

## Bruce McLaren Intermediate School

### End of Term Update – 27<sup>th</sup> March 2020

Dear parents, caregivers, whanau and staff of our BMIS School Community

Kia ora koutou katoa

This week has been of serious significance for all of us. On Monday evening, 23<sup>rd</sup> March, we were told all schools were closing by Wednesday, 11:59pm. On Tuesday, 24<sup>th</sup> March, BMIS catered for families of 41 students and on Wednesday, 25<sup>th</sup> March, BMIS catered for one family of one student and on Thursday, 26<sup>th</sup> March, all schools were closed.

Thank you for your words of support and appreciation of how we have supported our community at this time. Our school was pleased to be of service to our families, while we were all scrambling to come to terms with how prepared we were at home for a Level 4 Alert.

Having had two days working from home, I am already missing my daily routine, our students, teachers, staff and community so can understand if others are in the same situation. Keeping positive physical and mental wellbeing is going to be very important - so I have included a link focused on wellbeing and supporting a child's learning at home for parents, caregivers and whānau. This resource adds to the information previously provided supporting conversations with children about COVID-19 - <http://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/>

We achieved so much in the shortened Term 1 (29 Jan - 25 March) from Beach Ed, school sports, Opportunities Day, two opportunities for parents to meet with staff/teachers, new builds, refurbishments - new fire and alarm systems, academic rigour within and across Whanau Teaching & Learning Teams, WZ sports, strengthening of pedagogy, inter-Whanau challenges, digital learning, BMIS Swimming Carnival, enhancement of specialist programmes to mention a few.

#### Key Dates Reminder:

26 March	Alert Level 4 commenced
28 March	School holidays begin
10 – 14 April	Easter (including the Tuesday after Easter)
<b>15 April</b>	<b>Term 2 begins</b> <i>(through home learning - online or hard copy pack – to be posted Monday, 6th April)</i>
22 April	Current date for ending of lockdown period
27 April	ANZAC Day observed

#### Key lockdown messages from the Prime Minister (Select Committee Media Briefing, 25 March 2020)

- If the virus is left unchecked it will have an unacceptable toll on New Zealanders
- Staying at home will break the chain and save lives
- Breaking the rules could risk someone close to you
- 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

- Success will not be instant. The benefit of actions taken today will not be felt for many days to come. People need to expect the numbers to continue rising, because they will. Modelling indicates that New Zealand could have several thousand cases before today's measures have an impact. However, if everyone sticks to the rules there will be change over time
- Act like you have COVID-19. Every move you make could be a risk to someone else. That is how New Zealanders must collectively think now
- All New Zealanders are urged to be calm, be kind, stay at home
- If people have no explanation of why they are outside the Police will remind them of their obligations and can take enforcement actions if they feel it is necessary
- New Zealanders will want to do the right thing. The Government is being as clear as they can on the guidance and Police will be working with people to help them understand
- Government's goal is to keep people connected to their employer through the wage subsidy, and said if that was not happening then they have the backup mechanism of the welfare system
- In regard to those overseas - even under the most difficult of circumstances - New Zealand is their home.

***Further information to support wellbeing:***

- The Ministry of Health's website includes [Top ways to look after your mental wellbeing](#) during the Covid-19 lockdown.
- <https://www.iamhope.org.nz/> - 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.facebook.com/nathanwallisxfactoreducation/> - Nathan Wallis has some helpful videos on his Facebook page for parents and whanau
- <https://www.mentalhealth.org.nz/get-help/covid-19/> - tips on looking after mental health and wellbeing during COVID-19 from the Mental Health foundation
- <https://depression.org.nz/covid-19/> - a website by the Health Promotion Agency to help New Zealanders recognise and understand depression and anxiety.
- [25 Mental Health Wellness Tips during Quarantine from Eileen M Feliciano, Psy.D.](#) – 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.

I will keep our community informed of any developments and directives I receive from the Ministry of Health and Ministry of Education.

Unless there is an update from the Ministries of Health and Education, **I will check in again on Monday, 6<sup>th</sup> April** (this would have been the last week of term - normally) before Easter time.

Now it is time to rest, recharge and reflect on the term that has been, the time that is, and the global context we are nested in. May we all continue to love, laugh and learn from those in our 'bubble'!

Stay at home, stay safe, be kind.

Kia kaha, kia toa, kia manawanui

Liz Wood - Principal