



Dear Parents and Whanau

Good morning on day one of COVID-19 Alert Level 4. We here at school have been very pleased with the way the students have engaged in their lessons over the last couple of days. There were a few teething issues getting the whole school online with their remote learning, but it was a delight to see how active and engaged the students were in their lessons when they signed in.

Our school site is now closed and is out of bounds to all until further notice. No phones will be answered at the office. You can still email the school today and tomorrow if you have any concerns. The office, as with the whole school will then be on holiday for two weeks. The school operations will resume on Wednesday 15 April when we will continue with online learning. We will send more information regarding the start of Term 2 during the holidays.

We ask your help in guiding the students with their online behaviour. Netsafe <https://www.netsafe.org.nz/> provides excellent information about how to control unwanted activity online. Our suggestion is that both you and your daughters read the material on this site. Above all we want our students to be kind and respectful of others.

Of additional concern in this current crisis is the mental health and wellbeing of our Students, Staff and Community. People may present as angry, irritable, with a low mood or struggling with peer/family relationships. Be aware that these are all signs of anxiety and common when people are uncertain and afraid. Do all you can to assure each other that the current state of affairs will pass. The government have put in this plan to help keep us safe.

If, however, you feel that your daughter is not coping, please get in contact with our Guidance Counsellor, Ms Tracey Pinfold. She is working on the feasibility of online conversations after the school holidays but in the meantime, can be contacted by email on tpinfold@sacredheartnapier.school.nz.

We also recommend the advice from Nigel Latta. This TV1 interview gives some practical hints on how to manage your changed lifestyle while we are at Alert Level 4. The link is below, or you can get on to TV1 and type in Nigel Latta and the interview will come up.

<https://www.tvnz.co.nz/one-news/new-zealand/simple-basic-things-get-people-through-self-isolation-says-nigel-latta?auto=6144226568001>

There is also help for students and their whanau via the following agencies:

- [1737](https://www.1737.org.nz/) – Free call or text 1737 any time for support from a trained counsellor.
- [Lifeline](https://www.lifeline.org.nz/) – 0800 543 354 or free text 4357 (HELP)
- [Youthline](https://www.youthline.org.nz/) – 0800 376 633 or free text 234
- [Samaritans](https://www.samaritans.org.nz/) – 0800 726 666

Finally, we cannot stress enough the importance of everyone staying at home. We are disappointed to hear students are planning to visit each other. This is not okay. The message from our Government is very clear: **STAY HOME, SAVE LIVES.**

Take care and stay safe.

God Bless

Pastoral Care Team