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## Principal's Message

Dear Parents and Caregivers,

### Covid updates

The end of Term 3 has been a busy one for our school and others throughout the state. We're happy to say that together we made it through what has been a constantly changing and sometimes difficult Term. We could not have done it without the commitment from all of our families who supported learning from home, and from our fantastic teaching and school staff. I want to thank you all for your efforts to continue to keep our school community safe – I know everyone has faced different challenges at different times through the Term.

I hope everyone enjoys a break over the holidays and is looking forward to the COVID-safe return to school sites that we are planning for in Term 4. Please read through the following updates and don't hesitate to reach out for support or with any questions.

### Return to face-to-face learning in many regional schools

This week we saw many schools across regional NSW, where there had not been recent transmissions of COVID-19, released from stay-at-home rules. This meant a return to school sites under our COVID-safe level 3 plan. Staff, students and parents/carers have been very excited to see a full return to on site learning and teaching at these schools and we will take the opportunity to learn from their experience in welcoming back staff and students as we plan for our own return.

### Return to school roadmap for Term 4

Schools in LGAs that are no longer operating under stay-at-home rules will move to Level 3 operations and a full return of all students with reduced mingling and on-site activities. Masks will be required on site for all staff, students if they choose, may also wear masks through the school day indoors and outdoors.

In Term 4, where stay-at-home rules are still in place but high community vaccination and low transmission conditions are met, students will return to school in a staggered approach for prioritised cohorts, with no mingling or on-site activities.

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Phone: (02) 9484 4242

Fax (02) 9481 9471



## **Order of return under staggered approach where we remain under stay-at-home rules**

Students will return to face-to-face learning with NSW Health-approved COVID-safe Level 3 plus settings on school sites in the following order:

**From 25 October 2021: Kindergarten and Year 1**

**From 1 November 2021: Years 2, 6**

**From 8 November 2021: Years 3, 4 and 5.**

The return to school roadmap is subject to change depending on new information expected through the Public Health Order and additional advice from NSW Health. You can stay up to date with the most recent advice on our Advice for families page <https://education.nsw.gov.au/covid-19/advice-for-families>.

## **Learning from Home**

For families who are continuing to learn from home, the learning from home page has a wide range of curriculum-based activities to further support your child's learning, if needed.

Thank you again for your understanding and support. We hope you and your family enjoy a safe and very well-deserved break over the holidays. Please take some time over the break to check out our wellbeing resources for students and families. You'll find useful tools for mental health and Term 4 preparation. Please do not hesitate to reach out if we can do anything to help you and your children to prepare for Term 4 or if you have any concerns about the return to school. I will be in touch again soon with further information and any updates for you and your children.

## **Wellbeing for students and Parents**

<https://education.nsw.gov.au/covid-19/wellbeing-for-students-and-families?deliveryName=DM18953>

Mr Singh our School Counsellor has provided access to an amazing support and resource pack you will find attached to the newsletter.

## **Pick up packs**

This Wednesday we gave most of the remaining pick up packs to families through our drive through, COVID safe system. The packs across the school contain thousands of pieces of equipment, personal belongings and supplies to get students started in home learning for term 4. Thank you to Westleigh IGA for donating the recyclable bags to use for this initiative. As well as having the equipment you need to continue learning, it is hoped to make the best use of supplies that were left at school due to not returning this term.



It was a lovely opportunity to pass on the message magnet from all of us as well.



### **Term 4 Events**

Unfortunately, due to current COVID -19 restrictions this has meant we have needed to cancel or postpone many Term 4 events.

This includes:

- Broken Bay Camp
- Grandparents Day
- Swim scheme TBA
- Wakakirri
- Choirs

Programs that have been able to continue are Interrelate for Year 6 who will have 1 session while learning from home and the further 2 sessions when we anticipate we will be onsite.

We are also working alongside our colleagues at Gibberagong who may be able to offer webinar excursions via zoom next term.

TWPS will celebrate World Teachers Day on the Australian WTD Friday 29 October.

### **Kindergarten Transition**

Our Kindergarten Transition Program is a very exciting time as students reach this milestone and prepare for their start to BIG school in 2022. More information and details are shared by Miss Dowd in the newsletter. We are very much looking forward to sharing our Transition website and when we are able, to meet all of you!



## PHHS Musical

Pennant Hills High School is pleased to announce that they will be producing Shrek the Musical! to be performed in May 2022 (subject to DEC and Health orders).

