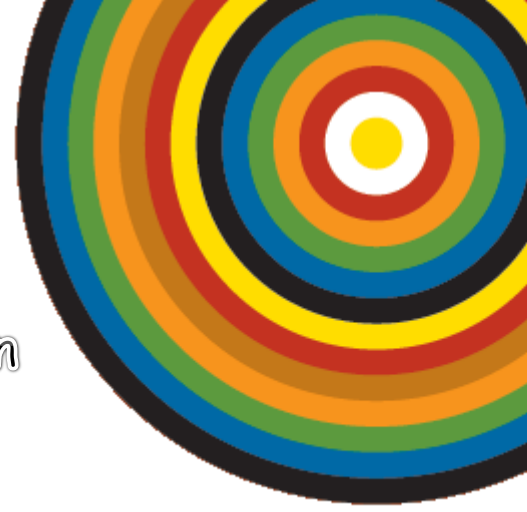


SHAKE A LEG

Education is the future of our children



Stage 1 (years K-2) Topics	
Topics	Resources
Oral Health	HNE/NSW Health Resources
Hygiene	Mr Germ
Hearing Health	Breath, Blow, Cough Program
Nutrition	Healthy Jarjums, Good for Kids
Physical Activity	Traditional Indigenous Games

Stage 2 (years 3-4) Topics	
Topics	Resources
Oral Health	HNE/NSW Health Resources
Bullying	The SMART Manual
Identity/Self Esteem	CCS Corporation, The SMART Manual
Drugs & Alcohol	The SMART Manual
Physical Activity	Traditional Indigenous Games

Stage 3 (years 5-6) Topics	
Topics	Resources
Oral Health	HNE/NSW Health Resources
Drugs and Alcohol	The SMART Manual
Identity	CCS Corporation
Self-Esteem	The SMART Manual
Physical Activity	Traditional Indigenous Games

Stage 4 (years 7-8) & Stage 5 (years 9-10) Topics	
Topics	Resources
Sexual Health	AMS Worker, HNE Worker etc
Drugs and Alcohol	The SMART Manual
Identity	CCS Corporation
Self-Esteem	The SMART Manual
Physical Activity	Traditional Indigenous Games





EDUCATION IS THE FUTURE OF OUR CHILDREN

The 'Shake A Leg' health promotion program is a joint project with the Aboriginal Health Unit - Hunter New England Local Health District and the Awabakal Aboriginal Medical Service, and has now extended to include three Child Health Networks. The project is a school-based program for both primary and secondary schools; Aboriginal health workers deliver and facilitate the lesson which is delivered to all children with an Aboriginal perspective. The content of the resources is age appropriate and are fun and interactive.

The project was initiated as a result of a joint planning day between the staff of the Aboriginal Health Unit - Greater Newcastle Cluster, HNELHD and the Awabakal AMS in March 2005.

The program utilises existing resources, some of which are Aboriginal specific, while others are mainstream, but delivered in a culturally sensitive way. The program is presented by HNELHD Aboriginal health workers, as well as Aboriginal health staff from the AMS. Other allied health professionals are encouraged to link in with the program dependent on the health topics presented.

The program is delivered in 40-minute sessions, 1 session per week for 6-10 weeks. It is written to meet key content areas of the school curriculum in Physical Education and Personal Development, Health and Welfare.

Some of the key topics covered are nutrition, oral health, otitis media, physical activity, identity and drugs and alcohol.

The 'Shake A Leg' program is not only aimed at improving health and practices of the children, but also the family and community.

If you would like more information about 'Shake A Leg', please feel free to contact:

Aboriginal Health Unit - Hunter New England Local Health District

Shake A Leg Health Promotion Program

Ph: 02 4924 6070