

# 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



#### 11 November is Remembrance Day

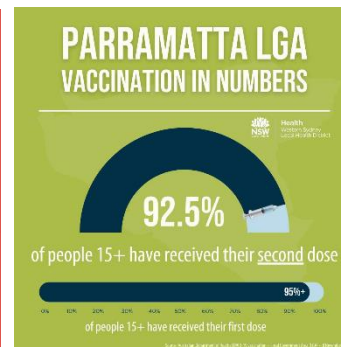
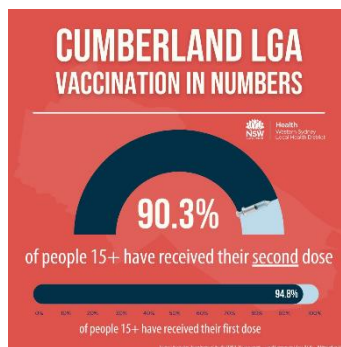
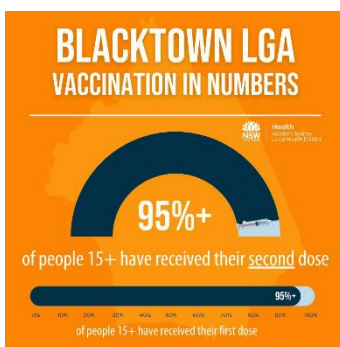
A day to remember the sacrifice of those who have died for Australia in wars and conflicts.

More information: NSW Government [Veterans Affairs](#)

### COVID-19 vaccination

**90% of people aged 16+ are now fully vaccinated against COVID-19.**

In Western Sydney almost at 95% of our residents aged 15+ vaccinated with at least one dose.



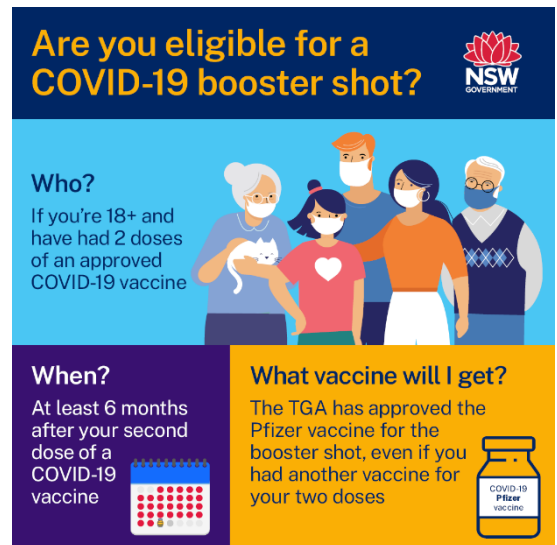
## COVID-19 vaccination updates

- Everyone aged 12 and over is eligible for a COVID-19 vaccine.
- [A third primary dose](#) is recommended for some people who are [immunocompromised](#) due to certain treatments or conditions to achieve similar levels of protection as two doses.
- People aged 18 and over, who received their second dose of a COVID-19 vaccine at least 6 months ago, are recommended to have a [booster vaccination](#).

If you were vaccinated at a NSW Health vaccination centre, you will receive an SMS message advising when you are eligible for a booster vaccination. Your Immunisation History statement or COVID-19 certificate also show when your last dose was.

- Find an clinic or book an appointment [here](#).
- **New vaccination clinic:** The Granville Centre, 1 Memorial Dr, Granville. Open to people 12 and over for first, second and booster doses, 8am-4pm, 7 days a week. Bookings are encouraged and can be made [here](#). Walk-in vaccinations are also available. [Post for sharing](#)
- **Pfizer vaccinations available for Aboriginal and Torres Strait Islander people aged 12 and over**, their families and household members:
  - **Walk-in** at Kimberwalli, Whalan. Come and have a yarn to discuss your vaccination or make a booking [here](#). [Promotional flyer](#)
  - **Pop-up vaccination clinic** at Doonside Cottage, 2 Astral Dr, Doonside, Friday 12 November 9am-2pm

