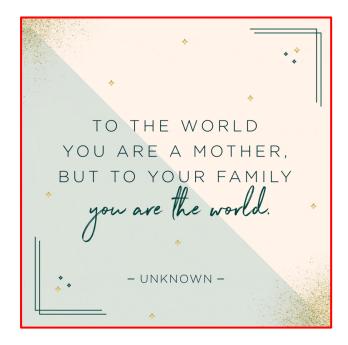




Amuri Area School Newsletter 8th May 2020

Today we salute our MUMs! Mums are amazing! They guide us through the uncharted waters of life. They provide us with love and sometimes the tough love we need. They are the foundation that nurtures the next generation to be better than before and therefore the guardians of our humanity. We should never undervalue the power and importance of Mums and from all of us here at Amuri we pay our respects to you and want you to know that you have all accomplished something amazing over the past weeks. We look forward to having your children back all the better for having you in their lives in the crazy time that is 2020. Have a great day on Sunday you all deserve it!



Returning to School

From the announcement on Thursday it appears that we should prepare for a possible return to **normal school** on the **18th May.** This means our current system of distance/onsite learning will remain in place for next week.

We are making the assumption that students on site this week will return next week and will run the same protocols and safety procedures currently in place.

As before please contact James directly on 02102479539 if you are unable to care for your child at home due to work next week so I am able to arrange an appropriate level of staffing here at school.

The Ministry have stated clearly that all students are able to return under level 2 conditions including those with underlying medical conditions. Early next week we will share with you the level 2 procedures we will have in place and ready to go for the 18th May.

Senior School News

Hopefully, next week will be the last week of distance learning before a proposed return to school on Monday May 18th. That aside it is very important to focus on next week's learning and any scheduled assessments. Earlier this week I sent out an email to the Year 11 students with some tips that we thought might be useful. The same guidance applies to all NCEA levels so I will include it here for families to read. Parts also are applicable to year 9 & 10

Hopefully you are all settling into a new routine for online learning. Please be assured that this experience is new to us all so feedback along the way is important.

- 1. The one thing you will all need to manage carefully is your time, the only things 'set in concrete' are your zoom lessons but you can choose where in the week you do the other allocated hours for your subject as long as you allocate the right amount to each one. I suggest you draw up a weekly timetable so you can visualise your week.
- 2. Zoom lessons are part of (not extra) the 4 hours a week so it is a good idea to make a note ahead of the zoom lesson any questions you want to ask.
- 3. If you are struggling in a subject to keep up with the work or feeling overwhelmed please let the teacher know asap distance teaching means they will not pick up on things they would normally see or hear in class.
- 4. Think just one week at a time any longer and you might start to feel bogged down
- 5. If you are struggling with a deadline again talk to your teacher there can be some flexibility with some assessments.
- 6. It is OK to have 'bad days' we are all having them!
- 7. Some weeks you might have more work than others this happens under normal circumstances with NCEA
- 8. Please contact me if you feel overwhelmed or not comfortable talking to a teacher if you email me a contact number I will call you for a chat if that is easier or get a parent to just ring me.
- 9. My job is to ensure everything runs as smoothly as possible so feedback on concerns helps me help you.
- 10. It is easy to have a crisis of confidence; we all have them at some stage hang in there and if something is not working try it another way or ask for help.
- 11. Do not leave things until the last minute this is extremely common with all age groups every year even under normal circumstances!
- 12. Take breaks and go outside hours in front of a screen are not pleasant I know this too. 🚳
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- 13. Look after yourself and as mentioned before we are all here to help/support/assist responses might take a bit longer but the students are at the heart of what we do.
- 14. Your teachers are genuinely missing you and much prefer school as it was, so fingers crossed we will get back to school soon.

Ms Teulon is also available to talk to and has been in contact with parents where there are concerns about workload etc

Take heart that most of you including Years 9 & 10 have been making a real effort with work and demonstrating a respectful approach to zoom lessons. This whole situation is hard for us all but consideration, positive communication, teamwork and a willingness to adapt will be skills that will serve you well in the future.

