



HONG KONG TAOIST ASSOCIATION THE YUEN YUEN INSTITUTE NO.3 SECONDARY SCHOOL 香港道教聯合會圓玄學院第三中學



School Profile
學校簡介

2022

明道立德



School Mission 辦學宗旨

Our vision is to provide within a nurturing and stimulating environment a well-balanced Taoist education. In accordance with our motto Grasping Principles, Cultivating Virtues, we are dedicated to developing students into responsible, knowledgeable and compassionate citizens. Through the all-round moral, intellectual, physical, social and aesthetic development, students are imbued with sound moral values and remarkable academic achievements in holistic education.

本校秉承母會「以道為宗，以德為化，以修為教，以仁為育」的辦學宗旨，推行「道化教育」，並以「明道立德」為校訓，透過品德和學業兼備的全人教育，使學生在德、智、體、群、美各方面都得到全面發展。

Subjects Offered 開辦課程

Subject 科目	Junior Form (S.1-S.3) 初中 *	Senior Form (S.4-S.6) 高中
Chinese Language 中國語文	✓	✓
English Language 英國語文	✓	✓
Mathematics 數學	✓ ●	✓ ●
Mathematics (Extended Module 2) 數學(延伸部分單元二)		✓
Life and Society 生活與社會	✓	
Citizenship and Social Development / Liberal Studies 公民與社會發展科/通識教育科		✓
Integrated Science 綜合科學	✓ ●	
Physics 物理		✓
Chemistry 化學		✓
Biology 生物		✓
School-based STEM Education STEM校本課程	✓	
Chinese Literature 中國文學		✓
Chinese History 中國歷史	✓	✓
History 歷史	✓	✓
Economics 經濟		✓
Geography 地理	✓	✓
Business, Accounting and Financial Studies 企業、會計與財務概論		✓
Ethics and Religious Studies 宗教倫理	✓	✓
Computer Literacy 普通電腦	✓ ●	
Information and Communication Technology 資訊及通訊科技		✓
Tourism and Hospitality Studies 旅遊與款待		✓
Putonghua 普通話	✓	✓
Visual Arts 視覺藝術	✓	✓
Arts Education 藝術教育		✓
Music 音樂	✓	
Design and Technology 設計與科技	✓	
Home Economics 家政	✓	
Physical Education 體育	✓	✓
Life Education 生活教育	✓	✓
Applied Learning Subject 應用學習 (30 modules / 30項)		✓ ■

● In accordance with the fine-tuning policy, English would be the medium of instruction for some modules in some of the S.1 to S.6 classes for Mathematics, Computer Literacy and Integrated Science. 中一至中六級部份班別的數學、普通電腦及綜合科學施行教學語言微調政策，部分單元採用英語教學。

* NCS students learn Mathematics, Life and Society, Citizenship and Social Development / Liberal Studies, Integrated Science, Biology, Chemistry, Physics, Computer Literacy, Geography, History, Ethics & Religious Studies and School-based STEM Education in English. 非華語學生以英語學習數學、生活與社會、公民與社會發展/通識教育、綜合科學、生物、化學、物理、普通電腦、地理、歷史、宗教倫理及STEM校本課程。

■ Students are free to select 1 module out of more than 30 modules for Applied Learning. 應用學習課程多達30項，學生可自由選擇其中1項。

Resources are specially allocated for senior secondary curriculum and the teacher-student ratio of elective subjects is 1:10.

於高中課程特設資源，選修科的師生比達1:10。

Outstanding Result 驕人成績

Outstanding Performance in HKDSE Exam in 2021

The Value-added Performance of the School **Ranked the Top in Hong Kong**

Best 5 Subjects Ranked the Top 1.2% in Hong Kong

Liberal Studies Ranked the Top 0.4% in Hong Kong

2021年中學文憑試成績驕人

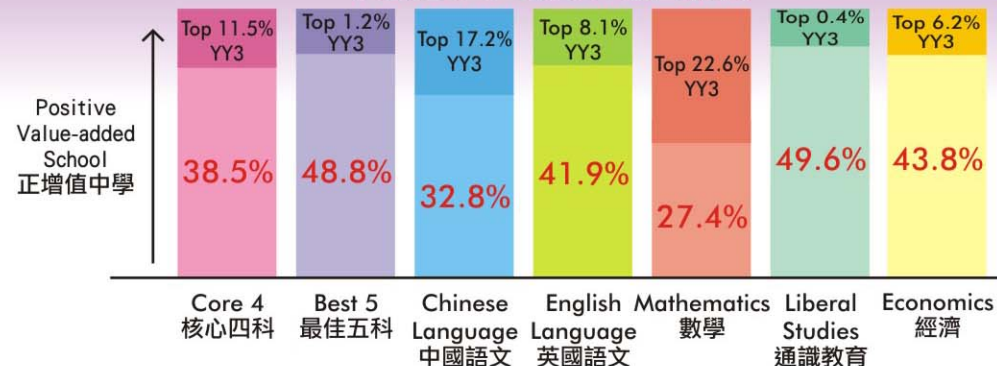
學校增值表現位居全港前列：

最佳五科位列全港首1.2%

通識科更位列全港首0.4%

Value-added Performance of 2021 HKDSE Exam

2021年香港中學文憑試增值情況



The stories of our students striving for excellence reported by several media outlets

