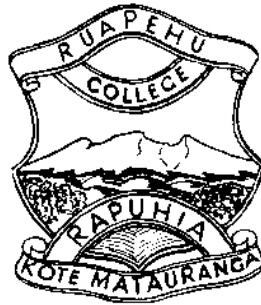


RUAPEHU COLLEGE



Seek further knowledge



Newsletter

Ruapehu College, at the heart of our community and the college of choice, making a mountain of difference in learning and for life.

Newsletter 5—10 August 2022

Principal: Marama Allen
Email : principal@ruapehu.school.nz
Phone: 06 3858398

| | |
|--------------|---|
| Mon 15 Aug | Teacher Only Day |
| Tues 16 Aug | Snow Academy |
| Wed 17 Aug | Whole school kapa haka practice |
| Tues 23 Aug | Snow Academy |
| Wed 24 Aug | Whanau practices - kapa haka |
| Thurs 25 Aug | Y11 Geography Field Trip |
| Fri 26 Aug | Science 1.4 Assessment Week |
| Tues 30 Aug | Snow Academy |
| Wed 31 Aug | Senior School Parent Teacher Interviews |



Thank you to Barbara van der Woerd for all your work and time doing the ball photos.

Here is the link:

<https://bphotographyconz.queensberryworkspace.com/rockball2022>. Password is 2022

People can download the images in 4 different sizes if they wish for free, or purchase prints/ framed prints/ canvases from the site, or they can feel free to contact Barbara. Email: info@bphotography.co.nz



**RUAPEHU
COLLEGE**



Rapuhia ko te mātauranga - Seek further knowledge

Board of Trustees

Our school is undertaking a parent election for our School Board.

This process has started with the issuing of nomination papers to our caregiver community. We have employed CES to undertake the election process on our behalf. This year with legislative change, our nomination form and full instruction on how to place your nomination into our own School's Election website will be emailed to you if we have your email address in our database or you will receive it by post if we don't have your email in our database.

Nomination papers will also be available at the school office.

The school will send those on to CES for processing upon receipt from candidates.

Nominations close on **Friday 19th August at 12 noon.**

Election day is **Wednesday 23rd September.**

We look forward to your participation in this process.

New Construction Trades Academy



Above photo of Lesley Edmonds, Elijah Pui, Marama Allen Steve Mackrell and Peter MacDonald looking at the site for the new construction trades academy to build a removable 3 bedroom house.

Here is the link for the job vacancy that includes two days with the college's Construction Trades Academy.

<https://www.trademe.co.nz/a/jobs/education/tutoring-training/listing/3700771040?bof=0cSYOpga>

AGC are doing the recruitment for this position, therefore direct any queries to Peter MacDonald. A role description is available on request. For further information or to express your interest please contact: Peter Macdonald, Human Resources 027 674 7647 <mailto:hr@agchallenge.co.nz>

Senior Parent Teacher Interviews

Wednesday 31 August for senior students only.

<http://www.schoolinterviews.co.nz/code/8dgdq>

BOOKING and QR
CODE

Booking code 8dgdq



Reminder

Teacher Only Accord Day

Monday 15 August

Student Teacher

Welcome to our new student teacher her name is Olivia McIntyre, she is 26 years old. Olivia firstly studied Culinary Arts and Business in Wellington for 3 years Then was cheffing in Ohakune when she got the opportunity to work alongside students.

Olivia really enjoys helping them learn, teaching them and supporting them. This year she is studying a graduate diploma of learning and teaching through distance at Massey.

Inspiring Stories Project

Inspiring Stories is a project that hopes to inspire student-encouragement throughout college and in life. Narratives of belonging and potential will be captured on film by iwi leaders (belonging - people and place) and college alumni (potential - showcasing the area or field they have chosen to pursue and through their stories of overcoming adversity).

These narratives will be shared through a video library and then packaged to be delivered as class resources for the subjects: science, technology, literacy, arts, numeracy, and social sciences.

It is also envisioned that the alumnis' reflections of their journey through college and into career pathways will highlight to students the important role that the Habits of Mind played in their overcoming and in their successes. We hope that these resources will help students to continue their adoption of the Habits Of Mind as dispositions of learning and character.

Ana Te Putere O Te Rangi Allen (Ngati Ruaka / Ngati Rangi / Uenuku).

Photo on right: Students engaging in the Inspiring Stories Projects.



Sports Update 4th August

Snowsports

Students had their first day up the mountain last week But unfortunately the weather was not good this week.

Football

Our school mixed football team headed to Taupo on Monday to play a very structured and experienced Tauhara College. It was a great, close game played in beautiful weather, but they narrowly lost 2-1.

Monday 8th Rua vs Taumarunui

This was such a fun game! A tight score line with Ruapehu scoring the wining goal in the last 30secs, final score 2-1.

Girls Rugby

Had a bye the first week back and last week couldn't due to Whanganui Girls College defaulting. They are looking forward to being able to play this week against Cullinane.

