



25 March 2020

Kia ora koutou katoa.

Final School Newsletter Term 1 2020

School closure and holiday period

All schools are closed effective midnight Wednesday 25th March 2020 until further notice. This includes being on school site and using school facilities such as playgrounds.

School holidays are being brought forward so that they are completed within the 4 week period while the country is at Alert level 4 (Full isolation). Holidays will now begin from Monday 30 March to Tuesday 14 April.

Teacher directed online learning using Seesaw will begin tomorrow and cease on Monday 30th March (Day 1 holidays). Online learning will recommence on Wednesday 15th April after the holidays.

A small home learning pack will be delivered to children who do not have access to the internet. The home learning pack is designed to support learning while school is closed.

At the end of the school holidays, schools will be providing online learning again using Seesaw, but will not be physically open for staff or students to work at school. School will stay closed until further notice at this time. Do not enter the school grounds.

Support for children

Your child will be looking to you for guidance about this decision. Parents, caregivers, whānau and teachers will have a particularly important part to play in reassuring children at this time. If you haven't already done so, you may wish to read the information put together by the Ministry of Education to support your conversations with your children – Talking to children about COVID-19 <https://education.govt.nz/.../talking-to-children-about-covi.../>

Wellbeing tips

These tips are to help get you thinking about what will help your mental health at the moment. These small actions are big mood-boosters – find what works for you and keep at it.

Use technology to stay connected

Connect with the people who are important to you on the phone, through social media, video chats and text. Self-isolation doesn't mean cutting off all communication – in fact, it's more important than ever to talk and listen, share stories and advice, and stay in touch with the people who matter to you. For example you might want to organise a digital shared lunch, or schedule a daily phone call with your grandmother.

Take notice of things that make you feel good

Eating healthy food, noticing the beauty outside your window or on a walk around the block, taking time to thank people. What ngā manu (birds), ngā kapua (clouds) ngā rakau (trees) can you see? Pay attention to how you feel when you do these things and then try to do them more often.

Keep moving

Try not to spend all day in bed or on the couch. Getting some exercise helps your mind and body to release tension and stress and gives you the energy and good feelings you need to get through. Find ways to move your body and your mood every day. Remember, you can go outside, but you need to limit your contact with others. It's ok to go for a walk, run or ride your bike, as long as you avoid people who aren't self-isolating.

Think about what you have to give

Giving helps us to feel we're still a part of our whānau and community even when we have to stay at home. You've got so much to offer – get creative and think about ways you can give your time, skills and knowledge to help others. For example can you text a complement to someone, share a recipe or book recommendation on social media, or call someone who might be feeling lonely?

Stick to a routine

This sounds boring but it will help you get through each day. Go to sleep and wake up at the same time, eat regularly, shower, change your clothes, get some fresh air, book in video-chats with colleagues or friends, do your chores. Make sure you make time for fun!

Find ways to relax

This is especially important if you're feeling stressed or anxious. Finding things that help you breathe deeply, switch off and recharge will help you to feel better.

Go on an information diet

Covid-19 is a global issue and the endless updates from news outlets and people on social media can be completely overwhelming. Visit <https://covid19.govt.nz> for information and pick one trusted news source and check it once per day. Pay attention to how news coverage makes you feel and switch off if you need to.

Ngā manaakitanga ki a koutou katoa i ēnei wā mānukanuka.

Be safe, stay well and support one another in these difficult times.

Tane Bennett
Principal
Maungatapu School