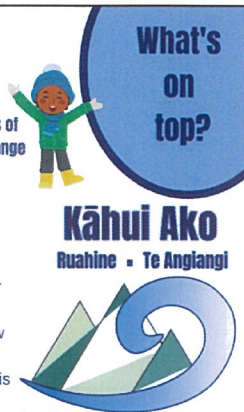


STAY WELL THIS WINTER SEASON

The cold winter weather makes it easier to get sick than at other times of the year. Cold and flu viruses linger, and most people experience a change to their lifestyle as they spend more time inside. Here are some tips to help you and your whānau stay well this winter.

1. Embrace healthy winter food - stews and soups are filling and nutritious.
2. Keep moving - whether it's getting involved in a winter sport or getting outside for a walk, exercise is important.
3. Find a sleep routine - growing bodies need a lot of rest to grow and develop well.
4. Keep warm - a warm, dry home is important to staying well this winter.



What's on top?

Kāhui Ako
Ruahine - Te Angiangi

Winter illness

As we enter influenza (flu) season it is time to get prepared as flu can spread quickly in schools and colleges. Immunisation is recommended and free for tamariki aged 3 to 12 years and those 4 years or under who have had a stay in hospital for asthma or other breathing problems. We suggest using the following snippets to help to protect the health of students and

Nicole Pinfold

Public Health Nurse | Tapuhi Hauora Tūmatanu - I work Wednesday, Thursday and Friday
Community and Whānau Wellbeing

Te Ikaroa Central | Hawke's Bay

National Public Health Service

Waea mai: 06 8589 090 ext 6229 | waea pūkoro: 027 203 1947 or ext. 6229 | Imēra: nicole.pinfold@hbdhb.govt.nz

1 Cook Street, Waipukurau | PO Box 521, Waipukurau 4200

Health New Zealand
Te Whatu Ora

Health New Zealand | Te Whatu Ora

Te Ara Waiora Health Promotion Day

June - Bowel screening month, walk through inflatable colon

June 27 2025 | 9.30 - 5pm

at the Memorial Hall, Waipukurau

Information and support will be present for:

- Bowel Screening
- Cervical Screening
- Breast Screening
- Hep C testing
- Quit smoking
- Prostate Health
- Stroke Aotearoa NZ
- Heart Foundation
- Kidney Health

Come along, connect with your whānau and get checked, and enjoy a day of fun. We look forward to seeing you there!

Nau mai, haere mai!
We have fun activities and FREE sausage sizzle for everyone!



Te Ara Waiora

WINTER ILLNESS

Colds, flu and other respiratory illness are common in schools during winter. Here are some simple tips to prevent the spread of illness:

- Wash and dry hands regularly, especially after blowing your nose, coughing, sneezing, and using the toilet
- Cough and sneeze into a tissue or your elbow, not your hand
- Regularly clean high touch surfaces - door handles, taps, table tops, phones, computer keyboards, etc
- You should keep your child at home from school if they are too sick to learn and need time to rest and recover
- Get a flu jab NOW - it's FREE for people who are pregnant, over 65s, and people at higher risk of getting very sick. Check with your healthcare provider to see if you are eligible

For more information see: info.health.nz/pregnancy-children/childhood-conditions/

Health New Zealand
Te Whatu Ora

8 Weeks of FUN!

TT Kidz (NZ) gives children aged 6-11 a great first experience in table tennis.

REGISTER NOW!

TT Kidz - Hawkes Bay

Venue: 300 Karamu Road South, Hastings, 4201
Start Date: Friday, starting 25th July.
Time: 3:30 pm to 4:30 pm
Cost: \$130 (new participant)

Equipment pack included: Table, Bag, Bat and Balls.

www.tabletennis.org.nz/tt-kidz

Sports Reports:

Football:

Both Kaoru and Jaxon were named 'Player of the Day' for 'Falcons' and 'Thunder' respectively. Well done to you both, keep up the great play and enjoy the rest of the season.



Kwik sticks *coolest team*



PWF Update



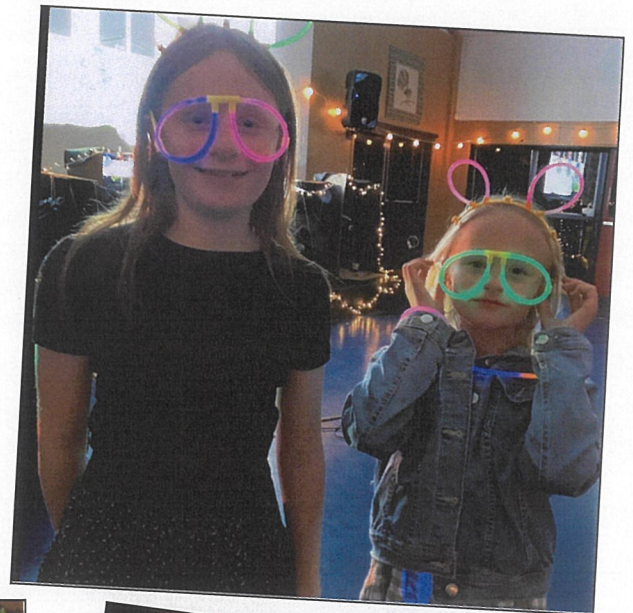
Thanks to everyone who helped set up the Matariki Disco, including staff and students who had the Peace Path looking amazing!

It was a great night and awesome to see so many of our families! Special thanks to past student Tegan who returned to Pukehou school to be our DJ!

The next PWF meeting is scheduled for July 16th at 6pm. Everyone is welcome!

Wishing you all a restful school holiday.

AK, on behalf of the PWF team.





This is just a snapshot of the work the Kahu kids have been working on for their Space projects this term. Thanks to the parents who came and listened to the presentations last week - these students are all very proud of their creations, they have learnt so much and were all great at sharing their knowledge with the rest of the school. Maybe you had a chance to look closely at their work which was displayed in the hall for the Disco last week.

