



MEXT

MINISTRY OF EDUCATION,
CULTURE, SPORTS,
SCIENCE AND TECHNOLOGY-JAPAN

SEAMEO-Japan ESD Award

Submission Form of 2017 SEAMEO-Japan ESD Award Theme: Improving Health and Nutrition

The last day for submission of entries: 5 September 2017

- To participate in the 2017 SEAMEO-Japan ESD Award, please submit the information of your school’s project/programme on “Improving Health and Nutrition” by using this Submission Form.
- The **digital format of this Submission Form** can be downloaded from the SEAMEO website: www.seameo.org or requested by sending an email to: seameojapan.award@seameo.org.
- The **guidelines for submission of entries** and **judging criteria** are detailed in page 8-10 of this document.
- Schools must ensure that the SEAMEO Secretariat receives their entries by Tuesday 5 September 2017.
- More information, please contact the SEAMEO Secretariat, Bangkok (Telephone number: +66-2391-0144, Fax number: +66-2381-2587 and Email address: seameojapan.award@seameo.org)

PART I: Details of Your School

- Name of your school: SMK SANZAC, KOTA KINABALU
- Full address: JALAN SEMBULAN, 88100 KOTA KINABALU, SABAH, MALAYSIA
- Postcode: 88100
- Country: MALAYSIA
- School’s telephone number (country code+city code+telephone number): +60-88-210360
- School’s fax number (country code+city code+fax number): +60-88-211360
- School’s email Address: sanzacsabah@gmail.com
- Name of the Head Master/Principal/School Director: (Ms or Mr)..... Dr. SHIRLEY TAY SIEW HONG
- Name of the Teacher Coordinator: (Ms or Mr) Ms. LIM YI WEI
- Email address of the Coordinator: weiwei5242@hotmail.com
- School website (if available): <https://smk-sanzac.com/>
- Educational level (Such as Grade/year 1-6 or Grade/year 6-12): Year 7-12
- Total number of teachers in your school: 100 Teachers
- Total number of students in your school: 1475 Students
- Approximately number of teachers participated in planning and implementing this school’s programme for improving health and nutrition: 32 TEACHERS
- Approximate number of students participated in planning and implementing this school’s programme for improving health and nutrition: 150 Students

PART II: Information about the School's Programme

The information of part II from no.1 to 13 should be no longer than nine (9) pages long of A4 in total. The information should be written in Times New Roman font, 11-12 point size.

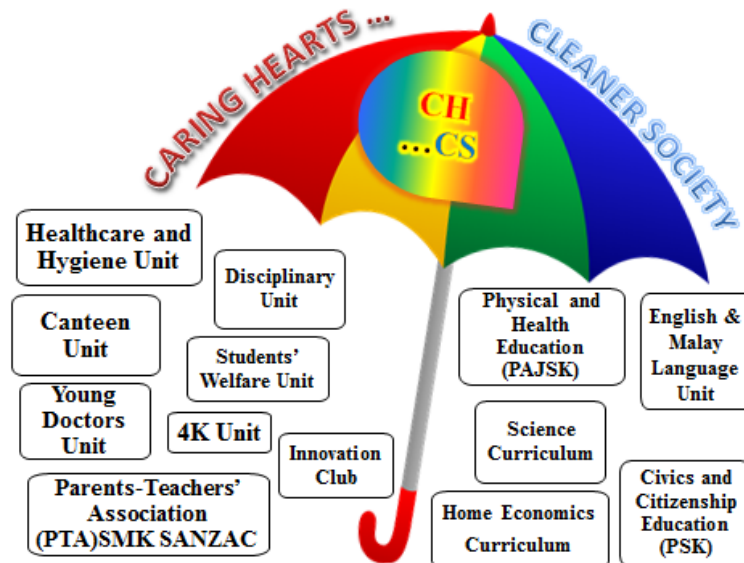
1. Title of the school's programme

CARING HEARTS...CLEANER SOCIETY (CH...CS)

2. Summary of the programme (one half-page of A4 sheet size)

The Caring Hearts...Cleaner Society Programme (Please refer attachment Document 1)

