

Newsletter Issue 9 Term 3

**Thursday
19th
September
2019**

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



Congratulations

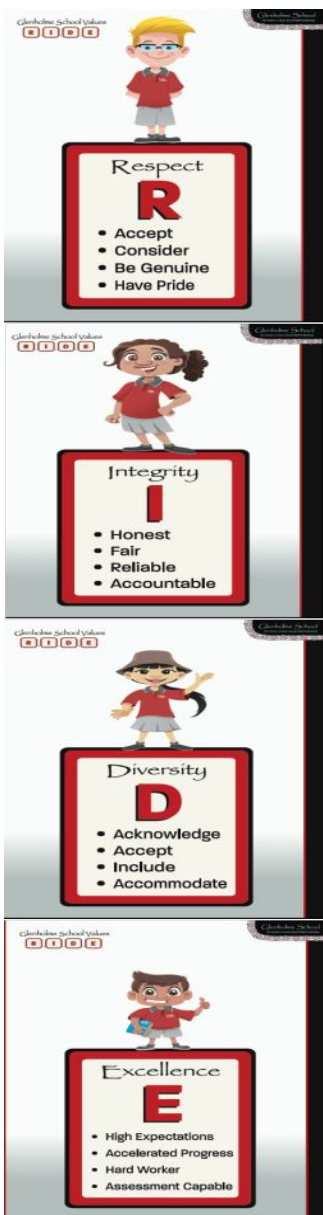
Tu Maurirere Daniel-White

Tu Maurirere was placed 2nd in the Year 5 and 6 section at the Rotorua Speech Competition. This competition is run by the AP/DP Association and was held at Selwyn School Hall on Thursday night.

A great achievement against some extremely tough competition from other primary schools from around the Rotorua area.

Staff and students from Glenholme School are all very proud of your achievement Tu Maurirere.





2019 Art Week

On Thursday 19th September at 2pm, we will have an open afternoon for parents and whanau to come through the classrooms and see all of the art that has been created.



Greets and Gran's Morning

This is the first of many exciting events happening next term. On Friday 25th October Glenholme School classrooms are open in the morning to all our fantastic Grandparents: Nannies, Koros, Kuia, Kaumatua, Omas and Opas. The students will send invitations out to respective family members inviting them into their classrooms in the morning to see them in action and to showcase Glenholme School, and their hard work. The staff and students are looking forward to hosting all of our visitors on the second Friday of next term, before Labour Day weekend.

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.



Mufti Day - Friday 30th August

On the 30th of August, we supported one of our own staff members who is battling cancer. We appreciated your support and generosity and raised \$1,120. Mrs Burns would like to thank you all for your generosity. 'You Rock' are her words.....

Thank you all.

Glenholme School Values
0000



Respect

R

- Accept
- Consider
- Be Genuine
- Have Pride

Glenholme School Values
0000



Integrity

I

- Honest
- Fair
- Reliable
- Accountable

Glenholme School Values
0000



Diversity

D

- Acknowledge
- Accept
- Include
- Accommodate

Glenholme School Values
0000



Excellence

E

- High Expectations
- Accelerated Progress
- Hard Worker
- Assessment Capable





Two representatives from the Parks and Recreation Team at the RLC (Rotorua Lakes Council) will be visiting our school on **Monday 23rd September** for an hour. They are coming to work with a small group of Year 1, 2, 3 and 4 students to collect student voice and their ideas for a new Water Play Development at Kuirau Park. This is an exciting opportunity for our tamariki to have their say.



Glenholme School is participating in the National Monitoring Study of Student Achievement, conducted on behalf of the Ministry of Education. They have been carrying out national monitoring in New Zealand since 1995. The information collected is very valuable for finding out how we can improve the education children receive. A group of Year 4 children have been chosen to take part. Parents and whanau of these students were notified back in Term 2. The students will work with Sheryl Riceman the registered teacher from the team who will be conducting the testing and activities. The testing will take place on Wednesday 25th, Thursday 26th and Friday 27th September. Sheryl will hold a meeting for interested parents/whanau/caregivers and school staff on **Wednesday 25th September at 3pm in the library.**



SunSmart for 2019

It's nearly October already, the spring blossoms are out and before you know it, it will be summer!

From October through to end of April, between 10am to 4pm when the sun's ultraviolet (UV) rays are most intense, Glenholme School will be working very hard to ensure that children under their care are protected from dangerous UV rays. You can support Glenholme School by:

- Providing your child/children with a School hat that will offer protection to the neck, ears and face to slap on at school when outside between 10am and 4pm. They have been scientifically proven to provide adequate sun protection.
- You can wear a SunSmart hat yourself as children like to copy you.
- Your child will be encouraged to slop on SPF30+ broad spectrum sunscreen on any skin not covered by clothes. Should you wish, you may opt to supply a labelled bottle with your child/children's name which can be kept at the school.

