



# CUST SCHOOL NEWSLETTER

Phone 3125-753; Fax 3125-723

e-mail: [jennifer.thompson@cust.school.nz](mailto:jennifer.thompson@cust.school.nz)

[www.cust.school.nz](http://www.cust.school.nz)

School's bank account number is 03 1592 0074218 00



Friday, 26 August, 2022 - Week Five —Term 3

**BE YOUR BEST**  
**Kia Rawa Pai**

## SCHOOL THEME: CREST - TO REACH THE TOP

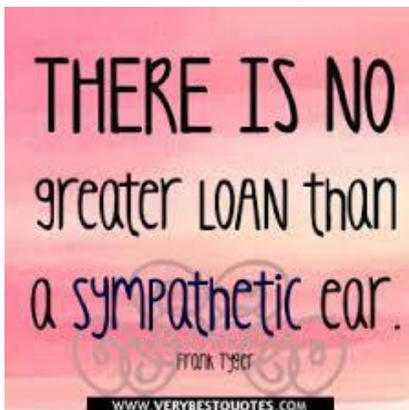
### FROM THE PRINCIPAL'S DESK

Greetings to all the kura families

Tēnā koutou e ngā whānau o te kura

## EMPATHY

**“There is no greater loan than a sympathetic ear.” - Frank Tyger**



Surprisingly I don't have a lot to say this week so here are a couple of cartoons...



## Community Conduct Expectations

Cust School is committed to providing a safe and healthy environment for students, staff, and visitors.

Our Code of Conduct serves as a reminder to all parents, caregivers, and school visitors that their conduct must support everyone's emotional and physical wellbeing, and not harm it in any way.

The Code of Conduct applies:

- to all conduct, speech, and action, and includes emails, texts, phone calls, social media, or other communication
- while on school grounds or at another venue where students and/or staff are assembled for school purposes (such as a camp or sports match).

## Standards of conduct

Cust School expects parents, caregivers, and visitors to:

- treat everyone with respect
- work together in partnership with staff for the benefit of students
- respect and adhere to our school values
- set a good example for students at all times
- follow school procedures to handle any complaints
- adhere to school policies and procedures (such as those listed below), and any legal requirements.

Examples of unsuitable conduct include:

- threats, bullying, harassment
- profanity/offensive language
- insulting, abusing, or intimidating behaviour
- racism or discrimination (e.g. based on ethnicity, religion)
- physical aggression
- deception/fraud
- damaging school property
- smoking, vaping, possessing, or using alcohol/drugs/other harmful substances on school premises or at another venue where students and/or staff are assembled for school purposes (except possession or use of alcohol in accordance with school policy)
- placing unreasonable and excessive expectations on staff time or resources
- pursuing a complaint or campaign, or making defamatory, offensive, or derogatory comments, regarding the school, its board, or any staff or students on social media or other public forums
- wearing gang insignia on the school grounds. (This is not allowed under the Prohibition of Gang Insignia legislation, and anyone wearing it will be asked to leave.)

## Communication with Teachers

We expect any communication with teachers to follow the above standards of conduct.

Teachers would appreciate parents / caregivers utilising emails as the first form of communication, rather than phone, Facebook, messenger, text etc. This initial email might lead to a phone call or meeting.

Ngā mihi,  
Robert

## CERTIFICATES

- Room One: Well done Kate for showing success in Piko's tips – PARTICIPATE – Congratulation on your awesome focus and enthusiasm.  
Well done Hunter for showing success in Piko's tips – PARTICIPATE – super work Hunter. You are showing super focus to all class work. Your empathy towards others is admirable.
- Room Three: Well done Henry for showing success in Piko's tips – PARTICIPATE – for being a respectful, hard-working and organised team member. Henry is always ready to learn. Ka pai.
- Room Four: Well done Sylvie for showing success in Piko's tips – PARTICIPATE – for improved handwriting.
- Room Five: Well done Grace for showing success in Piko's tips – PARTICIPATE – Grace you are a great role model to the other children – kind and caring. Well done.  
Well done Hunter for showing success in Piko's tips – PARTICIPATE – Mrs Falconer and I really like the way you care for children who are hurt. Well done Hunter.
- Room Six: Well done Xavior for showing success in Piko's tips – PARTICIPATE – awesome teamwork and participation in EPro8!!
- Room Seven: Well done Jacob for showing success in Piko's tips – PARTICIPATE – for being a true "all-rounder" in Room 7. You give your best to all subjects, trying to improve yourself all of thtime. Your humour and empathy are also greatly appreciated!

