



School Programs



**SUMMIT
YOUTH.**

HELP | HEALING | HOPE

SUMMIT Youth
School Programs

Identity

An interactive program designed to assist new migrant youth in forming a positive sense of self.

Topics include;

- Who am I?
- My family background
- The country I grew up in
- My favourite sports
- Hobbies I enjoy
- My dreams are endless
- Movies that have shaped me
- Games I play with friends

Level: Years 7-12

Group Size: 24 students

Duration: Full term of 1 hour sessions / week

Resources Required: Classroom with audiovisual equipment

Teacher Involvement: Not necessary (unless required by school)

Cost: Free

For more information contact Cameron & Lara Blair

Email: sydneysummit youth@gmail.com

Mobile: 0403 556 852

www.summit youth.org.au



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Lunchtime *with a* Difference

Involves various outdoor activities for new migrant youth that encourage team work and caring for others. Anti-bullying activities are strategically chosen to build connections and promote community. We seek to provide a safe place for all youths to feel accepted and know they belong as valued members of the community.

Level: Years 7-12

Group Size: 24 students

Duration: Full Term during lunchtimes

Resources Required: Outdoor space (hardcourt or grass)

Teacher Involvement: Not necessary (unless required by school)

Cost: Free

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Transition.

*A Challenge You
can Master.*

A program designed to help new migrant youth understand the process of transition to their new culture.

Topics include;

- What is transition?
- Why this grief?
- What is stress?
- What is self-care?
- Meeting culture shock
- New beginnings and the 5 'R's'
- Learning about Australian values

Level: Years 7-12

Group Size: 24 students

Duration: Full term of 1 hour sessions / week

Resources Required: Classroom with audiovisual equipment

Teacher Involvement: Not necessary (unless required by school)


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Sports

A program to teach new migrant youth various sports popular in Australia and to encourage good sportsmanship and participation in a safe and caring way.

Sports include;

- soccer
- netball
- basketball
- volleyball

Level: Years 7-12

Group Size: 24 students

Duration: Full Term of 1 hour sessions / week

Resources Required: Outdoor space (hardcourt or grass) and sports equipment

Teacher Involvement: Not necessary (unless required by school)

Cost: Free

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Settling *into* Australia

A program designed to assist new migrant youth in making a smooth transition to life in Australia.

Topics include;

- Getting to know each other
- Learning about Australia
- Using public transport
- Finding a job
- Going to the beach
- What to do on the weekend
- Getting to know your emotions

Level: Years 7-12

Group Size: 24 students

Duration: Full Term of 1 hour sessions / week

Resources Required: Classroom with audiovisual equipment

Teacher Involvement: Not necessary (unless required by school)

Cost: Free

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Personal Wellbeing

A program designed to teach new migrant youth how to look after themselves and their relationships.

Topics include;

- Personal Strengths
- My Feelings
- Empathy
- Listening Well
- Self Talk,
- Stress, Anxiety & Self Care
- Healthy Relationships

Level: Years 7-12

Group Size: 24 students

Duration: Full term of 1 hour sessions / week

Resources Required: Classroom with audiovisual equipment

Teacher Involvement: Not necessary (unless required by school)

Cost: Free

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