

## 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 fourth weekly COVID-19 Bulletin, containing helpful information and resources on current COVID-19 topics, as well as practical ideas for services and families to keep everyone healthy and active during this time.

### What to do if your child becomes unwell



Dr Matt O'Meara answers parents' frequently asked questions about COVID-19. Learn where to take children if they are sick and practical tips to keep children safe as restrictions ease.

Watch the video here: <https://vimeo.com/418302009/9d545d93eb>

### Tips to address loneliness

While restrictions are beginning to ease in NSW, many of us are continuing to spend an increased amount of time alone. Monica from the WSLHD Health Promotion team shares her [tips for addressing loneliness](#) in a short video.

### Supporting healthy food provision during COVID-19

There's no doubt that COVID-19 has impacted childcare services across NSW, presenting numerous challenges including continuing to provide a healthy menu to children in care.

For tips on managing ingredient substitutions, food safety and supply, and recipe ideas, [read this article by ACECQA](#).



### COVIDsafe app



Downloading the COVIDSafe app is something you can do to help protect you, your family and friends and save the lives of other Australians. The app helps speed up the way people are contacted after exposure to COVID-19.

Download the app from the App store or Google play.

For more information:

[www.health.gov.au/resources/apps-and-tools/covidsafe-app](http://www.health.gov.au/resources/apps-and-tools/covidsafe-app)

#### 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)



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### COVID-19 testing

Do you, or someone you know, have a sore/scratchy throat, cough, fever, shortness of breath or unusual aches and pains? COVID-19 testing is now available for anyone with symptoms. COVID-19 tests are free for everyone. Call your GP or the Coronavirus Information line on 1800 020 080 for information.

If you need a test, you can visit a COVID-19 clinic:

[www.health.nsw.gov.au/Infectious/covid-19/Pages/clinics.aspx](http://www.health.nsw.gov.au/Infectious/covid-19/Pages/clinics.aspx)

Testing is available at the following public clinics in western Sydney:

<b>Blacktown Hospital</b> 18 Blacktown Road, Blacktown 7am - 11pm, 7 days Phone (02) 9881 8000	<b>Westmead Hospital</b> Level 2, E Block, Corner of Hawkesbury Road and Darcy Road, Westmead 7am - 9pm, 7 days Phone (02) 8890 5555	<b>The Children's Hospital, Westmead</b> Corner of Hawkesbury Road and Hainsworth Street, Westmead 10am - 8pm, 7 days (02) 9845 0000
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### Public Health Orders: What I can and can't do under the rules.

For the latest guidance, visit [www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules](http://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules)

### Multicultural NSW: COVID-19 latest updates

Multicultural NSW is committed to keeping all members of the community informed with the latest COVID updates.

Click [here](#) for translated resources on:

- The easing of public restrictions
- Getting tested
- COVID-19 App
- Mental health support



### Free Professional Development

Early Start education experts are delivering free, NESA endorsed, online professional development.

These webinars are designed to up skill, motivate, and engage educators, teachers, Centre directors and families.

Sign up to the mailing list [here](#) to hear about the webinars first!



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### Community Members of the Week

Healthy living remains a part of Vision FDC Service, even amidst a pandemic! Educators are proud to hear families dropping their children off, say how safe and supported their child is, in their education, development, and well-being. It is important for everyone right now, from children, parents, neighbours and the community to stay strong, eat healthy and get active by playing every day! Our children and parents have loved keeping active indoors, being creative in games to get our heart rates up and practice our FMS.

Kala Aunty taught the children how to make fruit 'biscuits' and spoke about a variety of nutritious snacks! Daddy Suresh stayed with his daughter Srinika to enjoy a healthy morning tea. While Heyansh and his Mum Varsha actively explored hand and feet 'Hopscotch'

We would love to hear how you and your family are thriving (or surviving) during COVID-19. Please send through your stories, photos and videos to [WSLHD-MunchandMove@health.nsw.gov.au](mailto:WSLHD-MunchandMove@health.nsw.gov.au). We'll have some fantastic books to give away to the most creative ideas!



### Live Life Well @ School and Home

Many schools are now transitioning back to full-time learning on campus. For those who are continuing to learn from home, keeping healthy and active is important! Click on the links below for our top tips for staying healthy.

#### Crunch & Sip

Make time to crunch on vegetables or fruit and sip on water as a family each day. Role modelling is important for parents and carers!

#### Brain Breaks

Quick energisers help us to meet the recommended 60 mins of daily physical activity (for 5-17 year olds) and help us to focus on school work too!

#### Kitchen Fun

Involving children in the kitchen is a great way to teach them skills they need for healthy eating habits.



### Good Neighbour Initiative

Be a good neighbour, look out for one another and offer your assistance.



**CUMBERLAND  
CITY COUNCIL**

If you live within the Cumberland Council area and have a neighbour or know someone in the area who is alone or isolated (especially those in the vulnerable and at risk categories, or just doing it tough), fill out the [Good Neighbour Calling Card](#) and drop it under their door to let them know you're around if they need any help.

### Have your say

We would 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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