



"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

### HARMONY DAY:

On Thursday, students participated in Harmony Day. This day was funded by Northern District Community Health and KTHS students involved in tasting a variety of foods from around the world. The intent was by exposing the students to different cultures also exposed them, and allowed them, to appreciate what they have in Australia. The whole day required a lot of organisation from devising the menu to preparing the food. Watching the students at lunchtime, yes, it was well received. A big thank you to Ms Champion for her organisation and also a thank you to Ms Pearce and her cooking students for their work in the kitchen.



### MORRISBY INTERVIEWS:

As a follow up to the Morrisby survey students from Year 9 participated in one-to-one interviews with counsellors interpreting their results. Once again, I was proud of the way KTHS students conducted themselves. The feedback from the counsellors was positive. They were impressed with the way students conducted themselves, their politeness, their engagement and their confidence. All of this is what I come to expect from the student's but it is nice to have it acknowledged.

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.



### JEREMY FORBES:

Jeremy Forbes is an ex-tradie who is passionate about helping with suicide prevention. He is part of a grass-roots charity that provides support and information to trades people across Australia. Jeremy spoke to an audience of KTHS staff about mental health and how to tackle it. In particular, he was focused on the circumstances that lead to mental illness, what causes mental pressures, how to recognise it and possible ways to offset it. During the night he spoke about having the conversation, checking in with your friends and being aware of supports that are available. The presentation was personalised with stories about his life and how not to react. What I took away from the night is the best thing you can do is talk to someone about how they are travelling but the hardest thing you can do is to talk to someone. Jeremy was a big advocate for Lifeline, particularly in the regional areas where access to help can be difficult. If you or someone you know is experiencing difficulties, you can contact lifeline on 13 11 14.

**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 trade 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 being '50 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 beyond. 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 world 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
- Personal story/lived experience
- Myths and statistics about suicide
- Risk factors
- How to have a tough conversation
- Designating help seeking
- How and where to get help
- Looking after yourself!

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

### LAST DAY OF TERM ONE:

Thursday, 28<sup>th</sup> March is the last day of Term One. The day will finish at 2:30pm. School resumes for Term Two On Monday, 15<sup>th</sup> April. Have an enjoyable Easter break and safe school holiday time.



Principal, Dean Rogers

## Upcoming Events:

### March:

- Mon. 25th: House Cross Country (Pds. 5&6 - G.A. Times)
- Wed. 27th: Interim Reports published (online)
- Thur. 28th: Last Day of Term One  
School closes at 2.30pm

# School Photos 2024 - Kerang Technical High School

## INFORMATION FOR PARENTS

Annual school photos have been taken by Arthur Reed Photos.  
To view the images of your child and order photos, you will need to first register online.

Go to <https://order.arphotos.com.au> and enter the 2024 image code for your child (*from their personalized flyer*)

Tap on 'Add another child' to enter the image codes of any siblings  
Fill in your email and mobile details and then review all details before confirming your registration.

That's it! When 2024 photos are ready, you will be notified by email and SMS.  
Even if you registered last year, it's important that you do it again each year using your child's new image code to link their photos for the current year with your contact details.

**To ensure you are ordering school photos for the current year, please wait for notifications that 2024 images are online before placing orders.**

In the webshop you can view photos and customize your photo package;  
Choose ANY layout, ANY image and purchase multiple digital image downloads.

**All photo orders will be sent directly to the address you provide when ordering.**

**REGISTER ONLINE NOW** to be notified when 2024 school photos can be viewed and ordered.

**Register online now to be notified when images are ready to view!**

### School Photos - easy as 1 2 3

**1** Go to [order.arphotos.com.au](https://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! You'll receive an email and/or SMS when images are ready to view in our secure webshop**  
Registration is required each year to link student images for the current year with your contact details.

• View photos online & customise your photo package • Any layout, pose or image • Multi Image Digital Downloads

**TO ENSURE YOU ARE ORDERING 2024 PHOTO PACKAGES, please wait to receive notifications to view 2024 images before placing orders**

Arthur Reed Photos Pty. Ltd.