In our school, educational programmes on the importance of improving health and nutrition are on-going initiatives integrated in the whole school curriculum. All the programmes and activities are incorporated in the academic curriculum, co-curriculum activities as well as in special health and nutrition programmes. A special name "Caring Hearts...Cleaner Society" (CH...CS) programme was created to encompass these initiatives. The CH...CS programme is a holistic education programme with an integrated approach to education, health and social / moral development including the students, parents and their communities. The overall programme's underlying principles is in tandem with the existing World Health Organization (WHO) health-promoting schools framework. CH...CS encompasses activities, projects and various initiatives carried out in the classrooms, outside classrooms as well as community services. We use action learning to share and test new knowledge, reflect, learn together, develop skills, give positive feedback and celebrate success. Everybody involved in CH...CS are volunteers and participation is free. The main units involved in the CH...CS programme are:



Caring Hearts...Cleaner Society (CH...CS) programme spells out the works of teachers and the community in educating students to be aware of the importance of improving their health and the values of good nutrition for their well-being. Alongside with all the activities to improve health and nutrition, this year, 2017 SMK SANZAC embarked on a focused initiative to nurture students to reduce the use of plastics and to refrain from using food containers made of polystyrene products.

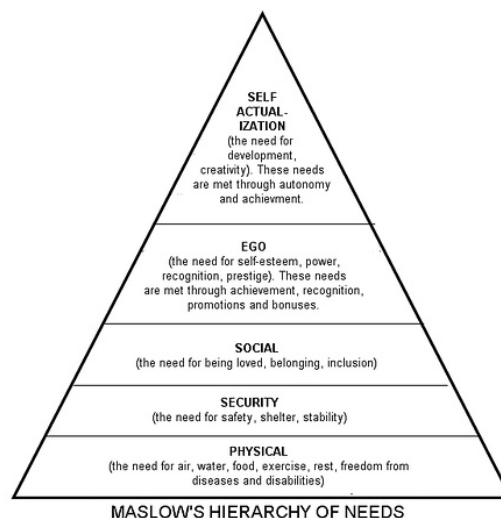
The CH...CS programme encompasses cross-curricular competencies where students are given the opportunity to develop competencies such as: know how to learn, thinking critically, identifying and solving complex problems, manage information, innovate, create opportunities, apply multiple literacies, demonstrate global and cultural understanding, demonstrate good communication skills and the ability to work cooperatively with others, identify and apply career and life skills.

Through the classroom activities and all programmes carried out beyond the classrooms, students are well aware of the need to create a cleaner environment to promote healthy values and incorporate healthful habits into their daily routines. Students develop communication skills to share with the local community how to incorporate healthy choices into their daily lives.

3. Background information or reasons why the school created this programme

Although our school, SMK SANZAC is situated in the heart of Kota Kinabalu City, there are almost 50% of the school student's populations who are in the lower income group category. These students come to school without proper meals as well as proper nutrition. Deprived of the opportunities to live in better quality homes, the school plays a crucial role to instil basic hygiene education and information on improving one's health to help these students to practice healthy living styles. Poverty among this group of students forces parents to send their children to work as they cannot afford school materials or even a nutritious meal. Children lose interest in learning when they do not understand the class and are afraid to ask questions as they have low self-esteem. Overcrowded and poor living conditions contribute to the poor health and spread of diseases in the community.

Based on Maslow's Hierarchy of needs pyramid, the most fundamental levels of needs include good health and nutrition. Maslow's theory suggests that the most basic level of needs must be met before the individual will strongly desire (or focus motivation upon) the secondary or higher level needs. Hence, if these "deficiency needs" are not met the individual students will feel anxious and tense.



Therefore, in order to reduce these feelings of anxiety and tension among the underprivileged or disadvantaged students, SMK SANZAC takes great strides to embark on a meaningful whole-school programme to educate all the students to learn to love themselves to improve their personal health hygiene as well as to eat good food. This is because health is one of the important domains of overall quality of life. Health promotion and disease prevention programmes focus on keeping people healthy. Health promotion engages and empowers individuals and communities to engage in healthy behaviours, and make changes that reduce the risk of developing chronic diseases. The programme aims to educate students to modify their behaviours towards practicing a healthy lifestyle like having good eating habits, increase physical activities, use safe products as containers for food, drink clean water and stay in good mental health.

