



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](http://www.seameo.org) or requested by sending an email to: [seameojapan.award@seameo.org](mailto: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](mailto:seameojapan.award@seameo.org))

### PART I: Details of Your School

1. Name of your school: SJK(C )WOON HWA
2. Full address: Bandar Baru Kangkar Pulai, Kangkar Pulai , 81300 Johor Bahru,  
Johor Darul Takzim, Malaysia.
3. Postcode: 81300
4. Country: Malaysia
5. School’s telephone number (country code+city code+telephone number): 6075272210
6. School’s fax number (country code+city code+fax number): 6075272210
7. School’s email Address: [jbc1047@moe.edu.my](mailto:jbc1047@moe.edu.my)
8. Name of the Head Master/Principal/School Director: (Ms or Mr) Ms Phang Oi Mei
9. Name of the Teacher Coordinator: (Ms or Mr) Ms Tiw Seok Lian
10. Email address of the Coordinator: [tiwseoklian@gmail.com](mailto:tiwseoklian@gmail.com)
11. School website (if available): ...-.....
12. Educational level (Such as Grade/year 1-6 or Grade/year 6-12): ... Grade/year 1-6 ...
13. Total number of teachers in your school: ...46..... Teachers
14. Total number of students in your school: ...790..... Students
15. Approximately number of teachers participated in planning and implementing this school’s programme for improving health and nutrition:...46.....Teachers
16. Approximate number of students participated in planning and implementing this school’s programme for improving health and nutrition: 790.. 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

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

SJK(C) Woon Hwa initiated the I-Care Project since January 2016. There are a variety of programmes implemented under different scopes along with the emphasis on students' physical health, mental health, nutrition and local diseases prevention. This project is successful with the support from teachers, parents, local community and collaboration with other partners.

The main focus in this project is I-Care Breakfast. Special and nourishing breakfast according to the menu examined by an authorised dietitian is designed for the obese students. Meals with high nutrients and low calories are designed to cater for students' need. In addition, the canteen caterer prepares breakfast with the vegetables from our organically grown vegetables in urban farming.

Our school has developed urban farming in school area where we plant a variety of organic vegetables like spinach, broccoli, cauliflower, pumpkin and many more. Organic fertilizer is supplied from food waste composting, kitchen waste composting and eco-enzyme. Neither chemical fertilizer nor pesticide is used for our vegetables to guarantee nutrition and good health for our students. Our vegetables are also sold to the local community and they are also influenced to consume organically grown vegetables for better health promotion.

In order to increase students' physical fitness and healthy growth, it is stipulated in their curriculum to have an hour of physical exercises every week. Besides that, with the implementation of One Sport One Student Program (1M1S), level 2 (Year 4 to Year 6) students are involved in the co-curricular activities once a day after school from 1.15pm to 3.45pm. Students are arranged into different sport houses and games for regular practice. They are trained in different games like basketball, volleyball, table tennis and field events like running, long jump, high jump, shot put and so on. It is also optional for students to participate in martial arts like Wushu, Taekwondo and Cheerleading Group. On an annual basis, we have our Sports Day for all students from Year 1 to Year 6 to take part in numerous competitions, races and field events.

Mental health development of our students is taken seriously by the school management. A traditional Chinese rhyme, Di Zi Gui is introduced to all the students using songs and music. Good manners, proper behaviors and noble characters are built along with the meaning of the rhyme. The idling time during assembly, period transition and recess is used fruitfully by getting students to recite the rhyme.

In addition, good personal hygiene and vaccination are at utmost importance in local disease prevention. All the students are briefed with the proper procedures in washing hands and face in a talk and they can easily find the information around school area. Toilets and washrooms are equipped with

hand sanitizer for proper cleaning. School cleaners perform regular cleaning of toilets and classrooms with disinfections to kill germs. In preventing local diseases like Diphtheria, Tetanus and MMR, all Year 1 students are given vaccination with the cooperation from the Ministry of Health. Besides that, National Cancer Society Malaysia also provides vaccination for Hepatitis B for those students who need it. Besides that, our school requests the town council for a fogging service to destroy mosquito breeding grounds thus preventing local diseases like Dengue fever and Malaria.

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

The absenteeism due to illness of students from school day means students loss of the opportunity in learning. So, a healthy student performs well in his/her learning. The absenteeism due to illness data in 2015 showed more than 7% of students.

