



Safety in Schools Week June 13th to 17th 2005

Headwest Activity

Agency

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(Brain Injury Association of WA Inc)

Activity Title

BE CAREFUL – BE SMART

Take Care of Your Head and Brain when playing sport

Curriculum Framework Activity Outcomes

| Learning Area | Learning Outcome | Specific Learning |
|-------------------------------|------------------------------------|--|
| Health and Physical Education | Knowledge and Understanding | Students gain knowledge and understanding of the importance of personal safety and protective headgear |
| | Attitudes and values | Students recognise and value safe environments |
| | Self Management Skills | Students make informed decisions and choose courses of action that avoid risk and reduce harm |

Phases of Development

Can be adapted for both Early and Middle Childhood

Activity Resources Required

Background information on Head injuries (available from Headwest)
Cardboard
Texta's, coloured pencils, crayons, glue, glitter, ribbon – items to make bookmarks
Butcher's paper/A3 paper
Sample Head Injury Prevention Posters (available from Headwest)
Sample Bookmark and Poster Slogan Designs (Shown overleaf)
A skateboard

IF I BREAK MY LEGS, I'll get some wheels to do my walking
IF I BREAK MY VOICE, I'll get my fingers to do my talking
IF I BREAK MY EYES, I'll buy a dog to guide my way
BUT WHAT WILL I DO IF I BREAK MY BRAIN?

Procedure

- Show the skateboard – if someone can show a demonstration make sure they have proper safety equipment. Brainstorm re: what would get hurt if you fall off this way, or that way etc.
- Students brainstorm – what other activities can result in Head Injuries if not performed carefully?
- Teachers to provide background information on Head Injuries to students to assist with the Brainstorming.
- Ask students to brainstorm catchy slogans that can be shared to promote the prevention of head injuries (examples are shown on pictures displayed at the bottom of this age.
- Students then design catchy bookmarks and posters displaying their slogans to promote safety and the prevention of Head Injuries
- Students can then share their bookmarks/posters/slogans with younger students at the school.

Community Links

How could the school involve the local community in Safety in Schools Week?
Put posters and Bookmarks on display at school and local libraries.

How could the school involve parents and seniors in Safety in School Week?
Organise speakers from your local community who have had a head injury though playing sport or have a speaker from Headwest address P E C or P & F Association

Policy and Procedures

Are you aware of the schools written Health and Safety Policy? If not: -

- Check with administration
- Refer to the Education Departments' Risk Management Policy
- Visit the Kidsafe WA Website for guidelines www.kidsafewa.com.au

Do you have safety structures and procedures in place? For Example: Agency can give 2 examples here instead of the ones listed

- Does the school have a first aid person? (Structure)
- How to access the first aid person? (Procedure)
- Is there a designate quiet play area?

Other Resources Available

Colouring in Posters
Background Head Injury Information Posters

Wear a helmet and be careful

Remember to always look to the right, look to the left and look to the right again before crossing the road

BE CAREFUL.....BE SMART.....Take Care of Your Head & Brain



Which riders are safety conscious?