



# South Otago High School

Newsletter 27th March 2020

*Nga mihi mahana ki a koutou katoa*

*Warm greetings to you all*

## Dear Parents/Caregivers

*Kia Ora Tatou*

### Student Support - Wellbeing

This week has been somewhat different for our students and their families. Students have been working from home and linking in with their teachers for their curriculum subjects. Pastoral care and supporting the wellbeing of students and their families/whanau is also one of our priorities.

Earlier in the week I sent out an email (below) to students encouraging them to speak with family members or email staff at school if they had any worries or needed any help.

### Hi everyone,

I've been thinking of you all at home. Your class teachers will make contact with you at some stage this week and I wanted to let you know of further supports that are available in case anyone needs them. You are welcome to email me, your teachers, your mentor/dean or head of department while we are working from home. Please get in touch if you need some help. Your parent/caregivers can hopefully help too if you are struggling with something. Keep connected to your friends and family. We look forward to seeing everyone safe and well once school goes back. There are some excellent other resources for support, free call and text numbers as well as online counselling too, so lots of options.

1737 free call or text a professional counsellor anytime day and night

Youthline – 0800 376 633, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

thelowdown.co.nz A website that helps young people, online counselling and free text 5626

24/7 Helpline | 0800 LIFELINE (0800 54 33 54) or free text HELP (4357)

Information has come through from the Ministry of Education for parents and caregivers on supporting wellbeing of young people while they are at home. Some parents/whanau may already have seen the

information online over the last week, some of the links below have helpful information for us.

COVID-19 - <http://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/>.

The Ministry of Health's website includes Top ways to look after your mental wellbeing during the Covid-19 lockdown.

<https://www.iamhope.org.nz/> - I AM HOPE is the youth and community focused support group run by The Key to Life Charitable Trust, started by Mike King.

<https://www.facebook.com/nathanwallisfactoreducation/> - Nathan Wallis has some helpful videos on his Facebook page for parents and whanau

<https://www.mentalhealth.org.nz/get-help/covid-19/> - tips on looking after mental health and wellbeing during COVID-19 from the Mental Health foundation

<https://depression.org.nz/covid-19/> - a website by the Health Promotion Agency to help New Zealanders recognise and understand depression and anxiety. ` Also attached to this newsletter is information from 'The New Zealand Institute of Wellbeing and Resilience'

*(Cut and past the web addresses into your search engine)*

Remember, be kind to yourself as parents/caregivers during this time. Everyone has different situations at home and at the end of the day different things work for different families and individuals. My very best wishes for the school holiday period and we look forward to seeing you all again soon. I'll be in touch again next term if any further information comes through that may be useful for parents.

*Nga mihi nui*

**Cath Bloxham**

**Guidance Counsellor**



# Help with essential costs

- Work and Income may be able to help if you're on a low income or not working.

If you've lost your job or can't work at the moment you may be able to get a benefit or some other financial help from us. We can also help you look for work.

You might have been affected by COVID-19, drought, floods or other events outside your control.

If you're struggling to meet your living costs or had an unexpected bill we might be able to help you, even if you're working.

We can help with urgent costs like:



food



accommodation costs (rent, mortgage, board)



power, gas and water bills or heating



clothing



medical and dental costs



bedding

We have different types of support and payments available depending on your situation.

## Find out more

Even if you don't think you qualify, call us to talk about your situation.

You can also visit [workandincome.govt.nz](https://workandincome.govt.nz) and click on **Check what you might get**.

## For more information



Go to [workandincome.govt.nz](https://workandincome.govt.nz)



Call us on **0800 559 009**, 7am to 6pm Monday to Friday and 8am to 1pm, Saturday.



MINISTRY OF SOCIAL  
DEVELOPMENT  
TE MANATŌ WHAKAHĀTO ORA

March 2020

WORK AND INCOME  
TE HIRANGA TANGATA