



香港健康學校獎勵計劃

崇蘭中學

「青少年肥胖問題」、「地球臭氧層穿洞」、「病毒的抗藥性愈來愈強」……面對種種健康問題，相信只有提高人們的健康意識才是「救治」的良方，亦是我校的重點發展方向。

「嘩！六大範疇！」要落實施行真不容易，不單要取得全校教職員的認同，由老師以身作則，樹立榜樣，更要由專責小組制定各項策略讓全校師生參與。此外，家長的參與也同樣重要，因為家庭管教方法對子女的行為表現有重大的影響，絕對不容忽視。



海報設計比賽得獎作品
Poster design competition

Sung Lan Middle School

As issues like "obesity among adolescents", "ozone depletion" and "viral resistance" are getting more serious, raising the public's health awareness is thought to be the "panacea" to rectify the situation and it is also a key area in the development of our school.

To work on the six areas proposed by the Hong Kong Healthy Schools Award Scheme is never an easy task. We have to help the students to develop a positive attitude towards health. Meanwhile, teachers should set a good role model to their students. Moreover, the participation of parents is also importance as how the students are nurtured at home will have an important impact on their behaviour. The development of parental education should certainly not be overlooked.

To exploit the resources and put them into optimal use is another vital factor in the process. We would be able to achieve more by drawing on the successful experiences of others, we may also enlarge our human resources by enlisting the support of parents. Through collaboration with the professional institutions, the effectiveness of the activities is greatly enhanced.

Last but not least, we have gained much from implementing the Scheme. We are now more alert to health and become more knowledgeable in this aspect. Effective communication is achieved among various units in school and a harmonious working environment is created. Concerted efforts have been made with parents which help our students to grow up happily and healthily. All these valuable experiences have helped us to lay a solid foundation for the development of our school in the future.



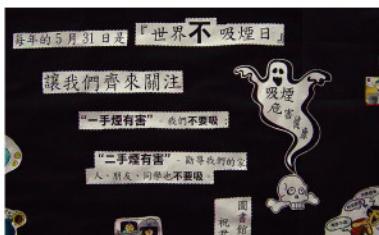
健康嘉年華
Health carnival

「發掘資源而善用之」是邁向成功的另一項要素：汲取別人成功的經驗，可收到事半功倍之效；發動家長的參與，可豐富人力資源；與社區專業機構合作，可提升活動的效能。

此外，參與推動「健康學校」的工作著實使我們獲益良多。我們對健康問題的警覺及知識都增加了；而校內亦加強了各科組的溝通，使校內有和諧的合作氣氛；最後，透過與家長緊密合作，更能達到家校一心，共同培育健康愉快的下一代。凡此種種，皆為學校往後的發展奠下良好的基石。



濕地保育
Conservation of wetlands



反吸煙展覽
Anti-smoking exhibition



清潔課室
Classroom cleaning