



## Te Kura o Hau Karetu

He waka eke noa: *We're all in this waka together*  
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23 June 2026

Kia ora, Talofa Lava,

It's hard to believe that we are coming to the end of our term already. Next week, **Friday 3<sup>rd</sup> of July is our last day** of school, and if you're thinking your children are tired, they will be, as it's an 11 week term, so a little longer than our usual 10 weeks. **We return back to school at 9am on Monday 20<sup>th</sup> of July.**

We are looking forward to celebrating the wonderful Matariki celebration, which for my family, has now become an important event. For our Kura, it is also an essential part of our calendar, and we are delighted to be hosting a Matariki themed disco on Thursday 2<sup>nd</sup>, and a Matariki Breakfast on Friday 3<sup>rd</sup> July.

For many other people, Matariki is a sign for people to gather, to honour the dead, celebrate the present, and plan for the future, and heralds a time of remembrance, joy and peace. It is a time for communities to come together and celebrate. We are looking forward to seeing you at our celebrations (see poster at the end for details).

**Nau mai, haere mai** to Lucas who has started in Te Hikuwai and Malachi who started in Ngā Pōtiki – we are so happy to have you both here. These guys are so friendly – we hope you make lots of new lifelong friends here!

**Times at School:** While children are welcome to arrive at school from 8.00am, please note that staff supervision of students does not begin until 8.30am, when teachers are in their classrooms. The exception to this is Breakfast Club, which operates from 8.00am and is supervised by at least one adult. We ask families to ensure that children arriving before 8.30am attend Breakfast Club. If your child is coming to school earlier than 8.30am, please remind them to be on their best behaviour. Thank you.

**New Variable Speed Limits:** Have you been wondering what those tall new signs are before every school that have been installed with blank spaces? I have!

Variable speed limits will be operating outside all schools from 1 July 2026 as part of a nationwide road safety initiative. These limits reduce speeds to 30km/h during school drop-off and pick-up times to help keep children safe (between 8.30-9.15 and 2.30-3.15)

When signs are active, drivers must slow down and follow the displayed speed limit. Outside these times, normal speed limits apply.



### NEW VARIABLE SPEED LIMITS

FOR SCHOOLS STARTS 1 JULY

**SLOW DOWN** AND WATCH  
FOR CHILDREN

For more information, visit: [www.upperhutt.govt.nz/vsl](http://www.upperhutt.govt.nz/vsl)



**Picking up your child at the end of the day:**

People are parking on yellow lines and on footpaths when picking up their children. Please don't do this as it reduces visibility and reduces space on footpaths for everyone to walk past. Thank you.



### **Te Reo Maori kupu of the week:**

#### **Instructions:**

Kia manawanui – be patient  
Haria mai – bring it to me  
Tikina atu – get it  
Āwhinatia – help them  
Waiho – leave it/them  
Whakahokia – put it away  
Taihoa – wait!

### **I spy with my little eye, something that looks like...?**

Can you guess what's going to be here? Is it a bird, is it a plane? It looks so exciting. Dayna is building something new, but who knows what?? I wonder if you can guess what it is?



If we use our imaginations, I think it's beginning to look a bit more like this... It's not quite ready for playing on yet though, there's lots of safety things to happen yet!  
It's very exciting.



### **Matariki Celebrations:**



We are holding a very special celebration called Hautapu on **Friday 3<sup>rd</sup> July** at 7.30am, where we will have a special ceremony to honour the stars of Matariki and will call the names of anyone special to us who has passed since the last Matariki. This will be followed by a shared Matariki breakfast in the hall. All whānau are invited.

We need to ask you all please to park on Hillside Drive and Prestige Place so that ancillary staff can get into a carpark ready for work at 9am – thank you.

#### **Matariki Disco:**

Our Matariki Disco will be held at 2pm on Thursday 2<sup>nd</sup> July in the hall. All students are welcome to attend. We will have a quieter space in Te Waipuna and Ngā Pōtiki for those students who wish to have a calmer experience. There will be bags of goodies available – we will advise soon of the details.

### **Got your back – T-shirt Fundraiser:**

Thank you so much to everyone who participated in the Bake Sale and the Got Your Back T-Shirt Fundraisers. I'm fairly sure I heard Whaea Roseanne say something about nearly \$1100 in total for the bake sale, and we're just waiting for some payments to come back for the t-shirt fundraiser. Tino pai!!!

