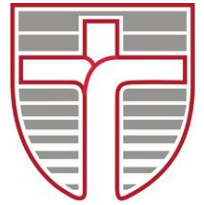




John Paul College, Rotorua

Whitworth Road, Rotorua. www.jpc.school.nz Ph: 07 3478 795 Fx: 07 3461 271
A WEEKLY NEWSLETTER FOR THE JOHN PAUL COLLEGE COMMUNITY
Term 2, Issue 15 16th May 2016



Ma te pono Me te aroha – Through Faith and Love
2016 School Theme : *Success is not final, Failure is not fatal.*
It is the courage to continue that counts ~ Winston Churchill

Dear Parents/ Caregivers

Kia Ora, Malo e Lelei, Talofa, Greetings

SENIOR ASSESSMENT WEEK: 30th May – 3rd June

Assessment week is compulsory for three main reasons:

1. To refocus students back to their 'academic studies, which is the primary purpose of attending JPC.
2. To give students the experience of sitting exams in preparation for external NCEA exams at the end of the year.
3. To give feedback to students and parents on how they are progressing.

Please ensure your children prepare well for these exams and take them seriously. **Attendance at all classes is compulsory this week.**

2017 ENROLMENTS

We are now accepting enrolments for the 2017 intake.

Application forms and information are available on the college website www.jpc.school.nz. The deadline for application is 1st July and enrolment interviews will commence the first two weeks of August. Please email sue.rowles@jpc.school.nz if you have any enquiries.

Application forms will be distributed to St Marys and St Michaels students from their respective offices and the interview process will be completed at the primary school. All other interviews will be held at John Paul College.

OPEN NIGHT will be held on Thursday 16th June at 5.00pm commencing with tours of the campus

God bless
Patrick Walsh
Principal

BOARD OF TRUSTEES TRIENNIAL ELECTIONS 2016

It is that time again where we will be calling for nominations for five vacancies on the Board of Trustees for parent representatives.

Being a school trustee is an important role that needs people with a range of skills and experiences, who believe in making a positive difference to our children's learning.

Nomination deadline: Friday 20th May.

Voting papers will be sent to all parents/caregivers by Wednesday 25th May.

Votes will be counted on Thursday 9th June and new Trustees will take office on Friday 10th June.

For more information on what it is to be a Trustee, please control/click on the following link http://resources.nzsta.org.nz/videos/PD/Becoming%20a%20Trustee/videos/nzstatrusteeship.mp4?_id=1

**PLEASE NOTE
THE UNIFORM SHOP WILL BE
CLOSED
FRIDAY 20th MAY**

🌀 VACANCY 🌀

ESOL TEACHERS

JPC requires ESOL teachers for small classes and short term groups (contract basis at various times of the year).

Closing: 3rd June 2016

Apply to the Principal, Mr Patrick Walsh
P O Box 5040, Rotorua West 3

UNIFORM SHOP

OPEN MONDAYS/WEDNESDAYS/FRIDAYS

8a.m to 4.p.m

CLOSED 11.30a.m-12.30p.m

Mrs C Constable - Uniform Shop Manager

E: Carolyn.constable@jpc.school.nz

The Homework Centre is open to all students on Mondays & Wednesdays

From 3.30-5.00pm

Following (provided) afternoon tea

Mrs M Stokes – Teacher in Charge

E: Margaret.stokes@jpc.school.nz

PLEASE RETURN TROPHIES NOW

Please start returning the cups & trophies received in 2015.

We require them for stocktaking cleaning and engraving.

Please bring to the public reception



SPORTS FEES

A fee is charged for all sporting codes, which covers items such as registration, transport, equipment, uniform repair/replacement, administration, and turf, indoor courts or pool fees where appropriate.

(There may be some additional costs during the year for regional or national competitions, these will be advised separately.)

ALL sports fees MUST BE paid by the 20th May, if not sooner, please.



