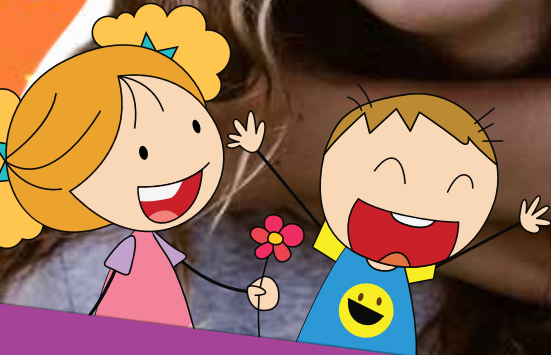


club

create

Magazine



Zac & Darcy talk
about bullying

ARIEL
HELPS US
MAKE NEW
FRIENDS



Design the
new CREATE
stickers!

club **create** Magazine



Hi clubCREATE-ers,

Welcome to the first edition of the clubCREATE magazines for 2020!

Sometimes our readers write letters and we had one really special letter from a clubCREATE member telling us how hard they found it to make friends and asking us how they can make new ones. So clubCREATE member Ariel wrote a special article on how you can make new friends! Then we looked into bullying, and Young Consultants Darcy and Zac let us know what to do if you're being bullied. In this edition we also meet a special Sesame Street character who has a foster care experience.

We have some cool activities and competitions in this magazine too, like our sticker design competition. We want you to design our new CREATE stickers, so the winner will get their stickers printed and will become a part of CREATE's history. Wow!

We had some amazing connection events last year where we got to meet SO many awesome clubCREATE members! We want to meet even more of you this year, so make sure you check out the back page of your state Round Up for a list of what's coming up near you.

Happy reading,

Jacqui Reed

Head Honcho, CREATE Foundation

We love your feedback!



Send us comments and suggestions to clubcreate@create.org.au

Get Social!

[facebook.com/CREATEfnd](https://www.facebook.com/CREATEfnd)

@CREATEfnd

@CREATEfnd



MARCH 2020

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CLUBCREATE'S EDITORIAL POLICY EDITION 1, 2020

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 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 or phone CREATE on 02 9267 1999 or 1800 655 105 to have your address removed from our mailing list.

HOW TO MAKE FRIENDS!



clubCREATE member Ariel tells us how she makes new friends.

If soccer is your favourite thing find the people in your school who are playing soccer.

You should get to know lots of kids. Try talking to the people around you in your classroom or people that you have to work with in class. Remember that not everyone will be your friend.

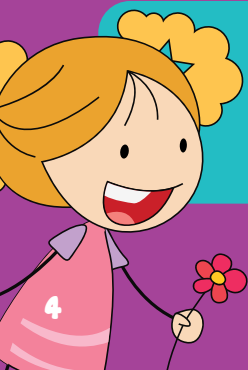
If you talk to everyone and try to make friends with people, you will find people that like you.

If you want to find new friends, why not come to a CREATE connection event?



Check out the back page of your State Round Up for events near you!

If you like reading, go to your school's library.



MEET SESAME STREET'S KARLI!



Karli is six and a half years old.

Her favourite food is pizza.

She's a big fan of the sport MonsterBall.

She's also in foster care.

Karli came to Sesame Street last year with her foster parents Clem and Dalia. She's become good friends with Elmo, and she even opened up to him about why she's in foster care. She told him that her mum struggles with a "grown up" problem called addiction and was away getting help.

Karli said she felt like she was the only one going through that and felt alone, but she's not! Did you know there are more than 45,000 kids in care just in Australia! It can be easy to feel like nobody understands what you're going through, especially if you don't know anybody else who's been in care, but you aren't alone. CREATE run events all over Australia where you can meet other kids with a care experience. If you want to come along to one, check out the events listed in your Round Up.

Every two years CREATE holds conferences around Australia where young people, carers and people who work in the care sector can come together and talk about what needs to be done to make the care system a better place for the children and young people in it. Last November we held our biggest conference ever with more than 500 people going! We asked Christina, one of our young person attendees, to tell us her highlights from Voices in Action 2019!



