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## Issue 8, Term 2, June 2021

### Principal's Message

With only a couple of weeks remaining of this term, a reminder to parents and students that this time of the year is heavily focused on exams and assessment tasks. All students should be working hard to do their best in this area. It is with the support from the staff and parents, we hope that our students succeed to the best of their abilities.

The College Parent Portal is now live, you would have received correspondence some weeks ago as to the details of this new feature. As the Parent Portal is a new feature, we are in the early stages and I would kindly ask you to log in and utilise the portal as a source of communication between yourself and the College, as well as information for upcoming events. Please note, moving forward, that your child/children's end of semester school reports will be only accessible through the parent portal.

This term the College has introduced Stage Morning Tea's whereby the College invites parents to a morning tea, where you will have the opportunity to talk with the College Leadership Members and give feedback regarding your child's journey as a student at St. Charbel's College. The information gathered will be helpful to the College to build on improvements and strategies for the coming years.

Please check your inbox for the next Stage Morning Tea – Stage 1 Morning Tea is being held on Tuesday 22 June at 8:45am, please ensure you register your attendance, via the link provided in the invitation email.

The College's Vision and Mission to Pastoral Care

and Culture has a commitment to building a community to develop a shared approach to living and learning. For this reason and for our commitment to the safety and wellbeing of our students, please could I ask you to remind your child that should they become unwell during school the College procedures is for them to report this to their teacher/year Coordinator and then report to the office. The ladies in the office will then call the parents to discuss and/or arrange a pick up from the school. It has however become a habit for our students to make direct contact with parents. The students are not permitted to use their phones during school hours unless they have permission to do so from the teacher. I would ask your support in this process.

Last Friday 4 June, the College held a special morning assembly through a Eucharistic celebration in both Primary School and High School to celebrate the Feast of Corpus Christi. We glorify our Lord who humbled Himself and willed to stay with us under the form of Bread and we submit ourselves to Him trying to live and practice His Words throughout our daily lives.

**Rev Fr. Maroun Youssef**

**Principal**

### Director of Primary

Students in the Primary Choir officially received their badges last week. The Choir students work very hard rehearsing after school every Tuesday afternoon and do a wonderful job leading the singing during school Masses. The Primary School is very grateful and appreciative of their efforts!

Students have been looking very smart in their winter school uniform. Although there is no official change over date, the cooler weather has seen students transition to long trousers and long sleeved shirt and tie. It's heartening to see students wearing their uniform with pride!

A reminder that the official navy blue school beanie should be worn as part of the school uniform if needed.

Occasionally parents have mentioned that their child has an allergy to wool. There is no wool in the school vests and cardigans, so combining these with warm under garments and the school jacket means these students are able to wear, and keep warm, in the official school uniform.

A morning tea for Stage 1 parents and guardians is being held on Tuesday 22 June. An invitation was sent to Stage 1 parents last week. The College Leadership look forward to seeing you and hearing your feedback. Please remember to RSVP. Thank you to parents who have already done so!



Ms Maree Kelly

Director of Primary

### Beat the Cold War

Year 10 students put together 'essential packs' using the donations we have raised from the Beat the Cold War Campaign.

We have raised just over **1500 items!!** Please click on the link below to see the donations.

<https://docs.google.com/document/d/16itDL5YWb86qtd-4hx5jaJMNbDbG6lBhZSyU9DqeOP0/edit>

***"Let's THRIVE & succeed in helping others BEAT THE COLD WAR this winter"***

### Beat the Cold War



Miss Jessy Elagha

Secondary PDHPE Teacher

### Primary Sports - Jump Rope for Heart

This week, the primary school had their Jump Off day, ending their Jump Rope for heart program. It was a beautiful day, with fantastic weather and great enthusiasm and participation by the students. We were lucky enough to have Alex from the Heart Foundation come for the morning session and bring along with him the 'Happy Heart' costume which brought so much excitement to the students. This year we have seen such amazing generosity from our St Charbel's community, which does not surprise me, but each year it surprises me with how we are able to give more than the year before. This is what makes our school community stand out among others and what makes me proud to be part of it. After counting the cash donations we received, along with the online donations, St Charbel's primary is donating \$18,000 to the Heart Foundation. Not only have we broken our own school record, Elise Sleiman from KP is currently in 2nd place on the fundraising leaderboard, which is a leaderboard for the country! This has never been achieved. Not only have we raised this money, we have raised awareness for Heart Disease and our students understand why we are doing this and why it is so important to lead a healthy and active lifestyle.



