



# TECH TALK 2020

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## NOVEMBER

### CALENDAR OF EVENTS

FRIDAY 30TH OCT;

Unit 4 Deadline

Year 12 Last Day of classes.

MONDAY 2ND NOV;

Curriculum Day

TUESDAY 3RD NOV;

PUBLIC HOLIDAY

TUESDAY 10TH NOV;

Unit 3 & 4 Exam Period begins

(10th Nov to 30th Nov)

FRIDAY 27TH NOV;

Last Day Year 11 Students

MONDAY 30TH NOV;

Week Unit 1 Transition

FRIDAY 4TH DEC;

Last Day Year 10 Students

Valedictory Dinner TBC

TERM 4 Semester 2 - VOL 35

*"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*



# Class of 2020



# 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.*

A big congratulations to the students who received a Murray Mallee LEN VET Excellence award last Wednesday. These are awards given to students who have demonstrated excellence in a VET subject as nominated by their classroom teacher. In a COVID free environment students would have participated in an interview process from which a panel would determine the award winner. The award winner would then receive their certificate at a Gala night held at the Swan Hill Town Hall.

Due to COVID representatives from Murray Mallee Len came to KTHS and presented the awards in front of Year 11's and 12's. Each of the following were thoroughly deserving of their award;

<b>VET Agriculture</b>	<b>Hannah Dee</b>
<b>Vet Auto</b>	<b>Jack Whorwood</b>
<b>VET Engineering</b>	<b>Memphis Benton</b>
<b>VET Furnishing</b>	<b>Tara Cordina</b>
<b>VET Hospitality</b>	<b>Jordan Faulkner</b>
<b>VCAL PDS</b>	<b>Jordan Clingan</b>

## **Year 12 last week**



With the last week of Year 12 classes, the students have been able to celebrate and enjoy the time with our staff. On Tuesday, the Year 12's took on the staff in a game of Ultimate frisbee. Basically, this is a game of netball with a frisbee. Unfortunately, the Year 12 students were not up to the task and went down to a dominate staff team 12 to 3, despite being undermanned this year. On Wednesday, Thursday and Friday students attended in fancy dress – enjoy the pictures throughout Tech Talk. Finally, a morning tea was held, COVID friendly, with students and staff bringing their own morning tea. All in all, it has been great to see some acknowledgement for the Year 12's when so much has been taken away because of the COVID pandemic.

A reminder that this Monday is a curriculum day for staff therefore students are not at school.

*Principal, Dean Rogers*

# VCE Support for Students

## Feeling It



To support the mental health and wellbeing of years 10-12 students completing VCE and VCAL this year, the Victorian Government has partnered with mindfulness program Smiling Mind to create a series of videos called Feeling It!

Young people feature in each video and share strategies about self-care, understanding and managing emotions, being mindful, the importance of positive study and sleep habits, being kind to yourself, navigating uncertainty and preparing for change.

Four of six episodes and accompanying student tip sheets and mindfulness meditations are now live. To access the meditations students will need to register for the free Smiling Mind App. Resources can be accessed from the Department of Education's Mental Health Toolkit for schools or the Victorian Government's Coronavirus (COVID-19) advice for students page.

Remaining episodes will be released over the coming weeks to support students as they complete their exams and start considering their future study and employment opportunities.

### [Mindfulness resources for VCE and VCAL students](#)

The Smiling Mind video series provides information and tips to help senior secondary students stay positive and engaged.

To support the mental health and wellbeing of senior students this year, the Victorian Government has partnered with mindfulness program Smiling Mind to create a series of videos called 'Feeling It!'.  
The impact of coronavirus (COVID-19) is placing additional stress on students as they complete Victorian Certificate of Education (VCE) and Victorian Certificate of Applied Learning (VCAL) subjects, finish secondary school, and think about future study and employment opportunities.

Feeling It! is a six-part series of short videos covering essential wellbeing topics for VCE and VCAL students.

