

# 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

<b>P1</b>	<b>DANCE</b>	<b>DRAMA</b>	<b>VISUAL ARTs</b>	<b>LEGO</b> Creative and Inventive Thinking	<b>ICT</b> Touch Typing
<b>P2</b>	<b>MUSIC</b>	<b>OUTDOOR EDUCATION</b>	<b>DRAMA</b>	<b>LEGO</b> Creative and Inventive Thinking	<b>ICT</b> 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

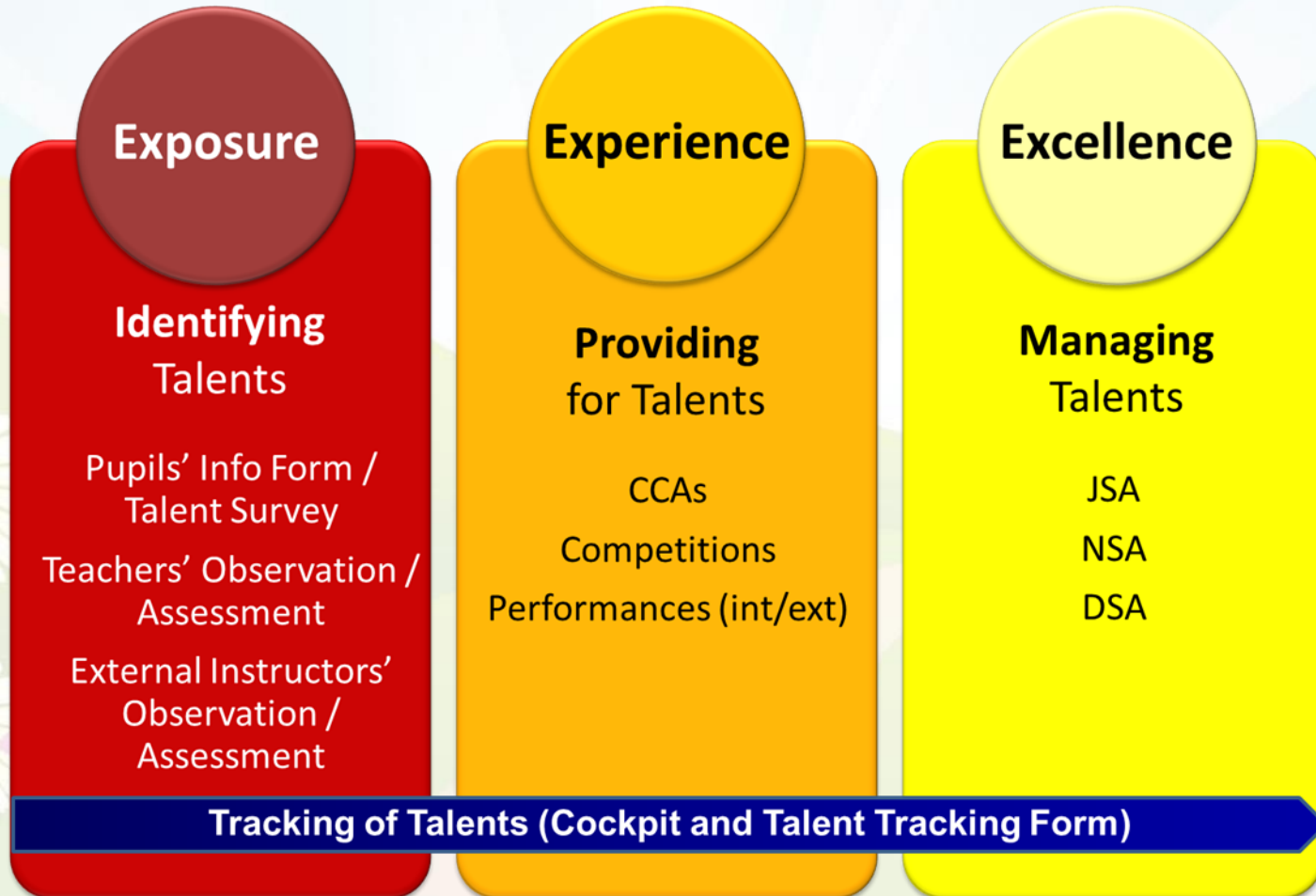




# Talent Management



# 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>

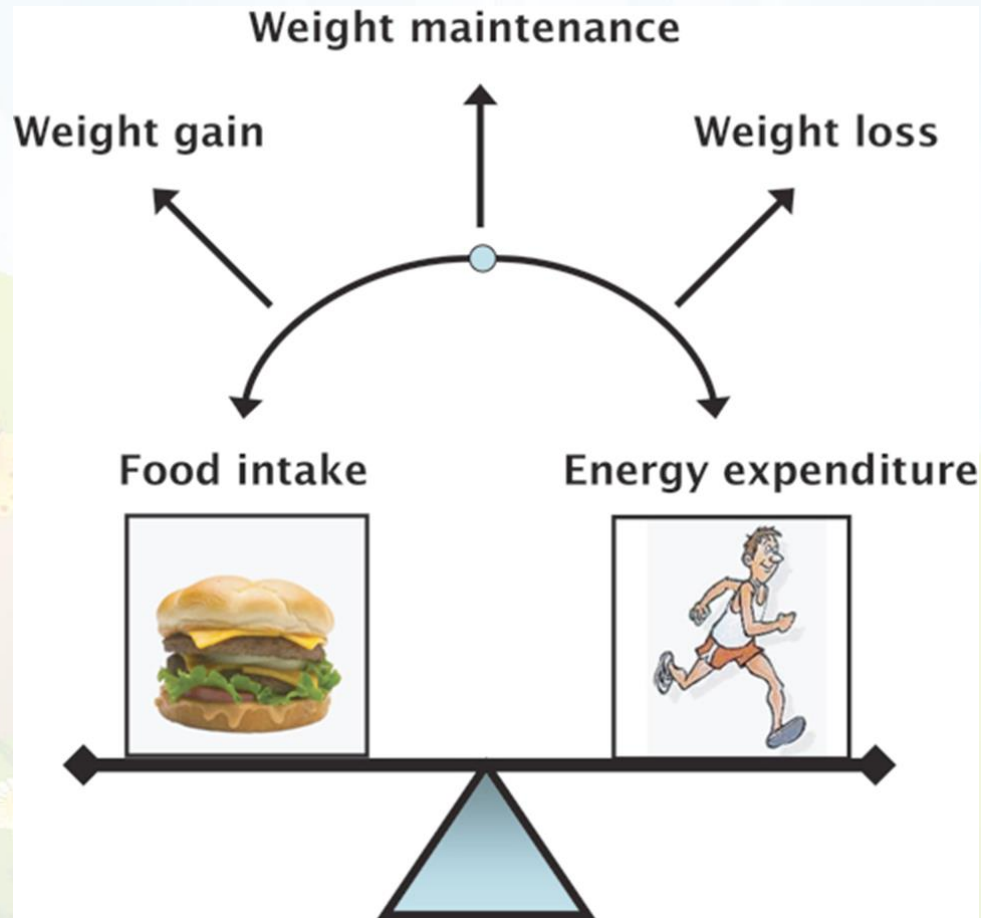




# Healthy Meals in School Programme



# 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 2<sup>nd</sup> 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](http://www.hpb.gov.sg)
- National Immunisation Registry
  - [www.nir.hpb.gov.sg](http://www.nir.hpb.gov.sg)
- HealthLine – 1800 223 1313



# Thank you!

