

Healthy schools headed to Bali

Two schools from Putrajaya and Penang vying for US\$100k in regional challenge

SK Putrajaya Presint 11(1), Putrajaya, and SMK Convent Butterworth, Penang, will represent Malaysia at the AIA Healthiest Schools (AHS) Regional Awards in Bali, Indonesia, vying for US\$100,000 (approximately RM470,000).

The national-level primary and secondary school champions will take on their counterparts from Indonesia, Thailand, Hong Kong, Australia and Vietnam in the regional round of the competition on Thursday.

Earlier, during the inaugural AHS Awards ceremony at a hotel in Kuala Lumpur on June 19, SK Putrajaya Presint 11(1) and SMK Convent Butterworth received US\$13,000 (RM60,600) each for coming out on top in their respective categories of the AHS national-level competition.

The AHS competition is part of the AHS programme, which ran from October 2023 to March this year.

A total of 18 primary and secondary schools across Malaysia were honoured for their exceptional efforts in implementing innovative ideas to make schools healthier and happier places for learning.

The winning schools were selected by the AHS panel of judges based on the breadth of their project, implementation and execution, level of engagement with teachers, students and the wider community, project impact, as well as future plans.

SK Putrajaya Presint 11(1)

CELEBRATING SUCCESS

emerged as the winner in the primary school category with its innovative HELPIE health mobile application initiative.

Designed to enhance mental well-being among students, the app provides tools for stress identification and management, along with engaging games and health campaigns.

The project resulted in over 500 students experiencing a reduction in stress levels from 34% to 18%, and 92% of students reporting improved emotional understanding.

The second, third and fourth place winners in the primary school category were SJK(C) Hwa Lien, SK Kancong Darat, both in Selangor, and SK Oran in Perlis, respectively.

Sayfol International School in KL, SK Jalan Empat in Bandar Baru Bangi, Selangor, SK Kuala Perlis in Perlis, SK Seri Gemilang in Penang, and SJK(C) New Kopisan in Perak all received the Highly Commended Award.

In the secondary school category, SMK Convent Butterworth clinched the top spot with its Eco-Jump Rope and Dumbbell project, aimed at promoting active lifestyles among students.

This initiative utilises zero-cost workout equipment crafted



Congratulations: Ng (far right) and AIA Malaysia chief marketing officer Heng Zee Wang (far left) with Education Ministry Sports, Co-curricular and Arts Division deputy director Ida Hairani Bakar (second from right) presenting the prize to SK Putrajaya Presint 11(1) headmistress Norzah Mohd Kassim and teacher Mohd Saharudin Setapa.

from recycled materials, encouraging students to engage in eco-friendly workouts.

The project fosters fitness and sustainability, promoting creativity, teamwork and a greener lifestyle among students.

Meanwhile, SMK Taman Maluri in KL, SMK Dato' Jaafar Hassan in Perlis, and SMK Sri Perak in Perak were awarded second, third and fourth place, respectively, in the secondary school category.

SMK Lembah Subang, SMK Jalan Tiga and SMK Saujana Utama, all in Selangor; SMK Kampung Baru Kerteh in Terengganu; and Kolej Tuanku Ja'afar in Negri Sembilan were all presented with the Highly Commended Award.

Each of the second, third and fourth prize winners in both the primary and secondary school categories took home

US\$9,000 (RM42,000), while recipients of the Highly Commended Award received a cash prize of US\$2,000 (RM9,300) each.

AIA Malaysia chief executive officer Ben Ng said the AHS programme marks a significant milestone in the company's journey to uplift the health and wellness of children.

"It's a privilege to celebrate the remarkable efforts of our children and educators who have made a tangible difference in promoting health and wellness within the school setting.

"From innovative mental health apps to eco-friendly fitness projects, the competition entries received this year were nothing short of inspiring.

"These creative initiatives have made a real impact, not only in reducing stress and improving fitness, but also in fostering a

sense of community and shared purpose among students," he said in a press release.

Endorsed by the Education Ministry, the AHS programme is designed to encourage healthy living habits among students aged five to 16 by promoting healthy eating, active lifestyles, mental well-being, as well as health and sustainability in schools.

The programme offers free downloadable resources that equip teachers to effectively introduce health and well-being concepts into classrooms.

Schools interested in registering for the AHS programme can find more information at <https://ahs.aia.com/my/en>, where teaching resources are also available.

Entries for the second edition of the AHS competition can be submitted from August this year.