

WEST EYRETON SCHOOL

NORTH EYRE ROAD
R.D.5 RANGIORA 7475
PHONE 03 3125850
FAX 03 3125896
Email office@westeyreton.school.nz
Online www.westeyreton.school.nz

1. 17 August - 2.15 pm - Assembly Enviro Team leading, Ropu Kereru sharing their learning
2. 22 August – Cantamaths Finals Year 8 team competing
3. 24 August – School Poetry Finals
4. 27 August – BOT meeting 5.45 pm in staffroom
5. 31 August – Alex Hitchmough World Vision rep at Assembly 2.15 pm; Events Team leading, Ropu Kea sharing their learning
6. 1 September – FOTS working bee at school

Thursday 16th August 2018

Dear Parents & Caregivers

Nationwide Strike Day - Thank you:

Thank you to all our parents & caregivers for reorganising their work, their day and plans yesterday when the school was closed for the Nationwide Primary School Teachers'/Principals' Strike.

Pupil Learning Conferences which were held this week were again an especially valuable opportunity for pupils to share their learning with their parents, supported by their teachers.

It is incredibly rewarding to see the pride the children take in explaining their learning to their parents. Thank you to all our parents & caregivers who attended their child's learning conference this week.

Jillian Gallagher - Principal.

Learning Conference Snapshot:



School News:

Thank you to FOTS:

The FOTS committee has been very busy this term and has organised a number of really enjoyable family events and fundraisers for the school. The online lunches, school disco, House of Bricks Lego afternoon, and the parents' morning tea are examples of their hard work.

Thank you to all involved on the FOTS committee, and to all the parents who help out at each event, which is very much appreciated by us here at school.

E Awards:

The E focus for Weeks 3 & 4 has been **Effort** – “**Demonstrate interest & curiosity in the world around us.**”

The Whakatauki for **Effort** has been “ **Whaowhia te kete matauranga**” – “**Fill the basket of knowledge.**”

This week's assembly, is being held tomorrow, **17th August, 2.15p.m. in the school hall.** The Enviro leadership team will be running this assembly with Ropu Kereru sharing their learning.

Pupils who will be receiving E awards at tomorrow's assembly are:

Ropu Kotare: Hunter, Joshua

Ropu Ruru: Adam, Libby, Jacob, Jayden

Ropu Kereru: Angus, Maddy, Buzz, Lars

Ropu Kea: Riley, Haylee, Jack, Macey

Ropu Karearea: Noah, Max, Cody, Billy

We encourage our families, parents and caregivers to attend our full school assemblies.

The new E focus for Weeks 5 & 6 is **Empathy** – “**Use classroom and playground equipment respectfully.**”

Friday Morning Coffee:

Magnitude Coffee will still be at school between 8:30-9.00 am on even weeks even though Assembly is now at 2:15pm on these days. Thank you for your support of this fundraiser for school.

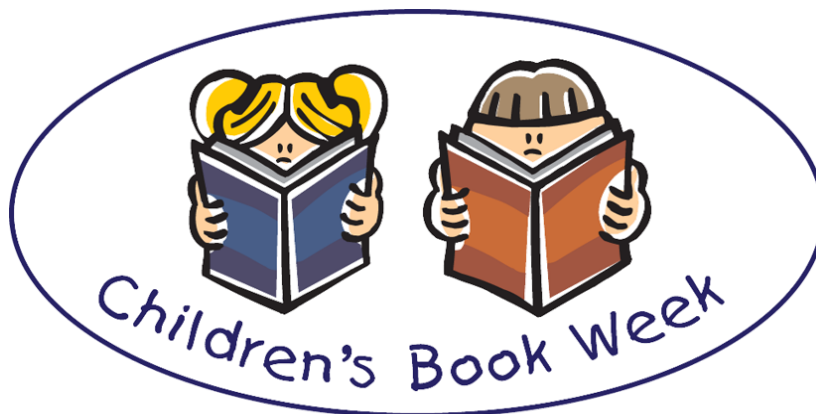
Thank you Ms Wells and the Year 7 & 8 Library Leadership team:

Book week was a wonderful time here at school with so many fun events and opportunities to share and enjoy fabulous books.

Thank you to Ms Wells and her amazing Library Leadership team for all their hard work, and for coming up with such a fun week of activities throughout the whole of Book week.

Poetry Recital Finals:

On National Poetry Day, **Friday 24th August**, we will be holding the Poetry Recital Finals from 1.00p.m. in the school hall. All welcome.



Thank you once again to everyone who supported our Book Week this year. We took a fantastic \$1977.00 at the Book Fair, which means we receive a significant number of Scholastic book rewards for books and resources.

