

19 March 2020

Kia ora tatou,

I am writing to you to tell you about some significant changes you will see in our halls effective immediately as a result of recent developments around COVID-19 (coronavirus). Your health and wellbeing is very important to us and these new precautionary measures have been put in place to mitigate risk. We are continuing to work closely with the wider University and following advice from public health agencies, and we are also consulting with VUWSA. You can find up to date information on our [main COVID-19 information hub](#). Please read the following notices carefully and let me know if you have any questions. You should also read the [Ministry of Health](#) guidelines on social distancing.

Building Access

We have introduced a total guest ban effective immediately, this will be reviewed at the end of trimester one. . This means that only residents of **[insert hall name]** can enter, and you are not permitted to have any guests to visit during the day or to stay overnight. Residents from other halls are not permitted to enter. Please ensure any booked guests are advised of this change. You will notice that we have restricted entry to the building, to reduce the number of access points. This is for your health and wellbeing and that of our hall community. Please do not let non-residents into our building. Hall staff will manage access for contractors and other necessary staff.

Dining Room

We will be establishing staggered dining times to reduce the number of residents in the dining room at one time effective Saturday. We will advise you tomorrow (Friday) about how this will be implemented.

You will notice seating in the dining area may have been removed to allow for more space between chairs. This means you will not be able to sit as close to your friends as you [have done in the past](#), but we still encourage you to attend meals and catch up with your fellow residents.

At the entrance to the dining area you will see our duty RA. They will be now ensuring that in addition to swiping your card, you are using hand sanitiser before going into the dining room. This is compulsory and for everyone's health and wellbeing. Please cooperate with any instructions from them. They will also be ensuring that no unwell residents enter the dining rooms. There may be disciplinary consequences for any residents that do not comply with this public health measure, per our student conduct statute, which you can read [here](#).

Events

All inter-hall events have been postponed until Trimester 2, to reduce cross-hall contact. This decision was not taken lightly as we know the enjoyment that you get from these events. We will ensure that you still have the opportunity to connect and socialise with each other as a hall, and we will be in touch with you next week with further information about this.

Staying healthy well

It is vitally important that you practice good personal hygiene, particularly in our communal living environment. We are checking that anyone with flu-like symptoms does not meet the case definition for COVID-19. Please notify hall staff if you are unwell. We ask you to:

- Stay in your room if you are unwell in any way. Please do not go into common areas including the dining room. Do not attend university, and do not return until you are fully recovered.

- Hall staff will help you phone Student Health, your GP practice or [Healthline](#) for advice, do not turn up at Student Health or your GP practice.
- Follow best practices with hand washing (wash hands thoroughly for at least 20 seconds with soap and water, or use hand sanitiser) and personal hygiene
- Cover your mouth and nose when you cough or sneeze
- Throw used tissues in a lined bin and wash your hands
- Avoid close contact with anyone who has fever and a cough.

Recent travel

If you returned to New Zealand from overseas prior to 16 March, the government is recommending you self-isolate for 14 days, and we expect you to comply with this. Please contact your hall reception immediately if you are affected.

Support

We realise that all of these measures will impact on your ability to socialise with your friends from outside of your hall, and we hope that you will find connection and community with your fellow residents as we look for in-hall alternatives to inter-hall events. We also understand that this is an anxious and isolating time for many of you and that these changes may make you feel unsettled. It is natural to feel worried about this type of event, and we want you to know that staff are here to support you. We encourage you to chat with your student support coordinator (SSC) or you can call or text 1737 free at any time and talk to a trained counsellor. Come and see us in the office at any time if you'd like to chat or have any questions, and stay in contact with your RA.

Thank you in advance for your cooperation with these important changes to our hall life while we prioritise your health and wellbeing. We have consulted with VUWSA representatives who have contributed to and are supportive of these changes. We appreciate that this is a rapidly changing situation and we will be in touch with you if there are any changes to what we have outlined above.

