



Health Navigator New Zealand Website: COVID-19 mental wellness support

A series of resources for people in Tāmaki Makaurau during the COVID pandemic and beyond.

Video animation transcript: COVID-19: Homeschooling kids in isolation

[Introduction]

Audio	Visual
[Background music plays throughout the video]	
[Narrator] Homeschooling your tamariki while you're isolating can be pretty overwhelming. Having a plan will help you get through.	On a white background, a title is displayed: COVID-19: Homeschooling kids in isolation The title fades and we see a man (Henare), woman (Anahera) and two children at home. The kids are using a tablet while sitting on a couch, Henare is using a laptop while sitting at the kitchen table, and Anahera is standing nearby. Then we see Anahera bringing a plate of biscuits to the kids, who jump up and down.

[Have a plan]

<p>[Narrator] First up, let the school know you've got COVID.</p>	<p>Anahera stands by the window and uses her mobile phone to ring the school.</p> <p>On the left hand side of the screen, we see a person from the school answering the call. On the right side of the screen, we see Anahera chatting with them.</p>
<p>[Anahera, the mum] They're going to email any notices and info about home learning.</p> <p>[Henare, the dad] Home learning? We're not teachers.</p> <p>[Anahera] It doesn't look too scary. There's a timetable and most of it's online.</p> <p>[Matrix, oldest child] Some kids in my class don't have the internet.</p> <p>[Anahera] Schools will print stuff out for you.</p>	<p>Anahera stands in the lounge, holding her phone. The kids are playing soccer in the garden, and Henare is working on his laptop at the kitchen table.</p> <p>Henare stops working for a moment to chat.</p> <p>The scene widens and we see the teen son sitting on the couch. He joins the chat.</p>
<p>[Narrator] If you don't have a device, the school or a whānau member might be able to loan you one.</p>	<p>In a school IT room, laptops and other learning tools and equipment are organised on shelves.</p> <p>A woman sitting at a desk chats with a woman who is standing and has a laptop under her arm.</p>

<p>[Narrator] Having a routine is a good way to manage the day.</p> <p>Set up the best workspace you can, even if it's the kitchen table.</p> <p>[Henare] If you work quietly while I have my meeting, then we can play a game.</p> <p>[Anahera] I'll tackle the ironing since I can't go to work.</p>	<p>Henare works on his laptop at the dining table, while two of the younger children sit next to him, talking.</p> <p>He stops working to ask the kids to be quiet while he has an online meeting.</p> <p>The children start working on their schoolwork.</p> <p>Anahera walks through the room, carrying a basket of laundry.</p>
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[Help and support]

Audio	Visual
<p>[Narrator] It's normal to feel stressed out and wish the kids were back at school.</p> <p>But you can get through.</p>	<p>On a white background, we see a blue title: Looking after your own hauora</p> <p>Tips are listed below that:</p> <ul style="list-style-type: none"> • Get enough sleep • Have some time out, like baking with the kids • Try to exercise • Stay connected • Eat healthy food <p>A green tick mark appears next to the first tip, then the second, third, fourth, and finally the fifth.</p>
<p>[Narrator] If you feel you're not coping, help and support is available.</p>	<p>A blue screen with a whiteboard appears. The board is titled Helplines.</p> <p>The helplines are listed below the heading:</p> <ul style="list-style-type: none"> • Healthline 0800 611 116 • Call or text 1737

Audio	Visual
[Background music]	<p>Credits are shown:</p> <ul style="list-style-type: none">• Health Navigator New Zealand logo• Hn.org.nz• Te Whatu Ora Health New Zealand logo• Benchmedia logo