



# Te Rapa Primary School

An effective, quality full primary school (NE – Yr 8)

**Principal**

Mr Vaughan Franklin

**Deputy Principal**

Mrs Christine Troon

[www.terapa.school.nz](http://www.terapa.school.nz)

**Head of Junior School**

Mrs Jane Franklin

**Head of Senior School**

Mrs Abby Ritete

**BOT Chairperson**

Mr Shaun Hoskin

**Newsletter #3**

**Thursday 12<sup>th</sup> March 2020**

**School Student Roll : 541**

**WHAT'S HOT**

Year 5 & 6 Team's Annual Triathlon  
Water Confidence and Learn to Swim at Te Rapa  
RIMU House .... Win 2020 PTA House Colours Day

**WHAT'S NOT**

Parents Visiting with Dogs .... Reminder : NO DOGS at school please  
Children NOT swimming .... and missing the chance to be water wise  
Mr Marsh - Leaving Te Rapa to take up a new teaching job

**Staffing Changes – End of Term 1 / Start of Term 2****POOL OPEN to the PUBLIC Every Weekend****Farewell ..... Miss Ainsley Whitfield – Room 20**

Miss Whitfield has BOT Approved 12 months Maternity Leave, and her likely last day on staff is Friday 27<sup>th</sup> March (unless baby arrives earlier). She is scheduled to return to the teaching team at the beginning of Term 2 2021 (Monday 3<sup>rd</sup> May 2021).

**New Appointment : We Welcome – Mr Isacc Hunia – Room 20**

Mr Hunia's first day as a full-time teacher on staff is Monday 30<sup>th</sup> March (unless Miss Whitfield's baby arrives earlier). Mr Hunia is employed in a Fixed Term position covering for a permanent teaching staff member on Maternity Leave. He will do 9 x days in Term 1 2020, and then Terms 2, 3, 4 2020 and Term 1 2021. He is an experienced Year 5 – 8 classroom teacher who late 2019 moved to Hamilton from Auckland.

**Farewell ..... Mr Hamish Marsh – Room 18**

Mr Marsh will leave our staff at the end of Term 1 2020 to step up to a new "specialist visual arts" position at RJHS. He has been on our staff for 14 years. We congratulate Mr Marsh on his new appointment, and we will farewell him at the end of Term 1 in the usual "Te Rapa" way.

**New Appointment : We Welcome - Ms Cara MacKenzie – Room 18**

We have been lucky to secure an "experienced teacher" for Room 18, for a Fixed Term period of 3 x Terms through to the end of the current school year. Ms MacKenzie begins on Tuesday 28<sup>th</sup> April (Day #1 Term 2). She is moving to the Waikato from Auckland, and with experience at Intermediate Schools and strengths across the curriculum she will quickly settle into our Year 7 & 8 Senior Syndicate.

**Pastoral Care Team – Temporary Changes**

Tapua Gudgeon has been given approved leave for a period of 4 x months, so we have his colleague **Luana Wickliffe** stepping into the Pastoral Care position in a more focussed role. We also have **Cath Bailey** and **Kylie Calland** assisting too. Thank you for your support.

**Charter 2020**

There are always up-to-date copies of our school's Charter available in the school's Admin. Foyer. Parents / carers are welcome to visit during the school day to read the Charter.

**REMINDER .....**

**NO DOGS at school.**

**Emergency Drills****HEALTH & SAFETY**

Te Rapa Primary staff have been preparing our students this Term for our annual school "emergency" drill practices. As expected these have gone really well. Parents are asked to help us by reinforcing with your children the following important information signals / procedures ...

- |  |   |                                    |
|--|---|------------------------------------|
| (1) <b><u>Evacuation of the School</u></b> | = bell sounding <i>on-off-on-off</i> continuously.  | Meet / assemble at Council fields. |
| (2) <b><u>FIRE</u></b>                     | = fire siren / alarm sounding continuously.   | Meet / assemble at Council fields. |
| (3) <b><u>Lockdown of School</u></b>       | = Intercom announcement schoolwide – "This is a LOCK DOWN" (3 x Times). "Stay indoors".         |                                    |
| At recess times .....                      | = bell sounding 3 x times only, long pause, then repeat. Students / staff seek shelter indoors. |                                    |

**Lockdown Expectations****Reminder to Parents / Carers**

In the event of a critical incident requiring an emergency 'Lock Down' all Te Rapa Primary School personnel (students, staff and visitors) will be safely secured indoors. The Police will be actively involved and as much information as possible would be made available to our parents/ carers via the school APP, school webpage or via email.