Year 12 Camp

LOST PROPERTY

Is available at the student counter. Please collect asap

TERM 2 EVENTS

MAY

- 17 ICAS Digital Tech (DL)
- 17-18 Careers Expo (HS)
- 20-21 Yr 11 Drama Play (VC)
- 23-24 First Aid Course (Gateway)
- 23-25 Catholic Character Review (BF)
- 25 JPC Day
- 30 Senior Assessment Week
- 31 ICAS Science (LC)
- Lincoln Uni Presentation (TBC) (HS)

JUNE

- 6 Queen's Birthday holiday
- 7 Art Trips (WL)
- 7-10 Religious Studies Assessment Wk (BF)
- 8 Yr 13 Share the Mission Present'n (BF)
- 9 Yr 10 Parish Mass (FB)
- 9-10 Stage Challenge TBC
- Yr 13 Retreat (FB)
- 13 ICAS Writing (BD)
- 15 ICAS Spelling (BD)
- 15-16 Yr 11 Retreat (FB)
- 16 OPEN NIGHT : 5p.m**
- 17 BOP Polytech Open Day (HS)
- 20-24 Yr 12 Retreats (FB)
- Attitude Presentations (NB)
- 24 Yr 13 Parish Mass (FB)
- Junior Reports Issued
- 27 Whanau Support Group Hui (PK) 5.30pm
- 27-1 Jul Yr 10 Retreats (FB)
- 28 Otago Uni Presentation (HS)
- Aquinas Sports Exchange (FA)
- Junior Parent Interviews

JULY

- 1 Senior Reports Issued
- 4-8 Maori Language Week
- 5 Senior Parent Interviews
- 8 Teacher Only Day - End of Term 2**

IMPORTANT INFORMATION - ONLINE ORDERING SHOOT KEYS FOR JPC SCHOOL PHOTOS

Your child received the Shoot Keys for online ordering of school photos on Thursday 5th (& Friday 6th). Sibling Shoot Keys are available at the student office; please ask your child/ren to collect them.

The online system works off each **student's name**, giving an individual Shoot Key to view and order photographs.

The photos are now uploaded and ready to view online.

"Free delivery" is available until 8a.m on Monday 30th May 2016, after which time there will be a courier cost in addition.

YEAR 9 LEARNING & SPIRITUAL EXPERIENCE

Year 9 students, as part of their Religious Studies learning and spiritual experiences, will be visiting the Cathedral of the Blessed Virgin Mary in Hamilton on the following days:

Tuesday 17 May: 9BC with Veronica Aislabie and 9SM with Owen Kowalewski

Wednesday 18 May: 9TW with John Peters and 9DN with Natasha Sarich-Dunn

Tuesday 24 May: 9MO with Owen Kowalewski and 9VC with Jacinta Wood.

Students are to wear school uniform and bring a packed lunch.

Mrs B Fredricksen – Campus Minister

E: bernadette.fredricksen@jpc.school.nz

CONGRATULATIONS

...
To Theresa McLean, Te Mahara Swanson-Hall and Brendan Douglas who were commissioned recently as Extraordinary Ministers of Holy Communion at the Vigil Mass at St Michael's Church.

Wishing you all many blessings in your ministry and thank you for being signs of faith to your school community.



FUNDRAISER: "BE WARM THIS WINTER": FIREWOOD FOR SALE



The JPC 1st XV have 2.5 (approx) cubic metre trailer loads available for \$150. All funds raised will go towards their trip to the Gold Coast to play in the Rugby Carnival in July
Contact Richard Haigh 021 773 444

RUGBY NEWS

Last weekend the U14's and the U15's played at home and used the home field to their advantage both registering good wins.

The U14's won 39 - 31 in a close affair with Bethlehem, and the U15's put on the rockets to soundly beat Papamoa 63 - 5. *Great results for our junior teams.*

The 1st XV travelled to Te Puke and unfortunately could not get the win, going down 34 - 17. Again a spirited performance by the young team certainly did not go unnoticed. This week they have their 1st home game against Mt Maunganui. Come on down and support the teams as the U14's will be playing at home also.

1 st XV	JPC	v	Mt Maunganui	Noon
U15	Otumoetai	v	JPC	10.30
U14	JPC	v	Tauranga Boys D	10.30

The Gold Coast Rugby Raffle was drawn on Tuesday and the winning tickets were.....

1st	1349
2nd	1556
3rd	1156
4th	1588
5th	1491
6th	2276

Thank you to all who supported the raffle.

CALLING ALL BUILDERS AND PLUMBERS..

