



clontarf
foundation

Clontarf Newsletter

Term 1 2021



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 90 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

Vincentia High School
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STAFF CONTACTS

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Message from the Director

It's great to be back! While we might have not gotten rid of the 'Rona completely, we certainly are back into the swing of things at the Vincentia Clontarf Academy.

Firstly, I'd like to formally welcome our newest recruits, the Year 7 cohort. These young men are a breath of fresh air, starting off their secondary schooling with a bang. We are loving their enthusiasm and looking forward to sharing this journey with them.

With the addition of this new cohort, our academy has now grown to 102 members for 2021.

When we first began in 2019, we opened with 82 members. Overall school attendance for Term 1 has also been positive, with academy members averaging 86%, a 4% increase from Term 4 last year.

Term 1 has seen normal academy life and activities back into full swing after a somewhat crazy and challenging 2020.

With that being said, this term has already seen the academy reach record breaking attendance at morning trainings, peaking at 44 academy members and averaging 34 members attending across the term. This is really exciting and we are super proud of the effort by the boys to get up early and share the Clontarf spirit.

Our partners have already engaged with the academy, with representatives from Woolworths and Kmart attending our training sessions. Both organisations are loving our presence in the community, and are keen to support in any way possible, as well as creating a number of employment opportunities for our members.

A very special mention to one of our students goes to Jay Sutton. Jay recently represented us, his family, school and community while attending state parliament with DOVES (Department of Student Voices in Education and Schools). Jay advocated for Indigenous students and students with a disability while engaging with Education Minister Sarah Mitchell. We are very proud of the courage and leadership shown by Jay!

Before signing off, I would like to encourage you to check out the Vincentia High School webpage! Clontarf now have their very own tab, where you can find updated photos and videos of all our adventures.

I hope you enjoy the first edition of the Vincentia Clontarf newsletter.

Year 7 Induction Day/ Morning Tea

Here at Vincentia Academy we are pleased to welcome our new Year 7 cohort into the Clontarf family and are excited for what the future holds for them.

On Monday 8th February we officially welcomed our 2021 Year 7 cohort to Clontarf by holding a Year 7 'induction day'. We started the morning in the academy room with Taylor Betts and Jackson Webb speaking to a presentation, educating the boys about the history of Clontarf Foundation. As recess approached the boys organised the room to host International Women's Day. All the lovely women who work in the school came down to the cottage for morning tea. Shortly after recess the Clontarf staff and the boys headed down to Collingwood beach, splitting into two groups to run an Amazing Race style game.

After the Amazing Race the boys had a big feed, where they were introduced to the famous Clontarf Wraps. The day concluded with Andrew Van Oploo, a Year 12 graduate coming to speak to the boys about his journey and shared some advice about getting through school.



Year 11 Dinner

The academy hosted our first Year 11 dinner for families and executive staff mid-way through the term. Our idea being that all parties involved with the students could network ideas to best support the fellas completing their final two years of school.

In support of the night we also had our Employment Officer Josh Toohey come along to discuss his role in the Foundation and what part he will play in the members' journeys over the next few years.

One of our original graduates from 2019 Blake Elson popped along as special guest for a Q & A with Josh. Blake spoke openly about his experience since school and how Clontarf has supported him since graduating.

This encouraged parents, students and staff to ask any questions to Blake or Clontarf staff involved.

The night was a successful evening sitting down to a nice meal, getting the opportunity to discuss all things Clontarf, education and employment.



