

讓每一個孩子
都有成功的機會

NO Child
Left Behind

柏立基教育學院校友會
何壽基學校

S. R. B. C. E. P. S. A. Ho Sau Ki School

學校概覽

School Prospectus







辦學宗旨及校訓

學校秉承辦學團體「柏立基教育學院校友會」的辦學宗旨，以「文、行、忠、信」為校訓，首重德育、並重智育、體育、群育及美育的均衡發展。引導少年學梓成為有禮貌，肯負責，勤奮好學，自愛自律的好學生；使成為心地善良，儀容端莊，氣度平和，自強不息的好少年。

School Mission and Motto

In order to fulfil the mission of our sponsoring body–the S. R. B. C. E. P. S. A., the central focus of our school is to train our pupils to be academically excellent, faithful, honest and responsible. We prioritize the personal development of our pupils, and pay equal attention to the balanced development of intellectual, physical and social capabilities. We also aim to educate young people to be polite, hard-working, self-disciplined, kindhearted, pleasant and dedicated to life-long learning.

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培育全人發展

讓每一個孩子都有成功的機會

Nurturing Whole-person Development and Giving Every Child the Opportunity to Succeed

柏立基教育學院校友會何壽基學校自 1989 年創立以來，一直以「文、行、忠、信」為校訓，著重德、智、體、群、美的均衡發展。本校重視發展學生的多元潛能，相信每一位學生都有不同的天賦才華，致力培養學生成為心地善良、氣度平和、自強不息的好少年。

Since its establishment in 1989, S.R.B.C.E.P.S.A. Ho Sau Ki School has adopted "Academically excellent, Faithful, Honest and Responsible" as its motto and has emphasised balanced development in the moral, intellectual, physical, social and aesthetic domains. We value the development of students' diverse potential and believe that every student possesses unique gifts. We also aim to educate young people to be polite, hard-working, self-disciplined, kindhearted, pleasant and dedicated to life-long learning.

共融、體諒、尊重、和諧——建立關愛校園

本校以「共融、體諒、尊重、和諧」為信念，建立學生正面積極的人生觀。本校榮獲「卓越關愛校園」之「共融校園」主題大獎、「締造希望」優異獎、「種族友善校園活動獎」以及「融和獎學金」，肯定本校推動關愛校園的成果。校內設有「互動關愛台」推動關愛氛圍，設立「優悠天地」特別室紓緩學業壓力，並舉辦共融講座與文化日，鼓勵尊重多元文化。



Inclusion, Empathy, Respect and Harmony — Building a Caring Campus

Guided by the values of inclusion, empathy, respect and harmony, the school helps students develop a positive outlook on life. Our efforts have been recognised through the "Inclusive Campus" Theme Award under the Outstanding Caring School Award, the "Creating Hope" Merit Award, the Racially Friendly Campus Activity Award and the Harmony Scholarship. On campus, an Interactive Caring Station fosters a caring atmosphere, while the "Leisure Corner" special room helps ease academic pressure. Inclusion talks and cultural days are also organised to encourage respect for cultural diversity.





重視英語學習，豐富資源提升聽說讀寫

學校重視英語教學，聘請三位外籍教師負責圖書教學及英語活動，以提升學生的聽說能力。同時透過 Epic 平台及「Good Writing Appreciation」計劃促進閱讀與寫作，並開設課後英語增潤班提供進階教材。此外，課外活動如英語音樂劇亦融入價值觀教育，例如培養學生的責任感、尊重他人及團隊合作精神，讓學生在輕鬆的氛圍中學習英語，同時建立正向品格。

Valuing English Learning and Enriching Resources to Strengthen Listening, Speaking, Reading and Writing

The school places strong emphasis on English. Three native-speaking English teachers are employed to conduct library lessons and English activities, strengthening students' listening and speaking skills. The Epic platform and the Good Writing Appreciation programme promote reading and writing, while after-school English enrichment classes provide advanced materials. Activities such as English musicals also integrate values education, cultivating responsibility, respect for others and teamwork so that students learn English in a relaxed environment while developing positive character.





