

SCHOOL HEALTH E-NEWSLETTER

Te Kura Hauora Rorohiko Panui

Regional Public Health's School Health & Immunisation Group
Hutt Valley, Wellington and Porirua region. Please forward to all school staff.

Term 4 2016

*Our aim is to support students with their health and improve their learning outcomes.
We will inform you of 'hot health topics' and how to recognise evidence versus sensationalism!*

> Gastroenteritis

Gastroenteritis is more commonly referred to as diarrhoea and vomiting. It is caused by a virus. This is particularly common amongst school aged children and can spread between people very quickly. Diarrhoea and vomiting is spread by touching objects that the sick person has been in contact with e.g. door handles, pens and pencils. The vomiting may settle quickly but the diarrhoea can last up to ten days.

Prevention

Good hand washing with soap and water is vital in the prevention of gastroenteritis. To find out more information on hand washing and teaching children how to wash their hands click [HERE](#). It is crucial that the child stays away from school for 48 hours after the last episode of diarrhoea.



> Family planning - Training for teachers

Family planning offer training for teachers. The following sessions support the primary school environment:

2017 calendar dates:

- 19 May 2017
The Sexuality Road – Discovering Me
One day workshop focused on how to use The Sexuality Road resource for teaching sexuality and pubertal change to young people from years 5-8.
- 1 September 2017
Affirming Diversity
A one day workshop for teachers, nurses and community workers focused on teaching about sexual orientation and gender identity.

You can register via the family planning [WEBSITE](#).

> SunSmart



We are now in Term 4 and it is time to start thinking about the use of sun hats for outside play. You can find more information on being SunSmart [HERE](#).

Healthy fundraising ideas for schools

The healthy heart foundation have put together some healthy food ideas for school fundraisers [HERE](#).

> Immunisation

Once again the School Based Immunisation team will be visiting schools to offer the Year 7 Boostrix and Year 8 Human Papilloma Virus (HPV) immunisations.

The Ministry of Health has approved free HPV immunisations to boys in Year 8 under the programme; older boys will be able to get the immunisation at their family GP.

As in previous years the schools enrolled in the programme will be contacted to arrange education sessions and clinics commencing once schools start in early 2017. All students in these years will receive a consent form. If you have any queries please contact Regional Public Health 04 587 2949. Further information on this important immunisation programme can be found [HERE](#).



> Hayfever

Spring is here. For so many people this can trigger the onset of hay fever. You may find that several children in your class, colleagues and people at home have symptoms of hay fever.

The symptoms of hay fever can include a runny, stuffy nose that is often itchy and frequent sneezing. It can also affect the eyes, sinuses, throat and ears.

50% of people who suffer from hay fever can experience symptoms for four months of the year and 20% can experience symptoms for nine months of the year. To find out more about hay fever click [HERE](#).



We encourage you to continue sharing this newsletter with as many people at your school as possible.