

Kia ora koutou

We have started into a new phase of New Zealand's response to COVID-19 and it is very different than anything most of us have ever experienced. 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 in the next weeks.

You will understand the importance of routine for your family. If your routine has been shaken up, like you're now working from home, it's good to structure your time. Routines are reassuring, and promote health and physical wellbeing. The below timetable (targeted at children) could be something your household adapts to use over the next weeks. A school holiday version will likely look a little different, but some form of routine will still be important as we go through the lockdown period.

Daily Schedule

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put any dirty clothes in the laundry
9:00-10:00	Morning walk	Family walk with the dog, bike ride, Yoga if it's raining
10:00-11:00	Learning at home	School-led learning or Sudoku, books, flash cards, study guide, journal etc
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake etc.
12:00 pm	Lunch :)	
12:30	Helping at home	# wipe all kitchen tables and chairs # wipe all door handles, light switches and desk tops # wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap, radio NZ stories
2:30-4:00	Learning at home	School-led learning or iPad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, walk the dog, play outside
5:00-6:00	Dinner :)	
6:00-8:00	Free TV time	Kids shower time
8:00	Bedtime	All kids
9:00pm	Bedtime	All kids who follow the daily schedule & don't fight

**Adapted from a resource developed by Jessica McHale Photography*

There are links below to more wellbeing information to support your family during the lockdown.

Some good news 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.

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/nathanwallisxfactorededucation/> -
- 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.](#)

Update on the provision of home-based supervision and care for the children (aged 0-14 years) of essential workers

As advised in yesterday's Bulletin, the Government has agreed that three large home-based providers (Barnardos, Edubase and PORSE) will provide additional support to essential service workers, where workers are not able to make their own arrangements. These providers have national coverage.

The level of demand from essential service workers is not yet clear and we are exploring all options to make sure that essential service workers can do the important work necessary. In particular we are working with the wider network of home-based providers to identify additional carers in areas of high demand.

Essential workers should still continue to contact one of the following three providers if they have been unable to make their own arrangements:

- Barnardos - covid19enquiries@barnardos.org.nz
- Edubase - [Home Grown Kids & Kids at Home](#) 0508 44 54 37 or info@hgk.co.nz
- [PORSE 0800 023 456](#)

Please feel free to contact any of the senior leadership team if you have any queries.

Whaea Maria Baird - mariabaird@thameshigh.school.nz

Natalie O'Neil - natalieoneil@thameshigh.school.nz

Carolyn Green - carolyngreen@thameshigh.school.nz

Sharyn Baker - sharynbaker@thameshigh.school.nz

Remember, Be Kind, Be Safe, Be Inside

*Kia Kaha,
He waka eke noa*

Ngā mihi
Whaea Maria Baird