

各位家長／監護人：

健康小先鋒講座

學生健康服務旨在促進學生的身心健康，根據學生在各個成長階段的健康需要而提供促進健康及預防疾病服務，使他們可以充分發揮學習潛能。

鑑於現時青少年問題日趨嚴重，我們特為小學三年級學生舉辦「健康小先鋒講座」，讓學生認識各種沉溺行為，包括吸煙、飲酒、吸食危害精神毒品、過度沉迷上網和使用電子屏幕產品的禍害。這專題講座以深入淺出的方式講解，使學生對沉溺行為的禍害加深認識，建立堅定信念，拒絕不良引誘及有效地對抗逆境，並能從小養成良好習慣，健康快樂地成長。

學生只需按照檢查通知書上的約期前往指定中心，接受每年一次的健康檢查：服務包括量度身高、體重和視力測試，以及參加此講座。講座需時 15 至 20 分鐘，煩請家長安排子女預留時間出席健康檢查和講座。

我們謹此邀請 貴子女參與此項服務，並誠邀各家長陪同子女一同出席。

如有任何意見或查詢，請致電 2349 4212 與我們的顧客關係主任聯絡。

衛生署家庭及學生健康處
社會醫學顧問醫生
鍾偉雄醫生



2023 年 9 月 1 日

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 workshop 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