

P1 Sports and Health Experience



Holistic Education through Physical Education

- Video
- <https://www.youtube.com/watch?v=ndtAslC1I6U>



Agenda

- Programme for Active Learning (PAL)
- Sports Exposure Programme
 - Talent Management
- Healthy Meals in School Programme (HMSP)
- School Health Visit



Programme for Active Learning (PAL)



What is it about?

- Balancing Knowledge with (Soft) Skills & Values
 - Emphasise non-academic programmes within curriculum
 - Part of Efforts in Holistic Education
- Learning Outcomes:
 - PAL hope to nurture in children
 - Confidence, Curiosity, Cooperation skills (3Cs)
 - Socio-Emotional Competencies (SE Competencies)
 - Self Awareness
 - Self Management
 - Social Awareness
 - Relationship Management
 - Responsible Decision Making



What is it about?

- 5 Characteristics of PAL:
 - **Experiential** in Nature
 - Encompasses Learning in a **Creative** Way
 - Provides Opportunities for Children to **Create**
 - Incorporates **Values Education** and **Social-Emotional Learning**
 - **Fun and Enjoyable**
- 4 domains
 - Sports and Games
 - Outdoor Education
 - Visual Art
 - Performing Art



The PAL Experience

P1	DANCE	DRAMA	VISUAL ARTs	LEGO Creative and Inventive Thinking	ICT Touch Typing
P2	MUSIC	OUTDOOR EDUCATION	DRAMA	LEGO Creative and Inventive Thinking	ICT PowerPoint



Sports Exposure Programme



What is it about?

- Collaborative partnership between Singapore Sports Council (SSC) and the Ministry of Education (MOE)
- Aims to advocate the importance of **sports education**, encourage sports participation in schools and **increase sporting opportunities** for the young



What is it about?

- Using **sport as a strategy** for Cedarians to have a **healthier and better life** through the impactful experience of Sport.
(Sport Singapore - Vision 2030)

- *"... to enjoy a lifetime of active, healthy living."*

(PE Syllabus 2013)



What do we do?

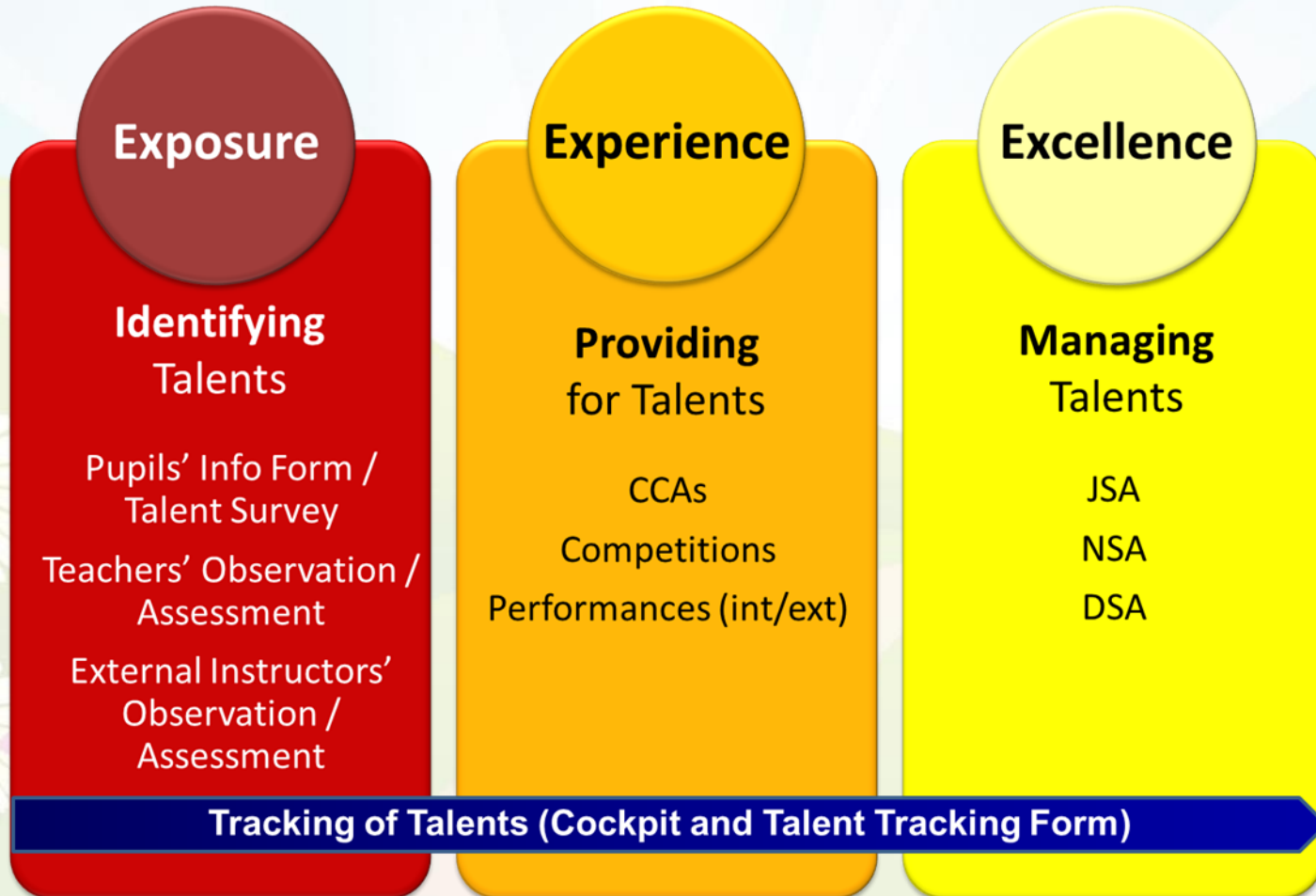
- Exposure to Dance Sports
- Experts and Professionals who has been in this area for many years as Vendors.
- After School Hours (Term 2 onwards)
- Bus trip homes will still be provided
- 50% of the cost is borne by school



