



THE GARRUKA

TERM 3, 2025 – NEWSLETTER



Pictured is our Clontarf boys attending Bowraville Central School, engaging with the kids through TIG games and helping serve food. They showcased exceptional behaviour and leadership skills while working together as a team to get through the day. We're so proud of these young men and everything they continue to show us. This is a building block to transform the kids into great young men.

EDUCATION

Our Year 12 boys attended the Koori Formal held by Melville High School, and they looked sharp! We're proud to celebrate a huge milestone with 14 Indigenous students graduating Year 12 – the most ever in the region. As Clontarf staff, we could not be more proud. Seeing these young men transition into the next chapter of their lives is something truly special. The future is bright for these young men.



LEADERSHIP

Kempsey High School held a NAIDOC celebration where our Clontarf boys spoke and danced proudly, showcasing their leadership and love for culture. Culture keeps these young men grounded and is at the heart of their identity. We are proud of the way they continue to represent themselves and their community.



SPORT

In Week 3, Kempsey Academy attended the Ross Kelly Cup at Tuggerah. The boys showcased their leadership and skills, proudly making it through to the semi-finals. After every game, they came together in a huddle to thank their opponents and wish them the best, a true display of Clontarf spirit!



WELLBEING

We partnered with Durri AMS to deliver 715 Health Checks, giving our boys vital preventative screenings and advice. These checks promote early detection, healthy lifestyles, and connections with local services. The program strengthens wellbeing for our young men while also having a positive ripple effect across families and the wider community.



EMPLOYMENT

This term Our Senior Clontarf boys attended Busways for a worksite visit, where they learned about the work that goes on behind the scenes and how it's done correctly. They even had the chance to jump on the tools and get their hands dirty while remaining safe. Transitioning from school into work can be challenging, but experiences like this give the boys a great understanding of what's required once leaving school.



During most Tuesday morning training sessions this term we had great support from Durri Aboriginal Medical Service, who spoke with the boys about the effects drugs and alcohol can have on the body and the importance of reaching out and talking to someone. The boys were fully engaged and took a lot away from these sessions.

PARTNERS AND SUPPORTERS



Message from Drew, Alister, Mick and Tyreece

We want to take a moment to thank all Kempsey High School staff, parents and carers, families, and the wider Kempsey community for your continued support of our Clontarf program.

Your encouragement, understanding, and belief in what we do each day allows us to keep building strong young men who are proud of who they are and where they come from. Whether it's a chat in the playground, backing our events, supporting early morning training, or cheering the boys on in their goals, it all makes a huge difference.

Because of your support, our boys are attending school, setting goals for their future, showing leadership, and becoming better brothers, sons, mates, and community members. They feel valued and proud to represent Kempsey wherever they go.

