



## Ministry of Health general public health advice on novel coronavirus (2019-nCoV)

29 January 2020

**This advice is under active review and is updated daily.**

Advice under current review includes:

- Information and advice for people who have recently travelled from Wuhan and the Hubei province.

### What are the symptoms of 2019-nCoV?

Symptoms of 2019-nCoV are similar to a range of other illnesses such as influenza and do not necessarily mean that you have 2019-nCoV. Symptoms include fever, coughing and difficulty breathing. Difficulty breathing can be a sign of pneumonia and requires immediate medical attention. We don't yet know how long symptoms take to show after a person has been infected, but current WHO assessments suggest that it is 2-10 days.

### Health advice

The Ministry is taking this evolving situation seriously and is working closely with other Government agencies, DHBs and emergency management teams throughout New Zealand, and with Australia.

The World Health Organization does not recommend any specific health measures for travellers but is continuing to review the situation.

Everybody should follow the basic principles of hygiene and cough etiquette to reduce the risk of getting an acute respiratory infection or passing it onto others. This includes:

- regularly washing hands (for at least 20 seconds with warm water and soap and dry thoroughly)
- covering your mouth and nose when you sneeze
- staying home if you are sick
- avoiding close contact with anyone with cold or flu-like symptoms
- if you feel unwell you should avoid public gatherings and events.

People who have recently been to Wuhan or Hubei province, or have been in close contact with someone diagnosed with the virus, are at risk of contracting 2019-nCoV. If this applies to you, consider self-isolating for 14 days.

### What do I do if I am sick right now?

If you have a fever, cough or difficulty breathing please telephone Healthline (for free) on 0800 611 116.

### Where can I get more information about 2019-nCoV?

Visit the Ministry of Health's website at [health.govt.nz/coronavirus](http://health.govt.nz/coronavirus)



## St. Joseph's Catholic School Opotiki

(Established 1890)

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30 January 2020

Greetings and Happy New Year!

I do hope you have all had a good start to 2020.

All students seems to be happy to be back into the school routine and have settled in well.

Although the humid weather has arrived all rooms have air conditioning so indoors has been much cooler than out in the playground. Also, the Swimming Pool has certainly been well used. Sunhats **MUST** be worn outdoors and sunscreen is provided before the students venture out.

At the end of last year a number of students brought along grocery items for the St. Vincent de Paul group to hand out at Christmas. This great response from the school was much appreciated.

### School Hours are as follows:

8:50am

11:00am – 11:30am

1:00pm – 1:45pm

2:50pm

Bell rings for Assembly

Morning Interval

Lunch

Bell rings for end of Day

A big Welcome to the following new students who began at St Joseph's this week:

*Evie Armstrong, Shan and Lin Carter, Naman Kaur, Asoiva, Shaniney and Rebecca Magalogo, Nikeo and Antonia Ropotini-Mokomoko, Maraki Te Maipi, Jezabel and Galaxy Merriman, Lincoln Moore, Maneet Kaur. Savannah Hustler and Emma Collier-Henry.*

We welcome too, our new Parish Priest, Father Rico who arrived in Opotiki last weekend.

#### **Classes and Teachers for 2020.**

Room 1:	Mrs Atkinson	New Entrants
Room 2:	Mrs Raukawa	Years 2 & 3
Room 3:	Mrs McKinney	Years 1 & 2
Room 4:	Mrs Hata	Year 8 (plus 4 Year 7s)
Room 5:	Mr David	Years 6 & 7
Room 6:	Miss Pirini	Year 3
Whare Manaaki:	Mrs Dickson	Years 4, 5 & 6
Whare Manaaki:	Mr Wilson	Years 4, 5 & 6

#### **Shoes:**

While we are reasonably lenient regarding footwear we ask that all students wear black or dark sandals BUT DEFINITELY NOT JANDALS.

#### **Swimming Pool:**

Mr David Ash does a tremendous job of keeping the Pool in top condition and it has been good to see so many of you making use of the facility over the holiday period. During school time all classes have regular swimming lessons and the children are expected to take part unless there is a very good reason not to, e.g. sickness. With the large number of drownings in this country it is absolutely essential that children are taught all aspects of Water Safety.

#### **Fruit in Schools:**

Fruit in Schools will commence the week of February 10<sup>th</sup>.

Milk in Schools is available each day.

#### **New Enrolments:**

It is very important that we are aware of any pre-schoolers who are likely to attend St Joseph's in the future so please inform Kathy in the Office if you know of any families who want to send their children to St Joseph's.

#### **Stationery:**

All stationery has been paid for by the school as part of the Government's "Donations" scheme.

**Congratulations** to ex-pupil Dylan Collier who played in the N.Z. Sevens Rugby Team which successfully won the tournament in Hamilton last weekend. Dylan had very special ball handling skills even as a five year old and it has been really great following his career with the Sevens.

Also, **congratulations** to Letitia White (Head Girl, Opotiki College), Sandra Dondi (Deputy Head Girl, Whakatane High), Mia Doogue and Ruby Stuart (Prefects, Whakatane High).

#### **PLEASE NOTE:**

As you are no doubt aware, next week the Mataatua Regional Kapa Haka will be held here in Opotiki on Thursday 6 (Waitangi Day) and Friday 7 February. As this is a huge event in the community all schools will be closed both Thursday and Friday of next week.

#### **Lunches:**

Lunches are available to purchase each Monday only and the selection is as follows: (Please send the correct money along as providing change can be difficult).

Pie \$4.50	Donut \$2.50	Sausage Roll \$2.50	Filled Roll \$4.50
Chips \$3.00	Fish \$3.00	Garlic Chips \$3.50	Sausage \$2.20
Sushi 2 x chicken rolls or 2 x salmon rolls		\$2.50	
Sushi 2 x chicken rolls or 4 x salmon rolls		\$5.00	
Sushi 3 x chicken tempura or 3 x mixed chicken		\$7.00	
Sushi Veg Pack		\$7.00	
Subway Beef, Ham, Turkey or Salami		\$3.20 or \$4.20	
Subway Vegetable		\$2.70 or \$3.70	
Cookies		\$0.70	

Our first major 'event' for this term will be the **Junior Camp** at Opape Marae on 20 February. A separate Newsletter will be sent out regarding this.

Please find the latest public health advice on novel coronavirus distributed by the Ministry of Health.

Finally, Parents, please feel free to contact us at any time if you have any queries or concerns.

Looking forward to a rewarding and successful 2020 school year.