



Tech Talk 2021

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"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 3 Semester 2 - VOL 27

3rd September, 2021



Health & Physical Education (HPE) Day is a nationwide initiative that highlights the importance of HPE in the Australian Curriculum, and its influence on the learning and development of children.

This week, students are encouraged to complete the HPE challenge to earn points for your house as well as win some cool prizes!

How to Compete:

1. View the list of activities and their allocated points
2. Complete as many activities as you wish to total **10 points**
3. Uploaded to XUNO photos of each completed activity to either Miss Ferrier/Mr Henry or Mr Wishart.

Good luck and enjoy!

1 POINT:

- Complete a mindfulness colouring in page
- Complete a crossword/wordsearch/sudoku
- Complete a meditation session/ breathing technique
- Listen to music
- Watch a Paralympic event
- Eat a piece of fruit
- Call a grandparent/friend to 'have a chat'

2 POINTS

- Play a board game with another member of the household
- Complete a random act of kindness for a person in the house
- Find the rules/guidelines of a Paralympic sport
- Go for a walk
- Hold a conversation about how you are coping in these uncertain times
- Help your parent/guardian cook a main meal

3 POINTS

- Create a list of '10 ways to be helpful'
- Read a text: could be about sport, someone inspirational
- Cook a healthy meal/dessert for your family
- Find out the energy content of packaged food
- Create a poster surviving lockdown or the benefits of Physical Activity
- Complete a workout
- Fill in a gratitude journal: 3 things you grateful for/3 things that went well today/3 things you are looking forward to

4 POINTS:

- Write a poem about Health & Physical Education
- Write a story about an adventure you have been on
- Complete 30 minutes of exercise and take your pulse and breathing rate
- Complete a 3km run/walk
- Listen to a podcast
- Create your own circuit and complete

6 POINTS

- Create a Ninja Warrior/Survivor/Obstacle Course and complete it!

Remember for each activity that you complete you need to provide evidence to one of the PE teachers: This could be a photo of you completing the task or the completed activity e.g. photo of your poem

KERANG TECHNICAL HIGH SCHOOL



2022

ENROLMENT FORMS

ARE NOW DUE



KTHS Office is open 8:30am - 4:00pm during Remote Learning for families to drop off enrolment forms.

If you require another enrolment pack or require additional information

please email:

Zoe.Ferrier@education.vic.gov.au

Principal's Report

General Achievement Test (GAT) and Victorian Certificate of Education (VCE) Examinations

The following assessments for senior secondary students will be conducted with health and safety controls in place:

The GAT has been rescheduled and will take place on Tuesday, 5 October 2021

Final VCE examinations will take place from 4 October – 17 November 2021

Thankyou for your continued work and patience in these challenging times. The situation is constantly evolving and like me, I am sure you are trying to keep track of what is happening.

On the 2nd of September it was confirmed by the Department of Education that due to the ongoing level of community transmission of COVID-19, the Victorian Government has announced the current restrictions in place across Victoria will be extended. This means remote and flexible learning will continue in all Victorian schools until the end of Term 3. Any update or change to this will be communicated through the return to onsite learning plan that will be released next week.

There are no changes to the current remote learning settings in schools or the categories of students who can attend on-site through the remainder of this term.

Further information on the GAT and VCE examinations will be provided directly.

Vaccination blitz

To help support the safe conduct of end-of-year exams, the Victorian Government on Wednesday announced a vaccination blitz for final year school students, their teachers and for VCE exam supervisors and assessors.

The blitz will begin on 7 September and continue until 17 September. During the blitz, final year students, their teachers and VCE exam supervisors and assessors will have access to priority timeslots to attend their vaccination appointment at a vaccination centre.

Final year students, their teachers and VCE exam supervisors and assessors will also be able to book their first and second doses via a dedicated appointment booking hotline.

These additional pathways will help support a faster booking process and minimise absence for students during their schooling hours.

The Department of Health will release details of the dedicated phone number and session information on Friday, September 3. This will be communicated through XUNO and via Facebook. Bookings for 16 years and older have already opened. In the meantime:

Information on the vaccine and booking an appointment;

Students and parents can book and/or change a vaccination appointment at a vaccination centre through the coronavirus.vic.gov.au website or contact the Coronavirus hotline by phoning 1800 675 398. To find a vaccination centre and opening times, visit the coronavirus.vic.gov.au website.

From 30 August, people aged 16-39 can get their COVID-19 vaccine at a doctor's clinic, pharmacy or community health service through the Australian Government Eligibility Checker. You can book your appointment online or by calling the vaccine provider nearest to you.

