



Hi all,

At RPPS we want to support our families in being happy, healthy and the best versions of themselves.

Please find our 'Healthy at home' pack.

Goal 1: Students brush their teeth two times a day. Morning and night.

Goal 2: Families keep active at home. Go for a walk together daily or try some of the fun activities suggested in this pack.

Goal 3: Parents look after their own mental and physical wellbeing. Look after yourselves too.

Please email a picture of your completed teeth brushing charts or a picture of your family exercising to nadia.mccomb@education.vic.gov.au to go into the raffle to win a \$50 gift voucher for your family.

..تحية طيبة للجميع

(RPPS) نحرص في مدرسة روكسبيرج بارك الابتدائية

على دعم طلابنا و عائلاتهم أن يكونوا سعداء

..و يتمتعون بصحة جيدة

لذلك نرجو منكم قراءة المحتوى الخاص بحزمة الصحة المنزلية

(Healthy at home).

هناك عدة أهداف تتعلق بهذه الحزمة

الهدف الأول :مواظبة الطلاب على تنظيف أسنانهم مرتين يوميا،صباحا و مساء

الهدف الثاني :الحفاظ على ممارسة الأنشطة في المنزل، كالذهاب لممارسة رياضة المشي مع العائلة

يوميا، كما يمكن الاستعانة بالأنشطة المقترحة في الحزمة للمزيد من المرح و المتعة

الهدف الثالث :الاعتناء بصحتنا جيدا ، لذلك يجب على جميع الآباء الإهتمام بصحتهم العقلية و البدنية

يرجى إرسال صورة لمخططات مكتملة لتنظيف الأسنان أو صورة لعائلتك أثناء ممارسة الرياضة عبر

البريد الإلكتروني التالي

nadia.mccomb@education.vic.gov.au

و ذلك للدخول في السحب للفوز بقسيمة بقيمة 50 \$لعائلتك



DPV
Health®

Information regarding Dental Services in Hume



Emergency Dental

Emergency dental appointments are available at our Broadmeadows and Craigieburn dental centres.

Call **1300 234 263**, Monday - Friday at 9:00am to secure an appointment for the day, if available.



Children

Medicare covers dental treatments for children under 18 years old who are eligible for the Child Dental Benefits Scheme.

Book a check-up for children 12 years and under by calling **1300 234 263**. If the child is not covered by a concession card or Child Dental Benefits Scheme, a fee will apply.

Children 13-18 years must have a concession card or be eligible for Child Dental Benefits Scheme to attend the clinic.



Adults

To access dental services at DPV Health, adults must have a current concession card and a small fee will apply. For general treatments, including fillings, extractions, cleaning or dentures.

Call **1300 234 263** or attend the clinic at Broadmeadows or Craigieburn, Monday - Friday 9:00am - 4:00pm.

Waiting list period for appointments will be advised when contacting the clinic.

Priority care can be offered to refugees, asylum seekers, mental health patients, **intellectually disabled, Aboriginal and Torres Strait Islanders, Homeless** and eligible **pregnant women**. Priority care patients require a referral letter from their caseworker or the agency they attend. Management will identify whether priority care can be given.

























































- > **Broadmeadows** 42-48 Coleraine St
- > **Craigieburn** 55 Craigieburn Rd



Interpreter

DPV Health is an inclusive organisation that celebrates the diversity of all people within our communities. We are passionate about helping to support people to lead happy healthy lives.

My teeth brushing chart

	Week 1	Week 2	Week 3	Week 4
Monday	 	 	 	 
Tuesday	 	 	 	 
Wednesday	 	 	 	 
Thursday	 	 	 	 
Friday	 	 	 	 
Saturday	 	 	 	 
Sunday	 	 	 	 

★ ★ ★
I'm a star!