Leadership Group

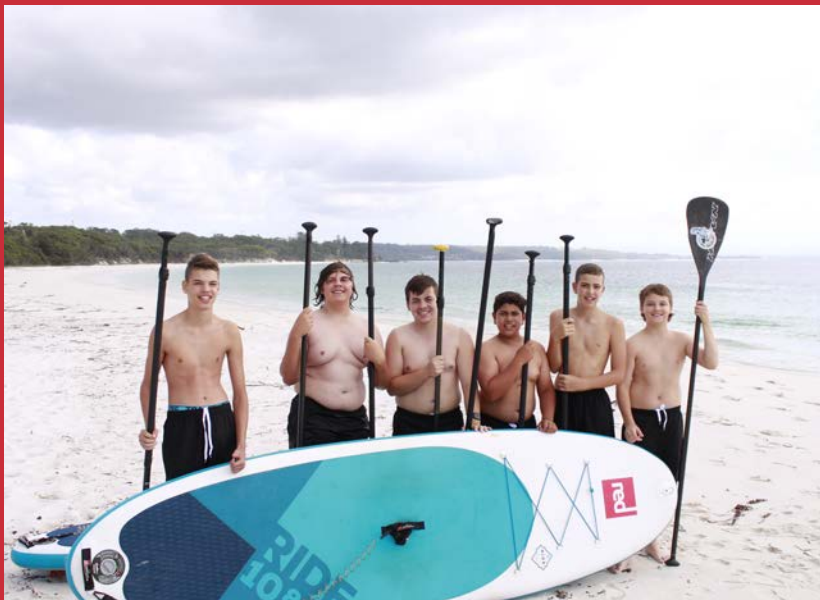


This term we have introduced a leadership group consisting of one representative from each year. The lads have a scheduled meeting on a fortnightly basis to discuss topics around ways to keep the academy vibrant and attractive for members. Acting as a voice for their peers, they relay any suggestions to the group for discussion in regards to camps, afternoon activities, training and everything in between.

The fellas join us on a Friday, Period 1 to have an informal written meeting with a running agenda to learn how meetings take place, including delegating roles, responsibilities and following up any actions required. So far this year the group has set out to achieve three goals. This includes presenting to all staff a presentation about Clontarf which they achieved in Week 6.

Another goal is to design and discuss our plans for a camping ground behind our academy room for our members to use, which will also be used by visiting academies and any partnership visits in the near future. Chris Brown, the representative for Year 10 actioned his first task by emailing the regional manager of Coates hire (a partner of the Foundation) to request equipment to start constructing the camp ground. The lads envisage planning a couple of working bee's, encouraging other members, teachers and families to be involved with the construction.

We are really excited about this opportunity to empower our academy members and see them take ownership of some projects within academy operations.



Capital to Coast



The time had come for the highly anticipated Capital to Coast clash, where the Vincentia Academy take on the Karabar Academy. It was safe to say this camp was going to live up to the hype of previous games for the cup with our little Eagles fired up for the occasion.

On arrival to the capital our first stop was at the National Arboretum where we were greeted by Dean and Gail who yarned to the boys about bush food, tool making and different animal skins and their purpose. The boys experienced in detail the old ways of surviving, learning what resources and tools were available.

Shortly after our visit the lads set off to Karabar High School to battle it out for the Capital to Coast Cup! Both teams played exceptionally well and showed Clontarf spirit throughout the clash! Throughout the game both teams played to the best of their ability however Vincentia came out on top in the end. During the post presentation formalities young Jacoby from Karabar was awarded the Clontarf Spirit Award for showing good sportsmanship and picking up the lads around him.

After receiving the trophy for the consecutive time, we arrived at the scout hall in Kambah where we settled in for the night and reflected on our war stories and experiences from the day.

Year 10 Sydney Camp



On Thursday 25th May, our Year 10 fellas headed up to Sydney for an overnight camp to stay at Kirinari Aboriginal Hostel, which houses our brothers from all over Australia at the Endeavor Academy.

The first activity of the day was a cultural session with Jeff Hardy and their cultural heritage officer taking us to visit significant sites to the Dharawal people. We visited engraving sites dating back 10,000 years. The lads were extremely blown away at how lucky we were to be able to get the opportunity to visit the spiritual sites that less than 5% of Sydney know about. Later that evening we booked seats at our Partners (Clubs NSW) the Tradies for dinner.

We rose early on Friday morning to join the Endeavour Clontarf academy for their F45 style workout at the school's sports performance unit. The boys ripped into 20 stations of various workouts, challenging the lads and their fitness. Afterwards we headed to the Endeavor Academy room for breakfast. This was a great touch giving our group the opportunity to meet other Academy members from outside the Vincentia space.

On our way home we got to watch the Dragons take on Manly at WIN Stadium.

Illawarra Hawks Training

Vincentia Clontarf Academy had the ultimate opportunity to have a training session with former Illawarra Hawks NBL player Tim Coenraad. We were lucky enough to train at the Snake Pit, the home of the Illawarra Hawks team. Tim started the session with ball handling skills before leading into the basic fundamentals of a layup and shooting.

The crew showed great skills and determination giving their best. Following the session Tim spoke to the boys about being a professional sportsmen and how it is their responsibility to put in the hard work for training and taking care of their body. He also expressed that you only have one body so you need to take care of it.

Following the basketball session we drove a short distance to WIN Stadium where we watched a NRL game, Illawarra Dragons v Manly Sea Eagles! We scored seats right next to the sideline where we could be up and close to all of the action. The Dragons came out on top 38 – 12. The boys were stoked!

