



Term 2 2024 Newsletter

Week 1

Dear School Representatives & Families,

Welcome to the first Operation Newstart Western Newsletter for Term 2, 2024.

We are very pleased to welcome onto the program our dynamic group for this term; Axel, Noah, Jett, Chayse, Nalha, Indi, Hertha, Tin and Enes. A big thank you to all families for joining us for our information session on Wednesday. We had a great time learning a little more about each of you and enjoyed seeing the young people, along with their families and carers get to know the others in the group.



We had a very full first day of program on Thursday. We met the young people at Southern Cross Station in the morning where they were asked to work as a team to navigate and take us to The Reach Foundation in Collingwood. The group took turns to lead and suggest the easiest way to get us there, deciding that the tram was our best option. Once we arrived, the young people met the organisers and other participants, heading upstairs to have some breakfast before getting into the workshops and fun. At the end of the day, we received wonderful feedback from the organisers of how involved and giving each person from our group had been throughout the workshop. During our end of day reflection, we were impressed to hear how many of the young people were brave enough to share their stories in front of the other young people from different schools. A key outcome from the day was that *we are not alone in our challenges and that we are more similar than we appear*. The group decided to take the same way back to Southern Cross Station where we parted ways for the day, with each young person saying they were excited about the next Reach session.

On Friday, we met the young people at Footscray Station and headed back to Travancore School to spend the day getting to know each other a little more. We spent some time learning about our daily check in and why this is important. We also learnt about some things that we find challenging as individuals and talked through what strategies each person can use when they are feeling challenged. The group participated in a team challenge "Lost at Sea" where they had to work together to establish some key items that could help them if they were stranded on a lifeboat. This was a fun activity where each team learnt about some of the strengths of their team members.

Today we visited each young person at their school to find out how the first week of program was for them, and we spent some time working on selecting the goals that they want to work towards while on program.

We thank schools and families for their support of your young person to attend both school and Newstart. We look forward to our first full week of program this week.

Have a great week 😊 Jamie, Paul & Marie.

