

Paralowie Clontarf Academy

# PELICAN POST

Term 2 2024



clontarf  
foundation





## ABOUT THE ACADEMY

The Paralowie Clontarf Academy was founded in 2020 and operates out of Paralowie R - 12 School. It caters for male Aboriginal and Torres Strait Islander students in Years 4 to 12 and currently has 40 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

**Paralowie R - 12**  
**168 - 186 Whites Road**  
**Paralowie, SA**  
**8182 7222**

## STAFF CONTACTS

**Markus Vainsaar: Director**  
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## Director's Address

The Pelicans Are Flying!

We have had a busy first half of the year and term 2 was no exception. We had the Mothers day morning tea in week 3, Camps to the Flinders Ranges for the senior boys, and Port Augusta for the Juniors, while the year 4's to 7's enjoyed some awesome big day out experiences in Adelaide they will never forget. Not to mention the fantastic NAIDOC Fulton Hogan footy match the senior boys were able to attend in week 10.

The Paralowie Pelicans had three new enrollments in Term 2 bringing our cohort to 42 young fellas. The attendance as an academy for the term was 79% which is just below our national goal of 80%. This is still an outstanding achievement as the academy has gained a 9% increase of attendance from Term 2, 2023.

An awesome achievement that makes us all super proud was of the five Year 8 and 9 boys who went up to Port Augusta for the footy carnival. On carnival day we teamed up with the Ceduna Clontarf Academy to make up the side and our joint venture, captained in the final game by Paralowie's newest academy member, Chad Bain-Benchik, saw the boys take home Paralowie Pelicans first shield and banner which are both proudly displayed on our academy wall.

As well as the enriching experiences out of school, the boys have been busy also whilst in school. At Paralowie we have commenced our Clontarf Classes, which are one lesson per week and focused on developing the boys in alignment with our pillars outlined in our mission statement. These lessons are highly varied and some examples of the sessions we have run in Term 2 are: emotional regulation with meditation, healthy eating and hygiene, push bike repairs, employment sessions, goal setting and health and fitness.

Another Initiative we have going is our Masterchef Mondays where we encourage the boys to help with meal prep at recess, followed by the academy getting a mean feed at lunch made by them. A notable achievement was from one of our Year 6 fellas, Kyle Garrett, who was insistent on making his favourite dish... Tuna Mornay! Kyle brought the recipe in, we gathered the ingredients and he did the whole meal on his own at recess. After a quick spell in the oven before lunch, the feast was on! Great Job Kyle! Delicious!

As the following pages will attest, we have an awesome bunch of fellas who are putting their best foot forward day in and day out and the way in which the boys have been supporting each other and showing true Clontarf spirit has been great to see. The boys should be proud of the achievements and progress they have made throughout the first half of 2024. We are looking forward to all of the exciting activities we have in store for the back half of the year.

Markus Vainsaar

Academy Director







# Juniors Big Day Out

Eleven Junior Clontarf boys from Paralowie R-12 School had a fantastic Big Day Out filled with fun, teamwork, and positive energy. The day started with a big breakfast of waffles with all the trimmings and a briefing on the day's activities. Excitement buzzed in the air as the boys prepared for an action-packed day.

Their first stop was Zone Bowling. After putting on their clown shoes and getting their lanes assigned, the boys dove into the game with enthusiasm. Luke Spencer scored the first strike of the day, setting the tone for great teamwork and encouragement by all the boys. Cheers and high-fives were exchanged with every strike and spare, fostering a supportive and fun atmosphere.

Next up was laser skirmish, a highlight of the day for many. The boys suited up in their vests, grabbed their laser guns, and entered the dark, maze-like arena. For the next 20 minutes, they dodged, weaved, and strategised their way through an intense and exhilarating game, their competitive spirits shining through as they worked in teams to outmaneuver their opponents.

The excitement continued as they moved on to the arcade. The boys' eyes lit up as they explored the various games available. From air hockey and axe throwing to Mario Kart, there was something for everyone. The sound of laughter and friendly competition filled the room as they challenged each other to see who could get the highest scores and win the most tickets. The arcade was a big hit, with the boys thoroughly enjoying the variety of games and the

chance to showcase their skills.

After their arcade adventure, each boy was treated to his own pizza, providing a much-needed energy boost for the rest of the day. With pizzas in hand, they boarded the bus and headed to the St Kilda playground. The bus ride was filled with plenty of sing-along banquets, keeping the energy high and the boys in good spirits.

At St Kilda playground, the boys had a blast exploring the various play equipment. They raced down slides, soared high on the swings, and braved the flying fox. A game of basketball quickly ensued, with the boys showing off their dribbling and shooting skills. Meanwhile, others engaged in games of chase, running and laughing across the playground.

