



Safety in Schools Week May 17th to 21st 2004

Chiropractic Association Activity

Agency

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Activity Title

HAVING A GOOD BACK FOR LIFE

Curriculum Framework Activity Outcomes

Learning Area

Health and Physical Activity

Learning Outcome

Knowledge & understanding

Specific Learning

- Knowing how the body works simply.
- Identify good posture vs bad posture.
- How to prevent injuries by regular exercise.
- How to wear a back pack properly
- Help them to recognise the value of their spine and overall health.
- Making informed decisions that avoid harmful situations and promote ongoing health awareness.
- Students to discuss how they can change one thing in their day to improve their health.

Attitudes and Values

Self Management Skills

Interpersonal Skills

Phases of development

Early childhood, Middle childhood, Early adolescence

Activity resources required

Contact with the Chiropractor 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.

Procedure

Guest Chiropractor to visit and 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.



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 schools written Health and Safety Policy? If not: -

- Check with administration
- Refer to the Department of Education Risk Management Policy,
- Visit the Safety Rules OK! website for guidelines
www.safetyrules.health.wa.gov.au

Do you have safety structures and procedures in place?

For example:

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

Other resources available

Chiropractors Association of Australia WA for information on:

- Details of your local chiropractic association member
- Chiropractic
- Backpacks endorsed by the Chiropractic Association
- The education website for children
www.spinosaurus.com.au

