

club

# create

Magazine

The  
**COMPETITION Edition!**

INSTANT  
FAMILY

MOVIE  
REVIEW



Make your own...  
**FLUFFY SLIME**

**STIGMA IN  
SCHOOLS**



# club **create** magazine



Hi clubCREATE-ers,

Welcome to the first mag of 2019! We've been busy at CREATE lately! Did you know it's CREATE's 20th birthday this year? We're so excited for all the birthday fun we have planned for you this year! Be sure to check out the CREATE events near you in the state Round Up that comes with this magazine.

We have lots of cool things in this edition of the mag. We've got a recipe for how to make fluffy slime, space themed jokes, a recipe for banana choc chip muffins, a movie review from a clubCREATE member and an article on stigma in school. We also have some awesome competitions where you can win great prizes. Check out our birthday card decorating comp, our word search comp, or even write our next book review to win a prize AND be in our next mag!

Happy reading,

*Jacquie Reed*

Head Honcho, CREATE Foundation

**We love your feedback!**

Send us comments and suggestions to [clubcreate@create.org.au](mailto:clubcreate@create.org.au)

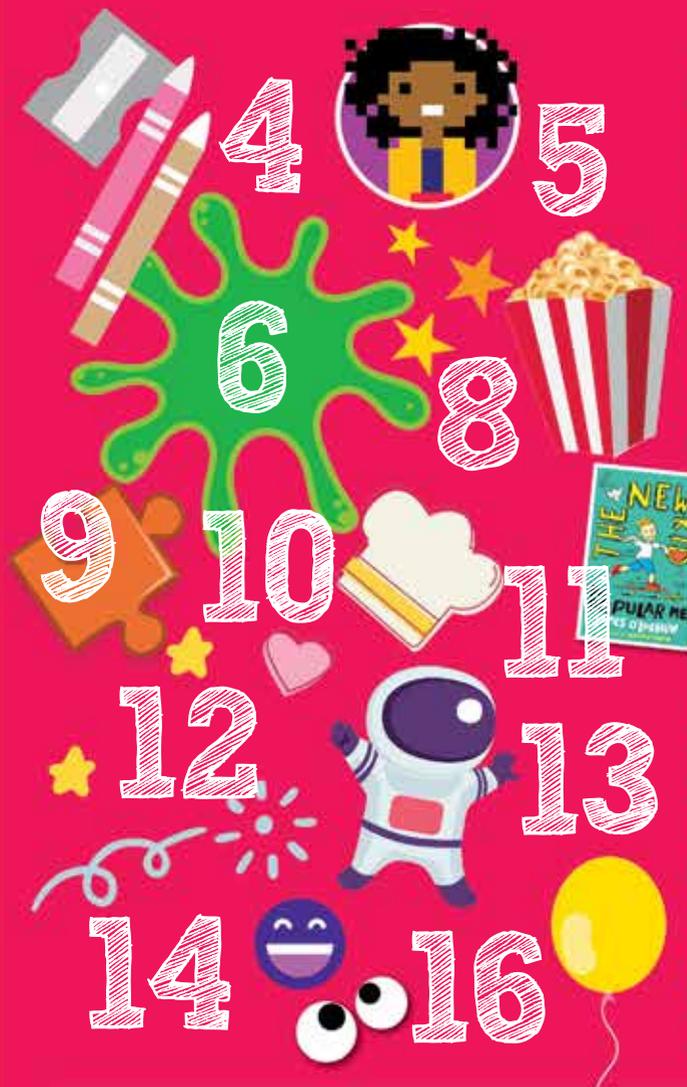


## Get Social!

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MARCH 2019

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### CLUBCREATE'S EDITORIAL POLICY EDITION 1, 2019

clubCREATE Magazine is produced by CREATE Foundation for children and young people in care. This magazine contains information about CREATE programs that create a better life for kids in care and also has articles and artworks by clubCREATE members.

The views expressed by these young people are not

necessarily the views of CREATE Foundation.

It's really important to us that children and young people in care are safe and protected and we do our utmost to ensure their privacy. For safety reasons state laws don't allow the faces of kids in care to be published without proper permission, so please understand if

sometimes we can't show faces in our pictures.

All contributions to be considered for the magazine can be submitted by email: [clubcreate@create.org.au](mailto:clubcreate@create.org.au) or post: Reply Paid 87694, Spring Hill QLD 4004.

If you do not want to receive newsletter and program

information from CREATE Foundation please email [clubcreate@create.org.au](mailto:clubcreate@create.org.au) or phone CREATE on 02 9267 1999 or 1800 655 105 to have your address removed from our mailing list.

