



"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.



# TECH TALK 2024

## PRINCIPAL'S REPORT

### NAPLAN:

Year 7 and 9 students completed the Naplan task this week. The Naplan task was conducted online and involved students working through questions that became harder the more they answered correctly. Naplan is conducted over three days and by the completion, student levels will be assessed in reading, writing, spelling, grammar & punctuation and numeracy. The information gleaned from the tests will be used to improve student learning.



### AFTERNOON TEA:

Last Friday the VET Cookery class provided finger food for the International Women's Day presentation at Cohuna. This was part of their assessment requirements to provide food for a party of people with differing dietary requirements. Reports from the night have all been positive.



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.



## MORRISBY INTERVIEWS:

The Year 9's will commence the interview component of the Morrisby survey next week. The purpose of the survey and the interviews is to provide students with possible career pathways particularly suited to their strengths as identified from their survey results. Quite often careers come up that the students have not thought of but upon reflection go 'yeah I can see myself doing that.' The survey is then followed up with an interview about the results. Here a trained Morrisby interviewer will meet with the students to discuss their results and possible career pathways.



*Principal, Dean Rogers*



As per advert on Page 6:

**WE NEED YOUR OLD CANS & BOTTLES PLEASE, SO IF YOU COULD PLEASE DROP THEM OFF IN THE BIN BESIDE THE SCHOOL LIBRARY INTO THE CRATE. Thanks.**



## Upcoming Events: March:

- Tues. 19th & Wed. 20th: Morrisby Interviews
- Thur. 21st: Immunisations 7 & 10, 9.30am and School Photographs, 9.30am to 12 noon.
- Mon. 25th: House Cross Country (Pds. 5&6 - G.A. Times)

# School Photos 2024 - Kerang Technical High School

Annual school photos including sibling photos will be taken by Arthur Reed Photos on

## Thursday, 21st March 2024.

**There is no need to return any forms or money to school.**

Unique image codes will be issued to all students on/after photo day so families can register online to view images when they become available in the webshop.

Registration is simple, just follow the 3 simple steps on your child's personalised flyer once you receive it and remember to add the codes for all your children attending this school.

Even if you registered last year, it's important that you do again this year using your child's 2024 image code to link their images for the current year with your contact details. When images are ready to view and in the webshop, all parents who have registered will be notified by SMS and email.

**Once registered, please wait for notification that 2024 images are online to view before making your purchase.**

## SCHOOL PHOTOS 2024 - Important Registration Information



*School Photographs will be taken at*

**Kerang Technical High School**

Thursday 21st March 2024

**There is no need to return any forms or payment to school before photo day**

**Flyers with Unique Image Codes will be issued to all students on or after photo day**

**When you receive your child's 2024 image code**

***Follow these 3 simple steps -***

**1** Go to [order.arphotos.com.au](http://order.arphotos.com.au) and enter your child's **2024 image code**



**2** Tap on 'Add another child' to enter the image codes of any siblings



**3** Fill in your contact details & review before confirming your registration\*



\*This information will only be used for distribution of personal image codes and ordering details.

***That's it!***

**It's important to register each year to link your child's NEW images to your contact details  
When 2024 images are ready to view in our secure webshop you'll be notified by email and SMS**

- **Create photo packages with any layout & YOUR choice of images + Multiple Image Downloads**
- **Order on any mobile device**
- **Share the images with family & friends for FREE**

