



24 September 2021

## From the Principal



Kia ora koutou

Thank you to families who are continuing to work tirelessly managing work, family and students' learning. We know that you are working through all sorts of unusual and trying circumstances, and acknowledge your fortitude and graciousness.

We will continue to send out student engagement reports for each subject. We expect that this information has provided opportunities for praise and has also identified areas where increased focus is needed. Our teachers are more than happy to have conversations to explain what is needed and offer support.

To our students – well done on persisting with your learning. Our aim is to finish the term strongly so that we are in the best possible position at the start of Term 4. Minister Hipkins has announced that further learning recognition credits are available for Auckland students. This provides great encouragement because the learning achieved in our current tough circumstances will result in additional credits. NCEA, University Entrance and Endorsements are well within reach! In the bigger picture, it's the learning itself, not credits that enables future success, and so making an effort every day is essential.

Looking forward, Covid-19 will be in and around our community for the foreseeable future. With the transmissibility of the delta variant, it is likely to be more present in the next few months than over the previous year. The best option we have to open up 'life as we would like it' is to have the vast majority of people vaccinated. The more members of our community who are vaccinated when school resumes onsite, the greater freedoms we will have.

*Kia ū te manawanui o ngā ākonga ki ngā taumata tiketike o ngā whetu*  
**With perseverance our children will reach to the stars.**



**Greg Watson**  
Tumuaki | Principal

# Assessment

## Further Changes to NCEA

To acknowledge difficulties and recognise the extended disruption for senior secondary school students in Auckland, the Minister of Education has announced the following:

- Auckland students will be entitled to 1 Learning Recognition Credit (LRC) for every 4 credits they achieve through assessment in the 2021 school year, (rather than 1 LRC for every 5)
- Auckland students will be eligible for up to 16 LRCs at NCEA Level 1
- Auckland students will be eligible for up to 12 LRCs at NCEA Levels 2 and 3.
- The threshold for Auckland students to be awarded a Certificate Endorsement will be 44 credits at Merit or Excellence level, rather than the usual 50.

The changes to Course Endorsements and University Entrance announced on 2 September will continue to apply. This means:

- Auckland students will require 12 credits at Achieved, Merit or Excellence level to receive Course Endorsements, rather than 14.
- To be awarded University Entrance, students in Auckland will need to achieve 12 – instead of 14 – credits in each of 3 University Entrance Approved Subjects, as well as attaining Level 3 and meeting the usual literacy and numeracy requirements.

## Senior Practice Exams Term 4

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. Please encourage your student to give the practice assessments their best effort. As a school we take the best evidence we have in the event we need to supply NZQA with estimated grades.

There is nothing lost by giving assessments a go, even if feeling unsure, but there is a lot to lose by missing the assessments. Practice assessments are also a good way to gauge what work needs to be done to consolidate revision and determine clear next steps as we approach the final NCEA exams.

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

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

## Engagement

Earlier this week you will have received an email in relation to your student's engagement in each of their subject areas. It has been great to hear that this information has been valuable for parents to have conversations with their children about learning.

You will receive another report this week and next week. Parents/caregivers can use this information to act as an encouraging coach, working alongside your student to see what support they may need, as well as asking them what they think may be helpful.

Have realistic expectations: support them in attempting one bite-sized chunk of work at a time. It is vital they reward themselves with a stretch and/or an activity afterwards. "Are you willing to do just ten minutes on this work to get started today?" The goal will look different for each child, depending on your family's circumstances, learning progress so far and wellbeing.

One option could be creating a "reward" after online work: baking, cooking, going for a walk outdoors, watching a movie together, board games or cards. Anything that can enhance positivity, connection and wellbeing.

Things to avoid 1. Doom and gloom phrases that will stress your child such as "You'll be behind when you get back to school". 2. Comparisons with other siblings/relations/friends' children who are supposedly doing better. 3. Blame language such as "You're being lazy".

All progress your child makes will support their return to school. When students return to school, we will do everything we can to support all students to achieve their academic goals

## Key Dates

Due to the impact of the Level 4 lockdown there have been some changes to the calendar. Below you will find the key dates for Term 4.

Mon 18 Oct	Start of Term 4
Tue 19 – Fri 29 Oct	Senior Practice Externals
Mon 25 Oct	Public Holiday, Labour Day
Tue 2 Nov	Sports Awards*
Thu 4 Nov	Arts Awards*
Tue 9 Nov	Maori Graduation*
Wed 10 Nov	Senior Mentoring Conferences (throughout the day, no lessons this day so students remain home)
Thu 18 Nov	Senior Prize Giving
Mon 22 – Tue 14 Dec	NCEA exams
Mon 22 – Fri 26 Nov	Junior exam week
Mon 29 Nov	Teacher only day (NCEA Accord Day)
Tue 7 – Wed 8 Dec	Wider Education within school
Thu 9 Dec	Prize Giving Rehearsal (Early School finish)
Fri 10 Dec	Junior Prize Giving and End of Term 4

\*Events to be held under Level 2 guidelines with students only

# Mental Health Awareness Week

## Mental Health Awareness Week: Supporting your teen in and out of lock-down

“Mā te Kōrero, ka ora. Through conversation comes wellbeing.”

