



Life Education  
Activity Programme  
生活教育活動計劃



跳 蹦蹦

SPRING 2025 春季

LEAPS & BOUNDS

The Newsletter of LEAP  
生活教育活動計劃 通訊

## 主席的話 From Our Chair



黃瑋彤女士  
生活教育活動計劃主席  
Patricia Hwang  
Chair, LEAP

歡迎閱讀最新一期 2025 年春季通訊！面對近年兒童及青少年自殺率和精神健康的各種挑戰，我們重申支援兒童和青少年的迫切需要。

因此，LEAP 向全港小學推行全面社交及情緒學習 (SEL) 課程。我們深信預防教育應該從年幼階段開始，透過裝備孩子們必要的生活技能及知識，能為他們的健康未來打好基礎。

此外，今年有更多學校參加「身心健康·家·校童行」活動。這項計劃包括各式互動遊戲攤位、主題講座、靜觀練習和家長工作坊，並擴展到社區層面，促進大眾對兒童和青少年全人健康的關注及參與。

今季的重點是首屆舉辦的慈善跑活動。是次活動得到國泰和眾多合作伙伴的慷慨支持，成功吸引了 1,500 名參加者！這股社區支持力量，突顯了我們對下一代情緒健康的共同承諾。

我在此衷心感謝 LEAP 的長期贊助商——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的支持。此外，我還要感謝其他贊助商及支持者，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，為 LEAP 的使命作出有意義的貢獻。

感謝大家成為 LEAP 旅程中不可或缺的一份子。期待在今年與大家繼續攜手，支持年輕一代茁壯成長、盡展潛能。

Welcome to the Spring 2025 edition of our newsletter! This year we reaffirm our commitment to supporting children and young people amidst a concerning rise in suicide rates and mental health challenges among younger age groups.

In response, we have implemented comprehensive social and emotional learning programmes for primary school students. We firmly believe that preventive education should start at a younger age, equipping our children with essential life skills to pave the way for a healthy future.

Our health and wellness campaign continues to expand its reach. This initiative with interactive game booths, informative talks, mindfulness practices, and parental workshops is successfully fostering community dialogue on the importance of holistic well-being for our children and young people.

A highlight of this spring was our inaugural charity run. Generously supported by Cathay and numerous partners, it attracted 1,500 participants! This incredible outpouring of community support underscores our collective commitment to the emotional well-being of our next generation.

I extend my heartfelt gratitude to our long-standing sponsors—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.

Thank you for being an essential part of LEAP's journey. I look forward to our continued collaboration in the coming year as we work together to support young people in thriving and reaching their full potential.

## 主要贊助商的話 From Our Major Sponsor

LEAP 自 1994 年成立以來，太古集團一直是其主要贊助商。近年，青少年面臨的精神健康挑戰日益增加，加上自殺率上升，突顯了對青少年提供全面預防教育的迫切需求。在這樣的背景下，LEAP 致力透過教育課程幫助香港學童培養抗逆力及建立健康的人際關係，實屬適時之舉，值得讚揚。

太古集團視與 LEAP 的合作為一項寶貴投資。LEAP 既促進青少年發展必要的生活技能，亦積極應對現今青少年面對的社交及情緒挑戰，太古集團能參與其中，確保社會未來的主人翁在充滿挑戰的環境中健康自信地茁壯成長，與有榮焉。

展望未來，我們必須加強合作，為孩子們創造一個更加安全和充滿關愛的成長環境。讓我們攜手共建美好將來，讓每一位青少年得以發展所長，為社會作出有意義的貢獻。

Since LEAP's inception in 1994, Swire has been its primary sponsor. In recent years, there has been an increase in the mental health challenges affecting young people – coupled with rising suicide rates – which underscore the urgent need for comprehensive preventive education. In this context, LEAP's commitment to building emotional resilience and fostering healthy relationships through educational programmes for students in Hong Kong is both timely and commendable.

Swire is proud to partner with LEAP, an organisation that promotes the development of essential life skills and addresses the significant social and emotional challenges faced by young people today. Supporting LEAP is a valuable investment in the future of our community, ensuring that children grow into healthy, confident individuals capable of flourishing despite life's challenges.

