



Pukekohe North School

Princes Street, Pukekohe. Phone 0-9-238-8552

Coronavirus Update # 4:

Friday 20 March 2020

Kia Ora Tatou,

Obviously, our town (and Aotearoa and the World) are concerned about coronavirus being diagnosed locally.

This newsletter update whanau about our plans.

We commence the day with handwashing IN EVERY CLASSROOM.

Every time students come in after playtime, go to the toilet or are eating, hands are washed for at least 20 seconds.

Supplies of tissues, rubbish bags, cleaning cloths, antiseptic sprays and disinfectant has been purchased for classroom use.

Our CREST Cleaning Company have assured us they are using anti COVID -19 Products.

As of Monday 20 March, we are closing down our drinking fountains and asking whanau to send their children to school with water bottles.

We have observed students tending to drink with their mouths on the metal cups and this is NOT hygienic.

We will supply bottles of water for anyone needing them.

Water bottles MUST be named and not shared with a friend or relative.

Pukekohe North School is open for instruction without any plans to close our doors at this stage.

Some whanau are worried about their children and have chosen to keep their children home.

Several have contacted the school and told us they are keeping their children away from schools and pre-schools until the coronavirus threat has past.

Please, if possible put this in writing or ring Sarah or Nganeko in the office to inform us if this is the choice that you are making for the health and safety of your tamariki.

We will record this and know the child(ren's) absence from school is EXPLAINED.

Pukekohe North School WILL NOT follow up with notices or truancy officers if we have a note on our Student Management System.

We are happy to follow up with simple ideas for keeping your child engaged whilst they are at home with you.

We will place these ideas on our website next week and have copies that can be picked up from the school office. Please feel free to ring or text the school. (Phone = 238-8552 or text 021 027 37793)

Over the following page I have some ideas about talking to children about coronavirus if they are at all worried.

Nga Mihi,
Matua Jim

If children are feeling vulnerable and scared about COVID 19. Please take the time to talk with children about this. Here are some helpful hints from the Ministry of Education:

Reassure your children

- If no one in your family has COVID-19 nor has had close contact with anyone with COVID-19, emphasise to your children that they and your family are fine.
- Let your children talk about their feelings, and help reframe their concerns into the appropriate perspective.
- You know your children best. If they have a lot of questions, consider how much extra information would or wouldn't be helpful for them to know before replying.

Make yourself available

- Children may need extra attention from you, and may want to talk about their concerns, fears, and questions. Make time for them.
- Tell them you love them, and give them plenty of affection.

Be patient; children and youth do not always talk about their concerns readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or work. It is very typical for younger children to ask a few questions, return to playing, then come back to ask more questions. Often they will ask the same questions again and again as they try to make sense of things – keep your answers simple, truthful and age appropriate. Children will be reassured by your consistent responses.

When sharing information, provide facts calmly, remind children that adults are working to address this concern, and give children actions they can take to protect themselves.

Review and model basic hygiene and healthy lifestyle practices

- Talk about what you and your children what they can do to help prevent infection.
- Wash hands multiple times a day for at least 20 seconds each time (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds) and dry hands thoroughly.
- Cover their mouths with a tissue when they sneeze or cough, and throw away the tissue immediately; or have them sneeze or cough into the bend of their elbow.
- Do not share food or drinks.
- Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way.
- Discourage the child from touching their eyes, nose, and mouth.
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly to develop a strong immune system for fighting off illness.
- Discuss the new rules or practices at the child's school or early learning service.
- Keep in contact with your child's school or service and let them know if there have been any changes within your family.

Maintain a normal routine

- Keep to a regular, predictable schedule to help show your child that their daily routines are in control and will continue as normal.
- Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

Ministry of Education

19.3.2020