



# Healthy Life Education



## Report 2009



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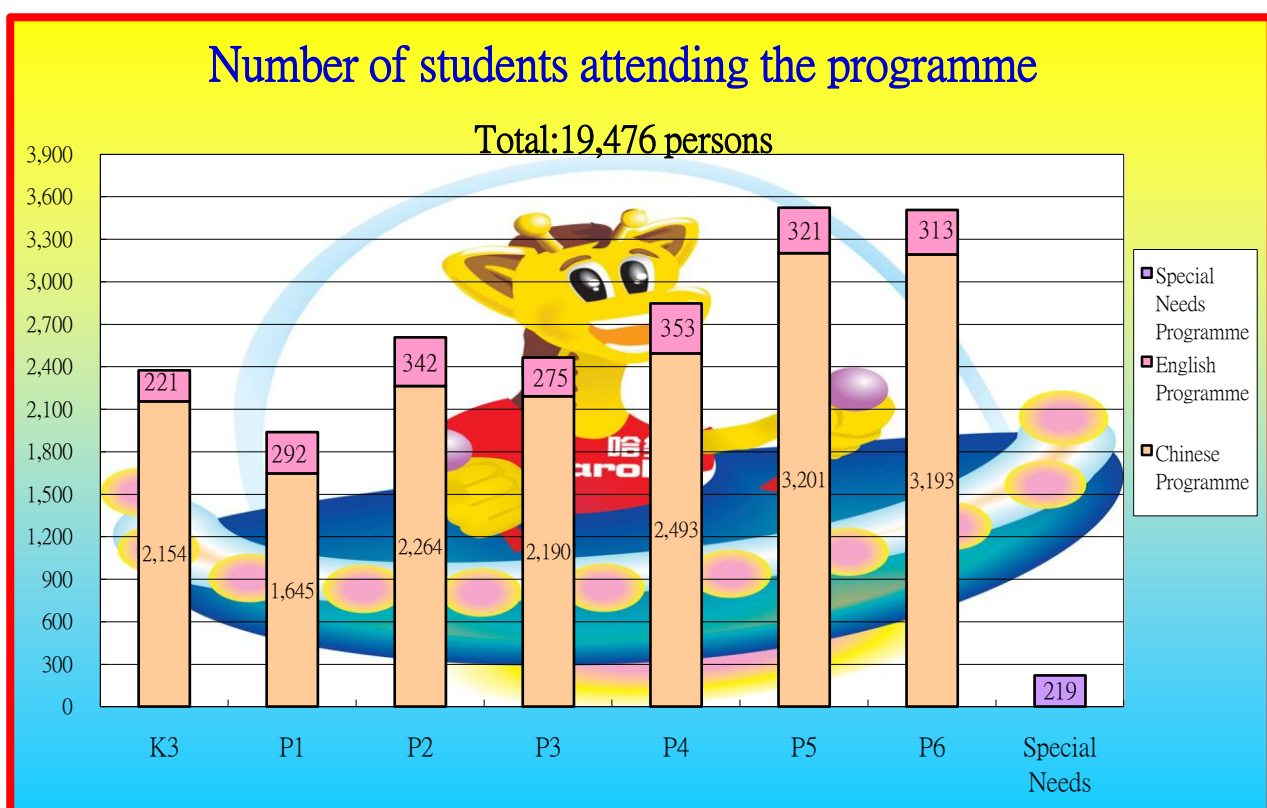
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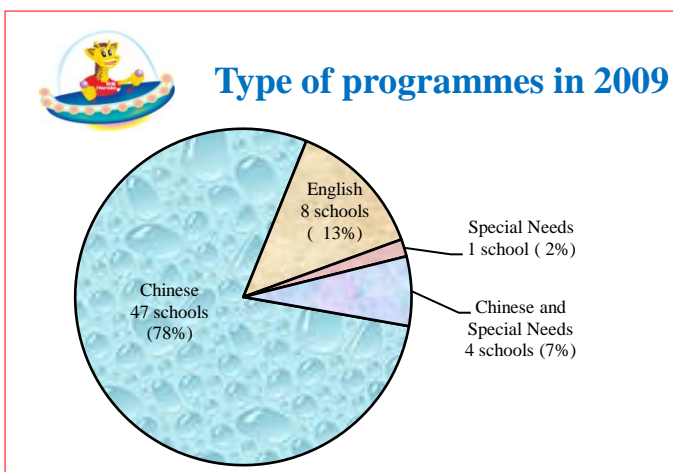
Reported by: Educators of Healthy Life Education–Division of  
Prevention of Drug Abuse  
Date: March, 2010

