

# VIBE ACTIVITIES

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HEALTHY VIBE

HEALTHY BODY

# Eye health in sight

A ONEVISION VOLUNTEER CHECKS THE MOVEMENT OF THE EYES WITH A CONVERGENCE TEST, ON A STUDENT FROM CENTRAL STATE SCHOOL.



MT ISA CLINIC DELIVERS COMMUNITY ACCESS TO OPTOMETRISTS

from a young age, and also allowed access to families and the community.

"We began to see results straight away at the eye clinics. For one child, it was the first eye test the child had ever had even when 80% of her family were blind. That could have been her future but we reassured her that nothing was inevitable about that fate."

One in three Indigenous adults have never had an eye examination which are critical to good eye health, as are other factors like nutrition and protecting the eyes from sun and dust.

"Trachoma – an infectious eye disease caused by infection with the bacteria *Chlamydia trachomatis* – is a significant issue in Indigenous communities and at the clinics we talk about the importance of cleaning and wiping eyes in the context of broader health and wellbeing."

The Mt Isa clinics saw 300 Indigenous children on their first day who underwent eye screening and, for 40 of the children, a full eye examination.

"From those eye examinations, we dispensed 15 pairs of glasses. We also used technology in the clinics that are available in our stores for customers. This meant Mt Isa patients could see their own retinas. Every Australian has the right to world class equipment and eyewear," Julie says.

The OneVision program will focus on Mt Isa and surrounds in the near future with ongoing service provision to Mt Isa, and also to Mornington Island, Cloncurry and Doomadgee.

The volunteers delivering the program come from across the Luxottica company.

"We actually have a waiting list of volunteers for the next eye clinic who are passionate about delivering eye health services to Mt Isa and surrounding regions," Julie says.

The statistics on vision loss are extraordinary in that 94% of it is preventable. While the statistics are alarming, the flip side is we can actually do something about it.

**T**HE ONESIGHT FOUNDATION AND GLOBAL EYEWEAR COMPANY LUXOTTICA IN PARTNERSHIP WITH THE GIDGEE HEALING CENTRE IS ADDRESSING EYE HEALTH IN INDIGENOUS COMMUNITIES, OFFERING FREE EYE SCREENINGS, EYEWEAR AND EYE EDUCATION IN MT ISA RECENTLY.

The Mt Isa clinics are part of a new program called OneVision. Twenty seven volunteers, including eight Optometrists were involved in the clinics, run in conjunction with the Gidgee Healing Centre. From 26 March OneVision will provide full optometry services to the adult Indigenous community in Mt Isa.

Julie Urquhart is the Director of Community and Stakeholder Relations at Luxottica and heads up the OneSight Foundation.

"The clinics are a major initiative of the OneSight Foundation aimed at improving Indigenous eye health, through education and improving access to eye health," Julie says.

"Mt Isa is the first location OneVision has gone into, but we are primarily focussed on building a sustainable, long-term program. Mt Isa came up as an area that is not receiving the level of optometry services it should. There is a lack of access

to optometrists and significant factors contributing to poor eye health.

"At the OneSight Foundation we had a real commitment that we could work together with the local community to get the access problems sorted out."

OneSight also had in mind the statistics which show the importance of tackling eye health in Indigenous communities.

"Diabetes is a significant issue in the Indigenous population and there are real issues with hypertension in the retinal vessels. The statistics on vision loss are extraordinary in that 94% of it is preventable. While the statistics are alarming, the flip side is we can actually do something about it," Julie says.

"Statistics show that Indigenous children start out with better eyesight but by the time they are 40 years old, they are six times more likely to be blind than non-Indigenous children and three times more likely to have significant vision loss. The earlier we start access to services the better because the statistics show that Indigenous children are starting ahead of the curve, but there is a downhill slide."

The OneVision eye clinics were conducted in Mt Isa schools, as well as at the Gidgee Healing Centre. By reaching school-aged children, the clinic was able to promote the importance of taking care of eyes

Did you know that Indigenous children begin life with better eyesight than other Australians, but by the time they reach adulthood, they are six times more likely to be blind?

The OneSight Foundation is working with Aboriginal communities in Mount Isa to turn this around by offering free eye screenings, glasses and eye education workshops.

