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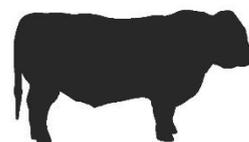
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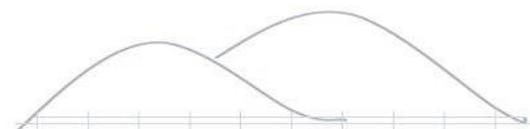
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Thank you for your continued support!



Newsletter ~ Tuesday, 10 September 2019

UPCOMING IMPORTANT DATES

Tuesday 10th September

Thursday 12th September

Monday 16th September

Friday 20th September

Monday 23rd September

Thursday 26th September

Friday 27th September

Speech Competition

Barn Dance in Pongaroa.

Year 7 and 8 Technology

Assembly 2pm hosted by Huia Room

Practice day for the Formal Dance - More Info to follow

Formal Dance – More info to follow

Loud Shirt Day and Last Day of Term 3

STUDENT VOICE

Hi, its Manaia here. This week in Huia room we have been getting ready for the photography competition for 2019. We all had to take a living and non-living photo each, this year I took a picture of a Tui bird at Pukaha MT Bruce and a picture of barb wire. I am very excited. We are also doing speeches, we have all been practicing very hard so we can present it today. I am very excited for the speech competition for 2019!

SCHOOL NEWS

Decile Rating Review

For the application to be considered, we require a 100% response from our school families. If you have not completed this yet could you do so asap and return it to school. If you have mislaid this document, please contact the office and a new one will be sent home.

Note: All your information will remain confidential, no family names are required on the documentation. Thank you for your support as we conduct this review. Our decile rating has a direct impact on our school funding, so your support is appreciated.

Barn Dance

Remember to dress for the occasion in your best cowboy boots , hats and clothes – We are all very excited and looking forward to this event!

We need to be at Pongaroa Hall by 10.00am for morning tea. Every family is required to bring a plate of food for the shared lunch/morning tea (preferably no heating required) but also remember to bring water bottles for drinking.

Please be aware that this is a whole day event and we will be leaving in time to get back for the afternoon bus runs.

Formal Dance

The Year 7 and 8 Formal Dance is being held on Thursday 26th September at the Bush MultiSport Stadium on Pahiatua, from 7pm to 9pm. The cost is \$2 per student and they need to bring a plate for supper. Parents are asked to pick their children up at the end of the evening. There will be supper but please make sure your child takes water to drink. Tidy Dress – it is requested that boys have a collared shirt and girls are not to wear high heels.

There is a practise on Monday 23rd September at the stadium (9:30am to 12:00pm) which we will be attending. Transport is not needed for this as we will be travelling on a school bus. Students will need to bring plenty of water to drink

Principal Award for Week 7

Kiera McKenzie

Value Certificates for You're Confident

Sophie Forbes, Cruz Evans, Emma Heathcote



FROM THE CLASSROOM

As part of Huia Room's Grassroots unit, students have been reading letters from famous New Zealander's who were brought up on a farm. In each letter, the writer talks about a memory they have from farming days. Then, in exactly 50 words, the students had to recount this memory.

Another day on the farm

I woke up early to the engine of a four wheeler. Dad must be going to milk the cows. I had asked if I could go but knowing dad he had probably forgotten. Better go feed the chickens, dogs, grab wood for the fire and ride my scary black horse.

By Kingston

The getaway guy

He tried to get away but I always knew. I knew all his tricks. Like how he pushes the motorbike past the house and then he would start it. I always caught up on my not so trusty steed, Kiri.

Kiri was a beautiful jet black stallion, he really was.....

By Maddie

Farming

When I was a little kid mum and dad moved from the city to the farm. I was so excited to see the farm. I heard a baa in the paddock. I thought it was a logging trunk. But guess what? It was a sheep having a baby lamb - amazing!