Looking ahead, it is crucial that we strengthen our collective efforts to create an even safer and more nurturing environment for our children. Let us work towards building a brighter future where every young person has the opportunity to do well and contribute meaningfully to society.



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，裝備兒童及青少年生活技能和知識，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 health-based preventive education programmes.

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署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 致力為兒童及青少年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。

這幾個範疇的結合是達成全人健康的重要元素。

三十多年來，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。流動課室的配備完善，為學生營造輕鬆愉快的學習環境，讓他們投入課堂討論。

LEAP 現有八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。

我們將繼續致力擴展服務範圍，讓更多兒童和青少年受惠於 LEAP 的課程。

## 關於我們 About LEAP

Established in 1994, Life Education Activity Programme (LEAP) is a registered charity dedicated to providing internationally recognised health-based preventive 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 over 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 eight 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.

We remain dedicated to expanding our reach, aiming to deliver our programmes to even more children and young people in the future.

## 「色彩躍你跑」— 支援兒童及青少年情緒健康 “LEAP Into Colour” – Running Together for the Emotional Health of Children and Young People



### 凝聚笑聲及影響力的一天

「色彩躍你跑」及嘉年華於 2025 年 2 月 23 日在香港科學園順利舉行，共有 1,500 人參加。面對香港學童自殺率上升及有年輕化趨勢，活動旨在喚起大眾對兒童及青少年情緒健康的關注，同時籌募善款以支持機構提供相關預防教育課程。這個由國泰贊助的慈善跑活動以「擁抱真我情緒色彩」及「以行動支援兒童及青少年情緒健康」為主題，以色彩比喻情緒的多樣性，強調情緒健康在當今社會的重要性。

### 名人匯聚，為活動揭開序幕

開幕儀式匯聚了多位知名人士，包括前精神健康諮詢委員會主席黃仁龍、金馬獎最佳女主角得主鍾雪瑩、活動大使陳家豪、鄭麗莎（「蜘蛛女 Lisa」）及紀曉瑋，聯同 LEAP 主席黃瑋珩為活動揭開序幕。

育有三名子女的黃仁龍強調，父母應學會管理自己的情緒，並為子女提供一個支持與包容的環境，讓他們能自在地表達情感。鍾雪瑩分享了透過自然環境和靜觀練習改善情緒健康的個人體會。陳家豪與鄭麗莎則講述如何與子女一起從運動中培養他們的抗逆力和疏理情緒的技巧，並呼籲大家在面對挑戰時需要保持冷靜與同理心。陳家豪亦指出，成功不應只以學業成績衡量，更重要的是有否具備堅持不懈的精神。

### A Day of Joy, Unity, and Impact

On 23 February 2025, Hong Kong Science Park came alive with energy and vibrancy as 1,500 people took part in the “LEAP Into Colour” Run & Carnival. Sponsored by Cathay, this charity event aimed to raise awareness of the emotional health of children and young people while generating funds for essential programmes that address the pressing issue of student suicides in Hong Kong. With the themes “Embrace your True Colours of Emotions” and “Take Action to Support Children and Youth Emotional Health,” the event utilised colours to represent a spectrum of emotions. This powerful symbolism highlighted the significance of emotional well-being in today’s society.

### Celebrities Launch the Event

The opening ceremony featured prominent figures, including Wong Yan Lung, former Chairman of the Advisory Committee on Mental Health, and Chung Suet Ying, Winner of a Golden Horse Best Actress Award. They joined LEAP Chair Patricia Hwang and Event Ambassadors Chan Ka Ho, Lisa Cheng (“Spider Lisa”), and Jason Kei to officially launch the festivities.

Wong, a father of three, emphasised the importance of parents managing their own emotions and providing a supportive environment for their children to express themselves. Chung shared her personal insights about the positive impact of nature and mindfulness on mental health. Chan and Lisa spoke passionately about how engaging in sports with their children fosters resilience and emotional skills, and advocated empathy and calmness during challenging moments. Chan further noted that success transcends academic performance and is rooted instead in perseverance.







