



@SIOUXSIEW @XTOTL thespinoff.co.nz

CC-BY-SA

Fruitvale COVID message



We are at
level 4, August 22@11am

Kia Ora Koutou,

Fortunately or Unfortunately, our bubbles are our saving and our strength. Isolation seems the only way to get ahead of the delta curve and stop transmission. Please respect your bubbles. I am being reminded that school playgrounds are out of bounds to communities. And I also know that getting out of the house is a really great tonic. The MOE is worried about congregating young ones and through that spreading the virus. Staff that have been connected to places of interest are all so far testing negative; good news and a second test will confirm this. We await that coming through. If you have been connected to any places of interest I'm sure you have done the right thing and got a test. Together we are stronger. Remember to scan. Your child will be in daily contact with their teacher and online learning should be a regular part of their day. If not, please let me know. The MOE is currently advising us to distribute devices as soon as possible. We are working on a plan to do that.

Further information about Alert Level 4 can be found on the [COVID-19.govt.nz website](https://www.covid-19.govt.nz).

Distance Learning: Alert Level 4

- Curriculum teaching and learning resources (with guidance for parents) can be found online [here for English-medium](#) and [here for Māori-medium](#)
- Home Learning TV can be [accessed on demand here](#) or via the TVNZ App on a device (mobile phone, smart tv or tablet)
- Mauri Reo, Mauri Ora can be accessed on demand from Māori TV for [primary-aged tamariki](#) and here for [secondary school rangatahi](#).

In uncertain times it is the positive, the caring, the connected who will survive the best and with the most heart. We hope to be part of creating that positivity, caring and connection for you. We believe we have your trust and that trust will keep us growing together even in times of crisis, like now. It can be easy to get caught up trying to find explanations and in the process erode the faith in each other and our fellow NZers. Talking to your tamariki, playing with your tamariki, creating memories that will last a lifetime is the best way to grow resilience for the times ahead with, and post COVID... be WARM Hearted it's good for you and everyone around you. I had a great time yesterday playing, 'Hide n Seek', with family, in the street close to my home. Took me right back to childhood, got us all moving, having fun and connecting. It's as easy as that.

It seems now we are isolating for a couple of weeks but will know more this pm.

If there is anything I can help you with please let me know.

Kia mana, Kia toa, Kia manawanui

Stay safe, be strong, be kind.

Nga mihi nui....



Donal Ph/text.. 0211296483

See below for an updated list of services you can call on should you need to.
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

Work and Income services centres are closed. However, you can apply for assistance via [MyMSD](#) or phone the contact centre on 0800 559 009.

If you need some assistance with food these food banks may be able to help. Call first for instructions of how they are operating to ensure physical distancing:

- Auckland City Mission (City) 09 303 9200
- Salvation Army (Henderson) 09 837 4471
- Vinnies Auckland (Newton) 09 815 6122 or 0800 6800
- Hope Centre (New Lynn) 02108048436
- Vision West (Glen Eden) 09 818 0716 – Mon, Wed, Fri only

If you're in Auckland, [the Auckland Emergency Management website](#) may be useful.

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.