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有效的健康學校計劃是改善國家教育質素及人民健康水平的其中一個最合乎經濟效益的投資。毋庸置疑，醫療及教育組織、政府與非政府機構，以及家校之間的跨界合作是引領健康學校計劃得以成功的主要因素。

本人十分榮幸，而且很高興可以於二零零一年參與香港中文大學醫學院健康教育部及促進健康中心開展的「香港健康學校獎勵計劃」，並見證了五十三所學校成功推展健康促進學校的概念。計劃不但成功為本地過百所學校奠定健康促進學校的基石，強化學校及社區之間的合作，促進健康的生活環境，而且計劃更為其他地區的健康教育及促進健康工作者確立具成效之健康學校計劃的楷模。

兒童的不良的生活習慣，包括飲食營養失調、缺乏運動、吸煙、酗酒、暴力欺凌等行為已引起各界人士的廣泛關注。我們必須從小開始培育兒童養成健康生活習慣，為他們的人生奠定健康的基礎。

欣見中心將「香港健康學校獎勵計劃」推展至六年級兒童，並獲得香港特別行政區政府教育統籌局的支持，於本年推行「健康幼稚園獎勵計劃」。憑藉以往累積之豐富經驗，本人深信中心必能成功推行「健康幼稚園獎勵計劃」，計劃之成果將惠及各界社群。

本人衷心恭賀二十六所學校達到健康促進學校的標準，獲頒健康學校獎項。此外，中心帶領各參與學校推動全人健康，建設健康生活環境之佳績也確實值得稱許。我們期待繼續與中心及各界人士攜手合作，支持及參與健康促進的工作，推動建立健康的生活模式。

世界衛生組織
西太平洋區促進健康總監
Dr. Linda Milan
An effective school health programme can be one of the most cost effective investments a nation can make to simultaneously improve education and health. The multi-sectoral collaboration between health and education agencies, governmental and non-governmental institutions, schools and families is undoubtedly one of the major determinants for the success of a school health programme.

I am very honoured and most delighted to have been involved in some way in the establishment of the Hong Kong Healthy Schools Award Scheme and its launching in 2001 by the Centre for Health Education and Health Promotion, Faculty of Medicine of The Chinese University of Hong Kong. I have followed the progress and witnessed the accomplishment of fifty three schools in implementing the concept of health promoting schools over the past three years. The development of the Award Scheme has not only successfully laid the foundation of health promoting schools in Hong Kong for more than a hundred local schools and strengthened multi-sectoral collaboration to achieve better health for Hong Kong people via the school and community setting; it has also set a good model of an effective school health programme to be shared with many health education and health promotion professionals from other countries.

The prevalence of health risk behaviour in young children such as unhealthy diets, sedentary lifestyle, tobacco use, alcohol and substance use, and behaviours that result in injury or violence, has become a matter of growing concern. Patterns of healthy and hygienic lifestyle fostered during childhood and adolescence are more likely to be maintained throughout the life span, providing the basis for an active and healthy life.

I am impressed that the Centre is now extending the Healthy Schools Award Scheme to pre-schools and is launching the Healthy Schools (Pre-school) Award Scheme this year with support from the Education and Manpower Bureau of the Hong Kong SAR Government. With all the fruitful experience derived from the past few years, I am confident that this will, yet again, be another successful undertaking.

I would like to offer my warmest congratulations to the twenty six schools who are being awarded for having achieved the standards for health promoting schools this year. I also commend the Centre for Health Education and Health Promotion for working with and guiding the schools to strive for better health of students, school personnel, as well as families and community members. I look forward to working in collaboration with the Centre and all of you in every health promoting initiatives to make healthy choices easy, early and exciting everywhere.

Dr Linda L. Milan
Director
Building Healthy Communities and Populations
WHO Western Pacific Region
本人謹熱烈祝賀二十六間成功達致世界衛生組織所訂「健康進修學校」標準的學校，並衷心感謝香港中文大學醫學院健康教育及促進健康中心藉發展健康進修學校，領導本地學校建立健康的學習及工作環境，致力促進學生、家長及學校同工的健康。

今年，教育統籌局決定推行高中及高等教育新學制，為香港教育史寫下重要的一頁。為確保我們的下一代能作好準備，活得健康，以應付廿一世紀在健康衛生及社會關懷方面的種種挑戰，教統局在新高中課程的選修科目中引入「健康管理與社會關懷」一科，讓學生有機會認識關於健康及社會關懷的課題，並掌握所需的知識技巧和價值觀，藉以建立健康的生活模式，為促進社會和諧盡一分力。我們願與所有支持這些新措施的伙伴合作，共同為下一代建設更健康更美好的未來。「香港健康學校獎勵計劃」以全面實踐、全校參與的校本模式，改善學生、學校同工以至整個社群的健康；又藉著加強學校的保健政策、衛生服務、健教課程、健康促進活動，以及改善實質和社會環境，來推動各方從態度與行為方面作出改變。這項計劃向學生灌輸保健知識與技巧，俾能在生活上作出健康正確的決定，不但可應付影響他們的大小事情，更可為建設健康和諧的關愛社會作出貢獻。

本人謹此再恭賀所有得獎學校成功推行健康促進學校的理想，並祈願中心及參與計劃的學校繼續努力，創造健康的環境，造福我們的下一代以至全港社會。

香港特別行政區政府
教育統籌局課程及質素保證科
教育統籌局副秘書長
王啟思
My warmest congratulations to the twenty six schools which have achieved the World Health Organization’s standard on health promoting schools. I would also like to express my sincere gratitude to the Centre for Health Education and Health Promotion, the Faculty of Medicine of The Chinese University of Hong Kong for leading the schools in Hong Kong to establish a healthy learning and working environment through the development of health promoting school so as to promote better health among our students, parents, as well as school personnel.

This year, we marked a significant moment in the history of Hong Kong Education when we decided to move to the New Academic Structure for Senior Secondary Education and Higher Education. In order to ensure that our younger generation is adequately prepared to live a healthy life and to meet the health and social care challenges of the 21st century, an elective subject, Health Management and Social Care, has been introduced in the New Senior Secondary Curriculum which offers an opportunity for students to study health and social care issues, and to gain the knowledge, skills and values necessary to live a healthy life and contribute to a caring society. We are pleased to work with all stakeholders supporting initiatives in building a better and healthier future for our young generation. The Hong Kong Healthy Schools Award Scheme embodies a holistic and whole school approach to improve the health for students, school personnel, as well as the community by fostering attitudinal and behavioural changes through the enhancement of school health policy, health services, health curriculum, health promotion programmes, and physical and social conditions. The Scheme equips students with knowledge and skills to make healthy decisions, to take control the influences on their lives, and enable them to contribute to the building of a healthy, caring and supportive society.

I would like to once again congratulate all the schools that have successfully implemented the concept of health promoting school and I wish the Centre and the schools under the Scheme every success in creating an environment that supports a healthy young generation and society.

Mr. Chris Wardlaw
Deputy Secretary for Education and Manpower
Curriculum and Quality Assurance Branch
Education and Manpower Bureau
The Government of the Hong Kong Special Administrative Region
從小建立的正確態度及良好生活習慣足以影響我們的一生。建立“健康促進學校”，能持續促進學校為教職員及學童提供健康的生活及工作環境，並讓學童健康成長。本人喜見更多學校成功實踐“健康促進學校”的理念，並達致世界衛生組織所訂之“健康促進學校”標準。

世界衛生組織的報告《預防慢性病：一項至關重要的投資》預測，全球每年約有1,700萬人患上慢性病而過早死亡。絕大部分慢性病是由少數已知和可預防的危險因素造成的。跟其他地方一樣，慢性疾病已成為香港人致死的主要原因。為保障公眾健康，衛生署展開多項全港性的健康促進計劃，包括“行樓梯運動”、“每日二加三”活動及一系列的控煙的活動，向香港市民推廣健康的生活模式，和協助市民改變不良於健康的行為。

健康促進和疾病預防的一致性行動對保障市民的健康是最為重要的。這些公共衛生問題及其解決辦法不能單靠衛生部門完全處理。為了實現這一目標，政府、私營機構、學界及社區人士必須攜手開展工作。通過推展“健康促進學校”，本人熱切期望社會各界充分協作，共同為促進全民健康而努力。

我再次衷心恭賀今年的獲獎學校及香港中文大學醫學院健康教育及促進健康中心於推動香港發展健康學校所獲得的豐碩成果。

香港特別行政區政府
衛生署
衛生防護中心
助理署長
程卓瑞醫生
Positive attitudes and good practices of health fostered in childhood influence one’s life from the cradle to the grave. The building of a health promoting school constantly strengthens the school’s capacity as a healthy setting for learning and working, and gives children a healthy start in life. I am delighted to see increasingly more schools succeed in adopting the health promoting schools concept and attaining the World Health Organization’s standards on health promoting school.

The World Health Organization report, ‘Preventing Chronic Diseases: a vital investment’ projects that approximately 17 million people worldwide die prematurely each year as a result of the global epidemic of chronic disease. The vast majority of cases of chronic diseases are caused by a small number of known and preventable risk factors. Like other places, chronic diseases constitute major causes of death in Hong Kong. As an advocate for health, the Department of Health has launched a number of territory-wide programmes to help individuals modify their health behaviours. Recent campaigns included the ‘Stair Climbing Campaign’, ‘Two Plus Three Every Day’ Programme and a series of anti-smoking programmes to promote a healthy lifestyle among the people in Hong Kong.

Concerted efforts in health promotion and disease prevention are critical to achieving better health outcomes. As the solutions of many health problems often lie beyond the health sector, all sectors from government, industry, academia, and the community need to work together. With the flourishing of health promoting schools, I enthusiastically anticipate wider community collaboration across sectors and disciplines in achieving the goals of Health for All in our society.

