

# Vol. 29 13th September, 2024

Term 3, Semester 2

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"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.



#### PRINCIPAL'S REPORT

#### R.U.OK? DAY:

The annual RUOK? Day campaign held the second Thursday of September is a National Day of Action highlighting the importance of meaningful conversations. This year's event was acknowledged at KTHS Thursday, 12 September 2024. In conjunction the with Northern District Health and Headspace the students participated in a variety of activities at lunch time. This was to encourage students and staff to check in with one another and ask the question RUOK?

The theme for this year's RUOK? Day is: 'Ask R U OK? Any Day'. In 2024, R U OK? is calling on everyone to 'Ask R U OK? Any Day' because life happens every day.

The reminder to ask R U OK? comes as the Suicide Prevention Australia Community Tracker shows that 72% of Australians reported experiencing

elevated levels of distress in the latest June data. R U OK? encourages Australians to check in with others all year around. Recent research commissioned by R U OK?



found that people who are regularly asked if they are okay feel more supported, connected and cared about.

Katherine Newton, CEO R U OK? says, "There is an increase in



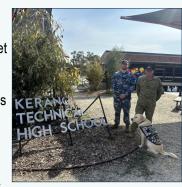
supporting behaviours around R U OK? Day, our National Day of Action. However, we don't want people waiting until September to reach out to the people in their world who might be struggling because life happens every day. R U OK? encourages everyone to share this message across networks to help support and promote R U OK? Day.

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.



# AUSTRALIAN DEFENCE FORCE PRESENTATION:

On Tuesday, 10th September, students from Years 9 and 10 met with representatives from the Army and Navy to listen to the many and varied job opportunities within the Australian Defence Force. The presentation focused on the opportunities available as a member of the Australian Defence force including the skills



you can acquire and the various requirements to be eligible to join the Defence Force. See Page 5 for photographs and info.

#### **DID YOU KNOW?:**

Did you know that KTHS is now running beginner's guitar classes? Each week, students receive tutoring from Mr. Kallio. Additionally, these music students will have the chance to meet with the band members who performed at the RUOK? concert in Cohuna on Thursday. This meeting aims to provide them with songwriting tips.

#### **SCHOOL REVIEW:**

Next week is the first day meeting of KTHS's School Review. The first day is a planning day and will work out what the review will focus on, how the school will complete it and which groups of people will we talk to. On this day the staff will meet the reviewer Graeme Bastion. A component will be parent interviews

School Council Meeting: 16th Sept
A REMINDER THAT WE FINISH UP FOR
TERM 3 ON FRIDAY, 20th SEPT.
School closes at 2.30pm

Principal, Dean Rogers

### **IMPORTANT NOTICE:**

All students will receive a hard copy notice of family details. In order to receive the School Saving Bonus, families will be required to check their details and return to the General Office by Friday, 20th September prior to 2.30pm as we close for school term holidays. Thanking you in advance.



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

#### School Savings Bonus

Dear parents and carers,

In Term 4, 2024, families with a child enrolled in a government school from Prep to Year 12 in 2025 will receive the one-off \$400 School Saving Bonus.

The \$400 School Saving Bonus provides families with support for education-related costs, such as school activities and/or school uniforms and textbooks.

The School Saving Bonus is not available for full-fee international students, home schooled students, TAFE students and students attending kindergarten in 2025.

#### Actions for parents and carers

Before 18 October 2024, the Department of Education is asking parents and carers to:

- Complete enrolment: If your child, or children are changing government school for Term 1 2025, or starting Prep or Year 7 in 2025. For more information, read about <u>Enrolling in School</u>.
- Check your contact information: Ensure your email address and phone number is up to date with us.
   You can check this information by contacting us directly.

We need to ensure your contact information is up to date as the Department of Education will email you twice:

- in October, to verify your email address
- in November, with your \$400 School Saving Bonus and access to an online system.

Please check your junk mail regularly to make sure you do not miss an important email.

To learn more about the School Saving Bonus, download the <u>School Saving Bonus Information sheet for</u> government school parents and carers

https://www.education.vic.gov.au/Documents/SSB information government school parents carers.docx or visit vic.gov.au/school-saving-bonus.



