

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

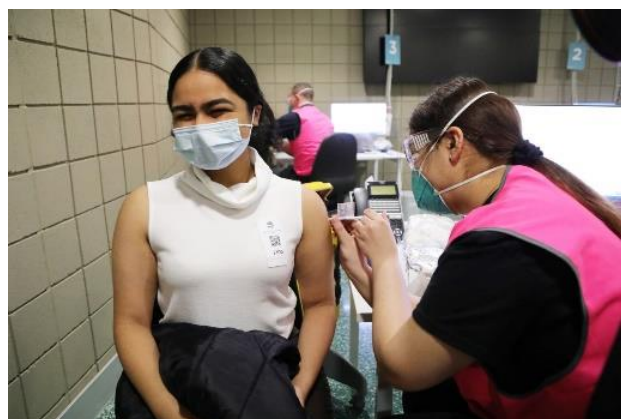
COVID-19 Vaccination and children

Who is eligible for COVID-19 vaccination?

- Everyone over 16 years old.
- [Eligible](#) children aged 12 to 15.

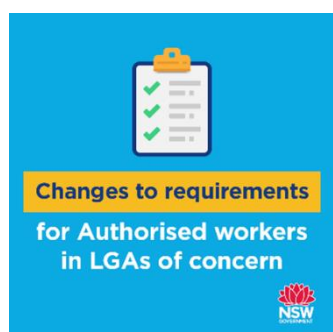
All children 12-15 will be eligible from 13 September.

- Vaccination with Pfizer is recommended if you are:
 - Pregnant, breast feeding or planning pregnancy. Read more [here](#).
 - 12 – 17 years of age.



Who must be vaccinated for COVID-19?

- [Authorised workers](#) who live in [LGAs of concern and work outside of their LGA](#) must have a first dose of a COVID-19 vaccine by 6 September (deadline extended by 1 week), regardless of whether your workplace uses rapid antigen testing.
- **Disability and early childhood care workers who live or work in an LGA of concern must have had their first dose of a COVID-19 vaccine by 6 September.**
- **All teachers must be fully vaccinated by 8 November. A special vaccination day is being planned for 6 September.**
- If you cannot be vaccinated for medical reasons, after 6 September 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, WSLHD-munchandmove@health.nsw.gov.au

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Q&A Vaccinations for children 12 – 15 years

Why is it now ok for my child to receive the Pfizer vaccine if they are aged 12-15 years?

Watch the [video](#) of the Deputy Chief Medical Officer at the Department of Health in Canberra, Professor Michael Kidd provide answers to the top three questions the community want to understand about COVID-19, including why is it okay for children to now receive the Pfizer vaccine.



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

Please check [here](#) daily for exposure site details. In metropolitan Sydney the focus is on close contact venues, which have a higher risk of transmission. New exposure sites are posted on Western Sydney Health [Facebook](#) and [Instagram](#).

Suburb	Close Contact exposure sites - More details here Get tested immediately and self-isolate for 14 days.		
	Location	Exposure date	Exposure time
Ermington	Ermington Butcher	Thursday 19 August	7am to 4pm
Merrylands	Quality Medical Centre	Monday 23 August to Saturday 28 August	9am to 7pm each day
Telopea	The Valley Pharmacy	Monday 16 August to Thursday 19 August	All day each day

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

Health Western Sydney Local Health District

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COVID-19 testing

Please get tested if you have [symptoms](#), even if they are mild, especially if you live in the suburbs of **Guildford, Auburn, Merrylands, South Granville, Greenacre, Bankstown, Yagoona or Punchbowl**. Testing is free. No booking or GP referral required. No Medicare required. Read more [here](#).

Where to get tested?

- **New clinics:**
 - Toongabbie Baptist Church walk-in & drive through clinic: 8am-4pm, daily, 180 Toongabbie Road Girraween.
 - Auburn Bhanin El-Minieh Association walk-in clinic: 8am-8pm, daily, 98 Auburn Road.
- More than 40 Western Sydney testing clinics available. Find your nearest one [here](#)

Schools – advice for families

Road map to face to face learning

Schools will return to face-to-face learning either through a 'staged return' or 'full return, depending on NSW Health conditions in their area from Monday 25 October. Read more [here](#).

HSC exam advice- NESA has announced a number of changes to the 2021 HSC timetable. For more information, refer to [HSC exam advice](#).



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 

Schools – advice for teachers

- **Disability and early childhood care workers who live or work in an LGA of concern must have had their first dose of a COVID-19 vaccine by 6 September.**
- The Department of Education (DoE) is regularly adding **new resources to support teacher**, parent and student wellbeing. Click [here](#)
- **Fruit and Veg month** initiatives have now launched for 2021 and support learning from home. This also provides new content for provide to their students. Registration [here](#)
- **Online Professional Learning** to support Live Life Well@ School is available to teachers at no cost. Schools register via MyPL course code RG13809.



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- **Healthy Food Information Service** is now available to support schools and canteen managers. The service provides both a customer service function and menu check service. **Call 1800 930 966.**
- The **Healthy@Home toolkit** now includes social tiles for teachers they can use in their classes as brain breaks to support student wellbeing. **Download the free toolkit** from the Western Sydney Community Resources website [here for primary school toolkit](#) and here for [secondary school toolkit](#).



Information for secondary school students

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 1st prize \$500, 2nd prize \$200 and 3rd 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 Friday 17th September

This video competition is being run by Prevention Education and Research Unit (PERU) VOICES & 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.
 - Lockdown after your wellbeing during the pandemic.
 - Tackling COVID-19 misinformation & myths.
- 2 Make a video that is less than 45 seconds, e.g. fit 30-40 style video and a file size 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 Doc - C&E 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 Doc.

For more information email peru@unsw.edu.au or contact 02 9381 1231

Logos: PERU, UNSW, SYDNEY, NSW Health

Family and Carer Mental Health Program 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 fcmhinfo@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.
- 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.
- 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



New resources

- Pregnant women can receive the Pfizer COVID-19 vaccine poster - available in other languages [here](#)
- Toolkit for promoting COVID-19 Test and Isolate Support Payments now available in 11 languages [here](#).

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Keeping healthy during COVID-19

Play safely in parks

We know it can be hard for children to keep a safe distance at playgrounds and recreational spaces. While the risk of transmission of COVID-19 is lower outdoors, it can occur.

Here are some tips to help your family stay COVID-19 safe:

- ✓ If unwell, get tested immediately and stay home
- ✓ Stay 1.5m away from people from different households
- ✓ If the park is crowded, come back another time
- ✓ Cover your nose and mouth when coughing or sneezing
- ✓ Wash your hands regularly, including before and after using the playground, and after coughing or sneezing

Read more [here](#).



Join a **free online health talks** during September including healthy snacks and ideas for children.

More info: [Blacktown City Council](#), [City of Parramatta Council](#), [Cumberland City](#)



Unlimited exercise between 5am and 9pm permitted in areas of concern from tomorrow (Friday 3 September).

[Post for sharing](#)

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 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 – 2 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.

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.



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