

香港健康學校獎勵計劃

The Hong Kong Healthy Schools Award Scheme



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香港健康學校獎勵計劃

The Hong Kong Healthy Schools Award Scheme

目錄

CONTENT

序言 Foreword	2
香港健康學校獎勵計劃榮譽顧問 Honorary Consultants of the Hong Kong Healthy Schools Award Scheme	10
健康促進學校發展邁進新里程 Significant Milestone in Health Promoting School Development	11
2005-2006 活動花絮 Activities Highlights 2005-2006	13
出版 Publication	23
健康促進顧問服務 Consultancy Services for Health Promotion	24
課程 Courses Information	26
得獎學校分享 Awardee School Sharing	27
得獎學校名單 List of Awardee Schools	43
「香港健康學校計劃帶領學校」名單 List of Healthy School Mentors	44

香港健康學校獎勵計劃

序言

FOREWORD



知識不斷進步，尤其是科技方面的發展，讓愈來愈多人活得更長久及更健康。然而，經濟發展早已讓大家在生活及環境方面付出沉重代價，讓我們忘記本來該享有更好的健康狀況，繼而向現況作出妥協。

世界衛生組織西太平洋區以健康場所為理念及策略，推行全面、平衡及跨界別的健康促進活動。區內以學校為基點之健康促進活動正進行得如火如荼，健康促進學校已於西太平洋區內的成員國內發展。

世衛欣見香港中文大學醫學院健康教育及促進健康中心自2001年推動「香港健康學校獎勵計劃」以來的努力，迄今已有逾二百所學校參與有關健康促進學校計劃，其中六十九所學校更得到認可而獲頒發獎項。然而，最讓人感到興奮的是世衛與中心正為西太平洋區之健康促進學校籌備成立「健康促進學校名冊登記中心」。儘管世衛已記錄了各個地區發展健康場所（包括健康促進學校）之進度，我們期望世衛與中心合作發展的網上名冊登記中心可鼓勵學校繼續朝着健康促進學校方向邁進，保持健康促進學校的發展水平，並與其他學校分享他們推行健康學校的經驗及成功楷模。同時，名冊登記中心亦將匯聚各方的力量，蒐集資源及強化區內的健康促進及健康防護工作。

中大健康教育及促進健康中心已發展了一套評估健康促進學校之系統，建基於六大範疇作評估，包括學校健康政策、個人健康生活技能、學校健康服務、學校環境，校風／人際關係及社區關係。這套評估系統由評估指標、評估工具及監察過程等元素組成，其架構超越傳統以發病及死亡率為基礎的評估指標，更容易為其他國家的學校採用及實踐。世衛及中心將就各項規範標準，或與新訂兒童成長標準類近的指標進行調整。我們必須持續提升水平，賦予學校更大的挑戰，從而把健康促進學校發展至臻完善。

健康教育在香港已取得豐碩成果，我相信大家都會繼續朝着這目標進發。在此，我再次衷心恭賀中心及十六所本年獲獎之參與學校。推動健康發展，人人有責。你所出的每分力都為促進社會健康帶來無限動力。為了自己、為了我們的學校、為了我們的社區，讓我們一同播種健康的種子，並將一同分享健康的成果。就讓全民參與及合作的精神繼續發光發熱，共同努力迎接未來的新挑戰。

世界衛生組織
西太平洋區促進健康總監
Dr. Linda L. Milan

Advances in knowledge, especially in science and technology have resulted in more and more people living longer and healthier lives. On the other hand, economic development has taken its toll on the physical and social environments in which people live, threatens to negate or compromise the higher levels of health and well being that people have come to expect and enjoy.

The healthy settings concept and approach adopted by the World Health Organization Western Pacific Region recognizes this tension and addresses the need to respond in a holistic, balanced and multi-sectoral manner. Most remarkable is the application of this approach to the school as a healthy setting - the Health Promoting School, which is being promoted in Member Countries of the Region.

WHO is pleased with the way the Centre of Health Education and Health Promotion, Faculty of Medicine of the Chinese University of Hong Kong has moved forward since it launched the Hong Kong Healthy Schools Award Scheme in 2001. The fact that more than 200 schools are now participating in the scheme, and 69 have garnered recognition is impressive enough, but what is really exciting is that WHO and the Centre are collaborating in putting up a Registry of Health Promoting Schools for the Western Pacific Region. Even as WHO has prepared a profile of countries as to their progress in implementing the healthy settings approach, including health promoting schools, it is envisaged that the web-based registry being developed by the Centre in partnership with WHO will encourage schools to meet and maintain the standards of performance, share their experiences and good practices, and together constitute a strong voice of advocacy to mobilize resources and strengthen health promotion and protection work in the Region.

The Centre has developed a framework for evaluating health-promoting schools, based on the six domains or areas of action: school health policy, personal health skills, school health services, school physical environment, school social environment, and community relationship. The metrics have been identified – indicators, measurement tools, and evaluation process. The framework has gone beyond the traditional morbidity and mortality indicators, and can be adapted and made applicable to schools in other countries. What the Centre and WHO probably needs to fine tune are the normative standards, or benchmarks similar to the new growth standards for children. We must raise the bar and challenge our schools to push on – from compliance to competence to excellence.

Given what has been achieved so far here in Hong Kong, I have no doubt that you will continue to take the lead in this movement. Again, I offer my warmest congratulations to the Centre for Health Education and Health Promotion and to the 16 awardees this year. Everyone counts and has a role to play. What each one does matters. We sow healthy health habits and we reap health benefits – for ourselves, our schools and our communities. So, let the spirit of commitment and partnership continue to ignite and unite us for the challenging but exciting work ahead.

Dr. Linda L. Milan
Director

Building Healthy Communities and Populations
WHO Western Pacific Region

香港健康學校獎勵計劃

序言

FOREWORD



本人衷心祝賀本年度十六所學校達致世界衛生組織所訂之「健康促進學校」水平，而獲頒香港健康學校獎項。本人更欣悉香港中文大學醫學院健康教育及促進健康中心，榮獲世界衛生組織西太平洋區委任為西太平洋區「健康促進學校」的名冊登記中心。

為確保我們的下一代能作好準備，活得健康，以應付廿一世紀在健康衛生及社會關懷方面的種種挑戰，教統局除了將「建立健康的生活方式」成為新高中課程的全人發展的七個學習宗旨之一外，亦將有關課題滲透在不同學習經歷中，（例如「通識」科、「健康管理與社會關懷」科、社會服務/其他學習經歷等），讓學生有機會認識有關健康及社會關懷的課題，並掌握所需的知識技巧和價值觀，藉以建立健康的生活模式，為促進社會和諧盡一分力。而「香港健康學校獎勵計劃」正能協助學校透過「健康促進學校」的概念及實踐，讓學校能夠從課程以至校政方面配合推動，落實課程改革的宗旨。

本人謹此再次感謝健康教育及促進健康中心於近年推動健康教育的貢獻。更祝願中心及參與計劃的學校能繼續努力，創造健康的環境，造福我們的下一代及整個社會。

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

I would like to place my warmest congratulations to the sixteen schools awarded for achieving the World Health Organization's standard on Health Promoting Schools and to the Centre for Health Education and Health Promotion, the Faculty of Medicine of the Chinese University of Hong Kong for being commissioned to administer and maintain the Health Promoting Schools Registry for the Western Pacific Region.

In order to ensure that our younger generation is adequately prepared to live a healthy life and to meet the health and social care challenges of the 21st century, the bureau has highlighted 'leading a healthy life style' as one of the seven learning goals for whole person development in the New Senior Secondary Curriculum. Under the curriculum framework, we have incorporated related elements into students' learning experiences (e.g. "Liberal Studies", "Health Management and Social Care", and Other Learning Experiences) so that our students could acquire the knowledge, skills and values that help them adopting a healthy personal life and building up healthy communities. The Hong Kong Healthy Schools Award Scheme certainly provides a well-structured, workable framework for schools to realize such learning goal of the Curriculum Reform.

Once again, I would like to thank the Centre for Health Education and Health Promotion on their unreserved effort in promoting health education in Hong Kong over the past years. I wish the Centre and the schools under the Scheme continue to build on existing strengths in creating an environment that supports a healthy young generation and society.

Dr. K K Chan

Principal Assistant Secretary (Curriculum Development)

Education and Manpower Bureau

Government of the Hong Kong Special Administrative Region

香港健康學校獎勵計劃

序言

FOREWORD



兒童是未來的主人翁。如果我們相信明天會更美好，就需要高度關注兒童的發展。

除了家庭以外，學校也直接影響兒童健康及學習成效。學校提供安全及愉快的學習環境，讓兒童獲得知識及技能發展的同時，老師成了健康行為的典範。學校和家庭的互動，對於社區健康發揮著正面的影響。學校擁有受尊崇的地位及社會網絡，正好能夠動員社區的力量，培育下一代成為更茁壯、更能幹、更健康的公民。

在這方面，學校並不是孤軍作戰。您們還有政客、政府、社區、專業團體、家庭、甚至學生的支持。「香港健康學校獎勵計劃」擁有200間來自幼稚園、小學、中學和特殊學校的會員，準備好把落實推行健康促進的經驗，充滿自信及自豪地與大家分享。關注兒童健康的人士，正急切期待聆聽您們精彩的成功經驗。

香港特別行政區政府
衛生署
衛生防護中心
助理署長（健康促進）
程卓端醫生

The children of today are the adults of tomorrow. If we believe in a better tomorrow, then our children deserve our greatest attention.

Schools are next to the family in having a direct impact on children's health and effective learning. Schools provide a safe and pleasant environment for knowledge acquisition and skills development. Teachers are role models for healthy behaviour. Schools interact with the family and exert positive influence on the health of the community. By virtue of their respected position and social networking, schools are suitably placed to mobilize community support, building the next generation of citizens who are stronger, brighter and healthier.

Schools are not in this alone. You have the support of politicians, the government, community, professional organizations, families and, not least, students. The Hong Kong Healthy Schools Award Scheme, with its 200-strong membership of kindergartens, primary, secondary and special schools, can speak with pride and confidence how far they have achieved to make this a reality. Those who are interested in children's health cannot wait to hear from your successful and wonderful experience.

Dr. Regina Ching
Assistant Director of Health (Health Promotion)
Centre for Health Protection
Department of Health
The Government of Hong Kong Special Administrative Region

香港健康學校獎勵計劃

序言

FOREWORD



轉眼間，香港健康學校獎勵計劃已踏入第五個年頭。計劃為本港過百所中、小學及特殊學校奠立健康促進學校的基石，其中六十九所學校更達至世界衛生組織所訂之健康促進學校標準，而獲頒發獎項。本年共有十六所參與計劃學校獲頒香港健康學校獎勵計劃獎項，包括三所學校獲頒金獎，七所學校獲銀獎及六所獲銅獎。

過去數年，各參與計劃學校以健康促進學校目標，為推廣學童、教職員、家庭及社區健康不遺餘力。他們積極參與由中心組織之地區健康促進學校網絡，與教育界同工交流健康教育及健康促進方面之經驗及分享相關資源。三十五所健康學校先鋒更參與成為健康學校計劃之帶領學校，引領健康幼稚園獎勵計劃之參與學校及其夥伴學校朝健康促進學校方向發展。多年來，中心與參與學校建立緊密之夥伴關係，攜手推動香港健康促進學校發展，致力改善學童全人健康及推動優質學校發展之餘，更不斷為教職員、學童及家長提供知識及技能，鼓勵他們參與社區健康促進工作。我們期待與來自世界各地之健康教育及促進健康工作者分享過往就推動健康促進學校工作方面所獲得的經驗及成果。

本年，中心喜獲世衛西太平洋區辦公室委託建立及管理西太平洋區健康促進學校名冊登記中心。得以與世衛合作為區內建立健康促進學校名冊登記中心，我們實在感到萬分雀躍。相信西太平洋區健康促進學校名冊登記中心能為有志推動健康場所發展之各界人士提供區內建立健康促進學校之經驗作為參考，推動區內繼續以健康場所為健康促進及健康防護之主要策略，並且鞏固區內健康促進學校網絡。

在此，我再次恭賀十六所獲獎的健康學校，並向所有促成香港健康學校獎勵計劃步向成功的單位致以衷心的謝意。我們期望與各界攜手合作，為年輕一代及至香港社會建設健康的將來。

香港中文大學醫學院
健康教育及促進健康中心
中心總監
李大拔教授

It is now five years since the Hong Kong Healthy Schools Award Scheme was first established in 2001. The Scheme has laid the foundation of health promoting school in over hundred local primary, secondary and special schools in Hong Kong and sixty nine of them have been awarded for achieving the WHO's standards on health promoting school. I am very happy to announce that a total of sixteen schools are presented the Hong Kong Healthy Schools Award this year in which three of them attaining the Gold Award, 7 Silver and 6 Bronze.