Our Book Character Parade was a lot of fun with Mrs O'Loughlin and Mrs Brotheridge selecting prize winners from each team as follows:-

- Rōpū Kotare – Jakobi – Sheepdog
- Rōpū Ruru – Belle – Little Red Riding Hood
- Magni – Brave knight
- Rōpū Kereru – Georgia – Cat in the hat
- Maddie & Jack – Where's Wally
- Rōpū Kea – Matthew – Oompa Lumpa
- Ashton – Mr. Potato head
- Rōpū Karearea - Guy – Big Bear
- Bailey – T-Rex

A big thank-you too, to the team of school librarians who helped throughout the week to make it such a success.

If you have any feedback or suggestions to help make next year's book week even better, please email me angela.wells@westeyreton.school.nz

School Office News:

School Photographs:

The coloured proofs/forms of the individual classroom photos have now been left with us to fill in the pupils' names and scan back to their studio. Once this has been completed, we will then inform you of the process for ordering these photos etc.

Rangiora High School Yr 8 Information Evening:

Monday 20th August – 6.30p.m.

Information further on in this newsletter.

Ministry of Health – Influenza: (Information further on in newsletter).

Synlait Boys' & Girls' Agricultural Day 2018:

To be held on **WEDNESDAY 14th TO FRIDAY 16th NOVEMBER 2018.**

Classes will include lambs, goats, pigs, poultry, alpacas and llamas. Please note that date of birth for poultry is on or after 1st July.

Please note that there will not be any calf classes at this event.

If you would like your child/children to take part on these days, please call into the school office. We have all the information relating to Qualifications, Project Book, Judging etc.

Friends of the School (FOTS) News:

Thank you to all the families that supported our House of Bricks day on Saturday. We had a lot of fun putting this on for you, and we hope you enjoyed playing with all the different types of Lego.

SAVE THE DATES:

With so many school happenings going on in Term 3 we are giving you a heads up on dates that we have planned for events with further information to follow. This way we can finalise the last details and get forms and information organised so we can be sure you have everything you need.

So for Term 3 - please pop these dates in your diaries:

*WORKING BEE - Saturday 1 September

*PITA PIT - Lunches Online - Friday 7 September

*END OF TERM Sausage Sizzle - Friday 28 September (We are going to do this in 2 lots so the Year 7 and 8 students at Technology don't miss out)

Please remember to follow us on Facebook where we will keep you updated with our events and happenings. Join us at '**West Eyreton FOTS**'.

Community News:

West Eyreton Youth Group - (Information included).

Girls' Rugby Festival Tournament - (Information included).

Rangiora High School Year 8 Information Evening - (Information included).

West Eyreton Youth Group:

Come and join us for Games, Bible stories, Memory Verses and Supper.

[5 Washington Place](#), Saturdays 7pm - 8.30pm. Y3- Y8

Dates for this term 28th July, 11th August, 25th August, 8th September, 22nd September.

Contact Aidan or Marina for details 027 267 1747. Rides available :)

Drama Classes – Helen O'Grady Drama Academy:

If you are interested in these drama classes for your child/children please call at the school office to obtain information on this Academy.



2018 YEAR 8 INFORMATION EVENING:

Monday 20 August, 6.30pm Rangiora High School Hall.

The Year 8 information evening is a chance to hear more about the teaching and learning programmes that exist in Year 9, and also to hear from some current students. It is also a great opportunity to hear from, and ask questions of, the Curriculum Leaders and teachers of elective subjects that many students may not have encountered before. We are looking forward to chatting to parents and students on the evening.

Outline for the evening:

1. Ms Karen Stewart (Principal) - Welcome
2. 2018 Year 9 Student/s - Their experiences to date
3. Senior Students - The journey so far.
4. Mrs Alison Cleary/Mr Scott Wright - The Connected Curriculum and elective choices
5. Mr Rob Courtney (Head of Guidance) - Orientation and testing of Year 8/9 Students.

Following the initial introductory curriculum/subject presentations in the hall there will be allocated areas if you wish to talk to the curriculum leaders and teachers of:

- The Arts - Art (3 choices), Music (2 choices), Drama, Kapa Haka
- Land Based Studies
- Languages - French, Te Reo Maori, Japanese, Tikanga Maori, Continuing Languages
- Business and Enterprise - Money Matters, Business Studies
- Technology - Textiles and Fashion Technology, Digital Technology (3 choices), Construction Materials Technology, Design and Visual Communication
- Others - Food and Nutrition, Acing Algebra, Literacy, Numeracy.

This evening also offers parents and caregivers the opportunity to inform the pastoral team of any special educational needs of your daughter/son or the opportunity to simply have a chat. (The Priority Learning team will be in R1, and the Guidance team in R4.)

Please note: Subject selection online must be completed by Friday 31st August 2018. Details on how to complete this online process will be provided on the evening. This information will also be emailed to parents along with login information. Course information is available on our website.

