

13 October 2021



Kia ora Parents, Caregivers and Whānau

The announcement made earlier this week, saw Government keep with their cautious approach with its response to COVID-19, that will see Auckland remaining at Alert Level 3 for a while longer. This means schools remain closed and parents are asked to keep their children at home. There is, however, provision for students to attend on site if they are in Years 7-10 (under 15 years of age) and they are the child(ren) of an essential worker. Attendance at school is only if no alternative care arrangements can be made (a reminder you can and are encouraged to expand your bubble to include childcare). The Delta variant poses significant health risks so we implore families to keep their children home if at all possible. Our best defence against COVID-19 still remains...**STAY AT HOME**.

If you are an essential worker and would like your child to attend school between 8:30 am and 3:15 pm next week, you must enrol your child to attend by emailing Mrs Courtenay Kilpatrick, Deputy Principal for Years 7-10, on c.kilpatrick@sanctamaria.school.nz before 3:00 pm this Friday, 15th October. Please include your child's full name and year level, your essential role and the day(s) your child needs to attend. This information will help us to establish safe in-school bubbles to support the families of essential workers.

Guidelines for the Re-Opening of SMC Under Alert Level 3

- If there is a parent/caregiver available to look after children at home, please keep them at home.
- All guidelines in terms of drop-off (8:30 am) and pick-up (3:30 pm) must be adhered to. The Teacher rostered on to bubble supervision will oversee drop-off and pick-up at the front of the school.
- Keep any sick children at home. Any sick child who comes to school, a parent will be contacted to come and pick their child up.
- All students will be doing online learning at school or at home. There will be no teaching, only supervision.
- There will be one adult supervisor each day. Please be aware that the staff member overseeing the bubble changes during the week to ensure that all online teaching can continue to take place.
- Any Students will stay in their allocated 'bubble' all day and during break times. 'Bubbles' comprise of 10 people and any siblings will be in the same 'bubble'.
- 'Bubble' composition may include students from different year levels.
- Students will not be able to change their 'bubble'.
- The number of students returning will determine the number of 'bubbles' that will be onsite at school.
- If there is the need to establish multiple school bubbles, there will be no contact across 'bubbles' and students will stay in the same classroom all day.
- Students must bring a mask, earphones, their device and charger.
- There will be no school buses operating to minimise contact.
- The School Canteen will not be open. Students will need to come to school with food (morning tea and lunch) and their water bottle. There will be no food deliveries.
- The Guideline sets out the social distancing best practice both inside 1.5m and outside the classroom, 2m.
- The room will be well-ventilated with a flow of fresh air through windows and the doors.



- There will be no sporting activities, including PE that could allow the transfer of the virus.
- Each 'bubble' will be allocated an entry point to the school to minimise the number of students entering at the same point. Face coverings (masks) are now required to be worn when at school.

Please continue to follow all the Alert Level requirements including staying at home and getting tested for COVID-19 if you are feeling unwell.

Our staff on-site next week, will also have been tested for COVID-19 and returned a negative result.

We will continue to support all children who remain learning from home through our distance learning programme. It is important that students connect face-to-face with their teacher in the planned conference sessions.

Devices

Please check that your student's device is ready for online learning PRIOR to lessons starting next week. Please let your child's teacher know if there is an issue, or email Mrs Valk (b.valk@sanctamaria.school.nz), so that we can resolve any issues prior to online learning resuming.

Information about Senior Assessment

Most students will be worrying about their external exams in November. It is important as a school that we prepare for two scenarios for the November external exams:

Scenario One: Alert Level 1, 2 - students will sit NZQA external exams.

Scenario Two: Alert Level 3, 4 - students will not sit NZQA external exams.

There will be some testing for seniors that will take place between Weeks 1 and 4 in Term 4. This may be in the form of tests during class time and in some instances, there may be more formalised digital testing taking place. This is likely to take place whether we return to school or remain learning online. Therefore, senior students must engage with online learning from next Monday.

During online learning, teachers will continue collecting information to help provide students with a derived grade, if required. Students must ensure:

- 1. Every lockdown Schoology task, discussion and test is completed to the best of their ability.**
- 2. Ensure attendance in every online conference. Teachers will use this as evidence for a derived grade, should students not sit exams in November/December.**
- 3. Prepare for external exams. This includes the advice teachers give during online lessons.**
- 4. Prepare a study programme and start studying for externals. If further support is required, the first person to talk to is the teacher. Students should talk to their teacher during their online lesson or send the teacher a message.**



Senior Tutorial Schedule

Senior tutorials are available for students who need additional assistance and doing scholarship. The table below gives an indication of times and subjects available for tutorials. These will take place from 3pm – 4pm online. Students should check and confirm details with their teacher at the start of term in case changes occur.

