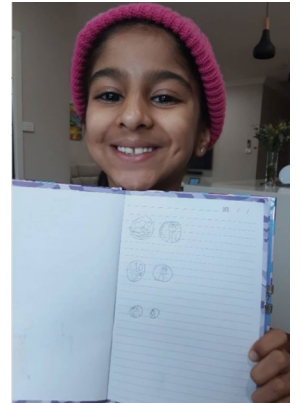
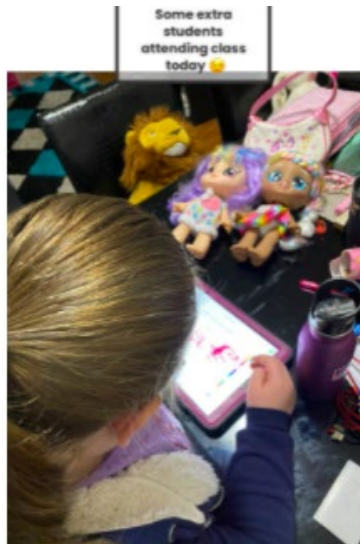
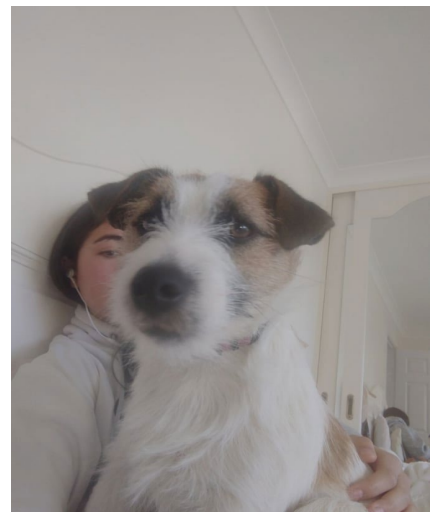
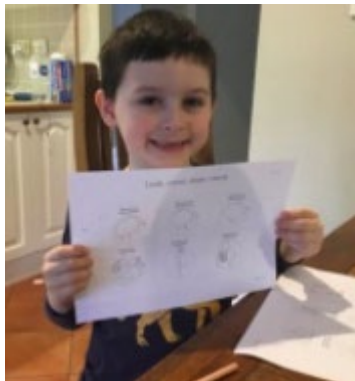
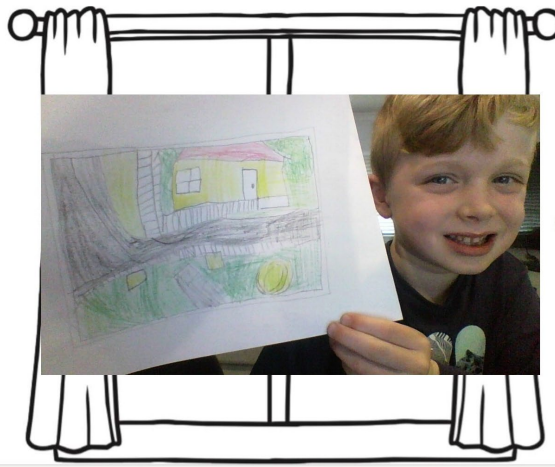




# NORTHMEAD NEWSBREAK



Draw a picture of what you see when you look outside your window.

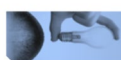


## AT A GLANCE! 2021 TERM 3 DATES

### FORWARD PLANNING

#### COVID-19 RESTRICTIONS ALLOWING

- ✉ Education Week  
July 26-30 – Theme  
“Lifelong Learners”  
Virtual Events
- ✉ Olympics Day  
Monday 23 August
- ✉ Stage 2 Narrabeen  
Excursion  
Term 3 – 25-27 August
- ✉ Kindergarten  
ZOO Excursion  
Monday 30 August
- ✉ Public Holiday  
Monday 4 October
- ✉ TERM 4 COMMENCES  
Tuesday 5 October  
Staff and Students
- ✉ SCHOOL PHOTOS 1  
Classes  
Tuesday 12 October
- ✉ SCHOOL PHOTOS 2  
Sport/Extra Curricular  
Tuesday 2 November



Thought for  
the Week

The capacity to learn is a  
gift; The ability to learn is  
a skill; The willingness to  
learn is a choice.

