

# 香港健康學校獎勵計劃

The Hong Kong Healthy Schools Award Scheme



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## 序言

### FOREWORD



有效的健康學校計劃是改善國家教育質素及人民健康水平的其中一個最合乎經濟效益的投資。毋庸置疑，醫護及教育組織、政府與非政府機構，以及家校之間的跨界別合作是引領健康學校計劃得以成功的主要因素。

本人十分榮幸，而且很高興可以於二零零一年參與香港中文大學醫學院健康教育及促進健康中心開展的「香港健康學校獎勵計劃」，並見證了五十三所學校成功推展健康促進學校的概念。計劃不但成功為本地過百所學校奠立健康促進學校的基石，強化學校及社區之間的合作，促進健康的生活環境，而且計劃更為其他地區的健康教育及促進健康工作者確立具成效之健康學校計劃的楷模。

兒童的不良的生活習慣，包括飲食營養失調、缺乏運動、吸煙、酗酒、暴力欺凌等行為已引起各界人士的廣泛關注。我們必須從小開始培育兒童養成健康生活習慣，為他們的人生扎穩健康的基礎。

欣見中心將「香港健康學校獎勵計劃」推展至學前兒童，並獲得香港特別行政區政府教育統籌局的支持，於本年推行「健康幼稚園獎勵計劃」。憑藉以往累積之豐富經驗，本人深信中心必能成功推行「健康幼稚園獎勵計劃」，計劃之成果將惠及各界社群。

本人衷心恭賀二十六所學校達到健康促進學校的標準，獲頒健康學校獎項。此外，中心帶領各參與學校推動全人健康，建設健康生活環境之佳績也確實值得稱許。我們期待繼續與中心及各界人士攜手合作，支持及參與健康促進的工作，推動建立健康的生活模式。

世界衛生組織  
西太平洋區促進健康總監  
Dr. Linda Milan





An effective school health programme can be one of the most cost effective investments a nation can make to simultaneously improve education and health. The multi-sectoral collaboration between health and education agencies, governmental and non-governmental institutions, schools and families is undoubtedly one of the major determinants for the success of a school health programme.

I am very honoured and most delighted to have been involved in some way in the establishment of the Hong Kong Healthy Schools Award Scheme and its launching in 2001 by the Centre for Health Education and Health Promotion, Faculty of Medicine of The Chinese University of Hong Kong. I have followed the progress and witnessed the accomplishment of fifty three schools in implementing the concept of health promoting schools over the past three years. The development of the Award Scheme has not only successfully laid the foundation of health promoting schools in Hong Kong for more than a hundred local schools and strengthened multi-sectoral collaboration to achieve better health for Hong Kong people via the school and community setting; it has also set a good model of an effective school health programme to be shared with many health education and health promotion professionals from other countries.

The prevalence of health risk behaviour in young children such as unhealthy diets, sedentary lifestyle, tobacco use, alcohol and substance use, and behaviours that result in injury or violence, has become a matter of growing concern. Patterns of healthy and hygienic lifestyle fostered during childhood and adolescence are more likely to be maintained throughout the life span, providing the basis for an active and healthy life.

I am impressed that the Centre is now extending the Healthy Schools Award Scheme to pre-schools and is launching the Healthy Schools (Pre-school) Award Scheme this year with support from the Education and Manpower Bureau of the Hong Kong SAR Government. With all the fruitful experience derived from the past few years, I am confident that this will, yet again, be another successful undertaking.

I would like to offer my warmest congratulations to the twenty six schools who are being awarded for having achieved the standards for health promoting schools this year. I also commend the Centre for Health Education and Health Promotion for working with and guiding the schools to strive for better health of students, school personnel, as well as families and community members. I look forward to working in collaboration with the Centre and all of you in every health promoting initiatives to make healthy choices easy, early and exciting everywhere.

Dr Linda L. Milan  
Director

Building Healthy Communities and Populations  
WHO Western Pacific Region







本人謹熱烈祝賀二十六間成功達致世界衛生組織所訂「健康促進學校」標準的學校，並衷心感謝香港中文大學醫學院健康教育及促進健康中心藉發展健康促進學校，領導本地學校建立健康的學習及工作環境，致力促進學生、家長及學校同工的健康。

今年，教育統籌局決定推行高中及高等教育新學制，為香港教育史寫下重要的一頁。為確保我們的下一代能作好準備，活得健康，以應付廿一世紀在健康衛生及社會關懷方面的種種挑戰，教統局在新高中課程的選修科目中引入「健康管理與社會關懷」一科，讓學生有機會認識關於健康及社會關懷的課題，並掌握所需的知識技巧和價值觀，藉以建立健康的生活模式，為促進社會和諧盡一分力。我們願與所有支持這些新措施的伙伴合作，共同為下一代建設更健康更美好的未來。「香港健康學校獎勵計劃」以全面實踐、全校參與的校本模式，改善學生、學校同工以至整個社群的健康；又藉着加強學校的保健政策、衛生服務、健教課程、健康促進活動，以及改善實質和社會環境，來推動各方從態度與行為方面作出改變。這項計劃向學生灌輸保健知識與技巧，俾能在生活上作出健康正確的決定，不但可應付影響他們的大小事情，更可為建設健康和諧的關愛社會作出貢獻。

本人謹此再恭賀所有得獎學校成功推行健康促進學校的理念，並祝願中心及參與計劃的學校繼續努力，創造健康的環境，造福我們的下一代以至全港社會。

香港特別行政區政府  
教育統籌局課程及質素保證科  
教育統籌局副秘書長  
王啟思





My warmest congratulations to the twenty six schools which have achieved the World Health Organization's standard on health promoting schools. I would also like to express my sincere gratitude to the Centre for Health Education and Health Promotion, the Faculty of Medicine of The Chinese University of Hong Kong for leading the schools in Hong Kong to establish a healthy learning and working environment through the development of health promoting school so as to promote better health among our students, parents, as well as school personnel.

This year, we marked a significant moment in the history of Hong Kong Education when we decided to move to the New Academic Structure for Senior Secondary Education and Higher Education. In order to ensure that our younger generation is adequately prepared to live a healthy life and to meet the health and social care challenges of the 21<sup>st</sup> century, an elective subject, Health Management and Social Care, has been introduced in the New Senior Secondary Curriculum which offers an opportunity for students to study health and social care issues, and to gain the knowledge, skills and values necessary to live a healthy life and contribute to a caring society. We are pleased to work with all stakeholders supporting initiatives in building a better and healthier future for our young generation. The Hong Kong Healthy Schools Award Scheme embodies a holistic and whole school approach to improve the health for students, school personnel, as well as the community by fostering attitudinal and behavioural changes through the enhancement of school health policy, health services, health curriculum, health promotion programmes, and physical and social conditions. The Scheme equips students with knowledge and skills to make healthy decisions, to take control the influences on their lives, and enable them to contribute to the building of a healthy, caring and supportive society.

I would like to once again congratulate all the schools that have successfully implemented the concept of health promoting school and I wish the Centre and the schools under the Scheme every success in creating an environment that supports a healthy young generation and society.

Mr. Chris Wardlaw  
Deputy Secretary for Education and Manpower  
Curriculum and Quality Assurance Branch  
Education and Manpower Bureau  
The Government of the Hong Kong Special Administrative Region





## · 序言

### FOREWORD



從小建立的正確態度及良好生活習慣足以影響我們的一生。建立「健康促進學校」，能持續促進學校為教職員及學童提供健康的學習及工作環境，並讓學童健康成長。本人喜見更多學校成功實踐「健康促進學校」的理念，並達致世界衛生組織所訂之「健康促進學校」標準。

世界衛生組織的報告《預防慢性病：一項至關重要的投資》預測，全球每年約有1,700萬人患上慢性病而過早死亡。絕大部分慢性病是由少數已知和可預防的危險因素造成的。跟其他地方一樣，慢性疾病已成為香港人致死的主要原因。為保障公眾健康，衛生署展開多項全港性的健康促進計劃，包括「行樓梯運動」、「每日二加三」活動及一系列的控煙的活動，向香港市民推廣健康的生活模式，和協助市民改變不良於健康的行為。

健康促進和疾病預防的一致性行動對保障市民的健康是最為重要的。這些公共衛生問題及其解決辦法不能單靠衛生部門完全處理。為了實現這一目標，政府、私營機構、學界及社區人士必須攜手開展工作。通過推展「健康促進學校」，本人熱切期望社會各界充分協作，共同為促進全民健康而努力。

我再次衷心恭賀今年的獲獎學校及香港中文大學醫學院健康教育及促進健康中心於推動香港發展健康學校所獲得的豐碩成果。

香港特別行政區政府  
衛生署  
衛生防護中心  
助理署長  
程卓瑞醫生





Positive attitudes and good practices of health fostered in childhood influence one's life from the cradle to the grave. The building of a health promoting school constantly strengthens the school's capacity as a healthy setting for learning and working, and gives children a healthy start in life. I am delighted to see increasingly more schools succeed in adopting the health promoting schools concept and attaining the World Health Organization's standards on health promoting school.

The World Health Organization report, 'Preventing Chronic Diseases: a vital investment' projects that approximately 17 million people worldwide die prematurely each year as a result of the global epidemic of chronic disease. The vast majority of cases of chronic diseases are caused by a small number of known and preventable risk factors. Like other places, chronic diseases constitute major causes of death in Hong Kong. As an advocate for health, the Department of Health has launched a number of territory-wide programmes to help individuals modify their health behaviours. Recent campaigns included the 'Stair Climbing Campaign', 'Two Plus Three Every Day' Programme and a series of anti-smoking programmes to promote a healthy lifestyle among the people in Hong Kong.

Concerted efforts in health promotion and disease prevention are critical to achieving better health outcomes. As the solutions of many health problems often lie beyond the health sector, all sectors from government, industry, academia, and the community need to work together. With the flourishing of health promoting schools, I enthusiastically anticipate wider community collaboration across sectors and disciplines in achieving the goals of Health for All in our society.

I wish to extend my heartiest congratulations to winners of the Award and the Centre for Health Education and Health Promotion, Faculty of Medicine of the Chinese University of Hong Kong for the great strides made in supporting health promoting schools in Hong Kong.

Dr. Regina Ching  
Assistant Director  
Centre for Health Protection  
Department of Health

The Government of the Hong Kong Special Administrative Region







承蒙教育統籌局及優質教育基金的支持，中心於 2001 年開展「香港健康學校獎勵計劃」，旨在推廣學童、學校同工及社區健康發展。計劃為首個獲得世界衛生組織西太平洋區認可之健康促進學校計劃。本年共有二十六所參與計劃學校獲頒「香港健康學校獎勵計劃」獎項，包括三所學校獲頒金獎，九所學校獲銀獎及十四所獲銅獎。

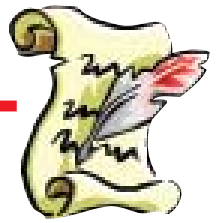
計劃推行自今，已成功為本地過百所中小學及特殊學校奠立健康促進學校的基石，其中五十三所學校更達到世界衛生組織所訂之健康促進學校標準。為了進一步在香港發展健康促進學校，中心推出「健康學校計劃帶領學校」之理念，鼓勵健康學校先鋒擔任帶領學校的角色，協助另一所學校發展成為一所健康促進學校，並與夥伴學校分享建立優質健康促進學校的寶貴經驗。發展「健康學校計劃帶領學校」標誌着香港健康學校發展之另一個里程碑，不但能帶領更多學校發展成為健康促進學校，同時鞏固健康學校網絡，藉以於香港全面及持續地發展健康促進學校。

得到世界衛生組織西太平洋區、教育統籌局的支持以及優質教育基金的資助，中心把「香港健康學校獎勵計劃」的成效推延至學前兒童，發展西大區首個「健康幼稚園獎勵計劃」。建基於健康促進學校的理念，計劃旨在推廣健康、衛生、安全及和諧的學習環境，讓幼童在各方面得到均衡發展。計劃由中心主辦，香港教育學院幼兒教育系為主要協作單位。而教育統籌局、香港教育學院及中心均為頒發獎項的機構。我謹期望計劃可以為參與學校營造健康的學習環境，促進幼童全人發展，並藉此強化本地的優質幼兒教育。

秉承中心的發展目標，我們將通過學校及社區全力推動全民健康。在此，我再次恭賀二十六所獲獎的健康學校，並向所有促成「香港健康學校獎勵計劃」步向成功的單位致以衷心的謝意。參與計劃的各個單位包括世界衛生組織西太平洋區、教育統籌局、優質教育基金，以及不可或缺的各參與計劃學校之校長、學校同工、學生及家長。我們期望與大家攜手合作，為年輕一代及至香港社會建設健康的將來。

香港中文大學醫學院  
健康教育及促進健康中心  
中心總監  
李大拔教授





The Hong Kong Healthy Schools Award Scheme was first established in 2001 with the support from the Education and Manpower Bureau (EMB) and the Quality Education Fund (QEF) which aims at promoting better health and well-being for students, school personnel and the community. The Scheme has gained the endorsement from the World Health Organization Western Pacific Regional Office (WHO/WPRO) in meeting the WHO standards. This year, I am very delighted to announce that a total of twenty six schools will be presented "Hong Kong Healthy Schools Award" in which three of them attaining the Gold Award, 9 Silver and 14 Bronze.

