



保良局百周年學校

自千禧年起，本校積極推廣及發展健康教育，目的在於營造一個健康及安全的學習環境，加強學生、家長及教職員對健康的關注及重視，提高整體的健康生活意識，從而提昇個人以及社會的生活質素。

為此，本校積極推動健康飲食及運動的文化，不斷提供多元化健康教育活動。如：「健康生活姿彩60天」、「跳繩強心週」、親子護齒工作坊、洗澡訓練等，務求令學生們能夠學以致用，使學習變得生活化。

另一方面，本校亦積極推廣環保及綠化校園等工作，例如鼓勵學生使用環保箱、垃圾分類處理，以及鼓勵家長及教職員參與舊衣回收行動等等。此外，我們積極參與及與外界協辦各項有關健康的主題活動，致力為社會盡一分力。

整體而言，本校深信健康教育已不再是單一層面推行便足夠的，是要透過不同的切入點來強化學生對健康的體驗和概念。朝著「香港健康學校獎勵計劃」的理念引領下，本校已慢慢步入推動及發展健康教育、營造健康學習環境及文化的軌道。

Po Leung Kuk Centenary School

Since 2000, we have been promoting and developing health education actively. Our goals are to create a healthy and safe learning environment, to arouse students, parents and the staff conscious of the importance of health, to increase overall awareness of healthy life and to improve the quality of life at large.

In order to achieve our goals, we have advocated a culture of healthy diet and exercising health by organising a variety of health education activities, such as "60 Days of Healthy Life", "Week of Rope Skipping and Heart Strengthening", "Children Teeth Protection Campaign" and bath training workshops, etc. By doing so, we have tried our best to make the learning more practical and relevant to daily activities.

On the other hand, we have devoted our efforts to promote environmental protection and to landscape in our school by encouraging students to use environmentally friendly boxes and to categorise rubbish for recycling. We also encourage parents and teaching staff to participate in old clothes collection campaigns. Moreover, we maintain close contacts with external organisations and assign students to outbound servicing programs every year in order to contribute whatever we can to our society.

As a whole, we believe that health education is not only a didactic activity. We need to enhance the experience of health of students and inculcate the concept of health in the minds of students from different angles. Under the guidance of the concept behind the "The Hong Kong Healthy Schools Award Scheme", we are on track in our gradual promotion and development of health education, and creation of a healthy learning environment and a health culture.



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