



TECH TALK 2020

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TERM 4 Semester 2 - VOL 34

23rd October, 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

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.

Next week marks the final week of classes for the 2020 Year 12 school year, before exams start. It is fair to say that it has been a year to remember and one that we could not have imagined in our wildest dreams. Some of the more memorable developments include the pandemic, remote learning and changes to everyday life such as masks, social distancing and 2 lockdown's. However, they have not had to do it on their own. Many students have taken advantage of extra WebEx classes and extra tuition that have been made available by their teachers. I know practice exams will be on offer to complete during study vacation and teachers will continue to give feedback on submitted work right until each exam. If nothing else, these changes will make the year memorable for all the students. To try and bring some normalcy to the year and give some recognition to the Year 12's the staff and students have organised some activities and dress ups which will take place in the last week. These will be conducted in a Coved Compliant Manner.

As a staff, we wish all the students the best for their upcoming exams.

At the moment we must continue with the following COVID requirements

If you feel unwell and are experiencing flu like symptoms please get tested.

Pupil Free Day
Monday 2nd November
Melbourne Cup Holiday
Tuesday 3rd November

All staff and students must wear a mask. We are not allowed to wear face coverings such as bandanas, face shields or scarves;

Hand hygiene of the utmost importance. We will continue to supply hand sanitiser in every classroom. Students and staff will need to sanitise their hands as they enter the classroom;

Students will need to bring their own water bottle. The drinking fountains can only be used for filling water bottles and NOT drinking from;

Although physical distancing is difficult in schools, we remind everyone to wherever possible to be mindful that this term we will need to actively keep the 1.5 metre distance between each other and particularly between students and staff; and

Sporting equipment will need to be sanitised before and after use.

An extra cleaner has been employed for the rest of the year to wipe down high use areas throughout the day.

COVID expectations are continually changing and we will adapt our expectations and requirements accordingly

Principal, Dean Rogers

Getting a COVID-19 Test

Thankfully, many people have taken up the opportunity to get COVID-19 tested even without symptoms to prevent its spread. If you have any symptoms, STAY at HOME and ISOLATE and arrange TO GET COVID-19 TESTED. Even the mildest of symptoms should be tested. Please DON'T go to work if you are unwell. In Gannawarra and Northern Loddon you can ring the NDCH COVID-19 Screening and Assessment Clinic on 03 5451 0200 to arrange a time for a test.

What Can You do to Help?

For the time being, reducing unnecessary face to face visits to the hospitals and other health services is still important. Please continue to respect our front line workers while they try and keep their patients and residents safe. You are encouraged to connect with your loved ones in these facilities via the phone, facetime, social media and using the limited visiting hours and time restriction arrangements hospitals have in place.



COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS	COVID-19	COLD	FLU
	Symptoms range from mild to severe.	Gradual onset of symptoms	Abrupt onset of symptoms
Fever	Common	Rare	Common
Cough	Common	Common	Common
Sore Throat	Sometimes	Common	Common
Shortness of Breath	Sometimes	No	No
Fatigue	Sometimes	Sometimes	Common
Aches & Pains	Sometimes	No	Common
Headaches	Sometimes	Common	Common
Runny or Stuffy Nose	Sometimes	Common	Sometimes
Diarrhoea	Rare	No	Sometimes, especially for children
Sneezing	No	Common	No

Acknowledgement provided by WHO, Centers for Disease Control and Prevention

HELP STOP SPREAD
TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.
 For more information about Coronavirus (COVID-19) visit: health.gov.au

Ask R U OK?
 You've got what it takes
 Start a conversation using these 4 steps

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

Find tips to ask at ruok.org.au

RUOK? DAY
 14 September 2017

KTHS UNIFORM STORE

Opening Hours

Normal Hours – Tuesday and Thursday
3:30pm to 4:30pm

Location – Old Uniform Store (off the
Quadrangle)

Anthony is available at additional times
by Appointment

Anthony Lake – 0408 754 620 or
sales@legendapparel.net.au



Legend Apparel

Kerang Technical

High School

UNIFORM PRICE LIST



ITEM		PRICE
Short Sleeve Polo Top	Yr 7-11 Skyblue	\$ 33.00
Short Sleeve Polo Top	Yr 12 Maroon	\$ 33.00
Sports Polo Top		\$ 39.60
Navy Shorts		\$ 19.80
Navy Track Pants		\$ 33.00
Summer Dresses		\$ 70.00
Rugby Top		\$ 72.00
Navy Blue Soft Shell Jacket		\$ 49.50
Bucket Hat		\$ 10.00

