

Dear Parents and Guardians,

Circular on Straighten Up School Scheme12th September, 2019

We are pleased to inform you that our school has joined 2019-2020 Straighten Up School Scheme.

According to the data given by Department of Health, the number of students suffering from Scoliosis has been increasing tremendously in recent years. Kids are experiencing greater levels of spinal discomfort due to stress and poor posture. Spinal health of adolescent students has been worsening over past years. Spinal misalignment will certainly affect the kids' health and learning ability as well.

It is also the mission of the above program to raise students, parents and teachers awareness of the importance of a healthy spine and empower us in better spinal habits. We are pleased to announce the details for the whole program:

	Activities	Date/ Time	Remarks
1	Teacher Training on Chiropractic care	Completed in summer vacation	All teachers receive 2.5 hours of chiropractic care training
2	Straighten Up School Scheme Officiating Ceremony	19 th Sept, 2019 (Thursday) Time: <u>P.1-P.3:</u> 14:45-15:15 <u>P.4-P.6:</u> 15:20-15:50	Spinal Protection Declaration, Demonstration of Straighten Up Exercises (designed by Life University and indicated that promising results of improving posture and strengthening core muscles). All students are required to wear <u>sport uniform</u>. Parents are welcome to join together.
3	Straighten Up exercise	Whole academic year	Exercise will be implemented progressively.
4.	Slogan competition	Details will be provided on 14 th Oct, 2019	
5.	Other spinal protection activities	To be announced	

Yours faithfully,

*Chow Kim Ho*Chow Kim Ho
Principal

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Tsuen Wan Trade Association Primary School
Reply Slip of Circular 19-030/F04 < Return it to the class teacher >

Circular on Straighten Up School Scheme

Dear Principal,

I acknowledge receipt of implementation of Straighten Up School Scheme.

Parent's Opinion (if any): _____

Student's Name: _____ () Parent's Signature: _____

Class: _____

Date: _____