



*Taku Mana
My Prestige*

*Taku Manawa
My Heart*

TE KARERE

A Newsletter from Aotea College

Important Dates: Term 1 2022

April

11th & 12th 11PEO Rangatuhi Mt
Bike Trails
13th-14th ~ Reports emailed
14th ~ Non uniform day ~ Food
Donation for local community
groups

14th ~ Last day of Term 1

May

2nd ~ First day of Term 2
5th-6th ~ 11PEO Rangatuhi Mt
Bike Trails
11th-13th 12PEO Cycle Tour 1
11th ~ NCEA me te whānau even-
ing 6-7pm
12th ~ Parent report evening 2:45-
6:30pm

18th ~ Teacher only Accord Day

19th Parent Report Evening 2:30-
6:30pm
19th-20th ~ 12PEO Cycle Tour 2
23rd -24th ~ 11PEO Rangatuhi Mt
Bike Trails
26th NCEA Information evening
6:30 to 7:30pm
27th ~ YSIH Regional Barbershop
Competition
27th ~ Tough Girl Tough Guy
Challenge

30th ~ Samoan Language Week
13PEO Mountain Biking 9-1pm
Board meeting 6pm

Postal: PO Box 50 046
Porirua City 5240
Phone: +64 4 237 3166
Fax: +64 4 237 3170
Email: enquiries@aotea.school.nz
Website: www.aotea.school.nz



**Edition #09
1st April 2022**

Kia ora e te whanau.

I am writing to keep you updated about how our school is continuing to respond to COVID-19. As you may have seen, in the last few days the media has reported a reduction in the number of daily cases.

We know that cases in school will rise and fall with that of the level in our community, and our health experts tell us that children are much more likely to be exposed to COVID-19 in the community than at school. We also know that nationally in mid-March no more than 4% of teachers in any seven-day period reported as testing positive. It is currently around 3.5%. Thankfully this is in line with our experience too.

As you know, it's great for any child's wellbeing and learning to be at school with their friends, teachers and other school staff. You also know that we have very good systems in place to keep everyone as safe as possible. This is why we remain open at red.

I wanted to remind you that we are keeping the additional layers of protection in place to help prevent or reduce the risk of onward spread.

We know that being fully vaccinated and boosted reduces the risk of severe illness due to COVID-19. We are encouraging all adults in our school who are working with students to be vaccinated including their booster. If they are eligible, I encourage you to get your child vaccinated too.

I know that some of you may still have questions about this, so I've included links to a video that answers lots of the common questions about the vaccine:

- [Common questions about the vaccine \(English\) – KidsHealth](#)
- [Common questions about the vaccine \(te reo Māori\) – KidsHealth](#)

Mask wearing for our students and for adults remains in place in indoor spaces and we are getting lots of fresh air during the day. We also continue to focus on basic hygiene such as washing hands regularly, covering any coughs and sneezes, and cleaning surfaces regularly.

Like the links above, KidsHealth has some other great resources you may be interested in:

- [Why wearing masks and creating airflow helps – KidsHealth](#)
- [Back to school with Omicron in 2022 – KidsHealth](#)

From the Principal's Pen continued

From time to time some students will need to isolate at home. This is in line with Government advice and if this happens, we will support them to continue their learning home to minimise any interruption.

According to the Paediatric Society of NZ, in most children COVID-19 is a mild illness. It can be managed by whānau with some simple measures such as keeping fluids up and keeping an eye on your tamaiti (child).

If you have any concerns about sending your child to school, please get in touch – our team is here to help. We want people to be at school and engaging in learning with their friends.

Your job remains the same, too: please continue to keep a really close watch of your whānau for anyone with symptoms. If unwell, please stay at home and get advice about getting a COVID-19 test.

Thank you

Noho ora mai,

Kate Gainsford
Principal

Aotea College - Connecting to Global Communities

On Friday 1st April Aotea College took the opportunity to connect our students to global communities through a Non-Uniform Day designed to raise money and attention for the child refugees in Ukraine created by the current conflict. This event was organised by Grace Williams and Isabelle Lauder (both Y12) and supported by the AC Student Council. The College has been able to raise almost \$1000 and this will be donated to UNICEF to support their efforts in Ukraine.



