



Week 7 Term 1

16th March 2020

School website www.stmarys.ac.nz

School Facebook www.facebook.com/groups/stmarysschoolwanganui

School App From the Google Apps / Play Store: SchoolAppsNZ St Mary's School

I am aware that there will be a considerable amount of worry and angst as our country heads into this fast changing landscape.

Please be assured that we are being advised by the Ministry of Health and Ministry of Education. As any new information comes to light I will be communicating these through our app and Facebook page.

I have included the information sent out on Friday in this newsletter. This includes our most recent information and health sheets for advice and guidance.

It is particularly important that you let us know if you have a family member returning from overseas. As from today's date all people need to self isolate. Please let us know if the self isolation guidelines will be affecting someone in your home.

Thank you

God Bless
Jacqui Luxton

COVID-19

You may have seen that the World Health Organisation has now declared COVID-19 to be a pandemic. As noted by the Minister of Health, this doesn't change what New Zealand is doing to respond to coronavirus.

Please be assured that we are well prepared and are getting advice from the Ministry of Health and Education daily.

Teachers are being especially careful to reassure, teach and ensure students are following good hygiene practices to avoid spreading the disease.

Children will react to and follow your verbal and non-verbal cues. If you are able to stay informed and realistic, it will be easier for you to reassure children effectively as well.

Children need factual, age-appropriate information about COVID-19 so that they can also feel informed and in control. They need to know how they can play a part in avoiding infection and the spread of virus.

They also need to feel that any fears that they may have can be talked about and addressed.

- Talk about what you and your children can do to help prevent infection.
- Wash hands multiple times a day for at least 20 seconds each time (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds) and dry hands thoroughly.
- Cover their mouths with a tissue when they sneeze or cough, and throwing away the tissue immediately; or have them sneeze or cough into the bend of their elbow.
- Do not share food or drinks.
- Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way.
- Discourage the child from touching their eyes, nose, and mouth.
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly to develop a strong immune system for fighting off illness.

With that, there is a good video clip from Nanogirl that will help your children to better understand the virus - YouTube clip - <https://www.youtube.com/watch?v=OPsY-jLqaXM>

We have uploaded information sheets to our School App and Facebook page which give further information.

Please keep your child home if they are showing any signs of illness such as coughs and colds. Please let us know via the app what symptoms your child has so that we can track illness. At times this information is required for the Ministry of Health. Keep in contact with us and let us know if there have been any changes within your family, such as visitors or family members returning from overseas.

Viruses are common in schools and by staying away, seeking medical attention and practicing good hygiene, we can all keep any spread of illness to a minimum.

Ngā mihi

COVID-19 CORONAVIRUS

How is COVID-19 spread?

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a type of coronavirus. There are simple steps you can take to protect you and your family/whānau.



How is it spread?

COVID-19, like the flu, can be spread from person to person. When a person who has COVID-19 coughs, sneezes or talks, they may spread droplets containing the virus a short distance, which quickly settle on surrounding surfaces.

You may get infected by the virus if you touch those surfaces or objects and then touch your mouth, nose or eyes.

That's why it's really important to use good hygiene, regularly wash and thoroughly dry your hands, and use good cough etiquette.

What can I do to stop COVID-19 spreading?

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often (for at least 20 seconds).
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Avoid personal contact, such as kissing, sharing cups or food with sick people.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell and call Healthline on 0800 358 5453.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit www.govt.nz/covid-19-novel-coronavirus for more information.

COVID-19 CORONAVIRUS

What is contact tracing?

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.



Where did the cases in New Zealand come from?

Most cases of COVID-19 in New Zealand have come from overseas. Once a case has been identified, the Ministry of Health and DHBs track down people who may have been exposed to the virus through a process called contact tracing.

What is contact tracing?

Health services use contact tracing to find people who may have been exposed to an infectious disease. There are two types of 'contacts' – close contacts and casual contacts. Health services give advice to both of these contact types on what they need to do.

What is a close contact?

A close contact is anyone who has been close to someone with COVID-19. This can mean living in the same house or spending more than 15 minutes close to someone with COVID-19 such as on a flight, bus or train or in your workplace.

What is a casual contact?

