



天保民

Mary Rose School

通訊

NEWSLETTER

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疫情下「停課不停學」的學習措施

早前本港因新冠病毒疫情而停課達四個多月，不單令家長們照顧孩子的壓力驟增，更嚴重窒礙了孩子的學習。為了盡量幫助學生學習，給予家長適切的支援，令學生們停課不停學，本校採取了多方面的特殊措施：

1) 按月印發各科課業——

各科老師依據學生的學習進度，重新編排適切的教材，除了要幫助學生鞏固已有知識外，也加入一些新的預習教材，期望在家長的督促下，學生既能溫故，又可知新。為方便家長和減低群聚風險，校方特意提供郵遞課業的服務，供家長選擇。

2) 製作各科教學影片——

善用多媒體教材，能有效提升學生的學習興趣和專注力，故老師們除了提供紙本的課業外，亦盡力利用資訊科技，為各科製作教學影片，持續上載至學校網頁，以照顧學生的學習需要。影片庫分為「心靈加油站」、「保民音樂空間」、「停課不停學」及「繽紛活力頻道」四部分，約半個月更新一次，已累積超過200套教學影片，涵蓋多達14個學科。

3) 開放網上自學平台——

近年本校積極推動電子書教學，投放了大量資源以發展校本的電子書，以提升教學成效。停課期間，本校首度向學生開放RainbowStar電子書學習平台，提供個人戶口，讓學生有更豐富的學習內容，可供選擇。

4) 搜羅網上學習資源——

疫情期間，不少教育網站和志願機構的網上平台，都提供了豐富的教育資訊和學習項目，供學生在家自學。其中包括大量的防疫健康資訊、親子互動遊戲、趣味手工製作等，老師們特意為學生揀選了一些適合的內容，將相關網址發放予家長。

5) 遙距輔導個別學生——

本校的職業治療師及言語治療師，在停課期間也透過班主任或個別聯絡家長，瞭解學生的訓練需要，從而為家長在家輔導學生，提供適切的支援。

停課期間，校方除定期透過電子通告，向家長發放有關派發學習材料、有用抗疫資訊及停課復課安排等訊息外，更會由老師主動致電家長，關心學生在家的生活和學習情況，繼續為家長打氣。期望嚴峻的疫情盡早過去，讓我們的孩子，可以重過正常的學習生活，可以徹底卸下口罩，盡情展示可愛笑臉。



Learning Strategies of “Suspending Classes without Suspending Learning’ under epidemic situation

Schools in Hong Kong had been suspended for four months because of the Coronavirus. Not only did the suspension of school lead parenting stress, but also hampered the learning progress of children. In order to help students and provide adequate support to parents, the school had implemented special strategies that enabled students to learn during school closure in many ways.

1) Distributing assignments of all subjects on a monthly basis

Teachers of different subjects reorganized teaching materials which suited each student according to their learning progress. Besides consolidating students’ acquired knowledge, teachers also added new teaching materials to preview. It is hoped that students could learn the new by restudying the old under parents’ supervision. In order to facilitate the schedule of parents and lower the risk of group gatherings, the school specially provided postal service as a choice to receive the assignments distributed.

2) Producing teaching videos for all subjects

Making good use of multimedia teaching materials could effectively enhance students’ interest in learning and concentration. Therefore, teachers not only provided paper-based assignments, but also utilized information technology in the making of teaching videos. The school uploaded teaching videos to the school website continuously and thus to satisfy special education needs of every student. The video library included four sections – “The Fuel for the Soul”, “Mary Rose Music Room”, “Suspending Classes without Suspending Learning” as well as “A Colourful and Vital Channel”. The video library had been updated half a month. Over 200 teaching videos had been accumulated which covered up to 14 subjects.

3) The opening of online self-learning platform

In order to enhance the effectiveness of teaching, the school has been actively promoted e-book teaching and invested a lot of resources on developing e-books. During class suspension, RainbowStar (the e-learning platform) was opened to each student together with a personal login account for the first time. Thus, students could choose what to learn from a rich learning content.

