



JOHNATHAN THURSTON
ACADEMY

JT Academy

Newsletter - October 2025

Building Confidence, Courage, and
Connection Across Communities



October marked an inspiring start to Term 4 across JT Academy programs nationwide. From Townsville to Mount Isa, from Hervey Bay to Narrabri, our teams reignited their mission to empower young Australians through courage, self-belief, teamwork, and resilience.

This month saw a vibrant mix of introductions, outdoor learning, and personal breakthroughs — where every session reminded us that growth happens when young people feel seen, supported, and encouraged to rise beyond limitation.

Program Highlights

Townsville Region – JTYouGotThis Program

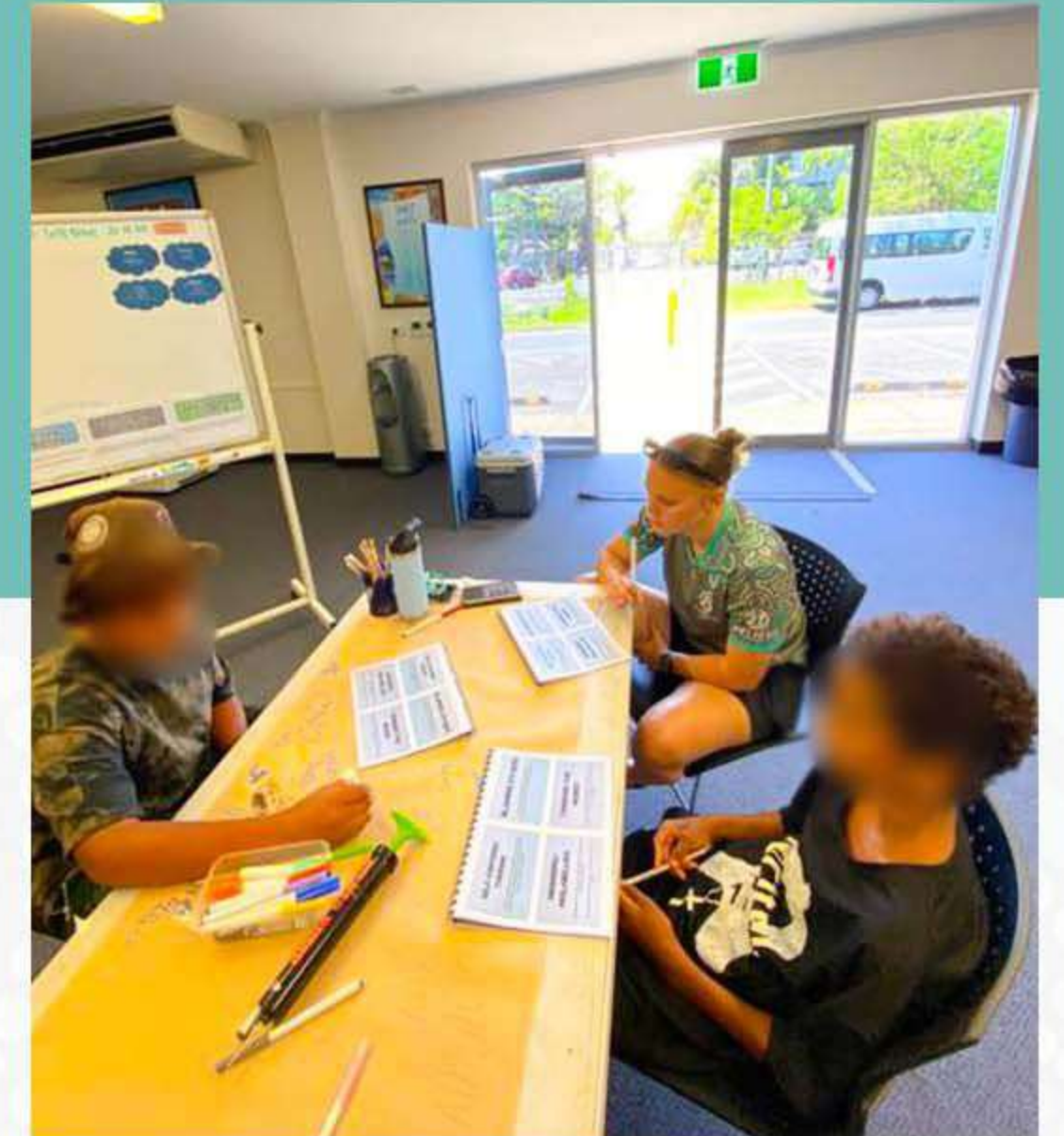
The Townsville team welcomed its new cohort with warmth and purpose, beginning with “Introduction Day” and community gatherings that fostered trust and belonging. Activities such as BBQ meets, fishing, and basketball provided the foundation for connection, while reflection sessions encouraged participants to identify their personal values and strengths. As the weeks progressed, the focus shifted to team building and self-belief, culminating in ropes-course challenges that taught perseverance and leadership through lived experience.



