



# NORTHMEAD NEWSBREAK



Time for  
make up





# Northmead Newsbreak ... Principal's Update



## DEAR NORTHMEAD FAMILIES

Well Winter certainly arrived this week! It's been very chilly during the day. Often when I'm leaving home there is frost on the ground and mist on the beautiful Hawkesbury River. We are all aware of the media reporting about the flu season and we do see an increase of students away at this time of year as well as staff, particularly as we continue to monitor any symptoms for COVID-19. Students need to stay home if unwell.

## FAREWELL TO MISS FULOP

A note went home to the families of 3F last week that Miss Fulop was successful in an Expression of Interest and gaining a temporary appointment to another school for the remainder of 2022. We were sorry to say "farewell" to her but wish Miss Fulop continued success in her educational career. Mr Gorrie and Ms Austin will be sharing teaching 3F which commenced this week.

## UNIFORM CHANGES AHEAD

Thank you to all those who joined last Wednesday's P&C Meeting where our P&C President Kristen Bayliss, along with our Uniform Shop Coordinator, Jenni Cullen as well as myself, outlined the planned new uniform changes that will occur over the next 2-3 years, starting with Kindergarten in 2023. This is from surveys completed from the school community, including student feedback around simplifying the design choices, making it easy to wear, reducing the number of colour combinations and providing a uniform that gives girls choices of whether they want a dress/skirt option or shorts/pants. The P&C were very supportive of the exciting changes ahead and a 2-3 years phased approach so families of our older students can maintain wearing the current uniform until they leave Northmead. Phase 1 will be the daily academic uniform. See artwork later in the Newsletter. The P&C will have a "showcase" in Education Week previewing the new choices as well as prices. An exciting change ahead for our students and community.

## PARENT/TEACHER CONFERCING

See note sent home Friday 10 June and also repeated later in this Newsletter for explanation and dates to book in for your Parent/Teacher Conference, which will include completing an evaluation of your child/children's learning progress.

Mr Gorrie is sending out the instructions to book in for your conference this week. Teachers will open up timeslots on the scheduled day for their Stage but also on additional days in Education week or the week before so all families have the opportunity to find a convenient time. **There are no evening conference times.** If you cannot make a face-to-face meeting, your teacher will try and arrange a phone call or a ZOOM meeting.

## POSITIVE BEHAVIOUR FOR LEARNING | BEING POLITE!

Mr Gorrie, Ms Preiss and I along with the Stage 3 teachers were reminding our older students of the ongoing expectations for courtesy, kindness and being polite with EVERYONE at school at all times. Being polite, following instructions and taking responsibility for our actions is part of being a Safe, Respectful Learner at N.P.S. everyday! Think how you can make a positive difference to a friend, a group of friends, your class, our whole school. It is always the right thing to do, to be polite, be kind...best your best self everyday.

## PRINCIPAL'S "P.S."

It is said you can't be both **awesome** and **negative** and so choose one! I know it seems easy which to choose but sometimes when we feel challenged we may not choose wisely. Let's aim that the "n" choice is never our "go to"!

*"The strength of the team is each individual member.*

*The strength of each member is the team."*

Phil Jackson – former basketball player/coach

*I look forward to chatting with you in our next Northmead*

*Newsbreak ... Mrs Anne Eggy (Principal)*

# IMPORTANT TO KNOW WHAT'S AHEAD @NORTHMEAD



## EDUCATION WEEK SAVE THE DATE! TUESDAY 2 AUGUST

We are looking forward to welcoming families back for Education Week! Full details will follow shortly but there will be Open Classrooms, a chance to watch our talented students perform in a showcase, a Book Fair in the Library and opportunities to provide the school with valuable feedback using easy QR code links around communication, uniform, transitions to school and to High School and much more. You will be able to order a "picnic lunch box" for you and your child/children to join them for lunch (weather permitting!).

## COVID UPDATE | CLOSE CONTACTS

I have updated families last Friday on recent COVID-19 cases in the school. It is important that we remain aware that COVID remains within our communities and as we head to the winter flu season, the importance of monitoring and acting on any symptoms. Close contacts must follow the guidelines below in addition to the [NSW Health guidelines](#):

- must notify the school including outside of school hours care (NOOSH etc) if they are intending to return under these updated guidelines;
- take a daily rapid antigen test (RAT) and return a negative result each morning before attending school for 5 consecutive school days;
- no student or staff member identified as a close contact will be permitted to participate in overnight excursions, including school camps;
- it is recommended for primary school students who are household contacts to wear masks at school and staff who are household contacts must wear masks; and
- any visitor to a school site who is a close contact must advise the school that they are a close contact before they come on site.

## COVID UPDATE | CLOSE CONTACTS [CONTINUED]

- These visitors should conduct a daily RAT and return a negative result before attending.
- They must also wear a mask indoors at all times. Schools should consider if the visit can be conducted virtually.

Please read the note sent home May 13 for full details on updated requirements around close/household contacts.

