

Think you need a COVID-19 test?

NSW Health is asking anyone with a cough, fever, sore throat or shortness of breath to be tested for COVID-19. Testing is FREE and NO referral from a GP is required.

If attending a testing clinic, people who have symptoms should wear a surgical facemask, if possible, and practice social distancing when travelling to the testing centre.

NSW Health said that is OK to get tested more than once, if you have symptoms at different points in time.

[Here](#) is a list of COVID-19 testing clinics in the Northern Sydney Region created by NSW Health.



Let's share our COVID-19 experience:

Understanding how you and your family are dealing with the added social and economic pressures of COVID-19 is crucial for future planning for our country.

Whether the impact on you has been big or small, your voice is essential to help the government and service providers know what support people really need. Click [here](#) to share your thoughts and experiences in this national survey.

All playgrounds are now open.

Playgrounds are not only fun places where kids can spend free time but it is also a place where kids can develop important skills such as fine and gross motor skills and their social skills.

As some restrictions ease, we now can enjoy playgrounds and parks.

But remember to:

- follow social distancing rules (stay 1.5m apart)
- practice good hygiene
- make sure there aren't 10 people or more around you

[Here](#) is a list of 7 amazing local playgrounds for primary aged kids put together by our friends at Ryde District Mums. Don't forget to pack your hand sanitiser!



Activity: Origami (or paper folding)

How much do you know about Origami?

No scissors, no glue required! All you need is one square piece of paper! Origami is not only a fun activity, but there are also many *educational benefits*. It helps kids develop eye hand co-ordination, sequencing skills, maths reasoning, spatial skills, memory, and also patience and attention skills.

If your child struggles with holding a pencil or using scissors, Origami is the perfect activity for them to develop fine motor skills as well as mental concentration. All of this combined stimulates the brain, especially when both hands are being used at the same time.

Click for [Very Simple and Easy Origami for Kids](#)

Click for [how to make a paper heart on YouTube](#)

