

Monday March 18 2019

Dear Parents and Caregivers

After such a tragic and surreal weekend it is important to look at what we can do to ensure our children are supported. This is something we never expected in NZ but it is just like the world has reached out and grabbed us and shaken the innocence from our very core.



Nathan Wallis has written this for our schools and parents

1. Turn off tv and media - it will reinforce the trauma
2. Show you are concerned like them, but still feel safe now. If you feel safe, they are likely too
- 3 express confidence in how quickly the police responded and their ability to protect us.
- 4 be esp aware of how your “tween” is responding. Eleven is a very vulnerable age for loss and grief and our eleven yr olds have already been traumatised by the quakes
- 5 Give them a sense of agency by telling them that people are wearing colours to school on Friday the 22nd. Children can come as colourful as they like to show solidarity for our Muslim friends and families. A coin donation will be collected.

Pamper them, cuddle them, support them. If they are responding particularly badly - take them to a safe place out of chch if u can - the sooner the trauma stops for them the better they will recover

I am in communication with the Christchurch Principals and listening to the advice from the Ministry of Education. Please feel free to contact us at school if you have any questions or concerns for our children.

**Please be aware i feel it is only appropriate to revisit lock down procedures and we will inform you of any new developments within our school. This will be done in the next week or so.**

### **Gumboot Up on Friday 5 April!**

We're asking you, your teachers and parents to wear gumboots to school in support of Gumboot Friday. Put your gumboots on and bring along a gold coin donation (if you can). All funds raised on the day will help provide free counselling to kids who need it.



Gumboot Friday is a new initiative by New Zealander of the Year, Mike King, and I Am Hope. We're aiming to raise \$2million for kids who need some mental health support. You can find out more about Gumboot Friday at [www.iamhope.org.nz/gumbootfriday](http://www.iamhope.org.nz/gumbootfriday)  
Please encourage your friends, family and community to #GumbootUpNZ on 5 April!

### **Sponsors for 2019**

We are looking for local sponsors who may be interested in sponsoring a classroom. This is something we have done for the last 6-8 years and it has worked very well. The sponsor receives their name on the classroom and rights to talk with the children as well as being invited to special occasions. It is a partnership and the teachers enjoy working closely with the current sponsors and sharing the educational journey at Rakaia School.



If you are interested please contact Mark at the school.

### **Hello Rakaia School families**

Welcome to the 2019 school year! We are already in week 8 and looking forward to another fun and busy year. At the end of March we hold our School Support Annual AGM and invite and welcome new members who are interested in attending.

We are a group of working Mums and Dads that support Rakaia school in practical ways to add to the experience of everyone at school. You can show your support for the school in a variety of ways. These include being an active member in the committee, attending meetings, or it could mean helping out with fundraising activities with your time or donations throughout the year. We all have busy lives and many hands make light work. The benefits are great for everyone when we connect with the school and actively involves ourselves.

Rakaia School Support is a registered charity and annually we contribute to core learning resources. In addition, in the past year we have made donations to the school for the fitness trail and Rakaia School Marquee. Members work so hard to make Rakaia School wonderful for everyone involved. This year we hope to raise money to buy a few extra things for the school. These will include resources for cultural and physical activities and continued support in donating towards reading and math resources.

So please come along to a meeting this year for a drink and a yarn, meet some new parents and be involved in the school.

Please feel free to like and follow our facebook page, or message us with questions and suggestions.

Natasha Baxter (Secretary)

Rakaia School Committee