



# RIGHTS IN ACTION

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



## What's new?

Canberra seems to wake up when Spring weather begins to thaw out the frost! Celebrate the warmer weather with lots of things to do around Canberra these holidays.

- Floriade is on until Sunday 16 October and lots of it is free, so if you love flowers, Ferris wheels, music, food or just being out and about [find out more here](#).
- There are lots of free activities at Libraries ACT during the holidays -- from gnome painting to Lego to story time to dance classes. [Find out what you can do here](#).
- A while ago, the ACT Government banned some single-use plastic items, like plastic cutlery and straws. More items to ban are being proposed, like single use plastic plates and takeaway containers. You can have a say about the plans. [Find out more here](#).

## In this issue...

- DEAR JODIE: IS THERE A CHILDREN'S DAY?
- SPRING HAS SPRUNG
- ONLINE FORUM: MAKING CONNECTIONS FOR MENTAL HEALTH
- RAINY DAY FUN

Hi everyone,

Welcome to the September edition of Rights in ACTION! It's finally school holidays so for many of you there will be a chance to take a break and get some rest. Others of you might miss school. However you feel about the holidays, we have a few suggestions for things you can do to get the best out of the warmer weather, even if it is very wet!

There's also information about Children's Day, which is coming up in October. I thought I'd tell you a bit about it because a few of you have emailed me to ask how children are celebrated, and this is one of the ways. Find out how myself and my team will be celebrating and how you can get involved!

And with all the rain that is expected, we've got a few ideas about what you can do if you are stuck inside!



Jodie



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Young Thinker Forum  
[actkids.act.gov.au](http://actkids.act.gov.au)

# Dear Jodie...Why isn't there a Children's Day?

Dear Jodie,  
I have a question. If there's a fathers day and a mothers day why can't we celebrate Children's Day more often?

From T

Dear Jodie,  
I have a question that I think you will have the answer to. There is a holiday for Fathers and one for Mothers, so why can there not be one for children?

From N

Dear Jodie,  
I think kids should have a day like fathers day and mothers day. Why don't kids have a day like that?

From L

Dear Children,

I was thrilled to get emails from a few of you asking me about Children's Day. Is there a day to celebrate children? And if so, why can't we celebrate it more?

## Children's Week

I am pleased to say that there **is** a day that is all about celebrating children! In Australia, it is on the fourth Wednesday of October. It is part of a whole week dedicated to children. This year it is from the 22nd to the 30th of October.

It is different to Mother's and Father's day because we don't give gifts or make special breakfasts. Instead the week is used to highlight the rights that children have to enjoy a healthy, happy and safe childhood.

## Each year has a theme

This year, the theme of Children's Week is that all children have the right to a standard of living that supports their wellbeing and healthy development. This means your physical, mental, spiritual, moral and social development should be supported and governments need to help families that cannot do this themselves.