Since its establishment, the Scheme has successfully laid the foundation of health promoting schools in over hundred local primary, secondary and special schools in Hong Kong, and fifty three of them have been awarded for achieving the WHO's standards on health promoting schools. In order to further the development of health promoting schools in Hong Kong, the Centre initiates the mentorship programme which encourages the healthy school pioneers to act as mentors in guiding another school to develop along the concept of health promoting school. The mentor school would share with her mentee the good practice in building a quality health promoting school. This initiative is another milestone in the development of health promoting schools in Hong Kong. The mentorship programme would not only lead more schools into developing as a healthy school in Hong Kong, but also strengthen the healthy school network which is essential for the territory-wide development and sustainability of health promoting schools.

With the great support from WHO/WPRO, EMB and QEF, the Centre embarked on extending the Hong Kong Healthy Schools Award Scheme to pre-schools this year and launched the Healthy Schools (Pre-school) Award Scheme which is the first of its kind in the Western Pacific Region. The Scheme builds on the concept of health promoting school to promote a healthy, hygienic, safe and harmonious learning environment and balanced development of different aspects necessary to a child's development, thereby supporting students in improving the quality of their lives. The Scheme is administered by the Centre; the Department of Early Childhood Education of the Hong Kong Institute of Education (HKIEd) is the major collaborating party of the Scheme. The Scheme has also gained the endorsement from the WHO/WPRO and the EMB, HKIEd together with the Centre are the awarding bodies. It is anticipated that the development of the Scheme would encourage educational achievement, better health and emotional well-being for pre-school children, and enhance quality early childhood education of our society as well.

As our mission goes, the Centre would dedicate all our efforts to promote better Health for All in schools and the community. Again, I would like to congratulate the twenty six award-winning Healthy Schools and extend my sincere gratitude to all the parties in making the Hong Kong Healthy Schools Award Scheme a success. The parties include WHO/WPRO, EMB, QEF, and significantly our participating schools, and their school administrators, all school personnel, students and parents. We look forward to working with you all to build a healthier future for the young people and the society as a whole.

Professor Albert Lee  
Professor and Director  
Centre for Health Education and Health Promotion  
Faculty of Medicine  
The Chinese University of Hong Kong





## 本港 Local

關定輝先生 Mr. Kwan Ting Fai  
香港政府教育署 (1963-1999) 前任副署長  
Former Deputy Director  
The Government Education Department (1963-1999)

李紹鴻教授 Professor Lee Shiu Hung, SBS, JP  
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Emeritus Professor of Community Medicine  
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青草地全人發展中心總監暨臨床督導總監  
Chief Clinical Supervisor, Chief Executive  
Green Pastures Whole Person Development Centre

## 海外 Overseas

Professor William Chen  
Professor and Chair of Department of Health Education and Behavior  
University of Florida, USA

黃松元教授 Professor Huang Song-yuan  
國立台灣師範大學衛生教育學系教授  
Professor of Department of Health Education  
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Dr. Linda Milan  
世界衛生組織西太平洋區健康促進總監  
Director, Building Healthy Communities and Populations  
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國立台灣師範大學衛生教育學系教授  
Professor of Department of Health Education  
National Taiwan Normal University





中心於自 2001 開始推行「香港健康學校獎勵計劃」，為本港首個獲取世界衛生組織認可的健康促進學校計劃。計劃旨在推廣學童、學校同工及社區之健康發展。承蒙世界衛生組織西平洋區、教育統籌局及優質教育基金的支持，計劃得以成功推行，至今已有過百所本地中小學及特殊學校參與有關計劃，其中五十三所參與學校更達致世界衛生組織所訂之健康學校標準而獲頒獎項。

計劃為健康學校提供一套發展藍本及完善的監察及認證制度，並根據世界衛生組織成員國所訂立的六大範疇為發展健康促進學校的框架，包括：學校健康政策、健康服務、個人健康生活技能、校風／人際關係、社區關係及學校環境。根據中心為參與計劃學校進行之調查顯示，學校參與計劃後，積極推動學校的健康發展，有助改善學童健康問題及推動優質學校發展。計劃所取得的成果更獲得本港及世界組織的認同及稱許，並成為其他地區之健康教育專業人士發展健康促進學校之參考楷模。

我們正身處全球化的環境，面對種種公共衛生挑戰，由此衍生的轉變既多且急，唯有提升市民對個人及公共衛生的關注才是抗禦這些衝擊之有效方法。健康學校理念引領學校建立互助互信及健康支援的環境，提升學童及學校同工的潛能以應付未來的挑戰，促進學童全人發展及教師的專業發展。為進一步發揚健康學校的理念，中心將通過發展健康學校計劃帶領學校、健康幼稚園獎勵計劃、健康學校自我評估及監察機制及與本地及海外地區之健康教育及促進健康工作者建立夥伴關係，繼續以推動香港社會全民健康為目標。

The Hong Kong Healthy Schools Award Scheme, launched by the Centre for Health Education and Health Promotion of The Chinese University of Hong Kong in 2001, is the first territory wide healthy schools movement recognized by the World Health Organization Western Pacific Region (WHO/WPRO) in meeting the WHO's standards. The Scheme seeks to promote better health for students, school personnel and the community at large. With the great support from WHO/WPRO, Education and Manpower Bureau (EMB) of the Government of HKSAR and the Quality Education Fund, over a hundred local primary, secondary and special schools have joined the Scheme and fifty three of them achieved the Hong Kong Healthy Schools Award.

The Scheme provides a structured framework for the development of healthy school as well as a system of monitoring progress and recognition of achievement. The framework consists of components for healthy schools in six key areas adapted from the WHO's Guidelines including Health Policies, Health Services, Personal Health Skills, Social Environment, Community Relationships and Physical Environment. After the three-year implementation period, it was proven that schools joining the Scheme have achieved significant improvement regarding students' health and school management. The fruitful results of the Scheme have been recognized and appreciated worldwide. The Hong Kong experience in developing healthy schools has become a good model shared with many health education and health promotion professionals from other countries.

We are now facing many public health challenges in a globalize environment where the pace and rate of change is sometimes difficult to cope with. One of the effective ways to tackle these challenges is to increase people's awareness in personal and public health issues. The framework of healthy school guides the schools to create a positive, trusting and supportive environment that builds resilience and capacity of students and school staff in dealing with any upcoming crisis, fosters the whole person development of students and professional development of school staff. In order to further the development of health promoting schools in Hong Kong, the Centre initiates the healthy school mentorship programme, extends the Scheme to pre-schools, develops the self-evaluation system for the Scheme, and continues to nurture the strategic partnership development both locally and globally.





## 香港健康學校計劃一帶領學校

為繼續發揚健康促進學校理念，中心於2005年開始倡議發展「香港健康學校計劃帶領學校」，由具備經驗之健康學校先鋒與另一所學校建立夥伴關係，分享及交流發展健康學校之經驗。發展「健康學校計劃帶領學校」不但標誌著香港健康學校發展之另一個里程碑，更確立了健康學校長遠的發展模式，以達薪火相傳之效，共同為下一代建立健康成長環境，強化社會資本，促進社區共融。

## Healthy School Mentors

In order to further the development of health promoting schools in Hong Kong, the Centre initiates the mentorship programme which encourages the healthy school pioneers to act as mentors in helping another school to develop along the concept of health promoting schools and to share their good practice in the healthy schools network. This initiative is another milestone in the development of health promoting schools in Hong Kong. It is anticipated that the mentorship programme would lead more schools developing as a healthy school and building a healthier future for our next generation.

## 2005-2006 年度「香港健康學校計劃帶領學校」名單

### List of Healthy School Mentors (2005-2006)

- BTCFS Yeung Yat Lam Memorial School 道慈佛社楊日霖紀念學校
- CCC Tam Lai Fun Memorial Secondary School 中華基督教會譚李麗芬紀念中學
- Ching Chung Hau Po Woon Secondary School 青松侯寶垣中學
- CUHK FAA Thomas Cheung School 香港中文大學校友會聯會張煊昌學校
- CUHK FAA Thomas Cheung Secondary School 香港中文大學校友會聯會張煊昌中學
- Fanling Public School (A.M. & P.M.) 粉嶺公立學校(上、下午校)
- HHCKLA Buddhist Wisdom Primary School 香海正覺蓮社佛教正慧小學
- HHCKLA Buddhist Wong Cho Sum School 香海正覺蓮社佛教黃藻森學校
- Hong Kong Student Aid Society Primary School 香港學生輔助會小學
- Lok Sin Tong Primary School 樂善堂小學
- Lok Wah Catholic Primary School 樂華天主教小學
- Po Leung Kuk Fong Wong Kam Chuen Primary School 保良局方王錦全小學
- Po Leung Kuk Yu Lee Mo Fan Memorial School 保良局余李慕芬紀念學校
- Sai Kung Central Lee Siu Yam Memorial School 西貢中心李少欽紀念學校
- SKH Bishop Baker Secondary School 聖公會白約翰會督中學
- SKH Kei Fook Primary School 聖公會基福小學
- St. Edward's Catholic Primary School 聖愛德華天主教小學
- Sung Tak Wong Kin Sheung Memorial School (A.M.) 大埔崇德黃建常紀念學校(上午)
- Tai Po Old Market Public School (Plover Cove) 大埔舊墟公立學校(寶湖道)
- Tin Shui Wai Methodist College 天水圍循道衛理中學
- Tin Shui Wai Methodist Primary School 天水圍循道衛理小學
- Tsung Tsin College 崇真書院
- T.W.G.Hs. Mrs Fung Wong Fung Ting College 東華三院馮黃鳳亭中學
- Yan Chai Hospital Chiu Tsang Hok Wan Primary School 仁濟醫院趙曾學韜小學
- Yan Chai Hospital No.2 Secondary School 仁濟醫院第二中學
- Y.L.P.M.S. Alumni Association Ying Yip Primary School 元朗公立中學校友會英業小學







## 「新界西健康學校夥伴計劃」

「新界西健康學校夥伴計劃」是以健康促進學校為宗旨，在中心的帶領下，由具備經驗的健康學校先鋒與區內一所學校建立夥伴關係，並協助夥伴學校成為健康學校。計劃共支援 8 組夥伴學校，並將發展一套健康學校自我檢視及監察工具，讓參與學校可以自我評估進度及持續改善其健康促進學校之發展。

計劃的啟動典禮在 2005 年 5 月 14 日舉行，反應非常踴躍，超過 250 位嘉賓包括政府及社區合作夥伴、教育界同工、家長及學生出席活動，見證計劃的開展。計劃更於本年 6、7 月期間為參與計劃的夥伴學校進行健康學校需求評估及學生健康行為調查，以協助帶領學校全面了解夥伴學校的發展狀況，訂定夥伴合作大計。計劃分別於本年 7 月及 10 月舉辦兩次論壇，為帶領學校設立互相交流的平台，並結合各方的資源，就夥伴學校的需要訂出未來將舉辦的工作坊及活動。在未來的發展中，計劃將秉承健康促進學校的理念，以校本形式持續推動及拓展健康學校的發展，更會為參與學校之家長提供培訓，全面地協助參與學校發展健康學校。

## New Territories West (NTW) Healthy Schools Mentorship Project

The Centre launched “The NTW Healthy Schools Mentorship Project” which encourages experienced Healthy School Pioneer to act as mentor to build a collaborative partnership with another school in the same district to develop along the concept of health promoting school. There are 8 pairs of schools joined the project. This project will develop a self evaluation tool aiming to help schools to monitor their progress for future development.

