



# SAINT KENTIGERN

27 March 2020

Dear Parents, Caregivers and Students

I hope all is well in your households and that maybe a glimmer of routine is emerging. As a virtual school we are settling into our work and I am constantly smiling as staff send me examples of what students are doing. And at the risk of repeating myself, please can I say again how appreciative we all are for your feedback. It is energising our staff which is very important when they cannot share a workspace with colleagues. Thank you for the care and concern you are showing our school.

Today was our consolidation day. Originally on the calendar as a Teacher Only Day, we used it to allow staff and students to catch up.

With the distance learning we are learning...fast. We have put together a document which covers expectations for teachers and students, and I want to share that with you. Undoubtedly this will evolve however I think it is a good starting point. We are mindful of workload for students and whether we are getting that balance right. The question of balance also applies to live video classes and classes where students just need to put their heads down and work.

Please [click here](#) to read the document outlining the College expectations for online learning.

I would also like to take this opportunity to ask students to be online at the beginning of their lessons, this especially helps when teachers are doing a video conference.

Can I also ask students to be aware of appropriate clothing for online classes with teachers. Pyjamas and similar can make teachers feel awkward and unsure with regard to privacy issues. Casual clothing is fine, but we need to respect the context.

## **Pastoral Care Family Activities**

Please visit our [Pastoral Care OLE page](#) to view Boredom Buster Games created by Mr Eric Wall, Head of Middle School Pastoral and a selection of activities from Marvel Comics to Cool Maths Games provided by our Goodfellow Librarians.

## **Fitness Programme**

To help you all stay active and fit during this 4 week time we created an online fitness training plan. We have two separate sets of instructions and log books for the students, for you to print off and complete over the coming weeks. Students can find these documents on the [Strength & Conditioning OLE page](#) under the file tab on the main page.

Please download and print off the SKC fitness logbook PDF, (print it as a booklet, if you wish to write it out on your computer please download the word document), as well as either the year 7 to 10 or year 11 to 13 fitness instructions. There will also be an example weekly layouts document, this will help you structure your fitness session for the week. Also, this document will give you some basic exercise progression to follow during the weeks.

### **COLLEGE**

For Boys and Girls in Years 7-13  
130 Pakuranga Road, Pakuranga 2010  
PO Box 51060, Pakuranga, Auckland 2140  
Phone +64 9 577 0749 Fax +64 9 577 0700

### **BOYS' SCHOOL**

For Boys in Years 1-8  
82 Shore Road, Remuera 1050  
PO Box 28790, Remuera, Auckland 1541  
Phone +64 9 520 7682 Fax +64 9 520 7688

### **GIRLS' SCHOOL**

For Girls in Years 1-8  
514 Remuera Road, Remuera 1050  
PO Box 28399, Remuera, Auckland 1541  
Phone +64 9 520 1400 Fax +64 9 524 7657

### **PRESCHOOL**

For Boys and Girls aged 3 and 4  
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PO Box 28399, Remuera, Auckland 1541  
Phone +64 9 520 8814 Fax +64 9 524 7657

We will be uploading a weeks' worth of workouts every Sunday, so that you can plan out your next week based upon your online school learning and daily schedule. As a lot of students and staff will have limited or no fitness equipment at home. These workouts will mainly be body weight orientated so that everyone can join in and participate. We will do our best to make sure these are simple and easy to follow. We hope everyone makes an effort to continue to stay fit and healthy during this time.

### **Student Absences**

We will also be tracking student absence from Monday. For student absences due to illness during the Alert Level 4 please only email and text absences. Do not phone the absence line during Alert Level 4.

**Absence Email:** [skc\\_absence@saintkentigern.com](mailto:skc_absence@saintkentigern.com)

**Absence Text only:** 021 172 6464

Please include in the advisement:

- Student's full name
- Year Level or Tutor Group
- Period of absence
- Reason for absence

I wish you all the best for the weekend!

Best,



Russell Brooke  
**College Principal**

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