

CHERISH JUNIOR TO BE EXTENDED TO SIX PPIS EARLY CHILDHOOD EDUCATION CENTRES

Pre-schools to implement HPB's structured health promotion framework

Singapore, 29 January 2013: CHERISH Junior, a health promoting framework for pre-schools, will now be extended to six more pre-schools. CHERISH (**CH**ampioning **E**fforts **R**esulting in **I**mproved **S**chool **H**ealth) Junior is a holistic framework adapted from the World Health Organization's Health Promoting School concept, which advocates a learning environment that provides children with an integrated health-conscious experience.

2. The CHERISH Junior framework will be implemented by March 2013 within all six of the Persatuan Pemuda Islam Singapura (PPIS) chain of early childhood education centres. PPIS is the first Malay Muslim organisation to setup early childhood education services in Singapore in 1983.

3. The pre-school environment provides one of the most conducive environments for influencing lifestyle habits that can be lifelong – not just by reaching out to young children, but also to relevant stakeholders such as parents and teachers.

4. HPB's CHERISH Junior framework comprises the following health promoting initiatives designed for the pre-school setting including the six participating PPIS early childhood education centres:

- The Pre-school Health Curriculum

Teachers use lesson plans and activities, developed by HPB for children aged three to six, to teach health-related topics in a fun and interesting way. The curriculum covers several health topics pertinent to children, namely smoking

prevention, healthy growth and weight, oral health, mental health, hygiene, myopia prevention and childhood injury prevention.

- The Healthy Meals in Childcare Centres Programme (HMCCP)
To help childcare centres prepare meals with foods found in the four food groups and in the right proportion, HPB's nutritionists help them put together menus that are balanced and healthy. In addition, HPB installs interactive wall murals and stickers at the premises to teach children about healthy lifestyle and healthy meals. Cooks in these centres will be trained so that they can improve meals to be Healthy Set Meals.
- The Pre-school Health Ambassador (PSHA) Programme
Students are selected and trained by teachers to act as role models and champion simple health-promoting habits, such as regular brushing of teeth, among their classmates, with the help of a Pre-school Ambassador Kit.

5. Madam Halimah Yacob, Speaker of Parliament and Member of Parliament for Jurong GRC, said, "Over the years, the Health Promotion Board has done a good job to ensure that the fundamentals of a healthy lifestyle are incorporated in our daily lives particularly in our young ones. With the changing lifestyles and health needs of Singaporeans, extending CHERISH Junior a structured health promotion framework, to more pre-schools is timely. Even more so as the World Health Organization has given special recognition to HPB's CHERISH framework. As a mother myself, we want the best for our children at all times and by permeating pre-schools we are giving our children a good head-start for their future."

6. Mr Ang Hak Seng, Chief Executive Officer, HPB, said, "Currently, about 11% of pre-schoolers in pre-schools are overweight. Bearing this in mind, we are introducing the CHERISH Junior framework to even more pre-schools. The framework provides guidance for pre-schools to establish themselves as a setting where all members of the pre-school and its community work together to provide children a conducive environment for the cultivation of healthy habits from young. The three key initiatives will be the pre-school health curriculum, healthy meals in childcare centres programme and pre-school

health ambassador programme. These programmes are meant to tackle health issues at the roots such as ensuring healthier meals and physical activity for pre-schoolers will help to combat obesity. We have also provided pamphlets to parents to help them inculcate healthy habits in their pre-schoolers. In addition to the six new PPIS centres, we aim to reach a total of 500 pre-schools by 2015.”

7. HPB’s CHERISH (Championing Efforts Resulting in Improved School Health) Framework was recently awarded a Special Recognition by the World Health Organization Regional Office for the Western Pacific. The award was presented as part of the Fifth Global Conference of the Alliance for Healthy Cities. Building on the concept of a Health Promoting School and recognising that health promotion to youth is paramount, HPB has revised the CHERISH Framework in 2012. CHERISH gives recognition to institutions that constantly strive to improve themselves as healthy settings for students, staff and community. Since its inception, the CHERISH framework has evolved to cover the entire student life stages, starting with mainstream primary and secondary schools/junior colleges, and extending to pre-schools and institutes of higher learning.

