

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.

