



# Westport South School Newsletter

Week 2 Term 3

Principal: Jo Duston  
Deputy Principal: Alex Finnerty  
Phone Number: 789 7132

**School Uniforms:** We are very thankful to Parents that bring in their school uniforms as their child/children grows out of them. We have too many for our cupboard, so this Thursday afternoon from 2.30-3.15 in the staffroom you will be able to come and view the uniforms and make a gold coin donation. This money will go towards the playground.



**Science Fair:** Congratulations to our students that went down to Greymouth last Friday to compete in the Science Fair. Congratulation to Danni Foote and Marnie Stevenson for coming 3rd in the Year 8 section.

**Hearing and Vision Testing will take place this Thursday for all our Y7 students.**

**Parent Interviews:** There has not been a very good uptake for interviews this time. Several parents have commented that they knew nothing about the parent interviews being held today and yesterday. This was notified via the school newsletter for the past two editions, emailed to those we have addresses for and on Friends of South School twice on facebook. If you have missed out on an interview and would like one get in touch with the teacher and they will endeavour to make time to see you. I would suggest if you haven't been in touch with your child's teacher this year then you should make the effort to do so.

**ON the inside of this newsletter is advice form the Health Nurse over viral infections. Please read it carefully. North School has had to close because of the virus that hit their school this week.**

**The Salvation Army are holding a can for good drive the week of 5th August until 16th August 2019. You can drop off cans to the school office if you would like to take part .**

