



# 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.

## BACK TO SCHOOL

The easing of restrictions has led to all students being able to return back to school. This week's edition provides resources to assist children and families as they transition back to the classroom.



## WEEKLY CALANDER Upcoming workshops and events

Tuesday 16 <sup>th</sup> of June	Wednesday 17 <sup>th</sup> of June	Thursday 18 <sup>th</sup> of June	Friday 19 <sup>th</sup> of June	Saturday 20 <sup>th</sup> of June	Sunday 21 <sup>st</sup> of June	Monday 22 <sup>nd</sup> of June
Journey of Hope Parent/Carer Workshop 10am-12pm & 2-4pm	ALL COME OUT TO PLAY 10am <i>See details on next page</i> Journey of Hope Parent/Carer Workshop 10am-12pm & 2-4pm		Journey of Hope Parent/Carer Workshop 10am-12pm & 2-4pm			ALL COME OUT TO PLAY 2.30pm  <i>See details on next page</i>

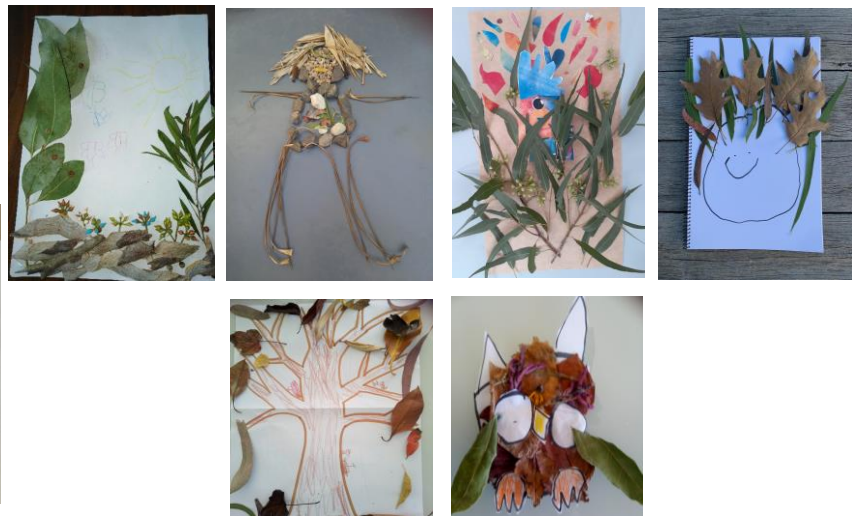
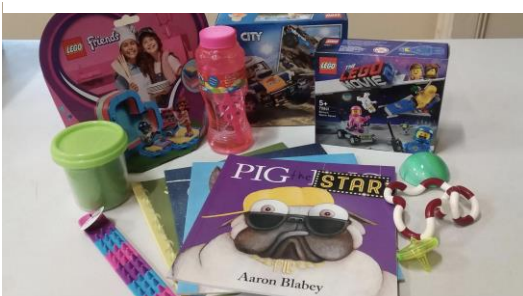
To register for a Journey of Hope Workshop contact Gina – [gina.callander@savethechildren.org.au](mailto:gina.callander@savethechildren.org.au) or 0429 428 481

## WINNERS OF LAST WEEK'S CHALLENGE

### NATURAL MATERIAL ARTWORK

There was some amazing art pieces submitted! Everyone who sent in photos of their art went in to the draw to win the prize pack and the winners of this challenge is Aiva! You will find this weeks challenge on the following page.

Each week the winner will go into the draw to win the prize pack (lego, books, bubbles, playdough, puzzles – example below) that will be picked randomly at 5pm on the Monday before the next edition goes out on the Tuesday.



Some of the creations made by children and young people for the natural material artwork

## RESOURCES & SUPPORT FOR PARENTS AND FAMILIES

The resources this week are to help facilitate kids adjusting back to school life, after so long at home.

### 7 TIPS TO HELP KIDS FEELING ANXIOUS ABOUT GOING BACK TO SCHOOL

Anxiety is prevalent in 6.9% of children and adolescents and can have adverse effects on education. As Covid- 19 restrictions ease, the return back to school can be especially stressful. The following article [Managing anxiety as kids return to school](#) provides strategies to help your child overcome anxiety.

