

Term 3 Week 7 Wednesday 06 September 2017



HORA HORA SCHOOL

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TERM DATES

Term 3 – Monday 24th July – Friday 29th September

Term 4 – Monday 16th October – last day to be confirmed.

DATES TO DIARY

Friday 15th September – Zoo trip – Rooms 3 and 9; Rooms 10, 11, 12, 13 - Yr 3 students.

Friday 15th September – Walk to Library for Yr 2's from Rooms 10, 11, 12 & 13.

Tuesday 19th September – Zoo trip – Rooms 14, 15, 16, 17 and 18

Friday 29th September – Last day of term 3. School will close at 3pm.

WRITER OF THE WEEK

Rm 02 Mia S

Rm 03 Troy R

Rm 07 Lucian G

Rm 08 Jykobi B

Rm 09 Dredyn T

Rm 10 Paige G

Rm 11 Zacobe H-B

Rm 12 Chase H

Rm 13 Madi N

Rm 14 Malachi M

Rm 15 Noah M

Rm 16 Shayden P

Rm 17 William F-N

Rm 18 Kiara P

Rm 19 David P-M

Rm 20 Dean M-H

Rm 21 Amelia F

WHANGAREI INTERMEDIATE SCHOOL

Friday 22nd September, all enrolments from prospective students should be handed in to the office here at school or Whangarei Intermediate School office. Enrolments after this date will need to come in early in Term 4 to have a chance to be considered for E learning classes and Te Whanau o Waimirirangi.

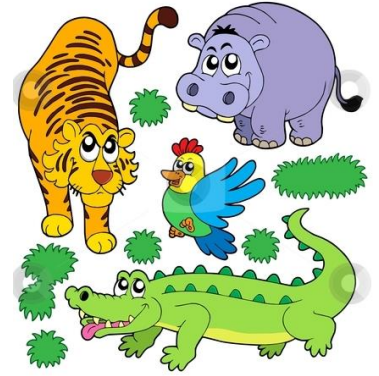
BASKETBALL 06th September



<u>Court</u>	<u>Time</u>	<u>Team 1</u>	<u>Team 2</u>
CT 0	3.30pm	Hora Hora Cavillers	v Super 5

ZOO TRIPS

Thanks to the generosity of The Warehouse and with the support of Ritchies Coachlines, Auckland Zoo have offered us free trips to the zoo for children in Years 3, 4, 5 and 6. The next Rooms to go are 3, 9, 10 and 11 on Friday, 15th September, (Rooms 13's and 12's Year 3s will go with Rooms 10 and 11); and finally Rooms 14, 15, 16, 17, 18 on Tuesday, 19th September.



Extra adults will be needed to supervise. Thanks if you are volunteering. Bus seat numbers are limited, so teachers will draw names out of a hat if we have too many volunteers.

WALK TO THE LIBRARY – FRIDAY 15TH SEPTEMBER



The Year 2's from Rooms 10,11 and 12 are visiting our Whangarei Library on this day. Thank you to all those Year 2's who have returned their permission slips already. A reminder to others, to get these forms back to your teacher as soon as possible.



Many thanks, Paula Harrison and Gaylene Goodwin – Teachers organising this visit.

ART WORK



catering, fresh food and great coffees

email. jessandjosh@jjskitchenandcoffeehouse.co.nz

web. jjskitchenandcoffeehouse.co.nz phone. 09 438 3489

We are incredibly lucky to have the support of JJ's Coffee House who will be displaying five pieces of our children's work on the wall. They are Mary Pickering, Niuloa Samasoni, Grace Ajani and Nigel Watene-McGregor.

Feel free to go in and have a coffee and enjoy our children's art. Once again many thanks to JJ's.



Also, if you have any framed pictures, prints or old unwanted frames you no longer want, we would greatly appreciate them to display some of the children's art they are producing. Thank you in advance.

“SORE THROATS MATTER”

Why is it important to report sore throats?