The number of discipline cases is also increasing in past 4 years from 4 cases to 9 cases. The data is alarming us to do something that can improve the behavior of the students in the school.

As part of a required school health examination, a student's weight and height is measured. These numbers are used to figure out the students' body mass index (BMI). The BMI helps the school teachers know if the student's weight is in a healthy range. It was routine job for a teacher to take the weight and height of a student. However the school management has always concerned about the children health. The programmes have been carried out to ensure all the students are healthy. The BMI data in 2015 showed that there was more than 50 students at the obesity range and more than 70 at the underweight range.

We believed that a healthy student will perform well in all the aspect either in academic or co-curricular. The experience tells us that students perform well in academic or co-curricular, they will not have any discipline cases. Therefore, we need to conduct a series of programs to ensure the students are healthy.

The school encountered more than 50 students BMI was in obesity in 2015. The school management decided to help the students by introduce initiated the I-Care Project since January 2016. There are a variety of programmes implemented under different scopes along with the emphasis on students' physical health, mental health, nutrition and local diseases prevention. This project is successful with the support from teachers, parents, local community and collaboration with other partners.

### 4. Objectives/goals of the programme

4.1 To increase the awareness of our school students, teachers and local community on the importance of health and nutrition for sustainable development.

4.2 To reduce the percentage of students absenteeism due to sickness from 11% (2016) to 5% by June 2017.

4.3 To reduce the students discipline cases from 9 cases (2016) to 5 cases by June 2017.

4.4 To increase the academic results (UPSR) from 67.54% (2016) to 79.82% by 2017.

4.5 To increase the number of achievements in co-curricular competitions from 2 (2016) to 7 (2017)

4.6 To reduce the number of underweight students from 86 students (2016) to 50 students by June 2017.

4.7 To reduce the number of obesity students from 98 students (2016) to 60 students by June 2017.

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

This project started from January 2016 until current.

6. Activities (Actions and strategies of implementation)

Name of Program	Actions and Strategies of Implementation
Urban Farming (Since June 2016)	The 1 meter square vegetables farm was initiated with the intention to supply organic and pesticide free vegetables to the school canteen. We recycle our green waste and kitchen waste to produce organic vermicompost, compost and eco-enzyme as fertilizers and pesticide. Despite supply to the canteen caterer, we sell our vegetables to our pupils, teachers, parents and community. Vegetables farm supply variety of vegetables like brazilian spinach, kangkong, lettuce, pumpkin, white raddish, okra, cabbage, bitter melon, eggplant, clauliflower, asparagus, wolfberry, brocolli, dwarf white, sweet potato leaf, amaranth – round and ceylon spinach. All of these vegetables contains variety of vitamins and nutrients that are good for our health. The most important is that the vegetables are OGRANIC and PEST FREE!
I-Care Breakfast (Since Jan 2016)	It caters for all the students from Year 1 to Year 6 in SJK(C) Woon Hwa. The canteen caterer prepares nourishing breakfast according to the menu examined by an authorised dietitian. Meals with high nutrients and low calories are designed for students' need. In addition, the vegetables are supplied from our own planted organic vegetables. Parents pay for the breakfat at RM2.50 each meal. I Care Breakfast has benefited our students in their physical growth and mental health development. Many students have shown improvement on their academic achievement and weight control along with this program. Besides that the junk and flavared food and carbonated beverage are prohibited selling in school canteen.
Classroom Cleanliness and Beautification Competition (Since Jan 2002)	It is an initiative to promote cleanliness and beautification in classrooms. Students are given the main responsibilities and leading roles to keep their classrooms clean, tidy, bright, creative and cheerful. The competition is judged under two categories, level 1:Years 1,2 and 3 and level 2: Years 4,5 and 6. This competition is carried out weekly throughout the year which a judge is appointed weekly from the panel to assess the level of cleanliness. The winning classes are awarded with a certicate to recognise and value their all-out effort and great diligence performing their duties and responsibilities. At the end of the year, a judge will give a verdict on the overall champion from Category Level 1 and Level 2, respectively.

