

LEAP

跳蹦蹦 LEAPS & Bounds





主席的話 From Our Chairman

張鳳婷女士 Chitty Cheung
生活教育活動計劃主席 Chairman, LEAP

歡迎大家閱讀二零一三年春季的「跳蹦蹦」！

踏入蛇年，LEAP的工作即有很多新進展！控煙辦公室擴大了對我們的資助範圍，除了小學課程外，並撥款資助我們的中學課程；禁毒基金亦撥款港幣一百三十四萬元予LEAP，以資助為期三年的家長課程，協助家長建立無毒家庭。我們非常感謝控煙辦公室及禁毒基金的鼎力支持。

二零一二年十一月九日是LEAP新辦事處開幕的大日子，對於各位主禮嘉賓及出席來賓的鼎力支持，我謹再次致謝。當日活動獲得各界人士的熱烈參與及好評，我們特別在本期通訊中報導開幕典禮盛況並附上照片集，希望與各位分享這個喜悅的時刻。

LEAP的成功及未來發展實有賴我們的主要贊助商：太古公司及國泰航空公司的長期支持；我們亦非常感謝香港賽馬會慈善信託基金、教育局及保安局禁毒處；健康大使劉德華先生；提供義務拖運服務的東源大地有限公司、新興機構、亞聯貨運香港有限公司，以及各學校、校長、教師、義工和支持者，LEAP特此向他們致謝。



主要贊助商的話 From Our Major Sponsor

白紀圖先生 Christopher Pratt
太古股份有限公司主席 Chairman, Swire Pacific Ltd.

生活教育活動計劃自一九九四年成立至今，在本地教育制度中備受推崇，並成為不可或缺的一部分。透過教導年青人認識藥物濫用的危險、協助他們在生活中作出合適的決定及建立健康的生活方式。

雖然本地濫用藥物情況得到持續改善，但LEAP的預防教育工作在控制濫藥問題上仍擔當一個重要角色。青少年應從幼開始學習相關的知識和技巧，以便能對抗來自朋輩的壓力及不良影響，向毒品、酒精及煙草說「不」。

本人對於太古公司及國泰航空公司自LEAP成立以來一直成為其主要贊助商深感自豪。太古作為香港社會的一份子，長期以來致力回饋社會。透過LEAP幫助孩子成為健康又自信的年輕人，為社會作出正面貢獻。我們相信這是為香港未來作出了一項非常有價值的投資。

Welcome to our Spring 2013 newsletter!

The Year of the Snake has begun on a positive note for LEAP. The Tobacco Control Office has extended its funding to sponsor our secondary as well as our primary programme; while the Beat Drugs Fund has approved a grant of HK\$1.34 million for LEAP to run a three-year parent programme to help foster drug-free families. We are most grateful to both the Tobacco Control Office and the Beat Drugs Fund for their continued support.

I would also like to thank all our guests, especially our officiating guests, again for attending the Grand Opening of our new office held on 9 November 2012. We were overwhelmed by the turnout and the kind comments we received. We have included details and photos of our Grand Opening in this newsletter to share our joy with you.

LEAP's success and future development depend on the long-term support of its two major sponsors, Swire and Cathay Pacific Airways; the Hong Kong Jockey Club Charities Trust; the Education Bureau and the Narcotics Division of the Security Bureau; our Health Ambassador, Mr Andy Lau Tak Wah; towing companies Eastern Worldwide Co. Ltd, Sun Hing Group of Companies and Orient Trucking Ltd.; schools, principals, teachers, volunteers and friends of LEAP. I would like to express our sincere thanks to them all.

Since its foundation in 1994, LEAP has become an integral and highly respected part of the education system in Hong Kong, teaching thousands of children about the dangers of substance abuse and helping them to make safe, responsible choices in life.

Despite a continued improvement in the local drug situation, LEAP's preventive education programmes remain vital to sustain this positive trend. Children need to be equipped from an early age with the knowledge and skills to resist negative influences and peer pressure to experiment with drugs, including alcohol and tobacco.

I am proud that Swire and Cathay Pacific have been major sponsors of LEAP since its inception. Swire is one of Hong Kong's longest established companies and we aim to give something back to the community that has helped us prosper. Through LEAP we believe we can make a valuable investment in Hong Kong's future by helping children grow into confident, healthy young adults who can make a contribution to our community.



LEAP開幕典禮 LEAP's Grand Opening Day

—— 零一二年十一月九日是一個值得慶祝的日子，LEAP「新辦事處暨劉德華生活教育活動中心開幕典禮及流動生活教育中心啟用儀式」於當日隆重舉行，出席者包括一百六十多名來自不同機構的嘉賓及各大傳媒友好。

揭幕禮由香港特別行政區禁毒專員許林燕明太平紳士、香港賽馬會董事利子厚先生、以及生活教育活動計劃健康大使劉德華太平紳士，聯同LEAP主席張鳳婷女士主持。

LEAP的新辦事處位於荔景麗瑤邨樂瑤樓地下，佔地達三千二百平方尺，除辦公室外，亦設有「劉德華生活教育活動中心」。

張鳳婷女士表示：「我們十分感謝香港賽馬會慈善信託基金的長期支持，並捐助新辦事處的裝修工程及添置兩所流動生活教育中心，亦十分感謝生活教育活動計劃健康大使劉德華先生，多年來一直支持LEAP推廣健康訊息，並透過劉德華慈善基金會捐助設立固定教育中心。我們今後會繼續與社會各界攜手合作，進一步推動預防濫用藥物教育的工作。」

