

Newsletter Issue 7 Term 3

Thursday
5th
September
2019

Absences or
Changes of
Contact Details
Office phone
number:
348-1489
or you can text
on 0212455214.



Glenholme School Values



Vaccination

Measles can be easily prevented by vaccination. It is the best way for people to protect themselves and is free to those who need it. You can protect both yourself and the community by getting vaccinated:

- Two doses of the measles vaccine is all you need to protect yourself, your family and your community.
- Vaccination is particularly important if you are planning to travel anywhere overseas – to protect yourself and to help prevent outbreaks in New Zealand.

Please advise the school office if your child has NOT been immunised by ringing 07 3481489 or txt 0212455214.

THINK MEASLES

There are cases in our community

First symptoms

- a persistent high fever
- a cough
- a runny nose
- sore and watery 'pink' eyes
- sometimes small white spots on the back inner cheek of your mouth.



Day 3-7 of illness

A blotchy rash which tends to start on your face, behind the ears, before moving over your head and down your body. The rash lasts for up to a week.

Measles is a serious and very infectious disease

Measles is very infectious and can be serious enough to need hospital treatment.

Measles can lead to other complications, including ear infections, diarrhoea, pneumonia, seizures, encephalitis (swelling of the brain) and sometimes death.

Measles in unimmunised pregnant women increases the risk of miscarriage, early labour, low birth-weight babies or stillbirth.

Get immunised

The best protection against measles is the Measles Mumps and Rubella (MMR) vaccine. You need two doses of MMR to be fully immunised. If you were born after 1968, or unsure if you are immune, contact your doctor's practice and discuss with your doctor or nurse.

MMR vaccines are free for all children, and any adults who have not previously received two doses of MMR.

Prevent the spread of measles

If you think you may have measles

- Stay away from places with other people* so you do not infect others.
- Phone your doctor's practice before visiting – they will tell you what you need to do.

* For example, schools, early childhood centres and other educational institutes, work, community gatherings and public places.

If you have measles

- You will be infectious from five days before and until five days after the rash appears.
- Stay away from places with other people* so you do not infect others.

If you have been exposed to someone who has measles and you are not immune or vaccinated

- You need to stay away from places with other people* for 14 days after you were last exposed to a case so you do not infect others.
- Contact your doctor's practice and arrange to have the Measles Mumps and Rubella (MMR) vaccine.

Advice

Get free health advice from a registered nurse, 24 hours a day from Healthline on 0800 611 116.

health.govt.nz/measles

ENROLMENT SCHEME 2020

Enrolment at Glenholme School is governed by an enrolment scheme, details of which are available from the school office.

The board has determined that the following spaces are likely to be available for out-of-zone students next year.

Year 1 10

Year 2 10

Year 3 0

Year 4 0

Year 5 8

Year 6 0

The exact number of places will depend on the number of applications received from students who live within the school's home zone.

For students seeking enrolment within the first enrolment period, the deadline for receipt of applications for out-of-zone enrolments is 15th October.

Parents of students who live within the home zone and intend enrolling their child at any time during the next year should notify the school by 15th October 2019 to assist the school to plan appropriately for next year.

If the number of out of zone applications exceeds the number of places available, students will be selected by ballot on the 30th October.

During the year if a ballot is required it will be held during Week 8 each term.

Parents will be informed of the outcome of the ballot within three days of the ballot being held.

Sarah Thompson

Principal



Sports News

TOUCH RUGBY

The touch season starts in the first week of Term 4. Unfortunately there was an error on the touch notice sent home a couple of weeks ago regarding the competition days for the different year levels.

Please note the following information regarding the Term 4 season.

Year 5-8 teams will play on Tuesday afternoon

Year 1-4 teams on Wednesday afternoon

We need parents/whanau to sign up as coaches in order to register teams, **No coach = No Team**. The teachers in charge of touch have held meetings, notices have been sent home and teams are now being put together. Thank you to those that have paid the \$15 fee and returned the signed Sports Uniform Agreement. We will be able to register teams that have a coach. We will let the tamariki know the team they are in by the end of the term.

