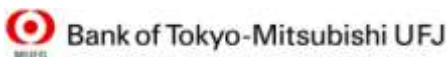


Supporting Partners:



Submission Form of 2013 SEAMEO-Japan ESD Award
Theme: Values Education
The last day for submission of entries: 16 September 2013

PART I: Details of Your School

1. Name of your school: ST MICHAEL SECONDARY SCHOOL, PENAMPANG.
2. Full address: P.O.BOX NO: 66, PENAMPANG. SABAH
3. Postcode: 89507,
4. Country: MALAYSIA
5. Telephone number (country code+city code+telephone number): 6088711541
6. Fax number (country code+city code+fax number): 6088712541
7. Name of the Head Master/ Principal/ School Director: MARIE YONG PIK HUA
8. Name of Teacher Coordinator: FENNY CHIN CHIEW PHING
9. Email address: smsmpenampang@hotmail.com
10. School website (if available): smstmichaelpenampang.weebly.com
11. Educational level (Such as Kindergarten 1 to Grade/Year 9): FORM 1 TO FORM 5
12. Number of teachers in your school: 60
13. Number of students in your school: 865

14. Please provide the name of teachers and students who were/have been involved in the planning and implementation of this school activity/programme on Values Education.

Teachers:

- i. MARIE YONG PIK HUA
- ii. FENNY CHIN CHIEW PHING
- iii. JENNIFER ASING
- iv. CLARIS HEE NYUK CHIN
- v. MARIATUL HANIS ABDULLAH
- vi. THECLA NELLY DAVID
- vii. HILDAH JOSEPHINE G. KUYUN

Students:

- i. GLENDA RYANNE FREDY
- ii. ONNA MARY BENJAMIN YANGGAU
- iii. VANESSA MARION
- iv. MEGAN NATASHA LEIKING
- v. NATHANIEL CROSS KINAJIL
- vi. CARLSSON PADDY EDWIN
- vii. HAZEL MARIE KUGAN
- viii. JESSYTHA JOSEPH
- ix. MELISSA MAJALAP MOJIUN
- x. CHELSIE FEELEY BACHI
- xi. BELERINE A. COSMAS
- xii. JOVI JIVINSOL MOOSOM
- xiii. MERLYN JANE PATRICK
- xiv. GALEDINE LIND
- xv. CLARISSA CHONG
- xvi. DANYA JILL LINGKAPO

PART II: Information about the School's Values Education Activity/Programme

The information of part II from no.1 to 14 should be no longer than nine (9) pages long of A4 in total. The information should be written in Times New Roman font, 11-12 point size.

1. Title of the school's programme

“WE CARE, WE CLEAN AND WE GREEN FOR A BETTER TOMORROW”

2. Summary of the programme (a half to one page A4)

Summary Of The Programme

- The programme “We Care, We clean and We Green for a Better Tomorrow” was initiated to instill values of conservation and preservation of the environment in our school. Throughout the programme, the school has conducted various awareness programmes and activities by emphasizing the main elements of the environment which are earth/soil, water and air. From 2011, the school focused more on the greenery and water conservation. The programme involves students and their parents, teaching and supporting staff and the community around the school.
- Activities such as Edible Landscape have taught the school community that plants has its own role and significance in our daily life. The school blend its landscape by planting various plants, herbs and also organic vegetables and fruit trees around the school alongside flowers and other decorative plants.
- Some activities in this programme are on a short-term and some are carried on for several

months, and there are activities or programmes which have to be done continuously. The programme has been conducted amongst the school community and even communities around our district.

