

Good evening everyone

I hope all is as well as can be in your households. I just wanted to touch base at the end of the first day of lockdown with some updates and information. As I'm sure you are aware, the Delta variant of COVID - 19 is extremely contagious and we need to take this very seriously. There is quite a lot of information below, and I feel it is important I share this with everyone.

We have had a number of parents and students contact us around devices that have been left at school. At this stage there is no access to the school. I know this is a concern for many schools, and the Ministry of Education is looking at options for how schools can safely access and distribute any such devices. They are working with the Ministry of Health to find safe ways to make this happen. Please be patient and watch this space. Should this change we will contact those on our list ASAP. If you have a child who does not have a device, or has left it at school and you have not yet contacted us, please do so ASAP and we will add to our list.

Local places of interest

There have been a number of locations of interest announced – some of which are in our community. These include:

- BP Northcote
- Countdown Birkenhead
- Passion Bakery, Birkdale
- Pak n Save Wairau Rd
- Devonport Pharmacy

For a full, up to date list, go to:

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/contact-tracing-covid-19/covid-19-contact-tracing-locations-interest>

If you or anyone you know has been to one of these places in the timeframes noted, please follow the guidelines on the website.

Face masks

From 11.59pm tonight, it becomes mandatory to wear a face covering when visiting essential businesses and services that are open in Alert Level 4 (e.g.

pharmacy, supermarket, health services). It is also a requirement for staff to wear a face covering. The exemption remains in place for Under 12s who are not required to wear a face covering.

Please leave home only for essential services. These include:

Shopping for groceries, accessing necessary healthcare, getting a COVID -19 test, and exercising in your local area – maintaining safe distances.

Should you become aware of anyone in your network who is diagnosed with COVID -19, please contact me urgently.

If people have cold or flu symptoms they should call their doctor or Healthline on 0800 358 5453 for advice about getting tested.

At Alert Level 4 people must stay home and keep within their immediate household bubble. There may be extended bubbles where there are shared care and custody arrangements. See Ministry of Health website for full details.

COVID-19 information for Pacific Peoples

Information around Covid-19 is available in 9 Pacific languages on the Pacific Peoples website: <https://www.mpp.govt.nz/covid-19/>

Support Services

Many families may find it tough going back into Alert Level 4. It can be challenging having children at home, being cut off from family and friends, trying to making ends meet and have high stress levels.

For people with disabilities or autism and their support people, the Explore 0800 000421 phone service is 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. When you phone the 0800 number you will be connected with an administrator who will then book you an appointment with one of the specialists.

If you or anyone you know wants some advice or support over this time here are some further options that might be useful.

Support services that remain open:

- Women's Refuge 0800REFUGE or 0800 733 843
- Shine 0508 744 633
- Alcohol and Drug Helpline 0800 787 797
- Oranga Tamariki call centre 0508FAMILY
- CADS 0800 367 222
- Narcotics Anonymous 0800 628 632
- Alcoholics Anonymous 0800 229 6757
- Lifeline 0800 543 354 or free text 4357
- Youthline 0800 376 633 or free text 234
- Samaritans 0800 726 666
- Outline (LGBT) 0800 688 5463
- Depression Helpline 0800 111 757
- Suicide Prevention Helpline 0508 828 865
- The Fono West (Social Services) 09 837 1780
- Counselling Free Call or Text 1737
- Healthline for COVID-19 health advice: 0800 358 5453

If you know someone who needs financial assistance, please tell him/her to call the free government helpline 0800 779 997 (8am–1am, seven days a week).

If you know someone is feeling anxious, frustrated or needs a listening ear, they can call or text 1737 to talk with a trained counsellor. It is free 24 hours a day, seven days a week.

Take care, stay in touch and I'll be in touch when I have further updates.

Warmest regards,

Phil

Phil Muir

Proud Principal of Northcote Intermediate School