



德蘭中學

本校參加了「香港健康學校獎勵計劃」後，在推行健康教育更為全面，因為當中包括「十大健康主題」，每項均有詳細的闡釋，有助老師把有關健康主題融入課程或活動內，同時亦加強了全校師生和家長對健康的關注和重視。

為了改善校園環境，本校參加了由康樂文化事務署贊助之「園圃種植」及「學生一人一花」等活動，透過同學共同努力澆灌、除草及悉心栽種，園圃上花卉均能健康成長。經此活動，同學深深體會到種植花草是需要耐性及協作，當悉心照顧，加上愛心，植物自然會生長得健康美麗！同時，花卉增添了校園綠化氣息，更是寶貴的收穫。

為了推廣上年度的主題—「營養與健康」，本校舉辦了多項活動，計有：「適飲適食」青少年營養展板介紹、健康早餐週、標語創作及急口令比賽、健康生活體驗營、親子健康食譜設計及烹飪比賽等，以加強學生認識健康飲食原則及養成健康飲食習慣。本校去年更安排教職員參加醫管局的「健康之旅」，以提高教師對健康的關注。



St. Teresa Secondary School

After joining the Hong Kong Healthy Schools Award Scheme, our school's implementation of health education becomes more comprehensive. This is due to the fact that the 10 health-related themes have been well elaborated, enabling teachers to include these themes into the curriculum and extra-curricular activities, besides enhancing parents', teachers' and students' concern towards different health issues.

To further improve the school environment, our students took part in activities sponsored by the Leisure and Cultural Services Department. These activities not only offer students opportunities to water and to take good care of their potted plants, but also the experiences of strengthening their co-operative spirit. At the same time, students have learnt the importance of being patient and co-operative in the process of breeding their plants. Because of their care and concern, the plants were able to grow luxuriantly. Moreover, the school campus is 'greener' than before.

Apart from creating a green environment at school, our school has not neglected the importance of healthy eating habits. Thus, a series of activities were held to disseminate the message. Activities like Healthy Eating Habits Exhibition, Healthy Breakfast Week, Slogan Competition, Tongue-Twisters Competition, Healthy Life Camp, Recipe Design and Cooking Competition have been held, with the aim of bringing students a correct concept on healthy eating. Last but not least, this series of activities ended with the teaching and clerical staffs' attending a workshop on "Healthy Journey" organised by the Hospital Authority, further strengthening their concept of a healthy lifestyle.