As is tradition students from local primary schools will be invited to be a part of the cast.

PHHS will be having an information night **TONIGHT** to give you the full rundown and answer any questions you may have.

To attend the information night click the zoom link below:

**Thursday 16 September, 7:30 PM**

[https://nsweducation.zoom.us/j/62428432249?  
pwd=OTI3ckRwTDICYXVPNmtJYnF4ckY0dz09](https://nsweducation.zoom.us/j/62428432249?pwd=OTI3ckRwTDICYXVPNmtJYnF4ckY0dz09)

Meeting ID: 624 2843 2249

Passcode: 613392

Keep an eye out on Facebook for the official event.



## NAPLAN Reports

The parent / carer copies of students NAPLAN results for 2021 have come in to school and are being mailed out to families this week.

If you have not received this upon our resumption for Term 4, please do get in contact with the school.

## OC Placement test - delayed

As a result of the most recent advice from NSW Health regarding the duration of COVID-19 restrictions and the return to school plan, the Opportunity Class Placement Test scheduled for 6 October 2021 has been delayed.

New testing arrangements for students will be announced as soon as possible. Please refer to the OC Exams page for the latest updates.

## 2022 Selective High School placement assessment scores

Due to COVID 19 restrictions in 2021, primary schools will not be required to provide school assessment scores for the 2022 selective high school placement process for Year 7 entry in 2023. This approach was successfully used for 2021 placements in opportunity classes which were similarly affected by COVID 19.

Primary school principals will continue the usual process of confirming information entered by parents in their applications and by adding relevant information on student background, disability and reasonable adjustments.

More detailed communications will be provided in Term 4, 2021.

Information for applicants is also available through the [High Performing Students website](#)

Kind regards,

Julie Granville

R/ Principal

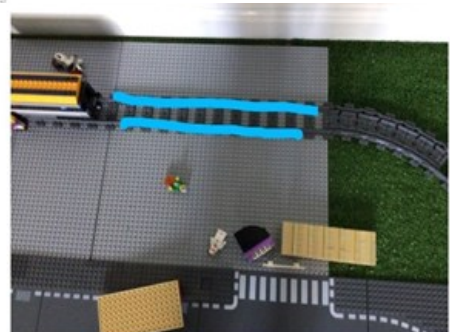
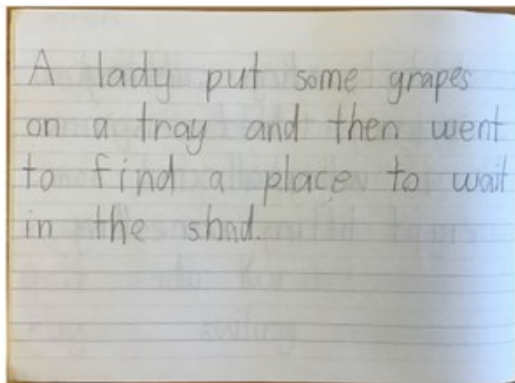
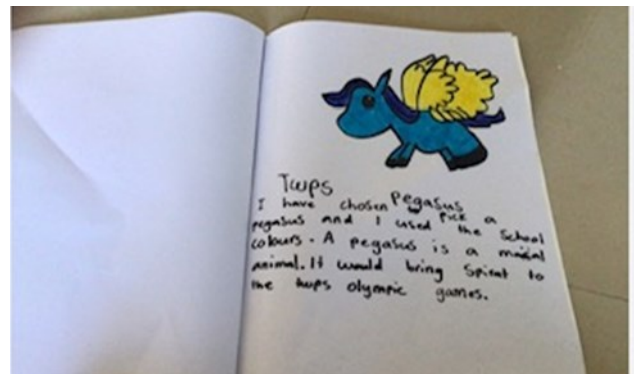
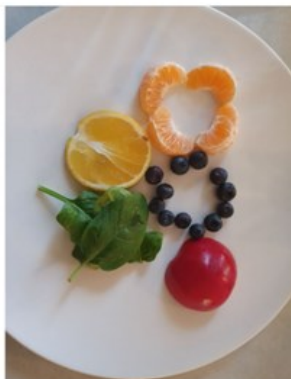


## Deputy's Message

Happy Week 10! I am so proud of each and everyone of our learners, teachers and families. Together we got through a whole term of learning from home. It certainly takes a village of support, and at Thornleigh West we have the best support network.


