



WESTERN CAPE CHRONICLE

FAR NORTH QUEENSLAND REGION



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WESTERN CAPE COLLEGE CLONTARF ACADEMY EST. 2021

MINDFUL MONDAYS

YEAR 7/8 LEADERSHIP CAMP

CRAFT CREW

YEAR 9/10 WELL-BEING CAMP

WELLNESS WEDNESDAY

YEAR 11/12 WELLBEING CAMP



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The Clontarf Foundation exists to improve the education, discipline, self-esteem, life skills and employment prospects of young Aboriginal and Torres Strait Islander men and by doing so, equips them to participate more meaningfully in society.

2022 TERM 1 EDITION



Wedgetails Term 1 Re-cap



The First term of the year was a strange start for many of us with Covid 19 restriction forcing the delayed start to the school year, Not to hang our heads the staff took it in our stride and got well in front of our planning for the term .This term saw us introduce two new lunch time activitis Mindful Monday's and Wellness wednesday.

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MINDFUL MONDAYS

The Western Cape Wedgetails returned to school with a new mindful Monday activity. The activity was a short, 15-minute guided meditation and body scan with mats, blind folds and incense. For a lot of our boys it was the first time doing meditation or any kind of mindfulness activity. Our boys buy-in for this session was beyond impressive with full participation and a real great energy.

Also, the feedback for future mindfulness and Yoga activities was all positive so the Wedgetails are looking forward to more mediation-type activities to add a variety of engaging sessions to our week.





CRAFT CREW

Craft crew has been a fun activity for our year 5 & 6 boys, for most members this is their first experience with Clontarf. The boys have been given a task to paint and finish the crests for Finders, Duyfkin and Evans hoses and have done a fantastic job. The finished crests will be displayed proudly at our sport carnivals.



WELLNESS WEDNESDAY

This term, We introduced Wellness Wednesday where our staff cook healthy lunch time meals. The aim is to get our students to make better choice when making lunch to improve wellbeing.





7/8 LEADERSHIP CAMP



The camp for year 7/8 WCC Clontarf academy was a trip to Mapoon to spend the day with the Land and Sea rangers. A first for some of our boys (as well as the staff), the day was spent learning about cultural site at Cullen Point. The rangers then took the boys on a buggy ride to the sand stones where the elders have fish traps to gather food for their families, followed by a beach clean and finished it off with a dip at the Mapoon splash park to cool off from the hot Cape York sun. The following day was a short drive to red beach for some beach fishing, although only one fish was reeled in the year 7/8 enjoyed the day out on country.





Yr 9/10 EMPLOYMENT Camp

Weipa's Western Cape Wedgetails held their grade 9/10 employment and leadership camp over two days. 20 of our young leaders attended our local Police station for their first of two-worksite visits were Senior Sargent Warren Flegg who took the boys through the entire station. Our boys had the opportunity to ask lots of questions and explore a variety of police vehicles, boats, ATVs, cells, docks as well as the interview room. The Wedgetails second work sight visit was to our local Mitre 10 store where Alex, the store manager, spoke to the boys about possible job opportunities. The experience was invaluable and hopefully lead to some job opportunities for our job-ready academy members. Our boys also enjoyed a day out spear fishing and crabbing with traditional land owner and elder, Morrice Brumby, learning as much about local culture as they did about safe fishing practices for this area.





4r 11/12 Camp

The Western Cape Academy's Year 11/12 Wellbeing camp was held over two days with activities including job visit with Hastings Deering, fishing at red beach, Ranger info session spear making and a gym workout. Day one of camp was a job site visit at Clontarf partner, Hastings Deering. The boys were given a tour of the warehouse and shown how it operates with the local mining company, Rio Tinto. The visit also touched on pathways into gaining employment. Its was then off to red beach to try and catch some fish for dinner although the weather wasn't great the boys managed to land two good fish which was made into Numus. Day two started with a gym workout followed spear making with Napranum rangers which always proves to be a great activity. The students ended the camp working through the Prep L program.



Yr 5/6 Induction Camp

The Western Cape Academy's Year 5/6 Induction camp was the last camp for the term and was full of excitement. Our boys started the camp with a game of footy followed by a BBQ dinner with Parents the boys was also shown what it takes to be a Clontarf member [GOOD BLOKE]. The following day we headed off to red beach for some fishing although the boys didn't manage to raise a bite the handline comp was just as good. We then ended the camp with a swim and some lunch at the Napranum splash these young men have truly shown myself Christin Aaron and Joey what it takes to be a good bloke and I'm looking forward to watching these young men grow throughout the year.

