

香港健康學校

獎勵計劃
2003特刊

The Hong Kong

Healthy Schools

Award Scheme Special Issue 2003



香港中文大學醫學院健康教育及促進健康中心

目錄

Content

序言 Foreword	2
健康教育及促進健康中心簡介 Introduction Of THE Centre For Health Education And Health Promotion	10
香港健康學校獎勵計劃簡介 Introduction Of The Hong Kong Healthy Award Scheme	15
活動及出版 Activities And Publication	23
得獎學校名單及分享 School List With Awards And Sharing	32
恭賀信 Congratulation Letter	58
主辦機構、聯繫機構及主要贊助機構 Organiser, Supporting Organisation And Sponsor	59
獎勵計劃榮譽顧問 Honourary Consultants Of The Scheme	60
鳴謝 Acknowledgement	62





香港特別行政區政府
教育統籌局局長
李國章教授

序言

欣悉十二間得獎學校達致世界衛生組織健康促進學校的標準，本人衷心致賀。本人亦感謝香港中文大學醫學院健康教育及促進健康中心推行香港健康學校獎勵計劃，促進年輕一代的身心健康。

在這瞬息萬變的二十一世紀，年輕一代要接受全人教育，方能面對新年代的挑戰。「建立健康的生活方式」是課程改革七大學習目標之一。現時，學校課程亦融合了與健康有關的課題，以滿足多元化教學的需求。推行香港健康學校獎勵計劃，就是要進一步發展全校推廣健康的概念，透過學校的參與，向學生灌輸有關健康的知識，培育學生在身、心、靈、社各方面的發展。我們希望培育出健康的年青人，讓他們影響身旁每一位人士，使健康生活的信息普及於整個社會。

最後，本人祝願香港健康學校獎勵計劃推行成功，參與計劃的學校能繼續推廣健康教育，促進健康發展。

Foreword

My warmest congratulations to the twelve schools awarded for achieving the standards set by the World Health Organisation (WHO) for health promoting school. I would also like to express my sincere gratitude to the Centre for Health Education and Health Promotion, the Faculty of Medicine of the Chinese University of Hong Kong for launching the ‘Hong Kong Healthy Schools Award Scheme’ to promote a healthy lifestyle among our young people .

In order to prepare and equip our younger generation in this rapidly changing society, a whole-person education is undoubtedly essential . The Curriculum Reform has incorporated health-related issues. A healthy lifestyle has also been made one of the Seven Learning Goals. In this context, the Hong Kong Healthy Schools Award Scheme has successfully built on the concept of a whole-school approach to health promotion, to enable students to acquire the related knowledge and attitude and develop their physical, emotional and social well-being through raising health awareness in schools. Our healthy youngsters would in turn actively influence people around them, spreading the message about a healthy lifestyle to the community at large.

I wish the Hong Kong Healthy Schools Award Scheme every success and wish schools under the Award Scheme keep up with their meaningful work in health education and health promotion.



Arthur K C Li

Secretary for Education and Manpower

The Government of the Hong Kong Special Administration Region





序言



世界衛生組織
西太平洋區
促進健康總監
Dr. Linda Milan

在1995年，世界衛生組織初次創立全球健康學校行動，此乃加強本地、國家、區域及全球健康促進和健康教育的重要策略。此項行動旨在透過學校改善學童、學校員工、家長及社區的整體健康。為了達成理想，世界衛生組織極力支持發展健康促進學校，讓學校成員通力合作，讓學童擁有豐富及正面的人生經歷，同時促進和保障他們的健康。

健康促進學校是一項國際性計劃，世界各地均致力發展完善的架構，進一步推廣學校及社區的健康。我很高興香港中文大學健康教育及促進健康中心於多年前創立健康促進學校計劃，在李大拔教授的領導下，許多學校均積極參與，就連社區也共同為推廣健康而努力。我很欣賞他們創立此計劃之遠見，健康學校獎勵計劃可謂校本管理計劃的一個全新動向。這不但有助於改善個人的態度，也可藉著組織結構的轉變改善學童的身心發展。

世界衛生組織主張多方面推動促進健康的元素，而在這方面，學校一直擔任很重要的角色。最令我歎為觀止的是教育統籌局對此計劃之支持和鼓勵，這令健康服務更為著重預防工作及健康教育，並加強學校和社區之間的聯繫，讓家長及學校、學校與社區的合作更為緊密，共同為我們的新一代推廣健康。

最後，我祝賀各學校成功地將健康學校的理念實踐，並為西太平洋區建立一個優良的典範。希望世界衛生組織西太平洋區能與中心繼續合作，共同發展健康促進學校及健康社區。

Foreword

In 1995, the World Health Organization launched WHO's Global School Health Initiative as an important strategy to mobilize and strengthen health promotion and education activities at the local, national, regional and global levels. This Initiative is designed to improve the health of students, school personnel, families and other members of the community through schools. WHO pursued this by supporting the development of Health-Promoting Schools as places where all members of the school community work together to provide students with integrated and positive experiences and structures which promote and protect their health.

The concept of the health-promoting school is international in its development with many countries around the world working on programmes which support schools and their communities. I am delighted to witness the initiation of the Health Promoting Schools Programme in Hong Kong by the Centre for Health Education and Health Promotion of the Chinese University of Hong Kong years ago. Under the leadership of Professor Albert Lee, the programme has expanded to actively involve not only the schools, but the community as well. I admire their vision of launching the Hong Kong Healthy Schools Award Scheme to build on the concept of Health Promoting Schools, and using the concept of Healthy Schools Award Scheme as a new initiative in school based management. This will no doubt focus efforts beyond just individual behavioural change towards one of organizational structure changes in improving the quality of the lives of students.

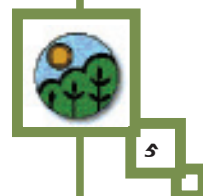
WHO has been advocating for a multisectoral approach in addressing the complex determinants of health. Schools play a very important role in this process. I am most impressed therefore with the support and encouragement given by the Education and Manpower Bureau of Hong Kong SAR Government to this programme. This undoubtedly facilitates reorientation of health services towards more preventive and promotive approaches, and strengthens linkages between schools and communities for greater home-school collaboration and cooperation for a stronger community action in promoting health of the whole population.

Finally, I wish to offer my sincere congratulations to those schools that have successfully implemented the concept of Health-Promoting Schools in Hong Kong and in making it a good model for the rest of the Region to see. We are looking forward to working in partnership with all of you and in collaboration with the Centre for Health Education and Health Promotion of the Chinese University of Hong Kong in the further development of Health Promoting Schools and Healthy Communities in the Western Pacific Region.



Dr. Linda Milan

Director, Building Healthy Communities and Populations
World Health Organization Western Pacific Regional Office





序言



南安普敦大學
公共衛生學系
訪問學人

Dr. Alysoun Moon

「健康促進學校」之概念是源於八十年代中期，由世界衛生組織所倡議「以日常生活的場所為基地去推廣健康」的原則。渥太華憲章(世界衛生組織，1987)包含這些原則，當中強調「健康是從人們每天的生活及環境中創造及活出來的；那就是他們學習、工作、遊戲及愛的地方」。其實，沒有任何地方比在學校來得更重要；在那裏，課堂上的教導可透過健康推廣政策，以及所有與學校相關的人士和校外社區之參與實踐而得到鞏固。

自從「健康促進學校」概念興起，我便在英國參與其發展，至今已有越來越多證據顯示青少年的健康與他們的成就息息相關，使我更為鼓舞；快樂的兒童當然更容易地學習。由於人們對凡事都講求證據，使得評估這一環在一切過程中顯得特為重要。我於1997年就首次威塞克斯(Wessex)健康促進學校獎勵計劃之對照研究擔任評估一職，其中最令人興奮的是能夠顯示出此計劃確實對多方面校園生活產生正面的健康影響——就是對學生本身健康的影響。

自香港健康學校獎勵計劃於1999年發起至今，我有幸參與其中的支持工作。我深深被香港中文大學公共衛生學院健康教育及促進健康中心的工作所感動，亦為能與這一群勤奮熱誠及盡責的中心員工一同工作而感到光榮。我見證此計劃由草案至實踐的過程，亦從參觀一些參與學校並觀察老師及學生們的工作中獲益良多。他們所呈現的高質素和對健康促進工作的委身令我留下極深刻的印象。

我為能替此特刊撰寫前言深感榮幸。此特刊記載著一段非常重要的旅程，就是不同的學校如何竭盡全力地把理論化成行動，並成功獲取健康促進學校獎項的殊榮。我相信我們為孩子所作的一切，沒有什麼比得上為他們提供機會使他們變得更健康(包括身體、情緒、心理、社交及靈性)，以讓他們能活出豐盛的人生，成為具能力、負責任、獨立和健康的成年人。故此，此項任重道遠的計劃實在需要我們全力的支持。在此，讓我為此特刊重新演繹於1998年在希臘舉行的首屆健康促進學校歐洲聯盟(European Network of Health Promoting Schools)會議報告書的內容：定會有天，在香港的每位兒童和青少年將有機會在一所健康促進學校中接受教育。但願這天早日來臨！

我為每一位(無論在任何環節上)曾為香港健康學校獎勵計劃之成功作出貢獻的人士致萬二分祝賀——由政府官員、各資助團體及至每位學童！我亦要祝賀香港中文大學健康教育及促進健康中心的同工，他們開拓並發展此計劃成為一項可行及成功的模式。我相信下一代將從而獲得裨益。

但願香港健康學校獎勵計劃及香港的孩童有光輝燦爛的將來。

Foreword

The concept of the Health Promoting School (HPS) which was first developed by the World Health Organization in the mid-1980s as part of its *Settings Approach*, is based on principles embodied in the Ottawa Charter (WHO, 1987) which states ‘Health is created and lived by people within the settings of their everyday life; where they learn, work, play and love.’ Nowhere is this more important than in schools where what is taught in the classroom can be supported by health promoting policies and practice involving all those connected with the school and the wider community beyond the school gates.

I have been involved in developing the HPS concept in the UK since it was first launched and have been encouraged greatly by increasing evidence that there is an association between the health of young people and their levels of achievement. It makes sense that a happy child is one who learns more easily. The demand for evidence-based practice has made evaluation a vital part of the process. As the evaluator of the first controlled study of the Wessex Health Promoting School Award scheme in 1997, it was exciting to be able to show that there was a positive health-related impact on many areas of school life – and on the health of the pupils.

It has been my great privilege to be involved in supporting the Hong Kong Healthy Schools Award scheme since its inception in 1999/2000. I have been deeply impressed by the work of the Centre for Health Education and Health Promotion in the School of Public Health at the Chinese University of Hong Kong, and have counted it an honour to be involved with such enthusiastic, hard-working and committed staff. I have watched the project develop from the drawing board, as it were, into practice and have benefited greatly by visiting some of the participating schools and watching teachers and pupils at work. The high standards and dedication they have demonstrated have left a lasting impression on me.

It is with a deep sense of honour that I write this foreword to this book which focuses on what is really important – the ways in which different schools have put theory into practice by sheer hard work and have succeeded in achieving a health promoting school award. I believe that we can do little better for our children than offer them the opportunity to become healthier – physically, emotionally, mentally, socially and spiritually – so that they can live life to the full and become empowered, responsible, independent and healthy adults. This is indeed a worthwhile project that demands our full support. To paraphrase the conference report of the first European Network of Health Promoting Schools which was held in Greece, in 1998, the day will surely come when every child and young person in Hong Kong will have the opportunity of being educated in a health promoting school. Roll on that day!