I hope the holiday break brings you time to reset, rejuvenate, recharge and time off screens. Holidays are a great chance to enjoy your favourite book, discover new ones and even do some baking.

Term 3 learning from home has certainly seen our students shine. As they use seesaw and google classroom to check in, learn and reflect, I have certainly been very proud of their growth and achievement. A small display of the amazing learning:



- Find 7 things at home to measure.
- Write/draw each one and the measure in the boxes.
- Remember to start at 0, not the end.
- Remember use words length or width or height.

LEVEL 1 - WALT measure in cm and half cm.

Height of cup 9 ½ cm 	<b>Pencil box</b> Length: 30cm Width: 18cm Height: 5cm	<b>Cooking book</b> Length: 27.5cm Width: 21.5cm Height: 1.7cm	<b>Book Box</b> Length: 14.5cm Width: 14.5cm Height: 4.8cm
<b>Wallet</b> Length: 10.7cm Width: 8.6cm Height: 2.3cm	<b>iPhone</b> Length: 15cm Width: 7.5cm Height: 1.6cm	<b>Cat brush</b> Length: 17.5cm Width: 2.7cm Height: 0.6cm	<b>Glasses case</b> Length: 14.5cm Width: 7.3cm Height: 3.7cm

[View Original](#)

[View Google Doc](#)



**What do you think you know about the Lost Thing?**

That he was lost and couldn't find his home

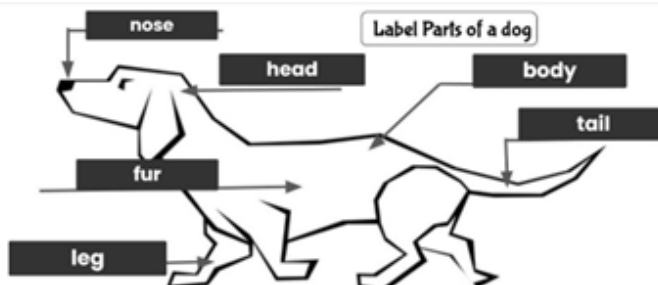
**What questions do you have about the book?**

I wonder who would loose such a big thing and I wonder if there is a place where lost people, things and stuff go

I also wonder why the author made this book because it is about something unusual



In response to: Label the parts of a dog



The one that says 'play' is supposed to be playroom.

July 26, 2021, 3:05 PM

♥ donna DL DESVAUX

• donna DE DESVAUX Wow That is the prettiest mouse house I have seen. Wonderful area work Elsie. I appreciate all that you do!



14<sup>th</sup> September would have been when the Senior choir was meant to be performing; to ensure they still got to celebrate in some way Mrs Crothers held a wonderful afternoon session where they sang some of their repertoire, thank you for inviting me, it was such a pleasure to listen to you all. Your passion and enthusiasm is contagious.

### **Review Meetings Term 4 2021**

In Term 4, over Week's 2 and 3, we will be conducting review meetings for our funded students. Review refers to the ongoing process of measuring the effectiveness of an educational program and the package of support provided to the student.

A review for each student receiving learning and support is conducted by the learning & support team in consultation with parents. For students accessing additional funding (Integration, Funding Support, Support Class Placement or Itinerant Support teacher services) a formal review is required at least once a year. Miss Dowd, Mrs Fogarty or Ms Bourne will have been in contact with you to discuss a time. A formal letter with the details and zoom link will follow this week. We look forward to meeting with you and discussing your child's growth and next steps.

### **Kindergarten Transition 2022**

To our wonderful families starting school in 2022, unfortunately due to the current climate we won't be able to have you on site in Term 4. Alternatively, we will be offering two virtual transition zoom sessions:

Term 4 Week 2 – Thursday 14<sup>th</sup> October

Term 4 Week 3 – Thursday 21<sup>st</sup> October

There will be an email shortly to invite your child to these sessions, with all the relevant information. We have also created a website dedicated to Thornleigh West Transition with information about the school, videos and activities, the link will be shared soon.

We are so excited about welcoming our new students in 2022.





