

## Whānau Newsletter

### End of Term four 2021



**McKenzie Centre**

*Kia ora whānau,*

*Here we are.... at the end of Term 4.... What a year it has been! We*

*have certainly learned to be flexible and adapt to the ever-changing covid climate!*

*We would like to wish you a well-deserved break over the next few weeks, enjoy the time with your whānau and the special people around you.*

*He iti hau marangai e tū te pāhokahoka.*

*Just like a rainbow after the storm, success follows failure.*

*The whakatauki above indicates that we are often discouraged whenever we face trials and challenges in our lives. We may become insecure. We may reach the point when we just want to give up. However, take heart. Failures are ingredients to success. Making mistakes is essential but it doesn't have to stop there. We will learn from them. Eventually, after all the problems we face, we'll definitely see the rainbow at the end of the day.*

Term 4 2020 has been a very tough term; we have endured lockdown and are now back together again. Congratulations to everyone with how you have coped and supported each other during really trying times. Thanks to the team on Families Empowering Families who have made regular posts to brighten people's days; Linda with music, and all the things our Tuakana have done to make a tough time easier. Well-being is a very relevant theme for the times we are living in.

Thanks also to the staff who have put in a significant effort and provided an exceptional service under challenging situations. Thank you technology!! – we would be lost without you. Software and digital technology have helped us to ensure that our whānau could feel aroha through the screens!

### **DATES**

Term 4 ends:	Monday 20 <sup>th</sup> December 2021
Term 1 begins:	Monday 24 <sup>th</sup> January 2022
Term 1 ends:	Thursday 14 <sup>th</sup> April 2022
Term 2 begins:	Monday 2 <sup>nd</sup> May 2022
Public holidays:	Auckland Anniversary Day: Monday 31 <sup>st</sup> January 2022 Waitangi Day observed: Monday 7 <sup>th</sup> February 2022 Good Friday: Friday 15 <sup>th</sup> April 2022 Easter Monday: 18 <sup>th</sup> April 2022 Anzac Day: Monday 25 <sup>th</sup> April 2022

Have a look at our calendar in the Whānau room – you can also update it with events in your community!

### **End of Year Family Party**

Unfortunately, we have decided not to have an End of Year Family Party because of the current restrictions that are in place.

### **Core Board workshop with Liz**

The Core Board workshop with Liz, one of our Mums, is a fabulous workshop where Liz shares her skills and experience using the Core Board with Ayla. Due to covid and lockdowns this workshop has to be postponed until Term 1 of 2022.

## Ideas and Feedback

Have you got skills, ideas or experiences to share? Please remember that we are always open to ideas and contributions that may make our service even better. Ideas for parent focus weeks, workshops etc. are always welcome. Please talk to anyone of the staff; we love your feedback!

## Returns

Please remember to keep an eye out for any McKenzie Centre resources that have been borrowed and may be lurking around your home. Please return all borrowed books and toys within a reasonable time so that other families can access them.

## November wellness month

We hope that you have enjoyed the November wellness month at McKenzie Centre, even though it was a little bit different from what we originally had planned.



We utilised Te Whare Tapa Whā, a holistic model of health developed by Dr. Mason Durie, as our framework. Each week there was a focus on a dimension of health; Taha Hinengaro – mental and emotional health, Taha Tinana – physical health, Taha Whānau – social connection, Taha Wairua – spirituality and gratitude. This model of health reminds us to take care of all the different aspects of our life, and by nurturing and strengthening all dimensions

we support our own health and wellbeing, as well as the health and wellbeing of our whānau. Remember to have a focus on all of the aspects of well-being to support you every day.

## Health and Safety

### COVID 19 updates

We are required to have 100 percent of our staff who work face to face with children double vaccinated by 1 January 2022, and it is also now legally required that we hold a COVID-19 vaccination register for all of our staff.

The Government is asking us to continue to follow the public health measures including staying at home, getting tested for COVID-19 if you are feeling unwell, sign into our centre by writing your name on the sign-in sheet, scanning in with the QR code, and get vaccinated. These are the best things we can do to keep our community as safe as possible. McKenzie Centre has employed additional support to help us with our hygiene practices at the end of our session i.e. cleaning our toys, high touch areas and shelves. Thank you all for your efforts to keep us safe.

McKenzie Centre services are open, and we have asked everyone their opinion on how we manage our sessions. Most people have told us they are comfortable to have sessions open to everyone. However, if you have any concerns about health and safety please come and talk to Suzanne or Trisha as we want everyone to feel welcome and comfortable.

We also conducted a survey on the role of parents – our question to you was... are parents 'volunteers/workers' or 'participants/service users'? The result was an overwhelming swing to parents are participants. You may be wondering why we wanted to clarify what our whānau thought about this question, and the reason is that volunteers and workers must be vaccinated and most importantly the role of parents is not a worker role. Parents come to McKenzie Centre to be participants and support their child. Thank you to everyone who participated in our survey!