A casual contact is someone who has had contact with a case but doesn't meet the criteria for a close contact. This could mean someone travelling on the same aeroplane who was seated away from the case. For example, they were only close to the person with COVID-19 for less than 15 minutes or were at the same place but not near them.

If you think you might be a close or casual contact, it doesn't mean you have COVID-19. You will be contacted by public health staff or you can call Healthline on 0800 358 5453. They will give you advice on what you need to do.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit health.govt.nz/covid-19 for more information.

COVID-19 CORONAVIRUS

How to protect yourself and others

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. There are simple steps you can take to protect you and your family/whānau.



Symptoms of COVID-19

The symptoms of COVID-19 are:

- a cough
- a high temperature (at least 38°C)
- shortness of breath.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu. However, infections with mild symptoms such as cold-like symptoms or no symptoms are likely, but it's not known how common this is.

How to protect yourself and others

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often.
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell and call Healthline on 0800 358 5453.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit health.govt.nz/covid-19 for more information.

New Zealand Government



COVID-19 CORONAVIRUS

Looking after your mental wellbeing

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. Media coverage or public discussion of COVID-19 may affect you. It's normal to feel distressed and experience symptoms of stress in this time.



Tips for managing your own mental wellbeing

- Spend time in places that feel safe and comfortable as much as possible.
- Tell yourself that how you are feeling is a normal reaction and will pass – it is nothing to be afraid of.
- Reach out to your usual supports – family and whānau, friends and workmates. Sharing how we feel and offering support to others is important.
- Keep to usual routines – mealtimes, bedtime, exercise and so on.
- Keep active – going to work, doing usual leisure activities and seeing friends can improve general wellbeing and help distract from distressing feelings.

If over days and weeks your distress or stress symptoms are escalating or you feel you are not coping, help and professional support is available. For support with anxiety, distress or mental wellbeing, you can call or text **1737** to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit health.govt.nz/covid-19 for more information.

COVID-19 CORONAVIRUS

Children in self-isolation

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a type of coronavirus. There are simple steps you can take to protect you and your family/whānau.



How can you help your child through self-isolation?

If your child has to self-isolate, here are some things that you can do help them.

- Reassure them that they are safe and encourage them to talk about how they feel.
- Tell them they can ask questions, and answer these in plain language appropriate to their age.
- Be understanding – they may have problems sleeping, be upset and need extra care and love.
- Remember that children look to their parents to both feel safe and to know how to respond – reassure them, let them know you will all be fine together.
- Try to keep to normal routines – mealtimes, bedtimes etc. – allow them to get out and play, to go to the park etc.

Professional help for children self-isolating

If a child's distress is escalating, or they are displaying any worrying behaviours – extreme withdrawal – seek help early. You can call Healthline on 0800 358 5453 or call or text 1737 for mental wellbeing support.

If you require specific mental health or addictions support, you can contact your local DHB.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit health.govt.nz/covid-19 for more information.

COVID-19 CORONAVIRUS

Information on cultural/religious practices

March 2020



Should I change my cultural/religious practices?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. You may take part in cultural or religious practices which involve close contact with others and want information about this.

If you are sick or feel unwell you should stay at home and avoid cultural or religious gatherings.

Your cultural or religious organisation can make decisions about how they might change their practices.

If you attend a cultural or religious event, there are simple steps you can take to protect your health:

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often (for at least 20 seconds).
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Avoid personal contact, such as kissing, sharing cups or food with sick people.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell and call Healthline on 0800 358 5453

If you are unwell you should stay home and call Healthline on 0800 358 5453. They will give you advice on what you need to do.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit health.govt.nz/covid-19 for more information.

COVID-19 CORONAVIRUS

He Kōrero ā tikanga i hāngai ki ngā hui
Information on tikanga and gatherings

March 2020

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. Māori cultural practices such as hongi may transmit COVID-19.

There's a low chance of widespread community outbreak in Aotearoa and with care from our iwi, hapū and whānau we can keep it low. Social gatherings where people are in close contact with each other means there are increased opportunities for COVID-19 and other illness to spread among whānau.

If you're unwell, you shouldn't attend hui, tangi or other gatherings. If you're sick you shouldn't prepare kai or do the dishes at marae, kura, kohanga reo, and at other venues/events. Older people, such as kuia and kaumatua, may be more seriously affected if they contract COVID-19 as the illness can affect the lungs and airways, so staying away can protect their health.