Immunization Schedule for National Immunization Programme (23 Apr 2017)-every year	Vaccination in Malaysia is scheduled by the Ministry of Health for the secure and safety for the local residents. Diphtheria, Tetanus (DT booster) and second dose of MMR are compulsory vaccinations for Year 1 students. The MMR is a safe and effective combined vaccine that protects against three separate illnesses – measles, mumps and rubella (German measles) in a single injection. The full dose of MMR vaccination requires two doses.
Annual Sports Day (Since Jan 2002)	All the level 2 students (Year 4 to Year 6) are assigned with a sport activity or games to practise every Wednesday during the co-curricular activity slot. Students learn about Track and Field event that involve competitive running, jumping, basic sprint, high jump, long jump, and javelin. Talented students are trained to take part in the annual school Sports Day. Our students also take part in the Sports Championship among schools in Kulai District.
1 Malaysia Milk Programme	It caters for all the eligible students and ensure that students from low-income families are given milk. Each student will receive two boxes of chocolate flavoured milk (200ml), twice a week. Chocolate flavoured milk is healthy for teeth, since the cocoa, milk fat, calcium and phosphorus in chocolate milk may help to protect against cavities. Research shows that kids who drink chocolate milk don't have more added sugar or fat in their diet and they are able to maintain a healthy body weight and better focus in academics.
Happy Teeth! (15 Feb 2017, 13 Mac 2016)	It is a flexible oral health education program that exposes students to the importance and understanding of oral hygiene and dental care. Students are given a talk about dental education and basic teeth brushing techniques by a certified dentist. Cooperating with the Ministry of Health, a regular check on students' teeth is conducted yearly. Treatments are provided to prevent cavities.
Co-curricular Activities (Since Jan 2002)	All the students learn about Sports and games that involve competitive sports such as football, basketball, badminton, volleyball, table tennis and others every Wednesday after school. Some students learn martial arts like Wushu and Taekwando during this period. They are trained on self-defense to recognize situations in which physical self-defense may be necessary and also to develop their self discipline.
Filtered Drinking Water (10 Apr 2017)	Safe drinking water is provided to all the community in school with the installation of filtered water dispenser by The Water Specialist IDE. The company provides regular preventive maintenance on the water filters to ensure the cleanliness and hygiene of the water. In the other word, our school make safe, and unflavored drinking water available throughout the school day at no cost to students.
Mud Balls Making Workshop	Specialists from the EMRO SDN BHD SUTERA UTAMA came to our school to give a talk to students about the benefits of Effective Microorganism (EM) in our life. During the talk, the making of Mud Balls using EM was

(13 Mac 2017, 2 Apr 2017, 18 Jul 2017)	delivered to the students and local community. A few hundreds of mud balls are made and were thrown into a nearby polluted river with the cooperation between school and local community.
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7. Teaching and learning approaches that the school applies for teaching “Improving Health and Nutrition”

All students from Year 1 to Year 6 are compulsory to attend the lesson of Physical and Health Education in their curriculum. This subject is divided into two lessons per week where each lesson takes 30 minutes. In two lessons, students are brought to the field, activity hall or courts for the specific activities to be conducted. Another lesson is conducted in the classroom whereby students learn theoretical knowledge about health and hygiene. Different scopes and themes designed for the whole year is stated in the yearly plan. Teachers plan the lesson well before starting the activities with students.

Cooperative Learning (CL) is applied in the lessons which greatly enhance students’ achievement in the physical, social, cognitive, and affective domains. Cooperative Learning has also been shown to promote inclusion, engagement, and active participation in learning with diverse learners who hold varying learning needs. This CL approach to physical education is capable of meeting a wide range of educative goals in physical education. During the lesson, students are grouped with multi-ability students. Students with a stronger ability will complement the weaker ones. They help each other in achieving their learning goals. Group work in this approach has shown effectiveness in guiding students towards their knowledge grasping.

Another approach utilized for physical exercise is sport education approach. It has an important curricular implication; that is, it cannot be fitted easily into a short unit, multi-activity program. Sport education also has important instructional implications; that is, its purposes are best achieved through combinations of direct instruction, cooperative small-group work, and peer teaching, rather than by total reliance on didactic and traditional skill, drill-oriented teaching methods. Students are trained in strategic play and they have the understanding to differentiate good and bad practice in sports. Therefore, they could use their knowledge in improving their sport practice. The most important point in this approach is regarding sports as part of a physically active lifestyle and act in ways that serve to preserve, protect, and enhance their sport culture.