Over the years, the participating schools have developed along the concept of health promoting school to promote better health of students, school personnel, as well as families and community members. They are all devoted to further the development of health promoting schools in the community and actively participated in various district based networks which are formulated by the Centre to strengthen the interaction between school personnel for sharing experience and mobilizing resources in health education and health promotion. Thirty five of them also joined the mentorship programme initiated by the Centre and acted as mentors in guiding the participants of Healthy Schools (Pre-school) Award Scheme or another school to develop towards a health promoting school. With the joint efforts from the Centre and significantly our participating schools, the health promoting school movement in Hong Kong not only promotes students' all round development and better school development, but also empowers the stakeholders with knowledge and skills to further promote better health for all in our society. We are delighted to share with the health education and health promotion professionals from over the world the fruitful results deprived from the past few years.

This year, our Centre was commissioned by WHO to develop and maintain the Registry of Health Promoting Schools for the Western Pacific Region. It is our great pleasure to collaborate with WHO in establishing a registry for the health promoting schools in our Region to reinforce the concept and approach of promoting health in the school setting. We strongly envisage that the Registry would inspire the advocates to make the best use of the healthy setting approach to strengthen the capacity of health promotion and health protection, and further consolidate the network of health promoting schools in the Region.

Once again, I would like to congratulate the sixteen award-winning Healthy Schools and extend my sincere gratitude to all the parties in leading the Hong Kong Healthy Schools Award Scheme a success. We look forward to working with you all to build a healthier future for the young people and the society.

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

香港健康學校獎勵計劃

香港健康學校獎勵計劃榮譽顧問

HONORARY CONSULTANTS OF THE HONG KONG HEALTHY SCHOOLS AWARD SCHEME

本港 Local

關定輝先生 Mr. Kwan Ting Fai
香港政府教育署 (1963-1999) 前任副署長
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
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青草地全人發展中心總監
Chief Clinical Supervisor, Chief Executive
Green Pastures Whole Person Development Centre

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Professor of Health Education Department
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Dr. Linda Milan
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美國密西根大學教育哲學教授
Professor of Education, School of Education
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Professor Keith Tones
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Leeds Metropolitan University
Visiting Professor of Health Promotion
Nuffield Institute for Health
University of Leeds

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

健康促進學校發展邁進新里程

香港中文大學健康教育及促進健康中心自1998年率先在香港推動「健康促進學校」的概念，並於2001年開始推行「香港健康學校獎勵計劃」。計劃為香港首個獲得世界衛生組織西太平洋區認可及達致世衛標準的健康促進學校計劃。計劃以健康促進學校的概念為本，推動學童學業成就及身心之全面發展，從而改善學童的生活質素。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。

根據中心為參與計劃學校進行之調查顯示，學校參與計劃後，積極推動學校健康發展，有助改善學童健康問題及促進優質學校發展。為進一步發揚健康學校的理念，中心於去年推展「健康幼稚園獎勵計劃」，並且發展健康學校計劃帶領學校、健康學校自評系統、與本地及海外地區之健康教育及促進健康工作者建立夥伴關係，以及為學校提供專業顧問服務，協助他們發展健康教育及健康促進工作。此外，中心又與不同地區之健康教育及促進健康工作者分享多年來於發展健康促進學校方面所累積的經驗，包括澳洲、英國、加拿大、日本、老撾、澳門、中國其他城市、馬來西亞、台灣、美國及西太區其他國家等等。

這些年來，西太區內已經有許多學校正朝着健康促進學校方向發展。為持續推動區內健康促進學校之發展，世衛西太平洋區辦公室遂設立西太平洋區健康促進學校名冊登記中心，並委託中心管理名冊登記中心之運作。期望通過名冊登記中心強化區內健康促進學校網絡，鼓勵更多學校以健康促進學校為發展目標，並且促進前線學校健康工作者的聯繫，分享建立健康促進學校之經驗，推廣健康促進學校的成功楷模，以及蒐集發展健康促進學校資源。

成立西太平洋區健康促進學校名冊登記中心標誌着健康促進學校發展邁進新里程。中心將以名冊登記中心為平台，繼續全力推動發展健康促進學校網絡。期望參與學校與區內其他有志發展健康促進學校的人士或學校能夠通過名冊登記中心強化學校在健康促進及健康防護方面的能力。



香港健康學校獎勵計劃

Significant Milestone in Health Promoting School Development

The Centre for Health Education and Health Promotion of The Chinese University of Hong Kong pioneered the concept of health promoting school in Hong Kong in 1998 and launched the Hong Kong Healthy Schools Award Scheme since 2001. The Scheme is the first territory wide healthy schools movement recognized by the WHO Regional Office for the Western Pacific in meeting the WHO's standards. It builds on the concept of health promoting school to encourage educational achievement, better health and emotional well-being; thereby supporting students in improving the quality of their lives. It provides a structured framework for the development and implementation of healthy schools as well as a system of monitoring progress and recognition of achievement.

After years of implementation, it was proven that schools joining the Scheme have achieved significant improvement regarding students' health and school management. In order to sustain and cascade the effect of healthy schools, the Centre launched the Healthy Schools (Pre-school) Award Scheme in 2005 and continues its efforts in developing Healthy Schools Mentorship Scheme, establishing district healthy schools networks, and providing consultancy and assessment services for all schools in Hong Kong. With all the fruitful experiences derived from the past few years, we pledged all our best effort to promote the development of health promoting schools and share our practices and experiences to many health education and health promotion professionals from other countries including Australia, Britain, Canada, Japan, Laos, Macau, Mainland China, Malaysia, Taiwan, USA and other countries in the WHO Western Pacific Region.

Indeed, many schools in the Western Pacific Region have been developing along the concept of Health Promoting Schools. In order to sustain and further promote the development of Health Promoting Schools in the Region, WHO Regional Office for the Western Pacific establishes the Registry of Health Promoting Schools, Western Pacific Region and commissioned the Centre to administer and maintain the Registry. The Registry aims to strengthen the network of Health Promoting Schools in the Region, to encourage more schools joining as a Health Promoting School and to promote the interaction of people who are in the front line of school health issues in the Region through sharing experiences, promoting good practices and mobilizing resources for the development of Health Promoting School.

The establishment of the Registry marks a significant milestone in the development of health promoting school in the Region. The Centre will devote all its effort to further consolidate the network of health promoting school in the Region through the platform provided at the Registry. We envisage that members of the Registry and other schools in the Region with commitment to develop as health promoting school will be inspired to make the best use of the school setting approach strengthening the capacity of health promotion and health protection.

健康幼稚園獎勵計劃

健康幼稚園獎勵計劃自二零零五年推展至今，已有100所幼稚園參與是項計劃。與此同時，31所健康促進學校先鋒成為健康幼稚園獎勵計劃的帶領學校，與夥伴幼稚園建立協作關係，分享及交流發展健康學校的經驗，將健康學校的理念薪火相傳。

每所參與幼稚園於開始推行健康幼稚園以前，計劃為他們進行學校基線評估，讓參與幼稚園了解其學校發展狀況，以及學生的健康行為狀況及需要。在過去一年，中心因應幼稚園的需要，為參與幼稚園安排一系列的研討會及工作坊，包括：

教職員工作坊

- 計劃籌備工作坊
- 健康促進幼稚園概念及實踐工作坊
- 【如何準備評估？】工作坊

各工作坊皆反應熱烈，參與者並表示對發展健康促進幼稚園的要點及策略有更全面的了解及掌握。中心統籌除了提供推動健康教育之專業意見外，更邀得帶領學校同工及香港教育學院幼兒教育系講師在工作坊中擔任小組導師，分享他們建立健康學校之經驗及意見。



幼稚園同工積極參與實習工作坊。
School staff from kindergartens participated actively in the practical workshops.

帶領學校培訓

除由中心統籌為參與幼稚園就健康幼稚園工作及整體之健康發展情況提供專業意見和協助外，帶領學校亦將發展健康促進學校之寶貴經驗及成效與夥伴幼稚園分享。為協助帶領學校了解如何通過夥伴關係深化健康學校的發展，以及對擔任帶領學校的角色有更清晰的瞭解，中心為帶領學校定期舉辦工作坊及分享會。



家長講座

家長對培育幼兒健康成長擔當一個非常重要的角色。因此，計劃於不同地區舉辦家長健康教育工作坊，推廣家庭教育及強化家長的健康知識及技能，協助促進幼童的全面發展。

- 哮喘及氣管敏感
- 幼兒體適能
- 扁平足
- 流行性感冒和禽流感

各個工作坊皆反應熱烈，出席的家長更積極參與，表示講座對培育子女的健康成長有實質的幫助。

地區健康幼稚園網絡

計劃其中一項目標為發展地區健康幼稚園網絡。中心成立了五個地區網絡，分別為「香港島及九龍中西」、「九龍東」、「葵青荃」、「新界西」及「新界東及新界北」，為參與計劃幼稚園提供交流推行健康幼稚園經驗的分享平台。中心統籌更會跟區內幼稚園作緊密的聯繫，並帶領地區的發展。而計劃之主要協作單位－香港教育學院幼兒教育系的講師更擔任地區健康幼稚園網絡的顧問，與中心職員攜手為幼稚園同工提供發展健康教育及健康學校之專業意見。

健康幼稚園獎勵計劃未來發展方向

為促進本港優質幼兒教育發展，中心將與香港教育學院幼兒教育系合作發展幼兒健康教育課程及相關研究。另一方面，中心亦將建立健康幼稚園自評機制，讓幼稚園運用自評機制定期分析學校的優勢和弱項，規劃校本健康學校發展藍圖，從而擬定發展健康學校的方向及優先次序。

為與世界各地之健康教育及促進健康工作者及專家分享參與計劃幼稚園之經驗，中心將於中心網頁特設《健康學校網上資源共享中心》，讓參與計劃之幼稚園通過網上平台分享推展健康幼稚園之心得及相關健康教育及促進健康之資源，並且促進各地有志發展健康幼稚園之同工交流經驗。

Healthy Schools (Pre-school) Award Scheme

Since the launching of the Healthy Schools (Pre-school) Award Scheme in 2005, 100 kindergartens have joined the Scheme. Moreover, thirty one healthy school pioneers have been designated to be the mentor schools of the Healthy Schools (Pre-school) Award Scheme. They have built a good relationship with their mentee kindergartens and shared their experience in healthy school development with them.

