

Principal's Chat:

Dear Parents, Caregivers and Members of the Kyneton High School Community,

Thank you to our parents, carers and students for your support, resilience and engagement in remote learning. There are some wonderful examples in this newsletter of the learning that has happened over the past few weeks.

On Tuesday 26 May we will begin the first stage of a return to on-site schooling, following advice from the Victorian Chief Health Officer (you will find the full version of the Victorian Chief Health Officer's message below).

The first stage is the return of VCE and VCAL Year 11 and 12 students on-site from Tuesday 26 May 2020 (and Year 10 students undertaking VCE studies for VCE classes where practicable).

Students in Years 7 to 10 continue their remote and flexible learning program until 5 June 2020, and return to on-site learning on Tuesday 9 June.

On Monday 25 May there is a pupil free day; no remote learning classes will be happening on that day. School staff will use this day to prepare for the transition back to on-site learning.

Parents/carers of students with complex medical needs (including those with compromised immune systems), should seek advice from the student's medical practitioner to support decision-making about whether on-site education is suitable, noting that this advice may change depending on the status of the coronavirus (COVID-19) pandemic in Victoria. This is in line with the [DET Health Care Needs](#) policy.

School approved on-site supervision will continue for students in Years 7-10 who are unable to undertake their remote learning program from home. These students should report to Room 3.

Return to school information for VCE and VCAL Years 11 and 12 (and Year 10 students undertaking VCE studies for VCE classes where practicable)

Students will be resuming their normal timetables. There will be room changes for some classes and students should check the noticeboards on arrival.

Year 10 students who are attending for their step-up VCE subject should make arrangements to be picked up as soon as possible after their class. If this is not possible, they can remain at school with supervision provided.

The canteen will not be operating yet, so students should bring their own lunch and snacks. Year 12s may resume their usual lunchtime dispensation.

All student MUST bring their laptop devices charged and with a charger for classroom learning. They are required for the learning programs as well as supporting the maintenance of physical distancing and for handouts.

The DET Students Using Mobile Phones Policy remains in place. Phones can be turned on with the COVID SAFE app activated immediately before and after school. Schools are managed environments which include records of student, staff and visitor attendance, which can support contact tracing.

Health and Safety

The Department of Education and Training (DET) advises that:

As the main risk of transmission of coronavirus (COVID-19) in the school environment is between adults, it is important that visitors to school grounds are limited to those delivering or supporting essential school services and operations.

All unwell staff and students **must** stay at home. If a student is unwell at school parents/carers will be contacted to collect them.

Extended and increased cleaning arrangements will be in place. This involves progressive cleaning of high touch surfaces throughout the day to ensure that risks of transmission are reduced. Regular checks throughout the day will ensure that supplies of soap/hand wash are topped up.

Students should practise regular hand hygiene, particularly on arrival at school, before and after eating, after blowing their nose, coughing, sneezing or using the toilet.

All classrooms will have hand sanitiser and students must sanitise on entry and exit.

Students should bring their own water bottle for use to school as students should not drink directly from drinking fountains at this time. Taps may be used to refill water bottles.

School transport bus services will continue to run as normal. The transport operators have put in place extra cleaning measures and physical barriers for drivers to limit the risk of coronavirus to students.

Stay safe and well!

Ana Rees
Executive Principal

MESSAGE FROM THE VICTORIAN CHIEF HEALTH OFFICER

As Victoria's Chief Health Officer, and as a member of the Australian Health Protection Principal Committee, and with the health, wellbeing and safety of students and staff front of mind, I fully endorse a return to on-site schooling for all Victorian schools.

As you know, since the beginning of Term 2, most children have been learning remotely in order to limit the number of people moving around the state and to help slow the spread of coronavirus (COVID-19).

This careful approach continues, and I trust that you have confidence in my view that it is safe for our community to have school students begin a phased return to classrooms.

I thank teachers, staff and families for their incredible efforts in helping deliver remote and flexible schooling and, in doing so, helping to flatten the curve of the pandemic. These efforts, in addition to significant testing, mean we are now in a position to begin moving back to face-to-face teaching.

This is in addition to the available evidence that largely indicates that transmission between children in the school environment is low.

This growing evidence, coupled with low levels of community transmission in Victoria, means that the risk posed to staff and students returning to on-site schooling at this time is very low.

As we begin this transition, the following guidance provides some sensible steps schools can take.

