

# Whole School Health

健康計劃 Programme

學校分享會暨嘉許禮

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# 全校園健康計劃

學校分享會暨嘉許禮 **2025**

## 活動流程表

日期：2025年1月13日(星期一)

時間：2:30pm – 4:45pm

地點：香港科學館演講廳

1. 簡介活動流程
2. 歡迎詞
3. 全體大合照
4. 簡介「全校園健康計劃」
5. 運動示範
6. 頒發獎座予「全校園健康計劃」卓越學校
7. 致送紀念品予示範嘉賓及  
分享嘉賓
8. 「全校園健康計劃」學校分享
9. 分享會總結



# 全校園健康計劃

「全校園健康計劃」參考世界衛生組織所倡議的《健康促進學校框架》，協助學校有系統地檢視及制訂有關體能活動、健康飲食、精神健康及社交健康的健康促進措施，逐步成為一個有益於生活、學習及工作的健康環境。

## 6大發展領域



## 4大健康主題



體能活動



健康飲食



精神健康



社交健康



## 世界衛生組織 西太平洋區域辦事處代表 致詞 (轉載英文原文)



### Message from **the World Health Organization Western Pacific Region**

Honored Guests, Esteemed Colleagues,

Good afternoon. It is my privilege to join you today in celebrating the remarkable achievements of the Whole School Health Programme (WSHP). I extend my heartfelt congratulations to the Department of Health of Hong Kong Special Administrative Region (SAR), China, and all contributors for your dedication to making every school a health-promoting school.

#### **The Importance of Health-Promoting Schools**

Health and education are inherently linked. Healthy schools nurture healthier students, leading to stronger communities and nations. The World Health Organization (WHO) Regional Framework on Nurturing Resilient and Healthy Future Generations in 2021 underscores the significant influence that schools have within their communities. Schools, along with their students are influenceable to catalyze positive change in health behaviors within their families and in communities. Collectively, this spillover effect can help build a healthier society over the long term.

#### **Multisectoral Collaboration**

At the November 2024 Health-Promoting Schools Regional Meeting in Manila, Philippines, WHO, Member States and Partners, discussed the critical importance of multisectoral collaboration. Schools alone cannot address all the challenges related to student health and well-being. It requires a collective effort from governments, local authorities, educators, and communities working hand-in-hand to provide a comprehensive support system for students.

#### **Hong Kong's Leadership**

The WSHP in Hong Kong SAR, China, exemplifies the effective application of the WHO's Health Promoting School framework. By systematically addressing physical activity, healthy eating, mental health, and social well-being, the WSHP has transformed schools into healthy settings for living, learning, and working. Notably, the WSHP has collaborated extensively with community organizations to promote healthy lifestyles beyond the school environment, engaging parents and local partners to support holistic well-being. This comprehensive approach not only enhances student health but also fosters a culture of well-being in families and then the broader community. Hong Kong's commitment and achievements serve as an inspiring model for the rest of the region and beyond.

#### **Future Focus**

As we move forward, we should also consider addressing the broader determinants of health, such as access to quality education, social support for learners, and mental health care. These factors are essential in breaking the cycle of disadvantage among under-privileged populations and ensuring healthier futures for all. Additionally, ensuring environmental health through clean, safe, and sustainable school environments will be key to promoting not only physical health but also the resilience of our communities.

I am excited to witness the ongoing success of the WSHP here in Hong Kong SAR, China and across the region.

**Dr Hiromasa Okayasu**  
Director, Division of Healthy  
Environments and Populations



# 健康促進學校諮詢委員會

## 主席

龐愛蘭女士, BBS, JP

## 非官方委員 (按中文筆劃排序)

- 任竹嬌女士
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- 鄭美紅教授
- 謝洪森先生



## 當然成員

- 衛生署社會醫學顧問醫生(家庭及學生健康)(秘書)
- 衛生署健康促進處主任
- 教育局首席助理秘書長(學校發展)
- 康樂及文化事務署助理署長(康樂事務)2

# 全校園健康計劃

## 卓越學校名單

(按中文筆劃排序)



- 元朗公立中學校友會鄧英業小學
- 林大輝中學
- 明愛聖若瑟中學
- 保良局方王錦全小學
- 香海正覺蓮社佛教梁植偉中學
- 香港普通話研習社科技創意小學
- 崇真書院
- 路德會沙崙學校

