



TECH TALK 2020

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TERM 3 Semester 2 - VOL21

24th July, 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 3

Key Term 3 Dates;

Week 3

Wednesday 29th;

Grade 6 Transition Day

Unit 4

Biology & Chemistry

Ecolink Excursion

Thursday 30th;

Grade 6 Transition Day

Friday 31st;

Grade 6 Transition Day

VCE Reports Released

Online 3.30pm



PRINCIPAL'S REPORT

I would like to acknowledge the traditional custodians of the land in which I work and live, and pay respect to Elders past and present.

Curriculum

Over the last few weeks our staff have been putting a lot of work into reviewing their Curriculum. In the big picture, this is an exercise tweaking what they already deliver. The process used to date is to audit their current curriculum, then to draw up their yearly planner. This ensures consistency across year levels and ensures all content is delivered. A further advantage is that it better prepares staff in the event of another remote learning period. While it is not expected that our school will revert to remote learning, there are isolated cases where a family member may be tested for coronavirus and students must stay at home awaiting the results. This provides an option for the student to continue work from home in that period.

Border Closures

Last Wednesday we heard that that access to NSW would be tightened with the elevation of Border restrictions due to Coronavirus. This created a bit of anxiety as there are a number of staff and students who travel from NSW to Kerang and we were not sure whether they could cross or not. However by 6:00pm that day, we had received the information that a new type of border pass had been approved which allowed for students and staff to cross the border for educational purposes. Contingencies are in place though, to deal with staff and students working from home and it would have been just a matter of reimplementing flexible remote learning. I have provided the details below.

Day school visitor means—

(b) a person ordinarily resident in New South Wales who is—

(i) a student at a day school in Victoria who, after entering Victoria for the purposes of receiving instruction, is returning to New South Wales, or

(ii) a parent or guardian accompanying a student referred to in subparagraph (i) if the student is under 18 years of age, or

(iii) a staff member of a day school in Victoria, who after entering Victoria for the purposes of working at the school, is returning to New South Wales, or

(iv) another person engaged to work at or provide services in relation to a day school in Victoria, who after entering Victoria for the purposes of working at the school, is returning to New South Wales.

Note. Another person engaged to work at or provide services in relation to a day school would include, for example—

(a) a cleaner contracted to work at the school, and

(b) a person engaged to drive a school bus.

Please keep safe everybody. This can be further achieved by practising the safe hygiene that is directed by health authorities, also be mindful of the 1.5 m social distancing.

Landscaping

A lot of work is being put into landscaping around the school. The Canteen quadrangle has been planted out by the Hands on Learning class and as the plants mature will be a real focal point and feature of the school. In the coming weeks work will begin on the front entrance removing the sleepers, which will help to prevent termites and beautify the front of the school.

KERANG TECHNICAL HIGH SCHOOL



**2021
ENROLMENT FORMS
ARE NOW DUE**



PLEASE ENSURE YOU PROVIDE A COPY
OF YOUR CHILD'S BIRTH CERTIFICATE
WITH YOUR ENROLMENT

FOR FURTHER INFORMATION CONTACT:
ZOE FERRIER-
5452 1062

Zoe.Ferrier@education.vic.gov.au

Canteen Special's Week 3

MONDAY 27TH

Year 11's TURKISH ROLL DESIGNS

Option A Steak and Relish & Salad \$6

Option B Chicken and Pesto & Salad \$6

TUESDAY 28TH

Chicken Pasta \$5.50

WEDNESDAY 29TH

Fried Rice \$5.50

THURSDAY 30TH

Hamburger \$5.50

FRIDAY 31ST

Meatball Sub \$5.50

**Protect yourself
and your family**

Wash your hands regularly



1 Wet your hands.

your hands.
Put soap on



2



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 papertowel
or hand dryer.

Stay germ free and healthy

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KTHS TRANSITION PROGRAM

~UPDATE~

Due to COVID-19, Kerang Technical High School have been required to modify our Transition Program.

