

## 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](#).**



## SCHOOL HOLIDAY \*SPECIAL\* EDITION

### School holiday activities for kids



#### Blacktown Council Kidz Blitz holiday programs (11 April – 22 April)

- Blacktown Leisure Centre Stanhope (Creative Kids Voucher valid 19-22 April)
  - Charlie Lowles Leisure Centre Emerton (Creative Kids Voucher valid 19-22 April)
  - Blacktown Aquatic Centre (Creative Kids voucher valid 11-14 April)
- More information and to book [here](#).



#### City of Parramatta Autumn 2022 school holiday program (9 April - 22 April)

Choose from a range of free sports, art & STEM workshops. [More information](#) and to book [here](#).



#### Cumberland Council free school holiday activities (From Wednesday 13 April)

Free school holiday activities program for 5-12 year olds. Bookings open Monday 4 April. Keep an eye out [here](#) for more details to come.



#### Hills Shire Autumn Holiday guide

[The Hills Shire Holiday Guide](#) provides families with fun holiday activity ideas for the upcoming school holidays. Some providers accept Active Kids and Creative Kids vouchers.

#### For information:

Western Sydney Local Health District – Centre for Population Health

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### Get walking these holidays



Aim for at least 30 minutes most days with short trips walking to the park, shops, library or cafés a great way to reach your 30! Remember to wear a hat, sunscreen and take water with you. Wear layers and pack a rain jacket if the weather is cool and wet!

Find places to walk in the Blacktown area [here](#).

Go for a bush walk in the [Parramatta](#) or [Hills areas](#).

For a fun family day, visit [Central Gardens Nature Park](#) for free access to two adventure playgrounds and wildlife.

### Share Our Space

[Share Our Space](#) is a great way for families to access open spaces and play equipment during the school holidays. Visit local NSW Government schools to use the outdoor ovals, playgrounds, sports courts and gardens of participating schools. If the weather is wet, some schools have large undercover play areas for children to be active.

Many schools will be open from Saturday 9 April to Monday 25 April from 8am to 5pm every day during the school holidays. List of schools open every day [here](#).

Some schools will only open on weekends and public holidays from 8am to 5pm during school holidays. List of schools open on weekends [here](#).

### Fun screen-free Easter activity ideas

Looking for fun, screen-free Easter activities? Try these ideas:

- Paint used vegetable tins and decorate them like a bunny. Fill with soil and flower seedlings.
- Blow up a small balloon and let children paper maché. When set decorate like an Easter bunny.
- Try dyeing Easter eggs. Instructions [here](#).
- Young children can practice [Hopping](#) or [Jumping](#) like the Easter bunny. Games ideas [here](#).
- Cook something new! Try carrot muffins or a carrot dip.



Fun Easter ideas for early childhood services [here](#).

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## COVID-19 update

### COVID-19 safety



As we look forward to enjoying Ramadan, Easter, and the school holidays, it is important to remember that COVID-19 is still circulating in the community.

There are some simple steps you can take to protect yourself, your loved ones and your community.

**More information on these tiles – please download and share:**

- Ramadan tile (12 languages) and Celebrate in a COVID safe way (57 languages) [here](#).
- Prepare to celebrate safely tiles [here](#).

Practice COVID safe behaviours when you celebrate special events with family and friends

### Public Health (COVID-19 Self-Isolation) Order Update

An [amendment](#) to the Public Health (COVID-19 Self-Isolation) Order means a person who is a close or household contact does not need to self-isolate if they have had COVID-19 in the previous **12 weeks**.

Updated fact sheets:

- [Testing positive to COVID-19](#) (translations [here](#))
- [People exposed to COVID-19](#) (translations [here](#))

### Your one-stop-shop guide to help manage COVID-19 at home

If you or someone in your household has COVID-19, download this free COVID-19 Health support guide linking you to the best available, credible NSW Health advice on managing COVID-19 at home: [www.tinyurl.com/COVIDsupportguide](http://www.tinyurl.com/COVIDsupportguide)

Or bookmark this website for when you might need it:

[www.wslhd.health.nsw.gov.au/COVID-19-Wellbeing/Home](http://www.wslhd.health.nsw.gov.au/COVID-19-Wellbeing/Home)

Read more [here](#).



