

RIGHTS IN ACTION

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



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What's new?

School holidays are next week! I hope you get the chance to have a good rest. Check out some ways to play in your garden to celebrate spring and to relax! Or learn a little bit of sign language... read page 2 to find out how!

Did you know...



There are over 250 Indigenous languages in Australia, and more than 750 dialects? That is a lot of ways to have a conversation!



Matildas' goalkeeper, Mackenzie Arnold, wears hearing aids and posted a video of the day she was fitted with them earlier this year.



Snakes can hear us talk... and perhaps shriek... through vibrations they pick up in their jaw.



Jodie

Yuma! This edition of Rights in ACTion is all about conversations! Each page is focused on a conversation we are having, or a way to have them! There is information about sign language, a few things we have learned from you about your right to play, and a new way to get in touch! So read on to keep our conversations going!

Contact me:



ACTKids@act.gov.au



Young Thinker Forum
actkids.act.gov.au

INTERNATIONAL DAY OF SIGN LANGUAGE



International Day of Sign Language (IDSL) is celebrated on Saturday 23 September. It is a day to raise awareness about the importance of sign languages and to promote their recognition. Here is some information about sign language so you know why this day is so important.

If you use sign language, this article might be useful to share with friends or family.

What is sign language?

Sign language is a way to communicate using your hands, so you can see a conversation instead of hear it. Sign languages are often used by people who are deaf. Deafness is when a person has partial or complete hearing loss. It is different for every individual.

There are around 300 different sign languages across the world, and they are recognised as separate languages that have different structures to spoken languages.

What sign language is used in Australia?

Auslan is the Australian sign language. Auslan was not invented by any single person; it evolved over time into what we know today.

Almost 20,000 people use Auslan to communicate every day!

How can I celebrate IDSL?

Why not try to learn some Auslan? [This is a great website \(auslan.org.au\)](https://auslan.org.au) that you can type a word into and it will show you a video of how to sign that word.

Here are some word suggestions to get you started:

- Play
- Conversation
- Dog
- Cat
- School
- Friend

DID YOU KNOW?

In Australia, 2 in every 1,000 children are diagnosed as having hearing loss by the time they reach school age?



Playing in spring!

Throughout Term 3, we have been having conversations with children and young people about your right to play and recreation. We have been asking what is important to you in play spaces and what you love. A lot of you said you prefer being in nature while you play.

So here are some ideas for playing in your backyard or local park in ways that celebrate nature, spring and your right to play and relax.

1. Plant and bird bingo!

Take a walk to see if you can spot these plants and birds. You can print this page and put a tick next to each one you spot. When you spot all of them you can yell BINGO!

WATTLE



BOTTLE BRUSH



GUM LEAVES



BANKSIA POD



KANGAROO PAW



MAGPIE



COCKATOO



GALAH



RAVEN



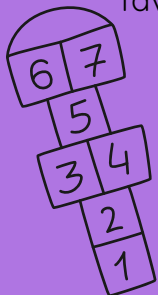
ROSELLA



2. Bingo sound

Now you have mastered Bingo, let's make it harder! Try to identify the birds using just their calls. Go to [Aranda Bushland](#) to learn how each bird sounds.... What's your favourite?

ah ah ah
ahhhhhhhh



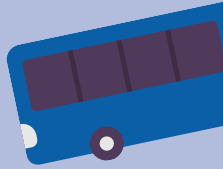
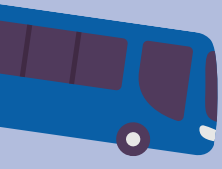
3. Sticks and stones hopscotch

You don't need chalk and concrete to play hopscotch. Build the squares out of sticks, find a stone as your marker and you are ready! Can you find stones for each person that are the same size, but different textures and colours?

Something to remember!

Playing outside in the warm weather is wonderful...but remember that the snakes like this weather too and are beginning to come out of their underground homes to get warm. It is a great excuse to make lots of noise so they know you are there. And if you see one, no need to panic, just stay calm and slowly back away.



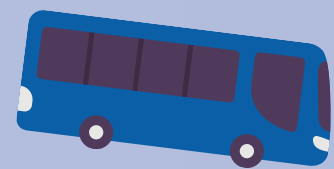
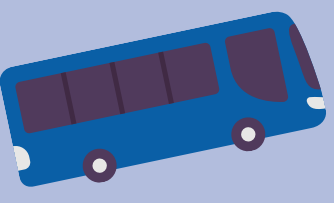


New bus timetable in place

FROM 9 Oct 2023

Rethink your routine

PLAN AHEAD



www.transport.act.gov.au
or call 13 17 10



We are starting a travelling post box!

What is a travelling post box?

We can drop a post box to your school or organisation, along with some of our postcards, so you can send a message to Jodie about what matters to you!

What should I write or draw about?

Anything! She wants to know about the things that are important to you!

- Do you have something you want her to know?
- Are there things adults should be doing so the ACT is better for children and young people?
- Do you have an idea you want to tell her about?



How does it work?

Get your teacher to nominate your school by emailing us. We deliver the box and postcards. You can use the postcards, or your own paper, to write or draw a message to Jodie and her team. To post it, just put it in the box. We will come back to pick it up.

If you want us to write back, include your email address. If you only want Jodie to see it and no one else, write PRIVATE on the top so she knows not to show it to anyone. You can also take a photo of your postcard and email it to her if you prefer.



Why should I send a message?

We learn from your thoughts and ideas about what we should be doing to make the ACT better for children and young people! The more children and young people we hear from, the better!

Email actkids@act.gov.au if you want a post box at your school or organisation!



Hey children and young people!



Did you know **each state and territory in Australia has a Children and Young People Commissioner, Guardian and/or Advocate?** Our job is to make our state or territory better for **YOU!**

As always, and particularly in the lead up to the Voice Referendum, we want you to know **we are all here for you...**

We are **YOUR** Commissioners, Guardians and Advocates and **we have got your back.**

In the ACT, your Children and Young People Commissioner is Jodie, and your Aboriginal and Torres Strait Islander Children and Young People Advocate is Barb.

Email us any time!



Barb

atsichildrenyoungpeople@act.gov.au

Jodie

actkids@act.gov.au



Australian Children's
COMMISSIONERS
AND **GUARDIANS**