8. To date, 94 pre-schools have received the CHERISH Junior award, and were assessed by HPB based on six criteria:

- Healthy School Policies
- Healthy School Physical Environment
- Healthy School Social Environment
- Community Involvement
- Curricula for Healthy Living
- Preventive and Promotion Services

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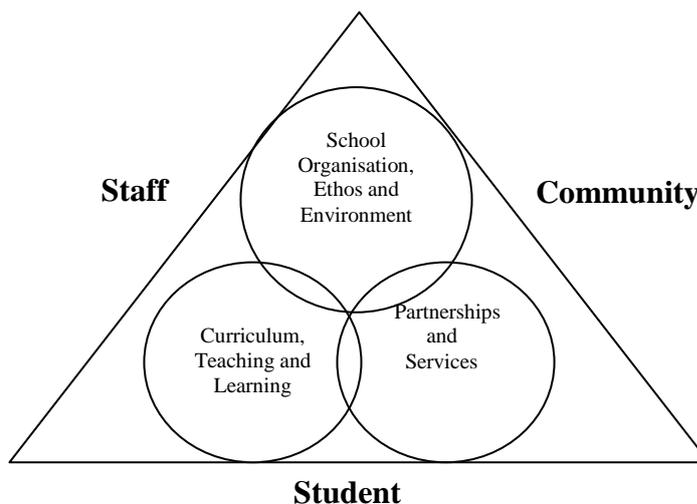
Annex 1 Factsheet on the CHERISH Junior Framework

Annex 2 Factsheet on CHERISH Junior Award 2012 Results

Issued by Health Promotion Board

Annex 1 – CHERISH Junior Framework

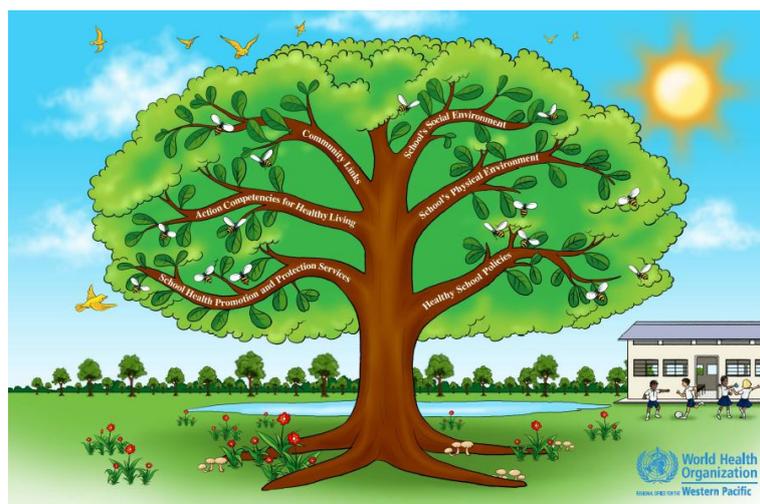
CHERISH is the acronym for CHampioning Efforts Resulting in Improved School Health. The criteria for the CHERISH Award has been adopted from the World Health Organization's Health Promoting School (HPS) initiative. The World Health Organization defines a Health Promoting School as one which strives to improve the health of school personnel, families, community members as well as students, and works with community leaders to help them understand how the community contributes to health and education. Please refer to the figure below.



CHERISH Junior framework provides guidance for pre-schools to establish themselves as a setting where all members of the pre-school and its community work together to provide children a conducive environment for the cultivation of healthy habits from young.

Building on the concept of a Health Promoting School and recognising that health promotion in early childhood is paramount for the development of good health habits in childhood, particularly nutrition and to help establish mental health components like self-esteem.

