

Wednesday
October 2016

19th



Dear Parents/Caregivers
Welcome back to Term 4

I hope you all had some fun time with your child/ren during the holidays and they are refreshed and full of energy ready for the new term. To help them with their learning they need to **be at school every day**. This is so important to build a strong learning foundation in Reading, Writing and Maths. You don't get NCEA in secondary school by magic, the work starts now. Please help your child get to school every day.

Community Consultation Health & Well-being: Puberty

It amazes me how time races by. One of the most obvious ways it shows is in seeing your child grow. It can seem like they are little one day, but when you look again they are up to your shoulder and growing taller! This is particularly so as your child turns around ten years old. To help them get ready for the changes that getting older brings, our senior syndicate will be running a series of lessons on, Hygiene, Exercise and Body changes associated with puberty. A letter with full details has been sent home to those involved in the programme. Also a big thank you to all the parents who came along to our parents' afternoon last Monday to hear about the programme.



Niue celebrates
Fakalofa lahi atu ki a
mutolu oti!



Next week we celebrate Niue's Constitution day. Niue is one of the largest coral islands in

the world and it is also nicknamed 'The Rock.' The people of Niue have a rich history and a close association with New Zealand. Over the years many have come to settle here, hence we have more than a few families and teaching staff that claim the rich heritage of this land. On Thursday 27th October at 10.30am we will be raising the Niuean flag and celebrating their day.

Swimming Term 4

A reminder that our swimming programme starts in week 4 and your child needs to have their permission form signed and returned as soon as possible. This round of swimming is for pupils in Years 3 to 6. We are also grateful to the Find your Field of Dreams Foundation for their support.



APPA Choir Festival

Tomorrow, **Thursday 20th October**, our Junior School choir is taking part in another massed choir rehearsal as we get closer to the APPA Festival which is being held on **Wednesday 30th November**. I always look forward to seeing our pupils on stage in the Auckland Town Hall. Its hard work to learn the music off by heart and then be brave and sing in front of hundreds of people but our pupils are brave and have confidence in themselves that they can do it. A letter with full details has already been sent home.



Sistema Our latest group of Yr2s have now started this



marvelous programme and are having a combination of in-school lessons and after school sessions at OMAC. I would encourage you to support your son or daughter with this. It is just such a fantastic opportunity. We will keep the school programmes going but we need your help with picking your child up after the afternoon/evening session at OMAC is finished. I'm looking forward too, to the end of year concert which is being held on **Wednesday 23rd November at the Vodafone Events Centre. Hope to see you there**

Health and well being

Unfortunately, we have had a couple of cases of chicken pox in the Junior School so I've asked our School Nurse Grbic for a briefing on what to do and what to do to help prevent spreading the disease.

Chickenpox

The illness starts 10–21 days after being exposed to someone who already has the illness. Chickenpox is contagious disease and starts from 1–2 days before the blisters appear. If there are no complications, chickenpox usually clears up within 3–7 days for adults, and 5–10 days for children.

How is it spread?

The virus is spread through the air by infected people when they sneeze or cough, and by touching the chickenpox blisters then touching objects or other people. Discourage children from scratching the blisters.

Avoid close contact with other people, stay home from work and keep children home from school and early childhood education centres for 1 week from the appearance of the rash until all blisters have dried.

- Always turn away from others and use tissues when you cough or sneeze.
- Always wash your hands after coughing, sneezing or blowing your nose.
- Wash your hands often, especially if you're the caregiver of a child with chickenpox – and make sure they do the same. **Remember: chickenpox is serious for pregnant women and people who are have a reduced immune response (eg, children with cancer).**

If you've already had chickenpox, you're probably immune. This means that if you're exposed to chickenpox again, your body can fight off the infection and you won't get sick. If you had a very mild case of chickenpox with just a few blisters, it is possible to get chickenpox again, but this is rare. Immunisation is another choice. If you have questions, talk to your doctor or practice nurse or call the Immunisation Advisory Centre free helpline 0800 IMMUNE (0800 466 863).

Labour Day

A reminder that **Monday 24th October is Labour Day** and a public holiday so there is no school. School will recommence on **Tuesday 25th October at 8.45am**

Yours truly,
John Shearer
Principal

Return Slip (Return this slip and go in the draw for a book prize!)

I have received the newsletter & I have read it.

Signed.....



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