

# Nurturing wellness and healthy habits in students

THE AIA Healthiest Schools (AHS) programme is back for its second year, welcoming schools across Malaysia to be part of the initiative that focuses on fostering health and wellness in school communities.

Endorsed by the Education Ministry, AHS aims to encourage healthy living habits among children aged between 5 and 16.

Open to all government, private and international schools from primary and secondary levels, the programme provides free downloadable teaching resources (available in English, Bahasa Malaysia and Mandarin) to empower teachers to introduce health and well-being concepts into their classrooms.

To motivate schools to showcase

their impact and success in driving better health outcomes among students, AHS includes a competition that offers prizes worth up to US\$100,000.

To help teachers seamlessly integrate and adapt AHS into their teaching plans, AIA Malaysia's education partner, LeapEd, conducts hands-on workshops for added support.

From incorporating mindful practices into daily routines to fostering healthy eating habits, the interactive workshops offer actionable steps to create a healthier school environment.

Teachers gain practical, easy-to-implement techniques, and explore strategies to foster resilience and promote positive mental health among their students.

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Teachers from schools in the Klang Valley and Perlis participating in workshops as part of the AIA Healthiest Schools programme. PICTURE CREDIT: AIA