

HEALTH CONNECTIONS



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- Reconciliation Week
- Local People, Local Stories
- Competition

UPCOMING EVENTS

May

11th - Mother's Day Classic Fun Run
19th - Career Wellbeing Day
26th - National Sorry Day
May 27th to Jun 3rd - Reconciliation Week

June

3rd - Mabo Day

RECIPE

Lemon Myrtle
Cookies

ACTIVITY

Reconciliation
Week colouring-in
activity

Celebrating reconciliation in our schools

Rory Thorsen - Proud DjaDja Wurrung man
Primary Care Connect Aboriginal Health Coach



Reconciliation Week is a time for communities to come together—a time for all Australians to learn about our shared histories, cultures, and achievements. It gives us the knowledge to reflect on how we can each contribute to the ongoing journey of reconciliation.

This week offers a powerful opportunity to educate each other on cultural practices and traditions, creating a safe space for open, respectful conversations. It invites us to ask questions, to listen, and to learn—free from fear or judgment.

To truly embrace the spirit of reconciliation, we must work together to create spaces where everyone feels welcome and valued. We must recognise that we all share the land we live on, and that reconciliation begins with understanding. It is an ideal time to celebrate and showcase Aboriginal culture—where kinship, community, and family are at the heart of society.

Bringing our children together to cook and share food is a beautiful way to reflect the spirit of Aboriginal culture. Involving students and families in hands-on activities like these nurtures connection, curiosity, and respect—helping lay the foundation for a more unified future. Working together as a community is reconciliation in action, and an essential part of the healing journey for all Australians.

Education around *Welcome to Country* and *Acknowledgement of Country* is also vital. By understanding their meaning and significance, we help break down misconceptions and empower others to engage meaningfully with these traditions. Reconciliation is about opening our hearts and homes, walking forward together with hope and healing.

When students and families participate in activities like cooking with authentic bush tucker, they begin to understand the deep environmental and spiritual reasons behind First Nations cultural practices. These experiences help us reconnect with the land, learning that we belong to it—it does not belong to us. We take only what we need, and the land will provide.

Other activities like painting, weaving, and carving offer meaningful ways to connect with culture. Giving First Nations students the opportunity to lead these sessions not only allows them to share their knowledge and stories, but also instills a sense of pride in their identity. Learning about symbolism in Aboriginal art helps others appreciate the depth of spirit, tradition, and storytelling it holds. Here in the Goulburn Valley, we are fortunate to be surrounded by stunning Indigenous artworks—our murals and galleries are rich in history and cultural expression.

Connecting with your local Aboriginal co-ops and cultural centres is another powerful way to get involved. These organisations offer insight into local events and activities, guided by the Traditional Owners of the land on which we live.

Most importantly, Reconciliation Week should be a time where students lead the way—taking ownership of the day's activities, sharing their stories, and working together. This leadership fosters pride in First Nations culture and opens the space for yarning, learning, and connection—bringing us all closer as Australians.

"So I take this word reconciliation and I use it to reconcile people back to Mother Earth, so they can walk this land together and heal one another because she's the one that gives birth to everything we see around us, everything we need to survive." — Max Dulumunmun Harrison, Respected Elder of the Yuin Nation.

If you'd like more information, are interested in having the Aboriginal Health Coach visit your school to speak about reconciliation, or simply want to connect, please don't hesitate to reach out to Rory from Primary Care Connect.

RoryThorsen@primarycareconnect.com.au

National Reconciliation Week 2025: Bridging Now to Next

This year's theme, Bridging Now to Next, highlights the powerful and ongoing connection between the past, present, and future—recognising that reconciliation is a journey for all Australians, and one we walk together.

As part of your school's National Reconciliation Week (NRW) celebrations, we're excited to offer a special opportunity for students and staff to deepen their understanding of Treaty and First Nations culture.

Jarvis Atkinson, a proud Yorta Yorta man and Engagement Project Officer for the First People's Assembly, is available to deliver engaging and informative presentations for students or staff. Jarvis will speak about Treaty—what it is, where it's headed, and what it means for all Victorians.

This is a fantastic opportunity to learn from a local voice, build cultural understanding, and actively participate in the spirit of reconciliation.

To book a session with Jarvis, please contact him via:

Email: jarvisA@firstpeoplesvic.org

Phone: 0413 733 262



NATIONAL RECONCILIATION WEEK 2025

**Bridging
Now to
Next**

27 MAY – 3 JUNE | #NRW2025
RECONCILIATION.ORG.AU

Lemon Myrtle Cookies



PREP TIME: 10 MINS

COOK TIME: 8-10 MINS

SERVES: 15

INGREDIENTS

- 250g caster sugar
- 250g unsalted butter
- 1 tbsp vanilla extract
- 3 cups self-raising flour
- 4 eggs
- 25g ground lemon myrtle

METHOD

1. Preheat oven to 180 degrees.
2. In a large bowl, cream together butter and sugar until light and fluffy.
3. Add vanilla extract and eggs, slowly.
4. Fold in flour and ground lemon myrtle until dough forms.
5. Roll dough mixture into small balls and place on a lined tray.
6. With a floured fork, press each ball slightly.
7. Bake for 8-10 minutes or until golden brown.
8. Cool on a tray and enjoy.