Many congratulations to every one who has had any part to play in the success of the Hong Kong Healthy Schools Award Scheme – from government Ministers and funding bodies to children in school! Congratulations to the staff at the Centre for Health Education and Health Promotion at the University of Hong Kong for taking the initiative and developing the project into a workable and successful format. I believe that children will reap many benefits as a result.

I wish the Healthy Schools Award scheme and the children of Hong Kong great success in the future.



Dr Alysoun Moon

Visiting Fellow, Department of Public Health
University of Southampton





香港中文大學醫學院
健康教育及
促進健康中心主任

李大拔教授

序言

香港健康學校獎勵計劃是由香港中文大學醫學院健康教育及促進健康中心創立，並獲世界衛生組織及教育統籌局之認可。今年計劃已踏入第三年，全港共有九十八所中、小學及特殊學校參與此項計劃，當中更有十二所學校獲得計劃頒發獎項。

香港健康學校獎勵計劃是建基於健康促進學校的模式，並透過校本管理形式，提供有組織性的發展藍本，並已設有審核及評估制度，可以科學性分析各校推動『健康學校』的強項及需要改進的地方。同時，此計劃著重全校參與及社區和家庭的聯繫，藉此建做一個和諧和健康的社會，為香港添上新動力。

此計劃得以順利進行，要感謝教育統籌局的支持及優質教育基金的資助。同時感謝香港津貼中學議會、津貼小學議會、香港特殊學校議會與我們達成一個長期的伙伴合作關係，還有一群資深教育工作者的支持。我們不能忘記一班於前線工作的老師，在校長的領導下，家長及學生都在今日學習非常緊迫的環境下，不忘記全人教育的重要性。我們亦要感謝一群海外的健康學校專家，為我們的計劃提供寶貴的意見並參與我們制定學校工作指引及為學校進行評估的工作。

本中心會繼續與世界衛生組織及各地學術中心交流，使我們的計劃能維持高水平。希望各位校長、老師及家長們與我們中心攜手合作，以勇於創新的精神，創立我們健康的新一代。

Foreword

The Hong Kong Healthy Schools Award is administered by the Center for Health Education and Health Promotion and recognized by World Health Organization and Education and Manpower Bureau of the Hong Kong SAR Government. The Award Scheme is going through the third year. A total of 98 secondary schools, primary schools and special schools have joined this scheme. This year, we have 12 schools being awarded.

The Hong Kong Healthy Schools Award Scheme is developed from the model of Health Promoting School. It provides a systematic blueprint of development through school-based management. Audit and evaluation systems have been developed to analyze the strengths and areas for improvement in scientific manner. At the same time, the Scheme also emphasizes entire school participation and liaison with community and family to build a harmonious and healthy society. Hong Kong will therefore become a vibrant society.

I would like to express my sincere thanks to Education and Manpower Bureau for their support and Quality Education Fund for their financial support. Hong Kong Subsidised Secondary Schools Council, Subsidised Primary Schools Council and Hong Kong Special Schools Council have been working with us together as long team partnership and experienced education professionals have devoted to education and provided enormous support to us. Of course, we should not forget those teachers working in frontline. Under current stressful and demanding working environment, the staff, students and parents still recognize the importance of holistic development in education. I would also like to express my deepest thanks to a group of overseas Healthy Schools experts for providing us their fruitful suggestions and their involvement in validating the practical guide and the school audit system.

Our Centre will continue to exchange with World Health Organization and academic institutions around the world to enable our Scheme to maintain highest possible standard. With our innovative spirit, the Centre wishes to work closely with school principals, teachers and parents to build our healthy new generation.



Dr. A. Lee

Director

Centre for Health Education
and Health Promotion

The Chinese University of Hong Kong





香港中文大學醫學院健康教育及促進健康中心簡介

香港中文大學醫學院健康教育及促進健康中心於2000年8月初成立，旨在以培訓、教育、研究和服務推行促進健康的工作。在2002年2月，國際健康促進及教育聯盟委派本中心成為珠江三角洲地區(即中國南部、香港、澳門及台灣)的北太平洋地區地域辦公室，統籌聯盟的健康促進工作。本中心前身為1999年成立之健康教育及促進健康小組，及後此小組發展為中心，秉承醫學院「優質教育、關懷照護及先進科研服務社群」的宗旨，將健康訊息帶給全港市民。

本中心是由一群健康教育專業人士所組成，當中包括醫生、註冊護士、註冊營養師、註冊物理治療師、註冊職業治療師、健康教育及心理學的專業人士等，並旨在透過全面的策略促進學童的健康。本中心更榮獲優質教育基金的資助，在香港推行「香港健康學校獎勵計劃」，並透過健康教育專業文憑及碩士課程和學童健康調查，以推展本地的健康教育。

Introduction of Centre for Health Education and Health Promotion Faculty of Medicine The Chinese University of Hong Kong

The Centre for Health Education and Health Promotion was established in August 2000 with the mission to promote health education and health promotion through training, education, research and service development. In February 2002, the International Union for Health Promotion and Education (IUHPE) has designated this Centre to be the Sub-regional Office of North Pacific Region for Pearl River Region (southern part of China, Hong Kong, Macau and Taiwan) to coordinate IUHPE activities in these areas. With the increasing need and demand of strengthening the teaching of health education and promotion of health through community setting, a Health Education and Health Promotion Unit was established in 1999. It is in line with the mission of Faculty of Medicine, “Serving the community through quality education, caring practice and advancement of health services”.

The Centre was first started by a core group of health and education professionals including Doctor, Registered Nurse, Registered Dietitian, Registered Occupational Therapist, Registered Physiotherapist and Health Education and Psychology professionals, etc. One of the missions of the Centre is to promote better health of students. With the funding support by Quality Education Fund, “The Hong Kong Healthy Schools Award Scheme” was launched to develop “Health Promoting Schools”. Together with training in the format of Professional Diploma Course and Master Degree Programme in Health Education and Health Promotion and research conducted on youth health surveillance, the Centre took an active role to drive Health Education in Hong Kong.

中心成立目的

1. 進行健康推廣及健康教育的教授和訓練
2. 訓練將來的專業人士，進一步推行全港性的健康促進活動如「健康城市」計劃、「健康推廣學校」計劃等
3. 為全港中小學生進行研究及調查，了解學童的健康概念和健康行爲；亦研究健康推廣的社會文化元素及社區參與積極性
4. 與社區建立伙伴關係，共同推行健康促進工作

Centre Objectives

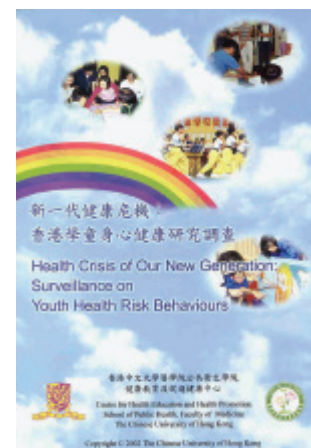
1. To undertake teaching and training in health promotion and health education
2. To undertake the role of training the trainers in health promotion and health education for implementing territory wide health promotion activities such as “Healthy Cities” movement and “Health Promoting Schools” programme, etc
3. To conduct research with special reference to health perception and health behaviour particularly in children and youth, social culture aspects of health promotion and community participation in health
4. To establish partnership with community in health promotion and health education

研究

1. 2003 年進行荃灣健康安全城市計劃：荃灣區中學生身心健康調查
2. 2003 年進行北區倡健學校計劃：香港學童健康問卷調查
3. 2003 年進行大埔健康安全城市：大埔「社區診斷」調查
4. 2002 年新一代健康危機：香港學童身心健康調查 2002
5. 2001 年進行大埔倡健學校：校本健康促進及教育需求評估調查
6. 2000 年進行校本營養教育計劃
7. 1999 年及 2000 年均進行香港學童健康調查(大學生)
8. 1999 年香港學童健康調查(中小學生)
9. 香港健康促進學校影響性之評估調查

Research

1. Tsuen Wan Healthy City: Health Risk Behaviours Survey in 2003
2. North District Health Promoting School Program (NDHPSP): Student Health Survey in 2003
3. Tai Po Safe and Healthy City: Tai Po Community Diagnosis Survey in 2003
4. Health Crisis for our New Generation: Surveillance on Youth Health Risk Behaviours in 2002





5. Tai Po Health Promoting School: School Based Health Education and Health Promotion Needs Assessment Survey in 2001
6. School Based Nutrition Education Programme in 2000
7. Health Survey of University Students in 1999 and 2000
8. Health Survey of Hong Kong Primary and Secondary School Students in 1999
9. Evaluation of impact of Health Promoting School in Hong Kong

大型會議及研討會

1. 2003年6月23日舉行衛生約章研討會
2. 2002年9月11日舉行粵港澳台健康教育及促進健康學術交流會
3. 2002年3月舉行第五屆粵港澳預防醫學學術會議
4. 2001年12月8日舉行健康教育及健康促進學術交流會
5. 2001年12月7日舉行健康城市及健康大學研討會
6. 2001年6月舉行亞太區健康促進會議
7. 2000年5月舉行健康推廣策略研討會
8. 2000年3月舉行亞太區公共衛生教育二十一世紀的新挑戰研討會
9. 1999年12月舉行香港健康促進及教育協會成立會議暨工作坊
10. 1999年9月舉行《新紀元社區為本照護服務：長期病患者》交流會

Major Conference and Seminar

1. Symposium for Hygiene Charter – “Putting the Hygiene Charter into Practice” on 23 June 2003
2. The Guangdong, Hong Kong, Macau and Taiwan Symposium on Health Education and Health Promotion on 11 September 2002
3. The 5th Guangdong, Hong Kong and Macau Conference on Preventive Medicine in March 2002
4. Symposium on Health Education and Health Promotion on 8 December 2001
5. Conference on Healthy Cities and Health Promoting University on 7 December 2001
6. Asia Pacific Conference on Health Promotion in June 2001
7. Seminar on Health Promotion Strategies in May 2000
8. Asia Pacific Academic Consortium for Public Health in March 2000
9. The Inauguration Conference and Workshop of Hong Kong Health Education and Health Promotion Foundation in December 1999
10. Conference on “Community –based Care in New Millennium: Services for People with Chronic Illness” in September 1999



健康教育培訓

1. 1999 年開辦專為教育工作者而設的健康教育專業文憑課程
2. 2000 年開辦專為醫療專業人士而設的健康教育專業文憑課程
3. 2001 年開辦健康教育碩士課程
4. 2002 年開辦專為福利工作員而設的福利工作員康復服務證書課程
5. 2003 年開辦專為幼兒教育工作者而設的健康教育證書課程
6. 2003 年 7 月與香港特別行政區政府教育統籌局及衛生署合辦一連串為期三日之健康學校課程
7. 2003 年開辦在職小學校長及教師德育及公民教育進修課程 (健康教育)
8. 2003 年開辦在職中學校長及教師德育及公民教育進修課程 (健康教育)

Training in Health Education

1. Professional Diploma Course in Health Promotion and Health Education for school-related workers has been launched since 1999
2. Professional Diploma Course in Health Promotion and Health Education for health care professionals has been launched since 2000
3. Master Degree Programme in Health Education and Health Promotion has been launched since 2001
4. Certificate Course in Rehabilitation Services for welfare workers launched in 2002
5. Certificate Course in Health Education and Health Promotion for Pre-School Educators has been launched since 2003
6. A series of "Health Promoting School" for Head/Teachers (3-day programme) co-organized with the Education and Manpower Bureau and Department of Health, the Government of the Hong Kong SAR in July 2003
7. In-service Teacher Development Course on Moral and Civic Education for Principals and Teachers of Primary Schools (Health Education) has been launched since 2003
8. In-service Teacher Development Course on Moral and Civic Education for Principals and Teachers of Secondary Schools (Health Education) has been launched since 2003



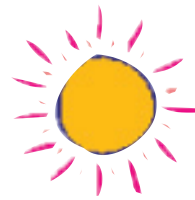


香港健康學校獎勵計劃

除此之外，本中心亦鼓勵參與學校出席世界各地著名學者主講有關健康促進的研討會或講座。

Apart from the above training and exchange workshop, we also encourage participating schools to attend the seminars conducted by overseas experts in the related topics of Health Promotion.