在揭幕禮後，隨即進行兩所流動生活教育中心的啟用儀式，利子厚先生及香港賽馬會慈善事務執行總監蘇彰德律師把象徵鎖匙，交予LEAP主席張鳳婷女士及生活教育活動計劃健康大使劉德華先生。

隨著新辦事處與劉德華生活教育活動中心的啟用，以及流動生活教育中心增加至八所，LEAP會進一步服務更多學校，幫助學生建立健康生活模式，作出負責任的選擇。

當日活動花絮相片已刊於第八至九頁。

Everyone at LEAP enjoyed a day of celebration when the Grand Opening of our new office premises and new Andy Lau Static Centre was held on 9 November 2012. Over 160 guests, including friends and supporters of LEAP and the media, attended the event.

The opening ceremony was officiated by Erika Hui Lam Yin Ming, JP, Commissioner for Narcotics; Michael T H Lee, Steward of the Hong Kong Jockey Club; and Andy Lau Tak Wah, JP, LEAP's Health Ambassador, together with Chitty Cheung, Chairman of LEAP.

Located at G/F, Lok Yiu House, Lai Yiu Estate, Lai King, LEAP's new home occupies an area of some 3,200 square feet. As well as office space for LEAP's staff, the Andy Lau Static Centre is also on the premises.

Chitty Cheung said, "We cannot thank the Hong Kong Jockey Club Charities Trust enough for its long-time support, for funding the fitting out of the office and the acquisition of two new mobile classrooms. We would also like to thank Andy Lau, who has not only worked tirelessly as LEAP's Health Ambassador, but also sponsored our new Static Centre through the Andy Lau Charity Foundation. LEAP will continue to work with all sectors of the community to further its drug prevention mission."

The opening ceremony was followed by the commissioning ceremony of the two new mobile classrooms when Michael Lee and Douglas So, Executive Director, Charities, The Hong Kong Jockey Club, handed over a symbolic key to Chitty Cheung and Andy Lau.

With a new office, a new Andy Lau Static Centre, and an expanded fleet of eight mobile classrooms, LEAP is well set to realize its aim to reach more students and encourage more young people to develop a healthy lifestyle.

More photos of LEAP's Grand Opening can be found on pages 8 and 9.



生活教育活動計劃 LEAP - Who We Are

生活教育活動計劃 (LEAP) 是一個註冊慈善機構，專為中、小學的學生提供一套國際認可的健康教育及預防藥物濫用課程，旨在讓他們明白到健康生活的重要及濫用藥物的危險。課程獲教育局及保安局禁毒處認可。

生活教育概念源於澳洲，首間生活教育中心由 Ted Noffs 牧師於一九七九年在澳洲悉尼創辦，之後此概念傳遍澳洲，並擴展至世界各地。時至今日，生活教育已在澳洲、新西蘭、香港、澳門、泰國、印尼、英國、匈牙利、芬蘭、塞浦路斯、巴巴多斯及南非運作。

LEAP 於一九九四年在香港成立，以設計獨特之「流動生活教育中心」將生活教育課程帶進全港各區的小學。現時已有八所流動生活教育中心與中學課程同時運作，每年為約九萬名學生提供服務，包括五千名特殊學校的學生。二零零六年，LEAP 更推行「新一代健康成長錦囊」的家長教育課程，以裝備家長協助子女建立正確的價值觀，抗衡藥物的引誘。

生活教育中心設計新穎獨特，為學生營造輕鬆愉快的學習環境。受過特別訓練的教育幹事們，利用中心內的先進影音器材、會發亮的人體模型、會說話的腦袋及各式互動遊戲授課。而 LEAP 的吉祥物「長頸鹿哈樂」及「小馬凱莉」更會在課程期間跟學生說笑及唱歌，從而進一步鞏固健康訊息。LEAP 透過循序漸進的教學方式，讓學生認識人體的結構及藥物對它的影響；而角色扮演更能協助學生建立社交技巧，懂得如何作出正確的抉擇，有信心地拒絕煙酒等藥物並同時保存自尊及友誼。

此外，LEAP 特設訓練中心，為教育幹事提供嚴格訓練以傳授及策劃課程。

Life Education Activity Programme (LEAP) is a registered charity that provides internationally recognized health awareness and drug prevention programmes for primary and secondary schoolchildren. It helps them establish a healthy lifestyle and become aware of the dangers of drugs, including cigarettes and alcohol. LEAP's programmes are endorsed by the Hong Kong SAR Government's Education Bureau and Narcotics Division of the Security Bureau.

Life Education originated in Australia. The first Life Education Centre was established in 1979 by the Reverend Ted Noffs in Sydney, Australia. The concept spread throughout Australia and then internationally. Today Life Education operates in Australia, New Zealand, Hong Kong, Macau, Thailand, Indonesia, the UK, Hungary, Finland, Cyprus, Barbados and South Africa.

使命

LEAP 旨在為學生提供一套正面而有系統的健康及藥物教育課程，讓他們明白煙草、酒精以及毒品對身體的影響，從而協助預防藥物濫用。

Our Mission

To help prevent substance abuse, particularly drugs, including alcohol and tobacco, by providing positive health-based education programmes for young people.

