

 **Operation Newstart Northern Program Term 4 2025
October 15th – November 28th 2025**

**Facilitators Phone numbers:**

**Brendon Delaney 0438 043 103**

**Laura Roulston 0406 923 680**

***Program starts 15/10/25*.**

***MUST:***

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| * ***Bring lunch & snacks for the day***
 | * *Other equipment as requested by facilitators*
 |
| * *Water bottle*
 | * *Be punctual to the train station each day*
 |
| * *Hat & day pack*
 | * *Mobile phones to be handed in at beginning of the day*
 |
| * *Completed journal*
 | * *NO* Smoking *program*
 |

**Week 1**

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| **Day** | **Activity** | **Activity details** |
| **Monday 6th October** | School | *Students to attend school.* |
|  **Tuesday 7th** | School | *Students to attend school.* |
|  **Wednesday 8th**  | School | *Students to attend school.* |
|  **Thursday 9th**  | School | **Parent and Student Compulsory Information Session 4-5pm. Health ability, 917 Main St , Eltham** |
| **Friday 10th**  | School | *Students to attend school.* |

**Week 2**

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| **Day** | **Activity** | **Activity details** |
| **Monday 13th October** | School | *Students to attend school.* |
| **Tuesday 14th** | School | *Students to attend school.* |
|  **Wednesday 15th**  | Intro dayGym  | **Meet 9.30am Eltham Train station.** Youth Hub AM. Eltham Leisure PM. Bring Gym clothes, runners bathers and towel**.** **Return Eltham Station 3pm.** |
| **Thursday 16th**  | 1000 steps hikeTrees Adventures | **Meet 9.30am Eltham Train Station.**Comfortable clothes/footwear for hiking and climbing. **Return Eltham Station 3-3.15pm.** |
| **Friday 17th**  | School Goal settingSwimming- Eltham Leisure | **Meet 9.30am Eltham Train Station.**Nillumbik Youth Hub**Eltham Station 2pm** |

**Week 3**

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| **Day** | **Activity** | **Activity details** |
| **Monday 20st October** | School | *Students to attend school.* |
| **Tuesday 21nd**  | School  | *Students to attend school.* |
| **Wednesday 22rd**  | GymJETS studio Street art | **Meet 9.30am Eltham Train Station** Comfortable clothes for gym**Return Greensborough Station 3pm.** |
| **Thursday 23th**  | Cathedrals Hike Camp | **Meet 9.30am at Eltham Train Station.** Hiking camp. **Please refer to per camp list.** **Return Eltham 2-2.30pm Friday.** |
| **Friday 24th**  | Cathedrals Hike Camp |

**Week 4**

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| **Day** | **Activity** | **Activity details** |
| **Monday 27th October** | School | *Students attend school* |
| **Tuesday 28th**  | School | *Students attend school* |
| **Wednesday 29th** | GymHeadspace  | **Meet 9.30am Eltham Train Station.**Bring/wear gym clothes and runners.**Return Watsonia Station 2.30-3 pm.**  |
| **Thursday 30th** | Nillumbik Youth HubTAFE Tour Melb Poly H/berg  | **Meet 9.30am Eltham Train Station**Wear closed toe shoes**Return Heidelberg Station 2:30- 3pm.****Clothes may get dirty/leather boots can be worn if you 0have** |
| **Friday 31st** | Surf Life Saving & First Aid Please note: Buses replacing trains until 1st of November | **Meet 10 am Collingwood Train Station**Sth Melb LSC, please bring bathers/swim gear, towel, hat, lunch, water bottle. Wetsuits/Rashvest provided. **Return Collingwood station 2pm**. |

**Week 5**

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| **Day** | **Activity** | **Activity details** |
| **Monday 3rd November** | **School**  | *Students attend school* |
| **Tuesday 4th**  | **Public Holiday** | *Melbourne Cup* |
| **Wednesday 5th**  | GymEdendale Farm | **Meet 9.30 am Eltham Train Station** **Return Eltham 3pm.** |
| **Thursday 6th**  | Surf Camp | **Meet 9.30am Collingwood Train Station** Bring as per camp list and lunch. |
| **Friday 7th**  | Surf Camp | **Return 2-2.30pm Collingwood** |

**Week 6**

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| **Day** | **Activity** | **Activity details** |
| **Monday 10th November** | **School** | *Students attend school* |
| **Tuesday 11th**  | **School**  | *Students attend school* |
| **Wednesday 12th**  | GymWesterfold’s Park Bike ride | **Meet 9.30 am Eltham Train Station** Bring/wear gym clothes and runners. Clothes may get dirty at farm**Return Eltham Station 3pm.** **Parent Information Session 4-5pm. Healthability, 917 Main St , Eltham** |
| **Thursday 13th**  | Caving | **Meet 9am Collingwood Railway Station. Return 3pm**Wear clothes you don’t mind getting dirty and **bring change of clothes including shoes, socks, pants, tshirt, underwear and plastic bag for wet clothes. Big lunch & snacks!****Return Collingwood Railway Station 3pm** |
| **Friday 14th**  | Amazing Race Rock Climbing | **Meet 9.30am at Flinders Street Train Station.****Return Melbourne Central Station 2pm .** |

**Week 7**

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| **Day** | **Activity** | **Activity details** |
| **Monday 17th November**  | **School** | *Students attend school* |
| **Tuesday 18th**  | **School**  | *Students attend school* |
| **Wednesday 19th**  | Canoeing  | **Meet Eltham Station 9:30am** Bring a spare pair of clothes/shoes in case students get wet**Depart Eltham station 3pm**  |
| **Thursday 20th**  | Mountain Bike Camp- Goulburn River Rail trail | **Meet 9.30am Collingwood Train Station** Bring as per camp list and lunch.**Return 3pm Collingwood** |
| **Friday 21st**  |

**Week 8**

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| **Day** | **Activity** | **Activity details** |
| **Monday 24th November** | **School** | *Students attend school* |
|  **Tuesday 25th**  | **School** | *Students attend school* |
| **Wednesday 26th**  | Gym Men’s shed Community project | **Meet 9.30 am Eltham Train Station** Bring gym clothes, change of clothes.**Return Eltham Station 3pm.** |
|  **Thursday 27th**  | Speech writing.Celebration Activity. | **Meet 9:30 am Eltham Train Station****Return Eltham Station Train station 3pm.** |
| **Friday 28th**  | Graduation | **Graduation Ceremony to start at 11am.** Students arrive 10.45. **Venue – Nillumbik Youth Hub, 32-34 Elizabeth St, Diamond Creek VIC 3089.** |

**Week 9,10 & 11**

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| **Day** | **Activity** | **Activity details** |
| **Monday 1st December – Friday 19th.** | School | Students to attend school for week 10 & 11 |