



Celebrating **30** Years of
Life Education
慶祝 **生活教育** 卅載



跳 蹦蹦 AUTUMN 2024 秋季
LEAPS & BOUNDS

The Newsletter of LEAP
生活教育活動計劃 通訊



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Chair, LEAP

在 2024 – 標誌 LEAP 30 周年的一年，我懷着喜悅的心情為大家呈上秋季的通訊。

今年六月，我們舉辦了首屆『生活教育新「細」代：為兒童和青少年裝備一生受用的社交及情緒學習技能』研討會。活動聚集了教育工作者和合作夥伴，一起探討社交及情緒學習在培養青少年全面發展中的關鍵角色。LEAP 更在新學年推出了一個全面的「社交及情緒學習課程」，以配合現今學童需要。

當我們反思當今青少年面臨的挑戰時，看到電子煙（尤其是「太空油」）令人不安的增長，我們意識到當中涉及的嚴重健康風險。為此，我們在課程內容中加強了有關電子煙危害健康的重要信息，強調教育和提高警覺的重要性，以保護我們的孩子。

在這一年中，我們非常榮幸繼續得到長期主要贊助商的支持，他們包括太古集團、國泰、香港賽馬會慈善信託基金、教育局、保安局禁毒處以及衛生署控煙酒辦公室。我同時感謝一眾贊助商及支持者，包括東源大地有限公司、新興集團、亞聯貨運有限公司、羅申美會計師事務所、大昌行、劉德華先生及譚燕玉女士。他們多年來無間斷的支持和投入，為我們的使命作出意義重大的貢獻。

2024 年是一個重要的里程碑，標誌着我們致力教育及扶植年輕一代的決心。對於大家持續的支持和合作，我深表感激，亦期待未來能一起取得更大的成就。

主席的話 From Our Chair

As we celebrate LEAP's 30th anniversary in 2024, I am excited to welcome you to our Autumn newsletter.

In June, we hosted a forum titled "Life Education in a New Era: Equipping Children and Youth with Skills for Life through Social & Emotional Learning (SEL)." This event brought together educators and partners to discuss the importance of SEL for positive youth development. LEAP also launched a comprehensive SEL programme in the new academic year.

Reflecting on the challenges faced by our young people, particularly the troubling rise in vaping linked to "space oil", we recognise the serious health risks involved. In response, we have included vital information about the dangers of vaping in our programme materials, emphasising the importance of education and awareness.

Throughout this year, we have continued to receive steadfast support from Swire, Cathay, the Hong Kong Jockey Club Charities Trust, the Education Bureau, the Narcotics Division of the Security Bureau, and the Tobacco and Alcohol Control Office of the Department of Health. I would also like to thank other sponsors and supporters including Eastern Worldwide, Sun Hing, Orient Trucking, RSM, Dah Chong Hong, Mr Andy Lau and Ms Vivienne Tam, for their meaningful contributions to our mission.

This year has been a significant milestone, reflecting our dedication to educating and empowering children and youth. I am deeply grateful for your continued support and partnership, and I look forward to seeing what we can achieve together in the coming years.

主要贊助商的話 From Our Major Sponsor

太古集團自 1994 年起以香港主要贊助商的身份支持 LEAP。經過多年發展，LEAP 已演變成教育系統中一個不可或缺且備受尊重的機構，讓數以千計的兒童及年輕人掌握必要的生活技能和知識，使他們做出明智、正面的抉擇。

適逢今年是 LEAP 成立 30 周年，我們祝賀 LEAP 在推廣健康意識和預防教育方面持續取得成功。我對 LEAP 的未來發展感到興奮，期待 LEAP 繼續透過創新課程，促進年輕人的正面成長，以應對當前的社會挑戰。

太古集團紮根香港逾 150 年，一直致力回饋孕育我們成長的社會。我們透過與 LEAP 的合作，竭力培育兒童成為健康自信的年輕人，裝備他們為社會作出有意義的貢獻，為香港創造更美好的將來。我們將繼續攜手努力，積極啟發下一代。

Since 1994, Swire has proudly supported LEAP as a major sponsor in Hong Kong. Over the years, LEAP has evolved into a vital and respected part of the education system, empowering thousands of children and young people with the essential life skills and knowledge they need to make informed, positive choices.

This year marks LEAP's 30th anniversary, and we congratulate the organisation on its continued success in promoting health awareness and preventive education. I am excited about LEAP's future and its commitment to addressing social challenges through innovative programmes that support the development of our young people.

Having done business in Hong Kong for over 150 years, Swire remains committed to giving back to the community that has supported its growth. Through our partnership with LEAP, we are investing in a brighter future for Hong Kong by helping children become confident, healthy young adults prepared to contribute meaningfully to our society. Together, we can create a positive impact that will resonate for generations to come.



白德利先生
太古股份有限公司主席
Guy Bradley
Chairman, Swire Pacific
Limited

我們的使命 Our Mission

透過健康為本的預防教育課程，裝備兒童及年青人生活技能和知識，讓他們做出正面及明智的抉擇。

To equip children and young people with essential life skills and knowledge to make informed and positive choices through preventive health-based education programmes.