"The CREATE conference was an interactive experience that had activities that both adults and children can participate in. The conference was set in a beautiful location at the Melbourne Zoo so in between the session you could wander around the Zoo as much as you wanted. The Butterfly house was beautiful, and the chimps were being especially naughty.

The speakers in the mornings were an inspiration. All the adolescents who went to the conference got a chance to raise their voice for the first time. Everyone had something to say and for the first time in some people's lives they were listened to. Some of the children at the conference were so glad to finally feel free enough to voice their opinion."

Zac and Darcy talk about bullying

Bullying is a big issue for a lot of young people. 1 in 4 Australian students say they've been bullied, and it's something our clubCREATE members say they've experienced a lot. We asked clubCREATE members Zac and Darcy about bullying.

What is bullying?

- ▶ **Zac** – Bullying is when someone puts others down to make themselves feel better.
- ▶ **Darcy** – Bullying is making fun of someone in a way that they don't find funny. Its making fun of someone for differences to yourself and making them feel miserable about themselves.

Have you experienced bullying?

- ▶ **Zac** – Yes I have experienced bullying at school due to me being in care.
- ▶ **Darcy** – A little but not so after I moved to Perth

What is the best way to deal with bullying?

- ▶ **Zac** – Talk to an adult, parent, carer or someone you can trust about the situation.
- ▶ **Darcy** – I don't think it's a one size fits all, some people will say ignore it, others will say stand up for yourself, and others will say go tell someone with authority. My recommendation would be to focus on yourself and whether your happy with yourself. Easier said than done.

Remember, bullying can be really tough and it's okay to reach out to someone for help if you're being bullied. You can call Kids Helpline on 1800 55 1800 and they'll talk you through what you're going through.

Meeting new siblings

Moving somewhere new can mean a lot of changes, like a new house, school, carers, schedule, friends and even siblings. It can be hard to get to know new siblings, especially if those siblings are biological children of the carers who aren't in foster care. We asked clubCREATE members from a Youth Advisory Group in Tasmania all about moving to a new home with new siblings.

This is what they said:

Sometimes it's difficult moving into a new home, let's help biological kids understand how a child might react when they first move in

- "We might stay in our room or not want to come inside because we are scared"
- "We might get angry"
- "Just because we react this way, it isn't because of you"

How can biological kids help you feel at home or settle in more easily when you first move in?

- "Give us space while we get more comfortable"
- "Once we are settled don't treat us any different to your own siblings"
- "Don't automatically think that because we are kids in care, we are bad"

What types of things can help build a relationship between you and the biological kids?

- "Have family nights"
- "Chat with us and get to know us"
- "Talk about common interests for example – what films or football team you like"

Meeting a new sibling can be tough, but if you talk to them about how you're feeling and what you need, it might make things a lot easier for both of you. And remember, they're might be just as nervous to meet you too!

The Dreaming

Find-a-word!

"The Dreaming", or "Dreamtime", is part of Aboriginal spirituality. The Dreaming contains stories of how the world was created and teaches Aboriginal people how to live and about the world around them. We've put some well-known Dreaming stories into the find-a-word below.

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

Stories to find:

The Rainbow Serpent
Tiddalick the Frog

Emu and the Jabiru
Gulaga

The Mimis
Three Brothers

Want to win a prize for your find-a-word? Fill out the find-a-word and send it (or a picture of it), along with your name, age and membership number, by email to create@create.org.au or by post to: 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 entry and email it to clubcreate@create.org.au with your name, age and membership number. Entries close April 24th

WIN

MEET OUR BOARD MEMBER ANDY!

Andy is one of CREATE's Board Members who make sure that CREATE is on track to reach its goals. Andy is also a part of our Fundraising Committee.



Tell us about yourself!

