

Kia ora e te whānau

We trust that all is well.

The health and well-being of our students, and indeed our wider community, is the priority at this time. If you are displaying any Covid symptoms, please contact Healthline for advice - 0800 358 5453 anytime.

For families who are having to work during this time, your work and the health of your family remain your top priority. If your child does not make a zoom or can't participate in Distance Learning, all is good, please don't stress. We'd rather prefer your child has a happy mum, relaxed dad (or vice versa or a combination of), and a harmonious family life.

Spending long periods of time socially and physically isolated staring at a screen of some kind is not good for our mental or physical health. Remaining connected and being active are two simple things that can help to keep us both mentally and physically well. For all that we are currently stuck in our individual bubbles, making the effort to keep connected with whānau, friends, and colleagues is good for both them and us - pick up the phone and give them a ring, Zoom, Skype, or Facetime. Getting outside for exercise, at least 30 minutes per day, is also important, especially while we have some decent weather. Exercise does not need to be high intensity so whatever your child and whānau can manage is appropriate; maybe dancing with Granny via Zoom?

Hopefully, we will be moving out of the Alert Level 4 lockdown in a few days. However, we are likely to be under some form of restrictions for a while longer. This article provides some practical advice to help make ourselves more resilient while we are experiencing enforced restrictions.

[https://www.mamamia.com.au/coping-with-lockdown-tips/?fbclid=IwAR1GjtQqSPOhFOPPisiiGL7py6P0bMtUxkaxiS7ZZ1eAbJdT\\_w6yppq4Qn-8](https://www.mamamia.com.au/coping-with-lockdown-tips/?fbclid=IwAR1GjtQqSPOhFOPPisiiGL7py6P0bMtUxkaxiS7ZZ1eAbJdT_w6yppq4Qn-8)

One key area this article looks at is (anti) social media. Unfortunately, we have students who are using the 'chat' functions in Google Classroom inappropriately; these includes racist comments, sexist comments, and degrading comments. I'm 100% sure as parents you'd be devastated if you saw these messages to your child and deeply concerned if they were from your child. Children should not be in their rooms alone working on their devices; this is a recipe for disaster. Please regularly monitor your child's online activity, including any chats or hidden screens.

Some of the worst offenders are those who are creating whispers amongst other children. If your child is in Year 4-6, with a special focus on Room 4, and in Year 7/8, please check your children's Chat/Social Media activity. Kelvin Harper is looking to disable the Chat function for Room 4 and as we find out more details, we will be ringing families to inform them of their child's activities.

From past learnings, the use of social media as a form of bullying increased the last time we went to Distance Learning. This is an area as a school we can only be reactive to. We will need your support to try and put a stop to it. If you see any inappropriate messaging, please let me know.

As always, we thank you for your ongoing support. From all communication received Distance Learning is going as well as can be expected.

Keep being Awesome!



**"Together, We Learn and Achieve"**

**"Mā te mahi ngātahi, ka tū pakari te mātauranga"**

**Ehara taku toa i te toa takitahi engari, he toa takitini;**  
*Success is not the work of one, but the work of many*

***Manuia le aso***  
***Ngā mihi***

***Adam Campbell***