

30 March 2020



Dear Parents, Caregivers and Whānau

We are now in Day 5 of New Zealand's response to Covid-19 and it is very different than anything most of us have ever experienced. I want to reassure you that Sancta Maria College staff and Board of Trustees will continue to support children of our families with their learning and wellbeing in the weeks to come.

You will understand the importance of routine for your family. Routine is good to structure your time, promote good health, spiritual, mental and physical wellbeing. Every student will have now received a timetable of structured times for teaching and learning to take place commencing on Monday, 15th April. This routine will be in place until further notice. At this time, I have found a structure and routine that works for me giving attention to all these things and I encourage you to do the same for you and your family.

For those who did not know, to support everyone either working at home and/or studying at home – **Spark, Vodafone, Slingshot/Vocus, 2Degrees and Trustpower** have all advised they have removed their data caps and the possibility of any extra charges based on usage. - Ask.Trustpower.co.nz "This allow us all to make sure we can stay connected with family and friends, work or study from home, and receive updates without having to worry about exceeding your data limit".

Students Without a Device AND/OR Without Internet Access at Home

We would like to hear from any student who is in a situation of not having a device (laptop/pc) and/or does not have access to Internet at home. If you are in this situation, please email Mrs Heffernan, Deputy Principal (Curriculum) a.heffernan@sanctamaria.school.nz immediately so we can access support for you before the 15th April, when online teaching and learning begins. I encourage you not to be shy in making contact. Students should know that we will do all we can to help you. Email Mrs Heffernan NOW via your parent/caregivers email address!

There has been some repatriation for international students from Germany in the past few days. Our college was unaffected by this.

Mr Rogers, Senior Leader, has added the following new links to our wellbeing resources that can be found on our school website.

- 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/nathanwallisfactorededucation/> -
- 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 comprehensive list and highlights some things particularly important for young people. [25 Mental Health Wellness Tips during Quarantine from Eileen M Feliciano, Psy.D.](#)

Finally, a huge thank you to all of you for taking the lockdown very seriously. As our Prime Minister has noted, staying at home will break the chain and save lives. Let us be reminded that breaking the rules could risk the lock down period being extended or could risk the virus being spread to thousands of other people.

We pray for the woman from the West Coast who has died from the virus and for her family. May they be blessed with much hope and faith in these trying times.

Please see attached, the Bishops' Pastoral Letter to Parishioners.

Be safe and look after each other.

Ngā mihi nui



Louise Moore
Principal and Spiritual Leader