1 Use a pea-sized amount of toothpaste.



2 Aim the toothbrush at a 45 degree angle towards the gum line, and use a gentle circular motion.



3 Repeat on the inside of the teeth.



4 Brush the tongue using a light back and fourth motion.



5 Spit out the toothpaste after brushing.



المعلومات حول خدمات طب الأسنان في منطقة هيوم



DPV
Health®

خدمات طب الأسنان الطارئة

المواعيد الطارئة لطب الأسنان متوفرة في مراكز طب الأسنان في برودميدوز وكرايجيبورن.

اتصلوا بالرقم 1300 234 263، من الإثنين إلى الجمعة في الساعة 9:00 صباحًا لضمان الحصول على موعد لهذا اليوم، إذا كان هناك موعد متوفر.



البالغين

للاستفادة من خدمات طب الأسنان في DPV Health، يجب أن يكون الأشخاص البالغين من حاملي بطاقات الامتياز السارية المفعول وسيتم كذلك فرض رسوم رمزية للعلاجات العامة، بما في ذلك الحشوات أو القلع أو التنظيف أو أطقم الأسنان.

اتصلوا بالرقم 1300 234 263 أو قوموا بالحضور إلى العيادة في برودميدوز أو كرايجيبورن، من الإثنين إلى الجمعة ما بين الساعة 9 صباحًا و 4 عصرًا.

سيتم إعلامكم بالمدة المتوقعة على قائمة الانتظار للحصول على موعد عند اتصالكم بالعيادة.



الأطفال

يغطي برنامج الرعاية الطبية المديكير علاجات الأسنان للأطفال دون سن 18 عامًا المؤهلين للاستفادة من خطة الاستحقاقات الخاصة بصحة أسنان الأطفال (Child Dental Benefits Scheme).

قوموا بحجز موعد لإجراء فحص للأطفال ممن هم بعمر 12 عامًا أو أقل عن طريق الاتصال بالرقم 1300 234 263. إذا لم يكن الطفل من حاملي بطاقات الامتياز (concession) أو المستفيدين من خطة الاستحقاقات الخاصة بصحة أسنان الأطفال، فسيتم فرض الرسوم.

يجب أن يكون الأطفال الذين تتراوح أعمارهم ما بين 13 و 18 عامًا من حاملي بطاقات الامتياز أو من المؤهلين للحصول على خطة الاستحقاقات الخاصة بصحة أسنان الأطفال للتردد على العيادة.

يمكن تقديم الرعاية على سبيل الأولوية للاجئين وطالبي اللجوء ومرضى الصحة العقلية وذوي الإعاقة الذهنية والسكان الأصليين وسكان جزر مضيق توريس والمشردين والنساء الحوامل المؤهلين. يحتاج المرضى الذين سيتلقون الرعاية على سبيل الأولوية لخطاب إحالة من عامل اجتماعي أو الهيئة التي يتعاملون معها. ستحدد الإدارة بعد ذلك ما إذا كان من الممكن تقديم الرعاية لهم على سبيل الأولوية.

DPV Health هي مؤسسة شاملة تحتفي بتنوع جميع الأفراد داخل مجتمعاتنا. نحن متحمسون للمساعدة في دعم الناس للتمتع بموفور الصحة والسعادة.



Interpreter

42-48 Coleraine St
55 Craigieburn Rd

برودميدوز <
كرايجيبورن <

dpvhealth.org.au 1300 234 263

© Copyright DPV Health Ltd 2021 ABN 68 047 988 477 ACN 136 371 152

تنظيف أسناني

الأسبوع 4	الأسبوع 3	الأسبوع 2	الأسبوع 1	
☾ ☀	☾ ☀	☾ ☀	☾ ☀	الإثنين
☾ ☀	☾ ☀	☾ ☀	☾ ☀	الثلاثاء
☾ ☀	☾ ☀	☾ ☀	☾ ☀	الأربعاء
☾ ☀	☾ ☀	☾ ☀	☾ ☀	الخميس
☾ ☀	☾ ☀	☾ ☀	☾ ☀	الجمعة
☾ ☀	☾ ☀	☾ ☀	☾ ☀	السبت
☾ ☀	☾ ☀	☾ ☀	☾ ☀	الأحد

★ ★ ★
أنا ممتاز!



