

Inspiring a love of learning through an education that values the development of the whole child

25 July 2023

Week 2, Term 3

Kia ora koutou

Teachers try hard to keep parents informed of all the special activities children are involved in every week within their classes. To support this more effectively and provide a whole school picture, a *What's Going On?* section will now be a feature of future newsletters.

What's Going On? - Events and Activities at Otari School



School photos were taken today.

NZ Playhouse

Yesterday the children enjoyed a NZ Playhouse performance of *Treasure Island* in the school hall.

STEM opportunity (Science, Technology, Engineering and Mathematics)

As part of Field Based STEM, Forensic Insights are coming to our school on Wednesday 2nd and Thursday 3rd August to run sessions with years 3 to 8 about what forensic scientists do and demonstrating the science behind fingerprinting, shoe casting, footwear recovery etc in a fun and informative way.

Musical Showcase

Years 5 to 8 are attending a performance by Wellington College students on Thursday morning.

Senior Student Committee

Although late to be established this year, we do have a senior student committee who are keen to contribute positively to the well-being of the whole school. They have already identified a couple of projects, including fundraising ideas.

World Vision Fundraising

Charlotte from World Vision visited our hui yesterday to present the school with a Bronze Award for raising over \$2,500 (Otari raised \$2,800). She commented that it was an amazing effort for a school of our size. Charlotte also acknowledged the wonderful work Catherine Hope has done coordinating the World Vision fundraising at Otari School.

EPro8 - (STEM based Interschool Competition)

Teachers are preparing for the EPro8 Competitions this term. Children who want to participate will have a practice and then an internal competition will be held to establish teams that go forward to compete with other schools. Further information will be forthcoming. Deborah Sorensen and Erana Bouzaid are running the EPro8 competition. <https://epro8challenge.co.nz/>

Mathswell (National School Mathematics Competition)

Children who are interested in participating in Mathswell have submitted their names to Johanne who will be coordinating the teams, comprised of years 5 and 6, and years 7 and 8.

<https://www.wma.org.nz/mathswell>

New Screen in the Library

The library now has a big screen television on the wall. We are most grateful to have had this installed by one of our parents. This will be a great addition to the library, not only for classes to use but also for Johanne as she works with her librarians (every Tuesday lunchtime).

Kapa Haka

Te Whenu Māori are practising hard for the St Brigid's Kapa Haka festival on Saturday 16 September.

Mānawa maiea te putanga o Matariki
Mānawa maiea te ariki o te rangi
Mānawa maiea te Mātahi o te Tau.
Whano, whano
Haramai te toki ata huakirangi
Haumi e Hui e Tāiki e!



E rere ana ngā mihi ki a Chef Joe McLeod, te whānau McVeigh o EKaiMāori and Maorilandinfo who generously contributed to our Matariki celebration last term. We are very grateful to Chef Joe (Hamuera Joe McLeod) for sharing his mātauranga and expertise with us all, particularly the beautiful relationship between the ngahere (forest), kai (food) and the whetū (stars).

We would also like to thank whānau for attending our kaitahi, supporting the sale of hāngi for our fundraiser and tamariki who stayed the night in celebration of Matariki New Year 2023.

Tēnā koutou, tēnā koutou, tēnā koutou katoa!

Ngā kaiako o Te Whenu Māori o Ōtari



Nau mai haere mai - Te Whenu o Te Kura o Ōtari warmly invite whānau to a strategy wānanga for the Māori Immersion Strand, on Sunday 30 July, 09.30am - 1pm at the school hall. If you didn't receive the calendar invitation last week, contact Sonya Bishara and Erin Sykes-Hurley at otari.whenu@gmail.com for more details.

Musical Showcase - Yr 5-8 students will be attending a Wellington College Musical Showcase on Thursday 27 July. The cost is \$4.00 per child.



Performance - Tōtara and Kererū will be attending a Book Week performance by Perform Education at Cardinal McKeefry School on Thursday 10 August. The cost is \$5.00 per child.

Trip to Government House - Totara and Kererū will be visiting Government House on Thursday 29 August. The cost is \$4.00 per child.



Birthdays This Week: Happy birthday to Kereru, Kauri and Angus. Rā whānau ki a koe! We hope you have a great day.

Covid – We currently have no known cases of Covid.



Taonga Horomata / Virtues: Tolerance/Tukumārie

"Being tolerant is accepting differences. You don't expect others to think, look, speak or act just like you. You are free of prejudice, knowing that all people have feelings, needs, hopes and dreams. Tolerance is also accepting things you wish were different with patience and flexibility." (The Virtues Project)

"The only way to make sure people you agree with can speak is to support the rights of people you don't agree with." Eleanor Holmes Norton

"If a profound gulf separates my neighbour's belief from mine, there is always the golden bridge of tolerance." Anon



Activity	Who's Involved	Date & Time	Cost
Wgtn College Musical Showcase	Yr 5-8	Thurs 27 July	\$4.00
Perform Education - Book Week	Tot/Ker students	Thurs 10 Aug	\$5.00
Parent/Teacher Interviews	Whānau	14-16 Aug	
EPro8 School Challenge	Interested Students	17-22 Aug	
Trip to Government House	Tot/Ker students	Tues 29 Aug	\$4.00
Life Education	All students	4-8 Sept	TBC
St Brigid's Kapa Haka Festival	Immersion Strand	Sat 16 Sept	

Have a good week everyone.

