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## Issue 7, Term 2, May 2021

### Principal's Message

On Monday 24 May, our nation celebrated 200 years of Catholic education, during this time, our schools and colleagues have educated millions of Australians, our hope is that we continue to build, grow nourish our most precious asset, our children.

Last week, correspondence was emailed to all our families titled - Concerns: Lateness to School. As a College, it has become a growing concern and might I suggest that you please take the time to read this correspondence.....

Regular attendance at school is important for students to reach their potential. When students arrive late, they miss out on essential instructions given at the beginning of the lesson. This can significantly reduce achievement, regardless of academic ability. Your child may also feel awkward arriving to the classroom when everyone else is settled. Furthermore, when one pupil arrives late, it disrupts the entire class and the teacher - everyone's education is compromised.

Unfortunately, we are concerned about the increasing number of students arriving late in the morning. Over the last two days alone, we have registered around 200 students as arriving late.

As the cooler mornings begin, I understand that it becomes increasingly difficult to motivate the family to come out of a warm bed, so I encourage you to use these times as teaching moments to reinforce the virtues of perseverance and diligence, and the importance of being consistent in their personal and work lives as they grow.

We trust that you will work with us to ensure that your child/ren are here by no later than 8.25am.

On Thursday morning we welcomed our Stage 4 (years 7 and 8) parents for a parent morning tea. I was overwhelmed by our parent's response and their attendance. The College will continue to hold these extremely important events as communication tool between our staff and parents is greatly valued. Please keep an eye out on your emails for the next Stage morning tea.

Recently we celebrated the Birth of the Church on Pentecost. It is a celebration of a renewal of the Holy Spirit within oneself and within the Church. May the Holy Spirit continually bless and guide your families.

We also celebrated the feast of St Rita on 22 May, who is the Saint of all things impossible. She too endured hardship and struggles and we no doubt know that our Patriarch through his trials of trying to bring peace to endeavouring turmoil in the Middle East amongst leaders would have been met with much difficulty, but through his trust in Christ all things were made possible, and he led our Church as a devout and humble man.

As today is the last day of the Month of Mary, we greet her and ask for her intercession upon each and every one of you and your families.



**Rev Fr. Maroun Youssef**

**Principal**

## **Bicentenary of Catholic Education in Australia**

On Monday 24 May, we celebrated a Bicentenary of Catholic Education in Australia. Two hundred years ago, Father John Therry and St Mary Mackillop laid the foundations of Catholic Education in this country, as Father Therry opened up the first Catholic School on Hunter Street in Parramatta in 1822. We ask for the intercession of Our Lady Help of Christians to help continue the promotion and expansion of Catholic education in Australia for future generations! St Mary Of the Cross Mackillop- Patron of Catholic Education in Australia - Pray for us! Our Lady of the Southern Cross, Pray for us!

## **200 Years of Australian Catholic Education**



**Mrs Regina Assaf**

**Secondary REC**

## **Students from Lebanon**

Our Chaplains met with our new students that have recently joined the College from Lebanon. It was a wonderful opportunity connect and share experiences.

We continue to keep Lebanon in our prayers.



**Mrs Joanne Mansour**

**Director of RE & Mission**

## **Beat the Cold War**

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

We are collecting items such as beanies, scarves, blankets, gloves, toothpaste, toothbrushes, bars of soap, socks & feminine hygiene products. Please continue to donate!

Thank you to everyone for all your donations so far! Fantastic effort on what we have raised as a school. Shanon (from Maronites on Mission) was extremely

grateful and thankful for the donations.

## Beat the Cold War



**Miss Jessie Elagha**

**Secondary PDHPE Teacher**

**Mr John Mckelleher**

**Secondary HSIE Coordinator**

## Debating Competition

A couple weeks ago, we had students from year 11 participate in 4 debates as part of the NSW inter-school History debating competition. The students ended up winning two and losing two debates which was a significant improvement from previous years. The benefits and skills I saw evident over these 2 days were many and are listed below:

- There are many debates on historical topics and our students brought conviction, enthusiasm and passion when it was their turn to speak
- Each student had to develop a well-constructed argument of 6-8 minutes on topics of interest they wouldn't normally study in the classroom like comparing JFK to the mythical King Arthur
- Students enhanced their verbal communication skills by expressing their arguments clearly and concisely which had to be well supported with evidence and examples
- Students had to work together as a team before and during the debates using critical thinking to find holes in the opposition's case.
- Students enjoyed the competitive element of debating face to face, they took on board advice and suggestions from the adjudicators and became better history debaters and better history students because of this valuable learning experience.