Please take care of yourselves and others,

Nga mihi nui,

[insert Head of Hall name + job title]

Facebook post:

Hi everyone. We know that you will be feeling concerned and unsettled about developments around COVID-19. [insert head of hall name] has sent you an email this afternoon, please ensure you read it carefully as it outlines some changes you will see effective immediately in your hall. These are precautionary measures to ensure our community is safe and practising social distancing in our communal living environment. If you returned to New Zealand from overseas prior to 16 March, the government is recommending you self-isolate for 14 days, and we expect you to comply with this. Please contact your hall reception immediately if you are affected. Note that you also received an email from the Vice-Chancellor Grant Guilford on Tuesday with a general update for all students, which has some important information. It is natural to feel anxious about this type of event, and we want you to know that staff are here to support you. We encourage you to chat to your student support coordinator (SSC) or you can call or text 1737 free at any time and talk to a trained counsellor. Come and see us in the office at any time if you'd like to chat or have any questions.

23 March 2020

Kia ora koutou,

You will be aware the Prime Minister [announced at 1.30pm this afternoon](#) that the country has moved to a temporary [alert level 3](#) to combat COVID-19 (coronavirus), and that New Zealand will be moving to a level 4 alert in 48 hours. Schools and universities must close by midnight Wednesday 25 March. Transport will become limited and students now have 48 hours to return home.

Residents who are able to go home must make plans to do so as soon as possible, within the next 48 hours. The halls will be closing for students at 1.30 pm Wednesday. All accommodation contracts will be suspended from today, and you will not be charged during this time.

If you cannot return home, please speak to your head of hall immediately. We will be providing you with alternative accommodation at Weir House with full catering. Please prepare what you need to take for the next 4 weeks as we will be consolidating all remaining residents in the one hall on Thursday 26 March, to ensure we can look after you all, and provide a high level of care for your health and wellbeing.

Self-isolation processes stay the same. You must stay in your self-isolation accommodation for the duration of your mandated period. You can go home if you wish after your self-isolation period. If you cannot return home, we will accommodate you at Weir House. Please speak to your contact at University Accommodation to make arrangements.

These are extraordinary circumstances, and we understand this is a very anxious time for you all. **We will be working to welcome you back after 28 April** and we will be in touch with updates for you during this time.

Please talk to your head of hall if you have any questions.

Take care and safe travels,
Rainsforth Dix,
Director, Student and Campus Living

24 March 2020

Update to all hall residents

Dear hall residents,

I am writing to provide an update about logistics, and our plans for your safety and wellbeing during the COVID-19 (coronavirus) alert level 4 period we are entering. Yesterday we contacted you to notify you that we are closing halls and University accommodation because of the government directive that all universities must close before New Zealand enters alert level 4. We are focused on doing everything we can to comply with the directive and help to protect the health and wellbeing of all New Zealanders.

This is a challenging time for everyone, and it is natural to feel overwhelmed. We want to assure you that we are working to ensure we can continue to provide full care, services, and support for remaining students. It is necessary to group some residents together to provide appropriate pastoral care and support for students remaining in our accommodation, and to ensure staffing continuity and wellbeing.

All students staying at 222 Willis, Education House, University Halls, and Stafford House self-catered halls at Victoria University of Wellington can remain in the hall you are currently located in during this level 4 crisis, although some room configuration may be needed. Your head of hall is the best point of contact for any questions or concerns. We will update you tomorrow with more information about support on offer, and how the national stay-at-home period will work for you.

Everton Hall residents should be discussing arrangements with their head of hall, but I would like to confirm we have plans in place to support you.

All first year students and Whānau House residents will be relocated to Weir House to ensure we can continue to support you during this period. Wherever possible we will keep all residents from each hall in close proximity. Transport arrangements are currently being put in place and we will be in touch directly with those of you staying tomorrow morning. In the meantime, please continue to pack what you'll need during the period of lockdown.

