



MALAYSIA

# HEALTH AND WELLBEING



Eco-Schools Programme Starter Kit

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# WHAT IS THE ECO-SCHOOLS STARTER KIT?

The Starter Kit is a handbook for both students and teachers which provides them with a series of ideas to organise and carry out Action Plans and activities related to the ten Eco-Schools themes. By using the starter kit as a guide, students will be able to combine creativity and problem-solving elements to engage their school community in protecting the environment.

Remember, this starter kit is just a guideline! We encourage students to come up with their own initiatives and ideas based on the Seven Steps Methodology and Eco-Themes.

The Seven Steps Methodology will also help your school to implement the eco-projects smoothly.



## HEALTH AND WELLBEING

Encourages schools to promote the health and wellbeing of young people and the wider community and to make environmental connections to health and safety.

# DEFINITIONS

## Problem(s) :

The environmental issue(s) your school is facing.  
(e.g: Water wastage in school compund)

## Goal :

The problem(s) which you want to solve at your school.  
(e.g: To decrease water wastage)

## Target Audience :

A group of individuals/people specifically identified to carry out certain activities.

(e.g: Eco-committee/canteen operator/gardener)

## Measure of Success :

Methods to determine the success of the activities.  
(e.g: Measurement using difference in water bill/  
electricity bill)

## Collaborators :

Individuals/organisations/city councils that you may want to work with to achieve your goal. (e.g: Engage with an environmental NGO (Non-Governmental Organisation) to present water conservation to students & teachers)

## Resource Streams :

Source of funding to run your activities.  
(e.g: Fundraising/In-kind donation)

## Cost :

The estimated amount of money needed to carry out the entire activity.

# SUGGESTED ACTIVITIES FOR HEALTH AND WELLBEING

To achieve Sustainable Development Goals  
(SDGs) 2 and 3.

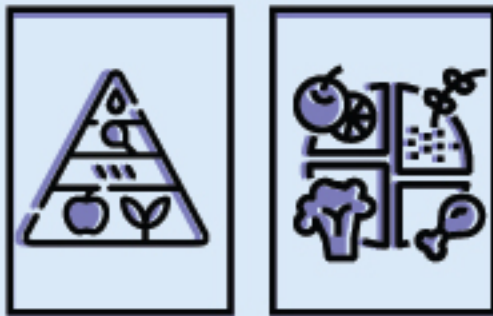


For more info, please visit [sustainabledevelopment.un.org/](https://sustainabledevelopment.un.org/)  
For additional resources on the SDGs,  
check out [worldslargestlesson.globalgoals.org/](https://worldslargestlesson.globalgoals.org/)

DIFFICULTY:



# FOOD NUTRITION POSTER



Display food nutrition chart and poster about nutritions in the food around the school especially in the school canteen. Junk food often wrapped with single use plastic. A healthy food choice increases the chance of reducing the usage of plastic wrappers.

## DID YOU KNOW?

Added sugar contains zero calories, and it contains no nutrients as well. As a result, consuming products high in added sugar may contribute to nutrient deficiencies.

# HOW CAN WE DO IT?

## Problem(s)?

Students do not have the knowledge to identify and choose nutritious food for their daily consumption.

## Goal?

Students can make the right choices about the food they consume everyday.

## Target Audience?

School community.

## Measure of Success?

Observation and survey of the change of diet preferences within the school community.

## Collaborators?

Canteen operator, school community, Ministry of Health.

## Resource Streams?

Parent-Teacher Association (PTA).

## Cost?

<RM100

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DIFFICULTY: ★☆☆

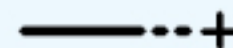
## WEEKLY EXERCISE



Carry out a weekly school-wide exercise for the school community.

### DID YOU KNOW?

Exercising on a regular basis helps to boost your immune system. This means you'll get sick less often than people who don't exercise.



## HOW CAN WE DO IT?

**Problem(s)?**

School lack of proper exercise schedule.