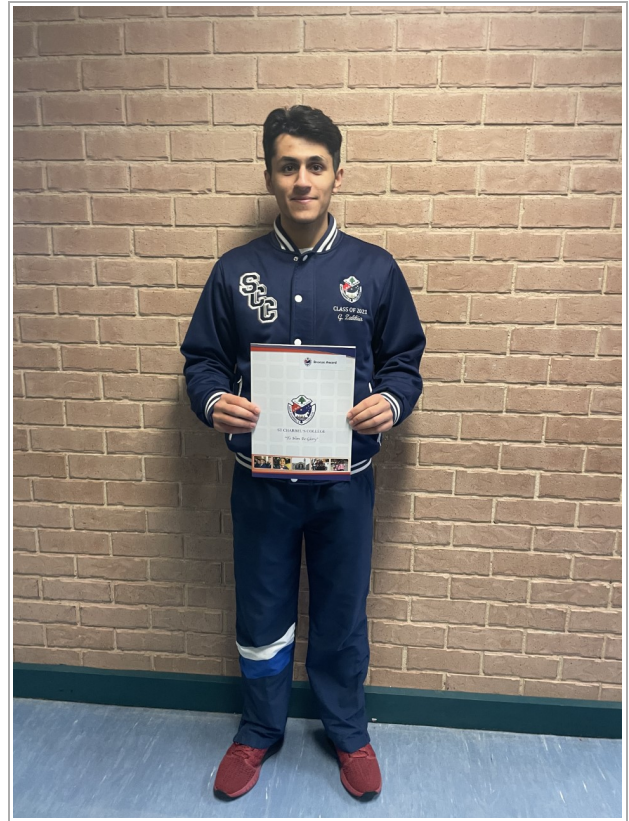


**Miss Catherine Zalloua**

**Primary Sports Coordinator**

### **Duke of Edinburgh**

The College is proud to announce that George Zakhia (Year 12) has officially completed his Bronze Level Duke of Edinburgh Award. George has demonstrated the Maronite Catholic values through completing this award. As a College, we are so proud of him. Great work George!!



**Mrs Jessica George-Loulach**

**Secondary PDHPE Teacher**

### **CAPA Coordinator**

Around the classes in the Creative Arts and Technological and Applied studies, students in year 9 Food Technology have been busy learning to cook healthy meals that also reflect food equity in society. Year 11 Food Technology students prepared meals, presented and photographed them and used the image to present a magazine cover.

Year 9 Art students continue to amaze with their brilliant paintings of the urban landscape. Year 9 Textiles have completed their textile art piece and are preparing to enter it into Operation Art.

Year 9 Industrial Technology Timber students have completed the chopping boards and were so proud to be photographed with the board.

Year 7 Digital Technology students have designed some amazing Agriculture inspired games. Great to see them on the other side of gaming. I have shared the links to two games designed by yr 7.

As promised, I have news about a couple more St Charbel's students who chose creative careers after studying a Creative Arts or TAS subject in

high school. Jacinta Gebran, a former Textiles and Design student graduated from UTS in 2019 with a Bachelor of Design in Fashion and now has her own fashion label “STFUD denim with a purpose”. You may remember Dona Dagher, a former Art student. Dona is a successful makeup artist and was featured in the Australian Business Journal as one of the top 10 Australian makeup artists to watch in 2021. The year 12 major project Dona produced in Art featured all types of eyes beautifully drawn and painted. It is no surprise that Dona chose to pursue a creative career.

Enjoy the work of some of our current students as they continue to grow and create in 2021.

Year 7 Technology Game design using Scratch- click on the link to view the game.

