

Friday 20 August



MOUNT ROSKILL  
GRAMMAR SCHOOL



## From the Principal

*Ehara tāku toa i te toa takitahi, engari he toa takitini*  
*My strength is not as an individual, but as a collective*

Kia ora koutou

I hope moving into lockdown is going well for you and your family and friends as we establish working from home routines and work through juggling demands on our time and energy. Thank you to parents and caregivers for your help in sorting daily routines at home.

We have learned a lot over the last year. We are better prepared, we know distance learning, many more students have devices, and we know the importance of taking time to refresh and breathe. Teachers are leading learning through google classroom sites for each course. They will be giving feedback to students about their on line work and are available 'live' on line each day to provide individual support. I would like to acknowledge the work of all staff, ably led by the HODs (pictured above).

Delta has surged around the world and is capable of racing through populations, and so we are in a new period of uncertainty as we figure out how to handle this shifting picture. We are in this lockdown to keep people safe. We can learn and achieve while staying safe. The best way to stay safe is to get the vaccination. It was great to hear the Prime Minister announce that the vaccination will be made available to 12 – 15 year olds in the near future.

Thank you all for an excellent start to lockdown 5 and sincere thanks to the essential workers in our community. Have an enjoyable, safe weekend.

Ngā manaakitanga,



Greg Watson  
Tumuaki

## Distance Learning

Online learning is up and running. Students can expect to receive a learning plan for each of their subjects on google classroom. All students can access their classes via [classroom.google.com](https://classroom.google.com). It is important that all students work to keep up with their learning even though we are offsite. They must check in daily.

Please note that teachers have been told to keep the workload manageable for students and to post on google classroom a two hour time frame each day where they are available to answer questions from students.

If you want to know what your student is supposed to be doing for any of their courses, ask your student to show you their google classroom for that subject because that will be where the current instructions for learning will be posted.

All formal assessments for all year levels are suspended until 27 August to give time for staff and students to adjust to an online environment. We will ensure students are kept updated.

## Kaiako and Mentoring

During next week, your Kaiako or Mentor will make contact with you, as a wellbeing check. They will ask you some questions about your learning and your daily attendance check-ins.

Please request any support that you need. Remember that you can contact your Kaiako, Mentor, Deans, Counsellors during lockdown via email and your google classrooms.

## Music Success

Congratulations to the students who competed in the KBB Music Festival last week. Well done to all of the students and staff involved for enacting our values of Tūmanakotanga, Manaakitanga and Whanaungatanga. The groups performed very well, with dignity, and as part of the MRGS music family!

- Concert Band – Bronze
- String Orchestra - Bronze
- Jazz Band - Commended

The Concert Band also won the Peter Goddard Memorial Trophy for embodying the “spirit of the festival”!



## Student Voice

Kia Ora everyone,

I hope we are looking after our wellbeing during this sudden change in circumstances. This lockdown has disrupted our school but I want to write this message to remind us that there is SO much that we have within our bubbles to be grateful for.

We are in the safest country in the world and have access to education, exercise, our friends and family through online platforms. These humanitarian privileges are currently being stripped away from the people, especially girls and women, of Afghanistan. My heart hurts hearing what has happened to the country and its people in the past week.

While this isn't a reason to neglect our anxiety, and tough circumstances - I hope we can use it as a reminder to realize how safe we really are here in Aotearoa.

Please take time out EVERY day for your wellbeing, self-investment, and self-education on what is happening in the world right now. Let yourself feel what you have to feel, and be kind to yourself.

We will get through this, all love from me and always here if anyone needs someone :)



Abhishek Ravichandran  
Deputy Head Prefect

## Student 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 whānau to have time away from screens as well. Outdoor time, fresh air and exercise are also important contributors to wellbeing!

### Counselling

Counsellors can be contacted by email ([counsellors@mr.gs.school.nz](mailto:counsellors@mr.gs.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](https://youthline.co.nz), free text on #234, email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or free call on 0800-376633.

### 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 book the doctor for virtual consultations as needed and students can be referred from the Health Centre to other external Health Providers as necessary.

