



Clontarf Newsletter

clontarf
foundation

TERM 1 2023



ABOUT THE ACADEMY

The ShoalhavenClontarf Academy was founded in 2018 and operates out of Shoalhaven High School. It caters for students in Years 7 to 12 and currently has 94 boys engaged in the programme.

ABOUT THE FOUNDATION

The Clontarf Foundation exists to improve the education, discipline, life skills, self-esteem and employment prospects of young Aboriginal and Torres Strait Islander men and by doing so equips them to participate meaningfully in society.

SCHOOL DETAILS

Shoalhaven High School
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STAFF CONTACTS

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Message From The Director

The Shoalhaven Clontarf Academy have enjoyed the start of 2023 with 27 new Year 7 Academy members ready and rearing for morning trainings and afternoon activities. The Shoalhaven Academy started with our Year 12 leadership camp which was held in Batemans Bay and is designed to set benchmarks and goals for the Year 12 graduates to achieve before finishing the school year and attending their end of year trip.

Some highlights for Term 1 would be:

- Year 11 Dinner
- Year 12 breakfast
- Top trainers and attendance trip Jamberoo
- Clean Up Australia Day event
- Year 6 transition fun day
- Year 11/12 Senior Rugby league Carnival
- Spec Savers
- Year 7 Induction Camp
- Parent BBQ

The Shoalhaven Clontarf staff would like to thank all our partners for the continuation of your support, the Clontarf Foundation and academy members truly appreciate how much you give to the programme.

Shoalhaven Clontarf Academy Staff Members



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Senior Mudcrabs Set The Standard

On Tuesday the 7th of February, the leaders of the Shoalhaven Clontarf Academy headed down the coast to beautiful Myola for the Year 12 2023 leadership camp.

Five boys made the journey down with a quick lunch stop in Ulladulla on the way. The rain drizzled down the whole way down there, but once arriving mother nature was good to us and ceased the rain long enough for us to set up our gazebos and swags. Despite the weather, the boys spent the afternoon at the beach body surfing, whilst some of the other groups went surfing and fishing.

We were treated to some freshly caught and cooked abalone by Uncle DK and Terare, as well as some sea urchin and freshly caught fish. A few of the boys were hesitant to try the abalone and sea urchin but went back for seconds and thirds of the abalone. We went back to camp, had a nice hot shower, filled the bellies with some burgers and settled in for a competitive game of trivia with plenty of laughs.

An early rise the next morning meant we were able to get a quick coffee/hot chocolate stop before arriving at the UOW campus in Batemans Bay. All of the boys engaged well and worked together to set expectations for the rest of their schooling

life. We also got some time to brainstorm ideas and get excited for our end of year trip with the idea of Darwin, Katherine and Arnhem Land being thrown around for the Shoaly crew. The rest of the day was spent having fun and enjoying each other's company.

We played putt putt and had a hit out at the driving range, followed by a surf lesson at Broulee. After a big day, the boys were treated to a big feed of Chinese food. We then went for ice cream and had a game of giant Jenga which resulted in myself doing push-ups on the main drag of Batemans Bay after losing. We then met back up with the rest of the academies at the cinemas and were treated to a private 3D screening of the new Avatar movie.

We arrived back at the campsite late and showered before jumping into the swags. After a wild night of wind and rain, we woke up to carnage. Gazebos were broken and the inside of many swags were wet, but the spirits of the boys was not dampened. There were plenty of laughs as we packed up in the rain. A quick brekkie and debrief of the event where the boys shared the learning, before we said goodbye to the other academies and cruised on home in the torrential rain.



Year 11 and 12 Academy Members Wine And Dine To Set Goals

On Thursday the 23rd of February we had our Year 12 breakfast where we took all of our boys out for breakfast and a hot chocolate to talk and discuss how their goals were going in which they set and put in place at the Year 12 leadership camp.

