



Smart eHealth

www.smarthealthtraining.com.au

Dear Parents,

As you may be aware our school has recently partnered with Smart Health to deliver a wellbeing program called The Smart Health School Program. This program aims to educate children, families and teachers in our school community about safe and healthy postural habits when using IT devices. We have had Greg Campbell, Physiotherapist from Smart Health, come and speak to our school about Computer and Workstation ergonomic set up and about healthy screen time behaviour.

Smart Health have developed an online eHealth course which is designed to provide parents, guardians and primary school-aged children with the basic information required to be able to safely work with computers such as desktops, laptops and tablets. It will go through relevant ergonomic and general health information specifically pertaining to primary school-aged children.

This week your child has been given the Smart Health School Program to complete as homework. It is important that a parent/guardian and the student complete this course together. The course should take approximately 30 to 45 minutes to complete and may be completed in more than one session. A specific password has been provided to your child for login to the course. Please follow link and instructions to access the course:

Log onto www.smarthealthtraining.com.au/schools/ and select the **Primary School eHealth Course Login**. This is directly underneath the promotional video. This will navigate you to the My Rapid Portal. From here the instructional video will give you step by step instructions. To start simply enter the specific allocated password and then complete the course. It is important that you enter the first name and surname of your child at the beginning of the course. At the completion of the course you will be able to print a certificate of completion.

Thank you for your cooperation. We hope this course supports you and your family in creating a safe environment for IT use at home and improves your knowledge about physical health & wellbeing. We think that it is very important that we support our children to develop healthy postural and physical habits in order to set them up for the rest of their working lives.