The day was full of laughs, fun, and team building. The boys demonstrated great sportsmanship and camaraderie, supporting each other in every activity. The positive energy was palpable, making it a day to remember. The Big Day Out was a resounding success, and the boys left with smiles on their faces and memories to last a lifetime.







# Port Augusta Footy Champs

It was week 4 and the lads could not have been more excited! It was the year 8/9 footy Carnival hosted by the Pt Augusta Academy.

We had five boys join in the fun: Cooper, Liam, Brandon, Ash and The Chad. It was really great to see a few boys who had never played football before still come along and give it a crack, that's what its all about so well played to the lads.

We started nice and early on Day 1 as we had a bit of road to cover, first stop the bakery for a quick feed. From there we headed on a hike in Alligator George where we met up with the Salisbury Academy. We went up, down, around and back, it was a solid effort by the lads! Then we pushed on to get to our accommodation, Pitchy Richie Park. The set up was amazing, beach volleyball, firepits, and plenty of space to run around. The Pelicans were lucky enough to score a room to themselves! By about 5pm all the happy campers had arrived from all Clontarf academy's in SA. After a quick briefing from the staff the boys were set off for some free time before the night one feed.

Day 2 started with a bang! Waffles! Ooh and it was footy carnival day. The Pelicans joined up with the mob from Ceduna and from there something magical was born. ....(stay tuned...) It was a full day of football!!! Everyone was up and about and getting right into the swing of things. The Clontarf spirit was in full spring from the opening bounce, great sportsmanship, competitiveness and heart was shown by all, particularly the lads who play football by helping out the lads that didn't, taking time to teach some skills as well as ensuring everyone was involved, even getting a few of the lads their first goal!! Before every game the two teams met in the middle, joined arms and wished each other well. It was amazing to see every team member get involved! Chad was chosen as the captain of our team for the final game and boy ooh boy did the boys show up to play!







# Port Augusta Footy Champs

Everything came together and the Magic was flowing with the unity of Paralowie and Ceduna. We took home the cup for the tournament! Everyone was extremely happy and proud. We won all three of our games and Ash even had time in the day to have a few handballs with the mayor of Pt Augusta!

Following the final game, the staff and partners got involved in a long kicking competition as well as a race from goal to goal, even after a full day of footy...the lads still won. All the boys were very appreciative to our partners who gave up there time to be at the carnival as well as cooked up a storm on the BBQ

Day 3 was upon us and all academy's headed into Wilpena Pound for a never forgotten cultural experience. We were taken deep into the National Park by two local fellas. They shared dreamtime stories about the creation of the national park before we entered. From there the lads got involved in some hands-on learning about bush food and medicine and some of the ways the people lived off the land. The boys all collected sap from a tree and were shown how the yellow sap could be used for medicine as an anti-inflammatory and the black can be melted down and used as glue. From there we headed in and were guided through the numerous rock art dating back thousands of years as well as some amazing cultural information. We finished off with a smoking ceremony to wish all the lads well on there journey. Its hard to put into words the experience we all had up there!! Truly amazing.

Day 4 saw one Pelican come up for a mountain hike, Great job Ash, we set off nice and early before the birds were up, it was a tough climb but so worth it for the view and the serenity!!

Following that we came back down to the camp for breakfast where the rest of the lads had finally awoken from there slumber! We had a big breakfast and an even bigger clean up of the camp site, said our goodbyes to our new mates and set off home.

What a truly wonderful trip we all had. The highlight was wining the carnival but the experience at Wilpena Pound, the friendships and bonds formed won't be easily forgotten.





# Year 7's Adelaide Adventure

The day started in typical fashion with a big cook up!!

The boys from Salisbury joined us for the day, again it was great to see everyone getting around each other and meeting some old and some new mates!

First stop was Zone Play VR! After a quick briefing we split up into four groups of four so we could experience it all. The lads had some fun with the VR treadmills, gun style shoot em up, Car racing as well as some quality massage chairs!! Though it was very difficult getting Isaac out of one once it started!! For us staff the VR was difficult as we often felt sick from the motion but the kids, no such thing!! It was a great 1.5 hours with many laughs and some solid competition on the race track! I think Anj was the king of the track putting up some solid lap times. Chase had volunteered earlier in the day to thank the staff at VR zone play, he stood up in front of the group and delivered a very sincere thank you, we were very proud of his efforts.

Next up was lunch at Fasta Pasta, the lads picked what they wanted for a big feast. It went down a treat. Again, Chase stood up and delivered a solid thank you message to one of the managers, I have never seen such a big smile on someone's face, great job Chase you definitely made her day.

The final stop was Bounce at Greenacres, after getting into our special grip socks it was on!! Flips, ball pits, trampoline basketball, wrestling, high ropes, trampolines it was a free for all. Everyone gathered around to watch the high climbers scoot up the walls! Great effort to a few of the lads that gave it a solid crack. We then headed to the dodgeball tournament arena! And it was on., staff vs students, and no one held back!! The students had the staff pegged in and ultimately came out with the win!!

