

We are a
Healthy
Pre-School



Healthy
Pre-School



A TOOLKIT FOR HEALTHY PRE-SCHOOL ACCREDITATION FRAMEWORK

HEALTHY PRE-SCHOOL ACCREDITATION FRAMEWORK

Research has shown that a healthy school contributes to better health and education outcomes. Health promotion in early childhood is paramount for the prevention of infectious diseases, developing good health habits in childhood – particularly on nutrition, physical activity and social-emotional development.

The Healthy Pre-School (HPS) Framework accredits pre-schools which have comprehensive school health promotion practices for students, parents and staff.

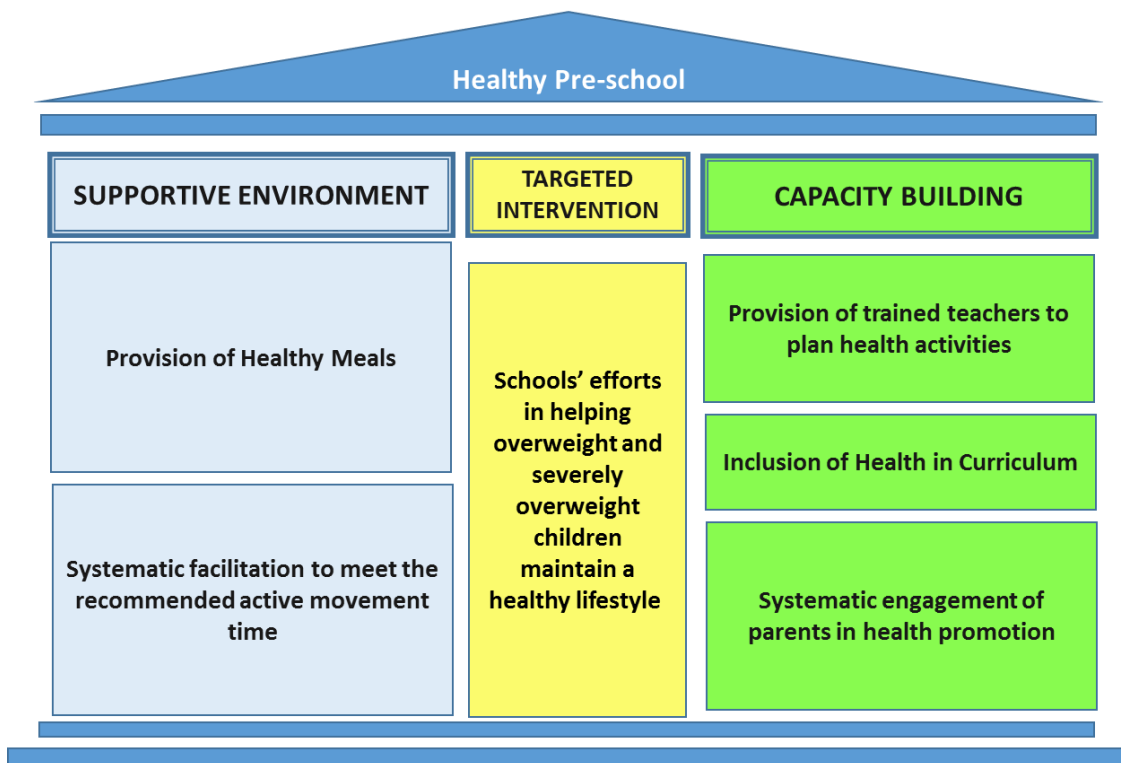


Figure 1. Healthy Pre-School (HPS) Framework

WHAT IS NEW

To encourage more pre-schools to embark on their health promotion journey, with effect from 1 April 2017, the Healthy Pre-school will offer two-tiers of accreditation – **Basic** Tier and **Platinum** Tier.

The table below summarizes the criteria required for each tier.