Jason Nemeh  
<https://scratch.mit.edu/projects/501512454/>

Javier Abboud  
<https://scratch.mit.edu/projects/500394378/>

### Year 11 Food Technology Food Photography

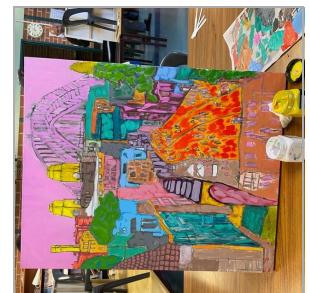
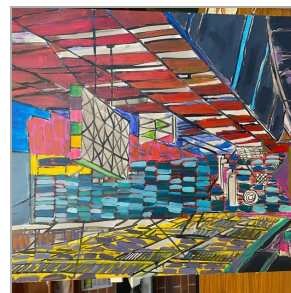


### Year 9 Textile Art pieces



Year 9 Industrial Technology Timber

### Student Artworks



Mrs Maryrose Maatouk

Secondary CAPA Coordinator

### Sacred Heart of Jesus

The month of June is dedicated to the Sacred Heart of Jesus. 4M has shown this by their amazing and colourful art work!





**Mrs Charlotte Soueif and Mrs Rima Tahhan**

**Year 4M Teachers**

### **Write Note Writing Competition**

Congratulations to Michael Hwaylo of Year 8 for achieving the position of finalist in the 2021 The Write Note Writing Competition for his poem "Dawn Begins" - an outstanding achievement. The poem appears below for your enjoyment.

#### **Dawn Begins**

The muted ticking of the blistered clock,

Too early to wake, too gorgeous for sleep,

Dawn's kingdom rules the morning haze,

Back and forth, through rest and day,

Watching tender hours go by,

Doves send drowsy calls,

Across slumberous air and lazy fields,

Streaks of orange stain the blue-green sky,

Artistry sewed onto a turquoise canvas,

A copper sun skims the blue waters of the bay,

Setting waves on fire,

The veins of the red Earth,

Creep across the land,

Snaking over landscapes,

Telling the tale of the ones who came before,

The singing of the thrushes floating on the dew,

The window panes echoing the rumbling of the surf,

The rustle of the Eucalyptus rippling in the breeze,

And the wind flows through the thickets,  
Whispering secrets we'll never understand.

**Ms Athena Conomos (Head of Learning Enrichment K-10) and Mrs Andrea Panteli (Year 8 Coordinator)**

### **Drama: Year 10 Performances**

#### **Murder in the Mansion**



**Miss Nancy Loulach**

### Year 9 Excursion

Year nine students alongside the geography staff went on an excursion to Barangaroo as a part of the unit. Exploring the new developments in Barangaroo was such a wonderful experience as we were accompanied by an amazing tour guide illustrating the beautiful features of the suburb. As we walked around, we were able to observe the modernised and well-developed infrastructure built. Also featuring them in our great selfies thanks to Ms Gee. An interesting activity we participated in, was testing the water to see if it was pure. This allowed us to determine if Barangaroo's environment is sustainable. Which in fact, it is! One of the most popular attractions in Barangaroo are the restaurants and food outlets. Year nine students had a fun time invading the cafeteria during lunchtime, especially with Miss Nygeun at share tea. We also enjoyed eating delicious Italian gelato and delightful food from the food court. Overall, the year cohort had an educational and enjoyable day, learning about the sustainably within Barangaroo through the many activities and site seeing.

### Barangaroo Excursion



Micheline Tannouri

Year 9 Student

### LOTE

As a school, we strive to create a culture of high expectations where all our students are challenged by innovative, creative and engaging Arabic language programs. We seek to guide our students in strengthening their connection with their language, identity, culture and community.

This means that students are taught using a blended approach, which allows for greater differentiation and Individual Education Plans. A variety of resources are used to fully engage

the students, including a wide range of learning activities designed to stimulate and encourage study. Incorporated into the Arabic language course are excursions to authentic Middle-Eastern restaurants and culture-practising localities, cooking lessons and culinary workshops, foreign film festivals, language games, native speakers, art and craft presentations, IT access, incursions, competitions and online tutorials.

Recently our Year 8 Arabic language learners have enjoyed trips to a Lebanese restaurant to sample the cuisine of the Arabic language they are studying. Year 8 students were able to order their food in their language, interact with the restaurant staff in an authentic cultural environment, interview the chef and dance a traditional Arabic dance, 'Dabke'. The trip allowed the students to practice speaking Arabic outside the classroom and in a real-world scenario. The class thoroughly enjoyed the meal and had a great time.