LEAP was founded in Hong Kong in 1994. Our primary programme is taken to schools in specially designed mobile Life Education Centres (LECs), which can be driven all over the territory. LEAP now operates eight mobile centres, as well as a secondary school programme. Our programmes reach some 90,000 schoolchildren annually, including 5,000 students with special needs. In 2006, LEAP launched "Safe and Successful", a programme which aims at equipping parents with skills to help their children establish correct values and to prevent substance abuse.

The LECs are designed to provide a relaxed environment for youngsters to enjoy the programme and become involved in discussions and role-play. Our specially trained educators make use of a modern audio-visual system, illuminated models of the human body, a 'talking brain' and games in the delivery of the programme. LEAP mascots Harold the Giraffe and Holly the Horse reinforce healthy living messages by talking and singing with the children. Our aim is to provide a step-by-step approach to learning about the body and how drugs affect it. Role-play helps develop social competency skills that enable children to make responsible decisions and to say 'No' to drugs without losing friends or face.

LEAP has its own training centre, where our educators undergo intensive training to deliver and direct the programmes.

設計比賽 Design Competition

為慶祝LEAP遷往麗瑤邨新辦事處，我們於去年舉辦了「搬新屋、換新LOOK」哈樂凱莉服裝設計比賽，以加強公眾對LEAP藥物教育工作的認識。

比賽於去年七月舉行，從「幼兒及小學組」及「中學組」中合共收到超過五百份參賽作品。參賽者需發揮創意，為機構吉祥物長頸鹿「哈樂」及小馬「凱莉」設計新穎、醒目的服裝，以展示出吉祥物開朗、友善及健康的形象。

比賽頒獎典禮於去年十一月九日下午在LEAP新辦事處開幕典禮上舉行，頒獎嘉賓為香港賽馬會董事利子厚先生，以及生活教育活動計劃健康大使劉德華先生。各得獎者之作品亦於當日展出。



劉德華先生頒獎予幼兒及小學組冠軍得主鄭雅文，並由LEAP吉祥物凱莉穿上冠軍設計作品。
Mr Andy Lau presented the prize to Cheng Nga Man, the winner of the Kindergarten & Primary category. The winning design was modelled by Holly the Horse.



利子厚先生頒獎予中學組冠軍得主林欣的代表，並由LEAP吉祥物哈樂穿上冠軍設計作品。
Mr Michael Lee presented the prize to a representative of Lam Yan, the winner of the Secondary category. The winning design was modelled by Harold the Giraffe.

To celebrate the Grand Opening of our new office in Lai Yiu, LEAP organized "A New Outfit for Harold & Holly Design Competition" to raise awareness of LEAP and our drug prevention work.

Launched in July 2012, the competition received an amazing total of more than 500 entries in two categories — Kindergarten & Primary Students and Secondary Students. Participants were asked to design a new, trendy and smart outfit for LEAP's mascots Harold the Giraffe and Holly the Horse. The outfits should also help project their positive qualities of being healthy, friendly and cheerful.

The winners were announced at LEAP's Official Opening Ceremony on 9 November 2012. Mr Michael T H Lee, Steward of the Hong Kong Jockey Club, and Mr Andy Lau Tak Wah, LEAP's Health Ambassador, presented the prizes. The winning designs were also displayed at the event as follows:

「幼兒及小學組」之得獎名單

| | |
|--------|-----|
| 冠軍： | 鄭雅文 |
| 亞軍： | 盧雁 |
| 季軍： | 麥秀芳 |
| 優異獎： | 袁樂均 |
| 優異獎： | 鍾殷漩 |
| 網絡人氣獎： | 盧雁 |

「中學組」之得獎名單

| | |
|--------|-----|
| 冠軍： | 林欣 |
| 亞軍： | 尹珞瑤 |
| 季軍： | 鄧淑穎 |
| 優異獎： | 吳慧婷 |
| 優異獎： | 鄭文茵 |
| 網絡人氣獎： | 尹珞瑤 |

Kindergarten & Primary Students

| | |
|----------------------------|----------------------|
| Winner: | Cheng Nga Man |
| 1 st Runner-up: | Lo Ngan |
| 2 nd Runner-up: | Mak Sau Fong |
| Merit: | Sophia Yuen Lok Kwan |
| Merit: | Chung Yan Shuen |
| Most Popular Award: | Lo Ngan |

Secondary Students

| | |
|----------------------------|---------------|
| Winner: | Lam Yan |
| 1 st Runner-up: | Wan Lok Yiu |
| 2 nd Runner-up: | Tang Suk Wing |
| Merit: | Ng Wai Ting |
| Merit: | Chang Man Yan |
| Most Popular Award: | Wan Lok Yiu |

由於參賽作品都別具創意，評審團在進行評選時費盡心思，難以取捨。比賽優勝作品已刊於第六至七頁，並可參閱比賽網站：

www.leap.org.hk/competition/result。

Many of the entries were so creative, the judging panel had a hard time selecting the winners even from the shortlist! The winning designs are published on pages 6 and 7, and can also be seen on our website at www.leap.org.hk/competition/result.

