

## Week 5 Term 1 March 2022

School website www.stmarys.ac.nz School Facebook www.facebook.com/groups/stmarysschoolwanganui School App From the Google Apps / Play Store: SchoolAppsnz St Mary's School

I am going to start the newsletter today with some exciting newsl

You may have already noticed the first major works... we finally have a judder bar installed on Seddon St. This has been many years in the making and will help to slow down traffic. There are plans in the pipeline regarding other works but I suspect this will be some time away. I will keep you updated.

Even more exciting... We have been working behind the scenes to get a huge project under way. I was notified yesterday that we have been successful in getting **new matting under our playground and pencil bars!** It will be great to have this safety matting so we can do away with the bark.

We have some other exciting projects in the pipeline and I will update you as they come to fruition.

Over the next week we are going to be sending home reminders about incorrect uniform. We are seeing all sorts of incorrect uniform items. If you are finding it difficult to provide uniform items please ring lvy and she may be able to assist you. On the next page is a reminder of the correct uniform items for the junior and senior school.





On the next page I have the updated COVID information for you. Please take the time to read carefully as what we do know is that this is an ever changing space.

Mā te Atua e manaaki

Jacqui Luxton

## Where are we at?

We are still getting a small trickle of cases across the school. We continue to have a number of families also isolating because of a positive case in their household.



I am so appreciative of the efforts families are going to, to **keep unwell children at home.** This has certainly had a positive impact on minimising the spread of this virus through school.

We also continue to have families isolating because of concern for at risk family members.

If you would like a hard pack of learning please email me directly and I will put you on the list. Again, please be aware that these hard packs are not tailored to individual children as teachers are unable to complete both face to face teaching and home learning at the same time. Miss Linklater and I are preparing basic 'busy' work to keep students in the learning habit and occupied.

We are continuing to be very vigilant with our public health measures and also ask that you remain vigilant for symptoms with your children.

On the next few pages I have included information on what to do if you or your child tests positive. As part of this process, it is very important that you let us know.

The following has been received from the Ministry of Health today.

### Isolation period reduced to 7 days

The isolation period for COVID-19 cases and their household contacts will be reduced from 10 to 7 days from 11:59pm on Friday 11 March.

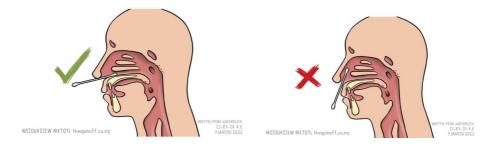
Household contacts will need to have a rapid antigen test at day 3 and day 7 of their isolation period. If they become symptomatic, they should also get a test. If the result is positive, they are required to isolate for seven days from that point.

If a person is isolating and still has symptoms after seven days, they must stay home until **24 hours after symptoms resolve**.

The symptoms we are noticing are upset tummies and headaches.

We are also noticing that children have tested negative initially but positive 3 - 4 days in.

Current advise with the RAT tests is to aim the swab low, to the back of the nose and turn it slowly. They think that this is why positive results are taking longer to register.



We do ask that you test for COVID before your child returns to school after being away unwell.

We are going to change our morning procedure at the gate. We will not sanitise hands at the gate and students will wash or sanitise hands on classroom entry. Students will still be welcomed into school and we still ask parents to stay off school grounds.

If you have any questions please email me at jacquil@stmarys.ac.nz

Many blessings

Jacqui Luxton



## What to do if you test positive for COVID-19

If you have COVID-19 symptoms such as a cough, sneezing and runny nose, a fever, sore throat or shortness of breath; organise a test and isolate.

Rapid Antigen Tests (RATs) can be ordered online at RequestRats.Covid19.health.nz and collected from a participating local pharmacy, GP or testing centre.

Te Käwanatanga o Aotearoa New Zealand Government

### Unite

### Rapid Antigen Tests (RATs)

- Follow the packet instructions.
- Results will be visible 20 minutes
  - after you complete your test.
- Support to carry out a test or understand the results is available on **0800 358 5453**, or at **Covid19.govt.nz**

If you test negative but have symptoms, stay at home and test again 24 hours later. If you test negative again and still have symptoms, contact a health professional for support.