學生發憤圖強的故事獲媒體追訪



Hong Kong Economic Times
經濟日報



Young Post - South China Morning Post
南華早報



Sing Tao Daily
星島日報



Lai Chun Wing, Alan
賴俊榮 (1)

"Professional Enhancement Grant Scheme for Chinese Language Teachers (Teaching Chinese as a Second Language)" Programme Accreditation Committee Chairman
「『教授中文作為第二語言』專業進修津貼計劃」課程評審委員會主席
Vice-Chairman of Tseung Kwan O (South) Area Committee 將軍澳(南)分區委員會副主席
Vice-Chairman of New Territories School Heads Association 新界校長會副主席
Vice-Chairman of Sai Kung & Tseung Kwan O Secondary School Heads Association
西貢及將軍澳中學校長會副主席
Awardee of Outstanding Teacher Election by HKFEW (2010, 2016)
香港教育工作者聯會主辦「優秀教師」獎得主 (2010, 2016)

Ma Bik Man
馬碧雯 (2)

Chairperson of EDB Curriculum Development Council (Ad Hoc Committee on Supporting Non-Chinese Speaking Students Learning Chinese History and Chinese Culture)
教育局課程發展議會支援非華語學生學習中國歷史及中國文化特別委員會主席
Member of EDB Curriculum Development Council (Personal, Social & Humanities Education)
教育局課程發展議會個人、社會及人文教育委員
Member of the Subject Committee of HKEAA HKDSE (History)
香港考試及評核局中學文憑試科目委員會委員(歷史科)
Member of CDC-HKEAA Committee on History
課程發展議會-香港考試及評核局歷史委員會委員
"Awardee of Outstanding Teacher Election by HKFEW (2007)
香港教育工作者聯會主辦「優秀教師」獎得主 (2007)

Mak Kwok Chuen
麥國全 (3)

Member of the EDB Ad Hoc Committee of Religious Education (S1 to S3)
教育局宗教教育(中一至中三)專責委員會委員

Chan Hoi Yan
陳凱茵 (4)

Ten Most Outstanding Teacher by Pillar Education Foundation
明日棟樑教育基金「十大傑出教師」

Li Kwan Foon
利群歡 (5)

Committee member of Education Committee in Hong Kong
Organ Transplant Foundation
香港器官移植基金會教育委員會委員
Awardee of Outstanding Teacher Election by HKFEW (2011)
香港教育工作者聯會主辦「優秀教師」獎得主 (2011)
Excellent Teaching Plan of Hong Kong Liberal Studies Organization (2011-2012)
香港通識教育協會優異教案 (2011-2012)

Lai Chun Kit
黎震傑 (6)

2nd Vice-chairman of the Standing Committee of the Federation of Parent-Teacher Associations of the Sai Kung District
西貢區家長教師會聯合會常務委員會第二副主席
Outstanding Student of the Education Administration and Management Course for Senior School Administrators in Secondary School of HKBU Department of Education Studies
香港浸會大學教育學系中學高級行政人員教育行政及管理課程傑出學員

Lor Kwok Wai
羅國偉 (7)

Awardee of "The 4th Outstanding Teaching Award for Moral Education" (Secondary)
第四屆品德教育傑出教學獎(中學)
Outstanding Teaching Plan of Hong Kong Liberal Studies Organization (2012-2013)
香港通識教育協會傑出教案(2012-2013)

Chan Hon Yin
陳翰賢 (8)

Vice-chairman of the Subject Committee of HKEAA HKDSE (ICT)
香港考試及評核局中學文憑試科目委員會副主席(資訊及通訊科技科)

Ng Ka Wo
吳嘉和 (9)

CDC-HKEAA Committee on Chemistry Chairperson
課程發展議會-香港考試及評核局化學委員會主席
District Coordinator of HKEAA HKDSE Examination- CHEM(SBA)
Chairperson of HKFEW Teacher Volunteers' Network
香港教育工作者聯會教師義工網絡主席
Awardee of Outstanding Teacher Election by HKFEW (2021)
香港教育工作者聯會主辦「優秀教師」獎得主 (2021)

Lam Sau Ping
林秀萍 (10)

Awardee of Outstanding Teacher Election by HKFEW (2018)
香港教育工作者聯會主辦「優秀教師」獎得主 (2018)

Chan Wan Ting
陳韻婷 (11)

