



# 天保民

## Mary Rose School

# 通訊

# NEWSLETTER

2026年1月



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## 學校新動態 Latest News in School

### 健康生活新動向



為促進師生及家長在身心靈各方面能保持健康，本校將「健康生活」定為三年發展計劃的其中一項關注事項。

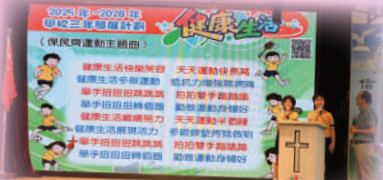
本年度 (2025-2026) 的推行重點以「運動強身健體魄」為題，多方面鼓勵師生及家長多做運動，建立恆常做運動的習慣。



1. 於校內不同地點張貼健康生活標語，加強師生對健康生活的重視，特別在禮堂及樓梯間展示推廣運動的口號。



為鼓勵學生多做運動，我們亦於校園展示校友及在校學生在運動方面的傑出表現，在教員室外也展示了教職員參與運動的照片，期望能起牽頭作用，激勵同學們仿效。



2. 製作運動主題曲：本校廖慧恩主任與言語治療師李梓謙先生合力譜曲作詞，製作主題曲以推動校內齊做運動的風氣。



### 3. 建立學生恆常做運動的習慣

3.1 健體大使計劃：學生擔任健體大使，帶領同學在課前進行早操，建立運動習慣。

3.2 利用午間及小息時間，由不同師生帶領學生進行體育訓練及健體操，促進每日運動，鼓勵學生建立恆常做運動的習慣。



4. 推展健康生活學生獎勵計劃：本計劃涵蓋學生成長的四大範疇，包括勤做運動、用心學習、積極參與及實踐互愛，鼓勵學生自我檢視，學習為自己的健康負責。

5. 將健康生活元素融入課程中：各科組因應推廣健康生活主題，增潤相關的學習內容及活動。

6. 關顧教職員的身心靈健康：每月舉辦教職員團契，並舉辦以運動與藝術等主題的聯誼活動，促進教職員的身心靈健康。



教職員團契分享

7. 關顧家長的身心靈健康：為促進家長間的情誼，本校於週六時段開展兩期家長同行小組，盼望家長能互相分享心得、交流資訊、彼此關心，在育兒路上結伴一起並肩同行。

8. 推行親子健步行計劃：鼓勵家長與子女在閒暇時，選擇合適的健步行徑進行運動，促進家庭健康。

9. 躍動校園活動：透過推行全日的運動體驗日，讓師生能參與不同形式的體育活動或新興運動，在校園中活躍起來，享受各類運動的樂趣。





# New Trends in Healthy Living

To promote the physical, mental, and spiritual health of teachers, students, and parents, our school has designated "Healthy Living" as one of the key focus areas in its three-year development plan.

This academic year (2025-2026) emphasizes "Exercise to Strengthen Body and Mind" as the theme, encouraging teachers, students, and parents to engage more in physical activities from various angles to build a consistent habit of exercising.

1. Display healthy living slogans at various locations within the school to enhance teachers' and students' emphasis on healthy living, especially showcasing exercise-promoting slogans in the hall and stairwells.

To encourage students to exercise more, the outstanding achievements of alumni and current students in sports will be displayed around the campus to inspire peers to follow. Additionally, photos of teachers participating in sports will be displayed outside the staff room to lead by example.

2. Exercise Theme Song: Teacher Ms. Liu and speech therapist Mr. Li have collaborated to compose a song to promote collective exercise within the school, thereby fostering an atmosphere of exercising together.

3. Establish a habit of regular exercise for students

- 3.1 Fitness Ambassador Program: Students serve as Fitness Ambassadors, leading peers in morning exercises before class to establish an exercise habit.

- 3.2 Use lunchtime and recess to lead students in sports training and fitness exercises, promoting daily physical activity and encouraging both teachers and students to establish a regular exercise habit.



4. Implement a Student Award Scheme for Healthy Living: This scheme covers four major areas of student development, including regular exercise, diligent study, active participation, and practicing mutual care, encouraging students to self-reflect and learn to be responsible for their own health.



