



Lockdown challenge

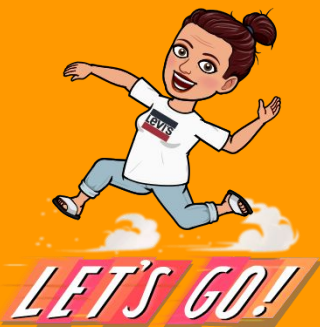
Kia ora koutou,
As we move into level 3, most of us will remain at home, so lets have some lockdown fun! Whaea Rachel will be sending out some random challenges for you to complete should you wish to take on the mission!

For those of you who would like to participate, here is what you need to do:

- Complete the challenge
- Take a photo or video (no longer than 45 seconds) of you (and/or your bubble) completing the challenge
- Email them to Whaea Rachel at Rachelb@deanwell.school.nz
- Please only send photos if you have permission for them to go onto our Website & Facebook page.
- We will choose a few to post into our newsletter so keep an eye out.

You can be as creative as you like when completing these challenges. Please adhere to the Covid-19 rules when completing your challenge.

Keep an eye on our website for more challenges coming your way!





He wero - The challenge



Whakapakari tinana - Physical fitness

Prime Minister Jacinda Ardern and the Director General of Health Dr Ashley Bloomfield, have encouraged the team of 5 million to do regular exercise. This is good for our physical and mental health.

Flick me a fun photo or video of you doing your whakapakari tinana.

This might be while you are out on your bike or scooter rides, walking, running, or it could be at home doing your own work out.

We can't wait to see your photos or videos.

Deanwell School - Leshgoooo!!