After joined the Scheme, a baseline assessment has been conducted for each of the participating kindergarten which aims at providing kindergartens information about the status of their school development and the health status of their students. A series of workshops and seminars have been organized for the participating kindergartens to meet their needs. They include:

School staff training

- Project Preparatory workshop
- Concepts and Implementation of Health Promoting Kindergarten
- Workshop for how to prepare assessment

The workshops received overwhelming responses from the participating kindergartens. The kindergartens acquired a better understanding of the concepts of Healthy Kindergarten and developed strategies for the development in Health Promoting Schools after the workshops. While school co-ordinators from the Centre provided kindergartens with professional guidance in health education and health promotion, mentor schools and instructors of the Department of Early Childhood Education of the Hong Kong Institute of Education (HKIEd) acted as facilitators in the workshops.

Workshops for Mentor Schools

School co-ordinators from the Centre provides kindergartens with professional advice and guidance in health promoting kindergartens. Mentor schools also play an important role in sharing their experience in the healthy school development with the mentee kindergartens. In order to equip the participants with a better understanding on their role of being a mentor school as well as further enhance their skills in helping their mentee to develop towards a healthy kindergarten, training workshops were conducted for the staff from mentor schools.

Parents' workshops

Parent plays an important role in fostering children development. District-based parents' health education workshops have been organized to enhance parents' knowledge and skills in better health management for their children.

- Asthma and Allergic Bronchitis
- Physical Fitness for pre-school children
- Flat Feet
- Influenza and Avian Flu



醫生向家長細心講解幼兒的健康常識。
Doctor delivered details of health knowledge about preschool children to parents.



工作坊設有運動示範。
Speaker demonstrated how to exercise in the workshop.



物理治療師教導家長如何檢查子女是否患有扁平足。
Physiotherapist explained to parents how to check if their children have flat feet.

District-based healthy kindergarten network

The Scheme emphasizes on establishing network amongst participating kindergartens so as to promote the interaction between front line school personnel in the healthy kindergarten development. 5 district-based networks have been established, namely Hong Kong Island, Central Kowloon and Kowloon West, Kowloon East, Kwai Tsing Tsuen, New Territories West, as well as New Territories East and North. The Networks provide a platform for the participating kindergartens to share their experience in healthy kindergarten development amongst themselves.

School co-ordinators also keep close contact with the kindergartens and promotes the district-based development health promoting kindergartens. Moreover, instructors of HKIEd, which is the major collaborating partner of the Scheme, act as advisors of the Networks and provide support and advice to the participating kindergartens jointly with the Centre's school coordinators.

Future Development of the Scheme

To enhance the quality of early childhood education in our society, the Centre continues to work closely with HKIEd for the development of pre-school health curriculum and other researches in health related issues of pre-school children. A self-evaluation system would also be developed for the participating kindergartens, such that they could make use of the system to have periodical self evaluation on its healthy school development. This, in turn, helps them to develop plan on further work.

In addition, a Healthy School Resources Sharing Platform will be developed in the near future such that health educators and related professionals all over the world can get access to the fruitful results in the development of healthy kindergartens shared by the participating kindergartens.

香港健康學校獎勵計劃

2005-2006 活動花絮

ACTIVITIES HIGHLIGHTS 2005-2006

新界西健康學校夥伴計劃

為發揚健康促進學校的理念，中心開展「新界西健康學校夥伴計劃」，由中心領導8所具備經驗的健康學校先鋒各自與區內一所學校建立夥伴關係，並協助夥伴學校發展成為健康學校。於2005年，繼舉行啟動典禮後，中心為夥伴學校進行「基線健康需求評估」，並為帶領學校舉辦「經驗分享論壇」。



「建立標準急救及醫療設備」工作坊
Medical Room and First Aid Facilities Workshop



2006年，中心更推出一系列的健康培訓課程，以支援參與學校繼續朝健康學校方向發展。

自2006年2月起，中心與熱心的帶領學校合辦了3次培訓工作坊，包括「學校健康政策及校風/人際關係」交流分享會、「校內有機耕種」工作坊及「建立標準急救及醫療設備」工作坊。各培訓工作坊的反應非常踴躍，超過70名校長、老師及學校職工參與，新界西區以外的學校同工亦參與其中。

家長健康培訓也是計劃的重要發展項目。中心遂於2006年2至3月期間舉辦「家長健康學堂」，參與計劃學校共推薦了65名家長參加。學員通過課堂及實習，獲得健康生活知識及技能。不論在課程進行期間或完成培訓後，學員都積極參與健康推廣活動，在家庭、學校及社區肩負推廣健康的責任。

New Territories West (NTW) Healthy Schools Mentorship Project

To further the Health Promoting School (HPS) movement initiated by the Centre since 2001, the Centre launched the NTW Healthy Schools Mentorship Project which aims to encourage experienced Healthy School Pioneer to act as mentor to build a collaborative partnership with another school in the same district so as to help the mentee schools developing along the concept of HPS. Followed the charter signing ceremony, the Centre conducted the baseline health needs assessment and mentor schools' experience sharing forums were organized in 2005. A series of health training programmes have been conducted in 2006 to provide further support to the participating schools.

In addition, the Centre also collaborated with the mentor schools to organize a series of teachers' training workshops for the school personnel to further enhance their knowledge and skills in health education and health promotion. From February 2006 onwards, three training workshops were conducted to meet the needs of the mentee schools as identified in the baseline assessment and in routine contact, including Sharing Seminar on School Health Policy and Social Environment, Workshop on Organic Farming and Workshop on Equipping Medical Room and First Aid Facilities. Over 70 school principals, teachers and supporting staff have participated in the workshops and participants from other districts have also been benefited.

The project also aims to provide training for parents to equip them with knowledge and skills in better health management for themselves and their family members and to encourage them to actively participate in health promotion activities in the community. A total of 65 parents were nominated by the participating schools to join the parents' health training courses conducted by the Centre in February and March 2006. The participants were actively involved in health promotion activities during and after the end of the courses to promote healthy lifestyles at home, at school and in the community as well.



「校內有機耕種」工作坊
Organic Farming Workshop

健康教育課程發展

中心一向致力推動健康教育課程發展，除了推動香港健康學校獎勵計劃及健康幼稚園獎勵計劃以支援教師推行健康教育外，更積極支持新高中課程發展，包括健康管理與社會關懷及通識教育科課程，為課程之架構及內容提供意見及支援。中心總監李大拔教授更獲香港特別行政區政府教育統籌局委任為課程發展議會委員及新高中健康管理與社會關懷課程委員會主席，與其他夥伴機構並肩推動健康教育發展。



自2004年起，中心與林大輝中學合作發展中學健康教育課程，希望透過課程裝備學童有關健康促進與疾病預防的整體概念、培養自我健康管理技能、發展倡導個人、家庭及社區健康的能力，更讓有意從事醫療保健或與健康相關行業的學童，認識有關行業的理論及運作等等，從而提高學童對該領域的興趣及協助規劃未來事業發展。此外，中心參與一系列講座及教師專業培訓課程，與教育界同工探討通識教育科所涉及的研究方法及涵蓋範圍，讓教師獲得相關知識及教學技巧，引導學童主動學習健康知識及技能。中心將繼續與教育界同工緊密合作，協助學校推行健康管理與社會關懷及通識教育科課程，為學校提供專業意見及支援，務求課程更完善及切合實際需要。

Development of Curriculum on Health Education

Apart from implementing the Hong Kong Healthy Schools Award Scheme and the Hong Kong Healthy Schools (Pre-school) Award Scheme, the Centre conducted a variety of projects in response to facilitate the implementation of health education in schools. The Centre actively supports the New Senior Secondary Curriculum, including the development of Health Management and Social Care and Liberal Studies. The Centre Director, Professor Albert Lee, is appointed as the member of Curriculum Development Council (CDC) and Chairman of Health Management and Social Care Committee by the HKSAR Education and Manpower Bureau, working in line with other stakeholders for the development of health education in schools.

The Centre has been collaborating with Lam Tai Fai College to develop health education curriculum for secondary school students since 2002. The health education curriculum aims to empower students with essential knowledge on health and health risk behaviours, and to develop healthy life skills. For those who want to build a career in the health care industry or health-related business, the curriculum enables them to acquire an insight into future career and explore the extent of interests they have in this field. In addition, through a series of seminars and training workshops for school personnel, the Centre is able to explore the methodology and scope of liberal studies with our colleagues in the education profession. This allows teachers to acquire relevant knowledge and teaching skills, so that they can assist students to learn health promoting knowledges and skills in a proactive manner. The Centre will continue to work closely with schools so as to provide advice and support for them to develop the curriculum for Health Management and Social Care and Liberal Studies.



五彩蔬果計劃

中心自推展「五彩蔬果計劃」以來，通過多元化及全面性的策略協助學校營造健康的飲食環境及文化，從培訓、設計教材、推動校本健康飲食推廣活動等方面入手，為計劃的參與學校提供支援，以建立理想的飲食環境及氣氛，並讓學童體驗活潑、生活化以及全方位的學習經歷，建立健康的飲食習慣。



學童飲食習慣及學校午膳質素調查

中心於二零零五年六月至九月期間到訪計劃參與學校，進行問卷調查及學校午膳調查，以瞭解學生的飲食習慣及學校的午膳供應情況。調查數據顯示僅5.4%被量度的學校午膳合乎營養師建議的食物比例，而參與調查的521名留校午膳的小四及小五學童於午膳時進食蔬菜的份量偏低，情況值得關注。

教師、家長及學生培訓

計劃於二零零六年五月至六月期間舉辦了三場「從學校午膳入手，營造健康的飲食環境」工作坊，旨在促進校方在校推動有效的午膳監察措施，為學童提供健康的午膳。學校反應熱烈，參與學校數目達59間，與會者積極參與討論及分享，並表示對健康午膳有了新的概念，有信心能進一步改善午膳監管的策略，同時加強家校協作，以達致更理想的效果。

就學童培訓方面，中心舉辦了「超級市場旅行團」，通過模擬場景或實地參觀等活動，讓學生蔬果大使認識及實踐如何解讀食物標籤，讓他們日後能跟同學推廣正確的營養訊息。



營養教育教材及資源

中心先後推出「五彩蔬果換算輪」及「滋味營養教室」等生活化的營養教材，藉此加強學童的營養知識，進一步幫助學童紮穩健康飲食的基礎，而這些教材及資源均獲各方正面的回應。

中心更獲衛生署邀請，成為「健康飲食在校園」運動的支持機構之一，並參與訂立指引（包括午膳營養指引、小食營養指引）、發展營養教育教材、改變飲食環境、推動公眾教育等，共同推動校園健康飲食文化，攜手培育健康的新一代，讓學生建立健康的飲食模式。



Colorful and Bright Fruits and Vegetables Project

The Centre has been in close collaboration with schools to build a healthy eating environment and culture, through diverse and comprehensive strategies since it first launched the “Colorful and Bright Fruits and Vegetables Project”. By conducting related training, developing teaching materials, and motivating school-based healthy eating promotion activities, the Centre provides project schools with relevant support in a view to helping students experience a lively and all-rounded learning and attain a healthy eating habit.

Student Eating Habit and School Lunch Quality Surveys

The Centre conducted a questionnaire survey and a school lunch survey from June to September in 2005. The surveys were conducted to explore the students’ eating habits and the quality and quantity of school lunch. The data revealed that only 5.4% of the measured lunch could achieve the proper food proportion, and 521 investigated primary 4 and 5 students showed that their vegetable consumption were low.

Trainings for Teachers, Parents and Students

In May and June of 2006, the Project organized 3 workshops on “Building a healthy eating environment starting with school lunch”, which aims at promoting parent-school collaboration to improve the effectiveness of lunch surveillance and offer healthier lunch for students. The schools responded actively and the number of participating schools reached 59. The attendees enthusiastically took part in sharing and discussion, and stated that they could thereafter improve the lunch surveillance strategies, while strengthen the parent-teacher collaboration.



