

# Maungatapere School

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Principal: Mrs J Eagles  
Chairperson: Mr J Fagan

*Kia ora families and whanau*

*We hope you are settling into the new phase of New Zealand's response to COVID-19; it is very different than anything most of us have ever experienced. We wanted to reassure you that our school staff and Board of Trustees will continue to be available to support your child's learning and wellbeing in the next term.*

*The Ministry are investigating how to set up online learning across the country and are looking at how to achieve this for everyone.*

*We would like you to respond with this information as soon as possible to [office@maungatapere.school.nz](mailto:office@maungatapere.school.nz) if you need support with the following:*

***You need a device at home for your children to participate in home/school learning.***

***You do not have internet at home***

***You cannot get internet connection at home***

*We know that many of you have already made connection via Seesaw or Google Docs with teachers, which is great. As the holidays have been brought forward, Term 1 finishes today. We would ask our community to respect this time for our teachers. They will resume contact and teaching when the next term starts on Wednesday 15 April.*

The following is information from the Ministry of Education that you may find useful:

*You will understand the importance of routine for your family. If your routine has been shaken up, like you're now working from home, it's good to structure your time. Routines are reassuring, and promote health and physical wellbeing. The below timetable (targeted at children) could be something your household adapts to use over the next weeks. A school holiday version will likely look a little different, but some form of routine will still be important as we go through the lockdown period.*

## **Daily Schedule** \*Adapted from a resource developed by Jessica McHale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put any dirty clothes in the laundry
9:00-10:00	Morning walk	Family walk with the dog, bike ride, Yoga if it's raining
10:00-11:00	Learning at home	School-led learning or Sudoku, books, flash cards, study guide, journal etc
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook/bake etc
12:00 pm	Lunch :)	
12:30	Helping at home	# wipe all kitchen tables and chairs # wipe all door handles, light switches and desk tops # wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap, radio NZ stories
2:30-4:00	Learning at home	School-led learning or iPad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, walk the dog, play outside
5:00-6:00	Dinner :)	
6:00-8:00	Free TV time	Kids shower time
8:00	Bedtime	All kids
9:00pm	Bedtime	All kids who follow the daily schedule & don't fight

*There are links below to more wellbeing information to support your family during the lockdown.*

*Some good news to support you either working at home and/or studying at home - Spark, Vodafone, Vocus/Slingshot, 2Degrees and Trustpower have all advised they have removed their data caps and the possibility of any extra charges based on usage.*

*A big thank you to all of you for taking the lockdown so seriously. As the Prime Minister has noted staying at home will break the chain and save lives; breaking the rules could risk someone close to you and if the rules are not complied with, this could risk the lock down period being extended or could risk the virus being spread to thousands. We hope this has been helpful and will share any further relevant information as we receive it.*

## **Information and resources to support wellbeing and support learning at home**

- The Ministry of Education has developed a resource for parents, caregivers, whānau and family - <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.
- 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.iamhope.org.nz/>
- Nathan Wallis has some helpful videos on his Facebook page for parents and whānau - <https://www.facebook.com/nathanwallisxfactorededucation/> -
- Tips on looking after mental health and wellbeing during COVID-19 from the Mental Health foundation <https://www.mentalhealth.org.nz/get-help/covid-19/>
- a website by the Health Promotion Agency to help New Zealanders recognise and understand depression and anxiety - <https://depression.org.nz/covid-19/>
- 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 - [25 Mental Health Wellness Tips during Quarantine from Eileen M Feliciano, Psy.D.](#)

All the best - stay safe, stay home and look after each other.

Regards

Judy Eagles  
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