

KAI IWI SCHOOL NEWSFLASH!

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Week 3, Term 3

10th August 2017

PRINCIPAL'S COMMENT

Hi Everyone, Tena Koutou Katoa

First of all, welcome to Eden Winton and Jade King and their families to Kai Iwi School. Eden is in STAR Room and Jade in Room 1. We hope you enjoy many happy school days with us.

It was great to see so many parents coming to see the teachers this week for interviews. If you didn't manage to see your child's teacher you can still make a time to come in and see them after school that suits you both.

We had a trainee teacher, Briarley Prince, come and spend time in Room 2 this week. She helped them with their Mono prints during art time. Briarley will be coming in the odd day over the next couple of months to help out and get work experience.

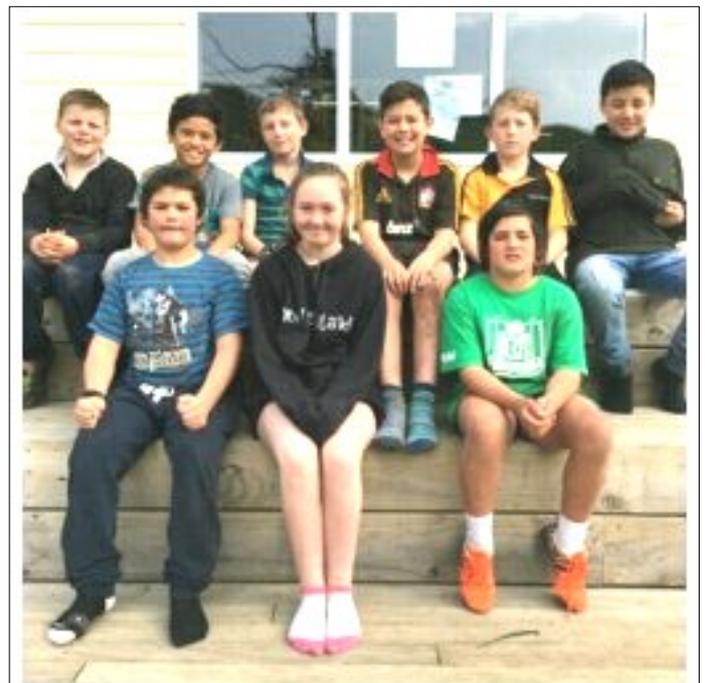
Yesterday at Springvale Park our Year 5-6 and Year 7-8 teams played in the Country 7s Rugby Tournament. Our Year 7-8 team only lost one game and played really well to finish second and our Year 5-6 team went through unbeaten to win the tournament. The year 5-6 team now get to play Ohakune as the curtain raiser to a Wanganui game at Cooks Gardens so we will keep parents informed as to when that is.

Ross Harvey, **PRINCIPAL**

Briarley helping in Rm 2



*Our Year 5-6 Rugby team who won their division at Springvale yesterday. **Above** - after the game (absent: Emma Ross) and **Right** - update today (absent: Lexie McDougal). Well done team.*



SCHOOL ACCOUNTS

Accounts were sent out last week if you are owing anything. Room 4 Camp fees should have been added before they went out. This has been now done so it will appear on your next statement. Meanwhile, the camp fee is \$130/child (Room 4 students) so please pay this amount or add it on to your current account. Thank you. **Wendy**

REMINDER - UNIFORM ORDERS

In by the end of next week please.

Remember next term will be warming up so make sure your child has enough summer wear.

HEAD LICE

Please do regular checks of your child(ren)s heads as there have been sightings of these pesky creatures. Thank you.

**The following was sent to us by our Health Nurse
For Your Information.**

PRESS RELEASE

Highly subsidised insulation for Whanganui homes

EnergySmart and the Whanganui Regional Health Network have continued their long-standing relationship into 2017, with funding once again allocated to ensure all low-income homeowners have access to subsidised insulation.

Warmer, drier homes provide real benefits to New Zealanders. As well as energy efficiency gains, insulating homes helps reduce health risks caused by cold, damp housing such as respiratory illnesses and serious diseases like rheumatic fever.

Significant funding is available, which in many cases covers the entire cost of insulating your ceiling. The level of funding depends on a person's circumstances, however all home owners or tenants with a Community Services Card are eligible, as are those home owners with a health condition that is affected by cold, damp housing.

The goal of providing funded insulation for those in need is to reduce sickness, hospitalisation and improve health outcomes within the Whanganui region by improving the housing stock.

Contact the EnergySmart team on 0800 777 111 to see if you are eligible and to arrange a free home insulation assessment.

For more information contact:

Richard Bruce

National Sales & Marketing Manager

Phone: 021 0225 2929

Email: richard@energysmart.co.nz

SPORTS DRAWS

Netball, Saturday 12th:

9.45am Kai Iwi B vs St Marcellin Court 11
10.30am Kai Iwi A vs WIS 8B Court 1

Hockey, Wednesday 16th:

5.10pm Kai Iwi Gold vs Fordell Kiwi Sticks.

