



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.

Krowathunkoolong The Keeping Place, Bairnsdale

Gratten Mullett reveals the history and heritage of the Gunai/Kurnai people. Share their creation story and learn of the cultural importance of the Keeping Place in Bairnsdale, a sacred site on the Gippsland Lakes:

<https://www.youtube.com/watch?v=ZaRGVwcXCzw>

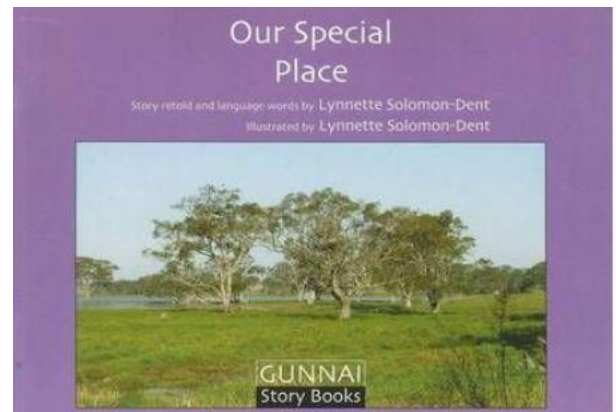
Keeping Place: Gippsland's Indigenous culture kept alive:

<https://www.abc.net.au/local/photos/2015/07/06/4268249.htm>

Bataluk Cultural Trail:

The Gunaikurnai people of East Gippsland invite you to visit the sites along the Bataluk Cultural Trail:

<https://batalukculturaltrail.com.au/>



Local author Lynette Soloman-Dent has published a number of stories using Gunaikurnai language- available for loan from East Gippsland shire's library

WINNERS OF LAST WEEK'S CHALLENGE

DRAW A PICTURE OF WHO YOU ARE LIVING WITH DURING ISOLATION

Thank you to the wonderful entries everyone who sent in of who you are living with during isolation.

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 Lily. Congratulations Lily! You will find this weeks challenge on the following page.



RESOURCES & SUPPORT FOR PARENTS

Building Resilience in children:

Building resilience support the ability of children to cope with the ups and downs of life.

<https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience>

The Child360 app- The Child360 app has been designed as a tool for parents to reflect on how they are going in supporting their children's social and emotional wellbeing and identify areas where action can be taken to strengthen resilience. <https://emergingminds.com.au/resources/child360-app/>

Podcast on Children's Mental Health during covid 19:

<https://emergingminds.com.au/resources/podcast/childrens-mental-health-during-covid-19/>

RESOURCES & SUPPORT FOR CHILDREN

Courses for children about feeling confident, staying calm, social skills and acting co-operatively:

<https://www.calmkidcentral.com/>

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 access code FIRSTYEAR

Kids Helpline- 1800 55 1800

<https://kidshelpline.com.au/>

Anytime. Any Reason. For children and young people aged 5-25 years

WEEKLY CHALLENGE

CHALLENGE FOUR: DRAW A PICTURE, CREATE A COLLAGE OR SHARE A PHOTO OF WHAT YOU HAVE BEEN DOING OR CREATING DURING ISOLATION

This weeks challenge is to draw a picture or create a collage of what you have been doing in isolation. Or you could share a photo of something you have created during isolation. An example is from Jimmy, aged 9 who made his own head mask!





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	<p>Make a pet rock! https://www.kidspot.com.au/things-to-do/activity-articles/make-a-pet-rock/news-story/f50b205fb1e2774318a565232284e891</p> 	<p>12 Activities for Children aged 8- 12 years https://www.mykidstime.com/things-to-do/12-funky-crafts-kids-aged-8-12-yrs/</p> <p>Great craft Activities for 8- 12 year olds: https://www.kiwifamilies.co.nz/articles/craft-activities-8-12-year-olds/</p>	<p>EG Youth In ISO – Youth Voice of East Gippsland (Youth Ambassadors) on facebook #egyouthiniso</p> <p>Headspace Bairnsdale (see facebook page):</p> <p>Youth Art Comp – all mediums, prize packs, due 25 May, submission link - https://form.jotform.com/201190791594055</p>
	<p>Playschool – Make & Do Craft activities: https://www.abc.net.au/abcforkids/sites/playschool/makeanddo/craft/?page=(none)&make=3202758</p> <p>Make an Beetle out of cardboard:</p> 	<p>Creative At Home series of free online resources for primary and secondary aged students in East Gippsland: https://www.eastgippslandartgallery.org.au/creativeathome</p> <p>https://www.kidslearningactivity.com/dot-to-dot-worksheets/</p>	<div style="border: 1px solid black; padding: 5px;"> <p>LINKS</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> </div>
PHYSICAL ACTIVITIES	Children's yoga – https://www.youtube.com/watch?v=X655B4lSa		
STORIES/BOOKS	Aboriginal Dreamtime Stories http://dreamtime.net.au/dreaming/story-list/ Story Box Library- https://storyboxlibrary.com.au/		
COLOURING SHEETS	Kids Spot Colouring In - https://www.kidspot.com.au/things-to-do/galleries/colouring-in-pages		
LEARNING @ HOME ACTIVITIES	Kids News - https://www.kidsnews.com.au/news	Song writing for kids https://www.funmysongsforkids.com/fun-stuff-4-kids-the-blog/songwriting-for-kids-7-ways-to-encourage-the-songwriter-in-your-child	How to change the world – https://www.youtube.com/watch?v=4z7gDsSKUmU

Save the Children Australia

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