All fees are to be paid directly to the office or online. The account number to pay via the internet is **03-1552-0169772-00** (please include your child's name, room number and 'touch' in the reference details).

NETBALL

Just a reminder that all netball uniforms need to be returned to the office or to the teacher in charge of the netball team as the season is over for the year.. A HUGE thank you to the parent coaches who supported the students at trainings and at the games. We could not have entered teams into the competition without your support.

MINIBALL

The miniball season for the Friday night competition finishes on Friday 20th September. Good luck to our four miniball teams for the last few games including the finals! ***There are NO miniball games on this Friday 6th September as the Sportsdrome is being used.***

HOCKEY

The hockey season goes for a few more weeks and will finish on Saturday 14th September. Our four hockey teams have had a good season so far with no cancellations! All the best for the remainder of the season tamariki.

FLIPPABALL

Flippaball starts up at the beginning of Term 4. The teachers in charge of this sport will hold meetings towards the end of the term for students interesting in playing flippaball. In order to enter teams we need parents/whanau to coach, **No Coach = No Team**. Thank you to the parents who volunteer their time year after year, you are awesome! A notice will come home with all the information.

Sports News



BASKETBALL
New Zealand

BASKETBALL NEW ZEALAND U13 SKILL DAYS

COST: \$30 PER PLAYER REGISTER AT: [NZ.BASKETBALL/U13SKILLDAYS](https://nz.basketball/u13skilldays)

Basketball New Zealand will be running a series of U13 Skill Days around the country in partnership with our regional stakeholders and through engagement with our local Associations. These skill days will serve a number of purposes, but most importantly, they will provide us with an opportunity to expose our U13 athletes and coaches to the BBNZ new style of play; by way of familiarizing the athletes with our concepts of play and by introducing games designed specifically to transform our players habits.

Talent ID and player selection has been aligned to the BBNZ player development pathway, providing opportunities for athletes to learn our Style of Play and the skills that underpin our Style of Play are critical to the success of the High Performance Program. The athletes and coaches attending will also be exposed to movement competencies, these are foundational skills (Accelerating, Decelerating, Jumping, Landing, Position Retention ect..) that are essential skills for the developing athletes to learn, understand and adopt.

AUGUST 31ST / SEPTEMBER 1ST

AUCKLAND

BREAKERS FACILITY

SEPTEMBER 7TH

TAURANGA

TRUST POWER ARENA

SEPTEMBER 8TH

DUNEDIN

JOHN MCGLASHAN COLLEGE

SEPTEMBER 14TH

OTAKI

NGA PURAPURA COURTS

SEPTEMBER 15TH

ASHBURTON

EA NETWORKS CENTRE

SEPTEMBER 22ND

NELSON

SAXTON STADIUM

Sports News

FUELLING AND RECOVERY FOR YOUNG ATHLETES



Athletes, Coaches and Parents, a great opportunity for you and your athletes to learn what habits you need to acquire in order to perform at your best.

Being fuelled correctly and having the ability to recover quickly and effectively can make all the difference to the result, so come along and grow your knowledge on:

- What part do carbohydrates, protein and fat play in this
- How to fuel as an athlete – Before, during and after training / competition
- How to use this nutrition knowledge and incorporate it into real life

About Larissa Cuff, Nutritionist, BSc (Human Nutrition), BPhed (Ex Pr)

Larissa has experience working with athletes from regional to national representative level, through one on one consultations and athlete focused workshops. She delivers interactive nutrition based workshops to athletes, coaches and parents of athletes. Larissa's philosophy is about getting the basics right. Her aim is to give athletes, coaches and parents the knowledge in an understandable way to help them make the best nutrition choices around training, competition and recovery.

