



東華三院馮黃鳳亭中學

本校自2001年參加香港健康學校獎勵計劃，一直以「建立健康校園」為校本目標之一，透過校內各科、組及家長教師會之活動全面推行健康教育。

除了制訂完備的健康政策外，本校更舉辦了多元化的健康推廣活動，包括提醒同學關注飲食的「健康早餐日」、「健康小食示範」；吸引同學多做運動的「跳繩比賽」、「室內賽艇比賽」等，學校更培訓學生成為「健康大使」、「環保大使」，並在校內舉辦「健康講座」、「健康測試」、「急救課程」等，提高師生及家長對健康的關注。

自2004年獲得銀獎，本校更積極向友校推廣健康教育，舉辦多場分享會，對象包括東華三院附屬學校校長及老師、本地及澳門教育同工等。本校又與東華三院洗次雲小學合辦健康推廣協作計劃，既推廣健康教育，亦增進兩校之間的聯繫。

本校能夠獲得金獎，所有成員同感歡欣及鼓舞，而是次獲獎，全賴各成員齊心的支持及合作。我們會繼續肩負起推廣健康教育的使命，向公眾發揚健康學校的理念，希望能提升公眾對健康的關注。

T. W. G. Hs. Mrs. Fung Wong Fung Ting College

It is one of our school's biggest concerns to establish a healthy campus. Since 2001, we have been participating in the Hong Kong Healthy Schools Award Scheme. Accordingly, we have organized a variety of activities to achieve the goal of being a healthy school.

We believe it is difficult to force students to eat and live healthily, but easy to guide them. For example, instead of telling students not to eat junk food, we organized a "healthy breakfast" campaign. Most of the students like eating snacks, so it is our strategy to promote healthy snacks. Furthermore, we have held skipping competitions and indoor rowing competitions to arouse students' interest in sports. We have also trained students to be Health Ambassadors and Environmental Protection Ambassadors and have held health talks, health checks, and first-aid courses.

Health concerns should not be just a policy, but a way of life, and it should be promoted outside school. Therefore, we have shared our experiences in a number of workshops with schools of Tung Wah Group of Hospitals and teachers from Hong Kong and Macau. We have also collaborated with T.W.G.Hs. Sin Chu Wan Primary School to implement a health promotion cooperative project.

We won a silver award in 2004 and a gold award two years later. The stakeholders of the school, who have been devoting their support and cooperation in these few years, are both joyful and honored. We have taken the responsibility of promoting a healthy school to an even greater extent, so that there will be more healthy schools in Hong Kong, which in turn means healthier students.



健康大使參與東華三院幼稚園健康嘉年華
Health Ambassadors in the T.W.G.Hs. Kindergartens' Health Carnival



健康推廣活動 - 健康小食DIY
Health promotion activity - Healthy Snacks DIY



健康推廣活動 - 健康早餐及講座
Health promotion activity - Healthy Breakfast and Health Talk



健康推廣活動 - FITT 及健康測試
Health promotion activity - FITT and Health Check



校園節 - 班際室內賽艇比賽
Campus Festival - Inter-class Indoor Rowing Competition