

27 March 2020



Kia ora koutou

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.

I have put some links on the following page for 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.*

As mentioned previously, all staff have their email address on the school website (www.greenbay.school.nz), if you have any questions, please make contact. However, during the school holidays (Monday 30 March – Tuesday 14 April), teachers will be unavailable. From Wednesday 15 April until we are advised by the Ministry of Education, it will be back to on-line learning for Green Bay School. We will be in regular contact with our school families and I would like to say that the feedback we have been receiving from some of you showing your support and/or sharing your suggestions (of which we are either looking into currently, to plan on putting in place or looking at, for future growth of Green Bay School) is very much appreciated.

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.

Ngā mihi

Be kind, keep safe, and look out for each other.

Arohanui

He whānau kotahi tātou - We are one family

Kind regards

Anand Muthoo

Principal - Green Bay School

More 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/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.](#)