



School Captains: Nicola Cockroff & Oscar Hogg
Principal: Mr Dean Rogers

TECH TALK 2023



48 Murray Street (PO Box 201), Kerang, Victoria 3579

Telephone: (03) 5452 1062 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 3 Semester 2.

Vol. 20

14th July, 2023

PRINCIPAL'S REPORT

Welcome Back To Term 3-Semester 2

Staffing challenges continue to impact the school and the education department.

The start to Term Three has been affected by staff illness and staff changing schools. It has meant that the timetable for students has been rebuilt, they will see new teachers in front of them and some classes changed around. This has been a big ongoing job happening through the holidays to rebuild timetables for everyone.

This term we welcome Mrs Claire Tilburn who will be working in the English/Humanities Domain. Mrs Tilburn is already well known to students as she has been a regular replacement teacher.

We also welcome Mrs Emma Foster who is working as an English teacher at KTHS. She starts this coming Monday, 17th July. I'm sure everyone will make them feel welcome. It also requires the timetable to be changed around.

A big thankyou to all KTHS staff who continue to deliver the best possible education in these challenging times where circumstances change rapidly. I would also like to thank all students and parents for their continued patience and support.

Mt. Buller Snow Trip



Twenty-five (25) students along with four staff leave for Mt. Buller this coming Monday morning early for their five-day snow experience to Mt Buller. This is a great opportunity to create a lifelong experience. I look forward to hearing all about it.

Agricultural Expo

The Agricultural Expo is originally organised for last term is rescheduled for Wednesday, 26th July and hopefully the weather 'gods' will be kinder to us. This is an opportunity for the school to showcase some of the equipment and

classes we can provide. It will bring together other local schools and various agricultural companies. A big organisational job and thanks to Krystal Grills and her team for their work in this space.

Please preview the flyer on Page 4.

Principal,
Dean Rogers

**KERANG TECHNICAL HIGH
SCHOOL AGRICULTURAL
INDUSTRY CAREERS
EXPO 2023!**

The shared vision of Kerang Technical High School is to provide our students with a quality education for the future in an inclusive and supportive environment.



Setting the expectation for student drivers



Welfare and safety of student drivers:

As we progress through the school year more and more of our senior students are turning 18 and beginning driving to and from school. While most young drivers are careful, safety conscious and considerate when driving, they are one of the most vulnerable road user groups. Travelling with teenage passengers adds to the risk for these young drivers. Victoria's Graduated Licensing System condition states that no more than one peer aged passenger (aged 16-22 years) is permitted to travel with the driver, unless the passengers are siblings of the driver. This condition does not apply when a person who is fully licensed is sitting in the front passenger seat.

With this in mind, the school has a responsibility to take all reasonable measures to ensure the welfare and safety of students. Our *Student Driving Policy* outlines what we expect from student drivers and copies of this may be obtained from Mr. Nathan Henry our, Senior School Leader.

A *Parent Permission and Student Agreement Form* can also be collected from Mr Henry. All student drivers and parents/guardians are required to sign this form and return it to the school. Part of this agreement is that only family members will be allowed in the car.

Students as responsible drivers in the community:

Our school takes pride in maintaining a positive image within the local community. With an increasing number of our students driving to and from school, it is important that they recognise that any careless and unsafe driving reflects poorly not just on them personally but also on the school.

Members of the school community are encouraged to inform the school if they are aware of any students who are driving in a reckless or dangerous manner or who are not adhering to road rules. This has occurred on a number of occasions.

Any reports made will be taken seriously and investigated. If student drivers have been found to put themselves and other road users at risk, appropriate sanctions will be carried out and if necessary, the police notified.

Concern for our students' safety and welfare are paramount and we ask that the whole school community works together to achieve this end.

Parking for students driving to school:

The school is aware that a number of senior students intend to drive to school either occasionally or on a regular basis. Students and their parents/guardians need to be aware of the school's policy with regard to the parking of student cars. **Burgoyne Street** is the designated student parking area. It is also expected that students will drive to and from school in a safe and responsible manner and adhere to road rules. If these requirements are disregarded, parents will be notified and appropriate student sanctions will apply and, if necessary, the police will also be notified.

