



TECH TALK 2020

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TERM 2 Semester 1 - VOL 9

1st May, 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

PRINCIPAL'S REPORT

It has been a tough start to Term 2 working from home in an online environment. Consideration needs to be given to how many are working online at home, how many devices do we have, where can we set up, what happens if more than one is video conferencing, do we have enough internet, how do I organise my day? The list goes on and on. Added to this is the stress of actually doing the work - particularly if you are a year 12 student. I want to congratulate everyone for the work they are doing it is a big challenge. However, by working together we will get out the other side. Keep it up and keep contacting your teachers and the school.

Staff have started doing well being checks of all students. Contact is being made through Teams and Xuno. We are looking to students responding. In this way we can verify engagement and offer further assistance if required. Please look out for these.

Congratulations to all those who competed in the virtual cross country! What I liked about this activity was the extra people outside of KTHS students, who joined in. Thanks to Mrs Demaria for her organisation and follow up. It was a great way to bring everyone together and a shared experience. Along the same lines, did you see the school ANZAC service on Facebook? This was our way of showing we still remember in these times of no students at school. Check out our school captains as they read the requiem with an introduction from Mr McClay.

I am sure you are already doing this but I wanted to share some of the information coming from the Department of Education on talking to your child about Coronavirus.

Essential actions

- *Don't be afraid to discuss coronavirus (COVID-19) with your children*

Most children will have already heard about coronavirus and parents and carers should take the opportunity to talk to them about the current situation. Be honest and maintain regular communication.

- *Be guided by your child*

Think about your child's age. Offer information using language and examples they will understand. It is okay to say you don't have the answer.

- *Stick to a routine*

Where you can, have a daily routine. Create a shared timetable with your family and put it up on the fridge where everyone can see.