日期 Date	講者 Speaker	題目 Topics
10-12/2001	黃松元教授	健康教育與健康促進及其理論與模式
		健康促進學校的認識與做法
		如何協助兒童走過傷慟期 (Period of Grief) 和預防青少年自殺
		臺灣地區健康教育與健康促進之展望
12/2001	Dr. Alysoun Moon	Challenge in Health Education: Sex Education
11/2002	Professor Lawrence St. Leger	Teaching MSc course: Lecture to MSc “Application of different models in health education”
		School Based Health Promotion
02/2003	Professor Keith Tones	Teaching MSc course: The importance of “CRITICAL” health promotion and the EMPOWERMENT MODEL
		Health Promotion school: THE SETTINGS APPROACH and KEY PRINCIPALS. WHO’S APPROACH
		Criteria towards THE HEALTH PROMOTING SCHOOL
02/2003	Professor John Ashton	New Approaches towards the healthy city concepts
		Teaching MSc course: Healthy City Movement in Europe
03/2003	Professor William Chen	Teaching MSc course: Using Logic Model for Planning and Evaluation of Health Education and Health Promotion Programs
		Biofeedback Training and Health Promotion
		Prevention Research Issues Related to Drug and Alcohol Abuse for Asian Americans
		Health Education and Health Promotion in the United States-Past, Present, and Future Challenges



香港健康學校獎勵計劃 計劃背景

根據世界衛生組織的定義，健康是指生理上、心理上及社會上的完全安寧美好狀態，而不僅祇是免於疾病或虛弱。據資料顯示，健康是影響人們學習能力的主要因素。雖然大部份學校都有推行健康教育活動，但是教學及學習都只局限於用以應付公開考試的正規課程，忽略了健康教育對塑造及改善學生健康狀況的影響。健康教育應包含個人、家庭、學校及社會四個層面，並旨在推廣及維持健康知識、信念及行爲，當然亦包括健康服務活動。在這方面，有效的健康推廣計劃必須有賴教育界、醫學界及社會的衷力合作。

如學校能營造一個安全、舒適、寧靜及愉快的學習環境，就能塑造一群擁有健康體魄及優越成就的學生。相反，不注重健康行爲的學生，在校會感到較爲疏離及較易提早輟學，且較其他同輩不重視持續教育及終身學習的重要性。所以，在童年及青少年的關鍵階段，學校在健康教育及健康推廣方面所扮演的角色非常重要，除了要灌輸正確的知識外，亦要顧及學童的品格、價值觀、技能、態度及體能發展。

The Hong Kong Healthy Schools Award Scheme Scheme Background

According to the World Health Organization (WHO), health is defined as a state of complete physical, mental and social well-being, and not merely the absence of disease. Substantial evidence indicates that health is a major factor affecting the learning capacity of a person. Most schools are involved in some form of health education, but teaching and learning efforts have largely been confined to the formal curriculum leading to public examinations at the expense of influences on students in shaping and improving their health status. Health education should embrace the knowledge, belief and behaviour related to the promotion, maintenance and restoration of health in individual, in family, in school and in society; as well as health service activities. In this respect, an effective health promotion programme should involve partnership between agents of education, medical and social services.

Schools providing a place of safe, enjoyment and peace are more likely to produce students with enhanced health and educational outcomes. However, students with health compromising behaviour are more likely to feel alienated from school and to value continued education less than their peers. As such, school plays a very important role in health education and promotion at the crucial stage of childhood and adolescence, covering development of personal character, values, skills, attitude and physique, in addition to imparting knowledge.





何謂健康推廣學校?

一九八六年，世界衛生組織於有關健康推廣的渥太華憲章中率先提出健康推廣學校的概念。在一所健康推廣學校裡，所有成員都會通力合作，致力讓學生享受愉快的經歷，而且學校的架構亦可協助推動及保障學生的健康狀況。學校以全面及全校性的政策去推廣個人、家庭及社區健康，而健康教育課程則與學校的健康服務、環境及校風互相配合。如此全面的計劃已為學校健康專業人士所廣泛接納，並視為有效實施健康學校的一個重要方法。

What is a Health Promoting School?

In 1986, WHO first initiated the concept of health-promoting school in the Ottawa Charter for Health Promotion. A health promoting school is a place where all members of the school community work together to provide students with integrated and positive experiences and structures which promote and protect their health. It embodies a holistic, whole school approach to personal, family and community health of the school. Such a comprehensive approach has been widely accepted by school health professionals as an effective and important method of implementing school health.

何謂香港健康學校獎勵計劃?

此計劃由香港中文大學醫學院健康教育及促進健康中心主辦，是本港首個獲取世界衛生組織西太平洋區認可的健康推廣學校計劃，並獲得香港特別行政區政府教育統籌局、香港津貼中學議會、津貼小學議會及香港特殊學校議會的全力支持。而香港中文大學及香港特別行政區政府教育統籌局均為頒發獎項的機構。

本計劃根據1995年世界衛生組織成員國的指引，訂立了六個標準範疇，以成立、改善及持續推行健康推廣學校。當中包括：

- 學校健康政策
- 健康服務
- 個人健康生活技能
- 校風 / 人際關係
- 社區關係
- 學校環境



香港健康學校獎勵計劃以健康推廣學校的概念為本，推動教育成就及身心之全面發展，從而改善學生的生活質素。計劃提供有組織的發展藍本，並有完善的監察進度及認證制度。來自本地及外地的健康及教育專業人士均已訂立一套適用於本地學校的指引，以進一步發展健康學校的理念。

What is the Hong Kong Healthy Schools Award Scheme?

The Scheme is administered by the Centre for Health Education and Health Promotion in the Faculty of Medicine at The Chinese University of Hong Kong and has gained endorsement from the WHO Western Pacific Regional Office (WPRO). The Hong Kong Subsidized Secondary Schools Council, the Subsidized Primary Schools Council and the Hong Kong Special Schools Council have pledged full support. Centre for Health Education and Health Promotion of The Chinese University of Hong Kong together with the Education and Manpower Bureau, the Government of the Hong Kong SAR will be the awarding bodies.

During 1995, a set of guidelines on the establishment, improvement and maintenance of health promoting schools was produced and endorsed by WHO's member states. The framework of the guidelines consisted of components and checkpoints for health promoting schools in six areas including:

- School health policies
- Health services
- Personal health skills
- School social environment
- Community relationships
- School physical environment



The Hong Kong Healthy Schools Award Scheme builds on the concept of health promoting school to encourage educational achievement, better health and emotional well-being; thereby supporting pupils in improving the quality of their lives. It provides a structured framework for the development as well as a system of monitoring progress and recognition of achievement. A panel of experts in health and education locally and overseas have refined a set of guidelines that would be applied to schools in Hong Kong.

此計劃的目標為何?

計劃旨在推廣教職員發展、家庭教育、全校參與及社區聯繫，以改善學生、家長、教職員及整個社區的健康。

What are the aims of the Scheme?

The aims of the Scheme are to promote staff development, parental education, involvement of whole school community, and linkage with different stakeholders so as to improve the health and well-being of the students, parents and staff, and the community at large.





健康學校獎勵計劃對學校有何益處?

透過參加這個獎勵計劃，可加強學童的生理、心理及社交發展，培養學童建立正確的價值觀及態度，如培養其責任感、歸屬感和尊重他人的美德等，這些都是確立人生及學習目標的重要元素。獎勵計劃亦可鼓勵有關價值觀教育的教與學，如生活、情感、環境及傳媒教育等，這對於教育改革更有幫助。

How would Healthy Schools Award Scheme benefit the schools?

The Healthy Schools Award Scheme would foster physical, psychological and social development of children. From which values and attitudes such as responsibility, commitment and respect for others are necessary for developing goals in life and learning. The Scheme would encourage teaching and learning of other value-oriented studies such as life education, affective education, environmental education and media education. It adds value to the curriculum development.

獎勵計劃可帶給學校的益處有以下各方面：

(甲) 對學校而言

- ☺ 改善學生在學術及非學術上的表現
- ☺ 正面推廣校風
- ☺ 由單一學科教學轉變為跨學科教學
- ☺ 由說教式的教學方法轉變為探究式的教學方法
- ☺ 教學及學習架構變得更有彈性
- ☺ 全校參與、加強家長、校長、學校職員(教學及非教學)、學生、政府及社區的聯繫
- ☺ 獲得獎勵計劃的認可後，更能提升校譽及地位
- ☺ 可與其他學校聯繫及分享寶貴的經驗

(乙) 對學生而言

- ☺ 學生在良好的環境下擁有強健的體魄及全面的身心發展，就能獲得更好的學術成績
- ☺ 能接觸多種支持服務，使個人及社交發展更多姿多采
- ☺ 更為主動、更有信心、更具創造力，並有恰當的技巧及資料作重要的人生及健康抉擇，而更能掌握自己的未來

(丙) 對學校員工而言

- ☺ 增加對員工的支持及專業發展
- ☺ 教師更能互相扶持和合作，加強團隊精神
- ☺ 更關注員工的健康

(丁) 對社區而言

- ☺ 身心健康的年青人能盡心盡力為社會提供服務及貢獻，成為良好公民
- ☺ 了解年青人的興趣及需要，為他們提供充足的支持及協助
- ☺ 與學校有更緊密的聯繫，為有關活動給予支持



The Award Scheme would benefit the whole school community in a number of ways:



健康服務
Health Services

A) For Schools

- ☺ Improve students' performance in academic and non-academic areas
- ☺ Positively promotes the school's ethos
- ☺ Changes curriculum contents and activities from mono-disciplinary to interdisciplinary
- ☺ Pedagogy becomes discovery learning rather than didactic learning
- ☺ Structure of teaching/learning becomes flexible rather than fixed structural units
- ☺ Involvement of the whole school community and strengthens links among parents, principal, school staff (teaching and non-teaching), students, governors and community partners
- ☺ Enhance reputation and status through recognition under the Award Scheme
- ☺ Gain opportunities to link with and share good practice with other schools

B) For Students

- ☺ Achieve better academic results within a setting that supports their health and well-being
- ☺ Gain access to a wide range of support services and adds value to their personal and social development
- ☺ More confident, more motivated and creative and have the skills and information to make important life and health choices, hence assuming greater control of their own future

C) For School Staff

- ☺ Greater support and professional development for staff
- ☺ Teachers become more interdependent, co-operative and better team-spirit
- ☺ Concern more about the health of staff

D) For the Community

- ☺ Physically and mentally healthy young people can contribute to the community with their best and become good citizen
- ☺ Grasp the interest and contribution of young people to provide support
- ☺ Form closer ties with the schools to provide support





學校可得到什麼支持?

- ✧ 中心之計劃統籌會提供指導、諮詢及專業意見
- ✧ 中心舉辦健康教育專業文憑課程及碩士課程，為教職員提供專業培訓
- ✧ 中心會經常舉辦有關健康教育及健康促進學校的研討會、工作坊，為教職員提供持續教育，同時讓參與學校能更深入了解健康學校的概念、實踐方法及策略等
- ✧ 中心會外借健康教育展板、儀器、模型及提供有關社區服務的資料以助學校推行健康教育活動
- ✧ 中心會提供資金予參與學校，以支持健康促進活動之相關費用



What kinds of support can schools gain?

