



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.

ALL COME OUT TO PLAY LIVE SESSION FOR EAST GIPPSLAND

Friday 29 May 2020 at 10:00am

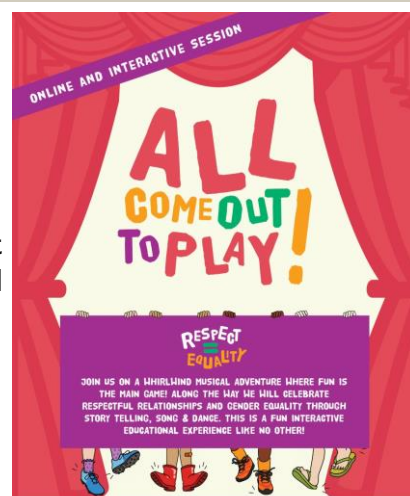
Join us on a whirlwind musical adventure where fun is the main game! Along the way we will celebrate respectful relationships and gender equality through storytelling, song & dance. This is a fun interactive educational experience like no other! Delivered by Playgroup Victoria, Drummond Street Services and Hullabaloo Music for All. A fun interactive session for preschool and lower primary school aged children.

Join Zoom Meeting

<https://us02web.zoom.us/j/83120412054>

Meeting ID: 831 2041 2054

Password: 731203



JOIN US ON ZOOM!



EG YOUTH IN ISO

With loads of different activities from different organizations boredom will be a distant memory! Every week (on Monday) a new timetable of fun events and challenges is released! This is this weeks calendar – some great activities on offer!

The calendar can be accessed on the Youth Voice of East Gippsland Facebook Page - <https://www.facebook.com/YouthVoiceEG/>

MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28
<p>Creating success and the life you deserve with Tony P from 4-4:30pm</p> <p>National Memorial Day</p>	<p>Kahoot - Animals</p> <p>D.E.W.L.P. Chat</p> <p>Design an animal</p> <p>Trickshot Tuesday</p> <p>National Sorry Day</p>	<p>Headspace Scribble 3pm</p> <p>Intro to Taekwondo for fun with Tony P from 3-3:30pm</p> <p>Wednesday Walking Photo Challenge</p>	<p>Totally Pumped 24/7 session 8:45-9:15am</p> <p>Smoothy Sensation</p> <p>Study Space Show and Tell</p> <p>Cookie Camp.</p>
FRIDAY 29	SATURDAY 30	SUNDAY 31	LINKS
<p>Headspace Netflix watch party 3pm-5pm</p> <p>Cosplay Challenge</p> <p>Binge Worthy</p>	<p>Weekly DIY from a Youth Ambassador posted 2pm on Instagram</p> <p>2 day makeup challenge</p> <p>online game session Fortnite and discord 3pm onwards</p>	<p>Best Joke Challenge</p> <p>Show us your SUNDAY!</p> <p>Pet day</p> <p>National Smile Day</p>	<p>Youth Ambassadors facebook @YouthVoiceEG</p> <p>Youth Ambassadors instagram @eg_youthambassadors</p> <p>Headspace facebook @headspace_bairnsdale</p> <p>Headspace instagram @headspace_bairnsdale</p>

WINNERS OF LAST WEEK'S CHALLENGE

BUILD A CUBBY INSIDE USING YOUR BED OR OTHER HOUSEHOLD ITEMS

There were some great cubbies constructed this week for the weekly challenge. Everyone who sent in photos of their cubby went in to the draw to win the prize pack and the winners of this weeks challenge is Banjo & Charlie. Congratulations Banjo & Charlie! You will find this weeks challenge on the following page.

RESOURCES & SUPPORT FOR PARENTS

JOURNEY OF HOPE A workshop for parents and caregivers: Understanding and coping with stress

This free online workshop is now available to support parents, caregivers and teachers of children affected by the dual impacts of the bushfires and COVID-19.

The key role you can play in children's recovery.

Children's well-being depends significantly on the well-being of their parents and caregivers. Children understand and process events based on messages they receive from those responsible for them. By supporting parents and caregivers to process recent events, cope with current challenges and realise healthier futures, we can strengthen their ability to care for children in school and at home.

