



Rangiora High School



Whakautea
RESPECT



Tohaina
CONTRIBUTE



Wawatahia
ASPIRE

Tangata ako ana i te whare, te turanga ki te marae, tau ana

A person who is taught at home, will stand collected on the marae

A child who learns values at home and is cherished within their family, will not only behave well amongst the family but also within society and throughout their life.

25 March 2020

Kia ora koutou,

We have just received from the Ministry of Education an update moving forward. I have included these messages at the top of this newsletter because they are critical. Information from the school follows the MoE update.

Update from the Ministry of Education

State of Emergency declared

A nationwide message will go out to all of New Zealand between 6pm and 7pm this evening. The Ministry of Education has asked schools to remind their communities how crucial it is, that you self-isolate within their group, minimise travel, practice physical distancing when outside their group and outside, and practice very good hygiene for the next 4 weeks.

The Government announcement about children aged 0-14 of Essential Workers

Where possible, essential workers need to make their own arrangements for childcare from Thursday 26 March until the end of the lockdown, due to limited capacity. Where this is not possible, alternative arrangements have been made so essential workers can continue to work.

What essential workers need to know when making their own arrangements

Essential workers will need to use their existing networks in home care, for example a neighbour, relative, friend or current carer/nanny who can come to their house, or provide childcare in their own home. There are Public Health rules that must be observed:

- The person caring for your child becomes part of your self-isolating group
- This group must remain the same for the whole period
- The carer must not care for children from other households (other than their own) over the same period
- If a child or carer becomes unwell, they must stay at home

If essential workers do not have access to childcare through their own networks

If essential workers are unable to access childcare to perform their essential service, the government will fund other licensed childcare providers (for example through PORSE, Barnados and Edubase/Home Grown Kids) to provide in-home care to the children aged 0-14 of essential workers. The carer would be subject to the same Public Health rules as set out above. For the purposes of providing care to children of essential workers, the in-home carer will be classified as an essential worker in both cases.

Initial list of contact details for providers

- [Barnados website](#) - email covid19enquiries@barnardos.org.nz or call 0800 BARNARDOS (0800 227 627)
- [Edubase / Home Grown Kids website](#) or call 0508 44 54 37 or email info@hgk.co.nz
- [PORSE website](#) or call 0800 023 456

National Certificate of Educational Achievement (NCEA)

NZQA and the Ministry of Education are helping schools develop effective plans for NCEA assessment and qualifications for students affected by COVID-19, including supporting remote learning. NCEA's flexibility is a huge strength in times like these, and means that we can adapt how we deliver and use NCEA to fit with our conditions – including remote learning. Work is also underway to make sure that all qualifications, awards and pathways (including University Entrance and Vocational Pathways) will remain available through any disruptions.

Removing data caps for internet

Over the last few days Rangiora High School has surveyed Year 9-12 students who use their own or school devices, and Year 13 students, to ensure that they have access to devices while working at home. If you are not already aware most of the major telcos have now removed data caps and the possibility of any extra charges based on usage. Please see the links to those major companies below if you need to contact your provider.

- SPARK - <https://www.spark.co.nz/help/covid-19/>
"Removing overage charges for customers who are on data-capped broadband plans, so they won't have to worry about paying extra to stay connected. This applies to both small and medium business and consumer customers;"
- VODAFONE - <https://news.vodafone.co.nz/covid-19-care>
"The removal of data caps from data-capped Broadband plans for consumers and small to medium sized businesses until at least the end of June 2020"
- VOCUS/SLINGSHOT - https://help.slingshot.co.nz/hc/en-us/articles/900000386943-Our-action-against-COVID-19?_ga=2.224375707.1878754814.1585097493-87562686.1585097493
"We removed all the data caps from our plans to better enable you to work from home during this time of social distancing and self-isolation."
- 2DEGREES - <https://www.2degreesmobile.co.nz/help-and-support/mobile/your-account/covid-19/>
"Any customer who was on a limited data plan on or before Friday, March 20 will now receive unlimited data through until June 2020."

