

Berkley Normal Middle School

Early Notification System

Last week we introduced a new way of informing parents if their child was not at school. Messages in this system are notified by text if there is an absence that is not explained.

It is still essential that we be notified if a student is not to be at school. Our text system is there as a back up when this does not occur. It is essential that we know where students are at all times during the school day.

Thank you for updating your contact details. It was amazing how many contact details had changed. Approximately 20% needed updating. It is important that we are informed whenever your contact details change. In times of emergency it is reassuring to know that our database is accurate.

Student Led Conferences

By now most families have made their bookings on line. For the first time reporting is scheduled during a school day.

On Friday 8 July students are only to be at school for their conference time(s), or if they are involved in production rehearsal or ESOL.

Students in these categories will have a notice explaining their commitments.

Upcoming Events

- 24 June Focus - Ararua
- 28 June BOT Meeting 6.00pm
- 29 June Big Night In
- 30 June Focus - Te Aroha
- 04 July Early finish - 2.45pm
- 05 July Inter-school Rugby
- 07 July Early finish - 2.45 for Parent Conferences
- 08 July Parent Conferences all day
Production Rehearsal
- 12 July Pubertal Change Meeting - 5.30pm
- 13 July SS6 large Ball
- 14 July Next Korero Home
- 15 July Focus - Storytelling
End of Term 2
- 01 August Term 3 starts
- 02 August ICAS English
BOT Meeting 6.00pm
- 03 August Social Dance
- 04 August School Science Fair
Focus - Kapa Haka
- 05 August SS7 X Country

Host Families

At the beginning of term 3, students from Gifu High School in Japan will spend two weeks in our school. We are looking for five host families. The students are 15/16 years of age and need hosting from 30 July to 13 August. These students are a delight to have in your home. In exchange for your hospitality you will receive \$380.00.

Please complete the slip if interested and return to office.

Host Family Return Slip Gifu High School - Japan

Student Name:

Room :

We would like to have - (please circle)
a female student / male student / either
to stay with us.

Parent/ Caregiver Signature:

Big Night In

When: Wednesday 29 June - 7.00pm

Where: Berkley Cultural Centre

What: A selection of musical performances involving rockbands, orchestra, choir, Kapa Haka, guitar group and soloists.



For the cost of a gold coin donation come along and support our musical students.

Mufti Day Giveaway

Kia ora parents and caregivers of the Kapa Haka group that performed at the school focus. After all the hard work your children put into the Kapa Haka performance, Te Aroha has chosen to reward them with a free mufti day. This will be at no cost to them because our team, Te Aroha, have donated the last mufti day we won at Super Seven. As it is a Super Seven mufti your child must wear their team colours. The mufti day will be held on Friday 24 June (tomorrow). Many thanks to your children for taking up the challenge and making Berkley proud!

From Lucy Metcalfe, Jodi Rys and Tara Carmichael

Te Aroha Class Councillors

Temporary Job Vacancy

An opportunity to be part of our office team

- General Duties

Part-time hours - 12.30 - 3.30pm

Five afternoons per week during school term only

Expressions of interest email - principal@berkley.school.nz

Applications close when suitable applicant found

Positive Puberty

Next term our students, as part of the Health programme, participate in our Positive Puberty unit. The content of this programme provides students with the knowledge, understanding and skills to develop positive attitudes towards the changes they are experiencing during puberty. The key concepts students will learn about are:

- 1) The physical, emotional and social development that occurs during puberty.
- 2) Strategies to manage the changes they experience.
- 3) Factors that influence their choices during puberty.
- 4) Their own feelings, rights and responsibilities.
- 5) How to identify incidences of discrimination and take positive action in such cases.

There is a meeting on Tuesday 12 July at 5.30pm in the staffroom for parents and caregivers who wish to know more about the Positive Puberty unit. This is a unit of work that is part of our school curriculum every second year.

Early Finish Days

There are two more early finish days this term to support teachers in their Professional Development and Student Led Conferences. Please note the following times and days:

Monday 04 July 2.45pm

Thursday 07 July 2.45pm

During term three there will be two early finish days:

Monday 15 August 2.45pm

Monday 19 September 2.45pm

Ministry buses will continue at normal times and students will be supervised. The Berkley bus will leave 10 minutes after school finishes on these days.

Being On Time

This is a very important trait to develop. Students at school form lifetime habits. One of these that transfer into many walks of life is to be on time. Winter is always a time when late arrival at school increases. It is not OK to be five or more minutes late for class. Being in class at the start of a lesson is very important. There is a pattern developing, that we ask for parents support with. Please ensure that students are at school by 8.30am, ready for a good start to their learning every day.

School Uniform

We empathise with parents who have children who lose/misplace items of uniform. The most frequent item is their polo fleece tops. Finding these is often difficult because garments are either unnamed or the manner in which they were first named has blurred with washing and is unreadable. Please encourage your child to check our often overflowing lost property bins or come along and check yourself.

Our uniform shop is well stocked up on all uniform items including rain-jackets which will be available from Tuesday 28 June.

The opening times are :

Tuesdays 8.00am – 9.00am
3.00pm – 4.00pm

Please make all cheques out to 'Direct Group Ltd'. Eftpos facilities are available.

Dental Treatment for Berkley Students 2011

Dental examinations for all eligible students at Berkley Normal Middle School have almost been completed. Students identified as requiring further dental treatment will be allocated appointments at Hillcrest Normal School Dental Clinic.

Appointment cards will be sent home shortly.

Sport Waikato Newsletter Nugget

WINTER WARMERS

GET ACTIVE!