**Any students who attend school who are unwell and show symptoms will be sent home to be tested.**

## NEXT UP AT NORTHMEAD

Check the N.P.S. "Next Up" Calendar and notes sent home to advise of upcoming events including:

- \* 14 & 16 June Synergy Dance Festival Penrith
- \* Monday 27 June | Year 2 Rouse Hill excursion
- \* Tuesday 28 June | Year 1 Rouse Hill excursion
- \* Friday 1 July | Last day Term 2
- \* Winter holidays: 6-15 July
- \* Semester 1 Reports emailed Tuesday 19 July
- \* Education Week 1-5 August including Parent/Teacher Conferencing
- \* Monday 1 August – Stage 2 except 3F
- \* Tuesday 2 August – Kindergarten
- \* Wednesday 3 August – Stage 1 and 3F
- \* Thursday 4 August – Stage 3
- \* **SAVE THE DATE – EDUCATION WEEK OPEN DAY @NPS – TUESDAY 2 August**
  - Starting approximately 9:30am – full details to follow
  - Open Classrooms
  - Book Fair in the Library
  - Showcase student performances
  - Feedback opportunities via QR Codes
  - Picnic lunch with your child/children

# UNIFORM CHANGES AHEAD

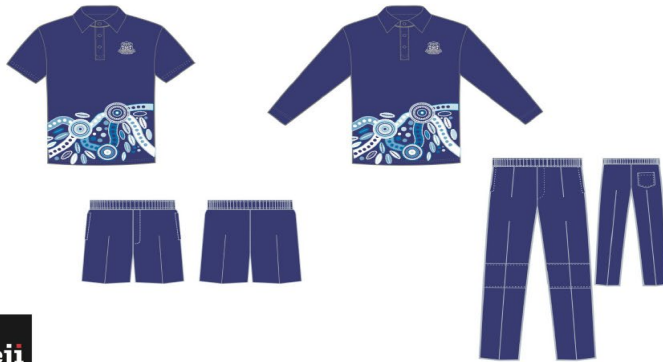
## Phase 1 – Academic Uniform

### Academic Uniform – Unisex



Northmead Public School

Academic Uniform



#### Summer

- Short sleeve sublimated fabric polo shirt in navy blue with aboriginal inspired artwork (front and back) representing pathways and yarning circles.
- Navy elastic drawstring waist shorts suitable for boys and girls.

#### Winter

- Long sleeve polo in the same design and colourway as the short sleeve shirt.
- Navy elastic drawstring waist trousers suitable for boys and girls.

### Objective | Wellbeing

The purpose of these changes is to update and provide inclusive, modern, easy wear and easy wash uniform options that are comfortable for NPS students to learn and play in. It will simplify the number of uniform options we currently have. The new uniform will:

- ❖ encourage physical activity
- ❖ provide a non-gender specific uniform providing options for girls if they choose
- ❖ considers affordability and comfort for all body types and the variety of learning and play/sport activities they will be worn for
- ❖ provides cohesive mix and match options year-round as opposed to Summer vs Winter choices
- ❖ the change process will take upto 3 years and students may wear items from the current school uniform that will be discontinued if parent choose not to purchase new uniform items immediately
- ❖ the Sports shirt option will be "Phase 2"

### Supply and Purchase

The storyboard artwork and samples presented have been provided by our current uniform supplier Reiji Uniforms. Reiji are a family owned, Sydney based business with whom the school/P&C Uniform Shop has had a long standing relationship.

### New Uniform Shirt Fabric

All polo shirt options will be made from fully dye sublimated polyester micro-mesh fabric with moisture wicking and antibacterial technology. They have a smooth finish and they are cool to wear.

### The NPS uniform will be simplified to include:

- ❖ Navy short sleeve easy wear polo shirt
- ❖ Navy long sleeve easy wear polo shirt if students prefer a long sleeve option or for cooler weather
- ❖ Navy shorts or pants (unisex with elastic drawstring)
- ❖ Existing navy jazz pants will still be available
- ❖ Navy skort option for girls (Summer or Winter) and navy stockings or tights may be worn underneath. The skort has built-in stretch undershorts.
- ❖ Royal blue short sleeve **sports** polo shirt which includes house colours (Phase 2 – see next page)
- ❖ White socks for all

### Phase 1 Academic Uniform January 2023

The new academic uniforms are planned to be introduced for our 2023 Kindergarten. However the uniform will be available in all sizes for families to purchase for students K-6 if they wish. Families can continue with the current uniform choices if they are not yet ready or in a position to purchase the new uniform items. Grey shorts and pants will be phased out from this year and navy options will be available to purchase.

#### Items to be discontinued:

- ❖ Girls summer and winter tunics
- ❖ Girls sky blue peter pan shirts
- ❖ Grey stockings/tights (not sold by Uniform shop)
- ❖ Boys grey shorts and pants
- ❖ Grey socks
- ❖ V-neck jumpers (once current stock is sold)



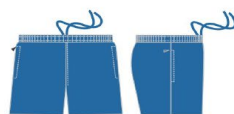
## UNIFORM CHANGES AHEAD

### Phase 2 – Sports Uniform

# Sports Uniform



Northmead Public School  
Sports Uniform



## Summer

- Short sleeve sublimated fabric polo shirt in royal blue. Colours will be introduced to represent NPS sporting houses coming together for sports events.
- Existing unisex microfibre shorts.
- Existing girls stretch microfibre skort.