**\*\* Please wait to receive notifications that new images are online BEFORE ordering for 2024\*\***

# KTHS 2024 SPORT DATES

TERM 1			
WK	Date	Event	Venue
<del>2</del>	<del>Friday 9<sup>th</sup> February</del>	<del>House Swimming</del>	<del>Kerang</del>
<del>4</del>	<del>Tuesday 20<sup>th</sup> February</del>	<del>Swan Hill Division Swimming</del>	<del>Swan Hill</del>
<del>6</del>	<del>Wednesday 6<sup>th</sup> March</del>	<del>Summer Sports</del>	<del>KER, SH, COH</del>
<del>7</del>	<del>Tuesday 12<sup>th</sup> March</del>	<del>LMR Swimming</del>	<del>Swan Hill</del>
9	Monday 25 <sup>th</sup> March	House Cross Country (Periods 5 & 6)	Kerang
TERM 2			
1	Friday 19 <sup>th</sup> April	State Swimming	Melbourne
3	Wednesday 1 <sup>st</sup> May	Winter Sports	KER, SH, COH
4	Tuesday 7 <sup>th</sup> May	Snr Boys Football (10/11/12)	Swan Hill
7	Tuesday 28 <sup>th</sup> May	LMR Cross Country	St Arnaud
10	Monday 17 <sup>th</sup> June	Open Girls Football (9-12)	Swan Hill
TERM 3			
1	Thursday 18 <sup>th</sup> July	State Cross Country	Melbourne
5	Wednesday 14 <sup>th</sup> August (back up Wednesday 21 <sup>st</sup> August)	House Athletics	Kerang
8	Tuesday 3 <sup>rd</sup> September (back up Tuesday 10 <sup>th</sup> September)	Swan Hill Division Athletics	Kerang
TERM 4			
1	Thursday 10 <sup>th</sup> October	LMR Athletics	Bendigo
3	Monday 21 <sup>st</sup> October	State Athletics	Melbourne
	TBC	Field & Game School Shoot	

**\* NOTE:** some dates are yet to be confirmed and there will be other events that will arise if we get students and teams through to the next level. If this occurs staff will be notified in a timely manner. More sporting dates may be added, depending on the outcome of Interschool sport: dates can be found at: <https://teamup.com/ksrvf3hixh44xjnrx9>

Any questions, please come and see me!

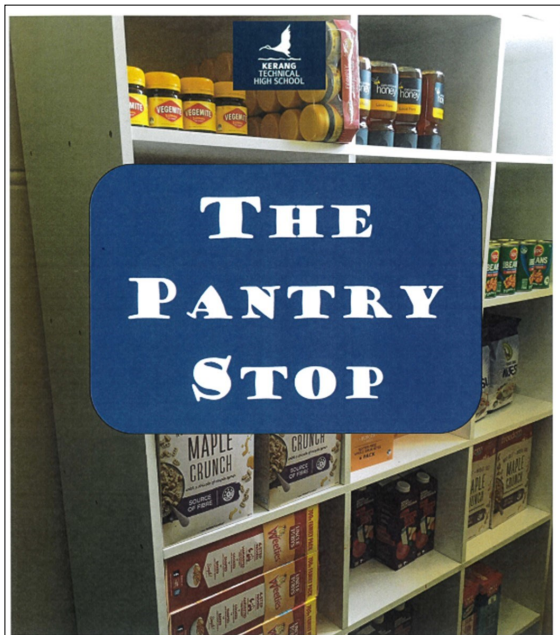
Zoe Ferrier, Sports Co-ordinator.

## 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.





# THE PANTRY STOP

The Pantry Stop is in the Wellbeing Room (next to Room 7) Students can come to take food home for their wellbeing.

OPEN MONDAYS and FRIDAYS

Recess Bags are also available if you have forgotten your snacks..

Don't be embarrassed, everyone needs to eat.

## Kerang Technical High School

# VCE RUGBY TOPS \$82.50

now in stock at:

## Loddon Valley Disposals

61 Victoria Street, Kerang. Phone: 5452 1172.

# Waffles \$3

Cinnamon Waffles  
Berry coulis and  
chocolate ganache \$1 ea

**Friday 22nd of March**  
**AT RECESS**

## PRE-TALK INFORMATION

### What is HALT?

HALT is a registered Health Promotions charity with strong connections to trades and industry. Our team have a lived experience of mental health and suicide.

HALT stands for Hope Assistance Local Trades and its vision is that every tradie in Australia knows how to look after their mental health and wellbeing.

### Why does HALT exist?

Founded in 2013 after the suicide of a tradie in Castlemaine (VIC), HALT started as a grassroots community response to address what we soon realised was a much larger problem.

