



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 COOKING @ HOME

Cooking is a great activity to do with children as it encourages problem solving and creativity while having fun. It also improves children's fine motor skills and teaches them basic concepts of math's through measuring, counting and following a sequence. This is a great way to spend time with your children while teaching them valuable lessons.



SARFIELD SNAPS

Sarsfield Snaps is a program that helps bring the junior Sarsfield community together after the bushfires. Fujifilm has donated heaps of cameras to Sarsfield Snaps for a period of 12 months. Sarsfield Snaps gives local kids a chance to express themselves by taking photos of their everyday life and gives them a chance to be creative whilst exploring the natural world around them. For more information, please contact the Coordinators – Virginia King, Bob Carter and Tiana Felmingham 0408 079 208 or sarsfieldsnaps@gmail.com



WINNER OF LAST WEEK'S CHALLENGE CONDUCT YOUR OWN SCIENCE EXPERIMENT CHALLENGE

Thank you to everyone who participated in last weeks challenge. It is great seeing young children start to utilise their STEM skills. Bella sent in this volcano eruption experiment. You will find this weeks challenge on the following page.



Volcano Eruption Experiment with baking soda and vinegar

<https://gosciencegirls.com/erupting-volcano-prehistoric-small-world-play/#:~:text=%20Easy%20Volcano%20Eruption%20Experiment%20for%20Kids%20%283,experiment%29%20along%20with%20your%20kids%20using...%20More%20>

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

RESOURCES & SUPPORT FOR PARENTS AND FAMILIES

TRIPLE P ONLINE

The Victorian Government is providing free access to Triple P Online for Victorian parents caring for children aged 2 to 16 years. Triple P Online includes strategies to help parents raise happy, confident children with set family routines and rules that everyone can follow to balance work and family life with less stress. The program has been adapted with resources specifically on parenting during coronavirus (COVID-19).

To access Triple P Online, go to: www.triplep.online/victoria

THREE YEAR OLD KINDER

Three-year-old Kindergarten is coming to East Gippsland in 2021!

Do you know someone living in East Gippsland who has a child who will be three next year? Let them know that they are eligible for up to 15 hours a week of funded Three-Year-Old Kindergarten in 2021. For more information visit www.vic.gov.au/kinder or contact your local kindergarten.



EMERGING MINDS

Emerging minds has released a toolkit that contains resources that will assist practitioners, parents and carers in supporting children's mental health during pandemic events such as COVID-19. It is full of videos, fact sheets, podcasts and guides and includes information about what to expect and how to help children and families cope. <https://emergingminds.com.au/>

WEEKLY CHALLENGE

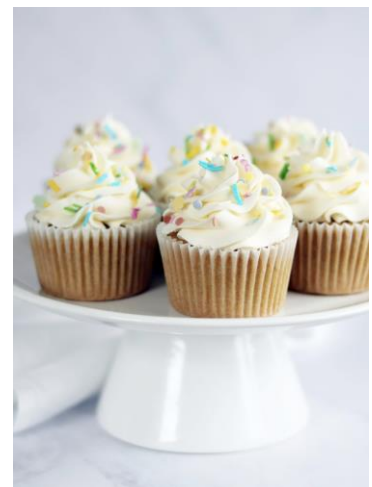
CHALLENGE NINE: COOK SOMETHING YUMMY

This week's challenge is to cook or bake something yummy. This can be your favourite food or something you have always wanted to make. Examples include, cakes, biscuits, dinner, the options are endless. Have fun cooking while utilising very important skills and don't forget to send us a photo of your yummy creation.

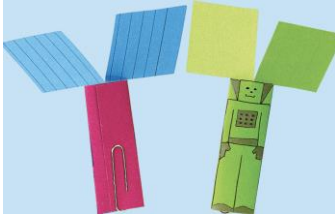





Send your photos via email or text to;

rachel.bell@savethechildren.org.au or 0409 203 566.

Each week a winner will be selected to win this amazing prize pack filled with lots of goodies.



ONLINE RESOURCES & ACTIVITIES

	PRESCHOOLERS (0-4 years)	CHILDREN (5 – 12 Years)	YOUNG PEOPLE (13 – 18 Years)
ARTS & CRAFTS	<p>Spinning Superheroes https://www.highlightskids.com/activities/crafts/spinning-superheroes</p> 	<p>Robot Bank https://www.highlightskids.com/activities/crafts/robot-bank</p> 	<p>Pinterest Framed Wall Art https://diyprojects.com/projects-for-teenagers/#pinterest</p> 
RECIPES	<p>Crazy, Tasty Banana Split Breakfast https://www.highlightskids.com/activities/recipes/crazy-tasty-banana-split-breakfast</p> 	<p>“Stained Glass” Cookies https://www.highlightskids.com/activities/recipes/stained-glass-cookies</p> 	<p>Crunchy chicken fingers https://raisingchildren.net.au/school-age/nutrition-fitness/food-recipes/chicken-fingers</p> 
PHYSICAL ACTIVITIES	<p>Using Screen Time to Encourage Physical Activity https://raisingchildren.net.au/preschoolers/nutrition-fitness/physical-activity/screen-time-physical-activity</p>	<p>Physical Activity for School-age Children https://raisingchildren.net.au/school-age/nutrition-fitness/physical-activity/activity-for-school-children</p>	<p>POPSUGAR Fitness https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg</p>
COLOURING SHEETS	<p>Food Coloring Page – Drinks https://www.allkidsnetwork.com/coloring-pages/food/drinks</p>	<p>Horses Color by Numbers https://www.allkidsnetwork.com/color-by-number/color-by-numbers-horses</p>	<p>Zen and Anti Stress Coloring Pages https://www.justcolor.net/relaxation/coloring-zen/</p>
LEARNING @ HOME ACTIVITIES	<p>Chrome Music Lab https://musiclab.chromeexperiments.com/Experiments</p>	<p>Nomster Chef https://www.nomsterchef.com/nomster-recipe-library</p>	<p>Skill Share https://www.skillshare.com/?via=header</p>

Save the Children Australia, The Hub, Corner Dalmahoy & Service Street, Bairnsdale VIC 3875

Phone: (03) 5153 7500 Email: bairnsdale.reception@savethechildren.org.au