

A healthy lunchbox helps children learn and play

Going back to school means it's also time to start planning the healthy lunchbox your children will take with them each day. A healthy lunchbox can give children the energy they need to concentrate, learn and play during the school day. With National Lunchbox Week running from 9 to 15 February, it's a fun time for you and your child to pack their lunchbox together each day. Variety is the key when it comes to a healthy lunchbox. Try to include a mix of foods from the five food groups, including:

- Wholemeal bread, wraps, rice or pasta.
- Protein like meat, dairy, beans or eggs.
- Dairy like cheese or yoghurt.
- Fruit and vegetables.
- Water.



[LEARN MORE >>](#)

Free coaching for your family - Get Healthy Service



Today we launch a series to help you feel fabulous in 2025 through the Get Healthy Service. Join in for free health coaching to help you make lifestyle changes. March topic: How to be more active in your day.

Are your New Year's resolutions starting to slip? Don't worry, you are not alone! By February, many people find it hard to stay on track with health goals. That's where the free Get Healthy Service can help. The program connects you with your own health coach who can support you to reach your goals. Your coach can help you make changes like eating better, becoming more active or managing your weight. They can also help with a plan that fits into your life.

Expecting a baby?

Call the Get Healthy in Pregnancy service to feel your best and support your growing baby during this important time.

All sessions are free, flexible and available over the phone or online. Call 1300 806 258 or [CLICK HERE](#)

[CLICK HERE](#)



Healthy Family Bulletin

Driving Change to tackle vaping use in young people

Teachers, youth workers, parents, young people and community members can be part of an exciting new approach to reduce vaping in Fairfield and Liverpool.

We are inviting everyone to join us for the Driving Change community workshop at Western Sydney University, Liverpool campus on Wednesday 5 March from 9.30am to 2pm.

We will unveil a new road map designed to understand vaping in our area.

The workshop is a chance to share your experiences and ideas and be part of the solution. Your support will help us create a new approach to vaping awareness, one that is created by the community, for the community. Come and help us support the health and wellbeing of young people.

>> To scan the QR Code (right), click on the image first.

Let's tackle vaping use in young people in Fairfield and Liverpool


We're bringing the community and young people together to explore ways to support their health and wellbeing.

Help design a solution by the community, for the community.

Driving Change Community Workshop

 **Wednesday 5 March**
9.30am - 2pm

 **Location**
Western Sydney University
100 Macquarie Street, Liverpool

 **Join us**
Parents, teachers, young people,
health and community workers. Everyone!

Make a difference

Be part of the solution

Help young people live their best life

MASTER Community Workshop Flyer, Version 1.0, 13/12/2024
SWSLHD Community Workshop Flyer, Version 1.0 04/02/2025

Register now:
[Driving Change Workshop](#)
or scan the QR code



Mental wellbeing support for you and your family

Transcultural
Mental Health Line

Mental health support in your language

1800 648 911
www.dhi.health.nsw.gov.au/tmhl



If you or a family member needs mental health support in another language, help is available from the [Transcultural Mental Health Line](#).

Experienced clinicians who understand your culture and can communicate in your language are ready to help. You can get:

- Advice on how to improve your wellbeing and mental health.
- Help to access mental health services in your community.
- Support for you to care for someone with a mental health concern.

You can phone the Transcultural Mental Health Line on 1800 648 911 on weekdays from 9am to 4.30pm.

➔ For more support, speak to your GP or visit NSW Health's [mental health service finder](#).



Healthy Family Bulletin

Free RSV vaccine for pregnant mums

From this month, pregnant women can have a free vaccine in their third trimester to protect their growing baby from Respiratory Syncytial Virus (RSV). RSV is an infection of the lungs and airways. It is most common in winter and can make people very sick. The Abrysvo vaccine is a safe and effective way to keep babies and young children safe. It is available to women between 28 and 36 weeks of pregnancy.

RSV can cause cold-like symptoms including:

- Runny nose.
- Coughing.
- Fever.
- Difficulty breathing.

[READ MORE](#)



Go4Fun with your family in Term One



Start the new school year with Go4Fun! Families with children aged 7 to 13 can spend time together and learn about healthy eating and being active with Go4Fun. The free program will be held after school at six locations across south west Sydney. It includes pool programs at Mount Annan Leisure Centre and Oran Park Leisure Centre. Parents and carers can register for Go4Fun today!

Coming to you in Term One 2025!

From Tuesday 11 February

- Carnes Hill, Mount Annan, Oran Park and Prairiewood.
- Aboriginal Go4Fun at Liverpool and Campbelltown.

[REGISTER NOW](#)

Programs run after-school during term.

Visit go4funonline.com.au
or call 1800 780 900





Free tools to help parents keep children safe online

The start of the school year is a good time for parents and carers to add to their skills to help their children stay safe when they are online.

A free webinar for families of children starting Year 7 or those aged 11 to 12 in upper primary school runs on:

- 12 February at 12.30pm or 25 February at 3.30pm.

A second webinar about Artificial Intelligence, algorithms and how they influence people's online use will be held on:

- 19 March at 12.30pm.

Both webinars are from the eSafety Commissioner. With Safer Internet Day held on 6 February, it's a good month for families to talk about healthy tech use.

 REGISTER NOW



Online safety tips are also available in languages including Arabic, Hindi, Simplified Chinese and Vietnamese.



Kicking goals in 2025!



What's on



Come and try Walking Soccer

For men and women over 65 years in:

- ✓ Campbelltown
- ✓ Fairfield
- ✓ Liverpool
- ✓ Morning or afternoon tea provided

Register your interest for February/March 2025

All fitness levels welcome!

CLICK HERE

MORE INFO

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Ovarian Cancer Awareness Month: 1 to 28 February. [Read more.](#)

International Day of Women and Girls in Science: 11 February. [Get involved.](#)

Anniversary of the National Apology to the Stolen Generations: 13 February. [Learn more.](#)

V-Day: 14 February. [How to take part.](#)