BRIAN HERBERT

## The Eazy Editorial



- EVERY MINUTE COUNTS • EVERY CHILD COUNTS •
- EVERY CHILDHOOD COUNTS • Kailash Satyarthi

### Dear Northmead P.S. Community:

Well that wasn't the start to Term 3 we expected!! Thank you to the families who followed the Department's and Health public orders stating **Parents and carers in Greater Sydney must keep children – across primary and secondary school – at home** unless they need to be at school. Students are undertaking on-line learning platforms via SeeSaw (K-2), Google Classrooms (Y3-6) as well as printed versions for families who prefer that option. I can't overemphasise to the NPS community, the importance of keeping your children at home wherever possible to minimise our mobility and help stop the spread of the virus.

Thank you to our families who have responded so flexibly and demonstrated resilience and a “can do” attitude to Learning from home as Greater Sydney copes with the COVID-19 outbreak. The school executive worked throughout the holiday break, 'zoom meeting' between Wednesday and Sunday before Term 3 Staff Development Day (SDD) 12 July, developing a plan for learning at-home and learning on-site. On the SDD, stage teams, our EAL/D, RFF/Library and Learning Success teachers spent the day developing the weekly schedule of learning. Thank you also for your overwhelmingly positive feedback about the on-line learning options developed by the NPS teaching team, including the fun videos, storytelling and the NPS Teacher Olympics!! I've included great learning, recreational and virtual tour links in our “**Important 2know**” part of Northmead Newsbreak.

You should be aware from our regular updates to families that most NPS staff are working from home and juggling at-home learning as best they can. Whilst we realise parents don't become a teacher overnight, keep doing what you have always done and encourage your children to be active, creative, playful and independent. Please contact the school, Mrs Carmichael and administration staff if you are having difficulty. We are here to help!

If your child/children have the mildest of symptoms or are unwell they must stay at home, be tested and once a negative result has been sent to you, they must still remain at home until they are symptom free. All families are encouraged to monitor the NSW Government's latest COVID-19 news for locations where there may have been exposure to COVID-19 and adhere to the advice as appropriate. NSW Health regularly updates its advice: [Current COVID-19 case locations | NSW Government](#)

### LOANING DIGITAL DEVICES

Mr Gorrie sent out a survey asking for families who needed help through the school loaning devices for students learning from home. This loan option is still available to our students learning from home. We understand you may have a number of children trying to learn from home but are trying to share one device. We are happy to loan you an additional device. Please contact the office via phone or email and Ms McDonnell will organise a pick-up time for your child to log-in to the device at school (which is needed to access the NSW DoE portal), record the student borrowing the device and the device's serial number and then the student can take it home till we all return to school.

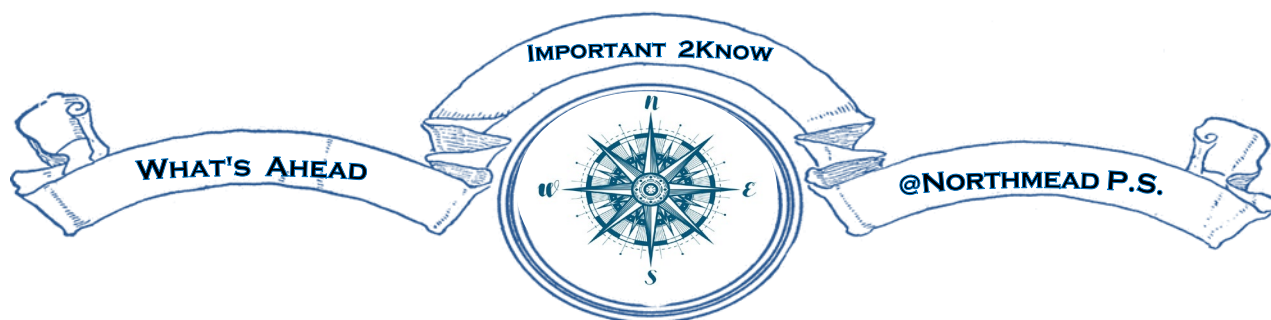
Mrs Wheatley has shared some of the research-based and unexpected “silver linings” to have occurred during the pandemic – which seems to align with this edition's quote:

*“...Let us learn from the past to profit by the present and from the present, to live better in the future.”*