Besides, the Centre also organized “Supermarket Tours” for the Student Fruits and Vegetables Ambassadors. Through imitated setting or field visits, with interactive teaching methods, the Ambassadors would not only learn and apply the use of food labels, but also acquire the skills to convey proper nutrition knowledge to the peer group.

Nutrition Education Teaching Kits and Resources

The Centre keeps on producing various creative and user-friendly nutrition education teaching materials and assisting tools. For instances, the Centre designed the “Fruits and Vegetables Serving Wheel” as well as a series of teaching kits covering a broad range of healthy eating concepts. These materials were designed exclusively for students so as to promote healthy eating lifestyle, and positive feedback was collected from various users.

The Centre was invited by the Department of Health to be the one of the supporting parties of the EatSmart@School.hk Campaign. Participated in establishing guidelines (lunch and snacks nutrition guidelines), nutrition education teaching materials development, eating environment modification and active promotion to the public, the Centre works closely with the Department of Health to advocate the healthy eating culture at schools, and cultivate a healthier new generation.



家長健康學堂

為進一步推廣社區及家庭健康，中心為不同地區之家長設計一系列的健康教育培訓課程，旨在強化家長的健康知識及技能，提升他們對健康事項的關注。課程設計的特點乃滲入賦權（Empowerment）效能，賦予家長健康推廣的責任與權利，並且著重灌輸健康生活技能，通過課堂及實踐，學習疾病預防、運動、飲食、安全、心理健康及健康推廣的技巧，不僅鼓勵在家中實踐健康生活，讓家庭各成員的健康獲得更大保障之餘，更鼓勵家長協助學校全面推行健康學校發展及積極參與推廣社區健康工作。課程除了讓家長得以盡展所長外，更為創造健康和諧社區建立鞏固的基石。

Parents College of Health

For the advancement of promoting health in the community and family, the Centre has launched a series of health education training programmes for parents in different districts. The training aims to equip parents with skills and knowledge on health as well as to raise their awareness in health issues. It embraces the concept of Empowerment in the training so as to enlighten parents that they have the rights and responsibilities in promoting health. It also emphasizes on acquiring the healthy living skills. Through lectures and practices, parents could learn more about diseases prevention, exercising, healthy eating, safety, emotional health and skills in health promotion. Participants were encouraged to practice those skills and knowledge at home, and also to work with schools and community in health education and health promotion. Furthermore, the training programme offers a golden opportunity for parents to prove their strengths and ultimately to build a healthy and harmonious community in our society.



消防員指導使用滅火筒
Demonstration on the proper use of extinguisher



健康專題研習：「尋找衛生黑點」
Health Project: Finding hygiene black spots



新界西家長健康學堂畢業典禮
Graduation Ceremony of NT West
Parent College of Health



練習量度身體健康指標
Practice on measuring body health



導師示範受傷處理
Demonstration of injury management

地區性學校網絡

香港健康學校獎勵計劃經過多年來的發展，於不同的地區因應學校的需要及發展狀況建立學校網絡，作為學校之間分享交流經驗的平台。

Health Promoting Schools District Networks

With years of development, several Health Promoting Schools District Networks have been established under The Hong Kong Healthy Schools Award Scheme. These Networks provide a platform for schools to share their experiences on developing Health Promoting School.

新界西健康促進學校網絡

於二零零四年成立。除了香港健康學校獎勵計劃成員外，該網絡亦包括新界西健康學校夥伴計劃的參與學校及區內其他有志推廣健康的學校，成員學校達五十七所。網絡定期舉辦交流分享會、學校互訪活動及以電子通訊方式發放最新的健康學校資訊，與學校保持緊密的聯繫。

The New Territories West Health Promoting Schools Network

Since the establishment in 2004, the Network has been expanded rapidly. The Network has been developed towards a membership system with 57 member schools including schools of the Hong Kong Healthy Schools Award Scheme and the NT West Healthy School Mentorship Project, as well as other schools who devote themselves in promoting health. The Network organizes sharing seminars and school visits regularly. Also, an email communication system has been established for schools to share and receive latest information on Health Promoting School.

新界北區健康促進學校網絡

於二零零四年成立，以培訓家長為發展方向，並於上年度舉辦了「新界北家長健康大使學堂」，讓家長獲取健康知識，協助學校推廣健康工作，共同建設健康學校。中心亦透過電子通訊，發佈最新的健康推廣消息。

The New Territories North Health Promoting Schools Network

The Network established in 2004. It is developed with aims to train and educate parents to be a partner in promoting health in schools. In this regard, "The New Territories North Parents Training Workshop" was launched to equip parents to be Parents Health Ambassador for assisting teachers on health promotion in Schools. An email system has also been developed to release latest information to schools within the Network.

新界東區健康促進學校網絡

網絡之參與學校包括沙田及馬鞍山區內的健康學校，以培訓學生健康大使為發展方向。曾經多次為區內學校舉辦「健康小先鋒」訓練班，培訓健康大使協助教師於校內發展健康教育計劃。中心及區內網絡學校同工亦於聚會時分享發展健康學校之經驗及資源。

The New Territories East Health Promoting Schools Network

Health Promoting Schools from Shatin and Ma On Shan districts are welcome to join the Network. One of the aims of this Network is to train up student health ambassadors as a mean to promote health in schools. The "Little Health Pioneer" scheme has been launched in several schools within the district and trained numerous student health ambassadors to assist teachers in promoting health within schools. The Centre and all network schools in the district work closely to exchange experiences and resources in developing Health Promoting School.

九龍東及西貢區健康促進學校網絡

於二零零五年成立，以「資源共享」作為發展方向，希望透過分享聚會，發掘區內外可利用的資源，以協助學校更有效地發展健康教育。

Kowloon East and Sai Kung Health Promoting Schools Network

The Network established and launched the first meeting in 2005. Schools from the Network were invited to share their experiences on Health Promoting School. The meeting concluded with consent on the Network's development direction which is "Resources Sharing Amongst Network Schools". It is envisaged that more valuable resources could be identified to assist in health promotion within schools.



香港健康學校獎勵計劃

人生不倒翁－健康學校之校園抗逆計劃

為發揚健康促進學校的理念，關顧學童的心理健康，進一步建立及促進在校的抗逆力，中心與香港健康促進及教育協會於二零零五年八月展開了為期一年的「人生不倒翁－健康學校之校園抗逆計劃」，並邀請了新界西九所小學及九所中學參加。是項計劃透過問卷調查評估區內學童自身的抗逆指數，從而瞭解家庭與學校對學童抗逆力的影響。此外，計劃亦透過舉辦「家長工作坊」及「教師工作坊」增強家長及教師對抗逆力的認識及有關技巧的運用，協助提升學童的抗逆力以面對社會的變遷和成長的挑戰。

我們希望同類型的計劃能擴展至其他社區進行，最終達至家庭、學校及社區共同合作，培育健康新一代。

Promoting and Strengthening Resilience in Schools: Building on Success of Health Promoting Schools

Building on the concept of Health Promoting School and the importance of mental health promotion among school students, a one-year project “Promoting and Strengthening Resilience in Schools: Building on Success of Health Promoting Schools” was launched in August 2005, for promoting and strengthening the resilience in schools. 9 Primary schools and 9 Secondary schools in the New Territories West were invited to join the Programme. Surveys have been conducted to assess and measure how individual, family and school would contribute to the resilience in school communities. Besides, a series of “Parent Training Workshop” and “Teacher Training Workshop” were organized to equip the participants with essential skills and knowledge for helping school students to build up their resilience and enhance their capacity to cope with everyday challenges successfully.

It is envisaged that the effect of the Programme could be cascaded to other schools in other districts so as to promote better health of our new generation through the collaboration of family, school and the community.



促進與教育 二零零五年 第七期 3-4號 - 全球學校健康促進

國際健康促進及教育聯盟出刊之促進與教育期刊於二零零五年出版以全球學校健康促進為主題之特刊。特刊邀請多個不同地區致力推動學校健康發展之學者撰寫論文，分享各地建立健康促進學校之經驗及成效，包括蘇格蘭、英國、美國、澳洲、丹麥、印度、加拿大、烏拉圭及香港等地。中心總監李大拔教授、「香港健康學校獎勵計劃」榮譽顧問Lawrence St. Leger教授及Alysoun Moon博士也獲邀請，並發表了一篇以「香港健康學校獎勵計劃」為研究對象之論文，評估於學校推行健康促進計劃之成效。

Promotion & Education Volume XII Number 3-4 2005 - Global School Health Promotion

The International Union for Health Promotion and Education has organized a special issue of its official Journal, Promotion & Education, which aims to give a global portrait on the state of art of school health. Input from professionals around the world was solicited and research on the practice of international organizations has been collected, including Scotland, England, USA, Australia, Denmark, India, Canada, Uruguay, Hong Kong, etc. Centre Director, Professor Albert Lee, Professor Lawrence St. Leger and Dr. Alysoun Moon, who are the Honorary Consultants of the Hong Kong Health Schools Award Scheme, have been invited to contribute a paper to describe an important evaluation related to the Scheme.

《基層醫療及促進健康期刊》

《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。

Journal of Primary Care and Health Promotion

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.

《健康園丁》網上交流平台

自2005年，中心發展網上健康教育及健康促進交流平台，為本地及海外健康教育工作者提供交流之園地。一直以來，《健康園丁》網上交流平台深得教育界同工支持，現已累積近百篇文章，記錄各同工如何以學校為健康促進的基地，發展由世界衛生組織倡議的「健康促進學校」六大範疇推廣健康生活。歡迎瀏覽：<http://www.cuhk.edu.hk/med/hep/hpsconnect/index.html>，我們更期待望教育界同工到「交流站」發表回應。

HPS Connect

This web-based sharing platform has been developed since 2005 for health educators from local and overseas to exchange ideas on health education and health promotion on the web. Thanks to the support from all the school personnel, more than hundred articles have been received till now. The platform provides many experiences in schools of developing the Six Key Areas of Health Promoting Schools, advocated by the WHO, as well as the strategies used by different health educators to promote health in the school setting. To know more, simply go to <http://www.cuhk.edu.hk/med/hep/hpsconnect/index.html>.

《健康快樂成長寶庫·飲食篇》

秉承運用創作故事提倡健康生活模式的精神，協助兒童健康快樂地成長，中心現已編成一系列全新《健康快樂成長寶庫·飲食篇》，為家長及老師提供教育孩子實踐健康飲食的素材。此系列其中一項特色是結合了種植與營養教育，五個校園故事的主要訊息包括：不應偏食、健康小食的選擇、蔬果的益處、正確的體重控制、食物安全與選購。讀者可從中獲取健康飲食的知識，培養珍惜食物和均衡飲食的態度，激發實踐的推動力。



Book of Health (Series 3): You Are What You Eat

Promoting a healthy life style through children's stories is one of our strategies to facilitating our children to grow happily and healthily. The newly published "You Are What You Eat" is one of the elaborate series of "Book of Health", providing the parents and teachers with a friendly tool to equip children with knowledge and skills on healthy eating. Linking up nutrition education with planting becomes one of the key features of the series. Five stories happened in schools deliver five core messages about healthy eating: (1) no picky eating; (2) healthy snacking; (3) benefits of eating fruits and vegetables; (4) proper weight control; and (5) food safety and making wise choices. Through reading, children will not only acquire knowledge of healthy eating, but will also foster the attitudes of treasuring food and maintaining a balanced diet, as well as the motivation of applying knowledge and attitudes into practice.

