

26 February 2010

## **Education Bureau Circular No 2/2010**

### **Healthy School Policy**

[Note: This circular should be read by:

- (a) Supervisors and Heads of all government, aided, Direct Subsidy Scheme and Caput Schools – for necessary action
- (b) Supervisors and Heads of all private, English Schools Foundation and International Schools – for information]

### **Summary**

This circular announces the details of formulating a school-based Healthy School Policy (HSP) with an anti-drug element by schools to address the developmental needs of students.

### **Background**

2. The community, the Government and the school sector have all along been attaching great importance to the healthy development of our youths. To pave way for our students to have a healthy and joyful life, it has been the prime concern of schools to promote and maintain the physical and psychological well-being of students, to empower them with positive values and skills to face the challenges in personal growth.

3. In a fast-changing world with the rapid advancement of technology, our youths, in their development, often have to encounter different kinds of temptation and difficulties, and to cope with adversity and pressure. A careless slip could lead them astray. In recent years, there is a worrying trend of increasing number of young people abusing psychotropic substances and a lowering of age of the drug abusers. To ensure the healthy growth of our young people and to help them stay away from drugs and wilful temptation, starting from the 2010/2011 school year, the Education Bureau (EDB) encourages schools to formulate a school-based HSP with an anti-drug element by reintegrating their existing resources to develop a healthy school environment. This is to build up healthy lifestyles, positive values and proactive attitudes among students from their young age, thereby enhancing their resilience and immunization against adversity.

## **Healthy School Policy**

4. The objective of the HSP is to help students reach a state of physical, mental and social well-being. The focus is on developing students' healthy lifestyles, positive attitudes and values, practical life skills and refusal skills to resist temptation. There are four elements in the HSP: (i) developing a management and organization system for coordinating health matters; (ii) fostering a healthy school environment; (iii) developing students' healthy lifestyles; and (iv) identification of needy students and putting in place a referral system.

5. To promote the HSP and encourage schools to institutionalize an anti-drug school culture, the EDB issued the CM No. 167/2008 in November 2008, requesting all schools to formulate a school-based HSP with an anti-drug element and setting out the support measures provided by the Administration to schools, including anti-drug education talks for secondary and primary students, half-day on-site training and 2-day advanced training programmes for teachers, and the resource kits for parents and schools and so on.

6. Helping students grow up with a healthy lifestyle is a long-term and continuing goal of schools' development. Therefore, we recommend that schools should make the HSP an integral part of their Three-Year School Development Plan and Annual School Plan. Schools should report the progress and the assessment of implementation in their Annual Report.

### **Anti-drug Resource Kit for Schools (the Resource Kit)**

7. To help schools formulate a HSP with an anti-drug element, the Action Committee Against Narcotics, Narcotics Division of the Security Bureau and the EDB have commissioned the Hong Kong Federation of Youth Groups (HKFYG) to produce an Anti-drug Resource Kit for Schools. The Resource Kit comprises three books, providing school management, guidance and discipline teachers, school social workers, and class and subject teachers with practical reference materials and identification tools, including guidance on the formulation of the HSP, information on anti-drug curriculum as well as learning and teaching materials, drug knowledge, examples on handling drug cases, referral mechanism and information on community support. Schools may make reference to the Resource Kit to devise a school based HSP to address their students' specific needs.

8. At the same time, important parts of the Resource Kit have been extracted as a summary by the HKFYG for ease of reference by teachers and relevant parties. The HKFYG will arrange the delivery of the Resource Kit and the summary to all primary and secondary schools in mid-March 2010. Each school will receive six sets of the Resource Kit including one set for onward

delivery to the school's Parent-Teacher Association for parents' reference. Each teacher will be provided with a copy of the summary. The HKFYG will also provide an online version of the Kit which will be updated from time to time. For details, please browse the following website: <http://antidrug.u21.hk>.

9. To familiarize the school management, teachers and school social workers with the HSP, the contents and message of the Resource Kit, the HKFYG will arrange a series of briefing sessions in March and April. Schools are requested to browse the EDB's Training Calendar or the website of the HKFYG: <http://antidrug.u21.hk> for details and enrolment information and make arrangement for their teachers to attend the briefing sessions.

### **Enquiries**

10. For enquiries, please contact the respective Senior School Development Officers.

Y F LEE  
for Secretary for Education