كرر على الأسنان الداخلية.



وجه فرشاة الأسنان بزاوية ٤٥ درجة نحو خط اللثة، واستخدم حركة دائرية لطيفة.



استخدم كمية معجون أسنان بحجم حبة البازلاء.



ابصق معجون الأسنان بعد تنظيف الأسنان بالفرشاة



نظف اللسان باستخدام حركة خفيفة للخلف وللأمام



DPV
Health®

Q dpvhealth.org.au

☎ 1300 234 263





at home



GARDENING



BODY WEIGHT
CIRCUITS



BACKYARD
SPORTS



WALKING OR
JOGGING



YOGA OR
PILATES



WALKING
UP STAIRS

There's plenty
of great ways
to stay active
at home!



CLEANING
THE HOUSE



TELEHEALTH
SERVICES

OUR TIPS FOR STAYING HEALTHY DURING THE COVID-19 PANDEMIC

Try to do some physical activity on most (if not all) days

Try to break up long periods of sitting with a regular movement

Mix up your workouts so you don't get bored and lose motivation

For more information visit exerciseright.com.au

SUPER HERO CIRCUIT

Physical activity is vital for children of all ages. Kids should accumulate 60 minutes or more of moderate to vigorous physical activity every day (involving mainly aerobic activities). Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated at least 3 days per week.

1. BEND AND TOUCH YOUR TOES X 10

With your feet shoulder width apart, reach your arms straight to the sky as high as you can, now bend forward and touch your toes trying really hard to keep your legs straight.



2. LEAP X 20

Pretend to leap from building to building with big long steps.



3. RUN AS FAST AS YOU CAN ON THE SPOT TO CATCH THAT BADDIE X 20 SECONDS

Make sure you move those arms and legs as fast as possible.

4. JUMP AS HIGH AS YOU CAN IN THE ONE SPOT X 10

With your feet shoulder width apart, and arms by your side, bend down like you are going to sit on a chair, swing your arms and push your feet into the ground and jump into the air.



5. WALK ON YOUR TOES X 10 STEPS

Pretend you're sneaking and walk as quietly as possible.

SHHH!



6. COMMANDO CRAWL X 10

Lying on your tummy, pull yourself along the ground as quietly and quickly as possible.



EXERCISE
RIGHT

at home

FOR MORE RESOURCES
AND INFORMATION ON
HOW TO STAY ACTIVE, VISIT
EXERCISERIGHT.COM.AU

HIT FOR KIDS & PARENTS

Physical activity is vital for children of all ages. Kids should accumulate 60 minutes or more of moderate to vigorous physical activity every day (involving mainly aerobic activities). Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated at least 3 days per week.



SET YOUR TIMER TO DO 45 SECONDS OF WORK AND 15 SECONDS OF REST. DO AS MANY OF THE MOVES AS YOU CAN BEFORE TIME RUNS OUT.



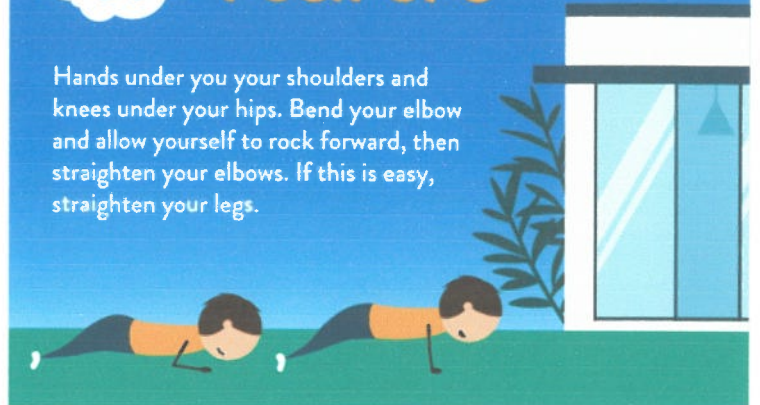
1. STAR JUMPS

Stand up tall, then jump your feet apart and raise your arms above your head at the same time.



