



## 大埔崇德黃建常紀念學校(上午校)

本校參加「香港健康學校獎勵計劃」，獲得是次佳績，我們全校校董、師生及家長均感到無限欣喜及鼓舞，這不僅肯定了我們過往付出的努力，也為學校未來的發展路向亮起明燈。我們以培育學生身、心、社、靈之「全人健康」為使命，積極朝著建立一所「健康學校」之目標邁步前進。

我校教師對健康均抱著積極的態度，並不斷參加相關專業培訓，將最新的健康資訊帶返校園。我校成立了「健康促進組」，統籌全校健康推廣工作，同時於課程及各行政組別中滲入「健康」元素，配合相應之政策，使成效更見顯著。

我們舉辦了多元化的健康活動，如「健康飲食」、「護脊」、「適應新環境」、「每天做運動」等。此外，家長透過活動、培訓及義工服務等，投入子女的學習，與子女共同參與，達致「親子溝通、家校合作、終身學習、回饋社會」的目標。

面對未來社會不斷進步，我們深信健康的良好公民，必須從小培育。今後我們仍會繼續努力，以學童身心健康發展為依歸，並朝著推動「全人健康」的目標，積極邁進。



## Sung Tak Wong Kin Sheung Memorial School (AM Section)

The supervisors, teachers, students and parents of our school are very happy and much encouraged that our school has achieved good results in the Hong Kong Healthy Schools Award Scheme. The award not only confirms the efforts we made in the past, but also lightens the path of future development of our school. Our mission is to nurture whole person's health in students in physical, psychological, social and spiritual terms. Our goal is to establish a "healthy school", towards which we are actively striding.

The teachers in our school adopt an active attitude towards health. This is shown by their continual participation in relevant professional training courses and their bringing of up-to-date health information back to campus. Our school has set up a Health Promotion Unit whose job is to coordinate health promotion projects throughout the school. We also infiltrate "health" elements into the courses we offer and into the various administrative units. This, together with corresponding policies, has led to obvious and outstanding results.

We have organized diversified activities on health, such as healthy diets, spine protection, adjustment to a new environment and daily physical exercises. In addition, parents participate in their children's learning by joining activities, training programmes and volunteer services with their children. The goals of communication with their children, co-operation between the school and the family, lifelong learning and contribution to society can thus be achieved.

Facing the continual improvement of our society, we firmly believe in the early nurture of healthy and good citizens. We will continue to work hard – based on the development of our school children's physical and psychological health, we will actively move towards our goal of promoting the health of a whole person.

