



SHA TIN GOVERNMENT SECONDARY SCHOOL





Health promoting strategies and activity highlight

Physical activities

To Cultivate students' healthy mindset and lifestyle

To promote physical activities to enhance students' physique



1分鐘賽艇挑戰

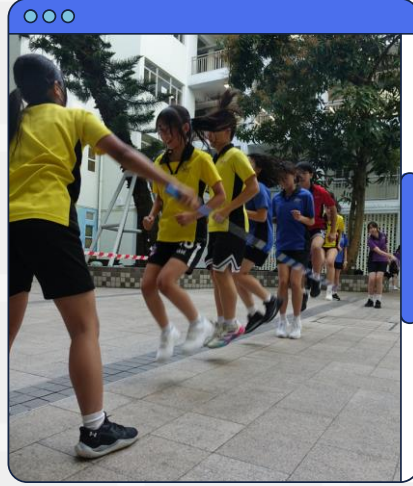


14/4 班際賽艇接力比賽

Health promoting strategies and activity highlight

Physical activities

- dance course, picnic, morning jog..*
- strengthen physique*





Health promoting strategies and activity highlight

Healthy eating

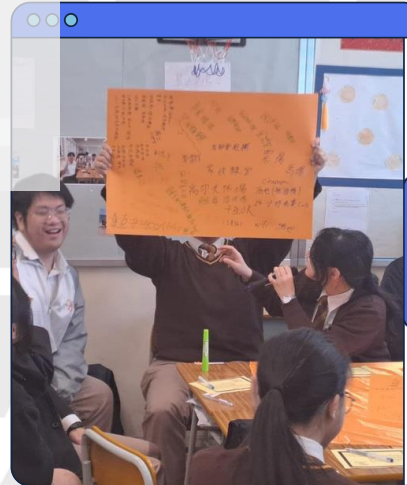
- *joyful fruit day and promote eating breakfast*