# K.T.H.S. TERM PLANNER 2024



#### TERM 3:

Fri. 20/9 Last day of Term 3 2.30pm Finish

Unit 1 & 3 2025

Transition Week

Fri. 29/11

Year 11's Finish

# TERM

#### DECEMBER

NOVEMBER Mon. 2/12 Unit 1 2025 Fri. 1/11 Unit 2 Deadline Transition Week Mon. 4/11 Fri. 6/12 CURRICULUM DAY Year 10s Finish Pupil Free Day Tues. 10/12 Tues. 5/11 State Wide MELBOURNE CUP DAY Orientation Day Public Holiday Thur. 12/12 Mon. 11/11 VCE Results Unit 1/2 Exam Week available to students Mon. 18/11 Wed. 18/12 Unit 3 2025 Transition Week Reports Published Wed. 20/11 SPEECH NIGHT Day #1 Yr 7-9 Activities Year 10 Exams Thur. 19/12 Thur. 21/11 Day #2 Yr 7-9 Activities Year 10 Exams Fri. 20/12 Fri. 22/11 Day #3 Yr 7-9 Activities Year to Exams LAST DAY OF SCHOOL VALEDICTORY EVENING Finishing at 1.30pm Yr 7/8/9 CATs Deadline Mon. 25/11

#### OCTOBER

Mon. 7/10 First day of Term 4 Thur. 10/10 LMR Athletics Tues. 15/10 Intermediate Cricket Mon. 21/10 Yr 10 Work Experience Tues. 22/10 Unit 4 Last Classes Wed. 23/10 Gr 6 Transition- All Schools LMR Table Tennis Fri. 25/10 Unit 4 Deadline Unit 4 SAC SAT results Tues. 29/10 VCAA Exam Period begins Wed. 30/10 2025 Year 7 Info. Night



# STUDENT ILLNESS

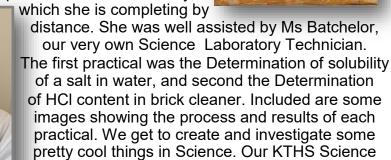


A reminder to families, as per the Department of Education Infectious Disease Policy students with cold or flu-like symptoms are required to stay at home until symptoms have passed. Students experiencing vomiting or diarrhoea are to remain at home until there has not been vomiting or a loose bowel motion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



# SCIENCE EXPERIMENT

Katherine Bramich recently, Year 11 student, completed two VCE core practicals required for Unit 2 Chemistry,



Domain supports students, particularly Kerang and District's VCE students, with a qualified Laboratory Technician, as well as four dedicated Science

Teachers - Mrs Meaden, Mrs Aumann, Mr Kallio and Mr Beard.













# Swan Hill Field and Game School Shoot

Successful day at the S'Híll FSG School Shoot. We had four first tíme shooters and ended up in a shoot off for Senior Boy (Hunter Ash) and Junior Boy (Mitchell Wilson) Champions. Both narrowly going down. Well done to all.





# ADF VISIT





Thank you to Rob, Doug and Gus (dog) from the Australian Defence Force (ADF) Albury, for visiting our Year 9 students on Tuesday, 10th Sept.to discuss future career pathway opportunities into the ADF today! Students learnt everything from entry requirements, the application process, employability skills and employment perks through to fitness requirements. *Great presentation!* 







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RUOK? Day is about encouraging people to look out for their friends, family and themselves by asking them, "Are you OK?", and listening to the answer. We don't have to be an expert to do this because we all have the capacity to reach out and support anyone around us. If they are not OK, remind them that help is available (as listed) & you can support them making that initial contact for help.

#### What are the signs of a low mood?

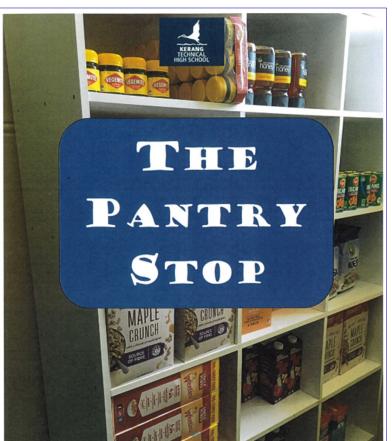
When people feel low, they often:

- · Withdraw from their friends or their family
- Lash out at people and get angry or upset really easily, including towards the people they care about
- Cry or become emotional
- · Lose interest in activities and things they usually love
- Have changed sleeping patterns. They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (such as in the middle of the day)
- Have a changed appetite. They could be eating more than usual, or less.



RUOK? Gives to the courage to ask and help someone get some help.

The School Wellbeing Team, Doctors in Schools
Your Doctor, Counsellors,
Lifeline 13 11 14
Kids Help Line 1800 55 1800
headspace, Beyond Blue, and Reachout.
Cheers Meg



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.