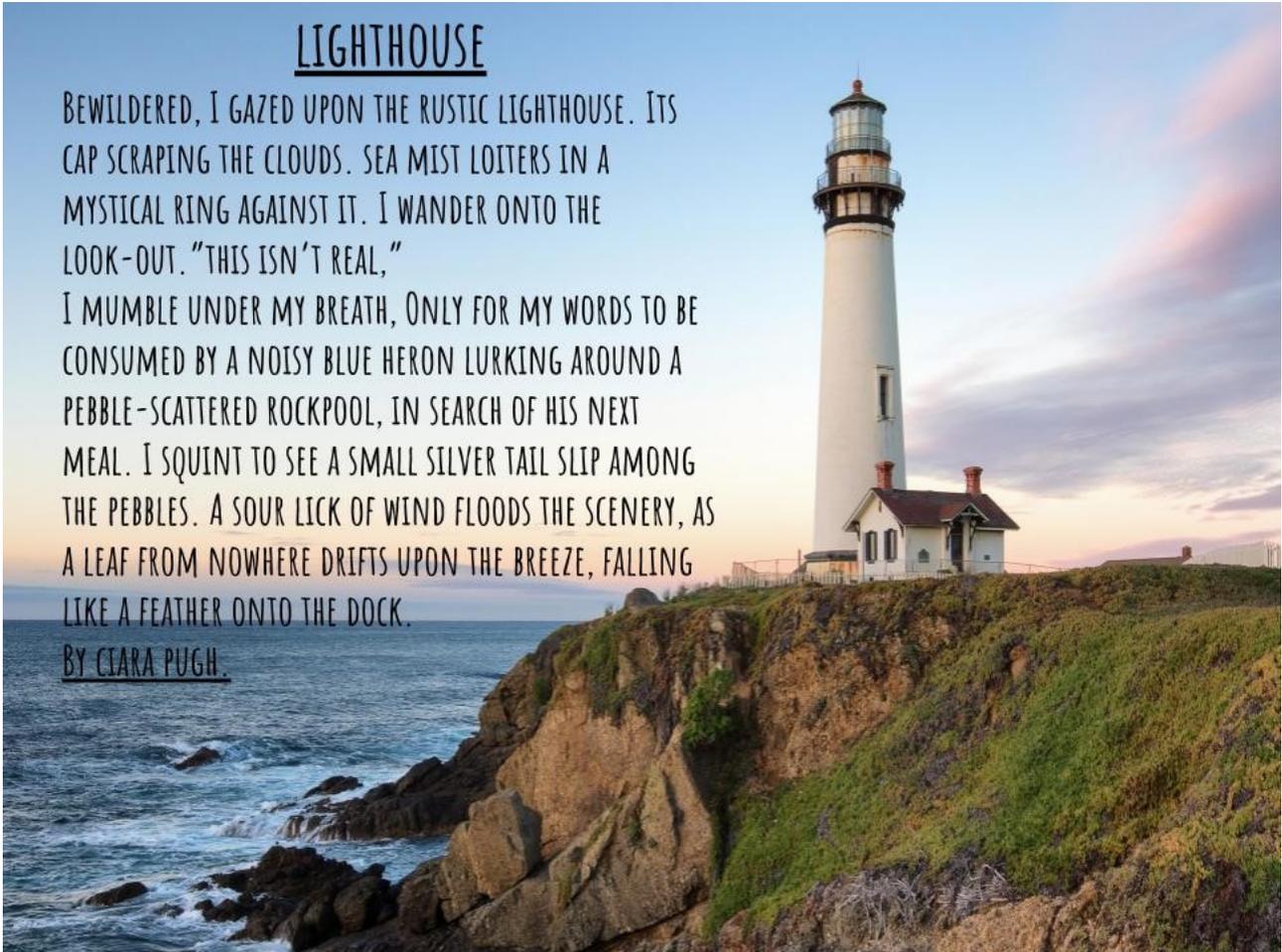


# Welcome to our Writers Unleashed

## LIGHTHOUSE

BEWILDERED, I GAZED UPON THE RUSTIC LIGHTHOUSE. ITS  
CAP SCRAPING THE CLOUDS. SEA MIST LOITERS IN A  
MYSTICAL RING AGAINST IT. I WANDER ONTO THE  
LOOK-OUT. "THIS ISN'T REAL,"  
I MUMBLE UNDER MY BREATH, ONLY FOR MY WORDS TO BE  
CONSUMED BY A NOISY BLUE HERON LURKING AROUND A  
PEBBLE-SCATTERED ROCKPOOL, IN SEARCH OF HIS NEXT  
MEAL. I SQUINT TO SEE A SMALL SILVER TAIL SLIP AMONG  
THE PEBBLES. A SOUR LICK OF WIND FLOODS THE SCENERY, AS  
A LEAF FROM NOWHERE DRIFTS UPON THE BREEZE, FALLING  
LIKE A FEATHER ONTO THE DOCK.

BY CIARA PUGH.



## How Infectious diseases are spread

Infectious diseases are caused by organisms such as bacteria, viruses, fungi or parasites. Ways people spread infectious diseases are:

**Through the air:** Droplets containing small particles of a disease, such as measles, chickenpox and influenza (the flu), can be present in the air when an infected person coughs or sneezes. Breathing in these infectious particles is how you get sick.

**Through direct contact:** Touching an infected animal, person or their bodily fluids and not washing your hands, increases your risk of giving yourself and others the infection. Possible bodily fluids are saliva, blood, sweat, urine or faeces (poo).

**Through contact with contaminated surfaces or objects:** Touching a surface or object that has been contaminated by an infected person's disease particles and not washing your hands, increases the risk of giving yourself or others the disease. Examples of infectious diseases include influenza (particles of virus from a sneeze) and norovirus.

**How to prevent the spread of infectious diseases**

## **Wash your hands well**

**How to wash:** Washing hands properly is one of the most important and effective ways of stopping the spread of infections and illnesses.

Wash your hands thoroughly using water and plain soap.

Wash for at least 20 seconds and dry them completely.

Using warm water is preferable, if available.

If soap and water are not available, use an alcohol-based hand sanitiser.

### **When to wash**

before eating or preparing food

after: Looking after sick people

sneezing, coughing or blowing your nose (or wiping children's or other people's noses)

gardening or outside activities

having contact with animals

using the toilet or changing nappies or

**Cover coughs and sneezes:** If you are unwell, avoid close contact with other people. Cover your coughs and sneezes to stop spreading the illness to other people.

Cover your mouth and nose with a tissue when you cough or sneeze – then put the tissue in a bin.

If you do not have a tissue, cough or sneeze into your elbow.

Clean your hands after you cover a cough or sneeze

## **Avoiding sharing food and drinks**

Make sure your child doesn't share food or drinks with anyone else.

## **Stay at home if you are sick**

It is important that a sick child stays at home to stop the spread of the infection to others. **Children with colds and flu or vomiting and diarrhoea should stay away from daycare, kindergarten and school until they have been symptom free for 48 hours.**

## **Ventilate your home**

Poor ventilation in rooms can increase the spread of infectious diseases. Open windows regularly to get fresh air circulating. If you have air conditioning or a heat pump, make sure the system is maintained and the filters cleaned.

## **Keep household surfaces clean**

Regularly cleaning household surfaces that are frequently touched will help reduce the spread of infections. Some examples of frequently used surfaces include tables, bench tops, door handles, light switches, toys and taps.

Clean surfaces with hot soapy water or your normal household cleaning product. Always follow the manufacturer's instructions on correct product use.

**For more information you can either call Lynley Pratt, Public Health Nurse 027520844  
your local Doctors Practice or Call Health line 0800 611 116**

**Events:**  
**31st July Parent/Teacher Interviews**  
**7th August BOT meeting 5.30 at school**



### **Principal Awards:**

Charlie McCauley: Settling in so well to Room 7/8, showing initiative, working hard to being kind to others.

Brynleigh Sutherland: Improved problem solving skills in multiplication and division.

Ian Kinniburgh: Working hard on reading during the holidays.

James Waters: Showing leadership with Technology and completing set tasks!!

Amber Kinsella: A positive start to Term 3! Displaying a greater focus towards tasks.

Ngahina Putaura: a conscientious effort to complete all tasks to a high standard!

Leroy Hart: Always displaying HEART in the classroom.

Erica McKenzie: Hard work and great attitude towards her learning!

Teoti Dohi: A big improvement in concentration and work completed in R12. You are a star!

Elih Park-Stewart: Sharing lots of knowledge about Australia.

India Coleman: Having a positive outlook. A really good first week back.

Welcome To: Birch Hayman, Kaley Hateley, Deiizhon Ratima-Kiri, Rapatini Dohi and Amelia Nakata

### **Special Awards:**

Layton Larking: For his confidence and strength in leading the haka.

Gina Hallberg: Showing leadership to younger students with a gentle manner and precise instructions.

### **Writers Unleashed Awards:**

Erika Walsh, Marnie Stevenson, Nataleigh Cook-Wisdom, Joshua Hand, Ciara Pugh Rihanna Warren, Estelle de Witt, Amika Soster, Ivy Thompson.

