



Shuangfeng Promoting ⁵ Positive Potential, Walking Together in Health and ⁴ Joy

Shuangfeng Elementary School, Xindian Dist, New Taipei City
2025 Health Promoting School Feature Award Program - Excellence Gold Award

Shuangfeng Elementary School is located in the mountains of Xindian District, New Taipei City, surrounded by rich ecology and green hills, where children can grow up in a vibrant, verdant environment. The school, named after the famous scenic spot Shuangfeng Mountain, offers a distant view of it. Under the leadership of Principal, the school integrates its natural landscape to establish "Mountain and Field Education" and a unique school-based curriculum that embodies the school's vision. Through the collaboration of teachers and students, the participation of parents, and community cooperation, the school implements health policies and fosters a campus atmosphere of joyful learning and positive growth. Through long-term commitment, faculty, staff, parents, and students trust each other, working together to practice healthy living and advancing each other's well-being.



Collaboration among Parents, Teachers, and Students: Building a Health Protection Network

Principal leads the administrative and teaching team to build a consensus on health promotion among all members, who actively participate in health promotion tasks. Faculty and staff design teaching curricula, discuss issues, and find solutions together through team meetings. School nurse also provides relevant promotion strategies and suggestions for various health topics. As a representative, the Principal takes the lead by entering classrooms to conduct supervised tooth brushing and other lessons, encouraging other faculty and staff to follow suit, serving as role models for students and building healthy concepts together.

For students, teachers and students together create the "Nudge Oral Care Story". The teacher-led process of autonomous learning not only develops students' teamwork and communication skills but helps students acquire oral health knowledge and declare a commitment to their tooth brushing, thereby establishing correct tooth brushing habits. Parents are also partnering in maintaining student health, supervising children's tooth brushing at home, which serves as a supervision effect and strengthens family connection. Parents independently established a Facebook page to help disseminate school activity and health promotion messages.

Integrating Local Culture and Health to Shape Characteristic Curriculum

School integrates health issues into the curriculum, combining ecological education and innovative technology to design school-based courses with unique school characteristics. Leveraging the advantage of being near the Wenshan Trail, the school developed the "Spring Hike Course". Different mountain climbing routes are arranged for grades one to six to build students' physical fitness and help them understand the mountain forest ecology. The school also invites parents to serve as activity volunteers, allowing students to increase their physical activity and develop positive well-being through positive participation in a safe hiking environment.



Figure 1-1: The Principal leads the class in practicing supervised tooth brushing with students



Figure 1-2: Teachers and students together create the Nudge Oral Care Story, fostering students' health awareness



Figure 1-3: Parents and sixth-grade students jointly climb Shuangfeng Mountain

As new health issues such as climate change, infectious diseases, and new tobacco products receive increasing attention, the school is gradually introducing innovative technology to adjust its curriculum. In recent years, Shuangfeng Elementary School has designed innovative, technology-based courses. An impressive example is the use of the "Kebbi robot" for the "E-cigarette Prevention Innovation Teaching - Escape Room" course. During the challenge, students learn about e-cigarettes and their health hazards with the robot, thereby developing the ability to identify e-cigarettes and improving their health literacy.



Figure 1-4: Designing an innovative e-cigarette teaching course combined with an AI robot

Health Supportive Environment: Protecting Student Growth

School has established a Vermiculture/Vegetable Symbiotic Farm. Through hands-on farming classes, students learn about the process of growing vegetables and increase their time spent on outdoor activities. The harvested vegetables are cooked by the school's kitchen staff and turned into delicious and nutritious lunches. Kitchen waste like fruit peels and vegetable scraps are recycled to become fertilizer for the farm, completing an ecological cycle. The journey of vegetables from planting to harvest and finally becoming a nutritional lunch also allows students to appreciate the importance of cherishing food, thereby developing good habits of eating correctly and not being picky eaters.



Figure 1-5: Applying the concept of vermiculture/vegetable ecological sustainability to help students eat healthier

To address issues such as poor skeletal development and vision problems caused by students' incorrect sitting posture. The school not only allocated funds to update desks and chairs but also, through the coordination of the Department of Education, received a generous donation from the Chang Yung-Fa Foundation. The Foundation purchased a total of 400 sets of new desks and chairs for the entire school, allowing every student to choose the most suitable set according to their height. This effectively maintains their physical health and also creates a more comfortable learning environment.



Figure 1-6: The school replaces desks and chairs to maintain students' healthy development

Conclusion

Under the Principal's leadership, Shuangfeng Elementary School integrates resources from teachers, parents, students, the community, and the government. By making good use of the local ecological environment combined with elements like emerging technology, the school has developed diverse strategies for health promotion. The entire community of parents, teachers, and students works together to promote each other's health. Coupled with rich curriculum content, health is integrated into the children's daily lives, helping them form good habits. The school's health strategies fully embody the meaning of the Health Promoting School 3.0.