Among the Activities Carried Out are:

1. River Adoption (refer attachment 1)
2. Adopting two housing areas (Taman Donggongon & Taman Dabak – refer attachment 2)
3. Composting project (refer photo 2)
4. Envirowalk
5. Recycling project (refer photo 4)
6. Edible landscape (refer photo 1)
7. Rainwater harvesting system
8. Planting of mangrove seedlings project (refer photo 5)
9. Trees planting activities (refer photo 5)
10. Rubbish trap & oil trap
11. Classes adopt a designated lot to nurture
12. Drawing and putting up signboards and posters along adopted drains to create awareness amongst the residents staying nearby (refer photo 8)
13. Talks, speeches and workshops on environment protection are held at school.
14. Attempts entry in the Malaysia Book of Records every year for environment related activities
15. Making and throwing mudballs into adopted drains
16. Producing effective microorganism juice (EM juice)
17. Adopting Orang Utan's babies
18. Sites visit
19. Mass cleanup activities (drains & housing areas)
20. Giving talks to primary school children around the district

3. Background information or reasons why the school created this programme

Bad habits are hard to break. When the students of the school and the community around the school are still unaware of the tremendous change in the environment; St. Michael school has to make the first move. At this point, the behavior of the people has to change and make them aware of environmental conservation. Therefore values education on environment protection was started in school.

We first started with beautifying the physical of the school's buildings and greening the school compound by replanting plants around the school. Simultaneously, the '3R; Reduce, Reuse, Recycle' programme was enhanced besides talks and campaigns. All of these activities were and still being carried out in order to inculcate the values of environment conservation and protection which the school aims within the programme.

4. School vision, mission and core values

School Vision: By the year 2018, St. Michael's Secondary School Penampang will become a band 1 school and continue to shine as an environmental friendly school.

School Mission: To develop education in order to produce students that is knowledgeable and skillful, presentable and has high moral values, active and competitive in sports and curricular activities, and to instill love and appreciation towards the environment.

School Core Values: SM St. Michael is a place where we embrace harmony, peacefulness and we work hard in order to excel in academic and in living. We also practice environmental education towards developing a way of life that is in line with the concept of sustainable development.

5. Objectives/goals of the programme

- a) Educating students on their roles and responsibility towards the importance of taking care of the environment.
- b) To inculcate and raise awareness in conserving and preserving the environment amongst the students and the community.

- c) To ensure a better life and to make the communities living near the school and along Moyog River realize how precious and useful clean rivers and clean environment are.
- d) The involvement of the school community (students, teachers, administrative and support staff) in the various activities and programmes will provide an opportunity for them to practise, appreciate and embrace environmentally friendly attributes in their way of life be it at school, home, in the community, within society and nation.

6. Values that the school aims for within the programme and/or definitions

The school aims that all the students will have the following values:

- i) **Be more responsible towards environment conservation.**
 - Students will grow and learn to appreciate the environment as well as their surroundings through all the environmental activities held at school.
- ii) **The students will develop self discipline and love to the environment.**
 - Through the various environmental programmes and activities held at school as well as outside the school, students will take notice and do the right things towards the environment. The '3R' programme for example has instilled the recycling habit in students wherever they go. Thus, this will not only discipline them but also teaches one to be aware of the environment.
- iii) **A clean school surrounding area**
 - Having clean toilets, neat and conducive classes and a green school compound which are free of litter have contributed in instilling the habit of cleanliness in the students. When the students see that their surrounding area is clean, surely this habit will tag along with them. Therefore, not only will the school compound be free of rubbish but also outside school like their homes. Besides, the school wants to instil the value that cleanliness is next to Godliness among the students of the school.
- iv) **Increase Creative thinking skills**
 - The school encourages students to design their own class decorations made up from recycled items. This will not only boost up students creativity thinking but also help in saving money. Students will be more creative when thinking of decorations to hang on walls of their class.
- v) **Working hand-in-hand with the community to carry out environmental awareness projects and to spread the message throughout the community**
 - The school hopes that messages about the importance of nature and dangers that the environment is facing will spread throughout the community. As the school has held a lot of activities, campaigns, site visits and exhibitions regarding the environment, the students with their first hand experience are able to talk and discuss with one another about how and what to do to conserve and preserve the environment. All these messages will eventually spread and instil awareness in them.