## Winter

- Existing stretch microfibre long pants.
- Existing fleece jumper/zip jacket.

## UNIFORM CHANGES AHEAD

### Phase 2 – Sports Uniform

- ❖ A new royal blue sport polo shirt featuring house colours will be phased in over time while we manage the stock still available of the current sport shirt
- ❖ Sport shorts, skorts and pants will remain in royal blue. The colour provides a point of difference to the academic uniform.

# Old and New Uniform Price Comparisons

| Old Uniform Combinations                               | Price   | New Uniform Combinations  | New Price Estimate |
|--|---------|---|--------------------|
| Summer Tunic   | \$58.00 | New Short Sleeve Polo Shirt and Navy Shorts                         | \$61.00            |
|  |         | New Short Sleeve Polo Shirt and Navy Skort                          | \$82.00            |
| Winter Tunic and Long Sleeve Peter Pan Shirt           | \$87.00 | Navy Skort and New Long Sleeve Polo Shirt                           | \$87.00            |
| Long Sleeve Peter Pan Shirt and Navy Jazz Pants (4-14) | \$72.00 | New Long Sleeve Polo Shirt and Jazz Pants (4-14)                    | \$84.00            |
|  |         | New Navy Elastic Drawstring Waist Pants and Long Sleeve Polo Shirt  | \$77.00            |
|  |         | New Short Sleeve Polo Shirt and Navy Elastic Drawstring Waist Pants | \$72.00            |
|  |         | New Short Sleeve Polo Shirt and Navy Jazz Pants (4-14)              | \$79.00            |
| Old Sport Polo   | \$33.00 | New Short Sleeve Polo Shirt   | \$36.00            |

# UNIFORM CHANGES AHEAD

## Price Comparison

- ❖ The mix and match nature of the new uniform allows for cheaper combinations
- ❖ The ability to wear short or long sleeve shirts year round may also provide a cost saving for families
- ❖ Unisex uniforms will allow families to utilise “hand- ons” between brothers and sisters for cost effectiveness

## Other Information

- ❖ Royal blue fleece zip jackets and v-neck jumpers will remain until stock levels are sold
- ❖ The current v-neck fleece jumper will be sold down and phased out as it is not a popular item
- ❖ Navy fleece zip jacket or other lightweight zip jacket options will then be considered/introduced.
- ❖ School bags and library bags will change to navy.
- ❖ Navy hat options will be sourced/introduced once current royal blue stock levels are sold

- ❖ Items such as navy shorts and pants or royal blue sports shorts and pants can be sourced from department stores if families would prefer a cheaper generic option to go with the new shirts



## Other Uniform Items

### Shoes

- Academic uniform - black school shoes
- Sports uniform - sports runners/joggers



### Socks

- White socks for all students



### Tights/Stockings/Leggings

- Navy blue tights/stockings/leggings may be worn under the nen navy skort.



### Hats

- Royal blue bucket hat/slouch hat with NPS crest. Colour change to Navy to be considered in future.



## Consultation

The following proposal for changes to Northmead Public School's uniform has been provided in consultation with:

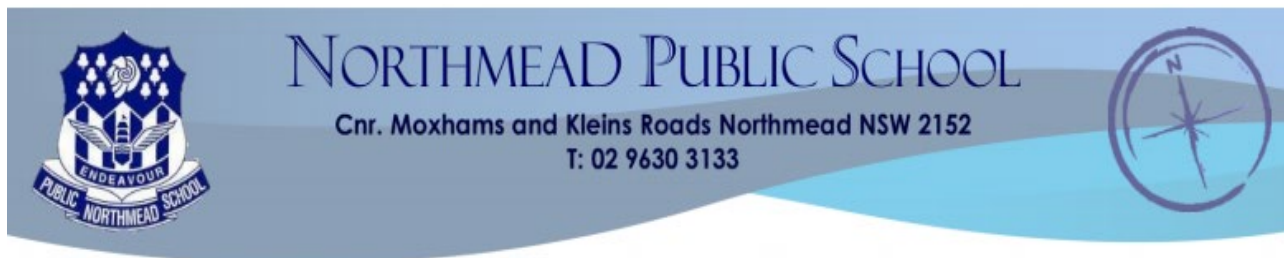
- The Principal, Mrs Anne Ezzy
- Members of the NPS P&C Executive and Uniform Committee
- Suppliers

Changes take into consideration feedback from surveys received by the school from:

- Students
- Parents/carers
- Staff

Uniform samples and designs have been sourced at the request of the Principal and have been approved unanimously by the school executive team.





