



COVID-19/CORONAVIRUS INFORMATION

Thursday, April 16



Dear Parents/Caregivers and Young Men,

Term two has begun, but certainly not as we know it. On behalf of our teaching staff I would like to pass on our thanks to you for the support you are providing your sons in these challenging circumstances. Balancing the additional challenges that family life under lockdown has brought, as well as supporting and encouraging your children with their online learning will be tough for many. In any set of circumstances we can only do our best. The priority for all of us must be our physical and mental health and wellbeing.

Attached to this communication is some information for young men with some advice for them on tackling the anxiety associated with COVID-19, the Level 4 Lockdown and the move to remote learning. I encourage you to take the time to sit down with your son and read through and implement the suggestions together.

Much like our physical health, with our mental health we go through periods when that health deteriorates. While the lockdown will likely be having a negative impact on our mental health, it does provide us with an opportunity to develop positive habits in terms of looking after our wellbeing – long-term habits that we can continue well beyond the lockdown period. In recent days two apps have been released to assist New Zealander's with their mental health: <https://www.mentemia.com/covid-19> and <https://web.thinkladder.com/> These apps provide practical support that can be completed in as little as a few minutes each day. Continuing to get regular exercise, regular time outside in the fresh air and regular time away from screens will also help our mental health. Reading provides a great 'escape' from our current reality, as well as academic benefits.

A reminder that our Guidance Counsellors, Mr. Steve Dawson (dawsons@pnbhs.school.nz) and Mr. Brett Greer (greerb@pnbhs.school.nz) are available to support our young men. Students or parents can email them in the first instance, and they will work to decide the appropriate course of action from there. Careers advice and support is also available. Please email any questions to Mr. Adams (careers@pnbhs.school.nz) or Mr. Barwick (barwickd@pnbhs.school.nz).

The information below may be of assistance to young men who are experiencing difficulty accessing online learning tasks:

Instructions for accessing Microsoft Teams and One Note (ctrl + click or copy and paste into your web browser):

<https://stratus.pnbhs.school.nz/course/view.php?id=392#section-7>

PNBHS ICT help (ctrl + click or copy and paste into your web browser):

<https://stratus.pnbhs.school.nz/course/view.php?id=392>

Education Perfect access instructions – free access for all students until May 1 (ctrl + click or copy and paste into your web browser):

<https://stratus.pnbhs.school.nz/course/view.php?id=392#section-8>



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College House PNBHS



www.pnbhs.school.nz

If you require a new school password please email Mr. Toomer:

toomerd@pnbhs.school.nz

If you are having other problems logging on please email Mr. Toomer

toomerd@pnbhs.school.nz

As a school community we have been heartened by the positive response of so many despite the challenges we all face. It has been pleasing to note the increasingly optimistic nature of the daily government updates. Moving out of the very restrictive conditions of Alert Level 4 will require us all to continue to play our part. Please do remember though that while we need to be isolating and physically distancing, maintaining our social connections is good for the health and wellbeing of us all.

Thank you for your continuing support of your son and the school.

Kind regards,

D M Bovey



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