



Tech Talk 2021

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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 2 Semester 1 - VOL 17

18th June, 2021

KERANG TECHNICAL HIGH SCHOOL



2022
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



The Year 9 Visual Communication Design students are capping off their semesters learning with individually designed skateboard decks. We are looking forward to the finished results.



update:

KTHS TOURS

Unfortunately the current restrictions still do not allow us to conduct school tours.

Further updates will be provided as soon as they come to hand.

Further information please contact
Junior School Leader - Miss Zoe Ferrier -
Zoe.Ferrier@education.vic.gov.au

Principal's Report

Attitude to School Survey

Over the last week students from all year levels have been completing the Attitudes to School Survey. This is a 30-minute survey that all Victorian schools complete. It asks questions about Teaching and Learning and student wellbeing at school. The results of the survey form one of a number of data sets used to assess the school's health. Information from the survey helps the school to formulate future directions.

Reports

Reports will be distributed to students Friday 25th June 2:30pm. This is an opportunity for parents to have a conversation with their child about their academic progress and learning. If you have any queries, please do not hesitate to contact the school.

Values

Throughout the term students and staff have been reviewing the school values. Questions like....

Are they fit for purpose?

Do they embody the expected behaviour of the school community?

Are they easy to remember and apply?

How can we make them more visible?

Do they provide for 'teachable' moments?

...have been asked by the school community. These questions and more have been sent out to all parents through XU NO. The intention is to get as many of the school community putting forward their view so that the new values are truly representative of our school community. More work to come in this space.

Early finish

Next Friday is the last day of term 2. School will finish at 2:30pm. Have an enjoyable holiday and school recommences for Term 3 Monday 12th July.

Principal, Dean Rogers

Meet Yvonne



Primary Care in Schools

I have been endorsed as a Nurse Practitioner since November 2014. Becoming an endorsed Nurse Practitioner has been an absolute highlight of my career and now working in the Primary Care in Schools Program at Kerang Technical High School is a fantastic progression of this role.

I enjoy working with students and believe Shannon and I work well together as a team to provide a great service. To recently hear that the program has been funded for another four years is wonderful.

To become endorsed as a Nurse Practitioner I studied at a Masters Level and am able to prescribe and order tests. I am fortunate to also work with a great team of GP's and nurses who I can collaborate with and escalate a client's care to them if needed.

I was born in Kerang. Lived in Kerang since age 5 and studied at Kerang Technical High School. I have three children who also attended Kerang Technical High School. Interests include Women's Health, Chronic Disease and Teenage Health & Wellbeing.



Yvonne is available at the
KTHS Clinic
every Tuesday 10:30am - 2:30pm

Semester Reports

Semester reports will again be delivered electronically via Xuno and will be available for students and parents to view on June . To view the report you need to log on to xuno and go to reports and letters. We do however, understand that some parents would prefer to receive a hard copy of the report. If you have previously requested a hard copy of reports then you will automatically be sent a hard copy. 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 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

NETSTARS
NETBALL CLINICS

Hosted by Julie Corletto - 3 x World Champion
& Commonwealth Games Gold Medalist



KERANG

DATE: Tuesday 29th June 2021
 TIME: 9am - 3pm
 AGES: 7 - 14 years old
 VENUE: Kerang Stadium,
 Maxwell Street, Kerang
 COST: \$45 per participant

Every participant receives a Netstars T-shirt

NETSTARS
Kerang Club

Book Online: www.netstarsnetball.com.au



GREAT OUTDOORS

GREAT MATES

GREAT VIC



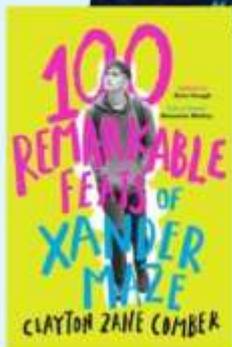
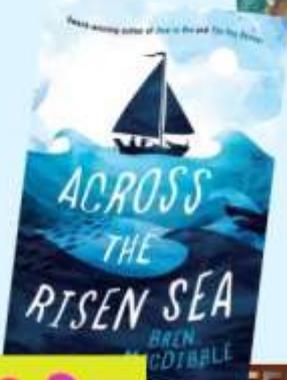
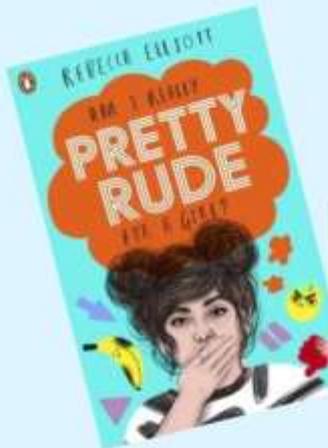
GREAT VIC 2021
Are you up for a challenge?
Keen to get outside and active?
Want to develop some independence and resilience?
Maybe the Great Vic is for you!

