

Keeping families and children well

COVID-19 Bulletin

Information for schools, child care services and family day care services in western Sydney.

Provided by Western Sydney Local Health District's Munch & Move and Live Life Well @ School teams

Welcome to the latest COVID-19 Bulletin, containing helpful information and resources on current COVID-19 topics, as well as practical ideas for childcare services, schools and families to keep everyone healthy and active during this time. **Become a COVID-19 Bulletin subscriber [here](#).**

NEW: 'Going to a COVID-19 Testing Clinic' children's booklet

A COVID-19 test can be daunting if you've never had one before.

A handy **children's booklet**, 'Going to a COVID-19 Testing Clinic' is available to help support families of children aged 3-5 prepare for a COVID-19 test.

Join four-year-old Georgie and her brave toy, Horsey, as they go together for a COVID test.

A copy of the booklet is available on the [Western Sydney COVID-19 Community Resources website](#).



COVID-19 restrictions update

Public health alert for Victorian arrivals:

- People now in NSW who have been in Victoria on or since 29 January are to follow 'stay at home' rules for the five-day period until **11.59pm on Wednesday 17 February**, announced by the Victorian Government. Read more [here](#).
- Anyone who entered NSW from Victoria since 27 January is to check whether they have been to a venue of concern in Melbourne. A full list of venues of concern is available at www.dhhs.vic.gov.au. Please review the list and follow the recommended health advice.

The NSW Government announced **changes to restrictions from Friday, February 12:**

- Indoor venues have returned to the 1 person per 2 square metre rule with the exception of gyms. Read more [here](#).
- Masks are still compulsory on public transport including taxis and rideshares and will be optional in other public settings.
- For information about travelling within NSW, and to and from NSW from interstate and overseas, click [here](#).

Check [latest announcements](#), [What you can and can't do under the rules](#) and [public health orders](#).



Lunar New Year

Lunar New Year will be celebrated on the 12-26 February, with 12 February marking the first day of the new year in the 2021 lunar calendar.



While this year's celebrations will look different to those in previous years, it remains a time to spend with family and friends while remembering to be COVID-safe.

Click [here](#) to access community resources on the NSW Health website, including videos, facts sheets and social media tiles in multiple languages.

For information:

Western Sydney Local Health District – Centre for Population Health

E: WSLHD-LLWats@health.nsw.gov.au, WSLHD-munchandmove@health.nsw.gov.au

www.healthykidswesternsydney.com.au



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COVID-19 testing

NSW Health urges anyone feeling unwell, with even mild COVID-19 symptoms, to get tested immediately and stay home until a negative test result is received.

Specific advice has been issued for the following venues:

- Anyone who was at **Melbourne Airport, Terminal 4 (Jetstar)** from 4:45am – 2pm on 9 February is to immediately isolate, get tested and remain in isolation for 14 days, regardless of the test result. Household contacts are also asked to stay in isolation until that person receives a negative result.
- Anyone who attended **any terminal at Melbourne Airport** on 7 and 8 February must immediately get tested and isolate until a negative result is received.

There are more than [350 COVID-19 testing locations](#) across NSW, many of which are open seven days a week.

COVID-19 – Community Resources for Western Sydney



Access the latest COVID-19 updates and wellbeing tips from our [Community Resources for Western Sydney website](#).

[Sign up](#) for COVID-19 updates, delivered directly to your email inbox.

Department of Health vaccination website

Stay up-to-date on the latest COVID-19 vaccine news with the [new vaccine website](#) from the Department of Health.

Information on the site is available in 63 languages, with an option to [subscribe to vaccine email updates](#).



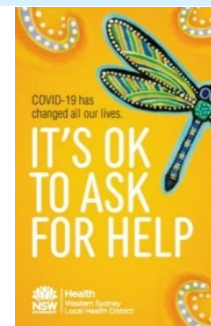
Local phone support numbers – Western Sydney

It's OK to ask for help and reach out for support. This handy resource includes contact details for Western Sydney hospitals, crisis or emergency numbers, Aboriginal services, mental health services, community health centres, and more.

Click [here](#) for the latest COVID-19 wellness resource containing local support numbers.



SCAN THE
QR CODE TO
FIND SUPPORT.



Healthy Kids Western Sydney website

Looking for healthy lifestyle factsheets to share with families? Need some practical examples to include fundamental movement skills at your childcare service or school?

Check out the Western Sydney Local Health District healthy kids' website www.healthykidswesternsydney.com.au.



Co-designed by educators, health professionals and parents, the website has a range of free resources, program information, training opportunities, local program support and much more.

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Go4Fun: Healthy active happy kids



Go4Fun is a free program for NSW children aged 7-13 who are above a healthy weight, and their families.