「搬新屋、換新LOOK」哈樂凱莉服裝設計比賽 優勝作品（幼兒及小學組） A New Outfit for Harold & Holly Design Competition Kindergarten & Primary



冠軍 Winner:
鄭雅文
Cheng Nga Man



亞軍及 網絡人氣獎：
1st Runner-up & Most Popular Award:
盧雁
Lo Ngan



季軍 2nd Runner-up:
麥秀芳
Mak Sau Fong



優異獎 Merit:
袁樂均
Sophia Yuen Lok Kwan



優異獎 Merit:
鍾殷漩
Chung Yan Shuen

「搬新屋、換新LOOK」哈樂凱莉服裝設計比賽 優勝作品（中學組）

A New Outfit for Harold & Holly Design Competition Secondary



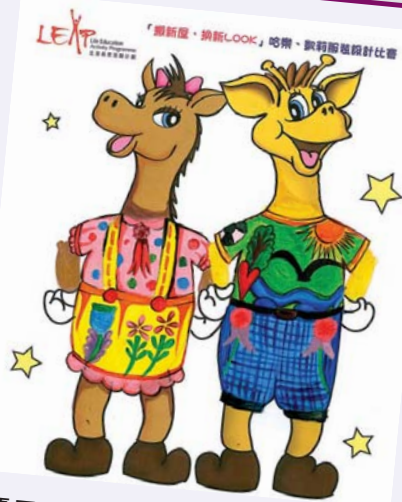
冠軍 Winner:
林欣
Lam Yan



亞軍及 網絡人氣獎：
1st Runner-up & Most Popular Award:
尹珞瑤
Wan Lok Yiu



季軍 2nd Runner-up:
鄧淑穎
Tang Suk Wing



優異獎 Merit:
吳慧婷
Ng Wai Ting



優異獎 Merit:
鄭文茵
Chang Man Yan

LEAP開幕典禮

LEAP's Grand Opening Day



LEAP於去年十一月九日舉行的開幕典禮共有一百六十多名來自不同機構的嘉賓出席支持。
More than 160 guests attended the Grand Opening on 9 November 2012.



開幕典禮由香港特別行政區禁毒專員許林燕明女士(右二)、香港賽馬會董事利子厚先生(左二)、生活教育活動計劃健康大使劉德華先生(右)及LEAP主席張鳳婷女士(左)擔任主禮嘉賓。
Mrs Erika Hui, Commissioner for Narcotics (2nd from right), Mr Michael Lee, Steward of the Hong Kong Jockey Club (2nd from left), Mr Andy Lau, LEAP's Health Ambassador (right) and Ms Chitty Cheung, Chairman of LEAP (left) officiated at the Grand Opening Ceremony.



LEAP吉祥物長頸鹿哈樂及小馬凱莉親切地招呼出席來賓及圍觀的鄰近居民。
LEAP's mascots Harold the Giraffe and Holly the Horse greeted our guests and neighbours at the event.



出席嘉賓與學生代表於參觀最新一所流動生活教育中心後合照。
Our honourable guests and student representatives posed in front of the new mobile classroom after visiting a class in action.



LEAP董事會成員聯同主禮嘉賓與出席來賓合照。
LEAP's Board of Directors with officiating guests and other honourable guests.



利子厚先生(左二)及香港賽馬會慈善事務執行總監蘇彰德律師(左)把象徵鎖匙移送予張鳳婷女士(右二)及劉德華先生(右)，象徵兩所新流動生活教育中心正式啟用。
Mr Michael Lee (2nd from left) and Mr Douglas So, Executive Director, Charities, The Hong Kong Jockey Club (left) presented a symbolic key to Ms Chitty Cheung (2nd from right) and Mr Andy Lau (right), representing the launch of LEAP's two new Life Education Centres.



負責控煙工作的相關政府部門及非牟利機構代表參觀LEAP新辦事處。
Government and NGO tobacco control representatives visited LEAP's new office.



學生代表向生活教育活動計劃健康大使劉德華先生獻上由同學們親手繪畫的感謝卡。
Student representatives presented a hand-drawn thank you card to LEAP's Health Ambassador Mr Andy Lau.



裝備家長 Empowering Parents

近年青少年吸毒問題趨向隱蔽化，吸毒年期因此延長及對吸毒者的身體造成不能逆轉的傷害。必須及早識別青少年吸毒者，才能協助他們儘早遠離毒品。

家庭是預防子女吸毒的第一度防線，而家長在預防青少年吸毒的戰場中扮演着重重要的角色。家長需要懂得辨識子女吸毒的徵狀和警號，以及認識相關的社區資源，以便在有需要時為子女提供協助。

LEAP的家長教育課程「新一代健康成長錦囊」，內容包括有效親子溝通技巧和藥物知識，旨在協助家長建立無藥家庭。承蒙禁毒基金的贊助，課程將於年內更新，加入新興危害精神毒品的資訊，並於本年九月推出為期三年的計劃，為家長提供免費藥物教育課程。LEAP希望家長可透過課程掌握為人父母應具備的態度、知識和技巧，加強親子之間的溝通，協助子女從小開始培養自重自愛的信念。另一方面，提高家長對青少年吸毒問題的警覺，認識吸毒的徵兆，有助及早發現「隱藏」的吸毒行為，並協助他們掌握預防子女濫藥所需的知識和技巧。

