FREE

LUNCHTIME ACTIVITIES

FOR SCHOOLS

2023

Valley Youth offers FREE lunchtime pop-up activities to high schools across Moonee Valley!

WHO IS VALLEY YOUTH?

Valley Youth is the youth team at Moonee Valley City Council!

We provide a range of programs, projects and events for young people aged 12 - 25 who are connected to Moonee Valley.

This includes the Young People's Committee, Rainbow Valley, Grassroots Program, Avenue Productions and L2P. Engaging with local high schools is a vital part of our work.

The FREE lunchtime pop-up activities detailed on the following pages have been designed to support students to develop their skills, be involved in their community, and give them access to activities that promote positive health and wellbeing outcomes.

They're also a great way to recognise and celebrate dates of recognition at your school!

These activities will be run by qualified youth workers who have experience working in school settings and with young people with different needs.

Our youth workers have Working with Children Checks, follow the latest Child Safety Standards and confidently put their skills and knowledge into practice.

We look forward to seeing you at a Valley Youth activity soon!

UNWIND WITH
MINDFUL ART

Explore mindfulness through zine making, collage or watercolour. We'll support students to tune in with themselves through the creative process.

WHAT'S INVOLVED?

Duration of activity: 30 mins - 1 hour

Set-up time: 10 mins

What we'll bring:
- All art materials including magazines, paint and scissors
- Promotional flyers for our youth programs

What we'll require:
- An open space in the school yard or a classroom
- 3 tables and 15 chairs

Outcome:
Students will engage in a calming artistic activity to explore mindfulness and promote positive mental health and wellbeing. They will come away with an individual and self-reflective piece of artwork.

LET'S MAKE
BADGES

Asking and correctly using someone's pronouns is one of the most basic ways to show your respect for their gender identity. So why not have fun designing and making you own pronoun badges with us!

WHAT'S INVOLVED?

Duration of activity: 30 mins - 1 hour

Set-up time: 10 mins

What we'll bring:
- All art materials including badge maker, textas and scissors
- Promotional flyers for our youth programs

What we'll require:
- An open space in the school yard or a classroom
- 3 tables and 15 chairs

Outcome:
Students will engage in a creative activity to promote inclusion and pride. They will come away with their own unique and individually created badge, highlighting their pronouns, name, or whatever else they'd like!

LET'S GET
PLANTING

Decorate small pots and learn how to plant seedlings in them. This activity is a great introduction to basic gardening for students.

WHAT'S INVOLVED?

Duration of activity: 30 mins - 1 hour

Set-up time: 20 mins

What we'll bring:
- Gardening and art materials (seedlings, pots, gloves, makers, etc)
- Promotional flyers for our youth programs

What we'll require:
- An open space in the school yard or a classroom
- 3 tables and 15 chairs

Outcome:
Students will engage in a therapeutic activity that connects them with nature and teaches them about growing plants.

OTHER OFFERINGS

Keen to engage Valley Youth, but maybe for another activity, event or program that we haven't mentioned? Get in touch with us today!

There are lots of other activities we can facilitate at your school (and we're always open to ideas)! Here's a selection:

- Attending your school assembly or classroom to chat about our youth groups, volunteer opportunities and services.

- Visiting your Stand Out group or student council meeting.

- Running fun social games such as trivia, Guess the Flag and more.

- A 1-hour 'Introduction to Local Government' workshop for your class or student leaders.

- Arranging a local young musician to perform at a school event.

- An excursion to meet the Mayor at the Moonee Valley Civic Centre in Moonee Ponds.

ARE YOU READY TO ORGANISE A LUNCHTIME POP-UP?

We love to be organised and need at least three weeks' notice to plan an event at your school. Please remember to include your preferred <u>date</u>, <u>time</u> and <u>activity</u> of choice when booking via our website, online form or email. It will help us get back to you as quickly as possible.

High schools in Moonee Valley are eligible for one FREE pop-up activity per term (woohooo)!

Valley Youth is committed to offering equitable access to our programs for all schools across Moonee Valley. Applications will be evaluated on this basis.

Your four booking options:

- Scan the QR code to the left & complete the online form
- Visit our website <u>valleyyouth.org.au</u>
- Email <u>youth@mvcc.vic.gov.au</u>
- Call us on 9243 1225

Moonee Valley Language Line

العربية	Arabic	9280 0738	Ελληνικά	Greek	9280 0741	Español	Spanish	9280 0744
廣東話	Cantonese	9280 0739	Italiano	Italian	9280 0742	Türkçe	Turkish	9280 0745
Hrvatski	Croatian	9280 0740	Somali	Somali	9280 0743	Việt ngữ	Vietnamese	9280 0746

All other languages 9280 0747
National Relay Service 13 36 77 or relayservice.com.au
This publication is available in alternative accessible formats on request.

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VALLEY
YOUTH

City of
Moonee Valley