

Endorsed by SMC on 1 November 2010

Healthy School Policy

1. Our school is committed to help students reach a state of physical, mental and social well-being through developing students' healthy lifestyles, positive attitudes and values, practical life skills and refusal skills to resist temptation.
2. The Health Education Committee will take charge to manage and coordinate health education programmes and other health matters.
3. Through a series of Health Education Programmes, we shall enhance students' knowledge, understanding, skills and attitudes to enable them make informed decisions about their ways of life.
4. We shall foster a healthy and harmonious school environment to facilitate students' learning.
5. We shall set up a mechanism to identify needy students and put in place a system for referring students in need or at risk to professionals concerned.

Programme Plan

A. To provide students with knowledge and understanding, equip them with skills and help them cultivate positive attitudes to make informed decisions about their ways of life					
Strategies/Tasks	Time Scale	Success Criteria	Methods of Evaluation	Persons in charge	Resources Required
1. Developing formal and informal curricula for the institutionalization of an anti-drug /tobacco school culture (Anti-drug education package for FP, Visit to Jockey Club Drug Info Centre (S1), LEAP Anti-Drug Workshop (S2-3), Anti-Tobacco Talk (S4-6))	Whole Academic Year	70% students find the tailor-made curricula interesting and useful in guiding them to lead a healthy life.	<ul style="list-style-type: none"> ◆ Opinion survey ◆ Feedback from teachers 	<ul style="list-style-type: none"> ◆ C&M Committee, ◆ Discipline Committee ◆ Debate Society (Chinese) 	<ul style="list-style-type: none"> ◆ Financial subsidy
2. Promoting "healthy eating habits" among students (Survey on Eating Habits, Workshop on Balanced Diet and Choice of Food)	Whole Academic Year	<ul style="list-style-type: none"> ◆ Survey on Eating Habits enhances awareness on the importance of a healthy diet ◆ 70% students find the workshops interesting and useful 	<ul style="list-style-type: none"> ◆ Opinion survey 	<ul style="list-style-type: none"> ◆ PE Department 	<ul style="list-style-type: none"> ◆ Financial subsidy

B. To enhance students' awareness of the importance of physical activity through providing a wide range of opportunities of physical exercise.					
Strategies/Tasks	Time Scale	Success Criteria	Methods of Evaluation	Persons in charge	Resources Required
<p>1. Collaboration among ECA Committee, PE Department and Sports Council to ensure that students of all abilities are given ample opportunities to participate in various kinds of sports activities (Swimming Gala, Athletic Meet, Inter-house and Inter-class ball games competitions, Sports Week, etc).</p>	Whole Academic Year	<ul style="list-style-type: none"> ◆ A minimum of 1.5 hours of structured physical activity each cycle for all students inside or outside the school curriculum is ensured through formal and informal curricula. ◆ 70% of the students fulfill the requirement set by the physical activity policy and understand the importance of physical activities to their body health. 	<ul style="list-style-type: none"> ◆ Evaluation on students' willingness and readiness in participating in all the sport-related activities. ◆ Opinion survey of teachers and students. 	<ul style="list-style-type: none"> ◆ ECA Committee i/c, HOD (PE) and Sports Council coordinators 	<ul style="list-style-type: none"> ◆ Financial Subsidy
2.Physical Fitness Award Scheme	Whole Academic Year	<ul style="list-style-type: none"> ◆ 80% of the students fulfill the requirement and get awards 	<ul style="list-style-type: none"> ◆ Fitness test carried out in PE lesson 	<ul style="list-style-type: none"> ◆ PE teachers 	<ul style="list-style-type: none"> ◆ Sit and reach box (wooden) and cones.

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Strategies/Tasks	Time Scale	Success Criteria	Methods of Evaluation	Persons in charge	Resources Required
3.Helping the obese students (Body Mass Index (BMI) measurement and follow- up activities)	October 2010 to May 2011	<ul style="list-style-type: none"> ◆ Students concerned lower their Body Mass Index 	<ul style="list-style-type: none"> ◆ Compare Body Mass Index measurement before and after the follow-up activities 	<ul style="list-style-type: none"> ◆ PE teachers 	<ul style="list-style-type: none"> ◆ Multi-station Gym Fitness Equipment and other fitness equipment (dumbbell, skipping rope etc).
C. To enhance emotional health and well-being through building a harmonious school environment					
Strategies/Tasks	Time Scale	Success Criteria	Methods of Evaluation	Persons in charge	Resources Required
1. Organizing activities for students to celebrate success of school life to enhance students' self-esteem, confidence and pride (Experience sharing and presentation, display of outstanding students' work, etc.)	Whole Academic Year	<ul style="list-style-type: none"> ◆ Enhancement of students' self-esteem and confidence ◆ Students take pride in and cultivate a sense of appreciation of own or others' achievements 	<ul style="list-style-type: none"> ◆ Observation by teachers ◆ Opinion survey among students ◆ Evaluation on effectiveness of peer support programmes 	<ul style="list-style-type: none"> ◆ Committee on Enhancing Students' Learning Initiatives, ◆ Academic display Board i/c, 	<ul style="list-style-type: none"> ◆ Financial subsidy

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C. To enhance emotional health and well-being through building a harmonious school environment					
Strategies/Tasks	Time Scale	Success Criteria	Methods of Evaluation	Persons in charge	Resources Required
2. Organizing peer support programmes to provide needy students timely support		◆ Good peer relationship among students		◆ Student Support Unit,	
3. Organizing programmes on promoting mental health such as Stress Management Programme		◆ Students are equipped with stress management skills and can apply the skills where appropriate.		◆ Counseling Committee	
D. To enhance teachers' preparedness in implementing the Anti-drug activities at school					
Strategies/Tasks	Time Scale	Success Criteria	Methods of Evaluation	Persons in charge	Resources Required
1. Organizing Staff Development Day on Drug Education for Teachers	12 Nov 2010	◆ 70% teachers agree that they are equipped with the knowledge and skills of implementing Drug Education Activities at school	◆ Opinion survey among teachers	◆ Staff Development Committee	