Regards,

Nathan Henry, Senior School Leader



**KERANG TECHNICAL HIGH
SCHOOL AGRICULTURAL
INDUSTRY CAREERS
EXPO 2023!**

**KTHS would like to invite you to our first
Agricultural Industry Careers Expo**

Interactive Displays Will Include:

- Machinery
- Engineering companies
- Ag technologies
- Animals and animal husbandry
- Guest speakers & demonstrations

NEW DATE!!!

Where: KTHS oval Murray St

When: 26th July

Time: 9:30am-2:30pm

Food trucks will be available all day .

Further Info Contact Krystal Grills
kerang.tech.hs@education.vic.gov.au

#KTHS

#foodandfibre

#Agriculture

#Agcareers



IMPORTANT NOTICE RE:

COVID-19

With flu season upon us, here is a timely reminder about current Covid regulations:

Students who report a positive result are recommended to isolate for a minimum of 5 (five) days and not attend school until their symptoms have resolved.

Please let the school know via Xuno if this is the case. Please note that schools do not need to notify the relevant classes anymore.

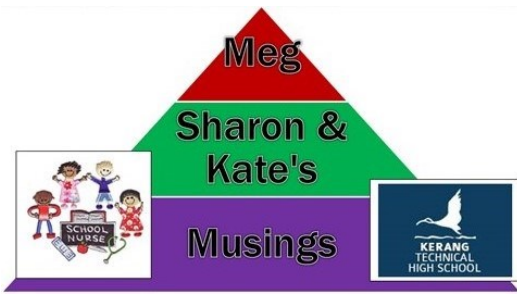
It is recommended that Rapid Antigen Tests (RATs) are used by students and staff:

- ♦ If you have symptoms of COVID-19 infection, no matter how mild;
- ♦ If you are a household or close contact of someone who has COVID-19;
- ♦ If you are a social contact of someone who has COVID-19.

RATs are available from the General Office if needed.

The Department of Health recommends that masks should be worn by a person who is a close contact of someone who has tested positive for COVID-19 when leaving home.

Additionally, the Department of Health recommends that masks should be worn by a person who has COVID-19 for at least 7 (seven) days after a positive test when they need to leave home.



DIABETES is a silent destructive disease when there are high levels of glucose (sugar) in the blood. The main features include tiredness, unexplained weight loss, increased urination (going to the toilet) and excessive thirst.

Most people don't realise they could have diabetes. Many are not aware of it but it's causing damage to your body.

Tests such as a Random Blood Sugar (RBS) or a Glucose Tolerance Test (GTT) can pick it up.

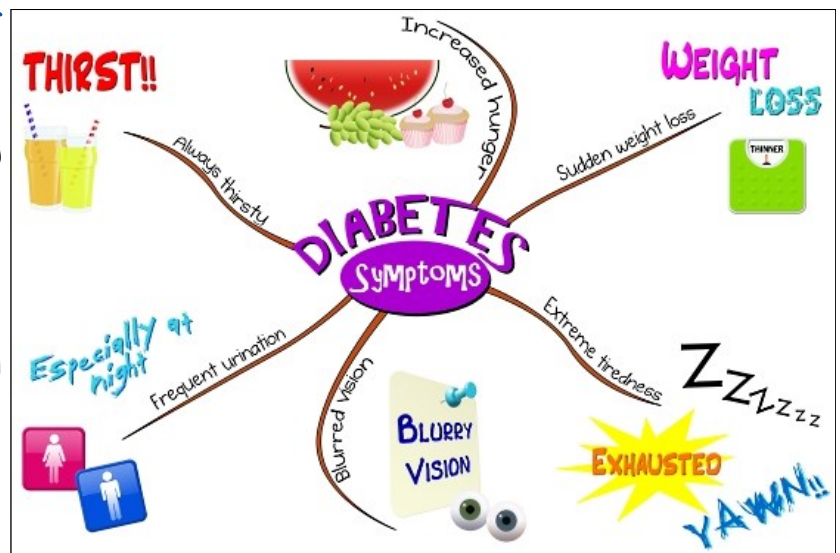
If you are over 30, ask you GP to check it, especially if you have family members diagnosed with diabetes. People can develop Type 1 or Type 2 diabetes at any age.

