

Term 1 Clontarf Central Region Newsletter



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May 2020





Barkly Blazers

Tennant Creek Academy



Centralian Senior College

Year 12s – 11

Overall term one academy percentage – 70.38%

Total Health Check – 5

Academy members – 57

Centralian Middle School

Overall term one academy percentage – 73.73%

Total Health Check – 6

Academy members – 83

Yirara College (*Early leavers due to Covid-19)

Year 12s – 9

Overall term one academy percentage – 46.72%

Total Health Check – 9

Academy members – 64

TC High & Primary Schools

Year 12s – 3

Overall term one academy percentage – 89%

Total Health Check – 0

Academy members – 89

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Alumni All-Stars

Words and photos by Charlie Lowson

The first two weeks here in the Central Region has been extremely busy chasing up 2019 Grads as well as running my first Alumni event entering a team in to the 2020 Imparja Cup Cricket Carnival.

We had alumni fellas from 2007, 2012, 2013, 2015, 2018 and some current grads from 2019 all play over the couple days.

It was awesome to get fellas from all different years come and play and share stories of their time in the programme.

Centralian Senior College held their Year 10 induction camp and came down to support our team. It was great to get 2013 graduate Noel Kruger to share his story of hardship, trouble with the law, school and employment. He has a trade behind him in cabinet making and now heading back as an apprentice going into carpentry.

Powerful stories from all the alumni lads and I am sure they soaked it all up.

Despite cricket not being their main sport of choice, they all had a lot of fun out there even though there were a number of 'Golden Ducks', dropped catches and wide balls.

It was an awesome couple days with a great group of young men who want to continue this as an annual event and look to have a more successful 2021 campaign.



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Brumbies Lead the Way at Gala Day

Words by Randall Coombe

Photos by Llam Meyer

The Yirara Brumbies bought home their first piece of silverware for the year when they won the Melbourne Demons Gala Day Carnival at Ross Park on Thursday, February 21.

The Brumbies went through the round robin games against St Philips College, Ntaria, Centralian Middle School and St Josephs who were undefeated, and then withstood a strong challenge by St Philips College in the grand final.

The Brumbies played one man short for most of the 12-a-side carnival after an injury in the opening game, when Jarrod Hogan badly dislocated a finger.

This left the team without one of its most highly rated midfield runners, but his absence was adequately covered by the skilful play of Alonzo Nelson and Vijay Doctor, and bottom of the pack ball getting efforts by Tykan Bostock.

All players made meaningful contributions in a genuine team effort, but ruckman Shade Evans was singled out and rewarded for his quality play and leadership by being named as the Spirit of Football award winner by the Melbourne Demons representatives.

While the team's unbeaten record was impressive, the manner in which they achieved their success was even more noteworthy with fair play and sportsmanship of the highest order on display throughout the carnival.

The senior players' willingness to share the ball around with the younger players in the side was also a highlight, as was their willingness to spend time off the ground whenever asked to in the best interests of applying the "Clontarf Spirit" to even up some one-sided encounters.

The team's youngest players, Year 8's Damon Anderson and Noah Noble, gained confidence from their senior team mates and managed to get into the action often enough to show that they will be team leaders in their own age brackets, and players to watch out for in the future.

Team: Year 11 - Tykan Bostock, Vijay Doctor, Shade Evans, Jarrod Hogan (Downs), Year 10- Sonny Dixon, Alonzo Nelson, Marcus Rogers, Year 9- Jun Jun Alangale, Mahala Campbell, Clay Tilmouth, Year 8 – Damon Anderson, Noah Noble.





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Jockeying for a Job

Words and photos by Damien Hall

A few weeks ago the CMS Academy had the opportunity to visit a local racehorse trainer, Scott Westover.

It was a fantastic experience to see the racehorses and learn a bit about them.

The fellas mixed up the feed, a cocktail of grains and other good gear, gathered hay to feed them and filled up water dishes. All a lot of work for the 10 horses in the stable.

We got to pat, brush and walk the horses, as well as ask Scott lots of questions about how he trains them, the costs of feed, how much trainers are paid and what horses are worth.