Run by trained health and community professionals, it's a fun way to build self-esteem and learn about eating well, staying active and living a healthy life.

Face-to-face programs will be running in term 2 across Western Sydney. Click [here](#) for more information and to register your family.

Out of School Hours (OOSH) services: lifestyle program

OOSH: The Healthier Way is a free healthy lifestyle program that supports OOSH services in the following areas:



- Free online professional development for all staff
- Menu planning and physical activity programming assistance
- Healthy policy support

OOSH services have access to a local health promotion officer who provides support to achieve best health practice. For more information click [here](#).

The return of school sports and carnivals



School sport and activities provide children with many benefits including improved physical abilities, personal and social skills and the opportunity to try sports they may not otherwise experience.

From Term 1 2021, interschool sport and physical activity, school carnivals, zone carnivals, round robins and gala days can recommence.

Find the practical guide for the return of school sport and physical activity [here](#).

National Ride2School Day



National Ride2School Day is Australia's biggest celebration of active travel and one of the best days on the school calendar.

It's a day full of fun and colour where students, teachers and parents discover the joy of riding and kick-start healthy habits for the future.

National Ride2School Day will be held on **Friday 19 March 2021**. For more information and to register, click [here](#).

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The Big Veggie Crunch – ideas for schools and classroom teachers

Want to encourage your students to include more veg in lunchboxes? Need a quick, easy and well-resourced health promotion event to kickstart the school year?

Vegetable Week & The Big Veggie Crunch is back for 2021.

It's a free, school-based health promotion event that brings excitement to vegetable eating and helps to encourage students, and their families, to eat more veg!



Vegetable Week is from Monday 15 March to Friday 19 March 2021 (week 8 of Term 1).

The Big Veggie Crunch is on Thursday 18 March at 10am. Please Note: If your school or classroom can't crunch at 10am on Thursday 18 March, simply choose another time over Vegetable Week.

For more details, to register online and to receive free resources, click [here](#).

Healthy Lunch Box website

The [Healthy Lunch Box website](#) is a one-stop-shop for everything you need to know about packing a healthy lunch box. Here's what you'll find on the website:

- Interactive lunch box builder that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy recipes and snack ideas.
- Informative blogs about healthy eating for the family.
- Sign up to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.



VegKIT

Did you know that most Australian children are not eating enough vegetables?

[VegKIT](#) is an integrated five-year project designed to deliver tools and interventions for increasing children's vegetable intake.

Click [here](#) for veggie snack ideas and recipes for families, lunchboxes and Out of School Hours Care.



Zucchini Slice*



Roast Pumpkin Dip* with vegetable sticks



Tropicana Pizza*



Corn on the cob



Toasted Sweet Potato*



Vegetable Pancake*

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2021 Woolworths Junior Landcare Grants

Applications are now open for Australian primary schools and early learning centres to apply for a Woolworths Junior Landcare Grant. They are offering 1,000 grants of up to \$1,000 each. To apply:

1. Read the [Guidelines and Criteria](#) to see if your project idea fits.
2. Obtain endorsement from your school Principal
3. Login or register and start your grant application on the [Landcare Australia Grants Site](#) (new portal for 2021).
4. **Complete your application online by 5pm (AEST) Friday, 19 March 2021.**



For more information, click [here](#).

Please provide feedback on our bulletin

Thank you to those who have provided us with valuable feedback. We appreciate any feedback or suggestions you have on our 'Keeping families and children safe – COVID-19' bulletin.



Please click [here](#) to complete our short bulletin survey. Thank you.

COVID-19: Need more information or help?

Websites:

- Check [latest announcements](#), [NSW Government COVID-19 information](#) and [NSW Health COVID-19 information](#)
- Check Australian Government [COVID-19 information](#)
- Follow NSW Health on [Facebook](#) and [Twitter](#)
- Visit www.healthdirect.gov.au to check symptoms
- Visit <http://www.nsw.gov.au/covid-19> for all other COVID-19 related information
- Visit [COVID-19 Community Resources website](#). Subscribe [here](#).

Who to call:

- Call National Coronavirus Hotline on 1800 020 080 (24/7) for health questions or to check symptoms
- Call Service NSW on 13 77 88 (24/7) for non-health related questions
- Call Beyond Blue on 1800 512 348 (24/7) for mental wellbeing support
- Call Translating & Interpreting Service on 13 14 50 for FREE help in your language
- Call COVID-19 Let's Talk on 8890 5236 to talk about stress and lifestyle changes during COVID-19

Resources:

- Click [here](#) to find all relevant COVID-19 phone numbers on the [Who To Call Poster](#). You may like to print it and display it somewhere accessible to all.
- [Coronavirus Australia app](#)

Information is current at date of issue – 15 February 2021.

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