



JOHNATHAN THURSTON
ACADEMY



Welcome to Johnathan Thurston Academy

Newsletter - June 2025

JTYouGotThis | TERM 2 INSIGHTS

Empowering young people with tools for resilience, identity, and personal growth.

PROGRAM OVERVIEW – JUNE HIGHLIGHTS

Throughout June, the JTYouGotThis program delivered rich, purpose-driven sessions across our Gold Coast, Cairns, Townville and Mount Isa cohorts. Sessions focused on the themes of Resilience, Self-Belief, Identity, Decision Making, and Gratitude—with real-life applications.

The JTA program facilitators and support officers created spaces where young people could reflect, share, and develop actionable strategies for growth through storytelling, group discussion, team-based challenges, and visual learning.



KEY THEMES COVERED

- Resilience:** Understanding empathy, mindfulness, and gratitude through storytelling and videos
- Identity & Values:** Exploring personal and cultural identity, family values, and setting personal goals
- Self-Belief:** Defining self-worth, confidence, and identifying individual strengths
- Decision Making:** Evaluating past choices, planning for future steps, and using values-based frameworks
- Positive Engagement:** Working with stakeholders, families, and peers through group activities

GOOD NEWS STORIES

- A student proudly shared that the “Courage” Award he received for his program contributions was the first time his Mother would be able to display an award on the fridge for him.
- The Mt Isa girls cohort participants bonded during a spaghetti cook-off, demonstrating teamwork and mutual respect.
- At Mount Isa, a student led the Acknowledgment to Country with courage and grace.
- Youth at the Gold Coast site reflected deeply on how resilience has shaped their identity and values.
- Bernie, a JTA program support officer, was recognised for his outstanding cultural leadership during a national training event.



YOUTH IN ACTION

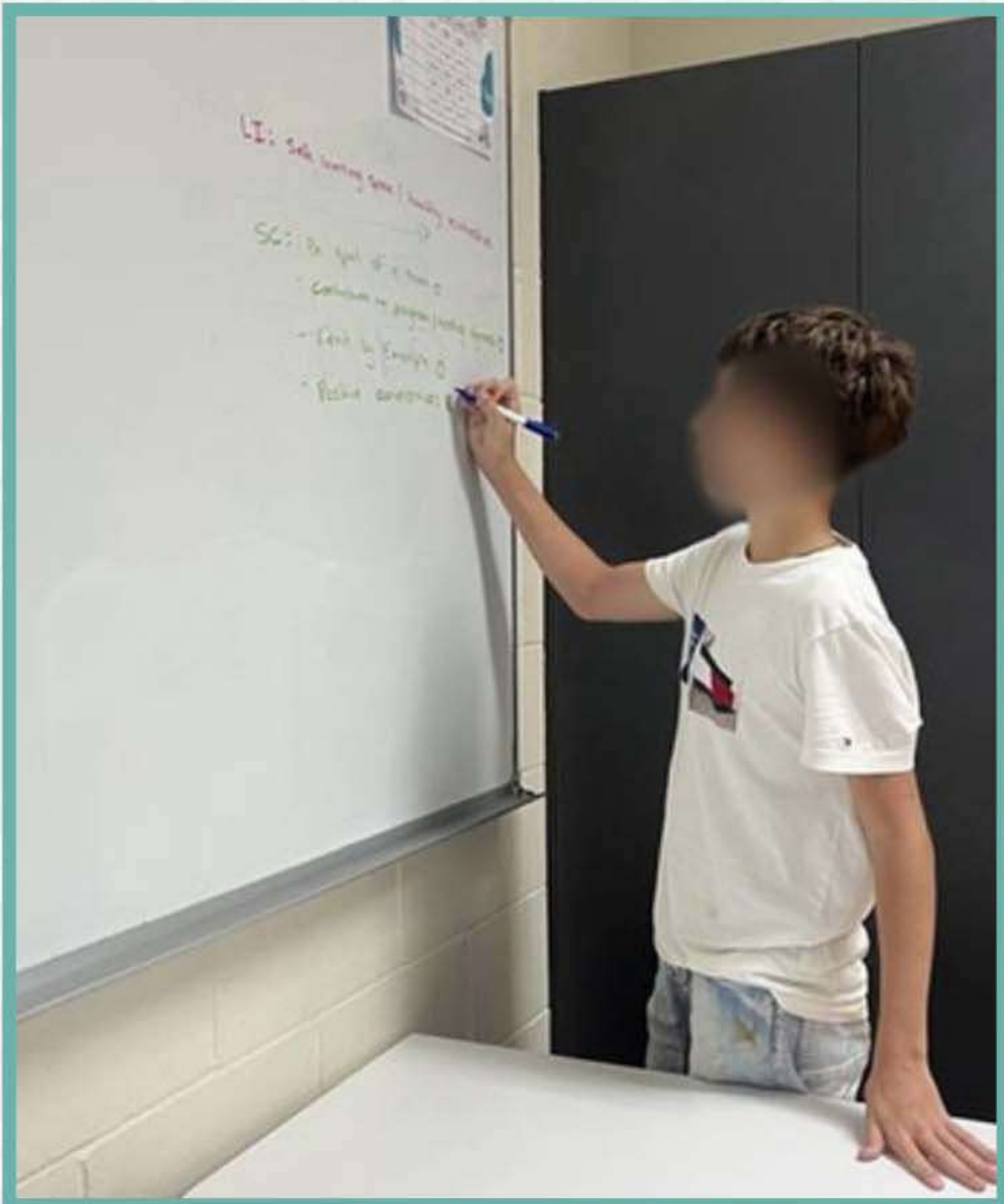
Young people stepped up throughout June to:

- Lead peer discussions
- Participate in high ropes and outdoor team activities
- Develop SMART goals and vision boards
- Reflect on their values and express themselves through creative exercises

These experiences fostered leadership, emotional growth, and a stronger sense of community.

JTA TEAM FOCUS IN JUNE

- Group rapport building
- Continue positive stakeholder engagement
- Setting expectations and boundaries
- Focus on values: Resilience, Courage, Connection



AFFIRMATION OF THE MONTH

“ Every day I look in the mirror and I say:
I am confident, I am strong, I am amazing! ”

This continues to be a daily grounding ritual across
all JTA programs.

