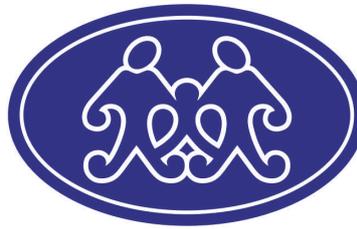


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Tokoroa North School

Together we learn for life - Ako ngatahi ki te ora

17 April 2020

Lockdown: This is a word that 4 weeks ago meant very little and now rules our lives as we make every effort to keep ourselves, each other and our country free from this virus that has gripped the world.

Our email boxes and social media pages are full of Covid-19 and virus information, as are our TV's, and subsequently our conversations and wonderings.

I have family in several different places in our world and an elderly Dad in residential care.

As I began to write this I thought about my response and feelings about them all being away and how easy it would be to be fearful, emotional, not sleeping and so on. I am reminded, however, that the significant thing is sticking with the rules for Alert Level 4. I believe that we all know now what is necessary to look after those in our bubble, to have good social connections and to maintain physical distancing. This will keep us safe and help us be more confident for the future, much more than all the information that often adds to our worry.

As parents, whanau and teachers how do we help our children, especially those who tend to be more anxious? Again, there is plenty of information available to help you but I suggest two things:

- First, know enough about Covid-19 to be able to give simple answers when your children ask questions.
- Secondly, ask them to tell you 1 or 2 things they know about it, then you will feel like you are learning with them and there will be a sense of togetherness as you chat which can put you both at ease.

Just to say too, that there is life before, after and in the middle of lockdown. Choose everyday to enjoy the memories, the expectations and the other things happening in life right now.

Some of you may be having some tough times for many reasons.

Please know, as part of my job and caring for your children but more than that, as part of your village, your whanau and your community, I am here to chat or to support you in any way possible.

Please contact me on PM or email me at raewynthorne@tokoroanorth.school.nz.

Meantime take care and stay safe.

Raewyn Whiteman-Thorne

