



Kia ora e te whānau

Our South Taranaki Kahui Ako is made up of eighteen schools from our region. As a group of schools, we are committed to working together for the betterment of our community. We have decided to send this newsletter out from the South Taranaki Kahui Ako so that caregivers and whānau receive a consistent message about COVID-19.

As you are aware the World Health Organisation (WHO) has now classified COVID-19 as a pandemic. The WHO Director-General when announcing this decision noted *"describing the situation as a pandemic does not change WHO's assessment of the threat posed by this virus. It doesn't change what WHO is doing, and it doesn't change what countries should do"*.

We are very much in the phase of "KEEP IT OUT". Although our focus is on COVID-19, the information given throughout this newsletter is useful to protect us all from influenza as we head into the winter months. The information also outlines the protocols that will be put in place to manage COVID-19 within our school. We will be stressing the following messages to students.

**Students will start seeing these messages appear on signs around school to remind them of the precautions they need to take.**

## **HANDWASHING IS THE MOST IMPORTANT THING YOU CAN DO TO PROTECT YOURSELF**

- Cover your nose and mouth when coughing or sneezing
- Use a tissue and dispose of this once used
- Always wash hands after coughing and sneezing or disposing of tissues
- Keep your hands away from your mouth, nose and eyes.
- Avoid contact with individuals at risk (eg, people with underlying or chronic illnesses such as immune suppression or lung disease) until the influenza-like symptoms have resolved.
- Avoid contact with people who have influenza-like symptoms.
- Ask students to use a tissue and cover their nose and mouth when coughing or sneezing and to wash and dry their hands afterwards.

# Hand Hygiene with Soap and Water

**1. Remove jewelry.  
Wet hands with warm  
water**



**2. Add soap to palms**



**3. Rub hands  
together to create a  
lather**



**4. Cover all surfaces of  
the hands and fingers**



**5. Clean knuckles,  
back of hands and  
fingers**



**6. Clean the space  
between the thumb  
and index finger**



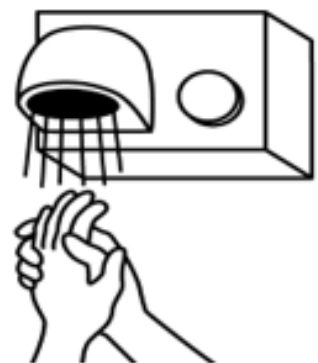
**7. Work the finger tips  
into the palms to  
clean under the nails**



**8. Rinse well under  
warm running water**



**9. Dry hands with hand dryer  
until completely dry**



**Minimum wash time 20 seconds – Sing Happy Birthday to yourself**

## **STUDENTS SHOULD STAY HOME FROM SCHOOL IF THEY ARE DISPLAYING ANY OF THE FLU LIKE SYMPTOMS:**

- chills, shivering and a fever
- onset of muscle aches and pains
- sore throat
- dry cough
- trouble breathing
- sneezing
- stuffy or runny nose
- tiredness

If students develop any of these symptoms at school, they will be put in a designated space until arrangements can be made to collect them from school.

It is important to note that while we are in the “KEEP IT OUT” phase, school and field trips will be business as usual. The Ministry of Education is updating schools frequently (at least once a week) and we will continue to keep you informed.

Principals and Boards of Trustees are working closely with one another to ensure students are kept as safe as possible.

The link below is information that has been put together by the Ministry of Education to help parents have conversations with their children about COVID-19.

[Talking to children about coronavirus](#)

You might also find the video links below useful for adults and children wanting to know more about COVID-19.

[Jacinda Ardern talking with Dr Michelle Dickinson and the Prime Minister's Chief Science Advisor, Juliet Gerrard](#)

[Nanogirl talking about COVID-19](#)

If you have any questions or concerns, then please contact your school directly.

Ngā mihi,

**South Taranaki Kahui Ako Principals**