Scott also expressed an interest in having 1 or 2 of the fella's potentially being employed at the stable to help with daily duties and learn more about the racing industry and horses in general.

As a result, Billy Atkinson has been employed, and started work on the 10th of March, with potential for another member of our Academy to also be employed, 1 or 2 days a week after school, with the potential for that to increase more and eventually lead to weekend work at race meetings.

This really is an amazing opportunity for these fellas that has endless possibilities within a relatively unknown industry here in Central Australia.

Awesome effort fellas, and a huge thanks to Scott from Westover Racing.



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2020 Year 12s - Leaders In The Making

Words and photos by Tyson Carmody

This year we had all four academies from the NT Central Region participate in the Year 12 Leadership Camp for the first time.

It was great to have Tennant Creek Academy make the trip down for the event. The Year 12 Leadership Camp is one of the most important events in the Clontarf calendar and we had great participation from our Year 12s at CSC who lead the way in group activities and discussions.

Employment Officer Charlie Lowson ran a productive session on SMART Goals and the students were lucky enough to hear from some great Alumni David Miles and Leroy Turner who shared some inspiring stories of their time in Clontarf, the skills they learned and how those skills helped them balance their careers and family life.

David Thomas was again on top of his game with the energizer/brain games to get the fellas up and about and really bring the group together.

It was very helpful for the CSC students to have Year 12 Coordinator Glenda McCarthy deliver a session on how many NTCET points they have already and what they need to do to achieve the 200 credits and graduate.

Clontarf staff and students were very appreciative of Glenda taking the time to help out. It's another big year and we're confident our blokes will get the job done. Good luck fellas!





Experience the Centre

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Words and photos by Charlie Lowson

Six academy members from Yirara College and Centralian Senior College took part in a full day's work experience with local partner Yeperenye Shopping Centre.

Courtney Organ, Marketing Manager for the centre contacted different providers within the complex and received great interest in shops who were excited to take on our lads.

Subway, Brumby's, Bright Eyes and Woolworths all came on board for the day and gave great support to our nervous but eager young men.

Tyrone Charlie a Year 11 Yirara College academy member said, "I enjoyed the day. My favourite part of the job was meeting customers."

Centralian Senior College Year 11 academy member Jeremy McPherson said, "It was a new experience for me seeing what it takes to run a business at Yeperenye Shopping Centre."

The praise from the providers was nothing but amazing and they could not have been more impressed with how all six conducted themselves within their stores.





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Clontarf: Helping our Boy and Families

Words by Pietje Span
Photos by Tom Clements

The 'Wellbeing' pillar has been at the front of our minds here at the Centralian Middle Clontarf Academy in light of the recent challenging times due to the Coronavirus, our academy has been coming up with new and innovative ways to stay connected with our members.

We have been busy putting together Clontarf support packs in an A4 folder which have included colouring competitions, self-care strategies, daily planners, knock-knock jokes and an exercise routine.

To cover all aspects of the packs, we reached out to Headspace who were happy to supply us with information on COVID-19 which was easy so understand - they addressed symptoms, common reactions, ways to cope and what is/isn't in your control.

Central Australian Aboriginal Congress also contributed to our packs by showing how to social distance and what to do if you're feeling unwell. A huge thank you to both of those service providers for their help.

Once the packs were completed, Damien Hall and Pietje Span dropped off the packs to every one of the students enrolled in our program.

When dropping off, we had a brief chat to families and members who were very happy with what they received.

Protect yourself and others from getting sick

COVER COUGHS
and sneezes with a tissue or use your inner elbow

WASH HANDS
often with soap or hand sanitiser

STAY HOME
from work or school if you are sick

- Do not shake hands
- Do not share water bottles
- Clean hands with soap and water or hand sanitiser regularly
- Cover your nose and mouth with a tissue or the inside of your elbow if you are going to sneeze or cough
- Take extra care when preparing food
- Avoid contact with anyone who has a fever, a cough, sore throat, is feeling exhausted and has shortness of breath
- Stay home if you feel unwell
- See a doctor if you are worried about having some of the symptoms above



