



COVID-19/CORONAVIRUS INFORMATION

Thursday, March 19



Dear Parents/Guardians,

Thank you for your continuing support of the measures enacted in response to the situation with COVID-19/Coronavirus. We are regularly receiving and responding to information from the ministries of Health and Education and are following the guidelines and advice we are provided with. Our general school operations and specific events are being evaluated on a daily basis and changes to routines, postponements or cancellations are being enacted as necessary.

While we have requested that young men who are unwell do not attend school until they have recovered from their illness, we remain open for instruction and the expectation (and legal requirement) is that if students are well, they are attending. Please note that any 'stand down' period applies only to those who have recently returned from overseas. If your son is required to self-isolate and be away from school this would be at the direction of the relevant health authorities. Please call Healthline on 0800 358 5453 for further information if you are unsure of the appropriate action for your son, yourself or another whānau member.

We acknowledge the anxiety that the current situation is causing for many in our community. Our staff are also part of this community and many are also parents and grandparents and consequently share the same concerns as you. The health and wellbeing of all in our community continues to be foremost in our decision making. Below is information for parents and whānau about COVID-19/Coronavirus from a range of government departments. Young men's physical and mental wellbeing, and that of their whānau, can be supported by decisions and discussions based on fact rather than some of the misinformation that is easily found on social media and other newsfeeds.

Thank you for your continued support of your son and the school during these uncertain and challenging times.

Yours faithfully,

D M Bovey
RECTOR

UPDATE YOUR CONTACT DETAILS

Should someone in our school community be diagnosed with COVID-19/Coronavirus the Ministry of Health will initiate contact tracing – identifying and testing the infected persons close contacts. To assist with this, should it be necessary, can you please ensure that the main school office is aware of any changes of your contact details (admin@pnbhs.school.nz or (06) 354 5176 ext. 701). We are not aware of any suspected or diagnosed infections in our community, this is simply a measure to aid our preparedness. However, all of us should be ensuring that our GP and employers have up-to-date contact information should we need to be contacted urgently.



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Palmerston North Boys' High School – International
College House PNBHS



www.pnbhs.school.nz

CURRENT MINISTRY OF HEALTH ADVICE

Ministry of Health advice to reduce the risk of infection remains unchanged and includes:

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid sharing anything that has come in contact with saliva
- Stay home if you are ill and seek medical attention
- Ensure sneezes, coughs etc are covered
- Get adequate sleep and eat well-balanced meals to ensure a healthy immune system
- Practice social distancing – keep 1.5m distance between yourself and other people.

If your son is displaying any cold or flu-like symptoms (coughing, sneezing, sore throat, fever, or shortness of breath) then he needs to stay at home. If a young man presents with these symptoms at school, then he will be sent home.

EVENT POSTPONEMENT AND CANCELLATION

Unfortunately, a growing number of events which our young men were going to be involved in have been cancelled. We appreciate that this is very disappointing but hope that you can appreciate that the organisers of these events have reluctantly made these decisions with the health and wellbeing of participants and the community in mind. Since our last communication with you the following events have been either postponed or cancelled:

- Manawatu Inter Secondary Schools Swimming Championships
- Secondary Schools Touch
- Secondary Schools Cricket including the PNBHS Cake League and Butler Cup competition

Additional to these cancelled events, many winter sporting codes have had their season start dates delayed (Basketball, Football, Hockey and Rugby at the time this information was compiled). Our processes around trials, training and team selections will be adjusted in line with directives from the applicable governing bodies.

We continue to evaluate the risks involved with all scheduled school activities. Where there is no increased risk should the activity go ahead, we will continue with events as planned. Again, please be assured that student and staff health and wellbeing is at the core of our decision making.

Protect yourself and others against COVID-19

health.govt.nz/COVID-19

Protect your family/whānau from COVID-19 (coronavirus)

COVID-19 HEALTH ADVICE
0800 358 5453



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STUDENT AND WHĀNAU WELLBEING

It is important young men and whanau have factual information about COVID-19/Coronavirus and that there are opportunities to discuss the concerns that people might have. Australian psychologist Karen Nimmo's recent media article 'Mass Anxiety: How to Cope With the Mental Fallout of Coronavirus' has some sage advice for parents (ctrl + click or copy and paste into your web browser): <https://medium.com/on-the-couch/mass-anxiety-how-to-cope-with-the-mental-fallout-of-coronavirus-372f9d1a9a5c>

- **A new government website has been launched** – “This website has everything you need to know about COVID-19 in one place. Learn the simple steps you can take to unite against the virus and slow its spread. Find out what help is available and get the latest updates.” (ctrl + click or copy and paste into your web browser): <https://covid19.govt.nz/>
- The Brainwave Trust has collated information from a range of New Zealand and international sources for parents to use in supporting their children (ctrl + click or copy and paste into your web browser): <https://www.brainwave.org.nz/re-sources/?fbclid=IwAR319SxssXXp3omsQHed-6LwP23ds5UX6lcIDNYBdd5iH-RQl6MONBEDI5gA>
- The Ministry of Education website includes a range of information for different groups including specific guidelines/suggestions so that parents can support their school age children (ctrl + click or copy and paste into your web browser): <http://www.education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/>
- The Ministry of Health website includes a range of regularly updated information that will help parents/guardians to have evidence informed discussion with their sons (ctrl + click or copy and paste into your web browser): <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>



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