7. Period of the time when the programme was or has been implemented

Environmental education was first started in the school in 2007 and has become more aggressive in running its programmes and activities from the year 2008. It is an ongoing programme and for the purpose of this award, we take the programmes and activities carried out in the last three years which are **from 2011 to 2013.**

8. Activities (Actions and strategies of implementation)

In the initial stage of the programmes, the school appoints a few teachers to be in-charge of the environment education (Environment Committees) and they'll sit together to draw an action plan for its long term strategic planning (2009 – 2013) regarding Environment Education in school.

A yearly tactical planning has been set up to ease the implementation process and running of the

activities of the planned programmes. This refined guideline is aimed at facilitating the school in strengthening the process of implementing environmental education. Elements of environmental education are inculcated directly to teachers and students, and indirectly to local communities, integrating knowledge, skill and good environmental values through current curriculum and co-curriculum structure.

Strategies and implementation of action plan include:

- to carry out awareness programmes
- disseminate messages of the environment during school assembly, documentation, posters, etc
- campaigns with environment related themes
- to incorporate environment awareness into the school rules
- acknowledging groups and individuals who have in one way or another contributed or have been actively involved in carrying out environmental programmes

A meeting among the committees is called and an instrument of monitoring is drafted so that monitoring and evaluation on the effectiveness of the programme is done systematically. After the activities, written reports are then produced and sent to the principal to be endorsed before filing and keeping for future references.

Post Mortem meeting is called at the end of every activity to ascertain the impact and effectiveness of the activity and to plot further ways for improvement if necessary.

9. Teaching strategies or pedagogies used for teaching values in the school

In all of the school programmes and environmental activities, we always get the students, teachers and the whole community to be involved. We believe that if the students are involved in its planning and implementation, they'll get the experience, enhance their leadership skills and become more knowledgeable where they'll apply in their lives.

Teaching Values among the students.

1. Declaring the Month of February as 'Love Environment Month' in the school. Various awareness activities are carried out during this month.
2. All students of Form 1 and Form 2 have to complete an environmental module known as 'Wira Alam' (Environmental Hero) provided by the Ministry of Environment, Malaysia.
3. All the students in the school have to take part in a civic consciousness project on Jumbo Sales and the proceeds are donated to charity homes.
4. The school observed and implements 'Earth Hour' and encourages the students to practice it at home.
5. Usage of solar system to reduce electricity bills in the school.
6. Every class adopts a designated area where they have to nurture the plants there.
7. Every class has to take care of 5 potted plants put outside their classes, there's a duty roster of students in-charge of watering the plants.
8. During the 'Envirowalk' every club takes turn to pick up rubbish outside school main gate radius of 500 metres to the right and to the left.
9. Involved all the students in the making of mudballs, EM Juice, compost fertilizers and piggy banks made from recycled papers.
10. Students are required to use toilet slippers made from used and modified Wellington boots before entering the toilet to prevent dirt and soil on toilet floor.
11. Clean and beautiful class competitions where the students decorate their classes using recycled items.
12. To Members of the schools Entrepreneurs' Club take turns to clean the schools fish pond.
13. Environment Awareness Camp is held every year.
14. Students participated in a fashion show using recycled items.
15. To create awareness of endangered animals through donations at school and adoption of Orang Utan's babies.
16. Planting Mangrove saplings at the wetland areas around Kota Kinabalu City.
17. Adopting a river where the students now and then collect rubbish alongside the river as well as planting trees.
18. Students do major clean up at adopted residential areas.

19. Students are encouraged to bring their own containers when buying food at the canteen.
20. Friday is declared as a no plastic bags day at school.
21. The usage of polystyrene is banned at school.
22. Environmental education is integrated in the academic subjects and co-curriculum activities.

