



天保民

Mary Rose School

通訊

NEWSLETTER

2021年1月



學校地址：九龍塘聯福道11號 • 電話：2336 5151 • 傳真：2338 4476 • 電郵：maryroseschool@biznetvigator.com

復課後的防疫措施

學校在疫情下恢復半日課的上課模式，為了讓學生能在安全及衛生的環境下愉快學習，學校在多個範疇加強了防疫措施。為保障師生健康，全體師生在校內都必須佩戴口罩，而在進入學校時都必須經過消毒地氈、並使用大門兩旁的自動搓手液機所提供之消毒液來清潔雙手。校園防疫大使也會替進校人士量度體溫，確保每位回校的教職員及學生體溫正常，以降低新冠病毒傳播的風險。



每日防疫大使為每位進校的同學及教職員量度體溫

現時，除在各課室及特別室添置消毒酒精、消毒紙巾及搓手液外，課室的座位編排也在新常態下有所改動，枱椅由以往小組形式為主的設計，改為「面對背」的單行排列，令學生之間盡量保持適當的社交距離。各課室也添置了防飛沫擋板，供有需要的學生使用。



課室添置防飛沫擋板

學校加強校園環境的消毒，安排工友每天在各樓層及課室清潔，並加強消毒課室和樓梯間的常接觸面，每小時以1:99漂水抹門柄及樓梯扶手。同時，學校也在各班學生使用完特別室後，編排額外增聘的工友立即進行清潔，以及為每日用完的教具進行清洗及消毒，減低病毒傳播的風險。

疫情下，學校為減低交叉感染的機會而暫停分組上課的學習模式，課堂也取消共用教材或教具的安排，改以讓學生運用獨立工作籃及電子教材，在課堂中進行學習。而小息時段，學生會留在課室休息。為減低因脫下口罩而被感染的風險，學生在校園內盡量避免進食。而各班亦會執行每行輪流飲水的政策，同時加強分班使用廁所的措施，以減人與人之間及班級之間的交叉感染。校園內的大型聚集如週會，則改為在班房收聽廣播及同步觀看簡報，而其他大型學習活動及教職員會議，均以應用軟件的輔助，進行即時的遙距教學及視像會議，以減低人群聚集的機會。

另一方面，為提高學生抗疫的意識，學校舉辦了一連串「保民齊抗疫」活動，在課餘時間播放「同心抗疫 MARY ROSE」校本抗疫歌、舉辦「洗手七式」填色比賽，也透過在校內張貼衛生宣傳海報、保民電台的防疫節目及課堂與防疫相關的教學，讓學生提高保持個人衛生的意識，與及掌握正確佩戴口罩和洗手的防疫技巧。

疫情反覆，面對疫境下的新常態，大家努力防疫之餘，也要謹記保持正面積極的態度應對。就讓我們抱着「逆境必過去，雨後見彩虹」的樂觀心態，齊心抗疫。



以直播的形式在校內舉辦大型活動

Disease Prevention Measures For Class Resumption

- The school has resumed half-day class under the epidemic. In order to provide a safe and hygienic learning environment to students, the school has upgraded disease prevention measures in different aspects. To safeguard the health of teachers and students, all are required to wear masks in school, pass through sterilized carpet before entering the school, sanitize hands by using the automatic hand sanitizer dispenser which placed on both sides of the door gate to taking body temperature by the school's epidemic prevention ambassadors, so as to ensure all staff and students are having a normal body temperature, which lower the risk of the spread of Coronavirus.

Now, other than replenishing disinfection alcohol, disinfectant wipes and hand sanitizer in every classroom and special room, the seating arrangement in classrooms has also been changed from "group-based" seating to "face-to-back" single role seating under the new normal. Thus, students could properly maintain social distancing at all times. Sneeze guards are also provided in all classrooms for students in need.

To strengthen disinfection in campus, additional manpower is employed to cope with Coronavirus. The school has been arranging janitors to clean all floors and classrooms, as well as sanitizing the common contact surface of classrooms and stairwells every day. Besides, 1 in 99 diluted household bleach are used to sanitize knobs and handrails every hour. Special rooms would be sanitized immediately after the use of each class. Also, teaching aids would be sanitized every day.