5. **Integrate healthy living elements into the curriculum:** Each subject will enrich related learning content and activities in accordance with the theme of promoting healthy living.
6. **Care for the physical, mental, and spiritual health of staff:** Organize monthly staff fellowships and social activities with themes like sports and arts to promote physical, mental, and spiritual health.
7. **Care for the physical, mental, and spiritual health of parents:** To foster companionship among parents, the school will launch two sessions of the Parent Companionship Group on Saturday. We hope that through sharing experiences, exchanging information, and mutual care, they can walk together on the journey of parenting.
8. **Implement the Parent-Child Walking Program:** Encourage parents and children to exercise during leisure time and select suitable walking trails to promote family health.
9. **Active Campus Activities:** Through a full-day sports experience day, teachers and students can participate in various forms of physical activities or new sports activities. Becoming active on campus and enjoying the fun of different exercises.





## 秦志偉校長感言

大家好，我是秦志偉校長。在過往的教育生涯中，我曾服務過不同類型的中小學以及特殊學校。基於信仰和自身的經歷，我由衷地深信，投身特殊教育是我想要作出的事奉。

轉眼間，我加入天保民學校已有一段時間了。在這段時間，我結識了許多教職員和學生。小息時，總有同學熱情地向我打招呼，滿心好奇地想要認識這位新校長。而另一些同學，有的悠然自得地觀賞著魚池與水母，有的在校園的某個角落靜靜休憩、細心觀察四周。每個孩子都有獨特的需求，這讓我深刻體會到教育的意義。

曾經，我有幸參觀台灣的肯納莊園。在台灣，「肯納」指的是自閉症。肯納莊園由幾位家長創立，他們特別關注孩子成長之後的需求，所以設計了一個集家庭住宿、工作場所及休閒區域為一體的空間，並透過出售農產品和手工藝品獲得收入。這個設計體現了讓照顧者和孩子們共同生活的理念，讓我看到了特殊教育的未來可能性。





近來，我亦走訪了 JCCAC 賽馬會創意藝術中心、香港文化中心和啟德體育園，我還去了深水埗的小店，看到畢業生們積極尋找工作 and 興趣，同時亦見證了孩子們在家人、照顧者以及社會各界的關愛下共同成長。這條獨特而充滿挑戰的成長之路，每一個人的付出與努力都不可或缺！我衷心感謝每位家長、照顧者和教職員，感謝你們為孩子們鋪設了一條堅實而溫暖的成長之路。



學校的三年計劃是對當下時代挑戰的積極回應，我們期待天保民的孩子擁有更多元的生活經驗，並將所學知識運用於實踐中，學習良好的溝通技巧與態度，從而裝備自己。故此，於本年度，我們將精心籌備各類項目，旨在讓更多人瞭解天保民的孩子。我們也將積極尋找各種機遇，幫助他們順利融入社會，讓天保民學校成為更多人瞭解這群具有特殊能力與需求孩子的窗口。

箴言 22:6：「教養孩童，使他走當行的道，就是到老他也不偏離。」讓我們共同攜手，為孩子們的未來一起航行。



## Reflection by Principal Chuin Chi Wai

"Hello everyone, I am Principal Chuin Chi Wai. During my educational career, I have served in various types of primary and secondary schools, as well as special schools. Based on my faith and personal experiences, I sincerely believe that dedicating myself to special education is the service I am meant to do.

Time flies, it has been some time since I joined Mary Rose School. During this period, I have met many staff members and students. During recess, students always greet me enthusiastically, full of curiosity and want to get to know the new principal. Meanwhile, some other students are either leisurely watching the fish pond and jellyfish, or quietly resting in a corner of the campus, carefully observing their surroundings. Every child has unique needs, which gives me a profound understanding of the meaning of education.

Previously, I had the privilege to visit the Kanner Village in Taiwan. In Taiwan, "Kanner" refers to autism. Kanner Village was founded by several parents who particularly focused on the needs of children after they grow up. They designed a space that integrates family accommodations, workplaces, and leisure areas, and generates income through the sale of agricultural products and handicrafts. This design embodies the concept of caregivers and children living together, showing me the future possibilities of special education.