If you go to a gathering, there are simple steps you can take to protect your health:

- Whakamātihi te ihu ki te tuke. Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Rauatu te aihika ki te ipupara. Put used tissues in the bin or a bag immediately.
- Mahia te hopi. Horoi ōu ringa. Wash your hands with soap and water often (for at least 20 seconds).
- Mena ka paru ōu ringa, kaua e pā te kānohi. Don't touch your eyes, nose or mouth if your hands are not clean.
- Whakapūputu ai te patuero i ngā mea katoa. Hei tauira: Ngā kakau, ngā papa, ngā taputapu. Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Mena ka mauui koe, herea ki te kainga. Stay home if you feel unwell and call Healthline on 0800 358 5453.

What are organisations doing?

Organisations, iwi and marae, may wish to consider if they need to adjust cultural practices such as the use of hongi, kissing and shaking hands at pōwhiri, tangi, and other gatherings.

We understand that a number of organisations and iwi have made adjustments to their usual tikanga and kawa practices due to COVID-19. We acknowledge and respect the decisions they make. We trust organisations will do what is appropriate for their iwi, hapū, whānau and their other communities.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit health.govt.nz/covid-19 for more information.

CULLINANE COLLEGE OPEN NIGHT



WHEN
Tuesday 24th March
6pm—8pm

WHERE
**Cullinane College Performing Arts
Centre**
15 Peat Street Whanganui

WWW.CULLINANECOLLEGE.SCHOOL.NZ

**CALLING
ENROLMENT FOR
2021 & BEYOND**

**ACADEMIC
EXCELLENCE**

Terrific NCEA endorsement
and passing rate Year 11
through 13

FAITH BASED


Catholic College with
Josephite and Marist
History

ARTS & CULTURE


Leadership Opportunities
Blue Light Classes
Kapa Haka
Languages
Robotics and Technology

SPORTS

Full Range of Summer and
Winter Codes



St Mary's School
Whanganui



Absentee
Contacts
Links
Calendar
Newsletter
Term Dates
Sports
Alerts

Please use our Absentee App when your child is sick. This makes things so much easier for us here at school. Please give a detailed reason as this helps us to monitor the spread of illness and to assign the correct absence code for the Ministry of Education.



If your child is unwell, vomits or has diarrhoea you are required to keep your child home **48 hours after** all symptoms have stopped.

This is vital to contain the spread of the bug.



Attendance Dues Information – March 2020

2020 attendance dues invoices/statements were emailed to families late last week (if we had an email address on file). If no email address is held, invoices/statements were sent via Post. If you haven't received an invoice/statement, please contact us so we can reissue one to you.

If you make a payment on or before the 31st March 2020 that includes a **voluntary catholic character donation** of \$5.00 or more, a donation receipt will be emailed/sent by post in April, for you to claim a tax rebate.

If you wish to set up a regular payment plan, please contact the Attendance Dues team – Anne-Marie, Marcy and Mark – to discuss payment options. Our contact details are as follows:

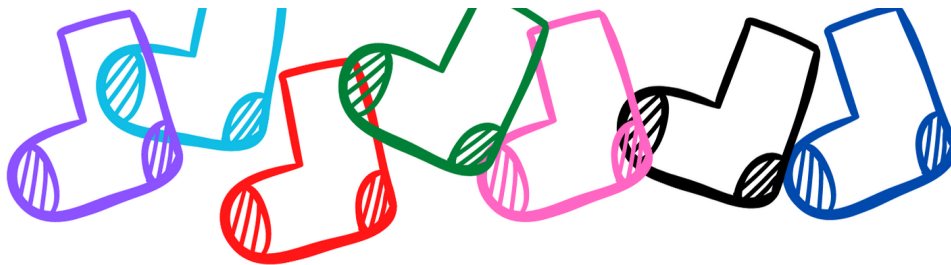
0800 200 208; or

dues@pndiocese.org.nz

One off payments by credit card or debit card (Visa or Mastercard only) can be made using our website: www.pndiocese.org.nz/education/dues.

Attendance Dues charges for 2020 are:

\$447.00 for each Primary Student (Year 0 – 8).



