

*We are a*  
**Health Promoting  
Pre-School**



**HealthPromoting  
Pre-School**



**A TOOLKIT FOR  
HEALTH PROMOTING PRE-SCHOOL  
ACCREDITATION FRAMEWORK**

## HEALTH PROMOTING PRE-SCHOOL ACCREDITATION FRAMEWORK

Research has shown that a health promoting 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 Health Promoting Pre-School (HPPS) Framework accredits pre-schools which have comprehensive school health promotion practices for students, parents and staff.

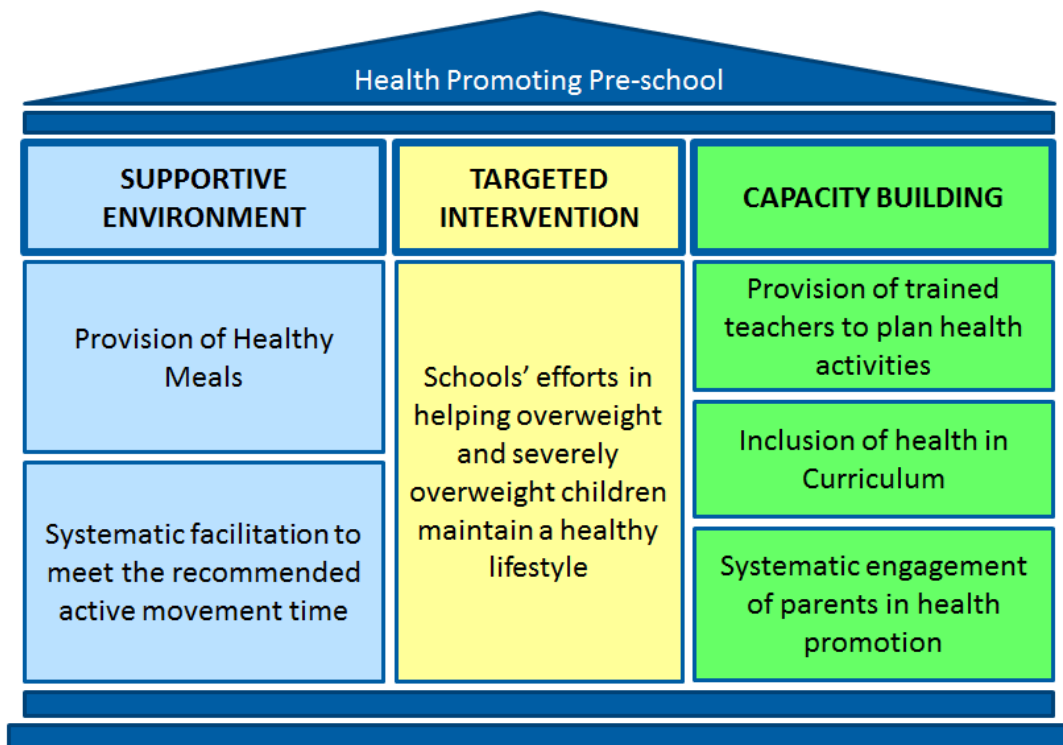


Figure 1. Health Promoting Pre-School (HPPS) Framework

## WHAT IS NEW

To encourage more pre-schools to embark on their health promotion journey, with effect from 1 April 2017, the Health Promoting 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 “Health Promoting 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 “Health Promoting Pre-school – Platinum Tier”.

