

SPECIAL NEWSLETTER – 20 MARCH 2020

COVID-19 Update

Kia ora koutou

With so much information and misinformation swirling around about COVID-19, I wanted to clarify some facts with you.

First and foremost, I hope you and your whanau are well and having planned for and are coping with the unprecedented social environment we find ourselves in.

As a school, we receive daily (sometimes even more frequent) updates from the Ministry of Education and I relay this information to you immediately via our school Facebook page. If you have yet to follow us on Facebook, I strongly recommend that you do so as it is a very rapid way to communicate with you all from anywhere we happen to be. To update on a few points:

- 1 www.covid19.govt.nz
This website is the place we will be going to get our most up to date source of the truth. I recommend that you all do the same. Social media is not verified nor is it always reliable. This site is.
- 2 **Our school will remain open unless directed otherwise.** Schools are tight communities with robust track and trace systems in place – hourly and daily attendance rolls, close monitoring of attendance by both subject teachers and deans, knowledge of who students sit with, friend groups etc. Right now, the thinking and logic is that schools are the safest places for kids right now because of this enclosure. Students are not out in the community meeting random and untraceable contacts. If a case is confirmed in our immediate school community (eg, a student, staff member, or member of their household), the Medical Officer of Health and Ministry of Education will inform me about this, and we will work together to get quick and clear messaging out to you.

We know COVID-19 feels scary and, of course, people are concerned for the wellbeing of our children. Please be assured that with no case confirmed in our school, your children are safe here.
- 3 If our school does need to close temporarily, **we have a plan in place** to support student's learning. We are not able, however, to do both at school and at home, en masse, with real purpose. To that end we remind you that school is open, and attendance is expected unless genuine medical reasons and conversations with school have taken place.
- 4 **All extracurricular activities, occurring before mid-April, involving groups of people have been cancelled or postponed.** Term one summer sports competitions have now been cancelled and all winter sport competitions put on hold until 1 May (this includes all promotion relegation games and training sessions).



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HIGH SCHOOL

We are getting the most up to date advice and guidance so that we can confidently make informed decisions about the safety and wellbeing of our school community.

Good hygiene is a priority at our school, and we are reinforcing this regularly with all students and staff. We know that practicing good hygiene is still the best thing we can all do to prevent illness.

The messaging remains clear – that if you are feeling unwell please stay home, and the same goes for children and young people. However, at the tail end of a cold, there will be runny noses and probably some coughing. This might be worrying for some people who are being vigilant about their own and others' health. A diagram has been developed by Dr Siouxie Wiles to assist you when considering symptoms. What it tells us is:

- A dry cough and a high temperature are common to both flu and COVID-19
- Sneezing is not a symptom of COVID-19, however if someone has COVID-19, then sneezing can spread droplets containing the virus.

SYMPTOMS OF COVID-19, FLU AND COLD

	DRY COUGH	FEVER	RUNNY NOSE	SORE THROAT	BREATH-LESSNESS	HEADACHE	BODY ACHES	SNEEZE	FATIGUE	DIARRHOEA
COVID -19										
FLU										
COLD										

FREQUENTLY SOMETIMES LITTLE RARE NOT

@SIOUXSIEW @XTOTL thespinoff.co.nz

SOURCE: WHO, CDC CC-BY-SA

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