



*Taku Mana  
My Prestige*

*Taku Manawa  
My Heart*

# TE KARERE

A Newsletter from Aotea College

## Important Dates: Term 1 2022

### March

28th ~ Summer Sport Tournament Week

28th ~ Board meeting 6pm

### April

1st ~ Non uniform day ~ Global awareness

4th & 5th ~ 11PEO Rangatuhi Mt Bike Trails

11th & 12th 11PEP Rangatuhi Mt Bike Trails

13th-14th ~ Reports emailed

14th ~ Non uniform day ~ Food Donation for local community groups

Last day of Term 1

### May

2nd ~ First day of Term 2

11th-13th ~ 12PEO Cycle Tour 1

16th-17th ~ 12PEO Rangatuhi Mt Bike Trails

**18th ~ Teacher only Accord Day**

19th ~ NCEA Information evening 6.30-7.30pm

19th-20th ~ 12PEO Cycle Tour 2

23rd-24th ~ 11PEO Rangatuhi Mt Bike Trails

26th ~ YSIH Regional Barbershop Competition

27th ~ Tough Girl Tough Guy Challenge

30th ~ Samoan Language Week Board meeting 6pm

13PEO Mountain Biking 9-1pm

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**Edition #08**

**25th March 2022**

Kia ora koutou

On Wednesday morning the Prime Minister announced changes to the COVID-19 Protection Framework which will take effect from **11.59pm today, Friday 25 March**, and to vaccine mandates and My Vaccine Pass, which will take effect from **11.59pm Monday 4 April**. Our staff are working to update all our Health and Safety plans and communications to reflect the changes.

I've been impressed when I've heard of ingenious ways students in isolation have stayed connected from home to the learning that is continuing at school in their classes. They have invented new ways that we will continue to learn from.

We know quite a few families have been hit hard by illness - not just COVID. There is a nasty virus doing the rounds at the moment too. We ask families to keep in touch with teachers and whanau leaders so we can do what we can to make things work. Keep letting us know if you have a young person who becomes COVID positive or who has to isolate as a Household contact and Whanau leaders and Hui Ako teachers will be doing their best to keep in touch too.

### **Good news.**

With an abundance of caution we are very pleased to be looking forward to everyone being at school next week. We know there may be a resurgence of cases at some point but we have been looking carefully at our numbers along the way to make this step a manageable one for next week. We're not in a position to predict much after next week but we will continue to monitor our situation closely and keep our communications regular with as much advance notice as we can of any future changes. Although people are a bit tired after navigating their way through illness and the risk of illness, and we know this is not over yet, it is great to be in a position to return safely to school.

### **Better news ahead.**

The COVID-19 Protection Framework changes will take effect from **11.59pm this Friday 25 March**. With such high rates of vaccination and immunity we are well positioned to bring in the new guidelines that will help sports, Music and Performance Cultural activities get back into a new normal. We know this is not a return to Orange or Green. We know that we may have to pivot and return to more restrictive measures with an expected resurgence of Omicron if it happens, but in the meantime

- **Capacity limits will be removed for outdoor events and activities**. This means we can have spectators outside, without masks.
- **Indoor capacity limits for extra-curricular activities increase** to 200 people, or a maximum capacity based on the maximum number of people who could occupy the space if each person was one metre apart (whichever is lower). This means we can have spectators at school - but with masks.

Nga mihi nui,  
Kate Gainsford  
Principal

## Unwell Students - covid contacts

A reminder to parents and students. To ensure we are following Health and Safety regulations, if your child is unwell during the day, they must come to the sick bay located in the school office. The school will then contact you to come and collect your child.

If your child is not coming to school because they wake up unwell, please notify the school by phone or email on [absences@aotea.school.nz](mailto:absences@aotea.school.nz)

**Should anyone in your household test positive during the school day, please notify the office in the first instance. We will collect your child from their class and place them in the designated area for close contacts until they can be collected by a parent.**

## COVID Update

As we move past the peak of Omicron, we can look toward to a more simplified traffic light system to keep us safe.



At Green, there will be no restrictions, but you're encouraged to look after each other by keeping up good health behaviours such as mask wearing on public transport and regular hand washing.



