



An introduction to AIA Healthiest Schools Programme

AIA
healthiest
schools



Programme overview

The AIA Healthiest Schools Programme aims to promote healthy eating, active lifestyles, mental wellbeing and health and sustainability among students aged five to 16, starting in the classroom. The programme offers free, curriculum-linked resources for teachers to inspire students to take action and lead healthier lives.

Background and objective

AIA's Purpose is to help millions of people live Healthier, Longer, Better Lives. As a part of this Purpose, AIA is launching the AIA Healthiest Schools Programme in several locations across the region.

The programme is underpinned by research conducted in Australia, Hong Kong, Thailand and Vietnam to understand attitudes and behaviours around physical and mental wellbeing. From this research, four key themes emerged as priority areas for schools.

These are:

Healthy eating



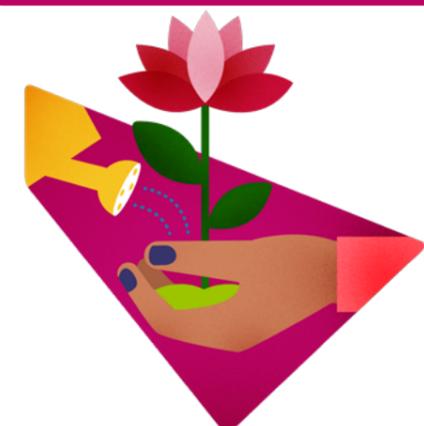
Active lifestyle



Mental wellbeing



Health and sustainability



Resources

The AIA Healthiest Schools Programme offers teachers engaging, easy to use, curriculum-linked resources that can be adapted into existing teaching plans. Developed by educators, these resources will enable teachers to effectively engage their students in efforts to improve the health and wellbeing of the whole school community.

Resources will be downloadable for free on the programme website in both English and the local language, and will include:

Introduction films



Flexible activities



Lesson plans

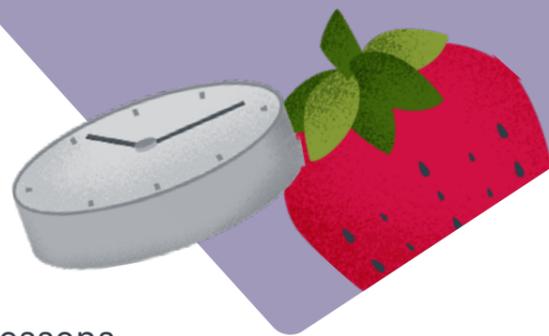


Fun games



As the Global Principal Partner of Tottenham Hotspur, we are delighted that their players and coaches will be sharing exercises, recipes and personal wellbeing advice to educate, inspire and motivate students.





Lessons and materials

The four themes are explored in a variety of lessons designed for primary and secondary students aged five to 16 years. The lessons come with their own PowerPoint presentations and activity sheets. Teachers will also receive guidance notes with curriculum links, equipment requirements, and best practice tips to assist them in delivering the lessons effectively.

Teachers will also be provided with assembly materials, student log books and engaging films to introduce the four key themes of the programme.



Sample activity

Each lesson is supported by fun activities that students can do in class or in their own time. Here are some examples:

Primary



Run the calming carousel, providing students with simple, practical tools for building emotional literacy and resilience - such as the countdown to calm, yoga pose dice game, mindful colouring and more!

Secondary



How can we protect the environment and protect our health? Ask students to work together to investigate, plan and design a sustainable and healthy city. What actions could they take to improve their own communities?



Benefits of the programme



Schools that register for the AIA Healthiest Schools Programme will enable their students and the wider community to learn:

- ✓ How to make healthier, more sustainable choices
- ✓ The importance and value of good nutrition
- ✓ Creative ways to live an active lifestyle and build active habits
- ✓ How to manage feelings and emotions
- ✓ The importance of sleep
- ✓ Why it's important for the planet to be healthy

Schools participating in the programme will also have the opportunity to enter the AIA Healthiest Schools Challenge for a chance to win exclusive prizes.



AIA Healthiest Schools Competition

Schools will have the chance to showcase their healthy initiatives and win exclusive prizes with our new regional competition, launching in August 2023.

AIA will select one primary and one secondary school to win in each location (primary only in Hong Kong). Winning schools will be rewarded with school prizes up to a total of \$100,000 USD (\$50,000 USD for Hong Kong). There will also be prizes for runner up schools.

Winning schools from each location will then be automatically entered into the regional competition to determine one overall winner, in the primary and secondary school categories. Regional winners will be further rewarded with school prizes.

Entry mechanics

The entry process for the challenge is a very simple two-step process. You will be required to login with your registration details and then complete an online form consisting of a series of questions. There will also be an opportunity to submit evidence to support your entry, which is optional.

Teachers will be provided with additional resources to help their students come up with a project idea to make their whole school healthier, including tips on how to create a winning competition entry.

These include:

- **Quick ideas generator**
- **Competition entry guide**

Key dates

→ **August 29 2023**
Programme and competition launch

March 8 2024 ←
Competition closes

May 8 2024 ←
Local winners announced

June 26 2024 ←
Regional winners announced

AIA invites you to be a part of the AIA Healthiest Schools Programme and Challenge and bring lasting change to improve the health and well-being of our next generation.



About AIA

AIA is the largest independent publicly listed pan-Asian life insurance group with a presence in 18 markets across Asia.

For more than a century, AIA has strived to make a significant, positive impact for its customers and communities across Asia. This commitment is reinforced by its Purpose: to help millions of people live Healthier, Longer, Better Lives.

This Purpose guides the decisions AIA makes and the actions it takes as an organisation - empowering and enabling people to understand and manage their health, while meeting their long-term savings and protection needs. AIA believes that helping to create a healthier Asia is one of the most important and valuable things the organisation can do for its communities, today and in the future.