## HEALTH PROMOTING PRE-SCHOOL ACCREDITATION FRAMEWORK – BASIC TIER

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

<b>Criterion 1: SUPPORTIVE ENVIRONMENT</b>	
<b>1.1 Obesity Prevention</b>	<p><b>Provision of Healthy Meals</b></p> <ul style="list-style-type: none"><li>• The centre provides water for the children throughout the day.</li><li>• If hot meals / lunch are served, the centre incorporates food from the four main food groups:<ul style="list-style-type: none"><li>a) <u>Wholegrains</u> (e.g. wholemeal bread, brown rice and brown rice bee hoon)</li><li>b) <u>Lean meat &amp; other protein food alternatives</u> (e.g. chicken, fish, tofu, lentils)</li><li>c) <u>Vegetables</u> and</li><li>d) <u>Fruits</u></li></ul></li><li>• All centres that provide meals to children will need to provide fruits to children based on the following:<ul style="list-style-type: none"><li>➤ Daily to children in centres on programmes 6 hours or more</li><li>➤ Once a week to children in centres on programmes less than 6 hours</li></ul></li><li>• If the centre uses cooking oil, the oil must have the Healthier Choice Symbol.</li><li>• The centre does not serve deep-fried food, pre deep-fried food upon purchase, for example, pre deep-fried chicken nuggets and French fries.</li><li>• The centre does not serve preserved food such as sausages, ham, luncheon meat, preserved vegetables, and preserved eggs in the menu.</li><li>• The centre does not serve sugary drinks such as syrups and cordial (e.g. Ribena, rose syrup, barley syrup) and non-HCS commercially-prepared drinks (e.g. ice lemon tea, chrysanthemum tea). This guideline excludes milk, malted drinks and cultured drinks.</li><li>• The centre serves calcium-rich sources such as milk, calcium-fortified soy milk, cheese, yoghurt, tofu at least:<ul style="list-style-type: none"><li>➤ Twice a week to children on programmes 6 hours or more</li><li>➤ Once a week to children on programmes less than 6 hours</li></ul></li></ul> <p><b>Systematic facilitation to meet recommended active movement time</b></p> <ul style="list-style-type: none"><li>• For centres with programmes 6 hours or more<ul style="list-style-type: none"><li>➤ Children are physically active for 60 minutes daily, with at least 30 minutes outdoor</li></ul></li><li>• For centres with programmes less than 6 hours<ul style="list-style-type: none"><li>➤ Children are physically active for 30 minutes thrice weekly, with at least one outdoor session</li></ul></li></ul>

## HEALTH PROMOTING PRE-SCHOOL FRAMEWORK – PLATINUM TIER

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

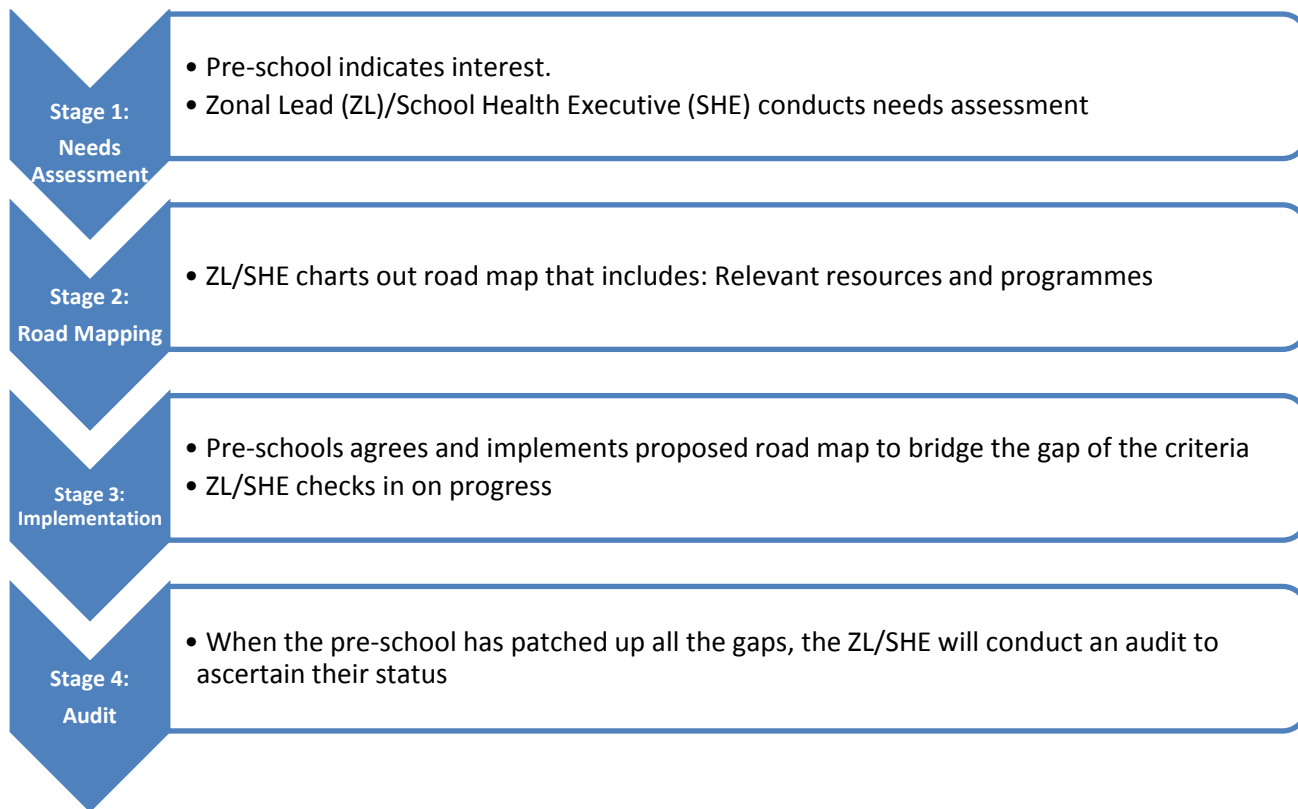
<b>Criterion 1: SUPPORTIVE ENVIRONMENT</b>	
<b>1.1 Obesity Prevention</b>	<p><b>Provision of Healthy Meals</b></p> <ul style="list-style-type: none"> <li>• Pre-schools are certified in Healthy Meals in Pre-schools Programme (HMPP)</li> </ul> <p><b>Systematic facilitation to meet recommended active movement time</b></p> <ul style="list-style-type: none"> <li>• For centres with programmes 6 hours or more                             <ul style="list-style-type: none"> <li>➤ Children are physically active for 60 minutes daily, with at least 30 minutes outdoor</li> </ul> </li> <li>• For centres with programmes less than 6 hours                             <ul style="list-style-type: none"> <li>➤ Children are physically active for 30 minutes thrice weekly, with at least one outdoor session</li> </ul> </li> </ul>
<b>Criterion 2: TARGETED INTERVENTION</b>	
<b>2.1 Obesity Prevention</b>	<b>Pre-school’s efforts in helping severely overweight and overweight children maintain a healthy lifestyle.</b>
<b>Criterion 3: CAPACITY BUILDING</b>	
<b>3.1 Teachers’ Training</b>	<p><b>Provision of trained teachers to plan health activities</b></p> <ul style="list-style-type: none"> <li>• At least 1 pre-school teacher trained annually in health topics<sup>1</sup></li> <li>• Trained teacher is being deployed to plan and implement 1 health activity per year</li> </ul>
<b>3.2 Student Engagement</b>	<p><b>Inclusion of Health in Curriculum</b></p> <ul style="list-style-type: none"> <li>• Pre-school has conducted lessons on health topics<sup>1</sup> for healthy habit formation</li> </ul>
<b>3.3 Parent Engagement</b>	<p><b>Systematic engagement of parents in health promotion</b></p> <ul style="list-style-type: none"> <li>• Pre-school to engage parents annually in health promotion through health workshops, Sports Day, Festive Celebrations incorporating healthy lifestyle, communication platforms (e.g. notice board, website, newsletters, Facebook page), etc</li> </ul>

