Ph: (02) 9679 1303 Fax: (02) 9679 1389 Email: annangrove-p.school@det.nsw.edu.au Web: www.annangrove-p.schools.nsw.edu.au

> 185 Annangrove Road ANNANGROVE

RESPECT

RESPONSIBILITY EFFORT



Annangrove Public School

Kindergarten Orientation

Today was the final Kindergarten orientation session. The students were calm and relaxed as they completed their work in the Kinder room. Congratulations to Mrs Neroscik and Mrs Niccol for organising a Covid friendly orientation. Thank you to our parents and students who followed our plan to ensure a safe and happy orientation process.

Presentation Day

To meet the Department's present COVID 19 Protocols we have needed to make significant changes to how we would normally run Presentation Day.

We have carefully worked with the updated COVID Protocols to determine the possibility of permitting the attendance <u>of a limited numbers of parents</u> at the assembly.

Unfortunately only 1 parent or carer of children receiving awards will be invited to attend the assembly. It will be held at school on Thursday 10th December under the COLA.

If a student is receiving an award, a letter will be sent home inviting one parent to attend. There will be no singing or guest award presenters this year.

A separate assembly will be held for our graduating Year 6 students. Information regarding the organisation of these assemblies will be sent home shortly.

We thank you for your understanding and will keep you informed.

Tuesday 24th November 2020

Term 4 Week

| | CALENDAR |
|---|---|
| Thursday 26 th Nov | Canteen – recess only |
| Friday 27 th November | Basketball clinic Movemeber Mufti |
| Wednesday 4 th December | P&C meeting @Australian Brewery 6.45pm |
| Thursday 3 rd December | Last day for hamper donations for the Salvation Army. Collection will be picked up at 9.30am |
| Monday 7 th - 9 th Dec | Year 5/6 Camp. |
| Friday 11 th Dec | Winning House Pizza day |
| Wednesday 16 th Dec | Last day of Term 4 |

Overdue Payments:

We have some OUTSTANDING fees for student textbook and school contributions. Please finalise or arrange a payment plan with the office.

Christmas Hampers

Our focus this this year is on the Salvation army. This organisation aims to support families at Christmas with basic food supplies and Christmas fare: shampoos, toothpaste, Christmas cakes, puddings, custard, serviettes, tins of ham, bon bons, biscuits, cordial, cereals, tea, coffee, hot chocolate, canned meats, pasta, sauces etc. Your support will be most appreciated. Items will be collected on the morning of Thursday 3rd December.

<u>HSLO</u>

Our Home School Liaison Officer (HSLO) was here at school today checking class roles and student attendance patterns. It is very important that every day your child is away from school, you send them back with a note explaining why they were away. This note must go to your child's class teacher and not Mrs Constable in the office. It only takes a couple of minutes to write a note and doing this will prevent your child appearing on the HSLO list.

Therapy Dog

If you follow the NSW education department facebook page you will have seen many schools have been implementing 'therapy dogs'.

Not one to be left behind our school has been quietly planning the implementation of a very special therapy dog called 'Mango'. Mango is a beautiful Cavoodle who is already a fully trained therapy dog with Delta and has been visiting aged care homes for many years. With covid, Mango has been very sad not to be able to help people and we are delighted to offer her a position at Annangrove as our 'therapy dog'.

Mango will come to school on a Thursday under the supervision of her owner Mrs McHugh. Mango will support students with social and emotional learning needs. A recent report highlighted that students working with therapy dogs experienced increased motivation for learning, resulting in improved outcomes. Research into the effects of therapy dogs in schools is showing a range of benefits including: Increase in school attendance

Gains in confidence Decreases in learner anxiety behaviours. Increase in reading and writing skills Improved motivation Enhances relationships and students ability to express their feelings.

Letters of authority have been sent home today, please sign and return by Monday 30th November.



