



## PAPAKOWHAI SCHOOL NEWSLETTER

Week 8 ● Term 1 ● 27.3.20

Tēnā koutou

Today is the last day of the school term. I hope that you and all of your family are staying safe and staying home. Thank you to everyone in our community who is serving as an essential worker, we really appreciate that you are literally saving lives.

### Key dates reminder

26 March	Alert Level 4 commenced
28 March	School holidays begin
10 – 14 April	Easter including the Tuesday after Easter
15 April	Term 2 begins (through distance learning)
22 April	Current date for ending lockdown period
27 April	ANZAC Day observed

### Key lockdown messages from the Prime Minister

- If the virus is left unchecked, it will have an unacceptable toll on New Zealanders
- Staying at home will break the chain and save lives
- Breaking the rules could risk someone close to you 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
- Success will not be instant. The benefit of the lockdown will not be felt for many days to come. People need to expect the numbers to continue rising, because they will. Modelling indicates that New Zealand could have several thousand cases before the lockdown has an impact. However, if everyone sticks to the rules there will be change over time
- Act like you have COVID-19. Every move you make could be a risk to someone else. That is how New Zealanders must collectively think now

- All New Zealanders are urged to be calm, be kind, stay at home. If people have no explanation of why they are outside the Police will remind them of their obligations and can take enforcement actions if they feel it is necessary
- New Zealanders will want to do the right thing. The Government is being as clear as they can on the guidance and Police will be working with people to help them understand
- Government's goal is to keep people connected to their employer through the wage subsidy, and said if that was not happening then they have the backup mechanism of the welfare system

### **Access to Papakowhai School**

The government have closed all school sites, including the school grounds. No one is to enter.

### **Update on the provision of home-based supervision and care for the children (aged 0-14 years) of essential workers**

Essential workers should contact one of the following three providers if they have been unable to make their own arrangements:

- Barnardos - [covid19enquiries@barnardos.org.nz](mailto:covid19enquiries@barnardos.org.nz)
- Edubase - Home Grown Kids & Kids at Home 0508445437 or [info@hgk.co.nz](mailto:info@hgk.co.nz)
- PORSE 0800 023 456

### **Learning Support and ESOL**

If your child normally receives additional support at school and your child is struggling with learning at home please contact your child's teacher or Sue Jenkins ([sue@papakowhai.school.nz](mailto:sue@papakowhai.school.nz)) for additional ideas and support.

If your child requires English Language Learning support please contact Jill Clibborn ([jill@papakowhai.school.nz](mailto:jill@papakowhai.school.nz)).

Remember that at the moment the focus is on being safe and well at home. There doesn't need to be pressure to do work at home if it is causing a lot of stress as a family.

## **A Suggested Daily Schedule** (courtesy Jessica McHale)

*Before 9:00am*

Wake up

Eat breakfast, make your bed, get dressed, put any dirty clothes in the laundry

*9:00-10:00*

Morning walk

Family walk with the dog, bike ride, yoga if it's raining

*10:00-11:00*

Learning at home

School-led learning or Sudoku, books, flash cards, study guide, journal etc

*11:00-12:00*

Creative time

Lego, construction, drawing, crafting, play music, cook or bake etc.

*12:00 pm*

Lunch

*12:30*

Helping at home

# wipe all kitchen tables and chairs

# wipe all door handles, light switches and desk tops

# wipe both bathrooms - sinks and toilets

*1:00-2:30*

Quiet time

Reading, puzzles, nap, online stories

*2:30-4:00*

Learning at home

School-led learning or online learning

*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

Kids shower time

*8:00*

Bedtime

## **Wellbeing**

The following is a link to a Ministry of Education resource to support conversations with children about COVID-19 - <http://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus>

## **Further information to support wellbeing**

The Ministry of Health's website includes top ways to look after your mental wellbeing during the Covid-19 lockdown.

[www.iamhope.org.nz](http://www.iamhope.org.nz) - I AM HOPE is the youth and community focused support group run by The Key to Life Charitable Trust, started by Mike King.

[www.facebook.com/nathanwallisxfactorededucation](https://www.facebook.com/nathanwallisxfactorededucation) Nathan Wallis has some helpful videos on his Facebook page for parents and whānau

[www.mentalhealth.org.nz/get-help/covid-19](http://www.mentalhealth.org.nz/get-help/covid-19) - tips on looking after mental health and wellbeing during COVID-19 from the Mental Health foundation

[www.depression.org.nz/covid-19](http://www.depression.org.nz/covid-19) - a website by the Health Promotion Agency to help New Zealanders recognise and understand depression and anxiety.

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.

If you need support, please contact me at any time (including the school holidays).

Ngā mihi

Mark Smith

Principal

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