4. Objectives/goals of the programme

The objectives / goals of the programme are:

- 4.1 To educate students to have positive influence in the health behaviour of individuals and communities as well as the living and working conditions that influences their health.
- 4.2 To ensure students have a change in behaviour towards practicing healthy lifestyles.
- 4.3 To educate students on toilet cleanliness and cultivate good behaviour in toilet use.
- 4.4 To instil environmental awareness and responsibility towards a clean society.
- 4.5 To inculcate a habit within the students and the community to recycle plastics in their daily routine.
- 4.6 To help and assist poor and needy students by giving redemption money in exchange of used plastics.
- 4.7 To educate students to identify the different types of plastics and the adverse health effects of plastics.
- 4.8 To reduce and gradually eliminate plastic waste in the school compound and surrounding areas.
- 4.9 To create a networking and smart partnership with the corporate sectors and community to make this a successful and sustainable project.

5. Period of the time when the programme was/has been started

May 2015 till now and on-going.

6. Activities (Actions and strategies of implementation)

6.1 Healthcare and Hygiene Unit

Since the year 2016, the Healthcare and Hygiene Unit plays a crucial role in planning and executing the planned activities to promote good health and instil healthy values among the students in this school. This unit works closely with the local healthcare authorities to conduct regular health checks and talks to students. (Please refer to Attachment in Document 4)

6.2 Canteen Unit

The canteen unit does regular checks to ensure that food has been safely and hygienically prepared and is nutritious and healthy. The teachers in-charge would do

- regular testing of food and water
- inspection of kitchen and dining premises
- inspection of kitchen surfaces, equipment, cutting boards
- checks on proper pest and insect control measures
- monitoring of proper garbage disposal

The Canteen Hygiene Assessment form is attached as Document 5.

The school canteen is continuously upgraded so that there are pleasant and clean spaces which contribute to the development of students and reflect a positive school climate.

Proper food nutrition and health practices information posters are displayed around the canteen and school compound to educate and remind the students as well as the staff about good and healthy eating habits. Students take turns to disseminate health and nutrition information during school assemblies and morning gatherings. The canteen operator took an extra effort to provide all the students a safe plastic food container each so that students will cultivate a good habit to bring their own food container to purchase food.

6.3 Disciplinary Unit

The Disciplinary unit plays its role to educate students to keep a good personal hygiene. Proper grooming and healthy personal habits can help students ward off illnesses and feel good about themselves and promote positive thinking. The Disciplinary Unit does regular spot checks on students and takes action against those who are slacked in maintaining a proper basic personal hygiene routine such as not trimming their nails and as for the boys a crew haircut of clip number 2 is required.

6.4 4K : *Kebersihan, Keceriaan, Keselamatan, Kesehatan* (Cleanliness, Beautification, Safety, and Health) Unit

The 4K unit is responsible to do the following tasks:

- Raise awareness of the importance of preserving and conserving the environment at school and the community.
- Cultivate a positive attitude and love for nature among the school population and community at large.
- Strives to provide a healthy environment through on-going efforts on environmental education programs.
- Monitor and evaluate all the classes in terms of cleanliness, beautification and conduciveness for learning.
- Systematic regular thorough inspection to ensure that the school centralised toilets for both boys and girls are always clean, in tip-top condition and comfortable to use.

6.5 Young Doctors Unit

SMK SANZAC Health squad created under the Young Doctors' Unit who takes the role to promote health checks and create awareness among students about the importance of health and nutrition. The Health Squad does consistent dengue prevention programme such as sharing ways to prevent mosquitoes breeding. Periodic checks and draining or removal of containers to reduce the breeding grounds for mosquitoes.