The launching ceremony of NTW Healthy Schools Mentorship Project was successfully held on 14 May 2005. Over 250 guests joined the gathering and celebrated the launching of the project including government officials, community partners, teachers, parents and students. In between June to July, the project conducted a baseline assessment and student health survey for mentee schools, which would help mentor schools to understand the current state of development of the mentee schools in order to draft a plan for future cooperation. Two forums were held in July and October to provide opportunities for the participating schools to exchange their experiences, to link up their resources and to plan future workshops and activities according to the mentee schools' needs. The Centre will continue to promote and develop healthy school in a school-based approach and will provide parent training for the participating schools in order to promote better health for all in the NTW district.



「強化健康校園，促進社區共融：新界西健康學校夥伴計劃」啟動典禮。

The Launching Ceremony of NTW Healthy Schools Mentorship Project

### 訴心聲：合作夥伴分享時間

Say it out: coordinators from mentor and mentee schools communicated with each other about their wishes for future collaboration.



夥伴學校進行健康學校需求評估

The Baseline Assessment for Mentee Schools





## 健康幼稚園獎勵計劃

為發揚健康促進學校之理念，將「香港健康學校獎勵計劃」的成效延伸至更廣泛的層面，並關顧不同年齡之學童身心健康發展的需要，中心於本年得到優質教育基金的資助開展「健康幼稚園獎勵計劃」。計劃旨在為幼兒營造健康、衛生、和諧及安全的學習環境，強化幼兒健康教育，從小培育學童建立健康的生活習慣及態度，提升幼童身心、社交及思維等各方面的發展。

計劃由中心主辦，香港教育學院幼兒教育系為主要協作單位。而教育統籌局、香港教育學院及中心均為頒發獎項的機構，計劃並獲世界衛生組織西太平洋區認可。「健康幼稚園獎勵計劃」以「香港健康學校獎勵計劃」為發展藍本，為健康幼稚園之發展及實踐提供一套健康促進學校的發展藍本，具有完善的監察及認證制度。

另一方面，計劃重視推廣幼师發展、家庭教育、全校參與及社區聯繫，透過建立地區性健康幼稚園網絡，作為交流經驗的平台，讓參與幼稚園互相分享發展及實踐健康促進學校的寶貴經驗。此外，中心更會舉辦有關健康促進學校及健康教育的工作坊及家長健康教育活動，裝備學校成員在校內推廣健康教育及建立一所健康幼稚園。計劃更會發展一套健康幼稚園自我檢視機制，讓參與計劃的幼稚園自行評估進度，訂立相關策略及計劃，有效地發展成為一所健康幼稚園。

「健康幼稚園獎勵計劃」於二零零五年九月三日正式啟動。香港特別行政區政府教育統籌局副秘書長王啟思先生、香港特別行政區政府衛生署衛生防護中心莫昭友醫生、香港中文大學副校長鄭振耀教授、香港中文大學醫學院院長霍泰輝教授及香港教育學院教育專業及幼兒教育學院幼兒教育及特殊教育課程總監黃艾珍博士等主禮嘉賓一同見證各參與幼稚園承諾積極投入推動健康幼稚園之發展。啟動典禮當日，中心委任了 21 所健康學校先鋒為「健康幼稚園獎勵計劃」的帶領學校，與夥伴幼稚園分享發展及實踐健康促進學校的寶貴經驗，讓健康學校的理念達到薪火相傳的效果。

啟動典禮完滿結束後，中心為參與計劃之學校舉辦「健康幼稚園獎勵計劃」計劃籌備工作坊，讓參與學校同工進一步認識健康幼稚園的理念及計劃內容，並為基線評估作好準備。而學校基線評估工作已於十月份全面展開，搜集所得資料將用作反映學生身心健康及學校健康發展情況，以設計發展健康幼稚園的策略及藍圖。

我們期望在未來有更多的幼稚園加入健康幼稚園的行列，共同培育健康的下一代。



「健康幼稚園獎勵計劃」計劃籌備工作坊

Preparatory workshop for the Healthy Schools (Pre-school) Award Scheme.



83 所參與幼稚園承諾積極投入推動健康幼稚園之發展

83 participating kindergartens showing their enthusiasm and commitment in developing a health promoting kindergarten.



多位幼稚園學生在「健康幼稚園獎勵計劃」啟動禮中表現健康早操

The kindergarten children demonstrated their morning exercise in the Launching Ceremony.





## Healthy Schools (Pre-school) Award Scheme

In order to cascade the effect of Hong Kong Healthy Schools Award Scheme (HKHSA) to pre-school children, the Centre launches the Healthy Schools (Pre-school) Award Scheme in June 2005. With the financial support from the Quality Education Fund, the Scheme aims at building a healthy, hygienic, harmonious and safe learning environment for the pre-school children. The Scheme would also enhance quality early childhood education in our society and promote better health and emotional well-being for pre-school children.

The Healthy Schools (Pre-school) Scheme is administered by the Centre. The Department of Early Childhood Education of the Hong Kong Institute of Education (HKIEd) is the major collaborating partner of the Scheme. The Scheme has gained the endorsement from the WHO/WPRO and Education and Manpower Bureau, HKIEd together with the Centre are the awarding bodies.

The HKHSA is set as the blueprint of the Scheme which builds on the concept of health promoting school. It provides a structured framework for the development and implementation of healthy kindergarten as well as a system of monitoring progress and recognition of achievement.

Moreover, the Scheme emphasizes on staff professional development, family health education, whole-school participation and community networking. It also establishes district-based healthy kindergarten networks as a platform for experience sharing and good practices in developing and implementing health promoting kindergartens. Workshops on health promoting schools and health education as well as parental health education activities will be organized to equip school stakeholders with knowledge and skills to promote health education in the school setting and to develop as a healthy kindergarten. On top of that, a self evaluation tool will be established for participating kindergartens to monitor their progress of development into a healthy kindergarten.

The Launching Ceremony of the Scheme is held on 3 September 2005. Mr. Chris Wardlaw, Deputy Secretary for Education and Manpower, Dr. Mok Chiu-yau, Community Physician of Department of Health, Professor Cheng CY Jack, Pro-Vice-Chancellor of CUHK, Professor Fok Tai-fai, Dean of Faculty of Medicine, CUHK and Dr. Margaret Wong Ngai Chun, Director of Programmes (Early Childhood and Special Education) Faculty of Professional and Early Childhood Education, HKIEd jointly officiated at the Ceremony. In addition, 21 healthy school pioneers were appointed as the Healthy School Mentors to help participating kindergartens to develop along the concept of health promoting school. It is anticipated that the full potential of the sustainable development of health promoting school can be realized.

At the same time, a preparatory workshop was organized for the participants of the Scheme after the Launching Ceremony. The workshop aims at enhancing the staff of participating kindergartens understanding of the Scheme as well as the baseline assessment. The baseline assessment for the participating kindergartens was started in October 2005. The information collected in the baseline assessment will help to reflect the health status of the pre-school children and the development of health education and health promotion in kindergartens. This, in turn, helps the participating kindergartens in the planning for the future school development.

It is hoped that more kindergartens would join us in the work of health education and promotion in kindergarten for the betterment of pre-school children.

中心同工在基線評估當天檢視學校的環境  
Centre staff look at the school environment  
during the baseline assessment.





## 健康學校自我評估及監察機制

中心現正發展一套健康學校自我評估及監察機制，以協助學校發展健康促進學校，並持續地作自我評估及檢視。透過自我評估及制訂計劃工具，學校能有系統及客觀地評估健康學校的發展情況，了解學校於健康教育及促進健康的工作成果及作出進一步改善。學校可運用此工具來訂立全面的健康學校計劃及推行策略，以促進學生、家長、教職員及社區人士的全面健康，並實踐學校的辦學宗旨及理念。此工具強調全校參與、策略性的規劃、強化校本管理，並以健康學校評估指標作為評估標準。



此外，中心亦於二零零五年七月推出「學校健康教育記錄及分析軟件」，此軟件是健康學校自我評估及監察機制中的一個評估工具，讓學校有系統地記錄、檢視及分析學校健康課程、健康促進活動及教職員健康教育培訓等情況，同時建立資料庫記錄學校運用社區資源的情況，讓教職員可以隨時複查過往曾舉辦的課程及活動記錄。

中心已於二零零五年七月及九月舉辦「學校健康教育記錄及分析軟件」工作坊，共有九十位來自五十六所學校的教育同工參與，中心只授權予完成工作坊的學校使用有關軟件。參與工作坊之學校同工大都表示軟件有助學校記錄及檢視學校健康教育的推行狀況。

## Healthy Schools Self Evaluation System

In order to allow the schools' understanding of its strengths on health education and health promotion, to monitor the school progress and to further the development of healthy schools, the Centre is developing a "Healthy Schools Self Evaluation System". This Self Evaluation System is a self assessment and planning tool which enables schools to evaluate its progress, to identify their own strengths and areas for improvement in a systemic and objective manner. Schools can use this tool to develop a comprehensive plan for future development as well as an action plan for improving the health of students, parents, teachers and community members and meeting the mission, philosophy and goal of their school. It emphasise on the whole school approach, strategic planning, management of performance against the health promoting schools indicators so as to strengthen a school-based management.



As part of the Self Evaluation System, we have launched the "School Health Education Record and Review Software" in July 2005. The software is designed for schools to systemically record, review and analyse school health education curriculum, health promoting activities and staff training on health education. Another benefit of this software is that it has a systemic database record of community resources utilization which helps to organize records for the schools' past health education and health promotion events for easy access of school staff.

The Software is licensed to use only for the school that has completed the training provided by the Centre and has registered under the User List administered by the Centre. Three identical training workshops have been organized in July and September 2005 and a total of 90 people from 56 schools attended the workshops. Most of the participants expressed that the Software is a useful tool for schools to monitor and evaluate school health education.







## 「健康小先鋒」摘星計劃

「健康小先鋒」摘星計劃於二零零一年開始試點式推行，至今經已踏入第五個年頭。得到沙田區醫生網絡的支持，中心已於區內多間小學推行有關計劃，並訓練許多學童成為「健康小先鋒」。

此計劃透過主題工作坊，以達至下列目標：

1. 引導學童主動學習健康知識，培養健康生活習慣；
2. 指導學童搜集正確健康資訊的能力；
3. 幫助學童建立自信，強化溝通及表達技巧；
4. 實踐朋輩推廣，提升校內同學對健康的關注；
5. 增加學童對醫療界的認識及興趣。



工作坊以互動形式進行，務求令學員對十大健康主題的內容有透徹的認識。完成工作坊的學員，並不等於已經成為「健康小先鋒」，他們還需要運用工作坊上學到的知識，完成「學習歷程檔案」。除此之外，每位學員都需要於校內以不同的形式宣傳健康教育及促進健康，得到駐校醫生的嘉許後，才能真正成為「健康小先鋒」。

## Project Star: The Little Health Pioneers

The "Project Star: The Little Health Pioneers" programme has entered its 5<sup>th</sup> year since its pilot launch in 2001. With the support from the Shatin Doctors Network, a number of primary schools have joined the programme and many students had been appointed as the Little Health Pioneers.

The Programme aims to:

1. To initiate students' motivation to learn more about health resulting in a healthy lifestyle;
2. To develop students' skill in obtaining accurate health information;
3. To help students to build up their self-confidence and to enhance their communication skills;
4. To raise students' awareness of health at school through peer influence;
5. To increase students' knowledge and interest in health care professions.



Workshops were conducted in an interactive way to ensure students can understand the health topics thoroughly. Upon completion of the workshops, all students have to submit a "Learning Portfolio" to reflect what they have learnt during the workshops and organize an event to convey the health message to their fellow schoolmates. Students will be

assessed by a doctor from the Shatin Doctors Network and successful students will be designated as "Little Health Pioneers"!







