



TECH TALK 2020

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TERM 2 Semester 1 - VOL 8

24th April, 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

Lest we forget



PRINCIPAL'S REPORT

What a week!

Never in my wildest dreams could I imagine that the school, let alone the whole state of Victoria, would be remote learning!

It has been a huge week and I want to thank all students and parents and carers for their work. This is difficult. There are a lot of distractions at home, and combining home life and school life is challenging, but the pandemic has meant life has been turned upside down. Students are expected to stay at home, unless essential. They are expected to do their school work from home, and completing these school tasks now makes parents and carers, older siblings the first responder's to questions when your child is unsure how to do something. Particularly when working through technical issues, we are all on a steep learning curve and adapting to this 'new normal' together. I want to remind parents that we are here to help. Staff are available during normal school hours between 8:45am and 4:30 pm to answer questions.

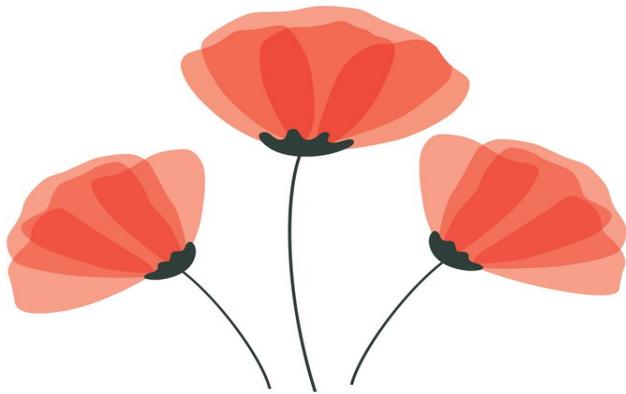
By now everyone is getting into the swing of flexible remote learning. Staff have been creating their lessons and are branching into new and creative ways of providing learning. One activity you can look at is Ms Pearce's Food Technology recipe of the week. This week it is how to make ANZAC biscuits. Each week a new recipe will be provided to trial, and this is a great break from the computer as needed.

Speaking of breaks from the computer, you would be aware that the school is running a virtual cross country this Monday 27th. What is asked of students is that they walk or run, either a 3km or 5km track, record their time and send it in. This could be an activity that the whole family gets involved in, and we would love to see your images completing this activity. This may become a new family activity.

This Saturday is ANZAC Day. To acknowledge this the school captains will be reading the Requiem and posting it as a video on the school's Facebook page. Please show our school community you have seen it by posting a like.

This week Year 12 students commenced Webex video conferencing. Students joined meetings conducted by their classroom teacher. Working out how to accomplish this has been another challenge for staff in this environment. Reports from students are that they enjoyed seeing one another's faces again in class.

Thankyou again for everything you are doing to support your student and the staff through these times. I will keep you informed of everything that is happening using XUNO, newsletter and the school's Facebook page.



ANZAC DAY

Anzac Biscuits

Preparation time 20 mins

Cooking time 15-18

Oven temp 160

Makes about 30 small biscuits



Ingredients:

$\frac{3}{4}$ cup rolled oats

$\frac{1}{2}$ cup sugar

$\frac{3}{4}$ cup desiccated coconut

$\frac{3}{4}$ cup wholemeal plain flour

2 tablespoons golden syrup

1 teaspoon bicarbonate of soda

2 tablespoons boiling water

125gm melted butter

Method:

*Set oven at 160c and cover trays with baking paper

*Mix oats, sugar, coconut and flour

*Mix golden syrup, bicarbonate of soda and boiling water. While this is frothing, add melted butter, and then pour into dry ingredients. Mix thoroughly

*Drop spoonful's of mixture onto trays, allowing room to spread

*Bake for 15-18 minutes

*Cool on cake cooler

Ms Julie Pearce, Food Technology

EVENTS CALENDAR:

TERM 2 APRIL

**Monday 27th;
Virtual Cross Country**

*Don't forget to let us
now you competed for
your house !*

SCHOOL COUNCIL

MEETNG:

MONDAY 18TH MAY

7.30PM



KTHS SCHOOL SPORT ANNOUNCEMENT

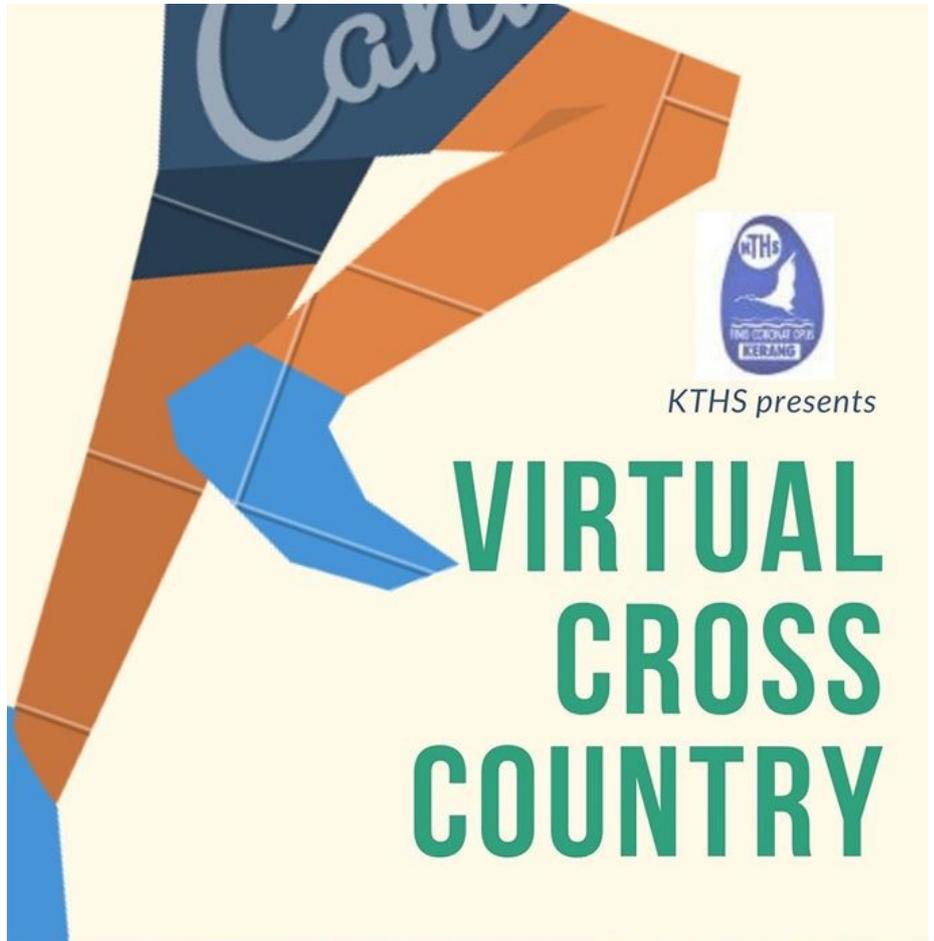
**ALL TERM 2 SPORTING
EVENTS WILL BE
POSTPONED/CANCELLED
UNTIL FURTHER NOTICE**

for more information, please see updates on XUNO & the
KTHS Facebook Page OR contact Miss Burton via Xuno or
email: tessa.burton@education.vic.gov.au



VISIT SSV WEBSITE FOR MORE INFORMATION

<https://www.ssv.vic.edu.au/pages/newscoronaavirusandschoolsport.aspx>



KTHS presents

VIRTUAL CROSS COUNTRY

Are you up for the challenge?

**JOIN THE 3 OR 5KM
RUN / WALK
ANYWHERE, ANYTIME**

LET'S RUN OR WALK IN THE GREAT OUTDOORS, ON A
TREADMILL OR IN OUR OWN BACKYARD!

MONDAY APRIL 27

**RUN A NEW PB OR JUST
FOR FUN!**

**WE WOULD LOVE YOU TO
SHARE A PHOTO OF YOU
PARTICIPATING!**

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:.....

Name & Address of Family Doctor:

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

Medical/Hospital Insurance Fund: Contribution Number:

Tips for Better Sleep

Tips for a Good Sleep

During the Day

- When you wake, get out of bed at the **same time** each day.
- Do some **light exercise** to help you feel tired.



Try some light exercise

Before going to bed

- Stick to a **nominated bed-time** and dress comfortably for bed.
- **Avoid smoking, vigorous exercise or drinking alcohol or caffeine** before bed.
- **Don't go to bed hungry** (e.g. eat a banana)
- **Avoid using electronic devices in your bedroom or within 1 hour of your bedtime.** Your brain stays stimulated and needs time to relax and get tired.
- **Remove or block lights in your bedroom**, such as screen lights, clock lights etc. These make your brain think it's still daylight and affects your REM sleep.
- **Hang around people who make you laugh.**



Leave Electronic Devices out of your bedroom, they can keep you awake.



