TECH TALK 2022

48 Murray Street (PO Box 201), Kerang, Victoria 3579
Telephone: (03) 5452 1062 Facsimile: (03) 5452 2649
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 1, Semester 1. Vol. 2 11th February, 2022

UPCOMING EVENTS:

FEBRUARY

TODAY Fri. 11th:
House Swimming Sports

Wed. 16th - Fri. 18th:
Year 7 Camp

Tues. 22nd:
Interschool Swimming Carnival (Swan Hill) *Subject to change of date.*

Wed. 23rd:
VCE Information Night 6-7pm

MARCH

Wed. 2nd:
Year 7 "Meet The Parents" 4.30-5.30pm

Wed. 9th:
Summer Sports

Thurs. 10th:
School Photos
Immunisations-Yr 7 & Yr 10

Mon. 14th:
LABOUR DAY PUBLIC HOLIDAY

PRINCIPAL'S REPORT

NO SCHOOL ACCIDENT OR PERSONAL PROPERTY INSURANCE: At times, the school is required to call an ambulance if a student is injured or sick. The school will always err on the side of caution and call an ambulance. The school will try to contact the respective parents but sometimes the phone is not answered. Therefore, I would like to remind all parents and guardians that:

- Parents/Guardians of students, who do not have student accident insurance, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/ transport and any other transport costs; and

Parents/Guardians can purchase insurance policies from commercial insurers.

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Further to this the Department does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property.

SCHOOL SWIMMING SPORTS: These are to being held today, Friday 11th February.
Due to Departmental Guidelines no parents can attend as in line with COVID-19 protocols.
Nevertheless, it should be a good day for all participants and I encourage all students to get involved.
Last year's results were determined by attendance so the more participating the greater the chance of your House winning. *The Student House Captains and Vice Captains are:*

	LODDON	MURRAY
House Captains	Emilie Lancaster & Bree Cordina	Rylee Gitsham & Montana Keating
House Vice Captains	Lily Velleley & Brodie Meehan	Griffin Fowler & Brodan Pengelly-O'Neil

YEAR 7 CAMP: We are endeavouring to make the return to school as normal as possible. With this in mind, the Year 7 Camp to "Camp Kookaburra" is still going ahead. This is a three-day camp next week (Wed 16th – Fri 18th) where students complete a number of bonding activities and challenges. The camp incorporates only our school and a number of COVID-19 safe measures as part of the safety plan have been included. This includes Rapid Antigen Testing before heading off. A number of staff have volunteered to attend to help with supervision and I will be visiting the camp on Thursday. I anticipate that the students will have a memorable time. Thanks to Miss Ferrier for her organisation.

VCE IINFORMATION NIGHT: This will be held Wednesday 23rd February 6-7pm in the school Library. The purpose of this night is to provide information about VCE requirements and how to navigate these important years. Attendance will set students up for the rest of the year and show them what is expected of them to complete VCE.

SCHOOL COUNCIL: Kerang Technical High School is seeking nominations for School Council. School Council meets once a month every third Monday at 7:30pm. If you are interested or have some questions, please do not hesitate to contact the school. It is a wonderful opportunity to have some valuable input into the direction and running of the school. Please consider nominating.

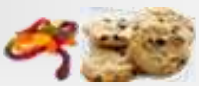
A self-nomination form will be messaged out to all parents through XUNO. To nominate fill in the form and return to the school by Friday 25th February. They will also be available at the front office.

CANTEEN NOTIFICATION—PARENTS AND STUDENTS PLEASE NOTE: Due to staffing pressures the Canteen will be CLOSED next Wednesday 16th, Thursday 17th and Friday 18th. *Please read details below:*

Principal, Dean Rogers

DUE TO UNFORSEEN CIRCUMSTANCES, THE CANTEEN WILL BE CLOSED FOR ALL OF NEXT WEEK:

Drinks and snacks will be available Monday and Tuesday (lunchtime only) but no services at this stage for the rest of the week. No hot food or meals will be available for staff and students.
Students will NOT be given permission to go down the street at lunchtime to buy food, as we have a duty of care to supervise students.
Parents who wish to drop off food can do so for their child ONLY but not for others as part of our food policy. Breakfast club will still be on Wednesday morning.
Sorry for the inconvenience. *Dean Smith, Assistant Principal.*



UPDATE OF FAMILY DETAILS:

Periodically we are asked by the Education Department to check Contact Details, Medical Information and Family Occupation to ensure all the details are accurate. The details are important to protect your child's safety when trying to contact family and if medical information changes. The family occupation is directly linked to the funding that K.T.H.S. receives for our students. As with all businesses, we are looking at ensuring we can achieve the best possible outcome for our students and this piece of information is very important. We would appreciate if all information could be updated as soon as possible . - thanking you.

