



25th February 2022
Week 4
Term 1

Upcoming dates:

- 1st March Attitude Y9-13
- 21st March Otago Anniversary
- 25th March Swimming sports
- 9th April Otago swimming champs
- 12th April football tournament Balclutha
- 14th April last day of term

Dear Parents and Friends of the school

With the Nation moving to RED Traffic light, Phase 3 what are the implications for our school.

In many respects, it simplifies the tasks expected of us through the classification that the only close contacts to someone who tests positive for covid are their direct family, with whom they live. Should this occur for one of our pupils the pupil and their household contacts will have to self-isolate at home for 10 days, on advice from the Ministry of Health. For a family, isolating for this period of time will be very tough. There is however plenty of advice online of how to best prepare for this.

By in large schools are being encouraged to stay open teaching children at school and at home. We have had discussions about how best to do this. A probable method for Yr 1 – Yr 10 is sending home of tasks, projects and reading materials. In addition to this the teachers are likely to schedule zoom meetings, well-being, connecting to friends and safely spending time with peers will be the primary goal. Yr 11 -Yr 13 will work with teachers on individual goals.

Monitoring good health and following existing good hygiene measures, vaccination, distancing and the wearing of masks will continue to be very important at school. If your child is unwell we ask that you please keep them at home and seek medical advice if required.

Use of rapid antigen tests (RATS) will soon be the norm, providing very quick results. Access to RATS or PCR tests should become easier in the near future. Vaccination is still our best protection against covid. Three doses make us 67% less likely to be infected with Omicron and 97% less likely to get Delta. If you can't get covid you can't pass it on

If you have any concerns about sending your child to school, please get in touch. We are here to help.

Kind Regards
John Auld

Reminder to Parents and Visitors

If entering the school grounds, you must sign in at the office, sanitise, social distance and **wear a face covering.**

Keep everyone safe.

Senior School Athletics

Due to being in Red Light of the COVID Frame work our annual combine/athletics with Roxburgh Area School could not go ahead. Alternatively, the sports are being run over several Friday sport classes as well combining with the Junior School for several events. Participation from all students has been outstanding and the house spirit between Woods and Reads is in full swing.



Term 1 calendar

T1	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1	31	1 Term 1 Begins	2	3	4	5/6
2	7 Waitangi Day - school closed	8	9	10	11	12/13
3	14	15	16	17	18 Top Team - Year 8	19/20
4	21	22 BOT 6pm	23	24	25 Junior Athletics Day	26/27
5	28 Feb	1 March Attitude Y7-13	2 March	3 March	4 March	5/6
6	7 March	8 March	9 March	10 March	11 March	12/13
7	14 March	15 March Otago polytech visit	16 March	17 March	18 March JUMBO Day Cromwell TBC	19/20
8	21 March Otago Anniversary Day - No school	22 March	23 March	24 March	25 March Swimming Sports	26/27
9	28 March	29 March	30 March	31 March HPV vaccinations	1 April	2/3
10	4 April	5 April	6 April	7 April	8 April	9/10 Otago Primary Swimming
11	11 April	12 April Football Tournament - Clutha	13 April	14 April	15 April GOOD FRIDAY - no school End of term 1	16/17

BOT MESSAGE BOARD

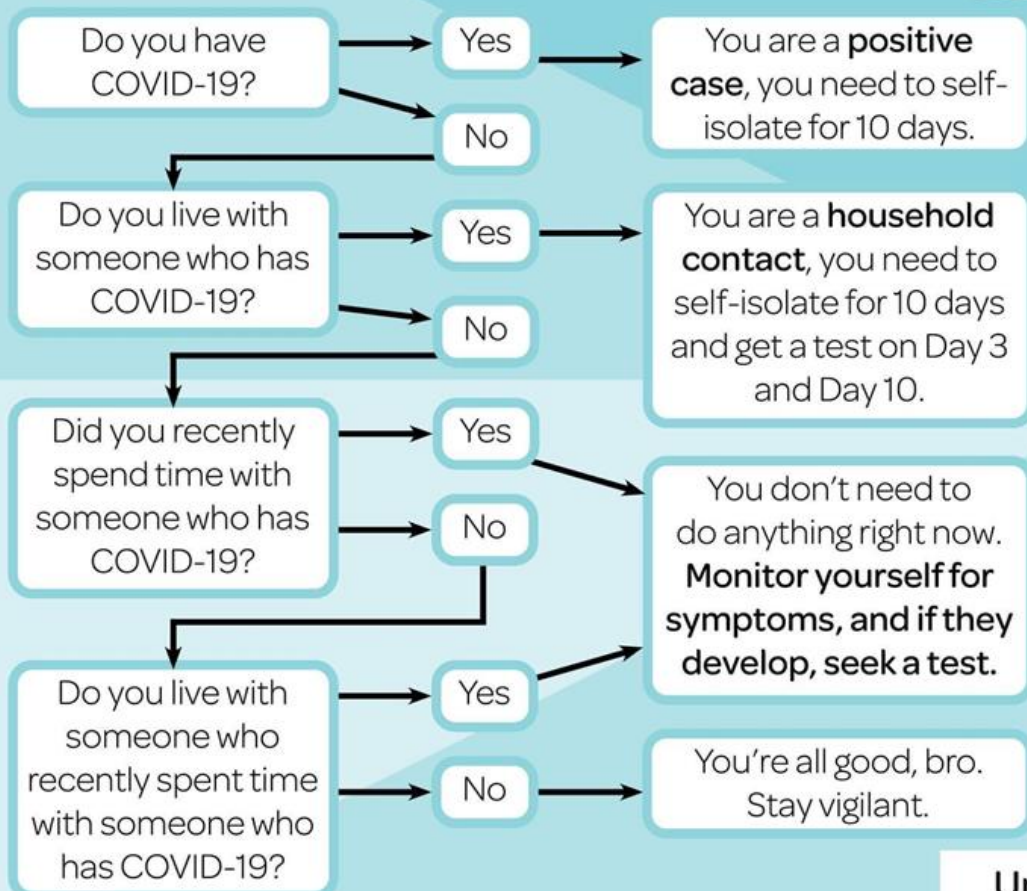
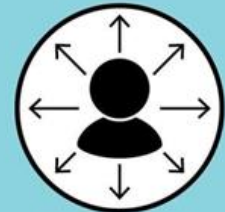
Are you interested in having a greater role in your child's education?

