

Monday 16th March, 2020



Kia ora,

A few things that we need to be on top of this week.

Message from the BOT:

The Ngutunui School Board of Trustees has had a recent resignation from the Board of Trustees (due to personal commitments). The Board has elected to reduce its parent representative numbers to 4 from 5. The Board of Trustees believes we have good parent representation for a school our size, by reducing to 4.

Before making this a final decision under the Education Act 1989 94B we must advise you of the boards intention, reason and give you the opportunity to attend the next School Board of Trustees meeting.

The next School Board of Trustees meeting held this Tuesday 17th March, 7pm.

Any further questions - Please contact Karen Crake 0274302995

(Chairperson, Ngutunui School Board of Trustees)

Wheels Wednesday:

This is up and running again this week. Thanks for all the support shown towards this.

Lower Waipa Swimming Sports:

What a fantastic effort last Friday. We took 8 children away with us and two of them made the finals. Dillyn Oldfield in 1 length freestyle and Lachie Riley in 1 length backstroke. All the children participated well and gave it their best. Whaea Renee and I were so proud. Our tamariki were up against the best of the best and they held their own. They kept up and were counted. We put Ngutunui on the map. Photos to come.

Lunches:

This Thursday we have toasted sandwiches for lunches. Most of the orders are in, if you have not placed your child's order please do so asap. Thank you to Trudy Garland for offering to help out this Thursday. Thank you to Miriam who helped me on Thursday to make the wraps. Saved a lot of time.

Motor X Fundraiser:

We are still in need for a few helpers to man the BBQ and sell the food and drinks. It starts at 10am and finishes at 2pm. Please even if you can help out for 2 hours that will be awesome. Let Lee Bennett or myself know. Thanks again to all of you who have put your hand up to help.

That is all for now. Have a super week. The next newsletter will be out next Monday. Have a super weekend.

Ngā mihi
Cleonie

COVID -19

As you are all aware of the pandemic that is all over the news at the moment. Ministry of Education are keeping us informed and there is going to be an announcement made tomorrow by the Prime Minister. At the moment if you are feeling unwell and you have been around people who have recently come back from being overseas, or you have been to an event where a lot of people have attended, then please let us know and self-isolate. We will provide work for your child/ren at home if you are going to self-isolate. We will let you know if we know anymore. Thanks

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a type of coronavirus. There are simple steps you can take to protect you and your family/whānau.

Symptoms

The symptoms of COVID-19 are:

- a cough
- a high temperature (at least 38°C)
- shortness of breath.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Shortness of breath is a sign of possible pneumonia and requires immediate medical attention.

We don't yet know how long symptoms take to show after a person has been infected, but current World Health Organization assessments suggest that it is 2–10 days.

How it spreads

COVID-19, like the flu, can be spread from person to person. When a person who has COVID-19 coughs, sneezes or talks, they may spread droplets containing the virus a short distance, which quickly settle on surrounding surfaces.

You may get infected by the virus if you touch those surfaces or objects and then touch your mouth, nose or eyes.

That's why it's really important to use good hygiene, regularly wash and thoroughly dry your hands, and use good cough etiquette.

Prevention – how to protect yourself and others

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often (for at least 20 seconds).
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.

- Avoid personal contact, such as kissing, sharing cups or food with sick people.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell.
- Call Healthline on [0800 358 5453](tel:08003585453) if you have any symptoms and have been to any [countries or territories of concern](#) or have been in close contact with someone confirmed with COVID-19.

What to do if you may have been exposed

People returning from any country except those listed in [Category 2](#), or who may have been exposed to COVID-19, are self-isolating to keep their communities safe.

- If you returned from any country in the last 14 days, then you should self-isolate for 14 days from the date of departure.
- If you have been in close contact with a confirmed case of COVID-19 you should self-isolate for 14 days from the date of close contact.

We know from other outbreaks that self-isolation is effective, and most people are good at keeping themselves – and others – safe and well. To find out more, see our [Self-isolation resource](#).

More information for contacts of cases in New Zealand is available at [Contact tracing for COVID-19](#).

Dedicated Healthline 0800 number for COVID-19 health advice and information

The number is [0800 358 5453](tel:08003585453) (or for international SIMs [+64 9 358 5453](tel:+6493585453)).

It is free and available 24 hours a day, 7 days a week.

People calling that line will be able to talk with a member of the National Telehealth Service. They have access to interpreters.

You should call that dedicated number:

- to register if you have self-isolated yourself
- for any coronavirus health advice and information and any questions you have about coronavirus, self-isolation etc.

Healthline's main number is still the one to call for non-coronavirus health concerns – [0800 611 116](tel:0800611116).