- ✧ The programme coordinators provide guidelines, advice and professional opinions on health education
- ✧ Diploma and Master courses in Health Education and Health Promotion are launched by the Centre to provide professional training and development for teachers
- ✧ Seminars and workshops will be organized frequently to provide continuous education for teachers in health education
- ✧ Posters, equipment and models can be borrowed from the Centre and community resources information will be provided for organising health education and promotion activities
- ✧ Some funding will be provided to participating schools to support the expenses of health promotion activities

學校需要做什麼工作?

- ✓ 在加入計劃後進行需求評估調查，當中包括一份由六個範疇所組成的問卷及學生問卷；學校須準備有關文件以作參考
- ✓ 每年提交一份有關健康推廣的計劃書
- ✓ 除需求評估外，學校須在三年內至少進行一次整體評估，以作評鑑之用
- ✓ 學校須積極舉辦各項健康教育活動及致力改善學校的整體健康狀況，以求培養學童的身心發展

What is the job of school?

- ✓ Schools should complete a student questionnaire and a set of needs assessment questionnaire which covers the six key areas after joining the Award Scheme. Relevant documents should be submitted or made available for reference
- ✓ An annual plan for health education and promotion should be submitted each year
- ✓ Apart from the needs assessment, an overall assessment should be completed at least once in the three-year scheme
- ✓ Organise different health education and promotion activities to create a healthy school environment leading to healthy development of students

如何在校內合力推行此計劃?

健康是每個人的責任，而此計劃亦需要大家的共同努力。大家應學習及宣揚健康訊息，以及注重個人身心健康以作榜樣。參加此計劃後，學校須安排一位統籌老師負責此計劃，而我們亦會委派計劃統籌提供協助。要成功地推行此計劃，實在需要多方面人士的積極參與及合作：

校長

- ☑ 與中心互相了解及合作，以配合此計劃之進行
- ☑ 制定學校健康政策
- ☑ 安排及調動資源(人力、物力)，支持推行此計劃
- ☑ 鼓勵全體教職員積極參與此計劃統籌老師
- ☑ 鼓勵教職員注重個人身心健康
- ☑ 鼓勵教職員參與有關於健康教育的各項培訓



統籌老師

- ☑ 與計劃統籌保持緊密聯繫
- ☑ 積極參與中心舉辦之研討會、工作坊等
- ☑ 於校內組織一個健康促進小組，以推行健康教育及推廣活動
- ☑ 依時提交計劃書、問卷、回條及安排有關事項(如安排家長、其他教職員、學生等出席活動及妥善處理資料等)
- ☑ 鼓勵學生、家長及所有職員支持此計劃，並緊密配合健康教育的工作

其他教職員及非教職員

- ☑ 明白此計劃需要全校成員之通力合作
- ☑ 鼓勵及協助統籌老師及健康促進小組舉辦活動
- ☑ 積極參與中心舉辦之研討會、工作坊等
- ☑ 協助統籌老師填寫計劃書及問卷，及安排有關事項(如安排家長、其他職員、學生等出席活動及妥善處理資料等)
- ☑ 關注學生及教員的身心健康狀況

學生

- ☑ 積極參與及協助統籌老師或健康教育組所舉辦之活動
- ☑ 注重個人之身心健康，加強與校方的溝通

家長

- ☑ 積極參與及協助統籌老師或健康教育組所舉辦之活動
- ☑ 鼓勵子女注重個人身心健康
- ☑ 鼓勵子女參與各項活動





What collaborative efforts are needed at schools?

Health is everyone's responsibility, and the Award Scheme also requires everyone's effort in implementation. All of us should learn and promote the message of health and keep ourselves physically and mentally healthy as the exemplary of others. Schools should arrange a school coordinator mainly responsible for the Scheme. Our Centre will also assign a programme coordinator to provide professional advice. People from different positions will play a significant role in the Scheme to make it a success:

The Principal

- Should understand the Scheme and work with the Centre in order to facilitate the progress of the Award Scheme
- Develop school health policies
- Arrange appropriate resources (both manpower and material support) to the Award Scheme
- Encourage all school staff to be involved actively
- Encourage school staff to be more concern about their health
- Encourage school staff to participate in health-related training



School coordinator

- Always keep in touch with the programme coordinator of the Centre
- Actively participate in seminars and workshops held by the Centre
- Establish a health promotion group to carry out health education and promotion activities
- Submit annual plan, questionnaires, reply slips on time and makes related arrangement (such as arrangement of the participation of parents, school staff and students, handle the documentation and information with care)
- Encourage students, parents and all school staff to support and co-operate

Other school staff (teaching and non-teaching)

- Understand that involvement and cooperation are required
- Provide support and encouragement to the school coordinator and health promotion group to organize activities
- Actively participate in seminars and workshops held by the Centre
- Provide support to the school co-ordinator formulating the annual plan, completing the questionnaires and making related arrangement (such as arrangement of the participation of parents, school staff and students, handle the documentation and information with care)
- Concern about the health status of both students and staff

Students

- Provide support and actively participate in the activities held by the school coordinator and health promotion group
- Concern about their health and strengthen communication with schools

Parents

- Provide support and actively participate in the activities held by the school coordinator and health promotion group
- Encourage their children to concern about their own health
- Encourage their children to participate in health-related activities

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活動: 健康教育專業文憑課程畢業典禮

第一屆健康教育專業文憑課程畢業典禮已於 2002 年 1 月 26 日假香港中文大學舉行。香港特別行政區政府教育統籌局常任秘書長羅范椒芬太平紳士及香港中文大學醫學院院長鍾尚志教授擔任主禮嘉賓。第二屆健康教育專業文憑課程畢業典禮於同年 12 月 14 日舉行，當日由前香港特別行政區政府教育署署長李慶輝先生、香港中文大學醫學院公共衛生學院院長黃胡令芳教授及香港特別行政區政府教育統籌局首席助理秘書長(課程發展)陳嘉琪博士擔任主禮嘉賓。第一及第二屆學員都於畢業典禮中致辭感謝本中心以表示他們對於課程及導師的支持。本中心對於學員致力推廣健康教育亦感欣慰。

Activities: Graduation Ceremony of the Professional Diploma Course in Health Promotion and Health Education

On 26 January 2002, the First Graduation Ceremony for the Professional Diploma Course in Health Promotion and Health Education was held in The Chinese University of Hong Kong.

We invited Mrs. Fanny Law, JP, the Secretary for Education and Manpower Bureau, the Government of the Hong Kong SAR to be the Guest of Honour and Professor Sydney Chung, Dean of Faculty of Medicine of The Chinese University of Hong Kong as the officiating guest of this ceremony.

Another batch of students from the same programme were graduated on 14 December 2002. Mr. Hing-Fai Lee, the Former Director of the Education Department (presently known as the Education and Manpower Bureau), the Government of the Hong Kong SAR was invited to be the Guest of Honour. Professor Jean Woo, Director of School of Public Health in Faculty of Medicine at The Chinese University of Hong Kong and Dr. KK Chan, Principle Assistant Secretary of Curriculum Development of the Education and Manpower Bureau, the Government of the Hong Kong SAR were the officiating guests of this ceremony. In both ceremonies, representatives from the graduates delivered a note of thanks to the Centre to show their great support to the course and instructors. It was glad to see that the graduates were committed to carry on their health promotion tasks.





活動: 香港健康學校獎勵計劃開幕典禮

Activities: Opening ceremony of the Hong Kong Healthy Schools Award Scheme

2001年5月20日可謂一個盛大的日子，我們籌備多時的香港健康學校獎勵計劃宣告開鑼了。

5 May, 2001 is a big day for us. With preparation for years, The Hong Kong Healthy Schools Award Scheme started off.



開幕典禮的第一場精彩演出，就是大埔崇德黃建常紀念學校的功夫及中樂表演。

The Open Ceremony was commenced with the Chinese musical and Kung Fu performance by Tai Po Sung Tak Wong Kin Sheung Memorial School.

由世界衛生組織西太平洋區代表Dr. Linda Milan、前香港特別行政區政府教育署副署長湯啓康太平紳士、香港中文大學醫學院院長鍾尚志教授及社會醫學榮譽教授李紹鴻太平紳士貼上各代表徽章，表示對此計劃的支持和參與。



Dr. Linda Milan, representative of WHO Western Pacific Region, Mr. Anthony K.H. Tong, JP, the Former Deputy Director of Education Department (presently known as the Education and Manpower Bureau), the Government of the Hong Kong SAR; Prof. Sydney SC Chung, Dean of Faculty of Medicine of The Chinese University of Hong Kong and Prof. S.H. Lee, JP, Emeritus Professor of Community Medicine of The Chinese University of Hong Kong posted their representing logos to declare their support and participation in the Scheme.



道慈佛教楊日霖紀念學校表演跳舞，體驗舞蹈對健康的重要性。

Students of BTCFS Yeung Yat Lam Memorial School performed dancing to show the importance of exercise.

典禮進入尾聲，聖傑靈女子中學獻唱 It's a small world 及 Take these wings，並帶領全場觀眾合唱，典禮亦宣告正式結束。

Towards the end of the Ceremony, St Catharine's School for Girls, K.T. sang the song "It's a small world" and "Take these wings" with the audience.



開幕典禮向公眾宣佈香港健康學校獎勵計劃的開始，亦意味著我們將來要面對更大的挑戰。

The Opening Ceremony announced the commencement of The Hong Kong Healthy Schools Award Scheme which implied that we are about to step forward to a challenging trip.

活動: 交流及培訓

第一期40多名及第二期30多名香港健康學校獎勵計劃參加學校的代表及中心職員，分別於2001年4月及2002年6月進行為期五日的台灣交流訓練團。行程包括到訪台灣教育部，了解當地的健康教育制度，並參觀國立臺灣師範大學衛生教育系、劍潭國民小學、台北縣林口鄉麗林國民小學、台北市立和平高級中學及台北市大理高級中學。這兩次行程，兩地交流了學校健康促進的概念。台灣推行健康學校的經驗及成就，給予中心職員及學校代表很大的鼓勵，令他們立志要為香港健康新一代出一分力。

Activities: Taiwan Training and Exchange Programme

Centre staff with more than 40 representatives from first batch and 30 representatives from second batch of Award Scheme schools had taken part two 5-day training and exchange trips to Taiwan in April 2001 and at end of June to July 2002 respectively. We had visited the Ministry of Education, the Health Education Department of the National Taiwan Normal University; the Chien-tan Elementary School, the Lilin Elementary School, the Taipei Municipal DA-LI Senior High School and Taipei Municipal Ho Ping Senior High School. From which we had exchanged ideas on school health promotion in both Taiwan and Hong Kong, and necessary tasks to be prepared to establish an effective and successful health promoting school. Both Centre staff and school representatives were impressed by the great work done in Taiwan and therefore declared to commit for the health of our next generation in Hong Kong.



國立臺灣師範大學衛生教育系系主任呂晏明教授向我們介紹健康促進學校。

Prof. Chang-ming Lu, Professor & Director of the Department of Health Education of National Taiwan Normal University, briefed us on health promoting school.

學校將廢物分類，實行循環再造，實踐環保的精神。
For environmental protection purpose, school put rubbish into different categories for recycling.



學校廚房非常整潔，用以預備學生們的午餐。

Lunch for students was prepared in this clean and tidy kitchen.