**PLEASE NOTE** - *No person or persons are permitted on the school site during a lockdown unless they have the authority to do so eg. Police, Emergency Services.*

Parents / carers are NOT permitted to come onto the school grounds during a lockdown, and all students and staff must stay where they are (secure indoors) until official notification is provided by the Police / school leadership that the lockdown is over. Signage signalling a "Lockdown is in Progress" would be displayed at the front & rear of the school ONLY if it is safe to do so. Where the lockdown lasts an extended period of time or extends beyond normal school hours, the school will continue to communicate with parents / carers via the school APP, the school webpage, via email or through local media. The phones may not be available during a lockdown situation. Communication may also be managed by Police. If a lockdown was to conclude beyond normal school operating hours, local Police and / or the Principal and staff, will arrange for parents to pick up students from school at a designated safe area.

**Photo Day – Wednesday 25<sup>th</sup> March Masterpiece Photography (Cambridge)****NO RIGHT TURN : Turn left ONLY .... Masterpiece**

Photography are here Wed. Week 7 Term 1 to take class & individual photos. **When exiting our driveway at 3pm.**

## Assessment Data Gathering and Analysis

Teaching and support staff, along with our Deputy Principal – Christine Troon (Curriculum & Assessment Leader) have pulled together our assessment data base. This is collated based on student assessments in mathematics, writing and reading, and is gathered at all levels across the school. As a result of our analysis we will look to target our 'well below' and 'below' achievers in key areas in 2020.

### Learning Support Programmes (LSPs)

Teachers have their classes settled for the new school year and formal assessments have been completed. The data is then analysed by teachers who will then group students according to their needs, and the LSPs implemented accordingly. These LSPs are designed by teachers and are implemented by both teaching staff and teacher assistants to further assist our less able students during the school year. We will adhere to the same format as in previous years with courtesy letters coming home to parents / carers confirming your child's involvement.

### Gifted & Talented Education (G.A.T.E)

We have accurately identified those students most suited to extension programming, and we are already considering and implementing extension opportunities for our high achievers.

### Parent – Teacher Conferences      **Tuesday 7<sup>th</sup> April and Wednesday 8<sup>th</sup> April**

Teachers will host parents / carers for 15min conferences on both days commencing at 3pm. They then run through to approx. 7.45pm each evening. Please keep an afternoon or evening free to attend your child(ren)'s conference because they are an important part of Te Rapa Primary's reporting system. **Bookings are made by parents / carers on-line** and our **Deputy Principal – Christine Troon** co-ordinates these across the school. A notice will be sent home to families soon outlining how / when to book a conference. Conferences aim to...

- establish and maintain a positive home – school partnership, which fosters and enhances a child's learning
- discuss Term 1 (a) assessments and (b) teacher professional judgements
- link a child's learning to the child's actual "areas requiring further focus"
- discuss / identify learning & behaviour goals for Terms 2, 3 & 4 for each individual student

**Term 1 Ends**

**Thurs. 9<sup>th</sup> April**

**Goal ....**

**To be our best !**

### Early Finishing

**2.00pm Tuesday 7<sup>th</sup> April**

Parent / Teacher Conference Afternoon – Evening : Day #1

**Bell Sounds at 2pm .....**

**2.00pm Wednesday 8<sup>th</sup> April**

Parent / Teacher Conference Afternoon – Evening : Day #2

### Well-Being of our Children

**Special Request ...** please do not send children to school **angry and grumpy**, or **tired and sick**, or **hungry and frustrated** ....