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

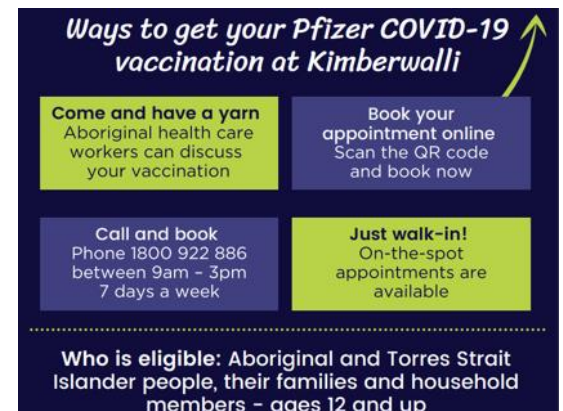


**Are you eligible for a COVID-19 booster shot?**

**Who?**  
If you're 18+ and have had 2 doses of an approved COVID-19 vaccine

**When?**  
At least 6 months after your second dose of a COVID-19 vaccine

**What vaccine will I get?**  
The TGA has approved the Pfizer vaccine for the booster shot, even if you had another vaccine for your two doses



**Ways to get your Pfizer COVID-19 vaccination at Kimberwalli**

- Come and have a yarn**  
Aboriginal health care workers can discuss your vaccination
- Book your appointment online**  
Scan the QR code and book now
- Call and book**  
Phone 1800 922 886 between 9am - 3pm 7 days a week
- Just walk-in!**  
On-the-spot appointments are available

**Who is eligible:** Aboriginal and Torres Strait Islander people, their families and household members - ages 12 and up



**Get your jab!**

For Aboriginal and Torres Strait Islander people aged 12+

**Free COVID-19 vaccination.**  
Help protect yourself and your mob.

**Pfizer vaccine only**

Friday 12 November, 9am - 2pm at Doonside Cottage



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### COVID-19 case alerts in Western Sydney

#### COVID-19 ALERT



Anyone who attended:

- A funeral at the **North Chapel of Pinegrove Memorial Park** in Minchinbury on Saturday 30 October at 10am, or
- The subsequent wake held at a private residence in Llandilo on Saturday 30 October and Sunday 31 October

Is a **close contact** and must immediately get tested, self-isolate 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)



#### Close contact alert for Minchinbury:

- Pinegrove Memorial Park – funeral 10 am, 30 October, North Chapel
- Llandilo wake – private residence 30 and 31 October

More information, case locations and alerts [here](#).

The Service NSW app will let you know if you've been to a COVID-19 case location

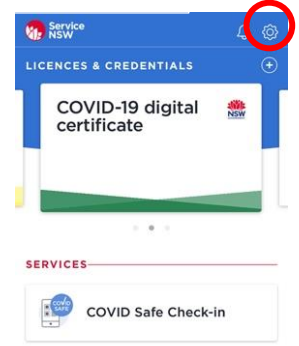


Your [Service NSW app](#) also lets you know if you've been to a COVID-19 case location.

- Turn on 'Notifications' in the app
- You'll receive a notification on your phone.
- It will tell you to go to your check-in history.
- Here you will learn more and what you need to do. Read more [here](#).

Having trouble scanning a QR code? A step by step guide and a video are [here](#).

Turn on Notifications here



#### Still need to link your vaccination certificate to your Service NSW app?

- How to video [here](#). Read more [here](#)
- How to if you were vaccinated overseas [here](#).
- Other ways to show proof of vaccination [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)

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



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### Restriction update

From Monday 8 November, restrictions for fully vaccinated people [eased](#). Those not fully vaccinated must follow the pre-road map restrictions. Check the latest [rules](#) and how they apply to you.

- Keep up-to-date with the rules for interstate and international travel [here](#).
- NSW restrictions are expected to [ease further](#) from when NSW reaches the 95% double vaccination target or 15 December, whichever happens first.



**NSW ROADMAP UPDATE**

The Reopening NSW roadmap has been revised for [fully vaccinated people](#). From Monday 8 November:

- No limit on visitors to a home.**
- Businesses** will be able to welcome in more fully vaccinated customers with all premises to **move to 1 person per 2 sqm rule**. **Nightclubs** will be able to re-open dancefloors. **Indoor swimming pools** will re-open for all purposes.
- Caps will be removed for settings other than gym** and dance classes (where the 20 person cap for classes will remain) and replaced by density limits.
- 100 per cent fixed seated capacity** for major recreation outdoor facilities (stadiums, racecourses) and entertainment facilities (cinemas and theatres).

**Those who are not fully vaccinated must still abide by pre-roadmap restrictions until NSW reaches the 95% double vaccination target or 15 December, whichever happens first. The current settings for masks, which apply to everyone, will also remain in place until this time.**

Not fully vaccinated yet? Book yours at [nsw.gov.au](http://nsw.gov.au)

NSW Health has updated [screening requirements](#) for entry to a healthcare facility. Anyone who has been overseas:

- in the past 7 days will not be allowed entry.
- in the past 8-14 days must show evidence of a negative COVID-19 test taken on or after day 7 following their arrival.

