

# Going back to school

*NAME:*

There are a lot of changes happening now at school and at home.

It may make me feel a bit worried, a lot worried, or not at all worried.

I might be unable to hug my friends like I used to, make TikTok videos together, or share kicks with our favourite ball.

We may even have to sit apart at school, talk from a distance and not be able to hangout after school too.

Instead, now we will chat via Zoom or wave to each other from afar.

In these new times don't forget to be kind to yourself and to each other.

Physical distancing and hand washing will help keep us safe and life will become more normal soon.

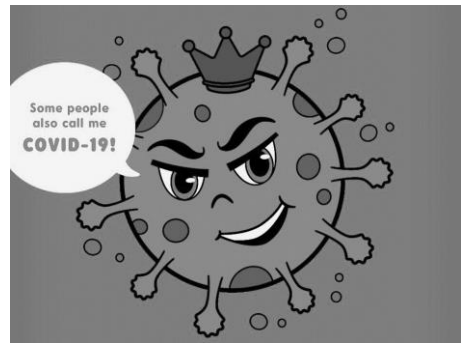
(HH aged 10)



**MANA AKE**  
STRONGER FOR TOMORROW

In March 2020, the world started changing due to a virus called COVID-19 aka Coronavirus.

In an effort to keep New Zealanders safe and healthy the Prime Minister, Jacinda Ardern announced an alert level system.



At alert level 2, we had already noticed some changes happening with sports events and social activities starting to get cancelled.

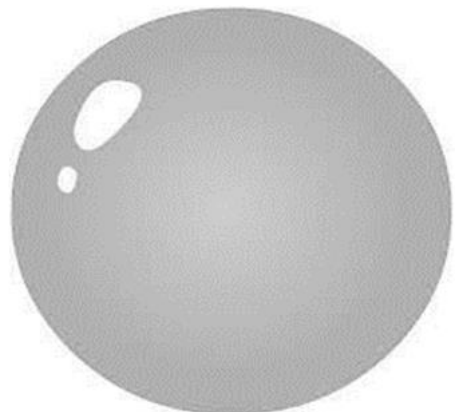
On the 25th March New Zealand went into alert level 4. This meant that we had to stay home, to reduce the risk of spreading the virus, to keep not only ourselves, but our extended family, friends and community members safe.

While we were in level 4 we were not able to go to school for a while, the holidays started early and when term 2 started we were completing our school work in different ways.