活動：香港健康學校獎勵計劃簽約儀式

爲了歡迎第二期和第三期學校參與香港健康學校獎勵計劃，第二屆和第三屆參與學校的簽約儀式已分別於2002年3月及2003年3月順利舉行。本計劃分別於2002年的典禮上邀請了香港特別行政區政府社會福利署青年事務組總社會工作主任(青年事務)蔡少明先生及前香港特別行政區政府教育署總課程發展主任張永雄先生出席演講『青少年福利服務工作路向』及『以生活經歷來建立學生的價值觀 - 課程改革新路向』，而於2003年香港特別行政區政府教育統籌局高級課程發展主任黎耀強先生亦於典禮上分享『香港健康學校獎勵計劃如何配合課程發展』。三所來自第一及第二期的參與學校也把握時機在典禮中分享他們校本式推行健康學校的經驗，這些分享對新加入計劃的學校來說起了很大的鼓勵作用。



Activities: The Hong Kong Healthy Schools Award Scheme Charter Signing Ceremony

The Charter Signing Ceremony for second batch and third batch participating schools was held in March 2002 and March 2003 respectively to welcome their joining in the Award Scheme. We invited Mr. Choi Siu Ming of the Social Welfare Department, the Government of the Hong Kong SAR; and Mr. Cheung Wing Hung, the Chief Curriculum Development Officer of the former Education Department, the Government of the Hong Kong SAR to deliver speech in 2002 while Mr. Lai Yiu Keung of the Senior Curriculum Development Officer of the Education and Manpower Bureau, the Government of the Hong Kong SAR also shared his idea on curriculum development in related to the Hong Kong Healthy Schools Award Scheme in 2003. Three of the participating schools from first and second batch also took this opportunity to share their fruitful experiences in promoting health in their schools since joining the Award Scheme. The new participating schools found all this sharing very encouraging.

活動：新世紀有營早餐大行動

研究指出，有吃早餐的學童比沒有吃早餐的更健康、更愉快，學習成績也相對較好。爲了要引起公眾重視早餐的重要性、增加公眾對選擇營養早餐的技巧及加強與政府機構、社會團體及私營機構的社區網絡，本中心在2002年發起『新世紀有營早餐大行動』。

一連串的活動包括舊曲新詞及標語創作比賽、出版新世紀有營早餐大行動特刊《校園群俠傳》及新世紀有營早餐日相繼展開。

於2002年6月28日『新世紀有營早餐日』當天，來自143間學校共91591名師生、家長及各界嘉賓代表分別在144個場地於同一時間進食早餐。是次活動更被正式列入『最多人同時間進食早餐』的健力士世界紀錄。並獲得嘉賓、參與者及公眾人士的高度讚揚。

Activities: The Biggest Healthy Breakfast Campaign

Various studies suggest that children who eat breakfast are healthier, happier and even perform better academically. As such, the Centre launched the “The Biggest Healthy Breakfast Campaign” to raise the awareness of the importance of healthy breakfast, to increase knowledge of healthy breakfast in order to facilitate healthier food selection, and to promote community partnership of government, community groups, food industries and other private sectors.

The Campaign included a series of activities – (1) Slogan Competition and Lyric Competition, (2) Production of Healthy Breakfast Educational booklets, and (3) The Biggest Healthy Breakfast Day.



The Biggest Healthy Breakfast Day was held on 28 June 2002, 91591 students, parents and teachers from 143 schools had breakfast at the same time in 144 different venues. The Centre has been successful in setting a new Guinness World Record: “The Largest Simultaneous Breakfast”. The Programme was highly appreciated by our guests, participants and the general public.

活動：『健康校園齊抗炎』健康教育活動

二零零三年春季，香港市民經歷一段悲痛的時期，千多名香港市民感染非典型肺炎（SARS）。有見及此，香港中文大學發起『健康校園齊抗炎』健康教育活動，此項健康教育活動是獲得香港特別行政區政府教育統籌局全力支持及鷹星保險集團的贊助，而本中心於製作期間亦擔任很重要的角色。



『健康校園齊抗炎』健康教育活動旨在協助中、小學的校長、老師及學生好好裝備對抗非典型肺炎。活動分別以講座及發行視像光碟宣揚七個抗炎範疇的訊息，包括：復課篇、清潔篇、觀察篇、個人衛生篇、社交篇、上課篇及自強篇。

『健康校園齊抗炎』視像光碟的製作，是得到兩所參與本計劃的中小學之積極協助，如借出場地及安排小演員協助拍攝。而該視像光碟早前已派發予全港學校，亦可於下列網址下載：http://www.hkedcity.net/project/cuhk_sars/

Activities: “Schools Against SARS Campaign”

Thousands of Hong Kong residents were infected with Severe Acute Respiratory Syndrome (SARS) in spring 2003. It was a tragic period for Hong Kong people. The Schools Against SARS Educational Campaign was launched by the Chinese University of Hong Kong, supported by the Education and Manpower Bureau, the Government of the Hong Kong SAR and sponsored by Eagle Star Insurance Group, the Centre played the key role in the production process.





The aim of the Campaign was to better equip school principals, teachers and students of secondary and primary schools to fight against SARS. The message was delivered to schools by seminars and video CD. The information was divided into seven sections: class resumption, school cleaning, observation, personal hygiene, social activities, classroom teaching and self strengthening.

With the generous contribution including offering shooting venues and actors from one primary school and one secondary school from the Hong Kong Healthy Schools Award Scheme, a VCD was produced and distributed widely to schools in Hong Kong. It can also be downloaded from the following web-site: http://www.hkedcity.net/project/cuhk_sars/

活動：一校一醫生計劃：健康校園(二) 醫生與您齊學習

所謂：『預防勝於治療』，早前出現的非典型肺炎事件引起了公眾對於個人及公共衛生的關注。爲了確保學校能提供一個安全及衛生的環境予學童學習，香港醫學會聯同本中心舉辦『一校一醫生計劃』。此計劃目的是由香港醫學會的醫生爲學校的教職員及學生提供專業的醫學意見以建立健康校園。爲要更有效引起大眾對健康及衛生的關注，計劃亦出版了一張名爲《健康校園二之醫生與您齊學習》視像光碟，香港健康學校獎勵計劃其中一間參與學校亦協助拍攝工作並積極建立社區網絡。視像光碟已於早前派發給香港各區的中小學及社區醫生。本中心亦就有關影片內容設計了一系列深化問題，讓觀眾更容易掌握影片的內容及主旨，影片及深化問題可於下列網址下載：



http://www.cuhk.edu.hk/med/hep/hygiene_charter/movie/movie.html

Activities: One School One Doctor Scheme and Audio-Visual Project: Healthy School Life II: Learning Together with your Doctors

“Prevention is better than cure”. The SARS crisis arouses the public attention on the importance of hygiene and public health. In order to ensure that the school is a safe place for children, the Hong Kong Medical Association (HKMA) collaborates with the Centre organising “One School One Doctor Scheme”. The aim of this scheme is to develop healthy school with the support of HKMA doctors by providing professional health-related advices to schools’ staff and students. In order to raise the awareness of the importance of hygiene and health, a video CD “Healthy School Life II: Learning together with your Doctors” was produced with additional help and support from one secondary school of the Hong Kong Healthy Schools Award Scheme. This school also actively advocated and helped in building network within the community, the VCD was eventually being distributed extensively to schools and community doctors. The video with sets of questions for primary and secondary schools for better understanding of the video can be downloaded via the URL:

http://www.cuhk.edu.hk/med/hep/hygiene_charter/movie/movie.html

爲了協助各參與學校建立健康促進學校，本中心定期舉辦不少工作坊讓學校代表更能掌握計劃的內容。

In order to guide all participating schools to develop health promoting schools more effectively, we regularly organise workshops for better understanding of the Award Scheme.

〈「香港健康學校獎勵計劃：校本管理的全新動向」簡介會〉

香港健康學校獎勵計劃於2002年1月及12月分別舉行兩次「香港健康學校獎勵計劃：校本管理的全新動向」簡介會，邀請了全港學校參與，以招募學校去參與新一期香港健康學校獎勵計劃。簡介會上，分別介紹香港健康學校獎勵計劃，並由已參加獎勵計劃的學校作經驗分享。

“The Hong Kong Healthy Schools Award Scheme: New Initiative for School Based Management” Introductory Seminars

The Hong Kong Healthy Schools Award Scheme had organised a “New Initiative for School Based Management” seminar twice in 2002, January and December respectively. We invited and advocated all schools to participate in these two seminars. During the seminars, we briefly introduced the idea of this Scheme to all invited schools in order to enhance their understanding of the Scheme. Besides, an experienced sharing programme was specially arranged for participating schools to share their experience and gains while implementing the Scheme in their schools.

〈策劃及領導訓練工作坊〉

本計劃分別於2002年5月及2003年4月爲參與學校舉辦策劃及領導訓練工作坊，工作坊闡釋香港健康學校獎勵計劃的評估方向，分享制定健康促進學校計劃的技巧，以及溝通及領導方法之重要性，以便學校更有效地推行健康學校獎勵計劃。

Workshops on planning and leadership training

The Scheme had conducted Indicator and Planning Workshops for participating schools in May 2002 and April 2003 respectively. These workshops mainly brought out indicator of the Scheme and provided guidelines for schools to implement the Scheme by starting with strategic planning, good communication and effective leadership.

〈「如何預備評估」工作坊〉

本計劃會爲每所參與的學校進行需求評估，並以報告形式爲學校提供一個簡要的藍本，以便學校訂立完善的健康學校發展計劃。另外，本計劃設有獎項制度，以鼓勵參與學校爲促進健康而努力。因此，本計劃在2002年11月及2003年5月分別舉辦了「獎勵準則」研討會及「如何準備評估」工作坊，目的乃讓學校更了解計劃之獎勵準則和機制，亦安排學校作經驗分享，讓學校的寶貴經驗能彼此交流。





“Assessment Preparatory” Workshop

A baseline assessment is designed for assessing new participating schools of the Hong Kong Healthy Schools Award Scheme. A report that serves as guidelines for the development of a comprehensive plan in school-based health promotion is provided as well. The accreditation system of the Award is established to recognize the participating schools’ diligent work in school health promotion. Therefore two workshops on “Accreditation System of the Award” and “How to Prepare Assessment” were held in November 2002 and May 2003. During the workshops, schools were arranged to share their precious experiences in their own school settings.

〈「如何獲取準確的健康資料？」工作坊〉

爲了讓老師能更準確地掌握學生的健康資料，本計劃分別於2001、2002及2003年舉辦了「如何獲取準確的健康資料？」工作坊。內容主要講解如何準確量度及闡釋身高、體重、體適能項目以及檢視學童之防疫注射紀錄。在工作坊中，亦全面介紹了中心所設計的「學生健康資料軟件」之使用，使學校在儲存、記錄及分析學生健康資料上更爲方便及有效。

Workshops on ‘How to Get Accurate Health Information’

The Workshops on “How to Get Accurate Health Information?” were held in 2001, 2002 and 2003 to increase teachers’ awareness on the importance of mastering accurate health information in school. The workshops mainly described how to acquire accurate students health information such as height, weight and physical fitness items. The Centre also developed a software to facilitate the collection and statistics of such data so that schools would be more able to understand their basic needs and develop a tailor-made health programme for their own schools.



〈其他與健康有關的工作坊及講座〉

參與學校對計劃所舉辦的各類型與健康有關的工作坊及研討會一向反應熱烈，令人鼓舞。當中包括「護脊」講座、「足部護理」工作坊、「認識思覺失調」講座、「傳媒的應對方法」研討會、「齊來關注學校小食部」工作坊等。

Other Health-related Workshops and Seminars

Different kinds of health workshops and seminars were organised for participating schools. Topics such as “Back care”, “Foot care”, “EASY”, “Crisis management”, “Take care together with school snack express” were included. All of these workshops and seminars gained a favorable response from the schools.

出版：

Publication:



香港健康學校獎勵計劃
健康促進學校工作指引 精要版

The Hong Kong Healthy Schools Award Scheme:
Practical Guide to the Health Promoting School
(Abridged version)



健康促進學校 香港經驗分享

Health Promoting School: Experiences from Hong Kong

Newsletter

健康園丁



The Healthy Schools Award Scheme





如何獲得健康學校的獎項?

