

March 10 2020

Dear Parents and Caregivers

Thank you to all of those parents who made it to the assembly on Friday afternoon. We really appreciate your support. I delivered a few messages that needed to be heard so our children can be safe.

- Handwashing - This is imperative with the virus outbreak and it is basic hygiene that will keep the children healthy. Please follow up at home. You will be aware that advice from Health asks everyone to wash your hands often and thoroughly with soap and water for at least 20 seconds, making sure you dry them thoroughly. Singing Happy Birthday twice slowly should take about 20 seconds. To assist with this messaging, there are a couple of useful videos from the National Health Service (UK) that might help teach good hand washing techniques: Teaches hand washing technique (UK NHS): <https://www.youtube.com/watch?v=S9VjeiWLnEg> Handwashing happy birthday (UK NHS): <https://www.youtube.com/watch?v=aGJNspLRdrc>
- Shutting the school gates - this is vital at this point in time with some of our new children to school knowing where preschool is and learning to settle into our routines.
- Stranger danger and Road safety - both really important issues to work on with your children. <https://www.police.govt.nz/advice-services/personal-and-community-safety/school-portal>

Thank you also to all who attended School Interviews last week. This makes a difference to your child's education and you get to be involved in the decisions.

Our Rippa Rugby teams have made a good start to their competition every Tuesday night. It was wonderful to see parents supporting the children with coaching and transport. Good luck tonight. If your child wants to be involved please get them to see Miss Anderson, Mrs. McLennan or Mr. Ellis at school.

**Sports shirts** - Just a small request that if your child has had a sports shirt for an event please wash it and return it ASAP. The Rippa Rugby teams can have theirs until the end of March but other teams like cricket and swimming need to return theirs as soon as they can. We are exploring options for the future that may see some shirts become available for purchase at a very good cost so you have your own shirt at home.



## ***Family Night at Rakaia School. Rippa Rugby Night***

**Thursday April 2 2020 - Starting at 6pm until 7.30pm**

**BBQ on the night - \$1 sausages and Ice blocks for the kids.**



This is a great chance to come to school and have some fun. We are planning to have 3 fields running and free entry. It is a great chance for the community to get together and have some fun.

The BOT is keen to have at least one night a term where we can all get together for some fun with the children and families. Please mark it on your diary

Workshops available from mana Ake Support workers in schools -

**Supporting your Child Through Anxiety  
A Mana Ake Workshop  
25<sup>th</sup> March 2020 7pm-8.30pm  
Mt Hutt College Auditorium**

Come along and learn about what Anxiety is and how you can support your child to manage and overcome their worries.  
Learn what is normal and what is not and when to get help.

**Mana Ake  
'Supporting Your Child in a Digital World'  
6<sup>th</sup> May 2020 7pm-8pm  
Mt Hutt College Auditorium**

The digital world is here to stay. Are your children safe in the online world?  
Come along and find out how to keep your child/ren safe in the digital world.