Boys Rugby

Last week our boys had a bye in the Whanganui competition so instead played a friendly game against Taumarunui High School, winning 67-0. This week the opposing team has defaulted.

Basketball

The first week back our junior boys team headed to Whanganui and lost 61-11 Whanganui High School. These boys are really enjoying being able to play in this weekly competition.

Squash

Secondary Schools Squash Nationals

Well done to the Ruapehu College Squash Teams at the Nationals. The boys came 14/32 after some huge battles. The girls won the plate.

Also congratulations to Liam Burnard who was named as reserve for the New Zealand Trans-Tasman team

Interclub finals were held on Tuesday evening, both college teams played with College 1 winning and College 2 coming 2nd. The competition includes teams from Ohakune, Waiouru, Taumarunui and Turangi so it is a big competition and they have dominated it from the start.

Netball

This weekend our girls play against Kaiwhaiki Golds at 2.30pm in Laird Park, Whanganui
Final score 25-13 to Kaiwhaiki Netball Club.



Representative Teams

Tuharakia Wallace-Mcleod
William Waitokia

Congratulations to the following students who have been picked for the following representative teams.

Whanganui Girls Under 15 Team
Rose Soverel
Malena Hawira

Whanganui Boys Under 14 Team
Te Orangi Te Riaki
Steelie Hammond
Dayton Muru Albert
Chrissy Winter

Whanganui Girls Under 18 Team
Maina Gray
Hye-le Wihare-Hansen
Jizaiah-Ley Edmonds

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*

Rashes and skin infections

| | | | | |
|---|---|---|--|--|
| Chickenpox  | 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. |
| Hand, foot and mouth disease | 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 to be covered, and child feeling well, they will not need to be excluded. |
| Head lice (Nits) | Direct contact with an infested person's hair, and less commonly by contact with contaminated surfaces and objects. | Itchy scalp, especially behind ears. Occasionally scab infections that require treatment may develop. | N/A | None, but ECC/school should be informed. Treatment recommended to kill eggs and lice. |
| Measles  | 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. | 7-21 days | 5 days after the appearance of rash. Non-immune contacts of a case may be excluded. |
| Ringworm | Contact with infected skin, bedding and clothing. | Flat, ring-shaped rash. | 4-6 weeks | None, but skin contact should be avoided. |
| Rubella (German Measles)  | 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. |
| Scabies | 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. |
| School sores (Impetigo) | 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. |
| Slapped cheek (Human parvovirus infection)  | Coughing and sneezing. The virus may be passed from mother to child during pregnancy. | Red cheeks and face-like rash on body. | 4-20 days | Unnecessary unless unwell. |

Diarrhoea & Vomiting illnesses

| | | | | |
|--|--|---|--|---|
| Campylobacter Cryptosporidium Giardia Salmonella  | 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. Cryptosporidium – do not use public pool for 2 weeks after symptoms have stopped. Salmonella - Discuss exclusion of cases and contacts with public health service. |
| Hepatitis A  | Contaminated food or water; direct spread from an infected person. | Nausea, stomach pains, general sickness with jaundice (yellow skin) appearing a few days later. | 15-50 days | 7 days from the onset of jaundice. |

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.

* Seek further advice from a Healthcare Professional or Public Health Service

New Zealand Government

hpa
te hirainga hauora
HEALTH PROMOTION AGENCY

MINISTRY OF HEALTH

Revised February 2022. Code HE215

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*

Diarrhoea & Vomiting Illnesses

| Condition | This disease is spread by | Early Symptoms | Time between exposure and sickness | Exclusion from school, early childhood centre, or work* |
|---|---|---|------------------------------------|--|
| Norovirus | 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. |
| Rotavirus | 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. |
| Shigella | 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. |
| VTEC/STEC (Verocytotoxin- or shiga toxin-producing E. coli) | 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. |

Respiratory Infections

| Condition | This disease is spread by | Early Symptoms | Time between exposure and sickness | Exclusion from school, early childhood centre, or work* |
|---|--|--|------------------------------------|--|
| Influenza and Influenza-like illness (ILI) | 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. |
| Streptococcal sore throat | 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. |
| Whooping cough (Pertussis) | 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. |

Other Infections

| Condition | This disease is spread by | Early Symptoms | Time between exposure and sickness | Exclusion from school, early childhood centre, or work* |
|----------------------------------|--|---|------------------------------------|--|
| Conjunctivitis (Pink eye) | 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. |
| Meningococcal Meningitis | Close contact with oral secretions. (Coughing, sneezing, etc.) | Generally unwell, fever, headache, vomiting, sometimes a rash. Urgent treatment is required. | 3-7 days | Until well enough to return. |
| Meningitis - Viral | Spread through different routes including coughing, sneezing, faecal-oral route. | Generally unwell, fever, headache, vomiting. | Variable | Until well. |
| Mumps | 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. |

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.

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

New Zealand Government

hauora te hirirangi
HEALTH PROMOTION AGENCY

MINISTRY OF HEALTH
MASSARTI HAURORA

Revised February 2022. Code HE1215