A.B.N 48 528 494 590

Telephone: (03) 5243 4390 Enquiries: [customerservice@arphotos.com.au](mailto:customerservice@arphotos.com.au)



# 2025 ENROLMENTS

*Kerang Technical High School are now accepting 2025 Enrolments.*

## OPEN DAYS

- ✓ 4:00pm MON April 29
- ✓ 9:00am THURS May 2
- ✓ 2:00pm THURS May 2

SCAN ME



## 2025 YR 7 INFORMATION NIGHT



Monday 22 April – 6:00pm – KTHS Library

## FURTHER INFORMATION



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)

RESPECT

RESILIENCE

RESPONSIBILITY

# HEALTH & P.E. DAY

A HUGE CONGRATULATIONS TO MR MURPHY'S YEAR 10 HEALTH CLASS WHO ON MONDAY, 15TH MARCH, ORGANISED A RANGE OF INTERACTIVE ACTIVITIES FOR THE STUDENTS OF KTHS. RESIDENTS FROM GLENARM WERE INVITED TO SPEND TIME AT SCHOOL AND ENJOY THE FREE BBQ. WE WERE ALSO FORTUNATE TO HAVE A RANGE OF EXTERNAL AGENCIES ATTEND TO SUPPORT THE DAY AND HIGHLIGHT PATHWAYS POST SECONDARY SCHOOL.



# HARMONY DAY



Thursday, 21st March, was Harmony Day - take a peek at the tasty offerings that were available for our students to sample—food from a variety of countries. They were available at lunch time at no cost. Thanks to Miss Pearce and the Year 10s for making the samples for us to enjoy.



# 2023/24 STATE TRACK AND FIELD CHAMPIONSHIPS

Last week we had two students compete at the 2023/24 State Track and Field Championships held at Knox Park Athletics Centre.

Ella Henry competed in the Discus and Bainli Galway finished with two podium finishes 2<sup>nd</sup> in both Javelin and Shot Put.

*Congratulations girls on your achievement and performance making it to State Level once again.*



## 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.*



## PARENT-TEACHER-STUDENT CONFERENCES:

WEDNESDAY 17<sup>TH</sup> APRIL, 2024

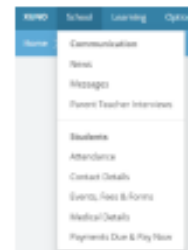
12:30PM – 3:30PM 4:00PM-6:30PM

Dear Parent/Guardian,

Next term, Parent-Teacher-Student Conferences for Years 7-12 will take place on Wednesday 17<sup>th</sup> April. The conferences will be face-to-face and will be scheduled across two sessions: 12:30pm-3:30pm and 4:00pm-6:30pm.

**Students will only be required at school during their individual conference sessions- no scheduled classes will operate on this day.**

To make a booking, log into your parent portal on XUNO and select **SCHOOL > PARENT TEACHER INTERVIEWS**.



Conferences will be held in our Library and are strictly 8 minutes. When booking, please ensure you have enough time to move between your appointments. Parents can change their booking any time before 9:00am Wednesday 17<sup>th</sup> April.

If you are unable to attend the Parent-Teacher-Student Conference Sessions, please XUNO message relevant teacher/s to discuss your student's progress.

If you have any further queries or concerns or are unable to access your XUNO portal, please contact the general office on 0354 521 062.

Regards,

Dean Rogers

Principal



# MAKE MARCH PURPLE FOR EPILEPSY

**Epilepsy** is a disorder of the brain and can develop at any age. 1 in 100 people are at risk of having a seizure in their lifetime, while 3 in 100 go on to be diagnosed with epilepsy.

**Common triggers** are alcohol, stress, caffeine, photosensitivity, tiredness, missing medications, recreational drugs, extremes of temperature, and strobe lights.

## Epilepsy has two types of seizures –

- **Focal or Absences**, where one part of the brain is affected. The person can be fully conscious or have impaired awareness.
- **First Aid - Guide person, Time the seizure, Do not restrain, Stay calm and offer reassurance and Remember person can be disorientated or confused after seizure.**
- **Generalised Tonic Clonic seizure**, which may result in loss of consciousness, Jerking, suddenly falling down or convulsing (tonic clonic seizure) and Incontinence.
- **First Aid - Time the seizure, Protect head, Move objects out of the way, Gently turn on side as soon as possible, Stay calm and reassure the person, Call an ambulance as per Epilepsy Management Plan or lasts more than 5 minutes, If in doubt, call an ambulance.**
- **When to call 000** - Any seizure of a person you don't know; Lasts longer than 5 minutes;
- Seizure stops and the person doesn't gain consciousness within 5 minutes; another seizure begins; Any serious injury has occurred; in water; or a pregnant person.
- Further information [www.epinet.org.au](http://www.epinet.org.au) or [www.epilepsyaustralia.net](http://www.epilepsyaustralia.net) or the **EPILEPSY Help Line** – 13000 852 853.