## 「至 fit 至醒小人類」校本體重控制課程

有見本港兒童肥胖率日趨上升，中心繼 2004 年暑假推出「至 fit 至醒小人類」體重控制課程後，再於 2004 年 10 月至 12 月期間與一所中學合辦「至 fit 至醒小人類」校本體重控制課程，以結合學校、家庭及專業人士的力量協助過重兒童管理體重。除了原本課程中設計之互動及趣味教學外，校本課程更著重家長及教師培訓，以鼓勵學校及家庭建設積極培育健康習慣的環境，讓過重兒童實踐健康習慣，從而有效地控制體重。



家長培訓旨在增加家長對協助子女控制體重的知識、技巧及策略。教師培訓的目的是為了使老師掌握營造健康生活環境的方法，協助學生實踐健康習慣。在中心物理治療師及營養師的協助下，教師會透過飲食及運動日記記錄及監察學生進度、在校園張貼有關健康飲食的標語、提供運動訓練和體能遊戲、在小息及放學時間借用運動用品、改善小賣部的食物選擇及教導學生選擇健康午餐。

為了持續改善學生的健康行為，中心除了建議學校在課程完結後繼續監察學生進度，亦舉辦周年跟進活動，包括體適能測試、營養及運動遊戲，幫助學生認清自己在管理體重上的困難和障礙，並尋求解決方法。中心更鼓勵學校為有需要的學生提供校本式體重控制或健康生活課程，並呼籲家長與學校緊密合作，一起關注學童超重問題。

## School Based Weight Management Program for Children



In response to the increasing prevalence of childhood obesity, the Centre first launched the "Smart Kids Fitness Programme" in the summer of 2004. In order to facilitate the weight management process for overweight children, with the concerted support from school, family and healthcare professionals, the Centre started the "School-based Smart Kids Fitness Programme" in collaboration with a secondary school during October to December 2004. In addition to the interactive and educational activities for the children as designed for the pilot programme, training for parents and teachers were provided in this school-based programme. The establishment of a supportive home and school environment enabled students to adopt a healthy living style and to manage their weight more effectively.

Training for parents aims to equip parents with knowledge and skills about weight management and related strategies to assist weight control in their children. Teachers were trained to reinforce healthy habits in school through building a healthy school environment. With the advice from physiotherapist and dietitian, teacher kept track on students' progress by means of food diaries and exercise logbooks. Also, teacher posted slogans on healthy eating messages around the school and organized exercise training sessions and group games for students. Students could borrow sports equipment during recess time and after school so as to encourage them to keep active. Moreover, the school improved the choices in tuck shop and provided recommendations for healthy lunch choices.



To sustain the changes of a healthy life style, school is encouraged to monitor the progress of students continually. Annual follow up activities including physical fitness test, nutrition and sports games have been organized by the Centre to help students identifying obstacles in their weight management process and to work out solutions. It is recommended that school-based weight management and healthy living programme should become part of school's working plan or health services for students in need, and parent-school cooperation should be encouraged to fight against the problem of childhood obesity.





## 五彩蔬果計劃

針對香港學童蔬果進食量不足的問題，中心於二零零三年開始推行「五彩蔬果計劃」，推動學校運用健康促進學校的模式，營造健康飲食環境，並且配合多元化的校本營養教育及推廣活動，提升學童的蔬果進食量。

經過第一階段的需求評估及老師、家長和學生大使的培訓後，「五彩蔬果計劃」於本年的九月十七日正式啟動。我們很榮幸邀請到教育統籌局課程發展處首席教育主任潘漢雄先生、衛生署衛生防護中心中央健康教育組總監蔡遠寧博士及家庭與學校合作事宜委員會副主席余榮輝先生聯同中心總監李大拔教授擔任主禮嘉賓主持啟動典禮及學生及家長蔬果大使的委任儀式。

啟動典禮當日亦公佈中心於本年六、七月進行之學童午膳進食調查，以及學生、家長飲食習慣問卷調查的結果。有關調查結果顯示學校供應午膳及香港學童飲食情況尚有改善空間。調查所得之資料更運用於設計校本健康飲食推廣活動及支援學校推行營養教育之營養教材套。中心於典禮當日推出特別製作的「五彩蔬果換算輪」及「滋味營養教室」的營養教材套。

隨著「五彩蔬果計劃」正式展開，中心總監李大拔教授及兩位中心營養師應美國農業部邀請，率領九位來自不同單位的學校校長、老師、家長團體代表，聯同衛生署代表及學校午膳供應商代表，遠赴美國加州觀摩當地的營養教育推行情況，並與當地政府及學術機構作經驗交流。

交流團一連五日的緊密行程於美國農業部副部長 Mr. Eric Bost 致歡迎辭及講解後正式展開。代表團曾經到訪加州的教育部 (Department of Education)、食品及農業部 (Department of Food and Agriculture)、加州大學柏克萊分校及加州學校營養聯會 (California School Nutrition Association) 與當地代表進行交流。代表團亦參觀當地的中央廚房，了解當地中、小學推行早、午餐計劃及營養教育的情況。李教授及香港衛生署代表亦於行程中多次發表演講，向美國當地代表講解香港推行健康飲食的情況。雖然行程緊密，但各位團友都認同是次活動令人眼界大開，而且啟發良多。各位學校代表正熱切期待展開一連串的校本健康飲食計劃，以建設健康飲食校園。



五彩蔬果計劃啟動儀式

Launching Ceremony of Colorful and Bright Fruits and Vegetables Project

「五彩蔬果換算輪」及「滋味營養教室」教材套  
"Fruits and Vegetables Serving Wheel" and the nutritional teaching kits



## Colorful and Bright Fruits and Vegetables Project

The Centre has launched the Colorful and Bright Fruits and Vegetables Project in 2003 hoping to reverse the phenomenon that most Hong Kong school children have inadequate fruits and vegetables intake. The project adopts the concepts of Health Promoting School in which healthy eating school policies would be established and a series of school based activities would be organized for school children so as to increase their fruits and vegetables consumption.





The launching ceremony of the project was held on 17 September 2005. We are honored to have Mr. Anthony Poon, Principal Education Officer, Curriculum Development Institute of the Education and Manpower Bureau, Dr. Ray Choi, Head of Central Health Education Unit, Department of Health, and Mr. Christopher Yu, Vice chairman of the Committee on Home-School Cooperation, together with Professor Albert Lee, our Centre Director, to officiate the ceremony and to appoint our Students and Parents Ambassadors to affirm their role on promoting a healthy eating environment in their own schools.

The results of the Lunch Box Survey and the Students and Parents Dietary Survey, which were conducted between June and July, were released on the same day of the launching ceremony. The results of the survey demonstrated that further action is required to improve healthy eating habit in school children. To support the school-based nutrition education, the Centre also released the "Fruits and Vegetables Serving Wheel" as well as a series of teaching kits showing different aspects of healthy eating practices.

The US Department of Agriculture invited Professor Lee and two dietitians to join the California Nutrition Program visiting trip to USA. There were Professor Lee and two dietitians together 9 delegates including government officials, school caterers, principals and teachers, as well as representatives from Parents-Teachers Association. The aim of this visiting tour is to exchange views and experiences with overseas government and academics on nutrition education and health eating promotion programme.

Mr. Eric Bost, the US Department of Agriculture Under Secretary welcomed the delegation. During the five-day trip, the Hong Kong delegates visited the California Department of Education, Department of Food and Agriculture, University of California, Berkeley and California School Nutrition Association for sharing experiences on nutrition education and exchanging ideas on promoting fruits and vegetables consumption. Delegates also visited the Central Kitchens and a number of primary and secondary schools in California to get an idea on how the various nutrition programmes are being carried out in their locality.

All along the tour, Professor Lee and representative from Department of Health have delivered several presentations on nutrition education and promotion in Hong Kong school children and schools' initiatives to promote healthy eating. All members of the delegation agreed that it was a fruitful and meaningful trip. In fact, most of the school representatives are looking forward to carrying out a series of school-based activities to promote healthy eating in their school!

交流團與當地人員分享營養教育心得 Delegates sharing experiences on nutrition education



交流團參觀當地的中央廚房  
Delegates visiting the Central Kitchen





## 健康嘉年華—「預防傳染病 社區齊參與」暨「衛生約章網站」啟動禮

中心與林大輝中學於二零零五年一月十五日舉辦以控制及預防傳染病為主題的嘉年華會：「健康嘉年華—預防傳染病 社區齊參與」。活動透過設置學生攤位、網上遊戲、運動示範等途徑，在愉快的氣氛之中，向社會各界人士宣揚衛生和健康訊息。當中更啟動了「衛生約章網站」(<http://www.hygienecharter.org.hk>)，並嘉許在「學界衛生約章書籤設計比賽」中傑出的優勝者，為區內的衛生教育工作展開新的一頁。

## Health Carnival - Community Action to Combat Communicable Diseases cum Launching of Hygiene Charter Website

The Centre held the "Health Carnival - Community Action to Combat Communicable Diseases" on 15 January 2005, co-organized with Lam Tai Fai College, to disseminate hygiene and health messages to the participants through interesting game booths, web-based activity, and exercise demonstration. The kick-off ceremony of the Hygiene Charter Website (<http://www.hygienecharter.org.hk>) and award presentation to the winners of the Hygiene Charter Bookmark Competition had made the event even more representative and meaningful in community hygiene education and promotion.

## 健康嘉年華

二零零五年二月五日，中心獲邀策劃由東華三院轄下的洪王家琪幼稚園、馬陳景霞幼稚園、徐展堂幼稚園與沙田區議會合辦之「健康生活迎挑戰、關懷孩子創明天」健康嘉年華。

是次健康嘉年華主要讓家長、孩童及公眾人士認識健康之重要，並開始關注自己的健康。嘉年華的節目十分精彩，包括表演、遊戲、健康資訊展覽、健康測試、及專題講座。健康測試包括量度身高體重、體脂肪、血壓，進行仰臥起坐等運動。專題講座包括健康生活、減少兒童偏食妙法及有效處理兒童情緒。



是次活動的參加者都十分踴躍參與各項活動和講座，會場的氣氛亦非常歡樂，各人都盡興而返。我們盼望家長、孩童及公眾人士能把健康的訊息帶回家中，並好好照顧自己的健康。

## Health Fair

The Centre was invited to organise a "Health Fair - Our Kids, Our Future, Stay Healthy and Be A Fit Kid" on 5 February 2005 with the Hung Wong Kar Gee Kindergarten, Ma Chan King Har Kindergarten and Tsui Tsin Tong Kindergarten of the Tung Wah Group of Hospitals and the Sha Tin District Council.

The aim of the Health Fair is to arouse the parents, kids and the public awareness of health and to enable them to take care of their own health. The programme consisted of varieties of activities including dance performance, games, health exhibition, simple health checks and health talks. The simple health checks included the measurement of weight, height, fat mass percent, blood pressure, sit and reach and single leg stand. The health talks covered the topics on healthy lifestyle, healthy eating and management of child emotion.

The participants in the event actively attended the activities and health talks. We hope that the participants will deliver the health messages to their family members and take good care of their own health.







#### 「健康城市推廣活動」之「北區健體日」

中心每年都聯同北區公民教育委員會合辦健康活動，本年度的主題活動已於 2005 年 3 月 20 日假北區運動場舉行，名為「北區健體日」。「北區健體日」旨在透過簡易健體操及健體競技比賽，增加學生對運動的興趣，鼓勵他們培養健康的生活習慣，注重個人身心健康，以及將「健康城市」的訊息推廣至社區。凡北區之中小學校，均獲邀請參加運動比賽及攤位遊戲。當天共有 6 所學校參加競賽，其中障礙競技賽協助學生認識健體運動項目，而健體操比賽則培養學生常做運動的習慣，參賽的運動員皆全力以赴以求爭取佳績。至於其他參加者，無論是學生或家長，都可欣賞到具創意的課間健康操及中國武術表演，親身嘗試足毽、跳繩、韻律球及橡根帶運動，並在遊戲攤位學習有關心理、生理及飲食的健康知識。是次活動在接近 200 名參加者的歡笑聲中完滿結束。



#### Promotion for Healthy City North District Sports Fun Fair

The Centre has organized the North District Sports Fun Fair at North District Sports Ground on 20 March 2005. It is an annual health event held in partnership with the North District Civic Education Committee. This year, the Fun Fair aims at arousing student's interests to sports, promoting healthy living habit, addressing the importance of mental and physical health and strengthening the concept of "healthy cities" in the community. Secondary and primary schools in the District were invited to join the sports competitions and booth games. Six schools joined the competitions including obstacle relay to increase the student's knowledge in physical fitness and healthy exercise contest to encourage students to build up a habit of doing sports. The participants competed to their full potential. Students and their families participated enthusiastically in speculating creative classroom exercises and martial arts demonstration, shuttlecock, rope skipping, gym ball and rubber band exercise. They also learnt about healthy living styles through playing at the game booths.

#### 「培育愛衛生的孩子—以故事為教育的載體」幼稚園巡迴講座

為持續推動「衛生約章」，支援社區及學校對兒童的衛生教育工作，中心於 2005 年 1 月至 4 月期間，在大埔、天水圍及沙田區共五所幼稚園進行巡迴講座，主題為「培育愛衛生的孩子—以故事為教育的載體」，透過介紹基本的傳染病知識，示範說故事的技巧，教導家長和教育同工如何運用一系列有關衛生的故事圖書，藉著親子閱讀培養孩子對保持健康的積極態度，並學習正確的衛生知識和行為。

#### "Kids loving Hygiene: From Story to Practice" - Talks to Parents in Kindergarten

In order to sustain the effect of Hygiene Charter in the society and to support hygiene education in school children and the community, the Centre delivered talks in five kindergartens in Tai Po, Tin Shui Wai and Sha Tin from January to April 2005. With an introduction on infectious diseases and story-telling demonstration, more than 150 participating parents and teachers learnt to use a series of hygiene story book. This series of story book help children to develop positive attitude towards maintaining health, proper hygiene knowledge and practices.







