

A soft, painterly illustration of a path leading through a landscape with several trees and a distant building under a cloudy sky. The scene is rendered in a light, airy style with a pastel color palette.

HEALTH POLICY --- Health Education in S C Gaw Curriculum

Introduction

with a special emphasis in promoting whole-person development through cultivating among students health literacy as well as shaping their healthy life-style.



Changed Expectation of Students

Adaptability to change

Flexible human relations

Talent development

Ability to analyze
& conceptualize

Ability to work in teams

Ability to solve
problems

Ability to
reflect oneself

Ability to
communicate



Ability to engage in
learning new things
anywhere and anytime.

Ability to create,
innovate & criticize

Ability to cross
specialist borders

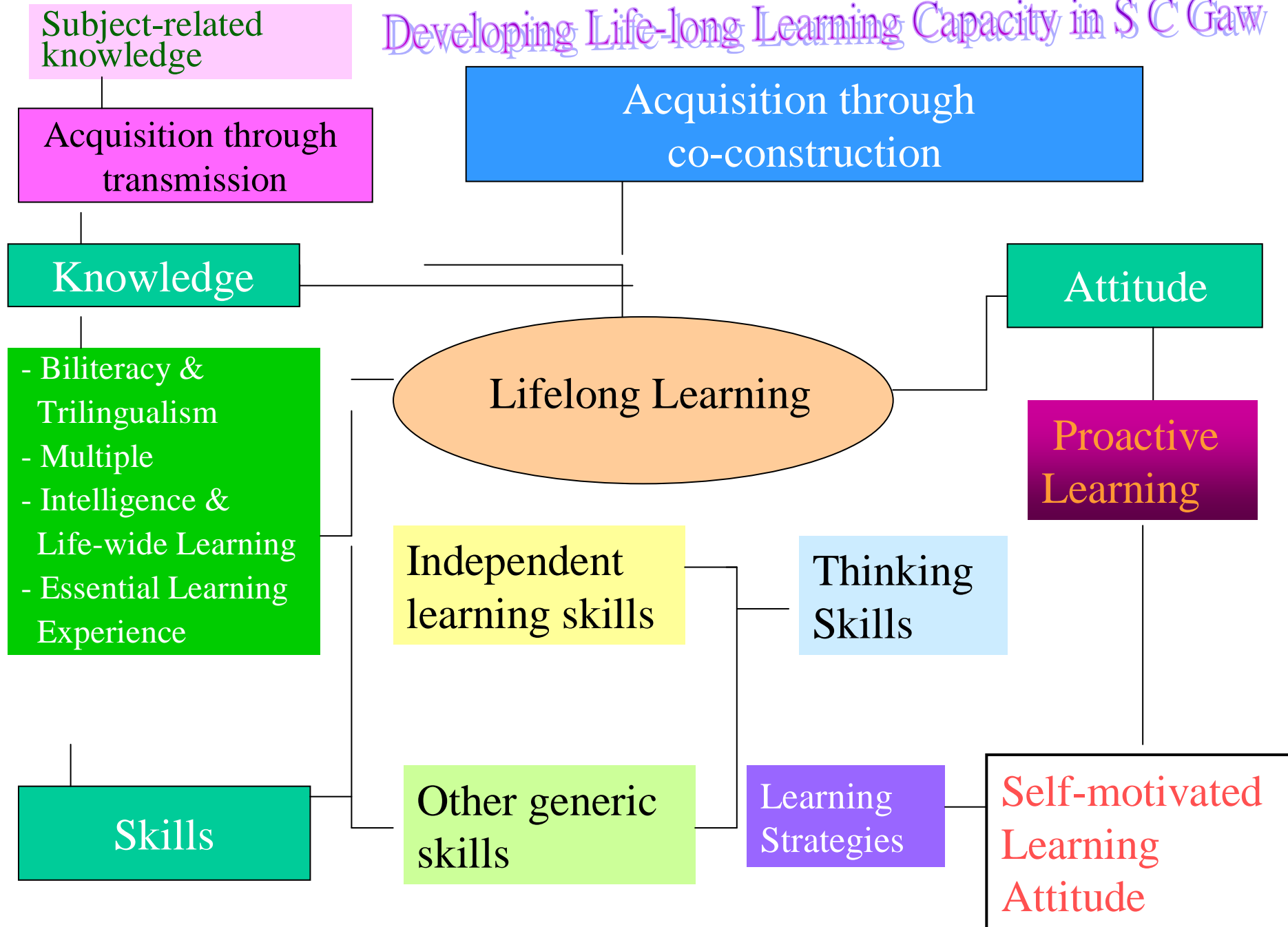
Ability to move
across cultures

Ability to
manage oneself

Ability to assume
personal
responsibility

Ability to prepare
themselves for uncertainty
and insecurity

Developing Life-long Learning Capacity in S C Gaw



Whole-Person Development

1. Talent Development

- Creativity
- Elite training
- Leadership
- Multiple intelligence



Whole-Person Development

2. Study skill & Career-related Education

- Learning attitudes, habits & motivation
- Lifelong learning
- Self-actualization
- Career planning



Whole-Person Development

3. Sports & Aesthetic Development

- Sport literacy
- Physique
- Appreciation of arts & beauty



Whole-Person Development

4. Education for Health

- Health literacy
- Healthy life skills
- Self-empowerment
- Health promotion & social care
- Personal growth
- Prevent against risk behaviors
- Healthy lifestyle
- Social health & community



Whole-Person Development

5. Social Awareness and Civic Education

- Social care and harmony
- Citizenship
- Service learning
- National identity
- Globalization



Whole-Person Development

6. Cognitive Development

- Basic knowledge in different subjects
- Biliteracy & Trilingualism
- Mastery of information technology



Integrating Health Education into School Curriculum: 3-level & 6-stage developmental Model

| Level | Developmental Stage | Focus | Developmental Performance Indicator |
|-------|---------------------|-----------------|--|
