



**PAPATOETOE**  
HIGH SCHOOL

Nicholson Avenue  
Papatoetoe  
Auckland  
New Zealand

PO Box 23088  
Hunters Corner  
Manukau  
2155

Ph 09 278 4086

Vaughan Couillault  
Principal  
MEdLM, PGDipSM,  
BCom, DipTchg

Kia ora koutou,

I would like to welcome everyone back to a cooling, but likely very busy, term 2. We are looking ahead to what this term will bring us – not just from COVID-19 but the return to a bit more normal, getting back to class regularly (more than 90% attendance), winter sport, NCEA work (for Y11-13) as well as the upcoming winter season and illnesses that may come with it.

This newsletter has a few calendar reminders for you (be sure to follow us on Facebook and Instagram for regular updates too), as well as a few statements about heading into the cold and flu season.

With New Zealanders mostly sheltered from exposure to flu in the last two years, health experts are concerned about our lower immunity to flu. This winter there is the very real possibility of getting the flu and COVID-19 within a short space of time. If you are normally someone who doesn't bother with the flu vaccine, we strongly encourage you to get your [flu vaccination](#) this year and get your whānau up to date with any other vaccinations (for example, measles, whooping cough). In 2022, flu vaccinations are free for many and the details in in the weblink above.

As always, we want to keep our school community as safe as possible from the harms from illness and to have as many students learning on site as we can. All those good actions we already have in place (staying away if unwell, seeking advice about getting tested, regularly washing hands, using well-ventilated spaces, wearing masks when indoors, cleaning and disinfecting high-touch surfaces regularly, covering coughs and sneezes, having a highly vaccinated community) to reduce the risk of harm from COVID-19 will also help to prevent seasonal illnesses including:

Term 1 was tough for many of us, and I would like to thank all whānau for their regular updates about attendance and the way you kept school informed about what was happening in your household. Letting us know when your child will be absent (and why) certainly makes things so much easier in terms of planning and support your students upon their return. To report an absence online, you can click [here](#). As always, if you have any questions, please get in [touch](#).

Ngā mihi,

Vaughan Couillault

Principal

# Teachers Only Day (TOD)

13 May Friday will be our Teachers Only Day (TOD) in Term 2. Please pre-schedule your caregiving if needed.

## Information about Influenza

### **Symptoms**

The symptoms of influenza can be the same or similar to the [symptoms of COVID-19](#). Influenza symptoms are:

- fever (a temperature of 38°C or higher)
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- stomach upset, vomiting or diarrhoea.

If you do catch flu, while you're unwell, it's important that you stay away from work or school. Look after yourself and your family – rest and fluids are especially important.

It's also important to seek medical advice early if you are concerned, and especially if there are any danger signs, even if you have been seen before.

### **Danger signs**

Seek urgent medical advice if you have:

- a high fever that doesn't come down, especially if you are pregnant
- chills or severe shaking
- difficulty breathing or chest pain
- purple or bluish discolouration of your lips, skin, fingers or toes
- seizures or convulsions
- signs of other serious conditions, such as [meningococcal disease](#) (which may include severe headache, sleepiness, vomiting, stiff neck, dislike of bright lights, and sometimes a rash).

Look out for signs of dehydration such as dizziness when standing, and not passing urine regularly.

If a person you are caring for is less responsive than normal, unusually quiet, or confused, you should call a doctor urgently.

### **Danger signs for babies and young children**

Call a doctor if your baby or child's breathing is fast or noisy or if they are wheezing or grunting. Check if the area below the ribs sucks inward (instead of expanding as normal) as they breathe in.

You should get help if your baby or child is:

- very pale
- drowsy or difficult to wake
- severely irritable, not wanting to be held
- limp or unable to move
- if a baby has dry nappies or no tears when they are crying, it means they are dehydrated. It is important to contact a doctor
- if they have signs of other serious conditions, such as [meningococcal disease](#) (which may include severe headache, stiff neck, dislike of bright lights, and sometimes a rash, but in very young children are often non-specific such as sleepiness and vomiting).

If you have any worries about yourself or someone you are caring for, call Healthline ([0800 611 116](tel:0800611116)) for advice or see a doctor, even if you have called or been seen before.

Further information about influenza:

- [Flu \(influenza\) vaccines | Ministry of Health NZ](#)
- [Influenza | Ministry of Health NZ](#)

