



# Safety in Schools Week June 13th to 17th 2005

## Chiropractors' 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**

**Attitudes and Values**

**Self Management Skills**

**Interpersonal Skills**

#### 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.

### 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](http://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](http://www.spinosaurus.com.au)

