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Media Release



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News Editor

REFRESHED HEALTHIER SCHOOLS @ SOUTH WEST PROGRAMME IN SUPPORT OF NATIONWIDE HEALTHIER SG

- **New Wellbeing Seminar, 3-star programme and roving wellness exhibition introduced under refreshed programme**
- **Programme targeted at building students' mental resilience and encourage healthier habits from young, addressing rising concerns like cyberbullying, mental health, screen dependency and use of vapes and Kpods**

The South West Community Development Council (CDC) launched its refreshed Healthier Schools @ South West programme on 23 July 2025, expanding its focus to nurture resilient and healthy students in the district. The refreshed programme supports the national Healthier SG movement by empowering learners to adopt healthier lifestyles – physically, mentally and emotionally – from young. Senior Minister of State, Ministry of Trade and Industry & Ministry of Culture, Community and Youth, and Mayor of South West District, Ms Low Yen Ling, officiated the event together with about 300 educators and community partners at Westwood Primary School.

2 The Healthier Schools @ South West programme supports school in integrating wellness education into daily routines and learning environments. Anchored by five

community goals: Eat Smart; Move More; Think Bright; Be Wise, Be Kind; and Rest Well, the programme promotes physical, mental and emotional well-being to address rising concerns such as cyberbullying, mental wellness and emotional stress, screen overuse, and growing use of vapes and Kpods (drug-laced vapes) among children and youths. By fortifying students' awareness of these emerging threats and giving schools the support and resources to cultivate healthy habits and mindsets, the programme builds a strong foundation for resilience in young learners. The refreshed Healthier Schools @ South West features three main components:

Wellbeing Seminar

3 The inaugural Wellbeing Seminar brought together health experts, educators and community partners to exchange ideas and resources to better support students. Speakers from the National University Health System (NUHS) and Ng Teng Fong General Hospital (NTFGH) shared practical strategies on supporting student wellness. Topics included positive education, mental health in schools, and building a culture of well-being. A key issue that was highlighted is the rising concern over the use of vapes and Kpods among children and youths, with a medical doctor highlighting the health risks of drug-laced vapes and ways on how schools and parents can better protect and educate students. Westwood Primary School showcased its health and wellness-focused initiatives that schools can adopt, along with community partners such as SHINE Children and Youth Services and Focus on the Family Singapore. For more information on the booths, please refer to Annex A.

3-Star Programme

4 A new 3-star programme was introduced, guiding schools in three key areas of Healthy Living, Healthy Ambassador, and Positive Thinking. This gives participating schools a structured and practical pathway to incorporate wellness activities into daily learning. Schools can earn recognition for their commitment to creating a healthier environment across the five community goals by completing modules such as conducting wellness-related assembly talks and workshops on mental wellbeing.

Roving Wellness Exhibition

5 To complement the programme and engage students effectively, an interactive wellness exhibition was introduced and progressively rolled out to the participating

schools of Healthier Schools @ South West. Featuring gamified, hands-on stations and learning stations, such as digital mindfulness and healthy eating, the exhibits are designed to make wellness education fun, engaging and accessible for primary school students to reinforce wellness messages throughout the academic year.

6 "We aim to provide students in the South West District with access to the resources and support for good mental and physical health. Their wellbeing is fundamental to their growth and future success. The refreshed and holistic Healthier Schools @ South West programme brings together healthcare experts, educators, and community partners to promote wellness in our youth and schools. With stronger, all-round support, our students learn to develop resilience and form healthy lifestyle habits that protect them for life. This foundation is vital as our young people face multi-faceted pressures in today's fast-evolving world," said Mayor Low.

7 Beyond the launch, South West CDC will work with community partners to curate a menu of wellness resources and activities such as video recordings and ready-to-use classroom materials that schools can choose from based on their needs to integrate into their Healthier Schools activities.

