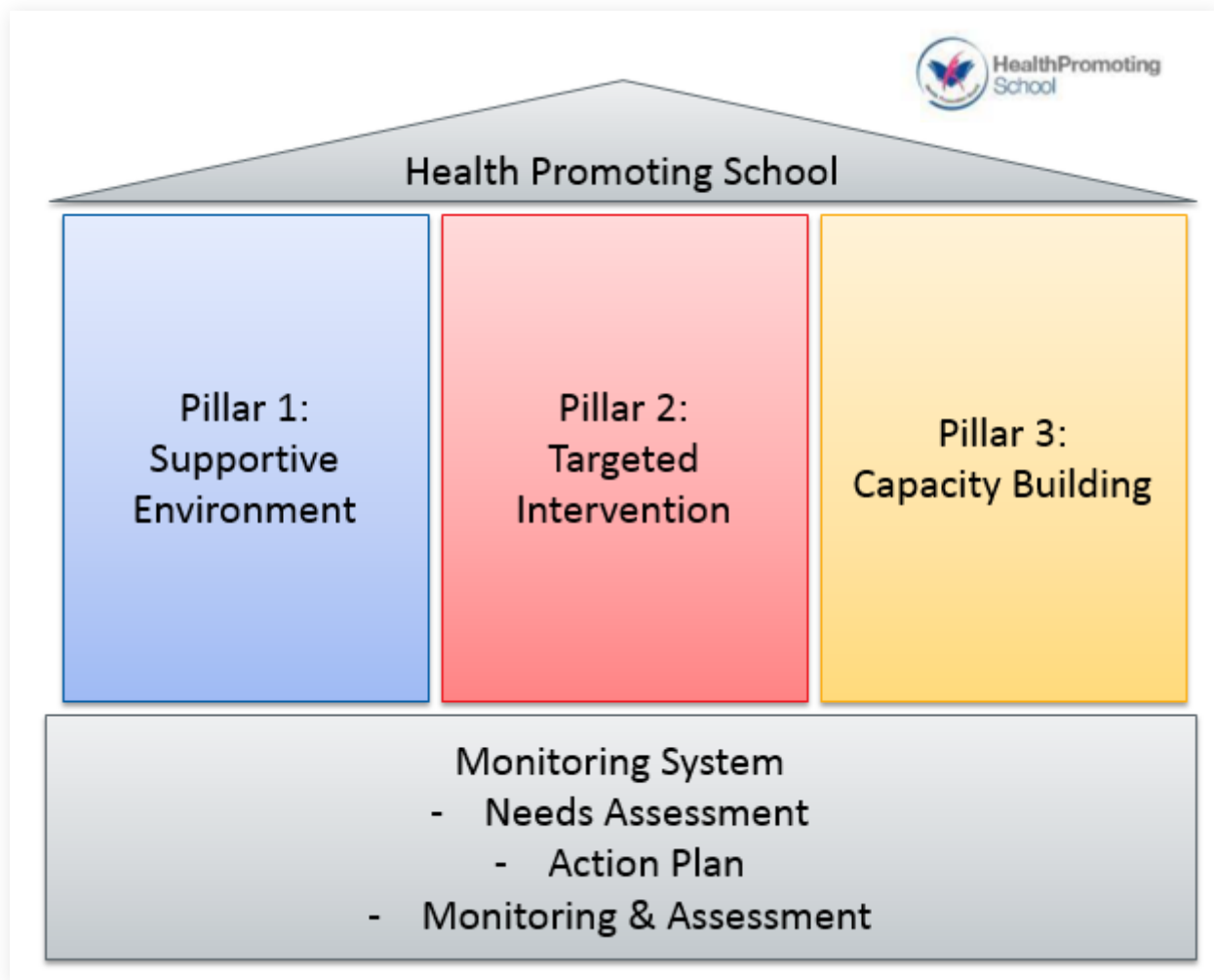


Health Promoting Schools Framework

Developing lifelong healthy habits starts young. Hence, schools play an important role in nurturing a culture of healthy living among children and youths.

We have established the Health Promoting Schools Framework for pre-schools to tertiary institutions*. This framework guides schools in providing programmes that promote physical, mental and emotional wellbeing among their students. It also equips students, parents and staff with the appropriate knowledge and training.



This framework consists of three pillars: building a supportive environment, targeted intervention for identified groups and capacity building for stakeholders. These three pillars are supported by a strong base, consisting of a strong monitoring system that identifies and addresses the needs of students, parents and teachers.

Pillar 1: Creating a supportive environment

Firstly, we want to help schools foster a supportive environment for the general student population. This consists of implementing:

- Programmes that encourage a health promoting culture

- These include assembly talks, workshops, mental wellness talks and smoking prevention talks.
- Improved infrastructure
 - These include increasing the accessibility of sports equipment, sports facilities and venues

Pillar 2: Providing targeted intervention for identified groups

We want to help schools provide targeted intervention for specific groups of students who have specific health issues. For these students, we introduce programmes such as weight management programmes and workshops on quitting smoking.

Pillar 3: Building the capacity of stakeholders

We want to help schools equip parents, teachers and students with the skills and knowledge to detect risky behaviours and motivate students towards healthy living.

A strong base

A monitoring system in each school is essential for programmes to be planned according to students' health needs and implemented effectively. The monitoring system should consist of:

- Needs assessment
 - Schools should carry out needs assessments at key points of the year (mid-year or year-end) to assess the students' health and what their needs are.
- Action plan
 - Based on the outcomes of the needs assessment, schools can prioritise, plan and allocate resources for their respective health programmes. This includes setting key performance indicators (KPIs) and targets to monitor their effectiveness.
- Monitoring and evaluation
 - Schools should periodically evaluate whether the KPIs and targets are achieved. They can then review and make plans to improve their current programmes and processes for the following year.

Here is how you can kick start and nurture a culture of healthy living in your school:

- [Health Promoting Pre-school accreditation](#)
- [Health programmes for primary schools](#)
- [Health programmes for secondary schools and junior colleges](#)
- [Health programmes for tertiary institutions*](#)

**Tertiary institutions refer to polytechnics, the Institutes of Technical Education, post-secondary institutions (excluding JCs) and universities.*