健康促進顧問服務

為促進香港健康學校的發展，本中心提供了一系列的培訓及顧問服務，支援有志發展「健康學校」的教育同工，使學校成為符合世界衛生組織標準的「健康促進學校」。

「健康促進學校」顧問及評估服務

此服務旨在推動全港學校成為符合世界衛生組織標準的「健康促進學校」。服務項目包括：健康學校整體狀況需求評估、學童健康調查及報告、學校同工「健康促進學校」訓練日、家長健康促進學校工作坊。此外，中心亦提供評估服務予學校作申請「健康學校」獎項之用。學校可因應需要選擇不同的服務以瞭解學生的健康行為狀況、學校的發展狀況及作為教職員及家長培訓用途。



「健康小先鋒」摘星計劃

主要透過工作坊及實踐活動為學校培訓學生健康大使，以協助教師發展校本的健康推廣活動。除了學習健康知識及技能外，計劃還通過多元化的活動，提升學童的個人自信及溝通技巧，以及建立正面的健康生活態度，承擔宣揚健康的使命。



「家長健康學堂」

學堂為熱心推動健康教育工作的家長提供健康知識及自助技能培訓，提升他們對健康的關注，裝備他們成為家長健康大使，在學校、家庭及社區實踐及推廣健康生活文化。

「學校午膳營養顧問服務」

健康飲食乃促進學生健康地成長及有效地學習的重要因素，為支援學校全面監管學校午膳的營養質素，確保為學生提供營養均衡的午膳，中心提供多元化的學校午膳營養顧問服務，致力與學校攜手締造健康的校園飲食環境，促進學生健康成長。服務項目包括「學校午膳餐單檢視」、「學校午膳餐單營養分析」、「學校午膳飯餐量度服務」，學生飲食習慣調查及各類型的培訓活動等。



歡迎有興趣的辦學團體、學校、家長教師會等與中心洽談有關需要。中心職員可以為學校/機構度身訂造合適的服務，攜手建立健康學校。有關資料已經上載至中心網址 <http://www.cuhk.edu.hk/med/hep>，並將定期更新，歡迎瀏覽。

The Hong Kong Healthy Schools Award Scheme

Consultancy Services for Health Promotion

To compliment the Hong Kong Healthy Schools Award Scheme, the Centre launches a series of training and consultancy services to provide schools with assistance on implementing Health Promoting School concept.

Health Promoting School Consultancy and Assessment Services

To assist schools attaining WHO's standard on Health Promoting School, the Centre provides "Health Promoting Schools Consultancy and Assessment Services", including "Health Promoting School" Baseline Assessment, Student Health Survey with Report on Findings, One-day Training on "Health Promoting School" for School Personnel, and Workshop on "Health Promoting School" for Parents. It also provides the assessment services for schools that are going to apply the Hong Kong Healthy Schools Award.



Little Health Pioneers

This training scheme aims at equipping Little Health Pioneers with skill to assist health promoting activities in schools. Apart from acquiring knowledge in the Ten Health Content Areas, their self-esteem and communication skills are expected to enhance through a variety of activities. Disseminating health messages is one of the important roles of a Little Health Pioneer, we expect the well-trained Little Health Pioneers to develop positive attitudes towards healthy living, to apply the knowledge to their daily lives, and to raise the health awareness both of themselves and their families.



Parents Training Workshops

This training workshop aims to enhance parents' knowledge and skills on health and to empower them to be Parent Health Ambassadors to promote health in family, school and community. A series of workshops are conducted to convey different aspects of health information through seminars, demonstrations and team works.



Consultancy Services on Nutritional Values of School Lunch



Healthy eating habits are of vital importance to children's growth and learning. In order to provide support to schools to ensure the supply of quality schools lunch for children, the Centre launches a series of consultancy service aims to assist schools to create a healthy eating environment for students. Currently, the Centre provides services on "School lunch menus review", "Nutritional analysis of school menus", "School lunch assessment service" as well as different types of consumption surveys.

We are pleased to offer you tailor-made training or consultancy services. For more information, please contact the Centre staff or visit our website <http://www.cuhk.edu.hk/med/hep>.

健康促進顧問服務

CONSULTANCY SERVICES FOR HEALTH PROMOTION

香港健康學校獎勵計劃

為推動改善及提升本地基層醫療及促進健康的水平，並向市民推廣全人健康，中心將於2006-2007年度開辦以下健康教育及促進健康課程：

1. 健康科學碩士課程（健康教育及促進健康）或（基層醫療）
2. 健康科學學士後文憑課程（健康教育及促進健康）或（基層醫療）
3. 健康教育專業文憑課程（醫護及社會服務工作者）
4. 健康教育專業文憑課程（教育工作者）
5. 幼兒健康教育證書課程
6. 健康管理基礎/證書/文憑課程
7. 「健康學校」短期課程
8. 「健康管理與社會關懷科」教師專業短期課程
9. 「人格與小組工作」短期課程
10. 「危機管理」短期課程
11. 「溝通與領導」短期課程
12. 「行為改善」短期課程
13. 健康生活課程
14. 家長工作坊：
 - （一）「共創親情路」家長工作坊
 - （二）「父母與青少年子女溝通及衝突處理」家長工作坊
15. 健康球班

Programmes that will be conducted in the year 2006-2007 are as follows:

1. Master of Science in Health Science (Health Education and Health Promotion) or (Primary Health Care)
2. Postgraduate Diploma Programme in Health Science (Health Education and Health Promotion) & (Primary Health Care)
3. Professional Diploma Programme in Health Promotion and Health Education (Professional in Health and Social Services)
4. Professional Diploma Programme in Health Promotion and Health Education (Professional in Educational Setting)
5. Certificate Course in Health Education and Health Promotion for Pre-School Educators
6. Basic Course/ Certificate Programme/ Diploma Programme in Health Studies
7. Short Course on "Health Promoting School"
8. Professional Short Courses for Teachers teaching "Health Management and Social Care"
9. Short Course on "Personality and Group Work"
10. Short Course on "Crisis Management"
11. Short Course on "Communication and Leadership"
12. Short course on "Behavioural Modification"
13. Healthy Living Course
14. Parenting Workshops
 - (1) Parent-child Relationship
 - (2) Communication and Conflict Management
15. Fitball Class

迦密愛禮信小學

本校喜獲銀獎，實有賴全校成員，透過各科組推行的健康活動，例如「健康月」、「有營之旅」、「健康之旅」、「活力之旅」、「健康人士身份証」、「愛心校園」……等，配合「健康身心、美滿人生」的口號以全面推行健康教育。

承蒙香港中文大學健康教育及促進健康中心職員培訓「健康小先鋒」隊伍，除了提升學生自信，教導他們主動搜集健康資訊外，更培養他們的個人健康習慣，讓他們將訊息帶入日常生活中，向親友及社區推廣，成功勸喻家人戒煙、每天晨運、自發參加健康美食活動及急救班等。

本校特別鳴謝教會及社團支援，舉辦「生命教育」、「親職教育—心理和情緒健康講座」……等，令參與者看重身心靈健康，實踐健康人生。

願榮耀歸神，健康歸人！



迦密健體操
Carmel exercises

Carmel Alison Lam Primary School

We are glad to be presented the Silver Prize of the Hong Kong Healthy Schools Award Scheme. Through the joint efforts of the various functional groups in our school, numerous activities were carried out to support and promote the slogan "Healthy Mind, Abundant Life" are "Healthy Month", "Nutritious Lifestyle Journey", "Healthy Journey - have water and fruit", "Energetic Journey", "Healthy Citizen Identity Card" and "Tender Loving School Scheme"...



健康小園丁
Little farmer

In order to advocate health policies, we invited Centre for Health Education and Health Promotion and Shatin Doctor Network to support "The Little Pioneers Project". Through a series of workshops on healthy living lifestyles, our students developed skills to cultivate healthy habits and build-up their self-confidence. They found the program so practical that they learnt how to arouse others' awareness of health, for example, to persuade uncle to stop smoking forever, to help grandfather to develop a leisure morning walk constantly and to influence parents to volunteer for "The Healthy Appetite Campaign" and "First Aid Class".

We would also like to express our deepest gratitude to School Church and various community groups in supporting us for the "Parental Training - psychological and emotional well-being health talks", "Spiritual Enrichment", "Flu Vaccination", "Smoke-Free Campus Scheme". It is believed that the activities can ensure us a bright and healthy young generation, benefiting our community in the future.

Glory to God in the Highest and Health to Men on Earth!



有營之旅：水果天天吃
Nutritious lifestyle journey



健康月：學生作品
Healthly month



專題研習互分享
Health project

得獎學校分享——迦密愛禮信小學

AWARDEE SCHOOL SHARING: CARMEL ALISON LAM PRIMARY SCHOOL



香港健康學校獎勵計劃

宣道會陳朱素華紀念中學

自從參加由香港中文大學健康教育及促進健康中心舉辦的香港健康學校獎勵計劃後，我校踏上了推動健康教育的征途。回首過去三年，我校在推行「健康促進學校」的工作由零開始，幸得中心專業的協助及指導，使我們確立了推行健康教育的信念，並一邊摸索，一邊實踐，最後尋獲符合學校需要的發展方向。本校在推動及實踐健康促進工作的重點如下：

跨學科及多元化健康教育課程

推行健康教育課程能有效地增強學生的健康知識和培養健康生活的態度，本校透過不同的科目把十大健康主題的課程融入課堂，同時亦在各科推行各類專題研習。

推行和諧校園文化

透過班主任課提供渠道，有效地向學生灌輸正確的道德和價值觀。學校又舉辦多項活動，增加同學對學校的歸屬感，學懂彼此珍惜，共建關愛校園。

培訓家長及學生健康大使

推行健康學校另一值得驕傲的成果是我們培育了一群有自信及有責任感的學生健康大使。此外，我們亦邀請家長參加由中心舉辦的「家長健康大使」培訓班，讓家長更有效地與學校合作，參與健康促進工作。

推動健康學校發展

為加強與校外健康團體的聯繫和合作，學校與多所學校舉辦合作和交流活動，從而擴闊發展健康促進工作的空間，並確立了我們持續發展健康學校的願景。



聯校健康嘉年華
Joint Schools Health Carnival

Christian Alliance S W Chan Memorial College

The journey to healthy education begins with the participation in Hong Kong Healthy Schools Award Scheme which is organized by the Centre for Health Education and Health Promotion, CUHK. In the past three years, with the support and guidance of the Centre, our school has developed towards a healthy school. We adopted the concept of health promoting school, and put it into practice step by step. Finally, we found the way that is conformed with our school development. The health promotion strategies carried out by our school are summarized as below:



健康環保教育周
Health and Green Education Week

Cross-subject and diversity in health education curriculum

Health education curriculum can effectively enhance students' knowledge in health and nurture their attitude towards healthy lifestyle. Ten health topics have been integrated into various subjects and special health related projects have been designed accordingly.

Establishing a Harmonious School Culture

Class teachers' session provides a communication channel between students and teachers to instill moral concept and positive values to students directly. Various activities have been organized to strengthen students' sense of belonging to school and to develop a harmonious and caring school environment.



家長健康檢查
Body Check for Parents

Parents and Student Health Ambassadors Training

We have nurtured a team of confident and responsible student health ambassadors. Besides, we also invited parents to participate in the "Health ambassador training workshop for parents" organized by the Centre, which strengthened the collaboration between parents and school, and supported the development of a healthy school.

Further the development of healthy school

To enhance the connection and collaboration between schools and other organizations, we have organized various joint schools activities. Through these programmes, we broadened up our mind in developing a healthy environment and strengthened the concept of sustainable development in health education.



