Eye Care Week 2007
Activity Guide
Pre-School

Fight Myopia.
Give Your Eyes A Break.

National Myopia Prevention Programme
# Content

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>2</td>
</tr>
<tr>
<td>Eye Care Jingle Competition</td>
<td>3</td>
</tr>
<tr>
<td>Story telling</td>
<td>5</td>
</tr>
<tr>
<td>Suggested activities for Eye Care Week 2007</td>
<td>9</td>
</tr>
<tr>
<td>Annex A: Reply form</td>
<td>12</td>
</tr>
<tr>
<td>Annex B: Eye Care Jingle Competition Submission Form</td>
<td>13</td>
</tr>
<tr>
<td>Annex C: Key messages for NMPP 2007</td>
<td>14</td>
</tr>
<tr>
<td>Annex D: Contact List of HPB Staff</td>
<td>15</td>
</tr>
</tbody>
</table>
INTRODUCTION

Singapore has one of the highest prevalence rates of myopia or short-sightedness. More children are becoming myopic at a younger age. A local study found that by age 7, about 28% of our children are myopic. This is a serious issue that warrants our attention, because it increases our children’s risk of developing severe myopia which may lead to complications and blindness.

The National Myopia Prevention Programme (NMPP) was launched in 2001 to address this concern. The educational component of this programme aims to raise the awareness of myopia and promote good eye care habits among our students.

Research on myopia indicates that near work is a risk factor for myopia progression. There is emerging evidence suggesting that outdoor activities might have a protective effect against myopia. Recent studies have found that children who spent more time outdoors were less likely to be myopic. Why this is so is still not fully understood yet.

The theme for NMPP 2007 is “Keep Myopia at Bay, Go Outdoors and Play!” The following are the key messages in 2007:

1. Spend more time in outdoor activities everyday
2. Spend less time in continuous near work, especially if it is unnecessary, for example, playing computer, handheld or hand phone games.

In 2004, the Health Promotion Board (HPB) introduced “Eye Care Week” to primary schools. For the first time this year, we will be introducing Eye Care Week to all pre-schools as well. During this week, schools are encouraged to organise activities to reinforce the importance of good eye care habits among students.

This year, Eye Care Week will be held from 26 – 30 March 2007. Schools are encouraged to use this guide to plan and carry out the suggested activities. (A soft copy of this guide is also available at http://www.hpb.gov.sg) Schools can also plan and implement their own programmes based on the two key messages mentioned above.

We hope that through these fun and interactive activities, students will be reminded of the importance of their eyes and the need to practice good eye care habits to prevent the onset or progression of myopia.
EYE CARE JINGLE COMPETITION

As part of this year’s NMPP, an Eye Care Jingle Competition will be organised. The competition aims to tap on the creativity of pre-school teachers to develop a fun and educational jingle for their students.

OBJECTIVE OF COMPETITION
The competition aims to:

• raise pre-school teachers’ awareness of the importance of eye care
• educate pre-school students about eye care through fun activities.

RULES AND REGULATIONS
A. Eligibility
All pre-school teachers and their students are eligible to participate in this competition.

B. Theme
The theme for this competition is “Keep myopia at bay, go outdoors and play!”

C. Requirements
i Schools are to indicate their participation on the Reply Form (Annex A) for this competition by 19 March 2007.

ii Teachers are to create a jingle based on the theme as well as the eye care messages in Annex C.

iii There are 2 stages to this competition:
   a. Preliminary stage:
      • Teachers are to submit to HPB their jingle using the Submission Form in Annex B for a preliminary selection.
      • Entries for the preliminary selection should be submitted by 16 April 2007.
      • Participants selected for the final round will be notified by post/email by 23 April 2007.
   b. Final Stage:
      • Entries selected would be required to get a group of 8 – 10 students and choreograph simple movements or dance steps to accompany their jingle entry for the finals of the competition.
      • The final round is expected to be held on 22 May 2007.

iv Prizes will be awarded as follows:

<table>
<thead>
<tr>
<th>First Prize</th>
<th>Second Prize</th>
<th>Third Prize</th>
<th>5 Merit Prizes</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1000</td>
<td>$800</td>
<td>$500</td>
<td>$300 each</td>
</tr>
</tbody>
</table>
v The winning jingles might be produced into a CD for distribution to all schools. Due acknowledgement will be given.

vi All submitted entries will be properties of HPB and therefore will not be returned. HPB reserves all copyright of the submissions.

vii HPB reserves the right to cancel the competition in the event of insufficient participation.

