



A Blue Light Victoria program

THE Blue EDGE Bulletin

March 2023

Term 1 2023, Let's go!

Welcome to the first Blue EDGE Bulletin of 2023 — we're thrilled to be delivering Blue EDGE for another year. Combining physical activity, a shared meal and a workshop discussion, Blue EDGE is a Blue Light Victoria program run in partnership with Victoria Police and secondary schools across the state.

This term sees programs running at Weeroona College Bendigo, Hume Central Secondary College, Kurnai College – Churchill Campus, Coburg High School, Lyndhurst Secondary College, Newcomb Secondary College, Orbost Secondary College and Greater Shepparton Secondary College along with Gisborne Secondary College and Yea High School, our two new schools!



Blue EDGE Facilitators

The year started with our facilitator training day held at the Victorian Police Centre in Melbourne. The day focussed on trialling new activities such as 'What are our strengths' where the participants are taken through numerous stations that show that not all strengths are physical. Participants also completed activities examining stereotypes and 'Stress balloons' a visual representation of how asking for help can lessen stress.

We're excited to see these activities in action and look forward to hearing the positive stories that the term brings!



Blue EDGE Gisborne

Blue EDGE Jenga

Blue EDGE Jenga is the backup activity for any session where the facilitator is sick or the group size is reduced due to a school camp or excursion. Similar to the normal game, Blue EDGE Jenga has a twist. Each brick has a question or task on it that the participants must complete when they pull the bricks out. These include: What would you do with a million dollars?, Dance with no music for 30 seconds and Do 10 burpees without the Jenga tower falling over!

Blue EDGE Churchill recently had a Jenga day and absolutely loved it. It's a lot of fun and a great way to get to know each other better.



Blue EDGE Churchill

Flip the Tarp!

Session 4 of Blue EDGE centres around collaboration and teamwork. Ensuring the groups have a strong foundation of communication and trust is vital prior to discussing deeper topics such as diversity and mental health later in the program.

Flip the tarp is a fun activity where groups of 5-6 people stand on a small tarp which they need to flip over without stepping off! The groups need to work together to figure how best to complete the task, ensuring they communicate well and work as a team.



The students loved this activity! It was great to see them working as a team and everybody was so excited when they worked out the solution!



Blue EDGE Bendigo



Spotlight!

Morgan - Broadmeadows Facilitator



What's the best part about being involved in Blue EDGE?

Watching the dynamic shift from 'group' to 'team'. That's when the magic really starts to happen!

What is something you've done, but will never do again?

Go on a rollercoaster - Never again!!

Which animal resembles you best and why?

A bird. I have a penchant for collecting trinkets and I love to sing!

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

How to have 100 hobbies and still want more

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

Sign language - I've always wanted to learn

Who would play you in a movie about your life?

Kristen Stewart - when I had long hair everyone said we looked alike

If you could invent something what would it be?

A collar that let my dogs speak english!



Blue EDGE Broadmeadows



Blue EDGE Newcomb



Blue EDGE Cranbourne

Have you got your ticket yet?

The **Back to the Blue Light Disco** is our major fundraising event for the year, proudly supported by BankVic.

Raising money for our In-School Programs, Blue EDGE and DASH along with other initiatives that empower and engage young people, the event is one not to be missed!

Head to: www.trybooking.com/CFSNN



Blue EDGE Cranbourne



Blue EDGE Yea



Blue EDGE Newcomb

Follow us!



bluelight_vic



bluelightvic



blue-light-victoria-incorporated

www.bluelight.org.au

blueedge@bluelight.org.au



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

Blue Light Victoria would like to acknowledge and thank the Department of Industry, Science, Energy and Resources for their ongoing support and funding for the Blue EDGE program.



Australian Government
Department of Industry, Science,
Energy and Resources