

April 29	Tiri Tiri Matangi trip – Year 3/4
April 30	AUT trip – Year 5/6
May 6	Rangitoto Island trip – Year 5/6
May 15	Family Day lunch
May 19	Spell-Athon Test

Dear Parents and Caregivers
Kia Ora

At Sunnynook we are aware of the current Influenza A / Swine Flu alert that is occurring locally and internationally. Our school has an emergency management plan that covers pandemic incidences. We are receiving notices from the Public Health Authorities and will distribute information as it comes to us.

A recent information advice stated that the best things you can do to stop the spread of any type of influenza virus is to:

- stay at home and away from others if you are sick;
- cover your coughs and sneezes with a tissue;
- put used tissues into a rubbish bin;
- avoid touching your eyes, nose or mouth – germs spread that way;
- be careful to wash hands often with soap and dry them thoroughly – **hand hygiene is critical:** even when you start to feel better there is still a risk of infecting others, so keep to the 20/20 rule – 20 seconds washing and 20 seconds drying; and
- keep surfaces clean.

As we are also heading into the Winter with its usual colds and bugs. A useful guide to help parents is:

SYMPTOM	INFLUENZA	COMMON COLD
Fever	Usual, sudden onset 38°-40° and lasts 3-4 days	Rare
Headache	Usual and can be severe	Rare
Aches and pains	Usual and can be severe	Rare
Debilitating fatigue	Usual, early onset can be severe	Rare
Nausea, vomiting, diarrhoea	In children over 5 years	Rare
Watering of the eyes	Rare	Usual
Runny, stuffy nose	Rare	Usual
Sneezing	Rare in early stages	Usual
Sore throat	Usual	Usual
Chest discomfort	Usual and can be severe	Sometimes, but mild to moderate

An important part of emergency planning is ensuring we have up-to-date contact details for all students. Please ensure you check and amend the forms that are in the envelopes tomorrow. We would like you to sign the forms and return them to your child's classroom teacher. If you are part of an extended family we would appreciate one parent confirming the contact details of the other parent.

Our thoughts are also with the families of the Rangitoto College pupils and their families and wish them all a speedy recovery.

NEW ENTRANTS / STAFF

We welcome our new school members to Sunnynook. Miss Yolanda Harvey joins us as the new Team Leader in Year 5 and 6. Yolanda joins us from England having been a teacher for 21 years. Yolanda begins in the new position of the Year 5 and 6 Team Leader which was a role previously filled by Mrs Virginia Montague.

We welcome Room 14 pupils and Mrs Nicole Varadi which began at the start of Term 2. Nicole will be job sharing this class with Mrs Annie Frost. Annie is currently relieving in Room 9 while Mrs Livingston recovers from a recent knee operation.

I would encourage any parents with young children nearing school age to contact us to assist us to organise staffing for later in the year. Mrs Livingston and I will be visiting local Kindergartens to remind parents to enrol.