Impact: Young people displayed greater confidence, teamwork, and respect — stepping into Term 4 with optimism and accountability.

Cairns Region – JTYouGotThis Program

The Cairns team opened the term by re-establishing relationships through home visits, calls, and community activities. Bowling and rock-climbing sessions built camaraderie and trust, while classroom discussions centred on SMART Goals, “Thought Traps,” and self-awareness. Each session encouraged open dialogue on emotions and resilience, helping young people articulate their aspirations and navigate challenges with empathy and focus.



Impact: The region recorded remarkable participation and an evident lift in confidence, communication, and peer support.

Mount Isa Region – JTYouGotThis Program



Across three transformative weeks, the Mount Isa cohort explored Confidence, Courage & Role Models, and Building Resilience.

Interactive sessions and guest speakers, including community role models, guided participants through discussions on leadership, self-expression, and the value of cultural pride.

Resilience workshops incorporated mindfulness, gratitude, and storytelling to help participants recognise their strengths and reframe setbacks as learning.

Impact: Participants demonstrated heightened emotional maturity, improved problem-solving, and renewed pride in their cultural identity.

Hervey Bay Region – JYouGotThis Program

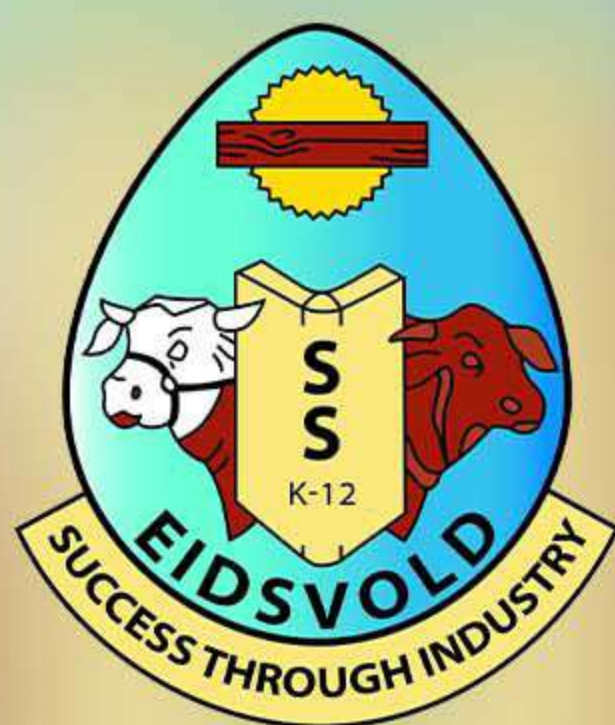
October in Hervey Bay was devoted to reconnecting with returning participants and preparing for Term 4 engagement.

Activities such as collaborative workshops, team challenges, and mentorship sessions encouraged empathy, reflection, and positive mindset building.

As former JYouGotThis young person mentors re-joined sessions, participants benefited from relatable guidance, understanding the importance of teamwork and shared purpose.



Impact: Strengthened community ties and improved social cohesion within the group, setting a powerful tone for the term ahead.



Eidsvold State School – JTBelieve & JLeadLikeAGirl Programs

Eidsvold's JTBelieve and JLeadLikeAGirl programs brought enthusiasm and reflection in equal measure.

JTBelieve sessions explored affirmations, goal-setting, and resilience through gratitude, helping participants define personal success and self-worth.