At Orange, masks will be required in all the indoor places they are now. There will be no capacity limits at gatherings.

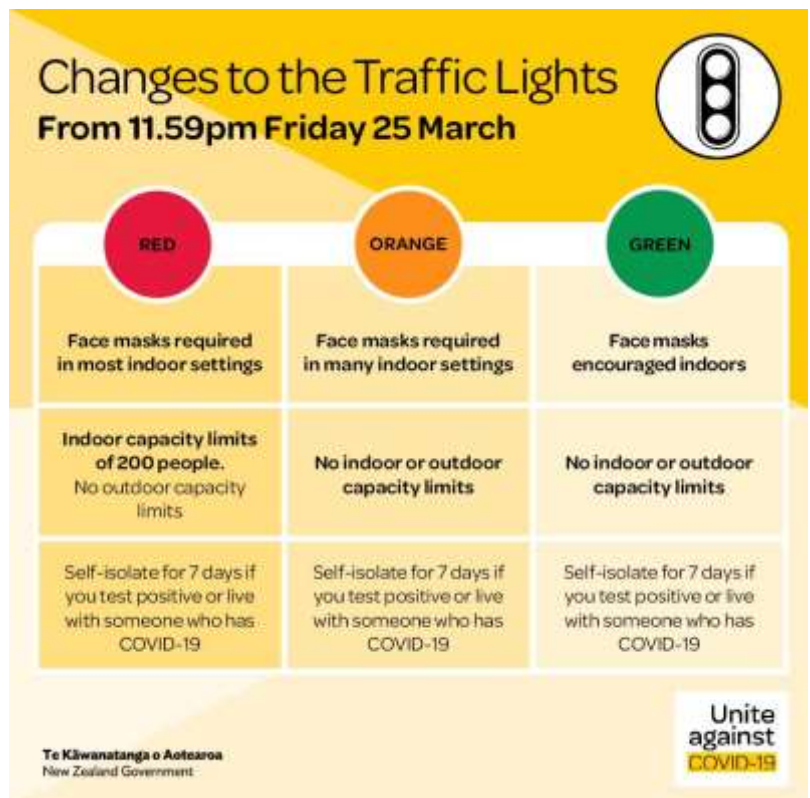


At Red - in addition to masks, there will be an indoor limit of 200 people but no limits on outdoor gatherings or events.

These changes to Red will be in place from midnight Friday. From then, scanning QR codes will no longer be necessary. From 11.59pm 4 April, Vaccine Passes won't be required.

That's all there is to remember.

If you do test positive or someone in your household does, everyone must isolate for seven days. Find out more here: <https://covid19.govt.nz/traffic-lights-changes>



## Gateway

Gateway has got off to a strong start in 2022 with employers hungry to mentor and train. It is a good time now to be looking for a career in the trades sector in particular as labour shortages continue to bite.

Ryan is enjoying working on a local building site with a reclad. Since starting his Gateway placement Ryan has been involved with the removal of windows and doors which are going to be replaced; installing Pink Batts insulation into the ceiling space and helping to construct scaffold ready for removing wall cladding.

Cameron was busy draining an oil sump on a large truck to test and see how dirty the oil was and then moving onto a diff in the rear of the undercarriage. Cameron is enjoying his placement and will be commencing MITO theory papers to complement his Gateway learning.



## Technology

Year 9 product design students started the year with several different projects, with one class learning the design process through designing and making wooden pendant necklaces. Students Holly Lambert, Drew Gourlie, Craig Yates, and Harold Sanders show off their work. Classes continue with designing and making custom automata (animated toys) or desk organisers.



## Sports News

### Upcoming Trials

Senior Girls Netball - Saturday 26th March, 9-11am on the school turf

Junior Girls Netball - Tuesday 29th March, 2.30 - 5pm on the school turf

Senior Boys Basketball - Tuesday 29 March and Thursday 31 March from 2.45pm -5.00pm in the school gym

### Congratulations

Congratulations to Jayda Walters- Rangatihi who has been selected for the U15 girls development sox squad for softball - well done Jayda!

