

Narrandera Clontarf Academy

Clontarf Newsletter

Term 3, 2024



clontarf
foundation



ABOUT THE ACADEMY

The Narrandera Clontarf Academy was founded in 2018 and operates out of Narrandera High School. It caters for students in Years 7 to 12 and currently has 41 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

Narrandera High School
Elizabeth Street Narrandera
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STAFF CONTACTS

Director
John Ingram
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Operations Officer
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Message from the Director

As Term 3 comes to a close, the Clontarf Academy staff and members reflect on what has been an action-packed and highly successful term. With a series of highlights and events, the term was filled with opportunities for growth, community engagement, and memorable experiences.

NAIDOC Day Celebrations

The term kicked off with NAIDOC Day, where Academy members proudly participated in events celebrating Aboriginal and Torres Strait Islander culture. It was a day of unity, learning, and reflection as we honoured the rich history and contributions of Indigenous Australians.

Shoalhaven Basketball Carnival

In mid-term, our members showcased their athletic prowess at the Shoalhaven Basketball Carnival. The event provided a fantastic opportunity for students to engage in friendly competition, demonstrate teamwork, and build connections with other academies.

Ross Kelly Cup Rugby League Carnival

The excitement continued with the Ross Kelly Cup Rugby League Carnival, where our members took to the field with determination and spirit. The carnival was a testament to their hard work and dedication, as they played with heart and showcased their rugby league skills.

Health Sessions

Throughout the term, students participated in a series of health sessions designed to promote physical and mental well-being. These sessions were an essential part of our holistic approach to supporting the development of our young men.

JBS Australia Worksite Visit

A visit to JBS Australia provided our members with invaluable insights into potential career paths. The worksite visit was a highlight of the term, offering a glimpse into the industry and the various opportunities available post-school.

Top Trainers Big Day Out

The Top Trainers Big Day Out was another standout event where our members engaged in a day filled with activities led by some of the best trainers. The day was both challenging and rewarding, pushing our students to new heights.

Rotary Golf Community Event

Giving back to the community is a core value at Clontarf, and our participation in the Rotary Golf Community Event was a perfect example of this. Our members enjoyed connecting with community leaders and showing their appreciation for the ongoing support we receive.

SunRice Morning Training

The term wrapped up with the SunRice morning training sessions, where our members demonstrated their commitment by rising early to train. These sessions not only built fitness but also instilled discipline and a strong work ethic.

Looking Ahead to Term 4

As we look forward to Term 4, Clontarf Academy staff would like to extend our heartfelt thanks to all the community members, partners, and supporters who made Term 3 such a success. Your contributions are invaluable, and we are excited to continue working together to support the growth and development of our young men in the coming term.

Narrandera Clontarf Academy Staff Members



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Narrandera High School Celebrates NAIDOC Day 2024 with Vibrant Cultural Activities

Narrandera High School came alive with cultural pride and community spirit as students, staff, and local community members gathered to celebrate NAIDOC Day 2024. The event, a highlight of the school calendar, was marked by a series of engaging activities and performances that honoured Aboriginal and Torres Strait Islander history, culture, and achievements.

The day kicked off with a warm Welcome to Country, setting the tone for a celebration steeped in tradition and respect. Clontarf staff and the Public-School Aboriginal Education Officer (AEO) team led a range of cultural games and activities, providing students with hands-on experiences of traditional Aboriginal practices and sports. These activities not only entertained but also educated participants about the rich cultural heritage of Indigenous Australians.

One of the culinary highlights of the day was the traditional food supplied by Uncle Mick Lyons. Students and staff had the opportunity to taste authentic Aboriginal cuisine, gaining a deeper appreciation for the culinary traditions that have been passed down through generations.

Art played a significant role in the celebrations, with the Local Lands Council facilitating Aboriginal art sessions. These sessions allowed students to explore and express their creativity while learning about the significance of art in Aboriginal culture. The vibrant artworks produced were a testament to the students' engagement and the inspiring guidance of the Local Lands

Council.

The success of NAIDOC Day 2024 at Narrandera High School was made possible by the dedicated efforts of many individuals. A special thanks goes to the Clontarf staff for their enthusiastic involvement. Uncle Mick Lyons for sharing his cooking expertise, and the Local Lands Council for their artistic contributions. The school's Aboriginal Education Officers (AEOs), Joy and Braden, deserve recognition for their exceptional organisation and coordination of the day's events.

NAIDOC Day is a significant event for our school community. It is a day where we come together to celebrate and learn from the rich cultures of Aboriginal and Torres Strait Islander peoples. The success of this year's event is a testament to the hard work and dedication of our staff, students, and community partners.

