

How to promote HPS effectively from the Perspective of School Management

8.1.2021

Dr Robin MB Cheung

What is an HPS?

6 Key Areas of Development

- (1) Healthy school policies
- (2) School health care and promotion services
- (3) Action competencies for healthy living
- (4) School social environment
- (5) Community links
- (6) School physical environment

Defining

School management

- *IMC or SMC*
- *School principal and his/her leadership team*
- *The task force or committee spearheading the drive towards HPS*

Health

- *Total health for individuals: physical, mental, social and spiritual*
- *Settings approach to health: school, community, city, nation, region & global*

Role of the Principal & his/her leadership team

- **Presumption**: the school has already *explored* the issue & *understand* the why's, how's and what's of the HPS project
- Give clear and unequivocal **indication** of the school's position on the HPS project in the school and *develop* a **shared vision** for it, first in the leadership team and then among the staff
- *Explain* the supportive **structure** for the initiative: the responsible task force/committee, teacher-in-charge (VP/ST?), powers and budgets, etc.
- *Attend* to the **6 key areas** and decide where the **intervention point** should be: to be aligned with the teaching and learning of the school
- *Formulate* the general **action plan**: manpower, timeline, budget, milestones, etc.
- *Monitor* the **implementation** and **evaluation** of the plan
- *Tell* **success stories** and *recognise* the efforts even if they are small and relate them to the vision to consolidate it
- *Present or receive* **awards** for health achievements

Role of the HPS Task Force/Committee

- *Share* the HPS **vision** and the school's **plan** for it among members and spearhead the school health effort
- *Explain* the health promotion work and its **meanings** to colleagues and parents
- *Include* any **health initiative** or activity in the school's annual plan
- *Spell out* the **division of labour** clearly: what & who
- *Seek* continuing **training** for the members
- *Seek* opportunities for **inter-school sharing** and learning as well as **outside links** and support e.g. CUHK's Centre for Health Education and Health Promotion and all its established resources on the web
- *Seize* whatever **opportunities** to promote health e.g. COVID-19 in school
- *Nurture* interested and talented **students** to help with the promotional efforts

Role of the IMC/SMC

- Learn about the HPS project (*the principal to inform*)
- Give approval and support (*to seek*)
- Participate in events to indicate support if possible (*to invite*)

Common Concerns & Foci

- Understand the issue /overall consensus

Foster a shared vision: a healthy school environment for healthy learning and teaching and for sustainable school development

