

# COVID-19 Lockdown Update 27th March 2020



Dear Parents & Whanau,

We have started into a new phase of New Zealand's response to COVID-19 and it is very different than anything most of us have ever experienced. I wanted to reassure you that our school staff and Board of Trustees will continue to be available to support your child's learning and wellbeing in the next weeks.

You will understand the importance of routine for your family. If your routine has been shaken up, like you're now working from home, it's good to structure your time. Routines are reassuring, and promote health and physical wellbeing. The below timetable (targeted at children) could be something your household adapts to use over the next few weeks. A school holiday version will likely look a little different, but some form of routine will still be important as we go through the lockdown period. Some things will not work, so don't beat yourself up when this happens. We are all figuring out how to live in lockdown, so experiment and see what works for your whanau.

## Suggested Daily Schedule

<i>Before 9:00am</i>	<i>Wake up</i>	<i>Eat breakfast, make your bed, get dressed, put any dirty clothes in the laundry</i>
<i>9:00-10:00</i>	<i>Morning walk</i>	<i>Family walk with the dog, bike ride, scooter ride, Yoga if it's raining...</i>
<i>10:00-11:00</i>	<i>Learning at home</i>	<i>School-led learning or Sudoku, books, flash cards, study guide, journal etc (see our website <a href="https://tokomaruschool.wordpress.com/whats happening/">https://tokomaruschool.wordpress.com/whats happening/</a>)</i>
<i>11:00-12:00</i>	<i>Creative time</i>	<i>Lego, drawing, crafting, play music, cook or bake etc.</i>
<i>12:00 pm</i>	<i>Lunch :)</i>	
<i>12:30</i>	<i>Helping at home</i>	<i># wipe all kitchen tables and chairs # wipe all door handles, light switches and desk tops # wipe bathroom - sink and toilets</i>
<i>1:00-2:30</i>	<i>Quiet time</i>	<i>Reading, puzzles, nap, radio NZ stories, Mindfulness</i>
<i>2:30-4:00</i>	<i>Learning at home</i>	<i>School-led learning or iPad games, Prodigy, IXL, Educational show</i>
<i>4:00-5:00</i>	<i>Afternoon fresh air</i>	<i>Bikes, walk the dog, play outside</i>
<i>5:00-6:00</i>	<i>Dinner :)</i>	
<i>6:00-8:00</i>	<i>Free TV time</i>	<i>Kids shower time</i>
<i>8:00</i>	<i>Bedtime</i>	<i>All kids</i>
<i>9:00pm</i>	<i>Bedtime</i>	<i>All kids who follow the daily schedule &amp; don't fight</i>

*\*Adapted from a resource developed by Jessica McHale Photography*

There are links below to more wellbeing information to support your family during the lockdown.

Some good news to support you either working at home and/or studying at home - Spark, Vodafone, Vocus/Slingshot, 2Degrees and Trustpower have all advised they have removed their data caps and the possibility of any extra charges based on usage.

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.

From 15th April teachers will be making contact with their classes via Seesaw, email or Google Classroom. If you would like further ideas for how to keep the children occupied at home during this time, check out the 'What's Happening?' page on our website. This page is regularly updated and added to as we find new (and free) things for our children to do. Not all of the tasks and ideas are internet based; there is something there for everyone! The Ministry of Education has also created this website <https://learningfromhome.govt.nz/> to support teachers, learners, parents and whānau so that learning for children and young people can continue.

**We have added one challenge to the list...**for our children to learn the National Anthem in NZ Sign Language before school goes back. A link to a YouTube video can be found on the 'What's Happening?' page (<https://tokomaruschool.wordpress.com/whats happening/>), and on our Facebook page too.

Neuroscience Educator, Nathan Wallis has some very sound advice about what parents can focus on in these early days of our nationwide lockdown; making sure your children feel safe should be your first priority. You can find Nathan Wallis on Facebook here <https://www.facebook.com/nathanwallisxfactorededucation> , and this is a link to his first short video <https://www.facebook.com/nathan.wallis.969/videos/2590330561214555>. Well worth watching if you are not sure where to start!

If you need further support, or have any questions, please contact us. All staff email addresses can be found on our website here <https://tokomaruschool.wordpress.com/people/>. In the meantime, stay safe.

Sonia Mudgway  
*Principal*

Matt Henry  
*Chair, BoT*

### ***Information and resources to support wellbeing and support learning at home:***

- The Ministry of Education has developed a resource for parents, caregivers, whānau and family - <http://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/>.
- The Ministry of Health's website includes [Top ways to look after your mental wellbeing](#) during the Covid-19 lockdown.
- 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.iamhope.org.nz/>
- Nathan Wallis has some helpful videos on his Facebook page for parents and whānau - <https://www.facebook.com/nathanwallisxfactorededucation/> -
- Tips on looking after mental health and wellbeing during COVID-19 from the Mental Health foundation <https://www.mentalhealth.org.nz/get-help/covid-19/>
- a website by the Health Promotion Agency to help New Zealanders recognise and understand depression and anxiety - <https://depression.org.nz/covid-19/>
- 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 - [25 Mental Health Wellness Tips during Quarantine from Eileen M Feliciano, Psy.D.](#)