Are you a builder or a plumber and prepared to allow a student to spend time with you as a Gateway (work experience) placement? If the answer is 'yes' please contact Pat Casey at pat.casey@jpc.school.nz or 347 8795 ext 8815. Learn more about the Gateway programme: <http://www.jpc.co.nz/en/NZ/our-school/careers-and-gateway/>

WHANAU SUPPORT GROUP HUI REPORT

Tena koutou katoa, at the Whanau support hui held 10 May we decided that it would be good to publish a summary of the hui so that Whanau and the school community are aware of what we discussed.

We covered off the following points ;

➤Maori Achievement and Treaty of Waitangi

BOT Policies

➤Catholic Character Review – feedback due now

➤Waka ama update

➤Senior Maori student leader update including

increased attendance at St Michaels Maori mass and homework club for Maori/Pasifika students, tutored by senior Maori/Pasifika students. Two excellent student led initiatives

➤Chair and secretary elections – I was elected again as chair, Min as secretary.

➤BOT Elections – nominations due in by 20 May

➤Haka program for 2016 to teach the school haka across all years and also prepare for kapa haka practices and ahurei this year.

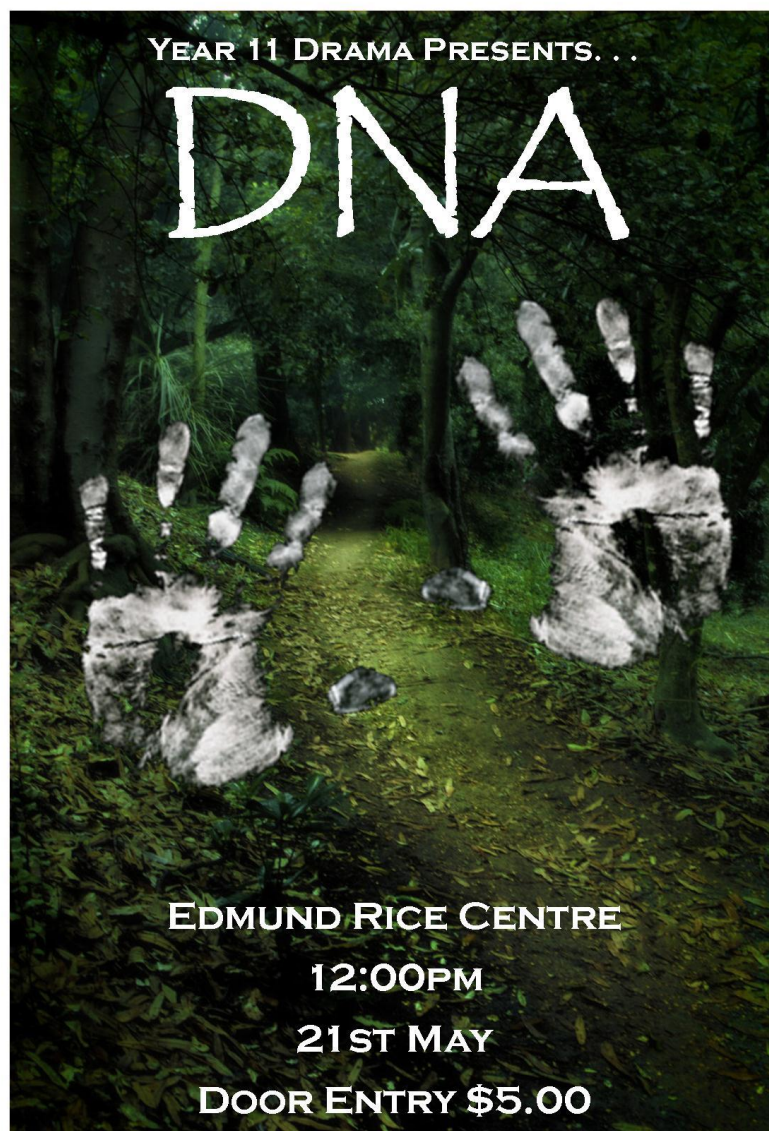
➤Careers expo including parent specific sessions to support your tamariki in career planning

➤Our need to increase our communication pathway options with Whanau so we will be contacting Whanau to get email contacts and also looking at a Facebook group to better get information disseminated. There are many opportunities available for Tamariki to take up.

If you want to learn more please come to our next hui which will be 4 July, 5.30pm, in the whare,

Na **Eugene Berryman-kamp**

Whanau Support Group Chairperson “



NETBALL UMPIRE REGISTRATION

The link below is the Centre Theory test with the new rules. If you have sat it already, please scan and email me your certificate.