# 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.





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#### 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



# KTHS CANTEEN PRICES—SEMESTER 2, 2024

#### ROLLS/WRAPS/SANDWICH

Buttered Roll	\$2.50
Chicken Salad Roll	\$6.00
Ham Salad Roll	\$6.00
Salad Only Roll	\$6.00
Sandwiches	\$4.50
Wraps	\$6.00
Salad Tubs	\$6.00
Fruit Tubs	\$6.00

#### **HOT FOOD**

Ham & Cheese Toastie	\$3.50
Hot Cheese Roll	\$3.00
Pies	\$5.00
Chicken Curry Pies	\$6.00
Sausage Rolls	\$4.00
Specials	\$6.00
Cup Noodles	\$3.00

#### SNACKS

Cookie	\$0.50
Homemade Muffins	\$3.50
Glazed or Iced Donuts	\$3.50
Chip Varieties	\$2.50
Mentos	\$2.00
Raspberry Twists	\$1.00

#### **ICE CREAMS**

Frozen Yoghurt	\$2.50
Icytwists	\$2.00
Paddlepop	\$3.00
Everest icecream cup	\$3.00
Ben & Jerrys	\$5.50

#### **HEALTHY EATING LEGEND**



#### DRINKS

Water 600ml	\$2.50
Pump 750ml	\$3.50
Pump Flavoured 750ml	\$4.50
Nippy's 375ml	\$4.00
Nippy's 450ml (JUICE)	\$4.00
Nippy's 500ml	\$5.00
Aussie Squeeze 350ml	\$3.50
Prima	\$2.00

# HEADSTART

Congratulations to Flynn Mc Knight and Abraham Keating for embarking on their exciting journey with the School-Based Apprenticeship and Traineeship (SBAT) program through Headstart! This initiative offers a remarkable opportunity for students in years 10, 11, or 12, who are at least 15 years old, to gain invaluable practical skills and hands-on experience while completing their secondary education. Kerang Technical College is proud to support thirteen SBAT participants at present and extends thanks to the employers who have generously offered these opportunities. Your commitment to investing in these young individuals is truly commendable. It not only equips them with essential skills but also plays a crucial role in shaping their future careers.

Thank you for your continued partnership in fostering the growth and success of our

Head Start Referral Form (Loddon Mallee Hub)



students. If you would like to any more information on the Headstart program please contact Kristen Noles on 0408897642 or Kristen.noles@education.vic.gov.au

Student	Certificate	Employer
Abraham Keating	Engineering- Fabrication Trade	North Fabrications & Hydraulics Pty Ltd
Brylee Clingan	Early Childhood Education and Care	Gannawarra Shire
Chase Coulter	Engineering -Fabrication Trade	AB Building Construction
Coco-Bella Crellin	Individual Support	Kerang District Health
Cooper Meehan	Electrotechnology Electrician	Mat Coates Electrical
Flynn McKnight	Carpentry	KM Bray Building
Hallie Murphy	Individual Support	Kerang District Health
Harry Bremner	Fitness	Form Athletic
Henry Ellison	Agriculture	Toohey Farms
Maia Velleley	Allied Health Assistance	Avenue Health
Thomas Campbell	Light Vehicle Mechanical Technology	Kerang Toyota
William Mellingtion	Heavy Commercial Vehicle Mechanical Technology	Kerang Truck and Trailer
Zarne Thamm	Agriculture	Koorangie Farms



















# TRAINING

**Current Traineeships** 

## **Current Apprenticeships**

- Baking—Leitchville
   Preparing a variety of baked goods such as bread, cakes and pastries.
- Bricklaying—Swan Hill

Setting up and laying bricks using plans and calculations.

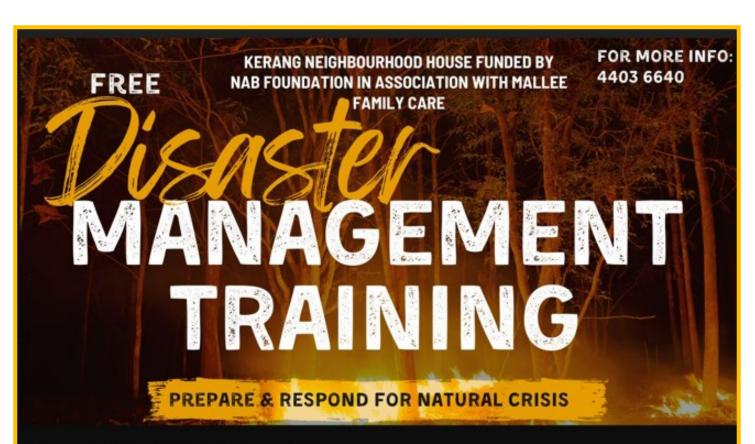
- Business—Swan Hill

Office management, data entry, answering phones and upkeep of records.

