



Yogazeit Ltd, Western Australia

Deadly Minds at Roebourne District High School

Growing strong together to maximise Social Emotional Health and Wellbeing - one breath at time

May 19, 2022

Children and young people from Roebourne and surrounding communities are invited to learn and benefit from two-way Mindful Movement education with Yogazeit's unique program.

Yogazeit is a health promotion charity dedicated to preventing and managing psychological and physical health conditions. Successful recipient of a Community Partnership from Horizon Power, this program will be offered to activate mental health initiatives for remote communities in the Pilbara. "Yogazeit's program aligns with our strategic objectives on People, Health and Wellbeing and we're excited to support the Roebourne area with access to this important Mindfulness and Movement initiative" Nerreda Hillier, Community Engagement Manager, Horizon Power.

We are excited to be working with Yogazeit to develop and implement a place-based mindfulness and movement program for our students, staff and families. The co-design process takes us further on our journey of "growing strong together" as a school and community. As we learn together, through a two-way approach, we strengthen our connections to Language, to Country and to one another. This approach empowers the social emotional wellbeing for everyone involved." Elizabeth Ritchie, Principal Roebourne DHS.

The school caters to students from Kindergarten to Year 12, with approximately 98% of the students being Aboriginal. "Most of the students come from three main language groups - the Ngarluma people who are the traditional owners of the land, the Yindjibarndi people and the Banyjima people, and we're looking forward to have the language and culture team involved to create some deadly mindfulness resources for our school and community", she says.

Following extensive community research over the past few months, Yogazeit will have a first stakeholder meeting in Roebourne in mid May followed by delivery of the Education Program to Roebourne DHS, surrounding school staff/youth workers and community members in Term 3. Activities as part of this project on country include:

- Community Mindful Movement classes (Yoga on country)
- Training and Education in trauma-informed Mindful Movement for school staff, AEIO's and community support workers
- School Wellbeing Incursions for student and staff

To join this initiative or to learn more about the Deadly Minds program please visit <https://www.yogazeit.com.au/about/projects/deadly-minds/>

This project has been supported by [Horizon Power](#). Yogazeit is an [Act Belong Commit](#) Partner.

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