Everyone in the Victorian community has a role to play in protecting themselves and keeping the spread of coronavirus (COVID-19) suppressed.

Thank you for your incredible contribution to Victoria's response to coronavirus (COVID-19).

Adj Clin Prof Brett Sutton
Victorian Chief Health Officer

Message From First Aid

Now that we are transitioning back to on site learning for students, parents are reminded that students who are unwell must not attend school.

Those students who present with an elevated temperature will be required to be collected.

UPCOMING EVENTS	
May	2020
Monday 25 th	Student Free Day
Tuesday 26 th	Years 11 & 12 Only to Attend (also Year 10 Students studying Year 11 subjects)
June	2020
Monday 8 th	Queen's Birthday Holiday
Tuesday 9 th	All year levels to attend

Performing Arts Studio At KHS

Great news for us this week! A refurbishment of the old canteen will be taking place over the next few weeks to create a fabulous *Performing Arts Studio*. There will be a raised performing area for rehearsal and performance, a classroom area for study and rehearsal, a sound system, video capabilities, props and costumes on hand for developing work and more!

Mr Radley, Mr McDonald, Mr Azzopardi, Mr Spencer and other teachers are involved in the preparation. Our maintenance man Mr Brad Whitmore has been doing a great deal of work in the build-up to renovations starting.

We will now have a dedicated space for Drama, Filmmaking, Performance studies and all areas associated with performance.

This is very exciting and a great turning point for the culture of our school. Performing, writing and creating this type of art and storytelling are vital ingredients in our lives and this space will give us a real home base to work from.

We are hoping the studio will be operational very early in term 3.

Thank you Ms Rees and all staff for supporting this great initiative.

Kenneth Radley-Performing Arts Teacher



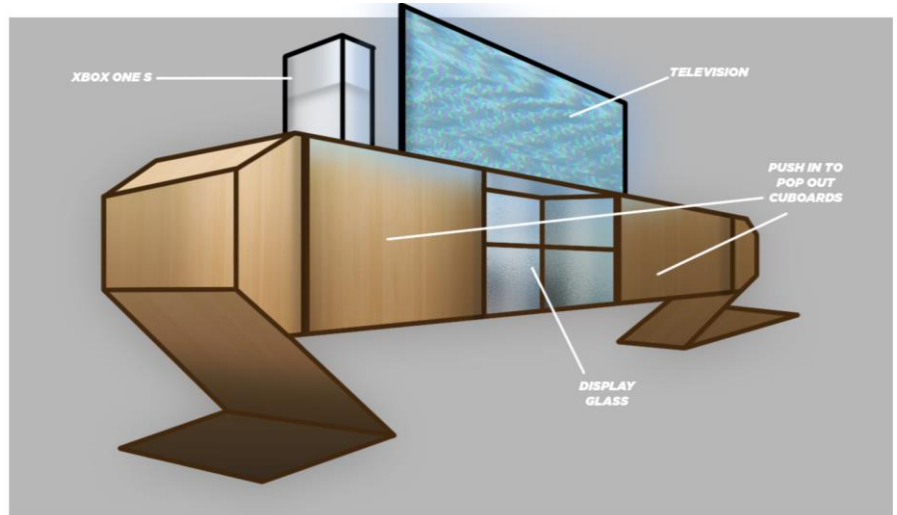
Technology in ISO

The following design was created by Xavier Tata-Year 9, for the 9/10 Industrial Design Elective.

The following is his article on the design.

'When designing an entertainment unit I wanted to incorporate other designs into the product since most home aesthetics are based around that streamline design.

I needed it to have everything a normal entertainment unit would typically have, but it was important to alter the design enough that it would be a standout piece in your living room. This is particularly noticeable in the feet and in the overall shape, acting as a cocoon to the standard design.'



