



# Newsletter

**Friday 27 March 2020**

Kia ora koutou. I hope you have all settled into your new routines. It has been great to see the different learning being celebrated and the various zoom meetings with some of the Year 5 and 6 classes. A huge thanks to our adaptable teachers who have shifted into online mode so smoothly.

You can also check out the KTS news report, which has lots of fun things for you to do, put together by our four head students. [KTS News Report 1](#)

They are keen to hear your comments and any suggestions for next week's update

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## **Who has been doing some great learning this week?**

Please click on this link to see a summary of some amazing learning that has taken place over the last few days. Great work everyone.

### [Celebrating our Learning](#)

Please remember to check the school website for learning at home ideas and suggestions. The [learning at home page](#) on the website has both offline and online suggestions.

## **The New Zealand Bear Hunt – We're not scared**

You may have heard about or noticed various teddy bears appearing in local windows for children to spot. You can add your bear to the [map](#), then go and find some other bears in the area and practice your orienteering skills at the same time.



## **Key dates reminder**

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 of lockdown period
27 April	ANZAC Day observed

## **Latest advice from MOE**

We have started into a new phase of New Zealand's response to COVID-19 and it is very different from 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. It might be a great activity for each child to develop their own schedule, particularly if you are sharing a single device?

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

- Supporting 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.
- <https://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.
- <https://www.facebook.com/nathanwallisfactoreducation/> – Nathan Wallis has some helpful videos on his Facebook page for parents and whānau
- <https://www.mentalhealth.org.nz/get-help/covid-19/> – tips on looking after mental health and wellbeing during COVID-19 from the Mental Health Foundation
- <https://depression.org.nz/covid-19/> – a website by the Health Promotion Agency to help New Zealanders recognise and understand depression and anxiety.
- [25 Mental Health Wellness Tips during Quarantine from Eileen M Feliciano, Psy.D.](#) – 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.

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.

Catherine and I are contactable by email over the next four weeks, so please don't hesitate to contact us if you need our help in any way. Please see the front page of the school website.

Please keep safe and well – we look forward to working in a different way, being creative about new ways of connecting and ensuring that we work together to beat this virus.

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