The theme of this year's Mental Health Awareness week has a unique poignancy while we are navigating this lengthy lock-down. In lock-down, real life 'face-to-face' conversations can only be held within our bubble. This is especially hard on our teenagers who are inevitably missing daily contact with their friends. You may have noticed sluggishness, anxiety, numbness, and a struggle to feel motivated, both in yourself and with your teenager. Mental health is a critical concern in a pandemic scenario.

Friends and teachers can be a primary source of wellbeing support, and schools are a key source of access to professional mental health support such as; Counsellors, Nurses, our GP's, our Psychologist.

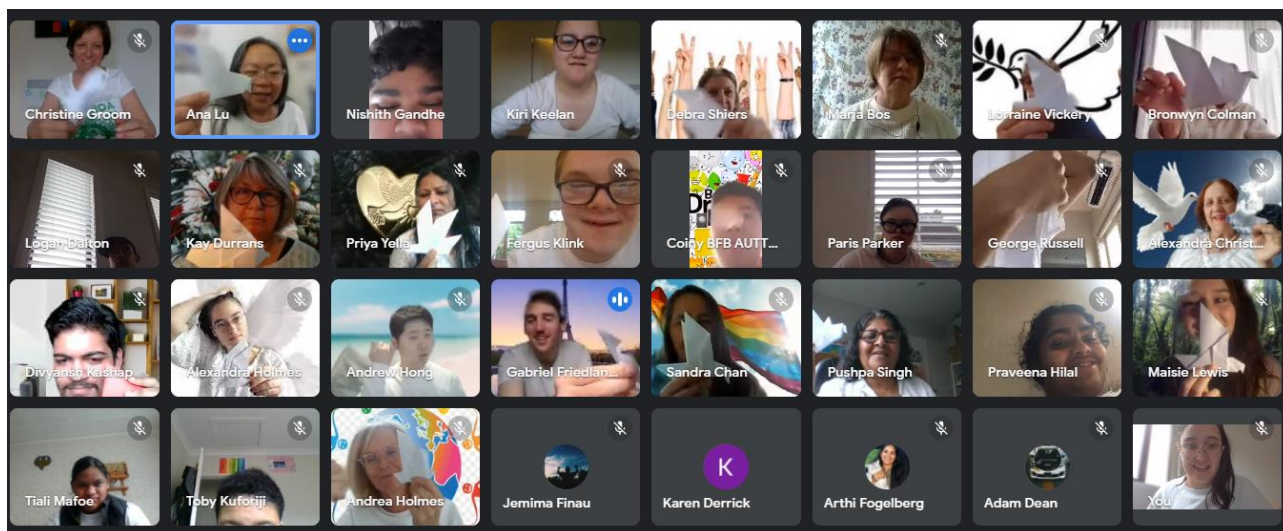
Social media, email, and video calling can help to maintain connectedness, and help us stay sane. However, it is just not the same as real-life contact. Without real-life being present in the same space, a key element of connection is missing.

Here are some thoughts that may help you support your rangatahi:

- a. Be honest about your own feelings to your teenagers, and ask your teen what support they would like. Be vulnerable, be real. It is vital that our youth do not feel alone, or isolated, with their numb, unmotivated and anxious Lock-Down feelings. Normalise moving in and out of lock-down as a process that poses a mental health struggle for all of us. We are social mammals, and for wellbeing, we need to connect.
- b. Never name lockdown lethargy as “lazy”... it is not! We simply cannot maintain our usual proactive, outgoing way of being when we disconnect and our nervous system slows down.
- c. Self-compassion is key. It is a vital prerequisite for wellbeing. Receiving judgement will lead to internalising judgement....it will deflate and discourage, rather than lift, create hope and encourage. Work together to ensure that all talk to self and to others is directed towards kindness, compassion, respect and hope.
- d. Support your teen in creating enjoyable sensory or relaxing activities after each bite-size chunk of learning. Working with screens means being immobile and being sensorial deprived. Some examples could be playing games, baking, creating, and most of all- time outdoors! Exercise supports mental health. Dr. Bruce Arroll describes muscles as “the engine of hope chemicals to the brain”.
- e. Encourage your young person to pre-plan a block of guilt-free, study-free days in the coming school holidays (October 2 - 17). Support them in charging up their batteries with rest, play and outdoor time.
- f. If your teen is feeling on the back foot in their learning, and not hopeful about catching up, remind them that we are here to help. We are in this together.
- g. If you notice they are fearful of returning to school next term, please contact their Dean or the counsellors. Reach out. We want all our students back next term, and we will face the next steps together.
- h. Any acute wellbeing concerns, anyone can call or text #1737 anytime for confidential support and advice.
- i. Both parents and students can email the school counsellors on [counsellors@mrgrs.school.nz](mailto:counsellors@mrgrs.school.nz). Another great way of staying connected is through Instagram: @counsellingmrgrs. All communications are confidential, unless there is an imminent risk to safety.