Tier	Strategic Thrusts		
	Supportive Environment	Targeted Intervention	Capacity Building
Basic	✓		
Platinum	✓	✓	✓

WHY HEALTHY PRE-SCHOOL – PLATINUM TIER

The “Healthy Pre-School – Platinum Tier” accreditation is to distinguish pre-schools which have made efforts that are beyond the basic health requirements for their students and staff. It is a simple yet powerful recognition of such pre-schools in their commitment to the healthy development of young children.

The Health Promotion Board is committed to work with all pre-schools to gradually help them progress towards being accredited as “Healthy Pre-school – Platinum Tier”.

HEALTHY PRE-SCHOOL ACCREDITATION FRAMEWORK – BASIC TIER

Pre-schools which are accredited as “Healthy Pre-school – Basic Tier” will need to fulfil these criteria under Supportive Environment.

Criterion 1: SUPPORTIVE ENVIRONMENT	
1.1 Obesity Prevention	<p>Provision of Healthy Meals</p> <ul style="list-style-type: none"> • The centre provides water for the children throughout the day. Syrup, cordial and commercially prepared drinks without the Healthier Choice Symbol (HCS) are not allowed. Milk is allowed. • If lunch is served, the food must have the three main food groups: <ul style="list-style-type: none"> ○ <u>Wholegrains</u> (e.g. wholemeal bread, brown rice and brown rice bee hoon) ○ <u>Lean meat or other protein food alternatives</u> (e.g. chicken, fish, tofu, lentils) ○ <u>Vegetables</u> • All centres that provide lunch or snacks to children are required to provide fruits to children based on the following frequency: <ul style="list-style-type: none"> ○ Full day services: Daily ○ Half day services: Once a week • The centre serves calcium-rich food and beverages such as milk, calcium-fortified soy milk, cheese, yoghurt, tofu to the children based on the following frequency: <ul style="list-style-type: none"> ○ Full day services: Twice a week ○ Half day services: Once a week • The centre uses cooking oil with the Healthier Choice Symbol. • The centre does not serve the following food: <ul style="list-style-type: none"> ○ Deep-fried food ○ Pre deep-fried food upon purchase (e.g. pre deep-fried chicken nuggets and French fries) ○ Preserved food (e.g. sausages, ham, luncheon meat, preserved vegetables, and preserved eggs) <p>Gross Motor Activities are carried out</p> <ul style="list-style-type: none"> • Full day services: 1 hour daily, with at least 30 minutes outdoors or 45 minutes thrice weekly outdoors or equivalent • Half day services: 30 minutes thrice weekly, with at least one session outdoors or equivalent • For centre with no access to suitable outdoor space: In addition to fulfilling the recommended Gross Movement Activities time (1h daily for full day services and 30mins thrice weekly for half day services), centre is to fulfil at least one of the following: <ul style="list-style-type: none"> a. Organise outdoor field trips for children at least once a month

	b. Inform parents via formal communication channel (e.g. newsletter) to bring their children outdoors during weekends
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HEALTHY PRE-SCHOOL FRAMEWORK – PLATINUM TIER

Pre-schools which are accredited as “Healthy Pre-school – Platinum Tier” will need to fulfil these criteria under all 3 Strategic Thrusts, namely Supportive Environment, Targeted Intervention and Capacity Building.