**Your COVID-19 health support guide**

- ✓ To be prepared
- ✓ For people with COVID-19
- ✓ For household contacts

NSW GOVERNMENT | Health Western Sydney Local Health District

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Health  
Western Sydney  
Local Health District

## COVID-19 vaccinations for students

### HOLIDAY STUDENT VACCINATIONS



#### Blacktown Hospital Vaccination Clinic

Open 8am - 4pm on  
ALL public holidays (Easter long weekend +  
ANZAC Day)

#### The Granville Centre Vaccination Clinic

Open 8am - 4pm on Easter Saturday &  
ANZAC Day public holidays ONLY

Open 8am - 6pm all other days  
at both clinics

Vaccinations available for  
all people aged 5 years+

Scan the QR code to  
find your nearest pharmacy,  
GP, or vaccination clinic



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### New COVID-19 resources



#### Health reasons for getting a COVID-19 booster ([video](#))

Dr Ling Lim, a public health medical advisor from Western Sydney Local Health District, explains how the COVID-19 vaccine can help prevent serious illness and death. She talks about why a booster vaccination is important, what you may feel after getting a booster, who can get a booster and when.

**COVID SAFETY**

**COVID-19 Booster Dose (NSW)**

**Watch in:**

- العربية (Arabic)
- 廣東話 (Cantonese)
- Ελληνικά (Greek)
- हिन्दी (Hindi)
- Italiano (Italian)
- 普通话 (Mandarin)
- Español (Spanish)
- Tiếng Việt (Vietnamese)





**> COVID SAFETY, IT'S UP TO US**

#### Other Vaccination

- NSW Booster dose [videos](#). Available in Arabic, Greek, Hindi, Italian, Mandarin, Spanish, Vietnamese.
- No side effects for children. Read [here](#).
- COVID-19 vaccination for Children 5-11 year – Tamil [video](#)
- Getting up to date with your vaccination – [57 languages](#)

#### Testing

Video: [10 Do's and Don't of RAT](#)

#### Managing COVID-19 at home

- [Your COVID-19 health support guide](#)
- [Tips to keep household safe](#)
- [Tips to manage symptoms](#)
- [Symptoms and when to call for help](#)

**COVID SAFETY**

**Coming together with family and friends? Stay COVID safe.**

-  Wash hands regularly
-  Keep surfaces clean
-  Keep a safe distance where you can
-  Wear your mask when you can't distance



**> COVID SAFETY, IT'S UP TO US**

#### Celebrating safely

- COVID-19 safety communication toolkit for gatherings. Download [here](#).
- Click [here](#) to download poster.
- Translations available: [Arabic](#), [Bosnian](#), [Chinese – Simplified](#), [Chinese – Traditional](#), [Vietnamese](#), [Greek](#), [Italian](#), [Korean](#), [Persian](#), [Spanish](#).

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## Other updates

### Get to know our Team

#### 60 seconds with...

**Name:** Monica Nour

**Role:** Health Promotion Officer (also a qualified Dietitian), supporting the *Munch & Move* program.

**Best thing about Health Promotion:** I love inspiring the community to break through the barriers and find simple and easy ways to get healthy as a family. It is so rewarding working with children and families and supporting healthy habits from an early age.

**Best thing you cooked in lockdown:** My two favourite pass times during lockdown were gardening and cooking. We had an oversupply of cherry tomatoes, so like the rest of the world, I got onto that famous [TikTok cherry tomato pasta recipe](#). I added my own twist and mixed in some baby spinach and mushrooms too!

**Best go-to healthy snack when you're short on time:**

A banana is usually my go-to snack when I am in a rush. Lately I have also been enjoying chopped apple with a spread of peanut butter or carrot sticks with tzatziki dip.