I wish to extend my heartiest congratulations to winners of the Award and the Centre for Health Education and Health Promotion, Faculty of Medicine of the Chinese University of Hong Kong for the great strides made in supporting health promoting schools in Hong Kong.

Dr. Regina Ching
Assistant Director
Centre for Health Protection
Department of Health
The Government of the Hong Kong Special Administraive Region
香港健康學校獎勵計劃

承蒙教育部及優質教育基金的支持，中心於2001年開
展「香港健康學校獎勵計劃」，旨在推廣學童、學校同工及社
區健康發展。計劃為首個獲得世界衛生組織西太平洋區認可之
健康促進學校計劃。本年共有二十六所參與計劃學校獲頒「香
港健康學校獎勵計劃」獎項，包括三所學校獲金獎，九所學
校獲銀獎及十四所獲銅獎。

計劃推行至今，已成功為本地逾百所中小學及特殊學校築
立健康促進學校的基石，其中五十三所學校更達到世界衛生組織所訂之健康促進
學校標準。為了進一步在香港發展健康促進學校，中心推出「健康學校計劃帶領
學校」之理念，鼓勵健康學校先鋒擔任帶領學校的角色，協助另一所學校發展成
為一所健康促進學校，並與夥伴學校分享建立優質健康促進學校的寶貴經驗。發
展「健康學校計劃帶領學校」標誌着香港健康學校發展之另一個里程碑，不但能
帶領更多學校發展成為健康促進學校，同時鞏固健康學校網絡，藉以於香港全面
及持續地發展健康促進學校。

得到世界衛生組織西太平洋區、教育統籌局的支持以及優質教育基金的資
助，中心把「香港健康學校獎勵計劃」的成效推及至學前兒童，發展西大區首個
「健康幼稚園獎勵計劃」。建立於健康促進學校的理念，計劃旨在推廣健康、衛
生、安全及和諧的學習環境，讓幼童在各方面得到均衡發展。計劃由中心主辦，
香港教育學院幼兒教育系為主要協作單位。而教育統籌局、香港教育學院及中心
均為頒發獎項的機構。我謹期望計劃可以為參與學校營造健康的學習環境，促進
幼童全人發展，並藉此強化本地的優質幼兒教育。

秉承中心的發展目標，我們將通過學校及社區全力推動全民健康。在此，我
再次恭賀二十六所獲獎的健康學校，並向所有促成「香港健康學校獎勵計劃」步
向成功的單位致以衷心的謝意。參與計劃的各個單位包括世界衛生組織西太平洋
區、教育統籌局、優質教育基金，以及不可或缺的各參與計劃學校之校長、學校
同工、學生及家長。我們期望與大家攜手合作，為年輕一代及至香港社會健康健
康的未來。

香港中文大學醫學院
健康教育及促進健康中心
中心總監
李大楨教授
The Hong Kong Healthy Schools Award Scheme was first established in 2001 with the support from the Education and Manpower Bureau (EMB) and the Quality Education Fund (QEF) which aims at promoting better health and well-being for students, school personnel and the community. The Scheme has gained the endorsement from the World Health Organization Western Pacific Regional Office (WHO/WPRO) in meeting the WHO standards. This year, I am very delighted to announce that a total of twenty six schools will be presented “Hong Kong Healthy Schools Award” in which three of them attaining the Gold Award, 9 Silver and 14 Bronze.

Since its establishment, the Scheme has successfully laid the foundation of health promoting schools in over one hundred local primary, secondary and special schools in Hong Kong, and fifty-three of them have been awarded for achieving the WHO’s standards on health promoting schools. In order to further the development of health promoting schools in Hong Kong, the Centre initiates the mentorship programme which encourages the healthy school pioneers to act as mentors in guiding another school to develop along the concept of health promoting school. The mentor school would share with her mentees the good practice in building a quality health promoting school. This initiative is another milestone in the development of health promoting schools in Hong Kong. The mentorship programme would not only lead more schools into developing as a healthy school in Hong Kong, but also strengthen the healthy school network which is essential for the territory-wide development and sustainability of health promoting schools.

With the great support from WHO/WPRO, EMB and QEF, the Centre embarked on extending the Hong Kong Healthy Schools Award Scheme to pre-schools this year and launched the Healthy Schools (Pre-school) Award Scheme which is the first of its kind in the Western Pacific Region. The Scheme builds on the concept of health promoting school to promote a healthy, hygienic, safe and harmonious learning environment and balanced development of different aspects necessary to a child’s development, thereby supporting students in improving the quality of their lives. The Scheme is administered by the Centre; the Department of Early Childhood Education of the Hong Kong Institute of Education (HKIEd) is the major collaborating party of the Scheme. The Scheme has also gained the endorsement from the WHO/WPRO and the EMB, HKIEd together with the Centre are the awarding bodies. It is anticipated that the development of the Scheme would encourage educational achievement, better health and emotional well-being for pre-school children, and enhance quality early childhood education of our society as well.

As our mission goes, the Centre would dedicate all our efforts to promote better Health for All in schools and the community. Again, I would like to congratulate the twenty six award-winning Healthy Schools and extend my sincere gratitude to all the parties in making the Hong Kong Healthy Schools Award Scheme a success. The parties include WHO/WPRO, EMB, QEF, and significantly our participating schools, and their school administrators, all school personnel, students and parents. We look forward to working with you all to build a healthier future for the young people and the society as a whole.

Professor Albert Lee
Professor and Director
Centre for Health Education and Health Promotion
Faculty of Medicine
The Chinese University of Hong Kong
本港 Local

關建輝先生 Mr. Kwan Ting Fai
香港政府教育署（1963-1999）前副署長
Former Deputy Director
The Government Education Department (1963-1999)

李紹鴻教授 Professor Lee Shiu Hung, SBS, JP
香港中文大學社會醫學榮譽教授
Emeritus Professor of Community Medicine
The Chinese University of Hong Kong

容華薇女士 Ms Grace Yung
青華地產發展中心總監兼總裁
Chief Clinical Supervisor, Chief Executive
Green Pastures Whole Person Development Centre

海外 Overseas

Professor William Chen
Professor and Chair of Department of Health Education and Behavior
University of Florida, USA

黃松元教授 Professor Huang Song-yuan
國立台灣師範大學衛生教育學系教授
Professor of Department of Health Education
National Taiwan Normal University

Dr. Linda Milan
世界衛生組織太平洋地區健康促進總監
Director, Building Healthy Communities and Populations
World Health Organization Western Pacific Regional Office

Dr. Alyson Moon
Former Visiting Fellow, Department of Public Health
University of Southampton, United Kingdom

Professor Lawrence St. Leger
Associate Professor of School of Health and Social Development
Deakin University, Australia

杜祖蘭教授 Professor To Cho- wee
美國康乃爾大學教育哲學教授
Professor of Education, School of Education
The University of Michigan

Professor Keith Tones
Emeritus Professor of Health Education
Leeds Metropolitan University
Visiting Professor of Health Promotion
Nuffield Institute for Health
University of Leeds

潘耀文教授 Professor Edwin Han-wen Yen
國立台灣師範大學衛生教育學系教授
Professor of Department of Health Education
National Taiwan Normal University
The Hong Kong Healthy Schools Award Scheme, launched by the Centre for Health Education and Health Promotion of The Chinese University of Hong Kong in 2001, is the first territory wide healthy schools movement recognized by the World Health Organization Western Pacific Region (WHO/WPRO) in meeting the WHO’s standards. The Scheme seeks to promote better health for students, school personnel and the community at large. With the great support from WHO/WPRO, Education and Manpower Bureau (EMB) of the Government of HKSAR and the Quality Education Fund, over a hundred local primary, secondary and special schools have joined the Scheme and fifty three of them achieved the Hong Kong Healthy Schools Award.

The Scheme provides a structured framework for the development of healthy school as well as a system of monitoring progress and recognition of achievement. The framework consists of components for healthy schools in six key areas adapted from the WHO’s Guidelines including Health Policies, Health Services, Personal Health Skills, Social Environment, Community Relationships and Physical Environment. After the three-year implementation period, it was proven that schools joining the Scheme have achieved significant improvement regarding students’ health and school management. The fruitful results of the Scheme have been recognized and appreciated worldwide. The Hong Kong experience in developing healthy schools has become a good model shared with many health education and health promotion professionals from other countries.

We are now facing many public health challenges in a globalize environment where the pace and rate of change is sometimes difficult to cope with. One of the effective ways to tackle these challenges is to increase people’s awareness in personal and public health issues. The framework of healthy school guides the schools to create a positive, trusting and supportive environment that builds resilience and capacity of students and school staff in dealing with any upcoming crisis, fosters the whole person development of students and professional development of school staff. In order to further the development of health promoting schools in Hong Kong, the Centre initiates the healthy school mentorship programme, extends the Scheme to pre-schools, develops the self-evaluation system for the Scheme, and continues to nurture the strategic partnership development both locally and globally.
Healthy School Mentors

In order to further the development of health promoting schools in Hong Kong, the Centre initiates the mentorship programme which encourages the healthy school pioneers to act as mentors in helping another school to develop along the concept of health promoting schools and to share their good practice in the healthy schools network. This initiative is another milestone in the development of health promoting schools in Hong Kong. It is anticipated that the mentorship programme would lead more schools developing as a healthy school and building a healthier future for our next generation.