## Stage 3 Coordinator

Hello Stage 3 Parents!

We are almost half way through the school year already! Stage 3 have been busy with Year 5 NAPLAN as well as both year 5 and year 6 being busy with collaborative learning in their classrooms.

Year 6 will soon be undertaking an educational tour of the nation's capital. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. This will support our History Unit, Australia as a Nation.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$20 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion. Year 6 are very excited about the overnight excursion to Canberra on Thursday the 17th of June and returning Friday 18th of June. Permission notes will be coming out shortly along with a checklist on what to bring to camp.

Our year 6 leaders have also been keeping themselves busy with assisting, as well as organising and running lunch time clubs for students in the primary. Posters were made and placed around the school to promote these lunch clubs and also promoting Jump Rope for Heart. A few of the clubs that our student leaders are



running include a religion club, a debating club and an environmental club. Some clubs from the previous years are also continuing such as the drawing club, just dance and the cinema club.

The latest issue of Scholastic Book Club is being sent home this week. Please follow the LOOP instructions to order your child's book. Please do not send money orders to the school.

## Book Club LOOP

The EASIEST way for parents to order and pay for Book Club!

**Parents: Are you registered for LOOP?**

**LOOP** is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for **LOOP** receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!

Head to [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) and register today!

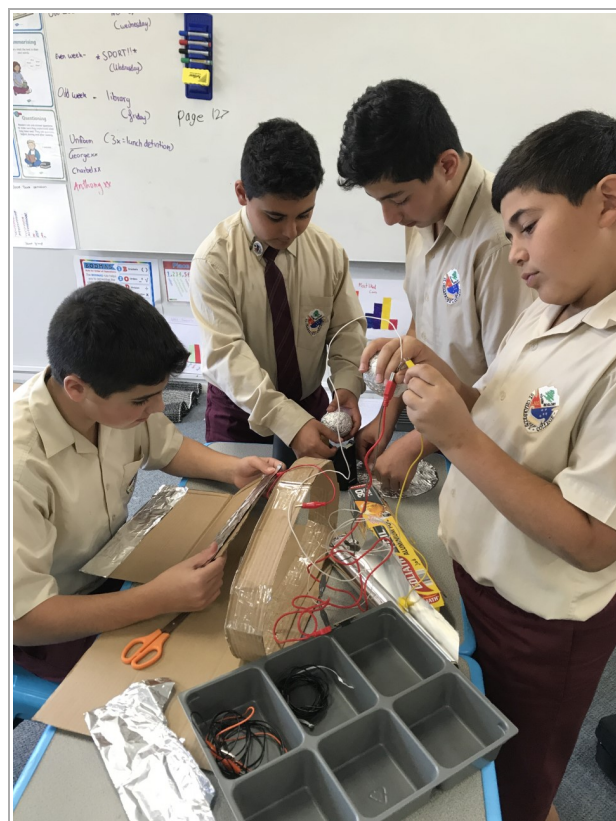
SCHOLASTIC



Mrs Shannon Papasavvas

Stage 3 Coordinator

## Year 6 Classwork



*Year 6H boys Thinking and Working scientifically creating their own Makey Makey electrical circuits*

### The Water Cycle

Water is an essential part of life. The earth has a limited amount, however it is continually recycled in a process called the Water Cycle. This is made up of four main parts: precipitation, infiltration, evaporation, and condensation.

To begin with, precipitation occurs when so much water has formed that the air cannot hold it any longer. The clouds get heavy and as a result, water falls back to the earth in the form of rain, hail, sleet or snow.

When water falls back to earth as precipitation, it may fall back in the oceans, lakes or rivers or it may end up on land. When it ends up on land, it soaks into the earth and is stored as ground water. This process is called infiltration.

Evaporation is when the sun heats up water in rivers, lakes or oceans and turns it into vapour or steam. The water vapour or steam leaves the river, lake or ocean and goes into the air. This stage is called evaporation.

The water vapour gets cold and forms clouds. However, the clouds are unable to hold the water vapour for long. As a result, rain droplets form and it starts to rain. This process is called condensation.

Eventually, the water cycle begins again.

Year 6 have been learning about Explanation Texts. Isabella Shewan's created her own Water Cycle brochure.

