



One Tree Hill  
COLLEGE

# NEWSLETTER

11 March 2022



## Principal's Message



**Dear Parents and Caregivers**

On Wednesday we acknowledged the outstanding achievements of 213 senior students who gained merit or excellence endorsement in their NCEA last year. This equates to almost 35% of all students gaining an endorsement. I would like to extend my congratulations to all these students and I look forward to seeing them wearing their Academic Excellence Badges with pride around the college.



With New Zealand continuing to be under red setting of the Covid-19 Protection Framework, our annual Year 9 Information Evening will be going virtual on Monday 21 March. During the evening, academic programmes, whānau organisation, pastoral care, remote learning, the parent portal and co-curricular activities will all be discussed. This is a great chance, albeit virtually, to become more familiar with the college and for Year 9 parents and caregivers to meet their child's whānau teacher and other senior leaders of the college. We are very much looking forward to this event. Further information about the event will be circulated later next week.

Events such as this, along with others that we hope to be able to run onsite in the near future, emphasise the value that strong family support plays in achieving positive outcomes for students. The reality is, that the more that our families can work with us, the greater the likelihood of student success.

Early next week parents and caregivers will receive an email detailing how to view your child's Interim Report, which will be available through the Parent Portal from Wednesday 16 March. This report is designed to provide parents and caregivers with an indication of how their child has settled into the school year. The more detailed Progress Report for term 1 will be available through the Parent Portal on Wednesday 4 May. Both the Interim Report and the Term 1 Progress Report will be discussed with your child's teachers at the Parent-Teacher Interview Day on Thursday 12 May (we still hope to be able to hold this onsite). A guide to accessing reports through the Parent Portal will be included in the email out to parents and caregivers.

We will be continuing to finish school at the end of period 4 each day next week. Can I please remind all families to arrange to collect your child on the roads off Rockfield Road. Please do not stop on the yellow lines outside of the main gates as this is a traffic hazard. I would also like to remind students to be respectful to our neighbours as they leave the college each day – please allow others to use the footpaths and be courteous at bus stops and the train station.

Just a reminder that our One Tree Hill College student ID cards have gone digital. These are available FREE to every student. Please check that your child has downloaded their student ID. Detailed instructions on how students can download their digital ID onto their mobile phone has been included again as an attachment to this newsletter. Moving from plastic ID cards to digital helps us to cut down on plastic waste and gives our students a quicker, easier option for getting their student ID card at no cost and their ID can be used to apply for [a secondary concession on their AT HOP cards.](#)

Best Wishes,

N Coughlan  
Principal



## Updated Information on Covid Isolation Requirements

As at midnight tonight, there are changes to the length of time that those who have tested positive for Covid-19 and those who are household contacts have to isolate. The period of isolation has changed from 10 to 7 days.

### If you or someone in your whānau tests positive for Covid 19

If you or your child receive a positive test result the household must isolate for 7 days.  
Household contacts must test on Day 3 and Day 7.

### Returning to school after COVID-19

Students who test positive for COVID-19 are not required to self-isolate past 7 days, but they shouldn't return to school if they are still feeling unwell.

Many children will have long lasting runny nose and cough after viral infections. If it is over 10 days since the onset of the COVID infection and they are no longer feeling unwell, they are unlikely to be transmitting any active COVID infection and can return to school. However, if they are continuing to feel unwell or their symptoms are worsening after 10 days then GP review is recommended.

### Symptoms of COVID-19

A new or worsening cough, sneezing and runny nose, fever, sore throat, shortness of breath, temporary loss of smell or altered sense of taste.

Less common symptoms include diarrhoea, headache, muscle aches, nausea, vomiting, malaise, chest pain, abdominal pain, joint pain, or confusion/irritability.

For more information, please go to [the Unite Against COVID-19 website](#).

Our priority as a college is to keep our students and staff safe and to minimise the risk of infection. We want to have students at school as much as possible rather than online learning from home.

## Six Ways to Support Your Kids to have a Healthier Screen Time Balance – Positively!

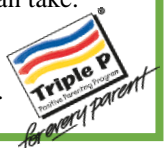


The pandemic has resulted in much more screen time – so what's best for our children and teenagers when it comes to using digital devices? Firstly, not all screen time is equal. Educational, interactive experiences, sharing the screen with a friend or family member, aren't the same as watching a movie.

But no matter what the content is, too much screen time can disturb sleep patterns and reduce physical activity. We also need to be aware of things like how peer group pressure can become more intense in cyberspace. Too much information can make it harder to sift fact from fiction, too.

The main keys to positively handling this issue as a parent are to have clear rules, lead by example, and keep the relationship with your child as the top priority. There's no one-time quick fix. But our latest parent blog outlines six specific steps you can take. [Read more about this topic on Triple P's website.](#)

Practical Triple P – Positive Parenting Program® support can really help with common parenting challenges like these.



## Student Services Centre Support

Please do not hesitate to contact Ms Tanya Newman ([tnewman@onetreehillcollege.school.nz](mailto:tnewman@onetreehillcollege.school.nz)) for further support and information. There are also a number of external services available - please do not hesitate to contact them at any time:

- Youthline: 0800 376 633 or txt 027 4 youths
- Domestic Violence Centre: 09 303 3939
- Pasifika Health Services: 09 828 4307
- Parenting Place: 09 524 0025 or 0800 535 659 or [theparentingplace.com](http://theparentingplace.com)
- Internet safety: [netsafe.org.nz](http://netsafe.org.nz)
- For immediate help call 111

Students can book to speak to a counsellor, social worker or see the nurse via the following link:

<https://outlook.office365.com/owa/calendar/Counsellor@onetreehillcollege.onmicrosoft.com/bookings/>

## Coming Events

**21 March**  
**Virtual Year 9 Parent Evening**

**23 – 26 March**  
**Duke of Edinburgh Tramp**

**15 April**  
**Good Friday**  
**End of Term 1**

**2 May**  
**Start of Term 2**