NAIDOC Day 2024 at Narrandera High School was a day filled with enjoyment, learning, and cultural enrichment. The vibrant celebration highlighted the importance of acknowledging and respecting the contributions of Aboriginal and Torres Strait Islander peoples to our shared history and future. The school looks forward to continuing this tradition in the years to come, fostering a deeper understanding and appreciation of Indigenous cultures among its students and the wider community.



Narrandera Clontarf Academy Shines at Shoalhaven Basketball Carnival

The Narrandera Clontarf Academy recently made waves at the Shoalhaven Basketball Carnival, where their team put on a stellar performance, showcasing their skills and determination. Competing against some of the best teams in the region, the boys from Narrandera displayed impressive teamwork and athleticism, earning their place as one of the top contenders in the tournament. Their journey to the final was nothing short of remarkable, with each game highlighting their hard work and dedication on the court.

In the championship match, the Narrandera team fought with heart and tenacity, ultimately finishing as runners-up. Although they fell just short of claiming the title, the boys walked away with a sense of pride and accomplishment. Their efforts throughout the carnival were commendable, and their near-victory serves as a testament to their growing potential as a formidable team. The experience provided them with

valuable lessons that will undoubtedly fuel their drive for future success.

However, the Shoalhaven trip was about more than just basketball. The boys made the most of their time away, enjoying a variety of activities that offered both relaxation and fun. The team spent time at the beach, where they soaked up the sun and enjoyed the coastal scenery. They also indulged in some friendly competition off the court with a round of tenpin bowling that brought out their playful side. Additionally, a fishing excursion added a touch of adventure to the trip, allowing the boys to bond over their shared experiences.

Overall, the Shoalhaven Basketball Carnival was a memorable event for the Narrandera Clontarf Academy, both on and off the court. The boys returned home not only with a well-deserved second-place finish but also with lasting memories of a trip filled with camaraderie, fun, and personal growth.





Waminda Empowers Narrandera Clontarf Academy Members with Vital Health and Wellbeing Session

The Narrandera Clontarf Academy recently hosted a powerful and informative health session led by Waminda, a prominent Aboriginal Women's Health and Welfare organisation based in Nowra. The session aimed to educate Academy members on crucial aspects of health and wellbeing while also providing insights into the support services available to them.

The session, which took place at the Narrandera Academy, was part of a broader initiative to equip young Indigenous men with the knowledge and tools necessary to lead healthy, fulfilling lives. Representatives from Waminda spoke passionately about the importance of maintaining both physical and mental health, emphasising that wellbeing is a holistic concept involving the mind, body, and spirit.

During the session, Waminda's team addressed a range of health topics pertinent to the young men in attendance. Discussions included the significance of regular exercise, balanced nutrition, and the impact of lifestyle choices on long-term health. Additionally, the session delved into mental health issues, stressing the importance of seeking help when needed and breaking down the stigma associated with mental illness.

One of the key highlights of the session was the detailed overview of the support services available through Waminda and other local organisations. The presenters outlined how young people can access healthcare, counselling, and community support tailored to their specific needs. They

also provided practical advice on navigating these services, ensuring that the Academy members left the session with a clear understanding of how to seek help when needed.

The Narrandera Clontarf Academy's engagement with Waminda is part of its ongoing commitment to fostering strong, healthy futures for its members. By connecting the young men with culturally relevant and accessible health information, the Academy aims to empower them to make informed decisions about their wellbeing. The session also served as a reminder of the importance of community support and the resources available to help them along their journeys.

Feedback from the session was overwhelmingly positive, with many Academy members expressing their appreciation for the valuable information shared. The collaboration between Waminda and the Narrandera Clontarf Academy is a testament to the power of community partnerships in supporting the health and wellbeing of young Indigenous men.

As the Academy continues its mission to mentor and guide young men, sessions like these play a critical role in ensuring that they are well-equipped to face the challenges ahead, both on and off the field. The Narrandera Clontarf Academy remains committed to providing its members with the tools they need to succeed, and this health session was a significant step in that direction.



Narrandera Clontarf Academy Hosts Unforgettable Engagement Camp in Corowa

The Narrandera Clontarf Academy recently hosted an engaging and memorable camp in Corowa, providing a much-needed break from the daily grind and an opportunity for the boys to reconnect with nature and each other. The camp, held in collaboration with the Moruya Academy, was a testament to the Clontarf Foundation's ongoing commitment to fostering camaraderie and community among its students.

Set against the picturesque backdrop of Corowa, the camp offered the boys a unique opportunity to immerse themselves in nature and participate in a variety of outdoor activities. From early morning fishing excursions to the thrill of catching lobsters during the day, the camp was filled with moments of excitement and adventure. The boys quickly embraced the hands-on experience, learning new skills and enjoying the simple pleasures of outdoor life.

