

27 March, 2020

Kia ora whanau

I trust this finds you well as we head into the weekend. There are some great posts on the ACS Parent Association Facebook page! Sharing the ideas and love opens up a world of ideas. Not sure taping the kids to the ground is one that can be officially supported but.....

I thought that the information below may be useful to you. I hope you are able to pick and choose what is useful to you and your family remembering everyone is different and each family context has its own shades of special.

### **Some helpful links**

The following links focus on the wellbeing aspect of the coming weeks. You may find them of some help. They are not specifically Christian based ideas but the concepts and ideas for the most part are solid.

<https://www.facebook.com/nathanwallisxfactoreducation/> - Nathan Wallis has some helpful videos on his Facebook page for parents and whanau on how to do this isolation and home schooling thing. Scroll back to start at the first video on home schooling and pick up the thread as he builds some ideas.

<https://www.mentalhealth.org.nz/get-help/covid-19/> - tips on looking after mental health and wellbeing during COVID-19 from the Mental Health foundation. Have a look at the 'Top Tips to get through'. One thing that stood out to me was to limit the amount of news we watch to just a few key places we can trust. Have a look through.

[25 Mental Health Wellness Tips during Quarantine from Eileen M Feliciano, Psy.D.](#) – 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. I like the point made in tip 25. It is worth having a ponder over the coming weeks with a focus on what can I do to help make meaning.

### **Key dates reminder**

26 March	Alert Level 4 commenced
28 March	School holidays begin
10 – 14 April	Easter including the Tuesday after Easter
15 April	Term 2 begins (through distance learning)
22 April	Current date for ending of lockdown period
27 April	ANZAC Day observed

### Children playing in the digital space.

Over the coming weeks our kids are spending a lot of time on screens. Please watch your children in the digital space.

Our schools Teams environment in Microsoft365 is to support school learning. There has been a mushrooming of the teams that are being created by pupils to chat socially. Please let your children know that we can shut down their ability to create teams, staff can be added into teams that are made and, if these teams are used inappropriately we can get this information. In this sense, they need to know that big brother is watching what they do when they are on the school provided platform. We don't want to limit social contact and we do need it to be very appropriately. Your help in monitoring this would be great.

### More about routines

The Ministry of Education have suggested the following and it seems similar to ideas we have already suggested. It reads:

*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*

*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*

### **Back to me**

Reading the Ministry's schedule above left me wondering how anyone has dinner at 5pm. That would be afternoon tea in my family and we are lucky to eat by 7.30. Like I said, everyone's context is different. Make this month about your context.

Just to confirm, with the holidays starting today, our teachers will be offline mostly for the next two weeks as they plan for the start of term. They will not be replying to emails and communications as per a usual holiday period unless they choose to. If you could adapt expectations around this and allow them so time to be with family and do the planning needed to change the way we teach that would be hugely appreciated.

And so we are into the weekend then the school holidays. May you know the grace and peace of our God as you do the coming weeks. Please, make this sacrifice by everyone meaningful by following the rules and staying isolated in your bubbles. The shorter time we need to do this the better and everyone who thinks they are not included in the rules makes it potentially worse for the rest of us and in so doing reflects a character trait.

Grace and peace

Mark Richardson  
Principal