



17 September 2021

From the Principal

Hari Wiki o Te Reo Māori ki a koutou katoa

As we complete a month of level 4 lockdown it is common to hear that many of us are struggling with the emotional long haul of the epidemic. Even though most students are working hard to keep learning, we can often feel like we are 'muddling through'. Psychologists are using the term 'languishing' to name that feeling. Even naming it makes it feel less blurry, helps us talk about it, and reminds us that we are not alone. Languishing is common and shared.

Getting immersed in a project or challenge, be it school learning or something else you enjoy can help. Drifting from one thing to another, or trying to do several things at once doesn't work for most of us. Treating uninterrupted blocks of time as treasures to guard clears ever present distractions, and gives us the freedom to focus. Thirty minutes on just one thing, phone off, is good.

Some students are finding working on google classroom a bit of a blur. One way of changing this up is to make use of every opportunity to interact with teacher led sessions - joining others in face to face time or viewing a video made by your teacher. It can be a bit scary at first, but face to face is what we do all the time at school. Your teacher will continue to provide these opportunities over the next two weeks. Join in!

Aotearoa now has more eligible people fully vaccinated than unvaccinated. This is tremendous progress. Vaccination is our best pathway to ensuring our friends and family stay well, keeping more people in jobs, and decreasing restrictions on our lifestyles. There is no shortage of vaccination opportunities, and it doesn't take much out of a day to get it done. It would be great to return to school with a really high proportion of students vaccinated.

Kia kaha, kia māia, kia manawanui



Greg Watson
Tumuaki | Principal

Acknowledgement: Languishing ideas from Adam Grant, Organisational Psychologist at Wharton. Heres a link to a TED talk from him:

https://www.ted.com/talks/adam_grant_how_to_stop_languishing_and_start_finding_flow#t-894835

Te Wiki o Te Reo Māori

We have spent this week celebrating Te Reo Māori in a range of ways as a staff and student body including sharing your pepeha, tips to kōrero with your pets, tiktok challenges, taking part in the Māori Language Moment and even tutorials on how to cook fried bread. Student and staff contributions are being collated to be shared at the end of the week.

Kia Kaha Te Reo Māori



Assessment and Engagement

We are entering the last third of Term 3 and for our seniors this is a time when the focus is on consolidating and revising their learning. As a school we have been planning our return to face to face learning in Term 4. We will move quickly into gathering assessment evidence from students to ensure we have data available should the NCEA exams be disrupted at the end of the year.

We know that students will feel the pressure of entering assessments so quickly after returning to school, but we all want to be able to give credit to students for the learning they have done. The more evidence we gather through distance learning tasks and practice assessments when we return to school, the more we are in a position to award NCEA credits.

Please encourage your student to put their best foot forward - we take the best evidence we have and there is nothing lost by giving assessments a go, even if feeling unsure, but there is a lot to lose by missing the assessments.

Senior Practice Externals

Upon return to school in Term 4 we will start senior practice external assessments on Tuesday October 19. These practice externals are important because they enable the school to provide evidence to NZQA should there be a disruption to the November NCEA exams and also provide a good next step for students' revision.

[Details and exam schedules are available here](#). The timeline is as follows:

Dates and Timeline

Monday	Tuesday	Wednesday	Thursday	Friday
18/10/2021 Normal School Bells	19/10/2021 In class practice assessments Exam Bell times	20/10/2021 In class practice assessments Exam Bell times	21/10/2021 In class practice assessments Exam Bell times	22/10/21 In class practice assessments Exam Bell times
25/10/21 LABOUR DAY	26/10/21 In class practice assessments Exam Bell times	27/10/21 In class practice assessments Exam Bell times	28/10/21 In class practice assessments Exam Bell times	29/10/21 In class practice assessments Exam Bell times

Student Engagement

Please remember, that all progress towards learning in lockdown will support each student, particularly with their return to school. We are incredibly proud of the effort that our students are making, and want to support students to continue to work towards achieving their academic goals for 2021.

Early next week we will be emailing out a brief summary report of your student's subjects and a learning engagement score indicating the extent to which your student has completed distance learning tasks set in each of their courses over the last 7 days.

We understand that whānau circumstances vary and that there may be valid reasons for limited engagement with online learning. Please look out for the email - there will be advice and contact details should you need assistance.

Alert Level 3

As you will be aware, the Government will be announcing on Monday 20th September their decision on whether the Auckland Region will move down an Alert Level. If we do move to Alert Level 3 we will be in contact on Monday with information for essential workers of junior students. Online learning will continue.

Term 4 Summer Sports Registrations for all Year Levels

All students who are interested in taking part in a summer sport in Term 4, please use the link below to sign up for sports you want to play. This is for competitive and social competitions that will be held externally and internally within Mount Roskill Grammar. Some of the Sports available (but not limited to) are Cricket, Volleyball, Touch, Tag, Water Polo, Softball, Rugby 7's, Dragon Boating, Tennis and Archery. If you have any questions or have trouble accessing the form, please email the Sports Department at: sports.department@mrgs.school.nz

<https://forms.gle/SNjUYEeMmKaq6F4d6>

Student Voice

This week our Head Prefects have taken to Instagram with some of our teachers to provide our students with some tricks to get through lockdown. Head Boy, Phoenix shares with us how he enjoys making tiktoks with his family, playing basketball and getting outside for some fresh air and exercise. Head Girl, Chloe also loves to get outside for a run with her dog, keeping herself fuelled with snacks and has figured out a routine that works for her by getting her classwork done in the mornings and having the afternoons to focus on wellbeing. Check them out on the school Instagram for more lockdown tips for getting through lockdown.

