

STAR BOARD

TRINITY SCHOOLS
ST MATTHEW'S

Term Two, Week 2

Principal's Message



Kia Ora Koutou

I begin with a message of support and some reminders for term two.

We send much aroha and prayers of strength to the Ford family who lost a much-loved father and husband recently. We also send wishes of a speedy recovery to Mrs Satya who is on medical leave.

Term two is short and within this short term there are long weekends, one of which contains the whole region all sectors Teacher only day on June 3.

My delivery to the school on Wednesday was all about our focus value and mark so here it is

"Living the Treasure of Inclusiveness"

I want to address something at the heart of who we are—not just as students or staff, but as a community rooted in the Anglican faith: **inclusiveness**. And how that links to something called **TREASURE**—an Anglican mission that reminds us of what we are meant to *be* in this world.

What is Inclusiveness? :

Inclusiveness means making space for every voice. Every face. Every story. It's about seeing difference—not as something to fix—but as something to *honour*. That means looking around the classroom, the playground, even the lunch table, and asking: "Who's not being seen? Who's not being heard?"

The TREASURE Mission :

The Anglican Schools Commission gives us the TREASURE mission as a way to live our faith with meaning:

- Transformation
- Reconciliation
- Evangelism
- Authenticity
- Service
- Unity
- Respect
- Environment



Inclusiveness *is not separate* from TREASURE—it runs through every part of it. You cannot have reconciliation without including those who have been excluded. You cannot serve others if you only serve people like you. TREASURE is a map—and inclusiveness is the compass.

Adolescence: The Journey We are All On or have been on :

Being 11 or 18, or anything in between (or even older), is hard. *Adolescence* is a time of becoming—of figuring out who you are, what you believe, who your friends are, and who you're becoming. But one of the hardest parts of growing up is when you feel like you don't *belong*.

That is why inclusiveness matters most in *your* hands. You notice who is struggling. You know when someone is being left out. And you have the power to change that with a simple act: a smile, a seat at your table, or the courage to speak up.

What Part Do YOU Play? :

Every one of you has a role in making inclusiveness real. You do not need a badge or a microphone—you need *intent*. Here's how:

- Look *beyond your group*.
- Listen without judging.
- Invite people into spaces they're not always welcome.

Learn from people who are different from you. That is not just kindness—it is faith in action.

Inclusiveness is not about being nice—it is about being *brave*. It is about living the TREASURE we talk about in chapel and turning it into action in our hallways. And it is about growing into people who make the world not just more equal—but more beautiful.

So, I challenge you—students, teachers, staff, community—live inclusively, live your faith, and live the *TREASURE* that has been entrusted to you.

I leave you with this:

Hate has 4 letters, but so does **Love**

Cry has 3 letters, but so does **Joy**

Negativity has 10 letters, but so does **Positivity**

Exclude has 7 letters, but so does **Include**

Choose the better side

Have a safe and amazing weekend

Ngā Mihi



Boarding Note

We always get excited when Bryce (our contract painter) is confirmed for redecorating in boarding. Bryce is currently working on a total repaint in our Margaret Mahy dorm in Main House.

Unfortunately I did not take photos of what the dorm looked like before he started but I am sure you will agree the dusty blue colour scheme shown here look fabulous! Ten lucky Year 9 girls will be able to move in hopefully at the end of Week 3.

By now all part time boarders should have confirmed their nights for term two. If not, please make contact as soon as possible.

We look forward to showcasing boarding to the community at our Open Day on Tuesday. Enjoy the weekend.

