



天保民

Mary Rose School

通訊

NEWSLETTER

2024年7月



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學校新動態 Latest News in School

天保民學校五十五周年校慶啟動禮及各項慶祝活動

「扶苗成蔭五十五載，憑信望愛迎向未來」是天保民學校五十五周年校慶主題。為了迎接來年天保民學校五十五周年校慶的大日子，我們懷着喜樂和感恩的心，與大家一起見證學校在過去半個多世紀的豐碩成果，共同分享校慶的喜悅。

為五十五周年打響頭炮的有「五十五周年校慶啟動禮」。於2023年11月23日舉行的校運會暨五十五周年校慶啟動禮，當日有幸邀請了著名藝人及主創藝術坊創辦人馬浚偉先生擔任主禮及頒獎嘉賓。他在致辭中勉勵同學們要積極參與各類體育活動，培養廣泛的興趣愛好，並祝願每位同學都能盡顯才能、發揮所長、造就一個更優秀的自己。最後，一眾嘉賓拉拔花炮，把「五十五周年校慶啟動禮」的氣氛推至高峰，各項校慶慶祝活動在一遍花炮及歡呼聲中正式揭開序幕。



接下來的慶祝活動便是在2023年12月舉行的「五十五周年校慶標誌設計比賽」，此活動除發揮學生和家長創意及藝術潛能外，最重要是學生和家長能共同攜手參與校慶慶祝盛事，再次展現家校合作的重要性。經評選後，最終A8組黃元軾與家長共同設計的作品勝出，被選為五十五周年的校慶官方標誌。

慶祝活動一浪接一浪，學校於2024年3月9日在大埔白石角海濱長廊舉行了「五十五周年校慶步行籌款活動」。是次籌款活動有幸邀請到不倒翁共融運動協會創辦人及主席梁小偉先生擔任主禮嘉賓，活動當日梁先生更親自領軍，帶領一眾師生、家長及校友代表一同跑約5.5公里，寓意配合校慶主題「扶苗成蔭五十五載，憑信望愛迎向未來」。



五十五周年校慶官方標誌

(由A8組黃元軾與家長共同設計)



還有其他一連串五十五周年校慶慶祝活動已整裝待發、如箭在弦，敬請期待。

Mary Rose School's 55th Anniversary Celebration

Kick-off and Various Festive Events

The theme for the 55th Anniversary of Mary Rose School is "Nurturing the Young for Fifty-Five Years: Facing the Future with Faith, Hope, and Love". In anticipation of the major day marking the 55th Anniversary next year, we approach with joy and gratitude to witness the school's fruitful achievements over more than half a century and to share the jubilation of the anniversary with everyone.

The initial event for the 55th Anniversary was the "55th Anniversary Kick-off Ceremony". Held on 23rd November 2023 during the school sports day, we were fortunate to have the renowned artist and founder of the Creative Arts Workshop, Mr. Steven Ma Chun Wai, serve as the guest of honour and award presenter. In his speech, he encouraged students to actively participate in various sports activities, to cultivate a broad range of interests, and wished every student to fully display their talents, maximize their strengths, and develop into better versions of themselves. Finally, the guests set off a firework display, elevating the atmosphere of the "55th Anniversary Kick-off Ceremony" to its peak, and officially launched the series of celebratory events amidst a burst of fireworks and cheers.



The next celebration was the "55th Anniversary Logo Design Competition" held in December 2023. This event not only demonstrated the creative and artistic potential of students and parents but also highlighted the importance of parental involvement in school celebrations. After the judging process, the entry designed collaboratively by Group A8's Huang Yuanyi and his parents was selected as the winning design, becoming the official logo for the 55th anniversary.



The 55th Anniversary Official Logo
(Designed collaboratively by Group A8's Wong Yuen Sik Gervais and his parent)

The celebrations continued unabated; on 9th March 2024, the school organized the "55th Anniversary Walkathon Fundraiser" at Tai Po's Pak Shek Kok Promenade. We were privileged to have Mr. Leung Siu Wai, the founder and chairman of the Weebles Sports Association, as the guest of honour. On the day, Mr. Leung personally led the group of teachers, parents, and alumni representatives on a 5.5 km run, symbolising the anniversary theme "Nurturing Saplings into Shade for Fifty-Five Years: Facing the Future with Faith, Hope, and Love".



