



Rosehill College News

From the Principal Tena koutou katoa

We have started into a new phase of New Zealand's response to COVID-19 and it is very different from anything most of us have ever experienced. I want to reassure you that our school staff and Board of Trustees will continue to be available to support your child's learning and wellbeing in the next weeks.



You will understand the importance of routine for your family. If your routine has been shaken up, like you're now working from home, it's good to structure your time. Routines are reassuring, and promote health and physical wellbeing. On school term time days during the lockdown, following the normal school timetable as much as possible is a good idea. Some of our teachers have their own family considerations and will have made contact through Google classroom to say when they will be available online. A school holiday version will likely look a little different, but some form of routine will still be important as we go through the lockdown period.

There are links below and on our website to more wellbeing information to support your family during the lockdown.

Some good news to support you either working at home and/or studying at home - Spark, Vodafone, Vocus/Slingshot, 2Degrees and Trustpower have all advised they have removed their data caps and the possibility of any extra charges based on usage.

For our Pacific families, if you are not aware the Ministry for Pacific Peoples' has been working to ensure useful information is available to Pacific peoples. A one-hour special will be aired on Tagata Pasifika's segment on **Saturday at 9am**; and on **Sunday at 7.35am**, Tagata Pasifika will share messages from community leaders. The Ministry is asking you to reach out to all your family members, community groups, friends and group chats to ensure our Pacific community groups are watching the programming on both days.

A big thank you to all of you for taking the lockdown so seriously. As the Prime Minister has noted:

staying at home will break the chain and save lives; breaking the rules could risk someone close to you and 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.

Google Classrooms will have up-to-date information and learning tasks for each class. Google Classroom will be the primary means of class communication. Google Classrooms allow for a summary of the week's activities to be shared with parents via the Guardian function. Parents will need a google email account to receive the summary notifications for each child, but can get an invitation to sign up for the Classroom summaries without a google email address. Please email the class teacher for this.

As today is the end of Term 1, there will be less contact from teachers during the holiday period. We were unable to issue hard copies of our Term 1 Progress Reports to the students before they were sent home. Progress reports are available through the Parent Portal, which is accessed from our website www.rosehillcollege.school.nz Please contact your student's Tutor Group teacher if you have forgotten your password.

All information, including contacts during this time, is on the College's website under the Covid-19 tab <https://rosehillcollege.school.nz/home/covid-19/>

I wish you all the best during this different and challenging period.

Sue Blakely, Principal

Key Dates Reminder

26 March	Alert Level 4 commenced
28 March	School holidays begin
10 – 14 April	Easter including the Tuesday after Easter
15 April	Term 2 begins (through distance learning)
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)

- 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.

Information and resources to support wellbeing and support learning at home

- The Ministry of Education has developed a resource for parents, caregivers, whānau and family - <http://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/>.
- The Ministry of Health's website includes Top ways to look after your mental wellbeing during the Covid-19 lockdown - <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-taking-care-your-mental-wellbeing>
- 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.iamhope.org.nz/>
- Nathan Wallis has some helpful videos on his Facebook page for parents and whānau - <https://www.facebook.com/nathanwallisxfactorededucation/>
- Tips on looking after mental health and wellbeing during COVID-19 from the Mental Health foundation - <https://www.mentalhealth.org.nz/get-help/covid-19/>
- A website by the Health Promotion Agency to help New Zealanders recognise and understand depression and anxiety - <https://depression.org.nz/covid-19/>
- Although overseas-based 25 Mental Health Wellness Tips during Quarantine from Eileen M Feliciano, Psy.D is a good list and highlights some things particularly important for children. Remember the rules of New Zealand's level 4 lockdown still apply - https://www.facebook.com/permalink.php?story_fbid=109566894018896&id=109536567355262&__tn__=K-R

