

RIGHTS IN ACTION

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



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What's new?

- Floriade started on 25 September and is open from 9:30am till 5:30pm every day until 12 October. Check out details here: floriadeaustralia.com

Did you know...

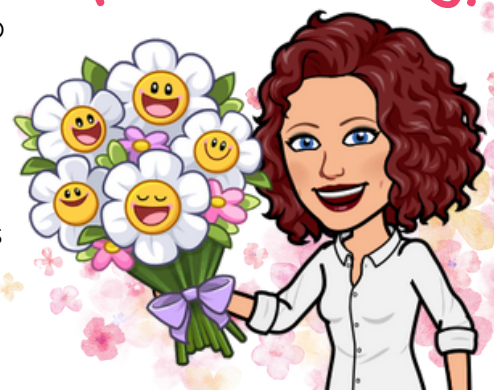
- First Nations people have the oldest continuing culture in the whole world!
- More than 1 in 5 Australians speak a language other than English at home.
- In Australia we have the expression 'A fair go'. This refers to the value for everyone to get treated equally and having a fair chance to succeed.

Yuma! Welcome to September Rights in ACTION. This month we explore your right to an education that helps develop your talents, abilities, values, and cultural identity. We also have an activity to help you think about your own values.

You will also find some fun ideas for spring that our work experience student, Annabelle, put together and some special days to celebrate in October, including Children's Week. Find out about free child rights workshops you can organise for your school!

Jodie

Happy spring!



Values, culture and your education

Your education must help you develop your own talents and abilities. It should support your cultural identity, language, and values. It should also help you live peacefully in your community and respect other people and the environment.

Article 29, Convention on the Rights of the Child

Your right to education includes making sure you can go to school, as well as what you should be taught. Your education must help you to develop your unique, identity talents and values. Everyone has different skills. Some people are good at maths, science, or reading. Others are great at sport, art, music, cooking, helping others, or being a leader. Your education should help you become the best version of yourself.

Values

Being yourself includes developing your values. Values are the things that matter to you. Things like honesty, helping others, spending time with family, and caring for country. Often things you are interested in and enjoy are related to your values. When you make decisions, you usually use your values to decide what to do. Everyone has different values, and your education should support them.

“Allow kid’s to get to be themselves at school and not have to feel like they can’t.”

Student from the CYPC’s Listening Tour 2024

Our society has values too. Your education should help you to learn about these values, which include things like respecting others, equality, acceptance and caring for the environment. This helps you take part in society and live happily with others.

Cultural identity and language

Your education should also help you celebrate your history, the languages you speak, and any traditions that are a part of your family. Your education should support this too.

“You should be allowed to learn more about our culture.”

Student from the CYPC’s Listening Tour 2024

Your school should support your cultural identity and language by giving you opportunities to learn more about them, and by being a safe place where you can feel proud of who you are and where you come from.

What are your special skills and abilities?

What are your values?
How does your education support them?



Explore your values

Below are some examples of different values people have. To explore your values sort the cards into what is the most important to least important for you. You can print them and cut them out or write on each card. You are likely to have some values that are similar to your family and friends, and others that are unique to you. The values we share can help us feel close to others, and the different values we have can help us share different perspectives and ideas with others. Are there any values you have that are not on these cards?

Equality



Fun



Honesty



Faith



Safety



Respect



Nature



Culture



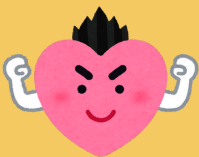
Adventure



Being good at things



Courage



Family



Fairness & Justice



Kindness



Keep trying and not giving up



Sharing



Friendship



Learning



Being popular



Fitness and health



Celebrating Spring

Spring inspired Strawberry White Chocolate Scones

Ingredients

- 2 ¼ cups self raising flour
- ¾ cup of sugar
- ½ cup of vegetable oil
- 1 egg
- ¾ cup of milk
- 1 cup sliced strawberries
- ¾ cup white chocolate chips

Instructions

1. Preheat oven to 180°C.
2. Line a 12 hole muffin tin with paper cases.
3. Sift flour into a bowl.
4. Add sugar and gently mix.
5. Combine the oil, egg and milk in a jug.
6. Pour the milk mixture into the flour and sugar and combine with a wooden spoon until just combined.
7. Add strawberries and chocolate chips and mix gently.
8. Spoon muffin mixture into the muffin tin.
9. Bake for 20 minutes or until you can insert a butter knife into the centre of a muffin and it comes out clean.