Recently, I also visited the JCCAC Jockey Club Creative Arts Centre, the Hong Kong Cultural Centre, and the Kai Tak Sports Park. I even went to small shops in Sham Shui Po, where I saw graduates actively seeking jobs and interests, and witnessed children growing together under the care of family members, caregivers, and various sectors of society. In this unique and challenging journey of growth, the effort and dedication of everyone are indispensable! I sincerely thank every parent, caregiver, and staff for paving a solid and warm path of growth for the children.



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The school's three-year plan is an active response to the challenges of the current era. We look forward to the students of Mary Rose to have more diverse life experiences, applying the knowledge they have learned in practice, learning good communication skills and attitudes to equip themselves. Therefore, we will meticulously prepare various projects which aims to let more people understand the children of Mary Rose this year. We will also seek various opportunities to help them to integrate smoothly into the society, allowing Mary Rose School to become a window for more people to understand this group of children with special abilities and needs.

*Proverbs 22:6 "Train up a child in the way he should go, and when he is old he will not depart from it." Let us join hands and sail together towards the children's future.*





## 慈善音樂會

2025 年 10 月 17 日，在一個陽光明媚的下午，秦校長特別邀請了沙爾德聖保祿女修會為我們舉辦了一場盛大的音樂會。這次活動不僅是音樂的饗宴，更是心靈的交流，讓學生們在音樂中感受到愛與關懷。

音樂會的現場氣氛熱烈，學生們懷着期待的心情來到會場。隨着音樂響起，120 樂隊在舞台上開始精彩的表演。表演者們用心歌唱及演奏各種樂器，悠揚的旋律讓人沉浸其中。觀眾席上的老師們和學生不時發出熱烈的掌聲，整個會場洋溢着歡樂的氣氛。



當天除了音樂會外，學生們更收到了一份特別驚喜——雪糕！這款雪糕由 Verona Gelato 公司送出，是學生們喜愛的曲奇牛奶口味。看到雪糕的那一刻，孩子們的的眼睛立刻閃閃發光，嘴角洋溢着笑容。大家迫不及待地品嚐，臉上滿是滿足的表情。這份美味為活動增添了甜蜜，讓大家在音樂和雪糕中，共同感受到愛的力量。





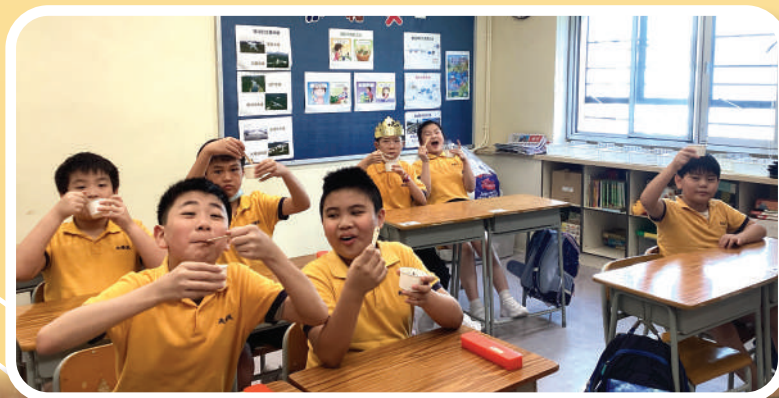
## Charity Concert

On October 17, 2025, a sunny afternoon, Principal Chuin specially invited the Sisters of St Paul de Chartres to organize a grand concert for us. This event was not only a musical feast but also an exchange of hearts, allowing students to feel love and care through music.

The atmosphere at the concert was lively, with students arriving full of anticipation. As the music began, the 120 music band took the stage for a brilliant performance. The performers sang and played various instruments with dedication, and the melodious tunes immersed everyone. Teachers and students frequently burst into warm applause, filling the entire venue with a joyful vibe.