**Goal?**

The whole school participate in the weekly exercise and everyone stays healthy and active.

**Target Audience?**

School community.

**Measure of Success?**

Observation of the school-wide participation and how much the participants enjoy in the exercise.

**Collaborators?**

Sport teachers, aerobic club.

**Resource Streams?**

None.

**Cost?**

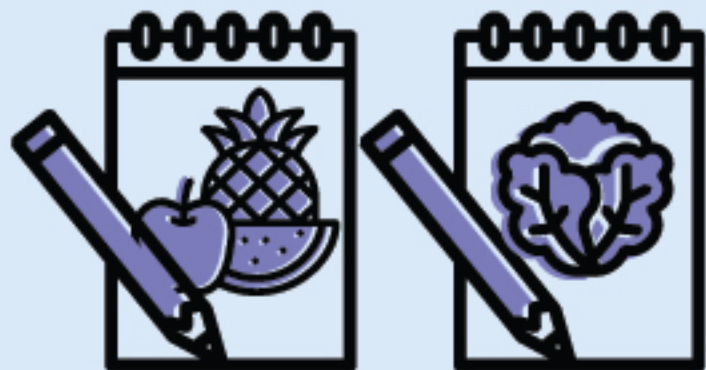
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DIFFICULTY: ★☆☆

# POSTER COMPETITION



Organise a poster drawing competition related to nutritious food and healthy exercise tips.

## DID YOU KNOW?

A study found that poster presentations are some of the most commonly used formats for communicating information in academic and public health fields. Posters can increase knowledge and prompt behavioural change.

# HOW CAN WE DO IT?

**Problem(s)?**

Students are reluctant to eat healthy food in school.

**Goal?**

Students begin to adopt healthy eating habits.

**Target Audience?**

Students, canteen operators and teachers.

**Measure of Success?**

Observation and survey on eating habits of the students.

**Collaborators?**

Canteen operators, art teachers, art club.

**Resource Streams?**

Parent-Teacher Association (PTA).

**Cost?**

RM100 - 300

DIFFICULTY:



+

# HEALTHY SCHOOL POLICY



Ban the selling of junk food in school and set guidelines for canteen operator to ensure that the foods and drinks sold are nutritious.

## TIPS

The examples of junk food that should be banned in school are candies, carbonated drinks, chewing gums, unhealthy snacks and processed food.

# HOW CAN WE DO IT?

**Problem(s)?**

More people are getting health problems from a younger age due to unhealthy eating habits.

**Goal?**

Students and teachers to have more healthy food options to choose from.

**Target Audience?**

Students and teachers.

**Measure of Success?**

Observation on the food that sold in the school canteen.

**Collaborators?**

Canteen operator and principal.

**Resource Streams?**

None.

**Cost?**

<RM100

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DIFFICULTY: ★★☆☆

# GARDEN TO PLATE CAMPAIGN



Organise 'Garden to Plate' campaign, which encourages the school community to plant vegetables and fruits in school grounds for their own consumption.

## DID YOU KNOW?

We can spare earth the burden of unnecessary air and water pollution as we grow our plants without excess pesticides and herbicides.

Also, we can reduce carbon emission and pollution from the transport of fresh produce across the global market to our supermarket.

# HOW CAN WE DO IT?

## Problem(s)?

Students do not eat enough vegetables and do not experience food production from the garden to plate.

## Goal?

The school community should experience the entire process from planting vegetables to harvesting it for consumption.

## Target Audience?

School community, parents.

## Measure of Success?

Observation on a healthy school garden and calculation of harvest used for consumption.

## Collaborators?

NGOs, canteen operator, gardener.

## Resource Streams?

Parent-Teacher Association (PTA), school fund.

