



TECH TALK 2020

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TERM 2 Semester 1 - VOL 15

5th June, 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

**SCHOOL COUNCIL
MEETNG:**

**MONDAY 15th
JUNE 7.30PM**

EVENTS CALENDAR:

**TERM 2 MAY
Key Term
Dates;**

**Monday 8th June;
Public Holiday**

**Tuesday 9th June;
Year 7 to 10 students
return to School**

**Friday 26th June;
Last day Term 2**

PRINCIPAL REPORT

Calls to home

The Wellbeing team have been keen to ease student transition back into school. To accomplish this, they have made contact with every family to ask a few simple questions about their experiences of remote learning and how they feel about returning to school. The overall response has been positive but looking forward to coming back to school. This has been an upbeat experience for staff, as there have been many wonderful comments from parents about what a great job the staff have done. Thankyou to the Wellbeing team and Year Level Coordinators for a tremendous effort.

Enhanced Cleaning For Covid 19

To coincide with the return of all students from learning at home, the school has begun a enhanced regime of deep cleaning. Facilitating this, is the employment of new cleaners to continuously go around the school disinfecting high use areas. This includes light switches, door handles, rails, tap handles, tables and chairs. By combining this service with social distancing and appropriate hygiene practices we are maximising the safety of all at school. You can help by adhering to the hygiene rules.

I thought it would be appropriate to let the school community know what teachers, students and parents have achieved together while remote learning;

Year 7	91 working tasks
Year 8	96 working tasks
Year 9	53 working tasks
Year 10	55 working tasks on average
Year 11	62 working tasks on average
Year 12	47 working tasks

This does not account for the length of the task.

Correspondence and conversations as of Thursday 3rd June via XUNO only,

Daily average	231 messages
Total	4,609 messages

NEXT TUESDAY 9th June 7 – 10 students return to school.

A few reminders;

First and foremost, if you or your children exhibit flu like symptoms or come into direct contact with a known coronavirus it is important that parents make arrangements for their children to stay at home and recuperate.

Bring all loaned computers back

When the bell goes report to your Home Group room

When you enter a classroom, the teacher will have hand sanitizer for your use
Technical classes have hand soap available to wash your hands before and after class

Tissues are available in every classroom

The day will begin with Home Group and then period 1.

Remember to please observe appropriate Hygiene practices. Wash your hands regularly, cough or sneeze into your elbow and maintain social distancing where practical

Dean Rogers, Principal

Protect yourself and your family

Wash your hands regularly

- 1 Wet your hands.
- 2 your hands. Put soap on
- 3 Rub the soap over all parts of your hands for at least 20 seconds.
- 4 Rinse your hands under running water.
- 5 Dry your hands thoroughly with disposable paper towel or hand dryer.

Stay germ free and healthy

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Protect yourself and your family

Cover your cough and sneeze

- 1 COVER your mouth and nose with a tissue when you cough or sneeze.
- 2 Put your used tissue in the rubbish BIN.
- 3 If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS.**
- 4 WASH your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.

Stay germ free and healthy

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A State Secondary College

Semester 1 student reports

Dear parents and carers,

I am writing to provide an update on changes for the Semester 1 student reports at Kerang Technical High School. The Department of Education and Training has adjusted the expectations of Student Reports for Semester 1 in recognition of the transition to remote and flexible learning during Term 2.

While our school has continued to deliver its teaching and learning program and monitor the achievement and progress of each student, there have been some unprecedented changes to our usual program.

At Kerang Technical High School, we know it is vital to involve students and their parents/carers in learning. This process includes providing reports on student learning.

Kerang Technical High School will provide a written report for the parent/carer of each student enrolled at the school for Semester 1. The reports will include information on student achievement for each curriculum area taught, however, there are some changes from our usual Semester 1 reports.

Student reports for Semester 1 2020 will include:

- a description of the areas of the Victorian Curriculum F-10 taught
- comments regarding student learning achievement, based on the Victorian Curriculum F-10 for the subject areas taught
- a comment on how the student has adjusted to the remote and flexible learning environment.

Kerang Technical High School will not be including teacher judgements and a five-point scale (A – E) due to the unprecedented changes to our program due to COVID-19. We will report on progress at the end of the year.

Reports for Years 7-10 will be available in Xuno on Thursday 25th June. VCE reports will be available on Friday 24th July due to the changes to Unit 1 and Unit 3 deadlines due to remote learning.

These reports will be available electronically. If you have previously received a hard copy of your student's reports then you will continue to do so. If you wish to receive a hard copy of your student's reports then please contact the school to let us know.

If you have queries regarding your child's report, parents/carers may contact the school to arrange an appropriate time to discuss this further.

Thank you for your continued support during remote and flexible learning.

Dean Rogers

Principal
Kerang Technical High School



What's your **Chill Style?**

Sometimes chilling out is easier said than done, but being able to relax is so important for your health and Wellbeing.

Fortunately, there are lots of ways to relax, so you can choose the ones that you enjoy. Relaxation takes some work, but it's worth it.

Where to get help:

- ◆ Lifeline 13 11 14
- ◆ ReachOut Australia
- ◆ beyondblue.org.au
- ◆ Local GP
- ◆ Northern District Community Health Service Counsellors
- ◆ Kids Help Line 1800 55 1800 (5-25 years)



Cheers Meg, Paul & Michael.

