



## 三育中學

本校在「香港健康學校獎勵計劃」獲獎，我們全體學生、家長及教職員感到十分高興。三育中學深信全人教育，著重學生在「靈、智、體」三方面的均衡發展，提倡健康素食，每天為學生在飯堂提供營養豐富的紅米、糙米、素菜等食物，讓他們建立良好的飲食習慣及體魄。

校方成立「健康及環保組」，統籌及推廣健康教育，並提供多元化的健康環保活動。我們更參與「健康城市將軍澳」計劃及其所舉辦的不同活動，如：健康學校夥伴計劃、健康一萬

步、注射預防感冒針、靈實學童保健等，全校各人身體力行，親身體會健康的益處。

本校感謝香港中文大學健康教育及促進健康中心，給予寶貴的意見及鼓勵，使本校獲益良多，也感謝家長教師會積極參與及協助。我們會繼續推動校內全人健康教育，使每一個學生都能健康而愉快成長。

香港健康學校獎勵計劃

### 吸水大法



### 全人教育

### 中會步操



### 健康展版



# The Hong Kong Healthy Schools Award Scheme



The Hong Kong Healthy Schools Award Scheme

## Sam Yuk Middle School

With great gratitude from all the students, parents, faculty and staff of Sam Yuk Middle School, we are honoured to receive a Bronze prize at “The Hong Kong Healthy Schools Award Scheme”. Sam Yuk Middle School deeply believes in the whole-person education which is focused on a well-balanced development of students in spiritual, academic and physical growth. We advocate healthy vegetarian diet and serve the students with nutritious brown rice; unpolished rice and vegetarian dishes daily at the cafeteria, helping them build up healthy eating habits and sound body.

With the establishment of the “Health and Environmental Department” to coordinate and promote health education, the school provides various activities about health and environment. We have even involved in the “TKO--Healthy City”

project and its different activities for examples: “Healthy School Partnership Scheme”, “Walk 10,000 Steps for Health”, injection of influenza vaccines, student health check program by Haven of Hope Christian Service. We all live out the spirit and experience the benefits of healthy lifestyle personally.

We are grateful to the Centre for Health Education and Health Promotion of the Chinese University of Hong Kong for giving their valuable advice and encouragements. We have benefited a lot from this Scheme. We also have to express our heartfelt thanks to our Parents and Teachers Association for their active participation and assistance. We will continue to promote the whole-person health education at school and let every student grow healthily and happily.

