



**PAPER WORK OF 2014 DRUG EDUCATION AND PREVENTION (PPDa)
PROGRAMME IN COLLABORATION OF 1 STUDENT 1 SPORT (1M 1S)
PROGRAMME OF SI RUSA PRIMARY SCHOOL, PORT DICKSON,
MALAYSIA**

1.0 INTRODUCTION

Drug Education and Prevention (PPDa) Programme in collaboration of 1 Student 1 Sport was held every year in our school which is in line with the Ministry of Education through Drug Prevention Education Unit to support the celebration of the 2014 National Anti-Drug Day. Education aspects and drugs prevention are very important as for our generation is now facing serious threats regarding drugs abuse. As for that, an awareness of the danger of drug abuse should be applied in the early stage to the community.

Besides, through these planned activities, students are expected to take advantage of these opportunities as well as possible so that those impacts that yield from the participation of students as a whole could produce a quality human capital that can lead and later on could contribute to social development. This program is also align with the Policies and Goals Drug Prevention Education of Ministry of Malaysia Education towards the realization of "Drug-Free Schools" by the year 2012 which is now extended to 2015.

2.0 GOALS

- 2.1 Increasing students awareness on drug abuse that could detrimental life and health of our community.
- 2.2 To ensure that students have the knowledge and skills about healthy lifestyles and ability to practice it.

3.0 OBJECTIVES

The objectives of this program are:

- 3.1 To ensure that students have the materials to practice a healthy lifestyle.
- 3.2 To educate students about the harm of drugs since an early age.
- 3.3 Sowing and nurturing attitude to hate and stay away from drugs.
- 3.4 To provide healthy alternative programs of anti drugs to pupils..
- 3.5 Applying values and leadership through sports and club activities.
- 3.6 Creating racial integration through student participation in sports and clubs.
- 3.7 Increasing awareness of the importance of exercise in a healthy lifestyle.
- 3.8 Provide opportunity for all students to participate in sports especially to students who are not active in it.

4.0 TARGET GROUPS

The target groups for the Drug Education and Prevention (PPDa) Programme in collaboration of 1 Student 1 Sport are:

- Students Year 1 until Year 6 of Si Rusa Primary School.
- Teachers and staff of Si Rusa Primary School.

5.0 COMMITTEE MEMBERS

2014 DRUG EDUCATION AND PREVENTION (PPDA) PROGRAMME IN
COLLABORATION OF 1 STUDENT 1 SPORT MEMBERS
SI RUSA PRIMARY SCHOOL, MALAYSIA

Sponsor

COUNSELING AND GUIDANCE UNIT

In cooperation with

1 STUDENT 1 SPORT PROGRAM

PATRON	:	Mr. Mohd Yunus bin Nordin (Headmaster of Si Rusa Primary School)
ADVISER	:	Mrs. Maria binti Mior Mohd Yusof (Academic Senior Assistant)
CHAIRMAN	:	Mrs. Harlina binti Sulaiman (Student Affairs Senior Assistant)
VICE CHAIRMAN	:	Mr. Helmi bin Abdul Hamid (Cocurriculum Senior Assistant)
COORDINATOR	:	Ms. Grace Gayathri A/P Ramakarsinin
SECRETARY	:	Ms. Nur Adilah binti Mohd Paiz
COUNSELING TEACHER	:	Mrs. Razana Zuhairah binti Razali
COMMITTEE MEMBERS	:	Mr. Noor Asharuddin bin Hamzah Mrs. Norlia bt Abdul Aziz Mrs. Razaimah bt Kaliwan Mrs. Nurlizah binti Zainul Abidin Mr. Mohamad Khairul Asyraf b Mohamad Said

6.0 LIST OF PLANNED ACTIVITIES



Sekolah Kebangsaan Si Rusa, Port Dickson Activities for PPDa Program and 1M1S Program