Another subject in the curriculum that focuses on Health and Nutrition is Science. Students learn this topic under the theme of ‘Investigating Living Things’. Students attend Science lessons 4 times a week. Some lessons are carried out in classrooms, some experiments are conducted in the Science Laboratory and some hands-on activities are carried out outdoors. Teachers plan the lesson well by preparing all required teaching aids to enhance their teaching. Students are always curious in Science and thus the Science teachers fit the learning environment to the students’ interests, needs and level of maturity so that they can become highly motivated.

In the teaching of nutrition, Science teachers teach using Constructivist Approaches to help student to reconstruct their prior knowledge about food based on new experiences in the lesson. Thus, students

relate what they have understood about food then came out with a new concept about nutrition which they could distinguish between healthy food and unhealthy food. In making their learning hands-on, they are required to go to the school canteen to categorize different kinds of food based on their nutrients.

On top of that, concept mapping is utilized in teaching nutrition where students build their concept on a food pyramid and develop connections of the food with their nutrients group. Students could relate the quantity and quality of their food according to this concept. By categorizing this, their mindset of a balance diet would be built and it would reflect in their habits and practice.

Finally, reflective approach is vital in getting students' to analyze and rethink about their daily meals whether they are eating healthily or the vice versa. This approach would guide students in correcting their unhealthy eating habits which could improve their health in a long run.

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

Our school sells the organically grown vegetable to the local community on a regular basis. Through selling vegetables, the local community is encouraged to consume organic vegetables for absolute nutrition and promoting their health condition. A compost making workshop was conducted in teaching the local community how to make compost so that they could utilize it to grow a better and nutritious vegetables at home.

On 9 July 2017, our school management together with some parents from the Parent-Teacher Association harvested the organic vegetables from our farm to cook a nutritious meal for 263 old folks in an old folk's home in *Persatuan Kebajikan Orang-orang Tua Tun Sri Orkid*. The meaningful trip brought a lot of happiness and fun to the old folks. During the visit, the headmistress gave an explanation to the old folks and local community there about healthy eating. She stressed on the importance of taking a balanced diet especially for old folks to maintain their health condition.

Besides that, our school had conducted a Charity Run in 2016 where the local community joined the school in the running event. They were delivered about the importance of maintaining their optimum health by doing physical exercises regularly. The local community participated actively in the run and charity sale. In the charity sale, there were some food booths set up for selling organic and nutritious food and ingredients. Local community who visited the booth was briefed about the benefits of organic food and ingredients to our body and health. It opened their eyes to a variety of healthy choices for their daily cooking. This exposure has changed their eating habits and lifestyle.

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

Name of Partners	Roles and Contributions
Parent-Teacher Association	<ul style="list-style-type: none"> <li>● Develop urban farming to supply nutritious organic vegetable for local community</li> <li>● Make organic fertilizing with kitchen waste composting, food waste composting, vermicomposting and eco-enzyme</li> </ul>