Criterion 1: SUPPORTIVE ENVIRONMENT	
1.1 Obesity Prevention	<p>Provision of Healthy Meals</p> <ul style="list-style-type: none"> • Pre-schools are certified in Healthy Meals in Pre-schools Programme (HMPP) <p>Gross Motor Activities are carried out</p> <ul style="list-style-type: none"> • Full day services: 1 hour daily, with at least 30 minutes outdoors or 45 minutes thrice weekly outdoors or equivalent • Half day services: 30 minutes thrice weekly, with at least one session outdoors or equivalent • For centre with no access to suitable outdoor space: In addition to fulfilling the recommended Gross Movement Activities time (1h daily for full day services and 30mins thrice weekly for half day services), centre is to fulfil at least one of the following: <ul style="list-style-type: none"> a. Organise outdoor field trips for children at least once a month b. Inform parents via formal communication channel (e.g. newsletter) to bring their children outdoors during weekends
Criterion 2: TARGETED INTERVENTION	
2.1 Obesity Prevention	Pre-school’s efforts in helping severely overweight and overweight children maintain a healthy lifestyle.
Criterion 3: CAPACITY BUILDING	
3.1 Teachers’ Training	<p>Provision of trained teachers to plan health activities</p> <ul style="list-style-type: none"> • At least 1 pre-school teacher trained annually in health topics¹ • Trained teacher is being deployed to plan and implement 1 health activity per year
3.2 Student Engagement	<p>Inclusion of Health in Curriculum</p> <ul style="list-style-type: none"> • Pre-school has conducted lessons on health topics¹ for healthy habit formation
3.3 Parent Engagement	<p>Systematic engagement of parents in health promotion</p> <ul style="list-style-type: none"> • Pre-school to engage parents annually in health promotion through health workshops, Sports Day, Festive Celebrations incorporating healthy lifestyle,

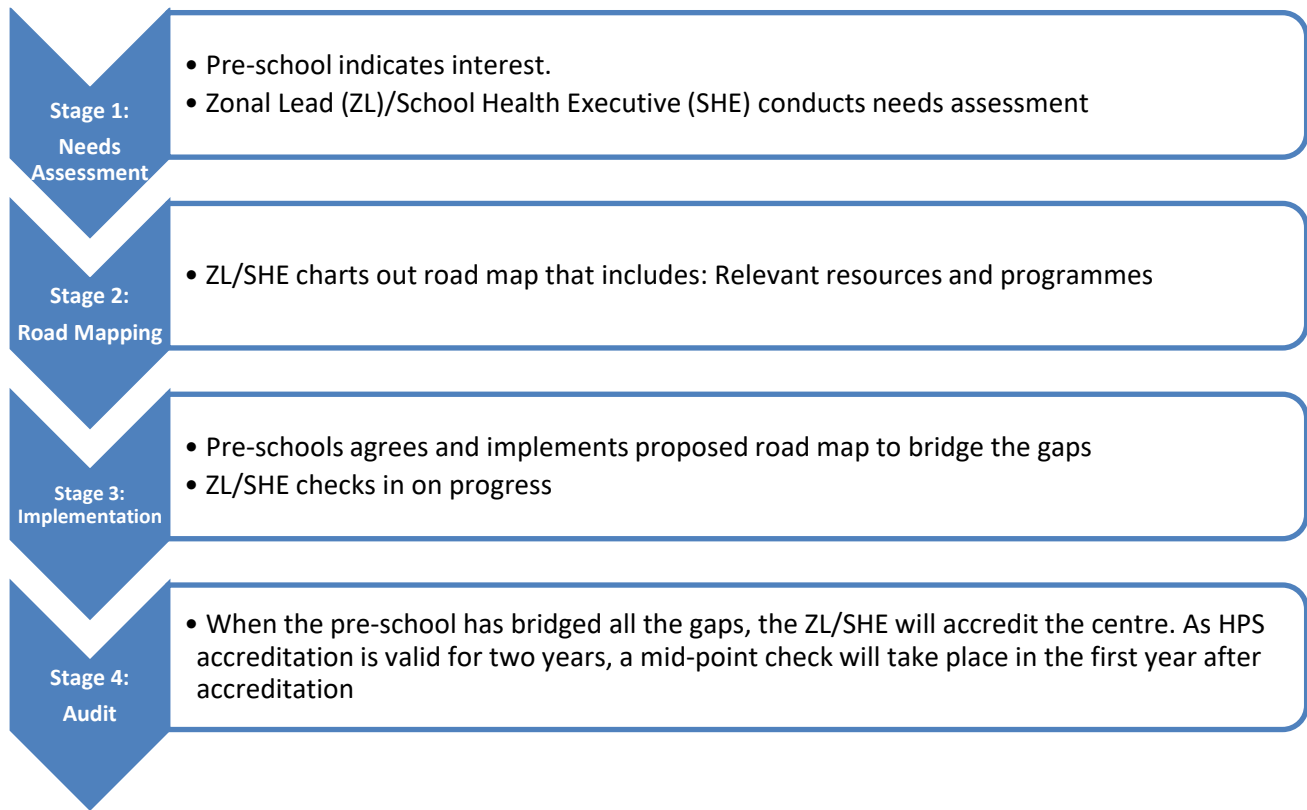
¹ Topics include Nutrition, Physical Activity, Myopia Prevention, Mental Wellbeing, and Oral Health.