### COVID-19 testing and self isolation

You can still get COVID-19 if you are fully vaccinated.

Get a standard test (nose and throat swab test, also known as 'PCR') if you have any [symptoms](#), even if they are mild. Self-isolate until you receive a negative result. Find your nearest testing clinic [here](#).

- Updated advice for [confirmed cases](#), [close contacts](#), and [casual contacts](#).
- [FAQs](#) for parents and carers of people who need to be isolated due to COVID-19.



### Information for families – First Lap voucher

#### First Lap voucher

The First Lap voucher program provides \$100 vouchers for parents and carers of children aged 3-6 years who are not enrolled in school towards the cost of swimming lessons. The program is temporarily available to children in kindergarten in 2021 and children starting kindergarten in 2022, who missed out on vital water safety education during their pre-school years due to COVID-19 restrictions. More information: [www.sport.nsw.gov.au/firstlap/parents](http://www.sport.nsw.gov.au/firstlap/parents)



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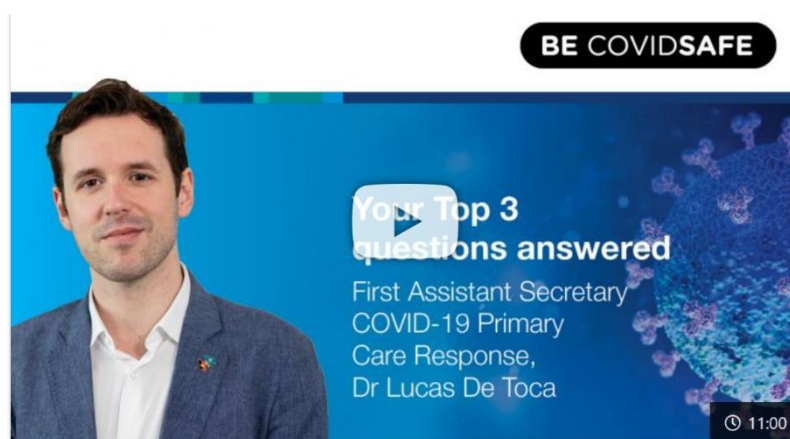
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### Information for families - Term 4 Roadmap

- From 8 November all schools will operate on updated Level 3 settings for the rest of Term 4, with additional activities allowed in a COVID-safe manner. [Download Term 4 road map.](#)
- **Is your child feeling anxious about returning to school? How can you best support them?**



Dr Lucas De Toca from the Department of Health provides advice for parents to support children who are anxious about returning to school.

(His response starts at 5 minutes 14 second mark).

### Living well after lockdown – Information to support the community

- **The Living well after lockdown toolkit is now available to [download](#).** There are more than 120 social media wellbeing tiles created for the community in response to the Life after lockdown survey. The toolkit is located on the [Living well after lockdown webpage](#).
- Topics cover: Staying COVID safe, mental wellbeing, social connection, keeping active and healthy eating.
- Choose a different tile/s each week for your community and upload to your digital channels and newsletters.



**Don't underestimate the power of regular conversations with your kids.** Here are some tips to support your child with a healthy transition to their usual activities. And remember - be kind to yourself, it's an unusual time for all. Parentline can help you navigate the challenges of parenting. Call 1300 1300 52 or for more information [www.kidshelpline.com.au/parents/issues/how-parentline-can-help-you](http://www.kidshelpline.com.au/parents/issues/how-parentline-can-help-you)

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### COVID-19 resources

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

- About COVID-19 vaccines fact sheet: digital, print versions and translations available [here](#).
- What to expect after your vaccination [video](#). Translations available.
- Booster vaccination [video](#).
- Steps for contact tracing [fact sheet](#). [Translations available](#) in print and video.

### Mental health support for young people

**Afghan youth mental health discussion:** Friday 12 November, 5 – 7pm via Zoom. Register [here](#).



#### Safe Haven – for anyone 18 years and under

Check out this [short video](#) about the new and free crisis drop-in centre for young people in suicidal distress. Located at Redbank House, Dragonfly Drive, behind Westmead Hospital. Safe Haven is open 3:30pm-9:30pm Sunday to Wednesday for anyone aged 18 and under.

### 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 – 11 November 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.***

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