## 1. Number of schools and students participation in the programme

"Help children lead a Healthy Life, prevent them from addiction to drugs" is the mission of Healthy Life Education Center. Over past 10 years, we have been continuously providing the primary students with a set of positive and systematic healthy life education programme and the schools participate actively each year. Due to the impact of H1N1 epidemic, there was some cancellation of classes in the beginning of 2009 and a complete closed for all schools in July, so the number of students attending the programme declined slightly compared to last year. In 2009, a total of 19,476 students from 60 schools participated in the programme, including 17,140 students of Chinese programme, 2,117 students of English programme and 219 students of Special Needs programme and a total of 931 teachers.

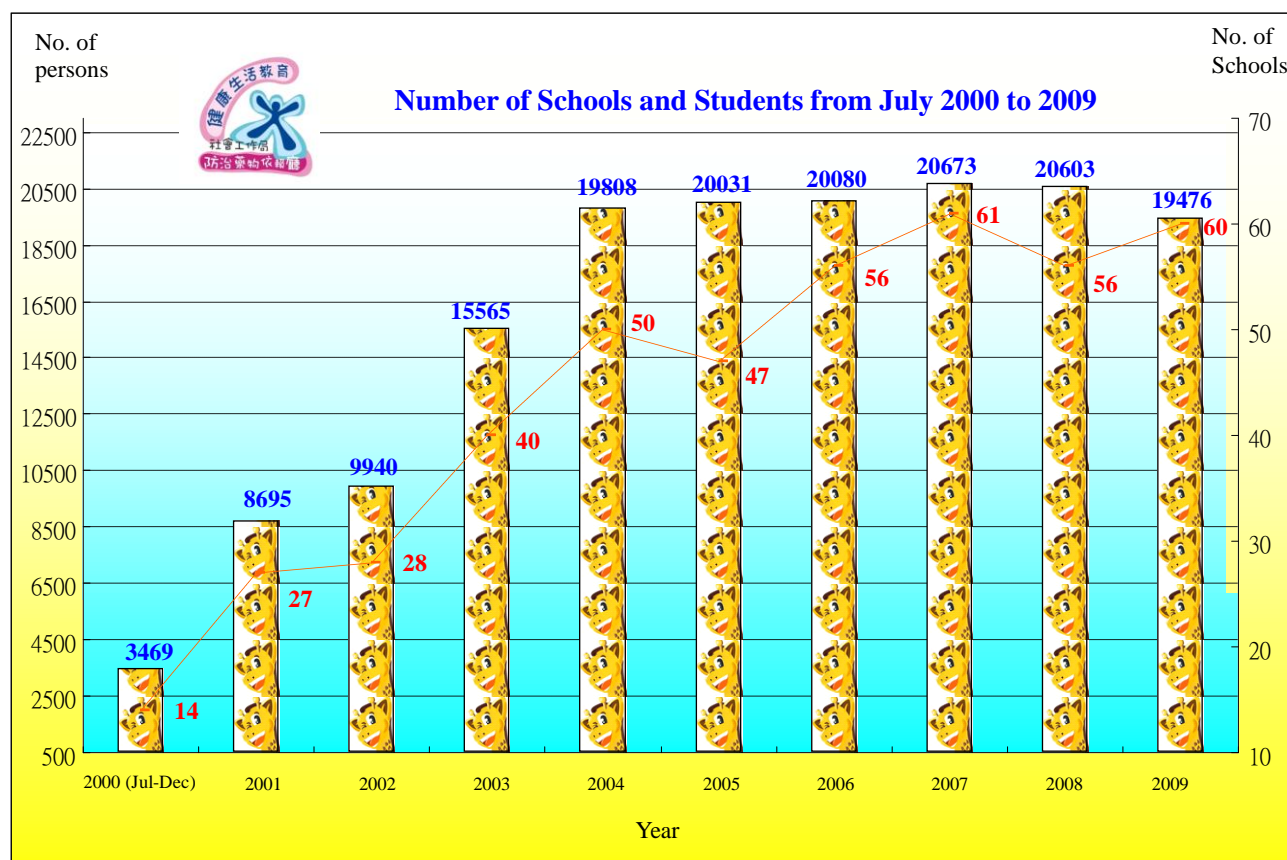


In terms of types of programme for schools, there are 47 schools participating in Chinese programme, 8 schools for English programme, 1 for special needs, and another 4 schools for Chinese and Special Needs programme.



