聖傑靈女子中學

當初在考慮是否參加「香港健康學校獎勵計劃」時，有點猶疑，畢竟凡參與就有壓力吧。但漸漸地，我們對計劃認識多了，恍然明白到健康學校的指標，不正是優質學校應具備的基本條件嗎？有目標才有發展方向，倘學校能以此為發展目標並齊心邁進的話，自我完善的動力豈不是可以由此而產生嗎？我們的心中開始有這個祈盼。

健康教育可愛的地方，在乎它不會自困於死板的課本和教室內，它是一種生活教育，內容切實而生活化，多變且有趣；它也是一種生命教育，意義深遠而廣闊，積極且溫馨。

學校參與健康促進計劃，並不會孤身上路。我們很感激中文大學公共衛生學院健康教育及促進健康中心，時常給予指引和鼓勵，也很幸運得到社會機構的鼎力支援和協助，還有家長一致認同和學生積極參與。我們工作雖辛勞，但帶來的意義和滿足感卻是彌足珍貴的。

獎項無疑是一種榮譽和激勵，但在參與這計劃的過程中，一切的經驗和成果，已經是我們獲得的最高獎賞了！

St Catharine's School for Girls, Kwun Tong

Initially, we were hesitant in joining the Hong Kong Healthy School Award Scheme because after all, participation meant pressure. But when we gradually understood more about the Scheme, we suddenly realised that the targets of a healthy school are, in fact, the basic conditions of a quality school. The direction for development can only be established when there is a target. If schools can set the establishment of a healthy school as its development target and make concerted efforts to move towards it, won't it become the incentive for the drive towards self-perfection? We began to have this expectation.

The beauty of health education is that it is not confined to such rigid areas as books and the classroom. It is living education, whose content is both practical and life-related, changeable and interesting. It is also life education, the meaning of which is both profound and far-reaching, pro-active and heart warming.

When our school joined the health promotion Scheme, we were not alone. We are very grateful to the Centre for Health Education and Health Promotion of The Chinese University of Hong Kong for its frequent guidance and encouragement. We are also very lucky to have the active support and assistance from social organisations, recognition of parents and active participation by students. In spite of the fact that the work is hard, the meaning and satisfaction it brings are precious.

The award is undoubtedly an honour and stimulus. But all the experiences and fruits we gained by participating in the process of the Scheme are already our greatest reward!

The Healthy Schools Award Scheme