

香港健康學校獎勵計劃

The Hong Kong Healthy Schools Award Scheme

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序言

香港健康學校獎勵計劃



得見「香港健康學校獎勵計劃」成功發展及本年度十五間學校達到健康促進學校的標準，我實在感到萬分欣喜。香港中文大學醫學院健康教育及促進健康中心推動香港健康促進學校發展的努力成果實在有目共睹。

去年，西太平洋區遇上世紀疫潮。區內多個成員國受嚴重急性呼吸系統綜合症襲擊後，繼而再受禽流感困擾，使區內公共健康受到嚴重的打擊。未來將有更多疫病爆發，威脅席捲全球。要有效應付這些疫病挑戰，我們必須提升及推動公眾對個人及公眾健康的關注。

作為社會的縮影，學校於推動健康教育及促進健康的過程中擔當著非常重要的角色。要發揮健康促進的威力，我們則必須在公共衛生界別裡開拓空間以創造全新的角色和責任，並具備創意、膽識，以及對政治的承擔，從而帶領促進健康活動拓展至健康教育以外的範疇，進入更廣闊的社會動員的空間。健康教育及促進健康中心發展「香港健康學校獎勵計劃」，並得到香港特別行政區政府教育統籌局及不同社會機構的支持，這無疑是計劃得以成功的關鍵要素。我們期望「香港健康學校獎勵計劃」獲得的成果能作為楷模，藉以推動其他本地及區內健康教育及健康促進之工作者發展健康促進學校計劃。

在此，我衷心祝賀健康教育及促進健康中心成功推展「香港健康學校獎勵計劃」。讓我們攜手為迎向未來的健康挑戰而作好準備，並為區內大眾建立一個更健康的環境。

世界衛生組織
西太平洋區促進健康總監
Dr. Linda Milan

The Hong Kong Healthy Schools Award Scheme

Foreword

Having witnessed the establishment of Hong Kong Healthy Schools Award Scheme in 2001, and the awarding ceremonies for good achievement by fifteen schools in the implementation of the concept of Health Promoting Schools, I am impressed by the Centre for Health Education and Health Promotion, the Faculty of Medicine of the Chinese University of Hong Kong for the great strides that have been made in the development of Health Promoting Schools in Hong Kong.

We have experienced one of the most dramatic and frightening public health events to have hit the Western Pacific Region in recent decades: the 2003 SARS outbreak. A nother emerging disease, avian influenza, struck several Member States in our part of the world this year. More disease outbreaks that threaten global health lie ahead. One of the effective ways to tackle these health challenges is to raise people's awareness and encourage them to take on a more active role in addressing these public health issues.

Schools are microcosms of the large community, play an extraordinarily important role in this process. In addition, the power of health promotion will only be unleashed when capacity is built within the health sector to take on new roles and responsibilities that require creativity, boldness and political commitment in moving beyond the realm of health education to the broader arenas of advocacy and social mobilization. The Centre initiated the Scheme and gained the support from the Education and Manpower Bureau of the Hong Kong SAR Government and other public sectors. This important element contributed to the success of the Scheme. We are expecting that with all the fruitful results derived from the Scheme, the Hong Kong Healthy Schools Award Scheme could continue to be a good model for the other health education and health promotion practitioners locally and in the whole Region.

Finally, I would like to offer my warmest congratulations to the Centre for Health Education and Health Promotion for the success in promoting the Hong Kong Healthy Schools Award Scheme. There is no doubt with our joint effort, we could contribute significantly to combat the future health challenges and creating a healthier environment for the peoples of this Region.

Dr. Linda Milan
Director
Building Healthy Communities and Populations
World Health Organization Western Pacific Regional Office



序言

香港健康學校獎勵計劃



本人衷心祝賀本年度十五所學校達致世界衛生組織所訂之健康促進學校之水平，而獲頒香港健康學校獎項。此外，本人更感謝香港中文大學醫學院健康教育及促進健康中心致力推動學生、家長及教職員之身心健康，帶領香港學校踏上健康促進學校之路。

建立健康生活方式是課程改革的七個學習宗旨之一。要學童建立健康生活方式，除了從正規課程著手外，也必須配合全方位學習模式。而香港健康學校獎勵計劃正能協助學校通過健康促進學校的概念及實踐，讓學校從課程以至校政方面都積極配合，以培養學生的正確人生價值觀及建立健康生活模式。香港健康學校獎勵計劃更注重改善教與學環境，並致力提高學校行政工作的素質、靈活性及問責性，配合香港教育政策目標。

藉此機會，本人再次恭賀健康教育及促進健康中心於推動香港健康學校獎勵計劃中獲得傑出的成績。本人祝願中心及參與計劃的學校能繼續推動健康教育及促進健康的發展，讓成果延伸至社區，惠澤社群。

香港特別行政區政府
教育統籌局首席助理秘書長（課程發展）
陳嘉琪博士

The Hong Kong Healthy Schools Award Scheme

Foreword

My warmest congratulations to the fifteen schools awarded for achieving the World Health Organization's standard on Health promoting schools and 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 the path of Health promoting schools which to promote healthy lifestyle among our students, parents, as well as school staff.

The development of a healthy lifestyle is one of the Seven Learning Goals in the Curriculum Reform. Students can develop a healthy lifestyle not only by learning from the general curriculum, but also through a life-wide learning approach. The Hong Kong Healthy Schools Award Scheme provides a well-structured framework for the development of health promoting schools. It embodies a holistic, whole school approach that enables students to cultivate positive values towards life and develop a healthy lifestyle. The Scheme also highlights on improving teaching and learning environment and enhancing the quality, flexibility and accountability of school administration which are in line with the Education Policy in Hong Kong.

I would like to take this opportunity to once again congratulate the Centre for Health Education and Health Promotion the success on the Hong Kong Healthy Schools Award Scheme. I wish the Centre and the schools under the Scheme the very best in achieving all the objectives and contributing towards the community and beyond.

Dr. KK Chan
Principal Assistant Secretary
(Curriculum Development)
Education and Manpower Bureau
The Government of the Hong Kong
Special Administrative Region



序言

香港健康學校獎勵計劃



衛生署一向致力促進全民健康和提倡於各種生活場所中推廣健康，本人樂見香港健康學校獎勵計劃推行取得成果。毫無疑問，這計劃可使兒童、老師、管理人員、家長及廣大社會人士更能掌握於學校中促進健康的機會，且能鼓勵各界攜手合作。

人們對健康的態度和行為深受童年經歷影響。家庭的培育與學校教育對兒童和青年人踏上健康生活模式的第一步尤為重要。其作用不止於認識身體的機能和行為如何影響健康，還在於學習怎樣應用知識和技能使生命活得豐盛。

「健康學校」不僅能促進學童的健康，亦能促進社區健康，其影響之深遠廣及老師、家長、管理人員和其他校內人士。兒童在學校裏得到健康的培育，將發展成為更有責任感，能夠為自己及社群建立健康生活模式的成年人。

衛生署於過去的年日曾引領學界並結為夥伴，致力多項健康推廣工作。本人熱切期盼在未來的日子裏能和更多社區團體及組織繼續為香港的未來共同努力。

最後，本人衷心祝賀今年獲獎的學校。你們為這極具意義的工作付出的努力，必定會帶來無限的回報。

衛生署
衛生防護中心助理署長
程卓瑞 醫生

The Hong Kong Healthy Schools Award Scheme

Foreword

As a staunch supporter of Health for All and advocate for the settings approach for health promotion, I am delighted to see the Hong Kong Healthy Schools Award Scheme bearing fruit. No doubt, the initiative raises the awareness of children, teachers, governors, parents, and the wider community of opportunities that exist in schools for improving health. It also encourages partnership at all levels.

People's attitudes and practices of health are largely shaped by childhood influences and experiences. Besides the family, school education is one of the most important ways of giving children and young people a healthy start in life. This is not only about learning how the body works and how behaviour can affect health. It is about how well we are equipped with the knowledge and skills to make the most from what life offers.

Healthy schools are not just about promoting the health of students. They are also about promoting the health of the community, including teachers, parents, governors and other school staff. Suitably nourished during school days, children grow up and develop into responsible adults, capable of making healthy life choices for themselves and others.

Throughout these years, the Department of Health has led numerous health promotion programmes in partnership with the school community. I earnestly look forward to a wider community working across sectors and disciplines, for the future of Hong Kong.

I wish to extend my heartiest congratulations to winners of the Award. Your hard work is well expended, and will certainly bring a thousand returns.

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





香港中文大學醫學院健康教育及促進健康中心於2001年發展「香港健康學校獎勵計劃」。計劃為學校提供一套完備的框架及指引，再通過完善的監察及認證制度，協助學校落實發展健康學校的目標。中心及香港特別行政區政府教育統籌局均為獎勵計劃的頒發獎項的機構，計劃更是本港首個獲取世界衛生組織西太平洋區認可的健康推廣學校計劃。計劃發展至今，共有98所中小學及特殊學校參與，去年共有十二間參與學校獲取獎項。本年共有十五間學校獲頒獎項，包括九個銀獎及六個銅獎。

「香港健康學校獎勵計劃」得以成功推行全賴教統局的支持及優質教育基金的資助。經過三年時間，計劃成功完成試驗及實踐階段，我們期盼進一步把「香港健康學校獎勵計劃」推展至全港各區。長遠而言，計劃將發展一套包含校外評核元素的自我評審機制。推行「健康學校自我評審機制」是以監察健康促進學校的發展及配合教統局推行的學校自我評估路向。

「健康學校計劃」得到各方面的支持，至今所取得的成果已獲得本地及世界組織的認同及稱許。於去年七月至八月期間，教統局委託中心開辦「健康學校」短期課程，旨在讓更多教育工作者及有志於推動健康學校的專業人士認識健康推廣學校的理念。去年，共有1,022所學校共1,698名校長及教師參與為期三天或一天的短期課程。世界衛生組織西太平洋區更委託中心開辦「健康學校」短期課程予區內有志於推動健康學校的專業人士。本年五月，來自9個國家共15名教育及醫護界工作者參與為期四天的短期課程。

此外，本年度中心籌辦的澳洲墨爾本交流訓練團及四月廿六至三十日期間舉行的第十八屆世界健康促進及健康教育大會，共有四十四名參與計劃的校長及教師參與。參與交流訓練團的團員跟其他地區的代表進行經驗分享後，瞭解到本港推動健康促進學校的工作已達到很高的水平，對於他們推動香港健康學校的發展抱有更大的決心。讓我們更為鼓舞的是國際健康促進及教育聯盟委任中心於香港主辦第二十屆世界健康促進及健康教育大會。屆時，中心將聯同其他國家機構及國際組織合辦這項盛事，而健康促進學校必為其中一項主要議題。

藉此機會，本人再次祝賀本年度十五所獲頒獎項的學校。我們衷心希望可以強化政府、社區及學校之間合作，為推動全民健康而努力。我們祈盼於不久將來，所有香港的學校都成為健康學校，為我們的社會培育健康的下一代。

香港中文大學醫學院
健康教育及促進健康中心主任
公共衛生學部主管
李大拔教授

The Hong Kong Healthy Schools Award Scheme

Foreword

The Centre for Health Education and Health Promotion, Faculty of Medicine of the Chinese University of Hong Kong launched the first territory wide “Healthy Schools Award Scheme” with the development of a comprehensive framework and guidelines for implementation and accreditation in 2001. Together with the Education and Manpower Bureau (EMB) as the awarding bodies, the scheme also has the endorsement of World Health Organization Western Pacific Regional Office (WHO/WPRO) in meeting the WHO standards. We now have 98 schools joining the Award Scheme with 12 schools have been presented an award last year. I take pleasure to announce that a total of 15 schools will be presented “Hong Kong Healthy Schools Award” including 9 Silver and 6 Bronze this year.

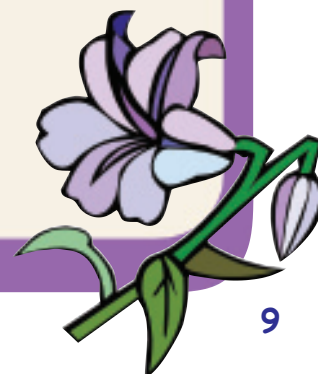
I would like to express my sincere thanks to the continual support from the Education and Manpower Bureau and the Quality Education Fund (QEF) for their financial support. With the generous three-year financial support from QEF, the Scheme has passed successfully the experimental stage as well as the service adaptation stage, and is entering to the territory-wide implementation stage. For the territory-wide implementation of the Scheme, our intention in the long run is to divest the practice into a model of self evaluation which complemented by external school review. The development of the self evaluation system for the Scheme is to monitor the progress of the Health Promoting Schools which is in line with the School Self-evaluation notion put forward by the Bureau.

With the collaboration of different parties, schools, teachers and parents, the fruitful results of the Hong Kong Healthy Schools are now locally and worldwide recognized. The Centre has been invited by the EMB to conduct short courses for school administrators and teachers to promote the concept of Health Promoting Schools. There were 1,698 school principals and teachers in total from 1,022 local schools joined the 3-day and 1-day course in the summer of 2003. In addition, WHO/WPRO has commissioned the Centre to conduct the short course on Health Promoting Schools to educators and health related workers in the region. There were a total of 15 participants from 9 countries attended the 4-day course in May 2004.

I would also like to add that the 18th World Conference on Health Promotion and Health Education was successfully held in Melbourne, Australia on 26-30 April 2004. The Centre is the Pearl River Liaison Office for the Northern Part of Pacific Region of the International Union for Health Promotion and Education (IUHPE) and has coordinated a total of 44 school principals and schoolteachers, from local primary and secondary schools joined the Award Scheme, to participate in the Melbourne Exchange and Training Programme and the World Conference. All participants were very positive with the tour. They found their work on promoting Healthy Schools in Hong Kong is as good as that in foreign countries, and that has built up their confidence and reinforced their dedication to further the development of Health Promoting Schools in Hong Kong. The 20th World Conference on Health Promotion and Health Education of IUHPE will be held in Hong Kong in 2010. The Centre will take the lead as the host organization and will collaborate with several national and international organizations. Health Promoting Schools will definitely be one of the main themes in this World Conference.

Once again, I would like to congratulate the fifteen award-winning Healthy Schools and we anticipate that joint action from the Government, the community and schools should be strengthened to achieve better health for all Hong Kong people. Last but not least, we envisage that all schools in Hong Kong will one day be Healthy Schools to foster a healthy new generation for our society.

