



# 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

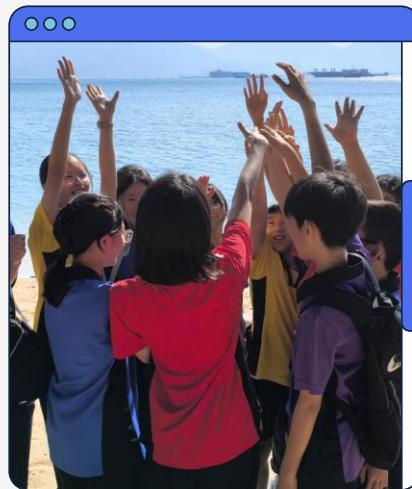


14/4 班際賽艇接力比賽

# 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

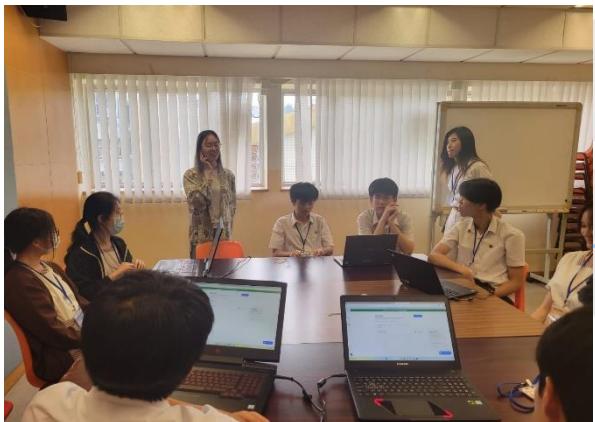




# Health promoting strategies and activity highlight

## 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





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# 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)*

