

RELA Weekly Notice

STAY WARM THIS WINTER



22 May 2025



Winter is Here – Stay Well This Season!

As the New Zealand winter sets in, it's important we all do our part to stay healthy and warm. Here are a few simple reminders for students and families:

Wash hands often – Use soap and water or hand sanitiser regularly to help prevent the spread of germs.

Dress warmly – Layer up and don't forget to wear a jacket when heading out.

Stay home if you're unwell – If you are sick, please stay at home and let us know by phone or message.

Cover coughs and sneezes – Use your elbow, not your hands, to help stop the spread of illness.

Eat well – A healthy, balanced diet helps strengthen the immune system during the colder months.



Next week we welcome:

From Taiwan

Zi-Rong Li

From France:

Virginie Ganaye-Dugard

RELA Activities



Friday 6 June

**Bowling &
Trampoline**
1—3pm



Friday 13 June

Skyline
1—3pm

24 hour number 07 349 0473.

Please remember if you are sick stay at home and give us a call. If you have a problem anytime, we are here to help.

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