

THE Blue EDGE Bulletin

April 2023

That's a Wrap!

And just like that Blue EDGE for Term 1 2023 has wrapped up. This term has seen two brand new schools come on board, four sessions with Melbourne Victory, new content delivered by facilitators, and 72 students graduating. We're already hearing about the positive changes students have made because of Blue EDGE, including improved attendance at school.

A huge thank you goes to our site teams for all the work you've done this term. Our Facilitators, School Leads, Police Leads, fitness trainers and caterers – thank you, we couldn't run the program without you!



Bendigo Blue EDGE

The Longest Day

Often dubbed 'The Best Day', the Longest Day is a chance for the groups to build on the skills learnt in the Blue EDGE sessions and celebrate their achievements. Each group heads to an adventure camp where students are challenged to complete activities such as high ropes, giant swings and team initiatives. Some require great communication and teamwork, whilst others are designed to simply get the students out of their comfort zone!



There was great communication and teamwork, all students used their voices to be encouraging and offer support. And so many students overcame their fears! - Morgan, Broadmeadows Facilitator



Gisborne Blue EDGE



Churchill Blue EDGE



Newcomb Blue EDGE

A standout moment at Churchill's Longest Day was the last activity of the day "The Bush Challenge". According to one student it was a great reflection on how far the group had come that day.

"Collaborating, communicating, listening, problem-solving, using patience, encouraging each other, focusing, persevering and being resilient. It was a great team experience that also helped us understand ourselves and our teammates. It was insightful and showed us new ways to work in teams as well as work on our strengths as individuals. It was such a worthwhile experience."

We'd like to thank these wonderful organisations for having us this term: Murray Life Adventures, Kinglake Forest Adventure Camp, YMCA Lady Northcote & Lake Dewar, Burnside Camp, The Ranch and The Summit.

Mental Health & Wellbeing

A topic that has been well received by the students are our modules on mental health and wellbeing. In these two sessions we aim to dispel myths and stigma around mental health and give the participants strategies on how they can manage stress.

Participants get a taste of different strategies that help with anxiety in the '6 Stations' activity. Doing a mindful activity, practising gratitude, grounding ourselves and thinking about what's in our control are all different techniques we can use to bring our thoughts and our body back to the present, calm us down and remove any anxious thoughts.



It was good to see some of the students considering tools and strategies that they hadn't considered before. Some of them didn't even realise that the match sticks were helping them destress, which was a great realisation! - Casey, Churchill Facilitator



Churchill Blue EDGE

Spotlight!

Cass Groves - Gisborne & Yea Facilitator

What do you enjoy most about facilitating Blue EDGE?

I love the connections I build with the students, and seeing them making connections with each other.

Which animal resembles you the best? Why?

A panda. I'm clumsy, a bit vague sometimes and I'm a big softie!

If you were a book, what would your title be?

Well, that was unexpected!

When you were a kid, what did you want to be when you grew up??

A teacher, a vet, a librarian, an astronomer, an archaeologist, a journalist, a marine biologist, a museum curator... the list goes on!

If you could invent something, what would it be?

A gadget that allowed me to read a book while I was walking, without bumping into anything

What advice would you give to your teenage self?

You will find your tribe, so hang in there

Do you have a hidden talent?

I can speed read, which is useful sometimes, but not a very interesting party trick!

If you could become a cartoon character for a day, who would it be and why?

Garfield. One word - lasagne



Feedback Survey

Have you or your child been involved in a Blue EDGE program this term?

At the end of each program we invite all of our participants and stakeholders to fill out a Feedback Survey.

The survey is a chance for students, School and Police Leads, Fitness Trainers and families to provide Blue Light Victoria with insight into their thoughts on the program. We want to hear the good news stories and the areas you think need improvement.

To have your say, simply follow the links below:

Families: https://www.surveymonkey.com/r/BE_Fam_T1_23

Community: https://www.surveymonkey.com/r/BE_Comm_T1_23



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