



聖傑靈女子中學

我校自零二年取得香港健康學校獎勵計劃銀獎以來，一直不斷自我挑戰，追求卓越，努力向金獎進發。事實上，要成為優質學校，達到健康學校的指標正是基本條件，而健康教育所提倡的身心健康，也正是學生要全面發展的必備素質。因此，參加香港健康學校獎勵計劃無疑是為學校引入自我完善機制的不二法門。



過去數年，我們除了在校內按部就班地推行各項健康教育發展計劃外，還對外聯絡多間中小學校、專業團體和機構，締結網絡，協辦大型活動，當中包括「健康同心互助網絡」計劃，我校協助拔萃男書院開展健康促進活動，合作兩年，互有裨益，經驗實在難得！此外，我們又舉辦義工培訓、無煙校園、口腔衛生、精神情緒健康等，都有一定的成果。

我校於零四年完成第一個五年健康促進計劃—「做個負責任的孩子」後，便開展第二個五年計劃，以生命教育為重點，詳情請瀏覽本校網頁<http://www.scsge.edu.hk/~sc-healthclub/>

獲得金獎，感到的欣悅是多重的，除了這是一項殊榮外，能與志同道合的人士一起邁向理想，培育健康新一代，共建健康的社群，也是一件賞心樂事。今後我們當更努力，繼續為健康教育開闢前路。

St. Catharine's School for Girls, Kwun Tong

The Hong Kong Healthy Schools Award Scheme Gold Award has been the goal that we at St Catharine's have been working hard towards since winning the Silver Award in 2002. It is a testimony of us to strive for excellence and of our continued commitment to school health education.



In truth, health promotion is a requirement an excellent school should fulfil. Good health is a fundamental element of success for our students in today's competitive society. Therefore, there is no better way for our school's self-advancement than participation in the Hong Kong Healthy Schools Award Scheme.

In the past few years, we have been exploring different strategies for promoting health education, we put in effort networking with other institutions and professional organisations. One of the many outcomes of the latter is a two-year collaboration with Diocesan Boys' School in setting up their health promotion programme, the experience of which has been valuable to both schools. Internally, activities such as "health ambassador training", "smoke-free school campus", oral hygiene education and mental health awareness have all been well received.

We had completed the first five-year programme under the theme of "Be Responsible" in 2004 and are now embarking on another five-year schedule with a focus on life education. For more details please visit our website <http://www.scsge.edu.hk/~sc-healthclub/>

We are pleased with our success in the Hong Kong Healthy Schools Award Scheme this year. This is an honour, as much as an inspiration. The Scheme provides an invaluable and joyful experience to work with like-minded comrades in pursuing an important educational goal. We vow to nurture a health-conscious new generation for our community.

