

## The Florey Flyer

### Week 9

#### Friday 5 April

- Preschool Indigenous Visit

### Week 10

#### Friday 12 April

- ANZAC Day Assembly
- End of Term Sausage Sizzle



- Last Day of Term 1 - Happy Holidays!

#### **Important Reminder for Parents/Carers**

Please return the following notes to your child's teacher or the front office, as they are now **overdue**:

- **Medical Information and Consent Form (Blue)**
- **Student Information Check Sheet**

School photo envelopes are due back to the classroom teacher or front office by **Tuesday 9 April 2019.**



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### **Important Florey Primary School Update**

**Our contact details have  
changed.....**

**We have a new telephone  
number:**

**6142 2730**

**And we no longer have a fax  
number**

**Please update your records  
to  
reflect this change**

Upcoming Events.....2019 Term 2

### Term 2 Week 1

**Monday 29 April**  
**First Day Term 2**

# Information for Parents/Carers ...

A school crossing supervisor is supporting our school each morning and afternoon to increase safety for children. Please support this initiative by encouraging children to use the supervised crossing and driving appropriately in the vicinity of the school.

The crossing supervisor is responsible for controlling a busy environment during the peak periods, which includes managing the flow of pedestrians, cyclists and cars. Please be patient, polite and respectful to any supervisor on the crossing, they are committed to keeping our students safe.

It is also important for motorists to drive at a speed which allows them to safely stop when the supervisor enters the road. Motorists should wait until all pedestrians, including the supervisor, are completely off the road prior to driving over the crossing.

The School Crossing Supervisor program is delivered by Transport Canberra and City Services' [Schools Program](#). If you have any feedback about the program, contact TCCS directly rather than raising concerns with our supervisor.

Creating a safe, respectful and comfortable environment for children requires a collaborative approach from everyone in the community.



SAVE THE DATE!

P&C Mother's Day Stall

Term 2 Week 2

Thursday 9 May 2019



ADOLESCENT SCOLIOSIS SPINAL CURVATURE

The National Self-Detection Program for Scoliosis

A HEALTH PROMOTION PROGRAM RECOMMENDED BY THE SPINE SOCIETY OF AUSTRALIA. THE PROGRAM IS ENDORSED BY THE PEDIATRICS AND CHILD HEALTH DIVISION OF THE ROYAL AUSTRALIAN COLLEGE OF PHYSICIANS.

## How to detect Scoliosis.

Helpful information for schoolgirls in years 5 and 7 and their parents.

### What is scoliosis?

Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

### What is the cause of scoliosis?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or eating junk food.

### Why is early detection important?

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. These girls per 1,000 will require treatment during the growth phase.

If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

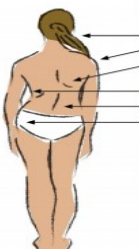
### The National Self-Detection Program for Scoliosis

Each year, all government and non-government girls' schools will be asked and by a direct approach to school principals, to download the Self-Detection Fact Sheet from [www.scoliosis-australia.org](http://www.scoliosis-australia.org) and distribute it to girls in Years 5 and 7 (10 and 12 years of age in most states and territories).

This is the age range when scoliosis first appears. If after reading the Fact Sheet you or your parents think you may have this condition, please consult your family doctor.

### What are the outward signs of Scoliosis?

- Head not centred over body
- One shoulder higher
- One shoulder blade higher and possibly more prominent
- Unusual gaps between arms and trunk
- Spine obviously curved
- One hip more prominent



Outward signs of adolescent idiopathic scoliosis in a girl with a right thoracolumbar scoliosis



### How Scoliosis is detected.

Apart from the outward signs with a teenager standing as illustrated, the reliable Forward Bend Test is used in the diagnosis of scoliosis.

This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes.

In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region.

If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body.

This is called torso asymmetry and is of no significance.

### What about brothers and sisters?

Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

### Is treatment successful?

Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise programs) and spinal manipulation (chiropractic adjustments) will either correct a scoliosis or halt its progression.

### What will happen if Scoliosis is not treated?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life.

Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

### How do you detect Scoliosis?

Simply look for it! It only takes 30 seconds.



Visit our website [www.scoliosis-australia.org](http://www.scoliosis-australia.org)

Scoliosis Australia is a project of the Spine Society of Australia



The Scoliosis Australia website is supported by a donation from Evolution Surgical