Under the epidemic, the school has suspended group teaching mode and has stopped sharing teaching aids among students to stop cross infection. Instead, students are encouraged to use individual working baskets and electronic learning materials in class. Furthermore, all students are required to stay in their own classroom during recess. To minimize the chance of removing masks in school, students are not allowed to eat in groups. Students sitting in the same aisle are advised to drink water at the same time. Toilets are used on class shift. When it comes to large gatherings in campus, such as the Monday Assembly, we have conducted it via the digital PA system and projected via PowerPoint in classroom. Beside Monday Assembly, other major learning activities and staff meetings are held via application software to maintain distance learning. Video conference is also encouraged in order to avoid group gatherings.

On the other hand, with the aim of raising students' awareness of disease prevention, the school organizes various activities, such as playing the school's anti-epidemic song - "Together, Mary Rose Fights the Virus" during recess, organizing "Seven Steps of Hand Hygiene" colouring competition, posting hygiene-related posters, broadcasting anti-epidemic radio programme via Radio MRS as well as teaching topics related to disease prevention. Therefore, students are able to acquire techniques by maintaining personal hygiene, wearing mask and washing hands properly and thus to prevent disease.

The situation of Covid-19 outbreak in Hong Kong remains volatile. We should stay positive while adapting the new normal. Remember, "Hard time will pass - there's a rainbow after the rain". Never give up and let us fight the virus together.



Sanitizing hands before entering the school



Sanitizing knobs and handrails every hour



Distance teaching via application programme

彭家怡副校長感言

光陰似箭，我在特殊教育工作已任職超過十五年，而在天保民學校也踏入第十四個年頭。回想起我的執教初衷，猶如跟從聖言所道：「十年樹木，百年樹人」，老師有如雕塑家，孩子的未來正掌握在我們的手裏。

在我眼中，智障孩童是天父賜予，他們雖然在世人眼中有點不足，卻是帶着上天的恩賜，有着天父的祝福。作為這群小天使的老師，我經常反思老師該具備怎樣的能力才能真正幫助到我們的孩子。教育工作是任重道遠的，當特殊教育工作者，更是不容易。老師需要有愛心和耐性，了解每個孩子的性情和特質，配合多元化的教學方法讓孩子掌握生活上的技能，融入社會，以致終生受用。

老師需要與時並進，這些年來承蒙校方給予機會，讓我有幸參與多項教育研討會、學術研究和個人進修，掌握了不少新的教學政策和教學法。今後，我會透過副校長這新崗位，發揮作為學校管理層和教職員之間的橋樑，讓同工能彼此交流，分享寶貴的教學經驗和知識。



Speech of Deputy Principal, Ms Pang Ka Yee

Time flies like an arrow. I have been devoting myself in special education for fifteen years, while serving in Mary Rose School for fourteen years. Whenever I recall my initial intention on teaching, I always think of and follow the proverbs of the oracle, "It takes ten years to grow a tree but a hundred year to nurture a person." Teachers are like sculptors, who sculpt the future of our children.

In other's eyes, children with intellectual disabilities involve limitations. To me, they are gifts from God, who are blessed and cherished. As a teacher of the little angels, I constantly reflect myself what abilities I should possess to truly help our children. Teaching is a hard duty and has a long way to go, not to mention the responsibilities of a special educator. Loving care and patience are necessary to a teacher. Understanding the personalities and characteristics of each student while accompanying with diversified teaching strategies could definitely help students to master life skills in order to help them to be socially integrated in the rest of their life.

Teachers abreast of the times. I am greatly indebted to every chance given by the school for participating various educational research conferences, academic research as well as self-education by which I have mastered numerous education policies and teaching methodologies. Henceforth, I report myself at a new position as the Deputy Principal, in which I act as a bridge between the leaders and staff to communicate and share precious teaching experience and knowledge.



生命教育

欠缺自信、被動、自我形象低、不擅於處理人際關係……這些都並不是特殊學習需要者的形象標籤，他們可以透過不同的學習經歷，從而體驗、覺察、展現出樂觀、積極及正面的人生態度。然而我們需要為學生提供甚麼樣的學習體驗，才能讓他們的人生更豐盛？



為使學生明白生命的意義，建立正確的人生觀，及懂得以積極的態度面對困難，本校於2019年度開展生命教育課程，引導學生思索生命的意義，從自我認識開始、至確認自我價值、從而愛惜生命、尊重及關懷別人、回饋社會。

本校的生命教育課透過設立不同學習主題，以「愛」涵蓋，激發學生由己出發，推己及人，愛惜環境，並配合階段漸進的活動規劃，達至全人教育。推行策略包括推廣基督教核心價值，透過認識基督教的精神，展現人生的真善美，同時透過落實執行生命教育科本的課程，讓學生明白生命的意義，建立正確人生觀，並以積極的態度面對困難。此外，本校亦透過舉辦工作坊，為教職員及家長提供相關的講座及培訓，務求達至本校各持份者都能同心協力，以成為推動校本生命教育及學生學習和成長的助力。