<u>Annangrove Public Schoo</u>



Mufti for Movember.We are running a Movember Mufti to raise money to support Mr Rich on Friday 27th November. Wear your mufti and moustache to school and bring in gold coin donation.

What is Movember? Movember is a fantastic men's health foundation that supports men experiencing prostrate cancer, testicular cancer and mental health challenges. The aim of Movember is to provide support for men and their families, who are experiencing these challenges as well as raising money support and research.

How can you help?

Mr Rich

and hopefully other dads, brothers, sons are growing facial hair and competing for the 'best mo' award. I urge everyone to donate to this wonderful initiative. Donations can be made or by going online at

https://au.movember.com/donate

In the search button type in Paddy Rich to make your donation.

Country/City Kids

Some Year 3/4 students spent part of yesterday morning putting together our gifts for the country students of Eumungerie and Guerie Public schools. Each box is crammed full of gifts that we are sure will put a smile on their faces.

Thank you for your generosity in supporting such a worthwhile initiative between the schools.



Public Speaking Finals

Our Public Speaking finalists received their certificates yesterday. Mrs McHugh mentioned that our judge had a tough decision finding a winner. Our winners will be announced at Presentation Day. Thank you to Mrs McHugh for organising this event, especially under the Covid 19 conditions which restricted our judges coming into the school.



Year 6 Graduation

Due to Covid -19 restrictions staff have decided to run a Year 6 graduation afternoon on Monday 14th December,at 2.30pm. During this time our Year 6 children will receive their graduation packs, go through our leavers tunnel (with a slight difference) and ring the school bell. Under our Covid-19 plan we can invite 2 parents or caregivers per family(& younger non school age siblings). Sorry but no other family members will be permitted. Please follow these guidelines

Captain Speeches

Congratulations to our Year 5 students who presented speeches to the school last week. The speeches were of very high quality. Again they were presented under Covid-19 conditions, held outside, under the cola. Great work Year 5. Our 2021 captains will be announced at Presentation Day.

Happy families don't just happen

Our school has signed up to a 'wellbeing' program that we hope will give a little extra support to our families and educators. The program is free of charge to the Annangrove school community. Please sign up following the link below to gain full access and benefits from the program. We hope it is of some help and value to you. Create an account by following the link below. Snippets from their 'lighten the load' publications will also be published in our newsletter occasionally. Once you are registered you'll be able to participate in webinars.

https://members.happyfamilies.com.au/annangrove

Chain of communication

All schools function smoothly when everyone follows the chain of communication. This means that when parents are unsure about an incident or problem at school they should contact their child's teacher first. Please give some time for your child's teacher to investigate the matter and then get back to you. If the problem is still unresolved please go back to your class teacher, and let me know. If you are uncertain about something please email, ring or arrange a meeting to clarify. We can generally work through small problems quickly before they become a big problem.

Fire Safety

Our school is within a Category 1 bushfire prone area. To ensure the health, safety and wellbeing of students and staff, the NSW Department of Education has determined that on days when a 'Catastrophic' Fire Danger Rating is issued for our area. The school will temporarily cease operations whilst the rating remains current. We have included further information about the 2020-21 fire season in this newsletter. Please take the time to read the information and perhaps keep it in an easily accessible place so that if an emergency arises you are prepared.

Red Frog Recycling

Flavoured milk, cans, water bottles can be placed in our big orange bins for recycling. Not only can we help reduce our waste but we receive 10c per item. The money raised through this program helps fund gardening equipment and art supplies. You can also bring in extra from home. If every student brings in just 2 containers per week (empty drink can, plastic bottle, juice box, up & go containers) that would give us 256 containers. Over a 10 week term that would give us 2560 containers and in return would raise \$256.00!!

