



# A JOLLY BACK IS A HEALTHY BACK

## #Teacher5aday ideas to help improve back health and wellbeing in the classroom

Muscle and joint health are incredibly important and directly linked to mental health and “wellbeing as a whole”, but a challenge to achieve when adults are working in children’s environments and something often overlooked within the education sector.

Here’s some ideas to help you and your colleagues on your way:

The #Teacher5aday concept is based on the “Five Ways to Wellbeing” set out by the New Economics Foundation (it’s not only good for health, it saves organisation’s money as well as morally the correct thing to do). @MartynReah has been instrumental in instilling the concept within the education sector.

- 1) #Connect
- 2) #Be Active
- 3) #Take Notice
- 4) #Keep Learning
- 5) #Give

### 1. Connect

*Connect* with proactive others, keen to learn more about wellbeing, posture, musculoskeletal health, ergonomics and the benefits it can offer children and staff. For example, how can pupils be seated to engage more fully in learning? how can a classroom be set up to limit back strain to teaching assistants? What support is available if staff are struggling with back health? What resources are available to teach children (and families) safe tech use from a healthy-posture point of view?

### 2. Be Active

We know physical activity has so many profound health benefits but sometimes it’s hard “fitting exercise”. Think of ways activity can be incorporated into your day. Just start with 10minutes – make it manageable, you will enjoy it and the motivation to do more will come. Take a look at the Couch to 5km NHS Plan – it’s phenomenal and YES YOU CAN!! <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

### 3. Take Notice

*Take Notice* of your surroundings, embrace nature, give yourself those moments to stop, breath and inhale, wherever you are – you deserve it and things really do seem better afterwards! Always take the time to smell the roses ☺.

### 4. Keep Learning

Be proud that we never stop learning. Personal development of yourself & others is always beneficial to moving forward. “What would you like to know more about?” and “What are you excited and intrigued to learn?”.

### 5. Give

When working within education we all give so much as we serve others and ultimately our children. To volunteer and give time, a finite resource, is a real privilege and to work with others doing the same, really does give pleasure and momentum. All the best and as always if we can help further, we’d love to hear from you, Lorna Taylor, Physiotherapist and Director, Jolly Back