校長專訪
Principal's Interview



配合社會發展，推動 STREAM 教育

本校重視 STREAM 及創科培養，科學科著重實驗與思維訓練，培養邏輯、解難及創意。課程融入編程、機械人、飛行教學及四軸機教學，推動跨學科協作。秉承「讓每個孩子都有成功的機會」的理念，讓學生發揮潛能。近年，本校學生於 STREAM 比賽屢獲佳績，亦曾在國際青年創科奧林匹克機械人挑戰賽（高小組）勇奪第三名。

Keeping Pace with Society through STREAM Education

The school places great importance on STREAM and innovation-and-technology education. Science lessons emphasise experimentation and thinking skills to develop logic, problem-solving and creativity. The curriculum incorporates coding, robotics, aviation and quadcopter learning, encouraging interdisciplinary collaboration. In keeping with our belief in giving every child the opportunity to succeed, students are enabled to realise their potential. In recent years, our students have achieved strong results in STREAM competitions, including third place in the upper-primary division of an international youth innovation and technology Olympiad robotics challenge.





中華文化融入國民教育，建立國民身份認同

本校重視 STREAM 及創科培養，科學科著重實驗與思維訓練，培養邏輯、解難及創意。課程融入編程、機械人、飛行教學及四軸機教學，推動跨學科協作。秉承「讓每個孩子都有成功的機會」的理念，讓學生發揮潛能。近年，本校學生於 STREAM 比賽屢獲佳績，亦曾在國際青年創科奧林匹克機械人挑戰賽（高小組）勇奪第三名。

Integrating Chinese Culture into National Education and Building National Identity

The school values national education and integrates history and culture into learning. Weekly flag-raising ceremonies, speeches under the national flag and morning assemblies foster law-abiding attitudes and a sense of national identity. The campus features national-education information boards and a National Security Education Corner, while Chinese Culture Days, Mainland study tours and sister-school exchanges promote traditional culture.



多元化課外活動

本校為學生提供多元化的課外活動，幫助他們建立健康的生活方式、舒展身心、發展潛能，並培養自律與合群精神。這些活動與教學及價值觀教育目標相輔相成，引導學生探索個人興趣與能力，為未來進修和就業設定目標。

Diversified Extra-curricular Activities

The school offers a wide range of extra-curricular activities to help students establish healthy lifestyles, relax, develop their potential, and cultivate self-discipline and cooperation. These activities complement teaching and values education, guiding students to explore their interests and abilities and to set goals for further study and future careers.

- **學術類：**日文班、法文班、中文讀寫小組、英文拼音班、英文會話班、英語樂繽紛、英文大使、劍橋英語 Starters、劍橋英語 Movers、Creative Writing、人工智能精英培訓課程、奧林匹克數學及英文增潤課程（涵蓋數學、科學、人文）提升學術能力。

  Academic activities include Japanese and French classes, Chinese literacy groups, English phonics and conversation classes, Fun English, English Ambassadors, Cambridge English Starters and Movers, Creative Writing, elite artificial-intelligence training, Olympiad Mathematics, and English enrichment across mathematics, science and humanities.

- **藝術與文化類:**手風琴、管樂團、拉丁舞校隊、舞龍、中國舞校隊、長笛、單簧管、低音號、薩克斯管訓練班、小號、中國鼓、英語音樂劇、魔術、視藝工房及天才小機師培養藝術與文化素養。

  Arts and cultural activities include accordion, wind band, Latin dance team, dragon dance, Chinese dance team, flute, clarinet, tuba and saxophone training, trumpet, Chinese drum, English musical theatre, magic, visual-arts workshops and the Young Pilot programme.

- **體育類：**排球、足球、田徑、籃球、游泳、羽毛球、軟式曲棍球、迷你高爾夫球、匹克球、花式跳繩及跆拳道，增強體魄與團隊精神。

  Sports activities include volleyball, football, athletics, basketball, swimming, badminton, floorball, mini-golf, pickleball, rope skipping and taekwondo, strengthening fitness and team spirit.

- **制服團隊與其他活動：**女童軍、男童軍及「小眼睛看世界（小記者）」。

  Uniformed groups and other activities include Brownies, Cub Scouts and "Little Eyes on the World" (Junior Reporters).



多元活動激發潛能，優異表現屢創佳績

本校提供多元化課外活動，涵蓋學術、藝術、體育及制服團隊等範疇，激發學生潛能。排球隊連續十多年位居屯門區三甲；手風琴樂團多次出國比賽奪冠；管樂團榮獲團際金獎並赴日本表演；學生更勇奪街板創作比賽冠軍，並在各項舞蹈比賽中屢獲殊榮。

Diverse Activities Unlock Potential and Lead to Outstanding Results

The school provides diverse activities in academics, arts, sport and uniformed groups. Our volleyball team has ranked among Tuen Mun's top three for more than ten consecutive years; the accordion ensemble has won championships in overseas competitions; the wind band has received an inter-ensemble Gold Award and performed in Japan; and students have also won a Board design competition and numerous dance awards.