| JS1 | Adaptation | Knowing oneself | <ul style="list-style-type: none"> ✓ Identify talent areas ✓ Adapt to new identity and expectation ✓ Establish a good healthy lifestyle ✓ Form self-management and build good learning habit ✓ To be a responsible person ✓ Develop language ability ✓ Respect and appreciate ✓ Develop harmonious relationship ✓ Learn together and work together/ develop collaboration and cooperation ✓ Have a good physique |
| JS2 | Adaptation | Knowing oneself | <ul style="list-style-type: none"> ✓ Fully display talents/ fully develop distinctive potential ✓ Develop talent-oriented ✓ Assume different identity, including sex, national and social ✓ Master learning skill development and information processing skill ✓ Develop skills-based learning ✓ Achieve a balance between culture and sports life ✓ Understand the interpersonal skills ✓ Establish a beautiful mind |

Integrating Health Education into School Curriculum: 3-level & 6-stage developmental Model

| Level | Developmental Stage | Focus | Developmental Performance Indicator |
|-------|--------------------------|------------------------------|--|
| JS3 | Transition & Enhancement | Knowing our society & nation | <ul style="list-style-type: none"> ✓ Master comprehensive study skills ✓ Be confident in social/ mature interpersonal skill and leadership skill ✓ Strive for good performance in talent areas ✓ Foster problem-solving and enquiry-based learning ✓ Apply information technology in learning ✓ Acquire wider scope of knowledge in cultural and science subjects ✓ Learn more about the world ✓ Able to provide service with quality ✓ Lead a healthy life as measured by health indicators ✓ Be competent in physical fitness and literacy (i.e. Territory-wide System Assessment) ✓ Recognize opportunities and choices to plan its own career pathway |
| SS1 | Transition & Enhancement | Knowing our society & nation | <ul style="list-style-type: none"> ✓ Able to assume the leadership role to contribute the well-being of others ✓ Possess wide experience of social and academic exposure ✓ Enable to learn in a independent and critical manner ✓ Prepare career-related skill and provide information for future plan ✓ Actualize one's talent reach for high standard |