### **Scabies: Really important information!**

- We are still having people turn up to school with scabies. Please be absolutely vigilant with them. If your child is itchy, it's either nits or scabies, but in either case, treatment is essential. We have had them in 5 out of 7 classrooms now. Each time, we have the carpets professionally cleaned, we bag up and/or wash any soft furnishings, and wipe down hard surfaces, including toys.
- Scabies are identified only by a very itchy rash that usually begins around the groin area, on their backs and tummies, and in between their fingers. It might just be on their arms or armpits though! Either go straight to the chemist or doctor if you suspect them – they are highly contagious, and invisible to the naked eye. Children cannot attend school until 24 hours after their cream treatment. Treatments need to be put all over the body, including their scalp.
- Scabies are a parasitic mite, and they make your skin itch because they suck your blood – just like a flea – only way more annoying because you can't see them! When children itch, they get under their nails, so it's important that their nails are cut and scrubbed clean also.
- Scabies can be caught by anyone – just like nits. It's not because you are dirty or that your house is unclean, you can just catch them when you're a human being.

The following is advice from the DHB around treatment of scabies – and it **is** laborious but extremely important. Scabies will **not** go away on their own:

### **What to do if someone in my household has scabies:**

If you or your child has an itchy rash

- between their fingers
- on the underside of their wrists
- on the outer surface of their elbows and knees
- around their waist
- on their bottom or genitals
- or under their armpits,

then you need to go straight to the doctor and get some treatment for it.

Everyone in your household will need to be treated. It's useful to make sure everyone has cut their nails and cleaned under them too. **Treat everyone on the same day and again 7 days later.** Apply scabies cream or lotion to everyone in the whānau or household on the same day, just before going to bed. Repeat the treatment for everyone 7 days later.

### **Thoroughly clean personal items and living spaces**

On the morning after everyone in your household has been treated, do the following.

- Use a hot wash cycle for all clothing, sheets, towels, pillowcases and stuffed toys used in the past 4 days (over 50° C for more than 10 minutes).
- If you have a tumble drier, put dry items on the hottest tumble dryer setting for at least 10 minutes.
- Any clothes, linen and soft toys that can't be washed can be placed in a sealed plastic bag for 4 days, including child car seats. Vacuum adult seats in cars.
- You don't need to wash mattresses or pillows if you have used sheets and pillowcases.
- Vacuum carpeted floors and upholstered furniture every day for 4 days.

On the morning after your second treatment, do these things again.

If you don't clean your clothes, bedding and floors the mites can re-infest your whānau. If your household has had recurrent infections or treatment hasn't worked, it's important you do the things listed above.

You don't need to treat your pets – they don't spread human scabies. Using fly spray doesn't kill scabies, but it can irritate your skin.

**Please let me know if you discover your child has scabies** – we will need to ensure that the classroom your child is in has the same treatment as above. We will always ensure the anonymity of your child and your family.

Further advice on treatment for scabies is contained at the end of this newsletter.

Thank you.

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**Property News** – You'll notice we now have two disability carparks. Please leave these parks for people with mobility parking permits only. Thank you for your understanding.

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### **Important Notices & Reminders:**

- **Peanut-Free School:** We are a **peanut-free** school. We ask that no peanut products are brought to school, including peanut butter and foods containing **peanuts**. Note that when a packet says, "may contain traces of nuts", this is OK. Our school lunches do not contain peanuts.
- **Kutu/Nits:** Oh no! They're still here! Please check your child's head for lice. We have treatments here at the school. If we see nits on your child's head, we will call you to collect them. We always do this with the utmost respect and with discretion.
- **Student Attendance expectations:** Regular attendance at school is important to your child's success. Making sure students attend and engage in learning is a shared responsibility. As a parent, you are responsible for making sure your child attends school every day.



If your child is going to be absent for any reason, it is essential that you let us know as soon as possible. It is important that you:

- phone on 045269552, or
- text on 0275269552, or
- email to: [office@tehaukaretu.school.nz](mailto:office@tehaukaretu.school.nz), or
- message on the Skool Loop app,

to confirm your child's absence and provide us with the reason.

So far, our year-to-date attendance is **88.6%** which is not quite at our 90% goal, but definitely better than this time last year at 87.1%. Nice work, whānau!

