

# HEALTHY SCHOOLS BANYULE

Updates, resources and information for our Banyule schools partners



## We continue to serve.

Banyule Community Health remains open to serve our community in trust & respect during COVID-19 and beyond.

Open: 8:00 AM  
Close: 5:00 PM



For a full list of services please visit [www.bchs.org.au](http://www.bchs.org.au)  
Or call 9450 2000

## We're back!

Hello everyone, wow we are finally out of lockdown and back at school. Coming out of lockdown 5 was so exciting to see and reconnect with students and colleagues. Now that we are moving around a lot more, attending school, work and social occasions, it is important to stay as well as possible by improving your health habits, overall wellness and keep active. This will help you embrace the festive season with family and friends. And the best gift you can give this Christmas is to be double vaccinated and get tested if feeling unwell.

Here at Healthy Schools Banyule we have been busy planning for our Fresh Start Monday family nutrition program to get underway. After a few delayed starts, we are taking the cooking sessions online. Covid-19 has meant we need to be flexible in the way we work. Even though this has been challenging at times, it has allowed room to be creative in the way we support and deliver our health messages. The pilot program is targeted at '3081' but by taking it online we will have a resource to share with everyone. Win - Win!

As we wind up the year it is important to think about our, and our students', health and wellbeing. What has been your impact throughout the year? What have you done to nurture your / their true potential? Acknowledge the things you need to work on, as well as the successes and celebrate. Have a restful and enjoyable break!

*Jane Casey* Stay well, (School Health Promotion Officer)

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This newsletter supports school health promotion across Banyule, targeting teachers and parents. It is usually a term based publication, however we will communicate updates of information in between. Please share the newsletter and its contents. We would love to hear how things are going for you, along with any ideas or resources.

Email: [jane.casey@bchs.org.au](mailto:jane.casey@bchs.org.au)  
0487 048 628



**Banyule  
Community  
Health**



[bchs.org.au](http://bchs.org.au)



[banyulecommunityhealthservice/](https://www.facebook.com/banyulecommunityhealthservice/)



[@banyulechs](https://twitter.com/banyulechs)



[banyule community health](https://www.linkedin.com/company/banyule-community-health/)



**We have been busy collecting recipes from our '3081' school community. We have chosen five simple ones to share online and have had fun filming them ready for the program happening in term 1, 2022. We are currently registering interested families from '3081' with primary school kids to be involved.**

**Contact [jane.casey@bchs.com.au](mailto:jane.casey@bchs.com.au)/ 0487 048 628**

**Healthy Schools Banyule**

**START THE WEEK OFF WELL WITH 'FRESH START MONDAY'**

**'Fresh Start Monday'** is a 5 week nutrition education and cooking program for '3081' parents and students.

Families will cook together using fresh ingredients, gather family recipes and design a reusable shopping bag to encourage fresh food shopping from the local Community Grocer.

Working together across the community interacting with fresh food.... everyone benefits!

We will collect healthy family recipes to share.

**LET'S EAT FRESH EVERY DAY!**

Enquiries can be made to Jane on [jane.casey@bchs.org.au](mailto:jane.casey@bchs.org.au).

Logos: Healthy Schools Banyule, VicHealth, Community Grocer, Healthy Connected Communities, Banyule Community Health, Banyule Council, Banyule Community Grocer.

Healthy eating in the hood - Heidi '3081'



Pop it in the diary - local event  
Harmony Day celebration on  
Monday, 21st March 2022



The Fresh Start Monday and Ipcreative crew

## Facebook Live

Wednesday, 9th February at 12.30pm.  
Join us to get a taste of the  
Cooking Online with the  
Fresh Start Monday Program



A portrait of Ruqia Mohamed, a young woman wearing a black hijab and a beige cardigan, smiling. The photo is framed by decorative black scrollwork in the corners.

# Introducing Ruqia Mohamed

*Congrats!*

**RUQIA**

on a successful placement  
with Fresh Start Monday  
and landing your new job.  
Woohoo!!!

