



香海正覺蓮社佛教正慧小學

在遷校前，我校已參加了香港健康學校獎勵計劃，所以在建校的設計藍圖上已滲入了健康和環保的意識和概念。例如將看台改為跑道和將種植角改為溫室等。及至二〇〇三年正式遷進千禧新校舍，更以健康為大前提來安排課程及設施，例如學生日常穿著的校服以體育服為主，以便上課前參與週一的全校性健康操，週二至週五的跑步及籃球練習。此外，全校二十四班的午膳分別安排在地下的陰雨操場及一樓的多用途區，同一時間全校進食，務求令全校八百多位學生飲食與學習分家，避免食物的氣味和渣滓留在課室內，影響健康和學習。另外，小食部每天提供健康的早餐，例如麵包、奶類和水果，而校內一至六樓皆裝有飲水機，方便學生多飲清水及減少負重。書包的重量亦是學生的最大負荷，本校除時常提醒學生按課程需要執拾書包外，更設置書包Keep Fit站，由健康大使進行書包瘦身行動。一切設施及活動均朝著健康學校的目標進發。

由於新校舍空間感大，加上特別為學生安排的健康環境、設施和活動，學生在新校的學習生活不但充滿活力，而且精神飽滿，個個都顯得格外健康哩。

HKCLA Buddhist Wisdom Primary School

Our school has participated in the "Hong Kong Healthy Schools Award Scheme" prior to our relocation. As a result, the idea and consciousness of a health and environmental protection has been added in the blueprint of our new school. For instance, the platform steps have been converted into a running path and the plant corner has been adapted into a green house. Health has been our primary concern in the consideration of the curriculum and facilities when we moved into this new millennium school in 2003. For example, the students are only required to wear their sports' uniform. It is more convenient for them to have regular healthy exercise on Mondays as well as running and basketball practices from Tuesdays to Fridays. In addition, all the students have their lunch in the covered playground or the multi-functional area. We arranged them to have lunch outside the classrooms in order to let them understand about the relationship between diet and learning. Moreover, the odour and scraps of food would not left behind in the classrooms. This protects their health and further emphasises on a healthy learning environment.

Furthermore, our snack shop provides healthy breakfast such as bread, milk and fresh fruit every day. There are water dispensers on each floor so as to cultivate the drinking habit. Moreover, it can also diminish the heavy burden of the students' school bags as much as possible. The enormous weight of the school bags is still the biggest burden for the students, hence we always remind them to pack their school bags in accordance with their lessons every day. Moreover, we have "healthy prefects" to assist the students at our "Keep Fit of the school bag station". All of these facilities and activities are focused on the ultimate target of a healthy school.

Since our new school is a lot more spacious, with the additional arrangement of the healthy environment, facilities and activities, the students are not only more energetic and full of vitality, but also be more health conscious!

