



青松原寶垣中學

本校重視教職員及學生的身心健康，自2003年開始參與「香港健康學校獎勵計劃」，透過各科課程及各行政組活動，帶出健康訊息。例如，本校去年申請了一個種子計劃，以「健康生活」為主題，在家政科、設計與科技科及電腦科進行跨科專題研習。

此外，本校推出不少與十大健康範疇有關的活動。在健康服務方面，本校重新佈置醫療室，提供舒適溫暖的養病環境。另外，紅十字隊員亦不時為師生及來賓提供基本身體檢查。

個人健康生活技能方面，本校設立健康教育資訊站張貼最新資訊，同時在圖書館設立「健康教育資源閣」，讓師生借閱健康書籍及教材。再者，本校亦有舉辦「健康專題研習週」，活動包括講座、班際比賽及展覽等，並透過「有營養單設計及烹飪比賽」來培養學生的健康飲食習慣。

至於校風及人際關係方面，本校舉辦多項輔導活動，例如曾為缺乏自信及受情緒困擾的中二學生舉辦成長歷奇輔導營，啟發他們成長。日後，本校亦會繼續發展「健康學校」，讓師生生活得健康。



Ching Chung Hau Po Woon Secondary School



Our school keeps paying close attention to both the physical and mental health of all students and staff and we have joined the "Hong Kong Healthy Schools Award Scheme" since 2003. Firstly, we impart health knowledge through different subjects and teams in order to develop our healthy daily lives. For instance, we applied a seed project which set "healthy lifestyle" as the main theme last year, it was a cross-curricular project on Design and Technology, Home Economics and Computer Literacy.

We have put much effort on the "Ten Aspects" of health education.

For the health services, we have the medical room redecorated so as to turn it into a comfortable and warm environment for students to take rest. Besides, our well-trained Red Cross students provided basic body check-ups for our school members and guests in various school events.

For health concerns like personal health skills, we have created the "Health Information Notice Board", which displays the latest health information. On top of that, we set up the "Health Education Resources Corner" in the library for our students and teachers. One important highlight is the "Health Project Learning Week", which included talks, inter-class competitions and exhibitions on numerous health topics. Furthermore, the success of "Nutrition Recipe Design and Cooking Competition" helped to establish the good eating habits for our students.

Last but not least, we have different counseling programs for our students, for example, the Form Two Counseling Camp. Students who were emotionally unstable and lack of self confidence were invited to join the activity to get them inspired. We will keep developing the "Healthy School Program" to let our students and staff live healthily.

