



# Invitation

CLGPS is pleased to present a seminar on

**MANAGING THE PHYSICAL HEALTH IMPACTS OF COMPUTER USE ON CHILDREN**

**WITH PHYSIOTHERAPIST AND PARENT: GREG CAMPBELL B App Sc (Physio)**



**Wednesday 18<sup>th</sup> February 2015, CLGPS Gym 7-8pm**  
**RSVP by Monday 16<sup>th</sup> Feb 2015**



Tablets, laptops, desktops, phones, hand held devices are now common place for the school aged child both at home and at school. Our children don't consider these devices as "technology" just "their stuff".

- **Are you concerned with the amount of screen time that your child is having?**
- **Do you know how to correctly set up their ergonomics?**
- **Are you aware of the long term impacts of their IT use on their physical health and wellbeing?**

Poorly set up laptop, tablet and desktop computers for children may lead to poor postures, neck, back and shoulder pain and headaches. Smart Health Training & Services (Smart Health) has been investigating the research that relates to the physical health impact of computer use on children for over 3 years. Over that time Greg Campbell has worked in schools delivering seminars and resources to school communities with students from years 1 to 12 as well as teachers and parents on these issues, working with schools to find long-term sustainable solutions.

This seminar will present the **solutions** that are most pertinent for schools and parents who are supplying their students/children with these devices and share successful approaches that have been taken at other schools.

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**Please return this RSVP slip to Louisa Guest by Monday February 16<sup>th</sup>**

Number of adults attending (CLG parents only please) \_\_\_\_\_

Name(s) \_\_\_\_\_

Child's name \_\_\_\_\_ Class: \_\_\_\_\_

There is no cost to parents for this seminar