<http://sporty.co.nz/rotoruanetball/Junior-Umpires/Registration-3>

To all those who are keen to become a Junior Umpire ... please register your interests.

Please contact Rose - Email - obrienr@scionresearch.com

GYMSPORTS REPORT

MIGS Rotorua, hosted the Bay of Plenty Intermediate and Secondary Schools Tumbling and Trampoline competition on Friday 13th May. 52 Gymnasts from John Paul College represented the school with pleasing results.

INTERMEDIATE Schools placings:

TUMBLING

C Grade	BOYS	1 st Daniel Butterworth, 2 nd Reeve Hildreth, 3 rd Angus Veitch
	GIRLS	1 st Sophie McLanachan, 3 rd Zoe Stubbing
B Grade	BOYS	3 rd Will Florence
	GIRLS	1 st = Alexa Dunningham, Caitlyn Flavell, Jessica Taylor
ELITE Grade		1 st Claire Hughes

TRAMPOLINE

C Grade	BOYS	2 nd Will Florence
B Grade	GIRLS	1 st Ella O'Neill
A Grade	BOYS	1 st Alistair Ball 3 rd Ronan Griffiths

SECONDARY Schools placings:

TUMBLING

C Grade	BOYS	1 st Casey Dykstra
	GIRLS	1 st Saskia Foote
B Grade	BOYS	1 st Hamish Banks
	GIRLS	1 st Megan Hughes 2 nd Sarah Leishman
A Grade	BOYS	3 rd Dale Jacobs
	GIRLS	2 nd Mikaela van den Heuvel
ELITE Grade		2 nd Paige Ward

TRAMPOLINE

B Grade	BOYS	1 st Dale Jacobs
	GIRLS	1 st Nakita Hopson 2 nd Tayla Malone
A Grade	GIRLS	2 nd Anyssa Rimmer
Junior Elite	BOYS	2 nd Daniel Sherman
	GIRLS	1 st Louise Cooke, 3 rd Rebecca Lindsay
ELITE Grade	BOYS	2 nd Tyson Rimmer
	GIRLS	2 nd Brianna Cross

INVITATION TO A FONO FOR AIGA PASIFIKA

Dear Parents/Caregivers,

The LaSallian Support Group-Signum Fidei would like to invite you to a fono

We will be attending the **5 p.m. MASS at St. Michael's Church on Saturday 21st May** and will be having our **fono in the crypt following Mass.**

We welcome your attendance at this fono so you can meet us and other staff from John Paul College.

We would like **to talk about the Pastoral care of your children** amongst other things.

There will be an **open forum** for you **to ask any questions.**

A **light supper** will be shared afterwards.

Thank you.

Signum Fidei Group.

FROM THE CAREERS OFFICE

The University of Auckland will be hosting a **Parent Information Seminar** in Rotorua. Parents and students are invited to attend this.

The evening will be a presentation covering entry requirements, scholarships, accommodation options, campus life and more.

Attendees can register their attendance online [HERE](#) or just arrive on the day.

ROTOR PARENT SEMINAR INFORMATION EVENING

Date: Tuesday the 31st May Time: 7:00pm-8:30pm

Presentation starts at 7pm

Venue: Holiday Inn Totara Room, 10 Tryon Street, Rotorua

Contact person: Simon Crook s.crook@auckland.ac.nz

Lattitude NZ - 2017 APPLICATIONS NOW OPEN!

Lattitude Global Volunteering

International volunteering and gap year placements for 17s to 25s

Click [HERE](#) to download our **NEW BROCHURE!**

DISCOVER MASSEY SCIENCES IN THE JULY SCHOOL HOLIDAYS

Massey University is holding three events over the July school holidays that your students may be interested in:

- [Agriculture and Horticulture Experience Day](#)
- [Engineering & Food Technology Camp](#)
- [Discover Computing Day](#)

Please pass this on to your Science and Mathematics departments, and interested students so they can register for these exciting events.

Agriculture & Horticulture Experience Day

It's a great time to consider careers in agriculture and horticulture. There's high demand for people in this industry and many of our students have jobs lined up before they graduate.

We're holding our annual Agriculture and Horticulture Experience Day on **Tuesday 12 July** at our **Manawatu Campus**.