Advanced notice that we will be having another non-uniform day on Thursday 14th April and this will be to support local communities, struggling through these times dominated by Covid and isolation. On this date students will be asked to wear non-uniform and bring non-perishable food items that will be donated to local Porirua charities.

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

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.

Library Under Rated Books



If you're looking for book suggestions, try these highly recommended titles for adults and students. Available in our library.



We're very happy to see so many people back at school this week safe and well. This issue contains a lot of information - which is not meant to be a crushing experience for you. Rather, it is just our effort to make sure people have up to date information at the right time and at their fingertips.

Public health advice on indoor activities - the advice from public health is that activities held indoors – especially those involving physical exertion, singing, or playing wind instruments – remain a higher risk for spread of COVID-19. Our preference is to hold these activities outdoors, but we do understand there will be times when they need to be held indoors.

When that is the case:

- Activities will occur in well-ventilated spaces
- at least a one metre distancing of space per person where practicable and without exceeding a total number of 200 attendees.
- at least two metres apart for singing and when using wind instruments.

Having capacity limits in place will provide reasonable mitigations to help reduce the risks of transmission and activities becoming super-spreader events.

Wearing face masks when exercising

Students are not required to wear masks while participating in indoor sports (or other physically exerting activities).

Face masks – Schools and kura at Red

Face masks at Red - Reminder.

They must be worn:

- by ākonga in Years 4-13 when indoors, and when they're on school and public transport. The mask must be attached to the head by loops around the ears or head and cover the nose and mouth properly. This can be a well-fitting reusable fabric mask (three layers are recommended) or a medical-grade disposable mask (the blue surgical mask).
- by teachers and staff who are supporting Year 4-13 students when indoors. They are required to wear a medical-grade mask such as the widely available blue disposable masks that many New Zealanders are already wearing.
- by visitors including parents and caregivers, when indoors.

They are not required:

- when outside.
- when playing sport or engaging in recreational activities.
 - for students in Years 1–3 in school, and on school and public transport. School transport includes buses or vans chartered or used by schools to carry children, students and staff.

Participating in kapa haka in Red

Many of you have asked about curriculum-related kapa haka being held on school sites when at Red. We can confirm kapa haka activities can go ahead in Red but wherever possible, performances and rehearsals should be held outdoors.

If you have COVID-19

What to do if you have tested positive for COVID-19 or are a probable case.

Step 1: Confirming you are positive

The Ministry of Health will send you a text message from **the official 2328 or 2648 numbers** confirming your positive test result. The text will provide information about self-isolation, support options and a 6-digit access code for the online contact tracing form.

- If you had a PCR test, you will get a text message with your result.
- If you had a rapid antigen test (RAT), you will get a text message after you have reported your results through My Covid Record or by phone. This can take up to 24 hours.

[How to report your RAT results](#)

Step 2: Self-isolate for 7 days

Self-isolation reduces the risks of spreading the virus to others. You will need to isolate for at least 7 days while you recover. Your 7 days start from Day 0 — the day your symptoms started or the day you got tested.

You do not need a test to leave isolation. If you do, the result would likely show as positive but that does not mean you are infectious. If you are still sick, stay home until you are well and for 24 hours after your symptoms resolve.

[What you need to know when you are self-isolating](#)

Your Household Contacts will also need to self-isolate.

[Advice for your Household Contacts](#)

When does my 7-day isolation start/end?

What day did you get symptoms or test positive (whichever came first)?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Step 3: Start contact tracing

Tell people you have COVID-19

COVID-19, especially the Omicron variant, is highly infectious. You are protecting your health and theirs by telling them as soon as possible. You need to tell the people you live with, your workplace or school and other close contacts

[Advice on how to tell people you have COVID-19 | covid19.health.nz\(external link\)](#)

Fill in the online form

Complete the Ministry of Health's contact tracing form using the 6-digit access code you received in the text message from the official 2328 or 2648 numbers. For most people, it will take 5 to 10 minutes to fill in. If you are at higher risk of severe illness from COVID-19 and have not completed the form within 12 hours, you will get a phone call.

