



12th August 2020

Kia ora koutou,

The School's position is:

At Alert Level 2 it is all about being safe and sensible, and also adaptive and flexible to move in and out of the Alert Levels at short notice

Quick references

[COVID-19 - Ministry of Health](#)

[COVID-19 - Information in other languages - Ministry of Health](#)

[COVID-19 - Easy Read information - Ministry of Health](#)

[Unite against COVID-19 – NZ Government website](#)

Safety At A Glance:

- Sanitise or Wash hands with soap and water
- Physical distancing
- Cough and sneeze into the crook of your elbow
- If your child is sick, please keep them at home to recover.

A few changes for the remainder of the week:

- **The School gate will be closed during the School day.** It will be open in the mornings until 9:40am for the remainder of the week; and will open again at the end of the day for the School buses.
- **All visitor appointments are either cancelled or postponed.** If you need to see a staff member you may either: email or call or google meet or organise another time next week.

New precautionary measure: Students and staff are encouraged to wear a face mask to protect others - this is not compulsory.

Digital Devices: Please retain the School devices and MOE devices for now. We'll let you know when to return them for maintenance checks.

Thank you to those families who have returned their School or MOE device. We will return those devices tomorrow, Thursday, to your child.

From EAP Services:

The media (television, radio, print, and the Internet) play an important part in people's lives. The media can inform and educate you and your children. Unfortunately, the media coverage of a major event also has the potential to upset and confuse. There are many ways that parents and caregivers can help children understand media coverage of major events and manage their exposure.

Understanding media exposure

Media coverage surrounding a major event, such as a terrorist attack, pandemic or natural disaster, can produce increased fears and anxiety in children. At anniversaries of an event, children may experience some of the same feelings and thoughts they had immediately after the event. They may have trouble sleeping or concentrating at school, or have other behaviour difficulties. The more time children spend watching coverage of a major event, the more likely they are to have these negative reactions. Graphic images and stories of loss may be particularly upsetting to children.

Very young children may not understand that the coverage and repetition of images from a past event is just that—a replay. They may worry and fear that the event is happening again. Excessive exposure to the media coverage of a major event may interfere with children's recovery after an event.

Children who were directly impacted by an event (e.g. lost someone in the event, were injured in the event, were witness to the event) are most vulnerable to negative effects from excessive media exposure.

What parents or caregivers can do to help

- **Make a family plan.** Parents or caregivers should take the lead, with input from older children, in determining the extent your children will be exposed to the media. Consider putting some limits on children's exposure to media coverage of a major event. The younger the child, the less exposure she or he should have. Consider if media exposure is necessary at all for a very young child. Be ready to put your plan into action, and set clear limits when necessary.
- **Watch and discuss with children.** To gain a better understanding of how coverage may impact children, watch what they watch. Discuss the stories with them, asking about their thoughts and feelings about what they saw, read, or heard. Particularly with older children and adolescents, it is not always possible to review media together. However, taking the time to discuss media coverage can be an excellent way of opening dialogue with your children; getting a better sense of their thoughts, fears and concerns; and understanding their point of view.
- **Seize opportunities for communication.** Sometimes, you will be presented with unexpected opportunities to discuss coverage of a major event. For example, a newsbreak with images or a trauma-related story may interrupt family programming. The images in magazines or newspapers are likely to be viewed by children. Use these opportunities to open conversations related to the event. Assure them that you are available to talk about their feelings and thoughts.
- **Plan time away from coverage.** Be sure your family has time away from media coverage. This is especially important when media coverage of a breaking story is constant. Consider family activities away from the television, radio, or Internet. Be sure your children also have enjoyable social activities planned in the time surrounding a major event. Being with friends and family can have a very positive influence on children's abilities to cope and bounce back after major events.
- **Clear up any misunderstandings.** Children, particularly younger children, may not always fully understand media coverage of a major event. For example, young children may be unnecessarily concerned about the risk to their own or their family's safety. Younger children also may have greater difficulty separating fantasy from reality. It may be difficult for them to differentiate between scary movies and actual real-life events. Clarifications to correct misunderstanding and confusion can be reassuring. It

is important not to make assumptions about what your children are thinking, but to find out what they are worried about and then discuss their worries with them.

- **Monitor adult conversations.** Although you may monitor media coverage, it is also important for you to monitor your adult conversations related to the major event and coverage. Even when adults are not aware, children often listen and may not wholly understand what is being said. Overhearing adult conversations may increase worries and fears related to the major event and lead to further confusion and distress.
- **Educate yourself.** Children may experience a variety of reactions in the face of major events or reminders of such an event. Many children are resilient and cope well, but some children may have enduring difficulties. These reactions may vary with age and exposure to the event. Learn about the possible reactions in children. This will allow you to be aware of the problems your children may be experiencing and make good decisions about if or when any help is needed.
- **Plan ahead.** Think about what you will do if stress reactions occur following a major event, or the coverage of its anniversary. Identify resources in your community to gain information about managing reactions as well as when to ask for help. Identify expert resources in your community for help in working with children exposed to major events.

If you have any queries and questions please contact office@fraser.school.nz or 078479044

Ngaa manaakitanga,
Virginia Crawford
Principal