

## LOCKDOWN NEWSLETTER NO. 2 - 2 SEPTEMBER 2021

Hi there,

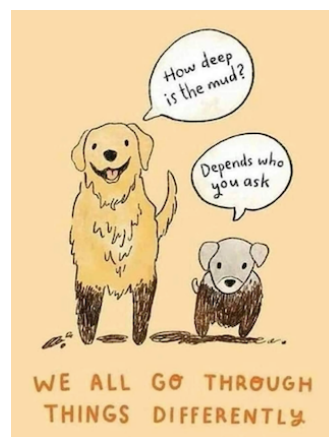
I am pleased to be writing this to you this week in Level 3 and I really do hope that when next week's newsletter goes out, we are back at school (or almost!) in Level 2.

There has again been a lot of work gone in over recent days by our Management Team as they worked through all that needed to be organised for school to re-open yesterday to children from families of our essential workers. There are quite a number of our staff, both teachers and learning assistants, who are in at school on a roster basis supervising the children in the three bubbles that are operating, and this week I wish to acknowledge them for so willingly taking on this task in what is still uncertain times. Also, our fabulous Caretaker, Steve Harris who has been on full cleaning and sanitation duty ensuring our school is maintained to a high standard. Any opportunity you may have to pass on your thanks to all our amazing staff would, I am sure, be very much appreciated.

I thought I would take this opportunity to share my family news with you all! Lockdown 2021 is not ever likely to be forgotten in my family as, last Friday, we welcomed our first grandson - Heath Robert, into this world. Due to all the restrictions of being in Level 4, we did not get the opportunity to meet him until yesterday morning, and this was so special for us all.

A reminder that if your family requires any assistance in any way, please do not hesitate to email me back or contact Gareth - [principal@grantsbraes.school.nz](mailto:principal@grantsbraes.school.nz) and we will do our very best to help, or will certainly try to refer you to the right person.

Take care, and I look forward to seeing you all again soon  
Gaylene



### **IMPORTANT MESSAGE FROM GARETH**

*I hope you are all doing well in your bubbles and your re managing the challenge of supporting your children with their home learning as well as your won work commitments. On Monday we will hear if there is any change to the current alert levels and I will send an email after the announcement.*

*I do need to let you all know that **Natalie Snook will be finishing her time with us on Thursday 16 September.** Natalie has accepted a permanent position within the University of Otago. We are very sad to see her go but also very excited for her! I would like to thank her for all she has done for our school and students and know she will be missed. Katie Wenborn will extend her hours at our school and take over Natalie's role in Rātā.*

*Please take care and stay safe.*

Gareth Taylor, PRINCIPAL



## **\*\*BIRTHDAYS THIS WEEK\*\***



As we are not at school, my 'Birthday Window' of course is unable to be updated. Therefore, I would like to wish the following children who have had or are having birthdays this week a 'very happy birthday' and I trust you have celebrated, or will celebrate, well. One you will certainly remember!

Olivia - 10

Lilly - 11

Elise - 7

And two of our staff, Shannon Te Huna and Michelle Yeo have also had birthdays this week, so our best wishes to them both too.



## **IT IS FATHER'S DAY ON SUNDAY!**

While your plans for Father's Day may have been affected by the lockdown, there's still time to plan a special day for the dads, grandads and father figures in your life.



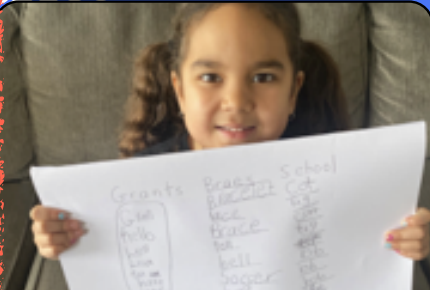
Whether Dad is in your bubble, far away or perhaps busy as an essential worker during lockdown, there are so many ways to make him feel special this Father's Day.

