

21 August 2021

Dear Parents / Family / Whānau

As you will be aware, the Prime Minister advised yesterday that we will remain at Alert Level 4 until 11.59pm on 24 August. We will learn more on Monday about what will happen next.

I wanted to reassure you that our school staff and board will continue to be available to support your child's learning and wellbeing in the coming days.

As the [Mental Health Foundation of NZ says](#), "it's all right to feel a range of emotions right now. Going into a Level 4 lockdown is a big deal and it brings all sorts of different feelings to the surface, including frustration, worry and even gratitude. However you are feeling, know that you're not alone – we're all going through this together."

If you need to talk, check in with a friend or whānau member, or free call/text 1737 to chat with a trained counsellor. It's free and confidential. There are also [a lot of other supports available to you, your whānau and your community](#) if needed.

You will also understand the importance of routine for your family. If your routine has been shaken up, it's good to structure your time. Routines are reassuring and promote health and physical wellbeing.

For our Pacific families, if you are not aware the Ministry for Pacific Peoples' has been working to ensure useful information is [available to Pacific peoples in nine different languages](#).

A big thank you to all of you for taking the lockdown so seriously – we've seen before that staying at home will break the chain of transmission and save lives.

As always, please let us know if there is anything you need to support you and your child(ren) during this time.

Sincerely



Russell Gordon