



TITAHI BAY SCHOOL - KURA KIDS are Believers and Achievers

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School newsletter 19/4/2020

Kia ora!

I am sitting in my kitchen writing this newsletter and I hope that your first week of learning from home has gone well and that you have got your head around the information we have sent to you.

Our KURA kids do not need to do everything that is up online they can make choices. I want to again emphasize the importance of minimizing stress during this time and making sure you understand that we are very flexible in our approach to learning from home.

I have no doubt that you have experienced technical difficulties in the first week and that is to be expected but just breathe, smile, laugh and don't worry. Email the teachers and we will try to help you as best we can.

The Ministry of Education packages should be with you early this week so look out for them and if you have shifted go back to your old house and leave a note for the new tenants to save this for you.

This is not regular school- remember our KURA kids are learning all the time not just at school so whatever you do is, in fact, a learning opportunity.

PLAY and wellbeing are KEY- keep up the fun, the family activities, exercise as these are vital at this time to everyone's wellbeing. We are so lucky we have a beach and harbour and so many tracks to walk within walking distance of our homes.

I like to play every day the Gloria Gaynor song I WILL SURVIVE - as we will and I know everyone will look back on this time with new eyes and thoughts on family life and what we appreciate around us.

We are putting regular posts up on our school Facebook page, check this out regularly as we are trying to put up some little bits that might interest you.

3 TIPS FROM THE DELANEY HOUSE

1- We have a chat every morning about what we are doing for the day and checking in that everyone gets to have a say in the day's activities.

2- Practice gratitude - I am grateful for or I am thankful forI have so many things to be thankful for.

3- We have a jar set up and every day we prioritize what it is we want to do when life is back to normal - this has become a fun time.

Jamie, Miranda or I have rung every family at our school to check-in and make sure you are okay or if you need anything. We loved talking to you and hearing what you are doing and actually the kindness that is going on in your street or neighbourhood.

If you need help with food please let me know as I can help get something to your house. You can call Awhina on 0800141967 to receive assistance. This is being run by the PCC call centre and is running 7 days a week. Or if you want me to help just email me and I will work with you on what your needs are.

HELPLINES-

1737 - free call or text (support from a trained counselor)

Lifeline - 0800543354 or text 4357

Youthline - 0800376633 or text 234

Samaritans - 0800726666

<https://www.mentalhealth.org.nz/get-help/covid-19/>

<https://www.theparentingplace.com/>

I am so proud of our community and how so many people are helping others. Keep being kind and keep being awesome. We have got this and you have got this and it is not forever.

The school doesn't just go back to normal at Level 3 and I will be sending out a newsletter next week on this.

Kia Kaha!

Kerry