The best Fathers Day gifts don't have to cost very much - in fact they don't have to cost anything at all! A Father's Day gift from the heart won't cost you a cent, but the memories Dad gets to share with the family will make it the most cherished gift of all.

Some ideas are - handmade card, Father's Day name poem, breakfast in bed, chore takeover, handprint art (paint kids hand and then stamp onto card or paper, with the children writing a loving message for Dad below their prints), chore coupons (ie dishwasher duty, rubbish duty), bake Dad's favourite cake or cookie, wash Dad's car. When we are back at school, I look forward to hearing all the wonderful things the children did to make this Father's Day special.



# LOCKDOWN UPDATE!



*Tahli's awesome work!!!*



*Pukeko Zoom Catchup*



*Maisie's amazing cupcake creations*



*Max is working hard!*



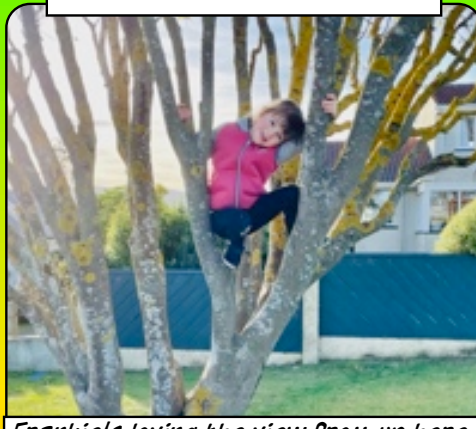
*Emma's a smartie!!!!*



*Hayley's just chilling!*



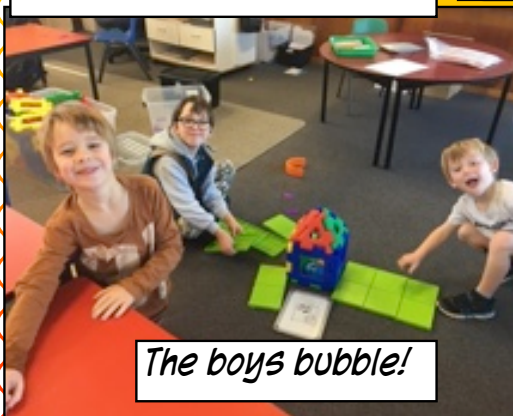
*Wow Mason - yummy arvo tea!!!*



*Frankie's loving the view from up here*



*School bubbling!*



*The boys bubble!*



*Zooming with Matai!*

# Make Your Own Sundial

You will need:

- a paper plate
- a pencil
- a glue stick
- paint and markers
- scissors
- a protractor
- sundial template (Included)
- books or blocks to make a stand



## Step 1:

Paint or decorate the back of the paper plate or leave it plain.



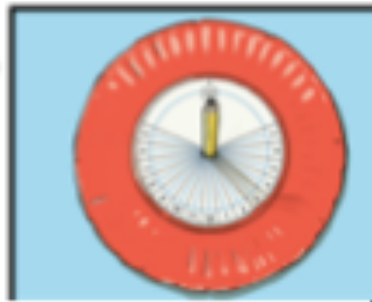
## Step 2:

Download and print the Sundial Template (link included). Cut it using scissors and glue it to the back of the paper plate.



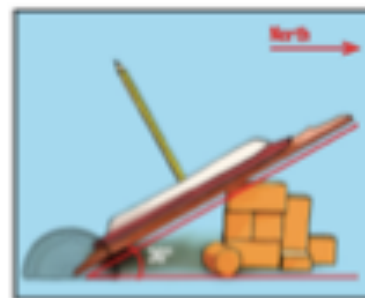
## Step 3:

Punch a hole in the centre. Push a pencil through the hole.



## Step 4:

Set your sundial outside on a sunny day, towards the North<sup>1</sup>. Use books or blocks to prop up the North end of the sundial. With the protractor, correct the angle according to where you are in New Zealand<sup>2</sup>.