## Number of students and classes from 2000 to 2009

Year	2000 (Jul~Dec)	2001	2002	2003	2004	2005	2006	2007	2008	2009
<b>Persons</b>	3469	8695	9940	15565	19808	20031	20080	20673	20603	19476
<b>Schools</b>	14	27	28	40	50	47	56	61	56	60
<b>Classes</b>	113	244	269	405	515	558	555	598	639	628



Remark 1: Because of a repetition of the participating schools from 2001 to 2009, so actually a total of 89 schools participated the programme (in terms of schools), and among 89 participating schools, 6 schools closed before July, 2007, 2 schools were combined into another one, so 81 out of the 89 schools currently participate in Healthy Life Education services and continue the programme(in terms of schools).

Remark 2: According to the statistics of Education Bureau during 2008/2009 school year, there were 121 schools (in terms of schools) in Macao, among which 88 schools (from senior kindergarten to primary 6 and special needs) were the targets of Healthy Life Education programme, 81 out of the 88 schools have participated in the Healthy Life Education programme, which accounts for 92% of the primary schools in Macao, i.e. the primary schools that have participated in the Healthy Life Education account for nine tenth of all the primary schools in Macao.



## 2. Promotion activities

In addition to the programme, Healthy Life Education Center also invites public personages for visit and exchange, 129 guests from seven groups were visited in 2009.

Number of persons for visiting / promotional activities in 2009:

Month	Groups / Organizations	Target	Persons	Activities
February	Scout Association of Hong Kong -The Friends of Scouting	Staff	16	Visiting
May	Lai Cheng Center of Young Men's Christian Association of Macau	Staff and Students	15	Promotion & visiting
	Kai Lung Center	Students	10	Special Needs
		Teachers	4	
	Tobacco Control Office, Health Bureau	Personnel of the Preparation Working Group	6	Class observation
	Kai Lung Center	Students	8	Special Needs
		Teachers	3	
July	“Workshop on Prevention of Drug Abuse for school teachers and social workers” held by the Social Welfare Bureau	Teachers and social workers	23	Visiting
November	Faculty of Education, University of Macao	Students	23	Class observation
		Instructors	1	
December	IACM-Knowing Macao	Citizen	18	Visiting
		IACM staff	2	
Total number of persons :			129	

Scout Association of Hong Kong -The Friends of Scouting



IACM-Knowing Macao



“Workshop on Prevention of Drug Abuse for school teachers and social workers” held by the Social Welfare Bureau



### 3. Harold Itinerary School Visits

To spread the message of “Cherish life, and have a Happy Life”, Healthy Life Education Center organized Harold Itinerary schools visits and exhibition activities from September 16<sup>th</sup> to 25<sup>th</sup>, 2009, a total of seven schools participated in the activity. The educators delivered the idea of the importance of keeping fit and how to handle pressure and refuse the unreasonable temptations from peers by interactive activities. Our mascot "Harold" led the students to do exercises and distributed exquisite Harold toys to them as souvenirs. To enhance the students' awareness of Healthy Life Education, exhibition boards relating to the information were displayed at the schools for four days.



Name of Schools	Persons
Colégio Mateus Ricci	150
Escola de São José de KáHó	80
Escola Keang Peng (Secção Primária)	400
Escola Primária Luso-Chinesa da Flora	150
Escola Hou Kong (Primária).	110
Escola Primária Luso-Chinesa “Lok Fu”	40
Colégio Mateus Ricci (Pré-Primário)	111
<b>Total :</b>	<b>1,041</b>





## 4. Website Launching Ceremony of Healthy Life Education

The inauguration of the website was held at the Healthy Life Education Center in the afternoon of June 26<sup>th</sup> 2009, the day of International Day Against Drug Abuse and Illicit Trafficking. The ceremony was hosted jointly by the Director of the Social Welfare Bureau, Ip Peng Kin, the Healthy Life Education Mascot "Harold" and two young volunteers of the Harold Fans Club.