Unfortunately, we were unable to conduct our scheduled Parent Information Evening and School Tours. We acknowledge the difficulties new families are facing during these times. We hope that you have had the opportunity to view our 'Prezi', as this will give your family an introduction to what our school has to offer.

<https://prezi.com/view/lv5SoujblsdpzanHh9sH/>

We are hoping to conduct School Tours in accordance with the Government Restrictions in the near future.

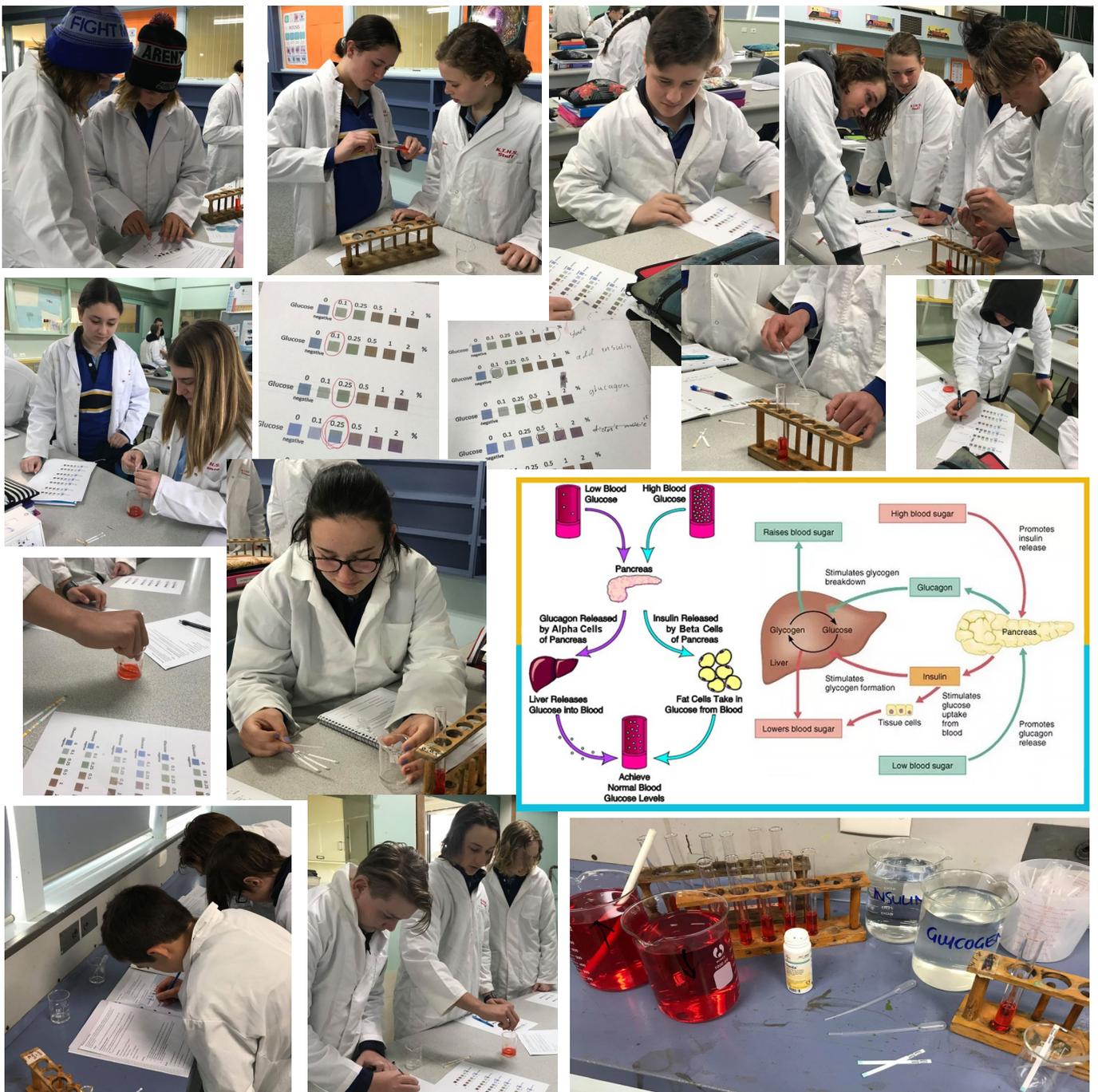
If you would like more information regarding the Transition Program or would like to express your interest in attending a School Tour, please email: Zoe.Ferrier@education.vic.gov.au or contact our General Office 0354521062.