HOW TO RELAX FAST

by Anna Vital

scientific ways to destress within 5 minutes

binaural beats

listen to binaural beats through headphones (otherwise you can't hear it)

progressive relaxation

squeeze release repeat (used by actors)

nature observation

watch a plant or an animal, notice how relaxed they are

deep breathing

fill your chest and stomach full of air

mental image

visualize what you want to happen to you

body scan

think of every part of your body one by one

punch

let your stress out into a big soft object

journaling

tell a piece of paper how you really feel

Funders and Founders

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Chicken Parma & Veg



I had to cook the Parma in the oven in a lined tray after 20 mins I had to flip them over and put the toppings on them then cook until the cheese is golden and melted.

Then I had cut up the carrots, broccoli, pumpkin and potatoes then put them in the tray, spray with a small amount of oil then cook for 30 mins, then serve up!



What did you cook or help cook:

Carbonara

Explain what you did or help do to complete the dish: I cooked the pasta and mixed it with the meat and source.



What did you cook or help cook: Yo – Yo

Explain what you did or help do to complete the dish:

So to make the Yo – Yo my Gran made the biscuit and I did the icing to make the icing for the yo – yos

What did you cook or help cook:

spaghetti bolognese

Explain what you did or help do to complete the dish:

I helped stir and meat and cook it



What did you cook or help cook: Sausage Rolls

Explain what you did or help do to complete the dish:

To cook these sausage rolls you will need 2 carrots, 1 potato, 1 pack of sausage mince, 1 onion, 2 eggs, 1 teaspoon of vegatta, 1 pack of puff pastry and ¼ cup of milk.

Add sausage mix to a bowl then add grated carrot and potato. Add finely chopped onion and the teaspoon of vegatta then add lightly beaten eggs to the mixture and mix all ingredients together.

Lay out puff pastry onto chopping board cut each sheet in half. Spoon sausage mince down the long side of the pastry half, shaping mince into a long sausage shape. Brush the top with a little milk.

Cut each sausage length into 5cm lengths and place on a baking tray in the oven for 15 minutes or till golden. Once the sausage rolls are cooked pull them out and place them on a cooling rack. Now their



Explain what you did or help do to complete the dish:

I helped by cooking the rice frying the chicken and crumb it.



Tacos

I put the meat into the pan

I then crushed it up

After that I put two lots of packet seasoning

I then cut up the tomatoes and lettuce

After I cut those up, I crushed up the avocado to make guacamole

I then put the hard shells into the oven and waited to get them out



What did you cook or help cook: Bread

Explain what you did or help do to complete the dish: So I first activated the yeast by adding it into a cup o warm water and a teaspoon of sugar. I let that set for 10 minutes and then added it to the flour. I kneaded it into a dough then let it rest for 1 hour to expand. I then put it into the oven at 200 Celsius for 30-40 minutes. I added butter and



What did you cook or help cook: Hedgehog

Explain what you did or help do to complete the dish:

I melted the butter and mixed all the ingredients together and I made the icing and iced it.

Massaman curry

First thing I done was put massaman curry paste Into the pan

I mixed it around for a little bit

I then added coconut milk

And mixed that around until it was all mixed in

Then I put the chicken in and mixed that around

I then put the potatoes in and mixed them around

And let it simmer on medium heat for about 40-45 minuets

I then put the boiled rice into the bowls

And then put the massaman curry in the bowl





NDCH

Northern District Community Health

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

Healthy Lunchbox Tips & Recipes

APPROVED BY NDCH DIETITIAN – LEESA VAN RUISWYK



Winter Fruit & Vegies

Apples, avocado, bananas, kiwifruit, grapefruit, mandarin, strawberries. Broccoli, cauliflower, kale, potatoes, pumpkin, sweet potato.

5 Food Groups

Pick at least one item from each food group to create a nutritious lunchbox. These include fruit, dairy, vegetables, grains, lean meats & poultry.

Snack Ideas

Carrot & zucchini muffins, popcorn, fruit salad, breakfast muffin cups, no bake cookies, zucchini slice, banana bread, baked vegie chips.

Vegie Pita

Ingredients:

- 1 wholemeal pita, sliced in half
- ¼ cup hummus
- ¼ cup grated carrot
- 1 handful baby spinach
- 2 tbsp crumbled feta cheese
- 3 sliced sun-dried tomatoes

Method:

1. Spread the dip inside each pita pocket. Place the rest of the ingredients inside the pocket



Mediterranean Scrolls

Ingredients:

- 1 ½ cups self-raising flour
- ½ cup mozzarella, grated
- 1 ½ cups wholemeal self-raising flour
- 1 cup baby spinach, chopped
- 2 cups reduced-fat natural yoghurt
- ½ cup basil leaves, chopped
- ¼ cup no added salt tomato paste
- ½ red capsicum, diced

Method:

1. Pre-heat oven to 180°C. Spray baking tray with olive oil & baking paper
2. Mix flours & yoghurt in a bowl. Knead on a floured surface for a few minutes. Add yoghurt if mix is too dry or flour if mix is too wet
3. Roll out dough with rolling pin to 0.5cm. Spread dough with tomato paste and sprinkle ingredients on top.
4. Roll dough into a log. Cut into 12 pieces and place on baking tray. Bake for 20 minutes or until golden. Allow to cool.



<https://healthylunchbox.com.au/blog/winter-fruit-and-vegetables-recipes-tips>

www.ndch.org.au