WHEN:
Tuesday
22nd October 2019

6.00pm – 8.00pm

WHERE:
Hepburn Lounge
Rotorua International
Stadium
197 Devon Street
West Rotorua

FREE

REGISTER with Sport
BOP Community
Coaching Advisor

Trudi Kemp
ph: 022 637 9380
trudik@sportbop.co.nz



Come along and learn Touch skills
from our local Bay of Plenty &
New Zealand Touch
representatives at the

ROTORUA TOUCH HOLIDAY PROGRAMME

Venue: Rotorua Stadium

Date: 30th September 2019

Time: 9am to 3pm

Cost: \$20 per child

Ages: 7 to 14 years

Register online at

www.sporty.co.nz/rotoruatouch

Remember to bring a packed lunch and water for the day



Glenholme School F.O.T.S. Maths A Thon 2019

Each child will have received a pack which contains the following items:

Maths list for your child's team.

Sponsorship Card including information on the Maths A Thon.

Plastic Bag for the named sponsor card and money to be returned in.

THIS IS A SCHOOL WIDE MATHS A THON.

Help your child while supporting your schools fundraising. It is a great opportunity for the children to gain more confidence in maths, number recognition and numeracy. Encourage your child to learn and practice, practice, practice!

Prizes:

Every child who returns their named sponsorship card and money (from sponsors or from donations) will be entered into the draw.

Prizes will be drawn for each team plus several other draws!

Prizes include:

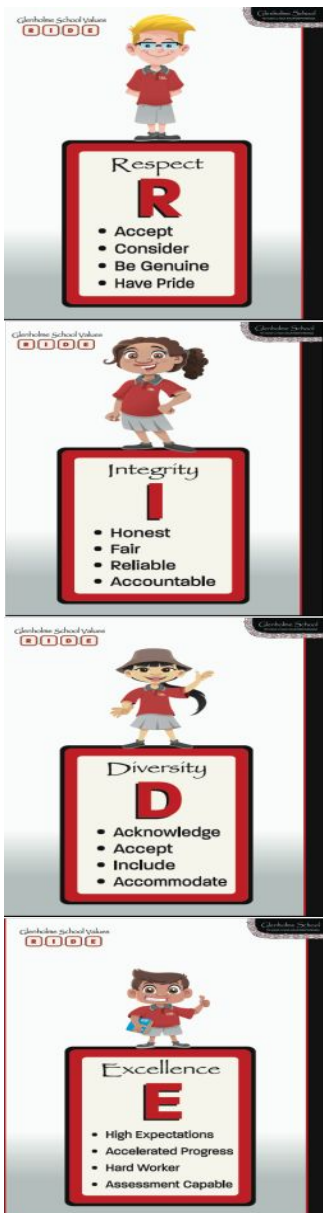
- Major Prizes include speakers, headphones and a tablet!!
- Family passes to Rotorua attractions
- Movie Vouchers
- And MANY MORE!!

There are businesses we are still waiting on so more prizes are in the offering.

A huge thank you to **Te Puia, Escape Masters, Zorb, Rotorua Duck Tours, Redwoods Treewalk, Lakeland Queen, Novotel, Lone Star, The Wall and Basement Cinema, Buried Village of Te Wairoa, Skyline Rotorua, Reading Cinemas and Cobb & Co.** for offering some great prizes for our Maths A Thon! We hope you've started practising your maths worksheet so you have a good chance of winning one of these amazing prizes.

We're still looking for prizes whanau, so if you have some connections to a business in town that could support our Maths A Thon with a prize we'd love to hear from you! You can give Whaea Min a call on 022 081 8704. Thank you for supporting FOTS and our Glenholme tamariki!





Five Year Old New Entrant Pre-Enrolments

Glenholme School welcomes new arrivals to the school.

Parents of students who live within the home zone and intend enrolling their child at any time during the year should notify the school to assist the school to plan appropriately for the next terms.