A series of other events marking the 55th anniversary are currently in the final stages of preparation and set to launch imminently. Please stay tuned for more.

空中花園「有機種植在校園」之壁畫介紹

為配合學校正向教育的推展及提升師生的綠化生活意識，本校於2023年12月先後舉辦了四次「有機種植在校園」壁畫工作坊（當中分別是兩次學生創作及兩次親子共同創作）。透過親子及家校合作的壁畫，將勤勞、堅毅等正向訊息彰顯出來。壁畫最終於2024年1月正式揭幕，當天校長與一眾小畫家親臨現場，慶祝壁畫竣工。期望每位同學除享受種植帶來的美滿成果外，更能培養出農夫辛勤工作的美德。



以下是師生和家長繪畫的成果：

繪畫前



繪畫後



色彩繽紛的壁畫內蘊含着不少寓意，讓我們逐一介紹吧！

壁畫內的農作物



青瓜



南瓜



蔬菜



茄子

這些都是同學們曾種植的農作物

壁畫內的人物



學生



老師



家長

寓意家校合作達致美滿成果

農田上的木牌



寓意這塊滿有豐收的良田
是屬於大家的

壁畫上的溫室



這是空中花園溫室的延續

壁畫上的經文

看哪，農夫忍耐等候地裡寶貴的出產，
直到得了秋雨春雨，你們也當忍耐，堅固
你們的心，因為主來的日子近了。
雅各書 5:7-5:8

寓意同學們若能懷着一顆忍耐和堅持的心，
便能獲得美滿的成果

Introduction to the “Organic Gardening at School” Mural

In accordance with the school's commitment to positive education and to enhance the awareness of greener living among teachers and students, our school organized four “Organic Gardening at School” mural workshops in December 2023. These included two sessions for students and two for parent-child collaboration. These murals, created through the cooperation of parents, students, and the school, bring to light virtues such as diligence and perseverance. The mural was officially unveiled in January 2024 with the headteacher and the young artists in attendance to celebrate its completion. We hope that every pupil will not only relish the rewards of their gardening efforts but also develop the virtues of hard work typical of farmers.



Below are the outcomes of the murals created by teachers, students, and parents:

Before Painting



After Painting



The vibrant mural encapsulates various symbolic meanings, which we will introduce one by one:

Crops in the Mural



Cucumber



Pumpkin



Vegetable



Eggplant

These are crops that were once planted by the students

People in the Mural



Students



Teacher



Parent

Symbolises the fruitful results of collaboration between home and school

Signboard on the Farm



Symbolises that this fertile field, abundant with harvest, belongs to us all

Greenhouse in the Mural



This is an extension of the sky garden's greenhouse

Scriptures on the Mural

看哪·農夫忍耐等候地裡寶貴的出產·
直到得了秋雨春雨·你們也當忍耐·堅固
你們的心·因為主來的日子近了·
雅各書 5:7~5:8

Symbolises that students, with a heart full of patience and perseverance, can achieve satisfying results

教職員專業發展日

本年度下學期教職員專業發展日已於 2024 年 5 月 24 日順利舉行，共百多名教職員一起前往東莞暨大港澳子弟學校和海戰博物館進行參觀及交流活動。

這次參訪東莞暨大港澳子弟學校的主要目的，是為兩校締結成為姊妹學校，並在此進行簡單而隆重的簽約儀式，為兩校日後的全面合作交流奠定了基礎。期望透過結盟，兩校的教職員和學生會有更多交流和互動的機會，從中彼此學習，擴闊視野。讓學生有更多機會接觸不同的人和事，豐富生活經驗，有助他們得到更好的成長和發展。完成簽約儀式後，教職員隨即進行校內參觀。從學習流程、活動設計、課室環境及佈置等各方面，也有很多值得大家參考的地方。其後，教職員到了東莞海戰博物館參觀，此行除提升了各人對中國近代海軍史的認識外，也啟發老師們思考如何將博物館資源融入到課堂教學中，增強學生對國家的認識。

總結是次東莞的參訪活動，不僅開拓視野，還讓各人對國家的歷史有更深的認識，獲益良多。



Staff Professional Development Day

The Staff Professional Development Day for the second semester of this academic year was successfully held on 24th May 2024. Over a hundred staff participated in the activities which included an exchange visit to the Dongguan Jinan University's Affiliated School for Hong Kong and Macao Students and a tour of the Naval Battle Museum.