Awardee of Outstanding Teacher Election by HKFEW (2015, 2016)
香港教育工作者聯會主辦「優秀教師」獎得主 (2015, 2016)
Former Columnist of Sing Tao Education- 《S-file悅讀中文》
曾任星島學生報《S-file悅讀中文》撰題老師

Cheung Ping Kit
張炳傑 (12)

Curriculum Development Council on Chinese Language Education Member
課程發展議會中國語文教育委員會會員
Awardee of Outstanding Teacher Election by HKFEW (2015, 2019)
香港教育工作者聯會主辦「優秀教師」獎得主 (2015, 2019)
Awardee of "The 4th Outstanding Teaching Award for Moral Education" (Secondary)
第四屆品德教育傑出教學獎(中學)

Lun Yuen Ying
倫源雲 (13)

Awardee of "The 4th Outstanding Teaching Award for Moral Education" (Secondary)
第四屆品德教育傑出教學獎(中學)

Professional Teachers 專業教師

Our school has highly emphasized building up and nurturing an excellent team of professional teachers. Since the founding of the school, a number of teachers have received excellent and outstanding teachers' awards. Our teachers have participated actively in professional studies and taken up posts in different education organizations and professional bodies.

本校非常重視建立及培養優秀卓越的教師團隊。開校以來，多位老師曾獲優秀及傑出教師獎項，積極進行專業研究，並出任不同教育委員會及專業團體公職。

Leung Tung Yuen
梁東源 (14)

Awardee of Outstanding Teacher Election by HKFEW (2018)
香港教育工作者聯會主辦「優秀教師」獎得主 (2018)
Awardee of Excellent Mentoring Teacher of Partnership and Field Experience School 2016-2017 by The Education University of Hong Kong
香港教育大學2016-2017年度實習學校「優秀教學啟導教師」

Yip Sai Hung
葉世雄 (15)

Awardee of Outstanding Teacher Election by HKFEW (2016)
香港教育工作者聯會主辦「優秀教師」獎得主 (2016)

Chan Chuen Ho
陳鑽好 (16)

Awardee of Outstanding Teacher Election by HKFEW (2019)
香港教育工作者聯會主辦「優秀教師」獎得主 (2019)

Cheung Chin Wai
張展威 (17)

Vice-Chairman of HKFEW Teacher Volunteers' Network
香港教育工作者聯會教師義工網絡副主席
Awardee of Outstanding Teacher Election by HKFEW (2021)
香港教育工作者聯會主辦「優秀教師」獎得主 (2021)
School Coach Recognition Awards, Jockey Club Hong Kong Coaching Awards, The Hong Kong Sports Institute, Hong Kong Coaching Committee
香港體育學院、香港教練培訓委員會賽馬會香港優秀教練選舉學校優秀教練獎

Lam Yuen Ming
林遠明 (18)

Vice-chairman of Joyous Foundation
樂兒計劃成長基金副主席

Yiu So Mui
姚素梅

Awardee of Outstanding Teacher Election by HKFEW (2019)
香港教育工作者聯會主辦「優秀教師」獎得主 (2019)

External School Review by the EDB YY3 Receives Excellent Commendation 最新教育局校外評核 圓玄三中再獲優異評價 高度肯定各項辦學成就

Education Bureau (EDB) has undertaken External School Review (ESR) of our school in 2017. This was the third ESR in our school history. Following the previous ESR reports, our school again received excellent comments from the EDB. Our school has performed excellently in the four main domains. This has definitely confirmed the efforts and achievements of our teachers and students.

教育局於2017年為本校進行第三次校外評核，繼上次「校外評核報告」獲優異評級後，本校再次獲教育局高度評價，於四大範疇均表現理想，大大肯定了本校師生的努力及成就。



Mr. Lee Ming Kin (3rd Front Left), leader of the ESR team and the team member of Quality Assurance Division, EDB took a photo with our school management team.
教育局質素保證分部李明建先生(前左三)領導的校外評核隊伍與我校領導合照。

The following is an excerpt from External School Review (ESR):
以下內容節錄自2017校外評核報告：

Learning and Teaching 【學與教】

- The school made good use of internal and external resources to provide enhancement and remedial classes for different students in order to enhance the performance of students with different levels of competence and cater for the diverse learning needs of students with varied abilities effectively.

學校善用校內及校外的資源，為不同學生安排精補班和輔導班，達到拔尖、補底、扶中的果效，有效照顧不同能力的學生。

- The teachers are nice and friendly, put a lot of effort into lesson preparation and had clear teaching objectives. The students were attentive during lessons and follow the teachers' instructions. They were eager to participate in the class activities.

