TECH TALK 2020

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TERM 1 Semester 1 - VOL 5 28th February, 2020

"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

EVENTS CALENDAR:

TERM 1 FEBUARY

Tues 3rd;

Yr 7 & 10

Immunisations

Wed 4th;

School Photos

Thurs 5th;

Summer Sports Day

(no formal classes)

SCHOOL COUNCIL MEETNG: MONDAY 16TH MAR 7.30PM

PRINCIPAL'S REPORT

School Canteen

The school canteen provides a wide variety of different meals for recess and lunch. Profits made from the canteen go back into the school and have been used to purchase sporting equipment, ipads, projectors and microscopes to name a few. As an integral part of the school community we would like to extend an opportunity to all parents to be involved as helpers in the canteen. You can express your interest by leaving your name at the front office.

Swimming Sports

Last Tuesday a number of students participated in the interschool swimming sports day at Swan Hill. As reported by Ms Demaria in following pages, it was extremely pleasing to see the number of red caps in the pool representing Kerang Technical High School. It was most definitely a great representation in light of the student population of our school. Further to this, students will have the opportunity to progress to regional competitions. The senior boys relay team; Tom Meehan, Adam McKenzie, Toby Winfield and Kai Lane will be progressing as a team. Competing in individual events will be Tom Meehan, Thomas Leahy and Madison Walle.

Year 7 Meet and Greet

Last Wednesday a 'meet and greet' evening was held for Year 7 students and their parents. Examples of student work was on display as well as 'nibbles' showcasing what the students will be cooking this semester. It was pleasing to see the turnout and many had the opportunity to catch up with teachers and put names to the faces, a big part of the evening. I would also like to remind all parents that staff are available to touch base with, all it takes is a phone call to the school to organise a time to meet.

Next Week

Next week is a very busy week for staff and students. Students in year 9 will be completing the Morrisby Careers Program profiling online survey, Year 7 & 10 immunisations will take place on Tuesday, school photographs Wednesday and all students will be participating in the summer sports Thursday.

Dean Rogers, Principal

Newsletter information for parents BEFORE Photo day

School Photo Day 2020 – Kerang Technical High School

Annual school photos will be taken on 04 March, 2020 when sibling photos will also be taken by request.

***IMPORTANT** - To ensure a sibling photo is taken on photo day, please complete your request online before midday on the day before photo day.*

Grab your phone and go to arphotos.typeform.com/to/YEI68S

Enter the name and class of the eldest child to be in the photo

Enter the names of all other children to be included in the photo

There is no need to return any forms or payment to school for photos before photo day however if you do not have internet access you may contact the school for an order form.

School photo ordering details will be issued closer to photo day.

KERANG TECHNICAL HIGH SCHOOL

SUMMER SPORTS

THURSDAY 5TH MARCH

SPORTS IN COHUNA

Volleyball, Lawn Bowls & Junior Boys Cricket

SPORTS IN SWAN HILL

Basketball, Tennis, Table Tennis

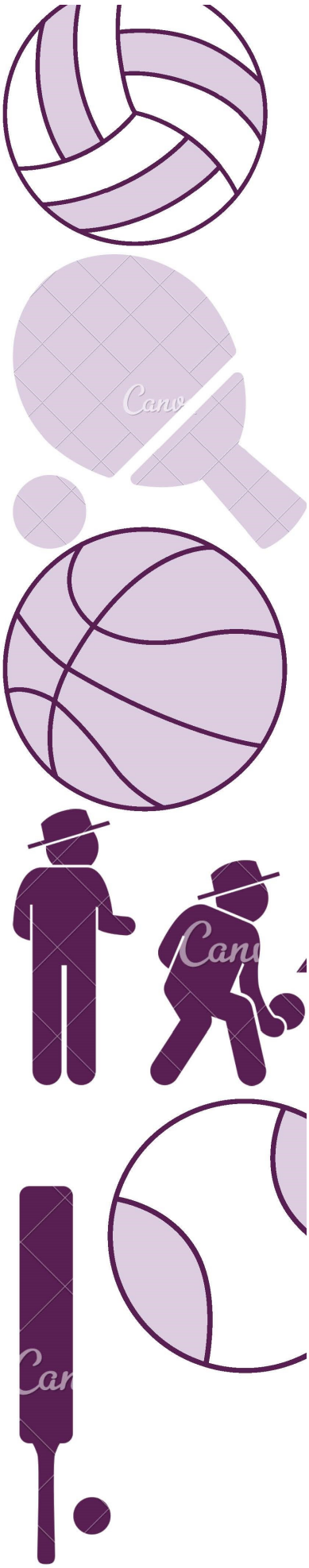
SPORTS IN KERANG

Open Girls Cricket

Students to bring money & permission forms on the day

Buses will normal school hours

Any questions, see Miss Burton



Swan Hill Division Swimming Finals

On Tuesday 25th February, 35 KTHS students travelled to Swan Hill to compete against MacKillop, Swan Hill & Cohuna schools in the Swan Hill Division Swimming Finals. It was an extremely warm day, with perfect swimming conditions. All students who competed displayed excellent sportsmanship and did themselves and the school proud. Well done to all competitors and thank you to all the parents and grandparents who came to support and help with the day, it is greatly appreciated. A huge thank you to Mr Smith who was the official starter for the day, standing in the sun with limited breaks! Well done!

