

## CROMWELL COLLEGE COVID 19 UPDATE – 27 March 2020

Kia ora koutou e te whānau

I am very aware of the huge change the lockdown is creating for all New Zealanders. The impacts are multi-layered and still emerging. I do hope that Day 2 is going for you and your whānau.

I am forwarding some information received yesterday from the Ministry of Education that will be useful for families. Also shared here are updates from our school leadership team. This group continues to meet regularly to review learning and support for students and staff.

### Online Learning

I do hope your child has felt well supported with their learning over the past few days. The next two holiday break will allow staff to prepare for more structured online learning next term.

We are working on learning guidelines for staff, students and families that will provide clarity and also flexibility for students and whānau. These will be shared before the start of next term so that students and whānau will know what to expect.

Some of you will have seen facebook videos posted by Nathan Wallis providing helpful advice for parents for daily life and learning during the lockdown. The first of these I feel provides practical ideas on what is important at this time, especially for parents with younger children also at home. Other videos can be found on Nathan Wallis' Facebook page.

<https://www.facebook.com/nathan.wallis.969/videos/2590330561214555/>

### The 'Holidays'

The next two weeks will be a very different sort of 'holiday'. For our staff I have asked that they not only focus on the mahi for next term but also focus on some rest, recreation, rejuvenation, whānau and connection. I hope this is also achievable in your family.

Here are the **key dates so far from MOE**

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

### Interim Reports

These are going out to families next Friday 3 April.

### NZQA - NCEA assessments and support

I know that families and senior students will have questions and concerns about NCEA assessments. We are receiving advice from NZQA that will be shared with staff around how best to support NCEA assessment for our senior students. Teachers will work with students on this next term.

We realise also some students are working as **essential workers** in supermarkets, fuel stations or other essential services. The NCEA programme for these students is very

important but we are also aware of the need to be flexible. Teachers will work with students in this situation.

### **Internet access at home**

Internet providers are working to support sustainable internet access for all students and staff. We have been supporting our staff to ensure they are able to connect effectively with students from home in spite of the challenges for some with unstable connectivity and data caps. We are aiming to have these issues resolved for the start of Term 2.

Go well whānau over the two week 'holiday' period. I will continue to share any important news or information during this time.

Noho ora mai rā

Mason Stretch  
Principal

## **Ministry of Education Special Bulletin COVID-19**

### **26 March**

We appreciate how much you have had to respond to and adjust for in the last weeks building up to the commencement today of a New Zealand-wide lockdown. There has been a lot of information to absorb and from a range of providers. Today will be bringing new challenges for you as parents, family and whānau adjust to supporting your child's learning from home.

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.

### **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.

### **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

- <http://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/>.

### ***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/nathanwallisfactoreducation/> - 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.

Remember, be kind to yourself and others.

We'll add more resources to our website. This week we're developing tip sheets to support parents to navigate common challenges they may have with toddlers, children and young people through this time – for example, a tip sheet on getting a good night's sleep.

If you have any ideas for wellbeing and learning at home resources and tip sheets that would help others please contact [learning.supportmailbox@education.govt.nz](mailto:learning.supportmailbox@education.govt.nz) or phone the Learning Support Enquiries line at 0800 622 222.