

School Drug Testing Scheme – “Healthy Lifestyle Components” Notice
(School Year 2022/23)

To: Parents/Guardians,

The School Drug Testing Scheme will continue to be implemented in the school year 2022/23 to promote a drug-free and healthy campus culture. At the same time, the school drug testing team will carry out "Healthy lifestyle Components" in the testing process to encourage students to build up a healthy lifestyle and resilience against adversity. Enclosed please find the information of “Healthy Lifestyle Components” for your reference. Your support and participation in the School Drug Testing Scheme is highly appreciated.

“Healthy Lifestyle Components” Process :

- i. Students will be invited to complete a wellness questionnaire while waiting for the drug test.
- ii. After the drug test is completed, the team will invite suitable students to conduct a simple health test, such as “hand grip” test.
- iii. Through collection of the result from the wellness questionnaire, the social worker and the nurse from the School Drug Testing team will assess the needs of the students and provide appropriate health guidance.

Remarks :

1. The participation in the “Healthy Lifestyle Components” should be voluntary. The process takes about 5 minutes.
2. The wellness questionnaire is anonymous. The results of the completed questionnaires will be analyzed and reported to the school for reference. Data collected will be handled with strict confidence.