## 推動鄰近地區建立健康促進學校－老撾

世界衛生組織西太平洋區邀請中心於二零零四年十二月到訪老撾，與當地政府教育及衛生部門官員會面及講課，藉以推動當地發展健康促進學校。通過是次活動，中心不但瞭解當地之需要及健康促進學校之發展情況，並且與當地官員、學校同工及推動健康教育及促進健康工作者交流及分享香港推動健康學校發展的成果。為促進健康學校持續發展，中心及老撾政府更計劃開辦培訓課程予當地之教育及醫護工作者，並且建立兩地之健康促進學校交流平台。



### Introducing the Concept of Health Promoting School to Laos

The WHO/WPRO has initiated a consultancy work for senior staff of the Centre to visit Laos meeting officials of Ministries of Education and Health to further develop health promoting school in Laos in December 2004. The visit aims to understand the local situations and needs, to review progress of work on health promoting schools, to conduct a training seminar for the Health

Promoting Schools National Task Force, to share experience and provide technical assistance to the Teacher Training Department of the Ministry of Education towards the development of train-the-trainers programme on health promoting schools for pre-service and in-service teachers training. After the visit, the Centre and Laos Government plan to develop a training programme for education and health administrators of Laos and establish a network to share experience on the development of health promoting schools.

## 「健康學校」短期課程－澳門

本年五月，多名澳門特區政府教育局及衛生局代表到港修讀中心開辦之「健康學校」短期課程。為推動澳門學校發展健康教育及促進健康工作，有關方面邀請兩所香港健康學校先鋒－保良局方王錦全小學及聖公會白約翰會督中學與澳門中小學分享發展健康促進學校的經驗。有感課程對澳門發展學校健康促進計劃有莫大幫助，教育局及衛生局遂於本年七月委託中心於澳門開辦為期四天之「健康學校」短期課程。課程共有三十五位教師來自十五所學校參加。課程更安排學員到香港參觀兩所健康學校－大埔舊墟公立學校及東華三院馮黃鳳亭中學，藉以認識香港推行健康促進學校方面的情況。



## Short Course on Health Promoting Schools - Macau

In May 2005, a number of officials from the Government of Macau Special Administrative Region Education and Youth Affairs Bureau and Department of Health have attended the Short Course on Health Promoting Schools administered by the Centre. In order to promote health education and health promotion in schools, the Hong Kong Healthy School Pioneers, Po Leung Kuk Fong Wong Kam Chuen Primary School and SKH Bishop Baker Secondary School, have been invited to share their experience on promoting health in schools to all primary and secondary schools in Macau. In July 2005, the Centre was commissioned to conduct a 4-day Short Course on Health Promoting Schools with school visit to Tai Po Old Market Public School and TWGHs Mrs. Fung Wong Fung Ting College for 35 participants from 15 schools in Macau to promote the concept of healthy promoting school in Macau.





## 新界北區健康促進學校網絡

為了聯繫上水、粉嶺及大埔區之健康學校，建立互相溝通及協助的渠道，「新界北健康促進學校網絡」於二零零四年十月二十三日正式成立了。網絡深受地區健康學校的支持，學校都積極參與定期舉辦的交流分享會、互訪等活動。中心亦為網絡學校傳遞不定期的電子通訊，發佈最新的健康推廣消息。中心並將推出嶄新的「新界北家長健康大使學堂」，讓家長學習健康知識，協助學校健康推廣工作，以建設更全面的健康學校。

### The New Territories North Health Promoting School Network

In order to establish mutual communication, assistance and sharing channel for the Health Promoting Schools in Sheung Shui, Tai Po and Fan Ling, "The New Territories North Health Promoting School Network" was officially established on 23 October 2004. The Network is most welcomed by the local health promoting schools through regular sharing meetings, exchange visits and non-periodic e-communication issuing the updated health promoting news. In addition, the network initiates training for The New Territories North parent health ambassador which aims to equip parents with health knowledge to assist health promotion in school and to build an all-rounded healthy school.

## 新界西健康促進學校網絡

「新界西健康促進學校網絡」由成立至今已超過一年，深受新界西區健康學校的支持。網絡已擴展成會員制度，網絡成員包括「香港健康學校獎勵計劃」及「新界西健康學校夥伴計劃」的參與學校外，亦歡迎其他新界西有志發展健康學校的學校參加。網絡定期舉辦交流分享會、學校互訪活動及以電子通訊方式發放最新的健康學校資訊，與學校保持緊密的聯繫。

### The New Territories West Health Promoting School Network

Healthy Schools Network in NT West District has been initiated by the Center for over a year, which is strongly supported by the healthy schools in NT West. The Network has further developed as a membership system. Members included participating schools of the Hong Kong Healthy Schools Award Scheme and the NTW Healthy School Mentor Scheme, and any schools who are interested in developing as a healthy school are also welcomed. The Network organizes sharing seminars and school visits regularly. It will also keep in close contact with members to keep track on the schools development and to release the latest healthy schools information.

## 沙田及馬鞍山區健康學校拓展分享會 2005

為聯繫區內健康學校，中心於六月三日舉行「沙田及馬鞍山區健康學校拓展分享會」。十八位與會同工交流發展校本健康教育資源，包括課程大綱、活動記錄及教材介紹。中心及區內網絡學校同工將攜手促進區內學校分享及交流發展健康學校之經驗及資源。

### Healthy School District Network: Sharing session of schools in Sha Tin and Ma On Shan (2005)

The Network held a sharing session on 3 Jun 2005, which aimed at facilitating communication of healthy schools in the district. Eighteen educators attended the seminar and exchanged school-based health education resources including the development of curriculum frameworks, maintaining activity records and preparing teaching materials. Their active participation indicated that the district-based network of healthy schools has been promisingly expanding. The Centre and all network schools in the district will work closely to exchange the experiences and resources in health promotion.





## 《基層醫療及促進健康期刊》

《基層醫療及促進健康期刊》旨在建立一個平台發表高質素的地區研究，並推動改善及提升基層醫療及促進健康的水平。所有與基層醫療及促進健康有關的研究報告、討論、評論或讀者來信，均歡迎以英文投稿。最新二零零五二月號特刊經已出版，本期刊載「2003/04 香港學童身心健康調查報告」。

### Journal of Primary Care and Health Promotion

Journal of Primary Care and Health Promotion aims to provide a forum for the dissemination of high quality regional research and to enhance the standards of primary care and health promotion by focusing on best practice. The journal welcomes practical, relevant articles covering the broad range of interests within the field of primary care and health promotion. A report on the youth risk behaviour of Hong Kong in 2003/04 has been published as a special issue of the Journal in Feb 2005.

## 《健康園丁》

為鼓勵更多本地及海外學校健康教育工作者交流經驗，《健康園丁》旨在提供一個平台，定期於網上刊登分享文章。針對健康學校的發展，《健康園丁》廣泛記載學校如何就與健康相關的政策、服務、教育、校風、環境以及社區關係上所實行的方法和計劃，讀者定能從中找到可應用的方案。你有興趣了解學校如何通過課程及舉辦活動以推廣健康嗎？《健康園丁》經常邀請富有經驗的同工，甚至是學生分享推行健康教育及健康促進的妙計，我們誠邀你閱覽有關文章或投稿，網址：[www.cuhk.edu.hk/med/hep/hpsconnect/index.html](http://www.cuhk.edu.hk/med/hep/hpsconnect/index.html)。

### HPS Connect

HPS Connect is a web-based sharing platform to facilitate the exchange of experiences among health educators from local and overseas. It widely records the ways and plans regarding the development of healthy schools, in particular the health policies, health services, health education, school ethos, physical environment and community relationships. Readers can surely find practical ideas for building a healthy schools or organizing health promotion programmes from it. Aren't you interested in knowing the ways of promoting health through the curriculum and health promoting activities in school? Simply surf our website: [www.cuhk.edu.hk/med/hep/hpsconnect/index.html](http://www.cuhk.edu.hk/med/hep/hpsconnect/index.html), where there are a wide range of articles written by experienced fellows and even students about their great ideas on it. You are invited to share too.

## 《健康快樂成長寶庫·心理篇》

現代的父母不僅關心孩子的成長和身體健康，同樣重視他們的心理健康發展。《健康快樂成長寶庫·心理篇》秉承創作校園故事的理念，加插一些家庭生活的情節，刻劃新一代孩子與朋輩和家人相處時可能遇到的難題和壓力。期望此系列圖書成為陪伴孩子成長的健康輔助讀物，讓小讀者從主角的經歷中學會接納、表達和溝通的技巧，並在家長和教師的悉心關懷和引導下，成為健康、積極、有愛心和自信的人。

### Book of Health (Series 2): Communication and Relationships

Parents nowadays are not only concerned with the physical growth and health of children, but also their mental health development. The new series of stories in the Book of Health describe the peer and family pressures or challenges faced by kids today. It will surely become one of the healthy supplementary reading materials for kids, in which readers will learn more about acceptance, presentation and communication skills. With the care and guidance from parents and teachers, kids will become healthy, enthusiastic, kind and confident adults of the future.





為推動改善及提升本地基層醫療及促進健康的水平，並向市民推廣全人健康，中心將於2006-2007年度開辦以下健康教育及促進健康課程：

1. 健康科學碩士課程（健康教育及促進健康）或（基層醫療）
2. 健康科學學士後文憑課程（健康教育及促進健康）或（基層醫療）
3. 健康教育專業文憑課程（醫護及社會服務工作者）
4. 健康教育專業文憑課程（教育工作者）
5. 基層醫療專業文憑課程
6. 幼兒健康教育證書課程
7. 健康管理基礎 / 證書 / 文憑課程
8. 「健康學校」短期課程
9. 「健康管理與社會關懷科」教師專業短期課程
10. 「人格與小組工作」短期課程
11. 「危機管理」短期課程
12. 「溝通與領導」短期課程
13. 「行為改善」短期課程
14. 健康生活課程
15. 家長工作坊：
  - a. 「共創親情路」家長工作坊
  - b. 「父母與青少年子女溝通及衝突處理」家長工作坊

Programmes that will be conducted in the year 2006-2007 are as follows:

1. Master of Science in Health Science (Health Education and Health Promotion) or (Primary Health Care)
2. Postgraduate Diploma Programme in Health Science (Health Education and Health Promotion) or (Primary Health Care)
3. Professional Diploma Programme in Health Promotion and Health Education (Professional in Health and Social Services)
4. Professional Diploma Programme in Health Promotion and Health Education (Professional in Educational Setting)
5. Professional Diploma Programme in Primary Health Care
6. Certificate Course in Health Education and Health Promotion for Pre-School Educators
7. Basic Course/ Certificate Programme/ Diploma Programme in Health Studies
8. Short Course on "Health Promoting School"
9. Professional Short Courses for Teachers teaching "Health Management and Social Care"
10. Short Course on "Personality and Group Work"
11. Short Course on "Crisis Management"
12. Short Course on "Communication and Leadership"
13. Short course on "Behavioural Modification"
14. Healthy Living Course
  - a. Parenting Workshops
  - b. Parent-child Relationship
15. Communication and Conflict Management







## 達信會沙田區呂明才小學

我校本著「快樂人生，由健康開始」的信念，無論在策劃至實踐上都關注學生的身心靈健康成長。為了培養學生每天做運動的習慣，全校會在每天早上一同跳「健康活力千人誦經讚美形體操」及小息時設有動感運動場。同時，學校更設有十多項培養學生身體律動方面的多元智能課、選修課及興趣班。為提升學生有健康體質，本校更興建了攀石牆、足部徑及全天候恆溫游泳池供學生鍛鍊體格。本校的健康服務站特別注重以水果作健康小食，並定期向全校推廣。

本校自2004年開始組織家長醫療服務隊，並舉辦家長急救班以提高隊員的專業。此外，更為同學進行體適能測試、足背部檢查及健康測試。我們更為一些體重未符合標準的同學開辦了「健身活力Keep Fit班」。藉著「值得一讚」活動、「愛心伙伴」計劃及「Secret Angel」計劃，建立溫馨關懷、融洽有序的氣氛，培養出同學及老師之間互相欣賞的情操。

為了使學生在學校的課程內有充足的運動時數，本校的體育課增加至每巡環週四節，除了基本的體適能訓練和球類訓練外，更增添了游泳課及Physical Best新課程。

## Baptist Sha Tin Wai Lui Ming Choi Primary School

We believe that "a happy life starts from good health", so we are concerned very much with students' physical, emotional and spiritual growth when planning and carrying out school policy. To bring up the habit of exercising, we perform a fitness dance named "A Thousand Healthy and Energetic People Fitness Praise Dance with Classics Recitation" every morning, and we provide active sports ground facilities at break time. At the same time, we provide a dozen of multi-element dance training, studio and interest courses. In order to improve students' health, we have built a climbing wall, a foot massage path and an in-door swimming pool for students to exercise their bodies. "Healthy Snack Food" is provided to students periodically. Our Health Service Station uses fruits as healthy snack food.