It's an interactive and hands-on day, where you will have fun, try new things and discover there's a lot more to agriculture and horticulture than you might think.

To find out more about this event and to register [visit here](#). For more information contact Iona Condie at i.condie@massey.ac.nz.

Engineering and Food Technology Camps

Worldwide, engineering and food technology are considered vital to successful economies and more graduates are needed. Get hands-on with both of these innovative disciplines at our school holiday camp, held **Monday 11 July to Thursday 14 July** on both our **Auckland** and **Manawatu campuses**.

Join us for a four-day interactive camp designed to give you experience tackling real-world problems using an engineering approach - this year you'll look at GROWING FOOD ON MARS IN 2070.

Spaces are very limited. [Visit here](#) to register now. For more information contact Nathaniel Scurr at n.scurr@massey.ac.nz.

Discover Computing Day

Information Sciences is one of the fastest growing industries in the world and graduates are in hot demand. Many of our Massey graduates have jobs even before they finish study!

If you're a Year 12 or 13 student interested in studying computer science, information technology or software engineering then come along to our free, interactive, hands-on workshop on **Tuesday 19 July** at our **Manawatu campus**.

For more information [visit here](#). Spaces are limited so register today! For more information contact Nathaniel Scurr at n.scurr@massey.ac.nz.

Real estate results that move you!!



It is important for students in their final years of secondary school to be savvy with the decisions they make now, so it doesn't impact their future.



GOAL DIGGER CAREER SOLUTIONS

Work with students using a range of career counselling, planning and assessment tools to:

- Analyse their career path options and school subject choices
- Develop an action plan to kick-start their career

Phone: 07 393 2424

Email: info@goaldigger.co.nz www.goaldigger.co.nz

After School Basic Mosaic Classes

Wednesday's 3.30 to 5.00

For six weeks

Beginning in Term 2

For more information call Marilyn
on 021 062 9838



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In the lead up to Pink Shirt Day THIS Friday 20th May, check out the following Youtube clip which tells the story of the creation of PINK SHIRT DAY:

https://www.youtube.com/watch?v=gjmf3I1_ZhU

(Alternatively just Google - The story of pink shirt day - Youtube)

This is quite short – about 3 minutes and following this there are a number of links to Pink Shirt flash mobs which are quite cool too.

Students who wear mufti on the 20th must wear ANY PINK GARMENT. Pink wrist bands will be for sale and can be worn throughout the week.

Thank you for you supporting our anti-bullying initiative.
Mrs N Macmillan
School Counsellor



**FROM THE SCIENCE DEPARTMENT:
YEAR 10 PARENTS AND STUDENTS**

The Science Department are offering two evenings with the Rotorua Astronomical Society to observe the night sky.

Dates: 24th and 26th May

Cost: \$2 per person

It is a completely optional activity but parents and siblings are also invited.

More information contact Mr Synge

E: Mathew.synge@ipc.school.nz

KOHA APPRECIATED

**Mixed breed chickens
unsexed chicks
20 available now
more soon**



Ph 022 636 6800. Lee

BOARD GAME CLUB

Each Tuesday lunchtime in C4. Students can eat their lunch and play a variety of games - Risk, Cranium, Scrabble, Upwords etc.

Mrs N Sarich-Dunn

Teacher in Charge

Hot Tips

**PARENTING ROADSHOW
DIGI-PARENTING with Dave Atkinson**

Monday 23rd May, 7.30pm – 9.00pm

Cost \$5 per person

Rotorua Elim Church, 1149 Eruera Street

- Coping with your kid's gadgets and the internet
- Keeping your kids safe on line
- Simple teools and solutions for raising kids in the digital age

Enquiries to Dee Horne 027 613 9067

Or carol McKenzie 027 767 5052

Email: Rotorua@theparentingplace.com

BOOK NOW

**CLOTHING ALTERATIONS
BALL GOWNS/COMMUNION DRESSES**

Contact: Betty Hopps

Fairy Springs
021 251 2306

2grannynanny@gmail.com

- Gel Manicures
- Spray Tanning
- IBX Treatments
- Nail Enhancements
- Minx Nails



Rotorua Area. Phone: 0211520077

The Genesis Energy FINAL 2016



The Genesis Energy Hillary Challenge is undoubtedly the toughest adventure competition for high school students and the battle for first is intense because it is a prestigious and highly coveted title for schools to achieve. Not only does this event require a high level of physical and mental fitness, being a team sport, members need the ability to work together under stress.

