

NEWSLETTER TO PARENTS AND CAREGIVERS OF

Otaika Valley School

TERM 4

Thursday 1st of November 2018
Week 3 of 10



Dear Parents & Caregivers, Tena Koutou Katoa.

Welcome to Tallyn Grace and Connor Van Dorsten-Selwyn who have joined us in Room 1 this week.

AG & FLOWER SHOW

As you probably already know, I'm a great advocate for Ag & Flower Show Day. On Monday I visited the classrooms to find out what the children's thoughts were about last Friday's Ag & Flower Show Day. The feedback was absolutely fantastic! The children compared and rated last year's event to this year, and 2018 came out on top! At Tuesday's assembly, Room 3's teacher Ms Alchin asked the children 'What was your favourite thing about the day?' The whole day was a hit as responses ranged between the animals, dunk tank, horse rides, food, quad and pony rides. Generally, we were really happy with the day.

For those who had lambs and would like to enter in the upcoming **Central Ag Day (Thursday 8th November at Barge Park Showgrounds)**, we need to have your registrations back urgently. Please return the forms that have been sent home.

THANK YOU to...

- ★ the children who worked hard on exhibits and with their lambs,
- ★ the parents who donated food for the BBQ and or did lovely home baking,
- ★ the parents who helped during prep day,
- ★ the PTA group who worked very hard within food tents, preparing food, picking up dunk tanks, shelters, quad bikes, delivered trailers, tidying up gear, and spent many hours planning and coordinating for and on the day,
- ★ the parents who participated in the day with their children,
- ★ the families who entered the Scarecrow competition,
- ★ the parents who baked 'Kiwi Bloke Bake Off' cakes – and had these auctioned – well done,
- ★ John Hewinson Canvas for the large shelter,
- ★ The Roberts family for the use of their quad bike and donated fuel,
- ★ The Donelley family (Mr Brock's friend) for the quad bike and donated fuel,
- ★ The Turton family for the trailer loan,
- ★ Shane Rouse Motorcycles (Hikurangi) for the quad helmets,
- ★ Jeff and myself as the quad bike riders,
- ★ The lamb's judges for giving up their time to attend,
- ★ The Kindergarten teachers and children who came to visit us.

I apologise if I have missed anyone out! In summary, a lot of people contributed to making this a really successful day and I thank you for that. The children are the winners at the end of the day. Furthermore, the PTA informs me that total profit made on the day was a whopping \$3,153.77! Absolutely awesome!!

DOGS

I'm a dog owner and think dogs are fantastic. However, dogs are not all the same. Over this year we have had more and more dogs turning up to school at drop off and pick up times. I have witnessed dogs coming into school on leashes with owners unaware of the children's reactions around their dog. A number of children cringe and move away when being around dogs in the busy 3pm pick up time. Children may have had bad experiences that we are unaware of. At this school children come first, therefore please leave your dogs in the car when entering the school. There are plenty of other places and environments for dogs to run around. Thank you for your support.

SICK CHILDREN

Over last term and again this term we have had a number of students sent to school for a number of days, and have been sick with a range of ailments, but should not have been sent to school. We understand that parents can find it difficult to get time off work, but sick children spread bugs to other children, theirs and other families and school staff. Right now we have a teacher who is sick because of this very situation. Last night, our entire list of relievers were contacted, and luckily we finally managed to find a reliever at the last minute and she arrived just before school started today. If no reliever was available, the alternative was spreading the sick teacher's class across the school. Not an ideal and fair situation at all.

I urge you to please keep your children at home when they are sick.

Please read the Ministry of Health – School Exclusion information on the following page. This information sheet is also available on the Skool Loop App or you can visit the website:

<https://www.health.govt.nz/your-health/conditions-and-treatments/school-exclusion>

Kind regards,
Terry Brock



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Many illnesses are infectious, meaning they can be spread easily from one person to another.

To stop sickness from spreading, it is important for you to keep your child at home when they are ill, and not let them go to school or Early childhood education centre. How long they should be home depends on what illness they have.

When your child catches an illness, there will be an incubation period before they show symptoms. Some illnesses are infectious before symptoms show; some are infectious even after symptoms have disappeared.

The [Infectious Diseases table](#) on the HealthEd website describes the symptoms and exclusion periods for some common childhood illnesses. It's also available to [download as a poster](#).

