



### COMING EVENTS

**Friday 25 March**    **Harvest Festival**

**28-30 March**    **Lumino Dental Van  
(High School)**

Kia ora whānau,

We are now over halfway through the term and we continue to experience fantastic weather which is being enjoyed by our students and staff.



Last Friday, we had our Classes 5 -12 athletics day at Lloyd Elsmore Park, competing in the first competition of the year for the house shield. What a wonderful day it was. Just what we needed. It was great to see the cheering support and smiles from everyone and I particularly loved the encouragement being given to our younger students. For the record the official placings for the day were: 1st Kowhai; 2nd Magnolia; 3rd Maple; 4th Jacaranda. Still plenty of House events to go. A big thank you to Mr Johnstone for all his work putting this together.

Despite us still operating at Red, school life is running normally. The classrooms are buzzing with happy students and staff who are settled and learning. We have been lucky to have minimal staff and students isolating this week and we have managed to keep school operating normally. It has been pleasing this week to see a large number of students returning to school and we currently have 88% of students learning onsite. Our teachers are to be commended for the amazing job they are doing in running high quality programmes in these trying times. A reminder if you do have questions, queries or concerns about your child's learning please contact their kaitiaki/classroom teacher directly.

Thank you again for your on-going support and have a great weekend.

GO THE WHITE FERNS!

GO THE BLUES!

GO MOANA PASIFIKA!

GO THE WARRIORS!

Nga mihi mahana,  
Desmond Pemerika  
Tumuaki | Principal

### TRACTOR/MOWER FOR SALE

John Deere X300 Ride-on Tractor/Mower for sale

- 10 years old, 1002 hours
- Damage to bonnet and seat
- PTO clutch for mower needs replacing
- Needs belt
- Throttle broken

Not functioning as a mower due to above issues, but tractor working all ok.

For sale: \$600    Contact [erinw@michaelpark.school.nz](mailto:erinw@michaelpark.school.nz)



## Support and Relief at Home Through the Course of Covid Illness

During the course of this illness, symptoms may vary in sequence, severity and duration. These are suggestions with the overall aim to offer warmth as a stimulus for the body's own power of healing e.g. compresses using healing plants; plant based creams and oils; foot baths, substance baths, inhalations and herbal teas.

**Note One:** It is important to know what is safe to support at home and what requires medical review. Self assessment and awareness is required to keep track of symptoms and recovery. If symptoms improve then begin to worsen around **Day Six** make the call to your GP team or Healthline. **These suggestions are not intended to take the place of support from your GP team but can offer suggestions for care at home.**

**Note Two:** Basic 'what can you do' care includes: RHYTHM e.g. sleeping/waking, REST, HYDRATION, WARMTH, FRESH AIR, SUNLIGHT

**Note Three:** The remedies suggested are all over-the-counter remedies available via Weleda Pharmacy, and other retail outlets such as pharmacies, health food shops, Health 2000 etc. Dosage listed is the usual recommendation for adults.

**RED FLAGS:** During the progress of the illness if you are feeling increasingly unwell contact either:  
Your GP  
Healthline 0800 58 5453  
Call 111 if an emergency e.g. difficulty breathing

	Suggestions for Care	Weleda Natural Remedies
To boost the immune system through providing support for the body's own capacity for vitality and resilience	Hot herb teas e.g. Lemon/Garlic/Ginger/Honey; Echinacea; Rosehip <b>Increase Vitamin D:</b> Safe sun exposure; oily fish and cheese <b>Increase Zinc:</b> Sunflower and pumpkin seeds; legumes; cashew nuts <b>Increase Vitamin C:</b> Citrus fruit; blackcurrant juice; kiwifruit etc	Weleda Echinacea/Thuja Comp. 15 drops 3xday
To support sleep	Aurum (gold)/lavender /rose heart cloth	
Symptom Relief		
Anxiety	Aurum (gold)/lavender /rose heart cloth	
EARLY STAGE:		
Runny Nose	Lemon footbath Saline nasal spray or rinse Inhalation with eucalyptus/menthol oil, dried chamomile flowers or lemon	Weleda Sinus Drops 15 drops 4xday

<b>Sore Throat</b>	Saline gargle Sage, lemon and honey tea Lemon throat compress Weleda Throat Relief Spray	Weleda Cinnabar 20x / Pyrit 3x 2 tablets 4xday Weleda Cold and Flu pillules 15 pillules 2hrly Weleda Infludo 15drops 2hrly for 2 days then 4xday (in acute situation remedies are used more frequently)
<b>Throat Irritation and cough</b>	Weleda Soothing Chest Rub Cream applied to throat area externally or as a compress	Anis/ Pyrit tabs 2tabs 2 hourly
<b>Loss of energy, fatigue, exhaustion</b>	Rest; plenty of warm drinks	Blackthorn Elixir 1tsp 3xdaily or Prunus Comp 15 drops 2x daily
<b>Loss of sense of taste and smell</b>		Amara Bitters drops 15 drops 4xday
<b>Nausea</b>	Peppermint tea; small slice of ginger in hot water	
<b>Fever</b>	Lemon leg compresses – if high fever is distressing. Only use if lower legs and feet are warm	
<b>Night sweats</b>	Ensure rehydration with clear fluids	
<b>Headache</b>	Rest and sleep darkened space	
<b>Body aches</b>	Rest and sleep	
<b>Constipation</b>	Increase hydration; kiwifruit; yoghurt; Chamomile tea; movement within energy limits	
<b>CHEST INVOLVEMENT</b>		
<b>Aim to reduce inflammation if cough is developing</b>	Weleda Soothing Chest Rub over chest, back and front Inhalation with Thyme Oil (or vaporizer)	Bryonia/Ferrum phos 8x drops 15 drops 4xday
<b>Breathing disturbed; Shortness of breath RED FLAG contact GP, Healthline</b>	Thyme oil cloth over chest or upper back	
<b>Increased heart rate</b>	Aurum (gold)/lavender /rose heart cloth	Cardiodoron 15 drops 3xday
<b>Tightness, pain, heavy sensation over chest RED FLAG contact GP, Healthline or call 111</b>	Ginger compress over upper back(lungs close to surface)	
<b>Moist cough</b>	Yarrow compress round chest	Bryonia 3x/Ferrum Phos 8x drops 15 drops 4xday