Ngā Mihi, Jo



Sport Board

St Matthew's Collegiate Weekly Sports Sheet Term 2 – Week 2

Monday 12th May– Sun 18th May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Boxing 6:30am-7:15am. Meet at 6:20am outside MH for minivan. Sign-ups only with Ms Veale.</p> <p>Badminton 3:30pm-4:30pm @SMS gym.</p> <p>Hockey Training 1st XI 6.30-8pm @Clareville. Boarding van departs 6.10pm. Pick up at 8pm.</p> <p>Hockey Matches @Clareville SMS Stars vs McKenzie's Electrical Wairarapa College Dev Team @4:15pm. Minivan departs 3:30pm. Pick up 5:30pm. SMS Development vs Kuranui Girls 1st XI @5:30pm. Minivan departs 4:45pm. Pick up 6:40pm. SMS Senior vs Solway College 1st XI @6:45pm. Minivan departs 6:00pm. Pick up 7:55pm.</p> <p>Football Training 1st XI with Matt, Saints & Stars with Joanna. 3:30pm-4:45pm @SMS. SNRs please take the first bus back from Rathkeale.</p> <p>Netball Training Primary A 3:30pm-4:30pm @SMS. Primary 7s 3:30pm-4:30pm @SMS. Junior Green 3:45-4:45pm @SMS.</p> <p>Squash At Red Star Squash Club @3:30pm. Van departing @3.20pm. Pick up @4.30pm</p>	<p>Rugby Skills Session with Wairarapa Bush Yr 9-11 all welcome. 1.20-2.00pm @SMS.</p> <p>Hockey Training Primary 7s Gold 1:20pm-2pm @SMS. 1st XI 5-6pm @SMS. Seniors 6-7pm @Clareville. Boarding van departs 5.40pm. Pick up at 7pm.</p> <p>Football Matches SMS Saints BYE SMS Stars vs WC Girls Dev @SMS 3.30pm. Kick off 3.45pm. SMS Strikers vs Makoura @Makoura. Kick off 3:45. Minivan leave 3:15</p> <p>Netball Matches @ St Matts SMS Primary Gold vs Opaki Starburst @4pm. vs Gladstone Nga Whetu @4:30pm. SMS Primary Green vs Gladstone Nga Whetu @4pm. vs Opaki Starburst @4.30pm.</p> <p>SMS Primary A vs MIS Diamond @4:00pm vs MIS Emeralds @4:30pm.</p> <p>Netball Training SMS Gold 3.30pm-4.45pm (half court). JNR Black 3.40pm-4.40pm (half court). SMS Pink 3.30pm-4.30pm (outside court).</p>	<p>Boxing 6:30am-7:15am. Meet at 6:20am outside MH for minivan. Sign-ups only with Ms Veale.</p> <p>Running Club (lunchtime) Meet @SMS Gym with Ms Borland & Nell.</p> <p>Football Match SMS 1st XI vs Wellington High School 1st XI @Wellington HS, 4pm. Seniors to be collected at 1.15pm. Minivan leaving 1.15pm. Return approx. 9pm.</p> <p>Netball Training SMS 11s 3.30pm-4.30pm @SMS (half court). SMS Development 5:30pm-7:30pm @SMS (full court).</p> <p>Games with Franny Sport Prefect Fran will run some fun games for any boarders & day girls 3.30pm-4.30pm on the turf.</p> <p>Hockey Training SMS Stars 4-5pm at SMS Development 4-5pm @Clareville Turf. Boarding minivan to depart at 5.40pm and pick up at 7pm.</p>	<p>Primary Scots Tournament</p> <p>Basketball Training Lunch time – have lunch quickly and then head to the gym.</p> <p>Hockey SMS 1st XI vs FAHS 1st XI Girls @6:45pm Hockey Manawatu. Minivan to leave @4pm Primary 7s Green – training postponed due to Scots tournament.</p> <p>Primary Football Training Training postponed due to Scots.</p> <p>Football Primary Ferns Match vs MIS Kahurangi postponed due to Scots Tournament. 1st XI Football S&C 3:30pm-4:30pm @SMS gym with Ms Borland.</p> <p>Netball Training (@SMS) Yr12 Social 1:20pm-1:55pm outside court. Junior Silver 3:30pm-4:45pm in the gym (½ court). Junior Yellow 3.30pm – 4.30pm outside court. SMS Stars 3.30pm-4.30pm in the gym (1/2 court). Primary 8s No Training. SNR A 5:30pm-7:30pm in the gym.</p> <p>Strength & Conditioning 3.30pm – 4.30pm @SMS fitness gym. *ALL WELCOME*</p> <p>Squash At Red Star Squash Club @3:30 . Van Departing 3.20pm. Pick up 4.30pm</p>	<p>Hockey Matches @Clareville. SMS Primary Green vs Kia Kahua Pango @6:30pm. Minivan departs 5:55pm, pick up 7:20pm.</p> <p>SMS Primary 8s vs MIS Mana @ 4pm. Minivan departs 3:15pm, pick up 4:50pm.</p> <p>SMS Primary Gold vs Lakeview Remutaka @4:50pm. Minivan departs 4:20pm, pick up 5:40pm.</p> <p>Netball Matches SMS Snr Stars vs Yr 13 Social @6pm (Court 1). Van departs 5:15pm.</p> <p>SMS Jnr Pink vs Wairarapa Junior Green @7pm (Court 1). Van departs 6:15pm.</p> <p>SMS Senior A vs Wairarapa Senior A @7:30pm (Court 2). Van departs 6:45pm.</p>	<p>Netball Matches SMS Gold vs Wairarapa Junior B @10am (Court 2).</p> <p>Yr 12 Social vs Wairarapa Senior Blue @10am (Court 3).</p> <p>SMS Jnr Green vs Solway College Green @11am (Court 6).</p> <p>SMS Jnr Yellow vs Makoura Development @11am (Court 7).</p> <p>SMS Development vs Pioneer @1pm (Court 3).</p> <p>SMS Silver vs Wairarapa Junior Blue @2pm (Court 3).</p> <p>SMS 11s vs Solway College Junior Navy @2pm (Court 4).</p> <p>SMS Jnr Black vs Kuranui Junior Maroon @1pm (Court 6).</p>
					SUNDAY