# STIGMA IN SCHOOLS

Across the country CREATE holds Youth Advisory Groups (YAGs) where young people aged 10-25 can hang out and talk about things that matter to them. One thing young people talked about in our YAGs was stigma in schools. Stigma is when a lot of people think badly of something or someone, even when they've done nothing wrong. Many young people said school is a place that they were treated differently by other young people and even sometimes by teachers and parents of other students – just because they are in care. Young people talked about just wanting to be treated the same as everyone else at their school instead of feeling singled out.

Young people at our YAGs came up with some things we can do if we face stigma in school:

- Educate others about what young people in care are like
- Be yourself
- Be motivated
- Love
- Have understanding
- Have patience
- Be kind
- Train others about trauma

**"We are no different to everyone else. Treat us the same. We can still talk about everything they can."**

You should never feel like you don't belong at your school, so if you face stigma at school you can talk about it with someone you trust like a carer, your school counsellor or worker. You can also call CREATE on **1800655105** or text us on **0434259790**.

**"Teachers call us 'special kids' and treat us like we must have done something wrong to be in care."**

# YOUR CARE NETWORK

There are lots of people to support you while you are in care, but it can be hard keeping track of who does what!

## CASEWORKER

Caseworkers make sure you are safe in your placement, and help organise things like family contact. They will visit you and ask you if you have any concerns, like with school or with your health, or if you need things like a passport, and then they make sure you get support with these things. Generally your caseworker is who you go to for permission to do things, like go on holidays to another state, and to get information about your family history or how the care system works.



## ABORIGINAL AND/OR TORRES STRAIT ISLANDER SUPPORT WORKERS

There are workers to help you feel connected to your culture. Sometimes they might be your caseworker or youth worker, or be another person who works with the department or agency that helps you in your placement. They help you find out information about your culture and make sure your culture is respected by other people in your life.



## YOUTH WORKER

There are lots of different Youth Workers! They might work in a residential home or come visit you. Sometimes they might drive you to appointments, take you to fun activities, or come with you to family contact. They can talk with you if you have any worries and give advice, and help you talk to your caseworker about getting things you need. Not everyone has a youth worker though.



## CARERS

Carers are people who look after you if you can't be with your birth parents. Sometimes they may be related to you, like an Auntie or a Grandparent. They look after you on a day-to-day basis like taking you to see a doctor when you need to, helping you with homework, and organising family contact. They can help you talk to your caseworker about things. Most importantly they make sure you are safe and happy.



Sometimes the job titles will change depending on what state you live in – a caseworker might be called a child safety officer for example. **The main thing is that they all want what is best for you and you can always ask questions if you would like more information!**

# Make your own... FLUFFY SLIME

## You'll need:

- 1/2 a cup of craft glue (I used Elmer's glue)
- 1 tbsp of bicarb soda
- 1 1/2 cups of shaving cream
- 3-4 tbsp of saline solution (also known as contact solution, just make sure this ingredient has boric acid in it!)
- Food colouring
- A mixing bowl
- A rubber spatula (or another kind of mixing spoon if you don't have one of those!)

## Steps:

- 1 Pour your glue into a bowl, add the bicarb soda, and mix them together with the spatula.
- 2 Add a few drops of food colouring to the bowl in whatever colour you want your slime to be and stir until all the colour is mixed in.

## FUN FACT

Slime isn't classed as a solid. It's a type of liquid!

3. Add the shaving cream to the bowl and stir. This is where the slime mix starts to look fluffy!
4. Once everything is mixed, add the saline solution half a tablespoon at a time, stirring after each time, until the slime doesn't stick to the bowl (we used about 3.5 tablespoons of saline solution).
5. Mix the slime until it starts to firm up and look more like a ball.
6. Knead the slime with your hands until it no longer sticks to your hands (if it won't stop sticking to you, you may need more saline solution).
7. Once the slime doesn't stick, you're done and it's ready to be stretched and shaped!

\*This slime recipe was adapted from Making Life Blissful's three ingredient slime!

## WIN

We want to see your fluffy slime! If you follow this recipe and make your very own fluffy slime, take a photo and send it to us and you could win an Australian Geographic science pack! Entries close April 12th 2019.

For your chance to win, take a picture your very own fluffy slime and send it to [clubcreate@create.org.au](mailto:clubcreate@create.org.au) with your name, age and membership number. You can also send it to: Reply Paid Reply Paid 87694 (means you don't need a stamp)

Your name \_\_\_\_\_ Age \_\_\_\_\_

Membership Number: \_\_\_\_\_

Entries close 12th of April 2019

# MOVIE REVIEW

## Instant Family Review



When Pete and Elle decide to start a family together, they dive into the world of foster care adoption. Their idea of fostering one child is changed when they decide to adopt 15 year old Lizzy and her siblings Juan and Lita. Pete and Elle quickly find that as first-time parents, taking on three children at once is harder than they expected.