The CHERISH Junior framework has been encapsulated through the CHERISH tree for Singapore:



New initiatives will be introduced in participating pre-schools based on these 6 criteria, derived from the six key factors illustrated in the CHERISH tree:

1) **Healthy School Policies: Healthy Meals in Childcare Centres Programme (HMCCP)**

- a) Balanced and healthy set meals will ensure that children are eating food from the four food groups in the right proportion.
- b) Ambient wall murals will be installed in the childcare centres to promote healthy lifestyle.
- c) Childcare centre cooks will undergo training free-of-charge at their centres to improve their meals to be Healthy Set Meals.

2) **Physical Environment: Good Hygiene Programmes to prevent infectious diseases such as Hand, Foot and Mouth Disease (HFMD)**

- a) HFMD resources for pre-schoolers and parents
- b) Teaching aids for teachers to instil good hygiene habits such as hand-washing
- c) Washing and disinfecting toilets and shared play areas in pre-schools

3) **Social Environment: Preschool Health Ambassador Programme**

The Pre-school Health Ambassador (PSHA) programme aims to nurture children to set good examples and take the lead in health promotion within the school.

Six selected K2 students will be trained to be ambassadors of health within their preschool to champion health promotion activities amongst their classmates.

There will be 6 Ambassadors in: Nutrition, Physical Activity, Myopia, Mental Wellness, Oral Health, Safety and Hygiene.

4) **Community Involvement: “Healthy Start For Your Growing Kid” book**

This book aims to equip parents with tips and knowledge to cultivate good health habits in their children and how they can be role-models to raise healthy children.

The books are distributed free of charge to parents of children in pre-schools.

5) **Competencies for healthy living: Preschool Health Curriculum**

To cultivate healthy habits in pre-schoolers, teaching aids and lesson plans are given to teachers to run in the classrooms.

The curriculum covers several pertinent child health topics, namely Smoking Prevention, Healthy Growth and Weight, Oral Health, Mental Health, Hygiene, Myopia Prevention and Childhood Injury Prevention.

6) **Preventive Promotion Services: Vision Screening and Height-and-weight measurement**

Vision Screening was extended to pre-schools in 2003. Children identified with defective vision are referred to HPB's refraction clinic.

Height-and-Weight Measurement was started in 2012. Overweight and Underweight children will be referred to HPB.

Annex 2 – HPB CHERISH Junior Award 2012 Results

1	Cherie Hearts @ Limau Pte Ltd
2	Etonhouse Pre-school Pte Ltd
3	Jurong Christian Church Kindergarten
4	Kindergarten @ An-Nahdhah
5	Kinderland Child Care Centre, Carmichael
6	Kinderland Child Care Centre, Pandan Valley
7	Kinderland Child Care Centre, Hougang
8	Kinderland Child Care Centre, Ministry of Manpower
9	Kinderland Child Care Centre, Woodlands Mart
10	Kinderland Child Care Centre, Woodlands Civic Centre
11	Kinderland Preschool, Woodlands Civic Centre
12	Kinderland Child Care Centre, Singapore Institute of Management
13	Kinderland Child Care Centre, Sengkang
14	Learning Vision @ Tan Tock Seng Hospital
15	Learning Vision @ Work Pte Ltd (Ministry of Education)
16	Learning Vision @ Work Pte Ltd (KK Women's & Children's Hospital)
17	My First Skool at Blk 302B Anchorvale Link
18	My First Skool at Blk 308C Anchorvale Link
19	My First Skool at Blk 343 Ang Mo Kio
20	My First Skool at Blk 329 Ang Mo Kio
21	My First Skool at Blk 541 Ang Mo Kio
22	My First Skool at Blk 601 Ang Mo Kio
23	My First Skool at Blk 331 Ang Mo Kio
24	My First Skool at Blk 419 Bedok North
25	My First Skool at Blk 245 Bishan
26	My First Skool at Bukit Batok East Community Club Level 4
27	My First Skool at Blk 212 Choa Chu Kang Central
28	My First Skool at Blk 339 Clementi
29	My First Skool at Blk 375 Clementi
30	My First Skool at Blk 428 Clementi
31	My First Skool at Blk 230 Compassvale Walk
32	My First Skool at Blk 295A Compassvale Crescent
33	My First Skool at Blk 203D Compassvale Road
34	My First Skool at Blk 269 Compassvale Link
35	My First Skool at Guillemard Crescent
36	My First Skool at Blk 1 Haig Road
37	My First Skool at Blk 50 Havelock Road
38	My First Skool at Blk 106 Henderson
39	My First Skool at Blk 667 Hougang
40	My First Skool at Blk 170 Hougang
41	My First Skool at Blk 211 Jurong East
42	My First Skool at Jurong Point Level 3
43	My First Skool at Blk 518 Jurong West
44	My First Skool at Blk 671A Jurong West
45	My First Skool at Blk 333 Kang Ching Road
46	My First Skool at Blk 66 Kallang Bahru
47	My First Skool at Blk 248 Kim Keat Link