校長專訪

Principal's Interview



家校攜手，提升家長親職能力

我們深信，家長是學校的重要夥伴，推廣 4Rs 正向教育有助提升親職能力，讓學生在穩定而正向的家庭氛圍中健康成長。本校每個學年持續為家長舉辦各類型課程、講座及工作坊，促進和諧的親子關係。同時特設「家長教育數碼平台」的理念，提供豐富的線上教學資源，涵蓋家長教導技巧、情緒支援及親子溝通等主題，方便家長隨時學習，全面支援孩子成長。



Home–School Partnership to Strengthen Parenting Skills

We firmly believe that parents are important school partners. Promoting 4Rs Positive Education helps strengthen parenting capacity so that students can grow healthily in a stable and positive family environment. Each year, the school organises courses, talks and workshops for parents to foster harmonious parent–child relationships. A Parent Education Digital Platform provides rich online learning resources on parenting strategies, emotional support and parent–child communication, enabling parents to learn at any time and comprehensively support their children's growth.



全面升學支援，提升學生適應力與安全感

本校重視幼小銜接，為協助小一新生順利過渡，於每年 8 月中旬舉辦「小一新生適應課程」、「網上英語適應課程」及「Smart Kids 英語奇趣暑期樂」，有效減少小一新生入學的焦慮與不安感。開學首週安排新生及家長熟悉校園環境，開學後家長義工積極與新生家長保持聯繫。升中支援方面，為小六學生安排中學參觀、模擬面試訓練及 PHQ-9 問卷評估心理健康，從多方面涵蓋學生所需的升學資訊與情緒支援。

Comprehensive Transition Support to Enhance Adaptability and Security

The school values kindergarten–primary transition. Every mid-August, Primary One pupils attend a P.1 adaptation programme, an online English adaptation programme and the Smart Kids English Summer Programme, effectively reducing anxiety about starting school. During the first week, pupils and parents become familiar with the campus, and parent volunteers maintain close contact with new families. For secondary transition, P.6 students receive secondary-school visits, mock-interview training and PHQ-9 mental-health screening, providing both practical information and emotional support.





鍾艷紅校長總結：

過去三十五年，何壽基學校在教育事業上取得不少優異成就。本校致力善用多元化的學習機會，讓學生盡情發揮人生潛能，見證一代又一代學子茁壯成長。未來將進一步推動 STREAM 及創科教育，幫助學生發展創科潛能；同時配合教育局政策加強愛國主義教育，培養學生公民意識與價值觀。教學團隊將持續自我完善、朝向更高目標進發，與家長、同學一同邁向新的里程碑。





Principal Chung Yim-hung concludes :

Over the past 35 years, Ho Sau Ki School has achieved outstanding results in education. We make full use of diverse learning opportunities so that students can realise their potential and grow from one generation to the next. Looking ahead, we will further promote STREAM and innovation-and-technology education, strengthen patriotic education in line with Education Bureau policy, and cultivate civic awareness and values. Our teaching team will continue to improve and pursue higher goals together with parents and students as we move towards new milestones.



強化兩文三語
聚焦英語學習

Strengthening Biliteracy and Trilingualism with a Focus on English Learning

本校非常重視學生在兩文三語方面的發展，特別在英語學習上投入大量資源，透過一系列英語增潤課程，為學生奠定堅實的英語基礎，提升聽、說、讀、寫能力，幫助他們在學術及日常生活中更自信地運用英語。

The school attaches great importance to students' development in biliteracy and trilingualism. In particular, substantial resources are devoted to English learning through a range of enrichment programmes that build a solid foundation, strengthen listening, speaking, reading and writing, and help students use English more confidently in academic and everyday contexts.







