

Kia ora koutou

As we go through Day 5 of the Lockdown phase of New Zealand's response to COVID-19 and the brought forward start to the term break, life is now very different than anything most of us have ever experienced. I want to reassure you that our school staff and Board of Trustees will continue to be available to support your rangatahi's learning and Hauora / wellbeing in the weeks ahead. Kaitiaki will be checking in, learning programmes are up on Schoology and Education Perfect and from April 15th (the new start date for term 2) subject teachers will be available for contact and feedback as well as scheduling online lessons and further learning.

You will understand the importance of routine for your whaanau. If your routine has been shaken up, it's good to structure your time. Routines are reassuring, and promote health and physical wellbeing, some form of routine will still be important as we go through the lockdown period. For example, once learning starts on Wednesday 15th April stick to your timetable to help you stay engaged and on track with your learning.

There are links below to more Hauora / wellbeing information to support your whaanau 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.

If you still do not have access to a device and / or have no internet access at home please contact byod@manurewa.school.nz or text 021 277 8995.

For our Pacific families, the Ministry for Pacific Peoples' has been working to ensure useful information is available to Pacific peoples. A one-hour special was aired on Tagata Pasifika's segment on Saturday at 9am; and on Sunday at 7.35am, Tagata Pasifika shared 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 have seen these programmes which are **available on TVNZ On Demand if you missed them.** <https://www.tvnz.co.nz/shows/tagata-pasifika>

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.' The quote from one senior Medical Surgeon is very powerful, **'you staying home you will save more lives**

than I will have in my whole career’.

If you require or know someone who needs support please contact us via the website www.manurewa.school.nz or using the school email mhs@manurewa.school.nz – this will be checked once a day and we will respond within 48 hours.

Stay positive and look after yourself and your whaanau

Piki atu ki te rangi, challenge yourself to be the best you can be through these difficult times

Stay in and stay safe

<https://www.facebook.com/manurewahighschool/videos/218050029397752/>

and go to <https://covid19.govt.nz/> if you need further information.

Please keep checking our Manurewa High School Facebook page for regular updates as well as being able to watch some of our amazing REWAfest performances from our Polyfest groups. Niuean, African and Samoan groups are up so far. I am so proud of all the mahi that our students put in to make their cultural performances the best they could be and we are happy to be able to start sharing these with whaanau, friends and the community. Please share our Facebook page with all your contacts to help keep the positive communication flowing. <https://www.facebook.com/manurewahighschool/>

Ngaa mihi

Pete Jones

Manurewa High School Principal

Information and resources to support wellbeing at home:

- The Ministry of Education has developed a resource for parents, caregivers, whaanau 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 whaanau - <https://www.facebook.com/nathanwallisxfactoreducation/> -

- 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.](#)
- <https://www.theawakenetwork.com/free-online-meditation-resources-for-the-time-of-social-distancing/>