Kotahitanga Colour Run



Author Mary-anne Scott Visit's St Matts

Today the school was fortunate to host an all day visit by Havelock North author Mary-anne Scott. She gave engaging presentations to the Year 9 and Year 10 students as well as holding two workshops. The students asked lots of questions at the end of the sessions and many students have requested to read the Library copies of her books.

Around School



Spanish Torrijas

On Thursday Year 10 Spanish made *torrijas*, a Spanish treat enjoyed around Easter time.



[School Notices](#)

[School Calendar](#)

[Facebook](#)

[Website](#)

Runway Show

Last month 3 of our 2024 Year 13 students were selected to have their work feature on the runway at ID in Dunedin.

Isabelle Judd, Jordan Bowden, and Sophia Hallett.

The ex-students dressed the models that they selected then watched their creations walk the walk at Dunedin Railway station on two evening gala events.



Year 9 Te Reo

Mrs Gill finished off her first trimester Yr 9 Te Reo Class with the Rakau sticks today



In Matthew 3:11 we read about how John the Baptist was baptising the Jewish people who wanted to turn and follow God. John was using the ritual of water cleansing for this purpose – to ‘wash away’ one’s sins. Jesus was baptised by John and received the Holy Spirit as outlined in Matthew 3:16. In Matthew 28:19, Jesus commands His disciples, and in so doing, us, to make disciples of all nations, baptising them also as a public symbol of their belief. If you have not been baptised and would like to be, please reach out and speak with me. The act of baptism is a powerful Christian sacrament and is available to all who would like to publicly declare that they believe and follow the teachings of Jesus.

Mark 1:5 – “All of Judea, including all the people of Jerusalem, went out to see and hear John. And when they confessed their sins, he baptised them in the Jordan River.”

Māka 1:5 – “Na ka haere ki a ia te whenua katoa o Huria, me nga tangata o Hiruharama, a iriiria katoatia ana e ia ki te awa ki Horano, me te whaki ano i o ratou hara.”

Rev. Wendy



SMOGA Grants Now Open!

The St Matthew’s Old Girls’ Association (SMOGA) is delighted to open applications for two exciting student opportunities

Outward Bound Grant – A \$2,500 grant (incl. GST) toward an 8-day or 21-day Teen Outward Bound course.

