

Wishing you a Happy Easter

Dear Marsden Old Girls

We hope this finds you and your whānau well at this unprecedented time.

As we assist our Marsden community to navigate the change and uncertainty we are all currently facing, I am thankful that we have had the opportunity to thoroughly incorporate Professor Lea Waters' [Visible Wellbeing approach](#) into all our learning and teaching at Marsden. More than ever we have been called on to show resilience, positivity and kindness to ourselves and to others, particularly those in our bubbles. We are worried for those friends and family who are going through hard times and finding the lack of physical contact difficult and unusual – and we are finding other ways to communicate our love and concern for them.

We finished Term 1 with three days of remote learning for our students before breaking for the holidays. I have been so impressed with the students' adaptability and creativity to working from home and I salute our wonderful staff for all the efforts in enabling this kind of learning.

During the holidays we have kept up our [social media posts](#) and included ideas from Professor Waters on how to keep positive during this coronavirus pandemic. Such topics have included:

- Dealing with cabin fever
- Savouring small moments
- How to use your spare time
- Helping others and
- Expressing gratitude.

When remote learning starts again in Term Two, next Wednesday, I know our students will not only be rested but in possession of an armory of wellbeing skills to bring to their lives. If you are interested in exploring examples of our remote learning please visit our [Remote Learning pages](#) and [our padlet at the bottom of this page](#). You can also share your messages of support on our padlet.

I know that Marsden Old Girls will be helping their communities in a myriad of ways – we highlighted two examples recently for our girls. Auckland based Old Girl and doctor, Andrea Penman (Crosbie) set up an organization called [Home Guard NZ](#) which is coordinating retired or at home doctors, nurses and medical workers to help where needed. Her call elicited a massive response. Actor, coach and OG Miranda Harcourt fronted a campaign on behalf of [Women's Refuge](#) asking people to gift a safe night for those women and children for whom home is not a safe place. There are many other examples of these practical, thoughtful actions that the Marsden community has exhibited. We would love to hear any special stories you have.

Finally, there has been a huge amount written on this time in our lives... Among my favourite pieces has been a letter written by Italian writer Francesca Melandri ... *We are but a few steps ahead of you in the path of time* in which she describes

to others her experience of lock-down. Excerpts follow. We really are all in this together!

"... Your children will be schooled on line. They'll be horrible nuisances; they'll give you joy.

Elderly people will disobey you like rowdy teenagers; you'll have to fight with them in order to forbid them from going out, to get infected and die.

You will try not to think about the lonely deaths inside the ICU.

You'll want to cover with rose petals all medical workers' steps.

You will be told that society is united in a communal effort, that you are all in the same boat. It will be true. This experience will change for good how you perceive yourself as an individual part of a larger whole.

The boat in which you'll be sailing in order to defeat the epidemic it will not look the same to everyone nor is it actually the same for everyone: it never was..

At some point you will realise it's tough. You will be afraid. You will share your fear with your dear ones, or you will keep it to yourselves so as not to burden them with it too.

You will eat again.

If we turn our gaze to the more distant future, the future which is unknown both to you and to us too, we can only tell you this: when all of this over, the world won't be the same."

I wish you and your families my very best wishes for Easter.

Narelle Umbers

Principal

If you would like to update your details please email

rosalba.finnerty@marsden.school.nz

[Absences](#) [Website](#) [Facebook](#) [YouTube](#) [Sport](#) [SchoolApp](#)

Marsden School

Marsden Ave, Karori

Wellington 6012

P: 04 476 8707

W: marsden.school.nz