Penny Mossman



Some great Art
Work shared with
us this week from
Angie Mones
Cazon! Mr Hewitt
will be very
impressed.

Our New Website is now LIVE!

Janine in the office has been working hard over the shutdown period to get our new website up and running. One of the great things about the new site is the Google translate button where you can choose to read the site in Maori, Spanish or Tagalog. Upon our return to school we will open up entries to our competition for best cover photo. The winner will not only have the bragging rights of their shot on the front cover but also receive a \$50 voucher of their choosing! The entries will be judged by a panel at the end of June so think about your perfect shot ready to return to school, capture it on any device then email your entries to office@amuri.school.nz.



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Information







Home Internet Safety

Some great work has been completed to help you keep your children safe online at home. Got to Switch on Safety.co.nz, scroll down and click on the type of device you are using for some simple tips you can use to firm up your home internet security.



switch on safety



Eury what a great collage!





7/8ESW have been working on their History!



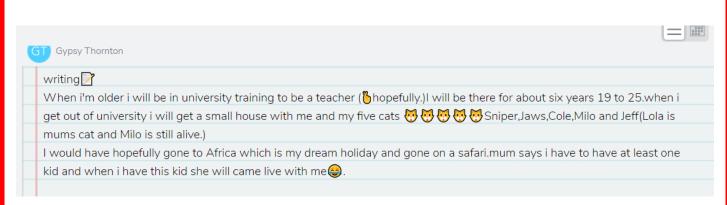












The Teaching profession will be very lucky to have you Gypsy! When the time comes see me for a job! Mr Griggs.

Supporting our students' physical and mental health

Some students and families need more help. Below is a list of phone numbers that have been collated by school mental health professionals for you to access.

I Am Hope (Access Counselling; call 1737)

Rural Help - 0800 787 254

Crisis Resolution - 0800 920 092 (After hours) 7 days a week Urgent cases only. Run by CDHB

Lifeline – 0800 543 354 For every one.

Safe to Talk – 0800 044 334, text 4334 – If affected by sexual harm

Aviva - 0800 284 82 669 - Family Violence Service

Asian Helpline – 0800 862 342 Answer phone only. You leave a message and they will get back to you.

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

Youthline – 0800 376 633 or free text 234 Available 8 – midnight.

Depression Helpline – 0800 111 757 or free text 4202 Open 24//7

Samaritans - 0800 726 666

Need to Talk? – Free call or text 1737 support from trained counsellor

What's Up - 0800 942 8787 (5-18 year olds) - Phone counselling M to F, 12 - 11pm and Sat/Sun 3pm - 11pm

Kidsline – 0800 543 754 for young people up to 18 years of age. Open 24/7

Thelowdown.co.nz or e-mail team@thelowdown.co.nz or free text 5626

Anxiety New Zealand - 0800 269 4389

http://sparklers.org.nz/ - fun things to do

http://www.sparx.org.nz/ - help with anxiety and low mood

Child, Adolescent and Family (CAF) Emergency Team (Business hours) 0800 218 219 press 2

Rhona Roberts, Amuri Area School Nurse 027 808 7105 Please call or text Liz Teulon, Amuri Area School Counsellor 021 0283 2918 Please call or text

Learning from Home TV



https://learningfromhome.govt.nz/

More options for watching Home Learning | Papa Kāinga TV

Home Learning | Papa Kāinga TV is free to air on TVNZ channel 2+1, TVNZ on Demand, as well as on Sky Channel 502 and Vodafone TV.

It can be live streamed at tvnz.co.nz/livetv. Some lessons are also available on TVNZ OnDemand from the Home Learning TV landing page.

Contact Details

James Griggs Principal <u>James@amuri.school.nz</u> 02102479539

Penny Mossman Penny @amuri.school.nz

Kylee Habgood Kylee@ amuri.school.nz

Please do not enter school grounds or use school play equipment. These have been closed by the Ministry of Health at this time