Apply here: <https://forms.gle/HpwLqLJw1BUp99tD6>

Spirit of Adventure Grant – A fully funded voyage aboard the Spirit of New Zealand.

Apply here: <https://forms.gle/wbx2Wtu2tj9jJtZVA>

These grants are open to current students in Years 11–13 who are either daughters, nieces, or granddaughters of SMOGA members, or who join SMOGA as part of the application process.

For full details, please visit: www.stmatts.school.nz/academic/scholarships/



H A P P Y Mother's Day

This Mother's Day, we want to take a moment to thank all the incredible mums, grandmothers, and mother figures in our school community. Your love, care, and endless support do not go unnoticed, and we are so grateful for everything you do and would not be where we are today without you. From early morning routines to late-night encouragement, you make a world of difference every single day. We hope you have a lovely, relaxing weekend. Special mention to my amazing mum Amy Williams, I am so blessed to have an awesome mum like you. Happy Mother's Day — we celebrate you!

Ngā mihi,
Kaitlyn.
Head of cultures.



OPEN AFTERNOON

**Tuesday 13 May
2-5pm**

**33 Pownall Street,
Masterton**



ST MATTHEW'S COLLEGIATE

We are an integrated day and boarding school for years 7-13 with Anglican Special Character.

Established in 1914, we have a rich history with strong traditions. At years 12 and 13 our girls attend Rathkeale/St Matthew's Senior College.

Limited boarding and day places available for 2026.

Phone 06 370 0067 | www.stmatts.school.nz

School App

If you are new to St Matthew's Collegiate, or have yet to download, please follow the link to install our school app <https://schoolappsNZ.co.nz/install>

For current families, please update your subscription groups by clicking on the cog in the top right hand of the screen. It will take you to the groups for you to change.



Stay 'Connected'
With our School App!

Simply Download 'SchoolappsNZ' from the Google Play or App Store & search your school once installed.



Key Dates

- **Tuesday 13th May** - OPEN DAY
- **Sunday 25th May** - Cooper House Chapel
- **Saturday 31st May** - Reunion Weekend
- **Monday 2 June** - King's Birthday stat day
- **Tuesday 3 June** - Teacher Only day

2025 Term Dates

Term One - Monday 27th January to Friday 11 April

Term Two - Monday 28th April to Friday 27th June

Term Three - Monday 14th July to Friday 19th September

Term Four - Monday 6th October to Saturday 6 December



Thank you to Andrew Atkins and Caitlin Morris for the Grand Piano and Cello concert, performed on Sunday 4th May, featuring Cello Concerto in E minor by Edward Elgar, and The Waldstein Sonata by L.V. Beethoven.

This event fundraised over \$1000 to go towards our Grand piano.



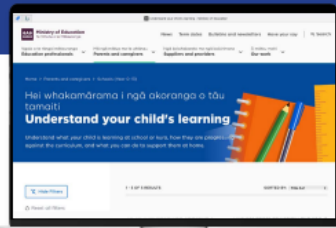
Understand your child's learning

Information and resources for parents, caregivers and whānau

A new webspace on education.govt.nz houses practical videos, activities and resources for supporting learning that are easy to understand, empowering you to take an active role in your child's education.

An introductory video that walks you through the content is available [here](#).

With the launch of the 'parent-friendly' versions of both our national curricula, you will know exactly what your child is learning, why it's important, and when they'll be learning it, so that you can actively support and complement your child's learning at home and have meaningful conversations with your child's teacher or kaiako.



There are practice activities for each year level that you can do with your child, and 'tips and tricks' to support learning at home. Phonics cards come with parent guidance with audio files to model the correct sounds.



There is also a guide on how to prepare for the first day of school, and tips for parent-teacher interviews.



To navigate the website, you can choose which curriculum you want to learn more about and then go to your child's year level.



The webspace also houses important information about how children will be assessed in the early years of schooling through the new Phonics Checks and Hihira Weteoro. It describes how parents and whānau can access additional support that their child or tamaiti might need.