In addition, students received a special surprise on that day: ice cream! This delightful treat, provided by Verona Gelato, was the beloved cookie milk flavor. The moment they saw the ice cream, the children's eyes lit up, and their faces broke into smiles. Everyone eagerly tasted it, their expressions full of satisfaction. This treat added sweetness to the activity, letting everyone feel the power of love through music and ice cream together.

This gathering was more than just a concert, it was a precious memory etched in everyone's hearts. At last, we would like to express our gratitude to Principal Chin and the Sisters of St Paul de Chartres for their dedication, and we look forward to reuniting in the world of music to share joy and emotion once again!





# 校園活動花絮 Activity Snapshots

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

### 職業治療組 Occupational Therapy

職業治療組舉辦教職員工作坊，分享書寫技巧訓練的資源。

The Occupational Therapy Team hold a staff workshop to share resources for training in writing skills.



職業治療組於暑假期間舉辦親子工作坊，分享刷身及關節按壓技巧。

To share brushing and joint compression techniques, The Occupational Therapy Team hold a parent-child workshop during the summer.



### 宗教事務組 Religious Affairs

#### 學生團契 Student Fellowship



體驗式學習：認識聖靈果子

Experiential Learning: Understand the Fruits of the Spirit



聖靈果子詩歌分享

Singing the Fruits of the Spirit hymns



學生團契「遊戲時段」

"Game Time" in student fellowship



齊來朗讀聖經金句

Let's read the Bible verse together



## 訓育組 Discipline & Counselling Committee



風紀及領袖生就職禮，校長見證風紀及領袖生宣誓儀式，並頒發委任狀給隊長。

The Installation Ceremony for the prefects and the student leaders. The Principal witnessed the swearing-in ceremony of the prefects and student leaders and presented letters of appointment to the captains.



訓育組舉辦「自行放學安全講座」。  
The Discipline & Counselling Committee organized a "Safe Dismissal Talk"



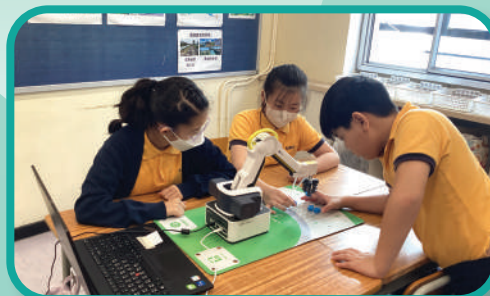
風紀及領袖生準時當值，用心照顧同學。  
The prefects and student leaders perform their duties punctually while attentively looking after their fellow students.

## e-STEAM 小組

### DOBOT 機械學習工作坊 DOBOT Training workshop

午膳時候，學生學習利用 DOBOT Magician Lite 進行編程，體驗操控機器臂的技術，提升解難與創造能力。

During lunchtime, students learned programming using the DOBOT Magician Lite, experienced the technology of controlling robotic arms, and enhanced their problem-solving and creative skills.





## 多元活動 Multi-Intellectual Activities

### 中秋綵燈會表演 Mid-Autumn Lantern Festival Performance

學生在中秋綵燈會中參與《關愛舞動迎全運》共融演出，展示他們的才華。

At the Mid-Autumn Lantern Festival, students participated in the inclusive performance titled "We Dance, We Care," showcasing their talents.



無伴奏合唱  
A cappella



雜耍隊 Juggling Team

### 幼兒運動員計劃 Little Athlete Scheme

透過遊戲方式提升學生的基本運動技能，建立自信心。

To enhance students' fundamental movement skills and build self-confidence through games.



### 簡易運動計劃 - 健體律動班 Easy Sport Programme - Children Physical Fitness Class

透過特別設計的活動及遊戲，強化體能，培養學生對運動的興趣，養成持續做運動的習慣。

To enhance physical fitness, cultivate students' interest in sports, and develop exercise habits through specially designed activities and games.





## 關愛 · 同行共融舞蹈計劃 Little "Dance for All" Community Care Inclusive Dance Scheme

2024-2025 年度，本校參加了由康樂及文化事務署主辦「關愛 · 同行共融舞蹈計劃」。

In the 2024-2025 academic year, our school participated in the "Dance for All Community Care Inclusive Dance Scheme" organized by the Leisure and Cultural Services Department.