Meg & Sharon's Musings

KERANG TECHNICAL HIGH SCHOOL

Where is your peaceful place?

All of us have a Special Place or have a routine, which helps us feel calm and safe. Where is your special place?
If you are feeling stressed, uptight, anxious or angry, try to go to your special place. This will help you to relax, slow down your breathing and help you feel calm again.
Your special place could be visiting someone, playing with your pets, visiting the river or the park, fishing, gardening, lying on the grass, watching a movie, or listening to music.
We all need a few minutes a day to go to our special places, to recruit our reserves to deal with the World again.

Cheers Meg

Where to get help

- **Mindfulness Aps e.g. Stop, Breathe, Think; Breathe, headspace**
- **School Counsellors,**
- **headspace, Local GP,**
- **ReachOut Australia,**
- **Kids Help Line** 1800 55 1800
- **beyondblue.org.au**

Relaxing your mind

Take slow, deep breaths
Or try other breathing exercises for relaxation.
Visit a special place to you
Soak in a **warm bath**.
Listen to **soothing music.**
Practice mindful meditation.
The goal of mindful meditation is to focus your attention on things that are happening right now in the present moment.
Write in a journal
Use **guided imagery**.

CURRENTLY SEEKING

Junior Delivery Person

For after school work up to 3 nights a week.
If a position description is required,
please contact the store.

Junior Pharmacy Assistant

For after school and weekend work, including Saturday's. If a position description is required, please contact the store. Resumes can be submitted via email or in person to Lauren or Aimee.

Email : twcretail.kerang@drugcentral.com.au

TerryWhite Chemmart

FIRST COOKING TASK FOR 2022

YEAR 7:

DROP SCONES

YEAR 8:

SUBMARINE ROLLS &

FRUIT PUFFS

YEAR 9:
FOCACCIA ROLLS

COVID-19 VACCINATION CLINICS

INCLUDING 5-16 YEAR OLDS

Check your eligibility for COVID-19 vaccination
covid-vaccine.healthdirect.gov.au/eligibility
1800 675 398

Speak to your GP about any medical concerns

If you or someone you know needs support to access the vaccine please call 1800 959 400

- **NDCH Medical Clinic** 3
  35 Fitzroy Street, Kerang
  Adults and Children's Pfizer
  By Appointment only
  5452 1366

- **Echuca Regional Health** 3
  Vivid Building, 238 High St, Echuca
  erh.org.au/covid-19-vaccinations
  Children and Adults, Pfizer & AstraZeneca
  By Appointment Only
  5485 5000

- **Swan Hill District Health** 3
  152 Campbell St, Swan Hill (Tristar Medical Clinic)
  www.shdh.org.au
  hotdoc.com.au – Swan Hill Respiratory Clinic
  Children and adults
  By Appointment Only.
  5452 1366

- **Echuca Regional Health** 3
  Vivid Building, 238 High St, Echuca
  erh.org.au/covid-19-vaccinations
  Children and Adults, Pfizer & AstraZeneca
  By Appointment Only
  5485 5000

- **Swan Hill District Health** 3
  152 Campbell St, Swan Hill (Tristar Medical Clinic)
  www.shdh.org.au
  hotdoc.com.au – Swan Hill Respiratory Clinic
  Children and adults
  By Appointment Only.
  5033 9960

- **Mallee District Aboriginal Services** 3
  Kerang 9 Nolan St, Kerang
  5412 6004
  Swan Hill 70 Nyah Rd, Swan Hill
  5032 8600
  Mildura 115 Orange Ave, Mildura
  1800 183 593
  Walk in available for Aborginial community
  Appointments available for all eligible community members

- **Ochre Medical Centre Cohuna** 3
  111 King George St, Cohuna
  16+ Pfizer By Appointment Only
  5456 2609

- **Kerang Medical Clinic** 3
  47 Victoria St, Kerang
  Children and Adults Pfizer By Appointment Only
  5450 8060

- **Boort Community Pharmacy** 3
  108–112 Godfrey St, Boort
  16+ Only
  Pfizer & Moderna available.
  Please phone for appointment.
  5455 2044

- **Bendigo Health** 3
  113–133 Mollison St, Bendigo
  bendigohealth.org.au/registerforvaccine
  Children and adults.
  Walk in and appointments available.
  1800 675 398 for more information

- **Boort Community Pharmacy** 3
  108–112 Godfrey St, Boort
  16+ Only
  Pfizer & Moderna available.
  Please phone for appointment.
  5455 2044

- **Bendigo Health** 3
  113–133 Mollison St, Bendigo
  bendigohealth.org.au/registerforvaccine
  Children and adults.
  Walk in and appointments available.
  1800 675 398 for more information