As the national curriculum continues to be updated and implemented in all schools and kura over the next few years, more resources and supports will become available for parents, caregivers and whānau. We encourage you to visit the new webspace and check out the current resources, guides and videos available. If you have any feedback or suggestions, please email us at teputahu.engagement@education.govt.nz

YOUR EDUCATION High School Exchanges

UPCOMING ONLINE INFORMATION MEETING DATES

THURSDAY
15 MAY
AT 6PM

TUESDAY
3 JUNE
AT 6PM

WEDNESDAY
18 JUNE
AT 6PM



REGISTER AT WWW.YOUREDCATION.CO.NZ

High School Exchanges!

If you want to know more about overseas High School Exchanges from Your Education, register your interest for one of our Online Information Sessions. The next one is at 6pm on Thursday 15th May. All interested students Y10-Y13 and their parents are welcome. An experienced staff member and returnees will share information about the destinations we are offering in 2025 and 2026. RSVP on our website www.yourededucation.co.nz/next-steps. Follow us on Instagram @yourededucationexchanges for regular updates and stories from us.

Community News and Events

WAIKARARAPA COLLEGE PRESENTS

CHICAGO

MUSIC BY
John Kander

BOOK BY
Fred Ebb & Bob Fosse

LYRICS BY
Fred Ebb

TEEN EDITION

SHOW DATES

THURSDAY 15TH MAY 7PM FRIDAY 16TH MAY 7PM
SATURDAY 17TH MAY 1PM SATURDAY 17TH MAY 7PM
SUNDAY 18TH MAY 1PM

TICKETS

\$27
ADULT

\$10
STUDENT

FOR ONLINE SALES
SCAN THE QR CODE



OR VISIT
WAIKOL.IBDN.NZ/ETICKETS

DOOR SALES ALSO
AVAILABLE



Rangatahi - Voices for Change

When: 20th May 2025
Where: Pataka + Art Museum, Porirua

Register Now → 



Te Whatu Ora
Health New Zealand



HELP RAISE MONEY FOR OUR LOCAL CHOPPER

Quiz Night

Where: Red Star Sports Association, 10 Herbert Street, Masterton 5810.

When: Thursday 22 May 2025 at 5pm

Timetable of events:

- 5.00 - 5.30pm pre Quiz Drinks & Mingle
- 5.30pm – 7.30pm Quiz
- 7.30pm - 7.45pm Prizegiving (1st, 2nd & 3rd)

Cash Bar
Nibbles Provided

Please RSVP directly to: lea.griffith@westpac.co.nz

Book your table and confirm with your payment of \$100 per table by 16th May 2025

03-0687-0422655-01 - Westpac Agri

Thank you in advance for your support

Westpac Masterton invite you to enter a Team into this Event to support raising funds towards the Local Chopper.





DIVINE · RIVER

CREATIVITY & CONNECTION WORKSHOPS

Thurs 8 May	Repair Cafe Lip Balms		10.30 - 12 @ Women's Centre 2 - 5pm @ Skate Park Hub
Thurs 15 May	Rosemary Hair Tonic		10.30 - 12 @ Idea Services 2 - 5pm @ Skate Park Hub
Thurs 22 May	Achey Muscle Balm		10.30 - 12 @ Women's Centre 2 - 5pm @ Skate Park Hub
Thurs 29 May	Aromatherapy Spritzers		10.30 - 12 @ Idea Services 2 - 5pm @ Skate Park Hub

Our FREE weekly 'Creativity & Connection' workshops provide our participants with an opportunity for making sustainable, eco personal care products that support **whanaungatanga** (connection & relationships), **auahatanga** (creativity), and **mana motuhake** (capability & self-determination).

Thank You

COGS
Community Organisation
Grants Scheme



for funding these
FREE workshops

✉ divinerivernz@gmail.com

☎ 021 425 099

Divine River NZ on &



Winter is on the way and this coming Sunday (Mother's Day) is the last weekend the Cellar Door at Gladstone Vineyard is open for the season.

