

Welcome to Term 2

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14 April 2020 at 15:43

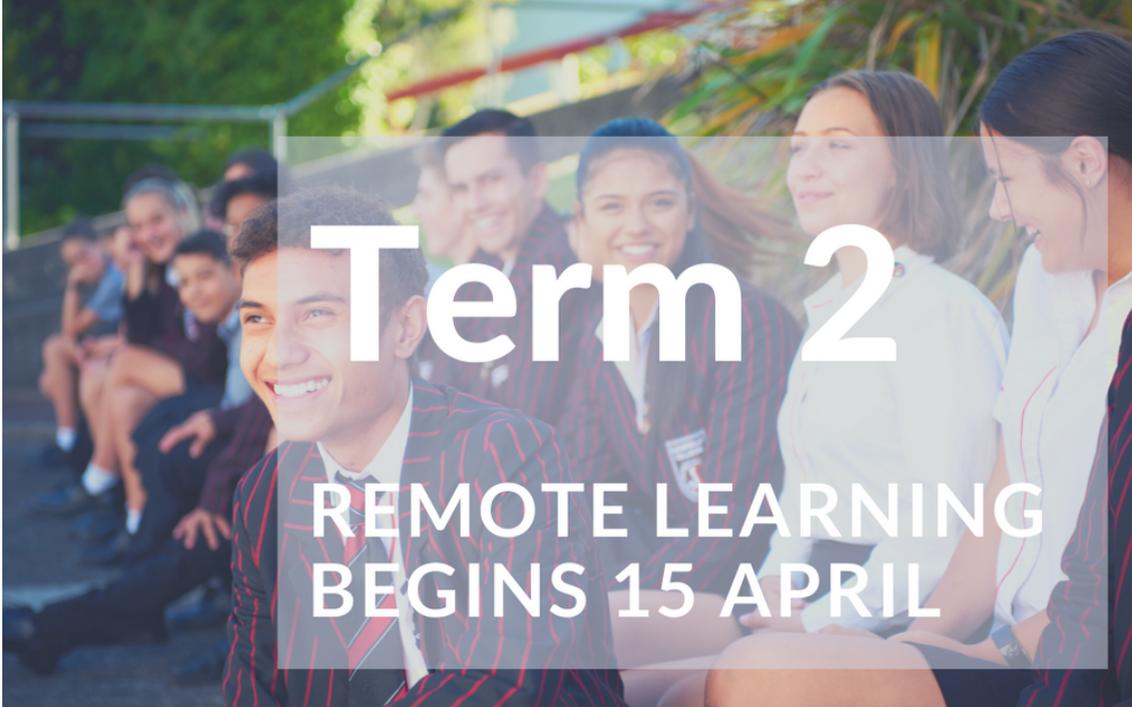
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14th April 2020

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Message from the Principal

Tēnā koe

I hope this email finds you all safe and well within your bubbles. As our Prime Minister said yesterday, as we enter the third week of our lockdown, it is a little bit like we are rounding a bend in the road and can't quite see the finish line, but know it is getting closer all the time.

Tomorrow, Term 2 starts and we at Glenfield are aiming to make this as smooth and seamless as possible. This will include:

- The timetable (provided below) mirroring what it would be as if you were at school,
- Staff being available remotely to answer any questions,
- Ms Colliar sending out Mental Wellbeing challenges for you all to attempt,
- Mr Mason and others providing physical well-being opportunities for you to participate in,
- Ms Smith and House Leaders providing some House Competition activities

Late last week I communicated with some of our students and they all genuinely had the same message. They are missing school and the people. The novelty of being in lockdown is gradually wearing off and with Term 2 starting tomorrow we look forward to providing some structure, routine, purpose and fun activities.

Mrs Kabalin, Mr Keenleyside and Mrs Hayward have done an inordinate amount of work in the last three weeks in relation to working on communications and providing information for you all as a community about next steps and how we can assist you all with your connections, wellbeing and learning. Please refer to the homepage of Glenfield College at www.gc.ac.nz where you will find all relevant information.

Stay safe.



with Pride & Respect

MA MARUWEHI, KA RAHIRI

PAUL MCKINLEY, PRINCIPAL

Timetable for students from 15 April (Day 6)

Please see the timetable below which will apply at Glenfield College from 15th April (Day 6).

Lesson and Activity Times		Years 9 and 10	Years 11 to 13
Period 1	9.00 – 9.25	As per individual timetable*	As per individual timetable*
Period 2	9.30 – 9.55	As per individual timetable	As per individual timetable
Remote catch up	10.00 – 10.15	Check emails from your teachers, deans.	Check emails from your teachers, deans.
Break	10.15 – 10.35	<i>Use this time to go for a short walk, help out at home, eat something healthy</i>	
Period 3	10.40 – 11.05	As per individual timetable	As per individual timetable
Period 4	11.10 – 11.35	As per individual timetable	As per individual timetable
Period 5	11.40 – 12.05	As per individual timetable	As per individual timetable
Lunch	12.05 – 12.50	<i>Again, make sure you eat something healthy, and take a physical break from your screen.</i>	
	12.55 to 1.20	Sustained Silent Reading Take a break from your screens. Switch off all devices and find somewhere cosy to relax with some reading material.	Continue with any work left over from classes, extra reading or practise skills as required.
After 1.20		Access Mr Mason's programme – find the physical activity which is suitable for you and do this.	
Evening		<i>You will need to work on additional assignments and assessments from the day.</i>	

*Timetable as per Kamar – ie changing each day from 15th April, Day 6. See below.

** Each Wednesday will begin with a 10 minute Form Period – from 8.50am to 9am.



Dealing with DISAPPOINTMENT

To view SchoolTV's special report on dealing with disappointment, click [here](#)



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/nathanwallisxfactoreducation/> - 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](#)



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