6.6 Students' Welfare Unit - Free nutritious meals for the needy students

Since 2011, a selected group of needy students from SMK SANZAC has been receiving free meals from the Taiwan Buddhist Tzu Chi Foundation Malaysia, Kota Kinabalu. This collaborative programme with the school's students' welfare unit has provided meals for the following number of students:

Year	Number of students
2011	12
2012	23
2013	18
2014	13
2015	20
2016	31
2017	40

6.7 Parents-Teachers Association (PTA) – Program Murid Sihat Minda Cergas (Healthy Students, Active Mind Programme : Free breakfast and lunch for students during the public examinations)

To ensure that students sitting for the public examinations do not enter the examination hall with empty stomach and that they are physically and mentally prepared to sit for the important examinations, the school's PTA spends a substantial amount of money to fund the free meals programme for the students every year. Each year since year 2012, approximately a total amount of RM6, 000/= is used for funding the Form 3 students' free meals programme and an approximate amount of RM8, 000/= for the Form 5 students.

6.8 Innovation Club

The school's Innovation Club has successfully developed special eco-friendly soap which has natural properties which effectively cleanse the skin of dirt and cure problem skin. The soap which is made from using mangrove leaves as the main ingredient is called '*Cantek Sira Soap*'. The mangrove plants have great tolerance to salt and can thrive in high salinity land. Through laboratory testing standards, SMK SANZAC was able to prove that the soap can help alleviate skin problems. Hence, this special soap named as '*Cantek Sira Soap*' was made and sold to students and teachers in the school. This product won the third prize RM10, 000/= money reward in the Malaysia Innovation programme for Young Entrepreneurs SME Bank Y-Biz 2016.

7. Teaching and learning approaches that the school applies for teaching “Improving Health and Nutrition”

7.1 Health and Physical Education Unit

Educating students to improve their health and nutrition is one of the core areas in the school curriculum which is emphasized in the Health and Physical Education Unit. In the curriculum, students are taught physical, mental, emotional and social health. Teachers build students' knowledge, skills and instil positive attitudes about health through various practical teaching approaches. Teachers continuously motivate students to improve and maintain their health, prevent diseases and reduce risky behaviours.

7.2 English Language and Bahasa Malaysia (Malay Language) Unit (Please refer attachment Document 3)

Topics concerning promoting good health and proper nutrition are among the compulsory topics which students write about in their English language and Malay language learning. Students also conduct public speaking sessions to share information on the importance and ways to maintaining good health and promoting wellness in their communities.

7.3 Civics and Citizenship Education Unit

The Civics and Citizenship Education Unit takes up the role to guide students to educate the community at large regarding the importance of health education in enhancing the quality of life. The teachers and students work together to create an environment in which students feel empowered to make healthy choices and create a caring community. They identify needs; advocate and do community service in collaboration with the local city municipal council, Kota Kinabalu City Hall to improve initiatives on waste management and create a better quality living environment.

7.4 Science Curriculum (Please refer attachment Document 2)

In the Form 2 Science curriculum, in Chapter 2, the topic of learning is about Nutrition where students learn about food and healthy diet. The importance of nutritious food is emphasised and students need to understand and apply their knowledge on different classes of food and the food pyramid in their daily eating routine.

7.5 Home Economics Curriculum

SMK SANZAC offers this elective subject for Form 1 till Form 5 students. In the Home Economics curriculum, students learn about proper nutrition and the benefits of eating a balanced diet and healthy food, master cooking skills, develop recipe-modification skills, enjoy healthy eating in a social situation, develop budgeting and consumerism skills and time planning skills.

8. Related activities that the school have contributed to the community and shared school practices to the community.

Community service

Getting onto the ground to help raise awareness among the local community to keep a healthy and clean environment is also one of SMK SANZAC's students' community service initiatives. Through doing these community projects, there are a lot of positive effects on students, such as helping them to develop skills, making contacts, and allowing them to improve the quality of life of others.