關於我們 About LEAP

Established in 1994, Life Education Activity Programme (LEAP) is a registered charity dedicated to providing internationally recognised preventive health-based education programmes for students in kindergarten, primary, secondary, and special needs education. Our initiatives are endorsed by the Education Bureau, the Narcotics Division of the Security Bureau, and the Tobacco and Alcohol Control Office of the Department of Health. The Honourable John Lee Ka-Chiu, GBM, SBS, PDSM, PMSM, the Chief Executive of the Hong Kong SAR, is our patron.

The first Life Education Centre was established by the Reverend Ted Noffs in Sydney in 1979. Since then, the concept has flourished, extending its reach across Australia and internationally. Today Life Education operates in Barbados, Cyprus, Finland, Hong Kong, Hungary, Macau, New Zealand, the UK, and the USA.

At LEAP, we are dedicated to equipping students with vital life skills and knowledge that empower them to make informed, positive choices. Our comprehensive curriculum is built around three key focus areas:

- 1. Physical Health:** Encouraging fitness and overall well-being.
- 2. Social and Emotional Well-being:** Cultivating healthy relationships and emotional resilience.
- 3. Personal Safety:** Promoting awareness and strategies for safeguarding oneself.

These areas of focus work together to foster a holistic understanding of health and well-being.

For 30 years, LEAP has delivered its Primary Programme through specially designed mobile classrooms that traverse the territory, offering a unique learning experience. Equipped with state-of-the-art technology, the classrooms create a relaxed and intimate environment conducive to children's enjoyment and open discussion.

Currently, LEAP operates a fleet of nine mobile classrooms along with a Static Centre located at its headquarters in Lai Yiu. All facilities are outfitted with Augmented Reality (AR) and Kinect technologies, ensuring students engage in a dynamic learning experience that seamlessly integrates technology, enjoyment, and valuable knowledge.

LEAP also runs a Secondary Programme, a Special Needs Programme and a Parent Programme aimed at equipping parents with knowledge and parenting skills to help their children establish correct values.

LEAP has proudly achieved its strategic goal of reaching 25% of the primary and 10% of the secondary student populations in Hong Kong. We remain dedicated to expanding our reach, aiming to deliver our programmes to even more children and young people in the future.

生活教育活動計劃於 1994 年在香港成立，是一間註冊慈善機構，專為幼稚園、小學、中學以及特殊教育學生提供一套國際認可的健康生活及預防教育課程。課程獲教育局、保安局禁毒處及衛生控煙酒辦公室的認可，香港特別行政區行政長官李家超先生亦是 LEAP 的贊助人。

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遍及巴巴多斯、塞浦路斯、芬蘭、香港、匈牙利、澳門、新西蘭、英國和美國等地。

LEAP 致力為兒童及年輕人提供健康為本的預防教育課程，賦予學生做出更安全、更明智的抉擇能力。預防教育內容分為三大範疇：

- 1. 身體健康**——推廣強健體格及全面的身體健康；
- 2. 社交及情緒健康**——建立在日常生活中的解難及抗逆能力，培養健康的人際關係
- 3. 人身安全**——提高安全意識及保護自身的技巧。

這幾個範疇結合成達至全人健康的了解及認知。

三十年來，LEAP 以設計獨特之的流動課室，將生活教育課程帶進全港各區的小學，流動課室的配備完善，為學生營造輕鬆愉快的學習環境，讓他們享受和投入課堂討論。

LEAP 現有九所流動教室和一所位於麗瑤邨的固定教育中心。LEAP 亦已將擴增實境 (AR) 和體感 (Kinect) 技術引入所有教室，讓學生享受結合技術、樂趣和知識的嶄新學習體驗。

LEAP 亦為中學、特殊教育學校及家長提供服務，裝備家長育兒知識及技巧，幫助他們培育子女正面價值觀和態度。

LEAP 每年服務全港百分之二十五的小學生以及百分之十的中學生，我們致力讓更多學生受惠於 LEAP 的課程，並會一直朝著實現這個目標而努力。

社交及情緒學習的重要性

Understanding the Importance of Social and Emotional Learning



在當今瞬息萬變的社會中，裝備學生掌握實用的生活技能變得異常重要。社會日漸關注學生全人發展，這正正是社交和情緒學習 (SEL) 發揮重要作用的時刻。SEL 不僅提升學生的情緒管理和社交技能，也為他們的學業和人際關係奠定成功基礎。

社交及情緒學習需要日漸提高

近年香港學生精神健康問題備受關注，尤其是新冠疫情對兒童及青少年的社交及情緒健康所造成的影響逐漸浮現，有研究亦證實愈來愈多年輕人患有抑鬱及焦慮等問題。此外，香港青年協會進行的一項調查顯示，超過一半的受訪者表現出抑鬱症狀，大部分受訪者的壓力亦屬偏高水平。種種數據顯示，學校急需要引入 SEL 課程，以應對這些迫在眉睫的社交和情緒挑戰。

社交及情緒學習對學生的正面影響

全面推行 SEL 課程會為教育環境帶來正面的改變。不少大型研究指出，完善的 SEL 課程能有效改善學生的社交情緒健康及學習成效，當中一個來自 53 個國家的 50 多萬學生的研究亦顯示，有參與 SEL 課程的學校，學生人際關係技巧有所提升，整體學校氣氛得到改善，學業成績更顯著提高。

社交及情緒學習的好處

國際的研究指出 SEL 課程可以為學生帶來以下好處：

改善情緒健康： 加強情緒教育有效減低學生焦慮、抑鬱和自殺傾向。

改善人際關係： 參與 SEL 計劃的學校表示，霸凌和騷擾事件有所減少，促進了學校關愛文化。

提升學習成績： 研究指學生參與 SEL 活動後，學習成績平均提高了 5-11 個百分比。

提高就業機會： 透過培養決策力和解決問題能力，學生可以更好地裝備自己，面對職場的複雜性及挑戰。

In today's rapidly changing world, equipping students with essential life skills has become crucial. This focus on holistic development is where Social and Emotional Learning (SEL) plays a vital role. SEL not only enhances students' emotional intelligence and social skills, but also establishes a foundation for their academic and social success.