For those having difficulty with travel arrangements, please be assured you can stay with us. Just speak to your head of hall in the first instance and we'll take a note of your circumstances.

Please direct any questions to your head of hall, and we will be in touch with you tomorrow.

Take care,

Rainsforth Dix

Director Student and Campus Living

25 March 2020

Dear University Hall residents,

Thank you for your amazing support at this challenging time. This is an unprecedented situation, and we know it is an overwhelming and anxious time for you all.

Many of you will be understandably distressed that we're moving you from the place where you're staying at this time to another house. This is not a decision we have taken lightly. The reason we are asking you move is to ensure that we can continue to provide you with support and care during the alert level 4 lockdown across New Zealand. In order to make the most of the limited resources we have available during the lockdown and to ensure that you can connect with other people over the next few weeks, we are having to make some changes.

Our resources are stretched at this time because many of our staff are unable to work during the lockdown. Some need to isolate for health reasons, or to care for dependents, and others, understandably, want to be with their families. While there are many online services, having you together will mean you will have support from your community.

The University Hall team are already in contact with you and will continue to connect with you over the coming weeks. Please support them during this extraordinary time. We are all working hard to deal with these extremely challenging circumstances and to ensure your safety and wellbeing, while also meeting government expectations.

We will be in touch with you in the coming days about general wellbeing and support available.

We are thinking of you all.

Take care,

Rainsforth Dix
Director Student and Campus Living

25 March 2020

Kia ora koutou

Welcome and Induction for Weir House arrivals

Welcome to your home for the next four weeks! Below is some essential information to help you settle in.

It's very important that you follow the rules of the country's [alert level 4](#) lockdown as New Zealand manages the spread of [COVID-19](#). Breaches of the rules around this lockdown will be taken very seriously.

Who are you living with?

You will be sharing Weir House with existing residents mostly from catered accommodation at the university. To keep your routines as normal as possible we have housed you in your hall cohorts and your normal hall staff and RAs will remain your pastoral support contacts.

We will work to manage you within these groups to ensure that your contact is limited to others in your hall and on your floor.

William Weir Wing

- Level A: Joan Stevens Hall
- Levels B and C: Helen Lowry Hall

James Hutchison Wing

- Level D: Victoria House and Everton Hall
- Level E: Victoria House
- Level F: Cumberland, University Hall – Whanau House, Weir House, Capital Hall

Te Whānau block

- Level G: Boulcott Hall
- Level H: Katharine Jermyn Hall
- Level I: Te Puni Village

Arrivals are scheduled from 2pm until 5pm 25 March 2020. We appreciate your patience as we work through moving everyone in.

Absolute guest ban

No visitors will be allowed onsite. Nor will residents be able to visit people on floors, other than the ones they are located on. Total guest ban includes your partner/family members or friends that are not living in the hall or are living on another floor.

Emergencies

Please make yourself familiar with your surroundings and exit points this afternoon.

Point of contact for all emergencies: Duty Manager phone 027 563 3700

Emergency assembly area: Kelburn Park

If you hear the sound of a fire alarm or if an evacuation is ordered for any reason, head to Kelburn Park. Ensure you maintain 2 metre physical distance at all times. Further guidance will be provided by the duty staff on site.

A printed poster with emergency exit routes and instructions are located on each floor.

Your health and wellbeing

If you become unwell, please stay in your room and contact the duty manager phone.

Anyone unwell and needing isolation will be looked after according to their needs. There are rooms with ensembles and kitchenettes reserved for general illness. Anyone needing additional level of isolation, such as those being tested for COVID-19 will be moved offsite. However, you must notify us if you are unwell by calling.

Support

Your Head of Hall and staff team will continue to support you - this includes RAs who will remain in contact with you and your usual floor group for your ongoing support. Most of this will be remotely however we do have a team of staff on site to support with day to day needs and respond to any possible emergency situation that may arise.

