



“Those who sow in tears will reap with songs of joy.”  
Psalm 126:5

## ST.FRANCIS XAVIER HIGH SCHOOL

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School News

International  
Education Center

### Plant Therapy: A Feature on Dr. Chang



Chang Xian Jun, inaugurated as Principal of Ft. Francis Xavier High School (FXSH) since 2012, has made a breakthrough persistently in innovation in school education. She brings in new ideas, and puts them into action immediately no matter in teaching methodologies or green campus. Such as the painted staircases, boardwalks, green walls, etc., all that brought about a big reverberation.

**The growing of shiitake mushroom representing how therapeutic a botanical being can possibly be, a concept introduced by our Principal Chang.**

Just recently, she introduced the notion of plant therapy into the school.

First, she bought a bundle of Golden Fungi, and then she dispatched them to every office in the care of the staff.

The sprouts were quickly shooting up by watering every day and the cares for them in return could soothe the caretakers in distress.

”fungi shot?” was the common topic during the time of cultivating. Staffs talked about



**The golden shiitake mushroom having been grown in a week's time.**

the ways they grew, and shared in the success or failure. Besides, by growing fungi, caretakers observed and appreciated the life cycle of plants, either

thriving or withering. That is a manner to life that every one should realize and respect.

So furthermore, Chang was setting to build a garden in the school, based on the notion of plant therapy, to be applied to education.

That would be called Life Garden.

And it would offer a ground for student to explore the life of plants

and themselves, or just to take a breath of relief there.



**The growing of the golden shiitake mushroom from all school units on a collective display.**