You are at risk if you have a Family History, Over weight, Physically Inactive, have High Cholesterol, High Blood Pressure, or have had Gestational Diabetes.

Life style changes such as becoming more active, by walking more and decreasing the amount of 'sometimes' food you eat, can help.

If you are over 30 years old, have an annual check with your GP to see what your blood glucose level is.

Cheers Meg



STUDENT ILLNESS



A reminder to families, as per the Department of Education Infectious Disease Policy students with cold or flu-like symptoms are required to stay at home until symptoms have passed. Students experiencing vomiting or diarrhoea are to remain at home until there has not been vomiting or a loose bowel motion for 24 hours.



healthy headspace



Healthy headspace is a skills based workshop designed to provide young people with brief psychoeducation and coping skills on 8 topics.



Workshop information | Starting July 26th

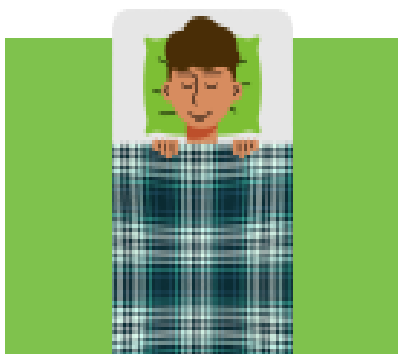
When: Wednesdays | Term 3 | 3.45- 4.45pm

Where: Northern District Community Health | 24 Fitzroy Street
Kerang 3579

Who: Anyone aged 12- 14

What: Young people can attend all topics or select individual weeks

Bookings: Please free call headspace Swan Hill on 1800 975 115
or email headspace@shdh.org.au



Week 1 - sleeping well: 26 July

We will cover how to improve your sleep hygiene and the importance of sleep. You will learn strategies on how to get a good night sleep.



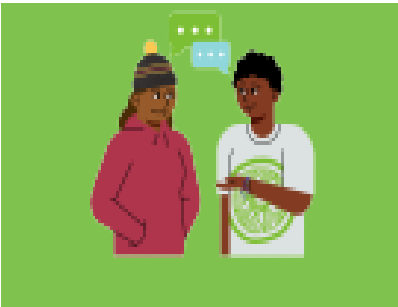
Week 2 - physical wellbeing: 02 August

We will discuss how nutrition and exercise help maintain a healthy headspace. Staying active and eating well helps you sleep better, cope better and boosts your mood.



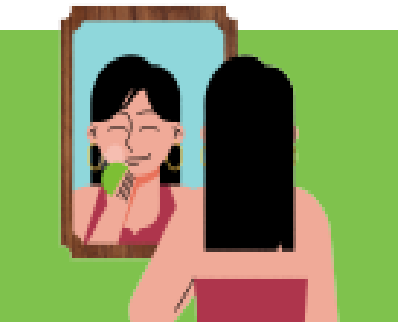
Week 3 - building healthy strategies: 09 August

We will cover mindfulness and relaxation skills that can assist in grounding you, so that you aren't swept away by your emotions such as feeling overwhelmed and stressed.



Week 4 - communicating with confidence: 16 August

This topic aims to help you build assertiveness skills, which can help you communicate in a clear, direct, respectful and honest way in difficult situations.



Week 5 - understanding and accepting myself: 23 August

We learn about our values and strengths and how they shape how we see ourselves. We will explore a range of tools to help understand and respond to body image concerns.



Week 6 - healthy thinking: 30 August

This topic will help you understand how your thoughts impact you. You will learn different thinking styles to assist with your moods and behaviours.



Week 7 - understanding and accepting my feelings: 06 September

This topic aims to help you build some skills and strategies that make it easier to deal with emotions like anxiety, anger, or sadness.