Let us help make your mum's day extra special with a trip out to see us in the beautiful setting of Gladstone Vineyard.

Mothers get a Free Glass of Estate wine or a complimentary tasting, plus stay and enjoy our delicious platters with chocolate treats, accompanied by our fabulous wines and a selection of beers and non-alcoholic beverages.

We are open 11am – 4pm. Pop in, or call 0275 013841 to make a booking.

Alternatively, our delicious wines can still be ordered through our website [Gladstone Vineyard](http://GladstoneVineyard.co.nz) for delivery.

ROAD SAFETY WEEK

metlink

HEADS UP! PHONES DOWN

Before crossing, press pause
on your phone and feet.

metlink

Road Safety Week

Celebrate Mother's Day at Gladstone Vineyard Sunday 11th May



Defensive Driving Course with Lee Quayle

Next course will be on 19, 21, 26 and 28 May 2025, Course Cost \$279

Go to the website defensivedriving.aa.co.nz

Select Masterton

Then select Quayle's Driving Instruction

Then complete the form.

Once I have the form, I can send you course details and an invoice.

Thank you



**SGCNZ**
Shakespearean Society Central New Zealand

SGCNZ VUW National Shakespeare Festival 2025

Public Scene Performances:
Saturday 31 May 9.30 am – 5.30 pm
Sunday 1 June 9.00 am – 5.00 pm

SGCNZ YSC Performance, Competition Prize Giving & Scene Awards Presentation
Sunday 1 June 7.00 pm – 9.30 pm

St James Theatre
Courtenay Place, Wellington

Bookings at Ticketmaster.co.nz
www.sgcnz.org.nz





Nuku Ora
An active Wellington region

RAISING A HEALTHY ATHLETE

Wairarapa seminar

12 May 25 6-7.30pm
St Matthew's Collegiate School
for Girls, Seminar Room, Masterton

19 May 25 6-7.30pm
Kuranui College, Student Center,
Greytown

Swipe for speakers →



Nuku Ora
An active Wellington region

RAISING A HEALTHY ATHLETE

Wairarapa seminar

Guest speakers:



Anna Beetham
Sports Podiatrist
Wairarapa Sports Podiatry



Ryan Monastra
Senior Physio/Director
Back in Action Clinic

Support the journey
Fuel the dream

Register now!

The registration form for these seminars can be found here: <https://www.surveymonkey.com/r/3PZDF6X>



WAIRARAPA 50 HOUR FILM PROJECT

**MAY 23 - 25TH 2025
LIGHTS! ACTION! MAGIC!**

\$5000 PRIZE MONEY!

**MAKE A SHORT FILM WITH YOUR SMARTPHONE
AND YOU COULD WIN! SCAN HERE FOR DETAILS**



BUYING YOUR FIRST OR NEW CAR IS EXCITING!

**BUT IT COMES WITH
COST AND RISKS!**



**PROTECT YOURSELF WITH
CARNOW**

carnow.co.nz

Winter Wellness

Preparing your Early Childhood Centre/kōhanga/School for winter

Tēnā kotou katoa,

Cooler winter weather means more people are likely to get sick with colds, flu, and other respiratory illnesses, such as whooping cough. This increases the risk of these illnesses being brought into your home, workplace, centre or kura/school.

Use the following messages and actions now to prepare your centre/kōhanga/school for winter wellness.

We recommend sharing the following information with staff, whānau and communities by email, social media or notice boards.

Messages for staff



It is important to keep your immunisation register, including staff, up-to-date.



Remind whānau to tell you when their tamariki receive immunisations. This will help us to quickly identify those that are most vulnerable.



Individuals who work with tamariki should get a flu vaccine to protect themselves and tamariki against infection.



Whooping cough vaccines are free for pregnant women, all children under 18 years old and adults from 45 and 65 years. If you are not eligible for a free whooping cough vaccine, they can be purchased.



Have up-to-date contact details for whānau of tamariki in your centre/kōhanga/school in case you need to arrange for them to be picked up.



