

TECH TALK 2019

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TERM 2 Semester 1 - VOL 17

7th June, 2019

"We acknowledge the Traditional Owners of the land on which our School is situated. We pay our respects to Barapa Barapa Elders past, present and future." KTHS Community



SCHOOL COUNCIL MEETING:

Mon 17th June 7.30pm

EVENTS CALENDAR:

TERM 2 JUNE

Mon 10th ;

Queen's Birthday Public Holiday

Tues 11th ;

Unit 1 Exam Period

Years 10 to 12 Study Skills Day

Wed 12th ;

VCE GAT

Yr 9 MIPS Careers Session

PRINCIPAL'S REPORT

Curriculum Day

Friday is a pupil free day which staff are using to continue their work on the KTHS Instructional Model. This is a framework that every teacher is using in their class to deliver the curriculum. It is based upon High Impact Teacher Strategies and is intended to improve student outcomes. We have asked the students for their feedback, and will be seeking staff opinions to better embed the model. At this point students are saying it is good and helps them to focus, however it could be implemented better. Students believe that the Steps to Success could be better utilised by not repeating them. I feel this is a healthy discussion as it includes the students voice to improve student outcomes making teaching the focus.

100 Years Celebration of Secondary Education

Very soon a survey will be sent out asking for assistance in celebrating the '100 Year celebration of Secondary Education in Kerang'. In particular, we are looking for past memorabilia like uniforms, badges, photos, projects completed in the Tech Wing to make up an historical display and provide a focus for conversation. If you have any of these items and are happy to have them displayed, could you bring them to the front office, named so they can be returned to you.

Exams

Exams started for Years 10 and 11 this week. This is an opportunity for students to practise their exam technique in readiness for Year 12. Some Year 11 and the Year 12 students will also be doing the General Achievement Test (GAT) next Wednesday. The results of the GAT will help formulate the end of year mark for the Year 12 subject so it is important that everyone puts their best efforts forward. Some handy hints for exam preparation.....

Do not leave any study to the last minute. All "cramming" will do is get you more confused.

Make sure you read the questions properly.

Have a look at how much each question is worth and use this to influence what order you answer each question.

Allocate time to each section and stick to it.

Remember in Maths and Science subjects the working out shown is just as important. You may end up with the wrong answer but get marks for your working out.

Dean Rogers, Principal





Mr Rogers has mentioned before that our school wants all *"our students to get a great education...with students coming to school each and every day. Missing school can have a major impact on a child's future – a student missing one day a fortnight will miss four full weeks by the end of the year. By Year 10 they'll have missed more than a year of school."* (Tech Talk 4/3/16)



Our School wants to work with families to make it a positive learning experience for your child; to have our them feel welcomed, respected and supported each day.

School can give a welcoming environment that encourages your child to do their best and have a go. To not be scared of making mistakes but encouraged to keep going on their learning journey.

School is a safe environment to regularly meet up with friends and learn how to get on with other people, communicating with each other with no put downs.

As Parents and carers, you are very important partners in your child's education and our school wants to work with you in how to best help your child's learning.

Cheers Meg



DOCTORS IN SCHOOLS PROGRAM

KTHS is pleased to offer the Doctors In Schools Program in 2019.

Every Wednesday from 10am-2pm, our school will have a Doctor and a Nurse available to students free of charge. Students are required to provide their Medicare Card Number to attend. Parents/Guardians are welcome to attend with their child.

Students can book an appointment with Miss Ferrier, email ferrier.zoer@edumail.vic.gov.au OR 'drop in' at recess or lunch time and book directly with our Nurse.

All information remains confidential between the student and Doctor/Nurse. Miss Ferrier or any other teacher will NOT be informed of the reason/outcome of their consultation.

EVERY WEDNESDAY
10:00AM - 2:00PM

Sounds Creative

**A student exhibition
of Art and Music**

WEDNESDAY 12th JUNE

@ 5.30-7pm

Kerang Tech High Library

Live music performance
Art and Tech Exhibition
Finger food and drinks
ALL WELCOME

Reconciliation Walk

May 29th 2019

Last Wednesday students from Year 8 participated in the Gannawarra Shire Reconciliation Walk. Our School has been building a tradition of participating in Reconciliation Week since 2016, where students participated in a smoking ceremony and listened to local Elders talk about the importance of the ceremony.



