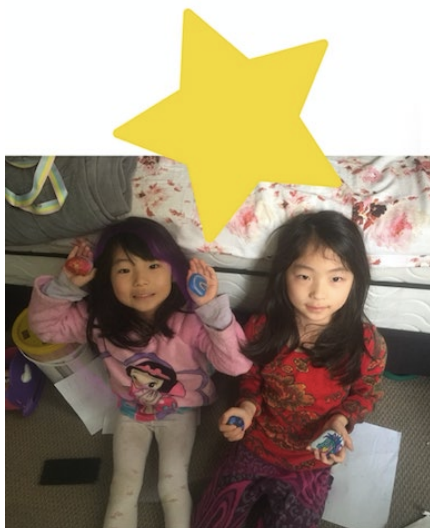




# NORTHMEAD NEWSBREAK



**AT A GLANCE!**  
**2021 DATES**  
**TERM 4**

**FORWARD PLANNING**

- ✦ Term 4 starts Tuesday  
**October 5 : Learning from Home and COVID-19 LGA restrictions continue**
- ✦ **Y6 Parent Q&A Meeting for Term 4 Planning 6 Oct – 7pm via ZOOM Link via SchoolBytes**
- ✦ **K-6 Parent Q&A Meeting Return2School 13 Oct – 7pm via ZOOM Link via SchoolBytes**
- ✦ **OC TEST planned for 6 October – delayed new arrangements to be advised**
- ✦ **STAGGERED RETURN TO SCHOOL NSW Monday 25 October Kindergarten | Year 1**  
**Monday 1 November Years 2 and 6**  
**Monday 8 November Years 3, 4 and 5**
- ✦ **P&C ZOOM Meeting Wednesday 20 October 7pm**
- ✦ **WORLD TEACHERS DAY Friday 29 October**



**Dear Northmead P.S. Community:**

Welcome to Week 10 – we made it! We are so proud of our students and their learning efforts and resilience shown during this challenging term. We thank all our families for their positive messages to teachers and helping their children with their learning through the on-line platforms or paper-pack frameworks, whilst often juggling their own work requirements. We applaud your positive support to keep your children engaged with their learning and share their experiences through photos, audio and videos. You have helped us stay connected with your children and we are truly grateful for your support. Many of our teachers with students at home have lived through this with you. We send our very best wishes to all our families and our staff who may have family and/or friends who have contracted COVID or have been a “close contact” and we send our hopes for a full recovery. On behalf of the school team, I send a heart-felt thanks to the amazing Executive, teachers and support staff who have spent countless hours diligently planning, programming, monitoring and assessing our digital learning platforms; who have stayed connected with our students via ZOOM and additional support and provided additional fun. We are indeed so very fortunate to have the dedicated and talented staff that make up our Northmead learning community.

As mentioned in the Week 8 Newsletter, we look forward to joining all schools currently in strict lockdown to welcome students back **in a staggered return** in Term 4 from October 25.

- ✦ **Monday 25 October | Kindergarten and Year 1 | on-line learning discontinued K & Y1**
- ✦ **Monday 1 November | Years 2 and 6 | on-line learning also discontinued for Y2 & 6**
- ✦ **Monday 8 November | Years 3, 4 and 5 | on-line learning discontinued all students**

Please see the latest information for NSW schools in restricted LGAs on our “Important To Know” and “Update for Families” on pages 3 and 4 received from Education NSW.

We will be holding two Q&A ZOOM sessions starting in Week 1. **The first is specifically for the parents of our Year 6 students.** In Week 2 we will hold a parent Q&A session around the staggered return-to-school including any updates from NSW Education. ZOOM links will be sent to families via School Bytes in Weeks 1 and 2 prior to the meetings:

- ✦ **ZOOM 1 Year 6 Parents – T4 Year 6 Planning | Wednesday 6 October – 7PM**  
 (Link will be emailed 5 October via SchoolBytes)
- ✦ **ZOOM 2 K-6 Parents | Q&A Return 2School | Wednesday 13 October – 7PM**  
 (Link will be emailed Friday 8 October via SchoolBytes)

I started a “Above and Beyond” **Principal Award** initiative in Week 7 in cooperation with the Executive and teaching team, with the certificates being printed and posted to our students. We wanted to keep recognising our students’ efforts and achievements; but also for them to have something “tangible” to hold and receive as a surprise. Two (2) students are chosen from each class each week. I will update this information from now on in each Newsletter. On the next 2 pages, I’ve published the “Above and Beyond” Principal Award students from Week 7 to Week 10. Congratulations to you all for being “Your Best Self” during Learning From Home and throughout the challenges of Term 3. **We are so proud of you all!**

*I’m wishing continued wellness, safety and happiness for us all...Keep a smile and hope in your heart. You may feel “away” from school...but that’s just geography. Each and every one of you are here with us everyday. We WILL see you soon. Enjoy your holidays!*

**“ Take pride in how far you have come. Have faith in how far you can go”**

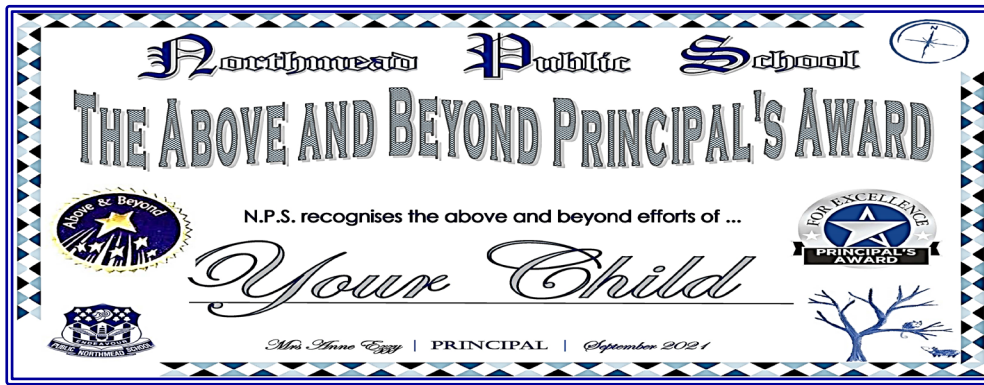
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*I look forward to chatting with you in Term 4 in the next Northmead Newsbreak ...*

