



# 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.

### VOICES OF CHILDREN & YOUNG PEOPLE IN EAST GIPPSLAND...HAVE YOUR SAY!

Children and young people have the right to give their opinions on issues that affect them, and for adults to listen and take them seriously. We are asking all children and young people in East Gippsland to tell us what they love about the town they live in, what they would like to change and what they would like to see in the future. We will put together all of the ideas and suggestions and will share them with people who make decisions about your town. You can draw pictures, stick photos or pictures from magazines or from the internet, write down ideas or make a video. You can download the booklet here –

<https://www.dropbox.com/s/z32qjtq0k8co1qI/FINAL%20CHILDREN%27S%20ACTIVITY%20BOOKLET.pdf?dl=0>



### WINNERS OF LAST WEEK'S CHALLENGE CREATE YOUR FAVOURITE STORY BOOK IN SONG

Thank you to everyone who sent in their favourite story books as songs. Everyone who sent in photos of their creations went in to the draw to win the prize pack and the winners of this weeks challenge is Bella. Congratulations Bella! You will find this weeks challenge on the following page.

### INCREDIBLE YEARS PARENTING PROGRAM GOING ONLINE

Incredible Years is an evidence based, proven program that strengthens parenting skills and confidence and improves children's social and emotional behavior for families with children aged between 4 and 12 years.

Would you like to:

- Learn about how you can reduce your child's challenging behaviours
- Have strategies to increase the behaviours you would like to see more of
- Build your child's self-esteem and positive social skills
- Learn how to give your child the attention they need in positive and fun ways
- Introduce household rules that support positive behaviour and relationships
- Learn from and with other parents who want these things too

The Incredible Years Group Program is going online during social distancing and registrations are currently being taken for the program. For more information or to register contact Cathy on 0437 839 304.

### RESOURCES & SUPPORT FOR PARENTS

Calm Kid Central (CKC) is developed and run by child psychologists to help kids with “big feelings” and challenges and to support parents. Child psychologists are on standby to answer questions and concerns about your children within 48 hours. There is also access to videos, activity sheets, articles, discussion questions and other ideas that can support children’s wellbeing, development and dealing with challenging behaviour. Topics include;

- Helping Kids Get Along With Others
- Helping Kids with Frustration and Tricky Behaviour
- Helping Kids with Worry, Anxiety and Stress

There is usually a subscription fee however is FREE for parents/carers and professionals living/working in the GIPPSLAND region. Visits the CKC website portal [www.calmkidcentral.com](http://www.calmkidcentral.com) access code FIRSTYEAR

### RESOURCES & SUPPORT FOR CHILDREN

In addition to the parent resources available through Calm Kids Central, there are also resources for children. Topics include;

- Chilled: Learn How to Feel Manage Frustration, Get Along with Adults and Cope with Having To Do Tough (Or Boring) Stuff
- Getting Along: Learn How to Make and Keep Friends and Have Fun with Siblings
- Brave and Calm: Learn How to Feel Less Stress, Worried and Anxious and Act in Confident Ways

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## WEEKLY CHALLENGE

### CHALLENGE THREE: DRAW A PICTURE OF WHO YOU ARE LIVING WITH DURING ISOLATION

This weeks challenge has been created by Penny & Luke. Penny & Luke have been wondering how other families are going during isolation. Their challenge for you all this week is to draw a picture that includes all the people and pets living with you during isolation.

Send your drawing via email or text to;  
[rachel.bell@savethechildren.org.au](mailto:rachel.bell@savethechildren.org.au) or 0409 203 566.

