

Hong Chi Morninglight School, Yuen Long

Active and Healthy School Policy

School Background (Facts):

This school comprises 12 classes with 115 students. There are four sites for physical activities, including a covered playground, basketball court, school hall and student's activity room.

Our school aims to build a healthy school life and put a wholesome living manner into practice. The objective of the "Active and Healthy School Policy" is to train students to build a healthy lifestyle, positive values and attitudes. Through Physical Education (P.E.) lessons, recess, after-school activities and extra-curricular activities, students can participate in physical activities in order to improve their physical and mental health.

MVPA 60 Schedule

Content Session	Activities						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Assembly	Morning Exercises (15 minutes)					Brisk-walking / Hiking / Park activities / Cycling / Swimming / House cleaning / Ball games (60 minutes)	Brisk-walking / Hiking / Park activities / Cycling / Swimming / House cleaning / Ball games (60 minutes)
First Recess	Walk around the school / Aerobics (15 minutes)						
Second Recess	Sports activities / Walk around the school / Watering plants (25 minutes)						
Class	PE lessons (Primary/Secondary) (twice/week) (35 minutes) / PE elective (Secondary) (4 sessions/week) (35 minutes)						
Extra-curricular Activities	PE related training (once/week) (50 minutes)						
Recommendation of Household Activities	Home cleaning (mopping/sweeping the floor) (15 minutes)						
Recommendation of Parent-Childhood Activities on Weekdays	Take a walk after meal (30 minutes)						

Policy Implementation:

1. “Active School” Scheme

Our school has implemented “Active School” Scheme to encourage students to build a healthy lifestyle and participate in sports activities actively. During morning assembly, teachers and students need to do morning exercises together. Students will be assigned to do aerobic exercises and running training according to their needs and abilities. During recess, the basketball court, student’s activities room and garden will be opened to all students to carry out sports activities including football, basketball, cycling and aerobics. This scheme co-operates with the Healthy School Policy, Vegetables Day and Fruits Day, which are held once a week. This aims to raise students’ awareness of balanced diet, and thus promotes the importance of sufficient exercise and healthy diet.

2. “One Student, One Sport” Scheme

In order to develop students’ interests and their talents in sports, our school has implemented “One Student, One Sport” Scheme. The scheme will arrange all students to participate in at least one sport-related activity during the extra-curricular activity session, so that students can have the chance to join diversified sports activities. This will be able to improve their physical qualities, enhance related skills and emphasis the importance of fitness. We hope our students can join different activities in their spare time proactively so that they can establish a healthy lifestyle.

3. Diversification of Sports Activities

Apart from “One Student, One Sport” Scheme, teachers provide different sports training for the students in order to develop their sport talents and potentials. Through training of school teams (e.g. long-distance running, soccer team and lion dance team) and hiring of coaches, students will be trained systematically and professionally. On the other hand, the school also encourages students to participate in different types of sports competitions. These opportunities do not only help students to show their talents, but also help them to establish positive values and attitudes, enhance confidence.

4. “Home Exercise Award” Scheme

This school encourages students to participate in sports activities actively. Therefore, our school implements the “Home Exercise Award” Scheme to encourage parents and students to carry out activities together. Activities will be recorded and rewards will be given to those who join the activities actively. Apart from helping students to develop a habit of doing physical activities, parents can also do home exercises with their children, which can improve family relationships. By developing an all-rounded healthy living style, students will achieve good status biologically, psychologically and socially.

5. Big Sports Events

Our school dedicates to developing and promoting sports culture through “Physical Capability Platform Competition” and “Healthy School and Integrated Fun Day”. Fitness competition in “Physically Capability Platform Competition” helps to fuel students’ interests towards sports, and helps students to achieve their goals with confidence. Other special schools are invited to join this activity to participate in relays. Parents’ relay is organized too, which helps to strengthen the connections between school and parents and encourages parents to be concerned about children’s health conditions. “Healthy School and Integrated Fun Day” is an activity for all students, parents and people in the community nearby. Games and stalls related to physical and mental health are available, aims at delivering healthy and caring messages.

6. Sports Training Camp

Our school designs camp experiences to the students. This can help them not only to put self-caring skills into practice, but also enjoy getting along with the classmates to achieve all-round development. The school’s Sports Training Camp is designed for the students to provide them with a chance for sports training and camping. Through jogging, fitness training, orientation activities and camp training, students can learn to be perseverant, be united with classmates and cooperate with others. The positive values they learn through sports can help them face with difficulties and challenges in life.

7. Long Run Training

Our school participates in the Hong Kong Special Marathon in January every year. Therefore, our school provides long run training for students. We hope that students not only can improve their abilities, but also try to push themselves beyond limits and learn sport spirits. Sports teachers will select students with potentials and provide training, and will encourage parents to run with children in their spare time. We hope to let students join different competitions outside campus, where they can broaden their horizons. After competitions, students’ confidence is enhanced. Students with superior performances will be selected as members of Hong Chi Long Run and they will participate in other competitions outside Hong Kong.