

26.02.22

Tēnā koutou e te whānau,

New Zealand's COVID-19 response continues amid the increase in daily cases. You may well have seen the headlines in the media about the numbers of cases being seen in schools. Please don't be alarmed by this. It is only natural that as cases in our community increase, they will appear in schools. We have really good systems in place to respond to this and to keep any spread of the virus, should it appear, to a minimum.

Kura will remain open at this stage. The only time kura will enforce a closure is if there were numerous cases on the staffing team and we had exhausted all other options. We know that it is great for a child's wellbeing and learning to be at school with their friends and with pouako, pouāwhina and kaimahi, and we have systems in place to keep everyone as safe as possible. We ask that you continue to keep a really close watch of your whānau for anyone with symptoms. If unwell, please stay at home and get advice about getting a COVID-19 test.

Red - Phase 3

The key change is that it is only confirmed cases and their household contacts who need to self-isolate. Everyone else, including those who may have had close contact with the case but aren't in the household, must continue to monitor very closely for any symptoms of COVID-19.

Rapid Antigen Tests (RATs)

These are now being used to diagnose COVID-19 as well as PCR tests. This means that you will get an almost immediate test result back if a RAT is used. If anyone in your family is confirmed as having COVID-19, you will be asked to notify your close contacts yourself. Please get in touch with us as soon as you can if your child has tested positive for COVID-19. It is important that you contact myself or Whaea Debbie as soon as you have confirmation of this. The board of trustees have given permission to keep these securely locked away in the kura office for staff who may present symptoms while at kura. Myself or Whaea Debbie will conduct the tests as required and if in the instance a staff member tests positive they will leave immediately to confirm by receiving a PCR test then shift to self-isolate for 10 days with their household.

Transmission of COVID-19

Please keep doing all the good things you are doing to keep your whānau safe. Wash your hands, get lots of fresh air, cover any coughs and sneezes, clean surfaces regularly and seek advice if anyone is not feeling well. Wear a mask when you are out and about. There is more information online to help your family prepare to isolate if you need to.

Vaccinations

There is a clinic on kura site on Thursday 3 March. Kura does not give advice on vaccines. Kura does not give consent to children being vaccinated. The parent or primary caregiver books with Whaea Debbie and on the day her or I will be there to check people in. If we haven't heard from you then your child does not enter Te Aweawe. The time was set between 3.30pm and 6.00pm because tamariki are to be picked up by 3.30pm. Whether whānau choose to or not, your choice is respected which ever side of the taiapa you choose to sit on. I just wanted to make that very clear.

Finally, we know how hard the impacts of COVID-19 have been and are for many whānau. If you know of a family in your community who is struggling, please encourage them to reach out for support for example to access food, medicine, or access financial support: Help is available – COVID-19 Health Hub. Otherwise you can call our Māori Health Provider on (06) 3567037 they are located at 5/160 Grey Street if you require any support.

If you have any concerns about sending your child to school, please get in touch. We are here to help.

Stay safe, stay well and stay connected.

Ngā mihi,



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(027) 5312353

Basic Approach Plan

The following was shared by a whānau member

1. Get everyone vaccinated who can be asap (1st dose, 2nd, and booster)
2. Scan everywhere you go and manually enter any visitors into the covid app in case we get sick and need to let our friends know to watch for symptoms
3. Assume covid is in the community and be careful and kind. Give people space in shops and on the street. Smile! Check in with folk who might need it and offer to help. Read evidence-based info on how covid spreads, and remember many people won't show symptoms so act like we could be infectious even if we feel fine
4. Mask up properly whenever we're out and avoid any unnecessary shopping / gatherings / venues, particularly indoors. Sanitise and wash hands any time we arrive or leave somewhere. Put masks through the washing machine daily and leave hanging for 2 days before reusing so any remaining virus particles die
5. Make sure our tamariki know how to wash hands properly for 30 seconds (our pōtiki sings 'horoi, horoi, horoi ōu ringaringa' over and over) and always do so before they eat, etc. Remember it's the soap bubbles that kill covid. Change clothes and shower when we get home from somewhere riskier than usual



