

Decision of the Government Affairs Council on improving the health status of students in schools at all levels

(Adopted by the 93rd Government Affairs Meeting of the Government Affairs Council on July 13, 1951, and announced on August 6, 1951)

The current situation of poor health among students in schools at all levels across the country is quite serious. Many schools are overloaded with homework, have too many club activities, do not manage food properly, and do not pay enough attention to hygiene work, which has affected the health of students. This situation must change. It should be pointed out that improving students' physical health is one of the major tasks to ensure that students complete their learning tasks and to cultivate modern youth with strong bodies. Educational administrative departments of people's governments at all levels and school staff at all levels must pay serious attention to this problem, immediately correct the thought of neglecting students' health and irresponsible attitude towards student health, and effectively improve the health status of students in schools at all levels. To this end, the following decisions have been made:

1. Adjustment of students' daily study and life time

(1) Students' daily class and self-study time (including experiments in colleges and universities and secondary schools): no more than nine hours in universities and senior secondary schools, and no more than nine hours in junior high schools. Secondary schools shall not exceed eight hours; upper primary school students shall not exceed six hours (including breaks).

(2) Daily sleep time for students: eight hours for colleges and universities; nine hours for secondary schools; and ten hours for elementary schools. In summer, consider increasing nap time.

(3) Students' daily sports, entertainment activities or productive labor time: except for physical education classes, morning exercises or recess activities, the principle is one hour to one and a half hours. General students may reduce the amount at their own discretion. When students are engaged in productive labor, they should avoid excessive physical labor.

2. Reduce the burden of students' academic study and club activities

(1) Schools at all levels should comply with the regulations of the Ministry of Education of the Central People's Government, delete duplicate and unnecessary curriculum and teaching materials, and improve teaching methods. Teachers should give priority to classroom teaching and explain things clearly so that students can understand them thoroughly; they should practice more questions in class and not give students too many extracurricular exercises and unnecessary difficult exercises; and they should not deliberately make esoteric questions during exams. test questions; allocate time for experiments, self-study and other extracurricular homework in a unified and reasonable manner. Teachers of each subject should complete and teach the courses well within the allocated time, and correct and avoid any tendency such as surprise, competition, and hard work to catch up with the progress.

(2) Students take learning as their main task. Therefore, schools at all levels should reasonably guide students' club activities, effectively reduce the number and time of meetings, and appropriately allocate time for various club activities. Students should pay attention to their physical strength when participating in mass demonstrations. The Ministry of Education of the Central People's Government should work with the Central Committee of the New Democratic Youth League of China and the National Student Federation to formulate concrete and effective measures to reduce student club activities on and off campus, and limit the time for students to participate in club

meetings. No more than three hours per person per week in senior secondary schools; no more than two hours per person per week in junior secondary schools; no more than one and a half hours per person per week in primary schools. The meeting time of the leaders of the society shall not exceed twice the above regulations. School administration at all levels and youth leagues, student unions and other relevant parties should follow these regulations and methods and schedule various meetings and club activities on a monthly basis, which shall be approved by the principal at a meeting. As a system, it shall be strictly implemented and shall be Regular inspections are carried out by the school administration, youth league, and student union. Meetings of student associations should be fully prepared, and some meetings can be held jointly. Schools at all levels must resolutely overcome the tendency of multiple leaders and overlapping organizations in school club activities. The principle is that students who work in student associations should hold one position per person. Those who have to work part-time can only hold two positions.

3. To improve school health work, the education administrative departments of the people's governments of all provinces, cities, and counties should work with representatives of the health administrative departments at the same level, education unions, youth leagues, student federations, and local medical institutions to organize school health steering committees to be responsible for guiding and improving and inspect the health care work of local schools at all levels. Schools at all levels have health committees or appropriate personnel responsible for actively improving school health and medical work, conducting planned health education, and developing good health habits. All colleges and secondary schools with female students should have female instructors or designate appropriate female teachers to be responsible for guiding the health care of female students. In particular, primary schools and kindergartens should maintain close contact with parents to raise their awareness of their children's health. When schools recruit new students, they must pay attention to physical examinations. Those suffering from serious infectious diseases should be restricted from enrolling in schools. At present, schools in major cities should try their best to conduct key physical examinations of students every spring and summer; if patients with serious chronic infectious diseases are found, they should be advised to take a leave of absence from school to recuperate, and patients with mild symptoms should also pay attention to preventing infection. Schools at all levels should guide students to correct their shortcomings and conduct regular vaccinations and injections.

4. Pay attention to sports and entertainment activities. Schools at all levels should effectively improve physical education, enrich sports and entertainment equipment as much as possible, and strengthen students' physical training. In addition to morning exercises and recess activities, students should be organized to generally participate in sports and entertainment activities; however, the activity methods should be diverse to adapt to students' different ages, genders and physical conditions, and to prevent "championshipism" and excessive sports damage. Healthy bias. Schools above secondary schools should make appropriate use of holidays to organize collective outdoor activities. Sports games can be held in various places according to local conditions, and healthy competitions of individuals or groups can be promoted to promote the attention of all parties to student sports issues.

5. Improve student food management measures.

School administration at all levels should be effectively responsible for student food management and should not completely leave it to students to manage themselves; attention should be paid to the education of management personnel to prevent corruption and waste and correct habits that do

not pay attention to hygiene. ; Practical ways to improve students' food and drinking water should be studied based on nutritional requirements and local food conditions; and establish contact with students' families to help parents pay attention to their children's nutrition.

6. The allocation of school funds should properly take into account the needs of health care work.

The assessment of people's scholarships for schools at all levels should mainly take care of students with financial difficulties. Additional people's scholarship funds must not be used for other purposes. In the allocation of teaching administrative fees for schools at all levels, attention should be paid to supplementing school sports, entertainment, health, and medical equipment; teachers and students should be organized to improve the school health environment by themselves.

The education administrative departments of people's governments at all levels should comply with the above regulations, supervise and guide their schools at all levels to formulate plans and implementation methods to improve students' health conditions according to urban or rural conditions and the different situations of schools, strictly implement them, and Regular inspections should be carried out; school health care should be regarded as one of the main items in school performance evaluation, and timely praise, rewards or criticism should be given according to the performance. Schools at all levels and the education administrative departments of people's governments at all levels should make special reports on students' health conditions and treatment processes to their superiors at the end of the semester.