# Mashallah Ruqia!

*Mashallah is a word used to show appreciation and respect for a person or happening. It is used to show joy and praise upon hearing good news.*

**My name is Ruqia Mohamed, and I am nearing the end of my Bachelor of Health Sciences (Public Health). With Jane Casey as my stellar supervisor, I completed my placement at Banyule Community Health with their health promotion team for the 'Fresh Start Monday' program. This has been nothing short of an amazing experience that will forever be etched in my heart and memory.**

**Gacmo is dhaafaa gacalo ka timaaddaa:** Love emerges when hands give something to each other. My love for being involved in my community stems from being raised in a home whereby giving is an everyday act and has been encouraged throughout my childhood.

**I am now employed with Banyule City Council as a part of their Inclusive Employment program; I will be working as a Youth Program Assistant within the Youth & Family Services Department. I am grateful to be continuing the path of advocacy and creating the changes I would like to see in my community.**

**Thank you, Jane Casey and the Health Promotion team at BCH for mentoring me. I have skills under my belt and acquired knowledge by working with an amazing group of experts in our community.**



## Bariis One Pot Somali Vegetable Rice

**Prep time:** 20 mins

**Cook time:** 10 mins

**Serves:** 2-3 person

### Ingredients:

- 1 cup long grain rice
- ½ cup olive oil
- 1 onion, chopped
- 1 potato, diced
- 1 carrot, diced
- 1 tomato, diced
- 3 cloves garlic, minced
- 1 cinnamon sticks
- 2 whole green cardamom pods
- 1 teaspoon xawaash spice mix  
(find it at The Bell St Mall, Heidelberg West)
- 2 cups chicken stock
- Salt

### Tools needed:

- A bowl
- Pot
- Cooking spoon
- Chopping board
- Knife

### Method:

1. Rinse rice in cold water, then drain. Repeat step 1 until the water is clear.
2. Heat olive oil in a pot over medium-high heat and add onions, stirring occasionally until translucent. Add garlic, cinnamon sticks, cardamom, cloves and xawaash and cook, stirring, 1 minute.
3. Add diced vegetables and cook until softened, about 5-7 minutes. Stir in stock and rice. Bring to boil, then cover and cook on low heat 15 minutes.
4. Cover, turn off heat and steam for 5 more minutes. Transfer to a serving platter, using a large spoon to pile rice in a heap onto a platter.

**Enjoy!**



From the kitchen of Ruqia. This stir-fry can be served with a side of flat bread or eaten with white rice. It is a very popular Somali dish and I'd say we eat about two to three times a week. It's always great to come home to the smell of it cooking.

Bariis Iskukariis can also be served with a side dish of a simple salad and grilled chicken. It looks so good when it is laid out on the table ready to be served. Food always tastes better when shared with family. It's hard to think of a time when it wasn't at a Somali family meal, it's part of our culture. Somali families love to add banana to their meals. Oh, I also love to eat sabaayad made on a Burjiko stove, which is a Somali-style cooker, but that's another story, it's a work of art. It's fun to make together with others with music laughing and playing with dough prepare Somali meal together with love. I guess that's the secret ingredient.



## healthy drink to quench your thirst this summer

Summer is a time when soft serve and neon-coloured ice-creams appear that are full of sugar. We really want to limit sugar and highly-processed foods. You can still experience the joy of a frosty refreshment in the shade on a hot day with a real fruit slushy. No need to add sugar, many fruits are sweet enough.

You can absolutely cut and freeze your own fruits. The flavour and nutrition is all there. No need to buy expensive frozen fruit at the supermarket. A blender is all you need to make great slushies, or a hand held one is just fine.

### Ingredients:

- 2 cup frozen fruit of your choice
- 1/2 cup water

### Instructions:

- Place frozen fruit and water in a blender or food processor.
- Blend thoroughly, adding an additional 1/4 of water if needed to blend.
- Serve immediately for a slushy you can scoop with a spoon, or let rest for 5-10 minutes for a slushy you can sip through a straw.