A short ride back to School for drop offs, some very tired young lads but what a fantastic day we all had!







# Morning Trainings

It was a fully packed term full of Morning trainings, the lads are always keen, even for the early morning wake ups! We had plenty of variety scattered through the term with sessions including boxing, multi-sports, gym sessions, Aquadome, Battle of the North, combined Supertraining.

The academy was mostly split into juniors and seniors both groups really turned up ready to go and get the day started with a bang!! Clontarf spirit is always on full display as well as some healthy competitiveness with the group. It was fantastic to see all the lads give everything a red-hot crack as well as learn some valuable new skills while doing so! The gym sessions were a big hit with the seniors with plenty of weight plates being thrown around, we all look forward to the end of the year where the lads will see how far they have come by repeating our first fitness test.

The Aquadome was a big hit with the junior, it was a full bus every time, it is great to see the boys splash around and have some fun, also hats off to a few of the lads who are not the best swimmers but still gave it a crack and got involved!

A big highlight for us was heading down to Ocean View for a Supertraining. The boys put on a solid morning session full of games, basketball and tug of war! The lads had the opportunity to meet a few of Clontarf's valued partners and play alongside them for the session, as well as getting to have a feed with the mayor of Port Adelaide. Thanks to the team from Ocean View, we look forward to the next one!







# Afterschool Activities

Our afternoon activities were again jam packed for the lads this term. It's a great way to finish off the day! In true Clontarf style with some sports, fun and engagement with peers!

Some of the events we took on this term included: fishing down at Pt Adelaide (no fish were caught but hey that's why they call it fishing not catching), golf driving range down at Little Para, camp prep and sports sessions.

One of the positives was taking four of the senior lads across to the local Bunnings for a worksite tour where the boys had the opportunity to meet the local manager and get a tour of Bunnings including mixing some paint, getting to know the cut shop as well as having a very informative tour of the garden section. The lads had the opportunity to ask relevant employment questions as well as having the opportunity to put their best feet forward with one of our valued partners. All the lads learned plenty and are keen in the near future to get involved with Bunnings.

Other highlights from the term was our Battle of the North!!! The Pelicans from Paralowie vs the Scorpions of Salisbury. It was our turn to host this term and the boys were certainly ready to bring the trophy home!! Happy to say the Pelicans were triumphant. Great games and plenty of Clontarf spirit displayed by all.

Another solid term of afternoon activities, we look forward to next terms events!







# Flinders Ranges

It was a chilly start to a Wednesday in Week 9, but the excitement and anticipation for the camp ahead was palpable! We had five boys ready to head up to the Flinders Ranges: Aiden Yon, Kyall English, Marshall English, Anthony Elphick, and Braidon Fraser.

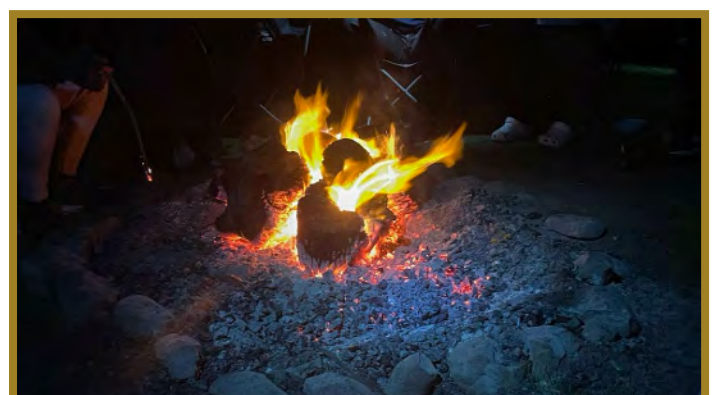
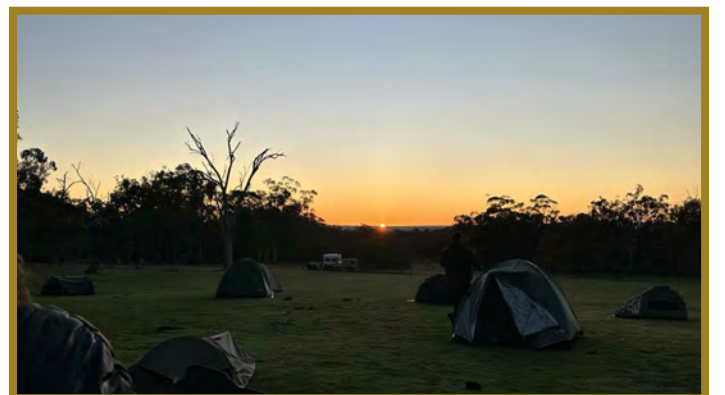
The day began with the Salisbury Clontarf Academy joining us to get both buses packed. Our first stop was the Stone Hut Bakery. The boys enjoyed both the delicious food and the big bird aviary at the bakery. After a hearty meal, we continued to the campgrounds at Melrose and met up with the Wirreanda Clontarf Academy.