I grew up in the UK, moving to Sydney in 2008 with my then 3 and 1 year old sons. I now also have a step daughter and a step son, so we have a busy household when they are all with me and my partner! I love living in Sydney and try to make the most of it, being outdoors and enjoying the weather as much as possible. I love sport - watching my kids, supporting the Waratahs, the Wallabies (and England!),

as well as keeping as fit as I can myself.

What's your favourite dinosaur?
The Ankylosaurus



What's your favourite milkshake flavour?
Banana! Find out how to make them below!

★ MAKING MILKSHAKES!

Milkshakes are so easy to make. All you do is combine the ingredients in a blender or milkshake maker until thick and smooth!

BANANA MILKSHAKE

2 bananas, cut into pieces
1 cup (250ml) of milk
2 scoops of vanilla ice cream

STRAWBERRY MILKSHAKE

1 cup frozen strawberries
1 cup of milk
2 scoops of vanilla ice cream

★ OREO MILKSHAKE

8 Oreo cookies
1 tbsp chocolate sauce
2 scoops of vanilla ice cream
1 cup of milk



Get your art made into stickers!

WIN

If you've been a part of CREATE for a while, you probably would have seen our stickers. It's time to make some new CREATE stickers and we thought what would be better than having stickers designed by YOU?!

Your Mission: Draw, paint or design a new image that we'll turn into a clubCREATE sticker! The winning design will not only be turned into a sticker, but you'll win a gift card too!

Your sticker design can be any colour, though we would like some CREATE Purple, and remember to make it FUN!

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To enter, draw your sticker design in the space above and send it to:
Reply Paid Reply Paid 87694 (means you don't need a stamp)
SPRING HILL, QLD, 4004

Along with your name _____
Age _____ and Membership Number: _____

You can also take a picture of your design and send it to clubcreate@create.org.au with your name, age and membership number. Entries close Friday April 24th

PLAYDOUGH RECIPE

INGREDIENTS

- ½ cup plain flour
- 2 tbsp table salt
- 60ml warm water
- Food colouring
- 1 tbsp vegetable oil



STEPS

1. Mix the flour and salt in a large bowl.
2. In a separate bowl mix together the water, the oil and a couple of drops of food colouring (careful, you don't need much colouring!)
3. Pour the coloured water into the flour mix them with a spoon
4. Put some baking paper or a tablecloth down on a flat surface to protect it and sprinkle some more flour over it
5. Knead your playdough on the flat surface for a few minutes until it's smooth
6. And you've made playdough! You can do this a few more times with different food colouring if you want a few different coloured playdough balls to play with.

Thanks to BBC Good Food for this fun activity recipe!

LOL Mania



WHY ARE FISH SO SMART?
Because they're always in schools

WHAT DO PAINTBRUSHES WEAR IN WINTER?
A coat of paint

KNOCK, KNOCK!
Who's there?
GORILLA
Gorilla who?
GORILLA ME A HAMBURGER, I'M HUNGRY

WHAT KIND OF TREE FITS IN YOUR HAND?
A palm tree



BONUS RIDDLE!

WHAT HAS A FACE AND TWO HANDS BUT NO ARMS OR LEGS?
(You can find the answer on the back page of this mag!)

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 answers and email them to clubcreate@create.org.au with your name, age and membership number. Entries close Friday April 24th



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?

.....

.....

.....

.....

.....

.....

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 Friday April 24th

YOU ROCK SPOT!

Edition 4, 2019 COMP WINNERS



Milly
Draw Milly
Taharnie, 9

Lol-Mania – Kai, 7
How does a
Minecraft
exercise?
They run around
the block

Solve the riddle!
Q. What has a face and two
hands but no arms or legs?
A. A clock!

Musical Maze –
Hope, 7

Cultural Colouring –
Kobe, 7

create
FOUNDATION

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

If you do not wish to receive
newsletters and program information
from CREATE Foundation please
email clubcreate@create.org.au or
phone CREATE on (07) 3062 4860 to
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
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 to find out more about how we can support you.