

8/6/09

Dear Parents / Caregivers

The government has contacted us to remind us that New Zealand is continuing its management of non seasonal H1N1 influenza (Swine Flu) including controlling the number of possible cases coming into New Zealand, in particular at the border, but also in the community.

Our own pandemic plans mean that we have systems in place to help us cope if anything changes.

We wish to stress it is important that any students returning from overseas should be kept off school **if unwell**, with even mild flu like illness eg, feverish or cough or sore throat or nasal congestion, and their GPs should be contacted for advice.

If you are planning any **international travel we are asking that you contact school** with your planned destination overseas and the dates that you depart and return. An alternative is completing the international travel log on the school website page under school notices area. (www.hillcrest-high.school.nz)

The most important thing you can do as parents and caregivers is reinforce healthy messages:

- Teach your children the importance of hand washing and drying – especially before meals and after toileting.
- Teach your children to use a disposable tissue when coughing or sneezing.

This is the winter season and there are many cold viruses and seasonal influenza circulating. We ask that all students showing flu like symptoms be kept home until checked and okayed by a doctor or nurse to return to School.

Our School is updating our **emergency contact details** for all students and staff. Please **review the attached form and make any amendments on the form or on the reverse. We would like 2 local emergency contacts please. Could this be returned to the form teacher as soon as possible.**

Please continue to check the school website for updates.

The board of trustees and I are working closely with staff to ensure that all students at our School are kept as safe as possible. If you have any questions or concerns please contact the school nurse or me directly. Thank you.

Yours sincerely

Edgar Johl
Acting Principal

Shirley Cresswell
School Nurse (ext 851)