



## 保良局陸慶濤小學

本校一向重視為學生營造一個充滿關愛、和諧及愉快的學習環境，以塑造一群擁有自尊自信、健康體魄及優越成就的學生。為了培養學生正確的價值觀、和諧的人際關係及健康的生活方式，本校於兩年前參加了「香港健康學校獎勵計劃」，協助學校落實健康學校的目標。

在這兩年間，校方成立健康學校專責小組，統籌健康學校工作的六個主要範疇，並聯絡全校各個科組，因應課程來設計切合學生需要的健康教育活動，讓學生透過全方位的學習模式學習健康生活知識及技能。雖然涉及健康教育的內容相當廣泛，但透過全校老師的共同努力，將健康教育的元素滲透於課程之中，確實能有效喚醒學童對自己和其他人健康的關注，令他們積極實踐健康生活，並體會當中的好處。

本校十分感謝一班熱愛學校的家長義工。在家長義工的熱心支持下，各項健康學校工作得以順利完成，他們既能身體力行活出健康的生活模式，為學生樹立良好的榜樣，亦能與老師共同攜手合作，培育健康新一代，實在居功不少。本校能於此獎勵計劃獲取銀獎殊榮，實在是家校同心的一個美好見證。



教師工作坊提升團隊精神

家校齊心共創關愛校園



健康成長 SUPERFRIENDS 小組

## Po Leung Kuk Luk Hing Too Primary School

Our school always concentrates on the importance of developing a caring, harmonious and joyful learning atmosphere for students. Through these important elements, our students can reinforce their self-esteem, healthy physique and sense of achievement. In order to cultivate the harmonious interpersonal relationship, positive morality and lifestyle of students, our school joined the "Hong Kong Healthy Schools Award Scheme" two years ago so as to implement the objectives of the healthy school.

A "Healthy School Taskforce" was set up to implement six key areas among the objectives of the "Healthy School" two years ago. The committee played an important role to liaise with all different subject panels to provide custom-made activities and workshops for our students to gain more knowledge about healthy lifestyle and different kinds of skills required to achieve healthy daily life. Although a wide range of healthy information is contained in the teaching materials, the knowledge and skills can be delivered to our students effectively through the efforts of the teachers. By doing so, it arouses the awareness of the students regarding the importance of healthy life and motivates them to internalize their healthy life practice actively. Students can learn the benefits and advantages of the healthy life through the practical experiences.

With the relentless support from the parent volunteers, the healthy school projects have been implemented smoothly and effectively. Through the coordination of the parents and teachers, our students learnt the crucial elements of healthy lifestyle from the role model and from various kinds of workshops. Their contribution was indispensable in assisting our school to obtain the Silver Award in the "Hong Kong Healthy Schools Award Scheme". The school gratefully acknowledges all the help at this memorable moment and that this remarkable milestone shows the successful synergy between the teachers and parents.

