

27 March 2020

Dear Parents/Caregivers

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. Despite not being at school, 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 from the 15th April when Term 2 starts. There are links below to more wellbeing information to support your family during the lockdown period.

On Wednesday 25/3/20 we had 30 families borrow a school device and others who picked up hard copy packs but I am very aware there are other families that may have missed that opportunity. For students without a device and/or internet, the Ministry of Education is working with internet providers and they intend to ship a device directly to a student's lockdown address. They will be shipping devices as stock becomes available. Please email me directly (mwhitford@glenfieldint.school.nz) with the following details if you require a device for your child.

- Child's name , room number and address for delivery

Some more good news from the Ministry, 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 lock down period being extended or could risk the virus being spread to thousands.

As stated in earlier updates, the school holidays start from tomorrow and school resumes on Wednesday 15th April. At this point the GIS 'Distance Learning Programme' will start with teachers working from home and being available to assist during normal school hours. Further details will be sent out by Friday 10th April regarding the programme.

Take care and stay safe.

Ngā mihi

A handwritten signature in black ink, appearing to read 'Mark Whitford', written over a white background.

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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/nathanwallisfactorededucation/> -
- 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.](#)