Remember nearly 80% of lifetime sun exposure happens before the age of 18, so it's important to make sun protection a lifelong habit, starting as young as possible.

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

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 soon as possible please.

HOCKEY

The hockey season is now over for another year. Thank you to all the amazing and dedicated parents and whanau who coached the teams and to the teachers in charge. We hope all our hockey players enjoyed the season, that their skills improved and that they enjoyed being part of a team. Hockey uniforms now need to be returned to the school office please, thank you.

MINIBALL

The miniball season for the Friday night competition finishes this Friday 20th September. Good luck to our miniball teams playing their final game! Awards will be presented in the foyer after each game. There will be a free drink and sausage sizzle for each player. Tickets for these will be given to the coach/manager after each game.

FLIPPABALL

Flippaball starts up at the beginning of Term 4. The teachers in charge of this sport will hold meetings either this week or next week for students interested in playing. 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 in the next few days. We are able to subsidise the fee for each player the season bringing it down to \$20. All fees are to be paid directly to the office or online. The account number is **03-1552-0169773-00** (please include your child's name, room number and 'flippaball' in the reference details).

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).



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

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

Maths a Thon Money is now due in.

Please ensure your child's named card and money are returned inside the plastic bag provided. Hand in to the school office from Tuesday 10th September each morning between 8.30am and 8.50am (before school)

Last day for collection will be Wednesday 25th September 2019.

Prizegiving will be held at assembly on Friday 27th September.

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:

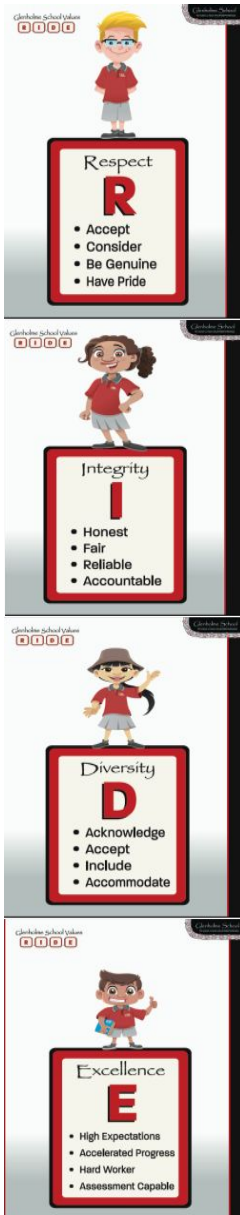
- Major Prizes include speakers, headphones and a tablet!!
- Family passes to Rotorua attractions
- Movie Vouchers
- And MANY MORE!!

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

BECOME PART OF ST JOHN YOUTH



St John
Here for Life

St John Youth Programmes focus on teaching young people first aid, health care, leadership and life skills - with fantastic opportunities to experience new things and of course...
Have fun!

To find out more about joining St John Youth,
Come on down to St John Youth Hall,
5 Pererika Street, Rotorua

Monday Night at 5:45pm - 7:15pm for 6 - 10 year olds and
7:00pm - 8:30pm for 11-18 year olds - During the School Term

Contact central.youth@stjohn.org.nz for more information



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

ROTORUA TENNIS CLUB

Manuka Crescent

Junior tennis starts term 4. Club membership for a year only \$70 and includes club days in terms 4 and 1 and all affiliation fees. For more information contact Debra at physiodeb@hotmail.com or 021335492

<https://www.sporty.co.nz/rotoruatennis>

Club night Friday. Fun games and matches. Primary age Hot Shots from 3.30- 4.15. Intermediate and High School 4.15-5.45.

Coaching with Club professional Justin Megraw and his coaches is available on Tuesday, Wednesday or Thursday. Book in through <https://www.no1tennis.co.nz> Taking bookings for term 4 now. Adult classes for beginner to advanced also available.



...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 7000 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 08/08/08

GET THE FACTS ON IMMUNISATION
0800 IMMUNE
4 6 6 8 8 3

TAH 08/08/08

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

Awahi Educare

Awahi 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

Glenholme School Events

Week 9

19th September

Classrooms open to view artwork 2.00pm to 3pm

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

Term 4

Week 1

17th October

Shake Out 2019

18th October

2020 Parental Requests Available

18th October

Tihiōtonga Marae Visit

18th October

School Assembly 9.15am

Week 2

22nd October

Board of Trustees Meeting

23rd October

Tihiōtonga Superstar Cricket Programme

25th October

Grandparents Day

Week 3

28th October

Labour Day - Monday

School Term Dates - 2019

Term Three:

22nd July – 27th September

Term Four :

14th October – 13th December