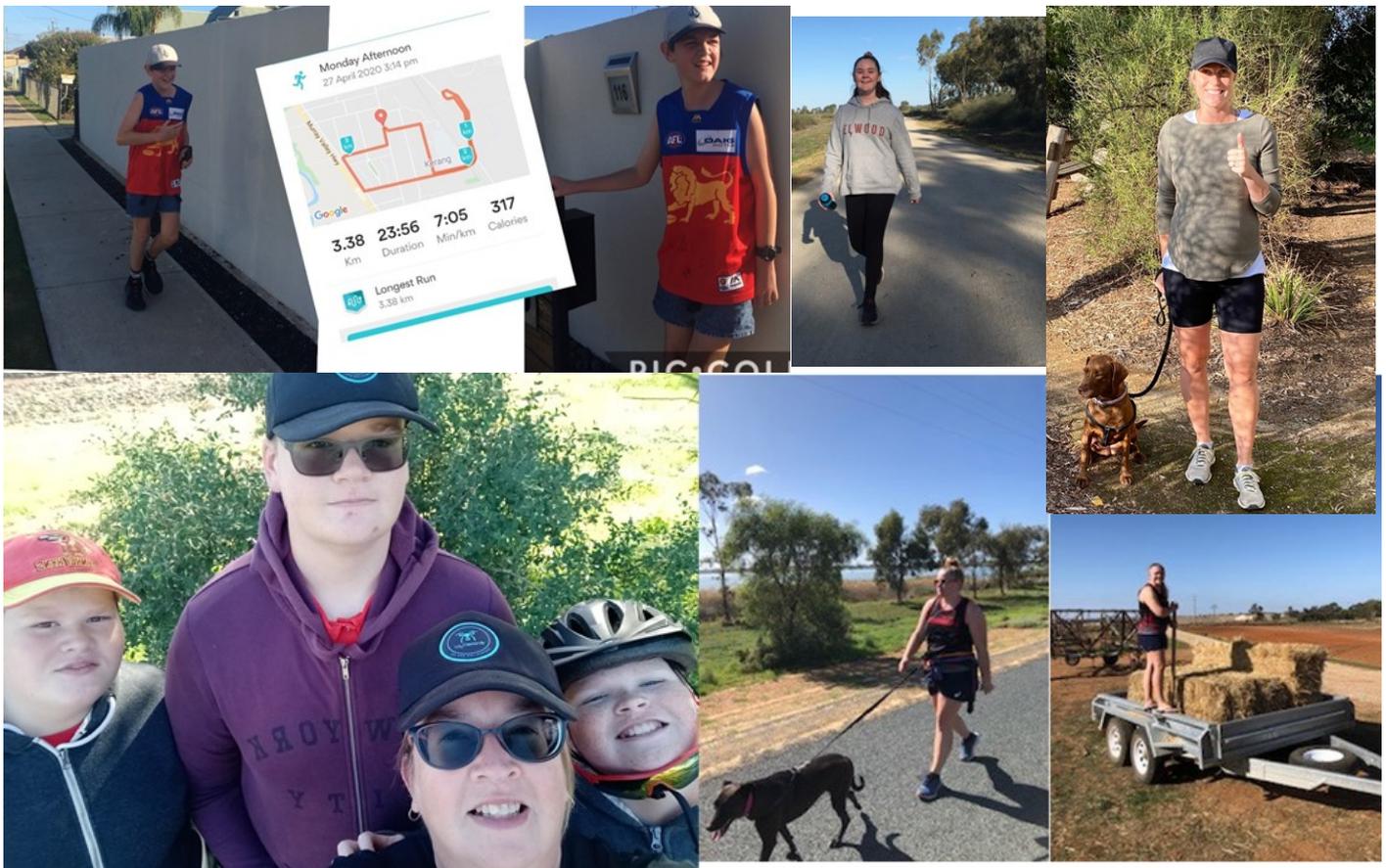
- *Close conversations with care*

It is important not to leave children feeling worried or anxious. Look for tell-tale signs of anxiety like changes to tone or body language.

- *Remember to look after yourself*

This situation can be stressful – regardless of your age. To look after the people you love, you also need to look after yourself

Remember, if you need to contact a member of the wellbeing team you can do so by phoning 0459253961



KTHS VIRTUAL CROSS COUNTRY

Monday 27th April was not a day to forget at KTHS!

With COVID-19 lockdown laws, home isolation and remote learning & teaching in place, there was no "Annual House Cross Country Event".

It was decided to run a "Virtual" event through the amazing platforms of social media. This meant staff, students, families and other community members were able to participate in a run or walk anywhere, anytime throughout the day! With blue skies and a warm 19 degrees, what better way to get out move our bodies! How lucky are we to live where we do!

We had over 80 participants send in their photos and results! CONGRATULATIONS to all those involved and showed their support!

#stayhome #staysafe #virtualxcountry #isofit
Miss Burton - Sport Manager





Feeling Good about Yourself

I am unique.
I am special.
I am me.



You are unique and special, there is no one just like you. Here are some hints to feel good about yourself.

- Take care of yourself by eating healthy foods, doing some light exercise, getting enough sleep and drinking lots of water.
- Give yourself credit for the things you do well. Difficult times will not last forever.
- Practice saying out loud to help stop negative self talk, *"I'm a great person!"*

"The sun will shine on you again and the clouds will go away"

—
Captain Tom Moore

Life throws a lot of things at us and is a bumpy road.

- Reach out and talk to someone you trust when things get tough or a helpline.
- And be around people who make you laugh.

Lifeline 13 11 14

Beyond Blue Beyondblue.org.au

Headspace 1800 650 890 Swan Hill (03) 40107100

headspace@shdh.org.au

Mental Health Triage 1300 363 788

Orange Door Triage 1800 290 943

Reach Out <https://au.reachout.com>

Happiness
is when you feel
good about yourself
without feeling
the need for
anyone else's
approval.



Zucchini Slice

Recipe

Ingredients

- 3 zucchinis grated
- 1 cup self-raising flour
- 3 bacon rashers diced
- 6 eggs lightly beaten
- 1 1/2 cups cheese grated
- 1 onion diced large
- 1 pinch salt and pepper *to taste

Method

- Add all ingredients to the one bowl and mix well.
- Pour into a well greased 16cm x 26cm lamington tray and bake at 180C for 30-40 minutes, or until browned.
- Slice into fingers once cool.
- Serve hot or cold.

