

142 Highclere Avenue  
Punchbowl NSW 2196

**Subscribe:** <https://stcharbel.schoolzineplus.com/subscribe>

**Email:** [info@stcharbel.nsw.edu.au](mailto:info@stcharbel.nsw.edu.au)

**Phone:** 02 9740 0999



## Issue 9, Term 2, June 2021

### Principal's Message

As Term 2 draws to a close, I would like to take this time to thank our staff, teaching and non-teaching, our students and parents for their continual support and contribution to the College through Semester 1. A term that has been filled with many wonderful learning experiences and community building opportunities.

We are also provided with another opportunity to reflect on the work our students and staff have been doing in and outside the classroom. The student reports will give an indication of where your child/children are at academically, but more importantly we need to consider what we can do to assist and improve our results.

As mentioned in the last newsletter, the Semester 1 Academic Reports will be available via the Parent Portal from this Thursday 24 June 2021. Should you wish to meet with your child/children's teachers the Parent/Teacher interviews will be taking place on Monday 19 July, please ensure you book in a time slot via the [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) website. This will be an opportunity to reflect on the achievements of your child/children.

You may find that you child/children have achieved good results, or you may be disappointed with their results. Whatever the results, might I suggest that you establish a plan to find room for improvement? Careful planning and a clear aim are the basis to ongoing development. When goals are set and plans are made this may assist in achieving more in life, we feel good and we feel that we have a clear direction in what we would like to achieve.

However, if we are not willing to act and set these plans in motion these goals and plans are useless. Dispiritedness is at the heart of most failures. Sometimes being active, being focussed, without distractions by wondering what others are doing or thinking will help us in achieving this.

Our Stage 1 (for years 1 and 2) Morning Tea was held on Tuesday 22 June, the College was blessed by the attendance and positive feedback from our parents. Please keep an eye out on your emails for the next Stage meeting in Term 3.

During Term 3 the College will be focusing on our core business of teaching and learning and our student's academic achievements. I pray that we will all help our students discover their passions, gifts and talents and guide them towards a lifelong faith path. I encourage all our students with the help of their parents to reflect upon our goals for Term 3, to think about the opportunity to consolidate the positive areas while improving in areas for development for the rest of the year.

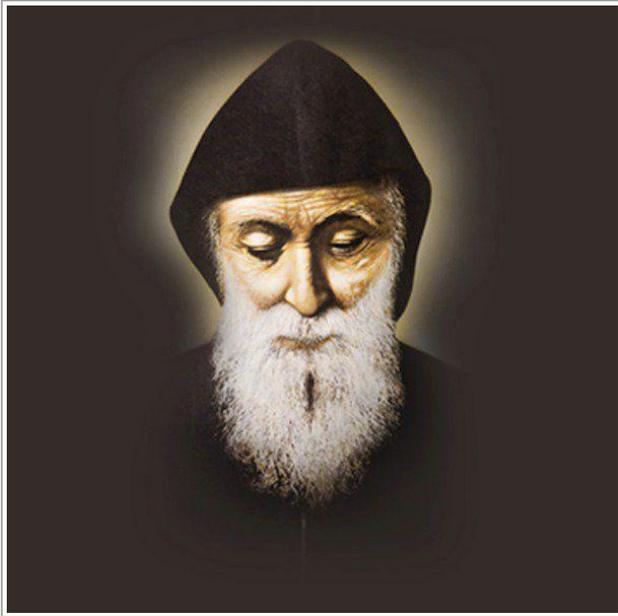
I am very grateful to all the staff, parents and students who were involved in Jump Rope for Heart in which over \$18,000 was raised. A special thanks to Ms. Catherine Zalloua for organizing this.

I would like to wish each and every one of you and your families a wonderful and safe holiday. I pray that you will all return refreshed and healthy ready for Semester 2 in which the College will celebrate Patron's day on the Friday, 23rd July where our students and staff will honour St Charbel with a school mass followed by fun filled activities.

"From the top of the cedar, from the highest branch I will take a shoot and plant it myself on a very high mountain this branch will bear fruit and become

a noble cedar.

(Ezekiel 17:22-26).



**Rev Fr. Maroun Youssef**

**Principal**

**Director of Primary**

Dear Parents,

Jellybeans music lessons will be starting next term for students in Years K-2. An experienced music teacher from Jellybeans Music will be teaching 40 minute lessons on Tuesdays and Wednesdays at the school. Years 3-6 students will have Music lessons in Term 4.