LOCATION Kerang Technical High School
48 Murray Street, Kerang

OPENING HOURS Tuesdays & Thursdays 3:30-4:30pm
or by appointment

CONTACT Anthony Lake
Director, Legend Apparel
0408 754 620
sales@legendapparel.net.au

SUNBURY LINE
UPGRADE



VICTORIA'S
BIG BUILD



Coaches replace trains on the Bendigo, Echuca and Swan Hill lines

Friday night 6 November to Saturday 21 November

Services will be a mix of express,
semi-express and stopping all
stations between Southern Cross
and Bendigo, Echuca and Swan Hill.

A temporary timetable will be in place.

Plan your journey at ptv.vic.gov.au
or call 1800 800 007

Allow
extra
time

THE Gannawarra CONVERSATION SERIES

COMMUNITY LEADERSHIP WEBINAR *Two*

We have used the rich themes discussed at our first
Webinar to tailor the content of our next session.

Turning a great idea into a reality!

Sharon Champion and Gerardine Prendergast will bring to life their experience of
developing a sustainable leadership program, 'Rotary Cambodia Alternative
Schoolies'.

Online via ZOOM from 7 PM to 8 PM

• Monday, 26 October 2020

The Gannawarra Resilience Committee through Northern
District Community Health (NDCH) has worked together
with Community Leaders to co-design this
conversation series tailored to both the current
and future challenges facing our community.

Register to attend
www.ndch.org.au/events
03 5451 0200

Designed for Gannawarra community members,
emerging and established leaders, or others with an
interest in leadership. Groups such as progress associations,
neighbourhood houses, service and sporting clubs along with
schools and businesses are able to nominate up to 2 people to
attend. All welcome.

PROGRAM FACILITATOR

Christine Kotur provides expert professional services in the fields of strategy, governance,
leadership development, complex inquiries, reviews and facilitation. She is a highly regarded
independent chair, company director and strategic advisor to CEOs, senior executives, board
chairs and directors, councillors and committees.

This program is being funded by the Gannawarra Shire Council through the Federal
Government's Drought Concessions Programme-extension.



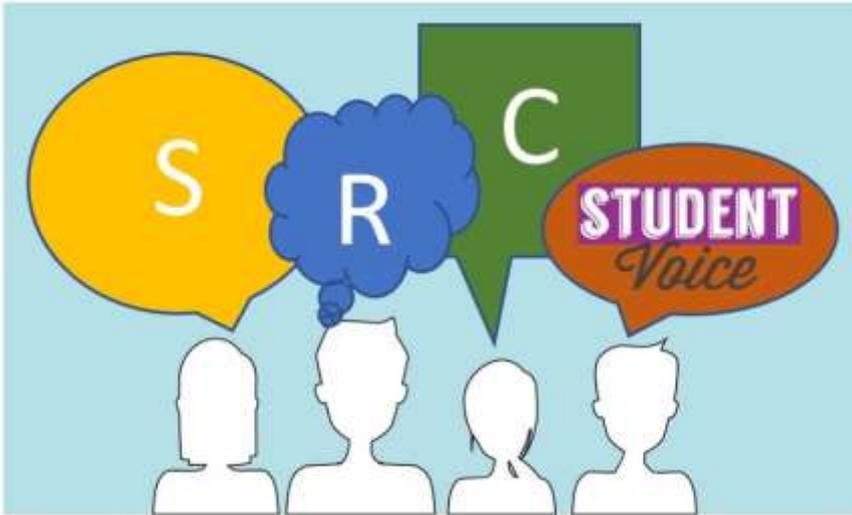
Good sleep makes you smarter & healthier

Getting 8-9 hours each night can improve your memory, your wellbeing, get better grades and heals your body.

