

# VIBE ACTIVITIES

## Healthy Vibe – Health Check page 26

### HEALTHY VIBE

#### HEALTHY BODY



HISTORIC MOMENT: Father and son, John and Marcus Corowa, both receive a Deadly at the 18<sup>th</sup> Deadly Awards.

**JOHN COROWA'S LONG CAREER IN ABORIGINAL HEALTH WAS RECOGNISED AT THE 18<sup>TH</sup> DEADLY AWARDS WHEN HE BECAME THE 2012 ABORIGINAL HEALTH WORKER OF THE YEAR.**

"Receiving the Deadly was a great achievement for me and a very humbling experience. I was proud and honoured to be recognised after 15 and a half years in Aboriginal health," John says.

John is the Regional Manager for the Australian Government funded Indigenous Health Tackling Smoking & Healthy Lifestyles Program, Closing the Gap Program for the Wide Bay Region of Queensland. His work in the community has been outstanding in the 18 months he has been in the role.

"We try and work with men's and women's groups. We also hold cultural healing days, touch carnivals and community days where we promote local health services to the community.

"We work with the community, from the ground up so that the community gets what it needs."

Through his role, John and his staff have organised innovative community health promotions and activities to tackle smoking and promote a healthy lifestyle, including Cultural Healing Days across the region, the

## Health Check

Aboriginal Health Worker of the Year says many diseases are preventable and manageable

Deadly Choices Touch Carnival, Women's Health Information Nights and the Murri Factor to showcase new talent in music.

He began working in Aboriginal health when he studied as an assistant nurse. From there, John worked in nursing homes and then went on to become the Aboriginal Health Liaison Officer at Logan Hospital.

"Aboriginal Health Workers are vital to the community. The mainstream health system is not always easy for Aboriginal people. There are sometimes language barriers, but when you walk into a hospital system and see the smile on an Aboriginal person's face when you visit them, you know you are breaking ground and building trust."

John enjoyed the Deadlys, which was particularly special given his son, musician Marcus Corowa, also took home a Deadly for Most Promising New Talent in Music.

"I'm not sure that has happened before, that father and son both received

Deadlys, but the whole night was really exciting for me," John says.

"And I got to mix with all sorts of celebrities."

John plans in the future to begin his own health business providing advocacy, mentoring and community engagement.

**Aboriginal Health Workers are vital to the community. The mainstream health system is not always easy for Aboriginal people.**

"I would like to stay in the health arena and continue to utilise the skills I've gained during my career, particularly community engagement because if you can't engage then your program won't be successful."

If he has a health message to get out to readers, it would be this: "Have your health checks, then we can go from there. We can manage your chronic disease or prevent it, but you must have your health check because it is the foundation of everything else we can do to improve your health."

BEN STYMONS

**John Corowa was recently honoured with a Deadly Award for 2012 Aboriginal Health Worker of the Year.**

**He has worked in Aboriginal health for the past 15 years and is currently Regional Manager for the Indigenous Health Tackling Smoking and Healthy Lifestyles Program, an Australian Government program.**

**His work includes promoting health services in communities.**

**Read Healthy Vibe – *Health Check* on page 26 and answer the questions that follow.**

## ACTIVITY 1

### BUILDING READING SKILLS



- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

**There are three levels of comprehension questions:**

<b>Literal</b>	The answer is located in one sentence in the text.
<b>Inferred</b>	You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
<b>Applied</b>	The answer is in your background knowledge, what you already know or feel.

**1** The text says that John's programs work "from the ground up".  
What does this mean?

(inferred)

- ☐ they starts by buying land.
- ☐ they start at community level.
- ☐ they are part of a large project.
- ☐ they depend on government funding.



**2** In this text, John and his staff's promotions are described as "innovative".  
What does this mean?

(inferred)

- ☐ they are new programs.
- ☐ they take a lot of planning.
- ☐ it costs a lot of money to implement the programs.
- ☐ they strive to do things in new and exciting ways which motivate people.

**3** Place these events in the order that they occurred from 1-6.

(inferred)

- ☐ He worked in nursing homes.
- ☐ He currently works with a team to promote Deadly Choices Touch Carnival.
- ☐ John Corowa completed study as an Assistant Nurse.
- ☐ He hopes to begin his own health business.
- ☐ He was the Aboriginal Liaison Officer at Logan Hospital.
- ☐ John Corowa was awarded a Deadly for Aboriginal health Worker of the Year in September.



**4** What is the main health message given by John Corowa?

(inferred)

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## 5 Why is this an important message for everyone?

(applied)

Write  
your answer  
on the lines.

## ACTIVITY 2

### LANGUAGE CONVENTIONS - SPELLING

#### 1 The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

Write  
your answer  
in the box.

He was reconised for his work.

Receiveing the award was a great honour.

His work involves promoteing community health. .

#### 2 Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.

They organised inovative health programs.

There are a lot of activity's to participate in.

He studied as a community nurse.

## ACTIVITY 3

### LANGUAGE CONVENTIONS - PUNCTUATION

- 1** Correct the punctuation and spelling errors in this passage.

Write  
your answer  
on the lines.

john plans in the future to begin his own helth business providing  
advocacy mentoring and community engagement i would like to stay  
in the health arena and continue to utilise the skills ive gained during  
my career said john

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## ACTIVITY 4

### WRITING A BIOGRAPHICAL RECOUNT

A Biographical Recount retells the stages in a person's life.

This genre of text always starts with an **Orientation** to explain why the person is remembered, then gives a **Record of Stages** in the person's life (such as when and where they were born, growing up, school life, greatest career achievements etc).

This report tells us about John Corowa's achievements in the health industry and reminds us why he is such a well-respected Australian.

- 1 Research a person that you believe has made a significant contribution to Australia. Follow the scaffold provided to write your Biographical Recount. Include a picture.**

**Remember to:**

- research your topic and plan your writing.
- choose your arguments carefully.
- give reasons for your arguments.
- give examples to support your arguments.
- write in sentences.
- pay attention to your spelling and punctuation.
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- check and edit your writing so that it is clear for a reader.