Week 8 - get into life: 13 September

This week will be a whole group celebration built around participants hobbies and interests. You will be able to explore yours and other peoples passions.

CANTEEN NEWS



This year a couple of changes have been made to the operation of the Canteen. To assist with service at the canteen students from Year 11 and Year 12 will be helping Recess and Lunchtime. We trialled this last year with the Year 12's and it worked well. (All students are reminded of their day/time duties via Xuno and there is an enlarged copy of the Yellow and Blue Week timetable roster on the Year 12 Common Room noticeboard for their perusal.)

In particular, students doing Hospitality were used as this gave them experience in customer service and contributed to their overall mark. Parents can still help when available and canteen staff would be appreciative of any time made for the canteen. You can register your interest by contacting the school or talking to the Canteen Manager Lisa Petric. It is a great way to see how the school is running and get a "feel" for the place while interacting with students and staff. Even though it is early days we have noticed a trend where students are purchasing large quantities of unhealthy foods. To assist them with making healthy choices the school is limiting the number to two items at Recess and at Lunch.

Monday	
Recess	Xander F
Lunch 1	Daniel YR 11
Lunch 2	Jess C
Tuesday	
Recess	Jessie T YR 11
Lunch 1	Kaiden YR 11
Lunch 2	
Wednesday	
Recess	Tristan
Lunch 1	Oscar
Lunch 2	Mitchell Yr 11
Thursday	
Recess	Connor
Lunch 1	Georgia
Lunch 2	Caidyn
Friday	
Recess	Bryce YR 11
Lunch 1	Nicola
Lunch 2	Xander L

From Monday, 6th February, the Canteen closes at 11:00am for Recess and 1:30pm for Lunch.

CANTEEN PRICES

MENU 2023

ROLLS/WRAPPS/SANDWICHES

Buttered Roll	\$2.50
Chicken Salad Roll	\$5.50
Ham Salad Roll	\$5.50
Salad Only Roll	\$5.00
Ham Roll	\$4.00
Chicken & Mayo Roll	\$4.50
Sandwiches	\$4.50
Wraps	\$6.00
Fruit Tubs	\$5.00



HOT FOOD

Pies	\$4.50
Cup Noodles	\$2.50
Chicken Curry Pies	\$5.50
Sausage Rolls	\$3.50
Garlic Bread	\$2.50



SNACKS

Homemade Cookies	50cents
Homemade Yo-yo's	\$2.00
Homemade Muffins	\$3.50
Glazed or Iced Donuts	\$3.00
Hot Cheese Roll	\$2.50
Chip Varieties	\$2.50
Frozen Yoghurt	\$2.50



DRINKS

Water 600ml	\$2.50
Prima	\$2.00
Nippy 375ml	\$3.50
Nippy' 500ml	\$4.50
Gatorade	\$4.50
Riverport Varieties	\$4.50
Pump 750ml	\$3.50
Pump Flavoured 750ml	\$4.00
450ml Nippy Variety's	\$3.00



Fish and Chips	\$6.00
Sweet Chilli Chicken Wraps	\$6.00
Chicken Alfredo's	\$6.00
Hot Dogs	\$4.00
Dim Sims	\$1.00
Baked Potatoes	\$6.00
Pizza's	\$5.00
Chicken Schnitzels	\$6.00
Meatball Sub	\$6.00
Homemade Spag Bol	\$6.00
Homemade Chicken Pasta	\$6.00
Zinger Burgers	\$6.00
Hamburgers	\$6.00
Chicken Parma	\$6.00
Fried Rice	\$5.50
Lasagne	\$5.50
Nacho's	\$5.00
Sweet Sour Pork with Rice	\$6.00
Wedges	\$6.00

CANTEEN MENU

WEEK ONE

Monday

LAMB SOUVAS

Tuesday

SCHNIT's

Wednesday

ZINGERS

Thursday

FRIED RICE (gf)

Friday

WEDGE's

WEEK TWO

Monday

PIZZA

Tuesday

ZINGER BURGERS

Wednesday

CHICKEN STRIPS
S/S sauce

Thursday

FRIED RICE (gf)