From the Counselling Team

## Maclean Centre



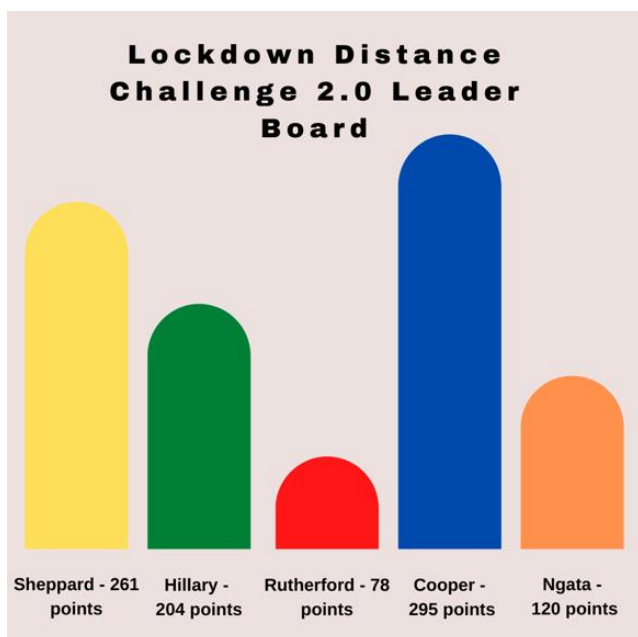
The Maclean Centre students have daily zooms and often theme their meetings. Our theme this week is Peace Week – as it was International Peace Day on 21 Sept. Today we all dressed in white and made origami peace doves.

Well done to our students who have engaged in their lessons, circability and music sessions. Mrs Collins visited one of our sessions and discovered that the staff versus students quizzes are very competitive! Thank you to the parents and caregivers who have supported the students to zoom in!

## Auckland U18 Rugby

Congratulations to Jeremiah Masani (pictured at the top of this update) who has been selected in the Auckland U18 Rugby Divisional side.

## Lockdown Distance Challenge



The house competition winners for our latest Lockdown Distance Challenge which ended last week.

The challenge was to clock up as much distance as possible either walking, running or cycling in the 7-day period.

The top 3 students in the challenge were the following:

- 1<sup>st</sup> Rakesh Godara 175km
- 2<sup>nd</sup> Aksharra Sudha Aravindhababu 115km
- 3<sup>rd</sup> Joel Smith 68km



## Student Voice

Kia Ora Whānau



I hope that everybody has been managing with the lockdown so far. I know that for many of us this has been a really hard and long time being away from friends and family. I just really wanted to encourage all of you to keep on going. We hopefully do not have a very long time now until we can get back to school and get back to our normal routines of school and socializing with friends. In the meantime, make sure you are keeping up with your friends.

I have two challenges for you to do over the next few days. First one, let's all try and reach out to at least two friends and check up on them. Try video chat, message or just call to chat and see how they are really doing. It is important that we are looking out for each other's mental well-being. Remember there is support if anyone needs it through school. Finally for yourself, I want to encourage everyone that if they can and the weather is good, get outside and enjoy the outdoors off devices. Go for a short walk and listen to some music. Try and take in the views not from the inside of your bedrooms. Together we can get through this lockdown. Looking forward to seeing you all back at school as soon as we can return.

Keep safe Mount Roskill. **Daniel Ferguson**



Roskill的家人们你们好！Kia Orana Roskill Family,



I hope you are all doing great! My name is Yifan and I am here to represent the school prefects. This lockdown has brought us a lot of inconvenience and stress to most of us, and it is certainly hard to be motivated and focus on assigned work. I myself sometimes find it a bit difficult to cope, however, the way I am treating this lockdown is that it is a precious time to spend time with my family before I leave home for university. Think positive, this is a rare opportunity to be with your family members day and night and establish a closer connection.

Next week is NZ Chinese Language Week! We will be sending out short videos on the school Instagram page everyday next week to introduce you to the ten quintessence's of Chinese culture as well as how to pronounce and the story behind them. There will be some small activities which we strongly encourage everyone to have a go and have some fun.

Moving down to level 3 is good news for us, let's stay strong and stay connected.  
Thank you. **Yifan Guo**

## 2022 Enrolments

We encourage families of IN-ZONE students intending to join Mt Roskill Grammar School in 2022 to enrol online before **Friday 8<sup>th</sup> October 2021**.

Please access the link to do an online application: [kamarportal.mrgs.school.nz/index.php/enrolment](http://kamarportal.mrgs.school.nz/index.php/enrolment)

For further questions please contact the Enrolment Officer by email at [enrolment@mrgs.school.nz](mailto:enrolment@mrgs.school.nz)  
We have received queries about testing. Testing will occur in November for students who have enrolled.

We look forward to welcoming the year 8s of 2021 to our MRGS family in 2022.



## Daylight Savings



Daylight savings begins this Sunday. Put your clocks forward (spring forward) ready for Sunday morning. Use this routine as a reminder to check your smoke alarms. Enjoy the lighter evenings.