As we look ahead to the beginning of Term 4, please remember what learning looks like at TWPS, this infographic displays the many things that home learning can bring to your household: -

**THORNLEIGHWEST**

*Learning can look like...*

*Remember you are your child's first teacher. We are all doing the best we can!*

*Learning doesn't look like sitting on a device from 9am - 3pm*

-  1 Go outside and explore nature, ride your bike, play with a ball
-  2 Play a board game
-  3 Have a conversation; listening and telling stories
-  4 Write a letter to your family or friends
-  5 Help around the house
-  6 Bake a cake, yummy snack or special treat
-  7 Take some quiet time out, read your favourite book
-  8 Make and create something new with materials at home
-  9 Sing and dance
-  10 **PLAY!**

Have a wonderful break, we will see you back online for learning from home on Tuesday 5<sup>th</sup> October.

Miss Dowd

R/Deputy Principal



## P & C News

### Next Meeting – Tuesday 19 October, 2021

#### Reverse Mufti Day - 17 September

Wow! It's amazing that Term 3 is already racing to a close. We thought it might be fun to celebrate the last day of term with a Reverse Mufti Day. If you'd like your child(ren) to be involved, simply encourage them to wear their uniform, either Sport or Winter, for a little bit of fun on Friday 17 September, 2021. Please feel free to share your photos with us via Facebook or email!

#### Funky Bunch Trivia - 24 September



As we remain in lockdown, the TWPS P&C have arranged some online, well-being activities to help our community stay connected. The first of these is an online, interactive trivia night extravaganza hosted by Funky Bunch Trivia (as seen on Sunrise). Thanks to the fantastic team at Ray White Cherrybrook, Thornleigh, West Pennant Hills led by Dion and Nathan for sponsoring this event. Funky Bunch will keep the trivia chat windows open all night after the event to allow everyone an opportunity for a well earned catch up, and has also generously agreed to cap their pricing for us. The trivia night will be held on Friday 24 September, 2021 from 6:00pm! Thanks to Dion, Nathan and the Ray White team, this event will be completely free to all who would like to participate. We may even have a prize or two to give away on the night! The P&C will also be extending an invitation to this event to Kindergarten 2022 families to begin welcoming them into our amazing TWPS Community! Please keep an eye on the TWPS P&C Facebook page and your email for further details on this amazing event!

#### Fathers Day and Tea Towels - All wrapped Up

Since the last Newsletter, two wonderful events, in the Father's Day Gift Boxes and the 60<sup>th</sup> Anniversary Tea Towels, have wrapped up. We thank all those involved in both these fantastic initiatives. We hope all the father figures had a wonderful Father's Day made just that extra little bit more special by some yummy treats, and that our learners are encouraged to help with the dishes by seeing their signature on a beautiful tea towel!

#### Update from last meeting - 31 August

The P&C met last Tuesday, 31 August, 2021, via Zoom. P&C Meetings are always a great way for the community to catch up and hear about what's happening in the P&C and the wider school community. At the meeting last week, the membership agreed to update the TWPS P&C Bylaws/Rules, to adopt the P&C Federation's: Code of Conduct; Grievance, Complaints, and Disputes Procedures; and Social Media Policy, to transition to Google Workspace for the management of P&C email accounts/addresses and email lists, and to fund some upgrades to the Canteen.

## Band News

Whilst Band rehearsals are currently on pause during the lockdown, participants are continuing to enjoy fortnightly catchups with each other and the conductors. The Band Subcommittee are currently planning for 2022 and are looking for volunteers to fill the following roles:

- Assistant Convener: assist the Convener with day-to-day responsibilities and stand in for the Convener when required.
- Treasurer: responsible for funds, budgets, payments, insurance, assets, and cash flow.
- Assistant Treasurer: raise invoices, reconcile payments, and manage Creative Kids.
- Secretary: take minutes at meetings, formulate action item lists, prepare agendas, manage correspondence.
- Tutor Coordinator: liaise between tutors, band committee, and school. Organises tutor documentation, allocates rooms, and available teaching days.
- Band Camp Coordinator: organise and coordinate annual Band Camp.

If you are keen to volunteer for any of the listed roles or would like to find out more, please contact the Band Subcommittee via email at [twpsband2011@gmail.com](mailto:twpsband2011@gmail.com)



### Many hands make light work!

We are always excited to have new members involved in the P&C. We have several events planned over the year ahead, Covid-19 restrictions permitting. So, if you can spare some time, whether it's five minutes or five days, your help would be appreciated. Our membership fee is only \$1 and can be paid via Flexischools at any time. If you would like more information on the P&C or how you can become involved, please do not hesitate to contact us at [twpspandc@gmail.com](mailto:twpspandc@gmail.com)



Have a safe and relaxing holiday break!

