

Media Release 28/04/20



Summary of Activities

Lighthouse is working in creative ways to support students and staff at Greater Shepparton Secondary College with a focus on literacy and wellbeing through connections. These are existing initiatives offered in a different format.

1. Greater Shepparton Community Response

Lighthouse (Lisa) chairs and provides administrative support for the Greater Shepparton response, a collaboration of about a dozen orgs including GSSC, Committee 4 Greater Shepp, Shepparton Foodshare, Rumbalara Aboriginal Co-operative, Ethnic Council of Shepparton and District, Goulburn Murray Community Leadership Program, and others who are working together to co-ordinate effort in areas such as identifying vulnerable cohorts and food distribution.

2. Activity packs for children – pre-school and primary

Distributing about 200 packs a week. When we were doing a smaller number they included coloring pencils, chalk, bubbles etc but as they have grown they are now activity sheets.

3. Havens

Operating as virtual Havens maintaining contacts with kids and families via phone, text, social media and home visits. Supporting families with food, connections and referrals and assistance as needed. Mainly just being there, letting them know we care and we are there for them.

4. Food distribution

Early on we were distributing up to 130 packs a week, that has dropped back to about 25 packs a week as the Foodshare and other organisations have ramped up their response. We also have three staff volunteering two or three days a week at the Foodshare and another staff member distributing food packs for Shepparton Family and Financial Services.

5. Virtual Take pART (Year 7)

Following the success of the Take pART lunchtime program in Term 1 we are aiming to provide art inspired activity packs for all Year 7 students in Term 2. These packs will contain creative activities with a focus on promoting positive mental health that can either be delivered in one hit or be spanned over 10 weeks. The activities will be a combination of online resources and provided resources and materials. Again, we have partnered with businesses across Greater Shepparton to design the program.

Activities to include:

- **Fitness challenges**, Plus Fitness Shepparton creating online at home workouts
- **Flowers**, Blooming Buckets to provide foliage and instructions to make a flower arrangement

- **Online art class**, local artist Tank to film a short art class video for students to follow and the paint, canvas and paint brushes will be included in the resource pack
- **Cooking session**, canned spaghetti or apples provided to create a delicious meal. The can is then used as the vase for the flower arranging
- **Mindfulness**, link to Smiling Minds app for students to practice their mindfulness or meditation
- **Paper craft**, students to create origami. Also, able to team up with Council Waste Educators to create everyday items (paper bag bin liner) from reusable sources
- **Rock painting**, to provide simple instructions to beautifully decorate rocks
- **Random Act of Kindness**, to write a positive postcard/note to place in a neighbours letterbox
- **And much more..**

See attachment 1 for Take pART evaluation summary of Term 1

6. Secondary Activity Packs

Lighthouse will provide 50 activity packs per year level to support engagement via activities that have a strengths-based approach. Where possible the activities will incorporate some Industry Links and mentor connections. Activities will be centred around:

- Connection to each other (students)
- Connection to school
- Promote positive mental health

Selection of most in need students will be at the discretion of the principal and wellbeing teams at each campus/setting. See Attachment 2, activity schedule and details of the Secondary Activity packs.

7. Year 7 Literacy delivered as a virtual program

Also looking at taking our successful year 7 literacy mentoring program online and currently in discussions with the school about that.

Term 1, 2020



Number of activities

25 Run

15 Cancelled due to COVID-19

Partnerships

11 Formed



Kristen
Retallick



Kath
Payne
Yoga



Creative
Therapies



Student attendance

277 Recorded instances, not all students signed in

Highest attendance

- 1.** Flower workshop & Soap making (run at once)
- 2.** Tattoo art, Drumming & mindfull colouring (run at once)
- 3.** Cooking workshop with PCC

Lowest attendance

- 1.** Art workshop
- 2.** Yoga & meditation
- 3.** Drumming workshop

Student well being

4/5

Pre-session

5/5

Post-session



Most effective sessions

With greatest mood shift

- 1.** Brain Doh!
- 2.** Cooking workshop with PCC
- 3.** Fitness session with Plus Fitness

How did you feel?



Activity rating summary

Did they enjoy the program?

3/3

Average rating

93%

of students rated their participation as highest enjoyment

Feedback

Student

"I always feel better after coming here"

"I love these activities, I come every week!"

Facilitator

"I heard students introducing themselves to each other and create new friendships at each session I went to"

ACTIVITY PACK!

Attachment 2

This activity pack was created for you to have a little fun and link in with your school mates. So we hope you enjoy and be sure to share what you are doing with your friends.

Follow **GV Youth Knot** on Facebook & share your activities on the page with the chance to win a prize for any activity marked with**. The activities are spaced to last you 5 days, so the cut off to win a prize is the start of day 6.

5 days worth of activities starts here: **Day 1**

Daily journal. Grab the book in your pack, this is yours to do with what you please. This is now your daily journal to keep track of how you are feeling and what day it is! To get you started we have provided a prompt [page 1], fill it in then write your reflections about the process for your first journal entry.

****Cooking challenge!** Grab those Two Minute Noodles from the pack and get in the kitchen, we want to see your best Two Minute Noodle creation. Post the finished product on the GV Youth Knot page along with your recipe for **the chance to win a month's supply of noodles!**

Get to know someone better. Take the questionnaire [page 2] from the pack and talk to a friend or family member to learn more about them.

Movies movies movies! Share what your favourite movies are on the GV Youth Knot page then watch someone else's suggestion! If you want, follow up with the person who suggested it & let them know how you found the movie..