The primary purpose of visiting the Dongguan Jinan University's Affiliated School for Hong Kong and Macao Students was to formalize the sister school relationship between the two schools. A simple yet solemn signing ceremony was held, laying the foundation for comprehensive future cooperation and exchanges. Through this alliance, it is hoped that the staff and students of both schools will have more opportunities for interaction and exchange. This also allow students to have more chances to encounter different people and things to enrich their lives and contribute to their growth and development. Following the signing ceremony, the school tour commenced. The focus of this visit included various aspects such as learning processes, activity design, classroom environment, and decoration. Afterward, our staff visited the Dongguan Naval Battle Museum. This visit not only reminds everyone of modern Chinese naval history but also inspired the teachers integrate this history into their classroom teaching to enhance students' understanding of the country.

In summary, the visit to Dongguan broadened everyone's horizons and provided a deeper understanding of our country's history, making it a truly beneficial experience for all.

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



職業治療組與感知科合作舉辦教職員分享講座

The Occupational Therapy team collaborated with the Perception Department to host a lecture for teaching staff



職業治療師在講座上示範不同的感統活動

The Occupational therapist demonstrated different sensory activities in the talk



職業治療師利用觸感玩具提升學生的專注力
The occupational therapist used tactile toys to enhance the students' concentration



職業治療師透過讓學生坐治療球，同時進行泥膠尋寶遊戲，從而加強其身體覺察能力 (Body Awareness)

The occupational therapist enhanced the students' body awareness by having them sit on therapy balls while engaging in a putty treasure hunt game



職業治療師透過與學生進行「層層疊」遊戲，從而加強持續專注力及手腕穩定性

The occupational therapist improved sustained attention and wrist stability by playing the "Jenga" game with the students

週六活動 Saturday Extra-Curricular



中國鼓班
Chinese Drum Class



黏土畫
Clay Art Class



簡易水墨畫班
Chinese Ink Painting Class



滾軸溜冰體驗班
Roller Skating Class



親子小廚師
Little Chef Class



鋼琴進階班
Advanced Piano Class



匹克球興趣班
Pickleball Class



珠心算初階班
Mental Abacus



珠心算進階班
Advanced Mental Abacus Class



社交遊戲小組
Social Group



校園健康舞
Campus Aerobics



親子正向趣味扭氣球課程
Ballon Twisting Course

正向教育推展小組 Positive Education Promotion Team

「正向好學生獎勵計劃」 “Positive Student Reward Program”

透過推行「正向好學生獎勵計劃」，培養學生的正向品格強項，鼓勵學生在品德、學習、服務、參與活動等不同範疇，勇於嘗試，積極學習，以正面態度面對挑戰。此計劃設有金、銀、銅獎，同學於各範疇中努力嘗試，發揮自身的正向品格強項，在第三階段共超過 300 位同學獲獎。盼望同學繼續努力，爭取好表現！

Through the implementation of the “Positive Good Student Incentive Program”, we aim to cultivate positive character strengths in students and encourage them to face challenges with a positive attitude. The program rewards students in various categories such as character, learning, service, and participation in activities, motivating them to actively learn and be willing to try new things. The program offers gold, silver, and bronze awards, and in the third phase alone, over 300 students have received awards by making efforts and showcasing their positive character strengths. We hope that students will continue to strive for excellence and aim for outstanding performances!



「正向教育學生講座」 “Positive Education Student Seminar”

著名運動員蘇樺偉先生於 2024 年 2 月 27 日到校，為中學組（B7-B14 及 A12-A14）同學舉行以「I am Possible，沒有不可能」的主題講座，分享運動員生涯的點滴，帶出堅毅及勤勞的正向訊息。

On 27th February 2024, the renowned athlete Mr. So Wa Wai visited our school and delivered a sharing session to our secondary school students (B7-B14 and A12-A14) with the theme “I am Possible. Nothing is Impossible”. He shared insights from his athletic career, emphasizing the positive messages of perseverance and diligence.



