



南亞路德沐恩中學

本校自2001年參加「香港健康學校獎勵計劃」，而我校上年度的健康教育目標是培養良好的健康習慣，相應活動包括：培訓倡健領袖生推廣健康衛生知識；設立量度身高、體重的儀器；設計健康展板以介紹健康訊息；舉辦週會講解培養健康習慣的方法等。在聯課活動方面，通識教育科提供健眼操與健腦操的知識及實踐機會；生物科讓學生訪問家長及老師的個人飲食習慣，並以工作報告形式展示；家政科和設計工藝科合辦健康食物菜單設計。

此外，我們提倡全校師生「一人一繩運動」，利用體育科定時練習和考核，並配合四社師生跳繩比賽，讓學生養成經常做運動的習慣。在雅麗氏何妙齡那打素醫院的協助下，舉辦大型的「健康日」，讓學生實踐所學的知識及技巧，為學生、家長及教職員提供身體脂肪、血壓、肺容量及血糖等方面的檢查。在教師發展日中，介紹基本的急救和職業保健知識，並一起跳繩做運動。家長教師會亦舉辦健康舞、瑜珈興趣班、「健康飲食Fit一世」講座等活動來提高家長的健康意識。

本校2002-2003年度的重點是預防性健康教育，在多個層面上促進學生的健康，繼續推行健康學校之理念。



Immanuel Lutheran College

Our school joined the Hong Kong Healthy Schools Award in 2001 and our goal of health education in the past year was to encourage the development of good and healthy habits. The corresponding activities included training student leaders to become health advocates and to give information about health and hygiene, setting up height and weight measuring apparatus, designing exhibition panels to introduce health news, and organising weekly seminars to explain the ways of developing healthy habits. As far as courses are concerned, the General Education course provided information and practice on eye-protecting and brain-protecting exercises. The Biology course allowed students to interview parents and teachers about individual dieting habits and to demonstrate the results in the form of work reports. The Home Economics and Design and Crafts courses jointly organised an activity encouraging students to design healthy menus.

We also recommended teachers and students to participate in a “One Person, One Skipping Rope” campaign. We hope to encourage the development of the habit of doing regular physical exercises among students by making use of the regular practices and assessments offered by the Physical Education course and the skipping competition in which teachers and students of the four societies of the school participated. With the help from Alice Ho Miu Ling Nethersole Hospital, we organised a large-scale “Health Day” so that students could put the knowledge and skills they have acquired into practice. Students, parents, teachers and staff were also provided examinations in such areas as level of body fat, blood pressure, lung capacity and level of blood sugar. On Teachers’ Development Day, we introduced basic first-aid and occupational health information and did physical exercises together by skipping. Aerobics, yoga interest classes, seminars on healthy diets and other activities were organized by the Teachers-Parents Association to raise the health awareness of parents.

In 2002-2003 our school’s major tasks are to carry out preventive health education, promote students’ health in various areas and continue to implement the concept of healthy schools.