See Mr HENRY for more info

SATURDAY 27 NOVEMBER -
SUNDAY 6 DECEMBER 2021

Day	Route	Distance	Notes
Day 1	Rainbow		Arrival day
Day 2	Rainbow-Brim	58km	
Day 3	Brim-Horsham	109km	
Day 4	Horsham Loop	83km	
Day 5	Horsham-Halls Gap	78km	
Day 6	Halls Gap		Rest day
Day 7	Halls Gap-Dunkeld	72km	
Day 8	Dunkeld-Pomonal	97km	
Day 9	Pomonal-Great Western	40km	

Junior High School Book Club



13 July

Am I Really Pretty Rude for a Girl?
Rebecca Elliott

27 July

Across the Risen Sea
Bren MacDibble

10 August

100 Remarkable Feats of Xander Maze
Clayton Zane Comer

24 August

Keeper of the lost cities
Shannon Messenger

7 September

The Detective's guide to Ocean Travel
Nicki Greenberg

The Little Blue  **BOOK SHOP**

70 Wellington Street, Kerang
0403 714 260



CANTEEN ROSTER

TERM 2 19th APRIL – June 25th 2021

From 9.45am to 1.30pm

MON 19 April T THOMAS	TUES 20 J BRAY	WED 21 D GARDINER	THURS 22	FRI 23 C TAYLOR
MON 26 A HALL	TUES 27 D ADAMS	WED 28 J LOWE	THURS 29	FRI 30 B WILLIAMS
MON 3 May N HOGG	TUES 4 WINTER SPORTS	WED 5 Y HOLLARD	THURS 6	FRI 7 D SIMPSON
MON 10 K PILGRAM	TUES 11 A MORTON	WED 12	THURS 13 J KEATING	FRI 14 T COLLIER
MON 17 T SPENCER	TUES 18 J PAY	WED 19 M MCKNIGHT	THURS 20	FRI 21 K MEEHAN
MON 24 C WHINFIELD	TUES 25 K TAYLOR	WED 26 N VELLELEY	THURS 27	FRI 28 R WOOLHOUSE
MON 31 K WHELAN	TUES 1 June F BORTOLOTTTO	WED 2 A FOWLER	THURS 3	FRI 4 J YARD
MON 7 T THOMAS	TUES 8 D ADAMS	WED 9	THURS 10	FRI 11 B WILLIAMS
MON 14 QUEENS BIRTHDAY	TUES 15 D SIMPSON	WED 16 J LOWE	THURS 17 M MCNEIL	FRI 18 C TAYLOR
MON 21 A HALL	TUES 22 M HUNTER	WED 23	THURS 24	FRI 25 T COLLIER

Book club

Years 7, 8 & 9 Years 10, 11 & 12

18 May

24 May

1 June

7 June

15 June

21 June

The Little Blue  BOOK SHOP

4pm @ 70 Wellington Street, Kerang

The Student Voice
Team

are running a

CHESS CLUB

Thursday Lunchtimes



FIT BODIES HEALTHY MINDS

FIIT TEENS @ TFSK

Friday's 4pm to 4.50pm
with Belinda Batchelor &
other guest professionals

In partnership with NDCH & Freeza




NDCH
freeza VICTORIA
www.freeza.org.au

5 FITT FITNESS SESSIONS
FROM MAY 7

REGISTER AT
WWW.NDCH.ORG.AU/EVENTS

ALL FITNESS LEVELS WILL COME
TO REGISTER

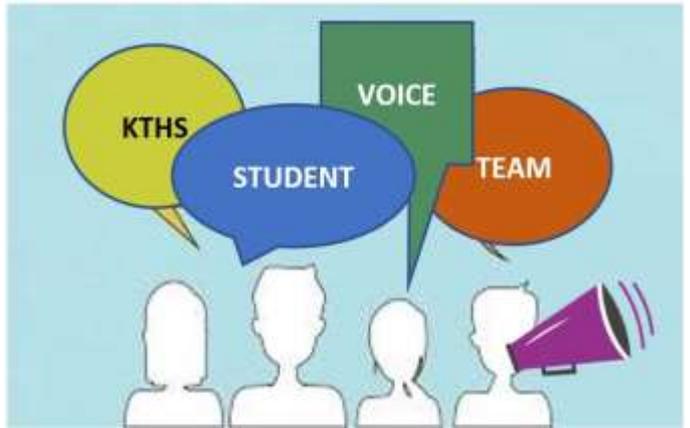
THE FIT SPACE KERANG
70 WELLINGTON ST KERANG

Junior Weekend
Shop Assistant
wanted

Drop your
resume into
Grays Bakery ask
for Janine

Grays Bakery
Kerang *get fresh with Grays*





The KTHS Student Voice Team have been surveying as many people as they can to find out what are your **TOP 6 VALUES** that are important to you.