圖書館及生活教育科合辦活動

Library and Life Education Department Jointly Organized

小丑繪本劇場 Picture book Clown Theater

圖書館及生活教育科於 2024 年 2 月 29 日邀請了 Rolling Books 劇團到校，為輕、中度小學組同學舉行了「小丑悟空去移山」的小丑繪本劇場，透過劇場表演活動向同學灌輸一些堅毅、尊重他人及勤勞的正向訊息。

On 29th February 2024, the Library and Life Education Department invited Rolling Books Theatre Group to our school. They organized a clown theater called “Clown Sun Wukong Moves Mountains” for the students in the mild grade and moderate grade primary levels. Through theatrical performances, we aimed to instill positive messages of perseverance, respect for others, and diligence in the students.



訓育組與正向教育推廣小組合辦

Discipline and Counselling Committee and

Positive Education Promotion Team Jointly Organized

「好人好事」活動 “Good Deeds” Activity

為鼓勵同學多做、多欣賞身邊的「好人好事」，建立良好的正向思維。訓育組與正向教育推廣小組於三月至五月期間合辦了「好人好事」活動。老師和同學把表揚紙放入各樓層的收集箱，完成收集後，老師便會把表揚紙張貼於各樓層的「好人好事」壁報上。表揚及被表揚的同學均可得到小禮物乙份。活動最終收回 253 張表揚紙，共 157 位同學（75 位小學及 82 位中學）獲表揚。此外，於輕、中度的小學組及中學組被獲表揚最多的同學會額外獲得禮物及獎狀以茲嘉許。

To encourage students to act out and appreciate more “Good Deeds” around them, and establish a positive mindset, the Discipline and Counselling Committee and Positive Education Promotion Team jointly organized the “Good Deeds” activity from March to May. Teachers and students placed commendation slips in collection boxes on each floor. After the collection, teachers would post the commendation slips on the “Good Deeds” bulletin board on each floor. Both the students who gave commendations and those who were commended received a small gift. A total of 253 commendation slips were collected, and 157 students (75 from primary school and 82 from secondary school) were commended. Additionally, the students who received the most commendations in the mild and moderate grade primary levels and secondary school levels received additional gifts and certificates as recognition.

組別		獲表揚最多同學		獲表揚次數
小學組	中度	A6	張云強	5
	輕度	B6	黃雲天	10
中學組	中度	A8	何廷謙	3
	輕度	B7	王栢堯	4
		B7	黃逸豪	4
		B10	梁心娃	4



「好聲好氣好學生」活動 “Good Voice, Good Attitude, Good Student” Activity

為培養同學多欣賞別人的習慣，共同建構互相勉勵的學習環境及凝聚校園美好、和諧的氣氛，訓育組與正向教育推廣小組除於三月至五月舉辦「好人好事」活動外，亦於同期合辦了「好聲好氣好學生」活動。希望藉此推動同學於日常生活中多向別人說鼓勵、欣賞和感謝的說話。

The aim was to cultivate the habit of appreciating others among students, build a mutually supportive learning environment, and foster a positive and harmonious atmosphere on campus. In addition to the “Good Deeds” activity, the Discipline and Counselling Committee and Positive Education Promotion Team also jointly organized the “Good Voice, Good Attitude, Good Student” activity during the same period. The goal was to encourage students to speak words of encouragement, appreciation, and gratitude to others in their daily lives.



e-STEAM 小組學習活動 e-STEAM Activities

水母天地 Jellyfish World

結合 STEAM 元素的「水母天地」已於 2024 年 3 月 18 日揭幕，讓學生有機會近距離接觸及餵飼水母，觀察水母的成長環境，從而提升學生對海洋生態的關注。

The "Jellyfish World" which combines STEAM elements, was unveiled on the 18th March 2024. It provides students with the opportunity to have a close encounter with jellyfish, feed them, and observe their growth environment, thereby enhancing students' awareness of marine ecology.

常識科學學習活動

General Studies Learning Activities

西九龍動物守護社區大使計劃

Kowloon West Animal Guardians Community Ambassadors Program

常識科於 2024 年 3 月 7 日為中度組 (A1-A11) 同學邀請了西九龍動物守護社區大使的狗醫生到訪學校，教導同學一些愛護動物的訊息。當日同學們亦享受與動物相處的快樂時光。

On 7th March 2024, the General Studies Department invited a veterinarian who is an animal guardian community ambassador to visit the school for the students in the moderate grade Intellectual disabilities (A1-A11). The veterinarian taught students about animal care messages, and the students enjoyed their time interacting with the animals.



內地姊妹學校交流計劃

Mainland Sister School Exchange Scheme

順德內地交流團

Shunde Learning Exchange Tour

本校於 2024 年 4 月 10 日至 12 日舉辦順德啟智學校三天學習交流團。是次學習交流共有 49 名師生及家長參加，行程包括校舍參觀、入班學習及外出活動等。交流團不但能促進兩校師生們彼此間的認識，更能加深兩地之間的文化及學術交流。

Our school organized a three-day learning exchange tour to Shunde Kai Chi School from April 10th to 12th, 2024. A total of 49 teachers, students, and parents participated in this exchange. The itinerary included a campus tour, classroom learning, and off-campus activities. This exchange tour not only facilitated mutual understanding among the teachers and students of both schools but also deepened cultural and academic exchanges between the two regions.



社工組 Social Work Team

少數族裔文化體驗活動 Cultural Experience Activity for Ethnic Minorities

社工組與非華語組於2024年1月6日合辦了「少數族裔文化體驗活動」，當日有超過十位學生擔任本校的校園共融大使。透過參觀少數族裔社區，讓學生更認識及了解少數族裔的日常生活，發揮共融精神。

The Social Work Team and Non-Chinese Language Team jointly organized the "Cultural Experience Activity for Ethnic Minorities" on 6th January 2024. Over ten students served as campus integration ambassadors of our school. Through visiting ethnic minority communities, students gained a better understanding of their daily lives and promoted a spirit of integration.



活動後來個大合照
Group photo after the activity



試穿少數族裔服飾
Trying on ethnic minority costumes



屏麗徑社區參觀
Visiting Ping Lai Keng Community



天保民學校與拔萃女書院合辦「最佳老友」活動 Best Friends Event with Diocesan Girls' School

學校於本學年再度與拔萃女書院合作，定期舉辦多次「最佳老友」活動。活動中兩校同學互相認識，彼此間建立珍貴的友誼，創建共融校園的文化。

The school collaborated with Diocesan Girls' School once again this academic year to organize multiple "Best Friends" events. During these events, students from both schools got to know each other and formed precious friendships, fostering a culture of inclusivity on campus.



出席扶康會「最佳老友」周年大會及聚餐
Attending the anniversary meeting and dinner of the Fu Hong Society "Best Friends" program



繪製復活蛋
Decorating Easter eggs



在迎新日互相認識
Getting to know each other on orientation day



寫揮春迎新年
Writing spring couplets for Chinese New Year

天保民學校與姊妹學校銀禧中學合辦「戶外同樂日」 Outdoor Fun Day with Bishop Hall Jubilee School

學校多年來與姊妹學校銀禧中學合作無間，並於2024年2月3日在銀禧中學舉行了「戶外同樂日」。當日氣氛熱鬧，同學們十分享受由銀禧中學學生所設計的體能競技遊戲。

The school has had a longstanding collaboration with its sister school, Bishop Hall Jubilee School. On 3rd February 2024, the "Outdoor Fun Day" was held at Bishop Hall Jubilee School. The atmosphere was lively, and the students thoroughly enjoyed the physical activities designed by the students of Bishop Hall Jubilee School.



與銀禧中學學生一同遊戲
Engaging in games with Bishop Hall Jubilee School students



活動後互相分享交流
Sharing and exchanging experiences after activities



同學們進行體能競技
Participating in physical activities

共融小廚師 Inclusive Little Chefs

由「親切」機構主辦的「共融小廚師」活動已於 2024 年 1 月 27 日舉行。當日學生與機構成員一起學習製作蛋撻，學生能吃到自己親手製作的食物，滿有成功感。

The "Inclusive Little Chefs" activity, organized by the "Treats" Organization, took place on 27th January 2024. On that day, students learned to make egg tarts with the organization members. They had the opportunity to taste the food they made themselves, giving them a sense of satisfaction.