Bil	Date	Activities	Details	Teachers in Charge
1.	4.8.2014 – 22.8.2014	Info 5 Minit Anti Dadah (every day)	Short speech by Mrs. Razana every morning.	Mrs. Razana (MC)
	4.8.2014	Colouring Contest (Level 1) <ul style="list-style-type: none"> • Year 1 (Say No to Cigarettes) • Year 2 (Say No to Drugs) • Year 3 (Say No to Inhalants) Quizzes <ul style="list-style-type: none"> • Year 1 (Spelling Quiz) • Year 2 (Word Search) • Year 3 (Crossword Puzzle) 	Colouring contest is carried from 7.45 am to 9.15 am. Quizzes are carried out throughout the day.	Mrs. Raja Hamidah Mrs. Zarina Mrs. Norasiah Mrs. Zubaidah Puasa Mrs. Rosmawati Ms. Adilah
2.	5.8.2014	Create Poster Contest (Level 2) <ul style="list-style-type: none"> • Year 4 (I rather eat bugs than do drugs.) • Year 5 (Be Healthy, don't do drugs) • Year 6 (Drugs: You Use, You Lose!) 	Creating poster contest is carried from 7.45 am to 9.45 am.	Mrs. Haslinda Mrs. Sazila Mrs. Sarinah M.

		<p>Quizzes (Level 2)</p> <ul style="list-style-type: none"> • Year 4 (Written Quiz) • Year 5 (Written Quiz) • Year 6 (Written Quiz) 	<p>Quizzes are carried out throughout the day.</p>	<p>Mrs. Nazriah Mrs. Suhana Mr. Hisham</p>
3.	6.8.2014	<p>Launching of Drug Education and Prevention (PPDa) Program in cooperation with 1 Student and 1 Sport (1M1S) Program by Royal Malaysian Police.</p>	<ul style="list-style-type: none"> • Launching by the police. • Talk by police representative about drug use and consequences. • Exhibition and games. 	<p>Mrs. Razana (MC) Mrs. Zubaidah Puasa Mrs. Rosmawati Mrs. Siti Sarah</p> <p>Ms. Grace Ms. Adilah Mr. Khairul Ashraf</p>
4.	7.8.2014	<p>Sport Activity for Year 1 and Year 2</p> <ul style="list-style-type: none"> • Blow and burst balloon • Filling water in the bottle 	<p>Sport activity is carried out from 7.45 am to 9.45 am.</p>	<p>Mr. Razali (K) Mr. Helmi Mr. Zulkifli Mr. Mazuan</p>
5.	8.8.2014	<p>Sport Activity for Year 3 and Year 4</p> <ul style="list-style-type: none"> • <i>Galah Panjang</i> • Rounders 	<p>Sport activity is carried out from 7.45 am to 9.45 am.</p>	<p>Mrs. Zubaidah (K) Mrs. Suhana Mrs. Lelawati Mrs. Razaimah</p>
6.	11.8.2014	<p>'Tree of Hope'</p>	<p>Pupils write their hopes and aspiration to live drug free lives and how they would like to succeed in life.</p> <p>(Placed in PPDa corner)</p>	<p>Mrs. Noor Laily (K) Mrs. Syazni Mrs. Lafizi Mrs. Maria Mrs. Norlia</p>