We need to **set up our children for success**, and too often we are seeing students arriving at school when they are clearly "not ready" for their school day. **Parents / carers are asked to please help us ... to help your children.**

To do this we need all Te Rapa parents and carers "setting up the day" for your child(ren) each school morning. Arriving at school in the right 'frame of mind' is critical to start their school day. Too often children are starting their day already **angry** or **frustrated** about something that has happened at home, or perhaps in the car just prior to "drop off". They then come into the school setting with a poor attitude. This does not help their well-being and is impacting negatively on those around them too eg. fellow students and also our staff. Staff end up spending valuable morning time trying to counsel a student(s) and / or others in an effort to calm them down so they are ready for their school day. This takes lots of time, and takes my staff away from their key role(s). After plenty of "talk time" we learn that the child came to school already unhappy. Student **well-being** is a major focus for us at Te Rapa Primary School, and when a student is not "school ready" on arrival ... we are setting them up to fail. Please make school mornings in your household a happy time and in the car too, and if they are not happy, then keep them with you because you are best placed to "make good" the situation. Dropping them off and driving away and / or sending them to school **angry and grumpy**, or **tired and sick**, or **hungry and frustrated** is not helping us progress your child. If students are unhappy on arrival we will phone you at home / work asking for your prompt assistance. Students 'coached' by parents / carers each morning are able to start the day positively because they arrive in the right frame of mind.

**Full School Assembly** – Tomorrow 9.15am MPRoom

### Bully Proofing ..... our Children

Te Rapa Primary School has continued to highlight that students should not be victims of bullying at our school. If they are unhappy they must speak out and share the situation with the adults in their lives eg. school staff and parents. We know that bullying will happen in every school, so Te Rapa staff continue to work hard at a classroom and playground level to reduce / eliminate all forms of bullying where we can. Teachers / support staff make themselves available to support our students and intervene, but realise that the effects of bullying are not always visible either, so we are on the look-out for signs. Our aim is to constantly draw attention to the topic of "**anti-bullying**", and by building the social / emotional intelligence of our school population through **Te Rapa HEART** we are helping too. These approaches encourage our students to talk with their teachers and / or other staff so we can get involved. Please remember **bullying is when a child is made unhappy by another over time** eg. teasing, hurting or perhaps being excluded, but it is **over time**. **We don't use the term bullying for a one off incident**. Please remind your son / daughter to tell you what has happened to them, but they must also tell their teacher at school too (immediately). This way we can move swiftly to support them ... and we certainly will, if we know about it. We cannot provide intervention and support if we don't !

### Te Rapa Primary School Year 5 & 6 – Triathlon 2020

Once again Te Rapa has organised a wonderful event for our students, and this time it was our annual Yr 5 & 6 Triathlon. Congratulations to all participants. We are enormously proud of you, and especially those of you who were able to show "truck loads" of tenacity and determination to get past personal barriers. Celebrate that you were able to accomplish something that was special to you. Well done. All students involved in events like this learn to "dig deep" to manage themselves under pressure. This is critical, and these attributes are life skills that then allow us to grow positively and develop "personal character". Special "thank you" to **Ms Penny Jackson** R.13 for her organisation / leadership of this event, and the rest of the staff who were actively involved too. Thanks to all the parents and grandparents who were able to come along and support our students. We now look forward to selecting our inter-school team for the 2020 Yr 5 & 6 Inter-school Triathlon.

### **Swimming at Te Rapa Primary School**

New Zealand is an island nation and we are blessed with lots of lovely beaches, lakes and rivers. Many believe that aquatic activities are a birth-right of all New Zealanders. Most parents and grandparents will recall your school days at the school swimming pool. Te Rapa Primary believes that being water savvy and achieving swimming competence / confidence are an essential and unique part of our school's programme. Schools without pools find this difficult to schedule, and when they do it is only a block of 2 weeks at a community pool. Then nothing more. This is like teaching a child to read then taking away the books. I'm pleased students enrolled to attend Te Rapa swim every day in a quality facility for free, and 'thank you' to those parents / carers who recognise this and support us. Drowning remains the second leading cause of unintentional death of children under 14 in our country, so I am proud of our facility and I am also proud of the quality aquatic programmes we can offer our students at our school in Terms 1 and 4 each year. Their individual progress is certainly evident for all to see.

