

Hong Chi Morninglight School, Yuen Long

Healthy School Policy

Health, as defined by the World Health Organization, is a “state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. Apart from maintaining good health and staying away from illness, people’s psychological, spiritual and social health are equally important.

In order to ensure students can maintain a strong body, positive values and attitudes, we work through six categories, including health policy; school environment; school atmosphere and social relationship; healthy life skills; home-school and community connection; school’s health care promotion services, to let students grow in a physically and psychologically safe environment, where all school staff can work happily.

(1) “Healthy Eating Policy”

Healthy eating plays an important role in helping school children to grow healthily and prevent obesity, heart disease, diabetes and cancer. Due to various reasons, students in Hong Kong have not achieved healthy diet. They eat too much food, snacks and drinks with high energy values; and they lack sufficient exercise. Overweight may occur as a result. The obesity rate of school children in Hong Kong has been increasing in the past decade: in the past one out of six pupils is obese; but now the number has risen to one out of five. Therefore, there is an urgent need to establish a correct eating habit among students. Our school’s Healthy School Policy includes:

A. Lunch

- To give priority to children’s nutritional needs and nutritional values of food when choosing school lunch supplier. The manufacturers should follow the guidelines of “Nutritional Guidelines on Lunches for Students” published by the Department of Health.
- Supplier is selected depending on quality than the price.
- Before the monthly school lunch form is distributed, the school staff will check the menu to ensure there is no “strongly discouraged food items”.
- The school staff checks the lunch box regularly. If there are health issues or other issues that are not align with “Nutritional Guidelines on Lunches for Students”, they will request the supplier to make improvement and the issue will be recorded.
- The Parent-Teacher Association also sets up “School Lunch Monitoring Committee” to monitor the quality of school lunch in terms of health, nutrition and hygiene. School lunch sampling inspection will be carried out irregularly.

- For students who bring their own lunch, parents can read “Guidelines for School Lunch” (Appendix 1). The proportion of grains, vegetables and meat (or its substitutes) should be approximately 3:2:1 and does not include “strongly discouraged food items”, e.g. deep-fried foods, processed meat and desserts.
- In order to carry out the “School Healthy Eating Policy” smoothly, the school will collect teachers’, parents’, students’ and food supplier’s opinion regularly in order to evaluate the current policies.

B. Snacks

- Our school strongly discourages students to eat snacks with low nutritional value or high fats, sugar and salt, e.g. chocolate, sweets, potato chips, crackers, cookies, etc. Parents can prepare some healthy snacks, for example, fresh fruits, dried fruits without additional sugar, low-fat cheese, sugar-free soy milk or 100% original fruit juice for their children. Parents can visit the “Database of Prepackaged Snacks” section on the Hong Kong Nutrition Association Ltd. website (<http://www/hkna.org.hk/tc/popupformChs03asp>).
- Our school staff will reduce using snacks as rewards for students.
- The school will supply safe drinking water on each floor to encourage students to drink more water.

C. Education and Promotion

- The school concerns about healthy eating. Activities that promote healthy eating, like Fruits Day and Vegetables Day, are held every academic year for all students.
- Extra vegetables and fruits will be given once a week. The fees are subsidized by the school.
- The school actively strengthens healthy eating education. Topics related to healthy lifestyle and food nutrition will be integrated into the school curriculum. Related activities and seminars will be held in order to increase the students’ knowledge of healthy eating.

(2) Develop student’s habits in healthy lifestyle

In order to encourage students to do exercises actively and to make this as a habit, the school introduces the following measures:

A. Sports Award Scheme

- B. The school introduces the “Morninglight’s Fittest Student Award Scheme”. Through participation in sports activities, students can improve psychological and body qualities. Every student are encouraged to engage in moderate to vigorous-intensity physical activity for least 30 minutes every day.

C. Healthy Activities

- Every morning 8:50 to 9:10 will be morning exercise session. Students will do aerobics in the covered playground and brisk walking in basketball court.
- During recess, students can join activities including basketball, walking around the school, cycling, football etc.
- In order to enhance the exercise level of the students, the school carries out “One Student, One Sport Scheme” during the Extra-curricular Activities session. Every student needs to participate in at least one sport-related activity every week. The school also provides sport teams training in order to give students a chance to play sports during their leisure time.

D. Personal hygiene: wash the hands frequently

Maintaining hand hygiene is the most effective way to prevent the spread of germs. When students go to school, they will use hand sanitizer to wash their hands. The students has to wash their hands before lunch and after going to the toilet. We use “Washing Hands” song as a starting point to teach them how to wash their hands.

E. “Protect Spine” campus

In order to promote knowledge on common spinal problems such as Osteoarthritis; it is essential to understand the close relationship between spinal health and the nerves. This helps to unleash students’ potentials and improve health qualities. The school participates the Spine Protection Campus Scheme offered by the Children Chiropractic Foundation. Apart from spine caring exercises, parents’ workshop and parent-children games workshop will also be offered. Besides, the school encourages parents to help their children join the Student’s Spine Protection Scheme.

(3) School Cleaning

The school concerns about health and environment. Our aim is to develop a quiet, comfortable, clean, hygienic and well-equipped campus to enhance students’ and staff’s psychological qualities. The school’s clerical staff will clean the classrooms, corridors and stairs every day. Diluted bleach will be used to clean students’ desks and washrooms, where the spread of bacteria is commonplace. Rubbish bins are with lids in order to keep the campus clean.

(4) Student’s Health Service

The school will arrange students to go to health services center to receive body check on a yearly basis. Our school nurse also checks students’ weight and height every year. Moreover, the school organizes “Physical Fitness Testing Day” in order to check students’ thicknesses of triceps and the lower leg folding (mm), endurance running (6 minutes) and

other sport skills. The school also checks whether students are overweight/obese and underweight. Nutrition support services will be provided.

(5) Immunization

To enhance students' immunity and to prevent epidemics, staff from Department of Health will visit our school twice a year to offer vaccine injection for primary school students. Moreover, seasonal influenza vaccines will be provided for staff and students every year.

(6) Student Dental Health Services

- Our school helps students to apply for "Student Dental Health Services" every year.
- Teachers will bring students to dental clinic every year for dental check.
- To increase parents' and teachers' awareness to students' dental health, our school will provide training for the teachers to become "dandelion teeth protection ambassador".
- Our school will organize "teeth brushing workshop for parents" to enrich parents' knowledge on their children's dental health and teach them how to teach children to brush their teeth.

(7) Training and Information Sharing

- Related seminars and workshops for school staff will be held regularly.
- Through "parents-school" programmes, our school offers seminars and workshops for parents in order to increase parents' health-related knowledge and teach them how to help their children to develop healthy habits. The school will actively spread important information related to health, eating habits and sports to parents to raise parents' awareness.
- To increase parent's understanding of their children's school activities, the school will notify parents with the student's physical conditions and performance in games through different communication channels, including notices, emails, websites etc. Parents are encouraged to let the school know their children's health conditions outside school time.

(8) Infectious Diseases Management

- Body temperature checks are carried out every day. Students who do not feel well are strictly monitored.
- Our school actively connects with Center for Health Protection in order to prevent infectious diseases. If necessary, our school will report cases of suspicious disease breakouts and adopt controlling measure.