本年度生命教育課程以「愛自己」為主題，透過「活出色彩·挑戰自我」的一連串活動，幫助學生豐富生活體驗，勇敢挑戰自我，並學會從更多角度去認識自己，確認自我價值，及培養正面的價值觀。往後，生命教育課程將接續推出「愛他人」及「愛自然」的主題，讓學生能培養關愛他人和與人融洽相處的技巧，並透過親近大自然的活動、讓學生認識自然界與人類的互惠關係，從中學懂感恩惜福。

生命教育就像一扇門，給學生開啟一條學術以外的學習體驗，在這學習的過程中，我們希望以生命影響生命，因應學生的實際需要，助他們全面發展，培養積極的人生態度及正面的價值觀。最後，以本校生命教育課主題曲「愛自己」的歌詞，寄予各位莘莘學子鼓勵，勇敢面對逆境，接受挑戰，讓生命發亮發光。

『認識基督，令我人生滿色彩；實踐真理，展現人生真善美。
遇上挫敗，勇敢堅定跨過去；綻放光芒，珍惜生命愛自己。』

Life Education

Lack of confidence, passive, low self-esteem, weak in maintaining interpersonal relationship...these are definitely not the stereotype of learners with special education needs. They are capable to experience, perceive, and live an optimistic, active, positive life by learning through other learning experience. Nevertheless, what kinds of other learning experience do we need to provide to students and make their life fruitful?

To help students understanding the meaning of life, developing a personal philosophy as well as facing difficulties with positivity, the Life Education Programme, in which students are guided to ponder the meaning of life from enhancing self-understanding to determining self-worth, is developed in 2019. Thus, students are capable to cherish one's life, respect and care others as well as make contributions to the society.

The Life Education Programme of the school sets up different learning themes which encompass "love". To achieve holistic education while supplemented by progressive teaching plans, students are inspired not only to think of themselves, but to put themselves in other people's shoe and also treasure the environment. The school implements strategies including promoting the core values, understanding the spirits of Christianity so as to show the true, the good and the beauty of life during the implementation of the Life Education Programme. Therefore, students are able to understand the meaning of life, develop a correct philosophy and face challenges with positivity. Moreover, the school organizes workshops, talks and trainings regarding Life Education for staff and parents so that every stakeholder of the school could unite in a concerted effort and help promoting life education, developing students' learning and growth.

"Love Myself" is the theme of Life Education Programme this year. We help students enriching life experience, challenge themselves and understand themselves in different perspectives through a series of "Live Colourfully, Challenge Yourself" activities. Hereafter, "Love Others" and "Love the Nature" are the following themes of Life Education Programme. We hope that, with the launching of the above programmes, students would be nurtured to care for others and develop a close rapport with others. It is also hoped that, students could understand the mutually beneficial relationship between the nature and human beings from participating "getting close to nature activities".

Life Education is like a door, which directs students to learn outside academics. We would like to benefit students through life on life interaction and help them developing a comprehensive, active and positive value of life depending on students' actual needs. Last but not least, we encourage student to stay positive in adversity, accept challenges and shine themselves with the lyrics of "Love Myself" theme song.



"Knowing Christ makes my life colourful.
Practising the truth brings the true,
the good and the beauty of life.
Overcoming difficulties with your bravery.
Shining and embracing yourself with love."

校園活動花絮 Activity Snapshots

支援及課餘活動 Support and Extra-Curricular Activities

職業治療服務 Occupational therapy



為有需要的學生提供輔助腳踏，改善他們的學習環境。

Foot rests are provided to students in need so as to improve their learning environment.

為有需要的學生設計大肌肉訓練計劃，以改善他們的平衡及肢體協調能力。

Large muscle training programmes will be designed for students in need to improve students' balance and coordination of limb movements.



透過趣味遊戲及訓練，提升學生手指的靈活性及雙手協調能力。

Enhance finger flexibility and hand coordination through games and trainings.



運用聽樂治療工具進行感覺統合訓練，以提升學生接收及處理訊息的能力。

Therapeutic listening tools are used for sensory integration training so as to improve students' ability in receiving and processing information.

多元活動委員會 Multiple Activities Committee

本學年開設網上實時課後興趣班，為學生提供充實的閒暇活動。

Online real-time after-school interest classes are offered to students this year with enriching activities for their leisure time.