Aspire – Wawatahia, Respect – Whakautea, Contribute - Tohaina

MINISTRY OF HEALTH – INFLUENZA:

Influenza – or the flu – is a virus that spreads quickly from person to person. Symptoms include fever, chills, aches, runny nose, a cough and stomach upset. Immunisation is your best defence against the flu.

The influenza virus infects your nose, throat and lungs. The flu is normally worse than a cold.

In temperate climates such as New Zealand's, you're more likely to get the flu in winter. Some people get very sick – influenza causes deaths every year.

Symptoms of influenza come on suddenly and can include fever, chills, muscle aches, runny nose, cough and stomach upsets.

Older people, young children, pregnant women, and people with certain medical conditions are at a higher risk of developing serious complications from influenza, such as pneumonia. If you're at higher risk, it is important to see your doctor early, to find out if you need treatment.

It is also important to seek medical advice early if you are concerned, and especially if there are any danger signs, even if you have been seen before. Other serious conditions can also look like the flu, including [meningococcal disease](#).

Immunisation is your best defence against influenza. Even fit and healthy people should consider getting the flu jab to protect themselves.

The flu spreads quickly from person to person through touch and through the air.

While you're unwell, stay away from work or school. Look after yourself and your family – rest and fluids are especially important.

Influenza can be caused by different strains of the influenza virus. (Symptoms for different types of flu are the same.) The seasonal influenza vaccine is altered most years to cover the particular strains of the virus that are circulating each year. When a new (novel) strain of the flu virus emerges that infects many people in a very short time, it is called a 'flu pandemic'.

Symptoms:

Signs and symptoms of influenza can include:

- fever (a temperature of 38°C or higher)
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- stomach upset, vomiting or diarrhoea.

It may take between 1–4 days to feel symptoms after you catch influenza.

The worst symptoms usually last about 5 days, but coughing can last up to 2–3 weeks.

High risk groups:

People at higher risk of developing complications if they get influenza include:

- pregnant women and women who have just given birth
- people with an ongoing health condition (like asthma, diabetes, cancer, a heart or lung condition, and conditions that affect the nervous or immune systems)
- significantly overweight people
- people aged 65 years or over
- very young children, especially infants (under 1 year).

If you are at higher risk, or are concerned about your symptoms, it is important to seek advice early from your doctor or Healthline (ph [0800 611 116](tel:0800611116)), to see if you need treatment (even if you have been seen before).

Danger signs:

Seek urgent medical advice if you have:

- a high fever that doesn't come down, especially if you are pregnant
- chills or severe shaking
- difficulty breathing or chest pain
- purple or bluish discolouration of your lips, skin, fingers or toes
- seizures or convulsions
- signs of other serious conditions, such as [meningococcal disease](#) (which may include severe headache, sleepiness, vomiting, stiff neck, dislike of bright lights, and sometimes a rash).

Look out for signs of dehydration such as dizziness when standing, and not passing urine regularly.

If a person you are caring for is less responsive than normal, unusually quiet, or confused, you should call a doctor urgently.

It is also important to let your doctor know if you were starting to feel better, then get worse.

Danger signs for babies and young children:

Call a doctor if your baby or child's breathing is fast or noisy or if they are wheezing or grunting. Check if the area below the ribs sucks inward (instead of expanding as normal) as they breathe in.

You should get help if your baby or child is:

- very pale
- drowsy or difficult to wake
- severely irritable, not wanting to be held
- limp or unable to move
- if a baby has dry nappies or no tears when they are crying, it means they are dehydrated. It is important to contact a doctor
- if they have signs of other serious conditions, such as [meningococcal disease](#) (which may include severe headache, stiff neck, dislike of bright lights, and sometimes a rash, but in very young children are often non-specific such as sleepiness and vomiting).

If you have any worries about yourself or someone you are caring for, call Healthline ([0800 611 116](tel:0800611116)) for advice or see a doctor, even if you have called or been seen before.

Treatment:

Phone Healthline ([0800 611 116](tel:0800611116)) or your doctor if you are concerned or if you:

- feel a lot worse, or you are not getting better after a few days
- have an existing health condition or are in a **high risk group** (see [Symptoms](#))
- are pregnant
- are taking any medication that affects the immune system
- are looking after someone with influenza and you are in a **high risk group**

If clinically indicated, your doctor may recommend antiviral medications. Take them as directed.

Caring for yourself and others

If you are unwell, stay at home and rest ideally/preferably in a separate, well ventilated room away from other people.

It is important to drink small amounts of fluids often.

Antibiotics only work against bacterial infections, not the viral infections that cause influenza.

