

SHUNG TAK CATHOLIC ENGLISH COLLEGE

Healthy School Policy 2010-2011

1. Objective:

To help students reach a state of physical, mental and social well-being with a focus on developing students' healthy life styles, positive attitudes and values, practical life skills and refusal to resist temptation.

2. Content:

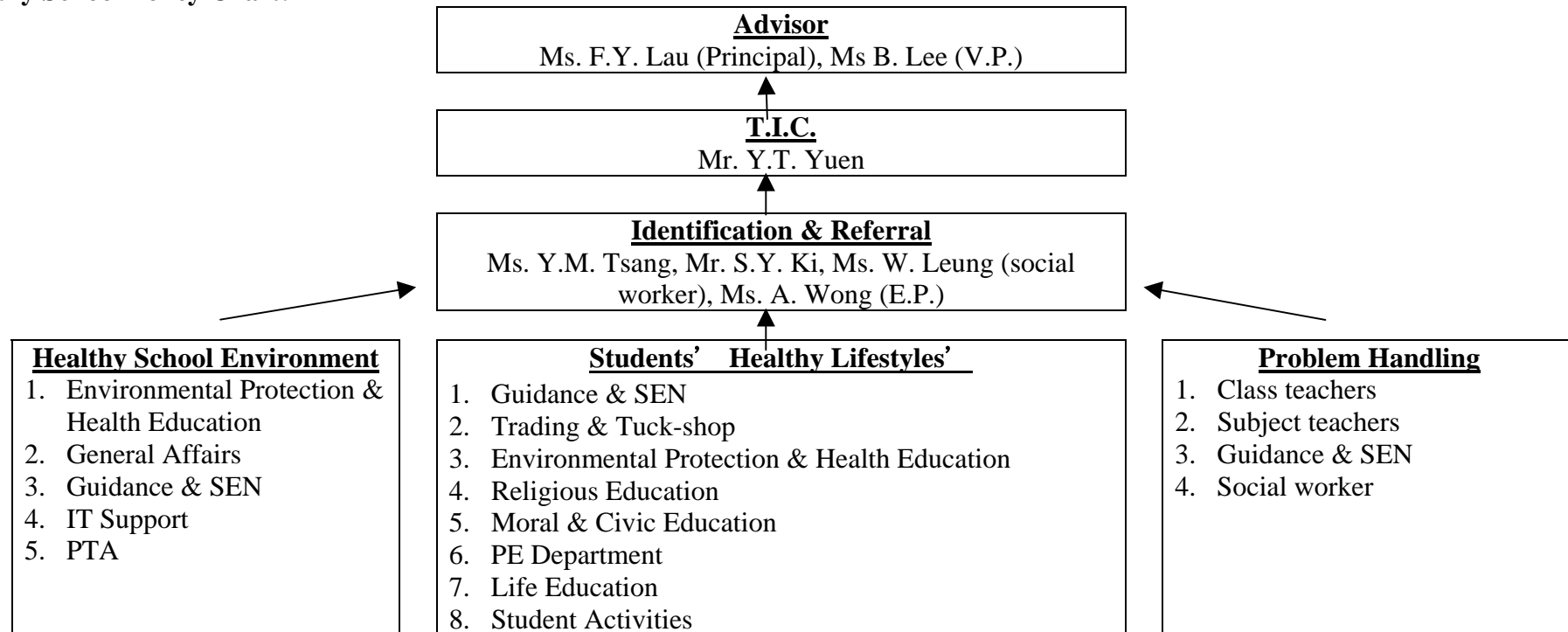
- a) Developing a management and organization system for coordinating health matters;
- b) Fostering a healthy school environment;
- c) Developing students' healthy lifestyles;
- d) Identification of needy students and putting in place a referral system.

3. Council:

Executive members

Advisor: Ms. F.Y. Lau (Principal), Ms B. Lee (V.P.)