Talent Management



Our Talent Management Model



Why we do it?

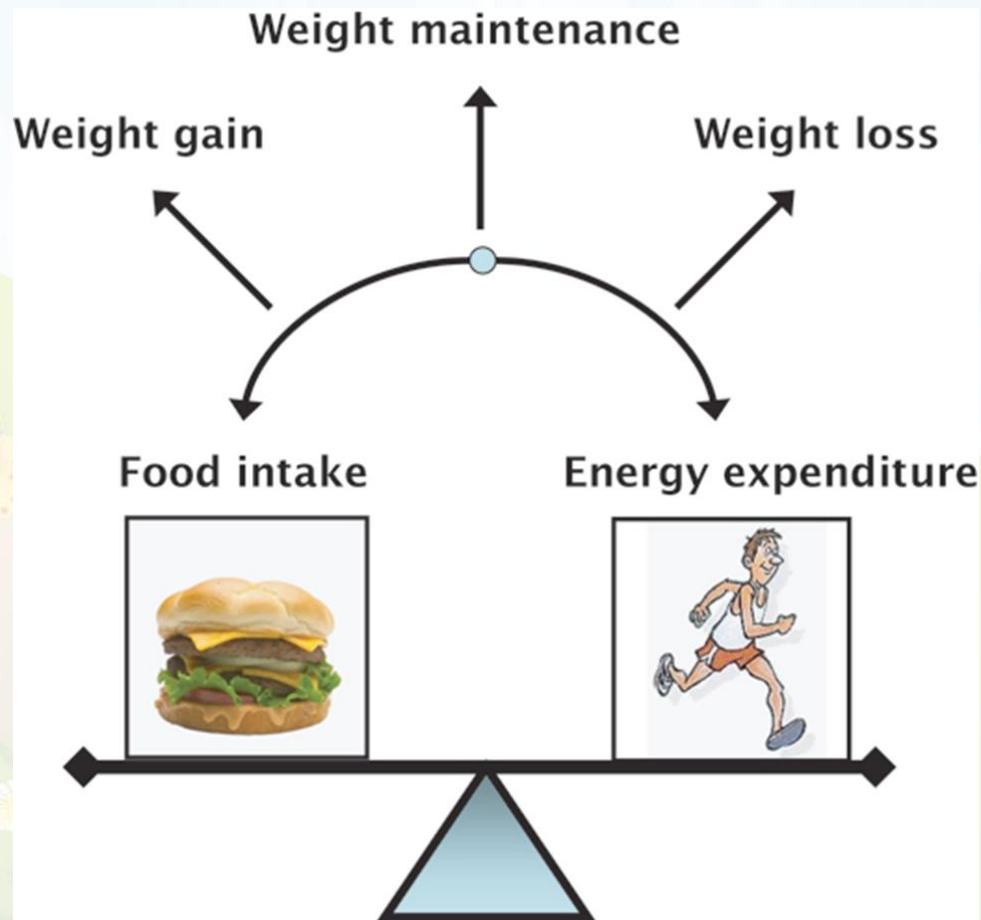
- To realise the potential of our pupils
- Create a strong portfolio for pupils to apply for Direct School Admission (DSA) through Sports/Aesthetics
- <http://tinyurl.com/2017TalentManagement>



Healthy Meals in School Programme



Energy Balance



Why we do it?

