



THE RIPPER TIMES

Weekly Newsletter of Traralgon South Primary School

PRINCIPAL REPORT...

The Resilience Project – Part 4:

Following on from 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 practice 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 practice, it can lead to benefits such as; reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.

View Part 4 of the series here:

Part 4 - Mindfulness: <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-martin/>

Here's an activity to practice Mindfulness:

Whole Family Mindful Walk.

- As a family go on a walk outside in nature. This can be in the bush, in a paddock out the back, down the road or along the street.
- While walking, tune into your senses and observe what you can see, hear and feel. Especially things you hadn't noticed before. You might choose to focus on one of the senses. Eg: Hear: what are all the noises you can hear while on your walk?
- On your way home or when you return home, share what each person saw, heard or felt. Turn it into a game by awarding a point for anything that no one else noticed.

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

Last Day of Term – Early Dismissal 1:00pm:

Friday is the last day of Term 2. There will be a short Friday assembly at 12:50 before students will be dismissed at 1:00pm. After assembly, students will return to their grades to be dismissed by their teachers.

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Uniform Lost Property:

We still have a substantial number of uniform items in our lost property that are unnamed and unclaimed. Friday's end of term assembly 12:50-1:00 we will have the lost property tub out for any parents wanting to look inside for unclaimed items. 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, feel free to visit our lost property collection in the middle area of the main building before Friday's assembly and help yourself!

Years 3 and 4 Coonawarra Camp – Expression of Interest Form:

A friendly reminder for all Year 3 and 4 students to please return your expression of form by **Friday the 23rd of June** (Last day of term). The camp will be held from Wednesday 30 August to Friday 1 September 2023. Cost of the camp will be approximately \$360. Any questions, please speak to your child's classroom teacher.

Thank you:

On behalf of Ruth and I, we would like to thank everyone for their kind words and support over the past two weeks, while we have been in the caretaker principal position. We had some big shoes to fill, but had a great time being able to experience school from another perspective (and eat donuts in the office during the day). We look forward to returning back to our normal positions in the classroom at the start of Term 3.

I hope everyone has a safe and enjoyable school holiday break. Stay warm, and if anyone decides to chase the warmer weather, travel safely.

Take care,

Ben Rilen

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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...

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

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RIPPER STUDENT AWARDS...



Prep/1	Jaxon W	For being a reflective learner and showing great persistence with his reading.
1/2	Amelia T	For her fantastic efforts to sound out her words in her sustainability Big Write.
2/3	Fletcher B	For putting in a fantastic effort with his Big Write. Well done Fletch!
4/5	Malachi D	For always making good choices in class and trying extra hard in keeping neat book work.
5/6	Danielle G	For her outstanding attitude. She puts effort into all aspects of her learning and is a supportive friend to all.
Art	Beth B & Jordan B	For their persistence and resilience to finish weaving their woven pouches in Art.
School Captains	Lexi F	For always cheering up people on a bad day.

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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> 
	Monday 03/07/2023	Tuesday 04/07/2023	Wednesday 05/07/2023	Thursday 06/07/2023	Friday 07/07/2023
	<p>TIE-DYE DAY</p> <p>Come a join us to Tie-dye our own pillowcases. What colours will you choose?</p> 	<p>TACO TUESDAY</p> <p>From hard to soft tacos to all your favourite fillings. Come and enjoy taco Tuesday.</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>HOT CHIP DAY!</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>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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Latrobe Regional Gallery School Holiday Workshops

Here are some of the art programs which the Latrobe Regional Gallery will be running this school holidays. All materials are included and places are very limited, so booking is important. It is important to us that anybody can access these workshops comfortably, so please share the fact that students can get in touch with the gallery to see how we can accommodate them (whether it be financially, physically or mentally).

School Holidays: Mexican Alebrije Sculpture and Painting Workshops

Session 1: Saturday 24 June

Session 2: Saturday 1 July

Session 3: Saturday 8 July

1am – 3pm

Free, bookings advised

Ages 6+

Alebrijes are colourful painted Mexican sculptures depicting a wild and fantastic menagerie of animals. Over three sessions come to Latrobe Regional Gallery to learn to use everyday recycled materials to make your own colourful alebrije. Materials are provided and all artists will take home a finished animal embodiment of their imagination.

Wear the Wild: Forest Creatures

with Sarah Seahorse

Sunday 2 July

11am – 4pm, with 1 hour lunchbreak

\$12 (materials included). Limited places, bookings essential.

Join fabulous milliner and “trash troll”, Sarah Seahorse to create a bespoke hat or headdress inspired by nature and the local environment.

This hands-on workshop engages skills such as design, flat pattern construction, decorative techniques, and choosing the right recycled and foraged materials for the project.

www.lunaseastudio.com.au

www.sarahseahorse.com.au

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STAY LOCAL

Free school holiday activities
for the entire family.



Bubble Art

Ages 5+

Tuesday 27 June

Morwell Library 10am to 11am

Moe Library 2pm to 3pm

Tuesday 4 July

Traralgon Library 10am to 11am

Churchill Library 2pm to 3pm

Lego Lab

Ages 6+

Wednesday 28 June

Morwell Library 9.30 am to 11.30am

Moe Library 2pm to 4pm

Thursday 29 June

Churchill Library 9.30am to 11.30am

Traralgon Library 2pm to 4pm

Family Movies

Ages 8+

Thursday 29 June

Moe Library 9.30am to 11.30am

Tuesday 4 July

Morwell Library 12.30pm to 2.30pm

Karaoke Party

Ages 12 to 21

Friday 30 June

Traralgon Library 5pm to 8pm

Kubo Coding

Ages 3 to 5

Friday 30 June

Traralgon Library 10am to 11am

Churchill Library 3pm to 4pm

Friday 7 July

Morwell Library 10am to 11am

Moe Library 3pm to 4pm

Pot and Paint

Ages 3+

Monday 3 July

Mid Valley 12noon to 2pm.

Multiple sessions.

*Proudly supported by Mid Valley
Shopping Centre.*

CJ and his Puppets

Primary school aged children

Wednesday 5 July

Traralgon Library 10am to 11am

Moe Library 2pm to 3pm

Children's Book Launch with Josie Montano

All ages

Saturday 8 July

Morwell Library 10am to 11am



Bookings required.
Book at Eventbrite or your local library.



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