



葛量洪校友會黃埔學校

本校於二零零三年參加由香港中文大學健康教育及促進健康中心舉辦的香港健康學校獎勵計劃。我們期望透過周詳的健康學校發展計劃，結合全校教職員及家長的努力，讓同學在身心健康方面得以全面發展。

健康學校理念融入了學校課程和課外活動中，例如：

- 英文科的專題研習活動以健康食品為主題；
- 體育科包括體適能活動的認識和實踐，並推廣各類型的體育活動，例如「跳繩強心」活動；
- 個人成長及公民教育課中加強學生對性教育、抗逆力和情緒問題的認識和正確態度的培養；
- 舉辦各類型的健康推廣活動，例如「健康快樂430」（一個全校參與的全方位學習活動，參與者除師生和學校員工外，還包括家長義工和區內青少年中心的社工），透過各種精心設計的遊戲，促進學生對身心健康的認識和態度；
- 為員工提供職業安全與健康的培訓；
- 美化校園環境，例如花圃重整和洗手間加設盆栽植物等。

以上舉例，未能盡錄過去三年就建立健康校園所做的工作，只選錄於此，作為小小的經驗分享，冀能起拋磚引玉之效。



風紀訓練
Training on discipline



抗逆力訓練
Training on resilience

G. C. E. P. S. A. Whampoa Primary School

Our school has joined the Hong Kong Healthy Schools Award Scheme organized by the Centre for Health Education and Health Promotion of The Chinese University of Hong Kong in 2003. With the implementation of a comprehensive healthy school development plan and the joint efforts of school staff and parents, our students are expected to have an all-round development both in their physical and mental health.

The concepts of healthy school have been integrated into the school curriculum and extra-curricular activities. To take for examples,



交通安全隊
Road safety team

- healthy food is chosen as one of the topics in the English learning projects;
- knowledge and practice of physical fitness as well as promotion of various physical activities such as "Jump Rope for Heart" are included in the Physical Education Programme;
- as an indispensable subject in the school curriculum, Personal Development and Civic Education includes knowledge of sex education, adversity control and emotional problems and the cultivation of a proper attitude towards these problems;

- health promotion activities are conducted throughout the year, an example is an all-round learning activity known as "Healthy and Happy April 30" (a whole school activity not only students and staff took part, but also parents and social workers from a neighbour youth centre) in which students' knowledge and attitude in physical and mental health were promoted through well designed games;
- occupational safety and health training are provided to the staff; and
- improvement of the school environment, such as renovation of the school garden and introduction of potted plants in the wash rooms.



預防傳染病講座
Healthy talk on prevention of infectious disease

The above listed examples can by no means exhaust the health promotion activities of the school during the last three years. They are quoted for experience sharing and more experiences from other schools are to be expected.

得獎學校分享——葛量洪校友會黃埔學校

AWARDEE SCHOOL SHARING: G. C. E. P. S. A. WHAMPAO PRIMARY SCHOOL