



# ASEF Classroom Network #ASEFClassNet School Collaboration 2019

## Proposal

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

Healthy Living – Phase 2

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

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### 3. School description (Max. 30 words)

**Experimental School of Education Science (ESES)** was founded in 1978 under the direction of Vietnam Institute of Education Sciences. ESES caters for all levels of education: primary, lower secondary and upper secondary education. The School aims to provide high quality education implementing innovative and creative teaching methods and tools.

**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 are recommended to avoid unhealthy habits such as lack of sleep. In this modern world, people, and especially students and professionals are constantly engaged with disruptive social media and digital technologies, neglecting taking care of their health. One of the sustainable development goals (SDG3) adopted by the 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 the 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 in partnership with others. Participants will have ample opportunities to understand cultural diversity and values.

This project is the second phase of the previous proposal and aims to explore the different aspects of healthy living not covered in the first phase, especially the major diseases and their control measures, health issues and unhealthy food habits prevalent among nations.

**5. The Online Collaboration falls under the main themes of:  
Please state "1" to "3" in level of relevance**

- |  |  |
|--|--|
| <input type="checkbox"/> 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 January 2019  
End Date : 15 July 2019  
Duration : 6 months

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

No. of Schools in total : 10  
No. of Students in total : 50  
Students Age Group : 14-19  
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 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 checked="" type="checkbox"/> Wordpress		
<u>Social media</u>	<u>Image editing software</u>	<u>Online collaboration</u>
<input type="checkbox"/> Ask.fm	<input type="checkbox"/> Adobe Illustrator	<input type="checkbox"/> Mindmeister
<input checked="" type="checkbox"/> Facebook	<input type="checkbox"/> Adobe Lightroom	<input type="checkbox"/> Slack
<input type="checkbox"/> Flickr	<input type="checkbox"/> Adobe Photoshop	<input type="checkbox"/> Telegram
<input type="checkbox"/> Instagram	<input type="checkbox"/> BeFunky (online)	<input type="checkbox"/> Trello
<input checked="" type="checkbox"/> Pinterest	<input type="checkbox"/> Sketch (Mac only)	<input type="checkbox"/> Padlet
<input type="checkbox"/> Tumblr		<input type="checkbox"/> Microsoft Teams
<input type="checkbox"/> Twitter		
<input type="checkbox"/> Weibo		
<u>Video/audio editing software</u>	<u>Presentation</u>	<u>App development</u>
<input type="checkbox"/> Adobe Premiere	<input checked="" type="checkbox"/> Google slides	<input type="checkbox"/> Adobe Flash builder
<input type="checkbox"/> Audcity	<input checked="" type="checkbox"/> Microsoft Powerpoint	<input type="checkbox"/> Alpha Software
<input type="checkbox"/> Garageband (Mac only)	<input type="checkbox"/> Prezi	<input type="checkbox"/> Appy Pie
<input type="checkbox"/> Soundcloud		
<input type="checkbox"/> Windows Movie Maker		
<input checked="" type="checkbox"/> Youtube		
<u>Others (please specify):</u>		

**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	
<u>Others (please specify):</u>		

## 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
<b>Teachers should join to:</b>	<b>For Teachers:</b>
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.
<b>Students will learn to:</b>	<b>For Students:</b>
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, importance of health, how to reduce the risk of infections and diseases and the significance of physical exercise to lead an active life.
3. Improve students' digital competencies and online communication skills.	3. Students will familiarise with appropriate ICT tools that enable them to become self-directed and engaged learners.

## 11. Timeline and activities of the Online Collaboration

Description	Main Coordinator	Teachers	Students
<b>Phase 1 (January to February 2019)</b>			
▪ Set-up a Blog/Facebook group.	✓		
▪ Self-introduction by all participating members.		✓	✓
▪ Connect teachers and students to enhance their commitment to the project.	✓		

<u>Description</u>	<u>Main Coordinator</u>	<u>Teachers</u>	<u>Students</u>
<b>Phase 2 (March to April 2019)</b>			
<ul style="list-style-type: none"> <li>Make a survey on major health issues in each country Learning journeys to different health organisations/hospitals in the respective countries to better understand health care systems and share information on online platform.</li> </ul>		✓	✓
<ul style="list-style-type: none"> <li>Do simple online research activities and gather information</li> </ul>		✓	✓
<b>Phase 3 (May to June 2019)</b>			
<ul style="list-style-type: none"> <li>Gallery walk in an exhibition that showcases research findings of respective countries.</li> </ul>			✓
<ul style="list-style-type: none"> <li>Collection of feedback on the gallery walk from the visitors and uploading on online platform</li> </ul>			✓
<b>Phase 4 (End July 2019)</b>			
<ul style="list-style-type: none"> <li>Feedback to the participants on their progress</li> </ul>	✓	✓	
<ul style="list-style-type: none"> <li>Asses the work done by the participants</li> </ul>	✓		
<ul style="list-style-type: none"> <li>Consolidate and write a report</li> </ul>	✓		

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



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