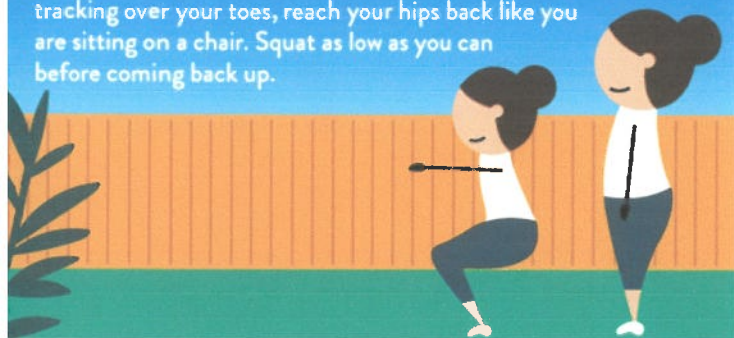
2. PUSH UPS

Hands under your shoulders and knees under your hips. Bend your elbow and allow yourself to rock forward, then straighten your elbows. If this is easy, straighten your legs.



3. SQUATS

Arms reaching out in front, feet shoulder width apart and knees tracking over your toes, reach your hips back like you are sitting on a chair. Squat as low as you can before coming back up.



4. PLANK

On your hands and knees, hands under shoulders, knees under hips. Engage your core by pulling your belly button toward your spine, now straighten legs.



5. MOUNTAIN CLIMBERS

Find your plank position, now reach your left knee to left elbow, repeat on the right side.



6. WALKING LUNGES

Feet shoulder width apart, take a step forward with your right leg, now drop your left knee toward the floor, do not lean forward and keep your eyes looking ahead. Now to the other leg!



ANIMAL CIRCUIT

Physical activity is vital for children of all ages. Kids should accumulate 60 minutes or more of moderate to vigorous physical activity every day (involving mainly aerobic activities). Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated at least 3 days per week.

EXERCISE
RIGHT

at
home

01 FROG JUMPS X 10

Squat down with your hand between your knees, now hop like a frog.



02 BEAR WALK X 20

Hands and feet on the floor, hips high, walk left and right like a scary bear.



04

INCH WORMS - X 10

Stand tall, keeping your legs as straight as possible, and reach your palms to the floor. Now crawl out to a plank, lift your hips to the sky and inch your feet towards your hands (small steps), trying to keep knees straight.



03

CRAB CRAWL X 20 SECONDS

Sit on the floor and reach your hands behind you with palms flat to the floor. Now lift your bottom up and crawl forwards, backwards and sideways like a crab.



05

CHEETAH RUN X 20 SECONDS

Run as fast as you can on the spot.



06

GORILLA WALK X 10 EACH DIRECTION

Squat down with your hands between your knees, now reach your hands past your right knee and place your palms on the ground. Lift your hips to the sky and in one movement slide your body across and land with your hands beside your left knee.



Active Ability

NOTE: This circuit is appropriate for children with reduced functional capacities. Aim to work until fatigue sets in before changing the movement, this will be different for each child depending on their disability.

1. Bubble Popping

Blow bubbles in various directions and encourage your child to reach above their head, out in front, down towards the ground and to their sides. They can do this seated in a wheelchair, standing or lying down.



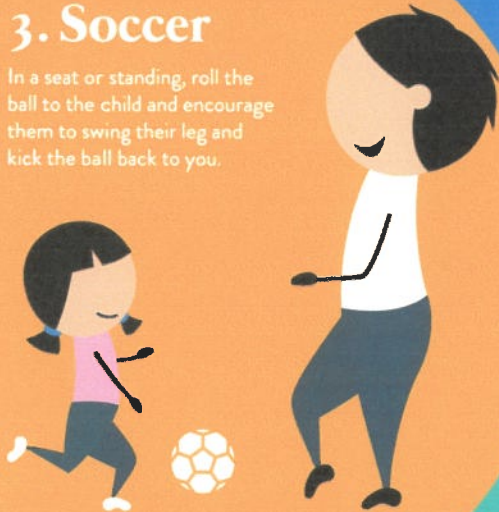
2. Boxing

Hold a soft ball or your palms in front of the child and ask them to gently tap your hand in a punching motion. Start slow and get faster if possible. You can do this seated in a wheelchair, standing or lying down.