Hockey Report: This week we played Faith City and won 5 - 0. We actually won by default due to Faith not fielding a full team to begin the game, but then their missing players turned up so we played the game anyway. Our players had an outstanding game showing really good skills throughout. Player of the Day went to Luka. Good job Luka.

Renee Henry

Netball Report: The A team played 2 games last Saturday. The first game was against St Georges and we came away with a 23-11 win. It was a great game and player of the day was Annabel Corcoran. The second game was a different story unfortunately. We played WIS 7A and lost 29-6. Player of the Day for that game was Ana Pearce. Good luck for this week team. Remember you need to be there 30 minutes before the game to warm up and for the team talk. Go Kai Iwi!

Louise Hartell

MESSAGE FROM OUR HEALTH NURSE

Wait times at GPs and WAM are on the rise and a lot of this is due to cold season/ flu season, waiting rooms have been audited and people are finding it hard to get a GP appointments and if they manage to get appointments they can wait up to 2 hours in a GP practice or 5 hours in WAM. WAM have just introduced a \$10 fee (yes \$10 for children also) if seen before 5pm. I'm concerned as I'm sure you all are about the lack of services and access to services, so all we can do is educate our whanau about when should you go to the doctor and when is it ok to rest up at home and maybe call the health line for advise if unsure. Public Health are working on this and will start rolling out some resources and information to pass onto whanau. This is the first letter (**see opposite**). It explains the difference between cold - flu.

Thanks Shelley Newland PHN

Do you know the difference between a cold and flu?

July 2016

While Whanganui District Health Board (WDHB) recognises that winter illnesses can be very unpleasant, Health promotion officer Chester Penaflo says feeling unwell doesn't always require a visit to the doctor.

Concerned by reports that people are seeking medical help from their doctor, Whanganui Accident & Medical (WAM) and Whanganui Hospital's Emergency Department for common colds, Mr Penaflo says it's important people understand the difference between a cold and the flu.

"While a cold might take a day to develop, influenza can do so within a few hours and with an accompanying fever (more than 38.6 degrees Celsius) and muscle aches," Mr Penaflo.

"Most colds last a week or two at the most, and in general, you probably won't need to see a doctor. Self-care such as getting plenty of rest, drinking lots of fluids and avoiding exposure to smoke is what you need to do". Taking Panadol for your fever, aches and pains can also help.

"Don't be alarmed by coughing. It's the body's way of removing mucus from your airway passages, or of reacting to an irritated airway."

"Because colds and flu are caused by viruses, antibiotics will not help you get better any sooner. Antibiotics only work when someone has bacterial infection but there are times when the flu can lead to an infection."

Mr Penaflo says the time people should see their GP is when they have one or more of the following symptoms:

Skin rash

An earache that gets more painful

A sore throat and/or cough that gets worse or becomes painful.

Difficulty with breathing and/or chest pain

High fever lasting for more than 2 days

Chills and headaches that last several days.

"This is especially important for young children, older adults and people with chronic illnesses who are at higher risk for complications caused by colds".

If you are caring for a young baby and need reassurance then by all means go to your general practice where a nurse can give you support and advice or ring Health line

If you are elderly, on lots of medication and are anxious about how to manage your health then either ring Healthline in the first instance or go to your general practice and ask for advice.

WAM and ED provide a triage nursing service which assesses patients as they enter the waiting area. Clinical assessment will determine if you go to WAM or ED.

"To help reduce unnecessary visits to your doctor, WAM or the hospital's Emergency Department, do your best to determine if you have a common cold or influenza. If however, you are unsure, call Healthline on 0800 611 116, or visit <http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/colds> for more information.

"We always urge people to cover their mouth and nose when coughing and sneezing and to do this by coughing or sneezing into the crook of your arm rather into your hand. And last but not least, don't forget that the flu vaccine is available until the end of December."

For further media comment please contact WDHB communications manager Sue Campion on 021 246 8126 or 06 348 3170.

Miss out on the
BOOK FAIR ?

Don't despair!
It will be open again
this Saturday
1.30 - 4.30pm.

Books, DVD's, CD's etc

50c - \$3
Bargains galore!!



TOOLBOX presents

Middle Years Parenting Course (6-12 yrs)

Six 2hr sessions covering topics:

Parent Types, Building character & self esteem, Emotional resilience, Discipline, Creating traditions & memories, Capitalising on the "Tween-age years", and much much more.

**WHEN: Wednesday's 7 - 9pm, starting
August 16th (Aug 16th, 23th, 30th & Sept 6th, 13th, 20th).**

Thanks to funding from Margaret Watt, this course is provided at no cost.

To register, or for more information, contact:
Rachel Howells 027 2111 095 or 348 2043.