



WAIKOWHAI
INTERMEDIATE

Waikowhai Intermediate School

...developing life-long learners...

Issue 4

Term 1

25th March 2022

Greetings, Kia Ora, Fakalofa lahi atu, Malo e lelei, Talofa lava, Taloha, Kia Orana, Ni Hao, Buenos Dias, Chao, Malo ni Habari, Dobar dan, Bula Vinaka, Apa Khabar.

Dear Parents and Caregivers

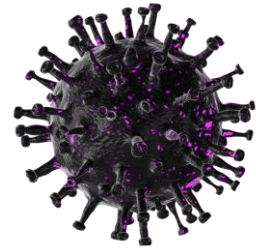
Thank you to all those parents and caregivers who made a booking and met with our teachers to talk about their child's learning. If you missed making a booking, please email your child's classroom teacher to make an appointment. We value the connections we make with families to support children's learning and help them to achieve their potential.

We had 86% of children at school yesterday and our Deputy Principal and Associate Principal Leanne Smith and Cathy Ioelu are working with families to get us back to the mid-nineties percent attendance where we usually sit. It is important that all children attend school regularly for their learning and well-being.

As children are returning to school, more of our regular extra-curricular activities are starting. Please encourage your child to keep an eye on our Daily Notices to keep up to date with opportunities available at school. A great example of this is the group Dust Palace, who have come in free of charge to work with some of our students in the hall at lunchtimes to teach them circus and acrobatic tricks.



I have included some core information around isolation for household/positive contacts which I received and found quite helpful for understanding the isolation process.



For households where someone has COVID-19, the Ministry of Health recommends you apply the following guidance.

- If someone becomes a confirmed COVID-19 case, then that case and all other people in their household must isolate for seven days.
- If someone else in the household then tests positive for COVID-19 during those seven days:
 - the isolation period for that person only re-sets – that person must isolate for an additional seven days from the day they test positive or symptoms begin.
 - other household contacts who do not test positive are still able to leave isolation after the original case has completed their seven days isolation.
- For the next 10 days after a household completes seven days isolation, evidence shows that due to their exposure to COVID-19 they are less likely to catch or transmit the virus. This means:
 - if someone else in the household tests positive within those 10 days, the whole household will not have to re-isolate, only the positive case.
 - if someone else in the household tests positive and it has been more than 10 days since the household completed isolation, household contacts should re-isolate along with the new case for seven days.
- Any person who has had COVID-19 within the last 90 days/three months will not need to isolate as a household contact unless they become symptomatic and test positive again. This is because reinfection rates for people who have had COVID-19 are low for the three months after they have the virus.

Remember, Day 0 for isolation is the day symptoms began or the day the positive test was taken (whichever came first). You should then count your seven days from there.

Please monitor your child's health and keep them home from school if they are unwell.

Teachers have set tasks and work on their Learning Site should your child need to isolate. We also have hard copy packs that we can deliver to local addresses - contact Deputy Principal Leanne Smith on lsmith@wai-int.school.nz

Ngā mihi nui,

David King
Principal

Wellbeing Workshop – Navigating Conflicts

Our classes recently completed a second wellbeing workshop with our school counsellor, Kirsten Malcolm. We covered what to say and do when you are feeling hurt or angry with someone else. We are sharing a summary of what was covered in the workshop here, so that you can support your child to put these ideas into action at home as well.

I Statements

Instead of using silence, violence or avoiding, try describing what happened and how it has impacted you. Finish by making a request of the other person. What would help the situation for you? Then be ready to listen to the other person's point of view. They might have their own 'I statement' to share back with you.



Bridge Builders

Bridge Builders help people understand each other's side of the story and to solve the problem together. They build bridges of understanding between people.

First, they ask each person to tell their story and how what happened impacted them. They then ask each person what they think would help solve the problem, and help them reach an agreement.

From Fight to Conversation

Year 8s practised using this process:

Start with yourself

- Take time to calm down
- Make generous assumptions
- Figure out: What are your feelings telling you that you need? What do you want? What don't you want?

Make it safe

- Choose a good time and place
- Show respect and care - the other person is your partner in this conversation – not the enemy!
- Do you need someone to help keep it safe? – a Bridge Builder (student or adult)

Ask for a chat

I'd like to talk about what just happened. Do you have a few minutes to talk?

I'm worried about what happened yesterday, and I want us to talk about it so we can understand each other better.

I'd like to talk about _____. I think we may have different ideas about it and I want us to figure out a way to work together on it.

Have the conversation

1. **Share your facts** – *I've noticed...*
2. **Share your story** – *I think this means... I feel... From my point of view...*
3. **Ask for their facts and story** – *This is how it looked to me – how do you see it?*
Be open to listening carefully. Ask questions to help you understand better.
4. **Reflect back what you've heard, to check you understand it** – *So, what I'm hearing is...*
5. **Work together to come up with solutions to the problems.**
Ask kindly and clearly for what you need to solve the problem: *What would really help me is if...*

Ask the other person what they think would help solve the problem: *What would help make this right for you?*