7.	12.8.2014	Talk by representative from <i>Agensi Anti Dadah Kebangsaan</i> (AADK) and exhibition by AADK.	<ul style="list-style-type: none"> • Talk by police representative about drug use and consequences. • Exhibition and games. 	Mrs. Razana Ms. Grace Ms. Adilah
8.	13.8.2014	Sport Activity for Year 5 and Year 6 <ul style="list-style-type: none"> • Sack race • Netball • Football 	Sport activity is carried out from 7.45 am to 10.15 am.	Mrs.Zubaidah (K) Mrs.Lelawati Ms. Adilah <i>Netball</i> Mrs.Razaimah Mrs.Noraini <i>Football</i> Mr Noor Asharuddin Mr. Khairul Ashraf
9.	14.8.2014	Video construction by TMK panel, Health Education panel and Civic and Citizenship Panel. <i>'Life Without Drug. Why??'</i>	Video done during the week. Please refer to Ms Adila for sample copy.	Mrs. Nurlizah Mrs. Nor Azlina Mr. Tang Ngie Kyu Ms. Adilah Ms. Grace
10.	15.8.2014	Visitation to an Orphanage	<ul style="list-style-type: none"> • Games (Sukan Rakyat) • Speech • Donation 	Mrs. Razana Mrs. Zubaidah Mr. Khairul Ashraf Ms. Grace Ms. Adilah

14.	21.8.2014	Prize giving ceremony for Drug Education and Prevention (PPDa) Program and 1 Student and 1 Sport (1M1S) Program.	<ul style="list-style-type: none"> • Colouring Contest • Creating Poster • Sport Activity - Year 1 and 2 - Year 3 and 4 	Mrs.Hayati Mrs.Siti Arafiah Mrs.Rohayu Mrs.Hazizah
15.	22.8.2014	<p>Aerobic exercise</p> <p>Prize giving ceremony for Drug Education and Prevention (PPDa) Program and 1 Student and 1 Sport (1M1S) Program by Port Dickson District Department (PPD), Mr Ramlan.</p> <p>Closing ceremony for Drug Education and Prevention (PPDa) Program in cooperation with 1 Student and 1 Sport (1M1S) Program by representative from State Education Department (JPN), Mr Mulub.</p> <p>Light refreshments.</p>	<p>Organized by PPDa program and 1M1S program.</p> <ul style="list-style-type: none"> • Sport Activity (Year 5 and 6) • Video Construction • Visitation of Orphanage <p>Speech and closing gimmick.</p> <p>Light refreshments, exhibition and video display.</p>	<p>Mrs.Zubaidah Puasa Ms.Adilah Mr Khairul</p> <p>Mrs.Hayati Mrs.Siti Arafiah Mrs.Rohayu Mrs. Hazizah</p> <p>Ms. Grace Mrs. Zubaidah</p> <p>Mr. Tang Ngie Kyu Mrs. Nor Azlina Mrs. Sarinah</p>

7.0 BUDGET FOR DRUG EDUCATION AND PREVENTION (PPDA) PROGRAM IN COOPERATION WITH 1 STUDENT AND 1 SPORT (1M1S) PROGRAM

7.1 Program Activities

Bil	Activity	Target	Details	Price of Unit	Quantity	Total
1.	Colouring Contest	Year 1 to Year 3	Photocopy	RM 5	3	RM 15
2.	Creating Poster	Year 4 to Year 5	Drawing Paper	RM 9	1 rim	RM 9
3.	Quizzes	Year 1 to Year 6	Photocopy	RM 3	6	RM 18
4.	Tree of Hope	Year 1 to Year 6	Colour Papers Oil Paint Flower Pot	RM 8 RM 20 RM 2	1 rim 1 tin 1	RM 8 RM 20 RM 2
5.	Video Construction	Year 1 to Year 6	CD Construction Plastic Cover	RM 18 RM 7	1 set 1 stack	RM 18 RM 7
6.	AADK Representative	Year 4 to Year 6	Contribution	RM 12	10	RM 120
7.	The Royal Police Representative	Year 1 to Year 6	Contribution	RM 12	10	RM 120
8.	Let's Do Banner	Year 1 to Year 6	White cloth Oil Paint - Blue - Green - Red - Yellow - White - Black	RM 3 RM 20	1 meter 2 tin	RM 15 RM 40 RM 40 RM 40 RM 40 RM 40 RM 40
9.	Orphanage Visitation	40 pupils	Food	RM 4	100	RM 400