### **School 'Syndicate' Swimming Championships 2020**

Te Rapa students have been actively preparing for their annual syndicate swimming sports this term. Their performances this week and over the next few weeks will reflect the good work they've put in during a long hot summer. The school's inter-house competition will again prove exciting for students too with many really getting into the "fun side" of their syndicate event. The Te Rapa 'have-a-go' attitude will be there for all to see too and thanks to all of the parents who will be able to attend to support our swimmers on the day, and perhaps help our staff too.

Yesterday ..... Wed. 11<sup>th</sup> March      **Yr 5 & 6**

Then ....      Tues 17<sup>th</sup> March      **Yr 7 & 8**

                 Fri 20<sup>th</sup> March **Yr 3 & 4**

                 Fri 27<sup>th</sup> March **Yr 1 & 2**

**Parents / carers WELCOME**

**Inter-school dates are ....**

**Yr 5 & 6** Wed 18<sup>th</sup> March : Hamilton

**Yr 7 & 8** Fri. 27<sup>th</sup> March : Cambridge

### **Organisation is huge ....**

Thank you to all syndicate staff for your organisation and management of these annual swimming events, and thanks to those parents who will kindly jump up and offer to help out on the day too. Big thanks to Mr Turner (Caretaker) for preparing our pool too.

### **Te Rapa Primary School T-Shirts      \$37.00**

School representative t-shirts for students are available for sale from the school office. They look great, and are available to all students. Any students representing our school (sports or similar events) will require a school t-shirt so please get your child(ren) a shirt now.

### **PTA Team 2020**

Congratulations to **Rachel Chapman** (*Chairperson*), **Janferay McAnalley** (*Secretary*) and **David Meadows** (*Treasurer*) who were recently appointed to the PTA Executive. It was very, very pleasing to learn that 4 x new parents also attended the March meeting. Please consider this a personal "thank you" to those 4 x parents .... from the children and staff at Te Rapa Primary School. Your child's school will benefit from your involvement on an active **Parent-Teacher Assn (PTA)**.

A huge vote of thanks to those parents of Te Rapa children who are stepping down from our PTA after many years of service too.

Your contribution(s) to your son / daughter's school is really appreciated, and your child thanks you for 'giving back' to their school.

### **PTA House Colours Day      Friday 6<sup>th</sup> March      Thank You PTA for organising this event.**

Te Rapa students were encouraged to dress up in their House colours, and lots of staff did too. This is part of our annual PTA House Colours Day event. A huge vote of thanks to everyone who embraced the day and made a genuine effort, because it is good fun, and it is a great way to kick-off the new school year and add to the vibrancy of our 2020 House Competition. There were lots colourful creations that must have taken hours to create. Thank you to the parents / carers who also got in behind this Te Rapa Primary School PTA for our children.

**Congratulations to RIMU House who are our 2020 House Colours Day Champions.**

### **REMINDER      NO Cell Phones or Smart Watches at School**

Parents are reminded that if your child is enrolled at Te Rapa Primary they are **NOT to have a cell phone** or a **smart watch** at school. If they do, the cell phone or smart watch will be held until the parent(s) comes to school to collect it. Should your child need to communicate with you after school (Health & Safety) following a scheduled sports practice or similar, then they must complete a **"Device" Storage Licence** which will need to be read and signed by you. This licence allows your son / daughter to log the device in with office staff on arrival at school, and log it out again at 3pm. **Preference is ... that communication devices like cell phones and smart watches are best left at home.**

### **Office Hours 2020      REMINDER**

Our school administration staff at Te Rapa Primary School are employed 8am – 4pm daily, so please remember that these are also our school office hours too. Note - the office is not open before 8am .... or after 4pm (close at 3.45pm on Fridays).

### **Scooters and Bikes "locked Up" at School      Security**

Please don't allow your child to bring a scooter or bike to school unless they have a good lock system to secure it to the racks provided. They must know how to use it too, and if they are not sure, parents / carers are asked to show them how and what to do. Please check.

### **Student's Annual Art Competition**

Our 2019 winners selected late last year have had their art work professionally framed, and it will be on display in our school administration building very soon. Ron Astrella (Sponsor) frames the work for us, and each student now has the honour of having their art work hanging in the administration building for two years (2020 & 2021) for all to see. After which they get it back in December 2021 to take home.