Participants qualify for the final by meeting the required criteria during the Hillary Challenge 6 hour Adventure Race events the year before.

The 16th annual challenge to find the top Secondary School Outdoor Adventure Team in New Zealand and Australia took place 8-13 May 2016.

The 5 day Hillary Challenge is held each year at Hillary Outdoors Tongariro, and is only open to a total of **12 teams**, each consisting of **8 students (4 males, 4 females.)** from Year 12 or 13. The teams will be scored on their skill, speed and endurance during a 5-day series of outdoor adventure challenges, including a 2-day rogaine style wilderness expedition and a multisport race on the final day. In true adventure racing tradition, the exact details of all challenges will be kept secret until the event.



*Whangarei Girls and Boys High (Northland). Thames High (Waikato). Cambridge High (Waikato). New Plymouth Girls and Boys High (Taranaki). Francis Douglas and Sacred Heart (Taranaki). Takapuna Grammar (Auckland). Westlake Girls and Boys High (Auckland). Taradale High (Hawkes Bay). Middleton Grange (Christchurch). Trident High (Bay of Plenty). **John Paul College (Bay of Plenty).***

JPC TEAM:

Simon Janssen. Claire Self. Theresa McLean. Danielle Cooper. Jayleeca Nicholls-Tau. Keegan Pepper. Jack Elvy. Adam Schweizer.

(DJ Sports sponsored the shirts.)



The first 2 days of competition, consisted of 12 challenges, JPC won the abseiling challenge and banked maximum points, and this gave the team a ranking of 9th. Next 2 days was a major Rogaine, requiring the team to find 109 check points which they had to verify by GPS. The team had to be no more than 50m apart, they had to be at a campsite by 5pm, they could not depart from camp until 7am next morning. Each check point had a value, which could be hit and miss if you navigating skills aren't spot on, we finish 11th for this challenge. The weather forecast was for high winds gusting to 100km, rain between 30 – 40 millimetres, throw in low cloud and you have tough conditions for a Rogaine, which made finding check points even more difficult. The team has to carry packs for the whole entire time. Penalties are dished out if you don't follow the rules.

(**Rogaine** is the sport of long distance cross-country navigation in which teams visit as many checkpoints as possible. Teams travel entirely on foot, navigating by map and compass between checkpoints in terrain that varies.)

The last day (rained all day) was a Multisport Day; 10km of running, 6km floatation challenge, 7km of more running, then mountain biking for 30km. Top teams can complete the course in 4.5 hours up to 6.5 hours for the rest. Unfortunately JPC had a team member injured within the first km of the 10km run, so had to drop them out after the floatation challenge. This cost the team 200 bonus points and a 15% penalty deduction on points gained. This took our possible ranking of 7th overall for the week to 9th overall.

Prize giving was on the Friday night. It was quiet moving to see all the teams in their schools number ones (uniforms). JPC did win a major prize on the night, the team **Synergy Award** (the real effect resulting from different individuals working together and their cooperation.) This is chosen by all the Hillary instructors that observe all the teams at the different challenges, and the way the team members look after each other.

Synergy Award Prize: A weekend for 10 students at Hillary Outdoor Education with an instructor.



The finish line of multisport event and the end of a big week.

If you are keen to compete in adventure racing for JPC see Mr Faulkner. Upcoming events: Get2Go (Year 9 &10) Hillary 6hr Challenge (Year 11 – 13.) Must be able to do; Cross Country, Mountain Biking, and Rock Climbing and must love the tough stuff. (When the going gets tough, the tough keep going - meaning when the situation becomes difficult, the strong will work harder to meet the challenge.)

Quote for the week: I'm never doing this again, but I will be back for next year if we qualify. (T McLean)



PRESENTS

NATHAN WALLIS

An Evening of Essential Personal and Professional Development, **23rd May 2016, 7.30pm**
Edmund Rice Centre @ John Paul College, Whitworth Road, Rotorua

An evidence-based neuroscience approach to
GROWING HEALTHY CHILDREN, GROWING HEALTHY BRAINS

Ensuring our children are successful lifelong

*This event is for **Parents, Educators and whole of community***



Nathan is a trustee for The Brainwave Trust and is a sought after trainer.
Nathan's presentation makes use of real-life examples and case study material, in an accessible,
interactive manner.

