



Friday 27th March

Kia ora koutou

The Ministry of Education has asked that we share the following with you. It is some general advice and information that they want all schools to share with their community. It reads:

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 your child's learning and wellbeing in the next weeks.

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. The below timetable (targeted at children) could be something your household adapts to use over the next weeks. A school holiday version will likely look a little different, but some form of routine will still be important as we go through the lockdown period.

Daily Schedule

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	Legos, magnatiles, 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, radio NZ stories
2:30-4:00	Learning at home	School-led learning or 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	Kids shower time
8:00	Bedtime	All kids
9:00pm	Bedtime	All kids who follow the daily schedule & don't fight

**Adapted from a resource developed by Jessica McHale Photography*

**Standing Tall, Promoting Excellence,
Developing Understanding**



There are links below to more wellbeing information to support your family during the lockdown.

Some good news to support you either working at home and/or studying at home - Spark, Vodafone, Vocus/Slingshot, 2Degrees and Trustpower have all advised they have removed their data caps and the possibility of any extra charges based on usage.

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 lockdown period being extended or could risk the virus being spread to thousands.

If you would like to contact the school please use email as our staff are continuing to answer and respond to emails as we would normally. You can email teachers directly (refer to staff directory on website) or use our standard email office@stpeterspn.school.nz. I am aware that many staff are already making regular contact with students through Google Classroom and Google Meet and so far this appears to be meeting most needs. Some paper resources for some individual students were mailed out on Tuesday and Wednesday so they should arrive soon. We would ask all parents to encourage your children to engage in the programmes provided online. This is particularly important for senior students as this work may be used as evidence for achievement standards by teachers in meeting NZQA guidelines (NZQA are trying to be as flexible as possible which is great). We appreciate that some parents may have alternative plans in place over this time especially for younger students, however, please try to keep some continuity for their ongoing learning needs by engaging in at least some of the programmes offered.

After today, we are asking our community to treat the next two weeks as holidays even though students can choose to continue to work using the resources they have online and on paper and texts. The second term will commence from Wednesday 15th April at which point our staff will continue to load work onto our online classroom platforms and hold virtual classroom meetings using google meet. Teachers of subjects such as materials technology, food technology etc. are finding it difficult as much of what they do is practical based but they may be able to find further resources which they can post online or send directly to students – this is something they will be considering over the

next few weeks. Best wishes for the next two weeks school holiday period which will be an unusual time for many. Finally, I would like to thank those in our community who are the essential workers – we appreciate the sacrifices you continue to make for our community over the coming weeks and send our love and support to you all.

Ngā mihi
Kevin Shore

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.](#)