List of Healthy School Mentors (2005-2006)

- BTCFS Yeung Yat Lam Memorial School
- CCC Tam Lai Fun Memorial Secondary School
- China Chung Hau Po Woon Secondary School
- CUHK FAA Thomas Cheun School
- CUHK FAA Thomas Cheun Secondary School
- Fanling Public School (A.M. & P.M.)
- HHCKLA Buddhist Wisdom Primary School
- HHCKLA Buddhist Wong Cho Sum School
- Hon Kong Student Aid Society Primary School
- Lok Sin Tung Primary School
- Lok Wah Catholic Primary School
- Po Leung Kuk Fung Woon Kam Chuen Primary School
- Po Leung Kuk Yu Lee Mo Fan Memorial School
- Sai Kung Central Lee Siu Yam Memorial School
- SKH Bishop Baker Secondary School
- SKH Kei Fook Primary School
- St. Edward's Catholic Primary School
- Sung Tak Woon Kin Sheung Memorial School (A.M.)
- Tai Po Old Market Public School (Plover Cove)
- Tin Shui Wai Methodist College
- Tsuen Wan College
- Tung Wai College
- Yan Chai Hospital Chiu Tsang Hok Wan Primary School
- Yan Chai Hospital No.2 Secondary School
- Y.L.F.M.S. Alumni Association Ying Yip Primary School

2005-2006年度「香港健康學校計劃帶領學校」名單
New Territories West (NTW) Healthy Schools Mentorship Project

The Centre launched “The NTW Healthy Schools Mentorship Project” which encourages experienced Healthy School Pioneer to act as mentor to build a collaborative partnership with another school in the same district to develop along the concept of health promoting school. There are 8 pairs of schools joined the project. This project will develop a self evaluation tool aiming to help schools to monitor their progress for future development.

The launching ceremony of NTW Healthy Schools Mentorship Project was successfully held on 14 May 2005. Over 250 quests joined the gathering and celebrated the launching of the project including government officials, community partners, teachers, parents and students. In between June to July, the project conducted a baseline assessment and student health survey for mentee schools, which would help mentor schools to understand the current state of development of the mentee schools in order to draft a plan for future cooperation. Two forums were held in July and October to provide opportunities for the participating schools to exchange their experiences, to link up their resources and to plan future workshops and activities according to the mentee schools’ needs. The Centre will continue to promote and develop healthy school in a school-based approach and will provide parent training for the participating schools in order to promote better health for all in the NTW district.
健康幼稚園獎勵計劃

為了發揚健康促進學校之理念，將「健康幼稚園獎勵計劃」的成效延伸至更廣泛的層面，並開闢不同年齡之學童身心健康發展的空間，中心於本年得到旅客教育基金的資助開始
「健康幼稚園獎勵計劃」。計劃旨在為幼兒營造健康、衛生、和諧及安全的學習環境，強化幼
兒健康教育，從小培育學童建立健康的生活習慣及態度，提升幼兒身心健康、社交及思維等各
方面的發展。

計劃由中心主辦，香港教育學院幼兒教育系為主要合作單位。而教育統籌局、香港教育
學院及中心為額外的機構，計劃並獲世界衛生組織西太平洋區認可。「健康幼稚園獎
勵計劃」以「健康幼稚園獎勵計劃」為發展藍本，為健康幼稚園之發展及實踐提供一套健
康促進學校的發展藍本，具有完善的監察及認證制度。

另一方面，計劃重視推崇幼兒發展、家庭教育、全校參與及社區聯繫。透過建立地區性
健康幼兒園網絡，作為交流經驗的平台，讓參與幼稚園互相分享發展及實踐健康促進學校的
寶貴經驗。此外，中心更會舉辦有關健康促進學校及健康教育的工作坊及家長健康教育活動，
裝備學校成員在校內推廣健康教育及建立一所健康幼兒園。計劃更會設立「健康幼兒園自
我檢視機制」，讓參與計劃的幼稚園自行評估進度，訂立相關策略及計劃，有效地發展成為一
所健康幼兒園。

「健康幼稚園獎勵計劃」於二零零五年九月三日正式啟動。香港特別行政區政府教育統
籌局副秘書長王啟生先生、香港特別行政區政府衛生署衛生防護中心陳昭文醫生、香港中文
大學臨時校長雷聲教授、香港中文大學醫學院院長霍泰銘教授及香港教育學院教育專業及幼
兒教育學院幼員教育及特殊教育課程學監黃文珍博士等主禮嘉賓一同見證各參與幼稚園承諾
積極投入推動健康幼兒園之發展。啟動禮當日，中心委任了21所健康學校先鋒為「健康幼
兒園獎勵計劃」的帶頭學校，與夥伴幼兒園分享發展及實踐健康促進學校的寶貴經驗，讓健
康學校的理念薪火相傳的效果。

啟動禮完滿結束後，中心為參與計劃之學校舉辦「健康幼稚園獎勵計劃」計劃籌備工
作坊，讓參與學校同工進一步認識健康幼兒園的理念及計劃內容，並為基線評估作好準備。
而學校基線評估工作已於十月份全面展開，搜集所得資料將用作反映學生身心健康及學校健
康發展情況，以設計發展健康幼兒園的策略及藍圖。

我們期望未來有更多的幼稚園加入健康幼稚園的行列，共同培育健康的下一代。
Healthy Schools (Pre-school) Award Scheme

In order to cascade the effect of Hong Kong Healthy Schools Award Scheme (HKHSA) to pre-school children, the Centre launches the Healthy Schools (Pre-school) Award Scheme in June 2005. With the financial support from the Quality Education Fund, the Scheme aims at building a healthy, hygienic, harmonious and safe learning environment for the pre-school children. The Scheme would also enhance quality early childhood education in our society and promote better health and emotional well-being for pre-school children.

The Healthy Schools (Pre-school) Scheme is administered by the Centre. The Department of Early Childhood Education of the Hong Kong Institute of Education (HKIEd) is the major collaborating partner of the Scheme. The Scheme has gained the endorsement from the WHO/PRO and Education and Manpower Bureau, HKIEd together with the Centre are the awarding bodies.

The HKHSA is set as the blueprint of the Scheme which builds on the concept of health promoting school. It provides a structured framework for the development and implementation of healthy kindergartens as well as a system of monitoring, progress and recognition of achievements.

Moreover, the Scheme emphasizes on staff professional development, family health education, whole-school participation and community networking. It also establishes district-based healthy kindergartens networks as a platform for experience sharing and good practices in developing and implementing health promoting kindergartens. Workshops on health promoting schools and health education as well as parental health education activities will be organized to equip school stakeholders with knowledge and skills to promote health education in the school setting and to develop as a healthy kindergarten. On top of that, a self-evaluation tool will be established for participating kindergartens to monitor their progress of development into a healthy kindergarten.

The Launching Ceremony of the Scheme is held on 3 September 2005. Mr. Chris Wardlaw, Deputy Secretary for Education and Manpower, Dr. Mok Chiu-yau, Community Physician of Department of Health, Professor Cheng CY Jack, Pro-Vice-Chancellor of CUHK, Professor Fok Tai-fai, Dean of Faculty of Medicine, CUHK and Dr. Margaret Wong Naai Chun, Director of Programmes (Early Childhood and Special Education) Faculty of Professional and Early Childhood Education, HKIEd jointly officiated at the Ceremony. In addition, 21 healthy school pioneers were appointed as the Healthy School Mentors to help participating kindergartens to develop along the concept of health promoting school. It is anticipated that the full potential of the sustainable development of health promoting school can be realized.

At the same time, a preparatory workshop was organized for the participants of the Scheme after the Launching Ceremony. The workshop aims at enhancing the staff of participating kindergartens understanding of the Scheme as well as the baseline assessment. The baseline assessment for the participating kindergartens was started in October 2005. The information collected in the baseline assessment will help to reflect the health status of the pre-school children and the development of health education and health promotion in kindergartens. This, in turn, helps the participating kindergartens in the planning for the future school development.

It is hoped that more kindergartens would join us in the work of health education and promotion in kindergarten for the betterment of pre-school children.
健康學校自我評估及監察機制

中心現正發展一套健康學校自我評估及監察機制，以協助學校發展健康促進學校，並持續地作自我評估及檢視。透過自我評估及制訂計劃工具，學校能有系統及客觀地評估健康學校的發展情況，了解學校於健康教育及促進健康的工作成果及作出進一步改善。學校可運用此工具來訂立全面的健康學校計劃及推行策略，以促進學生、家長、教職員及社區人士的全面健康，並貫徹學校的辦學宗旨及理念。此工具強調全校參與、策略性的規劃、強化校本管理，並以健康學校評估指標作為評估標準。

此外，中心亦於二零零五年七月推出「學校健康教育記錄及分析軟件」此軟件是健康學校自我評估及監察機制中的一個評估工具，讓學校有系統地記錄、檢視及分析學校健康課程、健康促進活動及教職員健康教育培訓等情況，同時建立資料庫記錄學校運用社區資源的情況，讓校方可以隨時複查過往曾舉辦的課程及活動記錄。

中心已於二零零五年七月及九月舉辦「學校健康教育記錄及分析軟件」工作坊，共有九十位來自五十六所學校的教育同工參與，中心只授權予完成工作坊的學校使用有關軟件。參與工作坊之學校同工大都表示軟件有助學校記錄及檢視學校健康教育的推行狀況。

Healthy Schools Self Evaluation System

In order to allow the schools’ understanding of its strengths on health education and health promotion, to monitor the school progress and to further the development of healthy schools, the Centre is developing a “Healthy Schools Self Evaluation System”. This Self Evaluation System is a self assessment and planning tool which enables schools to evaluate its progress, to identify their own strengths and areas for improvement in a systemic and objective manner. Schools can use this tool to develop a comprehensive plan for future development as well as an action plan for improving the health of students, parents, teachers and community members and meeting the mission, philosophy and goal of their school. It emphasise on the whole school approach, strategic planning, management of performance against the health promoting schools indicators so as to strengthen a school-based management.

As part of the Self Evaluation System, we have launched the “School Health Education Record and Review Software” in July 2005. The software is designed for schools to systemically record, review and analyse school health education curriculum, health promoting activities and staff training on health education. Another benefit of this software is that it has a systemic database record of community resources utilization which helps to organize records for the schools’ past health education and health promotion events for easy access of school staff.