We have had a parental health care team since 2004. They have been given emergency training in order to enhance the quality of service. In addition, we provide fitness tests, foot dorsum tests and health test for students and provide suitable specific training to over-weight students, such as the "Healthy and Energetic Keep Fit Course". We have activities like "Worthy to Admire and Imitate", "Love Partnership" and "Secret Angel" which establish a warm, careful, harmonious and orderly atmosphere. These activities give opportunities for teachers and students to appreciate the good work of each other.

To give students sufficient time for exercise in school, we provide 4 additional P.E. classes every cycle. Other than general physical fitness training and ball game training, swimming and physical best classes are also added to our courses.



運動減磅是最有效的方法







## 邊信會永隆中學

數年前，本校參與了由香港中文大學醫學院健康教育及促進健康中心舉辦的香港健康學校獎勵計劃。今天，本校達致世界衛生組織所訂之健康促進學校標準而獲頒發獎項，實在感到欣喜及鼓舞。這一切確實有賴學校政策之配合、校長的領導，與及健康教育及促進健康中心總監李大拔教授和中心同事的支援及協調，助我校認清推動健康教育的路向。

我校發展了一套校本的健康管理系統，成立環境管理及健康教育委員會、建立學生個人健康資料檔案、舉辦全校疫苗注射等。此外，計劃提倡的健康生活正實踐了本校一向重視環境教育的精神，透過不同活動成功為學生建立整全的健康生活模式。最後，我想本計劃最成功之處就是與區內多間小學及大興花園協辦活動，把健康意識伸展到社區，令更多人重視健康生活。



有機耕種



親子戶外遊



清潔校園大行動

## Baptist Wing Lung Secondary School

A few years ago, we took part in the Hong Kong Healthy Schools Award Scheme organized by the Centre for Health Education and Health Promotion, Faculty of Medicine of CUHK. Today, we are the most honoured and grateful to receive an award from the Scheme for achieving the World Health Organisation's standard on health promoting school. The implementation of the school policy, the leadership of our principal and the collaboration with Professor Albert Lee, Director of the Centre for Health Education and Health Promotion and his colleagues all contribute to our success and guide us along the path of promoting health education.

Looking back, we have really travelled a long way. A school-based health management system has been developed. This includes the formation of the Environmental Management and Health Education Committee, a student health database and the launching of a school vaccine injection campaign. Besides promoting healthy lifestyle, as stated as one of the programme's main objectives, we have realized our vision in environmental education and have helped our students incorporate comprehensive health knowledge into everyday life.

Above all, I believe it is our greatest achievement to have spread the sense of health and have aroused public awareness of a healthy lifestyle in our community. We are working closely with a number of primary schools and Tai Hing Gardens by initiating various activities in our neighbourhood.





## 佛教慈敬學校

本校於2002-2003年度開始參加香港健康學校獎勵計劃，曾推行各種不同類型的健康教育活動。以過去一學年為例，零四年九月本校曾舉辦「全民潔港、活出健康」承諾日，並由校長帶領全校師生作出承諾，身體力行，注重個人及公共衛生，培養良好的生活習慣。

二零零四年九月生活教育活動計劃「哈樂車」探訪本校，協助學生建立健康的生活方式。二零零五年五月全校師生參加世界癌症研究基金會的「果」一日活動，鼓勵教職員及學生多吃蔬果。

本校亦曾與校外機構合辦各類型的小組，如香港廿青年會合辦的「飛躍成長小組」，協助同學認識濫用藥物的禍害，又與聯合情緒健康教育中心合辦「和氣指揮棒小組」，讓有需要的學生學習如何減少發脾氣的情緒和行為，並於家長日內舉辦「消除怒氣有法」家長講座。

## Buddhist Chi King Primary School

Our school has joined the Hong Kong Healthy Schools Award Scheme and has organized various health education activities since 2002. In September 2004, the principal led all the staff and students to make a commitment during the Pledge Day on "Live Hygiene Live Health", attaching themselves into the importance of public and personal hygiene, and building up a healthy life style.

Also, in the same campaign in September 2004, the mobile "Harold" of Life Education Activity Programme (LEAP) visited our school. The visit let our students have a chance to learn how to live healthily. In May 2005, all the staff and students involved in the "Fruity Friday" organized by the World Cancer Research Fund Hong Kong which encourages them to eat more fruits and vegetables.

Our school has also organized different seminars with other organizations, like the "Great Improvement Group" with YWCA. This seminar helps students learn the ruin of drugs. We also organized the "Temper Management Group" with United Centre of Emotional Health and Positive Living in order to help some particular students to learn how to control their temper and emotional behaviors. The parents' seminar "How to solve your anger?" has also be held in the Parents' Day.



哈樂日車



和氣指揮棒小組



果一日活動



## 中華基督教會基順學校暨資源中心

我校奉行的教育哲學是「全人教育」，故而將「健康學校」列入關注事項，按學校的實際情況及學生的需要，制定學校的健康政策，把「健康學校」的理念融入日常課程及活動當中，使學生的身心變得更健康，讓他們能活出豐盛的人生，貫徹全人教育的理念。

本校成立專責小組，制定、監察及檢討「學校健康政策」；配合課程改革，把「十大健康主題」融入課程及活動中，強化學生的個人健康生活技能；透過推行「一生、一師、一體藝、一團隊」，培育學生對體藝的興趣和追求。本校亦積極改善學校環境，以提供一個既安全、又舒適的學習地方。我們舉辦了多元化的健康活動，如「無污染旅行」、「食物與營養」專題研習及教育營等提升學生的健康技能。經過多年的實踐，學生、家長及教職員的健康意識已大為提高。

今次獲獎乃是本校一大鼓舞，在此，我們感謝香港中文大學醫學院健康教育及促進健康中心給予我們寶貴的意見及鼓勵，也感謝家長教職員會積極的參與及支持。而參與計劃的寶貴經驗有助我校更瞭解本身之強弱，有助作出反思及改進；我校會繼續推動健康教育，使學生能健康愉快地成長。

## The Church of Christ Kei Shun Special School Cum Resource Centre

As our school's educational philosophy is "Whole Person Education", we joined "The Hong Kong Healthy Schools Award Scheme" and set promoting a "Healthy School" as one of our concerns. We have formulated a series of health policies and integrated the concepts of "Healthy School" into our curriculum and daily activities. With the faith of "Whole Person Education", we nourish our student through a holistic approach.

We established a committee to plan, to promote and to launch the "School Health Policies". To align with the educational reform, we have integrated the "Ten Health Themes" in the curriculum and activities to strengthen student's personal health skill. We implement the program "One student, One teacher, One Sport and Art, One Team" to motivate our students' interest in sport and art. Furthermore, our school has made great efforts in improving the school environment by providing a secure and comfortable place for our students to learn safely and happily. We have organized a series of health educational activities, such as "Pollution-free Picnic", project learning on "Food and Nutrition" and "Education Camp", etc, which would help students to acquire healthy life skills. Over the past three years, our students, parents and staff have learnt a lot about health education.

It is encouraging that our school has been awarded in "the Hong Kong Healthy Schools Award Scheme". We are grateful to the Centre for Health Education and Health Promotion of the Chinese University of Hong Kong for giving their valuable advices and encouragements. We also have to express our thanks to our Parents and Staff Association for their active participation and support. The precious experience of joining the Award Scheme has helped us to understand more about our strengths and weaknesses, and to reflect our development and improvement. We will continue to promote health education and to help our students to enjoy a healthy and happy life.



舞蹈表演

無污染旅行



綠化環境親子標語創作比賽





## 香港中文大學校友會聯會張焯昌學校

我校一向致力為學生提供一個健康安全的學習環境，努力營造一個主動、積極參與的校園文化。在推廣各項健康活動方面，老師、學生和家長都積極參與，擔當著重要的角色，使各項活動得以順利進行並取得成效。

為提供一個安全和舒適的學習環境，老師和學生作為使用者，都兼負了美化和綠化校園的責任。

此外，我們還積極培訓健康大使，讓學生在各項健康活動上擔任推動者的角色。他們定期在早會時間向全校學生宣傳健康資訊，並協助老師帶領低年級學生參加各種健康活動。家長亦十分積極，身體力行參加親子早操活動，當孩子們的好榜樣。教師、家長和學生還一同踏出校園，組織親子義工隊，服務社區。他們積極參與校內外的健康活動，去年參加了全港親子義工服務計劃，齊齊清潔校園和社區，更取得全港最佳義工參與獎(學校組冠軍)。



親子義工隊榮獲全港學校「最佳參與獎」



家長及同學一起練習早操八式



親子義工清潔校園

## CUHK FAA Thomas Cheung School

To provide our children and staff with a healthy and safe school environment is always our top concern. All members in the school including teachers, parents and students are playing an important role and are contributing to this goal.

Last year, we had a school improvement programme in progress. To ensure pupil's safety, teachers designed posters, directory and warning signs and put them up in various locations. All workers were requested to register before entering our school and had to follow our working guidelines in the campus.

After joining "The Hong Kong Healthy Schools Award Scheme", we trained many students to be Health Promotion Ambassadors. Their duties include presenting health information in the morning assemblies and helping teachers to lead junior schoolmates in various health promotion activities. They are really helpful and have learnt a lot through servicing.

Parents were also participating. They organized a parent-children volunteers team. The team not only supports school activities but also steps out to the community. Last year, they participated in many community services such as clearing the walking path along Shing Mun River. Their effort was highly recognized and they won the Champion of the Best Participating Team Award (School Category).







## 青松原齋中學校

本校重視教職員及學生的身心健康，自2003年開始參與「香港健康學校獎勵計劃」，透過各科課程及各行政組活動，帶出健康訊息。例如，本校去年申請了一個種子計劃，以「健康生活」為主題，在家政科、設計與科技科及電腦科進行跨科專題研習。

此外，本校推出不少與十大健康範疇有關的活動。在健康服務方面，本校重新佈置醫療室，提供舒適溫暖的養病環境。另外，紅十字隊員亦不時為師生及來賓提供基本身體檢查。

個人健康生活技能方面，本校設立健康教育資訊站張貼最新資訊，同時在圖書館設立「健康教育資源閣」，讓師生借閱健康書籍及教材。再者，本校亦有舉辦「健康專題研習週」，活動包括講座、班際比賽及展覽等，並透過「有營養單設計及烹飪比賽」來培養學生的健康飲食習慣。

至於校風及人際關係方面，本校舉辦多項輔導活動，例如曾為缺乏自信及受情緒困擾的中二學生舉辦成長歷奇輔導營，啟發他們成長。日後，本校亦會繼續發展「健康學校」，讓師生生活得健康。



## Ching Chung Hau Po Woon Secondary School



Our school keeps paying close attention to both the physical and mental health of all students and staff and we have joined the "Hong Kong Healthy Schools Award Scheme" since 2003. Firstly, we impart health knowledge through different subjects and teams in order to develop our healthy daily lives. For instance, we applied a seed project which set "healthy lifestyle" as the main theme last year, it was a cross-curricular project on Design and Technology, Home Economics and Computer Literacy.

We have put much effort on the "Ten Aspects" of health education.

For the health services, we have the medical room redecorated so as to turn it into a comfortable and warm environment for students to take rest. Besides, our well-trained Red Cross students provided basic body check-ups for our school members and guests in various school events.

For health concerns like personal health skills, we have created the "Health Information Notice Board", which displays the latest health information. On top of that, we set up the "Health Education Resources Corner" in the library for our students and teachers. One important highlight is the "Health Project Learning Week", which included talks, inter-class competitions and exhibitions on numerous health topics. Furthermore, the success of "Nutrition Recipe Design and Cooking Competition" helped to establish the good eating habits for our students.