6. Try to keep enough kai, medicines and pet food to keep us going a few weeks. Know where to ask for support / deliveries. Remember close friends and family may well be sick at the same time as us
7. Make a list of all family members with date of birth, NHI numbers, contact details, and health conditions and keep it on our phones and written down with instructions for feeding pets, etc, in case we get sick and someone (possibly our kids?) needs to contact people / do essentials
8. Open windows and doors as much as possible to ensure fresh air and good ventilation. Meet whānau outside.
9. Work from home where possible and do more via zoom rather than kanohi-ki-te-kanohi.
10. Make time every day for outdoor exercise.
11. Stay home any time we're sick and get tested if we have cold / flu symptoms!
12. Keep links like this handy in case we test positive and are too shocked to remember what to do: <https://www.rnz.co.nz/news/what-you-need-to-know/458333/testing-positive-for-covid-19-what-you-need-to-know>

Unwell Tamariki

Please, please, please, we ask that if your tamariki is unwell that they remain at home. We have a high number of tamariki fall ill in the past couple of weeks and have had to make numerous phonecalls to parents to uplift their tamariki from kura. Staff will be monitoring tamariki upon arrival and throughout each day. Staff just want to know that they are doing their all to mitigate transmission of covid, to keep themselves well to be able to keep the daily operations at kura, in class, as normal as possible.



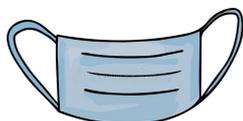
Revised Timetable

The SLT will revise the break times to better manage supervision within syndicates. We will revert back to staggered play times. School karakia will now revert to karakia in classrooms until further notice.



Maruhā

Mask wearing for year 4-8 is encouraged. However, as I reiterated in my last covid update, tamariki exempt from wearing a mask due to a physical or mental health illness or condition or disability that makes wearing a face covering unsuitable, their parents just need to let us know. Staff can not force masks on children, but you need to make contact so we are aware of who is exempt.



Kei te hiahia
kano ārai mate,
pota āpiti rānei?
Haere mai ki te kura!



TKKM o Manawatū
88 Rhodes Drive
Te Papaiōea

All bookings can be made
between 3.30pm and 6.00pm

PATUA TE KŌWHEORI-19

AVAILABLE TO ADULTS & TAMARIKI (5-11 YEAR OLDS) BUT
TAMARIKI MUST BE ACCOMPANIED BY A PARENT / CAREGIVER

If you or your whānau wish to be vaccinated all bookings are to be made through Whaea Debbie (tari). Email: admin@tkkmom.ac.nz, call the office on (06) 3542900 or call the kura mobile (021) 0586508.

HE PUNA HAUORA WILL ALSO BE GIVING INCENTIVES. \$50 PREZZY CARDS OR \$50 FOOD VOUCHERS. TĒNĀ KOUTOU, HE PUNA HAUORA!



This Whānau Plan has been provided by 'He Puna Hauora' to support any whānau who wish to use it or take what you want from it to enhance your existing plan.

TĒ TŌIA, TĒ HAUMATIA

WHĀNAU PLAN

Being ready is about whānau, connections and knowing what to do if someone gets COVID-19. Being ready means whānau can help each other if needed.

Plans & Tools

- List your emergency contacts
- Identify people who can help (e.g. dropping off kai, child care)
- Write down your medical needs, medicines, contact details of GP

Wellness kit

- Masks & Gloves
- Tissues & Rubbish Bags
- Hand sanitiser & Cleaning products
- Rongoā Māori

Prepare your whare

- Where will you isolate (designated room, away from home)
- Regularly clean/wipe surfaces
- Entertainment (books, games & activities)

Anything else

Prepare your pātaka

- Store non-perishable kai
- Save/store ready to eat meals (prepared or left overs)
- Store enough kai for one month
- Store water- use recyclable drink bottles

Support Services

- COVID-19 Healthline: 0800 358 5453
- Healthline: 0800 611 116
- Health advice about babies or children PlunketLine: 0800 933 922
- Family Services: 0800 211 211
- MSD: 0800 559 009

- Mental health support: call or text 1737
- Alcohol Drug Helpline: 0800 787 797
- Rural Support Trust: 0800 787 254
- Business support:
North Island 0800 500 362
South Island 0800 505 096