*...Anne Ezzy (Principal)*



*“The most wasted of all days is one without laughter.”*  
 - e.e.cummings

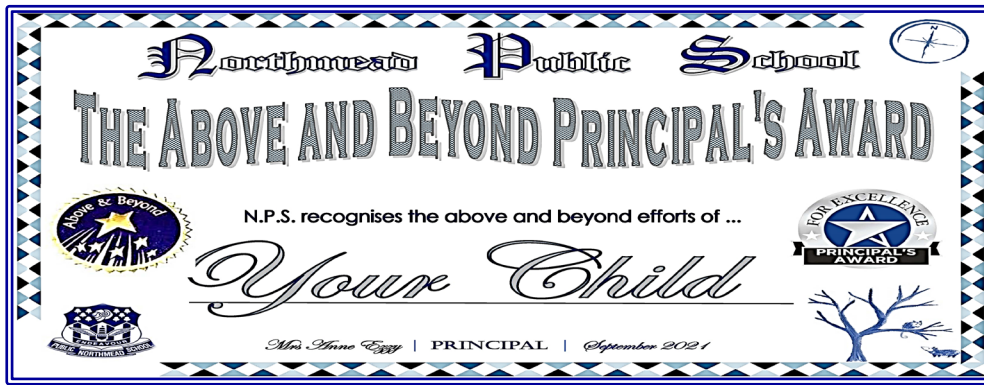


### KINDERGARTEN

CLASS	WEEK 7	WEEK 8	WEEK 9	WEEK 10
KC	Mira K.	Leona C.	Hannah B.	Nolan O.
KC	Zachary L.	Zander K.	Sieon J.	Leila C.
KL	Elke J.	Jackson L.	Freya A.	Phoebe H.
KL	Edan C.	Kaylee N.	Zoe Z.	Philip L.
KMB	Eli S.	Hunter S.	Lincoln S.	Keely A.
KMB	Claudia S.	Zali F.	Emily Y.	James B.
KS	Ishmeet B.	James K.	Quentin T.	Jaimie L.
KS	Abbas Z.	Rosita S.	Samantha A.	Ida M.
KT	Archer C.	Jack C.	Eloise G.	Zeisha J.
KT	Alyssa L.	Sophie M.	Hayden C.	Sina G.

### STAGE 1 – YEARS 1 AND 2

CLASS	WEEK 7	WEEK 8	WEEK 9	WEEK 10
1C	Ayrton L.	Annabelle T.	Violet E.	Owen L.
1C	Dylan K.	Scarlett O.	Oscar J.	Alexander M.
1D	Josh T.	Shahmir K.	Sophia B.	Connor D.
1D	Liam N.	Waleed S.	Zara A.	Lavoni T.
1F	Lucas C.	Kartikeya T.	Evie B.	Bianca A.
1F	Lauren P.	James B.	Aveer W.	Elena S.
1G	Aryan P.	Angie A.	Shayma A.	Eilistrace G.
1G	Abigail Z.	D'Andre W.	Zachary C.	Hamish E.
1/2JL	Liam M.	Erin H.	Leda A.	Archie K.
1/2JL	Isabel S.	Braxton H.	Shiva R.	Amira K.
1/2M	Oliver V.	Tanreet H.	Zubair S.	Lucas N.
1/2M	Baris O.	Scott B.	Ajay M.	Rose J.
2C	Nina J.	Janice T.	Charlotte T.	Hannah G.
2C	Noah H.	Toby M.	Ivan C.	Cooper G.
2H	Emmy T.	Chloe P.	Thomas H.	Emily T.
2H	Ruben S.	Sarah W.	Bowen G.	Amy C.
2K	Shaurya P.	Roham J.	Elisa K.	Alex H.
2K	Yelina S.	Saleha A.	Zachary K.	Ruben R.
2P	Mia S.	Ami S.	Arta N.	Poppy A.
2P	Henry M.	James A.	Maya F.	Sonny H.

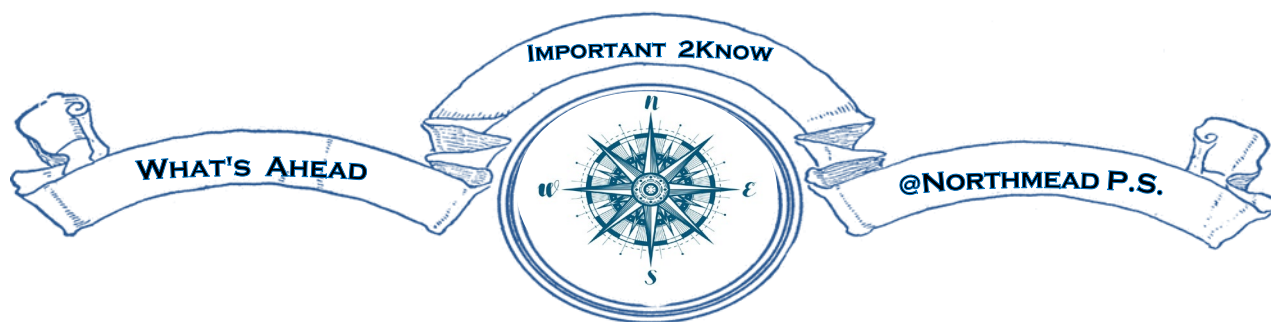


### STAGE 2 – YEARS 3 AND 4

CLASS	WEEK 7	WEEK 8	WEEK 9	WEEK 10
3/4A	Daniel A.	Nabiha H.	Nam L.	Rhianna A.
3/4A	Zainab K.	Tate R.	Grace L.	Gus M.
3/4C	Melody G.	Sara K.	Bianca Y.	Ella S.
3/4C	Tom L.-W.	Leilana M.	Ipsa B.	Abigail B.-F.
3/4F	Henry L.-M.	Elisabeth A.	Mia D.	Taisha B.
3/4F	Irmak O.	Eloise C.	Justin S.	Sophia N.
3/4K	Hermione F.	Dunja K.	Evie S.	Nassif J.
3/4K	Jacob B.	Rinchen T.	Serene F.	Stella W.
3/4L	Coen W.	Tobias J.s	Celeste C.	Christopher J.
3/4L	Imara R.	Sheheryar B.	Kyah S.	Alexander A.
3/4M	Tasharni N.	Abdul R.	Alyce M.	Alexandra L.
3/4M	Julian K.	Anaya K.	Liam J.	Ahmad H.
3/4P	Muadh J.	Victoria K.	Cooper W.	Evie M.
3/4P	Elise S.	Sanjush A.	Yashi T.	Ege O.

### STAGE 3– YEARS 5 AND 6

CLASS	WEEK 7	WEEK 8	WEEK 9	WEEK 10
4/5F	Hope M.	Bora O.	Lana W.	Lucy C.
4/5F	Asher A.	Chloe J.	Elizabeth K.	Bernie J.
5/6E	Heinah G.	Chris B.	Arda O.	Jasper D.
5/6E	Dylan O'S.	Olivia R.	Simone J.	Karan K.
5/6H	Summer R.	Ethan T.	Disha B.	Claudia T.
5/6H	Ryan H.	Sophia J.	Jasmine L.	Junaid J.
5/6M	Arshida M.	Heath C.	Isabella H.	Jordell H.
5/6M	Dominic M.	Charlease C.	Thomas B.	Milay A.
5/6N	Freya Ca.	Kane P.	Alex N.	Elan R.
5/6N	Beau E.	Shalom S.	Alex P.	Emily K.
5/6S	Gemma G.	Oliver L.	Jessica L.	Stanley U.
5/6S	Alex S.	Morgan C.	Emily Le.	Alex B.
5/6W	Jess M.	Liam S.	Caleb P.	Alex T.-F.
5/6W	Tommy N.	Sophia B.	Samantha H.	Olivia L.