RECIPE BROUGHT TO YOU BY THE HEALTH PROMOTION
TEAM @ PRIMARY CARE CONNECT

It's time for a

GIVEAWAY

HERE'S YOUR CHANCE

We're looking for the most *creative and inspiring* way schools are sharing the Health Connections newsletter.

Show us how you've spread the articles and activities with staff, parents, and students—whether it's through assemblies, classroom activities, newsletters, displays, or social media.

The winning school will receive a **\$200 voucher** of their choice—Bunnings, Rebel Sport, or Coles—to use however they like!

Entries close on **30th June**, and the winner will be announced in our July newsletter.

Get involved and show us how you're championing health and wellbeing in your school community!

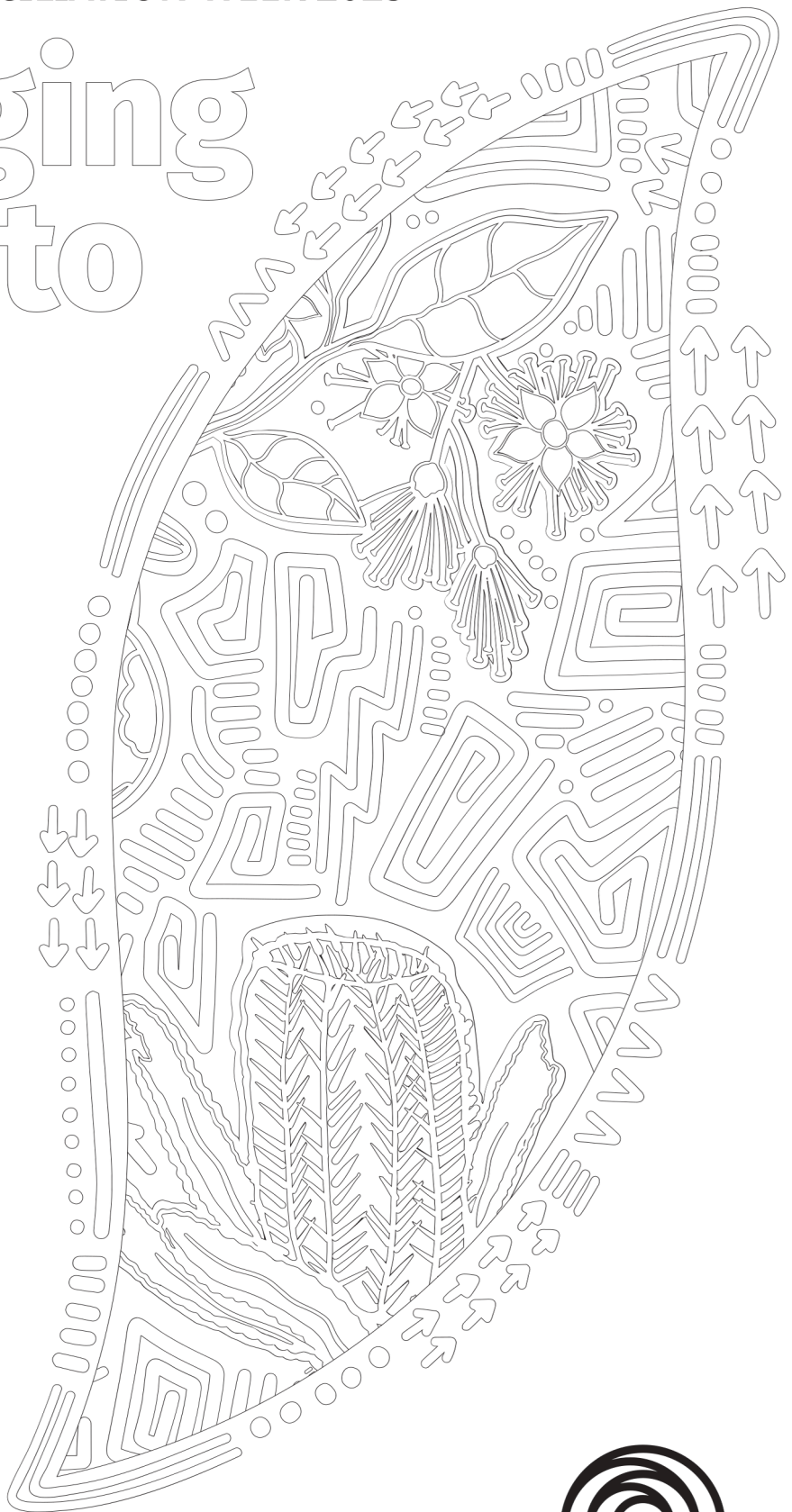


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NATIONAL RECONCILIATION WEEK 2025

Bridging Now to *Next*

27 MAY -
3 JUNE



#NRW2025

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