## Cost?





DIFFICULTY: ★★☆☆

# HEALTH CAMPAIGN

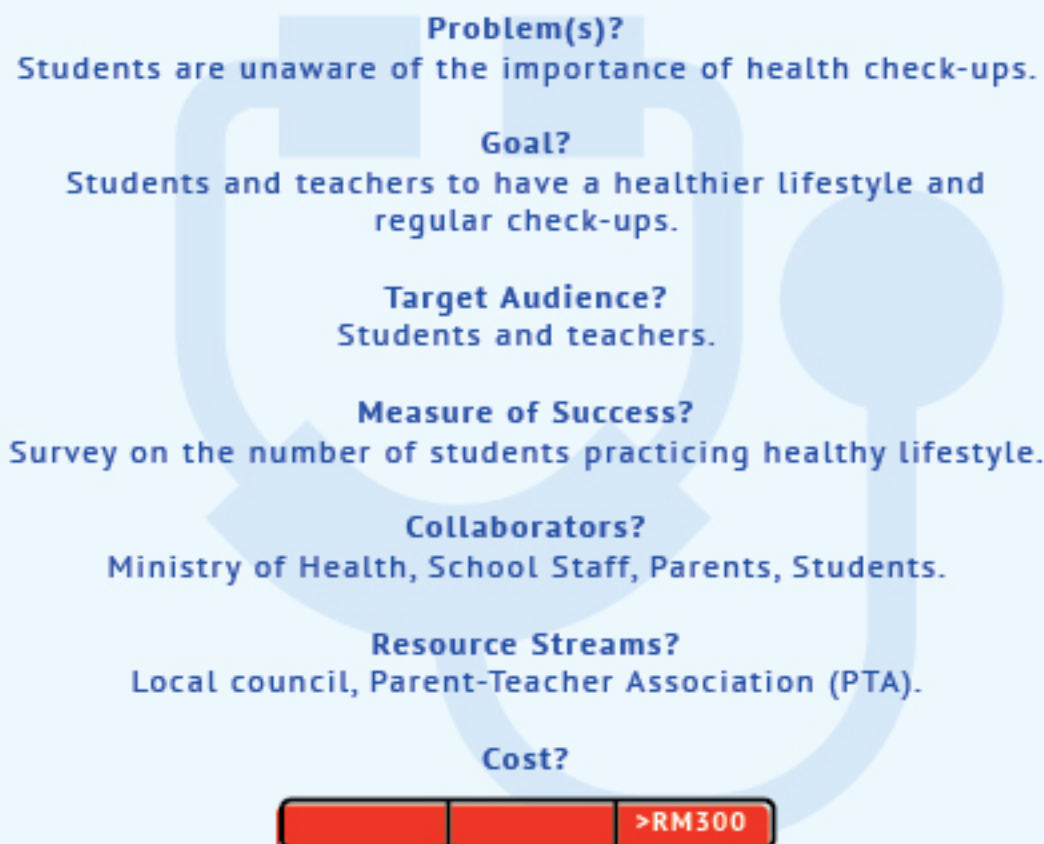


Invite speakers to talk about healthy living, including physical and mental health. If possible, invite speakers who can share about the connections between nature and health!

## DID YOU KNOW?

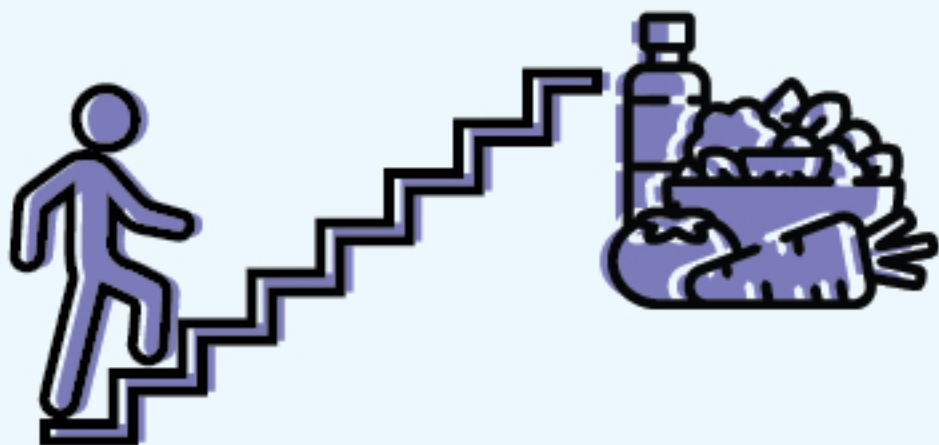
Regular check-ups and immunisation help to ensure student's normal development, healthy growth and protection from preventable disease. It helps the students to avoid diseases like obesity, diabetes, hypertension, and heart disease.