## What do you think?

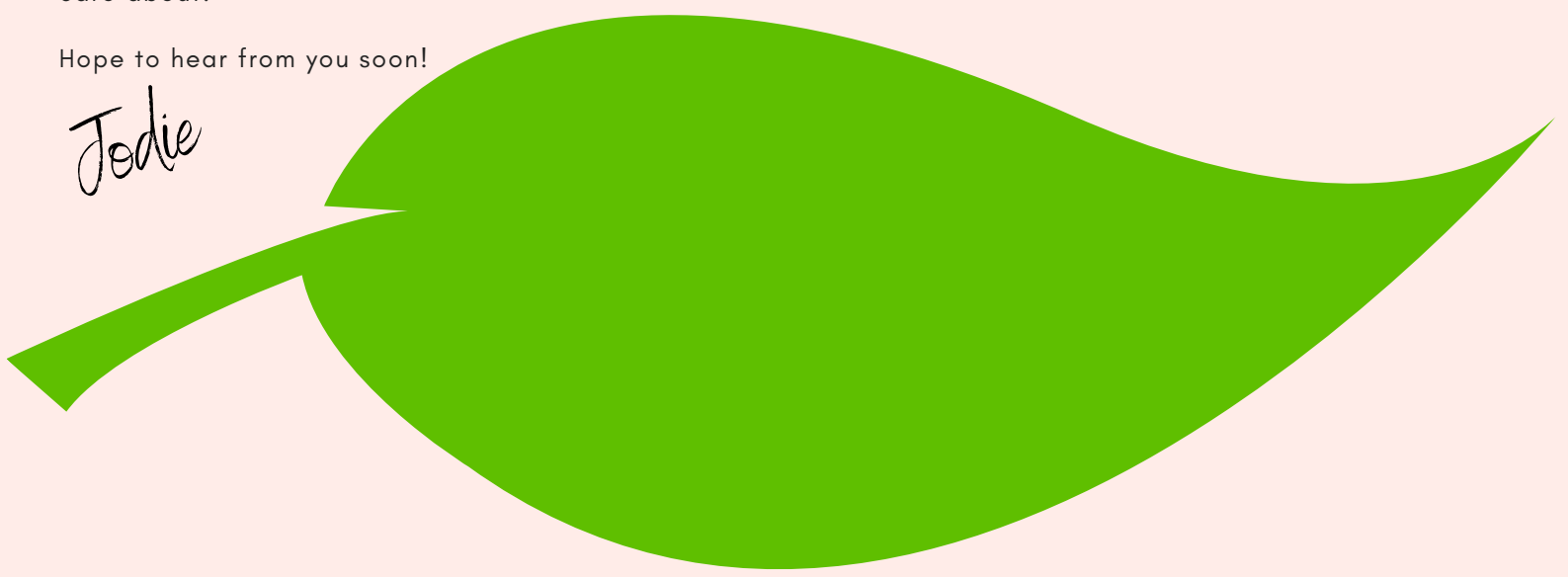
I want to know what you think the government in Canberra should be doing to make sure all children enjoy their rights in the ACT. During Children's Week I am visiting some schools to ask students to write their ideas on some paper leaves, which I will hang on a tree. We are calling it the *Idea Tree*! I will then give the Idea Tree to the ACT Government with all your ideas about how to make Canberra better for children!

If you would like to tell me your idea, you can write on the leaf below, take a photo of it and email it to me at [actkids@act.gov.au](mailto:actkids@act.gov.au). My team will cut it out and put it on the Idea Tree.

I love hearing from you so please keep emailing me and asking questions or telling me about things that you care about!

Hope to hear from you soon!

Jodie





## Spring has sprung

Spring is a great time to try gardening...and you do not need to buy any seeds. Check out these clever ways to grow your own food from things you might have in the fridge. We tested it and our tomatoes have already sprouted!

### What you will need:

- 2-3 tomatoes -- we chose cherry tomatoes, but pick your favourite type
- 2-3 strawberries
- 4-5 old plastic containers, like the ones for butter, or 1 egg carton
- Some soil (you can dig some from your garden if there's no cat or dog poo in it, or you can buy a small bag of soil from a garden store).

### What to do:

- Cut your tomatoes in half
- Cut off a thin layer of strawberry skin with the seeds on it
- Fill your containers with soil
- Place the tomato half or strawberry skin in the soil, seeds facing up,
- Cover lightly with soil then water gently
- Place a glass over the strawberry seeds to keep them moist
- Keep in a warm place that gets some sun and is protected from frost (like a windowsill inside)
- Water when the soil starts to look dry
- Once the seeds have sprouted and have grown a bit, you can plant them in a bigger pot or in the garden and eat them when they are red and juicy looking!



**Making  
Connections**  
with your Mental Health  
and Wellbeing  
with  
young people



**Join the online discussion**



**Australian Government**  
**National Mental Health Commission**

The National Mental Health Commission, which advises the Australian Government on the mental health and wellbeing of all Australians, would like to invite you to a Connections 2022 online forum for young people. In the forum you can take part in online discussions and contribute to the advice the Commission provides about improvements to services and programs for your community.

