



RIGHTS IN ACTION

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



What's new?

Time flies in Canberra! We are already into the last term of school. Even with the end of the year approaching, there are still fun things to look forward to!

- Get your scary costume ready for Halloween. There are lots of free spooky activities to do at home during the last weekend of October. [Check out some ideas here.](#)
- Are you bored on Sundays? Why not visit the [Old Bus Depot Markets](#)! Filled with hand-crafted collectables, endless amounts of jewellery, beautiful artworks and delicious food stalls. This includes Seni's Ethiopian Cuisine, which has finger-licking good food that leaves you wanting more.
- On the first Friday of every month the [Australian National Botanic Gardens](#) hosts a story time for kids. The next one is on Friday 4 November. Great for pre-schoolers.

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- PROTEIN BALLS RECIPE
- LIVING STREETS YOUTH TEAM - PROJECT PROFILE
- THANK YOU!
- CHUCK CYPC A LIKE!

Hi everyone,

We're Leensaa and Joslin. We've been doing work experience at the Children and Young People Commissioner's office and have put together this newsletter. So, welcome to the October edition of Rights in ACTION!

It's the last term of the year. It is so exciting as Halloween and Christmas are so close. We have included a suggestion for an easy recipe to boost your energy before the end of the year. It is the perfect snack that is both healthy and delicious.

There is also an article about a fantastic team of young people who are contributing to their community through Living Streets Association. So, with that said, we would love you to chuck CYPC a follow to [@actkids_cypc](#)!!

Joslin and Leensaa



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BLISS BALLS

Recipe

Ingredients

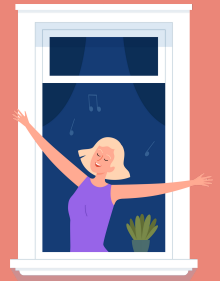
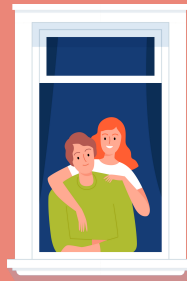
- 100 grams rolled oats
- 2 tablespoons cocoa powder
- 12 pitted dates
- 2 teaspoons of maple syrup (or golden syrup)
- 2 tablespoons desiccated coconut (plus extra for coating)

For extra protein and a different taste, you can use peanut butter (or almond/cashew butter) instead of dates.

Directions

1. Put oats, cocoa powder, dates and syrup into a food processor and process until a sticky dough forms.
2. Roll a teaspoon full of dough into balls. Put olive or coconut oil on your hands to stop the dough sticking to you if you want.
3. If you want to, you can roll the balls into the desiccated coconut.
4. Refrigerate for 30 mins before eating.





Children's Week - Living Streets Youth Team

Every year, at this time, we celebrate Children's Week. One way we do that is to recognise organisations and individuals who are doing great things for children and young people around Australia.

Jodie is lucky enough to have a special award, called the Children and Young People Commissioner Children's Week Award. Last year it was awarded to the Living Streets Youth Team for their school holiday projects. This Children's Week, we asked the Living Streets Youth Team all about their work and how it helps to create a sense of community in their neighbourhoods.

What does community or neighbourhood mean to you?

"I believe that community is the small actions of people. Stopping and saying hello to neighbours while on walks, gathering for events, helping look after family and creating a pleasant atmosphere. All these things create community. It's also important that the environment is where everyone feels welcome." - *Natalie*

"For me, Community is something wonderful. When I came to Canberra, I saw what community is; a common language of local residents and living happily together, which really moved me. Therefore, for me, the word "community" is not only the literal meaning of people living in the same place, but also implicitly expresses a vision for collective life, and a friendly and interactive lifestyle between people." - *Ian*

What does Living Streets aim to do?

"To me, community is caring about people that you don't really know, and then actually getting to know them! I think Living Streets encapsulates that really well by caring for and creating a better space for everyone, including our own members, but also neighbours that can't be as actively involved and future neighbours that haven't even moved in yet." - *Mia*

"The Living Streets Association is committed to creating a neighbourhood that helps people, young and old, find a sense of belonging through community-building activities and creating social spaces. We hope to motivate individuals to contribute to the environment or suburb they live in, creating a sense of community." - *Belle*

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Some of the Living Streets Youth Team meeting Jodie

Why did you get involved in Living Streets?

"I joined initially because I was interested in built design and how it influences communities. I stayed because of the incredible people I met, and the clear passion everyone has for making their community a better place. Everyone at Living Streets has been so welcoming, and I feel like part of the community!" - *Mia*

"I think Living Streets projects are so meaningful, and when I can help contribute a little to others, the interactions can be so touching. Seeing the community happy at events and doing wonderful things also makes me happy." - *Jodie*

How did it feel to win the award?

"When we received the Commissioner's email, we were all so touched that Jodie Griffiths-Cook wanted to acknowledge our contribution in person. As one of our goals is to help children and young people live in a happy neighbourhood and grow up to contribute to their communities and society, receiving this award helps them to feel recognised for their work. Immediately after receiving the award, we had young people stepping up to become the youth chair of Living Streets and event activity coordinators, so we know that they are becoming kind, selfless contributors to the community." - *Belle*

What advice do you have for other young people wanting to make a difference in their community?

"Communities can be made up of a diverse range of people from all walks of life and everyone is welcome. Actively involving yourself in communities around you can bring a beautiful richness to your life. The people you meet and experiences you gain will shape you in ways you could never imagine and is something I would recommend to anyone." - *Jazmyn*

Thank You

To everyone who completed the online survey as part of the racism consultation! From your responses, the CYPC are now working on ways your views can be presented to help improve the lives of children and young people in the ACT!

Follow the Children and Young People
Commissioner on

Instagram

The Children and Young People Commissioner has got Instagram! Chuck her a follow to get updates about what she's doing and learn more about the team! Feel free to give suggestions on what to post too!



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