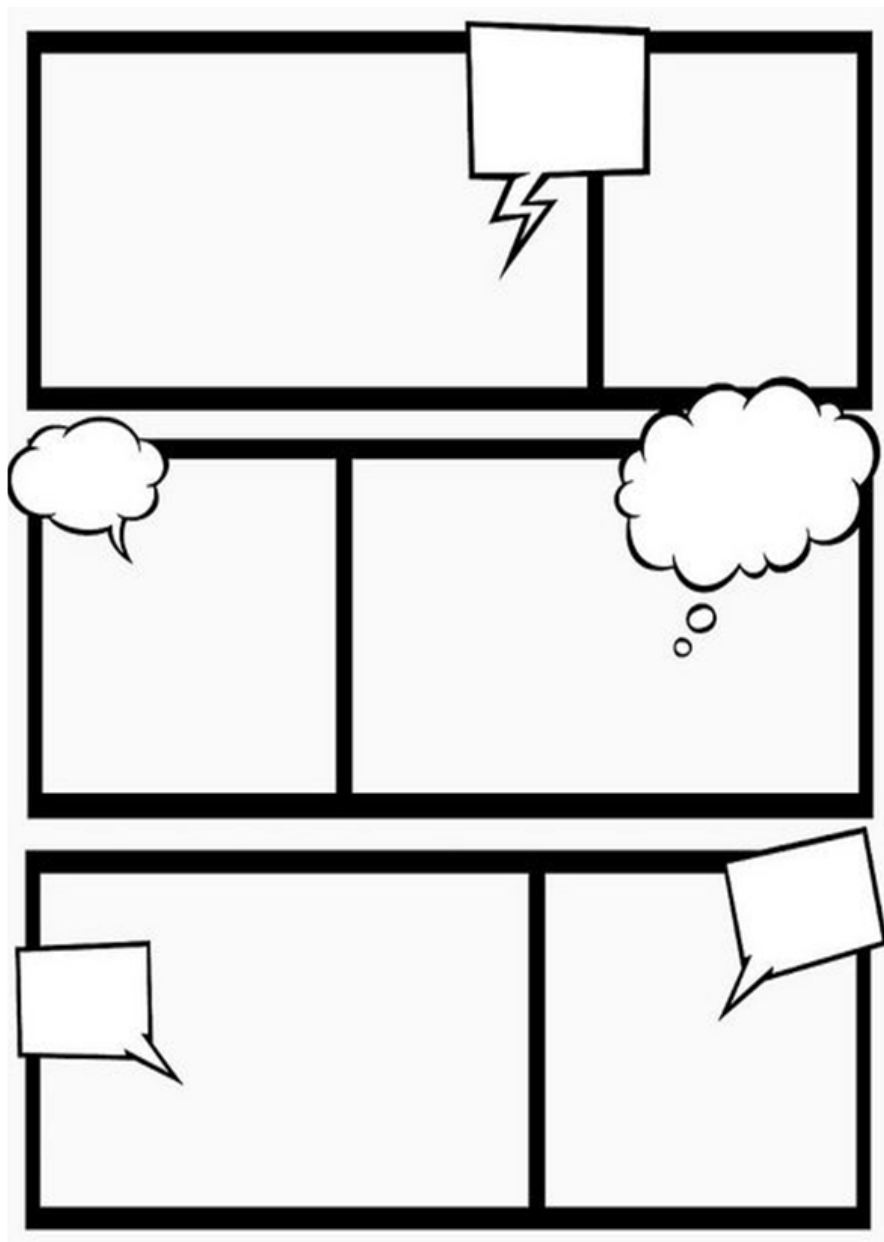
For some people this meant completing work that was sent to their homes and for others it meant doing school work online or joining their class through video calling.

During the lockdown we stayed in our own “bubbles”.

Draw the people who were in your bubble:



Create a comic strip about what life was like during lockdown:



Ka pai hoki koutou! Good on you New Zealand we have done SUCH a good job at staying at home and our Prime Minister, Jacinda is so proud of us! The Prime Minister and her team will tell us when we can go back to school.



# KA PAI

When we go back to school we will still be safe. We will get to see some of our teachers and friends again and keep learning about all of our favourite subjects, like maths, science, social studies and English!

There might be some new measures or changes in place when we return to school to help keep us safe.

We can prepare for changes by:  
remembering our school values and using a growth mindset to keep thinking positively and with focus.

**THRIVE DURING A PANDEMIC**  
*WITH A Growth Mindset*

- Look for the lessons.
- Remember that frustration is normal & helps you grow.
- Recognize that it's the journey, not the end result that matters.
- Give mistakes & failure a chance to teach you.
- Focus on the good.
- Strive for growth, not perfection.
- Continue setting goals & challenging yourself in new ways.
- Instead of comparing your situation to others, recognize your own personal growth.

Credit: Brandy © TheCounselingTeacher.com



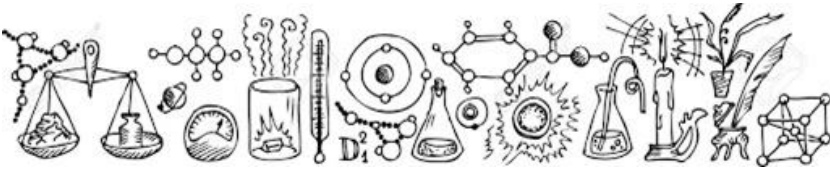
## Staying healthy:

It is important that we continue helping to keep everyone healthy by stopping bugs from spreading. We can do this by washing our hands regularly, trying to not touch our faces, sneezing and coughing into our elbows and limiting physical touch.

