



COMMUNITY CONNECT

NEWSLETTER FOR EAST GIPPSLAND
CHILDREN, YOUNG PEOPLE & FAMILIES

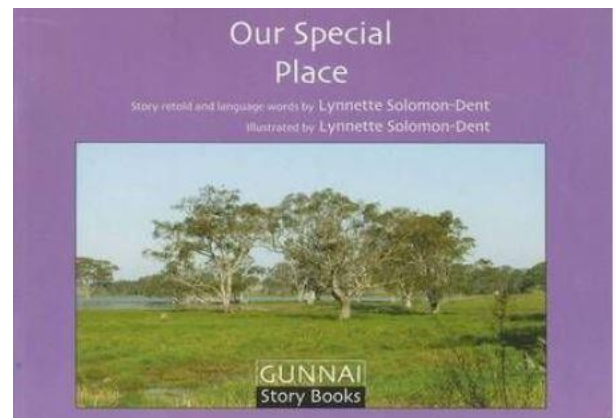
WELCOME!

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.

National Aboriginal & Torres Strait Islander Children's Day – Tuesday 4th August

National Aboriginal and Torres Strait Islander Children's Day (Children's Day) is the national day dedicated to celebrating children. Children's Day is celebrated across the country each year on 4 August. Children's Day is a time Aboriginal and Torres Strait Islander families and communities and all Australians, celebrate the strengths and culture of children. It is an opportunity to show support for Aboriginal and Torres Strait Islander children, as well as learn about the crucial impact that culture, family and community play in the life of every Aboriginal and Torres Strait Islander child. Children's Day has been run annually since 1988 and is the initiative of SNAICC – National Voice for our Children.

The Children's Day 2020 theme: 'We are the Elders of tomorrow, hear our voice' honours Elders – custodians of Aboriginal and Torres Strait Islander traditional knowledge, passed down to our children through stories and cultural practice. Hearing children's voices today plays a crucial role in them becoming influential Elders and leaders of the future. For more information visit - <https://aboriginalchildrensday.com.au/what-is-childrens-day/>



Local author Lynnette Soloman-Dent has published a number of stories using Gunaikurnai language- available for loan from East Gippsland shire's library

LOCKDOWN 2.0

As East Gippsland prepares to go back in to lockdown and returning to Learn@Home, we wanted to share with you some resources that might be useful during this time which you will find on the next page. There is also a range of different activities for pre-schoolers, children and young people on the last page. We would also like to encourage you to tell us...

'What is one thing we can improve or do differently to assist children, young people and families in East Gippsland during lockdown?'

visit <https://www.menti.com/3u1ifj9mww> to give us your feedback.

We would love to hear from children, young people, parents, carers, grandparents, and people who work with children and young people!



RESOURCES & SUPPORT FOR PARENTS AND FAMILIES

Supporting Children in Challenging Times

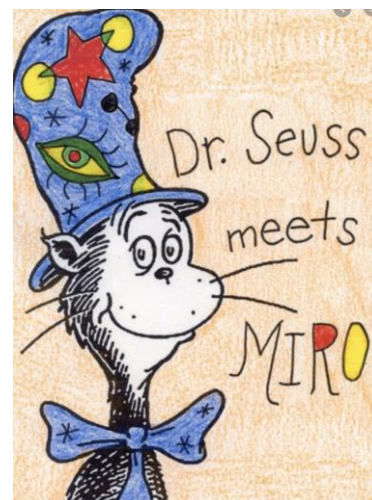
- A range of resources and ideas for parents and educators focused around supporting children to understand COVID-19 and the changes happening.
<https://www.autismlittlelearners.com/search/label/COVID-19>
- Whether because of drought, the Black Summer fires or COVID-19, supporting children and young people has been particularly challenging in recent times. This session will provide information, advice and tips on ways to support children and young people. Ask questions, understand common reactions and signs of stress, and get practical tips of parenting through uncertainty. Australian Red Cross invites parents and carers join with **Natalie Fraser**, psychologist with over 25 years' experience, to talk about supporting children and young people through these tough times. The session is being run twice, to try and reach as many parents and carers possible. The webinars are free but limited to 500 attendees so please register by clicking on your preferred webinar time:
Wednesday 26th August 6:30pm – 7:30pm https://zoom.us/webinar/register/WN_IXxc-NeVTamsRW8Gf_VDaw
Thursday 27th August 12:30pm – 1:30pm https://zoom.us/webinar/register/WN_kl8mfmP8RT-kblOuCu3y4g
Can't join? Recordings will be made available at
<https://www.youtube.com/playlist?list=PLpv0zJlmafLdtuxMkpMWiWdTlKcWyPU6F>
- **Carer's Journey of Hope Program – Online**
We know that in any emergency children are the most vulnerable, during the immediate crisis and afterwards. And that caregivers can play a vital role in their recovery and long-term well-being. Covering information on stress and stress reactions gives participants a language to help them label and discuss their experiences. In addition, practical knowledge and tools are provided to expand the capacities of parents, school staff and local community members to support children and practice self-care. To find out more, visit www.savethechildren.org.au/journeyofhope

WEEKLY CHALLENGE

CHALLENGE 16: DRAW YOUR FAVOURITE BOOK CHARACTER




This week's challenge is to draw your favourite book character!

We are very excited to see and learn about new book characters, so make sure you include what book they are from! Don't forget to send a photo of your artwork to rachel.bell@savethechildren.org.au or 0409 203 566, to be in the running for awesome prizes.



<https://artprojectsforkids.org/fun-dr-seuss-activities/>

ONLINE RESOURCES & ACTIVITIES

	PRESCHOOLERS (0-4 years)	CHILDREN (5 – 12 Years)	YOUNG PEOPLE (13 – 18 Years)
ARTS & CRAFTS	Vegetable Stamps https://www.craft.org.au/crafternoon-vegetable-stamps 	Shadow Puppets https://www.craft.org.au/crafternoon-shadow-puppets 	Arts Centre Melbourne's Big Night In https://www.artscentremelbourne.com.au/community/content-hub/together-with-you/videos/big-night-in 
PHYSICAL ACTIVITY	Find Your 30 https://www.sportaus.gov.au/findyour30/challenge	Move It or Lose It https://www.together.vic.gov.au/move-it-or-lose-it-0	Adult Ballet Classes at Home https://australianballet.com.au/event/studios
STORIES	Stories in the Wall- Audio Stories by Primary Students http://extra.artscentremelbourne.com.au/stories-in-the-wall/ Story Time- State Library Victoria https://www.slv.vic.gov.au/whats-on/storytime		
THEATRE ACTIVITIES	Mountain Goat Mountain https://www.artscentremelbourne.com.au/community/content-hub/together-with-you/families/mountain-goat-mountain	Polyglot Theatre at Home https://www.polyglot.org.au/polyglot-at-home/	Arena Theatre https://arenatheatre.com.au/arenaonline/
LEARNING @ HOME ACTIVITIES	Kids' Home Publishing https://abbotsfordconvent.com.au/event/kids-home-publishing/	Game Builder https://www.acmi.net.au/education/online-learning/game-builder/	Exploring Atoms https://education.abc.net.au/home#!/media/2816735/exploring-atoms-atom-structure