



clontarf
foundation

Clontarf Newsletter

Term 3

Worksite Visit

Jervis Bay Mussels - South Coast Mari-culture



ABOUT THE ACADEMY

The Vincentia Clontarf Academy was founded in 2019 and operates out of Vincentia High School. It caters for students in Years 7 to 12 and currently has 103 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

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Message from the Director

The Vincentia Clontarf Academy had a cracking start to Term 3, with a number of workplace visits to our partners Woolworths and local company Jervis Bay Mussels. I am incredibly proud of our boys for setting exemplary standards, showing up to each opportunity in true Clontarf spirit; well dressed, well mannered and keen to learn. This standard was also carried out during a number of gym visits to a new local gym, South Coast Barbell. The boys ripped in and owner and trainer Daniel Rasitti was so impressed that he offered our senior boys free gym memberships for the rest of the year.

We also got to run some special events, including our Year 9 and Senior 'Big Day Out', which helped to set a positive and exciting vibe within the academy. The 5x5 beach footy was also a massive hit amongst the boys. We were super excited to show off our stunning beaches, with the weather turning it on for the day.

The never-ending pandemic COVID-19 once again hit our shores, and by Week 6 the state was back in lockdown. Just like last year, we adapted to the conditions and were well prepared, supporting and staying relevant in the lives of our boys, families, and school community. We jumped on board with the school, delivering book packs to families that were unable to collect them, as well as running weekly check ins and follow ups with students and their families. Our Google Classroom has also been a great platform to continue normal operations, delivering training sessions on Tuesday and Friday mornings. Well-being blogs to keep the boys inspired were uploaded on Monday and Wednesdays, as well as employment pathways and information to spark post-school aspirations.

A special session with Tim Coenraad from the Illawarra Hawks, and the Virtual Employment forum were also standout sessions. Our Employment Officer Josh Toohey did an amazing job organising numerous partners to come together to engage and inform our senior boys.

On a final note, our Year 12 boys are graduating this week before heading into their HSC. We are incredibly proud of their commitment and tenacity to their education, especially during such a challenging time. We wish them all the best! Once you're a Clontarf boy, always a Clontarf boy this isn't goodbye, just see ya later.

Hope you enjoy the Term 3 Vincentia Clontarf newsletter.

Year 11 Big Day Out

The Vincentia Academy hit Booderee National Park for the much-anticipated senior's Big Day Out. The day was designed to strengthen our connections and to have that important discussion about what is required to graduating high school.

During our conversations we were able to identify some possible hurdles in the way and, as a group we nussed out structures and support networks that will get them across the line to be able to achieve the end goal of graduating.

Whilst we were talking future aspirations, these fellas were soaking up the day on country bush walking, fishing, swimming, and playing footy. All posing for photos as well.

Our senior flock have been embracing the leadership tag in the academy and are setting good examples for the younger academy members coming through. There has been a massive step up in licenses, and employments ready documents completed in the last term.

For the big efforts made, we treated the lads to a lamb roast with veggies and gravy, an absolute winner for the day.

Our Big Day Out was successful and everyone enjoyed the weather, activities and positives vibes.



Year 9 Big Day Out



During Week 5 of Term 3, our Year 9 boys had their Big Day Out. We started the morning with a walk to Bheweree Beach to ease into the morning before a day full of activities.

We hiked up to a lookout which had a beautiful panoramic view that looked over Caves Beach. It was here where Clontarf staff had a meaningful chat with the lads, and a Welcome to Country.

Our chat directed us to talking about their journey so far, and they will be the first year-group to have the full advantage of having Clontarf in their corner from Year 7 – Year 12.

We then headed back to Caves Beach, grabbing the surf boards, and heading down to the water waiting for the perfect wave. We finished the day of with a match of beach footy before having chicken burgers for lunch before wrapping the day up.

Jervis Bay Mussels Visit

Before lockdown, we visited Jervis Bay Mussels, one of the fastest growing mussel farms in Australia. The lads ripped in and really enjoyed our visit learning the day-to-day operations of the organisation. Our hosts were excited just as much as we were, welcoming the boys onto their vessel.

With a well laid out plan we broke into two groups; one group learning how to tie knots on the deck and how to attach it to the hydraulic wheel and, the second group got to explore the vessel from the cockpit and see the motor downstairs.

This worksite visit was a great experience for the group, opening their eyes to the many opportunities that involve working on the water.

This sparked up some great conversations with the captain, which landed a couple of the boys wanting to head out to sea and check out the farm with the crew. The captain was more than happy to organise the half day work experience.

We cannot wait to revisit JB Mussels and get the opportunity to see their mussel farm here in Jervis Bay when lockdown finishes.