William Wordsworth

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

*...Anne Eazy (Principal)*



## USEFUL LINKS – ONLINE RESOURCES AND EXPERIENCES

If your child/children are eager to start learning before their school platform has begun, or just to have some alternatives for during the day or weekends – we hope you find these learning links useful:

- 🔗 ABC Education - <https://education.abc.net.au/home#!/home>
- 🔗 Nat Geo Kids - <https://www.natgeokids.com/au/>
- 🔗 Storyline - [Storyline Online - Home](#)
- 🔗 Sydney Living Museums – resources - [Learning resources | Sydney Living Museums](#)
- 🔗 42 Virtual Field Trips (*scroll to bottom of page for all the choices*) [42 Best Free Virtual Field Trips for Kids and Families Who Can't Visit in Person \(goodhousekeeping.com\)](#)
- 🔗 Time for Kids - <https://www.timeforkids.com/>
- 🔗 Code Club - <https://codeclubau.org/projects/>
- 🔗 Learn a Language - <https://www.duolingo.com/>
- 🔗 Metropolitan Museum of Art - <https://www.metmuseum.org/art/online-features/metkids/>
- 🔗 The Louvre Paris Virtual Tours - [Online tours \(louvre.fr\)](#)
- 🔗 NASA Kids Club - <https://www.nasa.gov/kidsclub/index.html>

## UNIFORM SURVEY – PARENT/COMMUNITY FEEDBACK INVITED

Thank you to the families (around 100) who have already responded and provided great feedback. **We will leave the Uniform Survey open for another 2 weeks so you can still have a say in what our future school uniform may look like to support our students:**

### **SURVEY OPEN UNTIL FRIDAY 13 AUGUST**

We are reviewing our current uniform and the school is asking for our students, families and staff to undertake a short survey on possible future directions for our uniform. We will be putting the following QR code on the fence near the entry gates on Kleins and Moxhams Roads. The code will also be located at the Canteen and NOOSH. Thank you for your input so we can ensure our uniform serves our students and community.

Here is the link to the on-line Survey Monkey survey – or you can capture the QR code below:

<https://www.surveymonkey.com/r/NPSUniformSurvey>



# Is there an upside to Covid-19?



Without a doubt, Covid-19 has had a huge impact on our community economically, socially and emotionally but are there any positives to come out of the last 18 months? Research is telling us that there are indeed a number of positives that have been noted by families they have interviewed.

## Increased Family Time

With lockdowns and the cancellation of sport and other activities, families have had the opportunity to spend more time together. Many families have enjoyed exploring local hiking tracks, playing board games or participating in backyard sports. Family pets have never had it better with walks a plenty and unlimited attention from family members. Hobbies have seen a resurgence with LEGO and model kits becoming popular. Many families have been completing jigsaws, craft projects or improving their family homes with new paint or a bit of "Spring cleaning". Life has become less hectic and we have had the opportunity to "slow down" our often frantic lifestyles.



## Environmental Factors

As a result of the lockdowns across the world there has been greatly reduced traffic which has brought about a variety of positive outcomes. Pollution levels in some of our major cities have significantly reduced which will actually save the lives of those in our communities who are adversely affected by environmental pollutants. Less traffic has also meant fewer accidents, less hospitalisation of road accident victims and less time off work. Lockdown, social distancing and the use of improved hygiene practices has resulted in less illness from influenza and the common cold with far fewer children being hospitalised with these ailments. Less traffic has also made for a faster commute for those still working outside the home which means less stress and more time for families and leisure time.



## Workplace Flexibility

During lockdowns, many people have found that they can successfully work from home or have been able to work more flexible hours. Even after lockdowns finish many people have continued to do at least some days working from home which has actually improved productivity due to there being no necessity to commute. Some decentralisation has occurred as people realise that, if they are able to work from home, home can be anywhere in the country and does not necessarily have to be in the more expensive and crowded cities. So tree changes have become more popular.



Next time you are thinking about all the downsides to this pandemic, spare a moment to remember the silver linings as well! Turn that frown upside down!

Gail Wheatley

Learning Success

## Celebrating Multiculturalism - Thank you!

A big thank you to all the people who volunteered to come into school during Education Week to share information about their cultural backgrounds with our students.