教師用心備課，教學目標清晰，態度友善親切；學生在課堂表現專注，遵循教師指示，樂於參與課堂活動。



Student Performance 【學生表現】

- High value-added level achieved in students' results and students often achieved awards in various activities.
學生成績增值率高，在活動方面亦經常獲獎。
- The students observe the school rules, demonstrate a strong sense of belonging to the school and demonstrate cooperation among peers in various activities.
學生守規，有強烈的歸屬感，能從不同活動中展示朋輩互助精神。
- The students love the school and respect the teachers. They could get along with each other with mutual support and love each other.
學生喜愛學校，尊敬師長，並能融洽相處，互相支援，愛護朋輩。

School Ethos and Student Support 【校風及學生支援】

- The school made a great effort and detailed planning to create a caring campus.
學校在建立關愛校園方面有很大的付出和仔細的計劃。
- The school's measures are in line with the overall concept of 'Inclusive Education'. The school attends to and caters to the needs of all students, including the foreign students and the students with special educational needs.
學校的措施符合共融的大概念，不論外籍學生或有特殊學習需要的學生，都能受到關注和照顧。

Sustainable Development 【學校的持續發展】

- The school has provided equal and quality education opportunities for the students since its establishment and endeavour to nurture the students in the five domains of education.
學校多年來為學生提供平等、優質的教育機會，並悉心培育學生的五育發展。
- The school's management, being very familiar with the trends in education development, emphasizes team spirit and guides the students to develop according to the established targets.
學校領導層熟悉教育發展趨勢，著重團隊精神，帶領學生按既定目標發展。



Learning and Teaching 學與教



Reading with Fun Programme
悅讀越多FUN計劃

Reading with Fun Programme 悅讀越多FUN計劃

To encourage students' enthusiasm in reading, awards are presented to them according to the number of books they have read.
透過不同獎勵，鼓勵同學積極閱讀課外書籍。

Learning Enhancement Scheme 學習風氣提升計劃

Students from all forms are supported with supplementary lessons of different levels to enhance academic results.

安排中一至中六級同學於課後進行不同程度的精補課程，提升同學學業成績。

IELTS Training Course 雅思(國際英語水平測試)訓練班



English Drama Training Workshop
英語戲劇培訓課程



Applied Learning Curriculum 應用學習課程



Japan Exchange Tour 日本交流團

English Enhancement Scheme 英語提升計劃

Implement various English enhancement programmes including English Drama training workshop, English Camp etc.

推行多項計劃，提升同學英語水平，如：英語戲劇培訓課程、英語營等。

S.1 Preparation Course 中一新生預備課程

A variety of activities which last for several weeks, including lessons of junior secondary subjects and extra-curricular activities, are arranged for S.1 students to get familiarized with the campus and adapt to secondary school life.

為期數星期的預備課程，透過不同活動及銜接課程，讓新生及早適應中學生活。

Effective Use of Resources 善用校外資源

Make good use of external resources, actively cooperate with education professionals such as EDB and universities to provide quality education to students.

善用校外資源，積極與教育局、大學等教育專業團隊合作，為同學提供優質教育。

Applied Learning Curriculum 應用學習課程

Following the introduction of Applied Learning in the NSS curriculum, the school has arranged more than 30 elective subjects including aviation, jewelry design etc. to let students have more choices.

新高中開辦30多項應用學習課程，包括：航空學、珠寶藝術及設計等，讓同學有更多選擇。

Study Tours 遊學及考察團

The school has organized different overseas and mainland tours like tours to Sydney, the United Kingdom, South Korea, Malaysia, Singapore, Beijing, Hainan etc, broadening students' horizons.

每年舉辦多個不同的國內及國外遊學團，如「悉尼之旅」、「英國之旅」、「南韓之旅」、「馬來西亞之旅」、「新加坡之旅」、「北京之旅」、「海南之旅」等，擴闊同學視野。



Effective Use of Resources 善用校外資源



South Korea Exchange Tour 南韓交流團



Featured Curriculum and Programmes

Self-directed Learning & Experiential Learning 自主學習及體驗式學習

We develop E-learning and Cooperative Learning to enhance the effectiveness of learning and teaching. We incorporate Experiential Learning across the curriculum to allow students to consolidate the knowledge and skills they have learnt through personal experience.

致力發展電子學習及合作學習法，以提升學與教的效能。各科課程加入體驗式學習元素，透過活動及親身體驗鞏固知識。

Project-based Learning 專題研習

With self-designed and tailor-made STEM related curriculum, teaching materials and activities for S1 and S2 students, students' ability on cooperation, problem-solving, communication, analysis and self-learning has enhanced systematically.

自訂與STEM相關的課程及編寫教材，透過不同有趣的活動，有系統地提升中一及中二級同學協作、解難、傳意、分析及自學等能力。



Presenting projects, demonstrating learning outcomes
公開報告展示研習成果



Pythagoras' theorem Workshop
畢氏定理親體驗



Visit to the School of Science of HKUST
參觀科技大學理學院



特色課程及計劃

Partnership with Hong Kong University of Science and Technology 香港科技大學伙伴協作

Establishing the partnership with the School of Science of HKUST and holding various activities and courses to enhance the knowledge and application in STEM (Science, Technology, Engineering and Mathematics) Education.

