



NEWSLETTER

COVID CORNER

MAY 2020

Kia ora,

As we near the end of our first week in level three, many people are referring to it as level four with takeaways, to me it doesn't feel much different, just a lot more cars on the road.

This week we see schools reopening for students of essential services that are unable to work from home. This is still a challenging time for all families who are still working and those with children learning from home. It is so heart-warming to see the compliance of our country during this lockdown and how this has reflected on our forever reducing number of cases.

My focus this week has been practicing the art of being grateful, thinking of two things every day that I am grateful for, even just the fact that the sun is out or the invention of coffee.

Stay safe in your bubbles

Ngā Mihi Nui

Ashleigh McCutcheon

NEWS CORNER

Level three began on Tuesday and is set to continue for at least two weeks. There will be an announcement today around what level 2 will look like, however it will not be announced just when we will proceed to level 2.

Looking at the news from overseas, it is compelling to see how well New Zealand has done, there is light at the end of the tunnel.

WHAT'S IN THIS ISSUE

- How to talk to your child about COVID-19
- Taking off the pressure
- Home learning TV
- Fun activities for you to try

1

PREPARE - Disease is contained

- Border restrictions to minimise risk of importing COVID-19
- Contact tracing
- Stringent self-isolation and quarantine
- Intensive testing for COVID-19
- Physical distancing encouraged
- Mass gatherings over 500 cancelled
- Stay home if you're sick, report flu-like symptoms

2

REDUCE - Contained, but risk of community transmission growing

- Border restrictions maximised
- Further restrictions on mass gatherings
- Social distancing on public transport encouraged
- Limiting domestic travel encouraged
- Employers to work from home, stagger shifts etc to limit contact
- Over 70s and those with pre-existing conditions to stay at home

3

RESTRICT - Risk that disease is not contained

- Travel in areas with clusters or community transmission limited
- Affected educational facilities closed
- Mass gatherings cancelled
- Public venues such as gyms, libraries, museums, cinemas, food courts closed
- Some non-essential businesses should close, alternative work arrangements required
- GPs to move to virtual or phone consultations
- Elective health services and procedures in hospitals deferred and healthcare staff reprioritised

4

ELIMINATE - Likely that disease is not contained

- People instructed to stay at home
- All educational facilities closed
- All businesses closed except for essential services (e.g. supermarkets, pharmacies, clinics) and lifeline utilities
- Rationing of supplies and requisitioning of facilities
- All travel severely limited
- Major reprioritisation of healthcare service



HOME LEARNING TV

Home Learning | Papa Kāinga TV is running every Week day from 9am-3pm on TVNZ 2+1, Sky 502, and Vodafone TV 502, and live streamed on:

<https://www.tvnz.co.nz/livetv>.

The schedule for the programmes that will be on during the day can be found here:

<https://www.tvnz.co.nz/shows/home-learningtv/schedule>.

Home Learning TV episodes can be watched on 'TVNZ OnDemand':

<https://www.tvnz.co.nz/shows/home-learning-tv>.

TAKING OFF THE PRESSURE

This is a stressful time for every time, including our children. That is why it is important that we take the pressure of schoolwork and have some fun and share a laugh. Maintaining a positive relationship with your child is key.

Play 'would you rather?' and take it in turns to ask each other silly questions e.g. would you rather be able to fly or be invisible?

Play "The floor is lava", use objects to stand on, but watch out, if you touch the floor the lava will get you.

HOW TO SPEAK TO YOUR CHILD ABOUT COVID-19

It can be difficult to know how much information you should be telling your child about Covid-19, we want them to have as much information that will keep them safe and content. A really great way to put across this message is through a social story such as

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>.

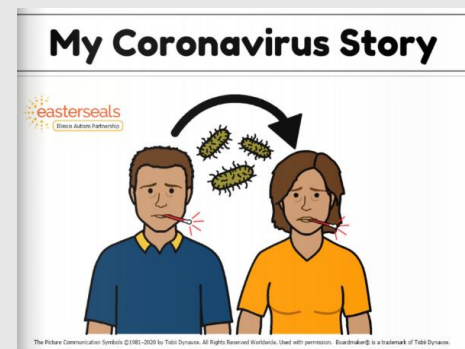
It can be difficult for children to label what emotions that they are feeling, but being able to relate to a book may support these conversations.

