

club

create

Magazine

THE AT HOME EDITION



Keeping
in contact

STUCK IN
THE MIDDLE



Coping
with Stress

club **create** magazine



Hi clubCREATE-ers,

This edition of the mag is the *At Home* edition. With coronavirus we've all been spending a lot more time at home and this might not always be easy. In this magazine we'll show you how to stay in touch with your important people, about how to make a study routine when you're at home, how to cope with stress and what to do when your important people are arguing. We also have a lot of fun competitions, a look at books from some of our favourite Aboriginal authors and a recipe for pigs in a blanket!

Coronavirus has meant a lot of things have changed, but we want you to know that CREATE are still here for you and that won't ever change. If you're having a tough time there's no shame in talking about it. Tell an adult you trust, like your carer or family member, or call Kids Helpline on 1800 55 1800.

Did you see the amazing cover art? That was made by the very talented clubCREATE member Jasmine!

Happy reading,

Jacqui Reed

Head Honcho, CREATE Foundation

We love your feedback!



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

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JUNE 2020

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CLUBCREATE'S EDITORIAL POLICY EDITION 2, 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.

You said it

We did it

What CREATE's been up to during COVID-19

Coronavirus has meant there have been some big changes. For CREATE, this has meant we couldn't run connection events or have our offices open, and we've missed seeing everybody! But we've still been here listening to children and young people through online meetings, and we've been busy making new resources, trying to push for a care system that works better for you, and running competitions. We've had some awesome competition entries. Check out some below!



Everyone's daily lives have been changed by coronavirus. If you've been finding it hard, you're not alone! During this time you might not have been able to see your important people face-to-face and that can be really tough. So CREATE's been working hard to make sure that family contact is maintained through the pandemic.

Do you need some fun ideas for ways you can connect with your important people? Check out our ideas on the next page!



Keeping in contact

Video calls are a good way to keep in contact with your important people, but they can get boring after a while. We've got some ideas for fun ways you can keep in contact from a distance.

WRITE A STORY TOGETHER

If you can't video call someone then try writing a story together! Write a paragraph of your story, send it to your loved one and get them to write a paragraph back. It'll be cool to see how your story turns out and the story can get really long as you send it back and forth.



HAVE DINNER TOGETHER

Just because you can't sit down and share a meal doesn't mean you can't invite someone over for dinner. Organise to eat dinner at the same time and set up a video call so you can have it together.

HOST A TALENT SHOW

Why not ask your carer to set up a group video call with your important people so you can show off your skills in a talent show? Talent shows are a really fun way to get everybody together and have a lot of fun. You can juggle, sing, or do some magic!





Coping with Stress

Coronavirus has meant that this year we've all had to deal with things we never thought we would. For a lot of people it's caused a lot of stress, but we're here to show you how you can cope in stressful times.

Break big worries down into small tasks.



Are you stressed about a tough project for school? Instead of thinking of it as one big project, look at it as a set of small steps. If you have to write a story for English class, steps might be things like collect any tools you need, like paper and pens, or create a main character. Start small to make the big things less scary.

Create a happiness kit.



Fill a box with things that make you smile, like your favourite book or video game, the chocolate bar you like the most, songs that make you want to dance, or pictures of your important people.

Set a time limit for your worries.



We don't get anywhere when we spend all day stuck on the same stressful problem, so give yourself half an hour or less to focus on it and then tell yourself that's enough for the day. Then you can come back to it tomorrow when you're in a better headspace.

Get active.



When we get moving, things happen in our brain to help us calm down. Play some sport in the backyard, learn a new song or dance, or even just stop for a second to take deep breaths in and out until you feel a bit better.

If you need some help coping with stress then talk to your carer or another trusted adult, or call the Kids Helpline on 1800 55 1800.

Things to do at home

Are you running out of ideas for what to do when you're stuck at home? Here's our mind map of things you can do at home!