Those students who placed first in "A" Events will now progress to the Loddon Mallee Region Finals on Thursday 19th March, once again held in Swan Hill.

1st Place (all pictured)

- Clancy Leahy 14M B Freestyle
- Thomas Leahy 14M Breastroke
- Thomas Meehan 20M Breastroke
- Kai Lane Hill-Crofts 20M Freestyle B
- 200M Freestyle Relay Team:
  Adam McKenzie, Thomas Meehan,
  Kai Lane Hill-Crofts & Toby Whinfield

Overall Champion Thomas Meehan

2nd Place:

- Toby Whinfield 17M: Freestyle, Butterfly, Breastroke
- Nathan Boysen 16M: Butterfly & Freestyle
- Thomas Meehan 20M Freestyle
- Tyler Meehan 14M Backstroke
- Bohden McKnight 15M Backstroke
- 13 F Freestyle Relay Team: Mila Bray, Nikita Robinson, Madison Walle & Jamison Wise
- 15 M Freestyle Relay Team: Nathan Boysen, Cody Makeham, Brodie Meehan & Tyson Clingan
- 16 F Freestyle Relay Team: Jasmine Bortolotto, Hannah Gardiner, Shamana Bacon & Bree Cordina

2nd Place: 16 F Freestyle Relay Team

Jasmine Bortolotto,

Shamana Bacon ,

Hannah Gardiner

& Bree Cordina

2nd Place: 13 F Freestyle Relay Team

Nikita Robinson,

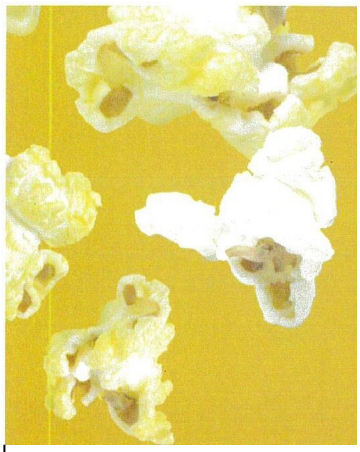
Mila Bray,

Jamison Wise

& Madison Walle

2nd Place: 15 m Freestyle Relay Team

Nathan Boysen, Tyson Heffer, Brodie Meehan & Cody Makeham



Blue Mountains Refugee Support Group &
Rural Australians for Refugees
present

RAR Student Video and Poster Competitions 2020

We are challenging young Australians of High School age to make a 1 minute video or an A3 poster which seeks to make a positive change in attitudes to people seeking asylum.

$500 PRIZE FOR THE WINNING VIDEOS
$100 PRIZE FOR THE WINNING POSTERS
ENTRIES CLOSE 30 MAY 2020

Winners will be announced at the Rural Australians for Refugees sixth National Conference held in the Blue Mountains July 2020
more information for teachers and students at
bmrsg.org.au OR ruralaustraliansforrefugees.org.au

27th annual
COHUNA BRIDGE to BRIDGE

Sunday, March 1
Ride/Run/Walk
AWMA Water Control Solutions
Cohuna Bridge to Bridge
Apex Park, Cohuna
Register online:
www.bridgetobridge.org.au

- Mawson's Mini Miler
- Gannawarra Shire Council 6.5km Fun Run/Walk
- Cohuna Waterfront Holiday Park 12.5km Trail Run
- Cohuna Auto Electrical 21.1km Trail Run
- 6.5km Junior Cycle
- Gannawarra Times 25km Cycle
- 50km Cycle

awma Water Control Solutions

A major fundraiser for the Cohuna District Hospital with proceeds going towards an endoscopy camera.