# HOW CAN WE DO IT?



DIFFICULTY: ★★☆☆

# HEALTHY MEAL DAY



Introduce 'Healthy Meal Day' once a month in school by encouraging school canteen to plan some healthy meals for the students.

## DID YOU KNOW?

Malaysia has one of the highest rates of diabetes, strokes and heart disease cases in Southeast Asia. This is because our diets are overloaded with sugar, salt, and unhealthy fats.

# HOW CAN WE DO IT?

## Problem(s)?

Many students are eating unhealthy and lack of nutritious foods in their daily diet.

## Goal?

Encourage students to eat a wide variety of healthy food to achieve balanced nutrition.

## Target Audience?

Students, teachers, parents and non-teaching staffs.

## Measure of Success?

Progressively observe and hold surveys on what students choose to eat during the campaign.

## Collaborators?

Canteen operators, Malaysian Dietitians' Association, School staff, Parents.

## Resource Streams?

Local council, Parent-Teacher Association (PTA), school fund.

## Cost?

>RM300

DIFFICULTY: ★★☆☆

# VEGETABLE GARDEN COMPETITION

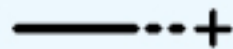


Organise a competition among students for best garden management.

## TIPS

The students can sell the fresh produce to the surrounding community and raise fund for environmental activities.

The harvest can also be used as the ingredients in the school canteen for 'Healthy Meal Day'.



# HOW CAN WE DO IT?

## Problem(s)?

Students have not experienced or exposed to the vegetable harvest from garden to plate.

## Goal?

Students able to plant fruits and vegetables and therefore learn to appreciate food on a daily basis.

## Target Audience?

Students and teachers.

## Measure of Success?

Audit the school canteen if they are using the harvest from the school garden or the amount of fund raised through the selling of the harvest, health and condition of the garden.

## Collaborators?

NGOs, social enterprise, gardeners.

## Resource Streams?

Local council, social enterprise, NGOs, Parent-Teacher Association (PTA).

## Cost?

>RM300



DIFFICULTY:



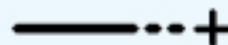
# SPRING CLEANING



Have a spring cleaning that involves the whole school community once every two months.

## DID YOU KNOW?

Having a spring cleaning or "gotong-royong" not only to clean up the school areas, but it also fosters good values such as teamwork, tolerance, and harmony among the school community.



# HOW CAN WE DO IT?

### Problem(s)?

Lack of cleaning initiatives from the school community.

### Goal?

Students will be more aware of the importance of having a clean environment in school and learn to take care of it.

### Target Audience?

Students, teachers and non-teaching staff.

### Measure of Success?

The number of students participated in spring cleaning and survey on how much they are aware of the importance of having a clean environment.

### Collaborators?

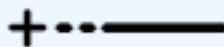
Cleaners, environmental clubs, teachers, nearby communities, and local council.

### Resource Streams?

School fund, Parent-Teacher Association (PTA).

### Cost?

RM100 - 300



DIFFICULTY: ★★★

## NATURE WALK OR RUN



Organise a nature walk or run which involves the students and their parents.