Ministry of Health (dental hygiene)	<ul style="list-style-type: none"> <li>● Give a talk to all students about basic teeth brushing techniques</li> <li>● Teach students how to brush teeth correctly.</li> <li>● Perform yearly check on students' teeth</li> <li>● Provide necessary treatments for those students</li> </ul>
Ministry of Health (disease prevention)	<ul style="list-style-type: none"> <li>● Give vaccination to Year 1 students for disease prevention (Diphtheria, Tetanus and MMR)</li> </ul>
Ministry of Health (nutrition)	<ul style="list-style-type: none"> <li>● Give a talk to all students about basic a balanced diet</li> <li>● Teach students how to calculate their own BMI</li> <li>● A dietitian inspects the i-Care menu in the canteen</li> </ul>
National Cancer Society Malaysia	<ul style="list-style-type: none"> <li>● Give vaccination to students (optional) for disease prevention (Hepatitis B)</li> </ul>
Town Council	<ul style="list-style-type: none"> <li>● Perform fogging for school area to prevent mosquitoes breeding on yearly basis</li> </ul>
The Canteen Caterer	<ul style="list-style-type: none"> <li>● Prepare nutritious breakfast to students according to i-Care menu.</li> </ul>
Coco Ah Huat Company	<ul style="list-style-type: none"> <li>● Deliver healthy drinks information to students and supply nutritious Coco drinks to them on yearly basis</li> </ul>
Nestlé Company	<ul style="list-style-type: none"> <li>● Deliver healthy drinks information to students and supply nutritious Milo drinks to them on yearly basis</li> </ul>
Cergas Taekwondo Academy	<ul style="list-style-type: none"> <li>● Develop students the skills of martial arts</li> <li>● Build students' confidence to succeed and take control of their life.</li> </ul>
AD Theatre	<ul style="list-style-type: none"> <li>● Develop students the skills of Chinese martial arts</li> <li>● Build resilience in our students as Wushu is a very dynamic sport and it requires a lot of efforts and determination in training</li> </ul>
IDE The Water Specialist	<ul style="list-style-type: none"> <li>● Install water filters in school for students and teachers</li> <li>● Provide safe and clean filtered for drinking</li> <li>● Perform regular maintenance and service for the water filters.</li> </ul>
EMRO Sdn Bhd	<ul style="list-style-type: none"> <li>● Give a talk to all students about the benefits of EM (effective microorganism) in our daily life</li> <li>● Teach students how to make EM mud balls.</li> </ul>
Sutera Utama (Dr Gan Hui Chin)	<ul style="list-style-type: none"> <li>● Give a talk to all students about the making of EM mud balls</li> <li>● Teach students how to make EM mud balls.</li> </ul>
EMRO Sdn Bhd	<ul style="list-style-type: none"> <li>● Give a talk to all students about the benefits of EM (effective microorganism) in our daily life</li> <li>● Teach students how to make EM mud balls.</li> </ul>



Center for Sustainable Nanomaterials (CSNano), Faculty Science, UTM	<ul style="list-style-type: none"> <li>● Organized a Science Camp to promote the importance of Science for primary school.</li> <li>● Teach pupils and demonstrate the chemical experiments.</li> </ul>
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(Please add more row if it is necessary)

#### 10. Resources used for implementation

In order to achieve the targeted objectives in this project, a lot of manpower is required in the planning and implementation of the programmes. Thus, a strong committee has been set up by forming all the school teachers under various groups with the supervision of the headmistress. Teachers work hand in hand with the authorities and other partners for the programme implementation. In addition, parents from the Parent-Teacher Association play a vital role in supporting the programmes by physical involvement, moral support and fund.

Other than human resources, our school structure is well-equipped with a variety of sports equipment for physical education. Each year, fund allocation is gained from the government for purchasing new sports equipment, teaching aids and modules to enhance students' teaching and learning. The fund is utilized fruitfully according to the needs of students. Besides that, students are provided sufficient space and proper area for conducting their games and sports like badminton court, basketball court, football field, activity hall and classrooms.

Our school canteen is well-equipped with necessary equipment and tools for preparing I-Care Breakfast. Fresh and nutritious ingredients are purchased, stored and handled hygienically. Each meal is supplied to students in a clean and safe container provided by the school management. Regular check-up on the cleanliness, tidiness, hygiene and good practice have been carried by the school management to ensure students have food under a clean and safe environment.

#### 11. Monitoring and evaluation mechanisms and summary of results

The awareness among the families and community on the importance of health and nutrition for sustainable development is adapted through **Family and Community Engagement Policy**. School management and teachers are committed to making families and community feel welcomed. Family and community are committed to actively supporting their children learning and development. We have 31 of family members participating as urban farming volunteers. In order to provide safety and nutritious food, they are committed to plant the organic and pesticide free vegetables in the school compound for their children consumption in school. Besides that students are also involved in the urban farming to educate them on how to get the safety and nutritious food by their own.

**Physical education** is an academic subject characterized based on the national standards for physical education. Our school has planned for 1 hour a week for every classes to develop students' motor skills, knowledge and behaviors for healthy active living, physical fitness, sportsmanship, self-efficacy and emotional intelligence. The well-planned of the physical education has brought the good result of reducing the percentage of absenteeism due to sickness. Students gained the opportunity to

know key concepts and practice critical skills needed to establish and maintain physically active lifestyles in their daily life. Apart from the above, we have measures in **preventing local diseases** like Diphtheria, Tetanus, Hepatitis B, MMR, Dengue Fever and dental caries through vaccination, fogging and regular body and teeth check-up for students. Besides, water filters are installed in school areas to **provide free and safe drinking water** to the school community to prevent water-borne diseases. All these efforts protect students from suffering impairment in their physical and cognitive development. Finally, the result was encouraging. It has shown the dramatically dropped in the percentage of absenteeism due to sickness to 3% by June 2017.

