



Thames High School

Te Kura Tuarua o Te Kauaeranga

Whānau Pānui

21 April 2020

Kia ora e te whanau

Introduction

We hope that Term 2 and our online learning programme has been a success for you so far. We know there will have been challenges for you to deal with, but we have been getting some great feedback about the learning that is happening and thank you for all your support. I would like to thank all staff/kaimahi and taiohi/students for their great commitment to learning and adapting to our situation as it changes. Thank you so much for advising of any issues experienced so that we can help taiohi/students get positively connected with their lessons. Whatever the reason, it is vital we know so we can help.

Moving to Alert Level 3

Yesterday the Government announced that we will move into Alert Level 3 on 28 April. As part of this move, from Wednesday 29 April, schools will be available for students up to Year 10 that **need to attend**.

The key messages for you are:

- If you can, you should keep your child at home, engaged in the online learning programme.
- You should only send your child to school if you **need to**, that is, **if there is no suitable supervision** for your child to **ensure** that they maintain the physical distancing and behaviour expected at Level 3.
- If your child has a health condition that means they are at a greater risk of a severe illness you **must** keep them at home.
- If there is someone in your bubble who is sick or is particularly vulnerable, i.e. elderly or with an [underlying medical condition](#), then also **do not** send your child to school.
- In order to ensure the safety of those children and our staff who do come to school, we will be operating with strict enforcement of health and safety measures, including a register of who is expected on site, physical distancing, the use of hand sanitiser, and regular cleaning of surfaces.
- Suitable spaces will be arranged for students to engage with the **online learning** planned and distributed to all students. There is no expectation that teachers are to prepare more than what they are preparing for all students.
- There will be no provision of a canteen, so students must have their own morning tea, lunch and water bottle.
- There cannot be 'free' breaks where students can run and play around outside. There will be an opportunity to walk around outside at scheduled times, in a controlled way.
- Any students onsite, as always, must be in full correct uniform.
- The Ministry of Education has yet to confirm what will be happening with school buses during Level 3, and that detail is expected to be released soon.



Parents/caregivers/whanau of Years 9 and 10

Parents/caregivers of Years 9 or 10 taiohi/student(s) who need to send their child(ren) to school must advise the school [using this form](#). This is so we can ensure a safe site; to arrange the appropriate space and level of supervision needed.

I want to assure you that we will continue to prioritise the health and wellbeing of taiohi/students and staff/kaimahi and to support taiohi/students' learning at home.

The Ministry of Education has advised that they are working closely with the Ministry of Health to develop further guidance that will support schools to safely re-open their premises to students and staff. This will help us work through the public health requirements that we all need to meet. As you will be doing, we want to be sure that what we do will keep our community as safe as possible as we move into this new phase.

For now, we will continue to support your child's learning online while we progress our planning for what Alert Level 3 will mean for you and for our school. We will be in touch again soon with more information. As you have been doing, please keep connecting with your child's Kaiako/teachers with any questions you might have.

Taking care of yourselves and others

Being in lockdown can be very stressful for you and your family. We have now made it to Week 4 and no matter what the next few weeks bring it is still very important that we all continue to look after our emotional and physical wellbeing. One of the best ways to do this is getting up and being active. I know you may think this is a tricky one without gyms or sports but it can be done and doesn't cost a cent. Go for a walk around your neighbourhood, remembering to keep that social distance, 2 m from others, make use of what you have at home, stairs, use canned foods for weights! If you want something a little more adventurous tune into TVNZ 1 every weekday at 9am for a Les Mills class or check out Yoga with Adriene on You Tube, which I highly recommend. Movement/exercise is like a medicine. It makes you feel good mentally and physically. If you're in need of a little "pick me up" get active.

Check out some of these links

<https://www.allright.org.nz>

<https://www.youtube.com/user/yogawithadriene>

If you need any support throughout this time, please do not hesitate to contact me at susanmcinnes@thameshigh.school.nz

Take care and keep safe
Susan McInnes (Guidance Counsellor)

School-based GP service – phone consults available for Thames High School students

You may be aware of our Pinnacle Health-funded GP service within the school. Dr Denise Stapleton from Thames Medical Centre holds a clinic in the school every Thursday between 11-1pm. This service is free to all Thames High School students. During level 4 and level 3 of lockdown Dr Denise is available for **phone consults**. The process for appointments is similar to that at school but you need to email Susan McInnes, Guidance Counsellor, at susanmcinnes@thameshigh.school.nz providing a contact number that Dr Denise can call you at. If you need a face-to-face consultation Dr Margaret Parle will be available to Thames High School students at Thames Medical Centre. Again, an appointment can be made through Susan McInnes. Please be aware that if you have any respiratory issues please telephone the medical centre and they will guide you as to the next step.

Ngā mihi
Matua Michael Hart
Tumuaki/Principal

