



JOHNATHAN THURSTON  
ACADEMY

# JT Academy Newsletter

November - December 2025

**Empowering Change, Building Courage,  
and Growing Together**

From overcoming bullying to celebrating self-belief  
November and December were months of  
transformation.





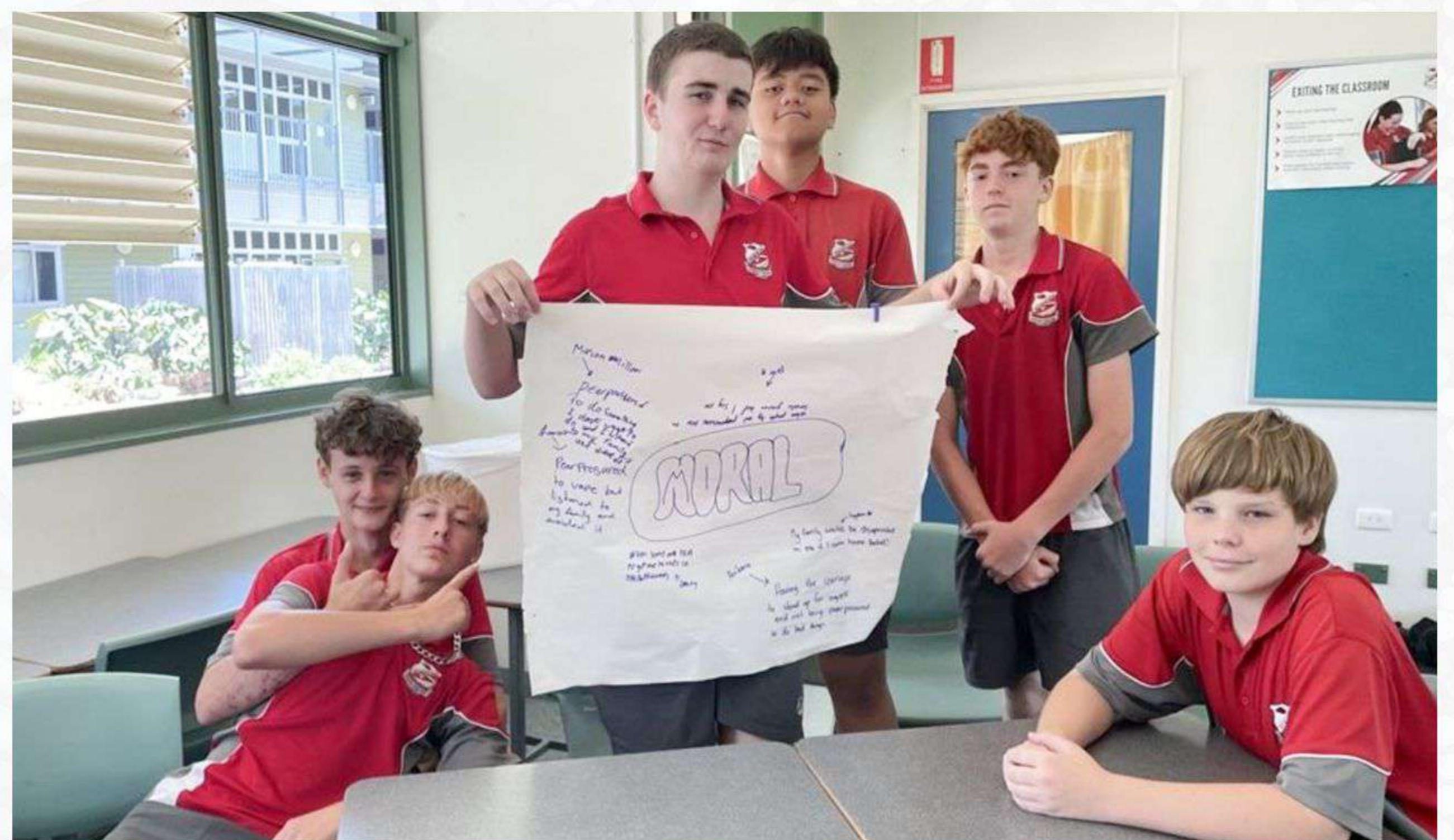


## Our November Impact: Empowering Young Minds

As we approach the end of 2025, the JTYouGotThis, JTLeadLikeAGirl and JTBelieve programs have been nothing short of transformative. Across multiple regions, our young participants have explored critical life values: courage, self-belief, empathy, resilience, and confidence. But these values were not just discussed—they were lived, practiced, and celebrated.