10 June 2022.

Dear Northmead Public School families,

**Re: Parent/Teacher Conferencing | Student/Parent Evaluations and Semester 1 Reports**  
**Education Week Open Classrooms**

Due to disruptions to student learning in Term 1 due to COVID restrictions, this year the Semester 1 student reports will be emailed to parents/carers in **Week 1, Term 3 on Tuesday 19 July**. This has given teachers more time to undertake assessment of student learning during Terms 1 and 2. ***(Please note that if your child is in 3F or 5/6W a separate note has been sent home to advise either of a later report date availability or the conference expectations due to a change in class teacher).***

As part of Northmead Public School's reporting to parents procedures, aligned with the NSW DoE Reporting to Parents policy and guidelines, we are trialing along with Parent/Teacher conferences around the Semester 1 report; a Student/Parent Evaluation of Learning Progress. This will be conducted with students in class time prior to the Parent/Teacher Conference. The parent/s will then complete an evaluation of their child's learning progress in their conference with the class teacher, mainly held on a set day during Education Week between 1-4 August. Some additional conference times may be offered by teachers on other days in Education Week or in the week before to maximise the times available to talk with parents about their child's learning progress.

This way of involving students in evaluating their learning goals and progress in schools has been positively implemented in many public schools. It gives students an opportunity to have a "voice" in how they feel they are progressing and what they, their parent and teacher believe are areas to work towards as well as celebrating learning areas they are particularly successful in.

If you are not familiar with this process, Student / Teacher / Parent learning progress evaluation is another way for you to learn about your child's awareness of their progress, efforts and areas to develop at school. During the evaluation students:

- identify strengths and learning goals with their teacher;
- connect their learning to long-term goals for high school/possible career paths (if applicable);
- determine their "next steps" to improve their learning and progress;
- discuss what they would like to have achieved by their next "learning goal" evaluation (**S.I.N.G.:** Students Imagine Next Goal).

If you are unable to directly attend the parent/teacher conference at school, your teacher may be able to arrange a ZOOM conference with you at a mutually convenient time. **Evening conferences or ZOOM times are not available.**

Each Stage has been allotted a particular day between 1-4 August, when they will hold most of their parent/teacher conferences between **2:00-5:40pm**. Conferences are 10 minutes in duration. **Please keep to the times given as another parent/carer will be waiting to start their conference immediately after yours.**

The times for your child's year/stage groups are as follows:

- **Monday 1 August** | **Stage 2 (Years 3 and 4 – except 3F)**
- **Tuesday 2 August** | **Kindergarten**
- **Wednesday 3 August** | **Stage 1 (Years 1 and 2) and 3F**
- **Thursday 4 August** | **Stage 3 (Years 5 and 6)**

Teacher/parent conferences **are held in your child's classroom** (*unless your Stage advises otherwise*). Teachers will also offer additional times for conferences during other days in Education Week or in the week before/after to ensure every child's family has access to a conference timeslot. These times may include before or after school or during their RFF (release from face-to-face teaching). ***This will be at the discretion of each teacher*** to fit in their own personal / family commitments. **No teacher/parent conference times are available after 5:30pm on any day.** Information on how to book in on-line for your conference times will be forwarded to families in the coming weeks.

We hope you will value these conferences and learning evaluations in Term 3 as an informative method of finding out about your child's efforts at school. At schools where I have been both a teacher and leader, feedback from parents included that they left these conferences after comparing their child's evaluation and sharing their own feedback with teachers, with a greater understanding of what their child was doing and how they were engaging with learning and wellbeing goals at school. In addition, a number of parents found out first-hand about areas in which their children needed to focus and set up a home-school partnership to monitor future progress.

We will be sending home your invitation to book on-line for your child/children's Parent/Teacher Conferencing very shortly and ask that you promptly reply to try and secure a time that best suits you.

We feel sure you will find the 2022 Parent/Teacher Conferencing an even more enhanced, positive and informative way to learn about and provide feedback on your child's progress at school.

With kind regards,

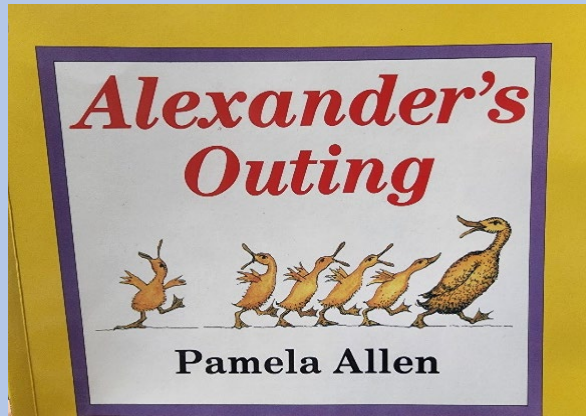
*Mrs Anne Ezzy*  
**Principal**

*Mrs Natalie Baumann*  
**Deputy Principal K-2**

*Mr Daniel Gorrie*  
**Deputy Principal 3-6**



# Kindergarten at the Library



In Library this term, students in kindergarten have been exploring texts by the author Pamela Allen. This week's text was "Alexander's Outing" which is a book about a little duckling who gets stuck down a deep dark hole. The people in the story try lots of different strategies to help rescue him.

