



# Tech Talk 2021

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

Email: [kerang.tech.hs@education.vic.gov.au](mailto:kerang.tech.hs@education.vic.gov.au)  
Webpage: [www.kerangths.vic.edu.au](http://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 32

29th October, 2021

**Term 4 2021 Planner**

**Key Dates Term 4**

- Week 5
  - Mon 1.11
  - Pupil Free Day
  - Tues 2.11
- Melb Cup Public Holiday
- Week 6
- Unit 1 & 2 Exam Week
- Week 7
- Transition Week Unit 3
- Week 8
- Transition Week Unit 3
- Year 10 Exam Week
- Fri 26.11
- Last day Year 11

**Key dates Dec**

- Fri 3.12 Last day Year 10
- Tues 7.12
- Yr 7 2022 Orientation Day tbc
- Mon 13.12 Activities Week
- Fri 17.12 Last day 2021

**November**



**On Tuesday morning KTHS was a sea of pink with a BCNA Morning Tea/Staff Thank You hosted by the Wellbeing Team. Staff enjoyed beautiful cakes supplied by Gray's Bakery and raised \$185 with a pamper raffle, funds being donated to the McGrath Foundation. The Wellbeing Team wanted to celebrate the hard work of Staff through Remote Learning and it's challenges, utilising the Breast Cancer Awareness Month which also touches many of our Staff, Student's and our Community.**



# Principal's Report

## Year 12 Exams

Year 12's commenced their Exams this week commencing with their English exam. For this cohort of students, it has been particularly difficult with the amount of time they have spent in remote learning both in year 11 and year 12. Nevertheless, they have applied themselves, they have made the best use of their time and they have worked hard with their teachers to give themselves the best chance of maximising their results. I am proud because of their efforts and I believe they have been excellent role models for all the other students of Kerang Technical High School embodying the values of the school taking responsibility for their learning and showing resilience in these challenging times. I wish them all the best with their remaining exams.

For the Year 12's, remember that staff are available and willing to help between exams. Please make use of this.

## Asthma Thunderstorms

Spring time can produce very unsettled weather patterns. We see this with thunderstorms combined with high winds that can impact the region. Of particular note is that sometimes there is a bad combination of thunderstorms, high winds and high pollen counts. This set of circumstances can create what we call Thunderstorm Asthma. Such was the day last Thursday. At KTHS we have a management plan that we enact whenever one of these alerts is in place. This includes..

Alerting staff to Thunderstorm Asthma activity

Enacting individual student asthma plans

Checking those students prone to asthma have their Ventolin puffers on them and are aware of thunderstorm activity

Providing indoor spaces during thunderstorm activity.

Whilst we have our plan it would be helpful if students were proactive themselves and take responsibility for having their Ventolin on them during such weather events.

## Curriculum Day

This Monday 1st November is a curriculum day with no students at school. During the day staff will be looking at.....

Analysing the reading and writing NAPLAN results to determine how best to help the students at KTHS

Working on curriculum documents

Completing Asthma, Anaphylaxis and CPR training.

Principal, Dean Rogers

# Asthma First Aid

## 1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone



## 2 Give 4 puffs of blue reliever puffer medication

- Use a spacer if there is one
  - **Shake** puffer
  - Put **1 puff** into spacer
  - Take **4 breaths** from spacer
- Repeat until 4 puffs** have been taken
- Remember: Shake, 1 puff, 4 breaths**



## 3 Wait 4 minutes

- If there is no improvement, give **4 more puffs** as above



## 4 If there is still no improvement call emergency assistance

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving **4 puffs** every **4 minutes** until emergency assistance arrives



 Comprehensive Monitoring

 Calling young adults in the Gannawarra Shire

**How is your wellbeing?**

1 Are you aged between 18 and 21 years? Have you left school?

2 You can help us better understand young people.

3 Complete the young adult Comprehensive Monitoring survey

Complete the survey online:  
[redcap.link/youngadult](https://redcap.link/youngadult)



 **KTHS Transition Update**



Unfortunately due to current COVID-19 restrictions, we have had to make some changes to our upcoming Transition Program.

**Thursday 21st October**  
Transition Day  
**Cancelled**

**Wednesday 27th October**  
Parent Information Night  
**Format Changed**  
Further information will be distributed to families

**Tuesday 7th December**  
Orientation Day  
**TO BE ADVISED**

Please contact Junior School Leader - Miss Zoe Ferrier if you require further information. [Zoe.Ferrier@education.vic.gov.au](mailto:Zoe.Ferrier@education.vic.gov.au)



**BREAST CANCER RISK FACTORS —**

**1 in 8 women will develop breast cancer.** Age is the biggest risk factor as well as having other family members who have had breast or ovarian cancer. But most women don't have a family history.