By Makayla

Sneaky Machine

As I snuggle up to the blankets in my bed, I hear footsteps- it's not just footsteps. I can also hear the motorbike rolling outside. I cannot resist myself. I stumble out of bed and chuck on my clothes. I run to the door and slip on my gumboots.

Roree McGrath

Pay Back!

I thought it was thunder in the distance but it was the motorbike. Dad thought he was too quick for me. But I was dressed and ready to go. So when he was filling up the bike, I started the bike and zoomed off. That was payback for Dad! (HA!)

Emma McLachlan

The RunAway Daddy

Dad snuck out one day, pushed the motorbike past the gate. But before he knew it, she was out there helping dad run his dogs. With all her farm clothes and muddy Redband gumboots on, she's off on her big horse Kuri to muster the sheep with dads' work dogs.

Jess Monk

An early Morning

As the frothy milk soothes my throat I hear dad slowly creeping off to milk the cows. I quickly get dressed so I can help dad milk the cows. Before I know it I see a 14 hand black stock horse that needs feeding...

"Damn too late! Dad's already back"...

By Manaia

He got away!

I have enjoyed working with dad on the farm but I wonder if he enjoys my company. Milking cows is my favourite - I wouldn't miss it. One time he tried to sneak out and got the motor bike out and got away. This was a shock. He had ditched me.

Nixon Foreman

A farm memory

My Dad figured out a way to not let me know that he was going onto the farm to do chores. But I always got dressed in time. When I got out I would always look after the dogs first. Then we got a horse named Kuri (Maori for dog).

Blair Gilmour

Black Stallion

The dirt gets scuffed up by the giant black stallion. He runs. I wrap around the horse. I fling around on his muddy back. We gallop across the arena like a shadow. ``Uh oh' he's closing up against the rustic fence. Here comes the post. Kapow! I'm on the dirt.

Aston Smith

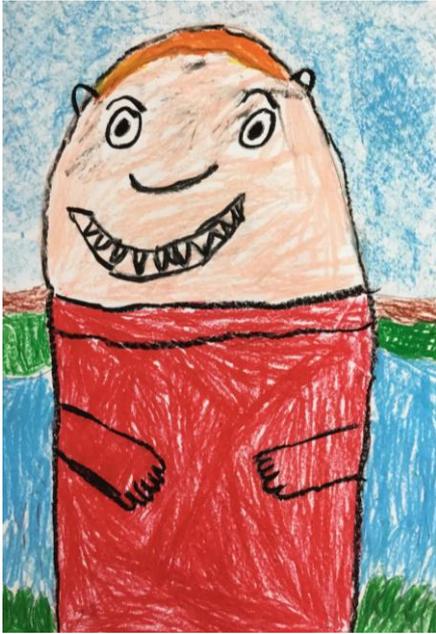
The getaway dad.

As I get up I see Dad pushing the motorbike out of the shed. Better get a hustle on. I get dressed quickly to catch my Dad. Dad thinks I don't know his tricks but I do, like the back of my hand. "Hey Dad wait up! Ok Charley go."

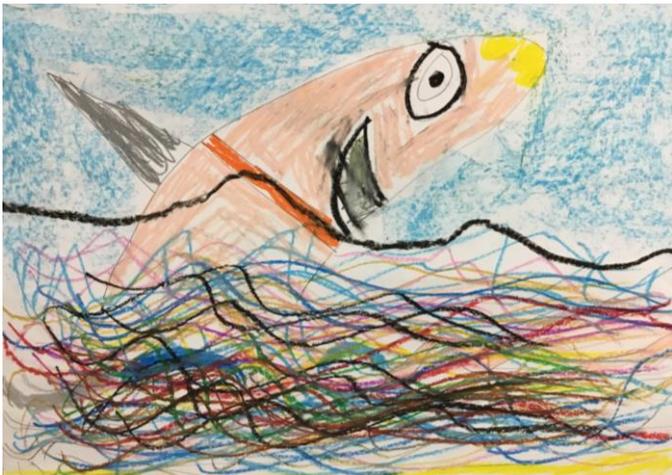
By Jack

TUI ROOM

Pastel pictures of Norvin from the story *The Great White Man Eating Shark* by Margaret Mahy.



