



COMMUNITY CONNECT

NEWSLETTER FOR EAST GIPPSLAND
CHILDREN, YOUNG PEOPLE & FAMILIES

WELCOME!

This is a weekly newsletter that is being provided for East Gippsland Children, Young People & Families to provide information and ideas for support during social distancing.

WINTER

The weather is getting colder and wetter meaning more inside play rather than outside play. This newsletter is packed with ideas and resources to keep kids busy during winter.



CHILDRENS WEEK 2020 – WHAT IDEAS DO YOU HAVE TO CELEBRATE CHILDREN'S WEEK?

This years children week is on the 24th of October – 1st of November. We are looking for ideas from our readers about what you would like to see happen in the community during childrens week. This years theme is 'Children have the right to meet together and to join groups and organisations, as long as this does not stop other people from enjoying their rights.' In previous years we have held events in Lake Entrance and Bairnsdale. Please let us know what type of events you and your children would like to have in your area. Click here to fill in a short survey and to go in the draw to win a \$30 voucher - <https://www.surveymonkey.com/r/3CXHTZ5>

MYVAN CREATIVE SHOWCASE & HAVE A SAY

Are you a young person (12-25) of East Gippsland that likes technology, photography, filmmaking, music, art and/or craft?

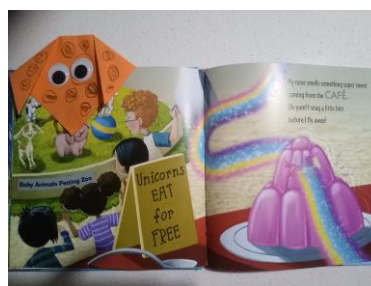
Join us to find out more about the awesome tech available on the MY Van, Have a Say about the use of this great resource as well as assist us to build a case to ensure we can keep it in our region beyond 2020!

To register to this session, please send your name, age, town & email address to hub@gellen.org.au or DM the Hub FB page. Looking forward to connecting with you! MY (Mobile Youth) Van – Creative Showcase and Have a Say! The event is held on Tuesday the 30th of June at 2:30 PM – 3:30 PM. See the poster on page 4 for more information.



WINNERS OF LAST WEEK'S CHALLENGE CREATE YOUR OWN BOOKMARK

There was some very creative bookmarks, thank you to everyone for taking part. Hopefully they can help with marking your page in your book. Everyone who sent in photos of their art went in to the draw to win the prize pack and the winners of this challenge is Liam & Alexis! You will find this weeks challenge on the following page.



Some of the creations made by children and young people across East Gippsland during social distancing.

SCHOOL HOLIDAY CALENDAR OF EVENTS

School holidays are coming up and there are lots of fun activities happening for children and young people

TUESDAY 23rd JUNE

VIRTUAL STORY TIME https://www.youtube.com/channel/UC7nClT_H322NVjKInyUZEaQ

LEGOLAND DISCOVERY CENTRE LIVE WORKSHOP MAGICAL POTIONS! 4pm <https://melbourne.legolanddiscoverycentre.com.au/legoland-discovery-centre-live-streams-and-lego-fun/>

WEDNESDAY 24th JUNE

VIRTUAL RHYME TIME https://www.youtube.com/channel/UC7nClT_H322NVjKInyUZEaQ

MOVE IT 4 KIDS 10am <https://www.playgroup.org.au/move-it/>

SUNDAY 28th JUNE

LEGOLAND DISCOVERY CENTRE LIVE WORKSHOP 9am <https://melbourne.legolanddiscoverycentre.com.au/legoland-discovery-centre-live-streams-and-lego-fun/>

TUESDAY 30th JUNE

VIRTUAL STORY TIME https://www.youtube.com/channel/UC7nClT_H322NVjKInyUZEaQ

MY VAN SHOWCASE & HAVE A SAY! See poster on page 4 for further details.

LEGOLAND DISCOVERY CENTRE LIVE WORKSHOP 4pm <https://melbourne.legolanddiscoverycentre.com.au/legoland-discovery-centre-live-streams-and-lego-fun/>

CRASHENDO! SCHOOL HOLIDAY PROGRAM Tuesday June 30 to Thursday July 2nd For more information visit [Crashendo website](#)

WEDNESDAY 1st JULY

VIRTUAL RHYME TIME https://www.youtube.com/channel/UC7nClT_H322NVjKInyUZEaQ

TOONING ONLINE- CARTOONING WORKSHOP 1.30-2.30pm Sign up by phoning 51524225 or book in person at the library.

