

NEWSLETTER  
31 JULY 2019  
TERM 3, WEEK 2



# Raureka School

Principal: Greg Riceman



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*Kia ora, Talofa lava, Kia orana,  
Good afternoon everyone,*

*Kia ora koutou katoa,*

*Our **hall re-roofing** began on Monday and the children are being fabulous at respecting the boundaries and keeping away from the fenced off area. Once the hall has been completed they will move to Room 1 & 2 then move down the senior/admin block. Classes will be relocated to the library when their Rooms are being worked on.*

*A number of whanau received a letter last week asking for updated copies of their child's **immunisation records**. Thank you to those who have already been in and keep the rest of them coming. If you did not receive a letter then we have all the info we need for your child.*

*Last week all our classes had a visit from **Carolynne Riley, our local hearing educator**. The children learnt about how we hear, how our hearing is damaged and how to look after our hearing. Some information also came home with each child for you to read.*

*The senior team are busy practicing for the upcoming **Tohea Trophy competition**. On August the 15th we will have several schools coming to Raureka to compete in Rugby, Soccer and Netball. This is a wonderful event where our children get to display and live our school vision.*

*Please refer to our calendar for further events.  
<http://www.raureka.school.nz/calendar.html>*

*Keryn Burns  
Acting Principal*

## Medical Reminders



We often have a few 'bugs' around the school.

- ❖ A common one is a nasty cough/flu type illness. Keep your children home if they have symptoms of this as it spreads easily.
- ❖ If your child has had vomiting or diarrhoea, they MUST stay home for 2 days after the last event. This illness definitely spreads quickly around the school.
- ❖ Headlice are always around so make sure that you check your child's hair regularly (we suggest weekly) and treat the hair if necessary. We have treatments available from school for free. Just pop in and we can give you some.
- ❖ If your child is at all unwell, please keep them home so that they don't pass bugs on to other children. Also if a child is feeling unwell they are not able to learn easily and are much better off at home snuggled up in bed.

*Don't forget to contact the school office to let us know when your child is unwell please.*

### CHANGE OF SCHOOL BANK ACCOUNT NUMBER

**Raureka School has moved bank accounts to ASB Bank.**

**If you have the school set up to pay in your internet banking, can you please change the details to the following:**

**Raureka School Board of Trustees, ASB Bank, Hastings Branch  
123145-0169329-000**

## C A L E N D A R

Friday 2 August	Wk 2	• Assembly starts at 2.30pm    Speeches R20, Item singing
Friday 9 August	Wk 3	• Assembly starts at 2.30pm    Speeches R3, Item R20
Thursday 15 August	Wk 4	• Tohea trophy
Friday 16 August	Wk 4	• Assembly starts at 2.30pm    Speeches R21, Item R7
Monday 19 August	Wk 5	• Y6 children visit Hastings Intermediate
Tuesday 20 August	Wk 5	• Y6 children visit Heretaunga Intermediate
Thursday 22 August	Wk 5	• Hastings Intermediate Open Evening 6.30pm
Friday 23 August	Wk 5	• Assembly starts at 2.30pm    Speeches R5, Item R21
Tuesday 27 August	Wk 6	• Heretaunga Intermediate Open Evening 6-7.30pm
Wednesday 28 August	Wk 6	• School cross-country
Friday 30 August	Wk 6	• Assembly starts at 2.30pm    Speeches R7, Item singing
Tuesday 3 September	Wk 7	• Heretaunga Intermediate Open Day – parents welcome to visit the school during the day – no appointment available. Staff will be available to talk to.
Wednesday 4 September	Wk 7	• Senior Sport exchange with Takapau School
Friday 6 September	Wk 7	• Assembly starts at 2.30pm    Speeches R1, Item R12/13
Wednesday 11 September	Wk 8	• Interschool cross-country
Friday 13 September	Wk 8	• Assembly starts at 2.30pm    Speeches R8, Item singing
Friday 20 September	Wk 9	• Assembly starts at 2.30pm    Speeches R14/15, Item R8
Monday 23 September	Wk 10	• Mobile Ear Clinic
FRIDAY 27 SEPTEMBER	Wk 10	• LAST DAY OF TERM 3 • MUFTI DAY • Assembly 2.30pm    Speeches R2, Item R14/15
MONDAY 14 OCTOBER	WK 1	• TERM 4 STARTS



SENIOR AWARDS	
R1	Ashley Sutton
R2	Manahi Kingi
R3	Max Palmer
R4	Marama Naicegulevu
R5	Amie Dillon
R19	Khloe Gardner

## TERM DATES 2019

Term 3 22/7 – 27/9/19

Term 4 14/10 – 19/12/19

## Our Values

Respect

Responsibility

Resilience

Relationships

### VALUE OF THE WEEK

We run a values programme where our four school values are promoted and celebrated. The children are using the values all the time. Our teachers reinforce their use daily. This week we are focussing on - **Responsibility** - which means, look after yourself and those around you by being a committed, contributing member of society.

