



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.

HAVE FUN AT HOME

The return to lockdown and schooling at home, can make children (and parents) restless being stuck inside. However, a wide range of organization's have released many different online activities, resources and sessions, that can help kids have fun at home! This week's newsletter is jam packed with different online activities to keep children active and entertained.

MOVE IT 4 KIDS

A special musical comedy session to get kids up and moving – letting off some steam – expending energy and keeping fit! It will leave everyone happier and healthier and ready to be active each day (even if we need to stay indoors). This is a unique musical experience that draws children and adults into a wonderful family story of active play, and the adventures of a camping holiday! Starting **August 4 and running every Tuesday until September 29 @ 10am (AEST)**

Join Zoom Meeting <https://us02web.zoom.us/j/82785252717>

Meeting ID: 827 8525 2717 Password: 109109

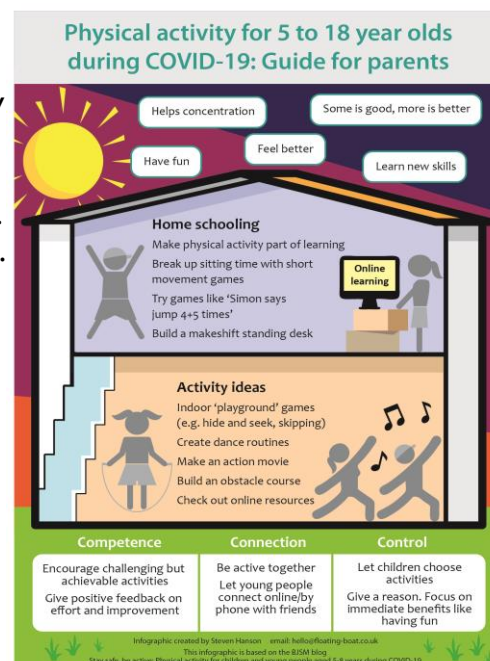


PHYSICAL ACTIVITY IDEAS

The benefits of physical activity for children young people are widely recognised, and during COVID-19, moving more and sitting less is very important to help maintain physical and mental health.

Activity ideas include playing traditional playground games indoors (e.g. hide and seek, tag, skipping), dancing to music, and getting creative (e.g. building an obstacle course, playing balloon volleyball, making an action movie or learning to juggle). Check for age appropriate web-based activity programmes, such as [The Body Coach](#). Yoga has a range of positive benefits for young people and everyone can do it at home. Try [Cosmic Kids](#) or [The Yoga Crow](#).

There are some other great ideas and links in this article-
<https://blogs.bmj.com/bjbm/2020/04/13/physical-activity-for-children-and-young-people-aged-5-18-years-during-covid-19-stay-safe-be-active/>



RESOURCES & SUPPORT FOR PARENTS AND FAMILIES

VIRTUAL CBCA JUDGES' TALK

Join us for a chance to hear four of the Victorian based CBCA Book of Year Award Judges discuss the 2020 Shortlist and Notable books.

Participants will need to supply an email address when booking which we will use to send the Zoom meeting URL and password, as well as the schedule/running sheet for the Judge's Talk.

Who should attend: Teachers (Pre-school, Primary, Secondary, TAFE and Tertiary sectors), literacy coordinators, students, parents, librarians, authors and illustrators and the general public.

When: Wednesday 26 August

4.30 pm – 6.30 pm Online (via Zoom invitation)

Phone 51524225 or book in person at the library for this free event!

PLAYGROUP AT HOME

Playgroup Victoria is offering lots of resources and activities to help support children at home. These include recipes, crafts and learning activities. They also offer playgroup online via zoom which you can sign up for via this link: <https://www.playgroup.org.au/playgroup-at-home/>

YMCA YOUTH SPACE

The YMCA has created a virtual youth space packed with activities and support resources to help keep young people fit and healthy. Every week a new timetable is released filled with different activities and events including live yoga, sport tutorials, wellbeing events and many others.

Each week a new Y-challenge is set not only just physical challenges but also creative and artistic ones. The selected winner wins awesome prizes, with past prizes including airpods. Be sure to check out the website and have being fit! <https://virtually.ymca.org.au/youth-space/youth-timetable>

WEEKLY CHALLENGE

CHALLENGE 17: FAVOURITE SPORT






This week's challenge is to send us a photo of you playing your favourite sport. While being at home it is very important for children to remain active, so show us your favourite sport or activity that is possible to play at home.

rachel.bell@savethechildren.org.au or 0409 203 566, to be in the running for awesome prizes.

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>How to Make a Grass Caterpillar https://www.happinesshub.org.au/post/how-to-make-a-grass-caterpillar</p> 	<p>Let's Make Homemade Snow! https://www.happinesshub.org.au/post/let-s-make-homemade-snow</p> 	
PHYSICAL ACTIVITY	<p>Guess the Animal https://raisingchildren.net.au/preschoolers/play-learning/low-cost-play-ideas/guess-the-animal-game</p>	<p>Indoor Bowling https://raisingchildren.net.au/school-age/nutrition-fitness/physical-activity/winter-activities</p>	<p>Tai Chi, Yoga and Meditation with Federation Square https://www.youtube.com/channel/UCQVOGAK9htu7BfvjmiINHDA/featured</p>
STORIES	<p>Audible Stories https://stories.audible.com/start-listen Story Telling https://education.abc.net.au/home#!/digibook/613035/storytelling</p>		
LEARNING @ HOME ACTIVITIES	<p>Memory Game – What's Missing? https://publicdocumentcentre.education.tas.gov.au/Documents/0-4-years-Memory-game-Learning-at-home.pdf</p> 	<p>The Mathscots https://fuse.education.vic.gov.au/Pages/mathscots</p> 	<p>Game Builder: Level 2 https://www.acmi.net.au/education/online-learning/game-builder/game-builder-intermediate/</p> 
ONLINE SESSIONS	<p>Sea Life Virtual Aquarium https://www.melbourneaquarium.com.au/explore/live-stream/#gref</p>	<p>Scienceworks at Home https://museumsvictoria.com.au/scienceworks/</p>	<p>Research Essentials for Secondary Students https://www.slv.vic.gov.au/whats-on/research-essentials-secondary-students</p>