



# COMMUNITY CONNECT

NEWSLETTER FOR EAST GIPPSLAND  
CHILDREN, YOUNG PEOPLE & FAMILIES

## WELCOME! to the first edition of this newsletter

This is the first edition of a weekly newsletter that is being provided for East Gippsland Children, Young People & Families to provide information and ideas for support during social distancing. We recently asked for feedback via a survey to find out what would be helpful during this time. There were lots of great ideas and suggestions of information and resources that would be helpful which we will include in each edition of the newsletter. You can still give your feedback on what would be helpful to you and your family during social distancing here - <https://www.surveymonkey.com/r/88Q3WBB>

The newsletter will come out weekly. Each edition will include a selection of activities and resources for preschoolers, children and young people along with resources and information for parents. We will include a weekly challenge in each edition which was one of the suggestions from the survey. We hope that you find the newsletter useful and we welcome feedback on anything else you would like to have included.

## EAST GIPPSLAND LEGO LEGENDS

There have been 66 entries received so far for the East Gippsland Lego Legends from children and young people all across East Gippsland. All of the entries have been so creative and we have put together a little clip of all the entries received so far which can be viewed here -

<https://www.dropbox.com/s/76wnmfj93ioczde/East%20Gippsland%20Lego%20Legends%20Entries%20so%20Far%20for%20Newsletter.mp4?dl=0>

We have extended the closing date for entries to the 31<sup>st</sup> 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



AMBER, 10  
'Theme Park'



HARPER & ADELE,  
MALLACOOTA



DAMIAN, ENSAY  
'Tug Boat Docked at the Wharf'



These are some of the entries that have been sent in so far.

## RESOURCES & SUPPORT FOR PARENTS

Each newsletter we will provide some resources around a different topic. With school recently back we thought we would start with

### Maintaining a Routine & Staying Healthy

The change in routine due to school closure and social isolation can be a challenge for many families. Here are some resources on how to maintain a routine and stay healthy:

World Health Organisation factsheets on how to continue routines and manage behaviour

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

Raising Children Network have a suite of resources relating to maintaining routine, activity guides and how to use screens in a healthy way <https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-tips-to-manage-distancing-or-self-isolation>

## RESOURCES & SUPPORT FOR CHILDREN

Each newsletter we will have some story and activity-based resources to discuss COVID-19 with your children.

Mindheart (a mindfulness and yoga coach) has created a colouring and drawing book for children to express how they are feeling about COVID-19

[https://www.lchcnet.org/sites/default/files/publications/coronavirus\\_educational\\_for\\_kids.pdf](https://www.lchcnet.org/sites/default/files/publications/coronavirus_educational_for_kids.pdf)

Australian Childhood Foundation have created a storybook for children to understand COVID-19 <https://www.childhood.org.au/app/uploads/2020/03/Talking-to-Children-COVID-19-Social-Story.pdf>

## WEEKLY CHALLENGES

One of the suggestions we received from feedback via the survey was about having different 'challenge' to complete. In each newsletter we are going to provide a 'challenge' for the week. You will have a week to complete the challenge and send in your photos. All of the entries each week will go into the draw to win a prize pack. The winners will be drawn randomly and the winning creation will be included in the next edition of the newsletter as well as a clip with all the entries collated together.

### CHALLENGE ONE

UPCYCLING CHALLENGE - MAKE A UNIQUE CREATION OUT OF CARDBOARD & RECYCLED MATERIALS

This week's challenge is to create something unique out of recycled materials.

We look forward to seeing your upcycled creation!

To go in the draw to win a prize pack, email or text a picture of your creation to

[rachel.bell@savethechildren.org.au](mailto:rachel.bell@savethechildren.org.au)

or 0409 203 566. Entries close on Tuesday 28<sup>th</sup> April.



## ONLINE RESOURCES & ACTIVITIES

Each week we will provide information on different online resources and activities. The topics on the left were what families told us in the survey that they would be interested in and we will include suggestions for different age groups.

	PRESCHOOLERS (0-4 years)	CHILDREN (5 – 12 Years)	YOUNG PEOPLE (13 – 18 Years)
<b>ART &amp; CRAFT ACTIVITIES</b>	Playgroup Victoria – 20 days of Play at home (art & play activities) - <a href="https://www.playgroup.org.au/news/20-days-of-play-at-home/">https://www.playgroup.org.au/news/20-days-of-play-at-home/</a>  Red Ted Art - <a href="https://www.redtedart.com/12-must-follow-facebook-pages/">https://www.redtedart.com/12-must-follow-facebook-pages/</a>	Artful Parent - <a href="https://artfulparent.com/">https://artfulparent.com/</a>  Arty Crafty Kids! - <a href="https://www.artycraftykids.com/">https://www.artycraftykids.com/</a>	8 Art Ideas for Teenagers - <a href="http://101craftideas.com/art-ideas/73-art-ideas-for-teenagers/">http://101craftideas.com/art-ideas/73-art-ideas-for-teenagers/</a>  Craft for Young Adults - <a href="https://www.pinterest.com.au/paceamos/crafts-for-young-adults/">https://www.pinterest.com.au/paceamos/crafts-for-young-adults/</a>
<b>PHYSICAL ACTIVITIES</b>	Cosmic Kids Yoga - <a href="https://www.cosmickids.com/">https://www.cosmickids.com/</a>  Active for Life - <a href="https://activeforlife.com/activities/">https://activeforlife.com/activities/</a>  Dance Party - <a href="https://www.abc.net.au/kidslisten/dance-party/">https://www.abc.net.au/kidslisten/dance-party/</a>		Watch this space for the next edition. ☺
<b>STORIES/BOOKS</b>	East Gippsland Shire Library Story Time - <a href="https://www.eastgippsland.vic.gov.au/Libraries/Kids_and_Teens">https://www.eastgippsland.vic.gov.au/Libraries/Kids_and_Teens</a>	Children’s books read by famous people - <a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a>	Audible – <a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a>
<b>COLOURING SHEETS</b>	ABC Kids Colouring Sheets – <a href="https://www.abc.net.au/abckids/make/">https://www.abc.net.au/abckids/make/</a>	Pete Cromer – Australian Artist fun and free printables - <a href="https://www.petecromer.com/">https://www.petecromer.com/</a>	Mindful Colouring – <a href="https://youthfocus.com.au/wp-content/uploads/2018/04/YF_Mindful-Colouring_FA.pdf">https://youthfocus.com.au/wp-content/uploads/2018/04/YF_Mindful-Colouring_FA.pdf</a>
<b>EDUCATIONAL GAMES</b>	ABC Kids - educational games and a list of apps <a href="https://www.abc.net.au/abckids/games/">https://www.abc.net.au/abckids/games/</a>	<a href="https://www.abc.net.au/abckids/apps/">https://www.abc.net.au/abckids/apps/</a>	Watch this space for the next edition. ☺
<b>LEARNING @ HOME ACTIVITIES</b>		ABC Education's online portal - resources linked to the Australian curriculum across subjects including literacy, maths, science, history, STEM, media literacy and financial literacy <a href="https://education.abc.net.au/home#!/home">https://education.abc.net.au/home#!/home</a>	

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