The school is looking at updating its Values and we want your input please.

If you haven't voted yet, please write your name and vote for your Top 6 values. You can either email, XUNO, text, drop in personally, etc to the Wellbeing Team (Sharon Champion, Paul Beyen or Meg Irvin), so we can collate all the answers. Cheers Meg



Mark Your Top 6 Values Name _____

Please use the number 1 to 6 to indicate your top 6 values (1 being the most important)

Accountability	Faith	Perseverance
Achievement	Generosity	Persistence
Belonging	Giving	Professionalism
Bravery	Gratitude	Resilience
Commitment	Honesty	Respect
Compassion	Honour	Responsibility
Competence	Impartiality	Self-Control
Cooperation	Inclusion	Teamwork
Courage	Ingenuity	Trust
Creativity	Integrity	Truth
Curiosity	Justice	Virtue
Determination	Kindness	Willingness
Diligence	Knowledge	Other – please add
Discipline	Leadership	
Education	Love	
Empathy	Modesty	
Encouragement	Optimism	
Ethics	Patience	

Do you know a budding scientist in year 11?

Let them know about the 2022 NYSF Year 12 Program and they'll thank you forever!

Don't miss your chance to have a life-changing STEM experience. The NYSF Year 12 Program in January 2022 offers an exciting range of in-person and digital science, technology, engineering and mathematics (STEM) experiences for participants across Australia.

In 2021 the program received fantastic reviews from participants, many of whom cited it as being "life-changing". Indeed, 9.2/10 of our 2021 participants recommend the Year 12 Program to others and all STEM sessions scored over 90% "good to excellent" ratings from the attendees.

In 2022, the NYSF will deliver a 12-day program from 10-25 January via a combination of in-person and digital STEM experiences. 2022 participants will experience everything the NYSF is famous for, including keynote speakers, lectures, hands-on workshops, debates, expos and enriching social activities. In-person STEM visit days and events will be held over a week of the program at major city hubs across the country, enabling students to meet each other and network with like-minded peers. A continuous program of digital events will run alongside the in-person events meaning the program is accessible to all. This option also means the NYSF experience is still accessible and stimulating should there be a COVID-19 hotspot emerge or lockdown called at a hub location.



"The NYSF was truly a wonderful experience that has changed my perspective on life and STEM and one I will remember forever."

- 2021 NYSF Year 12 Program participant



"NYSF was an amazing experience for me which helped me meet amazing and inspiring people. From Nobel laureates to Prof Lisa Harvey-Smith, the sky truly was the limit."

- 2021 NYSF Year 12 Program participant



"Despite the changes in delivery mode due to COVID-19, I still found my experience invaluable! It opened my mind to opportunities I hadn't considered and fuelled my passion for STEM further."

- 2021 NYSF Year 12 Program participant

This week is **MEN'S HEALTH WEEK**, which helps with awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.



Aiming for good health is about being the best you can be. It's important to prioritise your physical, emotional, and social health by staying connected and seeking support early if something is wrong,

Some things you can get help with :-

Depression and Anxiety

According to beyondblue, 1 in 8 men will experience depression and 1 in 5 men will experience anxiety at some stage in their lives. If you or someone close to you is struggling with these, there is help available. These helplines 24 hours a day.

- ◇ Lifeline - 13 11 14
- ◇ MensLine Australia - 1300 78 99 78
- ◇ Mental Health Regional Triage Service - 1300 36 37 88

Prostate, Testicular and Bowel Cancers

To catch these early, it is important to do regular self examinations. Abnormalities can include painless or painful lumps, discharge, blood, changes in bowel habits. If you find anything abnormal, go to your Doctor to get it checked.

SPANNER IN THE WORKS?