**Favourite recipe:** A [garlic, ginger stir fry](#). It is so fresh, quick and versatile, you can change it up with different types of protein (chicken, beef, lamb or pork) and add whatever veggies you like (the more the merrier!). Serve with wholegrain noodles or brown rice!

**Favourite way to keep active:** Walking - I could walk for hours.

**Best family activity on a rainy day:** Putting on some music and dancing.

**Favourite resource on the Healthy Kids Western Sydney website:** I love sharing the [healthy lifestyle fact sheets](#) with families, they provide quick and easy tips on healthy eating, managing screen time and getting active.



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### April Falls Day – Free exercise session for people 60+ years – TOMORROW Friday 1 April, 10am

April Falls Day is about encouraging older people to get active and improve their balance.

WSLHD's Health Promotion team is holding a free, 30-minute online simple exercise session for older adults on **Friday 1 April at 10am**.

If you're 60 or over and live in Cumberland, Parramatta, Blacktown or Hills Shire LGAs, please join this free session. Or maybe you have a parent, grandparent or friend who would enjoy the session. Please send them this information today or help them access the session.

Click [here](#) to join the free session on Friday 1 April at 10am.



Are you 60 or over? Date for the diary:

**FREE**

Join a 30 minute healthy lifestyle session  
**Friday 1st April 10am, online**

Frances Hodgson, a qualified Exercise Specialist, will show simple exercises you can do at home.

An April Falls Day initiative from:  

### A Safe Space to Discuss Mental Health

Safe Space is a walk-in service with no referral needed. The centre is run by trained mental health specialists, peer workers and support workers

They are open Wednesday to Saturday, 3pm – 9pm, and are located at 24 Panorama Parade, Blacktown.

Safe Space is run by Stride, a mental health charity delivering a range of services designed to support those experiencing mental health concerns. Stride is now the largest provider of Safe Spaces and Headspace nationally.

You can read more about Safe Space on their [flyer](#) or the [Stride website](#). You can call the Blacktown Safe Space on 0402 511 436.



### Staying Connected When Emotions Run High



Uniting is offering an intervention workshop **Staying Connected When Emotions Run High** for families, partners and friends supporting someone living with a mental health condition.

**When:** 10 May 2022, 9:30am – 4pm (arrive 9am for COVID-19 screening)

More information and to register [here](#)

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### New gestational diabetes educational videos (Tamil)

Gestational diabetes is being diagnosed at an alarming rate of 18% of all pregnancies in Western Sydney, with people from an Indian sub-continent background being at higher risk.

Gestational diabetes mellitus (GDM) is a form of diabetes that occurs during pregnancy. It can lead to complications for the baby, as well as risks for the mother. The good news is the condition may be prevented and managed through healthy eating, regular physical activity, and monitoring blood glucose levels if needed.

To tackle these high rates of GDM, Western Sydney Diabetes (WSD) and local community group Healthy Living Toongabbie (HLT) have created three educational videos in the Tamil language to help educate women on the risks.



Access the videos here: [www.westernsydneydiabetes.com.au/resources/videos](http://www.westernsydneydiabetes.com.au/resources/videos).

### COVID-19: Need more information or help?

- Check [latest announcements](#) and [NSW Health COVID-19 information](#)
- Check Australian Government [COVID-19 information](#)
- Follow NSW Health on [Facebook](#) and [Twitter](#)
- Visit [www.healthdirect.gov.au](http://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 National Coronavirus Hotline on 1800 020 080 and choose Option 8 for the free interpreting service
- 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 COVID-19 Let's Talk on 8890 5236 to talk about stress and lifestyle changes during COVID-19

Resources:

[Coronavirus Australia app](#)

### Feedback – we would love to hear from you

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.

*Information is current at date of issue – 31 March 2022*

***We acknowledge the Darug people, the traditional custodians of the land/s on which we work, and pay respect to elders past, present and emerging.***

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