Young people feature in each episode and share strategies with peers about:

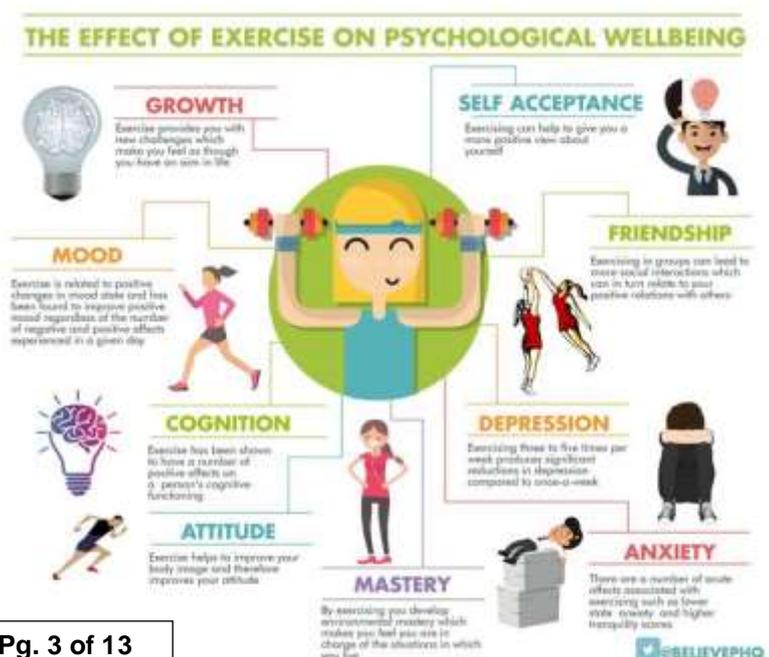
Young people feature in each episode and share strategies with peers about:

- looking after yourself
  - understanding and managing emotions
  - being mindful
  - positive study and sleep habits for optimal learning and stress resilience
  - being kind to yourself
- navigating uncertainty and preparing for change.

### How to access the resources

Four of six episodes, including short videos, student tip sheets and mindfulness meditations are now live.

To access the meditations students will need to register for the free Smiling Mind App.





indicators

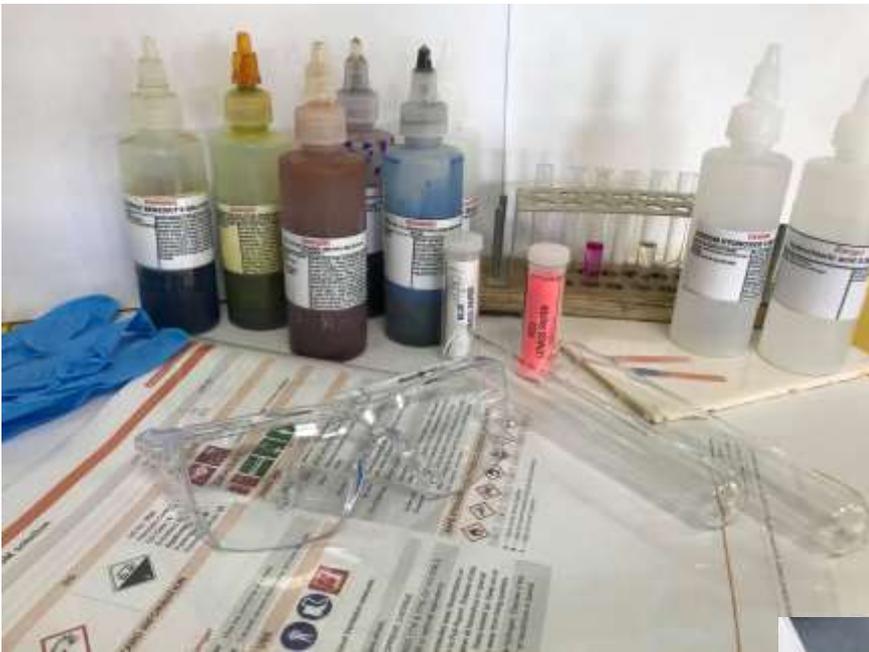
with a range of acid/base indicators on an acid/base indicators sheet.

