



**Sacred Heart Girls' College**  
**Manawa Tapu**  
**Hauora@Home**

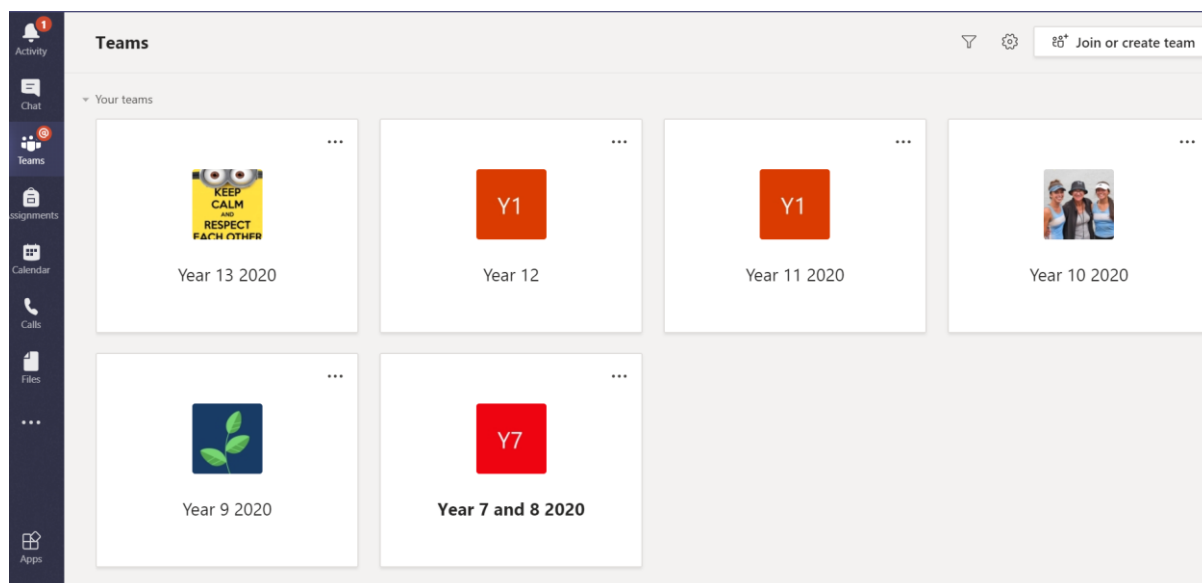
Kia ora Manawa Tapu Whānau

Welcome to the parent/matua page for accessing support. On this page you will find out:

- What supports are available for your daughter, what sort of information she will be able to access and how?
- Who you can contact?
- Information and support for you as a parent

How will it work?

Your daughter will be using Teams to access study and support. She can click on her Year level Deans team.



Each Year level team will include at least two channels, General and Hauora. General will be used by your daughter's Dean and Deputy Principal to post information, upload files and communicate. The Hauora channel will be used by your daughter's Deputy Principal – Mrs Costelloe for Years 7-10 and Mr Murray for Years 11-13 as well as Ms Payne, School Guidance Counsellor. Information, links and tips will be regularly added on topics such as:

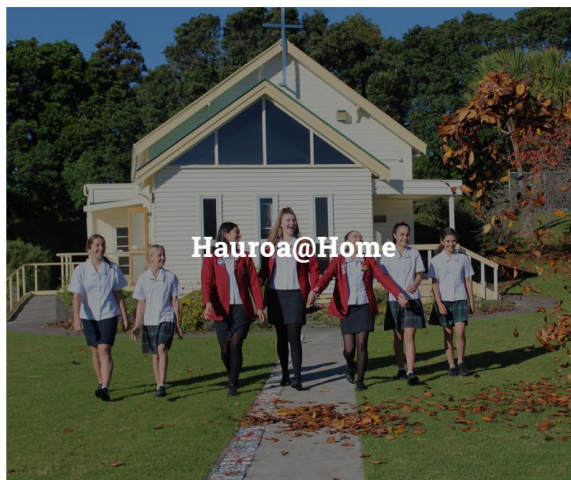
- Wellbeing and Hauora – the five aspects of Wellbeing so we can try to have a balanced life while in isolation.
- Specific Mental Health support - for example information about anxiety
- Learning support, study tips, routines and schedules