The Software is licensed only for the school that has completed the training provided by the Centre and has registered under the User List administered by the Centre. Three identical training workshops have been organized in July and September 2005 and a total of 90 people from 56 schools attended the workshops. Most of the participants expressed that the Software is a useful tool for schools to monitor and evaluate school health education.
Project Star: The Little Health Pioneers

The “Project Star: The Little Health Pioneers” programme has entered its 5th year since its pilot launch in 2001. With the support from the Shatin Doctors Network, a number of primary schools have joined the programme and many students had been appointed as the Little Health Pioneers.

The Programme aims to:
1. To initiate students’ motivation to learn more about health resulting in a healthy lifestyle;
2. To develop students’ skill in obtaining accurate health information;
3. To help students to build up their self-confidence and to enhance their communication skills;
4. To raise students’ awareness of health at school through peer influence;
5. To increase students’ knowledge and interest in health care professions.

Workshops were conducted in an interactive way to ensure students can understand the health topics thoroughly. Upon completion of the workshops, all students have to submit a “Learning Portfolio” to reflect what they have learnt during the workshops and organize an event to convey the health message to their fellow classmates. Students will be assessed by a doctor from the Shatin Doctors Network and successful students will be designated as “Little Health Pioneers”!
**School Based Weight Management Program for Children**

In response to the increasing prevalence of childhood obesity, the Centre first launched the “Smart Kids Fitness Programme” in the summer of 2004. In order to facilitate the weight management process for overweight children, with the concerted support from school, family and healthcare professionals, the Centre started the “School-based Smart Kids Fitness Programme” in collaboration with a secondary school during October to December 2004. In addition to the interactive and educational activities for the children as designed for the pilot programme, training for parents and teachers were provided in this school-based programme. The establishment of a supportive home and school environment enabled students to adopt a healthy living style and to manage their weight more effectively.

Training for parents aims to equip parents with knowledge and skills about weight management and related strategies to assist weight control in their children. Teachers were trained to reinforce healthy habits in school through building a healthy school environment. With the advice from physiotherapist and diettian, teachers kept track on students’ progress by means of food diaries and exercise logbooks. Also, teachers posted slogans on healthy eating messages around the school and organized exercise training sessions and group games for students. Students could borrow sports equipment during recess time and after school so as to encourage them to keep active. Moreover, the school improved the choices in tuck shop and provided recommendations for healthy lunch choices.

To sustain the chances of a healthy life style, school is encouraged to monitor the progress of students continually. Annual follow up activities including physical fitness test, nutrition and sports games have been organized by the Centre to help students identifying obstacles in their weight management process and to work out solutions. It is recommended that school-based weight management and healthy living programme should become part of school’s working plan or health services for students in need, and parent-school cooperation should be encouraged to fight against the problem of childhood obesity.
五彩蔬果計劃

針對香港學童蔬果進食量不足的問題，中心於二零零三年開始推行「五彩蔬果計劃」，
推動學校運用健康促進學校的模式，營造健康飲食環境，並且配合多元化的校本營養教育及推
廣活動，提升學童的蔬果進食量。

經過第一階段的評估及老師、家長和學生大使的培訓後，「五彩蔬果計劃」於本年
的十一月十七日正式啟動。我們有幸邀請到教育統籌局課程發展處首席教育主任潘寶強先生、
衛生署衛生防護中心中央健康教育組總監蔡達德博士及家庭與學校合作事宜委員會副主席翁栢
輝先生聯同中心總監李大拔教授擔任主禮嘉賓主持啟動典禮及學生及家長蔬果大使的委任儀
式。

啟動典禮當日亦公布中心於今年六、七月進行之學童午膳進食調查，以及學生及家長飲
食習慣問卷調查的結果，有關調查結果顯示學校供應午膳及香港學童飲食情況尚有改善空間。
調查所得之資料更適用於設計校本健康飲食推廣活動及支援學校推行營養教育之營養教材。本
中心於當日舉行有關特別製作的「五彩蔬果換算輪」及「滋味營養教室」的營養教材。

隨著「五彩蔬果計劃」正式展開，中心總監李大拔教授及兩位中心營養師應美國農業部
邀請，率領九名來自不同單位的學校校長、老師、家長團體代表，聯同衛生署代表及學校午膳
供應商代表，遠赴美國加州訪問當地的營養教育，並與當地政府及學校機構作經驗交流。

交流團一連五日的緊繃行程，美國農業部農副部長Mr. Eric Bost 致歡迎辭及講解後正
式展開。代表團曾拜訪加州的教育部（Department of Education）、食品及農業部
（Department of Food and Agriculture）、加州大學帕克萊分校及加州學校營養聯會
（California School Nutrition Association）等地並進行參觀及交流。代表團還參觀當地的
中央廚房，了解當地中、小學推行午膳計劃及營養教育的狀況。李教授及香港衛生署代表
亦於行程中多次集體演講，向美國當地代表講解香港推行健康飲食的情況。雖然行程緊繃，但
各位團員均認為是次活動令人眼界大開，而且收穫良多。各位學校代表亦熱切期待展開一連串
的校本健康飲食計劃，以建設健康飲食校園。

五彩蔬果計劃啟動儀式
Launching Ceremony of Colorful and Bright Fruits and Vegetables Project

Colorful and Bright Fruits and Vegetables Project

The Centre has launched the Colorful and Bright Fruits and Vegetables Project in 2003 hoping to
reverse the phenomenon that most Hong Kong school children have inadequate fruits and vegetables
intake. The project adopts the concepts of Health Promoting School in which healthy eating school
policies would be established and a series of school based activities would be organized for school
children so as to increase their fruits and vegetables consumption.
The launching ceremony of the project was held on 17 September 2005. We are honored to have Mr. Anthony Poon, Principal Education Officer, Curriculum Development Institute of the Education and Manpower Bureau, Dr. Rav Choi, Head of Central Health Education Unit, Department of Health, and Mr. Christopher Yu, Vice chairman of the Committee on Home-School Cooperation, together with Professor Albert Lee, our Centre Director, to officiate the ceremony and to appoint our Students and Parents Ambassadors to affirm their role on promoting a healthy eating environment in their own schools.

The results of the Lunch Box Survey and the Students and Parents Dietary Survey, which were conducted between June and July, were released on the same day of the launching ceremony. The results of the survey demonstrated that further action is required to improve healthy eating habit in school children. To support the school-based nutrition education, the Centre also released the “Fruits and Vegetables Serving Wheel” as well as a series of teaching kits showing different aspects of healthy eating practices.

The US Department of Agriculture invited Professor Lee and two dietitians to join the California Nutrition Program visiting trip to USA. There were Professor Lee and two dietitians together 9 delegates including government officials, school caterers, principals and teachers, as well as representatives from Parents-Teachers Association. The aim of this visiting tour is to exchange views and experiences with overseas government and academics on nutrition education and health eating promotion programme.

Mr. Eric Bost, the US Department of Agriculture Under Secretary welcomed the delegation. During the five-day trip, the Hong Kong delegates visited the California Department of Education, Department of Food and Agriculture, University of California, Berkeley and California School Nutrition Association for sharing experiences on nutrition education and exchanging ideas on promoting fruits and vegetables consumption. Delegates also visited the Central Kitchens and a number of primary and secondary schools in California to get an idea on how the various nutrition programmes are being carried out in their locality.

All along the tour, Professor Lee and representative from Department of Health have delivered several presentations on nutrition education and promotion in Hong Kong school children and schools’ initiatives to promote healthy eating. All members of the delegation agreed that it was a fruitful and meaningful trip. In fact, most of the school representatives are looking forward to carrying out a series of school-based activities to promote healthy eating in their school!
Health Carnival - Community Action to Combat Communicable Diseases cum Launching of Hygiene Charter Website

The Centre held the “Health Carnival - Community Action to Combat Communicable Diseases” on 15 January 2005, co-organized with Lam Tai Fai College, to disseminate hygiene and health messages to the participants through interesting game booths, web-based activity, and exercise demonstration. The kick-off ceremony of the Hygiene Charter Website (http://www.hygienecharter.org.hk) and award presentation to the winners of the Hygiene Charter Bookmark Competition had made the event even more representative and meaningful in community hygiene education and promotion.

健康嘉年華

二零零五年二月五日，中心獲邀協辦由東華三院轄下的洪王家琪幼稚園、熙雅樂幼稚園、徐慶棠幼稚園與沙田區議會合辦之“健康生活迎挑戰，開懷孩子 düny明天”，健康嘉年華。

是次健康嘉年華主要讓家長、孩童及公眾人士認識健康之重要，並開始關注自己的健康。嘉年華的節目十分精彩，包括表演、遊戲、健康資訊展覽、健康測試、及專題講座。健康測試包括體重體脂、體脂率、血壓、進行仰臥起坐等運動。專題講座包括健康生活、減少兒童偏食妙法及有效處理兒童情緒。

健康嘉年華

二零零五年一月十五日舉辦以控制及預防傳染病為主題的嘉年華會：「健康嘉年華 - 預防傳染病，社區齊參與」。活動透過設置學生攤位、網上遊戲、運動示範等途徑，在愉悅的氣氛之中，向社會各界人士宣揚衛生和健康訊息。當中更啟動了「衛生約章網站」 (http://www.hygienecharter.org.hk)，並嘉許在「學界衛生約章書籤設計比賽」中傑出的優勝者，為區內的衛生教育工作展開新的一面。

Health Fair

The Centre was invited to organise a “Health Fair - Our Kids, Our Future, Stay Healthy and Be A Fit Kid” on 5 February 2005 with the Hung Woon Kar Gee Kindergarten, Ma Chan Kiu Har Kindergarten and Tsui Tsan Tona Kindergarten, the Tung Wah Group of Hospitals and the Sha Tin District Council.

The aim of the Health Fair is to arouse the parents, kids and the public awareness of health and to enable them to take care of their own health. The programme consisted of varieties of activities including dance performance, games, health exhibition, simple health checks and health talks. The simple health checks included the measurement of weight, height, fat mass percent, blood pressure, sit and reach and single leg stand. The health talks covered the topics on healthy lifestyle, healthy eating and management of child emotion.

