

Newsletter Issue 8 Term 3

Thursday
12th
September
2019

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



Glenholme School Values



Glenholme School Gates

For the safety of our children:

The Ranolf Street gates are now in working order and will be **auto locked** during the times of 8.30am - 9.30am and 2.45pm - 3.30pm.

Parents are required to park outside the school grounds when dropping off or picking up children.

The car park is for **STAFF** only.



FREE CLINIC



For those aged three to nineteen with:

- Sore throats
- Sores/skin infections
- Lice
- Scabies

For all other problems please visit your usual doctor.

Clinic hours

- 3pm to 6pm Monday to Thursday
- 3pm to 5pm Friday
- No appointments needed.

Western Heights Health Centre
1 Brookland Road
Western Heights

022 484 7628 / 022 4THROAT

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

Sports News

TOUCH RUGBY

The summer touch season starts in Week 1 of Term 4.

Year 5-8 teams will play on Tuesday afternoon

Year 1-4 teams on Wednesday afternoon

Thank you to the parents and whanau that have offered to be coaches, this has enabled us to register teams. **No coach = No Team.** The teachers in charge of touch have held meetings, notices have been sent home and teams are being finalised. Thank you to those that have paid the \$15 fee and returned the signed Sports Uniform Agreement. 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 **03-1552-0169773-00** (please include your child's name, room number and 'touch' in the reference details).



NETBALL

There are still a couple of outstanding netball uniforms. These 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.

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!

HOCKEY

The hockey season finishes this Saturday 14th September. Our four hockey teams have had a good season so far with no cancellations! All the best for the last game 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.



Principal Awards

Awarded to students making exceptional effort and or achievement at school, therefore deserving of acknowledgement and recognition. Presented to recipients on Friday 20th September at Assembly.

Whakapoungakau Team

A1: Kaye Virgano for having a positive attitude towards all areas of schools life. Kaye, you are consistently demonstrating your independence towards taking charge of your own learning by knowing where you are at and where you need to get to. You are eager to know what strategies you can use to progress your learning and consistently strive for excellence. Keep up your inspiring work, Kaye.

A2: Tu Maurirere Daniel-White for an outstanding effort with your speech. Tu Maurirere, you surprised every single one of us in class with your wit and flare, you used excellent expression and you had everyone in the palm of your hand. You spoke about your whanau and how inspirational each and everyone of them are to you. This is something that most of your audience could relate to. You displayed being a risk-taker and a thinker by taking a risk and standing in front of a huge crowd, to really thinking about how you were going to hook in your audience, two excellent learning dispositions to acquire. A2 are extremely proud of you Tu Maurirere, Ka mau te wehi!

A3: Tahlia-Rose Murphy for your diligence in writing. You work incredibly hard to achieve your learning intention by always self assessing to ensure you have included the success criteria. A3 are very fortunate to have a role model who continuously contributes to classroom discussions and shares with the class your example of what an excellent standard of writing looks like.

A4: Jade Palmer for striving to achieve excellence in all areas of school life (a special mention to her fantastic art that she has produced). Jade shows a high level of pride in the quality work that she produces and she consistently challenges herself to take risks in her learning.. Ka rawe Jade, we love having a respectful, hard working student in A4.

A5: Mackenzie Holland for the creative energy and integrity that you bring to A5 with you on a daily basis. You are becoming more focused when learning mathematics and are independently starting to use a wider range of strategies to help you get out of the learning pit when you are stuck. Mackenzie you are caring and respectful of other students and this is appreciated by all of A5 and your buddy class.

Principal Awards

Awarded to students making exceptional effort and or achievement at school, therefore deserving of acknowledgement and recognition. Presented to recipients on Friday 20th September at Assembly.

Tihiotonga Team

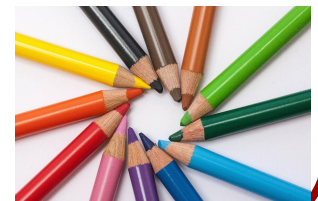
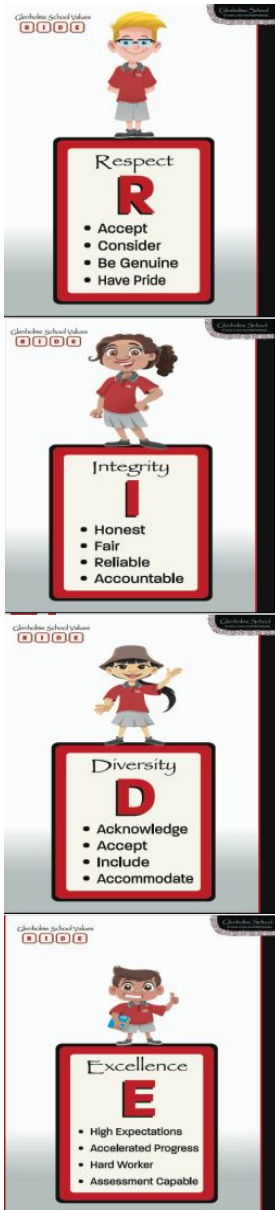
B1: Emily Sollitt for being a risk taker in maths. Through 10 minutes each day with Whaea Nicky you have built your confidence in number identification, place value, adding two 3 digit numbers and solving word stories. Keep up the positive attitude and you will continue to see the rewards from your hard work. Tu meke!! Emily.