Step one

Collect and prepare all ingredients and pre heat oven



Step two combined and mix



STEP 3

- Pour mixture into prepared tin and bake in the oven



Step 4

Remove from oven once cooked allow to cool for a few minutes and serve up
Eat hot or cold

Notes

- The zucchinis in this recipe were from the school garden
- There are lots of other ingredients you can add and other flavours
- E.g. corn, curry powder ,tuna , mushroom, chives
- This recipe can be changed up to suit a wide range of dietary needs also
- This can also be frozen also

Noodle mince Casserole

By Julie Pearce

Noodle mince casserole by Julie Pearce

Ingredients

- 20ml oil
- 400gm mince beef
- 1/2 Onion diced
- 1 Carrot diced
- 1 potato diced
- 1 stick of celery diced
- 750 ml hot water
- 1/2 cup peas
- 1/2 cup corn
- 3-4 Pkt 2minute noodles beef

Method

- Heat pan up with oil
- Add mince and onion, cook until meat browns
- Add carrot, potato and celery cook for 5 min, or until soft.
- Add the of water
- Add peas, corn and noodles with the seasoning
- Cook until noodles are soft
- Dish up and enjoy.



This recipe can be made to suit any meat and vegetables

Noodle mince casserole BASE recipe

Ingredients

- 100 mince per person any sort of mince
- 20 mls oil
- 1 cup of vegetable per person
- ¼ -1 pkt of noodles per person
- Water 200-250ml per packet of noodles
- Plus seasoning (from noodles or beef, chicken, vegetable powder)
- Salt and pepper is needed

Method

- dice all vegetables that need dicing
- Heat pan with oil
- Cook meat until brown
- Add hard vegetables cook until soft
- Add water
- Add soft vegetables and noodles and seasoning
- Cook until noodles are soft and most of the water is gone
- Check seasoning add more if needed

Method video

- [video of casserole](#)



Product done



COVID-19 SCREENING AND ASSESSMENT CLINIC FOR LOCAL COMMUNITY

Northern District Community Health (NDCH) in partnership with Gannawarra and Northern Loddon Health Services has opened a COVID-19 Screening and Assessment Clinic. NDCH has been working closely with the State government and hopes the Screening and Assessment Clinic will support the current plan to test more people to assist in assessing how wide-spread COVID-19 is in Victoria. This will hopefully provide evidence to support a staged reduction in the isolation restrictions.

Chief Executive Officer, Mandy Hutchinson said the COVID-19 Screening and Assessment Clinic is available to test anyone who has any symptoms, no matter how mild, such as a runny nose or scratchy throat.

Patients who meet the following clinical criteria should be tested:

- Fever, breathing difficulties, breathlessness, cough, sore throat, fatigue or tiredness.

Ms Hutchinson explained that Clinical symptoms consistent with COVID-19 included headache, myalgia, runny or stuffy nose, anosmia, nausea, vomiting and diarrhoea.

The introduction of a local Screening and Assessment Clinic (SAC) will contribute to the 'Major Coronavirus Testing Blitz' announced by the Premier, Daniel Andrews yesterday. It will also reduce the need for people to travel to assessment clinics in Bendigo, Echuca and Swan Hill.

The community is still urged to contact their local medical clinic if they were unwell and to support their management of a chronic disease.

The clinic's Triage Service will operate from 9.00am to 12 Noon, Monday to Friday. Contact must be made by phoning 5451 0200. Each caller will be assessed by a clinician and provided with appropriate advice and to present to swabbing clinics available in Cohuna, Boort, Koondrook, Pyramid Hill and Kerang, by appointment only.

A reminder that the best way to protect yourself from COVID-19 and other respiratory viruses such as influenza is to:

- Avoid touching your face
- Wash your hands frequently for at least 20 seconds using soap and water or an alcohol-based hand rub
- Cough and sneeze into a tissue, dispose immediately and wash your hands; or cough and sneeze into your elbow if a tissue is not available
- Avoid close contact with anyone with cold or flu-like symptoms
- Stay home if you are sick

NDCH are grateful to the Project Control Group overseeing the SAC Clinic with representatives from Kerang District Health, Cohuna District Hospital, Boort District Health, Gannawarra Shire Council, Department of Health and Human Services, Murray PHN and local GP Dr Megan Belot.

-END-

Media Enquiries

Mandy Hutchinson, NDCH Chief Executive Officer on (03) 5451 0200.

COVID-19



Screening and Assessment Clinic

Help us flatten the curve. Please give us a call and book in to be swabbed.