## OPPORTUNITY CLASS PLACEMENT TEST DELAYED

As a result of the most recent advice from NSW Health regarding the duration of COVID-19 restrictions and the return to school plan, **the Opportunity Class Placement Test scheduled for 6 October 2021 has been delayed**. Parents will also be advised of the delay. **New testing arrangements for students will be announced as soon as possible.**

## STAGGERED RETURN TO SCHOOL – COVID-19 UPDATE

### Primary settings

In the early stages of returning to school (Kindergarten and Year 1), students will be placed into class-based cohorts. During this period:

- \* **Masks are strongly recommended for all students, at all times, indoors and outdoors.** For more information, refer to [Masks and face coverings](#).
- \* Classroom teachers will ideally be the allocated teacher for their cohort. Schools may use additional flexible staffing arrangements to support the delivery of face-to-face and home-based learning for that cohort. For example, the following members of staff may be asked to provide additional support: EAL/D, Learning and Support Teachers, librarians, SLSOs etc.
- \* Each cohort will be allocated a learning space, completing all lessons and break times with their allocated cohort.
- \* Break times, playground and canteen access will be staggered by cohort.
- \* Within each cohort, students should maintain strict personal hygiene and physical distancing wherever possible.
- \* **Start and finish times will be staggered. No mixing among student cohorts.**
- \* Executive are planning how best to keep cohorts separated in the mornings and afternoons for drop-off/pick-up and during the day for recess/lunch play periods.
- \* **Parents/carers will not be permitted on site.**
- \* Families will be encouraged in Term 4 to remain in their cars if safe to do so, when sending students to school and for pick-up.
- \* Students will only be able to return **if the adult community vaccination rates are over 70%.**

### In Term 4 on staggered return to school ... Parents/Carers are to:

- \* not congregate in the school playground or outside the school gates
- \* obey the road rules and parking signs as they are still in operation
- \* take care driving in the school zone as more children may be walking or cycling to school
- \* find a safe place away from the gate to wait and meet their child in the afternoon
- \* follow school's arrangements for students who arrive late to school
- \* follow wet weather arrangements to minimise amounts of people in one area
- \* encourage parents to drop their independent children away from the school so they can safely walk into the school
- \* walk their child/ren to school if possible, or park away from the school and walk to stop congestion at kiss and drop zones.
- \* parents who enter the school gates must check in and check out using the Service NSW QR code.

**Please see further updates from NSW Education received by principals 15 September on the following**

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## COVID-19 | NSW DEPARTMENT OF EDUCATION | UPDATE FOR NORTHMEAD P.S. FAMILIES

Dear Northmead families,

The end of Term 3 has been a busy one for our school as well as schools throughout the state. We're happy to say that together we made it through what has been a constantly changing and sometimes difficult Term. We could not have done it without the commitment from all of our families who supported learning from home and from our fantastic teaching and school staff. I want to thank you all for your efforts to continue to keep our school community safe – I know everyone has faced different challenges at different times through the Term.

I hope everyone enjoys a break over the holidays and is looking forward to the COVID-safe return to school sites planned in Term 4. Please read through the following updates before the start of the school holidays and don't hesitate to reach out for support or with any questions.

### **Return to school roadmap for Term 4**

Schools in LGAs that are no longer operating under stay-at-home rules will move to Level 3 operations and a full return of all students with reduced mingling and on-site activities. Masks will be required on site for all staff indoors and outdoors.

In Term 4, where stay-at-home rules are still in place but high community vaccination and low transmission conditions are met, students will return to school in a staggered approach for prioritised cohorts, with no mingling or on-site activities.

### **Order of return under staggered approach where we remain under stay-at-home rules**

Primary school students will return to face-to-face learning with NSW Health-approved COVID-safe Level 3 plus settings on school sites in the following order:

- \* From 25 October 2021: Kindergarten and Year 1
- \* From 1 November 2021: Years 2 and 6
- \* From 8 November 2021: Years 3, 4 and 5

The return to school roadmap is subject to change depending on new information expected through the Public Health Order and additional advice from NSW Health. You can stay up to date with the most recent advice on [Advice for families page](#).

### **Vaccinations for students aged 12 years and over**

Young people aged 12 years and over are now also eligible to receive the COVID-19 vaccination. You can [book in your children for Pfizer now](#), or Moderna from Monday 20 September.

Vaccination appointments are available at more than 3,000 locations across NSW, including GPs and pharmacies. More appointments will become available as supply increases, so check for new appointments in coming weeks.

### **Learning from Home**

For families who are continuing to learn from home, [the learning from home page](#) has a wide range of curriculum-based activities to further support your child's learning, if needed.

Thank you again for your understanding and support. We hope you and your family enjoy a safe and very well-deserved break over the holidays. Please take some time over the break to check out NSW Education [wellbeing resources for students and families](#). You'll find useful tools for mental health and Term 4 preparation.

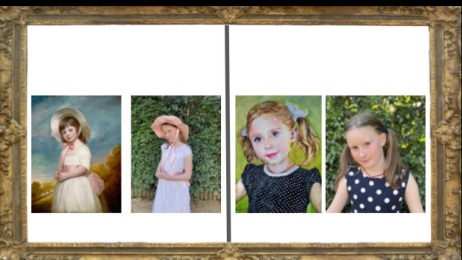
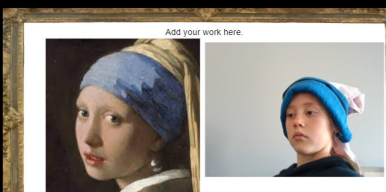
Please do not hesitate to reach out if you have any concerns about the return to school. I will be in touch again as soon as I have any further information or updates for you and your children.

Stay well | Stay Safe ... *With kind regards*

*Mrs Anne Ezzy* | Principal

# Stage 3

## Canberra: The Heart of Australia



## Our Week in Canberra on our virtual excursion



**Your Task: Design a Commemorative Coin**

The Royal Australian Mint have asked you to come up with a new commemorative coin. Answer the questions to help come up with a plan. Insert an image of your design into the box below.

What person/event do I want to commemorate?  
Black Lives Matter

Upload a picture of your coin here.

What picture could I use on the coin to show this person/event?  
1. [Image of a person] 2. [Image of a flag]

Which of the coins will I place my design on? Eg. the 50c coin.  
On 50c, \$1 and \$2

Imagine you are writing a story set in a school, like in Matilda. You're going to create a character who would be in that story. It could be anyone - a teacher, a student, a coach or a caretaker.

Get down some notes under the following headings to build a profile for your character.

**My character's name:** Agatha

**My character's Personality:** Agatha is very brave, she is smart, outgoing, hard working and happy..

**My character's role:** Agatha is the main character. When she goes to a new boarding school, she has trouble with the caretaker who thinks she's up to no good.

**How my character behaves:** She is a bit cheeky, but diligent and hard working.

**How my character speaks:** She is from Africa and speaks with an accent.

**My character's strengths/weaknesses:** She's very good at sports- especially running and swimming. Weaknesses include speaking her mind which gets her into trouble, allergic to pollen

**How others would describe my character:** She's fun, smiles a lot.

# Library

This Small Blue Dot by Zeno Sworder

'There's so much I want to tell you but here's the really important stuff.'