Expected behaviour this week: walk with teachers in a line.

Our value for Week 1, Term 3 was ...

### "RESPONSIBILITY"

The following children received awards at our last Assembly:

R1 Carter Scannell, R2 Lonni Neilson, R3 Rayne Tito, R4 Finesse Hawkins, R5 Lucas Goodacre, R7 Ben Burkin, R8 Riley Stichbury, Kaiapo Savanna-Dolly Hammond, R12/13 Lachlan McDonough, R14/15 Cooper Horua and Harlee DeMarco, R19, R20 Liam Anderson, R21 Lexii Cole. ESOL Kayess Gibson.

#### Back Row:

Lonni Neilson, Carter Scannell, Finesse Hawkins, Rayne Tito, Ben Burkin.

#### Middle Row:

Riley Stichbury, Cooper Horua, Harlee De Marco, Lexii Cole, Liam Anderson.

#### Front Row:

Lachlan McDonough, Savanna-Dolly Hammond.





## SPORT RESULTS

### Netball

### Player of the Day

White	10	St Josephs	0	Finesse Hawkins
Black	14	St Matthews	10	Isabella Bates

### Hockey

Ravens	5	Twyford	0	Sophia Fergusson
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### Soccer

Totara	7	Parkvale	2	Marama Naicegulevu
Kauri	11	Mayfair	1	Aleina Polon
Rimu	10	Mayfair	2	Amber Rana



Let's have a peek into Room 4...  
What have you got to share with us this week?

Wow, what a busy Term 2 we had!

Kapa Haka has been working hard with Whaea Whitney and Matua Matui Learning waiata, poi and traditional games.

We are so proud of their efforts and look forward to seeing even more of their Learning!



## A message from the District Health Board:

We have a child with measles in Hawkes Bay. Measles is a serious, highly infectious viral disease that is easy to prevent through immunisation. We suggest you release the following information again to your whanau and wider community.

**If your child has had two doses of the Measles, Mumps and Rubella (MMR) immunisation they are protected.**

As there is a high chance that measles could spread throughout Hawke's Bay, we urge you take the following steps to make sure your child is protected:

### **Check your child has had two doses of the MMR immunisation.**

- If your child only has a record of receiving one dose of MMR they should have another as soon as possible
- If your child has no record of MMR immunisation they should have one dose now and a second dose FOUR weeks later.
- **Immunisation is FREE from your GP or Practice Nurse.**

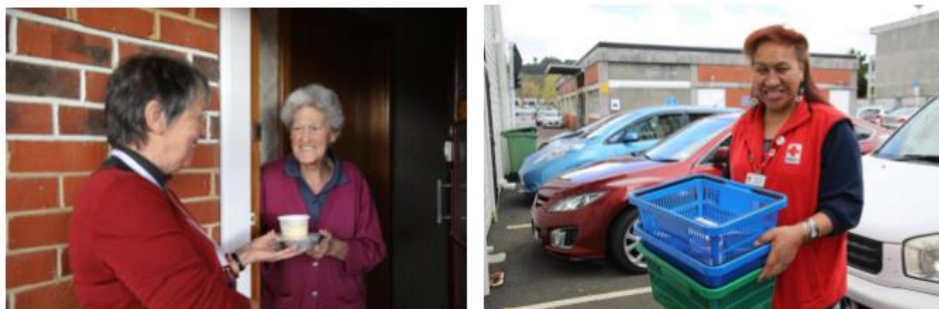
**Please make sure your child's school has a copy of their immunisation certificate.** If your child has contact with a person with confirmed measles they may be asked to keep away from school for up to two weeks if there is no record of them having been immunised against MMR.

Immunisation is highly recommended as it protects your child and helps prevent the spread of infection in the community when an outbreak occurs.

If you require further information, you can find out more from the Ministry of Health's website [www.health.govt.nz/measles](http://www.health.govt.nz/measles).



## Meals on Wheels drivers wanted for Hastings & Havelock North



**New Zealand Red Cross, Hastings Service Centre – 823 Heretaunga Road West, Phone: (06) 878 8438**



We offer free hearing related advice, information & support to everyone in our community. We sell hearing aid batteries, telephones and other hearing devices.

We provide a free education program for Preschools, Schools, Educators, Clubs and other Community organisations which demonstrates the causes and prevention of noise induced hearing loss as well as other hearing related issues.

**Our services are free to everyone.**

Noise induced hearing loss is 100% preventable.

The participants of our education program are given the knowledge and understanding of how to prevent noise induced hearing loss, enabling them to have the responsibility of achieving it. This fun, educational presentation is relevant to all age groups and is adjusted to suit. As parents, grandparents, family members, educators, employers, organisations, in fact everyone in the community, we are responsible for looking after and protecting ourselves and others from this invisible disability. Participants are involved with the activities and for the younger ones, the opportunity to learn "The Hearing Song".