8 From 2026 onwards, participating schools of the Healthier Schools @ South West programme will also be recognised annually to celebrate their efforts in creating supportive, health-focused learning environment by completing the 3-star programme. This long-term partnership with schools provides a scalable and sustainable model for integrating health and wellness into everyday learning, supporting the broader national agenda of building a healthier Singapore from young.

9 Details of the event are as follows:

Event	: Wellbeing Seminar @ South West
Date	: Wednesday, 23 July 2025
Time	: 2.30 pm to 3.30 pm (Media is invited at 2.00 pm)
Venue	: Westwood Primary School School Hall, Level 3 1 Jurong West Street 73, Singapore 649188

Host : Ms Low Yen Ling
Senior Minister of State
Ministry of Trade and Industry
Ministry of Culture, Community and Youth
Mayor of South West District

10 Photos for **Wellbeing Seminar @ South West** may be downloaded from the following [link](#). For more information, please contact our Media Liaison Officers below.



Ms Low Yen Ling, Mayor of South West District, launching Healthier Schools @ South West alongside Dr Quek Lit Sin, PPA (G), Co-Chairman of the Healthy & Active Lifestyle Committee, South West CDC; Mr Andrew Mah, Principal of Westwood Primary School; and Anya and Raoof, students from Westwood Primary School.



Westwood Primary School students sharing their school's wellbeing initiatives at the launch of Healthier Schools @ South West 2025.



Featuring gamified, hands-on activities and learning stations, such as digital mindfulness and healthy eating, the Healthier Schools @ South West exhibition panels are designed to make wellness education fun, engaging and accessible for primary school students to reinforce wellness messages throughout the academic year.

(Photo credits: South West Community Development Council)

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About the South West Community Development Council (CDC)

The South West Community Development Council (CDC) was formed on 24 November 2001.

Through local help programmes, the South West CDC provides assistance to help the less fortunate in our community. The South West CDC also organises projects and programmes to promote community bonding and social cohesion. The South West

CDC adopts the "Many Helping Hands" approach to encourage community ownership among residents, community partners and corporations to realise its vision of "Owning Your Community".

Ms Low Yen Ling was appointed the Mayor of South West District on 27 May 2014. Ms Low is also the Senior Minister of State, Ministry of Trade and Industry (MTI) & Ministry of Culture, Community and Youth (MCCY) and Adviser to Bukit Gombak SMC.

For more information, please visit: www.southwest.cdc.gov.sg

Programme

Time	Administrative Programme
2.30 pm	Arrival of Mayor Ms Low Yen Ling Senior Minister of State Ministry of Trade and Industry Ministry of Culture, Community and Youth Mayor of South West District
2.35 pm	Welcome Address by Mayor
2.40 pm	Presentation of Token of Appreciation to Speakers and Community Booth Partners
2.50 pm	Launch of Healthier Schools @ South West
2.55 pm	Tour of Community Partners Booths and Healthier Schools @ South West Exhibition Panels
3.20 pm	Refreshments & Networking
3.30 pm	Departure of Mayor <i>*Media doorstep to be arranged, subject to media request.</i>
3.30 pm	End of programme

Annex A

Name of Community Partner	Booth Description
Westwood Primary School	WWPS will present their multi-dimensional approach to student wellbeing and the programmes that support holistic student development. Based on feedback gathered from students, various initiatives have been implemented to enhance student wellbeing and address their needs.
Hwa Chong Institution	HCI will be sharing on how they established their wellbeing centre to be the nexus of their efforts to educate and build a community that flourishes as the disposition, habits and principles of wellbeing are understood and practiced
SHINE Children and Youth Services	SHINE will share about their programmes and activities which promote mental wellbeing and mindfulness in both schools and community settings
Focus on the Family Singapore	Sharing on the success stories of their FamChamps programme, a 3-part programme which reaches out to schooling students to champion and strengthen family bonds. FamChamps focuses on the strengthening the intricacies of family relations, and supports the development of social and emotional wellbeing of children, particularly those who come from disadvantaged backgrounds by building their resilience.