

# TECH TALK 2019

Murray Street (PO Box 201), Kerang Victoria 3579

Telephone: (03) 5452 1062 Facsimile: (03) 5452 2649

Email: kerang.tech.hs@edumail.vic.gov.au Webpage: ww.kerangths.vic.edu.au



TERM 3 Semester 2 - VOL 29

13th September, 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*

## PRINCIPAL'S REPORT

### R U OK? Week

What a fantastic week! It was kicked off with the staff vs student netball match which the staff won of course. The result was in no way a reflection of my efforts as I think I was more of a help to the students than the staff. Big crowds were present and were cheering both sides as they battled it out. At the end of the day, the big winner was the community spirit on show throughout the day.

Wednesday's Junior School Health and Wellbeing day proceeded with pancakes for breakfast. Feedback from students was very positive. They especially enjoyed the presentation of Glenn Manton where he drew out very emotional responses by highlighting that we need to be true to ourselves, to show some consideration for others because we do not know what their life is like and to keep communicating. Other activities that were run included goal setting, resume writing, Police Liaison Officer Andrew Downes presentation on resilience, Mindfulness, Nutrition and Team Building. If you haven't already done so, ask your student about the day.

Organisations involved in the day included Vic Police, Headspace, Northern District Community Health, KTHS teachers and wellbeing staff of KTHS and Glenn Manton.

Thursday we took drone shots of the students out on the oval spelling R U OK; check it out on our Facebook page. These photos will be forwarded to the R U OK? Team to post on their national web page.

With all these activities we have to keep in mind, that the purpose of the week has been to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life.

Also, remember if you are experiencing difficulties there are staff available at KTHS that students and families can connect with who can assist with extra help.

### Last Day of Term

Friday 20th September is the last day of term and school will finish at 1:30pm.

*Dean Rogers, Principal*



**SCHOOL COUNCIL  
NEXT MEETING:  
Mon. 16th September 7.30pm**

### EVENTS CALENDAR:

#### TERM 3 SEPTEMBER

**Mon 16th;**

VCE Biology Ecolinc SAC Excursion

**Tues 17th;**

Chemistry Ecolinc SAC Excursion

**Thurs 19th;**

Reports Distributed

**Friday 20th;**

Last day Term 3 1.30pm finish



## Notice to Parents and Guardians: Receiving Hard Copies of Reports



For the Term One interim reports and the Semester One reports, we have been trialling the delivery of electronic copies through the Xuno communication platform. We also provided a hard copy of these reports to all students. We are now however, moving to being fully electronic and only providing hard copies when requested. This will be a considerable saving to the school both financially and time wise enabling us to use these savings in other areas of the school organisation. We recognise however that some people would still prefer a hard copy for various reasons. If you would like to opt into receiving a hard copy then please contact me using one of the methods outlined below.

Phone: 5452 1062

Email: [thomson.kathryn.m@edumail.vic.gov.au](mailto:thomson.kathryn.m@edumail.vic.gov.au)

Xuno: message Kathryn Thomson

Otherwise you will be able to access your child's interim report via Xuno from 3.30pm Thursday 19th September. Parent teacher interviews will be held early in Term 4 as a follow up to these reports.

If you need assistance to log in to Xuno then please contact the school and we will be happy to help you with this.

**Kathryn Thomson (Teaching and Learning Co-ordinator)**

**JOB VACANCY**

Kerang Technical High School is looking for an enthusiastic teacher to join our staff for Term 4.

**TERM 4, 2019**

**Science – Years 7-10**

For more information contact Principal Mr. Dean Rogers. 54 521 062

# Rock Up Netball



Saturday 12<sup>th</sup> October – Saturday 30<sup>th</sup> November

9.30am (for 9.45start) 9yrs – 13yrs

10.30am (for 10.45start) 14yrs – 17yrs

Kerang Recreation Reserve Courts

Rock up Netball is designed for those wanting to play a game of netball without the pressure of competition.

The aim is to get girls active and provide an opportunity to engage in physical activity.

So if you are looking for a short spring activity then just come along, all you need is appropriate footwear, drink bottle and that's it.

