





August 23, 2021


Day 6 Update

Kia ora,


I hope this finds everyone well and prepared for a week of status quo. Following is a summary of events over the past few days.

 **Alert Levels:** Most of you will now be aware that Alert Level 4 has been extended through until 11:59 pm on Friday 27th August for all regions in NZ other than Auckland. We therefore are required to continue observing the relevant restrictions. A further announcement will be made prior to this time informing us of the next steps. QRC are actively assessing the daily situation to facilitate proactive planning for the continuation of college activity. At alert level 4 all staff members are actively working from home and contactable via email.


 **Online Classroom Delivery:** Started today and hopefully ran smoothly for everyone. Please remember PE is still an expectation during online delivery so ensure you are present or have submitted an email to attendance. Please use this time wisely to focus on course content and some self-directed learning to best support positive outcomes as we draw towards the end of term. If you have any concerns with academic content or online learning, please contact Kirsty via email (kirstyd@qrc.ac.nz) in the first instance.


 **Accommodation:** The halls of residence continue to operate smoothly, with each representing a bubble within which all residents are playing their part in the collective stance against COVID. Thank you for your adherence to the rules to this point. We ask that this continues for the duration of the week as we navigate through this lockdown. If you have any concerns directly related to the halls, please contact your lodge manager.

For students flatting in town please do not hesitate to contact student services if you have any concerns as we are not so readily able to connect with you.

 **Financial Impact:** As per the detail provided in the last email, as you are still studying, you will continue to receive your regular Student Allowance and Student Loan living costs payments. If you need extra help during this time, you can find information about emergency assistance on Study Link's website <https://www.studylink.govt.nz/in-study/urgent-costs/index.html>.

We encourage anyone who is financially impacted by COVID and this lockdown to get in touch with Student Services so we can best direct you to support available

 **Mandatory requirements:** Masks are now mandatory when visiting essential businesses and scanning into locations is set to become mandatory. Please have and wear a mask when you utilise an essential service & follow good practice by wearing a mask when leaving your bubble if you are unable to safely maintain a 2 m social distance. To enable hassle free scanning – ensure you have the COVID tracer app downloaded on your phone & turn on Bluetooth tracing

 **Vaccinations:** From the 1st of September everyone will be eligible to book in for their vaccination. Once available, the easiest way to book in is online [BOOK MY VACCINE](#). If you have any concerns regarding the vaccine, please take the time to visit these sites to ensure you are accurately informed: [Govt.nz](#) [Ministry of Health](#)

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Wellbeing: A good balance of structured activity (study), physical activity, sleep and healthy nutrition will serve your health, both physical and mental, well. Try and maintain a daily routine while temporarily adjusting to this new normal. Be aware of additional stress this lockdown may be placing on you and those around you. Your bubble is hopefully a good support network but remember there are additional services to access if required:

- Student services here at QRC
- your GP or local community health centre
- Youth line [0800 376 633](tel:0800376633) www.youthline.co.nz
- [Need To Talk](#) by calling or texting [1737](tel:1737)
- Health line 0800 611 116.

If you are feeling unwell with symptoms of cold / flu, it is important to isolate and get tested. Call health line on the above number for further direction.

Information is also important to help you feel in control of the situation but please be sure to seek information rather than misinformation which can have quite the opposite effect. As a rule, don't listen to social media but rather visit the like of <https://www.who.int/>. You can control what to learn and believe.



If you are sick or have symptoms, stay home

Unite
against
COVID-19
New Zealand Government

Please do not hesitate to be in touch for any assistance

Kind regards

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