

Assalamu alaykum - Peace upon you

Kia ora Postgate Whanau

Words escape me following the horrific events in Christchurch.

My email contains three parts

1. Support for our Muslim Community
2. How to support our children through this?
3. Postgate School Lockdown Procedures

Support for our Muslim Community

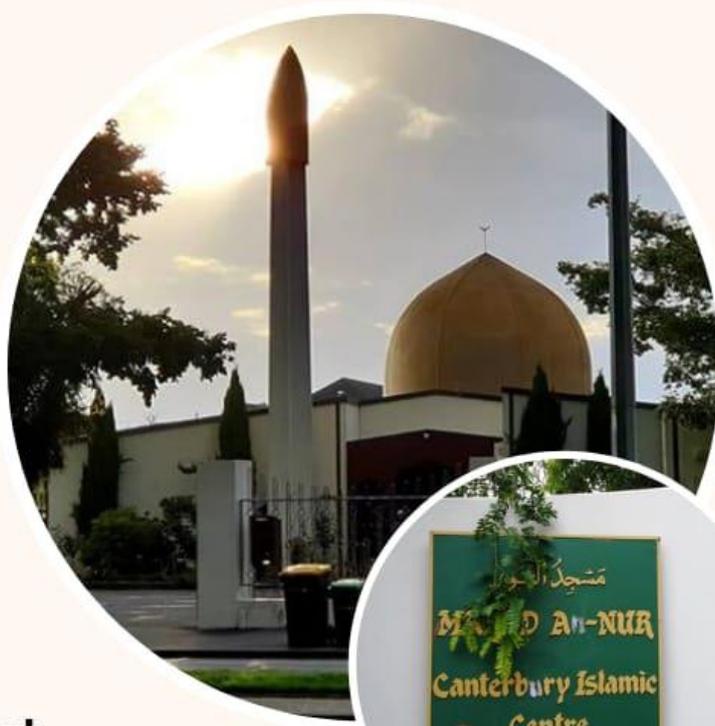
I spoke earlier today to Riaz, a Postgate parent and a member of our Muslim Community to offer our support. He has asked if the Postgate School community could please pray, not only for the Muslim Community, but for everyone in our beautiful country who has been affected by this tragic event. To keep our fellow Muslim brothers and sisters in our prayers, would help bring peace to both heart and mind.

Riaz quoted from the Quran (5:32), *"Whoever kills an innocent life it is as if he has destroyed all of mankind", and whoever saves the life of one, it shall be as if he has saved the life of all mankind"*. Riaz also spoke of forgiveness and moving forward. With so many deaths the financial toll will also be an added stress for the Muslim Community of Christchurch. It is Muslim custom that the funeral happens as soon after death as possible. This is proving problematic with it being a crime scene. Any financial support would be greatly appreciated. If you could please share the image/poster below within your community/church/family groups.

EMERGENCY APPEAL

CHRISTCHURCH

VICTIMS



Al Manar Trust

Bank: ANZ

Branch: Mt Roskill

Account #: 06-0177-0140367-02

Reference: CHRISTCHURCH or CHCH

Donate Online: www.almanar.co.nz

Contact: Shaykh Abu Anas - 022 016 0269

AIMANAR
RELIEF

How to support your child/ren through this

All children react differently and how we react will influence how your child may react. I've checked online and hope the following advice from 'experts' may be of use when talking this through with your child/ren.

- Monitor social media/internet use. The advice is do not view the posting.
- Give children as much information as they ask for. Show your child that you are concerned but still feel safe. If you feel safe, they are likely too as well
- Stay aware of things they might see or hear
- Express confidence in how quickly the police responded and their ability to protect us. All First Responders are incredible!
- Don't shy away from telling them people have been hurt and killed
- Remember to talk about feelings as much as facts
- Remember children and teenagers' reactions may be delayed
- Cuddle, hug, and tell your children you love them and would do anything to protect them. You are their Superman or WonderWoman! (My advice)

Postgate School Lockdown Procedures

We will review this at next Monday's Board of Trustees meeting. We have a procedure, however, a Principal was interviewed on One News, and it was his second lockdown that he had been involved in. I will be making contact with him to find out exactly what it was like and lessons learned; no use having a procedure that may not work.

What I want to stress to our school community is that on any given day, we love and care for your children as if they were our own. We would protect your child as if they were our own.

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." - Martin Luther King Jr

Or as a Postgate parent said to me on Friday;

"Aroha mai, aroha atu - Love towards us, love going out of us"

On Monday morning we have a powhiri for our Maori Nurses who will be joining us for three weeks. If you would like to join us in prayer and song before the powhiri, we will be meeting in our school hall shortly after 9am. Our powhiri will start shortly after 9:15am.

As we move forward, let's not let the actions of a minority of people suppress the love of New Zealanders,

Ka mai aroha nui ki a koutou.

Be kind to yourself and others.



"Ma te mahi ngatahi, ka tu pakari te matauranga"

"Together, We Learn and Achieve"

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

Nga mihi

Adam Campbell

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