本計劃分別設有金、銀及銅獎，學校必須達到獎勵級別所要求之標準才能獲獎。部分的第一期參與學校已於2002年進行學校評估。在學校評估過程中，得到多位國外知名的學者協助及確認整個評估程序。他們陪同本計劃評估小組到訪學校，從中了解學校的情況及運作。另一方面，國外學者亦與本計劃評估小組開會討論學校評估的結果及檢視六個範疇的評審標準。

經過嚴謹的評核及討論後，共有十二間學校獲頒發獎項，得獎學校名單如下：

銀獎學校

大埔崇德黃建常紀念學校 (上午)
天水圍循道衛理小學
南亞路德會沐恩中學
崇真書院
道慈佛社楊日霖紀念學校
聖公會白約翰會督中學
聖傑靈女子中學
樂華天主教小學
德蘭中學

銅獎學校

中華基督教會基順學校
香港教師會李興貴中學
廠商會中學

How to achieve the Healthy Schools Award?

It is a three-tier award system with Bronze, Silver and Gold Award Status. In 2002, some of the first batch schools had undergone a comprehensive school audit.

During the audit period, overseas experts in health promoting schools joined the validation process of the audit. They accompanied our Centre's audit team on their accreditation visits to gain a good understanding of the schools and held meetings to discuss the results of school audit on the six areas and also review the detail rating systems with Centre's audit team.

After thorough audit and discussion, 12 schools will be presented an award this year, and the award goes to:

Schools with Silver Award

Sung Tak Wong Kin Sheung Memorial School (AM)
Tin Shui Wai Methodist Primary School
Immanuel Lutheran College
Tsung Tsin College
BTCFS Yeung Yat Lam Memorial School
SKH Bishop Baker Secondary School
St. Catharine's School for Girls, K.T
Lok Wah Catholic Primary School
St. Teresa Secondary School

Schools with Bronze Award

CCC Kei Shun Special School
Hong Kong Teachers' Association
Lee Heng Kwei Secondary School
CMA Secondary School

讓我們一同分享
十二所獲獎學校的經驗和心得





大埔崇德黃建常紀念學校(上午校)

本校參加「香港健康學校獎勵計劃」，獲得是次佳績，我們全校校董、師生及家長均感到無限欣喜及鼓舞，這不僅肯定了我們過往付出的努力，也為學校未來的發展路向亮起明燈。我們以培育學生身、心、社、靈之「全人健康」為使命，積極朝著建立一所「健康學校」之目標邁步前進。

我校教師對健康均抱著積極的態度，並不斷參加相關專業培訓，將最新的健康資訊帶返校園。我校成立了「健康促進組」，統籌全校健康推廣工作，同時於課程及各行政組別中滲入「健康」元素，配合相應之政策，使成效更見顯著。

我們舉辦了多元化的健康活動，如「健康飲食」、「護脊」、「適應新環境」、「每天做運動」等。此外，家長透過活動、培訓及義工服務等，投入子女的學習，與子女共同參與，達致「親子溝通、家校合作、終身學習、回饋社會」的目標。

面對未來社會不斷進步，我們深信健康的良好公民，必須從小培育。今後我們仍會繼續努力，以學童身心健康發展為依歸，並朝著推動「全人健康」的目標，積極邁進。



Sung Tak Wong Kin Sheung Memorial School (AM Section)

The supervisors, teachers, students and parents of our school are very happy and much encouraged that our school has achieved good results in the Hong Kong Healthy Schools Award Scheme. The award not only confirms the efforts we made in the past, but also lightens the path of future development of our school. Our mission is to nurture whole person's health in students in physical, psychological, social and spiritual terms. Our goal is to establish a "healthy school", towards which we are actively striding.

The teachers in our school adopt an active attitude towards health. This is shown by their continual participation in relevant professional training courses and their bringing of up-to-date health information back to campus. Our school has set up a Health Promotion Unit whose job is to coordinate health promotion projects throughout the school. We also infiltrate "health" elements into the courses we offer and into the various administrative units. This, together with corresponding policies, has led to obvious and outstanding results.

We have organized diversified activities on health, such as healthy diets, spine protection, adjustment to a new environment and daily physical exercises. In addition, parents participate in their children's learning by joining activities, training programmes and volunteer services with their children. The goals of communication with their children, co-operation between the school and the family, lifelong learning and contribution to society can thus be achieved.

Facing the continual improvement of our society, we firmly believe in the early nurture of healthy and good citizens. We will continue to work hard – based on the development of our school children's physical and psychological health, we will actively move towards our goal of promoting the health of a whole person.





天水圍循道衛理小學

本校與天水圍循道衛理中學結成「一條龍健康學校」，我們要學生健康地成長，故重視學生身體上、心靈上和群育上的發展。透過各項課程及活動，學生能獲取正面的健康知識、技能和態度。曾舉辦的活動如「學生環境保護大使計劃」、校本社區服務課程「小五幼稚園義工訓練」及「小六關懷長者服務課程」的推行等。我們編製了「學生健康紀錄冊」，並由老師及家長定期監察學生實踐健康生活模式的情況。我們也重視建立孩子的自尊感、責任感及對生命的正面價值觀，故此全校均以「家」的感覺設計，以營造安全愉快的學習環境。

我們視家長為教育夥伴，故此極力推行「家校合作計劃」。我們組織了「家長義工隊」，並開辦了「天循家長學院」以推行家長教育。透過推行各項家長課程，讓家長協助學校日常的工作，如「健康午膳小組」及「愛心義工隊」等。更重要的目標是藉此與家長建立互信的關係和加強家長教育。

天循將繼續把「健康學校」的理念融入日常課程及活動當中，並透過「一條龍健康學校」模式延續理念。我們祈盼能與各友校攜手推廣「健康學校」的理念，為香港的下一代建設更健康的學習環境。



Tin Shui Wai Methodist Primary School

Our school forms a “Through-train Healthy School” with Tin Shui Wai Methodist Secondary School. To have our students grown up healthily, we place much emphasis on their physical, psychological, spiritual and social development. In light of this, various courses and activities have been held to help them acquire health knowledge and skills and to build up their positive attitude towards health. These include joining the “Student Environmental Protection Ambassador Scheme (SEPAS)”, implementing a school-based community service-learning programme entitled “Kindergarten Volunteer Service” for primary 5 students and another entitled “Care for the Elderly” for primary 6 students. A “Student Logbook for Healthy Living” has been published. Teachers and parents will frequently check the logbook in order to monitor students’ proactive practices of a healthy lifestyle. We are also focused on the building of students’ self-esteem, their sense of responsibility and positive values toward life. Hence, the whole school is designed in a way fully committed to creating a “Home Feel” and to providing a safe and happy learning environment.

We consider parents as our educational partners. Thus, we make every effort to implement the “School and Family Co-operation Scheme”. A “Parent Volunteer Team” and the “Tin Shui Wai Methodist Parents’ College” have been organised to provide various courses on parental education. These activities are designed to let parents assist in the daily schoolwork such as the “Healthy Lunch Unit” and the “Volunteer Concern Team”. Even more important, these activities catalyse the establishment of mutual trust between the school and parents. This can further strengthen the mutual bond and enhance efficient parental education.

Tin Shui Wai Methodist Primary School will continue to integrate the concepts of “Healthy School” into our curriculum and daily activities. We will keep the concept alive via the “Through-train Healthy School” system. We treasure every chance to co-operate with other schools in promoting the healthy school concept and in developing a healthier learning environment for our next generation.





南亞路德沐恩中學

本校自2001年參加「香港健康學校獎勵計劃」，而我校上年度的健康教育目標是培養良好的健康習慣，相應活動包括：培訓倡健領袖生推廣健康衛生知識；設立量度身高、體重的儀器；設計健康展板以介紹健康訊息；舉辦週會講解培養健康習慣的方法等。在聯課活動方面，通識教育科提供健眼操與健腦操的知識及實踐機會；生物科讓學生訪問家長及老師的個人飲食習慣，並以工作報告形式展示；家政科和設計工藝科合辦健康食物菜單設計。

此外，我們提倡全校師生「一人一繩運動」，利用體育科定時練習和考核，並配合四社師生跳繩比賽，讓學生養成經常做運動的習慣。在雅麗氏何妙齡那打素醫院的協助下，舉辦大型的「健康日」，讓學生實踐所學的知識及技巧，為學生、家長及教職員提供身體脂肪、血壓、肺容量及血糖等方面的檢查。在教師發展日中，介紹基本的急救和職業保健知識，並一起跳繩做運動。家長教師會亦舉辦健康舞、瑜珈興趣班、「健康飲食Fit一世」講座等活動來提高家長的健康意識。

本校2002-2003年度的重點是預防性健康教育，在多個層面上促進學生的健康，繼續推行健康學校之理念。



Immanuel Lutheran College

Our school joined the Hong Kong Healthy Schools Award in 2001 and our goal of health education in the past year was to encourage the development of good and healthy habits. The corresponding activities included training student leaders to become health advocates and to give information about health and hygiene, setting up height and weight measuring apparatus, designing exhibition panels to introduce health news, and organising weekly seminars to explain the ways of developing healthy habits. As far as courses are concerned, the General Education course provided information and practice on eye-protecting and brain-protecting exercises. The Biology course allowed students to interview parents and teachers about individual dieting habits and to demonstrate the results in the form of work reports. The Home Economics and Design and Crafts courses jointly organised an activity encouraging students to design healthy menus.

We also recommended teachers and students to participate in a “One Person, One Skipping Rope” campaign. We hope to encourage the development of the habit of doing regular physical exercises among students by making use of the regular practices and assessments offered by the Physical Education course and the skipping competition in which teachers and students of the four societies of the school participated. With the help from Alice Ho Miu Ling Nethersole Hospital, we organised a large-scale “Health Day” so that students could put the knowledge and skills they have acquired into practice. Students, parents, teachers and staff were also provided examinations in such areas as level of body fat, blood pressure, lung capacity and level of blood sugar. On Teachers’ Development Day, we introduced basic first-aid and occupational health information and did physical exercises together by skipping. Aerobics, yoga interest classes, seminars on healthy diets and other activities were organized by the Teachers-Parents Association to raise the health awareness of parents.

In 2002-2003 our school’s major tasks are to carry out preventive health education, promote students’ health in various areas and continue to implement the concept of healthy schools.





崇真書院

香港健康學校獎勵計劃

本校參加「香港健康學校獎勵計劃」的原因是學校的使命與計劃所述的吻合：同樣是推廣教職員發展、家庭教育、全校參與及社會聯繫，以改善學生、家長、教職員及整個社區的健康。

本校在徵詢中、西醫、護士、社區人士、家長等意見後，制訂了一系列的健康政策。在活動方面，我們透過 60 多組宗教小組培養學生的靈性健康、亦舉辦各種校內活動來建立學生的身、心及人際關係方面的健康，例如「健康日」、「校園綠化計劃」、「籌款週」、「親子乒乓球比賽」等；而崇真義工網絡的學生亦參與多元化的社區服務和校外活動，例如DIY 傷健同樂日、策劃健康教育工作坊及公眾表演等；不同級別的同学更接受「朋輩輔導計劃」、「生物飼養計劃」、「EQ 愛心大使計劃」、衛生署健康大使、香港青年大使、基軍、紅十字會等方面之培訓及為學校和社區提供服務。藉多元智能的課程與上述的活動，我們盼望能建立一個互相關懷、信任、彼此尊重的和諧學校環境，培訓同學成為具備「三有四能——即有信、有望、有愛；能學、能教、能服務、能創新」素質之崇真人。

就 SARS 事件的應變工作而言，崇真危機處理小組借助「崇真電視台」拍攝校本的復課防疫措施影片、邀請紅十字會導師講解及示範如何使用體溫計、增設校內防疫設施及於復課前提供講座予全體師生、家長；復課後，亦與社區團體緊密接觸，在校內推行「黃絲帶運動」，派發校本禱文，並運用香港中文大學提供的教材進行師生討論，以上各項措施大大提高崇真師生職員對健康的意識。

本校能於「香港健康學校獎勵計劃」取得優異成績，實有賴全體教職員、家長與社區組織通力合作，而參與獎勵計劃的寶貴經驗卻有助我校更瞭解本身之強弱，作多角度的反思及自我改進。



Tsung Tsin College

Our school joined the Hong Kong Healthy Schools Award Scheme because our mission coincided with the Scheme's, which is to promote the development of teachers and staff, family education, whole school participation and social connection with an aim to improve the general health of students, parents, teachers, staff and the entire community.

