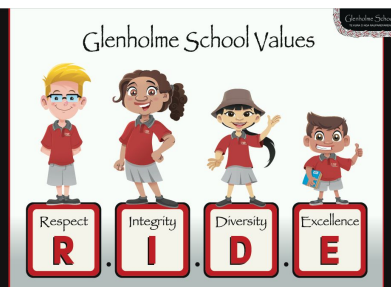


Newsletter Issue 10 Term 3

**Thursday
26th
September
2019**

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



Term 3 Was Absolutely Fantastic

Congratulations to Glenholme School students, staff and whanau. Term 3 was spectacular. The staff at Glenholme School provided a huge variety of learning experiences and opportunities to challenge our students. Highlights of the term included the Math a thon, Disco, Sports exchanges, Academic Achievement Discussions and Art Week.

To the very hard working, dedicated and committed Glenholme School staff, have a relaxing and rejuvenating holiday. Thank you for making the term a memorable learning experience for all.

Students, thank you for your commitment and dedication to learning. You make the staff extremely proud of your progress and achievements. Please ensure you have a safe and enjoyable holiday. We look forward to seeing you back here on Monday 14th October.

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.





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

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 finished last Friday for our tamariki. We hope you all had a fantastic season and enjoyed playing every Friday night with your teammates. Thank you to all the wonderful and dedicated parents and whanau that coached teams and the teachers in charge. Miniball uniforms now need to be returned to the school office please, thank you.

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 for the Term 4 season bringing it down to \$20 per player. 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. Thank you to those that have paid the \$15 fee and returned the signed Sports Uniform Agreement form. 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).

Sports News

Weet-Bix Kids TRYathlon



The Sanitarium Weet-Bix Kids TRYathlon is designed for Kiwi kids aged 7-15 years to help them stay active and healthy through a programme of participation. The series has been running since 1992 and is a rite of passage for Kiwi kids. To date over 300,000 Kiwi kids have given it a TRY.

Open to Kiwi kids of all sporting abilities the Sanitarium Weet-Bix Kids TRYathlon is a fun day out for kids, parents and whanau. Participants get to swim, cycle, and run their way around age appropriate courses, either as an individual or as part of a team of two.



SCHOOL GROUP Specific URL

This is your SCHOOL GROUP specific link. This link will enable your SCHOOL GROUP members to join your SCHOOL GROUP with ease!

<https://www.registernow.com.au/secure/Register.aspx?E=35569&G=99598>

We are excited to announce our
NEW "Splash & Dash"
event exclusively for 6 year old
Kiwi kids!



WHAT IS THE SPLASH & DASH?

Specially designed for 6 year old Kiwi kids, the Splash & Dash will see our budding TRYathlete's complete a 50m pool swim followed by a 1500m run around Kuirau Park, before crossing the finish line to receive their champion's medal from one of New Zealand's top sporting stars.

The Splash & Dash is the perfect preparation for the full TRYathlon.

Spaces are strictly limited so make sure you enter today. Participants must be 6 years old on the day of the event to be eligible to participate.

The Rotorua Weet-Bix Kids TRYathlon is located at Kuirau Park. The TRYathlon will begin with the swim leg in the heated outdoor pool at the Rotorua Aquatic Centre where the pool is 50m in length. The Transition area is located on the field beside the Rotorua Aquatic Centre. The bike leg is around the streets surrounding Kuirau Park, and the run leg is around Kuirau Park itself. You can download our course map from the Event Day Info tab to see the full routes.

DATE

Sunday, 1 December 2019

LOCATION

Kuirau Park, Rotorua

ENTRY AGE

Entry is open to all 6 to 15 year olds.
(Based on age on event day)

ENTRY OPTIONS

Splash&Dash 6 years
Individual TRYathlon 7 – 15 years
Junior Team 7 – 10 years
Senior Team 11- 15 years

*Both team members must meet age requirements.
Teams can be mixed gender (i.e boy / girl)
One team member completes the swim, one team member completes the cycle and both complete the run.*

EVENT DISTANCES

Individual

Age Group	Swim	Cycle	Run
6 years:	50m	–	1.5km
7 years:	50m	4km	1.5km
8-10 years	75m	4km	1.5km
11-15 years	150m	8km	1.5km

Teams

Age Group	Swim	Cycle	Run
Junior Team of Two (7 years):	50m	4km	1.5km
Junior Team of Two (8-10 years):	75m	4km	1.5km
Senior Team of Two (11-15 years):	150m	8km	1.5km

ENTRY FEES

Entry fees vary based on the date you enter.

Early Bird, Online and Multiple event discounts are available.

On the Day entries are available unless the event sells out prior.

A postage fee will apply to receive your TRYathlete Kit in advance of the event. You can waive this fee and pick your pack up on, or the day before the event day.

	Early Bird <i>(ends 3 weeks from event date)</i>	Online <i>(valid 20 days from event date until online entries close)</i>	On the Day <i>(available on the day of the event)</i>
TRYathlon - Individual <i>Individual</i>	\$45	\$50	\$60
TRYathlon - Team <i>Price per participant</i>	\$45	\$50	\$60
Splash & Dash <i>Individual</i>	\$40	\$45	\$55

All prices incl GST

ENTRY FEES INCLUDE

Official Bib Number.

Official Weet-Bix Kids TRYathlon T-Shirt.

Official Weet-Bix Kids TRYathlon Swim Cap.

Official Weet-Bix Kids TRYathlon Kit Bag.

Official Weet-Bix Kids TRYathlon Finishers medal.

Complimentary Breakfast at the Weet-Bix Better Brekkie Breakfast tent.

All TRYathletes are eligible for spot prizes (must attend prizegiving).



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

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. 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!



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





...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 06/08/09

GET THE FACTS ON IMMUNISATION
0800 IMMUNE

4 6 6 8 8 3

TAH 06/08/09

GET THE FACTS ON IMMUNISATION

0800 IMMUNE
4 6 6 8 8 3

***Ready *
* Set * GO ***

**for
Junior
Summer
Soccer
fun!**

Register:

**As a team or
as a group or
as an individual**

Additional age band!

Now: 5&6 yr olds

7,8&9 yr olds

10&11 yr olds

12&13 yr olds

**Suitable
for all
experience
levels**

Starts: Friday 1st Nov 2019 | 5.15pm

**13 weeks for just \$20pp for 5&6 yr olds / \$30pp all
other juniors | revised setup for 2019 |**

**Proudly being run in partnership with our MOU
partner Eastlake JSC**








**More information/registration
forms:
rotoruaunited@gmail.com**



**Summer Soccer League
for 2019 kicks off on:**

**Friday November 1st &
Monday November 4th**

And we'd love to see you there!

-  **Social or Competitive league**
-  **6.15pm or 7pm**
-  **Fridays or Mondays**
-  **Ages 14+**
-  **All ability levels**

*** we've listened - Revised/simplified rules for 2019***

We've also extended the Junior Summer Soccer

Fridays 5.15pm | now for ages 5-13

More information/ team registration forms:

rotoruaunited@gmail.com



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 10

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

Term Four : 14th October – 13th December

School Term Dates - 2020

Term 1: 3rd February - 9th April

Term 2: 28th April - 3rd July

Term 3: 20th July - 25th September

Term 4: 12th October - 15th December