非常美味
Delicious



互相合作
Cooperating



蛋撻出爐
Freshly baked



製作蛋撻
Making egg tarts

「中醫按穴保健治療」家長講座 Parent Seminar on "Acupressure Health Treatment" by Registered Chinese Medicine Practitioner

社工組於 2024 年 1 月 17 日邀請了註冊中醫師到校進行「中醫按穴保健治療」家長講座。家長們反應熱烈，努力學習按穴知識。

On 17th January 2024, the Social Work Team invited a registered Chinese medicine practitioner to conduct a parent seminar on "Acupressure Health Treatment". The parents responded enthusiastically and made efforts to learn about acupressure knowledge.



註冊中醫師講解不同穴位及按穴的好處
The registered Chinese medicine practitioner explained different acupoints and the benefits of acupressure



各參加者都很投入地根據中醫師指示按不同的穴位
All participants were actively following the instructions to apply acupressure to different points



中醫師指導參加者正確穴位
Guiding participants to correctly locate the acupoints

「從遊戲中建立優質親子關係」家長工作坊 Parent Workshop on "Building Quality Parent-Child Relationships through Games"

社工組於 2024 年 4 月 17 日邀請了遊戲治療師到校，進行「從遊戲中建立優質親子關係」家長工作坊。家長們學習如何透過遊戲增進與子女的感情，從而建立優質親子關係。

On 17th April 2024, the Social Work Team invited a play therapist to conduct a parent workshop on "Building Quality Parent-Child Relationships through Games". Parents learned how to enhance their relationship with their children through games, thus establishing a high-quality parent-child bond.



小氣球代表我們不同的情緒
Balloons represented different emotions



遊戲治療師講解遊戲
The play therapist explained various games



製作舒壓球
Participants made stress balls



大功告成
The workshop ended with great success

親子遊戲家庭營 Parent-Child Game Family Camp

在大棠渡假村舉行的「親子遊戲家庭營」日營活動已於2024年2月26日順利完成。當日共有數十個家庭出席，反應熱烈，而且活動內容相當豐富，包括有手工及各項集體遊戲等，全日活動充滿着歡樂氣氛。

The "Parent-Child Game Family Camp" day camp held at Tai Tong Holiday Camp was successfully completed on 26th February 2024. Several dozen families attended the camp, and the response was enthusiastic. The activities were diverse, including crafts and various group games, creating a joyful atmosphere throughout the day.



開心大合照
A happy group photo



心心相印
Making a heart-to-heart connection



歡樂彩虹傘
Making a joyful rainbow umbrella



齊來做手工
Engaging in crafts

家長教職員會 The Parent-staff Association

親子運動日 Parent-child Sports Day

學校於2024年3月16日(星期六)舉行的「親子運動日」，當日共有109人(共48個家庭)出席活動。教職員與家長和學生共同參與各類運動，不但可鼓勵學生多做運動，建立他們對運動的興趣，更可增進家校交流。

The school held a "Parent-Child Sports Day" on 16th March 2024 (Saturday), with a total of 109 participants (48 families). Teachers, parents, and students actively participated in various sports activities, encouraging students to engage in physical exercise, develop their interest in sports, and facilitate communication between home and school.



準畢業生計畫 School Leavers Programme

織樂慈善基金：職場體驗計劃（第二期） Woven Charitable Foundation : Workplace Experience Program (Phase 2)

由「織樂慈善基金」舉辦「職場體驗計劃」，為有特殊教育需要的學生提供培訓和實地工作機會，從而讓參加的學生可發掘個人的職業興趣和提升將來就業的能力，本校個別合適的高中生有幸被邀請參與此計劃。

第一期「體測員助理」之培訓和實習已於 2023 年底順利完成，效果理想。第二期計劃由「新生精神康復會」轄下社企「農社 330」負責推行。「農社 330」是一間健康生活專門店，提供由新生農場種植的有機蔬菜、有機肉類及多元化的有機/健康食材及環保產品。是次計劃能讓參與的學生學習和體驗「店務員助理」的工作。

The "Workplace Experience Program" organized by the Woven Charitable Foundation provides training and on-site job opportunities for students with special educational needs. This program aims to help students discover their personal career interests and enhance their future employment abilities. Selected suitable high school students from our school were fortunate to be invited to participate in this program.

