



**HEALTHIER, LONGER,
BETTER LIVES**



AIA Hong Kong

27/F, Hopewell Centre,
183 Queen's Road East,
Wan Chai, Hong Kong
T: (852) 2881 3333
AIA.COM.HK

Media release

AIA Healthiest Schools Competition 2025/26 Now Open for Submissions

Winning Schools to Receive US\$50,000 to Enhance Their Healthy School Initiatives

Hong Kong, 21 January 2026 — The AIA Healthiest Schools Competition 2025/26 (the “Competition”) is now open for submissions, inviting primary and secondary schools that promote healthy school programmes to participate. Two winning schools in Hong Kong (one primary and one secondary) will each receive a US\$50,000 award from AIA. The funding aims to support schools in continuously investing resources to build a more comprehensive healthy school environment and to enhance health literacy.

The winning schools will have the opportunity to represent Hong Kong in person at the Regional Competition in Thailand this July. They will engage with schools from across Asia, compete for the Regional Winner title of the Competition, and vie for an additional prize pool of up to US\$100,000. Together, they will help promote a healthy school culture and bring to life AIA’s purpose of helping people live Healthier, Longer, Better Lives.

Empowering Schools with Free Resources for a Healthier Campus

The Competition is an integral part of the *AIA Healthiest Schools Programme*. The Programme provides all primary and secondary schools in Hong Kong with free online teaching resources developed by health experts. These resources cover four core themes — Healthy Eating, Active Lifestyles, Mental Wellbeing, and Health and Sustainability — and are available for schools to download and use. The Programme aims to equip students with essential health knowledge from an early age, empowering them to adopt healthy habits and laying the foundation for Healthier, Longer, Better Lives.

All schools participating in the *AIA Healthiest Schools Programme* can take part in the Competition to showcase their healthy school initiatives, their impact, and how they creatively and interactively engage teachers and students to promote holistic well-being. In addition to receiving prize funds to further invest in building a healthier school environment, winning schools will be featured in media interviews, sharing their experiences and best practices in advancing school health. There are also opportunities to join a series of exciting AIA activities to broaden students’ horizons, further amplifying the Programme’s impact.

Ms. Melissa Wong, Chief Customer and Marketing Officer of AIA Hong Kong and Macau, said: “We firmly believe that health is the most important asset in life, and good lifestyle habits must be cultivated from an early age. Through the *AIA Healthiest Schools Programme*, we aim to provide all schools with free access to health knowledge, enabling a culture of wellness to spread from schools to families and ultimately throughout the community. This reflects our commitment to helping everyone live Healthier, Longer, Better Lives. At the same time, we are dedicated to promoting the overall health literacy of the community and contributing to Hong Kong’s sustainable development.”

Submissions Now Open for Hong Kong

Since its launch in 2022, the Programme has attracted participation from more than 300 primary and secondary schools in Hong Kong. Entering its fourth edition in the 2025/26 academic year, the Programme now covers Cambodia, Chinese Mainland, Hong Kong, Indonesia, Malaysia, the Philippines,

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Sri Lanka, Thailand, and Vietnam. Registration for Hong Kong is now open. All primary and secondary school teachers in Hong Kong are welcome to register at <https://ahs.aia.com/hk/en/> to download and use the free teaching resources, and to join the *AIA Healthiest Schools Competition* by 10 March 2026 to share their achievements and help shape a healthier school community together.

This year's *AIA Healthiest Schools Programme* is partnering with the Hong Kong Youth Arts Foundation to host briefing sessions in January 2026. The entry requirements and judging criteria were introduced, and outstanding cases from previous years and practical tips for preparing proposals were shared as well. From January to March, a series of teacher and student workshops will also be held. Through activities such as art creation, outdoor experiential learning, and teacher training workshops, the Programme will promote sustainable actions and support the development of healthy minds and bodies. These activities aim to inspire schools to bring teachers and students together to design impactful initiatives that foster holistic well-being.

Last Year's Primary School Winner: Baptist (Sha Tin Wai) Lui Ming Choi Primary School

Baptist (Sha Tin Wai) Lui Ming Choi Primary School, winner of the AIA Healthiest Schools Competition 2024/25, stood out for its commitment to holistic positive education. Their campus features vibrant murals and uplifting display boards, daily physical exercises and over 60 health-related activities to foster students' physical and mental development. The school also values strong parent-school collaboration, organising parent-child adventure camps and certificate courses to equip parents with positive parenting skills. After winning the title, the school used the prize money to enhance health education and sports culture on campus, as well as improve school facilities.

Principal Wan Siu Kwong said good health is priceless for children and good habits must be cultivated from an early age. He is grateful for the recognition and hopes to extend healthy living to the wider community by working with the education sector and health organisations to amplify the impact.

Last Year's Secondary School Winner: Salesians of Don Bosco Ng Siu Mui Secondary School

Salesians of Don Bosco Ng Siu Mui Secondary School won the secondary category with its Whole-Person Well-being Learning Experience (WLE) programme. Through experiential health activities and student-led projects, such as digital inclusion for seniors and art therapy, students applied their knowledge and practical skills to give back to the community.

Between 2022 and 2025, over 70% of their students participated in community service, contributing more than 4,000 hours. The school also promotes interaction among teachers, students, and parents by regularly organising mental health training and parent-child activities, extending the culture of health to families and the wider community.

Principal Li Kin Man stressed that the award recognises the teaching team, and students' positive feedback serves as a powerful motivation for the school to keep moving forward.

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Photo Captions:



Last year's Primary Winning School, Baptist (Sha Tin Wai) Lui Ming Choi Primary School has implemented daily physical exercises and over 60 types of activities to cultivate students' physical and mental development.



Baptist (Sha Tin Wai) Lui Ming Choi Primary School used its prize money to further promote health education and sports culture within their school.

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Salesians of Don Bosco Ng Siu Mui Secondary School became our secondary school winner with its "Whole-Person Well-being Learning Experience", giving back knowledge and skills to the community through experiential health activities and student-led programmes.



Between 2022 and 2025, over 70% of students at Salesians of Don Bosco Ng Siu Mui Secondary School have participated in community service, accumulating more than 4,000 hours of service.

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AIA Healthiest Schools Competition 2025/26 Timeline

January to March 2026	Teacher and student workshops
10 March 2026	Competition enrolment deadline
May 2026	Announcement of Hong Kong Winners
July 2026	Announcement of Regional Winner

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About AIA Hong Kong & Macau

AIA Group Limited established its operations in Hong Kong in 1931. To date, AIA Hong Kong and AIA Macau have over 18,000 financial planners¹, as well as an extensive network of independent financial advisors, brokerage and bancassurance partners. We serve over 3.6 million customers², offering them a wide selection of professional services and products ranging from individual life, group life, accident, medical and health, pension, personal lines insurance to investment-linked assurance schemes with numerous investment options. We are also dedicated to providing superb product solutions to meet the financial needs of high-net-worth customers.

¹ As at 30 June 2025

² Including AIA Hong Kong and AIA Macau's individual life, group insurance and pension customers (as at 30 June 2025)

About Hong Kong Youth Arts Foundation (HKYAF)

Hong Kong Youth Arts Foundation (HKYAF) is a charity that provides access to high quality, non-competitive free-of-charge arts experiences for all young people aged 5 to 25. Established in 1993 by Lindsey McAlister OBE, JP, HKYAF organises inclusive and inspirational projects that reach out to youngsters of all cultures, backgrounds, languages and abilities, and actively creates opportunities for those who are disadvantaged and underprivileged. Each year, HKYAF reaches over 800,000 people through its projects, exhibitions and performances.

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