Thank you to Mrs Meoli, Mrs El Beyrouthy, Mrs Safarian and Mr Taouk.

### Arabic Excursion



*Games in Arabic - Kindy - playing bingo - Mrs N. Bayeh*





**Learning about Culture in Arabic – Year 5 “Sajj”  
– Mrs M. Estephan**



**Arts in Arabic – Year 6H – Mother’s Day Card**



**Games in Arabic – Year 2 playing memory game – Mrs N. Kazzi**

**Ms Adeline Dargham**

**Head of LOTE**

## **Parents VPN Information**

Dear Parents / Carers,

As you are aware, our students from Years 5-12 require a laptop for use in their daily classroom activities. The BYOD program has proven to be highly successful in engaging students with their subjects. The College provides a secure wireless network that allows students to connect to the internet in order to access a range of online tools and services. A growing trend amongst our students in the use of VPN's however, has unfortunately negated their online security and privacy.

**What is a VPN?**

A Virtual Private Network (VPN) creates a secure connection between two devices, allowing the exchange of data or information to happen privately using the internet. VPN's are designed to protect your privacy when online, especially when you're logging on from a public space such as a shopping centre, public library or airport. When using a VPN, your information is securely encrypted, and your computer will interact with the

web as if you're connected elsewhere. In other words, you browse the web anonymously. While VPNs can provide online privacy and digital anonymity, VPN technology is widely used for other purposes – some of which are illegal.

VPN's attempt to override their school's web filtering

Many parents have purchased reputable, paid VPN services in good faith in order to protect their children online. Some students however, have installed free VPN tools on their laptops for alternate reasons. The College's WiFi will block social media and inappropriate content, and as a result some students have attempted to use a VPN app or website to access blocked content. All VPN's installed on student devices must be disabled while at school. VPN's on student devices will restrict student access to the College Wifi network. The St Charbel's College web filtering system identifies installed VPNs as an attempt to bypass our security.

VPN's can be used to mask illegal activities

Whilst the primary purpose of a VPN is to provide security and anonymity, unfortunately they are also used by some, to mask illegal activities such as stealing online content from streaming services. Many teenagers like to access content, such as US Netflix, that is only available within the USA, so they use a VPN based in the USA to make it seem like that is their location. VPN's may also be used for more sinister purposes such as purchasing illicit substances.

Risks of installing free VPN's

Some of the issues relating to free VPN's include:

- VPN's could be infected with malware related to advertising, as free VPN's rely on advertising to make money.
- Free VPN's can be used to track your online activity for various purposes
- VPNs can often fail at unblocking content such as Netflix or Disney+
- You might find that free VPN services slow down your internet connection speed on purpose as a way to encourage users to sign up for their paid versions.
- Free VPN providers need to make money, and many do this through a steady stream of pop-up ads. This is not only annoying but can also slow down your connection speed.

- Some free VPNs can hijack your browser and redirect you to other sites without your permission.

For further reading, please visit the following websites: <https://www.vpnmentor.com/blog/free-vpns-are-not-safe-to-use/>  
<https://www.familyzone.com/anz/families/blog/vpn-apps> <https://www.addictivetips.com/vpn/dangers/>  
<https://parentinfo.org/article/what-are-virtual-private-networks>  
<https://nordvpn.com/blog/online-safety-kids/>

I encourage you to discuss the use of free VPN's with your child if they are using their personal learning device at school. If you have any questions regarding the use of VPN's, please feel free to contact me via email: [vpapa@stcharbel.nsw.edu.au](mailto:vpapa@stcharbel.nsw.edu.au)

**Mr Vince Papa**

**Head of Learning Technologies**

## **Counsellor's Corner**

### **Social media safety tips for parents**

1. Understand the applications and social media sites your child is using

Most people would be familiar with Facebook and Twitter, but there are also apps such as Instagram and Snapchat where users can share photos and engage in quick-fire conversations. If you're not a social media user yourself, you can do some reading to gauge which social networks are appropriate to your child's age and what type of functionality is available. Also bear in mind that some websites and mobile applications that aren't necessarily social networks will often have social aspects, such as a user chatroom or the ability to create an online profile.