Unfortunately, due to the current Covid 19 restrictions we will not be able to go ahead. I look forward to the time when we can share our cultural experiences in person.

Melanie Fletcher (EAL/D co-ordinator)



## 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](#).**



As the COVID-19 situation is evolving quickly, please reach out to all our communities in Western Sydney with this COVID safety message.

[Audio message translated in multiple languages](#) for sharing with your networks ASAP.

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

Please check [here](#) for details for each local exposure site. **Please check daily for Greater Sydney and NSW updates** as information is changing rapidly. New exposure sites are regularly posted on Western Sydney Health [Facebook](#) and [Instagram](#). Please share these with your networks.

If you are a **Close contact** from the following sites: Immediately [get tested](#) and [self-isolate](#) for 14 days, regardless of the result. Call 1800 943 553 unless you have already been contacted by NSW Health.

- **Auburn:** Auburn Fresh City Fruit and Vegetables, New Star Kebabs Sahar Market
- **Homebush:** Decode Group Construction Excavation site
- **Merrylands:** Aldi, Direct Trade, Kmart, Australia Post Office, Sadaqat
- **Rydalmere:** Aldi
- **Smithfield:** Oregano's Lebanese Bakery and Café, G James Glass and Aluminium
- **Toongabbie:** Toongabbie Construction

If you are a **Casual contact** from the following sites: [Get tested](#) immediately and [self-isolate](#) until you get a negative result.

- **Auburn:** Town Centre
- **Blacktown:** Cotton On, Cotton On Body, Espresso Warriors, Factorie, Subway
- **Carlingford:** Carlingford Court Shopping Centre, Fruit World, Oporto, Tong Li Supermarket, Woolworths, Ximi Vogue, Chemist Warehouse
- **Dural:** Caltex Petrol Station
- **Granville:** Woolworths, Chemist Warehouse
- **Guildford:** Dan Murphys
- **Merrylands:** Stocklands Shopping Centre, MV Meat, Trim's Fresh, Asal Sweet Patisserie, Woolworths
- **Mt Druitt:** Woolworths
- **North Rocks:** Coles
- **Quakers Hill:** Aldi
- **Parramatta:** Coles, Country Growers, Spices of India
- **Pendle Hill:** Woolworth Metro
- **Smithfield:** Sydney Tools
- **South Granville:** Speedway Petrol Station
- **Telopea:** The Valley Pharmacy

**MERRYLANDS COVID-19 ALERT** 

**Sadaqat Supermarket**  
6 Memorial Ave, Monday 5 July, 1.30pm – 2pm

**Aldi Merrylands**  
191-201 Pitt St, Monday 5 July, 1.30pm – 3.30pm

**Australia Post Office Merrylands**  
12 Memorial Ave, Monday 5 July, 2pm – 3pm

**Kmart Merrylands**  
1 McFarlane St, Monday 5 July, 1.30pm – 3.30pm

**Anyone who attended any is a close contact and must immediately get tested and isolate for 14 days, regardless of the result, and call 1800 943 553.**

NSW Health Western Sydney Local Health District

#### 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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- **Train:** T2 Line - Lidcombe Station to Auburn Station and Lidcombe Station to Redfern Station, T8 Line - Green Square Station to Lidcombe Station

**Monitor for symptoms sites:** If symptoms occur, [get tested](#) immediately and [self-isolate](#) until you get a negative result.

- **Blacktown:** Westpoint
- **Granville:** Woolworths
- **Parramatta:** Westfield

**Anyone with even mild cold-like symptoms:** [Get tested](#) immediately and [self-isolate](#) until you get a negative result. Find your nearest COVID-19 testing clinic [here](#). **Do not go to a pharmacy or doctor (GP).** If you need medical attention, call your doctor (GP) first to ensure you get medical attention safely.

## COVID-19 sewage testing detection sites

COVID-19 virus fragments were identified in sewage samples taken from the following pumping stations which service Western Sydney:

- **Boronia Park sewage network** (6 July)
  - **Camellia North and Camelia South pumping stations** (6 July)
  - **Castle Hill-Cattai sewage treatment plant** (9 July). [Post for sharing](#).
  - **Fairfield sewage pumping station 2** (6 July)
  - **Homebush sewage pumping station** (7 and 9 July)
  - **Ropes Creek sewage network** (12 July)

These detections means COVID-19 is still circulating in the community.