The Growing Need for SEL

The mental health landscape for children and adolescents is concerning, particularly in the aftermath of the pandemic. Research indicates troubling increases in depression and anxiety among youth. Furthermore, a survey conducted by the Hong Kong Federation of Youth Groups revealed that over half of the participants exhibited symptoms of depression, with many reporting elevated stress levels. These statistics underscore the urgent need for schools to integrate SEL initiatives into their curricula to address these pressing emotional and social challenges.

The Impact of SEL on Students

Implementing comprehensive SEL programmes can lead to transformative benefits within educational environments. Meta-analyses demonstrate that well-structured SEL programmes improve both psychosocial well-being and academic outcomes. For example, analysis of research studies involving over 500,000 students across 53 countries showed that those engaged in SEL programmes reported enhanced relationship skills, improved school climate, and greater academic achievement.

Core Benefits of Social and Emotional Learning

Research conducted across many countries in the world shows that SEL offers significant advantages, including:

Enhanced Emotional Well-being:

A focus on emotional education leads to notable reductions in anxiety, depression, and suicidal tendencies.

Improved Social Behaviour:

Schools that adopt SEL programmes report decreased rates of bullying and harassment, promoting a more compassionate school culture.

Academic Growth:

Studies demonstrate an average increase of 5-11% in grade point averages for students involved in SEL efforts.

Increased Employability:

By nurturing critical decision-making and problem-solving skills, students become better prepared for the complexities of modern workplaces.



Helen Cahill

澳洲墨爾本大學教育學系 榮譽教授
Emeritus Professor, Faculty of Education,
The University of Melbourne, Australia

Helen Cahill 教授領導一個針對兒童及青少年身心健康的研究團隊，她策劃的課程包括教師發展、學生心聲、抗暴力、社交及情緒學習、性別權益、性教育、愛滋病預防及藥物教育等，提供予澳洲當地、亞太區以及東、南非地區的小學和中學廣泛使用。

她的專長是在健全健康教育裡運用協作式學習策略，以協助年青人改善人際關係。她曾經發表的百篇學術論文中，其中包括四十篇有關學校和社區的預防性健康教育。

Professor Helen Cahill leads a body of research addressing child and youth well-being. She has developed a number of teacher development, student voice, violence-reduction, social and emotional learning, gender rights, sexuality, HIV prevention and drug education programmes for use in schools in Australia, as well as many countries in the Asia-Pacific and East and Southern Africa regions. She specialises in the use of participatory methods which bring young people into relationship with each other. She is the lead author of over 100 academic publications, and over 40 well-being education programmes.

推廣全面的社交及情緒學習

LEAP 深明教育界對有系統的 SEL 課程的需求，我們很高興能邀請澳洲推行校本社交情緒及身心健康教育的先驅—Helen Cahill 教授合作，開發全面的「社交及情緒學習」課程系列。LEAP SEL 課程由六個配合不同年齡學生需要的主題組成，旨在培養實用的社交和情緒學習能力：

- 課題一：情緒認知** – 幫助學生認識自己和他人的情緒，並了解他們的經歷如何引起不同的情緒。
- 課題二：個人特質及價值觀** – 肯定學生的內在強項和特質，鼓勵他們善待他人，養成正面的行為。
- 課題三：人際關係** – 促進發展朋輩間的互相支持，培養合適的轉介和尋求幫助的能力。
- 課題四：抗逆力** – 裝備學生有效應對挑戰和逆境的策略。
- 課題五：欺凌的處理** – 培養對受害者的同理心、見義勇為，以及分辨正面及負面的朋輩壓力。
- 課題六：尋求協助** – 讓學生能夠在需要時主動尋求協助。

LEAP 的「社交及情緒學習」(SEL) 課程系列包含以下四大元素 (SAFE)：

- 循序漸進：** 提供連結和協調的學習課程，促進技能發展；
- 積極參與：** 以協作學習模式鼓勵參與，令學生容易掌握技能；
- 專注聚焦：** 包含明確強調發展個人和社交技能的活動；
- 直接明確：** 針對特定的社交和情緒技能，提供課程，目標明確。

透過將 SEL 元素引入正規教育環境中，學校不僅能提高學生學業成就，更有效增強學生個人成長和抗逆力。我們邀請所有學校參與這趟變革之旅，透過全面而有系統的 SEL 課程，提高學生的社交及情緒健康。讓我們一同幫助學生在個人發展和學習上更進一步，裝備他們為人生豐盛未來做好準備。

Introducing a Comprehensive SEL Programme

Recognising the need for structured SEL initiatives, LEAP is excited to collaborate with Emeritus Professor Helen Cahill, a pioneer of school-based Social and Emotional Learning (SEL) from Australia, to develop a comprehensive set of SEL programmes. The LEAP SEL Programme consists of six age-appropriate topics designed to develop crucial social and emotional learning capabilities:

- 1. Emotional Awareness:** Students learn to recognise their own and others' emotions and understand how experiences can trigger these feelings. This leads to growth in self-awareness and empathy for others.
- 2. Personal and Cultural Strengths:** This topic encourages students to acknowledge their core values and character strengths and engage in positive behaviour towards others.
- 3. Relationship Skills:** Students develop friendship and peer support skills. This helps them to develop support networks and get along well with others.
- 4. Resilience Skills:** Students learn strategies to help them to manage stress and cope in positive ways with challenges and adverse situations.
- 5. Bullying Prevention Skills:** Students learn empathy for victims and develop skills to provide peer support and resist negative forms of peer pressure.
- 6. Help-Seeking Skills:** Students develop the knowledge and skills needed to assess when to help-seek for themselves or others, and develop the confidence to reach out for support when necessary.

LEAP's SEL Programmes are designed on the following principles:

Sequenced: Connected and coordinated activities to foster skill development.

Focused: Activities that focus on the development of personal and social skills relevant to developmental stages and context.

Active: Engaging and participatory learning methods to help students master new skills.

Explicit: Targeting specific social and emotional skills.

By incorporating these principles of social and emotional learning into educational environments, we can create a nurturing atmosphere that not only supports academic achievement but also promotes personal growth and resilience. We invite all educational institutions to embark on this transformative journey, enhancing the well-being and success of students through comprehensive SEL. Together, we can empower our students to thrive both personally and academically, preparing them for a rich future beyond the classroom.

慶祝 LEAP 30 年：透過全新課程及身心健康項目 扶植香港兒童及青少年發展 Celebrating 30 Years of LEAP: Empowering Hong Kong's Children and Young People through New Programmes and Health & Wellness Initiatives

隨著 2024 年即將結束，LEAP 回顧這充滿變革的一年，標誌著我們在香港服務兒童與青少年的 30 年里程碑。在這一年我們推出了多項重要項目，以回應現今年輕一代的需要。主要重點包括：

As 2024 draws to a close, LEAP looks back with pride at a transformative year that marks 30 years of dedicated service to children and young people in Hong Kong. This anniversary year has been characterised by significant initiatives aimed at addressing the evolving needs of the younger generation. Key highlights include:



「身心健康家校同行」項目 Health and Wellness Campaign

因應青少年自殺率上升的情況而設計一系列活動，包括在校園內的宣傳、遊戲攤位、講座、靜觀練習及家長工作坊。項目其後成功延伸至公眾層面，推動社區人士在身心健康方面的對話。

Launched in response to rising youth suicide rates, this campaign included outreach in schools, featuring game booths, talks, mindfulness practices, and parental workshops. The initiative successfully transitioned to public events, fostering community dialogue around the importance of holistic well-being.



生活教育研討會 Forum on Life Education

『生活教育新「細」代：為兒童和青少年裝備一生受用的社交及情緒技能』研討會於 2024 年 6 月舉行。活動匯聚超過 100 位專家、學者、志同道合的機構及持份者，探討社交及情緒學習 (SEL) 作為 21 世紀青少年正向發展必要技能的重要性。研討會更提供實務工作坊予教育工作者，裝備他們能有策略性地提升自身及學生的身心健康。

This landmark forum, titled "Life Education in a New Era: Equipping Children and Youth with Skills for Life through Social & Emotional Learning", was held in June 2024. The event gathered over 100 experts, academics, like-minded organisations, and stakeholders to discuss the importance of social and emotional learning (SEL) as essential 21st-century skills for positive youth development. Practical workshops offered at the forum equipped educators with strategies to enhance the well-being of both students and teachers.



研究與發展 Research and Development

LEAP 進行了一項綜合研究，透過問卷調查及與學生、家長和教師的訪談，深入了解兒童的社交和情緒需求。研究所得對於制定針對性的預防教育起了重要作用。

LEAP conducted a comprehensive research project involving surveys and interviews with students, parents, and teachers to better understand the social and emotional needs of children. Insights gained from this research have been instrumental in tailoring new preventive education programmes.



全新預防教育課程 New Preventive Education Programmes

為應對後疫情時代的挑戰以及現今兒童和青少年不斷轉變的需求，LEAP 推出了網絡安全和性教育等新課程。另外，全新社交及情緒學習 (SEL) 課程亦已開始分階段推出，針對學生、家長和教師的需要，為未來覆蓋學校和家庭的支援工作建立穩固的基礎，讓更多學童受惠。

In response to post-pandemic challenges and the evolving needs of children and youth, LEAP introduced new initiatives, including Cyber Safety and Sex Education programmes. The phased rollout of SEL programmes for students, parents, and teachers began, establishing a solid foundation for future support that connects schools and families to benefit students.



公眾互動 Public Engagement

今年 LEAP 的活動以在利東街舉辦的「身心健康日」畫下完美句號。透過互動遊戲，將身心健康的概念擴展至社區，提升大眾關注身心健康的重要性。

The year concluded with a successful public event at Lee Tung Avenue aimed at broadening the reach of the Health & Wellness campaign, featuring engaging activities and raising awareness about the importance of holistic well-being.



