

Special Newsletter 30 March 2020

Tena Koutou, Kumusta, Talofa

We are certainly living in unprecedented times as we all lockdown for four weeks in the hope that we help reduce and halt the spread of COVID-19. The majority of New Zealanders are doing their bit to isolate and reduce contact with the outside world which is good.

Like me, you are no doubt experiencing a raft of emotions as we go through different stages of our quarantine. At first I felt shock at the thought of being isolated from the outside world and our school community. Other emotions included frustration and anger with the feeling of loss of control and helplessness in the current situation. Through my conversations with many of you, some parents have told me how they have felt frightened and concerned at the uncertainty around the virus and their family's safety. All of these are normal emotions when dealing with something stressful and significant in our lives. Many of us who lived through the Christchurch Earthquakes will have felt similar feelings and recognize that these feelings will pass and that we will eventually get back to normal living again. As Catholic Christian people we look to God for help and strength through difficult times. I encourage you and your family to take the opportunity to pray together and each Sunday view the online Mass that Bishop Paul celebrates from the small chapel in his home. I will include a link below for you.

In the meantime, today marks the beginning of the school holidays which end on Tuesday 14 April. We do not expect our students to complete any distance learning for the next two weeks. From Wednesday 15 April students may continue working on some of the things that our teachers have shared already as part of distance learning. From time to time they will send out more links via their SeeSaw blogs and our year 4-8 students will have work shared with them via Googledocs and their Google accounts.

Thankyou to all of our wonderful parents and caregivers who are part of the essential workforce. You are doing an amazing job for us all. Many nurses are in the front lines dealing with the ill and in many cases the vulnerable elderly. I sincerely thank all of you for the sacrifices you are making for us all. May God bless you and protect you in these difficult times.

God bless all our wonderful students and families at St Mary's. Take care and stay healthy.

Manaaki te Atua

David O'Neill
Principal

SCHOOL HOLIDAYS- MONDAY 30 MARCH- TUESDAY 14 APRIL





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TEACHER EMAILS FOR DISTANCE LEARNING (AFTER HOLIDAYS)

If you need help you can email your child's teacher or contact them via the SeeSaw blogs when distance learning begins after the holidays.

Room	Teacher	Email
Year 0/1	Mrs Anthony	nicola@stmaryschch.school.nz
Year 2/3	Mr Debenham	murray@stmaryschch.school.nz
Year 4/5	Mrs Wilkins	arlene@stmaryschch.school.nz
Year 5/6	Miss Francis	diandra@stmaryschch.school.nz
Year 7/8	Miss Coad	jess@stmaryschch.school.nz

SKINNY JUMP FLEXIBLE PREPAID BROADBAND

Skinny Jump is flexible prepaid broadband: Only \$5 for 30GB of data, no contracts or credit checks. <https://www.skinny.co.nz/jump/home.html> Skinny Jump is a not-for-profit service supporting those most at risk of digital exclusion, including families with children, job seekers, seniors, people with disabilities, refugees and migrant communities and those in social housing.

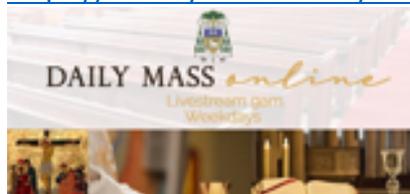
MINISTRY OF HEALTH WEBSITE

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>



CATHOLIC DIOCESE YOUTUBE CHANNEL- MASS WITH BISHOP PAUL

https://www.youtube.com/channel/UCbDyKPjjDeYWfpoz_hSDLfw



WELLBEING TIPS

These tips are to help get you thinking about what will help your mental health at the moment. These small actions are big mood-boosters – find what works for you and keep at it.

Use technology to stay connected

Connect with the people who are important to you on the phone, through social media, video chats and text. Self-isolation doesn't mean cutting off all communication – in fact, it's more important than ever to talk and



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listen, share stories and advice, and stay in touch with the people who matter to you. For example you might want to organise a digital shared lunch, or schedule a daily phone call with your grandmother.

Take notice of things that make you feel good

Eating healthy food, noticing the beauty outside your window or on a walk around the block, taking time to thank people. What ngā manu (birds), ngā kapua (clouds) ngā rakau (trees) can you see? Pay attention to how you feel when you do these things and then try to do them more often.

Keep moving

Try not to spend all day in bed or on the couch. Getting some exercise helps your mind and body to release tension and stress and gives you the energy and good feelings you need to get through. Find ways to move your body and your mood every day. Remember, you can go outside, but you need to limit your contact with others. It's ok to go for a walk, run or ride your bike, as long as you avoid people and maintain social distance and remember to stay local.

Think about what you have to give

Giving helps us to feel we're still a part of our whānau and community even when we have to stay at home. You've got so much to offer – get creative and think about ways you can give your time, skills and knowledge to help others. For example can you text a complement to someone, share a recipe or book recommendation on social media, or call someone who might be feeling lonely?

Stick to a routine

This sounds boring but it will help you get through each day. Go to sleep and wake up at the same time, eat regularly, shower, change your clothes, get some fresh air, book in video-chats with colleagues or friends, do your chores. Make sure you make time for fun!

Find ways to relax

This is especially important if you're feeling stressed or anxious. Finding things that help you breathe deeply, switch off and recharge will help you to feel better.

Go on an information diet

Covid-19 is a global issue and the endless updates from news outlets and people on social media can be completely overwhelming. Visit <https://covid19.govt.nz> for information and pick one trusted news source and check it once per day. Pay attention to how news coverage makes you feel and switch off if you need to.