Friday

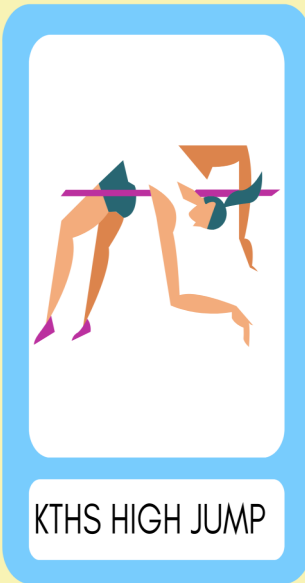
HAMBURGERS

Note: Specials may change due to availability of stock



REMINDERS:

KTHS HOUSE ATHLETICS HIGH JUMP COMPETITION



KTHS HIGH JUMP

Junior (Yr 7/8/9) PE classes will conduct the high jump competition in their scheduled PE classes during Week 2 or 3

WEEK 3:

MONDAY 24TH JULY:
Intermediate & Senior Girls

TUESDAY 25TH JULY:
Intermediate & Senior Boys

KTHS ATHLETICS CARNIVAL



**WED 2
AUGUST**

9am - 3pm

KTHS are seeking Parent/Carer Volunteers to assist at our Athletics Carnival. If you are able to assist, please contact Zoe Ferrier: 0354521062 -- XUNO -- email: Zoe.Ferrier@education.vic.gov.au

PERMISSION NOTES

Just a friendly reminder to all Parents/Guardians: If you require your child to leave the school grounds for any reason, please remember it would be most appreciative if you could give your child a note to bring to school before classes in the morning so the staff can do the official paperwork. We have concerns that parents/guardians are approving the students after they leave the school grounds when students are phoning their parent. *Thank you in advance for you're assistance to send a note in before classes.*

LOST PROPERTY

Due to numerous school uniform items that are not labelled with students names we currently have a mountain of these items on our store room shelves and if you realise that your child has come home missing an item or two, you are certainly welcome to peruse our collection. ALSO, a collection of plastic drink bottles are starting to mount up. Come, peruse these so we can give all these items a home, their home! JEWELLERY also has been handed in over the past few months, so if your child has lost an article of jewellery please send them to the office to peruse. *Thanks.*

Single Sign On Now Available in XUNO App

This means parents do not need to remember a XUNO App password if they already have a Google or Microsoft account, as that account can now be used to log in to the XUNO App.

Their Google or Microsoft email must be present in their XUNO profile for this to work (either primary or alternate email). **If you find this not to work please contact the Office to check the email on file. Thank You.**

IMPORTANT NOTICE:

Please advise the school as soon as possible if your details we currently have on file may have changed in any way - it is imperative that we have the correct addresses and phone numbers, especially at this time.

Due to the School Office with limited staff at present, it would be appreciated if you could email the school on: kerang.tech.hs@education.vic.gov.au or Xuno message. *Thank You.*

BUS ZONE SIGNAGE

ANOTHER FRIENDLY REMINDER TO ALL DRIVERS REGARDING THE BUS ZONE WHICH IS SITUATED OUT THE FRONT OF OUR SCHOOL GROUNDS AS PER PHOTOS. ZONE TIMES ARE BETWEEN THE HOURS OF 8-9am AND 3-4pm. IT HAS BECOME A LITTLE BIT OF A NIGHTMARE SINCE THE START OF THE SCHOOL YEAR WITH TRAFFIC COMING AND GOING AND PLEASE BE AWARE, THE VICTORIA POLICE & SHIRE RANGER DO THEIR SURVELLIENCE AND THE FINE IS HEFTY, SO PLEASE, DO NOT DROP OR COLLECT YOUR CHILDREN BETWEEN THE DESIGNATED HOURS. *Thanking you in advance.*





THE PANTRY STOP

The Pantry Stop is in the Wellbeing Room.
Students can come to take food home
OPEN MONDAYS 3.24PM
(for 20 minutes only)