

School Newsletter 9 April 2020

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9 April 2020 at 17:07

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9th April 2020

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Message from the Principal

Connection and Wellbeing

Tēnā koutou

As we approach Easter Weekend and enter into the second half of our nationwide lockdown, we felt it was appropriate to make contact with you all and provide an update about what life will be like as a Glenfield College student from April 15th (first day of Term 2) moving forward.

First and foremost, our number one priority for our community (and by community, I mean staff, students and parents) are the two words above, Connection and Wellbeing. In this most challenging time what we

will remember most will be people staying connected (during this time of self isolation) and people's wellbeing. The consistent theme / message here is it is all about people.

To assist you all we are sending out three different pieces of communication today:

1. This newsletter with a variety of important pieces of information;
2. An email from the Deans to the students welcoming them back with a specific message for each year level;
3. A Remote Learning document to all students and parents so we all know the structure and plan for 'Teaching and Learning' in Term 2.

A significant amount of work and learning has occurred behind the scenes at Glenfield College and we are genuinely excited by the opportunities that await us. This is where a positive outlook comes to the fore. An online Physical and Mental Wellbeing Programme is being finalised, the House Captains are currently constructing an online House Challenge for all students, while Selena and Karl (Head Prefects) are working with their team as we connect with our student body.

In many ways, the two values of the Glenfield Way that are going to need to be called upon more than any others will be Respect and Resilience. Respect of others, those in your bubble and those in your online classes and teachers. Resilience, as we enter the latter stages of lockdown and endeavour to engage with a new style of learning.

In times like the one we are experiencing, this Maori quote seems most appropriate:

He aha te mea nui o te ao. He tāngata, he tāngata, he tāngata

What is the most important thing in the world? It is people, it is people, it is people.





Following is some information focused on wellbeing and supporting a child's learning at home for parents, caregivers and whānau:

<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.

<https://www.iamhope.org.nz/> - 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.facebook.com/nathanwallisxfactorededucation/> - Nathan Wallis has some helpful videos on his Facebook page for parents and whanau

<https://www.mentalhealth.org.nz/get-help/covid-19/> - tips on looking after mental health and wellbeing during COVID-19 from the Mental Health foundation

<https://depression.org.nz/covid-19/> - a website by the Health Promotion Agency to help New Zealanders recognise and understand depression and anxiety. `

[25 Mental Health Wellness Tips during Quarantine from Eileen M Feliciano, Psy.D.](#) – 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

If you know someone who might be struggling, there are a large range of supports in place that may be able to assist including:

- [Mental wellbeing](#)
- [Supporting children and young people at home](#)
- [Managing self-isolation](#)
- [Care options for children of essential workers](#)
- [Financial support for employers and employees](#)

- [Staying safe online](#)
- [Preventing harm from bullying](#)
- [Family harm](#)
- [Responding to discrimination – through the Human Rights Commission](#)
- [Accessing healthcare](#)
- [For people vulnerable to COVID-19](#)

Information in languages other than English:

- [COVID19.govt.nz](#)
- [Office of Ethnic Communities](#)

SchoolTV can also be of particular help. A new report tackling the challenge of this event has been released just this week entitled Dealing with Disappointment. While we cannot stop the randomness and chaos of life events from happening, helping our young people navigate difficult life events during their adolescence effectively is an investment in better lifelong responses (see the SchoolTV link further down in this newsletter).



emergency help

THOSE FACING SUDDEN HARDSHIP THAT REQUIRE A BASIC FOOD PACKAGE TO HELP UNTIL OTHER SUPPORT ARRIVES, CAN PHONE 0800 222 296 FOR IMMEDIATE ASSISTANCE. HELPLINE IS OPEN 7AM TO 7PM

The banner features a background of yellow diagonal stripes. On the left, there is a photograph of a kitchen counter with various food items including oranges, bread, and jars. The text 'emergency help' is written in large, bold, black letters. To the right of the photo, there is a white box containing text about a food package helpline.

UPCOMING EVENTS

Our calendar will be updated once the lockdown is lifted



TERM DATES

TERM 2

WEDNESDAY, 15 APRIL TO
FRIDAY, 3 JULY

TERM 3

MONDAY, 20 JULY TO
FRIDAY, 25 SEPTEMBER

TERM 4

MONDAY, 12 OCTOBER TO
WEDNESDAY, 9 DECEMBER

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Why not work out with Mr Mason?

<https://youtu.be/ExfPGi3Aj2k>

https://youtu.be/8_Kb9BSwWHQ

<https://youtu.be/ZfA4Jmynz2g>



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SCHOOL TV

A RESOURCE FOR PARENTS

ITS NEVER BEEN MORE CHALLENGING FOR PARENTS
TO RAISE HAPPY, HEALTHY AND RESILIENT CHILDREN

Like never before, parents need to be informed with clear, fact-based information on the many challenges faced by today's youth. Topics such as youth anxiety, depression, self-harm, drug and alcohol use, cyberbullying and many others need clear explanation and guidance. SchoolTV is an ongoing resource available to our parents. Each edition addresses a major topic with expert interviews, fact sheets, parent quiz, recommended apps, books and much more. SchoolTV aggregates information from many great resources such as BeyondBlue and ReachOut. SchoolTV provides a single stream of independent factual information that saves parents the time and confusion of searching online. To find out more, please follow this link: <https://gc.nz.schooltv.me/>



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