



# Sunnybrae Normal School

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Dear Parents/Caregivers,

Please find attached home learning for your child/or children to complete over the following 4 weeks while New Zealand is in lockdown in order to prevent the spread of COVID-19.

We appreciate and understand this is a unique situation we are all faced with and this has, of course, resulted in a new way of providing learning for our students. The following four weeks also includes two weeks of our school holidays, 30th March - 14th April (inclusive). Therefore, we have provided enough experiences and learning to last you for two weeks. Families are encouraged to enjoy a two-week break to the best of their ability.

Everyone's situation during this period will be unique, including parents/caregivers working from home, working in essential services, difficulties faced with changes in employment, as well as your family all learning to navigate the dynamics of being together for an extended period of time. Therefore, we have structured the learning so you can complete and do what suits your family. Choose from the options provided as to what works best for you, your family and your situation.

## Teams

We have organised the planning into 2 Learning Teams to assist families who have more than one child attending Sunnybrae:

- Team One: Years 1-3
- Team Two: Years 4-6

**Note: Students check logins in the next 2 days; any issues, please email your teacher.**

## Options

Within each team, there are 3 options for learning:

- Option One: Family Time
- Option Two: Learning Plus
- Option Three: The Works

## Tasks

The tasks within each plan are designed to provide flexibility so you can complete these at times that suit your unique situation and your child or children. The home learning tasks give you

many ideas which combine family time with the essential learning of life skills, as well as structured learning time. Please celebrate the learning that your child completes while in lockdown at home.

### **Communicating with your child's teacher**

Teachers are available for the next two days to answer and clarify any questions you may have. Then the other days/weeks of the lockdown teachers will communicate with parents as they would during their normal holidays eg. they sometimes respond to emails, sometimes they take time to reply and that is ok.

### **What will the teachers do during the lockdown?**

The 4-week lockdown is a time for our teachers to prepare lessons, plan for Term Two, complete additional tasks, come to terms with lockdown and have a term break with family.

### **What if the lockdown continues longer than 4 weeks?**

In the event the lockdown is extended, we are already in the process of preparing Part Two of online student learning that will include direct online contact with your child's teacher and increased detail added to lessons. For example, this will take place through a combination of email, Seesaw and online learning programmes.

### **How do we look after our Wellbeing?**

It is important that we look after each other's wellbeing during this time. These tips are to help get you thinking about what will help your mental health at the moment. These small actions are big mood-boosters – find what works for you and keep at it.

### **Use technology to stay connected**

Connect with the people who are important to you on the phone, through social media, video chats and text. Self-isolation doesn't mean cutting off all communication – in fact, it's more important than ever to talk and listen, share stories and advice, and stay in touch with the people who matter to you. For example, you might want to organise a digitally shared lunch or schedule a daily phone call with your grandmother.

### **Take notice of things that make you feel good**

Eating healthy food, noticing the beauty outside your window or on a walk around the block, taking time to thank people. What ngā manu (birds), ngā kapua (clouds) ngā rakau (trees) can you see? Pay attention to how you feel when you do these things and then try to do them more often.

### **Keep moving**

Try not to spend all day in bed or on the couch. Getting some exercise helps your mind and body to release tension and stress and gives you the energy and good feelings you need to get through. Find ways to move your body and your mood every day. Remember, you can go

outside, but you need to limit your contact with others. It's ok to go for a walk, run or ride your bike, as long as you avoid people who aren't self-isolating.

### **Think about what you have to give**

Giving helps us to feel we're still a part of our whānau and community even when we have to stay at home. You've got so much to offer – get creative and think about ways you can give your time, skills and knowledge to help others. For example, can you text a compliment to someone, share a recipe or book recommendation on social media, or call someone who might be feeling lonely?

### **Stick to a routine**

This sounds boring but it will help you get through each day. Go to sleep and wake up at the same time, eat regularly, shower, change your clothes, get some fresh air, book in video-chats with colleagues or friends, do your chores. Make sure you make time for fun!

### **Find ways to relax**

This is especially important if you're feeling stressed or anxious. Finding things that help you breathe deeply, switch off and recharge will help you to feel better.

### **Go on an information diet**

Covid-19 is a global issue and the endless updates from news outlets and people on social media can be completely overwhelming. Visit <https://covid19.govt.nz> for information and pick one trusted news source and check it once per day. Pay attention to how news coverage makes you feel and switch off if you need to.

Enjoy spending time with your family. Our team at Sunnybrae are thinking of you all.

Sincerely

Lorene Hurd

Principal

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