



Tech Talk 2021

Murray Street (PO Box 201), Kerang Victoria 3579
Telephone: (03) 5452 1062 Facsimile: (03) 5452 2649

Email: kerang.tech.hs@edumail.vic.gov.au
Webpage: www.kerangths.vic.edu.au



"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



TERM 1 Semester 1 - VOL 7

19th March, 2021

SCHOOL COUNCIL MEETING

**MONDAY
20TH
APRIL
7.30PM**

Date for the Diary
End of Term 1 2.30pm finish
Thursday 1st April

**CANTEEN
DUTY ROSTER**

Monday 22.3
C Whinfield
Tuesday 23.3
D Adams
Wed 24.3
J Lowe
Thurs 25.3
M McNeil

KERANG TECHNICAL HIGH SCHOOL

**HAVE YOU
LOGGED INTO
XUNO
RECENTLY?**

- Access to student reports
- Access to student attendance
- Communication with staff

If you have forgotten your username/password or require assistance, please contact the school

Principal's Report

Attendance

After just completing the 2019 school census it is pleasing to see that several students are tracking at 100%. However, there are also a number of students who have, what is deemed to be, significant absences; this is five or more days. It is important that every student makes every effort to attend. Each day lost is a day of education lost. Added to this is the social disconnect. While you are away students at school share experiences and interactions which help them bond. This results in you returning and not being up with where your peers are at. It is essential that you make every effort to attend.

Coming to school every day is vital, but if for any reason your child must miss school, there are things we can do together to ensure they do not fall behind:

Speak with your child's year level co-ordinator and find out what work your child needs to do to keep up.

Year Level Coordinators are:

Year 7 Mr Robinson

Year 8 Mr McClay

Year 9 Brad Morison

Year 10, 11 & 12 Will Stevenson

Develop an absence learning plan with the year level co-ordinator and ensure your child completes the plan.

If your child attends any medical appointments, ask for a medical certificate - these documents will assist the school with any long-term ailments which may require special circumstances for exams, SAC's and other subject requirements.

Daily classroom lessons are also posted on XU NO. Students can access these as they did during remote learning COVID-19 lockdown.

Remember, every day counts. If your child must miss school, please notify the office via phone (5452 1062), email (kerang.tech.hs@edumail.vic.gov.au) or by using XU NO.

If you are having attendance issues with your child, please let the School staff know so we can work together to get your child to school every day.

Bus Zones

This is a gentle reminder to parents that the front of the school is designated a bus zone between the times of 8:00am – 9:00am and 3:00pm to 4:00pm. If you park there, even to drop of your child, you run the risk of being booked by the police.

End of Term 1 early finish

End of term Thursday 1st April school will finish at 2:30pm. Buses will be here to collect bus travellers at this time.

Principal, Dean Rogers



Receiving Hard Copies of Reports

Student's reports are now supplied electronically through the XUNO communication platform. We also provide a hard copy of these reports to students who have requested. If you would like to opt into receiving a hard copy then please contact me using one of the methods outlined below.

Phone: 5452 1062

Email: kathryn.thomson@education.vic.gov.au

Xuno: message Kathryn Thomson

If you requested a hard copy last year then you will receive a hard copy of your students reports automatically. Otherwise you will be able to access your child's Term One Interim Report via Xuno from 2.30 pm on Tuesday 30th March.

If you need assistance to log in to Xuno then please contact the school and we will be happy to help you with this.

Kathryn Thomson (Teaching and Learning Co-ordinator)

SWAN HILL DIVISION SWIMMING CARNIVAL

On Tuesday 2nd of March, Swan Hill Outdoor Pool hosted the Swan Hill Division Swimming Sports. KTHS was well represented across all age groups in the majority of the events. The students displayed a high level of sportsmanship and good behaviour and are to be commended on their efforts. There were some outstanding performers throughout the day with first, second and third place getters. A mention to those who won their individual & team events:

- **Jack Keath (13M)** winning his Freestyle & Breaststroke
- **Nathan Boysen (16M)** winning his Freestyle
- **14 Male Freestyle Relay Team** : Sam Whinfield, Jordan Bassett, Myles Greenwood and Laing Waddingham
- **16 Male Freestyle Relay Team**: Bohden McKnight, Nathan Boysen, Cody Makeham & Brodie Meehan



A big thank you to those parents and grandparents who come to support the school and their children for the day including Fiona Bortolotto (who took down all the placings for the day).