DIFFERENCE DAY!

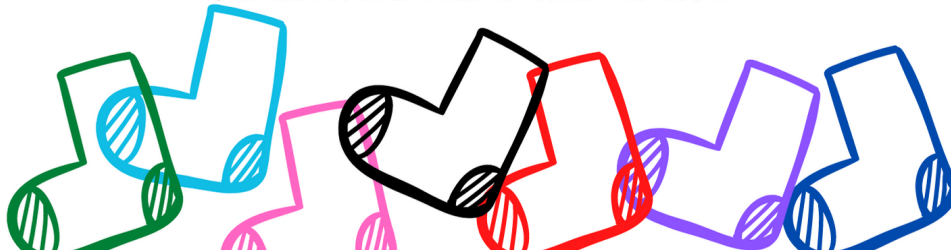
"KAUA TETAHI E WHAKAREREA"

LEAVE NO ONE BEHIND.

ON FRIDAY, MARCH 20TH WE WANT TO CELEBRATE DIFFERENCES AND UNIQUENESS
BY WEARING BRIGHT, FUN, WACKY SOCKS!

COME TO SCHOOL IN YOUR SCHOOL UNIFORM BUT WITH SOME AWESOMELY
BRIGHT SOCKS ON!

GOLD COIN DONATION WILL GO TOWARDS THE NZDSA.

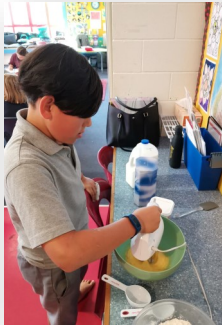


**STEM... design a
Moses Basket that
would hold a drink
bottle baby
without taking on
water!**

Rooms 8 and 9



Room 9 reflected about **Shrove Tuesday** and it's meaning. We spoke about how it was traditionally a day in which people used up all their special food such as eggs and fatty foods in preparation for the season of Lent. We spoke about what we wanted to try extra hard to do for others this Lent. We really enjoyed preparing and eating our yummy pancakes.



Important dates coming up...

✝ **School Mass - 29th of March 9.30am**



You may be aware that schools will be using more Staff Only Days this year. These will be used for staff to access Professional Development and assist with work load demands. In 2020 we are accessing professional development from an expert from the UK. We are also joining a Whanganui wide community of learning. The Teacher only days for this professional development will be:

- **Teacher Only Day - 3rd of August CANCELLED**
- **Teacher Only Day - 3rd and 4th of September**



**Teacher Only Day on the 3rd of
August has been cancelled. It will
be a normal school day.**

INCLUSION

Āpiti

The second commandment is 'Love your neighbour as yourself.' There is no commandment greater than these." MARK 12:31



In Term 1 we are focusing on the Gospel Value of **Inclusion**.

We would love you to take the time to talk about and reinforce each aspect of our ICIC Gospel Values with your child.

This week we look at **Forgiveness**... there are 4 skills that we can work towards.

Forgiveness

Accepting that learning is messy and that it is
OK to make mistakes.

Letting someone say SORRY.

Being open to a Restorative conversation.

Letting a person learn from their mistakes
and have a clean slate.



YUM

St Mary's School Wanganui Pita Pit - Thursday

Pita Pit is back and delivering lunches every
Thursday - start date 27th February 2020

It's simple; all you need to do is register at
www.lunchonline.co.nz
and follow 4 easy steps to get started

- 1 Register an account
- 2 Add member/s including your child's name, school and classroom
- 3 Make a payment so you have funds in your account before you order
- 4 Select your lunch and place an order



 **lunchonline**
www.lunchonline.co.nz

Phone 0800 LOL LOL

Phone 0800 565 565

info@lunchonline.co.nz

Healthy and affordable | Easy internet ordering

Kia Ora

My name is Vivienne East and I am a Registered Nurse based at the Whanganui Hospital. I visit St Mary's School throughout the school year offering support, advice and referrals for any health concerns that parents, caregivers or teachers may have.

Some of the health problems include: allergies, nutrition concerns, growth and development, immunisations, puberty concerns, bed-wetting, toileting issues, vision and hearing, parenting support.