This was a great opportunity for us staff to spend some quality time with the boys away from the hustle and bustle at school. We spoke about how we can help them through a few hiccups some were having and may come up against over the year, we then got stuck into our brekkie and had a good chew.

Later that evening we had our annual Year 11 Dinner, which was hosted in the Nowra Bowling Club function room. We invited all our Year 11 boys and parents/carers to come along also all the executive staff from the school. We had our regional employment officer JT come down and explain the opportunities we can help the boys with through employment over the next two years and also post graduation.

The head teacher of the year group and career advisor for the school also spoke to the group explaining the support the boys will have over the next couple of challenging school years. The boys also filled out their graduate employment plans. Overall it was a great evening and I feel all the boys and families feel the support we and also the school are offering over the next two years.





Mudcrabs Creating Memorable Moments In Canberra

I am excited to inform you all that our recent Year 7/8 Rugby League Carnival at Karabar was a resounding success, with the Academy members winning a few games and having lots of fun. Some of our team had never played Rugby League before and this was their first experience at doing so!

Our junior boys performed to an admirable standard, showcasing their rugby league skills for everyone to see. All their hard work at morning training is paying off and that was evident at the carnival. Congratulations to all the academy members for their efforts during the day.

I would personally like to thank the coaching staff Jerome Reay for showing great leadership throughout the day and all the Karabar staff who made this possible. Without their support and dedication, the carnival would not have been the incredible celebration that it was.

I would like to say a huge congratulations to all the academy members for showing great sportsmanship and well done to Nate for winning our Clontarf spirit award.

Thank you all again and we look forward to building on this successful year.





Clontarf Take On the Coast

The Shoalhaven Clontarf Academy are pleased to inform you that several members from Clontarf Academy recently attended the South Coast Rugby League gala day at Bomaderry Sporting Complex and represented the Academy with pride.

We are proud that our students have gained the opportunity to showcase their rugby league skills and have the chance to compete at such a high level.

It was great to see our students playing with passion and determination and doing our academy proud.

Well done and thank you to everyone involved. They were representing the school and was playing for selection in the South Coast trials. The Shoalhaven Opens teams played very well all day and made the semi-finals and just went down to Ulladulla High School in a very close game.

The under 15's Shoalhaven team also played well all day and went down to the Ulladulla High School team.

The Shoalhaven Academy was lucky enough to have two Academy members selected for the South Coast trial day - they were Jymeal McLeod and Campbell Lyons, who both will represent the school with pride. Campbell and Jymeal both attended the South Coast trial day and played exceptionally well. Jymeal unfortunately didn't make the South Coast team and is still very young and has a lot of years ahead of him, so it was a great effort to make it this far.

Campbell made the South Coast team, and they will take on the representative teams from across the state early next term for the chance to be selected in the all schools Opens Rugby League state team. Good luck Campbell I'm sure you will represent the school and academy in a great manner.





Woolyungah Worksite Vist

On Tuesday the 27th of March 2023, a group of eight Year 10, 11 and 12 boys ventured up to the University of Wollongong to get a taste of what the future could hold.

We arrived at 10am and were greeted by Future Student Engagement Officer Zach Stewart. Zach gave us a quick tour of the Woolyungah Indigenous Centre which resembled a large Clontarf academy room with a kitchen fully stocked with food, photos, music, and of course, a table tennis table.

The Woolyungah centre is a space where Aboriginal and Torres Strait Islander students can go to study, socialise, have a feed, relax and seek support.

After a tour of the centre, Zach gave a presentation about his journey through high school and Clontarf, and

how he got into Uni and now works for the Woolyungah Indigenous Centre. Zach also spoke about the services and supports that the staff of Woolyungah can provide, as well as the process of applying to get into Uni, and scholarships that may be available.

After the presentation, Zach took us on a tour around the uni grounds. The boys were amazed at the size of the uni, especially the number of food options around the campus. The boys got to sit in a lecture theatre and explore the campus, really getting a feel of what it would be like to go to university.

