



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.