Patrick



Ally



Mason



Harvey



Sophie

SPORTS RESULTS

Rugby

Nixon is busy training for his Global Rugby competition. Next week he will go to Taupo to compete in this competition.

Patrick played for Puketoi. Patrick got a trophy for Best Tackler.

Marist prizegiving - Hunter got MVP award

North vs South - lost 12-19 - but because they won 2 games they won the trophy

Hockey

Alfredton Hinds Prizegiving - Aston got the Leadership Award

Manawatu Reps - Rawleigh mini tournament - played Wairarapa Rawleigh lost 0-3. Second game - Wairarapa Development -won 3-0

Wairarapa U13 Collier team had a practice. Learnt some drills and had a game with U15 team lost 0-2

Soccer

Manawatu 1 vs Dannevirke - lost 1-4. Had a second game vs Dannevirke Mix and there was a loss.

Basketball

Toki 1 vs Pongaroa - lost 6-12

BOT UPDATE

- The planning stage of the Tui room refurbishment has all been approved and work will begin as soon as the contractor is available.

The Tui Room will become a warmer, brighter and more functional learning space for our Junior School.

- Since forming the current BoT we have been attending a variety of professional development workshops to ensure the governance of our school is informed, current and we can meet the needs of both our community and the Ministry of Education.

- The Board would like to welcome Emma Mitchell back on board as our new full time bus Driver.

- The Board would also like to extend a big Thank you to John for his many years of service driving our school buses. We wish John well in his future endeavours.

-The next BoT meeting will be Monday 4th November.

COMMUNITY NEWS

Bark Spreading Working Bee – Saturday 5th October 10 am onwards



(postponement date 6th October)

It's time to get the playground ready for a sunny Term 4! The BOT request any parent helpers around for the holidays to pop down to school with a wheelbarrow, shovel and rake to help us spread bark onto the playground surface. There will be a few extra small jobs to do also if time and help allows.

Bring something to chuck on the BBQ and we will supply tea and coffee and baking.

Hope to see a few families there!

Save Poto House - Wairarapa College Hostel.

Join Rugby legend Stu Wilson and the Save Poto House group for an awesome evening raising funds for the Wairarapa College hostel.

28th September from 6pm 'til late. Great food provided, cash bar on-site and a Talk with Q+A from Stu.

There will be a charity auction on the night with fishing charters, deer hunts, glamping, a signed All Blacks jersey and more.

\$800 for a table of 10 - email help@savepotohouse.co.nz to reserve your table.



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Contact us today to find out more.

Rob Deal 027 241 4775 **Jason Waterman** 027 376 8313

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Workshop Series
for Families of sons &
daughters with disability.

Oct 12th and 13th
Dec 7th and 8th
Feb tbc
Pahiatua School
21 Albert St

Workshop presenters

Bridget Snedden & Sue Robertson

Both are highly skilled and experienced workshop presenters on a range of topics. They are strong family leaders and deeply passionate about the work they do for families. Bridget and Sue are parents of young adults with an intellectual disability and their adult children are living life on their terms. They have used the strategies and tools they will share in the workshop series in their own lives to craft good lives for their own families.



**Dream big.
Plan for it
then just
do it.**

Enabling Good Lives involves a shift in focus for people with disability and their families.

These workshops will support the thinking required to craft the best life possible for your disabled family member.