Bread tags for wheelchairs

Thank you to everyone that has brought bread tags in, collectively we have over 3500. Evie in year 3 has done an excellent job of coordinating and under her watchful eye and skillful counting we are pleased to announce the class winners are 3/4, having collected the most breadtags. https://ozbreadtagsforwheelchairs.org.au/

Covid-19 health advice

Our school continues to follow the Covid-19 guidelines. We are waiting for further updates to come through soon, but basically the same restrictions apply as of Term 3. Parents are still unable to enter the school grounds or attend school events. We are continuing to have our staggered home-time pick-ups, so K-1 are to be collected at 2.50pm (and siblings). Years 2-6 collection time is 3pm.

Please read the information about 'keeping our students safe at school' as there are changes to requirements if your child is off sick.

Parents please practice Covid Safe distancing

Parents and carers are reminded to keep a safe distance from one another at drop off and pick up times. We also kindly request that as soon as parents or carers have collected students, that they leave the site immediately and do not linger, having conversations. Parents are still unable to go into or near their child's classroom or office. It would also ease congestion if parents collecting their children at 2.50pm vacated their parking space ASAP, to allow those collecting at 3pm access to park.

Arrival & departures

If your child arrives late to school please ask them to come to the office to sign in (no parent required due to covid regulations). If you need to drop something off for your child or to collect them early, please ring us on your arrival and remain under the walkway. We will come out to you.

Waste Free Wednesday.

Year 4/5/6 will be encouraging the initiative of 'Waste free Wednesday' for every Wednesday this term. We will be extending this great initiative across the Small School's Learning Alliance. All students are encouraged to bring their lunch in reusable packaging. No bins will be provided for any waste packaging, other than drink bottle recycling. All other waste packaging will have to return home.

Paddy Rich Principal

Year 4/ 5/ 6 cooking class

Fruit skewers, Banana muffins or oriental salad anyone?

EFFORT

FEAST is a food waste education program from <u>OzHarvest</u>. The program is a STEM project-based learning program focusing on food and fibre and the cross-curriculum priority of Sustainability. The teacher-led program can be adapted and changed to suit our school's needs. Like any good FEAST, it's designed to be fun, engaging and filled with good food!











How To Get Your Kids To Like Each Other

Young Children

Stop punching me." "Mum she hit me." "Mum he poked his tongue out at me."

One of the most difficult things for parents is to watch their children hurt each other. We love our kids. Why can't they love each other? Or at least be nice to each other?

Sibling rivalry is not just horrible. It's a pain. And when our children don't like each other, we sometimes struggle to like them and be at our best.

"How to get your kids to like each other" is a webinar for families with siblings who sometimes struggle to get along. In this session you'll discover:

- The three biggest mistakes parents make when siblings start fighting and what to do about it
- The 5 second method for intervening that changes the game without yelling, threats, or punishments
- How to help your kids develop empathy for one another
- The incredible conversation that helps your child take responsibility for their involvement in sibling fights

WHO: Any parent or teacher who deals with kids and conflict

WHAT: A 60 minute webinar to answer all of your questions about sibling rivalry

WHY: Because we all just want our kids to get along

Sign up for your free membership and watch this pre-recorded webinar. https://members.happyfamilies.com.au/annangrove

Email: Annangrove-p.school@det.nsw.edu.au

185 Annangrove Road Annangrove, NSW, 2156

Phone: 96791303 Fax: 96791389

Respect, Responsibility, Effort

Therapy DOG

Dear Parents and Carers,

Annangrove Public School has the opportunity to have a Therapy Dog work with the students. Research has shown that a Therapy dog will be beneficial for student's emotional, social and cognitive well-being. She will be supporting students' emotional needs and providing a friendly, non-judgemental face for students to sit and read with.

Mango is a trained Therapy Dog and will be attending school 1 day a week. Mango will be secure at all times and always with her handler. Mango is a Cavoodle and has a non shedding coat.

We are very excited to have Mango as part of the Annangrove Community; however, we understand that some students may not feel comfortable with animals and not want to be in contact with her for various reasons.

If you wish for your child to opt out of this program and not work with Mango or have contact with her, please fill out the form below and send it back to the school office by Monday 30th November. If you have further questions or concerns, please contact me.

