



13 September 2017

Dear Parents/Guardians of Year 5 and 6 Students

Good posture and a healthy back is an important ingredient in the developing of student well-being. Having a healthy posture can create an aura of confidence and self-esteem. Each year Coomera Anglican College provides interested parents of students in Years 5 and 6 an opportunity to access a posture screening clinic which will allow students access to posture analysis. The programme analyses the force strain through a student's spine and associated muscles by analysing posture with a backpack on. After the analysis parents would receive a report with recommendations for future posture and back care.

In partnership with Adjust, a local physiotherapy clinic owned and managed by Mr Darren Rieck (BPhty) M.A.P.A (physiotherapist and parent of the College), students of Years 5 and 6 will have access to the following service:

- Posture Screening Assessments
- Posture Report including recommendations and exercises
- Posture exam (with or without school bag)
- Phone/email contact with the Adjust Clinic for advice from trained Physiotherapists
- Written literature on the dangers of poor posture.

The screening day for 2017 will be Wednesday 18 October and the process will take approximately ten minutes per student. The cost per student is \$15.00. Students will be required to wear their College sports uniform for their screening.

If you are interested in your child taking part in this posture screening programme, please complete the attached information slip and return to Primary Administration, together with your payment of \$15.00. If you have any questions or would like to know more please contact me at the College or email Mr Rieck on darren@adjust.com.au .

Yours sincerely

Mr Graeme Kirkpatrick
HEAD OF PRIMARY

ADJUST POSTURE SCREENING SERVICE – YEAR 5 AND 6 STUDENTS
(Please return to Primary Administration before Friday 13 October 2017)

Student Name: **Class:**

Yes, I would like my child to take part in the Posture Screening Service, and enclose payment of \$15.00. I understand the screening day is scheduled for Wednesday 18 October 2017 and that my child should wear their College sports uniform for the screening.

My details are as follows:

Parent/Guardian Name:

Address:

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Contact phone number/s:

Parent/Guardian Signature: **Date:**