預防流感涼茶贈飲
Free Herbal Tea for Flu Prevention

得獎學校分享——宣道會陳朱素華紀念中學

AWARDEE SCHOOL SHARING: CHRISTIAN ALLIANCE S W CHAN MEMORIAL COLLEGE



浸信宣道會呂明才小學

本校一向重視全人教育，深信健康是成長的重要基礎。因此，我們自2004年度開始推行一個為期三年的健康發展計劃，貫徹「健康體魄，健康生活，健康心靈」的理念，並分別以「健康體魄，健全人格」、「健康生活」及「呂明才是我家」為各年度的重點，推動校內各項健康工作。

在推行過程中，我們發現成功的關鍵是全校師生都清楚計劃及目標，並竭力實踐。因此，每年暑假的各科組籌備會議中，我們都以「健康學校」為前題，使整年的計劃都能朝各項健康範疇的目標邁進。另外，我們亦在學校網上發表我校的健康政策及有關活動，使家長、學生及校外人士也瞭解我們的健康學校理念及方向。

喜得有愛心的校長及老師，以及疼愛孩子的家長支持，事事也能順利推行。更重要的是在推行健康學校的數年間，我們欣見學生能夠健康成長。他們開朗的笑聲讓我們知道方向是正確的！

我們這次能夠獲得「香港健康學校獎勵計劃」銀獎，深感榮幸！這對我們過去所推行的健康學校活動既是一種肯定，也是一種鼓勵！甚願健康學校的信念，可以不斷延續，讓更多莘莘學子能夠受惠。



Conservative Baptist Lui Ming Choi Primary School

Our school used to emphasize "Whole-person education". We believe health is the important foundation for the growth of children. Thereupon, since the launch of the "3-year Health Development Plan" in 2004, our school has embraced the rationale of promoting "Healthy Body, Healthy Life and Healthy Spirit" and put forward a numbers of health issues as the themes of the school year plan, including "Healthy Body, Wholesome Personality", "Healthy Life" and "Lui Ming Choi Is My Family".



After the two-year implementation, we realized the whole school involvement is the crucial factor for the success of the plan. Teachers and students should understand the objectives and the plan clearly and then try their best to put the plan into practice. In this regard, we prioritized the theme of "Health School" in the preparation of the development plans of the respective school subjects so as to make sure the school development are in line with the objectives of the healthy school scheme.



Besides, we shared our health policies and health related activities on the school website in order to let our parents, students and the public understand the rationale and the orientation of our healthy school mission.



Our school principal and teachers are kind-hearted and committed to further the school development. We also have devoted parents who really love and care their children. Obviously, these are the main reasons why our plan could be carried out smoothly. But most important of all, we witnessed that our students could really develop in a healthy way. Their joyful laughter tells us that the direction of our school development is on the right track!

It is a great honour to be awarded the Silver Prize of the Hong Kong Healthy Schools Award Scheme. It not only recognizes our efforts, but also encourages us to further our development towards a Healthy School. We really hope that our belief can be continued so more and more students would be benefited from the Healthy School development.

得獎學校分享——浸信宣道會呂明才小學

AWARDEE SCHOOL SHARING: CONSERVATIVE BAPTIST LUI MING CHOI PRIMARY SCHOOL



香港健康學校獎勵計劃

靈光小學

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

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



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

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

Emmanuel Primary School

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

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

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

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



粉嶺公立學校

本校自二零零三年加入香港健康學校獎勵計劃，至今已第三年了。計劃由香港中文大學醫學院健康教育及促進中心主辦，是本港首個獲取世界衛生組織西太區認可的健康推廣學校計劃。計劃引導我們以「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」等六個範疇作指標，幫助我校成立、改善及持續推廣健康學校；同時，亦讓我們重新理解「健康」的真義。



這三年來，我校嘗試採用課程統整的模式分別推行了「疾病的預防」、「健康飲食」及「個人衛生與環境清潔」的健康主題。這種模式讓學校可以從主題式重點發展相關的健康主題，讓科目與活動相配合；同時讓學生透過活動愉快地學習健康的知識。

總括而言，健康對我們每一個人來說，都是十分重要的，若能有系統地推行健康學校，具目標地去推廣健康訊息，對整間學校，甚至整個社區，都有莫大裨益的。

Fanling Public School (Whole Day)

This is the third year since our school has joined the Hong Kong Healthy Schools Award Scheme in 2003. The Scheme was launched by the Centre for Health Education and Health Promotion, Faculty of Medicine, The Chinese University of Hong Kong, which is the first territory wide healthy schools movement recognized by the World Health Organization Western Pacific Region. The Scheme leads us to develop the six key areas: Health Policy, Health Services, Personal Health Skills, Social Environment, Community Relationships and Physical Environment. Development on these areas helps us to establish and refine the framework of a healthy school constantly. At the same time, the Scheme also helps us to understand the true meaning of "health".



Throughout these three years, our school has adapted the curriculum datum module to carry out health education topics on "prevention of infectious diseases", "healthy eating" and "personal and environmental hygiene" respectively. This module leads our school to develop the related health topics and also encourage our students to learn health knowledge through different activities under cheerful atmosphere.

To sum up, "health" is very important to every single person. If we can implement the concepts of healthy school systematically, and also deliver the message of health objectively, it would benefit our school and also the community as a whole.

得獎學校分享——粉嶺公立學校

AWARDEE SCHOOL SHARING: FANLING PUBLIC SCHOOL (WHOLE DAY)





香港健康學校獎勵計劃

鳳溪第一中學

本校自二零零三年起參加香港健康學校獎勵計劃，至今經歷了不同階段。首先，本校將「健康學校」的主題納入三年學校發展計劃，接著成立六大範疇小組訂定政策，在教學活動或課外活動都環繞這個主題進行。其間，學校積極推行各項健康活動，例如防疫注射及預防傳染病措施，以建立安全學校環境。推行這些措施期間雖然遇到一些困難，但透過全校教職員的協作、舉辦培訓，以及外界專業支援，問題終於一一迎刃而解。

展望未來，我校將繼續為學生提供一個安全及健康的學習環境，並鼓勵、教導學生實踐健康的生活方式，讓他們擁有健康的人生，學習成效得以提高。同時，學校亦會透過已建立的健康教育框架，努力不懈地向前邁進。



綠化校園植樹
Green campus

Fung Kai No. 1 Secondary School

After participating in the Hong Kong Healthy Schools Award Scheme in 2003, we have gone through various stages of development. First, "healthy school" was incorporated into our three-year school development plan. Then teams of the six areas of a health promoting school were established, health policies were formulated, and teaching as well as extra-curricular activities were set around this theme. In due course, we actively implement health practices such as arranging vaccinations and taking precautionary measures against communicable diseases in order to develop a safe school environment. In the face of challenges at times, our colleagues



預防流感常識問答比賽
Quiz on flu prevention

worked in close collaboration towards this goal. Through staff training and also with external professional support, we were able to overcome the difficulties involved.

Looking forward, we will continue our efforts in providing a safe and healthy learning environment for our students. We believe that by encouraging and teaching them to keep a healthy life style, their learning can also be enhanced. We will further promote and implement healthy policies and practices based on the established framework to support our students in improving the quality of their life.



社區清潔活動
Keelp community clean



健康小食設計比賽
Competition on health snack design



葛量洪校友會黃埔學校

本校於二零零三年參加由香港中文大學健康教育及促進健康中心舉辦的香港健康學校獎勵計劃。我們期望透過周詳的健康學校發展計劃，結合全校教職員及家長的努力，讓同學在身心健康方面得以全面發展。

健康學校理念融入了學校課程和課外活動中，例如：

- 英文科的專題研習活動以健康食品為主題；
- 體育科包括體適能活動的認識和實踐，並推廣各類型的體育活動，例如「跳繩強心」活動；
- 個人成長及公民教育課中加強學生對性教育、抗逆力和情緒問題的認識和正確態度的培養；
- 舉辦各類型的健康推廣活動，例如「健康快樂430」（一個全校參與的全方位學習活動，參與者除師生和學校員工外，還包括家長義工和區內青少年中心的社工），透過各種精心設計的遊戲，促進學生對身心健康的認識和態度；
- 為員工提供職業安全與健康的培訓；
- 美化校園環境，例如花圃重整和洗手間加設盆栽植物等。

以上舉例，未能盡錄過去三年就建立健康校園所做的工作，只選錄於此，作為小小的經驗分享，冀能起拋磚引玉之效。

G. C. E. P. S. A. Whampoa Primary School

Our school has joined the Hong Kong Healthy Schools Award Scheme organized by the Centre for Health Education and Health Promotion of The Chinese University of Hong Kong in 2003. With the implementation of a comprehensive healthy school development plan and the joint efforts of school staff and parents, our students are expected to have an all-round development both in their physical and mental health.

The concepts of healthy school have been integrated into the school curriculum and extra-curricular activities. To take for examples,



交通安全隊
Road safety team

- healthy food is chosen as one of the topics in the English learning projects;
- knowledge and practice of physical fitness as well as promotion of various physical activities such as "Jump Rope for Heart" are included in the Physical Education Programme;
- as an indispensable subject in the school curriculum, Personal Development and Civic Education includes knowledge of sex education, adversity control and emotional problems and the cultivation of a proper attitude towards these problems;
- health promotion activities are conducted throughout the year, an example is an all-round learning activity known as "Healthy and Happy April 30" (a whole school activity not only students and staff took part, but also parents and social workers from a neighbour youth centre) in which students' knowledge and attitude in physical and mental health were promoted through well designed games;
- occupational safety and health training are provided to the staff; and
- improvement of the school environment, such as renovation of the school garden and introduction of potted plants in the wash rooms.

The above listed examples can by no means exhaust the health promotion activities of the school during the last three years. They are quoted for experience sharing and more experiences from other schools are to be expected.



風紀訓練
Training on discipline



抗逆力訓練
Training on resilience



預防傳染病講座
Healthy talk on prevention of infectious disease

得獎學校分享——葛量洪校友會黃埔學校

AWARDEE SCHOOL SHARING: G. C. E. P. S. A. WHAMPOA PRIMARY SCHOOL

香港學生輔助會小學

本校非常榮幸獲得香港中文大學健康教育及促進健康中心頒發香港健康學校獎勵計劃之銀獎殊榮，是次獲獎實有賴全體教職員的積極參與。我們認為學生能擁有健康的身、心、靈至為重要，所以將「共建啟發潛能的健康校園」作為學校發展重點。



有機耕種-保護環境
Organic farming

課程發展方面，本校曾以「身心健康」及「和諧校園」為題作跨學科課程統整及專題研習，並發展了一套校本全人教育課程教材套，幫助學生建立正確的人生觀及生活態度，以達致全人教育。

學校環境方面，我們為學生提供安全及健康的環境，並致力推廣及支持環保，更榮獲第五屆香港綠色學校獎優異獎。

社區聯繫方面，我們成立了紅十字會少年團，多次在大型活動中設健康檢查站，為區內人士進行量血壓、脂肪測試等基本健康檢查。此外，本校與明德幼稚園結為夥伴學校，共同舉辦講座、攤位活動、

話劇表演等，更開放「環保健康教育資源中心」，接待幼稚園生到校參加環保教育課程，互相分享資源。



幼童軍為幼稚園生服務
Little scout activity

Hong Kong Student Aid Society Primary School

It is our honour to receive the silver award from the Hong Kong Healthy Schools Award Scheme which is organized by the Centre for Health Education and Health Promotion of The Chinese University of Hong Kong. With the vigorous support of our teachers and staffs, we implemented this whole-year plan by a whole-school approach. We believe that it is important for the children to have a healthy body, a healthy mind as well as a healthy mental status. Therefore one of our school main concerns is "to develop an inviting and healthy school".