In order to reduce our school discipline cases, a traditional Chinese rhyme, **Di Zi Gui** is introduced to all the students using songs and music. Good manners, proper behaviors and noble characters are built along with the meaning of the rhyme. The idling time during assembly, period transition and recess is used fruitfully by getting students to recite the rhyme. Although the result was not meet our target, the number of discipline cases was shown a slightly drop by 11 cases by June 2017.

Being fit in physically and mentally has led students to be more attentive in the classroom and race field. As a result, they are able to perform in academic and co-curricular activities. The result in 2015 showed that there was 46.92% of students past the public examination for elementary (UPSR). However, in 2016 the result has shown 67.54% of students past the examination and we hope and aim 98% of students pass the examination in coming 11<sup>th</sup> to 18<sup>th</sup> September, 2017.

With the launching of **I-Care breakfast**, the consumption of nutritious and low calories meals has helped many students to achieve an ideal **BMI**. Those underweight students have successfully achieved the ideal weight after taking a balanced meal in school in a long run. We have achieved our objective to reduce the number of underweight student to 46 students.

Meanwhile, some students who suffered from obesity have reduced their weight steadily and some have shown better **BMI** after a year. Although we were unable to achieve our objective to reduce the number of obesity students to 60 students, but we have reduced it to 77 students.

Lastly, all these efforts aim at changing our students' lifestyle towards a better health and nutrition purpose and this also includes the influence in our local community.

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

- a. The Winner of Third Malaysia Agro Excellence Award 2017 by Agricultural Protection and Development Association of Malaysia (APDAM)– Healthy Horticulture Excellent Award
- b. Johor Sustainable and Low Carbon Schools Exhibition 2017 – Gold Medal
- c. Johor Sustainable and Low Carbon Schools Exhibition 2017 – The Best Booth Award
- d. Collaboration with Japan Kyoto Environment Activities Association for “Low Carbon Capacity Building”2017 - One of the three schools selected from Johor state, Malaysia.
- e. Taekwondo Kukkiwan Cup Malaysia 2016 – Gold Medal

- f. Malaysia International Mathematical Arithmetic for Schools 2017– 1 Gold, 3 Distinctions
- g. Malaysia Mathematics Invitational 2017 – 2 Gold, 2 Distinctions, 1 Credit
- h. Malaysia International Mathematic Olympiad Competition (MIMO) – Bronze Medal
- i. Johor Sustainable and Low Carbon Schools Exhibition 2016- Silver Medal
- j. Making of Mudballs Competition by Sutera Deveopment Sdn. Bhd 2017-Bronze Medal

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

Students have benefited the most from this I-Care project. They have improved their health by taking more nutritious breakfast and regular physical activities. About 67% students have achieved their ideal BMI under this project. By enjoying better health, students are less attacked by sickness and diseases which is shown by the increasing attendance rate in current year. As far, the good hygiene practices within school areas have shown zero cases of local diseases and food poisoning issue. Being fit physically and mentally has led students to be more attentive in the classroom. Their concentration in the studies has shown an improvement in their academic results. As children’s cognitive development is associated with their physical and mental health, this project has brought numerous positive outcomes in their prolonged learning in school.

School management has realized students to be well-disciplined with the teaching of Di Zi Gui Rhyme. Students are more under controlled within and outside their classrooms. Less disciplinary issues are being reported as they have learnt of self-disciplining themselves. In addition, the introduction of i-Care breakfast provides meals with low calories and sugar. Therefore, hyperactive students are seen to be well-controlled in the classrooms and classroom management is handled well by teachers.

### 14. Plan for sustainability and plan for the future

The I-Care project is found to be effective based on the results monitored after a year of implementation. Therefore, to make the project sustainable, I-Care breakfast is planned to be introduced to every student in school for the coming year. Besides catering for their breakfast, the concept of I-Care breakfast would be expanded into I-Care lunch as well for all students from Year 3 to Year 6 who stay back in school every Monday, Tuesday and Wednesday afternoon for school programmes and extra-curricular activities. Our plan for I-Care breakfast and lunch will be more emphasized on the special tailored-menu to suit to the every single student (underweight or obesity).