為了照顧不同層面的家長需要，本計劃特別為商業機構的在職家長員工作彈性安排，除提供一系列工作坊外，亦會舉辦單次的禁毒講座，裝備家長的藥物知識及提升識別子女有否吸毒的能力，增加他們預防子女吸毒的信心，並在公司內建立抗毒文化。

參與課程的家長均將獲發資源套，其中包括各種藥物和危害精神毒品的參考資料。此外，LEAP亦會製作附有藥物資訊的展板，供學校、社區中心及商業機構借用，增加公眾人士對毒品禍害的認識。

The number of young drug abusers may have fallen in 2012, but a worrying new trend is that more young people are hiding their addiction — sometimes for years, with irreversible harmful effects. We therefore need to identify these young drug abusers earlier in order to help them turn away from drugs.

The family is the most important protective factor in drug prevention and parents play a crucial role. They need to be aware of the signs of drug-taking, and also of the relevant resources in the community so that they can provide better assistance to their children if needed.

LEAP's parent programme "Safe and Successful" promotes effective parent-child communication skills and drug knowledge to help parents build a drug-free family. Thanks to sponsorship by the Beat Drugs Fund, the programme is being modified this year to address the latest trend and will be offered to parents, free of charge, for three years starting in September 2013.

The specific objectives of "Safe and Successful" are to help parents develop an open attitude, provide them with drug knowledge, strengthen their communication skills with their children, and help them instill self-respect in their children from a young age. Parents are also made more aware of the symptoms of drug use, so they can identify secret drug-taking and take action to help their children as soon as possible.

In order to meet the different needs of parents, this project will also cater to working parents in the business sector. A series of workshops will be held, as well as a drug prevention talk. These workshops aim to increase the confidence of parents in preventing drug abuse in their children with the latest information on drugs and by providing them with skills to identify possible drug abuse. By equipping parents in these areas, it is hoped that it will also help them build an anti-drug culture in their businesses and organisations.

Each parent will receive a resource pack that includes information on various popular drugs. In addition, LEAP will also offer schools, community centres and business organizations drug information display boards to educate the public about the harmful effects of substance abuse.



健康校園政策 Healthy School Policy

LEAP一向積極配合學校推動教育局的《健康校園政策》，輔助學校營造健康的校園環境。我們透過有系統及循序漸進的課程，幫助學童建立健康的生活模式，培養正面的人生觀、生活技能及拒絕引誘的技巧，從而讓他們在生理、心理及社交各方面均能健康地發展。

有見本地學童踏入青春期的平均年齡有提早趨勢，小小年紀便要面對生理和心理的重大變化，再加上面對升中的壓力，非常需要師長從旁指引及支持。為了配合學童成長需要，LEAP特別為小學三、四年級的學童設計了一個探討情緒的延伸課程。希望能盡早開始照顧學童的心理成長，讓他們認識情緒，學習抒發和處理情緒的方法，並培養同理心以及鼓勵朋友間應互相體諒，建立校園健康互助的氣氛。而配合高小學生有關「自我形象」的延伸課程，則希望更能預備學童健康及正面地面對未來的身心變化。

為了讓學童於課堂外都能接觸健康生活的訊息，LEAP設計了一套七塊「健康校園」展板，內容涉及的範圍包括藥物、煙草、酒精、營養及運動，歡迎學校借用。按著展板內容我們亦設計了相關的問答题目，方便學校舉行健康活動時選用。

此外，農曆新年期間，為協助學校推廣健康校園，LEAP特別設計了四張哈樂揮春派發給學校。希望哈樂將新年的喜慶氣氛帶到學校之餘，亦將新年的祝福和健康訊息送給學校師生。

LEAP is working proactively with schools to help promote the Education Bureau's Healthy School Policy which aims to establish a healthy learning environment for students. Through our systematic, sequential programmes, we help students build a healthy lifestyle, positive values and all-important refusal skills to enhance their physical, mental and social wellbeing.

LEAP now offers a new extension programme on the topic of exploring emotions for students in Primary 3 and Primary 4. The aim is to help children acknowledge different feelings, and guide them to express and handle their emotions. It also encourages them to show empathy and consideration towards others, and build a positive and healthy learning atmosphere at school. Meanwhile, our existing extension programme on positive image for upper primary students aims to instill a confident attitude to help children cope with physical and psychological changes in the future.

With children reaching puberty at a younger age, they face not only physiological and psychological changes earlier, but also the stresses that build up with adapting to secondary school life. Thus, it is important for adults to guide and offer support during this crucial time.

To reinforce our message about the importance of a healthy lifestyle, LEAP has produced seven panel display boards that can be made available to schools. The panels cover topics such as medicine, tobacco, alcohol, nutrition and exercise. They also feature thought-provoking questions that schools may use to conduct health-related activities.

LEAP distributed four red Chinese New Year couplets featuring Harold the Giraffe to participating schools to promote the Healthy School Policy. This also gave Harold the opportunity to pass on his New Year greetings to all!