Thank you for your continued support of Te Rapa Primary **Waikato's Top School 2006, 2008, 2009, 2010, 2012, 2013, 2015, 2016, 2017, 2018 & 2019.**  
..... a full primary school where **"everyone knows your child's name"**

### **V W Franklin (Principal) and Staff**

## **Making bookings for Learning Conferences: Tuesday 7th and Wednesday 8th April 2020**

Bookings will open tomorrow at 9am.

### **What to do:**

Go to this address: [www.schoolinterviews.co.nz](http://www.schoolinterviews.co.nz)

Click on the link 'MAKE A BOOKING'— at the top right of your screen.

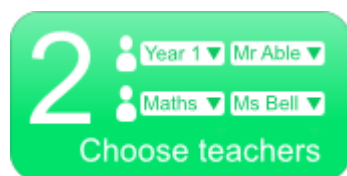
**Enter this code: dvwfv** and then you will be guided through the booking process.



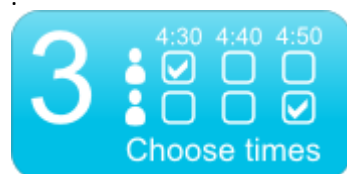
First enter your email address and full name of who is coming to the conference/s

Then enter the FULL NAME/S of the child/ children the conferences are for.

**It is important to include the last name (surname) too** so that children can be clearly identified.



On the next page, choose the teachers you want to meet with.



Then you will see a timetable showing when your chosen teachers are available.

Simply click on the times that suit you.

When you are finished making the booking/s, your conference timetable will be emailed to you.

If something comes up and you want to change times, you can return to the site and change them with any that are still available.

You will receive a confirmation email to the email address you supplied.

### **IMPORTANT:**

There is only room for one conference for each student. In the case of separated parents, we ask that you either attend together with your child or that another arrangement is made with the teacher. **Please do not attempt to book two conference time slots online for the same child as there are not enough time slots for this across the whole school.**

### **Why meeting is so important:**

Students have the opportunity to talk about their learning in key areas of the curriculum and to share their goals. Our conferences are student-learning focused

Teachers are able to discuss progress and any areas of need, based on data from assessments and ongoing class programmes.

Parents/ Caregivers are able to form a clear picture of how their child is progressing and how home and school can work in partnership to support their child.

Christine Troon  
Deputy Principal

## Supporting your child's health at school:

At Te Rapa Primary we work closely with Parents/ Caregivers to manage and support the health of children during the school day. We rely on you to keep records up to date so that medications we hold and/or responses to illness are correct at all times.

### Asthma:

Addressing asthma in the school setting is a collaborative effort. If your child is prescribed an inhaler and will be using it at school or at any school events, Te Rapa Primary School requires that a document called the 'Child Asthma Action Plan' form be **filled out and signed by the child's physician**, then returned to school.

Asthma inhalers are kept in the medical room. Students are not to have any form of prescribed medication in their school bag.

The 'Child Asthma Action Plan' provides best care of your son/ daughter throughout the school day. It is kept with the inhaler and guides responses to asthma episodes with your child. The 'Child Asthma Action Plan' was approved as a BOT Policy in 2019. If we do not have a current 'Child Asthma Action Plan' for your child we will be sending home a letter in the next week so that you can communicate your instructions to us.

### Anaphylaxis:

Every student with diagnosed anaphylaxis has a personal kit with current careplan and any medications required in the event of anaphylaxis occurring.

Please let us know if there is a change in medications or responses to either of the above conditions.

Thank you

Christine Troon  
SENCo

## PHOTO DAY IS COMING!



### Pack 1

One copy of 8 x 10 photo

**\$21.00**



### Pack 2

4 copies of the same photo 6x4 size

**\$22.00**



### Pack 3

3 copies of the same photo 5x7 size

**\$22.00**

### Pack 4

8x10" Portrait Photo  
5x7 Enlargement  
One Postcard print  
2 x Wallet size photos

**\$24.00**

### Pack 5

Grandparents pack.  
1 x 8x10"  
2 x 5x7"

**\$26.00**

**Class Photos \$15 each**



**MASTERPIECE  
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Email: [masterpiece@xtra.co.nz](mailto:masterpiece@xtra.co.nz)  
[masterpiecephotography.co.nz](http://masterpiecephotography.co.nz)

**PHOTO DAY  
Te Rapa School  
Wednesday 25th March**

Photo envelopes  
will be coming  
home with  
all students  
on Monday  
16th march.