<http://healthylife.ias.gov.mo>

We hope that people from all walks of life have a better understanding of the drug abuse prevention work set up for primary school students. The purpose of establishment of the website is to deliver healthy life messages beyond the programme and make "Harold Fans Club" a bridge for students who have participated in the programme to learn more health information, take part in the learning of games, use the E-cards, download Harold music & songs, exchange emails and participate in different activities. The website can further provide schools and parents with information and cooperation to unite the strengths of respective parties for full assistance to the healthy development of children.



### The Big Day of Harold

1. Rice Kernel, Zelda come and give a hand!	2. What a nice decoration!	3. Wah! There are so many guests.
4. Ladies and gentlemen! Today is the big day.	5. Our website is ready on-line!	6. Welcome to visit our site!

## 5. Quality Improvement Mechanism(QIM)

To promote the Social Welfare Bureau and subsidized social service agencies in the goal of providing quality services, the Bureau made it effort to set up a "Quality Improvement Mechanism" in 2007, which aim to build a clear assessment framework and testing guidelines for service assessment and continuous improvement.



In January 2009, the first session of the pre-trial work was started, the Bureau selected four non-governmental organizations and three units under the Bureau (Taipa Working Center, Rehabilitation Service Integrated Assessment Center and Healthy Life Education Center) as the pre-trial units of QIM.

QIM consists of a total of 10 standards, the first session of pre-trial comprises four criteria:

Standard 1: Forming Service Policy

Standard 2: Human Resource Management

Standard 3: Financial Management

Standard 10: Service Promotion and Publicity Strategy

In the first half of the year, Healthy Life Education Center is mainly in the stage of preparation and understanding, gathering information to write the first draft of the four-standard implementation manual. In the second half of the year, it is mainly in the stage of modifying the content of the implementation manual and finalizing the manual, co-ordinating QIM Working Conference and preparing self-evaluation of the work. Through the self-assessment of September 22, we can be aware of the need for improvement and actively prepare for external assessments.

Key projects:

Date	Content
February 13 <sup>th</sup>	QIM Information Meeting lectured by Mr. Kong Iu Va
April 15 <sup>th</sup>	Front-line Training by Division Chief Hoi Va Pou
September 22 <sup>nd</sup>	Conducting self-appraisal
November 16 <sup>th</sup> and 23 <sup>rd</sup>	Conducting external appraisal

Through the experience of self-assessment and external evaluation, we fully feel the team spirit of our staff members. We go all out to try our best and QIM further perfects our work which include storage and management of articles, improvement of the filing system, security guidelines, clearer understanding of the work procedure, deepen understanding of individual's work and improvement of evaluation quality etc.



Staff Meeting

Class Observation by QIM executive consultant and appraisal personnel





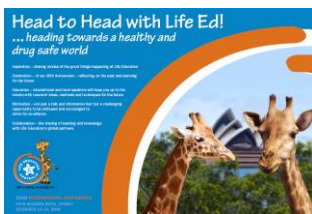
## 6. Foreign Exchanges

### A. Visiting the "Life Education Activity Programme" of Hong Kong

In March 2009, the chief of the Division of Prevention of Drug Abuse, Lucilia Hoi, together with educator Wendy Chan and a newly employed educator Vivien Lao, visited LEAP for the arrangement of educator training. The team was received by the person in charge and senior educators (Ms. Vicky Chung, Mr. Bats Chan and Ms. Joyce Liu).



### B. Attending the 30th anniversary of Life Education Australia & International Symposium



The chief of the Division of Prevention of Drug Abuse of the Social Welfare Bureau, Lucilia Hoi and two Healthy Life Education educators, Claudia Cheung and Wendy Chan attended the “Life Education International Conference-celebrating 30 years” hosted by Life Education Australia from December 10<sup>th</sup> to 15<sup>th</sup>, 2009.

At the seminar, more than 200 leaders, educators and co-workers of Life Education from respective provinces and cities of Australia, Asia Pacific, Europe and America jointly discuss on the strategies and experiences-sharing of future drug abuse prevention education.