At the same time, students’ growth will be closely monitored by measuring their height and weight and calculating their BMI. Plans and measures will be tracked down to every single student who has not achieved their ideal BMI.

For better improvement on our hygiene and sanitation, we plan to get cooperation from the local hospital to give a health talk about hygiene, sanitation, local disease prevention and health care education to parents as well as local community.

Besides, we also planned to create a better **safe physical environment** for the future. We will build

a pleasant and welcoming eco area by October 2017. Fire extinguishers are installed and maintained regularly in all the school areas. All area of the school has sufficient lighting, and secluded areas are sealed off or supervised. Pedestrians in school areas are offered special protection including safe bus or car loading and unloading. Spaces and facilities for physical activity are upgraded and meet the recommended safety standards.

In all these future plans, we hope that we can create a better healthy school for our children.

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.

If the supporting documents are in the local language, please provide a brief description in English language.

Document 1) (Organization chart.pdf): The organization chart of I-Care Project  
Document 2) (IcarebfReport\_menu.pdf) :The I-Care breakfast report and menu  
Document 3) (StdAffairs\_report.pdf) :The Student Affairs Programmes  
Document 4) (Curriculum\_cocurricular2.pdf):The Curriculum and Co-curricular Programmes  
Document 5) (Result.pdf):The UPSR Result, Attendance, BMI data

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

Photo1



(Caption in English)

Students enjoy eating i-Care Breakfast which is prepared by the Canteen caterer and the local community.

Photo 2



The dietitian talked on a balanced diet



The dentist and nurse demonstrated the basic brushing techniques



Nestle Company teach the pupils about the benefits of nutritional food and to lead a good and healthy life.



Classroom Cleanliness and Beautification Competition

(Caption in English)

The activities been carried out to increase the awareness about the importance of Health and Nutrition

Photo 3



Students are trained on field and track



Students took part in Kejohanan Taekwondo Kukkiwon Cup Johor Selatan



Pupils join the Kulai District Sports Day



Students practice the skill of Taekwondo

(Caption in English)

The Co-Curricular Activities to strengthen the pupils physical fitness.



Photo 4



Pupils made mud ball in groups.



The pupils, parents, community volunteers and the members of Parent and Teacher Association (PTA) threw the mud balls into the river



Selling the vegetables to the pupils with the helped of school volunteers



Pupils harvest the vegetables.

(Caption in English)

Urban farming grows organic vegetables and the cleanliness awareness of mudballs activity.

Photo 5



Students enjoy drinking clean and healthy water in school



Sharing reading with Coco Ah Huat Company and China Press



Mosquito fogging of all area in SJK(C) Woon Hwa



Mosquito fogging of all area in SJK(C) Woon Hwa

(Caption in English)

The School Programmes to ensure the pupils' stay in a clean and healthy school.

## Guidelines for Submission of Entries

1. Schools can submit information about the school's programme/project/activity related to the theme "Improving Health and Nutrition" before **Tuesday 5 September 2017**. (The schools must ensure that the SEAMEO Secretariat receives entries by Tuesday 5 September 2017.)
2. Each school can submit only ONE entry.
3. **The school programme must have been continued at least one year.**
4. The submission of the school's programme must be done through the template "**Submission Form of 2017 SEAMEO-Japan ESD Award**". The submission form can be downloaded from the SEAMEO website: [www.seameo.org](http://www.seameo.org) or requested by sending an email to the following email address: [seameojapan.award@seameo.org](mailto:seameojapan.award@seameo.org).
5. Regarding the submission of information, each school must adhere to the following format, as specified in the Submission Form:
  - a) Part I - Information about the school;
    - 1) School name and contact details.
    - 2) Brief information about the school such as number of teachers and students and the educational level.
    - 3) Contact details of the coordinator.
  - b) Part II - Information about the school's programme;
    - 1) Title of the school's programme.
    - 2) Summary of the programme (one half-page of A4 sheet size).
    - 3) Background information or reasons why the school created the programme.
    - 4) Objectives/goals of the programme.
    - 5) Period of time when the programme was/has been started.
    - 6) Activities (Actions and strategies of implementation).
    - 7) Teaching and learning approaches that the teacher applies for teaching "Improving Health and Nutrition".
    - 8) Participation with the community and sharing of school practices to the community.
    - 9) Engagement of partners.
    - 10) Resources used for implementation.
    - 11) Programme monitoring and evaluation mechanisms.
    - 12) Achievement from the Improvement of Health and Nutrition Programme.
    - 13) Benefits/impacts/positive outcomes of the programme to students, school and the wider community.
    - 14) Plan for sustainability and plan for the future.
    - 15) List of attachments such as a copy of the related school plan, committee structure, learning/teaching materials, lesson plans, samples of student worksheet, manuals, etc.
    - 16) Photographs related to the school programme (maximum of five photographs with captions written in English).
6. Information about the programme (Part II as above) **should not be over nine (9) pages of A4 in total**. The information should be written in **Times New Roman font, 11-12 point size**. (A half-to-one page A4 sheet size about the project overview should be included.)
7. Information about the programme and the photo captions must be in English. The teaching and learning materials can be in local languages, however a brief translation in English should be provided.