3. Soccer

In a seat or standing, roll the ball to the child and encourage them to swing their leg and kick the ball back to you.



4. Snow Angels

Standing, seated or lying down, ask your child to place their arms by their side and raise them above their head, then back down to their side. Assist where needed.



5. Sit Ups

With your child lying down, sit at their feet and hold their hands. Ask your child to lift their chin to their chest and come as high as possible, then lower back down. Assist where needed.



6. Sit to Stand/Leg Press

Start with your child sitting on a chair or in a wheelchair with their feet flat on the floor. Ask them to push into the ground and rise until standing or as high as possible. *Note:* if your child is unable to sit, let them lay down on the floor with their feet flat against the wall and ask them to push the wall away.



**EXERCISE
RIGHT** at home

For more resources and information on how to stay active, visit exerciseright.com.au



TO KEEP HEALTHY, CHILDREN SHOULD BE MOVING FOR AT LEAST 60 MINUTES OR MORE PER DAY.

Exercise should be completed at a moderate to vigorous intensity, and it's important aerobic activities (e.g. running, jumping, walking) are included. To keep it fun, you can mix and match your activities and even turn it in to a competition!

We've listed some ideas below to get you started - try three every day:



BUILD A CUBBY OR TREE HOUSE



30-MINUTE SCOOTER/BIKE RIDE/SKATEBOARD/ROLLERBLADE



FIND A 'KIDS YOGA' YOUTUBE VIDEO



SKIPPING ROPE COMPETITIONS



PRACTICE BOUNCING AND CATCHING BOUNCY BALLS



MAKE YOUR OWN TWISTER CHALLENGE



ZUMBA DANCE PARTY OR 'LEARN TO DANCE' YOUTUBE VIDEOS



'WHAT'S THE TIME MR WOLF?' GAME



CREATE YOUR OWN KIDS BOOT CAMP WITH PRIZES



PRACTICE YOUR SOCCER SKILLS WITH DRIBBLING, KICKING AND SHOOTING



HOPSCOTCH CHALLENGE



SCAVENGER HUNT IN THE HOUSE AND GARDEN



HIDE & SEEK



CREATE A GARDEN OBSTACLE COURSE



MAKE A PLAYLIST AND DANCE TO YOUR FAVOURITE SONGS



ULTIMATE FRISBEE COMPETITION

For more information on how to Exercise Right at Home, visit exerciseright.com.au

Build Your Own Healthy Lunchbox

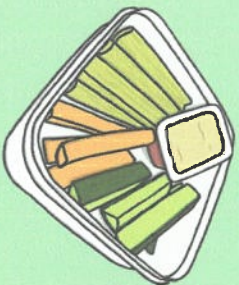


Healthy Lunchbox!

صندوق غذاء صحي!

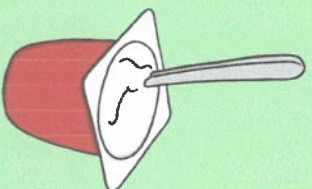
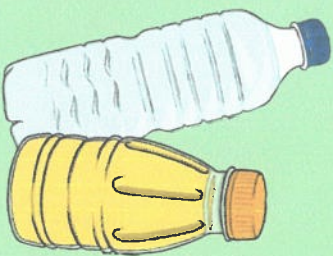
Healthy things

أشياء صحية



سلطة، كثير من الفواكه، خضروات، زيادي،
ساندوتشات، عصير ومام.

Salad, lots of fruit,
vegetable sticks,
sandwiches and wraps, juice
and water.



twinkl
visit twinkl.com

Things to avoid

أشياء تجنبها



بسكويت، شوكولاتة، كعك، مشروبات
غازية، مكسرات مالحة و رقائق البطاطس.