與香港科技大學理學院進行伙伴協作，舉辦不同活動及課程，加強學生在 STEM (Science科學、Technology科技、Engineering工程及Mathematics數學) 教育方面的知識及應用。

Innovative STEM Education 創新STEM校本課程

According to the latest innovation development, design School-based STEM Education. To teach students programming knowledge and skills, design and manufacture intelligence products.

根據最新創科發展，編訂STEM校本課程。教導學生編程知識及技巧，並設計及製作智能產品。

Tai Chi Practice 早晨太極操

Students are taught Tai Chi in different stages at respective levels, fostering the habit of doing exercise.

各級分階段教授不同的太極拳法，培養同學終身運動的習慣。

The students attend lectures at HKUST and experience the university life
同學有機於科大旁聽課堂，體驗大學生活



Tai Chi Practice 強身健體太極操



English Learning Environment and NCS Students

英語學習環境及非華語學童

Three Foreign Teachers to Raise Student's English Standards 三位外籍老師提升同學英語水平

Recruit two foreign teachers to enrich the English-speaking atmosphere and to raise the English level of our students so that they can achieve satisfactory results in the public exams and advance into universities.

聘請三位外籍英文老師，增加校內英語環境，使同學擁有良好英文能力，繼而在公開考試獲取理想成績，考進大學。

Using English as the Medium of Instruction 以英語作為教學語言

Some of the classes and subjects for example Mathematics, Integrated Science etc. use English as the medium of instruction to teach Local and NCS students together.

部分班別及學科以英語作為教學語言。本地學生與非華語學生有機會一同用英語學習數學、綜合科學等科目。

'Read to Love: Love to Read' Reading Programme '閱讀·越愛'計劃

Initiated the reading programme with the aim of nurturing students' reading interest and helping them to develop a good reading habit by enriching the reading atmosphere of the whole school through different activities.

通過推行各類活動以塑造校園的閱讀氛圍，培養學生的閱讀興趣及習慣。

Teach Unlimited Foundation Mentorship Programme "教育無邊界"計劃

English Department successfully participated in the Teach Unlimited Foundation Mentorship Programme this year. Two Program Mentors are assigned to support our students at school which provides our students with more opportunities in English learning.

英文科成功參與"教育無邊界"計劃，增加兩位英文教師，大大提升學生英語應用的機會。

Big Brothers and Big Sisters Scheme

大哥哥大姐伴讀計劃

Pairing up Local and NCS Students let them learn Chinese and English with one another.

一對一配對本地學生與非華語學生，讓他們在中文及英文上互相學習。

Diversified Programs and Activities

Enhance Knowledge and Life Experience

多元課程及體驗活動 豐富知識及生活經驗

Offer diversified outside school activities and, let Local and NCS Student participate and share with one another. In addition, English Phonics Courses are offered in junior form to consolidate students' English proficiency.

舉辦不同體驗活動，讓本地與非華語學生一同走出校園認識社區，互相交流。此外，於初中開辦英語拼音課程，鞏固學生的英語基礎。

Collaborates with professional organizations 與專業團體合作

Our school actively collaborates with different professional organizations, such as Centre for Advancement of Chinese Language Education and Research (CACLER) and HKU SPACE, in order to provide students with high-quality education.

本校積極與外間不同專業團體合作，如香港大學教育學院中文教育研究中心、香港大學專業進修學院等，為學生提供優質教育。



School Ethos and Student Support

校風與學生支援

Caring School Award 關愛校園榮譽



Our school is awarded the 'Caring School Award' for eleven consecutive years. In 2015, our school was awarded the 'Caring School Theme Award—Leading to Harmony'. Moreover, in 2016, we were awarded the 'Merit Award of the Caring School Theme Award—Life Education'. Moreover, our school being commended for 2 consecutive years by the Hi-Five Student Engagement Award Scheme held by EDB, won the 'Intellectual Engagement' Special Award (2019-20) and the 'Social Engagement' Special Award (2020-21). A series of activities have been held including: 'Caring Message Board' for sharing inspiring stories and messages between teachers and students; Distribution of 'Red Eggs' to celebrate teachers' and students' birthday; 'Big Brothers and Big Sisters Scheme' to encourage peer support between senior and junior students.

本校連續十一年獲授「關愛校園獎勵計劃——關愛校園」榮譽，2015年榮獲「關愛校園主題大獎——牽引共融」，2016年再獲「生命教育主題大獎優異獎」。此外，本校連續兩年獲得教育局主辦的「樂繫校園獎勵計劃」的獎項「知識連繫」（2019-20）與「人際連繫」（2020-21）主題特別獎。一連串計劃包括：「關愛留言板」：展示好人好事及師生間的心聲；派發「紅雞蛋」：祝賀師生生日；「大哥哥大姐姐計劃」：讓高年級同學照顧師弟師妹等。

Well Done Scheme 做得好（Well Done）獎勵計劃

Students who demonstrate good performance and obvious improvement in various aspects would be awarded Well Done Cards, prizes or extra conduct marks.