健康小食週
Healthy snacks week

In our curriculum, "physically and mentally health" and "a Harmonious School" are our main topic. We have also developed a set of school-based holistic education teaching materials in order to help our students to develop a positive value and attitude to their lives.

We always provide a safe and healthy environment for our students. We actively supported and promoted environmental protection this years. Moreover, we are honoured to receive the merit of the Hong Kong Green School Award.



健康校園大使為社區服務
Community service

In order to link up with our society, we established a Red Cross Youth Unit, which provided healthy check-point to different activities organized by various organizations in our society. We provided basic health check-up service for the residents, such as measuring blood pressure, cholesterol test, etc. We also joined with Yan Chai Hospital Ming Tak Kindergarten as partner schools. We organized different activities, such as seminars, drama performance, open day stalls, etc. Our school also invited kindergarten pupils to our Environmental and Health Education Resource Centre to take part in our environmental and health education program.



以健康生活為主題的課程統整綜合活動
Integrated curriculum activities on healthy lifestyle



環保健康資源中心
Environmental and health education resource centre

觀塘官立上午小學

我們相信健康的身心以及健康的環境是學生學習的原動力，也是教職員工作的推動力。我們抱着這個信念，在過往兩年均衡地發展香港健康學校獎勵計劃中的六大範疇，並彼此相互配合。

透過成立健康促進委員會，我們確定發展健康學校的重要性，繼而制定有關的健康政策。在學生方面，我們編制「個人健康紀錄小冊子」，為學生建立個人健康檔案，並提供多元化健康服務。與此同時，我們在正規及非正規課程中設計多樣化的學習活動，向學生傳遞十大健康主題的訊息，在校內營造關愛文化並發展學生的健康生活技能。在多項的活動當中，我們引入社區資源，更得到家長的積極協助和參與，發展健康的家校夥伴關係。本校校舍雖屬舊式設計，然而在教職員和學生的共同努力下，已為校園披上綠色的新衣。

是次獎項印證了全校學生、家長及教職員同心締造健康校園的努力成果。它亦是一個好的開始，讓我們在往後的日子裡，繼續把健康文化滲透到校園的每一角落。

Kwun Tong Government Primary A.M. School

We believe that healthy body and mind as well as healthy environment can motivate students to learning. These factors can also motivate our teachers and staff towards their daily tasks. During the recent two years, we insisted on this faith to develop the six areas of the Hong Kong Healthy Schools Awards Scheme in which all parties mutually coordinated with one another.

Through the setting up of the Health Promoting Committee, we fostered the important of implementing health education and formulated the "School Health Polices". For our students, we published "Student Personal Health Record" and provided them with various health services. Simultaneously, through a series of diversified learning activities within the formal and informal curricular, we conveyed the messages of the "Ten Health Content Areas" to our students, the culture of concern and love was created; and the personal health skills were developed. We had also introduced community resources in many activities, in which parents assisted and participated actively so that a positive parent-school partnership was established. Although our school is an old-style design, with the co-operation of all parties, the whole campus is coated with a new green jersey.

The award shows the joint effort of all students, parents, teachers and staff. In addition, this honour marks a good start for our school. In the future days, we will continue to disseminate the healthy school culture in every corner of our campus.



「健康生活樂繽紛」跨學科活動
Cross-disciplines health promotion activity



健康生活嘉年華暨專題研習作品展
Health Carnival cum Health Project exhibition



香港健康學校獎勵計劃

樂善堂小學

在得知我校獲頒香港健康學校獎勵計劃銀獎的一刻，全校師生及至校董、家長和校友均歡欣不已！這次的獎項將鼓勵學校繼續努力，實踐健康學校精神，永不放棄！

我校承諾堅持關愛、服務和信任孩子，決心為孩子們創造「愉愉快快學習，健健康康成長」全方位學習的「歡天喜地」。參加香港健康學校獎勵計劃便成為實現上述願景的重要途徑：六大範疇統涉了學校的全面發展，十大健康主題融結為我們的校本課程，十二個基本原則也就成為了我們實施健康學校的導向。

三年來，家校齊心，社區支持，我校的健康園丁把香港健康學校獎勵計劃的理念結合啟發潛能教育，進行了不少關顧「身」、「心」、「靈」護養生命的活動，現在可說是取得第一個成果，共享清甜的滋味。

健康果子得來不易，願作園丁，不停灌溉，為所有幼苗都獻出健康成長的土壤。



親子同心 喜獲滿分 運動日 Sports day

Lok Sin Tong Primary School

When we heard that our school had won a Silver Award in the Hong Kong Healthy Schools Award Scheme, all our teachers and students jumped for joy. The school board, parents and alumni cheered at our success. Not only do they want to share in our joy and honour, they also hope to encourage us to keep going, to persevere and realize our goals.

Our school believes strongly that we must love, serve and trust our children. We keep our promises: "Happy learning, healthy growing" and to create an "All-round Learning Paradise" for our valued kids. Joining the Scheme is the key to achieve our goals. The six major areas of this scheme have helped lead the holistic development of the school. The ten healthy themes have been integrated into our school-based curriculum and the twelve basic principles have oriented us towards a true healthy school.

For the past three years, with much support from the district, the parents have been working very closely with the school. Moreover our "health gardeners" have seeded "Invitational Education" into the school. Cultivating with activities to enrich their bodies, hearts, souls and minds, these little seedlings are now bearing fruit.

It is not easy to achieve this fruitful result. However, being the gardeners, we will keep on providing the best ground for the healthy cultivation of our much loved child seedlings.



「適」飲「適」食 我最有「營」 Healthy eating activities



主題教學 無限快樂 Project learning



愛是不保留 Community services



「適」飲「適」食 我最有「營」 Healthy eating activities

得獎學校分享——樂善堂小學

AWARDEE SCHOOL SHARING: LOK SIN TONG PRIMARY SCHOOL



樂華天主教小學

世衛指出「健康是指生理、心理及社會各方面的全面發展」，建基於這個理念，我校以「建設綠色健康學校，培育學生全人發展」為願景目標，並以世衛對健康推廣學校的詮釋為實施路向，爭取香港中文大學健康教育及促進健康中心的專業指導，從六大範疇持續建構和發展。我們讓所有成員通力合作，致力讓學生享受愉快的經歷，並務實地組織功能小組，健全架構以協助推動及保障學生的健康狀況，同時以全面及全校性的政策去推廣個人及社區健康。我校更設計成長課和健康教育全方位活動課程，與環境建設及校風互相配合，營造關愛、融和的校園氣氛，讓學生身心健康地成長。



種植(樂福園圃)活動
Planting activity

我校所獲的金獎殊榮，既嘉許了師生教職和家長的投入與努力，更彰顯了健康推廣學校的理念。我們定必繼續努力！

Lok Wah Catholic Primary School

We believe in the broad definition of health, i.e. the mental, physical and social dimensions of health and well-being by WHO.

The vision of our school is in building a green and healthy school and fostering our pupils in developing good attitudes and values. Under the framework of WHO Health Promoting Schools Programme, as well as the guidance of the Centre for Health Education and Health Promotion of CUHK, we have achieved continual development of the six key areas.

All teachers and parents work collaboratively to provide pupils with integrated and positive experiences and structures, which promote and protect their health. Different function groups are also implemented to provide our pupils a healthy setting for living, learning and working. The school has developed and implemented a coherent health education curriculum. Both health and moral education are being taught to all levels of pupils. This approach is found to be successful in helping pupils do their best and build on their achievements. As a result, pupils are nurtured in a caring and loving environment.

With the involvement of the teachers, students and parents in our school, our efforts has gained due recognition of receiving a gold award this year. We will continue to keep up the good work.



「樂天創意無限catwalk show」
Catwalk show



紅十字健康檢查(集會時段)
Body check



小六歷奇活動
Adventure activities



小三戶外參觀(尖沙咀)
School outing

得獎學校分享——樂華天主教小學

AWARDEE SCHOOL SHARING: LOK WAH CATHOLIC PRIMARY SCHOOL



香港健康學校獎勵計劃

沙田崇真中學

本校近年致力推動健康教育的工作，在三年前成立跨部門健康推廣專責委員會，成員包括各委員會負責人、家長代表及學生代表，共同擬定學校健康政策及推行策略。

要有效地實踐健康教育，老師培訓是不可缺少的。本校曾邀請香港中文大學健康教育及促進健康中心的同工為全校老師提供培訓。學校又積極鼓勵老師參與相關訓練，近年多位老師每周參與由學校舉辦的太極班，鍛鍊身體。另外，亦有三位老師先後修畢香港中文大學健康教育專業文憑課程。



團隊建立遊戲
Team building activities



生命教育營大合照
Life education camp

為鼓勵學生實踐健康生活模式，本校以「健康沙崇人」為主題，舉辦多元化活動，包括由全校老師透過早會及撰寫《沙崇家書》與學生分享生活經歷、舉辦生命教育營會、校園清潔計劃及聯校體育活動等。本校亦在每班設立社區服務宣傳大使，及在中三級推行全級參與社區服務的計劃，鼓勵學生關心社會，服務他人。本校更在學校網頁增設「健康沙崇人」一欄，進一步向社區人士宣揚健康生活的訊息。

Shatin Tsung Tsin Secondary School

In recent years, our school has been making an unremitting effort to promote health education. Three years ago, we set up a cross-departmental Health Promotion Committee composed of various department heads, parent and student representatives who work jointly to formulate and implement any healthy policies deemed appropriate for the school.



我們支持您!
Back you up!

We believe that health

training for teachers is indispensable for health education to be successfully and effectively promoted. Therefore, we invited health professionals from the Centre for Health Education and Health Promotion of The Chinese University of Hong Kong to provide training for all the teaching staff. All teachers have been encouraged to take part in health-related programmes. For example, there have been an encouraging number of teachers enrolled in a Tai-chi class organized by the school. In addition, three of our teachers successfully



參與崇真會步行籌款
Participated in walkathon

completed the course leading to the award of Diploma in Health Education and Health Promotion at the CUHK.

To encourage our students to lead a healthy lifestyle, a variety of measures on the theme of "Healthy Shatin Tsung-tsiners" have also been taken. Teachers share their life experiences with students in the morning assembly and through "Messages to Tsung-tsiners" – a weekly print written by teachers which would distributed to all school members. On top of that, we organized Life Education Camp, Campus Cleanliness Scheme and some joint-school athletic activities to make sure that health message could reach a wider audience. To encourage our students to be more civic-minded, more considerate and more sensitive to society, we assigned one community services promotion ambassador in each class and launched the Whole-form Community Services Participation Scheme for all S.3 students. Moreover, we provided a link entitled "Healthy Shatin Tsung-tsiners" on the school's website to ensure faster transmission and easier public access to the health message, which can keep the community members updated about our latest move towards what we set out to do in the first place.



社會服務
Community services

得獎學校分享——沙田崇真中學

AWARDEE SCHOOL SHARING: SHATIN TSUNG TSIN SECONDARY SCHOOL



聖傑靈女子中學

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



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

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

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

St. Catharine's School for Girls, Kwun Tong

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



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

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

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

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





香港健康學校獎勵計劃

崇蘭中學

「青少年肥胖問題」、「地球臭氧層穿洞」、「病毒的抗藥性愈來愈強」……面對種種健康問題，相信只有提高人們的健康意識才是「救治」的良方，亦是我校的重點發展方向。

「嘩！六大範疇！」要落實行真不容易，不單要取得全校教職員的認同，由老師以身作則，樹立榜樣，更要由專責小組制定各項策略讓全校師生參與。此外，家長的參與也同樣重要，因為家庭管教方法對子女的行為表現有重大的影響，絕對不容忽視。



健康嘉年華
Health carnival

「發掘資源而善用之」是邁向成功的另一項要素：汲取別人成功的經驗，可收到事半功倍之效；發動家長的參與，可豐富人力資源；與社區專業機構合作，可提升活動的效能。

此外，參與推動「健康學校」的工作著實使我們獲益良多。我們對健康問題的警覺及知識都增加了；而校內亦加強了各科組的溝通，使校內有和諧的合作氣氛；最後，透過與家長緊密合作，更能達到家校一心，共同培育健康愉快的下一代。凡此種種，皆為學校往後的發展奠下良好的基石。



海報設計比賽得獎作品
Poster design competition

Sung Lan Middle School

As issues like "obesity among adolescents", "ozone depletion" and "viral resistance" are getting more serious, raising the public's health awareness is thought to be the "panacea" to rectify the situation and it is also a key area in the development of our school.