### What to do if you test positive

- 1. If you test positive, you need to self-isolate.
  - If you have symptoms, you need to self-isolate from when they started.
  - If you don't have symptoms, you need to self-isolate from when you got a positive test.
- Everyone else in your household needs to self-isolate and get tested. Go to Covid19.govt.nz/household for more details. If they test positive, they also need to follow these steps.
- **3.** Record your RAT result in your *My Covid Record.* If you need help with this, call **0800 222 478**.

#### How long do I need to self-isolate for?

Note: If your test was at a community test centre or other health provider, you don't need to do this, as the result will be automatically added to your *My Covid Record*.

- 4. If you have provided your mobile number, you will receive a text message from 2328 within 24 hours with a unique code to access an online form. Complete this form to help us identify if you need additional health or welfare support and any high-risk locations.
- 5. Household contacts can end their self-isolation at the same time as you (as long as they haven't tested positive).
- To find out how long you need to self-isolate go to Covid19.govt.nz/positive



### What to do when isolating

- Food and supplies must be contactless delivery. This can be organised online through supermarkets and businesses, or ask friends, whānau or neighbours to help.
- Tell people that your household has COVID-19 and is isolating. This includes regular visitors, your work place, education provider or school.
- You can exercise outside your home in your neighbourhood, but not at any shared exercise facility, such as a swimming pool or gym. You must maintain physical distancing.
- Keep surfaces clean and open windows to increase ventilation and airflow.

Isolating is the most effective way to protect people around you from getting COVID-19. It also helps slow the spread of the virus, which will protect our vulnerable populations and ease the pressure on our healthcare system.



## Managing symptoms

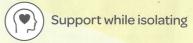
For most people, COVID-19 will be mild to moderate and will be managed at home.

To help manage your symptoms, you can use over the counter medications such as painkillers and chest rubs.

If you need health advice, look at the online resources first: Covid19.govt.nz/positive

If your symptoms get worse or you need urgent medical care, call your local healthcare provider or Healthline on 0800 358 5453.

If you or the person you are caring for develops difficulty breathing, severe chest pain, fainting or becomes unconscious, call 111 immediately.



Most people will be able to manage with the help of whānau and friends, but if your whānau need extra support while you are self-isolating, Work and Income may be able to help with:

- money to pay for urgent and essential costs, like food, medicine and some bills
- supplies delivered to you
- connecting you to support from community groups, iwi and Pacific groups in your area.

For more information, call the COVID Welfare Line on 0800 512 337.

#### **Employment financial support**

If you need to take time off work while isolating, your employer may be able to get Leave Support to help them keep paying you.

#### Mental wellbeing

For information on available support, go to Covid19.govt.nz/IsolationSupport

You can speak with a trained counsellor any time, day or night: free call or text 1737.

### For more information, head to:



## Reporting your RAT test result



You need to report your Rapid Antigen Test (RAT) result. This can be done on My Covid Record. Log in to **mycovidrecord.health.nz** or call **0800 222 478** and press option 3.









Congratulations to Mr Kerr who has again been selected into the NZ Black Stacks Sport Stacking team that will compete in the World Champs in early April. His reselection enables Mr Kerr to defend his Masters 4 World Title that he won in 2021. Another four former students have also made the team with two of them making their debut.

We would love to celebrate out of school achievements!

If you would like us to include your child in our newsletter just email me a photo and write up jacquil@stmarys.ac.nz



## **Cellphones and Smart watches:**

At the beginning of each year we ask that parents who have children that bring cellphones to school sign an understanding that we will do our utmost to keep these safe but cannot be responsible for missing or damaged technology.

Children hand their phones into the classroom teacher and then delivered to the office for safe keeping. Children collect them at the end of the day.

You will appreciate that we are unable to let children use their phones during the day as they are distracting and can create issues around social media. We also need to ensure they are not Cell Phones broken or lost.

We provided devices for learning which limit access to social media platforms that can create angst.

We have noticed an increase in the ownership of smart watches this year. We will be treating these in the same way for the same reasons.

Please ensure you have signed and returned the form asap.

Thankyou for your support with this.





There are occasions when it is helpful to have a mobile phone for use after school and we are happy to accommodate requests. cell phones/Smart watches are however a distraction to the learning day. If you do want your child to bring a mobile phone, smart watch into school,

- please complete the details below and return to the School Office.
- The phone/watch must be handed to the classroom teacher prior to o.woam. Students will be expected to collect and sign for their phone at the end The phones will be switched of. We will do our utmost to keep devices safe, however the school is not

responsible for the loss theft or damage to the phone while at school is not responsible for the loss theft or damage to the phone while at school. Please make arrangements to include this in your household insurance or other appropriate cover.