4) Gathering online learning resources

Nothing was more important than to learn from home during the Coronavirus outbreak. Thus, several educational websites and charity organizations provided online platforms to students. Rich educational resources, learning programmes, a wide array of anti-epidemic strategies, parent-child interactive games and interesting handicraft making were included on the platforms. Teachers specially selected the suitable content for our students and forwarded the related website address to parents.

5) Remote tutoring with individual students

The occupational therapist and speech therapists of the school contacted parents individually or through class teachers during class suspension so as to understand the training needs of students. Thus, therapists could provide adequate support for parents to tutor students at home.

During class suspension, the school messaged about distributing assignments, anti-epidemic strategies, arrangements of class resumption via the electronic notice system periodically. In addition, teachers took the initiative to contact parents, concerned about students’ life and learning progress at home as well as to cheer parents up. It is hoped that the severe outbreak would end soon. Thus, students’ study life could get back to normal. We would like to see our students’ smiley face and no more masks would be required.

校園活動花絮

Activity Snapshots

環保教育委員會

Environmental Education Committee



透過園藝保養活動讓學生學習及實踐園藝保養的知識
Students learn and practice knowledge of garden maintenance activities

潛能發展

Potential Development



智高紓小組
Brain teasers Class



Bee-Bot 興趣班
Bee-Bot Class



種植小組
Gardening Class



宗教事務組

Religious Affairs

邀請馬副校長進行聖誕樹亮燈儀式
Invite Vice Principal Mr. Ma to host the Christmas tree lighting ceremony



小小工程師
Little engineer



職業治療服務

Occupational therapy service

疫情期間，學校透過優質教育基金的撥款改建了職業治療室多項設施，加裝了牆墊及吊點，為日後有需要的學生提供更多元化的感統訓練，項目預計在下學年開始提供服務。
During the Coronavirus pandemic, the school has renovated many facilities in the Occupational Therapy Room by the appropriation of the Quality Education Fund. Wall pads and slings are installed so as to provide a diversified sensory integration training to students in need. The renovated room is expected to provide service in the next school year.



二月中旬仍是起步階段
Still at the elementary stage in mid-February



轉眼間，工程已經完成了！
The renovation is completed in a trice!



放學安全知識講座

After-school Talk on Safety Precautions

乘風航之伙伴計劃 Buddies Program of Adventure-Ship

同學於12月乘坐「賽馬會歡號」出海進行海上歷奇訓練，期間與東華三院黃笏南伙伴中學的同學一同參與多項海上活動，經歷突破自己及建立團隊精神。

In December, students took a boat trip on the "Jockey Club Huan" and had a nautical training for a breakthrough and a build up of team spirit. Our students participated many water activities together with the students of TWGHs Wong Fut Nam College.



家長教職員會 Parent-Teacher Association

本年度家職會於1月4至5日期間舉辦了「清遠廣州兩日一夜遊」活動，是次有23個家庭連同教職員一同前往清遠黃騰峽天門懸廊「大球拍」及廣州融创雪世界遊覽，期間能飽覽黃騰峽的壯麗景色外，也能測試自己對高度的膽量，而冰雪世界的體驗能讓同學接觸真雪，大家玩得不亦樂乎。

The Parent-Teacher Association organizes a "Two days One night Trip to Qingyuan and Guangzhou" on 4th January to 5th January this year. 23 families and the staff travelled to the "Qingyuan Hwangtengxia Glass Corridor (The Racket)" and "Guangzhou Sunac Snow Park". We feasted our eyes on the beautiful scene of Hwangtengxia and took a courage test of height. Students could touch real snow in the snow park and they had spent an exceedingly happy time there.



大家都登上玻璃橋試一試膽量
Everyone boarded the glass bridge to show their great courage



享受不同的雪地活動
Enjoying different snow sports



在雪地中展露燦爛笑容
Showing the smile in the snow



最佳老友DGS N MRS分社活動



「最佳老友」小組迎新日
"The Best Buddy" Orientation Day

聖誕聯歡會
Christmas party

校園活動花絮 Activity Snapshots

校園共融大使訓練及服務 Inter-school Integration Ambassador Training Programme and Service

透過為大使提供訓練及體驗活動，增進同學對少數族裔生活習慣及文化的認識，並透過舉辦校內共融活動，增加同學與非華語同學之間的互動，促進種族共融。

Students would have a better understanding of the living habits and culture of the ethnic minorities by joining trainings and workshops provided to the Inter-school Integration Ambassadors. Organizing inter-school integration activities would give a chance to students and Non-Chinese speaking students to interact more and thus to embrace social inclusion.

