



Kiaora, Malo e lelei, Talofa lava, Bula, Mabuhay, Annyeong, Ni hao, Greetings to you all.

We have started into a new phase of New Zealand's response to COVID-19 and it is very different than anything most of us have ever experienced. I wanted to reassure you that our school staff and Board of Trustees will continue to be available to support our tamariki.

You will understand the importance of routine for your family. If your routine has been shaken up, like you're now working from home, it's good to structure your time. Routines are reassuring, and promote health and physical wellbeing. This schedule (available on our school website) may have been something your household adapted over the last few days. As we enter into school holidays this will likely look a little different, but some form of routine will still be important as we go through the lockdown period.

### COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs B - wipe all door handles, light switches, and desk tops C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

by Jessica McHale Photography

Over the holiday period you may wish to continue with the homelearning packs or the online learning links on our school website as this may create the space for you to do the work you are required to be doing from home. But it is not an expectation and we will not be updating it over the holiday period. Our teachers will be exploring what distance learning options we use once the official holiday period is over.

WE WILL CONTACT YOU PRIOR TO THE START OF THE SCHOOL TERM - 15 APRIL AS TO WHAT OUR DISTANCE LEARNING WILL LOOK LIKE OVER THE REST OF THE LOCKDOWN

There are links over the page to more wellbeing information to support your family during the lockdown.  
(I will also be adding pages etc to our school facebook page)

For our Pacific families, if you are not aware the Ministry for Pacific Peoples' has been working to ensure useful information is available to Pacific peoples. A one-hour special will be aired on Tagata Pasifika's segment on Saturday at 9am; and on Sunday at 7.35am, Tagata Pasifika will share messages from community leaders. The Ministry is asking you to reach out to all your family members, community groups, friends and group chats to ensure our Pacific community groups are watching the programming on both days.

A big thank you to all of you for taking the lockdown so seriously. As the Prime Minister has noted staying at home will break the chain and save lives; breaking the rules could risk someone close to you and if the rules are not complied with, this could risk the lock down period being extended or could risk the virus being spread to thousands

### KEY DATES

26 March  
Alert Level 4 commenced

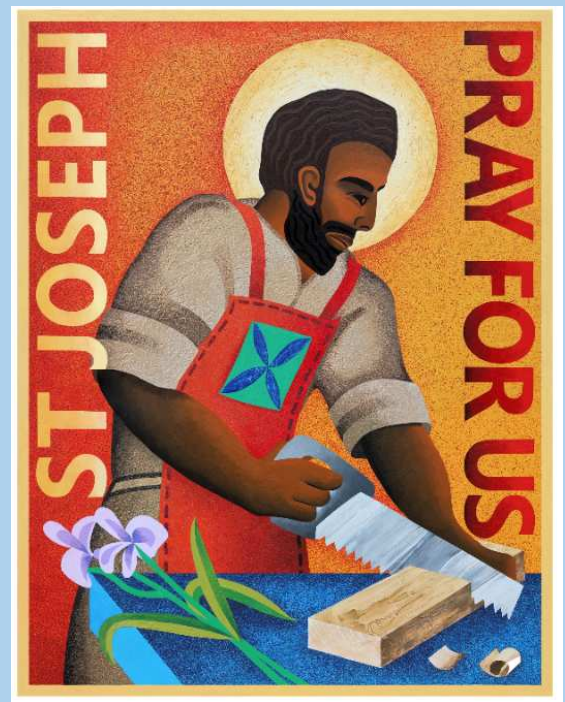
28 March  
School holidays begin

10 – 14 April  
Easter

15 April  
Term 2 begins (through distance learning)

22 April  
Current date for ending of lockdown period

27 April  
ANZAC Day observed



## DAILY MASS

Celebrate daily mass by logging into Youtube and following "Auckland Catholic Religious Education"  
I will also be sharing this on our School Facebook page.



**Be kind,  
stay home,  
save lives.**



New Zealand Government

## SUPPORT

This is a challenging time for many families – high stress levels, children at home, cut off from family and friends.  
If you or anyone you know wants some advice or support over this time here are some options that might be useful.

Support services that remain open:

Womens Refuge 0800REFUGE

Shine 0508 744 633

Alcohol and Drug Helpline 0800 787 797

Oranga Tamariki call centre 0508FAMILY  
CADS 09 845 1818

Narcotics Anonymous 0800 628 632

Alcoholics Anonymous 0800 229 6757

Lifeline 0800 543 354 or free text 4357

Youthline 0800 376 633

Samaritans 0800 726 666

Outline (LGBT) 0800 688 5463

Depression Helpline 0800 111 757

Suicide Prevention Helpline 0508 828 865

Work and Income services centres are closed, however you can apply for assistance via MyMSD or phone the contact centre on 0800 559 009.

If you need some assistance with food these food banks may be able to help out, ring first for instructions of how they are operating to ensure physical distancing:  
Auckland City Mission, City 09 303 9200  
Salvation Army Royal Oak 09 639 1103  
Vinnies Auckland, Newton 09 815 6122 or 0800 6800  
Hope Centre. New Lynn 02108048436

## Information and resources to support wellbeing and support learning at home

The Ministry of Education has developed a resource for parents, caregivers, whānau and family -  
<http://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/>.

The Ministry of Health's website includes Top ways to look after your mental wellbeing during the Covid-19 lockdown.  
I AM HOPE is the youth and community focused support group run by The Key to Life Charitable Trust, started by Mike King - <https://www.iamhope.org.nz/>

Nathan Wallis has some helpful videos on his Facebook page for parents and whānau -  
<https://www.facebook.com/nathanwallisxfactorededucation/> -

Tips on looking after mental health and wellbeing during COVID-19 from the Mental Health foundation  
<https://www.mentalhealth.org.nz/get-help/covid-19/>

a website by the Health Promotion Agency to help New Zealanders recognise and understand depression and anxiety - <https://depression.org.nz/covid-19/>

Although overseas-based this is a good list and highlights some things particularly important for children.  
Remember the rules of New Zealand's level 4 lockdown still apply - 25 Mental Health Wellness Tips during Quarantine from Eileen M Feliciano, Psy.D.