Please fill them  
out with student  
and photo details  
and return to the  
school office.



# Sports results

	<u>Result</u>	<u>Player of the Day</u>	<u>Fairplay</u>
<b><u>Touch Results</u></b>			
Te Rapa Kiwis vs Pukete Movers	Loss 4-9	Nikau	
Te Rapa Thunder vs Forestlake	Loss 5-1	Neihana	
Te Rapa Thunder vs Aberdeen	Loss 3-2		
Te Rapa Panthers vs Fairfield	Loss 4-2	Praise / Ayda –Lee	
Te Rapa Panthers vs Rotokauri	Draw 4-4	Blake / Nixon	
Te Rapa Storm vs Southwell Mars	Draw 2-2	Stella	
Te Rapa Warriors vs Aberdeen Raiders	Win 6-1	Lenora	
Te Rapa Warriors vs Hn West	Win 7-1	Tamati	
Te Rapa Warriors vs Forest Lake	Win 6-0	Liam	
<b><u>Cricket</u></b>			
Te Rapa Titans vs Marian School		Alex	Liam
Te Rapa Titans vs Hn Old Boys		Liam	Taylor
Te Rapa Titans vs St Peter Chanel		Ekkamveer	Ariv
Te Rapa Titans vs Ngahinpouru		Heather	Arley
<b><u>Waterpolo</u></b>			
Te Rapa Turbo vs Berkley Gold	Loss 10-1		
Te Rapa Turbo vs Marian Shark	Win 6-1		
Te Rapa Turbo vs CMS Stingray	Win 6-3		

## HOUSE COLOURS DAY 2020

On Friday 6th March, Te Rapa students dressed up in their house colours, and many of the staff did too. This was all part of our annual PTA House Colours Day. A huge vote of thanks to everyone who embraced this event and made an effort, because it is good fun, and it is a great way to add to the vibrancy of our 2020 House Competition. Congratulations to — **RIMU = *Silver / Grey with maroon***. They are our 2020 Winners. Rimu Leaders: Makenzie, Nikita, Riley, Angus, Luke, Jake

### Congratulations Te Rapa Weetbix Tryathletes

Congratulations to all those students who completed the Weetbix Tryathlon on Sunday 16<sup>th</sup> February. A big thank you to all the parents for supporting their kids so enthusiastically especially those who arrived extra early to help set up!

Congratulations to Te Rapa Primary for winning the random draw of \$150.00 Sushi Vouchers!

# Camp Karakariki

**In Week 3 this term the Year 5/6 Syndicate visited Karakariki Christian Camp! Thank you to all the parents who were able to come with us and make this camp possible. It was a super fun camp with lots of great memories made. Here are some highlights from throughout the week.**

What I liked about camp was that it had lots of different and really fun things to do and some of it was challenging but in the end I still tried.  
Anahera

I loved how the adults were so nice and funny. They always encouraged us and said “You can do it!” when I found things challenging. They helped you when you needed help or

The Burma trail was challenging because you couldn’t see and there was heaps of trees in the way. My favourite part of camp was archery and shooting because  
The tree climb was the best because it pushed me to be brave!

The moment I enjoyed most was splashing Mr McCurry at the waterfall. Heaps of people joined in and it turned into a big water fight.

*I liked camp because I got to try something new and the camp activities were super fun. My favourite camp activity was the burma trail because we had to find our way to the end while blind folded. I enjoyed camp a lot.*  
Aria

My favourite part was the Burma Trail at night as it was extremely challenging and good because it puts you to the task to go up the hill and try not to slide back down. Better luck next time parents!

Camp KCC was the best! So many activities and all were



## How Do the Germs Get Inside?

Once they are on your hands, germs enter the body through openings such as the eyes, nose, or mouth.



