



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 ❤️



香港健康學校獎勵計劃

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