STEP 1- PHONE FIRST

Please contact the Triage Clinic by phone to discuss your symptoms.

This service is available
Monday to Friday - 9.00am to 12 Noon



03 5451 0200



STEP 2 - SWABBING CLINIC

This service is available by appointment only, in Kerang, Cohuna, Boort, Pyramid Hill and Koondrook.

Monday to Friday - In the afternoon

This is **NOT** a standard Medical Clinic service. Walk up appointments are **NOT** available.
You must phone first.

Anyone who has any symptoms, no matter how mild, such as a runny nose or scratchy throat, is encouraged to get a test.

Common Symptoms of Coronavirus are:

Temperature

Including fever or chills



Breathing Difficulties

Including breathlessness or sore throat



Fatigue or Tiredness



Cough or Runny/Stuffiness Nose



Headache or Body Aches and Pains



Lack of Taste, Nausea, Vomiting, Diarrhoea



KTHS: Where are they now?

KTHS will take a look at where past student's went to from their days of study and teen life in Kerang District. Our first, is last year's Dux of the School Jessie-Rose McDonald. We thank her for her time sharing life post VCE.

When did you complete year 12?

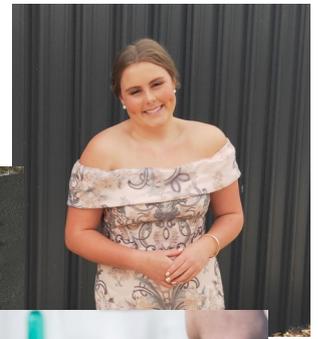
2019 (Last year)

What course are you currently studying?

Bachelor of Physiotherapy

Campus:

Charles Sturt University – Albury



What have you enjoyed most about your course so far?

CSU has been fabulous for having small, personal classes. This makes it great for meeting heaps of new people and in-depth, hands on learning. I think it was the first week of classes we were straight into practicals! It was bit freaky in the anatomy labs though when our first practical was to examine human cadaveric specimens!

How has isolation changed your course?

Since isolation, I have had to evacuate my on-res campus. This was a bit sad leaving all my new friends and the exciting new social life ha-ha! With such, all the content has been moved online. PowerPoint slides and Zoom classes are the way of studying for the moment. For the practicals we must watch pre-recorded videos and complete worksheets. I think when we eventually return, we may have to complete some intensive practicals to catch up. You have to be really self-motivated to do the 20 hours of compulsory live classes and assessment tasks online instead of face to face. This is in addition to the 20 hours of private study necessary to complement the coursework!

Advice to current student body at KTHS?

Try your best as this new style of learning. You never know what practices are going to become commonplace from the current situation!

Advice to year 12?

Do not stress. Honestly, it is not worth it! A little eustress (Thanks Miss Cocking!) is good, but overall, just enjoy what you can make of your year. I honestly have not given a second thought to my exams or SACs since I got my results and my last exam was already over 6 months ago! Gosh, I do not even think I have told anyone my ATAR since speech night! What I remember of the year was the social times, seeing friends every day (and all the 18ths on the weekends!), footy and netball, joking with teachers and not having the responsibility of the big, scary, adult world!

What were you thankful for at KTHS?

The support in year 12! My teachers were awesome and helped with everything I asked for as soon as they could. You certainly do not get that at uni! The rapport you build with those around you, friends, canteen ladies, teachers is great! Talking to the other students from schools all around the country made me realise how grateful I was for the relaxedness of KTHS. We have the ability in a small school to have a laugh with some of our teachers. Our uniform and classrooms are casual and comfortable and above all, we have a real community at the school.



Jessie-Rose McDonald





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 2

Stay Positive!

Notice the Positives

Try to focus on the good things right now. These will be different for everyone. Enjoy the slower pace of life while you can. There is more time to do things that you enjoy.



Avoid Conflict

Be aware of triggers that might cause conflict with the people that you live with. Avoid these triggers to reduce unwanted stress and anxiety.



Routine

Try to have a routine. This will be different for everyone. Having a routine can give you control. Be realistic, not every day will go to plan.



Be active & go outside

Try to be active for at least 30 minutes every day. Walk, run, bike ride, yoga, pilates, garden, clean. Go outside at least once a day.



Seek Help

If you are feeling overwhelmed, Talk to a health professional. They are still available to help you.

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