

Letter #3

Thursday 19<sup>th</sup> August 2021

Principal: Sean Valvoi

Dear Parents and Caregivers of Ōpaheke School

Kia ora koutou,

Today's update will be shorter than the letter sent home yesterday as there was a lot of information to digest there.

## Wellbeing

I do understand the anxiety and stress associated with a Level 4 lockdown. There are stresses on you as a parent to make sure your children are cared for, and for those working from home there is added stress of juggling work, childcare and online learning. It is certainly an anxious time for those who are essential workers and are required to work in the community.

Your children also go through a period of anxiety. They may get concerned about missing out on school or club events, or worried when a parent has to leave for work and may be anxious about not being able to see friends and relatives or play outside their home. During lockdowns you may feel alone, but be assured that you are not and that assistance, should you need it is available. I strongly advise you to visit the Ministry of Education site 'COVID-19 and wellbeing' which has guidance for parents and whānau:

<https://www.education.govt.nz/covid-19/covid-19-and-wellbeing/>

There is also a list of support services you may wish to access for support.

Support services that remain open:

- Women's Refuge 0800REFUGE or 0800 733 843
- Shine 0508 744 633
- Alcohol and Drug Helpline 0800 787 797
- Oranga Tamariki call centre 0508FAMILY
- CADS 0800 367 222
- Narcotics Anonymous 0800 628 632
- Alcoholics Anonymous 0800 229 6757
- Lifeline 0800 543 354 or free text 4357
- Youthline 0800 376 633 or free text 234
- Samaritans 0800 726 666
- Outline (LGBT) 0800 688 5463
- Depression Helpline 0800 111 757
- Suicide Prevention Helpline 0508 828 865
- The Fono West (Social Services) 09 837 1780
- Counselling Free Call or Text 1737
- Healthline for COVID-19 health advice: 0800 358 5453

Ph: 09 298 5410

Email: [office@opaheke.school.nz](mailto:office@opaheke.school.nz)  
Tasman Drive, Papakura 2113

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

Work and Income services centres are closed. However, you can apply for assistance via [MyMSD](#) or phone the contact centre on 0800 559 009.

If you know someone who needs financial assistance, please tell him/her to call the free government helpline 0800 779 997 (8am–1am, seven days a week).

If you know someone is feeling anxious, frustrated or needs a listening ear, they can call or text 1737 to talk with a trained counsellor. It is free 24 hours a day, seven days a week.

### Devices

At this stage we have not received instructions on when or how we can access the school site to issue devices to parents. The teachers and senior leaders are aware of who requires devices and we will be in contact when we know more.

### Be Kind

Our teachers responded immediately to the news of a lockdown and had online learning available very quickly. They are working very hard, and I ask that we all be mindful of the wellbeing of our teachers who are trying their very best to provide learning for your child. Our teachers also have families to take care of and look after. They also need to take breaks from the screen and for lunch etc. so please be patient with them if it seems like they have not responded to you.

Stay in touch with relatives and friends who would really appreciate a call. Be kind to people online and be kind to everyone by following the new safety measures put out by the Ministry of Health. Together we are stronger, together we will thrive.

Ngā mihi

Sean Valvoi  
Principal