We have formulated a series of health policies after consulting the views of medical doctors, nurses, people in the community and parents. In terms of activities, we have organised more than 60 religious cell groups to help foster students' spiritual growth. We also implemented other activities like the Health Day, the Keep the School Green Scheme, the Fund-raising for Charity Week, the Family Table-tennis Tournament and so on to build up students' physical, psychological and inter-personal health. Student volunteers from the TTC V-NET participated in diverse services both inside and outside the school, such as the DIY Fun Day for the Handicapped, the Workshop on Health Education, and various public performances. Students from different forms have also received training to serve the school and the community as Peer Counsellors, Helpers in the Tsung Tsin Biosphere Scheme, EQ Student Ambassadors, Health Ambassadors of the Department of Health, Hong Kong Young Ambassadors, Members of the Boys' Brigade, Red Cross Cadets and so on. Through a school curriculum that promotes multiple intelligences and the above-mentioned activities, we hope to build a friendly school environment that is characterised by mutual care, mutual trust and mutual respect, and to help Tsung Tsin Collegians acquire the qualities of 'Three Haves and Four Cans – Have Faith, Have Hope, and Have Love; Can Learn, Can Coach, Can Serve and Can Innovate'.

As far as dealing with the SARS crisis was concerned, the Tsung Tsin Crisis Management Unit, with the help of the school's TV station, had made a video on the preventive measures that our students should take when classes resumed. We also invited tutors from the Red Cross to come to the school in order to explain and demonstrate how to use the thermometer. Anti-SARS facilities were also added, and a seminar had been provided for all teachers, students and parents before classes resumed. After the school re-opened, we also maintained close contact with community groups and launched the Yellow Ribbon Campaign in the school, distributing school-based prayers to students and teachers alike and carrying out teacher-student discussions using the materials provided by The Chinese University of Hong Kong. All these have had the effect of greatly increasing the health awareness of our teachers, students and staff.

Thanks to the full co-operation among teachers, staff, parents and community groups, our performance in the Hong Kong Healthy Schools Award Scheme was rated as good. The precious experience of joining the Award Scheme has helped us understand more about our strengths and weaknesses, reflect on our development from multiple perspectives, and also seek self-improvement.





道慈佛社楊日霖紀念學校

透過「香港健康學校獎勵計劃」，學校得到寶貴之專業指導及學術支援，使學校在制定健康政策的方向獲得啟發。

為掌握最新資訊以便設計健康促進課程及活動，並與家長攜手培育學童從小注重健康的生活方式，學校積極參與有關健康教育研討會，如「幫助超重小孩控制體重」、「護脊講座」、「認識思覺失調」等。而計劃所安排的「學校危機處理」、「健康校園齊抗炎」等經驗分享會，能讓學校分享彼此在制定及推行有關政策的心得。此外，學校更透過計劃獲得海外培訓以及在本港持續進修的機會。

榮獲健康學校的榮譽，為本校教職員、學生及家長帶來莫大鼓舞，外界對本校健康政策的認同及讚賞為我校寫下了光輝的一頁，更重要是為我們注入強大的信心，繼續以全校性的政策去推廣個人、家庭及社區的健康訊息，致力促進基層健康。



BTCFS Yeung Yat Lam Memorial School

Our school has acquired precious professional guidance and academic support by joining the Hong Kong Healthy Schools Award Scheme. We have also received inspiration in formulating the direction of our health policies.

In order to grasp the most updated information for the design of health promoting courses and activities and to co-operate with parents for the early nurture of a healthy lifestyle of their children, we actively participated in relevant seminars on health education. These included seminars on helping over-weight children control their weight and talks on spine protection and early psychosis. The seminars organized by the Hong Kong Healthy Schools Award Scheme on such topics as crisis management in schools and anti-SARS measures on campus allowed schools to share with one another their experiences in formulating and implementing the relevant policies. In addition, schools have the opportunity to receive overseas training and continuing education in Hong Kong under the Scheme.

The Healthy Schools Award and the reputation it brings are a great encouragement to our teachers, staff, students and parents. The recognition and appreciation of our health policies by the outside world adds a bright page to our school's history. More importantly, it boosts our confidence in continuing to promote individual, family and community health by policies that affect the whole school and in endeavouring to promote the health of the grass-roots.





聖公會百約翰會督中學

透過參加「香港健康學校獎勵計劃」，在專業的指導下，本校得以有效地檢視學校情況，制定策略，建立「健康為優質教育之本」的校園文化，讓學生身心靈得以全面的發展，貫徹全人教育的理念，亦提升了我校教師對健康教育的重視，擴闊老師的專業發展路向。

本校強調學習經驗的擴拓，鼓勵學生參與戲劇計劃、電影製作、多媒體拍攝等，培養審美能力及情意發展；我們重視發展學生的多元智慧，並參與教署群集學校資優計劃，推行優質教學；透過「一生一體藝」活動，啟發學生對體藝的興趣和追求，更鼓勵學生參加「體適能獎勵計劃」，增強個人的體魄；並且透過「生命閱讀計劃」、宗教早會廣播、傳媒教育、學生清潔課室、義工社區服務等，持續滲透積極、勇於承擔的人生觀，培養學生良好的道德情操。

近年來，為配合優質全人教育的需要，本校開始制定政策，積極在拓展社區關係、人力資源的培訓、全校導向、全方位學習四方面，持續加強健康教育的發展。



S.K.H. Bishop Baker Secondary School

Our experience in joining the Hong Kong Healthy Schools Award Scheme, together with professional guidance, has enabled our school to effectively examine our current situations. We are now able to formulate strategies to enrich a campus life with a focus on good health, a strong basis of quality education.

Our priority which is in line with the direction of the rationale of the whole-person education is to enhance the all-round development of our students, physically, psychologically, and spiritually. We have also re-affirmed in our teachers the importance of health education and enhanced their professionalism.

Our school aims to enrich experiential learning in our curriculum framework. To this end, we always encourage our students to participate in drama programmes, movie production and multimedia filming, so that they can realise and develop their potential in the domains of aesthetics and sensibilities.

On top of that, we lay much emphasis on developing our students' multiple intelligence. Through the activities organised by the Cluster School Gifted Project of the Education Department, we are now implementing quality teaching for our students. The program entitled 'One Sport and One Art throughout Life', accompanied with various activities, has successfully helped us to not only cultivate in our students an interest in sports and art, but also encourage the pursuit of them. Students are always motivated to take part in the Physical Fitness Award Scheme to strengthen their physique.

In terms of social values, we never play down the importance of developing in our students a sound outlook on life, an ethical temperament, and a sense of commitment to the community. All these are made possible through a series of activities in school on a regular basis, such as the 'Life-long Reading Scheme', broadcast of religious morning assemblies, education via mass media, clean classroom campaigns, and voluntary community service.

Over the past few years, our fellow colleagues have started to formulate effective school policies aiming at implementing a quality whole-person education in our school. To achieve our goals, we make every effort to improve public relations, to reinforce training of human resources, to adopt the whole-school approach, and to facilitate all-round learning in various domains. Meanwhile we never overlook the continual development of health education on campus.





聖傑靈女子中學

當初在考慮是否參加「香港健康學校獎勵計劃」時，有點猶疑，畢竟凡參與就有壓力吧。但漸漸地，我們對計劃認識多了，恍然明白到健康學校的指標，不正是優質學校應具備的基本條件嗎？有目標才有發展方向，倘學校能以此為發展目標並齊心邁進的話，自我完善的動力豈不是可以由此而產生嗎？我們的心中開始有這個祈盼。

健康教育可愛的地方，在乎它不會自困於死板的課本和教室內，它是一種生活教育，內容切實而生活化，多變且有趣；它也是一種生命教育，意義深遠而廣闊，積極且溫馨。

學校參與健康促進計劃，並不會孤身上路。我們很感激中文大學公共衛生學院健康教育及促進健康中心，時常給予指引和鼓勵，也很幸運得到社會機構的鼎力支援和協助，還有家長一致認同和學生積極參與。我們工作雖辛勞，但帶來的意義和滿足感卻是彌足珍貴的。

獎項無疑是一種榮譽和激勵，但在參與這計劃的過程中，一切的經驗和成果，已經是我們獲得的最高獎賞了！



St Catharine's School for Girls, Kwan Tong

Initially, we were hesitant in joining the Hong Kong Healthy School Award Scheme because after all, participation meant pressure. But when we gradually understood more about the Scheme, we suddenly realised that the targets of a healthy school are, in fact, the basic conditions of a quality school. The direction for development can only be established when there is a target. If schools can set the establishment of a healthy school as its development target and make concerted efforts to move towards it, won't it become the incentive for the drive towards self-perfection? We began to have this expectation.

The beauty of health education is that it is not confined to such rigid areas as books and the classroom. It is living education, whose content is both practical and life-related, changeable and interesting. It is also life education, the meaning of which is both profound and far-reaching, proactive and heart warming.

When our school joined the health promotion Scheme, we were not alone. We are very grateful to the Centre for Health Education and Health Promotion of The Chinese University of Hong Kong for its frequent guidance and encouragement. We are also very lucky to have the active support and assistance from social organisations, recognition of parents and active participation by students. In spite of the fact that the work is hard, the meaning and satisfaction it brings are precious.

The award is undoubtedly an honour and stimulus. But all the experiences and fruits we gained by participating in the process of the Scheme are already our greatest reward!





樂華天主教小學

我校的願景目標為「建設一所綠色健康學校，培育學生全人發展」。為了爭取有公信力的專業指導及監察評估，我校參加了「香港健康學校獎勵計劃」，旨在透過計劃中六大範疇的內涵，組織及動員教職員、學生及家長，共同攜手建設一所身心健康的優質教育學校，並讓學生透過多元活動經歷學會學習和全面發展。

承接過往的工作，我校在2001至2002年度於發展健康學校方面取得一點成績。最近的「非典型肺炎」事件，更令我們體會到健康教育與認識生命意義是息息相關的。我們堅信：建設學校成爲一所健康學校，對師生、家長及社會，皆別具前瞻識見及務實意義。

我們將持續發展優勢，強化架構及行政管理，營造自律自強、關愛同行的校風及人際關係，爭取及調動社區資源支援全人教育，爲推廣個人及社區健康而努力。



Lok Wah Catholic Primary School

Our school's wish and goal is to establish a green and healthy school and nurture the whole person development of students.

Our school joined the Hong Kong Healthy Schools Award Scheme in order to obtain guidance, monitoring and assessment which are both credible and professional. One of our aims is to organise and mobilise teachers and staff, students and parents to set up a school that provides quality education on physical and psychological health by following the contents of the six categories of the Scheme. The other aim is to allow students to learn and develop in various areas through diverse activities.

