

**Development of youth friendly resource looking at the relationship between physical health and wellbeing**

**Supervisor:** headspace, Whyalla

**Students:** 2

**About:** headspace Whyalla would like to develop a youth friendly resource that looks at the relationship between physical health and wellbeing.

Students will have access to work with our local Youth Reference Group for consultation on the development of the resource. This resource would be used by clinicians to work with young people and would be provided to young people for use.

**Main objectives:** Explore how physical health can have a positive impact on your overall wellbeing among Whyalla youth.

**Suggested Key Deliverables/ Outputs:**

- Development of physical resource to be used by clinicians and young people

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**An overview of the existing Aboriginal health and wellbeing programmes that are offer by agencies in the Eyre Peninsula region**

**Supervisor:** Australian Red Cross, Whyalla

**Students:** 2

**About:** Red Cross Whyalla would like to gain an overview of the existing Aboriginal health and wellbeing programmes that are currently offered in the Eyre Peninsula region. This project will identify agencies, their programmes and target audience.

**Main objectives:** Explore the gaps and barriers in effective delivery of services and potential problems faced by the Aboriginal community in the Eyre Peninsula region, and specifically in Whyalla.

**Suggested Key Deliverables/ Outputs:**

- Report outlining the key findings
- Documentation of the consultation and stakeholder engagement processes

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## Meeting the sensory needs of pupils

**Supervisor:** Samaritan College, Whyalla

**Students:** 2

**About:** With an increase in the number of students requiring sensory intervention, we would like to establish sensory areas/activities within the breakout space of our new building.

**Main objectives:** Samaritan College would like to enlist the support of students to use their expertise to work in partnership with staff to assist us in better meeting the sensory needs of our pupils.

### **Suggested Key Deliverables/ Outputs:**

Pupil Outcomes:

- Access to quality sensory intervention available at anytime
- Co-regulation of sensory need to self-regulation of sensory needs
- Increased social, emotional and academic achievement due to greater periods or regulated behaviour

Teacher Outcomes:

- Increased understanding of the needs of students requiring sensory intervention
- Greater breadth of strategies to support sensory intervention

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## Reviewing business documents and previous activities in collaboration with the Whyalla Youth Advisory Committee (YAC) to redevelop strategic directions

**Supervisor:** Whyalla City Council, Whyalla

**Students:** 2

**About:** The Whyalla Youth Advisory Committee (YAC) has been in operation for nearly 5 years. The YAC are a group of 12 awesome young people who advocate for youth services locally, put on events specifically for youth, and act in an advisory capacity.

In the past they have advocated for youth mental health services, and were particularly involved in headspace coming to Whyalla, they have held events including:

- 3 x Rainbow Runs

- Inflatable World
- Clean up the Skate Park & Skate, Scoot & BMX Comp
- Youth Music Mentor Programs
- Public Speaking training
- Mental Health First Aid Training
- Harmony and Close the Gap Day
- Winners of many awards

**Main objectives:** To work in collaboration with the Whyalla Youth Advisory Committee (YAC) outside of school hours to review and to redevelop strategic directions, including priority areas for action.

**Suggested Key Deliverables/ Outputs:**

The YAC are tasked with the following activities:

- Events planning and ideas for the next 2 years
- Review the past years
- Develop the way forward including training needs analysis
- Write a code of conduct for the YAC, and do some team building tasks
- Go through an updated Council Induction
- Apply for police checks

**Note:** *students will have access to the Department of Rural Health Student Room due to limited space at the Whyalla City Council*

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