

INSIDE GOSSIP

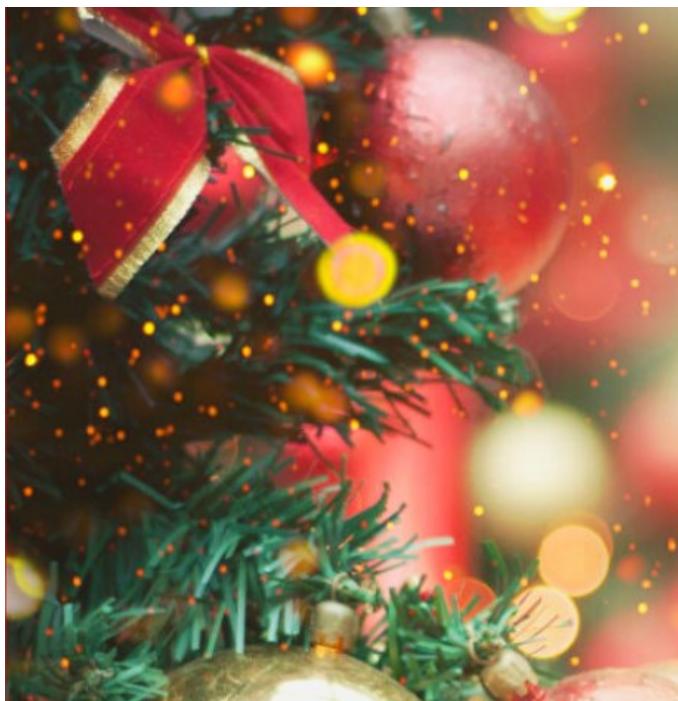
A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 60

DECEMBER 2019

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www.kooloora.org



*We wish everyone
a Merry
Christmas and a
prosperous New
year!*

KOOLOORA NEWS

With most programs and activities for 2019 slowly winding down, Kooloora has a few things to look back at in this year and also a few things to look forward to in the next year. This year we finished the extension of the Kooloora main hall. In May we introduced a free food program with Second Bite which proved to be a big success welcomed by the local residents. We also partnered with Mission Australia to provide mental health support group for young people living in the area. We are glad to announce that the building of the new multi-sports court next door to Kooloora is progressing well and we are hoping to have it built in the beginning of 2020.

Thank you to everyone who was a part of Kooloora this year. Kooloora will be back on the 3rd February, with Vacation Care running in January. Until then, we wish you a Merry Christmas and a happy New year and we are looking forward to seeing you again in 2020.



As we wrap up the year, we say thank you to everyone who made our Playgroup fun and safe place for kids to grow and learn. Thank you to all our superstar volunteers who keep this place going. Thank you to our regular moms who continue to spread the word to other moms. Thank you Ms. Lee for being the energetic, caring and thoughtful you.

It's almost time to say goodbye to some of our Playgroup children as they move on from playgroup and onto their new adventure— school! We cherish all our memories together and we wish you all the best in your new adventure.

We welcome new families this year to our community. We hope you enjoy your time with playgroup and meet new friends!

Thank you everyone for joining us this year's Christmas Party. Our first day back for Playgroup is on 5th of February 2020. We are seeking for your help in cleaning our Playgroup room to get ready for the return of everyone. Please let us know if you are willing to come on 03 Feb 2020. Until then, keep safe and enjoy the holidays!

Kids Unattended in Cars

On a typical Australian summer day, the temperature inside a parked car can be as much as 30 degrees to 40 degrees **hotter** than the outside temperature. Imagine even on day of approximately 20 degrees, the temperature inside a closed car could be up to 60 degrees!

According to health experts, one of the most dangerous factors during excessively hot weather is the addition of humidity. Children do not tolerate the heat as well as adults as their bodies generate more heat relative to their size than adults do. They also lose more fluids because they have a greater proportion of skin surface in relation to their size. Always ensure that children travelling in cars are not overheating and have adequate fluid intake.