This conference helps to deepen understanding of implementation of life education services across the world, the representative of our Bureau (educator Claudia Cheung) also introduced and shared the services of Healthy Life Education in Macao during the conference and received appreciation and support from the participants. In addition, the sponsors have invited experts and scholars from respective places to make special reports for sharing, and further took the opportunity to arrange training workshops for educators so as to strengthen the philosophy and skills on children's education. During this trip, we also visited Australia's first Life Education classroom to understand its origin and development and watched the latest equipment and teaching materials of the local mobile classrooms. The various seminars and exchanges not only broaden an international vision for the educators, but also help them understand the current trends of drug problems and implementation approach for drug abuse prevention education, which is conducive to the contact and cooperation between Healthy Life Education of Macao and international network.



## 7. Training

### **Training of new educators**

The newly employed educator, Vivien Lao has completed the educator training of “Life Education Activity Programme” in October, 2009. As healthy life education is an internationally recognized drug abuse prevention programme, so as a programme educator, they have to receive a 12-week strict training before obtaining a professional qualification in teaching.



Through the knowledge and skills that she has acquired during the training, she strives to achieve the goals of the programme, to establish a good learning atmosphere and environment for the students. As to course content and teaching technique, she can also share experiences with her colleagues and make improvements, thereby to enhance quality of the programme, giving publicity to the information on drug prevention to the primary school students of Macao.

### **On-going Training of Educators**

To meet the need of development of the new Healthy Life Education programme of Macao and also to maintain simultaneous operation of the existing classrooms and the Center, there is a need to train the three educators (Wendy Chan, Pamela Tang and Claudia Cheung) responsible for the programme one by one, the first educator, Wendy Chan has received a four-week on-going training in Hong Kong from October to November of 2009.



The on-going training and internship help the understanding of the new programme implementation of Life Education in Hong Kong. Their classes are characterized by the use of mobile classrooms, which brings "Life Education" programme into primary schools of respective districts of Hong Kong. The programme for each grades include three parts, i.e. body knowledge, medicine information and skills development, focusing on assisting young people in developing a healthy, safe and positive lifestyle and having the correct knowledge on drugs and social communication skills. It increases their ability of decision making by employing positive and progressive teaching methods in order to prepare them in resisting peer's influence and the pressure of having a try for drug abuse, on the other hand, the new moral elements added to the programme strengthen the students' understanding of the importance to accept others and encourage them to actively take up the role of bullying prevention.

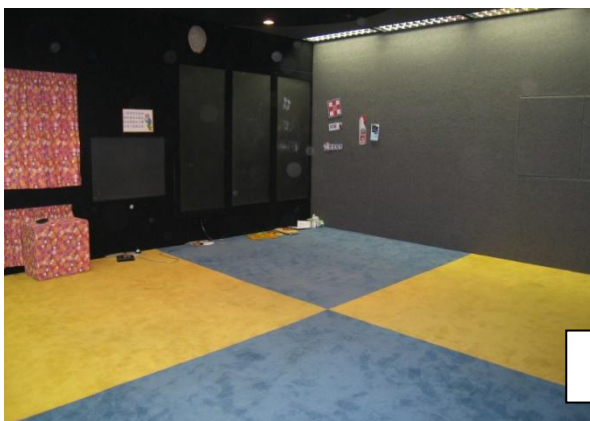


## 8. Renewal of Classroom Layout/Improvement of Facilities

In 2009, we conducted the classroom renovation project. It included replacement of carpets and wall carpets, increase of additional lockers in large classrooms and a display counter for Harold publicity materials in the reception area.



Large Classroom



Standard Classroom



Reception



## 9. Promotional Materials and Publications

For the publicity and promotion of information on health, this year we produced a series of promotional materials and publications and the related products are as follows:



Harold notepad



Harold Information Station 2009



Harold stapler



Harold Diary Book 2010



Harold towel

## 10. Arrangement for School Bus Service



To facilitate the students to participate in this programme and meet the needs of the schools, in 2009, we provided bus services for 48 schools and the list is as follows:

### List of schools that need bus services in 2009

1. ESCOLA HÁ VÁN CHÂM VUI
2. ESCOLA NOSSA SENHORA DE FÁTIMA
3. ESCOLA PRIMÁRIA LUSO-CHINESA DE TAMAGNINI BARBOSA
4. ESCOLA PRIMÁRIA LUSO-CHINESA "SIR" ROBERT HO TUNG
5. COLÉGIO MATEUS RICCI (Secondary Section)
6. ESCOLA DOS MORADORES DO BAIRRO DO PATANE
7. JARDIM INFANTIL DA CÁRITAS
8. ESCOLA ILHA VERDE
9. ESCOLA ESTRELA DO MAR
10. ESCOLA ESTRELA DO MAR(Branch School)
11. ESCOLA ESTRELA DO MAR(165)
12. ESCOLA SECUNDÁRIA PUI CHING
13. ESCOLA PUI TOU (Branch School of Praia Grande)
14. ESCOLA PUI TOU (Branch School of Primary Section)
15. ESCOLA DAS SENHOR AS DEMOCRATOS
16. COLÉGIO PERPÉTUO SOCORRO CHAN SUI KI (Branch School)
17. ESCOLA FILHOS E IRAMÃOS DOS OPERARIOS (Pre-primary)
18. ESCOLA FILHOS E IRAMÃOS DOS AGRICULTORES (CHOI NONG CHI TAI)
19. ESCOLA XIN HUA (Primary Section)
20. ESCOLA (MACAU) SHENG KUNG HUI CHOI KOU(Branch School)
21. COLÉGIO ANGLICANO DE MACAU
22. CENTRO DE EDUCAÇÃO INFANTIL SANTO ANTÓNIO
23. ESCOLA DO SANT ÍSIMO ROSARIO
24. COLÉGIO DIOCESANO DE SÃO JOSÉ 1
25. COLÉGIO DIOCESANO DE SÃO JOSÉ 5 (Chinese Section)
26. ESCOLA DA SAGRADA FAM ÍLIA
27. ESCOLA SANTA MARIA MAZZARELLO
28. COLÉGIO DE SANTA ROSA DE LIMA (English Section)
29. ESCOLA LUSO-CHINESA DE COLOANE
30. COLÉGIO DO SAGRADO CORAÇÃO DE JESUS
31. ESCOLA MADALENA DE CANOSSA
32. ESCOLA FU KIEN
33. ESCOLA KWONG TAI (Branch School)
34. JARDIM DE INFÂNCIA LUSO-CHINÊS "GIRASSOL"
35. ESCOLA LIN FONG POU CHAI
36. ESCOLA DE APLICAÇÃO ANEXA À UNIVERSIDADE DE MACAU
37. ESCOLA FONG CHONG DA TAIPA
38. ESCOLA CHAM SON DE MACAU
39. ESCOLA CHAM SON DE MACAU (Secondary Section)
40. ESCOLA INTERNACIONAL DE MACAU
41. COLÉGIO DOM BOSCO (YUET WAH)
42. ESCOLA HOU KONG (Primary Section)
43. ESCOLA HOU KONG (Pre-primary)
44. ESCOLA DAS NACÕES
45. ESCOLA KEANG PENG (Primary Section)
46. ESCOLA PRIMÁRIA LUSO-CHINESA DA TAIPA
47. ESCOLA FONG CHONG DA TAIPA
48. ESCOLA FONG CHONG DA TAIPA(Branch School)

## 11. Conclusion

2009 is a rewarding year, despite the impact of H1N1 epidemic on the schools' participation in Healthy Life Education and the slight drop in the number of persons being served compared to that of last year, the number of participating schools increased instead of decreasing, a total of 60 schools participated in the program in 2009, the number of students is of 19,476 persons, including Chinese programme, English programme and Special Needs programme.

This year we are pleased to have employed an educator, she has completed her training in October and is now teaching for the Healthy Life Education program, that is a new blood for our team of educators! The long-awaited Healthy Life Education Center's website has also been launched this year, in the future we will have a closer tie with our students. Another challenging task is to participate in Quality Improvement Mechanism (QIM), as well as the Australian International Seminar on Life Education that allows the educators to broaden their vision. We continue to hold Harold Itinerary School Visits as well as the publication of Harold Information Station 2009 and the production of a series of promotional materials and so on.

Looking into 2010, the Healthy Life Education Center will continue to improve its work, including the formal launch of the programme of new Chinese programme, organization of the 10<sup>th</sup> anniversary, improvement of web page development, strengthening the ties with life education institutions in other regions, We hope to go all out and achieve the best.