Deadly Choices Ambassador Charlie Cameron, AFL Brisbane Lions

Charlie is a proud Lardil and Waanyi man, born in Mount Isa, Queensland who attended primary school in Mornington Island, Queensland before moving to Brisbane.

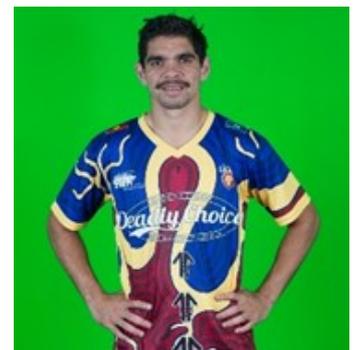
As a schoolboy he played baseball, rugby union and rugby league at high levels. He also played several games of Australian Rules football and spent six months in the Brisbane Lions Talent Academy before quitting football to focus on rugby.

At the end of 2011, Charlie moved with his family to Newman, Western Australia and was talked into playing for the local football team, the Newman Saints. He began playing club football and impressed so much that, towards the end of the season, he was invited to play for the Swan Districts Football Club and played three colt's games. He then earned a spot in the senior team for the first round of the 2013 WAFL season and went on to be picked up by the Adelaide Crows in the rookie draft. Charlie spent four years in Adelaide after the Crows selected him and then joined the Lions during the 2017 Trade period.

Charlie is an electrifying midfielder/forward with lightning speed and the ability to kick miraculous goals.

Favourite healthy meal: *Curried chicken with carrot, potatoes, zucchini, and mushrooms.*

Favourite exercise: *Playing golf.*



Deadly Choices



A Deadly Choice is a healthy choice.

“In Aboriginal slang, if something is ‘deadly’ it is great. As such a Deadly Choice is a good choice”

The Deadly Choices Education Program is a health education and capacity development program aimed at supporting students to be positive role models and mentors for their family, peer group, and community by leading a healthy lifestyle.

We aim to empower Aboriginal and Torres Strait Islander peoples to make healthy choices for themselves and their families – to stop smoking, to eat good food and exercise daily. Deadly Choices also encourages our people to access their local Community Controlled Health Service and complete an annual ‘Health Check’. In Aboriginal slang, if something is ‘deadly’ it is great. As such a Deadly Choice is a good choice, and we encourage community to make such choices each day.

An Aboriginal and Torres Strait Islander cultural framework lays the foundation for Deadly Choices which is essential for building relationships with participants. The Deadly Choices Education Program encourages participants to embrace their Aboriginal and Torres Strait Islander identity and further develop their understanding of their culture. The cultural framework draws on the importance of identifying, building and being leaders in the Deadly Choices Education Program.

Deadly Choices encourages two-way and peer-to-peer collaboration as a successful way of learning how to make Deadly Choices every day. Leadership is used as a tool to direct good health and education practices, and throughout the program we continuously reflect on leadership as a cornerstone of healthy lifestyle behaviours and encourage our friends, family and community to do the same.

The eight week program is delivered in a flexible manner to suit school environments and timetables, and addresses healthy lifestyle topics such as;

Leadership

Chronic Disease

Tobacco Cessation

Nutrition

Physical Activity

Harmful Substances

Healthy Relationships

Access and Health Checks



Year 8 Food Studies Design a Muffin Challenge

The Food Technology wing smelled AMAZING last week as our students were challenged to design a muffin recipe adding 1 cup of any items they wanted to add in their batch of muffins, a bit like Cold Rock Ice Creamery.

Students selected items such as Gluten Free Tim Tams, chilli, marshmallows, banana, apple, raspberries lollies, chocolate and cinnamon.

This was a challenge as they were put under kitchen pressure just like a working environment, or the Master Chef TV Kitchen. They learned to problem solve any issues arising from ingredients they were adding, and completed their task with out too much panic.

They all did a wonderful job well done Year 8s!

Ms Pearce Food Technology Studies



Sexy and Safe: Let's talk about it!

On Tuesday 14th May, Rhiannon Jennings, the Rural Development Coordinator from Youth Affairs Council Victoria (YAC Vic) and Mia Rovere (Sexy & Safe Young Ambassador) came to KTHS to talk about sexual health and the resources available in the Mallee. The program and forum that has been developed is called "Sexy and Safe" where there is opportunity for young people to share their thoughts and opinions about their struggles in being able to access knowledge and services for sexual health information and products.

