



Vinnie Newsletter



Week 1 - 5

Term 2 2020

Welcome back to Term 2. The past 6 months for the South Coast region has been tough with the worst bushfires in a Australian history, and the impact of the global pandemic Covid-19. All families, students and staff are feeling the anxiety and uncertainty of these difficult times with flow on affects onto the students' education.

Academy Operations were turned on it's head for the last few weeks of term 1, therefore the well-being of the boys and the community being our primary focus. Despite the interrupted Term 1 we were able to end with an attendance rate of 80%.

With these challenges, the academy has had to become innovative in our approach to engaging with our young men.

To ensure we address all of our Foundation's core pillars, we have had to get creative with a number of online platforms, making the most of tools such as social media and Google Classroom. Engaging over 85% of academy students with a range of challenges, training sessions, Smiling Mind blog's, Employment information packages and Hump day give away's.

With restrictions slightly lifting in week 4 we have been able to run small activities on school grounds to engage the fellas and get some normality back in the academy.

Maintaining the new social distancing rules has been a number one priority for us, and we endeavour to adapt and change to ensure the academy and the Foundation remain supportive of our members, families and Community.

Mothers Day

Week 2 Academy members spent Friday lunch time personalising and creating a heartfelt letter and special gift for their mum on their special day.

Gathering sand, shells and looking up nice quotes on Pinterest to place in a small mason jar collected from the whitest sand in the world of Hyams Beach.

We had some really great buy in with 6 boys participating in this great initiative to say thank you to our amazing mothers of the academy.

We hope all our special mum's loved their gifts!



Training/Afternoon Activities

Training and afternoon activities for our members is a key element to engaging students through a number of the foundations pillars; Sport, Well being and Leadership. Usually Academy training is twice a week before school, creating structure and routine which then sets the standard for a positive day.

At this point in time we have adapted to training at recess for members who are able to attend on the days allocated to them. We have had a blast doing fitness sessions, softball, golf, cricket in the nets and watching the Netflix documentary 'The Last Dance' in the cottage on Thursday arvo's

CLONTARF MORNING TRAINING

LONGEST YARD

- 30 Burpee's (50 beast mode)
- 100M Run
- 30 Sit Ups (50 Beast Mode)
- 100M Run
- 30 Air Squat's (50 Beast Mode)
- 100m Run
- 30 Pushup's (50 Beast mode)
- 100m Run

STAY MOTIVATED!

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Google Classroom

Google is one of the foundations Partners, assisting each year with financial support, work place visits and engaging with academies throughout Australia. Our academy was lucky enough to visit Google last year at the Head Quarters in Darling Harbour.

Adapting to the tough times the past few months we have been able to innovate and use Google classroom as a tool and resource to communicate with academy members but also provide ongoing challenges, tasks and information. Google classroom has been very successful with 85% of academy members registered on the Clontarf classroom. This created a great platform for us to be able to promote the Foundations 6 Pillars - Employment, Partnerships, Well - Being, Sport, Education, Leadership.

Academy staff were uploading content daily with challenges like 'Cooking with Carlos' which filmed how to cook a meal for the family, Uploads from the 'Smiling mind' app on how to handle all things Covid and Mental Health, Employment pathways into the NSW Fire Brigade and information packs. In addition all of our filmed training sessions for the lads to complete at home were uploaded to this platform as well.



Through Your Lense
This Week's Topic
Water

Use your creativity and capture the best photo with some kind of 'water' in it. Use your imagination and lets see who can win the 'photo of the week'

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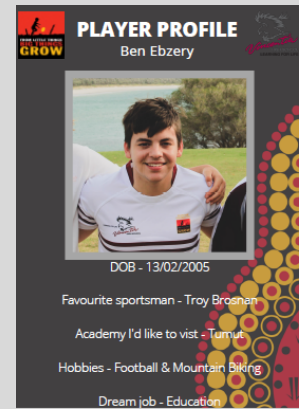
Cooking with carlos.

Ravioli

What You Will Need

- Packet Of Ravioli pasta
- Sauce jar of your liking
- Cheese
- Pot to boil pasta
- microwave for the sauce

Employment & Alumni



We are really happy with the amount of young lads in the academy working casual jobs around in the local community. Setting high standards within the foundation we have 10 current students in casual employment.

A special mention for this newsletter for great work goes to Ryley Madden in our year 12 cohort. Working at Woolworths stacking shelves and keeping the place stocked to keep up with the current demand all over Australia during the hectic times. Also Ben Ebzery our Player profile for first half of term 2. Ben has been consistently working casual shifts at Mc Donalds South Nowra for the past few months. Both lads leading by example for all academy members.

Our first Alumni from 2019 is currently doing big things in the employment space and absolutely leading from the front. Blake Elson, has joined the Army and is currently undertaking recruitment training at Kapooka. See picture with Harley at his induction at Wollongong. Elijah Brown has moved to the ACT and is completing a refrigeration apprenticeship. Austin Patterson, is working at Kmart with hopes of moving into the IT team and James Thelander is awaiting his spot to complete the Indigenous Police Recruitment with (IPROWD). Jye Kilpatrick has remained local and working fulltime in construction with his father around the South Coast, enjoying being outdoors and on the tools.



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