

Commissioned by PE Section, Curriculum Development Institute, Education Bureau
Hosted by Department of Health and Physical Education, The Hong Kong Institute of Education

Summer School for PE Teachers 2011 (Conference)

A healthy campus – from perspectives of health and education professional

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Date : 2 July 2011 (Saturday)
Venue : Yan Chai Hospital Wong Wha San Secondary School

Sessional objectives

- 1. To share the rationale of building up a healthy campus
- 2. To share the experience of implementing health related policies in a secondary school
- 3. To suggest some areas which can be implemented by the PE teachers to achieve a healthier campus

Background of the school – ECF Saint Too Canaan College

- 1. Direct Subsidy Scheme secondary school
- 2. Co-education
- 3. Christianity
- 4. Started from 2003
- 5. Kwun Tong

What is the definition of health?

- **A** state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity.
- **B**eing free from illness, injury or pain.
- **C**ondition of an organism or one of its parts in which it performs its vital functions normally or properly : the state of being sound in body or mind.
- Which one of the above is the best answer?

Magic number from EDB

- 8 Key learning areas
- 5 Basic learning experiences
- 7 Learning goals

Health Education - EDB

- 7 Learning Goals:



Physical Education : via PE activities, practical knowledge and skills could be acquired in the following areas

- 1. Health and Active Lifestyle
- 2. Physical Activity and Health & Fitness
- 3. Growth and Development
- 4. Weight Control
- 5. Physical Activity and Safety
- 6. Substance Abuse

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Rationale for a healthy campus

- 1. School is a place to learn and establish “habits”.
- 2. If good “habits” can be sustained, the effect will be incredible.
- 3. It should be a whole school approach.

Areas to be discussed

- 1. Lunch arrangement
- 2. Tuck Shop
- 3. Keep fit class
- 4. Health Centre
- 5. Joyful Fruit Day
- 6. English Sailing Day

Lunch & Tuck Shop

- 1. All students have lunch at the School.
- 2. Monitor the menu.
- 3. NO pop drinks and fried foods.
- 4. Limited choices for comparatively unhealthy items.

Fitness Class & Health Centre

- 1. Identify obese students and measure the body fat.
- 2. Health talk to parents of selected students.
- 3. Regular exercise and diet records.
- 4. Incentives for the successful students.
- 5. Invite school team members to join as camouflage.

Joyful Fruit Day & English Sailing Day

- 1. Collaborate with other KLA to organize activities.
- 2. Invite MCE/HE to organize Joyful Fruit Day.
- 3. Invite English Department to organize Sailing Day.