On a cold winters day we still need to get active. Try some of these activities to get keep you warm but also huffing and puffing.

- Make up a dance or aerobic routine to your fav tunes
- Create an obstacle course and challenge your mates
- Play seated volleyball in your lounge or garage.





Community News

Maths Tutoring with mathZwise

Thank you to the Berkley students who entered our recent **mathZwise** competition. Acacia from Silverdale Normal School and Josephine from Vardon School were the two winners of the free Maths tuition for Term 3.

mathZwise is specially designed to support the New Zealand Curriculum. The mathZwise programme is ideal for students from Year 3 to Year 13 who need support in their learning as well as for students wanting Maths extension. Our tutors are friendly and very experienced. Each 60 minute tutoring session means the students become more confident in their Maths ability and increases their understanding and success. For more information please go to www.mathzwise.co.nz

mathZwise sessions are available after school at Berkley Normal Middle School and Hamilton West School. Please contact Lesley Ashman at lesley@mathzwise.co.nz or phone 829 8749 or 021 122 5558.

Mark Cossey Coaching - July School Holiday Football Program

Programs will be held both weeks of the July holidays at Peachgrove Intermediate School, from 9am - 3pm

Mon 18th - Thurs 21st July

Mon 25th - Thurs 28th July

All children from 5-12 years welcome to register

For more details or to register please contact us

on cosseycoaching@gmail.com

Message from Health Waikato

Winter is the season for many cold and flu-like illnesses, stomach bugs (gastroenteritis), in particular Norovirus. In New Zealand this year we have also seen several outbreaks of measles in Auckland and Hawkes Bay.

All these illnesses are spread in similar ways and the prevention messages are the same

- Wash your hands
- Cover your mouth when you cough (cough and sneeze etiquette)
- Carry out regular cleaning of all surfaces.

Stomach bugs (Gastro-intestinal illnesses)

Winter sees a peak of stomach bugs; especially those caused by viruses. Children should be kept from school if they have vomiting and/or diarrhoea and should not return until they are well and have had at least 24 hours of no diarrhoea and/or vomiting. These bugs are spread via hands to mouths. They can remain on surfaces such as door handles and thus regular cleaning is encouraged. Please encourage hand washing before preparing food, eating meals and after visiting the toilet.

Influenza-like illness

Winter is the time for coughs, colds and influenza like illnesses. Most of these are caused by viruses or bacteria which are spread via droplets by someone coughing and sneezing into their hand not washing it and passing it to someone else's hand or a surface which then becomes contaminated. Those individuals who now have the virus on their hands can easily rub their eyes or put their hand in their mouths, without thinking, and thus transfer the virus to themselves. Therefore regular cleaning in schools is encouraged at this time. It is also recommended that children practice good cough and sneeze etiquette and hand hygiene.

Sore throats

Sore throats can be caused by a number of bacteria or viruses. When a sore throat is caused by *Group A Streptococcal* bacteria, if untreated, it can cause Rheumatic Fever – a serious disease that attacks the heart. All sore throats need to be seen by a doctor or nurse, and particularly if the child is in a high risk group for rheumatic fever, swabbed, and if positive for Group A Strep, treated with a ten day course of antibiotics. If this is done, Rheumatic Fever can be prevented.

Group A Strep is spread by droplets from someone coughing and sneezing. Good hand hygiene and covering ones mouth when coughing and sneezing is important to prevent the spread of Group A Strep. **Sore throats matter – get them checked!**

Measles

Symptoms include fever, runny nose, cough, loss of appetite, and conjunctivitis. White spots may also occur in the mouth. After 3 to 5 days a rash appears at the hairline, moves to the face and upper neck, then moves down the body and usually lasts 4-6 days. The rash is not itchy. The infectious period for measles is the four days prior to the rash appearing and then a further four days after the onset of the rash.

Measles is highly contagious and each case is likely to infect a further 12-18 non immune persons. Should your child show these symptoms it is crucial they seek medical advice and contact your doctor by phone first so as not to risk further spread by sitting in a waiting area.

The only preventative measure against measles is to ensure that your child/children are up to date with their MMR vaccinations available from your family GP practice.

Meningococcal disease

Even with the number of cases of MeNZB decreasing, there will be cases of meningococcal disease in

the Waikato. It is assumed that without the large number of MeNZB cases, Waikato will still see approximately six to 10 cases of meningococcal disease a year.

We would like to take this opportunity to remind you of the signs and symptoms of the disease. Meningitis and septicaemia (blood poisoning) are not always easy to recognise, and symptoms can appear in any order. Some may not appear at all. In the early stages, the signs and symptoms can be similar to many other more common illnesses, for example flu.

Trust your instincts. If you suspect meningitis or septicaemia, get medical help immediately.

Early symptoms can include fever, headache, photophobia (not able to look at light), nausea (feeling sick), vomiting (being sick), a rash and muscle pain, with cold hands and feet.

A rash that does not fade under pressure can be a sign of meningococcal septicaemia. This rash may begin as a few small spots anywhere on the body and can spread quickly to look like fresh bruises. The spots or rash are caused by blood leaking into the tissues under the skin. They are more difficult to see on darker skin, so look on paler areas of the skin and inside the lower eyelid. The spots or rash may fade at first, so keep checking.

However, if someone is ill or is obviously getting worse, do not wait for spots or a rash to appear. They may appear late or may not appear at all.

If your child is unwell and you are in doubt please seek medical advice. If you require any further information regarding the above please either contact your Public Health Nurse or Population Health.

Dr Anita Bell
Medical Officer of Health
Population Health Waikato DHB
Ph 07 838 2569