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





獎勵計劃榮譽顧問 Honourary Consultants Of The Scheme

本港 Local

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

李紹鴻教授
Professor Lee Shiu Hung, SBS, JP
香港中文大學社會醫學榮譽教授
Emeritus Professor of Community Medicine
The Chinese University of Hong Kong

容曾華薇女士
Ms Grace Yung
青草地全人發展中心臨床督導總監
青草地全人發展中心總監
Chief Clinical Supervisor, Chief Executive
Green Pastures Whole Person Development Centre

海外 Overseas

Professor William Chen
Professor & Chair of Department of Health Science Education
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系教授
Professor of Health Education Department
National Taiwan Normal University

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
World Health Organization Western Pacific Regional Office

Dr. Alysoun Moon
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University of Southampton, United Kingdom

Professor Lawrence St. Leger
Association Professor of School of Health & Social Development
Deakin University, Australia

杜祖貽教授
Professor To Cho Yee
美國密西根大學教育哲學教授兼研究科學家
Professor & Research Scientist
The University of Michigan

Professor Keith Tones
Emeritus Professor of Health Education
Leeds Metropolitan University
Visiting Professor of Health Promotion
Nuffield Institute for Health
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晏涵文教授
Professor Edwin Han-wen Yen
國立台灣師範大學衛生教育系教授
Professor of Health Education Department
National Taiwan Normal University

The Hong Kong Healthy Schools Award Scheme

香港健康學校獎勵計劃

背景

本中心自1998年率先在香港推動「健康促進學校」的概念，此概念現已在香港奠定了相當的基礎。承蒙優質教育基金資助，本中心於2001年至2004年推行「香港健康學校獎勵計劃」(以下簡稱「獎勵計劃」)，藉以進一步推動及實踐「健康促進學校」概念。本計劃成為首個獲得世界衛生組織西太平洋區認可的地區性「健康促進學校」拓展運動，而計劃所設的獎項亦得到該組織之認可，並由香港特別行政區教育統籌局與本中心一起頒授。

「獎勵計劃」包含世界衛生組織所倡議的六大範疇(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)，每個範疇都設有不同的評估方向。學校需根據校本的情況發展每個範疇，以達到各評估方向的要求，而學校行政人員和家長的參與、社區的推動及教職員的裝備等，亦是相當重要的一環。

過去三年以來，本中心已發展一套「健康促進學校」的評估工具，其中包括「健康促進學校」工作指引和標準。這套評估工具的發展有賴來自美國、澳洲、英國和台灣的「健康學校」專家學者的指導，並配合本港具經驗的教育工作者及健康教育專業人士的支持下得以訂立。本中心曾運用此評估工具於98間參與「獎勵計劃」的學校作基線評估；更於30多間參與「獎勵計劃」的學校作獎項評估，而去年與今年獲獎的「健康學校」分別為12及15間。從獲獎學校的評估結果可見，學校能透過參與「獎勵計劃」，無論在學生的健康、學校的校風人際關係、教與學，甚至校本管理等方面都得以提升。此外，本中心推動「健康促進學校」的成果亦得到世界衛生組織的認同，並得到世界衛生組織西太平洋區委托，為亞洲地區及太平洋島嶼國家舉辦「國際健康促進學校」課程。

The Hong Kong Healthy Schools Award Scheme

Background

The Centre for Health Education and Health Promotion of the Chinese University of Hong Kong (thereafter known as Centre) has pioneered the concept of health promoting school in Hong Kong in 1998. The Centre has been awarded grant from the Quality Education Fund from 2001 to 2004 to develop the Hong Kong Healthy Schools Award Scheme (Award Scheme) at its initial phase to promote and implement the concept of health promoting school further. The Education and Manpower Bureau of The Government of the HKSAR together with the Centre are the awarding bodies with the endorsement of the World Health Organization Western Pacific Region (WHO/WPRO). This is the first territory wide "Healthy Schools" movement that gained recognition from WHO/WPRO.

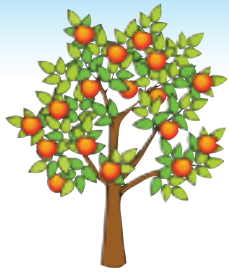
The Award Scheme covers six key areas (Health Policies, Health Services, Personal Health Skills, Social Environment, Community Relationships and Physical Environment) adapted from the World Health Organization's guidelines. Each key area has a number of components with targets for schools to achieve. The components cover school-based initiatives as well as involvement of school management committees, parent and community, and also teacher training.

Over the past 3 years, the Centre has developed measuring instrument to assess the status of health promoting school. The measuring instrument consists of a set of guidelines and standards with indicators. It is generated under the input of leading world experts from USA, Australia, UK and Taiwan, and also local experienced educators and experts in health education and health promotion. The Centre has used the measuring instruments to conduct baseline assessment on all 98 Award Scheme participating schools and audit for awards on over 30 schools. 12 schools have been presented with an award last year and a total of 15 schools will be presented the "Hong Kong Healthy Schools Award" this year. The results demonstrate improvements of student's health, school ethos, school management as well as teaching and learning. The Centre has also been commissioned by WHO/WPRO to conduct "The International Workshop on Health Promoting Schools" for Asian and Pacific Islands countries.



Introduction of The Hong Kong Healthy Schools Award Scheme





未來發展

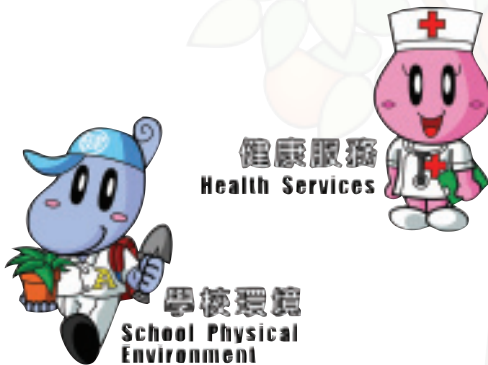
「香港健康學校獎勵計劃」現要踏上一個新里程。除了現有的參與學校外，有更多的學校開始引入「健康促進學校」的概念以完善整體的學校發展，並致力加強健康教育(無論是透過正規課程或課外活動去推動)。但綜觀現況，這些學校均需要更多的支援和資源提升及推動「健康促進學校」的知識和技能，以及教職員的裝備；因此，計劃另一階段的發展，就是透過「健康學校—夥伴學校計劃」去支援及帶領這些學校去發展其校本式的「健康促進學校」。我們希望透過「健康學校—夥伴學校計劃」，不單能促使「健康促進學校」的成效在這個城市得到彰顯，更重要的是讓「健康促進學校」之概念在香港能持續地發展。

為使我們的下一代能具備各種條件，以應付二十一世紀轉變中的世界所帶來的種種衝擊，教育同工要面對不同的挑戰；本中心願與各同道者同行，努力向世界各地引證「健康促進學校」對建立健康的年輕一代的果效。盼望「健康促進學校」在我們的城市能如滾雪球般推展，並於2010年在香港舉行的「第二十屆國際健康促進及健康教育會議」中，向世界各地顯示本港在推動「健康促進學校」上，那令人鼓舞和驕傲的成績。



Future Development

The Hong Kong Healthy Schools Award Scheme is now embarking on a new journey. Except schools participating in the Award Scheme, more and more schools are willing to put the concept of health promoting school into practice, such as taking the whole school approach and strengthening the health curriculum (formal and extra-curricular). However, they need support in terms of knowledge and skills, supporting network and health education training. Therefore, the next stage of development is to support those health promoting schools in mentoring other schools to become health promoting school. This peer group mentoring system will help to cascade the effect of health promoting school amongst our City and enable the health promoting school concept to be put into practice for long-term sustainability. To meet the essential requirements for healthy youth development in this transforming world, the 21st Century, there are vast challenges faced by the workfellows in schools. The Centre will also consolidate evidence on the effectiveness of health promoting school for the world to share. It is expected that in the coming 20th World Conference on Health Promotion and Health Education that is going to be held in Hong Kong in the year 2010, more encouraging impacts from schools as a whole is going to be seen because of the snow-balling effect of health promoting school in our City.





展望未來 — 「香港健康學校獎勵計劃」持續發展方向

回顧過去三年，「香港健康學校獎勵計劃」的推動工作，已由初期的發展步進成熟的階段，參與的學校接近100間。繼往開來，展望以下的幾個例子，也是持續推動「健康促進學校」的發展方向，讓我們為下一代的身心健康而努力吧。

Looking Forward - Further Development of the Hong Kong Healthy Schools Award Scheme

Retracing the previous 3 years, the implementation of the Hong Kong Healthy Schools Award Scheme has greatly developed. Nearly 100 schools have joined the Scheme. We are looking forward to further "health-promoting school" projects or work to be done, working in line for the healthier development in our next generation.

「葵青安健學校計劃」

「香港健康學校獎勵計劃」經過了三年的推動及實踐，98間計劃學校已漸漸起步，並且受到各界的關注及認同。因此，在二零零四年九月，葵青健康及安全協會邀請本中心推行「葵青安健學校計劃」，作為「香港健康學校獎勵計劃」地區性的延續。

「葵青安健學校計劃」為期兩年，在葵青區議會的資助及區內不同機構的支持下，於區內中學、小學及幼稚園各一間作試點式的推行。我們謹在此歡迎這三間參與學校加入健康促進學校的行列，本中心會竭盡所能協助參與學校發展成為健康促進學校，共同為新一代的健康而努力。

我們更熱切期望類似的地區性健康促進學校網絡的模式能於不同地區發展，透過推動健康學校的發展，致力創造一個健康的文化及健康生活環境，從而培育健康的下一代。



Kwai Tsing Safe & Healthy Schools Scheme

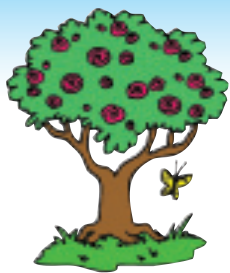
With constant promotion and implementation of the Hong Kong Healthy Schools Award Scheme over the past three years, the 98 participating schools are devoted to promote health amongst the whole school and the community at large. This concept of "Health Promoting Schools" is further recognized by different districts of Hong Kong.

In September 2004, the Centre was invited by Kwai Tsing Health and Safety Association to launch a district-based Health Promoting School Scheme in Kwai Tsing District called "Kwai Tsing Safe & Healthy Schools Scheme". It serves as a district-based extension of the Hong Kong Healthy Schools Award Scheme. The 2-year-cycle Scheme is funded by the Kwai Tsing District Council and has gained wide support from various organizations in the district. A secondary school, a primary school and a kindergarten have been recruited in the initial phase.

In the meantime, we would like to welcome the 3 new joiners. It is hoped that through our assistance, the participating schools will become health-promoting schools and we would work together to foster healthy development amongst our next generation.

Moreover, we look forward to establishing more district-based health promoting school networks in different districts, for making every effort to create a health promoting environment and culture in Hong Kong. This, in turn, helps to improve the health and well-being of our next generation.





地區性健康促進學校網絡 --- 沙田及馬鞍山、新界西、新界北

爲了聯繫各地區的「香港健康學校獎勵計劃」參與學校，促進互相交流，加強健康學校的凝聚力，本中心在二零零四年起分別成立了「新界西健康促進學校網絡」、「沙田及馬鞍山健康促進學校網絡」及「新界北健康促進學校網絡」，並於各區舉辦了首次地區性分享會。各學校代表在會上互相分享推行健康學校的成功與困難，並且非常投入討論，營造出彼此支持的氣氛。我們期望其他各區在不久的將來都能建立「健康促進學校網絡」，彼此以健康促進學校爲基礎，共同努力，在區內推動健康教育及健康促進工作。



School Networking-Shatin & Ma On Shan, N.T. West, N.T. North

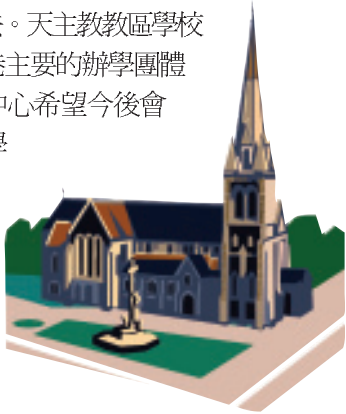
In order to link up health promoting schools and build up supporting network within districts and with the aims to consolidate the implementation of health promoting school concepts in schools, the Centre has established 3 district-based networks, including “HSA Network in Shatin and Ma On Shan District”, “HSA Network in N.T. West District” and “HSA Network in N.T. North District” from the beginning of 2004. Each of the district-based networks has organized a sharing session, in which schools shared their successful experiences and difficulties encountered. Participants showed enthusiasms in the discussion and the sharing has facilitated the development of good rapport among schools. In the coming future, we wish to develop supporting networks in other districts and hope that based on common mission, schools would continue to carry out health education and health promotion in schools as well as in different districts.





「如何實踐健康促進學校」 — 應邀參與天主教教區學校 聯會(小學組)「校本課程/ 計劃經驗分享會」

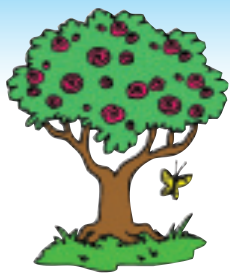
香港健康學校獎勵計劃由推行至今，深受各界認同。本年三月，天主教教區學校聯會(小學組)邀請了中心主任李大拔教授於「校本課程/計劃經驗分享會」中講述有關「如何實踐健康促進學校」的課題，內容包括健康和學習成效的關係、健康促進學校簡介、教統局表現指標與健康促進學校之配合，及分析健康促進學校對學生健康危機之正面影響。是次分享會加深了學校同工(尤其非參與本計劃之同工)對健康促進學校之認識，並把健康學校的種子散播出去。天主教教區學校聯會乃本港主要的辦學團體之一，本中心希望今後會有更多辦學團體和同工加入健康促進的行列，攜手並肩，努力為下一代的健康奮鬥。



The talk: "How to Implement Health Promoting Schools?" in "School-based curriculum and projects experience sharing seminar?" By Catholic Schools District Network (Primary Section)

The Hong Kong Healthy Schools Award Scheme has been widely accepted since it was launched. In March 2004, our Centre Director, Professor Albert Lee, was invited by the Catholic Schools District Network (Primary Section) to give a speech on "How to implement Health Promoting Schools (HPS)" in their "School-based curriculum and projects experience sharing seminar". The seminar focused on topics such as the relationship between health and academic outcome, introduction of HPS, how the HPS works in line with the Performance Indicators set by the Education and Manpower Bureau, and the positive impact of HPS on students' health risks. This event helped educators, especially those who have not joined the Scheme to know HPS better so as to spread the seeds of HPS. Catholic Schools District Network is one of the major sponsoring bodies of schools in Hong Kong. The Centre would like to encourage more educators and other sponsoring bodies of schools to work together on the mission of health promotion for the health of our next generation.





校本式的健康教育計劃或活動

學校在推行「健康促進學校」計劃時，應按其校本需要，訂立優先次序，選擇發展的項目。為支援校本的健康促進活動，本中心曾舉辦過不同形式的活動以切合學校的需要。以下為中心為學校度身訂造的活動，學校可按校本需要，聯絡本中心以了解有關活動的詳情。

School-based Health Education and Promotion Projects and Activities

In implementing Health Promoting Schools, schools should prioritize the areas for development according to their needs. The Centre has organized a variety of activities in response to the schools' needs. A list of tailor-made activities is available for schools. Schools are welcome to contact us for further information.

「健康小先鋒」摘星計劃

「健康小先鋒」摘星計劃於二零零一至二零零三年期間，曾於沙田及屯門區共四間學校進行試點式計劃，反應良好。為了令更多小學生能掌握健康知識並成為傑出的「健康小先鋒」，本中心應香港健康促進及教育協會的邀請，一同合作，在沙田區醫生網絡的支持下，於今年再次推行此計劃。

計劃目的：

1. 引導小學生主動學習健康知識，並促進健康生活
2. 培養小學生搜集正確的健康資訊能力
3. 幫助學生建立個人自信，加強溝通及表達技巧
4. 實踐朋輩推廣，提升校內同學對健康的關注
5. 增加小學生對醫療界的認識和興趣

計劃以工作坊形式進行，學員們從中學習到十大健康主題，其中包括：食物與營養、疾病的防治、安全與急救、環境健康與保護、個人健康、心理和情緒健康、消費者健康、吸煙、酗酒及藥物使用與濫用、家庭生活與性教育，以及生命與老化。學員們於工作坊內分組進行遊戲，從中學習健康知識。完成工作坊後，本中心作出一連串的跟進，包括要求學員記錄他們在完成工作坊後的健康生活狀況，並交回以作評估。此外，學員們亦有機會在學校進行宣揚健康活動，把在工作坊內學到的健康訊息帶給全校。

工作坊後，參與的學校均表示對此計劃十分欣賞。他們看過小朋友的學習歷程檔案後，都認為此計劃教授的內容充份及全面，令學生獲益良多。同學們亦精心製作他們的學習歷程檔案，證明他們都有決心成為一個傑出的「健康小先鋒」。



學員們正在宣誓要做一個有效的「健康小先鋒」。
Students are making oath to be a healthy ambassador.