If you can make it, we look forward to seeing you at our online trivia event on 24 September, 2021 from 6:00pm!

Meera Seemampillai  
TWPS P&C President  
[twpspandc@gmail.com](mailto:twpspandc@gmail.com)

## Sport News

Below are the results from our two Athletics carnivals which were held last term.

### 2021 Athletics Results - Boys Ribbons

Event	Age	1st	2nd	3rd
<b>100m</b>	7 yrs	Louis B	Charlie B	Joshua M
	8 yrs	James B	Kye S	Callum U
	9 yrs	Tighe S	Leo G	Tyler W
	10 yrs	Matthew H	Talen L	Haven K
	11 yrs	Aidan M	Quinn O	Sam T
	12 yrs	Lachlan B	Mason R	Levi B
<b>200m</b>	Jnr	Matthew H	Oliver M	Oscar R
	11 yrs	Sam T	Quinn O	Noah B
	Snr	Lachlan B	Levi B	Mason R
<b>800m</b>	Jnr	Tyler W	Oliver M	Charlie X
	11 yr	Leo R	Zach B	Asher C
	Snr	Lachlan B	Zac F	Jamie A
<b>1500m</b>	Jnr	Oscar R	Tyler W	Callum H
	11 yr	Leo R	Zach B	Asher C
	Snr	Lachlan B	Joel S	Zac F
<b>Shot Put</b>	Jnr	Oliver M	Haven K	Nick B
	11 yr	Curtis O	Tyler D	Tyler A
	Snr	Will H	Mason R	Lachlan B
<b>Discus</b>	Jnr	Oliver M	Matthew H	Haven K
	11 yr	Curtis O	Sam T	Connor H
	Snr	Lachlan B	Mason R	Matthew N
<b>Long Jump</b>	Jnr	Oliver M	Matthew H	James B
	11 yr	Zach B	Noah B	Sam T
	Snr	Lachlan B	Mason R	Jamie A
<b>High Jump</b>	Jnr	Oliver M	Matthew H	Josh L
	11 yr	Noah B	Asher C	Zach B
	Snr	Lachlan B	Mason R	Lucas H
<b>Relay</b>	Jnr	Ruse	Flinders	Sturt
	Snr	Sturt	Macquarie	Ruse



## 2021 Athletics Results - Girls Ribbons

Event	Age	1st	2nd	3rd
100m	7 yrs	Calla R	Anna M	Maria G
	8 yrs	Evie M	Cleo C	Marissa M
	9 yrs	Grace C	Ada R	Anna S
	10 yrs	Michiko P	Holly M	Bonnie S
	11 yrs	Indigo H	Ella C	Lucia N
	12 yrs	Summer C	Gemma P	Sohaaya H
200m	Jnr	Michiko P	Grace C	Holly M
	11 yrs	Indigo H	Elsie L	Ella C
	Snr	Summer C	Gemma P	Sohaaya H
800m	Jnr	Holly M	Thea T	Hannah S
	11 yr	Indigo H	Alicia S	Elizabeth F
	Snr	Summer	Sohaaya H	Charlotte F
1500m	Jnr	Holly M	Lucy F	Juliet J
	11 yr	Indigo H	Elizabeth F	Bria W
	Snr	Summer C	Alex M	Nil
Shot Put	Jnr	Holly M	Elyssa B	Olivia G
	11 yr	Emily F	Indigo H	Ella M
	Snr	Kayleigh E	Martha M	So Young K
Discus	Jnr	Holly M	Savanah E	Juliet J
	11 yr	Emily F	Indigo H	Chloe F
	Snr	Kayleigh E	Martha M	Alex M
Long Jump	Jnr	Holly M	Michiko P	Grace C
	11 yr	Indigo H	Ella C	Emily F
	Snr	Ivy K	Summer C	Kayleigh E
High Jump	Jnr	Holly M	Saffron W	Lily M
	11 yr	Indigo H	Bria W	Ella M
	Snr	Amelie M	Summer C	Nola G
Relays	Jnr	Macquarie	Sturt	Ruse
	Snr	Ruse	Macquarie	Flinders

<b>Boys Age Champions</b>	Jnr	Oliver M
	11 yr	Zach B
	Snr	Lachlan B

<b>Girls Age Champions</b>	Jnr	Holly M
	11 yr	Indigo H
	Snr	Summer C



**1st - Sturt**

**2nd - Macquarie**

**3rd - Ruse**

**4th - Flinders**



Learning from home resumes  
Tuesday 5 October 2021





# A WHERE TO GUIDE

## for when you can't go anywhere!

Are you juggling life in lockdown with being a parent, home schooling, or working from home? If yes, you may find some helpful links in this where to guide\*, when you can't go anywhere. We have compiled a helpful list of resources, groups, and activities that you can participate in both online and offline from home or in your neighbourhood. We hope they bring inspiration and fun to the day for you and your family.

