

SHUNG TAK CATHOLIC ENGLISH COLLEGE

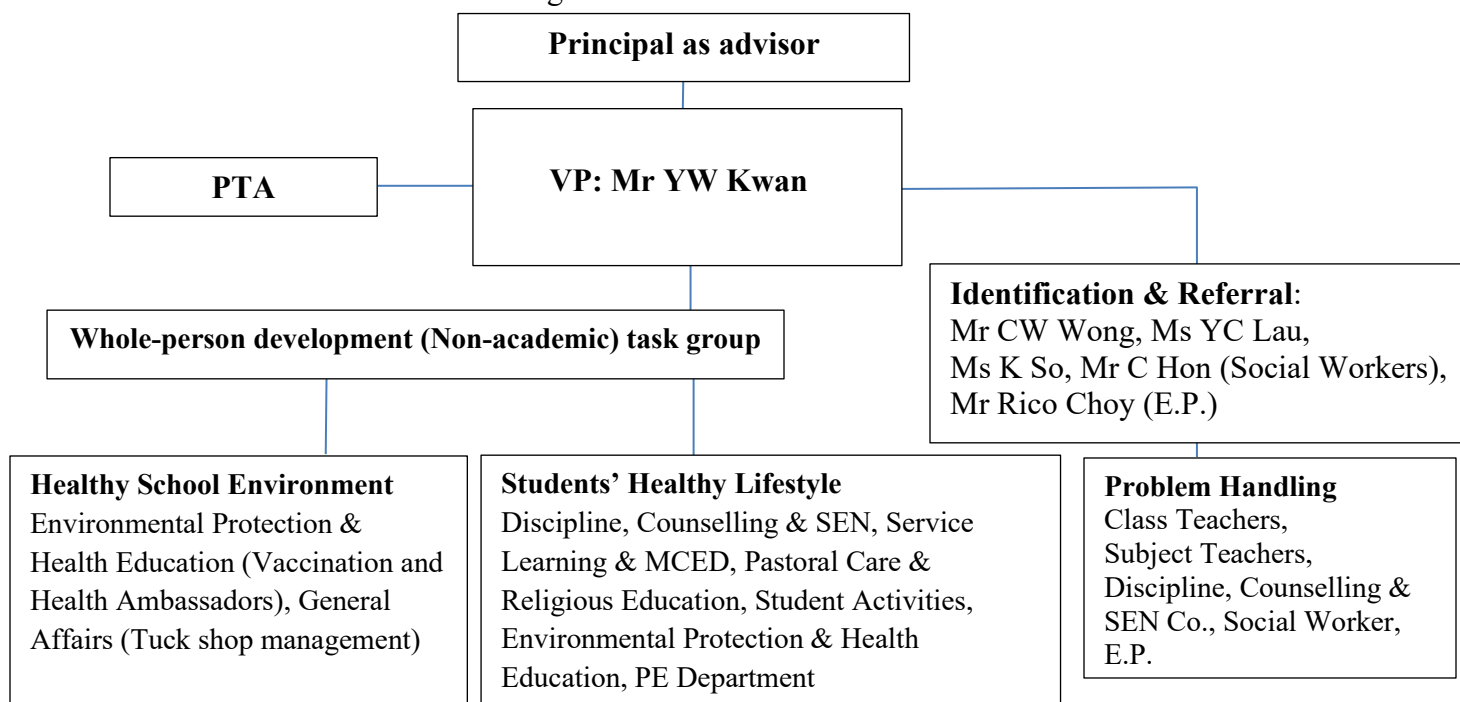
HEALTHY SCHOOL POLICY

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 make 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 the 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.



- Each committee/department would decide on its own related programmes and submit the Programme Plan before September.
- The VPs and APs would facilitate 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 progress reports and evaluation reports 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 on the evaluation of the work at the staff meeting.

D. Theme of this year

- a) Developing an awareness of drug abuse among students, parents, and teachers.
 - Implementation of the Healthy School Programme approved by the Beat Drugs Fund Association (BDFA).
 - 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.
 - Support and participate the “Prevention of Influenza Vaccination Campaign” by Department of Health
- b) Fostering a Healthy School Environment
 - Strengthening home-school cooperation to create an environment conducive to the healthy development of students and teachers.
 - Emphasising the importance of mental health through activities such as class teacher periods, talks, and training programmes.
 - Organising a seasonal influenza vaccination outreach activity at our school on the same day of Parent-Teacher Association Annual General Meeting.
- c) Developing students’ healthy lifestyles
 - Physically: Encouraging students to engage in regular exercise.
 - Mentally: Creating an encouraging and caring atmosphere through values education activities and awards systems.
- d) Raising colleagues’ awareness of 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.