

Tena Koutou Katoa

Some Health and Wellbeing Advice for Our School Community



Revised Guidance on Testing for COVID-19 from the Ministries of Education and Health

At a time where there are increasing numbers of colds and other winter illnesses, the Ministry of Health has revised its guidance on who might need testing for COVID-19. They say that it is important to note that there is currently no known community transmission of COVID-19 in New Zealand. The vast majority of adults, children and young people with symptoms consistent with COVID-19 will not have COVID-19.

Symptoms of COVID-19 can include new onset or worsening of one or more of the following:

- Cough
- Fever
- Sore throat
- Runny nose
- Shortness of breath/difficulty breathing
- Temporary loss of smell

Health's information on who should get tested notes that people with any of the COVID-19 symptoms who are close contacts of confirmed cases, have recently travelled overseas, or been in contact with recent travellers, should get assessed.

If anyone has symptoms but is unsure if they have been exposed to COVID-19, they should ring Healthline on [0800 358 5453](tel:08003585453) or their GP for advice.

Some people with symptoms consistent with COVID-19 may be tested as part of Health's ongoing surveillance to ensure that there is no community transmission. If they are not close contacts of confirmed cases, have not recently travelled overseas, or have not been in contact with recent travellers, then there is no need for them to self-isolate while awaiting the test result, and they can return to school once they are feeling well or on the advice of their health practitioner.

REMEMBER:



Lumino Dentist Extended Dates at Selwyn



We are pleased to inform our school community that the dates Lumino will be providing their dental services for our Selwyn students have been extended to include the first week of Term 3.

Students seen in previous years do not need to re-enrol. Parents have all been emailed an online link to enrol and a hardcopy of the enrolment form can also be accessed from our Health Centre.

'Keep it real online' Campaign

We highly recommend this campaign to our parents and caregivers. It is about to be launched by the Department of Internal Affairs with Netsafe and the Office of Film and Literature Classification. The campaign will support parents and caregivers to reduce the risks of online harm such as cyber-bullying, inappropriate content, pornography and grooming. Parents and caregivers can find information including tips on how to have conversations with their kids at www.keepitrealonline.govt.nz.

KEEP IT REAL
ONLINE.

New Zealand Government

FAME! Tickets Selling Very Fast!

Tickets can be purchased via iTicket for this amazing show which runs from Wednesday 22 – Saturday 25 July.

A poster for the 'FAME!' show. The word 'Fame' is written in a large, stylized, red cursive font with a white outline. The background is black. There are four small inset photos: top left shows a young man with his hand up; top right shows a young man playing a trumpet; bottom left shows a young man in a dark shirt; bottom right shows a young woman singing into a microphone. At the bottom, there is a black bar with white text. On the left, it says 'JULY 22nd - 25th'. In the middle, it says 'SELWYN COLLEGE THEATRE'. On the right, it says 'BOOKINGS THROUGH' above the iTICKET logo, which is a white circle with the word 'iTICKET' inside.

A Great Start for Our U17 Basketballers

We are thrilled to report that our Selwyn U17 Red Basketball team had a superb first-up win against Howick College this week. They are off to a great start and we wish them a super season.



Selwyn Community Education Courses

SCHOOL HOLIDAY CLASSES

	Start Date	Start Time	End Time
Creating Young Cooks *8—12 Years): During the course the children will learn to make healthy meals that appeal to the young palate and are associated with eating out and treats.	13 July 2020	9:00AM	1:30PM
Creating Flowers, Animals and Food with Polymer Clay (7—12 years): Come and create an assortment of flowers and animals out of easy to use polymer clay and assemble them to make your own garden or zoo.	16 July 2020	9:00AM	1:00PM
Making Boats that Float (8-12 Years): During this course the children will make boats from reusable and biodegradable material using a coding programme to design their boats and they will then make a prototype boat with sails.	10 July 2020	9:30AM	3:30PM
Making Windmills (8-12 Years): When looking for alternative energy solutions and what better than a windmill. During this course the children will design and build their own windmills while learning about circuits, energy, motors and LED.	16 July 2020	9:30AM	3:30PM
Origami for Children (8-12 Years): Come and make a selection of cards, mobiles and even fairy lights!	17 July 2020	10:00AM	2:00PM
Sewing for Children (9-12 Years): Learn to hand sew by making a cute little kitten or a bunny), then learn how to use a sewing machine, and make a pouch to keep it in.	9 July 2020	9:00AM	3:00PM
Soap Making for Children (7-12 Years): Come along and make your own soap and bath bombs.	15 July 2020	9:00AM	12:00PM
NEXT THINK TALK: Improving Indigenous Health and Inequality with Associate Professor Matire Harwood from the University of Auckland	21 July 2020	7:30PM	8:30PM

See our website www.selwyncomed.school.nz for details and enrolling or phone 521 9623