



## COVID-19 Update #1 – 20 August 2021

### **Alert Level 4**

Kia ora whānau

Like me you probably looked at the emerging cases from this outbreak and thought that some further time at Alert Level 4 was the best thing for our community.

That thinking was confirmed today when the Prime Minister advised that we will remain at Alert Level 4 until 11.59pm on 24 August. We will learn more on Monday about what will happen next.

I wanted to reassure you that our school staff and board will continue to be available to support your child's learning and wellbeing in the coming days. We were fortunate to have a small group of staff allowed to go on site today and put together hard copy learning packs for all of our students. They are bagged, sorted and organised, all ready for delivery on Monday morning. We have a team of staff who will be out and about delivering to your letterboxes between 9am-11am so tell your children to keep an eye out. Delivery needs to be contactless but a friendly wave and a cheery smile is always well received. I will also be sending out an email on Monday to you all with suggestions about other optional activities that you and your children might like to get involved with should the lockdown continue for the week. Learning packs are designed for the full week just in case, with next week's theme being - Native Birds. There will be lots of exploring and further learning you'll be able to do yourselves, beyond what will be in the packs so please feel free to branch out and create more learning experiences in your own homes.

We also hope you are doing OK at the moment – but it is also OK if you aren't. As the [Mental Health Foundation of NZ says](#), "it's all right to feel a range of emotions right now. Going into a Level 4 lockdown is a big deal and it brings all sorts of different feelings to the surface, including frustration, worry and even gratitude. However you are feeling, know that you're not alone – we're all going through this together." If you need to talk, check in with a friend or whānau member, or free call/text 1737 to chat with a trained counsellor. It's free and confidential. There are also [a lot of other supports available to you, your whānau and your community](#) if needed.

You will also understand the importance of routine for your family. If your routine has been shaken up, it's good to structure your time. Routines are reassuring and promote health and physical wellbeing.

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 in nine different languages](#).

A big thank you to all of you for taking the lockdown so seriously – we've seen before that staying at home will break the chain of transmission 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. Please [keep checking the locations of interest](#) and get tested if you have been travelling and were at that location at the specified time, or if you have symptoms which could be COVID-19.

And just a quick point – please don't use our playground during lockdown. Playgrounds cannot be used at Alert Level 4.

As always, please let us know if there is anything you need to support you and your tamariki during this time.

Ngā mihi

Michelle Cronin  
Principal