- Sleep triggers changes in the brain that solidifies memories and you wake up more refreshed.
 - **Even an extra ONE HOUR'S sleep can improve your memory.**
 - The more you sleep, the more memory you store, the better your grades.
 - **You can lose up to 40% of your memory if you don't get enough sleep.**
- ◇ Sleep keeps your Heart healthy and reduces Stress.
 - ◇ Sleep makes you more Alert.
 - ◇ Sleep bolsters your Memory.
 - ◇ Sleep helps the Body make Repairs.
 - ◇ Sleep may reduce your risk for Depression and lose Weight.
 - ◇ Sleep may prevent Cancer, Inflammation and Infection Risk.

Cheers Meg





KTHS

Student Representative Council

A Student Representative Council (SRC) can help make positive changes in our school. One way is by reviewing our School Values.

As a Student voice on your Student Representative Council (SRC), you can help review school policies and help make a difference.

Cheers Meg, Sharon, Paul & Michael



BYOD SCHOOLS PROGRAMME

EDUCATION



What is JB Hi-Fi BYOD Online?

JB Hi-Fi BYOD Online provides families with access to a wide range of education-specific laptops, tablets, accessories and insurance, at an affordable price.

Products differ from those available in retail stores, as they are education specific and selected for their compatibility to your school's ICT infrastructure and curriculum, as well meeting the student's needs at home.

It's our way to help students get the best deal on technology for interactive learning.

What are Education Specific Products?

Technology devices, including laptops, tablets and accessories that are designed to enhance learning experiences.

Our devices feature:

- Robust parts suitable for school environments
- Extended battery life
- Education specific discounted prices
- On-campus prompt warranty repairs
- Speedy connectivity and increased performance speed
- School-specific software and utilities

JB | **SOLUTIONS**
HI-FI | FOR EDUCATION

WHY USE JB HI-FI BYOD ONLINE?

JB Hi-Fi Education Solutions understands that every school and every student is unique. We work with your school to tailor a BYOD programme that enhances interactive learning experiences both at school and in the home.

The customised BYOD portal provides a simple step-by-step system that allows you to purchase your devices, accessories, extended warranty and insurance all from the one place.

As a parent or carer of a student in a participating school you will have access to

 A customised **dedicated online portal** for managing your device purchases

 Education specific **discounted pricing**

 A wide range of **accessories** to support your device

 **Education specific product**, not available in retail stores

 Extended **warranties** and **insurance** Options

 Pick up from **your school** or at your local **JB Hi-Fi store**

 Products **specifically selected and approved** for use by your school

 **Finance options** including interest free finance

How it works

The online portal offers a step-by-step navigation. To pre-order your child's education device simply:

1. Go to jbeducation.com.au/byod
2. Enter your school code **Kerangtech2021**
3. Once logged in, select the relevant student programme.
4. Select your preferred JB Hi-Fi store for pick up, or pick up from your school (where possible).
5. Follow the prompts to choose your device, insurance cover and device accessories.
6. Enter your personal details.
7. Select a payment method and complete your order.
8. If you have any questions, please contact us at jbeducation.com.au/byod or call **1300 730 548**.



jbeducation.com.au/byod
1300 730 548
education@jbhifi.com.au

JB HI-FI | **SOLUTIONS**
FOR EDUCATION



Investigating solutes of coffee, jelly crystals, ink, chalk, salt, and sugar, in solvent samples of h₂o and methylated spirits





Crystallisation of saturated Epsom Salts
compared to Table Salt







NDCH

Northern District Community Health

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

Benefits of Baking

Kids love cooking and there are many extra skills that they will use and develop while baking a cake or cooking the family dinner.

Increases Reading, Math & Science skills

Cooking involves a lot of reading, math and science, whether it is learning new words on the recipe list, understanding fractions for measuring cups or understanding when and why we use certain flours or raising agents. There are lots of lessons to share with your child during the cooking process.

Improves coordination

From measuring cups of flour and sugar, to cracking and whisking eggs, or spooning mixture into patty pans, there are lots of different coordination skills kids will use while baking. Although it is messy, it is good for them to be able to try do these things themselves to help improve these skills.

Promotes life skills

Cooking is not just about making food. It is also about responsibility, planning and learning to clean up afterwards. For younger kids you can talk them through this process. For older children or teenagers, it is a good opportunity for them to begin to practice for life out of the home. Encourage them to be a part of family meal planning and shopping lists as well as the cooking process.



Northern District Community Health are celebrating the annual Agriculture Show baking by hosting a Show Baking Essentials virtual show baking competition online on 29th October at 7:30pm. Go to www.ndch.org.au/events to register.