Staying in touch with your regular floor mates from your originating hall is important. While you will not be living with all of your friends and regular floor and hall mate, we encourage you to keep in touch. You can connect through your floor and hall Facebook groups, and continue to support each other online.

Meals

Meals will be provided on site in the dining hall. Stations for floor cohorts will be established. All food and utensils will be disposable. For tonight in particular, if you have food allergies please make yourself known to Deputy Head of Hall Ryan.

Staff will be available in the dining hall to answer any of your questions tonight and tomorrow.

Housekeeping

Hygiene is even more important than ever. Please wash and dry your hands regularly.

You are responsible for your own dishes and waste in the kitchenette area. Please keep these tidy.

You are responsible for your room which includes vacuuming and sanitising. Please use hand sanitiser before and after use of the vacuum. Use the laundry to keep your own linen clean.

Laundry is located on D Floor for your use. All coin operated machines have been converted to allow free washing and drying for the duration of your stay. Please wash your hands before and after use.

Address for deliveries: 1 Gladstone Terrace; Kelburn Wellington

Bathrooms and hygiene

The usual daily seven days per week cleaning schedule will be stepped up with all bathrooms and common areas kept clean.

Maintenance requests – please contact the duty phone on 0275 63 3700 if a lightbulb needs to be replaced or any other maintenance issue.

House rules

You will already be familiar with these rules. Most importantly be kind. Be considerate and stay safe.

- Alcohol management and quiet hours - Please be considerate of your neighbours and be quiet in your rooms from 10pm onwards. Please note that alcohol is not permitted in any common areas in the house, but you may drink in your rooms.
- No smoking or vaping on site.
- Respect the other residents. This is particularly important as everyone will have different ways of managing the current situation.

Physical distancing

Stay on your floor, unless you are visiting the kitchen and laundry facilities.

Limit groups to 10 for mealtimes. Maintain 2 metre distance at all times. You can find more tips about practising physical distancing (sometimes referred to as social distancing) here on the [government's COVID-19 site](#).

Academic needs

As you have been informed via email Teaching is suspended until 28 April. Lectures will then resume online. Examinations will be replaced with online assessments. You can still access study resources during this time. Read the most up to date information about our academic programme [here](#).

Internet access. Your Wi-Fi should work the same as when you are on campus. To connect to Wi-Fi, in your device settings select 'WellingtonUniversity'. Open a browser on your device and type in wgtu.ac.nz. You will then be asked for your username and password.

Student Support Coordinator support and health and counselling

Our Student Support Coordinator (SSC) team remain committed to supporting you with your wellbeing and mental health in the face of the unprecedented COVID-19 situation. SSCs will be working remotely between 8.30am to 5pm, Monday to Friday. The process of contacting an SSC remains unchanged. For example, if you wish to arrange an appointment with them, email/text or phone them directly to arrange this and instead of meeting face-to-face, you will receive a phone call consultation from the SSC. Over the coming week we will be working towards video remote calling and the SSC's can support you on how to access this platform once this has been finalised.

We appreciate that this may not be an ideal situation for any of us, please do take note of the tips from the [Mental Health Foundation](#) on staying well. The government's [COVID-19](#) site also has some great tips for looking after yourself and others at this time.

Health and counselling support through Mauri Ora will continue and these services are now being delivered by phone or online.

We understand this is a particularly worrying time for students with high health needs. Student Health will continue to provide medical assistance—call 04 463 5308. Do not come into the practice. In an emergency, call 111.

The University's Disability Services are working with our COVID-19 Contact Centre to ensure students with high health needs and students with disabilities are provided with all other support, including academic needs. Contact info@vuw.ac.nz or call 0800 04 04 04 for more information.

Standard misconduct procedures apply

Students that breach self-isolation will be subject to disciplinary action under the [Student Conduct Statute](#). For international students, this could impact on their visa status in line with the New Zealand government response to COVID-19. These measures are to ensure the safety of our community. For more information see the University's [guidelines](#).