			Contribution Prizes	RM 300		RM 300
			- Games	RM 4	40	RM 160
			- Hamper	RM 30	1	RM 30
Total						RM 1482

7.2 Prizes for Activities

Bil	Activity	Target	Details	Price of Unit	Quantity	Total
1.	Colouring Contest Creating Poster Quizzes	Year 1 to Year 6	1 st Price 2 nd Price 3 rd Price	RM 3 RM 2 RM 2	30 30 30	RM 90 RM 60 RM 60
2.	Sport Activity - Blow and Burst Balloon (Y1, Y2) - Filling Water in Balloon (Y1, Y2) - Galah panjang (Y3, Y4) - Roundres (Y3, Y4) - Sack Race (Y5, Y6)	Year 1 to Year 6	1 st Price 2 nd Price (10 pupils in a group)	RM 3 RM 2	10 pupils x10price 10 pupils x10price	RM 300 RM 200
3.	Sport Activity - Football (Y5, Y6)	Year 5 to Year 6	1 st Price 2 nd Price (12 pupils in a group)	RM 3 RM 2	12 pupil x 2 price 12 pupil x 2 price	RM 72 RM 48
4.	Sport Activity - Netball (Y5, Y6)	Year 5 to Year 6	1 st Price 2 nd Price (8 pupils in a group)	RM 3 RM 2	8 pupil x 2 price 8 pupil x 2 price	RM 48 RM 32

5.	Video Construction	Year 1 to Year 6	20 pupils	RM 2	20	RM 40
Total						RM 950

7.3 Launching and Closing Ceremony

Bil	Activity	Target	Details	Price of Unit	Quantity	Total
1.	Launching Of Program	Year 1 to Year 6	Manila Card	RM 0.80	5	RM 40
			Colour Paper	RM 2	1	RM 2
			Banner	RM 50	1	RM 50
			Balloons H2	RM 20	1 set (5 balloons)	RM 20
2.	Closing Ceremony	Year 1 to Year 6	Balloons	RM 10	1 set	RM 10
			Light Refreshment	RM 100		RM 100
Total						RM 222

7.4 Grand Total

Bil	Activity	Total Cost
1.	Program Activities	RM 1482
2.	Prizes	RM 950
3.	Launching and Closing Ceremony	RM 222
Total		RM 2654

8.0 SOURCE OF FINANCE

Bil	Activity	Total Cost
1.	Counselling Unit	RM 250
2.	PIBG	RM 600
3.	1 Student 1 Sport Provision	RM 500
4.	English Language Panel	RM 200

5.	Malay Language Panel	RM 150
6.	Physical Education Panel	RM 150
7.	Health Education Panel	RM 104
8.	Civic and Citizenship Panel	RM 350
9.	Art and Visual Panel	RM 200
10.	Science and Technology Panel	RM 150
Total		RM 2654

9.0 CLOSURE

Hopefully these activities can be carried out perfectly and thus enable the desired objectives to be achieved successfully. It is hoped that such healthy activities like this will be held continuously and get a good response from all sides in order to prevent and increase awareness of drug abuse. Hopefully, this effort has the support of all parties and give full benefits to pupils in particular.

‘HEALTHY COMMUNITY WITHOUT DRUGS’

Prepared by,

Date: 21st July 2014

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(MS. NUR ADILAH BINTI MOHD PAIZ)
Secretary of Drug Education and Prevention (PPDa) Program,
Si Rusa Primary School
71050, Port Dickson, Negeri Sembilan, Malaysia.

Revised by,

Date:

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(MRS. HARLINA BINTI SULAIMAN)
Student Affairs Senior Assistant,
Si Rusa Primary School
71050, Port Dickson, Negeri Sembilan, Malaysia.

Approved by,

Date:

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(EN MOHD YUNUS BIN NORDIN)
Headmaster
Si Rusa Primary School
71050, Port Dickson, Negeri Sembilan, Malaysia.