

A common cause of sore throats is a bacteria called group A streptococcus (strep), which should be treated with antibiotics. In New Zealand, a small number of children with this bacteria, if not treated with antibiotics, can go on to develop a serious disease called Rheumatic Fever. Māori and Pacific children aged 5-14 years are most at risk from this disease.

What is Rheumatic Fever?

Rheumatic Fever starts with a bacterial strep infection causing a sore throat. The sore throat may disappear, but a few weeks later the following symptoms may develop:

- sore or swollen joints
- a rash
- shortness of breath
- jerky movements
- fever

Rheumatic Fever can cause permanent heart damage, which may mean stays in hospital, surgery, and sometimes a shorter life. Someone with Rheumatic Fever needs ten years of antibiotic injections to protect their heart.

Fortunately, if a strep sore throat is treated correctly with antibiotics your child should not get Rheumatic Fever.

What do I need to do if my child has a sore throat?

If a child gets a sore throat, please make sure they are checked at a local swabbing service. If they have a group A strep bacterial infection they will need antibiotics to treat the infection. It is important that all of the ten days of antibiotics are taken exactly as prescribed so the strep bacteria are killed and Rheumatic Fever is prevented.

By taking all sore throats seriously, we can help prevent life-long illness and suffering for our children.

New FREE sore throat swabbing services

Waikato District Health Board is working with communities to provide free sore throat management services across the Waikato, to prevent Rheumatic Fever and heart damage. Drop in services are provided at GP practices, accident and medical centres, secondary school based health clinics in low decile schools, and selected pharmacies and pathlabs, for eligible children and young people aged 4 – 19 years. Please follow this link for a list of local swabbing services:

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/sore-throat/sore-throat-clinics/sore-throat-clinics-waikato>

For more information on Rheumatic Fever and who this new service is for, check out our website:

<http://www.waikatodhb.health.nz/public-health-advice/a-z-of-public-health-topics/p-r/rheumatic-fever/>

Sore throats matter – get them checked!!

Information provided by Population Health,
Waikato District Health Board, 15/7/15



Please remember:

Parents & Visitors:

All parents/visitors report to Reception in the first instance upon arrival to school to SIGN IN, then SIGN OUT again before leaving.

Unwell/Absent Children:

If your child is going to be absent, or late to school, please phone the School Office on 07 849 3029.

2016 Term Dates and Events:

- 13 Sept** Waikato SS Basketball
- 23 Sept** Term 3 ends
- 10 Oct** Term 4 starts



Hamilton North School
Specialist Learning Centres

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

25 August 2016 Volume 14

Principal's Corner

Welcome to Week 5

Paid Union Meeting (PUM): For the first time both the NZEI and PPTA, which are the unions representing teachers and support staff, have called for Nationwide meetings to discuss the future levels of Education funding.

The Hamilton meeting is to take place on Monday 12th September from 9:00am until 11:00am at the Claudelands Event Centre.

Because we have a large number of Teachers and Support Staff attending the PUM, classes at all our sites will be under staffed or have no staff available, causing Health and Safety issues. We are asking parents/caregivers to drop their children off from 11:15am on Monday 12th September, at which time regular classes will commence. Unfortunately, the bus drivers will not be available at this time to bring students to school so this will fall on the parents and caregivers. GoBus Transport will however, be available in the afternoon. Could all parents / caregivers please fill in the form attached to the accompanying letter and return it to school. Thank you for your assistance, it is really appreciated.

New Students: I would like to welcome Bonnie Galvan and Lillian van Rooyen who have both joined Base 4. ***We welcome Bonnie and Lillian and their families and wish them well for their time with us.***

Fieldays Income: This year we managed to raise just over \$7000 for the bagging and selling of programmes at Fieldays which was a great success. We are now going to use this money and target school funds to replace a number of class iPads which in many cases have reached the end of their life.

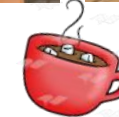
This is really appreciated- Parents /Caregivers with sick children keeping them home:

Thanks to all those families who are supporting the school's sickness policy by keeping their children at home when they are sick. This is really appreciated and helps restrict the spread of illness amongst students and staff. If your child is sick please phone the school and leave a message at the office. Parents of Satellite class students can make contact directly on the classroom phone - Crawshaw 07 849 7628, Waipa 07 824 8753 or Te Totara 07 282 0896. Also if your child is to be away from school could you please contact *Go Bus*; for Hamilton ph:021 314 442, Huntly ph:021 747 191 or Te Awamutu ph:021 759 084. Thanks.

Quote: 'Don't follow your dreams, chase them'

Tony Kane
Principal





SLC 1 Health and PE

SLC 1 have been exploring ideas about relationships with their peers and others in their wider community.

Students enjoyed their hot chocolates together at a café where, with some help, they placed and paid for their order .

Students invited a staff member's sister to visit with her friendly Corgi, Monty. They made their guests feel very welcome by asking appropriate questions and treating Monty with kindness and respect.