Example:  $\sqrt{2005 + \sqrt{2005^2 - 1}}$

$\frac{1}{\sqrt{n + \sqrt{n^2 - 1}}}$  (let  $n = 2005$ ) -  $a$  and  $b \in \mathbb{Z}$  iff  $n$  is odd

$\frac{\sqrt{n + \sqrt{n^2 - 1}}}{\sqrt{(n + \sqrt{n^2 - 1})(n - \sqrt{n^2 - 1})}}$  (multiply by  $\frac{n - \sqrt{n^2 - 1}}{n - \sqrt{n^2 - 1}}$ )

$\frac{\sqrt{n + \sqrt{n^2 - 1}}}{\sqrt{n^2 - (n^2 - 1)}}$  (as  $(x + y)(x - y) = x^2 - y^2$ )

$\frac{\sqrt{n + \sqrt{n^2 - 1}}}{\sqrt{1}}$  (square both sides)

Compare  $\sqrt{a} - \sqrt{b} = \sqrt{n - \sqrt{n^2 - 1}}$

$(\sqrt{a} - \sqrt{b})^2 = n - \sqrt{n^2 - 1}$

$a - 2\sqrt{ab} + b = (\frac{n}{2} + \frac{1}{2}) - \sqrt{(n+1)(n-1)}$

$(a+b) - 2\sqrt{ab} = (\frac{n+1}{2} + \frac{n-1}{2}) - 2\sqrt{\frac{(n+1)(n-1)}{2}}$

$\therefore a = \frac{n+1}{2} = 1003$  and  $b = \frac{n-1}{2} = 1002$



Environmental icons: No smoking, No littering, No plastic, Recycle.



# Well-being Wednesday took Stage 3 away from the computer and outdoors to do some learning.

Make a collage of your day here

Sorry I couldn't take a pic of my own this is how the seeds will turn out.



Today I painted a message on a rock to hide in the bush and made a card for someone. I also helped out in the garden, cleaned the bird bath, I watered the plants, I helped much around the beehive and pulled out some weeds which I gave to the rabbits (that is caring for our 'pet' -I like referring them to roommates). I also helped mum and dad add a box onto the beehive (we had to put it at the bottom, so that means taking the whole beehive apart and putting it back again)

**Summer beekeeping**

Why does my cat seem so unimpressed!



Since I don't have a dog to train or walk, I read a couple of chapters of my book 'Contagion', to one of my cats, Bob. He was very interested at the start of the chapter but then towards the end he fell asleep right there on my desk. I ended up just reading to myself.

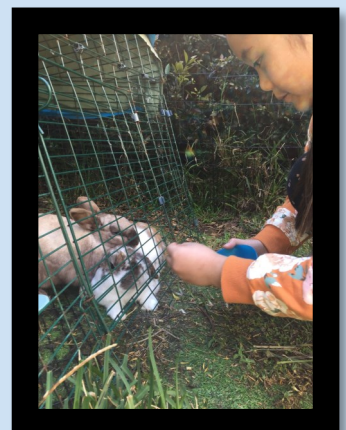
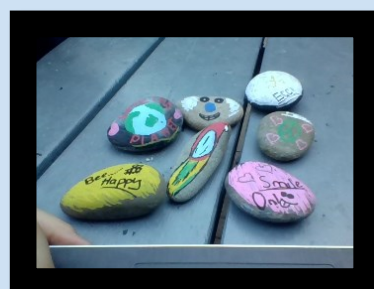
Each Spring our gum tree out the back drops its leaves and bark, so while my dad is isolating and Mum is working from home, I helped out by sweeping and watering the plants for them.

**Wellbeing Wednesday**

When I finished my schoolwork I continued to keep off screens and I did what I love to do everyday which is flip while listening to music on my trampoline.

I painted some rocks with my mum's special paint pens. I drew a donut, a flower, a rainbow and a three-part luigi rock art. I'm going to drop them at a bush track later.

I call this nature art 'call of the bees' because while I was picking the flowers I noticed that the bees loved the specific flowers I was using.





# Kindergarten Mascot Winners



Leila KC



Myra KC



Abigail KL



Ridita KL



Jaimie KS



Misty KMB



Claudia KMB



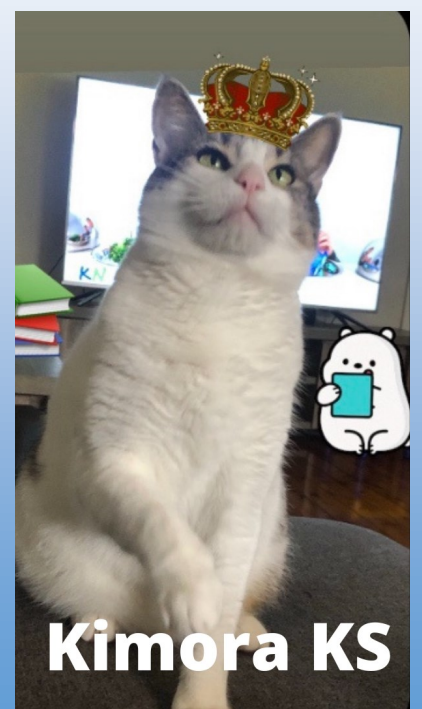
Freya KL  
James 2P



Eloise KT



Archer KT



Kimora KS

# Stage 1 Mascot Winners



Isaak 1C



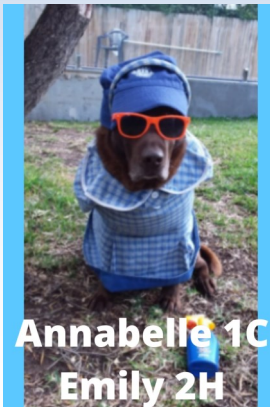
Josh 1C



Louis 1F



James 1F



Annabelle 1C  
Emily 2H



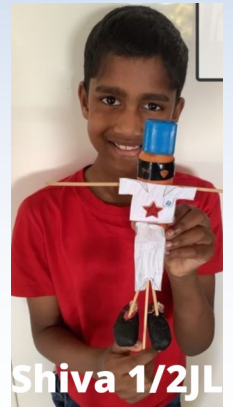
Charlotte 1G



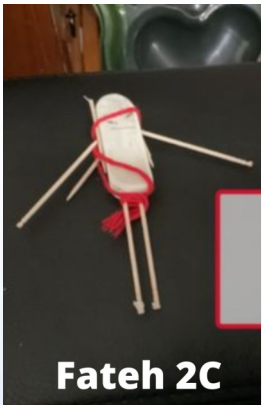
Leyla 1G



Isabel 1/2JL



Shiva 1/2JL



Fateh 2C



Musa 2H



Emma 2H



Maya 2P



Violet 2K



BODHI & MESSI



NPS FOREVER

Freya KL  
James 2P



Nina 2C



Roham 2K

# Stage 2 Mascot Winners



**Nam 3/4A**



**Rhianna 3/4A**



**Abigail 3/4C**



**Ella 3/4C**



**Lucas 3/4F**



**Mia 3/4F**



**Jasmine 3/4K**



**Evie 3/4K**



**Celeste 3/4L**



**Alexandria 3/4I**



**Abdul 3/4M**



**Evie 3/4P**



**Josephine 3/4P**



**Trisha 3/4M**

# Stage 3 Mascot Winners



**Alex 5/6N**



**Jasmine 5/6H**



**Emily 5/6N**



**Ella 5/6H**

# Learning Success



## How do I get my child to wear a mask when school returns?

Masks are being strongly recommended for primary students when school returns in Term 4 but it will be up to parents to decide what is suitable for their individual child or children.