家長支援 Support for Parents

除了既有的情緒支援及禁毒講座外，針對幫助子女面對升中過渡期挑戰的講座亦備受好評，凸顯 LEAP 致力協助家長為子女提供更佳支援的承諾。

In addition to previous talks on emotional support and drug prevention, a highly regarded session focusing on the challenges of transitioning from primary to secondary school has prompted plans for future similar events, underscoring LEAP's commitment to helping parents provide better support for their children.



回顧過去一年，LEAP 充滿幹勁的團隊，繼續致力裝備年輕一代生活技能和知識，同時擴展服務範圍，在未來歲月中幫助更多香港兒童及青少年。

As LEAP reflects on the past year, the organisation is energised and committed to continuing its mission of equipping young people with essential life skills and knowledge, while extending its reach to positively impact more young people in Hong Kong in the years to come.

「太空油」的危害 The Dangers of "Space Oil"



近年香港兒童和青少年濫用「太空油」有增加趨勢，對公眾健康構成嚴重挑戰。為了有效地應對，認識相關風險並採取防範措施變得至關重要。

「太空油」是指一種含有依托咪酯 (etomidate) 的物質，而依托咪酯是一種用於麻醉和鎮靜的藥物，屬於第一部毒藥*，僅可由專業醫療人員合法處方。這種物質不時被濫用，與有害添加劑混合，以增強對年輕使用者的吸引力。「太空油」的吸食方法主要是通過電子煙，會令人誤以為安全，導致年輕人低估其對健康嚴重的禍害。

「太空油」的主要成分依托咪酯及可能含有的混合物例如大麻或氯胺酮，都會導致嚴重的身體和心理傷害。吸食者有機會喪失記憶、癲癇發作、失去意識，甚至在極端情況下死亡。此外，年輕人可能會對這些物質產生心理依賴，導致上癮，亦增加濫用其他非法藥物的風險。

以「太空油」的形式非法供應和使用依托咪酯，也會帶來嚴重法律後果。自 2023 年開始，香港警務處及海關公布，與「太空油」相關的逮捕案件不斷上升，針對此趨勢，政府正在草議將依托咪酯列為《危險藥物條例》下的受管制物質，對擁有、販賣或使用「太空油」引入包括監禁等嚴厲的懲罰。

LEAP 深知打擊濫用藥物的最有效方法在於提高公眾關注及積極推行預防教育，因此，我們更新了相關課程內容，詳細介紹「太空油」對身體的危害及濫藥的廣泛影響等重要信息。透過在安全的環境中開放討論，我們希望裝備兒童和青少年所需的知識和技能，使他們能夠做出明智的選擇，並對有害物質堅定地說「不」。

The rise of "space oil" as a popular substance among children and young people in Hong Kong poses a critical public health challenge. To effectively combat this issue, it is essential to understand the risks associated with this drug and how to prevent its misuse.

"Space oil" is a liquid containing etomidate, a potent anaesthetic that is legally prescribed only by medical professionals*. This substance is being misappropriated, often mixed with harmful additives that enhance its allure for young users. "Space oil" is primarily inhaled through electronic cigarettes, which can obscure its dangerous effects, luring users into a false sense of security and causing young people to underestimate its serious health risks.

The primary ingredient, etomidate, along with potential mixers such as cannabis or ketamine, can lead to significant physical and psychological harm. Users may suffer from memory loss, seizures, unconsciousness, and, in extreme cases, death. Furthermore, there is a considerable risk of addiction, as young individuals may develop a reliance on these substances, which can lead to a cycle of abuse and experimentation with other illicit drugs.

The illegal supply and use of etomidate, particularly in the form of "space oil," also have serious legal consequences. Since 2023, both the Hong Kong Police Force and the Customs and Excise Department have reported an increase in arrests related to this substance. In response, the government proposes that etomidate be classified as a controlled substance under the Dangerous Drugs Ordinance, with severe penalties, including imprisonment, for the possession, trafficking, or use of "space oil."

At LEAP, we recognise that education and awareness are our strongest allies in the fight against substance abuse. Our updated programme materials now include critical information about the dangers of "space oil," including warning signs of misuse and the broader implications of drug experimentation. By promoting open discussions in a supportive environment, we aim to empower children and young people with the knowledge and skills they need to make informed choices and confidently say "no" to harmful substances.

*《藥劑業及毒藥規例》(第 138A 章)

*Pharmacy and Poisons Regulations (Cap. 138)

LEAP 賣旗日 2024：風雨下的善舉

LEAP Flag Day 2024: A Resilient Show of Community Spirit

LEAP 賣旗日在 10 月 26 日三號颱風訊號懸掛下順利完成，1600 多位來自不同背景的个人、團體義工，以及 18 間學校的學生冒著風雨賣旗，展現了眾人對 LEAP 使命的支持。

多得捐款者的慷慨捐助以及義工們的努力不懈，為我們籌得善款。每面賣出的旗紙不僅代表一份捐款者的心意，還代表著我們為香港年輕人提供健康生活及預防教育的承諾。在此衷心感謝所有參與今年賣旗日的朋友！

賣旗日 2024—金旗認捐活動將於 12 月 15 日截止，請把握最後機會，登入 leap.org.hk 網上認捐金旗，支持這項富有意義的活動，我們將在下一期的通訊鳴謝所有捐款者和支持者。

LEAP's Flag Day, held on 26 October despite the challenges posed by Typhoon Signal No. 3, showcased the unwavering spirit of our community. Over 1,600 dedicated volunteers, including individuals, groups from various backgrounds, and students from 18 schools, braved the weather to sell flags, demonstrating their commitment to supporting our cause.

We would like to express our gratitude for the generous contributions from our donors and supporters and the resilience of our volunteers. Every flag sold represents not just a donation but a commitment to providing essential health-based, preventive education programmes for the young people of Hong Kong. Thank you to everyone who participated in this year's Flag Day!

Please note that the Gold Flag donation campaign for Flag Day 2024 is open until 15 December. Don't miss the opportunity to support this meaningful cause by donating online at leap.org.hk. All donors and supporters will be acknowledged in the next issue of our newsletter.



永遠懷念 In Memoriam: Philip McKenzie Hilliard (1950 - 2024)

我們懷着沉重的心情公告，珍愛的 LEAP 董事局成員 Philip McKenzie Hilliard 於 2024 年 7 月 24 日在澳洲墨爾本因病離世。

自 1994 年 LEAP 成立以來，Philip 一直為 LEAP 作出無私奉獻，是本會的中流砥柱。作為服務時間最長的董事局成員及司庫，他為本會提供寶貴的財務管理建議，指引 LEAP 的發展策略。30 年過去，LEAP 已由最初只有一架流動教室，服務來自 18 間學校的 8000 學生，發展成今時今日備有九所流動教室和一所位於麗瑤邨的固定教育中心，每年服務超過十萬名來自 300 間學校（包括特殊教育）的學生。

作為一位熱心的預防教育倡導者，Philip 深信只有賦予孩子們生活所需的技能及知識，方可幫助他們應對人生的各樣挑戰。他的遠見及對本會使命的承諾，為 LEAP 及我們所服務的無數生命留下不可多得的印記。

LEAP 的所有成員都將深深懷念 Philip 的奉獻精神及對本會堅定不移的支持和指導。我們懷念他的同時，亦會延續他的使命，為孩子的生命創造恆久而正面的影響，願他安息。

With heavy hearts we announce the passing of Philip McKenzie Hilliard, a cherished LEAP Board Director, who left us on 24 July in Melbourne after battling a serious illness.

Philip was a fundamental pillar of LEAP, dedicating his expertise and passion to our mission since our inception in 1994. As the longest-serving Board Director and LEAP's Treasurer, he provided invaluable strategic guidance, particularly in financial management, which has been instrumental in our growth. Over the past 30 years, LEAP has expanded from a single mobile classroom serving 16 schools and 8,000 children to a network of 9 mobile classrooms and a static centre, now serving over 300 schools and 100,000 children annually, including many with special needs.

A passionate advocate for preventive education, Philip firmly believed in empowering children with essential life skills and knowledge to help them navigate life's challenges. His vision and commitment to our cause have left an indelible mark on both LEAP and the countless lives we serve.

Philip's remarkable spirit, unwavering support, and mentorship will be deeply missed by all of us at LEAP. As we remember his legacy, we are inspired to continue his mission of making a lasting positive impact on the lives of children. May he rest in peace.

「色彩躍你跑」及嘉年華 “LEAP Into Colour” Run & Carnival

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Organiser



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1KM
3KM
10KM



2025
02.23
(SUN | 日)



重要消息！原定於 11 月 24 日（星期日）在太平山頂舉行的「色彩躍你跑」及嘉年華，現改為 2025 年 2 月 23 日（星期日）移師到科學園舉行。

「色彩躍你跑」得到國泰贊助，它不只是一項賽跑，更是一個支援兒童及青少年情緒健康、充滿活力的慈善活動。近年學童自殺率上升及有年輕化趨勢，令人心痛，我們會將籌得的善款用於提供相關預防教育課程，在此呼籲各界踴躍參與，讓我們攜手為年輕一代的情緒健康出力！

此次活動宣揚接納及擁抱自己情緒的重要。我們以「色彩」比喻情緒，不同色彩好比情緒中的喜、怒、哀、樂，每種情緒都有其獨特色彩，都是完整生命中不可或缺的一部分。

一起參與，帶來改變

我們誠邀所有 LEAP 之友、其家人和朋友一起參與！慈善跑設 10 公里挑戰賽及 3 公里挑戰賽兩個計時組別，以及適合親子的 1 公里哈樂障礙跑。活動特設「色彩造型設計比賽」，呼籲大家一同發揮創意，以五彩繽紛而獨特的打扮，表達你的情緒和感受，優勝者將可獲得獎勵。

1 公里哈樂障礙跑將設有充滿樂趣的小挑戰，玩樂之餘學習擁抱情緒，萬勿錯過的還有以 LEAP 身心健康教練長頸鹿哈樂為主題的「哈樂繪畫比賽」，以及其他精彩的攤位遊戲，相信任何年齡層的人士都能享受一個愉快的周日。

參加「色彩躍你跑」及嘉年華為年輕一代籌款之餘，還有機會贏取國泰送出國泰航空機票和其他豐富獎品！讓我們攜手為下一代帶來色彩和希望。請立即報名，2025 年 2 月 23 日科學園見！

立即報名



leapintocolour.com

We have important news regarding the highly anticipated “LEAP Into Colour” Run & Carnival. Originally scheduled for November 2024 at the Peak, the event will now take place on Sunday, 23 February 2025, at the Hong Kong Science Park.

LEAP Into Colour is not just a run; it's a vibrant charity event dedicated to supporting the emotional health of young people. Sponsored by Cathay, we aim to raise essential funds to tackle the troubling rise in student suicides in Hong Kong, particularly among younger age groups. Together, we can promote emotional well-being through preventive education, benefiting countless children.

This event is all about acknowledging and embracing our emotions. We believe that colours can symbolise the wide range of feelings we experience—joy, anger, sadness, and happiness—each representing a vital aspect of a fulfilling life.

Join Us in Making a Difference!

We invite all friends of LEAP and their families to join us. The charity run offers both a 10 km and a 3 km Challenge (timed), as well as a 1 km Harold's Obstacle Run, perfect for families or individuals. Popular activities include the “Colours of Emotions” Dress Up Competition, encouraging participants to showcase their creativity by personalising the event t-shirts with unique colours and designs that express their emotions. Exciting prizes await the most imaginative entries!

Participants in the 1 km Harold's Obstacle Run can enjoy playful activities while embracing the spirit of the event. Don't miss the “Harold Drawing Competition,” inspired by LEAP's health & wellness coach, Harold the Giraffe, along with a variety of fun booth games that guarantee enjoyment for all ages.

Taking part in the “LEAP Into Colour” Run & Carnival not only gives you an opportunity to contribute to a vital cause but also a chance to win exciting airline tickets sponsored by Cathay and other prizes! Let's join hands to bring colour and hope to the next generation. Mark your calendars for 23 February at the Science Park - we look forward to seeing you there!

支持 2025「哈樂利是」籌款活動 "Spare a Lai-See" Fundraising Campaign 2025

「哈樂利是」籌款活動 2025 即將舉行！上一屆的「哈樂利是」共有 33 間本地及國際學校踴躍參加，成功地籌得超過港幣 27 萬元，2025 年 2 月我們希望邀請更多學校參與！

每年的 LEAP「哈樂利是」籌款活動，旨在鼓勵學生們在農曆新年捐贈一封利是錢，及附上他們的心聲，藉此讓他們從小接觸社會責任這課題。

衷心感謝上屆所有參與學校的家長、學生及教職人員的慷慨捐助，你們的付出成就了此善舉，亦為其他學生帶來深遠的影響。

今次，LEAP 將安排吉祥物哈樂到訪更多學校，以帶動更多學生參與這項別具意義的籌款活動。為鼓勵學校及同學們參與，此活動設有「最踴躍參與學校獎」、「最高參與率學校獎」、「最高籌款額獎」及「長期支持學校獎」，以表揚學校的支持。

請踴躍參加，支持本會的教育使命和工作，推廣學生的身心健康及全面發展。

如有任何查詢，歡迎致電 2530 0018 與林小姐聯絡。



We are excited to launch the "Spare a Lai-See" Fundraising Campaign for 2025! Following the success of last year's campaign, when we raised over HK\$270,000 with the enthusiastic support of 33 local and international schools, we invite even more schools to join us in February 2025.

LEAP's annual Lai See Project encourages children to donate one of their lai-see packets at Chinese New Year, as well as to send us their own messages, helping them to understand about social responsibility at an early age.

A heartfelt thank you to all the parents, students, and staff from the participating schools who made last year's campaign a resounding success. Your generosity has made a significant impact on the lives of many students.

This year, we are delighted to announce that LEAP's favourite mascot, Harold the Giraffe, will be visiting schools to inspire and engage students in this important cause. We have introduced exciting awards including the "Most Supportive School," "Most Generous School," "Most Outstanding Fundraising School," and a "Loyalty Award" to recognise and celebrate your contribution.

Let's come together once again to support LEAP's programmes that promote student holistic development and well-being.

For more information and to get involved, please contact Ms Anita Lim on 2530 0018.

捐款表格 Donation Form

網上捐款 Online Donation

(Visa、Mastercard、中國銀聯、美國運通、發現卡、轉數快、支付寶香港及八達通)
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leap.org.hk/cdonation

劃線支票 Crossed Cheque

HK\$ _____

抬頭請註明「生活教育活動計劃」及連同此表格郵寄回 LEAP。Please make cheque payable to "Life Education Activity Programme" and mail together with this form to us.

直接銀行存款 Direct Bank Deposit

HK\$ _____

- 恆生銀行戶口 Hang Seng Bank: 289-160103-002
- 匯豐銀行戶口 HSBC: 582-240628-001

聯絡資料 Contact Information

請填寫以下資料以用於發放捐款收據、禮品送遞及傳遞本機構資訊。如不欲收取生活教育活動計劃的資料，請與我們聯絡。

Please provide the following information for the issuance of donation receipts, the delivery of gifts, and receiving updates for LEAP. If you do not wish to receive information from LEAP, please contact us.

姓名 Name _____ 先生 / 女士 Mr / Ms

機構名稱 Organisation _____

地址 Address _____

電話 Tel _____

電郵 Email _____

請選擇下列適用者 Please ✓ the appropriate box:

- 請寄回正式收據。Please send me / us an official receipt.
- 為幫助節省行政開支，本人 / 機構毋需收據。To help save administrative costs, I / we do not need a receipt.

備註 Note:

將此表格連同支票 / 銀行存款收據交回 LEAP。

Please return this form along with the cheque / bank deposit slip to LEAP.

