

Tsuen Wan Public Ho Chuen Yiu Memorial College

Healthy and Caring School Policy

2024-2025

Objectives:

1. To develop a healthy, positive and caring school culture
2. To encourage a healthy lifestyle among our students and staff
3. To build a healthy and caring environment for the personal development of students
- 4.

Coordinating Committees: Life Education Curriculum Committee and Student Affairs Committee

Policies:

1. Students develop positive and empathetic attitudes in various curriculum or learning activities (e.g. Life Education, Chinese Education, English Education, Art Education)
2. Students understand the importance of a healthy diet which limits the intake of total fats, sugar and salt, and increase the consumption of fruits and vegetables, in various Health Education activities.
3. “Fruit Days” are organized to encourage students to have at least one serving of fruit at school so as to help them achieve the target of consuming two servings of fruit a day.
4. Through Physical Education classes and extracurricular activities, the schools strives to promote and cultivate a habit of regular physical exercise among students. The Physical Education Department sets fitness benchmarks for students of different grades and genders, and assists them in measuring and achieving the established standards.
5. The Discipline Committee implements the ‘Drug-Free Campus’ and ‘Anti-bullying’ policies.
6. The Discipline Committee promotes reasonable consequential learning.
7. All students, teaching and non-teaching staff follow ‘no smoking’ requirements.
8. General Affairs Committee provides healthy food guidelines for the tuck shop in our school and monitors students’ food choices.
9. Our school provides free and clean drinking water to all students and staff.
10. Our school requests the janitors to clean the classrooms using 1:99 bleaching agent or 1:49 bleaching agent during the peak flu periods at school. A thermal imaging camera has been installed to monitor the body temperature of students.
11. Our school encourages students to develop a healthy lifestyle and caring attitudes by:
 - a. Requiring Forms 1 and 2 students to participate in at least two extracurricular activities in school every year.
 - b. Providing students with opportunities to organize activities for school clubs, service teams, houses and Students’ Union, etc.
 - c. Providing students with leadership training and social service experiences.
 - d. Enriching ‘Other Learning Experiences’ for students and enhancing students’ awareness towards other learning experiences.
 - e. Providing students with opportunities to participate in learning in community or cross-border learning.
 - f. Encouraging students to make their careers plan early.
 - g. Employing a teaching assistant to help the school organize life-planning, extra-curricular activities and cross-border learning, in order to enrich students’ other learning experiences so they can be better prepared for their career and life planning.
 - h. Encouraging senior form students to be role models of junior form students.
 - i. Encouraging a harmonious campus.
12. The school has an Educational Psychologist and a Student Counsellor to take better care of the diverse needs of students.
13. Class teachers are required to learn more about the background of their students at the beginning of the school year so that firstly, they can provide timely support and guidance to the students; and secondly, they can identify students who need follow-ups or those having special educational needs. Class teachers can collaborate with the Special Educational Needs (SEN) coordinator, members of the Counselling Committee and the Discipline Committee. They can also refer the cases to the social workers and the Educational Psychologist for follow-ups if necessary.

14. The school participates in the Education Bureau's newly launched "4Rs Mental Health Charter." Through various school organizations such as the Student Affairs Committee, Counseling Committee, Extra-curricular Activities Committee, Life Education Curriculum Committee, and Parent-Teacher Association, the measures outlined in the Charter to promote students' mental health are implemented. Different activities and sharing sessions are organized to promote the "4Rs Mental Health Charter," including:
 - a) Rest: Assisting students in establishing healthy habits from an early age, ensuring sufficient rest, adequate sleep, and engaging in leisure activities.
 - b) Relaxation: Teaching students the importance of timely relaxation, caring for their mental health, and practicing self-care.
 - c) Relationships: Strengthening peer relationships, teacher-student relationships, and parent-child relationships to enhance a sense of connection. Helping students understand their roles and responsibilities in different relationships and encouraging them to contribute and take on responsibilities.
 - d) Resilience: Equipping students with the ability to adapt to the inevitable pressures and setbacks in life. Teaching them to approach emotions with a positive attitude, cope with stress, and overcome difficulties.
15. The Counseling Committee formulates mental health policies and related guidelines that encompass all relevant aspects within the school. The school adopts a whole-school approach to create a caring and friendly learning environment. Through strengthening mental health education, including providing correct knowledge, attitudes, and behaviors, the school aims to enhance the mental health and resilience of both staff and students. Additionally, the school strives to reduce the negative labeling that may hinder individuals from seeking help. The school establishes mechanisms for early identification and assistance of students experiencing emotional difficulties, ensuring appropriate referrals and support for students with mental health issues and special educational needs.
16. The Life Planning Committee encourages and assists students to start their career and life planning early.
17. Various committees organize activities in line with the school major concerns in order to assist the personal growth of students.