Biscuits, chocolate, cakes,
fizzy drinks, salted nuts
and crisps.



مقياس حجم الوجبات الغذائية بحسب إرشادات التغذية الأسترالية Australian Dietary Guidelines	فئة الطعام
شريحة من الخبز أو ٢/٣ كوب من حبوب الفطور أو ١/٢ كوب من الأرز المطبوخ أو ١/٢ كوب من المعكرونة المطبوخة	الخبز و الحبوب
١/٢ كوب خضراوات - ضع نوعين أو ٣ أنواع مختلفة	الخضراوات
١ كوب من الفواكه الطازجة أو المسلوقة أو حبتين صغيرتين من الفاكهة (مثلا مشمش، كيوي، برقوق (خوخ)) أو ١ حبة فاكهة متوسطة الحجم (مثلا تفاح، موز، برتقال) أو ما يعادل نوعين أو ٣ أنواع فواكه مختلفة	الفواكه
٢٥٠ مل حليب أو ٤٠ غ جبن أو ٢٠٠ غ لبن زبادي أو ٢٥٠ مل حليب الصويا مدعم بالكالسيوم	مشتقات الألبان وبدائلها
٦٥ غ لحم أحمر خالٍ من الدهن أو ٨٠ غ لحم أبيض مطبوخ أو ١٠٠ غ سمك مطبوخ أو ١ كوب بقوليات مطبوخة (مثلا فاصوليا مطبوخة، حمص) أو بيضتان ٢	اللحم وبدائله

حجم الوجبة الغذائية اليومية بحسب عمر الطفل

فئة الطعام	١٣ - ٢٣ شهرا	٢ - ٣ سنوات	٤ - ٨ سنوات
الخبز و الحبوب	٤	٤	٤
الخضراوات	٢ - ٣	٢ (٢/١)	٤ (٢/١)
الفواكه	٢ (١)	١	١ (٢/١)
الألبان وبدائلها	١ - ١ (٢/١)	١ (٢/١)	١ (٢/١) (للبنات); ٢ (للأولاد)
اللحم وبدائله	١	١	١ (٢/١)

لمزيد من المعلومات حول أحجام الوجبات الغذائية للفئات العمرية المختلفة، تفضل بزيارة الموقع الإلكتروني: www.eatforhealth.gov.au

MY PLATE

Use this guide to help you find a healthy eating style.

Don't forget
physical
activity.



Limit salt and
sugar.



Choose low-fat or
fat-free milk or
yogurt.