After the tour, we met the rest of the Woolyungah employees, said our thank you and hit the road, stopping for well earned chicken burgers on the way home.





Junior Members Lead The Way

The Shoalhaven Clontarf Academy has started the year in great spirits with many of the Academy members getting involved in various activities throughout the term.

Clontarf staff have been super impressed with the new Year 7 Academy members and the confidence they have shown over the first term, some of these young men recently performed the acknowledgment of country in front of education directors, school staff and peers.

This is a big step forward for the Shoalhaven Academy and it's inspiring to see these young men grow in stature with each performance. The acknowledgement the young men perform is like no other and is spoken in traditional language and then translated into English. While the acknowledgement is being performed another Academy member is playing the didgeridoo in the background.

The feedback from the school executive team was all positive and they had nothing but great comments for the young leaders. Clontarf staff have big plans in the future for these young men and can only encourage more Academy members to start taking the next step outside their comfort zone.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
WEEK 1	24 Apr AFTERNOON ACTIVITIES Senior Gym Term 2 Starts	25 April AFTERNOON ACTIVITIES Cultural Dance PH Anzac Day	26 MORNING TRAINING PCYC Session Students return HOMEWORK HUB AFTER SCHOOL King Of Ping	27 AFTERNOON ACTIVITIES Cricket/Austag DJ – Driving school 2 x Boys – 9am – 11am	28 MORNING TRAINING Rugby league GOOD BUNCH LUNCH	29	30
WEEK 2	1 May AFTERNOON ACTIVITIES Senior Gym 08:30am Rural Fire Service Training	2 AFTERNOON ACTIVITIES Cultural Dance Ben Wellington - to talk with boys 08:30am Rural Fire Service Training DJ – Driving school 2 x Boys – 9am – 11am	3 MORNING TRAINING PCYC Session REGIONAL CRICKET CARNIVAL/GONG GAMES HOMEWORK HUB AFTER SCHOOL King Of Ping 08:30am Rural Fire Service Training DJ – Driving school 2 x Boys – 9am – 11am	4 AFTERNOON ACTIVITIES Cricket/Austag REGIONAL CRICKET CARNIVAL/GONG GAMES	5 MORNING TRAINING Rugby league GOOD BUNCH LUNCH REGIONAL CRICKET CARNIVAL/GONG GAMES	6	7
WEEK 3	8 AFTERNOON ACTIVITIES Senior Gym Health session- Dentist visit – All week	9 AFTERNOON ACTIVITIES Cultural Dance Employment: Seniors Employment Plan	10 MORNING TRAINING PCYC Session HOMEWORK HUB AFTER SCHOOL King Of Ping WACE - TOUR – NICK @ SHOALHAVEN	11 AFTERNOON ACTIVITIES Cricket/Austag 08:30am Albatross Quicklook 08:30am Dean Young U14/16s Rugby League Shield	12 MORNING TRAINING Rugby league GOOD BUNCH LUNCH MORNING TEA – MOTHERS DAY INTERACTION WITH CLONTARF	13	14 MOTHERS DAY
WEEK 4	15 AFTERNOON ACTIVITIES Senior Gym Health session- Dentist visit- All week	16 AFTERNOON ACTIVITIES Cultural Dance	17 MORNING TRAINING PCYC Session HOMEWORK HUB AFTER SCHOOL King Of Ping AIRDS – TABLE TENNIS CARNIVAL	18 AFTERNOON ACTIVITIES Cricket/Austag AIRDS – TABLE TENNIS CARNIVAL 08:30am Love Bites- Year 10	19 MORNING TRAINING Rugby league GOOD BUNCH LUNCH	20	21