第六屆「兩岸四地煙害防制交流研討會」 6th Cross-Strait Conference on Tobacco Control

二零一二年十一月四日至六日期間，LEAP派出兩位教育幹事參與在中國南京舉行的第六屆「兩岸四地煙害防制交流研討會」。是次研討會約有三百五十位參加者，大部分來自政府部門、學術機構、醫院及非牟利組織。香港的代表包括香港吸煙與健康委員會主席劉文文MH，太平紳士、香港大學公共衛生學院院長林大慶教授，以及食物及衛生局副局長陳肇始教授。香港在控煙方面獲得高度評價，被視為可供內地借鏡的學習對象。



不少內地城市已陸續推行控煙政策，各地政府亦努力應對當中的種種挑戰。除了煙草商層出不窮的銷售策略，大部分農民、婦女和學生對吸煙危害健康的認知率亦甚低。這些都突顯了推廣公眾健康教育的重要。LEAP認為有效的預防教育，必需從幼開始。透過灌輸吸煙的相關知識及作決定的技巧，提高青少年不吸煙的決心。

Two LEAP educators attended the 6th Cross-Strait Conference on Tobacco Control, held from 4 to 6 November 2012 in Nanjing, China. There were some 350 participants, mostly from governmental departments, academic institutions, hospitals and non-governmental organizations. Among the representatives from Hong Kong were Ms Lisa M. M. Lau, MH, JP, Chairman of Hong Kong Council on Smoking and Health; Professor Tai-Hing Lam, Director, School of Public Health, University of Hong Kong and Professor Sophia S. C. Chan, Under Secretary for Food and Health, Food and Health Bureau. Hong Kong was commended as very successful in tobacco control and a role model for Mainland China to follow.

Many cities in China have already implemented tobacco control policies and local governments are working hard to tackle the many challenges they face. Apart from the aggressive marketing strategies of tobacco companies, a large population of farmers, women and schoolchildren are not educated on the harmful effects of smoking. This highlights the importance of public education. For preventive education to be effective, LEAP believes that it should start at an early age. If young people are equipped with smoking-related knowledge and appropriate decision-making skills, they are more capable of resisting tobacco.

控煙辦增加資助 TCO Increases Funding

衛生署控煙辦公室（控煙辦）擴大了對LEAP的資助，令我們深感鼓舞。控煙辦除了繼續資助小五學生參與LEAP的預防吸煙課程外，更在二零一二至一三年度把資助推展至中一學生。名為「吸煙多面睇」的中一課程，旨在使學生進一步了解吸煙的影響及煙草商的銷售策略，並協助他們建立社交技巧以應付朋輩壓力，讓學生有信心去拒絕吸煙的引誘之餘，亦可以保存面子。

透過控煙辦的長期支持與贊助，LEAP期待為更多學生提供服務，加強青少年的無煙意識，並期望他們可以協助推廣有關訊息，從而達至「無煙香港」的目標。

We are delighted that the Tobacco Control Office (TCO) has expanded its funding support to LEAP. On top of its existing sponsorship for LEAP's smoking prevention programme for local Primary 5 students, TCO will extend its funding to Form 1 students in the 2012/13 academic year. The Form 1 programme, "Clearing the Smoke: The Quest for the Truth about Cigarettes", aims at increasing students' understanding of the dangers of smoking and the marketing strategies of tobacco companies, as well as helping them develop effective skills to deal with peer pressure. Students can thus be empowered to refuse smoking confidently without losing face.

With continued support from the TCO, LEAP looks forward to reaching more students and strengthening smoke-free awareness among young people. Hopefully they will help spread the message and strive for a smoke-free Hong Kong.



中電與LEAP進行互訪

CLP and LEAP Exchange Visits

中華電力有限公司首席品牌及市務經理林麗明女士與該公司市務推廣人員一行四人，於二零一三年一月十六日到訪馬頭涌官立小學（紅磡灣）參觀LEAP的課程。

嘉賓們對LEAP課程的豐富內容及教育幹事之專業水平給予高度讚許，認為是次參觀活動可作為他們環保教育課程的參考與借鏡。二零零九年，中電推出全港首個3D流動環保教室——「綠D班」，走訪各區為小學

生提供環保教育，希望幫助年青人提高環保意識。

二零一二年十一月，LEAP管理團隊曾參觀中電的「綠D班」，以了解更多關於流動環保教室的運作。對於此次中電到LEAP進行回訪，我們感到十分欣喜。



Four members of the marketing team of CLP led by Penny Lam, Principal Manager, Branding & Marketing, visited a LEAP class in action at Ma Tau Chung Government Primary School, Hung Hom Bay, on 16 January 2013.

The visitors were full of praise for the informative content of LEAP's programme and the professionalism of our educator. They also found the visit a good reference for their own programmes to educate young people and raise awareness of environment-related issues. In 2009 CLP launched the first-ever 3D environmental classroom, "Green Studio", which tours local communities to reach out to primary schoolchildren.

In November 2012, LEAP's management team visited CLP's Green Studio to learn more about the operation of their environmentally friendly mobile classroom. We were therefore delighted to welcome the CLP team on a return visit.

香港迪士尼樂園嘉賓到訪

A Guest from Hong Kong Disneyland

香港迪士尼樂園度假區企業公民事務總監馮穎君女士於二零一三年二月二十六日到訪大坑東宣道小學觀課，以了解更多有關LEAP的教育課程及運作。

馮小姐對LEAP教育幹事的溝通技巧以及學生的專注表現留下深刻印象。香港迪士尼樂園一向積極參與各種義工及慈善活動，以回饋本地社區。

Vivian Fung, Director, Corporate Citizenship, Hong Kong Disneyland, joined a LEAP class at Alliance Primary School, Tai Hang Tung on 26 February 2013 to learn more about LEAP's education programmes and operations.