Studying from home

Whether you're someone who loves school or whether you find going to school every day a total drag, it can be pretty hard to suddenly have to study from home when you aren't used to it. One thing that makes it easier to study from home is to make a routine. This might not look like your normal daily routine at school, but its best to keep as much the same as you possibly can. The good news is you should still be having breaks for recess and lunch so you can get outside and play! We asked clubCREATE member Christine to show us how her routine looks while she's studying from home!

Schedule

Wake up

- Make bed
- Get dressed
- Eat breakfast
- Brush teeth

School Session 1

- Complete school work
- Upload school work

Recess

- Go outside or somewhere with space
- Exercise or Play for at least 10 min

School Session 2

- Complete school work
- Upload school work

Lunch

- Eat Lunch
- Exercise for at least 20 min
- Contact friends and socialise

School Session 3

- Complete school work
- Upload school work

Personal time

- Talk with friends
- Read
- Journal your day
- Meditate



WIN

Circle the Bush Tucker

Bush tucker is the name for food that's native to Australia. It's what Australia's Aboriginal people ate every day before the days of supermarkets and takeaway food. Can you figure out which of the foods below are bush tucker? Circle everything you think is bush tucker and you could win a prize!



For your chance to win, send your entry (or a picture of it) along with your name, age and membership number to:

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

Or email your entry and details to clubcreate@create.org.au.

Entries close July 24th 2020



STUCK IN THE MIDDLE

What do you do when you feel like you're stuck in the middle of other people's argument? Whether it's your friends, family members, carers or other kids in your resi who are fighting, it can be tough to be around people arguing. While you can't make people stop fighting, you can make sure to take care of yourself.

It's not your job to fix things

Other people fighting is not your fault and it's not your job to make it better. It might be hard to ignore the fight, but trying to fix things might just pull you into the fight and that's a whole lot more stressful for you.



Make a chill out zone in your room

Make a space where you can chill out and focus on yourself. This could be a blanket fort filled with your favourite things, like comfy pillows, a book you love, and even your pet if you have one! If you don't have your own room or if you can't chill out in there then get some fresh and make a chill out space in the garden instead.

If you're unhappy or feel unsafe, ask for help!

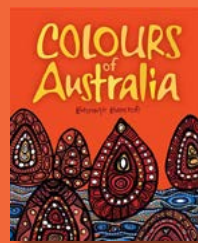
Even if you aren't a part of the argument it can be really hard to hear people fighting. If you need someone to talk to you can call Kids Helpline on 1800 55 1800. And remember, **you have the right to feel safe where you live.** If you don't feel safe you can talk to your carer or caseworker, or ask someone to help you make a complaint. You can find who to complain to at create.org.au/something-not-right-speak-up/. And if you ever feel like you're in danger, call 000!



FIRST NATION VOICES

WIN

We're shining the spotlight on three of our favourite children's books by amazing Aboriginal authors. PLUS, we're giving you the chance to win a book pack!

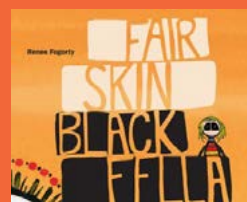


COLOURS OF AUSTRALIA

By Bronwyn Bancroft

Colours of Australia is a picture book full of amazing Aboriginal art. You might want to read it for all the different colours and pictures, but the best part is how every picture has a different mood and voice.

Ages 2+

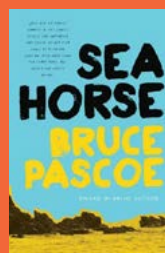


FAIR SKIN BLACK FELLA

By Renee Fogarty

This book is about Mary, an Aboriginal girl who feels like she doesn't fit in because her skin is lighter than other Aboriginal girls around her. A community elder, Old Ned, helps Mary realise that Aboriginal identity means more than just skin colour.