Enquiries contact Tracey on 0409 246 916

**Expressions of Interest for the Kerang Ag Deb 2020**

Contact:

- Jorja McDonald (0419 612 250)
- Libby McIntosh (0448 367 503)
- Tiarna Shepherd (0419 820 583)
- Sue Poole (0427 569 282)



**KTHS SCIENCE**

**Year 8**

**HEART  
DISSECTIONS**





# Water Wonderland Debutante Ball

Expressions of Interest by

Participants 2020

Or to join our Committee

please contact Kirstyn on 0408509221

or email:

kirstynwaddingham@live.com.au

KERANG TECHNICAL  
HIGH SCHOOL



# 2020 JOB VACANCIES

**Curriculum Leader - Leading Teacher  
Yr 7-12 3 year #1165294**

**Classroom Teacher - English Yr 7-12  
Ongoing #1165284**

**Student Welfare & Management  
Ongoing #1164458**

PLEASE APPLY ON RECRUITMENT  
ONLINE  
OR CONTACT PRINCIPAL  
MR. DEAN ROGERS 54 521 062

# COHUNA COMEDY GALA



**Geraldine Hickey**

**Luka Muller**

**With Local  
Support**

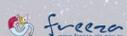
**Reserve  
your seat**

[www.ndch.org.au/events](http://www.ndch.org.au/events)

**24.09.19**

**Doors 6pm**

Cohuna Memorial Hall



For ages 13+



This is a fully supervised drug, alcohol and smoke free event

## Comedy Workshops

With **Geraldine  
Hickey**



**23/09**

**Kerang WORKSHOP 3pm**

**24/09**

**Cohuna WORKSHOP 2pm**

## Improv Workshops

With **Impro  
Melbourne**



**25/09**

**Cohuna**

**WORKSHOP 1pm**

**\$5**



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.



## Staff 'All Stars' versus Students Netball Championships

Three senior student teams played off against the staff 'All Stars' team led by Mrs Demaria. Staff experience and skill dominated the youth with beautiful intercepts by Wishy, Stevo, and Nats, Jono's superstar shooting form and Leadfoot Rogers running down his opponent's to the held breath of spectators.

Ferres footwork in the ring was dazzling while Lakey, Burto and 'bung knee' Cocking were spectacular leading the crew up and down the court. Westy and Batch jumping in to tighten up the midcourt skill. Thanks to Fez and Hally for clarification of the game rules & exceptional Umpiring.

Commiserations to the students better luck next year ;)



**ASK RUOK?**

When you notice a change, no matter how small

**Trust the Signs, Trust your Gut & Ask RU OK?**

**RUOK?**  
A conversation could change a life.

Learn the signs and how to ask at [ruok.org.au](http://ruok.org.au)





Trust the Signs, Trust your Gut,  
Ask R U OK?  
Learn more at [ruok.org.au](http://ruok.org.au)





**Health and Wellbeing Day:**

On Wednesday we welcomed a range of facilitators to conduct a Health and Wellbeing Day for Students at Kerang Technical High School. The day focused on students being confident to ask themselves and others R U OK? whilst being truthful to themselves and communicate positively.

The highlight of the day was our guest speaker Glenn Manton. Glenn was inspirational- he conducted 3 sessions; Year 9 (period 1 & 2), Years 7 & 8 (periods 3 & 4) and Years 10, 11, and 12 (period 5 & 6). Students in Years 7-9 also had the opportunity to be involved in a range of other sessions throughout the day. A huge thank you to all our facilitators who supported our day.

**Andrew Downes (Victoria Police) - Resilience**

**Leesa & Emily ( NDCHS) Healthy eating**

**Matt Allan (NDCHS) Careers Advice**

**Geoff (AFL CM) Football Clinic**

**Kat & Liz (Headspace) A healthy mind and space**

**Tessa Demaria (KTHS) Mindfulness**

**Jan McClure (KTHS) Goal setting**

**Paul Beyen (KTHS) Team Building**

We have been overwhelmed by the positive comments from both students and parents. Hopefully the students were able to take a positive message from the day and implement into their own lives.

There is an opportunity for students to purchase Glenn Manton's book for \$15.00. If you wish to purchase the book, please drop your payment into our school office by Tuesday 17th. Glenn will personalise all book purchases.

Once again, a huge thank you to all staff, students and facilitators for such a fabulous day.



# KTHS WELLBEING DAY



## NOTICED A CHANGE?

Trust the Signs, Trust your Gut  
& Ask R U OK?



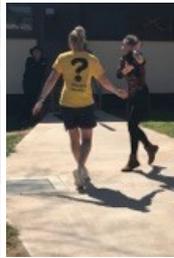
Learn the signs and how to ask at  
[ruok.org.au](http://ruok.org.au)

12 September 2019

**RUOK? DAY**

A conversation could change a life.

# R U Ok? Week Pizza Lunch with Jessica Lorraine ....



does jelly ears tingle blurrv green  
why ? make wiggle do you like eggs  
birds do laugh suddenly spt seedde pink hair s deliciously it grey fluffy smile dream sing ? and only one way to ask RUOK ? why

There are thousands of ways to start a conversation.