📍 新界葵涌麗瑤邨樂瑤樓地下 107-113 室
Units 107- 113, G/F, Lok Yiu House,
Lai Yiu Estate, Kwai Chung, NT, HK

☎ 2530 0018

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✉ leap@leap.org.hk

鳴謝

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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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Fung Kai No. 1 Primary School
Hong Kong Aircraft Engineering Company Limited
Ma Tau Chung Government Primary School (Hung Hom Bay)
SKH Holy Cross Primary School
The Hong Kong Chinese Christian Churches Union Logos Academy
Tun Yu School
Y.O.T. Tin Ka Ping Primary School

鳴謝以下學校參與哈樂利是 2024 籌款活動 For their generous support of Spare a Lai-See Project 2024

大坑東宣道小學
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香港道教聯合會純陽小學
漢華中學 (小學部)
香港道教聯合會雲泉學校
茵維特 (香港) 學校
聖公會柴灣聖米迦勒小學
聖公會奉基小學
聖公會慈光堂聖匠幼稚園
聖公會慈光堂聖匠幼稚園 (分校)

Alliance Primary School (Tai Hang Tung)
Baptist (Shatin Wai) Lui Ming Choi Primary School
Buddhist Lam Bing Yim Memorial School
C.C.C. Kei Wan Primary School (Aldrich Bay)
Chan Sui Ki (La Salle) Primary School
Chan's Creative Primary School
Creative Primary School
ELCHK Lutheran Academy
Fung Kai No.1 Primary School
HKTA Shun Yeung Primary School
Hon Wah College (Primary Section)
Hong Kong Taoist Association Wun Tsuen School
Invictus School Hong Kong (TKO)
S.K.H. Chaiwan St Michael's Primary School
S.K.H. Fung Kei Primary School
S.K.H. Kindly Light Church Holy Carpenter Kindergarten Nursery
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聖公會阮鄭夢芹小學
聖士提反書院附屬小學
聖類斯中學 (小學部)
聖保羅男女中學附屬小學
太古小學
大埔浸信會公立學校
道教青松小學
基督教香港信義會深信學校
天主教聖華學校
塘尾道官立小學
惇裕學校
仁愛堂田家炳小學

S.T.F.A. Leung Kit Wah Primary School
Sacred Heart Canossian School
Salesian Yip Hon Primary School
Shak Chung Shan Memorial Catholic Primary School
SKH Yuen Chen Maun Chen Primary School
St Stephen's College Preparatory School
St. Louis School (Primary Section)
St. Paul's Co-educational College Primary School
Tai Koo Primary School
Tai Po Baptist Public School
Taoist Ching Chung Primary School
The ELCHK Faith Lutheran School
The Little Flower's Catholic Primary School
Tong Mei Road Government Primary School
Tun Yu School
Y.O.T. Tin Ka Ping Primary School

鳴謝以下單位參與 2023 港島區賣旗日 For their generous support of Flag Day Hong Kong Island 2023

Ms Cheng Sze Sze
Mr Cheung Siu Wah
Ms Vicky Cheung Wai Chi
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Ms Fung Kam Ling Louisa
Mr Hung Jimmy

Ms Lau Hoi Zee Lavinia
Ms Leung Wai Yan
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Mr Kerry McGlynn
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華仔天地
屋宇處義工隊
陳瑞祺 (喇沙) 小學
張振興抗癮書院
金文泰中學
晨曦文化教育協會有限公司
衛生署義工隊
拔萃女小學
滙務處義工隊
好易配
恒愛義工隊
香港工業總會
恒生銀行
靈實啟光學校
軒尼詩道官立小學 (銅鑼灣)
港大同學會小學
旅港開平商會學校
匡智元朗晨曦學校
香港中國婦女會中學
海關義工隊
Aberdeen Baptist Lui Ming Choi College
Agency for Volunteer Service
American International School
Andy World Club
Buildings Department Volunteer Team
Chan Sui Ki (La Salle) Primary School
Chong Gene Hang College
Clementi Secondary School
Dawn Cultural and Educational Association
Department of Health Volunteer Team
Diocesan Girls' Junior School
Drainage Services Department Volunteer Team
EasyVolunteer.hk
Eternal Love Volunteers Team
Federation of Hong Kong Industries
Hang Seng Bank
Haven Of Hope Sunnyside School
Hennessy Road Government Primary School (Causeway Bay)
HKUGA Primary School
Hoi Ping Chamber of Commerce Primary School
Hong Chi Morninglight School - Yuen Long
Hong Kong Chinese Women's Club College
Hong Kong Customs and Excise Department Volunteer Team

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勞工處義工隊
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皇仁書院
聖公會聖雅各小學
嘉諾撒聖心書院
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上海商業銀行
聖公會聖馬太小學
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匯基書院
英華女學校
You Group HK

Hong Kong Housing Authority
Hong Kong Red Cross John F. Kennedy Centre
Hong Kong Volunteers Federation
Labour Department Volunteer Team
Lai King Catholic Secondary School
MTR Corporation Limited
NetMon Information Systems Limited
Queen's College
S.K.H. St. James' Primary School
Sacred Heart Canossian College
SAHK Pak Tin Pre-school Centre
Saviour Lutheran School
Shanghai Commercial Bank
SKH Saint Matthew's Primary School
St. Paul's College - Community Youth Club
Swire Resources Limited
The Hongkong and Shanghai Banking Corporation Limited
The Jockey Club Hong Chi School
The Mental Health Association of Hong Kong Cornwall School
United Christian College
Ying Wa Girls' School
You Group HK