*\*Please remember to monitor and balance your child's screen and online activity and check that any games, websites or TV programs are appropriate for their age.*







# A WHERE TO GUIDE

## for when you can't go anywhere!

### Index:

- Page 3 - Parenting
  - Page 4 - Younger Children
  - Page 5 - Online playgrounds + Preschool & Home Schooling
  - Page 6 - Preschool & Home Schooling
  - Page 7 - High School + Movement & Relaxation Exercises
  - Page 8 - Community Activities
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when you can't go  
anywhere!*

# PARENTING

## RAISING CHILDREN NETWORK

COVID-19 resources plus tips to help you and your family cope

## TELETHON KIDS INSTITUTE

Advice from scientists for families, including staying healthy, cyber safety guidance and more

## ZERO TO THREE

Tips for families including responses to common questions, a guide to self-care, and activities for children socially distancing.

## BEYOND BLUE

Ways to cope when working from home as a parent or carer

## REACH OUT

Parents forum, with a trusted and supportive community of parents and carers of teenagers

## CHILD SAFE MOVEMENT

Seven lockdown tips for families

## UNICEF

A set of handy expert tips to help manage COVID-19 parenting challenges

## SYDNEY UNIVERSITY

Tips and resources to keep kids engaged and stimulated during lockdown learning

## NSW HEALTH

COVID-19 resources in different languages

## NSW EDUCATION

Learning from home packages and tips for years K-6

## LEGAL AID QUEENSLAND

Tips for separated parents during COVID-19

## RED CROSS

Tips for families isolating

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# YOUNGER CHILDREN

## RAISING CHILDREN NETWORK

Toddlers play and learning ideas

## LOVE TALK SING READ PLAY

The latest evidence based information on children's emotional and social development developed by parents who are health workers

## DEADLY TOTS

Deadly Tots App contains information for every Aboriginal Family of 0 to 5 year olds to help their Bub learn and grow

## LET'S READ

Reading tip sheets in English, ten community languages and for Aboriginal families

## STORY BOX LIBRARY

Australian children's books, read by a diverse range of local storytellers

## MY HERO IS YOU

A storybook developed by and for children to help families around the world understand and cope with COVID-19

## HI, THIS IS CORONAVIRUS

A COVID-19 book for children.

## CBEEBIES

Games, shows, songs and colouring to help toddlers and preschoolers learn

## SESAME STREET

Preschool games, videos and colouring pages

## SESAME STREET IN COMMUNITIES

A range of activities and tips for the challenges and joys of parenting younger children

## ABC KIDS LISTEN- APP

Songs, stories, news and podcasts, carefully selected to entertain and educate preschool-aged children

## ABC PLAY SCHOOL: 50 BEST SONGS

A Spotify playlist with the 50 best songs from Play School



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# ONLINE PLAYGROUPS

## THE NORTHERN CENTRE

Supported playgroups for parents to share and learn while providing an opportunity for children to socialise, play and learn

## PLAY & LEARN TIME

Free online Early Childhood Education and Care Program for parents and children

## MAGIC OF STORYTELLING PLAYGROUP

Group to get updates on the playgroup, connect with other parents and learn about services

## RELATIONSHIPS AUSTRALIA-COMMUNITY BUILDERS

Supported playgroups:  
Chinese/ English- [jianh@ransw.org.au](mailto:jianh@ransw.org.au) and  
Korean/ English- [jisunk@ransw.org.au](mailto:jisunk@ransw.org.au)

## EARLYED

Supported playgroups to meet with other families and for you and your child/ren to be involved in fun activities.