Information is regularly updated [here](#).



**POSITIVE COVID-19 SEWAGE DETECTION**

If you live in these areas and develop COVID-19 symptoms, please get tested immediately:

- Glenhaven
- Kenthurst
- Kellyville
- Dural
- Castle Hill

**Anyone with even mild cold-like symptoms:** [Get tested](#) immediately and [self-isolate](#) until you get a negative result. Find your nearest COVID-19 testing clinic [here](#). **Do not go to a pharmacy or doctor (GP).** If you need medical attention, call your doctor (GP) first to ensure you get medical attention safely.

## COVID-19 testing

Today (15 July) Dr Kerry Chant has called for increased testing in the **Cumberland Area**. Find your nearest clinics [here](#).

### New testing requirements for essential workers

If you travel outside these areas for work, you must get a COVID-19 test:

- **Fairfield LGA** - get a test every 3 days, you have until the end of 16 July to get your first test.
- **Greater Sydney** (50km outside of Greater Sydney) - get a test every 7 days, you have until the end of 18 July to get your first test.

If you have symptoms, you must be tested close to home, do not attend work and self-isolate until you get a negative result.



**NEW TESTING RULES FOR ESSENTIAL WORKERS**

If you travel outside of where you live for work, you must get a COVID-19 test.

If you travel outside the **Fairfield Local Government Area**:

- Get a test **every 3 days**, you have until the end of 16 July to get tested.

If you travel outside **Greater Sydney**:

- Get a test **every 7 days**, you have until the end of 18 July to get tested.

Workers are **not required to wait** for a negative test result but **must carry proof of the test** e.g. an SMS or email.

Remember – if you are showing any symptoms or are a close or casual contact get tested, stay home and follow health advice.

See [nsw.gov.au/covid19](https://nsw.gov.au/covid19) for more information

For information:

Western Sydney Local Health District – Centre for Population Health

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



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If you do not have symptoms, you can attend work but must carry proof of the test, for example a SMS or email. If you do not have symptoms, you can attend testing clinics close to your workplace. [Read more here.](#)

## New testing sites:

- **Merrylands: Merrylands Library** walk-through testing clinic, corner Miller St and Newman St, 8am to 7pm, 7 days a week.
- **Granville: The Granville Centre** drive through testing clinic, The Granville Centre carpark, Diamond Ave, 8am to 8pm, 7 days a week. [Post for sharing.](#)
- **Guildford: Guildford Swimming Centre** drive-through testing clinic, Guildford Swimming Centre carpark, Tamplin Road, 6am to 8pm, 7 days a week. [Post for sharing.](#) (Hours extended)
- **Kenthurst: The Hills Grammar School** drive-through testing clinic, Gate 1, 43 Kenthurst Road, 8am to 8pm, 7 days a week. [Post for sharing.](#)

## Extended hours:

- Lidcombe-Sydney University drive-through testing clinic, Gate 3 Cumberland Campus, 39 Weeroona Rd, Lidcombe, 5am-8pm, 7 days
- Smithfield drive-through testing clinic, Long Street Park, 63 Long Street, 6am-8pm, 7 days. [Post for sharing.](#)

Testing is free. No booking or GP referral required.

Find your nearest clinics [here](#). Just got tested? Information [here](#).

## NSW restrictions

### Stay at home orders extended until Friday 30 July at least.

Stay-at-home order has been extended across all of Greater Sydney, which includes the Blue Mountains, Shellharbour, Central Coast and Wollongong local government areas. Learning will remain online until Friday 30 July at least. Read more [here](#). [Post for sharing.](#)

### Stay at home and do not have visitors.

- Please only leave home for essential reasons, including:
  - One member of the household ONLY should leave home to shop for food once each day
  - To seek medical care, exercise (with only 1 other), or for essential work and education
  - To get a COVID test or get vaccinated
- Do not have visitors to your house. Do not have family visitors if they do not live at your house.
- Wear masks indoors, except in your home. Protect yourself and others.

Everyone in your family should get [tested](#) if anyone has COVID-19 [symptoms](#) or has come into contact with someone with COVID-19.