***Try out the following science experiment to see how soap works to reduce the spread of bugs and germs.***

What you need:

- White plate
- Water
- Ground pepper
- Dishwashing soap



Pour the water on the plate, then sprinkle the ground pepper over the water. You can use a little or a lot, up to you. Put your finger in the water/pepper mixture, you will notice that some of the pepper sticks to your finger.

Try putting a little bit of the dishwashing liquid on your finger and putting it in the water again.

See what happens?

Just like the soap repels the pepper, it does the same to any germs our hands might come into contact with.

Throughout the day we touch lots of things such as doors, desks, books and our phones so it is important to wash our hands particularly before and after eating and after going to the toilet.



Be kind.



Washing and drying your hands kills the virus



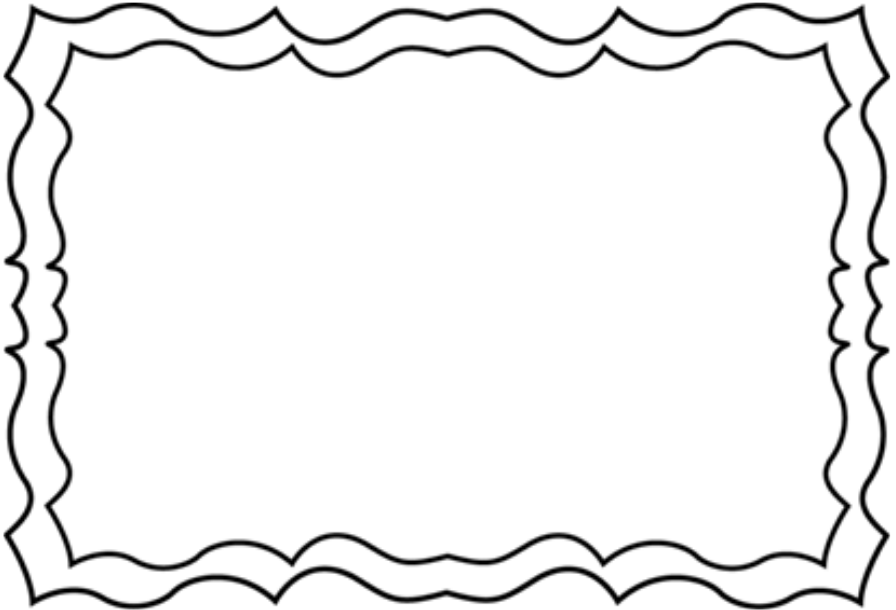
Cough or sneeze into your elbow



Stay home if you are sick

## The Future

Many people are upset about the changes caused by the coronavirus. But with all of us working together, in time things will settle down and get back to being more normal again. In times like this, it's really helpful to make plans to look forward to in the future. Draw a picture of something you are looking forward to in the future.



Awesome work completing your book! If you want you could show your teacher all your amazing work once you get back to school. You could also share it with your parent/caregiver. If you have any more questions about the changes at school, have a chat to your caregiver or teacher.

For more information about getting ready to go back to school, and general wellbeing advice, parents/caregivers can visit these websites:

- [www.manaake.health.nz](http://www.manaake.health.nz)
- [www.sparklers.org.nz/parenting/](http://www.sparklers.org.nz/parenting/)
- [www.allright.org.nz](http://www.allright.org.nz)

# Back to School

T U G E C G Q R L T W Z K S M W A H X M G Q P M  
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 S I D U C X B G V P G S U X L O L P V H V J I V  
 K U R S I C X K Y V Q O S C P H V V V K K P E K

Homework

Backpack

Books

Classmates

Classroom

Friends

Glue

Learning

Markers

Math

Miss Julia

Paper

Pencils

Playground

Reading

School

School Bus

Science

Scissors

Students

Teacher