Morning tea & lunch provided

**REGISTRATIONS
ESSENTIAL
No charge to attend**

Ph: 021353755
bridget@familynetwork.co.nz
www.familynetwork.co.nz

Tararua College Community

**Saturday 19th
October 2019
BUSH
MULTISPORT PARK**



**Anyone can enter; from pre-schoolers through to adults.
This is an event that the whole family can participate in.**

9am– Event 1: 500m run, 1km bike \$5

9.30am– Event 2: 1km run/walk, 1.8km bike \$5

10am– Event 3: 1km run, 5km bike, 1km run \$5

10.30am– Event 4: 5km run, 10km bike, 1km run \$10

11.00am– Event 5: 5km run, 20km bike, 1km run \$15
(Teams are welcome in Events 4 & 5)

Heaps of SPOT PRIZES!

Entry forms are available from Tararua College, Laskeys Auto Services
and Pahiatua Paper Plus

Visit our Facebook page 'Tararua College Community Duathlon' for
more information and to enter online.

If you would like more information please don't hesitate to
contact our sports leaders:

Marika Braddick - 15mbraddick@tararuacollege.school.nz

Poppy Wilkins - 15wilkinp@tararuacollege.school.nz

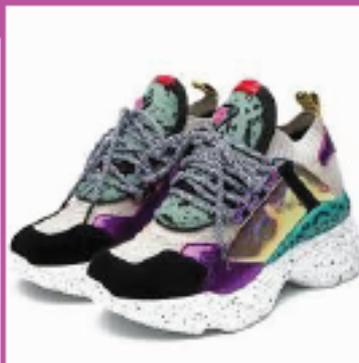
Jack Wylie - 15jwylie@tararuacollege.school.nz





**IN THE WINTER
KIDS NEED DRY,
STURDY SHOES.
CAN YOU HELP?**

**Make a big difference. Bring in
any second hand school
shoes and sneakers to the
Tararua College Office.**



Influenza

Information Sheet

Recent news articles have reported a later start to the flu season in New Zealand. The strain of flu circulating around New Zealand at present is predominantly Influenza A (H1N1). This strain is covered in the flu vaccine.

Symptoms of influenza come on suddenly and can include fever, chills, muscle aches, runny nose, cough, sore throat and stomach upsets.

The flu spreads quickly from person to person through touch and through the air. It can be a serious disease and can cause serious complications in some people.

Immunisation gives you the best chance of being protected. It is free from a GP or nurse for New Zealanders at high risk of complications – children aged 4 years or under who has been hospitalised for a respiratory illness, pregnant women, people aged 65 and over, and anyone under 65 years of age, including children six months and older, with long-term health conditions such as heart disease, diabetes, kidney disease, cancer, a serious medical condition or who regularly use an asthma preventer.

If you do not have one of these eligible conditions, you still benefit from an influenza immunisation, available at a small cost.

Preventing the spread of flu

Anyone who feels unwell with flu symptoms should:

- stay away from work, school or ECE until free of major symptoms for 48 hours
- wash their hands regularly (20 seconds with soap and water and 20 seconds drying)
- cover their mouth and nose with a tissue when coughing or sneezing and dispose of the tissue in a lined bin and wash and dry hands
- avoid touching their eyes, nose and mouth
- not share drinks and food
- avoid crowded places
- stay away from sick/immune-compromised people.

For further information on flu go to www.fightflu.co.nz or www.health.govt.nz/influenza or call 0800 IMMUNE 0800 466 863.

or please contact:

MidCentral Public Health Service
Palmerston North: (06) 350 9110
Whanganui: (06) 348 1775

FEED THOSE WHO ARE SICK AS APPROPRIATE

People with flu will not feel like eating. Do not try to get them to eat – it is more important to ensure they are having enough fluids.

When they begin to feel better, offer different fluids, eg diluted fruit juice, clear or strained soups, sweetened tea or jelly. Slowly introduce solids, eg dry white toast, water crackers or pasta. Avoid anything that contains fats or oils. Add canned fruit and thicker soups (chicken soup) to the range of foods, and lastly introduce milk and other milk products, together with fruit, vegetables, breads and cereals.

