

Sharing, Caring,  
Learning and Achieving

# Opapeke School

Established 1968

We are a Microsoft Showcase School



## PRINCIPAL'S MESSAGES

*Kia Ora Parents and Caregivers,*

*All the staff and I have been thinking of you all and how you are coping in this trying time. For some it will be a wonderful opportunity to spend quality time as a family while others will be coming to terms with changes in their future learnings. As a nation we are beginning to realise that the country after lockdown is not going to be the same as the one before lockdown. As you will be aware Term 2 starts on Wednesday. Teachers have forgone their holiday to busily prepare learning for children which they can do at home. We are fortunate, as a Microsoft Showcase School, we feel better prepared for distance learning.*

*We have been liaising with the Ministry of Education to provide learning for those currently without devices or the internet. We hope that solutions will be forthcoming for these families.*

*There will be challenges ahead as we move toward this new way of learning. We are very mindful that parents are not teachers and there will be times that other, more important matters must take priority. **Students do not have to complete all work and alternatives** such as following a passion of the child **may be more appropriate**. The teacher can also support these alternative ways of working.*

*We are here to support your family in any way we can. Please look after yourself and your families wellbeing by staying connected, acknowledging your feelings, sticking to routines where possible, checking in on others who might need help, seeking accurate information from legitimate sources, don't be afraid to seek professional support and continuing existing mental health treatment if possible.*

*These newsletters will come out weekly every Wednesday until further notice. I will also provide you with updates as they come to hand. I have been informed by the Ministry that, **in the best case scenario**, if the lockdown shifts down to level 3 next Thursday that school on site, for some students, would not start until Wednesday 29 April.*

*I have really enjoyed seeing, through photos some of the wonderful activities the students participated in over the holidays. I have access to all the classes online sites and I am looking forward to wandering through these and leaving a comment or two. I will also post a weekly video 'principal's message' for students, similar to what I would normally do at weekly assemblies.*

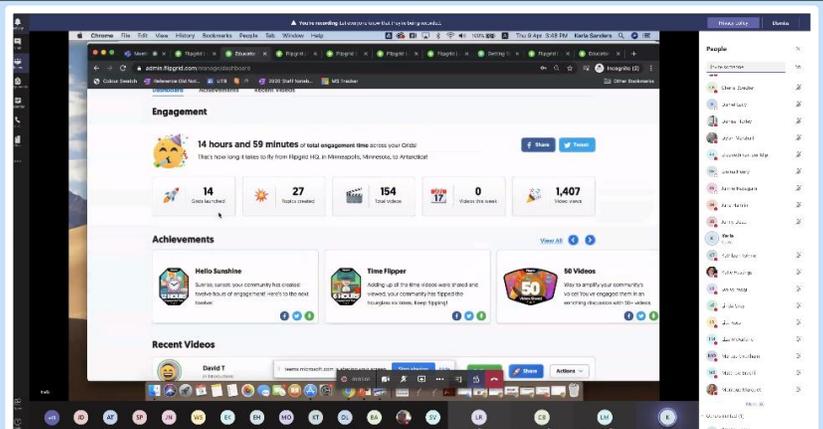
*If you have a concern or issue you would like to raise with the senior leadership team use the email [enquiries@opaheke.school.nz](mailto:enquiries@opaheke.school.nz). We will promptly reply during normal hours and later we will set up an FAQ page from the questions raised.*

**Be kind to one another and stay safe.**

**Sean Valvoi, Principal**

## OUR STAFF

We have been working hard on adapting our programs to our online spaces. We have been meeting regularly online to share our work and ideas. We have also been learning together about a couple of new tools we might be able to use to help us keep connected with our students. Here we are in our Microsoft Teams meeting learning about Flipgrid. We hope to share our learning with you soon.



## LEARNING AT HOME

It is great to see all the different learning that has been going on! We are very impressed with the range of activities you've been doing. Check out these photos that show Opaheke students being great innovators as they take on new learning challenges.



Now is a great time to be creative and innovative in the kitchen.



Well done Dylan. Your Baklava looks delicious. Makue!



Learning about culture.

Jace's skills as a sushi chef will come in very handy. Opaheke teachers LOVE sushi.



It is great to see students thinking about our wildlife at this time and creating wonder feeders for our birds.



Ka Pai! Great birdhouses made from recycled materials.

Keep up the awesome work!

Ka mau te wehi! Awesome!

## LEARNING AT HOME

It is a stressful time we are going through in lockdown so it's important for your child to take regular breaks during their learning time. Feeling overwhelmed? Your child is feeling anxious? Then try this great deep breathing exercise to help relax and become calm again. Support your child to ...

Grab a small stuffed animal toy and lie down on your back on the floor. Place the toy on your stomach so that it rests stably. Now, breathe in deeply and slowly so the toy rises with your stomach. Continue to inhale until you can make eye contact with the little fellow. Hold your breath in for a moment, and then slowly exhale, allowing the stuffed animal toy to lower slowly with your stomach. As the animal rises, you can say, "Peekaboo!", which young children love. It is best to repeat this exercise 10 times in a row.



*"If you want to conquer the anxiety of life, live in the moment, live in the breath."*

-Amit Ray

### CONTACT US

Website:  
[www.opaheke.school.nz](http://www.opaheke.school.nz)

Email:  
[enquiries@opaheke.school.nz](mailto:enquiries@opaheke.school.nz)

Learning From Home:  
<https://opaheke.sharepoint.com/sites/LearningatHome>