創造多元英語學習環境

本校致力於營造豐富的英語學習環境，激發學生學習興趣，並增強學生使用英語的自信心，設計出多元化的活動，包括：

- 聘請外籍英語教師，負責英語圖書教學、講故事及互動活動，提升學生聽說能力。
- 利用 Epic 網上閱讀平台及「Good Writing Appreciation」計劃，鼓勵閱讀與寫作，培養語言表達能力。
- 設立英語中心，通過遊戲與活動寓教於樂，讓學習過程更生動有趣。
- 開設「英語增潤班」，提供進階教材如《Science Adventures》，因材施教，滿足高水平學生的需求。
- 舉辦英語音樂劇訓練及價值觀教育短片拍攝，舉辦不同的英語課後活動，如英語劍橋拼音、趣味會話，創造沉浸式英語環境，同時融入正面價值觀。

Creating a Diverse English-learning Environment

The school strives to create a rich English-learning environment that stimulates interest and builds confidence through diverse activities, including:

- Employing native-speaking English teachers for English library lessons, storytelling and interactive activities to strengthen listening and speaking.
- Using the Epic online reading platform and the Good Writing Appreciation programme to encourage reading and writing and develop language expression.
- Operating an English Room where games and activities make learning lively and enjoyable.
- Offering English enrichment classes with advanced materials such as Science Adventures to meet the needs of high-achieving students.
- Organising English musical-theatre training, values-education video production and after-school activities such as Cambridge, phonics and fun conversation lessons, creating an immersive English environment while integrating positive values.





小班教學 校本特色課程

Small-class Teaching and a School-based Signature Curriculum

本校積極整合資源，全面推行小班教學。教師為學生設定明確的學習目標，運用促進學習的評估策略，適時掌握學習進展並給予即時回饋，形成「學—教—評」的完整閉環。本校採用合作學習策略，鼓勵學生積極參與課堂，設計能引發思考的小組任務，發揮同儕互助精神。本校於課堂內外提供多元學習模式，包括動手做、電子學習、專題研究等，以照顧不同學生的學習需求，教師並給予具引導性的個別化回饋。小班教學的互動環境有助提升學生的學習成效與自信心，增加師生互動頻率，建立良好的溝通模式。學生在合作學習中增強歸屬感與參與度，培養團隊意識，激發學習動機，為學術成長奠定良好基礎。

The school actively integrates resources to implement small-class teaching across the curriculum. Teachers set clear learning objectives, use assessment-for-learning strategies, monitor progress and provide timely feedback, forming a complete learning—teaching—assessment cycle. Cooperative-learning strategies encourage active participation, thought-provoking group tasks and peer support. Inside and outside the classroom, students learn through hands-on work, e-learning and project study. Guided individual feedback addresses different learning needs. The interactive small-class environment strengthens achievement and confidence, increases teacher—student interaction and supports effective communication. Cooperative learning also builds belonging, participation, teamwork and motivation, laying a sound foundation for academic growth.

課程與時並進，學生全人發展

本校課程緊密配合教育發展新趨勢，以教育局課程發展方向為依歸，並切合校本發展需要而靈活展開。課程貫徹以學生學習為中心，靈活運用學時，從而創造空間和提供更多元化及豐富的學習經驗，以促進學生德、智、體、群、美五育均衡發展的課程規劃理念，讓學生始終保持與時並進，透過全方位學習、STREAM 教育、跨課程學習和閱讀、價值觀教育、資訊科技等各種學習活動，發展並提升學生綜合運用、高階思維、創造性、多元智能等各方面能力，讓他們站在社會發展的前端，掌握實用嶄新的知識與技能，促進全人發展。





國際消除種族歧視日



EMbRACE
Respect, value, support racial equality
種族平等•由尊重開始

齊來支持種族平等

#IDERD #FIGHTRACISM #EOC4EQUALITY



A Forward-looking Curriculum for Whole-person Development

The school curriculum closely follows new educational trends and the Education Bureau's curriculum directions while responding flexibly to school-based needs. It remains student-centred and uses learning time flexibly to create space for rich, diverse experiences. Through life-wide learning, STREAM education, cross-curricular learning and reading, values education and information technology, students develop balanced moral, intellectual, physical, social and aesthetic growth as well as integrated application, higher-order thinking, creativity and multiple intelligences. They are equipped with practical, up-to-date knowledge and skills for whole-person development.





