



## EDUCATION IS THE FUTURE OF OUR CHILDREN

The 'Shake A Leg' health promotion program is an initiative of the Aboriginal Health Unit – Hunter New England Local Health District 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 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 5-6 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**

**Enquiries for the Greater Newcastle Cluster, contact 02 4924 6072  
Other areas in the LHD please call 02 4924 6070**



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