## PLAYGROUP NSW

Find a playgroup and access parent resources

# PRE-SCHOOL AND HOME SCHOOLING

## NSW EDUCATION – LEARNING FROM HOME

Learning packages for parents and carers to use with their children and sample timetables

## NSW EDUCATION – TRANSLATED RESOURCES

Learning from home advice in other languages

## OZZIE

Videos designed to entertain, excite, engage and educate kids

## ART FOR KIDS HUB

Family YouTube channel uploading new art lessons for kids M-F every week

## TYPING.COM

Free lessons and fun activities teaching the foundations of techology

## STUDY LADDER

Online education activities for students aged 4-12, mapped to the curriculum

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### **TOP MARKS**

Fun mathematics activities suitable for preschoolers to primary school age children

### **ORIGO AT HOME**

Guidance and instruction for continuing maths learning at home (US site)

### **MATHS STARTERS**

Games, quizzes and more to start maths lessons

### **LITTLE LEARNERS LOVE LITERACY**

Decodable books apps available as apps to engage children learning to read

### **STARFALL**

Language, arts, mathematics and music activities for grades K-3 accessible through website or app

### **QUESTACON AT HOME**

Fun science activity sheets for children from Grades K-12 to do at home

### **ABC BTN**

Behind the news for older children

### **BBC- BITE SIZE**

Collection of video lessons, worksheets, quizzes and games presented by year group and by topic, plus parent resources

### **COOL AUSTRALIA BLUEY EDUCATION AND TEACHING**

Bluey educational resources for early learning and primary students

### **KITCHEN CLASSROOM**

Recipes and hands-on activities to bring learning into the kitchen

### **BIG LIFE JOURNAL**

Free printables and parenting tips to navigate children's stress going back to school

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# HIGH SCHOOL

## LEARNING SUPPORT PROGRAMME

Learning assistance to young people (Years 6-10)  
from disadvantaged migrant families

# MOVEMENT AND RELAXATION EXERCISES

## NSW HEALTH

Activities and resources to share ways to safely  
exercise during the COVID-19 outbreak

## ABOUT KIDS HEALTH

Learn how to keep your child active and provide  
them with the support to stay motivated

## GO NOODLE

Range of activities to help child and families get  
moving

## COSMIC KIDS YOGA

Yoga, mindfulness and relaxation for kids

## MOVE TO LEARN

Exercise videos for Pre-K- year 12

## PLAYLIST- KIDS WORKOUTS TO DO AT HOME

A playlist with a variety of kids workouts

## SMILING MIND

Mindfulness app and website for young  
Australians

## NSW FAMILY SERVICES AND CHILD'S PLAY

Ways to keep kids under five active while inside



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# COMMUNITY ACTIVITIES

## ALLTRAIL MAPS APP

Hike, bike and run - Detailed hand-curated trails maps

## WILD WALKS

Bush walk information

## AUSTRALIAN MUSEUM

Free online Sydney Science Trail event filled with family-friendly science programs

## NATIONAL MARITIME MUSEUM

Play, create, learn and discover with online games, activity sheets, print-out-and-make templates

## NSW STATE LIBRARY

Online activities for kids and families

## NEWY WITH KIDS

150 ideas for family fun during lockdown

## SYDNEY OLYMPIC PARK

Explore the Park from the comfort of your home

## TARONGA ZOO

Curriculum- linked virtual zoo lockdown lessons led by a qualified Taronga teacher

## STORYTIME- CITY OF SYDNEY LIBRARY

Storytime and rhymetime online , suitable for 0-2 year olds. Sessions available in English, Mandarin and Auslan

## SYDNEY OPERA HOUSE FOR KIDS

Digital content and hands on activities created especially to inspire young minds

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# DIET & NUTRITION

## DEPARTMENT OF HEALTH

Healthy eating during the COVID-19 restrictions

## RAISING CHILDREN (1-8 YEARS)

Healthy eating habits information

## RAISING CHILDREN (9-18 YEARS)

Healthy eating habits information

# HELPLINES & WEBSITES

## RAISING CHILDREN NETWORK

Sleep problems & solutions for kids & teens

## PARENTAL EQ

Support for emotional and social challenges for parents with children aged 5-12

## RESOURCING PARENTS

Find a parenting program near you

## RANDOM ACTS OF KINDNESS

Resources for home to make kindness the norm

## PARENT LINE NSW

Bluey educational resources for early learning and primary students Ph. 1300 130 052

## BIG LIFE JOURNAL

Free printables and parenting tips to navigate children's stress going back to school