It is good to talk about the virus and some of the changes that your child may be experiencing and also to reassure.

Take an honest and accurate approach, but remember your child's age. Allow your child to ask questions and answer where and how you can. Try and keep it factual but also focus on the positive e.g. there is not a vaccine yet, but doctors are working hard to find one.

It is also a time to remind your child that they can help reduce the spread of Covid-19, by making sure they wash their hands, perhaps come up with a family song that you will sing when doing so.

I would also recommend that your child does not watch too many updates as this may be stressful or anxiety provoking for them.





Build a fort

This is a fun way to get inventive pull out your old sheets and build a fort for your children to play/ sleep over in. Problem solve to make sure that the fort is stable and fun!

<https://www.primroseschools.com/blog/indoor-fort-activity/>



Draw a Safari

If the sun is shining, this is a creative way to draw your favourite toys or shapes. This is an awesome way for your children to practice following the lines and producing an awesome result!



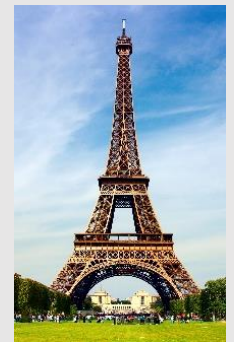
<https://www.reinforce.com.au/files/729-kids-activities-during-lockdown-6915815>

FUN IDEAS AND ACTIVITIES

Coming up with ideas that are new and will be engaging for your child can be challenging. This section is dedicated to some activities that combine fun and learning! It is a great idea to incorporate your child's interests into activities and give them a choice around what they would like to do.

Geography

Bonjour, its time to travel to Paris. You can take a virtual tour of the Eiffel Tower. Get your child to make a ticket for the tour!



<https://www.metro.us/take-a-virtual-tour-of-eiffel-tower-with-google/>

Do you know your ABC's

Decide upon several categories and have your child think up an item for each letter of the alphabet.

Use their interests e.g. dinosaurs and get them to research to complete their list.

<https://www.manchesterparentreview.co.uk/what-is-worth-knowing/kids-activities-home/7292506>

WEEK 1 ALPHABET GAME - CAN YOU FILL AN ANSWER FOR EACH LETTER BY THE END OF THE WEEK? IF YOU DON'T KNOW-LOOK IT UP!

LETTER	A GIRLS NAME	CHOCOLATE BAR BRAND NAME	DINOSAUR SPECIES
A	Ashley	Aspen	Apollon
B	Bella	Bounty	Baryonyx
C	Charlie	Chocolife	Coeloceras
D	Daisy	Dove	Diplodocus
E	Ella	Eclair	Eubrontosaurus
F	Fiona	Fudge	Furiosaurus
G	Grace	Giant	Gigantosaurus
H	Hannah	Honey	Hesperosaurus
I	Isla	Iceberg	Indominus
J	Jackie	Jelly	Jurassic
K	Kate	Kisses	Kentrosaurus
L	Laura	Lolly	Lambeosaurus
M	Mia	Milk	Mamenchisaurus
N	Nina	Nougat	Nanosaurus
O	Olivia	Oreo	Oviraptor
P	Polly	Peanut	Pterodactyl
Q	Quinn	Quaker	Quetzalcoatl
R	Ruby	Rice	Rubeosaurus
S	Sarah	Snickers	Sauropod
T	Tina	Tiramisu	Tyrannosaurus
U	Uma	Unilever	Utahraptor
V	Vera	Vanilla	Velociraptor
W	Wendy	Wagon	Woolly
X	Xavier	Xmas	Xiphosaurus
Y	Yara	Yoghurt	Yutyrannus
Z	Zoe	Zigzag	Zygodactylus

Baking

Baking is a fantastic way for your child to practice reading, maths and show their creativity. Measuring ingredients and reading the cook book can be extremely valuable, plus you get a yummy treat! Great recipes at:

<https://kidspot.co.nz/recipes/>

Stay safe in your bubble.

He waka eke noa – we are all in this together.