



27 March 2020

Dear Parents and Caregivers

We had a virtual staff meeting this morning and the teachers mentioned how much they had enjoyed connecting with our families over the last couple of days.

The teachers are now moving officially into non-contact time and will be spending time with their families and preparing for distance learning to start on 15 April. They will not necessarily be contacting you and will not be sending learning home, but they wanted me to let you know that if you want to message them over the holidays for ideas, they would answer your messages. Please give them up to 48 hours to answer as they may not check their messages every day.

What is really important over this time is well-being. Do not expect yourself or your children to work normal hours and don't feel that you have to recreate school at home. Set a schedule of how you will spend your day and allow time for doing something enjoyable or something you have been meaning to do. I am going to make a pasta sauce from scratch using tomatoes from my garden as well as catching up on some reading. Today I watched a movie with my kids, tomorrow we are choosing a board game to play.

The Ministry of Education have provided some links in their latest update;

#### ***Wellbeing for all***

*We have information focused on wellbeing and supporting a child's learning at home for parents, caregivers and whānau. It may also be useful for teachers. This resource adds to the information we have previously provided supporting conversations with children about COVID-19 - [https://bit.ly/RPS\\_Wellbeing](https://bit.ly/RPS_Wellbeing)*

#### ***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 whānau*

*<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.*

Can I please take this opportunity to remind you that our school, and in fact all schools in New Zealand are closed. Please do not go on the school grounds to play. The playground is closed and we have taken down the basketball hoops.

I will send an update every two days, unless there is new information that I need to share with you. I will check my emails daily over the next two weeks.

Thanks to all of our incredible school community for their support. Kia kaha

If you have any questions, please contact me at [amandab@rutherfordprimary.school.nz](mailto:amandab@rutherfordprimary.school.nz)

Nga mihi nui  
Amanda Bennett  
Acting Principal

