

Dear Parents,

Circular on Straighten Up School Scheme

We are pleased to inform you that our school has joined 2020-2021 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 programme 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	Activities
1	Teacher Training on Chiropractic care	Will be held in December 2020	All teachers receive 2.5 hours of chiropractic care training
2	Straighten Up School Scheme Officiating Ceremony	20 th Oct, 2020 (Tuesday) Time: (09:30-09:50)	Spinal Protection Declaration, Demonstration of Straighten Up Exercises (designed by Life University and indicating promising results of improving posture and strengthening core muscles). All students are required to wear <u>sports uniform</u> . Parents are welcome to join.
3	Straighten Up exercise	Whole academic year	Exercise will be implemented progressively.
4	Other spinal protection activities	To be announced	
5	World Spine Day - Back On Track in 21 days challenge	16 th Oct is World Spine Day. This year, Children Chiropractic Foundation has conducted the "Back On Track in 21 days" challenge. Our school would like to invite your family to participate in this challenge to establish a habit of performing spinal exercise. (Details will be announced later)	

Yours faithfully,

*Chow Kim Ho*Chow Kim Ho
Principal

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Tsuen Wan Trade Association Primary School
Reply Slip of Circular 20-019/G04 < Please return it to the class teacher >

Circular on Straighten Up School Scheme

Dear Principal,

I acknowledge receipt of the implementation of Straighten Up School Scheme.

Parent's Opinion (if any): _____

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

Class: _____

Date: _____