

O.V.S Newsletter

“
‘Ka Tupu Kotahi Ai Tātou
...Together we Grow
”

ŌTAIKA VALLEY SCHOOL TERM 3 WEEK 4 2026 Issue #08

Kia ora OVSwhānau

Welcome to another wonderful week at OVS! I hope you all had a relaxing weekend and managed to dodge a few of those mid-winter rain showers. I was lucky enough to get to the year 7 netball game and watch our super OVS Velocity team win their way into next weekend's final. Super proud of all of them!

As we charge through the term, our classrooms are buzzing with curiosity, critical thinking, and a fair share of creative mess! You might have heard whispers about the latest developments in the New Zealand Curriculum, particularly the growing push around STEM (Science, Technology, Engineering, and Maths) education for our tamariki. It's all about shifting from just "learning facts" to hands-on problem-solving, real-world tinkering, and getting our future innovators ready for a rapidly changing world. The best part? Our students are already ahead of the curve! If you happen to walk past our senior block, you'll catch our fantastic Year 7 students fully immersed in STEM in action. Whether they are testing design prototypes, crunching data, or tackling engineering challenges, watching them collaborate and bring big ideas to life is magic.

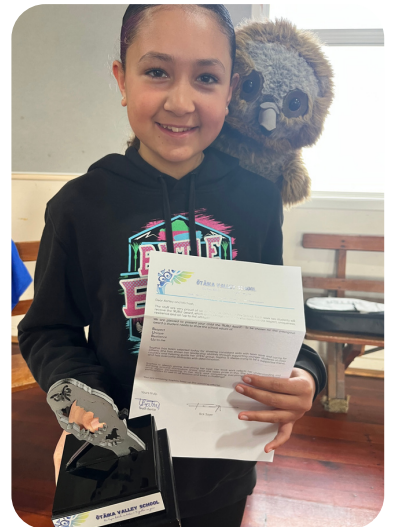
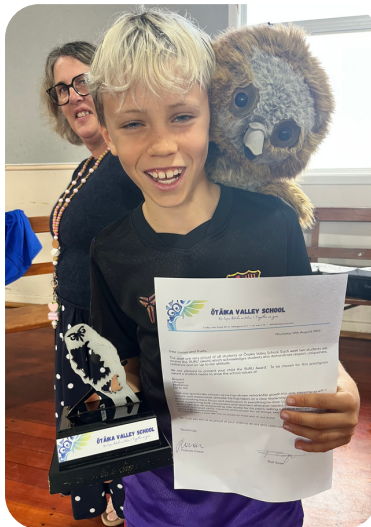
Please don't forget about the Nest Puberty Zoom meeting for year 5-7 students tomorrow night. You will have received all the info on your Hero post. If for some reason you haven't, please contact the school office. Please also note the influenza A details later in the newsletter. It is doing the school rounds! Have a fantastic week ahead, and keep warm!

Ngā mihi nui,
Rick Sayer
Tumuaki/Principal

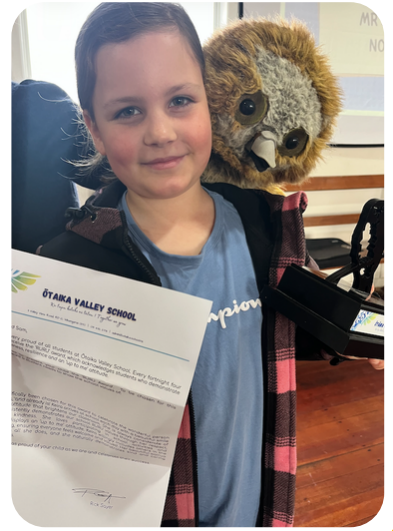
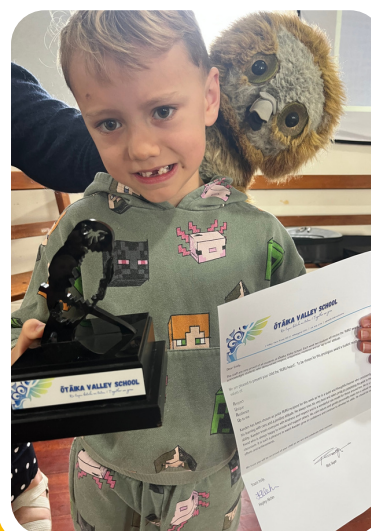
R.U.R.U AWARDS

Every fortnight at assembly we celebrate our super OVS students, and this week's 'shout out' is to say a huge congratulations to our R.U.R.U award winners over the last 2 weeks.

Senior RURU: Liam and Sophia



Junior RURU: Kaeden & Keira



If you need any help feel free to contact us.



admin@otaika.school.nz



09 432 2731



Ruru RockStar!

Class Attendance Award

Each fortnight at assembly we are acknowledging the class with the best attendance for the week...and they win the 'Ruru Rockstar' Award.

The last 2 weeks' winner is (drum roll please...)



BOT Spot

Property - Hot off the press!

The BoT is pleased to announce that **OVS** is one of only 500 schools nationwide to be selected for the Solar in Schools initiative. "340 schools in the North Island, will benefit from this practical, forward-looking initiative that turns sunshine into savings and gives power back to schools."