University updates

The University is regularly updating the [COVID-19 information for students](#) page. We recommend you check in frequently to get the latest information and follow the University's [Facebook](#) and [Instagram](#) pages for updates.

As Prime Minister Jacinda Ardern said on Monday, "we will get through this together, but only if we stick together so please be strong and be kind."

Take care and stay in touch with us

University accommodation team



Alert Level 4 Self-isolation guidance for Student Accommodation

We are asking people to take simple, common-sense steps to avoid close contact with other people as much as possible, like you would with the seasonal flu virus. We know it is a stressful time, but taking these measures will help protect you, your family, and all of New Zealand from COVID-19 and other common infectious diseases.

The level 4 lockdown began at 11:59pm on Wednesday 25 March. From this point on – as stipulated by the government - unless you are accessing an essential service or getting a bit of brisk exercise (at a distance from others), you must self-isolate at home.

In short this means you must:

- Always apply the 2-metre rule
- Stay within your floor 'bubble' and your smaller 'bubble' of under 6 regular contacts from your floor
- Do not congregate face-to-face (inside or outside of the hall) in groups of more than 6 people
- Only leave the hall of residence to go to the supermarket, doctor, for exercise or fresh air and don't travel too far from the hall
- Do not drive anywhere except to access an essential service i.e. doctor (phone first) or supermarket for essential supplies.

What does self-isolation mean?

Self-isolation means staying away from situations where you could infect other people. This means any situation where you may come in close contact with others. Stay two metres away from others at all times.

Social distancing/the 2-metre rule

Social distancing is meant to slow the spread of diseases like COVID-19. It works by preventing the virus from moving between people via sneeze, or cough.

Social distancing is about keeping a safe distance from others and - more specifically - maintaining a physical distance of two metres between you and another person.

Live within your 'bubble'

Self-isolation has been described as 'being in a bubble' which means that you should - as much as possible - limit your contact with people outside of your floor bubble and smaller 'bubble'.

The idea is that everyone in the bubble has the same limitations. If one person in the bubble has close or physical contact with someone outside of the bubble they risk bringing the virus into a safe area and infecting everyone else in it.

Guests and Room Visitors

People need to isolate from as many people as possible.

External guests are not permitted onsite and residents are not permitted to visit people on floors other than those which sit inside their (floor) bubble. Total guest ban includes your partner/family members or friends that are not living in the hall or are living within another 'bubble'.

Minimise close contact with the other residents by avoiding situations where you may have face-to-face contact closer than 2 metres for more than 15 minutes.

Common Space use

All common spaces including common rooms, sky lounge and the music room are closed and are unable to be used during the level 4 alert period.

You should not share dishes, drinking glasses, cups, eating utensils, towels, pillows or other items with other people.

Heading outside the hall

You can leave the hall of residence but only to go to the supermarket, doctors (phone first), for exercise or fresh air.

Only one person from your peer group bubble of 6 should go to the supermarket for essential supplies for everyone else in the bubble. You should keep a 2-metre distance from others and avoid going in groups of more than 6 people.

Going for a walk to Kelburn Park or outside for some fresh air or exercise is fine and we recommend you do this for your own wellbeing. However, please only do so with people who are in your peer group bubble. All playgrounds are closed and when outside you need to try not to touch too many things. Again, ensure you maintain the 2-metre rule and always make sure you wash your hands frequently throughout the day, especially when you enter the hall after being outside or near other people.

You can drive locally if you are going to essential services only.

The key is that there must be no face-to-face congregation in public spaces.

Getting food

Meals will be provided on site from the dining hall – please ensure you maintain the 2-metre distance and follow the instructions of halls staff. Food stations for floor cohorts have been established and will include the provision of breakfast and snack food. All food and utensils will be disposable.