[Complete the contact tracing form | health.govt.nz](#)

Step 4: Monitor and manage your symptoms

Most people with COVID-19, especially if they are fully vaccinated and boosted, are likely to have a mild to moderate illness and will be fine to self-manage.

If you need any advice on how to treat your symptoms or have worsening symptoms, talk to your healthcare provider or call Healthline on [0800 358 5453](#)

Form 1 2022

If it is an emergency and you need urgent medical help call [111](#) immediately. Tell them you have COVID-19 when you call. This can include if you or someone you care for has:

Step 4: Monitor and manage your symptoms

Most people with COVID-19, especially if they are fully vaccinated and boosted, are likely to have a mild to moderate illness and will be fine to self-manage.

If you need any advice on how to treat your symptoms or have worsening symptoms, talk to your healthcare provider or call Healthline on [0800 358 5453](tel:08003585453).

If it is an emergency and you need urgent medical help call [111](tel:111) immediately. Tell them you have COVID-19 when you call. This can include if you or someone you care for has:

- severe shortness of breath or difficulty breathing
- severe chest pain or discomfort
- difficulty waking up or is very drowsy.

You will not have to pay for any COVID-19 related medical costs.

Step 5: What to do when self-isolating

What to do when isolating

- Avoid contact with others you live with — for example, sleep by yourself if you can and limit the time you spend in shared spaces. If you cannot, you should stay at least 2 metres apart and wear a face mask that covers your nose and mouth when near others.
- Do your own laundry.
- Clean and disinfect surfaces regularly. This includes items frequently touched like door handles, light switches and phones.
- We recommend opening windows to increase fresh air flow inside. The risk of spreading COVID-19 is highest in crowded and poorly ventilated indoor spaces.
- You can exercise outdoors in your neighbourhood — but not at any shared exercise facility, such as a swimming pool.
- You can get deliveries, such as food and medicine from whanau and friends or by ordering supplies online. Identify a safe drop-off point outside the house for them to leave supplies.

You can work from home, if you are able to do so.

Step 6: Ending self-isolation

You can end your self-isolation after 7 days

If you are still sick, stay home until you are well and for 24 hours after your symptoms resolve. You should avoid any high-risk settings if you are still unwell.

You may receive a text message but you do not need to wait for an official message or release to leave isolation.

You do not need to be tested. If you were, the result would likely show as positive but that does not mean you are infectious.

Your Household Contacts can complete their isolation at the same time as you, as long as their Day 7 test was negative and they have no new or worsening symptoms. If their tests are positive, they need to begin 7 days of isolation as someone with COVID-19.

After you have recovered

Once you have recovered from COVID-19, you do not need to isolate again for 3 months, if someone else in your household tests positive during that time. This is because the risk of reinfection during this period if you have had COVID-19 is low. If someone you live with tests positive during that 3 months, the other members of your household will need to isolate again.

There are a few other things you should do: [After you have had COVID-19](#)

Household contacts: Isolation

If you are a household contact of someone with COVID-19 you must isolate. This is when you stay in your home or other suitable accommodation. This helps stop the spread of COVID-19 to the people around you.

Who a household contact is

You are a household contact if both of these apply:

- you share a house or flat permanently with someone who has COVID-19, or part time (for example, shared custody)
- you have spent at least 1 night or day in the house or flat while the person was infectious.

When you need to begin your isolation

You need to begin your isolation from the day the first person in your household found out they have COVID-19, or the day their symptoms started (whichever came first).

When you can end your isolation

Your isolation will end at the same time as the first person with COVID-19 in your household if:

- your day 3 and day 7 tests are negative
- they have completed their 7 days self-isolation.

You are not required to provide evidence of a negative test to return to work or school.

