



保良局李城璧中學

參加了「香港健康學校獎勵計劃」，使學校能更全面及有效地實踐學校使命—「善用社會資源，發掘學生潛能，提升教師專業，實施優質教育」。

本校與鄰舍港安醫院經常合作舉辦多項健康活動，主題包括「體重控制」、「戒煙」、「量度健康指標」等等。又於去年與理大合辦「眼睛健康日」，讓學生及家長都獲益良多。

在協助學生成長及發掘學生潛能方面，學校每年均舉辦「中一迎新營」、「領袖及朋輩輔導員訓練營」及「生活教育週」等活動。

為更有效地推行健康教育活動，本校教師不斷參與各項健康教育訓練，更有同事完成中大所舉辦的健康教育文憑及碩士課程。

本校衷心感謝香港中文大學健康教育及促進健康中心的職員，不斷為我們提供寶貴的意見及給予鼓勵。在未來的日子，我們會繼續以「健康促進學校」的標準，務使每一位學生都能健康愉快地成長。



Po Leung Kuk Lee Shing Pik College



Participating in the Hong Kong Healthy Schools Award Scheme very much enhances our school to realize our School Mission: "By fully utilizing the resources available in society, by helping in the development of our students' potential, and by promoting a high professionalism in our teaching staff, our school endeavors to provide high quality education."

We are really privileged to have the Adventist Hospital in our neighborhood. In collaboration, we have been running regular Health

Promoting activities on themes such as "weight control", "antismoking", "basic health indicators measurement", etc. Last year, we were thankful to have the Hong Kong Polytechnic University to help organizing an "Eye Care Day" for our parents and students.

To help our junior students to adapt to their school life and the senior forms develop their potentials to the fullest, every year, there are "Form One Students Orientation Camps", "Leadership and Peer Counselor Training Camp" and "Sex Education Week", etc.

Many of our teachers participated in various Health Education Training Courses to update their knowledge to meet the increasing demands nowadays. In particular, we have teachers successfully completed the Professional Diploma in Health Education and Masters of Health Education courses organized by The Chinese University of Hong Kong.

We would like to express our heartfelt thanks to the Centre for Health Education and Health Promotion for their valuable advices and encouragement. We will continue to adopt a holistic "Health Promoting School" approach so that every student of our school may grow healthily and happily.