Supermarkets remain open however we recommend avoiding them if possible.

Transport

You should minimise your use of taxis and ride-sharing apps like Uber.

If you must, while travelling make sure you use hand sanitiser regularly. If you need to cough or sneeze, cover your mouth or nose, or you can cough and sneeze into your sleeve.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds making sure you dry them thoroughly. You can also use hand sanitiser.

Wash your hands

Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use a hand sanitiser if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Taking care of your wellbeing

Your emotional and mental health is important. It is normal to feel stressed or lonely when self-isolating, but there are some things you can do to feel better.

Reach out to your usual supports, like family and friends, and talk about how you feel. We also recommend sticking to a routine such as having regular mealtimes, bedtimes and exercising.

If you feel you are not coping, it is important to talk with a health professional. For an appointment or requests for medical advice, call Mauri Ora on **04 463 5308**. Do not go into the practice.

If you are at risk of harm to yourself or concerned about somebody else's immediate safety, call Te Haika on 0800 745 477. If it is an emergency, call 111.

If you become unwell, contact the duty manager

If you become unwell, please stay in your room and contact the duty manager phone (**027 563 3700**).

The symptoms of COVID-19 are cough, fever, and shortness of breath.

For more information, on the current COVID-19 alert level visit <https://covid19.govt.nz/government-actions/covid-19-alert-level/>

30 March 2020

Kia ora residents,

We hope you are settling into our 'new normal for now' at Weir House, taking good care of yourselves, and staying in touch with family and friends online. After all the rain over the weekend, we hope you're taking the opportunity to get some fresh air and exercise in the sun today. As we are well into day five of a nation-wide lockdown, we are writing to you to reiterate how important it is that we all do our bit to stop the spread of COVID-19 and to update you on some community rules. We have also attached some important reading about isolation. We ask you to read these and the email below carefully.

Doing our bit – why we are self-isolating

You have been asked by the government to stay home to protect your community including hall staff who are deemed essential workers and their families.

The government have asked *ALL* citizens not doing essential work to stay home. This means only leaving the house to access essential services such as the pharmacy, supermarket and petrol station, or to get fresh air and exercise in the neighbourhood. Police are stopping people traveling around cities and towns to ask them where they are going and to check that they are complying with directives — those that are caught ignoring the rules of lockdown may be prosecuted.

The same rules apply to Weir House, we are not an exception to this directive from government, nor to the consequences of flouting the rules.

A bubble within a bubble

You will have heard about each household in New Zealand being a 'bubble'. For the purposes of our communal living environment, we are advising you that you now have two bubbles. Your wider bubble is your floor where you are grouped with residents from your regular hall where possible. To ensure your safety and that of our wider community, we require that you form a smaller bubble with up to six of your peers on your floor. We will ask you to confirm who is in your bubble later in the week. We ask that you stick in these smaller bubbles while also practicing the recommended two metre physical distance whether inside or outside the building and come across others. Only one person from this group is nominated to go to the supermarket for your bubble's essential supplies. As per government rules, you may not visit any other houses or people while you are out.

Access to the building and management of quiet hours

Every resident must swipe and sanitise on entry to the building – do not swipe in other residents at any time.

Entry after 10pm will be via the night entry near the vending machines on the ground floor and will be controlled by staff.

Our 10pm quiet times will be observed 7 days a week, and residents will be asked to return to their own room at this time.

Normal community rules apply in our communal spaces

You should think of life in our hall as no different to living in the wider community. Our common areas including the music rooms, gym, tv lounges and study areas are closed the same way that cinemas, libraries and recreation facilities are closed. We are instituting procedures in our dining room to mirror your experience at the supermarket where physical distance is enforced, and

protective measures are in place to protect essential workers. Our hall staff in the dining room will be wearing Personal Protective Equipment (PPE) as do workers in supermarkets.

