



Together We Are Safe, Together We Are Respectful, Together We Achieve

Wellbeing Wednesday #11

Each Wednesday we will be posting some exciting Wellbeing content for our community. This may include information about how you can support your children's and families' wellbeing, a snapshot on mental health issues currently prevalent in the community, or information about a local service in the area that might benefit you or your child.

This week's topic is NAIDOC week

What is NAIDOC Week?

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. This is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

What does NAIDOC stand for?

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself. You can find out more about the origins and [history of NAIDOC Week](#).

2021 NAIDOC Week:

NAIDOC Week 2021 was celebrated from 4-11 July 2021 around Australia. Whilst this was over our school holidays and has passed, there are still lots of ways you can honour the history, culture and achievements of Aboriginal and Torres Strait Islander peoples in your home.

How can you celebrate NAIDOC Week at home?

Below are some ideas to help you celebrate NAIDOC Week 2021 with your children.

1. Download and display this year's [NAIDOC Week poster](#) or look through the [previous poster gallery](#).
2. Learn more about the land on which you live and work using the [AIATSIS Map of Indigenous Australia](#)
3. Check out some music and podcasts from Aboriginal and Torres Strait Islander creators on [Indigitube](#).
4. Learn more about how deliver an [Acknowledgement of Country](#)
5. Find out more about the [history of the Aboriginal and Torres Strait Islander flags](#).
6. Research Aboriginal and Torres Strait Islander history or start some [family history research](#).
7. Visit the Aboriginal or Torres Strait Islander exhibitions of museums and galleries [online](#).

This year's theme: Heal Country

The 2021 NAIDOC week theme is Heal Country and it calls for all of us to continue to seek greater protection of the land, water and sacred sites from exploitation and destruction. For First Nations people, Country refers to more than just the name, but something that is a part of our identity. It supports our lives socially, emotionally, spiritually and culturally. For more information, please visit naidoc.org.au.

Have a great week!

Griffin Errey
Mental Health and Wellbeing Coordinator

Jodi Binion
Assistant Principal