Not only will we be able to put these power savings back into learning for our tamariki, but our students can also fully engage with the science around renewable energy education. This initiative is expected to be completed over the next 3 years.

Year 7 OVS Netball

A huge shout out our OVS Velocity netball team. First year playing in the year 7&8 comp and they had a great win against Pompellier (19-5) to put themselves through to the final for their grade! The final will be played at McKay Stadium next Saturday. Given they are only year 7s, this is a great achievement. We are proud of you all!



Year 7 – 2027 Open Evening – Postponed

Unfortunately due to staff illness, the Open Evening for Year 7 students (coming from year 6) scheduled for this Thursday is now postponed. We will keep you all posted of the new date as it is confirmed.

Influenza A – is doing the rounds at OVS ...what you need to know!

Influenza A is a contagious viral infection that attacks your respiratory system, including your nose, throat, and lungs. It is the most common and aggressive type of seasonal flu, capable of infecting both humans and animals, and is the only flu type known to cause global pandemics.

Symptoms and Spread

- Common signs: Sudden high fever, chills, cough, sore throat, muscle aches, and extreme tiredness.
- Transmission: Spreads easily through tiny droplets in the air when sick people cough, sneeze, or talk.
- Impact: Can range from mild illness to severe, life-threatening complications, especially in older adults, young children, and people with health issues.

Why It Is Unique

- Rapid changes: The virus changes its surface proteins quickly, which means a new flu shot is needed every year.

Rest and hydration are the most important steps to recover from Influenza A. Because it is a viral infection, antibiotics will not work against it.

Essential At-Home Care

- Prioritise sleep: Stay home from work or school to let your body channel energy into fighting the virus.
- Drink constantly: Sip water, clear broths, or electrolyte drinks to replace fluids lost from sweating and fever. Avoid alcohol and caffeine.
- Relieve aches: Take paracetamol or ibuprofen to lower your temperature and soothe body aches. Always read the labels carefully.
- Soothe your throat: Gargle with warm salt water or drink warm water mixed with honey and lemon.
- Clear your airways: Use a cool-mist humidifier, take a steamy shower, or use saline nasal sprays to relieve chest and sinus congestion.
- Eat lightly: Stick to simple, easy-to-digest foods like soup, toast, or crackers when you feel hungry.

Safety Warnings

- Avoid aspirin for youth: Never give aspirin to children or teenagers recovering from flu symptoms due to the risk of Reye's syndrome, a rare but fatal condition.
- Check combined medicines: Many over-the-counter cold and flu remedies contain paracetamol. Check labels closely so you do not accidentally take a double dose.
- Limit nasal sprays: Do not use medicated decongestant nasal sprays for more than three to four days to avoid worsening your congestion.

When to Seek Urgent Medical Care

Contact a healthcare provider immediately if you or a loved one experience:

- Difficulty breathing or severe shortness of breath
- Pain or pressure in your chest
- Persistent dizziness or confusion
- Severe, unmanageable muscle pain
- A fever or cough that improves but then returns significantly worse

Year 5&6 Camp

Room 5 and Room 6 had an EPIC camp last week in Auckland! We had some incredible experiences, including visiting the Auckland Museum, sleeping over at Kelly Tarlton's, exploring the Maritime Museum, and lots of fun activities such as archery, target paintball, bivouac building and geocaching! The teachers are so proud of our students who showed resilience, leadership, independence, and incredible support and encouragement of each other. We would like to give a MASSIVE thank you to our wonderful parent helpers! Thank you all for your support, engaging with our students and getting stuck in to help with tasks during camp. We truly cannot do camps without your help.

- Whaea Frances and Whaea Nat



Zone X-Country Day

What an absolute blast we had on Tuesday at the Zone Cross-Country at Waiotira! Our OVS tamariki brought their absolute A-game—showing awesome grit, brilliant sportsmanship, and determination from start to finish. We couldn't be prouder of the fantastic effort and attitude displayed by every single runner!

A huge congratulations to everyone who gave it their all, and a special shoutout to those '8 yrs plus runners who scored top 5 placings in their year groups—you've earned a ticket to represent us at the major Barge Park event!

Check out all the OVS stellar **results** and placings below!

4 - 5 yr old Girls	
--------------------	--

2nd	Sharn
4th	Sybil
10th	Yufei

4 - 5 yr old Boys	
-------------------	--

3rd	Oaklynn
6th	Hudson
8th	Makaia-Jay
9th	Jorge
10th	Rowan

6 yr old Girls	
----------------	--

4th	Faith
10th	Poppy

6 yr old Boys	
---------------	--

1st	Corban
2nd	Noah
5th	Tommy
6th	Jethro
7th	Ferdinand
9th	Archer

7 yr old Girls	
----------------	--

4th	Tilly
5th	Eve

7 yr old Boys	
---------------	--

2nd	Brooklyn
3rd	Max

8 yr old Girls	
----------------	--

4th	Neve
7th	Indie

8 yr old Boys	
---------------	--

7th	Cam
8th	Jackson K
11th	Mason

9 yr old Girls	
----------------	--

7th	Asher
-----	-------

9 yr old Boys	
---------------	--

2nd	Mack
7th	Axel
10th	Luka

10 yr old Girls	
-----------------	--

3rd	Ruby
9th	Kate

10 yr old Boys	
----------------	--

4th	Liam
6th	Locky

11 yr old Girls	
-----------------	--

11 yr old Boys	
----------------	--

1st	Annabelle
2nd	Sophia
4th	Lily
5th	Ella
6th	Megan
8th	River
10th	Ivy
11th	Lizzy