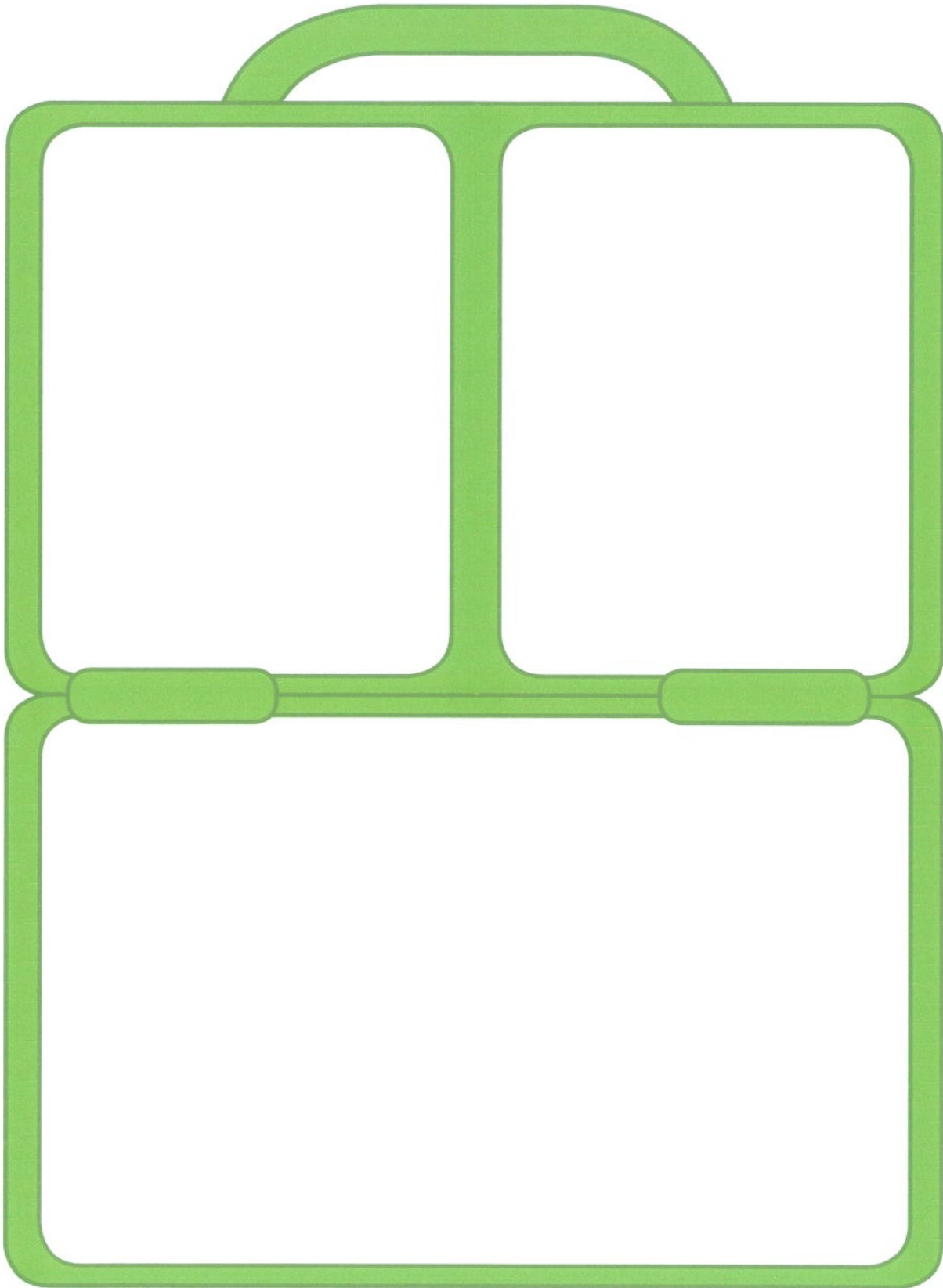


Choose
water
instead of
sugary
drinks.

A Healthy Lunchbox

Can you choose different food to go in this healthy lunchbox?

Draw what healthy food you could take for your school lunch.



ROXBURGH PARK PRIMARY SCHOOL – COMMUNITY HUB TIMETABLE T3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAKFAST CLUB 8:15 AM – 8:40 AM				
MORNING 9:00 AM – 11:00 AM	<p>PLAYGROUP 9:00 AM – 11AM</p> 	<p>PLAYGROUP 9:00 AM – 11AM</p> 	<p>ENGLISH CONVERSATION CLASS 9:30AM – 10:30AM</p> <p>Childminding available</p>	<p>PLAYGROUP 9:00 AM – 11AM</p> 	
11:00AM – 12:00 NOON	<p>Coffee and Chat</p>  <p>Free access to internet and computers if needed.</p>	<p>Yoga with Reclink 11.30am -12.30pm</p> 	<p>COOKING and COFFEE 12:00PM– 3:00PM</p>  <p>Childminding available</p> <p>1pm Toddler Circus with Paula.</p>	<p>DPV health sessions. 11.15am – 12.15am (Week 3)</p> <p>..... AUSTRALIAN CITIZENSHIP COURSE 12:30PM – 2:30PM</p> <p>Childminding available</p>	<p>Education support course with Nadia from Partners in Training.</p> <p>9.30am- 3pm</p>
AFTERNOON 1:00 PM – 3:00 PM	<p>Art and Craft</p> 	<p>ENGLISH CLASS WITH DINUSHA 1:30pm PM – 3:00PM</p> <p>Childminding available</p>		<p>Gardening</p> 	