



Newsletter - Week 5 Term 2

Friday 31st May 2019

Nga mihi nui ki a koutou.

Chris has been away all of this week as well as a few days during the fortnight before that. He knocked his head at home and has been suffering headaches, dizziness and nausea. He has been diagnosed with moderate to severe concussion. He will return to school once the symptoms subside. We all wish him a speedy recovery.

We appreciated your support on Strike day and realise that this may have been a inconvenience.

All classes have had Zero Waste sessions over the past two days. Classes have been learning about Resource Sustainability, Recycling, Reducing and 'Is that really rubbish?'

Rippa Rugby last Friday was a great day - we had 50 students playing in 5 teams and we are proud of how well they all represented Pukehou School. What a great team game and a lot of fun to watch, let alone play!

We had the last of our Netball coaching sessions this week for the year 3-8 students. This last session saw our students applying all the skills that they had learned and practiced into games, which was lots of fun. We have some very talented netballers at Pukehou School.

We are lucky enough to also have Hockey coaching for all of our students starting in Week 7, this has been part of a three year Hockey NZ intuitive.



This week Piwakawaka and Kahu started their 8 weeks of Drama classes, with Drama Teacher Juliet Cottrell. This programme links Drama and Literacy and from all accounts was a lot of fun.

Classes will be doing activities around Matariki next week.

Are you missing anything? We have still have a massive pile of unnamed property. Please claim what is yours.

A reminder that mid year progress reports will be coming home at the end of Week 9 and parent teacher conferences are scheduled for Tuesday and Wednesday in Week 10. A notice regarding interview times will be sent home in the next couple of weeks.

Come and join us at our sharing assembly next Friday at 2:00 pm, and see what your children have been doing so far this term.

Have a nice relaxing Queen's Birthday weekend. GO the Black Caps!

Nga mihi nui,
Rachael Strong
Deputy Principal

Pukehou Quiz Night - coming at you for the 2nd year..

Friday 28th June 7.00pm kick-off R18 event Tickets \$60 per team (max 6 in a team)

Register at Pukehou School Office or email whanauandfriends.school.nz

Bus is available for transport, \$10 per person - please enquire at the office for more information.



Can you help with our **Anchor Bottle Cap** collection?

We only have until June 10 to collect as many **Anchor Bottle Caps** as we can - every bottle top counts! The more we collect the better the reward!

Board of Trustees Election:

At the close of nominations, as the number of valid nominations was equal to the number of vacancies required to be filled, I hereby declare the following parents duly elected:

Aidan Cudby

Angela (AK) Hansen

Natascha Rodrigues

Signed: *Jacqui Gilbertson* (Returning Officer)

Important Dates:

Monday 3 June

School Closed

Queen's B'day w/end

Friday 28 June

PWF Quiz Night

House Points:	Pukeiti	Pukenui	Kauhehei	Kahuranaki
Totals for 2 weeks:	5,285	5,320	5,240	5,290
Term Totals:	18,987	17,182	20,672	15,425

Riverside Perennials

We propagate and grow all our own plants including Herbs, Shrubs, Old Fashioned Perennials and Natives.

Contact Linda and Adam

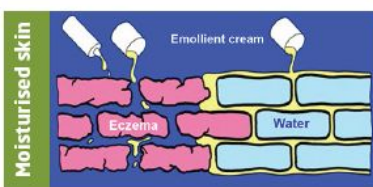
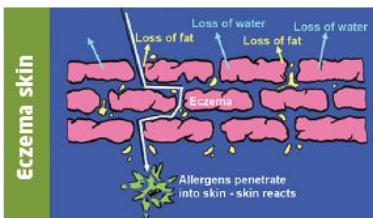
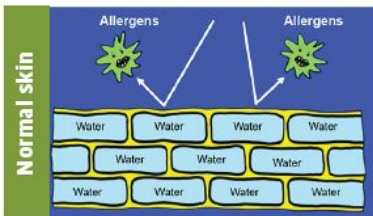
144 Mt Herbert Rd Waipukurau

027 7150248 / 06 8585028

Or find us on Facebook

ECZEMA

Prevention: Keep skin moisturised. Find out what triggers your eczema.



Early signs

Dry itchy skin.
Skin becomes red.

What to do

Keep eczema clean.
Use soap-free cleaners instead of soap.
Moisturise if the skin is itchy or dry. This may be many times a day.
Keep your child's nails short and clean.
Try to avoid from scratching.
See a doctor if your child is waking at night or missing school because of eczema.

If it gets worse

See a doctor if:

- areas of skin start swelling and become more painful
- there is pus in the eczema

How is it spread?

Eczema is not contagious.



Eczema is a condition that you are born with. The skin cells are like a brick wall. Children with eczema do not have the cement between the bricks. This means the water from the body escapes out of the cracks leading to dryness. It also means that the pollen, germs and dirt on the outside of the skin get down through the cracks in the bricks. This can cause the skin to become swollen, red and itchy. The moisturiser creams are like a layer of paint across the top of the brick wall to stop the dirt and germs getting in, but also to help keep the water in the skin so that it remains hydrated.

Aku mihi nui
ki a koe

Lou
Macklow |
Public
Health
Nurse

Child Health
Team |
Hawke's Bay
District
Health
Board

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