

20th August 2021

Kia Ora Parents & Caregivers,



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

I wanted 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. Teachers will be in touch with you to offer support with distance learning. Please remember though, that our priority remains the wellbeing of your child(ren); we don't want them worrying about 'missing school work'. Instead celebrate the extra time you have together and the great learning that comes from doing things as a family. Please do not feel pressured to complete any work that is offered (but on the other hand, please ask if you need more work for your child(ren)!).

We also hope you are doing OK at the moment – but it is also OK if you aren't.

As the [Mental Health Foundation of NZ](#) says, "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 [a lot of other supports available to you, your whānau and your community](#) 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 [available to Pacific peoples in nine different languages](#).

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.

And just a quick point – please don't 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 tamariki during this time.

Smiles, Sonia Mudgway ☺

Principal

On Behalf of the Toko Team