WEEK 5	22 AFTERNOON ACTIVITIES Senior Gym	23 AFTERNOON ACTIVITIES Cultural Dance 08:40am Health Relationship Talk from the Youth Police Liaison Officers	24 MORNING TRAINING PCYC Session HOMEWORK HUB AFTER SCHOOL King Of Ping Employment: Worksite visit -	25 AFTERNOON ACTIVITIES Cricket/Austag	26 MORNING TRAINING Rugby league GOOD BUNCH LUNCH	27 NATIONAL PD – TRAVEL DAY	28 NATIONAL PD – TRAVEL DAY
WEEK 6	29 AFTERNOON ACTIVITIES NATIONAL PD – DAY TWO	30 AFTERNOON ACTIVITIES NATIONAL PD – TRAVEL DAY 09am School Vaccination - Year 7 and 10	31 MORNING TRAINING PCYC Session HOMEWORK HUB AFTER SCHOOL King Of Ping	1 Jun AFTERNOON ACTIVITIES Cricket/Austag	2 MORNING TRAINING Rugby league GOOD BUNCH LUNCH Best Year Group - Good Behaviour Day Out	3	4
WEEK 7	5 AFTERNOON ACTIVITIES Senior Gym Yr 12 Assessment 3	6 AFTERNOON ACTIVITIES Cultural Dance Partners – Bunnings Interaction Yr 12 Assessment 3	7 MORNING TRAINING PCYC Session HOMEWORK HUB AFTER SCHOOL King Of Ping Yr 12 Assessment 3	8 AFTERNOON ACTIVITIES Cricket/Austag Yr 12 Assessment 3	9 MORNING TRAINING Rugby league GOOD BUNCH LUNCH Best Year Group - Top Attendance Day Out Yr 12 Assessment 3	10	11
WEEK 8	12 AFTERNOON ACTIVITIES Senior Gym PH Queen's B/day NSW Yr 11 Assessment 2 Yr 12 Assessment 3	13 AFTERNOON ACTIVITIES Cultural Dance Yr 11 Assessment 2 Yr 12 Assessment 3	14 MORNING TRAINING PCYC Session HOMEWORK HUB AFTER SCHOOL King Of Ping Top Trainers Trip - Yr 11 Assessment 2 Yr 12 Assessment 3	15 AFTERNOON ACTIVITIES Cricket/Austag Yr 11 Assessment 2 Yr 12 Assessment 3	16 MORNING TRAINING Rugby league GOOD BUNCH LUNCH Yr 11 Assessment 2 Yr 12 Assessment 3	17	18
WEEK 9	19 AFTERNOON ACTIVITIES Senior Gym Health session TBC Yr 11 Assessment 2	20 AFTERNOON ACTIVITIES Cultural Dance Yr 11 Assessment 2	21 MORNING TRAINING PCYC Session HOMEWORK HUB AFTER SCHOOL King Of Ping Top Attendance Trip - Yr 11 Assessment 2	22 AFTERNOON ACTIVITIES Cricket/Austag Yr 11 Assessment 2	23 MORNING TRAINING Rugby league GOOD BUNCH LUNCH Yr 11 Assessment 2	24	25
WEEK 10	26 AFTERNOON ACTIVITIES Senior Gym NAIDOC WEEK	27 AFTERNOON ACTIVITIES Cultural Dance NAIDOC WEEK	28 MORNING TRAINING PCYC Session HOMEWORK HUB AFTER SCHOOL King Of Ping NAIDOC WEEK	29 AFTERNOON ACTIVITIES Cricket/Austag NAIDOC WEEK	30 MORNING TRAINING Rugby league GOOD BUNCH LUNCH Term 2 ends		

Generic Comments:

- Identify when exams are on – plan major trip around those dates
- Flights booked for Major trip – start on bookings

John – Year 7 and Year 9 – Camps, Employment and Attendance

Adam - Year 8 and Year 11 – Camps, Employment and Attendance

Blake - Year 10 and Year 12 – Camps, Employment and Attendance

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LEGEND

- Education
- Employment
- Football
- Healthy Lifestyles
- Partner Events
- Community Involvement
- Activities
- Health Sessions
- Health Checks
- Camps
- Life Skills
- Leadership
- Other