### Courage: From Bystanders to Upstanders

November was marked by a bold exploration of courage and self-belief. From Narrabri to Hervey Bay, the focus was on empowering young individuals to step up, speak out, and lead with strength. We tackled tough subjects like bullying, and in every session, young people were taught the power of being an upstander, not a bystander. This wasn't just theory—it was put into practice, with courage bingo cards and kindness acts turning into real, meaningful interactions.

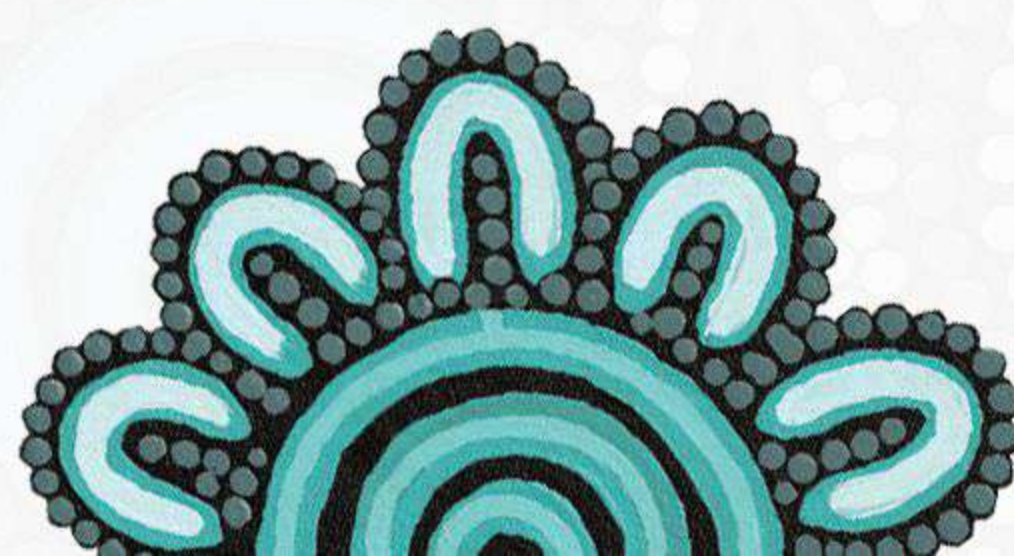


### Resilience and Self-Belief: Pushing Boundaries, Setting Goals

Our resilience sessions focused on the three pillars that define strong character: empathy, mindfulness, and gratitude. But it didn't stop there. Self-belief was also a key pillar, as we encouraged our participants to own their power and believe in their ability to overcome challenges. Whether it was through affirmation exercises or engaging with Johnathan Thurston about confidence, each young person was inspired to build goals that would shape their futures.

### During our online program delivery, young people strengthened key wellbeing skills, including:

- ◆ Goal setting
- ◆ Understanding emotions and empathy





# Celebrating Milestones: Our Graduation Stories



As we celebrated the courage and commitment of our young people, the graduation ceremonies took place, with over 100 participants sharing their achievements. From self-care strategies to academic success, the young people from Eidsvold, Hervey Bay, and Narrabri marked a moment of pride and reflection on their journeys.



## Program Impact – Urangan State High School (JYouGotThis)

Across two JYouGotThis programs delivered in 2025:

- ◆ 71% improved their attendance during the program
- ◆ 66% showed improved behaviour during the program
- ◆ 46% demonstrated improved behaviour after the program (Semester 1)
- ◆ 69% maintained improved behaviour outcomes after completion
- ◆ These results highlight the powerful impact of early intervention and strengths-based mentoring.





## Key Highlights:

- **Johnathan Thurston's Visit:** Our participants had the incredible opportunity to meet and engage with Johnathan Thurston. His story of overcoming adversity and building self-confidence inspired many, sparking conversations about leadership, perseverance, and the importance of community.
- **Empathy in Action:** In multiple regions, our sessions focused on empathy, teaching young people how to manage their emotions and demonstrate kindness, even in challenging scenarios. Participants engaged in role-playing exercises that deepened their understanding of emotional intelligence.
- **Powerful Reflections:** From courage-themed word searches to goal-setting exercises, young people reflected on their values, defined their personal strength, and set short-term and long-term goals to carry with them into the future.