Organised by the Bridge to Bridge Committee and the COHUNA

SUPPORTING LOCAL YOUTH

COHUNA POLICE & CITIZENS
CHARITY GOLF DAY
COHUNA GOLF CLUB
FRIDAY— 20th March 2020
COHUNA GOLF CLUB HOME COURSE of STUART APPLEBY
SHOT GUN START—AT 12.30pm
ASSEMBLY AT 12 noon - BBQ LUNCH FROM 11am

Men's & Ladies 4 person Ambrose Competition
also Non-Handicap NTP'S &
$400 First Hole- In-One on 8th green
• Putting competition
PRIZES FOR WINNERS & RUNNERS UP
Valuable prizes to be won

PROCEEDS
Cohuna Secondary College
CHAPLAINCY FOUNDATION

BOOKINGS preferable
Phone GEOFF HALL
0428 577 361
03 5456 2156 (AH)
Entry Fee - $40.00
Includes
BBQ Lunch & 2 course main meal for dinner

3rd Place:

- Mila Bray 13F Freestyle
- Tyler Meehan 14M Freestyle
- Samuel Whinfield 13M Freestyle
- Jasmine Bortolotto 15F Freestyle & Breastroke
- Tyson Clingan 15M Freestyle
- Cody Makeham 15M Freestyle
- Ashton Wood 16M Backstroke
- Hannah Gardiner 14F Freestyle & Breastroke
- Madison Walle 13F Butterfly
- Kai Lane Hill-Crofts 20M Breastroke
- Toby Whinfield 17M Backstroke
- 13 M Freestyle Relay Team: Samuel Whinfield, Ryan Bassett, Myles Greenwood & Laing Waddingham
- 14 F Freestyle Relay Team: Ruby O'Brien, Katherine Bramich, Hannahlee Bacon & Monique Hipworth
- 16M Freestyle Relay Team: Rylee Gitsham, Ashton Wood, Austin Crellin & Ryan Jardine

3rd Place: 14 F Freestyle Relay Team

Monique Hipworth, Ruby O'Brien, Hannahlee Bacon & Katherine Bramich

3rd Place: 13 M Freestyle Relay Team

Ryan Bassett Samuel Whinfield, Laing Waddingham, & Myles Greenwood

3rd Place: 16 F Freestyle Relay Team

Ashton Wood, Rylee Gitsham, Austin Crellin & Ryan Jardine

Overview for Parents/Students

Introducing Free Pads and Tampons in Government Schools

The Victorian Government is providing free sanitary pads and tampons in every government school because being able to access sanitary products shouldn't be a barrier for girls and young women to getting the most out of their education.

This initiative aims to:

- provide students with the confidence that sanitary items will be readily accessible at school
- relieve students of the stigma, anxiety and discomfort that can be associated with menstruation and its management
- ease the cost of living for families.

Lack of easy access to sanitary items can negatively affect attitudes, behaviours and equal participation in sport and everyday school activities. By providing access to sanitary items these barriers can be reduced.

The Government's investment will ensure sanitary pads and tampons are available at school to help female students to manage their periods with greater ease and less embarrassment and to normalise periods as a healthy part of growing up.

Product Information

Students will be able to choose from two Libra Products

1. Libra Tampons - Regular
2. Libra Ultrathin Pads with Wings - Regular

Why these products were chosen:

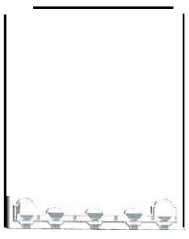
Libra's product usage study (females 10-18) showed that pads (day) are the most popular, with Ultrathin Regular pads with wings the most used amongst girls this age. For tampons, non-applicator tampons are preferred, with regular absorbency tampon most used.

Information about these products can be found: https://lovelibra.com/products

How will the sanitary items be accessed?

Dispensers will be allocated and installed within the nominated school bathrooms to allow easy access for students.

Dimensions: 45cm W x 55cm L



The use of sanitary items provided at school will be entirely voluntary.

Providing both sanitary pads and tampons allows students to make a choice based on their own needs, cultural beliefs, maturity and parental preferences.

UPCOMING SPORT DATES, TERM 1 2020

SWAN HILL DIVISION SWIMMING (SWAN HILL)

Tuesday 25th February

SUMMER SPORTS

Thursday 5th March

Sports in Cohuna	Sports in Swan Hill	Sports in Kerang
Volleyball *(Cohuna Stadium)*	Basketball *(Swan Hill Basketball Stadium)*	Open Girls Cricket *(KTHS Oval)*
Junior Boys Cricket *(Cohuna SS Oval)*	Tennis *(Swan Hill Lawn Tennis Club)*	
Lawn Bowls *(Cohuna Bowls Club)*	Table Tennis *(St Mary's Primary School)*	

FIELD & GAME SCHOOL SHOOT (BARHAM)

Monday 16th March

LMR SWIMMING (SWAN HILL)

Thursday 19th March

KERANG TECHNICAL HIGH SCHOOL

UNIFORM STORE CHANGES UPDATE:

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

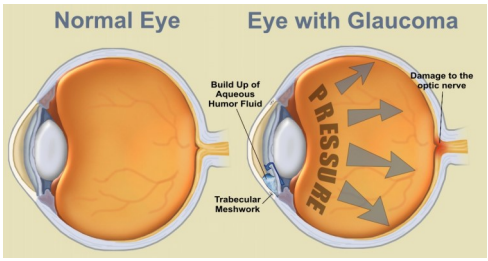
WEDNESDAY & THURSDAY

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.

