



# Safety in Schools Week June 9th to 13th 2008

## Celebrating 10 Years

### Agency

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

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

### Activity Outcomes

Learning Area	Outcome	Link to K-10 Syllabus
Health & Physical Education	Knowledge & Understanding	<b>Early Childhood</b> Context: GD & SH Topic: Healthy body awareness Healthy bodies
	Attitudes & Values	Context: Safety Topic: Safety Personal Safety Keeping Safe Staying Safe
	Self Management Skills	Context: Lifestyle Choices Topic: Fitness
		<b>Middle Childhood</b> Context: GD & SH Topic: How my body works – skeletal System  Context: Safety Topic: Responding safely Personal safety – making good choices Risky situations Minimising risk
		Context: Lifestyle Choices Topic: Fitness

## Phases of Development

Early childhood, Middle childhood

## 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.

## Procedure

Contact a guest Chiropractor to visit and talk about:

- Anatomy of spine in simple terms and how it works
- Good posture v bad posture when sitting and standing
- Postural assessment sheets
- The importance of regular exercise, including warm up and cool down as good habits
- The value of the spine and overall health
- How to use back pack properly
- When it goes wrong – spinal curvature/scoliosis.
- What a chiropractor does and how they may help

Other activities:

- Hand out 'Good Posture certificates' to reward students who demonstrate good posture
- For a fun website with games and stories on spinal health and awareness visit the Spinosaurus website at: [www.spinosaurus.com.au](http://www.spinosaurus.com.au)



## Community Links

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

- Arrange an information night for parents to understand the importance of a young spine and its preservation. Presentations may be provided by the local chiropractor.

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

- Send home a postural assessment sheet for the family to grade all their postures. Or arrange an 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
- Visit the Kidsafe WA Website for guidelines [www.kidsafewa.com.au](http://www.kidsafewa.com.au)

### 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)