## Looking Ahead: Building Confidence and Future Goals

As we look ahead to December, we continue our mission to provide young minds with the tools to succeed. The next sessions will dive deeper into confidence, building resilience, and shaping their futures. The goal is clear: Prepare young people for a world that's ready for them to lead.

## From the Team

We are incredibly proud of the progress our participants have made. Every step they take towards building self-belief and resilience is a victory. Together, we are shaping the leaders of tomorrow.

Let's keep the momentum going in December, celebrating the incredible transformations we've seen and working towards even more growth in the new year!

## Thank You for Your Continued Support!

We couldn't do this without you—our amazing mentors, facilitators, and community partners. Your commitment to these young people's futures is making a profound difference in their lives.

Stay tuned for more updates, and let's continue to empower change and build brighter futures together.

## JTA Programs Coming in 2026 — Bookings Now Open

We're excited to share that JLeadLikeAGirl and JTBelieve will be available online in 2026, making it even easier for schools nationwide to access our high-impact leadership and wellbeing programs.

"Attendance has tripled. She's more confident, speaks up in class, and is a positive role model to others."

— Teacher, JLeadLikeAGirl

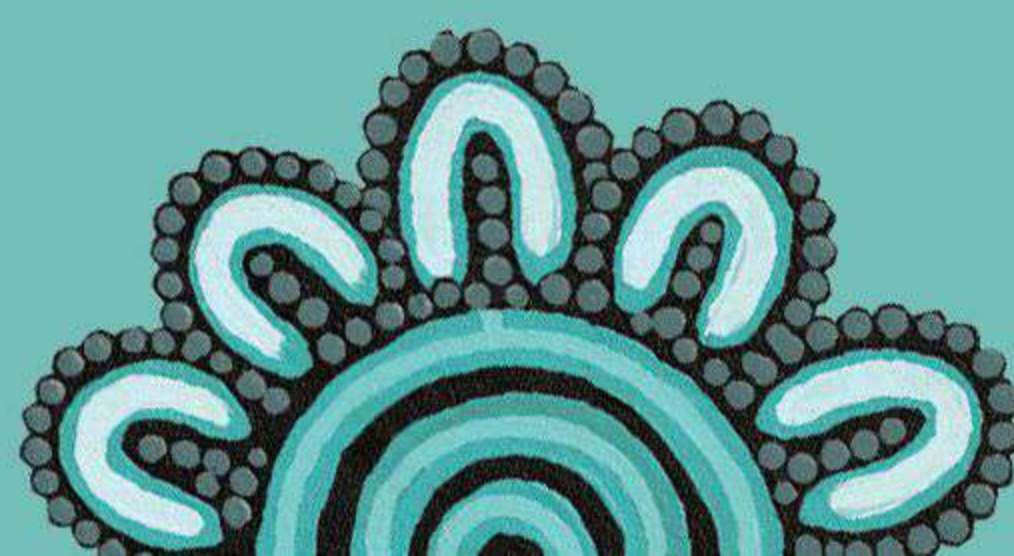
"Great program, great staff and great messaging. Students clearly felt empowered after the sessions."

— School Coordinator, JTBelieve

## Seeking Partners for 2026 Programs

We're seeking partners to help bring JTA programs to more schools — both online and face-to-face.

If your organisation is committed to youth empowerment, community impact, and future workforce development, we'd love to partner with you.







# Program availability for onlines and sponsors

## JTBelieve Program

### Building Confidence & Courage in Schools

A school-engagement program focused on leadership, teamwork, and personal growth. Creates safe environments for positive mindset shifts.



## JTYouGotThis Program

### Early Intervention That Works

Supports vulnerable youth at risk of entering the justice system. Builds resilience, self-belief, and courage to face life's challenges.

The JTYouGotThis Program is driving impact across Queensland

**Hervey Bay** saw 85% attendance with 90% positive behaviour change; Townsville delivered 78 hours of sessions with 75% improving family connections; Cairns achieved 100% positive change with 84% strengthening cultural and prosocial ties; and Mount Isa ran 97 hours of sessions, boosting engagement through exercise and school partnerships.

## JTSucceed Program

### Pathways to Employment

Employment-readiness program connecting youth to practical training, job pathways, and ongoing mentoring to prevent long-term disengagement.



## JTLeadLikeAGirl Program

### Empowering Young Women to Lead

Helps girls set boundaries, overcome systemic barriers, and build strong peer networks.

Encourages school engagement and leadership.







# Christmas & New Year vibes at Johnathan Thurston Academy

