



Te Pahu School Times

Wednesday 9th March 2022

Name: _____

**Attitude Determines
Altitude**

671 Te Pahu Road, RD 5, Hamilton
Phone: (07) 825-9849
Email: office@tepahu.school.nz

Kia ora koutou katoa,

Thank you again for your continued understanding as we navigate our way through changing guidelines and expectations throughout this pandemic. As a school, we have worked hard to continue to develop procedures to keep our students and ourselves safe.

It can be a scary time when children test positive for COVID-19. Here are some tips to help.

What's it like- for most Tamariki, COVID-19 generally has mild effects. They will commonly have no symptoms or only mild respiratory symptoms, similar to a cold. They can still pass COVID-19 on to others. However, some tamariki can become very sick and need to go to hospital, this is rare. If you are concerned your child is very unwell, seek urgent medical help.

Isolate children away from others, COVID-19 spreads easily, but there are a few things you can do that may protect others in the house from catching it. If you can, have a caregiver, and use a separate bathroom if you have one. Follow healthy habits like handwashing, wearing masks, opening windows, and regularly cleaning surfaces. If possible, have tamariki wear a mask when in the same room as others especially with anyone who is high-risk.

Keep up fluids. If they don't want to drink water, try ice blocks or watered down juice. They also may not want to eat much, which is alright for a short time. Drinking is more important to stop dehydration. They may also have vomiting, diarrhea, tummy pain, and muscle aches. There is no specific treatment for a mild COVID-19 illness. Antibiotics do not work on viral infections. They can take paracetamol or ibuprofen if they are uncomfortable with a fever. You can also get decongestants, throat lozenges, or hydration fluids. Make sure you check with your GP or pharmacist first.

It is also important to rest! Play quiet games, watch TV, and read together. Even when they are feeling better, they may still need to take it easy to let their bodies recover.

Remember, if you have any concerns for your child's health call your local health care team or Healthline on 0800 358 5453

Take care

Ngaa mihi nui

Meegan and the team

P.T.A. NEWS!

Upcoming events-
Easter Raffle
Hot Cross Bun Orders-
coming out Monday
14th March



From the School Board

Kia ora tatou. Thank you all for your consideration and thoughtfulness as we are now starting to see the first cases of covid in students at school, please be vigilant for symptoms in your family. The health and wellbeing of all our staff and students has never been more important so please embrace our school value Hauora and lets look after our families and each other.

This month we welcome Rachel Carson as staff representative on The Board

All families should have received a 2022 Health Consultation draft statement and survey sent home with your child this week. An electronic copy will also be provided through Hero. If you could please return the survey by Friday 18th March either on paper, to the office via your child, or by email to bot@tepahu.school.nz. We appreciate your time and input in considering how the Health and PE learning areas are taught at Te Pahu.

We would like to introduce all our families to our school policy review procedure. Each term we review several policies and also ask for parent feedback on some topics. You can view our policies at <https://tepahu.schooldocs.co.nz>. Our username is "tepahu" and password is "attitude". You can also access our policies from the school website by following the 'School Docs policies' link under the 'Our School' tab.

- Please visit the Parents and Whānau section first for an introduction to the School Docs website. Here you can find quick links for parents and whānau as well as our policies for parent involvement, community conduct expectations, and communicating with parents.*
- You can read policies and give feedback under the 'current reviews' tab.*

Our next meeting is Tuesday 29 March, 6.30pm.

Ngaa mihi

*Liz, Paddy, Emily, Amanda, Erin,
Rachel, and Meegan*

