



## Alert Level 4 Update

Kia ora koutou

The government has confirmed that Auckland will remain at Alert Level 4 until 11.59pm next Tuesday 21 September, at which point Auckland is likely to move to Alert Level 3. A sincere thanks to you all for the commitment you have each made with your whānau to keep our community safe.

Please encourage your child to access their learning in google classroom as we continue learning online this term. Students should also log in daily to complete the brief attendance check. The communication sent last Friday helps whānau know how to access student's google classrooms alongside them. Each of our teachers are available two hours a day face to face online or students can email them to ask for help. To our students, don't be shy, the teachers want to hear from you!

For our senior students, completing that last internal assessment where you can and revising for the external examinations provide evidence of learning for your teachers. Preparing for the practice exams at the start of next term is just another step in the revision process. With evidence of learning the teachers can support you to get the best grades you can in a year that has been repeatedly interrupted. We ask that you do your best, confident that your teachers are here to help you both online and once we are back on site.

Staff will continue to be in contact with students and families on a weekly basis so that we can all remain connected.

Ngā manaakitanga  
Karen Collins  
Associate Principal

## Wellbeing

The extended lockdown 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. Outdoor time, fresh air and exercise are also important contributors to wellbeing.

Counsellors can be contacted by:

- Email [counsellors@mrgs.school.nz](mailto:counsellors@mrgs.school.nz)) during school hours, Facebook Messenger (mrgscounselling), Instagram private chat (counsellingmrgs). All communications are confidential, unless there is an imminent risk to safety.

Youthline is available 24/7:

- Web chat on [Youthline.co.nz](https://www.youthline.co.nz), Free text on #234, Email [talk@youthline.co.nz](mailto:talk@youthline.co.nz), Free call on 0800-376633

Health Clinic:

- Nurses are available for students from 9:00am to 4.00pm on 021 320 021 for text and phone consults (Monday - Friday) and a doctor can be booked for virtual consultations as needed.