

# club create

magazine

SKILLS EDITION!

What are RIGHTS  
anyway?



DIFFERENT WAYS  
OF LEARNING

Super Maisie's  
Super Story



# club create magazine



Hi clubCREATE-ers,

Welcome to this special 'Skills edition' of the clubCREATE magazine! A skill is a special ability and is often something you can do because you have practised it – a bit like a superpower! We all have different skills and many people find their skills through trying out different things; like giving a new sport a go or trying a new hobby like singing. In this magazine CREATE Young Consultant Sharna gives some great advice on how to find and grow your skill, we look at different ways of learning, having fun with the Scouts and we even have a story, a recipe and a movie review from some really talented clubCREATE members! We also have some important information about your rights in care, because everyone needs the right care and support to find and develop their skills!

I really hope you enjoy this magazine and that it helps you to try something new and maybe even learn a new skill!

*Jacqui Reed*

Head Honcho, CREATE Foundation

**We love your  
feedback!**

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



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SEPTEMBER 2019

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## CLUBCREATE'S EDITORIAL POLICY EDITION 3, 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.

# WELCOME TO THE SKILLS EDITION!

By CREATE Young Consultant Sharna



Have you ever wanted to try something new? A new sport, sewing, music, singing, cooking, dancing, girl guides, scouts, cadets, spelling bees, camping, writing? Growing up I was always worried that I wouldn't be the best at new skills I would try. I always took longer to learn than the other young people in my class but that is OK!

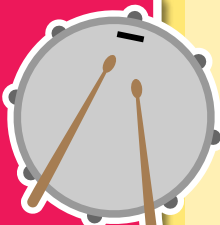
The most important thing about wanting to learn or try a new skill is that you are TRYING. If you have thought about trying something new but aren't sure if you are good at it YOU CAN:

- Go with a friend
- Ask for a trial
- Watch a You Tube video about the skill

Skills aren't about being PERFECT the first go, it's about LEARNING something NEW! Sometimes learning a new skill can take a long time and a lot of trial and error.

I have been studying music for the last two years, I have had over 30 singing lessons and I'm now studying at university. I am still learning!

**It is important to not give up and KEEP TRYING.**



# DIFFERENT WAYS OF LEARNING

Are you having trouble trying to learn a new skill? Trying out different learning styles might help you learn it faster! Learning styles are the way we learn best, and your learning style might be really different from the learning style of your friends or siblings. Three types of learning styles you can try out are:

- **Learning by listening**
- **Learning by watching**
- **Learning by doing**

Let's look at some skills and how we would learn them different ways!

## Drawing

**Listening** – Do you know someone who's a good drawer? Ask someone who knows how to draw to teach you. Remember to say thanks!

**Watching** – There are many step-by-step videos teaching you how to draw. Ask an adult to find a children's how-to-draw video and give it a watch.

**Doing** – Find a picture of something you want to draw, get some paper and pencils, and try to draw it yourself!

## Cooking

**Listening** – Ask an adult to cook something with you, and get them to tell you each step as they do it.

**Watching** – Do you know there are cooking shows for children? Check one out and you can learn to make something yummy!

**Doing** – Check out two delicious recipes we've included on page 12 and give one a go! Watch out though, you'll need to use a stovetop or oven so ask for an adult's help.

## Cricket

**Listening** – Sports have a lot of rules and ways to play. If you know someone who's good at cricket, ask them to teach you the rules. If you don't know anyone who knows cricket, you can join a cricket team and ask the coach for tips before you play!

**Watching** – What better way to learn by watching than to watch a cricket match? Go see how the professionals do it by watching it on TV or in person!

**Doing** – You can find a local cricket team or join one at your school and try it out!

**Or find a new skill that you want to learn and try it out with all three learning styles to see what works for you!**



# CLUBCREATE Members

## have SO many skills!

In our last edition of the magazine we asked our clubCREATE members to tell us about themselves and what they are good at. Check out some of the responses below!