## 全民同樂

當日的活動豐富多彩，吸引了不同年齡層和體能水平的參加者。跑步愛好者選擇競爭激烈的 10 公里和 3 公里挑戰賽，而親子組則參與輕鬆有趣的 1 公里哈樂開心障礙跑。在以「情緒色彩」為主題的「色彩造型設計比賽」中，參加者都盡情發揮創意，將他們的活動 T 恤或服裝改造成引人注目的藝術作品。攤位遊戲和「哈樂填色及繪畫比賽」則受一家大小歡迎；另外還有「躍進色彩比賽」考驗大家的跳躍技巧。各式各樣的活動，確保每個人都能找到自己喜歡的參與方式，為整個活動增添活力及包容的氣氛。

## 冠軍的獎項

活動最令人興奮的環節，就是 10 公里和 3 公里挑戰賽全場總冠軍的頒獎時刻。蔡泳茵和黃冠衡分別榮獲女子和男子 10 公里挑戰賽的總冠軍，各獲國泰航空來回東京商務客位機票一張。而 3 公里挑戰賽的總冠軍 Jessie Chan 和楊雋濤亦分別獲得國泰航空來回東京經濟客位機票一張。

## 社區團結起來為重要使命出力

「色彩躍你跑」及嘉年華吸引了 9 個跑步會、13 間中小學，以及一些弱勢社群的參與。除了促進社區凝聚力，亦帶出了關注個人情緒健康的重要性。這活動不單為大家帶來歡樂時光，更重要的是喚起社會各界人士對這項重要使命的支持。活動共籌得超過 32 萬港元，支持 LEAP 繼續為年輕一代提供與情緒健康相關的預防教育。活動圓滿結束，成就感與希望激勵着參加者在未來繼續支持兒童及青少年，活動的成功亦展示了眾人一起推動情緒健康的力量，而 LEAP 亦希望將這股動力延續下去！

## Fun for Everyone

The event included a diverse array of activities appealing to participants of all ages and fitness levels. Serious runners tackled the competitive 10KM and 3KM challenges, while families enjoyed the non-competitive 1KM Harold Obstacle Fun Run. Creativity shone brightly in the “Colours of Emotions” Dress Up Competition, where participants transformed their event T-shirts or outfits into striking artistic expressions. Booth games and the Harold Drawing Competition, featuring LEAP’s beloved mascot, Harold the Giraffe, captivated children and families alike. The LEAP Competition tested jumping skills, awarding prizes and encouraging playful engagement. This variety ensured that everyone found a way to connect, adding to the event’s lively and inclusive atmosphere.

## Prizes for the Champions

Heightening the excitement, the overall champions in the 10KM and 3KM challenges received Cathay Pacific airline tickets. Choi Wing Yan and Wong Kwun Hang were crowned the Overall Champions in the Women’s and Men’s 10KM challenges and were each awarded a round-trip Cathay Pacific Business Class ticket to Tokyo. In the 3KM Challenge, Jessie Chan and Yeung Chun Ho earned the title of Overall Champions and received round-trip Cathay Pacific Economy Class tickets.

## A Community United for a Crucial Cause

“LEAP Into Colour” saw participation from 9 running clubs, 13 primary and secondary schools, as well as underprivileged groups, fostering a greater sense of community and underscoring the importance of prioritising emotional health for everyone. The event was not simply a day of fun, but a resounding display of communal support for a crucial cause. With more than HK\$320,000 raised, LEAP can continue its essential work in delivering preventive education related to emotional health for the younger generation. As the event concluded, a palpable sense of accomplishment and hope filled the air, invigorating participants for future initiatives aimed at supporting the well-being of young people. The success of this event exemplifies the power of community action to promote emotional health, and LEAP looks forward to building upon this momentum in upcoming efforts.