- **School Policies:** Any school policies and procedures are on our School Docs site. You go to: [schooldocs.co.nz](http://schooldocs.co.nz), search for our school, type in the username: waka, and password: maoribank.
- **Drop offs in the morning** – A reminder to please drop your child at the school gate, where they can walk independently into the school. For our new entrant students, or those with additional needs, you are welcome to use the carpark for drop-off.

We also ask that you take care when parking, as access can become restricted when vehicles block key areas. Our carpark space is limited, so we appreciate your support in keeping this area safe and accessible for everyone.

Thank you for your understanding and cooperation.

Ngā mihi nui,  
Karen Wellington  
Tumuaki/Principal

### Important Dates and Events:

|                          |   |
|--------------------------|---|
| Week 11<br>29 Jun-3 July | Matariki Disco, Thursday 2 <sup>nd</sup> July – 2pm<br>Matariki Hautapu followed by Breakfast Friday 3 <sup>rd</sup> July, 7.30am<br>Last day for term 2, Friday 3 <sup>rd</sup> July<br>First day back for term 3 – Monday 20 <sup>th</sup> July |
|--------------------------|---|

# Scabies

Health New Zealand  
Te Whatu Ora

## Treating yourself and your whānau

### How to apply scabies cream or lotion

- Treat everyone in the house at the same time before bed, even if not itchy.
- Apply permethrin cream or lotion over all your skin. If you can't get help applying cream to your back, talk to your healthcare provider about other treatment options.
- Use enough cream or lotion to cover skin fully. Ensure enough cream or lotion for everyone in the house, and for the repeat treatment in 7 days.
  - Each treatment for an adult-sized person needs one or two bottles if they are larger.
  - Children 5-12 years; half to one bottle.
  - Children 2-5 years; quarter of a bottle.
  - For a child under 2 years; less than a quarter of a bottle.

#### BEFORE YOU GO TO BED - DAY 1

- Apply cream or lotion all over your skin, avoiding your eyes, nose and mouth.
- Start with your face, scalp, ears and neck, then your chest, arms and legs, including armpits, belly button, feet, toes and toenails.
- Get help to cover hard-to-reach areas like your back.
- Wash your hands, apply cream or lotion to your genital skin and between the buttocks, wash your hands again and then reapply to hands, wrists, between your fingers and under nails. Reapply if hands washed overnight.
- Leave cream overnight for 8 to 12 hours.

#### THE NEXT DAY

- Wash cream off. Put on clean clothes not worn for 4 days.
- Treat clothing and household items used in the last 4 days.
- See overleaf – Treat household items to stop scabies coming back.

#### 7 DAYS LATER

- Repeat treatment exactly as Day 1 to kill newly hatched eggs and make sure scabies doesn't come back.
- Re-treat clothes and household items.

#### 10 TO 14 DAYS LATER

- Check all household members for new itchy spots or rash.
- If new spots appear, seek advice from your healthcare provider.

**Other information**  
If you are unable to apply cream or lotion as described, talk to your healthcare provider about other treatment like tablets. For more information, visit [info.health.nz/scabies](http://info.health.nz/scabies).

## Treat household items and stop scabies coming back

Scabies mites and eggs can live off the body for several days. After each personal treatment, clean clothing, bedding and household items to stop scabies coming back.


### DAY 1:

Personal treatment for everyone at home. Apply cream or lotion to all your skin and leave overnight.  
Follow your healthcare provider's instructions if you are taking tablets.  
See overleaf – Treating yourself and your whānau.


### THE NEXT DAY

After personal treatment, treat sheets, pillowcases, duvet covers, towels, facecloths, soft toys and clothing used in the last 4 days.


Choose one of the following methods to kill the mites and their eggs.




Hot wash cycle over 50°C for more than 10 minutes



Put dry items in the dryer on HOT for at least 10 minutes



Freeze for at least 5 hours (could be overnight)




Seal in a plastic bag for 4 days


### DAYS 2 TO 5:

Clean carpets, soft furnishings and car seats (adult and child). Vacuum each day for 4 days.


#### Car seats



Give removable coverings a hot wash



Vacuum clean or wipe surfaces



Children's car seats can be sealed in a plastic bag for 4 days

### DAYS 8 TO 10:

After your second personal treatment on day 7, repeat the treatment of clothing and household items exactly as before.

This resource is available from [healthed.govt.nz](http://healthed.govt.nz) or the Authorised Provider in your local health district. NP450027 | DEC 2020