

**My advice for this period:**

**"Do what needs to be done to get through whilst preserving everyone's mental health and well being.**

**No one else knows your demands, your kids, your temperament, your resources, or your strengths better than you do, so sure be inspired by others, but don't compare yourself to them.**

**And finally, show yourself some compassion for the times that things turn to custard - because they will. These are extraordinary times - its OK for things to be different and our priorities to shift"**

**Kia kaha whanau x**

*Dr Emma Woodward*

I wanted to start with the message in the box above because there are lots of things that you can think about here. There has been a renewed focus on Mental health and Well-being over this time. With the insecurity of the change we are facing comes a lack of certainty about the way we lead our lives. We can swim against the current and try to maintain our lives as they were or we can go with the flow and not be too hard on ourselves when we don't achieve what we might have in the past.

You will be showing leadership in your whanau if you appear to be relaxed and coping well with the changes to routine and not giving yourself too much grief. What our whanau need at the moment are calm thinking brains acting thoughtfully rather than reacting to the things that are happening around you.

The other message I read from this is that you know your whanau better than the teachers at Centennial. You were their first teacher and you continue to be a huge influence in their lives. You will decide if they engage in learning or if the family really needs to turn that off for a while. As Nigel Latter says, "Your child will not miss out on that really great job in ten years' time if they have time off their learning now". Probably by now your child will want to be part of their class and what is happening. You decide how much and how often and balance that with everyone's well-being. Good luck.

Tim sends everyone a message  
Hi everyone,

I have been keeping busy at home looking after my family. I have also been staying fit with walking, treadmill runs and particularly biking. When I walk around the school buildings to check they are safe and sound, I find it a little weird not to hear the usual laughter and stories coming from the playground - it's very quiet! I can't wait to see everyone back at Centennial School again where I am sure there will be lots of stories to tell.

Tim also sends you a link to a story he has read for Centennial Students

<https://youtu.be/rTLpgfdI1gA>



#### **Pukeko News:**

We have been getting into the swing of things in Pukeko class and the children have been sharing some amazing pictures of our topic for this term-Space! Everyone seems excited to be back doing some learning and connecting with photos, videos and adventures they have been experiencing in their bubbles. It has been very humbling to see how kind and thoughtful parents have been towards us as we navigate the world of online learning, so thank you!

Keep in touch,

Mrs Matheson & Mrs B



#### **Tui News**

The Tui class have had a wonderful start to Term Two with lots of posts, videos, recordings on Seesaw. Mrs Pauls and Mrs Sopers buckets are full to the brim with all the wonderful writing, reading, drawings and stories the children are sending us on Seesaw. It has been great to see families taking time to connect even if you are unable to post back - staying connected is key in these times. Thank you so much to everyone for their support.

Stay strong, stay connected and stay safe

Mrs Soper and Mrs Paul

#### **Kakapo News**

It's all GO! in Kakapo's Seesaw class journal. Children have shared videos of fitness activities that have left me exhausted just from watching. I have read lockdown diaries of children engaging with their whanau through cooking, baking, building things, going on bike rides etc.

I have read gratitude journals of children sharing what they are grateful for. Fake Mum and Dad's money is earned in one bubble through doing chores and being kind. It can be used to buy technology and TV time, or to add something to the shopping list,

and spent on Mum and Dad's pretend shop filled with treats (only open on Fridays). I have listened to stories being read, Maths problems explained and spelling words decoded.

Thank you for all your commitment and positive feedback. If you are one of the few who are not connected on Seesaw for various reasons, I am sure you have found your own ways of keeping your tamariki engaged and happy.

Kia Kaha & stay connected

Mrs Rehmann

### **Piwakawaka News**

I feel so lucky to have heard from so many children (and whanau) from Piwakawaka. I love how you are ALL getting involved with the learning. Thanks to those children who are posting their own activities. I will use some of these ideas to share with the whole class. You are turning in to great teachers and innovators. I hope you are all having some fun as well. Please let us know what you are enjoying most so we can do more. Keep the lovely messages for each other coming in, the kindness and gratitude is amazing. We are all very lucky to be safe and well. Keep an eye out for more staff members reading online and thank you to those children who have been reading to me. Take care, have a great weekend.