Ngā mihi
Clifford

2023 Term Dates

Term 3: Mon 17 Jul – Fri 22 Sept
Term 4: Mon 9 Oct – Fri 15 Dec
Teacher Only Day: Mon 13 Nov



WHAT IS ECZEMA?

Dermatitis (Eczema) describes skin irritations and rashes that show up as inflammation of the skin.

Many different skin conditions can cause dermatitis, and symptoms can range from mild to severe. It is not contagious, and does not mean that your skin is unclean. Atopic Dermatitis is commonly referred to as eczema. This ongoing form of dermatitis typically begins in childhood, and flare-ups may continue into adulthood.

WHAT CAUSES ECZEMA?

There is not a single cause for eczema. Typically, there is a family history of eczema, asthma and hay-fever in people with the condition.

People with eczema tend to have dry itchy skin that is more vulnerable to the entry of irritants, allergens, and therefore more prone to the development of rashes.

Eczema can be triggered or made worse by a range of possible causes.

- Extended hot showers or baths.
- Hotter or colder weather.
- Sweating due to physical activity.
- Allergens (pollen, dust, etc).
- Wool and synthetic fabrics.
- Chemical irritants (soaps).
- Scratching and resulting infection.
- Food intolerances and allergies.

SYMPTOMS OF ECZEMA

The symptoms of eczema can vary significantly depending on what has caused the flare up, skin tone, and severity.

- Dry, cracked, flaky skin.
- Intense itchiness.
- Discoloured rashes.
- Thickened skin.
- Raised bumps and blisters.
- Weeping or oozing sores.
- Crusts or scabs.



Eczema can present in many different ways, a common sign is a discoloured rash.

SELF CARE TIPS

While there is no cure for eczema, it can be managed at home and over time will often improve. Most babies and children with eczema will 'grow out' of the condition.

Symptoms of eczema can be controlled with appropriate treatment and self-care:

- avoid irritants, allergens and other triggers
- clean your skin in lukewarm water, and with soap-free washes
- moisturise at least twice daily
- creams like hydrocortisone 1% can be used following pharmacist advice to treat redness, swelling, itching, and discomfort.

TREATMENT OPTIONS

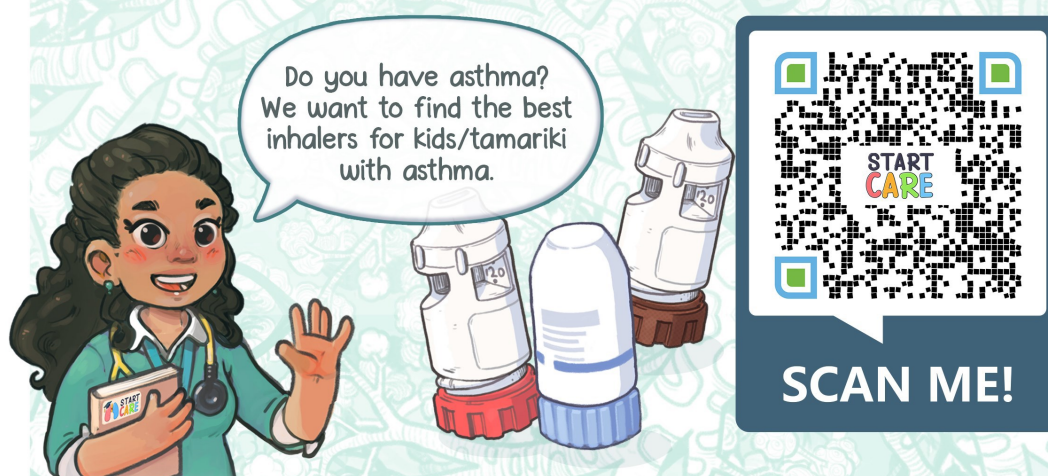
1. **Hydrocortisone 1% Cream** – can help alleviate the symptoms of redness, swelling, itching and discomfort.
2. **Moisturising Cream** – helps skin retain moisture, reducing the appearance of dry, flaky skin and providing soothing relief.
3. **Antiseptic Ointment & Solutions** – can help control infections, helping the skin barrier maintain its protective qualities.

Always read the label, use medicines as directed and if symptoms persist, be sure to consult a healthcare professional.




ZOOM Pharmacy can offer free treatments for Eczema and Dermatitis, delivered for free to your door.






Children's Asthma Study



What does it involve?

-  Try turbuhalers to manage your asthma symptoms
-  Attend 6 visits over 1 year for asthma reviews, education, and breathing tests
-  Reimbursement for travel expenses for parents, and gift card koha for children

To take part you must:

-  Be between 5 and 11 years old
-  Have asthma
-  Take separate reliever and preventer inhalers

Get in touch to learn more:



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