



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. 26

25th August, 2023

## PRINCIPAL'S REPORT

### GRADE SIX TRANSITION WEEK:

This past week has been about Grade Six transition. On Tuesday and Wednesday, students from Kerang Primary School, Kerang South Primary School, St Joseph's Primary School and Murrabit Group School attended KTHS to experience what school will be like for them next year. This provides invaluable learnings as it shows how different Secondary School is to Primary School. It introduces the facilities to the students and introduces the staff to the students. 55 students attended last week and speaking with a few of them they overwhelmingly agreed that they enjoyed their time at Kerang Technical High School.



### LIFE CHOICES SCHOOL'S and DETENTION PROGRAM:

On Thursday, the Year 8 and 9 students attended a presentation from Life Choices School's and Detention Program. The presentation was about being yourself and not a follower. They believe that 'often who we become is more linked to the influences of other people than we realise'. This is particularly evident in our teenage years where peer pressure is most prevalent. It was to explain that it is alright to stand up for what you think is right and it is alright to disagree with your mates. The message was well received by the students and many of the teachers described how you could hear a pin drop during the presentation.

### SWAN HILL DIVISION ATHLETICS:

Next week, some of our students will be competing in the Swan Hill Division of Athletics. This will see Kerang students competing against students from Swan Hill College, MacKillop College and Cohuna College here at Kerang Technical High School. Goodluck to everyone involved.

### 35-YEAR SERVICE:

Another important milestone is that our staff member, Tamara Ritchie, will be recognised next week, for 35 years' service with the Education Department. This is a great achievement for Tamara where she has shown her dedication in helping students to improve their social and academic outcomes. Over the journey I'm sure she has some memorable stories both about students and about staff. One of the highlights is catching up with past students and seeing what they have made of their past lives. Congratulations Tamara!

*Principal, Dean Rogers*

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.



# Understanding and Supporting Youth Happiness & Wellbeing

## 5 Foundations

### THE ISSUE

Often who we become is more closely linked to the influences of other people than we realise. This is particularly evident in our teenage years where peer pressure is most prevalent.

Our current generation of teenagers are struggling with issues around social comparison, happiness and wellbeing. The latest youth-related mental health statistics indicate there is still work to be done.



**One in 6** young Australians are currently experiencing an anxiety condition



Car crashes cause **66% of deaths** among 17 to 20 year olds



Science tells us WHO we become is **40% DNA & 60%** learnt behaviours. But you have a **CHOICE!**



Someone who takes up **vaping** is twice as likely to smoke cigarettes.



**43%** of teenagers have been cyber bullied



**68%** of students, between 14-18 years old, **experience stress**, which negatively impacts their academic performance and mental health

### THE GOAL

Life Choices School & Detention Centre Programs seek to challenge teenagers to stop and think for themselves. It encourages them to choose the path that is 'right' for them. The Program provides evidence-based information and real-life stories that inspire young people to stand firm in the face of difficulties and negative influences.



# LIFE CHOICES

24th August, 2023



## NORTH WEST ZONE SCHOOL CLAY SHOOT 17th August, 2023

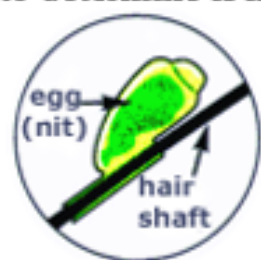
After a night in the swag, waking up to bacon, eggs and pancakes and a quick change of clothes the boys put their guns together for the North West Zone School Clay Target Shoot in Mildura. Two rounds of 10 targets was the order of the day with the first round under way the Kerang boys were in the first squad and set the score for others to chase. Harley Ash shot 8 of the 10, while Hunter Ash shot 5 of the 10. Then a short wait for the second round, Harley shot 7 of the 10, hunter only managed 3 of the 10 (must have been weighed down from his breakfast). This put Harley in the shoot off for 2nd or 3rd place in the Senior Boys. After a 4-way shoot off, Harley faltered on his last 2 targets to give him a 4th place in a field of 30 other students—missing by 1 place to qualify for the State School Shoot in Echuca. Hunter, for his efforts of the day, allowed him to finish around 10th. *Dean Smith*





We have been notified of reports of **Head lice** at the school.

Please check your hair. Detection of adult lice on the scalp and/or eggs is the best way to determine if head lice are present.



Enlarged image of head louse. Actual size 2 to 4 mm.

There are also a range of insecticide based treatments available that your Chemist can help you with. Some Head lice are resistant to these, so monitor the situation carefully.

### **Or you can use the conditioner and combing method.**

You will need **cheap conditioner, an ordinary comb, a fine tooth head lice comb and white tissue or kitchen towel** to wipe the combs.