Allow to cool and then enjoy!

You can try this recipe with dark chocolate chips, blueberries or raspberries! And they are great in your lunchbox!



Springtime
Sensations

You can dry and press flowers then stick them to ornaments, use them in paintings or craft.

Check out instructions for pressing flowers here:

dltk-ids.com/crafts/nature/m-pressed-flowers.htm

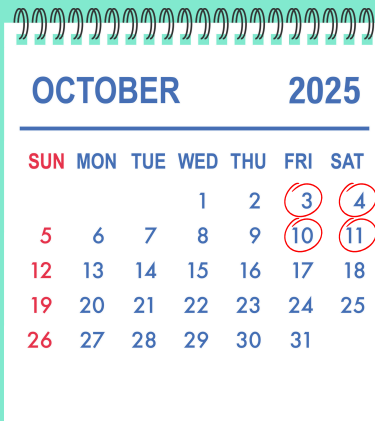
Head down to your local park with your family and friends and enjoy a picnic in the fresh air! You can bring these muffins!

Create your own DIY Herb Garden! All you need is a pot and some seeds. Watch this video for the full instructions:

youtube.com/watch?v=FT_tjoRZNsY



Days to look out for next month



World Smile Day, 3rd of October

World Smile Day is a special day that was started by an artist to celebrate being kind and making others smile.

The idea of the day is to find something kind you can do for someone else that day to make them smile!

What could you do on the 3rd to make someone else smile?



October

4

World Animal Day, 4th October

World animal day is celebrated every year to raise awareness of animal rights and the importance of protecting animals and their habitats.

What would you like to do to celebrate World Animal Day? Maybe you could spend some quality time with your pet, learn about an endangered species or draw your favourite animal?



World Mental Health Day, 10th October

World mental health day increases awareness of mental health and the ways you can take care of your mental health. This year the theme of World Mental Health Day is 'meaningful connections matter.' This is a reminder that being connected with your family, friends, community, and yourself helps everyone's mental health.

Is there something you would like to do to connect with your friends or family? You can try doing Mindfulness Bingo. Find out more here:

momswhosave.com/wp-content/uploads/2021/02/Mindfulness-activities-for-kids.pdf



October

11

International day of the Girl Child, 11th of October

This day celebrates and empowers girls to claim their human rights. It is about the importance of equality and making sure that girls have the same opportunities as boys. This year is celebrating the solutions girls are coming up with some of the world's biggest challenges. You can read about the day here: un.org/en/observances/girl-child-day.

Check out the Rebel Girls blog for inspiring stories about girls who are achieving great things around the world: rebelgirls.com/blog



Learn about
rights!



Have your
say!

Celebrate Children's Week: Child rights workshops

Children's Week is celebrated every October to teach people about children's rights and celebrate the achievements of children and young people. This year the theme is: Everyone should know about children's rights!

Celebrate at your school!

If you would like us to come to your school or club, you can email actkids@act.gov.au or ask an adult to email for you.

My team and I can come to your school or club to talk about your rights, listen to you about your ideas, and have some fun!

Everyone should know about Children's Rights!

Information for adults

Workshops can be held in October and November, starting in Children's Week (18-26 October 2025 - Week 2, Term 4).

Sessions start with an interactive human rights workshop, then some activities to help students consider how to make Canberra a better place for them to live. We can tailor sessions to work with your timetable and year level.

Contact us with any questions or to book a session.

