



# Fruitvale COVID message



We are at  
level 4, August 24@11am

@SIOUXSIEW @XTOTL thespinoff.co.nz

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Kia Ora Koutou,

Bubbles will be a word synonymous with COVID for a good time into the future. And there are so many things that they represent that they have always represented. They are beautiful, partly because of their fragility, their ability to reflect the light and be a little beacon of hope in a sea of complexity. Bubbles can be popped very easily and then they are no more. Please protect your bubbles. They are our saving and our strength. Together in our bubbledomes we are stronger. Remember to scan.

Your child will be hopefully settling into new routines of schooling incorporating many ideas in your homes while keeping in contact with their wider school whanau. We are distributing devices to those who do not have one today. Jacqui (Office Admin) will have contacted you if you need to pick them up this afternoon. Thanks very much to the team of three (Maria, Jacqui and Paul)

We are in L4 for another week at least. Let's hope during that time that no super spreaders happen and that we all respect each other enough to ensure that Delta is beat, set to retreat.

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](#).

Mental health during these lockdowns can be challenging. All of the routines of what was normal life have changed. This constant change and the insecurity of what is ahead of us can be very challenging. Where in the not very distant past I would constantly be texting my daughters and friends I am now more likely to ring them and surprise, surprise it's a much more pleasant and satisfying experience. I learn more of what's happening in their lives, create a stronger connection and can hear and respond to tone (Which in the texting world is possible but much harder) Positive, caring, connected that's what we need to be cultivating. We, your school community, are a part of creating that positivity, caring and connection with you. Your trust will keep us growing together in times of crisis, like now. Your talking to your tamariki, playing with your tamariki, helping them with their tasks where its warranted will be creating memories that will last a lifetime and is the best way to grow resilience for the times ahead, and post COVID... be WARM Hearted it's good for you and everyone around you.

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



Te manu e kai i te miro, nona te ngahere,  
Te manu e kai i te matauranga nona te ao.  
*The bird that partakes of the miro berry owns the forest,  
The bird that partakes of education, owns the world.*

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.

## Access to food and essential items

Everyone needs food and essential items (such as medicine) through all COVID-19 Alert Levels. We encourage you to let your communities know they don't need to go without.

[Here's a fact sheet](#) with information about the many ways of getting food and other essential items to you:

- food delivery
- what to do if you can't get food delivered
- staying safe when getting food delivered
- financial help to buy food
- foodbanks

[Information about food provision and distribution for providers.](#)

## How to spot bad information

There is another very helpful article by [Dr Siouxsie Wiles and Toby Morris in The Spinoff](#) regarding misinformation and disinformation.

Their red flags for how to spot bad information are particularly well-summarised. Bad information will:

- downplay COVID-19 and the pandemic
- focus on survival rate
- ignore long COVID
- emphasise individual freedom
- try to sell you something
- push simple cures/treatments
- make you feel fearful or angry.

*“Good information put out to help you make an informed choice won't make you feel scared or angry. It'll make you feel empowered.”*

## Information hub for Pasifika parents and families

Kia orana, Noa'ia, Talofa lava, Mauri, Mālō e lelei, Tālofa, Ni Sa Bula Vinaka, Fakaalofa lahi atua and Mālō ni, we've created an online info hub for Pasifika parents, families and communities to support learning during Alert Level 4. [You can find the information hub here.](#)

There are helpful updates on how COVID-19 impacts education and links to learning resources including:

- Quick and easy: [Home Learning TV](#)
- Alert Level 4 friendly: [Learning from Home online](#)
- Pacific specific: [Dual-language resources](#)

We'd encourage you to check the info hub page regularly – we'll be updating it daily.