- Provide support: spiritual and material

Give psychic and practical support

- Ensure a good information flow: internal/external

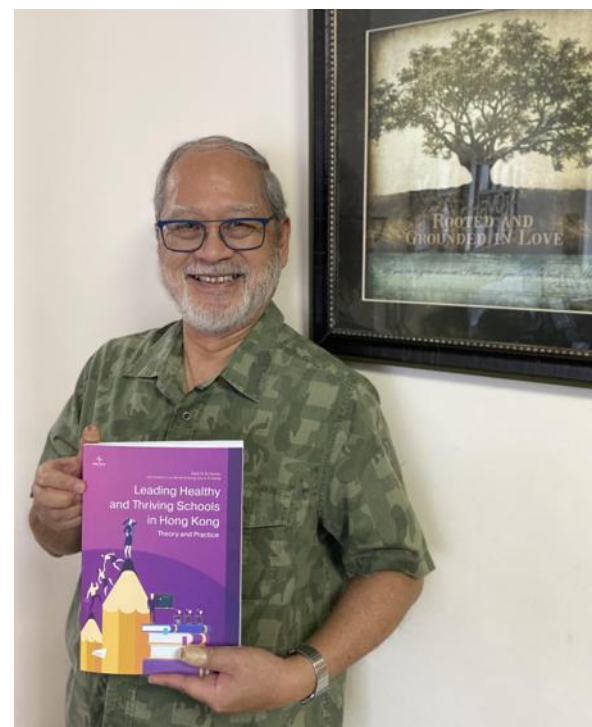
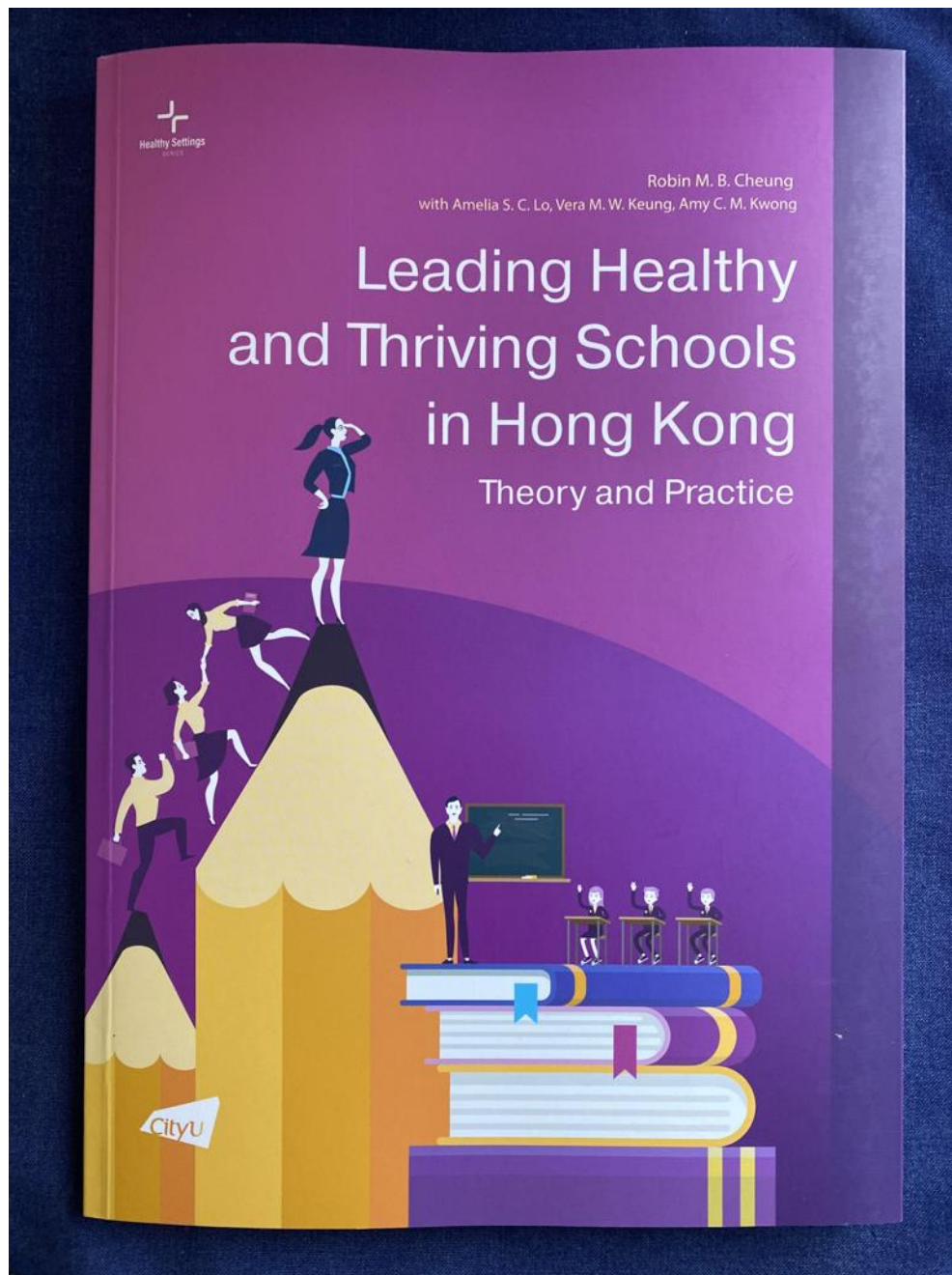
Information is the lifeblood and make it flow freely

- Think big, start small and scale up

Evolution is better than revolution

- Celebrate success

Recognize wins and gains even when they are small and preliminary and relate them to the vision



The background features abstract, overlapping geometric shapes in various shades of green, primarily on the left and right sides, creating a modern, layered effect. The central area is a plain white background.

Thank You!