What you need to know from Rangiora High School

Living and learning in our Remote Learning Environment

Remote Learning

Today was the final day school was able to open for staff. We have used these last two days to plan for our new remote learning environment. Virtual school is open for the next two days until the holidays commence on 28 March. Teachers have been in contact with their students through Google Classroom and email to explain what students need to do in these last two days of term. It has been great to see students today working remotely and just getting on with what's in front of them. They are showing the kind of determination that this situation calls for.

Google Classroom

A number of parents have been in touch asking to be added to their learner's Google Classroom. Teachers have been advised to not do this as we want to keep the Google Classroom stream as free as possible for learning. If you have concerns about your child's learning please contact their teacher by email. Our staff email contact list is [available here](#).

Contacting school and staff

Before this term ends and when the school re-opens for remote learning on Wednesday 15 April you can contact a staff member by email. Here is the [Staff Contact List](#) - use the three-letter staff code followed by @rangiorahigh.school.nz (e.g. mmj@rangiorahigh.school.nz)

Remember all school buildings will be closed and **NO** staff will be on-site. Although we are not on-site, we are contactable. The school office voicemail will be cleared regularly. These messages will be redirected to the relevant person's inbox. The admin@rangiorahigh.school.nz email will also be monitored.

Please note that during the school holidays (28 March - 14 April) teaching staff are on holiday too.

IMPORTANT - We need to communicate in a different way

We ask you NOT to send an email to multiple addresses. For example, if you want to talk to someone about your child's English work, send the email to their English teacher, NOT to the English teacher, form teacher, and Dean. This will only result in either three people responding or none!

Please send an email to one person. You may wish to copy others in the CC line, but this will be considered as 'For Their Information' only. We are operating in the same way with our staff. The person receiving the email may have to ask someone else to respond if they are unable to for any reason.

Wellbeing

If you have concerns about your young person's wellbeing you can email counselling@rangiorahigh.school.nz and Vicki Tahau-Sweet, our Head of Guidance, will reply with advice, referral or a course of action.

Or, you can connect to one of the helplines/agencies on the graphic below:

TAUTOKO HAUORA

RHS COUNSELLING TEAM Support

Kia ora e te whānau,

Over the coming weeks we will be available to support you and your son or daughter.

We are working now on ways to do this. Initially, please feel free to contact us via this email address:

COUNSELLING@RANGIORAHIGH.SCHOOL.NZ

Check on our school website where we will update other ways you can connect with us for support.

IF YOU ARE HAVE CONCERNS ABOUT YOUR SON OR DAUGHTER PLEASE DONT HESITATE TO CONTACT US

Need help?

RESOURCES

WHAT ABOUT FACE TO FACE COUNSELLING?

We are also working on ways we can provide kanohi ki te kanohi | face to face counselling. Once we have established the best way to do this we will make this option available.

PLEASE CONTACT US USING THE EMAIL BELOW:

MENTAL
YOUR
HEALTH

IS JUST AS
IMPORTANT AS

PHYSICAL
YOUR
HEALTH

COMMON GROUND

WWW.COMMONGROUND.ORG.NZ

SPARX

0508 4 SPARX
WWW.SPARX.ORG.NZ

NEED TO TALK?

FREE TEXT 1737

YOUTHLINE

0800 376 633
FREE TEXT 234

THE LOWDOWN

FREE TEXT 5626
WWW.THELOWDOWN.CO.NZ

**TAUTOKO SUICIDE CRISIS
HELPLINE**

0508 828 865

You might also find the following resource useful: [Real-time Resilience: Supporting Young People with Dr Emma Woodward and Dr Denise Quinlan](#). It offers advice on how to prepare children and young people for Level 4 self-isolation.