**JUNIORS**

**5:30-7:00**

**SENIORS**

**7:30-9:00**

# WHITE AND BRIGHT DISCO

**- GLOW IN THE DARK -**

**CUST COMMUNITY CENTER**

**FOOD, DRINKS AND GLOW-  
PRODUCTS WILL BE AVAILABLE  
TO PURCHASE ON THE NIGHT  
WITH CASH ONLY.**

**FRIDAY  
SEPTEMBER  
23**

**TICKET \$5  
INCLUDES  
GOODIE BAG**

# Winter wellness guide for tamariki

With a rise in COVID-19, seasonal colds, flu and other respiratory infections in our communities, this guidance is to help you manage your child's illness.

## KEY WELLNESS INDICATORS

- Healthy young children can have up to 8 to 12 colds or upper respiratory tract infections each year. These are a normal part of childhood.
- A child must stay at home if they appear unwell or if they develop any of these symptoms: new runny nose, sore throat, cough, fever, vomiting, diarrhoea, rash, they are off their food and drink or show signs of feeling miserable.
- If a child becomes increasingly unwell and/or you are concerned about them, call your GP or Healthline on 0800 611 116. A child who is refusing to drink anything is likely to be very unwell.
- If an in-person appointment is required, follow your GP's processes, which will include everyone wearing a mask if they can safely and practically do so.
- If you or a child you are caring for develops difficulty breathing, severe chest pain, fainting or becomes unconscious, call 111 immediately.

Find reliable information on how to manage colds and flus on KidsHealth and Health Navigator.

Information about health and wellbeing of tamariki and rangatahi – KidsHealth Health information for New Zealanders – Health Navigator

## COVID-19 GUIDANCE

- If your child has COVID-19 symptoms, the child and anyone in their household with similar symptoms should be tested for COVID-19.
- If any household members are COVID-19 positive, other household members are at high risk of becoming infected. Everyone must isolate for at least seven days from the day that the first person receives their positive test result or becomes symptomatic (whichever is earliest).
- All household contacts, including children, need to take a rapid antigen test (RAT) on day three and day seven, or sooner if they develop symptoms. A person who has had COVID-19 in the past 90 days, does not need to isolate again as a household contact.
- Anyone who experiences symptoms 29 days or longer after previous COVID-19 infection should test and will need to isolate if they test positive.

If your child:

- has been isolating with COVID 19 and is feeling well after seven days, they can return to school
- continues to be unwell and/or has symptoms after their seven-day isolation period has ended, they should remain at home to recover until 24 hours after their symptoms end
- still feels unwell or their symptoms are worsening after ten days, they should not return to school. Call your GP or Healthline on 0800 611 116 for medical advice.

Find detailed information about COVID-19 symptoms on the Ministry of Health and Unite Against COVID-19 websites. About COVID-19 – Ministry of Health Information about COVID-19 – Unite Against COVID-19

## HOW TO KNOW IF YOUR CHILD SHOULD STAY AT HOME

- If a child has been unwell with a respiratory illness other than COVID-19, they can return to their school 24 hours after they have significantly improved and are behaving/eating normally.
- Following vomiting or diarrhoea, a child should be symptom free for 48 hours before they can return.
- If a child still has a runny nose or dry cough without any other symptoms such as a fever, vomiting or diarrhoea, they are unlikely to be infectious and could be considered well enough to attend school.
- In general, a doctor's certificate or clearance should not have to be provided for a child to go back to their early learning service/education facility after being unwell.
- Any child who has a runny nose after a change in temperature – for example, moving from outdoors to indoors – or sneezes due to obvious stimuli (such as the sun or dust) does not need to be sent home.
- Hay fever and other allergies can show similar symptoms to the common cold such as sneezing, a runny or stuffy nose and coughing. If a child has a history of allergic symptoms and shows one or more of these symptoms, or an itchy face (especially around the eyes or throat), consider if hay fever or an allergy could be the cause. You may want to check with the child's caregiver to confirm.

