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## MEDIA RELEASE

19 September 2025

# Students revved up for healthy choices

The Huonville PCYC was bursting with energy on Thursday 18 September 2025, as 100 grade 6 students from 8 Huon Valley schools came together for *Rev It Up 2025*—a day of laughter, learning and discovery focused on health and wellbeing.

Huon Valley Mayor Sally Doyle said the program is a great example of how the Council and community can work together to support young people.

"Rev It Up gives our students so much more than a day of fun—it gives them confidence, new skills, and the knowledge to make positive choices. It's also a wonderful way to connect them with services and opportunities that can support them as they move into high school and beyond," Mayor Doyle said.

Organised by Huon Valley Council, the annual program gives students a chance to learn new skills, connect with peers, and meet the community organisations that support young people across the Valley.

Workshops held throughout the day were as diverse as they were engaging. Students got creative with slime, recycled paper and badge making, and learnt traditional weaving with Aboriginal Elder Aunty Amanda. They explored healthy lifestyles through sessions on vaping, smoking, healthy eating, exercise, gambling awareness, and dental care. Environmental wellbeing was highlighted too, with night sky and healthy waterways activities.

A highlight was the chance to give back—students stuffed teddy bears for the Red Cross to deliver to children in Ukraine and to families impacted by Queensland floods.

The workshops were delivered by diverse community organisations including Red Cross, Headspace, Anglicare, Run Move Connect, Pulse Youth Health, Community Dental Team, Flinders Island Aboriginal Association, Courtney Moretti Dietetics, as well as Council staff.

Rev It Up 2025 was also supported by Huonville Lions, Huonville Woolworths, R & R Smith, and the Huon Community Health Centre.

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