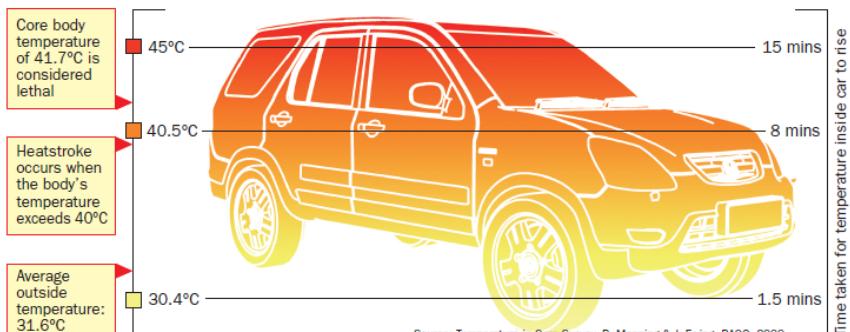
WHAT ARE THE RISKS?

- The temperature and humidity begin to increase while the air flow decreases.
- As the temperature increases, the child can develop heat stress and start to dehydrate.
- Young children are more sensitive to heat than older children and adults. This can put them at greater risk as their body temperature can reach dangerous high levels much sooner.
- If the child becomes distressed and tries to get out of their restraint, they could become tangled in the harness.
- A child left alone in a car could be abducted, set the vehicle in motion or become caught in automatic vehicle functions eg. electric windows, cigarette lighters.

SAFETY TIPS

- If you have to leave the car, even to run a quick errand, take the children with you
- Lock cars and secure keys when at home to prevent children playing inside the car
- Make "look before you leave" a routine whenever you get out of the car
- At the petrol station use *pay at the pump*, BPme app, fill up when another adult is in the car or get partner to fill the car another time!

Content source: KidsafeNSW.org



KOOLOORA VACATION CARE

"To provide 5 – 14 year olds in the local community with childcare services during the school holidays which are enjoyable, at their interest level and safe."

Kooloora vacation care program operates during each of the school holiday breaks. It is a vibrant program with a clear structure. It has a child centred approach which includes activities in the centre as well as excursion days out.

The program is managed by Nicole, our qualified school teacher and our support staff. Kooloora Vacation Care is supported by Randwick City Council and Club Grants NSW.

Spot are still available for the January 2020 program. Please call Nicole Arathoon on 0410 405 464 to book.

Check www.kooloora.org to download enrolment forms and swimming permission slip.