D. JUDGING CRITERIA

- Judging will be based on **creativity**, **originality**, and **relevance to the theme**. The judges’ decision will be final and no further correspondence will be entertained.

- HPB reserves the right not to award any of the prizes should entries fail, in the opinion of the judges, to meet the desired standards.

E. ENQUIRIES

For enquiries, please contact the staff at HPB. Contact details of coordinators can be found in Annex D.

F. IMPORTANT DATES TO TAKE NOTE

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indication of school’s participation on Reply Form (Annex A)</td>
<td>19 March 2007</td>
</tr>
<tr>
<td>Submission of entries for preliminary rounds</td>
<td>16 April 2007</td>
</tr>
<tr>
<td>Notification of finalists</td>
<td>By 23 April 2007</td>
</tr>
<tr>
<td>Final round of competition (to be confirmed)</td>
<td>22 May 2007</td>
</tr>
</tbody>
</table>
Teachers can make use of the following passages stories to highlight messages on myopia to their students. Alternatively, teacher can create their own stories which we hope they will share with us.

---

**Story #1: The Shepherd Boy and His Eyes**

*Teaching point for this story: Do not engage in near work for long periods of time, especially unnecessary near work such as handheld games.*

Once upon a time, there was a shepherd boy who loved to play handheld computer games. His father wanted him to graze the sheep; however, the shepherd boy would just stay in the house and play on his Gameboy. He would play everyday for several hours without giving his eyes a rest. Furthermore, he would slouch on the couch and hold the game set very close to his eyes.

One day, his father fell sick and was not able to take the sheep out to the field to graze for a week. So the shepherd boy had to bring the sheep out. When out in the field, he suddenly saw a wolf approaching his herd of sheep. He quickly cried, “Help! Help! A wolf is coming to eat my sheep! Help! Help!” The villagers came running only to realise that it was not a wolf but a sheep dog that was approaching the herd. The boy apologised to the villagers and they left.

The next day, after playing on his Gameboy for more than an hour without any rest, the shepherd boy had to bring his sheep to the field for grazing. After bringing the sheep back to the pen, he counted them to make sure none was missing. He found that he was short of one sheep. He panicked, suspecting that a wolf had eaten the sheep. He quickly cried, “Father! I think a wolf has eaten our sheep!”

The father quickly ran out to the sheep pen. Both father and son looked around for the wolf but there was none in sight. The father then counted the sheep and found none missing. He asked his son to count the sheep again. As the shepherd boy was counting, his father noticed that he could not clearly see one of the sheep that was further away, next to haystack. So he had not counted it.
The father was very angry that the shepherd boy had made such a mistake. “You should not play on your gameboy for so long! You should take a break after every 30 to 40 minutes to rest your eyes, go outdoors instead. You can do some sports, or just go for a walk, or play with the other village boys. And of course, you can help me to take the sheep out to graze every day. Spending less time on handheld games and going outdoors every day can help prevent myopia,” the father told the shepherd boy.

From that day onwards, the shepherd boy reduced the time he spent on playing gameboy and went outdoors every day. He also did other things like getting enough sleep and eating lots of fruits and vegetables everyday, to look after his eyes. He found that by adopting all these good habits, his eyesight did not become worse.
Once upon a time, in a land far away, there lived a group of fairies in a magical forest. These lovely fairies were a happy bunch and they loved to sing and dance all day long. However, they had an enemy, a witch called Azooka, who wanted to capture them to make a special potion that would keep her young forever. The fairies were always looking out for the traps Azooka set in the forest, so that they would not be caught by her.

One day, Spinky, a young fairy, and his friend Twinkle were on their way home from Fairy Kindergarten. Spinky accidentally walked right into a trap that the witch had set up. Panicking, Spinky called out to Twinkle who had walked in front of him. “Twinkle, Twinkle, help! I’m trapped!”

Twinkle immediately flew to help Spinky. Luckily, the trap was small, and Twinkle was able to rescue Spinky. Twinkle asked Spinky, “How did you fall into that trap? I could see it just now and avoided it, and I thought you would avoid it too. It is a very obvious trap you know.”

Spinky replied, “I just did not see it. I have trouble seeing things clearly nowadays. Many things further away appear blur to me. I couldn’t see what our teacher wrote on the board this morning too.”