### Malakai

**I'm really good at:** Football

**3 words to describe me:** Nice, deep thinker, Very Active

**When I grow up, I want to be:** Paleontologist

### Joeleesa

**I'm really good at:** Reading, Swimming

**3 words to describe me:** Fun, Cool, Smart Anxious, Funny, Happy

**When I grow up, I want to be:** School Teacher & Shop Assistant

### Floyd

**I'm really good at:** Being a good Friend

**3 words to describe me:** Funny, Loving, Sporty

**When I grow up, I want to be:** Space Ranger

### Lilliarna

**I'm really good at:** Skipping

**3 words to describe me:** Smart, Confident, Generous

**When I grow up, I want to be:** Vet

### Alisha

**I'm really good at:** Being Kind and Helpful

**3 words to describe me:** Helpful, Bright, Friendly

**When I grow up, I want to be:** Teacher and a Mum

### Charlie

**I'm really good at:** Being a transformer

**3 words to describe me:** Awesome, Funny, Smart

**When I grow up, I want to be:** A policeman or doctor

# What are RIGHTS anyway?

30 years ago the United Nations Convention on the Rights of the Child was made. It is an agreement between lots of countries to protect the rights of children. Rights are things which children and young people need to be safe, happy, healthy and have the best life possible. This means it is the grown-ups job to make sure you:

- Eat good food
- Drink clean water
- Go to school
- Have a clean home
- Play and have fun
- And stay safe!

You also have responsibilities to respect other people's rights, which means to treat them in a kind and fair way.

You have heaps more rights which you can find out by asking your carer or caseworker!



WIN

# Have Fun at Scouts!

One of the BEST ways to learn cool new skills is to join Scouts! Scouts are in every state and territory in Australia and children and young people aged 5 to 25 can join. When you join Scouts you can learn skills like raft building, art, cooking, sailing, rock climbing, how to survive out in the bush and heaps more! When you learn a new skill or find something you are interested in you get to wear a cool badge on a uniform. Scouts is a great way to make new friends plus you might get to go on awesome camps, sometimes even overseas!

You can find out more information and get in contact with a Scout group near you by going to [scouts.com.au](http://scouts.com.au) or calling 1800 SCOUTS.



Are you a clubCREATE member who does Scouts? What is your favourite thing about the Scouts? Do you have cool adventure stories to tell? Write or email us on the details to below for your chance to win a prize pack...

Email [create@create.org.au](mailto:create@create.org.au) or by post to:

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

Don't forget to include your name, age and membership number!

Entries close October 18th, 2019



# Job Match Up

WIN

Draw a line to match each person with the tool for their job



To win a gift card, complete the above match up and send it, or a copy of it, to:

Submit your entry, along with your name, age and membership number, by email to [create@create.org.au](mailto:create@create.org.au) or by post to:

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Entries close October 18th, 2019

# Super Maisie's Super Story

**clubCREATE member Masie sent in this awesome short story about being a hero, check it out!**

Super Maisie is a superhero who loves putting out fires, as well as saving lives. One day there was a big fire on the highway and Super Maisie was called to ACTION.

The bells and alarms rang very loudly at the fire station. Luckily, she had been awake since the crack the crack of dawn. We ohhhhh went the alarms. Maisie put on her favourite song, Hold My Girl, by George Ezra and started getting ready to fight the fire.

Super Maisie went in a fire engine with the firefighters, and helped put out the big blaze. One of Super Maisie's talents is calming people down. So Super Maisie zipped along through all the cars, to check on all the scared people and reassure them that it was going to be safe and okay! After some heavy water from the helicopters was dropped on the blaze from above, Super Maisie was able to clear the wreckage and help the traffic flow.

**Thanks for the story Maisie!**

**For your chance to win a fun toy pack, we want you to write us a story!  
Your story can be about anything at all.**

Maybe it's about you learning a new skill or how to do something you couldn't do before! We want to read it so send it to us!

Submit your entry, along with your name, age and membership number, by email to [create@create.org.au](mailto:create@create.org.au) or by post to:

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

Entries close October 18th, 2019

## MOVIE REVIEW

### TOY STORY 4 REVIEW

The newest Toy Story is a funny and inspiring movie that once again shows us how much friends are worth. We see Woody, Buzz and the gang start out on a new adventure with Bonny and a new toy named Forkey. This adventure reminds us of how lucky we are to have friends and how sometimes old friends change what they think and feel about the world and that's okay.

