



A Blue Light Victoria program

THE Blue EDGE Bulletin

June 2023

Mission Accomplished!

Last week 155 students graduated from Blue EDGE, Term 2 2023 – congratulations! What a fantastic term it has been. As always, a major highlight was the police session, which saw different units visit the programs, including police dog Nugget who felt like a rockstar at Newcomb Secondary College.



The Longest Day saw students get out of their comfort zone and challenge themselves on high ropes, as well as practising the teamwork and communication skills learnt throughout the term.

Thank you to all our amazing facilitators, schools, police members, fitness trainers and caterers. Another wonderful term of Blue EDGE comes to a close.



Blue EDGE Maryborough



Blue EDGE was fun and I'd like to do it one day when I'm a police officer!

- Student



Blue EDGE Bendigo South East

Stress Balloons

Everyone has stress in their lives, but what happens when you ask for help?

The Stress balloons activity starts with one student trying to keep one balloon afloat, which represents a stress in their lives. Whilst this is quite easy, when another balloon is introduced, it can create anxiety and become overwhelming, and may result in a balloon falling to the ground.

However, when a student asks for help to juggle the balloons, it becomes much easier to ensure they stay afloat – which is the same with stress. Stress can impact our mental health and create anxiety if it becomes bigger than our ability to manage it. The key is to notice when stress is starting to overwhelm us and ask for help then, not wait until the damage has been done (ie: the balloon has fallen to the floor).

After this activity, the students look at different strategies that help with anxiety. Strategies that bring your thoughts and body back to the present, calm you down and take away any anxious, future based thoughts.



It's a great activity. Giving students a visual representation of how stress can build. Also great to see a discussion around how not everyone has the same 'balloons' or 'juggling skills'. - Sam, Facilitator



Blue EDGE Traralgon



Blue EDGE Woodmans Hill



Spotlight!

Hayley - Woodmans Hill Facilitator

What do you enjoy most about facilitating Blue EDGE?

I like engaging with young people in a fun environment and helping them learn what makes them so unique and special.

If you could snap your fingers and become an expert in something, what would it be and why?

So many choices but I believe you learn more from making mistakes and how to fix them so it would probably be something small like playing guitar as that can create a lot of happy, joyful moments in life.

What advice would you give to your teenage self?

Ignore the people that want to put you in a box, do what will make you happy and go for your dreams regardless of what others say you can't do. Prove to them you CAN do it.

If you could time travel, what year would you travel to and why?

Assuming I can't change anything then I would probably travel back to the 60s as there was so many important events I would love to have experienced.

If you could become any cartoon character for one day, who would you be and why?

Penelope from wreck it Ralph. She is smart, creative, lives in a candy land and gets to race cars all day.

If you could only eat one meal for the rest of your life, what would it be?

A good spaghetti bolognese.
YUM!



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 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_T2_23

Community: https://www.surveymonkey.com/r/BE_Comm_T2_23



Blue EDGE Maryborough



Blue EDGE Bairnsdale



Blue EDGE Bendigo



Blue EDGE Gisborne



Blue EDGE Viewbank

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Blue EDGE is a Blue Light Victoria program run in partnership with Victoria Police.

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