Upon arrival, we quickly headed off for our first big activity, a hike around Alligator Gorge. It was a solid 1.5-hour hike, and the lads did really well navigating the rocky and hilly terrain. Braidon was so excited to finish the trek that he ran up the hill to finish first! We cemented a few good memories with a massive group photo with the lads from Salisbury and Wirreanda before heading back to camp to set up our swags, take a quick shower, and have dinner.

Night one was Paralowie's turn to host dinner, and we did it in style with gourmet burgers. It was great to see all the Paralowie lads staying back to help clean up. After dinner, we relaxed around a big campfire, sharing stories and jokes, and enjoying toasted marshmallows.

Day two began with an early wake-up. Despite the cold, the lads were well-prepared with warm gear. We headed to Whyalla for a spot of fishing, where Aiden caught the first fish with his first cast. Marshall was the fishing hero of the day, bagging three fish. The highlight for everyone was making friends with two pelicans, Felicia and Trevor, who eagerly ate all the remaining bait. In the afternoon, we joined the Pt Augusta Academy for a fun basketball game, followed by a chicken coconut curry feast and loaded spuds cooked on the campfire. Many stories and jokes later, it was off to bed to prepare for day three.

Day three started later, allowing the boys to enjoy a bit of a sleep-in before we packed up and headed home. It was great to see all the boys helping each other pack up and load the buses. The camp was fantastic, and we were very impressed with how the lads gave everything a solid effort, assisted when needed, and took ownership of setting up, packing up, and entertaining themselves, mostly without phones at night. The weather was absolutely perfect, making it a great camp overall!







# Fulton Hogan Footy Match

We started the day with a big breakfast to get the energy levels up, as it was going to be a big day!! The annual Clontarf/ Fulton Hogan footy game! It did not disappoint!!

We had a full bus with Braidon-Jesse Fraser, Kyall and Marshall English, Glenn Manhire, Tim Ashby, Aiden Yon and Tyron and Ash Jones along with 2 Paralowie Clontarf Alumni, Jacob Roff and Cory Fraser. As soon as we arrived, we were greeted by all the other metro Clontarf Academy's. It was straight to the rooms to sort Guernsey and starting positions.

Once we were all settled in, we went upstairs to the presentation room, It was amazing to hear about the support that Fulton hogan has for our amazing foundation and the program we run. The CEO started us off with a stirring passionate take on the strong bonds and relationships build between Clontarf and Fulton Hogan over the years. There was a beautiful Welcome to Country performed, then we were treated to a quick speech by the Attorney General of SA and a proud Aboriginal man, it was very inspiring and the take home message for the boys was that they can be who they want to be and achieve their dreams; if they set there mind to it anything is possible. Next up was a Clontarf Port Lincoln lad who bravely got up in front of the room to showcase his guernsey design that everyone was going to be wearing for the game. What a great design it was.

The boys fueled up on the snags and cupcakes, then it was on, game time. There were two 20min halves and boy oh boy did everyone get right into it. The game was played in true Clontarf spirit with some stand out performances from both sides. It was great to see everyone get in there and give it a red-hot crack! Footy player or not.

Following the game was a full presentation, Fulton Hogan were generous enough gift all the lads their playing guernsey, a hat and a medallion, something that no doubt will be etched into their memories.

We are all extremely grateful for the day, the hospitality, the camaraderie and the pure passion Fulton Hogan has for our program. The lads had the opportunity to chat to a few of the employees and even the CEO himself about some possible career opportunities in the future. What was no doubt inspiring for the lads to hear was that 23 Clontarf Alumni are employed by Fulton Hogan!

What a memorable day for everyone involved - can't wait for next year!





# Upcoming Events Term 3 2024

## Week 1

22nd July (Monday) TERM 3 COMMENCES

## Week 2

2nd August (Friday) STUDENT FREE DAY

## Week 3

6-8th August YR12 EMPLOYMENT FORUM

## Week 5

21-22 August 10/11 METRO FOOTY  
CARNIVAL

## Week 6

29th September FATHERS DAY  
MORNING TRAINING  
30th September SPORTS DAY

## Week 7

6th September ADELAIDE CARNIVAL

## Week 9

JUNIORS VICTOR HARBOUR  
OVERNIGHTER

## Week 10

27th September TERM 3 END





# Term 2 Photo Wall





# Term 2 Photo Wall





# Term 2 Photo Wall





# Term 2 Photo Wall





# Term 2 Photo Wall