Journey of Hope Module 1: A workshop for caregivers

Journey of Hope is a program to help children and caregivers cope with collective trauma, identify triggers and stressors, develop their natural resilience and coping strategies, and strengthen their social support networks. Normally the program is delivered face to face, but in response to the impacts of COVID-19, we have adapted it to deliver the content online. In this initial module we provide practical knowledge and tools to increase the capacities of parents, school staff and local community members to support children and practice self-care.

More modules to follow soon

We are now rolling-out ongoing support through the Journey of Hope program. Online modules for children to follow soon, and as schools reopen, we will also offer the face to face version of Journey of Hope.

What you'll need

The workshop is delivered online in a single two-hour session. To take part, you'll need an internet connection and a computer, tablet or other connected device.

To register or for more information contact Gina on 0429 428 481 or via email – gina.callander@savethechildren.org.au

WEEKLY CHALLENGE

CHALLENGE SIX: 3 COLOUR DRAWING CHALLENGE

This weeks challenge has been created by Lily.

The challenge is pick out 3 random coloured texters or pencils and you can only use those colours to draw something original like an invented character, food, animal, a combination of them or anything you want. Each entry goes in the draw to win the weekly prize pack.

Entries close on Monday 1st June

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



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 or 0409 203 566

ONLINE RESOURCES & ACTIVITIES

	PRESCHOOLERS (0-4 years)	CHILDREN (5 – 12 Years)	YOUNG PEOPLE (13 – 18 Years)
ART & CRAFT ACTIVITIES	Playing with Cardboard Boxes https://raisingchildren.net.au/preschoolers/play-learning/low-cost-play-ideas/playing-with-cardboard-boxes	Autumn Leaves Art Activities https://theimaginationtree.com/12-autumn-leaves-art-activities/	Art Sparks from Home https://www.speedmuseum.org/learn/education-at-home-resources/
	Preschooler creative learning and development: ideas and activities https://raisingchildren.net.au/preschoolers/development/creative-development/preschooler-creative-activities	School-age creative learning and development: ideas and activities https://raisingchildren.net.au/school-age/development/creative-development/school-age-creative-activities	
PHYSICAL ACTIVITIES	Playing with balls: ideas for children https://raisingchildren.net.au/preschoolers/play-learning/active-play/playing-with-balls	Online tool for children to find ways to exercise and move for 30 minutes a day. https://www.sportaus.gov.au/findyour30/challenge#cards	
	Move it 4 Kids - offers comedy, music and movement to encourage good habits for the whole family https://www.playgroup.org.au/move-it/		
STORIES/BOOKS	Family story book activity https://raisingchildren.net.au/preschoolers/play-learning/low-cost-play-ideas/family-story-book-activity		
	National Simultaneous Storytime – 27 May 2020 downloads, resources and activities available on the NSS website that can be shared and used anywhere. Join in reading Whitney and Britney Chicken Divas at I Iam on 27 May 2020 https://www.alia.org.au/nss		
COLOURING SHEETS	Thelma the Unicorn Colouring Sheet, Maze & Drawing Sheet https://kids.scholastic.com/kids/book/thelma-the-unicorn-by-aaron-blabeby/	Monty's Island - Colouring In Activity Sheet, Cast a Spell on Scary Mary Activity Sheet https://www.allenandunwin.com/browse/books/pages/adult-coloring-pages/childrens/Scary-Mary-and-the-Stripe-Spell-Montys-Island-I-Emily-Rodda-illustrated-by-Lucinda-Gifford-9781760529857	Crayola Colouring Sheets https://www.crayola.com/free-coloring-
		Learning4kids online resource of activities and play ideas to promote learning and development https://www.learning4kids.net/	STEMlearning@home resources https://learningplace.eq.edu.au/cx/resources/file/5da759ed-285d-4132-b8e8-58198109fb03/1/html/resources.html
LEARNING @ HOME ACTIVITIES			

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

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