

Friendly Campus

行愛有品
友善校園



1月 January **尊重生命**
Respect Life

2月 February **負責盡職**
Be Responsible

3月 March **自律守法**
Be Self-disciplined
and Follow the Law

4月 April **愛護環境**
Protect the
Environment

5月 May **孝親尊長**
Respect Our
Elders

6月 June **謙虛有禮**
Be Humble and
Polite

Good Characters

7月 July **誠實信用**
Be Honest and
Trustworthy

8月 August **賞識感恩**
Appreciation and
Thanksgiving

9月 September **積極勇敢**
Be Positive and
Brave

10月 October **團結合作**
Team Work

11月 November **公平正義**
Fairness and
Justice

12月 December **關懷行善**
Caring and Doing
Good



Lead a Healthy Life

健康生活
創意無限



① 天天睡足8小時
Get a full eight-hour sleep
every day.

② 天天運動30分鐘
Exercise for thirty minutes
every day.

③ 勤洗手 發燒不上學
Wash your hands and stay home
when you have a fever.

④ 排便順暢不憋尿
Go to the restroom when you
need.

⑤ 天天喝足白開水(最少1500cc)
Drink enough water every day.
(at least 1500cc)

⑥ 天天早餐吃飽飽
Have a healthy breakfast
every morning.

⑦ 天天要吃五蔬果
Have five fruits and vegetables
every day.



⑧ 執筆坐姿要正確
Sit up straight when you read
and write.

⑨ 看近30分鐘
望遠10分鐘
Study for 30 minutes and then
relax for 10 minutes.

⑩ 餐後睡前勤潔牙
Brush your teeth after meals and
before going to bed.

健康守則10要 Ten rules for health