Project Star: The Little Health Pioneers

“Project Star: The Little Health Pioneers” was piloted in four schools in Shatin and Tuen Mun during 2001-2003 by the Centre. The feedback of the programme was very good.

In response to the invitation from the Health Education and Promotion Foundation, this activity is re-launched this year with the support from Shatin Doctor Network. The programme equips children with more correct health knowledge and train students to be Health Pioneers.

Aims of the Programme:

1. To initiate students' motivation to learn more health knowledge;
2. To develop students' skills of collecting correct health information;
3. To help students build up 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 to arouse their interest in health care professions

In a series of workshops, students would be taught ten health topics. They are Food and Nutrition, Disease Prevention and Management, Safety and First Aid, Environmental Health and Protection, Health Management; Mental and Emotional Health, Consumer Health, Drinking, Smoking and Drug Abuse, Family Life and Sex Education, and Life and Aging. In the workshops, students were divided into groups and they learnt through interactive activities. Upon the completion of the programme, students had to record their lifestyle changes. Moreover, they would have an opportunity to present what they have learnt to their schoolmates and to promote health amongst them.

After the training workshops, there was a lot of positive feedback from schools. Schools reflected that after reading their students' health and lifestyle portfolio, they found the programme very practical and resourceful in every aspect that the students learnt a lot from it. Besides, the Little Health Pioneers portfolios were all very well-prepared. This clearly shows that they all have high motivation to be successful Little Health Pioneers.

The Hong Kong Healthy Schools Award Scheme



「至Fit至醒小人類」

有見香港學童的肥胖問題日益嚴重，本中心於今年暑假開始推出「至Fit至醒小人類」體重控制課程，旨在以小組遊戲、競技比賽、親子活動、超級市場旅行團等互動及有趣的形式幫助學生學習正確的自我體重管理概念，培養健康生活方式，提升自信心和擴闊社交圈子。活動由註冊營養師、物理治療師、職業治療師等策劃及帶領，著重家長參與，並可作為學校為過重學生提供的校本健康服務，以及早矯正及預防因肥胖而導致的身、心及社交問題。歡迎學校作轉介或查詢以共同制定配合學校需要的服務方案或課程內容。此外，本中心會提供教師培訓及家長工作坊，以全面配合及繼續跟進。第一班「至Fit至醒小人類」已於八月正式畢業，反應十分良好，參加者及家長均表示課程新穎有趣，既可認識健康飲食及運動的知識和技能，亦增進了親子關係和加強同學的自制能力。



健康飲食及運動的知識和技能，亦增進了親子關係和加強同學的自制能力。

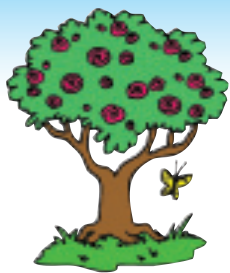
“Smart Kids Fitness Program”

The Centre has launched the “Smart Kids Fitness Program” since summer 2004 to help overweight children in learning proper weight-management skills, developing healthy lifestyle, building up self-confidence and enriching social life. The program is run by a group of healthcare professionals including Registered Dietitians, Physiotherapist and Occupational Therapist. It consists of a series of interactive and stimulating educational activities such as group games, sports competitions, parent-child activities, supermarket tour, etc. Schools are welcome to work with us to carry out programmes in school such as a school-based health service for overweight students. Moreover, our Centre will provide program training for teachers and parents to ensure smooth running of the programme at school. The response from students and their parents were very good. They found the course full of fun and the students have learnt more about principles of healthy eating and exercise. The course has also promoted parent-child relationship and reinforced students' self-disciplinary skills.



活動：學校層面
Activities : School Level





五彩蔬果計劃

香港兒童整體的蔬果進食量偏低，長期如此對健康會做成不良的影響。不同顏色的蔬果蘊含豐富的抗氧化維生素、礦物質和植物化合物，每天進食有助提升免疫力和預防慢性疾病。為此本中心由零三年九月開始，推行「五彩蔬果計劃」，協助參與學校營造健康飲食環境和向學生及家長推廣每日進食五份蔬果的健康飲食習慣。

計劃內容：

第一階段：校本健康飲食調查

第二階段：培訓及專業諮詢

- 教師培訓工作坊



- 學生及家長蔬果大使培訓



- 學校飲食環境專業營養諮詢，包括學校飲食政策、小食部、午膳服務等

第三階段：營養推廣計劃

- 蔬果營養教材套及遊戲書
- 多元化蔬果營養推廣教育活動
- 學校分享會
- 循証為本計劃評估

我們期望學校能為學生締造健康環境，讓他們在年幼時便養成良好的飲食習慣，以致日後有健康的體魄面對人生的挑戰和創造美好的生活！

“Colourful and Bright Fruit and Vegetables Program”

Most Hong Kong children have insufficient consumption of fruits and vegetables which may affect body immunity and is associated with higher risk of chronic diseases. Our Centre has initiated the “Colourful and Bright Fruit and Vegetables Program” with aims to increase schools’ capacity to create a supportive environment that help students to adopt the habit of eating recommended servings of fruit and vegetables everyday and to enhance participants’ overall awareness and enjoyment of having more fruits and vegetables.

Program contents:

Phase One: School-based needs assessment on students’ eating behaviors

Phase Two: Training and professional consultation

- “Train the Trainers” programme for teachers
- Training of “Student and Parent Fruit and Vegetable Ambassadors”
- Dietetic Consultation Service for the establishment of school healthy eating environment including healthy eating guidelines, school tuck shop and school meal service.

Phase Three: Health promotional activities

- Development of teaching kits and nutrition educational materials
- School-based interactive nutrition promotional activities
- Fruit and Vegetable Symposium
- Evidence-based program evaluation

It is hoped that this program would facilitate schools to provide a supportive environment for children to establish healthy eating habits and so we will have a bright and healthy young generation. Good quality of life depends very much on one’s lifestyle. A supportive environment for students to cultivate healthy eating habits is one of the best gifts school could provide to our children.



The Hong Kong Healthy Schools Award Scheme



活動：學校層面
Activities : School Level

「跑出廿一世紀健康人生路」 -- 健康推廣日

“Keys for Better Health” - Health Promotion Day

常言道「預防勝於治療」，要促進個人的身心健康和



提升個人的生活質素，健康的生活模式及預防性的健康服務尤其重要。本中心在二零零四年二月舉行了『跑出廿一世紀健康人生路』-- 健康推廣日，目的是希望透過跨專業醫護人員的合作喚醒公眾人士對健康的關注，和讓市民得到全面的健康知識，以懂得保障自己的健康。是次活動假灣仔香港展覽中心舉行。形式包括攤位展覽、遊戲、運動示範及健康檢查等。為了使參加者更有系統地了解及認識各個健康範疇，我們特地將展覽以不同類型的展區劃分，當中包括『健康從控制體重做起』、『骨骼健康』、『預防呼吸道感染』、『運動與體適能』、『如何建設健康飲食校園』、『人生之旅迷宮』等。當日大會邀請了香港中文大學社會醫學榮譽教授李紹鴻教授及資深電台節目主持人車淑梅小姐作為主禮嘉賓，實令是次活動生色不少。是次健康推廣日吸引了千多名人士進場參與，參加者包括校



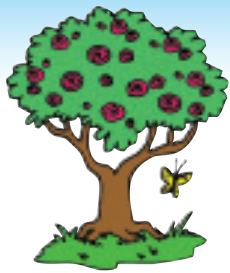
長、教職員、學生、家長、機構領袖和公眾人士。

It is well recognized that "Prevention is the best medicine". For this, in February 2004, the Centre held the "Keys for Better Health" - Health Promotion Day with aim to raise the public awareness towards health by a comprehensive and multi-disciplinary approach that comprised general medical, musculoskeletal, nutritional and psychosocial elements.

The Health Promotion Day was held at the Hong Kong Exhibition Centre. It employed different channels to convey health messages to the public including booth exhibitions, games, exercise demonstrations and health screenings. In order to clearly introduce different elements of health, all exhibition materials were presented under specific zones systematically. It included Weight Management, Bone Health, Prevention of Respiratory Tract Infection, Physical Fitness, Building up a Healthy-eating School and Psychosocial Health. We were honored to have Professor Lee Shiu Hung, JP, Emeritus Professor of The Chinese University of Hong Kong and Miss Candy Chea, renowned radio program presenter to be our official guests. This made the Health Promotion Day even more consummate.

The Health Promotion Day attracted more than one thousand participants including school principals, teachers, students and their parents, corporate leaders and the general public.





「香港健康學校獎勵計劃」提供的培訓

教職員在「健康促進學校」的工作上任重道遠，擔當重要的角色。有見及此，本中心為負責健康教育及推廣的教職員提供相關的培訓，以協助他們為擔當健康促進工作作充分準備。

Provision of training under the Hong Kong Healthy Schools Award Scheme

School staff play an important role in the implementation of school health promotion. In order to equip school staff in health education and health promotion, health-related training has been providing to them as:

促進青少年行為發展教育活動

Health Promoting Activities in Enhancing Healthy Behavioural Development Amongst Adolescents

「如何有效辨識及處理學生問題」 工作坊

於二零零三年十一月，本中心與東華三院越峰成長中心合辦了一個名為「如何有效辨識及處理學生問題」的工作坊，對象為中學老師。此工作坊由資深臨牀心理學家及輔導員，透過短講、個案分析及遊戲等形式，探討如何促進學生的精神健康，辨識及處理情緒問題；及了解沉溺和違規行為的成因及處理方法等。由於反應熱烈，工作坊在同一个月份內於不同地區共舉行了兩次；可見同工對學生問題之關注，及尋求解決方法的熱切。



於二零零三年十一月，本中心與東華三院越峰成長中心合辦了一個名為「如何有效辨識及處理學生問題」的工作坊，對象為中學老師。此工作坊由資深臨牀心理學家及輔導員，透過短講、個案分析及遊戲等形式，探討如何促進學生的精神健康，辨識及處理情緒問題；及了解沉溺和違規行為的成因及處理方法等。由於反應熱烈，工作坊在同一个月份內於不同地區共舉行了兩次；可見同工對學生問題之關注，及尋求解決方法的熱切。

Workshop on "How to Identify and Handle Students' Problems"

In November 2003, our Centre worked with Tung Wah Group of Hospitals CROSS Centre in organizing the workshop: "How to identify and handle students' problems". The workshop was conducted by experienced Clinical Psychologist and Counselors. Through talks, cases study and games, the workshop explored ways to improve students' mental health, identify and handle students' emotional problems, and to understand the causes of addicted and illicit behaviors. The response was so good that the workshop was held twice in the same month. It also reflected that teachers show great concern about their students and are eager to find ways to help them.

「探索校園和諧之路」

有鑑於傳媒廣泛報導校園暴力欺凌事件，引起社會人士高度關注；亦了解到校園欺凌問題是一個複雜的社會問題，其涉及的層面很廣，本中心與「關懷龍城青年網絡計劃」合辦了一個名為「探索校園和諧之路」的活動。活動包括於今年三月份進行的小組討論調查和於四月份舉辦的研討會。調查目的是協助學校從學生的角度去看欺凌事件和了解學生之需要，結果已於研討會中公佈。而在研討會中，來自各組織的講者分享了他們在處理校園欺凌事件的經驗，參加者包括來自不同地區的學校同工、家長、學生及關心青少年問題的社會人士。本中心嘗試透過是次活動收集各界意見，尋找解決校園暴力欺凌問題的方法，以助建立和諧共融的社會環境。



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Path Leading to Care and Harmony in Schools

Bullying is a complicated problem which involves different levels and parties in the society. In addition, reports of bullying in schools have attracted much public attention. For these, the Centre worked with the Kowloon City Youth Care Net Project to carry out the activity: "Path leading to care and harmony in schools", to investigate how students would view the issue and to understand their needs. A series of focus group interviews was conducted in March this year and the findings were released in a seminar in April. The seminar had invited speakers from different organizations to share their work in building harmonious school social environment and had attracted educators, parents, students and community members who seriously search for ways to solve adolescent problems. By gathering and sharing information from different parties, we hoped to contribute to solving the problem of bullying and help to build a harmonious social environment.



「怎樣建立標準醫療室？」 工作坊

完善的醫療室設備及管理不單可為校內成員提供即時及適切的照顧，更可減低學校傳染病的交叉感染機會。因此，本中心在二〇〇四年三月蒙佛教慈敬學校借出場地，舉辦了「怎樣建立標準醫療室？」工作坊，與各學校同工分享如何建設標準的醫療室，並寄望同工能回校協助完善醫療室，以改善健康服務。是次工作坊吸引了71位，共48間獎勵計劃參與學校的教育同工參加。當日除了詳細講解及模擬情景討論外，還設有七個展示區，包括示範穿著保護衣的技巧、緊急事故護理流程、



醫療室設備、急救箱用品簡介、輪椅安全使用、嘔吐物及傷口處理等，同工獲益不淺。

「如何準備評估？」工作坊

若要評估工作更輕鬆，必須預先做好準備。為了讓參與學校進一步了解健康學校評估的安排、重點、要求、注意事項及如何協助夥伴學校成為健康促進學校等，本中心於二〇〇四年三月舉辦「如何準備評估？」工作坊，當中邀請了「仁濟醫院第二中學」及「馬鞍山循道衛理小學」分享預備評估過程的寶貴經驗，各學校代表均積極參與及踴躍發問，務求令評估工作在學校得以順利進行。



Workshop on “How to Develop a Standard Medical Room?”

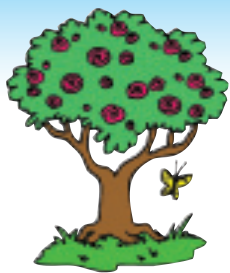
A proper and well managed medical room not can facilitate first-aid care for school members, but can also help reducing the chance for cross infection. For this, the Centre held a workshop on “How to develop a standard Medical Room” in March 2004 at Buddhist Chi King Primary School. The workshop provided guidelines for school staff to develop quality medical room and health service in their schools. The workshop attracted over 70 representatives from a total of 48 schools. The workshop comprised a talk, group discussions and 7 skill-training workstations, namely “Using protective disposable gowns”, “Emergency management and care”, “Introduction of equipment and facilities in medical room”, “First-aid box items”, “Use of wheelchair” and “Vomitus and wounds management”.



“How to Prepare Audit?” Workshop

Early preparation makes audit free of pressure. In order to help participating schools understand the necessary preparation and arrangements of the audit, and how to support other schools to become health-promoting schools, the Centre organized a workshop on “How to Prepare Audit?” in March 2004 for the participating schools. Yan Chai Hospital No.2 Secondary School and Ma On Shan Methodist Primary School were invited to share their experience in audit preparation. The school representatives actively participated throughout the workshop, so as to clarify all questions in order to enable the audit could be run smoothly at school.