Ms Marguerite Nassif

Year 6 Teacher

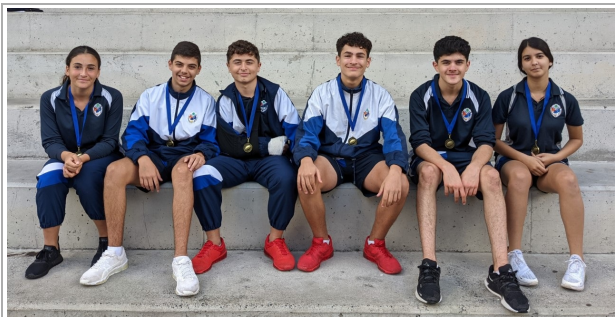
### Year 9 PASS

Year 9 PASS competed in an OzTag competition during their practical lessons. The class learnt the rules of the game and worked together to create plays.

The class was split into four teams, where round robin tournaments were played throughout the Term. Each week a total of 4 games were played. Students coached, refereed and played.

The 'grand final' was held on the last week of school (Term 1) and these students won the class comp. Students showed the Maronite virtues of resilience & perseverance!

Congratulations to our Year 9 PASS OzTag champions.



Miss Jessy Elagha

Secondary PDHPE Teacher

### Year 3 Science

This term Year 3 have been learning about energy. The students needed to use items to build a wind turbine.

### Science Experiment



Year 3 Teachers

### Year 4 Excursion

Year 4 stepped back into the past at the Hyde Park Barracks. Learning about convict life, transportation and settlement in Sydney Cove was brought to life by the various activities the students got to experience on the day. A great excursion for us all!

### Hyde Park Barracks



Ms Giuseppina Badrous

Year 4 Teacher

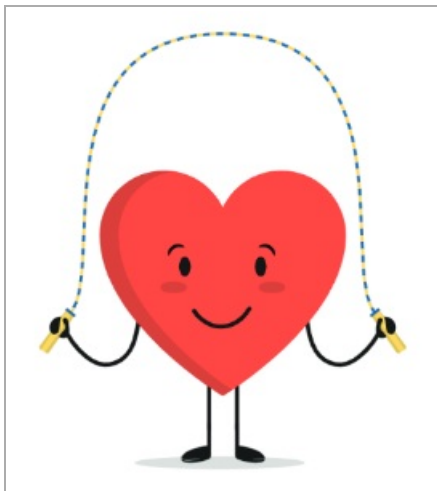
### Primary Sports - Jump Rope for Heart

We're skipping through the term!

Jump Rope for Heart is well underway and it's great to see so many children out in the playground skipping with smiles on their faces. St Charbel's College has already raised \$8,191!



It's not long until our Jump Off Day on Wednesday the 9th June so keep on practicing those tricks! And don't forget to share your online fundraising page with friends and family to raise money for a great cause! Still need to sign up online? It's easy just follow this link and enter your details. [www.jumprope.org.au/parents](http://www.jumprope.org.au/parents)



**Miss Catherine Zalloua**

**Primary Sports Coordinator**

### **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

### 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.

Careers in Nursing 12 May marked International Nurses Day here in Australia. It's a day where we get to give thanks and celebrate the selfless dedication of nurses around the world.

What do nurses do?

Nurses are professional health care workers who cater for the needs of individual patients, families, or communities. They also support and work with other health care professionals such as Doctors and Surgeons.

Most nurses work in teams, from huge hospital departments with hundreds of medical professionals and staff, through to small group nursing practices. Some nurses work independently, for example as community aged care nurses, travelling from home to home to deliver care wherever it is needed.

Nurses work in a variety of settings

You might imagine that as a nurse you'll be stuck working in a ward in a hospital. Nurses work in a whole range of environments, from the middle of the city through to remote communities at the tip of Australia.

You could end up working in a:

· Hospital

· GP's practise

· Out in the community (visiting people's houses or working in clinics)

· Court of law as a forensic nurse

· War zones and at military bases

· Prisons

· On cruise ships and at resorts

· Office working as a Nurse Unit Manager (NUM) or similar clinical management or administration roles

What's the work life balance like for nurses?

Nurses and midwives tend to have a relatively average working week at 42 hours. But that can depend on where you work, your level of responsibility, and what happens on your shift. You may also be required to work long shifts (often 12 hours) and at odd hours including at night, early mornings or late starts, as well as on weekends and public holidays. People don't stop getting sick just because it's a weekend.

