



COVID-19/CORONAVIRUS INFORMATION

Tuesday, March 17



Dear Parents/Guardians,

The nature of the COVID-19/Coronavirus pandemic and its impact on our school and wider community is likely to mean that regular communication over an extended period of time will be necessary. We are conscious of avoiding our communication with you becoming 'spam'. We will continue to carefully monitor information from the relevant New Zealand government agencies, chiefly the ministries of Health and Education, respond to the expert advice we are provided with and communicate with our community as necessary. Please be assured that your son's health and wellbeing and that of our staff are of paramount importance to us.



Aligning with government advice restricting events with more than 500 people our school assemblies will be postponed for the time being and will resume once we receive advice indicating that it is prudent to do so. The start to the school day will remain unchanged on Mondays, Wednesdays and Fridays and extra teaching time will be available during periods one and two. **On Tuesdays and Thursdays, the start of the school day will be moved to 9.00am** to ensure our teaching staff still have planning time. This will not impact on the available teaching time on these days.

Yesterday we began planning for the possibility of school closures and what we can do to support young men's learning should such a scenario eventuate. Please be aware that there is currently no advice indicating that school closures are either imminent or

likely and any such decisions would be made at a government level. However, we do believe it prudent to be prepared should this scenario arise.

Please read and be familiar with the information below. This will be regularly checked and updated. Thank you for your continued support of your son and the school during these uncertain and challenging times.

Yours faithfully,

D M Bovey
RECTOR



Palmerston North Boys' High School
Palmerston North Boys' High School – International
College House PNBHS



www.pnbhs.school.nz

CURRENT MINISTRY OF HEALTH ADVICE

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid sharing anything that has come in contact with saliva
- Stay home if you are ill and seek medical attention
- Ensure sneezes, coughs etc are covered
- Get adequate sleep and eat well-balanced meals to ensure a healthy immune system

If your son is displaying any cold or flu-like symptoms (coughing, sneezing, sore throat, fever, or shortness of breath) then he needs to stay at home. If a young man presents with these symptoms at school, then he will be sent home.

EVENT POSTPONEMENT AND CANCELLATION

Unfortunately, a growing number of events which our young men were going to be involved in have been cancelled. We appreciate that this is very disappointing but hope that you can appreciate that the organisers of these events have reluctantly made these decisions with the health and wellbeing of participants and the community in mind. At the time this communication was compiled the following events have been either postponed or cancelled:

- Weetbix Tryathlon
- Central Districts Field Days
- Year 10 Dance with Palmerston North Girls' High School
- Manawatu Inter Secondary School Athletics (MISSA)
- PNBHS assemblies
- 1st XI Cricket Gillette Cup qualifying tournament
- Summer Tournament Week & School Sport NZ events scheduled for term one – NISS Mountain Bike Championships, NISS Senior Water Polo Championships Div. 1 & 2, NZSS Tennis Championships, NZSS Volleyball Championships, NZSS Softball Championships, NZSS & NISS Moto-Cross Championships, NZSS Canoe Polo Championships, NISS Athletics Championships.

We will continue to evaluate the risks involved with all scheduled activities that take students off site. Where there is no increased risk should the activity still

COVID-19 CORONAVIRUS

How to protect yourself and others

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. There are simple steps you can take to protect you and your family/whānau.

Symptoms of COVID-19

The symptoms of COVID-19 are:

- a cough
- a high temperature (at least 38°C)
- shortness of breath.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu. However, infections with mild symptoms such as cold-like symptoms or no symptoms are likely, but it's not known how common this is.

How to protect yourself and others

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often.
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell and call Healthline on 0800 358 5453.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.
Visit [health.govt.nz/covid-19](https://www.health.govt.nz/covid-19) for more information.

New Zealand Government

MINISTRY OF HEALTH
HIANATU HAORA



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go ahead, we will continue with events as planned. Again, please be assured that student and staff health and wellbeing is at the core of our decision making.

STUDENT WELLBEING

We believe that it is important that your son is well informed about what he can do to keep himself healthy and to reduce the anxiety that is likely to be building. The discussions you have with your son will play an important part in supporting both his physical and mental wellbeing.

- The Ministry of Education website includes a range of information for different groups including specific guidelines/suggestions so that parents can support their school age children (ctrl + click or copy and paste into your web browser):
<http://www.education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/>
- The Ministry of Health website includes a range of regularly updated information that will help parents/guardians to have evidence informed discussion with their sons (ctrl + click or copy and paste into your web browser):
<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

WHĀNAU WELLBEING

We appreciate that the uncertainty and anxiety affecting a growing number of young men will also be affecting other whānau members. We understand also that there will be far-reaching social and economic impacts for many in our community.

- Spend some time as a whānau developing an action plan – what routines can you put in place to minimise the risk of infection at home? How will you respond should a whānau member become sick?
- The Work and Income New Zealand website includes information about financial assistance that may be available to some whānau (ctrl + click or copy and paste into your web browser): <https://www.workandincome.govt.nz/eligibility/emergencies/2020/coronavirus.html>



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