



# Newsletter

Wisdom begins with Wonder



Term 4, Week 6

Friday 26 November 2021

## Principal's Message:

Welcome to our Week 6 newsletter for Term 4. The term is certainly flying by with only 3 weeks left of the school year. The year has been full of challenges for everyone in these different times - staff, parents and students alike. Some of the decisions we have had to make as a school have been influenced by Ministry of Health Guidelines and also the Ministry of Education. The traffic light system which will come into play next Friday will also have an impact on our lives and our need to have our Vaccine Passes available for checking will also cause some concern in our region. Vaccination is the leading public health prevention strategy in managing the COVID-19 pandemic. Promoting vaccination can help schools reduce the risk of outbreaks and potential school closure.

A reminder to help reduce the risk of spreading COVID-19 you should:

- Keep occupied spaces well ventilated
- Encourage good hygiene practices e.g. hand hygiene, cough and sneeze etiquette
- Maintain appropriate cleaning regimes, including cleaning and disinfecting high touch surfaces as well as regular cleaning
- Wear a face mask when out e.g. supermarket, sports venues, shops that you visit, coming onto school grounds
- Maintain physical distancing as much as possible and under the Traffic Light system it will vary from 2 metres to 1 metre
- If you have COVID symptoms - get a COVID test and remain at home until a negative result is received and you are system free for 24 hours

I have included in this newsletter a plan for families of what to do if COVID-19 strikes. This has been sent out by the Hawke's Bay District Health Board. I encourage you to read it so that you are able to support family or friends should someone you know catch COVID-19.

Once again I would like to acknowledge the hard work of all our staff - teaching and support staff - during these uncertain times. They have all carried on giving the students in their care as many opportunities as possible including camps, sporting events, boat safety experiences, athletics under the guidelines. Please don't forget to thank them when you get the chance. To our Board Members and our PWF, thank you all for the work you do behind the scenes to enhance our school in different ways.

I wish you all a safe weekend and week ahead.

*Sandra Connor*

Acting Principal



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Protect Te Matau-a-Māui

# Whānau plan - preparing your whānau and your whare



## Make a plan

Decide what happens if someone in your whare gets mauiui/sick.

### Option 1

Set up a room in your whare where whānau members can isolate themselves away from others.

### Option 2

If it's not possible to set up a room, create separate zones so they're away from shared spaces such as the living room and kitchen.

### Option 3

Coordinate with your whānau/hapori another whare where whānau can go and isolate.

## Prepare your whare

Think about how to set up your whare to minimise the spread.

Draw up a map of your whare to help define your zones, for example shared spaces, isolation areas, sanitising stations.

Make a list of household instructions that are easy to follow if you get sick, such as feeding pets, paying bills.

If you don't have enough room inside your whare, consider using a tent to make a comfortable space with all the necessary supplies.

## Prepare your whānau

Make sure all the whānau are on board and understand the plan.

Put a list up on your fridge of whānau details (names, ages, NHI numbers, medical conditions, addictions) and emergency contacts (GP clinic, after hours, support agencies) — just in case.

Talk with your tamariki about what the plan is if you get sick or go to hospital and how to reach out for help if needed.

Nominate someone outside of your whare who can help if your whānau is isolating, like delivering kai or supplies.

## Prepare your pātaka

Make sure your pātaka has plenty of kai in case you need to isolate.

- Kai high in vitamins, for example fruit and veges
- Fluids, like water, broth, kawakawa tea
- Baby supplies
- Hygiene products
- Medical supplies
- Cleaning supplies.

Organise kai ahead of time that's easy to heat when needed, like soups, stew.

Make up individual laundry and toilet bags for each person and store separately with your personal belongings.

## Set the tikanga

Decide what the tikanga is for your whare so everyone is clear.

Hold a whānau hui so everyone knows how to manaaki each other if someone gets sick.

Communicate your expectations with your manuhiri, for example text or message before they arrive, beep from the gate, wait in the waka.

Put up signs on your fence and front door, set up a table outside the front door with sanitiser and a QR code/register.

## Protect your whakapapa

Keep to the kaupapa and encourage each other to stick to the plan.

Stay connected — arrange regular catch-ups with your whānau, friends and community.

Don't be whakamā to reach out if you need help. You are not alone. If you need to talk to someone, free call or text 1737 anytime.