## Catholic Parish of Whanganui

Te Părihi Katorika ki Whanganui (2015) Diocese of Palmerston North, New Zealand

ST MARY'S CHURCH 1 Campbell Street

HOLY FAMILY CHURCH 22 Tawhero Street

#### ST ANNE'S CHURCH 47 Raine Street

TE RONGO O TE POI

(Beat of the Poi to the Gospel) 584 Kaiwhaiki Road Kaiwhaiki Marae NGAKAU TAPU (Sacred Heart) 4491 Whanganui River Road Rānana (London)



HĀTO HŌHEPA (St Joseph's) 600 Whanganui River Road Hiruhārama (Jerusalem)

#### **Second Sunday of Lent** 13<sup>th</sup> March 2022; Year C / Weekdays Year 2

MASS TIMES-RED



**Covid Protection Framework (Traffic Lights)** 

#### Sunday Masses

Whanganui

Holy Family (HF)Vigil (Sat)4.00pmVaccine Pass5:30pmVaccine Pass

St Mary's (SM) 8.00am Vaccine Pass 9:30am Vaccine Pass

 St Anne's (SA)

 4:00pm
 No Pass (25 limit)

 5:30pm
 No Pass (25 limit)

Kaiwhaiki 11:00am (1<sup>st</sup> Sun of the month) NO MASS in RED settings

Hiruhārama (Jerusalem) Rānana (London) 12:00pm (4<sup>th</sup> Sun; alternating venue) NO MASS in RED settings

#### Weekday Masses

Mon	9:00am	HF	Vaccine Pass
Tues	10:00am 11:30am	HF SA	No Pass No Pass
Wed	5:30pm	SM	No Pass
Thurs	12.05pm	SM	No Pass
Fri	12:05pm	SM	Vaccine Pass
Sat	9:30am	SA	Vaccine Pass

#### **ADORATION & BENEDICTION**

Feb onwards... Wed 6:00pm—7:00pm SM Fri 9:00am—11:50am SM concluding with Benediction on Fridays

#### **RECONCILIATION (Rite I)**

Fri 11:20am—11:40am SM Sat 9:00am—9:20am SA or by appointment

Words and Music for Mass: All rights reserved © Reprinted under ONE LICENSE #A-625991 Sunday Readings: Gen: 15.5-12, 17-18, 1 Phil: 3.17-4.1; Lk: 9.28b-36 Next Week: Ex: 3.1-8a, 13-15, 1 Cor: 10.1-6, 10-12.; Lk: 13.1-9

#### STATEMENT ON UKRAINE BY NEW ZEALAND CHURCH LEADERS

Across the globe people are horrified by the invasion of Ukraine by Russia.

In a region that learnt the devastating lessons of war last century, the pattern has the tragic possibility of repeating. It flies in the face of much of the progress in peaceful coexistence that Europe has made in recent decades.

Once again, on European soil, we see the rights and wellbeing of millions of ordinary people trampled on by an aggressive and entitled leader.

It also flies in the face of the Jesus-values of peace-making. In this instance, those values call us to stand against violence and stand with the oppressed.

Those values call for de-escalation and peace talks.

They call for humility and kindness.

As Christians we stand in solidarity with the vast chorus of voices calling for the aggression to end and the peaceful solutions to begin.

**Right Rev Hamish Galloway,** Moderator, Presbyterian Church of Aotearoa New Zealand

Andrew Doubleday, President, Methodist Church of New Zealand

Cardinal John A Dew, Archbishop of Wellington, Catholic Church of Aotearoa New Zealand

Archbishop Don Tamihere & Archbishop Philip Richardson, Anglican Church in Aotearoa, New Zealand and Polynesia

NZ BLOOD—are asking for



volunteers to make cups of tea when they are here in Wanganui (using our Hall) on the 15,16,17th March. If you are able to help please contact Danielle de Souza on 027 242 9334

TAWHERO HOUSING DEVELOPMENT— Thank you to those who have made submissions which closed on Friday. Those who have made submissions will be contacted in the near future regarding speaking to the Finance Committee in relation to their submissions. Let us continue to pray through this important time of information sharing.

