



GIS NEWS

19 November 2021

Message from the Principal

Kia ora everyone

It has been wonderful to see our staff and tamariki return to school this week. School is not back to normal but I have been so impressed with the way the students have adapted to the different situation and just got on with things. It has been really nice to see their enthusiasm and eagerness to reconnect with their teacher and peers, as well as focus on their learning. I am sure that being back at school for the rest of the year will help to resettle the students into a routine and prepare for them for the transition to Year 8, or on to high school.

On behalf of the school board and community, I would like to take this opportunity to thank the staff for the ease at which they have approached the change of working face to face with some students onsite, and managing the distance learning programme for students at home. These are complex times and they are all to be commended for their dedication to our tamariki.

In relation to the rest of 2021, the leadership team are currently working through arrangements for prize givings and other events we traditionally have at the end of the school year. Obviously there will need to be changes made and we will communicate this to you as soon as details are confirmed.

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

Take care and stay safe.

Ngā mihi
Mark Whitford
Principal

DEVICES - URGENT

If you were issued with a school chromebook during lockdown, this is now due back to school, even if you are continuing to learn from home.

Please make sure the chromebook you were issued is returned as soon as possible in the box it came in, along with the charger.

If you are continuing to learn from home, you can ask the classroom teacher or the school office for a hard copy learning pack.

Devices should be given to your classroom teacher if you have returned to school or handed into the office if you are learning from home.

Health reminders for families and students

General reminders:

- Wear a clean/new mask at school each day
- Maintain your social distancing from other people
- Stick to your allocated group while at school

Personal Hygiene includes:

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues
- Put used tissues in the bin or a bag immediately
- Wash your hands with soap and water often (for at least 20 seconds)
- Use hand sanitiser whenever you enter or exit a room
- Avoid touching your eyes, nose or mouth if your hands are not clean
- No sharing of food or personal items

Not feeling well

- Any student that is unwell needs to stay home and contact a medical professional for advice
- If they have flu like symptoms they need to return a negative COVID test before returning to school. This is essential to keep everyone safe.
- If a student feels unwell during the day, they will come to the office and parents will be contacted immediately. The expectation is that a parent/caregiver will come to school immediately to collect the child.



Congratulations to the following students who have been recognised for showing resilience.

Faridoon - Year 8

Alexandra - Year 7

Asad - Year 8

Damin - Year 7

Lesina - Year 8

Ben - Year 7

Vuk - Year 8

Cody - Year 8

Abigail - Year 7

Faciliah - Year 7

Cindy - Year 7

Camille - Year 8

Liam - Year 8

Jhanna Year 8

Tiana - Year 8

Marvin - Year 8

Sylahs - Year 8

Frank - Year 7

Joseph - Year 8

Caleb - Year 8

Lily - Year 7

Ayden - Year 7

Ashiline - Year 8

Callum - Year 8

Orlando - Year 7

Hannah - Year 7

Hannah - Year 7

Jennie - Year 7

Olivia - Year 8

Kayden - Year 8

Max - Year 8

Rachel - Year 8

Jack - Year 7

Ashley - Year 7

Pugazh - Year 8

Samantha - Year 7

Hayley - Year 8

Lola - Year 7

Dylan - Year 8

Emily - Year 7

Blayze - Year 7

Zapf - Year 8

Riley - Year 8

Miguel - Year 7

Lexter - Year 7

Imani - Year 7

Vaccination

We know that the best defence against Covid-19 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/>

If you have not completed the vaccination survey we sent out recently, you can complete it [here](#)



Aotearoa
New Zealand,
you're up

It's never been easier to get
your free vaccination

Don't wait. Book today at
BookMyVaccine.nz

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

The graphic is a light purple square with a white diagonal line from the top-left to the bottom-right. The text is arranged in a clean, modern font. The 'you're up' text is the largest and most prominent, with a blue shadow effect. The 'Unite against COVID-19' logo is in the bottom right corner, with 'Unite against' in black and 'COVID-19' in yellow on a black background.

Upcoming dates

- 29 November - 2nd HPV vaccination for Year 8 students who are onsite



Waitematā
District Health Board

Best Care for Everyone

Due to interruptions resulting from Covid-19 Delta lockdown, we have **re-scheduled** Year 8 School Based Immunisation Programme 2021 for Glenfield Intermediate to be held on Monday the 29/11/2021.

All Year 8 students who have previously consented for the Human Papillomavirus (HPV) vaccine in school will be called from class to be immunised. Those children who may not be currently attending school can receive this vaccine free of charge from their GP.

If you would like more information on this important Immunisation Programme please go to [WDHB School Immunisations](#).

If you have any questions please call Public Health Nurse 09 486 8996

Sports



All out of school sport competitions have been cancelled for 2021. If you have any sports uniforms or training bags, please make sure these are returned to classroom teachers as soon as possible. If your child is not returning to school these need to be dropped off to the office.



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

HELPFUL TIPS FOR COMING BACK TO PRIMARY SCHOOL

Your teacher is looking forward to seeing you and we know that you are looking forward to seeing your friends.

Sometimes learning from home felt easy, sometimes it felt a bit hard. Everyone has a different learning from home story to tell. Here's some helpful tips for you as you get ready to return to school.



GET READY

Check your uniform and shoes still fit, and repack your school bag. Your school will have hand sanitiser and masks, but you can take your own too!



BE SAFE

Safety first – wear your mask. Sneeze or cough into your elbow, put used tissues in the bin, and wash your hands during the day and before you eat.



BE KIND AND PATIENT

Everyone will settle back to school in a different way. Showing kindness and being patient with the people around you will help everyone feel better.



SCHOOL WORK

Try your best. Let a teacher, parent or a carer know what you found easy or hard when working from home. They are there to help you.



FEELINGS

It can help to talk. It's ok to feel a little unsure, worried, nervous, happy, angry or any feeling in between. Talking to your parent or a carer, your teacher or other staff is important when you feel unsettled or are worried about a friend.



HAVE SOME FUN

Your teacher wants you to enjoy being back at school. Join in the classroom and break-time fun, and play outside with your friends and classmates.



EAT

Food is fuel for your body and brain. Don't forget to eat breakfast and grab a healthy lunch and keep your water bottle topped up!



SLEEP

Nothing beats a good sleep. Go to bed early and keep phones and other devices in another room, so you're not disturbed. It might take a little time to get back into your routine.

X SPARX

TAKE CONTROL



Everyone feels down from time to time. Most of the time those feelings go away. If they don't, SPARX may be able to help you. SPARX can help you learn how to TAKE CONTROL with Smart, Positive, Active, Realistic, X-Factor thoughts



SPARX is an interactive e-therapy tool in a gamified world, designed to help rangatahi who are feeling down, low, or anxious. You can find more information on the SPARX website -

www.sparx.org.nz

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**](#)



College 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

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>