Carefully read and follow the labels on any medication and contact your doctor or pharmacist if you have any questions

You can also:

- reduce fever by using a damp cloth on your forehead, washing the arms and body with a cool cloth, bathing in slightly warm water
- take appropriate medicines to relieve discomfort and fever if necessary.
- It is especially important to reduce fever if you are pregnant.
- gargle a glass of warm water and/or suck sugarless hard sweets or lozenges to help with sore throats
- shower or bathe regularly and keep bedding and nightwear clean and dry
- use skin balm or moisturiser to stop your lips from cracking.

Know the **danger signs** that mean you should seek urgent medical attention (see [Symptoms](#)).

Any child younger than 3 months who has a fever should see a doctor

Caring for babies and children

When a baby or child has influenza, it is important to do the following:

- keep the child at home resting until they are well.
- care for the child in a separate, well-ventilated room away from other people.
- increase the frequency of breastfeeding or the amount of other fluids they drink. If your child will not take fluids or is drowsy, don't force them. Seek medical advice immediately.
- reduce fever by using a damp cloth on their forehead, washing their arms and body with a cool cloth, bathing them in slightly warm water.
- give paracetamol or ibuprofen if they have pain or discomfort in the dose recommended on the package (unless your doctor says otherwise). Aspirin should not be given to children under 14 years of age.
- Saltwater drops (saline) can be used to treat a stuffy nose.

Prevention:

The influenza virus spreads very quickly from person to person through touch as well as through the air.

Immunisation is your best defence against influenza.

Immunisation:

You can get the vaccine or 'flu jab' at your general practice or some pharmacies for free if you are over 65 or pregnant. For others with medical conditions that put them at greater risk of influenza, such as diabetes or heart disease, the vaccine is free from general practices only. These medical conditions are listed at the [Fight Flu website](#).

For everyone else, influenza vaccination costs between \$25 and \$45 depending on the vaccine and provider. Some workplaces also offer a free immunisation programme for staff.

The vaccine is usually available from mid to late March until the end of December, but is recommended before winter. In 2018 the vaccine will be available from early April.

The quadrivalent vaccines available in New Zealand during 2018 provide protection against:

- **A/Michigan/45/2015 (H1N1) - like virus**
- A/Singapore/INFIMH/16-0019/2016 (H3N2) - like virus (new strain)
- B/Phuket/3073/2013 - like virus (new strain)
- B/Brisbane/60/2008 - like virus

For more information, phone 0800 Immune ([0800 466 863](tel:0800466863)) or visit [Fight Flu](#).

Immunisation if you're pregnant

Pregnant women are strongly advised to be immunised as pregnancy places a woman at greater risk of complications from influenza. Influenza immunisation is free for pregnant women between March and the end of December, but is recommended before winter if possible.

Mothers who receive the influenza vaccine while pregnant can pass protection on to their baby. The vaccine offers protection to infants who would normally be too young (under 6 months) to receive immunisation individually.

Visit the [Fight Flu website](#) for facts about [immunising against the flu when you are pregnant](#).

Stop the spread of the flu

If you are unwell, stay at home until you are better.

Follow basic hygiene practices:

- Wash your hands regularly for at least 20 seconds and dry them for 20 seconds – or use an alcohol based hand rub.
- Avoid touching your eyes, nose and mouth.
- Don't share drinks.
- Avoid crowded places.

- Cover your mouth and nose with a tissue when you cough or sneeze – then put the tissue in a lined bin.

Being prepared for a pandemic:

Have a plan and be prepared in case you need to stay at home during a pandemic.

Keep at least a week's supply of food, tissues, and your usual medicines so you don't need to make trips out in public.

Make sure you have contact details for friends/family/neighbours so you can call them if you need help.

Think about:

- working from home
- who could look after your extended family if they don't live nearby (eg, who could deliver groceries or meals to sick family members)
- organising child care if your children need to stay home and you must go to work.

If you have an existing medical condition:

- make sure you don't run out of regular medications
- make sure you take medications for any condition to keep them under good control.

Summary:

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Community and Public Health

A Division of the Canterbury District Health Board



Girls Rugby Festival

ALL GIRLS TOURNAMENT

Saturday
September 8
Mandeville Rugby Club

Come and play the first all girls tournament held in North Canterbury.
Rippa or tackle - register your interest now to join a team!

all ages & abilities welcome

Playing Groups:
Rippa Group 1: U6 +U7
Rippa Group 2: U8 + U9
Tackle grades: U8, U9, U10
Time of Kick Off: 10 am
Multiple Games
Format: 10min halves

Contact Julia @juliatoshach@icloud.com

Supported by
Ketaki Khare, CRFU
Kendra Cocksedge, NZRU



Special Thanks
Hurunui, Oxford, Cust &
Woodend Rugby

Girls' Rugby Festival Tournament: