

LEAP

跳蹦蹦
LEAPS & Bounds

The Newsletter of
Life Education Activity Programme
生活教育活動計劃通訊
Autumn 2020 秋季



主席的話 From our Chairman



James Tong Chairman, LEAP
唐偉邦先生 生活教育活動計劃主席

歡迎大家閱讀2020年的「跳躍」！由於今年學校停課多時，我們把本年度的期刊由原來每年出版兩期濃縮為一期，確保有效運用資源。

本地疫情影響至深至廣，LEAP亦難以幸免。在2020年2月停課期間，LEAP迅速作出應對，為「居家學習」的學童推出了網上學習課程。今年6月，LEAP又進一步強化校內課程。此外，基於保護學生、老師和同事安全的大前提下，我們已加強辦公室和流動課室的衛生及預防措施。

LEAP致力提供獨特的教育課程幫助香港兒童茁壯成長。我們的課程旨在促進青少年的健康，培養積極正面的心態和生活方式，並傳遞有關預防濫用煙、酒和藥物的訊息。面對疫情帶來的持續挑戰，加上學校難以在短時間內恢復面授課程，我們堅決尋求嶄新的形式向青少年宣揚健康的訊息，以確保我們能繼續履行服務。

LEAP的成長及發展得以成功實有賴我們的主要贊助商：太古公司及香港賽馬會慈善信託基金的長期支持；我們亦非常感謝教育局、保安局禁毒處及衛生署控煙辦公室；我們的健康大使劉德華先生、愛生命之友譚燕玉小姐；東源大地有限公司、新興機構、亞聯貨運有限公司及亞洲實業(香港)物流有限公司，以及各學校、校長、教師、義工及支持者，LEAP特此向他們致謝。



Merlin Swire Chairman, Swire Pacific Limited
施銘翰先生 太古股份有限公司主席

太古公司自LEAP於1994年成立以來，一直為其主要贊助商。多年來，LEAP不斷發展，在本地教育制度備受推崇，成為不可或缺的一部分，教導無數年青人認識藥物濫用的危險，並協助他們在生活中作出合適的決定及建立正確的生活方式。

面臨百年一遇的疫情，LEAP能以敏銳和創新的觸角因時而變，以繼續服務香港的學童，實在令人鼓舞。同時，LEAP促進青少年身心健康的工作也比前更形重要，本人在此祝願LEAP順利跨越這個極具挑戰性的時期。

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 2020 newsletter! Because of the major disruptions to schooling this year, we have consolidated our customary twice-yearly issues into a single edition.

The Covid-19 pandemic has impacted all aspects of our lives and LEAP is no exception. When classes were suspended in February, LEAP responded swiftly, launching a video E-learning module for children following virtual 'school from home' curricula. When schools reopened again in June, we were ready with enhanced in-class programmes for students to enjoy. We have intensified our focus on hygiene best practices and the adoption of appropriate precautionary protocols, in order to safeguard the health and wellbeing of students and of our educators and other staff.

LEAP is committed to helping Hong Kong children thrive through its unique learning programmes designed to promote healthy, active lifestyles and positive mindsets, and to reinforce messages around the dangers of drug, alcohol and tobacco abuse. Amidst the continuing challenges, and as we face the possibility that schools may not be able to return to their normal format for some time to come, we are determined to find innovative ways to connect with young people, in order to deliver on our mission as fully as possible.

LEAP's success and future development depend on the long-term support of our major sponsor, Swire, as well as the Hong Kong Jockey Club Charities Trust. We are also indebted to the Education Bureau, the Narcotics Division of the Security Bureau, and the Tobacco and Alcohol Control Office, Department of Health; our Health Ambassador, Mr Andy Lau Tak Wah and our Life Buddy, Ms Vivienne Tam; Eastern Worldwide Co. Limited, the Sun Hing Group of Companies, Orient Trucking Limited and A&S (HK) Logistics; schools, principals, teachers, volunteers and friends of LEAP. I would like to express our sincere thanks to them all.

主要贊助商的話 From Our Major Sponsor

Swire has been a major sponsor of LEAP in Hong Kong since its inception in 1994. Over the years, LEAP has expanded its scope and influence to 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.

At this unprecedented time, it is heartening to see LEAP adapting to the ever-changing conditions with resourcefulness and imagination, in order to maintain their support for Hong Kong's children. In promoting the physical and emotional wellbeing of young people, LEAP's role is now more important than ever, and I wish them well through this challenging period.

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 contribute to our community.

生活教育活動計劃

LEAP - Who We Are



生活教育活動計劃(LEAP)於1994年在香港成立，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，包括煙草和酒精的危險。課程獲教育局、保安局禁毒處及衛生署控煙酒辦公室之認可。香港特別行政區行政長官林鄭月娥是LEAP的贊助人。

生活教育概念源於澳洲，首間生活教育中心由Ted Noffs牧師於1979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、巴巴多斯、塞浦路斯、芬蘭、香港、匈牙利、澳門、新西蘭、英國及美國運作。

過去二十五年，LEAP以設計獨特之流動課室將生活教育課程帶進全港各區的小學。LEAP亦有推行中學課程和特殊教育課程，以及一套家長教育課程，以裝備家長協助子女建立正確的價值觀，抗衡藥物的引誘。

從一開始，流動課室已是LEAP的重要舞台，令LEAP的預防藥物濫用課程獨一無二。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，令他們能更投入課堂討論及角色扮演等教學活動中。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。

LEAP現有九所流動教室和一所位於麗瑤邨的固定教育中心，在過去的六年中，LEAP逐步將最新的擴增實境(AR)和體感(Kinect)技術引入所有流動教室，讓學生享受結合技術、樂趣和知識的卓越學習體驗。LEAP已經實現了每年服務全港百分之二十五小學生的目標，並將努力在未來為更多的香港兒童提供服務。

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，讓他們明白藥物，包括酒精及煙草對身體的影響，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.

Established in 1994, Life Education Activity Programme (LEAP) is a registered charity that provides internationally recognised health awareness and drug prevention programmes for primary and secondary students. It helps students establish a healthy lifestyle and become aware of the dangers of drugs, including tobacco and alcohol. LEAP's programmes are endorsed by the Hong Kong SAR Government's Education Bureau, the Narcotics Division of the Security Bureau and the Tobacco and Alcohol Control Office of the Department of Health. The Honourable Mrs Carrie Lam Cheng Yuet-ngor, GBM, GBS, the Chief Executive of the Hong Kong SAR, is our patron.

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

Over the last 25 years, our Primary Programme has been taken to schools in specially designed mobile classrooms, which can be driven all over the territory. LEAP also runs a Secondary Programme, a Special Needs Programme and a Parent Programme aimed at equipping parents with skills to help their children establish correct values and to prevent substance abuse.

LEAP's mobile classrooms are our centre stage and make our programmes unique. They 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. LEAP's 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 now has a fleet of nine mobile classrooms as well as a static centre at its headquarters in Lai Yiu. Over the past six years, LEAP has introduced the latest Augmented Reality (AR) and Kinect technologies gradually to all its mobile classrooms, allowing students to enjoy an exceptional learning experience combining technology, fun and knowledge. LEAP has already attained its strategic goal of reaching 25 per cent of the primary student population and will strive to deliver its programmes to even more children in Hong Kong in the future.

因時而變

LEAP Adapts to the "New Normal"

疫情下，LEAP最重視的是同事和師生的健康與安全。為確保老師和學生能於安全的環境下上課，LEAP致力加強辦公地點和課室內的清潔及衛生防護措施。所有LEAP的流動課室重新開放予學生使用前，均會採用「光觸媒」技術進行徹底清潔及消毒。我們亦會提供即棄鞋套予所有進入課室的人士穿上，以保持流動課室的衛生。LEAP已向各校提供有關的衛生防護措施詳情，歡迎未獲相關資訊的學校隨時與我們聯絡。



Amid the Covid-19 pandemic, the safety of our colleagues and those we are privileged to serve, including students and teachers, is our first concern. To this end, we have proactively instituted enhanced hygienic and precautionary protocols in our offices and classrooms. All LEAP's mobile classrooms will be disinfected using photocatalyst technology before we resume classes and disposable shoe covers will be provided to students in addition to other precautionary measures. Schools are most welcome to contact LEAP to obtain details if they have not yet received them.

與此同時，LEAP亦進一步優化小學的到校課程，以回應疫情下學校的需要。學校如對流動課室的封閉空間有疑慮，老師可選擇讓教育幹事帶備教具到校內課室為學生提供課程。除了早前引入的擴增實境(AR)及體感(Kinect)科技，LEAP也會採用新的電子教學程式，務求令學生即使身處校內課室，也能體驗到如置身流動課室一般的難忘學習體驗。

Meanwhile, LEAP has been working on enhancing its in-class programmes so that schools which may be concerned about the enclosed environment of the LEAP mobile classrooms, can choose to have the LEAP programmes inside their school classrooms instead. As well as the AR and Kinect technologies that became available for in-class programmes a few years ago already, new learning apps will also be used to enhance students' interest and ensure a comparable learning experience to the one offered in our mobile classrooms.

由於正常的面授課程可能因疫情而持續受到影響，LEAP的團隊一直致力尋求其他新穎有趣的方式來服務學生。除了推行中的同步線上教學活動，包括透過Zoom直播教學外，LEAP更即將推出特別為本地小學生設計的電子書。該系列經精心製作的互動電子書不但能讓學生隨時隨地學習健康及藥物知識，鼓勵他們自發地學習，更能令學生體驗嶄新有趣的學習經歷。LEAP深信，在各界共同努力下，我們定能夠走過「疫」境。

Faced with restrictions that may prevent us from meeting students face to face, LEAP continues to explore new and interesting ways to deliver its programmes. LEAP offers synchronous learning such as Zoom, which is online education that takes place in real time. It will also provide asynchronous online learning such as specially designed e-books for Chinese primary students. With many sophisticated features, these e-books will allow students to study our health and drug-free messages at their own pace, and give them a new, interesting and engaging learning experience. We are confident that we can weather the current storm with a concerted effort.



新中學課程 New Secondary Programme

由小學升讀中學對於學生而言絕對是一個充滿挑戰的階段。新的學習環境、社交壓力和青春一併帶來的轉變，往往使青少年更易受到藥物的引誘。LEAP的中學課程既著重講解煙草、酒精和藥物對身體的影響，亦裝備學生掌握社交技巧，以面對朋輩壓力並為自己做出負責任的決定。

為確保課程能夠切合現今青少年需要及應對相關的問題，LEAP自去年起致力更新中學課程，進展尚算順利。預計新課程將於2020年9月新學年開始試用。

為了使新課程設計更完善，LEAP團隊分成工作小組前，先向教育專業人士和社會工作者徵詢了意見，就教案、實況影片、教學動畫以及教師資源各方面進行了檢視。例如，LEAP團隊重新製作供老師作教學跟進的資料，希望能更配合學校緊湊的教學日程。

The transition from primary to secondary school can be a challenging time for students. The new environment, social pressures and awkwardness of adolescence combine to make a child more susceptible to drug abuse. LEAP's secondary programmes both explain the effects that tobacco, alcohol and psychotropic drugs have on the body, and equip students with the social skills to cope with peer pressure and make responsible decisions.

To ensure its programmes deal with contemporary issues and meet students' needs, LEAP has been working on a revamp of its secondary programme since last year. Progress has been good and we expect to trial the new programmes at the beginning of the new academic year in September 2020.

LEAP sought the views of teaching professionals and social workers before educators split into working groups to redesign the programmes, reviewing all aspects from lesson plans, videos and animations to teachers' resources. Materials for teachers' follow-up, for example, were given a new makeover to fit in better with the academic schedule.



新穎活潑的動畫片段和實況影片一直是LEAP課程中最受歡迎的元素，因此，LEAP團隊費盡心思來優化故事情節、影片講稿及動畫設計，藉此令新課程更加吸引。在疫情帶來的挑戰下，尤幸得到製作公司專業團隊及年輕演員的多方配合，實況影片拍攝終於在2020年5月完成。現時後期製作工作正在進行中，為九月進行試堂作好準備。



Vibrant new animations and trigger videos, always very popular elements of LEAP's secondary programme, have been produced, making great efforts to optimize the story lines, video scripts and animation designs. With the support of production professionals

and talented young actors, video filming was finally completed in May 2020 amid the challenges presented by the Covid-19 pandemic. Post-production work is now underway before they are ready for trial lessons in September.

有賴LEAP團隊一直努力不懈、精益求精地改善課程，新的中學課程將於2021年如期推出。

Thanks to the dedicated LEAP team's hard work and insistence on excellence, the new secondary programme will be ready for its official launch in 2021, as scheduled.

網上學習課程 E-learning at LEAP

今年，全球的日常生活都受到2019冠狀病毒病疫情的影響，而停課更成為許多家庭要面對的重大挑戰。香港學生今年回校上課的日子可說是寥寥可數，停課是保障學生安全最穩健的決定，而衛生局局長早前亦鼓勵學生在停課期間透過網上學習以維持學業進度。

This year the Covid-19 pandemic has impacted daily life worldwide, with the closure of schools being a major challenge for families. Hong Kong students have gone to school only briefly this year. Extending school closure was the safest decision to ensure students' safety and the Health Secretary encouraged students to keep up with their education through E-learning while classes were suspended.

在2020年2月，LEAP推出其首個「停課不停學-網上輕鬆學習」證書計劃，讓學生在無法上學期間仍能在在家輕鬆學習。課程旨在教導兒童維持強健體魄和保持情緒健康的重要，從而鼓勵他們以積極正面的態度對抗疫情。



In late February 2020, LEAP responded to this unprecedented situation by launching its first-ever E-learning Certificate Programme to enable students to learn from home during the period when they could not attend school. The Programme aimed at teaching children about the importance of keeping a healthy body and maintaining their emotional wellbeing as a positive approach to combating the disease.

「停課不停學-網上輕鬆學習」證書計劃，由八個圍繞以小朋友熟悉的LEAP吉祥物—長頸鹿哈樂、小馬凱莉和外星人芝達的日常生活輕鬆單元小故事組合而成。課程主題反映香港社會對疫情的迴響，緊貼社會脈搏。內容涵蓋個人衛生、情緒健康、互聯網的正確使用，以及如何與家人和朋友相處等等。課程為期八個星期，每星期以網上短片形式在LEAP的網站 www.leap.org.hk 免費讓安在家中的兒童和家庭收看。

The E-learning Certificate Programme featured eight lively stories about LEAP's all-time favourite mascots—Harold the Giraffe, Holly the Horse and Zelda the Alien. The topics chosen reflected current situations in the Hong Kong community's response to the pandemic, and covered key areas such as personal hygiene, emotional health, proper use of the Internet, and communications with family and friends. The 8-week Programme was offered free of charge to members of the public, and was available for children and families at home on a weekly basis through a series of short online videos on LEAP's website: www.leap.org.hk.



課程自二月下旬推出以來，得到學生、學校、老師和家長非常正面和令人鼓舞的迴響。他們認同課程的題材適時、又具備清新的元素，送出的紀念品也相當豐富。課程除了吸引接近35,000人次觀看，附設的相關問答遊戲還得到來自全港逾250所學校、超過15,000人次的學生參與。LEAP「停課不停學-網上輕鬆學習」證書計劃更得到教育局的認可，在其德育、公民及國民教育網頁刊登了課程的連結。

From its launch in late February, the Programme received a very positive and encouraging response from students, schools, teachers and parents, who appreciated the well-chosen current topics, fresh materials and incentives offered in the Programme. Over 35,000 views and 15,000 entries from students from more than 250 schools across Hong Kong were received for the 8 Programme quizzes. LEAP's E-learning Certificate Programme was also endorsed by the Hong Kong Education Bureau, which added it to its website in the Moral, Civic and National Education section.

為了鞏固從短片中所學到的知識，以及鼓勵家長一起參與討論相關的問題，以增進親子溝通，我們就每集短片的內容備有相關的工作紙於LEAP的網站供免費下載。家長更可於LEAP的FACEBOOK專頁(www.facebook.com/LEAPHK)內的「家長專訊」中找到與網上課程每集內容相關的管教「貼士」，讓家長在子女作網上學習之餘，能為子女作出適當的管教和引導，並且協助家長處理疫情下自身面對的壓力，讓每個家庭都能在融洽的氣氛下正面抗疫！



為增加趣味性和鼓勵更多學生參與此網上學習計劃，LEAP準備了非常豐富的紀念品送予參加有獎問答遊戲的同學，以示獎勵。完成整個為期八星期的課程並持續回答所有問答題的參加者更獲贈特別設計的精美證書和LEAP的限量版手錶計步器。



為了讓更多兒童和家庭受益，此網上學習計劃的資源將保留在LEAP的網站，直至今年年底。歡迎到www.leap.org.hk/e-learning 查看更多有關的詳情。

LEAP非常感謝所有參與計劃的學生、家長、老師和學校對此網上學習課程的支持。本會承諾將繼續透過各種平台，為公眾提供積極正面及與健康相關的訊息，與社會齊心抗疫。

To reinforce the knowledge learned through the weekly online Programmes, and to encourage participation from parents as well, worksheets were available accompanying each week's video which could be downloaded from LEAP's website to facilitate discussion between parents and children. Parents could also benefit from the special parenting tips tailored to the different topics of the E-learning Programme available from the "Parents' Corner" on LEAP's Facebook page (www.facebook.com/LEAPHK).

To add more fun and to encourage more participation in the E-learning Programme, LEAP offered participants fabulous incentive gifts when they entered a weekly quiz following each short video. Students who completed the 8-week Programme by taking part in all the online quizzes also received a specially-designed certificate and a special-edition pedometer watch from LEAP.

Resources on the E-learning Programme will remain on LEAP's website until the end of 2020 to benefit more children and families. For more information, please visit www.leap.org.hk/e-learning.

LEAP would like to thank all participating students, parents, teachers and schools for their support for the E-learning Programme, and will stay committed to combating the disease with the community by providing positive and health-related information through its various platforms.

Comments on LEAP's E-learning Programme from schools and teachers:

S.K.H. Tin Wan Chi Nam Primary School:

"We can see the amount of work and effort that the LEAP team has put into the E-learning Programme. Please keep up the good work!"

St. Andrew's Catholic Primary School:

"The topics chosen are reflective of current affairs in the face of the pandemic. The length of each video is just right to maintain students' interest so they continue throughout the course of the Programme."

Po Leung Kuk Horizon East Primary School:

"The incentives offered to students who take part in the Programme are very attractive and encourage them to complete it."

學校和老師對LEAP的「停課不停學 - 網上輕鬆學習」證書計劃的評語：

聖公會田灣始南小學：

「我們可從此網上學習課程看到LEAP團隊如何用心地為教學付出莫大的努力。請繼續緊守這份專業的精神和保持這別具意義的工作！」

天主教聖安德肋小學：

「課程所選取的題材反映著香港社會對疫情的回應，緊貼社會脈搏。每集短片所涵蓋的內容和份量亦恰到好處，讓學生能保持學習的興趣，藉以輕鬆完成整個計劃。」

保良局志豪小學：

「此課程給參與學生送出以示獎勵的紀念品非常吸引，有助鼓勵學生完成整個計劃。」



對於《2019年吸煙（公眾衛生）（修訂）條例草案》（《條例草案》）未能趕及於本年六月，即今屆立法會會期內通過，致使政府未能盡早禁止有關另類吸煙產品，包括電子煙及加熱煙草產品在香港供應、售賣或推廣，LEAP表示非常遺憾。

根據《條例草案》，任何人進口、製造、售賣、推廣或宣傳另類吸煙產品一經定罪，最高刑罰為監禁六個月及罰款港幣五萬元。

基於青少年一向是煙草商猛烈的宣傳攻勢的主要對象，LEAP一直對另類吸煙產品的禍害也特別關注。電子煙及加熱煙草產品均含有毒化學物質，可危害人體健康，惟產品包裝上並無加以說明。加上這些產品在市面上可說是垂手可得，價格相宜之餘又可重複使用。隨著《條例草案》被擱置，青少年使用這些產品的風險也可能大大激增。

在政府再次提出法案前，當務之急是教育公眾認清另類吸煙產品的風險，並突顯它們的成癮性及對健康的影響。由於大多數吸煙者都是在青少年時期開始吸煙，並有數據顯示較年輕便開始吸煙的人士較難戒煙。針對青少年的控煙工作也更形重要。

承蒙衛生署控煙酒辦公室（控煙酒辦）的贊助，LEAP一直為中小學生提供免費的控煙課程。為確保學生充分了解吸煙和各種吸煙產品的風險，LEAP會持續更新課程內容。同時，課程亦協助學生建立實用的社交技巧，以面對朋輩壓力並拒絕吸煙邀請。

加熱煙草產品



LEAP was deeply disappointed that the Smoking Amendment Bill 2019, which would have banned the supply, sale and promotion of electronic cigarettes and heated tobacco products in Hong Kong, was shelved by the Legislative Council in June 2020.

Under the proposed bill, anyone importing, making, selling or promoting electronic smoking products would be subject to a maximum penalty of six months' imprisonment and a fine of up to HK\$50,000.

LEAP has always emphasised the dangers of alternative smoking products (ASPs), especially as young people are the main targets of aggressive marketing campaigns by the tobacco industry. E-cigarettes and heated tobacco products contain substances which are toxic and harmful to health, which is not stated on the packaging. They are easily available, affordable and can be used repeatedly. Since the shelving of the bill, there is a danger of a surge in the use of ASPs.

Before the bill can be reintroduced, it is more important than ever to educate the public about the risks of using ASPs, which are both addictive and damaging to health. LEAP believes that smoking prevention measures should be targeted at young people in particular, since most smokers start smoking during adolescence and evidence has shown that smokers who start at a younger age are less likely to quit.

Sponsored by the Tobacco and Alcohol Control Office of the Department of Health, LEAP provides free anti-smoking programmes to primary and secondary students. The programmes are constantly fine-tuned to ensure that students fully understand the risks of smoking and ASPs. They also help students develop effective skills to deal with peer pressure and to refuse smoking.

「齊踏恐龍足跡、共創世界紀錄」 Dinosaurs for LEAP!

中華基督教會基灣小學（愛蝶灣）為慶祝創校五十週年，於本年1月18日，舉行了一個別具意義的籌款活動。

教育局每年都會按不同主題舉辦「我的承諾計劃」，該計劃2019/20學年的主題為「感恩珍惜，積極樂觀」。目的為鼓勵各校協助學生建立感恩之心，學會珍惜，及對生活採取積極主動和樂觀的態度，以幫助他們面對成長中的困難和挑戰。

適逢基灣小學（愛蝶灣）創校五十週年，學校特別響應教育局「我的承諾計劃」而舉辦了慶祝活動。並通過特別的創意服飾，為活動注入有趣的元素！活動當日，一眾師生、家長、教職員及嘉賓共四百一十七人集體穿上不同款式的手作恐龍足套，其中更包括整套恐龍裝束！在這個陽光明媚的特別日子，基灣小學（愛蝶灣）成功打破「最多人士穿著恐龍爪」的健力士世界紀錄！當天的主禮嘉賓包括教育局總課程發展主任譚家強博士及時任課程發展主任的陳若嫻女士。

On 18 January 2020, the Church of Christ in China Kei Wan Primary School (Aldrich Bay) celebrated its 50th anniversary with a memorable fundraising event.

Every year the Education Bureau organises "My Pledge to Act" with a different theme. This year it is "Express gratitude, cherish, be proactive and optimistic". Schools are encouraged to help students develop a sense of gratitude, learn to cherish the things they have, adopt a proactive and optimistic attitude towards life, in order to help them face the challenges and difficulties of growing up.

C.C.C. Kei Wan Primary School (Aldrich Bay) adopted this theme for its 50th anniversary celebration, adding fun to proceedings with a special fancy dress element. Students, parents, and teachers made their own dinosaur feet and some even completed a full costume. Guests were also invited to put on dinosaur feet. On a warm, sunny day, a total of 417 people set a new Guinness World Record for the largest gathering of people wearing dinosaur feet! Among the distinguished guests were Dr Andy Tam Ka Keung, Chief Curriculum Development Officer and Ms Melody Chan Yeuk Han, then Development Officer, Moral, Civic and National Education of Curriculum Development Institute of the Education Bureau.



LEAP十分榮幸獲邀成為是次活動的受惠機構。活動為LEAP成功籌得超過港幣一萬二千元善款，讓LEAP能向更多的學生和家長推廣正面的健康和預防藥物濫用訊息。LEAP非常感謝基灣小學（愛蝶灣）的黃靜雯校長、老師及所有教職員發起這項創新的活動，推動社區共襄善舉。我們更藉此感謝學校的慷慨捐助！

LEAP was honoured to be the beneficiary of the event, which raised over HK\$12,000, allowing LEAP to deliver its positive health and drug prevention messages to more students and parents. LEAP would like to thank Principal Wong Ching Man, teachers and staff of C.C.C. Kei Wan Primary School (Aldrich Bay) for organizing this innovative event which brought the community together, and for its generous donation.

2020「哈樂利是」籌款活動

2020 Lai See Project



LEAP每年一度的「哈樂利是」新春籌款活動歷年來深受學校的愛戴和支持，且屢創佳績。今年的「哈樂利是」籌款活動早於年初展開，並於農曆新年假期前，在個別學校進行了深受學生歡迎的LEAP吉祥物長頸鹿哈樂有份參與的路演。

然而，由於受到自一月下旬開始在社區爆發的2019冠狀病毒病疫情以及隨之而來的持續停課影響，是次「哈樂利是」籌款活動亦無奈需要延期。LEAP非常感謝其中三十間學校在六月復課後仍繼續支持是次籌款活動，共為LEAP籌得超過港幣八萬九千元善款。

是次利是籌款活動以「哈樂常在·愛心FUN享」為主題，鼓勵參予活動的學生給LEAP捐出一封於農曆新年期間收到的利是，從而協助LEAP將健康的訊息與更多學生分享。凡捐款額達港幣二十五元或以上的利是善款，會撥作推廣針對兒童網絡成癮及網絡使用安全問題而設計的延伸課程，其餘捐款則會用作發展其他課程。我們謹對參與學校的學生、家長及老師致以深切的感謝，並特別祝賀以下獲獎學校：

「最高籌款額學校獎」得獎學校：

冠軍：聖保羅男女中學附屬小學
亞軍：嘉諾撒聖心學校
季軍：啓歷學校(薄扶林)

「最踴躍參與學校獎」得獎學校：

冠軍：大埔浸信會公立學校
亞軍：嘉諾撒聖心學校
季軍：聖公會聖安德烈小學

「最高參與率學校獎」得獎學校：

冠軍：啓歷學校(九龍灣)
亞軍：大埔浸信會公立學校
季軍：嘉諾撒聖心學校

LEAP's annual "Spare-a-Lai-See" Fundraising Campaign is a popular event that has gone from strength to strength over the years and is widely supported by schools in Hong Kong. This year, the campaign began early, with highly anticipated roadshows featuring LEAP's popular mascot, Harold the Giraffe, taking place in selected schools before the Chinese New Year holiday.

However, due to the outbreak of Covid-19 and the resulting extended suspension of schools in Hong Kong from late January, sadly the campaign had to be postponed. LEAP is most grateful for the support from the 30 schools who continued to support the "Spare-a-Lai-See" Fundraising Campaign when classes resumed in June 2020, raising over HK\$89,000 for LEAP.

The theme of this year's campaign was "Share your Love". Students were encouraged to do this by donating one of their lai-see packets received during the Chinese New Year to LEAP to enable us to spread the message of healthy living to more students. Every lai-see received exceeding HK\$25 will be allocated to our new extension programmes, which address the increasing concern about Internet addiction and cyber safety for children. The rest of the proceeds will go towards the development of LEAP's other health education programmes. We would like to extend a big thank you to all the students, parents and staff of the participating schools for their generous support. Special congratulations go to:

"Most Outstanding Fundraising School Award"

1st Place: St Paul's Co-educational College Primary School
2nd Place: Sacred Heart Canossian School
3rd Place: Kellett School (Pokfulam Campus)

"Most Supportive School Award"

1st Place: Tai Po Baptist Public School
2nd Place: Sacred Heart Canossian School
3rd Place: SKH St Andrew's Primary School

"Most Participative School Award"

1st Place: Kellett School (Kowloon Bay Campus)
2nd Place: Tai Po Baptist Public School
3rd Place: Sacred Heart Canossian School

多謝於逆境支持二零二零年賣旗日

Support for LEAP's 2020 Flag Day at a Challenging Time

生活教育活動計劃於2020年3月14日舉行的新界區賣旗日已圓滿結束。一如以往，整個LEAP團隊連同我們的支持者和義工們都整裝待發，為迎接這每年一度的籌款盛事準備就緒。然而因受到疫情的影響，LEAP取消了於賣旗日當天進行街頭賣旗，以確保我們的義工、員工和公眾的安全和健康。

鑑於街頭賣旗不能如常進行，LEAP只能透過「金旗認捐」活動籌款，有賴社會各界善心人士響應呼籲，最終籌集了逾港幣十八萬元。這些善款的一分一毫對LEAP都非常重要，有助我們緊守使命，繼續讓學生和家長體驗LEAP獨特的預防藥物濫用教育課程，以及推動年輕的一代及家庭共享健康、積極和無毒的生活。

「生活教育」僅此向所有善長、尤其是各位董事，在這艱難時刻為我們付出的關心、協助和支持致以最由衷的感謝。

LEAP亦希望藉此感謝所有曾報名並準備於賣旗日當天向本會提供協助的義工朋友、以及我們的健康大使劉德華先生、香港房屋委員會、港鐵公司及親子王國等協助和支持本會宣傳是次賣旗日。

我們期待您參與和支持本會的下個賣旗日。

LEAP's 2020 Flag Day was scheduled for 14 March in the New Territories. As usual, the entire LEAP team, our dedicated supporters and volunteers were all geared up for another exciting fundraising opportunity on this annual occasion. However, due to concern for personal hygiene and public safety in the prevailing circumstances following the outbreak of Covid-19, LEAP made the decision to cancel the selling of flags on the street on the scheduled Flag Day in order to protect our volunteers, staff and the public.

As a result of not being able to sell flags in the usual manner, LEAP had to rely heavily on support from the community in response to our Gold Flags donation appeal, through which a total of over HK\$180,000 was raised. As every dollar counts, the donations made were crucial to LEAP to enable us to carry on with our mission so that students and parents can benefit from our unique drug prevention education programmes, and we can empower our young people and families to live a healthy, positive and drug-free life.

LEAP would like to extend its most sincere thanks to all of our generous donors, who showed their care and unrelenting support for LEAP at this difficult time.

LEAP would also like to take this opportunity to thank our Board of Directors, all the volunteers who had signed up to help us on the scheduled Flag Day, our Health Ambassador Mr Andy Lau Tak Wah, Hong Kong Housing Authority, MTR Corporation and Baby Kingdom for their support in promoting our 2020 Flag Day to the public.

We look very much forward to having your support once again on our next Flag Day.



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 (LEAP)

捐款方法 Payment by :

網上捐款 leap.org.hk/cdonation
Online Donation leap.org.hk/edonation

劃線支票 Crossed Cheque
港幣 HK\$ _____
抬頭請註明「生活教育活動計劃」
Please make cheque payable to
"Life Education Activity Programme"

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生活教育活動計劃

* Mail the crossed cheque/bank deposit slip together with
your personal information at the bottom of this form to:
LEAP, Units 107-113, G/F Lok Yiu House,
Lai Yiu Estate, Kwai Chung, N.T., Hong Kong

捐款港幣100元或以上可憑正式捐款
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Donations of HK\$100 or above are tax
deductible with an official donation receipt.