Kind Regards, Julie McHugh **Co-ordinating Teacher**

APS Therapy Dog

I DO NOT wish for my child ______ of class ______ to have any contact

with or be part of the Therapy Dog program.

Reason:

| Signed | |
|--------|--|
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Date _____

Keeping our students safe at school

Non-essential adults are still not permitted on school grounds or at school events. This includes parents and carers, except for pre-arranged face to face meetings. Adults must practise social distancing at all times within and outside of the school grounds.

All students need to bring a water bottle from home to fill at school rather than drink from water bubblers by mouth.

We will be continuing our good hygiene practices such as:

- 1. Regularly washing hands with soap
- 2. Hand sanitiser is available for students to use
- 3. Avoid sharing drinks and food
- 4. Coughing or sneezing into your elbow
- 5. Throw tissues in the bin after being used

If your child is sick or unwell, please keep them at home to rest and recover. Students should be at school unless:

- they have a medical certificate which states that they are unable to return to school due to an ongoing medical condition and the expected timeframe
- they are currently unwell.

In accordance with advice from NSW Health, parents and carers are reminded **NOT** to send children to school if they are unwell, even if they have the mildest flu-like symptoms. Schools will make arrangements for students who present as unwell or have flu-like symptoms to be sent home.

NSW Health have requested that schools encourage anyone who is unwell or has even mild flu-like symptoms, to arrange to be tested through their local medical practitioner or one of the <u>COVID-19 clinicsExternal link</u>.

Students and staff with flu-like symptoms will need to provide a copy of a negative COVID-19 test result before being permitted to return to school. Here are some of the testing centres local to us.

RESPECT RESPONSIBILITY EFFORT

SAFETY RULES AND RESPONSIBILITIES FOR FIXED PLAYGROUND EQUIPMENT

Revised rules and responsibilities for our fixed equipment in the playground. The following *Rules and Responsibilities* are designed to ensure the safety and welfare of all of our students K-6.

RULES OF SAFETY:

- Students are only allowed to play on the fixed equipment under the supervision of a teacher. NO teacher NO equipment.
- Students should use the "monkey grip" on bars when climbing on the equipment.
- No more than two students should be on any platform at any one time.
- Students should progress through the pieces of equipment in the same direction. Start the monkey bars at the tennis court end.
- Students are to attempt each activity to their best of their ability and without any student or teacher assistance. If you can't reach it you can't go on it.
- No skipping bars or jumping between bars
- Students are not to sit on top of the monkey bars or do any other dangerous manoeuvres.
- There should be no running in, on or around the equipment area (as marked by the softfall area). Games like chasing/tips are not permitted.
- No jumping on or off any part of the equipment.
- Any student not obeying a teacher's instruction in reference to the use of the equipment or who disobeys any of the above rules is to be excluded from playing on the equipment for the remainder of that play time and may result in a strike.
- If you hurt yourself on the equipment, tell the teacher on duty immediately
- One person going down the slippery dip at a time.

RESPONSIBILITIES:

- Students must have participated in class lessons during which time they were instructed on the mandatory safety precautions.
- The supervising teacher should check the equipment area for any possible "hazards" e.g. sticks, glass, before allowing students to play.
- Teachers can limit the number of students on the equipment at any one time.

P&C News

At long last we are able to meet in person for our P&C meetings, however not yet on school grounds. Our next meeting will be held on Wednesday 4th December at the Australian Brewery. If you would like to know more about what's happening in our school, have some ideas or simply want to come along and get to know some fellow parents then please join us, you don't have to be a member to come along. Due to number restrictions we'd love it if you could RSVP. <u>annangrovepandc@outlook.com</u> Starts 6.45pm

Online Orders

Our online stores are helping to keep our services open to parents. Our uniform shop, canteen and special event ordering online are going well. Thank you for your patience whilst we learn to operate these smoothly and for using the service. It greatly helps us with our covid plan as it reduces onsite contact and money handling.