同學在不同方面表現良好或有明顯進步，將獲派發獎勵貼以換取豐富獎品並獲加操行分。

S.1 Heart to Heart Programme 中一師生心連心計劃

The Programme is implemented to establish a mentoring relationship between teachers and students. Meetings and activities are conducted once every two weeks.

所有中一同學分成小組，每組由一位老師帶領，每兩星期聚會一次，照顧同學不同需要。

Values Education 價值觀教育

Cultivating students' good morals with Resolution, Responsibility, Respect and Resilience.

培育學生具備堅毅、責任感、尊重他人及抗逆能力的良好品行。



The News of being granted the Theme Award has been reported by Ming Pao 本校獲主題大獎的消息獲《明報》報導





2017 學生及青年義務工作嘉許禮
Student & Youth Volunteering Award Presentation Ceremony

Social Welfare Department Best Student and Youth Volunteering Projects
Champion (Secondary School)
社會福利署最佳學生及青年義工計劃比賽中學組冠軍



Community Service Day 社區服務日



Life Ambassador Scheme 生命大使計劃

Tie with our Society and the World 社會及世界連繫



Greeting our Sister School——Guangzhou Huadu YuanYuen Secondary School
接待姐妹學校——廣州花都圓玄中學



Beijing Tour
北京考察團



Kazakhstan Tour
哈薩克考察團



Voluntary Service Experiential Tour of Taiwan
台灣親善義工體驗之旅

Show Care with Action 關心社會 身體力行

Forums to discuss social issues are frequently held. Students participate in open forum outside school actively. The Community Service Day Scheme is implemented in the form of carnivals to serve the community.

定期就不同時事議題進行師生時事論壇，同時積極參與不同校外論壇活動。另外推行「社區服務日計劃」，以嘉年華會形式服務街坊，回饋社會。

Life Ambassador Scheme 生命大使計劃

Encouraging peer support by students, visits to elderly homes with handmade scarves, setting up role models for junior students.

讓同學參與朋輩輔導活動，帶同手織圍巾送暖到老人院等，為學弟學妹樹立良好榜樣。

Developing World Vision by Overseas Exchange Tour 參與海外交流 擴闊世界視野

Our Students have visited Kazakhstan, Japan, South Korea, Myanmar, Malaysia, Singapore, Vietnam and Taiwan for exchange to widen the horizon.

同學曾到訪哈薩克、日本、南韓、緬甸、馬來西亞、新加坡、越南及台灣等地進行交流，擴闊國際視野。



Cycling Team 單車隊

Extra-curricular Activities 課外活動

To implement Other Learning Experience under the NSS curriculum and promote extra-curricular activities, an OLE lesson is held every Friday afternoon to help students develop individual interests and talents. Our school offers about 50 teams, clubs and activities for students. We have many outstanding clubs and teams like Juggling Club and Band. They were awarded lots of prizes and were interviewed by various media and press. Different clubs and teams had been invited by various organizations and primary schools to perform and serve. It helps to enhance our students' confidence and communication skills.

為配合新高中學制下的「其他學習經歷」，全面推行「活動課」，逢星期五下午舉行，讓同學專心發展個人興趣及潛能。全年開設學會及興趣小組近50個。其中如雜耍班、流行樂隊等屢獲殊榮，曾獲多間電子傳媒採訪。各個活動學會及團隊多次獲外間不同機構及小學邀請表演及服務，增加同學自信及與人溝通的技巧。



Micro-Film Production Team 微電影拍攝及製作小組



Juggling Class 雜耍班



Rowing Team 划艇隊



Lion Dance Team 獅藝隊



Magic Club 魔術學會



Jazz dance 爵士現代舞



Taekwondo Club 跆拳道



Beatbox Class 節奏口技班



Band 流行樂隊

Our school focus on cultivating students with potentials in sports and arts. In recent years, several of our students had excellent performances in Rowing, Dragon Boat Race, Rope Skipping and Cricket and are selected to represent Hong Kong in International teams. Our school won the Boys Grade A Overall Champion in the Hong Kong Inter-school Athletics Competition and Inter-school Cross-country Competition and won the boy Grade B Champion in Inter-school Basketball Competition.