B2: Luke Robson for being a hard worker in B2. He is a motivated learner who demonstrates the learning dispositions of being a great thinker and collaborator. He works well with his maths buddy doing rich maths tasks and explains what he is thinking. He worked super hard to learn his mathathon sheet and scored 100%! Keep up the good mahi Luke, tau ke!

B3: Taylah-Bree Heke for always displaying the School Values and Dispositions. Taylah is a Thinker like Te Ao-kapurangi. She is engaged and motivated with her learning and strives for Excellence in everything she does. Taylah also cooperates and encourages others like Tamatekapua. She loves working and cooperating in a group and is keen to participate in all activities. Keep up your wonderful attitude and smile Taylah, B3 is so happy to have you in our class!!

B4: Crue Rapira for his diligence and perseverance. When Crue puts his mind to something, he sets a goal and completes it. Crue has worked extremely hard to finish his 8 country book report, often coming in early and staying in at lunchtime. He is always helpful and is very conscientious about how tidy our class is, often sweeping the floor or wiping down tables. Pai rawa atu Crue.

B5: Dranhym Basilio for being a quiet but enthusiastic pupil. He arrives at school with a great attitude and ready to work. A careful thinker with an inquisitive mind who tries hard to present neat, individual work. Always polite, a delight to have in B5.



Principal Awards

Awarded to students making exceptional effort and or achievement at school, therefore deserving of acknowledgement and recognition. Presented to recipients on Friday 20th September at Assembly.

Pukeroa Team

A6: Aradhya Aradhya for showing the disposition of the 'risk taker' in her writing this term. She carefully writes down all the sounds she hears in unknown words independently and is able to write a complete sentence. Aradhya shows curiosity when trying new activities and perseveres to ensure she has a good understanding. She happily shares her new ideas and willingly helps others. Keep up this wonderful enthusiasm towards your learning Aradhya!

C6: Jusurae-Mazal Te Kuru-Kino Hosking for being a respectful and valued classmate in C6. She always demonstrates the Glenholme School values and dispositions in both her learning and playtime. Jusurae is making great progress across all areas of the curriculum as she is a diligent worker who always tries her best with a positive attitude. Ka mau te wehi Jusurae, keep up the hard mahi!

C7: Robbie Dennison for making excellent progress in all areas of learning. Robbie has a fantastic attitude to learning, and recognises if he still needs to keep working and practicing until he has mastered something new. Robbie doesn't give up, and tries to solve problems by himself or with a partner. This is why he has made such great progress. Ka pai to mahi Robbie.

Pukehangi Team

B6: Aviana Vergara for being a great learner in B6. Aviana works well independently and also in a group. She listens attentively and joins in enthusiastically with all our activities, including Art and PMP. She makes sure that her reading looks right, sounds right, and makes sense. Aviana knows her addition basic facts and uses these to help her solve maths problems. She works carefully on written activities and her handwriting is super neat. Keep up the wonderful work, Aviana. We love having you in B6.

C8: Lexis Rapira for his great attitude towards learning. Lexis, it is wonderful seeing your interest in learning continuing to grow. Your enthusiasm to learn has moved you up the Learning Progressions for your Reading, Writing and Maths. You can write many words independently and are now teaching other children how to write them too. You enjoyed learning basic facts for the Maths-a-thon and you even got 100%! All your hard work at school is fantastic to see. Ka Pai Lexis, keep up the great work.

C9: Devyaansh Kumar for being a focused, motivated learner. Dev, you always listen quietly to what you need to do to achieve your Learning Intentions and work hard to achieve your next steps. You are always happy to have reached them and move onto a new one. You gained 100% in our Maths-a-thon which showed the effort you put into learning at home. Dev, you are such a respectful and kind person in C9 and a wonderful role model for all our new students.



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**

Selling your home or 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

Hamurana Flyer 2019

hamuranaflyer@kaharoa.school.nz

The Inaugural Hamurana Flyer 5 and 2.5 km Fun Run

Sunday 17 November 2019

Online registration available pre-event: email
hamuranaflyer@kaharoa.school.nz for details

Bring a white t-shirt and sunglasses if you wish

A colour 5 km fun run with timed elite race categories (2.5 and 5 km)

At Rotorua's idyllic Hamurana Reserve

Hosted by the Kaharoa School PTA



...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.

TOPIC: MEASLES

GET THE FACTS ON IMMUNISATION
0800 IMMUNE

4 6 6 8 8 3

TOPIC: MEASLES

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 8

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

