

SHUNG TAK CATHOLIC ENGLISH COLLEGE

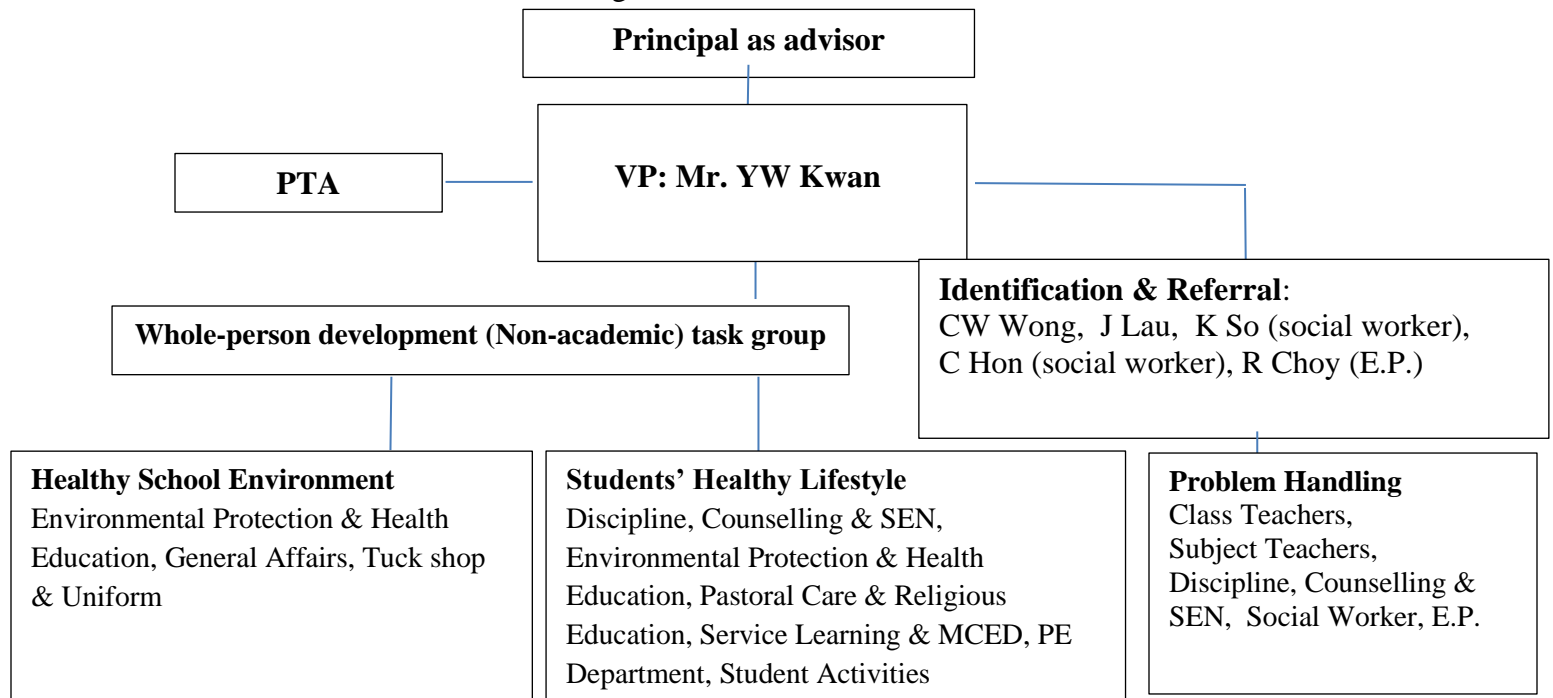
HEALTHY SCHOOL POLICY

A. Objectives

- To help students reach a state of physical, psychological and social well-being
- To help students have a healthy and joyful life
- To develop students' healthy lifestyles, positive attitudes and values, practical life skills, and the skills of discernment, to 'say no' (refusal skills) as they resist temptation and making the right decision, so that students can face the challenges in their personal growth.
- To integrate the school-based values education framework in the Healthy School Policy.

B. Structure

- The Principal is the advisor of the Healthy School Policy.
- The Vice Principals (VPs), the Assistant Principals (APs), and the members of the Students Support Team are responsible for the work of planning, coordinating, monitoring, evaluating and modifying STC Healthy School Policy.
- The whole-person development (non-academic) Task Group and the Identification & Referral Team (see below) are responsible for planning, implementing and assessing the programmes related to healthy lifestyles, Catholic Core Values and 12 priority values, to equip student with positive attitudes and values, practical life skills, and skills of discernment.
- The school would adopt its in-house referral system to identify the students needing help and tackle the issues arising from them.



C. The Tasks

- A WhatsApp group would be formed to facilitate coordination among members.
- Each committee/department would decide the programmes of its own and submit the Programme Plan before September. The VPs and APs facilitate the collaboration so that the work can be done in a more effective manner.
- An overall picture would be made for reference and collaboration.
- Each committee/department would prepare the progress report and evaluation report of its own programmes. The work of evaluation should be kept in the Minutes of the meetings of each committee/department.
- An overall evaluation of the work would be included in the Annual School Report.
- A VP would report the evaluation of the work in the staff meeting.

D. Theme of this year

- a) Developing an awareness on drug abuse among students, parents and teachers.
 - Formulation of a school policy on handling drug abuse cases.
 - Providing continual professional development for teachers and staff to identify and handle drug abuse cases.
 - Offering opportunities for students to participate in life-wide learning activities to enhance their resilience against drugs.
- b) Fostering a Healthy School Environment
 - Strengthening home-school cooperation to create an environment conducive to the healthy development of students and teachers.
 - Emphasizing the importance of mental health through activities such as class teacher periods, talks, and training programs.
- c) Developing students' healthy lifestyles
 - Physically: Encouraging students to engage in regular exercise.
 - Mentally: Creating an encouraging and caring atmosphere through an award system.
- d) Raising colleague's awareness on student support affairs
 - Encouraging colleagues to attend courses related to student support domains.

E. Discretion

- The Policy is subject to changes/modifications made by the VPs, APs and the task group.