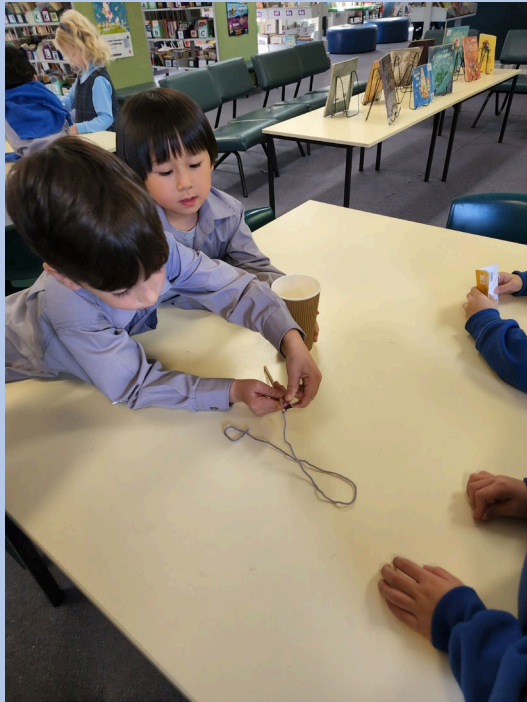
As part of our learning activities the students participated in STEM tasks which required problem solving skills and team work.

Activity 1 – Students were given their own little Alexander to save from a hole (coffee cup). They used a similar strategy as was used in the book. By filling mini-cups from a fountain (a bowl), they passed the water down the line from the fountain to the hole. With every cup that was emptied into the hole the water rose until finally Alexander was floating at the top.



# Kindergarten at the Library

Activity 2 - Students were given a range of resources such as paperclips, a straw, blue tack, a mini-umbrella, string and a clip, and were asked to try and save their own little Alexander from a hole (a coffee cup).







# Pathways to Reconciliation

**Warami! – This means 'Hello' in Darug language.**

NPS has been fortunate enough to part of the Pathways to Reconciliation Program for a second consecutive year. Selected students from Years 3, 4 and 5 have participated so far in two out of three sessions, facilitated by Reconciliation NSW and First Nations People.

Our first session was run by Darug Elder, Uncle Chris, who introduced students to the First Nations' concept of Country and their connection to it. During the session the students were taught about the tools Aboriginal people invented and continue to use, and the different roles that females and males have within their clan.

During our second session, Kerry, a First Nations' person, taught our students traditional Aboriginal dances. Kerry explained the meaning behind the movements and the dance.

Afterwards, the students reflected on all the information that they had learnt from Uncle Chris and Kerry, in order to begin creating their own artwork. Artwork could be produced using paints, crayons, native flowers and plants, and orche clays. When finished, these artworks will be part of our Pathways to Reconciliation Art Exhibition on our school fence.

*Mrs Melanie Fletcher - EAL/D co-ordinator*





19<sup>th</sup> – 25<sup>th</sup> June 2022

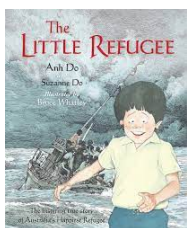
Refugee week is a time to celebrate all the positive contributions made by people who are/were refugees to Australian society. The main aim of the

celebration is to create a better understanding between different communities and to encourage successful integration which enables people with refugee backgrounds to live in safety and to continue to make valuable contributions. To learn more about 'Refugee Week' please head to: <https://www.refugeeweek.org.au/>

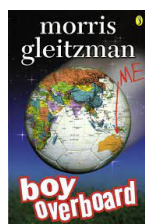
#### Quick Facts:

- **Right to seek asylum:** Anyone fleeing persecution, conflict, or human rights abuses has a right to seek protection in another country.
- Refugees are people who have fled war, violence, conflict or persecution and have crossed an international border to find safety in another country.
- According to United Nations data (June 2021) - The top five countries of origin make up 68% of refugees worldwide:
  - Syria, with 6.8 million
  - Venezuela, with 4 million
  - Afghanistan, with 2.6 million
  - South Sudan, with 2.2 million
  - Myanmar, with 1.1 million
- 82 million people are forcibly displaced
- 42% of refugees are children

*If you would like to discuss this topic with your child, there are numerous picture books and stories that are appropriate for primary school children which tell stories about refugees.*



*The Little Refugee*  
By Anh Do



*Boy Overboard*  
By Morris Gleitzman



*I'm Australian Too*  
By Mem Fox



*My Two Blankets*  
By Kobald & Blackwood



I'm happy you're safe  
I'm happy you're free  
**I'm happy you're here**

#refugeeweekau  
19 – 25 June 2022

refugeeweek.org.au  
@OzRefugeeCounc



Coordinated by  
Refugee Council of Australia





# Stage 2

Congratulations to our  
Multicultural Speaking competitors  
and finalists!





# Sydney West Primary Girls Football Championship

On Monday 6 June 2022, Olivia (5/6C) represented Northmead PS and Castle Hill PSSA (CHPSSA) at the Sydney West Girls Football Championships at Valentine Sports Park in Glenwood. With a very tough competition this year, the girls ended up finishing 2nd in their pool to the respective Hawkesbury Zone. CHPSSA then went on to play the winner of the opposition pool, which was Seven Hills/Wentworthville. In a nail-biting ending, the girls ended up winning the major semi-final 2-1. They then went on to play Hawkesbury again in the grand final. The final whistle blew, and the game ended in a 0-0 and CHPSSA were crowned joint Champions.