For information about the COVID-19 vaccine rollout, visit coronavirus.vic.gov.au

The school will continue to use XUNO and Facebook to keep the school community informed.

Principal, Dean Rogers

CHANGE OF DETAILS NOTIFICATION

Child's Name:

Date of Birth: School Year:

Parent's/Guardian's Full Name:

New Address: Postcode:

Family Email:@.....

Contact numbers: Parent name:.....
After Hours: Business Hours: Mobile:.....

Contact numbers: Parent name:.....
After Hours: Business Hours: Mobile:.....

Name & Address of Family Doctor:

Medicare Number: Student Number on Card..... Expiry.....

Medical/Hospital Insurance Fund: Contribution Number:

COVID-19 VACCINATION

CLINICS

Check your eligibility for COVID-19 vaccination
[covid-vaccine.healthdirect.gov.au/eligibility](https://www.healthdirect.gov.au/covid-vaccine)
1800 675 398

Speak to your GP about any medical concerns

- **Kerang COVID-19 Vaccination Clinics**
Kerang District Health
WD Thomas Activity Centre, Burgoyne St, Kerang
By Appointment Only
Call the KDH Vaccination line on 5450 8099
- **Bendigo Health**
113-133 Mollison St, Bendigo
bendigohealth.org.au/registerforvaccine
By Appointment Only
1800 675 398
- **Cohuna COVID-19 Vaccination Clinic**
NDCH, 33 King Edward Street, Cohuna
By Appointment Only
5451 0200
- **Kerang Medical Clinic**
47 Victoria St, Kerang
By Appointment Only
5450 8060
- **Echuca Regional Health**
Vivid Building, 238 High St, Echuca
erh.org.au/covid-19-vaccinations
Pfizer By Appointment Only. AstraZeneca walk in
5485 5000
- **Terry White Chemmart**
Kerang 28/32 Victoria St, Kerang
Cohuna 63-67 King George St, Cohuna
terrywhitechemmart.com.au/health-services/covid-19-vaccination
By Appointment - limited walk in available
- **Boort District Medical Centre**
2 Coutts St, Boort
By Appointment Only
5451 5220
- **Ochre Medical Centre Cohuna**
111 King George St, Cohuna
Pfizer & AstraZeneca By Appointment Only
5456 2609
- **Swan Hill District Health**
28 High St, Swan Hill
www.shdh.org.au
hotdoc.com.au - Swan Hill Respiratory Clinic
By Appointment Only
5033 9968
- **Mallee District Aboriginal Services**
Kerang 9 Nolan St, Kerang
Swan Hill 70 Nyah Rd, Swan Hill
Mildura 120 Madden Ave, Mildura
By Appointment Only
1800 183 593

To view all clinics within the local area visit
www.murrayphn.org.au/vaccinationclinics/



Information correct as of August 31 2021



VCE RESULT RELEASE DATE SET



Following the VCAA's announcement today that VCE results will now be released at 7am, Thursday 16 December, VTAC confirms that the ATAR will be released to VCE students at the same time.

The December offer round for domestic students will not run in 2021. The first offer round for domestic year 12 students will be the January round, with offers released on 14 January.

Further information about change of preference dates in light of these changes, and revised December round dates for international applicants, is available on the [Dates](#) page of the VTAC

During Remote Learning, our Primary Care in School's Nurse Practitioner Yvonne Fabry is still taking appointments to consult with our Student's. To make a booking each Tuesday, please message Miss Ferrier on Xuno.

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.

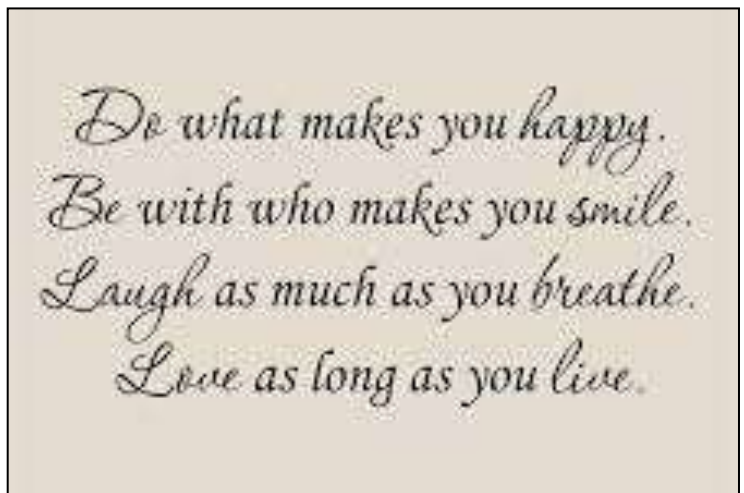
Yvonne is available at the
KTHS Clinic
every Tuesday 10:30am - 2:30pm



What are the things that make you smile?

