

PRRA Staff Daily Update – Monday 20 April 2020

Hi everyone – Hope all is well in your bubble!

Updates from www.covid19.govt.nz

The Cabinet is meeting today to make a decision about when New Zealand will move from Alert Level 4 to Alert Level 3. A press conference will be held at 4.00pm today to announce the outcome and outline further information.



Connect (Thanks to MBIE for this information)

Connecting with people around us, family, friends, colleagues and neighbours, is good for us. We do need to keep our distance but we don't need to be distant, so use maybe it's an opportunity to learn about new applications or ways to keep in touch, and do add a bit of fun as we can all do with a bit of lightness.

You can call or text 1737 to speak with trained counsellors, it's free and confidential, or you can contact EAP on 0800 327 669.

Connecting with nature can alleviate anxiety, improve our mood and revitalise cognitive function as well as reducing blood pressure. Make the most of whatever outdoor space you can access locally. Gardening can be a mindful activity, it's a hopeful act.



QUIZ

Answers to Friday's Quiz Questions (out of 10)

1. Who is the Mayor of the Grey District? Tania Gibson
2. Pb is the chemical symbol for which element? Lead
3. What type of chef was in the title of Jamie Oliver's first TV series? Naked
4. Are butterflies more colourful in warmer or cooler countries? Warmer
5. Altocumulus is a type of what? Cloud
6. In rhyming slang, what financial term is Gregory Peck? Cheque
7. How many matches did England win at the 2014 Football World Cup in Brazil? None
8. What is COVID-19 short for? Corona Virus Disease 2019
9. Where in New Zealand is the Saint Clair Family Wine Estate based? Marlborough
10. Which country star featured with Bob Dylan on the album Nashville Skyline in 1969?
Johnny Cash

Today's Quiz Questions (out of 12) (A free quiz from <https://readymadepubquiz.com/>)

Please note down your answers and you can score yourself when the answers come out in the next update. Please No Googling - Good luck!

1. Where in the world would you expect to find a car with the vehicle registration code 'V'?
2. In which children's book did a spider called Charlotte and a pig called Wilbur appear?
3. Which Mexican artist produced works entitled 'The Broken Column' and 'Diego and I'?
4. How many sides has a heptadecagon?
5. What was the name of the character played by John Travolta in the film 'Pulp Fiction'?
6. Which was the first James Bond film to feature Roger Moore in the title role?
7. 'Suncrisp', 'Golden Russet' and 'Braeburn' are all varieties of which fruit?
8. In which country would you find the coastal resort of Lara Beach?
9. In which century was the first 'Grand National' horse race?
10. The letters of the word 'allergy' can be rearranged to form three other seven-letter words. Can you find all three of them (3 points)?

Take care everyone and stay safe!

Best regards

Michelle