



Te Kura Maori o Nga Tapuwae

HEALTH & WELLBEING

Thursday 26th May 2022

Tēnā koutou e ngā Mātua,

As we head into winter we wanted to update all students, parents and whānau of some key health and wellbeing information.

Norovirus (aka Gastro or Tummy Bug)

As you may be aware, there is a tummy bug (named the Norovirus) working its way through the community. Symptoms usually start 10 – 50 hours after contact with the virus and will last 1 to 3 days. Symptoms often begin suddenly and include vomiting, stomach pain, nausea, and/or diarrhoea.

This Norovirus is highly infectious and spreads through contact with an infected person, sharing food or drink, touching infected surfaces or breathing in the virus when an infected person vomits.

There is no vaccine to prevent this but the health advice is to:

1. Regularly wash your hands with soap and dry them thoroughly
2. Use bleach mixed with water to disinfect surfaces that have been touched by vomit
3. Open doors and windows to let fresh air into the room after vomiting.
4. If you do catch this virus then you should avoid contact with children, adults over 65 years old and people with weak immune systems until you have had no symptoms for 48 hours.
5. To avoid a spread throughout the school we ask that you keep anyone with diarrhoea or vomiting home until they have had no symptoms for 2 days.

The health advice we've been given also advises that you don't take medicine to stop the vomiting or diarrhoea as this will stop your body getting rid of the virus, but you must try to keep drinking liquids to avoid dehydration. If you need to visit your doctor tell the receptionist about your symptoms before you go in.

Covid Notification & Re-entry Procedure

As Covid-19 has another resurgence within Tāmaki, we'd like to remind you of the process for notifying us of a positive or household case:

1. Email info@ngatapuwaee.school.nz and let us know:
 - a. Whether our student/s are positive or household contacts
 - b. What date the test took place
2. Mā Pompey will reply to confirm we have received notification, the expected return date and to reiterate the next steps which are:
 - a. The day after the 7-day isolation period the student can return if they have been symptom free for 24 hours
 - b. They must come to the office and if they meet the requirements above will be issued with a "Return to Class" pass
 - c. This pass must be given to their Whare Ako teacher before they will be marked as present and allowed to stay at school.

It is important that everyone follows this process to ensure we do not help the spread and we keep each other safe. On that note, I'd like to acknowledge our school whānau who have been amazing at keeping your children home when they are sick which has meant that we are one of a small group of schools not currently being hit by a wave of positive cases. As such, we thank you very much!

Common Cold/Flu

As you would've heard or seen on the news in recent weeks, we are experiencing a spike in people with the flu (influenza) or a cold that seems to be a lot worse than the normal cold or flu. This is because for the past 2 years there has been minimal spread of this particular type of virus due to the lockdowns and mask wearing etc. As such, our natural immunity levels reduced making the impact of the current flu/cold a lot stronger than previous years.

Once again, this will pass and we as a school can avoid the internal spread by following three simple steps:

1. Regularly wash your hands with soap and then dry them thoroughly
2. Stay home if you are sick
3. Only return after you have been symptom free for 24 hours

As many of the cold, flu and covid symptoms are very similar we ask you to be vigilant and test when symptoms first appear (Day 0), on Day 3 and if both are negative then test again once you are symptom free.

We will be sending home Health & Wellbeing packs that include Rapid Antigen Tests (RATs), Disposable Face Masks and female hygiene products. However, if you need any more of these items please contact the office and if we have them available you can come and collect them or we'll send them home with your child/ren.

Social & Mental Wellness

As discussed at Whānau Hui, we have seen an increase in social awkwardness and 'mean' behaviour resulting in some students not enjoying their schooling experience. We attribute a lot of this to the social anxiety, angst and lack of social interaction skills to the numerous and lengthy lockdowns we've experienced over the past two years. As such we are investing a lot into whakawhanaungatanga, manaakitanga, respect, self-efficacy and bringing the joy back to school and learning. You will see there are a large number of trips, camps and wānanga that have and are taking place – we've found these EOTC experiences to have a huge positive effect so want to let you know we are doing as much as we possibly can to address the holistic wellbeing of your child/ren.

Holistic wellbeing is a priority for us, and we appreciate the support and focus you as whānau also place on this with your child/ren and whānau whānui. Another major contributing factor to holistic wellbeing is attendance. That means, we need all students to attend school every day that they aren't sick. Unfortunately, we have too many students who are allowed to stay home because they are tired or can't be bothered coming to school. As you know, it was extremely difficult to fill academic holes after each isolation/lockdown period so choosing to stay home and create 5 hours of academic holes per day of absence is unacceptable and over time will become irreparable. Please support your child by getting them to school every day that they are physically able to!

If you have any queries regarding any of the content outlined above, please feel free to email the office via info@ngatapuwaee.school.nz or phone 09 551 6161

Ngā manaakitanga,


Arihia Stirling
Principal