RUOK? DAY  
Thursday Sept 12th

QR code: Create and share your question without Conversation Starter. Scan the QR code or visit [ruok.com.au](http://ruok.com.au)



**headspace** Swan Hill  
For 12-25 years

headspace can help with  
General Health, Mental Health & Wellbeing, Alcohol & Other Drugs, Education, Employment & other Services in a confidential and friendly manner.

Can contact, send a referral or walk in  
Ph. (03) 4010 7100 Free call 1800 975 115  
[headspace@shh.org.au](http://headspace@shh.org.au)  
Address: 11 Pritchard St., Swan Hill

KT'S Thursday Sept 12th 2019

# R U Ok? Week Drone Images ....

(That didn't happen ~ But that's how life rolls :)

## *KTHS Lawn Bowls Superstars*

Last Friday Kane Wilson with  
Andrew & Ian Charles were winners of the  
Victorian Bowls Super Series.

The boys defeated  
Waverly Christian College

7-2

Camberwell Grammar School

9-2

St Kevin's

7-3

**Grand Final**

Mazenod Catholic College

8-6



Congratulations to  
the three boys on a  
top effort to be  
State Winners.





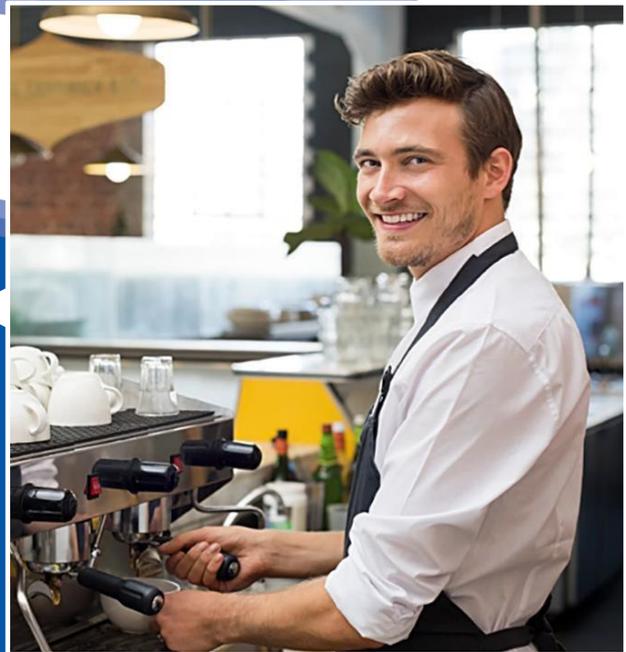
# JOB CAMP

## SHORT COURSES AUSTRALIA JOB CAMP at KERANG TECHNICAL HIGH SCHOOL

JOB CAMP is a **16-hour** program assisting **young people** transition from secondary school into paid **hospitality and services** job roles.

JOB CAMP is offered in local and accessible surroundings that combine pre-employment **compliance certificates** with **job search** training.

JOB CAMP provides **training** in how to apply for jobs, attend interviews and prepare for work.



### JOB CAMP CLASSIC ▶

### COURSE INCLUSIONS

Responsible Service of Alcohol (RSA)	YES
Food Safety Handler (FSH)	YES
Provide First Aid	YES
Workplace Industry Awareness	YES
Cover Letter & Resume Building	YES
Interview Skills Training	YES
Duration	16 Hours
Minimum Students	15
VCGLR Certificate	YES
Nationally Accredited Certificates	YES

**\$130 Per Person**

### PROGRAM DETAILS

#### Responsible Service of Alcohol (RSA)

Wednesday 25<sup>th</sup> September 2019, 9am-1pm

#### Food Safety Handler (FSH)

Wednesday 25<sup>th</sup> September 2019, 1pm-5pm

#### Provide First Aid

Thursday 26<sup>th</sup> September 2019, 9am- 4pm

### LOCATION

**Kerang Technical High School**

**48 Murray Street, Kerang VIC 3579**

### ENROL ONLINE

To enrol online or for more information:

[www.shortcoursesau.edu.au/kerang](http://www.shortcoursesau.edu.au/kerang)

Or **Call 1300 747 430**

Short Courses Australia is a registered training organisation accredited with the Australian Skills Qualification Authority (ASQA) to deliver *SITXFSA001 Use hygienic practices for food safety* and *HLTAID003 Provide first aid*. In Victoria, Short Courses Australia is accredited with the Victorian Commission of Gaming, Liquor & Racing (VCGLR) to deliver the *Responsible Service of Alcohol (RSA)*. Our Industry Trainers have over 10 years Hospitality or First Aid experience and hold vocational qualifications in their field, including the TAE40116 Certificate IV in Training & Assessment (or equivalent) and Working With Children Check.