## RELATIONSHIPS AUSTRALIA NSW

Relationships Australia publications

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# MENTAL HEALTH

## THE MENTAL HEALTH TEACHER

Education videos about mental health for children

## LIFE LINE

Suicide prevention and mental health support service - ph: 13 11 14

## KIDS HELPLINE

free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 as well as parents

## HEADSPACE

Mental health related resources and support

## BEYOND BLUE

Coronavirus Mental Wellbeing Support Service  
Call 1800 512 348

## PANDA

Perinatal Anxiety & Depression Australia

## 1800 RESPECT

National sexual assault, domestic and family violence counselling service. Call 1800 737 732

## MENSLINE AUSTRALIA

Telephone and online support and information service for Australian men PH: 1300 78 99 78

## BROTHER TO BROTHER

24 helping for Aboriginal and Torres Strait Islander men - 1800 435 799

## BLACK DOG INSTITUTE

not-for-profit organisation and world leader in the diagnosis, treatment and prevention of mood disorders PH: 02 9382 2991

## EMERGING MINDS

Improving social and emotional wellbeing for Aboriginal and Torres Strait Islander Children

## THE RESILIENCE CENTRE

Resilience resources and education and group training courses

## UNDERSTOOD

Resources and information for those who think differently

## ADDITUDE MAG

Information and resources about ADHD

## NORTHERN SYDNEY LOCAL HEALTH DISTRICT (NSLHD)

For local service contact details and links to a range of health information

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# PODCASTS

## HAPPY FAMILIES

Short episodes targeting specific parenting questions and topics with Dr Justin Coulson

## PARENTAL AS ANYTHING

Practical tips and answers to parenting dilemmas with Maggie Dent

# SCREEN TIME & ONLINE SAFETY

## ESAFETY

helping Australians have a safe and positive online experience and choose quality online material

## ESAFETY FOR KIDS

Teaching resources and information for kids about how to be safe online

## SCREEN TIME TIPS

Tips about screen time enforcement and rules

## ESAFETY FOR PARENTS

Resources and information about the best strategies to help children stay safe online

## RAISING CHILDREN

Screen time checklist for healthy use

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# AUTHORS

*\*Can also be found on Instagram & Facebook*

## COLLETT SMART

A psychologist, qualified teacher, speaker and author with experience working in schools

## JUSTIN COULSON

One of Australia's leading parenting experts and an international speaker

## JUSTIN & KYLIE COULSON

Parenting books and webinars as well as other resources

## STEVE BIDDULPH

Books on raising children in the twenty first century

## KAREN YOUNG

Books and resources on anxiety in kids and teens

## MAGGIE DENT

Books and resources about a wide range of parenting tips and information

## STEPHANIE PINTO

Resources about how to connect with kids and bringing back calm

## THE GOTTMAN INSTITUTE

Research-based approach to relationships for couples and parents



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# LOCAL COUNCILS

## HORNSBY SHIRE COUNCIL

- What's on
- Library

## KU-RING-GAI

- What's on
- Library

## WILLOUGHBY CITY COUNCIL

- What's on
- Library

## NORTH SYDNEY COUNCIL

- What's on
- Library

## MOSMAN COUNCIL

- What's on
- Library

## LANE COVE COUNCIL

- What's on
- Library

## RYDE CITY COUNCIL

- What's on
- Library

## HUNTERS HILL COUNCIL

- What's on
- Library

## NORTHERN BEACHES COUNCIL

- What's on
- Library

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# ACKNOWLEDGEMENTS

**Note:** this list gives an idea of resources available, however, there are many more wonderful resources available.

This resource collaboration is an initiative of the NSLHD Child Youth & Family Health Service in partnership with Relationships Australia-Community Builders.

Contributions have been made by the amazing staff at NSLHD Child Youth & Family Health Service and members of the Lower North Shore, Ryde/Hunters Hill, Northern Beaches, and Hornsby/Ku-ring-gai Child and Family Interagencies across the Northern Sydney District.

**For more information contact:**

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- Phone: 0434 379 786



**LOWER NORTH SHORE  
CHILD & FAMILY  
INTERAGENCY**



**RYDE/HUNTERS HILL  
CHILD & FAMILY  
INTERAGENCY**



**HORNSBY/KU-RING-GAI  
CHILD & FAMILY  
INTERAGENCY**



**Health**  
Northern Sydney  
Local Health District



**Communities  
& Justice**

*Relationships Australia.*  
NEW SOUTH WALES

**NBCFI** | Northern  
Beaches  
Child and Family  
Interagency