*Please contact Hearing Support Hastings for more information*

513 Southampton Street East, Hastings

Carolynne Riley

Hearing Educator

Mobile: 021 671193 - Phone: 06 8767210

Email: [hearing\\_educator@hearing.org.nz](mailto:hearing_educator@hearing.org.nz)

Facebook: Hearing Support Hastings

Website: [www.hastingshearing.org.nz](http://www.hastingshearing.org.nz)



**HOW WE HEAR** - The shape of the outside of your ear (Pinna) catches all the sounds (vibrations) and sends them through your ear canal to your ear drum, through the three tiniest bones in your body (Malleus, Incus and Stapes) and to the Cochlear (the part shaped like a shell). Inside the Cochlear are thousands of tiny hair cells which vibrate, sending a message through the auditory nerve to your brain so that you know what the sound is. As you know this all happens instantly.

**LOUD NOISES DAMAGE YOUR HEARING** - Loud noises can damage part of the inside of your ear. This damage cannot be repaired and it affects your hearing permanently. The amount of your hearing that can be damaged depends on how loud the noise is and how long you have listened to it for. It may damage just a little bit each time you hear loud sounds however some sounds are so loud and intense that most of your hearing can be damaged instantly leaving you deaf.

**WHAT HAPPENS WHEN YOU DAMAGE YOUR HEARING** - The hair cells inside the Cochlear are vibrating all the time, even when you are sleeping as there is always noise. As the sounds get louder, the hairs vibrate faster. If the sounds are too loud, the hairs vibrate so fast that some can be damaged. The louder the sound and the longer you listen to it, the more hair cells can be damaged. When they are damaged, they do not repair or regrow. This is a bit of hearing you have lost forever.

**STOP THIS DAMAGE HAPPENING TO YOU** - If you protect your ears from loud noises, you will prevent damage to your hearing. There are three simple ways you can do this. **PROTECT YOUR EARS** - wear earmuffs or earplugs or use your hands over your ears when you are near loud sounds. **TURN IT DOWN** - if the music, TV, Xbox, PS etc is too loud, turn it down or ask someone if they could turn it down. **WALK AWAY** - if you move away from loud sounds, you can still hear it but it makes it a bit quieter and safer for your hearing.

**YOU CAN ENJOY YOUR MUSIC AND PROTECT YOUR HEARING** - If you listen to your music at full volume it takes only about five minutes for the hair cells to start becoming damaged. If you really like it loud, listen to your favourite song, then turn it down to give those hairs in the Cochlear a rest before there is any damage. Later on, if you really want to, listen to another song loud then turn it down again.

## DO YOU KNOW?

- **HOW YOUR EARS HEAR?**
- **LOUD NOISES CAN DAMAGE HEARING?**
- **WHAT HAPPENS WHEN YOU DAMAGE YOUR HEARING WITH LOUD NOISES?**
- **YOU CAN STOP THIS DAMAGE HAPPENING?**
- **YOU CAN STILL ENJOY YOUR MUSIC AND PROTECT YOUR HEARING?**
- **WHO IS RESPONSIBLE FOR PROTECTING YOU FROM THIS TYPE OF HEARING LOSS?**
- **WHY WE HAVE EAR WAX?**
- **IF IT IS SAFE TO PUT COTTON BUDS, FINGERS OR ANYTHING ELSE IN YOUR EAR?**

**CHECK OVER THE PAGE FOR THE ANSWERS**

**WHO IS RESPONSIBLE FOR PROTECTING YOU** - This type of hearing loss is 100% preventable and you are responsible for protecting yourself from it. It is your choice.....you need to do this for yourself....you need to start doing this now. Protect your hearing from loud noises now so that when you are a little older, you can still enjoy your music and concerts, hear conversations with your friends and enjoy outings and socialising. When it's gone, it's gone...you won't ever get it back!!!

**WHAT DOES EAR WAX DO** - Ear wax is being made and cleared from your ear all the time. It protects your ears and stops dirt, dust, water, bugs etc getting inside your ears. It also keeps the skin in your ear moist so it doesn't get dry and itchy. It is really important not to clean the wax from your ears. It does a lot of work for us and it needs to be there.

**ITS NOT SAFE TO PUT ANYTHING IN YOUR EARS** - It is really important not to put anything in your ears as the ear canal is not very long so anything put into the ear can damage the ear drum or skin very easily. Putting things into your ears can also push wax in, over time, making it hard and needing to be professionally cleared out. Objects and fingers can also damage the skin inside your ear. There could be germs on them, possibly starting an infection. If there is wax on the outside of your ear just clean it with a tissue or cloth. Don't put anything in your ear!