#### LENT 2022

LENTEN CARITAS RESOURCES—go to our Parish webpage to download the 2022 Lenten Reflection Program or https://caritas.org.nz/lent

STATIONS OF THE CROSS—Fridays of Lent at St Anne's Church, 5:30pm, commencing 4 Mar (excluding Good Friday). Come and journey with Christ as we reflect and pray the last few hours of his life whilst looking upon the stations in our church—if you're unable to come, do consider doing this in your personal prayer time during the week. No Vaccine Pass Required.

CARITAS ENVELOPES—are available at all of the Churches. They are for single/one off donations rather than the 6 weekly packages. (To eliminate excess envelope wastage and unnecessary costs to Caritas).

Tip: If you still wish to give every 6 weeks pop the money in an envelope weekly then hand in at the end of the period.

2022 Message is now on the Parish website and church foyers





#### Died Recently Hendrikus Hubers & Julie Forbes

#### Anniversaries

Rangimarie Mautairi, Kathryn Haddock, Timothy Morahan, Claire Hoare, Jospehine Boland, Pat Benesan, Robbie Gembitsky, Gordon Wham & Anne Wham

**Requiescant in Pace** 

#### JOSEPHITE RETREAT CENTRE

14 Hillside Tce, Whanganui, 06 345 5047, Ex3 www.marymackillop.org.nz

How Films Impact Our Spirituality (Hope and Trust in the midst of confusion and Covid-19)

This film series is postponed and will resume on Thursday 5 May.

Vaccine pass required.

#### **Caritas Lenten Sharing Group**

Entitled 'Called to be Peacemakers' which is based on the need to find new and better ways of living as one human family. Every Tuesday from 1 March during Lent.

Please note time change: 2 - 3.30pm Tuesday 15 March with Liz Hickey rsj and Pam Hopper Vaccine pass required.

Tui Motu Group Wednesday 16 March, 4 - 5.15pm with Liz Hickey rsj Enquires, please call Pam on 06 345 5047 ext 3 or email pam.hopper@sosj.org.au

#### HOMELESS HUB OUTREACH

This week's delivery of soup and buns will be made by Juliet Kojis' team. Further information contact Jo 027 2787943 or Pat 343 6313.

**ON SALE** 

### NZ Catholic \$4 NZ Catholic

SUNDAY MISSAL—are available at the office. \$12.00 each. There are 2 copies left !!!

SOCIETY OF ST VINCENT DE PAUL

1st & 3rd Wednesdays of

Church, Tawhero St,

Whanganui, 5.00pm.

027 422 8170 or Kevin

Foley 0273264275

Bosco Kendall rsj.

each month at Holy Family

Enquiries: Marianne Vine

**EXPLORING FAITH GROUPS** 

HOLY FAMILY CRAFT GROUP

Mondays 7:30pm-9pm Zoom meeting &

Tuesdays 10:00am-Noon. St Marvs' Meeting

room. .Contact and enquires to Nancie & Brian

06 345 0609 (Morning Group) Led by Sr John

Quigley 06 347 8177 (Evening Group) Jo Smillie

Meets weekly on Thursdays 9:30am. For further

#### PLANNED GIVING ENVELOPES—are now

available for collection from the St Mary's fover If you are not on planned giving and would like to help the Parish financially, please consider signing up to an automatic payment or weekly envelopes. To do this please call or visit the Parish Office at you convenience. Thank you to all who give so generously each week :-)

RECEIPTS-Will be available at the beginning of May (end of financial year 31 Mar 22).

#### CHIEF EXECUTIVE WANTED: Te Kupenga-**Catholic Leadership Institute**

Te Kupenga-Catholic Leadership Institute combines academic, leadership, faith formation and bio-ethical research and advocacy responsibilities for the Catholic church in Aotearoa New Zealand. The Board is looking for a Chief Executive with relevant leadership experience. possibly gained in a faith-based, non-profit or secondary/tertiary education setting. The role will probably be based in Auckland.

Full details and how to apply, go here: https:// www.tekupenga.ac.nz/uncategorized/seeking-fortumuaki-chief-executive/

Applications close on Monday 28 March.

