



Please be vigilant

Whanganui Primary Principals COVID-19 hui

Yesterday, Whanganui Primary Principals met to discuss school wide plans in the event that a student/whānau are confirmed cases of COVID-19.

Each school was notified to:

Have a pandemic plan in place

- At the time I will contact every student/ whānau with the text message below....I will ring if you only have a land line.
DO WE HAVE YOUR CORRECT CONTACT DETAILS??

The message will read.....

The Ministry of Education has notified Castlecliff School.

It will now close for at least 48 hours while close contacts are traced and put in self isolation and casual contacts given advice about what to do if they become unwell.

The school will be carefully cleaned before reopening.

Castlecliff School is working with both Ministry of Education and Public Health officials.

The school will not reopen until cleared to do so by health officials.

- The gates will remain locked
- NO staff will be on the premises
- I will send a 'SAFE TO RETURN' text or phone call WHEN CONFIRMED BY Public Health Officials

IN THE MEANTIME:

Please keep home any student with a runny nose, cough and/or a headache. I have the authority to send home any sick student through the Education Act - section 19

- Drink fountains have ALL been covered at school. Students must bring own drink bottles filled with water only.
- Tissues are supplied in every room.
- Hand sanitiser is supplied in every room.
- Paper towels are supplied in every toilet block
- Cleaning wipes and cleaning spray products are being used in every room.
- OUR SCHOOL ASSEMBLIES will be closed to the public - students only. We will LIVE STREAM each assembly starting NEXT Friday 27 March. I will send home the youtube link on this Friday's newsletter.
- **ALL visitors and family members visiting the school MUST hand sanitise and sign in and out at the office**

Keep safe, whānau and keep well.

Whaea Moana Twomey

Principal

HEALTH MATTERS

Got a health query? Ask a pharmacist

Your local pharmacist can provide advice on a wide range of health conditions. They also offer an increasing range of services in-store.

Check out these services

- Urinary tract infection – advice and treatment (if appropriate).
- Flu, shingles, MMR and Vitamin B12 injections
- Eye infection – antibiotic drops and ointments
- Emergency Contraceptive Pills (ECP) – no cost in all pharmacies, for all ages.
- Oral Contraceptive Pills – for women who've had a prescription in the past from their GP.
- Quit Smoking support – free Nicotine Replacement Therapy (NRT) at first consult.
- Blood Pressure and Blood Glucose testing.
- Weight Loss management – advice and monitoring.
- Gout arthritis – advice and pain relief.
- Other medication for – Thrush, Migraines, Colds/Flu, Pain, Sildenafil-Erectile Dysfunction (e.g. Viagra®) and many more common conditions.

Get moving during March

It might be autumn, but the weather is still good for getting out and being active. Here are some ideas to get you on the move:

- Check your community newspaper for information about free or low cost local exercise activities.
- Ask your local gyms or swimming pool if they're offering special rates for new members.
- Join a work or social sports team or get a walking buddy to make exercise more fun.
- Download a free fitness app to keep you motivated and track your progress.
- Check online at www.sportwhanganui.co.nz for the local activity directory and upcoming events.

Protect yourself against coronavirus

- Cover your mouth and nose with a tissue when you cough or sneeze**
- Put your used tissue in the rubbish bin or in a plastic bag**
- Wash and dry your hands often, especially after coughing or sneezing – use soap**
- Stay away from others if you're sick**

Free health advice when you need it
Healthline
0800 611 116

DEPARTMENT OF HEALTH
New Zealand Government

health.govt.nz/coronavirus
Protect your family/whānau from coronavirus

For more information visit www.manageme.org.nz or www.healthnavigator.org.nz

1
Home
(Self Care)

UNWELL OR INJURED?
Where should I be?

2
General
Practice (GP)
& After Hours

- Call Healthline 0800 611 116 – for free medical advice 24hrs/day.
- Home for rest, regular fluids and pain relief, if required.
- Talk to your pharmacist – they are a good source of information.
- Contact your general practice team first.

3
Emergency (ED)

- For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.
- Emergency Department for emergencies.