The participants in the event actively attended the activities and health talks. We hope that the participants will deliver the health messages to their family members and take good care of their own health.
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ACTIVITIES HIGHLIGHTS 2004-2005

Promotion for Healthy City North District Sports Fun Fair

The Centre has organized the North District Sports Fun Fair at North District Sports Ground on 20 March 2005. It is an annual health event held in partnership with the North District Civic Education Committee. This year, the Fun Fair aims at arousing student's interests to sports, promoting healthy living habit, addressing the importance of mental and physical health and strengthening the concept of "healthy cities" in the community. Secondary and primary schools in the District were invited to join the sports competitions and booth games. Six schools joined the competitions including obstacle relay to increase the student's knowledge in physical fitness and healthy exercise contest to encourage students to build up a habit of doing sports. The participants competed to their full potential. Students and their families participated enthusiastically in speculating creative classroom exercises and martial arts demonstration, shuttlecock, rope skipping, gym ball and rubber band exercise. They also learnt about healthy living styles through playing at the game booths.

"Kids loving Hygiene: From Story to Practice" - Talks to Parents in Kindergarten

In order to sustain the effect of Hygiene Charter in the society and to support hygiene education in school children and the community, the Centre delivered talks in five kindergartens in Tai Po, Tin Shui Wai and Sha Tin from January to April 2005. With an introduction on infectious diseases and story-telling demonstration, more than 150 participating parents and teachers learnt to use a series of hygiene story book. This series of story book help children to develop positive attitude towards maintaining health, proper hygiene knowledge and practices.
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The Hong Kong Healthy Schools Award Scheme

推廣鄰近地區建立健康促進學校－老撾

世界衛生組織西太平洋區邀請中心於二零零四年十二月到訪老撾，與當地政府教育及衛生部門官員會面及講課，藉以推廣當地發展健康促進學校。通過此次活動，中心不但瞭解當地之需要及健康促進學校之發展情況，並且與當地官員、學校同工及推動健康教育及促進健康工作者交流及分享香港推動健康學校發展的成果。為促進健康學校持續發展，中心及老撾政府更計劃開辦培訓課程予當地之教育及醫護工作者，並且建立兩地之健康促進學校交流平台。

Introducing the Concept of Health Promoting School to Laos

The WHO/PRO has initiated a consultancy work for senior staff of the Centre to visit Laos meeting officials of Ministries of Education and Health to further develop health promoting school in Laos in December 2004. The visit aims to understand the local situations and needs, to review progress of work on health promoting schools, to conduct a training seminar for the Health Promoting Schools National Task Force, to share experience and provide technical assistance to the Teacher Training Department of the Ministry of Education towards the development of train-the-trainers programme on health promoting schools for pre-service and in-service teachers training. After the visit, the Centre and Laos Government plan to develop a training programme for education and health administrators of Laos and establish a network to share experience on the development of health promoting schools.

「健康學校」短期課程－澳門

本年五月，多名澳門特區政府教育局及衛生局代表到訪香港修讀中心開辦之「健康學校」短期課程。為推動澳門學校發展健康教育及促進健康工作，有關方面期望兩所香港健康學校先鋒－保良局方王錦堂小學及聖公會白約翰會督中學與澳門中小學分享發展健康促進學校的經驗。有關課程對澳門發展學校健康促進計劃有莫大幫助，教育局及衛生局遂於本年七月委託中心於澳門開辦为期四天之「健康學校」短期課程。課程共有三十五位教師來自十五所學校參加。課程更安排學員到香港參觀兩所健康學校－ Cornwall公立學校及東華三院馮廷選中學，藉以認識香港推行健康促進學校方面的情況。

Short Course on Health Promoting Schools - Macau

In May 2005, a number of officials from the Government of Macau Special Administrative Region Education and Youth Affairs Bureau and Department of Health have attended the Short Course on Health Promoting Schools administered by the Centre. In order to promote health education and health promotion in schools, the Honk Kong Healthy School Pioneers, Po Leung Kuk Fonq Wona Kam Chun Primary School and SKH Bishop Baker Secondary School, have been invited to share their experience on promoting health in schools to all primary and secondary schools in Macau. In July 2005, the Centre was commissioned to conduct a 4-day Short Course on Health Promoting Schools with school visit to Tai Po Old Market Public School and TVGHs Mrs. Fonq Wona Funa Primary School for 35 participants from 15 schools in Macau to promote the concept of healthy promoting school in Macau.
The New Territories North Health Promoting School Network

In order to establish mutual communication, assistance and sharing channel for the Health Promoting Schools in Sheung Shui, Tai Po and Fan Lian. “The New Territories North Health Promoting School Network” was officially established on 23 October 2004. The Network is most welcomed by the local health promoting schools through regular sharing meetings, exchange visits and non-periodic e-communication issuing the updated health promoting news. In addition, the network initiates training for The New Territories North parent health ambassador which aims to equip parents with health knowledge to assist health promotion in school and to build an all-rounded healthy school.

The New Territories West Health Promoting School Network

Healthy Schools Network in NT West District has been initiated by the Center for over a year. which is strongly supported by the healthy schools in NT West. The Network has further developed as a membership system. Members included participating schools of the Hong Kong Healthy Schools Award Scheme and the NTW Healthy School Mentor Scheme, and any schools who are interested in developing as a healthy school are also welcomed. The Network organizes sharing seminars and school visits regularly. It will also keep in close contact with members to keep track on the schools development and to release the latest healthy schools information.

沙田及馬鞍山區健康學校拓展分享會 2005

為讓區內健康學校，中心於六月三日舉行「沙田及馬鞍山區健康學校拓展分享會」。十八位有志同工交流發展校本健康教育資源，包括課程大綱、活動配對及教材介紹。中心及區內網絡學校同工將攜手促進區內學校分享及交流發展健康學校之經驗及資源。

Healthy School District Network: Sharing session of schools in Sha Tin and Ma On Shan (2005)

The Network held a sharing session on 3 Jun 2005, which aimed at facilitating communication of healthy schools in the district. Eighteen educators attended the seminar and exchanged school-based health education resources including the development of curriculum frameworks, maintaining activity records and preparing teaching materials. Their active participation indicated that the district-based network of healthy schools has been prominently expanding. The Centre and all network schools in the district will work closely to exchange the experiences and resources in health promotion.
The Hong Kong Healthy Schools Award Scheme

Journal of Primary Care and Health Promotion

Journal of Primary Care and Health Promotion aims to provide a forum for the dissemination of high quality regional research and to enhance the standards of primary care and health promotion by focusing on best practice. The journal welcomes practical, relevant articles covering the broad range of interests within the field of primary care and health promotion. A report on the youth risk behaviour of Hong Kong in 2003/04 has been published as a special issue of the Journal in Feb 2005.

HPS Connect

HPS Connect is a web-based sharing platform to facilitate the exchange of experiences among health educators from local and overseas. It widely records the ways and plans regarding the development of healthy schools, in particular the health policies, health services, health education, school ethos, physical environment and community relationships. Readers can surely find practical ideas for building a healthy schools or organizing health promotion programmes from it. Aren’t you interested in knowing the ways of promoting health through the curriculum and health promoting activities in school? Simply surf our website: www.cuhk.edu.hk/med/hep/hpconnect/index.html, where there are a wide range of articles written by experienced fellows and even students about their great ideas on it. You are invited to share too.

Book of Health (Series 2): Communication and Relationships

Parents nowadays are not only concerned with the physical growth and health of children, but also their mental health development. The new series of stories in the Book of Health describe the peer and family pressures or challenges faced by kids today. It will surely become one of the healthy supplementary reading materials for kids, in which readers will learn more about acceptance, presentation and communication skills. With the care and guidance from parents and teachers, kids will become healthy, enthusiastic, kind and confident adults of the future.
為推動改善及提升本地基層醫療及促進健康水平，並向市民推廣全人健康，中心將於
2006-2007年度開辦以下健康教育及促進健康課程：

1. 健康科學碩士課程（健康教育及促進健康）或（基層醫療）
2. 健康科學學士後文憑課程（健康教育及促進健康）或（基層醫療）
3. 健康教育專業文憑課程（護理及社會服務工作者）
4. 健康教育專業文憑課程（教育工作者）
5. 基層醫療專業文憑課程
6. 幼兒健康教育證書課程
7. 健康管理基礎/證書/文憑課程
8. 「健康學校」短期課程
9. 「健康管理與社會關係科」教師專業短期課程
10. 「人格與小組工作」短期課程
11. 「危機管理」短期課程
12. 「溝通與領導」短期課程
13. 「行為改善」短期課程
14. 健康生活課程
15. 家長工作坊：
   a. 「共顧願情路」家長工作坊
   b. 「父母與青少年子溝通及衝突處理」家長工作坊

Programmes that will be conducted in the year 2006-2007 are as follows:

1. Master of Science in Health Science (Health Education and Health Promotion) or (Primary Health Care)
2. Postgraduate Diploma Programme in Health Science (Health Education and Health Promotion) or (Primary Health Care)
3. Professional Diploma Programme in Health Promotion and Health Education (Professional in Health and Social Services)
4. Professional Diploma Programme in Health Promotion and Health Education (Professional in Educational Setting)
5. Professional Diploma Programme in Primary Health Care
6. Certificate Course in Health Education and Health Promotion for Pre-School Educators
7. Basic Course/ Certificate Programme/ Diploma Programme in Health Studies
8. Short Course on “Health Promoting School”
9. Professional Short Courses for Teachers teaching “Health Management and Social Care”
10. Short Course on “Personality and Group Work”
11. Short Course on “Crisis Management”
12. Short Course on “Communication and Leadership”
13. Short course on “Behavioural Modification”
14. Healthy Living Course
   a. Parenting Workshops
   b. Parent-child Relationship
15. Communication and Conflict Management
Baptist Sha Tin Wai Lui Ming Choi Primary School

We believe that “a happy life starts from good health”, so we are concerned very much with students’ physical, emotional and spiritual growth when planning and carrying out school policy. To bring up the habit of exercising, we perform a fitness dance named “A Thousand Healthy and Energetic People Fitness Praise Dance with Classics Recitation” every morning, and we provide active sports ground facilities at break time. At the same time, we provide a dozen of multi-element dance training, studio and interest courses. In order to improve students’ health, we have built a climbing wall, a foot massage path and an in-door swimming pool for students to exercise their bodies. “Healthy Snack Food” is provided to students periodically. Our Health Service Station uses fruits as healthy snack food.