10. Programme monitoring and evaluation mechanisms and summary of results

For any programmes there are committee members (teachers and student leaders) appointed by the school administration to monitor the smooth flow and effectiveness of the programmes planned. List of tasks and job specification are made clear to ease the running of the programmes. A special evaluation form is used to monitor the strategies implementation and action plans. Evaluations forms are used to ensure that every activity or programme planned are carried out smoothly and successfully. Student leaders (students assigned of certain duty) will check the effectiveness and come out with a written report of the whole programme.

Summary of results:

- Student leaders (squad members) are aware of their duties and responsibilities, therefore monitoring and evaluations is done systematically.
- Self internal auditing using a specially designed evaluation form.
- Programmes are carried out as planned and written reports of the programmes are submitted to the principal.
- All written reports are filed which make it easier for future references.

11. Resources used for programme implementation

- i) Initially, the school invited officers from Environment Action Committee (EAC), Environment Protection Department and NGOs to give talks related to environmental protection and holding workshops and demonstration to the students on making mudballs, producing bokhasi and Effective Microorganism Juice (EM Juice).
- ii) Money used for the implementation of the programmes (such as to buy brown sugar and rice husks) are profit from the school's recycling project.
- iii) Most of the tanks for the **Rainwater Harvesting System** are either donated or won as prizes during competitions. The school comes out the cost for installation.
- iv) As for the Adoption of the Orang-Utan's babies, the fund is gained through donations by parents, teachers and students. This is to sponsor the babies so that they can live comfortably and healthily.
- v) The Sabah Fishery Department has donated about 200 fish fries to our school to start our **African Cat Fish Rearing Project**. The cost for buying the fish pellets are profits from selling recycled items.
- vi) There are 20 Vegetative Patches all around the school. In the beginning of the programme, the plants were donated by both parents and teachers. Some vegetables seedlings are collected from mother plants or purchased. As for the black soil and fertilisers, they are obtained from the composting project.
- vii) Rubber seedlings are donated by Sabah Rubber Fund Board and they also provide manpower to teach students about getting the best quality of rubber through the process of marcotting.

In short, the resources used for the implementation of the programmes are taken from the recycling project or regenerated from the sales of vegetables and fruits harvested from the school compound.

12. List of partners, local government bodies, companies or development agencies who have participated in the planning and implementation, including their roles in the activity/programme.

Name of Partners	Roles or contributions
a) Sabah State Environmental Department	Talks and camps on environment conservation

	and protection
b) Environment Action Committee	Sharing on Composting and donation of a shredder machine
c) Environment Protection Department	Talks and sharing and support to make St. Michael an Environmental Friendly School.
d) Irrigation and Drainage Department	Talks and hands-on activities to do river water quality evaluation and worked together with the school in its major clean up programmes.
e) Fisheries Department	Supply of fish fries and talks on the 'Tagal'* system
f) Penampang District Council	Assist in rubbish collection and to give acknowledge the school as 'The Pioneer School without plastic bags'
g) Penampang Agriculture Department	Talks on plant diseases, Supply of seedlings and hands-on practices on planting and caring of plants and herbs
h) Malaysia Nature Society	Organising Courses and Workshops for school teachers on Nature Conservation.
i) German Energy Agency	Donate and install the solar panels
j) Sabah Forestry Department	Naming and Labeling of the plants in school.

**tagal means no fishing and pollution in a certain period of time at a certain length of the river*

13. Benefits/Impacts/ positive outcomes of the activity/programme to teachers, students, parents and the community

13.1 Rubbish-Free School

With the implementation of Recycling Programme and environment conservation, they have in one way or another changed the attitude of the school citizen where students no longer through rubbish as they wish and the school has been declared as 'Rubbish Free School' by the Penampang District Council.

13.2 Reduction in Bills Payment

The effectiveness of the programmes is also observed in the reduction of the school's water and electricity bills. Students are alert to switch off the lights and air conditioner or fan when they are not in used or before leaving their classrooms and shut off and pipes properly.

13.3 Clean Classes in Green, Conducive and Beautiful School.

There is no more students who vandalize or litter around the school compound. The school has also become the bench marker for schools within and outside the country on environmental education programmes. Visitors from outside labeled the school as "The School In A Garden".