The Stage 1 parents' morning tea was held this week. Many parents supported the morning tea and gave great feedback to the school. Thank you everyone who attended!

A few changes have already been implemented in the school as a result of parent feedback. Morning teas for Early Stage One and Stage Three parents will be held next term.

An email went home this week regarding new initiatives in the Primary School. From next term, students can wear their sports uniform on a second day each week, making it easier for parents to keep the school uniform clean, and giving teachers the option to do sports or messy classroom activities like painting on the extra sports uniform day.

Parents are encouraged to send their children to school with simple games that they can play

at lunch time, e.g. card games, jacks, puzzles etc. Our only stipulation is that they are not expensive, noisy, fragile or take up a lot of playground space.

There have been requests to allow students to bring in soft footballs or soccer balls. The issue with this is not the balls themselves, but what the students do with the balls, i.e. groups of students run all over the playground at top speed, looking at the ball being thrown and not at the students around them, leading to students being knocked over and hurt. While the school acknowledges that physical activity such as running is very important, the playground simply is not big enough to allow for ball games or running games. So large balls remain banned.

I would like to thank parents for all their support this term and wish all families a safe and happy holiday!

**Ms Maree Kelly**

**Director of Primary**

**Year 10 Spirituality Day**

Last Friday, our Year 10 cohort attended their Spirituality Day within the College. The College invited Simon Carrington and his wife Madeline from Fire Up Ministries, to give a presentation on topics surrounding; Theology of the Body, Purity, Chastity and Self Worth. It was a worthwhile experience for our students to discuss and reflect on these significant life lessons.

**Spirituality Day**



**Mrs Regina Assaf**

**Secondary REC**

**Creative Writing Club**

Bright and early on Wednesday morning as the sun glinted through the mist, several intrepid students gathered around a table laden with

books, fruit and cookies in the Learning Hub for the inaugural Creative Writing Club meeting. This newly formed club will meet once a week on Wednesday mornings as a place where students can present creative writing they have been working on for feedback from peers, and teachers Ms. Adriana Mucea and Mrs. Jennifer Fletcher. Students will be encouraged to submit their work to competitions. From a strategic standpoint, the club will hopefully nurture a growing culture within our student body of young people who will be inspired to undertake the historically high performing English Extension 1 and 2 courses in their Senior years.

## PBL Showcase



**Mrs Jennifer Fletcher**

**Secondary English Coordinator**

**Miss Jessy Elagha and Mrs Belinda Booth**

**Secondary PDHPE Teachers**

## Secondary Arabic Incursion

On Tuesday, the 15 June 2021, St Charbel had the pleasure of hosting the Maronite College of the Holy Family and St Maroun College. Students Years 9, 10, 11 & 12 from St Charbel attended this special Arabic incursion event. Students at St Charbel put their academic learning into practice where they used a Project Based Learning to explore an Arabic topic about Famous Arts in Lebanon. A variety of guest speakers spoke with our students, including the singer Myriam Dib. We were honored when Ms Dib sang along during our Morning Mass as her angelic voice was very touching.

## Year 10 PASS PBL Showcase

Year 10 PASS had an assessment task they've been working on this Term looking at Career Pathways from PDHPE. Students were allocated a Career Path e.g. physiotherapy and were instructed to create a stall to educate Year 10, 11 & 12 students about the pathways into this career, ATAR cut-off & whether that's applicable.

Students were also asked to create a website to inform the audience about the career including an overview, salary, qualifications needed, etc. As well as interview someone that's in the field, asking questions such as what does their day-to-day look like.

Both classes worked hard to set their stalls up in less than an hour and the majority of stalls were fantastic. Thank you to both Year 10 PASS classes on your tremendous effort.

## Secondary Arabic



**Ms Adeline Dargham**

**LOTE Coordinator**

## Fostering Creativity - Bloom's Taxonomy

In Bloom's Taxonomy--a hierarchical ordering of human cognition--creativity sits at the top of the pyramid.

In the weeks after assessments,

we turn our attention to nurturing the higher order activity of creating, which also increases engagement and helps students develop skills with group work.