We have had a parental health care team since 2004. They have been given emergency training in order to enhance the quality of service. In addition, we provide fitness tests, foot dorsum tests and health test for students and provide suitable specific training to over-weight students, such as the “Healthy and Energetic Keep Fit Course”. We have activities like “Worthy to Admire and imitate”, “Love Partnership” and “Secret Angel” which establish a warm, careful, harmonious and orderly atmosphere. These activities give opportunities for teachers and students to appreciate the good work of each other.

To give students sufficient time for exercise in school, we provide 4 additional P.E. classes every cycle. Other than general physical fitness training and ball game training, swimming and physical best classes are also added to our courses.
Baptist Wing Lung Secondary School

A few years ago, we took part in the Hong Kong Healthy Schools Award Scheme organized by the Centre for Health Education and Health Promotion, Faculty of Medicine of CUHK. Today, we are the most honoured and grateful to receive an award from the Scheme for achieving the World Health Organisation’s standard on health promoting school. The implementation of the school policy, the leadership of our principal and the collaboration with Professor Albert Lee, Director of the Centre for Health Education and Health Promotion and his colleagues all contribute to our success and guide us along the path of promoting health education.

Looking back, we have really travelled a long way. A school-based health management system has been developed. This includes the formation of the Environmental Management and Health Education Committee, a student health database and the launching of a school vaccine injection campaign. Besides promoting healthy lifestyle, as stated as one of the programme’s main objectives, we have realized our vision in environmental education and have helped our students incorporate comprehensive health knowledge into everyday life.

Above all, I believe it is our greatest achievement to have spread the sense of health and have aroused public awareness of a healthy lifestyle in our community. We are working closely with a number of primary schools and Tai Ping Gardens by initiating various activities in our neighbourhood.
Buddhist Chi King Primary School

Our school has joined the Hong Kong Healthy Schools Award Scheme and has organized various health education activities since 2002. In September 2004, the principal led all the staff and students to make a commitment during the Pledge Day on “Live Hygiene Live Health”, attaching themselves into the importance of public and personal hygiene, and building up a healthy lifestyle.

Also, in the same campaign in September 2004, the mobile “Harold” of Life Education Activity Programme (LEAP) visited our school. The visit let our students have a chance to learn how to live healthily. In May 2005, all the staff and students involved in the “Fruity Friday” organized by the World Cancer Research Fund Hong Kong which encourages them to eat more fruits and vegetables.

Our school has also organized different seminars with other organizations, like the “Great Improvement Group” with YWCA. This seminar helps students learn the ruin of drugs. We also organized the “Temper Management Group” with United Centre of Emotional Health and Positive Living in order to help some particular students to learn how to control their temper and emotional behaviors. The parents’ seminar “How to solve your anger?” has also be held in the Parents’ Day.
The Church of Christ Kei Shun Special School Cum Resource Centre

As our school's educational philosophy is “Whole Person Education”, we joined “The Hong Kong Healthy Schools Award Scheme” and set promoting a “Healthy School” as one of our concerns. We have formulated a series of health policies and integrated the concepts of “Healthy School” into our curriculum and daily activities. With the faith of “Whole Person Education”, we nourish our student through a holistic approach.

We established a committee to plan, to promote and to launch the “School Health Policies”. To align with the educational reform, we have integrated the “Ten Health Themes” in the curriculum and activities to strengthen student's personal health skill. We implement the program “One student, One teacher, One Sport and Art, One Team” to motivate our students' interest in sport and art. Furthermore, our school has made great efforts in improving the school environment by providing a secure and comfortable place for our students to learn safely and happily. We have organized a series of health educational activities, such as “Pollution-free Picnic”, project learning on “Food and Nutrition” and “Education Camp”, etc. which would help students to acquire healthy life skills. Over the past three years, our students, parents and staff have learnt a lot about health education.

It is encouraging that our school has been awarded in “the Hong Kong Healthy Schools Award Scheme”. We are grateful to the Centre for Health Education and Health Promotion of the Chinese University of Hong Kong for giving their valuable advices and encouragements. We also have to express our thanks to our Parents and Staff Association for their active participation and support. The precious experience of joining the Award Scheme has helped us to understand more about our strengths and weaknesses, and to reflect our development and improvement. We will continue to promote health education and to help our students to enjoy a healthy and happy life.
香港中文大學 CUHK FAA Thomas Cheung School

CUHK FAA Thomas Cheung School

To provide our children and staff with a healthy and safe school environment is always our top concern. All members in the school including teachers, parents and students are playing an important role and are contributing to this goal.

Last year, we had a school improvement programme in progress. To ensure pupil's safety, teachers designed posters, directory and warning signs and put them up in various locations. All workers were requested to register before entering our school and had to follow our working guidelines in the campus.

After joining “The Hong Kong Healthy Schools Award Scheme”, we trained many students to be Health Promotion Ambassadors. Their duties include presenting health information in the morning assemblies and helping teachers to lead junior schoolmates in various health promotion activities. They are really helpful and have learnt a lot through servicing.

Parents were also participating. They organized a parent-children volunteers team. The team not only supports school activities but also steps out to the community. Last year, they participated in many community services such as clearing the walking path along Shing Mun River. Their effort was highly recognized and they won the Champion of the Best Participating Team Award (School Category).
青松農業中學

本校重視師生的身心健康，自2008年始參加「香港健康學校獎勵計劃」，透過各科課程及各項活動，帶出健康訊息。例如，本校去年舉辦了一個研究計劃，以「健康生活」為主題，在家政科、數學科及設計科進行小型專題研究。

此外，本校推出不少與十大健康教育有關的活動。在健康服務方面，本校重新佈置醫務室，提供更舒適的醫護環境。另外，紅十字會的義工亦不時為師生及家長提供基本身體檢查。

個人健康生活技能方面，本校設立健康教育資源站，提供最新資訊，同時在圖書館設有「健康教育資源閣」，讓師生可借閱書籍及教材。再者，本校亦有舉辦「健康專題研討會」，活動包括講座、比賽及展覽等，並透過「有著堅固設計及烹飪比賽」來培養學生的健康飲食習慣。

至於校園及人際關係方面，本校舉辦多項輔導活動，例如鼓勵學生自我形象及自信心的提升，選拔學生擔任輔導員，啟發他們成長。

Ching Chung Hau Po Woon Secondary School

Our school keeps paying close attention to both the physical and mental health of all students and staff and we have joined the "Hong Kong Healthy Schools Award Scheme" since 2003. Firstly, we impart health knowledge through different subjects and teams in order to develop our healthy daily lives. For instance, we applied a seed project which set "healthy lifestyle" as the main theme last year, it was a cross-curricular project on Design and Technology, Home Economics and Computer Literacy.

We have put much effort on the "Ten Aspects" of health education. For the health services, we have the medical room redecorated so as to turn it into a comfortable and warm environment for students to take rest. Besides, our well-trained Red Cross students provided basic body check-ups for our school members and guests in various school events.

For health concerns like personal health skills, we have created the "Health Information Notice Board", which displays the latest health information. On top of that, we set up the "Health Education Resources Corner" in the library for our students and teachers. One important highlight is the "Health Project Learning Week", which included talks, inter-class competitions and exhibitions on numerous health topics. Furthermore, the success of "Nutrition Recipe Design and Cooking Competition" helped to establish the good eating habits for our students.

Last but not least, we have different counseling programs for our students, for example, the Form Two Counseling Camp. Students who were emotionally unstable and lack of self-confidence were invited to join the activity to get them inspired. We will keep developing the "Healthy School Program" to let our students and staff live healthily.
真鎬學校

本校榮獲「香港健康學校獎勵計劃」銀獎，全校師生俱感鼓舞。致力成為一所綠色健康學校，是真鎬
學校每位學生、家長、教師的使命及目標。

計劃初期，我校就健康學校的六個範圍作出全面檢討，並訂立出一系列的健康政策。我們由各種
活動，以全方位的健康學活動將健康的訊息，有系統地讓學生學習及應用。如舉辦「賢氣迎羊綠色跳
躍市場」活動和「跳繩強心」活動，將健康及環保的訊息推展至社區。

懂得珍惜，就是熱愛生命。我們致力聯繫社區，邀請嘉賓如農場、香港中文大學中醫學院等我校健
康及環境教育的顧問，在社區內張展觀摩場、中草藥花園計劃及健康訊息等，因應各界人士的支持。本
校更榮獲第四屆健康學校獎勵計劃學童。我校將承傳健康教育的理念，身先力行，讓各界人士貫徹健康的生
活模式。

Chun Tok School

With the honour of achieving Silver Award in the Hong Kong Healthy Schools Award Scheme, students, parents, teachers and staff members of our school are encouraged to sustain our effort to develop Chun Tok School as a green school.

At the beginning of the project, we assessed and then fine-tuned our school health policies in the six key areas. We strengthened the health promotion and demonstrated the health message to students through series of all-round-developed learning and extra-curricular activities. Flea Market for Green in 2003 and Jump Rope for Heart were the activities facilitating health ideas of rapport among our school and the general public.

