



COMMUNITY CONNECT

NEWSLETTER FOR EAST GIPPSLAND
CHILDREN, YOUNG PEOPLE & FAMILIES

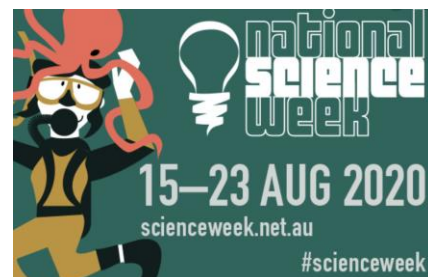
WELCOME!

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.

NATIONAL SCIENCE WEEK

This week celebrates national science week with the theme: Deep Blue: innovations for the future of our oceans. Different organizations are providing events and resources, to help children have fun doing science at home. To find more information head to

<https://www.scienceweek.net.au/>



VIRTUAL SCIENCE SNIPPETS

The East Gippsland Library is hosting a variety of fun and easy online science demonstrations daily during National Science Week. 4pm daily they can be found on East Gippsland Shire Council's Facebook and on East Gippy TV on Youtube. For more information call the Library on 51524225

Monday 17 August – Baking Soda and Vinegar Volcano

Tuesday 18 August – Light Refraction Experiment

Wednesday 19 August – Does an Orange Float or Sink?

Thursday 20 August – Experience Gravity Free Water

Friday 21 August – Blowing Up Balloons with CO₂

WINNERS OF LAST WEEK'S CHALLENGE

FAVOURITE SPORT

Thank you to everyone who participated in last weeks challenge. It's great to see children staying active during isolation. The winner for this weeks challenge is Evelyn and Amelia doing gymnastics on the trampoline! They love making routines and doing somersaults and the worm.

Each week a winner will be selected to win this amazing prize pack filled with lots of goodies.



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

Journey of Hope Caregiver

Understanding and coping with stress

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

**Do you have or care for children aged between 3 and 12 years?
Would you like to:**

- Learn about how to deal with stressful events
- Develop your resilience and coping strategies
- Increase your social networks
- Learn with other parents and caregivers who want these things too

Yes! Then the FREE Journey of Hope Caregivers program is for you!

What is The Journey of Hope Caregivers program?

- An evidence based, proven program that strengthens parent and caregiver skills and confidence to improve children's social and emotional behaviour
- Facilitated by experienced Early Childhood Educators and Family Support Workers
- One session that runs for 2 hours

This program is FREE!

**Register in the
Journey of Hope
Caregivers
Program...by
calling Cathy on
0437 839 304**



**Limited
places
Register
TODAY!**

The Journey of Hope Caregivers Program is supported by Communities for Children East Gippsland. The Communities for Children program is funded by the Australian Government Department of Social Services and is facilitated in East Gippsland by Uniting Gippsland (previously UnitingCare Gippsland)

RESOURCES & SUPPORT FOR FAMILIES

ZEN BUBS

Zen Bubs is a free online session with a mix of baby massage and baby yoga. Join accredited infant massage trainer Amanda in learning great calming techniques for bubs up to 12 months. The session is held on **Wednesday 26th August 11am**, book by emailing rsfintake@ds.org.au.



DEVELOPING MINDS Managing device/tech use in children with emotional and behavioural challenges

Developing Minds have produced a resource for 'Managing device/tech use in children with emotional and behavioural challenges (reducing the meltdowns when screens and devices are turned off)'. This is filled with a variety of different techniques and ideas to encourage children from limiting screen time. For more information visit <https://developingminds.net.au/blog/2018/5/9/10-ideas-for-less-meltdowns-in-children-with-emotional-and-behavioural-challenges-when-screens-are-turned-off?rq=screen>

THREATENED SPECIES BAKE OFF

The Threatened Species Bake Off is an invitation for Australians to participate in a challenge to bake a dessert in the shape of a threatened species for Threatened Species Day on the 7th September. This aims to build awareness about Australia's incredible threatened wildlife.

Upload an image of your baked goods to Facebook, Twitter, or Instagram by using the hashtag #TSBakeOff and tag the Threatened Species Commissioner or send an image of your baked goods to tsbakeoff@environment.gov.au. Submissions are open till the 8th of September. <https://www.environment.gov.au/biodiversity/threatened/commissioner/tsbakeoff>

WEEKLY CHALLENGE

CHALLENGE 18: PLAYDOUGH CREATION







This week's challenge is to send us a photo of a playdough creation. If you don't have any, here is an easy and fun recipe : <https://www.bestrecipes.com.au/recipes/playdough-recipe/oyycpq9f> What type of playdough will you make?

Don't forget to send a photo to rachel.bell@savethechildren.org.au or 0409 203 566, to be in the running for awesome prizes.



<http://homanathome.com/2016/03/homemade-playdough/>

ONLINE RESOURCES & ACTIVITIES

	PRESCHOOLERS (0-4 years)	CHILDREN (5 – 12 Years)	YOUNG PEOPLE (13 – 18 Years)
ARTS & CRAFTS	<p>Dough People https://www.kidspot.com.au/things-to-do/activity-articles/dough-people/news-story/2de89dd6c413891760fe56920c113db5</p> 	<p>How to Make Your own DIY Kitty Planters https://www.kidspot.com.au/things-to-do/activities/craft-activities/how-to-make-your-own-diy-kitty-planters/news-story/3ec95f2e29f7f7a62767c5b9cac4488c</p> 	<p>How to Make a Paper Mache Bowl https://www.kidspot.com.au/things-to-do/activity-articles/paper-mache-bowl/news-story/0bab637b9714d598e67cb17c7144217d</p> 
PHYSICAL ACTIVITY	<p>MSO Jams for Juniors Online https://youtu.be/RQxFRHrEFWo</p>	<p>Pop Sugar Family Fun Cardio Workout! https://youtu.be/5if4cjO5nxo</p>	<p>Dance Party Workout https://youtu.be/zm8Z-63UoTo</p>
STORIES	<p>Andy Griffiths' 'The 117-Storey Treehouse' Read Aloud https://www.happinesshub.org.au/post/andy-griffiths-the-117-storey-treehouse-read-aloud Reading "A Friend Like Mine" with Samantha Warne https://www.happinesshub.org.au/post/reading-a-friend-like-mine-with-samantha-warne</p>		
LEARNING @ HOME ACTIVITIES	<p>Pouring Fun https://publicdocumentcentre.education.tas.gov.au/Documents/0-4-years-Pouring-fun-Learning-at-home.pdf</p> 	<p>Mini Melbourne https://fuse.education.vic.gov.au/pages/minimelbourne</p> 	<p>VIC Curriculum https://fuse.education.vic.gov.au/VC/Secondary?critical%20and%20creative%20thinking</p> 
ONLINE SESSIONS	<p>Under 5s: Grace Cossington Smith https://www.ngv.vic.gov.au/program/under-5s-grace-cossington-smith/</p>	<p>Learning online with ACMI https://www.acmi.net.au/education/online-learning/</p>	<p>Take Over https://www.artscentremelbourne.com.au/festival-and-series/take-over</p>