Ms Fung was impressed by the communication skills of LEAP's educator and the attentiveness of the students. Hong Kong Disneyland is actively involved in various voluntary and charitable activities in order to give something back to the local community.



哈樂利是2013 - 感謝你的支持！ 2013 Lai See Project – Thank You!



哈樂利是2013活動再創佳績，今年共有三十一家學校參加，當中包括英基學校協會屬下學校及國際學校。如過去一樣，深受歡迎的LEAP吉祥物長頸鹿哈樂親自為活動作出呼籲。學生們除了捐贈一封新年利是予LEAP外，亦寫下留言以表達對哈樂的感情，更有意義的是，學生可從小養成慷慨助人的善心，捐款資助慈善團體。利是活動的反應非常熱烈，總共籌得港幣二十一萬六千九百八十五元。

我們要感謝所有參與學校的老師和學生。今年我們設立了「最踴躍參與學校獎」予收集利是數目最多的學校，得獎學校分別為聖公會德田李兆強小學(冠軍)，軒尼詩道官立上午小學(亞軍)和將軍澳官立小學(季軍)。另外，獲得「最高籌款額學校獎」的學校為拔萃女小學(冠軍)、新加坡國際學校(亞軍)及聖公會德田李兆強小學(季軍)，該三家學校亦同時獲得「資助學生計劃」

最高籌款額學校獎。我們謹對獲獎學校的老師和學生致以深切的感謝及祝賀。



Our 2013 Lai See Project was once again a success with a total of 31 local, ESF and international schools participating. As usual, LEAP's favourite mascot Harold the Giraffe joined in the appeal. In addition to donating one of their Chinese New Year lai see packets to LEAP, the children enjoyed writing affectionate messages to Harold, and the project had the added benefit of introducing them to the idea of helping a charity at an early age. The response to the Lai See Project was very positive, and HK\$216,985 was raised.

We would like to thank all the teachers and students of participating schools. Our special thanks and congratulations go to the three schools that collected the most number of lai-see packets and won the "Most Supportive School Award": SKH Tak Tin Lee Shiu Keung Primary School (Winner), Hennessy Road Government Primary AM School (1st Runner Up) and Tseung Kwan O Government Primary School (2nd Runner Up). Thanks and congratulations also to the winners of the "Most Outstanding Fundraising School Award": Diocesan Girls' Junior School (Winner), Singapore International School (1st Runner Up) and SKH Tak Tin Lee Shiu Keung Primary School (2nd Runner Up). The latter three schools also won the "Most Outstanding Fundraising School for Sponsor a Student Campaign Award".

LEAP慈善步行籌款 Charity Hike for LEAP



LEAP董事Joy Slosar女士於二零一二年十二月七日在香港仔郊野公園組織了一個慈善步行籌款活動，和多名活力充沛的LEAP支持者一起享受了美好的一天。該活動總共有十五名參加者，包括太古和國泰航空的高級

管理人員以及他們的家人。步行活動全長約兩小時，由南風道的金夫人馳馬徑出發，終點為布力徑。金夫人馳馬徑以第十七任香港總督金文泰的夫人命名，她於在任時十分喜愛在這條美麗的林間小徑騎馬及散步。步行參加者在欣賞沿途的美妙風景之餘，為LEAP籌得港幣一萬五千元善款。

A group of energetic LEAP supporters enjoyed a wonderful day out on 7 December 2012 when our Board Member, Mrs Joy Slosar kindly organized a charity hike in Aberdeen Country Park. A total of 15 walkers, including the families of Swire and Cathay Pacific senior management, completed the two-hour hike, starting at Lady Clementi's Ride on Nam Fung Road and finishing at Black's Link. Lady Clementi's Ride is named after the wife of Sir Cecil Clementi, the 17th Governor of Hong Kong, who loved to stroll and ride on this beautiful woodland trail. Everyone appreciated the wonderful scenery and amazing views and HK\$15,000 was raised for LEAP.

請支持LEAP賣旗日 Support LEAP's Flag Day

支持媒體：
Media Partner:

METR BROADCAST
新城廣播有限公司

LEAP將於二零一三年五月十一日（星期六）在新界區舉行第九次賣旗籌款，希望籌得不少於港幣八十萬元的善款，作為LEAP的課程發展經費。我們急需大量義工協助賣旗工作，現誠邀您和您的親友一同加入義工隊伍，歡迎致電2530 0018查詢詳情。所有參加賣旗之義工均可獲得印有生活教育活動計劃健康大使劉德華簽名的感謝狀和由大家樂贊助的十元現金券一張。

如果您希望在五月十一日賣旗日前捐款，歡迎使用本頁右方的捐款表格。

LEAP will hold its 9th Flag Day on Saturday, 11 May 2013, again in the New Territories. This year we are hoping to raise HK\$800,000 to pay for programme development. We need as many volunteers as possible to help us sell flags and all are welcome! Please call us on 2530 0018 to offer your help. This will be an excellent parent-child activity. All volunteers will receive a thank you certificate with the printed signature of our Health Ambassador Mr Andy Lau Tak Wah and a \$10 cash coupon sponsored by Café de Coral.

