



## Te Kopuru Swimming Sports:

Our swimming sports has been postponed until next Thursday 24 March. This event will be a day focused on student participation and fun. In the spirit of cooperation, we are asking all spectators to wear masks on the day, and keep in mind social distancing. More information on the format of the day will be sent home next Monday 21st March.



## Te Kopuru School Board of Trustees

Anthony Nelson (Chairperson)	439 6444	Jessie Moffett	439 0291 or 0211300690
Missy Hokai	<a href="mailto:miskanz@hotmail.com">miskanz@hotmail.com</a>	Charles Samuels	439 7853
Lee Anderson (Principal)	439 1802		
Kerry Little (Staff Rep)	439 1802		

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## BoT Members Needed

Board of Trustee elections take place in September 2022, so now is the time to start thinking about your interest in becoming a Te Kopuru School Board Member.

This is an opportunity to be involved in your kura and community.

You are welcome to talk to any of our current board members to find out what is involved. Please contact them on the numbers, above.

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## Calendar

Thursday 3 March: Sport Northland Swim Safe  
Thursday 10/Friday 11: Rooms 5,6,Poutama "Have a Go Sailing"  
Tuesday 15 March: Te Kopuru School Board of Trustees meeting, 5.30pm  
Thursday 24 March Te Kopuru Swimming Sports  
Thursday 31 March Te Kopuru School Triathlon (TBC)  
Thursday 14 April Last day of Term  
Friday 15 April: Good Friday  
Monday 2 May: Term 2 Start

# Covid Information for Parents

## Changes to isolation requirements

From **11:59pm tomorrow Friday 11 March** isolation requirements for positive cases of COVID-19 and their household contacts will be reduced from 10 to **seven days**.

This change has been made due to up-to-date public health advice: there is a decline in infectiousness of Omicron over time and in most cases, transmission occurs within seven days.

This reduction in the isolation period will ensure we maintain a balance between controlling the outbreak effectively and minimising the impacts of isolation requirements on people's lives.

Evidence also shows that the risk of re-infection within the first three months after someone has had Omicron is very low. For this reason, recovered cases will **no longer** need to isolate again if they become a household contact within 90 days of having the virus. This has been **extended** from 28 days.

From **11.59pm Friday 11 March**, all cases and household contacts who are currently isolating can end their period of isolation after Day 7. Those currently in isolation will not have to complete their Days 8, 9 and 10 of isolation.

## **Cases of COVID-19**

Anyone who has tested positive for COVID-19 will be required to isolate for seven days.

Day 0 is the day symptoms began or the day the test was taken (whichever came first). Cases will isolate for a full seven days and are free to return to normal activities on Day 8, if they are not symptomatic.

Household contacts should continue to self-monitor for symptoms up to Day 10.

Household contacts will be required to take a self-administered rapid antigen test (RAT) on Day 3 and Day 7 of the case's isolation period.

If symptoms develop at any time during isolation:

- the usual advice remains in place to undertake an additional RAT
  - if the test is negative and symptoms persist or worsen, test again 48 hours after that negative test
  - if symptoms resolve there is no need for a further test until the required Day 7 test.

If a household contact has finished their period of isolation they do not need to return to isolation. Household contacts are required to isolate for the same seven days as the case.

Should a new household member be confirmed as a case eight or more days after the household contact has left isolation, then they must start a new period of self-isolation for seven days.

## General advice

Anyone that has had COVID-19 or who is a contact of someone who has COVID-19 should avoid attending high-risk settings until ten days have passed since they were infected or exposed to the virus. These will include, for example, aged-care facilities, correctional facilities and hospitals (unless the individual is requiring care).

As always, undertake a rapid antigen test (RAT) if symptomatic. If the RAT is negative and symptoms persist or worsen, you should test again 48 hours after the negative test. If symptoms resolve, there is no need for a further test.

## Advice for anyone who is unwell

- Anyone who is sick should stay home until they are well.
- When a child has respiratory symptoms, they should stay at home and seek advice from their GP or Healthline. Staying home is key to controlling the spread of **any** virus in a school setting.
- Many children will have a long-lasting runny nose or cough after viral infections. If it is over 10 days since the onset of COVID symptoms and they are no longer feeling unwell, they are very unlikely to be infectious and can therefore return to school.
- However, if they are continuing to feel unwell or their symptoms are worsening after 10 days, they should not return to school and a GP review, or a call to Healthline, is recommended.
- *Continue to send your tamariki to kura if your tamariki are not showing any signs or symptoms of COVID including -*
  - · A new or worsening cough
  - · Sneezing and runny nose
  - · A fever
  - · Temporary loss of smell or altered sense of taste
  - · Sore throat
  - · Shortness of breath
- ***Please keep the Kura informed if you have a positive case at home***

## **Optometrist**

On May 5th and 6th the optometrist from the Mr Four Eyes foundation will be coming up from Whangaparāoa to deliver free advanced vision testing at Dargaville Medical Centre, for students in the Northern Wairoa.

These appointments will take 30 to 40 minutes, and if needed, glasses will be provided free of charge.

Appointments can be made simply by calling Dargaville Medical Centre and asking for an appointment with the optometrist on May 5th or 6th.

PLEASE note that if you make an appointment and then fail to turn up, you take a spot from another student needing an eye test, and waste the time of the optometrist who donates his time to this worthy cause.