



**Kia ora tatou katoa - hi everyone**

**No 27**

**29 August 2019**

**WELCOME** to Benjamin Barratt who started school this week in Pukeko. We know he will have a great time learning and making new friends.

**CHICKENPOX**

Unfortunately due to the number of chickenpox cases in the Piwakawaka Pod we decided not to carry on with the Grandparents' Day.

We understand that this is inconvenient and that some grandparents had made special arrangements to be here but Health and Safety considerations take precedence in this situation.

We have decided to combine the Grandparents' Day with the upcoming Science Open Day on Thursday 19 September.

We contacted Community and Public Health where we were provided with this link - it was in yesterday's text.

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/chickenpox>

We have included this poster (one will be sent home today as well) keep this handy for quick reference

Infectious Diseases:

information & exclusion list

Condition	This disease is spread by	Early Symptoms	Time between exposure and sickness	Exclusion from school, early childhood centre, or work*
<b>Rashes and skin infections</b>				
<b>Chickenpox</b>	Coughing, sneezing and contact with weeping blisters.	Fever and spots with a blister on top of each spot.	10-21 days after being exposed	1 week from appearance of rash, or until all blisters have dried.
<b>Hand, foot and mouth disease</b>	Coughing, sneezing, and poor hand washing.	Fever, flu-like symptoms – rash on soles and palms and in the mouth.	3-5 days	Exclude until blisters have dried. If blisters are able to be covered, and child feeling well, they will not need to be excluded.
<b>Head lice (Nits)</b>	Direct contact with an infested person's hair.	Itchy scalp, especially behind ears. Occasionally scalp infections that require treatment may develop.	N/A	None, but ECC/school should be informed. Treatment recommended to kill eggs and lice.
<b>Measles</b>	Coughing and sneezing. Direct contact with an infected person. Highly infectious.	Runny nose and eyes, cough and fever, followed a few days later by a rash.	7-18 days	5 days after the appearance of rash. Non-immune contacts of a case may be excluded.
<b>Ringworm</b>	Contact with infected skin, bedding and clothing.	Flat, ring-shaped rash.	4-6 weeks	None, but skin contact should be avoided.
<b>Rubella (German Measles)</b>	Coughing and sneezing. Also direct contact with an infected person.	Fever, swollen neck glands and a rash on the face, scalp and body.	14-23 days	Until well and for 7 days from appearance of rash.
<b>Scabies</b>	Contact with infected skin, bedding and clothing.	Itchy rash.	4-6 weeks (but if had scabies before it may develop within 1-4 days)	Exclude until the day after appropriate treatment.
<b>School sores (Impetigo)</b>	Direct contact with infected sores.	Blisters on the body which burst and turn into scabby sores.	Variable	Until sores have dried up or 24 hours after antibiotic treatment has started.
<b>Slapped cheek (Human parvovirus infection)</b>	Coughing and sneezing. The virus may be passed from mother to child during pregnancy.	Red cheeks and lace-like rash on body.	4-20 days	Unnecessary unless unwell.
<b>Diarrhoea &amp; Vomiting illnesses</b>				
<b>Campylobacter</b> <b>Cryptosporidium</b> <b>Giardia</b> <b>Salmonella</b>	Undercooked food, contaminated water. Direct spread from an infected person or animal.	Stomach pain, fever, nausea, diarrhoea and/or vomiting.	Campylobacter 1-10 days Cryptosporidium 1-12 days Giardia 3-25 days Salmonella 6-72 hours	Until well and for 48 hours after the last episode of diarrhoea or vomiting. <b>Cryptosporidium</b> – do not use public pool for 2 weeks after symptoms have stopped. <b>Salmonella</b> - Discuss exclusion of cases and contacts with public health service.
<b>Hepatitis A</b>	Contaminated food or water, direct spread from an infected person.	Nausea, stomach pains, general sickness. Jaundice a few days later.	15-50 days	7 days from the onset of jaundice.

\* Seek further advice from a healthcare professional or public health service

For further information contact:  
Your Public Health Nurse    Your Public Health Service

Vaccine-preventable and/or on National Immunisation Schedule  
 Notifiable disease (Doctors notify the Public Health Service)  
 Pregnant women should seek advice from their maternity provider or G.P.

