

29 May 2020

Kia Ora everyone

Another great week at our school – thank you all for your support. We have appreciated hearing from you that we have been consistent, organised, and safe!

As a staff we have reviewed a number of the health and hygiene procedures we have been following as part of Level 2, so where it relates to a campus, you will have heard or will be hearing here regarding some easing of things.

Please note that because of the enormity of maintaining contact tracing records, the use of sanitiser and so on we continue to request that parents do not come on site. This will not last forever and although it has not and will not suit all parents, some have said how they have loved the new routine.

Botany Campus continues as they have been and well done to staff and students for the way you have conducted yourselves.

Mt Albert Campus has already communicated various changes to parents and well done to MAC for how things have gone.

For our most populated campus, who have managed such a great restart, here is the guide for **Golflands Campus**:

- Starting and finishing times are back to normal next week (Week 8 Tues 2- Fri 5th June) Everybody into school by 8.40am - start time.
- All staff will continue to sign in/out on all entry/exit points, make extensive use of sanitiser and maintain 1 metre distancing
- All gates will open at 8:15am and this includes Y7/8 using the side entrance and Y9/10 using Montecito Place. Gates will be closed by 9:00am.
- Students will not gather in the hall but will move straight to the playground and classrooms and are to hand wash/sanitise before going into class as usual.
- One teacher from each JY team will continue to come down and greet/farewell students as they are available, especially for YO-2.

A word from our Counselling and SENCO Teams

We have a couple of inputs for you this week. **Firstly**- there may be a plethora of reasons for you as parents to feel anxious at this time... the circumstances of Level 4 has “drawn us all closer” as partners in the education of our children. This means you might be more involved than previously.

There are also many other reasons you may have a baseline anxiety...the COVID-19 risk, job losses, vulnerable family members, the economy, the potentially bleaker future economically for our children, relationship issues...they all form quite a backdrop.

So compassion always comes first. Then after some compassion and validation of feelings....comes strategy and support...with encouragement to embrace a bit of the struggle for your child. We all learn

in the “slightly uncomfortable” zone...trying not to “take on” all of our child’s anxiety (like a hot potato in someone’s hands, don’t take it and try hold it for them, just set it down on the table or leave it with them – this helps you keep perspective for them in their worry).

This is a great article on school anxiety which touches on the role that you as parents can play in any situation where anxiety is involved. <https://www.heysigmund.com/how-to-manage-back-to-school-anxiety-what-children-and-teens-need-from-us/>

I highly recommend this website for articles and tools for anxiety. The same approach and ideas can be applied to the worries of: “my child is not succeeding” (it is okay if there is some struggle right now) or “I don’t know what they are meant to be doing” (some loss of control is okay, empower your child to find out) “I NEED to know what is expected” (coach you as parents to teach your child to ask the teacher, to write down their questions and enable them to ask their teacher themselves- this skill is so valuable going forward)

We hope this has honoured you amazing parents and we love working with you.

Secondly - although the reality of the Coronavirus is ongoing, we are all experiencing various levels of transition across New Zealand. Whilst many children may be excited now that lockdown restrictions have been lifted, others may feel mixed emotions.

As we adjust to new routines, keeping a check on our young people’s mental health and wellbeing will be vitally important. Here is the link to share a few ideas to help ease this time of transition and adjustment."

https://schooltv.me/wellbeing_news/special-report-...

Finally, from me: Online assemblies (which are going particularly well) will continue until we are advised otherwise by the Prime Minister. School sport will start up again after this weekend. We are hopeful and expectant that camps planned for later in the year will go ahead. The same applies to the Y11-13 Ball and high-school 2020 production – it’s a case of ‘a future and a hope’!!

We have now moved from 231 absences due to COVID concerns / Distance Learning to an average this week of 74. While Distance Learning provides us with an intriguing opportunity – we cannot guarantee our ability at this stage to provide comprehensive online programmes indefinitely.

We strongly encourage and would love to see all our students back with us face to face on Tuesday. That would be amazing!

*Nga mihi
Regards*

Murray

**Murray Burton MNZM
B.Ed Dip Tchg
PRINCIPAL**