

# Bayview Primary School

Bayview Rd Glenfield

Auckland 0629

Phone: 09 444 2222

Email: [office@bayview.school.nz](mailto:office@bayview.school.nz)



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Kia ora koutou

We have started a new phase of New Zealand's response to COVID-19 and it is very different from anything most of us have ever experienced. I wanted to reassure you that our school staff and Board of Trustees will continue to support your child's learning and wellbeing over the lockdown period.

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 daily routine below (targeted at children) could be something your household adapts to use over the coming 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 Routines

	Wake up	Eat breakfast, make your bed, get dressed, put any dirty clothes in the laundry
	Morning walk	Family walk with the dog, bike ride, Yoga if it's raining But stay off any playgrounds
	Learning at home	School-led learning or Sudoku, books, flash cards, study guide, journal etc
	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake etc.
	Lunch :)	
	Helping at home	# wipe all kitchen tables and chairs # wipe all door handles, light switches and desk tops # wipe all bathrooms - sinks and toilets
	Quiet time	Reading, puzzles, nap, radio NZ stories
	Learning at home	School-led learning or iPad games, Prodigy, Educational show
	Afternoon fresh	Bikes, walk the dog, play outside but within your property

	air	
	Dinner :)	
	Free TV time	Kids shower time
8pm	Bedtime	All kids
9:00pm	Bedtime	All kids who follow the daily routine & don't fight

*\*Adapted from a resource developed by Jessica McHale Photography*

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.

If you need support for your children around learning or you just want to reach out please contact your child's teacher on seesaw or you can contact us through facebook. Both Shelley and myself are also available through email: Di [dianer@bayview.school.nz](mailto:dianer@bayview.school.nz) or Shelley [shelley@bayview.school.nz](mailto:shelley@bayview.school.nz)

Please remember that there is a support for learning from home on our school website [www.bayview.school.nz/learningathome](http://www.bayview.school.nz/learningathome)

*Ngā mihi*

Stay calm, stay safe, stay home and save lives!

Ngā mihi

*Di*

Diane Raynes  
Principal

**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.](#)