13.4 The School As A Role Model And A Centre For Bench Marking.

The school has become a role model and a centre for bench marking for individuals and other schools and organizations in its effort to conserve the environment.

14 Proof of achievement from students, teachers and the community

The school has won various awards related to environment protection as a result from the effectiveness of our participation in environmental programmes in shaping the students' attitudes and awareness towards the environment; amongst them are:

DISTRICT LEVEL

- i. Pilot School Award for 'No Plastic Bag Day' 2010
- ii. Essay Writing Competition on 'Without Plastic Bag' 2010, [First-place and second-place winners]

STATE LEVEL

- i. Outstanding Environmental Friendly School Award 2009 & 2011
- ii. Essay Writing Competition on the theme 'Mangrove Forest' in Malay language [Second-place winner], Middle School Category

- iii. Environment Exhibition in conjunction with the Environmental Friendly School Award, 2010 and 2011 [First-place winner]
- iv. Edible Landscape Award, 2010 & 2011 [First-place winner]
- v. Best Service Category (Agarwood Nursery) 2011 [First-place winner]
- vi. Newest Product Category (Roselle fruit jam) 2010/2011 [First-place winner]
- vii. Catfish and *Gift Telapia* Cooking Competition 2011 [First-place winner]
- viii. Outstanding Environmental Leadership Award 2010/2011
- ix. The Cleanest Toilet Competition 2012
- x. Project-Based Learning on Aloe Vera 2012
- xi. Environmental Friendly School Award 2011
- xii. Environmental Leadership School Award by the State Government 2011
- xiii. Environmental Friendly School Principal Award 2010, 2012
- xiv. Environmental Friendly School Teachers Award 2010 and 2012
- xv. Environmental Friendly Mentor School Award 2012 given by the state Department of Environment
- xvi. Winner of 'Creating a Replica Out of Recycled Materials Competition' 2012

NATIONAL LEVEL

- i. "Water Vision" Competition [First-place winner] 2009, 2010, 2011, 2012 and 2013
- ii. Flagship Award for Environmental Friendly Project 2011
- iii. Edible Landscape Award [First-place winner] 2009, 2011
- iv. 'Malaysian Book Of Records' in 2009, 2010 and 2011
- v. Agro Teen Competition [Overall champion] 2010 and 2011
- vi. Sustainable School Competition [Overall champion] 2011
- vii. Malaysian Green-Tech Awards 2012
- viii. Environmental Leadership Award 2011
- ix. Sustainable School [First-place winner] in the Gold Category 2010
- x. 'Wira Alam' Award Level 1, 2 & 3 2010/2011
 ('Wira' means hero and 'Alam' is environment; 'Wira Alam' means Environmental Hero*)

INTERNATIONAL LEVEL

- i. Winner of the ASEAN ECO School International Level 2012
- ii. Earth Project 2012 & 2013 (Top Winner for Malaysia)

15 Plan for sustainability and plan for the future

Plan for sustainability:

- i) The programme has to be on-going in school and in the community.
- ii) Through activities of the programme, students have internalized the do's and don'ts of the environment.
- iii) The school and students achievements are acknowledge and exhibited at the schools wall of fame.

Plan for the future:

- i) To work hand in hand with the Government and the NGOs to promote environmental conservation at a larger scale.
- ii) Awareness programme to the communities at the upstream and Outreach to the community in the rural areas.
- iii) More students will become the ambassador of the environment to spread awareness at a national and international level.
- iv) Implement more water conservation and uses of solar energy programmes.

- 16 List of attachments such as a copy of the school plan, learning/ teaching materials, samples of student worksheet, manual, etc. If the attached materials are in the local language, please provide a brief description in English language.