<p>MONDAY 6TH ICESKATING @ ICE ZOO</p>  <p>Show us your iceskating skills at the Ice Zoo iceskating rink at Alexandria. Try not to fall over and try to keep yourself dry as you skate around the rink. Be sure to wear socks and something warm. Bring lots of water, lunch and morning tea.</p> <p>Please be at the centre by 9.00am. We leave at 9.30am</p>	<p>TUESDAY 7TH DES RENFORD AQUATIC CENTRE</p>  <p>Have fun swimming and on the inflatable course. Bring your towel, change of clothes and lots of water to drink.</p> <p>Wear your swimmers, thongs / sandals and sunscreen.</p> <p>Please be at the centre by 9.30am</p>	<p>WEDNESDAY 8TH DAY @ FRENCHMANS BAY</p> <p>Enjoy a day in the bay and on the sand at La Perouse.</p>  <p>Bring your towel, change of clothes and lots of water to drink.</p> <p>Wear your swimmers, thongs / sandals and sunscreen.</p> <p>Please be at the centre by 9.30am</p>	<p>THURSDAY 9TH YELLOW SUMMER FUN DAY</p>  <p>DRESS UP in as much yellow as you can find as we celebrate all things YELLOW</p> <p>We will have a custard eating competition, cheese stack, egg and spoon relay and enjoy a funny yellow water bomb relay. We will also make yummy banana smoothies and mango iceblocks.</p>	 <p>FRIDAY 10TH</p> <p>WATER BOMB BONANZA</p> <p>Bring your own filled water bombs and water guns ready for a day of fun obstacle courses and awesome games. Bring your towel, change of clothes and lots of water to drink. Wear your swimmers, thongs / sandals and sunscreen.</p> <p>Be prepared to get wet !!</p>
<p>MONDAY 13TH MAD HATTERS TEA PARTY</p>  <p>What a fun day ... make and decorate your very own MAD hat before sitting at one long table with all the MAD Hatters for a long yummy afternoon tea.</p>	<p>TUESDAY 14TH WHERE'S WALLY PHOTO SCAVENGER HUNT</p>  <p>Dress up as Wally and let's make our own Wally beanies. Work as a team taking photos in unusual places and hiding one team member in the photo as the Wally for all other teams to find.</p>	<p>WEDNESDAY 15TH DAY @ FRENCHMANS BAY</p> <p>Enjoy a day in the bay and on the sand at La Perouse.</p>  <p>Bring your towel, change of clothes and lots of water to drink. Wear your swimmers, thongs / sandals and sunscreen.</p> <p>Please be at the centre by 9.30am</p>	<p>THURSDAY 16TH LUNA PARK "CONNEY ISLAND"</p>  <p>WOW ... we are off to Luna Park to play in the Coney Island Games Arcade. How much fun you will have playing with your friends.</p> <p>Please be at the centre by 9.30am</p>	<p>FRIDAY 17TH DES RENFORD AQUATIC CENTRE</p>  <p>Have fun swimming and on the inflatable course. Bring your towel, change of clothes and lots of water to drink.</p> <p>Wear your swimmers, thongs / sandals and sunscreen.</p> <p>Please be at the centre by 9.30am</p>
<p>MONDAY 20TH MOVIES @ FOX STUDIOS</p>  <p>Come along and enjoy watching a movie with your friends at vacation care. Movie to be advised.</p> <p>Please be at the centre by 9.30am</p>	<p>TUESDAY 21ST DES RENFORD AQUATIC CENTRE</p>  <p>Have fun swimming and on the inflatable course. Bring your towel, change of clothes and lots of water to drink.</p> <p>Wear your swimmers, thongs / sandals and sunscreen.</p> <p>Please be at the centre by 9.30am</p>	<p>WEDNESDAY 22ND DAY @ FRENCHMANS BAY</p> <p>Enjoy a day in the bay and on the sand at La Perouse.</p>  <p>Bring your towel, change of clothes and lots of water to drink. Wear your swimmers, thongs / sandals and sunscreen.</p> <p>Please be at the centre by 9.30am</p>	<p>THURSDAY 23RD AUSSIE AUSSIE AUSSIE</p>  <p>WEAR YOUR FAVOURITE FOOTY TEAM JERSEY</p> <p>Join us to celebrate all things Australian with a game of football, lots of Aussie trivia and even an Aussie barbecue.</p>	<p>FRIDAY 24TH MINUTE TO WIN IT CHALLENGE DAY</p>  <p>Be challenged by a day of events to achieve in only a minute.. How many sit ups or push ups can you do in a minute? How far can you run in the beep test? How about Beer Ping Pong challenge ? Who will be the champion ??</p>



2019 has been a tough year for us as we went through changes with fundings but also proved to be a year of success through the help of new grant opportunities.

We said goodbye to our coach facilitator, Sarah El-Adib, and welcome Frank Moudem as our new sports coach. Frank is passionate about soccer and volleyball and enjoys playing with the kids.

We would like to extend our gratitude to The Seekers for continuously supporting Kids Zone through fund raising. We were able to hire Bubble Soccer for Kids Zone's Christmas Party which most kids have not had the luxury to experience due to financial hardship.

Through everyone's help, our after school program have already lasted more than we thought it would. We are grateful for the opportunity to provide a safe, healthy and fun place for the local children in our community. Our first day back is on 03 February 2020.