2. Set rules for your child's social media use

It can be very difficult to control their use of these devices or keep up to date with new social media sites or mobile applications. Your best bet is reach an agreement with your child about their social media use — you might pre-approve the sites they can join, encourage open conversation about their use or things they see online, or agree that they hand over their phone overnight.

3. Teach your child about sharing information responsibly

It's important that your child understands how to share information responsibly. Many don't realise that their profiles may be viewed by strangers. Most



social media sites give users the opportunity to adjust their privacy settings. And while it's likely that you taught your child about 'stranger danger' when they were younger, it's important to reinforce this message in their teens. Your child should know that although they might 'meet' people

online, they should never disclose personal information or arrange a meeting with a new online friend without supervision.

#### 4. Ensure your child understands the implications of their online behaviours

Your child may not be aware of the implications of what they do or say online. A general rule of thumb is that if they wouldn't say something in front of you, their teachers or to a friend's face, it's best not to say it online. Your child should also understand that content they post can be saved, shared by friends or viewed by social media users outside of their network. This applies to status updates, comments and photos — even if they are quickly deleted.

#### 5. Help your child to deal with cyberbullying

Cyberbullying can include text messages, emails, messages and comments on social networks, as well as purposely excluding others online. If your child is a victim of cyberbullying, they should talk to someone they trust about what they have experienced, whether this is you, an older sibling, their teacher or the school counsellor. It is also important to record evidence of cyberbullying — by printing or saving an email, keeping mobile phone conversations or 'screen capturing' an online post.

Further information · <https://www.cyber.gov.au/> — Australian Government website · <https://youtu.be/RAFSrGXomxk> video: Why social media is a concern

**Mrs Jennifer Harsch/Ms Helena Paras**

#### Counsellors

#### Career News

Please navigate through the College's Library webpage to explore Career options with your children. Please feel free to contact me via the school office or email if there are any Careers related issues you would like to discuss.

#### How to become an Urban Planner

Design functional and enjoyable areas to live, work, and play

#### What do Urban Planners do?

Urban Planners develop the plans and programs to make the best use of land. Their planning skills are needed to develop infrastructure and services to create communities, accommodate growth, or revitalise physical facilities in towns, cities, counties, and metropolitan areas. Regional planners work outside these areas.

If you are logical, innovative and great at solving problems, becoming an Urban Planner could be a rewarding profession to consider.

#### About you:

- Vision and innovative thinking
- Great at data collection and analysis
- Understanding of social, economic, cultural, and environmental issues
- Good at design and aesthetics
- Communication and collaboration
- Project management and teamwork
- Negotiator, mediator, facilitator and advocate

#### The job:

- Research, data collection and analysis
- Carry out site surveys, inspections and impact assessments
- Consult with Government, state, community, developers and others
- Create detailed plans, designs and cost reports
- Present plans and reports to stakeholders
- Advise on planning issues and disputes
- Help in obtaining required permits
- Ensure laws and regulations are met
- Supervise and work with other professionals

#### Lifestyle Impact: Low

- Part Time opportunities: Low – only 20% of Urban Planners work part-time (source: [joboutlook.gov.au](http://joboutlook.gov.au)).
- Average hours for full-time

workers: 42 hours a week, which is average (source: [joboutlook.gov.au](http://joboutlook.gov.au)).

- Urban Planners' salary (average) \$80,000\* per year (Source: [com.au](http://com.au)). \*Salaries vary depending on your skills and experience.

- Future career growth: Strong (Source: [joboutlook.gov.au](http://joboutlook.gov.au)).

- You'll be required to attend lots of meetings and be on site, but some of your work may be done from remotely from home. You're unlikely to have to work weekends or out of office hours.

### How to become an Urban Planner in Australia?

You'll need a bachelor's degree or postgraduate qualification in urban, regional or environmental planning to work as an Urban or Regional Planner in Australia.

