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| **Title of Lunch with an author (books)** (Sentence case)  Leading healthy and thriving schools |
| **Maximum 2500 characters (including spaces but excluding title)**  **Author(s)**  Robin M. B. CHEUNG  with  Vera M. W. KEUNG  Amelia S. C. LO  Amy C. M. KWONG  **Book Title**  Leading Healthy and Thriving Schools: Theory and Practice  **Publisher and year of publication**  CityU Press, 2018  **Book description**  The book is about leadership for healthy schools. The author argues school leaders nowadays should re-commit themselves to students’ holistic growth and development rather than single-minded pursuit of academic achievements. He further points out the close link between health and learning, and argues learning can happen best in a school environment which is healthy and thriving. The strategies to lead the school towards WHO’s healthy school model as well as the appropriate kinds of leadership to exercise for such a move are systematically laid out to deal with the *how-to* issue first. Next, the *why* question concerning the rationales behind such arguments is dealt with then. Then the author discusses how the school leaders who aspire to exercise such leadership should prepare themselves for the mission, bringing in the *who* issue for contemplation. The leader’s being is seen as important as his doing. Finally, for healthy schools to be established widely, the author argues that system leadership both inside and outside the government is sorely needed and such kind of leadership also needs nurturing. The book also contains in its appendix seven real-life stories of dedicated school heads in Hong Kong to illustrate how healthy and thriving schools have been led and to echo the author’s arguments in the main text.  **Relevance for health promotion or sustainable development**  As the school is a major health setting where health promotion should be vigorously done for the long-term benefits of society at large, its leadership should be a serious subject of investigation because leadership is widely believed to be the key to successful school improvement. More should be done to tease out the leadership needed, both in the school sector and the education system, and discover what makes school health promotion effective, successful and sustainable. However, there seems to be a dearth of literature in this area. The book is meant to be an attempt to fill the gap and provoke thinking in the issue. The success stories it contains can not only inspire similar ventures, but also serve as a goldmine for practical tips to aspiring school leaders. |