http://annangrove-p-c-association.square.site

Uniform Shop

Our uniform shop is now online. Orders will be processed and given to children to bring home on Wednesdays or soon after. If your order is placed after 10am on a Wednesday it may not be processed. For urgent matters, queries or the option to pay via instalments please email us on apsuniforms@outlook.com

Canteen

Our canteen is open for recess this week. Thank you to a new face Tejal for stepping in to fill our volunteer vacancy on Thursday.l https://signup.zone/YbxjH4MBcjkR84pZo

Online ordering will continue this term for lunch orders and cheesy triangles.

http://annangrove-p-c-association.square.site

Please remember to also complete your order on a brown paper bag.

We are asking anyone who is volunteering in the canteen to complete the below course.





https://www.foodauthority.nsw.gov.au/covid-19-awareness-food-service-training

Don't forget to support those that support us.







Creations for all special moments in life! Melissa Riddell EMAIL: mkcreativedesigns@yahoo.com.au

EMALE: mkcreativedesigns@yanoo.com.au www.facebook.com/mkcreativedesignsaustralia

guardian Kas





Bendigo Bank

Galston Community

USTRALIAN BREWERV





www.duralstockfeeds.com.au



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** <u>here</u>.

COVID-19 alerts

Alerts have been issued for South Australia and New Zealand.

 Have you recently returned from Adelaide? If you have been to any <u>areas of concern</u> listed on the <u>South Australia Health website</u>, please get tested immediately, even if you have no symptoms.

From 19 November, anyone travelling from South Australia to NSW must complete a <u>declaration form</u>. This also applies to people who have been to South Australia within the past 14 days. <u>Public health order</u>.

• Have you recently returned from New Zealand and other parts of South Australia? Please monitor for even the mildest of <u>symptoms</u> and <u>get tested</u> and <u>isolate</u> if they appear. Remain in isolation until a negative result is received. Posts for sharing <u>New Zealand</u> and <u>South Australia</u>.

Find all NSW case alert locations and information here. Please check information daily as it may have changed.

COVID-19 testing clinics

- The Rouse Hill pop-up clinic has moved to the Baulkham Hills Netball courts (Wellgate Ave, Kellyville), now open between 8am - 4pm, seven days a week. Post for sharing.
- A QR code patient registration system is now in place at the COVID-19 testing clinics at **Blacktown Hospital** and **Westmead Hospital**.
- COVID-19 testing is available for everyone, even if you are not an Australian citizen or permanent resident. This includes overseas visitors and students, migrant workers and asylum seekers. Post for sharing.

Find your nearest clinics here. Just got tested information here.

Contact your GP or phone the Coronavirus 24-hour helpline on 1800 020 080 for information or advice.

Viral Gastroenteritis Alert

Nearly 60 outbreaks of **gastroenteritis** in Early Childhood Education and Care centres in NSW were reported in October, and very high numbers continue to be reported in November.

Please alert staff to be vigilant for symptoms of gastroenteritis in children, reinforce basic hygiene measures (such as regular hand washing) to prevent the spread of infection, and exclude sick children and staff for at least 48 hours after their last symptom. More information <u>here</u>.

The <u>Gastro Pack for Childcare Centres</u> provides checklists of actions to be taken, advice on infection control measures and signage resources for gastroenteritis outbreaks.

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

NEW CLINIC

COVID-19 Drive-through Testing Clinic in Kellyville

- 🕓 Time: 8am 5pm
- When: Monday Sunday
- Where: Baulkham Hills
 Netball Courts
 Welgate Avenue, North Kellyvill
 Netball Courts

All ages are welcome.







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

COVID-19 – Community Resources for Western Sydney

COVID-19 Community Resources for Western Sydney

Access the latest COVID-19 updates and wellbeing tips from our <u>Community</u> <u>Resources for Western Sydney website</u>.