Whoever knows how to care for life will enjoy their lives. We have close connections to community. We have invited Kadoorie Farm and Botanic Garden and the School of Chinese Medicine of The Chinese University of Hong Kong to be our honorable consultants that help us establish the health and green curricula. We promote the schemes like the kitchen waste composting, Chinese herbal garden and health education to citizens with our knowledge and strengths. Our contribution was recognised by people from the second runner-up of the Green School Award. We insist on practising health ideas through sustainable education and related activities and implementing a healthy living style.
Our school has participated in the “Hong Kong Healthy Schools Award Scheme” prior to our relocation. As a result, the idea and consciousness of a health and environmental protection has been added in the blueprint of our new school. For instance, the platform steps have been converted into a running path and the plant corner has been adapted into a green house. Health has been our primary concern in the consideration of the curriculum and facilities when we moved into this new millennium school in 2003. For example, the students are only required to wear their sports’ uniform. It is more convenient for them to have regular healthy exercise on Mondays as well as running and basketball practices from Tuesdays to Fridays. In addition, all the students have their lunch in the covered playground or the multi-functional area. We arranged them to have lunch outside the classrooms in order to let them understand about the relationship between diet and learning. Moreover, the odour and scraps of food would not left behind in the classrooms. This protects their health and further emphasises on a healthy learning environment.

Furthermore, our snack shop provides healthy breakfast such as bread, milk and fresh fruit every day. There are water dispensers on each floor so as to cultivate the drinking habit. Moreover, it can also diminish the heavy burden of the students’ school bags as much as possible. The enormous weight of the school bags is still the biggest burden for the students, hence we always remind them to pack their school bags in accordance with their lessons every day. Moreover, we have “healthy prefects” to assist the students at our “Keep Fit of the school bag station”. All of these facilities and activities are focused on the ultimate target of a healthy school.

Since our new school is a lot more spacious, with the additional arrangement of the healthy environment, facilities and activities, the students are not only more energetic and full of vitality, but also more health conscious!
健康生活，從小做起，快樂人生，環保完美，是本校推動健康教育工作的理念。我們相信從小養成良好之飲食及個人生活習慣，可促進學生成長後的健康愉快生活。參加『香港健康學校獎勵計劃』，令我們上下一心，結合了社區、學校及家庭三方面的力量，眾志成城，邁向優質教育之路，提升學校教育之效能。

我們舉辦及參與各類健康推廣活動，例如：『健康書包有我重』、「健康日躍動遊」、「我們牙擦擦」、「美化校園計劃」、「健康小食試食會」及「萬人健步Go Go Goal」等，每項活動的推行均十分成功。『香港健康學校獎勵計劃』的獎項，肯定了我們過去多年的努力，老師的專業、家長的參與及地區機構及有關專業人士的協助是我們成功之主要因素。

「健康教育」之路，影響深遠，唯有社會各單位共同努力，才能獲得豐碩的成果。

HHCKLA Buddhist Wong Cho Sum School

“Healthy life is parallel to happy and perfect life. It must begin from young” is the target concept our school recommends in the work of health education. We believe that fostering a good habit in diet and individual lifestyle can promote a healthy and pleasant life for our students. Taking part in the “Hong Kong Healthy Schools Award Scheme” enables us to integrate the strength of three parties - the community, school and family, marching onward the road of quality education and thus enhancing the effectiveness of school education simultaneously.

We have held and participated in various health promotion activities such as “Weighing the schoolbags”, “Healthy Day Fun Fair”, “Brushing our teeth”, “Pranyak the campus”, “A taste of the healthy snack” and “Walkathon Go Go Goal”, etc. and the activities are all found to be admittedly successful.

Achieved the “Healthy School Award” ensures the recognition of our endeavors and effort during the past years. The professionalism of the teachers, the enthusiasm of the parents and the assistance rendered by the district institutions all link together to become the significant elements of our success. The road of “Health Education” has a profound impact which is indispensable to the joint effort from various social strata to acquire a fruitful result.
Islamic Dharwood Pau Memorial Primary School

We are grateful for the opportunity to share our experience in the process of becoming a “Healthy School”. The following principles are upheld in whatever we carried-out:

1) To stimulate children’s interest by using cartoon characters, fun games and activities. For example, we have slooans like “We like school bags. We hate pig-like bags” for the “Protect Your Back” campaign. The succinct image of a “pig-like bag” reminds students of their heavy school bags, hence urging them to tidy it up. Besides, it would leave a permanent mark in their mind thus helping them to develop life-long good habits.

2) To be the Role Model for students to imitate. Teachers must portrait a healthy and happy image and to maintain a good relationship with students in order to set a role model for them to follow.

3) To cooperate with parents to bring Health Messages home. As in the “Protect Your Back” campaign mentioned, parents are informed about the importance of protecting children’s back through a seminar. Thus, their assistance is rendered and the result is ensured.

4) To make good use of external resources. Utilized the resources on offer in order to reduced teachers' workload greatly. For example, the “Interactive Drama on Anti-smoking” organized by the Hong Kong Smoking and Health Community demonstrates the hazards of smoking in a simple and interesting way. Students are also encouraged to participate in the “Write to Restaurants” anti-smoking campaign to act as an “Anti-smoking Ambassadors” and helped to promote health messages.

To become a “Healthy School” needs the support of all stakeholders of the school. The process might be hard going, the results, especially the improvement in students were highly rewarding.
馬鞍山信義學校

我校能獲得香港健康學校獎勵計劃的獎項，實在令我們欣喜。這不但肯定了我們以往所作的努力，更推動我們在未來的日子更要達致更高目標。

本校參加獎勵計劃的目的是向學生、家長及社區人士推廣健康訊息。我們的長遠目標是鼓勵他們建立健康的生活模式。

在過去三載，我們透過多元化的活動推廣健康生活，例如健康嘉年華、健康推廣日、健康小食獎勵計劃及環保旅行。我們更於去年參與了「五彩蔬果計劃」，目的為鼓勵學生多進食蔬果及以健康食物作零食。

我們不僅在香港作健康推廣，本校跳繩隊更遠赴澳門及廣州推廣跳繩運動，以「跳繩愛心」為口號推廣健康訊息。

參與計劃後，校方加設了健康學校資源室，為老師、同學及家長提供更多健康資訊的地方。

為了讓我們能夠持續健康的生活，我校將會繼續透過不同的渠道推行健康教育。

Ma On Shan Lutheran Primary School

We are very grateful that our school has received award in the Hong Kong Healthy Schools Award Scheme. The award is not only recognition of our efforts in the past but also impels us to achieve higher goals in the future.

The aim of joining the scheme is to promote health messages to our students, parents and the community. Our long-term objective is to encourage them to have healthy lifestyle.

In the past three years, we organized a variety of activities to promote healthy living style such as Health Carnivals, Health Promotion Day, Healthy Snacks Award Scheme and Environmental Friendly Picnic. We also joined the Colorful and Bright Fruits and Vegetables Project last year. We aimed to encourage our students to eat more fruits and vegetables and to choose healthy food as snacks.

In addition to increase health awareness in Hong Kong, our rope jumping team went to Macau and Guanzhouch to promote rope jumping. We used “Jump Rope For Heart” as a slogan to advocate the health message.

Since we have joined the scheme, our school has added a healthy school resources room. The purpose is to provide a variety of health information to teachers, students and parents in helping them to gain more health knowledge.

We will continue to carry out health education via different aspects, we will also be sure that we are able to continue the health lifestyle in the future.
Ma On Shan St. Joseph’s Primary School

Enable students to be physically, mentally and spiritually healthy should be the mission of an enthusiastic educator. Various programmes are conducted to promote healthy living among students and parents step by step in our school. In addition to introduce health elements into the curriculum, students from the “Red Hat Team” would assist teachers to lead the whole school students to do exercise in the assembly twice a week which would help students to develop the habit of doing regular exercise. “Did you drink water this morning?” is another programme which further promotes drinking water after doing exercise. For those overweight students who are with insufficient physical exercise, our PE teachers designed a specific exercise programme, in which students had to go to school earlier than usual to complete a series of physical training under teachers’ instruction.

We are aware of the importance of parent education so we planned various types of health promotion activities for the families. For instance, few hundred of parents were invited to dance with their kids in a dancing activity. In another exercise programme, we utilized one of the facilities in our community - Ma On Shan Sports Ground, where parents could do exercises with their kids every morning. As well, participants could learn different types of community facilities from the programme. With the active participation of the parents and collaboration with the families, we are much empowered to continue developing a healthy culture for our younger generation.
Pentecostal Yu Leung Fat Primary School

Starting from the school year 2003-04, our School joined the “Hong Kong Healthy Schools Award Scheme” organized by the Centre for Health Education and Health Promotion, Faculty of Medicine of the Chinese University of Hong Kong. We understand that in order to promote health and to create a healthy living environment for our youngsters, we need to raise the health awareness of parents, teachers and students. Accordingly, with the needs of our parents, teachers and students in mind, we set up the “Healthy School Committee” for planning different kinds of activities and health programs in school, including “Foot and Back Carin”, “Eight Cups of Water a Day Scheme”, “Having Breakfast Campaign”, “Food and Nutrition Seminar”, “Illness Prevention Talks”, “Healthy Teachers”, “Healthy Cooks, Junior”, “Colorful and Bright Fruits and Vegetables Project”, “Thousand People Morning Exercise”, “Dynamic Gymnasium”, “Healthy Fun-Fair Day”, “Women Check-up” and “Healthy Ambassador Scheme”.

Through various activities, all parents, teachers and students of our School learned and recognized the importance of a healthy life, and are now committed to establishing a “healthy lifestyle”. We are glad to express our special thanks to the “Parents and Teachers Association” of our School for their active and voluntary participation. We are able to carry out various health programs and extend them to the homes of our students. Dear parents, you are really our best partners. We would also like to thank the staff of the Centre for Health Education and Health Promotion, Faculty of Medicine of the Chinese University of Hong Kong. On account of your work and contribution, the “health seed” grows in our School, and it does have fruitful results!