- 1. Apply sufficient white conditioner (cheap brand) to dry hair to completely cover the scalp and the hair from roots to tips.**
- 2. Use an ordinary comb to detangle the hair and evenly distribute the conditioner.**
- 3. Divide the hair into four sections.**
- 4. Comb hair from root to tips using fine tooth head lice comb.**
- 5. After each stroke, wipe the comb onto a white tissue, checking the comb and tissue for head lice.**
- 6. Comb the whole head, checking for lice.**
- 7. Put all tissues in a plastic bag, tie the top and put the bag into the rubbish bin.**

If lice are found, all members of the family should be checked regularly. You must **BREAK THE INSECT'S LIFE CYCLE** or reinfestation occurs from hatching nit eggs.

When using the comb and conditioner method as a treatment, do the process as above and **continue this process every second day until you have not found any lice for ten consecutive days.**

Please remember to wash bedding and clothes when you treat your child.

More information from Better Health Channel

# TERM 3 KEY DATES





## Week 8

### **TUESDAY 29:**

Swan Hill Div. Athletics  
at KTHS

### **WEDNESDAY 30:**

Unit 4 Biology  
Ecolinc Excursion



## Week 9

### **MONDAY 4/9:**

SWAN HILL  
FIELD GAME  
SHOOT

## Week 10

### **TUESDAY 12/9:**

INTERIM REPORTS  
AVAILABLE

### **FRIDAY 15/9:**

Last Day of Term 3  
2:30pm finish



# 2024 ENROLMENTS

**Kerang Technical High School  
are now accepting  
2024 Enrolments.**

Year 7 enrolments  
need to be submitted by August 18.

**ENROLL NOW**


 **03 54521062**

**Yrs 7-9: [Zoe.Ferrier@education.vic.gov.au](mailto:Zoe.Ferrier@education.vic.gov.au)**

**Yrs 10-12: [Nathan.Henry@education.vic.gov.au](mailto:Nathan.Henry@education.vic.gov.au)**



## OUR VALUES

-  RESPECT
-  RESPONSIBILITY
-  RESILIENCE

# 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

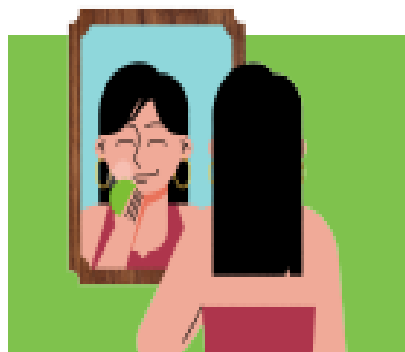
**When:** Wednesdays | Term 3 | 3.45- 4.45pm

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

**Who:** Anyone aged 12- 14

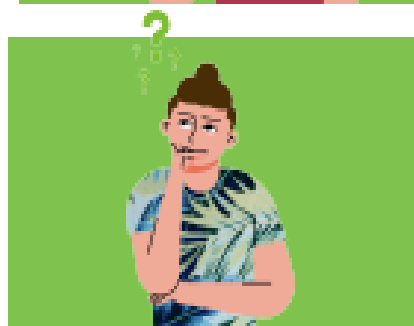
**What:** Young people can attend all topics or select individual weeks

**Bookings:** Please free call headspace Swan Hill on 1800 975 115



## 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 utilised 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 Petrie. 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.

From Monday, 6<sup>th</sup> 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



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

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 SEVEN

Monday

**PIZZA**

Tuesday

**ZINGER BURGERS**

Wednesday

**CHICKEN STRIPS**  
S/S sauce

Thursday

**FRIED RICE (gf)**

Friday

**HAMBURGERS**

## WEEK EIGHT

Monday

**MAC & CHEESE**

Tuesday

**SCHNITZEL's**

Wednesday

**PASTA**

Thursday

**ALFREDO's**

Friday

**SWEET CHILLI  
WRAPS**

*Note: Specials may change due to availability of stock*

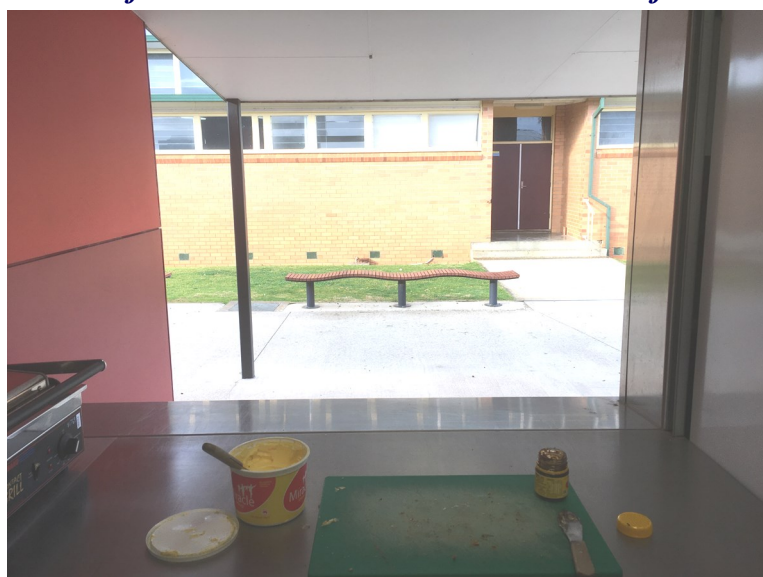




This winter, the Wellbeing Team are running our Breakfast Club twice a week.