RECOVERY PHASE		
<b>Regaining appetite, smell and taste sense</b>	Small light meals, nourishing soups e.g. barley broth, fruit and veges	Chelidonium Comp drops 15 drops 3xday
<b>Supporting the liver</b>	Yarrow liver compress Yarrow tea	Hepatodoron 1 tablet taken after 3pm each day
<b>Gaining energy, less fatigue</b>	Continue heart cloth	Prunus Comp 15 drops 3xday Blackthorn Elixir 1tsp 3xday
<b>Most symptoms are settling</b>	Enlivening baths (Milk, egg, lemon, honey)	Olibanum Comp drops 15 drops 3xday especially if sleep rhythm disturbed

Take time to recover before stepping back into normal life activities. Your body needs time to heal and rebalance.

Many people will not experience all these symptoms described therefore use treatment as symptoms arise. They are offered as a support for your self-healing at home.

Accept any help and care that is offered e.g. warm soups and meals

You will recognise your recovery when you regain a sense of meaning, enthusiasm and purpose.

These suggestions are based on Anthroposophic Medical and Anthroposophic Nursing Practice and utilise Weleda Anthroposophic Medicines. The remedy list has been compiled collaboratively with a medical doctor.

An overview of Covid illness and care at home can be found on the Ministry of Health website:

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/advice-people-covid-19>

Wanaka Health Bridge is a collective of practitioners who have developed a resource for navigating covid infection. Here is their link for your information:

<https://www.wanakahealthbridge.co.nz>

<https://www.weleda.co.nz/anthroposophical-professionals>

For a list of Anthroposophic Nurses and Doctors

This support list has been compiled by a group of Christchurch and Hawkes Bay anthroposophic nurses who offer support and therapy in their communities.

## Instructions

**[All the treatments mentioned require a peaceful and warm environment. Adequate rest after each treatment is essential]**

**Saline:** ½ tsp non-iodised salt to 1 cup water.

**Foot Bath:** Ankle deep, warm water in footbath or bucket. Lemon, skin scraped, cut and squeezed under water. Seated comfortably, feet immersed in foot bath, warmed towel over knees covering foot bath so no draughts.

**Inhalation:** Head under towel, over steaming water bowl with a) 5x Eucalyptus/Menthol drops or b) 1 tbs Chamomile flowers or c) Lemon immersed skin scraped with fork, cut and squeezed. Treatment safest done over bathroom sink.

**Lemon tea:** Place lemon in bowl of hot water cloth, scrape skin with fork, cut and squeeze out juice. Immerse the compress cloth, then wring out, place on required area e.g. throat or chest and immediately cover with woollen scarf or binder.

**Compress Cloth:** Prepare a doubled cotton cloth, size according to the area, e.g. throat or chest and cotton and woollen binder, appropriate length to secure in place.

**Lemon leg compress** Can be managed with a toe-to-knee socks or a 4-inch-wide strip of cotton sheeting, rolled as a bandage. Immerse in lemon tea as above and apply to both legs with woollen socks or bandage.

**Ginger Compress:** prepare a double cotton cloth as above, about 20cm by 15cm for back upper thorax or kidney area. Cotton and woollen binder. To make Ginger tea, place 1 tsp of ground ginger in bowl, add 1 cup of warm water. Immerse compress in solution, ring out excess water and place on face cloth. Place this on required area and lie down over binders and secure in place. Remove compress and face cloth after 15 to 20 mins. Lie back with binders only and rest for further 30 mins.

**Yarrow Compress:** Infuse 1tbs dried yarrow tea for 3-5 mins. Prepare compress cloth about 25 x15 cm (Liver) . Roll in tea towel and place in bowl. Pour Yarrow tea over the compress. Ring out excess water. Unroll from tea towel and place Yarrow compress over the area (Chest or Liver as indicated) Secure cotton and woollen binder and place light hottie over. 20mins to 1/2 hour rest or longer if you sleep.

**Ointment cloth:** Prepare a double cotton size according to area e.g. for Weleda Soothing Chest Cream for throat or upper chest or for Weleda Aurum (Gold) Rose and Lavender cream over the heart. Spread cream thinly over the cloth, place in plastic bag and warm with a hottie. Place on required area and cover with woollen binder.

**Oil Cloth** Prepare cloth as above , Apply several drops of oil and place in a plastic bag, warm with a hottie and place on area as indicated. Cover with a woollen scarf or wrap to bind in place.

**Thyme oil:** In 50mls of Organic Olive Oil add 5 drops of Thyme essential oil. Prepare cloth and apply as for an oil cloth. The Ointment and oil cloth may be applied over night or during the day as comfortable.

**Enlivening Bath:** Run warm bath, deep enough to cover the torso if possible. Move the water in lemniscate (a figure eight) movement. Mix 1 organic egg with 1 cup milk and 1tspn honey. Place 1 lemon in the bath and scrape, cut and squeeze underwater as above. Add the egg, milk and honey. Lie in the bath for up to 20mins then wrap in a warmed sheet ensuring it is tucked in between legs and arms and rest in a warmed bed for ½ to 1 hour.