



GIS NEWS

29 October 2021

Message from the leadership team

Kia ora everyone

We hope this message finds you and your whānau safe and sound.

Term 4 has started successfully with an increased number of our tamariki engaging in our distance learning programme. We have also provided a large number of families with some hard copy learning packs.

The daily government updates have included a vast amount of information lately and we welcomed the announcement from the Minister of Education regarding the indicative return to school. The earliest a return to school will happen is 15 November, and we will provide more information about this closer to the time. The board and senior leaders will be working alongside the Ministry to develop a pathway for reopening in a safe manner that will meet the needs of all our schools. You can be reassured that any decisions about bringing more children and staff on-site will be done in accordance with strict public health guidance – so what on-site learning will look like will be different than Alert Level 2 or Alert Level 1 settings. Until more information is available, the teachers focus continues to be delivering our distance learning programme to their classes.

In the meantime, vaccination and testing remains the best thing we can do to keep whānau and our community as safe as possible. COVID-19 is finding those who are unvaccinated in this outbreak.

Message from the leadership team continued....

Student Prefects for 2022

At this time of the year we start to look at our student leaders for 2022. All students have the opportunity to apply to become a prefect for next year. It is a great leadership opportunity for students to step up and represent the students in a variety of ways. We will be sending all students an email with the details about applying to become a prefect for next year. I am always amazed at the applications we receive and the way that the students can articulate their thoughts and ideas about being a prefect and leading the school forward.

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

Take care and stay safe.

Ngā mihi

Mark Whitford
Principal

Leanne Somerville Smith
Deputy Principal

Sarah Stevenson
Assistant Principal



Congratulations to the following students who have been recognised for taking personal responsibility for their online learning.

Marli - Year 8

Faciliah - Year 7

Lyllall - Year 7

Anika - Year 7

Caitlin - Year 8

Ella - Year 7

Riley - Year 8

Sayuki - Year 8

Darion - Year 7

Ryan - Year 8

Jackson - Year 7

Camille - Year 8

Dominic - Year 8

Joan - Year 8

Josiah - Year 8

Jaidyn - Year 8

Achilles - Year 8

Ashiline - Year 8

Madeleine - Year 8

Elissa - Year 7

Juah - Year 7

Vuk - Year 8

Sophia - Year 8

Ethan - Year 7

Oliver - Year 7

Jisu - Year 8

Toshia - Year 8

Jullian - Year 8

Ryan - Year 8

Dylan - Year 8

Saascha - Year 8

Aaryn - Year 8

Zayne - Year 7

Sofia - Year 7

Shree - Year 7

Charlotte - Year 7

Hannah - Year 7

Aashna - Year 7

Jaive - Year 7

Ruby - Year 7

Giverly - Year 7

Andrei - Year 7

Ashley - Year 7

Saffron - Year 7

Mahi - Year 8

Lachlan - Year 8

Sean - Year 8

Aira - Year 8

Vaccination

We know that the best defence against Covid19 is vaccination. There are several places in our community where you can receive your free vaccination. Click this link to book yours, or find a walk in centre:

<https://bookmyvaccine.covid19.health.nz/>



Upcoming dates

- 9th November - GIS Athletics Day - CANCELLED
- 23rd November - School Camp CANCELLED

Unfortunately, due to the uncertainty around alert levels, a number of events have had to be postponed or cancelled. Please keep an eye on future newsletters for further information.

Enrolments 2022

Enrolments for 2022 may not be a top priority for your whānau at the moment but we have had several queries regarding enrolments for 2022. If you have another child that will be attending Glenfield Intermediate in 2022/2023, we are accepting enrolments now.

To ensure we are planning accurately for 2022, it is essential that we get all enrolments in as soon as possible.

Click [HERE](#) to see our school website for details and enrolment Information. You can enrol online anytime.

Sports



Unfortunately, a number of our sporting zone days have had to be cancelled or postponed along with all outside school sporting codes and of course our own Sport Camp.

All North Harbour Zone days (conducted during school time) will only recommence once Auckland is back at Alert Level 1. As yet, we do not know when that will be.

We have had a number of enquiries about what is happening with after school sports such as basketball and touch. At this stage we are still waiting for confirmation from the sports organisations. As soon as we have any information, we will pass it on to you.



Parents are invited to attend a FREE Zoom workshop with Jenny Tebbutt Educational Consultant – *Understanding and meeting the needs of children who learn differently or have learning difficulties.* There will be time after the presentation for questions and discussion for families attending the session.

Thursday 4 November at 5.30pm

Register by email with names and contact details to admin@raisingachievement.co.nz

HOW PARENTS CAN SUPPORT THEIR CHILD'S LEARNING DURING LOCKDOWN



Support your child to find a quiet environment to work with minimal distractions



Make sure your child is not spending too long on the computer and encourage them to take regular breaks



If your child is struggling with a piece of work help them to problem solve and find a solution to their problem



Provide your child with a sense of autonomy around when they want to study and for how long



Encourage your child to spend time away from their phone when they are working



Set some small and achievable goals which can provide your child with a sense of mastery over specific tasks



Set some rules or guidelines which you can all agree on and work through together during the week



Encourage your child to make a timetable so they can schedule in time to work and have breaks



Praise, encourage and support your child. Help create a positive motivational learning climate