## DID YOU KNOW?

You can insert some interesting activities during the walk/run such as:

- Plant and animal observation and identification.
- Investigate local drainage for trash.
- Tree planting or seed collection.
- Pick up trash along the way (plogging).

## HOW CAN WE DO IT?

### Problem(s)?

Some of us spend up to 90% of our lives indoors. This disconnection from nature can have a negative impact on humans because we are missing out on the beneficial effects of nature.

### Goal?

To feel more connected to nature and bear the responsibility to protect the environment. Physical exercises also possess many health benefits to our wellbeing.

### Target Audience?

School and surrounding community.

### Measure of Success?

The number of participants that joined the activities.

### Collaborators?

NGOs, school community, environmental oriented club.

### Resource Streams?

Fundraising, sponsorship, local council.

### Cost?

>RM300

DIFFICULTY: ★★ ★

## ECO FAIR



Organise a fair where students can organise activities or exhibitions that are eco-friendly or related to healthy living. It can be a standalone event or in conjunction with another event, depending on your availability.

## EXTRA TIPS

During the fair, encourage the committee to:

- Use minimal packaging, avoid single use plastics and styrofoams.
- Place waste separation bins at eye-catching spots.
- Set up educational booths related to zero waste.

## HOW CAN WE DO IT?

### Problem(s)?

The public and the students are not well informed on the connection between the environment and public health.

### Goal?

School and nearby community to practise a healthy and eco-friendly lifestyle.

### Target Audience?

School community, surrounding community.

### Measure of Success?

Planning and observation on the way Eco-Fair is organised which should have a minimal carbon footprint.

### Collaborators?

NGOs, social enterprise, school community, environmental oriented club and parents.

### Resource Streams?

Local council, fundraising, Parent-Teacher Association (PTA).

### Cost?

>RM300

DIFFICULTY: ★★ ★

# E.M. MUDBALL CLEANING CAMPAIGN



Organise a mudball campaign with other schools to clean up the drains and rivers in the neighbourhood.

## DID YOU KNOW?

The drains outside our homes, schools, and businesses are directly linked to compensating basins, parks, and also to our rivers, lakes, and wetlands.

When we do not regulate waste management properly, it impacts the health of both wildlife and humans. Whether it is the pollutants in the drainage system or untreated leachate from landfills, it will find its way into the natural environment.

# HOW CAN WE DO IT?

## Problem(s)?

The drains in and around the school are dirty and smelly.

## Goal?

Drains are clean and community takes initiatives to maintain the cleanliness.

## Target Audience?

Schools, neighbouring schools and surrounding community.

## Measure of Success?

Improved water quality of the drains near the school.

## Collaborators?

NGOs, neighbouring schools and environmental club.

## Resource Streams?

Local council, school fund, Parent-Teacher Association (PTA).

## Cost?

>RM300

# QUICK FACTS



Research has shown improvements in mental and physical health when people spend time in natural environments, as well as improved learning outcomes in children. Green spaces are also linked with fewer crimes, even accounting for socioeconomic factors.

Exercise 3 times a week helps improve mood, combat health conditions/diseases, boost energy, and improves sleep. It is also a great social activity for all.

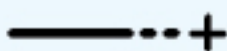


Vitamins help your body stay healthy and fight diseases. Our bodies need vitamins and minerals from a balanced diet.



Fast food is typically poor in terms of nutrition. It is usually high in sugar, salt, saturated or trans fats, as well as many processed and preservative ingredients.





**"THE BEST SIX DOCTORS YOU CAN  
GET ARE SUNSHINE, WATER, REST,  
FRESH AIR, EXERCISE AND A  
BALANCED DIET."**

**- WAYNE FIELDS, WHAT THE RIVER  
KNOWS(1990)**

**THE GREATEST WEALTH IS HEALTH.**



For more information on Eco-Schools Programme  
and other activities we organise, visit [www.esdmy.com](http://www.esdmy.com)



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