



# 好心情@健康工作間約章

## Joyful@Healthy Workplace Charter

香港基督教服務處培愛學校

HONG KONG CHRISTIAN SERVICE PUI OI SCHOOL

### 約章內容

我們重視員工擁有快樂和健康。  
我們相信擁有快樂和健康的員工是機構長久成功的基石。  
我們承諾推廣員工的身心健康，並以下列領域為重點：

1. 健康飲食
2. 體能活動
3. 心理健康

### Charter Statement

We value having a joyful and healthy workforce.  
We believe that having a joyful and healthy workforce is the  
cornerstone for the long term success of the organisation.  
We pledge to promote physical and mental well-being among ourselves  
with emphasis on the following areas:

1. Healthy eating
2. Physical activity
3. Mental wellbeing

21-1-2026