4. Healthy School Policy Chart:



5. Plan:

Curriculum

Committee / Department	Name of Curriculum	Target Group	No. of participants	Date/Period	School Activities (Please ✓)	Joint Activity (Name of organization)
LS (Koo WC)	To teacher the concepts of public health in NAS curriculum	S5	All S5 students	Dec/2011 – Mar/2011	✓	
ERE Department / RE Committee (Leung SK)	Spiritual Education Program	S3	200	Feb to May 2011	✓	
Geography (Koo WC)	Organize outdoor activities to promote environmental appreciation (field trips) & provide chance to do another exercise <ul style="list-style-type: none"> - to Tung Ping Chau (20/11/10) - to Lam Tsuen (29/1/11) - to Organic Farm (12/3/11) 	S4 & 5	70		✓	
IS (Law PF)	1. Chapter 11 Section 11.11 Effects of Drugs and Solvents on our Senses <ul style="list-style-type: none"> - Effects of alcohol on our judgments and responses - Effects of drugs on our senses - Effects of solvent-sniffing Life 	S.2	200	March 2011	×	
Music (Leong H)	1. Songs for life-enlightenment in daily music lessons (Vocal part)	S1-S3	All students	9/2010-5/2011		

Activities

*** Healthy School Environment**

Committee / Department	Name of Activities	Target Group	No. of participants	Date/Period	School Activities (Please ✓)	Joint Activity (Name of organization)
Environmental Protection and Health Education Committee (Wong TW)	Classroom Cleaning Competition	S1-7	whole school	all school days	✓	-
	Green School competition	S1-7	whole school	18/10-10/12	✓	Leisure and Culture Service Department

English (Lee B)	Operation Santa Claus	Whole School	Whole School	16 – 17 Dec, 2010	✓	SCMP & RTHK
Staff Professional Development Committee (Koo WC)	Staff Development Day - Outing to Yim Tin Tsai to provide a chance for teachers to appreciate the natural beauty	Teachers	About 60	25/3/2011	✓	
T & T (Leong H)	1. “Joyful Fruit Day”	Whole school approach	All the staff & students of STC	28/4/2011	✓	
	2. “Joyful Fruit Day” Lunch Menu Design Competition	Whole school (Class Base)	All Classes	4/2011	✓	

*** Students’ Healthy Lifestyles’**

Committee / Department	Name of Activities	Target Group	No. of participants	Date/Period	School Activities (Please ✓)	Joint Activity (Name of organization)
Discipline (Ki SY)	Talks on “Ethic in using Internet”	All students	1100	7, 8 Sept, 2010	✓	
ERE Department / RE Committee (Leung SK)	1. Organic Farming Class in OLE Time	S4 – S5	16(1 st Semester) 16(2 nd Semester)	Oct 2010 to May 2011	✓	
	2. Mai Po Marches Visit	S1	80	Feb 2011	✓	
	3. Service learning to Mentally Retarded Adults	S1 – S6	36	Dec 2010	✓	
Environmental Protection and Health Education Committee (Wong TW)	Adolescents Health Talk	S1	175	24/9-OLE	✓	Quality Health Care
	Talk : Correct posture of using computer	S1	175	3/12-OLE	✓	Asso. for the Right of Ind. Accident Victims
	To be a smart ‘free’ man	S6	70	3/12-OLE	✓	Dept. of Health
	Talk : Healthy snacks	S1	175	21/1-OLE	✓	Dept. of Health
ERE Guidance & SEN (Tsang YM)	1. P.A.T.H.S.	S2	200	Sept 2010 – Jul 2011	✓	Caritas
	2. Caritas Community Service	S3 – S5	15	Sept 2010 – Jul 2011		Caritas
	3. Guidance Working Group	S3 – S6	80	Sept 2010 – Jul 2011	✓	
	4. Sex Education Talks	S2	200	1/4/2011	✓	Caritas
	5. Mental Health Talks	S1 – S3	600	12/11/10, 28/1/11, 8/4/11	✓	Caritas
	6. Cyber Bullying Talks	S1	175	18/2/2011	✓	Tung Wah Group Hospital

Reading to Learning (Seto FM)	Thematic Reading	S1-5	~1000	One of reading periods in each of the following month: October, February, April and May		
				Oct: Cancer Vaccination		
				Feb: Spiritual reading		
				Apr: Earth Week (Environmental Protection)		Science, Geography, LS Departments
	May: Heat Island Effect					
SA (Chan WW)	長者家書	S1- S3	600 students	10-12/2010		中文科
Moral & Civic Edu. (Yuen YT)	1. 青少年人生之旅服務計劃		30			Lions Club
	2. Talk on Healthy Life	S.4-6	600	10/9/2010	✓	
	3. Spiritual Talk	S.3	200	17/12/2010	✓	
P.E. (Ki SY)	Sports Training Courses	S1 & 2 students	200	Oct 2010 – May 2011	✓	
T & T (Leong H)	“Eat Smart” Talk for S.1	S.1 Level	200	30/4/2011	✓	