READ *Eye health in sight* on page 22

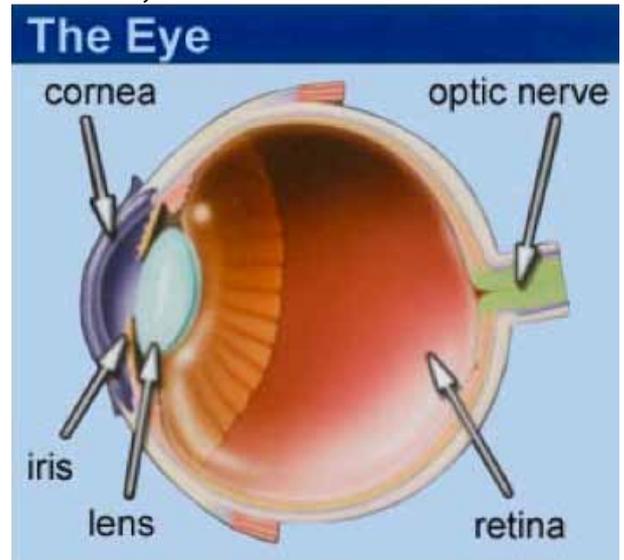
## ACTIVITY 1

### BUILDING READING SKILLS



Eye screenings can lead to better eye health

Parts of the eye



- 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:**

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

**1** Which organisations have been working in Mount Isa to improve eye health in Indigenous communities? (inferred)




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**2 Which eye health services do OneVision provide?**

(inferred)

- full eye examinations
- education services
- free glasses if needed
- all of the above



**3 What are the main aims of the OneSight eye clinics?**

(inferred)

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**4 The text says: *Twenty seven volunteers, including eight optometrists were involved in the clinics, run in conjunction with the Gidgee Healing Centre.***

**In this sentence, *in conjunction with* means**

(inferred)

- working separately to the Gidgee Healing Centre.
- working with the Gidgee Healing Centre.
- working in a range of locations.
- only working on Sundays.



**5 The texts says: *The statistics on vision loss are extraordinary in that 94% of it is preventable.***

**This sentence means**

(inferred)

- it's amazing how few people have eye health issues.
- only about half of eye health issues can be treated.
- nearly all eye health problems will lead to blindness.
- most eye health issues can be treated so that people save their sight.

**6 What is the purpose of including the statistics (*94% of it is preventable*) in this sentence?**

(applied)

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**7** What is the relationship between the photo, the information bubble and the main text?

(inferred)




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**8** What is the overall purpose for writing this text?

(applied)

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## 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.



The clinics offer free eye screanings.

They offer full optometry services in community's.

The program is aimed at improveing eye health.

The clinic has seen results strait away.

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



It is important to maintane your eye health.

Have you ever had an eye examinashon?

Diabetes can lead to eye diseese.

Every Australian has the write to eye health services.

### ACTIVITY 3

#### LANGUAGE CONVENTIONS – GRAMMAR

**1** Which word correctly completes this sentence?

The amazing thing is that \_\_\_\_\_ almost entirely preventable.



- it's
- its

**2** Which word is missing from the second sentence?

Indigenous children start out with better eyesight than other Australians. \_\_\_\_\_ , by the time they are 40 years old, they are six times more likely to be blind than non-Indigenous Australians.

- While
- Whereas
- However
- Although

**3** These words are all written in the **present tense**, put in the correct word to change them into the **past tense**.



present tense	past tense
volunteer	volunteered
wait	
provide	
check	
show	
start	
lose	

## ACTIVITY 4

### LANGUAGE CONVENTIONS – PUNCTUATION

**1** Apostrophes for contraction and possession.

One of the most common uses of the apostrophe is to show two words that have joined together, called a **contraction**.

We use an apostrophe to show where there are missing letters in a contraction.

Match the contraction.

should not	
he will	
he is	
we have	
they will	

they'll

he'll

we've

he's

shouldn't

# ACTIVITY 5

## WRITING AN EXPOSITION



An Exposition is a type of ARGUMENT that states one point of view about an issue.

Argument type	Social purpose	Stages	Phases
<b>Exposition</b>	argues one point of view about an issue	<b>Thesis</b>  <b>Arguments</b>  <b>Restatement</b>	<b>preview</b>  <b>evidence</b> <b>statistics</b> <b>quotes</b> <b>examples</b> <b>elaborations</b>  <b>review</b> <b>conclusions</b>

**TOPIC – Every Australian should have an eye examination every year to ensure healthy eyesight.**



**Write an EXPOSITION to argue your point of view.**

**Think about:**

- examples, statistics, elaborations and other evidence to support your ideas.

**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.