



clontarf
foundation

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	