校園共融大使小組訓練 Inter-school Integration Ambassador Group Training



抄寫其他國家文字，唔易呀！
It is difficult to copy words from a different country!



角色扮演 - 指導非華語生學習中文
Role-playing: teaching
Non-Chinese speaking students Chinese



校園共融大使 - 訓練小組成員
Members of the Inter-school Integration Training Programme

「認識少數族裔生活文化」體驗活動 "Understanding the Life and Culture of ethnic minorities" Workshop



來個祝福的擁抱
Having a hug of blessing



參觀屏麗徑小社區及少數族裔商店
Visiting Ping Lai Path and stores opened by ethnic minorities



淺嚐南亞風味午餐
Enjoying a South Asian lunch



穿起少數族裔服飾，大家份外開心
Everyone was so delighted to wear the ethnic minority costumes

共融樂聚賀新春_共融大使協助老師進行活動 "Celebrating Lunar New Year Together"- Ambassadors assisted teachers in workshops



張貼揮春比賽，大家加油！
Red Banner Pasting Competition. Go for it!



一起佈置桃花
Decorating with peach blossoms



非華語同學穿起華服，好靚呀！
It was so beautiful to see Non-Chinese speaking students wearing Chinese clothing



認識賀年食品
Understanding Lunar New Year Food

準畢業生計劃 School Leavers Programme

「青雲計劃」為商校合辦的計劃，計劃內容包括職業講座、企業參觀、工作體驗和實習，藉此提升參與計劃學生在職場的溝通和工作能力，為將來投身社會作充分的裝備。

本校16名高中學生於2019年10月31日(星期四)到北角海關總部參觀，內容除了參觀海關「時間廊」和「練靶場」外，更有「海關職務、防騙與免墮違法陷阱」講座，同學們獲益良多。

The "Bright Sky Project" is a Business-School Partnership Project which includes career talks, company visits, work experience and internships. Thus to improve students' work and communication skills in workplaces and prepare themselves to join the workforce. 16 senior form students visited the Customs Headquarters Building in North Point on 31st October, 2019 (Thursday). Students had benefited tremendously by visiting the exhibition gallery, the firing range and a talk on "Duties of Customs, Bewaring of Deception and Preventing from falling into illegal traps".

青雲計劃 Bright Sky Project



海關人員向同學介紹槍械的操作
The customs officers introduced the operation of guns



參與活動學生和教職員大合照
A group photo of the participating students and staff

參觀活動

vocational training centres visit

今年繼續安排準畢業生家長參觀不同的康復服務單位，包括庇護工場、展能中心及宿舍等，期望家長更熟悉不同的康復服務，為子女揀選合適的出路。

This year, the school arranged visits for parents of school leavers to different rehabilitation units, including sheltered workshops, day activity centres and supported hostels. It is hoped that parents could familiarize themselves with different rehabilitation services and choose the best path for their children.



東華三院何玉清工場
Ho Yuk Ching Workshop of the Tung Wah Group of Hospitals



匡智賽馬會松嶺綜合
職業康復服務中心及宿舍
Hong Chi Pinehill Integrated Vocational Training Centre with Residential Service



基督教懷智服務處美田綜合復康服務中心
Mei Tin Integrated Rehabilitation Services Centre of Wai Chi Christian Service

觀塘展亮技能發展中心職訓體驗計劃 Student internship programme



學習包裝方法，展示學習成果
Learning the packing of product and showcasing the learning outcomes



動手學做包餅
Learning to make pastries



展示製成品
Presenting the finished products

學生成就 Student Achievement

香島教育機構舉辦「慶祝中華人民共和國成立70周年優秀小學生獎勵計劃」 Outstanding Primary School Rewards for Celebrating the 70th anniversary of the founding of the People's Republic of China Program by HEUNG TO EDUCATION ORGANISATION

恭賀本校B6組鄭穎汶同學獲頒發優秀小學生獎及獎學金1,000元，以表揚她在各方面的傑出成就。

Congratulations to Cheng Wing Man of B6. Wing Man is praised for her outstanding performance in all aspects by rewarding an Outstanding Primary Student Award and \$1000 scholarship.



