Tech Talk 2021

Murray Street (PO Box 201), Kerang Victoria 3579
Telephone: (03) 5452 1062Facsimile: (03) 5452 2649
Email: kerang.tech.hs@education.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 4 Semester 2 - VOL 30 15th October, 2021

Class of 2021 final week of their School Journey

The Class of 2021 have endured their whole VCE throughout the Coronavirus Pandemic, and we congratulate them on their resilience & determination, moving in and out of remote learning & lockdowns, and cancelled events along the way. Their final few days at KTHS will see them have 3 costume days starting Friday 15th, with their final day Tuesday 19th . The first VCE exam is English on the 27th Oct, with ATAR results being published Dec 16.

School Council Meeting;

Monday 18th Oct 7.30pm

Kerang Technical High School
Wellbeing Team Phone
0459 253 961

Principal's Report

This week we welcomed back the Year 7's fulltime, the year 8's and 9's Tuesday, Wednesday and the Year 10's Thursday and Friday effectively having all year levels at school for some time this week. This is the first time since lockdown commenced 6 weeks ago and is part of the Victorian government's road map out of lockdown. Talking to the students they were excited to be back at school which is also a sentiment shared by their teachers. It meant that the tools and machines were dusted off, the classrooms opened up and school felt alive with a lot more people moving around.

Year 12's

The end of the year is rapidly approaching for Year12's. Their last day of official classes is next Tuesday 19th. This heralds in the exam study period and they all know that they are welcome back for extra study with all their teachers available to help during when they would have been normally timetabled on. This year has certainly been a rollercoaster ride for the Year 12's and I have been impressed with the way they have applied themselves, the way they have adapted and the resilience they have shown. This has been emulated by their teachers who have worked through onsite and offsite learning throughout the year. Good luck to all.

Covid-19 Protocols

With the return of the student's, it is appropriate to remind everyone of the COVID-19 safe practices.

Wearing of masks in class. The rules are…

For all school settings, the Victorian Chief Health Officer:

Directs school staff and secondary school students aged 12 or older must always wear a face mask indoors and outdoors at school, including when attending an Outside School Hours Care (OSHC) program, unless a lawful exception applies.

Directs school staff and secondary school students aged 12 or older must always wear a face mask when travelling to and from school on public transport, taxis or ride share vehicles.

There are a number of lawful reasons for not wearing a face mask, including for staff and students who are unable to wear a face mask due to the nature of their disability, medical or a mental health condition.

A face mask must cover the nose and mouth. Face shields, scarves or bandanas do not meet these requirements. Refusal to wear a mask is breach of the Victorian Chief Health Officer Directions.

Other measures being observed by the school include

Social distancing. Students where practicable are to social distance 1.5m.

Windows and doors open to provide ventilation and

Hand sanitizer available throughout the school.

These rules have become more 'real' for KTHS students particularly when we stated the term off with some staff and students required to isolate after visiting a tier one site during the exposure period. Thankfully no one tested positive and all are back at school now. Thanks to everyone for their support.

Principal, Dean Rogers

Situation vacant – Lifeguard

Gannawarra Shire Council is currently seeking Lifeguards for the upcoming Outdoor Pool Season. Don't miss this great summer job opportunity based at outdoor pools in Cohuna and Kerang.

Must have, or have the ability to obtain, pool lifeguard qualification, first aid certificate and working with children check. Pool lifeguards must be 16 years and older. Applications to be submitted online https://www.gannawarra.vic.gov.au/Situations-vacantLifeguards-Kerang-Cohuna

VET Ag Student's recently made this Chicken Brooder from scrap lying around for our jnr ag classes, Well done to the Boys, our new chickens are loving their new home!

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 per round.

WHO IS ELIGIBLE?

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

- aged 0 to 18 years
- a resident in Victoria
- named on a valid and issued (at the time of your application) Australian Government Health Care Card or Pensioner Concession Card, or your child is named on their own valid Health Care 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.

Special consideration applies for children residing in Care Services as well as temporary or provisional visa holders, undocumented migrants or international students.

VICTORIA State Government

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 must pay for the membership, registration fees, equipment or uniform first.

