

School Newsletter 29/4/20

Tena koutou Otakiri Families/Whanau and Community

Thank you all for the important work you have done over the past few weeks in supporting the learning of your children. I don't underestimate the challenges you have faced in doing this and I know that new challenges will continue to emerge. I hope you find yourself starting out this new week with some energy, some hope, and a smile. You are doing a great job. Don't allow yourself to believe anything different.

Our ways of engaging with one another have changed and we've had to adapt our cultural and traditional practices.

It's important to look after your own wellbeing and the wellbeing of your whānau and community as we all get through this together.

Remember, you are not alone.

Stay virtually connected with friends and whānau.

Stick to a routine.

Be kind to yourself and others.

Kindness and structure are the most important things for children during times of uncertainty. A routine and affection are just as important as learning.

Over this period, you may see some changes in behaviour such as tantrums, tears, or challenges with sleeping. Providing structure, giving children a sense of control and ownership over some parts of that day, and ensuring there is time for fun, may help to avoid stressful situations.

The links below contain great ideas and resources to help families and whānau look after their wellbeing.

- [Health and wellbeing - Unite against COVID-19 website](#)
- [COVID-19: Mental health and wellbeing resources - Ministry of Health website](#)
- [Connecting with others - Allright.org website](#)
- [Identity and culture - Allright.org website](#)
- [Sparklers website - Helping tamariki when times are tough](#)
- [Oat the Goat - Bullying Free NZ website \(Oat the Goat is a fun way for you and your child to spend time together learning about the power of kindness\).](#)

Kia Kaha

We've got this!

Sharon Theobald