### The Recovery Position



Cheers Meg

Student  
Voice

Fundraising

## WE NEED YOUR OLD CANS PLEASE

and BOTTLES - SO IF YOU COULD, DROP THEM OFF INTO THE CRATE

BESIDE THE SCHOOL LIBRARY. Thanks.

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.







**Kerang Technical High School**  
A State Secondary College

Murray Street, Kerang 3579  
Ph: 03 5452 1062 | Fx: 03 5452 2649  
kerang.tech.hs@education.vic.gov.au  
www.kerangths.vic.edu.au

Dear Parent/Guardian

A number of our senior school students are driving or intend to drive to school this year and some have indicated that they intend to carry another student as a passenger.

Despite the fact that most young drivers try to be careful, safety conscious and considerate when driving, research clearly shows that they are at a higher risk of having a serious crash than older, more experienced drivers.

The presence of young passengers also greatly increases the risk for teenage drivers and, the more passengers, the greater the risk.

It is important that all students and their parents/guardians are aware of these risks and the type of behaviour that the school expects from student drivers.

Copies of the school Policy on student drivers and the Parent Permission and Student Agreement Form are available upon request.

The policy outlines the school's expectations and provides information regarding the transport of passengers. Of particular note is that student drivers are not permitted to carry other students as passengers to and from school.

Under the Graduated Licensing System, 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. The school requests that only siblings to travel to and from school with the licensed driver. This is based on research that shows that young drivers carrying several passengers are more likely to engage in risk taking behaviour. For more information, go to:

<https://www.vicroads.vic.gov.au/safety-and-road-rules/driver-safety>

To ensure that all involved are aware of these requirements, student drivers and a parent/guardian are required to sign a Parent Permission and Student Agreement Form.

The form must be signed and returned prior to students using the designated parking area on Burgoyne Street

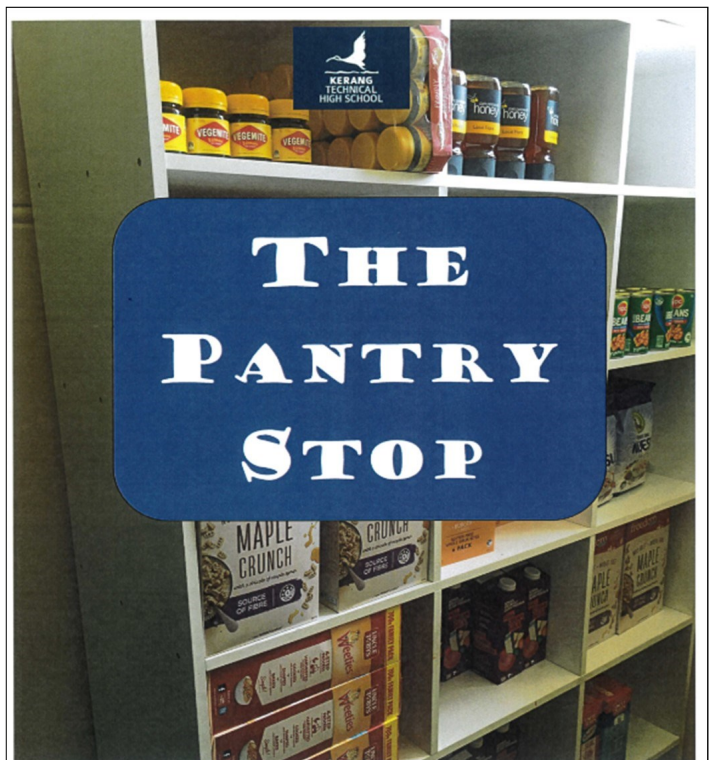
These requirements are intended to ensure the welfare and safety of students at our school and the local community.

Mr. Dean Rogers  
Principal



Get your tickets now!  
 Loads of prizes  
 to be won!  
**Drawn 28th March**  
 See any Yr12 student  
 for a ticket.

**Kerang Technical High School**  
**VCE RUGBY TOPS**  
**\$82.50**  
 now in stock at:  
**Loddon Valley Disposals**  
 61 Victoria Street, Kerang. Phone: 5452 1172.



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.