多元化環保教育活動

活動1：環保嘉年華2004

本中心聯同香港健康促進及教育協會應環保促進會的邀請，於2004年2月29日參加「環保嘉年華2004」。為了配合環保與健康的主题，本中心圍繞環保活動「郊野遠足」建設了健康攤位及主講相關的健康講座。是次健康攤位名為「遠足樂繽紛」，透過愉快輕鬆的遊戲方式進行來增加遊人對遠足及運動的安全意識。在健康講座中，本中心的物理治療師介紹了遠足前應作的準備及進行熱身運動示範。當天不少遊人扶老攜幼出席，表現踴躍。



活動2：《環保管理體系及環保標籤》工作坊

本中心於2004年6月12日邀請了環保促進會總幹事何惠萍小姐及環保顧問羅榮波先生為學校同工主持《環保管理體系及環保標籤》工作坊。何小姐介紹了香港的環保標籤計劃及其重要性，羅先生則講解環保知識及ISO 14001環境管理體系標準，讓學校明白如何為環保成就獲取國際的認可。

Variety of Environmental Education Activities

Activity 1: Green Carnival 2004

On 29th February 2004, the Centre together with the Hong Kong Health Education and Health Promotion Foundation (HEP) were invited to join the Green Carnival 2004, which was organized by the Green Council. The overall theme of the Carnival was focused on health and environmental conservation. The Centre and HEP jointly conducted a health booth named "Fun for Hiking" to arouse the awareness of participants towards the safety issues of hiking and exercise. Moreover, a health talk providing tips for the appropriate preparation of a hiking activity and with demonstration of warm-up exercise was delivered by the Physiotherapist of the Centre. Participants of all ages are found to enjoy the event.



Activity 2: Workshop on Environmental Management System and Green Label

On 12th June 2004, the Centre invited the Green Council to conduct the captioned workshop for school teachers. Ms Linda Ho, Chief Executive Officer of the Green Council, introduced the Hong Kong Green Label Scheme and its significance to the audience. Mr Oscar Law, Green Consultant of the Green Council, elaborated on environmental protection and explained the ISO 14001 Environmental Management Systems and Standards, which helped schools to achieve international recognitions for their green achievements.



「防患於未然小錦囊」家長座談會

家長是學校推行健康教育的重要伙伴，乃一所成功的健康促進學校的關鍵。有見及此，中心一直鼓勵學校與家長的合作，共同創造健康學校。

在二零零三年十一月二十一日，教育統籌局、沙田區家長教師會聯會與中心合辦一個名為「防患於未然小錦囊」的講座，是次講座旨在協助沙田區的家長了解有關「健康促進學校」的概念。得到沙田區家長教師會聯會的大力推動，約有四十名沙田區家長支持。中心主任李大拔教授在講座中強調學校與家長的協作關係，以預防傳染病的發生，並講解如何在校內推動「健康促進學校」的發展。

新界西家長義工網絡

本中心與醫院管理局新界西醫院聯網於二零零三年



合辦了「新界西學校健康推廣計劃」，以加強學校與社區的聯繫。計劃舉辦了『健康共融你我』之家長學堂，提供健康知識及技能之培訓，加強家長對健康的關注。當中共21位來自5間學校的家長成功畢業。期後在「香港健康教育及促進協會」的推動下，家長們自發地組織了「新界西健康推廣組」，實踐所學，回饋社會，並在屯門區舉辦了一場「健康推廣在良景」的社區健康推廣活動，以提升居民的健康意識。是次活動吸引了超過1000人次前來參加，反應非常熱烈。

“Preventive Measures-Working together” Parent Seminar

Parents is one of our partners in getting the health promoting schools' success. The Centre has been putting great emphasis in promoting the collaboration amongst schools and parents. On 21st November, 2003, the Centre was invited to be one of the co-organizers of EMB to hold a seminar for the parents in Shatin. The seminar is designed to give practical hints to parents about health promoting schools. With the promotion by the Joint Council of Parent Teacher Association of Shatin District, there were a total of 40 parents from Shatin schools and kindergartens attended the seminar. The Centre Director, Professor Albert Lee had delivered a talk on the process of health promoting school as well as causes and preventive measures on infectious diseases. Collaborating roles that could be played by parents and schools to curb the spread of diseases and to care for the sick children was highlighted. The seminar offered good chance for parents and PTA link teachers to acquire practical knowledge of health promoting school and common diseases.

Parents' Network of New Territories West

The Centre and the New Territories West Cluster of Hospital Authority co-organized a "New Territories West (NTW) Community Health Promotion Project" in 2003. This project provided training for NTW parents on health knowledge and health skills. It has also aroused parents' awareness on health-related issues. There are 21 parents from 5 schools successfully completed the training. These graduates have established the "NTW Health Promotion Team" which is initiated by the Hong Kong Health Education and Health Promotion Foundation. In order to put what they have learnt into practice, they held a district-based health promotion activity, "Health promotion in Leung King", to raise other NTW residents' awareness on health. The activity had attracted over 1000 people and the response was generous.





澳洲墨爾本交流團 2004
Melbourne Exchange And Training Programme 2004

交流的足跡已遠及澳洲， 邁向全球

From Hong Kong to Australia, towards the whole World

香港健康學校獎勵計劃一向強調專業培訓及交流，本中心於二零零四年四月下旬率領四十四位來自三十九間中、小學及特殊學校的校長、老師、校護及社工，前往澳洲墨爾本進行為期四天的交流及訓練活動。是次交流目的旨在與世界各地健康促進及教育的專家、學者及教育同工交流經驗，彼此觀摩及切磋。

Participants of the Hong Kong Healthy Schools Award Scheme are encouraged to engage in professional development and exchange activities which are considered as the essential part for the success of the Scheme. In view of this, the Centre has organized a 4-day exchange and training programme in Melbourne in the late April of 2004. Forty-four school principals, teachers, school nurses and school social workers from 39 local schools (including primary, secondary and special schools) have participated in the programme. The aim of this programme is to exchange views and experiences with overseas academics and school staff on school health education and health promotion.

團員在期間參訪墨爾本兒童醫院青少年健康中心，了解他們在當地推行青少年精神健康促進計劃及研究的情況。又分組參訪當地學校，了解澳洲推行健康促進學校的實況，體驗當地「多元文化」及「多元學習範疇」的校園特色。中心特地安排「健康促進及健康教育交流會」，讓團員與來自美國佛羅里達州大學的Prof. William Chen 探討健康教育與學生學習成效的實證研究，亦由澳門衛生署的陳丹梅醫生分享有關澳門學校健康促進的發展路向。團員適逢其會，參與國際健康促進及教育聯盟第十八屆世界健康促進及健康教育大會，透過會上大大小小的座談會和展覽，認識世界各地推行健康促進及教育的情況和研究成果。**有關此團的詳細報導及團員分享已刊登於第六期《健康園丁》的電子版內，歡迎瀏覽以下網址下載：www.cuhk.edu.hk/med/hep/award/chinese/c_publication.html**

During the visit to the Centre for Adolescent Health of Royal Children's Hospital, Melbourne, the participants have learnt about the implementation of adolescent mental health promotion programme and related research results in Melbourne. School visits were also arranged for the participants to explore more about the school health promotion, and the multicultural and multidisciplinary learning approach in Melbourne. In the Health Education and Health Promotion Seminar, the Centre has invited Professor William Chen from the University of Florida and Doctor Stella TM Chan from the Department of Health in Macau to deliver a speech on the evidence-based research on health education and students' academic performance, and the development of school health promotion in Macau respectively. The climax of this exchange and training programme is to participate in the 18th IUHPE World Conference on Health Promotion and Health Education. The participants have presented their works and research results of health promotion and health education with people over the world in various symposiums and exhibitions. **Detailed information of the exchange and training programme and related articles have been published in the newsletter of the Scheme (Issue 6) (http://www.cuhk.edu.hk/med/hep/award/chinese/c_publication.html).**



全團在世界健康促進及健康教育大會會場前留影

The team in the World Health Conference

The Hong Kong Healthy Schools Award Scheme



Melbourne Exchange And Training Programme 2004
 澳洲墨爾本交流團 2004

肩負交流推廣重任

中心在世界健康促進及健康教育大會上亦設置攤位，並透過座談會、口頭匯報及海報展覽等，向與會人士展示香港在健康教育及促進上的工作和研究成果(表一)。大會的主持人更欣然地歡迎四十多位香港的教育界代表出席盛會，團友無不感到榮幸。

The honour in sharing and promotion

In the 18th IUHPE World Conference on Health Promotion and Health Education, the Centre has presented our works, research results of health education and health promotion in Hong Kong in different sessions, including symposium, oral presentation, poster display session and exhibition booth (see Table 1). With our great honour, the chairman of the Conference kindly welcomed all representatives from the education sector of Hong Kong to join the Conference.



李大拔教授帶領本中心透過攤位展覽、座談會及海報展示，將香港健康促進的工作和研究成果向來自不同國家的人士交流



The Centre showed its work and researches on health education and promotion in Hong Kong through symposium, poster display and exhibition booth

Symposium	Mental Problems in Northern Part of Asia Pacific Region: What are the factors associated with adolescent emotional problems and suicidal ideation amongst Chinese adolescents in Hong Kong? Multi-centre Youth Risk Behavioural Surveillance (YRBS) in Southern part of China Safety and Injury Prevention in Northern part of Asia Pacific Region
Oral	Colorful and Bright Fruits and Vegetables Programme: Integrating nutrition intervention within the various component of a health promoting school Developing a sexual health promotion programme: A comparison of the perceptions of Hong Kong Chinese parents and adolescents Implementing concept of health promoting school to enhance quality education and quality primary health care Teachers' experiences of participating in multidisciplinary sexual health promotion programme for Hong Kong adolescents
Poster	Facilitating and supporting schools in preparing audit for health promoting school Helping school to become health promoting schools: Preliminary analysis after one year implementation of Hong Kong Healthy Schools Award Scheme What do the school educators feel about the school-based needs assessment from the Hong Kong Healthy Schools Award Scheme?
Oral Poster	Adolescent health – Why early intervention? Community diagnosis on a local district of Hong Kong: Strategy for government in shaping a healthy living environment Health Club: A channel for nutrition education in Hong Kong Hygiene Charter: Flight against SARS in Hong Kong

表一：第十八屆世界健康促進及健康教育大會 - 香港健康教育及促進工作及研究成果匯報

Table 1: Work and research on health education and promotion in Hong Kong presented during the 18th IUHPE World Conference on Health Promotion and Health Education



當地多姿多彩的校園生活，學生愉快學習

Pupils in Melbourne enjoy learning in school with smiling faces

延續使命，2010年將成為實現下一個目標的時刻

總結旅程，團員都認為此行令他們眼界大開，擴闊他們對健康推廣和研究的視野，亦希望將外國的學校健康促進的經驗配合本港的情況，加以落實推行，讓香港健康教育的發展日漸進步，邁向國際。本中心更成功爭取到第二十屆世界健康促進及健康教育大會於2010年在香港舉行，屆時來自世界各地的學者、專家及教育同工將雲集香港，進行世界性的學術和經驗交流，相信那將會是香港的健康促進歷程中的一個重要里程碑。



The Way towards Next Milestone in 2010

All school representatives found the programme very impressive which enlightened and broadened their horizon, especially towards health promotion and health research. The programme also reinforced the participants' devotion to further development of health promoting schools in Hong Kong. It is also most encouraging to learn that the Centre has been nominated to host the 20th World Conference on Health Promotion and Health Education in Hong Kong 2010. We look forward to the day when academics, professionals and other work fellows from all around the world to Hong Kong sharing and exchanging views and experiences. The hosting of the Conference also signifies a milestone in the development of health promotion and health education in Hong Kong and networking towards a global level.



為迎向2010年世界健康促進及健康教育大會在香港舉行的挑戰，以及更遠健康理想之實現，現在就是攜手努力耕耘的時候！

To face the challenge of the World Health Conference in Hong Kong in 2010, and the achievement of a wide health mission, now is the time to work together!

The Hong Kong Healthy Schools Award Scheme

Insights from the tour to Melbourne

Robin M. B. Cheung, School Principal
(Tsung Tsin College)

These four days in Melbourne gave me some very refreshing insights. I was happy to see so many academics, health-care personalities, government officials, and educationists from all over the world converging on the conference and sharing one common concern: how to nurture today's youth in a holistic and healthy way. I was particularly impressed by Professor Peter Paulus' assertion that a close link between health and learning must be established for health education and promotion in school to be sustainable. I totally agree with that view. Until school teachers see the link and witness the fruits of such a link, health promotion in schools is nothing more than an 'add-on' program – something that is easily dispensable if and when there is a lack of time or resources. His view that health sciences are capable of informing teaching and learning also deserves further examination. How findings of these sciences can help teachers improve their classroom teaching and pastoral care for students should be disseminated to local teachers whenever possible. I also subscribe to Paulus' conclusion that health is both input and output in school and can help satisfy educational needs.

The specialists at the Center for Adolescent Health also gave me an impression that they have swapped the piece-meal or issue-based approach to health problems for a more holistic one. They



think one has to mobilize the joint efforts of the local government, the community and the school before he can really deal with the complex health problems of today's youth, such as drug abuse or depression. Furthermore, focusing on protective factors rather than risk factors in dealing with adolescent health issues, they are practically saying that prevention is better than cure and strengthening the entire social system in which people live than dealing with single health problems. To me, this approach is close to the philosophy of Chinese medicine: building up the overall strength of a person and he will be fit enough to fend off diseases or heal himself.

The visits to schools in Melbourne also provoked lots of my thinking. I envied the human resources available to the schools there: they get 50-70% more teachers among their staff and their class size is twenty-something at most. On the other hand, I feel proud of ourselves because we can do as much as they do, if not more. Lives of local teachers are hard and local students need more resource input from the government to grow up more healthily.

The last impression concerned the efforts made by Professor Albert Lee and his team. They devoted tremendous time and efforts to organizing this tour. This resulted in winning their right for Hong Kong to host the World Health Conference in 2010. We share their pride and joy. Bravo!



Melbourne Exchange And Training Programme 2004 : 澳洲墨爾本交流團 2004 : 團友分享



澳洲交流摘記

簡玉冰副校長(聖公會白約翰會督中學)、
江雪儀老師(天水圍循道衛理小學)

我們
在交流訓練
團中探訪當
地的「健康
促進學校」，
令人眼界大
開。首先是



Debney Meadows Primary School，學生大多來自不同國家，曾經歷不同的天災人禍，幾經波折才來到澳洲。因著各種原因，有些孩子未能入讀適齡的班級，學校於是先按學生的學歷分班，再以其心智發展進度分組，讓同組學生較易溝通與互勉，而班中較年長的組別則成為「小老師」，學習幫助他人。另由於有些學生與家人相隔異地，學校為了給予他們心靈及成長上的支援，在教育上強調建立學生的安全感和歸屬感，亦重視禮儀和平等機會的教導。

另外，我們亦參觀了兩所中學——Whitefriars College 及 Eltham High School。前者是一所天主教男子中學，學生較為守紀律，而學校在推行促進關愛的計劃亦表現出色，其中所推行的 Gatehouse Project 有效地讓學生融入校園生活，建立自信、安全感及溝通技巧，以擴闊社交圈子，並培養正面的思想和行動。Eltham High School 相對則較為自由開放，她是一所無宗教背景的男女子中學，學生共處融洽。學校課程多元化，而且切合學生的程度和需要，老師更為各級設計新穎的健康與心理課程。

我們認為這些教育小點子值得被帶回香港的學校之中，而一所成功的「健康促進學校」關鍵在於周詳的計劃和完善的的管理，當中有賴熱心的教育同工按部就班地推行，才可令整體學校得到改善，面向朝陽。

Our Valuable Experience in Australia 2004

Kan Yuk Ping, vice-principal
(SKH Bishop Baker Secondary School)
Kong Suet Yee, teacher
(Tin Shui Wai Methodist Primary School)

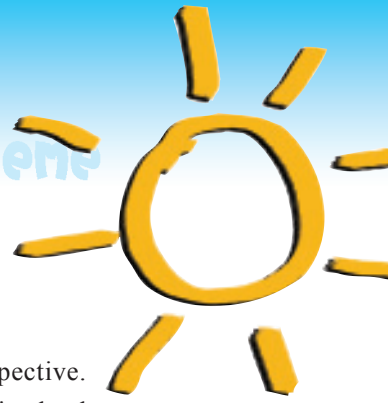
Our scopes of view have been much widened through the visits to various health promoting schools in Melbourne. Our group visited three local schools namely Debney Meadows Primary School, Whitefriars College and Eltham High School.

