## **Newsletter** Ponsonby Articulate, energised achievers, ready for the future

## Remote Learning Package for Level 3

Hello Parents and Caregivers,

You should all be receiving emails from form teachers this afternoon with your new Google Classroom code and information around Zoom meetings with form teachers. You can find the new Google Classroom codes at the bottom of this newsletter.

We understand that all families have different circumstances to consider in Alert Level 3 and we encourage you to communicate with form teachers so they can best support you and your child. When we have a class in front of us, we can quickly see if a student is struggling or needing a break, but with Remote Learning we are unable to see this. Please understand for every child that finds hand-in times difficult, there is a student that needs this to motivate them to complete work. Also, for every child that feels that there is too much work, there is also a student that needs more work. For this reason we have kept the workload, similar to what the students would encounter in a week at school. We encourage the students to continue to keep up their passions and make time for self-care during lockdown as well. Form teachers will be making Zoom sessions a focus about checking in, well-being and encouraging students with their day as we make our way through Level 3 again.

The school is open for children of essential workers and anyone that needs our care. You will need to contact Paula at the office to register if you need your child to attend school during Alert Level 3. Please email <u>paulah@ponsint.school.nz</u> if you require this.

Rachel Maitland-Smith is also available to assist with students that are struggling during this difficult time. Please see her message below.

Kia ora Ponsonby whanau,

What a shock this week, some of us might be still processing what this means for us and some of us might be triggered into previous feelings / thoughts where we were in our previous lockdown. It would be normal to be feeling anxious at this time.

You might be mentally fatigued, as our brains come to grips with the unknown and uncertainty of what will happen next. Remember to take time to slow down and just be and do all the good self-care practice we know helps us.

The Parenting Place have written an excellent article to help us parents navigate "Level 3 again"

## https://parentingplace.nz/health-wellness/level-3-again/

For some kids and families perhaps anxiety levels are higher than normal. Please don't hesitate to ask for help. Our counsellor can provide non-judgemental support. You can contact Rachel Maitland-Smith at <u>rachelm-s@ponsint.school.nz</u>

## **Google Classroom Codes for New Remote Learning**

| <u>YEAR 7</u> |         | <u>YEAR 8</u> |         |
|---------------|---------|---------------|---------|
| Room 1        | hoolk6m | Room 8        | asx56f  |
| Room 3        | xb4ihxi | Room 9        | cj6si24 |
| Room 6        | pt5j27n | Room 12       | q2jg5ps |
| Room 11       | zp3mbru | Room 14       | k54zkkl |
| Room 20       | uurqbcj | Room 15       | i654nvx |
| Room 21       | vfnsovc | Room 16       | h5xg3wb |
| Room 22       | sp45cbr | Room 17       | 2j2hwki |
| Room 23       | m4am2r7 | Room 18       | frf6qii |
| Room 26       | xknvkv6 | Room 25       | j5ygz5a |
| Room 30       | lxo63wc | Room28        | onk37h3 |