Students from Years 9 & 10 experienced an informal chat about everything to do with reproductive health, contraception, sexually transmitted infections and health services available in the local area. They got real life experiences and stories from Mia Rovere, who was a Mum at 17 years of age. Mia was able to share her story as to how she dealt with her life changing at such a young age and what support and services were out there for her. The students engaged in a range of hands on, interactive activities, even including some fresh fruit and lollies to keep them concentrating throughout the 90 minute session.

A big thank you to Rhiannon and Mia for coming along to spread the word and make our students feel safe, heard and supported when it comes to their sexual health. For more information please contact Miss Burton or visit the Sexy and Safe: Let's Talk About It website at: www.sexyandsafe.com.au

M, Burton



Theory of Change

If young people know about sexual and reproductive health, and healthy relationships, young people will increase their knowledge, be able to make more informed choices, and this will reduce teenage pregnancy across the Mallee.



KERANG TECHNICAL HIGH SCHOOL

UNIFORM STORE CHANGES UPDATE:

The Uniform Store has the following new Opening Hours and location:

**Tuesday, Wednesday & Thursday's
Recess - 10.40am to 11.10am
& After School - 3.30pm to 4pm**

All uniforms are now located in the Main Administration building.
Please see Ms Cottrell at the General Office or phone her on
5452 1062 with all orders or enquiries.

UPDATE OF FAMILY DETAILS:

Periodically we are asked by the Education Department to check Contact Details, Medical Information and Family Occupation to ensure all the details are accurate. The details are important to protect your child's safety when trying to contact family and if medical information changes. The family occupation is directly linked to the funding that K.T.H.S. receives for our students. As with all businesses, we are looking at ensuring we can achieve the best possible outcome for our students and this piece of information is very important. We would appreciate if all information could be updated as soon as possible prior to the end of term.

Change of Details Notification.

Child's Name:

Date of Birth: School Year:

Parent's/Guardian's Full Name:

New Address:

..... Postcode:

Family Email:@.....

Contact numbers: Parent name:.....

After Hours: Business Hours: Mobile:.....

Contact numbers: Parent name:.....

After Hours: Business Hours: Mobile:.....

Emergency Contact Person('s)/Relationship to Students/Phone numbers

.....

Name & Address of Family Doctor:

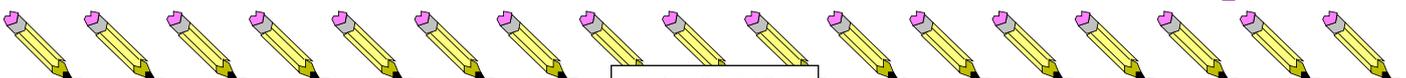
Medicare Number: Student Number on Card..... Expiry.....

Medical/Hospital Insurance Fund: Contribution Number:

HAVE YOU HAD A CHANGE IN CIRCUMSTANCES REGARDING YOUR HEALTHCARE CARD DETAILS?

If so, please inform the General Office regarding changes.

**The KTHS art room is open lunchtimes at 1pm Tues & Wed
for students and staff to learn & work on creative pieces**





DR KARL SKYPE SESSION

KTHS Science Staff have secured a skype session with Dr Karl Kruszelnicki during lunchtime on Wed Aug 7th. Students and Staff will have the opportunity to ask 15 Science Related Questions from DR Karl from our Library.

Get your thinking caps on ready for Term 3!

LMR CROSS COUNTRY ST. ARNAUD





NDCH

Northern District Community Health

NDCH-your first port of call in the pursuit of good health!

Is your child a worrier?

Part 3 of a 5 week series providing steps to help you manage your child's anxiety.



Respond with empathy

When your child feels worried/anxious, the part of the brain that controls rational thinking, decision-making and concentration basically stops working. This means that your child can feel easily overwhelmed by simple, everyday events and situations.

Instead of protecting your child by allowing them to avoid these challenges, or dismissing them as not important, validate what they feel by saying things such as:

- "I can see you're feeling worried about going to camp without your brother."
- "Thanks for telling me you feel nervous about the test. It's understandable."
- "I see you're really anxious about this right now. I know it's hard for you."

Don't give in to the temptation to rescue or fix a situation. Instead respond with empathy and understanding.

For more information check out the Parenting Ideas website [HERE](#)

www.ndch.org.au