

## St Dominic's College Whānau Pānui 4/03/2021



Kia ora whānau,

More good news today with still no further community cases. Thank you for your continued support of both your daughter's learning and of our college staff and community at this time. We remain hopeful that we will return to school next week.

### Kindness in Times of Turmoil

It can be really easy to get sucked into the negative comments and energy that seems to clog up our news, and social media platforms. Fear and worry are often the cause, and staying positive in spite of the anxious times can be difficult. Our faith is such a gift, particularly in times like these, and we get to lean on this faith to gather strength, and positivity. Pope Francis calls for a change in how we fast this Lent, asking us to 'give up' some of our behaviour habits.

The season of Lent provides the perfect space to reflect on how we can make this world a better place just by making small changes to how we see and react to things.

### Waiora Leaders

'Wai ora' literally refers to water and the life source it is. In broader terms Waiora refers to the complete wellbeing of each individual as well as the wellbeing of the collective community. Our student Waiora team carry out various roles and responsibilities in the College to promote and enhance student wellness, well-being and manaakitanga (care), particularly for our Junior students.

Our Waiora leaders can often be found running lunchtime activities and supporting their Dominican sisters in making friends, showing kindness and generally looking after each other. They are always a great presence at major school events, like our recent swimming sports, offering encouragement to competitors and those cheering on from the side-lines.









### Devices and Resources

All students should have a device for their learning. If you do not have a device, please contact Mr Jellyman [deputyprincipal@stdoms.ac.nz](mailto:deputyprincipal@stdoms.ac.nz) .

### Supervision Bubbles

We will continue to provide supervision for any children whose parents need to go to work during Alert Level 3. Please contact Ms Heffernan [associateprincipal@stdoms.ac.nz](mailto:associateprincipal@stdoms.ac.nz) if you require supervision for your daughter this week.

### Support for students and families

If you or someone you know is experiencing hardship, there is support available through a range of agencies. Vinnies (St Vincent de Paul) in Auckland Central is able to provide food parcels for families.

Phone: 0800 680 090 or 09 815 6122 Email: [auckland@stvinnies.co.nz](mailto:auckland@stvinnies.co.nz)

**College Guidance Counsellor** Katrina Johnson [kjohnson@stdoms.ac.nz](mailto:kjohnson@stdoms.ac.nz)

**School Nurse** Rose Cairns-Morrison [schoolnurse@stdoms.ac.nz](mailto:schoolnurse@stdoms.ac.nz)

### Feeling unwell and displaying symptoms of COVID-19?

Visit [www.healthpoint.co.nz](http://www.healthpoint.co.nz) for your closest testing station

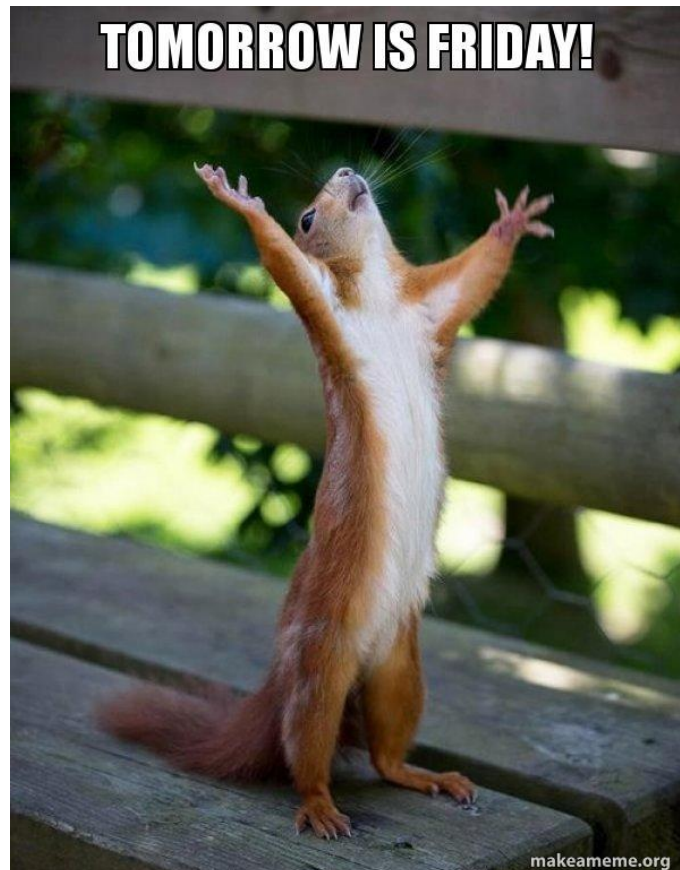
### Some Handy website links:

<https://covid19.govt.nz/>

[Ministry of Health](#)

[Youthline](#)

[Lifeline](#)



Take care whānau.

Ngā manaakitanga,

Anna Swann