Last but not least, we have different counseling programs for our students, for example, the Form Two Counseling Camp. Students who were emotionally unstable and lack of self confidence were invited to join the activity to get them inspired. We will keep developing the "Healthy School Program" to let our students and staff live healthily.





## 真鐸學校

本校榮獲「香港健康學校獎勵計劃」銀獎，全校師生俱感鼓舞。致力成為一所綠色健康學校，是真鐸學校每位學生、家長、教職員工的使命及目標。

計劃初期，我就健康學校的六個範疇作出全面檢視，並訂立出一系列的健康政策。我們由各科組積極帶動，以全方位跨科學習活動將健康的訊息，有系統地讓學生學習及應用，如曾舉辦「喜氣迎羊綠色跳蚤市場」活動和「跳繩強心」活動，將健康及環保的訊息推廣至社區。

懂得珍惜，就會熱愛生命。我們致力聯繫社區，邀請嘉道理農場、香港中文大學中醫學院等作我校健康及環境教育的顧問，在社區內推廣廚餘堆肥計劃、中草藥園計劃及健康訊息等，因應各界人士的支持，本校更榮獲第四屆綠色學校獎勵計劃季軍。我校將持守健康教育的理念，身體力行，讓各界人士實踐健康的生活模式。

## Chun Tok School

With the honour of achieving Silver Award in the Hong Kong Healthy Schools Award Scheme, students, parents, teachers and staff members of our school are encouraged to sustain our effort to develop Chun Tok School as a green school.

At the beginning of the project, we assessed and then fine-tuned our school health policies in the six key areas. We strengthened the health promotion and demonstrated the health message to students through series of all-round-developed learning and extra-curricular activities. Flea Market for Green in 2003 and Jump Rope for Heart were the activities facilitating health ideas of rapport among our school and the general public.

Whoever knows how to care for life will enjoy their lives. We have close connections to community. We have invited Kadoorie Farm and Botanic Garden and the School of Chinese Medicine of The Chinese University of Hong Kong to be our honorable consultants that help us establish the health and green curricula. We promote the schemes like the kitchen waste composting, Chinese herbal garden and health education to citizens with our knowledge and strengths. Our contribution was recognised by people from the second runner-up of the Green School Award. We insist on practising health ideas through sustainable education and related activities and implementing a healthy living style.



綠色學校獎得獎相片

喜氣迎羊綠色跳蚤市場



環保團體訪校交流





## 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!





## 香港正覺蓮社佛教黃藻森學校



「健康生活 從小做起 快樂人生 璀璨完美」是本校推動健康教育工作的理念，我們相信從小養成良好之飲食及個人生活習慣，可促進學生成長後的健康愉快生活。參加「香港健康學校獎勵計劃」，令我們上下一心，結合了社區、學校及家庭三方面之力量，眾志成城，邁向優質教育之路，提升學校教育之效能。

我們舉辦及參與各類健康推廣活動，例如：「磅磅書包有幾重」、「健康日攤位遊戲」、「我們牙擦擦」、「美化校園計劃」、「健康小食試食會」及「萬人萬步Go 高Goal」等，每項活動的推行均十分成功。「香港健康學校獎勵計劃」的獎項，肯定了我們過去多年

的努力，老師的專業、家長的熱誠、地區機構及有關專業人士的協助是我們成功之主要因素。

「健康教育」之路，影響深遠，實有賴社會各單位共同努力，才能獲得美滿的成果。

## HNCKLA Buddhist Wong Cho Sum School

“Healthy life is parallel to happy and perfect life. It must begin from young” is the target concept our school recommends in the work of health education. We believe that fostering a good habit in diet and individual lifestyle can promote a healthy and pleasant life for our students. Taking part in the “Hong Kong Healthy Schools Award Scheme” enables us to integrate the strength of three parties - the community, school and family, marching onward the road of quality education and thus enhancing the effectiveness of school education simultaneously.

We have held and participated in various health promotion activities such as “Weighing the schoolbags”, “Healthy Day Fun Fair”, “Brushing our teeth”, “Prettify the campus”, “A taste of the healthy snack” and “Walkathon Go Go Goal”, etc, and the activities are all found to be admittedly successful.

Achieved the “Healthy School Award” ensures the recognition of our endeavours and effort during the past years. The professionalism of the teachers, the enthusiasm of the parents and the assistance rendered by the district institutions all link together to become the significant elements of our success. The road of “Health Education” has a profound impact which is indispensable to the joint effort from various social strata to acquire a fruitful result.



得獎學校分享 | 香港正覺蓮社佛教黃藻森學校

AWARDEE SCHOOL SHARING: HNCKLA BUDDHIST WONG CHO SUM SCHOOL







## 伊斯蘭鮑百濤紀念小學

本校十分榮幸能在此與大家分享成為「健康學校」的經驗。在推廣每個健康活動時，我們都抓緊以下四個特點。

第一，捕捉小孩子心理，以生動、活潑的形式來推廣活動。如「我要書包、不要豬包」護脊活動，只要學生想起「豬包」的形象，他們都會樂意收拾書包，這樣學生就會銘記於心，並於日常生活中實踐。

第二，師生關係良好，老師「以身作則」，以健康快樂的形象，吸引學生跟隨。

第三，家校合作，把健康訊息帶回家中。如在上述的護脊活動中，家長透過講座去認識護脊的重要。這樣，雙管齊下，便能事半功倍。

第四，善用社會資源，減輕老師工作量。社會上有很多機構提供健康教育的服務，如香港吸煙與健康委員會的「無煙互動劇場」，就能深入淺出地介紹吸煙的害處。而學生更可回應「寫信到食肆去」的禁煙行動，成為「無煙大使」，在學校推廣健康信息。

要落實一所「健康學校」，就必須要得到多方面的配合才可。縱然過程有苦有樂，但學生得到最大得益，所付出的努力也不是徒然了！



## Islamic Dharwood Pau Memorial Primary School

We are grateful for the opportunity to share our experience in the process of becoming a "Healthy School". The following principles are upheld in whatever we carried-out:

1) To stimulate children's interest by using cartoon characters, fun games and activities. For example, we have slogans like "We like school bags. We hate pig-like bags" for the "Protect Your Back" campaign. The succinct image of a "pig-like bag" reminds students of their heavy school bags, hence urging them to tidy it up. Besides, it would leave a permanent mark in their mind thus helping them to develop life-long good habits.

2) To be the Role Model for students to imitate. Teachers must portraiture a healthy and happy image and to maintain a good relationship with students in order to set a role model for them to follow.

3) To cooperate with parents to bring Health Messages home. As in the "Protect Your Back" campaign mentioned, parents are informed about the importance of protecting children's back through a seminar. Thus, their assistance is rendered and the result is ensured.

4) To make good use of external resources. Utilized the resources on offer in order to reduced teachers' workload greatly. For example, the "Interactive Drama on Anti-smoking" organized by the Hong Kong Smoking and Health Community demonstrates the hazards of smoking in a simple and interesting way. Students are also encouraged to participate in the "Write to Restaurants" anti-smoking campaign to act as an "Anti-smoking Ambassadors" and helped to promote health messages.

To become a "Healthy School" needs the support of all stakeholders of the school. The process might be hard going, the results, especially the improvement in students were highly rewarding.







## 馬鞍山信義學校

我校能獲得香港健康學校獎勵計劃獎項，實在令我們欣喜。這不但肯定了我們以往所作的努力，更推動我們在未來的日子裏要達致更高目標。

本校參加獎勵計劃的目的是向學生、家長及社區人士推廣健康訊息。我們的長遠目標是鼓勵他們建立健康的生活模式。

在過往三年，我們透過多元化的活動去推廣健康生活，例如健康嘉年華、健康推廣日、健康小食獎勵計劃及環保旅行。我們更於去年參與了「五彩蔬果計劃」，

目的為鼓勵學生多進食蔬果及以健康食物作零食。

我們不單在香港作健康推廣，本校跳繩隊更遠赴澳門及廣州推廣跳繩運動，以「跳繩強心」為口號宣揚健康訊息。

參與計劃後，校方加設了健康學校資源室，為老師、同學及家長提供更多健康資訊的地方。

為了讓我們能夠持續健康的生活，我校將會繼續透過不同的渠道推行健康教育。



## Ma On Shan Lutheran Primary School

We are very grateful that our school has received award in the Hong Kong Healthy Schools Award Scheme. The award is not only recognition of our efforts in the past but also impels us to achieve higher goals in the future.

The aim of joining the scheme is to promote health messages to our students, parents and the community. Our long-term objective is to encourage them to have healthy lifestyle.

In the past three years, we organized a variety of activities to promote healthy living style such as Health Carnivals, Health Promotion Day, Healthy Snacks Award Scheme and Environmental Friendly Picnic. We also joined the Colorful and Bright Fruits and Vegetables Project last year. We aimed to encourage our students to eat more fruits and vegetables and to choose healthy food as snacks.

In addition to increase health awareness in Hong Kong, our rope jumping team went to Macau and Guangzhou to promote rope jumping. We used "Jump Rope For Heart" as a slogan to advocate the health message.

Since we have joined the scheme, our school has added a healthy school resources room. The purpose is to provide a variety of health information to teachers, students and parents in helping them to gain more health knowledge.

We will continue to carry out health education via different aspects, we will also be sure that we are able to continue the health lifestyle in the future.





### 馬鞍山聖若瑟小學

學生能夠擁有健康的身心靈，是教育工作者的素願。我們制定有系統的計劃，循序漸進地向學生及家長推廣健康生活。除了在課程滲入健康元素，我們更利用每週兩次早會時間，由「紅帽隊」成員協助老師帶領全校學生做體操，培養他們運動的良好習慣。我們還以「水！你今早飲左未呀？」為口號，鼓勵學生在運動後多喝開水，成為此集體運動的一大特色。對於那些較缺乏運動的小胖子，體育老師特別為他們度身訂造「你我都fit」計劃，期間同學要提早上學，進行連串體能活動，希望他們更關注個人健康。

此外，我們亦為家長安排一系列活動，如在「親子同樂齊齊跳」中，邀請數百位家長與子女一同共舞。另外，「跑出彩虹」親子計劃則善用我們的社區設施—馬鞍山運動場，安排家長與子女每天早上到運動場跑步健身，亦讓他們認識社區的健康設施。我們希望透過家長的參與，加強我們在推動健康文化上的能量，共同為下一代的健康而努力。

### Ma On Shan St. Joseph's Primary School

Enable students to be physically, mentally and spiritually healthy should be the mission of an enthusiastic educator. Various programmes are conducted to promote healthy living among students and parents step by step in our school. In addition to introduce health elements into the curriculum, students from the "Red Hat Team" would assist teachers to lead the whole school students to do exercise in the assembly twice a week which would help students to develop the habit of doing regular exercise. "Did you drink water this morning?" is another programme which further promotes drinking water after doing exercise. For those overweight students who are with insufficient physical exercise, our PE teachers designed a specific exercise programme, in which students had to go to school earlier than usual to complete a series of physical training under teachers' instruction.

We are aware of the importance of parent education so we planned various types of health promotion activities for the families. For instance, few hundreds of parents were invited to dance with their kids in a dancing activity. In another exercise programme, we utilized one of the facilities in our community - Ma On Shan Sports Ground, where parents could do exercises with their kids every morning. As well, participants could learn different types of community facilities from the programme. With the active participation of the parents and collaboration with the families, we are much empowered to continue developing a healthy culture for our younger generation.





## 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







## 保良局百周年學校

自千禧年起，本校積極推廣及發展健康教育，目的在於營造一個健康及安全的學習環境，加強學生、家長及教職員對健康的關注及重視，提高整體的健康生活意識，從而提昇個人以及社會的生活質素。

為此，本校積極推動健康飲食及運動的文化，不斷提供多元化健康教育活動。如：「健康生活姿彩60天」、「跳繩強心週」、親子護齒工作坊、洗澡訓練等，務求令學生們能夠學以致用，使學習變得生活化。

另一方面，本校亦積極推廣環保及綠化校園等工作，例如鼓勵學生使用環保箱、垃圾分類處理，以及鼓勵家長及教職員參與舊衣回收行動等等。此外，我們積極參與及與外界協辦各項有關健康的主題活動，致力為社會盡一分力。

整體而言，本校深信健康教育已不再是單一層面推行便足夠的，是要透過不同的切入點來強化學生對健康的體驗和概念。朝著「香港健康學校獎勵計劃」的理念引領下，本校已慢慢步入推動及發展健康教育、營造健康學習環境及文化的軌道。

## Po Leung Kuk Centenary School

Since 2000, we have been promoting and developing health education actively. Our goals are to create a healthy and safe learning environment, to arouse students, parents and the staff conscious of the importance of health, to increase overall awareness of healthy life and to improve the quality of life at large.