- Dental Assisting—Swan Hill Chair side assisting for Dentist, sterilising instruments and reception duties.

#### For more information

contact Rob Hackney on: 0419 347 206 Or our Swan Hill office on: 5033 1216 Email—info@mmtc.com.au



TO EQUIP AND EMPOWER
OUR COMMUNITY WITH
CRUCIAL SKILLS AND
KNOWLEDGE AND
RESOURCES TO BUILD
SAFETY, PREPAREDNESS
RESILIENCE AND A PLAN

LOCATIONS:

SOCIAL SECURITY RIGHTS

VICTORIA

HEAR FROM THE FOLLOWING SERVICES ABOUT SUPPORT AVAILABLE:

- **⊘** CFA
- LOWER MURRAY WATER
- EMERGENCY RECOVERY VICTORIA
- POLICE

RED CROSS

- RURAL FINANCE
- SES VIC

# MURRABIT

10TH - 11TH SEPTEMBER 10AM - 4PM EACH DAY MURRABIT HALL

## LAKE CHARM

1ST - 2ND OCTOBER 10AM - 4PM EACH DAY LAKE CHARM HALL

# BENJEROOP

17TH- 18TH SEPTEMBER 10AM - 4PM EACH DAY BENJEROOP HALL

## MYALL

8TH- 9TH OCTOBER 10AM - 4PM EACH DAY MYALL HALL

## KOROOP

24TH- 25TH SEPTEMBER 10AM - 4PM EACH DAY KOROOP HALL

## QUAMBATOOK

15TH - 16TH OCTOBER 10AM - 4PM EACH DAY OUAMBATOOK HALL





KERANG NEIGHBOURHOOD HOUSE

11 Scoresby St. Kerang 3579

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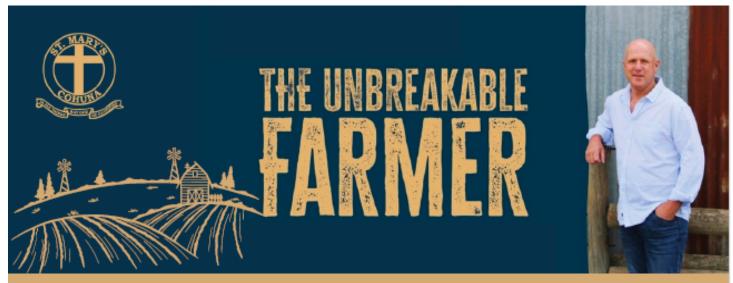
## KERANG

21ST - 22ND OCTOBER 10AM - 4PM EACH DAY KERANG NEIGHBOURHOOD HOUSE

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LASER TAG IS BACK!!! Friday 13th September Laser Tag will be at KTHS. Cleo's Kitchen will be at the front of the KTHS hall selling delicious food and water and nibbles will be available for purchase inside the hall by the Student Voice Team. Thanks to NDCH for supporting this event!





"Resilience, Persistence, Determination -These are the three words that best describe me."

#### October is Mental Health Awareness month in Australia.

St. Mary's Primary School, Cohuna, is hosting a Community Event with inspiring Guest Speaker Warren Davies, the 'Unbreakable Farmer'. (Suitable for people aged 16 and over)

Warren is one of Australia's leading rural mental health speakers and advocates.

His ability to engage with individuals or organisations is through the journey of him piecing back together his life, as well as the life lessons he has learned along the way.

Warren's down-to-earth approach makes his story and strategies relevant to everyone. He provides tips and tools that his audience can easily implement in day-to-day life

Date: Sunday, 13th October

Where: Memorial Hall COHUNA

Time: 12.00pm - 1.30 pm

12:00 - FREE SAUSAGE SIZZLE AND MINGLE (Thanks to the Cohuna Lion's)
12:40 - 1:30 Guest Speaker - WARREN DAVIES - The Unbreakable Farmer

To secure your spot register via the link or QR Code: https://www.trubooking.com/CUXTL