To find out what our clubCREATE members thought of the movie, we sent CREATE Young Consultant Zac to review the film for us. Read his review below!

“Instant Family” is a good movie from start to finish. It is filled with all kinds of moments, from light hearted comedy, to more serious and in depth meaningful kinds of moments. As a young person from care this movie has touched me and I was able to relate to the main characters and the majority of the movie. I believe that there should be more movies surrounding the care system to show how the system really works and to educate those who don’t know or understand.

This movie is based around the foster adoption side of things but does show a lighter view on the process. Watching this movie was a little confusing at times in terms of whose point of view is being shown, whether it’s coming from the young people, the carers or outsiders. It seems though it changes throughout the movie depending on what’s happening.

I do recommend seeing this movie HOWEVER due to some points throughout the movie I highly recommended to go with someone for those who are in or have been in care.

Zac, CREATE Young Consultant

# CARE FIND-A-WORD

WIN

A	S	Y	J	T	P	K	M	D	P	Y	W	F	S	N
Y	X	T	E	Y	I	I	R	F	O	L	D	K	S	J
O	V	H	O	F	D	N	D	V	F	C	A	R	E	R
U	M	B	I	X	B	S	C	H	R	C	G	Y	N	W
T	R	E	W	K	N	H	S	K	S	T	I	G	M	A
H	O	N	S	H	B	I	J	Y	B	H	N	C	O	B
W	O	B	R	F	Z	P	U	U	M	T	C	G	W	I
O	J	P	Q	E	A	A	R	X	K	I	E	C	G	N
R	V	O	A	B	S	U	S	C	U	G	D	A	E	D
K	C	S	Y	F	N	I	G	A	W	Q	C	S	J	A
E	K	R	A	G	R	E	C	Y	R	H	D	E	X	J
R	S	U	P	P	O	R	T	A	T	I	O	P	O	I
Z	N	S	B	V	N	Y	E	F	R	E	Q	L	W	Y
A	C	I	M	C	E	M	Y	T	H	E	M	A	L	B
R	T	L	C	U	L	T	U	R	E	Y	E	N	P	K

### FIND THESE WORDS:

**KINSHIP RESI CARE SUPPORT STIGMA CARER  
YOUTH WORKER CASE PLAN CULTURE**

Are some of these words tricky? Do you know what all of them mean? Some words used in the care system can be hard so ask an adult, like your carer, family member or the CREATE staff, to help teach you what any tricky words mean!

For your chance to win a gift card, find all the words and send your find-a-word, or a picture of it, to [clubcreate@create.org.au](mailto:clubcreate@create.org.au) with your name, age and membership number. You can also send it to: Reply Paid Reply Paid 87694 (means you don't need a stamp)

Your name \_\_\_\_\_ Age \_\_\_\_\_

Membership Number: \_\_\_\_\_

Entries close 12th of April 2019

# CHOC CHIP BANANA MUFFINS

## INGREDIENTS

- 2 cups self-raising flour
- 1/2 cup caster sugar
- 1/2 cup milk
- 2 eggs
- 60g butter
- 2 ripe bananas, mashed
- 1 cup (200g) dark choc chips

## METHOD

1. Preheat oven to 200°C or 180°C fan-forced.
2. Sift flour into a mixing bowl. Stir in sugar.
3. Make a well (like a crater) in the middle of the flour-sugar mix.
4. Melt butter in a small saucepan or heat-proof bowl in the microwave (watch out as this will get hot!) and set aside to cool slightly.
5. Add milk, eggs, butter and mashed banana in the middle of the flour-sugar mix and mix using a wooden spoon until the ingredients are just combined.
6. Gently stir in choc chips.
7. Line a muffin tray with paper cases. Spoon the mixture evenly into the muffin cases and put in the oven to bake for 20 minutes or until set inside (the oven will be really hot so get an adult to help you test if the muffins are done and take them out of the oven!)
8. Leave in the tray for 3 minutes and then move the muffins to a cool on a rack.

\*Thank you to Taste.com.au for this delicious recipe!

# Book Review

## The New Kid: Unpopular Me By James O'Loughlin

New kids aren't cool. Everyone knows that. Eleven-year-old Sam has lived in Adelaide his whole life, but that changes when his dad's job gets moved to another state. Now Sam has to leave all his friends to become the new kid at school in Canberra. His new teacher sits him next to Gary, a great kid who is really unpopular. Together Sam and Gary come up with a plan to become more than the new kid or the lonely kid, a plan to become popular.

The New Kid: Unpopular Me will make you smile, cringe and laugh! Expect horrible road-trips, bad haircuts, embarrassing underwear shopping trips and human umbrellas. The New Kid: Unpopular Me is easy to relate to and always hilarious! ★★★★★



## We want YOU to write our book review!

If you've read a book that you want to talk about, write a short review for it (under 200 words), rate it out of five stars, and send it to us.

