



TAMBREY ON TRACK

ENRICHING
RELATIONSHIP &
PARTNERSHIPS

Support Program

Tambrey on Track is an Aboriginal and Torres Strait Islander support and engagement program, created and facilitated by our AIEO Natasha Leslie. In 2022 & 2023 it has run for ATSI girls in Years 4-6 with the direct support of the I-CAN program, funded by the Indigenous Marathon Foundation & it's director Robert de Castella.

This year has been the second year running for the Tambrey on Track program. It was the first year the girls completed the program all the way through the year, from Term one to Term four.

At the end of 2022, we looked at allocating a permanent space on school grounds to run the Tambrey on Track program. As of term one 2023, we secured the common area in block 5. We set the area up with new furniture thanks to a funding grant from FMG, to make it a welcoming, inviting, and inclusive space. The girls were thrilled at the start of the year to have a Tambrey On Track space, and shared their sense of belonging with excitement.

We started the year with an emphasis on relationships and identity, both with others, self, and country. We first looked at "Who am I", creating self-portraits, sharing information about themselves to the group, and conversations with families to help create a map within the space of where we are all from. It was a focus for the girls to become confident within themselves and be able to share their culture, to create a strong sense of wellbeing. During the term we explored and practiced positive self-talk and building each other up by having positivity jars. These were available to the girls throughout the year. We also looked at connecting to country and mindfulness, by sitting outside and really listening, feeling, and hearing country. This is paramount in establishing a strong sense of identity and belonging. We practiced meditation and yoga to enable the girls to have a tool they can use when feeling anxious or overwhelmed.

In Term two, we continued working in partnership with The Indigenous Marathon to deliver the I-CAN program, a program that encourages school attendance and addresses inactivity through a range of fun games and activities. The girls that participated in Tambrey On Track in 2022 were familiar with the I-CAN program, and we could compare their physical literacy screening results from the previous year to this year. The data recorded showed that 64% of the girls, Years 4-6 Tambrey On Track, showed an improvement from three more of the domains, Aerobic fitness, strength, endurance, power & coordination, body composition & flexibility. At the end of the I-CAN program we partnered with STARS and IMF to host a colour fun run and BBQ reward afternoon, which was a huge success.

TAMBREY ON TRACK

ENRICHING
RELATIONSHIP &
PARTNERSHIPS

Support Program

Term Three

Term Three we had a special visitor to Tambrey, Lucy Bartholomew, a world class Ultra Marathon runner. The girls from years 4-6 sat in for a discussion session with Lucy about her journey in Ultra Marathons, from her first 100km race as a 15-year-old to her longest run the Larapinta Trail in NT, a 223km track, which she did in 54 hours with 10 minutes of sleep. The girls were so intrigued and inspired. Lucy spoke about her dedication, discipline, and commitment and how the girls can use that for any goals and dreams they have.



Lucy Bartholomew



I-CAN Championships

The girls were able to put an expression of interest forward for the upcoming I-CAN Championships held in Canberra in Term 4. The camp was fully funded from The Indigenous Marathon Foundation, with 10 girls being selected to attend based on attendance, attitude, effort and behaviour and commitment to the Tambrey On Track and I-CAN programs. They participated in several round robin games against other schools from QLD and Torres Strait, ran a 2.5km running event at Stromlo, team building games and attended excursions to the Australian Institute of sport and Questacon. The camp was a chance for students to engage with other students from different states and complimented both the health and Physical Education Curriculum and Aboriginal Cultural Standards Framework.



TAMBREY ON TRACK

ENRICHING
RELATIONSHIP &
PARTNERSHIPS

Support Program

In 2023, the STARS Foundation came on board to work within primary schools & we were lucky enough to secure a fulltime STARS mentor. Tambrey On Track and Stars have been working collaboratively together to ensure the girls at Tambrey are engaged, confident and empowered young ladies. We worked alongside Stars to offer the Year six cohort a relationship building excursion with the high school Stars mentors before starting the whole school transition program. This allowed the girls to familiarise themselves with the Stars building, mentors, and older students.

From collaboration with a graphic designer in 2022, we were able to finalise the Tambrey On Track logo. From this, we sent it to a designer who put it together to create the Tambrey On Track polo shirts (see below)

The shirts will be used by the girls, for the years to come, for training sessions, contact time, excursions and to represent Tambrey in the community.



In 2024, Tambrey will continue the Tambrey on Track program for our Indigenous girl students. We will continue to collaborate with the Stars Foundation at both the primary school and high school to provide a range of opportunities for the girls. Our partnership will carry on with IMF and we will continue the I-CAN program to increase our students understanding and passion for active healthy lifestyles. The I-CAN Championships will be an annual event run by IMF, and we will endeavor to be a part of it and send another team of girls next year.

With having a permanent full time Stars mentor, Tambrey On Track will run over two terms of the school year, allowing the girls to also have contact time with Stars. We will continue to deliver lessons that aim to increase the girl's knowledge and awareness of the benefits of being physically healthy and its impact on a positive and strong mental wellbeing, which in turn, will enable them to be more focused and ready for in class learning.

We will continue building relationships and aim to have more family and community engagement in next years program, with opportunities for shared learning and connectiveness. We will offer more leadership opportunities for the girls to participate in, to continue creating confident role models within the school community. We look forward to seeing the continued growth of the girls and the individual success stories next year in 2024.