Integrating Health Education into School Curriculum: 3-level & 6-stage Developmental Model

| Level | Develop-mental Stage | Focus | Developmental Performance Indicator |
|-------|------------------------------|-------------------|---|
| SS2 | Self-direction & Empowerment | Knowing Our World | <ul style="list-style-type: none"> ✓ Prepare for further enhancement and advancement in study skill ✓ Formulate plan to achieve career goal ✓ Promote self-directed learning/ self-regulated learning ✓ Prepare for adulthood ✓ Develop problem-solving skill in real life events ✓ Be a mature leader and always ready to support others ✓ Develop Resilient skills ✓ Build healthy mental stage to face challenge ✓ Build career-related experiences and skills / equip students with necessary career skills for career development ✓ Work for Career-related exposure, career mind, career plan |
| SS3 | Self-direction & Empowerment | Knowing Our World | <ul style="list-style-type: none"> ✓ Strive for accomplishment and actualization of goals and 「 life-long learning 」 capacity ✓ Enable oneself to set career goal to achieve own aspiration ✓ Master of knowledge in cultural and science studies ✓ Understand and appreciate equality and the value of international social justice ✓ To be an empathetic and dutiful person in contributing to society ✓ To be a motivated leader |

Health Education

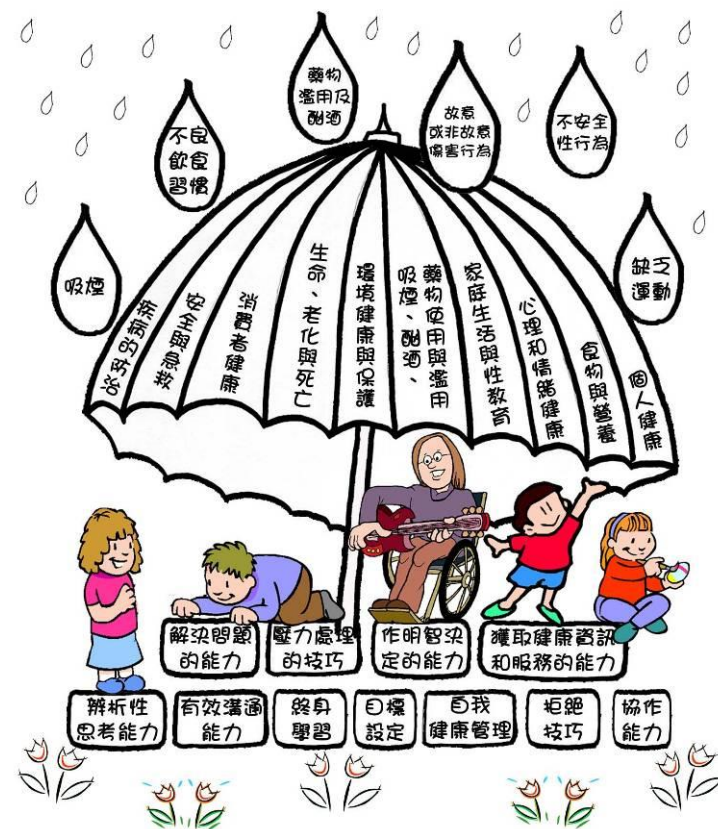
Formal Curriculum:

- S1-S6
- At least 1 lesson per cycle :
Morning Assembly, Class Teacher
Period, PATHS, Critical Thinking & Life
Skills Training,



Ten Health Content Area

- Personal Health
- Food and Nutrition
- Mental and Emotional Health
- Family Relationship and Sex Education
- Prevention and Management of Diseases
- Safety and First Aid
- Smoking, Alcoholism, Drug Use and Abuse
- Consumer Health
- Environmental Health and Conservation
- Life, Aging and Death



What will be the future challenges to youngsters?

Emerging health & social care issues and concerns in Hong Kong and around the world are posing new challenges to our youngsters. They will be better prepared to meet these challenges if equipped with the necessary knowledge and skills in maintaining and promoting good health and well-being among themselves, in communities, societies and the world as a whole.



Healthy Living & Healthy Lifestyle

為人為己
戴口罩 勤洗手

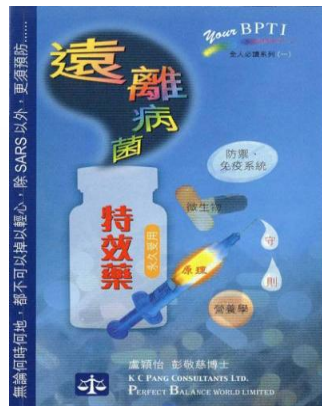
**Be Considerate:
Wear Mask
Wash Hands**



Seminars on

- (1) Health Issues
- (2) Health Talk on Building a Harmonious and Healthy Community

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Anti-drug campaign



Health
Ambassadors



Health Education Week: Fruit Day

Green Diet 綠色飲食





Thank You!
Wish you all
have a healthy life!