



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 teenagers/children/tamariki, what sort of information they will be able to access and how?
- Who you can contact?
- Information and support for you as a parent/matua

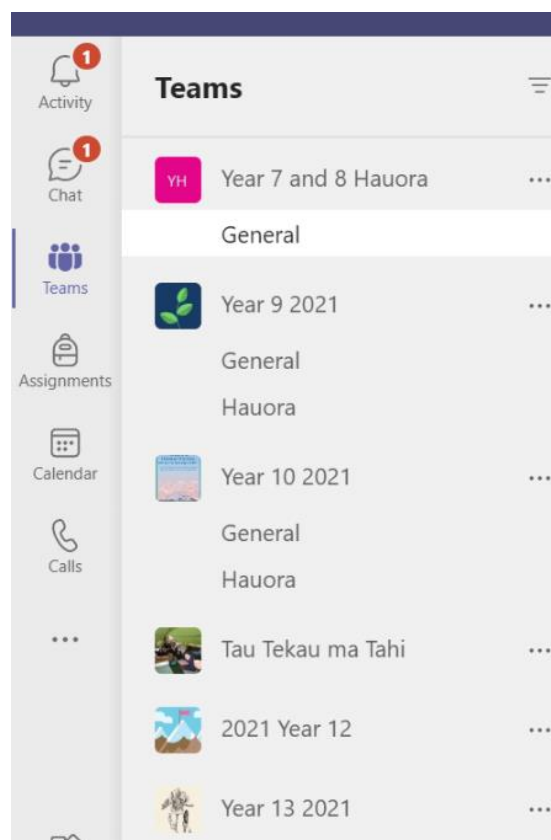
### How will it work?

Students will be using Teams to access study and support. They can click on their Year level Deans team.

Junior Year level teams have two channels, General and Hauora. General will be used by the Dean and Deputy Principal to post information, upload files and communicate. The Hauora channel will be used by Deputy Principals, Deans and School Counsellors. Information, links and tips will be added on topics such as wellbeing, hauora, mental health, motivation, healthy habits.

Students can access individual support through teams by going to the chat function, selecting the person they wish to communicate with and starting a message. All of the structures that are available for students at school are still available. If they need to 'talk' to someone.

- Talking to a Teacher or Dean: email and chat when in teams.
- Talking to a Deputy Principal: email Barbara Costelloe [bco@shgcnpschool.nz](mailto:bco@shgcnpschool.nz) or Holly Miller [hmi@shgcnpschool.nz](mailto:hmi@shgcnpschool.nz) and they will communicate back
- Talking to the School Guidance Counsellors: email Wendy Payne [wpa@shgcnpschool.nz](mailto:wpa@shgcnpschool.nz) for specific information, check in or support. If students would like an appointment time to have a counselling session they can email [wpa@shgcnpschool.nz](mailto:wpa@shgcnpschool.nz) and an online video appointment, on-line call or text counselling session will be set up. Some students work with Jan Finnigan, Counsellor, available Monday and Tuesday. email [jfi@shgcnpschool.nz](mailto:jfi@shgcnpschool.nz).



Hauora@Home for parents is via the SHGC website <http://www.shgcnpschool.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 include information and links supporting you as a parent and how you can help your children, teenagers and whānau with their wellbeing while in isolation.

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.shgcnpschool.nz/our-school/staff/> . To contact individual staff members please use the first initial of their first name plus first and second initials of their surname followed by @shgcnpschool.nz

## Lockdown 2 Post#1

### Helpful contacts

We learnt last time that it is important to look after yourself while in lockdown. This initial post contains a range of helpful contacts and sources of information that you can turn to.



A site for accurate and useful information with sound guidelines: <https://covid19.govt.nz/> information and guides about alert level, vaccinations, places of interest, financial aid, keeping safe, essential business and all government updates. The wellbeing and hauora information is comprehensive and may be useful.