**SYMPTOMS —** Breast changes you can see and feel. New lumps, a change in the shape and size of a breast, a change to the nipple such as crusting, ulcer, redness or inversion; skin pulling in, discharge, redness, painful areas, painless lumps, skin indentations etc. **ANY CHANGES, please get Medical Help As Soon As Possible**

**REDUCING RISKS—** **feeling and checking your breasts regularly, Mammograms,** Drinking less alcohol, Quit Smoking, Managing your Weight with cost effective groups such as Take Off Weight Naturally (TOWN) Clubs, Be Active & Eat



Kerang Technical High School  
Wellbeing Team Phone  
**0459 253 961**

Breast Cancer is the most common cancer in women in Australia and the second most common cancer to cause death in women, with 12 dying every day. Survival rates are improving with 89 out of 100 women diagnosed surviving 5 years.

Advancements in cancer research and prevention have caused the survival rate to increase. I urge women to please check your breasts for any abnormalities and see your Doctor as soon as possible.

Please

DO NOT PUT IT OFF.

Don't forget fellas,  
you can get

Breast Cancer too.

See your Doctor, Health  
Clinic's & Community  
Nurses.

Cheers Meg



Am I at risk?



**1 in 8** women in Victoria will develop breast cancer in their lifetime.



**Age** is the biggest risk factor for developing breast cancer.



Most women with breast cancer **do not** have a family history of the disease.



**EXPRESSION OF INTEREST!**

*Kerang Football Netball Club  
Debutante Ball*

*The dates are set for 2022!  
Are you or someone you know interested in  
making their debut in 2022??*

For more information or to reserve a place in our February  
2022 Deb Ball please contact Kirstyn on 0408509221 or email  
kirstynwaddingham@live.com.au



**Anthony Lake**  
0408 754 620

**Legend**  
Apparel

**email: [sales@legendapparel.net.au](mailto:sales@legendapparel.net.au)  
web: [www.legendapparel.net.au](http://www.legendapparel.net.au)**

**- Complete embroidery services -  
Clothing for all your business and sporting needs  
Bags - Towels - Stubby holders - Headwear**



**Student Voice Team**

Resilience  
Responsibility  
Respect



**Introducing Pauline Ugle  
Mental Health Practitioner**

**Thank you** for welcoming me to Kerang Technical High School as a member of the Wellbeing Team. I am a Social Worker and look forward to working alongside everyone to improve the overall wellbeing of the school community in a respectful and positive way.

**What does the Mental Health Practitioner do?**

- 1:1 counselling (with guardian consent for Year 7-12)
- Small group sessions (with guardian consent for Year 7-12)
- Whole school community health and wellbeing promotion

**Where are you from?**

My family relocated from Bendigo to Boort last December.

**How many days do you work?**

One day per week, this year is Mondays during school term.

**Where do I get more information?**

To find out more, please contact Sharon Champion on 5452 1062, Sharon is supervising the Mental Health Practitioner program and will be able to discuss the details with you.

**How do I get in contact with you?**

Please, note I work Mondays only, so if send me an email and I will respond on Mondays.

Email address: [pauline.ugle@education.vic.gov.au](mailto:pauline.ugle@education.vic.gov.au)

Of course, you can always contact Sharon Champion or Dean Rogers at any time.




**Kerang Technical High School  
Wellbeing Team Phone  
0459 253 961**

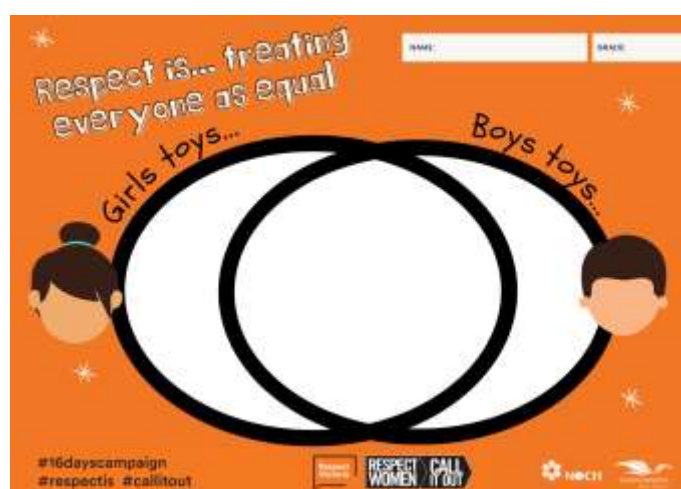
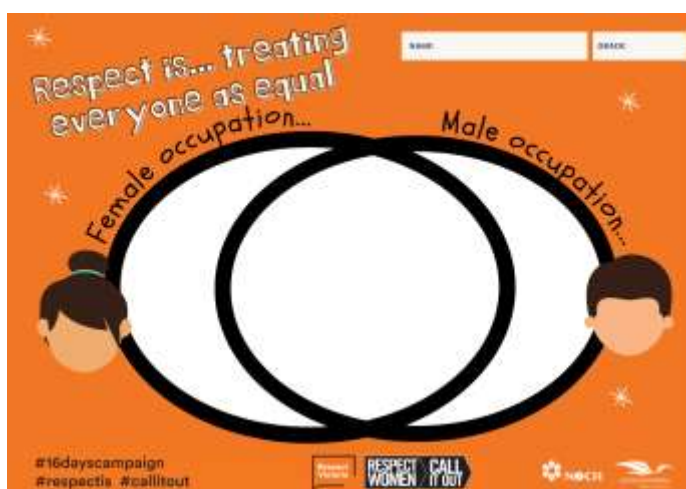
# Gannawarra Goes Orange

Each year Gannawarra Goes Orange for the 16 days of Activism campaign to prevent family violence.

