



Kia ora Koutou,

The end of the year is fast approaching and the pressure is on. This is the hardest time of the year for many families and trying to balance the pressure of NEEDS and WANTS can become over whelming.

It is however important to correctly identify the difference between what is needed and what is desired. Learning that we can't get everything we want immediately and that sometimes we have to wait and work for things are important life lessons that build patience, perseverance and resilience.

Guy Fawkes is one of those times when caregivers feel the pressure of providing a bountiful display. Remember to stay safe and have fun but also to keep it real and we hope that you are able to enjoy the festivities with out burning your budgets.

Summer Hats

Please remember to send children to school with HATS. Already we are reaching high temperatures and being SUN SAFE is going to be important this summer. The UV index for today is 8 which is in the "VERY HIGH" range.

Having a family member who has had skin cancer, I can not stress the importance of wearing sun protection. It is one of those things that may never happen but please protect your tamariki, as they are precious taonga and a little protection now may save them from a world of heartache when they are older.

UV forecast: 4 Nov 2020 is

8.7 Very High

UV forecast: 5 Nov 2020 is

9.0 Very High

UV forecast: 6 Nov 2020 is

8.6 Very High

UV forecast: 7 Nov 2020 is

8.3 Very High

UV forecast: 8 Nov 2020 is

8.3 Very High

How To Protect Yourself

UV Index

11+ Extreme

8, 9, 10 Very High

6, 7 High

3, 4, 5 Moderate

1, 2 Low

Protect Yourself in 5 Ways

- Slip on sun-protective clothing
- Slap on SPF30+ sunscreen. Reapply every two hours
- Slap on a broad-brimmed hat
- Seek shade
- Slide on wrap-around sunglasses

Sun protection is generally not needed unless outside for extended periods



Athletic Sports today are in full swing as I write this. We have some very talented children at this school and we wish them all the best with their endeavours today, win or lose they are all fantastic in our eyes.

Kia Kaha

Miss Dimbokovits



Mā te kimi ka kite, Mā te kite ka mōhio, Mā te mōhio ka mārama

Seek and discover. Discover and know. Know and become enlightened.



Fireworks can be dangerous

and pose a high fire risk. When lighting fireworks, it's your responsibility to make sure you're using them safely..

Refer to your local bylaws for the rules around using fireworks in your area. In many places, you're only allowed to light fireworks on private property. People who breach this law could be fined as much as \$20,000.

Preventing fires when lighting fireworks

Used unsafely, fireworks can cause devastating bushfires. Follow these tips to reduce the risk of starting a fire when using fireworks:

- Don't light fireworks in windy or dry conditions.
- Carefully read and follow the manufacturer's instructions before using any fireworks.
- Light your fireworks in a wide-open area, away from anything that could catch fire, like dry grass, leaves or crops, or flammable gases or liquids.

Keep a bucket of water, hose or fire extinguisher handy.

Lighting fireworks safely

- Only adults should light fireworks.
- Keep all unlit fireworks in their box or bag until you're ready to light them.
- Point fireworks at the stars, not at people or anyone's home.

Leave dud or damaged fireworks alone.

Be considerate with fireworks

- Do not use fireworks after 10.30pm, and try to let your neighbours know in advance.
- If you're in a rural area, make sure you do not set off fireworks around farm animals.
- If you do get burned, hold your burn under cold running water for 20 minutes.

Keep your pets inside

WinstonWong PHOTOGRAPHY

Hand, foot and mouth disease can be a mild or a very serious illness. It's caused by a virus.

Anyone can get hand, foot and mouth disease, but it is most common in children under 10. Pre-school children tend to get sicker.

If your child has hand, foot and mouth disease, they'll have painful sores in their mouth and a rash with blisters on their hands and feet.

Hand, foot and mouth disease appears most often in warm weather – usually in the summer or early autumn.

Mild fever is usually the first sign of hand, foot and mouth disease. This starts 3–5 days after your child has been exposed to the disease.

After the fever starts, your child may develop other symptoms, including:

- painful red blisters on their tongue, mouth, palms of their hands, or soles of their feet
- loss of appetite
- a sore throat and mouth
- a general feeling of weakness or tiredness.

The disease is usually mild and lasts 3–7 days. It can be confused with:

- chickenpox (but the chickenpox rash is all over the body)
- cold sores in a child's mouth.

Hand, foot and mouth disease is spread by coughing or sneezing, or by contact with mucus, saliva, blisters or the bowel movements of an infected person. Children are contagious ('catching') for around 7–10 days.

Keep your child home from childcare or school until blisters have dried. If blisters are able to be covered and the child is feeling well, they won't need to be excluded.

- Frequent hand washing helps decrease the chance of becoming infected.

Staying away from others who have the disease and not sharing toys during the infection also helps prevent the disease.



Room 4 Super sleuths , investigating the crime! Who done it?



Kupu o te Wiki

Tiakina o kararehe i roto i te ahi ahi i te po.
Keep your pets inside on Fireworks night.



Welcome Back!



Dates and Events Term 3



Kapahaka Fri 13th Nov

Y4-5 Kaitawa Camp Week 7 23rd Nov

Junior Trip Tue 1 Dec

Parent Helpers Invitational Mon 7 Dec

Prizegiving Wed 9 Dec

Fri 11th Dec Last Day for Pupils

First Day Term 1 2021 Mon 4 Feb.

