

# CENTENNIAL PARK SCHOOL

“Live Truly”



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23rd August 2021

(Whaanau Letter #2)

Kia ora e te whaanau,

We will be waiting for an announcement from the Gov't this afternoon if there is going to be a change or extension to the current Level 4 we are in. I will follow this up with a letter to you our whaanau tomorrow.

I wanted to reassure you that our school staff and board will continue to be available to support your child's learning and wellbeing. If you require us to touch base more regularly, please let us know, but the daily learning programs are in place and the feedback so far is extremely positive.

We also hope you are doing OK at the moment. Some of you may be feeling a little unsettled and anxious which is understandable.

As the [Mental Health Foundation of NZ says](#), "it's alright to feel a range of emotions right now. Going into a Level 4 lockdown is a big deal and it brings all sorts of different feelings to the surface, including frustration, worry and even gratitude. However you are feeling, know that you're not alone – we're all going through this together."

If you need to talk, check in with a friend or whānau member, or free call/text 1737 to chat with a trained counsellor. It's free and confidential. There are also [a lot of other supports available to you, your whānau and your community](#) (check out the 'related pages' on the right side) if needed.

You will also understand the importance of routine for your family. If your routine has been shaken up, it's good to structure your time. Routines are reassuring and promote health and physical wellbeing.

A 'huge Paki Up' to all of you for taking the lockdown so seriously – we've seen before that staying at home will break the chain of transmission and save lives. Breaking the rules could risk someone close to you and if the rules are not complied with, this could risk the lock down period being extended or could risk the virus being spread to thousands.

Please [keep checking the locations of interest](#) and get tested if you were at that location at the specified time, or if you have symptoms which could be COVID-19.

And just a quick point – please don't use our playground during lockdown. Playgrounds cannot be used at Alert Level 4. A notice will be placed on the playgrounds to warn people to keep off at this time.

As always, please let either the staff or myself know if there is anything you need to support you and your tamariki during this time.

Ngā mihi nui

Kevin Ikin  
Principal  
Te Kura Rautau