



ASEF Classroom Network #ASEFClassNet Online Collaboration 2018

Proposal

1. Title of the Online Collaboration (Max. 6 words)

Healthy Living

2. Name and contact details of project co-ordinator(s)

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3. School description (Max. 30 words)

Experimental Secondary School (ESS) was founded in 1978 under the direction of Vietnam Institute of Education Sciences and the main focus of the school is to create global citizens. The school is located in Hanoi and has been participating in ASEF ClassNet collaborative online projects since 2013. Furthermore, the school received Merit and Gold awards for the projects "Play to learn" and "Coding for teens" respectively. The students are from 13 to 15 years old.

Singapore polytechnic is a technical school with 45 full-time diploma courses and offers students a holistic, authentic and industry-relevant curriculum, innovative and vibrant learning spaces, and enriching overseas programmes. The students are in the age group of 16 to 19 years.

4. Summary of the Proposed Online Collaboration (Max. 200 words)

The World Health Organisation defines human health as "a state of complete physical, mental and social well-being". Healthy living demands us to choose appropriate foods, incorporate regular physical activities in our daily routine and practice good hygiene. Additionally, people have to avoid unhealthy habits such as lack of sleep. In this modern world, especially students and professionals are constantly engaged with disruptive social media and digital technologies, neglecting taking care of their health. One of the goals of sustainable development adopted by United Nations is to ensure healthy lives and promote well-being for all ages. The primary aims of this project are to create intuitive awareness among the participants about healthy living, promote physical exercises in day to day life, realise the significance of the choice of healthy foods and importance of mental health. Participants will also learn appropriate ICT skills to interact with each other on online platforms and understand the importance of working with others in partnership. Participants will have ample opportunities to understand cultural diversity and values.

5. The Online Collaboration falls under the main themes of:

Please state "1" to "3" in level of relevance

<input checked="" type="checkbox"/> 3 Arts & Culture	<input checked="" type="checkbox"/> 1 Health
<input type="checkbox"/> Business & Entrepreneurship	<input type="checkbox"/> History
<input checked="" type="checkbox"/> 2 Education	<input type="checkbox"/> Media
<input type="checkbox"/> Environment & Sustainable Development	<input checked="" type="checkbox"/> 3 Science & Technology
<input type="checkbox"/> Others. Please specify below:	

6. Duration of the Online Collaboration (Please state start and end date):

Start Date	:	15 April 2018
End Date	:	15 October 2018
Duration	:	6 months

7. Expected no. of schools/students involved and level of language and ICT skills

No. of Schools in total	:	8
No. of Students in total	:	80
Students Age Group	:	13-18
Level of English	:	Intermediate
Level of ICT Skills	:	Intermediate

8. ICT tools/software required

Please tick (✓) as appropriate)

<u>Word processing software</u>	<u>Video conference tools</u>	<u>Storage tools</u>
<input type="checkbox"/> Adobe Acrobat Reader	<input checked="" type="checkbox"/> Skype	<input checked="" type="checkbox"/> Dropbox
<input checked="" type="checkbox"/> Google Docs/Sheets	<input type="checkbox"/> Viber	<input checked="" type="checkbox"/> Google Drive
<input checked="" type="checkbox"/> Microsoft Word/Excel	<input type="checkbox"/> Vyew	<input type="checkbox"/> iCloud
<input type="checkbox"/> Scribd	<input type="checkbox"/> Wechat	
<input type="checkbox"/> Wordpress		