Revised March 2016. 09/2018. Code HE1215

# Infectious Diseases:

## information & exclusion list

Condition	This disease is spread by	Early Symptoms	Time between exposure and sickness	Exclusion from school, early childhood centre, or work*
<b>Diarrhoea &amp; Vomiting illnesses continued</b>				
<b>Norovirus</b>	Contact with secretions from infected people.	Nausea, diarrhoea/and or vomiting.	1-2 days	Until well and for 48 hours after the last episode of diarrhoea or vomiting.
<b>Rotavirus</b>	Direct spread from infected person.	Nausea, diarrhoea/and or vomiting.	1-2 days	Until well and for 48 hours after the last episode of diarrhoea or vomiting.
<b>Shigella</b>	Contaminated food or water, contact with an infected person.	Diarrhoea (may be bloody), fever, stomach pain.	12 hours-1 week	Discuss exclusion of cases and their contacts with public health service.
<b>VTEC/STEC (Verocytotoxin- or shiga toxin-producing E. coli)</b>	Contaminated food or water, unpasteurised milk. Direct contact with animals or infected person.	High incidence of bloody diarrhoea, stomach pain. High rate of hospitalisation and complications.	2-10 days	Discuss exclusion of cases and their contacts with public health service.
<b>Respiratory Infections</b>				
<b>Influenza and Influenza-like illness (ILI)</b>	Coughing and sneezing. Direct contact with infected person.	Sudden onset of fever with cough, sore throat, muscular aches and a headache.	1-4 days (average about 2 days)	Until well.
<b>Streptococcal sore throat</b>	Contact with secretions of a sore throat. (Coughing, sneezing etc.)	Headache, vomiting, sore throat. An untreated sore throat could lead to Rheumatic fever.	1-3 days	Exclude until well and/or has received antibiotic treatment for at least 24 hours.
<b>Whooping cough (Pertussis)</b>	Coughing. Adults and older children can pass on the infection to babies.	Runny nose, persistent cough followed by "whoop", vomiting or breathlessness.	5-21 days	Five days from commencing antibiotic treatment or, if no antibiotic treatment then 21 days from onset of illness or until no more coughing, whichever comes first.
<b>Other Infections</b>				
<b>Conjunctivitis (Pink eye)</b>	Direct contact with discharge from the eyes or with items contaminated by the discharge.	Irritation and redness of eye. Sometimes there is a discharge.	2-10 days (usually 3-4 days)	While there is discharge from the eyes.
<b>Meningococcal Meningitis</b>	Close contact with oral secretions. (Coughing, sneezing, etc.)	Generally unwell, fever, headache, vomiting, sometimes a rash. <b>Urgent treatment is required.</b>	3-7 days	Until well enough to return.
<b>Meningitis - Viral</b>	Spread through different routes including coughing, sneezing, faecal-oral route.	Generally unwell, fever, headache, vomiting.	Variable	Until well.
<b>Mumps</b>	Coughing, sneezing and infected saliva.	Pain in jaw, then swelling in front of ear and fever.	12-25 days	Exclude until 5 days after facial swelling develops, or until well.

\* Seek further advice from a healthcare professional or public health service

For further information contact:

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New Zealand Government

health promotion  
whakamātauranga  
TE WHIRIANGA HAUORA

MINISTRY OF HEALTH  
MANAATU HAUORA

Revised March 2016, 09/2018. Code HE1215

## SCIENCE OPEN DAY - THURSDAY 19 SEPTEMBER

Classes will be available for viewing from  
**1:15 - 3:15 and 5 - 6:30pm**

This is an opportunity to experience what the children have been doing as a part of their learning at school.

There will be displays of work and the opportunity to 'do' some experiments with the children.



## CULTURAL FESTIVAL - REMINDER

Papanui Primary School's performance day and time is Wednesday 11 September starting at 12.30pm at Horncastle Arena. Tickets will be sent home on Friday with the children who are participating. If you would still like to attend, tickets can be purchased direct with Ticketek.

## DAFFODIL DAY - TOMORROW

Tomorrow it's Daffodil Day. Children are invited to wear yellow or add yellow items to their school uniform. To receive a daffodil please bring a \$2 donation for us to pass on to the Cancer Society. Your support would be greatly appreciated.



