



Huia Range School

Term 3 Week 2 Thursday 4th August, 2022

Website: www.huiarange.school.nz

He mihi mahana kia koutou – A warm greeting to you all

School Phone Numbers 027 781 2224 06 374 6444

7- Aside Pahiatua

The tamariki I have spoken to have informed me that they had a great day playing their sport in Pahiatua yesterday.

I have had 2 adults who attended who have commented on the wonderful behaviour and sportsmanship of the teams they supervised.

Well done to the nearly 80 children in years 5/6 and 7/8 who participated in the day.

A special mention and congratulations to the 5/6 netball team, who came 1st in their competition.

Congratulations also to the year 7/8 netball team and both the year 5/6 and 7/8 football teams who were all placed second in their competition.

A huge thank you to the parents and grandparents and staff who attended and supported all of the teams.

Thank you also to Jacqui Boustead and Anna Peffers for the huge mahi that goes into organising these events.

Finally well done to the staff at school who took extra children for the day so that all children were either at the sports or had a great day at school.

Swimming

I had the wonderful experience of travelling to swimming with both the boys' and girls' groups from rooms 1 and 2 on Monday.

The manners and behaviour both on the bus and at swimming was superb.

Be organised for a swim over the next few weeks if your tamariki is in Rooms, 1, 2, 4, 9, 10, 11 and 12.

Board Notice

Huia Range School School Board Elections 2022

Parent Election Results Declaration
(No voting election required)

At the close of nominations, as the number of valid nominations was fewer than the number of vacancies required to be filled, I hereby declare the following duly elected:

Lisa Boblea, Matthew Chapman,
Jeremy Davies, Liz Jackson
Staff Representative: Lindsey
Randall

Signed Suzie Watts, Returning Officer

Disability Retreat

If you have a child with a disability there is a free weekend retreat for the parents. It is fully funded through Mana whaikaha for the weekend of the 9th - 11th September, 2022.

For information and an application form Email

wellbeingretreatsnz@gmail.com

Parent Interviews

Monday and Wednesday are parent teacher interviews.

Jump in and book your time/s or ring Suzie and ask her to help.

DHS Open Evening

Next Tuesday @ 5.30 pm for year 7/8 students and their families.

Winter Wellness

The Ministry of Education has sent out a Winter Wellness Guide for Tamariki.

It has some very useful information. Check out the attachment.

Up Coming Events

August

4 - Thursday
Swimming Rms 4, 9, 10, 11, 12

8 - Monday
Parent/Teacher Interviews
Swimming Rms 1 and 2

9 - Tuesday
DHS Year7/8 Open Evening
Swimming Rms 1 and 2

10 - Wednesday
Parent/Teacher Interviews

11 - Thursday
Swimming Rms 4, 9, 10, 11, 12

12 - Friday
Swimming Rms 4, 9, 10, 11, 12

15 - Monday
Swimming Rms 1 and 2

16 - Tuesday
Swimming Rms Rooms 1 and 2

18 - Thursday
Swimming Rms 4, 9, 10, 11, 12

19 - Friday
Swimming Rms 4, 9, 10, 11, 12

23 - Tuesday
Board meeting 6.30pm staffroom

25 - Thursday
Swimming Rms 4, 9, 10, 11, 12

26 - Friday
Daffodil Day

27 - Saturday
Jump Jam - Palmerston North

29 - Monday
New Entrant Cohort Entry

Ka kite ano.
Kia nui te ra

Robyn Forsyth
Principal



Congratulations to the following students who received class certificates for week 2:

- Rooms 1 & 2: **Sariyah** - for working with a degree of independence on her Commonwealth Games investigation
Alex - for seeking assistance, when required, so she can continue to work independently.
Ashantae - for volunteering & using a clear voice to present the news broadcast
Zion - for contributing to class discussions around PB4L with meaningful & insightful ideas.
- Room 3: **Oscar** - improving your Math skills and working independently with effort.
Patrick - making positive choices, taking responsibility and excelling in long division.
- Room 4: **Carys** - for her positive attitude towards all new learning and displaying STRIVE in the classroom.
Tisharn - for working hard to improve and extend her fraction knowledge.
- Room 5: **Rawiri-Bill** - For settling well into the Ruma Rima whanau and always trying your best.
Esther - For settling quickly into the Ruma Rima whanau and for giving everything your best.
- Room 6: **Olliver** - For his positive effort towards reading and writing. Keep it up!
- Room 7: **Tane** - for making excellent progress with his reading and starting to show skills in self monitoring. Ka pai!!
Summer - making fantastic progress and gaining confidence in all areas of learning. Keep it up!
- Room 8: **Jesse** - A fantastic start to term three in Room 8
Cat - A fantastic start to Term three in Room 8
- Room 9: **Max** - his brochure to showcase his inquiry topic is extremely well presented, showing his investigation and artistic skills. Brilliant job!
Andrew - has been using his learning discussions to make improvements to his work. Tino pai!
- Room 10: **Amelia** - for demonstrating Kaitiakitanga by efficiently 'goal setting' and showing 'student agency' in her own learning.
Danika for moving ahead in reading, and being conscientious by taking books home every day to practise reading.
- Room 12: **Karli** - For her hard work and great effort during our note taking.
Hendrix - For his focus and hard work during our morning sentence work.
- Room 15: **Hudson** - for being a host and presenting at the junior team assembly with confidence and pride.
Praize - for writing interesting and creative ideas about our country study

Winter wellness guide for tamariki

With a rise in COVID-19, seasonal colds, flu and other respiratory infections in our communities, this guidance is to help you manage your child's illness.

