



Te Kopuru School
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27/03/20

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, magnetiles, 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

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.

For our children, we will be supporting their learning from your home in the following ways:

- *through online learning...*
- *provision of a learning pack for the remainder of the week*
- *phone calls home.*
- *if needed teachers can be contacted on the following emails:*

Room 1 Marie Birkenhead - marie@tekopuru.school.nz

Room 2 Sheila Martin - aimiee@tekopuru.school.nz

Room 3 Eva Pirini - eva@tekopuru.school.nz

Room 5 Pere Tahere pere@tekopuru.school.nz

Room 6 Robyn Young robyn@tekopuru.school.nz

Poutama Eddie Matthews eddiem@tekopuru.school.nz

Office jessica@tekopuru.school.nz

From 15th of April Term 2 begins (through distance learning) and will continue as already in place.
The 22nd of April - Current date for ending of lockdown period.

Please take care and be kind.

Lee Anderson
Principal

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/nathanwallisxfactoreducation/> -
- 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.](#)

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

Update on access to school sites

Some of you have raised questions about access to school sites, so we wanted to explain the decision-making process.

As you can appreciate, given the seriousness of the state of emergency, there is a very tight central command centre that has been set up. It is managed by John Ombler, All of Government Controller, and includes the Commissioner of Police, Director-General of Health, Director of Civil Defence Emergency Management, the General Manager Science at Ministry for Business, Innovation and Employment and reports directly to the Department of Prime Minister and Cabinet. The decision not to allow access to school sites was made by this group as part of a range of decisions affecting all citizens. They are doing so based on considerable information about the nature of COVID-19 and its progress in New Zealand and they are making decisions under pressure of time. ***The decision to prevent access to school sites is one they have made.***