“Oh no! You might have myopia, Spinky.” said Twinkle.


“Well, myopia is also called short-sightedness. When you have myopia, you will have difficulty seeing things that are far away, because they will appear blurred. You will only be able to see things clearly that are near to you. Myopia is not really very serious for us fairies, but if a human child has myopia, he would need spectacles to help him see clearly. If he does not take care of his eyes and his myopia gets worse, he may go blind when he gets older. We fairies are lucky because we can go to Fairy Godmother to help us,” Twinkle explained.

“Phew… that’s a relief, I thought I will be dying soon from myopia.” Spinky said.

“Well, if you keep walking into the witch’s trap because you can’t see clearly, you might die. Haha… anyway, is there anything that you are doing that is different from what you
usually do, Spinky? It could be that what you are doing is causing you to have myopia,” said Twinkle.

“Oh, nothing different,” answered Spinky. Then he said, “No, wait a minute. Recently my dad got me a really cool hand-held fairy-ball game.. I love playing on it everyday!” (In case you did not know, a fairy ball game is like the soccer game humans play, except that the ball can fly around on its own too!)

“Hmm, I know that game. I have seen several fairies playing it. How long do you play each day?” Twinkle asked.

“Oh.. the game is so exciting, I can play on it for hours sometimes!” Spinky said.

“No wonder you have myopia, Spinky! You should not play for so many hours without a break. In fact, you should take a break after every 30 to 40 minutes.” Twinkle said.

“Huh, then what should I do, Twinkle?” Spinky asked worriedly.

“Well, you could go outdoors to play instead, Spinky. I think playing the real fairy-ball game is more fun than playing on it on a hand-held device. And you can relax your mind and your eyes at the same time,” suggested Twinkle.

“You are right, I shall do that from now on. I shall not play on my handheld game for more than 30 minutes each time, and go outdoors for a break.” Spinky said.

All of a sudden, they heard cackling laughter behind them. “Wahahaha… what do I have here? Well well, young fairies chit chatting happily. Just in time too! I need 2 more fairies for my magic potion! Come here my little darlings,” said a horrible, screechy voice. All of a sudden, the witch Azooka appeared behind Spinky and Twinkle.

“Oh no! Take my hand Spinky. I had better lead the way in case you head into a trap,” Twinkle said, grabbing Spinky’s hand, and they flew away as fast as they could, weaving around the trees to get away from the witch.

Azooka chased after them. Luckily for the two fairies, she did not see a tree branch in her path and crashed into it. The two fairies managed to safely get away from the wicked witch.

Now children, do you know why witch Azooka did not see the branch? Well that’s because she spent hours reading her magic book of potions everyday without a break, and so she had myopia too! She should have taken a break and gone outdoors more often. So must you, children. Remember, we can keep myopia away, by going outdoors to play everyday!
The following activities are suggested for schools to plan and implement during Eye Care Week 2007. Teachers are bound to have other great ideas, so please do go ahead and carry them out. We would love for you to email your ideas to us at hpb_shp@hpb.gov.sg, so that we can in turn share them with other schools.

A. Active shapes!

As this year’s campaign encourages students to spend more time taking part in outdoor activities everyday, schools can consider conducting this activity outdoors, at the nearby playground, field or void deck.

**Equipment:** - Coloured paper cut into shapes such as triangles, squares etc.

**Mechanism of activity:**

- Place the various shapes randomly on the ground. Make sure they are at a distance that is suitable to the children’s locomotive ability.
- When the teacher shouts out a shape, the children are to hop on both their feet onto the correct shape near them.

**Variation to the activity:**

- The teacher can assign a specific action to a shape, e.g. circle is to turn 1 round; a triangle, to place two palms together above the head and so on. When a teacher shouts out a shape, the students are to perform that action.
- The teacher can split the class into teams. Place a basket with pieces of coloured shapes, at a distance from the teams. When the teacher shouts out a shape, the first person in the line will run to the basket and pick the correct shape and run back to the team. The team that completes the activity in the shortest time will be the winner.
B. Outdoor classroom

Lessons need not be confined within the four walls of a classroom. There are many opportunities for teachers to make use of different areas in the school compound for lessons. Indeed, many teachers are likely to be doing so already. We have suggested here some ideas for teachers’ consideration.