<p><u>Social media</u></p> <p><input type="checkbox"/> Ask.fm</p> <p><input checked="" type="checkbox"/> Facebook</p> <p><input checked="" type="checkbox"/> Flickr</p> <p><input type="checkbox"/> Instagram</p> <p><input type="checkbox"/> Pinterest</p> <p><input type="checkbox"/> Tumblr</p> <p><input type="checkbox"/> Twitter</p> <p><input type="checkbox"/> Weibo</p>	<p><u>Image editing software</u></p> <p><input type="checkbox"/> Adobe Illustrator</p> <p><input type="checkbox"/> Adobe Lightroom</p> <p><input type="checkbox"/> Adobe Photoshop</p> <p><input type="checkbox"/> BeFunky (online)</p> <p><input type="checkbox"/> Sketch (Mac only)</p>	<p><u>Online collaboration</u></p> <p><input type="checkbox"/> Mindmeister</p> <p><input type="checkbox"/> Slack</p> <p><input type="checkbox"/> Telegram</p> <p><input type="checkbox"/> Trello</p>
<p><u>Video/audio editing software</u></p> <p><input type="checkbox"/> Adobe Premiere</p> <p><input type="checkbox"/> Audacity</p> <p><input type="checkbox"/> Garageband (Mac only)</p> <p><input type="checkbox"/> Soundcloud</p> <p><input checked="" type="checkbox"/> Windows Movie Maker</p> <p><input checked="" type="checkbox"/> Youtube</p>	<p><u>Presentation</u></p> <p><input type="checkbox"/> Google slides</p> <p><input checked="" type="checkbox"/> Microsoft Powerpoint</p> <p><input type="checkbox"/> Prezi</p>	<p><u>App development</u></p> <p><input type="checkbox"/> Adobe Flash builder</p> <p><input type="checkbox"/> Alpha Software</p> <p><input type="checkbox"/> Appy Pie</p>
<p><u>Others (please specify):</u></p>		

9. Other resources needed:
(Please tick (✓) as appropriate)

<input checked="" type="checkbox"/> Camera	<input type="checkbox"/> E-reader	<input type="checkbox"/> OHP
<input checked="" type="checkbox"/> Desktop Computer/Laptop	<input type="checkbox"/> GoPro	<input type="checkbox"/> Smart Phones
<input type="checkbox"/> Digital Projector	<input type="checkbox"/> Interactive Whiteboard	<input type="checkbox"/> Tablet
<input type="checkbox"/> Voice Recording Devices	<input type="checkbox"/> NA	
<p><u>Others (please specify):</u></p>		

10. Learning objectives and outcomes for teachers and students

(Please list at least 3 learning objectives and outcomes for teachers and students respectively.)

Learning Objectives	Outcomes
Teachers should join to:	For Teachers:
1. Engage in collaborative learning with other professionals from various countries across Europe and Asia.	1. Teachers will have improved skills of team dynamics and ability to engage students of diverse backgrounds on an online platform.
2. Advance digital pedagogical skills to become an effective teacher	2. Teachers will learn to apply appropriate ICT tools to interact with other teachers and students and thereby improve their digital-technology skills.
3. Identify physical and social activities in different countries that contribute to increased physical fitness and mental well-being.	3. Teachers will be able to get insights on healthy living and thereby be able to encourage their students to embark on active life style.
Students will learn to:	For Students:
1. Appreciate cultural diversity among different countries	1. Through interaction and collaborative learning with students from various countries across Europe and Asia, students will not only gain an appreciation of different cultures but also develop soft skills such as teamwork.
2. Learn the importance of healthy life style	2. Students will understand the benefits of healthy life style, acquire knowledge on the choice of diets and the significance of physical exercise to lead an active life.
3. Improve students' digital competencies and online communication skills	3. Students will familiarise themselves with appropriate ICT tools that enable them to become self-directed and engaged learners.

11. Timeline and activities of the Online Collaboration

	Main Coordinator	Teachers	Students
Phase 1 (April to May 2018).			
▪ Set-up a Blog/Facebook group.	✓		
▪ Self-introduction by all participating members.		✓	✓
▪ Connect teachers and students to enhance their commitment to the project.	✓	✓	✓
Phase 2 (May to July 2018)			
▪ Make a survey on healthy life style in each country and share information on online platform.		✓	✓
▪ Do simple online research actives and gather information.		✓	✓

Phase 3 (August to September 2018)			
▪ Showcase of the research in the respective countries through an exhibition.		✓	✓
▪ Engage local participants to involve in health-related activities.		✓	✓
Phase 4 (October 2018)			
▪ Feedback to the participants on their progress.	✓	✓	✓
▪ Asses the work done by the participants.	✓	✓	
▪ Consolidate and write a report.	✓		

For further details about this online collaboration, please contact the coordinator directly.

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ASEF's contribution is with the financial support of the European Union.