

FERGUSSON Intermediate School

Newsletter - 11 November 2016



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www.fergusson.school.nz

Dear Parents / Caregivers

Last Friday a group of former students and staff joined us to mark the school's 50th birthday. Stunning performances from our drumming group, kapa haka and Pasifika groups, choir and ukulele group and rock band entertained our guests and this was capped by a lovely speech from Student Council chairperson, Morgyn Jakob. In addition to complimenting all of the performance groups, I must compliment the whole student body for banding together to display Fergusson 2016 in such a positive light - it was noticed and commented on by many of those in attendance.

Students have been their usual busy selves during the last three weeks with groups involved in a number of events. Our rock bands have both been on stage with Octivate performing at the Brandon Intermediate hosted Intermediate Schools' Performing Arts Festival and Ferg Fighters performing at the annual Battle of the Bands held at the Little Theatre in Lower Hutt. Ferg Fighters comprising Ilaisie Tafuna, Kody Tourelle, Jonathan Watkinson, Jem Hurren, Keisar Vailalo, Seyjay Harawira and Sam Woolcott performed Justin Bieber's 'Love Yourself' and Lucas Graham's 'Mama Said' to an incredibly high standard, and thoroughly enjoyed the experience of playing to a large and appreciative audience.



Touch Rugby, Basketball and Swimming have featured on the Inter-Intermediate Sports Calendar in recent weeks with our Touch Team winning through to the semi final only to be beaten by eventual winners Wainuiomata; our Basketballers had better results than in recent years and although small in number our swim team acquitted themselves well up against strong opposition. Congratulations go to Kody Tourelle who finished 2nd in the 50 metres freestyle. Thanks go to respective coaches Seymour Harawira, Davida Marshall, Tony Webb and parents who assisted with transport.

A couple of important issues now...

Fuel the Need is an initiative established to provide lunches for students across Upper Hutt. It is staffed by a small group of volunteers who prepare and then deliver lunch for students who might otherwise go without. The initiative is heavily reliant on financial donations to be able to sustain this work. You may remember that Lorde donated a sizeable sum to kick start the programme but the Upper Hutt Community now needs to support these wonderful people to enable the continuation of the programme. If you can assist in this regard please contact Manuel Dalton on 027 325 8020 or daltonsgym@gmail.com. Further details can be found at www.daltonsgym.org.nz



The inappropriate use of social media such as Facebook, Instagram and Snapchat continues to create issues in all schools and unfortunately some of our students are not immune from this behaviour. All incidents of this nature are occurring out of school but the ramifications often flow into school the following day. Please monitor your child's online behaviour as best you are able.

The netsafe website www.netsafe.org.nz provides further support and guidance in this regard.

A number of students have been struck down this week with a form of gastroenteritis that appears to be Norovirus which is currently circulating in the community.

We have included the following

advice received from Regional Public Health and advise all parents to read through it carefully.

Symptoms - Usually appear after 10-50 hours after contact with the virus. They include nausea, stomach cramps, vomiting (especially in children), and sometimes diarrhoea, headaches, chills and aching muscles.

Spread - The disease is very infectious and can spread rapidly through groups of people, especially schools and family groups. Millions of virus particles are produced in one bout of vomiting or diarrhoea. It may spread via:

- direct contact, e.g., cleaning up the vomit or diarrhoea of an ill person.
- from touching surfaces contaminated with virus, e.g., toilets, taps, door handles, towels, utensils.
- from food or drink which has been handled by a sick person.
- via air-borne spread if environmental contamination is heavy (e.g. near someone vomiting).

Treatment - The illness generally stops after 1-2 days without specific treatment.

You should see a doctor if the vomiting or diarrhoea is severe, or if you are worried.

Give plenty of fluids to replace that lost in vomiting or diarrhoea- this prevents dehydration. Water is generally adequate, although if there is lots of vomiting or diarrhoea you may need to replace salts (electrolytes). To do this you can give oral rehydration fluids (available at the chemist) or diluted fruit juice (1 part juice: 5 parts water).

Antibiotics are not effective if Norovirus, because Norovirus is a viral infection (not bacterial).

Control in school and at home

1. Exclusions: Children should be kept off school until at least 48 hours has elapsed since their last episode of vomiting or diarrhoea. No ill person should visit a rest home or hospital to see relatives until after the above exclusion period. No person should swim, until after 2 weeks have elapsed since the vomiting or diarrhoea cease.

2. Hand washing: Practise rigorous hand washing. Use soap and water with good drying. Alcohol hand gel is an alternative.

3. Disinfection: The virus can live on surfaces contaminated by vomit/faeces for 1-2 weeks. Hence:

- surfaces in toilets and bathrooms should be cleaned regularly with chlorine-based compounds (bleach, "Janola")- follow the instructions on the bottle.
- remove and wash contaminated linen and clothes with hot water and detergent.
- Ventilate rooms via open windows where people have been ill.

4. Food preparation: Nobody who has been ill should prepare food for others while they are ill and for at least 48 hours after they have ceased to have vomiting/diarrhoea.

Dates to Remember....

14 November	Year 8 Girls Gardasil Immunisation
15 November	Cricket Tournament
16 November	Year 8 Girls Self Defence Programme begins
30 November	Inter-Intermediate Softball
2 December	School Speech Final
7 December	Prizegiving Assembly 11am
8 December	Year 8 Leavers Dinner & Dance
15 December	Term 4 concludes 12.30pm
1 February 2017	School Year commences