

# TIPS & TRICKS

## GUIDE DURING COVID-19 #NWOLOCKDOWN

Tēnā koutou, we know the time's we're living through are a bit hectic right now, but we have you sorted. Here at Ngāti Whātua Ōrākei we have compiled education resources to get you through the next few weeks of learning with your tamariki.

### TEACHING FROM HOME

We recommend planning out your days to include time for learning. Build a little home-school in a space of your home that is free from distraction. Set up in a space where you feel it will be most productive and if you have more than one tamaiti, create the space that works for all of them.

Don't fret about having everything organised amongst the chaos. We have you covered. On the website, you'll find a Weekly Planner resource for you to complete with your tamariki to outline how each day will pan out.

### KEEP A SCHEDULE

Keep a schedule that allocates time in your days to sit them down and take them through different subjects. Set a goal of 2-3 hours of learning per day. Start with 30 minutes – 1 hour of reading and the same for math. If you can fit any other subject into this timeframe like science and art, then awesome!

### HE WHAKAARO ANŌ

#### ANOTHER IDEA

You could also dedicate some time to learning a couple of waiata and actions to follow. Don't worry if you don't have the repertoire, we have you sorted on our website.

### KEEP THEM ACTIVE

#### IT'S IMPORTANT

Keep your tamariki active and hopefully tire them out for later in the day, to catch a moment of peace for yourself. Make sure to include hākinakina (physical activities) and breaks for morning tea and lunch in your schedule – let them channel all that energy by getting them outside to run around and fill a bit of fresh air in their lungs.

### WHAT DO I TEACH THEM?

#### TAKE A LOOK

Look through your tamariki's homework books and any other resources they have brought home with them. Most schools do provide online portals for parents to see what their tamariki are learning and this would be the best place for you to find majority of what you need.

### KAUA E KI TE TORO ATU

#### DON'T BE AFRAID TO REACH OUT

You can reach out to their kura as well. Ask questions and request resources where you see necessary. It's all about keeping them learning whilst outside of the classroom.





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## HOW CAN I HELP MY CHILD LEARN WHEN I DON'T KNOW OR UNDERSTAND THE MAHI?

Don't stress is to much Mum or Dad. You're a parent, not a teacher. It's not required that you understand everything but take this time to work with your tamariki and even learn new things alongside them.

Show them that learning is a process and that it's totally natural to struggle when learning new things.

## IF YOU NEED HELP, REACH OUT!

We have created a [Facebook Group](#) to provide a safe space for whānau to share what they are doing during this time and to ask questions if you don't understand something. Chance's are many whānau are in the same situations, so take advantage of this space and utilise it to share, assist and accept help

## KIA KAHA E TE WHĀNAU

### STAY WELL, STAY VIGILANT

We've uploaded all our resources to our website, so make sure you check it out!  
For any assistance, call our phone lines on 0508 NWORAKEI. We'd love to hear from you!

Ngā manaakitanga,  
[Ngāti Whātua Ōrākei](#)

## HOW ELSE MIGHT WE HELP?

### ME PĒHEA TŌ MĀTOU AWHINA I A KOUTOU?

We want to support our hapū members the best we can.

To see how else we're helping whānau, follow our [Facebook page](#) – [Ngāti Whātua Ōrākei Whai Maia](#) and join the [NWŌ Whānau Hub – COVID-19 Lockdown Group](#) on Facebook.