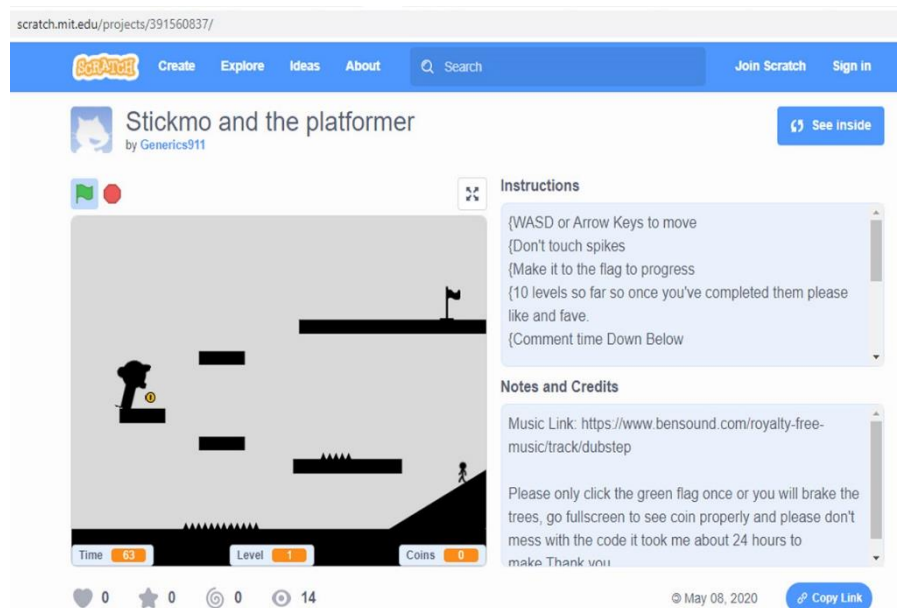
Xavier Tata, Year 9

The following game was created by Leathan Coates-Year 8 for his Creative Technology Project

The following is his article on the game.

'The Scratch platformer game that I have made is called 'Stickmo and the Platformer'. You are welcome to check it out, although it is still being updated.

This game was inspired by many other games in the Scratch community and I think you should check out all of the other content in Scratch, for that was where I found my inspiration.



Leathan's game description

On the coding side of things- it was a very daunting task to get a smooth running game and reduce lag. I found you just have to stay patient and eventually it will all turn out well.

I spent a lot of my spare time on coding this because I enjoy coding and creating content and games. However you may not like coding, so why don't you just spend your spare time doing what you like to do, because in these times we need to keep doing what keeps us happy and energetic.

I would like to thank Jonathan Swan our tech teacher for helping me out and encouraging me through this coding journey'.

Link to Stickmo: <https://scratch.mit.edu/projects/391560837/>

Leathan Coates, Yr 8

Jonathon Swan-Technology Teacher

woodwork project

Bird feeder

Information

To make this bird feeder I used roughly 100 icy pole sticks and adhesive glue. To make this bird feeder, I firstly made a frame for the back of the chair, then I filled in the frame with icy pole sticks and glued them with adhesive glue. I then made the base by making lots of frames with the icy pole sticks and glued all the frames together. Once the base was made I glued the base to the back of the chair. Then to finish I made two arm rests, and glued these to the back of the chair.



Dimensions

- width-8.5cm
- length-18.5cm
- height-13.5cm
- depth-3cm

By Evie Robert



Just because our students are in lockdown mode away from school, doesn't mean they can't engage in some project work using materials at home.

Recently our year 8L students in Woodwork rose to the challenge to design, source materials and construct some personal projects.

Ella Brentnall used some time to create some new posts and fittings for her horse jump.

Caitlyn Merrall constructed a wooden table and finished it with stain.

Jen Girvan used a wood burner to create a flower design on a wooden spoon.

Evie Robert became quite resourceful to glue approx. 100 icy pole sticks to create a 2-section bird feeder and placed it in a tree.

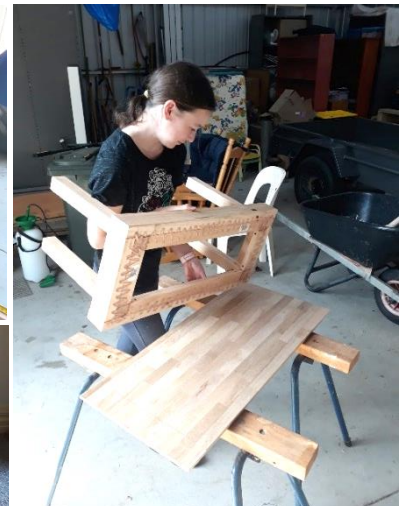
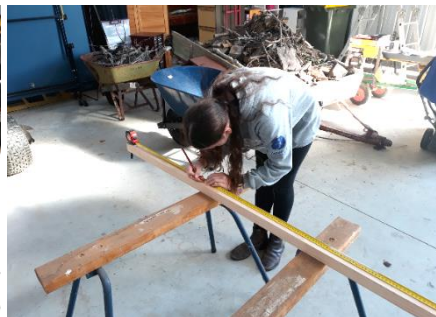
Devin Spear created a pencil holder for his room.

