



St Patrick's College Silverstream

No 23

Friday 27 March 2020

Vision Statement

St Patrick's College, Silverstream is a boys' school of excellence, founded on Catholic and Marist values and traditions where students develop knowledge, skills, attitudes and values which enable them to become compassionate, just and successful citizens. Our students are challenged and motivated to achieve personal excellence in an innovative learning environment enhanced by tradition, superb facilities, quality teaching and a supportive College community



Tēnā koutou katoa, Greetings everyone

Welcome to this update Silverstream is certainly a different place without the noise and activity of the daily life of College.

I hope you are all keeping safe.

We have started into a new phase of New Zealand's response to COVID-19 and it is very different than anything most of us have ever experienced. I wanted to reassure you that our College, Staff and Board of Trustees will continue to be available to support your child's learning and wellbeing in the next weeks.

A reminder that the official School term holidays are now Monday 30 March to Tuesday 14 April. It will seem strange to be on holiday but confined to home.

You will understand the importance of routine for your family. If your routine has been shaken up, like you're now working from home, it's good to structure your time. Routines are reassuring, and promote health and physical wellbeing. The below timetable (targeted at children) could be something your household adapts to use over the next weeks. A school holiday version will likely look a little different, but some form of routine will still be important as we go through the lockdown period.

Daily Schedule

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put any dirty clothes in the laundry
9:00am - 10:00am	Morning walk	Family walk with the dog, bike ride, Yoga if it's raining
10:00am - 11:00am	Learning at home	School-led learning or Sudoku, books, flash cards, study guide, journal etc
11:00am - 12:00noon	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake etc.
12:00 noon	Lunch	
12:30pm	Helping at home	# wipe all kitchen tables and chairs # wipe all door handles, light switches and desk tops # wipe both bathrooms - sinks and toilets
1:00pm - 2:30pm	Quiet time	Reading, puzzles, nap, radio NZ stories
2:30pm - 4:00pm	Learning at home	School-led learning or iPad games, Prodigy, Educational show
4:00pm - 5:00pm	Afternoon fresh air	Bikes, walk the dog, play outside

5:00pm - 6:00pm	Dinner	
6:00pm - 8:00pm	Free TV time	Kids shower time
8:00pm	Bedtime	All kids
9:00pm	Bedtime	All kids who follow the daily schedule and don't fight

**Adapted from a resource developed by Jessica McHale Photography*

There are links below to more wellbeing information to support your family during the lockdown.

Some good news to support you either working at home and/or studying at home - Spark, Vodafone, Vocus/Slingshot, 2Degrees and Trustpower have all advised they have removed their data caps and the possibility of any extra charges based on usage.

For our Pacific families, if you are not aware the Ministry for Pacific Peoples' has been working to ensure useful information is available to Pacific peoples. A one-hour special will be aired on Tagata Pasifika's segment on **Saturday 28 March at 9.00am**; and on **Sunday 29 March at 7.35am**, Tagata Pasifika will share messages from community leaders. The Ministry is asking you to reach out to all your family members, community groups, friends and group chats to ensure our Pacific community groups are watching the programming on both days.

A big thank you to all of you for taking the lockdown so seriously. As the Prime Minister, Rt.Hon. Jacinda Arden, has noted staying at home will break the chain and save lives; breaking the rules could risk someone close to you and if the rules are not complied with, this could risk the lockdown period being extended or could risk the virus being spread to thousands.

I know a lot of staff are working hard to make sure that online learning is taking place and I thank staff for this.

I ask for God's blessing on you and your family during this time.

Sectare Fidem

Grahame Duffy
Rector

Key dates Reminder

Thursday 26 March	Alert Level 4 commenced
Monday 30 March	School holidays begin
Friday 10 to Tuesday 14 April	Easter including Tuesday after Easter
Wednesday 15 April	Term 2 begins (through distant Learning)
Wednesday 22 April	Current date for ending of lockdown period
Monday 27 April	ANZAC Day observed

Information and resources to support wellbeing and support learning at home

<ul style="list-style-type: none">• The Ministry of Education has developed a resource for parents, caregivers, whānau and family - http://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/.
<ul style="list-style-type: none">• The Ministry of Health's website includes Top ways to look after your mental wellbeing during the Covid-19 lockdown.
<ul style="list-style-type: none">• I AM HOPE is the youth and community focused support group run by The Key to Life Charitable Trust, started by Mike King - https://www.iamhope.org.nz/
<ul style="list-style-type: none">• Nathan Wallis has some helpful videos on his Facebook page for parents and whānau - https://www.facebook.com/nathanwallisxfactorededucation/ -
<ul style="list-style-type: none">• Tips on looking after mental health and wellbeing during COVID-19 from the Mental Health foundation https://www.mentalhealth.org.nz/get-help/covid-19/
<ul style="list-style-type: none">• a website by the Health Promotion Agency to help New Zealanders recognise and understand depression and anxiety - https://depression.org.nz/covid-19/
<ul style="list-style-type: none">• Although overseas-based this is a good list and highlights some things particularly important for children. Remember the rules of New Zealand's level 4 lockdown still apply - 25 Mental Health Wellness Tips during Quarantine from Eileen M Feliciano, Psy.D.