Step 1 – Complete your HSC, English and Maths may be prerequisites for many tertiary qualifications

Step 2 – Complete a tertiary qualification in a relevant field such as:

- Bachelor of Urban Development (Honours) (Urban and Regional Planning)
- Bachelor of Urban and Environmental Planning

Tip: Check with the Planning Institute of Australia for accredited courses.

Step 3 – In addition to workplace experience as part of your degree, seek out summer placements or voluntary positions in other organisations to gain more skills, network further and explore other areas of planning.

Step 4 – Apply to become a member of the Planning Institute of Australia.

Step 5 – If you're really passionate, want to move up the management ladder, or you completed a bachelor's degree in another field but want to move into planning, consider a postgraduate qualification. E.g. Master of City Planning or a Master of Urban and Regional Planning.

Step 6 – Keep up with all the latest laws, regulations and technologies. Attend seminars, conferences, workshops and short courses to keep growing your skills and your networks.

Step 7 – Choose an area to specialise in and get the necessary skills and experience.

Similar Careers to Urban Planner Surveyors, Civil Engineer, Construction, Project Manager, Lawyer and Architect.

Happy Careers Searching!

Mrs Dianna Chedid

Careers and VET Coordinator


## Library Corner



### Saint Charbel's College Library

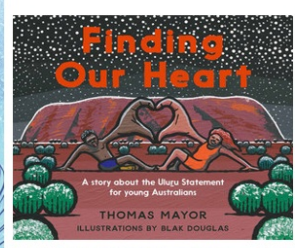
IMAGINE. DREAM. EXPLORE. LEARN. GROW.

Stage Two created these amazing robots out of recycled materials in celebration of World Environment Day. The students worked in small groups and showed great team spirit and imagination. Congratulations to all our participants, your fabulous robots are now on display in the library. Thank you to all of our wonderful parents and carers who helped us by bringing in boxes and packages.

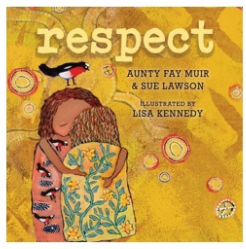


In recognition of National Reconciliation Week our primary classes created this beautiful Rainbow Serpent by tracing their hands. Thank you to all of our students who showed great respect for our First Nations Peoples during this special week.

Thank you to Mrs Jenni Payne for donating this book to the library. Our students really enjoyed hearing this heartfelt story about the Uluru Statement.



We also read this book about respecting our beautiful country, the First Nations People and each other.





Mrs Simone Cullinan, Mrs Janet Galimi, Mrs Rima Wakim, Mrs Susie Yammouni and Mrs Mounira Akkari


Librarians

## Winter School Holiday Program

[school\\_holiday\\_program\\_winter\\_21.pdf](#)

[https://stcharbel.schoolzineplus.com/\\_file/media/645/school\\_holiday\\_program\\_winter\\_21.pdf](https://stcharbel.schoolzineplus.com/_file/media/645/school_holiday_program_winter_21.pdf)

## Chess!



SYDNEY  
ACADEMY OF CHESS

Level 1 30A George St, Burwood 2134  
Office: (02) 9745 1170

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### CHESS!!

Learn to be a chess champion! Coaching for students at St Charbel's College (Punchbowl) is held on Fridays from 1:25pm to 2:05pm, starting on 23 April 2021.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email [enrol@sydneyacademyofchess.com.au](mailto:enrol@sydneyacademyofchess.com.au) for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.

## Keyboard Lessons at the College

### ***Learn Music on Keyboard at School***

***(Enrolment for Term 1)***

*Great songs! Musical activities!*  
*Cool music knowledge!*



- Convenient at-school venue
- Small group, 45-min weekly lesson
- Competitive rate
- Instrument not required initially
- Fun introduction to music
- Kindy student register now for Term 2



**CREATIVE KIDS**  
REGISTERED PROVIDER  
Creative Kids NSW

**To enrol: [www.learnmusicatschool.com.au](http://www.learnmusicatschool.com.au)**  
**(02) 9411 3122**

VIP Music acknowledges awareness & compliance with the health advice regarding COVID-19.