本校著重培育具體藝潛質的同學，有多位同學曾於不同項目包括賽艇、龍舟、花式跳繩及板球有超卓表現，入選香港代表隊。本校曾囊括學界田徑賽及越野賽男子甲組團體總冠軍及勇奪學界籃球賽男子乙組冠軍。

Media Coverage
媒體報導

Sportsroad
體路



HK01
香港01



有線新聞
i-CABLE News



Star Coach, Mr. Chan Ka Ho 星級教練陳家豪先生

Champion of the Standard Chartered Hong Kong Marathon --- 10km Race (2012, 2017)
渣打香港馬拉松10公里冠軍 (2012, 2017)
Champion of the Standard Chartered Hong Kong Marathon--- Half-Marathon (2021)
渣打香港馬拉松半馬賽冠軍 (2006, 2008, 2021)
Holder of 4x1500m Relay Records of Hong Kong
香港4x1500米接力紀錄保持者



Mr. CHAN Chi Fung, Thomas 陳至鋒校友

Indoor Rowing World record holder
室內賽艇世界紀錄保持者
Concept 2 Indoor Rower with Slides Lightweight Men 19-29 30 minutes
Concept 2 室內賽艇 (滑軌) 輕量級男子19至29歲30分鐘項目
Concept 2 Indoor Rower with Slides Lightweight Men 19-29 at 21,097 meters (half marathon)
Concept 2 室內賽艇 (滑軌) 輕量級男子19至29歲21,097米項目 (半馬)



Mr. Tsang Kwun Ho 曾冠皓校友

Member of Hong Kong
Junior Rowing Team
香港青少年賽艇代表隊成員



Mr. Lau Yun Hong 劉潤康校友

Member of Hong Kong
Junior Rowing Team
香港青少年賽艇代表隊成員



Mr. Singh Jagrai 成家華校友

Member of Hong Kong
Junior Cricket Team (U16)
香港青少年板球代表隊(16)成員



Mr. Wong Tin Yen, Alumni 黃定恩校友

Member of Hong Kong
Rope Skipping Team
香港跳繩代表隊成員



Mr. Lo Chun Yip 盧俊業校友

Member of Heng Kong
Dragon Boat Team
香港龍舟代表隊成員



Mr. Hayat Zakir 沙克里校友

Member of Hong Kong
Cricket Team
香港板球代表隊成員



Achievement in Sports and Arts 體藝成就

“Sport Legacy” Scheme

Nurture Future Hong Kong Team Member



SPORTS FEDERATION &
OLYMPIC COMMITTEE OF HONG KONG, CHINA

「奧夢成真」奧翔計劃

培育未來香港隊成員

Our school is successfully accepted by the Sports Federation and Olympic Committee of Hong Kong, China to participate in the “Sport Legacy” Scheme. The Scheme will provide students with systematic sports-specific training and skill practices for three consecutive years under the professional instructions by the athlete coaches who are current or former Hong Kong Team Members to assist the development of sports and to discover future members of the Hong Kong team.

本校成功獲中國香港體育協會暨奧林匹克委員會批准，參與「奧夢成真」奧翔計劃。將獲安排計劃退役及退役運動員到本校把個人運動專項的知識和技術傳授給學生，協助發展體育運動及發掘未來香港隊成員。





Outstanding School Facilities 優質校園設施

Our School has comprehensive and computerized facilities. We have a school hall, 2 basketball courts, an air-conditioned covered playground, a student activity centre, 26 classrooms, 13 special rooms, 2 computer rooms, 2 conference rooms and 2 remedial teaching rooms. All are air-conditioned and computerized. A total of 350 computers and more than 120 tablet computers are provided for students in the school, with an average of 1.2 students sharing one computer. A wireless network Wi-Fi has been set up in school for students to enjoy mobile learning. About 23,000 books are collected in our school library.

本校設施完善，設備電腦化。全校設禮堂1個、籃球場2個、冷氣化有蓋操場及學生活動中心各1個、課室26間、特別室13間、電腦室、會議室及輔導教學室各2間，均安裝冷氣設施及全套電腦及投影設施。現時全校共有350台電腦及超過120台平板電腦，平均每1.2位同學一部電腦。全校亦裝設Wi-Fi無線網絡，供同學隨時隨地移動學習。圖書館藏書合共約兩萬三千本。



