



Energetic Chiaotou: Enjoying Learning and Loving Life

**Chiaotou Elementary School, Shetou Township, Changhua County
2025 Health Promoting School Feature Award Program - Excellence Gold Award**

Chiaotou Elementary School is an exquisite, small school in Shetou Township, known for its guavas and sock industry, featuring close teacher-student interaction. Adhering to the philosophy of "Giving children a pair of wings to change the future", the school implemented a systematic Health Promoting School strategy. This strategy involves incorporating local culture and industry into courses, establishing diverse arts and sports clubs, and applying the SH150 policy (Sports Hour 150 minutes per week) to encourage teachers and students to go outdoors during break times. The school also effectively integrates the power of non-governmental organizations, medical institutions, and the Parent-Teacher Association (PTA) to enhance its health promotion initiatives. Through these efforts, the school successfully built a high-quality, local health-focused campus in Changhua.



Joint Promotion by School, Community, and Family

School's surrounding community is rich in traditional industries and a strong sense of neighborly warmth. School leverages this advantage by establishing friendly partnerships with local NGO like the Community Development Association, temples, as well as businesses, health and medical institutions, and the PTA, forming a unified community. For example, school collaborates with the Nandhi Community to offer free after-school care services and ensure children adhere to proper eye care principles; they work with the community and local temples to organize a joint parade and procession during the Lantern Festival. Parents and children explore their hometown together, increasing physical activity and strengthening community connection.



Figure 2-1: Partnering with the Community to Offer Free After-School Care Services for Students

Despite limited financial resources, the school actively promotes a variety of arts, cultural, and sports clubs. They seek support from local businesses and non-governmental organizations, raising funds to sponsor talent learning. They fully implement the policy of "one club, one talent per student," enriching the students' learning experiences, for example, the Taiko Drum Club, roller-skating club, and dance club. The well-structured PTA and Volunteer Team (with nearly a hundred members) wholeheartedly supports the school. For instance, the PTA proactively organizes weekend table tennis classes, providing free instruction to children. This offers students a recreational activity away from 3C devices on weekends.



Figure 2-2: Establishing Diverse Clubs-Taiko Drum Club

Developing Systematic Health Promoting Education and Making Health an Everyday Practice

The school effectively operates the Curriculum Development Committee, guiding the teaching team to integrate health topics into various subject areas. They promote systematic health promotion teaching by combining it with reading education, SDGs school-based curriculum, and Food and Agriculture Education. Reading education incorporates health promotion elements through colorful activities such as theme book fairs and mobile libraries. The SDGs school-based curriculum focuses on themes like water resources, ecological conservation, marine education, and climate change. These themes are integrated into cross-disciplinary courses like Language Arts, Comprehensive Activities, Science, and Mathematics to enhance students' sustainability literacy.



Figure 2-3: Mobile Library Incorporating Health Promotion

Developing healthy behaviors relies on everyday practice. The school actively implements the SH150 program, establishes school sports teams and clubs, and promotes universal fitness with skipping rope and morning running. They organize inter-class sports competitions (basketball, dodgeball, relay races) to make physical activity an integral part of life. During break times, teachers lead by example, exercising with students on the playground, inspiring a good habit of enjoying sports among the students.



Figure 2-4: Teachers and Students Exercising Together During Break Time

Medical Partnership Alliance, Building a Health Support System

The school forms an alliance with local medical resources, cooperating with Yuanlin Christian Hospital, Yuanrong Hospital, the Health Bureau, Health Centers, and local clinics to provide health services to parents, teachers, and students. For example, during the school anniversary, the school collaborates with Yuanlin Christian Hospital, Yuanrong Hospital, and the Agency Hospital (likely referring to a local hospital under government agency) to set up health screening stations, offering simple health screening for parents and community members. School nurse also goes into the community to serve residents, participating in mobile medical services provided by the Nandhi Community and hospitals, assisting community members with health Screening and chronic disease management.

For faculty and staff, the Health Center offers a weight monitoring service. Voluntary faculty members can join to regularly measure their weight. The center also provides simple on-campus health consultations and services, such as illness consultation, blood pressure, and blood oxygen measurement, to detect health issues early. Furthermore, to encourage faculty and staff to develop exercise habits, the school has dedicated health promotion venues and fitness facilities on campus, encouraging them to use their free time to exercise, relieve stress, and promote physical and mental well-being.



Figure 2-5: Health Screening in the Nandhi Community



Figure 2-6: Faculty and Staff Measuring Blood Pressure

Conclusion

Chiaotou Elementary School's strategic alliance with local community resources has invigorated its health promotion efforts, connecting the "School - Community - Family" into a tightly-knit entity. Coupled with systematic curriculum teaching, diverse clubs, cultural feature activities, implementing the policy of teachers and students exercising outdoors during break times, and comprehensive health services, the school cultivates good health habits in students and the community. Through these solid actions, Chiaotou Elementary School nurtures students' character, health, and life skills, successfully moving toward the goal of "Holistic Character, Healthy Vitality, Diverse Learning".