小小配音員 MRS Voice Actor

導師運用有趣的練習教授配音的技巧，讓學生體驗成為配音員的樂趣。

Students experienced to be a voice actor with interesting voice acting techniques taught by the tutor.



親子兒童體適能 Children Physical Fitness Class



疫情下學生透過視像與導師互動，在家鍛練體適能，強身健體。

Students interacted and had physical fitness training with tutors via video call under the epidemic.

親子瑜伽班 Parent-child Yoga Class

學生與家長透過視像，在家同步參與瑜伽班，享受健身的親子活動。

Parents and students could join the parent-child yoga class via video call so as to enjoy exercising together.



準畢業生計劃 School Leavers Programme

青雲計劃 Bright Sky Project

職場制勝講座 Vocation Talk

以商校合作模式推行的「青雲計劃」於11月11日在學校舉行職場制勝講座，並邀請「金記控股有限公司行政總裁」謝海發先生和「九龍維景酒店助理經理」張琪騰先生擔任主講嘉賓，讓同學掌握餐飲業和酒店業不同職位工作內容和要求，同學反應熱烈，獲益良多。

'Bright Sky Project' has been implemented via an Enterprise-School collaboration mode. In order to enhance our students' understanding of catering industry and hospitality industry, 'Vocation Talk' was held on 11.11.2020 while Mr. Calvin Tse, CEO of Kam Kee Holdings Limited and Mr. Jack Cheung, Assistant Manager of Metropark Hotel Kowloon as the guest speakers. Our students were much benefit from the talk and responded enthusiastically.



陳校長和彭副校長與2位嘉賓合照
Principal, Ms Chan and Vice-principal, Ms Pang taking a photo with 2 guests



同學聚精會神地聽嘉賓的講解
Students paying full attention to the guests



同學對嘉賓的提問反應踴躍
Students are very responsive to the questions raised by the guests



同學分享對未來出路的願景
Students' sharing on their career vision

學生成就

2019-2020 學年葛量洪特殊學校學童獎 Grantham Scholarships Fund 2019-2020

恭賀B14組劉筠彤、李碧慈及黃漢彥同學分別獲得2019-2020學年葛量洪特殊學校學童獎。



「利銘澤黃瑤璧慈善基金」贊助樂苗基金「音樂天使獎學金」 Drs. Richard Charles and Esther Yewpick Lee Charitable Foundation, support PMA Music Foundation, Music Angel Scholarship

恭賀B6組Sean及李皓軒同學獲得由「利銘澤黃瑤璧慈善基金」贊助的樂苗基金「音樂天使獎學金」，兩人各獲得港幣\$24,000的個別樂器課程學費資助。Sean同學將會進修大提琴課程，而李皓軒同學則進修小提琴課程。

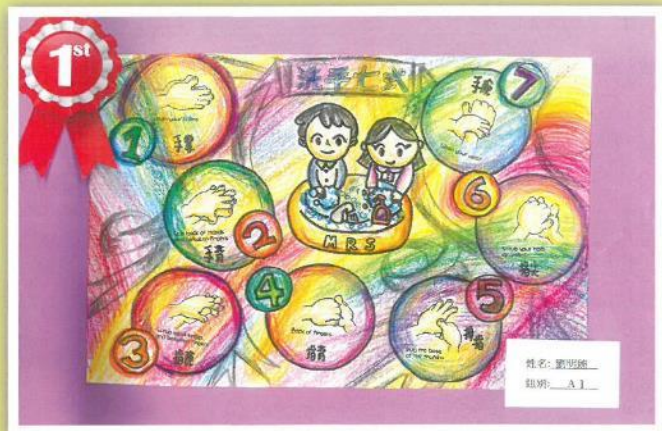


(羅氏慈善基金)高中應用學習獎學金 Law's Charitable Foundation APL Scholarship

恭賀B14黃澤榮同學在調適課程表現優異，獲校方提名20-21年度「APL獎學金」。



「保民齊抗疫」活動之「洗手七式」填色比賽
 "7 Steps of Hand Washing Coloring Competition"



冠軍：A1 劉明臻



亞軍：B7 周丞熙



季軍：A6 陳逸朗



優異獎：A3 余暉樂



優異獎：A4 李翠鈺



優異獎：A9 周啟熙



優異獎：B11 沈恩盈



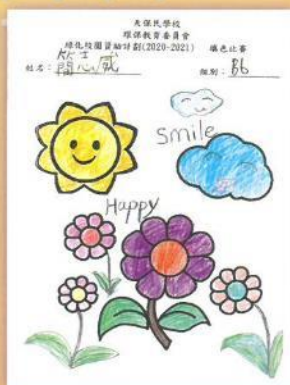
優異獎：B14 劉筠彤

「綠化校園資助計劃 (2020/21)」填色比賽
Greening School Subsidy Scheme 2020/21 Coloring Competition