8.1 Clean-up the beaches by the School's 4K (Cleanliness, Beautification, Safety, Health) Unit

The litter found along the beaches in Kota Kinabalu needs to be cleaned up regularly. As part of the school's community service programme, students from SMK SANZAC also took up the challenge to play their part in the clean-up the beaches programme. The most common garbage items found are plastic bottles, plastic bags, cans, scrap, polystyrene foam and other trash items.

8.2 Clean-up plastic waste in Sembulan market area by the Civics and Citizenship Studies Unit

Students and teachers divide themselves into groups and were assigned to collect trash and recyclable plastics in their respective areas. The recyclable plastics were separated from the trash and carried by the truck to the school's recycle centre for collection by the recycle company later in the week.

9. Engagement of partners (Please provide the name of your partners in this programme and their roles/contributions)

No.	Name of Partners	Roles and Contributions
9.1	Parents and Teachers' Association	Funding, Volunteers, Food donation
9.2	Health Department, Kota Kinabalu & Luyang Health Clinic, Kota Kinabalu	1. Dental Health Care 2. Thalassaemia Screening Test 3. Measles vaccination 4. Thyroid Screening Test
9.3	Environmental Health Department, Kota Kinabalu	Regular checks on the school's environmental health
9.4	Mesra Hospital, Bukit Padang, Kota Kinabalu	1. Mental Health Education Quiz 2. Keeping Good Mental Health Talk
9.5	Sabah Family Planning Association	Talks and workshop on Reproductive Health
9.6	Kota Kinabalu City Municipal Council	1. Collaboration with SMK SANZAC on Community Clean-up programmes 2. Provide trash bins and recycle bins for school use 3. Give talks on 'Keepin Kota Kinabalu City Clean (Zero Waste)'
9.7	Kota Kinabalu District Police Headquarters	1. Provide assistance to curb heavy disciplinary cases among students 2. Help maintain peace and harmony among the local community
9.8	Tanjung Aru Police Station	1. Provide assistance to curb heavy disciplinary cases among students 2. Help maintain peace and harmony among the local community
9.9	Taiwan Buddhist Tzu Chi Foundation Malaysia, Kota Kinabalu	1. Provide financial assistance for food funding to needy students 2. Provide funding for needy students' basic needs such as shoes, school bags and stationeries 3. Provide funding for students' bus fare to come to school 4. Give talks to students on Good Moral Values such as about helping others and be grateful always
9.10	Sabah Education Department	Funding and giving official consent for students' activities
9.11	Kota Kinabalu Education District Office	Support and giving official consent for students' activities
9.12	University Malaysia Sabah	Collaboration between undergraduates and trainee teachers with SMK SANZAC to run various Healthcare and Nutrition activities

10. Resources used for implementation

The following resources used for the implementation of the programme derive from the Federal government, local government as well as the local community.

Human resources	Teachers, Supporting staff, Students, Parents, School's Alumni, Local Authorities Healthcare Personnel, State Assembly Representative, Kota Kinabalu Municipal Council, Residents of the surrounding housing area, School cleaners and the Security Guards.
Financial resources	Funding from the Federal Government, Canteen fund, Parents-Teachers' Association SMK SANZAC, Alumni Association, State Assembly Representative and Generous donors.
Natural Resources	Rain water for washing, Vegetation such as big trees, Mangrove tree leaves, <i>pandan</i> or <i>Pandanus amaryllifolius</i> or screwpine leaves, cinnamon, and other local herbs
Capital Resources	Recycle centre booth, self-made containers for keeping the used plastic bottles and containers, Physical training centre, Healthcare Treatment Room, Disciplinary Room, Vocational Room @ Wow Studio used as workshop and discussion room, trash collection equipment, PA (Public Address) System.