Woolworth's Visit / Training session

On the 13th of August we had a morning session down at Greenfields beach, Vincentia. The atmosphere was unreal, competing in capture the flag races, king of the ring and a game of footy. We had Ben and Peter, the local representatives of Woolworths attend and get stuck into the games with the boys.

Shortly after training, a handful of our members that were interested in gaining casual work, dressed up for the opportunity to go to a worksite visit with Woolworths. Our experience was outstanding, attending a well-planned and organised workshop showing us the different roles throughout a fully functioning Woolworths.

The lads had a great time asking plenty of relevant questions putting their best foot forward for when the opportunity arises, and part time work is available.

We are looking forward to spending more time with our partners Woolworths and their involvement with our academy.



Virtual Employment Forum

Not even COVID and a state-wide lockdown could stop the Employment Forum from happening on the South Coast. At Vincentia we have a handful of Year 11 students attending their first forum party and a few Year 12 students back again from 2020.

Like last year, this event went ahead with restrictions and the lads couldn't participate in a normal setting all together as a region. Adapting to restrictions, Josh Toohey the South Coast Employment Officer created an online platform over Zoom to host the annual event. This allowed our partners the opportunity to present all things operational and explain various future career pathways available to our members.

The level of depth received from partners in attendance was outstanding. Presenting partners included Bunnings, Kmart, Blackwoods, DHL, Snowy Hydro, Australian Defence Force (ADF), Woolworths and Joss Group. The Vincentia Eagles were full of enthusiasm, taking in as much information as they could with the organisations they were interested in.

This sparked some great discussions around the table between members forecasting their futures together.



South Coast Barbell - Seniors Gym



At the start of the term there was interest from the senior cohort about getting fit and going to the gym. A local gym, South Coast Barbell, were happy to partner us and get involved with teaching students the ins and outs of strength training.

Owner Daniel Rasitti has been leading sessions in power lifting and developing the boys, teaching correct technique to fundamental movement patterns, which builds strength and power, giving us a great starting point to be gym ready.

This has been a positive effect on the lads, creating some enthusiasm towards living healthy lifestyles and looking after our bodies. During the few sessions we were able to build a strong connection with Daniel and he valued what the Foundation represents.

South Coast then offered the group of boys who have been consistent, free memberships till the end of the year. Obviously, we were stoked with the opportunity this created for our fellas and for most this was their first gym membership.

Moving into next term we are looking forward to Daniel hosting a nutrition / supplement workshop to broaden our knowledge with healthy habits.

Illawarra Hawks - Tim Coenraad

During Week 8 the Vincentia Clontarf Academy was fortunate enough to have an incredible health session put together by Tim Coenraad from the Illawarra Hawks. What an opportunity it was to get not only our Vincentia Academy boys involved but across the region with Lake Illawarra, Shoalhaven and Elizabeth Macarthur Clontarf Academies joining and gaining access to this incredible opportunity to educate the boys in taking care of their health.

Tim spoke about healthy dieting and healthy habits such as positive outcomes of a healthy diet and the negatives of an unhealthy diet and what impacts it has on your health in the long term. Tim further spoke about the importance of sleep and minimising screen time, and if they were to have screen time don't sit down, stand up or challenge yourself and stand on one leg whilst having screen time, as it is important that as teenage boy you do a minimum of sixty minutes a day of moderate-to-vigorous intensity physical activity each day.

The boys were very surprised when asked to pick between two products on which one would contain more sugar. There were a lot of surprised faces when the truth was revealed - even from the Clontarf staff - it was safe to say there were more than a few thinking a diet change was needed.

Tim concluded the session with a questionnaire and speaking about his strict diet as a professional basketball player. The Illawarra Hawks further donated shirts and gift packs to each academy who were involved. We would like to thank Tim Coenraad and the Illawarra Hawks for their ongoing support to the foundation and the boys.



5 v 5 Beach Footy

In Week 4, the Vinnie Eagles linked up with the Shoaly Mud Crabs to play in a small tournament of Beach Footy.

The South Coast weather turned it on with Greenfields looking pristine! The energy was high, and the boys ripped in giving their all with 5 a side footy, testing their fitness and one-on-one defence.

During the day you could see the teams changing tactics and adapting to the beach instead of on the footy field, keeping it simple and holding onto the ball.

To conclude the beach footy, the highest scoring team from each academy played it out in the grand final!

Both teams put their body on the line and played with Clontarf Spirit. The Vinnie Eagles came out on top after a close match.

Team Of The Term



Deakon Stewart



Isaiah Kihl Kelly



Toby Carroll



Chase Lingard

Will Jones

To be selected in the *team of the term*, you need to be picked in the *team of the week* the most throughout the term. Each week there is a new initiative posted on the board in the academy room which is the criteria for the week

Attendance, training attendance, Clontarf spirit, positive behaviour, leadership are some examples the *team of the week* counts to *team of the term* as well as counting towards the *team of the year*.

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