

## **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 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.

<b>A. To provide students with the knowledge, understanding, equip them with skills and help them cultivate positive attitudes to make informed decisions about their ways of life</b>					
Strategies/Tasks	Time Scale	Success Criteria	Methods of Evaluation	Party in charge	Resources Required
<p>1. Developing formal and informal curricula for the institutionalization of anti-drug abuse</p> <ul style="list-style-type: none"> <li>- Anti-drug education package for Form Teacher Periods ,</li> <li>- Anti-drug (S1-5) and Anti-tobacco (S4-S5) talks</li> <li>- Visit to Jockey Club Drug Info Centre (S1)and visit to Anti-drug centre (S3)</li> <li>- Debate on anti-drug issues</li> </ul>	Throughout the whole Academic Year	<ul style="list-style-type: none"> <li>◆ 70% students find the tailor-made curricula interesting and useful in guiding them to lead a healthy life.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Opinion survey</li> <li>◆ Feedback from teachers</li> </ul>	<ul style="list-style-type: none"> <li>◆ Health Education Committee</li> <li>◆ Discipline</li> <li>◆ Debate Society (Chinese)</li> </ul>	<ul style="list-style-type: none"> <li>◆ Financial subsidy for Transportation</li> </ul>
<p>2. Promoting students' positive attitudes towards life to instil in students the importance of drug-free lifestyle</p> <p>Health School Programme activities including:</p> <ul style="list-style-type: none"> <li>- 至 SMART 多面睇, 健康加油站(身體驗查)</li> <li>- 「健康達人」健康生活講座</li> <li>- 「創出 SUN 天」才藝培訓班</li> <li>- 「奇幻歷奇新體驗」</li> <li>- 「生命之旅」探訪活動</li> <li>- 「有您同行」校園健康大使計劃</li> </ul>	Throughout the whole Academic Year	<ul style="list-style-type: none"> <li>◆ 70% students find the activities interesting and useful in guiding them to lead a healthy life.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Evaluation Report</li> </ul>	<ul style="list-style-type: none"> <li>◆ Health Education Committee</li> <li>◆ Social Service Group</li> <li>◆ Counseling Committee Volunteer Service Team</li> <li>◆ Discipline</li> </ul>	

<ul style="list-style-type: none"> <li>- 「聯校領袖訓練營」</li> <li>- 「快樂方程式」小組/工作坊</li> <li>「勇闖高峰」小組</li> <li>「社區 TEEN 使」義工訓練計劃及義工服務日</li> </ul>				Committee	
<p>3. Promoting "healthy eating habits" among students</p> <ul style="list-style-type: none"> <li>- Workshop on Balanced Diet and Choice of Food</li> <li>- Joyful Fruit Day</li> </ul>	March to May, 2013	<ul style="list-style-type: none"> <li>◆ 70% students agree that the workshop and fruit day activity help to enhance their awareness of developing healthy eating habits</li> </ul>	<ul style="list-style-type: none"> <li>◆ Opinion survey</li> </ul>	<ul style="list-style-type: none"> <li>◆ PE Department</li> <li>◆ Health Education Committee</li> </ul>	<ul style="list-style-type: none"> <li>◆ Financial subsidy for Fruit Day</li> </ul>

**B. To enhance students' awareness of the importance of physical activity through providing a wide range of opportunities to be physical exercise.**

Strategies/Tasks	Time Scale	Success Criteria	Methods of Evaluation	Party 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</p> <ul style="list-style-type: none"> <li>- Swimming Gala,</li> <li>- Athletic Meet,</li> <li>- Inter-house and Inter-class ball games competition,</li> <li>- Sports Week, etc.</li> </ul>	Throughout the whole Academic Year	<ul style="list-style-type: none"> <li>◆ 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.</li> <li>◆ 70% of the students fulfill the requirement set by the physical activity policy and understand the importance of physical activities to their body health.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Evaluation on students' willingness and readiness in participating in all the sport-related activities.</li> <li>◆ Opinion survey of teachers and students.</li> </ul>	<ul style="list-style-type: none"> <li>◆ ECA Committee</li> <li>◆ PE Department</li> <li>◆ Sports Council</li> </ul>	<ul style="list-style-type: none"> <li>◆ Financial Subsidy</li> </ul>
<p>2. Physical Fitness Award Scheme (Fitness for Fun)</p>	Throughout the whole Academic Year	<ul style="list-style-type: none"> <li>◆ 80% of the students fulfill the requirement and get Awards</li> </ul>	<ul style="list-style-type: none"> <li>◆ Fitness test carry out in PE lesson</li> </ul>	<ul style="list-style-type: none"> <li>◆ PE teachers</li> </ul>	

**B. To enhance students' awareness of the importance of physical activity through providing a wide range of opportunities to be physical exercise.**

Strategies/Tasks	Time Scale	Success Criteria	Methods of Evaluation	Party in charge	Resources Required
3. Helping the overweight students develop the habit of physical exercise <ul style="list-style-type: none"> <li>- Body Mass Index (BMI) measurement,</li> <li>- follow up activities</li> </ul>	October 2012 to May 2013	◆ Students concerned lower their Body Mass Index	◆ Compare Body Mass Index measurement before and after the follow-up activities	◆ PE teachers	

<b>C. To promote emotional health and well-being through building a harmonious school environment</b>					
Strategies/Tasks	Time Scale	Success Criteria	Methods of Evaluation	Party in charge	Resources Required
1. Support programmes for S1 and S6	Throughout the whole Academic Year	<ul style="list-style-type: none"> <li>◆ Early identification of students in need, such as with emotional problem, so that timely counseling actions be taken</li> </ul>	<ul style="list-style-type: none"> <li>◆ Scrutiny of records</li> <li>◆ Feedback from counseling teachers</li> </ul>	Counselling Committee	Teaching Assistant's support
2. S1 Fig Boy Scheme		<ul style="list-style-type: none"> <li>◆ Over 80% of S1 students adapt to the school life smoothly and maintain harmonious relationship with their peers</li> </ul>	<ul style="list-style-type: none"> <li>◆ Observation by teachers</li> <li>◆ Feedback from the Fig Brothers</li> </ul>	Counselling Committee (Fig Boy Scheme)	
3. Organizing peer support programmes to provide needy students timely support		Harmonious peer relationship among students	<ul style="list-style-type: none"> <li>◆ Observation by teachers</li> <li>◆ Opinion survey among students</li> <li>◆ Evaluation on effectiveness of peer support programmes</li> </ul>	Student Support Unit	
4. Organizing programmes on promoting mental health (Stress Management Programme)		<ul style="list-style-type: none"> <li>◆ Students are equipped with stress management skills and can apply the skills where appropriate</li> </ul>	<ul style="list-style-type: none"> <li>◆ Observation by teachers</li> <li>◆ Opinion survey among students</li> <li>◆ Evaluation on effectiveness of the programmes</li> </ul>	Counseling Committee	

<b>D. To enhance parents' preparedness for supporting the Anti-drug activities at school</b>					
Strategies/Tasks	Time Scale	Success Criteria	Methods of Evaluation	Persons in charge	Resources Required
1. Organizing workshop for parents - 「管教法・理・情」家長講座	Mar – April, 2013	◆ 70% parents agree that they acquire Anti-Drug information and skills to help students resist the temptation of drugs	◆ Opinion Survey among Parents	◆ Health Education Committee	