#### SYNOD-To contribute you can download the Participant Booklet from the Parish Website www.catholicparishwhanganui.org.nz

or collect a hard copy from the Office. All groups, schools or individuals are welcome to meet and make submissions directly to the Diocese for

#### PARISH GROUPS

#### YOUNG ADULTS GROUP The Whanganui conference of the Society meets On hold at this time

MEN'S FAITH-SHARING Fridays 7:00am. For further information and venue contact Peter 06 342 5812

Meets Tuesdays 4pm at Holy Family Church. Contact Lake Falconer 06 344 4170

Meets Wednesdays 10am at Cooper's Cafe, 53a Wilson St-All welcome

CLC (CHRISTIAN LIFE COMMUNITY)

collection and summary by 31 March 2022 https:// tumanako.pndiocese.org.nz/2021/10/synod-2021-2023/

THEOLOGICAL COLLEGE—As part of the Catholic Theological College online event series, we wish to invite you to "But who do you say I am? --Images of God, mental well-being and Pacific young women," on Thursday 31 March 6:30-8:00pm via Zoom. This might interest young people, especially Pacifika. The speaker is Dr Therese Lautua, a graduate in PhD Theology at the University of Auckland. She will talk about the significance of Christianity for the spiritual and mental wellbeing of young Christian, multi-ethnic Pacifika women. She will take us through the different images of God and how these impact mental wellbeing.

Details and registration here: https:// www.tekupenga.ac.nz/uncategorized/upcomingonline-event-who-do-you-say-i-am-images-of-godmental-well-being-and-pacific-young-women/

#### St Marcellin School

Principal: Mrs Maia Williams 7a Totara St, Wanganui 06 349 0023 stmarcellin@welearn.school.nz www.stmarcellin.school.nz



#### St Mary's School



Principal: Mrs Jacqui Luxton DRS: Mrs Cath Daignault 30 London St, Wanganui 06 343 1227 school@stmarys.ac.nz www.stmarys.ac.nz

St Anne's School

Principal: Mrs Ann-Maree Manson-Petherick DRS: Mrs Jo Gichard. 45 Raine St. Wanganui 06 343 8389



office@stannes.school.nz www.stannes.school.nz

#### **Cullinane College**



Principal: Mr Justin Harper DRS: Ms Helen Dougherty 15 Peat St, Wanganui 06 349 0105 office@cullinane.school.nz www.cullinanecollege.school.nz

**Parish Priest** Rev Fr Vaughan Leslie BTheol, MSPsy 027 385 9615 frvjpleslie@yahoo.com

information contact Shirley 06 344 6365

**RCIA Parish Catechist** Mr Kieran Udy BTh Grad Dip Th kudv@cullinane.school.nz

**Assistant Priest** Rev Fr John Roberts MStJ 027 634 6877 jroberts@inspire.net.nz

**Convener of Care** & Concern Team Mrs Jane O'Connell 0273803110

Parish Secretary-Office hours: 8:30am-3pm Mrs Jo Boult 06 345 3872 info@catholicparishwhanganui.org.nz www.catholicparishwhanganui.org.nz

**Hospital Chaplain** Mrs Norma O'Connor 027 233 4557

**Prison Chaplain** Mr Sean Ryan 06 349 6887





LEGION OF MARY

Facebook: mainlymusicstannes

Phone: Karyn 0278348352

LADIES COFFEE CLUB

MAINLY MUSIC Contact Anne 344 6569

## Positive parenting during COVID-19

To support mental health, resilience and emotional wellbeing for our tamariki and rangatahi, the Ministry of Health has partnered with Whāraurau to offer parents, whānau and caregivers free online versions of the Triple P: Positive Parenting Programme across the country.

https://www.triplep-parenting.net.nz/nz-uken/triple-p/

There are three free Triple P online programmes available to help positively support children to reduce anxiety, build emotional resilience and life skills and cope with challenges:

- Fear-Less Triple P Online for parents and caregivers of children and teenagers (aged six to 14 years) who have significant anxiety
- Triple P Online for parents with toddlers to 12-year-olds
- Teen Triple P Online for parents with 'tweens' or teenagers aged 10 to 16 years.

These programmes will also provide whānau a toolkit to help them to guide behaviour positively and encourage children's learning.