小班教學及校本特色課程

Small-class Teaching and Signature Curriculum

跨學科探究式學習，成為可觸摸的成果

打破傳統學科之間的壁壘，推行跨學科探究式學習，是本校校本特色課程的核心之一。語文、數學、科學、藝術與科技融會貫通，引導學生提出問題、尋找答案、動手創造，在完整的學習脈絡中建構屬於自己的知識版圖。本校積極推行跨學科及全方位學習活動，例如「小小科學家」運用科學原理製作泡泡及火箭模型；數學與視藝科融合，學生將平面圖形知識結合日常物料製作名牌及錢幣篩器；工程設計方面，學生更動手製作會發光的「連杆螢火蟲」及進行拱橋承重測試，將理論應用於實踐。這種學習模式有別於傳統的分科教學，旨在將課本知識轉化為實際應用，全面培養解難能力與創新思維。













A Forward-looking Curriculum for Whole-person Development

Breaking down subject boundaries through interdisciplinary inquiry is a core feature of the school-based curriculum. Language, mathematics, science, arts and technology are integrated so students ask questions, seek answers and create with their own hands, building a coherent personal map of knowledge. Examples include “Little Scientists” making bubbles and rocket models using scientific principles; integrating mathematics and visual arts to apply plane-shape knowledge in making name tags and coin sorters; and engineering projects in which students build illuminated linkage fireflies and test the load-bearing capacity of arch bridges. This model turns textbook knowledge into practical application and develops problem-solving and innovative thinking.







Multicultural Experiences that Enhance Learning Effectiveness

Through activities that combine hands-on action with active thinking, students do not merely read—they put ideas into practice. From scientific inquiry to creative invention, abstract concepts become tangible outcomes. The school introduces emerging sports such as mini-golf and seated soft volleyball. In music, students make instruments from recycled materials, combining creativity with environmental awareness. In cultural and project learning, students explore the wisdom of traditional Chinese architecture, while a Life-wide Learning Booklet integrates outcomes across subjects. Learning design is strengthened both inside and outside the classroom to enhance interest and effectiveness at every stage.





多元文化體驗，全面提升學習效能

透過「動手做、動腦想」的活動，學生不僅用眼睛閱讀，更用雙手實踐。從科學探究到創意發明，本校課程讓抽象概念變為可觸摸的成果。學校引入新興運動體驗，包括「小型高爾夫」及「坐地軟式排球」，讓學生認識排球另一種玩法——原來排球是可以坐在地上玩的。音樂科鼓勵學生利用環保物料自製樂器，結合音樂創作與環保意識。文化與專題學習方面，學生透過「中國建築」主題活動，認識傳統建築智慧；並以「全方位學習冊」整合不同學科的學習成果。本校積極將教育滲透至不同學習階段，強化課堂內外的學習設計，全面提升學生對學習的興趣與效能。









推行「天才小機師」STREAM教育計劃

Implementing the "Young Pilot" STREAM Education Programme

本校積極發展STREAM教育，配合各科組課程，融入具STREAM元素的學習活動，鼓勵學生以學科知識為基礎，結合科學(Science)、科技(Technology)、閱讀(Reading)、工程(Engineering)、藝術(Arts)及數學(Mathematics)方面的知識與創造力，進行多元探究活動。

The school actively develops STREAM education by integrating STREAM elements across subjects. Students draw on Science, Technology, Reading, Engineering, Arts and Mathematics, combining knowledge and creativity in diverse inquiry activities.





STREAM 創科航空新領域
New Areas in Technology and Aviation

本校成功獲得優質教育基金資助，推行「天才小機師」及「STREAM教育融合校本課程」發展計劃。通過飛機駕駛課程，學生在模擬飛行室化身小機師，學習飛行知識與技術，拓寬視野，豐富學習體驗，激發對科技與航空的興趣。

With support from the Quality Education Fund, the school implements the Young Pilot programme and a project integrating STREAM education into the school-based curriculum. In the flight-simulation room, students become young pilots and learn aviation knowledge and skills through simulated flight, broadening their horizons and stimulating interest in technology and aviation.

科技學習室，提升創造力

自 2024 學年起，本校設立 STREAM 科技學習室，配備 LEGO SPIKE、Matatalab 及 mBot 等編程學習套件，為學生提供優質的科探學習環境，提升創造力與思考力，營造有利創新學習的空間。

Technology Learning Room — Enhancing Creativity

From the 2024 school year, the school established a STREAM Technology Learning Room equipped with coding kits such as LEGO SPIKE, Matatalab and mBot, providing a high-quality environment for scientific exploration, creativity and thinking.









