



MOUNT ROSKILL GRAMMAR SCHOOL

Principal: G B Watson, MSc (Hons), MEd Admin (Hons)

25 March 2020

Dear Parents and Caregivers

In this ever evolving situation, we want to provide you with as much as clarity and certainty as possible.

School Holidays and Distance Learning

School holidays will begin on Monday 30th March and finish on Tuesday 14th April.

On Wednesday 15th April, students will begin working and learning from home. They will have access to a google classroom for all their subjects, which will provide subject specific learning.

Students also have access to our 'Learning Hubs', which is a website for every subject area which also has a wide array of resources to support your child's learning

<https://sites.google.com/mrgs.school.nz/mrgs-learning-hub/home>. The Learning Hub is available from our school website: www.mrgs.school.nz via the Distance Learning link.

Education Perfect is another fantastic online resource and your student has full access to every subject that it offers. Education Perfect is available via: www.educationperfect.com Students all have their login and passwords. Please contact your subject teacher if you are unsure, or email eLearning@mrgs.school.nz

Students should already have access to all of their google classrooms. Please email your specific subject teacher if you need access.

We are aware that many households will have a range of situations in terms of parents working from home and multiple students needing access to devices. We hope that our students can maintain their learning as much as possible, and ask for your support to encourage their online learning.

This is also a great time to be learning things as a family, for example cooking, helping around the home, creative activities such as dance, art and physical activity and other activities to connect as a family.

Student Health and Wellbeing

The lock-down may contribute to challenges with anxiety and low mood for students. The biggest factor in maintaining good mental and emotional health is connectedness. We encourage our students to maintain connection through a positive use of social media and through interactive on-line learning.

Please encourage your whanau to have time away from screens as well. Outdoor time, fresh air and exercise are also important contributors to wellbeing!

Health Clinic

Nurses are available for students from 9:00am to 4.00pm on Nurse Mobile 021 320 021 for text and phone consults (Monday - Friday) throughout the isolation period.

Nurses can also book the doctor for virtual consultations via confidential medical link to the Students device/phone on Tuesdays, Wednesdays and Thursdays 8.15am-12pm from Wednesday 15 April.

Students can be referred from the Health Centre to other external Health Providers as necessary.

Counselling

Counsellors can be contacted by email (counsellors@mrgs.school.nz) during school hours, by Facebook Messenger (mrgscounselling) or through Instagram private chat (counsellingmrgs). All communications are confidential, unless there is an imminent risk to safety.

Youthline is available 24/7, including weekends and holidays, for people of any age.

Youthline counsellors can also be contacted via web chat on Youthline.co.nz, free text on #234, email talk@youthline.co.nz or free call on 0800-376633.

While undoubtedly families will also find new things to learn and do together during this time, for each of us this will be a challenging time to be a parent. This developing situation may create anxiety for children, friends and family. The following links may provide some useful advice on how we can look after ourselves and each other, and it may be worth sharing this information with your children.

<https://www.mentalhealth.org.nz/get-help/covid-19/>

<https://www.mentalhealth.org.nz/>

https://schooltv.me/wellbeing_news/special-report-coronavirus

We wish all our families well during this time. We know that New Zealand will rally, following the instructions from our Governments so Covid-19 can be quickly controlled and we can return to our physical school as soon as possible.

Kia kaha, kia maia, kia manawanui,
Be strong, be brave, be steadfast.

Greg Watson
PRINCIPAL