Debney Meadows Primary School is a school built with love and acceptance. Students are from countries where wars and disasters broke out. For different underneath reasons, some students can not be allocated to the age-appropriate classes. As a remedy, students are arranged into classes according to their academic abilities. Moreover, the school strategically adopts the co-operative learning approach. Students are further divided into groups according to their mental maturity in class, aiming at enhancing communication and co-operation amongst students. As many students are physically apart from their motherlands and families, the school provided much psychological support for them by developing their strong sense of belonging. The school also put much emphasis on social etiquette and equal opportunity among different races.

The other two schools that our group visited were Whitefriars College and Eltham High School. The former is a catholic boy school and the boys there are well disciplined. Many campaigns have been successfully launched for promoting positive social environment within the campus. Among which, the Gatehouse Project was an excellent example for effective development of the sense of belonging by building up students' self esteem, the sense of security and essential communication skills. The campaign not only helped student build up their social circle, but also nourished them with positive attitudes and behaviors. In contrast, Eltham High School adopts the Lassie-faire approach. It is a co-educational school with no religious background. In order to suit students' academic levels and developmental needs, a variety of health-promoting and psychological curriculum is developed for students.

The experience that we gained from the school visits in Melbourne has provided us with valuable inspirations for better health education in Hong Kong. A well-designed implementation plan is the basis of successful implementation of health promoting school. Meanwhile, the enthusiasm of health educators is surely the best catalyst for the whole process.

The Hong Kong Healthy Schools Award Scheme



The Melbourne Training Tour 2004

Sheila L.K. Ng, School Vice-principal
(St. Teresa Secondary School)

The 4-day training tour gives us a rather new and yet unforgettable experience. We are deeply impressed by the hard work of the Centre, which has made the tour a fruitful one, though the schedule was a bit tight.

On the first day, we learnt about, in detail, the implementation of the Gatehouse Project. The sharing of various institutes participating in this project was invaluable. The local government's effort in taking care of the adolescents' mental health is commendable, not to mention the efforts in maintaining their physical health.

The visits to Whitefriars College and Eltham High School on the second day have a positive impact on us. This is because



most of the programmes and activities carried out in the schools are almost identical to those of schools in Hong Kong. This reinforces the ideas that we are on the right track in providing an all-round education to our youngsters. The visit to Eltham High School has given us a very special experience. Though a lot of "problem" students are enrolled in this school, the atmosphere of the school is so warm. Does it reflect that all students can develop into well-adjusted individuals if they grow up in a loving and caring environment? Of course, we must not neglect the fact that parental support is another key element.

To us, the climax of the tour was the attending of different seminars and talks held in the World Conference of Health Promotion and Health Education because we were encouraged to look at

adolescents' problems in a global perspective. Governments in some countries are working hard to provide a healthy (drug-free, diseases-free, pollution-free etc.) environment for their next generation, besides giving financial support and devising a prominent policy. How we envy people living in these countries!

The experience-sharing session in the evening was very inspiring. The concepts posed by Professor William Chen and Doctor Stella TM Chan raised another point that deserves our attention: without staying healthy, students will not be able to learn successfully. This idea seems to be well understood and accepted, yet how much effort have we put in to make sure that we are providing a healthy school for our young people to study in?

It is never too late for us to catch up with what has been done in other countries. It is hoped that our Government will inject more funding into health programmes monitored by the Centre, besides laying more emphasis on health education. Only with the government support and parental participation can health education be recognized by people.



Melbourne Exchange And Training Programme 2004 : Sharing
澳洲墨爾本交流團 2004 : 友分享



澳洲墨爾本交流之旅

楊惠儀老師 (聖傑靈女子中學)

墨爾本之行爲我帶來一些推動健康教育新的意念，尤其是認識了一項名爲Gatehouse Project的青少年精神健康計劃。此計劃從課程層面及學校的正面環境著手，強調實證爲本，建議從個人、朋輩、學校及家庭各範疇找出青少年所面對的情緒危機，並掌握保護及穩定他們情緒的方法，例如學生面對家庭暴力危機，就應從促進家庭團結及結合力量方面著手。

計劃分三個層次推行：在課堂營造正面的學習環境，提升學生的安全感和溝通技巧，改善人際關係；學校行政從文化、政策和環境作出配合；建立社區伙伴關係，團結力量。

我從Gatehouse Project明白到推動健康並不是由醫院做起，乃由學校開始。而且和諧融洽的校園生活是促進青少年精神健康的重要一環。我認爲學校應切合學生的需要，運用實證爲本的介入方法，認同學生所面對的危機並找出相應的保護因素，聯繫於他們的生活習慣之中，進而發展出校本的政策和文化。這正面的校園環境不單能促進學生的精神健康，而且令學生學習有效、社交和諧，最終達至學生學得開心、老師教得有法、學校發展有效的三贏局面。

註：有關 Gatehouse Project 的詳細資料，可瀏覽：
www.rch.org.au/cah



The Training Tour to Melbourne

Yeung Wai Yi

(St. Catharine School for Girls, Kwun Tong)

The training tour to Melbourne inspired me to have new and creative ideas in health promotion and education, especially the 'Gatehouse Project', a mental health programme for Australian adolescents.

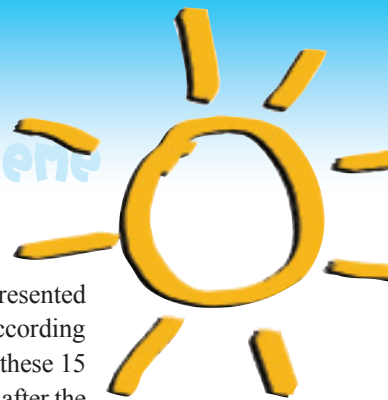


This preventive programme is penetrated into school curriculum and linked with current evidence support through positive school environment, which enhances a sense of connectedness for students. With the identification of emotional risk factors and protective factors from youth, peers, school and families, strategies can be targeted at protecting and comforting students' emotions. For instance, the promotion of family coherence and harmony helps preventing family violence.

The Project is implemented through 3 levels: 1) promoting positive learning environment; 2) the school administration and policies; and 3) the relationship with community. All the 3 levels work for the sense of security and communication of the youth.

I understand that the health promotion should start from schools rather than hospitals. Moreover, a harmonious school life is central to adolescents' emotional well-being. Thus, schools should recognize students' need with evidence support, identify students' risk factors and enhance the relevant protective factors of healthy development, and develop school-based policies and culture to fit in students' needs in daily life and habits. With the above measures, students' emotional well-being, learning and communication with others can be enhanced. This results in the three win out situation in students, teachers and the school.

Remark: For details of the 'Gatehouse Project', please refer to: www.rch.org.au/cah.



學童健康調查

Student Health Survey

學童健康調查 Student Health Survey

據本中心為參與計劃評鑑的學校所進行的學童健康調查顯示，本年度 15 間得獎學校於參與計劃一年後，學童情緒健康普遍有所改善，而欺凌暴力行為亦相繼減少。其中，得獎小學於參與計劃一年後，4% 學童減少出現抑鬱徵狀、感到傷心和絕望比率減少 9%，而曾作出輕微傷害自己的行為減少 5.7%；曾於校內被人以武器恐嚇或傷害的減少 3.3%、個人財物曾被偷或被破壞的減少 8.6%。有關學童的飲食習慣方面，得獎小學於參與計劃一年後，學童已經減少進食薯條、薯片、芝士波或蝦條類零食及朱古力或糖果等（-6.8%；-7.3%）；然而，得獎中學於參與計劃兩年後，學童進食不健康零食的情況才見有所改善（進食薯條、薯片、芝士波或蝦條類零食減少 5%；進食朱古力或糖果減少 5.5%）。

調查 30 間曾參與計劃評鑑的學校中，發現學校鼓勵學生參與社區活動和社會服務、營造良好校風及建立和諧人際關係、訂立完善制度協助有特別需要的學童都有助改善學童情緒問題，包括減少抑鬱徵狀、感到傷心和絕望、作出輕微傷害自己的行為、考慮自殺及提升學童對生活的滿意指數。另一方面，學校訂立完善的關注暴力及欺凌問題的健康政策及建立彼此支持和關顧的環境對改善學童欺凌暴力行為有正面的影響，包括改善攜帶武器、於校內被人以武器恐嚇或傷害、個人財物曾被偷竊或被破壞及打架的問題。在飲食習慣方面，學校訂立完善健康飲食環境的監管措施及政策有助學童培養健康飲食習慣及減少進食不健康的零食。

有關學童健康調查結果顯示，參與「香港健康學校獎勵計劃」，積極推動學校的健康發展，有助改善學童的情緒問題、欺凌暴力行為及飲食習慣。有見「香港健康學校獎勵計劃」對學校管理及學童健康都有正面的影響，我們期望能進一步推展有關計劃，讓更多學校同工、學生、家長，以至社區人士皆可受惠。

In 2004, a total of 15 schools were presented "Hong Kong Healthy Schools Award". According to the student health survey conducted for these 15 awardee schools, the findings revealed that after the awardee schools had joined the Scheme for one year, lower proportion of students had depressive symptoms, hopeless feeling, suicidal ideas, and self-harm behaviours. Regarding the bullying problem among students, lower proportion of students felt unsafe, being threatened in schools and had property being stolen or damaged. Regarding the eating habits of the students, lower proportion of students ate crisps and sweets after the awardee primary schools had joined the Scheme for one year. However, the findings indicated that the students' eating habit could only be improved after the awardee secondary schools had joined the Scheme for two years.

On the other hand, the study of the 30 schools that have undergone school audit demonstrated that the improvement of the student health risk behaviours was found to be associated with a number of factors. The mental health of students was correlated with schools which have been supporting community activities, and services, creating social environment of friendless, care and trust in schools, and developing a system to facilitate students with special needs in a linear trend. Students, studying in schools which have taken a positive approach in these aspects, were less likely to have depression symptoms, feel hopeless, mildly hurt themselves, consider suicide and with higher life satisfaction score. In addition, students were more unlikely to carry weapon to school, be threatened by someone, with property being stolen or damaged by someone, and involve in fighting. It is also revealed that students' eating habits were correlated with schools which have better reinforcement of their healthy eating policies in a liner trend.

The results of the student health survey conducted for the awardee schools demonstrated that schools, which joined the Hong Kong Healthy Schools Award Scheme, have achieved significant improvement regarding their students' mental health problem, bullying and eating habits. In view of the beneficial results of the Scheme, we wish to promote better health for school members, students, parents and the community at large through the Scheme.



新! 《健康園丁》(電子版)

為所有關心健康教育和推行健康促進計劃的本地教育同工而設的通訊式刊物，自2002年起每半年出版一次，以提供一個交流的平台。內容豐富又勵志，匯聚了各校發展健康校園的情況，以及同工的經驗和心得。近期更發展成為電子版，於中心網頁(<http://www.cuhk.edu.hk/med/hep>)供免費下載，既可讓訊息更廣泛傳遞，又符合保護環境健康的原則。我們誠意邀請你閱覽並就「健康」或發展「健康促進學校」投稿，彼此分享及激勵。



NEW! Health Promoting Schools-Newsletter (electronic version)

This is a half-yearly newsletter since 2002 for enhancing the sharing among local educators who concern about health education and promotion. The newsletter provides updated information concerning the progress of the development in health promoting schools, as well as the teachers' experiences. Recently, the electronic version has been launched to enable free downloads from the Centre's website: <http://www.cuhk.edu.hk/med/hep>. This not only enhances the dissemination of health information, but is also more environmental friendly. You are welcome to surf the Centre's website and download the newsletter as well as submit sharing articles to us, so as to support each other in terms of "health" and the development of a "health-promoting schools".

新! 《健康快樂成長寶庫之衛生篇》

您的學生已養成良好的衛生習慣嗎？我們認為衛生是孩子健康成長的基本元素。為了協助塑造孩子健康的生活模式，本中心於本年十月出版《健康快樂成長寶庫之衛生篇》，以配合教師教育孩子衛生及健康之道。第一套五冊以校園生活為背景的兒童故事叢書描寫孩子在日常生活中可能遇到的傳染病危機，道出正確的衛生習慣和為健康盡責的道理。小讀者可從有趣的閱讀過程中學會維持健康的智慧和技巧。我們希望教師能在孩子閱讀時給予指引，鼓勵家長運用尾頁的思考題目啟發孩子思考自己的健康行為和態度，並在生活中提供他們實踐健康行為的機會，以裝備孩子成為盡責、獨立和健康的人，無懼傳染病和各種健康危機的威脅。



誠意獻給每一位愛閱讀的孩子，也獻給關懷下一代健康的您！

These books are dedicated to every kid who loves reading, as well as those who care about kid's health, like you.

NEW! Book of Health - Hygiene & You (Series 1)

Do your students have proper hygiene habits? We consider hygiene to be one of the basic elements for the healthy development of children. The Centre published "Book of Health - Hygiene & You" in October 2004 to facilitate the children in forming healthy lifestyles. This first series "Book of Health - Hygiene & You" consists of five storybooks, which describe how children may be threatened by infectious diseases in daily life. The books also demonstrate the correct hygiene practices and teach children their responsibilities in maintaining health. Young readers are able to gain these knowledge and skills through reading these interesting stories with their parents. In addition, teachers can also guide their students through the reading, and encourage parents to use the questions on the last page of each storybook to help children reflecting their health practice and attitude, and to provide them with plenty of chances to put health behaviours into practice. This will certainly help the children becoming responsible, independent and healthy persons, who are capable to face the threat of health risks.



《基層醫療及促進健康期刊》

NEW! Journal of Primary Care and Health Promotion

《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。《基層醫療及促進健康期刊》將於每年四月及十月出版。



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. The journal publishes original research reports, short communications, reviews, and letters to the editors and will be published two times per year.