### CHILDREN WITH DISABILITY AND THE RETURN TO SCHOOL

This article includes support and resources to help children with disabilities resume to school life. It provides ideas on good inclusive practices through a mini- transition program that could be undertaken by schools to help students and families. [https://www.ideas.org.au/covid-blogs/kids-with-disability-and-the-return-to-school.html?utm\\_source=National+Disability+Insurance+Scheme+eNewsletter&utm\\_campaign=592be97598-EMAIL\\_CAMPAIGN\\_2017\\_01\\_20\\_COPY\\_02&utm\\_medium=email&utm\\_term=0\\_85b9cee0c8-592be97598-51007073](https://www.ideas.org.au/covid-blogs/kids-with-disability-and-the-return-to-school.html?utm_source=National+Disability+Insurance+Scheme+eNewsletter&utm_campaign=592be97598-EMAIL_CAMPAIGN_2017_01_20_COPY_02&utm_medium=email&utm_term=0_85b9cee0c8-592be97598-51007073)

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

This is a fun interactive session full of dancing, singing and storytelling, celebrating respectful relationships and gender equality. **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** join the zoom meeting by pressing on the following link.

<https://us02web.zoom.us/j/83532888394> Meeting ID: 835 3288 8394 Password: 231695



### CRASHENDO! SCHOOL HOLIDAY PROGRAM

The program will run from **Tuesday June 30 to Thursday July 2nd** via the zoom online platform. It will incorporate both music and circus skills sessions. More information can be found here -

<https://www.dropbox.com/s/5w224tb4pt00r49/CRASHENDO%20Bairnsdale%20-%20poster%202020%20-%20HOLIDAY%20PROGRAM.pdf?dl=0>

### MY VAN CREATIVE SHOWCASE & HAVE A SAY

Are you a young person (12-25) of East Gippsland that likes technology, photography, filmmaking, music, art and/or craft? Join us to find out more about the awesome tech available on the MY Van, Have a Say about the use of this great resource as well as assist us to build a case to ensure we can keep it in our region beyond 2020!

**Tuesday 30<sup>th</sup> June 2.30-3.30pm** To register to this session, please send your name, age, town & email address to [hub@gellen.org.au](mailto:hub@gellen.org.au) or DM the Hub FB page. Looking forward to connecting with you!

## WEEKLY CHALLENGE

### CHALLENGE NINE: CREATE YOUR OWN BOOKMARK

In honor of the return back to school, create your own bookmark to help mark your page when you finish reading. Here is a website to give inspiration on different bookmarks you can create.

<https://www.wikihow.com/Make-a-Bookmark>

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

16 arts and crafts projects for toddlers  
<https://www.thesprucecrafts.com/crafts-for-preschoolers-and-toddlers-1254268>



Famous finger puppets  
<https://www.kidspot.com.au/things-to-do/activity-articles/famous-finger-puppets/news-story/6e74cd9d1832984fc12205c64e054818>



14 crafts for teens and tweens  
<https://www.artbarblog.com/13-crafts-for-teens-and-tweens/>



## PHYSICAL ACTIVITIES

Get Movin': 15 fun fitness activities for kids <https://www.rasmussen.edu/degrees/education/blog/fun-fitness-activities-for-kids/>

## STORIES/BOOKS

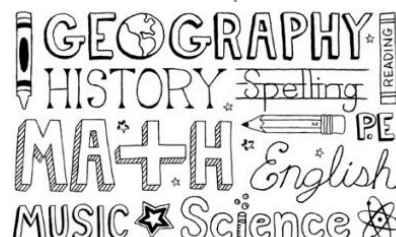
Story Time From Space- Books read in space by astronauts <https://storytimefromspace.com/library/>  
 Stories For Kids- Wonderful stories for kids from a best-selling author. Always free. Parents, teachers, and guardians welcome!  
<https://www.freechildrenstories.com/>

## COLOURING SHEETS

My toy box colouring page  
<https://www.smh.com.au/cqstatic/glzn/t2/EK-colour-toybox.pdf>



School book labels colouring page  
<https://www.smh.com.au/cqstatic/gm8u28/EK-colour-booklabels.pdf>



Back to school colouring page  
<https://www.smh.com.au/cqstatic/gm8ru3/EK-colour-schoolfuncolour.pdf>



## LEARNING @ HOME ACTIVITIES

Scholastic Learn at Home – Day by day projects to keep kids reading, thinking and growing  
<https://classroommagazines.scholastic.com/support/learnathome.html>  
 Out School – Live online classes and camps <https://outschool.com/#abk7vott3k>  
 Bedtime Math <http://bedtimemath.org/>  
 Kids Think Design – Helps kids explore different types of careers. A design resource for kids, parents and teachers.  
<http://www.kidsthinkdesign.org/>