Free health advice
when you need it

Healthline
0800 611 116
www.healthline.govt.nz

Infectious Diseases:

information & exclusion list

Condition	This disease is spread by	Early Symptoms	Time between exposure and sickness	Exclusion from school, early childhood centre, or work*
Rashes and skin infections				
Chickenpox 	Coughing, sneezing and contact with weeping blisters.	Fever and spots with a blister on top of each spot.	10-21 days after being exposed.	1 week from appearance of rash, or until all blisters have dried.
Hand, foot and mouth disease	Coughing, sneezing and poor hand washing.	Fever, flu-like symptoms – rash on soles and palms and in the mouth.	3-5 days	Exclude until blisters have dried. If blisters able to be covered, and child feeling well, they will not need to be excluded.
Head lice (Nits)	Direct contact with an infested person's hair.	Itchy scalp, especially behind ears. Occasionally scalp infections that require treatment may develop.	N/A	None, but ECC/school should be informed. Treatment recommended to kill eggs and lice.
Measles 	Coughing and sneezing. Direct contact with an infected person. Highly infectious.	Runny nose and eyes, cough and fever, followed a few days later by a rash.	7-18 days	5 days after the appearance of rash. Non-immune contacts of a case may be excluded.
Ringworm	Contact with infected skin, bedding and clothing.	Flat, ring-shaped rash.	4-6 weeks	None, but skin contact should be avoided.
Rubella (German Measles) 	Coughing and sneezing. Also direct contact with an infected person.	Fever, swollen neck glands and a rash on the face, scalp and body.	14-23 days	Until well and for 7 days from appearance of rash.
Scabies	Contact with infected skin, bedding and clothing.	Itchy rash.	4-6 weeks (but if had scabies before it may develop within 1-4 days)	Exclude until the day after appropriate treatment.
School sores (Impetigo)	Direct contact with infected sores.	Blisters on the body which burst and turn into scabby sores.	Variable	Until sores have dried up or 24 hours after antibiotic treatment has started.
Slapped cheek (Human parvovirus infection) 	Coughing and sneezing. The virus may be passed from mother to child during pregnancy.	Red cheeks and lace-like rash on body.	4-20 days	Unnecessary unless unwell.
Diarrhoea & Vomiting illnesses				
Campylobacter Cryptosporidium Giardia Salmonella 	Undercooked food, contaminated water. Direct spread from an infected person or animal.	Stomach pain, fever, nausea, diarrhoea and/or vomiting.	Campylobacter 1-10 days Cryptosporidium 1-12 days Giardia 3-25 days Salmonella 6-72 hours	Until well and for 48 hours after the last episode of diarrhoea or vomiting. Cryptosporidium – do not use public pool for 2 weeks after symptoms have stopped. Salmonella – Discuss exclusion of cases and contacts with public health service.
Hepatitis A 	Contaminated food or water, direct spread from an infected person.	Nausea, stomach pains, general sickness. Jaundice a few days later.	15-50 days	7 days from the onset of jaundice.
Norovirus	Contact with secretions from infected people.	Nausea, diarrhoea/and or vomiting.	1-2 days	Until well and for 48 hours after the last episode of diarrhoea or vomiting.
Rotavirus 	Direct spread from infected person.	Nausea, diarrhoea/and or vomiting.	1-2 days	Until well and for 48 hours after the last episode of diarrhoea or vomiting.
Shigella 	Contaminated food or water, contact with an infected person.	Diarrhoea may be bloody, fever, stomach pain.	12 hours-1 week	Discuss exclusion of cases and their contacts with public health service.
VTEC/STEC (Enterocytotoxic- or shiga toxin-producing E. coli) 	Contaminated food or water, unpasteurised milk. Direct contact with animals or infected person.	High incidence of bloody diarrhoea, stomach pain. High rate of hospitalisation and complications.	2-10 days	Discuss exclusion of cases and their contacts with public health service.
Respiratory infections				
Influenza and influenza-like illness (ILI) 	Coughing and sneezing. Direct contact with infected person.	Sudden onset of fever with cough, sore throat, muscular aches and a headache.	1-4 days (average about 2 days)	Until well.
Streptococcal sore throat	Contact with secretions of a sore throat (coughing, sneezing etc.)	Headache, vomiting, sore throat. An untreated sore throat could lead to Rheumatic fever.	1-3 days	Exclude until well and/or has received antibiotic treatment for at least 24 hours.
Whooping cough (Pertussis) 	Coughing. Adults and older children can pass on the infection to babies.	Runny nose, persistent cough followed by "whoop", vomiting or breathlessness.	5-21 days	Five days from commencing antibiotic treatment or, if no antibiotic treatment than 21 days from onset of illness or until no more coughing, whichever comes first.
Other infections				
Conjunctivitis (Pink eye)	Direct contact with discharge from the eyes or with items contaminated by the discharge.	Irritation and redness of eye. Sometimes there is a discharge.	2-10 days usually 3-4 days	While there is discharge from the eyes.
Meningococcal Meningitis 	Close contact with oral secretions (coughing, sneezing, etc.)	Generally unwell, fever, headache, vomiting, sometimes a rash. Urgent treatment is required.	3-7 days	Until well enough to return.
Meningitis – Viral	Spread through different routes including coughing, sneezing, faecal-oral route.	Generally unwell, fever, headache, vomiting.	Variable	Until well.
Mumps 	Coughing, sneezing and infected saliva.	Pain in jaw, then swelling in front of ear and fever.	10-25 days	Exclude until 5 days after facial swelling develops, or until well.

