

**Kia ora/Greetings**

**Cultural Parade**

Today we celebrated one of the most special days of our school year with our cultural parade. I look forward to sharing with you some photos and stories from the day next week!



**The Weaving**

Trish Hishon created and donated this beautiful weaving for our cultural celebrations. Called 'The Journey' it celebrates weaving together the many different cultures we have at Knighton.

**Te Ahu o Te Reo**

Over the weekend a large group of teachers and support staff began the second year of Te Ahu o Te Reo Māori, beginning with a noho marae. These staff members will be involved in this learning over the next ten weeks.



**Coronavirus**

You would be aware that five people in New Zealand now have the virus. Schools are receiving regular updates from the Ministry of Education.

- Evidence from China shows that only 1% of reported cases do not have symptoms, and most of those cases develop symptoms within 2 days.
- Young people 18 years and under represent less than 2.4 per cent of those who have contracted the virus.
- From the data we have so far, COVID-19 does not transmit as efficiently as influenza.

It continues to remain that the best thing to do is to practice good preventative measures, particularly good hygiene:

- Washing hands with soap and water for 20 seconds before and after eating as well as after attending the toilet
- Covering coughs and sneezes with clean tissues or with an elbow
- Putting used tissues in the bin
- Encouraging staff and students to stay home if they are unwell

**What are head lice?**

Nits    Kutis    Headlouse  
Kutu bugs    Cooties

Anyone can get head lice - it doesn't matter how clean or dirty a person's hair is. Head lice spread by crawling from one person's hair to another's - usually between people who are in close contact, such as family or school classmates.

Remember:

- Check your children's hair every week for head lice.
- If you find lice or eggs - you need to treat them.
- Repeat the treatment 7 days later.

We have information about a wet combing treatment method and free nit combs available at the school office.



Ruben the Road Safety Bear visited the Junior classes last week.

Ruben teaches road safety messages to children, helping them to learn about keeping safe around roads and traffic. You can visit Ruben online at [ruben.govt.nz](http://ruben.govt.nz) for lots of fun road safety activities.

BREAKFAST IDEAS

## BREAKFAST SWAPS

To lower our sugar intake and/or increase the fibre in our breakfast try these easy swaps.....

1. Nutrigrain to PORRIDGE
2. Coco Pops to WEETBIX
3. Spaghetti to BAKED BEANS
4. White bread to WHOLEGRAIN BREAD

Developed by Sport Waikato 2019

### Spare Clothing

As we have very limited spare clothing available for children, we suggest you keep a change of clothes in your child's school bag in a waterproof plastic bag in case of accidents or wet weather. If your child comes home with clothes borrowed from school please wash and return them as soon as possible.

## music lessons at your school!

Enrol your child in music lessons with Music House by filling out the online enrolment form at [musichouse.co.nz](http://musichouse.co.nz)

**guitar, bass, drums**



[www.musichouse.co.nz](http://www.musichouse.co.nz)

Individual lessons - \$300 per 10 week term  
 Pair lessons - \$170 per 10 week term  
 Group of 3 - \$120 per 10 week term  
 Hire guitar - \$15 per month, (3 month min. hire)  
 General enquiries - 078080235 or admin@musichouse.co.nz



**music house**

### COMMUNITY NOTICES:

#### Refugee support:

#### Training starts 19 March at Red Cross

There is opportunity to get involved as a Refugee Support Volunteer in Hamilton: **A free training course starts on Thursday 19<sup>th</sup> of March at the Red Cross in Hamilton (422 Te Rapa Road).** The five training sessions run 19, 26 March and 2, 9, 16 April.

Participants choose between morning sessions from 9.30am to 12.30pm OR evening sessions 6-9pm. This training prepares everyone to support new families that will arrive in Hamilton from 24<sup>th</sup> of April.

For more information and to register please contact: Juergen Pothmann, 021 228 2065, [Juergen.pothmann@redcross.org.nz](mailto:Juergen.pothmann@redcross.org.nz)

#### Kids with challenging behaviour? FREE evening for Parents, Caregivers and Whanau FRIDAY 13th March

7pm - 9pm

**Southwell School**

This event is for anyone who has contact with children, and would be interested in learning ways of dealing with challenging behaviour in more peaceful ways. This is a free event sponsored by the Ministry of Education.

All event information and booking info can be found at:

[https://www.elp.co.nz/a\\_free\\_evening\\_for\\_all\\_parents\\_caregivers\\_and\\_whanau\\_waikato.cfm](https://www.elp.co.nz/a_free_evening_for_all_parents_caregivers_and_whanau_waikato.cfm)

**Ngā mihi nui**

**Stuart Armistead  
Principal**