PREVENT THE SPREAD OF INFLUENZA

Clean surfaces and objects that have been touched by the sick person daily. Influenza viruses can live up to 48 hours on hard surfaces. This means wiping telephones, door handles and toilet and bathroom areas etc with a disinfectant.

One of the most effective and cheapest disinfecting solutions to clean these surfaces is a solution of one teaspoon (5 ml) of bleach (such as Jarnola) to 500 ml of water.

Do not share items such as eating utensils and drink bottles with other members of the family and ensure dishes are washed using hot water either by hand or dishwasher.

When washing clothes and linen, use regular washing detergent and either hot or cold water in a normal machine wash, then hang linen on a clothes line. If linen is stained or contaminated with secretions, then soak in a product such as Napisan and wash separately.

Wearing personal protective equipment (PPE) in the home environment is not recommended. However, if you decide to use PPE:

- Ensure the sick person wears a surgical mask at all times to prevent or minimise the spread of the virus when coughing or sneezing and replace the mask if it becomes wet or damaged
- Dispose of used or damaged masks – put them into a plastic bag and then into the rubbish
- If you are not sick, do not use a mask (you will touch your face more often and increase your risk of infection)
- A disposable gown or apron is only required if you are at risk of being splashed by the patient's bodily excretions or secretions, eg coughing, sneezing or vomiting
- Gloves are not necessary as long as you wash your hands before and after contact with a sick person. Single-use only gloves can be used if you are in contact with the patient's bodily excretions or secretions, wounds or broken areas of skin. Discard all gloves into a rubbish bin after use.
- Wash hands regularly after any contact with the sick.

KEEP A RECORD OF PROGRESS

Note down the sick person's temperature, fluid intake and symptoms. This can be used to monitor any improvement or deterioration and will assist in gaining appropriate follow-up. Seek advice if you note any of the following:

- Shortness of breath
- Pain in the chest
- Confusion or disorientation
- Coughing up bloody sputum
- Vomiting that does not go away
- Symptoms improve and then suddenly become worse
- Dehydration that can not be corrected with oral fluids.

To organise how you will get your medications or any other pharmacy items:

- Use the telephone – don't visit your pharmacy if you are unwell with influenza
- Discuss how you will get your medications with your pharmacy
- You may be asked to send a WELL family member or friend to pick up your medications.

Special thanks to Canterbury District Health Board and the Canterbury Primary Pandemic Group for this information.

Includes:

- Five important steps to stop the infection from spreading
- Importance of drinking, plus drink recipes
- Monitoring the fever
- Feeding those who are sick
- Preventing the spread of influenza
- Keeping a record of progress



How to protect yourself and care for your family with the flu

MANAGING IN THE HOME

For further information visit:
www.fluinfo.org.nz

If you or a family member becomes unwell with influenza, you need to follow 5 important steps to stop the infection from spreading and to care for the sick people.

1 KEEP YOUR HANDS CLEAN

Wash and dry your hands carefully to stop germs from spreading. Repeat handwashing before and after making hand-to-face contact or touching any item that may have germs on it – such as door handles.

- Keep germs out of any cuts, grazes or areas of broken skin. Use gloves if you can and cover these areas with a waterproof dressing.
- You can use plain liquid soap and water to wash your hands. Wash them for at least 20 seconds and then dry them thoroughly with a paper towel, and throw it away.
- You can also use an alcohol-based hand rub (from your local chemist or supermarket). Apply enough to keep your hands moist for a minimum of 15 seconds (about ½ teaspoon). Put it on the palm of one hand and rub your hands together covering all surfaces until dry. Do not dry with a towel.



2 COVER YOUR COUGHS AND SNEEZES

If you or members of your family are coughing or sneezing, it is important to avoid close contact with other people.

- Don't spit, and cover your mouth and nose when clearing your throat or nose.
- Remember to cover your mouth and nose with a tissue when you cough or sneeze and always put your used tissue into a rubbish bin.
- Always wash your hands after coughing or sneezing.
- If you don't have a tissue, cough/sneeze into your upper sleeve, not your hands.