	ACID	BASE
phenolphthalein	light blue	dark blue
litmus	red	yellow
thymol blue	red	pink blue
universal indicator	red	brown
	green	orange
		purple



## Year 9 Acid Base Indicators







# Rainbow Universal Indicator Experiment Year 9KTH

Today 9B were able to design their own Acid Base Test Solutions using Universal Indicator to make a huge range of colours, extending their knowledge of Acid, Alkali & Neutral PH Solutions.





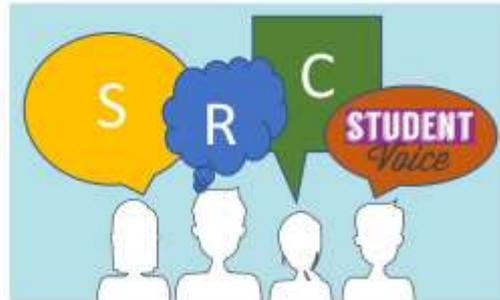
*In Australia, there are polarising opinions on the holiday being celebrated here. But more Australians are getting involved in celebrating Halloween, which originated from the ancient Celtic harvest festival known as Samhain.*

*People would dress up for the occasion to ward off ghosts before All Saints Day on 1 November. Followers of the Celtic religion believed that the barrier between our world and the world of ghosts, ghouls and spirits became thin at the end of summer and 'All Hallow's Eve', in the Christian community, would banish the evil spirits.*

*The community element is lost when the commercialisation of the holiday takes over. Despite the costumes, candy and pumpkins, there is still a community aspect of Halloween.*

*But looking past the commercialisation of Halloween, you will find a holiday that brings people and communities together. So enjoy being together, dressing up and having some fun.*

*Cheers Meg*



**KTHS**  
Student  
Representative  
Council

Student Voice share in decisions on school issues such as School Polices, School Structure, School Rules (including Uniforms), School Facilities, Buildings and Grounds and Student Wellbeing issues.

Cheers Meg, Sharon, Paul & Michael

## Share in decisions on school issues

### Examples

- School structure and administration
- School rules, including uniforms
- Teaching and learning
- School facilities, buildings and grounds
- Student wellbeing



# Annual Year 12 vs Staff Ultimate Frisbee Playoff

Tradition continued this year during the final school week of Year 12, with KTHS staff once again defeating the Class of 2020 in a thrashing 12 –3.







# VET & VCAL 2020 KTHS Award Recipients

This week representatives from Murray Mallee LLEN hosted a Covid Safe Awards Presentation in the Library for students to receive their awards. These students showed outstanding attributes in their chosen subjects and set a path forward for Careers in Trade and Agriculture.



*Engineering, Hospitality, Agriculture, Furnishing, Automotive, VCAL.*



**VCAL: Recipient  
absent was  
Jordan Clingan**



**Memphis Benton  
Jack Whorwood  
Jordan Faulkner  
Tara Cordina  
Hannah Dee  
Jordan Clingan**





**NDCH**

Northern District Community Health

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



Do you or your child have asthma or suffer from hayfever? Here are some tips to protect yourself or child from thunderstorm asthma this pollen season.

Speak to your pharmacist or doctor.

Your GP can help you develop a plan to manage your asthma.

Take your asthma reliever medication

If you are already on medication for asthma remember to be vigilant in taking it at this time

Learn the 4 steps of asthma first aid

These steps will help you assist someone who is experiencing an asthma attack and guide you to call 000 if needed.

Be aware of thunderstorm warnings and avoid going outside in thunderstorms

Prevention is always better than a cure and unless you need to it is better to stay indoors during these conditions.

For more information go to <https://www.betterhealth.vic.gov.au/campaigns/thunderstorm-asthma>

[www.ndch.org.au](http://www.ndch.org.au)