<sup>1</sup> Topics include Nutrition, Physical Activity, Myopia Prevention, Mental Wellbeing, Communicable Diseases and Oral Health.

## ACCREDITATION PROCESS

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

### HPPS 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.

## INFORMATION FOR APPLICATION

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

## ACCREDITED HEALTH PROMOTING PRE-SCHOOLS WILL RECEIVE

### Health Promoting Pre-school - Basic tier

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

### Health Promoting Pre-school - Platinum Tier:

- A decal, a certificate and the exclusive rights to use the Health Promoting 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	Health Promoting Pre-School Tiers	
	Basic	Platinum
Decal	✓	✓
Certificate		✓
Logo Use		✓
HPB Pre-school Programmes		✓

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

For more information, please contact:

Name of Officer	Designation	Contact Number	Email Address	CDC zones
<b>Mr Ke Siong Yeo</b>	Deputy Director	6435 3648	Ke_Siong_Yeo@hpb.gov.sg	-
<b>Ms Lye Li Fun</b>	Assistant Director	6435 3753	Lye_Li_Fun@hpb.gov.sg	Central
<b>Ms Xiong Lingxi</b>	Manager	6435 3281	Xiong_Lingxi@hpb.gov.sg	Central
<b>Ms Sng Liting</b>	Manager	6435 3254	Sng_Liting@hpb.gov.sg	North-East
<b>Ms Sng Liting</b>	Manager	6435 3254	Sng_Liting@hpb.gov.sg	South-East
<b>Ms Cecilia Ang</b>	Higher Executive	6435 3278	Cecilia_Ang@hpb.gov.sg	North-West
<b>Ms Siti Salwa</b>	Senior Executive	6435 3946	Siti_Salwa_SALLEH@hpb.gov.sg	South-West

**PARTICIPATION FORM FOR  
HEALTH PROMOTING PRE-SCHOOL ACCREDITATION FRAMEWORK**

Please email this participation form to [HPB\\_PPD@hpb.gov.sg](mailto: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*





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



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



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