This campaign runs from 25 Nov to 10 Dec.

This year we are running a poster competition to challenge gender stereotypes. We would love if all schools have the capacity to get involved.

Rigid gender roles and stereotypes is a driver of violence against women. This activity is designed to challenge stereotypes and encourage and support strengths and interests of all activities and occupations.



# SENIOR SCHOOL UPDATE

## UNIT DEADLINE:

FRIDAY 29<sup>th</sup> OCTOBER – LAST CLASSES

No classes for year **11's** will operate week 5. This will be a VET PRACTICUM / STUDY WEEK for students to prepare for exams and complete their VET requirements.

School Captain – Nomination forms are available for Mr Henry and Mr Smith. These are due in to Mr Smith with the 1 page letter on Friday 29<sup>th</sup> October.

House Captain/Vice Captain – Nomination forms are also available and due to Mr Smith Friday 29<sup>th</sup> October

## VET PRACTICUM – Week 5

Date	1 <sup>st</sup> SESSION PERIOD 1-3	2 <sup>nd</sup> SESSION PERIOD 4-6
WEDNESDAY 3 <sup>rd</sup> NOVEMBER	VETF	VETE
THURSDAY 4 <sup>th</sup> NOVEMBER	VETF + VETE	VETH + VETAG
FRIDAY 5 <sup>th</sup> NOVEMBER	VETF + VETE + VETH	VETA

Staff will have targeted attendance for specific allocated students for

VETF + VETE
VETF + VETE + VETH

Staff will inform these students of their required attendance.

## COURSE COUNSELLING:

This week Mr Henry and Ms McClure will sit down with each student and discuss their 2022 subjects, career pathways and ensure any prerequisites are met.

A copy of the documentation will be XUNO messaged to parents.

## UNIT 1 & 2 EXAMS: WEEK 6

Student Exam timetables will be distributed Thursday 28<sup>th</sup> October. Exam week is week 6. Students will only be required at school for their scheduled exams.


## TRANSITION: WEEK 7 + 8

Unit 3 Classes will have a 2-week Transition from 15/11 through to the last day for year **11's** Friday 26/11



# PHYSIOTHERAPY

for families and children from birth to 17 years old

Brought to you by  NDCH

**Physiotherapy is available for children who may have difficulty with things such as;**

- Rolling
- Sitting
- Crawling
- Walking
- Running
- Balance
- Coordination
- Gross motor skills – these include, throwing, catching, kicking, jumping, hopping, skipping, climbing, bike riding and/or playing sport.

**Physiotherapy is available for children with a wide variety of conditions including, but not limited to;**

- Cerebral palsy
- Developmental delay
- Down syndrome
- Acquired brain injuries
- Cystic fibrosis
- After Surgery or illness
- Toe walking
- Autism Spectrum disorder
- Duchenne Muscular dystrophy
- Neurological conditions and genetic disorders

Physiotherapy works with families to give children the opportunity to improve their health and wellbeing and their participation in everyday activities.

**Physiotherapy can include:**

- Therapy in your local clinic
- Assistance in finding the right equipment needed to support children to be more independent and able to participate in things they enjoy.
- School, kinder and childcare visits
- Goal directed and family focused therapy in the home environment
- Community based therapy (parks, gyms, pools etc)

**Katie is able to travel to you and your child for physiotherapy services.**

Katie completed a Bachelor of Health Science and a Masters of Physiotherapy at Latrobe University in 2016. Katie has since worked and trained across a range of health services including, The Royal Children's Hospital, Monash Children's Hospital, the Victorian Paediatric Rehabilitation service and St Vincent's Hospital Melbourne.



***If your child may benefit from this service you can contact Northern District Community Health on 5451 0200, alternatively any children with Physiotherapy in their NDIS plan, referrals can be sent to [NDIS@ndch.org.au](mailto:NDIS@ndch.org.au)***

# COVID-19 VACCINATION

## CLINICS

Check your eligibility for COVID-19 vaccination  
[covid-vaccine.healthdirect.gov.au/eligibility](https://www.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
- Bendigo Health  
113-133 Mollison St, Bendigo  
[bendigohealth.org.au/registerforvaccine](https://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](https://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](https://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](https://www.shdh.org.au)  
[hotdoc.com.au](https://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/](https://www.murrayphn.org.au/vaccinationclinics/)

Information correct as of August 31 2021