48	My First Skool at Blk 637 Pasir Ris
49	My First Skool at Blk 166 Punggol Central
50	My First Skool at Blk 950 Hougang
51	My First Skool at Blk 331 Sembawang Close
52	My First Skool at Blk 101 Rivervale Walk
53	My First Skool at Blk 219 Serangoon
54	My First Skool at Blk 140 Serangoon North
55	My First Skool at Blk 135 Simei
56	My First Skool at Blk 487C Tampines
57	My First Skool at Blk 192 Toa Payoh
58	My First Skool at Blk 507A Wellington Circle
59	My First Skool at Blk 85 Whampoa Drive
60	My First Skool at Blk 848 Woodlands
61	My First Skool at Blk 406 Woodlands
62	My First Skool at Blk 688C Woodlands
63	My First Skool at Blk 742 Woodlands Circle
64	My First Skool at Blk 347 Woodlands
65	My First Skool at Blk 603 Choa Chu Kang
66	My First Skool at Blk 796A Yishun
67	My First Skool at Blk 612 Yishun
68	My First Skool at Blk 235 Bukit Panjang
69	My First Skool at Blk 409 Jurong West
70	Nurturestars Child Care Centre @ SAFRA Mount Faber
71	Nurturestars Child Care Centre @SAFRA Tampines
72	PCF Fengshan Sparkletots Child Care Centre
73	PCF Fengshan Sparkletots Infant & Childcare (Blk 184)
74	PCF Little Wings Buona Vista Kindergarten (Blk 4-32)
75	PCF Little Wings Taman Jurong Kindergarten (Blk 161)
76	PCF Little Wings Taman Jurong Kindergarten (Blk 352)
77	PCF Little Wings Yuhua Kindergarten (Blk 317)
78	PCF Little Wings Yuhua Childcare Centre (Blk 264)
79	PCF Little Wings Yuhua Kindergarten (Blk 223A)
80	PCF Little Wings Yuhua Kindergarten (Blk 251)
81	PCF Nee Soon Central Blk 67
82	PCF Nee Soon Central Blk 609
83	PCF Nee Soon Central Blk 646-644
84	PCF Fengshan Sparkletots Child Care Centre Blk 76
85	PCF Sparkletots Hong Kah North (Blk 345)
86	PCF Teck Ghee Blk 466
87	PCF Yew Tee Blk 543-540-541
88	PCF Yew Tee Blk 608 (Kindergarten)
89	PCF Yew Tee Blk 625 (Kindergarten)
90	PCF Yew Tee Blk 690D-690C
91	Soka Kindergarten
92	Touch Child Care & Family Centre (Clementi)
93	Touch Child Care & Family Centre (Hougang)
94	Yio Chu Kang Chapel Kindergarten