Here are some tips to help if you do decide to send your child to school in a mask each day.

1. If your child has a weakened immune system they should wear an N95 mask or surgical mask.
2. For most children, a disposable mask or reusable mask (triple layer) will be fine.
3. Explain why they should wear a mask. Keep it simple but explain that the masks stop germs going from one person to another and that they keep us SAFE.
4. Help them practise how to take their mask on and off without touching the front of the mask with their hands. You might like to watch this clip with your child which explains all about mask wearing.

[https://www.youtube.com/watch?v=\\_MZMQ6iI6kQ](https://www.youtube.com/watch?v=_MZMQ6iI6kQ)

5. Let your child wear a mask at home for short periods to get used to it. Whilst they are having screen time or playing a game might be a good time when they will be too distracted to notice!
6. Demonstrate good mask etiquette in front of your children and speak about masks positively in front of them. Always wear your mask when you go out and remind them to wear theirs as well.
7. Younger students may enjoy putting masks on their toys and pretending they are a vet or a doctor.
8. Get **Creative** and have your child decorate their disposable masks to make them unique.
9. Take fun photos of your child in their mask and get other members of your family or friends to do the same.
10. **Write their name on their mask as you would with any other piece of clothing (even if the mask is disposable).**
11. Pack two ziplock plastic bags each day marked "clean" (with spare masks) and "dirty" for masks they have used. If your child gets hot and sweaty as the weather warms up and their mask gets wet, they will need to put on a clean dry mask.
12. You may like to consider purchasing a face mask lanyard which will hold your child's face mask when they take it off to eat. (see example below)

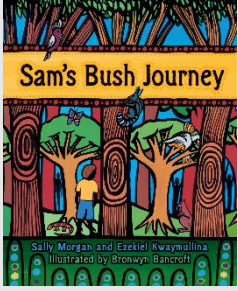
<https://www.amazon.com.au/Lanyard-Adjustable-Breakaway-Lanyards-Outdoor/dp/B08JHXDWZN>

13. Reusable masks should be washed daily before they are re-worn.



**Let's keep everyone SAFE by washing our hands and wearing masks!**

# Stage 1 Writing



Stage 1 have been reading texts written by First Nations People which are about Aboriginal and Torres Strait Islander culture. The students have used these texts as a basis for their own writing.

In Sam's Bush Journey, written by Sally Morgan, Sam's nanna teaches him about all the wonderful things that the bush provides. The students wrote about some of the things that their grandparents or an older person had taught them.

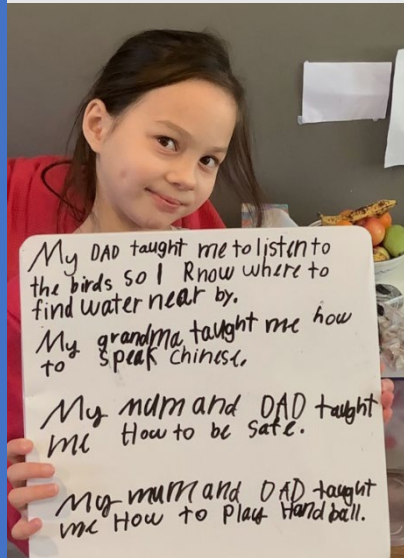
## Selene 2C

My grandma taught me many things. She likes cooking just like me, she likes to paint and I like to paint. She also likes to do gardening. She demonstrated how to make fresh lemon juice from her garden when I was little. She shared with me how to pick lemons from trees that were ripe and ready for juicing.

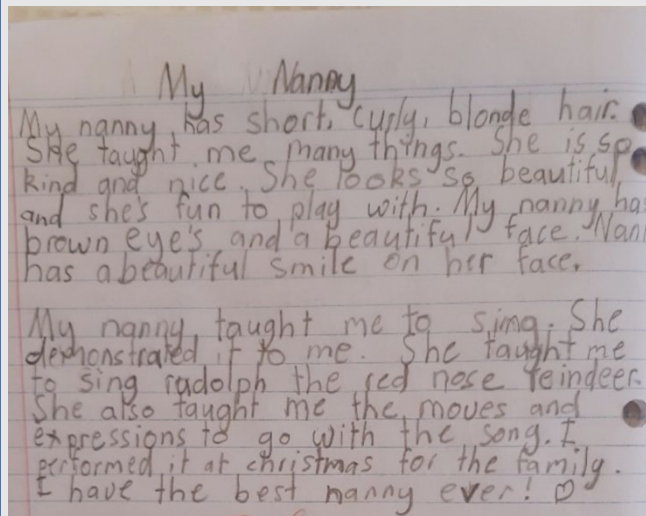


## My Grandparents By Aaliyah

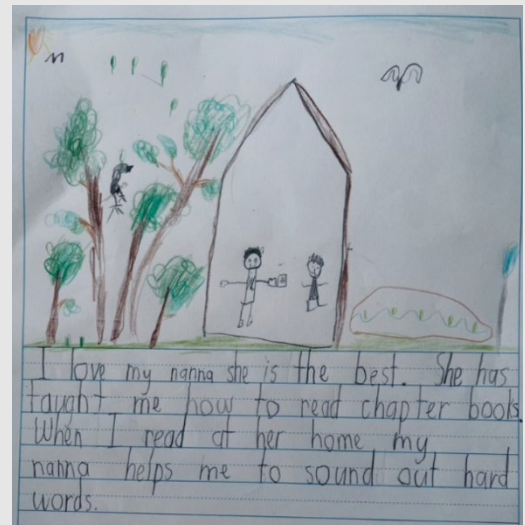
I call my grandparents Abuela and Abuelo this means grandma and grandpa in spanish. My Abuela has been teaching me lots of things my entire life! This includes things like cooking, baking and gardening, she also helps me to be creative when I paint my nails. My Abuelo is extremely smart, he is like a computer he knows so much. Whenever I have a question he can always answer it and if he can't he will find out the answer so he can tell me.



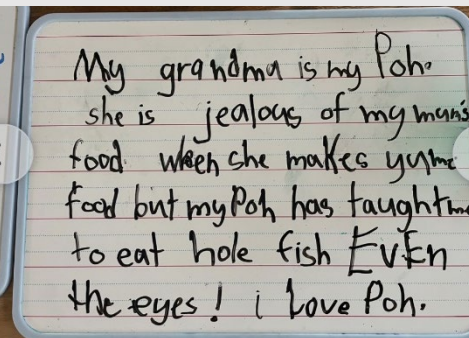
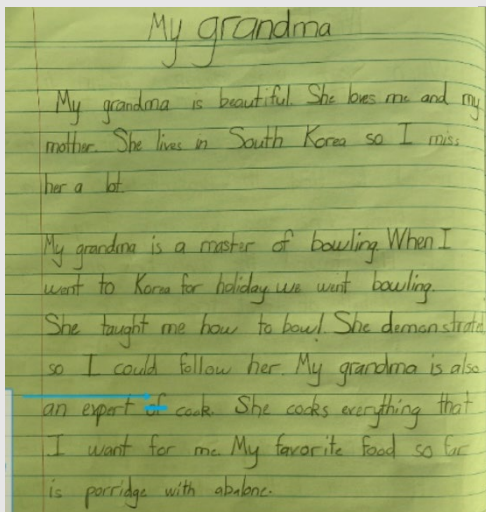
Alex 2K