我亦興趣進一步認識生活教育活動計劃，
請跟我聯絡。
I would like to know more about LEAP,
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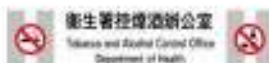
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您的個人資料只限用於發放捐款收據、籌
募經費及傳遞本機構資訊。如不欲收取生
活教育活動計劃的資訊，請聯絡我們。

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



VIVIENNE TAM



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Thanks to the following supporters
我們非常感謝以下各支持者

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| 中華基督教會基灣小學(望德灣) | C.C.C. Kai Wan Primary School (Aldrich Bay) |
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| 香港飛機工程有限公司 | Hong Kong Aircraft Engineering Company Limited |
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| 聖公會聖十架小學 | SKH Holy Cross Primary School |
| 聖公會基福小學 | SKH Kai Fook Primary School |
| 聖公會慕善小學 | SKH Mung Yan Primary School |
| 聖公會安德烈小學 | SKH St Andrew's Primary School |
| 聖公會偉倫小學 | SKH Wei Lun Primary School |
| 聖士提反書院附屬小學 | St Stephen's College Preparatory School |
| 大埔崇德黃建堂紀念學校 | Sung Tak Wong Kin Sheung Memorial School |
| 太古小學 | Tai Koo Primary School |
| 大埔浸信會公立學校 | Tai Po Baptist Public School |
| 香港華人基督教聯合會真道書院 | The Hong Kong Chinese Christian Churches Union Logos Academy |
| 將軍澳培智學校 | Tseung Kwan O Pui Chi School |
| 博裕學校 | Tun Yu School |
| 仁愛堂田家炳小學 | YOT Tin Ka Ping Primary School |

For their generous support of Harold's Lai-See Project 2020
鳴謝以下學校參與哈樂利是2020籌款活動

- | | |
|--------------|--|
| 浸信會呂明才小學 | Baptist Lui Ming Choi Primary School |
| 畢架山小學 | Beacon Hill School |
| 金巴崙長老會耀道小學 | CPC Yao Dao Primary School |
| 啟基學校 | Chan's Creative School |
| 啟思小學 | Creative Primary School |
| 拔萃男書院附屬小學 | Diocesan Boys' School Primary Division |
| 拔萃女小學 | Diocesan Girls' Junior School |
| 香港道教聯合會靈泉學校 | Hong Kong Taoist Association Wun Tsuen School |
| 啓德學校(九龍灣) | Kellett School (Kowloon Bay Campus) |
| 啓德學校(薄扶林) | Kellett School (Pokfulam Campus) |
| 堅尼地小學 | Kennedy School |
| 新界婦孺福利會梁省德學校 | N.T.W.J.W.A. Ltd Leung Sing Tak Primary School |
| 聖公會聖安德烈小學 | SKH St Andrew's Primary School |
| 嘉諾撒聖心學校 | Sacred Heart Canossian School |
| 慈幼翼漢千禧小學 | Salesian Yip Hon Millennium Primary School |
| 沙田小學 | Sha Tin Junior School |
| 天主教石鐘山紀念小學 | Shak Chung Shan Memorial Catholic Primary School |
| 石湖墟公立學校 | Shek Wu Hui Public School |
| 聖公會阮鄭夢芹小學 | SKH Yuen Chen Maun Chen Primary School |
| 聖類斯中學(小學部) | St Louis School (Primary Section) |
| 嘉諾撒聖瑪利學校 | St Mary's Canossian School |
| 聖保羅男女中學附屬小學 | St Paul's Co-educational College Primary School |
| 聖士提反書院附屬小學 | St Stephen's College Preparatory School |
| 大埔崇德黃建堂紀念學校 | Sung Tak Wong Kin Sheung Memorial School |
| 太古小學 | Tai Koo Primary School |
| 大埔浸信會公立學校 | Tai Po Baptist Public School |
| 啟恩國際學校 | Think International School |
| 博裕學校 | Tun Yu School |
| 仁愛堂田家炳小學 | YOT Tin Ka Ping Primary School |
| 仁濟醫院蔡衍濤小學 | Yen Chai Hospital Choi Hin To Primary School |

For their generous support of our Flag Day on 14 March 2020
鳴謝以下單位參與2020年3月14日香港旗日籌款活動

- | | | | | |
|------------------------|----------------------------|----------------------------|-------------------------------|---|
| Mr George CATHERLEY | Mr St John FLAHERTY | Mr Andy LAU | Mrs Judy TANG | Hong Kong Housing Authority |
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