This is an invaluable training opportunity.

GOLD COIN DONATION-PROCEEDS TO JOHN PAUL COLLEGE PTA

ROTORUA MEDICAL GROUP - NEW PATIENTS WELCOME

Central Health 1181 Amohia Street, Rotorua (next door to Central Pharmacy)
Fairy Springs Medical Centre 10-100 Fairy Springs Road, Rotorua

We are dedicated to providing affordable, quality healthcare for you and your family. Our team of doctors, nurses and support staff partner with you to manage your health and wellbeing.

We have two modern, convenient sites providing you with the flexibility of location and continuity of care. For added convenience we run a daily Drop in Clinic from Central Health:

Monday to Friday 9.00am to 11.00am and in the afternoon 2.00pm to 4.00pm

Fairy Spring Medical Centre also has a Drop in Clinic: Monday to Friday 9.00am to 11.00am

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Contact Sheryl DDI 07 3431952 or 07 3470000

Health and Safety at Work

If you are an employer you will know that the Health and Safety at work (General Risk and Workplace Management) regulations come into force April 2016

What does this mean for you?

- **Pre-employment**
 - Inform workers of exposures expected
 - Inform workers of possible health effects
 - Inform workers of health monitoring required
- **Health Monitoring**
 - Frequency
 - Reporting
 - Record Keeping

Our nursing team members are experienced in working successfully with businesses both locally and nationally. We are able to help your organisation or business with workplace practices, improved employee health, reduced absenteeism, reduced injury rates and rapid return to work for employees.

We listen to your needs and tailor our services to be relevant and cost effective to you.

We offer a full range of Occupational Health Services including (but not limited to):

- Breath Alcohol Testing
- Instant Drug Testing to AS/NZ 4308:2008 Standard of Compliance
- Laboratory Drug Testing to AS/NZ4308:2008 Standard of compliance
- Testing to Synthetic THC



**Youth
week**

To celebrate Youth Week and
New Zealand Music Month



OneChance MUSIC FESTIVAL

21 May 2016, 12pm - 5pm
Gates open at 11.45am

TKKM o Hurungaterangi
114 Sunset Road, Rotorua

FREE EVENT

**Featuring Brendon Thomas and the Vibes from X Factor NZ
& Ben Lummis - winner of the first NZ Idol | Bands | Singers
Dancers | Games | Bouncy Castles | Buskers | Face painting
Food | Stalls | Loads of prizes**

Smoke | Drug | Alcohol Free Event



WHEN SHOULD YOU WORRY

We know that having a sick child can be pretty stressful, and sometimes downright scary! On average children aged between 6 months and 5 years will get about 6-10 viral illnesses a year. That means, for the children registered with us here at Ranolf St about 8,000 infections a year!

The good news is the vast majority of these infections are minor and children usually come right in about a week. They don't need treatment with antibiotics (which have no effect on viruses), and are rarely so severe that they need hospital treatment.

These infections are more common in the winter months, if your child has older brothers and sisters (bringing home infections from school), or if your child goes to kindy or kohanga reo.

So, what can you do?

- Keep your child away from daycare if they are sick.
- Teach your children good cough hygiene (use tissues, cough into their elbow)
- Teach good hand washing – they should be washing for as long as it takes to sing Happy Birthday to themselves

Here are two useful resources. The first one "When should I worry" is a great little leaflet from the NHS. Download it, read it and use if you come to the surgery.

<http://www.whenshouldworry.com> (Remember though that this is an NHS leaflet. Emergency numbers in New Zealand are 111 not 999)

The other, from the Royal Children's Hospital in Melbourne, is a useful explanation of viral illnesses. http://www.rch.org.au/kidsinfo/fact_sheets/Viral_illnesses/

And remember:

If you are worried call us. Talk to one of the practice nurses. They are all registered nurses and experienced mums!



Work Hours Monday to Friday 08:30am until 3:00pm
Phone 07 3477 537 | Fax 07 350 0024 Mobile 022 457 8577

Email ranolf@rgpg.co.nz www.ranolfmedical.co.nz
59 Ranolf Street | PO Box 442 Rotorua 3040 New Zealand

HELLO
HOLIDAYS

Holidays restore what everyday
life steals from you...it's true!

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