Here are some pictures of the engaged learning students have demonstrated over the past few weeks:



*7E rehearsing to perform a factured fairy tale.*



*8R students presenting an analysis of songs chosen for personal playlists, after studying poetry in Term 2.*



*9S writing film scripts of adapted material after studying an appropriation of Shakespeare's Twelfth Night into the comedy She's the Man*



*7R rehearsing to perform their own subverted versions of "The Three Little Pigs"*



*Year 12 painting watercolour representations of their favourite quotes from the poetry of their prescribed Module B composer, David Malouf*

**Mrs Jennifer Fletcher**

**Secondary English Coordinator**

### **Secondary English - Rescue Me**

This term, students studied a unit called "Rescue Me", where they explored traditional and modern fairy tales and explored how fairy tales can be subverted to suit the constantly changing society. For the last three lessons, students were practicing modern day interpretations (plays) on three fairy tales - Cinderella, Little Red Riding Hood and The Three Little Pigs. These are some photos from today's Year 7 English lesson, where they performed their plays. It was pleasing to see the students enthusiasm and dedication to their performances. Job well done!

#### **Rescue Me**



**Miss Jessica Machaalani**

**Secondary English Teacher**

### **Heaven on Earth**

Thank you to Year 11 student, Sasha Noujaim for bringing a new initiative to our attention, with the assistance of Georgette Wakim. The new campaign encourages students to donate goods to Heaven on Earth where the items are placed in a container and shipped to Lebanon to be distributed. These girls have been tirelessly collecting donations all week and have raised approximately \$500. A thank you to the the organiser of Beat the Cold War, Miss El-Elagha, for her donations and to the Year 11 cohort for donating a large sum from their Hot Chocolate Fundraiser. Thank you to these hardworking students that thrive to live out by our Maronite value of service.



### **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

**STRESS CHECK!**

**STEP 1:** IF THIS CIRCLE IS A PIE GRAPH OF A DAY IN YOUR LIFE, HOW MUCH OF IT WOULD BE SPENT FEELING STRESSED?  
E.G.: VERY STRESSED VERY RELAXED  
■ = STRESS ■ = NOT STRESSED

**STEP 2: WHAT SOOTHES YOU?**  
MAKE A LIST OF ALL THE THINGS THAT MAKE YOU FEEL RELAXED & CONTENT

**STEP 3: HOW'S YOUR BALANCE?**  
ASK YOURSELF HONESTLY HOW MUCH TIME YOU SPEND DOING THINGS FROM YOUR LIST IN STEP 2.

**STEP 4: REFLECTION & PLAN**

- COULD YOU BE DOING MORE OF THESE THINGS?
- COULD YOU RE-PRIORITIZE SOME TIME?
- HAD YOU FORGOTTEN ABOUT SOME OF THE THINGS THAT SOOTHE YOU?
- DID YOUR PIE CHART FROM STEP 1 SURPRISE YOU?
- WHAT WILL YOU DO DIFFERENTLY NOW?

*Illustration: A person with curly hair, wearing a yellow shirt and blue shorts, is lying on a green lounge chair, relaxing with their hands behind their head. The text 'Relaxing on a lounge chair' is written near the chair.*

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.

Open Days & Info Sessions Women in Defence Virtual Information Session

Wednesday 30 June 2021, 6:30 pm - 8:30 pm - Online

Consider a career in the Navy, Army or Air Force and work alongside likeminded, supportive, proud serving men and women. Tune in for a virtual info session to speak with current serving women in Defence to learn more. Find out more: <https://www.defencejobs.gov.au/events/events-detail/ogkgjes>

UTS | Boost Your Application Webinar

Monday 5 July 2021, 12:00 pm - 1:00 pm - Online

UTS has a range of schemes that exist to help you

increase your chances to study at UTS.

In partnership with ATAR Notes, join us at our webinar to hear about our admission schemes, pathways and scholarships. Find out more: <https://atarnoteslectures.com/nsw/july-2021/lectures/schedule/boost-your-application>

Want an early offer to study at Macquarie Uni?

Tuesday 6 July 2021, 12:00 pm - 1:00 pm - Online

Find out about Macquarie's early entry schemes that allow us to make you an offer based on your Year 11 results and other criteria. If you meet the entry criteria, you're offered a place at Macquarie before your Year 12 results are released.

