



## 五旬節于良發小學

本校自2003-04年度開始參加「香港健康學校獎勵計劃」。為了更有效提升全校師生、家長的健康意識，我們成立了「健康校園組」負責策劃及推動各樣健康活動。因此，我們針對學生、老師、家長的需要，舉辦了很多健康活動。例如「足背護理」、「每天八杯水計劃」、「吃早餐運動」、「食物與營養講座」、「疾病預防講座」、「健康老師」、「健康小廚師」、「五彩蔬果計劃」、「千人晨操」、「動感運動場」、「健康攤位日」、「婦女檢查」、「健康大使計劃」等，以擴闊家長及學生的健康知識。



我們深感欣慰，因為這些活動所以能成功推行，實有賴本校「家長教師會」的積極配合，令學校推行的健康政策能夠在家庭中實踐。現在我們見到學生能夠實踐每天多飲水，多吃水果和做早操的「健康生活模式」。我們經過兩年的努力，大家攜手合作，從學校內師生、家長健康，推動至社區健康。我們特別要讚賞及多謝香港中文大學醫學院健康教育及促進健康中心的職員，他們一直以來對本校的支持，除了給予我們建設性的意見外，更在需要時提供支援！因著你們的付出，令這「健康的果子」得以成長，而且果實纍纍！

今次獲得「香港健康學校獎勵計劃」獎項，肯定我們全體師生、家長共同努力的成果。盼望我們繼續為健康的一代努力，將「健康生活模式」帶給每一個人！  
大家一起來讓香港成為一個健康城市！

## Pentecostal Yu Leung Fat Primary School

Starting from the school year 2003-04, our School joined the "Hong Kong Healthy Schools Award Scheme" organized by the Centre for Health Education and Health Promotion, Faculty of Medicine of the Chinese University of Hong Kong. We understand that in order to promote health and to create a healthy living environment for our youngsters, we need to raise the health awareness of parents, teachers and students. Accordingly, with the needs of our parents, teachers and students in mind, we set up the "Healthy School Committee" for planning different kinds of activities and health programs in school, including "Foot and Back Caring", "Eight Cups of Water a Day Scheme", "Having Breakfast Campaign", "Food and Nutrition Seminar", "Illness Prevention Talks", "Healthy Teachers", "Healthy Cooks, Junior", "Colorful and Bright Fruits and Vegetables Project", "Thousand People Morning Exercise", "Dynamic Gymnasium", "Healthy Fun-Fair Day", "Women Check-up" and "Healthy Ambassador Scheme".

Through various activities, all parents, teachers and students of our School learned and recognized the importance of a healthy life, and are now committed to establishing a "healthy lifestyle". We are glad to express our special thanks to the "Parents and Teachers Association" of our School for their active and voluntary participation. We are able to carry out various health programs and extend them to the homes of our students. Dear parents, you are really our best partners. We would also like to thank the staff of the Centre for Health Education and Health Promotion, Faculty of Medicine of the Chinese University of Hong Kong. On account of your work and contribution, the "health seed" grows in our School, and it does have fruitful results!

We are glad to announce that our School was presented an award by the Centre for Health Education and Health Promotion in the year 2004-05. We take it as recognition of all the efforts made jointly by our parents, teachers and students, and we promise to continue the efforts in promoting health and creating a healthy living environment for our next generation.

Let us join hands and make Hong Kong a healthy city to live in!

得獎學校分享——五旬節于良發小學

AWARDEE SCHOOL SHARING: PENTECOSTAL YU LEUNG FAT PRIMARY SCHOOL