## 2025「色彩躍你跑」及嘉年華贊助單位 Sponsors of “LEAP Into Colour” Run & Carnival 2025

國泰  
大家樂集團  
靚高皮鞋香港有限公司  
幸福醫藥黎用冠慈善基金  
GO MUSEUM  
K-clean  
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Swire Coca-Cola HK  
The “Star” Ferry Company, Limited

## LEAP 在校園推廣精神健康 LEAP's Mental Health Initiatives in Schools

自 1994 年成立以來，LEAP 一直致力提升中小學生的全人健康。我們透過為學生提供以健康為本的預防教育課程，培養他們發揮潛能，過一個充實人生。

### 「身心健康·家校童行」項目

面對近年學童自殺率上升及精神健康問題的挑戰，LEAP 於 2023 年第三季特別推出「身心健康·家校童行」項目，服務對象以小學生及其家長為主，以充滿趣味性的互動遊戲，提高他們對全人健康的意識。

Since its inception in 1994, LEAP has been dedicated to enhancing the lives of primary and secondary students by promoting holistic well-being. Our mission focuses on providing engaging health-based preventive education programmes designed to empower students to realise their full potential and lead fulfilling lives.

### Health and Wellness Campaign

In response to the alarming rise in youth suicide rates and the increasing mental health challenges faced by students in Hong Kong, LEAP launched the “Health and Wellness” campaign in the third quarter of 2023. This initiative specifically targets primary school students, offering a dynamic array of fun and interactive activities aimed at fostering a deeper understanding of holistic well-being.



### 《4Rs 精神健康約章》

#### 4Rs Mental Health Charter

教育局於 2024 年推出《4Rs 精神健康約章》，並強調促進學童精神健康的重要，這與 LEAP 的使命和工作方向一致。約章中的 4Rs 涵蓋促進精神健康的四個基本要素：休息、放鬆、人際關係和抗逆力。

**休息：**協助學生從小建立健康的生活習慣，有足夠的休息、充足的睡眠和休閒的活動。

**放鬆：**教導學生適時放鬆，關顧精神健康及懂得自我關懷。

**人際關係：**加強同儕、師生以及家長與子女之間的關係，提升聯繫感；幫助學生明白自己在不同關係的角色及其重要性，願意承擔責任並作出貢獻。

**抗逆力：**裝備學生適應生活中無可避免的壓力和挫折，教導學生以正面的態度處理情緒、應對壓力和克服困難。

LEAP's campaign aligns seamlessly with the Education Bureau's “4Rs Mental Health Charter,” introduced in 2024, which emphasises the necessity of nurturing students' mental wellness. The 4Rs in the charter stand for rest, relaxation, relationship, and resilience – identified as the four elements and objectives in fostering good mental health for students, as follows:

**Rest:** To help students develop healthy habits from a young age, such as having sufficient rest, adequate sleep and engaging in leisure activities.

**Relaxation:** To teach students to take the time to relax, take care of their mental health and practise self-compassion.

**Relationship:** To strengthen students' relationships with their peers, teachers and parents to enhance their sense of connectedness; and help students understand their roles and significance in these relationships, thereby fostering their willingness to take on responsibilities and make contributions.

**Resilience:** To equip students to adapt to the inevitable stress and setbacks in life, and teach them to handle their emotions, cope with stress and overcome difficulties with a positive attitude.



### 「校園·好精神日」活動

「校園·好精神日」活動為項目的重點，為學生提供放鬆和減壓的機會，從而提升他們的幸福和快樂感。

活動設有不同主題及形式，例如放鬆工作坊、靜觀練習、幸福感講座、身心健康攤位遊戲等，以確保每一位參加者都能找到適合自己的活動。此外，LEAP 的身心健康教練 - 哈樂亦到訪校園與學生互動，為學生打氣，締造一個充滿支持的校園環境。

### 支援家長及教師

家長及教師在推動學童精神健康上擔當着舉足輕重的角色。為了協助家長及教師為學童提供更好支援，LEAP 亦設家長工作坊，讓家長學習處理及舒緩自己及子女的情緒，並提供網上資源給老師作活動參考及跟進。

### 令人鼓舞的成績

自項目推出以來，已有 28 間學校共 12,000 位學生及 244 位家長參與「身心健康·家校童行」活動，LEAP 亦會繼續推廣此項目，鼓勵更多學校關注學童精神健康，合力培養學童積極的態度及抗逆力，建立一個更有愛心和歡樂的校園環境。

讓我們共同努力，確保精神健康是教育中關注的一環！

### Health & Wellness@School Day

A key feature of this initiative is “Health & Wellness@School Day”, which provides students with a refreshing break from academic pressures, designed to alleviate stress and enhance overall happiness.

