

NEWSLETTER Tuesday 09 June 2009



Kia ora e te Whanau o Hamutana Rawhiti

Principal's Note

Kia Ora e te Whanau

Influenza A (H1N1) Flu

Below is some information supplied by the Ministry of Health to assist schools in preparation for a Flu Pandemic should it eventuate in New Zealand. For more information you can access the website listed below.

At this stage all evidence suggests it will be a matter of when, rather than if, the virus appears in our community.

Schools and early childhood services by their nature are susceptible to many viruses and influenza in particular is readily spread by children.

As a result it is likely that schools and early childhood services would be amongst the first affected when the swine flu virus starts to spread here, both by cases and the need to contain them.

Any community spread in one area could see all schools or early childhood services in that area closed. The length of closure would depend on circumstances, but it would be initially for at least seven days, which is the time an infected person would be infectious.

The following basic measures will slow down the spread of the flu. **Basic but effective initiatives include promoting basic hygiene measures like very regular hand washing (before anyone puts anything in their mouths), students and staff covering their coughs and sneezes, and any staff or students with symptoms of possible influenza should stay home until they are well.**

In the event that a large number of students or a group of students and staff become unwell with flu like symptoms, the school will contact the public health unit.

The Ministry of Health is preparing for the possibility of escalation and strongly advise all schools and early childhood services to do the same.

If Hamilton East School was directed to close it could happen very fast – students would be sent home at the end of the day and told not to return. This would be well publicized by means of Radio, Newspaper and other media.

There is material on: moh.govt.nz/influenza-a-h1n1

Allan Bull
Principal

COMING EVENTS

09 June	R14 Parent Conferences - 3-7pm Staffroom
11 June	PTA Meeting - 7pm in the school staffroom
15 June	District Health Board Hearing and Vision Technician
30 June	Parent Conferences - School Hall (except room's 5 & 14)

PTA Meeting this Week

There will be a PTA meeting held in the Staffroom this **Thursday at 7pm**. All are welcome to attend.

Vision & Hearing Technician

The DHB Vision & Hearing technician will be visiting HES next Monday the 15 June. All new entrants & enrolments who have started at HES since Term 1 2009 will be routinely tested. Any queries please phone the school office.

Parent Conference Forms

Booking forms for parent conference times will be sent home this coming Friday. Please return these as soon as possible to ensure you get the time slot you ask for. This is especially important if you have 2 or more children's conferences to attend.

UPCOMING HOLIDAY PROGRAMMES

New Zealand Youth Fitness Systems (NZYFS) are offering programmes during the school holidays to keep our kids moving and learning skills.

Three day rugby camp- July 8th to 10th for 6-11 year olds and July 15th to 17th for 6-13 year olds.

Or experience a 3 hr session of guided play on the World's First Completely Functional Movement-Based Youth Fitness Equipment.

July 8th, 9th, & 10th -am or pm

July 15th, 16th, & 17th - am or pm

Email info@nzyfs for more details and to register your interest, or ring evenings on 8550295 or 8537663

Sports Nutrition Tip #6

Eat your Food Groups



Making sure you have enough energy and a well balanced diet is important for your body when playing sport. For children aim to give them:

- At least 5 servings of breads and cereals
- 5+ servings of fruit and vegetables
- 1-2 servings of lean meat, egg, fish or beans/lentils
- 2-3 servings of dairy products

