



## Waikoikoi School - Little School Big Spirit!

# Newsletter

### Principal's note:

Education has been in the media this week. Here is a link to the media release if you have missed it. [Government transforms maths education](#). I would like to assure you that the students at Waikoikoi School are already doing a structured maths approach. We use prime maths and also use our teacher knowledge to teach other parts of the curriculum. We are well placed for the roll out of the curriculum a year earlier than expected!

There are many horrible bugs and illnesses going around at the moment. Students need to be well for at least 24 hours before they return and if they have had vomiting and/or diarrhea they need to be well for 48 hours. This ensures that we minimise the risk at school.

**Please make contact if you would like a parent interview. We love to discuss the achievement, progress and behaviour of the students of Waikoikoi School. Email, text or call to make an appointment.**

Please get in touch with Debbie Cruickshank (our bus driver ) and the school with any changes to the bus arrangements. Her number is 027 651 3502.

Please use whatsapp to contact the school. We have very limited reception and we often do not get texts in a timely manner.

With the continued cold weather, we have shut off the drinking fountain due to bursting pipes, so please ensure that students have a drink bottle at school. I am happy to wash these as required.

Stewart Island Camp is on Monday 25 November and return on Thursday 28 November 2024. It is going to be an amazing camp! The cost of this camp will be \$150 per person attending. If you would like to start paying now please deposit into 03-0915-0249832-004.














Ma te wa,  
Jacqui Dillon

# Term Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
5 WEEK 3	6	7 Sports Activator	8	9	10/11
12 WEEK 4	13	14	15	16	17/18
19 WEEK 5	20	21	22 Assembly 2:30	23	24/25
26 WEEK 6	27	28 Sports Activator	29	30	31/1
2 September WEEK 7 Conservation week	3	4	5	6	7/8
9 WEEK 8 BOT Meeting	10	11	12	13	14/15
16 WEEK 9	17	18	19	20	21/22
23 WEEK 10 Assembly 2:30	24	25 Sports Activator	26	27	School Holidays

# 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*
<b>Rashes and skin infections</b>				
<b>Chickenpox</b> 	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.
<b>Hand, foot and mouth disease</b>	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.
<b>Head lice (Nits)</b>	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.
<b>Measles</b> 	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.
<b>Ringworm</b>	Contact with infected skin, bedding and clothing.	Flat, ring-shaped rash.	4–6 weeks	None, but skin contact should be avoided.
<b>Rubella (German Measles)</b> 	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.
<b>Scabies</b>	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.
<b>School sores (Impetigo)</b>	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.
<b>Slapped cheek (Human parvovirus infection)</b> 	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.
<b>Diarrhoea &amp; Vomiting illnesses</b>				
<b>Campylobacter Cryptosporidium Giardia Salmonella</b> 	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 1–17 days Giardia 3–25 days Salmonella 6–77 hours	Until well and for 48 hours after the last episode of diarrhoea or vomiting. <b>Cryptosporidium</b> – do not use public pool for 2 weeks after symptoms have stopped. <b>Salmonella</b> – Discuss exclusion of cases and contacts with public health service.
<b>Hepatitis A</b> 	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.
<b>Norovirus</b>	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
<b>Rotavirus</b> 	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
<b>Shigella</b> 	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.
<b>VTEC/STEC (Verocytotoxin- or shiga toxin-producing E. coli)</b> 	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.
<b>Respiratory Infections</b>				
<b>Influenza and Influenza-like illness (ILI)</b> 	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.
<b>Streptococcal sore throat</b>	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.
<b>Whooping cough (Pertussis)</b> 	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 then 21 days from onset of illness or until no more coughing, whichever comes first.
<b>Other Infections</b>				
<b>Conjunctivitis (Pink eye)</b>	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.
<b>Meningococcal Meningitis</b> 	Close contact with oral secretions. (Coughing, sneezing, etc.)	Generally unwell, fever, headache, vomiting, sometimes a rash. <b>Urgent treatment is required.</b>	3–7 days	Until well enough to return.
<b>Meningitis – Viral</b>	Spread through different routes including coughing, sneezing, faecal-oral route.	Generally unwell, fever, headache, vomiting.	Variable	Until well.
<b>Mumps</b> 	Coughing, sneezing and infected saliva.	Pain in jaw, then swelling in front of ear and fever.	12–25 days	Exclude until 5 days after facial swelling develops, or until well.

