



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:



健康環保教育週
Health and Green Education Week



家長健康檢查
Body Check for Parents

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.

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