This week in Science....

This week Year 9's are studying Control and Regulation, and how Homeostasis regulates via Negative Feedback within the Human Body. Both classes completed a practical "Controlling Blood Sugar", which is designed to increase students understanding of the hormones that control blood sugar in the body, and why the control of blood sugars is important in keeping the body healthy. Students gain practical understanding of the hormones secreted by the body to control blood sugar levels that are too high or too low, as well as learning to use pipettes in the Laboratory.

Students each received an unknown sample of "too high" or "too low" blood in a test tube and tested with glucose strips to determine which level, then were required to either add Insulin (water) or Glycogen (sugar) to balance the original sample.





focaccia's



Food Technology Years 7, 9 & 10



pancake stacks





Open Steak Sandwiches



Have you tried Lisa's delicious fresh baked muffins from the KTHS Canteen?



Year 11 Psychology Annual Eye Dissections



Meg

Paul, Sharon
& Michael's

Musings



Journaling for Positive Mental Health

The recent pandemic outbreak can make you feel anxious. While it might feel like we don't have control of current events, it's important to remember that we can do many things to feel empowered. Journaling your thoughts can help you get a clearer picture of the problem you are going through.

What are your views about Mental health? Share your perspective with a creative piece.

Cheers, Meg

CREATIVE WRITING COMPETITION

Deadline for submission: 31st July 2020

Terms and Conditions:

<https://www.mhfa.org.au/upload...>

Submit your creative piece:

<https://www.mhfa.org.au/CMS/au...>



THEME: Mental Health Matters

You can write a play, a poem or story... the style is up to you. However, your creative piece should be about what you feel, think of, or have experienced about mental health issues. If you want to write about a mental health problem or mental health illness that's OK but we encourage you to take the opportunity provided to promote better mental wellbeing.

Eligibility criteria - Students in primary / secondary school. This is a national competition.

Conditions

If your creative piece is in a special format such as posters, handwritten booklet or CD

Include a separate sheet complying with these conditions:

- Typed and double spaced on Word document.
- Margins: 2.54cm on all sides (Microsoft Word default setting)
- Title font: 14pt "Times New Roman"
- Paragraph/text font: 12pt "Times New Roman"
- Maximum: 1,000 words

Judging

- Entries will be judged by the Board of Mental Health Foundation Australia.
- Judges decision will be final and no correspondence will be entered into.

Awards Presentation

Prizes will be presented to the winning writers at the National Mental Health Month 2020 Event.



Contact Us

If you have any questions, please contact projectadmin@mhfa.org.au or call us on (03) 9826 1422



NDCH

Northern District Community Health

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

Kids & Emotions

Kids who learn healthy ways to express and cope with their feelings are more likely to have good mental health and wellbeing, display less behavioural problems, be empathetic & have positive relationships.

Take Notice of Cues

It is hard for kids to identify their feelings, as they do not have the vocabulary to do so. Take notice of their body language, what they say and their behaviours. Try understand the meaning behind a behaviour. You can then help them to express this feeling in a healthy way.



Name & Identify

Help your child identify their feelings by naming them. They can then develop an emotional vocabulary and can talk about how they feel. Identify feelings in others. You might ask your child to reflect on how someone else is feeling. Picture books are a great way to help kids learn and identify feelings through facial expressions.



Be a Role Model & Listen

Kids learn about feelings and how to express them by watching others. Show your child how you are feeling about different situations and how you deal with them. Remember to acknowledge their feelings. If feelings are ignored, they can be expressed in unhealthy ways.



<https://kidshelpline.com.au/parents/issues/helping-kids-identify-and-express-feelings>

www.ndch.org.au