Rheumatic fever is a serious disease that can lead to permanent heart damage. It is associated with sore throats. Although most sore throats are caused by viruses, Strep A is a bug that can live in your throat and can cause a sore throat or “Strep throat”. If it is not treated it can lead to Rheumatic Fever. Those most at risk include Māori and Pacific children aged 5-15 years, families with a history of rheumatic fever or families who share their homes with many others.

If your child has a sore throat they need to have a throat swab done to check for a Strep A infection. This can be done at your GP practice with your practice nurse or Doctor. There are 2 pharmacies in Whangarei that do FREE throat swabbing. These are Otaika Pharmacy and Kensington Pharmacy. Your school’s Public Health Nurse also does throat swabbing.

If your child has Strep throat, they can return to school when they feel well enough and have had 24 hours of antibiotic treatment.

When to keep your child home from school?

Fever This is one symptom that automatically rules out school, no questions. Your sick child should be fever-free without medication for at least 24 hours before you send them back to school.

Diarrhoea/ Vomiting this could be a sign of a viral infection, so it's best to keep your child at home. It's also important to keep your child hydrated with an oral rehydrating solution when they have vomiting or diarrhoea, and the best way to do that is by keeping them at home. Your child should stay home until he/she has gone 48 hours at least without diarrhoea or vomiting and until they are eating and drinking normally again.

Cough This depends on how severe the cough is. Coughs can spread infection to others students. A serious cough can also keep a child from getting a good night's rest, which means your child may be too tired for school in the morning. As a general rule, if your child has a wet cough, particularly if it's accompanied by breathing troubles, seek medical advice. But if it's just a mild cough with no other symptoms, they can probably go to school.

Conjunctivitis This infection can quickly and easily spread from one child to another, as many parents of young children know all too well. Conjunctivitis is contagious as soon as symptoms appear and remains so as long as there is a discharge from the eye — or until 24 hours after antibiotics are started.

If you have any questions or concerns related to your child’s health you can contact our School’s Public health nurse

Libby O'Donnell

Ph: 0800 223 358 option 2 / 021 461047

Libby.O'Donnell@northlanddhb.org.nz

Note: It is free for children under 13 years to see a Doctor. Prescriptions are also free for under 13yrs. If you cannot get an appointment to see your own GP soon enough White Cross Accident & Medical at 32 Reyburn Street is open:

Monday - Friday, 7.30am - 8.00pm

Saturday/Sunday, 8:00am - 8:00pm

No appointment necessary. Free medical care for children under 13 years

For information on various childhood illnesses visit <https://www.kidshealth.org.nz/>

MISSING HAT



A child has misplaced this hat. This is a treasured hat for a very upset boy. If anyone finds it, please return to the school office.

NETBALL

Please return all netball uniforms to Mrs Knight in room 16, and any overdue fees, please pay immediately. There will be an ice block for each child in the team when **ALL** uniforms have been returned.



THANK YOU BUNNINGS WAREHOUSE

Huge thanks to Bunnings Warehouse for the donation of 33 sports balls for our school. Niuia Maunsell in Room 18 was smart enough to guess the correct number and win them for us. Well done Niuia.

DONATIONS OF FOOD PLEASE

From time to time some of our school families need a little extra help. We are asking for donations of food so that we have food boxes available for these families. Non-perishable items can be left in the box which is in the office foyer. Thank you for your assistance in this matter.



WHANGAREI YOUNG MARINERS

Is a girls group ages 8 – 18 yrs.

Meet every Monday at 6pm – 8pm.

At Riverside Drive beside the old BMX Track.

Activities: Sailing, Rigging, Canoeing, Rowing, Knots, Outdoor cooking, Camping,

Tramping, Bushcraft and badgework. For information phone Jill @ 0274069666 or Karen 0212400414

HEALTHY HOME BAKING

HEALTHY SWAPS

Halve the amount of butter or oil and replace with:

- Mashed banana
- Mashed canned peaches – drain off any juice
- Stewed apples – no added sugar
- Natural yoghurt

Developed by Sport Waikato 2017