多元化 STREAM 課程，促進思維發展

學校的 STREAM 課程整合電腦、科學、數學及工程知識，通過科技學習活動培養學生的探究思維與創造力。利用先進的科普設備與編程套件，學生得以發展邏輯思維與數理能力，為未來創科奠定基礎。

A Diverse STREAM Curriculum that Promotes Thinking

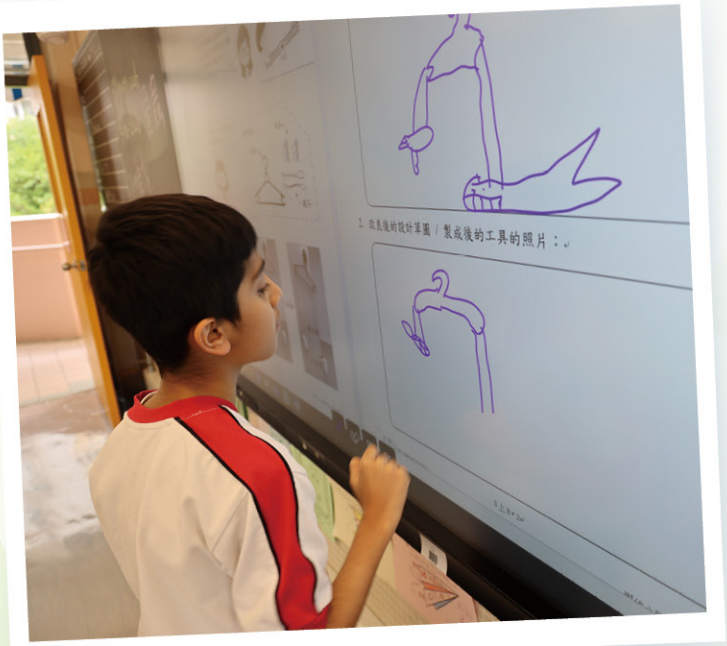
The STREAM curriculum integrates computing, science, mathematics and engineering. Technology-based activities cultivate inquiry and creativity, while advanced science equipment and coding kits develop logical thinking and mathematical ability, laying a foundation for future innovation and technology learning.

校本STREAM及電子學習的推行

School-based STREAM and E-learning

互動體育課程，提升體適能

本校體育課程採用超短焦互動投影系統，提供多樣化的運動與互動訓練遊戲，改善學生的下肢功能與手眼協調能力。通過多元化教學策略，課程旨在發展學生體育技能、增強體適能，並培養恆常運動的習慣。



Interactive Physical Education — Improving Fitness

Physical education uses an ultra-short-throw interactive projection system to provide varied exercise and training games that improve lower-limb function and hand–eye coordination. Diverse teaching strategies develop sports skills, fitness and regular exercise habits.



智能黑板，增強課堂互動

學校為各班課室安裝智能黑板，學生可使用多種電子工具輔助學習，使課堂更具互動性。此舉不僅提升師生互動，還增強課堂活動的效能，讓學習過程更生動高效。

Smart Boards — Enhancing Classroom Interaction

Smart boards are installed in every classroom. Students use a range of electronic tools to support learning, making lessons more interactive, improving teacher–student engagement and increasing the effectiveness of classroom activities.



超越課堂的學習旅程

開啟「世界教室」的無限可能

A Learning Journey Beyond the Classroom — Unlocking the Possibilities of the 'World Classroom'

學校「世界教室」考察交流計劃，打破傳統課室的界線，將學習場域拓展至全球不同角落。我們帶領學生走訪廣州、四川、日本、韓國、澳洲、杜拜、新加坡及馬來西亞等地，進行深度的文化與學術交流。在真實而多元的情境中，學生不僅深化學科知識，更在課室外的每一次互動、每一段見聞裏，自然而然地與世界接軌。

The school's World Classroom study-tour and exchange programme breaks through the boundaries of the traditional classroom and extends learning around the globe. Students visit Guangzhou, Sichuan, Japan, Korea, Australia, Dubai, Singapore, Malaysia and other destinations for in-depth cultural and academic exchange. In authentic, diverse settings, they deepen subject knowledge and connect naturally with the world through every interaction and experience.

我們深信，真正的教育不限於書本與黑板，而是融入每一次跨文化的相遇與理解，啟動學生國際視野、培養其成為世界公民的關鍵起點。透過實地考察與互動交流，學生得以親身體驗華夏文化的深厚底蘊，滋養了對自身文化的認同與歸屬。「世界教室」讓學習不再受限於圍牆之內，而是落在每一步探索的足跡裏——讓孩子走出課室、走向世界，也在世界中找到自己的位置。

We believe that true education extends beyond books and blackboards. It is embedded in every cross-cultural encounter and act of understanding, opening students' international horizons and helping them become global citizens. Through field study and exchange, students experience the depth of Chinese civilisation and strengthen their cultural identity and sense of belonging. The World Classroom removes the walls around learning: children step out of the classroom, enter the world and discover their place within it.