Health promoting strategies and activity highlight

Mental health

•Tailor-made programmes to strengthen positive thinking

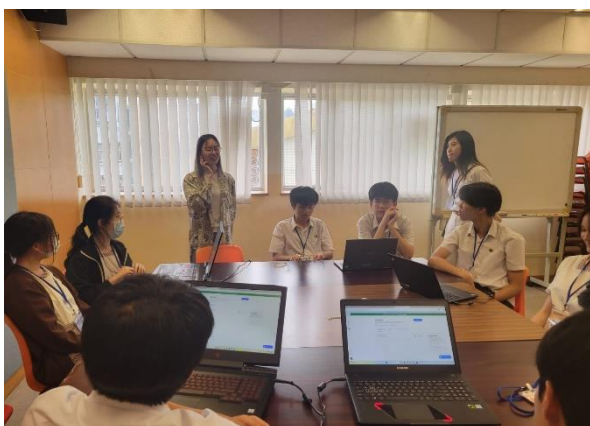




Health promoting strategies and activity highlight

Social well being

- S4 team building workshop*

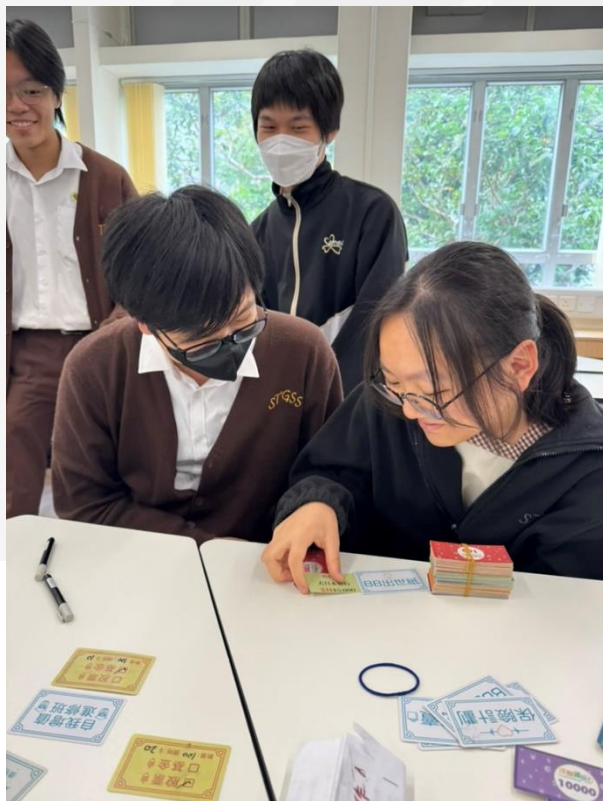




Health promoting strategies and activity highlight

Social well being

•Board game





Health promoting strategies and activity highlight

Social well being

- 香港青年協會賽馬會M21媒體空間微電影製作體驗





Health promoting strategies and activity highlight

Social well being

- 香港青年協會賽馬會M21媒體空間微電影製作體驗





Health promoting strategies and activity highlight

Social well being

- *Inter-class Classroom cleaning Competition (2/6)*





Health promoting strategies and activity highlight

Social well being

• 「錄」在大嶼 *Film@Lantau*:



主動關心社會、國家和世界發生的事情

公民教育 # 國民教育

愛護公共設施、自然環境和節約資源，尊重動物的生命

公民教育 # 可持續發展教育 # 生命教育

日常生活遵從社會秩序和法規，愛護公物

公民教育 # 《憲法》及《基本法》教育

國家安全教育 # 國民教育 # 守法教育

樂於學習/關心社會

/ 國民身份認同

珍惜/愛護環境/同理心

守法/律己/同理心/

珍惜/責任感

家及



Health promoting strategies and activity highlight

Social well being

• 訓導週 2025: 宣傳反欺凌和守法守規的精神





Health promoting strategies and activity highlight

Social well being

• 動物義工服務

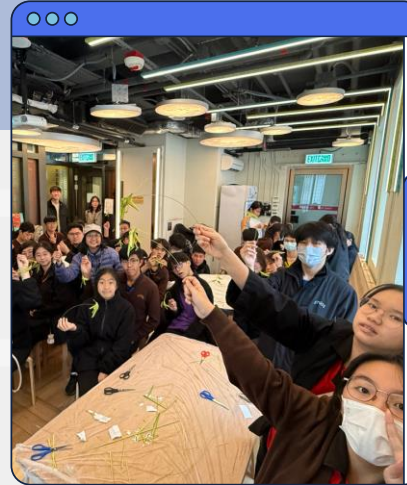
地點：元朗大樹下動物庇護站



Health promoting strategies and activity highlight

Social well being

• *Life wide learning days*



Health promoting strategies and activity highlight

Social well being

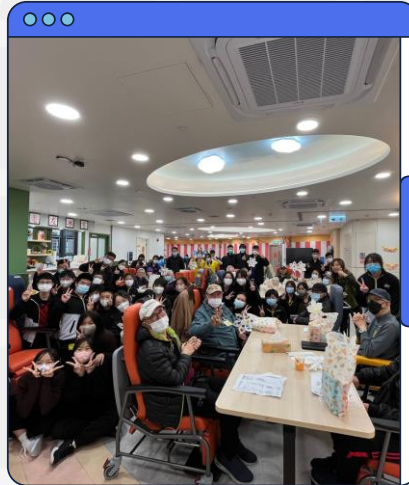
- *Aesthetic activities to enhance appreciation of art music and beauty*



Health promoting strategies and activity highlight

Social well being

•Leadership training and service learning





Health promoting strategies and activity highlight

Mental health and Social well being

• *infusing 4Rs (rest, relaxation, relationship and resilience)*



Health promoting strategies and activity highlight

Mental health and Social well being

•*infusing 4Rs (rest, relaxation, relationship and resilience)*