While you may not have a lot of flexibility in when and where you work, on the plus side, as a nurse it could be easier to come by part time and casual positions, that could allow you to work less when you have other things going on in your life (e.g. studying, parenting, caring for family), then go back to full time later on.

Job opportunities available for nurses

Jobs in healthcare have some of the strongest growth going forward into the future, so you can expect that there will always be plenty of jobs available. In fact, in 2021 there's been lots of news about the shortage of nurses worldwide.

Nursing jobs are available across Australia, they're needed wherever there are people.

Nurses are also needed all around the world, and your skills will make you a valuable employee wherever you go.

There are lots of types of nursing jobs

Assistant in Nursing – AINs are technically not nurses. They can perform nursing duties under the direction and supervision of a registered nurse.

Enrolled Nurse – works under the supervision of a registered nurse. Registered Nurse – regulated

by the Nurses and Midwives Board and are registered and licensed under the appropriate Nursing Act. They hold a higher level of responsibility and accountability than other nursing roles.

**Clinical Nurses – RN's** who have specialised in a certain area, obtained additional qualifications, and have work experience in those areas. **Midwife –** health professionals responsible for the care of women and babies during pregnancy, labour, and for a little while after the babies are born. Midwives are usually licensed registered nurses who have obtained additional midwifery qualifications, as well as the necessary additional licensing.

**Nurse Practitioner –** RNs with additional qualifications and work experience who can provide advanced nursing services to patients and their families. From performing physical examinations and ordering testing, to prescribing medications.

Within these fields you can choose to specialise further to work in a field that you're passionate about. For example, you could work in:

- Critical Care or ICU and Emergency
- Mental Health
- Aged Care
- Paediatrics
- Cardiac
- Surgical
- Community Health
- Nurse Educator

### Pathways into Nursing

One of the great things about becoming a nurse is the number of career pathways available to you.

If you've got the grades to get you into uni straight after leaving high school, then applying to uni and heading straight towards becoming an RN could be a good plan.

If you're not so sure that you'll get into a Bachelor of Nursing or Midwifery, then you could apply to do a Diploma, start working as an EN, then upskill to an RN later if you'd like to.

Once you're an RN you've still got loads of options about which direction you'd like your career to go. During the time you do your practical

placements to qualify as an RN, you'll get to try out a few different areas and decide if you'd like to specialise in a particular field.

You'll need to be qualified and registered

To work in any capacity as a nurse, you'll need to do some study after high school and get the appropriate registration.

Happy Careers Searching!

**Mrs Dianna Chedid**

**Careers and VET Coordinator**

### Library Corner







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

Librarians

### Counsellor's Corner

Kids who feel overwhelmed often won't attempt to address a problem. But when you give them a clear formula for solving problems, they'll feel more confident in their ability to try.

Use a problem-solving approach to help your child become more independent.

When problems arise, don't rush to solve your child's problems for them. Instead, help them walk through the problem-solving steps. Offer guidance when they need assistance, but encourage them to solve problems on their own. If they are unable to come up with a solution, step in and help them think of some.

When you encounter behavioural issues, use a problem-solving approach. Sit down together and say, "You've been having difficulty getting your homework done lately. Let's problem-solve this together." You might still need to offer a consequence for misbehaviour, but

make it clear that you're invested in looking for a solution so they can do better next time.

If they forgot to pack their soccer shoes for practice, ask, "What can we do to make sure this doesn't happen again?" Let them try to develop some solutions on their own.

Kids often develop creative solutions. So they might say, "I'll write a note and stick it on my door so I'll remember to pack them before I leave," or "I'll pack my bag the night before and I'll keep a checklist to remind me what needs to go in my bag."


Provide plenty of praise when your child practices their problem-solving skills.



Mrs Jennifer Harsch/Ms Helena Paras

Counsellors

### 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.

**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  
Since 2001 100% customer satisfaction

**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/co  
mmunity\\_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](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, diarrhea, 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.

- Practice good hygiene. Wash your hands often. Cover your cough or sneeze with your elbow or a tissue.

### 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.



# 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)

# 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



Authorised by the Australian Government, Canberra

# 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>

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)



## Upcoming Events:

Monday 31 May:

Year 10 Exam Block Commences

Monday 7 June:

Years 7-9 Exam Block Commences

Monday 7 June:

Year 9 Geography Excursion

Wednesday 9 June:

Jump Rope for Heart Day

Thursday 17 June - Friday 18 June:

Year 6 Camp

Thursday 24 June:

Last Day for Students