同根同心深圳自然環境及歷史文化探索之旅
Shared Roots, Shared Hearts — Shenzhen Natural Environment and Historical Culture Study Tour





國家安全教育及境外交流學習

National Security Education and Overseas Exchange Learning

四川姊妹學校—中華文化交流團

Sichuan Sister-school Chinese Culture Exchange Tour





STEM 教育沖繩文化交流團

STEM Education and Okinawa Cultural Exchange Tour





杜拜文化交流之旅

Dubai Cultural Exchange Tour













廣州增城姊妹學校交流團
Guangzhou Zengcheng Sister-school Exchange Tour



星馬歷史文化團
Singapore–Malaysia Historical and Cultural Tour





韓國首爾文化體驗交流團
Seoul, Korea Cultural Experience Exchange Tour











多元化課外活動 卓越成就

Diverse Extra-curricular Activities, Outstanding Achievements

本校深信學習不局限於書本，每年均精心規劃多元化的全方位學習活動，致力為學生打造課堂以外的舞台，引導他們在實踐中主動探索，激發潛能以落實全人發展。校內活動涵蓋「體育運動」、「語言文化」、「藝術發展」及「數理科學」四大範疇：除了田徑、排球、足球、籃球及軟式曲棍球等傳統體育校隊外，今年更嶄新引入小型高爾夫球、匹克球、小型網球與跆拳道班；同時，學校亦積極開辦日法外語、英語布偶劇、舞龍隊、中國舞、管樂團、視藝繪畫，魔術以及奧數班、小小科學家、人工智能精英培訓課程、天才小機師和編程班等課程，全面發掘並配合學生的多元才能，讓每位同學都能在專屬的領域中閃耀光芒。

The school believes that learning is not confined to books. Each year, carefully planned life-wide learning activities give students a stage beyond the classroom, encouraging active exploration, unlocking potential and supporting whole-person development. Activities cover multiple areas: Sports, Arts, Mathematics, Science, Language and Culture. Alongside traditional teams in athletics, volleyball, football, basketball and floorball, new programmes include mini-golf, pickleball, mini-tennis and taekwondo. The school also offers Japanese and French, English puppet theatre, dragon dance, Chinese dance, wind band, visual arts, magic, Olympiad Mathematics, Little Scientists, elite AI training, Young Pilot and coding, enabling every student to shine in an area suited to their talents.



音樂與舞蹈的國際榮譽

本校於音樂與舞蹈活動方面，向來深獲學界好評。手風琴樂團採精英團隊模式，多次代表香港參加國際比賽並屢獲冠軍，展現學生卓越的音樂才能。本校管樂團成立 31 年，培育眾多音樂人才，曾於國際聯校音樂大賽管樂組榮獲金獎，並赴日本沖繩賽區演出。此外，本校學生在舞蹈方面表現突出，多名拉丁舞選手頻頻在各項比賽中獲獎，其中為校爭光。







International Honours in Music and Dance

The school is highly regarded for music and dance. Its elite accordion ensemble has represented Hong Kong in international competitions many times and won numerous championships. The school wind band, established 31 years ago, has nurtured many musicians, won Gold in the wind-band category of an international inter-school music competition, and performed in Okinawa, Japan. Students also excel in dance, with Latin dancers frequently winning awards.



學生卓越成就

Outstanding Student Achievements



弘揚中華文化的特色活動

本校積極推廣中華文化，通過富特色的課外活動讓學生深入體驗傳統文化，其中舞龍隊和雜耍活動深受學生喜愛。學生通過跳躍和翻騰等動作，鍛鍊毅力與忍耐力，同時培養團隊合作精神。這些活動不僅讓學生感受到中華文化的魅力，也促進了傳統文化的傳承與發揚，為學生提供了寶貴的文化學習機會。





Signature Activities Promoting Chinese Culture

The school actively promotes Chinese culture through distinctive activities. The dragon-dance team and acrobatics are especially popular. Through skipping, tumbling and other movements, students develop perseverance, endurance and teamwork. These activities allow students to experience the appeal of Chinese culture while supporting its inheritance and development.