[Testing for household contacts](#)

If you develop symptoms

If you develop COVID-19 symptoms at any time you need to take a test immediately.

If you test positive for COVID-19 you need to start self-isolating for 7 days from the earliest of either:

- the day your symptoms started
- the date you tested positive for COVID-19.

If your test is negative but you still have symptoms, take another test 48 hours later.

Managing your symptoms

Most people with cold and flu symptoms manage with simple care and recover within a few days. Simple care is:

- bed rest
- regular paracetamol and ibuprofen to relieve pain and fevers
- honey or throat lozenges for a sore throat
- keeping hydrated with regular sips of water.

For most people symptoms of COVID-19 will be mild.

If your symptoms get worse or you need urgent medical care call your local healthcare provider or Health-line on [0800 358 5453](#)

If you have difficulties breathing or feel faint or dizzy at any stage, call 111 immediately.

[COVID-19 symptoms](#)

What isolation means for you

Isolation means:

- not going to work or school
- not going to any public places (for example, shops)
- not using public transport

Household contacts: Isolation

Reasons you can leave isolation

There are some reasons you can leave your home but you must wear a mask to:

- get tested or go for a medical examination
- move to another place of self-isolation in order to preserve your own or another person's life, health or safety
- attend any court, tribunal, New Zealand Parole Board hearing, or other judicial institution you are required to attend
- visit a dying relative who is not expected to live beyond your 7 days of self-isolation

visit the body of a relative before a funeral or tangihanga if you will not be able visit the body after your 7 days of isolation.

Exercising during isolation

You can exercise outdoors in your neighbourhood (but not at a swimming pool or gym). You must physically distance from other people, but you do not need to wear a mask.

Stick to gentle, familiar exercise. Do not take on new or risky activities that may lead to a need for you to be rescued.

[Tips for isolating at home](#)

Once your isolation ends

If less than 10 days have passed since your isolation ended, you do not need to isolate again as a household contact if someone else in your house gets COVID-19.

If more than 10 days have passed since your isolation ended, you will need to isolate again as a household contact if someone else in your house gets COVID-19.

You will need to isolate for 7 days if you test positive for COVID-19.

Aotea College Return to Play Sport Protocol - March 2022

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 contact is Aotea College Sport department

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 latter 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.

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.

It 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](#)

Sports continued

Sport news

Congratulations to the following students who have been selected for the Girls Hockey 1st X1 team for 2022:

Malama Pritchard-Aiono, Caitlin De Lew, Freya Vansverry, Chloe De Barr, Zara Buchan, Mahana Bartley, Millie Jenkins, Madison Spark, Maia Karepa, Shakira Munro, Maadi Ngamanu, Daniella Starr, Francesca Bennett, Annamieka Moreton, Eleanor Vansverry & Angel Powell



Congratulations to the following students who have been selected for the A1 Netball team for 2022:

Abigail Lee, Emma Jenkins, Kaitlyn-Rose Afamasaga, Kaitlyn Snowling, Leah Mourra, Matilda Grennell, Maia Karepa, Michaela Jones, Paris Stapp, Phoebe Grennell, & Tuvaine Samuel. Training partners ~ Avah Price & Sydney Snowling

Summer tournament week congratulations

Congratulations to our following teams who attended summer sport tournament week this week.

- Ethan Thomas-Tuivaii, Sean Foote - Maadi Cup
- Senior Boys Futsal team
- Senior A Girls Volleyball team

Volleyball congratulations

We have had a successful volleyball season, and are very proud of the result each one of our volleyball teams finished with. Our Seniors finished last Friday and a massive congratulations to our Senior A Girls volleyball team who won Division 1 this term and are currently competing at the CSW Regional Volleyball tournament. Our Junior teams wrapped it up on Wednesday evening and finished their season with excitement for the next season in term 4.



Upcoming Trials

Junior Boys basketball trials 5th and 7th of April 2:30pm-4pm

Girls basketball trials 6th of April 3:30pm-5:00pm and both trials will be in the gym.

Sport photos

