



Christ Church Grammar School

PERTH, WESTERN AUSTRALIA

10 September 2019

MEDIA STATEMENT: Christ Church boys reaching new heights

Boys and staff at Christ Church Grammar School are trialling the latest in stand up desks.

The ergonomic desks have been installed in locations around the Claremont campus to encourage flexibility in learning and promote personal health and wellbeing.

Liam Casson, the School's Director of The Wynne Centre for Boys' Health and Wellbeing said, "We are promoting this initiative as part of a proactive approach to address general classroom sedentariness. The new style of desks encourage movement and a different level of engagement."

"Research suggests that standing more throughout the day helps to improve blood flow and reduce long-term back problems."

Christ Church Head of Health and Physical Education Luke Farmer added, "By introducing these options, students and staff at the School can comfortably alternate between standing and sitting to achieve the balance that's right for them. This is particularly useful for those with injury or other physical issues."

"We are not suggesting this is a magic pill, however research suggests the options the desk provide will benefit students and staff."

The School's Centre for Boys' Health and Wellbeing is dedicated to influencing and inspiring a new generation of boys in making informed decisions regarding holistic good health and wellbeing.

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