

# Maungatapere School Newsletter

Lockdown Update Tuesday 21 April



Kia ora family and whanau

We hope your learning at home is going well and you are continuing to enjoy a variety of activities with your whanau in your bubble. Thank you for the support you are giving your children in their learning.

As I am sure you will know the country is moving from Level 4 Lockdown to Level 3, with schools open to those that cannot continue to work and learn from home from Wednesday 29 April. We are currently preparing the school for this to happen but I want to assure you that we will continue to support your child's learning at home.

The following information has been sent through to us from the Ministry with further information and guidelines being issued to schools over the next few days.

*The key message for you is that if you can, you should keep your child at home. You should only physically send your child to school if you need to. If your child has a health condition that means they are at a greater risk of a severe illness you must keep them at home. If your child is sick, please also ensure you keep them at home.*

In order to ensure the safety of those children and our staff who do come to school, we will be operating with strict enforcement of health and safety measures. The Ministry of Education has advised that they are working closely with health to develop clear guidance that will support schools to safely re-open their premises to students and staff. This will help us work through the public health requirements that we all need to meet. As you will be doing, we want to be sure that what we do will keep our community as safe as possible.

*The school will contact you later this week to find out whether you can keep your child learning from home or need your child to attend in person.*

For now, we will continue to support your child's learning by distance while we progress our planning for what Alert Level 3 will mean for you and for our school. We will be in touch again soon with more information. As you have been doing, please keep connecting with your teachers to support learning. Please contact the school if you have any specific queries, but we will keep sharing information and ideas on a regular basis.

Below we have shared a wellbeing support idea you can implement in your bubble. Stay connected, stay in your bubble and ask for support if needed.

Regards

Judy Eagles & Maungatapere School Staff  
Principal

**Five Ways To Wellbeing** <https://www.mentalhealth.org.nz/home/ways-to-wellbeing/> (Mental Health Foundation NZ)

Introduce these five simple strategies into your life and you will feel the benefit. Have a look at the website above it breaks these 5 ideas down really well. Make a point of reflecting on these and checking in on yourself. Only 5 things, how hard can it be right?

<b>CONNECT</b>  Talk and listen, be there, feel connected	<b>GIVE</b>  Your time Your words Your presence	<b>TAKE NOTICE</b>  Remember the simple things that give you joy	<b>KEEP LEARNING</b>  Embrace new experiences, see opportunities, surprise yourself	<b>BE ACTIVE</b>  Do what you can, enjoy what you do, move your mood
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