Your daughter can access individual hauora support through teams. All of the structures that are available for her at school are still available, if she needs to 'talk' to someone, here is how she can do that:

- Talking to a Teacher or Dean: email and chat when in teams.
- Talking to her Deputy Principal: she can email Mrs Costelloe [bco@shgcnp.school.nz](mailto:bco@shgcnp.school.nz) or Mr Murray [amu@shgcnp.school.nz](mailto:amu@shgcnp.school.nz) and they will communicate back

- Talking to the School Guidance Counsellor – email [wpa@shgcnp.school.nz](mailto:wpa@shgcnp.school.nz) for specific information or support. If your daughter would like an appointment she can email [wpa@shgcnp.school.nz](mailto:wpa@shgcnp.school.nz) and an online video appointment or on-line call will be set up.

Hauora@Home for parents is via the SHGC website <http://www.shgcnp.school.nz/> Scroll down a little and you will see:



The Hauora@Home page has two links:

1. StudentHauora@Home which contains instructions for how students access support.
2. ParentHauora@Home, this is where you are now. This page will be regularly updated and will include information and links supporting you as a parent and how you can help your daughter, children and whānau with their wellbeing while in isolation.

As always, our staff are here to support you, if you need to get in touch please use the contacts above or go to the staff list <http://www.shgcnp.school.nz/our-school/staff/> . To contact individual staff members please use the first initial of their christian name and first and second initials of their surname followed by @shgcnp.school.nz

This material will be regularly updated and added to as things change and we learn more.

**Post #1 Parent hauora.** While you are at home or managing your family while being an essential worker, it is important to look after yourself. Feeling anxious and stressed is normal. There is an overabundance of information you can access through media and on-line. By now you will have realised how stressful it is to expose yourself to a constant stream of news and endless information about the Coronavirus pandemic. It is important to keep yourself informed so you know how to keep your family/whānau safe but also important to put in some checks for yourself. Find good sources of information and develop your own limitations for how often you access news and information. Some good sites for accurate and useful information with sound guidelines are:



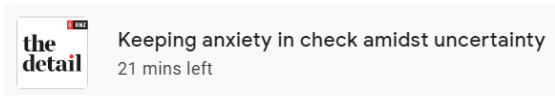
<https://covid19.govt.nz/> information and guides about alert level, financial aid, keeping safe, essential business and all government updates.



Consistent with covid19.govt.nz the Ministry of Health site also provides specific information about Covid-19 symptoms, treatment, testing and self isolation. There is also detailed information for taking care of your mental health [here](#)

The Ministry of Education have recently added a section on Covid-19 which will support distance learning through two online spaces: [Learning from Home](#) and [Ki te Ao Mārama](#).

These websites have resources for parents and whānau, and teachers spanning early learning through to senior secondary, and wellbeing. New material will be added to these over the coming weeks.



If you can, grab a quiet moment and listen this podcast titled *Keeping anxiety in check amidst uncertainty*. This [RNZ Podcast](#) features Karen Nimmo, Clinical Psychologist

speaking about how we as adults can manage Covid-19 anxiety. She also speaks about our relationships and supporting our children and teens. I know I was feeling a lot better after listening to this, it was relevant, made sense and was helpful.

Something else, you and your whānau may find useful is adopting a growth mindset while we negotiate this new territory. By thinking in a different way, we can reduce our stress. Change what you say to change what you think. Some examples:

- I'm stuck at home → I get to be SAFE in my home and spend time with my family
- I will get sick → I will self-isolate and wash my hands, this will significantly DECREASE my chances of getting sick
- I will run out of stuff at home while on self-isolation → I have prepared for this, I will use my items wisely. I have everything I need for now
- Everything is shutting down, I'm panicking → The most IMPORTANT places, supermarkets, pharmacies, Doctors and hospitals, and banks, remain open
- There is too much uncertainty right now → While I can't control the situation around me, I CAN control my actions. Doing my calming activities, staying connected with friends and loved ones, getting enough sleep and eating good food, prayer, staying active and doing activities I love at home will all help during this time.

Adapted from SumairaZ.com

This page will be updated regularly, and I will put information and resources on-line for you as they are ready. Over the holidays, try to ease into new routines and ways of being at home while isolation. Remember Jacinda's words in these difficult and trying times...



Kia kaha  
Wendy Payne  
School Guidance Counsellor