As the sun dipped below the horizon, campfires were lit, and the evenings became a time for relaxation and reflection. Gathered around the warm glow of the fire, the boys from both the Narrandera and Moruya Academies shared stories, laughter, and a sense of unity. It was a time to unwind, connect with peers, and build lasting friendships.

The collaboration between the Narrandera and Moruya Academies added a special dimension to the camp, fostering connections between students from different regions. The shared experiences during the camp not only strengthened the bonds within each academy but also created a broader network of support and friendship across the Clontarf community.

The Corowa engagement camp was a resounding success, leaving the boys with memories that will last a lifetime. The Narrandera Clontarf Academy looks forward to future opportunities to bring its students together in similar settings, where they can continue to grow, learn, and support one another in their educational and personal journeys.

As the camp ended, the boys returned home not just with stories of their adventures but also with a renewed sense of purpose and belonging—core values that the Clontarf Foundation strives to instil in every young man it supports.



Narrandera Clontarf Academy Shines at Ross Kelly Cup Rugby League Carnival

The Narrandera Clontarf Academy recently embarked on a remarkable journey to Tuggerah, participating in the highly anticipated annual Ross Kelly Cup rugby league carnival. The four-day event saw some of the best young rugby talent from across New South Wales converge for intense competition, camaraderie, and personal growth. The Narrandera boys made their mark on and off the field, representing their academy with pride and determination.

The carnival kicked off in style on Tuesday night with a special dinner in Sydney. The dinner, a hallmark of the Ross Kelly Cup, serves as an opportunity for players from all over the state to gather, share stories, and prepare for the challenges ahead. The Narrandera Clontarf Academy athletes were treated to a star-studded evening with special guests, including current Manly NRL player Jason Saab.

Saab, known for his speed and skill in the NRL, took the time to meet the young players, share insights into his career, and offer advice about the importance of resilience, hard work, and unity. His words left a lasting impression on the Narrandera squad, motivating them to bring their best to the carnival.

The dinner also provided the boys with the opportunity to meet other players from various academies, forming friendships and rivalries that would unfold over the following days.

Before the tournament action kicked off, the Narrandera Academy had the chance to explore Sydney's iconic landmarks on Wednesday. The team enjoyed an exhilarating jet boat experience on Sydney Harbour, racing past famous sites like the Sydney Opera House and the Harbour Bridge. This thrilling activity was not only a fun team-building exercise but also a way for the boys to unwind and mentally prepare for the fierce competition ahead. The experience helped build camaraderie within the team, creating strong bonds that would carry them through the intense days of competition that followed.

Thursday and Friday saw the Narrandera Clontarf Academy focus on the main event—the Ross Kelly Cup rugby league carnival. The competition featured over 40 teams from academies across New South

Wales, making it one of the largest youth rugby league gatherings in the state. The Narrandera Academy joined forces with James Fallon Academy, creating a powerful and cohesive unit. Together, the two academies demonstrated exceptional teamwork, skill, and determination. Their combined efforts saw them face off against a variety of formidable opponents, each team hungry for a shot at the grand final.

From the opening whistle, the Narrandera players impressed, displaying excellent ball handling, fierce defence, and quick footwork. Despite the intense competition, they fought their way through the group stages, overcoming several strong teams along the way. Their discipline and work ethic on the field were clear for all to see, with each player stepping up to contribute.

Throughout the tournament, the Narrandera-James Fallon side played with heart and passion, pushing themselves to the limit. They captured the attention of coaches, scouts, and spectators alike, many of whom remarked on the team's cohesive playing style and dedication.

As the tournament progressed, the dream of making the grand final seemed within reach. However, in the semifinal, the Narrandera-James Fallon team came up against an exceptionally skilled Mt Austin squad. Despite a valiant effort, Mt Austin proved to be too strong, displaying a level of precision and teamwork that ultimately secured their place in the grand final.

While the loss was disappointing for the Narrandera boys, they held their heads high, proud of how far they had come. Their performance throughout the carnival had been nothing short of outstanding, and although they narrowly missed out on the final, their efforts earned them respect across the field.

Mt Austin would go on to win the Ross Kelly Cup, but for the Narrandera Clontarf Academy, the tournament was about more than just results. It was an opportunity to grow as individuals and as a team, to test their skills against some of the best in the state, and to represent their community on a big stage.



