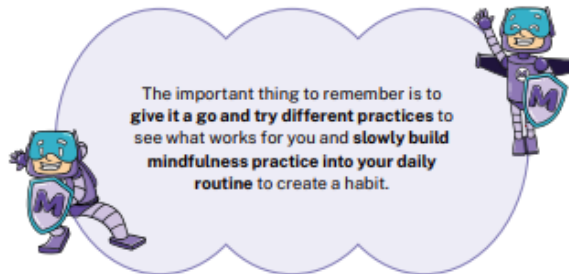
### Month Of Mindfulness



Click on the image below or scan the QR code to gain access to a **month of mindfulness practices and information.**



**Not all of the activities** suggested are considered **formal or traditional** mindfulness, but they **encourage an attitude of mindfulness** which will help you to improve your ability to be present or focused, this aids in the practice of more formal pursuits.



Listen to Martin from The Resilience Project talk about the **importance of Mindfulness**. Something to think about...

- Do you or your family practise mindfulness?
- If so, what do you do?
- If not, how could you incorporate mindfulness into your life?

Proudly supported by



The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.

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This World Diabetes Month

# DONTIGNORE THE 4

*Weight Loss*      *Tired*      *Toilet*      *Thirsty*

Please share to raise awareness and prevent misdiagnosis

For more information visit

**TYPE 1**  
FOUNDATION  
Support | Awareness | Connection

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