



PRINCIPAL'S PĀNUI

IMPORTANT DATES

TERM ONE: 3 February - 14 April 2022

- **3 February** - First day of school
- **7 February** - Waitangi Day
- **14 April** - Staff Only Day /Last day of term
- **15 April** - Good Friday

TERM TWO: 2 May - 8 July

TERM THREE: 25 July - 30 September

TERM FOUR: 17 October - 15 December

Kia ora whānau,

What a week of learning for us all. Thank you for such positive support and care for your children in response to our positive case. It has definitely been a week of working together. It is important that we keep looking after each other as a community. Thanks for the positive feedback and constructive suggestions we have received from our whānau.

We are mindful of the case numbers as they rise and we will continue to follow the guidance we are given for the ways we look after each other. We will continue to provide you with the information needed as Phase Three is explained. If your child has not been asked to stay home then they need to be back at school. They do love to be here and there is lots of learning to do.

A number of children are talking about what is happening down at Parliament grounds at the moment. Please remember to speak with kindness about all people, whatever your views are about the actions down there. This is what we ask all our children to do, so how we talk is a model for our tamariki.

Some helpful ways to talk about covid

- Focus on the things we can do to keep healthy
- Be calm and confident - they take their clues from us
- Be a good role model; wash hands
- Keep reassurance to a minimum so it doesn't feel bigger than needed

Our tamariki have lots of questions - we encourage this. Help them to answer these. This is a time when we are all in this together. Our actions can make a big difference to our family, community and nation and that's a kind of cool united responsibility.

Noho ora mai ra, Nicki Read - Tumuaki

"QUOTE OF THE DAY"

"I feel worried for the person with Covid, but I feel safe at school."
Freia

COVID-19 OMICRON SYMPTOMS

What to have in your first aid cabinet at home

BE PREPARED

Make sure you have these at home if you need to self isolate (stay home)

- Paracetamol
- Ibuprofen
- Tissues
- Drinks and other medications that help with cold and flu-like symptoms, like lemon tea with honey, and cough syrup
- nasal spray, throat lozenges, vapour rubs.

To keep you and your whānau safe, please remember to do the following

- Take care of yourself and your whānau
- Scan in with the Covid App
- Wear a mask
- Clean your hands often
- Cough into your elbow
- Make sure your details are up to date at school
- Be kind

The 5 most common symptoms

The symptoms feel very much like a heavy cold.

- runny nose
- headache
- fatigue
- sneezing
- sore throat

When do I get my child tested if they have symptoms?

If you or your child has any of these symptoms

call Healthline on 0800 358 5453.
They will let you know what to do next

With everything going on, my child is feeling anxious.
What can I do?

A

At Newtown School, we are doing what we can to ensure that school is a safe, fun place to be. Teachers are being careful to focus on positive solutions to encourage students to look after themselves, one another and show kindness. [KidsHealth.org.nz](https://www.kidshealth.org.nz) has some good resources that might help, or talk to a teacher

Who do we advise if our child tests positive for Covid-19?

A

Please contact the Principal at school on **389-6667** or email **nickir@newtown.school.nz** as soon as possible.

The advice from the Ministry of Health is get vaccinated, if you're due, get boosted, and if you feel unwell or have been exposed to a Covid-19 case, get tested.

Celebrations

What we are celebrating this week

- The enthusiasm and energy of our tamariki learning and using Te Reo Māori
- Positive parent support in our Newtown Community and looking out for each other
- Framing is well underway in our new building site (Old Tui)

ANOTHER QUOTE OF THE DAY

"I was worried but I'm carrying on as if it's normal and doing everything I have to do to be safe. It's not bulletproof.
My chances of getting it are 37%."
Anzar

FREE DENTAL CHECKS

BEE Healthy will be at our school from Tuesday 1 March through to Thursday 31st March.

The dental team are following the Hutt Valley DHB and Dental Council NZ Covid19 guidelines.

If you do not wish your child to be seen when the van is at school please let BEE Healthy know.

To update your contact details or check if your child is enrolled, please call our Selby Hub Clinic on 8062801 Mon - Thurs 8.00 - 4.30pm.

To enrol your child phone **0800 825 583** option 1 or to enrol online visit; www.beehealthy.org.nz

Your local Hub clinic is:

Selby Hub

175A Adelaide Road

Newtown



Nature Art
by Waitangi