11. Monitoring and evaluation mechanisms and summary of results

Monitoring and evaluation mechanisms:

1. Periodic checks include checks on Canteen cleanliness, food quality and workers' attire and hygiene. (Assessment Form in Document 5)
2. Regular checks conducted on the safety and cleanliness of the school surroundings by the Healthcare Unit and the 4K (Cleanliness, Beautification, Safety, and Health) Unit. The Healthcare squad conduct daily checks at the main school gate to ensure no students bring food kept in polystyrene containers. If any students are found bringing in polystyrene containers, they are required to replace it with the safe plastic containers.
3. Weekly reports by Teachers on Duty include reporting class performance over the week in terms of cleanliness, beautification, safety measures and information regarding improving health and nutrition on the bulletin board during the school assembly. Hence, every Monday during assembly, monetary incentives are awarded to classes that maintain the classroom in the best condition and conducive to study.
4. Quarterly Curriculum meetings and reports are submitted for monitoring and evaluation purposes on curriculum programmes and activities carried out in the teaching and learning process.
5. Observations on teaching and learning in the classroom by The school Principal, Senior Teachers, Head of Subject Panels. All the teachers are being observed and evaluated using a standard teachers' observation and assessment form (SKPMg2 Standard 4 or Malaysian Education Quality Standard Second Wave Standard 4) at least twice a year.

Summary of results:

1. Students and staff in SMK SANZAC do not bring polystyrene containers to school anymore instead students have gradually inculcate a good habit by **bringing their own containers** to buy food from the canteen.
2. A promising number of students **collecting the recyclable plastics waste** to the school Recycle booth.
3. Students are aware of the importance of food nutrition and are careful with **their eating habits**.
4. All around the school and inside the classrooms, students put up **posters and information** as reminders for everybody about the importance of maintaining and enhancing one's health and improving their nutrition.
5. Almost 50% of the students who come from poor living conditions usually have disruptive problem behaviour, non-attentiveness and idleness. Nonetheless, the Form 2, 3, 4, 5 and 6 students who have been educated through all the programmes and curriculum mentioned above become more controlled, more **focused and more attentive in class**. The big challenge for the teachers every new term begins is to educate the newcomers in the Form 1 classes so that they are able to adjust to a positive learning environment like their older peers.
6. The Caring Hearts...Cleaner Society (CH...CS) programme adopts a whole-school approach. Everyone in the school work together to ensure that the objectives are achieved. Students, teachers and parents as well the local community **collaborate on projects and community service** activities.

7. The culture of keeping the school environment clean and free from health hazards is continuously emphasised. SMK SANZAC boasts about its **cleanest centralised toilet in Kota Kinabalu City** which is frequently visited by not only other schools but also by the corporate sectors.
8. The community becomes more conscious about littering problems and **positive results** are noticed where the Sembulan area is a cleaner place.

12. Achievement from the school's health and nutrition programme

1. Cleanest Toilet in Kota Kinabalu City (Please refer attachment Document 5)

The importance of a clean and comfortable toilet together with proper hand-washing facilities in a school must never be overlooked in promoting good hygiene and enhancing health among students. This is because it is the place from where all the germs and bacteria start their attacks on the human body. Clean toilets also help improve children mental well-being. SMK SANZAC's PTA works closely with the school to ensure that all the students are able to use a clean toilet and free of unpleasant odour. SMK SANZAC practices toilet and sanitation education and has proven its successes through the following awards received:

YEAR	AWARDS RECEIVED
2008	Champion for Best Toilet Management (Kota Kinabalu District Education Office level)
2010	Champion for Cleanest Toilet Award (Kota Kinabalu City)
2010	Gold Medal for Cleanest Toilet Award 1Malaysia (National level)
2012	Champion for Best Toilet Management (Sabah State level)
2013	Gold Medal for Cleanest Toilet Award 1Malaysia (National level)
2016	Champion for Cleanest Toilet Award (Kota Kinabalu City)

2. Innovation Product – 'Cantek Sira Soap'

The journey to success in this product development is a series of steps taken which includes researching into ways and resources that will help with overcoming problematic skin. The teachers and students involved did many trials and errors as well as experiments to develop 'Cantek Sira Soap'. The whole school was informed about this innovation through the sharing of the product by the students during the school assembly. Teachers and students who have skin problems used the 'Cantek Sira Soap' and gave testimony about the effective cure of their respective skin problems.