We are glad to announce that our School was presented an award by the Centre for Health Education and Health Promotion in the year 2004-05. We take it as recognition of all the efforts made jointly by our parents, teachers and students, and we promise to continue the efforts in promoting health and creating a healthy living environment for our next generation.

Let us join hands and make Hong Kong a healthy city to live in!
保良局百年校

自二千零零年，本校積極推動及發展健康教育，目的在於營造一個健康及安全的學習環境，加強學生、家長及教職員對健康的關注及重視，提高整體的健康生活意識，從而提升個人以及社會的生活質素。

為此，本校積極推動健康飲食及運動的文化，不斷提供多元化健康教育活動，如：“健康生活日曆60天”、“健康操”、“監測體能工作坊”、“義診”等，務求令學生們能夠學以致用，使學習變得生活化。

另一方面，本校亦積極推動環保及綠化校園等工作，例如啟動學生使用環保箱、地毯分類處理，以及鼓勵家長及教職員參與書衣回收行動等。此外，我們積極參與及與外界舉辦各項有關健康主題活動，致力為社會盡一分力。

整體而言，本校深信健康教育已不再是單一層面推行便足夠的，而是要透過不同的切入點強化學生對健康的體驗和概念。朝著“香港健康學校獎勵計劃”的理念領引下，本校更積極推動及發展健康教育，營造健康學習環境及文化的軌道。

Po Leung Kuk Centenary School

Since 2000, we have been promoting and developing health education actively. Our goals are to create a healthy and safe learning environment, to arouse students, parents and the staff conscious of the importance of health, to increase overall awareness of healthy life and to improve the quality of life at large.

In order to achieve our goals, we have advocated a culture of healthy diet and exercising health by organising a variety of health education activities, such as “60 Days of Healthy Life”, “Week of Rope Skimming and Heart Strengthening”, “Children Teeth Protection Campaign” and bath training workshops, etc. By doing so, we have tried our best to make the learning more practical and relevant to daily activities.

On the other hand, we have devoted our efforts to promote environmental protection and to landscape in our school by encouraging students to use environmentally friendly boxes and to categorise rubbish for recycling. We also encourage parents and teaching staff to participate in old clothes collection campaigns. Moreover, we maintain close contacts with external organisations and assign students to outbound servicing programs every year in order to contribute whatever we can to our society.

As a whole, we believe that health education is not only a didactic activity. We need to enhance the experience of health of students and inculcate the concept of health in the minds of students from different angles. Under the guidance of the concept behind the "The Hong Kong Healthy Schools Award Scheme", we are on track in our gradual promotion and development of health education, and creation of a healthy learning environment and a health culture.
Po Leung Kuk Fong Wong Kam Chuen Primary School

We attained the gold medal in the Hong Kong Healthy Schools Award Scheme. The success is due to the effort of all the members of the school.

Our School has organized various activities such as “Healthy School Carnival”, “Colorful and Bright Fruits and Vegetables Project”, “Drinking Water Scheme” etc. Besides, we incorporate health elements in our daily life, for example, the morning exercise, eye exercise, weighing schoolbags, and anti-flu injection. We also held workshops on different topics about health. In summer 2005, we conducted a First Aid training course for teachers and staff members to arouse people’s awareness on health as well as healthy practices. We have paid great effort in creating a healthy school environment by putting posters in school, providing drinking water for students and preventing the spread of diseases. All the above practices were carefully implemented.

We were the first school in primary section to set a “Health Education Resource Centre” and to form a Little Health Pioneer team to help the school for running activities concerned with health.

We promise to continue our mission of being a healthy school. With the corporation between the school and parents, we would send the messages about healthy life to the whole society.
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，提升教育專業，實現優質教育」。

本校與聯合醫院經常合作舉辦多項健康活動，主題包括「嚴重控制」、「戒煙」、「戰勝健康指標」等等。又於去年與理大學合辦「遠觀健康日」，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「中一位新星」、「領袖及撥頭腦導師訓練營」及「生活教育週」等活動。

為更有效地推行健康教育活動，校內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鼓勵。在未來的日子，我們會繼往以「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.
保良局陸應濤小學

本校一向重視為學生營造一個充滿關愛、和諧及愉快的學習環境。以塑造一群擁有自尊自信、健康體魄及優越成就的學生。為培育學生正確的價值觀，和諧的人際關係及健康的生活方式，本校於兩年前參加了「香港健康學校獎勵計劃」，協助學校落實健康學校的目標。

在這兩年間，校方成立健康學校專責小組，統籌健康學校工作的六個主要範疇，並聯繫全校各個科組，因應課程來設計適合學生需要的健康教育活動，讓學生透過全方位的學習模式學習健康生活知識及技能。雖然涉及健康教育的內容相當廣泛，但透過全校師生的共同努力，將健康教育的元素滲透於課程之中，確實能有效喚醒學生對自己和他人健康的關注，令他們積極實踐健康生活，並體會當中的好處。

本校十分感謝一貫熱愛學校的家長義工。在家長義工的熱心支持下，各項健康學校工作得以順利完成。他們既能身體力行活出健康的生活方式，為學生樹立良好的榜樣，亦能與老師共同攜手合作，培育健康新一代，實在居功不少。本校於此獎勵計劃獲取銀牌殊榮，實在是全校同仁的一個美好見證。

Po Leung Kuk Luk Hing Too Primary School

Our school always concentrates on the importance of developing a caring, harmonious and joyful learning atmosphere for students. Through these important elements, our students can reinforce their self-esteem, healthy physique and sense of achievement. In order to cultivate the harmonious interpersonal relationship, positive morality and lifestyle of students, our school joined the “Hong Kong Healthy Schools Award Scheme” two years ago so as to implement the objectives of the healthy school.

A “Healthy School Taskforce” was set up to implement six key areas among the objectives of the “Healthy School” two years ago. The committee played an important role to liaise with all different subject panels to provide custom-made activities and workshops for our students to gain more knowledge about healthy lifestyle and different kinds of skills required to achieve healthy daily life. Although a wide range of healthy information is contained in the teaching materials, the knowledge and skills can be delivered to our students effectively through the efforts of the teachers. By doing so, it arouses the awareness of the students regarding the importance of healthy life and motivates them to internalize their healthy life practice actively. Students can learn the benefits and advantages of the healthy life through the practical experiences.

With the relentless support from the parent volunteers, the healthy school projects have been implemented smoothly and effectively. Through the coordination of the parents and teachers, our students learnt the crucial elements of healthy lifestyle from the role model and from various kinds of workshops. Their contribution was indispensable in assisting our school to obtain the Silver Award in the “Hong Kong Healthy Schools Award Scheme”. The school gratefully acknowledges all the help at this memorable moment and that this remarkable milestone shows the successful synergy between the teachers and parents.
Po Leung Kuk Yu Lee Mo Fan Memorial School

With the mixed feeling of fear and joy, our school joined the first Hong Kong Healthy Schools Award Scheme in 2001. With the same mixed feeling, we went through the assessment three years later in 2004. The exciting and thrilling news of the Silver Award was received by students, teachers and parents of the school with great joy and ecstasy.

Through the participation of the Scheme, the Health Promotion Committee has successfully drafted our own school-based health policy, significantly improved the health environment and safety of the school premises and we have been dedicated to organize a series of health service and health education promotion activities. Through our effort and commitment to the promotion of school health, we managed to spread the message of health education to students’ family and the community, thereby increasing the public awareness of good health and promoting the model of healthy life.

Although we have been awarded with “the Hong Kong Healthy Schools Award”, our road to a better health school has just begun. We will certainly strive to take a step further and build a better tomorrow on the solid basis of our achievement.
西貢中心李少欽紀念學校

本校榮獲“香港健康學校獎勵計劃”銀獎，為本校教職員、學生及家長帶來莫大的鼓舞。推行計劃期間，我們舉辦了多項大型活動，並在校園建立無煙的學習環境，積極美化及綠化校園，又推廣健康大使、防蚊滅蚊等活動，讓同學從小就能養成良好的清潔衛生習慣。

為配合教育改革，本校把健康教育的元素融入在各科目中進行教學，並建立學生個人健康檔案，定期為學生量度身高體重及進行肺通氣測試。

在六大範疇中，本校在“校園及人員關係”方面取得較突出的成績，這是由於本校著重在校園內建立一個互相尊重、信任和友愛的地方，師生關係融洽，而同學間能互相尊重、彼此包容。我們深信，在家長和學校積極的參與下，能把健康的信念帶給我們身邊每一個人。

Sai Kung Central Lee Siu Yam Memorial School

It is an honor for our school to receive the Silver Award of “The Hong Kong Healthy Schools Award Scheme”. All the teachers, staff, students and parents in our school are very proud on this achievement. Within these years, we have organised a series of activities, such as the setting up of a smoke-free learning environment and maintaining a clean and green campus. We have also trained some students to be Health Ambassadors, Anti-mosquito Team Members, etc. to promote and educate a clean and hygienic awareness among our students.

Under the Education Reform, we have integrated some health education elements into our school-based curriculum. For examples, all the students have their own health portfolio; their height and weight measurements are taken along with Physical Fitness Tests being done regularly in our school.

Out of the six areas of the Scheme, we have achieved outstanding results in “School Social Environment”. Our success is the result of the dedication and collaboration between the teachers, staff, parents and students. We believe that we can bring our health message to the community around us through the joint effort of our parents and students.
香港中文大學醫學院
健康教育及促進健康中心
Centre for Health Education and Health Promotion, Faculty of Medicine
The Chinese University of Hong Kong

電話 Tel : (852)2693-3708
傳真 Fax : (852)2694-0004
地址 Address : 香港新界沙田瀝源街9號瀝源健康院4字樓
              4th Floor, Lek Yuen Health Centre,
              9 Lek Yuen Street, Shatin, N.T., Hong Kong
電郵 Email : hepu@cuhk.edu.hk
網址 Website: http://www.cuhk.edu.hk/med/hep