

KAI IWI SCHOOL

NEWSFLASH!

908 SH3, R.D. 4,
WANGANUI
Ph: 06 3429-823
Cell: 027 333 0406

E-mail: office@kaiiwi.school.nz
Website: www.kaiiwi.school.nz



Week 8, Term 2

20th June 2019

PRINCIPAL'S COMMENT

Hi Everyone Tena Koutou Katoa

NEWSLETTER - As most of you are getting your Newsletters by email we are thinking of stopping the printed version of it. Therefore, if you're not receiving your newsletter by email can you please complete the form attached. Please remember that the Newsletter is available on the school's website as well.

If you don't have an email address or have access to a computer then we will send a paper copy to just those people.

Curriculum - We will be soon be sending home with your child a Health and Physical Education survey. We would like you to fill it in and send back to us so we can see what your opinions are around what you think is important for your child to be learning in regards to the Health and Physical Education Curriculum.

Sport

Super Six Football - On Thursday the 4th July the Super Six Football tournament is on at Wembley Park in Whanganui. We are sending a competitive team and two non-competitive teams to represent the West Country Schools.

Mountain Bike race - Three students are attend-



ing the Whanganui Schools Mountain Bike race at Lake Pauri today. Good luck Sam, Joshua and Bailey.

Healthy Lunches. - Could you please try and make your children's lunches as healthy as possible. Teachers are seeing a lot of packaged sugary food in lunch boxes which basically has no nutritional content at all, it also leads to poor dental hygiene and obesity.



However, in saying that, there are also some children's lunchboxes coming to school which are healthy and nutritious so well done to those people.

Remember the only drinks allowed at school are either water or school milk. Sugary drinks sent to school with your child will be sent home unopened. *Remember one sugar drink can have 9 teaspoons of sugar in it which is above the recommended sugar intake for a child for a whole day.*

Uniforms. - Please remember our school uniform needs to be worn in its full entirety. Black shorts or trousers only, not coloured shorts and our school polar fleece is to be worn, not random sweat shirts over top of our school shirts.

Once again please label your child's uniform.

Have a great weekend everyone!

NOTICE FROM THE WHANGANUI REGIONAL HEALTH

Our hospital services are experiencing high volumes of presentations at WAM and ED at the moment and in many cases these are non-urgent and not requiring medical attention. People could be at home resting with their feet up, taking some pain relief if needed, rather than 'clogging' up services meant for urgent and emergency care.

There are a lot of nasty winter viruses around at the moment (antibiotics will not treat a virus, unless there is an infection of some sort as well) and good old fashioned self-care at this time is the best remedy

- stay home and rest
- wash hands to avoid spreading germs
- cover coughs and sneezes
- stay warm
- drink lots of fluids (try a hot lemon drink to soothe sore throats and clear the nose)
- Panadol if required
- and lots of healthy food when well enough.

If you are seeking some advice try Healthline on 0800 611 116, talk to your pharmacist and then if you are still concerned contact your general practice for an appointment.

Stay well this winter

Anne Kauika

Professional Advisor Healthy Lifestyles

UNIFORM ORDERS

If your child(ren) is needing uniform please have your order back by next Friday please. This will be the last for this term. Order forms are on the wall by the office door (yellow) or please request one from Wendy.

SCHOOL ACCOUNTS

School accounts are attached to this newsletter, if owing anything or in credit. These accounts must be paid before the end of term please, and overdue amounts paid immediately.

SAFE SNEEZING 3 STEPS

- 1. Trap It**
Always trap your sneeze with a tissue, the inside of your elbow, or cupped hands covering your nose & mouth.



- 2. Bin It**
Always bin your tissue straight after you use it.



- 3. Wash It**
If you sneeze into your hands always wash them straight away.



HAND WASHING TO STAY HEALTHY

20 SECONDS WASHING – 20 SECONDS DRYING

Hand washing can reduce your child's risk of going down with colds, flu and sores.

Many studies with children and adults have shown that hand washing is one of the best ways to prevent the spread of colds and other infectious diseases.

According to one study, children who wash their hands four or more times during the school day, get sick less often than other children.

The hand washers had 24% fewer sick days owing to colds and flu and 50% fewer days lost because of stomach illnesses.

So PLEASE remind your children to wash their hands.





KAI IWI SCHOOL - NEWSLETTERS

I have not been receiving the newsletter by email.

This is my email address:- _____

As I do not have an email address, please send a paper copy with my child

(child's name) _____ each week.

SIGNED: _____