Clontarf Student Daily Planner



	Task (be specific)	Time allocated (mins)	Complete (Yes)
Before School	• Example: Wake up, shower, brush teeth, glass of water, eat breakfast. Help my family with some daily chores.	20 mins	
L1	• Check student emails / letter box for Clontarf messages ("The Positive Postman")	1 hour	
L2	• Headspace Mindfulness exercises (Gratitude & Resilience) • Complete school educational workbook (Part 1)	1 hour	
Recess	• Free time. Wash your hands. Games outside with family, phone Clontarf staff to check-in	20 minutes	
L3	• Complete school educational workbook (Part 2)	1 hour	
L4	• PE (Clontarf Push up Challenge, home gym circuit, etc.)	1 hour	
Lunch	• Free time. Wash your hands. Games outside with family, phone Clontarf staff to check-in	30 mins	
L5	• Contact Time (Monday, Wednesday, Friday) 2.00pm to 3.00pm (online or inside the Clontarf Room)	1 hour	
After School	• Get ready for work (eg. Kmart) • Free time (games outside with family, phone Clontarf staff to check-in, debrief on how your day went, successes / challenges?) Check your letter box, Instagram, messenger, student emails. Listen to music. Check in on Headspace	2 hours	





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YIRARA2U

Words and photos by Dan Toner

The Clontarf Academy is banding together with Yirara College to provide content for the innovative and exciting YIRARA2U project while students have returned to their home communities to be with family during the initial outbreak of the Covid-19 pandemic.

The lack of students on campus has not held the school back from generating new ways to stay in touch with students. Quite the opposite!

YIRARA2U will be a blend of classroom content, Clontarf challenges and other media that is beamed direct into student's homes on ICTV daily.

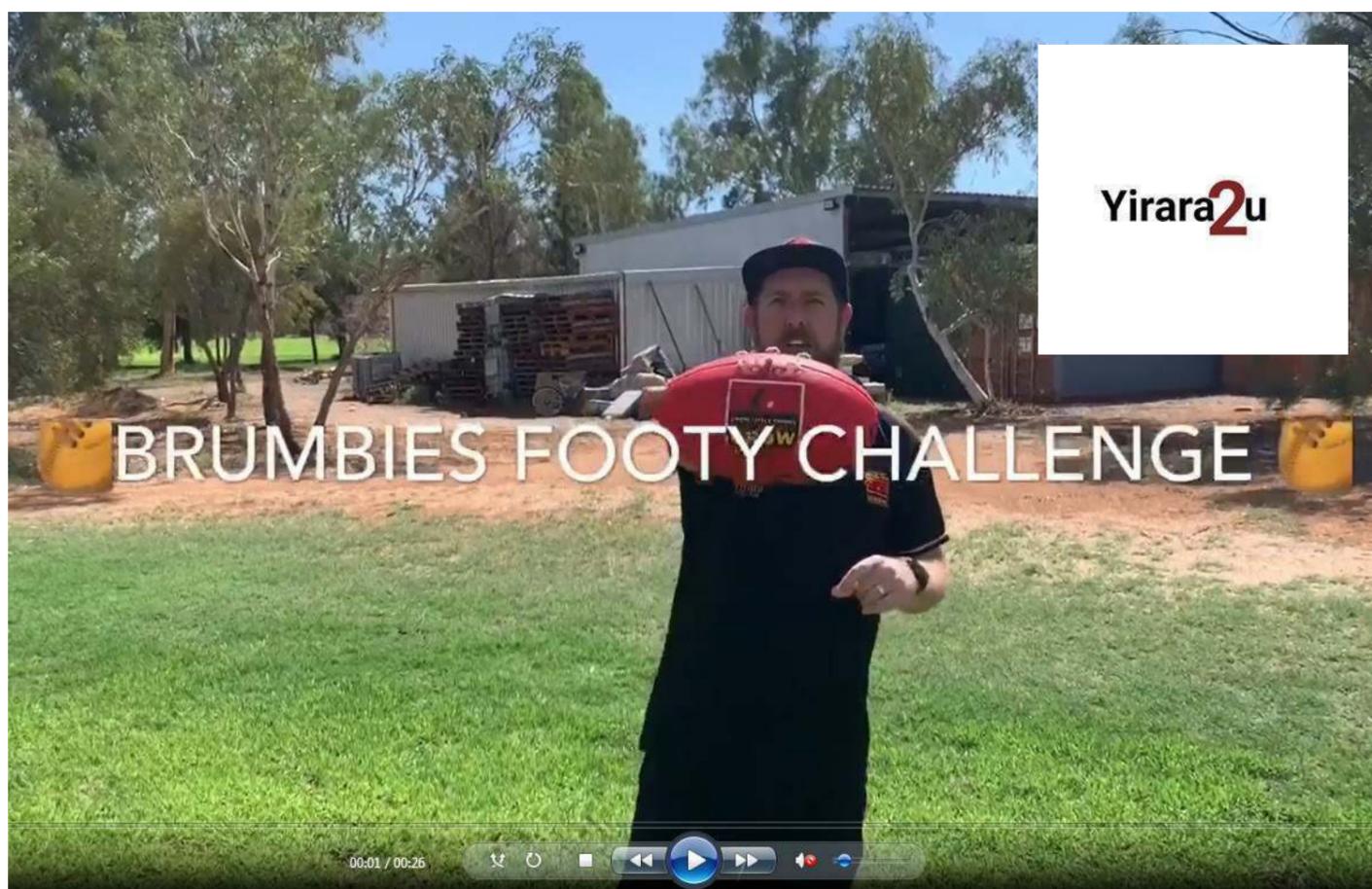
The classroom content will marry up with workbook exercises that teachers have sent through the post so that students can stay connected to their learning and parents and guardians can join in on the fun.