## Learning And Support For Parents Term 2 2022

MAPPS

For mothers experiencing intense emotions

A therapeutic group for mothers.

Beginning Tuesday Evening 5.30pm - 8.00pm 10 May - 19 July

For all mothers experiencing anger Suite 9, Jigsaw Whanganui

## Building Awesome Whānau

Tiaki tamariki mai - to care for our children here.

Beginning Monday Moring Time TBC 16 May - 27 June

For parents/Carers of children Ohakune (Venue TBC)

### White Water Years

Keeping relationships alive with your teens and pre-teens.

> Beginning Thursday Evening 5.30pm - 8.00pm 12 May - 7 July

For parents/carers of children 9 years and up. Suite 9, Jigsaw Whanganui

### Incredible Years continued

Valuing children by growing the behaviours we want to see.

Continuing Tuesday Morning 9.30am - 12.00pm 22 February - 28 June

For parents/Carers of children 3-8 years. Community house, 60 Ridgeway St Enrolments for Term 3 open in July

A meeting with the facilitator is required prior to the programme beginning.

Phone: 06-345 1636 | Suite 10, 236 Victoria Ave, PO Box 4295, Whanganui e: admin@jigsawwhanganui.org.nz jigsawwhanganui.org.nz

Please keep toys at home where they belong.

Unfortunately we end up with broken or missing toys which create tears and arguments.



Update Contact Info

SSIN

If you have shifted, had a new phone number, changed your emergency contacts or changed work numbers please let us know.

< Absentee	
Call office	
Email	State
All fields are required.	St Mary's School
Student's Full Name	
Student's Class or Room No.	Absentee
	Contacts Links
Parent's Full Name	lewsletter
	Term Dates Sports
Parent's Email Address	Alerts
example@email.com	
Parent's Contact Number	
+641234567	Calcard Ann
Reason	School App
Please provide a clear reason for this absence.	From the Google Apps / Play Store: SchoolAppsnz St Mary's School
Send	

Please use our Absentee option on our School App when your child is sick. This makes things so much easier for us here at school. Please give a detailed reason as this helps us to monitor the spread of illness and to assign the correct absence code for the Ministry of Education.

## Term Dates - 2022

Term One Tuesday, 8 February - Thursday 14 April Waitangi Day Monday, 7 February

**Term Two** Monday 2 May - Friday, 8 July Queens Birthday - Monday, 6 June Matariki - Friday 24 June

Term Three Monday, 25 July - Friday, 30 September

Term Four Monday, 17 October - Thursday 15 December Labour Day - Monday, 24 October End of Term 4 Thursday,15 December



## We need your help...

We have a lot of bugs floating around and they are spreading rapidly.

If your child is unwell with coughs, sore throats, vomiting or has diarrhoea you are required to keep your child at home and remain at home until **48 hours** <u>after</u> all symptoms have stopped.

This is vital to contain the spread of bugs.

Please remember to put their absence in the school app.

# Who to see...

If you have a query or concern regarding your child please email or see your child's Teacher first. If you still require assistance please see your child's Team Leader as follows:

## **Junior Team**

Dallas Limpus: dallasl@stmarys.ac.nz Students from the JLC, Room 3 and 4

JLC: <u>dallasl@stmarys.ac.nz</u> Room 3: <u>amandab@stmarys.ac.nz</u> Room 4: <u>lewisw@stmarys.ac.nz</u>

## Middle Team

Cath Daignault: <u>cathd@stmarys.ac.nz</u> Students from Rooms 5, 6, 7 and 8

Room 5: <u>heatherl@stmarys.ac.nz</u> Room 6: <u>theresec@stmarys.ac.nz</u> Room 7: <u>devonc@stmarys.ac.nz</u> Room 8: cathd@stmarys.ac.nz

## Senior Team

Chris Scudder: <u>chriss@stmarys.ac.nz</u> Students from Rooms 9, 10 and 11

Room 9: <u>chriss@stmarys.ac.nz</u> Room 10: <u>sarahp@stmarys.c.nz</u> Room 11: <u>iank@stmarys.ac.nz</u>

Ivy: <u>ivys@stmarys.ac.nz</u> DRS: <u>cathd@stmarys.ac.nz</u> Deputy Principal: <u>katiel@stmarys.ac.nz</u> Principal: <u>jacquil@stmarys.ac.nz</u>

