



## 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"...

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!



健康小園丁  
Little farmer



有營之旅：水果天天吃  
Nutritious lifestyle journey



健康月：學生作品  
Healthy 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