

Holistic Health Framework

In 2007, MOE introduced the Holistic Health Framework (HHF) for schools. This framework is guided by the following three key principles:

a. Total Well-Being

Total well-being encompasses the physical, mental and social health of students and not just measures of weight and fitness.

b. Inclusion

Inclusion advocates that every student be given opportunities to access the knowledge, and develop the skills and attitudes to live healthily.

c. Quality Delivery

Quality delivery involves building the capacity of teachers through professional development and engaging qualified and competent para-educators to teach holistic health effectively.

Schools adopting the HHF are distinguished by the following key components:

i. Supportive School Culture and Organisation

A supportive school culture and organisation is demonstrated by having a shared vision on health which culminates in an action plan for effective delivery and resource building.

ii. Comprehensive and Relevant Formal and Non-Formal Curricula

A comprehensive and relevant formal and non-formal curricula is the main vehicle in the delivery of holistic health.

iii. Synergistic Collaborations and Partnerships

Synergistic collaborations and partnerships with stakeholders supporting schools' health promoting efforts through the sharing of expertise and resources.