

MAY/ JUNE 2020

# HEALTHY SCHOOLS BANYULE

Updates, resources and information for our Banyule schools partners



## We are open and continue to serve.

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

West Heidelberg hours are:

M - Th: **8am - 5pm**  
Friday: **8am - 4pm**

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



## Back to school ...well sort of

Hello everyone, during COVID-19 isolation the Health and Education Department, along with the Victorian Government have been working to get our kids back to face-to face learning at school. Tuesday, 26th May is 'Sorry Day' and also sees the staged transition for Year Preps - Grade 2, Year 11 and 12, as well as students in specialist schools. Everyone else will return on the Tuesday, 9th June, 2020.

In this edition you will find some resources and information that may help with this transition to stay healthy and connected. Remember one of the best ways to reduce your risk is to boost your immune system by staying well with healthy food and drinks, along with exercise. Remember to keep drinking water to stay hydrated, alert and strong.

Let me know if I can assist with any additional info. Remember BCHS is open and continues to serve the community. We know some people are feeling a little anxious as restrictions lessen but you are safe at BCHS.

*Drink Well, Eat Well, Stay Well, Jane Casey  
(School Health Promotion)*

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- Practising good hygiene when drinking water
- Looking after you and your family's teeth
- Reconciliation Week 2020 - In this Together

### Part 2:

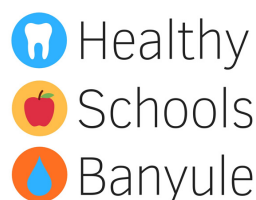
- Four pages of returning to school: COVID-19 resources and links

This newsletter supports school health promotion in the areas of healthy drinks and food and community health. We work with Banyule teachers and parents to provide information, resources and ideas. 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)



**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/)

# HEALTHY FOOD

## Staying healthy at home

Now, more than ever, is the time to eat healthy and look after our well being, not weight. We need to try and stay healthy for ourselves and our families.

- Eating a healthy diet is very important during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections.
- While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems. Good nutrition can also reduce the likelihood of developing other health problems, including heart disease, diabetes and some types of cancer.



## Avocado on Rye toast with ricotta

### METHOD:

Preparation time: 5 minutes    Cooking time: 0

Spread the ricotta cheese over the rye bread or toast.

Finely slice the avocado and tomato, then toss with a squeeze of lemon juice.

Season to taste and arrange on the toast.

Sprinkle with pine nuts and a few baby basil leaves if you have some.

### Ingredients:

- 1 heaped teaspoon ricotta cheese
- 1 X 75 g slice of rye bread
- 1/2 a ripe avocado
- 1 ripe tomato
- 1 lemon
- 1 teaspoon toasted pinenuts
- 1 sprig of fresh basil, optional



**Avocados are relatively cheap at the moment - around \$2 each**

Check out other simply healthy lunch ideas from [Jamie Oliver](#)

# HEALTHY DRINKS

## Drink plenty of **WATER**

Drink plenty of water. Tap water is the healthiest and cheapest drink.

Limit intake of sugary drinks such as fizzy drinks, fruit juices and juice drinks, liquid and powder concentrates, flavoured water, energy and sports drinks, ready-to-drink tea and coffee and flavoured milk drinks.



### METHOD:

**A quick and easy way to make staying hydrated that is totally tasty.**

Hold the pomegranate cut side down in your fingers and bash the back of it with a spoon so the seeds tumble into a jug.

Finely grate in some peeled ginger, then slice and add the lime. Add loads of ice, then top up with water.

### Ingredients:

½ pomegranate

2cm piece of ginger

1 lime

Ice cubes

*(Pomegranates can be a little posh and pricey, so you may prefer a simple use a slice of lemon)*



H<sub>2</sub>O keeps us hydrated, alert and makes our bodies function properly. There are loads of great ideas to turn plain water into a tasty drink in Jamie's book : <http://jamieol.com/SuperFood>

Check out videos to take you through the steps on [Jamie Oliver's website](http://jamieol.com).

