



### 伊斯蘭鮑伯濤紀念小學

本校十分榮幸能在此與大家分享成為「健康學校」的經驗。在推廣每個健康活動時，我們都抓緊以下四個特點。

第一，捕捉小孩子心理，以生動、活潑的形式來推廣活動。如「我要書包、不要豬包」護脊活動，只要學生想起「豬包」的形象，他們都會樂意執拾書包，這樣學生就會銘記於心，並於日常生活中實踐。

第二，師生關係良好，老師「以身作則」，以健康快樂的形象，吸引學生跟隨。

第三，家校合作，把健康訊息帶回家中。如在上述的護脊活動中，家長透過講座去認識護脊的重要。這樣，雙管齊下，便能事半功倍。

第四，善用社會資源，減輕老師工作量。社會上有很多機構提供健康教育的服務，如香港吸煙與健康委員會的「無煙互動劇場」，就能深入淺出地介紹吸煙的害處。而學生更可回應「寫信到食肆去」的禁煙行動，成為「無煙大使」，在學校推廣健康信息。

要落實一所「健康學校」，就必須要得到多方面的配合才可。縱然過程有苦有樂，但學生得到最大得益，所付出的努力也不是徒然了！



### Islamic Dharwood Pau Memorial Primary School

We are grateful for the opportunity to share our experience in the process of becoming a "Healthy School". The following principles are upheld in whatever we carried-out:

1) To stimulate children's interest by using cartoon characters, fun games and activities. For example, we have slogans like "We like school bags. We hate pig-like bags" for the "Protect Your Back" campaign. The succinct image of a "pig-like bag" reminds students of their heavy school bags, hence urging them to tidy it up. Besides, it would leave a permanent mark in their mind thus helping them to develop life-long good habits.

2) To be the Role Model for students to imitate. Teachers must portrair a healthy and happy image and to maintain a good relationship with students in order to set a role model for them to follow.

3) To cooperate with parents to bring Health Messages home. As in the "Protect Your Back" campaign mentioned, parents are informed about the importance of protecting children's back through a seminar. Thus, their assistance is rendered and the result is ensured.

4) To make good use of external resources. Utilized the resources on offer in order to reduced teachers' workload greatly. For example, the "Interactive Drama on Anti-smoking" organized by the Hong Kong Smoking and Health Community demonstrates the hazards of smoking in a simple and interesting way. Students are also encouraged to participate in the "Write to Restaurants" anti-smoking campaign to act as an "Anti-smoking Ambassadors" and helped to promote health messages.

To become a "Healthy School" needs the support of all stakeholders of the school. The process might be hard going, the results, especially the improvement in students were highly rewarding.