## Ministry of Health Manatū Hauora

The Ministry of Health site <https://www.health.govt.nz/> also provides specific information about Covid-19 symptoms, treatment, testing and a link to the Covid tracer app. There is also detailed information for taking care of our mental health. There is something for everyone, no matter what your changing circumstance.



## Ministry of Education Te Tāhuhu o te Mātauranga

The Ministry of Education have a section on Covid-19 which will support distance learning through two online spaces: Learning from Home and Kauwhate Reo. These websites have resources for parents and whānau, and teachers spanning early learning through to senior secondary. There is a useful section to support Pasifika parents and students and a wellbeing section.

<https://parents.education.govt.nz/essential-information/covid-19-information-for-parents-and-whanau/>

### Helplines, Agencies and Websites

This lockdown has happened very rapidly but most organisation are well placed to operate on-line and over the phone. The following is a list of some agencies and services that we know are open and available:

- Need to talk? Free call or text 1737 to talk to a trained counsellor 24/7.
- Safe 2 Talk sexual harm helpline - a free 24/7 helpline which provides access to free and confidential information and support to people affected by sexual harm in any way. Call 0800 044 334 or txt 4334.
- Shine helpline 0508 744 633 - confidential domestic abuse helpline.
- Women's Refuge 0800REFUGE or 0800 733 843
- Shakti Crisis Line - 0800 742 584 (for migrant or refugee women living with family violence)
- Rape Crisis - 0800 883 300 (for support after rape or sexual assault)
- Are You OK - 0800 456 450 family violence helpline
- Alcohol and Drug Helpline 0800 787 797
- Oranga Tamariki call centre 0508FAMILY
- Narcotics Anonymous 0800 628 632
- Alcoholics Anonymous 0800 229 6757

- Alcohol and Drug helpline 0800 787 797.
- Gambling Helpline - 0800 654 655
- Quit Line - 0800 778 778 smoking cessation help
- Taranaki Stop Smoking <https://www.tuiora.co.nz/whanau-health-and-wellbeing-services/health-medical/addiction/taranaki-stop-smoking-service/>
- Lifeline 0800 543 354 or free text 4357
- Youthline 0800 376 633 or free text 234
- Kidsline - 0800KIDSLINE or 0800 54 37 54 Children and teens to 14 years.
- Samaritans 0800 726 666
- Outline (LGBT) 0800 688 5463
- Yellow Brick Road, formerly Supporting Families In Mental Illness - For families and whanau supporting a loved one who has a mental illness <https://yellowbrickroad.org.nz/>
- Depression Helpline 0800 111 757
- Suicide Prevention Helpline 0508 828 865
- Healthline for COVID-19 health advice: 0800 358 5453
- The Lowdown - email [team@thelowdown.co.nz](mailto:team@thelowdown.co.nz) or free text 5626
- Anxiety phone line - 0800 269 4389 (0800 ANXIETY)
- Depression Helpline - 0800 111 757 or free text 4202 (to talk to a trained counsellor about how you are feeling or to ask any questions)
- [www.depression.org.nz](http://www.depression.org.nz) - includes The Journal online help service
- [SPARX.org.nz](http://SPARX.org.nz) - online e-therapy tool provided by the University of Auckland that helps young people learn skills to deal with feeling down, depressed or stressed
- Parent Help - 0800 568 856 for parents/whanau seeking support, advice and practical strategies on all parenting concerns. Anonymous, non-judgemental and confidential.
- Suicide Crisis helpline - 0508-828-865
- Vagus Line - 0800 56 76 666 (Mon, Wed, Fri 12 noon - 2pm). Promote family harmony among Chinese, enhance parenting skills, decrease conflict among family members (couple, parent-child, in-laws) and stop family violence
- OUTLine NZ - 0800 688 5463 (OUTLINE) provides confidential telephone support
- Rainbow Youth [ry.org.nz/get-support](http://ry.org.nz/get-support)
- For people with disabilities or autism and their support people, the Explore 0800 000421 phone service available to provide advice or support. This includes advice or support around challenging behaviours. To access this service, you don't need a referral and it doesn't matter whether you're new to Explore, currently on their waitlist or you've worked with them previously. The service is available Monday to Friday 9.00am–5.00pm. Support services that remain open
- Work and Income services centres are closed. However, you can apply for assistance via [MyMSD](http://MyMSD) or phone the contact centre on 0800 559 009.
- Tui Ora [www.tuiora.co.nz](http://www.tuiora.co.nz) Health and mental health Ph 060759 4064  
[www.facebook.com/TuiOraTaranaki](http://www.facebook.com/TuiOraTaranaki)