	communication platforms (e.g. notice board, website, newsletters, Facebook page), etc
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ACCREDITATION PROCESS

There is a four-stage accreditation process to ensure that healthy pre-schools continue to sustain its efforts to benefit students, parents and staff.

HPS Accreditation Process



ELIGIBILITY CRITERIA

- Pre-schools must be registered with the Early Childhood Development Agency (ECDA).
- Applications must be supported by the principal/ supervisor of the pre-school.

HOW TO INDICATE INTEREST

- Interested pre-schools are to indicate their intent to work with HPB to convert their schools to healthy pre-schools, by completing the Participation Form on page 8 and emailing it to their School Health Executives (SHEs) or Zonal Leads (ZLs).

ACCREDITED HEALTHY PRE-SCHOOLS WILL RECEIVE

Healthy Pre-school - Basic tier

- A decal (see Annex A, Diagram 1).

Healthy Pre-school - Platinum Tier:

- A decal, a certificate and the exclusive rights to use the Healthy Pre-School logo for publicity purposes (See Annex A, Diagrams 1, 2 and 3).
- Priority booking of health promotion programmes covering key topics such as Nutrition, Physical Activity and Mental Well-being.

The table below summarizes the differences between Basic and Platinum tiers.

Benefits	Healthy Pre-School Tiers	
	Basic	Platinum
Decal	✓	✓
Certificate		✓
Logo Use		✓
HPB Pre-school Programmes		✓

All Healthy pre-schools are expected to maintain the standards as stipulated in the HPS criteria. The Health Promotion Board reserves the right to revoke the HPS accreditation status should the pre-school falls short of this during an audit or when public complaints are substantiated.

For more information, please contact the respective HPB staff based on your centre's location (i.e. CDC zone):

Name of Officer	Designation	Contact Number	Email Address	CDC zones
Ms Lye Li Fun	Assistant Director	6435 3753	Lye_Li_Fun@hpb.gov.sg	-
Mr Chew Swee Seng	Senior Manager	6435 3056	Chew_Swee_Seng@hpb.gov.sg	South-West
Ms Xiong Lingxi	Manager	6435 3281	Xiong_Lingxi@hpb.gov.sg	Central
Ms Sng Liting	Manager	6435 3254	Sng_Liting@hpb.gov.sg	North-East
Ms Siti Salwa	Senior Executive	6435 3946	Siti_Salwa_SALLEH@hpb.gov.sg	South-East
Ms Celine Ang (covering for Ms Cecilia Ang till end of Nov 18)	Executive	6435 3278	Celine_ANG_from.TP@hpb.gov.sg	North-West

**PARTICIPATION FORM FOR
HEALTHY PRE-SCHOOL ACCREDITATION FRAMEWORK**

Please email this participation form to HPB_PPD@hpb.gov.sg or fax to 6438 8226.

Registration details

Name of Pre-school: _____

Address: _____

Name of Supervisor / Principal: _____

Email address: _____

Contact number: _____ (O) _____ (HP)

Signature of Principal/Supervisor

Date of Submission

The content of submission is as accurate we possible to the best of my knowledge

ANNEX A



Diagram 1: Healthy Pre-school Decal
(For both Basic and Platinum Tiers)



Diagram 2: Certificate of Achievement for Healthy Pre-school
with validity period of 2 years
(For Platinum Tier only)



Diagram 3: Exclusive rights to use the
Healthy Pre-school logo for publicity purposes
(For Platinum Tier only)