《健康促進效力 - 塑造新歐洲的公共衛生：第一部分：核心文獻》中文版

“The Evidence of Health Promotion Effectiveness: Shaping Public Health in a New Europe. Part One: Core Document” (Chinese Version)

國際健康促進及教育聯盟邀請了全球不同領域的專家對過去二十年歐洲健康促進的工作在健康、經濟、社會、政治的效力上作憑據性的檢討分析，並為這為期十二個月的研究出版了《健康促進效力- 塑造新歐洲的公共衛生》研究報告。這報告記載了各專家的分析，而第一部分嘗試具體地勾劃出健康促進效力的證據，並提出一些實施的建議，為政策制定者提供一個指引。本中心於2002年被聯盟委任為珠江三角洲地區地域辦公室，特此將這報告的《第一部分：核心文獻》翻譯成中文，以便與全球十多億的中文使用者分享健康促進人士的成果，並藉此機會使大家多了解健康促進的工作。



“The Evidence of Health Promotion Effectiveness – Shaping Public Health in a New Europe” is a report by the International Union for Health Promotion and Education (IUHPE) on the 12 months research and study of the effectiveness of what has become known as “health promotion”. The IUHPE invited leading academics from around the world to research the known health promotion and disease prevention programme in the past 20 years from the political, economics, social and health points of view. The Report composes of two parts. The first part seeks to shape the evidence and makes recommendations for action especially to decision makers. IUHPE designated the Centre to be the Sub-Regional Office for the Northern Part of Western Pacific (Pearl River Region) in 2002. The Centre translated and published the first part of the Report in Chinese in order to share with more than one billion Chinese readers the fruitful experience of health promotion workers in Europe.

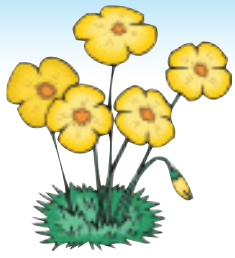
《健康促進學校工作指引（精要版）》

Practical Guide to the Health Promoting School - Abridged version

此為《健康促進學校工作指引》之縮節本，書中闡釋了世界衛生組織所訂立有關健康促進學校六大範疇的基本概念、原理及基本涵蓋範圍。



It is an abridgement of the Practical Guide which explains the scope, the basic concepts and contents with references to the six key areas of Health Promoting Schools set by the World Health Organizations.



健康教育碩士課程

健康教育碩士課程是為在各行各業中從事健康教育及推廣工作人士而設的，課程旨在訓練學員成為能勝任於新紀元中面對健康推廣的挑戰及教育公眾有關健康生活模式的健康教育及推廣工作者。此課程於2001年開辦至今，已有二十三名學員畢業，亦有三十九位正在修讀。



Master Degree Programme in Health Education and Health Promotion

The Master Degree Programme in Health Education and Health Promotion is designed for those in education, health, and social services sectors and others involved in health education and health promotion. The goal of this programme is to train up competent health educators and health promoters to face the challenge in promoting health and educating the public to adopt positive lifestyles in the new millennium. There were about 39 course participants and 23 graduates since 2001.

健康教育及促進健康專業文憑 / 學士後文憑課程 (醫護及社會服務工作者 / 教育工作者)

由1999年起，本中心開辦不同的健康教育課程予教師、社會工作者及健康工作者，旨在為健康教育範疇提供人才。現時已有四百一十五位健康教育及促進健康專業文憑的學員畢業。課程中需要學員於校內籌劃及舉辦不同的健康推廣活動，如健康嘉年華、健康講座、健康展覽及健康檢查。學士後文憑課程已於九月正式開辦。



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Postgraduate Diploma/ Professional Diploma Programme in Health Education and Health Promotion (Professional in Health and Social Services/Professional in Educational Setting)

The Centre has been conducting different health education courses for teachers, social welfare workers and health related workers since 1999 so as to provide training to people involved in health education. To date, there are 415 graduates in the Professional Diploma Courses in Health Promotion and Health Education. As part of the course requirement, the course participants have to plan, develop and hold various health promotion programmes among different schools. The health promotion programmes include health carnivals, health talks, exhibitions and health check-ups, covering different aspects of health. The Postgraduate Diploma Programmes were launched in September this year.



The Hong Kong Healthy Schools Award Scheme



課程 Courses Information

基層醫療專業文憑 / 學士後文憑課程

Postgraduate Diploma / Professional Diploma Programme in Primary Health Care

基層醫療是綜合健康服務中的首個元素，當中包括多元化的健康服務，如健康推廣、預防、醫療及復康。課程旨在提供相關訓練及最新的健康知識予專業的健康及社會工作者，提高他們的知識及技能，從而使他們能更有效的與社會中的家庭醫生合作，實踐基層醫療的工作。



Primary Health Care is the first element of a continuing and comprehensive health care process to provide a wide spectrum of services which includes health promotion, preventive, curative and rehabilitative care for people. This course provides relevant training and updates the knowledge of health and social services professionals so that they can enhance their knowledge, skills and competencies in the implementation of well-coordinated Primary Health Care working in partnership with family physicians in the community.

幼兒健康教育證書課程

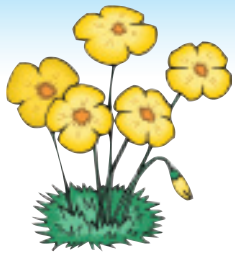
Certificate Course in Health Education and Health Promotion for Pre-School Educators

孩童和青少年時期是成長發展的重要階段，因此幼稚園和中小學在健康教育和健康促進上擔當的角色舉足輕重。我們為幼稚園和護理工作者的需要而推出健康教育證書課程，讓其於學校實踐健康推廣的理想。



Childhood and adolescent are critical periods of growth and development. Hence, kindergartens and schools have a key role to play in health education and promotion for our future community. We have launched this programme for dedicated staff working in the kindergarten and nursery settings. The design of this course has been tailored to meet the specific needs of those who have aspirations to educate and promote health in the kindergarten and nursery settings.





「健康學校」短期課程

中心舉辦這個四日的「健康學校」短期課程旨在將「健康促進學校」的理念普及化，從而讓更多教育工作者，以及有志於推動健康學校之專業人士認識健康促進學校的實踐模式。今年五月，中心首次開辦此課程，共有十五位來自亞洲不同國家的政府官員及教育工作者參加。



Short Course on "Health Promoting School"

This 4-day course was first commissioned by the WHO aiming to promote the "Health Promoting School" concept among school educators and related health professional interested in school health and to guide them on the implementation of health promotion in schools. The course was held last May for the first time and 15 government officials and educators from different countries in Asia joined the course.

新！健康管理基礎/證書/文憑課程

在這個講求自我增值及終身學習的社會中，如能擁有自我健康管理的能力，不但能促進個人及家庭健康，更可以在不同的工作崗位發揮所長，建立健康的工作場所，從而提升工作效益。本課程除了讓學員學習健康生活之道、培養自我健康管理的能力外，更讓有意從事醫療保健或與健康有關行業的學員，認識相關行業的理論和運作等，以提高對此領域的興趣及協助規劃未來事業的發展。健康管理基礎課程的畢業學員可於畢業後四年內修讀健康管理證書/文憑課程，而健康管理證書課程的畢業學員可於畢業後四年內繼續修讀健康管理文憑課程。



NEW Basic Course and Certificate/ Diploma Programme in Health Studies

In the era of value-adding and life long learning, people of all ages should have the same opportunity to learn about health for the improvement of their personal health, family health, and career planning. We offer this programme for those who desire to build a career in the health care industry or health-related business. Health education topics like knowledge of the health care system, understanding of the health care industry and concepts of care for special populations will enable them to have an insight into future career and determine the extent of interests they have in this field. Graduates holding the Basic Course in Health Studies may upgrade their certificates to either Certificate / Diploma Programme in Health Studies within 4 years upon completion of the Basic Course. Similarly, holders of the Certificate may continue onto the Diploma level within 4 years of completion of the Certificate Program in Health Studies.



得獎學校分享

Schools with Award: School Sharing






大坑東宣道小學

「健康學校——愛心開心滿校園」是大坑東宣道小學參加「香港健康學校獎勵計劃」後所訂立的目標。本校在計劃中榮獲“銀獎”，在六大範疇中，五大範疇均獲評為“傑出”，另一範疇為“優異”。

本校成立專責小組，邀請學生和家長制定、監察及檢討「學校健康政策」，家校攜手推動整個計劃；又藉課程統整，配合教改，把「十大健康主題」融入課程、課外活動及全方位學習活動之中，培育學生九種共通能力，實踐「健康生活技能」。

本校積極美化及綠化校園，建立健康無煙學校環境，並為學生建立個人健康檔案，提供多元化「健康服務」。本校更開放校園，讓社區人士使用本校各項設施，進行健康主題活動，造福社區，服務社群。

我校能在計劃中獲取傑出表現，實在更能喚起全校學生、家長和教職員，同心合力，繼續攜手實踐健康人生，更積極推動「健康學校」計劃，讓愛心、開心充滿校園。

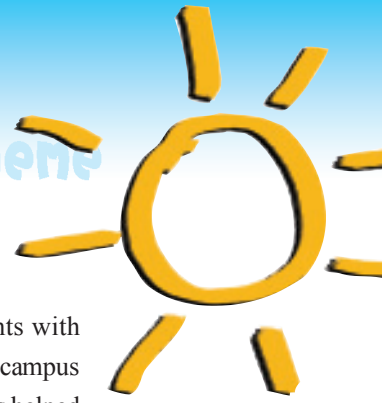
健康學校——愛心開心滿校園 



ALLIANCE PRIMARY SCHOOL

The Hong Kong Healthy Schools Award Scheme

Alliance Primary School, Tai Hang Tung



The Hong Kong Healthy Schools Award Scheme

“A Healthy School: Love, Joy and Happiness Embrace Our School” is the theme that Alliance Primary School, Tai Hang Tung has dedicated itself to as a participant in the “Hong Kong Healthy Schools Award Scheme”. With the active involvement of the students, parents and school staff, our school was presented with the Healthy School Silver Award for “Excellence” in five areas and a “Credit” in one area.

We established a health education committee and invited our students, parents and staff to plan, promote and launch the “School Health Policies”. In addition, the scheme was perfectly in line with the current educational reform and curriculum integration. We have integrated “Personal Health Skills” into the school-based curriculum. The Life-wide Learning activities have enabled students to cultivate positive values towards life and develop the “Nine generic skills” together with ten themes of “Personal Health Skills”.

Our school also provided our students with various kinds of “Health Services” such as campus greening, a smoke-free environment, and has helped students to set up their own health portfolio. By putting more emphasis on developing healthy living styles amongst our students, we hope to instil within them, life-long civic responsibilities. We hope our students will develop into healthy Hong Kong citizens.

Besides our school achieving the Silver Award, we have also gained the loving help and the continuous support of our students, parents and every member of our school community. Therefore, our school will continue to place the utmost importance on continuing to pursue, “A Healthy School” theme and continue to promote health education, which enables love, joy and happiness to embrace our school.

★ 全方位學習 ★

清潔郊野公園

家長義工清潔隊

健康運動日

東坑

小道

ALLIANCE PRIMARY SCHOOL



佛教慈航智林紀念中學

藉著參加「香港健康學校獎勵計劃」，本校管理層對學校的健康政策更為熟悉。亦因為有策略地規劃健康教育和推行整個計劃，學校從校園環境乃至師生的身心發展都能受到關注。本校著手幫助學生建立良好的個人健康形象，再鼓勵他們多服務社區，使個人及社交發展更多姿多彩。而學生的學術成績及品德也隨之有所改善，當然本校的校譽也因而提高。

由於老師們需要花不少的時間去填寫計劃書及整理有關報告，故在計劃初期感到相當吃

力，也曾想過中途退出。幸好我們得到香港中文大學健康教育及促進健康中心統籌人員的積極協助及細心講解，才漸漸讓我們明白和適應下來。在整個計劃的六大範疇中，本校在「校風及人際關係」及「學校環境」方面取得較突出的成績。這誠然是本校校長、家長、員工及師生三年來共同努力的成果。我們會繼續循發展健康學校的方向努力，好讓師生繼續有健康的生活。

香港健康學校獎勵計劃

中一級「成長的天空」計畫 考合作, 考解難.



廣州黃埔軍訓四日三夜 隊列訓練營



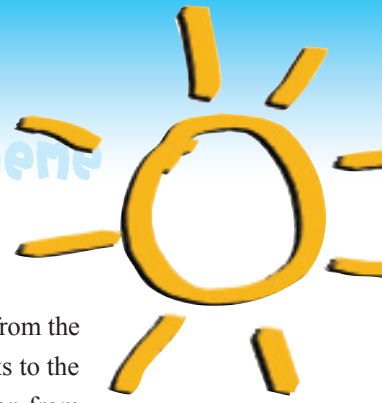
二十五週年校慶典禮暨 健康生活嘉年華會 開幕剪綵儀式



健康生活嘉年華會 「健康指標」攤位

The Hong Kong Healthy Schools Award Scheme

Buddhist Chi Hong Chi Lam Memorial College



The Hong Kong Healthy Schools Award Scheme

After joining “The Hong Kong Healthy Schools Award Scheme”, the school management became more familiar with the school's health policies. With strategic planning and implementation of health education, school members become more concerned about the school environment and the physical and mental well-beings of teachers and students. Our school first helped students establish a good and healthy image. Then students were encouraged to serve the community, which enriched their personal experience and social life. Our students' academic results and moral values were improved, thus the school has gained a better reputation.

As a lot of time and effort was needed to prepare reports and related documents, teachers

felt stressful and considered withdrawing from the Scheme at the early stage. However, thanks to the valuable assistance and detailed explanation from the coordinators of the Centre for Health Education and Health Promotion, we managed to cope with the requirements of the Scheme. Of the six areas of the Scheme, we have achieved outstanding results particularly in “School Social Environment” and “School Physical Environment”. This would not have been possible without the concerted effort from the Principal, parents, staff, teachers and students during the past three years. We will strive to continue to sustain the qualities of a healthy school, so as to help our teachers and students continue to enjoy healthy living.



衛生整潔,環境優美的進餐地點



同學們可在花草旁談天說地



明愛樂勤學校

我校推行「香港健康學校獎勵計劃」期間，一方面獲得校方鼎力的支持及政策的配合；另一方面有校護的專業知識和技術員的支援，故推廣過程十分順利。特別是健康服務方面，本校建立了一個較完善的內聯網資訊系統，可即時翻閱學生有關健康的報告或資料，有助學生得到最適切的照顧。其次，校方更致力改善學校環境，及提供一個既安全又舒適的

學習場地，讓學生愉快地學習。雖然如此，本校仍有多方面須積極改進，諸如在課程方面，本校會加入更豐富的健康知識和生活技能的元素，使學生在知識、技能和態度上有所裨益。在教師和家長方面，本校會向他們提供更多的健康教育資訊和增加他們獲取健康教育知識和技能培訓的機會，以加強推動發展健康學校的動力。

香港健康學校獎勵計劃

★ 健康生活週暨嘉年華 友校、社區共融樂



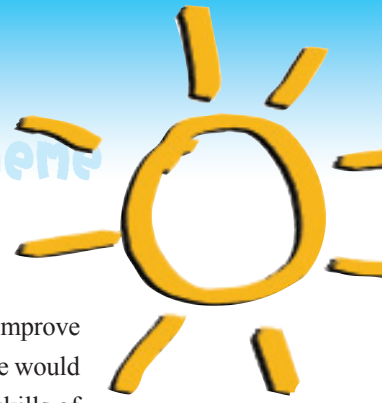
★ 嘉年華會 身體檢查保安康



★ 嘉年華會攤位遊戲 健康知識知多點



The Hong Kong Healthy Schools Award Scheme



The Hong Kong Healthy Schools Award Scheme

Caritas Lok Kan School

In line with our school strategy and through the professional knowledge of the school nurse and the technical support from our staff, Caritas Lok Kan School has successfully implemented the “Hong Kong Healthy Schools Award Scheme”.

Particularly on Health Services, our comprehensive intranet system has enabled our staff to retrieve all students’ health reports or relevant information quickly, thus helps to provide students with the most appropriate care.

Furthermore, the school has made great efforts in improving the school environment by providing a secure and comfortable place for the students to learn safely and happily.