During “Health & Wellness@School Day”, students can participate in a wide range of enriching activities, including sleep workshops, mindfulness exercises, engaging well-being talks, and game booths, ensuring there is something for everyone. Additionally, our passionate Health & Wellness Coach, LEAP’s favourite mascot, Harold the Giraffe, visits schools to encourage positive interactions and uplift students’ spirits, creating a supportive environment.

### Support for Parents and Teachers

Recognising the vital roles that parents and teachers play in promoting mental wellness, LEAP’s initiative also includes specialised workshops for parents. These sessions aim to equip them with effective strategies to manage and regulate their own emotions, as well as those of their children. To further support teachers, we provide a suite of online resources filled with valuable references for activities and follow-up discussions.

### Encouraging Progress

Since the launch of our campaign, we have successfully reached out to 28 schools, engaging approximately 12,000 students and 244 parents. We are eager to expand our outreach and invite more schools to prioritise mental health in the upcoming academic year. Together, we can foster a culture of positivity and resilience among students, creating a more nurturing and joyful school environment.

Let’s collaborate to ensure that mental wellness remains a priority in education!



## LEAP 社交及情緒學習課程獲得學校的認同 Positive Response to LEAP's SEL Programme



香港兒童和青少年精神健康問題日益受到關注，為了有效應對這些迫切挑戰，LEAP 推出了一套全面的社交及情緒學習課程 (Social and Emotional Learning)。研究顯示，有系統的 SEL 學習計劃能顯著提升學童的社會心理健康，其價值與學業成就同等重要。

在課程發展方面，LEAP 邀請了澳洲墨爾本大學教育學系榮譽教授 Helen Cahill 合作。作為澳洲推行社交情緒教育的先驅，Helen Cahill 教授致力投身廣泛的研究，編制超過 40 個關於兒童及青少年福祉的學校及社區課程，為我們的 SEL 課程提供了穩固的基礎，並按小學生成長階段的需要設計 6 個主題的課程：情緒認知、個人強項及價值觀、人際關係、提升抗逆力、欺凌的處理、求助技巧。

LEAP 從本學年參與新 SEL 課程的學校中，得到非常正面的回應，以下是幾位老師的分享：

「欣賞活動形式互動活潑，學生非常投入回應課題，有效接收到課程訊息。課題能讓學生貼身反思自己的個人特質及價值觀，學習好好運用和實踐。」

“I appreciate the lively and interactive format of the activities. Students are highly engaged in responding to the topics and effectively absorb the programme's messages. The content allows students to closely reflect on their personal traits and values, learning to apply and practise them well.”

聖公會柴灣聖米迦勒小學  
SKH Chai Wan St. Michael's Primary School

「課程設計切合學生的興趣及需要，學生懂得用不同的方法舒解情緒，用積極樂觀的態度面對困難，充滿正能量。」

“The lessons are designed in a way that students find interesting and helpful. They have learned different ways to handle their feelings and stay positive when things are tough.”

坪石天主教小學  
Ping Shek Estate Catholic Primary School

「處理欺凌的技巧有助學生適當地應對在人際關係中遇到的問題。」

“The skills for dealing with bullying help students know how to handle problems they might have with their friends appropriately.”

