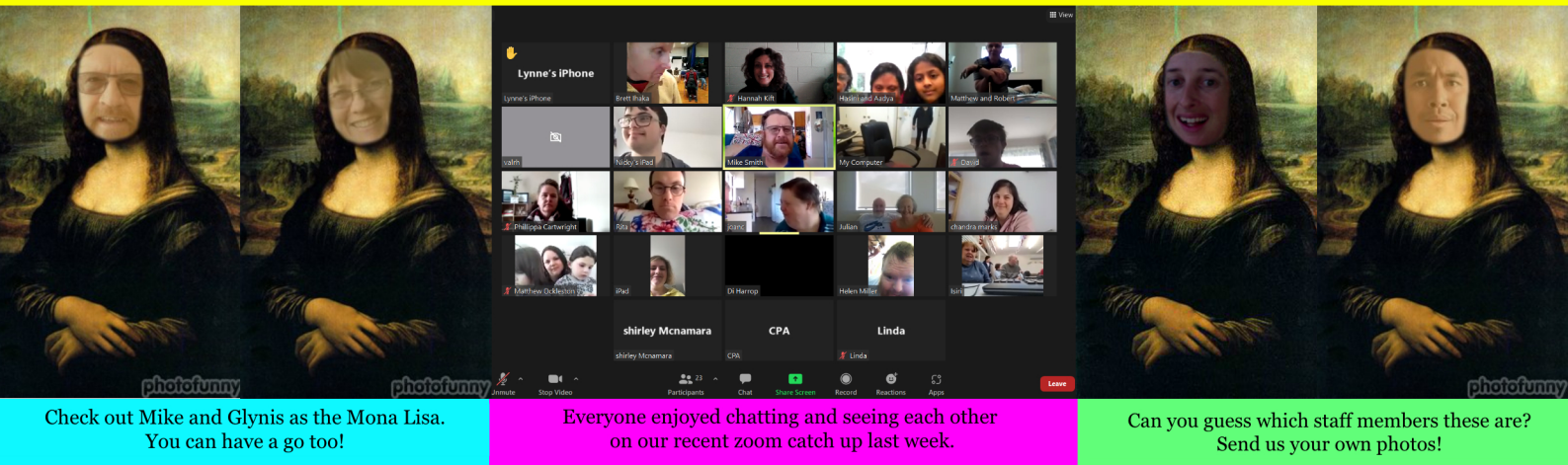


# LOCKDOWN LOWDOWN

24 AUGUST 2021



Ki Ora Everyone,

We hope you are all keeping safe and well in your bubbles. It is sad to have to send you this newsletter from lockdown. We all had hoped we would never have to go through this again! One week ago we all got the terrible news that the Delta virus had escaped into the community and we had to go into snap lockdown level 4 again. This meant the Activity Centre shut down immediately and everyone was sent home to their bubbles - Dougal is not impressed! Check out his video here: [https://youtu.be/m\\_SbcofcyUo](https://youtu.be/m_SbcofcyUo)

Since then we have been trying our best to keep in touch with you all with phone calls, emails and zoom. We ask families to please print this Newsletter out for your student as this is for them to enjoy or make sure you read it with them. When in lockdown all the little things really make a difference to wellbeing. We all miss being together so we want to connect you all as much as possible and encourage you to please send us your lockdown photos of what you are doing even if it's just having a cup of tea - we can share these in our Newsletters. It's helpful to see what other people are doing and gives us all good ideas! We remember Clare setting up her own mini golf last lockdown and sending us photos and Russell sent us progress photos of his art projects! Please feel free to email us, we would love to chat with you personally via email. Or give us a call at the Activity Centre - around the middle of the day is a good time - 09 6304108

Thank you to everyone who joined the zoom chat session last week! It was so lovely to see all those smiling faces in the chaos of zoom! The Activity Centre is getting the zoom activity program up and running again. This week we have a Wednesday 1pm chat session, Thursday 11am Quiz session and a Friday 1pm session too. You will receive the zoom invites via email. Only a limited number of staff are on site at different times for safety reasons and some are self isolating and working from home so please bear with us! Rudon and Melissa are Remote controlled and trying to support the team and you with tech from their bubbles.

Clare and Joan shared a wonderful coping strategy which might be helpful for us all. In a world where everything is changing in lockdown and we have very little control over this, Activity Centre students might take great comfort in doing things that were on their timetables. You may find it good to do an activity that is similar to what you normally would have done on a particular day eg: if you normally do music on Wednesday at Ranfurly then why not get out your C.D's on Wednesdays and have your own karaoke session, do some art on your normal art day or do some baking on days you normally have cooking. Most students have their timetables in their diary.

