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| Children's Education and Care Assurance | | |
| 21 May 2020  **Expansion of COVID-19 testing, excursions and mental health and wellbeing resources**  **Expansion of COVID-19 testing**  ACT Health are encouraging all community members to become familiar and keep up to date with information about the expansion of COVID-19 testing in the ACT.  Early detection of cases helps to contain the potential spread and keep the community safe. Anyone, including children can be tested if they have a fever of 38 degrees or greater (or recent history of fever such as chills or night sweats) or a respiratory infection (such as shortness of breath, cough, or sore throat).  In addition, individuals who have sudden onset of loss of smell, loss of taste, runny nose, muscle pain, joint pain, diarrhoea, nausea, vomiting or loss of appetite may be eligible for COVID-19 testing, after assessment by a health professional. If individuals in your community develop any of these symptoms, encourage them to call their GP or visit a [Respiratory Assessment Clinic](https://www.covid19.act.gov.au/protecting-yourself-and-others/getting-tested#Respiratory-Assessment-Clinics-in-the-ACT-are-located-at-2).  Please link your community with this website [www.covid19.act.gov.au](http://www.covid19.act.gov.au) to provide the latest information about COVID-19 testing in the ACT. Please see attached optional messaging for you to share with your community.  **Excursions**  COVID-19 restrictions in the ACT have recently eased and now allow for outdoor gatherings of a maximum of 10 people (including children) and increased access to publics spaces such as playgrounds and parks. The latest information about the use of public spaces and outdoor gatherings is available on the [ACT Government COVID-19 websiteexternal link icon](https://www.covid19.act.gov.au/faqs/faqs-changes-to-restrictions?fbclid=IwAR0JZdpfrcFbZlDevd0KKaQhDfbHIn-ZedG669Zfvp55EXXJNcZ5-sdnrgA). This means that excursions within the community can recommence in line with current advice on use of public space and continuation of hygiene recommendations.  When planning for excursions providers, service leaders and educators should consider the context of their service and [excursion requirements](https://www.legislation.nsw.gov.au/#/view/regulation/2011/653/chap4/part4.2/div6) set out in the National Quality Framework. CECA’s Interim Excursion advice attached should also be considered when making decisions about excursions during the COVID-19 pandemic. Please be aware that this document will be updated in line with current advice on use of public space and will be available on the [Education Directorate](https://www.education.act.gov.au/early-childhood/information-on-novel-coronavirus-covid-19-for-early-childhood) website.  In preparation for any excursion educators should reflect on intentional teaching opportunities and ways that can support children to talk about appropriate risk management. For example, educators could work with children to develop plans and strategies to manage hygiene and the risk of COVID-19 transmission. Strategies could include preparing hygiene kits that include bottles of water, a bucket, soap and paper towels for hand washing and antibacterial wipes for equipment and bin bags for rubbish disposal.  **Free tools and resources to support mental health and wellbeing**  Education and care services are encouraged to access tools and resources to recognise and improve mental health and wellbeing in their community. [Be Your Early Learning](https://beyou.edu.au/?mc_cid=176a5f8b8a&mc_eid=%5bUNIQID%5d), [Emerging Minds](https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/),  [Beyond Blue](https://coronavirus.beyondblue.org.au/) and [ACT Health](https://www.health.act.gov.au/services-and-programs/mental-health/mental-health-and-wellbeing-during-covid-19) have free materials to support providers, service leaders, educators and families in response to the impact of COVID-19.  A free [Responding Together – Managing Wellbeing in Times of Change and Uncertainty virtual conference](https://kapara.rdbk.com.au/landers/31c5f8.html?utm_source=sfmc&utm_medium=email&utm_campaign=BY_Virtual_Conference_20200514&utm_creative=by_vc_book_here&utm_id=em_0144&utm_term=by_vc_book_here&fbclid=IwAR1QKbhOmNbdfu7CeMts_HsIiPe5bEc_RdCCzqsq63t3d06Rgu_COyfWjRY) will be held on 10 and 11 of June 2020. This is an opportunity for educators to evolve their understanding about how to take a whole learning community approach to mental wellbeing, including in response to a critical incident. Delivered by experts from the Be You team at [Early Childhood Australia](https://www.facebook.com/earlychildhoodaustralia/?__tn__=K-R&eid=ARDw_c4KlXa4cNJYmW6fm5earSjq_ShsuSnMD11c4HiJq44cXVEvXfI-QcFxjAll_F0-4BVH0-mk4kfO&fref=mentions&__xts__%5B0%5D=68.ARBL3Xk0DZjN4I1Clj3498VqaMNHjhWO4EBlr3czTk7SAJKUKYTC3dfe1BwGetQ0yll8dlsHErJWgNsipm18XAAt5v8OXvgViU9wkcObqXQ_w9IfnuNkzdVe01FbJStKRxT68-Go1G2isJcm4AACKcJASatFr5Pbe7cZ2r-3rYyzpWeGQxGYCAM372a0f2OtjjTD78rTlZJtUYtrQt6jG8S2kUD9h4_MZ-J8JElVur1PUaMOufVReu5Udmam_FnvFD_LaIDb4Rnl7ZV5yVAyuN29xDC0QmdE9qGmrfJSDO5dp7Ara5bFaVZAt5I3l16wVkeZhVK0eXPiG7JGJDqbDVi3LIks), [Headspace](https://www.facebook.com/Headspace/?__tn__=K-R&eid=ARDPIIZwrOpqc6bZ4LpILP47N8JDmQ-T1Ft7yxkD2XvroDcWlbLappOXrvnP9JKh44kVpb9aS8DVOOGT&fref=mentions&__xts__%5B0%5D=68.ARBL3Xk0DZjN4I1Clj3498VqaMNHjhWO4EBlr3czTk7SAJKUKYTC3dfe1BwGetQ0yll8dlsHErJWgNsipm18XAAt5v8OXvgViU9wkcObqXQ_w9IfnuNkzdVe01FbJStKRxT68-Go1G2isJcm4AACKcJASatFr5Pbe7cZ2r-3rYyzpWeGQxGYCAM372a0f2OtjjTD78rTlZJtUYtrQt6jG8S2kUD9h4_MZ-J8JElVur1PUaMOufVReu5Udmam_FnvFD_LaIDb4Rnl7ZV5yVAyuN29xDC0QmdE9qGmrfJSDO5dp7Ara5bFaVZAt5I3l16wVkeZhVK0eXPiG7JGJDqbDVi3LIks) and [Beyond Blue](https://www.facebook.com/beyondblue/?__tn__=K-R&eid=ARCtp_lJqmSlTE5Y5i3lSoQzP89GiCjaF7joWFDz_W61x5jgsgJqX7vKdQadJCSEcF3o5TI1p_i4mv62&fref=mentions&__xts__%5B0%5D=68.ARBL3Xk0DZjN4I1Clj3498VqaMNHjhWO4EBlr3czTk7SAJKUKYTC3dfe1BwGetQ0yll8dlsHErJWgNsipm18XAAt5v8OXvgViU9wkcObqXQ_w9IfnuNkzdVe01FbJStKRxT68-Go1G2isJcm4AACKcJASatFr5Pbe7cZ2r-3rYyzpWeGQxGYCAM372a0f2OtjjTD78rTlZJtUYtrQt6jG8S2kUD9h4_MZ-J8JElVur1PUaMOufVReu5Udmam_FnvFD_LaIDb4Rnl7ZV5yVAyuN29xDC0QmdE9qGmrfJSDO5dp7Ara5bFaVZAt5I3l16wVkeZhVK0eXPiG7JGJDqbDVi3LIks), this conference will have strong reference to Be You resources and tools.  For enquires in relation to this notification please call CECA on (02) 6207 1114 or email [CECA@ACT.gov.au](mailto:CECA@ACT.gov.au).  This email has been authorised by the ACT Regulatory Authority (CECA). CECA are responsible for administering the National Quality Framework within the ACT. | | |

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