

**Speech by Logan K Howlett JP**  
**Aboriginal Cultural Games Interschool Carnival**  
**Fremantle Oval**  
**Thursday, 22 June 2023**

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Kia (Hello)

I am delighted to be here this morning to share in the excitement of the Aboriginal Cultural Games Interschool Carnival – an occasion to celebrate Aboriginal culture for all children and the concept of ‘Strong Mind - Strong Spirit’.

I acknowledge and thank Betty Garlett for her ‘Welcome to Country’ and the sharing of the Nyungar history, culture and language that reflects the dream time stories that enrich our daily lives and make us aware of Mother Earth and how it has been protected by our First Nation peoples for tens of thousands of years.

I acknowledge the Whadjup people of the Nyungar nation, the traditional custodians on whose land we have gathered today; and I pay respect to their Elders past, present and emerging and extend that respect to First Nation peoples here today.

I also acknowledge:

- Mayor Hannah Fitzhardinge, City of Fremantle;
- Betty Garlett, who provided the Welcome to Country;
- Stephen Michael, the founder of the Stephen Michael Foundation and staff members;
- Sponsors of today’s event;
- WA Police Community Engagement Officers;
- Other invited guests;
- Those students participating in the Games, their teachers and friends of their respective school communities.

The City of Cockburn is proud to be a member of Imagined Futures, the partnership that has brought this event to life.

This exciting event is an opportunity for all students, both Aboriginal and non-Aboriginal, to learn about; and celebrate; Aboriginal culture.

There are lessons for us all to learn from Aboriginal culture about how to stay strong and to look after yourself and your friends.

Strong spirit **equals** strong mind and we know that there are lots of way to strengthen in our spirits including:

- Doing things that make you happy like listening to music or playing sport with your friends

- Connecting to country and culture – by attending events such as this Yarning with someone you trust such as family, teacher, coach about how you're feeling. Or, if you'd prefer you can always visit [kidsline.com.au](https://kidsline.com.au)  
Staying active. When you feel physically healthy, it's easier to feel mentally healthy.

An event like this one today ticks lots of those important wellbeing boxes.

I hope you all have lots of fun and learn a thing or two about the wonderful culture of Australia's First Nations people.

Please remember, as you journey through life always respect your Elders, stand tall for what is right, respect your mates, respect your family, respect the community where you live and importantly; respect communities that you visit from time to time.

Thank you.