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ACADEMY

JT Academy

Newsletter - August 2025

Empowering Young People. Building Resilience.
Inspiring Futures.



From courage on high ropes, to reflections of self-belief at graduation, to finding resilience through cultural connection — August was a month where JTA's young people showed the world what it means to rise, reflect, and lead.

Across Queensland, our programs created safe, supportive environments where young people discovered their strengths, stepped outside comfort zones, and shaped their journeys with courage, confidence, and connection. Here's a look at the highlights from August 2025.

Townsville Region

Themes: Support Networks, Courage, Role Models, Resilience

- Explored the power of support crews and spotting red flags in decision-making.
- Built confidence through role plays, teamwork, and open dialogue.
- Stepped into courage with medium ropes courses and bongo drumming — activities that fostered trust, rhythm, and resilience.
- Reflected on role models and aspirations at the halfway milestone.
- Concluded with the YWAM High Ropes Challenge, where every step became a victory in courage and self-belief.



Key Takeaway: Young people showed remarkable initiative, resilience, and leadership, setting the stage for September with strong voices and stronger bonds.



Hervey Bay Region

Themes: Self-Belief, Confidence, Courage, Identity & Values

- Began with self-belief, breaking free from “thought traps” and recognising personal strengths.
- Built confidence through peer reflections and strength words.
- Explored courage by unpacking physical and emotional bravery through role plays.
- Closed the month with identity and values, where vision boards helped young people connect who they are with who they aspire to be.



Key Takeaway: Participants developed a deeper sense of identity and self-worth, supported by teamwork and recognition.

Woodridge State High School – Lead Like a Girl

Themes: Team Dynamics, Courage, Empathy, Goal-Setting

- Launched with strong program foundations, building rapport and connection.
- Explored self-belief through icebreakers, personal storytelling, and group reflections.
- Tackled courage and empathy with emotions wheels, courage bingo, and scenario-based activities that strengthened emotional regulation.
- Set short- and long-term goals, reinforcing resilience against bullying and peer pressure.



Key Takeaway: Young women discovered that true courage comes with empathy and vision, laying strong foundations for leadership.



Cairns Region

Themes: Confidence, Courage, Role Models

- Strengthened confidence through peer compliments and cultural connection during On Country Days.
- Explored courage across physical, emotional, and moral dimensions, supported by Indigenous role models.
- Celebrated consistent participation with a community BBQ at the Skate Park, reinforcing positive behaviours.



Key Takeaway: Cairns highlighted the strength of cultural pride, role models, and resilience, showing that identity and community are powerful tools for growth.

Mount Isa Region

Themes: Decision-Making, Graduation, Post-Program Support

- Introduced decision-making frameworks to manage impulses and weigh long-term outcomes.
- Celebrated graduation after 10 weeks of transformation, with young people demonstrating courage, confidence, and resilience.
- Reflected on personal achievements with support from Jonathan Thurston.
- Transitioned into post-program support to ensure ongoing connection to education,



Key Takeaway: August was about celebration and continuity, ensuring that growth achieved in the program extends into real-world impact.



August Highlights

Themes: Confidence, Courage, Role Models

- Over 150 young people participated across five regions.
- Courage and resilience were at the forefront — from high ropes to role plays.
- Celebrations marked transformations and graduations, showcasing the power of self-belief and leadership.
- Community role models, cultural leaders, and mentors amplified program impact, reinforcing identity, pride, and purpose.



August 2025 was a month of breakthroughs. From Townsville's high ropes to Mount Isa's graduation, from Hervey Bay's vision boards to Woodridge's courage bingo, and Cairns' cultural pride — every story echoes a shared truth:

When young people are supported, seen, and inspired, they become not just participants — but leaders of tomorrow.



**JTA – Building Resilient Futures,
One Young Person at a Time.**