This is both a funny and sad movie by Disney. My favourite character in the movie is Woody, because he is the sheriff and is the main leader of the toys, and also Forkey because he is always making me laugh. My favourite quote in the movie is when Woody says 'Forkey is an important toy to Bonny right now'. It's very sweet that Woody said that and it made me feel emotional.

**By clubCREATE member Ashley M**





# RECIPE TIME!



Pita bread pizza has the awesomeness of pizza, but is also quick and easy! This recipe is a really good introduction to the basics of cooking, like cutting up vegetables, assembling recipes, and, for more advanced young chefs, playing with flavour combinations!

## INGREDIENTS

- 4 medium pita breads
- 100g grated cheese (tasty or mozzarella works well)
- 100g tomato paste
- 125g cherry tomatoes (cut in half)
- 1 red capsicum (sliced)
- ½ small red onion (sliced)
- 75g ham (diced)
- OPTIONAL – get creative with other toppings and combinations, like sliced mushroom and pepperoni, or chicken pieces and diced pineapple.

## STEPS

1. Preheat the oven to 180 degrees and put baking paper on two baking trays
2. Spread the tomato paste evenly on the pita breads and top with the grated cheese
3. Arrange your toppings (the tomatoes, capsicum, red onion and ham) over the pizzas
4. Bake for 12-15 minutes until the base is crispy and the cheese is melted.



# FERRERO ROCHERS

SUBMITTED BY KATIE!

## INGREDIENTS

- 1 packet Milk Chocolate Melts (white Choc okay)
- ½ Cup of rice bubbles
- 25g Copha
- ½ cap of crushed nuts
- 1 Packet whole Hazelnuts

## STEPS

1. Melt Copha and then add Choc Melts. Mix Together.
2. Add Nuts and rice bubbles. Mix Well.
3. Place 1 teaspoon of mixture into a ice tray, add 1 teaspoon of Nutella, place hazelnut on top, then cover with more chocolate mixture
4. Place in freezer for ½ an hour, or until set.
5. Store in an air tight container



# SUPER HERO COLOUR IN



To win a gift card, complete the above match up and send it, or a copy of it, to:  
Submit your entry, along with your name, age and membership number, by email to [create@create.org.au](mailto:create@create.org.au) or by post to:

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Entries close October 18th, 2019


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


CREATE wants to hear from you! By filling out this survey, you are helping us make sure that the programs and activities that CREATE provides are relevant and useful to children and young people with an out-of-home care experience. Your identity will not be released to anyone outside of CREATE and participation is 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 know my rights

Strongly Agree


Agree


Neither


Disagree


Strongly Disagree


### 3. I know how to make a complaint or have my say about CREATE

Strongly Agree


Agree


Neither


Disagree


Strongly Disagree


### 4. I feel like I belong

Strongly Agree


Agree


Neither


Disagree


Strongly Disagree


### 5. I feel heard

Strongly Agree


Agree


Neither


Disagree


Strongly Disagree


### 6. I feel respected

Strongly Agree

Agree

Neither

Disagree

Strongly Disagree

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

## Submit your answers to win a gift card!

Your name: ..... Membership number: .....  
If you identify with a particular cultural group, please state it here: .....  
Age: ..... 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](mailto:clubcreate@create.org.au) with your name, age and membership number. Entries close October 18th, 2019.



# YOU ROCK SPOT!

EDITION 2, 2019 COMP WINNERS

Who Am I – Levi, 9

Cape Design:  
Michael, 12

Dot to Dot – Abigail, 5

LOL-Mania – Shayla, 11  
**HOW DO YOU GET PICKACHU  
ON THE BUS?**

You Poke-him-on, poke'mon



**create**  
FOUNDATION

CREATE  
Foundation Limited  
National Office  
12 Union Street  
Parramatta NSW 2150  
Tel 1800 655 105  
ABN 69 088 075 058

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have your address removed from the  
mailing list.

## 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.