制服團隊與領袖才能培養

為培養學生的正確價值觀與領袖才能，本校設有幼童軍、小蜜蜂及小女童軍等制服團隊，通過多元化的訓練和活動，幫助學生建立責任感、紀律性及領導能力，為他們未來的成長奠定堅實基礎。













Uniformed Groups and Leadership Development

To cultivate sound values and leadership, the school operates uniformed groups such as Cub Scouts, Little Bees and Brownies. Diverse training and activities help students develop responsibility, discipline and leadership, laying a firm foundation for future growth.









小一新生適應計劃

Primary One Adaptation Programme

本校高度重視幼小銜接，讓小一新生在無壓力的環境中，平穩適應新的學習模式。每年八月中，本校舉辦「小一新生適應課程」、「網上英語適應課程」及「Smart Kids 英語奇趣暑期樂」，幫助學生逐步熟悉校園生活。開學首週定為「適應週」，讓新生有充足時間認識老師和熟悉環境，有助建立良好的校園氛圍。同時，邀請小一家長到校參觀交流，分享子女的校園生活資訊，促進家校合作。此外，家長義工團隊亦會主動聯繫新生家長，並提供支援，確保家校之間保持緊密聯繫。

The school places great importance on kindergarten–primary transition, helping Primary One pupils adapt smoothly and without pressure. Every August, the school runs a P.1 adaptation programme, an online English adaptation programme and the Smart Kids English Summer Programme. The first week of school is designated as Adaptation Week so pupils have time to become familiar with the campus. Parents are invited to visit and exchange information about school life, while parent volunteers proactively contact and support new families to maintain close home–school communication.







升中準備與支援

在升中方面，本校學生表現出色，每年均有極高比例的畢業生成功獲派首三志願的理想中學。為提升學生的面試表現，學校每年聘請專業機構，為學生提供模擬面試訓練。透過模擬真實的面試環境氛圍，學生得以鍛煉面試技巧，熟悉面試流程，從而在正式面試時表現自信，事半功倍。此外，學校積極安排學生參與中學舉辦的各類活動，拓寬他們的視野與經驗。

Secondary-school Transition Preparation and Support

Students perform strongly in secondary-school placement, with a very high proportion receiving one of their top three choices each year. To improve interview performance, the school engages professional organisations to provide mock-interview training. Realistic simulations help students practise techniques, become familiar with procedures and approach formal interviews confidently. Students also participate in activities organised by secondary schools to broaden their horizons and experience.







幼小銜接及升中支援

Kindergarten—Primary and Secondary Transition Support





學生心理健康關顧

本校不僅關注學生的學術表現，亦重視他們在升中階段的心理健康。學校會為學生進行 PHQ-9 升中及成長問卷調查，以評估學生的焦慮與憂鬱狀況，及早發現並提供適切的支援。這一舉措旨在確保學生在面對升中壓力時，能夠保持良好的心理狀態，順利過渡到新階段。



Student Mental-health Care

The school cares not only about academic performance but also students' mental health during secondary transition. The PHQ-9 transition-and-growth survey assesses anxiety and depression so that concerns can be identified early and appropriate support provided. This helps students maintain wellbeing under transition pressure and move smoothly to the next stage.



家長是學校的重要夥伴

Parents as Important School Partners



家校合作

促進學生成長

Home—School Cooperation Promotes Student Growth

家長教師會凝聚家校力量，搭建溝通與合作的平台。我們致力促進家長與教師的互動，共同關顧學生的成長與學習需要。透過多元活動與緊密聯繫，讓家庭與學校成為教育夥伴，攜手營造關愛、支持與正面的校園氛圍，為學生的未來奠下穩固基石。



The Parent—Teacher Association unites families and the school and provides a platform for communication and collaboration. We promote interaction between parents and teachers and jointly attend to students' development and learning needs. Through diverse activities and close contact, families and the school become educational partners, creating a caring, supportive and positive campus atmosphere and laying a solid foundation for students' futures.





家長是學校的重要夥伴

Parents as Important School Partners



家長教育數碼平台，提供豐富資源

本校特設「家長教育數碼平台」，讓家長能隨時隨地獲取教育資源。平台提供講座重溫、學習支援技巧、社會互動能力等多元短片。家長可善用這些線上資源，彈性安排學習時間，以提升親職教養能力，有效協助子女健全成長。











Parent Education Digital Platform — Rich Resources

The school's Parent Education Digital Platform allows parents to access educational resources anytime and anywhere. It provides recordings of talks and short videos on learning support, social interaction and other topics. Parents can use these flexible online resources to strengthen parenting skills and effectively support their children's healthy development.





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