

Kia Ora Whānau,

Incident at Lynn Mall today

Having heard of the horrific incident that happened today in our area we would like to extend much aroha to our Mt Albert Campus families. Whether this event was witnessed personally or footage was seen or even hearing about such an event, especially in a familiar space, can be very impactful. We all respond and react differently to these events and may find ourselves shocked, stunned and even traumatised. We would like to support our community through this first by encouraging us to pray for each other for strength, for courage, peace and for settled minds. We would also like for us to be praying for those injured, their families and those who witnessed this.

Some suggestions that are helpful for looking after your own and your family's well-being at these times:

1. Limit media - sensible age appropriate information can be helpful, but watching footage of the event can be re-traumatising.
2. Focus on the adults who have acted to bring order and support to the situation eg. the police who acted swiftly, the ambulance staff who got the injured to hospital swiftly (this helps restore some sense of order and control in the minds of young people when they hear about such an event).
3. Do check in on feelings and acknowledge that feeling shaken and unsettled can be a normal response. It may be that children need that extra reassurance in the coming days.

Support is available too through our counselling service. If you as a family or an individual would like a phone call for support or a Zoom session, please contact Yvette Britten at yvette.britten@elim.school.nz. She will be available over this weekend between 9am and 5pm.

Ngā mihi nui

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