



COVID - 19 UPDATE

25th March 2020

Dear Parents and Whanau,

As the school is closing I have been thinking a lot about what the next few weeks will bring. Here are a few tips to help you survive over the next while:

Routine. It is so important to establish a routine EARLY on. From working with young children, we know that the earlier you set those routines and expectations the more successful it will be. Try to avoid the temptation to slip into holiday mode as a family as it is so hard to then impose changes later on. Talk about your routine with your family to get their buy in and then stick to it. This will vary for each family unit, but try and ensure it is balanced with some exercise, ongoing learning, work around the home, screen time and hobbies/interests. Nigel Latta has shared a video recently and I recommend you view this for more tips.

<https://www.tvnz.co.nz/one-news/new-zealand/simple-basic-things-get-people-through-self-isolation-says-nigel-latta>

Support for students and families. This will be challenging for all of us at different times and in different ways. As a community we may also be able to help others. Iona Holstead, Secretary for Education, has shared what we are allowed to do if we establish self-isolating groups – ‘circles of care’, for others in our community.

- The intent of forming this group beyond an immediate household is to be able to provide necessary support for people who rely on support from others (eg, elderly people living alone, families who need support with caring for children).
- In forming this group, everyone in it must understand how crucial it is to keep it tight and to an absolute minimum number of people.
- Even in a small group, people must take care of themselves and others through good hygiene including thorough hand washing and drying, good coughing and sneezing etiquette and physical distancing.

An example could be where an essential worker, who is required to work, can have their child cared for by a trusted buddy, as long as they are not elderly or vulnerable. That buddy and the buddy's own household will need to be included as part of that self-isolating group. However, it is critical that the buddy and their household cannot then have any other external contacts. As soon as a member of that household has contact with another person (and therefore their household) they all need to be incorporated into the self-isolating group. Another example could be helping a family with care for their disabled child to give the primary carers some time to rest. But again, you need to be identified as part of their self-isolated group and you cannot have any other contacts other than those in your own household.

Keep an eye out for each other and stay safe.

Ngā mihi

Drew