Attachment 1) SM St. Michael's School Plan
Attachment 2) The School Strategic, Tactical & Operational Plan.
Attachment 3) Sample of a proposal of a programme
Attachment 4) Sample of a report after a programme or activity
Attachment 5) Copy of Orang Utan's Babies Adoption Renewal
Attachment 6) Copy of Invitation to Environmental Leadership Course at Kota Kinabalu Wetland Centre (Jemputan ke Environmental Leadership Course di Kota Kinabalu Wetland Centre) and translation of the first paragraph
Attachment 7) Copy of Announcement of Achievement of The Malaysia Greentech Awards 2012 – Greentech School category (Pengumuman Pemenang Malaysia Greentech awards 2012 – Kategori 'Greentech School').
Attachment 8) Solar Panel Installation to St. Gabriel's Block
Attachment 9) Copy of Permission to adopt Residential Estates (Taman Dabak & Taman Donggongan)
Attachment 10) Malaysian Book of Records Certificate
Attachment 11) Toilet Cleanliness Monitoring Form
Attachment 12) Classroom Cleanliness Monitoring Form
Attachment 13) Copy of Permission to adopt Kibambangan – Putaton River

**17. Photos related to the activity/programme
(Maximum of 10 photos with captions in English)**

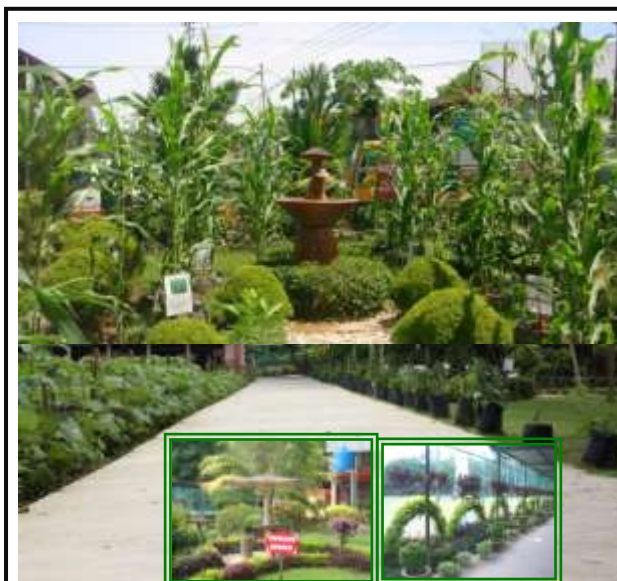




PHOTO 3 : Students, teachers and the community work hand-in-hand to clean up the Moyog River and the adopted residential areas.



PHOTO 4 : Some of the old newspapers and cardboards collected by the students in conjunction with the school's Environmental Week.



PHOTO 5: Values Education: Giving back to the environment. Students and teachers work together to plant mangrove saplings at the wetlands as well as other plants along its adopted areas and other places.



PHOTO 6 : A signboard placed in front of the school printed in Malay Language that claims; “Reduce the use of plastic bags. Do love and care our planet Earth. ST Michael Secondary School, a school free of plastic bags on every Friday.”



PHOTO 7: Value Education; 'From Heart to Hand'. Students raised fund in a project to buy water tanks to be donated to the villagers as one of the school's initiative to encourage them to collect rain water to be used for watering plants and crops, thus reduced their dependence on tap water and a cut on their water bills.



PHOTO 8: Value Education; 'Educating the Young'. Students draw posters and signboards with the message of 'Love the Environment', as a way to instill the love towards the environment amongst young children and spreading the message of loving the environment into the community.



PHOTO 9: Value Education; 'Learning Station Anywhere, Anytime': Signboards with information on herbs and their uses are placed near the Herbs Garden to provide information there and then to students and visitors to the school. It also functions as a learning station where resources are available at an



PHOTO 10: Value Education; 'Save Our River and Drains'. The school's attempt entry into the Malaysian Book of Records has succeeded in getting its students, teachers and non-teaching staff to produce 75650 mud balls which is used to treat the river and drains near the school. Making mud balls is only the activity but the message and knowledge on water conservation and protecting the rivers and drain gained during the process is priceless.