Encourage your whānau aged 12 years and over to get their vaccination against COVID-19. It protects everyone in the rohe. You can see what clinics are on in Hawke's Bay at [hbcovidvaccine.nz](https://hbcovidvaccine.nz). Book online at [bookmyvaccine.nz](https://bookmyvaccine.nz) or call 0800 28 29 26

Like our tūpuna of Te Matau-a-Māui — stay strong, stay resolute.



## INTRODUCTION:

*As the year quickly draws to an end, I thought I'd jump at the opportunity to share a bit about who I am and what makes me tick. I have been at Kererū School as Principal for four years and loved every moment of it, so it was not an easy decision to leave. However, for me, continued growth is important and I am excited by the opportunity to lead Pukehou School. I love the aspirational nature of the Pukehou vision, and having got to know a little bit about the Board and staff, I feel that we have a pretty amazing team and 2022 will hum!*

*Coming to Central Hawke's Bay feels like coming home. As some of you may be aware, for 12 years up until 2010, I was the Youth Aid Office based in Waipukurau, raising a family. Through that time I was involved in Blue Light activities and events, including Leap, and was heavily involved with EPIC. In fact, it was these things that led me to take the plunge and retrain as a teacher, a move I have never regretted. I believe that values are hugely important and should underpin all that we do in school. Every child has the potential to do great things and it is our job to help them find out what that might be.*

*On a personal note, I'm married to Angie who is a secondary school Biology teacher. We have three 'children' of whom we're immensely proud of. Lockie works for the Matamata Piako District Council as a graduate policy analyst, Cam is a qualified builder, and Alanah has recently completed her science degree and will train next year to be a teacher, like her mother! I love sports and my happy place, or space, always involves exercise in some way! That's definitely a 'perk' of the job; how fortunate am I that I get to run around and play games each and every day?*

*I am looking forward to getting to know the Pukehou School students, their whānau, and the community. Chris has told me great things and I'm thankful to Sandra and Pixie for all that they've done this term, laying the foundations for 2022. I'll be out and about in and around the school next year, so please take the opportunity to stop and chat. Ever the optimist, I'm hoping for a much more settled year for all and wish you all an early "Mere Kirihimete."*

**Rob Pratt**  
Principal  
Kereru School



## Pukehou Whanau and Friends 2021 Christmas Cheer Raffle

Please continue to support the school and the PWF by selling as many tickets as you can before Friday 10th December. Great prizes for the top sellers too!  
Thank you for returning money and sheets as you sell the tickets.



**Swimming** - Yay!! The pool is finally ready for the students to swim. Please send clearly named togs, towels and goggles with the children every day for the rest of the term, unless otherwise advised.

**Lost Property** - Regarding our aim for **ZERO lost property** by the end of the year, the amount of unnamed clothing left lying around is reducing, thank you. If there's anything in particular that you are missing, please don't hesitate to contact Jacqui. Even though the bag bins and clothing rack are cleared every Friday, I assure you that nothing will be 'disposed of' until the end of the year.



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**Book Club** - The final 2021 Scholastic flyers were handed out this week. To ensure that books are delivered to school before the end of the term, please order no later than next Thursday, 2nd December. Thank you to the growing number of families who use LOOP.

### Recipe of the week:    Spiced Banana Bread

#### INGREDIENTS

300g buckwheat flour  
4 medium/large ripe bananas (the riper the better)  
1 tbsp ground cinnamon  
1 tbsp ground ginger  
Pinch sea salt  
3 tsp baking powder  
1 tsp lemon juice  
60ml melted coconut oil  
2 tbsp maple syrup  
200ml water  
Small handful pitted dates, roughly chopped  
To serve:  
Nut butter/coconut butter/organic butter  
1 tbsp maple syrup or honey

#### METHOD

1. Preheat the oven to 190C and in a large bowl, gently combine the buckwheat flour, baking powder, ginger, cinnamon & salt before adding the lemon juice & stirring gently. Then add the water, maple syrup & coconut oil.

2. Mash 3 of the bananas (saving the other for cutting into coins or slicing lengthways and laying on top) then & add to the flour mix, stirring through the the dates & chopped banana coins (leaving 6 thick slices for the top).

3. Line a loaf tin with baking paper, pour in the mix & top with a few extra banana coins & bake for 50 minutes until firm, golden & cooked throughout by checking with a skewer if it comes out clean. Drizzle with maple syrup or honey (if your guests have a sweet tooth) or serve warm with nut butter/butter of your choice or save for tomorrow's packed lunch.

