



*Marfell Community School*

## **Covid update #2**

**20.08.2021**

Kia ora whanau

It was confirmed that we will remain at Alert Level 4 until 11.59pm on 24 August. We will learn more on Monday about what will happen next.

I want to reassure you that our school staff and board will continue to be available to support your child's learning and wellbeing in the coming days.

*Teachers will be contacting their children's families and whanau over the weekend to assess need and how we can best support.*

We also hope you are doing OK at the moment – but it is also OK if you aren't.

As the [Mental Health Foundation of NZ says](#), "it's all right 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](#) 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 big thank you 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.

And just a quick point – please don't use our playground during lockdown. Playgrounds cannot be used at Alert Level 4.

As always, please let us know if there is anything you need to support you and your tamariki during this time.

Ngā mihi

Sauimalae Janet Wilson  
Principal