



# Safety in Schools Week June 8th to 12th 2009

## AGENCY ACTIVITY

### Agency

#### Chiropractors' Association of Australia (WA) Ltd

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### Activity Title **Having a Good Back for Life**

### Activity Outcomes

Learning Area	Link to K-10 Syllabus	Outcome
Health and Physical Education	<b><u>Early Childhood (K-3)</u></b>  <b>Context:</b> GROWTH AND DEVELOPMENT <b>Topic:</b> Healthy bodies, caring for healthy bodies	Knowledge and Understanding <ul style="list-style-type: none"> <li>• The meaning and dimensions of health</li> <li>• Growth and development</li> <li>• Ways to keep healthier and safer</li> </ul>
	<b>Context:</b> Lifestyle Choices <b>Topic:</b> Fitness	Interpersonal Skills <ul style="list-style-type: none"> <li>• Communicating</li> <li>• Co-operating and collaborating in groups</li> </ul>
	<b>Context:</b> SAFETY <b>Topic:</b> Personal safety	Self-management Skills <ul style="list-style-type: none"> <li>• Understanding emotions</li> <li>• Reviewing the situation</li> </ul>

### Phases of Development

Early Childhood (K-3)  
 Middle Childhood (4-7)  
 Early Adolescence (8-10)

### Resources Required

Contact with the Chiropractors' Association of Australia (WA) to register for a Healthy Spine pack that is presented by a local chiropractor. If no Chiropractor is available, a pack can be sent on request.

Access to computers for educational spinal website for children.

## Approximate Time Required

Approximately 30 minutes

## Procedure



Contact the Chiropractors' Association of Australia (WA) to arrange for a guest Chiropractor to visit the class to talk on:

- Anatomy of spine in simple terms and how it works.
- Discuss good posture vs bad posture. Demonstrate a student's posture sitting and standing, good vs bad.
- Ask class who plays sport, the importance of regular exercise, include warm up and cool down as good habits to start.
- Show how to use back pack properly.
- When it goes wrong – spinal curvature/scoliosis.
- Bring out posture sheet.
- Discuss what a chiropractor does and how they help.
- Hand over Good Posture certificates to teacher to reward students who demonstrate good posture.
- Use Spinosaurus website to reinforce concepts just discussed. Fun website with games and stories on spinal health and awareness.

After the visit, students will have a better understanding of:

- How the body works simply
- Good posture vs bad posture
- How to prevent injuries by regular exercise
- How to wear a back pack properly
- How to recognise the value of their spine and overall health
- Making informed decisions that avoid harmful situations and promote ongoing health awareness

## Community Links

### How could the school involve the local community in Safety in Schools Week?

Arrange information night for parents to understand the importance of a young spine and its preservation. Talk done by local chiropractor.

### How could the school involve parents and seniors in Safety in School Week?

Send home postural assessment sheet for the family to grade all their postures. Can also arrange information night.

## Policy and Procedures



### Are you aware of the School's written Health and Safety Policy? If not: -

- Check with administration
- Refer to the Department of Education and Training's Risk Management Policy and Occupational Safety and Health Policy

### Do you have safety structures and procedures in place?

- Are the children encouraged to participate in regular activity?
- Does the school have guidelines on the recommended weight of school bags?

## Other Resources Available

Contact the Chiropractors' Association of Australia (WA) Ltd for information on:

- Details of your local Chiropractors' Association member
- Chiropractic
- Backpacks endorsed by the Chiropractors' Association
- The education website for children [www.spinosaurus.com.au](http://www.spinosaurus.com.au)