Violet 2K

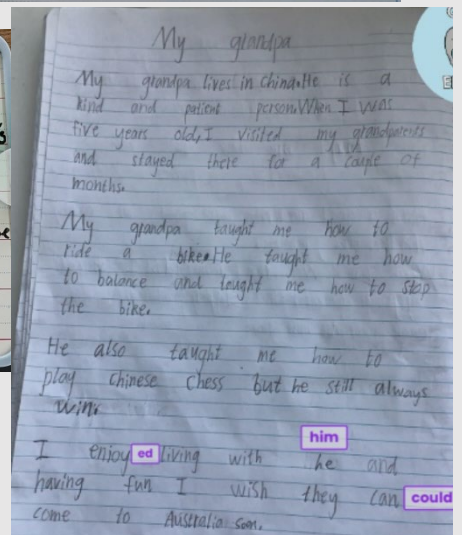


Sonny 2P



Oliver 1/2M

Ivan 1/2JL



Liam 1/2JL

# NPS Homepage – EAL/D & Learning Success

<https://northmead-p.schools.nsw.gov.au/>



**EAL/D Link:** If your child's first language was not English or you speak another language at home please take a look at the EAL/D link on our Homepage.

Language Learning Activities for EAL/D Students K-3				
Speaking Activities	Listening Activities	Writing Activities	Reading Activities	Play & Craft Activities
<b>Lunch time!</b> Make your own lunch. Explain to someone in your home how you made it or record yourself on video.	<b>Story time in your language</b> Listen to someone reading a story in your first language.	<b>Letter writing</b> Write a letter or an email to someone. Post it in the mail or send it via email.	<b>Reading aloud</b> Read a book to someone or video yourself reading. <a href="#">Click on the picture</a>	<b>Board Games</b> Play a board game with someone in your home.
<b>Retelling</b> Tell someone about your favourite storybook. You could record yourself on video.	<b>Story time in English</b> Listen to someone reading a story in English. <a href="#">Storyline Online</a> <a href="#">Click on the picture</a>	<b>Drawing</b> Draw a picture of your favourite things. Label your pictures.	<b>Read a story from another country</b>	<b>Card Games</b> Play Snap, Go Fish, Uno.
<b>Phone or Video call</b> Phone or video call a family member or friend. Speak in your first language or English.	<b>Music Time!</b> Listen to songs in English and your first language. Sing along!	<b>Write a List</b> A shopping list, a party list, a toy list, favourite footballers list.	<b>Learn to read in your first language</b> Ask someone in your home to teach you to read words in your first language.	<b>ABC Kids</b> <a href="#">ABC Kids</a> Play some of the games on the website.

It has a language learning video and grid with activities to support language development.



Links to translating and interpreting services and to stories in a variety of languages.



**Learning Success Link:** Has a variety of ways that you can support your child while learning from home.



Links to videos created by our Occupational Therapist, Katelyn Bentley and ways to support your child during lockdown.



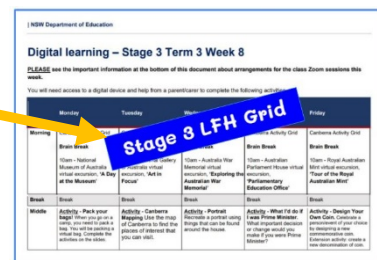
# How to access the 'Learning From Home' links on the NPS Homepage

You can now access all weekly Digital and Non-Digital learning grids for each Stage on our Homepage.

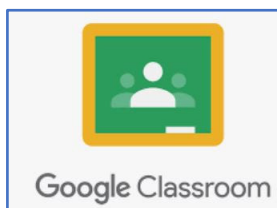
Simply click on the pencil that corresponds to the Stage that your child is in.



It will take you to a picture of the LFH grid. Click on the picture and it will then take you to that week's lessons.



For ease of accessibility there are links to our digital learning platforms, Seesaw and Google Classrooms, and links to the learning websites that each Stage engages with. Just click on the picture and it will take you directly to each website.



Did you know that the school website can be translated in numerous languages? Click here to select a language.





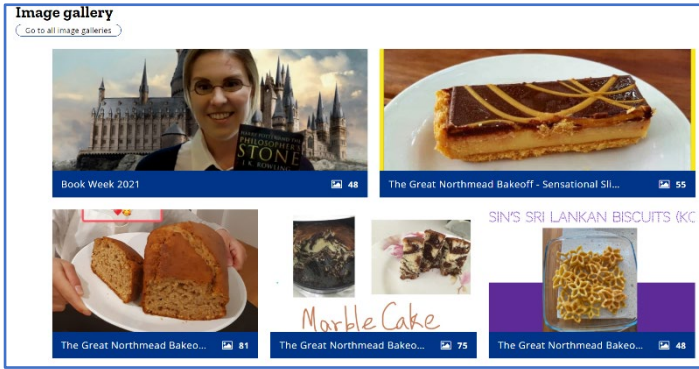
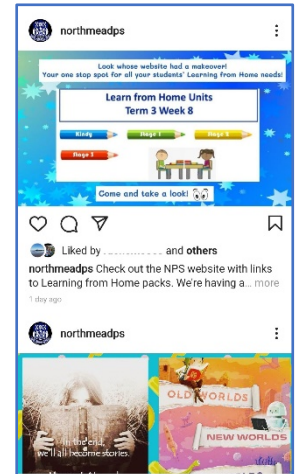
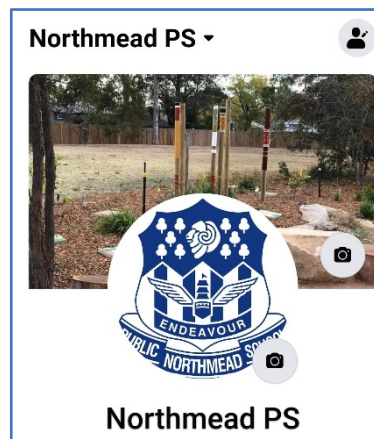


Image Gallery now available on the NPS Homepage

## NPS on Social Media!

Follow us on Facebook and Instagram



## 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](#).

## LATEST NEWS

Today (9 September) is R U OK? Day

COVID-19 has been hard for everyone. Why not ask someone today ....

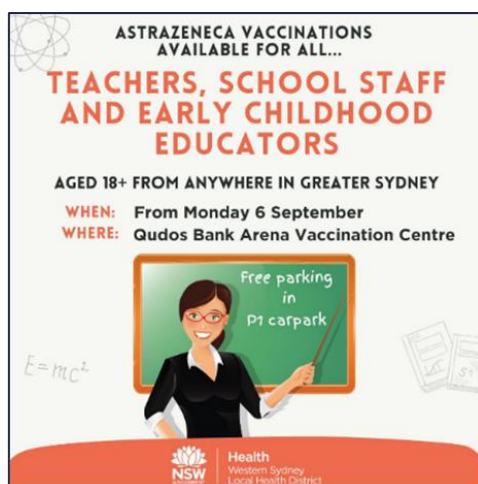


### COVID-19 Vaccination updates

#### Who is eligible for COVID-19 vaccination?

Everyone aged 16 and over and [eligible](#) children aged 12 to 15. All children 12-15 years old will be eligible from 13 September. Vaccinations are available through GPs, pharmacies, and NSW Health vaccination clinics, including walk-in and outreach vaccination clinics. Read more and access booking links [here](#).