# Sydney West Cross Country Championship

On Wednesday 15 June, 2022 Harvey (3M), Olivia (5/6C), Aishi (5/6E) and Bernie (5/6H) represented Northmead Public School and Castle Hill PSSA at the Sydney West Cross Country Championship. The race was at Sydney International Equestrian Centre, Horsley Park. Aishi came 32<sup>nd</sup> and Olivia came 65<sup>th</sup> which are amazing results considering Aishi ran with a stitch for much of the race and Olivia rolled her ankle when at the time she was approximately in 15<sup>th</sup>. A huge congratulations to Bernie and Harvey who came 3<sup>rd</sup> in their respective age races. Both boys will be competing at State on Friday 22<sup>nd</sup> July at Sydney Motorsport Park, Eastern Creek. We wish them the very best for their next race.





## 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

### TOMORROW 3 June – World Bicycle Day



Register [here](#) for a morning full of fun activities and how-to workshops. Meet some friendly local biking groups and test ride a bike or two.

**Where:** Jacaranda Square, Sydney Olympic Park

**When:** Tomorrow 3 June, 8 – 11am

[Post](#) for sharing.



### Winter warmer recipes

As the cold weather sets in, try these warm and delicious family recipes.



[Red lentil soup](#)



[Vegetable pasta bake](#)



[Spanish chicken rice](#)

#### 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



## COVID-19 update

### COVID-19 vaccination



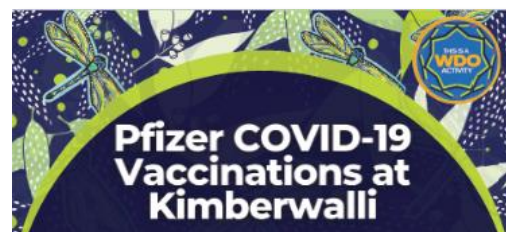
#### Updated [ATAGI advice](#) on COVID-19 Winter Booster

People aged 16 - 64 years who have a complex, chronic or severe condition that increases their risk of severe illness from COVID-19 are now recommended to get an additional winter COVID-19 booster.

[Post](#) for sharing.

### Western Sydney vaccination clinics

- **Blacktown Hospital vaccination clinic:**  
10am - 6pm Monday to Friday  
8am - 4pm Saturday and Sunday for Moderna, Pfizer and AstraZeneca vaccines.
- **The Granville Centre Vaccination Clinic:**  
11am - 5pm Fridays  
9am - 3pm Saturday and Sunday for walk-ins only.  
Closed Monday to Thursday.
- **Pfizer COVID Vaccination Clinic, Kimberwalli:**  
Fridays from 11am to 5pm. Sat 4 June 9am-3pm (Final Saturday).  
For Aboriginal and Torres Strait Islander People from ages 5 and up.  
More information call Kimberwalli on [\(02\) 9853 3333](tel:0298533333).



[Information](#) about COVID-19 and flu vaccinations and how to book.



If you need help to get a vaccine you can call the National Coronavirus Helpline or SMS "Hey EVA" to 0418 611 382, 7am to 10pm, 7 days a week.

You will receive a call back from a trained agent who will help you find a vaccine appointment based on your individual needs.

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





# Keeping families and children well

## COVID-19 Bulletin



Health  
Western Sydney  
Local Health District

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

### COVID-19 antivirals

At higher risk of severe illness from COVID-19?

Speak to your GP today about antivirals



[Antivirals](#) are medicines that help stop a virus infecting healthy cells or multiplying in the body. Antivirals work best when taken as soon as possible, usually within five days from when your symptoms start.

If you are at higher risk of severe illness from COVID-19 you may be eligible for antiviral or other early treatment for COVID-19. People at higher risk include those over 60 years old, Aboriginal and Torres Strait Islander people aged 35 and over, or those who have chronic health conditions.

[More information.](#)

### Long COVID-19

If you've had COVID-19 and are experiencing ongoing symptoms that affect your daily quality of life, you may have [long COVID](#).

Common symptoms of long COVID include fatigue, shortness of breath and a persistent cough, although many other symptoms have been reported.

If you think you have long COVID, talk to your doctor or [Aboriginal Medical Service](#).

[More information.](#)

[Post](#) for sharing.

Let's talk about  
long COVID



### COVID-19 settings

Keep up to date with the [current rules](#) for COVID-19.

#### COVID SAFETY

**Wear a mask on public transport, including taxis and rideshare services, and public transport waiting areas.**



> COVID SAFETY, IT'S UP TO US



#### COVID SAFETY

**A household or close contact of someone with COVID-19?**

Don't visit those at high risk, hospitals, aged care or disability facilities.



> COVID SAFETY, IT'S UP TO US



#### COVID SAFETY

**A household or close contact of someone with COVID-19?**

Work from home if you can.