Wake up at the same time every day

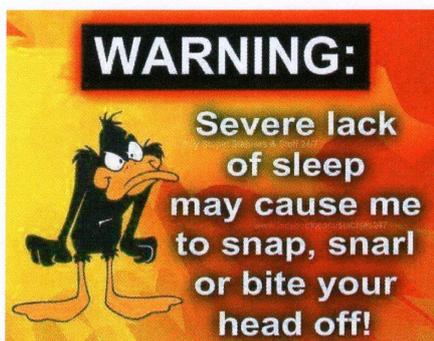
While you sleep

- **Keep your bedroom quiet, dark, well ventilated and cool.**
- **Avoid too many blankets** – if you're too hot, you won't go into a *deep sleep*.

If you regularly have trouble sleeping, please speak to your School Well-being Team, Doctor, Mental health worker, or go to Kids helpline, Beyond Blue or headspace.



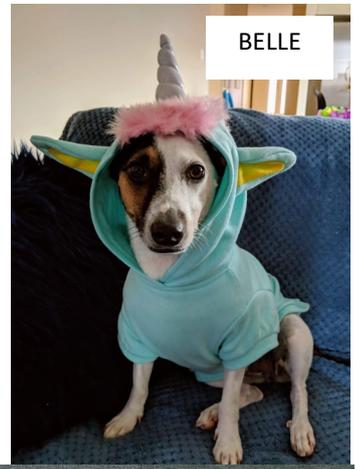
Avoid caffeine after 6.00pm



Teacher's Pets 😊

With the last month of Australian's being at home, our pets have never been more spoiled. And they are great for your wellbeing and getting outside in fresh air! Can you guess which pet/s belongs to which staff member? Send us your answers to Ms Batchelor on XUNO.

PS We must love doggo's!



BELLE



MISTY



IZZY & PIP



NINA & MABEL



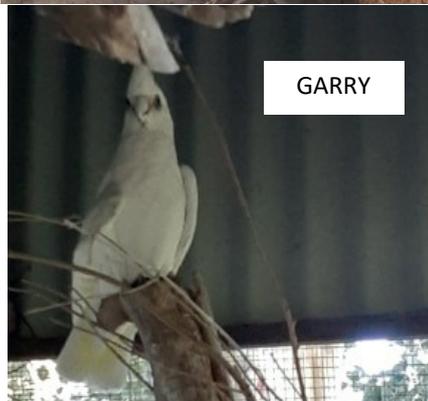
LOLA & NALA



MIA



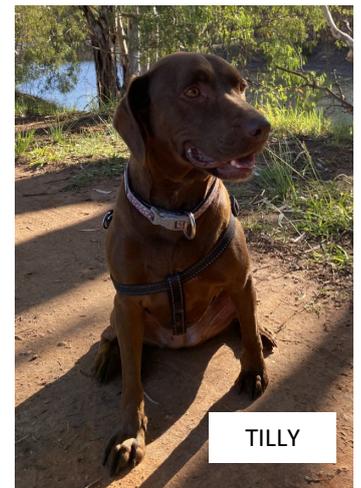
FRANK



GARRY



BUDDY & ADA



TILLY

MRS DEMARIA

MR WISHART

MRS GRILLS

MS PEARCE

MRS KELLY

MRS PETRIE

MRS MEADON

MRS GUY

MR ROBERTS

MISS LAKE



NDCH

Northern District Community Health

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

Looking after your Mental Health during Coronavirus PART 1

Don't ignore how you feel

Acknowledge your feelings. It is normal to feel worried, anxious, stressed, sad or uncertain right now. We are all in this together – but some of us might be struggling more than others. Talk to someone or write down how you feel.



Do something you enjoy & relax

Do something at least once a day that you enjoy. This will be different for everyone. Take time to relax. Don't feel bad about having 'me' time.



Connect

It is hard for most of us to not see our friends or family during this time. Stay connected by calling, messaging or video calling them. You could even write a letter. Continue to be social.



Mindfulness & Meditation

This can help to reduce fear and anxiety. There are many free apps available. SmilingMind have created a special 'Thrive Inside' program on their app.



Accurate Information

Only read information from an accurate website – www.health.gov.au. Others may not have the right information. This can cause fear and panic for no reason.



For the most up to date information about coronavirus please visit: <https://www.health.gov.au/>

www.ndch.org.au