4th	Matteo
6th	Redest
8th	Angelo



We recognise that times are tough for many families, and with other fundraising taking place within the school, we want to be mindful of the pressure this can create. This year, the PTA wants to focus on fundraising activities the kids love, such as the disco, ice block days, and Ag Day.

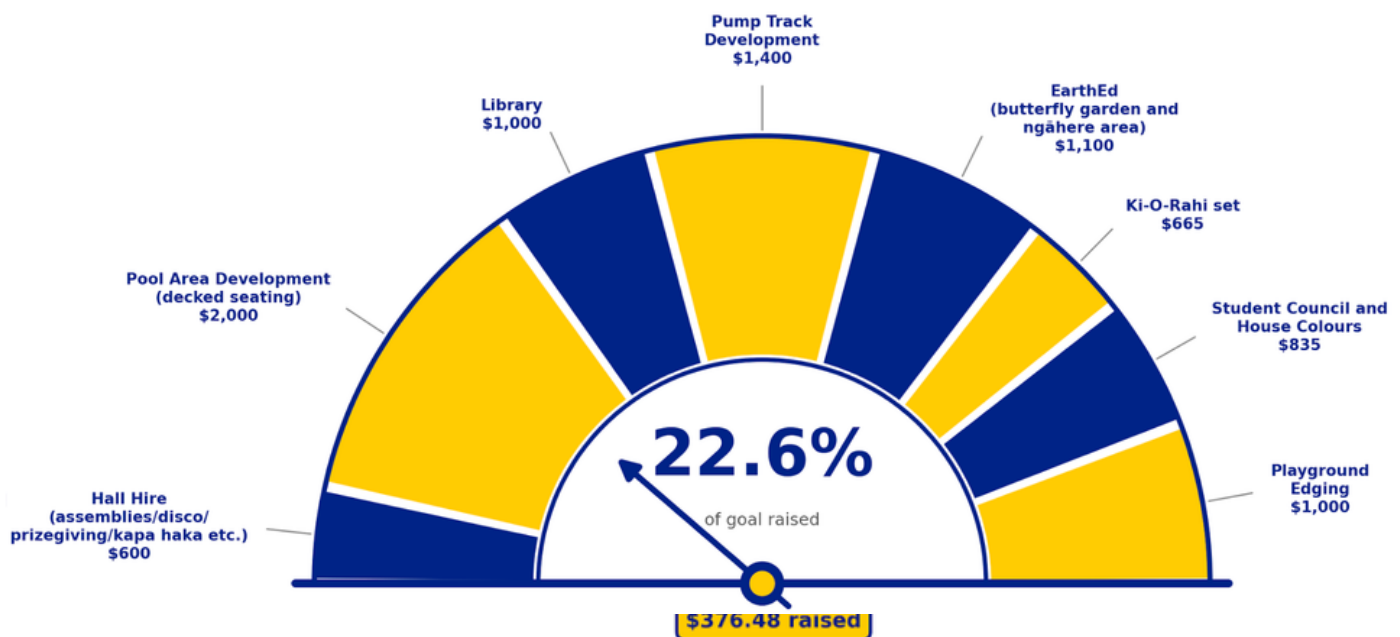
To do this, we need to explore other ways to raise funds for the school. One area we would love your help with is connecting with businesses or individuals who may be interested in sponsoring specific projects or items from the school's wish list. Sponsorship is tax deductible, and we can offer advertising in return.

If you have any ideas, contacts, or would like to get involved, we would love to hear from you. Thank you, as always, for your ongoing support of our school.

Display at actual size

PTA Fundraising Target

Help us reach our \$8,600 goal — every dollar counts!



OVS Term Dates

Terms	Start	Finish
Term 1:	Wed, 4 Feb	Thurs, 2 April
Term 2:	Mon, 20 April	Fri, 3 July
Term 3:	Mon, 20 July	Fri, 25 Sept
term 4:	Mon, 12 Oct	Thurs, 17 Dec

Whats on this term?

- 18 Sept- Year 5-7 Puberty Parent Zoom -hui.
- 20 Sept - Year 7&8 Open Evening 2027 (pp)
- 24 Aug - Year 7 Puberty Programme
- 27 Aug - Year 5&6 Puberty Programme
- 2 Sept - Barge Park X-Country
- 11 Sept - Waiata Wānanga Day
- 14-18 Sept - Māori Language Week
- 21-25 Sept - Multicultural Week
- 25 Sept - Term 3 finishes

If you need any help feel free to contact us.



admin@otaika.school.nz



09 432 2731