HOME ABOUT CHECKUP RESOURCES CONTACT

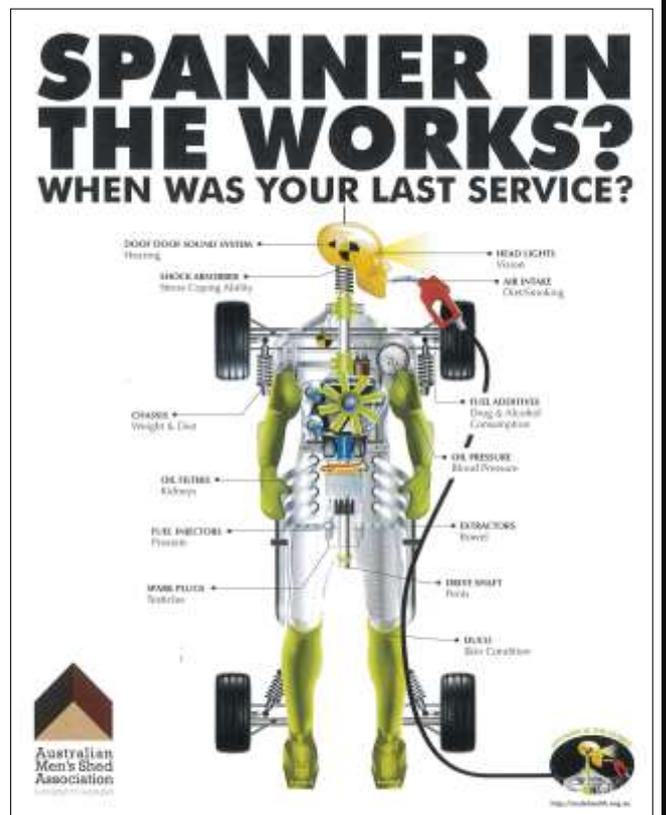
WHEN WAS YOUR LAST SERVICE?

Knowing when to have your car checked is no different than keeping your body in peak condition.

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Diabetes

Symptoms to look out for are increased thirst, frequent urination, hunger fatigue and blurred vision. And sometimes, there may be no symptoms. When you are over 40, have an annual check up to test your blood sugar. To help prevent diabetes, do some exercise, eat well, manage stress, get 8 hours sleep, reduce your alcohol intake and quit smoking. If you get symptoms, please go to your Doctor to get them checked.



Blood Pressure

If you are over 40, get an annual check of your blood pressure. Or get it checked if you have symptoms. These include severe headaches, nose bleeds, fatigue, vision problems, chest pain, difficulty breathing or irregular heart beat.

Tips to remember

It's healthy to talk. Have a chat with someone you trust.

You are not alone. Many men experience problems with their reproductive health.

You need to stay informed. Knowing about potential problems is a good way to help avoid them.

Don't ignore change. See your letter if you have any concerns.

Your local GP, NDCH,

Health direct - <https://www.healthdirect.gov.au/>

Better Health Channel <https://www.betterhealth.vic.gov.au/>

Cheers Meg



NDCH

Northern District Community Health

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

Men's Health Week: 14 - 20 June

PAUL LACY – PROGRAM COORDINATOR FOR TACTICS FOR TOUGH TIMES PROVIDES SOME TIPS ON HOW TO LOOK AFTER YOURSELF



Doctor's visit: When was the last time you visited the Doctor for a checkup? You should visit at least every 12 months. Get them to check your blood pressure, heart, lungs and perhaps a cholesterol check. If you are struggling with mental health now would be a good time to mention it.

Exercise: Make a plan. Make it achievable and part of your routine. Walking the dog each day or riding to work. Build up the intensity slowly. Don't overdo it. Soreness or injury will only put you back further on your fitness goals. Benefits of exercise include, improved sense of well-being, feeling more relaxed and positive, increased energy, better sleep and can even help with many common mental health challenges.

Diet: Dieting is not about detoxing or cutting out carbs. For most of us it's simply portion size, variation and reducing the fat, salt and sugar in our meal choices. It can be simple to make better choices.

Fresh Air: Don't underestimate the power of fresh air and sunshine. Get out and enjoy it at least once a day. It will benefit your physical and mental health.

Hydration: Is so important for your body to run properly. At least 2Lt of water per day is recommended.



Book an AgriSafe appointment if you work in the farming industry:

NDCH is now offering FREE AgriSafe clinics to all farmers and their families.

An AgriClinic is conducted by a qualified health clinician specialising in agricultural health and medicine and who is familiar with farming practices. They will assist you to:

- Determine your health status and how to improve it.
- Learn how to keep you, your family and your workers safe.
- Identify on-farm risks and hazards. Obtain suitable personal protective equipment.

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

#farming #farmers #farmingfamilies #safety #health #wellbeing

How to get an appointment

Call NDCH on 03 - 5451 0200 or email: info@ndch.org.au



www.ndch.org.au