## CONGRATULATIONS

Elyssa attended the Junior Canterbury Gymnastic Championships for 2019 as a step 3 competitive gymnast. She placed 4th on bar, 1<sup>st</sup> on vault, 1<sup>st</sup> on beam, 2<sup>nd</sup> overall and her team placed 1st overall. Awesome achievement Elyssa! Good luck competing in the South Island Gymnastic Championships in September.



## FATHERS' DAY GIFTS FROM EZLUNCH

It's time to celebrate Dads – and how better than to get them something a little different!

Place an order with ezlunch for delivery from 26<sup>th</sup> – 30<sup>th</sup> August (that's this week!) and be in the draw to WIN one of two Bright Ideas Goodie hampers worth \$50 for Dad on Fathers' Day. [Book your lunch for this week](#) to be in to win.

We will draw two lucky names out on Friday 30<sup>th</sup> August. The lucky winners will be notified by email and/or phone. Please note we cannot guarantee that the hamper will be delivered in time for Fathers' Day.

## UPCOMING EVENTS

Friday 30 August	Daffodil Day
Thursday 19 September	Grandparents Day and Science Open Day
23-26 September	Life Education
30,31 Oct, 1 Nov	Senior Camp

***Kia kaha te menemene - keep smiling***  
***Paul***

## COMMUNITY NOTICES

(Disclaimer: We in no way endorse any notice placed in this section.  
It is purely an information section for public notices)

Items this week

1. Meet the Candidates for CCC and Community Board in the Papanui Ward
2. Head Lice Treatment
3. What Now Show

## Meet the Candidates

Hear from the candidates for  
Christchurch City Council and Community Board  
In the Papanui Ward

Tuesday 17 September at 7pm

At Christchurch Function Centre, Redwood Hotel, 340 Main North Rd

Hosted by Redwood Business and Residents Group



**Recommended by a PPS parent - "It's the best thing I have ever found. It is a cake of soap and it lasts for ages, you can use it like a shampoo when there are Nits going around the school. It kills the eggs and lice, and it's natural.**

Only Emu No-Nit Head Lice Treatment Soap is an **All Natural - "No Mess, No Fuss"** approach to keeping the family headlice free.

**Getting off the nit cycle can be a difficult task.**

There are lots of head lice treatments out there that claim they can kill lice and prevent re-infection. If you are like us you may have reservations about putting horrible insecticides on your child's head over and over, when it appears that physical removal is the only sure fire way of getting rid of them. Not only do we worry about the ingredients in these treatments, but sometimes they can sting if your child has been scratching making the scalp irritated. We wanted something less aggressive, more practical and more honest. Our Only Emu No-Nit-Soap is our solution. It combines essential oils **Penny Royal, Citronella and Orange Oil** with natural conditioning oils including emu oil. This combination of oils allow you to **easily comb, removing the egg casings and live lice** from the hair (No Mess no Fuss) and leaves the hair lightly fragrant with essential oils that are known for their insect repellent attributes. Emu Oil is added for its **fantastic scalp soothing properties** especially important when your child has been itching and scratching.



We recommend that during Nit season you use our No-Nit Soap with a lice comb at least a couple of times a week instead of shampoo and conditioner. The soap lathers richly to provide a great lubricant for combing out the lice and eggs. There is no need for conditioner, the natural oils will ensure that your child's hair remains soft, clean and supple and smelling like orange and citrus. **No-Nit-Soap is really economical** and you can expect at least 20 washes from each cake of soap. This means you can use it right through the nit season and for the whole family.

**<https://onlyemu.com.au/products/no-nits-anti-headlice-soap-120g>**

#### **“WHAT NOW” SHOW!**

During 2019 we are broadcasting from around the country, showcasing a different community each week. After filming in Wellington & Auckland What Now is returning to **Christchurch** and would like to invite families to be part of the live audience! All are invited (including adults) to come and experience live tv being made while being part of our awesome audience...& **it's FREE!!** As space is limited, it's a 'first in best dressed' approach.

**[www.whatnow.tv/bonus/audience](http://www.whatnow.tv/bonus/audience)**

#### **Below are the available dates/locations...**

- 8<sup>th</sup> Sep – Te Ana Marina, Lyttelton
- 15<sup>th</sup> Sep – Waltham Primary School
- 22<sup>nd</sup> Sep – Halswell Primary
- 29<sup>th</sup> Sep – Russley Primary
- 13<sup>th</sup> Oct – Kaiapoi North School
- 10<sup>th</sup> Nov – Redcliffs School