### For further information contact:

Your Public Health Nurse

Your Public Health Service



Vaccine-preventable and/or on National Immunisation Schedule

Notifiable disease (Doctors notify the Public Health Service)

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

\* Seek further advice from a healthcare professional or public health service.

hpa health promotion agency  
TE WHIRIORA HAUORA

New Zealand Government

MINISTRY OF HEALTH  
HEALTHY PEOPLE

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# TERM THREE



## WEEKS 1,4,7,10

**MON** – LASAGNE  
**TUES** – CHICKEN PASTA  
**WEDS** – FILLED HAM ROLL  
**THUR** – MEATBALLS & PASTA  
**FRI** – CHICKEN BURGER

## WEEKS 2,5,8

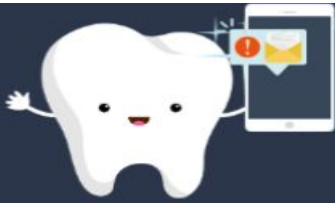
**MON** – NACHOS  
**TUES** – MAC 'N' CHEESE  
**WEDS** – SANDWICH  
**THUR** – NOODLE BOX  
**FRI** – BEEF BURGER

## WEEKS 3,6,9

**MON** – SAVOURY MINCE  
**TUES** – PASTA BAKE  
**WEDS** – FILLED CHICKEN ROLL  
**THUR** – MEATBALLS & MASH  
**FRI** – CHICKEN BURGER

## SIDES

**CHEESE STICK**  
**FRUIT**  
**YOGHURT**  
**MUFFINS**  
**COOKIES**



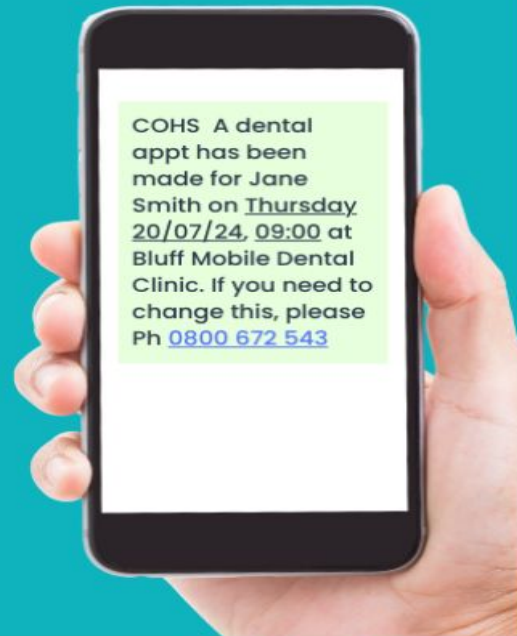
The Community Oral Health Service

# IS GOING DIGITAL!

We're saying goodbye to posting letters and we're going digital! You will now receive all new appointments and reminders via FREE text message (SMS).



It's quick, easy and better for the planet!



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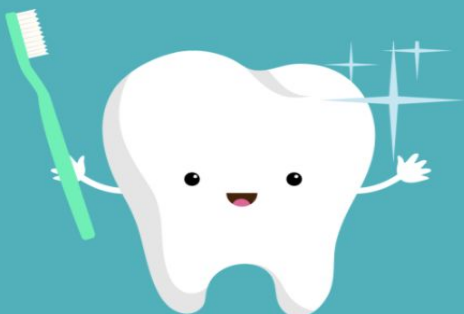
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## Top Tips for a Good Toothbrush



Look for a toothbrush with a **small head** and **soft bristles!**



**A SMALL HEAD** makes it easier to brush those difficult to reach areas like our back teeth and the inside surface of our teeth beside our tongue

**SOFT BRISTLES** are important so we don't damage our tooth enamel or our gums

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