### Safety support:

- [www.teensafe.com](http://www.teensafe.com). Built by parents for parents. A parenting guide to Tech Safety.
- [www.netsafe.org.nz](http://www.netsafe.org.nz) Cybersafety, cyberbullying,scams, internet security, Facebook, Copyright
- [www.ikeepsafe.org](http://www.ikeepsafe.org) Building a network of cybersafe schools and communities - educating families how to stay safe online.
- [www.sleephelp.org](http://www.sleephelp.org) How to Manage Screen Time and Bedtime
- <https://safeweb.norton.com>

## Parent support

- Commonground - a website hub providing parents, family, whanau and friends with access to information, tools and support to help a young person who is struggling.
- Parent Help - 0800 568 856 for parents/whanau seeking support, advice and practical strategies on all parenting concerns. Anonymous, non-judgemental and confidential.
- Family Services 211 Helpline - 0800 211 211 for help finding (and direct transfer to) community based health and social support services in your area.
- Skylight - 0800 299 100 <https://www.skylight.org.nz/> for support through trauma, loss and grief; 9am - 5pm weekdays.

## Websites

Support for parents, family and friends

- <http://raisingchildren.net.au/teens/teens.html> Excellent website with extensive information relating to children and teenagers.
- <http://kidshealth.org/parent/growth/growing/adolescence.html> A parent's guide to surviving the teenage years.
- <http://childdevelopmentinfo.com/ages-stages/teenager-adolescent-development-parenting/> Adolescent development and parenting tips.
- <https://www.familyservices.govt.nz/my-family> Parenting your teen - Family Services
- [www.theparentingplace.com](http://www.theparentingplace.com) Toolbox parenting groups for parents with children 0 to 18 years.
- [parenttalk@youthline.co.nz](mailto:parenttalk@youthline.co.nz) - *Email Support for parenting teens.*
- [www.kiwifamilies.co.nz](http://www.kiwifamilies.co.nz) Parenting teens - Kiwi families.
- [www.parents.education.govt.nz/mental-health](http://www.parents.education.govt.nz/mental-health)
- [www.youthline.co.nz](http://www.youthline.co.nz)
- [www.ybbue.com.au](http://www.ybbue.com.au)
- [www.thelowdown.co.nz](http://www.thelowdown.co.nz)
- <http://www.teamup.co.nz>
- <http://www.thatshotcool.com>
- [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)
- [www.helpguide.org/articles/depression/teen-depression](http://www.helpguide.org/articles/depression/teen-depression) A parents guide to teenage depression.
- [teenmentalhealth.org](http://teenmentalhealth.org)
- [www.kidshelp.com.au](http://www.kidshelp.com.au) Depression and mental health

Eighteen months ago when we first went into lockdown, there was a lot we didn't know. Everyone had their moments of triumph and struggles. What we found out was that parents and whānau became very aware of strengths and challenges that were cropping up either for themselves or their family members.

Many noticed their children showing strength and resilience, independence, and became highly self motivated. Some parents discovered eating disorders, vaping dependency, online dependency and developed a new understanding of some family members feeling really low or anxious.

If you are very worried about a family member or loved one, all the usual services are available. You can access your GP or School Guidance Counsellor for referrals to Child and Adolescent Mental Health Services, Taranaki Primary Connections counselling and other agencies. If an emergency, follow usual procedure, dial 111.