The Clontarf challenges are a series of wellbeing-focused challenges that aim to inspire the fellas to remember their physical and mental health during this period of enforced isolation and get out and kick for goal or shoot some hoops or indulge in some bodyweight exercise (all at a socially responsible distance!).

We are hoping that the fellas will film their responses to our challenges and post them on our Academy page so that we stay connected across the miles.

There will be plenty of #madskillz to look forward to watching at the 2020 End of Year Awards!

Stay safe, everyone, and don't forget to seek out the silver lining!





Primary School Visitors

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The Tennant Creek Primary School Academy welcomed many people into their academy room over the term for visits as well as some very relevant contact time sessions. Here is just a taste of some of them.

Our Federal Member for Lingiari, Hon Mr Warren Snowdon, MP visited the Primary School in Week 7 over lunch.

Mr Snowdon was greeted by Year 6 academy members Requan Taylor, Josh De Santis, Trevor Wortley, Japheth King and Mitchell Limerick, and was given a tour of the academy room over lunch time.

The fellas presented themselves very well and explained the attendance board, the Clontarf Pillar photos and what a day in the life of a Clontarf student looks like.

The academy room was hectic with more than 30 fellas in there over lunch playing table tennis on the two tables.

Mr Snowdon and his electorate officer Mr Vince Jeisman were impressed with the way the academy members spoke.



School based police constable Danielle Keenan led a session and discussion about combatting cyber bullying.

She used instances of public access to social media and gave the students tips to making them safe online.

Merrin Ashton, the nutritionist from Anyinginyi Health gave a great session about the importance of getting iron into your diet.

She taught the Year 5s that Iron is found in red meats and green leafy vegetables.

The students also learnt that a good source of iron is found in local food such as kangaroo and goanna.





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Staff Member Profile: Dan Toner



Job Title: Director

Nickname: D-Two

Academy: Yirara

Favourite Food: Dragonfruit burrito from Loco Burrito

Favourite Band: The Drones

Favourite TV Show: The Wire

Favourite Movie: Sweet Country

AFL Team: Collingwood

CAFL Team: Love them all

What do you like about your job? The chance to work closely with Indigenous communities to create community leaders all over Australia

Academy Member Profile: Thomas Rice



Year Level: 7

Nickname: Tim Tam

Age: 12 (and a half)

Academy: Centralian Middle School

Favourite Food: Curries Sausages

Favourite Band: Bush Band – My Island Home

Favourite TV Show: The Amazing World of Gumball/Regular Show

Favourite Movie: IP Man

AFL Team: West Coast Eagles

NRL Team: Nil

What Do You like Most about School: Physical Education

Dream Job: Police Officer