Also a big thank you to Mr Smith who got out of his office and was the Starting Marshall for the entire day!

The Loddon Mallee Region Swimming Sports are on **Thursday 18th of March** in Swan Hill. Good luck to those swimmers competing.

**KERANG TECHNICAL
HIGH SCHOOL**
Job Opportunity

Classroom Teacher:
Mathematics Yr 7-12
Ongoing
Job ID: 1220771
Apply by: 25.3.2021

Apply via Recruitment Online or
contact Principal Mr. DEAN ROGERS

Mental Health Practitioner
Part-Time (7.6hr)
Ongoing
Job ID: 1220635
Apply by: 24.3.2021

come join our team!

Teen Author to visit this
Saturday at Kerang's
The Little Blue Bookshop
Fleur is a fabulous presenter,
and novel's are specifically
written for teen's, with themes
taken from her career
experience in the Police Force
and Ambulance.

Kerang Technical High School is seeking a

**YEAR 7-12
SCIENCE
TEACHER**

JOB ID: 1221186
ONGOING
APPLY BY: 29TH MARCH, 2021
SUBMIT YOUR APPLICATION
VIA RECRUITMENT ONLINE

For more information contact Principal Mr. DEAN ROGERS

Fleur Ferris

20 March 2021, 10:30am

Author, Fleur Ferris will be holding a meet and greet session at 'The Little Blue Book Shop' on Saturday 20th March. Fleur has written a number of books aimed at the 12+ age group. The CIC Year 8 English class read and complete tasks from the 'Risk' novel.

Fleur's books cover a variety of topics including social media, guilt, friendship and family.

This is a great opportunity for the community to listen to the experiences and challenges an author faces when writing. The session commences at 10.30am at the Book Shop located at 20 Wellington Street Kerang.

For more information contact Amanda at the shop 0803 754 260.

Having worked with the Police and Ambulance service, Fleur now writes books for high school kids. They cover real issues like social media, grief, friendships and secrets. Fast paced and full of action, they are a great read.

The Little Blue  **BOOK SHOP**

18th ANNUAL EASTER Rotary



Club of
Kerang
inc.

ART SHOW

At Kerang Basketball Stadium Over Easter 2021

Corner Scoresby & Maxwell Streets, Kerang

OFFICIAL OPENING: ALL WELCOME

Good Friday 2nd April 2021, 7pm to 10pm
Including Display, Sales & Judging Announcements
Featuring Paintings, Drawings, Mixed Mediums,
Photography and Various Additional Displays including
"Centenary of Rotary in Australia Baton", "Kerang Cup"
Entry \$25 Includes Supper, Wine, Program & Weekend Entry.

ART SHOW DISPLAY & SALES:

Easter Saturday 3rd April 2021, 10am to 6pm
Art Demo by Judge Kain White on Saturday
Easter Sunday 4th April 2021, 10am to 3pm
Entry \$7 includes Program. ALL WELCOME

RAFFLE PRIZE: Tickets \$2.50 - drawn 3pm Sunday

121 pce Tool Kit & Double Bed Quilt

Kindly donated by Friends of Rotary Club of Kerang

Featuring an "Anh Do" Original Painting

The Rotary Club of Kerang appreciates the Financial & Promotional support for the 2021 Art Show from the following :

ACQUISITION AWARD



GOLD SPONSOR



SILVER SPONSORS



BRONZE SPONSORS

Kerang Ministers & Chaplains Association
Kerang Carpet Court (Victoria St.)
Golden Rivers Crematorium
Kwong Ling Chinese Restaurant
Mawson's Concrete & Quarries
Bendigo Bank — Kerang
Matt Wilkinson Plumbing & Roofing
Lipp's Natural Resources Pty Ltd
Kerang Classic Fish Shop