"The Shot" Practice Net 善擊場



Campus TV 校園電視台



Wireless Network Wi-Fi and Tablet Computers Wi-Fi無線網絡及平板電腦



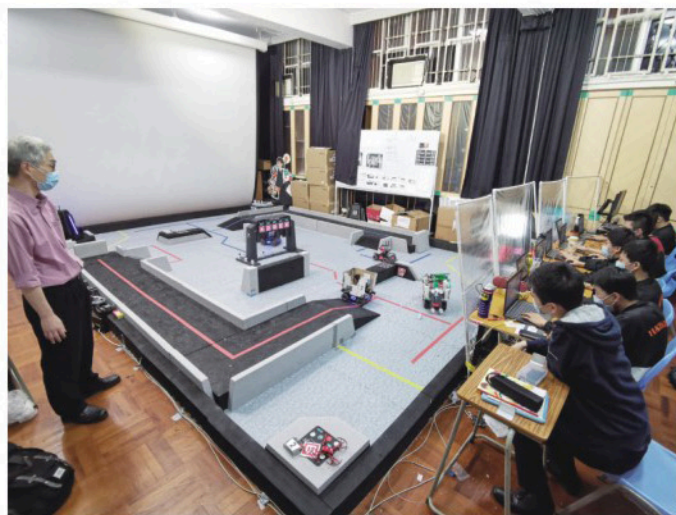
Student Activity Centre 學生活動中心



Studio 錄音室



Wisdom Reading Room 明道書室



Robotics Centre 機械人創意中心



Indoor Rowing Training Centre 室內賽艇訓練中心



Chinese Corner 中文閣



Distance Learning Classroom 遙距教室



Space Theater 天象影院



English Corner 英語角



Cycling Training Centre 單車訓練中心



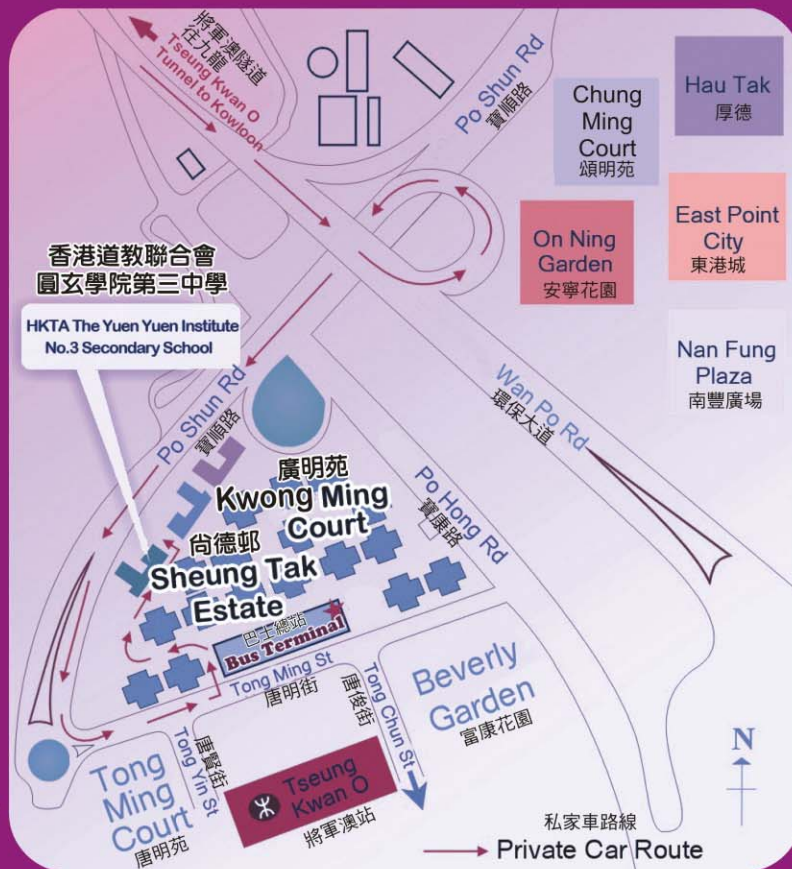
Graphic Design and Technology Room
圖像設計科技創作室



Computerized Art Room 電腦美術創作室



Multi-Media Learning Centre
多媒體學習中心



MTR 港鐵

Tseung Kwan O Station Exit A,
in the direction of Sheung Tak Estate
將軍澳站A出口，尚德邨方向

Minibus 小巴 (Starting Point 路線起點)

103M (Clearwater Bay 清水灣二灘)
108A (Tiu Keng Leng, Hang Hau(North) 調景嶺、坑口北)
110 (Kowloon City (Waterloo Road) 九龍城窩打老道)

Bus 巴士 (Starting Point 路線起點)

296A (Ngau Tau Kok Railway Station, Kwun Tong Railway Station
牛頭角鐵路站、觀塘鐵路站)
296C (Sham Shui Po (Tonkin Street) 深水埗東街)
296D (Kowloon Railway Station 九龍鐵路站)
296M (Hong Shing Garden, Hang Hau Railway Station
康盛花園、坑口鐵路站)
290, 290A (Tsuen Wan West Railway Station, via Po Tat and On Tat
荃灣西鐵路站、經寶達及安達)
694 (Siu Sai Wan Estate 小西灣邨)
792M (Sai Kung 西貢)
796S (Ngau Tau Kok Railway Station, Oscar By The Sea
牛頭角鐵路站、清水灣半島)
796X (East Tsim Sha Tsui 尖沙咀東)
796C (Nam Cheong Railway Station 南昌鐵路站)
798 (Fo Tan 火炭)
E22A (Airport (AsiaWorld-Expo) 機場博覽館)

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