The achievements of 'Cantek Sira Soap' product are:-

- Chosen by the Sabah State Government as one of the participants in the 2016 IGEM (International Greentech & Eco Products Exhibition & Conference Malaysia) in Kuala Lumpur on 5th -8th October 2016
- Emerged as Third Prize Winner (RM10, 000/=) in the Malaysia Innovation programme for Young Entrepreneurs SME Bank Y-Biz 2016.

13. Benefits/Impacts/ positive outcomes of the programme to students, school and the wider community

Caring Hearts...Cleaner Society (CH...CS) programme has brought many benefits and positive impacts to the students, school and the local community.

1. Students

1.1 Improved Personal Hygiene and Healthy Lifestyles

Students in SMK SANZAC are well-informed about taking good care of their own personal hygiene through the activities carried out by all the units and teachers teaching in the classroom. The on-going collaboration with the local healthcare services and clinics, the medical personnel have explained and helped identify students who need assistance in improving their health condition. Students make positive decisions about their health and take such knowledge home to their families.

1.2 Clean Toilets

Clean toilets for students will help students to have better ability to learn because healthy students in healthy environments learn more effectively. The team of students with the guidance of teachers put up educational materials in the toilets and have named the centralised toilet as 'Tandas *STEDI*'. The acronym STEDI stands for S= *Selesa* (Comfort), T= *Tenang* (Calming), E=*Efektif* (Effective), D=*Didik* (Educational), I=*Inovatif* (Innovative). Hence, students in this school learn to appreciate the clean toilet facilities and always do their part to upkeep the cleanliness in the toilets.

1.3 Ability to differentiate types of plastics

Students in SMK SANZAC have good knowledge about the adverse health effects of the different types of

plastics. They are able to identify the plastics that are hazardous to their health. Students bring their own safe plastic containers and reduce the usage of plastic bags, too.

1.4 Good values

When the school put lots of emphasis on the CH...CS programme through the various activities, students began to adopt and portray good values like responsibility, gratitude, courtesy and respect for elders and peers. Students become more positive towards keeping a conducive classroom and clean school environment. This promotes a favourable atmosphere for effective teaching and learning to take place.

1.5 Public Speaking Skills

Students are trained to present the information about CH...CS to all the visitors who come to visit SMK SANZAC. Besides that, students also go to the streets to talk to the local community about the types of plastics and the health hazards of certain plastics. They aim to campaign to the local community to reduce the use of plastics and practice recycle habits to protect the environment. In this way, students build up their confidence level to speak to the public and are able to handle difficult situations with the teachers' guidance.

1.6 Improvement in Students' Attendance to School

Since 2015 when the new Principal and two new Senior Assistants began the intervention of a whole-school approach to cultivate a healthy environment in terms of natural, public health and psychological well-being environment, there is a gradual increase in the students' attendance to school.

1.7 Drug-free and Free of Heavy Disciplinary Cases

Initially it was a challenge for the new administration team to curb the problems of drugs and vandalism in the school. Drastic measures were taken alongside with the CH...CS programme have proven success when SMK SANZAC is free from students involving in drugs and heavy disciplinary cases by the second half of 2016 and now. The local community has been very cooperative in helping the school to curb students' disciplinary problems like tackling of students' truancy and loitering at the nearby shops and housing areas. The local people could easily identify SMK SANZAC students through their military clip No.2 haircut and they would call the school to inform about the students' misconduct.

2. School

The school ethos and environment are very important. It is about the climate, atmosphere or feeling of a school and the way this impacts upon students' learning and teachers' work. With this integrated whole-school approach in the CH...CS programme, SMK SANZAC provides a safe, stimulating and welcoming learning environment for students' engagement in a holistic education.

SMK SANZAC becomes known for its effort to ban polystyrene in the school and promote and support the on-going campaign to reduce the use of plastics and recycle recyclable plastics. In addition, CH...CS programme aims to help needy students by encouraging students to collect recyclable plastics to school in exchange of money. The Students' Welfare Unit do fund-raising programmes in collaboration with the school's PTA to fund the recycling initiatives whereby for one kilogram of recyclable plastic which students bring, they will be given RM1.00. The teachers also sell the collected recyclable plastics to the re-cycling company to maintain the funding for those who come with plastics.