在康樂及文化事務署主辦之「舞蹈培訓計劃」示範表演演出當中，獲邀表演「校園健康舞」。

We were invited to perform the "Campus Health Dance" during the demonstration performance of the "Dance Training Programme", organized by the Leisure and Cultural Services Department.

獲邀出席「快樂舞動」嘉年華作表演嘉賓，在香港文化中心露天廣場演出。

We were invited to perform as guests at the "Joyful Dance" Piazza Performance, which taking place at the Hong Kong Cultural Centre Piazza.

學生順利完成 20 節「舞蹈培訓計劃」後，參與「舞蹈培訓計劃」結業表演演出。

Upon completing 20 sessions of the "Dance Training Programme", the students participated in the Programme's closing performance.

學生及教職員一同參與由王廷琳與舞者舉辦之「跳舞有時」共融舞蹈劇場表演，於香港文化中心劇場演出。

Students and staffs participated in "It's Time to Dance", an inclusive dance theatre performance organized by Dancing Andy and Dancers, and performed at the Hong Kong Cultural Centre Studio Theatre.

## 舞蹈組 Dancing Team



舞蹈組同學積極排練，為「第 62 屆學校舞蹈節」比賽作準備。

Students in the Dance Team are actively preparing for the "62<sup>nd</sup> Schools Dance Festival"





# 週六活動 Saturday Extra-Curricular



黏土動物畫班  
(Clay Animal Painting Class)



鋼琴班 (Piano Course)



黏土風景畫班  
(Clay Landscape Painting Class)



滾軸溜冰體驗班  
(Roller Skating Course)



小結他班  
(Guitar Class)



校園健康舞班  
(School Health Dance Class)



匹克球興趣班 (Pickleball Class)



非洲鼓班 (Djembe Class)



小廚師班 (Super Chef Class)



## 潛能發展 Potential Development

### 吹糖體驗工作坊 (親子活動) Parent-child blown sugar technique workshop

學生與家人一起體驗傳統民間手工藝活動，親手製作精美糖果作品。

Students experienced traditional handicraft activities with their families, making exquisite candy creations personally.



### 保民電台 Mary Rose Radio station

學生學習聲音媒體製作，提升學習興趣與能力，增強校園歸屬感，並培養共通能力，如創意、明辨性思考及資訊科技應用等。

Students learn about media production, which enhances their interest and ability in learning, strengthens their sense of belongings to the school, and develops generic skills such as creativity, critical thinking, and information technology application.



### 勇敢大冒險 Brave Adventure

學生透過分享自己日常小故事，提升溝通能力，增強自信心。

Through sharing their own stories, students improve their communication skills and boost their self-confidence.



### 星級 buddies Star Buddies

透過繪畫活動，培養學生創造力和欣賞力。

To nurture students' creativity and appreciation skills through painting activities.