\* Regular flour can be used instead of Buckwheat flour

### **Heads up for 2022**

- As you have done for the last couple of years, you will order your children's stationery online, through **Qizzle**. More information and links will be in the next newsletter.
- We are having to change our Student Management System and will be using **HERO** next year. When this is all set up, you as parents / caregivers will be able to Log in to customise your account and view the following: Student learning stories, progress and goals / School notices / Surveys and Trip Permissions / School term dates / School Calendar / Absence notifications / Navigation to other school-related web content / Your account and payment options ... and more! Watch this space!

**NEXT CHAPTER PARENTING** offering Individual, or group, **PARENTING SESSIONS** via Zoom.

Eight one hourly sessions, weekly at a time convenient to you, available Evenings. Topics covered include Communication, Empathy, Setting Limits, Quality Time, Consequences, Choices, Redirection, Problem Behaviour, Praise vs Acknowledgement, Time In vs Time Out, The Pause, Erickson's Stages of Growth, Personality Types and how it affects your children. WINZ funding assistance where eligible.

Website: [www.nextchapterparenting.co.nz](http://www.nextchapterparenting.co.nz)

Contact: [brigid@nextchapterparenting.co.nz](mailto:brigid@nextchapterparenting.co.nz)

House Points:	Pukeiti	Pukenui	Kauhehei	Kahuranaki
Week 5-6	12,720	13,580	<b>13,660</b>	9,800
Term to date	<b>36,454</b>	31,865	34,576	27,168



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### 2022 Prefects

The Prefects team for 2022 was named at Senior Prizegiving. Congratulations to all those who have been given the opportunity to lead the student body. Head Boy is Curtis Osborne and Head Girl is Ashlee Thompson, Deputy Heads are Aidan Flack, Lachie Kirk and Bradley Booth, Amalia Stevenson, Harriet Strong and Rosie White.

### CHB College 2022 Prefects:

Congratulations to you all, especially Harriet, Amalia and Aidan (ex-Pukehou students).

Woohoo ... We are so proud of you!

Have a great summer break and all the very best for 2022.

### IMPORTANT DATES:

Mon 29 Nov - CHBC entrance exam

### DECEMBER:

Wed 1 - Fri 3 Kahu Camp at Wakarara

Thurs 2 - Fri 3 Kotare Camp at Ranui

Mon 6 Board of Trustees Meeting 6pm

Fri 10 Reports will be sent home

Kahu Optimist Yachting

Mon 13 Junior Xmas Fun Day

Tues 14 Fish'n'Chip lunch option

Final Assembly / Prize Giving

Thurs 16 End of Term 4 @ 12.30pm

2022 Wed 2 Feb Come back!!

WAIPUKURAU Tennis & Squash Club invites you to the...



Online Pro Shop  
www.thumpsports.co.nz

### 2021 WAIPUKURAU JUNIOR TENNIS GRADED TOURNAMENT



**SATURDAY** 11th December 2021

10's, 12's, 14's & 16/18's

**\*\*AGE GROUPS AS AT DEC 1ST, 2021**

Singles & Doubles competition played.

\$40 per player Singles and Doubles or \$30 singles only

Venue: Waipukurau Tennis Club, Mitchell Street - 12's boys 14's, 16/18's

: Waipawa Tennis Courts, Harker Street - 10's, 12's girls

8.30am start - be there 30min before start time

BBQ lunch available to purchase at both venues (cash only)

Event Coordinator: Jenn Evans Ph: (06) 8565725 or (021) 1744933

Organiser: Jenn Evans

The Tournament Committee reserves the right to alter the format if required on the day.  
(Postponement day Sun 12th Dec)



ENTRIES TO: <https://clubspark.kiwi/TennisEastern> go to Junior link - Our Junior tournaments

- enter

or email to: [jennparry@xtra.co.nz](mailto:jennparry@xtra.co.nz)

Entries and payment to be received no later than Thursday 9<sup>th</sup> December 2021

Confirmation of payment may be required

Online payments: Wpk Tennis & Squash Acc Number: 03 0779 0133041 01

Code: Jnr Tourn Reference: Initial and Surname

**You must pay online before the day or you won't be put in the draw**

### GIRLS AND BOYS IN THE FOLLOWING AGE GROUPS:

SINGLES	10 & Under	12 & Under	14 & Under	16 / 18 & Under
DOUBLES	10 & Under	12 & Under	14 & Under	16 / 18 & Under



**Boating Safety Activities:** *Thank you to Maritime New Zealand the Hawke's Bay Regional Council for providing this valuable Education Programme.*

