



Friday 17 April 2020

DOING THINGS DIFFERENTLY THIS SCHOOL HOLIDAYS

Our roles as parents and carers have become more important than ever before, with our children relying on us to maintain some form of routine and adjust our way of life as we adapt to the impact of COVID-19.

Federal Member for Robertson, Lucy Wicks said, "The next few months will bring incredible changes to many aspects of our lives. It is important that we continue to embrace and encourage our children during this school holidays, whilst continuing to adhere to social distancing protocols put in place."

It is encouraging to see so many Central Coast businesses looking at ways to expand and innovate, keeping in line with the new restrictions.

"A number of dance schools across the Central Coast are moving towards online based classes to ensure local kids can still be a part of school holiday dance workshops."

"For the young at heart, there are a number of local gyms who are also adapting with online classes, enabling adults to keep healthy while at home."

The Australian Reptile Park have daily live streams and educational videos uploaded throughout the week, with General Manager Tim Faulkner hosting an "Animal Tales" episode each day at 10am and a live stream around the park at 2pm daily.

"These live streams are giving children the opportunity to see something they may not have seen before. It could be watching Elvis the Saltwater Crocodile be fed, or watching Funnel Web Spiders being milked."

The wide variety of online video chat programs available today means families can stay in touch and reach out to those loved ones who may be doing it tough during this time.

In addition to these online programs, families are still encouraged to regularly exercise while maintaining their social distance from others.

"Other fun things you can do with the kids from the safety of your own home could include pitching a tent in the yard and having a camp out, embracing your green thumb and planting a veggie garden, or starting those house renovations you have been putting off," Ms Wicks said.



LUCY WICKS MP
FEDERAL MEMBER FOR **ROBERTSON**



MEDIA RELEASE

“Ocean Haus in Terrigal is giving Central Coast residents the option to hire a surfboard from their shop, giving Coasties a fun and exciting way to exercise (1.5m apart) during these trying times.”

“While our community will experience many new challenges during the course of this virus, it is critical, as parents and carers, to keep things as normal as possible for our children. So let's keep working together, looking for different ways we can be there for our kids, and keeping them entertained and safe during these school holidays.”

MEDIA: Megan Golightly | 0435 120 633