Rumbold's Auto Electrical Pty Ltd
Northern District Community Health
Price Merrett Consulting Pty Ltd
Kerang Dental Surgery
Wilkinson Earthworks
Lokaway Innovative Security
Avenue Health
Kerang Progress Association
BK Printing & Publishing

Supporters

Millers Ag Supplies— TJ Stockfeeds	Joan Brimacombe	Headmasters Hair Salon	Kerang Betta Home Living
Arnoldt & Greenwood Pty Ltd	Golden Rivers Art Group	Kelly's Signs & Designs	Kerang Turf Club
Kerang District Community Centre	Kerang Traders	Kerang Mens Shed	ANZ Kerang
Kerang Historical Society & Museum	Kerang District Health	Kerang Quilters	Mick Shepard

Bar-rook Field and Game Shoot



Bar-Rook Field & Game stepped in again to put on yet another successful day holding the annual North West Zone School Shoot. A grand total of 106 students from 20 schools ranging from Geelong, Maryborough, Mildura, Merbein, St Arnaud, East Loddon, Bendigo, Echuca, Cohuna, Kyabram, Swan Hill, Deniliquin & Barham were all keen to get out onto the grounds and prove themselves.

9 shooters represented KTHS this year with a number of first time shooters in the Field and Game format. It was a great experience for our team with some really challenging traps set. Our team consisted of 6 Junior Shooters Harley and Hunter Ash, Jake McGee, Brock Morris, Sam Whinfield, Noah Shea and 3 Senior Shooters Jack Pilgrim, Ben Maher and Griffin Fowler.



CAREERS

Career Website: www.myfuture.edu.au

[Home | myfuture](#)

<https://myfuture.edu.au>

myfuture provides resources to explore career pathways and tools to develop self-knowledge to help with career decision-making. Get started. Are you here to help ...

Shape your future

Shape your future with myfuture – sign up or log in to Australia's ...

Log in

This website uses cookies to ensure you get the best ...

Sign up

Sign up to myfuture, Australia's National Career Information ...

Get started

myfuture is an interactive resource designed to help inspire and ...

Career bullseyes

Use myfuture's interactive Career bullseyes to discover ...

Industries

Industries. Explore different industries in which you can ...

Supporting your child's career development: tips and tools from myfuture webinar

Wednesday, 24 March 2021, 1–2 pm AEDT

The earliest and often the most powerful learning about careers is shaped by the adults in a child's life. myfuture, the National Career Information Service, has tools and resources available to help parents guide and support their child as they explore career options and occupations of interest. In this webinar Michelle Maes, Careers Manager, will demonstrate the career development resources that are freely available on the myfuture website to assist the career development process.

[Register now](#)



GETTIN' TRIVVY WITH IT
A TRIVIA FUNDRAISER FOR THE BARHAM LOCAL HEALTH MEDICAL TRUST

**6:30PM THURSDAY
25TH MARCH 2021**

\$40 TABLE
TEAMS OF 4-6

DOOR PRIZES | CATERED
HOSTED BY TIM AND KATRINA MYERS

27 THULE STREET BARHAM
REGISTER MURRAYCONNECT.COM.AU
OR CALL 03 5453 1577

EVENT PARTNERS:



SEEKING NEW PLAYERS

QUAMBATOOK FOOTBALL NETBALL CLUB

Quambatook Football Netball Club
Seeking **new players** for Under 14 age group for 2021.
Boys and Girls Welcome and will get a game.
Family friendly Club
All junior players get **FREE Memberships**.
Each player will also receive **FREE Shorts and Socks**

Come **join** our **great club** as you will be made most welcome.
Trainings are on Thursday Nights at 5.30
At Quambatook Football Ground
Training Starts 25th March 2021.
Contact Toby Cameron on 0457 602 761 for further details.

GET ACTIVE KIDS

VOUCHER PROGRAM

The Get Active Kids Voucher Program helps eligible families get their kids involved in organised sport and recreation activities by reimbursing the cost of membership and registration fees, along with uniforms and equipment essential for participation. Eligible children may be able to receive up to \$200 each.