迦密愛禮信小學  
Carmel Alison Lam Primary School

我們誠意邀請更多學校在下個學年參與此重要項目。透過 LEAP 社交及情緒學習課程，為學童營造一個更具支持性及關愛的學校環境，讓他們更能掌握自己的情緒，建立有意義的人際關係。如需進一步資訊，請致電 2530 0018 聯絡我們。

We urge more schools to come on board with this vital initiative in the next academic year. By participating, you can contribute to creating a more supportive and enriching environment for our students, empowering them to navigate their emotional landscape and build meaningful connections. Please contact us at 2530 0018 for further information.



# LEAP 流動教室換上全新面貌！ LEAP's Mobile Classrooms Get a Fresh New Look!

流動課室一直是 LEAP 的重要舞台，令 LEAP 的預防教育課程獨一無二。各流動課室肩負著重要使命，遊走全港各區，為小學學童提供一個輕鬆的環境，讓他們身處其中能享受學習、參與討論及進行角色扮演等活動。

為了提升學習體驗，我們自去年起啟動了流動課室的更新計劃，陸續為課室換上嶄新且充滿活力的面貌。全新的設計採用明亮的色彩及吸引人的圖案，為我們的學童營造一個親切的氛圍。

大家不妨留意一下，您隨時會在城市內某一個角落遇上全新形象的 LEAP 流動課室！

LEAP's mobile classrooms are our centre stage and make our programme truly unique. These classrooms on wheels play a crucial role in delivering our Primary Programme throughout the different areas of Hong Kong, providing a relaxed environment where children can enjoy learning, participate in discussions, and engage in role-play.

To enhance the learning experience, we have initiated an exciting project to revitalise the appearance of our mobile classrooms. Since last year, we have been diligently working on giving them a fresh and vibrant makeover. The new designs feature bright colours and engaging artwork, creating an even more welcoming atmosphere for our young learners.

Keep an eye out—you might catch one of these revitalised classrooms as they journey across the territory!



## 紀念許利嘉先生的卓越貢獻 Honouring the Legacy of Philip McKenzie Hilliard



今年三月，我們舉辦了一場溫馨感人的追思活動，以紀念已故的許利嘉先生對 LEAP 的卓越貢獻。許先生由 1994 年 LEAP 成立開始至 2024 年離世期間，擔任司庫及董事一職逾三十年，在確立 LEAP 的使命方面擔當著至關重要的角色。活動當日，各前任及現任董事會成員、同事們共聚一堂，表達對許先生的由衷敬佩與深切懷念。

許利嘉先生不僅是 LEAP 的忠實支持者，更是積極提倡預防教育的先驅。他深信必須為兒童及青少年裝備關鍵的知識和技能，讓他們能自信地應對生活中的各種挑戰。他對培育下一代的承諾，在社區留下深刻的印記。

LEAP 特別將一所流動教室以許先生命名，以牌匾作紀念，並在追思活動中舉行了一個簡單而隆重的揭幕儀式。這所流動課室讓我們銘記許先生的貢獻，並作為我們委身預防教育及為兒童及青少年賦能的象徵。

我們衷心感謝所有出席並發表悼詞的每一位，以及本港及海外朋友送來的悼文；你們的參與使這次活動更具意義，亦代表了許先生對我們的深遠影響。

In a heartfelt gathering that resonated with emotion and gratitude, in March LEAP hosted a tribute event to honour the remarkable contribution of the late Philip McKenzie Hilliard to our organisation. For over 30 years, Philip served as LEAP's Treasurer and Board Director, playing an integral role in shaping LEAP's mission from its inception in 1994 until his passing in 2024. This special event brought together both past and present Board Directors and dedicated LEAPers, all united in their admiration for Philip and great sadness at his loss.

Philip was more than a devoted supporter of LEAP; he was a fervent advocate for preventive education. He firmly believed in equipping children and young people with the knowledge and skills necessary to navigate life's challenges successfully. His unwavering commitment to empowering the next generation has left an indelible mark on our community.

During the tribute event, we proudly unveiled a commemorative plaque dedicating one of our mobile classrooms in Philip's honour. This classroom will serve as a powerful reminder of his influence and the legacy he leaves behind. It will stand as a symbol of our shared commitment to preventive education and empowerment in our community.

