

Issue 8th April 2022

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Upcoming Events:

- Thurs 7th Apr Agrilearn Day 2
- Wed 13th Apr BOT Meeting
- Fri 15th Apr Good Friday
- End of Term 1
- Mon 2nd May Term 2 begins



Principal's Message

Kia ora whānau,

The very busy school term is drawing to an end! For those members of the school community who don't get email updates, we saw our largest numbers of household isolations in staff and students last week. As a result, we made the decision to keep senior students home from Tuesday due to the low numbers of staff and students able to attend school. The good news is that we have seen the number of positive cases and other household isolations significantly decrease over the last three days.

With most of our staff returning from household isolations next week, we are able to kick all classes back into action. We would like to thank the vast majority of our school community for being so supportive during these challenging times.

This newsletter contains an update (and summary) of the current Covid management procedures and a helpful summary for Covid victims so that they can best manage their recovery.

Have a great weekend, and for those who have been unwell - rest up!

Kia pai te mutanga wiki.

Jason Reid Principal



Current Covid Procedures

Over the last few weeks, there have been a number of changes to the way the country responds to Covid. Not many of those changes affect what is happening in schools. Here's a summary:

- Masks are still compulsory and our best line of defence. If you need a mask exemption please contact us at the office.
- The school still has highly restricted access, but we are now able to have bigger meetings within the school. However, where possible, we are still choosing to restrict the number of whole-school meetings that we have or to continue to have them outside.
- We are still maintaining high levels of ventilation, handwashing, surface cleaning and distancing (where possible).
- Physical education can now occur un-masked, but with a range of other restrictions.
- There is still a zero-tolerance for bugs - any unwell students are sent home. We have just received a limited number of RAT tests that can be collected from the office if whānau need to do an emergency test on unwell students.
- Please continue to report all positive student tests and household isolations to the office as soon as possible. This allows us to rearrange relief teacher allocation based on the number of students present.

Not sure about how long household isolation should last? See the official information here: <https://covid19.health.nz/advice/household>. Also, don't forget to register positive tests on your Covid App or here: <https://mycovidrecord.health.nz>.

Tips on Covid Recovery

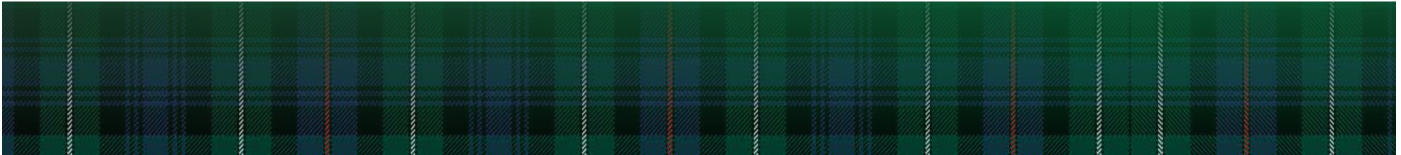
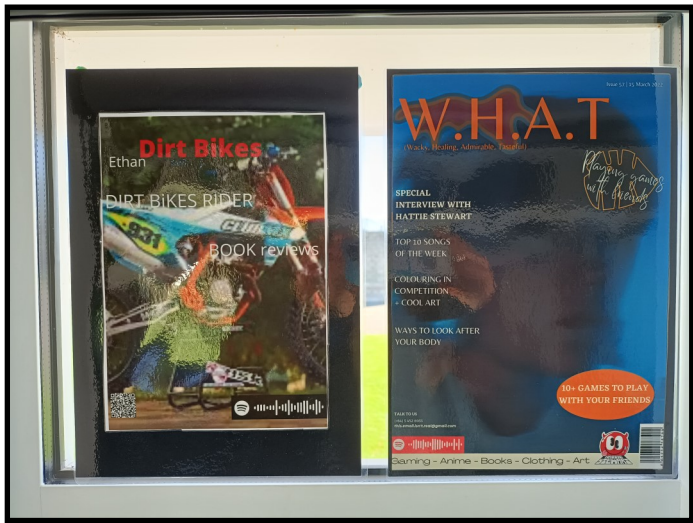
It has become very clear that a lot of people recovering from Covid are experiencing a significant reduction in energy levels and breathing capacity. Here are some helpful tips to speed up recovery:

- Gradually increase your physical activity - don't overdo it!
- Listen to your body - if you're tired, stop. If you're out of breath - slow down.
- Just because you're doing well one day, doesn't mean that you're doing well tomorrow. Be prepared for the road to recovery to be up and down.
- Make plans to rest. Don't leave it to chance.
- Don't do long periods of exercise. Small doses with rest periods between will be better to improve your recovery.
- If you're feeling down or depressed talk to someone you trust or your GP.



Year 9 Ngaio Social Studies

Year 9 Social Studies students recently created some amazing ‘Me Magazine’ covers.





Babysitting Course

Plunket Education in Schools' Babysitting Course is available for teenagers all over Aotearoa.

This course is designed to give high school students the knowledge and skills to babysit children of all ages. It's written for first time babysitters; students don't need to have previous experience to enrol.

The course ideal for students aged 14 and above and takes around 2-3 hours to complete.

Students work through nine sequential modules and on completion of the course and the final quiz will receive a certificate certified by Whanau Awhina Plunket to show employers that they have completed this course and are ready to babysit. As well as the certificate the students are sent a Babysitter's Manual that supports all the information they have learned in the course.

During the course the following topics are covered:

- the role of the babysitter, including the expectations of the families you are working for
- ages and stages of children from birth to school age, their basic needs and their care
- professional behaviour including your presentation
- how to engage with children of different ages, including activities for each age group and behavioural information
- safety, including emergency situations, keeping yourself and the children safe, and basic first aid
- how to get a babysitting job.

This course is presented using videos, quizzes and activities which are fun as well as informative.

For more information please go to: <https://www.plunket.org.nz/plunket/what-we-offer/education-in-schools/#plunket-online-babysitting-course>





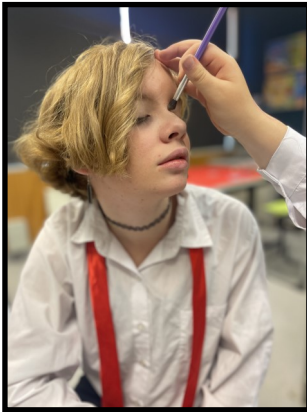
Year 12 and 13 Students

Science and Agriculture students have been out on field trips around the region. The Y13 Biology students have been to the Portobello Marine Laboratory at Dunedin university studying the responses of crabs to external stimuli. The Y12 Biology students have travelled to Caroline Bay to study zonation patterns at the rocky shore. Y12 Agriculture students have had a couple of good days out fencing and driving tractors at Agrilearn. The students involved have had a great time and engaged in some quality experiential learning in authentic context and settings.





3DLE 2022





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MACKENZIE COLLEGE

ARA O TE TIKI - THE PATHWAY TO WISDOM



MĀNĀAKITĀNGA

KINDNESS AND RESPECT



ASPIRE

WAWATA



GRIT

NIWHA



INTEGRITY

TIKA



CREATIVITY

AUAHA

MANAAKITANGA - ASPIRE - GRIT - INTEGRITY - CREATIVITY