WHO IS ELIGIBLE?

To be eligible for a voucher your child/dependant must be:

- aged 4 to 18 years
- a resident in Victoria
- named on a current (at the time of your application) Australian Government Health Care Card or Pensioner Concession Card, and
- named on a valid Australian Government Medicare card

You can apply for more than one voucher if you have more than one eligible child/dependant.

FUNDING DETAILS

You can be reimbursed up to \$200 for costs related to:

- membership, registration or general fees to participate at an affiliated sport or active recreation club, association or program
- equipment (new or second hand) required to participate in the nominated activity
- uniforms and clothing (new or second hand) required to participate in the nominated activity

You will then be reimbursed for part or all of the cost up to the value of \$200.

ELIGIBLE ACTIVITIES

- the activity or program must be affiliated to a Victorian Government recognised Victorian State Sporting Association or Victorian State Sport and Recreation Body
- activities or programs should be a minimum of four sessions
- organised sport or outdoor recreation programs or camps involving multiple sessions of activities that may be conducted over one or more days will be eligible

WHEN CAN YOU APPLY?

There are specific dates (claim periods) when you can apply. You must have incurred your expenses within specific dates too. Please refer to the table below.

ELIGIBLE EXPENDITURE DATES	CLAIM PERIODS (applications open)
1 January 2021 – 11 April 2021	1 March 2021 – 11 April 2021
11 April 2021 – 11 July 2021	31 May 2021 – 11 July 2021
11 July 2021 – 14 Nov 2021	4 Oct 2021 – 14 Nov 2021
14 Nov 2021 – 17 April 2022	7 March 2022 – 17 April 2022



MORE INFORMATION

w. www.getactive.vic.gov.au
p. (03) 1800 325 206
e. getactivekids@sport.vic.gov.au

TIPS FOR PARENTS

1. Make Sleep a health priority. Set and stick to consistent bedtimes for yourself and your children.
2. Know how your child is using electronics in the bedroom and set boundaries and remove them at bedtime.
3. Talk to your child about the importance of Sleep for their health and well-being.
4. Talk to your child's teacher (s) - know if your child is falling asleep at school.
5. Create a sleep-supportive home environment and encourage quiet activities before bedtime.
6. Make sure your child's activities, gaming, and homework, is completed by the set bedtime.

Regular sleep routines help to ensure a healthier future.

REGULAR SLEEP HEALTHY FUTURE

World Sleep Day® is designed to raise awareness of sleep as a human privilege that is often compromised by the habits of modern life.

Sleep Health Foundation
Improving people's lives through better sleep

WORLD SLEEP DAY 2021
Friday March 19

For helpful information, visit www.sleephealthfoundation.org.au/fact-sheets



People don't realise how important sleep is to us to keep us healthy.

Sleep repairs our bodies, makes hormones, improves our memory, removes brain toxins and gives us a positive attitude to life.

When we get our 8-9 hours sleep per night, our wellbeing improves.

- *Did you know that Poor Sleep can lead to Depression, Poor Health and Weight Gain?*
- *The less Sleep we have, the more Mistakes and the Slower we become.*
- *A Good Night's Sleep makes our Memories better, so you remember more for Tests and Exams.*

Sleep can be tricky when we are stressed. All we can do is try to improve our sleep by developing **Good Sleep Habits**. These include a **Quiet, Cool, Dark and Comfortable Bedroom with all the technology taken out of it**.

Going to sleep at a set time and turning off the technology an hour before sleep time.

Calm your brain down from technology stimuli by doing something relaxing an hour before you sleep.

Don't do vigorous exercise or eat a heavy meal 2-3 hours before your bedtime as this stimulates the body.

Learn to relax and meditate.

And studies have found that a Glass of Milk at night helps you sleep.

Milk helps produce the feel good hormone, *serotonin*, which relaxes you and helps you feel better. If you are having problems sleeping, see you GP or chat to the Wellbeing Team for some assistance.

Cheers Meg