To work on the six areas proposed by the Hong Kong Healthy Schools Award Scheme is never an easy task. We have to help the students to develop a positive attitude towards health. Meanwhile, teachers should set a good role model to their students. Moreover, the participation of parents is also importance as how the students are nurtured at home will have an important impact on their behaviour. The development of parental education should certainly not be overlooked.

To exploit the resources and put them into optimal use is another vital factor in the process. We would be able to achieve more by drawing on the successful experiences of others, we may also enlarge our human resources by enlisting the support of parents. Through collaboration with the professional institutions, the effectiveness of the activities is greatly enhanced.

Last but not least, we have gained much from implementing the Scheme. We are now more alert to health and become more knowledgeable in this aspect. Effective communication is achieved among various units in school and a harmonious working environment is created. Concerted efforts have been made with parents which help our students to grow up happily and healthily. All these valuable experiences have helped us to lay a solid foundation for the development of our school in the future.



濕地保育
Conservation of wetlands



反吸煙展覽
Anti-smoking exhibition



清潔課室
Classroom cleaning

得獎學校分享——崇蘭中學

AWARDEE SCHOOL SHARING: SUNG LAN MIDDLE SCHOOL

東華三院群芳啟智學校

東華三院群芳啟智學校是一所為中度智障學童服務的資助特殊學校，期望在學生的學齡時期給予他們完備的學習機會和環境。

由於學生有智力的障礙，在學習知識上極需要別人的指導，教學過程中往往印證了「人本」的重要性，加上學生在校內的學習對象主要是教職員和同學，「健康學校」的理念正可以協助學校營造美好的校園生活，改善學生的學習環境。

通過推行健康學校，我們致力促進學生和教職員的健康，同時營造健康的校園環境和生活。我們有部分學生住在學校的宿舍裡，因此，讓宿舍充滿「家」的溫馨感覺也是學校生活的重要部分。

最後，我們希望學生的努力和回饋，儘管在別人眼中只是很微不足道，仍能一點一滴地凝聚成推動健康社區的力量，讓智障的同學成為社會上有貢獻的一分子。



健康衛生嘉年華大合照
Health carnival

T. W. G. Hs Kwan Fong Kai Chi School

Tung Wah Group of Hospitals Kwan Fong Kai Chi School is an aided special school serving for students of moderately mentally handicapped. We strive to provide a wide range of opportunities and a suitable environment for our students to learn.

Due to their mental nature, our students depend much on the guidance of others which reflects the importance of civilizing influence among people in the capacity of schooling. Therefore, the concepts of health promoting school may help in establishing a healthy and harmonious school environment thoroughly.



健康小錦囊(簡單急救)
Health tips



乖學生好行為(家長協助換禮品)
Be a good student

We believed that improving our students' and staff's health status will help in making our school a healthy school. As some of our students need to stay in our hostel, also it is also important for us to prepare our hostel with a home atmosphere.

Finally, we consider the contribution of our mentally handicapped students, no matter how small, to the society as a most important element of schooling. It is the responsibility of the school to educate students being a good citizen that makes them to live in a healthy community within a mutual and interactive context.



齊參與社區清潔日(全副武裝清潔社區)
Participated in community cleanliness day



健康衛生嘉年華表演節目
Health carnival

得獎學校分享——東華三院群芳啟智學校

AWARDEE SCHOOL SHARING: T.W.G.Hs KWAN FONG KAI CHI SCHOOL.



香港健康學校獎勵計劃

東華三院馮黃鳳亭中學

本校自2001年參加香港健康學校獎勵計劃，一直以「建立健康校園」為校本目標之一，透過校內各科、組及家長教師會之活動全面推行健康教育。

除了制訂完備的健康政策外，本校更舉辦了多元化的健康推廣活動，包括提醒同學關注飲食的「健康早餐日」、「健康小食示範」；吸引同學多做運動的「跳繩比賽」、「室內賽艇比賽」等，學校更培訓學生成為「健康大使」、「環保大使」，並在校內舉辦「健康講座」、「健康測試」、「急救課程」等，提高師生及家長對健康的關注。

自2004年獲得銀獎，本校更積極向友校推廣健康教育，舉辦多場分享會，對象包括東華三院附屬學校校長及老師、本地及澳門教育同工等。本校又與東華三院洗次雲小學合辦健康推廣協作計劃，既推廣健康教育，亦增進兩校之間的聯繫。

本校能夠獲得金獎，所有成員同感歡欣及鼓舞，而是次獲獎，全賴各成員齊心的支持及合作。我們會繼續肩負起推廣健康教育的使命，向公眾發揚健康學校的理念，希望能提升公眾對健康的關注。

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

It is one of our school's biggest concerns to establish a healthy campus. Since 2001, we have been participating in the Hong Kong Healthy Schools Award Scheme. Accordingly, we have organized a variety of activities to achieve the goal of being a healthy school.

We believe it is difficult to force students to eat and live healthily, but easy to guide them. For example, instead of telling students not to eat junk food, we organized a "healthy breakfast" campaign. Most of the students like eating snacks, so it is our strategy to promote healthy snacks. Furthermore, we have held skipping competitions and indoor rowing competitions to arouse students' interest in sports. We have also trained students to be Health Ambassadors and Environmental Protection Ambassadors and have held health talks, health checks, and first-aid courses.

Health concerns should not be just a policy, but a way of life, and it should be promoted outside school. Therefore, we have shared our experiences in a number of workshops with schools of Tung Wah Group of Hospitals and teachers from Hong Kong and Macau. We have also collaborated with T.W.G.Hs. Sin Chu Wan Primary School to implement a health promotion cooperative project.

We won a silver award in 2004 and a gold award two years later. The stakeholders of the school, who have been devoting their support and cooperation in these few years, are both joyful and honored. We have taken the responsibility of promoting a healthy school to an even greater extent, so that there will be more healthy schools in Hong Kong, which in turn means healthier students.



健康大使參與東華三院幼稚園健康嘉年華
Health Ambassadors in the T.W.G.Hs. Kindergartens' Health Carnival



健康推廣活動 - 健康小食DIY
Health promotion activity - Healthy Snacks DIY



健康推廣活動 - 健康早餐及講座
Health promotion activity - Healthy Breakfast and Health Talk



健康推廣活動 - FITT 及健康測試
Health promotion activity - FITT and Health Check



校園節 - 班際室內賽艇比賽
Campus Festival - Inter-class Indoor Rowing Competition

得獎學校分享——東華三院馮黃鳳亭中學

AWARDEE SCHOOL SHARING: T. W. G. Hs. MRS. FUNG WONG FUNG TING COLLEGE



金獎學校

樂華天主教小學
聖傑靈女子中學
東華三院馮黃鳳亭中學

Schools with Gold Award

Lok Wah Catholic Primary School
St. Catharine's School for Girls, Kwun Tong
T.W.G.Hs. Mrs. Fung Wong Fung Ting College

銀獎學校

迦密愛禮信小學
宣道會陳朱素華紀念中學
浸信宣道會呂明才小學
香港學生輔助會小學
樂善堂小學
沙田崇真中學
東華三院群芳啟智學校

Schools with Silver Award

Carmel Alison Lam Primary School
Christian Alliance S W Chan Memorial College
Conservative Baptist Lui Ming Choi Primary School
Hong Kong Student Aid Society Primary School
Lok Sin Tong Primary School
Shatin Tsung Tsin Secondary School
T.W.G.Hs. Kwan Fong Kai Chi School

銅獎學校

靈光小學
粉嶺公立學校
鳳溪第一中學
葛量洪校友會黃埔學校
觀塘官立上午小學
崇蘭中學

Schools with Bronze Award

Emmanuel Primary School
Fanling Public School (Whole Day)
Fung Kai No.1 Secondary School
Grantham College of Education Past Students' Association
Whampoa Primary School
Kwun Tong Government Primary A.M. School
Sung Lan Middle School

香港健康學校獎勵計劃

香港健康學校計劃帶領學校

List of Healthy School Mentors

香港健康學校計劃帶領學校名單

LIST OF HEALTHY SCHOOL MENTORS

道慈佛社楊日霖紀念學校	BTCFS Yeung Yat Lam Memorial School
佛教慈敬學校	Buddhist Chi King Primary School
中華基督教會基法小學（油塘）	CCC Kei Faat School (Yau Tong)
青松侯實垣中學	Ching Chung Hau Po Woon Secondary School
中華基督教會譚李麗芬紀念中學	The Church of Christ in China Tam Lee Lai Fun Memorial Secondary School
浸信宣道會呂明才小學	Conservative Baptist Lui Ming Choi Primary School
香港中文大學校友會聯會張煊昌學校	CUHK FAA Thomas Cheung School
香港中文大學校友會聯會張煊昌中學	CUHK FAA Thomas Cheung Secondary School
粉嶺公立學校	Fanling Public School (Whole Day)
香港學生輔助會小學	Hong Kong Student Aid Society Primary School
香海正覺蓮社佛教正慧小學	HHCKLA Buddhist Wisdom Primary School
香海正覺蓮社佛教黃藻森學校	HHCKLA Buddhist Wong Cho Sum School
樂道中學	Lock Tao Secondary School
樂善堂小學	Lok Sin Tong Primary School
樂華天主教小學	Lok Wah Catholic Primary School
保良局方王錦全小學	Po Leung Kuk Fong Wong Kam Chuen Primary School
保良局余李慕芬紀念學校	Po Leung Kuk Yu Lee Mo Fan Memorial School
聖公會白約翰會督中學	S.K.H. Bishop Baker Secondary School
聖公會基福小學	S.K.H. Kei Fook Primary School
西貢中心李少欽紀念學校	Sai Kung Central Lee Siu Yam Memorial School
聖愛德華天主教小學	St. Edward's Catholic Primary School
崇蘭中學	Sung Lan Middle School
大埔崇德黃建常紀念學校（上午）	Sung Tak Wong Kin Sheung Memorial School (A.M.)
太古小學	Taikoo Primary School (AM)
大埔舊墟公立學校	Tai Po Old Market Public School
大埔舊墟公立學校（寶湖道）	Tai Po Old Market Public School (Plover Cove)
天水圍天主教小學	Tin Shui Wai Catholic Primary School
天水圍循道衛理中學	Tin Shui Wai Methodist College
天水圍循道衛理小學	Tin Shui Wai Methodist Primary School
崇真書院	Tsung Tsin College
東華三院馮黃鳳亭中學	T.W.G.Hs. Mrs. Fung Wong Fung Ting College
仁濟醫院趙曾學韞小學	Yan Chai Hospital Chiu Tsang Hok Wan Primary School
仁濟醫院羅陳楚思小學	Yan Chai Hospital Law Chan Chor Si Primary School
仁濟醫院第二中學	Yan Chai Hospital No.2 Secondary School
元朗公立中學校友會英業小學	Y.L.P.M.S. Alumni Association Ying Yip Primary School



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