



SU SCHOOLS PROGRAMS

SU Victoria is committed to participating vibrantly in the life of local schools. We offer creative strategies for working with children, young people and families, including 'at-risk' young people.

As well as facilitating individualised approaches based on specific needs and distinctive characteristics of local communities, SU Victoria has developed programs targeted to respond to some of the unique challenges faced by schools in dealing with issues of student wellbeing. All programs are ChildSafe.

SU programs are based on our ELEVATE framework for strategic youth and children's community development. These programs aim to dynamically:

CONNECT with young people and school communities

BUILD up positive values and resilience in young people

EMPOWER young people to transform their school and community

SU programs are designed to be relational, innovative and operated by trained volunteers, chaplains and staff, supported by their local communities.



PROGRAMS FOR ALL AGES

BREAKFAST CLUB

A great many children come to school in the morning starving for attention, not just cereal. Starting the day with a nutritious breakfast and positive interaction can have an enormous impact on a child's educational performance and the life of the school community.

SU currently runs breakfast clubs in urban and rural Primary and Secondary Schools across Victoria. SU builds partnerships with local churches and community volunteers for each Breakfast Club to support the local school and community.

ONE ON ONE MENTORING

Volunteer community mentors, trained and supported by SU Victoria work one-on-one with school-identified students on self-selected engagement activities. These experiences build their resilience, self-regulation and general life skills.

PROGRAMS FOR PRIMARY SCHOOLS

GARDEN CLUBS

SU School Garden Clubs are designed to help young people grow. Through hands-on activities and volunteer mentoring students develop positive interpersonal, physical and academic skills, including improved literacy and numeracy, scientific knowledge, student confidence, resilience and self-esteem.

SOAR PRIMARY*

SOAR Primary is an adventure based relational and experiential learning program for at risk students in upper primary school years. Through activity based sessions, outdoor activities and small group mentoring, SOAR Primary works closely with students to promote positive life choices and decision-making, assisting and empowering them to improve their self-perception and achieve success.

PRIMARY MAD (MAKE A DIFFERENCE) CAMPS

Primary MAD camps empower students in Grades 3–6 to be change-makers in their school and community. Students are welcomed, valued and cared for and through this experience learn more about caring for others. During the camp, students learn about their personal value, identify needs in the world around them, and ways they can make a difference in their schools, families and communities.

PROGRAMS FOR SECONDARY SCHOOLS

COOL DOWN

Cool Down is a six week small-group anger management program aimed at middle-school students (Years 5 – 8). The program creates a safe space in which to explore anger issues, become more self-aware and practice self-management and communication skills using fun activities.

Chaplains and volunteer community mentors currently run SU's Cool Down program in both urban and rural schools in Victoria.

LEADING EDGE (GLOBAL CLASSROOM)*

Leading Edge aims to empower young people in their leadership abilities, unleashing compassion and helping them to recognise they can make a difference. The process harnesses the strengths, capacities and interests of students to develop small group community-based projects which make a difference in their school, community or world. Community volunteers mentor each group of students through their project with an experienced coordinator facilitating the program.

SOAR ADVENTURES

SOAR Adventures is an adventure based relational and experiential learning program for Year 7-9 at-risk students. The program aims to assist young people transition into healthy adulthood with effective leadership and relational skills. SOAR works closely with students to promote positive life choices and decision-making, assisting students to improve their self-perception and empowering students to achieve success.

SOAR creates a safe space for participants to learn about themselves and others. The experiential learning environment encourages young people to gain confidence to try and to achieve things they never thought possible.

CHIC

CHIC is a flexible program designed to help young women in Years 7 – 9, develop, learn and grow. Through a variety of challenging and fun activities, supported by interactive group discussions, participants explore issues around identity, self-worth, respect for others, relationship, bullying, social justice and conflict resolution. CHIC is run with small groups of 6 – 10 participants providing students with the opportunity to explore these issues among peers, in a challenging but informal environment. CHIC can be run by trained volunteer community mentors or an SU Chaplain, with flexible plans for up to 19 sessions of interactive program delivery.

*Kit in development

BLOKES

Blokies is a flexible, interactive program designed to help young men in Years 7 – 9 develop positive relationships and to think critically about their own life and the choices that lie ahead. Through a variety of challenging and fun activities, supported by interactive group discussions, small groups of participants explore issues including; identity, values and beliefs, aspirations, purpose, decision-making, relationships, self-image, non-violence, communication and social responsibility. The kit includes comprehensive plans for ten program sessions.

SU Chaplains and volunteer community mentors currently run SU Blokes program in both urban and rural schools in Victoria.

COMMUNITY ACTION

When young people show signs of depression or low self-esteem (such as antisocial behaviour), what they may need is not just to be helped, but to help someone – to take action in their community. Community Action events can focus on building community and combatting isolation, on building community empowerment by utilising local talents, or on facilitating a service mindset by organizing events.

The SU Community Action Kit is designed to enable chaplains and volunteer community leaders to undertake projects and activities with young people to develop empathy and compassion.

Where young people are encouraged to imagine, create and engage in deeper acts of compassion, it stirs in them a call to a deeper purpose in life. Accompanied by reflection, the experience can be powerful and life-changing for young people.

MAD (MAKE A DIFFERENCE) CAMPS

MAD Camps (Make a Difference) harness participant compassion and awareness of issues such as homelessness, community isolation, environmental degradation, refugees and pollution. Secondary students engage in short-term immersion experiences and focussed community service projects to build their confidence as agents of positive change.

SAFETY

SU Victoria uses ChildSafe SP3 as our safety and care system to ensure that our people and activities are safe. All SU programs include Childsafe systems and material for training and equipping volunteers for their involvement. For more information go to www.childsafe.org.au.