## List of participating schools in 2009

☆ Chinese Programme    ◇ English Programme    ○ Special Needs Programme

☆	ESCOLA DE SÃO JOSÉ DE KÁ HÓ	◇	COLÉGIO ANGLICANO DE MACAU
☆	ESCOLA PRIMÁRIA LUSO-CHINESA DA FLORA	◇	CENTRO DE EDUCAÇÃO INFANTIL SANTO ANTÓNIO
◇	ESCOLA PRIMÁRIA LUSO-CHINESA DA FLORA (Portuguese section)	☆	ESCOLA DO SANT ÍSSIMO ROSARIO
☆	ESCOLA HÁ VÂN CHÂM VUI	☆	COLÉGIO DIOCESANO DE SÃO JOSÉ 1
☆	ESCOLA NOSSA SENHORA DE FÁTIMA	☆	COLÉGIO DIOCESANO DE SÃO JOSÉ 5 (Chinese Section)
○ ☆	ESCOLA PRIMÁRIA LUSO-CHINESA DE TAMAGNINI BARBOSA	☆	ESCOLA DA SAGRADA FAM ÍLIA
○ ☆	ESCOLA PRIMÁRIA LUSO-CHINESA DO BAIRRO NORTE	☆	ESCOLA SANTA MARIA MAZZARELLO
☆	JARDIM DE INFÂNCIA LUSO-CHINÊS "PRÓNIA"	◇	COLÉGIO DE SANTA ROSA DE LIMA (English Section)
☆	JARDIM DE INFÂNCIA TONG SIN TONG	○	ESCOLA LUSO-CHINESA DE COLOANE
○ ☆	ESCOLA PRIMÁRIA LUSO-CHINESA "SIR" ROBERT HO TUNG	☆	COLÉGIO DO SAGRADO CORAÇÃO DE JESUS
☆	COLÉGIO MATEUS RICCI (Secondary Section)	☆	ESCOLA MADALENA DE CANOSSA
◇	ESCOLA SÃO JOÃO DE BRITO (Branch School of English Section)	☆	ESCOLA FU KIEN
☆	ESCOLA DOS MORADORES DO BAIRRO DO PATANE	☆	ESCOLA KWONG TAI (Branch School)
☆	JARDIM INFANTIL DA CÁRITAS	☆	JARDIM DE INFÂNCIA LUSO-CHINÊS "GIRASSOL"
☆	ESCOLA ILHA VERDE	☆	ESCOLA LIN FONG POU CHAI
☆	ESCOLA ESTRELA DO MAR	◇	ESCOLA SECUNDÁRIA SAM YUK DE MACAU (English Section)
☆	ESCOLA ESTRELA DO MAR (Branch School)	☆	ESCOLA DE APLICAÇÃO ANEXA À UNIVERSIDADE DE MACAU
☆	ESCOLA ESTRELA DO MAR (165)	☆	ESCOLA FONG CHONG DA TAIPA
☆	ESCOLA SECUNDÁRIA PUI CHING	☆	ESCOLA CHAM SON DE MACAU
☆	ESCOLA SECUNDÁRIA PUI VA	☆	ESCOLA CHAM SON DE MACAU (Secondary Section)
☆	ESCOLA PUI TOU (Branch School of Praia Grande)	◇	ESCOLA INTERNACIONAL DE MACAU
☆	ESCOLA PUI TOU (Branch School of Primary Section)	☆	COLÉGIO DOM BOSCO (YUET WAH)
☆	ESCOLA DAS SENHOR AS DEMOCRATOS	☆	ESCOLA LING NAM
☆	ESCOLA KAO YIP (Pre-primary)	☆	ESCOLA HOU KONG (Primary)
☆	COLÉGIO PERPÉTUO SOCORRO CHAN SUI KI (Branch School)	☆	ESCOLA HOU KONG (Pre-primary)
☆	ESCOLA FILHOS E IRMÃOS DOS OPERARIOS (Pre-primary)	◇	ESCOLA DAS NACÕES
☆	ESCOLA FILHOS E IRMÃOS DOS AGRICULTORES (CHOI NONG CHI TAI)	☆	ESCOLA KEANG PENG (Primary Section)
☆	ESCOLA FILHOS E IRMÃOS DOS AGRICULTORES (CHOI NONG CHI TAI) (Branch School)	○ ☆	ESCOLA PRIMÁRIA LUSO-CHINESA DA TAIPA
☆	ESCOLA XIN HUA (Primary Section)	☆	ESCOLA FONG CHONG DA TAIPA
☆	ESCOLA (MACAU) SHENG KUNG HUI CHOI KOU (Branch School)	☆	ESCOLA FONG CHONG DA TAIPA (Branch School)