Community Services Afternoon Tea

On 08 November, Michael Daley and Matt

Thistletwaite in partnership with Kooloora hosted a local community services afternoon tea to talk about issues around the community.

With over 60 people in attendance, people expressed their concerns about the Meriton's proposal to build towers up to 73 meters in Little Bay.

Residents also expressed their concerns about the proposed cruise ship terminal being built in our backyard.

Thank you to our partners in the community for joining us, Housing NSW, NSW Police, Centrelink, Randwick City Council, Junction Neighbourhood, Eastern Area Tenants Service and everyone in the local community.



VEGED OUT DATES FOR 2020

07, 21	FEBRUARY 2020
06, 20	MARCH 2020
03	APRIL 2020
01, 15, 29	MAY 2020
12, 26	JUNE 2020
24	JULY 2020
07, 21	AUGUST 2020
04, 18	SEPTEMBER 2020
16, 30	OCTOBER 2020
13, 27	NOVEMBER 2020
04	DECEMBER 2020

FAMILY GARDEN CIRCLE



Since we've started Family Garden Circle, we have seen not only our plants grow but also our little gardeners to independent and caring individuals. 'We have seen them learn and develop new skills and make new friends. Just some of the many benefits of gardening with your children!'



We enjoyed homemade mango ice cream made by Fely, fruit kebabs, watermelons and marshmallows during our mini Christmas Party on 10 December.



Thank you Emma from Bunnings for gifting our centre with mulches, compost and other garden materials.



We are resuming our garden circle on 04 February 2019.

Our Family Garden Circle is free and open to all parents and children looking for more activities. We meet every Tuesday from 10:00-12:00 noon during school terms.



Red bin or Yellow bin?

Climate change is real and everyone is called out to do their part in managing our waste. But sometimes we get confused over what's recyclable and what's not. More often than not, we recycle what is supposed to be rubbish and we put in the rubbish things that are supposed to be recyclable.



Contrary to popular opinion, coffee cups are NOT recyclable. Although they are made from paper, coffee cups are lined with plastic waterproof lining and could contaminate a load if put on the recycle bin.

More examples are milk cartons, ice cream containers and juices in tetra pak. Best solution for the coffee cup pile-up: sit down and enjoy your coffee, use your own reusable cup, say no thanks to a lid, buy your coffee from Responsible Cafes, and if left with no choice- bin it, don't recycle it.

Plastic bags and soft plastic packaging can be recycled but only through specialist recycling. Items such as cling wraps, citrus netting bags, shopping or grocery bags, courier satchels, bubble wrap among others can be brought to Randwick Recycling Centre.

Electronic waste such as keyboards, computer cables, laptops contain hazardous substances that can harm the environment and should not be put in the yellow bin. Computer monitors and parts, web cameras, USBs, old mobile phones etc. can all be brought to Randwick Recycle Centre to be disposed responsibly.

By properly recycling our waste, we are preventing our rubbish from entering our marine and coastal environments and being eaten by marine life. Everyone is called to do their part.

For more information, head to Randwick City Council's website to find more information about recycling. Randwick Recycle Centre is located at 72 Perry Street, Matraville.

"We do not inherit the earth from our ancestors, we borrow it from our children."



USEFUL MOBILE APPS



EMERGENCY SERVICES

Fires Near Me NSW

NSW Rural Fire Service bushfires app for participating fire agencies in Australia and New Zealand.



SCIENCE

FishSmart NSW

The official app from NSW Department of Primary Industries provides you with the essential information you need to fish recreationally in NSW.



TRANSPORT

FuelCheck

FuelCheck provides live fuel prices in real-time for all NSW service stations.



POLICE & JUSTICE

Legal Aid NSW

Easy access to information about Legal Aid NSW services and the law.



HEALTH

Save the Date

Child immunisation planning and reminders. Enter child name, DOB and medical contact details for immunisation reminders.