On **Mondays**, we give out free hot milos and toast and on **Wednesdays**, we give out toasted cheese sandwiches and hot milos.

*Delicious free hot milos available at our Breakfast Club.*



## 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.







*Kerang Technical High School*  
*are seeking*

# CASUAL RELIEF TEACHERS

If you are able to undertake CRT, please drop your resume  
into our school addressed to:  
Assistant Principal- Mr. Dean Smith  
or contact 03 5452 1062



**The Pantry Stop is in the Wellbeing Room (Rm. 6 3/4)**  
**Students can come to take food home**  
**OPEN MONDAYS 3.24PM**  
*(for 20 minutes only)*



# LOST PROPERTY

## UNIFORMS, JEWELLERY & WATER BOTTLES

I'M SURE YOU HAVE NOTICED THAT YOU ARE MISSING CERTAIN ITEMS LIKE UNIFORMS, JEWELLERY OR A WATER BOTTLE.

WE HAVE NUMEROUS ITEMS IN OUR COLLECTION (NO NAMES) SO IF YOU WOULD LIKE TO CALL IN AT THE OFFICE AND CLAIM PLEASE DO SO. These items need a home THEIR HOME!

# 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 your assistance to send a note in before classes.*

## 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](mailto:kerang.tech.hs@education.vic.gov.au) or Xuno message. *Thank You.*

## 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.*

# 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 SURVEILLANCE AND THE FINE IS HEFTY, SO PLEASE, DO NOT DROP OR COLLECT YOUR CHILDREN BETWEEN THE DESIGNATED HOURS. *Thanking you in advance.*





These free webinars are a great way to learn about myfuture and other current topics from expert presenters. Register now: <https://myfuture.edu.au/assist-others/webinars>

**Powering the future: Exploring expanding career opportunities in the Clean Energy Sector, Thursday 24 August, 2023 1:00pm (AEST)**

As Australia transitions from fossil fuel to clean energy, careers in the energy sector are evolving and expanding. In this panel discussion hosted by Dr Anita Talberg, Workforce Development Manager at the Clean Energy Council, we will hear first-hand from several professionals from diverse backgrounds who are thriving in the clean energy industry.

**The role of emotion in career education (for parents and carers) Tuesday 29 August, 1:00 PM (AEST)**

Emotions, both positive and negative, are not only a result of educational and work experiences, but also play a vital role in learning and personal development. In education and employment, emotions can either stimulate or constrain thought processes, reflection, and proactive behaviours. Based on the Insights paper 'How emotions influence motivation and behaviour in career development learning', this webinar, presented by Dr Michael Healy, will help you understand how different emotions might affect your child's career development in different ways. He will provide advice on how you can recognise and respond to different career-related emotions that your child might be experiencing.

**Coping with emotional challenges in career development - R U OK? Day 2023, Thursday September 14, 1:00pm (AEST)**

Young people face uncertain employment pathways in their futures, and often feel enormous pressure to make the "right" career decisions to ensure success. Many typical career development tasks and situations can trigger or worsen stress and mental ill-health. In this webinar, the teams from the Student Wellbeing Hub and the myfuture career information service will join in a discussion about how career development influences, and is influenced by, wellbeing and emotional resilience. Coinciding with R U OK? Day 2023, they will share practical tips and resources for educators and parents to help young people cope with the emotional challenges that are so central to career development learning.

Register now: <https://myfuture.edu.au/assist-others/webinars>



# 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*





BLG  
YOUTH  
FEST

# LASER TAG & LIVE MUSIC

FOR STUDENTS IN  
YEARS 5-12

FRIDAY 1ST SEPTEMBER

6-10PM

6-7PM FOR PRIMARY SCHOOL  
AGED STUDENTS ONLY

THORNELY HALL @ KTHS  
48 MURRAY ST, KERANG



## FREE ENTRY

MUSIC BY COLOUR COURT



**WYF** VICTORIAN  
YOUTH  
FEST

VICTORIA  
State  
Government

NOCH



North Central LLEN

# Chances for Children Scholarships

The Chances for Children Foundation provides financial support for young people in the Mallee region to pursue their education and chase their dreams. All scholarships are available for people aged 24 and under.

## Scholarships Available

Keeping Kids At Secondary School Scholarship

Non-Tertiary Scholarship

Tertiary Scholarship

SuniTAFE Chances Scholarship

Community Bank Wentworth & District

Chances Scholarship

**Applications open October 23rd, 2023  
and close January 23rd, 2024**

## For more information or to apply

W: [chancesforchildren.com.au](https://chancesforchildren.com.au)

E: [chances4children@malleefamilycare.com.au](mailto:chances4children@malleefamilycare.com.au)

T: 1800 632 263