Alyssa Rodgers wanted to keep fit over the break and created a balance board.

Harvey Vincent decided he needed a wooden Robot buddy.



Caitlyn Merrall's steps for her wooden table project





Above: Jen Girvan's wood burner design

Left: Ella Brentnall's horse jump

Well done to all of our students!

Andrew Azzopardi-Woodwork Teacher

Article From The Past

KTHS GROUNDS LANDSCAPED

Landscaping and grounds beautification work was commenced at Kyneton Technical High School last week. The work is centred in the areas adjacent to the library.

A far more pleasant and relaxing area for students is expected to result from the work which has been contracted by the State Schools Nursery and where possible, it is hoped local subcontractors will be used.

The project includes a brown concrete paved area, grassed areas, planting of 40 new trees and shrubs, constructing new redgum sleeper sets, new drainage facilities and new redgum sleeper steps.

Approximately three quarters of the funds for the project are being provided by the Bendigo Education Region whilst the School Council is funding the balance.

Kyneton Guardian 11th June 1982

Yr 9/10 Food Students- Keeping Busy In The Kitchen



Robert's Truffles



Taylah's Pumpkin Bread



Phoenix's Mother's Day Breakfast

Year 9/10 Food students have been using their cookery skills at home during the remote learning period

Annie Hall-Class Teacher



Jayla's Cheesecake



Maddi's Sausage Rolls



Isabel's Muffins



Nick's Mother's Day Breakfast

Congratulations Isaac

The following are extracts from an article about one of our year 11 student's, Isaac Fletcher, which appeared in the Bendigo Advertiser recently. Congratulations Isaac we are very proud of your wonderful achievement!

Bendigo Mountain Bike Club member Isaac Fletcher receives Jason Lowndes Junior Development Award



The Bendigo Mountain Bike Club has named the recipient of a prestigious annual award.

The 2020 Jason Lowndes Junior Development Award was given to 16-year-old Isaac Fletcher.

Fletcher demonstrated dedication and commitment to the club as a supportive member, in addition to strong performances at both state and national levels.

"I was really honoured when I found out I had received the award," Fletcher said.

Isaac's hard work has seen him with multiple podiums at the Victorian Cross-Country Series and 5th place in U19's at the 2020 Australian Mountain Bike Championships.

The award is the brainchild of the Nankervis brothers, Tasman and Russell and the Lowndes family and was created to highlight the importance of junior rider development. Jason Lowndes was tragically killed by a vehicle collision while doing what he loved, riding bikes.

"Isaac has been progressing as a rider quite naturally in recent years," Tasman Nankervis said.

"His persistence, natural growth and development were attributes we wanted to highlight and share."

Russell Nankervis said Isaac also went above and beyond to help other BMBC members.

"Isaac always helps out at club working bees and assists the younger riders," he said.

"He shows a great welcoming attitude towards helping bring up the other junior riders."

Jason's mother Trudie said the club was committed to supporting junior rider development.

"Without the support of the BMBC, especially for country kids, it would be quite hard to advance through the ranks," Trudie said.

"The club gives young kids the chance to be in a safe environment where they are able to learn with plenty of support."

Throughout club events Isaac diligently assists with course set up, packing up and marshalling out on course. He is a constant support to his peers and is entirely admirable in the way that he encourages and mentors all our younger riders.

Isaac has this year been the most senior member of The Bendigo Mountain Bike Club's 2 Wheel Academy where he has participated keenly under the guidance of coaches Jo Wall and Stu MacGregor. The way that Isaac has conducted himself within and also outside of our club community demonstrates that he shares many great traits with our mate Jason.

Isaac now plans to put the award to good use by continuing his work helping develop the skills of junior members, in addition to showing what he has learnt by achieving top performance at future competitions.

Bendigo Advertiser

Careers News

We hope that all students have enjoyed the opportunities of remote learning. We are looking forward to being able to resume speaking to students at school about their careers questions and directions again!

Some junior and senior classes have begun their Career Action Plans and over the rest of the year we look forward to rolling this out for all year levels.

In the meantime, student in Years 10-12 are encouraged to research post school pathways and options. Please send through any questions via XUNO or arrange a time for a phone call or meeting once school resumes.