**WHO THEY ARE TOMORROW IS
DEPENDENT ON WHAT YOU FEED
THEM TODAY.**

**WHAT WE PROVIDE THEM WITH
IN OUR SCHOOL CANTEEN**



Why we do it?



According to HPB, the number of overweight and severely overweight children are projected to ***increase from 66,000 in 2012 (11.5%) to 75,000 (14%) in 2020.***



Why we do it?

- Decreased physical activity. Increased use of technology and labour-saving devices
- Easy access to unhealthy, high-energy food and drinks
- Sedentary lifestyles. Hours of sitting down (TV, electronic games, Internet)



Why we do it?

- Eating right
 - gives us energy
 - helps us grow
 - protect us from illnesses
- Grow well and stay healthy



How we do it?



- Set meals
 - 1 serving of rice & alternatives
 - 1 serving of meat & alternatives
 - 2 servings of vegetables and fruit



HMSP Characteristics

- Inclusion of wholegrains
 - 20% of brown rice/wholemeal noodles
 - Wholemeal/wholegrain bread
- Skinless poultry and lean meat
- No deep-fried, pre deep-fried and preserved food
- Ingredients used for food preparation are low-fat and with Healthier Choice Symbol
- Commercially prepared food must have the Healthier Choice Symbol
- Drinks sold contain less than 6grams of sugar per 100ml



HMSP Details

- Price of set meals
 - Small: \$1.00
 - Medium: \$1.50
 - Large: \$1.80
- Food sold at the rice and noodle stalls will not be sold ala-carte
 - Rice
 - Stir fried spinach
 - Curry chicken
 - 2 dessert spoon of curry when requested
 - A slice of apple
 - Noodles
 - Soup
 - Potato patty (*Bege dil*)
 - Tauge
 - Chicken slices
 - A slice of apple



Parents as Partners

- Preparing lunchbox following My Healthy Plate guidelines
- No birthday cakes, sweets and candies as gifts during birthdays
 - We recommend that you inform the Form Teacher and he/she will sing a birthday song for your child.
 - Should you want to have small gifts, please do give simple yet useful for a P1 kid (e.g. stationaries, educational toys)
- Continue to inculcate your child to eat healthy at home.
 - Always a balanced meal at home (Healthy Plate)
- Make visits to fast food eateries less frequent (once a month – preferably lesser).



Parents as Partners

- Class Snack Break
- Between 12.00 – 12.30pm
- Dry finger food only
 - For example: buns, sandwiches & biscuits
- Purchased earlier during recess or brought from home



School Health Visit



Purpose

- **Detect common health** conditions among the school-going population through health screening.
- **Reduce illness** from communicable diseases among the school-going population through immunisation.



P1 Health Screening

- Height and weight
- Eye test
- Hearing test
- General body checkup
- Immunisation
 - MMR booster 1 (against measles, mumps and rubella) if they have not received during pre-school
 - Oral Sabin 2nd booster (against polio)



Health Screening Schedule

- 11 – 22 September 2017
- Letters and information booklets about health screening and immunisation will be given to parents in Term 3.
- Please ensure that the forms are filled up.
- Ensure that you have your child's health booklet ready. Should you not have them, do purchase them from the nearest polyclinic.
- International Students please do bring any medical forms that you may have to show the nurses.
- Your child's Form Teacher will be collecting the forms and health booklet at the end of Term 3.



Health Screening Schedule

- School health team will print out a computer generated health report of the student.
- If a student miss the health screening or there are problems detected in the student during the health screening, **a referral letter** will be given to the parents, for the student to visit the Student Health Centre, Health Promotion Board, for further assessment and management.



Useful Links

- Health Promotion Board
 - www.hpb.gov.sg
- National Immunisation Registry
 - www.nir.hpb.gov.sg
- HealthLine – 1800 223 1313



Thank you!