### The Traffic Light Covid Protection Framework

This framework will commence from Friday 3<sup>rd</sup> December 2021. From what we know at present, McKenzie Centre is likely to remain open under the different traffic light colours, however it is important that you feel comfortable and well supported by us. Therefore, McKenzie Centre is continuously reviewing our practices to adapt to this ever-changing climate.

### Every time you come to McKenzie Centre

- Please remember to sign your child in and any other whānau with you
- Write your name on the sign-in sheet
- Wash or sanitise your hands and assist your children each time before you enter the building
- Wash your hands after playing outside
- You are welcome to wear a mask, it is not compulsory in the centre
- We have a strict cleaning routine which is done daily to keep our centre safe and hygienic. You can help us by keeping areas tidy, wiping down toys or placing any needing cleaning in the mesh bags.

With Covid it's important to:

- Stay home if you are sick
- Children and parents should not attend early learning services or school until their symptoms have resolved
- Continue to use good hand hygiene - ensure everyone is regularly washing and drying hands thoroughly
- Cough and sneeze into your elbows, or carefully discard dirty tissues
- Do not share cups, glasses or cutlery
- Seek medical advice if you're concerned about your or someone else's health

### **These are our health screening questions that we ask you to think about before coming on site:**

Are you unwell or have you experienced any of the following symptoms within the last 48 hours?

- Fever or chills
- Cough
- Sore throat
- Nausea or vomiting
- Diarrhoea
- Flu or cold symptoms

Have you been advised to self-isolate, currently, because of exposure to someone with COVID-19?

Have you been in close contact with someone with COVID-19 in the past 14 days?

Have you tested positive for COVID-19 in the past 14 days?

Are you currently awaiting results from a COVID –19 test?

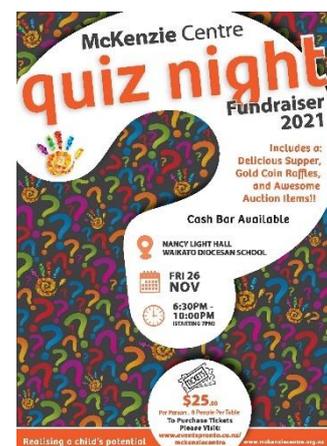
If you answered YES to any of these questions, please reschedule your visit. Contact Healthline or your GP for any health- related advice.

**Quiz Night fundraiser now in 2022, sorry for the delay but we need to have over 200 people inside for this event. We are planning to hold this fabulous event as soon as levels permit!**

### **HELP NEEDED WITH SPONSORS, PRIZES, HELPERS AND BAKING**

Our Quiz Night fundraiser will be back again. Because of Covid 19 we are now hoping to hold it in March. The tickets are all sold, YIPEE, but we need volunteers to help on the bar, set up, tidy up, help with the auction, baking for the supper etc.

Can you, or do you have contacts for businesses that could sponsor the event or donate prizes? We run auctions so more items would be greatly appreciated. The Quiz Night is a lot of fun and a great way for you and our community to support the work we do at McKenzie Centre. If you can help in any way, please see Lillian or Henny in the office. Join us on Facebook!



## Compost Bin

McKenzie Centre has decided to trial running a compost bin for all our fruit and veggie scraps and paper shredding. We will explore how the children may like to be involved and learn from this activity. You may also like this idea for at home!

## Early Intervention Fees

Thank you for supporting McKenzie Centre with your payment of Early Intervention Fees. **They are essential to the running of our service.** The WINZ Childcare Subsidy is available for many families and may cover the entire cost of the Early Intervention Fee. We can help you apply for this, or find another option for you, so that your financial burden is eased. Please see your Key Worker or the Admin team – we are happy to help. Some people pay us a smaller amount every week – talk to Henny or Lillian and they will help you with this.

## End of Year Raffle

We will be running a raffle with an awesome prize pack. It will be a bit different this time as we are not going to hand out tickets but will put your name next to a number between 1 and 100. Tickets are \$5 each and they will be drawn on Friday 17 December at 1pm. See attached flyer for details. Thank you to Keith Moyle, Placemakers and Urban Global for donating prizes.

## Thanks so much to all our volunteers and sponsors.

Katherine Linsell, loving aunty of Tyler and Liam Linsell, and her colleagues at Fonterra's Te Rapa labs for choosing McKenzie Centre as their charity to support. They kindly donated \$200 towards our Centre.

**Best wishes from:** Trisha, Rachael S, Suzanne, Teresa, Henny, Lillian, Steph, Tricia P, Emma, Caitlin, Helen P, Nicky, Cath, Rachael F, Marcia, Amanda, Richard, Linda, Eram, Angela, Alannah, Victoria and Siobhan.

### THANK YOU to our wonderful Funders, Sponsors, Friends and Supporters:



As well as: Ministry of Education

Ministry of Health