

# SERVILLES

academy

01 March 2021

Kia Ora Servilles Academy family,

As you will be aware The Prime minister has announced that we are now at COVID-19 alert level 3 as of 6am Sunday 28<sup>th</sup> of February.

Tertiary providers such as Servilles Academy are closed at level 3 but we've been here before so have activated our online learning plans for delivery of learning content online, we will be in touch with you today and tomorrow with what this looks like for your class. We appreciate the extra pressure lock downs and chopping and changing alert levels can put on everyone and are here to support you in your learning and if anything else comes up for you. Please continue to communicate, join in the demos', be present in google classrooms and update your tutors if you need to. We also have a new area on the website dedicated to wellbeing resources which we will continue to update. Keep checking our social pages for updates and inspo too <https://servillesacademy.com/student-wellbeing/>

We ask that you follow the guidelines around self isolation and continue to practice good hygiene and cleaning practices if you have to be around others. We all have a responsibility to take care of ourselves and one another at this time.

If you are not sure whether you may have been at a place of interest please check here <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/contact-tracing-covid-19/covid-19-contact-tracing-locations-interest>

Symptoms have evolved with the new strain and can vary so if you are feeling un-well look out for the following:

- A new or worsening cough
- Shortness of breath
- Sneezing and runny nose
- Nausea/vomiting
- Fever (at least 38 °C)
- Diarrhoea
- Temporary loss of smell
- Confusion/irritability
- A sore throat
- Headache
- Muscle pain

If you or your whānau experience any of these symptoms, please contact your GP or Healthline (0800 358 5453) for advice and get tested if advised to do so.

As the team at All Right? Say: It's all right to feel over this right now but we all know what to do, we have done this before and we will do it again, together.

If you need any support or advice, learning or otherwise, please let us know, we are here for you and will be in touch when we have further information to share.

Ngā mihi



Paul and the Servilles Academy Team