You must have incurred membership expenses within eligible expenditure dates to claim unifrom and equipment expenses.

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 wich 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 Jan 2021 - 11 Apr 2021	1 Mar 2021 - 11 Apr 2021 NOW CLOSED
1 Jan 2021 - 30 July 2021	31 May 2021 - 30 July 2021 NOW CLOSED
1 Jan 2021 - 30 Nov 2021	4 Oct 2021 - 30 Nov 2021
30 Nov 2021 - 15 Apr 2022	7 Mar 2022 - 15 Apr 2022

MORE INFORMATION

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

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

Meg Paul, & Sharon's Musings

KERANG TECHNICAL HIGH SCHOOL

Nutrition Australia try for 5

Try for 5 is Nutrition Australia's annual campaign to raise awareness and encourage us to eat more vegetables and to eat the recommended 5 serves per day.

Some examples of a serve

- *½ cup cooked green or orange veggies, like broccoli, carrot or pumpkin*
- *½ medium potato or other starchy veg or 1 medium tomato.*
- *1 cup raw salad leaves, like cos lettuce or kale*
- *½ cup beans, peas or lentils*

Parents can Lead by Example

Kids love to watch and learn from their parents and carers. Eating vegetables at family mealtimes is a great way to encourage your child to eat their veggies too.

Grow your own Vegetables and Herbs
Home grown vegetables and herbs often taste better and you feel proud of producing them yourself.

Make your own yummy Veggie Snacks
Recipes can be found at
https://www.tryfor5.org.au/

Cheers Meg

1. BE PREPARED

cut up veggies at the start of the day and have them ready to go, or try some mini-vegetables. Either way veg snacks are perfect for home, work or the school lunchbox

2. ENJOY VEGGIES

Enjoy veggies with healthy dips – avocado hummus, tzatziki, chickpea and red pepper, beetroot and mint, smashed beans

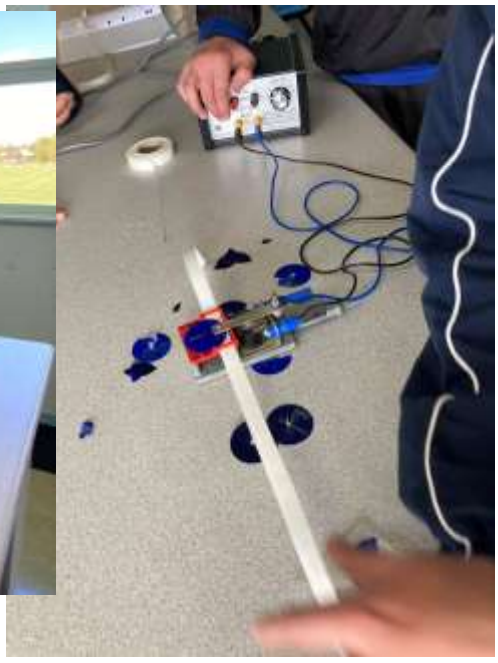
3. BAKE YOUR VEG

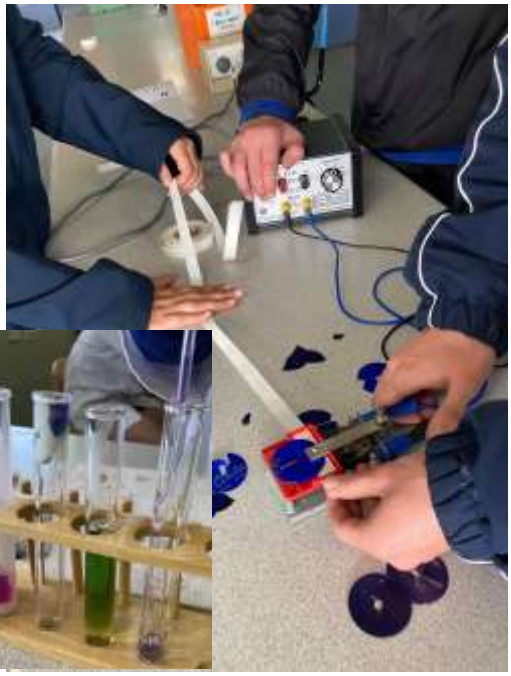
Bake your veg into a healthy snack – try spinach and zucchini muffins, corn fritters, or chickpea falafels.