The webinar will be held on Zoom:

**Friday, 7 October 2022**  
**2:00 – 3:30pm AEDT**

**Register to attend here:**

[making-connections-youngpeople.eventbrite.com.au](https://making-connections-youngpeople.eventbrite.com.au)

**You can get more information**

By visiting: [making-connections.com.au](https://making-connections.com.au)

Or call toll free: 1800 220 246

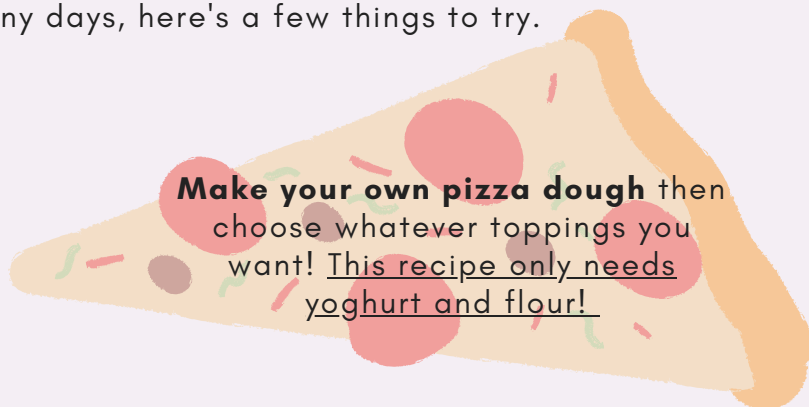
Or email [community@making-connections.com.au](mailto:community@making-connections.com.au)

# It's raining!

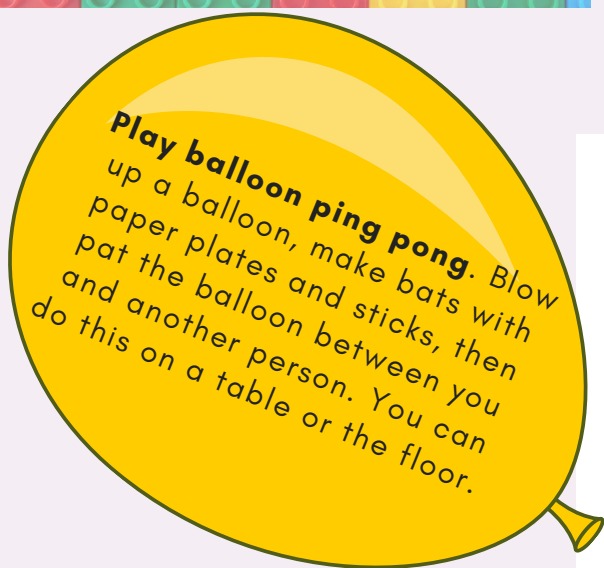
It can be pretty disappointing to have endless rainy days during the school holidays. So if you find yourself stuck for fun ideas on rainy days, here's a few things to try.



**Have a Lego building competition!** Challenge your friends and family to make something new. [Find some ideas and instructions here.](#)



**Make your own pizza dough** then choose whatever toppings you want! [This recipe only needs yoghurt and flour!](#)



**Play balloon ping pong.** Blow up a balloon, make bats with paper plates and sticks, then pat the balloon between you and another person. You can do this on a table or the floor.



Using masking tape to mark out roads and **make an indoor race track** for toy cars. [Find instructions here](#), but ask an adult before you put masking tape on the floor!

## Make your own bubble bath.

If you can't stay dry, why not just get wet?

In a clean container mix together:

½ cup liquid hand soap or body soap,

1 tablespoon of honey

Pour under the running water while you run your bath.

Honey helps your skin stay soft and moisturised. If your skin is very dry, you can add almond or coconut oil.



**Go outside!** Put your raincoat on and jump in puddles, go for a walk or dance in the rain!