第三十八屆蜆殼/港島青商展能學童獎學金

Award Ceremony of The 38th Shell/Island JC scholarship for the Disabled

恭賀本校B9組鄧淇諾、B14組張皓焜和黎樂賢同學榮獲第三十八屆蜆殼/港島青商展能學童獎學金港幣500元，以表揚他們勇於克服學習上的困難，在不同領域均有出色表現。

Congratulations to Tang Kei Lok Ambrose of B9, Cheung Ho Kwan and Lai Lok Yin of B14. In order to praise their excellent performance in different aspects and their courage to overcome learning difficulties, a \$500 scholarship of the 38th Shell/Island JC Scholarship for the Disabled are presented to each of the awardees.



屈臣氏集團香港學生運動員獎2018-2019 A.S. Watson Group HK Student Sports Awards 2018-2019



恭賀本校B14組黃漢彥同學榮獲屈臣氏集團香港學生運動員獎2018-2019，以表揚他在體育方面的卓越成就。

Congratulations to Wong Hon Yin of B14. The A.S. Watson Group HK Student Sports Awards 2018-2019 is presented because of his great aptitude in sports.

「九龍城區傑出學生選舉」2019-2020 Kowloon City Outstanding Students Award 2019-2020

恭賀B12袁景誠、B10史焯輝及B5張嘉儀同學分別在本年度九龍城區傑出學生選舉中獲得高中、初中和小學組的優異獎。Congratulations to Yuen King Shing of B12, Say Wong Fai of B10 and Cheung Ka Yee of B5. The awardees are rewarded the Merit Awards of the senior form section, junior form section and primary section of the Kowloon City Outstanding Students Awards 2019-2020 respectively.



香港特區中央獅子會第一屆十大傑出關愛學生選舉

Lions Club of Center Point H.K.S.A.R. The 1st Top Ten Outstanding and Caring Students Award

恭賀B14李碧慈、B14黎樂賢、B14黃漢彥及B13鄭灝晴同學分別當選第一屆十大傑出關愛學生獎。另祝賀B14張朝隆同學獲得傑出關愛學生獎金獎。Congratulations to Li Pik Chi, Lai Lok Yin, Wong Hon Yin of B14 and Cheng Ho Ching of B13. They are elected to be the 1st Top Ten Outstanding and Caring Students. Cheung Chiu Lung of B14 is rewarded the Gold Award for Outstanding and Caring Student Award.



「第十二屆校園藝術大使」 The 12th Arts Ambassadors-in-School Scheme



恭賀A14羅靜文同學和B14李碧慈同學成為「第十二屆校園藝術大使」。

Congratulations to Law Ching Man of A14 and Li Pik Chi of B14. They become the Arts Ambassadors of the 12th Arts Ambassadors-in-School Scheme.

第一屆香港共融健球盃 The 1st Hong Kong Inclusive Kin-ball Cup

恭賀B7陳加興、B9李詩雅、B10黃凱瑩、B10叶心港、B10林文龍及B10李珽軒於比賽中發揮團隊精神，表現出色，獲得共融健球盃殿軍。

Congratulations to Chen JiaXing of B7, Lee Sze Nga of B9, Wong Hoi Ying Fiona, Ye Sum Kong, Lam Man Lung and Lee Ting Hin of B10. They are the fourth runner-up in the 1st Hong Kong Inclusive Kin-ball Cup.