1. "True North" is a complicated concept. You can do your own research, or simply place it towards the North and then adjust comparing it with the time on a watch or clock. On daylight savings the sundial will be one hour behind the official time.

2. Because the Earth is round, it requires different angles in different places. If the place where you live is not in the chart, you can Google the name of your closest town or city next to the word "latitude". Google will give you the right number.

If you live in or near:	Set it at:
Whangārei:	36°
Auckland:	37°
Wellington:	41°
Christchurch:	43°
Dunedin:	45°

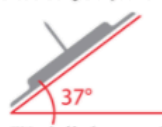
## Sundial Template

Cut this template and follow the instructions in the activity.

CLEAN  
SLATE  
PRESS



Use the protractor to set your dial at the angle of your latitude.



\*Using Auckland as an example.

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Whangārei:	36°
Auckland:	37°
Wellington:	41°
Christchurch:	43°
Dunedin:	45°



Scout is the Sport Otago Mascot, and Sport Otago have sent us through his Lockdown Scavenger Hunt that you may wish to do with your children when out and about on another 'Dunner Stunner'!

## Scout's Lockdown Scavenger Hunt

I challenge you to complete my scavenger hunt!



As you walk around your neighbourhood look out for the things listed below.

- Tick them off when you see them.
- In the box, record the number you see.

**Blossom**



**Teddy bear**



**Cat**



**Bird**



**Kowhai tree**



**Courier van**



**Dog**



**Scooter**



**For sale sign**



**Bike**



**Daffodils**



**The number 9**



Record anything else you see:

# Reading Aloud to Kids...



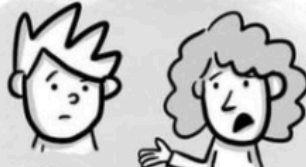
BUILDS EMPATHY



CREATES A LIFELONG LOVE OF READING



IMPROVES LANGUAGE AND LISTENING SKILLS



FACILITATES IMPORTANT AND/OR DIFFICULT CONVERSATIONS



ACTIVATES AND EMPOWERS IMAGINATION



IS FUN!

## FAMOUS BUBBLE MIX!

1 cup of detergent  
(Green detergent, eg Palmolive seems to work the best!!!)

4 cups of water

And to make it work better, add  
1 Tablespoon glycerine or  
sugar!!!



## WELLBEING TIPS

THESE TIPS ARE DESIGNED TO HELP GET YOU THINKING ABOUT WHAT WILL HELP YOUR MENTAL WELLBEING AT THE MOMENT. THESE SIMPLE ACTIONS ARE BIG MOOD BOOSTERS – FIND WHAT WORKS FOR YOU AND KEEP AT IT!



### GIVE – ĀWHINA

Think about a skill you have you could share with your whānau, offer to pick groceries up for elderly neighbours or simply give a compliment to a loved one!



### TAKE NOTICE – ME ARO TONU

Notice the things that make you feel good and do them more often! It could be your morning coffee, a walk around the block or playing games with your tamariki/children.



### GET MOVING – KIA KORI

Regular movement and exercise helps release tension and stress and gives you an energy boost!



### CONNECT – TŪHONO

Keep in touch with your friends, whānau and colleagues on the phone, through social media, video chats and text.



### STAY CURIOUS – ME WHAI WHAKAARO

Learning new things helps to focus your mind and gives you a sense of purpose. It could be learning a language, a craft, or even mastering a tricky recipe.



### STICK TO A ROUTINE – WHAI MAHERE

It will help you get through each day and adjust to regular life when it goes back to normal.



### RELAX – MAURI TAU

Find ways to rest, switch off and recharge. Reading, mindfulness, yoga and deep breathing are all great ways to unwind.

GETTING  
THROUGH  
TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

ALL RIGHT?

Mental Health Foundation  
mauri tā, mauri ora