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Karakia

- Can you access a minitā/tohunga, a pou kōrero/pou karanga
- Contact local Iwi, Hapu or Marae
- Download **Orokoroa app**. (Apple or Google Store), Facebook Groups

Activities

- Pure, karakia, waiata, māramataka, kōrero pūrākau, mau rākau
- Follow Di & Mark Kōpua Facebook
- Download **Hina app**. (Apple or Google Store), Facebook Groups

Support with kai

- Preparation of mara kai
- Te Pataka Kai 4412 (Best Care Whakapai Hauora & Just Zilch (Plm Nth)
- Seed sharing and other Facebook Groups

Kaupapa Services

- To find all services that can support you and your whānau check out [healthpoint.co.nz](https://www.healthpoint.co.nz) please note that some services may have reduced operating hours over the Christmas/New Year period.

Anything else

COVID-19 support

- If you have any symptoms get tested no matter where you are. There are FREE testing sites all over the motu
- Call Healthline 0800 358 5453, GP or checkout Healthpoint for testing sites and advise on getting a test.
- Stay home or accommodation while waiting for your results.



HOW TO MAKE

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Anything else

Bone Broth for immunity

Easily digestible bone broth can help to support the immune system. You can make ahead of time and freeze.

Equipment

Large Pot or slow cooker
Large spoon
Sieve or strainer

Ingredients

2kgs of bones (chicken frames, beef, lamb)
1 large onion
1 bulb of garlic
2 carrots, chopped into chunks
3 celery stalks, chopped into chunks
2 tablespoons of apple cider vinegar
salt 7 pepper

add if you have them:

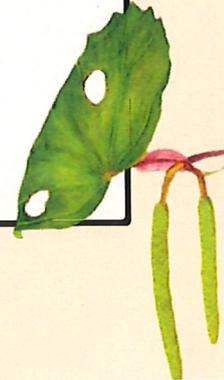
1 fennel bulb, leek
other vegetable off cuts
2 bay leaves
1 tsp of peppercorns
1 chilli, thumb sized fresh ginger

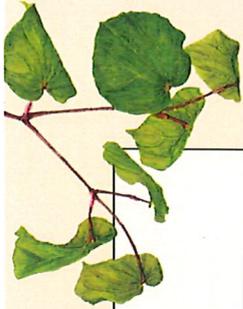
Method

- Put all ingredients in pot, there is no need to peel just make sure they are washed. Cover with cold water and let sit for 30mins.
- Put pot on stove and bring to a boil once boiled reduce heat to a simmer and skim off the film that rises to the top with spoon. Continue to do this during cooking time
- The longer you cook the more flavour and nutrients are released (cook time 4-8hrs). You can also put in slow cooker over night.
- Cool and remove all frames and vegetables from broth. You can now add fresh vegetables or any of the meat from bones to the broth or freeze. TIP: once cooled you can place in ziplock bags this reduces spaced used in freezer.

Reheating:

Place in pot or microwave safe boil ensure heated well once reheated you cannot re-freeze.





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Anything else

Cough, throat & sinus relief

You can make saline solution at home for nasal & water gargle.

- Wash hands
- Boil water 4 cups of water (for at least 20mins)
- Add 2 teaspoons of non-iodised salt
- Store in airtight container with lid (up to 24hrs then discard)

To make a smaller batch use 1 cup of water with half of teaspoon of salt

Prevention is better than Cure

There are many things we can do to support support our wellness.

- Sleep and rest
- Keeping an active mind and body
- Kai that supports hauora
- Having a support network including whānau, friends, and others (GP, Kaiwhakaaraara, Kaimirimiri)

Remember wellness is nurtured everyday not just when you are unwell.

Tea to help with hydration

Keeping fluid intake up is essential to keeping well. You can make infused water and drink cold or warm as tea.

Take leaves or tea bags and seep in hot water.

- Peppermint tea (bags or leaves)
- Ginger tea, a slice of fresh ginger with a bit of honey and hot water
- Kawakawa tea, a single leaf in a large cup. Continue to top up with hot water

*You can store these as cold drinks in a clean container/glass bottle with lid in fridge if liquid becomes **cloudy DO NOT** drink this will need to be discarded.*