Photos from Term 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
WEEK 1	14 October Term 4 Starts Principal Meeting 8:15am Year 7 Contact time 5/6 – Employment documents Monday Mob Feed- No negative incidents periods 1-2	15 AFTERNOON ACTIVITY- Beach Footy HSC Exams start Taco Tuesday	16 MORNING TRAINING Beach Tag Comp	17 AFTERNOON ACTIVITY - Pool	18 MORNING TRAINING- Park Fitness Good Bunch Lunch	19	20
WEEK 2	21 Principal Meeting 8:15am Year 7 Contact time 5/6 – Employment documents Monday Mob Feed- No negative incidents periods 1-2	22 AFTERNOON ACTIVITY- Beach Footy Taco Tuesday	23 MORNING TRAINING Beach Tag Comp	24 AFTERNOON ACTIVITY Narrandera Home game – Touch Football and Pool	25 MORNING TRAINING- Park Fitness Good Bunch Lunch	26	27
WEEK 3	28 Principal Meeting 8:15am Year 7 Contact time 5/6 – Employment documents Monday Mob Feed- No negative incidents periods 1-2	29 AFTERNOON ACTIVITY- Beach Footy Taco Tuesday	30 MORNING TRAINING Beach Tag Comp	31 AFTERNOON ACTIVITY- Pool Big Day Out Attendance/Behaviour– Wagga, Lazer tag lunch and movies.	1 November MORNING TRAINING- Park Fitness Good Bunch Lunch	2	3
WEEK 4	4 Principal Meeting 8:15am Year 7 Contact time 5/6 – Employment documents Monday Mob Feed- No negative incidents periods 1-2	5 AFTERNOON ACTIVITY- Beach Footy Taco Tuesday	6 MORNING TRAINING Beach Tag Comp	7 AFTERNOON ACTIVITY- Pool PBL Gold Rewards Excursion - Wollongong	8 MORNING TRAINING- Park Fitness Good Bunch Lunch HSC Exams finish PBL Gold Rewards Excursion - Wollongong	9	10
WEEK 5	11 Principal Meeting 8:15am Year 7 Contact time 5/6 – Birth certificates Monday Mob Feed- No negative incidents periods 1-2	12 AFTERNOON ACTIVITY- Beach Footy Taco Tuesday Yr 6 to 7 Transition Full Day	13 MORNING TRAINING Golden Boot	14 AFTERNOON ACTIVITY- Pool Year 12 Formal	15 MORNING TRAINING Good Bunch Lunch Awards Night	16	17 Major Trip
WEEK 6	18 Principal Meeting 8:15am Year 7 Contact time 5/6 – Employment documents Monday Mob Feed- No negative incidents periods 1-2 Rollover New Year Groups Major Trip	19 AFTERNOON ACTIVITY	20 MORNING TRAINING	21 AFTERNOON ACTIVITY	22 MORNING TRAINING Good Bunch Lunch	23	24
WEEK 7	25 Principal Meeting 8:15am Year 7 Contact time 5/6 – Employment documents Monday Mob Feed- No negative incidents periods 1-2	26 AFTERNOON ACTIVITY- Beach Footy Taco Tuesday	27 MORNING TRAINING Beach Tag Comp Aboriginal Students Awards	28 AFTERNOON ACTIVITY- Pool 9SS/10SS Surfing	29 MORNING TRAINING- Park Fitness Good Bunch Lunch 9SS/10SS Surfing	30	1 December
WEEK 8	2 Principal Meeting 8:15am Year 7 Contact time 5/6 – Employment documents Monday Mob Feed- No negative incidents periods 1-2 2025-9SS - SCUBA COURSE - Wagga	3 AFTERNOON ACTIVITY- Beach Footy Taco Tuesday 2025-9SS - SCUBA COURSE - Wagga	4 MORNING TRAINING Beach Tag Comp Canberra End of Term Camp	5 AFTERNOON ACTIVITY- Pool	6 MORNING TRAINING- Park Fitness Good Bunch Lunch	7	8
WEEK 9	9 Principal Meeting 8:15am Year 7 Contact time 5/6 – Employment documents Monday Mob Feed- No negative incidents periods 1-2	10 AFTERNOON ACTIVITY- Beach Footy Taco Tuesday Presentation Night	11 MORNING TRAINING Beach Tag Comp	12 AFTERNOON ACTIVITY- Pool League Tag Top 2 Big day Out	13 MORNING TRAINING- Park Fitness Good Bunch Lunch	13	14
WEEK 10	16 Principal Meeting 8:15am Year 7 Contact time 5/6 – Employment documents Monday Mob Feed- No negative incidents periods 1-2 SRC Bermagui TENTATIVE (To confirm with Stuart)	17 AFTERNOON ACTIVITY SRC Bermagui TENTATIVE (To confirm with Stuart)	18 MORNING TRAINING SRC Bermagui TENTATIVE (To confirm with Stuart)	19 AFTERNOON ACTIVITY- Pool	20 MORNING TRAINING- Park Fitness Term 4 Ends Good Bunch Lunch		

Generic Comments:

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