We would like to encourage parents to contact Mrs Molly Norton (Deputy Principal) to confirm future student enrolments. To help determine future classroom placements, it is vital that the school has as much information as possible about future students. Enrolment forms are available at the school office or you can contact

Mrs Norton Deputy Principal
348-1489 ext 203 or email

**team
up** *with
tremains*

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know someone who is?**

**Sell your home with
me and we will give
Glenholme School \$500.**

Contact me today to find out more.

TREMAINS

Rachel Lester 0274 416 259
rachel.lester@tremains.co.nz

Tremains Real Estate Network Ltd Licensed Real Estate Agent 2008

UC launch Rotorua distance student-teacher support initiative.



Rotorua student-teachers studying with the University of Canterbury (UC) will receive direct support, including their own kaihautū (leader) from UC, a designated local study space, mentorship through local schools, and lecturers delivering study workshops face-to-face.

UC has a proud history of delivering teacher education programmes in Rotorua and has built strong relationships with local principals, Iwi and the community. With the UC Rotorua Centre recently closed to new enrolments, UC Head of School: Teacher Education, Associate Professor Misty Sato, says it is imperative to continue to offer a tailored support package to Rotorua-based student-teachers studying via the distance pathway.

“The principals and teachers in Rotorua have always been very supportive of us and our graduates. They are keen to continue to be supportive and have a goal to be active in the development of future teachers. That is important to us and we want to continue our commitment to realising that same goal.”

Principal at Western Heights Primary School, Brent Griffin, is highly complementary of UC’s Rotorua-based teaching graduates. “Thank you, University of Canterbury, College of Education for providing such an amazing Teacher’s Training Programme for the City of Rotorua and outlying communities. I have five current staff members out of 19 that came through the University of Canterbury, College of Education, Rotorua Campus. They are outstanding teachers. Hats off to The University of Canterbury for making this happen. So very grateful”,

UC's teaching programmes in Rotorua will be delivered by the distance-learning option. As well as a comprehensive online support package and professional practice teaching placements in the wider-Rotorua area. However, the new support package will allow Rotorua-based students to have curriculum based face-to-face lectures/workshops in Rotorua twice a year with high quality UC lecturers who have specialist knowledge. In addition, students in the Rotorua cohort will be coordinated as an exclusive hub, with a designated study space hosted at a local primary school. They will be visited once a term by their own kaihautū (leader) from UC who will a UC lecturer to provide face-to-face workshops in Rotorua, to mentor and support student teachers as they learn strategies and skills to become effective and dynamic UC teacher graduates. Also, the UC based Kaihautū will provide regular online meetings. Additionally, this Rotorua cohort will be supported further through the well-developed, long-term partnerships between local schools and the University of Canterbury.

"The Rotorua cohort will be unique and get an experience unlike any other we offer. Our distance study programmes are robust, and we have hundreds of successful students through this option. Rotorua students will benefit from the partnership with local principals and teachers; people who are invested in their success. Add in the specific kaihautū role that will support them and their learning, and lecturers coming to them to ensure their continued success, and it is an exciting opportunity that we are proud to offer," says Professor Sato.

Otonga Road School Principal, Linda Woon, is excited to be involved in this new initiative. "Rotorua schools have been totally blessed to have wonderful graduates from the locally-based Canterbury University teacher training programme since 1997. We were devastated to think we might lose this valuable programme from our region. We are thrilled to work with UC, the Rotorua Principals Association and Mokoia Intermediate School to keep this high-quality local teacher training programme going, albeit in a different venue. It is great news for our regional schools," she says.

Further information

This initiative will be offered for the first time in 2020. To be a part of the Rotorua cohort, apply for the Bachelor of Teaching and Learning (Primary) distance study option and you will be contacted by the kaihautū before the programmes start date (mid-February). For more information about study options, programme details and applications visit

www.canterbury.ac.nz/education



...for Parents and Caregivers



www.immune.org.nz

Measles

Fact Sheet: Parents and Caregivers

What is measles?

Measles is a potentially serious, highly infectious disease caused by a virus. It is also known by the name morbilli or rubella. Measles is the most common vaccine-preventable cause of death among children throughout the world.