Serve slushies in a clear cup with a spoon AND a straw (paper or metal one). You might notice that the slushies are thick at first (best eaten with a spoon), and more slurpable after about five minutes of resting (hello straw). A clear cup lets that beautiful bright colour shine through.

### Try individually, or in combinations:

- strawberries
- blueberries
- raspberries
- watermelon
- peaches
- pineapple
- mango
- grapes
- cantaloupe
- honeydew
- cherries

DON'T GET SUCKED IN BY  
sugary drinks



photo from Super Healthy Kids

**"Sugar: It's a killer",** says Australian of the Year (2020) **Dr James Muecke**. "Type 2 diabetes is a dietary disease and a dietary disease needs a dietary response.

There is very real reasons we need to cutback on sugar. This is easier said than done as humans are physiologically hardwired to love and seek out sweet things.

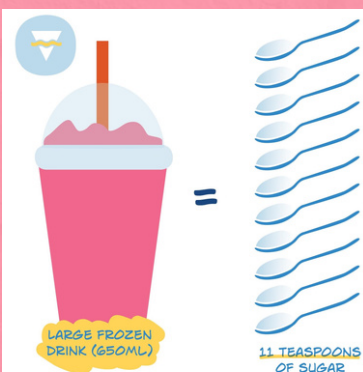
Dr. Muecke says like nicotine, alcohol and other drugs, sugar activates the reward system in our brains, resulting in the release of the neurotransmitter dopamine. It feels good, so we want to do it again.

Sugar can also give us solace when we're down and can alleviate stress, as the dopamine hit counters cortisol, a stress hormone which is released during anxious times. So it makes sense that over recent challenges of Covid-19 people are struggling with their sugar intake and its having effects on teeth, waistline and overall mood.

As I said, t's not easy cutting down on sugar. Going cold turkey would be incredibly difficult, given 75% of our food and drinks have added sugar. To start with a simply strategy is to cut down (or better still get rid of) soft drinks, fruit juices, dried fruit, chocolate, lollies, ice cream, cakes and sweet biscuits, or adding sugar with your tea and coffee.

Be prepared for some withdrawal symptoms such as irritability, headache, sluggish thoughts, and fatigue, on the first day, but this will only last a few days.

**So hang in there for a healthier, happier you!**





# FOOD RELIEF PROVIDERS

## WEST HEIDELBERG AREA FOOD RELIEF PROVIDERS:

### Banyule Community Health

Providing medical, dental and community support  
Phone: 9450 2000  
Hours: Monday – Thurs 8am-5pm (Closes at 4pm on Fri)

#### Emergency Relief

Hours: Morning appointments (9am – 12pm) Monday – Friday. Call 9450 2000 to make an appointment

### Banyule Support and Information Centre (BANSIC)

Support provided: Food & emergency relief, back to school, transport, chemist vouchers, toiletries  
Criteria: Live in the Banyule region in the following postcodes – 3079, 3081, 3084 & 3085  
Hours: Monday to Friday 10am – 3pm (must call prior to attending)  
Address: Shop 48, The Mall, West Heidelberg  
Phone: 9459 5959

## DAREBIN AREA FOOD RELIEF PROVIDERS:

### Darebin Information Volunteer and Resource Service

285-287 High St, Preston, 3072  
Phone: 9480 8200  
Open Monday-Friday (10.30am-3pm)  
Services: Emergency Relief, Tax Help, NILS Loan, community information and support  
Emergency Relief Hours:  
Monday, Tuesday, Wednesday and Friday 10.30am - 3.00pm  
No Interest Loan Scheme  
Phone: 9480 8204

### Salvation Army Preston

263 Gower St, Preston, 3072  
Phone 9471 9111  
Emergency Relief by Appointment Only  
Open: Monday, Wednesday and Thursday  
9.30am-3.30pm (closed 12-1pm)  
Call from 9.15am to book appointments  
Assists with Financial Counselling & No Interest Loan Scheme

### All Saints Church

Cnr Murray Rd and High St, Preston, 3072  
Phone: 9471 9191  
Open: 10am-12pm Friday ONLY  
Assists with food parcels  
Drop in service, no appointment needed.