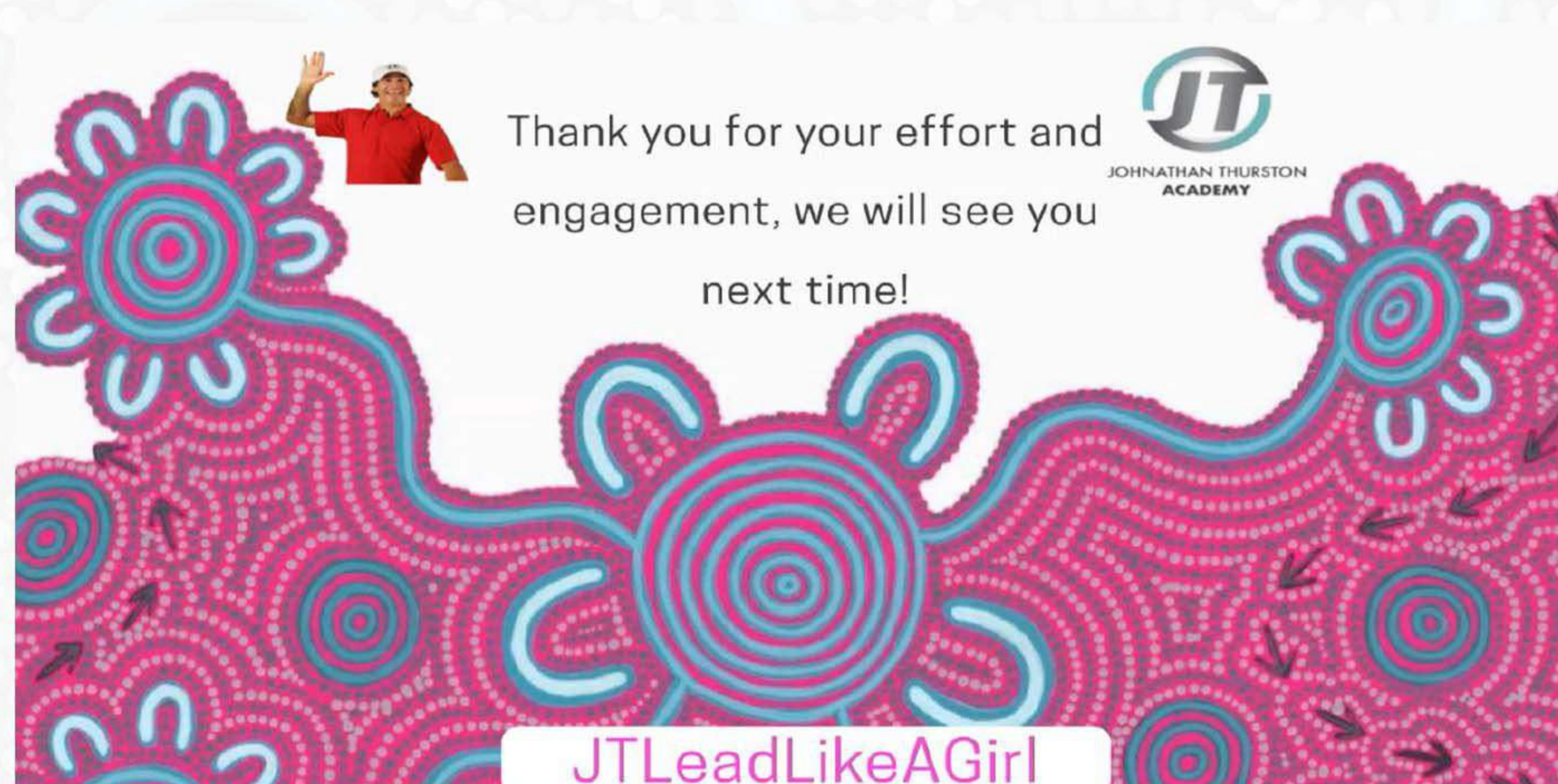
JLeadLikeAGirl sessions inspired one of our core values of confidence through storytelling, leadership discussions, and reflections on Jonathan Thurston's values of Respect, Belief, and Fun.

Impact: Participants left each session feeling inspired, equipped with practical strategies to strengthen self-belief and lead with empathy.

Narrabri State High School – JTLeadLikeAGirl Program

Narrabri commenced its new JTLeadLikeAGirl Program program with collaborative workshops that introduced the JT Academy framework and established shared working agreements centred on honesty, respect, and cooperation.

The sessions explored the meaning of courage and empathy, supported by team discussions and JT Trivia to make learning both enjoyable and impactful.



Impact: Young people of the JTLeadLikeAGirl Program demonstrated genuine enthusiasm, curiosity and mutual respect.

Across the Nation: Common Threads of Growth

Values-Driven Learning: Trust, respect, teamwork, and courage remained at the heart of every regional program.

Experiential Approach: Outdoor activities, creative reflection, and real-world problem-solving ensured learning stayed active and meaningful.

Mentorship in Action: Staff and past young people building respectable relationships through role models and leading mentors throughout JTLeadLikeAGirl and JYouGotThis.

Emotional Resilience: Journaling, group discussions, and gratitude exercises fostered positive

Walgett Community College High School JTLeadLikeAGirl Program



- Currently engaging in JTLeadLikeAGirl. Walgett have completed three sessions throughout term 4.
- Session One** – Introduction to JTLeadLikeAGirl
- Session Two** – Introducing our first core value of Self-Belief through mindset tests, self-observed positive affirmations and understanding how this core value can positively impact themselves and their peers.

Looking Ahead – November 2025

As Term 4 progresses, JT Academy programs will turn their focus to Confidence, Identity, and Values. Participants will continue exploring the importance of self-expression, teamwork, and leadership as they prepare for graduation and future opportunities.

Through every activity and conversation, JT Academy remains committed to creating environments where young Australians can dream boldly, act with courage, and lead with heart.

JT Academy
Inspiring Futures, One Young Person at a Time

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