Monday 3-4pm	Tuesday 3-4pm	Wednesday 3-4pm	Thursday 3-4pm
MAS/MAT Languages	CHEM Commerce and ACC	BIO PHY	ENG MAC

Vaccinations

It is now legally required that we hold a COVID-19 vaccination register for all eligible staff and students. Currently, we are progressing well towards achieving 100 percent of our staff being vaccinated. Very soon, we will need to know if your child has had their first and/or second vaccine dose or is exempted from being vaccinated. This information will be held by us in accordance with the Privacy Act and will only be shared with public health authorities if required. We are therefore, getting our data collection system in place and will be in contact with you soon for vaccination details.

Please find further information about vaccinations to support your decision-making. Help keep our community as safe as possible so that we may get everyone back to school as soon as we can. It is more likely that if staff and eligible students are vaccinated, the less likely it will be that we will have to close down for a long period of time, or close at all in the future.

I include some information about vaccinations to support your decision-making (attached).

Looking after your Wellbeing

He waka eke noa – we're all in this together. You've done it before; you can get through this again. Looking after everyone's wellbeing is number one, throughout this time.

Here are some reminders that you may find helpful.

Sort through routines with everyone in the house. Agreeing to and keeping up with a regular routine and planning how everyone in your household will work together, helps. Many of you will have plenty of competing demands, think about what's important and how you will balance everything as a family through the days ahead.

With everyone at home working, make a plan together. Build on what worked last time. Think about devices, sharing of devices, rooms, times when you need to be online, undisturbed etc.

Don't put too much pressure on yourself. Do what you know, what worked last time and what you enjoyed when you were supporting and participating in online learning. It's important students stay connected with friends and that their wellbeing takes priority.

Coping with uncertainty. The current situation brings uncertainty again about how long we will be in lockdown. Find time for regular check ins with your children, ask them regularly how they're doing. Open ended questions are useful if your teenager is struggling to share how they're feeling. Remind



them to ask their teachers for help, to take breaks when they need to, and find time to go outside for some fresh air and exercise.

Keeping Safe Online and Device Time. It's a challenging topic with most teenagers and even more so with the isolation they're experiencing. Remember to check in with your child about what they're up to online and to ensure they are keeping safe. Plan a specific time to have a conversation and let your teen have a voice. Give your teen the opportunity to come up with boundaries that they think are realistic, fair and manageable. The more responsibility you give them the better they will respond.

Concern/issue	Responses	Tips
Excessive time online and withdrawal from day-to-day activities and interactions	<p>Help teens understand that they need to be offline at times, that it's important for their health as their eyes need a break, their bodies need some sunlight and physical activity to stay well, and they need to also help out at home.</p> <p>Structure online time alongside time offline to support wellbeing.</p>	<p>You could say, "We're all under stress. When people's lives are disrupted this way, we can feel like withdrawing and being online. But we will all need to be healthy and we will feel better when we can help work together at home and keep learning at school. Maybe we can have a look at the routine we have each day, and see what needs changing. We can work out how much online time you need to catch up with school tasks and keep in contact with friends. And then let's look at times we can all chill out and relax, times for physical activity and times where we need to help each other out.</p>

<https://www.netsafe.org.nz/advice/parenting/>

Live Streaming: Understand the risks for children

<https://www.facebook.com/johnparsonsS2E/videos/244747619971043/>

BEDROOM, BATHROOM, PAJAMASS

<https://www.facebook.com/johnparsonsS2E/videos/1112030665810052/>

HOW TO DEAL WITH ANTI SOCIAL BEHAVIOUR

<https://www.facebook.com/johnparsonsS2E/videos/643131269822891/>

CHILDREN & ONLINE GAMES - A NOSEY PARENT IS A LOVING PARENT

<https://www.facebook.com/johnparsonsS2E/videos/653756001863893/>

CIRCLE OF LIGHTHOUSES

<https://www.facebook.com/watch/?v=256299468768773>

FAMILIES THAT EAT TOGETHER HEAL TOGETHER

<https://www.facebook.com/johnparsonsS2E/videos/2866705640318593>

KEEPING YOUR CHILDREN SAFE ONLINE

<https://www.citizen21.co.nz/resources>



It's OK to get help from other places. People in our community can also help you if you need this. That's OK. Please reach out for help if you need it. Our school counsellor Jenny Goddard will be available for our students. Students can text anytime on 021 246 3545. She is also available by email j.goddard@sanctamaria.school.nz

There are also lots of agencies offering help and support during this time, including the following phone helplines that are available 24 hours a day, 7 days a week:

- Mental Health Crisis (0800 800 717)
- Lifeline (0800 543 354 or 0800 LIFELINE) for counselling and support
- Samaritans (0800 726 666) for confidential support for anyone who is lonely or in emotional distress
- Depression Helpline (0800 111 757 or free text 4206) to talk to a trained counsellor about how you are feeling or to ask any questions
- Healthline (0800 611 116) for advice from trained registered nurses
- Suicide Prevention Helpline 0508 828 865
- Counselling Free Call or Text 1737

Ngā mihi nui and Blessings

Louise Moore
Principal