QR code check using the Service NSW app is now mandatory across most workplaces and retail outlets. [Read more here.](#) If you don't have a mobile [see how else you can check in.](#)

**Masks must be worn in common areas of residential buildings.** In Greater Sydney including the Blue Mountains, Central Coast, Wollongong and Shellharbour, residents, staff and visitors must wear a fitted face mask in indoors area of common property in residential buildings. Read more [here](#). Poster available [here](#). Translated poster also available [here](#).



**STAY AT HOME EXTENDED**

The Greater Sydney stay at home order will be **extended until Friday 30 July at least.**

Everyone in Greater Sydney **must continue to stay home.** This includes the Central Coast, Blue Mountains and Wollongong.

Only leave your home if you have a **reasonable excuse.** A reasonable excuse is if you need to:

- obtain food or other goods and services.
- travel for work or education if it is not possible to do it at home.
- exercise and take outdoor recreation in your local area or 10km from home.
- go out for medical or caring reasons, including obtaining a COVID-19 vaccination.

Home learning will be extended as well. Schools remain open for the children of essential workers.

See the NSW Health website for latest COVID-19 news and updates.

## For information:

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# Keeping families and children well

## COVID-19 Bulletin

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Health  
Western Sydney  
Local Health District

**No visitors to health care facilities.** Read more [here](#). Translated information is now available [here](#).

### COVID-19 vaccine updates

**COVID-19 vaccination is free, safe and will be available to everyone.**

- A vaccine hub will begin operating at Fairfield Showground this Friday (16 July) for teachers and aged care workers in the Fairfield, Canterbury Bankstown and Liverpool local government areas. [Read more here](#).
- The AstraZeneca vaccine is now available to people aged over 40 from NSW Health vaccination clinics and pharmacies.** Check your eligibility and book [here](#). [Read more here](#).
- Anyone aged 18-39 wishing to get the AstraZeneca vaccine, is encouraged to talk to their doctor (GP).

**More COVID-19 vaccination information and latest updates**

- Find out more about COVID-19 vaccination in NSW [here](#).
- Stay up to date with the latest national vaccine news [here](#). Information available in 63 languages.

### New resources

**Video:** Promote the 'Stay at home' message in the community by sharing the videos below, available in multiple languages:

- [English](#)
- [Arabic](#)
- [Bangla](#)
- [Chinese \(Cantonese\)](#)
- [Chinese \(Mandarin\)](#)
- [Farsi](#)
- [Greek](#)
- [Hindi](#)
- [Indonesian](#)
- [Italian](#)
- [Korean](#)
- [Mongolian](#)
- [Nepali](#)
- [Rohingya](#)
- [Urdu](#)
- [Vietnamese](#)

**Social tiles:** Stay at home order, available in English and 56 languages [here](#).

**Resource:** It's OK to ask for help, available [here](#).

### Remote learning

If your child is continuing to learn from home, the Department of Education has created a guide for how much time to spend on learning each day.

Your school should provide lessons for the week, which your child should aim to complete first. If you are looking for more ideas to do at home [click here](#).

Early Stage 1 Kindergarten	Stage 1 Year 1 and Year 2
Total 2.5 hours + other	
45-60 mins - English	
30-45 mins - Mathematics	
30-60 mins - Other KLAS: Creative arts, HSIE, PDHPE, SciTech	
Other activities: wellbeing, sport, physical activity*	

Stage 2 Year 3 and Year 4	Stage 3 Year 5 and Year 6
Total 3 hours + other	
45-60 mins - English	
30-45 mins - Mathematics	
60-90 mins - Other KLAS: Creative arts, HSIE, PDHPE, SciTech	
Other activities: wellbeing, sport, physical activity*	

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# 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.

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### Exercise Right - fun exercise at home

Physical activity is so important for children (and adults) of all ages. Kids should do at least 60 minutes of moderate to vigorous physical activity across the day.

Exercise Right has developed fun, easy to follow posters with a range of activities for children to do at home or in a park. For more information, [click here](#).



### Parenting during COVID-19



Playful & Positive

Feeling connected to the people and world around us is a key part of good mental health. If you are looking for mood-boosting tips for your family during the current restrictions [click here](#).

If you would like more resources to support parenting and caring for children during the COVID-19 pandemic [click here](#).

### Please provide feedback on our bulletin

Thank you to those who have provided us with valuable feedback. 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.



### 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](#)

Information is current at date of issue – 15 July 2021.

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