Board of Trustees Elections are being held in September 2022.

If you are interested in becoming a Board of Trustees member, talk to an existing Board member, or pop in and have a chat with Mr Auld. We always welcome the new skills and ideas that new board members bring to the table, so we are very keen to answer your questions, and to have new nominees standing at this year's election.

People to talk to: Konica Ponsonby, Julie Joyce, Steve Wither, Daniel Wark, Jason Hodgson.

What type of contact are you?



COVID-19: Our Isolation Plan

Being ready helps to keep us all safe

If someone in your household gets COVID-19, your whole household will need to isolate until everyone has fully recovered (3 days symptom-free).

Omicron spreads fast - everyone in the house may catch the virus.

So be ready, make a plan and have a kōrero.

→ WHAT YOU NEED TO PLAN FOR

- Getting food and supplies – organise with friends, whānau or neighbours to do contactless drop offs.
- Mahi work and/or kura school(s) – prepare to work and/or study from home.
- What happens with children, other dependants, or shared custody arrangements?
- If you require care services – decide if you need to isolate together.
- How will you try and minimise the spread to household members who are not unwell?
- Find activities to help pass the time.

→ KNOW AND SHARE YOUR PLANS

- Kōrero together – ensure everyone in the household, including kids, knows what will happen when you need to isolate.
- Share plans with those supporting and helping you (or who you are supporting).

→ IN CASE OF EMERGENCY

- Most of us can recover safely at home. If you need advice or your symptoms worsen, call your doctor, health provider or Healthline on 0800 358 5453.
- **If you are having trouble breathing, call 111 immediately.**
- Have personal information ready, including:
full names, birth dates/ages, NHI numbers, medical conditions and prescriptions, GPs/health providers and other emergency contact details
- Prepare instructions for pets, plants or paying bills, just in case you need to recover away from home.

→ STAY CONNECTED

We are all in this together, and we will get through together.

- Stay connected – arrange regular catch-ups with your whānau, friends and community. If you are isolating, make sure these are online or by phone.
- Support your friends, whānau and workmates to make their plans to get ready.
- Find out what your community is doing – is there a group making meals to freeze, sharing planning tips, or just staying in the know?

Checklist: Get things ready to isolate

* check expiry dates and follow instructions, especially with medications

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| <input type="checkbox"/> Tissues | <input type="checkbox"/> Paracetamol and/or ibuprofen |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Drinks and other medications that help with cold and flu-like symptoms, like lemon tea with honey, cough syrup |
| <input type="checkbox"/> Sanitiser | <input type="checkbox"/> Practice healthy habits like coughing/sneezing into elbow and washing hands to reduce the spread of germs. |
| <input type="checkbox"/> Masks | <input type="checkbox"/> Could ventilation be improved? Even opening windows will help to get rid of the virus. |
| <input type="checkbox"/> Cleaning products & gloves | |
| <input type="checkbox"/> Rubbish bags (try and have separate bags for tissues before putting in main rubbish bags) | |

→ Ways to feel better if you're māuiui unwell

For tiredness, fever, aches and pains:

- Get plenty of sleep and rest to help your body recover
- Stay hydrated by drinking plenty of fluids
- Take medication like paracetamol or ibuprofen

For coughs, sore throats or blocked noses, try:

- Hot lemon and honey or kawakawa tea
- Saltwater gargling
- Chest vapour rubs
- Nose and throat treatments, like sprays
- Cough syrup or soothing lozenges

→ Looking after your mental wellbeing

- Try to be kind and gentle with each other as isolating together for some weeks may have its ups and downs
- Acknowledge your feelings – becoming anxious or stressed is a normal response when times get challenging
- Try and stick to routines where possible
- Put a limit on any time online and get some fresh air
- If you start to feel overwhelmed, speak with a trained counsellor any time, day or night -free call or text on 1737
- For more advice: [Covid19.govt.nz/mental-wellbeing](https://www.covid19.govt.nz/mental-wellbeing)

→ Contacts for support services

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| <ul style="list-style-type: none">• COVID-19 Healthline: 0800 358 5453• Healthline: 0800 611 116 (for advice on other health matters)• PlunketLine: 0800 933 922 (for health advice regarding babies or children)• Family Services: 0800 211 211 | <ul style="list-style-type: none">• Mental health support: call or text 1737• Alcohol Drug Helpline: 0800 787 797• Work and Income: 0800 559 009• Rural Support Trust: 0800 787 254• Business support: North Island 0800 500 362 and South Island 0800 505 096 |
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For more information, head to: [Covid19.govt.nz](https://www.covid19.govt.nz)