- **Boort District Medical Centre** 3
  2 Coutts St, Boort
  Children and Adults Pfizer
  By Appointment Only
  5451 5220

- **Terry White Chemmart** 3
  Kerang 28/32 Victoria St, Kerang
  Cohuna 63–67 King George St, Cohuna
  terrywhitechemmart.com.au/health-services/covid-19-vaccination
  12+ Only
  Pfizer & Moderna
  Online bookings now open.
  By Appointment Only

THIRD DOSE AVAILABLE 3

To view all clinics within the local area visit
www.murrayphn.org.au/vaccinationclinics/

Information correct as of 9 February 2022

INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centre

Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

KERANG

Behind the Memorial Hall, Nolan Street

Monday, 28 February 2022 9:30 am to 4:00 pm

Tuesday, 1 March 2022 9 am to 4 pm

For more information, go to **servicesaustralia.gov.au/mobileoffice**

SE156 21

Australian Government Mobile Service Centres

If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit **servicesaustralia.gov.au/mobileoffice**

The stopping locations for Mobile Service Centres are promoted in each town and on social media before each visit.

Information and help you can access on board the Mobile Service Centres

We provide information, help and support to rural and regional communities, including:

- families
- older Australians
- students
- job seekers
- people with disability
- carers
- farmers
- self-employed people.

We can assist you with:

- registering and using the agency's online services
- new claims for Centrelink payments
- updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers
- non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards
- social work support and referrals.

SE157.2104

Australian Government

Services Australia

servicesaustralia.gov.au/mobileoffice

FOOTBALL PROGRAMS

KERANG

WEDNESDAY 23RD OF FEB

4.30-5.30

KERANG FOOTBALL OVAL

SWAN HILL

TUESDAY 1ST OF MARCH

4.30-5.30

SWAN HILL REC RESERVE

8-12 YEARS OF AGE BOYS

HAVE SOME FOOTBALL FUN AND LEARN MORE ABOUT THE 2022 SEASON

REGISTER USING THE LINK OR SCAN THE QR CODE

https://www.playhq.com/afl/register/d3f3f1

ANY QUIRES PLEASE CONTACT
DAVID.ALDERUCCIO@AFL.COM.AU

FOOTY 4 FUN
COME AND TRY
FEMALE FOOTY!
KERANG
WEDNESDAY 23RD FEB
4.30-5.30 - KERANG OVAL
8-14 YEARS OF AGE
SWAN HILL
TUESDAY 1ST MARCH
4.30-5.30 - SWAN HILL REC
8-14 YEARS OF AGE
QR CODE 8-12 YEAR OLDS
QR CODE 13-14 YEAR OLDS
REGISTER USING THE LINK OR SCAN QR CODE
https://www.playhq.com/afl/register/827df0 8-12 YEAR OLDS
https://forms.office.com/r/5BaNe2BFb7 13-14 YEAR OLDS
play.afl

KERANG LAKES ECO-TRAIL FEASIBILITY STUDY

COMMUNITY CONSULTATION

An emerging trail project is currently being explored in partnership with Kerang Landcare, which seeks to link the township of Kerang and Lake Charm, through the development of a trail. This trail known as the Kerang Lakes Eco-Trail would explore the natural beauty of the area, by traversing through natural bushland and alongside RAMSAR listed waterways, commencing within Kerang Regional Park. The trail will connect to the Murray River Adventure Trail and showcase the unique birdlife, cultural heritage and profile Kerang Regional Park, highlighting the Gannawarra as Victoria's nature based tourism destination.

Please visit www.gsc.vic.gov.au/eco-trail for further project information.

HOW TO GET INVOLVED

IN-PERSON DROP IN SESSION

Please come down to the following drop in session at:

Kerang

Location: Atkinson Park

When: 6:30pm - 8pm Wednesday 2nd Feb 2022.

ONLINE SURVEY

An online survey has been prepared which can be completed by visiting:

www.gsc.vic.gov.au/eco-trail

*This survey closes Friday 25th February 2022.

VIRTUAL WORKSHOP

An online virtual workshop will be held.

Please register your interest by emailing admin@tredwell.com.au and you will be sent a link.

When: 5pm Wednesday 9th February 2022.

APPROACH

- Stage 1: Start-up and Background Research
- Stage 2: Site Appraisal and Consultation
- Stage 3: Schematic Design
- Stage 4: Draft Feasibility Study
- Stage 5: Final Feasibility Study

FURTHER INFORMATION

For any further information regarding consultation sessions, please email admin@tredwell.com.au or phone (08) 82346387

COVIDSAFE COVIDSAFE

GANNAWARRA Shire Council

TREDWELL