Congratulations to the following students who have been selected for the Boys Hockey 1st XI team for 2022:

Anish Cook	Tommy Hanna	Laith Ismail	Jesse Kibblewhite	Samuel Lee
Magnus Martin	Lewis Parker	Tobey Phelan	Matthew Redshaw	Nicholas Redshaw
William Scott	Jordan Spark	Nathan Todd	Ryan Tutty	

### Aotea College Return to Play Sport Protocol - March 2022

In these uncertain times the increased instance of the Omicron variant of COVID is causing concern worldwide. It is fair to say that we do not have a great deal of medical knowledge about the threat of long term covid but it is important to be aware of this and reduce the potential of long term effects by NOT returning to play too quickly.

The High Performance / professional setting has the luxury of individual assessment and monitoring but that is not feasible on a wider scale.

The following is put together in consultation with a medical practitioner with the expectation that at a school level coaches, managers, parents and players all play their part to negate any potential issues. The key is to monitor for anything that 'doesn't feel right' as players are returning to exercise, although also important to remember kotiro and tama cannot be entirely relied upon to notice and report things. The risk of complications including long COVID seems quite related to the severity of the initial illness, which is intuitive.

Consequently someone who is initially very sick with COVID should have a slower return to play and a medical clearance from GP in the later stages.

Specific symptoms to look out for include unexpected shortness of breath, chest pain, heart racing, dizziness. Players who have not contracted COVID but have been isolating for the 7 days as they are a household contact are required to return a negative day 7 RAT test to leave isolation. RAT tests are integral to monitoring and dealing with the virus.

With no positive tests the player will be able to come straight back to training.

Players who have contracted COVID require 7 days of rest through the isolation process, Once completed and symptom free for 72 hours and/or off all medications and treatments for COVID symptom management the protocols below can be followed.

## Sports continued

1. Minimum 2 Days of light activity – jogging, cycling on stationary cycles. 2. NO RESISTANCE TRAINING. NO CONTACT TRAINING. And duration of less than 30 minutes total.

2. Monitor for any post viral fatigue symptoms and general health.

4. Minimum 1 Day of more complex training activities – joining in with the team for running drills, skills drills, fitness type of training, resistance training.

5. NO FULL CONTACT TRAINING. And duration of less than 45 minutes total.

Monitor for any post viral fatigue symptoms and general health. Restore confidence and assess any longer lasting symptoms or long COVID symptoms.

Minimum 1 Day to resume normal training.

Assess at the end of the session how overall health is and check in the following morning. This return to play model is absolutely based on trust and expectations that parents and players treat the threat of this virus seriously. The vast majority will of course have a relatively mild illness and uneventful recovery, especially if vaccinated. If you have any questions or concerns your first point of call should involve your GP and above all keep in close contact with your coach. We look forward to seeing everyone back on the sports field in a safe and comfortable manner.

[Return to Sport - Covid Care](#)



**CAMP INFORMATION**

	<b>Highlanders Region</b> Tues 19 <sup>th</sup> - Wed 20 <sup>th</sup> April
	<b>Blues Region</b> Thurs 21 <sup>st</sup> - Fri 22 <sup>nd</sup> April
	<b>Hurricanes Region</b> Sat 23 <sup>rd</sup> - Sun 24 <sup>th</sup> April
	<b>Chiefs Region</b> Tues 26 <sup>th</sup> - Wed 27 <sup>th</sup> April
	<b>Crusaders Region</b> Thurs 28 <sup>th</sup> - Fri 29 <sup>th</sup> April

**NZ Māori Under 18 Nga Whatukura Tane**  
**E Tu Toa Regional Camps**

- Open to ALL registered Māori rugby players who are born in 2004 or 2005
- Transport, Accommodation and Meals provided free by NZ Rugby
- 44 players will be selected from the 5 regional camps and invited to attend the National Under 18 Māori Camp in Rotorua, July 17-20, 2022

**Players Register here:** <https://www.sports.co.nz/viewform/197320>

**Adult Enablers Register here:** <https://www.sports.co.nz/viewform/197488>

**Enquiries, please email:** [maoridevelopment@nzrugby.co.nz](mailto:maoridevelopment@nzrugby.co.nz)

**NZ Rugby COVID-19 Health & Hygiene Protocols will be enforced during the camp**