

24th September 2021



Kia ora koutou

We hope this message finds you and your bubble well. The move to Alert Level 3 has gone smoothly and it has been nice to see a few of our tamariki back at school. We regularly receive updates and information from the Ministries of Education and Health and wanted to share this parent update with you.

### **Alert level restrictions: tips for parents from Dr Hinemoa Elder and Nathan Wallis**

The Ministry of Education has been contacted by many parents and whānau that are feeling anxious about their children's behaviour and routine changes through alert level changes and extended alert level restrictions. In response to parents sharing these concerns, the Ministry of Education asked Dr Hinemoa Elder (child adolescent psychiatrist) and Nathan Wallis (neuroscience educator) for some tips and advice. In the video we've made, they describe what parents can do if they have concerns. If parents are still concerned their tamariki aren't coping, it's important to reach out and talk with a health professional. There's lot of support, information and help available.

### **Sport Update**

We have been receiving many queries regarding what is happening with after school sports competitions such as Basketball and Touch. We appreciate that you want answers regarding these but unfortunately we do not have any updates for you. As soon as we have any information from the sports organisations regarding these competitions, they will be communicated with the community immediately. The main issue is that these sporting organisations are waiting for alert level updates just like the rest of us. We know this is frustrating and appreciate your understanding.

Please do not hesitate to contact one of us if you have any questions.

We hope you have a great weekend.

Take care and stay safe.

Ngā mihi

Mark Whitford  
Principal

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Sarah Stevenson  
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