They can also enter through cuts in the skin. The result? You can get sick and spread germs to others. Yuck!

## Wash Those Germs Away!

Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. So wash your hands often—especially after blowing your nose, coughing, or sneezing—and wash them properly!

- Use clean running water and lots of soap.
- Scrub all surfaces for at least 20 seconds (the time it takes to sing "Happy Birthday" twice).
- Rinse well under running water.
- Dry your hands with a paper towel or air dryer.

If soap and water aren't available, use alcohol-based gel to clean your hands.

## Stop the spread of cold and flu germs!

For more information about preventing colds or flu, visit the U.S. Centers for Disease Control and Prevention (CDC)  
Website: [www.cdc.gov/flu/](http://www.cdc.gov/flu/)



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## What's on Your Hands?



## Why Do You Get Sick?

Most communicable diseases are caused by viruses and bacteria that spread easily through direct and indirect contact. Direct contact involves touching someone who is sick. Indirect contact results from coming into contact with germs a sick person has left behind. These germs can be in the air from coughs and sneezes, on eating utensils, drinking glasses, and personal items; and on doorknobs, telephones, and other contaminated surfaces.



Flu and cold germs live about 12–48 hours once they have left the human body. To avoid getting sick, wash your hands often and stand at least three feet away from someone who is ill. Staying home when you are sick greatly reduces both types of contact and protects others from your germs.

## How to Treat Colds and Flu

- Stay home and rest.
- Take pain relievers for fever and body aches. (No aspirin for children and teens.)
- Drink lots of liquids (water, clear broth, diluted juices).
- Try hot drinks to soothe a sore throat.
- Wash hands often to avoid spreading germs. Also, don't share cups or eating utensils, such as forks and spoons, with anyone.

Most people get over colds or flu within two weeks. However, if you don't get better within a couple of weeks, seek medical care. This may be a sign of infection with another virus or bacteria (called secondary infection), which may lead to complications such as pneumonia.

Seek early medical care for flu if your symptoms are severe (very high fever, trouble breathing, confusion, etc.). Your doctor may prescribe antiviral medication to treat flu. Antiviral treatment must be started within two days of becoming ill.

For more information about preventing colds or flu, visit the U.S. Centers for Disease Control and Prevention (CDC)  
Website: [www.cdc.gov/flu/](http://www.cdc.gov/flu/)



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## If You Are Sick...



It's easy to spread cold and flu germs.  
If you are sick, stay home!



# Community Notices

Waikato Community School of Music - Affordable music lessons for all ages. - Pre-schoolers to retirees, all skill levels, including beginners. What's on offer? Better mental agility, self-discipline and focus - the proven results of studying music. A chance to learn a new skill, or re-discover a buried one. Unlimited free access to WCSM ensemble opportunities when enrolled. Preparation for an external music exam if desired. Classes are on Saturdays during primary school terms, February to December. Gate 4, Hillcrest Road, University of Waikato campus, Hamilton. For fee and enrolment information phone 838-4611 or email: [enrolment@wscsm.org.nz](mailto:enrolment@wscsm.org.nz) or visit our website [www.wscsm.ac.nz](http://www.wscsm.ac.nz)

## NORTHERN UNITED SPORTS CLUB

### ARE YOUR KIDS INTERESTED IN PLAYING SOCCER?

IF YES, THEN GET THEM INVOLVED!!

REGISTRATIONS ARE NOW OPEN FOR THE 2020 SEASON

AGES 5 – 14 YEARS OLD FOR MORE INFORMATION VISIT OUR WEBSITE:

[WWW.NORTHERNUNITEDFOOTBALL.COM](http://WWW.NORTHERNUNITEDFOOTBALL.COM)

OR EMAIL [FOOTBALL.NORTHERNUNITED@GMAIL.COM](mailto:FOOTBALL.NORTHERNUNITED@GMAIL.COM) FOR MORE INFORMATION



## KidsLink

connecting schools & parents with trusted services for kids & teens

Learning

Behaviour

Physical Needs

Extra Curricular

Childcare



Who is out there?  
What do they do?  
How can they help?