What are the symptoms of measles?

The illness begins with fever, cough, runny nose, loss of appetite and conjunctivitis ("pink eye") which lasts for 3-5 days. Usually it is possible to see small white spots (Koplik spots) inside the mouth. This is followed by a rash, beginning at the hairline, gradually spreading down the body to the arms and legs and lasting 4-6 days. The period of time a patient is most unwell is during the first day or two after the appearance of the rash.

How serious is measles?

Thirty percent of reported cases of measles experience one or more complications. These include diarrhoea (8%), ear infections (7%), and pneumonia (8%). Pneumonia accounts for 60% of measles deaths.

One in 1000 cases develop inflammation of the brain (encephalitis), 15% of these cases die and approximately one third are left with permanent brain damage.

One in 100,000 cases will, years later, develop subacute sclerosing panencephalitis (SSPE): a serious brain inflammation. This serious complication is always fatal.

Death occurs in approximately 1-2 per 1,000 reported cases of measles overall in western countries.

How do you catch measles?

Measles is spread through the air by infectious droplets, taking an average of 10-12 days from exposure to the first symptom. It can also be spread by direct contact with secretions from the nose or throat of infected persons, and by items or surfaces contaminated by such secretions.

How common is measles?

Before a measles vaccine was developed, about 90% of the whole population would have had measles by the age of 20. Universal vaccination was introduced in 1969 into New Zealand. New Zealand last had a large epidemic in 1991 with around 7500 cases and 7 deaths.

Measles continues to circulate at relatively low levels in New Zealand. However in recent years there have been several outbreaks of measles in various countries around the world including New Zealand. In countries which have consistently high immunisation coverage, measles has been eliminated from the population.

Who is most at risk from measles?

- All children who have not received at least one dose of the MMR vaccine.
- Anyone with certain immune deficiencies are at special risk. (These children are often unable to be immunised and rely on protection from those around them.)
- Measles during pregnancy increases the risk of premature labour, miscarriage, and low birth weight infants.

How do you prevent measles?

Immunisation given on time is the best way to prevent measles. Two doses of the MMR (measles, mumps, rubella) vaccine is 99% effective in preventing measles. MMR vaccine, if given within 72 hours of exposure to measles virus, may provide protection to the unimmunised and thus limit the spread of measles.

In the event of a measles outbreak unimmunised children (with no history of prior measles infection) who have contact with infected cases are advised NOT to attend school or early childhood services until notified.

Which vaccines protect against measles?

The combined measles, mumps, rubella vaccine (MMR) is the only available vaccine to prevent measles in New Zealand.

How effective is the vaccine against measles?

Approximately 90-95% of those given 1 dose of MMR are protected. Those who do not develop immunity after the first MMR dose, almost always do so after the second dose.

Who should get the vaccine?

Two doses of MMR vaccine are usually given, one dose at 15 months of age and a second at 4 years of age. During a measles outbreak babies as young as 6 months can be immunised.

Some adults should also get MMR vaccine:

- Those born after 1959 (when the measles vaccine was introduced to New Zealand) who lack evidence of immunity to measles. (Adults born prior to 1959 are highly likely to have been exposed to measles.)
- Those travelling to a measles endemic area who do not have immunity.

Who shouldn't have the vaccine?

Some people who have a significant weakness in their immune system - it is a live vaccine and people with some immune deficiencies can react badly to the vaccine.

Your vaccinator will ask about any immune system problems. Further medical advice may be required. The general contraindications that apply to all immunisations apply to MMR.

- Anyone who has experienced anaphylaxis to a previous dose of any measles containing vaccine or any of the vaccine components, should seek medical advice.
- Anyone who has received another live vaccine, including varicella and BCG within the previous month.
- Pregnant women (women of child bearing age should be advised to avoid pregnancy for 28 days following MMR vaccine).
- Babies under 12 months of age, except in a measles outbreak and on advice of a Medical Officer of Health.

Who should seek more advice before having the vaccine?