One of the areas that we could further improve would be the school curriculum in which we would broaden the health knowledge and living skills of the students. The other area would be to work on providing latest health information and workshops for teachers and parents to improve their knowledge on health education and upgrading their skills in providing health education. These initiatives would help in building the competence of both teachers and the parents in promoting a healthy school.



嘉年華會攤位遊戲
健康食物由我揀

嘉年華會
保持體重人健康



Caritas Lok Kan School



香海正覺蓮社佛教普光學校

促進學生的健康成長，一直是我校努力的方向。這個獎勵計劃，是以世界衛生組織的標準檢視學校，引使我們以更高標準將工作系統化，並制定清晰的健康政策。

三年的實踐，我們發展了健康飲食政策，整理了職安健及預防傳染病政策等等。全校健康意識大大提升，安然渡過非典型肺炎的侵襲，更豐富了學校的生活。

我們深深體會政策的全面落實，實在有賴上下一心群策群力方見成效。今天獲獎實在是全體員生家長的共同成果，使我們為孩子締造健康學習環境的決心更加堅定！

衷心感謝李大拔教授及各位中心同工的支持，你們的協助是我們成功的重要因素，謹此再謝！

香
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健康小食週



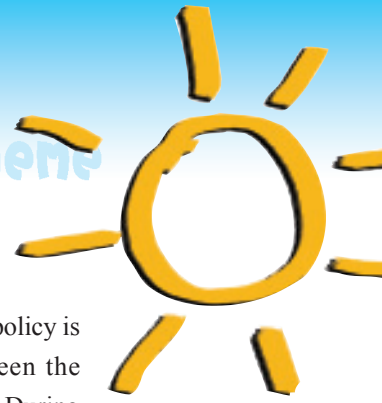
家長急救班



全民潔港 簽署約章



The Hong Kong Healthy Schools Award Scheme



The Hong Kong Healthy Schools Award Scheme

HHCKLA Buddhist Po Kwong School

Health promotion is always the top priority of our school. Based on the standards set by the World Health Organization, the Hong Kong Healthy Schools Award Scheme gives us a clear direction and chance to evolve our school health policies more comprehensively and systematically.

In the three years time, we have developed a series of effective health promotion policies such as the Healthy Eating Policy, Occupational Safety & Health Policy and Communicable Disease Prevention Policy. During the SARS period, with the advanced awareness of healthy concept, we did successfully go through this hard time and enriched our school life indeed.

The success of the health-promoting policy is mainly based on the cooperation between the golden triangle: parents, peers and students. During this three year of times, our school did create an esprit de corps not just on health promoting but other issues. The prize-Healthy Schools: Silver Award also reinforced our determination to create a healthier learning environment for our boys and girls.

We deeply appreciate the professional advice and support from Professor Albert Lee and his colleagues, which is the key to our success. We would like to take this opportunity to express our whole-hearted gratitude to them.

校運會親子接力賽



普光師隊



傷健一家親





香港張氏宗親總會張熾昌紀念小學

我校榮獲「香港健康學校獎勵計劃」銀獎，全校師生均感到莫大的鼓舞，過去兩年的努力獲得認同。

參加「香港健康學校獎勵計劃」是因為這能夠配合學校的辦學宗旨—建立健康校園。我校是一間「全校師生皆童軍」的學校，所舉辦的活動均能配合促進健康的理念。

校長、家長及全體教職員在中心統籌的專業帶領下，建立了健康學校政策，發展健康學校行政，為學生舉辦健康活動。曾舉辦「環保

歌聲唱不停」、「親親洗手間」、「攜手同行，實踐衛生約章」、「健康飲食三重奏」、「愛心與關懷」、「誰跳得多」、「天天早操」、「書包減磅、脊骨健康」、「無煙健康」、「綠化天使」等。我校以「接受挑戰，健康成長」為目標，發展六大範疇，在連串的活動展開後，大家都掌握了健康生活的技能。

在未來，我們會把這種子散播在學校和社區每一個角落，讓每一個人人都明瞭「健康是快樂的泉源」這道理。

★ 全校師生皆童軍

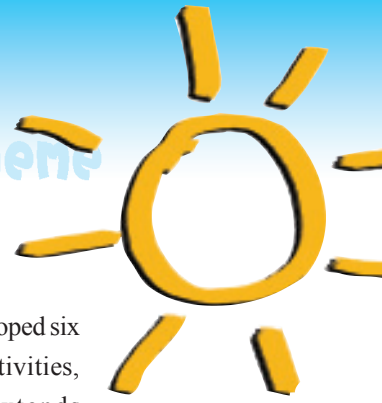


健康飲食三重奏



香港健康學校獎勵計劃

The Hong Kong Healthy Schools Award Scheme



The Hong Kong Healthy Schools Award Scheme

HKCSCA Cheung Chi Cheong Memorial School

It is an honor for our school to receive the Silver Award of 'The Hong Kong Healthy Schools Award Scheme'. All teachers and pupils feel very inspired. Our efforts in the past two years are recognized.

The school joined the 'Hong Kong Healthy Schools Award Scheme' because the Scheme could match our school aim: Establishing a Healthy School, as well as 'Whole School Scouting', all activities we have organized that could match the idea of enhancing health.

Principal, parents and staff worked together to establish the school health policies. We have developed the School Health administration and have organized healthy activities for pupils with the professional advice from the centre coordinators. Based on our school target, 'Accept

Challenges, Grow Healthily', we have developed six health areas and organized large scale activities, such as 'Jubilee Commemoration Extends Environmental Protection Carnival', 'Everlasting Environmental Protection Songs Singing', 'Caring Washrooms', 'Practice Hygiene Charter Together', 'Healthy Eating and Drinking Trio', 'Love and Care', 'Who Can Skip Rope More', 'Everyday Morning Exercises', 'Decrease School Bags' Weight for Healthy Backbones', 'Anti-Smoking Healthy Week' and 'Green Angels', etc. School members acquired healthy skills from these activities.

In the future, we will disseminate the "Healthy" seeds to every corner of the school and the community, so as to let everyone understand the theory of 'Health is the Source of Happiness'.

天天早操



誰跳得多?



攜手同行，實踐衛生約章





馬鞍山循道衛理小學

自參加「健康學校獎勵計劃」以來，我校組織了「健康校園組」，並訂立發展策略，以提高全校師生的健康意識和幫助他們掌握促進健康的要素。過去三年來，本校透過多元化的活動，積極推展「十大健康主題」，使學生獲益良多。

本校以「愛惜生命」為全年活動的主題，舉辦了一連串的活動作為配合，包括「營養早、午餐」、「水果雙週」、「跳繩強心」等，一連串活動得到家長的參與及協助，展現了親子合作的精神；這除增強了學生及家長對健康飲食及運動的重視外，更使學生明白生命的寶貴。

本校在六大範疇中，尤其重視「校風／人際關係」的發展，並以「人人關懷顯愛心，健康成長樂歡欣」為口號，鼓勵教職員、學生及家長透過各種活動，並期望他們學懂友愛、關懷及體諒，以致每天都能過著愉快的校園生活。

本校能夠獲獎，實有賴校內外人士的支持及鼓勵，我們自當盡伸綿力，繼續建設健康校園，並將這理念貫徹延展，使香港市民及下一代都能過著優質的健康生活。

★「愛惜生命」★



跳繩強心 ❤️



The Hong Kong Healthy Schools Award Scheme



The Hong Kong Healthy Schools Award Scheme

Ma On Shan Methodist Primary School

Since joining the “Hong Kong Healthy Schools Award Scheme”, our school has set up the “Healthy School Committee” for planning school development and for arousing teachers’ and students’ awareness on health. In the past three years, our school has been committed to promote healthy lifestyles and has carried out an extensive program of health educational activities with integration of the “ten health themes” in the curriculum.

Our school used “Treasure Your Life” as the year theme and had introduced a series of activities, including ‘Tongue-twister’, ‘Fruity Week’, ‘Rope Skipping for the Heart’, etc. Parents had actively involved in these activities and showed the spirit of parent-child cooperation. These activities had increased parents’ and students’ concern with healthy eating and exercising. In addition, children had also learnt to treasure their lives.

Out of the six health areas, our school stresses on “Social Environment” and used the slogan “Everybody show their hearts for joyful healthy development”. We hope that our staff, students and parents could learn to be loving, caring and forgiving as well as be able to enjoy their school life.

It is encouraging and is a significant recognition that our school is granted the “Hong Kong Healthy School” award. We cannot succeed without the support and guidance from people within and outside the school. We shall continue to develop the health promoting school as to help Hong Kong citizens and our future generations to enjoy a high quality and healthy life.



營養早餐



水果雙週





保良局方王錦全小學

「健康生活習慣應從小養成」這句話我們都十分認同，也促使了本校參與「香港健康學校獎勵計劃」。這兩年間，加深了本校成員的健康知識，掌握有關技能；健康學校的形象也逐步鞏固起來。

學校處處貼滿了健康金句與標語，時刻提醒師生健康的重要；舉辦各類型的健康講座，提供機會讓學校成員對健康生活增加瞭解；發展社區關係，令師生家長藉此向社區推廣健康知識。一群熱心的家長更組織起來，在新界西

作巡迴健康推廣活動。爲了推廣健康學校的訊息，本校更舉辦了「健康學校結伴行計劃」，旨在透過各種策略帶領一所幼稚園邁向健康學校。今天，歡迎你到「方小」這所洋溢歡欣氣氛的健康學校，分享我們的喜悅。

本校獲得的美滿成果，有賴學校全人的參與，而獲取這個獎項，大大激發了本校各成員的決心，在往後的日子裏，我們會加倍努力，讓全校師生實踐健康行爲在日常生活中。

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★ 讀書包



鼓勵學生多喝水

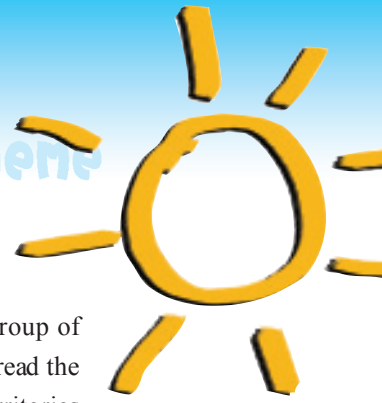


★ 健康樂滿園嘉年華



The Hong Kong Healthy Schools Award Scheme

Po Leung Kuk Fong Wong Kam Chuen Primary School



The Hong Kong Healthy Schools Award Scheme

We all agree that healthy living habits should be cultivated at an early age. This is the reason why we join this scheme. During the recent two years, we learn a lot about health education. At the same time, the image of our school as a healthy school is gradually built up.

Slogans and sentences about health are found everywhere in school. They remind us of the importance of a healthy life. Talks on health are given to provide us opportunities to learn more. In addition, we also run a programme to promote

healthy living habits in the district. A group of enthusiastic parents gather together to spread the messages of healthy living in the New Territories West. Our school has implemented the "Healthy School Partnership Scheme" with a kindergarten. We welcome you to visit us to share our joy.

Our success is the result of the joint effort of the members of the school. The prize has strengthened our determination. In future we will do our best to put the healthy living concepts into practice.

健康學校結伴行計劃

★ 向小朋友傳遞
護齒常識



健康教育資源中心

★ 揭幕禮 ★



★ 一批參加由中文大學舉辦健康課程
的東南亞人士到訪本校





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

中前鋒會步驟



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.





沙田崇真學校

我校本著「信、望、愛」的宗旨，透過德、智、體、群、美、靈六育，讓學生得到全人發展，更將「健康學校」列為關注事項，以不同策略落實推行，例如：成立「健康學校組」，全力策劃及推行計劃；派員進修並參與海外交流；設立「健康學校專欄」，以及在各課程和活動中滲入健康教育元素等。我校雖屬於舊式校舍，但尤其重視校園衛生及綠化，並運用不同時段進行活動，以有效運用空間。近年更進行校舍改善工程，以擴展活動空間。

我校老師經常主動關懷學生，以各種途徑與學生及家長聯繫。由於此計劃受到全體師生及家長認同，使推行時能充分發揮團隊精神，事半功倍。發展至今，我們看見師生比以往更重視健康，無論在知識、態度及習慣上均有改善，其成效亦可從學童健康調查中得到驗證。

我校在評估中獲得五項傑出及一項優異的佳績，除肯定了我們的努力外，還勉勵我們要持續進步，不斷自我完善。

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★ 舞蹈比賽



★ 共享彩虹 種族融和社區教育計劃



★ 教育營天才表演



The Hong Kong Healthy Schools Award Scheme



The Hong Kong Healthy Schools Award Scheme

Shatin Tsung Tsin School

With “Faith, Hope and Love” as the school motto, the mission of our school is to nurture students through a holistic approach. Health promotion is regarded highly in our school and various actions were taken as support. For examples, a Healthy School Committee was set up in our school to formulate strategies and organize activities serving the Scheme, we had teachers took part in Health Education and Health Promotion exchange programmes, the establishment of a “Healthy School Corner” to provide health information, and the integration of health education in the school curriculum, etc. In addition, we aim at maintaining a clean, hygienic and green environment. The School Improvement Plan (SIP) is undergoing so that students will be able to participate in a wide variety of multi-intelligence activities in different time slots for overcoming the space limitation in our school.

Apart from proactively taking care of our students, we also emphasize communication between the school and the parents. The full support among teachers, staff, students and parents has further strengthened our team spirit and the whole-school participation when carrying out the Scheme. After joining the Scheme, teachers and students have further improved their health knowledge, attitude and habits which was revealed in the students health survey report.

It is encouraging that our school has achieved five ‘excellence’ and one ‘credit’ in audit, which means our hard work has been recognized. In order to achieve a higher standard, we will strive our best to sustain health education and health promotion in our school.

★ 體適能



★ 暑期義工-老人服務



★ 環保嘉年華2004 - 最具創意啦啦隊比賽





天水圍天主教小學

榮獲第二屆「香港健康學校獎勵計劃」的獎項，學校各成員都感到十分鼓舞。最高興的是我們能夠促進校內各層面的健康教育發展，讓學校不斷自我完善，邁向校訓「止於至善」。

建立一所「主的學校」是本校的教育目標。由創校開始，我們積極推展身、心、靈整

合的校本全方位健康教育政策及課程，並以生命影響生命，創建健康校園，培育陽光孩子。透過參加「香港健康學校獎勵計劃」，本校的健康學校文化得以建立，並促進學校各成員的全方位個人及社群健康素質，締造了一個愛與關懷的健康校園。

香港健康學校獎勵計劃

★ 創建健康校園 培育陽光孩子 ★

★ 服務生同樂日



天天健康促進小組與本校花式體操隊



★ 五彩蔬果健康攤位遊戲

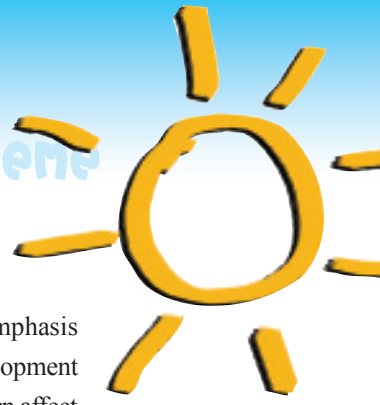


★ 「五彩蔬果健康攤位遊戲」



The Hong Kong Healthy Schools Award Scheme

Tin Shui Wai Catholic Primary School



The Hong Kong Healthy Schools Award Scheme

“Healthy Schools Nurture Smart Kids”---- We are pleased to have the honour to be awarded the Bronze Award in “The Hong Kong Healthy School Award Scheme 2004”. The most grateful and encouraging achievement is the enhancement of the holistic health education in our school through the Scheme. We have been making self-improvement and moving towards “A State of Perfection”.