[www.kidslink.co.nz](http://www.kidslink.co.nz)

**Te Rapa Junior Rugby** - Calling all junior rugby players! Is your child interested in playing rugby in 2020? Te Rapa Junior Rugby would love to welcome you into our friendly club. Final weigh in is at the Waikato Stadium from 5.30 - 6.30 Wednesday 11th March. If you can't make it, don't worry, call Tracey on 021 116 3056 to arrange an alternative time. Come and play rugby with us! Te Rapa Rugby 12th Grade Players, trainings have started! Please turn up to the fields Wednesday 5-6pm.

## WHAT KIND OF ADVENTURE ARE YOU LOOKING FOR?



YOU BE THE GUIDE



0800 22 22 92  
[GIRLGUIDINGNZ.ORG.NZ](http://GIRLGUIDINGNZ.ORG.NZ)



## Artz on Show School Holiday Performing Arts Workshop

This is a fun yet educational week for students aged 5 – 15 years.

Students participate in a range of performing arts classes, concluding the week with a performance!

20 - 24 April 2020, 9 am – 4 pm daily  
Held at Southwell School

View our website; [www.artzonshow.co.nz](http://www.artzonshow.co.nz)  
or contact Hayley on either  
[artz@artzonshow.co.nz](mailto:artz@artzonshow.co.nz) or 09 294 7129

**ARTZONSHOW.**

## APRIL SCHOOL HOLIDAY PROGRAMME

Tuesday 14th April - Friday 17th April

Monday 20th April - Friday 24th April

9am - 12pm.  
5 - 13 years old.

Tuesday 14th April - Acrylic Painting Skills & Clay Modelling fun.  
Wednesday 15th April - Collage Artworks & Watercolour, Salt & Pen.  
Thursday 16th April - Chalk Pastel Sunsets & Creative Hanging Mobiles.  
Friday 17th April - Drawing Vanishing Point Art & Oil Pastel & Dye Fun.

Monday 20th April - Abstract painting fun & Creative Clay Creations.  
Tuesday 21st April - Flying paper craft & Cardboard Creations.  
Wednesday 22nd April - Colourful Tissue Art & Cartoon Characters.  
Thursday 23rd April - Dot & Pattern Painting & Craft Creativity.  
Friday 24th April - Woolly Art & Watercolour & Dye.

\$35 per day or \$30 per day if attending 5 days or more.

[ARTSCHOOL@WSA.ORG.NZ](mailto:ARTSCHOOL@WSA.ORG.NZ)  
[WWW.WSA.ORG.NZ](http://WWW.WSA.ORG.NZ)  
07 839 4481

120 Victoria Street, Hamilton.





## BREAKFAST IDEAS

# MAGIC MOUSETRAPS

- Wholegrain bread
- Marmite
- Edam cheese - grated

Place bread on baking tray and grill on one side only until toasty.

Flip the bread over and spread with a thin layer of marmite.

Sprinkle with cheese and grill until golden brown. Enjoy!!



Developed by Sport Waikato 2019

## BREAKFAST IDEAS

# BREAKFAST SWAPS

To lower our sugar intake and/or increase the fibre in our breakfast try these easy swaps.....

1. Nutrigrain to PORRIDGE
2. Coco Pops to WEETBIX
3. Spaghetti to BAKED BEANS
4. White bread to WHOLEGRAIN BREAD



Developed by Sport Waikato 2019

## WE'RE AN ANZ OLYMPIC SCHOOL

We have registered as an ANZ Olympic School which provides us with resources and rewards to inspire our school community.

If you're looking to take out a home or business loan, simply provide the name of our school when speaking with an ANZ representative.

When your loan is drawn down, we will receive credits to spend at the ANZ Awards Centre on items like sporting equipment and computers.

To discuss an ANZ home or business loan, visit your local ANZ branch, or call a Home Loan Specialist on 0800 269 4663 or a Business Specialist on 0800 269 249.



Olympic Schools



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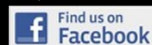
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[info@getwetwakato.co.nz](mailto:info@getwetwakato.co.nz) [www.getwetwaikato.co.nz](http://www.getwetwaikato.co.nz)

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