Sign up for COVID-19 updates, delivered directly to your email inbox.

Lachie's COVID-19 test experience

The thought of having a COVID-19 test can be nerve-wracking for a child - and they are bound to have lots of questions about it. Rather than trying to explain it, we thought we would share 10 year-old Lachie's letter about his COVID-19 test to help show other kids exactly what to expect.



Before going to a COVID-19 clinic to have your child tested, check <u>NSW Health COVID-19 Clinics</u> to see whether the clinic tests all ages.

covid had my a WI test woke 40 und sore throat 53 sof cough siad × 1 meed a mum the FOOR me 10 she nervos because was dinic. and beron had hadn't one scarlett hurts. when Said it they 5 tolcR got there we throug thing down a my nose and UP my to bring teares and eeling and It gisleaves d didn'T really it was 9,410 80 ndi ant to have less beca couldn't Car use RNOW doesn the hest Dati 90 day of 10 get nigetive scom Lac

COVID-19 testing clinic options for children:

| Clinic | Opening times |
|--------------------------------------|--|
| The Children's Hospital at Westmead | 8:30am – 4pm, 7 days. |
| Kellyville Drive-through Clinic | 8am – 5pm, 7 days. |
| Merrylands Park Drive-through Clinic | 8am – 5pm, Monday – Friday. |
| Blacktown Hospital | 8am – 8pm, 7 days. Babies under the age of 1 will not be tested at this facility and will be referred to Blacktown Hospital Emergency Department |

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** Information for schools, child care services and family

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

New resources

- Do the right thing always check in to venues poster and social tiles.
- <u>COVID-19 test result turnaround time</u> social tiles in Arabic, Chinese, English, Khmer and Vietnamese.
- Got Symptoms Get Tested posters in English, Hindi, Gujarati, Nepali and Punjabi.

Watch these **new videos**, where Dr. Palu Malaowalla shares important COVID-19 community messages in English and Gujarati.

- Physical distance, hygiene and testing: video available in English and Gujarati.
- Support family and friends in quarantine and self-isolation: video available in English and Gujarati.

More resources <u>here</u>. Click <u>here</u> for support in languages other than English. Multilingual posts <u>here</u>.

Restriction changes

- New Year's Eve: A pass is needed to access the restricted zones in Sydney CBD and North Sydney. Pass applications will be available from Service NSW from 7 December.
- From 23 November:
 - Up to 3000 people will be permitted at an outdoor organised gathering held in a restricted area (such as a concert). More information <u>here</u>.
 - Outdoor singing performances may have up to 30 performers (such as Carols in the Park). Spectators may sing along if they are wearing masks.
 - Groups of 500 will be allowed for outdoor religious services (not including weddings and funerals).
- From 1 December: Up to 300 people will be allowed at funerals, subject to the 4 square metre rule.

Check latest announcements, What you can and can't do under the rules and public health orders.

Online survey for residents in the City of Parramatta

Do you live in the Parramatta Local Government Area?

Help Parramatta Council understand your experiences of COVID-19 by completing this <u>10-15 minute survey</u>.

Your feedback will help Parramatta Council to ensure Council services, facilities and infrastructure continue to meet your needs, and work more effectively with stakeholders to support community wellbeing.

The survey closes at **9am on Monday 7 December.** By completing the survey, you can go into the draw to **win one of 14 \$50 AT Parramatta gift cards!**

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

orders.



Have Your Say





Check out the Cancer Council Healthy Lunchbox blog for more tips that will save you money, time and our planet!

Please provide feedback on our COVID-19 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, NSW Government COVID-19 information 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 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:

- Click here to find all relevant COVID-19 phone numbers on the Who To Call Poster. You may like to • print it and display it somewhere accessible to all.
- Coronavirus Australia app

Information is current at date of issue - 23 November 2020.

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

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

War on waste – Cancer Council

The average household throws out 1 in 5 bags of groceries they buy.

Want to know how you can reduce your food waste?