HALT knows trade and blue-collar workers are overrepresented in suicide rates amongst an already overrepresented cohort, being men. Suicide awareness charity *Mates in Construction* report losing 190 people to suicide in the construction industry every year.

HALT understands that for some men, the stigma and shame associated in seeking help can be crippling, especially for men typically capable of fixing stuff and making things better.

### What do we do?

HALT delivers on-site health promotion/suicide prevention talks at sporting clubs, community groups, men's sheds, construction sites and council depots. HALT staff are often talking to people who tell us, "No one comes out here to talk about mental health or suicide".

These talks are designed to:

- ✓ Reduce the shame and stigma associated with mental health concerns
- ✓ Build participants' capacity to identify risk factors of suicide
- ✓ Provide practical tips on how to have tough conversations & use the word suicide safely
- ✓ Educate and raise awareness about local & national services & support available
- ✓ Promote the 5 Ways to Wellbeing as an accessible & practical self-care framework.

### What can I expect from a HALT Talk?

→ The origins of HALT and why we exist	→ How to have a tough conversation
→ Personal story/lived experience	→ Destigmatising help seeking
→ Myths and statistics about suicide	→ How and where to get help
→ Risk factors	→ Looking after yourself

*Please note: As some of the content could be triggering, HALT recommends informing participants prior to the talk*

Contact HALT | Jeremy Forbes  
[www.halt.org.au](http://www.halt.org.au) | [jeremy@halt.org.au](mailto:jeremy@halt.org.au) | 0408 758 274

## kthscareerpathways.com.au

**WE HAVE A SCHOOL CAREERS WEBSITE**

**CHECK IT OUT NOW!**

- Latest News & Events
- Gap Years
- TAFE & VET
- Find a Job
- Uni Admissions
- Create a Resume
- Work Experience
- Course Search
- Interactive Career Journeys
- Career Investigator

# UPCOMING EVENTS

There are a lot of items to finish off the term that are major school events.

Mon	11/03	LABOUR DAY WEEKEND HOLIDAY
Tue	12/03	LMR Swimming
Wed	13/03	NAPLAN 7-9
Thu	14/03	NAPLAN 7-9
Fri	15/03	NAPLAN 7-9
Mon	18/03	
Tue	19/03	Horisby Interviews
Wed	20/03	Horisby Interviews
Thu	21/03	Immunisations Yr 7/10- 9:30am School Photos 8:30am to 12noon
Fri	22/03	
Mon	25/03	HOUSE CROSS COUNTRY P5&6
Tue	26/03	
Wed	27/03	Interim Reports published
Thu	28/03	End of Term 2:30pm
Fri	29/03	Good Friday

**Naplan Yr 7-9:** – Any parent considering for their child to not sit the Naplan testing for 2024 need to arrange a meeting with Mr Smith (Assistant Principal).

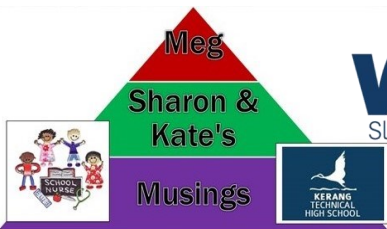
It is integral in the mix of testing and data analysis of students at KTHS. Students have just completed the PAT testing for Reading and Numeracy and staff have already analysed student performance and identified how to set up classroom supports.

**School Photos:** – Information regarding Arthur Reed Photography can be found on Page 2 of Tech Talk. This is again completed online and families can individually order the packs they wish to purchase. Codes will be generated on the day for students to order.

Reminder this is when ID cards are generated also so attendance is essential, no special arrangements will be made to produce these cards that many students use as official ID for public transport and concessions.

**Immunisations:** – This has recently been confirmed and will be run through the Gannawarra Shire. Cards will be distributed in the coming weeks.

**Interim reports:** --



# Tips for Better Sleep

When you wake in the morning

- Get up at the same time every day.
- Get some fresh air and try to do some physical activity every day.

During the day

- Try not to nap during the day.
- Limit your caffeine intake and avoid it after 4pm.
- Deal with any stressful issues during the day – see *beyondblue's Changing your Thinking* fact sheet.