For further information contact:

Your Public Health Nurse

Your Public Health Service

 Vaccines – preventable and/or on National Immunisation Schedule

 Notifiable diseases (Doctors notify the Public Health Service)

 Pregnant women should seek advice from their maternity provider or G.P.

*Seek further advice from a health-care professional or public health service.

New Zealand Government

Health Promotion Agency

MINISTRY OF HEALTH

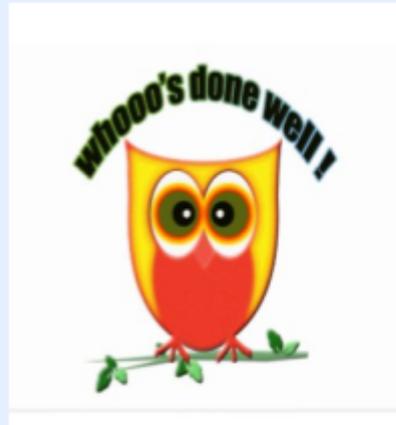
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THIS WEEK'S RURU AWARD RECIPIENTS...

JUNIOR



Megan Martin - Rm 2



SENIOR



Keira MacDonald - Rm 5

CLASS AWARDS

Rm 1: Eli Brass, Caius Greenwood

Rm 2: Noah MacDonald, Tyler Macdonald, Zoe (last week), Tyler Millar, Kysharn Munroe-Toka, Makani Selwyn-Laurence, Syria Quelch

Rm 3: Kade Palmer, Mila Rood (last week), Sashia Avison, Kayla Oakden, Braxton Rielly, Breez Smith

Rm 4: Kahlai de Vries, Brodie Dinsdale, Mattika Legg, Gabriel Timewell, Madison Wilson (last week)

Rm 5: Harry Alchin- Most, Ava Daisley, Keira Macdonald, Jacob Noble, Matteo Torres (last week)

Rm 6: Armand Henderson, Sam Johns, Jackson Potts (last week), Cassara Legg, Ricky Lewis, Liam Oakden

Rm 7: Finius Ashby, Conor Hey, Ella Neilson (last week), Hayden Batchelder, Zoe Roberts, Lucille Stewart

'The first 1000 days shapes the rest of our lives'



Presented by

Nathan Wallis

A renowned neuroscience educator, Nathan Wallis has developed a profound reputation as a lively and engaging speaker who uses humour and plain language to make this complex topic burst into life.

Information about the brain and how it grows to reach its full potential has exploded into our awareness over the past 20-plus years, allowing us to understand the workings of the human brain like never before.

This presentation reflects on the latest neuroscience discoveries, providing in-depth clarity, focusing on how we as individuals and a society as a whole can use this knowledge to create better outcomes for our children and for our future.

THURSDAY 22nd November 2018, 7PM

KAMO INTERMEDIATE SCHOOL, WHANGAREI

TICKETS ON SALE NOW \$40 pp - www.ticketdirect.co.nz

Nathan Wallis - Love Grows Brains

FUNDRAISING EVENT FOR THE WHANGAREI LIFE EDUCATION TRUST

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