We are immensely grateful to all who attended and shared heartfelt stories, as well as old friends who contributed from Hong Kong and overseas; your participation enriched the occasion and highlighted the profound impact Philip had on so many lives.

# 2025「哈樂利是」籌款活動 “Spare a Lai-See” Fundraising Campaign 2025

LEAP 一年一度的「哈樂利是」籌款活動向來深受學校的愛戴和支持，2025 年的活動亦早於上年 12 月展開，LEAP 吉祥物長頸鹿哈樂親身前往多間學校探訪學生，同時亦鼓勵大家每人捐出一封利是支持 LEAP 的預防教育工作。

今年共有 25 間學校參加，總共為 LEAP 籌得善款逾港幣 20 萬元。我們衷心感謝參與學校的學生、家長及老師，並特別祝賀以下獲獎學校：

## 「最高籌款額學校獎」

冠軍：聖保羅男女中學附屬小學  
亞軍：聖士提反書院附屬小學  
季軍：順德聯誼總會梁潔華小學

## 「最踴躍參與學校獎」

冠軍：聖公會仁立紀念小學  
亞軍：嘉諾撒聖心學校  
季軍：順德聯誼總會梁潔華小學

## 「最高參與率學校獎」

冠軍：陳瑞祺（喇沙）小學  
亞軍：聖公會仁立紀念小學  
季軍：順德聯誼總會梁潔華小學



LEAP's annual “Spare a Lai-See” Fundraising Campaign has always been well-loved and supported by schools over the years. The 2025 campaign began last December, with LEAP's mascot, Harold the Giraffe, visiting several schools to engage with students while encouraging everyone to donate a Chinese New Year packet to support LEAP's preventive education work.

This year, a total of 25 schools participated, raising over HK\$200,000 for LEAP. We extend our heartfelt thanks to the students, parents, and teachers from the participating schools, and we especially congratulate the following award-winning schools:

## Most Generous School Award

1<sup>st</sup> Place: St. Paul Co-educational College Primary School  
2<sup>nd</sup> Place: St. Stephen's College Preparatory School  
3<sup>rd</sup> Place: Shun Tak Fraternal Association Leung Kit Wah Primary School

## Most Supportive School Award

1<sup>st</sup> Place: SKH Yan Laap Memorial Primary School  
2<sup>nd</sup> Place: Sacred Heart Canossian School  
3<sup>rd</sup> Place: Shun Tak Fraternal Association Leung Kit Wah Primary School

## Most Participative School Award

1<sup>st</sup> Place: Chan Sui Ki (La Salle) Primary School  
2<sup>nd</sup> Place: SKH Yan Laap Memorial Primary School  
3<sup>rd</sup> Place: Shun Tak Fraternal Association Leung Kit Wah Primary School

活動中我們亦邀請了學生在利是封的背面分享他們達致身心健康的小貼士。以下是「別具心思留言獎」的部分得獎留言！

We also invited students to share their personal tips for achieving health and wellness on the back of the lai-see packets. Here are some of the winning messages of our “Most Inspiring Message Award”!





# LEAP 2025 新界區賣旗日 - 義工招募中!

## LEAP Flag Day in the New Territories Region - Volunteers Needed!

我們誠意邀請您參加 LEAP 第 16 屆賣旗日，活動將於 2025 年 9 月 27 日 (星期六) 在新界區舉行。多年來，賣旗日已成為我們的重點籌款活動。請加入我們，一起為社區帶來積極正面的影響！

今年的主題是「愛孩子：及早提供預防教育」。香港兒童及青少年面對日益增加的挑戰，如壓力、欺凌、網絡成癮、藥物濫用、朋輩壓力及競爭等，我們必須為他們提供適切的支援。您的參與將有助 LEAP 籌集重要資金，確保更多學生能夠獲得有效的預防教育，以應對生活中的各種挑戰。

活動需要招募 2000 位義工協助賣旗工作，現誠邀您和您的親友一同參與，為下一代帶來真正的改變！歡迎致電 2530 0018 或 WhatsApp 9321 9405 查詢詳情。

如果您希望以捐款支持，歡迎使用下半頁的捐款表格，或登入以下網址直接捐款：[leap.org.hk](http://leap.org.hk)。多謝你的支持！

We are excited to invite you to participate in LEAP's 16th Flag Day on Saturday, 27 September 2025, in the New Territories Region. This annual event has become a cornerstone of our fundraising efforts. Please join us in making a positive impact in our community!