Watch 'Keep Cooking & Carrying On' - Friday's at 2pm & 7.30pm on Channel 10

# Practicing good hygiene when using public drinking water fountains and bubblers when out on your daily exercise



Information compiled  
from North East Healthy  
Drinks Alliance



- Public drinking water supplies are safe to drink, however the surfaces around the fountain including the spout and button/lever could pose a transmission risk for COVID-19.
- When using public drinking water fountains and bubblers it is good practice to run them to draw fresh, drinking water through prior to drinking and most importantly avoid placing your mouth directly on the fountain or bubbler.
- When filling up your water bottle at the drink fountain, ensure the spout of your drink bottle does not contact the fountain head or bubbler. If the fountain requires you to push a button or lever, clean the surface first or use your elbow or a clean tissue to operate the tap.
- Wash your hands with soap and water or an alcohol-based hand rub if you've touched a button or lever with your hands.
- For more information and Factsheets go to the [Victorian Health Department](#)



## There is no need to buy bottled water

- Drinking water in Australia is of a high quality and is well treated. There is no evidence that drinking water will be affected by the COVID-19 virus or that it is transmitted by drinking water.
- There is no reason to buy bottled water. Safe, clean tap water will continue to be supplied directly to your home every day.
- For more information see the Water Services Association of Australia COVID-19 factsheet.

# Looking After You and Your Family's Teeth

Tips  
from  
Dental Health  
Services Victoria

## Clean WELL

Be  
kind

TO YOURSELF AND  
OTHERS

- **Wash your hands with soap and water** for at least 20 seconds before brushing your teeth or the teeth of someone you care for.

## Brush WELL

Brush your teeth and gums twice a day, morning and night, with a soft toothbrush and pea sized amount of fluoride toothpaste. (If you are having trouble buying toothpaste, simply use water until you can buy toothpaste.)

### a. Children 0-18 months

don't use toothpaste only water with a cloth or soft small headed toothbrush.

### b. Children 18 months-6 years

use a pea sized amount of low fluoride children's toothpaste. (If you are out of children's toothpaste, use a very small smear of adult toothpaste.)

### c. Children 6 years and over

use a pea sized amount of regular toothpaste.

## Drink WELL

Drink plenty of tap WATER. Limit your alcohol consumption.

## Eat WELL

It is **best** to eat at meal times and limit foods containing added sugars to prevent dental decay.

## Stay WELL

- If you smoke, try quitting to protect your mouth, teeth and general health. Now is the time to quit as smokers are likely to be more severely impacted by COVID-19 than non-smokers.  
For more information visit [Quit](#).
- If you are feeling stressed or anxious be aware of grinding or clenching your teeth especially at night. Try to practice mindfulness and relaxation techniques. If you have a dry mouth drink lots of water and try chewing sugar-free gum.



<https://www.reconciliation.org.au/national-reconciliation-week/>

IN THIS  
TOGETHER  
2020

27 MAY - 3  
JUNE

Reconciliation  
Week



## Here are some ways to be #InThis Together

- When starting meetings always acknowledge country.
- Spend 30 minutes reading the Walk together website.
- Find out who the traditional owners are when on holidays.
- Read *Dark Emu* by Bruce Pascoe
- Visit Melbourne Museum to find out about Aboriginal and Torres Strait Islander history.
- Do the Indigenous History Quiz on the walking together website.
- Attend a NAIDOC WEEK event
- Read the Uluru Statement from the Heart and Share it
- Watch *In My Blood It Runs* on Vimeo
- Say "HI" to our Aboriginal Health team
- Wear an ATSI badge
- Add your own

### Make a Reconciliation commitment

Write your personal commitment on a piece of paper. Take a portrait shot including your head and commitment placed under your chin. Then send to [jane.casey@bchs.org.au](mailto:jane.casey@bchs.org.au) by 28th May and your commitments may be featured on our Facebook.