Some options to explore

Many TAFE and Universities are offering virtual exhibitions, information sessions and talks. Have a look at the individual websites.

The VTAC (Victorian Tertiary Admissions Centre) website offers students a chance to research TAFE and University courses and has information about application processes.

<https://www.vtac.edu.au/>

[The Apprenticeships Australia website has apprenticeship information:](https://www.australianapprenticeships.gov.au/)

<https://www.australianapprenticeships.gov.au/>

There is a Virtual Careers Exhibition at the beginning of June. See link for registration.

<https://inspired.edu.au/vcebeyond/>

This careers exhibition can be accessed on demand but students and families need to register.

<https://www.torrens.edu.au/about/virtual-careers-expo?interest=interest-virtual>

For Year 12 Students

Remember to keep checking the google classroom for Careers News updates. We'll be resuming appointments next week!

The ADF Gap Year applications close soon.

<https://www.defencejobs.gov.au/students-and-education/gap-year?page=1&perPage=21&query=>

La Trobe Aspire Program is open now.

<https://www.latrobe.edu.au/study/aspire>

Victoria University has an online forum on pathways into teaching:

<https://www.vu.edu.au/about-vu/news-events/events/your-pathways-into-teaching-primary-secondary>

Bendigo TAFE online information sessions:

<https://www.eventbrite.com.au/o/bendigo-tafe-information-sessions-3346265028>

Lizzie Trembath-Careers Coordinator

News From Our Nurse

Here are some wellbeing resources that you may find helpful.

The adjustments to remote learning may mean *you are moving a lot less than usual*. Sitting for long periods can make your body feel stiff and tired, causing neck and back issues, and affect our *focus and our mood*. Just a few simple stretches can make all the difference! Check out this clip on the **importance of posture** <https://www.youtube.com/watch?v=OyK0oE5rwFY>. Then try the 'desk workout' in this following link to keep healthy at the desk!

<https://exerciseright.com.au/homeworkouts/>

For a higher intensity work out, join the **Joe Wicks Body Coach** Fancy Dress Friday Work-out! (includes a Fun Quiz while you work it!) <https://www.youtube.com/watch?v=BYnBVF3DZw>

Here are some resources to get the whole family involved!

<https://www.youtube.com/watch?v=TLyzayctPgU> (PE Joe family workout!)

<https://transformus.com.au/wp-content/uploads/sites/79/2020/03/Transform-Us-Family-Activity-Pack.pdf>

Feeling stressed, anxious or tired? Here are some simple **mindfulness activities to reboot the mind and promote a sense of calm** and ease.

https://www.youtube.com/watch?v=1rDlnxYlv5k&feature=emb_title

<https://www.hit.com.au/shows/three-mindful-minutes> (HIT FM over radio – for students and parents!)

As we plan for school to return, we will need to **continue to wash our hands** often to reduce the spread of viruses. But you can choose your **own song to sing** during your 20 seconds of good handwashing hygiene! Go to this cool link to adapt a song of your choice! <https://washyourlyrics.com/>

Boost Your Immunity – A Superpower for Our Mind and Body!

There is no denying that COVID19 has had a huge impact on our lives. All feelings are ok. And it's ok to feel NOT OK. As we move back to school life in a 'New Normal' kind of way, it helps to focus on what we **can** control during this time.

The immune system, our bodies' ability to fight off infections and viruses, is like a superpower to keep us healthy and resilient. Here are some simple things to do each day to keep it working well:

- *Keep washing hands often (for 20 secs) and take physical distancing seriously*
- *Prioritize sleep* – sleep allows our body and brain to restore and reset. Try to limit daily screen time, keep a regular sleep routine, and seek help if you continue to have issues.
- *Keep Active* – up to 1 hour of physical activity each day will boost your immune system, and you can include all the incidental activity – ie. walking to toilet, doing push ups - it all helps! Also, take a break from sitting in front of the screen every 30 minutes and stretch.
- *Get some fresh air* – go outside for some fresh air to improve the body's oxygen levels and clear the mind, plus exposure to the sun helps produce Vitamin D which boosts our immune system!
- *Eat healthy food every day* – foods **high in fibre**, ie. fresh vegetables and fruit, foods high in **vitamin C** eg. broccoli, kiwi, cantaloupe, oranges, and foods with **antioxidants** eg. berries, carrot and spinach help to strengthen the immune system and keep our gut healthy
- *Meditate* – by practising some awareness of our breathing every day, we train our brain to be more resilient and cope with stress and soothe and calm our mind and body.
- *Practise thoughts of gratitude* – what we feed our mind is just as important as what we feed our body! Thinking of **one** thing to be thankful for every day changes the chemistry in our brain and decreases the harmful effects of ongoing stress on our body, boosting the immune system!
- *Seek help* - reaching out is a sign of strength. Be kind to yourself.