## IDEAS FOR KEEPING CHILDREN HEALTHY THIS WINTER

Follow this guidance to help keep children and whānau stay healthy during the winter months.

Provide children with healthy and nutritious food to eat. Healthy eating supports immunity and helps our bodies to work well and feel good. Food, activity and sleep – Ministry of Health

Support children to get enough sleep. Sleep is important for restoring energy, maintaining mental and physically wellbeing, learning, and aiding healthy growth and development.

Helping young children sleep better – Ministry of Health

Encourage and create opportunities for children to be active. Being active at home, at school, at play during the weekends and in the community helps children maintain good health and wellbeing.

Activities for children and young people – Ministry of Health

It is a good idea to encourage children to play outdoors – they just need to be dressed warmly during the winter months.

Being outdoors helps to boost children's immune systems through exposure to fresh air and enables them to make vitamin D from exposure to the sun.

## FISH AND CHIPS, AMERICAN HOT DOGS, PIES – Thursday, 1 September

All orders need to be in the office by **9.00am**. No late orders as we will not be going down to the hotel.

**NOTE: the prices below AS THERE HAVE BEEN SOME INCREASES.**

Please also note the following:

All envelopes (no scraps of paper and notes left on the counter are acceptable), are to be clearly labelled with names (please put full names as we have several children at school with the same Christian names)

- Correct money (as no change will be given)
- No add-ons of drinks, as this service is solely for the items listed below from the Cust Hotel.

Prices are as follows

1 scoop chips	\$2.50	½ scoop chips	\$1.50
Hot Dog	\$3.00	Fish	\$3.00
Sausage	\$3.00	American Hot Dog	\$3.50
Mince Pie	\$6.50	Mince & Cheese	\$6.50
Hash Browns	\$2.00		

## EPRO8 INTERSCHOOL COMPETITION

Yesterday we had two Year 6 teams and two Year 7/8 teams compete at the first round of the EPro8 Interschool Competition.

They had 2.5 hours to complete challenges: Alarm Clocks, Road Markers, Vending Machines and Magic Shows.

We had three teams qualify for the semi-finals to be held later this term:

FIRST PLACE – Year 5/6 - Cust Constructors – Olivia, Danielle, Charlotte and Fleur

SECOND PLACE – Year 7/8 – Cust Creators – Lachie, Scott, Charlie and Harry

THIRD PLACE – Year 7/8 – Cust Constructors – Walter, James, Xavior, Corey



## **NORTH CANTERBURY KAPA HAKA FESTIVAL**

North Canterbury Kapa Haka Festival on Thursday, 22 September at Ohoka School. This year we are taking two groups - one senior and one junior. We will be travelling to Ohoka School by bus. (There is no charge for this). We will be leaving school at 11.45am and returning at approximately 2.30pm. Our Junior Kapa Haka group is performing at 12.50pm - 1.05pm and our Senior Group at 1.50pm - 2.05pm.

You are welcome to attend this Festival. To purchase a ticket (\$10 each, pre-schoolers free) please send along an envelope with your child's name on it, and how many you would like for either the junior or senior performance or both, before Monday, 12 September. We have only been allocated 50 tickets per performance. These will be distributed on Monday 19 September. The day shows will have door sales but highly unlikely that the night shows will.

Any questions please contact Eddie Foskett.

# Online Safety with Netsafe Whānau and Community Webinar 29 August 2022 @ 7pm: Online

Are you concerned about what your child is doing online?

Do you need some practical tips and strategies for  
managing your child's online behaviour?

Do you want to support your young person to be the best  
that they can be online?

[Join Zoom Meeting](#)

Meeting ID: 856 3224 7347

Passcode: 545790

Paula Wistrand is Netsafe's Relationship and Education  
Advisor For further information visit:

[netsafe.org.nz/parenttoolkit](https://netsafe.org.nz/parenttoolkit)