## Contact Us



1300 747 430



[info@shortcoursesau.edu.au](mailto:info@shortcoursesau.edu.au)



[www.shortcoursesau.edu.au](http://www.shortcoursesau.edu.au)



SHORT COURSES AUSTRALIA  
RTO identifier: 41261  
ABN: 65 605 690 971

Melbourne Centre  
Level 6,  
350 Collins Street,  
Melbourne VIC 3000



# KERANG TECHNICAL HIGH SCHOOL



## FUNDRAISING FOR A BETTER FUTURE

Kerang Technical High School would like to offer past and present families, students, teachers and community members the opportunity to have their name engraved on a paver. Pavers have been organised to celebrate 100 years of Secondary Education in Kerang and will be showcased within the school grounds to coincide with our recent building upgrades. All applications must be approved by a representative of KTHS School Council.

Forms will be available at all 100 years celebration events on Friday 25<sup>th</sup> & Saturday 26<sup>th</sup> October. Further information can be obtained from KTHS Office on (03) 5452 1062.



### DONATION OF \$30.00

PROVIDES YOU WITH A PERSONALISED ENGRAVED PAVER TO BE PLACED AT OUR SCHOOL IN RECOGNITION OF YOUR CONTRIBUTION AND SUPPORT.

### OFFER CLOSES - OCTOBER 30, 2019.

Forms and payment to be submitted to Kerang Technical High School office or emailed to [kerang.tech.hs@edumail.vic.gov.au](mailto:kerang.tech.hs@edumail.vic.gov.au)

#### ENGRAVING DETAILS – MAX 17 CHARACTERS PER LINE

Please print clearly using ALL CAPITAL LETTERS. Max 3 lines per paver.  
Each box represents a character (letter, number, punctuation mark or space). No hand drawings.

L 1	<input type="text"/>																
L 2	<input type="text"/>																
L 3	<input type="text"/>																

#### PERSONAL AND PAYMENT DETAILS

Name	<input type="text"/>	Phone	<input type="text"/>					
Address	<input type="text"/>							
Payment Options	(please circle)	CASH	VISA	MASTERCARD				
Name on Credit Card	<input type="text"/>							
Credit Card Number	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>				
Expiry Date	<input type="text"/>	/	<input type="text"/>	CCV	<input type="text"/>	Amount Donated @ \$30 each	\$	<input type="text"/>
<i>I authorise Kerang Technical High School to process the nominated amount from my credit card</i>								
Signature	<input type="text"/>							

# Kerang Technical High School

*100 Years Of Secondary Education*



## Events held on Friday 25th October-

- Guided tours of Kerang Technical High School leaving from the office at 12.00, 12.30, 1.00, 1.30 and 2pm followed by afternoon tea.
- Lowering of the time capsule at 3pm.
- Historical display available for viewing
- Celebratory dinner 6:30pm at Thornely Hall. Bookings are essential. Tickets available at [www.trybooking.com/BEZCS](http://www.trybooking.com/BEZCS) or through the school office
- Commemorative pavers and books are available for purchase at all events

## Events held on Saturday 26th October-

- Guided tours at Kerang Technical High School leaving from the office at 10 and 11am

All enquires (03) 5452 1062



# NDCH

Northern District Community Health

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

## R U OK? DAY

### Thursday September 12

R U OK? Day aims to start conversations and connect individuals to improve mental health.

R U OK? It is a simple question but can be tough to ask. The R U OK foundation provides 4 simple steps to asking someone if they are OK. You do not need to be an expert, you just need to be a good friend.



#### 1. ASK R U OK?

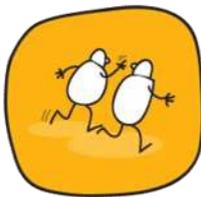
- Be friendly
- Open with questions such as 'how have you been going?' or 'what has been happening?'

**If they do not want to talk, do not criticise them-Let them know that can talk to or call you if they feel the need.**



#### 2. LISTEN WITHOUT JUDGEMENT

- Take what they say seriously
- Do not judge
- Acknowledge that they are having a tough time
- Encourage them to explain
- If they need time to think, wait patiently



#### 3. ENCOURAGE ACTION

- Ask 'how would you like me to support you?'
- Ask 'what is something that you could do for yourself right now?'
- Encourage them to see a health professional if they have been down for more than 2 weeks.



#### 4. CHECK IN

- Pop a reminder in your diary to call them
- Say 'I have been thinking of you and wanted to know how you have been since we last chatted?'
- Stay in touch and be there for them-genuine care and concern can make a huge difference

Visit <https://www.ruok.org.au/how-to-ask> for tips to asking someone if they are OK.

Visit <https://www.ruok.org.au/every-day-resources> for every day resources.

[www.ndch.org.au](http://www.ndch.org.au)