



Spring Blooms, Health Flourishes

Chuengjih Elementary School, ChuengJih Township, Pingtung County
2025 Health Promoting School Feature Award Program - Excellence Gold Award

Chuengjih Township is located in the southeastern corner of Pingtung County, surrounded by mountains and overlooking the Taiwan Strait. Here lies Chuengjih Elementary School, a school rich in Indigenous atmosphere. Chuengjih Township is an Indigenous township primarily inhabited by the Paiwan people. The school takes Indigenous culture as its starting point and has maintained close interaction with parents and community members for many years. Health promotion activities and strategies strengthen the tight integration of the school and the community. The school gains much assistance from the community and actively participates in community activities to give back to residents, co-creating a healthy environment. The school also combines health issues with ethnic education, utilizing the surrounding mountains and forests, which form a "natural sports field," to design a school-based curriculum rich in Indigenous characteristics.



Beyond the Gate: Community-School Integration for Healthy Life

School integrates health issues into its school-based curriculum. It invites community professionals to serve as instructors to teach traditional culture. For example, the school invites community elders to collaborate with teachers, parents, and students on traditional crop planting and cooking courses, allowing them to learn local culture while absorbing health knowledge. Chuengjih Elementary School has also formed an alliance with the Taiwan Prevent Blindness Foundation (TPBF). TPBF visits the school every semester to track students' vision and provide free clinics. They establish a "Vision Passbook" to record changes in children's vision and assist the school in tracking high-risk cases of poor eyesight, jointly protecting children's vision.



Figure 3-1: Taiwan Prevent Blindness Foundation conducting vision screening at the school

Working together with the community, the concept of health promotion is not only deeply rooted in the campus but also expands to parents and the community. For example, the school holds parent-child challenge activities, which are both educational and entertaining while transmitting health knowledge to parents. To spread love and care to every corner of the community, the school participates in the local "Warmth in the Cold Winter" program. Students visit the tribal elderly care center and the Cultural Health Station, bringing warmth and laughter to the elders through musical performances to convey care and blessings.



Figure 3-2: Students performing for community elders at the nursing home during the end-of-year warmth project.

Integrating Culture into Curriculum, Practicing Healthy Living

Health issues, ethnic education, and the natural sports field are the elements that allow the school to develop its distinct school-based curriculum and club activities. The school's Indigenous language courses incorporate content on oral and vision health care, balancing language learning with health knowledge. The school designs outdoor courses for tribal field explorations, allowing children to understand Indigenous culture, increase outdoor activity time, and enhance the application of vision.



Figure 3-3: Tribal field explorations, enhancing students' vision application.

Teachers creatively transform the hillside into a training ground, allowing the Judo team members to train their physical fitness in the natural environment, which strengthens the students' physique and cultivates their ability to adapt to the surroundings. The school also emphasizes the spirit of "Maximum Efficiency, Mutual Welfare and Prosperity", fostering a culture of caring for others and mutual support. For instance, senior team members pass on their techniques and experience to their juniors through team training. When team members participate in external competitions, the entire faculty and all students give a heartfelt send-off and blessings, increasing the athletes' confidence on the field.



Figure 3-4: Judo club training, strengthening students' physique.

Creating a Positive Emotional Environment on Campus, Fostering Positive Student Psychology

The school plans diverse reward mechanisms, integrating character education into the reward system to boost students' positive psychology and self-confidence. For example, the school holds the "Health Warrior" and "Health Princess" selection contest. Students who meet the criteria—normal BMI, good vision, no dental caries, good hygiene habits, and positive psychology—are selected and publicly recognized, thereby elevating students' sense of positive achievement. On weekdays, students can accumulate honor points for good performance, which can be exchanged for prizes, encouraging positive behavior and self-confidence.



Figure 3-5: Health Warrior/Princess selection contest, cultivating positive attitudes toward life in students.

In addition to fostering a social-emotional environment within the school, participation in diverse external activities is also extremely important for cultivating good interpersonal relationships and emotional competence in a positive setting. Students participate in charitable performance events organized by hospitals, which not only builds self-identity but also cultivates a sense of social responsibility, allowing love and care to extend further. Students also donate their own belongings to those in need at donation events organized by charitable clubs, fostering a grateful heart so that they may become donors themselves in the future.



Figure 3-6: Ancient Chant Choir performance, enhancing self-identity and expressive abilities.

Conclusion

Chuengjih Elementary School's vision for health promotion is based on "Optimism, Diligence, Seriousness, Responsibility, and Progress". It has established deep friendships with parents and community residents, collectively building a healthy and happy environment of mutual prosperity. The school develops its curriculum by integrating ethnic education, outdoor activities, and humanistic care, transmitting ethnic culture, strengthening students' physical fitness, raising individual health awareness, creating a healthy and friendly learning environment, and enhancing students' mental health and positive development.