Andrea Scott -KHS School Nurse

Coronavirus and your mental health

Macedon Ranges Suicide Prevention Action Group (MRSPAG) is reaching out to the local community during this difficult and uncertain time.

Many of us may be feeling higher levels of worry and anxiety, and all of us have lots of questions –

Are our friends and family safe?

What will happen to us if we get sick with the virus?

How do we cope with job uncertainty and financial stress? Will things return to normal?

MRSPAG Chair, Annie Rowland said we are certainly in uncharted territory. "This is a unique experience and it is really normal to be feeling concerned and stressed," Ms Rowland said.

"We know there are going to be more community members who will be feeling vulnerable and who may need to access mental health treatment and support at this time."

Ms Rowland encouraged those in the community who are feeling well and strong to look out for others.

"If you are feeling well and able to support someone, we greatly encourage you to reach out. A phone call, text message, or note in the letterbox can be all it takes to let them know you are there. We also hope everyone knows it is okay to reach out and ask for help if you need it".

MRSPAG is a group of community members and local service providers who work together to prevent suicide in the Macedon Ranges. It is finding ways to carry on providing support to the community by making its peer support service for those bereaved by suicide accessible online. You can find the dates for these meetings at facebook.com/MRSPAG or email info@mrspag.com.au.

Access to free online suicide prevention training

During this time of physical distancing, suicide prevention training is now available online. MRSPAG recommends the LivingWorks Start program.

As part of the Macedon Ranges Place-Based Suicide Prevention Trial, North Western Melbourne Primary Health Network is providing free access to this program. The program only takes an hour and gives you the skills and knowledge to keep family, friends, co-workers, and others safe from suicide.

MRSPAG member and representative from Macedon Ranges Health, Steve Power said

"It is still early days, but we know COVID-19 will continue to impact people for months, and possibly even years ahead. Now is a critical time to invest in mental health and we're pleased to be supporting this training."

If you live or work in the Macedon Ranges and would like FREE access to this training, please contact Deepa, Suicide Prevention Project Officer, deepa.patel@mrh.org.au.

Staying up to date on COVID-19

For accurate and up-to-date information, visit the Victorian Department of Health and Human Services' website at dhhs.vic.gov.au/coronavirus or call the COVID-19 Hotline on 1800 675 398 available 24 hours a day.

Accessing local services

You can still access local health services such as your GP and community health centre. Please call your health provider or check their website for information about any changes to how you access services.

Macedon Ranges Shire Council has established a COVID-19 information and support centre (Recovery Operations Centre). This is a centralised service where you can request information or advice, offer assistance or put forward recovery ideas and suggestions relating to the COVID-19 pandemic.

Call 03 5422 0237 or email recovery@mrsc.vic.gov.au for more information.

Accessing other mental health support

- Beyond Blue dedicated COVID-19 mental wellbeing support service: 1800 512 348
- Lifeline: 13 11 14
- Lifeline Text: 0477 13 11 14 (6pm to midnight)
- MensLine Australia: 1300 789 978
- QLIFE: 1800 184 527 (6pm to 10pm)
- QLIFE Webchat: qlife.org.au (3pm to midnight)
- Kids Helpline: 1800 55 1800
- Headspace - Free online support and counselling to young people aged 12 - 25 and their families and friends: headspace.org.au/eheadspace
- myCompass - Personalised self-help tool for your mental health: mycompass.org.au

Keeping our community connected - connection cards

If you are feeling well and able to support others, practically or emotionally, you can use the cut out connection card below to let them know you are there.

Hello! If you are self-isolating, I can help

My name is:

I live locally at:

My phone number is:

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping Walking your dog

A friendly phone call Urgent supplies

Other:

Just call or text me and I'll do my best to help you (for free)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2 metre distance). Wash your hands regularly. Items should be left on your doorstep.

COVID hotline for any queries: 1800 675398
Macedon Ranges local information and supports 5422 0237