In order to achieve our goals, we have advocated a culture of healthy diet and exercising health by organising a variety of health education activities, such as "60 Days of Healthy Life", "Week of Rope Skipping and Heart Strengthening", "Children Teeth Protection Campaign" and bath training workshops, etc. By doing so, we have tried our best to make the learning more practical and relevant to daily activities.

On the other hand, we have devoted our efforts to promote environmental protection and to landscape in our school by encouraging students to use environmentally friendly boxes and to categorise rubbish for recycling. We also encourage parents and teaching staff to participate in old clothes collection campaigns. Moreover, we maintain close contacts with external organisations and assign students to outbound servicing programs every year in order to contribute whatever we can to our society.

As a whole, we believe that health education is not only a didactic activity. We need to enhance the experience of health of students and inculcate the concept of health in the minds of students from different angles. Under the guidance of the concept behind the "The Hong Kong Healthy Schools Award Scheme", we are on track in our gradual promotion and development of health education, and creation of a healthy learning environment and a health culture.



家長齊齊學、齊齊做，自己學完教仔仔。



身心健康同樣兼顧，師生、家長同享歷奇樂趣。







## 保良局方王錦全小學

本校參加「第二屆香港健康學校獎勵計劃」，並獲得金獎的佳績，肯定了本校的努力，而這項成就，實在有賴學校各成員的合作與支持。

參與計劃後，本校曾經舉辦多項大型的健康教育活動，如「健康樂滿園嘉年華」、「五彩蔬果計劃」、「飲水計劃」、「足部檢查」等。在恆常的學校活動中，又加入健康元素，在排早操及眼部操時段，舉辦量書包活動，每年安排流感疫苗注射等。本校又為師生及家長安排各類健康講座。在2005年度暑期，更於校內舉辦成人急救課程，務求員生及家長透過各方面接觸健康知識，掌握健康技能，提高健康意識。校方又竭力營造健康及安全的校園，所有安排由制訂政策至落實執行，均一絲不苟。



本校設有全港首間的「健康教育資源中心」，營造健康的學校氣氛，成立了「健康小先鋒」部隊，協助學校推動健康活動。我們承諾，會繼續實現健康學校的理想，發揮全校參與、家校合作的力量，把健康學校的訊息傳揚社會，惠及社群。

## Po Leung Kuk Fong Wong Kam Chuen Primary School



We attained the gold medal in the Hong Kong Healthy Schools Award Scheme. The success is due to the effort of all the members of the school.

Our School has organized various activities such as "Healthy School Carnival", "Colorful and Bright Fruits and Vegetables Project", "Drinking Water Scheme" etc. Besides, we incorporate health elements in our daily life, for example, the morning exercise, eye exercise, weighing schoolbags, and anti-flu injection. We also held workshops on different topics about health. In summer 2005, we

conducted a First Aid training course for teachers and staff members to arouse people's awareness on health as well as healthy practices. We have paid great effort in creating a healthy school environment by putting posters in school, providing drinking water for students and preventing the spread of diseases. All the above practices were carefully implemented.

We were the first school in primary section to set a "Health Education Resource Centre" and to form a Little Health Pioneer team to help the school for running activities concerned with health.

We promise to continue our mission of being a healthy school. With the corporation between the school and parents, we would send the messages about healthy life to the whole society.



得獎學校分享 | 保良局方王錦全小學

AWARDEE SCHOOL SHARING: PLK FONG WONG KAM CHUEN PRIMARY SCHOOL





## 保良局李城璧中學

參加了「香港健康學校獎勵計劃」，使學校能更全面及有效地實踐學校使命—「善用社會資源，發掘學生潛能，提升教師專業，實施優質教育」。

本校與鄰舍港安醫院經常合作舉辦多項健康活動，主題包括「體重控制」、「戒煙」、「量度健康指標」等等。又於去年與理大合辦「眼睛健康日」，讓學生及家長都獲益良多。

在協助學生成長及發掘學生潛能方面，學校每年均舉辦「中一迎新營」、「領袖及朋輩輔導員訓練營」及「生活教育週」等活動。

為更有效地推行健康教育活動，本校教師不斷參與各項健康教育訓練，更有同事完成中大所舉辦的健康教育文憑及碩士課程。

本校衷心感謝香港中文大學健康教育及促進健康中心的職員，不斷為我們提供寶貴的意見及給予鼓勵。在未來的日子，我們會繼續以「健康促進學校」的標準，務使每一位學生都能健康愉快地成長。



## Po Leung Kuk Lee Shing Pik College



Participating in the Hong Kong Healthy Schools Award Scheme very much enhances our school to realize our School Mission: "By fully utilizing the resources available in society, by helping in the development of our students' potential, and by promoting a high professionalism in our teaching staff, our school endeavors to provide high quality education."

We are really privileged to have the Adventist Hospital in our neighborhood. In collaboration, we have been running regular Health

Promoting activities on themes such as "weight control", "antismoking", "basic health indicators measurement", etc. Last year, we were thankful to have the Hong Kong Polytechnic University to help organizing an "Eye Care Day" for our parents and students.

To help our junior students to adapt to their school life and the senior forms develop their potentials to the fullest, every year, there are "Form One Students Orientation Camps", "Leadership and Peer Counselor Training Camp" and "Sex Education Week", etc.

Many of our teachers participated in various Health Education Training Courses to update their knowledge to meet the increasing demands nowadays. In particular, we have teachers successfully completed the Professional Diploma in Health Education and Masters of Health Education courses organized by The Chinese University of Hong Kong.

We would like to express our heartfelt thanks to the Centre for Health Education and Health Promotion for their valuable advices and encouragement. We will continue to adopt a holistic "Health Promoting School" approach so that every student of our school may grow healthily and happily.





## 保良局陸慶濤小學

本校一向重視為學生營造一個充滿關愛、和諧及愉快的學習環境，以塑造一群擁有自尊自信、健康體魄及優越成就的學生。為了培養學生正確的價值觀、和諧的人際關係及健康的生活方式，本校於兩年前參加了「香港健康學校獎勵計劃」，協助學校落實健康學校的目標。

在這兩年間，校方成立健康學校專責小組，統籌健康學校工作的六個主要範疇，並聯絡全校各個科組，因應課程來設計切合學生需要的健康教育活動，讓學生透過全方位的學習模式學習健康生活知識及技能。雖然涉及健康教育的內容相當廣泛，但透過全校老師的共同努力，將健康教育的元素滲透於課程之中，確實能有效喚醒學童對自己和其他人健康的關注，令他們積極實踐健康生活，並體會當中的好處。

本校十分感謝一班熱愛學校的家長義工。在家長義工的熱心支持下，各項健康學校工作得以順利完成，他們既能身體力行活出健康的生活模式，為學生樹立良好的榜樣，亦能與老師共同攜手合作，培育健康新一代，實在居功不少。本校能於此獎勵計劃獲取銀獎殊榮，實在是家校同心的一個美好見證。



教師工作坊提升團隊精神

家校齊心共創關愛校園



健康成長 SUPERFRIENDS 小組

## Po Leung Kuk Luk Hing Too Primary School

Our school always concentrates on the importance of developing a caring, harmonious and joyful learning atmosphere for students. Through these important elements, our students can reinforce their self-esteem, healthy physique and sense of achievement. In order to cultivate the harmonious interpersonal relationship, positive morality and lifestyle of students, our school joined the "Hong Kong Healthy Schools Award Scheme" two years ago so as to implement the objectives of the healthy school.

A "Healthy School Taskforce" was set up to implement six key areas among the objectives of the "Healthy School" two years ago. The committee played an important role to liaise with all different subject panels to provide custom-made activities and workshops for our students to gain more knowledge about healthy lifestyle and different kinds of skills required to achieve healthy daily life. Although a wide range of healthy information is contained in the teaching materials, the knowledge and skills can be delivered to our students effectively through the efforts of the teachers. By doing so, it arouses the awareness of the students regarding the importance of healthy life and motivates them to internalize their healthy life practice actively. Students can learn the benefits and advantages of the healthy life through the practical experiences.

With the relentless support from the parent volunteers, the healthy school projects have been implemented smoothly and effectively. Through the coordination of the parents and teachers, our students learnt the crucial elements of healthy lifestyle from the role model and from various kinds of workshops. Their contribution was indispensable in assisting our school to obtain the Silver Award in the "Hong Kong Healthy Schools Award Scheme". The school gratefully acknowledges all the help at this memorable moment and that this remarkable milestone shows the successful synergy between the teachers and parents.







### 保良局余李慕芬紀念學校

在 2001 年，本校的同工懷著又驚又喜的心情參加了第一屆的香港健康學校獎勵計劃，到了三年後的 2004 年，我們同樣在又驚又喜中進行評估，並獲得了銀獎的佳績，實在令全校員生及家長感到萬分雀躍及鼓舞。

此計劃促成了我校健康促進委員會編制了校本的學校健康政策，強化了校園的健康環境及安全，及積極推展了學校的健康服務及健康教育推廣活動。學校積極地承擔推動健康校園的工作，將健康的訊息由學校傳播到家庭及社區，以提昇大家對促進健康的認知，以及推動實踐健康的生活模式。

我校將繼續邁向健康學校里程的另一個新開始，希望能在這穩固的基石上再接再厲，共創美好的明天。

### Po Leung Kuk Yu Lee Mo Fan Memorial School

With the mixed feeling of fear and joy, our school joined the first Hong Kong Healthy Schools Award Scheme in 2001. With the same mixed feeling, we went through the assessment three years later in 2004. The exciting and thrilling news of the Silver Award was received by students, teachers and parents of the school with great joy and ecstasy.

Through the participation of the Scheme, the Health Promotion Committee has successfully drafted our own school-based health policy, significantly improved the health environment and safety of the school premises and we have been dedicated to organize a series of health service and health education promotion activities. Through our effort and commitment to the promotion of school health, we managed to spread the message of health education to students' family and the community, thereby increasing the public awareness of good health and promoting the model of healthy life.

Although we have been awarded with "the Hong Kong Healthy Schools Award", our road to a better health school has just begun. We will certainly strive to take a step further and build a better tomorrow on the solid basis of our achievement.



綠化校園活動







## 西貢中心李少欽紀念學校

本校榮獲「香港健康學校獎勵計劃」銀獎，為本校教職員、學生及家長帶來莫大的鼓舞。推行計劃期間，我們舉辦了多項大型活動，並在校園建立無煙的學習環境、積極美化及綠化校園，又組織健康大使、防蚊隊等組織，讓同學從小就能養成良好的清潔衛生習慣。

為配合教育改革，本校把健康教育的元素滲透在各科目中進行教學，並建立學生個人健康檔案，定期為學生量度身高體重及進行體適能測試。

在六大範疇中，本校在「校風及人際關係」方面取得較突出的成績。這是由於本校著意在校園內建立一個互相關懷、信任和友愛的地方，師生間融洽相處，而同學間能互相關懷、彼此包容。我們深信，在家長和同學積極的參與下，能把健康的信念帶給我們身邊每一個人。

## Sai Kung Central Lee Siu Yam Memorial School

It is an honor for our school to receive the Silver Award of "The Hong Kong Healthy Schools Award Scheme". All the teachers, staff, students and parents in our school are very proud on this achievement. Within these years, we have organised a series of activities, such as the setting up of a smoke-free learning environment and maintaining a clean and green campus. We have also trained some students to be Health Ambassadors, Anti-mosquito Team Members, etc. to promote and educate a clean and hygienic awareness among our students.

Under the Education Reform, we have integrated some health education elements into our school-based curriculum. For examples, all the students have their own health portfolio; their height and weight measurements are taken along with Physical Fitness Tests being done regularly in our school.

Out of the six areas of the Scheme, we have achieved outstanding results in "School Social Environment". Our success is the result of the dedication and collaboration between the teachers, staff, parents and students. We believe that we can bring our health message to the community around us through the joint effort of our parents and students.



校園健康大使



健康活動 — 愛惜牙齒



親子「送暖」行動

得獎學校分享 - 西貢中心李少欽紀念學校

AWARDEE SCHOOL SHARING: SAI KUNG CENTRAL LEE SIU YAM MEMORIAL SCHOOL





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