If you would like to make a donation towards our Flag Day before 11 May, please use the donation form on this page.



捐款箱計劃 Collection Box Campaign

為響應每年6月26日的“國際禁毒日”，LEAP將推出全新的「捐款箱計劃」，希望透過此項集腋成裘的籌款活動，為LEAP籌募經費，並推廣遠離毒品的訊息。

LEAP計劃於各零售店舖、食肆、酒店和私人會所等設置善款收集箱及宣傳單張，方便公眾人士捐款支持LEAP的預防藥物教育工作。

In celebration of the annual “International Anti-Drug Day” on 26 June 2013, LEAP will launch a “Coin Collection Box Campaign” to collect donations for LEAP's operations as well as to promote our drug prevention work.

LEAP plans to place its collection boxes in retail stores, restaurants, hotels and private clubs to encourage the community to join hands with LEAP in supporting LEAP's drug prevention education programme.

捐款 Donations



我願意捐款支持生活教育活動計劃
Yes. I would like to support Life Education Activity Programme

捐款方法 Payment by :

劃線支票 Crossed Cheque :

支票號碼 Cheque No. _____
港幣 Amount HK\$ _____ 元
抬頭請註明『生活教育活動計劃』
(請連同此表格寄回『新界葵涌麗瑤邨樂瑤樓地下107-113室』)

Please make cheque payable to “Life Education Activity Programme” and send it to “Units 107-113, G/F, Lok Yiu House, Lai Yiu Estate, Kwai Chung, N T” with this form.

直接存款 Direct Transfer :

恒生銀行戶口

Hang Seng Bank Account no.
289-160103-002

匯豐銀行戶口

Hong Kong and Shanghai Bank Account no.
582-240628-001

(請將存款單連同此表格寄回及於背頁寫上姓名、聯絡電話及地址。
Please send your deposit slip together with this form to us and write the donor's name and contact no. on the back)

網上捐款 Online Donation :

請登入 Please visit www.leap.org.hk

凡捐款HK\$100或以上，憑收據可申請
扣減稅款。

Donations of HK\$100 or above are tax deductible with an official receipt.



我有興趣進一步認識生活教育活動計劃
I would like to know more about LEAP

捐款人資料 Donor's Information :

姓名 Name : _____

地址 Address : _____

電話 Tel : _____

電郵 Email : _____

你的個人資料只限於寄發捐款收據、籌募經費及傳遞本機構資訊之用。
如不擬收取生活教育活動計劃的資訊，請通知我們。

Your personal data will only be used for issuing official receipts, raising funds, and communicating with you. If you prefer not to receive any further information from LEAP, please inform us.

鳴謝

A BIG thank you to all
our sponsors and supporters



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我們非常感謝以下各支持者

Thanks to the following supporters

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香港城市大學
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香海正覺蓮社佛教普光學校
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冠忠遊覽車有限公司
將軍澳培智學校
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For Parking Facilities

City University of Hong Kong
CPC Yao Dao Primary School
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Hong Kong University of Science and Technology
Kwoon Chung Motors Co Ltd
Tseung Kwan O Pui Chi School
Tun Yu School

鳴謝以下學校參與哈樂利是2013籌款活動

大坑東宣道小學
浸信會沙田圍呂明才小學
浸信會呂明才小學
筆架山學校
佛教慈敬學校
啟基學校
慈航學校
青松侯寶垣小學
金巴崙長老會耀道小學
啟思小學
拔萃女小學
軒尼詩道官立上午小學
軒尼詩道官立下午小學
香港道教聯合會純陽小學
漢華中學 (小學部)
啟歷學校
寶血會伍季明紀念學校
啟新書院
嘉諾撒聖心學校
新加坡國際學校
聖公會德田李兆強小學
聖公會阮鄭夢芹小學
嘉諾撒聖瑪利學校
聖保羅男女中學附屬小學
聖士提反書院附屬小學
太古小學
基督教香港信義會深信學校
塘尾道官立小學
將軍澳官立小學
惇裕學校
仁愛堂田家炳小學

For their generous support of Harold's Lai-See Project 2013

Alliance Primary School (Tai Hang Tung)
Baptist (Shatin Wai) Lui Ming Choi Primary School
Baptist Lui Ming Choi Primary School
Beacon Hill School
Buddhist Chi King Primary School
Chan's Creative School
Chi Hong Primary School
Ching Chung Hau Po Woon Primary School
CPC Yao Dao Primary School
Creative Primary School
Diocesan Girls' Junior School
Hennessy Road Government Primary AM School
Hennessy Road Government Primary PM School
HKTA Shun Yeung Primary School
Hon Wah College (Primary Section)
Kellett School
Kwai Ming Wu Memorial School of the Precious Blood
Renaissance College Hong Kong
Sacred Heart Canossian School
Singapore International School
SKH Tak Tin Lee Shiu Keung Primary School
SKH Yuen Chen Maun Chen Primary School
St Mary's Canossian School
St Paul's Co-educational College Primary School
St Stephen's College Prep School
Tai Koo Primary School
The ELCHK Faith Lutheran School
Tong Mei Road Government Primary School
Tseung Kwan O Government Primary School
Tun Yu School
YOT Tin Ka Ping Primary School