Hannah has been sending us all helpful links and information to help us through this challenging time. Did anyone give the mindfulness videos a try? Using mindfulness can really help in stressful times like lockdown. Here is the link:

[https://www.youtube.com/watch?v=xhliBuFoNzQ&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5\\_&index=1](https://www.youtube.com/watch?v=xhliBuFoNzQ&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5_&index=1)

Remembering to be grateful can also help. Here is a link to a great resource for Gratitude'o'clock <https://sparklers.org.nz/parenting/sparklers-home-gratitude-o-clock/>

For our artists we hope you enjoyed learning more about the Mona Lisa painting and had a go turning yourself into the Mona Lisa! We can't wait to see your photos - please email them through!

So as we all take another deep breath, have another cup of tea, sanitise our door handles just one more time and get on with another lockdown day just remember we've been here before and we can get through this together from our bubbles, connecting as best we can with whatever means possible.

Keep sanitising! Stay safe! And keep in touch,

From the Activity Centre Crew :-)

# QUIZ - Name the NZ birds

1 point for name  
2 points for Maori name



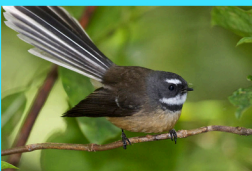
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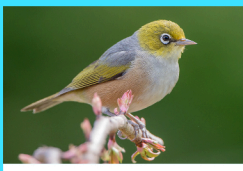
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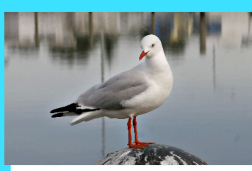
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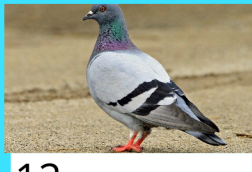
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10



11



12

# Kindness

O	U	R	C	P	S	R	K	R	E	K	E	G	G
A	S	E	O	G	U	P	E	N	U	S	O	R	N
K	E	S	U	N	O	G	S	S	I	G	E	G	C
I	S	P	R	I	R	O	L	S	P	K	G	L	A
N	T	O	A	I	E	R	D	S	I	E	G	S	T
D	N	N	G	K	N	O	U	N	E	K	C	G	O
N	U	S	E	G	E	O	D	S	L	E	P	T	E
E	E	I	O	U	G	H	D	U	U	H	E	E	D
S	S	B	U	E	E	A	G	O	E	G	A	S	B
S	N	L	S	A	S	T	N	I	S	E	C	S	G
A	I	E	R	A	O	R	E	C	C	N	E	O	O
D	C	T	U	F	G	G	S	A	O	T	F	G	I
E	E	D	G	D	N	T	E	R	C	L	U	S	G
D	T	N	E	R	C	E	A	G	E	E	L	U	T

PEACEFUL  
KINDHEARTED  
COURAGEOUS  
GOOD  
RESPONSIBLE  
RESPECT  
GRACIOUS  
GENEROUS  
GENTLE  
KINDNESS  
NICE

Play this puzzle online at : <https://thewordsearch.com/puzzle/490036/>

# Maths

Clive took Dougal for a walk and he barked 2 times for every dog he saw. Dougal saw 5 dogs. How many times did Dougal bark on his walk?

Rudon ordered 20 Hulk toy models in lockdown. The courier delivered 5. How many Hulk toy models was Rudon still waiting for?

Wendy brought 4 packets of chips, 2 packets of biscuits and 5 rolls of toilet paper at the supermarket. How many items were in Wendys trolley?

Melissa had 5 rooms in her house to paint. She had painted 2. How many rooms did she have left to paint?

Jessie had 20 coffees this week but only 12 of them were good. How many bad coffees did Jessie have?

Suzanne's hair is 31cm long. If Suzanne's hair grows 1cm every week how long will it be after 5 weeks?

Glynis had a bag of 20 cranberries. If Glynis ate 5 cranberries a day how many days until the bag would be empty?

Manori was sewing face masks. Each face mask takes 30cm of fabric. Manori wanted to make 10 masks. How many cm of fabric did she need?

Mike baked 12 cupcakes. He ate 2, Clive ate 1, Rudon ate 3 and Jessie ate 1. How many cupcakes were left?

Please email us your answers to mark.  
Alternatively, answers will be in the following newsletter





DOUGAL SAYS HI! PLEASE COLOUR ME IN! STAY SAFE. WOOF!