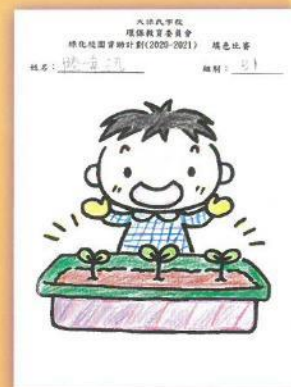
輕度班小學組 (B1-B6)



冠軍：B6 范卓文

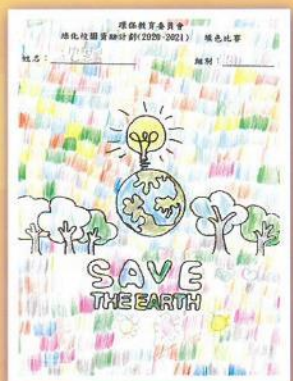


亞軍：B6 簡志威



季軍：B1 陸韋汎

輕度班中學組 (B7-B14)



冠軍：B11 沈恩盈



亞軍：B14 李碧慈



優異獎：B4 馬俊恒



季軍：B12 叶心港



優異獎：B13 王歷天

中度班小學組 (A1-A8)



冠軍：A3 余禱樂



亞軍：A1 劉明臻

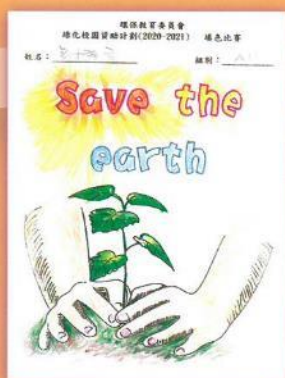


季軍：A5 嚴嘉豪

中度班中學組 (A9-A14)



冠軍：A11 Jenish



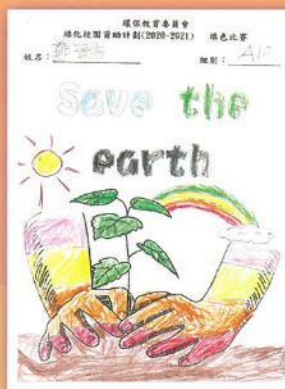
亞軍：A11 鄒梓亨



優異獎：A2 朱晉鋌



季軍：A14 沈佑緯



優異獎：A10 鄭晉彥

「潛能無限」線上慈善跑 “Unlimited Potential” Daiwa HK 50th X CareER RunnERthon Online

為使學生能在防疫其間仍能參與體育盛事，本校與德意志銀行合作，舉辦了第一屆「潛能無限」線上慈善跑。活動於11月30日至12月13日期間進行，每位參賽選手透過使用流動應用程式，完成及紀錄自己參賽的表現及跑畢里數。本校共派出10名學生參賽，與德意志銀行的參賽員工以5人一組的隊際形式，組成5小隊，合力完成企業組別50公里的賽事。



In order to continue providing opportunities for students to join sports events under the epidemic, the school cooperates with Deutsche Bank and organized the 1st “Unlimited Potential” Daiwa HK 50th X CareER RunnERthon Online 2020 this year. The online marathon took place from 30th November to 13th December. All athletes recorded their performance and mileage completed via the mobile application. 10 students were chosen to run together with 15 staff of the Deutsche Bank. We formed five teams of five including 2 students, 3 staff and finished the 50-kilometer race in the enterprise category together.

比賽成績如下：

	第1組	第2組	第3組	第4組	第5組
德意志銀行	張嘉豪 李明楷 吳晁榕	田文蕊 楊演桐 梁昊禹	曾皓析 吳文英 張凱欣	何依桐 勞茵儀 郭芷晴	陳紀尤 鄭琨樺 莊怡豐
天保民學校	李珽軒 何海麗	陳浚濤 沈恩盈	潘沛軒 史煌輝	吳冠熹 梁睿哲	馮俊傑 馮俊天
全組成績	完成 113.9公里	完成 121公里	完成 181.11公里	完成 147.12公里	完成 233.25公里

首5名累積最多跑步里數的學生

第1名	第2名	第3名	第4名	第5名
馮俊傑	沈恩盈	史煌輝	潘沛軒	何海麗