Sometimes we get into a rut and get overwhelmed with challenging things that take the wind out of our sails. This is when we need to remember the good things that make us smile. A time to meditate and reflect on the happy times in our lives.

Cheers Meg



National Asthma Week

Did you know this week is Asthma Awareness Week

1-7 September

A perfect time to upskill your knowledge on Asthma and ensure your Action Asthma Plan is up to date!



1. Do you have a current Asthma Action Plan?

2. Have you been for a review lately?



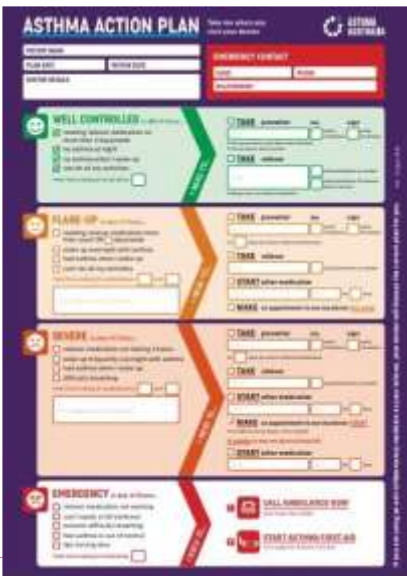
WHAT IS AN ASTHMA REVIEW?

An Asthma Review is a chance for you to talk to your doctor about your asthma. A chance to talk about any symptoms you may be experiencing, any concerns you may have, to review your asthma medication, and perhaps discuss ways to better manage your asthma.

The KTHS Primary Care in Schools is available for KTHS students every Tuesday from 10:30am—2:30pm.

Yvonne and Shannon (KTHS' Nurse Practitioner and Registered Nurse) are available to update your Asthma Action Plan

Make an appointment with Miss Ferrier via XUNO



WHAT IS ASTHMA?

Asthma is a long-term lung condition of the airways (the passage that transports air into our lungs). At the moment, there is no cure, but it can be managed.



HOW TO MANAGE?

Most people with asthma can manage and control their lives so they are unaffected by symptoms. The best way to do this is by avoiding exposure to known triggers. It is also important to have a written Asthma Action Plan, and follow its guidelines every day. In addition, understanding your medications and using them as

WHAT ARE THE SYMPTOMS?

People with asthma experience symptoms because of the inflammation and narrowing of their airways. Symptoms often vary from person to person. The most common symptoms are:

1. Persistent cough, irrespective of sound it makes.
2. Wheezing – high pitch whistling sound made by narrowing of airways
3. Breathing difficulties – sometimes the signs of airways tightening do not result in any sounds (silent asthma) we are familiar with such as wheezing and coughing.
4. Tightening of chest / Chest pain

If you have any of the above symptoms, visit a doctor .

CAUSES?

The causes of asthma are unknown and researchers continue to investigate genetic and environment factors. People often have a family history of asthma, eczema, and hay fever. Research has shown that exposure chemicals, particles and gases in the environment can increase the risk of developing this condition. This includes: Tobacco smoke (especially as a baby or young child) Pollution from bushfires, traffic, and industry, some workplace chemicals. Some studies have also found that obesity is a cause. Researchers continue to find out more about what causes asthma and how we might prevent it.

COMMON TYPES OF ASTHMA

1. Allergic asthma – caused by allergens such as pollen, dust, food items, and mould
2. Non-allergic asthma – caused by irritants such as viruses, air particles from smoke, cleaning products, perfumes, and aerosol products
3. Occupational asthma – caused by workplace triggers such as chemicals, animal proteins, fumes, etc.
4. Exercise-induced asthma – usually caused by physical activities
Nocturnal asthma – symptoms that worsen at night, possible cause includes dust mites, heartburn or sleep cycle

HOW MANY PEOPLE HAVE ASTHMA?

One in every nine Australians have asthma - around 2.7 million of us. **It's** more common in males younger than 14 years. However, for people aged 15 years and over, it is more common in females. The rate of asthma among Aboriginal and Torres Strait Islanders is almost twice as high as that of non-Aboriginal Australians. This is even more marked in the older adult age group. Asthma is more common in people living in socioeconomically disadvantaged areas. The prevalence is significantly higher in people living in outer regional and remote areas compared to people living in major cities. More than one in every two children who are younger than 15 years (57 per cent) have a written Asthma Action Plan (AAP). But fewer than one in every five people who are aged over 15 years have a written Asthma Action Plan (3). This is lowest for people aged 25-44 (16.5%)