**VIP Music** est. 1984



**St Charbel's Ethnic School**  
offers **Arabic lessons**  
for school aged students

**Creative Kids Vouchers accepted**

**Classes - Term 2 2021**

**23 April - 25 June**

**Fridays 4:30 - 6:30pm**

For more information contact 9740 0999 or visit the school website [www.stcharbel.nsw.edu.au/community/ethnicschool](http://www.stcharbel.nsw.edu.au/community/ethnicschool)

### Canterbury Bankstown Council

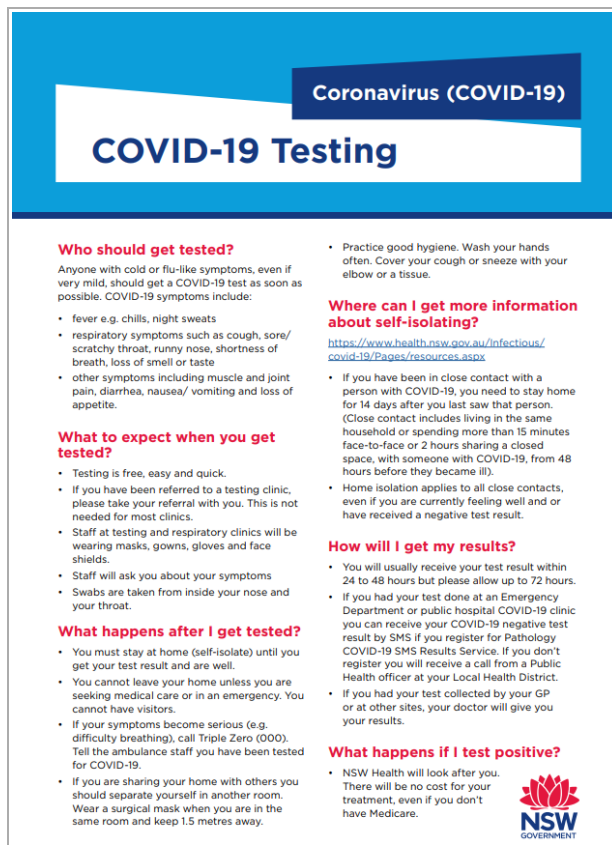
Community\_Safety\_Outreach\_A5\_WEB.pdf

[https://stcharbel.schoolzineplus.com/\\_file/media/498/community\\_safety\\_outreach\\_a5\\_web.pdf](https://stcharbel.schoolzineplus.com/_file/media/498/community_safety_outreach_a5_web.pdf)

### COVID-19:

Access the following link for the latest information on the COVID-19 situation in NSW:

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/case-definition.aspx>



**Coronavirus (COVID-19)**

## COVID-19 Testing

**Who should get tested?**  
Anyone with cold or flu-like symptoms, even if very mild, should get a COVID-19 test as soon as possible. COVID-19 symptoms include:

- fever e.g. chills, night sweats
- respiratory symptoms such as cough, sore/scratchy throat, runny nose, shortness of breath, loss of smell or taste
- other symptoms including muscle and joint pain, diarrhoea, nausea/ vomiting and loss of appetite.

**What to expect when you get tested?**

- Testing is free, easy and quick.
- If you have been referred to a testing clinic, please take your referral with you. This is not needed for most clinics.
- Staff at testing and respiratory clinics will be wearing masks, gowns, gloves and face shields.
- Staff will ask you about your symptoms
- Swabs are taken from inside your nose and your throat.

**What happens after I get tested?**

- You must stay at home (self-isolate) until you get your test result and are well.
- You cannot leave your home unless you are seeking medical care or in an emergency. You cannot have visitors.
- If your symptoms become serious (e.g. difficulty breathing), call Triple Zero (000). Tell the ambulance staff you have been tested for COVID-19.
- If you are sharing your home with others you should separate yourself in another room. Wear a surgical mask when you are in the same room and keep 1.5 metres away.

**Where can I get more information about self-isolating?**  
<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/resources.aspx>

- If you have been in close contact with a person with COVID-19, you need to stay home for 14 days after you last saw that person. (Close contact includes living in the same household or spending more than 15 minutes face-to-face or 2 hours sharing a closed space, with someone with COVID-19, from 48 hours before they became ill).
- Home isolation applies to all close contacts, even if you are currently feeling well and or have received a negative test result.

