



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.

