



香港健康學校獎勵計劃

沙田崇真中學

本校近年致力推動健康教育的工作，在三年前成立跨部門健康推廣專責委員會，成員包括各委員會負責人、家長代表及學生代表，共同擬定學校健康政策及推行策略。

要有效地實踐健康教育，老師培訓是不可缺少的。本校曾邀請香港中文大學健康教育及促進健康中心的同工為全校老師提供培訓。學校又積極鼓勵老師參與相關訓練，近年多位老師每周參與由學校舉辦的太極班，鍛鍊身體。另外，亦有三位老師先後修畢香港中文大學健康教育專業文憑課程。



團隊建立遊戲
Team building activities



生命教育營大合照
Life education camp

為鼓勵學生實踐健康生活模式，本校以「健康沙崇人」為主題，舉辦多元化活動，包括由全校老師透過早會及撰寫《沙崇家書》與學生分享生活經歷、舉辦生命教育營會、校園清潔計劃及聯校體育活動等。本校亦在每班設立社區服務宣傳大使，及在中三級推行全級參與社區服務的計劃，鼓勵學生關心社會，服務他人。本校更在學校網頁增設「健康沙崇人」一欄，進一步向社區人士宣揚健康生活的訊息。

Shatin Tsung Tsin Secondary School

In recent years, our school has been making an unremitting effort to promote health education. Three years ago, we set up a cross-departmental Health Promotion Committee composed of various department heads, parent and student representatives who work jointly to formulate and implement any healthy policies deemed appropriate for the school.



我們支持您!
Back you up!

We believe that health



參與崇真會步行籌款
Participated in walkathon

training for teachers is indispensable for health education to be successfully and effectively promoted. Therefore, we invited health professionals from the Centre for Health Education and Health Promotion of The Chinese University of Hong Kong to provide training for all the teaching staff. All teachers have been encouraged to take part in health-related programmes. For example, there have been an encouraging number of teachers enrolled in a Tai-chi class organized by the school. In addition, three of our teachers successfully

completed the course leading to the award of Diploma in Health Education and Health Promotion at the CUHK.

To encourage our students to lead a healthy lifestyle, a variety of measures on the theme of "Healthy Shatin Tsung-tsiners" have also been taken. Teachers share their life experiences with students in the morning assembly and through "Messages to Tsung-tsiners" – a weekly print written by teachers which would be distributed to all school members. On top of that, we organized Life Education Camp, Campus Cleanliness Scheme and some joint-school athletic activities to make sure that health message could reach a wider audience. To encourage our students to be more civic-minded, more considerate and more sensitive to society, we assigned one community services promotion ambassador in each class and launched the Whole-form Community Services Participation Scheme for all S.3 students. Moreover, we provided a link entitled "Healthy Shatin Tsung-tsiners" on the school's website to ensure faster transmission and easier public access to the health message, which can keep the community members updated about our latest move towards what we set out to do in the first place.



社會服務
Community services

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AWARDEE SCHOOL SHARING: SHATIN TSUNG TSIIN SECONDARY SCHOOL