Support your staff to be immunised – bookings can be made via bookmyvaccine.health.nz.

Notify Public Health if you are experiencing a respiratory outbreak

A respiratory outbreak in an ECC is defined as:

- Three or more cases (staff or tamariki) in one area (e.g. under-tuos) exhibiting symptoms of illness in 48 hours or 15% of the centre or a room are unwell.

A respiratory outbreak in a school/college is defined as:

- Three or more cases (staff or tamariki) exhibiting symptoms of illness in 48 hours in a class or 15% of the school is unwell.

To calculate this percentage, you divide the number of sick children and staff by the total school roll (including staff) and times this number by 100. This will give you the percentage of people off sick.

To report an outbreak, or if you have any questions or concerns, contact Public Health on (04) 570 9002. Alternatively, you can notify us of any notifiable disease outbreaks online: Early learning service gastro or respiratory outbreak notifications - Greater Wellington

Keeping your centre healthy

We also have advice on our website about keeping your centre healthy: Keeping your centre healthy - Health New Zealand | Te Whatu Ora

This includes:

- how to limit the spread of the virus,
- how to recognise an outbreak – and what to do about your outbreak
- resources for school whānau – you may want to put some of these snippets on your website/Facebook page, or in your school newsletter. Please feel free to use the winter illness snippets (insert link once it is live) to help reduce the spread of influenza-like illnesses in your school community.

Vaccines to protect against illness

Increasing our immunisation coverage is the best way to protect our communities from illnesses this winter.

Influenza: The flu vaccine is available from 1 April every year. It is free for people who are pregnant, over 65 years old, and people at higher risk of getting very sick. Check with your healthcare provider to see if you are eligible.

Whooping cough: Whooping cough (pertussis) is a highly contagious respiratory disease that is particularly dangerous for babies who have not been fully immunised. Immunisation during pregnancy is the best way to protect the baby until they can start their own immunisations at 6 weeks of age. Aotearoa is experiencing a whooping cough epidemic, so now is a good time to get vaccinated.

Measles: New Zealand is at very high risk of a measles outbreak, due to our low immunisation rates and ongoing measles outbreaks overseas. It is important to get vaccinated, or if you are unsure if you are fully immunised, please contact your healthcare provider.

More information about eligibility for funded immunisations can be found at info.health.nz/immunisations.



Influenza (flu)

It is recommended that everyone over 6 months of age gets an annual flu vaccine.



Bexsero (Meningococcal)

Pēpē and tamariki should get their vaccine doses at 3 months, 5 months and 12 months.



Measles

All tamariki need two doses of MMR given at 12 and 15 months. If in any doubt that your tamariki have had both, talk with your GP.



Whooping cough (pertussis)

Pēpē and tamariki should get their vaccine doses at 6 weeks, 3 months, and 5 months. Booster doses are offered at 4 and 11 years old.



COVID-19

Tamariki 5 years and older are able to have a vaccination.

If you have missed a vaccination, it's okay. It is free for tamariki to catch up on most vaccinations, and adults can catch up on lots too. Talk to your healthcare provider to make a plan.

You can also create a free, personalised routine immunisation schedule for your child: Create a child's personalised immunisation schedule.

Prevent the spread of illness in your centre/kōhanga/school



Remind everyone that sick tamariki or staff should stay at home



Ask whānau to let you know the reason for their tamariki being absent



Regular cleaning of high touch surfaces e.g. door handles, counter tops, bathroom areas



Good ventilation is an important way to reduce the transmission of respiratory viruses in indoor spaces where people gather and spend time



Encourage people to wash hands, cover coughs and sneezes, wear a mask if indoors in crowded areas



Share key health snippets regularly with your community – there are tiles pre-prepared for newsletters, social media or websites. These can be found at Resources - Health New Zealand | Te Whatu Ora



Need more help?

You can call Healthline for free, 24 hours a day, 7 days a week on 0800 611 116. Talk to your General Practitioner (GP), pharmacist, hauora Māori provider, or Pacific health clinic.