3. School-community partnerships and services

The school has conducted many sharing sessions about the CH...CS programme to visitors, education officers and visitors from Australia, Kelantan, the parents and the local community, too. Flyers were also distributed to disseminate information about the CH...CS programme. (See attachment in Document 1) The school trusts that this school-community partnership has a potential 'ripple effect' that SMK SANZAC is strongly promoting a healthy school via families and communities. The social connectedness also helps the school to ensure that student mental health and well-being and subsequently, their academic performance is being highlighted.

14. Plan for sustainability and plan for the future

Plans for sustainability:

- The CH...CS programme is a long-term, on-going and sustainable programme as it encompasses a whole-school approach to protect and promote the overall health and well-being of students, staff, and wider school and community members. This is because education and health are inseparable and that health supports successful learning. To attain good health, students need proper nutrition. Hence, the school will improve the existing set of policies, procedures, activities, and structures to ensure this effort is sustainable.
- The school plans to expand further the 13 existing units to more units to run activities related to improving health and nutrition in the coming year and years to come. Strategies and effort to protect the

environment and to improve proper healthcare and good nutrition will be further enhanced.

- The school will continue to collaborate with the PTA to seek funding for the many activities planned and to provide funds for the recycling and helping the needy students' project. Besides, continuous effort to will be taken to request for funding from the local Ministry and generous donors.

Plans for the future:

- **Funding**

Plans to expand the CH...CS programme to more Units will incur more expenses; hence the school together with the PTA and school Alumni will continue to seek for funding from local business people, non-governmental organisations and generous donors.

- **Research and Development (R&D) & Innovation**

The school plans to increase its R&D efforts towards life sciences, food and nutrition, health as well as wellness. The CH...CS programme in our school is initiated towards a Project-Based Learning concept which integrates knowledge and skills across the curriculum. We will also continue to innovate products through doing research into local herbs or natural products that can help to alleviate health problems. It is an on-going and undergoing continuous improvement and development. The school will work closely with the Sabah Chemical Department to conduct laboratory tests and also higher institutions on this respect.

- **Collaboration and Partnership with Local Government, Institutions and SEAMEO schools**

Developing a smart partnership and collaboration with the local government, local non-governmental organisations, universities, colleges to promote health programmes and raise further awareness about improving health and nutrition. We wish to collaborate with SEAMEO schools in a Project-Based Learning using this theme and to share experiences on the activities and projects carried out under the umbrella of Caring Hearts...Cleaner Society (CH...CS) programme.

15. List of supporting documents (Maximum of 5 documents) such as a copy of the school operational plan or school management plan, action plan, learning/ teaching materials, lesson plans, samples of student worksheet, manuals, etc.

Document 1) Caring Hearts...Cleaner Society Operational Plan, Posters and Brochures

Document 2) Science Teaching and Learning Materials, Lesson Plan

Document 3) Malay and English Language Teaching and Learning Materials, Lesson Plan, Students' work

Document 4) Healthcare Unit Operational Plans and Reports

Document 5) Cleanest Toilet Award in Kota Kinabalu City- PowerPoint presentation, Newspaper report

16. Photos related to the activity/programme (Maximum of 5 photos with captions in English)

Photo1



Students eating the nutritious food provided by the school's PTA under Healthy Students, Active Mind Programme : Free breakfast and lunch for students during the public examinations

Photo 2



Students' haircut rule Clip number 2, monitored by the Head of Discipline Unit, Mr. Norismaiwan and prefects of SMK SANZAC

Photo 3



Prize-award of RM10,000/= presented to SMK SANZAC, *Chantek Sira Soap* Team by The Honourable Minister of Education, Malaysia, YB Dato' Seri Mahdzir Khalid on 10th November 2016, Kuala Lumpur

Photo 4



COMMUNITY SERVICE BY SMK SANZAC KOTA KINABALU

Photo 5



Community service: Students led by School Principal and Chairman of school's PTA did cleaning up and disseminating information about hazards of plastics to our health in the market area and shops.