

# Maungatapere School Newsletter

Lockdown Update Wednesday 6 May



Kia ora family and whānau

Hopefully we are starting to see the light at the end of the tunnel and want to give you a quick update on how we are doing under Alert Level 3.

**Learning at Home:** Our distance learning is working well thanks to the hard work of our teachers connecting with their students. While it will certainly have challenges for you at home balancing work and care for your children, we are getting a lot of great feedback too. It is exciting to see what our students, families and whānau have been up to at home. There has been some great work shared with teachers via google docs and Seesaw. Teachers have also organised further home material for those that requested it. Many teachers are connecting with students using Zoom, so do make sure your child is able to participate when invited.

If you are experiencing challenges with learning, please contact your children's teachers for support. They are trying to make contact with each child through the week, but please email or message them, or leave a message at the office and we will pass it on. We do have some teachers with very limited internet access so they are restricted in the way they can work from home.

**At School Learning:** We have welcomed back several families over the last week and have had one bubble of students in R5 with Mr Daniel Cotton and Mrs Judy Jenkins. The numbers have increased this week, so if you are considering sending your children back to school please contact us – we are at maximum numbers for one bubble and would need to start another class group.

Students have been continuing their home learning at school but have also been involved in a variety of other fun activities during the day.

**Health & Safety:** We also just wanted to provide some reassurance that our school is a safe place for your child to be and safe for our staff too. We have closely followed the [public health measures](#) that have been put in place for Alert Level 3. These were set by the Ministry of Health and the Ministry of Education to minimise spread in the unlikely event that someone in our community is confirmed with COVID-19.

This means our small school bubbles are in place, our staff and students are maintaining distances, our cleaning programme fully aligns with health guidance, only essential visitors are coming into school and we have systems in place to prevent those people from congregating.

We have hand sanitiser in classrooms and lots of reminders to students and staff to undertake good hygiene practices such as good cough and sneeze etiquette, and washing hands frequently. Most importantly, the children on site are enjoying being back with their peers, even though it is in quite a different way.

Just to remind you also that COVID-19 is not an illness that impacts heavily on children and young people. An article by Dr Gary Payinda in the NZ Herald highlights this:

- The young are less likely to get infected, less likely to get seriously ill, and less likely to spread the infection to others.
- When kids are affected, the illness is almost always mild. Luckily, unlike flu or many other infectious diseases, children with Covid are not super-spreaders.
- Covid is not like measles or chickenpox; it doesn't hang in the air for hours waiting to infect passers-by. It travels on invisible drops of spit. You don't have to cross the street to avoid anyone. Just avoid getting in their 'moist breath' zone.
- Make hand hygiene a habit - more than being scared of runners passing by, touching groceries, or standing in queues at the supermarket, we should be afraid of our own hands.

You will also be interested to know there have been no confirmed instances of a person with COVID-19 who never developed symptoms spreading the virus. For more information on how COVID-19 is spread go to the [Ministry of Health website](#).

Staying home if sick, physical distancing, good hand hygiene, not touching your face, good cough/sneeze etiquette and regular cleaning of high-touch surfaces minimises any potential spread of the virus. Please get in touch if you have any questions.

We are now waiting for Thursday's announcement of what Level 2 will look like for schools and what we will need to do to prepare for moving to this level.

**Reporting to Parents:** We have reviewed our reporting process for Term 2. This is to allow for the home school learning time and the changes to programmes. When students return to school, we want to ensure they are able to settle back into school routine feeling comfortable and safe. Their curriculum programmes will get underway without undertaking much of the testing and assessment that we normally do in Term 2. This will happen over a longer period of time and after students have settled back into school again. Teachers will complete a shorter report without the portfolio this term – we know you have seen lots of your children's work over the last few weeks in many forms. We will still be having the Teacher Only Curriculum Reporting Day on Friday 29 May as notified last term, so please continue to plan for this.

We have included some further ideas below to help build resilience in your bubble – make sure you are doing something for yourself also!

Regards

Judy Eagles & Maungatapere School Staff  
Principal

*Take time, have a break – get involved with the kids. Something fun to do*

**what's YOUR name?**

Fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A	jump up & down 10 times	N	pick up a ball without using your hands
B	spin around in a circle 5 times	O	walk backwards 50 steps and skip back
C	hop on one foot 5 times	P	walk sideways 20 steps and hop back
D	run to the nearest door and run back	Q	crawl like a crab for a count of 10
E	walk like a bear for a count of 5	R	walk like a bear for a count of 5
F	do 3 cartwheels	S	bend down and touch your toes 20 times
G	do 10 jumping jacks	T	pretend to pedal a bike with your hands for a count of 17
H	hop like a frog 8 times	U	roll a ball using only your head
I	balance on your left foot for a count of 10	V	flap your arms like a bird 25 times
J	balance on your right foot for a count of 10	W	pretend to ride a horse for a count of 15
K	march like a toy soldier for a count of 12	X	try and touch the clouds for a count of 15
L	pretend to jump rope for a count of 20	Y	walk on your knees for a count of 10
M	do 3 somersaults	Z	do 10 push-ups

# GARDEN YOGA FOR KIDS



## Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



## Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



## Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



## Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



## Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



© Childhood Yoga Stories

# FUN OUTDOOR

## Activities for Kids

- |                              |                              |                             |
|------------------------------|------------------------------|-----------------------------|
| 1 Draw with chalk            | 21 Play tag                  | 41 Try a new sport          |
| 2 Make a fairy garden        | 22 Make a bug hotel          | 42 Make a pet rock          |
| 3 Paint with water           | 23 Paint BIG                 | 43 Sand play                |
| 4 Go on a scavenger hunt     | 24 Make clay & nature faces  | 44 Make a scarecrow         |
| 5 Play hopscotch             | 25 Do a leaf rubbing         | 45 Dig a hole               |
| 6 Hunt for bugs              | 26 Make a suncatcher         | 46 Identify trees & flowers |
| 7 Make mud pies              | 27 Plant flowers             | 47 Paint with ice           |
| 8 Have a water fight         | 28 Make & fly a kite         | 48 Squirt gun painting      |
| 9 Make art from nature       | 29 Splash in puddles         | 49 Climb a tree             |
| 10 Have a teddy bears picnic | 30 Measure a tree            | 50 Paint with mud           |
| 11 Plant seeds               | 31 Make daisy chains         | 51 Build a bridge           |
| 12 Make an obstacle course   | 32 Run through a sprinkler   | 52 Do some gardening        |
| 13 Dance in the rain         | 33 Wash the car              | 53 Take photos of nature    |
| 14 Eat ice cream             | 34 Look for images in clouds | 54 Toast marshmallows       |
| 15 Make perfume from petals  | 35 Make a camp               | 55 Draw & label a flower    |
| 16 Run as fast as you can    | 36 Make shapes from sticks   | 56 Make a nature wand       |
| 17 Kick a ball               | 37 Paint rocks               | 57 Draw around your shadow  |
| 18 Blow bubbles              | 38 Grow vegetables           | 58 Have a race              |
| 19 Start a nature diary      | 39 Make a bird feeder        | 59 Listen to the birds      |
| 20 Make a rock collection    | 40 Squirt water guns         | 60 Sit & relax              |

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