Presented by current student, Suraya, this session will take you through all you need to know about Macquarie's early entry schemes – Who can apply? What can you apply for? How do you apply? When can you apply? When can you receive an offer? Find out more: <https://atarnoteslectures.com/nsw/july-2021/lectures/schedule/want-an-early-offer-to-study-at-macquarie-uni>

WSU | Discover Western: Parents – Your Role and How You Can Help Guide Them to University

Thursday 26 August 2021, 6:00 pm - Online

Parents and Carers play a vital role in supporting students when it comes to University. Let us support you with relevant, important information that can help you guide your child in making those big decisions about their future. Discover university entry options, careers and courses and pathways they can use should they not achieve their desired ATAR. Find out more: <https://www.westernsydney.edu.au/future/student-life/events/western-webinars.html>

ACU | Year 12 Revision Webinars – NSW/ACT

Monday 30 August 2021, 7:00 pm - Wednesday 8 September 2021, 8:30 pm - Online

ACU know that the thought of your Year 12 exams can be daunting and even a little bit stressful, but you aren't alone! ACU, along with InspirED, have created free online revision webinars to help you prepare for what's to come and do your best.

These revision webinars are run by experienced Year 12 assessors and exam markers who will know exactly how to guide you through this process and even help you respond to

example exam questions. During the session you will be able to better understand the topics presented to you and learn some fantastic study tips and tricks too.

Additionally, there will be a live 30-minute Q&A, presenting you with the opportunity to have your questions answered. Find out more: <https://www.acu.edu.au/about-acu/events/year-12-revision-webinars/nsw>

Workshops and Courses Powerhouse and TAFE NSW Free Workshop

Monday 28 June 2021, 10:00 am - Friday 2 July 2021, 2:00 pm

110 George Street, Parramatta

Want to learn the secrets of Hollywood-style visual storytelling?

Powerhouse Museum, in partnership with TAFE NSW, is offering a free digital and creative skills workshop for high-school students in Western Sydney.

Working alongside designer and art director Anna Fraser in this five-day Creative Studio workshop, students from years 7 to 10 will have the opportunity to draw on Fraser's extensive experience across visual effects design and 2D animation.

In her solo and collaborative works, Fraser is known for creating beautiful imagery to tell complex stories. She has also worked on major films such as Iron Man 3 (2013), The Hunger Games: Catching Fire (2013) and Allegiant (2016), part of the Divergent trilogy.

This workshop is free, bookings essential. Students will be required to attend all five days of the workshop. Find out more: <https://www.maas.museum/event/creative-studio-winter/>

Happy Careers Searching!

**Mrs Dianna Chedid**

**Careers and VET Coordinator**



**Saint Charbel's College Library**  
IMAGINE. DREAM. EXPLORE. LEARN. GROW.

**Holiday reading!**

With the holidays upon us, many students have taken advantage of the free time and borrowed lots of books to read over the holidays. Students love the new books that have been added to the library collection, ranging from HSC study tips to St. Charbel's biography.

**NEW BOOKS** →



**HAPPY HOLIDAYS**

Thank you to Miss Jenni Payne for her donation of 'Finding Our Heart' by Thomas Mayor. The last pages of the book suggest ideas on how children can accept the gift offered by the Uluru Statement, such as finding out who the Traditional Owners are of their home city or town, and trying some different local bushfoods.




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)

### Macbeth Performance

MACBETH\_2021.pdf  
[https://stcharbel.schoolzineplus.com/\\_file/media/705/macbeth\\_2021.pdf](https://stcharbel.schoolzineplus.com/_file/media/705/macbeth_2021.pdf)

### Hamlet Workshop

A5\_FLYER\_HAMMING\_UP\_HAMLET.pdf  
[https://stcharbel.schoolzineplus.com/\\_file/media/708/a5\\_flyer\\_hamming\\_up\\_hamlet.pdf](https://stcharbel.schoolzineplus.com/_file/media/708/a5_flyer_hamming_up_hamlet.pdf)



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

**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  
Create your EOC number here

**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

To enroll please visit  
[www.stcharbel.nsw.edu.au/community/ethnicschool](http://www.stcharbel.nsw.edu.au/community/ethnicschool)

**Classes - Term 3 2021**  
**23 July - 17 September**  
**Fridays 4:30 - 6:30pm**

**Creative Kids Vouchers accepted**  
for more information contact us on 9740 0999

**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:

Thursday 24 June:

Last Day for Students

Monday 19 July:

Parent-Teacher Interviews for Years K-11

Tuesday 20 July:

First Day Back for Students

Friday 23 July:

St Charbel's Patron's Day

## 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

- doorknobs
- handles
- light switches
- phones
- tablets
- touch screens
- tables
- hard-backed chairs
- remote controls
- keyboards
- desks
- toilets
- sinks/basins
- car steering wheel
- car seats

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

#### Less touched surfaces

- floors
- walls
- ceilings
- window blinds
- curtains

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)