> COVID SAFETY, IT'S UP TO US



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



Health  
Western Sydney  
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### Latest COVID-19 resources

- New rules for household and close contacts in NSW [fact sheets](#) (available in [57 languages](#))
- Update on COVID Settings multilingual [videos](#)
- New mask [posters](#)
- Aboriginal winter and flu [resources](#)
- COVID-19 and Pregnancy [information](#)



## Other health updates

### Keep emergency departments for emergencies



Emergency departments across NSW are currently under significant pressure due to COVID-19 and rise in flu cases.

If you're seriously injured, seriously unwell or have a life-threatening medical emergency, you should call 000 or attend an emergency department immediately.

If you don't need urgent medical care but are not sure if you should go to an emergency department please visit [Healthdirect.gov.au](https://www.healthdirect.gov.au) or call Healthdirect 24/7 for free on 1800 022 222 for fast, expert advice from registered nurses on what to do next.

Multilingual social tiles [here](#).

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



Health  
Western Sydney  
Local Health District

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

### Western Sydney Care Collective

In a major step towards easing pressure on Western Sydney's emergency departments, Western Sydney Care Collective, a collaboration between WSLHD and the Western Sydney Primary Health Network, will establish up-to 12 urgent care service centres will be established over the next year. Read more in [The Pulse](#).

### Free flu vaccinations for June

Flu is circulating in the community for the first time in two years and can cause serious illness. With a sharp increase in flu cases already, this year's flu season is expected to be severe.

A [free flu jab](#) is available to all NSW residents until 30 June. The flu vaccine is available at GPs for everyone aged 6months+ and pharmacies for everyone aged 5+. It is also available at Aboriginal Medical Services.

You can get vaccinated against flu and COVID-19 at the [same time](#).



### Public health alerts



#### Legionnaires' Disease

NSW Health continues to advise people who have been in the Sydney CBD area in the past two weeks to be on the lookout for symptoms of Legionnaires' disease as a sixth case of the disease has now been identified in a person who spent time in the area.

Legionnaires' disease usually causes fever, chills, a cough and shortness of breath. Some people also have muscle aches, headache, tiredness, loss of appetite and diarrhoea. [Fact sheet](#).



#### Monkeypox

An overseas traveller has brought [Monkeypox](#), a rare viral infection into NSW.

The disease is usually associated with travel to Central and West Africa and spreads from one person to another through prolonged close contact or direct contact with infected bodily fluids or contaminated objects. [Fact sheet](#).

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## Other updates

### How to notify of Gastro Outbreaks in Early Education and Care Centres

The way gastroenteritis outbreaks within Early Childhood Education and Care services are notified to the Western Sydney Public Health Unit (PHU) has changed. All gastro outbreaks must now be notified via an [online form](#).

#### Definition of an outbreak

The definition of an outbreak has not changed and is notifiable under the NSW Public Health Act 2010.

A gastro outbreak occurs when 2 or more children or staff have sudden onset of vomiting or diarrhoea in a 2-day period.

#### How to notify the PHU of an outbreak

If you have a gastro outbreak within your centre, please notify the PHU by completing this [online form](#).

You will then receive further information and instructions by email.

Please save this form link for your future reference.

If you have any questions, please contact: [WSLHD-CommunicableDiseases@health.nsw.gov.au](mailto:WSLHD-CommunicableDiseases@health.nsw.gov.au)

### Free CPR course for young parents



**CPR KIDS Course**  
For young parents  
When your kids are unwell it can be scary. This course will give you the must have skills for your parenting toolbox.  
For those in Blacktown, The Hills, Parramatta & Cumberland LGA's

**Date:**  
Wednesday 15<sup>th</sup> June  
10am – 1pm

**Location:** Youth Rez Doonside Hub  
33 Graham st, Doonside (Reach out if transport is any issue)

**Learning:**  
You will not only learn how to do CPR on babies and kids you will also learn what to do for:  
- Choking  
- Drowning  
- Burns  
- Fever  
- Head injuries  
- Spider and snake bites  
- Allergies  
- Limb injuries

You will receive a Certificate of Attendance

**Register here:** <https://bit.ly/3CzbUJ4>

For more info:  
[info@youthrez.com.au](mailto:info@youthrez.com.au)  
/ 1300 889 855

**FREE**  
For 16 – 25 year old parents and parents to be

**QR Code**

**Logos:** CPR KIDS, YOUTH RESOLUTIONS, SaintsCare

This course provides must-have CPR and first aid skills for young parents (16-25 years old).

15 June, 10am – 1pm, Youth Rez Doonside Hub.

Register [here](#).

For more information contact [info@youthrez.com.au](mailto:info@youthrez.com.au) or 1300 889 855

#### For information:

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### Join the Mushrooms in Schools Program

Developed by The Australian Mushroom Growers' Association, the program provides free educational resources to assist in-class learning for primary schools.

The Mushrooms in Schools program includes [10 free lesson plans](#) and [free mushroom growing kits](#) – so kids can learn firsthand how mushrooms grow.