SUNDAY 5th JULY

LEGOLAND DISCOVERY CENTRE LIVE WORKSHOP 9am <https://melbourne.legolanddiscoverycentre.com.au/legoland-discovery-centre-live-streams-and-lego-fun/>

TUESDAY 7th JULY

VIRTUAL STORY TIME https://www.youtube.com/channel/UC7nClT_H322NVjKInyUZEaQ

LEGOLAND DISCOVERY CENTRE LIVE WORKSHOP 4pm <https://melbourne.legolanddiscoverycentre.com.au/legoland-discovery-centre-live-streams-and-lego-fun/>

WEDNESDAY 8th JULY

VIRTUAL RHYME TIME https://www.youtube.com/channel/UC7nClT_H322NVjKInyUZEaQ

TOONING ONLINE- CARTOONING WORKSHOP 1.30-2.30pm Sign up by phoning 51524225 or book in person at the library.

SUNDAY 12th JULY

LEGOLAND DISCOVERY CENTRE LIVE WORKSHOP 9am <https://melbourne.legolanddiscoverycentre.com.au/legoland-discovery-centre-live-streams-and-lego-fun/>

SCHOOL HOLIDAY CALENDAR OF DAILY CHALLENGES

Looking for things to do over the school holidays? Here is a challenge to do every day of the school holidays! Every challenge entry sent in will go in the draw to win a \$80 Toy World voucher which will be drawn on Monday 13th July. We look forward to seeing your creations!

Send your photos via email or text to rachel.bell@savethechildren.org.au or 0409 203 566

SATURDAY	SUNDAY
<p>27</p> <p>CHALLENGE #1</p> <p>MAKE A PAPER AEROPLANE</p> 	<p>28</p> <p>CHALLENGE #2</p> <p>MAKE A CARD & make somebody smile by giving them the card.</p> 
<p>4</p> <p>CHALLENGE #8</p> <p>BUILD A CUBBY</p> 	<p>5</p> <p>CHALLENGE #9</p> <p>MAKE A LEGO CREATION</p> 
<p>11</p> <p>CHALLENGE #15</p> <p>SOW SOMETHING</p> 	<p>12</p> <p>CHALLENGE #16</p> <p>CREATE THE CHALLENGE</p> <p>Each week in the newsletter we have a new challenge. This challenge is for you to come up with a challenge that we can put in the newsletter.</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p> <p>CHALLENGE #3</p> <p>DRAW A PICTURE OF THE CHARACTERS FROM YOUR FAVOURITE BOOK</p>	<p>30</p> <p>CHALLENGE #4</p> <p>TELL US YOUR FAVOURITE JOKE It could be your own joke or someone else's that makes you laugh!</p>	<p>1</p> <p>CHALLENGE #5</p> <p>MAKE A PLAYDOUGH CREATION</p> 	<p>2</p> <p>CHALLENGE #6</p> <p>COOK SOMETHING</p> 	<p>3</p> <p>CHALLENGE #7</p> <p>DRAW A SELF PORTRAIT OF YOURSELF</p>
<p>6</p> <p>CHALLENGE #10</p> <p>COLOUR HUNT – FIND SOMETHING IN YOUR HOUSE FOR EVERY COLOUR OF THE RAINBOW</p> 	<p>7</p> <p>CHALLENGE #11</p> <p>MAKE A MASK</p> 	<p>8</p> <p>CHALLENGE #12</p> <p>MAKE A PET ROCK</p> 	<p>9</p> <p>CHALLENGE #13</p> <p>MAKE A PIECE OF JEWELRY</p> 	<p>10</p> <p>CHALLENGE #14</p> <p>CREATE SOME CHALK ART</p> 

M.Y. VAN


Tuesday, June 30 2020 – 2.30–3.30pm

Are you a young person (12–25) of East Gippsland that likes technology, photography, filmmaking, music, art and/or craft?

Join us online to find out more about the awesome tech available on the MY (Mobile Youth) Van. Have a Say about the use of this great resource as well as assist us to build a case to ensure we can keep it in our region beyond 2020!

To register, please send your name, age, town & email address to hub@gellen.org.au, DM the Hub FB page or call 5153 1745.

Looking forward to connecting with you!

 <https://bit.ly/MYVanEvent>



Save the Children



RESOURCES & SUPPORT FOR PARENTS AND FAMILIES

PLAY LEARN GROW TEXT MESSAGE PROGRAM

Get practical tips to your phone from leading early childhood experts. This is a free text message program for parents and carers of two-year-old and three-year-old children in Victoria. Providing information, advice and easy activities to help support your children's wellbeing and learning through 3 text messages a week for the duration of the program. Use the link to [sign up to the Play Learn Grow program online](#) or text PLAY to 0428 606 027.

POSITIVE PARENTING PROGRAM

Children may be feeling stressed or uncertain during this period of change. You can help your kids (or teenagers) stay calm and optimistic and keep being a positive parent while managing financial stress, working from home, helping your child cope with their feelings and staying emotionally resilient. And now these tips are all available to Victorian families in a FREE online program! Find out more at www.triplep-parenting.net.au.

7 DAY FAMILY ONLINE SAFETY CHALLENGE

A seven day challenge for families to check and increase their online safety released by the Australian Federal police.

<https://thinkuknow.org.au/sites/default/files/2020-04/7-day-family-online-safety-challenge.pdf>



ASSOCIATION FOR CHILDREN WITH A DISABILITY NEW ONLINE WORKSHOP - THINKING ABOUT SELF MANAGING YOUR CHILD'S NDIS PLAN

The workshop aims to help build the confidence of parents to consider self-managing their child's NDIS plan. The workshop looks at: What is Self-Management?; The skills you may need; Using the portal; Resources and Supports. Thursday 25th June 2020 10.30am to 11.30am (Zoom room will open at 10.15am). Bookings essential are essential & online details will be sent with booking confirmation. This online workshop runs for **1 hour** and is intended for parents/carers/guardians only. To book visit - <https://acdonline-2506.eventbrite.com.au>

EAST GIPPSLAND CHILD, YOUTH AND FAMILY SUPPORTS JUNE 2020

A four page summary of the supports available for children, young people and families in East Gippsland. The summary can be accessed here - <https://www.dropbox.com/s/q0s2jivhku2hr0t/East%20Gippsland%20Child%20and%20Youth%20Service%20Directory%20%28June%202020%29.pdf?dl=0>



Is there a service that your family needs access to that you haven't been able to access in East Gippsland? Please let us know so that we can get a better understanding of what the gaps and needs are.

RESOURCES FOR YOUNG PEOPLE

2020 YACVIC RURAL ACTIVATOR PROGRAM

For young people 16-25 who live, work or study in an area impacted by the 2019/20 bush fires across rural and regional Victoria, passionate about their local community and nature who want to design a project and develop skills in research, advocacy, project management and communication. For more information visit [YacVIC website](#).

FYA FUTURE COMMUNITIES CHALLENGE

Free program for young people 12-25 that will support to grow an enterprising mindset, better understand the issues around them and how to creatively respond to them. For more information visit [FYA website](#).

ONLINE RESOURCES & ACTIVITIES

All the activities are from The Resilience Project, a great organisation that delivers engagement programs to help teach mental health strategies - <https://theresilienceproject.com.au/>

	PRESCHOOLERS (0-4 years)	CHILDREN (5 – 12 Years)	YOUNG PEOPLE (13 – 18 Years)
ART & CRAFT ACTIVITIES	Post it- Thank You Cards https://theresilienceproject.com.au/at-home/learning/empathy/lower-primary/post-it-thank-you-cards-activity/	Let's Get Creative – how to make a pom-pom https://theresilienceproject.com.au/at-home/everyone/mindfulness/kids/get-creative/	Gratitude Photo Board https://theresilienceproject.com.au/at-home/learning/gratitude/secondary/gratitude-photo-board-album/
PHYSICAL ACTIVITIES	Winter Activity Booklet https://www.playgroup.org.au/wp-content/uploads/2020/05/The-Kindness-Edition_Final.pdf	Gratitude Scavenger Hunt https://theresilienceproject.com.au/at-home/wp-content/uploads/2020/04/UP_Activity_5_Gratitactivity/ude-Scavenger-Hunt.pdf	Yoga for Teens https://theresilienceproject.com.au/at-home/learning/mindfulness/secondary/yoga-activity/ Meditation https://theresilienceproject.com.au/at-home/learning/mindfulness/secondary/meditation/
ACTS OF KINDNESS	Move It 4 Kids https://www.playgroup.org.au/wp-content/uploads/2020/03/MoveIt4Kids_Activity-Booklet2020.pdf	Someone Special https://theresilienceproject.com.au/at-home/learning/gratitude/lower-primary/someone-special/	Random Acts of Kindness https://theresilienceproject.com.au/at-home/learning/empathy/upper-primary/random-act-of-kindness/
COLOURING SHEETS	Mindful Colouring https://theresilienceproject.com.au/at-home/wp-content/uploads/2020/04/mindful-colouring-primary.pdf	Design Your Own https://theresilienceproject.com.au/at-home/learning/mindfulness/upper-primary/design-your-own/	Mindful Colouring https://theresilienceproject.com.au/at-home/wp-content/uploads/2020/04/Minfulcolouring.pdf
LEARNING @ HOME ACTIVITIES	My Favourite Teddy https://theresilienceproject.com.au/at-home/learning/gratitude/lower-primary/teddy-activity/	Complete a Puzzle and/or Make Your Own https://theresilienceproject.com.au/at-home/everyone/mindfulness/kids/complete-a-puzzle/	Low Tech Twitter https://theresilienceproject.com.au/at-home/learning/emotional-literacy/secondary/low-tech-twitter/