

## **Healthy School Policy**

**Objective:** *To help students reach a state of complete physical, mental and social well-being. Focus on developing students' healthy lifestyles, positive attitudes and values, life skills and refusal skills to resist temptation.*

### **Elements of HSP**

#### **1. Developing a management and organization system for health matters**

- Set up a task group responsible for the overall health issues within the school.
- Appoint an experienced member of staff to lead the task group.
- Identify the needs of students and school's focus and taking into account the resources available within the school and the community, to formulate a well-conceived plan including the other 3 elements of HSP i.e. Fostering a Healthy School Environment, Developing Students' Healthy Life Styles and Identification of Students Who May Need Help and Putting in Place a Referral System.
- The plan should be endorsed by SMC / IMC.
- Ensure all school members are aware of and support the HSP.
- Review and implement HSP from the perspectives of the 4 domains: Management and Organization, Learning and Teaching, School Ethos and Student Support, Students Performance and evaluate the effectiveness of HSP for further improvement.

#### **2. Fostering a Healthy School Environment**

- Provide a healthy school environment for students.
- Actively participate / encourage students to actively participate in student health services to ensure the physical and mental well-being of students.
- Foster a caring, harmonious school ethos.
- Strengthen the school's relation with parents and the community in order to solicit their support to foster an environment conducive for the healthy development of students and teachers.

#### **3. Developing Students' Healthy Lifestyles**

- Review whether there is adequate coverage on learning elements on Health Education (including Anti-Drug Education / Resistance to Harmful Substances / Promoting Physical and Psychological Well-being) in the existing school curriculum
- Encourage and provide more opportunities for students to participate in the life-wide learning activities to cultivate positive values among students.
- Arrange specific education programmes organised by various government bureaux / departments or NGOs to enhance students' knowledge on drug and other health issues e.g. Enhanced Smart Teen Project, Understanding Adolescent Project, Adolescent Health Programme, Leadership Institute on Narcotics, visit to Drug InfoCentre.
- Review and plan for the continuous professional development of teachers & other staff for chosen themes.
- Proactively strengthen cooperation and collaboration with parents including providing training to parents on parenting skills.

#### **4. Identification of Students Who May Need Help & Putting in Place a Referral System**

- Provide checklists for identification of students who may need help for a chosen theme for teachers' reference.
- Clearly spell out roles of class/subject teachers, discipline masters/mistresses, police school liaison officers (PSLOs), school social workers (SSWs) and school management in identifying needy students and in the process of making referrals.
- Draw up clear guidelines / protocols and procedures on internal sharing of information including confidential and sensitive data and referral system.
- Draw up guidelines on external communication with NGOs, PSLOs and other agencies, etc. Review related procedures and strengthen information flow among key stakeholders.
- Plan for the follow up support for the students.