The main educational objective of our school is to build “A School of Christianity”. Since 1995, we have been putting forward all our effort to promote school-based health policies and

curriculum. We have also been putting emphasis on physical, mental as well as spiritual development of our kids. We have a firm belief that life can affect and enrich life under the sunshine of God. With this belief we have been trying our very best to reach our goal of creating a healthy school and nurturing smart and happy kids. After joining “The Hong Kong Healthy Schools Award Scheme” (2001-2004), the health culture has been developing steadily and successfully in our school. It really helps the promotion of “All-round Development of our Children” and nurtures “A School of Love and Care”.

天天健康促進小組
★ 核心成員



聯校親子競技日



★ 天天跳繩強心日





塘尾道官立下午小學

自參加「香港健康學校獎勵計劃」後，我們便以「學校家庭齊合作，促進健康好快樂」為口號，致力共建「健康校園」，培養身心健康新一代。

健康促進委員會制定健康政策，令全體員生有明確的方向。為了將健康訊息傳遍校園，本校先譜出健康歌「跳跳笑」，再透過「康健聖誕樂歡欣」、「無污染旅行」、「健康生活樂滿分」、「健康好友營」、「無煙校園」及簽署「衛生約章」，讓學生強化個人健康生活技能。而本年更定為「健康學校活動

年」，每月以不同主題鞏固有關健康的知識；此外，各服務團隊積極參與校內及社區服務，齊建健康的學習與良好社區關係的環境。本校更編製「學生個人健康紀錄冊」，並以校管電腦系統作紀錄，使健康服務更臻完善。

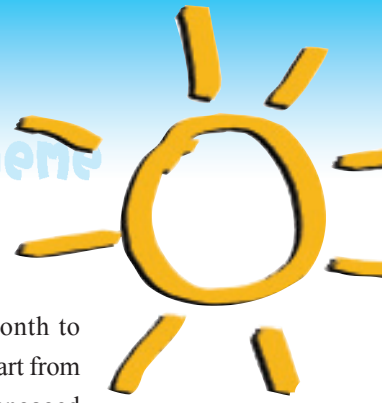
面對社會環境的不斷改變，本校相信健康是學習的原動力，有助推動學生的全人發展。對是次獲獎，本校全體師生除感到非常興奮及開心外，繼往開來，大家將會繼續努力，持續地去發展健康學校的理念。

★ 學校家庭齊合作 促進健康好快樂 ★



The Hong Kong Healthy Schools Award Scheme

Tong Mei Road Government Primary P.M. School



The Hong Kong Healthy Schools Award Scheme

Since participating in “The Hong Kong Healthy Schools Award Scheme”, we have been establishing a “Healthy Campus” and fostering “The Healthy New Generation” by adopting the slogan of “Cooperation Between School and Family, Happiness Achieved Through Health Promotion”.

The Health Promoting Committee formulated the health policies of our school, so that all of our staff and students had a clear and precise direction on the policies. Strategies have also been laid down to convey the health messages throughout the campus. The health song “Jump Jump Laugh” was firstly composed, following with the reinforcement of personal skills in healthy life through studies, such as the tran-programmatic activity “Joyful Christmas in Health”. A series of activities were also organized for students’ practice, like “Pollution-free Picnic”, “Healthy Life with Joy and Fun”, “Good Friends in Health Camp”, “Smoking-free Campus” and the signing of “Hygiene Charter”. The school also assigned this year as “Healthy School Activity

Year” with different themes in every month to strengthen students’ health knowledge. Apart from these, different community service groups engaged in school and community services to establish a healthy learning and good community relationship environment.

Our school published “Student Personal Health Record” so as to encourage students to look personal health in the face and we also recorded students’ health data in our computer system to make the betterment of our health service.

All the staff and students of our school are most gratified and excited about our achieving the award. In view of the ever-changing social environment, we believe health is the genuine force of learning, promoting the all-round growth of students. We will try all our best to continue our theme in healthy school development in future.

真心康健迎聖誕



學生個人健康紀錄冊





東華三院馮黃鳳亭中學

為提高全校師生及家長對健康的關注，本校以「建立健康校園」為校本目標之一，並成立了健康促進委員會，全面地推行健康教育。此外，本校更獲東華三院董事局的支持，興建健身室，增添本校建立健康學校的有利條件。

首先，本校制訂了一系列健康政策，然後各科、各小組及家長教師會根據政策所定的目標舉辦各項活動，推行健康教育，例如就健康飲食和運動方面，本校舉辦了「健康早餐日」、「健康餐單比賽」、「跳繩比賽」及「健康講座」等，以提高同學對這兩方面的興

趣。在向社區推廣健康訊息方面，本校積極培訓健康大使、環保大使等，向其他學校和社區人士推廣健康訊息；去年本校更以「健康亭園」作為銀禧校慶的主題，在開放日期間設立「健康廊」，為來賓提供「健康測試」等活動，藉此推廣健康的訊息至社區。

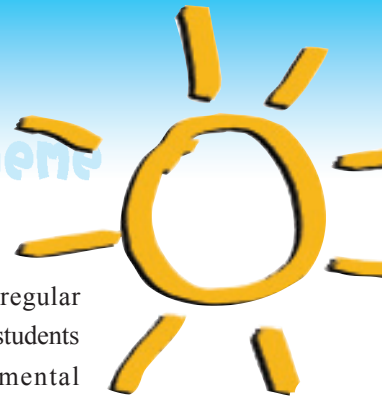
對於能夠獲獎，本校感到十分高興。更欣慰的是，本校師生及家長藉著推行健康學校計劃，整體地提高了對健康的關注。希望在未來的日子，我們能繼續保持健康的生活模式，邁向健康的人生。

★ 健康測試



The Hong Kong Healthy Schools Award Scheme

T. W. G. Hs. Mrs. Fung Wong Fung Ting College



The Hong Kong Healthy Schools Award Scheme

Health is one of people's most important assets. To raise the awareness of our staff, students and parents towards health, our school has set "Creating a Healthy School Campus" as one of our goals. To achieve this, we have established the Health Promotion Committee to implement health education at school. With the generous financial support from the Board of Directors of the Tung Wah Group of Hospitals, we have set up a Physical Fitness Room, which is an excellent place for our staff and students to exercise. It has become one of the biggest assets in turning the school into a healthier place.

Furthermore, our school has established a series of health policies and has carried them out by organizing a great variety of health-related activities through different subjects, functional groups and the Parents and Teachers Association. Examples are the 'Healthy Breakfast Day', 'Healthy Recipe Design Competition', 'Rope Skipping Competition' and health talks to encourage

students to develop healthy eating and regular exercise habits. We have also trained some students to be Health Ambassadors, Environmental Protection Ambassadors, etc. to promote health to other schools and the community. Last year, our school celebrated its 25th anniversary by organizing an Open Day with the theme of 'A healthy FWFT'. It was opened to the public in which there was a Health Gallery comprising health tests, exhibitions and healthy snacks. It was expected that through the Open Day with health-related activities, the message of health could be spread to our community.

We are very grateful that our school has been given the award, which justly recognizes the joint effort of the whole school. We are happy to see the whole school and parents becoming more aware of the importance of health. We hope that everyone can keep on enjoying a healthy lifestyle and remain healthy and fit!



★ 健康早餐日



★ 跳繩比賽





仁濟醫院第二中學

「香港健康學校獎勵計劃」為本校帶來的，絕不止於今日的獎項，而是學校整體的發展與躍進。在學校行政方面，計劃為校方帶來一次寶貴的自我審視機會，小至醫療室之急救設備，大至整體學校之安全環境，本校都能藉計劃之校外評核標準改善過來。難得的是，在營造健康安全的學習環境過程中，本校獲得家長教師會的鼎力支持和參與，這不但加強了家長對學校的信心，更深化了家校合作的層次。對教師而言，藉著參與專業分享、參觀、學術

交流，拓展了專業視野，並奠定本校健康教育的長遠發展基礎。對學生而言，本港中學教育尚未提供正規健康教育課程，學生僅能從各個學科接觸滲透式的相關資料；而健康學校計劃的「十大健康主題」，則倡導學校透過不同學科，有系統地將健康課題授予學生，令學生在生理及心理上對影響健康的時事物更具免疫力。在健康學校政策及既有環境的優勢下，本校更榮膺 2004 年「香港綠色學校獎」亞軍，堪稱錦上添花。

香港健康學校獎勵計劃

第四屆綠色學校獎勵計劃 ★ 中學組亞軍 ★



★ 健康小食周



★ 健康生活在屯門



★ 量度血壓



The Hong Kong Healthy Schools Award Scheme

Yan Chai Hospital No.2 Secondary School



The Hong Kong Healthy Schools Award Scheme

Not only has the Hong Kong Healthy Schools Award Scheme brought our school an honorable award, it has also provided us with a structured framework for holistic development.

As far as the school administration is concerned, the Scheme has provided us with a valuable opportunity to conduct a comprehensive evaluation with regard to various aspects, ranging from the medical facilities in the medical room to the safety environment in our school. Moreover, the involvement of the PTA in the Scheme can never be overlooked. With its enthusiastic and unremitting support, parents' confidence in our school has been boosted, and the participation of parents in school affairs has been strengthened. In

addition, teachers' horizons have been widened through professional development programs including sharing sessions, visits and academic interflow related to health education. Above all, despite the lack of health education in the school curriculum, students, through this Scheme, are greatly benefited by acquiring vast knowledge of health systematically via the coordination among different disciplines, so as to build up a sound mind and body.

Thanks to the Scheme and contribution from all parties, we are pleased to have won the second place in the Hong Kong Green School Award Scheme.

★ 綠色生活活動



★ 「豐盛收成的一刻，有機耕種興趣班」



★ 健康同行家樂徑





仁濟醫院王華湘中學

本校一向重視推行健康教育，務求令學生的身心得到均勻發展，達至全人教育的目標。近年，更將之推廣至教職員及家長，令受惠的人更多。

本校的健康教育分為個人健康及環境健康兩個元素。個人健康主要是透過各科目或組別的協作，以多元化的方式將健康的知識推廣及教授給學生，範疇包括生理健康、個人衛生常識、心靈健康發展等；而環境健康則包括保持環境衛生及安全、美化及綠化環境等。

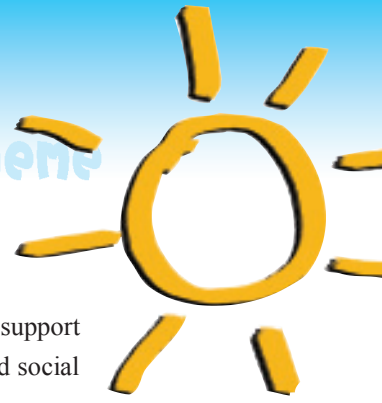
近年，本校更積極參與外界機構舉辦的各類健康推廣計劃，以豐富學校健康教育的發展。例如，2001年開始參與由香港中文大學健康教育及健康促進中心舉辦的「健康學校獎勵計劃」及2002年開始參與環境保護運動委員會之「綠色學校獎勵計劃」，透過外界專業機構或人士對本校定期進行有關評估並給予專業意見，以確保學校在個人健康及環境健康的發展上，日益改善。

★ 個人健康



The Hong Kong Healthy Schools Award Scheme

Yan Chai Hospital Wong Wha San Secondary School



The Hong Kong Healthy Schools Award Scheme

We firmly believe that a comfortable, safe, harmonic and pleasant learning environment favours the growth of our students. We therefore have been doing our utmost to adopt the “whole-school approach” and “collaboration between the discipline and guidance services” since the establishment of our school, in order to guide our students to establish correct moral values and interpersonal relationship through a series of activities co-organized by different parties in the society.

In addition, we have set up the School Health Team since 2001, which aims to coordinate with other parties inside and outside the school for the policies related to the development and promotion

of school health. It provides students with support in the areas of physical, psychological and social development.

To effectively materialize our ambition of establishing an ideal healthy school campus, since 2001 we have been joining the “Hong Kong Healthy Schools Award Scheme” organized by the Centre for Health Education and Health Promotion of the Chinese University of Hong Kong. Through the professional appraisal and advice from the expertise, we successfully work out the six main concerns of our school health policy.

★ 環境健康





元朗小商新村公立學校

本校是一所積極關心學生身心成長的小型學校。自參加「香港健康學校獎勵計劃」以來，一直朝著計劃的理念，在學校健康政策、健康服務及個人健康生活技能等各方面持續發展及改善。其中一樣額外的得著是獎勵計劃給予的學校指引及協助，令我們能有效地將校務

文件分類，不單加強我們掌握校內健康教育的發展狀況；更能引導學校有效地推動及執行各項校內外活動及事宜。

在此非常多謝香港中文大學健康教育及促進健康中心在過去三年的支援和協作。

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The Hong Kong Healthy Schools Award Scheme

恭賀信 Congratulation Letter



To all Principals, Staff and Pupils

Congratulations on achieving this high recognition for your outstanding efforts in promoting the health and well being of your students. Healthy students learn better and developing a whole school approach to health is one of the best investments a school can make.

The Health Promoting Schools movement is truly international. There are many exciting examples from all continents about the ways schools address health issues using a strategic and integrated focus. The schools in Hong Kong are great exemplars of the passion and commitment of Principals and their staff as they go about building healthy environments and futures for their students. The work in many of them is of the highest standard and of considerable interest to those of us who do research in the Health Promoting School area.

Now that you have achieved this level as a school community, you will be watched closely to see how it is possible to sustain your recent successes and to move even higher in the health promoting work that you do. I am sure you will meet this challenge.

Please celebrate your achievements with all those in your school community who made this award possible. And continue to involve the students in your work and to affirm all their superb efforts. It is, after all, the main reason why we get involved in Health Promoting Schools.

A handwritten signature in black ink, appearing to read 'Lawrence St Leger'. The signature is fluid and cursive.

Associate Professor Lawrence St Leger





得獎學校名單 School List with Awards

銀獎學校 Schools with Silver Award

大坑東宣道小學
Alliance Primary School, Tai Hang Tung
香港正覺蓮社佛教普光學校
HHCKLA Buddhist Po Kwong School
香港張氏宗親總會張熾昌紀念小學
HKCSCA Cheung Chi Cheong Memorial Primary School
馬鞍山循道衛理小學
Ma On Shan Methodist Primary School
保良局方王錦全小學
Po Leung Kuk Fong Wong Kam Chuen
Primary School
沙田崇真學校
Shatin Tsung Tsin School
塘尾道官立下午小學
Tong Mei Road Government Primary P.M. School
東華三院馮黃鳳亭中學
T.W.G. Hs. Mrs. Fung Wong Fung Ting College
仁濟醫院第二中學
Yan Chai Hospital No.2 Secondary School

銅獎學校 Schools with Bronze Award

佛教慈航智林紀念中學
Buddhist Chi Hong Chi Lam Memorial College
明愛樂勤學校
Caritas Lok Kan School
三育中學
Sam Yuk Middle School
天水圍天主教小學
Tin Shui Wai Catholic Primary School
仁濟醫院王華湘中學
Yan Chai Hospital Wong Wha San Secondary School
元朗小商新村公立學校
Yuen Long Small Traders New Village Public School

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香港中文大學醫學院
健康教育及促進健康中心



Centre for Health Education and
Health Promotion, Faculty of Medicine
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