Each entry goes in the draw to win the weekly prize pack. Entries close on Monday 11<sup>th</sup> May



### EAST GIPPSLAND LEGO LEGENDS

The closing date for entries is the 31st May so there is still time to get creative and share your LEGO and DUPLO creations to go in the draw to win LEGO and book packs. Email or text entries to [rachel.bell@savethechildren.org.au](mailto:rachel.bell@savethechildren.org.au) or 0409 203 566

## ONLINE RESOURCES &amp; ACTIVITIES

	PRESCHOOLERS (0-4 years)	CHILDREN (5 – 12 Years)	YOUNG PEOPLE (13 – 18 Years)	
<b>ART &amp; CRAFT ACTIVITIES</b>	<p>Playschool – Make &amp; Do Craft activities:  <a href="https://www.abc.net.au/abcforkids/sites/playschool/makeanddo/craft/">https://www.abc.net.au/abcforkids/sites/playschool/makeanddo/craft/</a></p> <p>The benefits of arts and crafts for kids:  <a href="https://www.abc.net.au/kidslisten/ideas/earlylearning/benefits-of-arts-and-crafts-for-kids/10382780">https://www.abc.net.au/kidslisten/ideas/earlylearning/benefits-of-arts-and-crafts-for-kids/10382780</a></p> <p>Make an Echinda out of playdough or modelling clay:</p> 	<p><b>Creative At Home</b> series of free online resources for primary and secondary aged students. In keeping with our purpose, the Arts Learning Program at the East Gippsland Art Gallery is devoted to providing learning opportunities for the East Gippsland community that will engage all people with The Arts. Some of the great things you will find include;  <b>Creative At Home Video Channel!</b> A series of simple to follow step by step art activities for primary aged children (Our Creative Kids!) Each activity will utilise materials easily found in the home or backyard. Connect with us on Facebook to receive notifications of new videos uploaded to the channel.</p> <p><b>Character Design</b> A downloadable PDF resource adapted from the face to face workshop that has been postponed due to the current global event. This 'at home' version is aimed at 13-16 year old students (or any age!) with an interest in designing and illustrating characters for children's books, online games or interested in a career in illustration.</p> <p><b>Snail Mail Project</b> East Gippsland Art Gallery is inviting children to participate in our fun and exciting Snail Mail Project. Children write a letter and make a small handmade gift to send to someone who lives far away - they then receive a letter back! To find out more and get involved, visit our website link above.</p> <p><b>Leigh Hobbs Mr. Chicken</b> A downloadable resource including how to draw Mr. Chicken in 10 steps, and other drawing activities related to our recent exhibition of Leigh Hobb's Mr. Chicken comes to Bairnsdale.</p> <p><b>Let's Make Playdough!</b> A downloadable recipe created after the roaring success of our summer holiday art workshops. Not just for the little kids!</p> <p><b>Artists in Iso</b> Students and staff alike will be interested in reading our Artist in Isolation series of articles in which local artists share thoughts about being creative in isolation.  <a href="https://www.eastgippslandartgallery.org.au/creativeathome">https://www.eastgippslandartgallery.org.au/creativeathome</a></p>		
	<b>PHYSICAL ACTIVITIES</b>	<b>Go Noodle</b> – movement and mindfulness for children - <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>		
<b>STORIES/BOOKS</b>	<b>Scholastic Learn at Home</b> – preschool to young people <a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a>			
<b>COLOURING SHEETS</b>	<b>Essential Kids Colouring Sheets</b> - <a href="http://www.essentialkids.com.au/activities/colouring-pages">http://www.essentialkids.com.au/activities/colouring-pages</a>			
<b>LEARNING @ HOME ACTIVITIES</b>		<p><b>Climate Kids</b> - information on climate change and activities - <a href="https://climatekids.nasa.gov/">https://climatekids.nasa.gov/</a></p> <p><b>Smithsonian Institution</b> is the world's largest museum, education, and research complex, with 19 museums and the National Zoo—shaping the future by preserving our heritage, discovering new knowledge, and sharing our resources with the world  <a href="https://www.si.edu/learn-explore">https://www.si.edu/learn-explore</a></p> <p><b>Kids Think</b> - design a kids design collaborative project <a href="http://www.kidsthinkdesign.org/worldofdesign/index.html">http://www.kidsthinkdesign.org/worldofdesign/index.html</a></p>		

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