

## HEALTH CONCERNS GUIDELINES

The Board of Trustees is using the following guideline for when students are sick.

<u>Illness</u>	<u>Recommended Recovery Time</u>
Vomiting	Until 24 hours after last vomit, and managed to keep food down.
Diarrhoea	Until 24 hours after last runny bowel motion.
Conjunctivitis	Until eye discharge has ceased.
Measles	For at least 7 days after onset of rash.
Whooping Cough	For five days after antibiotics treatment commenced.
Mumps	For 10-12 days or swelling and temperature has ceased.
Chicken pox	For seven days from the onset of the rash and scabs are gone.
School Sores / Impetigo	Until 48 hours after antibiotics started.
Infectious discharge / uncovered lesions	Until 24 hours after treatment has started and/or discharge has ceased.
Streptococcal Throat	For 48 hours after antibiotics started.
General Anaesthetic	Allow 2 days to be fully alert.
Cold/Flu Symptoms	Until temperature has returned to normal and the nose is clear.
Ears	Until discharge or pain has ceased.
General unwellness / unfit state for learning	Until symptoms cease (e.g. at least 24 hours after last high temperature – above 37.5°) and student is in a fit state to be involved in full school day's activities.

### Term Dates 2012

**Term 3 - Mon 16th July to Fri 28th Sept**  
**Term 4 - Mon 15th Oct to Tues 18th Dec**



### **What should I eat before I compete?**

To be an amazing BMX rider like Sarah Walker it is important to fuel your body with the right food so you have enough energy to get you through your race. For breakfast, try Weetbix or porridge with milk and fruit. It's also important to drink plenty of water before you start: aim for at least half a bottle (400ml)



## Hamilton North School

Specialist Learning Centres

*Their potential will be maximized by offering them new challenges and opportunities.*

30th August 2012 Volume 14 2012

Principal's Corner

### **Welcome to Week 7**

It's good to see the days lengthening and the weather starting to show signs of warming up as we battle through a period of continued sickness amongst students and staff. Our thanks to all parents/caregivers as you support the school in keeping your children home when they have flu symptoms. This definitely helps in reducing the spread of sickness.

The Junior School Presentation of "Going on a Lion Hunt." was a great success with many parents and whanau coming along to view the performances. The expressions on the students faces showed how much they enjoyed participating. Thanks to Jackie and the Base School Team who put a great deal of effort into ensuring the performances ran smoothly. One hundred and forty dollars was raised for the SPCA through your donations. Thank you very much for your support.

### SLC Olympics Day:

Tomorrow the SLC classes are holding their own mini Olympics beginning with an opening ceremony starting at 9:15am. This should be a fun day for all, as the students compete in a number of the Olympic events representing different countries. Parents/caregivers are most welcome to come along and support the students.

### Respite Care Meeting:

#### The Ministry of Health's- Disability Support Services and Parent to Parent

Invite parents and caregivers to a meeting to discuss respite services in the Waikato. They want to hear from you about your experiences of respite– what worked, what didn't. What type of respite you are seeking– facility, school camp or camps for siblings.

**When–** Thursday 20th September from 7 to 9 pm at the Methodist Centre, London Street. Please RSVP to Carol (07) 8481362 or Waikato@parent2parent.org.nz

**Thanks: To "YOUTH FIT GYM"** The use of this gym has enabled a group of our students to experience and appreciate a wide range of fitness benefits that have resulted in improved cardio vascular endurance and gains in strength, agility, co-ordination and balance. Our special thanks to Mr Barry Jennings owner of the "Youth Fit Gym," Te Rapa, Hamilton, who has made the gym's facilities available.

*Quote: "Experience is that marvellous thing that enables you to recognise a mistake when you make it again."*

Tony Kane  
Principal





Students took pride in preparing some special biscuits as a thank you treat for Mother's Day.



For ANZAC Day students laid a wreath of poppies on to the Parana Park Memorial. Some students placed it in honour of family members.



Students in Room 80 experienced using a high pressure hose supported by a local Fire Fighter during a Fire Wise topic.



Hula hoops were used during a music lesson to support colour identification and movement to music.



When the Speech Language Therapist is in Room 80, she is working with the students to improve listening skills and following instructions.

## **ROOM 80 CRAWSHAW 2012**



During Swim Safe lessons at Te Rapa pools, students have been practising many skills especially diving and retrieving objects from the bottom of the pool.



Following a visual pattern to successfully recreate a building, by manipulating small construction blocks has shown development with students visual perception skills.