If your review is featured in our mag then you'll win a book pack! Reviews for our next edition of the mag need to be in by April 12th 2019.

Reply Paid Reply Paid 87694 (means you don't need a stamp)  
SPRING HILL, QLD, 4004

Your name \_\_\_\_\_ Age \_\_\_\_\_

Membership Number: \_\_\_\_\_

You can also scan or type your answers and email them to clubcreate@create.org.au with your name, age and membership number.

WIN

# Birthday Card Comp!

This year it's CREATE's 20th birthday! To celebrate, we're asking our members to decorate a birthday card for CREATE! You can write us a message, draw us a picture, decorate a card with glitter, anything you want! Everybody who enters will go in the running to an awesome TOY PACK!



For your chance to win, send your birthday card entry to:  
Reply Paid Reply Paid 87694 (means you don't need a stamp)  
SPRING HILL, QLD, 4004

Your name \_\_\_\_\_ Age \_\_\_\_\_

Membership Number: \_\_\_\_\_

You can also take a photo of your card and email it to clubcreate@create.org.au. Remember to include your name, age and membership number. Entries close 12th of April 2019

WIN

# LOL Mania

**Q: HOW DO YOU ORGANISE A SPACE PARTY?**

**A: You planet**

**Q: HOW DO YOU GET A BABY ALIEN TO GO TO SLEEP?**

**A: Rocket**

**Q: WHERE DO SPACE COWS LIVE?**

**A: The milky way**

**Q: WHAT DO PLANETS READ?**

**A: Comet books!**

**Q: WHAT'S THE ASTRONAUT'S FAVOURITE SNACK?**

**A: Mars Bars**

Do you have a funny joke to share with us?  
Send them to CREATE and you could win a gift card!

To send your joke, fill out your details below and send your entry to:

Reply Paid Reply Paid 87694 (means you don't need a stamp)-SPRING HILL, QLD, 4004

Your name \_\_\_\_\_ Age \_\_\_\_\_

Membership Number: \_\_\_\_\_

You can also scan or type your jokes and email them to clubcreate@create.org.au with your name, age and membership number. Entries close 12th of April 2019



# How do you feel about CREATE and the work we do?

It is super important to CREATE that we hear the views of children and young people. We'd love you to complete the short survey below so we can ensure our programs and activities meet your needs. You don't have to include your name unless you would like to enter the draw for a gift card. Your participation is completely voluntary.



Because I am a part of CREATE:

## 1. I feel more connected to others in the care system

Strongly Agree      Agree      Neither      Disagree      Strongly Disagree

## 2. I have a better understanding of what it means to be in care

Strongly Agree      Agree      Neither      Disagree      Strongly Disagree

## 3. I feel like I belong

Strongly Agree      Agree      Neither      Disagree      Strongly Disagree

## 4. I know more about the care system

Strongly Agree      Agree      Neither      Disagree      Strongly Disagree

## 5. I know more about CREATE's activities

Strongly Agree      Agree      Neither      Disagree      Strongly Disagree

## 6. I feel that my views are respected

Strongly Agree      Agree      Neither      Disagree      Strongly Disagree

What do you love most about CREATE? | What else would you like CREATE to do?

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### Submit your answers to win a gift card!

Your Name: \_\_\_\_\_ Age: \_\_\_\_\_

Membership Number: \_\_\_\_\_ State/Territory: \_\_\_\_\_

Send your entry to:  
 Reply Paid 87694 (means you don't need a stamp)  
 SPRING HILL, QLD, 4004

You can also scan or type your answers and send them over email to clubcreate@create.org.au with your name, age and membership number. Entries close 12th of April 2019.

# YOU ROCK SPOT!

Edition 5, 2018 COMP WINNERS

Art comp:  
Jessika-Anne, 4



Colouring in:  
Alex, 9



LOL-Mania: Ruby, 9

Q. WHAT DO YOU CALL  
A DOG IN THE SUN?

A. Hotdog!

**create**  
FOUNDATION

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## HOW TO **STAY** **CONNECTED** WITH CREATE

If you want to attend awesome events with CREATE make sure you are a clubCREATE member so you can automatically receive invitations and information.

### Other ways to contact CREATE:

1. Become a clubCREATE member and join up at [www.create.org.au](http://www.create.org.au)
2. Call your local CREATE office on 1800 655 105 and talk to one of the team about what's coming up.
3. If you are already a clubCREATE member – make sure your clubCREATE membership details are up-to-date.
4. Visit [www.create.org.au](http://www.create.org.au) to find out more about how we can support you.