Before going to bed

- Avoid going to bed too early, smoking or drinking alcohol just before bed.
- Don't go to bed hungry (e.g. eat a banana) and allow time to wind down.
- Drink a glass of milk before bed, it helps you sleep.
- Avoid using electronic devices in your bedroom or within 30 minutes of your bedtime, it keeps your brain awake.

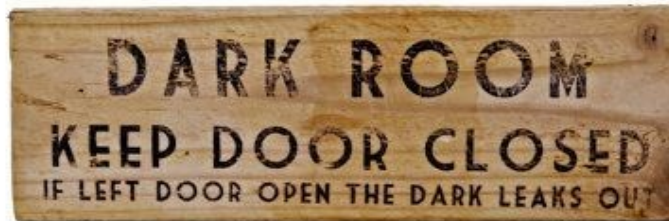
While you sleep

- For the best sleep — Keep your bedroom quiet, dark, well ventilated and cool & leave electronic devices out of your bedroom.

Overcoming long-term sleeping problems

- Sleeping problems may last for a long time & you need to retrain yourself.
- Distract yourself by doing something like colouring, taking a warm shower, crossword puzzle or reading, drink a glass of milk, and leave your electronic devices in the Kitchen or Lounge room.
- You could also try some relaxation or breathing techniques.
- Go back to bed when you feel more relaxed and sleepy.
- If you regularly have trouble sleeping, please speak to your doctor or visit Doctors in School.

Cheers Meg



Wake up at the same time each day



Do light exercise



Electronic Devices steal your

Student Voice

Fundraising

## WE NEED YOUR OLD CANS PLEASE

The Student Voice Team is after your discarded recyclable Cans and Bottles. We are raising money for new seating around the school. We appreciate any donations which can be left at the school.



# WHAT IS A SCHOOL COUNCIL AND WHAT DOES IT DO?

All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the key directions of a school within statewide guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

**WHY IS PARENT MEMBERSHIP SO IMPORTANT?** Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school.

**DO I NEED SPECIAL EXPERIENCE TO BE ON SCHOOL COUNCIL?** Each member brings their own valuable life skills and knowledge to the role. What you do need is an interest in your child's school and the desire to work in partnership with others to help shape the school's future.

## HOW LONG IS A TERM OF OFFICE?

Two years with half of the members retiring each year which creates vacancies for the annual school council elections. Meetings are held the third Monday of every month.

## WHERE TO IF YOU WOULD LIKE TO NOMINATE?

Self-nomination forms are below on this page or on the information rack at the front office.

I would like to encourage our parent community to think about nominating for School Council. Together, we can continue to work to make Kerang Technical School a school to be proud of.

## FORM 3: SELF-NOMINATION FORM FOR PARENT MEMBER CATEGORY

(Formerly Schedule 5A)

I wish to declare my candidacy for an elected position as a parent member on the

..... council.

Name .....

Residential address .....

.....

Contact phone (mobile or landline) .....

Email .....

I am the parent/guardian of ..... who is/are currently enrolled at this school.

### Statement

I am an employee of the Department of Education and Training.	Yes / No (please circle)
I am an employee of the school council.	Yes / No (please circle)
I am engaged in work at and for the school.	Yes / No (please circle)

I am prepared to serve as a Parent member of the above-named school council. I hereby declare that:

I am not, and have ever been, insolvent under administration

I am not of unsound mind

I have not been found guilty of an offence that is, or would if committed in Victoria be, an indictable offence

I am not a registrable offender within the meaning of the *Sex Offenders Registration Act 2004*.

I am not suffering from any medical condition that would affect my ability to perform the role of member of a school council.

Signature of candidate..... Date ..... / ..... / .....

### You will be notified when your nomination has been received.

The personal information provided in this form is collected as part of the school council election nomination process. The information may be used to determine your eligibility as a candidate. Your personal information may be disclosed as a result of inspection prior to the commencement of voting or at any time up to one year from the declaration of the poll.