

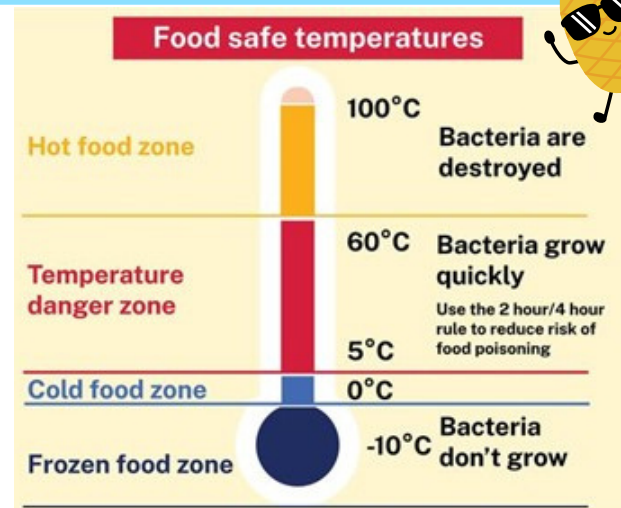


## Food safety over summer

With the warm weather and family gatherings happening throughout summer, it is important to keep your food safe, especially when it comes to eating and storing leftovers.

The NSW Food Authority has four key tips for keeping food safe. They are:

- **Keep it cold:** Keep your fridge below 5C and put any food that needs to be kept cold in the fridge straight away.
- **Keep it clean:** Wash hands thoroughly before starting to prepare or eat any food. Separate raw and cooked foods and use differing chopping boards and knives for both.
- **Keep it hot:** Cook and reheat food to at least 60C. Make sure there's no pink left in cooked meat.
- **Check the label:** Follow the 'use by' or 'best before' date and the storage and cooking instructions.



▶ Watch a [short video](#) for more details about the four key tips for keeping food safe.

🔍 Find more information on the [NSW Food Authority website](#).

## First Lap learn to swim vouchers



Swimming is an essential life skill and being safe in and around water is very important for children. The First Lap voucher program provides a \$50 voucher for parents, guardians and carers of children aged 3-6 years who are not enrolled in school.

The voucher can be used towards the cost of swimming lessons – for a program of at least five structured and supervised lessons. For more information and to apply for your voucher, visit the Service NSW website. [CLICK HERE](#)

**Reminder for parents:** Don't forget to use your Active Kids voucher at a registered provider before it expires on 31 January. A new Active and Creative Kids voucher starts in Term One.



# Healthy Family Bulletin

## Turn off the screen and get outside over summer

With children home from school, it can be tempting for them to spend more time using small screen devices like computers, tablets, phone or TVs. You may decide to set some family rules and routines to help manage screen time during the holidays. The [Raising Children Network](#) can provide some guidance to help you manage screen time.



Multicultural communities and teachers can also find beach and water safety resources on the [Surf Life Saving NSW website](#).

Physical activity and getting outside can be a great replacement for screen time. Always remember to be sun smart when you are spending time outside. You can protect your family in five simple ways:

- **Slip** on sun protective clothing.
- **Slop** on broad-spectrum, water resistant SPF30 or higher sunscreen.
- **Slap** on a broad-brim hat.
- **Seek** shade.
- **Slide** on sunglasses.



[More details.](#)

## School grounds open for free holiday fun

### Share our Space!

Grounds open these holidays



Find out more at [schoolinfrastructure.nsw.gov.au](http://schoolinfrastructure.nsw.gov.au)



Cricket for 5-10 year-olds runs at Busby Public School on Monday and Tuesday 22 and 23 January, from 9am to 12pm. These events are part of the [Share Our Space](#) program. Participating schools open their sports grounds and outdoor facilities during the holidays for a range of sports, recreation and cultural events and celebrations. Share Our Space runs until Sunday 28 January. Look for a Share Our Space sign on the school gate displaying a QR code to scan to see the full list of participating schools. Schools taking part in Share Our Space are subject to change at short notice.

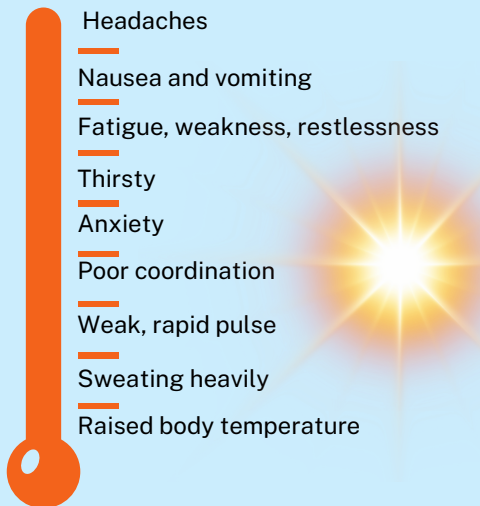




# Healthy Family Bulletin

## Know the signs and keep cool in summer

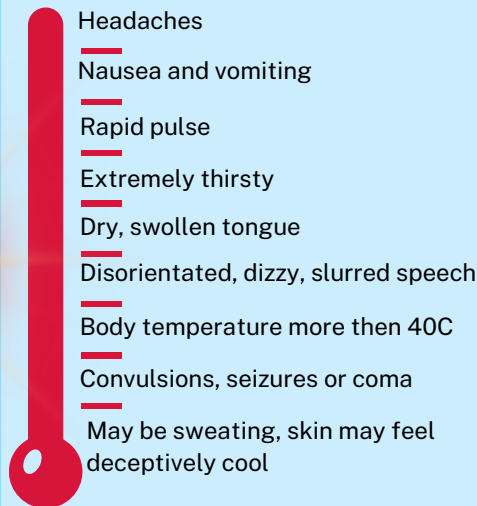
### Heat exhaustion



#### What to do:

- Lie down in shade or air-conditioning.
- Drink water.
- Cool compress or tea towel.
- Cool shower or bath.

### Heat stroke



#### What to do:

- Call 000 immediately.
- Reduce temperature until ambulance arrives.

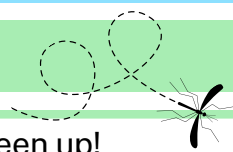
Source: [CPR First Aid](#).

Stay out of the sun and drink plenty of water on hot summer days. Never leave children or animals alone in a car. On hot days, don't forget to check in with elderly or at-risk friends, family members and neighbours and make sure they are okay.

Heat exhaustion is a mild heat-related illness that can lead to heatstroke if not treated. Symptoms of heat exhaustion include excessive sweating and pale, cool and damp skin.



## Tell mozzies to buzz off!



Spray up, cover up, clean up and screen up! It's January, the peak of summer, and you might be feeling frustrated about mozzie bites at this time of year. Don't despair because [NSW Health](#) has a list of tips to help you keep mozzies away over summer.

- Cover up when you are outside, particularly at dawn and dusk when mosquitoes are most active.
- Apply mosquito repellent evenly to all areas of exposed skin. Use repellents that contain picaridin, DEET or oil of lemon or eucalyptus.
- Apply sunscreen first and then apply repellent.
- Limit activity in areas like wetlands because mosquitoes like to hang around there.