- “I spy with my little eye” for English lessons can be made more interesting in the outdoors. For example, the teacher can bring students outdoors to a shady area. He/She can then conduct an “I spy with my little Eye” activity with students where each student is to use complete sentences to learn about the things they see around them. The teacher can use this activity to teach students about animals, colours or shapes and many other categories.

- Teachers can bring the students outdoors and ask them to draw something that they see. Remember to remind the children to keep a distance of about 30cm between their eyes and the paper.

C. Talk for Parents

The school can consider organizing a talk for parents on eye care and other health related topics. Alternatively, the school can consider organizing one such talk together with other pre-schools in the neighbourhood, or with a nearby primary school. If you need more resources from HPB, do contact us (please refer to Annex D for the contact list of HPB staff). Please note that your request is subject to the availability of speakers and resources, on a first come first served basis. While we will be happy to provide you with contact details of speakers, a nominal fee may be charged by the speakers.
D. Activities for families

Some schools may plan activities or occasions for the students and their families. During these occasions, schools can encourage good eye care habits. Schools can approach HPB for resources such as booklets or exhibition panels. However, please notify HPB at least 3 weeks before your event, as resources are available on a first come first served basis.

*Activities for parent/families need not be conducted only during Eye Care Week. They can be done at any time that is convenient for both the school and the parents.*
ANNEX A

REPLY FORM
NATIONAL MYOPIA PREVENTION PROGRAMME 2007

Please complete the form and submit it by 19 March 2007 to:

Pre-School and Primary School Outreach Dept
Health Promotion Board
3 Second Hospital Avenue
Singapore 168937
Attn: Ms Cheryl Choy
Fax: 6438 8226
Email: hpb_shp@hpb.gov.sg

*A nil reply would be appreciated

-----------------------------

Eye Care Week (26 - 30 March 2007)

☐ My school is happy to support the Eye Care Week initiative.

☐ My school will not be organising an Eye Care Week, the reason being: ________________

-----------------------------

Eye Care Jingle Competition

☐ My school will participate in the competition.

☐ My school will not be taking part in the competition, the reason being: ________________

-----------------------------

Name of School: ___________________________________________________
Name of Teacher-in-Charge: ____________________________________________
Contact Number (O): ____________________ (H/P): ______________________
Fax Number: _______________ Email: ________________________________________
Please use this Submission Form for the Eye Care Jingle Competition.
Deadline for submission is **16 April 2007**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Title of Jingle:</td>
</tr>
<tr>
<td>2.</td>
<td>Tune of jingle (If any):</td>
</tr>
<tr>
<td>3.</td>
<td>Lyrics of Jingle:</td>
</tr>
</tbody>
</table>

Submitted by: __________________________________________

School: __________________________________________

Contact no. of teacher-in-charge: (O) ________________  (HP) ________________
KEY MESSAGES FOR NMPP

1. Spend less time on near work activities, especially unnecessary ones such as playing computer, handheld or hand phone games.

2. Spend more time on outdoor activities everyday. Some examples of outdoor activities include ball games, a stroll in the park or neighbourhood or having fun at the playground.

3. Other good eye care habits include:
   a. Limit duration of near work to 30 to 40 minutes.
   b. Ensure that the book is at least 30cm away from the eyes, when reading,
   c. Ensure the monitor is at least 50cm away from the eye when using the computer.
   d. When watching TV, ensure that you sit at a distance away from it is appropriate to its size.
   e. Have regular eyes checks at least once a year.
   f. Eat a balanced diet with at least 2 servings of fruits and 2 servings of vegetables daily.
   g. Have at least 8 hours of sleep daily.

* Key messages 1 and 2 should be the focus and emphasis for NMPP.

---

Remind your students about these tips when playing/going outdoors:

- Do not play outdoors during the hottest part of the day, e.g. between 11am and 4pm.
- Put on a cap when the sun is hot.
- Drink plenty of water when outdoors.
For loan of resources or queries regarding the National Myopia Prevention Programme or any other health promotion programmes, please contact the relevant coordinators at HPB:

**Primary and Pre-school Outreach Department:**

<table>
<thead>
<tr>
<th>Coordinators</th>
<th>Contact No.</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Childcare centres</td>
<td>Ms Kelly Chan</td>
<td>6435 3056</td>
</tr>
<tr>
<td>Kindergartens</td>
<td>Ms Serene Sim</td>
<td>6435 3707</td>
</tr>
</tbody>
</table>