



## Newsletter: Term 1, Week 7, 21st March 2019

*Quote "When educating the minds of our youth, we must not forget to educate their hearts"- Dalai Lama*

Kia Ora everyone

Like all New Zealanders we are shocked and deeply saddened by the events in Christchurch. My prayers and thoughts are with the victims, affected families and the Christchurch community.

This week staff spent time to pause, reflect, and support our students to overcome the inhumaneness of this tragic event. These events only make us more committed to standing up for the values of belonging, tolerance, respect, resilience and diversity within our communities. Kia kaha to all of our families at this time.



*We decided to take part in The Paper Doll Project, designed to demonstrate that Aotearoa is a place of diversity and acceptance.*

### Positive ways of coping

- Connect with friends and whanau
- Look after your health and the wellbeing of your family.
- Encourage positive talk
- Maintain your daily routines and activities
- Take time out- listen to music, be active, exercise, go for a walk and fill your life with positive moments

The **Wild Kiwi** Multi-Sport event is on Saturday 13 April, and once again, we have an opportunity to be part of this and raise funds for our wonderful school. If you are able to help in anyway, please make contact with our office staff or myself over the next few weeks. Time is definitely flying!



**Kidspace camp** is happening today and tomorrow at the nearby Manaia Baptist Camp. The teachers have many great activities planned and a Talent Show tonight which I'm sure will be amazing!

**Tomorrow Schools Review** (extract from a recent email)

As part of the national [Education Conversation | Kōrero Mātauranga](https://conversation.education.govt.nz/korero-matauranga), the Government is reviewing Tomorrow's Schools - the name given to the reforms that dramatically changed the governance, management and administration of our schools nearly 30 years ago. You can read more about this and complete a survey about the significant recommendations made in the review. <https://conversation.education.govt.nz/conversations/tomorrows-schools-review/>

**Friday Sharing Assembly** - Room 2 will be sharing their learning with us.

Nga Manaakitanga  
Jodi Edwards

### GOLD AWARDS

*Congratulations to these Gold Award recipients:*

Room 1 -Jonjo, Joshua

Room 2 - Brady, Harper

Room 3 - Charlotte, Finn

Kidspace - Katie, Anna

\*\*\* WILD KIWI EVENT – Saturday, 13<sup>th</sup> April \*\*\*

- We will once again be providing car parking wardens, race marshalling and food stalls at the Wild Kiwi Event.
- Event organisers are expecting up to 900 entries so this is a very worthwhile fundraising opportunity!
- THIS EVENT IS JUST 3 WEEKS AWAY!!! A roster is at the office if you can please help us for a few hours that would be much appreciated.

#### Head Lice

We have had a report of head lice (nits) amongst our children. These are common and will spread quickly if not treated. PLEASE check your child's hair regularly and treat if necessary.

## **Friday's School Lunch: Bean nachos & an Ice block \$4**

*Please keep school payments rolling in:*

*We encourage you to use internet banking for any school payments.*

**School Bank Account Number: 12-3092-0033347 00**

#### **10-11 year old players needed urgently**

Bay Tigers Football Club

Contact Adam 027 5696247

Or Guthrie 027 2001563

or Sarah 027 5655925



#### Manaia Junior Rugby Registration Day

Sunday March 30<sup>th</sup> from 2pm – 4pm

Parua Bay Community Centre, all welcome



## **Message from the Northland DHB Public Health Unit**

With 28 cases of measles in Canterbury, and two new cases in Auckland, now is the perfect time to make sure your child is up to date with their immunisations against measles.

Two doses of the MMR vaccine are needed for maximum protection. If you are not sure if your child is fully immunised, check in your Well Child book, or talk to the Practice Nurse at your usual General Practice.

If your child is unimmunised, or has received only one dose of MMR, they are at higher risk of contracting measles.

Un-immunised children who are even only exposed to measles could face up to two weeks off school while they wait to see if measles develops, causing enormous disruption in families.

Those who actually contract measles fare worse, as measles is a very unpleasant illness.

Make sure your child has had two MMRs. We suspect cases in Northland soon, so please don't delay.

You can find more information on our website – [www.northlanddhb.org.nz](http://www.northlanddhb.org.nz)



## **Measles: a quick guide Q&A**

With measles outbreaks happening all over the world, including here in New Zealand, now's a good time to learn more about the disease - and make sure you're protected. Check out the questions and answers below to find out more.

### **Is measles a current concern?**

Yes. There are currently measles outbreaks all over the world, including here in New Zealand. There have been three cases in Auckland and are currently more than 25 cases in Canterbury.

### **Do we have an outbreak of measles in Northland?**

We do not currently have an outbreak in Northland and we DO NOT want one.

We need to maintain delivery of the MMR vaccination at ages 15 months and 4 years and ensure that children are up to date with all their vaccinations.

### **How can I protect myself and my family against measles?**

The best way to prevent measles is to be immunised on time, with two free MMR vaccinations for all children at 15 months and four years. Two doses of MMR vaccine are at least 97 percent effective in preventing measles.

### **Does the DHB recommend toddlers under four get their second MMR early?**

No, unless there is a clear indication for it, such as heading overseas, especially to a high risk country (Philippines especially).

### **I don't know whether I've been immunised or not. What should I do?**

If you are not sure how many doses you have had, talk to your doctor as the information may be in your medical records. You may also have your own health records e.g. your Plunket or Well Child/Tamariki Ora book. If it's unclear whether you are immune, or whether you've had two doses, vaccination is recommended. Check with your GP first as in some instances, such as pregnancy, you should not be immunised.

### **What do I do if I haven't been immunised against measles?**

You can be immunised at any time if you have missed your two vaccinations.

Many adolescents aren't fully protected, and many people born after 1969 and before 1992 will have received only one MMR vaccine. These people are entitled to the second MMR dose free of charge. Practice nurse fees may apply.

### **How serious is measles?**

Measles is a serious illness. One in 10 people with measles need hospital treatment and the most serious cases can result in deafness or swelling of the brain.