3 DON'T GET CLOSETO OTHERS

If you or members of your family have the flu, the people who are sick must stay home from work and/or school. Discourage visitors from dropping in to see any sick family members. Make sure the sick people do not attend any social or sporting gatherings. Although this may mean social isolation for the sick people, it will help to prevent others from getting the flu. Try to avoid activities such as shopping and arrange for someone who is well to buy any essential items for you.

If you need to go out in public, keep your distance by:

- Standing at least one metre from people
- Avoiding those who may be coughing or sneezing
- Avoiding any physical contact with people where possible, eg handshaking, kissing, hugging.

4 KEEP ROOMS WELL AIRED

Influenza can spread where there is not enough ventilation. Open your windows, or if you have an air conditioning system, make sure it is properly maintained.

5 CARE FOR THOSE WHO ARE SICK

If someone in your family becomes sick, phone your local doctor or practice nurse if you need medical advice. We need to keep doctors' waiting rooms flu-free.

A person with influenza could be sick for up to two weeks. Try to keep sick family members away from the rest of the family as much as possible, eg encourage them to stay in their own bedroom instead of spending time on the couch in the living room. If, however, more than one person becomes sick, then they may share a room.

The main concerns are dehydration and fever.

When you are ill you may need help from other people to care for you or others you are responsible for, including pets. Ask your friends, family, neighbours, colleagues or community groups to assist you. When you have fully recovered, you can help others who are sick.

KEEP THE PERSON DRINKING

They need up to two litres (8 cups) of fluid a day, even if they don't feel thirsty. The best drinks are cold drinks that contain a little sugar and electrolytes, such as:

- Electrolyte drinks: Enerlyte or Pedialyte (from your chemist)
- Home-made electrolyte drinks
- Dilute soft drinks and fruit juice – but add plenty of cold water – a cup of juice to six cups of water

• For babies: breast milk.

Avoid drinks that contain alcohol and caffeine, or solids such as milk drinks or fruit juice with pulp in them – but any non-alcoholic drink is better than no drink – so let the sick person choose something they can manage.

Vomiting and/or diarrhoea make dehydration worse, so ensure they keep taking fluids, even if it is only small sips often.

Signs they aren't getting enough to drink:

- Weakness and lethargy
- Dizziness when sitting or standing up
- Headache
- Dry mouth
- Dark-coloured urine.

Important: If you cannot assess the hydration state of your family member, or have concerns, please phone your General Practice team or Healthline 0800 611 116 for advice.

HOME-MADE REHYDRATION DRINKS:

Mix well, cover, and store in a cool place.

Recipe One:

- 1 litre water
- 3 tablespoons sugar or honey
- ½ teaspoon salt

Recipe Two:

- 750 ml water
- 250 ml fruit juice
- 1 tablespoon sugar or honey
- ½ teaspoon salt

CHECK FOR FEVER

Having a fever is uncomfortable and may prevent the patient from eating, drinking, or sleeping, so check their temperature regularly and aim to keep it as close to normal (37 degrees Celsius) as possible.

You should have a thermometer in your first aid kit. To avoid infecting another family member, it is best to take the temperature under the person's armpit. Wipe the thermometer with disinfectant between uses. You can also purchase single-use clinical thermometers from your local chemist.

The best medicine to treat fever, aches and pains is paracetamol (or Panadol).

- Adults: Take 1–2 500 mg tablets every 4–6 hrs.
- Children 6–12 years: Take one tablet every 4–6 hrs.
- Children under six: Discuss the correct dose of liquid paracetamol with your GP or practice nurse.

The maximum adult dose is eight tablets in any 24 hour period.

Cooling cares will also help to lower a temperature. Apply a cool (not cold) wet facecloth to the forehead.

Do not wrap up or warm someone who has a fever, is shaking or has the 'chills' – if you do this, their temperature may become dangerously high.

