



GARIN COLLEGE SCHOOL UPDATE 25 March 2020

Garin College is now closed as of 3.10pm, Wednesday 25 March

During this school closure period, nobody will enter the buildings.

All information sent out from the school will be via email, and on the website as appropriate.

CONTACTING THE SCHOOL

Phones will not be checked please email your inquiries to achieve@garincollege.ac.nz

ONLINE LEARNING

During Thursday and Friday this week our Teachers are preparing online teaching resources, and in some cases trialling various platforms with students. Some students may already have work to continue with, however our online learning programme is scheduled to begin on Wednesday 15 April.

It is important that students are checking emails and are online in some capacity, so they are able to connect in with their teachers.

Please use the following link to access our Garin information regarding [Remote Learning Plan](#)

GARIN COLLEGE - NEXT 4 WEEKS CALENDAR (correct as at 25 March 2020)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23 March Move to Level 3 Alert	24 March Essential services students only. Staff to prepare for distance learning	25 March Essential services students only. Staff to prepare for distance learning	26 March School Closed Prepare distance learning, establish contact, set some work if ready	27 March School Closed Prepare distance learning, establish contact, set some work if ready	28 March	29 March
30 March School Holidays - no distance learning	31 March School Holidays - no distance learning	1 April School Holidays - no distance learning	2 April School Holidays - no distance learning	3 April School Holidays - no distance learning	4 April	5 April
6 April School Holidays - no distance learning	7 April School Holidays - no distance learning	8 April School Holidays - no distance learning	9 April School Holidays - no distance learning	10 April School Holidays - no distance learning	11 April	12 April
13 April School Holidays - no distance learning	14 April School Holidays - no distance learning	15 April Begin Term Two Distance Learning Programme	16 April Distance Learning Programme	17 April Distance Learning Programme	18 April	19 April
20 April Distance Learning Programme	21 April Distance Learning Programme	22 April Distance Learning Programme	23 April Lock-down period ends or is extended	24 April Lock-down period ends or is extended	25 April	26 April

PASTORAL CARE AND SUPPORT

These aspects are very important to our college community and we want to ensure that all our young people and their families feel well supported during this time.

We encourage all our students to stay socially connected in some way during this time, whether this is through Facetime, phoning or through the various online platforms available to them. We also encourage physical fitness during this time because so many of our students will be missing out on significant amounts of sport and physical activity currently.

Our school wellbeing provider NZIWR will have support links on their website. - [Resilience Strategies for coping with COVID-19](#)

Catholic Mass online

Remember that daily masses are online too. We are coming up to a special time in the Church calendar. We need to keep a sense of normality about our daily life, but it may be through different access.

<https://www.catholic.org.nz/> will keep you updated about online opportunities to take part in mass and prayer.

Garin Counselling Service

Open Thursday 26 and Friday 27 March and then again after the school holidays from the 15 April. You can email Kate direct at katesheldon@cloud.garincollege.ac.nz or fill out the online referral form here [Garin Counselor Referral Form](#)

Please realise that communication via email sometimes means delays, so if you are in need of emergency support use the numbers listed below.

The counselling team will be providing some video sessions using Google Meet, however these will need to be booked in advance.

If you need to speak to a Counsellor outside of school hours or you need to make immediate contact you can:

- Call or text 1737, or text help to 4357.
- Ministry of Health 24/7 Counselling: Phone or Text 1737
- YouthLine: Phone 0800 376 633 or Text: 234
- The Lowdown: www.thelowdown.co.nz

If you are worried about someone's immediate safety or have more significant safety concerns, dial 111 or contact: Emergency Psychiatric Services: Phone 0800 467 846 - Option 2

Other support services or helpful information

Lifeline also have a range of helplines <https://www.lifeline.org.nz/services/lifeline-helpline> and resources/information <https://www.lifeline.org.nz/suicide-prevention/>

If you are feeling unsafe you can still ring the CAMHS Crisis Team - (03)5461800 and ask for the CAMHS on-call crisis worker, or call 111.

Women's Refuge Crisis line is still operating if you are feeling unsafe at home because of family violence, or you are worried about somebody else you can still ring them on 0800 REFUGE or 0800 733 843.

The below link is to a video by Nathan Wallis on how we can support children during these times of uncertainty <https://www.facebook.com/100007129092563/posts/2585374985043446/?d=n>

Another link with helpful tips and information <https://www.depression.org.nz/covid-19>

The Mental Health Foundations Guide on how to maintain wellbeing and mental health during Covid19 <https://www.mentalhealth.org.nz/get-help/covid-19/>