KEY WELLNESS INDICATORS

- Healthy young children can have up to 8 to 12 colds or upper respiratory tract infections each year. These are a normal part of childhood.
- A child should stay at home if they appear unwell or if they develop any of these symptoms: new runny nose, sore throat, cough, fever, vomiting, diarrhoea, rash, they are off their food and drink or show signs of feeling miserable.
- If a child becomes increasingly unwell and/or you are concerned about them, call your GP or Healthline on 0800 611 116. A child who is refusing to drink anything is likely to be very unwell.
- If an in-person appointment is required, follow your GP's processes, which will include everyone wearing a mask if they can safely and practically do so.
- If you or a child you are caring for develops difficulty breathing, severe chest pain, fainting or becomes unconscious, call 111 immediately.

Find reliable information on how to manage colds and flus on KidsHealth and Health Navigator.

[Information about health and wellbeing of tamariki and rangatahi – KidsHealth](#)
[Health information for New Zealanders – Health Navigator](#)

COVID-19 GUIDANCE

- If your child has COVID-19 symptoms, the child and anyone in their household with similar symptoms should be tested for COVID-19.
- If any household members are COVID-19 positive, other household members are at high risk of becoming infected. Everyone should isolate for at least seven days from the day that the first person receives their positive test result or becomes symptomatic (whichever is earliest).
- All household contacts, including children, should take a rapid antigen test (RAT) on day three and day seven, or sooner if they develop symptoms. A person who has had COVID-19 in the past 90 days, does not need to isolate again as a household contact.
- Anyone who experiences symptoms 29 days or longer after previous COVID-19 infection should test and will need to isolate if they test positive.

If your child:

- has been isolating with COVID 19 and is feeling well after seven days, they can return to school
- continues to be unwell and/or has symptoms after their seven-day isolation period has ended, they should remain at home to recover until 24 hours after their symptoms end
- still feels unwell or their symptoms are worsening after ten days, they should not return to school. Call your GP or Healthline on 0800 611 116 for medical advice.

Find detailed information about COVID-19 symptoms on the Ministry of Health and Unite Against COVID-19 websites.

[About COVID-19 – Ministry of Health](#)

HOW TO KNOW IF YOUR CHILD SHOULD STAY AT HOME

- If a child has been unwell with an illness other than COVID-19, they can return to their school 24 hours after they have significantly improved and are behaving/eating normally.
- If a child still has a runny nose or dry cough without any other symptoms such as a fever, vomiting or diarrhoea, they are unlikely to be infectious and could be considered well enough to attend school. They should not be required to provide a doctor's certificate or clearance to return.
- Any child who has a runny nose after a change in temperature – for example, moving from outdoors to indoors – or sneezes due to obvious stimuli (such as the sun or dust) does not need to be sent home.
- Hay fever and other allergies can show similar symptoms to the common cold such as sneezing, a runny or stuffy nose and coughing. If a child has a history of allergic symptoms and shows one or more of these symptoms, or an itchy face (especially around the eyes or throat), consider if hay fever or an allergy could be the cause. You may want to check with the child's caregiver to confirm.

IDEAS FOR KEEPING CHILDREN HEALTHY THIS WINTER

Follow this guidance to help keep children and whānau stay healthy during the winter months.

Provide children with **healthy and nutritious food** to eat. Healthy eating supports immunity and helps our bodies to work well and feel good.

[Food, activity and sleep – Ministry of Health](#)

Support **children to get enough sleep**. Sleep is important for restoring energy, maintaining mental and physically wellbeing, learning, and aiding healthy growth and development.

[Helping young children sleep better – Ministry of Health](#)

Encourage and **create opportunities for children to be active**. Being active at home, at school, at play during the weekends and in the community helps children maintain good health and wellbeing.

[Activities for children and young people – Ministry of Health](#)

It is a good idea to **encourage children to play outdoors** – they just need to be **dressed warmly** during the winter months!

Being outdoors helps to boost children's immune systems through exposure to fresh air and enables them to make vitamin D from exposure to the sun.

ACCESS TO FREE FACE MASKS

More masks are being provided in the community to help stop the spread of COVID-19. You do not need to have COVID-19 or have COVID-19 symptoms to get free masks.

Both medical masks and P2/N95 particulate respirator masks are available (with people at higher risk of severe illness being prioritised for P2/N95 masks).