DECEMBER EVENTS IN MY LOCAL COMMUNITY



Coogee Carols

SUNDAY 22 DEC

6.30 – 8.30 PM

GOLDSTEIN RESERVE, COOGEE BEACH

Share in the joy and spirit of the festive season at this free community event. Bring your picnic rug and come prepared to sing your favourite Christmas Carols with family and friends. The program will include appearances by local celebrities. For further information contact the Events Team on 1300 722 542 or email events@randwick.nsw.gov.au.

Coogee Sparkles

TUESDAY 31 DEC

9.00 PM

COOGEE BEACH, COOGEE

Celebrate the New Year at this free family-friendly fireworks display within the relaxed atmosphere of Coogee Beach. For further information contact the Events Team on 1300 722 542 or email events@randwick.nsw.gov.au.

Friday Night Movies at the Library

FRIDAYS ; 1 AND 15 NOV, 6 AND 20 DEC

DOORS OPEN 6.00 PM

LIONEL BOWEN LIBRARY, MAROUBRA

We're hosting a Friday Movie Night twice a month. A full program is available on our in-library posters and via our website's library events calendar. Popcorn is provided and no booking is required – it's free! For more information visit randwick.nsw.gov.au/library or call 9093 6400.

Movie program:

20 Dec, Buena Vista Social Club (G)



myLibrary

Visit Randwick City Library on the go

Need help to pay your electricity or gas bills?

You have rights.

Stronger protections are now available to households having trouble paying their energy bills.

The [Australian Energy Regulator](#) has taken action to assist vulnerable customers experiencing payment difficulties by introducing an enforceable [Customer Hardship Policy Guideline](#).

Energy retailers have important responsibilities in helping vulnerable customers. The Guideline requires energy retailers to provide consistent minimum standards of assistance, ensure hardship programs are easily accessible and put processes in place to identify customers who may need help.

Customers participating in a hardship program will get access to different payment options, help finding a better energy plan, tips on energy efficiency, and information about government concessions, relief schemes, energy rebates and financial counselling services.

Other help may also be available – All energy providers have a **hardship policy** that tells you how they can assist you if you are having trouble paying your energy bills due to hardship. You can find it on their website or ask them to post you copy.

If you are in a hardship program and meetings its conditions your energy provider cannot disconnect you.

When life is tough call your energy retailer and talk to them about your situation.

For more information, visit the Australian Energy Regulator's website at

www.aer.gov.au/consumers/my-energy-bill/help-for-customers-in-hardship.

Centrelink Public holiday closures, reporting and payment arrangements

Centrelink is closed during the following dates:

- Wednesday 25 December 2019
- Thursday 26 December 2019
- Friday 27 December 2019
- Wednesday 01 January 2020.

You can still use your Centrelink online account through MyGov to:

- Report your income
- Change some of your appointments
- Friday 27 December 2019
- Wednesday 01 January 2020.

You can also use Express Mobile apps and phone self service.

You can still report your income to Centrelink, even when they are closed. However, if you do this on a public holiday you will get paid after the public holiday.

For more detailed information, check <https://www.humanservices.gov.au/individuals/public-holiday-reporting>.

Have your say on before and after school care

The NSW Government is allocating \$120 million by 2021 to expand access to affordable and convenient before and after school care for children attending public primary schools.

From July to December 2019, you can share your needs on before and after school care to help us better plan, deliver and manage services across NSW.

Eligibility

Parents and carers of primary school age children who are interested in accessing before and after school care services, or school holidays care, including those whose children are:

- currently on waiting lists
- attending schools where there is currently no access to services, or whose needs for care are not being met by existing services
- starting at a government primary school in 2020 and who may not be able to find a suitable place.

What you need

- your postcode
- your child's age and school name
- current and desired before and after school care arrangements
- your email (optional).

Go to <https://www.service.nsw.gov.au/basc> to have your say.



Kooloora's Christmas Closure

The last day of office will be on
13th of December 2019.

Programs and services will resume on
Monday, 03 February 2020 except for Playgroup
which will be back on Wednesday, 05 February 2020.

Vacation Care will be from 6-24 January 2020.