Based on our past work, our school achieved some good results in developing a healthy school in 2001-2002. The recent SARS outbreak made us further realise that there is a close link between health education and understanding the meaning of life. We firmly believe that the development of our school into a healthy school has both a far-seeing and practical meaning to teachers, students, parents and the society.

We will continue to develop our superior areas, strengthen our school structure and management and create a school environment that stresses self-discipline, self-strengthening and interpersonal relationship of care. We will also strive to obtain and allocate community resources to support whole person education and endeavour to promote both individual and community health.





德蘭中學

本校參加了「香港健康學校獎勵計劃」後，在推行健康教育更為全面，因為當中包括「十大健康主題」，每項均有詳細的闡釋，有助老師把有關健康主題融入課程或活動內，同時亦加強了全校師生和家長對健康的關注和重視。

為了改善校園環境，本校參加了由康樂文化事務署贊助之「園圃種植」及「學生一人一花」等活動，透過同學共同努力澆灌、除草及悉心栽種，園圃上花卉均能健康成長。經此活動，同學深深體會到種植花草是需要耐性及協作，當悉心照顧，加上愛心，植物自然會生長得健康美麗！同時，花卉增添了校園綠化氣息，更是寶貴的收穫。

為了推廣上年度的主題—「營養與健康」，本校舉辦了多項活動，計有：「適飲適食」青少年營養展板介紹、健康早餐週、標語創作及急口令比賽、健康生活體驗營、親子健康食譜設計及烹飪比賽等，以加強學生認識健康飲食原則及養成健康飲食習慣。本校去年更安排教職員參加醫管局的「健康之旅」，以提高教師對健康的關注。



St. Teresa Secondary School

After joining the Hong Kong Healthy Schools Award Scheme, our school's implementation of health education becomes more comprehensive. This is due to the fact that the 10 health-related themes have been well elaborated, enabling teachers to include these themes into the curriculum and extra-curricular activities, besides enhancing parents', teachers' and students' concern towards different health issues.

To further improve the school environment, our students took part in activities sponsored by the Leisure and Cultural Services Department. These activities not only offer students opportunities to water and to take good care of their potted plants, but also the experiences of strengthening their co-operative spirit. At the same time, students have learnt the importance of being patient and co-operative in the process of breeding their plants. Because of their care and concern, the plants were able to grow luxuriantly. Moreover, the school campus is 'greener' than before.

Apart from creating a green environment at school, our school has not neglected the importance of healthy eating habits. Thus, a series of activities were held to disseminate the message. Activities like Healthy Eating Habits Exhibition, Healthy Breakfast Week, Slogan Competition, Tongue-Twisters Competition, Healthy Life Camp, Recipe Design and Cooking Competition have been held, with the aim of bringing students a correct concept on healthy eating. Last but not least, this series of activities ended with the teaching and clerical staffs' attending a workshop on "Healthy Journey" organised by the Hospital Authority, further strengthening their concept of a healthy lifestyle.





中華基督教會基順學校

學校自從參加了「香港健康學校獎勵計劃」之後，在周年計劃內增加了不少健康的元素，因應各個健康範疇進行了不同的健康促進活動，學生透過參與活動，在健康知識、態度和習慣上都有所改善及進步，學生亦會在家中進行健康活動，並配合家長的參與，上年度更舉辦了一項名為「啓導成長」家長教育系列，主題包括：「自理能力與獨立生活」、「建立正面行爲之技巧」、「認識體適能」、「介紹體適能運動」及「齊來做運動」，以提高家長對子女健康的關注及加強家校合作。

在社區方面，學校探訪不同機構，如老人院及其他特殊學校；上年度更邀請6間友校合作繪製環保牆，並於環保日設立不同攤位招待友校，推廣環保意識，而由學生所製作的環保龍更參加環保之友活動，在環保頒獎禮為典禮表演。

在學校行政方面，學校將制定及補充現有的政策，務求使學校更系統化，教師更主動關注學生及自己的健康，以進一步發展健康學校。



CCC Kei Shan Special School

Since our school joined the Hong Kong Healthy Schools Award Scheme, we have added considerable health elements into our annual plan. We have carried out different health promotion activities in accordance with the various health categories of the Scheme. Through participating in these activities, students have improved their health knowledge, attitude and habits and carry out healthy activities at home. With parents' participation, we organised an education series for parents last year titled "Inspire, Guide and Grow". The themes included self-management capability and independent living, the skills of establishing positive behaviour, understanding physical fitness, introducing physical fitness exercises and doing physical exercises together. The aims were to increase parents' concern about their children's health and to strengthen the co-operation between the school and the family.

In community work, we visited different institutions, such as homes for the elderly and other special schools. In the last school term, we even invited six friendly schools to co-operate with us and created and drew on an environmental wall. We also set up different booths on Environment Day to serve the friendly schools and promote environmental awareness. An environmental dragon, which was produced by our students, participated in the activities of the Friends of the Environment and performed at the environmental prize presentation ceremony.

As far as school administration is concerned, we will formulate and supplement our existing policies in order to enable the school to be more systematic and to allow teachers to take more initiatives to express concern about the health of students and themselves. Our goal is to foster the future development of our healthy school.





香港教師會李興貴中學

本校在「健康學校獎勵計劃」中獲獎，我們全校師生也感到非常高興。我們一向以發展學生身心健康為目標。這個獎項肯定了我們多年來的努力。多年前，我們已開始積極推行健康教育，並成立專責小組統籌校內健康教育的推廣工作。參加了本計劃後，我們的健康教育工作獲得到更全面及專業的支援，使我們邁向健康學校的目標跨進一大步。

過去數年，我們專注培養學生健康的生活習慣。我們選擇了能提供健康飲食的午飯供應商及小食部承辦商，實行『有營』飲食，為同學提供營養均衡的食物。此外，我們在校內亦積極推行早操及跳繩活動，讓同學能在課餘時有舒展筋骨的好機會，而這兩項活動亦慢慢成為本校特色之一。我們曾與不同的社會福利機構合辦多種的預防濫用藥物及性教育活動，從而建立學生的正確價值觀。

在過去的一年裡，我們為了令同學能在一個充滿友愛、關懷、信任的校園中成長，特別舉辦了「愛心天使」朋輩輔導計劃，並在正規課程以外開辦「心智教育」及「成長新動力」課程，學生亦變得積極樂觀。此外，為了讓健康的信息由學校傳遞到家庭和社區，我們曾舉辦多次家長健康教育工作坊及參予社區舉辦健康活動。過程中，家長及學生深深感受到健康生活的重要性。

我們期望日後能累積更多經驗，做得更好，在校園、家庭、社區發揮我們的力量，叫我們身邊的每一個人更重視健康的珍貴，成為社區內的一間健康學校。



Hong Kong Teachers' Association Lee Heng Kwei Secondary School

To our great delight, our school is a winner of the Hong Kong Healthy Schools Award Scheme this year. It has always been the goal of our school to help our students fully develop their physical and mental health, and this award is recognition of our efforts all these years. Setting up a team to coordinate all related activities within the campus some years ago, we have been making every effort to promote health education. Since joining the Award Scheme, we have received comprehensive and professional support for health education work, which has taken us very close to our goal of being a healthy school.

In recent years, our focus has been on fostering a healthy lifestyle. To achieve this aim, we have chosen lunch box providers and tuck shop contractors that can provide our students with a balanced diet of nutritious healthy food. In addition, in order to enable our students to exercise their bodies in their spare time, activities such as regular morning exercise and skipping are organised. Morning exercise and skipping have become distinctive features of our school. To instil proper values in our students, various social welfare institutions have been invited to join us in running a wide range of anti-drug abuse and sex education programmes at school.

Last year, in the hope of letting our students grow up in a campus full of friendliness, loving care and mutual trust, several large-scale programmes were launched including a peer counselling scheme entitled “Angels to First Formers” and two courses of formal curriculum entitled “Emotion and Value Education” and “Adolescent Health Programme”. Our students have become optimistic and taken a positive attitude to life. Besides, in order to spread health-related messages from the school to families and the local community, we organized many health education awareness workshops for parents, and participated in related activities run by the local community. The success of our efforts was witnessed in the awakening of our students and their parents to the importance of a healthy lifestyle.

Hopefully with more and more experience, our efforts in encouraging everyone around us at school, at home and in the community to treasure good health will be even more successful so that our goal to become a distinguished healthy school in the community will fully be achieved.





廠商會中學

本校是第一期「香港健康學校獎勵計劃」的參加學校之一，我們的積極參與，全因為此計劃是以「健康促進學校」的概念為本，推動教育成就及身心之全面發展，從而改善學生的生活質素。這正是品德教育和學術知識背後關連著的基本生活教育及成長教育。

本校在過去兩年，是以校本形式推行「校本身心健康促進計劃」，務求把健康的訊息在校園內播種。此計劃有效提高學校對身心健康的關注及推動學校進行全面的「健康教育計劃」，可說是一個新的開始和突破。

在整個計劃的六大範疇中，本校在「個人健康生活技能」及「健康服務」兩方面取得的成績較為突出。今次能獲獎乃是本校的一大鼓舞，願與各位教育同工共勉、互相交流、彼此合作、全心全意促進健康教育。



健康教育交流



中一身心健康教育營

CMA Secondary School

Our school is one of the schools which participated in the first batch of the Hong Kong Healthy Schools Award Scheme. Our active participation was due to the fact that the Scheme is based on the concept of health promoting schools and on the improvement of students' living quality by promoting educational achievements and the full development of the body and mind. This is precisely the basic education for life and growth to which moral education and academic knowledge relates.

In the past two years, our school carried out the school-based Physical and Psychological Health Promotion Scheme, with the aim of sowing the seeds of health information in campus. This Scheme has effectively raised the school's concern about physical and psychological health and promoted the implementation of a full-scale health education project in school. It can be said to be a fresh start and a breakthrough.

Within the six categories of the Hong Kong Healthy Schools Award Scheme, our school had outstanding performance in the categories of Personal Health Skills and Health Services. The award is a great encouragement to our school. We wish that our colleagues in the education sector will encourage one another, exchange information and experiences and co-operate with one another for the purpose of promoting health education with our whole heart.





Congratulation from Dr. Alysoun Moon

To all Principals, Staff and Pupils

First of all, I would like to express my deep regret that I am unable to be with you at the Award Ceremony when you receive your first Health Promoting School awards. I have some very good memories of my visits to some of your schools last year and wish that I could be with you to share in your celebrations.

I would like to offer you all my warmest congratulations, however, and to say how deeply impressed I am with the results of the inspections which give a small indication of the hard work that has been going on in your schools. I know what is involved because of my own work with healthy schools programmes in the UK and am aware that a high standard of dedicated commitment and perseverance is necessary in order to achieve such first-class marks. There has been so much progress in such a short time! You must rightly feel very proud of yourselves.

It has been my great honour and privilege to be involved with the Health Promoting Schools project in Hong Kong and I would like to take this opportunity to wish you all great success in the future. What you are doing must surely bring great benefits for children – and adults – in Hong Kong.

With very best wishes to you all,

Dr. Alysoun Moon

Visiting Fellow

Department of Public Health Medicine

University of Southampton, UK

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前副署長 香港政府教育署(1963-1999)
Retired Deputy Director
The Government Education Department (1963-1999)





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CMA Secondary School

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Hong Kong Teachers' Association Lee Heng Kwei Secondary School

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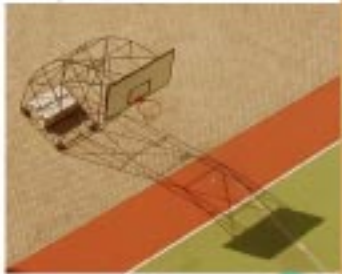
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