How do you feel on the first day?^z



Day 2

Daily journal. Day two entry. Watch this clip: [to be inserted](#). Then write about your thoughts on it and if there are any learnings you took away from it.

****Best trick shot!** Alright lets get active.. film yourself doing the best trick shot you can do with a soccer ball/basketball/tennis ball whatever ball or even try the stressball in your pack. Post the video on GV Youth Knot for **the chance to win an online Rebel Sports Voucher**.

Paper art. Grab the coloured paper in your pack and stretch those fingers, its time to get folding. See the great instructions on page 3.

****Tattoo challenge.** Who has the best tat skillz? Draw your best tattoo design and post it to the Facebook page. A tattoo artist will pick the winning design! **Winner gets a mystery prize ...**

Day 3

Daily journal. Day three entry have a look at the next prompt (page 4) and see what you think.. write about if afterwards.

****Video Comp!** Team up with some school mates and create a Tik Tok or video masterpiece. Get creative and each film yourself doing something, anything, could be dancing or throwing an item to each other then join each video together into one. **Post on GV Youth Knot page for your chance to win a prize pack!** Need some inspo? Watch this: <https://www.tiktok.com/@itsshaaaxx/video/6817181925845863681>

Fave song. Let us know on the GV Youth Knot what songs you love and we will make a Spotify playlist of all the songs for you to listen to!

Motivation. Watch this: https://www.youtube.com/watch?v=wQyB_JtkK6Q [we will also post it on the Facebook page]. Then have a think about what your dream is, what you aspire to do. With the coloured card in the pack write/draw something that inspires you or a positive message for yourself. Then put the card on your mirror, in your journal or somewhere as a daily reminder of what you are striving for.

Daily journal. Day four entry. What this clip: **to be inserted**. Then write about your thoughts on it and if there are any learnings you took away from it.

Day
4

****Best hair!** Show us your best tips and tricks for taking care of your hair, take a quick tutorial video and send it to us at the Facebook page. **Best video wins a hair care pack!** Get creative with it...

Push up/sit up challenge. You got what it takes? Prove it! Grab the push up/sit up challenge sheet [page 5] from the pack and get cracking. For an extra push FaceTime a school friend and do it together.

Learning Auslan! Take a look at the language sheet in the pack [page 6], watch the tutorials then FaceTime a friend and have a conversation in Auslan. Or post a video on the Facebook page of yourself asking a question in Auslan for people to reply to.

How do you feel on the last day?



Daily journal. Last entry.. reflect on your time so far learning from home. When you have written your entry call a friend and ask them how they are finding learning from home or if you are up for it post a 30 sec video of yourself to the GV Youth Knot page to share your experiences.

Day
5

****Skipping challenge.** Watch this YouTube clip, grab your skipping rope from the pack, then create your own skipping challenge! Post a video of it to the Facebook page and Jamie from Plus Fitness will choose a winner! **Winner gets an online Rebel Sports voucher.**

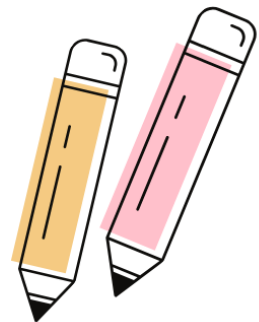
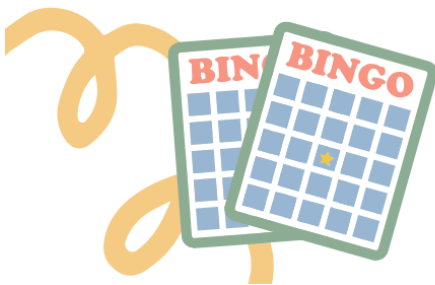
****Flower Power.** See the tin can? Eat whats in it and use the tin as a vase. See the flower instructions [page 7] and create a masterpiece to give to Mum or someone special on Mother's Day. Send us a pic of your finished product on GV Youth Knot & best flowers will be judged by a florist with **the winner getting a bunch delivered to their home!**

COVID Time Capsual. Whats your favourite stuff at the moment? Song, Tik Tok, quote, movie, book whatever you want! Write it down/put a part of it in the brown paper bag the activity pack came in. Now you have a COVID time capsual to remind you of what it was like during this history in the making time!

BONUS ACTIVITIES

Bit board? Try these activities and once done tick it off until you have completed them all. There are even some gaps so you can add your own activities ...

Read something new		Do a random act of kindness for someone at home	Check in with a friend from school
	Grab the colouring pages from the pack and .. get colouring!		Write a list of movies you want to see
Write a bucket list of things you want to do before you ... kick the bucket		Call/text a family member just to say hi	Download Smiling Minds app & try a new meditation
Make a playlist to chill out to		Have a paper plane comp	Solve daily brain teaser on GV Youth Knot FB Page



ACTIVITY PACK FEEDBACK!

Date: _____

Year level: _____

Fill this sheet in when you have finished all your activities

Tell us how the pack activities made you feel.



Do you think that the activity pack has helped you engage with your classmates?



Do you think that the activity pack has helped you feel connected to your school?



Do you fee like this pack has helped you with maintain /promote good mental health?



Which activity was your favourite? Why?

How could we improve our packs to help students feel connected and to maintain good mental health? Or what else can we do in general to support young people to maintain good mental health?

Send a photo of your completed form to **0423 581 822**
or email **greatersheppartonlighthouse@gmail.com**
for the chance to win a Coles voucher!