## OTHER BANYULE AREA FOOD RELIEF PROVIDERS:

### Diamond Valley Community Support

Support provided: Food vouchers and parcels, kids assist education grants, transport, chemist vouchers, toiletries, etc.  
Criteria: Must be a resident of North-East Banyule City Council or Nillumbik Shire (e.g. Greensborough, Watsonia, Eltham).  
Hours: Monday – Friday (10am – 4:00pm)  
9435 8282  
Address: 25-35 Main Street, Greensborough. Located on Level 3 at Greensborough Plaza

### Diamond Valley Food Share

(only with referral from BANSIC or DVCS)  
203 Henry St, Greensborough  
Ph: 9432 8274  
Hours: Mon-Fri – 1pm-3pm  
Assistance: Food parcels, contents vary based on donations.  
Criteria: Live in Banyule. No appt required with referral from BANSIC or DVCS.

### Livingstone Community Centre

(ONLY ON TUESDAYS and ONLY during SCHOOL TERMS)  
1 Livingstone Street, Ivanhoe, VIC 3079  
(03) 9497 2014  
Tuesday 2.00 - 4.00 pm ONLY during School Terms - call before to check what is available then go to centre yourself during this time frame only.  
Assistance: hampers of non-perishable food items and some fresh fruit and vegetables  
Criteria: Live in any area and possess a valid Centrelink Concession or Pension card or be in a time of crisis. Can access once per month.

## RELIEF PROVIDERS ONLINE:

### St.Vincent de Paul Welfare Line

Phone: 1800 305 330 (10am-3pm Monday-Friday)

Assists with food and food vouchers, clothing, furniture and other household goods.

Phone: 1800 305 330

Support Provided: Financial aid, food vouchers and parcels, furniture, linen, household items, clothing.

Hours: 10am-3pm (Mon-Fri).

Criteria: Assessed by postcode, then by address. Households can get assistance every 6-8 weeks.





# ORAL HEALTH

As we slowly emerge from lockdown, it's important to remember to have your oral health check. Ben visited Banyule Community Health Oral Health Therapist, Anna, for his six month review this morning. Ben's teeth were checked, cleaned and got Anna's tick of approval.



If your child hasn't had a dental examination in the past six months, now is the time to contact our Dental reception to schedule an appointment. Don't wait till there is a problem. Call 9450 2000.

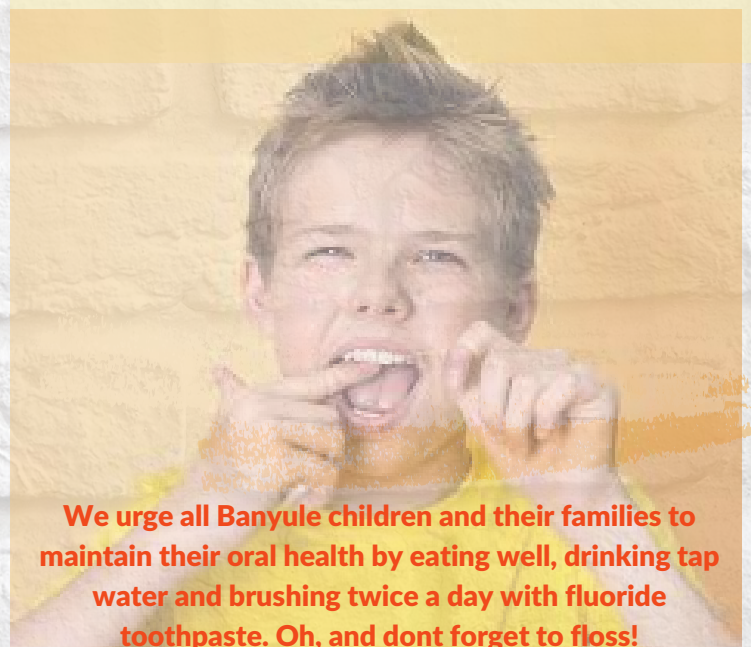
**FREE for 12 years and under**



## Smile Squad



With school back Banyule Community Health is proud to have the Smile Squad out 'n' about. Look out for the orange vans around our Banyule schools. Contact Dushanka on 9450 2000 for more information and to arrange for the Smile Squad to visit your school for free dental services.

