



‘BLAST’

Blue Light Adventure and Skills Training

Mission Statement

To empower Wanaka’s youth to improve overall wellbeing through healthy choices and positive relationships.

Objectives

- Expose young people to a range of fitness activities and skills.
- Improve overall fitness and well-being (healthy body, healthy mind).
- Expose young people to nutrition information so they can make informed lifestyle choices.
- Improve the relationship between young people, their families, the community, and Police.
- Introduce young people to support systems that will help them develop positive personal, teamwork and social skills.
- Expose young people to situations that require goal setting, self-discipline, and perseverance.
- Improve young people’s confidence in themselves and their bodies.

Execution

- Engage a local fitness provider/personal trainer to run a 10-week adventure and fitness programme.
- Provide expert nutrition education and guidance throughout the programme.
- Engage various guest speakers to motivate students.
- Find an appropriate venue with indoor gym, showers, and kitchen facilities.
- Provide a balanced breakfast after each session.
- Final day/event to demonstrate skills learnt.
- Seek funding so cost is not a barrier to students completing this programme.
- Engage Kahu Youth and Mount Aspiring College to connect with participants.

There will be Police Officers completing the programme alongside 20 - 25 students to engage and develop positive relationships.

Expected Outcomes

- Introduce healthy habits to participants everyday lives.
- Increase self-confidence/self-esteem and resilience.
- Improve motivation at school and at home.
- Make new friends
- Develop informal relationships with local Police.
- Have **FUN**.

Programme Details

- **Every** Wednesday) and Friday (line up 06:45) during Term 2 at Mt Aspiring School gym.
- **Bring** warm active wear, running shoes, drink bottle, towel, school uniform for changing into ready for class.

- **Transport** self-transport where possible if this is an issue transport can be arranged.
- **Consent Form** please complete and return to me via email or in person at the first session on Wednesday the 26th April 2023.
- Any questions do not hesitate to contact me.

Constable Deane HARBISON
Wanaka Community Constable