『奔向共融-香港特殊馬拉松2020』 TWGHs "iRun" - Hong Kong Jockey Club Special Marathon 2020

由東華三院舉辦的馬拉松活動已於2020年1月12日舉行，今年本校共有31位同學參賽、在9位教職員、1位家長及17位義工陪同下，以一對一的伴跑形式進行。參賽健兒由添馬公園出發，沿龍和路返回添馬公園作終結，全場3000米的賽道同學均悉力以赴完成，比賽成績如下：

The 3000-metre marathon was organized by Tung Wah Group of Hospitals for the local and overseas mentally handicapped persons. Every entrant was accompanied by one of the school staff or a volunteer. They departed from the Tamar Park, ran along Lung Wo Road for 3000 meters and returned to the finish line in Tamar Park. A total of 9 staff, 1 parent and 17 volunteers ran alongside 31 students on 12th January, 2020. Students' result of the 3000-metre marathon are as follows:

17位學生參與「3公里挑戰賽」

參賽學生：

A11 鄭榕磊 A12 潘沛軒 A12 張君叢 A14 何海麗
B8 呂衍光 B9 沈恩盈 B10 叶心港 B10 史煌輝
B11 吳冠熹 B11 劉嘉樺
B13 曾嘉浩 B13 馮俊天 B13 馮俊傑
B14 張皓焜 B14 梁睿哲 B14 鄧卓軒 B14 黎樂賢

少年組

B12 馮俊傑 楊廣法先生
(第10名)

10位學生參與「3公里共融賽事」

A9 叶佳妮
B7 陳加興 B8 廖海恩
B9 李詩雅 B9 周文泰
B10 李珽軒 B10 陳俊濤 B10 李卓玲
B11 陳兆南 B14 張敏慧

此項賽事不設名次
成績：全部跑畢全程



班際盆栽培植比賽2019-2020

Inter-class pot planting competition 2019-2020

中度組



初小 (A1-A4)
優異獎：A4



高小 (A5-A8)
優異獎：A7及A8



輕度組



初小 (B1-B3)
優異獎：B1



高小 (B4-B6)
優異獎：B4



初中 (A9-A11)
優異獎：A11



高中 (A12-A14)
優異獎：A13



初中 (B7-B10)
優異獎：B10

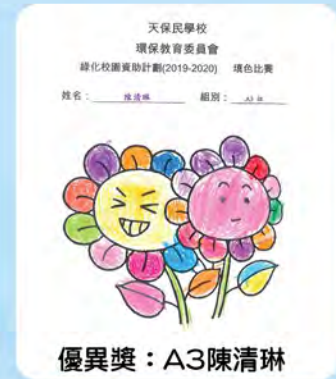


高中 (B11-B14)
優異獎：B11

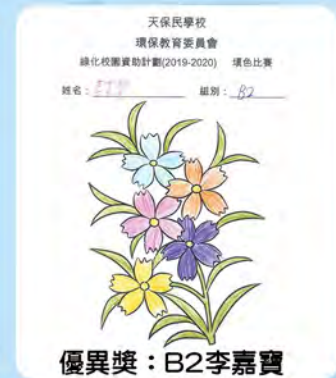
「綠化校園資助計劃」填色比賽2019-2020

Greening School Subsidy Scheme coloring competition (2019-2020)

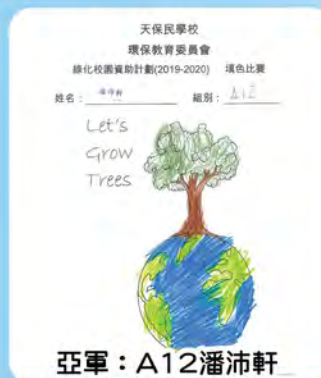
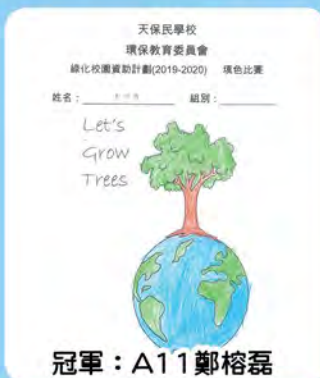
中度班小學組 (A1-A8)



輕度班小學組 (B1-B6)



中度班中學組 (A9-A14)



輕度班中學組 (B7-B14)



保民STEM同樂日海報設計

Mary Rose STEM day poster design



B11黃思律



B12梁志豪



B12謝浚傑



B12楊卓翰



B12郭子軒



B12黃輝鵬



B12吳宇希



B13鄭展翹



B13梁韻倫



B13陳德華



B13曾嘉浩



B13葉泳希



B14駱嘉晟



B14黃孟韜



B14周燮常



B14黎樂賢



B14張朝隆