



聖公會李炳中學

我們於2002年參加了「香港健康學校獎勵計劃」，嘗試在校內全方位開展健康教育，推動健康生活文化，我們提出了「健康身心、豐盛人生」作為主題，希望師生在「身」、「心」、「靈」各方面能健康發展。回顧過去三年，本著「我探索、我實踐」(I seek, I act)的李炳精神，我們作出不少突破，讓全體師生一起參與。相信印象最深刻的，包括「全民總動員課室大掃除」、屢破參與人數的「捐血日」、內容豐富的「健康週」、開創李炳集體運動先河的「千人操」、美化校園的「壁畫創作」、「美化洗手間大行動」、結合環保意識的「綠化校園計劃」以及同學們樂於參與的「健康之星」獎勵計劃等。校內更設有健康服務隊伍(加健康大使、安全大使及環保大使)，積極協助推展校內健康文化，傳遞多元健康訊息。

此外，我們亦嘗試將健康服務延展社區，透過「愛心編織」(連繫八年冠軍)，向區內老人家送暖拘寒，燃點同學的愛心、關心老弱。其他有關的義工服務，不勝枚舉，全都提昇同學心靈健康。

展望將來，我們仍然積極「探索」，努力「實踐」，在各個不同的健康範疇不斷發展，繼續邁進。

SKH Li Ping Secondary School

Our school joined the Hong Kong Healthy Schools Award Scheme in 2002. We attempted to strengthen the health culture in our school and promote healthy lifestyle to our students. We advocated the spirit by the motto "Healthy body, fruitful life" hoping that our teachers and students could enjoy physical, mental and spiritual health.

In the past three years, based on the Lipingian spirit "I seek, I act", we have achieved numerous steps forward. We urged the whole school to take part in the scheme. The most impressive activities included the cleansing campaign, blood donation, health week and the first ever "Gym for the thousand" in annual school athletic meet. Students helped to grace the school premise by participating in the 80 feet long mural painting and decorating school toilets. Students took part in the Green School Project and helped to build an environmental friendly premise. The Health Star Award Project was one of the most popular programmes. Moreover our health team members were eager to serve. They included the health ambassadors, safety ambassadors and friends of the environment. They helped to deliver the message and build up the culture in school.

In addition, we extend the health service to the local community, and show our love and concern for the needy and the weak. Our students helped the single elderly in our neighborhood to clean their homes before the New Year and sent scarves to them. We received the Knit for Love Tsuen Wan CYC Cup eighth time in a row since 1998. All the community services help to develop a caring sentiment among our students.

We will work continuously in the future to look for more possibilities to nurture the responsiveness and appreciation for health.



大掃除



綠化校園活動



健康周試食活動