In addition, the graphic below sets out some useful things we could all do to look after ourselves in these uncertain times:

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

School Holidays

The school holidays will now commence on Saturday 28 March and will continue until Tuesday 14 April (inclusive). After Easter, on Wednesday 15 April, the school will reopen for Term 2. Of course, nobody can be on-site - it will be virtual school from then until the national Level 4 restrictions are lifted.

Term 2 will begin with form teachers and subject teachers engaging with their classes through Google Classroom on Wednesday 15 April.

We envisage that we will send out our next newsletter at the beginning of Term 2. This will include the protocols for learning in this new environment.

Learner Support Advice

There is some advice from Tim Heidmann (Head of Learner Support) on the last page of this newsletter to help you support your child as they work from home.

Finally, best wishes in these very challenging times.

Ngā mihi ki a koutou,

Karen Stewart
Principal / Tumuaki

From Tim Heidmann, Head of Learner Support:

With the sudden shift we have all experienced in New Zealand, I imagine that all families and students are wondering what a virtual school means for them, wondering what online learning will look like and, of course, wondering how long this situation is going to last.

The reality of on-line learning is that your young person is likely to have a range of tasks to complete. These could include reading and writing tasks; assignments, and in some cases for seniors assessments. One of the best ways to support this on-line learning is to use the technologies that are accessible in their devices: Text to Speech and Speech to Text. **This technology can be used by all students.** Enabling these on your devices, allows students to more easily access the content they are expected to read and process, and also to more easily capture their responses. In fact, being read to is actually quite a relaxing past-time and as parents you might like to listen to some of the reading/texts that your learners are working on.

Below are some tips/guidelines to support you and your student's learning. If your student is eligible for special conditions such as a Reader/Writer this is particularly relevant. Use of these features (when enabled) allows a young person to meet the NZQA definitions of a Reader/Writer. The more they use the technology, the easier it will get.

Dictation or Speech-to-Text

Voice dictation can be a powerful tool to enable students to get a lot of information in writing quickly. It does require some practice though as it requires quite a bit of thinking to work well. These are some strategies that you could try first:

- Practice what you want to say first (particularly when first learning how to use dictation)
- Speaking clearly and at a good pace (like a news-reader)
- Speak in complete sentences – students can stop the device in between sentences if necessary
- Learn commands for basic punctuation (like commas, full stops, etc.) as these need to be said if you want them included (of course you can edit the text later if necessary)
- Use a microphone – either use a gaming-type headset (with a boom mic) or an inline-mic such as those found on the earbuds that come with mobile phones
- The inbuilt dictation options in Google Docs (Voice Typing), Android and Apple products tend to work the best.
- If a student has an unusual, but consistent, way of pronouncing words, then software such as Dragon Naturally Speaking can be used as it allows you to 'train' the software to understand the user. (This requires quite a lot of practice and patience to be successful.) Go to the link below that matches your device.
 - iPad: <https://support.apple.com/en-nz/guide/ipad/ipad997d9642/ipados>
 - Mac: <https://support.apple.com/en-nz/guide/mac-help/mh40584/mac>
 - Windows: <https://support.microsoft.com/en-nz/help/4042244/windows-10-use-dictation>
 - Chromebook: <https://support.google.com/chromebook/answer/177893?hl=en> (part-way down the page under the heading: Type text with your voice)
 - Android: <https://support.google.com/gboard/answer/2781851?co=GENIE.Platform%3DAndroid&hl=en>

Text to speech generally only works on text that is selectable (like on websites or in Word documents).

To use text-to-speech on some common devices visit:

- iPad: <https://support.apple.com/en-nz/guide/ipad/ipad9a247097/ipados>
- Mac: <https://support.apple.com/en-nz/guide/mac-help/mh27448/mac>
- Windows: <https://support.microsoft.com/en-nz/help/17173/windows-10-hear-text-read-aloud>
- Chromebook: <https://support.google.com/chromebook/answer/9032490?hl=en> (note, ChromeVox is not recommended for students who do not have a visual impairment)
- Android: <https://support.google.com/accessibility/android/answer/6006983?hl=en>