



RIGHTS IN ACTION

A newsletter for ACT children and young people about their rights and wellbeing



What's new?

With the Summer holidays right on our doorstep, there are plenty of things happening in Canberra and around the world!

- Recent research has found that because of modern lifestyle pressures, less families are spending time together around the dining table and are losing valuable family time. Check out page 4 for some ideas on how you can make this time together more special!
- As the festive season approaches, many people around the world will be celebrating in lots of different ways. While some will celebrate Christmas on 25 December, others may celebrate Hanukkah, which takes place over 8 days. People from other cultures may not celebrate anything at all, and that's okay too!
- The Sunset Cinema will be coming to the Australian National Botanic Gardens from 24 November to 25 February. With a wide range of movies being played in the evenings, there is plenty of fun to be had for the whole family. Find out more here.

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Hi everyone,

We're June and Karam and as part of our work experience at the CYPC this week, one of the many things we have done is put together the November edition of Rights in ACTION!

As college students, both of us have been on school holidays since Week 6 of this term and are enjoying our little bit of extra free time after a very intense semester. For primary and high school students, there is only a few more weeks to get through before the Summer holidays, so get excited! This month, we've included some fun summer activities you can try out as the weather gets warmer. Remember to be sun smart!

Also in this newsletter is a summary of the CYPC annual report that shows all the amazing things that they've been working on since July last year, and how they continue to support Canberra's young people and their rights.

Be sure to follow @ACTKids_CYPC to stay in the loop about all the fantastic things in store for children and young people in Canberra and have a wonderful rest of the term!

June & Karam



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CYPC ANNUAL REPORT

At times in school you have to write reports to show what you have learned. The CYPC has to do something similar. Every year they report to the ACT Government to tell them what they have been doing, who they have been working with and which human rights they have supported. We think you should know what they have been up to as well...after all, it is YOU, Canberra's children and young people, who they work for! Here's a summary of their annual report.

COVID RESPONSE

2021-2022 was a busy year for the CYPC. Dealing with the COVID pandemic, there was a great demand for support services to keep young people occupied and informed. As it is their duty to make sure that children and young people can easily access relevant information, Jodie and the team worked on several projects to help keep young people engaged during these challenging times. Here are a few of the things they did:



Published the weekly "Lock it Down" newsletter throughout the 2021 lockdown to keep young people informed about COVID, staying safe, your rights and responsibilities as well as advice about adjusting to learning at home and coping with boredom.

Hosted the "Lockdown Legacies" art competition to provide a platform for young people to reflect on their experiences and feelings about the COVID pandemic in the form of paintings, drawings, photography, sculptures and much more! All submissions were posted in a book that can be found on our website.



Increased the amount of age-appropriate information they share online, on the website and through their social media, so it is more convenient and easier to access for younger people who prefer digital communication.



COMMUNITY SUPPORT

Even though they had to deal with the pandemic, the CYPC continued to support the rights, safety, and protection of young people in various ways, as well as celebrate the wonderful contributions of young people within our community.



Together with Curijo and Multicultural Hub, they talked to children and young people about their experiences with racism in the ACT. This included a survey where even more young people around the Territory could talk about times when they have experienced racism, as well as how adults responded to these issues.

Listened to young people and used their input to help develop programs for children affected by domestic and family violence, as well as those who may be involved in the justice and mental health systems.

At the 2021 Children's Week Awards, awarded the Living Streets Youth Team for their efforts in creating a community sense of belonging, relating to the year's theme of connection.



Hosted work experience for students in years 9-12 where they were able to help with many of the CYPC's projects, submit to the Young Thinker Forum, and learn about what it's like to work for the Commission.



RECIPE

HEALTHY ICY POLES

INGREDIENTS

YOGHURT ICY POLES

- 1 CUP GREEK YOGHURT
- 1 TABLESPOON HONEY OR MAPLE SYRUP
- 1 CUP FRUIT (OF YOUR CHOICE)
 - WE RECOMMEND MIXED BERRIES, PASSIONFRUIT, BANANAS AND MANGOS

REFRESHING WATERMELON ICE BLOCKS

- ABOUT 4 CUPS WATERMELON, CHOPPED
- 1/2 CUP WATER, OR COCONUT WATER
- 2 SPRIGS FRESH MINT

TIP: If you don't have popsicle molds at home, you can use small containers or paper cups with paddle pop sticks instead. Make sure to be safe and ask an older person for help with blending if needed.

DIRECTIONS

1. For yoghurt icy poles:
 - a. Chop the fruit into small pieces.
 - b. Add the yoghurt, honey (or other sweetener) and fruit to a blender.
 - c. Blend the ingredients until there are no chunks and they are mixed well. Before freezing, taste to see if you want to add more fruit or honey to make them sweeter.
 - d. Pour this mixture into popsicle molds and freeze until solid or overnight.
2. For watermelon ice blocks:
 - a. Add the watermelon, water and mint leaves to a blender.
 - b. Blend until smooth and mixed.
 - c. Pour the mixture into popsicle molds and freeze
3. Enjoy!



SUMMER FUN

To keep yourself cool and entertained this summer, here are a few fun activities you can do:

- DIY Slip 'n' Slide. Here's [a guide](#) on how to get started
- Make tie-dye t-shirts. Kits can be bought from most craft stores, and there are endless colourful [patterns you can try!](#)
- Have a water fight
- Make ice cream or ice blocks at home. See page 3 for our very own recipe, or try out [this science experiment](#).
- Go swimming. There are plenty of places in and around Canberra to swim that AREN'T just pools. Check out [this list](#) for ideas
- Make festive crafts or decorations such as these [origami star bowls](#)
- Movie marathon





COVID UPDATE: WHAT TO EXPECT

Recently in the news there has been lots of talk about a new COVID wave, following a spike in case numbers across the country. Here's the run down on what this may mean for the coming months and how we can stay safe.

BQ.1 and XBB are the names of the two smaller variants of Omicron that have been found responsible for the recent increase in case numbers. While these two strains are more easily passed on than others, a combination of less strict rules about preventing the spread and a lowered immunity because of how long it has been since people got their vaccinations are the major reasons for why this wave is showing up.

Even though it is spread more easily, these strains of COVID are in fact weaker than others we have seen in the past. Waves of these strains in countries like Singapore and France have only been short, scientists predict that this current wave will peak well before the Christmas period.

As for its effect on kids, it is generally likely that most will only have to deal with minor complications and regular symptoms. This being said though, it is still important to do all you can to stay safe!

COMMON SYMPTOMS

- sore throat and coughing
- runny or blocked nose
- headache
- tiredness
- loss of taste or smell

WHAT YOU CAN DO

- when possible, wear a mask if 12 or older
- wash hands well and use hand sanitiser regularly
- continue to social distance
- be up to date with vaccinations if old enough



GETTING AROUND THE TABLE

The stress of the busy modern lifestyle and increased financial pressure on families has made it difficult for many people to take time out of their day to sit around the dinner table and eat together. Enjoying dinner together at home is a great way for children and parents to talk about their day and build better relationships with each other.

If your family can find time in the week to sit together around the table, one way to make it a little bit more special is by setting and decorating the table in a fun way! Try out some of these ideas to get your family excited about sharing meals together more often.

- Go for a walk around your neighbourhood and look for plants and flowers that can be used as an eco-friendly table decoration like [these](#)
- Get creative and make some fancy DIY place cards for each member of your family to turn a simple meal into a proper dinner party (with correct table setting, of course). Check out [this link](#) for some easy ideas.