8. All submissions should include related photos. (A maximum of **five** photographs with captions written in English.)
9. Schools can submit the "Submission Form of 2017 SEAMEO-Japan ESD Award" and other supporting materials to the SEAMEO Secretariat by

a) Email: [seameojapan.award@seameo.org](mailto:seameojapan.award@seameo.org) and/or

b) Send a **Compact Disc (CD) or handy drive containing the digital files of submission form and supporting documents to the following address by post.** (In case of damage to the CD, the printed version of the submission form should also be included in the mailing package.)

SEAMEO-Japan ESD Award,  
SEAMEO Secretariat,  
920 Sukhumvit Road,  
Klongtoey District,  
Bangkok 10110, THAILAND.

All entries submitted to the SEAMEO Secretariat will be acknowledged. If the school has not received any acknowledgement of the receipt from the SEAMEO Secretariat within one week after the submission,

## Judging Criteria

The judging committee will consider the following criteria in selecting the winning schools:

### 1. Strategy/ Modality of Implementation

- Health promotion and nutrition programme is emphasized and incorporated into school policies, management plans, and teaching and learning programmes within the school.
- The school has demonstrated the use of participatory processes – involving students, teachers, parents, community stakeholders and partners – in planning and implementing the programme.
- Appropriate and effective methods and resources are used to implement the programme.
- Monitoring and evaluation mechanisms or processes are systematically identified to the immediate and long-term outcomes of the programme.
- The school has demonstrated that the entire school joins together in improving health and nutrition condition of students.

### 2. Innovation and Creativity

- The school's programme has demonstrated innovative and simple practices in "Improving Health and Nutrition".
- The school has demonstrated innovative ideas for utilizing available resources.
- The entry is a new idea or an improved/adapted version of existing activities.

### 3. Teaching and Learning Approaches

- The school has demonstrated effective teaching and learning approaches that have developed awareness of students and community in promoting health and nutrition.
- The school has embedded knowledge about health and nutrition and other related environmental aspects into subject disciplines and incorporated ESD principles and pedagogical methods to ensure that students are able to connect the practices into their daily life and family.

### 4. Engagement of Community

- The school has engaged community partners such as neighbouring educational institutions, local government authorities and parent associations to co-implement the school's programme.
- The school's programme has encouraged public awareness and action for promoting health and nutrition for the community.
- The school's programme has strengthened student involvement and a contribution to improve the sustainable development of the local community.



## 5. Sustainability

- The school has demonstrated a clear future plan on how to sustain the programme.
- The school has integrated the promotion of health and nutrition within the school management plan and teaching and learning activities across subjects for a long-term action strategy.

## 6. Impact

- Results, both during and after implementation, have revealed the effectiveness and benefits of the school's programme to students, teachers, parents and the wider community.
- The school has clearly demonstrated that health and nutrition conditions of students have been improved after the implementation.

Note: Achievement of submitted programmes will be evaluated in accordance with the educational stage of each school (e.g. kindergarten / elementary / secondary / vocational and technical schools)

## Contact Information

For enquiry, please contact:

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Klongtoey, Bangkok 10110  
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Email: [seameojapan.award@seameo.org](mailto:seameojapan.award@seameo.org)

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