From all of us at the Kempsey Clontarf Academy – thank you for believing in our young men and the work we do to help them reach their full potential. Together, we are making a real difference.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
WEEK 1	13 October Term 4 Starts Monday Staff Meeting SDD ALL STAFF	14	15 Transition Days (Greenhill, Willawarrin and Bellbrook) PS – Senior Contact Time ALUMNI DINNER	16 Transition Days (Aldavilla, West, Fredo) HSC Exams Begin Table Tennis Tournament After School: Cultural Activities	17 Morning Training Joker Poker 5&2 Lunch	18	19
WEEK 2	20 Monday Staff Meeting Monday Munch After School: Swimming	21 Morning Training Powerade King	22 PS – Senior Contact Time KHS SPORT	23 Table Tennis Tournament After School: Cultural Activities	24 Morning Training Joker Poker 5&2 Lunch	25	26
			YEAR 7/8 EXCURSION – PORT MACQUARIE (STAFF: TS/MR/Mr Brennan)				
WEEK 3	27 Monday Staff Meeting Monday Munch After School: Swimming	28 Morning Training Powerade King	29 PS – Senior Contact Time KHS SPORT	30 Table Tennis Tournament After School: Cultural Activities	31 SUPER TRAINING (MELVILLE) Joker Poker 5&2 Lunch	1 November	2
WEEK 4	3 Monday Staff Meeting Monday Munch After School: Swimming	4 Morning Training (PS Transition) Powerade King KEMPSEY AECG	5 PS – Senior Contact Time KHS SPORT	6 Table Tennis Tournament	7 Morning Training HSC Exams Finish Joker Poker 5&2 Lunch	8	9
			YEAR 9/10 EXCURSION – POINT PLOMER (STAFF: AL/DB/Mr Adams)				
WEEK 5	10 Monday Staff Meeting Monday Munch After School: Swimming	11 Morning Training Powerade King AWARDS NIGHT DUNGHUTTI ELDERS	12 PS – Senior Contact Time KHS SPORT	13 BBQ Kindness Day Table Tennis Tournament After School: Cultural Activities	14 Morning Training Joker Poker 5&2 Lunch	15	16
WEEK 6	17 Monday Staff Meeting Monday Munch After School: Swimming	18 Morning Training (PS Transition) Powerade King	19 PS – Senior Contact Time KHS SPORT	20 Table Tennis Tournament After School: Cultural Activities	21 Morning Training Joker Poker 5&2 Lunch	22	23
WEEK 7	24 Monday Staff Meeting After School: Swimming	25 Morning Training Powerade King	26 PS – Senior Contact Time KHS SPORT	27 Table Tennis Tournament After School: Cultural Activities	28 Morning Training Joker Poker 5&2 Lunch	29	30
			YEAR 12 MAJOR TRIP – PERTH (STAFF: MR/DB/GS)				
WEEK 8	1 December Monday Staff Meeting Monday Munch After School: Swimming	2 Morning Training (PS Transition) Powerade King STATEWIDE ORIENTATION DAY KEMPSEY AECG	3 PS – Senior Contact Time KHS SPORT BCF – FISHING COMP	4 Table Tennis Tournament After School: Cultural Activities	5 Morning Training Joker Poker 5&2 Lunch	6	7
WEEK 9	8 Monday Staff Meeting Monday Munch After School: Swimming	9 Morning Training Powerade King	10 PS – Senior Contact Time KHS SPORT	11 Table Tennis Tournament After School: Cultural Activities	12 Morning Training Joker Poker 5&2 Lunch	13	14
			YEAR 11 CAMP – YAMBA (STAFF: AL/TS/Mr Parkinson)				
WEEK 10	15 Monday Staff Meeting Monday Munch After School: Swimming	16 Top Trainers Breakfast Powerade King	17 PS – Senior Contact Time KHS SPORT	18 Table Tennis Tournament	19 Term 4 Ends REGIONAL PD – SOUTH WEST ROCKS ALL STAFF		

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Monday Staff Meeting: Clontarf staff weekly meeting

Monday Munch: Engagement activity getting the boys together in Academy Room celebrating previous week and planning current week. Lunch in the Academy Room for all.

After School: Swimming: A fun afternoon activity to one of the many swimming holes in the Macleay Valley.

After School: Cultural Activities: A fun afternoon activity for the boys to connect to culture, community and elders.

Morning Training: Tuesday/Friday starting at 7.15am, followed by breakfast in Academy Room

Powerade King: Table Tennis tournament where winner at end of recess is awarded with a powerade

KHS SPORT: Assist KHS with Sport Timetable

Senior Contact Time: Predominantly catching up on school assessments and completing extra educational requirements

Year 7/8/9/10 Contact Time: A chance to connect with our boys and work on one of our pillars of Leadership, Sport, Well-being, Employment, Education and/or working with the school on issues that arise or strategies for personal development.

Table Tennis Tournament: Knockout competition, winner awarded with the Champions Bat for a week

Joker Poker 5&2 Lunch: An incentive for 100% attenders only, lunch in the Academy Room