**How will I get my results?**

- You will usually receive your test result within 24 to 48 hours but please allow up to 72 hours.
- If you had your test done at an Emergency Department or public hospital COVID-19 clinic you can receive your COVID-19 negative test result by SMS if you register for Pathology COVID-19 SMS Results Service. If you don't register you will receive a call from a Public Health officer at your Local Health District.
- If you had your test collected by your GP or at other sites, your doctor will give you your results.

**What happens if I test positive?**

- NSW Health will look after you. There will be no cost for your treatment, even if you don't have Medicare.

**NSW GOVERNMENT**



**Coronavirus (COVID-19)**

## GOOD HYGIENE IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs. Dry your hands.

**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus (COVID-19)** visit [health.gov.au](http://health.gov.au)

**HELP STOP THE SPREAD AND STAY HEALTHY**

**20 SEC**

**Australian Government**

Authorised by the Australian Government, Canberra



## Upcoming Events:

Wednesday 16 June:

SCC Dance Competition

Thursday 17 June – Friday 18 June:

Year 6 Camp

Wednesday 23 June:

Secondary Athletics Carnival

Thursday 24 June:

Last Day for Students

## Hygiene advice for people living in residential buildings

Coronaviruses, such as COVID-19, can survive on surfaces for a few hours or up to several days.

This may vary based on the temperature, humidity and type of surface.

### Residents and common areas

People living in residential buildings should take care when moving through common areas to reduce the risk of COVID-19:

- Clean your hands with soap and water for 20 seconds or use an alcohol-based hand rub/sanitiser after touching any frequently touched surfaces in common areas. This includes doorknobs or door handles when you enter and exit the building or when using communal washing machines or dryers
- Cover your nose and mouth with a tissue when coughing and sneezing or use your elbow, not your hands
- Avoid close contact with people unwell with cold or flu-like symptoms
- Avoid touching your face and avoid shaking hands with others
- Try to maintain a distance of 1.5 metres from others as much as possible in your apartment block, such as in elevators, stairwells or hallways
- Do not gather in large groups in common areas such as rooftops or courtyards.

### Cleaning guidance for NSW strata managers and body corporates

- Regularly clean frequently touched surfaces in common areas with a detergent followed by disinfectant, or use detergent/disinfectant wipes
- Consider providing adequate alcohol-based hand rub (sanitiser) for residents to use.



More information:  
[www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)

## Cleaning surfaces at home to help stop the spread of COVID-19

Coronaviruses, such as COVID-19, can survive on surfaces for a few hours or up to several days. This may vary based on the temperature, humidity and type of surface.

### How to clean

Frequently touched surfaces	Less touched surfaces
<ul style="list-style-type: none"><li>• doorknobs</li><li>• handles</li><li>• light switches</li><li>• phones</li><li>• tablets</li><li>• touch screens</li><li>• tables</li><li>• hard-backed chairs</li></ul>	<ul style="list-style-type: none"><li>• remote controls</li><li>• keyboards</li><li>• desks</li><li>• toilets</li><li>• sinks/basins</li><li>• car steering wheel</li><li>• car seats</li></ul>
<ul style="list-style-type: none"><li>• floors</li><li>• walls</li><li>• ceilings</li><li>• window blinds</li><li>• curtains</li></ul>	

Regularly clean with a household detergent followed by disinfectant, or use detergent/disinfectant wipes (scrub hard).

Clean using a household detergent or detergent wipes. Use a damp mop on hard floors. Clean walls and window blinds when visibly dusty or soiled. Curtains should be changed regularly and cleaned when soiled.

### Detergent or disinfectant?

Detergents help remove germs, dirt, and impurities from surfaces but they do not kill germs. Disinfectants kill viruses and bacteria but don't remove them from a surface. Using a detergent then a disinfectant helps lower the risk of spreading infection.

### If you have been outside

If you have to leave home, when you return:

- wash your hands as soon as you enter and after putting groceries or other items away. Wash your hands before you eat
- if you would feel better to do so, remove your shoes and clothing if you have been on public transport or in spaces where you weren't able to keep 1.5 metres from others
- wipe down your phone
- keep your keys in one place.



More information:  
[www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)