#### COVID-19 vaccination is mandatory for:



**All teachers** must be fully vaccinated by 8 November. Bookings for teachers, school staff, early childhood, TAFE and University staff from across Greater Sydney [here](#). [Post for sharing](#).

[Authorised workers](#) who live in [LGAs of concern and work outside of their LGA](#). Deadline extended until the end of 19 September however you must carry evidence of your booking appointment from 9 September. Read more [here](#). Bookings [here](#).

Disability and early childhood care workers [who live or work in an LGA of concern](#). Deadline extended until the end of 19 September however you must carry evidence of your booking appointment from 9 September. Read more [here](#). Bookings [here](#).

If you cannot be vaccinated for medical reasons, you will need to show evidence of a [medical exemption](#).

#### For information:

Western Sydney Local Health District – Centre for Population Health

E: [WSLHD-LLWats@health.nsw.gov.au](mailto:WSLHD-LLWats@health.nsw.gov.au), [WSLHD-munchandmove@health.nsw.gov.au](mailto:WSLHD-munchandmove@health.nsw.gov.au)

[www.healthykidswesternsydney.com.au](http://www.healthykidswesternsydney.com.au)



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How to get your COVID-19 vaccination certificate information [here](#), and in 17 languages [here](#).

Vaccination rates by home postcode is available [here](#).

More COVID-19 vaccination information and latest updates [here](#).

### NSW COVID-19 Road map – launched today (9 September)

## ROADMAP TO FREEDOM FOR FULLY VACCINATED

The freedoms [for fully vaccinated adults](#) will come into effect on the Monday after NSW hits the 70% double dose target and include:

#### Gatherings in the home and public spaces:

- Up to **five visitors** will be allowed in a home where all adults are vaccinated (not including children 12 and under).
- Up to **20 people** can gather in outdoor settings.

#### Venues including hospitality, retail stores and gyms:

- **Hospitality venues can reopen** subject to one person per 4sqm inside and one person per 2sqm outside, with standing while drinking permitted outside.
- **Retail stores can reopen** under the one person per 4sqm rule (unvaccinated people will continue to only be able to access critical retail).
- **Personal services such as hairdressers and nail salons can open** with one person per 4sqm, capped at five clients per premises.
- **Gyms and indoor recreation facilities can open** under the one person per 4sqm rule and can offer classes for up to 20 people.

Get vaccinated now. Book your appointment at [nsw.gov.au](http://nsw.gov.au)

## ROADMAP TO FREEDOM FOR FULLY VACCINATED

#### Travel:

- **Domestic travel, including trips to regional NSW, will be permitted.**
- Caravan parks and camping grounds can open.
- Carpooling will be permitted.

#### Masks:

- **Masks will remain mandatory for all indoor public venues, including public transport, front-of-house hospitality, retail and business premises, on planes and at airports.**
- Only hospitality staff will be required to wear a mask when outdoors.
- Children aged under 12 will not need to wear a mask indoors.

#### Weddings, funerals and places of worship:

- **Up to 50 guests can attend weddings**, with dancing permitted and eating and drinking only while seated.
- **Up to 50 guests can attend funerals**, with eating and drinking while seated.
- **Churches and places of worship to open** subject to one person per 4sqm rule, with no singing.

Get vaccinated now. Book your appointment at [nsw.gov.au](http://nsw.gov.au)

## ROADMAP TO FREEDOM FOR FULLY VACCINATED

#### Stadiums, theatres and major outdoor recreation facilities:

- Major recreation outdoor facilities including stadiums, racecourses, theme parks and zoos can reopen with one person per 4sqm, capped at 5,000 people.
- Up to 500 people can attend ticketed and seated outdoor events.
- Indoor entertainment and information facilities including cinemas, theatres, music halls, museums and galleries can reopen with one person per 4sqm or 75 per cent fixed seated capacity.

#### Other:

- Non-vaccinated young people aged under 16 will be able to access all outdoor settings but will only be able to visit indoor venues with members of their household.
- Employers must continue to allow employees to work from home if the employee is able to do so.
- There will be revised guidance on isolation for close and casual contacts who are fully vaccinated, with details to be provided closer to the reopening date.

**Only fully vaccinated people and those with medical exemptions will have access to the freedoms allowed under the Reopening NSW roadmap.**

Get vaccinated now. Book your appointment at [nsw.gov.au](http://nsw.gov.au)

### For information:

Western Sydney Local Health District – Centre for Population Health

E: [WSLHD-LLWats@health.nsw.gov.au](mailto:WSLHD-LLWats@health.nsw.gov.au), [WSLHD-munchandmove@health.nsw.gov.au](mailto:WSLHD-munchandmove@health.nsw.gov.au)

[www.healthykidswesternsydney.com.au](http://www.healthykidswesternsydney.com.au)



# 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

### New report on COVID-19 in schools and early childhood

Most children diagnosed with COVID-19 during the current outbreak experienced mild or no symptoms, with only 2% requiring hospitalisation, the latest report from the National Centre for Immunisation Research and Surveillance (NCIRS) has confirmed.



The high transmissibility of the Delta variant has resulted in a five-fold increase in the spread of COVID-19 in schools, early childhood education and care (ECEC) services, and households, when compared to the 2020 experience with the original strain of the COVID-19 virus. Read more [here](#)



### How can I stop my child from getting COVID-19?

The best way to stop kids from getting COVID-19 is to reduce the infections in adults. Young children who can't get a vaccine are protected by the adults around them.

#### Get vaccinated and protect your kids

Everyone over the age of 18 is eligible for a COVID-19 vaccine. Book yours today: <https://www.nsw.gov.au/.../health.../covid-19-vaccination-nsw>

### COVID-19 case alerts: new exposure sites in western Sydney

#### Exposure sites

- **Close contact venue:** Quality Medical Centre, Merrylands.

Please check [here](#) for exposure site details. New exposure sites are also posted on Western Sydney Health [Facebook](#) and [Instagram](#).

#### Case locations

A map of COVID-19 case locations available by suburb or LGA is available [here](#).

**MERRYLANDS COVID-19 ALERT** 

**Quality Medical Centre**  
417 Merrylands Rd

Monday 23 August - 9am - 7pm  
Tuesday 24 August - 9am - 7pm  
Wednesday 25 August - 9am - 7pm  
Thursday 26 August - 9am - 7pm  
Friday 27 August - 9am - 7pm  
Saturday 28 August - 9am - 7pm

Anyone who attended at any of the above times is a close contact and must immediately get tested and isolate for 14 days since they were there, regardless of the result, and call NSW Health on 1800 943 553.

There are extended testing hours across western Sydney. Find your nearest clinic at [www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)









### COVID-19 testing

Please get tested if you have symptoms, even if they are mild. Testing is free. No booking or GP referral required. No Medicare required. Read more [here](#).