- Anyone who has had a hypersensitivity reaction after a previous MMR vaccine or any of its components. (Egg allergy is not a contraindication)
- Anyone who has received human immunoglobulin or a whole blood transfusion within the last 3-12 months, needs to consult their doctor.
- HIV infected individuals who are immune compromised need to consult their doctor.
- Anyone who is unsure if they have an immune deficiency or taking medication to suppress their immune system.

Do you need all the doses?

Yes, 5-10% of vaccinated individuals may not be protected after one dose, therefore it is recommended that 2 doses are given after the age of 12 months (at least one month apart).

How safe is the vaccine?

The risk of MMR vaccine causing serious harm is extremely small - refer to table below for side effects. MMR vaccine is considerably safer than getting measles (or mumps and rubella).

FAQs

- Can the MMR vaccine cause measles?
No. It can cause a very mild, non-infectious rash approximately 5-12 days after vaccination.
- Can the MMR vaccine cause autism?
Extensive research shows there is no evidence that the MMR vaccine causes autism, Crohn's disease or ADHD.
- Does the MMR vaccine contain thiomersal (or mercury)?
No.

Comparison of effects of the MMR vaccine and measles disease

Measles	Effects of disease	Side effects of the vaccine
A highly contagious viral illness causing fever, cough and rash.	<ul style="list-style-type: none"> Otitis media (ear infection): 7% Pneumonia: 6% Acute encephalitis (brain inflammation): 1 in 1000 SSPE (degenerative brain disease): 1 in 100,000 Maternal measles is associated with an increased risk of premature labour, miscarriage and low birth weight infants. Overall death rate of 1-2 per 1000 	<ul style="list-style-type: none"> About 5 - 15% of children experience a fever of 39.5 °C or over and 5% experience a rash 5-12 days post immunisation. Aseptic meningitis from the mumps component (1 per 100,000) Encephalitis (1 per million) Anaphylaxis (<1 per million)

More detailed information for each disease and vaccine is available on fact sheets specific for each disease. Vaccines are prescription medicines.

Talk to your doctor, nurse or midwife about the benefits and any risks.

TAH 06/08/08

GET THE FACTS ON IMMUNISATION
0800 IMMUNE

4 6 6 8 8 3

TAH 06/08/08

GET THE FACTS ON IMMUNISATION

0800 IMMUNE
4 6 6 8 8 3



AWHI EDUCARE

A Fun place to Learn & Grow

Based in the Glenholme School grounds

For 2-6 year olds

Open 8.30 - 3.30pm

Monday - Friday

School Terms Only

07 348 1489 or 021 023 68324

We provide meals and nappies

Awhi Educare

Awhi Educare is now offering

- 30 hours free service
- **New** Under 2's

2019 Board of Trustees

Board Chairperson - Kapie Tawhai

Principal - Sarah Thompson

Staff Representative - Donna Burns

Parent Representatives:

Jenny Packham

Darryn Onekawa

Marc Brierley

School donations are greatly appreciated. Donations from parents and whanau are wisely allocated toward student special programmes. Please consider supporting the school and making provisions for our students that they may miss out on if donations are not made.

EASY PAY YOUR FEES.....

Pay your child's donations, sport fees and school trips the easy way directly via internet.

**Bank account 03 1552 0169773 00 Reference -
your child's full name**

Glenholme School Events

Week 7

5th September

Maths A Thon Testing Day

Week 8

10th September

Hand in Maths A Thon money

13th September

Art Week starts

Week 9

16th September

Art Week continues

18th September

Rotorua Speech Competition

19th September

Classrooms open to view artwork 2.00pm to 3.00pm

20th September

School Assembly 9.15 am

Week 10

24th September

CBOP Winter Sports Field Day

25th September

Last Day to hand in Maths A Thon money

27th September

Prize giving for Maths A Thon

27th September

End of Term 3

School Term Dates - 2019

Term Three: 22nd July – 27th September

Term Four : 14th October – 13th December