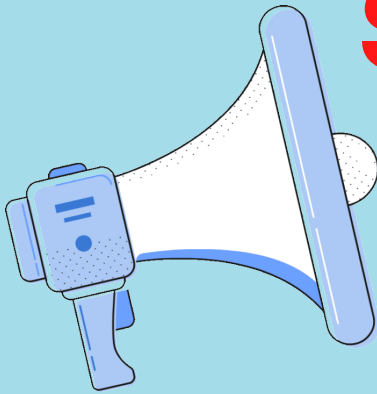


**We urge all Banyule children and their families to maintain their oral health by eating well, drinking tap water and brushing twice a day with fluoride toothpaste. Oh, and don't forget to floss!**



# KEEPING FIT & HEALTHY

## HAVE YOUR SAY



Have your voice heard on the future upgrade of Olympic Village Leisure Centre (OLC) in West Heidelberg



There are a number of ways to get involved in this project. Please share with your networks so as many people can be reached as possible to strengthen the process and truly reflect the community's needs!

Nominate to join the Co-design Team

- Council is asking Heidelberg West community members to nominate to be part of a Re-imagine OLC Co-Design Team to build on all the previous feedback and to work with Council, and key stakeholders to help shape a re-imagined facility.

- The Co-Design Team will meet four times between November and February, with a draft concept plan developed for the Centre in March 2022.

They want your Ideas!

- Use the online tool to tell Council about your experiences of Olympic Leisure Centre; what you have loved about it and what you have found challenging
- You can post pictures, videos or comments which will be shared with the Co-design team to discuss during their design meetings

I SPEAK  
FOOTBALL

WHERE?

MALAHANG RESERVE  
FOOTBALL PITCH

WHEN?

4:00-6PM THURSDAYS  
ALL AGES

COST?

NO COST - JUST COME DOWN  
AND JOIN US FOR A CASUAL  
KICK!



For more information please contact Senior Project Manager Ruth Robles McColl

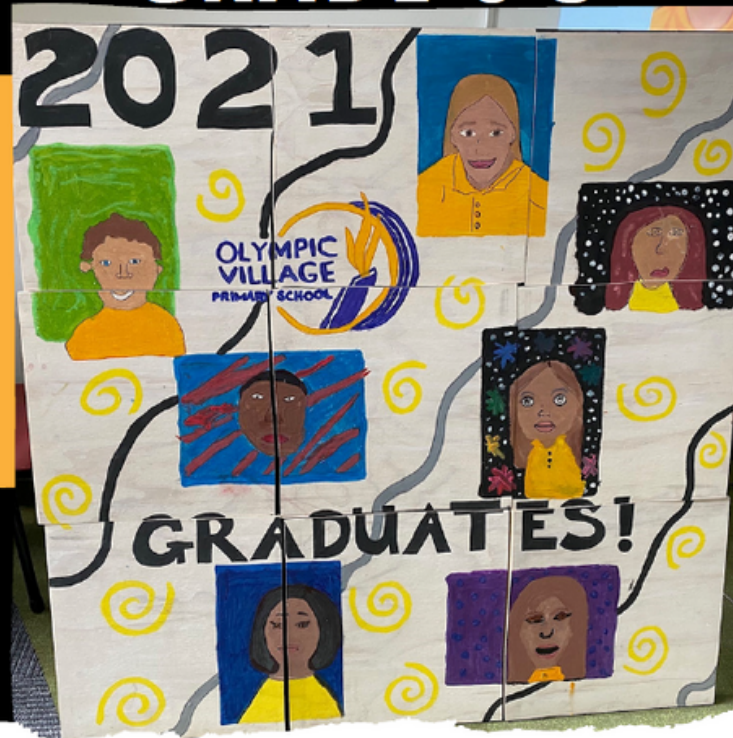
[Ruth.Robles@banyule.vic.gov.au](mailto:Ruth.Robles@banyule.vic.gov.au) / 8582 9507. Or

