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Covid 19 Update 20th August 2021

Tena Koutou Katoa/ Greetings Everyone,

This afternoon the Government announced that Level 4 restrictions will continue until 11.59pm, Tuesday 24th August. School will be closed for instruction for this period of time.

Our Distance Learning programmes will start from Monday. Your teacher will send 'Home Learning Ideas' electronically to all families. These are to be used as a guide to the sorts of fun learning that can happen at home. Teachers will also contact each family to check in during the week. The biggest priority at this time is your health and safety. The best thing we can do as adults at this time is remain calm and present with your children.

The Teacher Only Day scheduled for Friday 3rd September has been **cancelled**. School will be open for instruction on this day if we are at level 1 or 2.

Information which may be helpful:

Agencies you can contact for assistance

Many families may find it tough going back into Alert Level 4. It can be challenging having children at home, being cut off from family and friends, trying to make ends meet and have high stress levels.

For people with disabilities or autism and their support people, the Explore 0800 000421 phone service is available to provide advice or support. This includes advice or support around challenging behaviours. To access this service, you don't need a referral and it doesn't matter whether you're new to Explore, currently on their waitlist or you've worked with them previously. The service is available Monday to Friday 9.00am–5.00pm. When you phone the 0800 number you will be connected with an administrator who will then book you an appointment with one of the specialists.

If you or anyone you know wants some advice or support over this time here are some further options that might be useful.

Support services that remain open:

 Women's Refuge 0800REFUGE or 0800 733 843 Shine 0508 744 633 Alcohol and Drug Helpline 0800 787 797 Oranga Tamariki call centre 0508FAMILY CADS 0800 367 222 Narcotics Anonymous 0800 628 632 Alcoholics Anonymous 0800 229 6757 Lifeline 0800 543 354 or free text 4357 Youthline 0800 376 633 or free text 234 	 Samaritans 0800 726 666 Outline (LGBT) 0800 688 5463 Depression Helpline 0800 111 757 Suicide Prevention Helpline 0508 828 865 The Fono West (Social Services) 09 837 1780 Counselling Free Call or Text 1737 Healthline for COVID-19 health advice: 0800 358 5453

Work and Income services centres are closed. However, you can apply for assistance via <u>MyMSD</u> or phone the contact centre on 0800 559 009.

If you know someone who needs financial assistance, please tell him/her to call the free government helpline 0800 779 997 (8am–1am, seven days a week).

If you know someone is feeling anxious, frustrated or needs a listening ear, they can call or text 1737 to talk with a trained counsellor. It is free 24 hours a day, seven days a week.



If anyone is concerned about possible exposure to COVID 19 please check the <u>Ministry of Health website</u>.

Kia tupato, kia ora. Take care and be safe.

Andrew Campbell Principal