



Rangiora High School



Whakautea
RESPECT



Tohaina
CONTRIBUTE



Wawatahia
ASPIRE

Tangata ako ana i te whare, te turanga ki te marae, tau ana
A person who is taught at home, will stand collected on the marae

A child who learns values at home and is cherished within their family, will not only behave well amongst the family but also within society and throughout their life.

Newsletter to parents/caregivers/whānau

23 August 2021

Kia ora koutou

Like me you probably looked at the emerging cases from this outbreak and thought that some further time at Alert Level 4 was the best thing for our community. That thinking was confirmed today when the Prime Minister advised that we will remain at Alert Level 4 until 11.59pm on Friday 27 August.

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

2022 Course Selection

We will rollout online course selection for current Year 9-12 students tomorrow, 24 August. Our new course selection website is easy to use. We will include some screenshots with instructions. Your child's Wānanga teacher is available to check in and assist any students who are struggling with their plan. Your child can contact one of the Careers team: [Ellen Cashion](#), [Murray Bartlett](#) and [Anna Logie](#) are also available via email to assist.

Message from School Sport Canterbury

School Sport NZ, in conjunction with its sport partners, regretfully announce the **cancellation** of all sanctioned events on its calendar through to Monday 6 September 2021. This includes all events scheduled for the Winter Tournament Week. School Sport NZ will review the viability of future events on the School Sport NZ calendar on Wednesday 1 September, or as appropriate with changes to Alert level protocols.

School Sites are Closed

Please remember that the school, playground and school grounds remain closed at Alert Level 4.

Switch on Safety filter

Keeping ākonga safe from the worst of the web while learning online from home is possible with the MoE's free safety filter. The filter blocks online threats, phishing scams, adult websites, and other harmful content unsuitable for young eyes. Parents can apply the filter to their child's learning device by following the instructions [here](#).

Wellbeing

We also hope you are doing OK at the moment – but it is also OK if you aren't. 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.

Some useful resources from New Zealand Institute of Wellbeing and Resilience

- [NZIWR Real-time Resilience tip sheet](#).
- [Real-time Resilience strategies](#) with your whānau or teams.
- [podcasts, blogs and videos](#) that can help psychological coping during lockdown.

From Waimakariri District Council

If you are not sure who to contact when needing support, [this booklet](#) may be of information.

Information hub for Pasifika parents and families

Kia orana, Noa'ia, Talofa lava, Mauri, Mālō e lelei, Tālofa, Ni Sa Bula Vinaka, Fakaalofa lahi atua and Mālō ni, we've created an online info hub for Pasifika parents, families and communities to support learning during Alert Level 4. [You can find the information hub here](#).

Ngā mihi,

Karen Stewart

Principal / Tumuaki