I can be contacted on my mobile on 021 373 212 or through the Whanganui Hospital on 06 348 3343 or you can email me on

vivienne.east@wdhb.org.nz

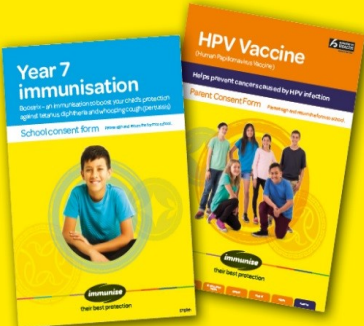
Nga Mihi

Viv


If your child is in **Year 7 or 8** they'll be offered important **free** immunisations at school. These will help protect them against serious diseases, and will also help protect your whānau and our wider community.


Ask your child for the consent form they've been given for you to read, sign and return to school.

For more information:
Talk to the **Public Health Nurse**
visit health.govt.nz/imms-older-children
or call **0800 Immune**



immunise
their best protection

 **MINISTRY OF HEALTH**
MAKATU HOKIKA

 **New Zealand Government**

Year 7 and 8 immunisations will be held on the 20 March in the School Hall.

For more information please contact Vivienne East, Public Health Nurse on 021 373 212

I n C hrist I C an... Champions!



Inclusion

Courtesy

Integrity

Courage



St Marys School

In Christ I Can

Name: Cecilia Dechabene

Room: 11

☒ Inclusion

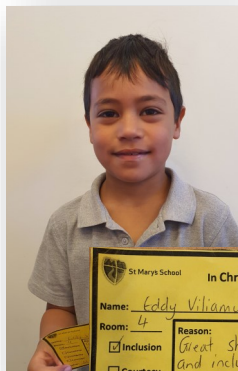
☐ Courtesy

☒ Integrity

☒ Courage

Reason: Another student moved from another class to block 11. Cecilia came to block 11 to help a friend as it was a new place for her. Cecilia was happy to help her friend and make her feel welcome.

Teacher: Liz



St Marys School

In Christ I Can

Name: Eddy Vilagosa

Room: 4

☒ Inclusion

☐ Courtesy

☐ Integrity

☐ Courage

Reason: Great sharing and including of others when using different resources in the classroom.

Teacher: Miss Slade



St Marys School

In Christ I Can

Name: Sophie H

Room: 5

☒ Inclusion

☐ Courtesy

☐ Integrity

☐ Courage

Reason: For making Isabella feel so welcome in Room 5 and make sure she has someone to play with.

Teacher: Miss Bernard

St Marys School

In Christ I Can

Name: Rahana Totah

Room: 9

☒ Inclusion

☐ Courtesy

☐ Integrity

☐ Courage

Reason: Rahana saw a friend having trouble completing his work. He went and helped him to understand it.

Teacher: Mr. Harper



St Marys School

In Christ I Can

Name: Ryleigh

Room: 14

☒ Inclusion

☐ Courtesy

☐ Integrity

☐ Courage

Reason: When someone had no one to play with, Ryleigh offered to help her and include this person all morning break. Thanks for your kindness!

Teacher: Miss Slade





March



Tuesday 17th:

- Vision and Hearing Screening
- Gifted and Talented STEM
- **PTA Meeting 7pm !**

Wednesday 18th:

- Technology @ Cullinane Year 7 & 8
- Rotary Readers
- Kapahaka

Thursday 19th:

- Pita Pit go to lunchonline

Friday 20th:

- Gifted and Talented Arts
- Year 7 & 8 Immunisations
- Mass at Cullinane Rooms 4 & 5

Monday 23rd:

- Duffey Role Model Assembly
- Water Safety Year 1 and 2's

Tuesday 24th:

- Contributing Swimming
- Gifted and Talented STEM
- **Cullinane Open Evening 6pm !**

Wednesday 25th:

- Technology @ Cullinane Year 7 & 8
- Rotary Readers
- Kapahaka
- Assembly Room 8

Thursday 26th:

- Pita Pit go to Lunchonline

Friday 27th:

- Gifted and Talented Art
- Mass at Cullinane Rooms 6 & 7

Sunday 29th:

- ✠ School Mass at St Mary's Church 9.30am (Please arrive by 9.15am) !

Monday 30th:

- Water Safety Year 1 and 2's