

Nga mihi nui ki a koutou.

All of our cool Pukehou pupils have been having hockey coaching this week with Grace. She has been most impressed with the students skill level and coachability. These sessions have been for 50 minutes and have been action packed, fun and the students have learned and improved their skills over the week. Thank you Grace and Hockey Hawke's Bay.

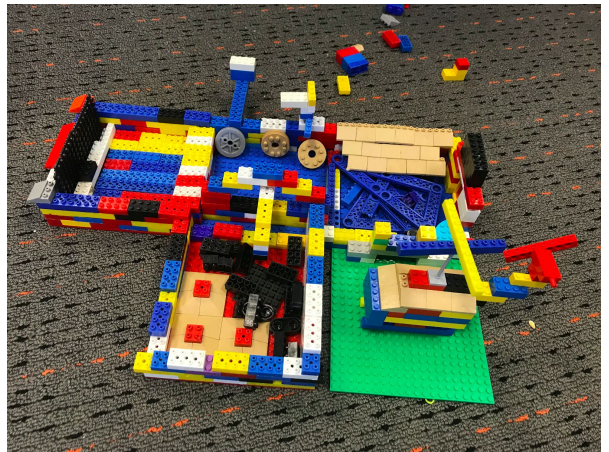
Another busy week of exciting learning here this week. Piwakawaka and Kahu made pumpkin soup and bread as a part of their Matariki celebrations this week. They also made harakeke flowers and autumn inspired lanterns.

With the wet wintry weather comes wet muddy legs and feet. A reminder that students need to bring a spare set of clothes (clearly named to assist with reuniting clothes to owner!) so that they can play in their shorts outside and put their track pants over top to come back indoors. Also, in case they get wet. This is to try and save our carpets!

Thank you all the generous parents and caregivers who cooked, baked and spared their time for the lunch fundraiser today.

Kereru and Takahe are raising funds to take them on a jaunt to the Science Museum. Thanks also to those that supported this by ordering lunch.

Enjoy a snapshot of our lunchtime creative creations as well as a few of our Matariki activity results.



We hope to see Chris back next week.

Nga mihi nui,
Rachael Strong
Deputy Principal

Pukehou Quiz Night - see the attached poster. Please note: This has been updated as we have made it a BYO alcohol event. Non alcoholic beverages and food will be for sale on night as well as pre-ordered platters.

Thank you to all those who helped with Netball Duty last week. It was much appreciated.

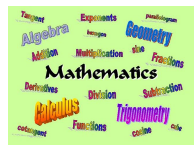
Book Club Issue#4 will be sent home on Monday. If orders are back by Wednesday 26th you will have your books before the school holidays!

Mid year Polar Plunge - 30 June 2019 - 11.30am to 2.00pm @ Waipawa and districts Centennial Memorial Pool
Fun & Prizes - All proceeds go to the pool - For full details and to register visit www.chbdc.govt.nz

Important Dates:

Friday 28 June ...	Reports are sent home ☐	Friday 28 June ...	PUF Quiz Night 7pm
Tuesday 2 July ...	Mid year conferences ☐	Wednesday 3 July ..	Mid year conferences
Thursday 4 July ...	Fish'n'chip lunch	Friday 5 July ...	End of Term 2
Monday 22 July ...	Term 3 begins		

<u>House Points:</u>	Pukeiti	Pukenui	Kauhehei	Kahuranaki
<u>Totals for 2 weeks:</u>	13,170	13,235	11,650	11,650
<u>Term Totals:</u>	32,157	30,417	32,322	27,075



The **Maths Is Fun** holiday programme will be held at the Waipukurau Library from Monday 8th - Thursday 11th July.

The theme this year is '*Shapeshifters*'; it is a fun activity based programme.

Students attend for 4 days and there are daily sessions of an hour and a quarter for each level, with a finale at the conclusion of the programme on Thursday 11th July.

Registrations begin on Monday 17th June at Waipukurau Library 8589154 or Waipawa Library 8578123



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

JAMMIES 4 JUNE

We're after new PJs, socks, hats and other warm winter clothing!

Jammies for June is a cause to help keep kids in Hawke's Bay warm over winter. In addition to keeping kids warm, your donations help local kids feel supported, loved and cared for by the community. Donations are distributed to the kids that need them most by Out and About with Kids and the Healthy Homes team at Hawke's Bay District Health Board.

www.facebook.com/outandaboutwithkids
www.outandaboutwithkids.co.nz

PJ drop off points:

AMARIVA BLUE
WAIPUKURAU
or
INDEX
WAIPAWA

QR donations can be made to the Out and About with Kids in HB bank account:
03 6696 0143424 000

IMPORTANT Messages from your Public Health Nurse:

As you may be aware there are currently multiple outbreaks of measles in New Zealand and at least 140 confirmed cases reported so far in 2019. Measles is a serious, highly infectious viral disease that is easy to prevent through immunisation. **If your child has had two doses of the Measles, Mumps and Rubella (MMR) immunisation they are protected.**

As there is a high chance that measles could spread to Hawke's Bay, we URGE YOU to take the following steps to make sure your child is protected:

Check your child has had two doses of the MMR immunisation.

- If your child only has a record of receiving one dose of MMR they should have another as soon as possible
- If your child has no record of MMR immunisation they should have one dose now and a second dose FOUR weeks later.
- **Immunisation is FREE from your GP or Practice Nurse.**

Please make sure your child's school has a copy of their immunisation certificate. If your child has contact with a person with confirmed measles they may be asked to keep away from school for up to two weeks if there is no record of them having been immunised against MMR.



Rheumatic Fever

Rheumatic fever is a serious disease that can cause the heart, joints and brain to become swollen, leading to permanent heart damage. It is caused by a throat infection from a Strep bug. Most sore throats are caused by viruses and will go away with time and do not require antibiotics. However

ANY sore throat should be checked as it could be a STREP throat. A strep throat does require a full 10 day course of antibiotics. Not every strep throat will cause rheumatic fever, and your chances of getting rheumatic fever increase with each strep throat infection, HOWEVER, just one untreated strep throat can lead to rheumatic fever.

HEALTHY HOME

Check you have the best heating option for your home. There are many heating options, and some are safer and cheaper to run than others.

Recommended heating options are:

- Electric heater with a thermostat
- Gas heater with chimney [flue]
- Heat pump
- Modern pellet or wood burner.

If you use an electric heater with a thermostat and have kids or elderly in the house, set the thermostat at around 20 degrees during the day and around 16 degrees in bedrooms at night.

A portable gas heater is not recommended because it doesn't have a chimney (flue) to carry the harmful gases outside or away from your home it releases lots of moisture into the air. This makes your home damp and causes condensation. It can be a fire risk. Anything too close can catch fire quickly if you do use one, keep at least one window open. Never use it in bedrooms

Aku mihi nui ki a koe

Lou Macklow | Public Health Nurse

Child Health Team | Hawke's Bay District Health Board

CHB Health Centre Ph 06 858 9090 ext 5542 cell:027203 1947 . www.hawkesbaydhb.govt.nz

PUKEHOU QUIZ NIGHT



R18+
EVENT

FRIDAY 28TH JUNE
7PM SCHOOL HALL

TICKETS \$60 PER TEAM
MAX 6 PEOPLE PER TEAM

Register at *Pukehou School office*
or email whanauandfriends@pukehou.school.nz

Bus available for transport \$10 per person (cash on pickup)



**pukehou
whānau
+friends**