#### Where to get tested?

More than 40 Western Sydney testing clinics available. Find your nearest one [here](#).

**COVID-19**

 fever	 cough	 sore throat	 shortness of breath
 runny nose	 loss of taste	 loss of smell	 fatigue

**Have any of these symptoms?  
Get tested immediately.**

#### 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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Health  
Western Sydney  
Local Health District

### Worried you won't be able to work after being tested?

Most people get their test results back in 24 but should you experience delays in getting your results or test positive for COVID-19, financial supports available include:

- [COVID-19 Test and Isolate Support Payment](#). From today (9 September) available to all eligible workers aged 17 years and older, not just those from the LGAs of concern.
- [Pandemic Leave Disaster Payment](#)

[Hardship payment for temporary visa holders](#)

COVID-19  
Test and Isolate  
support payment of  
**\$320**  
available for eligible workers.  
▶ HELP US STOP THE SPREAD  
NSW GOVERNMENT

### Jewish High Holy Days

It's important to observe the Jewish High Holy Days between Rosh Hashanah and Yom Kippur at home this year to keep you and your loved ones safe. While we cannot visit each other's homes, we can connect with family and friends either by phone or online and participate in online services.

### Information for families

#### Learning packages to support parents and carers

Learning packages developed by teachers especially for parents and carers to use with their children during home schooling are now available: <https://education.nsw.gov.au/parents-learning-at-home>

There's also some sample timetables so you can plan your day.

For latest advice on roadmap to return to face-to-face learning please visit [here](#)



#### Western Sydney high school students – we want to hear from you!

High school students in western Sydney are invited to create a video on one of 3 COVID-19 topics and enter the competition.

Prizes for:

- videos are 1<sup>st</sup> prize \$500, 2<sup>nd</sup> prize \$200 and 3<sup>rd</sup> prize \$100.
- the school who has the most students entering competition is \$2000 to go towards a water refill station.

The competition closes 5 pm Friday 17 September. Read more [here](#).

**Youth Voices COVID-19 video competition**  
Open to all high school students  
Starts Monday 23rd August & closes Sun Friday 17th September  
This video competition is being run by Prevention Education and Research Unit (PERU), WSLHD & School of Population Health, UNSW

**Win a prize**

1st	\$500
2nd	\$250
3rd	\$100

**How to enter**

- 1 Create a video on one of the 3 topics:
  - COVID-19 vaccinations: encouraging people to protect themselves
  - Looking after your wellbeing during the pandemic
  - Tackling COVID-19 misinformation & myths
- 2 Make a video that is less than 45 seconds, e.g. a 15-30-sec video and a 15-sec 1GB or less
- 3 A panel of health & education professionals, industry experts and young people will be deciding on the winners
- 4 Your video will be evaluated on:
  - Accuracy of information (more details are on the Google Site - QR Code below)
  - Impact of the message
  - Ability to engage the target audience
  - Innovation/creativity
- 5 For more competition details, including the entry form, visit the Google Site

For more information visit <https://www.health.nsw.gov.au/youth-voices> or call 13 29 39 39

PERU UNSW WSLHD SYDNEY HEALTH

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



## Keeping families and children well


# COVID-19 Bulletin

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

### Mental wellbeing & COVID-19

#### Free mental health education sessions for parents and carers



If you have questions about COVID-19 and your mental well-being, tune into our 'Yarn Up' to get the answers  
**Monday 13th September at 3pm**

Tune in on the NSW Health Facebook page

**KEEP OUR MOB SAFE**

COVID-19 VACCINATION

NSW GOVERNMENT

**COVID-19 and your mental well-being 'Yarn Up' 13 September 3pm.** Details and post for sharing [here](#).

[headspace](#) is hosting free sessions for parents and carers on how to support the mental health and wellbeing of young people during COVID-19

More information about upcoming sessions <https://bit.ly/2Nm5cRh>



#### Family and Carer Mental Health Program in Western Sydney

##### Caring for someone with a mental illness?

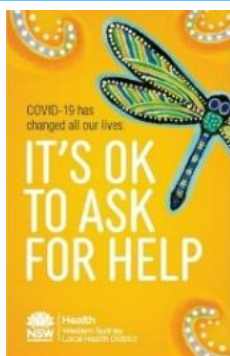
The Family and Carer Mental Health Program Western Sydney is taking referrals and providing carers with phone support and online support. Phone (02) 8599 4880 or email [fcmhinfows@parramattamission.org.au](mailto:fcmhinfows@parramattamission.org.au).



##### Upcoming events

- Blacktown Support Group: Effective communication and conflict resolution skills online session, 14 September, 4pm - 5pm. Phone the Office on 8599 4880 or Simmi 0428 068 517, or email [nsahi@uniting.org](mailto:nsahi@uniting.org).
- Cumberland Support Group: Communication strategies for effective communication for someone living with Schizophrenia online session, 8 September, 4pm - 5pm. Phone the Office on 8599 4880 or Jeannette 0401 694 781, or email [jedavis@uniting.org](mailto:jedavis@uniting.org).
- Depression information online session, 17 September, 11am - 12.30pm. Phone the Office on 8599 4880 or Hayley 0436 299 596, or email [haysmith@uniting.org](mailto:haysmith@uniting.org)

### New resources



**In language COVID-19 print and web resources** available [here](#). You can search resources by language [here](#).

**WSLHD Wellness card** with wellbeing, mental health and support services in Western Sydney available [here](#).

**Know the facts! COVID-19 vaccines** fact sheet available [here](#).

#### For information:

Western Sydney Local Health District – Centre for Population Health

E: [WSLHD-LLWats@health.nsw.gov.au](mailto:WSLHD-LLWats@health.nsw.gov.au), [WSLHD-munchandmove@health.nsw.gov.au](mailto:WSLHD-munchandmove@health.nsw.gov.au)

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# Keeping families and children well

## COVID-19 Bulletin

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

### Keeping healthy during COVID-19

#### Garden to good health

It's Spring and the perfect time to spend time in the garden.

Many studies suggest that the combination of physical activity, social interaction, nature and sunlight are what results in positive mental health outcomes like improved mood.

**You don't need a huge garden to experience the benefits.** Even caring for some herbs on a windowsill or admiring the flowers you planted can make you feel good. If you have the room, you could start a veggie patch in the back yard. It keeps the family active and gives the kids a fun sense of achievement. More spring gardening tips [here](#)

Live in a unit?
Active@Home

Grow a garden - on your balcony !

- ▶ Use styrofoam boxes or plastic bottles
- ▶ Start with herbs (parsley, mint)
- ▶ Plant cherry tomatoes in spring
- ▶ Get the kids to help with watering





HEALTHY EATING  
ACTIVE LIVING



Local support to feed your family

At low/no cost



For information about local food support services visit:  
<https://tinyurl.com/support4food>



Health  
Western Sydney  
Local Health District

#### Local support to feed your family

A comprehensive list of local food support services available during COVID-19 has been updated. Some of these services provide culturally appropriate food and other essentials. Check [here](#) for more information.

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

Websites:

- 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 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:

- [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 – 9 September 2021*

***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.***

**For information:**

**Western Sydney Local Health District – Centre for Population Health**

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

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