

1 September 2023

Dear Parents/Guardians,

Junior Health Pioneer Health Talk for Primary 3 Students

The objectives of the Student Health Service are to safeguard both the physical and psychological health of students through health promotion and disease prevention services, enabling them to gain the maximum benefit from the education system and develop their full potential.

In view of the increasing adolescent problems on drug abuse, smoking, etc., we will conduct a health talk, “Junior Health Pioneer”, for P.3 students when they attend our centres. The objectives of the health talk are to increase students’ knowledge on the harmful effects of addictive behaviours, including smoking, alcohol consumption, drug abuse and over use of Internet or electronic screen products, and help students develop correct attitudes towards such problems. The health talk is an interactive talk that guide students to stay away from those temptations and introduces healthy, effective methods for coping with adversity. The health talk also enhances students’ refusal skills and helps them adopt a healthy lifestyle. Students will attend this health talk during the annual health assessment. They will also receive other health screenings such as body weight and height measurements and vision screening during the assessment. The duration of the health talk will last for around 15 to 20 minutes. Please reserve time for your child to attend the health screenings as well as the health talk.

We would like to invite your child to participate in this health talk and you are most welcome to come along.

For enquiries, please call our Client Relations Officer at 2349 4212.

Yours faithfully,

(Dr. Thomas CHUNG)
Consultant Community Medicine
Family and Student Health Branch
Department of Health