



# 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.

## WORLD ENVIRONMENT DAY JUNE 5<sup>TH</sup>

Last Friday, 5<sup>th</sup> June was World Environment Day. In order to keep our planet beautiful and green, we must all protect it and do our part! This includes putting rubbish in correct bins and reducing our usage of single use plastics. Please help raise awareness and go for a walk and pick up some rubbish!



## ALL COME OUT TO PLAY – LIVE ONLINE INTERACTIVE MUSIC SESSION!

**Wednesday 17 June at 10am** (book at <https://www.playgroup.org.au/all-come-out-to-play/>) or **Monday June 22 at 02:30 PM** (link below)

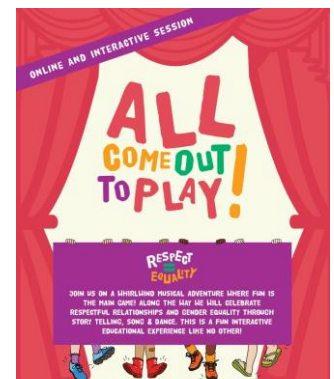
Join us on a whirlwind musical adventure where fun is the main game! Along the way we will celebrate respectful relationships and gender equality through storytelling, song & dance. This is a fun interactive educational experience like no other! Delivered by Playgroup Victoria, Drummond Street Services 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/83532888394>

Meeting ID: 835 3288 8394

Password: 231695



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



## JOURNEY OF HOPE PARENT & CARER WORKSHOPS

### UNDERSTANDING & COPING WITH STRESS

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. The parent & carer two hour workshop provides practical knowledge and tools to increase the capacities of parents, school staff and local community members to support children and practice self-care. 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.

### Dates of Upcoming Virtual Workshops

Date	Session Times	
Thursday 11 <sup>th</sup> June	10am – 12pm	2 – 4pm
Friday 12 <sup>th</sup> June	10am – 12pm	2 – 4pm
Tuesday 16 <sup>th</sup> June	10am – 12pm	2 – 4pm
Wednesday 17 <sup>th</sup> June	10am – 12pm	2 – 4pm
Friday 19 <sup>th</sup> June	10am – 12pm	2 – 4pm
Tuesday 23 <sup>rd</sup> June	10am – 12pm	2 – 4pm
Wednesday 24 <sup>th</sup> June	10am – 12pm	2 – 4pm

To register for a session or for more information contact Gina

Phone: 0429 428 481

Email:

[gina.callander@savethechildren.org.au](mailto:gina.callander@savethechildren.org.au)

### RESOURCES & SUPPORT FOR CHILDREN & YOUNG PEOPLE CHILDRENS HEALTH – BIRDIE AND THE FIRE

This website is correlated to the children's book 'Birdie and The Fire'. This online resource incorporates important life and environmental aspects through fun games and activities for kids. An example of one of the activities is 'Clean Up', this involves helping Birdie and Mr Frog cleaning up the land.

<https://www.childrens.health.qld.gov.au/birdiestree/>

## WEEKLY CHALLENGE

### CHALLENGE EIGHT: MAKE AN ARTWORK USING NATURAL MATERIALS

Since it is World Environment day this week, the challenge is to create an artwork using things found outside. This can be any form of artwork and can be as creative as possible. This may include sticking flowers or sticks in a drawing or even painting on a leaf.

Entries close on Monday 15<sup>th</sup> of June

Send your photos via email or text 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)

## ART &amp; CRAFT ACTIVITIES

Homemade toys and free activities  
<https://raisingchildren.net.au/preschoolers/play-learning/low-cost-play-ideas/homemade-toys>

Back to school crafts

<https://www.allkidsnetwork.com/crafts/back-to-school/>



Artsology: Art Games for Kids - The

Sandpainting Game

<https://artsology.com/sandpainting-game2.php>

## PHYSICAL ACTIVITIES

Sworkit kid friendly exercises <https://app.sworkit.com/collections/kids-workouts>

## STORIES/BOOKS

T- Series Kids Hut – Stories, rhymes and learning videos

<https://www.youtube.com/channel/UCbz5aEi3dfrDVC8-YjsMUDA>

Ladybird Heroes

<https://education.abc.net.au/home#!/digibook/2744879/ladybird-heroes>

War on Waste

<https://education.abc.net.au/home#!/digibook/2597026/war-on-waste>

## COLOURING SHEETS

101 Dalmations colouring page  
<https://www.allkidsnetwork.com/coloring-pages/101-dalmations/101-dalmations-basket-8a>



Monster's Inc colouring page

<https://www.allkidsnetwork.com/coloring-pages/monsters-inc/monsters-inc-sulley-and-mike>



Mandala colouring page

<http://www.supercoloring.com/coloring-pages/abstract-mandala-15>



## LEARNING @ HOME ACTIVITIES

Drawing, scribbling and writing activities

<https://raisingchildren.net.au/preschoolers/play-learning/learning-ideas/drawing,-scribbling-and-writing-activities-for-children-3-6-years>

Breakout EDU – Fun educational games

<https://www.breakoutedu.com/how-to-play-breakout-edu-digital-games>

Khan Academy – Free, world class education for anyone, anywhere (Especially excellent for VCE students)

<https://www.youtube.com/user/khanacademy/videos>