# 學生成就 Student Achievement

## 2024-2025 學年葛量洪特殊學校學童獎 Grantham Awards for Students of Special Schools 2024-2025

恭賀 B9 朱江、A13 魏頌朗及 A14 何澤冬同學榮獲「2024-2025 學年葛量洪特殊學校學童獎」，每位同學可獲獎學金港幣 \$500 元。



## 2025 國際特殊奧林匹克東亞區網球比賽 2025 Special Olympics East Asia Tennis Competition

恭賀 B12 梁心娃同學於「2025 國際特殊奧林匹克東亞區網球比賽」榮獲第 4 級別混合單打冠軍。

比賽日期：2025 年 10 月 23 日

比賽地點：中國西安

\* 部份相片轉載自「香港智障人士體育協會」



## 2025 特奧金沙盃—大灣區羽毛球邀請賽 2025 Macau Special Olympics Sands China Cup – Greater Bay Area Badminton Invitational

恭賀 B9 蔡紫妍同學於「2025 特奧金沙盃—大灣區羽毛球邀請賽」榮獲女子單打季軍及特奧共融雙打盃亞軍。

比賽日期：2025 年 8 月 7 至 9 日

比賽地點：中國澳門



## 全日本第 79 屆運動會暨第 24 屆殘疾人運動會 All Japan 79<sup>th</sup> National Sports Festival, 24th National Disabled Sports Festival

比賽日期：2025 年 10 月 16 至 20 日

比賽地點：日本滋賀

比賽成績：2 人參加，獲 1 金及 1 銅，共 2 枚獎牌



獎項	得獎者姓名	獎項
B9	蔡紫妍	女子羽毛球單打（第一名）
B11	李明軒	男子羽毛球單打（第三名）



# 第四十九屆香港特殊奧運會籃球比賽

## The 49<sup>th</sup> Special Olympics Hong Kong Olympics Basketball Competition

比賽日期：2025年6月16日、19日

比賽地點：深水埗體育館

比賽成績：31人參加，獲16金、2銀及2銅，共20枚獎牌



### 女子三人隊際賽

組別	得獎者姓名	獎項
B9	蔡紫妍	第一名
B10	李嘉寶	
B11	區婧曦	
B12	梁心娃	

### 個人技術

組別	得獎者姓名	獎項
A9	張云強	第一名
A9	陳清琳	第一名
A11	陳逸朗	第三名
A11	何廷謙	第二名
A14	陳宇恆	第三名
B9	程順祺	第二名
B11	陳泉澤	第一名
B11	林正軒	第一名

### 男子三人隊際賽

組別	得獎者姓名	獎項
B10	Ratthasat	第一名
B10	Shane	
B10	李司銘	
B13	許汶浚	
B13	麥煒正	

### 融合三人隊際賽

組別	得獎者姓名	獎項
B12	Sean	第一名
B12	鍾嘉俊	
B14	Reshan	





## 第四十九屆香港特殊奧運會乒乓球比賽 The 49<sup>th</sup> Special Olympics Hong Kong Table Tennis Competition

比賽日期：2025年6月24日、25日、30日

比賽地點：荃灣體育館

比賽成績：24人參加，獲8金、4銀及4銅，共16枚獎牌



### 男子單打

組別	得獎者姓名	獎項
B5	黃子軒	第一名
B10	Ratthasat	第一名
B12	范卓文	第二名
B13	麥煒正	第三名
B14	卓嘉豪	第一名

### 個人技術

組別	得獎者姓名	獎項
B5	呂泊賢	第二名
B7	陳嘉敏	第三名
B7	何曉晴	第一名
B7	林雨瑤	第三名
B10	周俊亨	第二名
B10	謝俊峯	第三名
B12	張臣希	第一名
B14	歐婉彤	第二名

### 男子雙打

組別	得獎者姓名	獎項
B5	黃子軒	第一名
B10	Ratthasat	
B14	卓嘉豪	





# 第四十九屆香港特殊奧運會滾球比賽 The 49<sup>th</sup> Special Olympics Hong Kong Bocce Competition

比賽日期：2025年10月3、13、17、20、24、27日

比賽地點：東昌街體育館

比賽成績：26人參加，獲8金及3銀6銅，共17枚獎牌



## 男子單人賽

組別	得獎者姓名	獎項
B6	葉信彥	第二名
B8	何廷琛	第一名
B9	朱江	第二名
B10	黃逸豪	第二名
B10	Shane	第一名

## 女子單人賽

組別	得獎者姓名	獎項
B7	何曉晴	第一名
B14	鄭穎汶	

## 女子團體賽

組別	得獎者姓名	獎項
B8	黃雅琳	第五名
B10	李嘉寶	
B11	宋鈺璋	
B11	呂新怡	
B11	黃妍婧	

## 男子團體賽

組別	得獎者姓名	獎項
B10	Ratthasat	第三名
B10	李司銘	
B11	李明軒	
B12	楊家御	
B13	許汶浚	
B13	盧韋富	

## 女子雙人賽

組別	得獎者姓名	獎項
A6	許紫晴	第四名
A8	陳巧晴	
A9	陳清琳	
A10	麥希瑜	

## 男子雙人賽

組別	得獎者姓名	獎項
A11	王智鴻	第一名
A11	何廷謙	
A11	陳曦頌	
A14	符頌恆	

