



24th August 2021

Rise UP Academy

Whanau Memorandum

#2-Level 4

Fakaalofa lahi atu ,

It is certainly challenging to keep an attitude of gratitude in these moments of lockdown, however I was reminded this morning as I read Romans 15:13-'May the God of HOPE fill you with all JOY and PEACE in believing, so that by the power of the HOLY spirit you may abound in HOPE.

I wanted 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.

Our school is closed until Tuesday 31st August 11.59pm.

Times like this can be hectic while you all are trying to run a household smoothly let alone cater for online learning. Well done whanau, we appreciate your efforts.

Probably one of the most important things you can do as a parent is checking in regularly with your children to see if they are ok and coping. And to just keep close communications with your child's classroom teacher if you need any clarifications in terms of their learning.

Zoom sessions have started and it's nice to see our children online today. Please see below for the link to the TV Learning sessions if you have not seen this already.

<https://www.tvnz.co.nz/shows/home-learning-tv>

Remember you are the first teachers of your children and you know them best, if they are a little worried about learning or anything, stop, hug & reassure them that with God we will be okay.

There are many of our families who are vulnerable at this time so please let's continue to keep each other in prayer.

We have information for whanau who may need food and emergency support in Counties Manukau. We will email that information to you and also post up any details on our Facebook page. If you have any questions about these services please contact the whanau educators. If you have any specific prayer need's you would like us to pray for please let Cecily know.

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.

If you are not aware, the Ministry for Pacific Peoples' has been working to ensure useful information is [available to Pacific peoples in nine different languages](#).

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 put someone close to you at risk 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.

Please [keep checking the locations of interest](#) and get tested if you were at that location at the specified time, or if you have symptoms which could be COVID-19.

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

Fakaaue lahi,

Sita Selupe

Principal