Find out about higher risk people:

[Higher risk people – Ministry of Health](#)

You can get free face masks by:

- picking them up from testing centres and collection points alongside your free rapid antigen tests (RATs)
- visiting a participating pharmacy
- talking to a participating GP or alternative community healthcare provider.

To order RATs online visit the Ministry of Health website.

[Rapid antigen testing \(RAT\) – Ministry of Health](#)

Alternatively, if you're unable to order RATs online or visit a participating healthcare provider in person, call 0800 222 478 and select option 3.

For a list of testing locations with free face masks visit the Health Point website.

[COVID-19 testing – Health Point](#)

[Tips to help keep our tamariki well this winter – YouTube](#)

[Ministry of Health: Monitoring illness in children – Facebook](#)

[Ministry of Health: Tips on when to keep your child at home – Facebook](#)

LUNCH
BY
LIBELLE

Term 3, 2022

TOTARA WEEK

08/08 - 12/08

MONDAY

Burger Bites, Baked Beans & Mash

Burger bites with baked beans,
mixed veggies & cheesy mash.

Dietary Alternatives:
V, VE: Mushroom super sausage.
GF, EF, NB, SF: Chicken. DF, VE:
DF mashed potato. SF: SF baked
beans.

Snack: Cookie

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

TUESDAY

Loaded Beef & Bean Wedges

Potato wedges with beef &
bean sauce and cheese.

Dietary Alternatives:
V, H, NB, VE: Mexican style beans.
DF, VE: Vegan cheese. SF: 4 bean
mix.

Snack: Muffin

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

WEDNESDAY

Honey Soy Chicken

Honey soy glazed chicken and
veges with brown rice.

Dietary Alternatives:
V, VE: Tofu. H: Halal chicken.

Snack: Popcorn

Snack Dietary Alternatives:
None.

THURSDAY

Ham Sandwich

Wholemeal bread with ham,
cheese & salad with carrot
sticks.

Dietary Alternatives:
V, DF, VE: Falafel. GF: GF pizza
base. DF, VE: Vegan cheese. H,
NP, SF: Chicken.

Snack: Yoghurt
+ Fruit for High Schools

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

FRIDAY

Cheesy Chicken Pasta

Wholemeal pasta with cheese
sauce, chicken, cheese and
mixed veggies.

Dietary Alternatives:
V: Cannellini beans. GF: GF pasta.
DF, VE: Savoury lentil and tomato
sauce, vegan cheese.

Snack: Trail Mix

Snack Dietary Alternatives:
None.

Key: (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. (SF) Soy Free.

Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need these options please make the school aware two weeks in advance. Meals are prepared in a non-allergen controlled environment. If you have low tolerance towards certain allergens please notify the school immediately. Items may vary subject to supply.

lunchbylibelle@libelle.co.nz

facebook.com/lunchbylibelle

www.lunchbylibelle.co.nz

LUNCH
BY
LIBELLE

Term 3, 2022

PURIRI WEEK

15/08 - 19/08

MONDAY

Beef Stew & Mash

Beef pieces with mashed
potato, mixed veggies and
gravy.

Dietary Alternatives:
V, VE: Mushroom and grain super
sausage. H, NB: Chicken.
DF, VE: DF mashed potato.
H, NB, DF, VE: Vegan gravy.

Snack: Chickpeas

Snack Dietary Alternatives:
None.

TUESDAY

Pizza

Wholemeal pizza base with
pizza sauce, ham & cheese,
served with carrot batons &
corn chips.

Dietary Alternatives:
V, DF, VE: Falafel. GF: GF pizza
base. DF, VE: Vegan cheese. H,
NP, SF: Chicken.

Snack: Yoghurt
+ Fruit for High Schools

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

WEDNESDAY

Butter Chicken

Butter chicken sauce with
chicken, chickpeas & veggies
served with brown rice.

Dietary Alternatives:
V, VE: Butter chickpeas with
brown rice.

Snack: Muffin

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

THURSDAY

Cheese Burger

Wholemeal burger bun with
beef pattie, cheese, salad &
kumara rosti.

Dietary Alternatives:
V, GF, H, VE, SF: Black bean
burger pattie. NB: Chicken pattie.
GF, SF: GF SF Burger bun. EF,
VE: Vegan mayo. DF, VE: Vegan
cheese.

Snack: Cookie

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

FRIDAY

Pasta Bolognese

Wholemeal pasta with beef &
lentil bolognese sauce served
with carrots & cheese.

Dietary Alternatives:
V, NB, VE: Lentil Bolognese. GF:
GF pasta. DF, VE: Vegan cheese.

Snack: Trail Mix

Snack Dietary Alternatives:
None.

Key: (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. (SF) Soy Free.

Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need these options please make the school aware two weeks in advance. Meals are prepared in a non-allergen controlled environment. If you have low tolerance towards certain allergens please notify the school immediately. Items may vary subject to supply.

lunchbylibelle@libelle.co.nz

facebook.com/lunchbylibelle

www.lunchbylibelle.co.nz