



## 靈光小學

本校決定參加香港健康學校獎勵計劃，是由於計劃可改善學校各持分者的健康問題，當中不只學生受益，還惠及教職員，家長及社區人士。因此，我校全體員工皆願意共同努力建立一所「健康學校」。

回想起參加香港健康學校獎勵計劃的第一年，正值「沙士」在香港肆虐，各位同工在會議時面帶口罩的情景還歷歷在目。幸好香港中文大學健康教育及促進健康中心早已為參與計劃的學校提供一系列預防傳染病感染的措施及方法，在全校員工、家長及學生的共同努力下，我校終能安然渡過「沙士」的考驗。



同時，我校亦設計了多個健康專題活動，以改善學生的飲食習慣。從老師及家長精心設計的健康知識故事、角色扮演活動、遊戲及運動當中，學生也殷切體驗到健康飲食的重要。

從近年世界各地對不同健康問題的關注，可見「健康」是何等重要，因此，參加此計劃能讓學校同工根據健康教育及促進健康中心的健康評估結果來檢視學校全方位的健康發展方向，讓我們一起去努力共建「健康學校」。

## Emmanuel Primary School

The main reason that attracts us to join The Hong Kong Healthy Schools Award Scheme is that we may learn the skills to look after every stakeholder's health, including students, staff, parents and even members in the community.

We joined the Scheme during the outbreak of SARS in 2003. Fortunately, the Centre for Health Education and Health Promotion has already issued a series of guidelines for the member schools in preventing SARS and other infectious diseases. With our efforts to follow with all the guidelines, we had eventually overcome the challenge.

In addition, we have designed various activities to consolidate our students' healthy eating habits. By observation, many students are changing their eating habits by having healthy snacks such as fruit and cereals instead of chips and candies.

Finally, through the assessment offered by the Centre, we are able to re-examine our school's health policy and work in different aspects. It is extremely important to educate our students and parents on how to live a healthy life. So let's work together to create a "Healthy School".

