

2020 - It's been a tough year for everyone this year, whether we have had to change jobs, missed milestone events or had a reduction in income through no fault of our own. Now it's time to relax and recuperate over the festive season, make sure you get a break and enjoy your time off work with family and friends.
YOU DESERVE IT.

It's a strange world we live in right now but we are luckier than most in New Zealand, we did it harder than most at the start of the COVID outbreak, but had the public health results that we all hoped for, less infections and deaths from this incredibly prolific virus, we all know a lot more about pandemics, virus, infection rates and the world health organisation than we probably ever wanted to. We live in a beautiful part of the world where we have nature at our doorstep and can holiday at home easily it's great to see New Zealanders out there doing it some of us visiting places we have never been before.

We would love to see some pictures so email them to us telling us who you were with and where and we will post them on our Facebook page and the picture with the most likes and shares will win a Special Select Prize Pack.

From all of us at Select have a great Christmas and New Year. Eat, Drink and be Merry but please just do it in moderation.

Gareth Simpson - Business Manager

Merry Christmas to you and your family. We look forward to working with you all in the New Year. **STAY SAFE**



SUSTAINING A HEALTHY WORK LIFE BALANCE

Try to get 8 hours sleep per night. Sleep deprivation stresses your body and mind.

Healthy foods provide energy to function and nutrients to help you stay well.

30 minutes exercise a day helps keep you well.

Drink water regularly throughout the day, 1.5 to 2 liters is usual, but needs can vary.

Take positive action to address both work and non-work stress: talk issues through, take breaks, eat away from your work area, work well for the required hours, then go and 'play'.

CHRISTMAS HOURS

Thursday 24th Dec – 9:00am till 4:30pm

Friday 25th Dec – Closed

Sat 26th & Sun 27th Dec – Closed

Monday 28th Dec – Closed

Tuesday 29th Dec to 31st Dec – Closed *by appointment only*

Friday 1st to Monday 4th Jan – Closed

Tuesday 5th Jan – 9:00am till 4:30pm

Contact us on 03 477 0873



Christmas Safety Engagement

Great to see so many of our staff at our Christmas Safety Engagement meeting! Thanks for everything you do. Have a Happy and Safe Christmas and New Year. A big shout out to the staff working through!

IMPORTANT REMINDERS TO ALL STAFF

Timesheets over the Christmas and New Year Period must be into Select by 8:00am 29/12/20 and 5/1/21 no exceptions. We have an extremely tight timeframe over the holiday period and late timesheets will not be processed until the new year.

Change of duties - Has your assignment changed?
Call us now!

Available for work over Christmas and New Year?
Let us know today!



With the holidays fast approaching it is a good time to perform some basic safety checks on your vehicle. Check out the helpful hints by visiting www.nzta.govt.nz/checkyourcar