We would like to give a special thank you to the parents for picking up their boys from school late in the night.



Year 10 Work Experience



We are happy with the efforts of our Year 10 crew being placed in work experience around the local community.

With a variety of different workplaces, the members all enjoyed the experience of being working class men. The preparation in itself to organise a workplace, the information package and for employers to sign off is a big effort from students.

A few of our work experience members are Bailey Ardler Pascoe working out at the Wreck Bay Council as a groundskeeper. Harley Knight spent his time at the local IGA in Management. Keanu King ventured over to the Marine Rescue head quarters and Chris Brown wanted to experience his dream job of becoming a mentor with us the Clontarf Foundation.

One of the pillars we are guided by in the Foundation is 'employment' and in the academy we like to celebrate any achievements from the fellas.

To do this, we have work experience profiles up on the wall for all Academy members and any visitors to see. Check out a couple of them below:

clontarf working

Work Experience

KEANU KING

Vincintia Academy 2019, 20, 21



what

where

when

status

why

advice

Marine Rescue

Huskisson, NSW

15/3/21 - 18/4/21

Current Year 10

To learn my craft as a sailing Captain

Sail, hail or shine

FROM LITTLE THINGS
BIG THINGS
GROW

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clontarf working

Work Experience

CHRIS BROWN

Vincintia Academy 2019, 20, 21



what

where

when

status

why

advice

Clontarf Mentor

Vincintia Academy, NSW

Commenced 15/3/21 - 19/3/21

Current Year 10

To learn how to become a mentor

Do what you love

FROM LITTLE THINGS
BIG THINGS
GROW

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Dj's Driving school



Our Academy has developed a great relationship with local driver training school 'Dj's'. Dale has now trained five students, supporting them to gain driving hours in order to apply for their P plates.

Ben Ebzery has completed five hours with Dale and has now gained his Provisional Licence!

Our Thursday afternoon activity has seen us sitting down in the cottage practicing the L's theory test. This is giving academy members the opportunity to be prepared when the time comes that they can gain their license.

We are looking forward to continuing in Term 2 engaging more boys to the Thursday afternoon sessions, preparing them to gain their licence and get more of our members across the line this year.


Below is a few profiles we have in the Academy room.

L

look
who's
driving

Kade King

Vincintia Academy



What is a road rule you didn't know before you got your learner's permit?

Debut.

How do you plan to get your driving hours completed?

Driving with parents. PDVC Safe Driver course.

What is your dream car?

Musta.

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P

look
who's
driving

Ben Ebzery

Vincintia Academy



Having your licence allows you to:

Drive to school and work.

What responsibilities come with holding a drivers licence?

Being a safe driver.

What is your dream car?

Family Wagon, Ford Everest.

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Team of the Term



Jonah Ardler Pascoe
Year 7



Luke Heitel Freeman
Year 8



Ben Brown
Year 9



James Taylor
Year 11



Ben Ebzery
Year 12



Chris Brown
Year 10

Coming Up in Term 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
WEEK 1	19 April	20 Morning Training Anzac Assembly	21 Senior Rugby League Carnival Afternoon Activity	22 L's / Senior Assessment Support	23 Morning Training Leadership Group Meeting	24	25 ANZAC Day Dawn Service
WEEK 2	26 Year 7 Contact Time Monday Madness	27 Morning Training School Photos Toasties Afternoon Activity	28 Health Checks Year 8 Contact Time Afternoon Activity	29 Southern Shield V Matraville 9/10	30 Morning Training	1 May	2
WEEK 3	3 Year 10 Contact Time Monday Madness	4 Morning Training Toasties IronBark Joinery Staff Meeting	5 Year 11 Contact Time Health Checks Super Training Airds Year 11 Afternoon Activity	6	7 Morning Training Leadership Group Meeting Year 12 Contact Time	8	9
WEEK 4	10 Year 7 Contact Time Mother's Day Morning Tea Monday Madness	11 Morning Training Toasties Woolworths Worksite Visit?	12 Year 8 Contact Time Health Checks Support Bowling Afternoon Activity	13 Alumni Bowling? Southern Shield V Shoalhaven (away) 7/8	14 Above The Rim Basketball? Year 9 Contact Time	15	16
WEEK 5	17 Year 10 Contact Time Monday Madness	18 Morning Training Toasties Afternoon Activity	19 Year 11 Contact Time Health Checks Afternoon Activity	20 L's / Senior Assessment Support	21 Morning Training Leadership Group Meeting Year 12 Contact Time	22	23