

Monday 30 August 2021

Level 4 Continues until 13 September

Today's announcement that Auckland is to remain at Level 4 for a further 2 weeks was not a complete surprise and we have been planning accordingly.

Hopefully, you and your tamariki have a set daily routine for at home learning. Researchers tell us that a regular routine is one way of keeping things as normal as possible which improves wellbeing.

Every Monday, we will upload a new slide show of the week's work so you can plan the order of activities and organise any equipment that is needed. If needed, we will have paper worksheets available for those who do not have a digital device. We still have more chrome books at school that can be loaned out if you require one to help your child engage in learning activities.

We are hoping to receive the Ministry of Education hard packs of resources for all of our students. These will be a valuable resource as they contain school journals, maths books, stationery and a variety of learning tasks. These will not be used as a stand-alone programme. Our teachers will use these as a resource and plan activities that are relevant to our learners. You will be contacted as soon as these resources are available for contactless pick up.

At level 4, the school remains closed. This means playgrounds and fields cannot be accessed. We can open the gates and allow you to drive in to pick up hard parks or a digital device. Check the facebook page to see when we will be open for any pick ups.

Our website, the facebook page and our school app are all methods of communication. Please check these as well as your emails. Your child should be in contact with our school each day either through emails, a zoom or google meet or a phone call from their teacher or support staff.

After two weeks in lockdown, boredom and frustration is likely to set in. Getting outside for a walk, run or bike ride is a great way to use up some energy. After the lockdowns last year, families that thrived stated that they spent time planning and cooking meals together, playing board games, writing letters, gardening, creating themed days for dress ups and doing creative activities. Please feel free to choose these types of family activities over the set learning if this fits in with your family dynamics better than the at-home school tasks.

Staying connected to friends is also important. While students may not be able to be face to face with their peers, there are many online games they can play together. The whanau teacher can suggest some ideas when they are on their next classroom meeting. We will also let you know about additional zoom meetings throughout the week. These are another chance to see friends and enjoy being connected.

If your child is struggling with learning or wellbeing and you need some advice, please email your child's whanau teacher or contact one of our deputy principals who oversee pastoral care and special learning needs. We are able to access food parcels if needed and have supplies of products such as feminine sanitary products, milk, weetbix and school stationery. Please let us help. We are well aware that this situation is unprecedented and that many people need additional support at this time.

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For students who are struggling with worry or feeling uncertain in these times of change, there are support networks operating who can offer help.

### **Helplines for children and young people**

**Youthline** – 0800 376 633, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or online chat.

**thelowdown.co.nz** – or email [team@thelowdown.co.nz](mailto:team@thelowdown.co.nz) or free text 5626.

**What's Up** – 0800 942 8787 (for 5–18 year olds). Phone counselling is available Monday to Friday, 12noon–11pm and weekends, 3pm–11pm. Online chat is available from 3pm–10pm 7 days a week, including all public holidays.

These are free and could offer a different perspective if your child is feeling overwhelmed with the current lockdown situation.

We are not making any final decisions about camp, performing arts events or EOTC week. At this stage, it is nice to have something positive to look forward to so we will keep our fingers crossed that we will still get a chance to enjoy some of these activities even in a modified way. The online choir and production rehearsals are going well and these will continue.

We may not like the current situation but, as the Prime Minister said today “level 4 is making a difference”. Keep safe, stay in your bubble and prioritise your wellbeing. Please stay connected with us and ask for help or support when you need it. We are a great team and we will get through this together.

Kia Kaha,

JoAnne Sutton  
Tumuaki / Principal