Sherryn Prinzi, Community Programs Strategic Development Lead via email

[sherryn.prinzi@banyule.vic.gov.au](mailto:sherryn.prinzi@banyule.vic.gov.au) or call 9457 9908 for a conversation.



# Congratulations OLYMPIC VILLAGE PS GRADE 6'S



**WE ARE PROUD OF YOU**

**CELEBRATING  
HEALTHY  
SCHOOLS  
BANYULE 10!  
YEARS!**

(BCH has a new  
Acknowledgement of Country)

## Acknowledgement of Country

"Healthy Schools Banyule would like to acknowledge the Wurundjeri, the traditional owners of the land that this newsletter and service is coming from and remind people that we are on Aboriginal land. We would also acknowledge the Elders both past and present. We acknowledge the sorrow of the Stolen Generations and the impacts of colonisation on Aboriginal and Torres Strait Islander peoples. We also recognise the resilience, strength and pride of the Aboriginal and Torres Strait Islander communities."





If you have a smart device you can link your vaccination certificate to the Services Victoria App, and if you don't your need to carry a copy of your certificate and have photo id.



COVID-19  
INFO

DONT HAVE A  
PRINTER?

Yarra Plenty  
Library

CALL 9408 7888 FOR  
ASSISTANCE

It is a government requirement to have a valid COVID-19 vaccination status. BCH will be running sessions for community who need help getting their certificate on their mobile. Ring 9450 2000 to ask when the next session will be.

If you don't have a myGov or are not eligible for Medicare account, the State Government has provided information on the best ways to prove your Covid-19 vaccination status. Information is available in 58 languages. You can request a hard copy of your vaccination statement from Services Australia on 1800 653 809 and you will receive it via the post.

7,000 VACCINE DOSES



THANK YOU EVERYONE

## STEP 1



Download or update the Service Victoria app in the App Store or Google Play store

## STEP 2



Open the Service Victoria app and tap on:

Add certificate via myGov

## STEP 3

Scroll to: 'Proof of COVID-19 vaccination'

Tap on: 'Go to Medicare'



## STEP 4

Tap on: 'View History'

Then tap on: 'Share with check-in app'



## STEP 5

Tap on: 'Share' Next to the Service Victoria app icon



## STEP 6

Read the terms & conditions, then tap on: 'Accept and share'



## STEP 7

In the Service Victoria app tap: 'Add certificate'



ALL DONE!

You can now view your COVID-19 vaccination status in the Service Victoria app.



If you have any questions, visit the Services Victoria website.

## Still not sure?

You can also add your certificate using the Express Plus Medicare app, if you've got it installed.

If you don't have Medicare, you can add your certificate using your Individual Healthcare Identifier in the myGov app.

If you need further assistance call the 24/7 Coronavirus Hotline on:

1800 675 398

You can also scan this QR code to visit the Service Victoria website.



## How to view your COVID-19 digital certificate

COVID-19 digital certificate



## COVID-19 VACCINE QUESTIONS

What's the difference between a booster shot and a third dose?



## BOOSTER SHOT

18 years and older

Received your second vaccine dose at least 6 months ago

Not mandatory

## THIRD DOSE

12 years and older

For severely immuno-compromised people

Necessary for some people

## BOOK YOUR BOOSTER / THIRD DOSE WITH US



www.bchs.org.au

9450 2629

(between 9 AM and 3 PM, Monday to Friday)

ALWAYS THERE FOR YOU

BOOSTER