Meg Paul & Michael's Musings



Glaucoma is an eye disease that can damage your optic nerve. It is usually, but not always, the result of abnormally high pressure inside your eye. Over time, it can erode your optic nerve tissue, which may lead to vision loss or even blindness. If caught early, you may be able to prevent additional vision loss.

See your doctor immediately if you experience any of the following symptoms:

Severe Eye Pain, Nausea, Vomiting, Redness in your Eye, Sudden Vision Disturbances, Seeing Coloured Rings around Lights, and Sudden Blurred Vision.

What causes the increased pressure in your eye isn't always known. However, some factors may play a role such as some dilating eye drops or blocked or restricted drainage in your eye, some medications, poor or reduced blood flow to your optic nerve, high blood pressure and being over 50.

To diagnose glaucoma, your ophthalmologist will want to perform a comprehensive eye examination.

The goal of glaucoma treatment is to reduce the pressure to stop any additional eyesight loss.

Glaucoma can't be prevented, but it's still important to catch it early so you can begin treatment that will help prevent it from getting worse.

The best way to catch any type of glaucoma early is to have an annual preventive eye care appointment with an ophthalmologist.

Cheers Meg

Commando Steve Bootcamp in Kerang

Steve Willis is coming to town March 7th at 2pm to run an outdoor bootcamp plus a meet & greet for you to ask the Commando any questions you have about wellbeing, training and nutrition.

Register your interest to ;

thefiitspacekerang@outlook.com

$50 investment & photo opp

All welcome to register!

Celebrity TV Fitness Trainer seen on The Biggest Loser and Australian Survivor Series 2018.

18th February 2020

Dear Students and Parents,

RE: Alternative to Schoolies Trip

We are seeking firm expressions of interest from year 12 students to participate in a community service tour of Cambodia after the end of their exams as an alternative to schoolies week. This year we welcome students from Kerang Technical High School, Cohuna Secondary College and Kerang Christian Community College to apply.

We offer this trip to:

focus students at a very important time in their lives on the satisfaction gained through service to others

draw students closer together as they focus on group goals that have no tangible rewards

engender a sense of adventure and a preparedness to step outside their comfort zones.

The students will work on projects in local communities with local families. They will have to raise money that will be used in the designated community project/s. The fundraising activities will be decided upon by the group at the first full team meeting and all students are expected to participate.

Students MUST attend regular team meetings, along with 2 attendances at a meeting of the Rotary Club of Kerang, one in late May (where they will be presented with team shirts) and a second, upon return in December (this being a formal presentation to the club).

Students will be required to undertake cultural learning activities prior to departure. Students should remember that they are acting as Ambassadors for their family, their school, their community, the Rotary Club of Kerang, Lime Pagoda and Australia whilst part of this team.

Costs are expected to be around $2700 per person (not including spending money).

Your genuine interest in being part of this trip MUST be communicated to Mrs Gerardine Prendergast by 5pm on Friday March 27th. You will need to express your interest via email to gerardine@limepagoda.com.au. Names will not be taken via any other means. No late names will be taken.

All students and parents will be required to attend for an interview after this date. Students will be advised of their interview times shortly after the deadline. Interviews will take place during the first week of Term 2. Following selection, all team members and a parent will be required to attend the first team meeting in Kerang on Monday 27th April at the Rotary Clubroom in Rattray St Kerang at 7pm. **A non-refundable deposit of $350 is payable at this first meeting.**

Should you have questions at this stage, please do not hesitate to contact Sharon Champion on 0417 058663 or via email at sharon@limepagoda.com.au .

Yours sincerely,

Sid Hutchinson
Sid Hutchinson
Rotary Club of Kerang

Gerardine Prendergast
Gerardine Prendergast
Lime Pagoda Pty Ltd

Sharon Champion
Sharon Champion
Lime Pagoda Pty Ltd

4 Tips to Help your Child Learn about Respect

1. Encourage understanding of other people

Encourage your child to think about how other people might be feeling. You can also ask your child how they are feeling.

2. Encourage active listening

Encourage your child to listen and understand what someone is saying. Role model this to your child by repeating what you have heard them say.

3. Be honest

This will encourage trust and acceptance in relationships. Being honest can help to avoid misunderstandings and conflicts.

4. Problem solving

Help your child to express a problem by naming the problem and saying how they feel.

For more information visit: https://parentline.com.au/older-kids/issues/teaching-kids-respect-relationships