4. BLEND THEM UP

Blend them up – add spinach, avocado, frozen zucchini, frozen cauliflower or kale to your fruit smoothies.

A huge week back in the Science Lab Classrooms this week with Year 7 practicals of investigating solutes and solvents, Year 8's studied body systems with an investigation into protein digestion analysing the effects of enzyme, hcl or both in the stomach during digestion, as well as made model lungs. Year 9's revised study of Acids, Bases & with red cabbage indicator. Year 10's learnt to use the Ticker Timers to create speed-time graphs.





ENCOURAGING KIDS TO ENJOY VEG!

National Nutrition Week (October 10-17)

Brought to you by NOCH

Nutrition Australia try for 5

1 GET YOUR CHILD INVOLVED IN COOKING VEGETABLES

Kids who help prepare their veggies are more likely to eat them.

2 OFFER VEGETABLES AS SNACKS

The more meals that include veggies, the more your child will try them.

3 LEAD BY EXAMPLE

Kids love to watch us and food choices are often learn from parents/carers behaviours. Eating vegetables at family mealtimes is a great way to encourage your child to eat veggies too.

4 KEEP TRYING WITH VEGETABLES

Some kids may need to be exposed to a certain vegetable 10 times before they decide to try it, and another 10 times before they like it!

5 USE PRAISE WHEN YOUR CHILD TRIES VEGETABLES

Praising your child when they try a vegetable is a great form of encouragement.

6 GO FOR VEGETABLE VARIETY, TASTE AND FUN

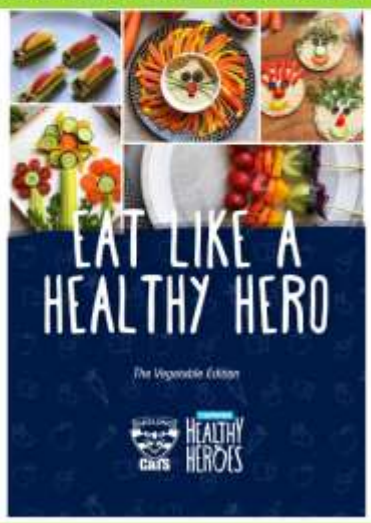
Go for veggie-topped pizzas, stir fry or a platter of colourful veggies as a snack.

7 GET VEGETABLES INTO MEALS IN OTHER WAYS

Try incorporating vegetables into dishes they already like, such as grating carrot and zucchini into pasta sauce, or pureeing veg into soup.

Sourced from: www.tryfor5.org.au

CHECK OUT THE VEGETABLE EDITION RECIPE BOOK FROM THE GEELONG CATS FOR INSPIRATION:



JOEL + TOM'S RICE CAKE FACES

BEC + KATE'S CELERY SNAILS

Sourced from: www.geelongcats.com.au/experience/community/resources/healthy-heroes

COVID-19 VACCINATION CLINICS

Check your eligibility for COVID-19 vaccination
covid-vaccine.healthdirect.gov.au/eligibility
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

- **Cohuna COVID-19 Vaccination Clinic**
  NDCH, 33 King Edward Street, Cohuna
  By Appointment Only
  5451 0200

- **Echuca Regional Health**
  Vivid Building, 238 High St, Echuca
  erh.org.au/covid-19-vaccinations
  Pfizer By Appointment Only. AstraZeneca walk in
  5485 5000

- **Boort District Medical Centre**
  2 Coutts St, Boort
  By Appointment Only
  5451 5220

- **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

- **Bendigo Health**
  113-133 Mollison St, Bendigo
  bendigohealth.org.au/registerforvaccine
  By Appointment Only
  1800 675 398

- **Kerang Medical Clinic**
  47 Victoria St, Kerang
  By Appointment Only
  5450 8060

- **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

- **Ochre Medical Centre Cohuna**
  111 King George St, Cohuna
  Pfizer & AstraZeneca By Appointment Only
  5456 2609

- **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