

Dear Parents/Caregivers,

As you are aware, we are having to implement 'Learning From Home' as Auckland has moved to Level 3 Lockdown. We hope that you are all keeping well and are enjoying the time that you are spending with your children.

Ruru Whanau will update their Learning from Home page on Tuesday. Room One, Reception Room, Room Three and Room Four's learning will be able to be accessed through the Learning From Home Tab on the Pokeno Website. This can be accessed by visiting the Pokeno School website or by clicking this [link](#).

Room Two's learning can be accessed on the Room 2 webpage on the Pokeno School website. Click [here](#) for quick access. Each Teacher in Ruru Whanau will also be sharing the learning of the children in their classroom that has been shared with them on their class pages on the Pokeno School Website. Click on this [link](#).

We recommend that your children continue to complete learning activities on Reading Eggs and Mathseeds to further support their learning during Lockdown

Learning through play

Young children learn best through play based activities. Here are Ruru's suggestions:

1. **Make insects out of playdough**
2. **If you can, go on a bug hunt!** Look under stones and wood, in long grass and in the bark of trees.
 - What can you see?
 - Remember to be gentle and put the bugs back where you found them.
 - Take a photo of what you found.
3. **Lego** - make a home for a minibeast
4. **PE** - How many exercises can you do in certain times? Try to beat the amount you can do.

Well-being tip

Take some time out for fitness in the fresh air. Here are some Physical Education Circuits Spend 1-2 minutes on each activity



If you are feeling uptight or worried try Bunny Breathing as a technique to relax. You can watch this clip to learn how to do bunny breaths

<https://www.youtube.com/watch?v=g8-Mr0-so0Q>



Please feel free to share your child's learning with your classroom teacher if you choose to.

If you have any questions please do not hesitate to contact us.

Nga mihi maioha,

Ruru Whanau

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