

Tirimoana School Newsletter

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Sunday 22 August 2021



He aha te aha? What's on top? - with Mr Kaiser.

Kia ora e te whanau / Greetings Parents

Like me you probably looked at the emerging cases from this outbreak and thought that some further time at Alert Level 4 was the best thing for our community.

That thinking was confirmed when the Prime Minister advised that we remain at Alert Level 4 until 11.59pm on Tuesday 24 August. We will learn more on Monday about what will happen next.

I want to reassure you that our school staff and board will continue to be available to support your child's learning and wellbeing in the coming days.

Our teaching team have made contact, with families and, structured distance learning activities should be happening by Monday at the latest for all children that our teachers are able to contact.

If no one has contacted your household, then please contact the class teacher directly.

On Monday a very small team of Tirimoana staff will prepare chromebooks and ipads to loan to families that need a device for children's learning. Distribution of these devices is difficult under Level 4. Our team must comply with COVID level 4 rules. We hope to begin distributing devices on Tuesday. If you need a device, please contact your child's class teacher. If you need information about distribution contact Mr Lyon on mrlyon@tirimoana.school.nz



We understand that lockdown can be a stressful, challenging time for families, and we know that many families will be concerned about possible exposure and infection from the Delta variant.

As the <u>Mental Health Foundation of NZ says</u>, "it's all right to feel a range of emotions right now. Going into a Level 4 lockdown is a big deal and it brings all sorts of different feelings to the surface, including frustration, worry and even gratitude. However you are feeling, know that you're not alone – we're all going through this together."

If you need to talk, check in with a friend or whānau member, or free call/text 1737 to chat with a trained counsellor. It's free and confidential. There are also <u>a lot of other supports available to you, your whānau and your community</u> if needed.

You will also understand the importance of routine for your family. If your routine has been shaken up, it's good to structure your time. Routines are reassuring and promote health and physical wellbeing.



For our Pacific families, if you are not aware the Ministry for Pacific Peoples' has been working to ensure useful information is <u>available to Pacific peoples in nine different languages</u>.

Thank you

A big thank you to all of you for taking the lockdown so seriously – we've seen before that staying at home will break the chain of transmission 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.

Locations of interest

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Please <u>keep checking the locations of interest</u> and get tested if you were at that location at the specified time, or if you have symptoms which could be COVID-19. I realise that many families will be worried with there being several locations of interest around West Auckland. To date, a few Tiri families have informed us that they have visited locations of interest or are associated with

places where positive results have been detected, but fortunately no-one from our school community has yet tested positive. I will keep you informed if this changes.

Bookings for free vaccinations

The government has now opened bookings for free vaccinations for all adults 40 years and over. Children aged 12 years and over may now also get a free vaccine.



Please note school is currently closed. Do not use our playground during lockdown. Playgrounds cannot be used at Alert Level 4.

As always, please let us know if there is anything you need to support you and your children during this time.

Ngā mihi Peter Kaiser

Helping students stay safer online from home:



As you know, children's online safety is important. At school, Network for Learning (N4L) helps keep our students safe from the bad side of the internet. During lockdown, the children's' place of learning shifts to their home.

N4L has worked out a way for you to keep your children safely connected at home.

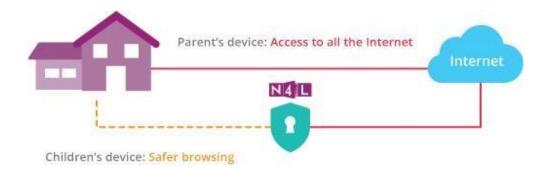
The Service supports all learners across primary, intermediate and secondary education to learn in a safe online environment, regardless of their location or the network they are connected to. The web filter blocks websites that could be harmful to children.

FREE N4L safety filter for all students

N4L have set up a safety solution that parents can set up on their child's learning devices from home. Just go to switchonsafety.co.nz to find clear instructions on how to do this.

How does it work?

Once a child's device is set up, all internet search requests will go through the safety net which checks to make sure the websites children try to visit are safe. The safety net is applied to the child's device, so parents' devices are not affected.



Remember safety can't be provided by technology alone – it requires a holistic approach. For tips and advice to support online safety conversations, please visit www.netsafe.org.nz

Services and organisations are available to help

This information has been provided to us by the Ministry of Education to share with our families and whānau.

The Ministry for Ethnic Communities has just released some videos in different languages about the "Golden Rules for Level 4".

Sharing this valuable advice in various languages ensures our communities have access to the info they need to keep themselves, their families and the broader community healthy and safe. Please find below YouTube links of the videos, one more video (Urdu) will be available soon.

- 1. Punjabi: https://youtu.be/5iggJbUTDG4
- 2. Arabic: https://youtu.be/AK3o7GClKfA
- 3. Cantonese: https://youtu.be/VJicCY7FCjQ
- 4. Mandarin: https://youtu.be/FYrsuH2iKaM
- 5. Spanish: https://youtu.be/n-uQHSYM96U
- 6. Hindi: https://youtu.be/LZ4llzga8yE
- 7. Tagalog: https://youtu.be/crWAHGte8eg

If you need some assistance with food these food banks may be able to help.

Call first for instructions of how they are operating to ensure physical distancing:

Auckland City Mission (City) 09 303 9200
Salvation Army (Henderson) 09 837 4471
Vinnies Auckland (Newton) 09 815 6122 or 0800 6800
Hope Centre (New Lynn) 02108048436
Vision West (Glen Eden) 09 818 0716 – Mon, Wed, Fri only

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
- Shine 0508 744 633
- Alcohol and Drug Helpline 0800 787 797
- Oranga Tamariki (call centre) 0508FAMILY
- CADS 09 845 1818
- Narcotics Anonymous 0800 628 632

- Alcoholics Anonymous 0800 229 6757
- Lifeline 0800 543 354 or free text 4357
- Youthline 0800 376 633
- 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 MyMSD or phone the contact centre on 0800 559 009.

Nga mihi Peter Kaiser Principal



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