@BELIEVEPHQ

HOW STUDENTS CAN GET READY FOR THEIR SCHOOL DAY DURING LOCKDOWN



Find a place in your house which is quiet and conducive for learning



Plan and structure your day to include work, downtime, exercise, fresh air and family time



Make sure you are eating 3 well balanced meals each day. Don't forget to stay hydrated



If you are worried or struggling with a piece of work use an online tool to complete work with classmates or contact your teacher



Engage in live teacher contact where available



Get changed out of your pyjamas into comfortable clothes to work in



Get into a regular sleeping pattern. Try and maintain consistency with the time you go to bed and wake up



Set yourself small, realistic and flexible targets each day for work. This will help maintain a sense of motivation



Avoid too much screen time. Take small breaks if you have been on the computer for a long time



Stick to your school timetable where possible. Planning and structuring your day will help bring a sense of routine



@BELIEVEPHQ

Stay Safe Online

With the increase in the amount of time our tamariki are having to spend online, it is a good idea to keep in touch with them about how to stay safe while online.

Netsafe have several excellent articles about how to do this

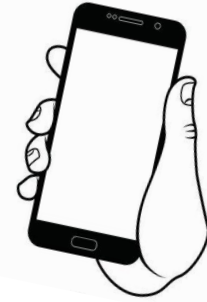
<https://www.netsafe.org.nz/advice/young-people/>



Support Agencies

Below are some agencies that can provide support if required

Helplines that are available 24 hours a day, seven days a week:



- *Mental Health Crisis: 0800 800 717*
- *Lifeline for counselling and support: 0800 543 354 or 0800 LIFELINE*
- *Samaritans for confidential support for anyone who is lonely or in emotional distress: 0800 726 666*
- *Depression Helpline to talk to a trained counsellor about how you are feeling or to ask any questions: 0800 111 757 or free text 4206*
- *Healthline for advice from trained registered nurses: 0800 611 116*
- *Suicide Prevention Helpline: 0508 828 865*
- *Counselling Free Call or Text 1737.*

Also available:

- *Family Services 211 Helpline for help finding and direct transfer to community-based health and social support services in your area: 0800 211 211*
- [**Family Services Directory online**](#)

The longer lockdown goes on, the harder it can be to cope with it. Here are some ways to help you look after yourself and your whanau during these stressful times.

- **Keep your usual routines:** If you're working from home, stick to your usual mealtimes, bedtimes, etc, as structure helps keep us grounded and calm. If you're not working at all, write a to-do list for each day so you have something to achieve.
- **Don't overwork:** Don't forget to clock off as becoming over-tired or fatigued isn't going to help your mental wellbeing or your organisation. Whether you're an employee or the business owner, be careful not to overwork.
- **Eat well:** Choose healthy foods that help boost mental health. Eat plenty of fruits and vegetables; wholegrain breads, rice and pastas; and legumes, such as lentils and chickpeas. Keep sugary, salty and foods high in saturated fats to a minimum. Drink plenty of water to stay hydrated.
- **Keep active:** Even if you don't feel comfortable going to the gym, try to get some exercise. Head outside - garden, go out for a walk or run, but still keep your distance from others. Search the internet for some yoga, Tai Chi or stretch routines, which can also be calming.
- **Connect:** Keep in touch with family and whānau, friends and workmates. Depending on the COVID-19 situation, and people's health, you may need to keep a physical distance.
- **Practice 'grounding techniques':** If you feel yourself becoming overwhelmed, use [grounding techniques](#) to reconnect you to the present and calm down. These are measures such as controlled breathing, stretches, quick bouts of exercise, or mindfulness techniques.
- **It's OK to ask for professional support:** If you feel like you are becoming distressed, call or text [1737](#) at any time to talk to a trained professional for free. Contact your psychologist, therapist or counsellor if you have one.



SPECIAL REPORT: Transitioning Back

As lockdown restrictions are slowly being lifted to varying degrees, we are entering a time of transition and adjustment. The circumstances of this situation have significantly impacted us all. For some it has been an opportunity to reflect on what is important, whilst others have embraced the opportunity to learn new things.

Many young people may be excited at the prospect of restrictions being lifted, whilst others may be feeling mixed emotions. Reactions will differ depending on how well they cope with stress and change. Keeping a check on your child's mental health and wellbeing as they adjust to new routines, will be vitally important.

There is still a lot of uncertainty ahead of us, so focusing on the things you can control or enjoy doing, can help establish predictability and familiarity for the whole family. Adult carers need to provide young people with reassurance by acknowledging any concerns and fears they may have at this time. Consider this to be a normal reaction, however it may be best to focus more on their feelings and emotions, rather than the practicalities at this stage.

In this Special Report, we share a few ideas about how to help ease this time of transition. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

https://glenfieldint.nz.schooltv.me/wellbeing_news/special-report-coronavirus-transition-back

College Enrolment



Glenfield College are still accepting enrolments for next year. Please use this link to enrol your Year 8 child. Enrolments need to be completed as soon as possible to allow time for the college to plan for next years intake.

<https://portal.gc.ac.nz/index.php/enrolment>



YEAR 9 2022 ENROLMENT

ONLINE ANYTIME - WWW.GC.AC.NZ

IN PERSON - CONTACT ELLIE NEWTON TO MAKE AN APPOINTMENT
E.NEWTON@GC.AC.NZ OR 444 9066