Teach kids all about mighty mushrooms in a fun and interactive way!

[More information and application form](#) for schools/teachers.



AMGA  
Australian Mushroom Growers' Assoc.

## Join the Mushrooms In Schools Program!

Sign up at [australianmushroomgrowers.com.au/free-mushroom-kits/](https://australianmushroomgrowers.com.au/free-mushroom-kits/)

### Youth Voices – Unpacking Vaping poster competition



This year for World No Tobacco Day (31 May), WSLHD launched a **Youth Voices Unpacking Vaping poster competition**.

Open to all high school students in Western Sydney, to enter the competition simply design a poster with a message about the harms of vaping. There are prizes for winning student entries, and the high school with the greatest number of student entries will also be awarded a prize.

More information about the competition [here](#). Entries close 30 June 2022.

[Post](#) for sharing.

#### For information:

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### Healthy and Active for Life Online (starting in July)

Maybe something for grandparents and older 'grand' friends – please pass on this information to them!

#### Healthy & Active for Life Online

### Let's get active today!

Exercise, healthy eating & lifestyle tips

For people **aged 60+** or **45+** for Aboriginal or Torres Strait Islander people



**Register by 8 July for the next 10-week program (starts 11 July)**

**More information & register here:**  
[www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

#### What's included?



A FREE 10-week online program



Exercise videos to do at home each week



Online healthy eating & lifestyle sessions



Support from a trained Phone Coach



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

- Check [latest announcements](#) and [NSW Health COVID-19 information](#)
- Check Australian Government [COVID-19 information](#)
- Follow NSW Health on [Facebook](#) and [Twitter](#)
- Visit [www.healthdirect.gov.au](http://www.healthdirect.gov.au) to check symptoms
- Visit <http://www.nsw.gov.au/covid-19> for all other COVID-19 related information
- Visit [COVID-19 Community Resources website](#). Subscribe [here](#).

Who to call:

- Call National Coronavirus Hotline on 1800 020 080 (24/7) for health questions or to check symptoms
- Call National Coronavirus Hotline on 1800 020 080 and choose Option 8 for the free interpreting service
- Call Service NSW on 13 77 88 (24/7) for non-health related questions
- Call Beyond Blue on 1800 512 348 (24/7) for mental wellbeing support
- Call COVID-19 Let's Talk on 8890 5236 to talk about stress and lifestyle changes during COVID-19

Resources:

[Coronavirus Australia app](#)

#### For information:

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

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With winter here, the best way you and your family can [stay well](#) and keep doing the things you love is to follow these simple steps.

### COVID SAFETY

## Simple steps to help stop the spread of viruses.



Wash hands regularly



Get vaccinated, including COVID-19 booster



Keep a safe distance where you can



Wear your mask when you can't distance

> COVID SAFETY, IT'S UP TO US



### 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 – 2 June 2022*

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

### For information:

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**Scouts**  
NSW

# 1st Winston Hills Scout Group



# 50TH BIRTHDAY & SCOUTS OPEN DAY



**COME ALONG & SEE WHAT  
SCOUTS IS ALL ABOUT**

For Boys & Girls aged 5-17



**SUNDAY  
24 JULY 2022  
1PM - 5PM**

**ADMISSION:  
FREE**

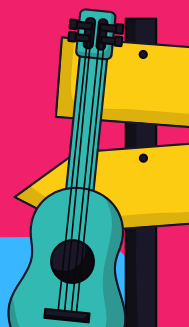
## Open Day Activities

- ✓ Free Jumping Castle
- ✓ Free Face Painting
- ✓ Fun Games and Demonstrations
- ✓ Lolly Stall
- ✓ Free Sausage Sizzle

## Third Settlement Reserve

Edison Parade  
Winston Hills

**More Information** [Jane.Verwoerd@nsw.scouts.com.au](mailto:Jane.Verwoerd@nsw.scouts.com.au)





# We're hiring School Crossing Supervisors



Help protect our vibrant school communities.



Be a road safety hero for school kids, caregivers, and school staff.



Be a second set of eyes for local motorists at busy times.



Earn an income and still have time to live your life to the fullest.

## Casual roles available in Parramatta & Western Suburbs – 63096

- Auburn LGA
- Blacktown LGA
- Parramatta LGA
- Holroyd LGA

## Does this sound like you?

- Willing to work outdoors in all weather conditions.
- Able to communicate with different groups and give clear instructions.
- Community-minded.
- Friendly and positive manner.

## Days and hours

- Shifts will fall between 8:00am – 9:30am and 2:30pm – 4:00pm with a minimum of one hour shift as required.

## Apply today

Applications close  
Wednesday 15<sup>th</sup> June 2022

See [jobs.transport.nsw.gov.au](https://jobs.transport.nsw.gov.au) and search for **Reference Number: 63096** or search 'School Crossing Supervisors' for a full list or vacancies or scan the QR code to apply.

## For further information, contact

Lisa Schreiber

[lisa.schreiber@transport.nsw.gov.au](mailto:lisa.schreiber@transport.nsw.gov.au)  
: (02) 9983 3823