Ages 6+



SEA HORSE

By Bruce Pascoe

Sea Horse follows Jack who loves camping at Seahorse Bay with his family. Jack finds a sunken boat and begins to investigate the story behind it, learning about Aboriginal culture, traditions and history along the way.

Ages 9+

Win a book pack!

For your chance to win, tell us what book you want to reviewed for our next magazine! Send your entry 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. Or email your entry and details to clubcreate@create.org.au.

Entries close July 24th 2020

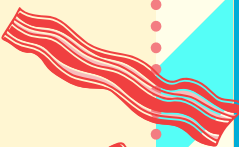
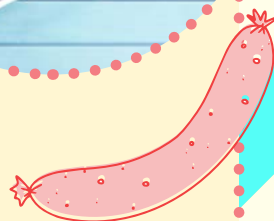
PIGS IN A BLANKET

INGREDIENTS

- 12 mini sausages (or cocktail frankfurts)
- 6 bacon strips
- 1 cup (100g) grated mozzarella cheese
- 1 sheet puff pastry - defrosted
- 2 eggs

STEPS

1. Preheat the oven to 180°C
2. Cut the rashers in half so they're long and thin
3. Wrap bacon around each sausage
4. Use a fork to whisk your eggs and brush some of this egg mixture onto your puff pastry sheet
5. Cut the pastry into 12 even squares
6. Sprinkle the cheese evenly across each square and put the wrapped sausages in the corners of each square
7. Roll up the pastry so it wraps the sausages and place them onto a tray lined with baking paper
8. Brush them with the egg mixture and bake for 20 minutes (or until the pastry is golden)



Competition Time!

Cooking can be a lot of fun, especially when you do it as a group. We want you to show us your favourite thing to cook together with your household. Send us the name of your dish, a recipe for it, or a photo of it and you could win a gift card!

Send your entry 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.
Or email your entry and details to clubcreate@create.org.au.

Entries close July 24th 2020

MEET PETER!

After more than seven years as a Board Member for CREATE, Peter's moving on! Before he goes, we thought we would ask him what made him want to be a part of CREATE.



I sought an opportunity to serve on the CREATE Board so that I could support children in need, children who for no fault of their own faced challenges most kids never have to worry about. My daughters have all been raised in loving and supporting environments and have had amazing opportunities to learn, to grow and to safely experiment and experience the world around them.

For me it's not so much about giving back to society, it's more about providing support to the committed, passionate and talented people within CREATE. To enable them to reach out and make a positive difference to a child's life. When I meet young people in the care system who are working with CREATE, or CREATE Ambassadors, and they share their stories, it is like being given a gift.

Children deserve love, support and an opportunity to enjoy a safe and fulfilling life. At CREATE we help young people in care have a voice, find their potential and become amazing contributors to society. This is what I want for my children and I believe it's what all young people deserve.

That is why I support CREATE as a board member.



WIN

Caption Contest!

We want you to come up with a funny caption for the picture of Gus below:



LOL Mania



WHY DID THE PONY GET SENT TO HIS ROOM?
He wouldn't stop horsing around!

WHAT DO YOU CALL A MAGICIAN WHO LOSES THEIR MAGIC?
Ian

WHY DID THE PICTURE GO TO PRISON?
Because he was framed!

WHAT HAS FOUR WHEELS AND FLIES?
A garbage truck

WHY DIDN'T THE TEDDY BEAR WANT DESSERT?
Because he was stuffed



WIN

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 July 24th 2020**

Send in your caption for your chance to win a gift card!

Send your entry 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.
Or email your entry and details to clubcreate@create.org.au.
Entries close July 24th 2020

YOU ROCK SPOT!

Edition 1, 2020 COMP WINNERS

Survey –
Khloe, 8

Find a Word –
Roman, 8



Design a
sticker –
Constance, 11

LOLMania – Brody, 9
**WHAT WOULD YOU DO IF
A BULL CHARGED YOU?**
Pay him in cash instead

create
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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.