Mrs. C.

### **Ruma Takahe News**

Hi everyone

It has been so great to catch up on families after what seems such a long time! I love seeing and hearing what everybody has been up to in their bubble, especially now that we almost have everyone on seesaw. Thank you so much for all of your help and perseverance as I muddled my way through everything - you have been very patient! The days have been ideal for getting outside and going for bike rides or walks and it is so neat to see heaps of families being able to take advantage of this - often before the lockdown it seemed to be hard to find the time.

Take care, stay safe, and be kind to each other.

Thinking of you

Mrs Macmillan

### **Ruma Kea News**

We love catching up with children and parents through Seesaw and email. Watching videos, hearing children read, seeing photos and reading what you have been up to is awesome. You all seem to be enjoying the activities you have chosen to do. It has been great to see the number of children who have already completed some of the Shared Lunch Challenge activities - you are obviously trying to earn as many points as possible! Your food choices sound yummy and your invitations, place mats and centrepieces are very colourful. Hopefully it won't be too long until we can use your ideas and have our shared lunch back at school.

Enjoy the weekend,

Mrs Albrey and Mrs Pinches

## **Ruma Weka News**

It has been great to see all of the work coming through Seesaw and Google Docs, we have even had work shared with us through Canva. Please keep an eye on your Seesaw messages. If we are trying to work with individual children, we will be setting up appointments with them through this forum. If you haven't set up your account yet, please do urgently by referring to the instructions that have been emailed to you. If you need help, please email Mr Burt or Mrs Waller for assistance. We are loving how people are sending us photos and videos as well. We have a world of technology open to us, and we are happy to work in whatever format is easiest for families (as long as we know how to work that format ourselves, and if not, I'm sure we can learn.)

The Ministry of Education are creating lots of things to support schools and whanau with online learning and well-being. The following site is a place you can go to to have a look for the support you might require.

<https://learningfromhome.govt.nz/wellbeing>

## **School Devices for learning**

Mrs Richards is packaging and sending out school devices to families who have asked for help. The couriers will be able to deliver a device to you over the next few days. I hope that the use of these will enable you to access the learning activities that your teacher has posted for you.

## **Survey feedback**

Thank you to all the parents who have completed the survey from school on internet access and the availability of devices in your home. This combined with the information you have given us when we have spoken to you is helping us to provide the type of support you require. So far you have told us that you really appreciate the Seesaw connection you have with your class and your teacher. You have asked us to continue to provide activities for children to carry out at home. You have also told us that you are mostly well and enjoying the time with your whanau/families.

## **Returning to school under alert level three- what will it look like?**

Limiting our interactions with others is our best defence against COVID-19. Under Alert Level 3 we must continue to stay in our household bubbles whenever we are not at work, school, buying the groceries or exercising.

Under Alert Level 3 it will be safe for Early Learning / Education Centres and schools to open for children up to and including year 10, with appropriate public health measures in place. All young people in years 11-13 will continue to learn at home.

Physical attendance at school is voluntary, but all children not at school should be learning by distance. Schools will be a safe place for children to go to learn if their parents need to return to work, or the children cannot learn at a distance. Children who are able to, should remain home and learn via distance.

Personal Protective Equipment (PPE) like gloves and masks are not necessary for a school environment. Children, young people and staff who are at greater risk are encouraged to stay at home. Any child, young person or staff member who is sick should remain at home.

It will take at least a week for Schools and Early Learning Services to get ready to open after we go to Alert Level 3.

Schools will look different under Alert Level 3. There will be far fewer students on the grounds, and they will stay within their small groups. Some teachers will be teaching students at school, while others will be providing distance learning.

Schools are not considered gatherings because they have appropriate public health measures in place.

### **Thanks to the Teachers**

As the weeks have moved on I have been impressed with the way that your teachers have responded. Many of them didn't have much of a holiday because they were thinking about how to be ready for you this term. As I read the seesaw comments from teachers and the replies they are receiving from students I can see that everyone is trying really hard to make the best of the way things are. I think we are all very lucky to have such dedicated and hardworking teachers at Centennial school. Thank you very much teachers.

Take care of yourselves and remember other people

Nga Mihi Mahana

Jonathan