Be ready for questions

Just as Police are out in the community checking that people are leaving the house for essential purposes, we will be asking you similar questions. Please do not be offended if we ask you where you are going or follow up with you about prolonged absences from the hall. Our goal is to keep you and everyone else here in our community safe. As mentioned in our welcome letter, breaches of isolation directives will be taken seriously, and you may face disciplinary action.

If you have any questions, please contact your head of hall directly.

Thank you in advance for your cooperation with these vital measures. We are working hard to make Weir House a safe, comfortable home with supportive community, and we need your support.

We're signing off with this very apt expression in te reo Māori: noho tawhiti (sit at a distance), tū kotahi (stand as one).

Ngā mihi nui,
University accommodation team

3 April 2020

Wellbeing and support message from HoH

Kia ora residents,

As we enter our second week of nation-wide lockdown we wanted to follow up on the calls, messages and emails we've been making and sending to check in with you whether you're with your families at home, remaining in self-catered accommodation, or temporarily staying at Weir House.

We are enormously proud of the way you are all coming together to support each other and stay connected during this extraordinarily tough time. We also want to thank you for the support, care, and cooperation you've shown towards our hall staff who are all carrying out essential work under really tough circumstances. While most of us are apart right now, we're still all in this together.

We are approaching Easter and what would have been the start of the mid-Trimester 1 break (10 April). Understandably your sense of time is impacted during lockdown, and I know many of you will be feeling the effects of a lack of structure and the camaraderie of our hall whānau. As you know teaching has been paused the University will recommence online study from 28 April. I hope you can all take this time to rest up, keep well and get plenty of fresh air and exercise in this extended mid-Trimester break.

To help you out, this email has some good tips and updated information about staying healthy and well during isolation, and how to get support if you need it.

Wellbeing

It's essential during this strange, scary and anxious time to take active steps to look after yourself. Here are some top tips from us:

- Stay in touch with us through our Facebook group and our Instagram – we're sharing lots of fun at-home challenges, experiences and all the aroha online. Keep your hall whānau close at this time!
- Socialise in your bubble and stay in contact with your friends – make regular video chat dates to keep in touch and share your experiences.
- Get out in nature – make sure you're getting plenty of fresh air and exercise each day in your neighbourhoods. Take photos of what you see out and about and share with us!
- Join an online fitness class! University Recreation Wellington are running free online classes, and also sharing some awesome wellbeing ideas and fitness challenges. Follow on [Facebook](#) and [Instagram](#).
- The Mental Health Foundation has some [great content](#) to help you through this really difficult time with tips and ideas for taking care of yourself, and keeping busy and connected with others.
- Read the new all student newsletter from the University – you'll find lots of uplifting content and ideas for connecting with others and passing the time at home.
- Try to make a routine – rather than being boring it will help give your life structure during a really uncertain time.
- Keep doing the stuff that makes you happy and makes life meaningful to you – whatever that is.
- Be kind to yourself and others; we may be apart for now, but we're standing together.

Support

The Student Support Coordinators (SSCs) are working remotely between 8.30am to 5pm, Monday to Friday. If you'd like to talk with Ben (022 015 0355 ben.bachle@vuw.ac.nz) or Hester (027 563 3989 hester.reixx@xxx.xx.xx) you can arrange a chat by email/text or phone. The SSC's can have phone or Zoom consultations with you – whatever works for you.

The University's duty counselling service remains open. You can ring Mauri Ora on 04 463 5308 for a phone consultation on the same day, no appointment necessary, between 1pm – 4pm to speak with one of Mauri Ora's counselling team Monday to Friday.

You can free call or text 1737 at any time to speak with a trained counsellor – it's free and confidential.

The University is still operating student services and are here to help. If you need support, check out [this link](#) to find out how to contact the service you need for assistance.

We are really missing having you all together. We'll continue to check in with you to see how you're getting on. Please keep in touch and take care of yourselves and each other.

Nga mihi nui,

[head of hall]