This year's theme is "Love Our Kids: Empower Them with Early Preventive Education." With the increasing challenges facing children and young people in Hong Kong—such as stress, bullying, cyber addiction, substance abuse, peer pressure and competition—it is vital that we provide the support they need. Your involvement will help us raise crucial funds to ensure that more students have access to effective preventive education, which can help them navigate the challenges they face in life.

We are looking for 2,000 enthusiastic volunteers to join us in this meaningful cause by helping with flag sales. Everyone is welcome, and your participation can make a real difference! If you are interested or would like more information, please contact us at 2530 0018 or via WhatsApp at 9321 9405.

Additionally, if you would like to contribute financially, you can make a donation using the donation form below or donate online at [leap.org.hk](http://leap.org.hk).

Thank you for your support!



### 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)  
(Visa, Mastercard, Union Pay, American Express, Discover Card, FPS, Alipay HK & Octopus)



[leap.org.hk/donate](http://leap.org.hk/donate)

#### ☐ 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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# 鳴謝

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## A BIG thank you to all our sponsors and supporters



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香港城市大學 City University of Hong Kong  
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馬頭涌官立小學 (紅磡灣) Ma Tau Chung Government Primary School (Hung Hom Bay)  
聖公會仁立紀念小學 SKH Yan Laap Memorial Primary School  
聖保羅書院小學 St. Paul's College Primary School  
太古小學 Taikoo Primary School  
停裕學校 Tun Yu School

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晨曦文化教育協會	Dawn Cultural and Educational Association	聖公會阮夢芹小學	S.K.H. Yuen Chen Maun Chen Primary School
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勞工處義工隊	Labour Department Volunteer Team	Time Auction	Time Auction
		水務署義工隊	Water Supplies Department Volunteer Team

### 2025「哈樂利是」籌款活動參與學校 Participating Schools of "Spare a Lai-See" Fundraising Campaign 2025

大坑東宣道小學	Alliance Primary School, Tai Hang Tung	聖公會柴灣聖米迦勒小學	SKH Chai Wan St. Michael's Primary School
中華基督教會基灣小學 (愛蝶灣)	CCC Kei Wan Primary School (Aldrich Bay)	聖公會奉基小學	SKH Fung Kei Primary School
陳瑞祺 (喇沙) 小學	Chan Sui Ki (La Salle) Primary School	聖公會仁立紀念小學	SKH Yan Laap Memorial Primary School
啟思小學	Creative Primary School	聖類斯中學 (小學部)	St. Louis School (Primary Section)
基督教香港信義會宏信書院	ELCHK Lutheran Academy	聖保羅男女中學附屬小學	St. Paul's Co-educational College Primary School
鳳溪第一小學	Fung Kai No.1 Primary School	聖士提反書院附屬小學	St. Stephen's College Preparatory School
香港道教聯合會雲泉學校	HKTA Wun Tsuen School	太古小學	Taikoo Primary School
漢華中學 (小學部)	Hon Wah College (Primary Section)	道教青松小學	Taoist Ching Chung Primary School
茵維特 (香港) 學校	Invictus School Hong Kong	基督教香港信義會深信學校	The ELCHK Faith Lutheran School
嘉諾撒聖心學校	Sacred Heart Canossian School	停裕學校	Tun Yu School
天主教石鐘山紀念小學	Shak Chung Shan Memorial Catholic Primary School	和富慈善基金李宗德小學	W F Joseph Lee Primary School
石湖墟公立學校	Shek Wu Hui Public School	仁愛堂田家炳小學	Yan Oi Tong Tin Ka Ping Primary School
順德聯誼總會梁潔華小學	Shun Tak Fraternal Association Leung Kit Wah Primary School		