The training and internship for the first phase, "Fitness Assistant", were successfully completed by the end of 2023 with excellent results. The second phase of the program is implemented by the social enterprise "Farm Society 330" under the New Life Psychiatric Rehabilitation Association. "Farm Society 330" is a health lifestyle specialty store that offers organic vegetables, organic meats, diverse organic/healthy food ingredients, and environmentally friendly products sourced from the New Life Farm. The participating students will have the opportunity to learn and experience the work of "Shop Assistants".

校友會 Alumni Association

秋日郊遊燒烤樂 Autumn Outing and BBQ Fun

一年一度的校友會活動「秋日郊遊燒烤樂」已於 2023 年 11 月 11 日在開心農莊舉行，讓校友歡聚一堂，彼此問好。

The annual alumni association event, "Autumn Outing and BBQ Fun", took place on 11th November 2023, at Happy Farm. It brought alumni together for a joyful gathering and catching up.



協助清潔店舖
Assisting in store cleaning



接待到店的顧客
Assisting customers in the store



執拾及整理貨架
Organizing and tidying shelves



一同享受燒烤樂
Enjoying BBQ together



難得一聚，來個大合照
Capturing precious moments with a group photo



回歸兒時的玩樂
Reliving childhood playfulness

學生成就 Student Achievement

2023-2024 年度九龍城區傑出學生選舉

Kowloon District Outstanding Students Award 2023-2024

恭賀 B6 鄭同良同學榮獲由九龍城區校長聯絡委員會及九龍城民政事務處合辦「2023-24 年度九龍城區傑出學生選舉」優異獎。



第六十屆學校舞蹈節

The 60th Schools Dance Festival Competition

恭賀天保民舞蹈隊於第六十屆學校舞蹈節雙人舞項目榮獲「優等獎」及「編舞獎」，參賽舞蹈名為「我的男1號」。另外，校園健康舞「舞出開心天地」亦獲得「優等獎」殊榮，並於 2024 年 4 月 27 日在沙田大會堂演奏廳作優勝者表演演出。

校園健康舞：優等獎
舞蹈名稱：「舞出開心天地」

雙人舞：優等獎及編舞獎
舞蹈名稱：「我的男1號」

組別	得獎者姓名
B5	Mal ley
B6	蔡紫妍
B7	Shane
B7	黃逸豪
B8	王浩文
B10	Sean
B10	梁心娃
A13	李銘軒
A13	叶佳妮

組別	得獎者姓名
B7	黃逸豪
B13	趙梓滔



第四十八屆香港特殊奧運會滑冰比賽

The 48th Special Olympics Hong Kong
Mini-Tennis Competition

比賽日期：2024年2月6、27、29日
比賽地點：九龍塘又一城
歡天雪地溜冰場

比賽成績：

組別	得獎者姓名	獎項
B5	黎思在	花漾滑冰章別試第二級
B7	Shane	花漾滑冰章別試第十一級
B10	范卓文	花漾滑冰章別試第九級
A10	姚希陽	花漾滑冰章別試第二級

組別	得獎者姓名	獎項
B11	黃啟軒	花漾滑冰單人賽第一級第二名

組別	得獎者姓名	獎項
B10	Sean	速度滑冰111米第一名
		速度滑冰500米第三名



第四十八屆香港特殊奧運會分區田徑賽
The 48th Special Olympics Hong Kong Regional Athletic Meet

比賽日期：2024年1月20日
比賽地點：馬鞍山運動場
參賽人數：124人
比賽成績：獲59金、53銀及38銅
（合共150枚獎牌）
接力比賽成績：中度男子隊（第二名）
融合接力隊（第二名）
輕度女子隊（第一名）
輕度男子隊（第一名）



獎項	組別	得獎者姓名	參加項目
金牌	B2	黃希朗	立定跳遠
	B2	張培茵	50米
	B3	廖鑫寧	擲壘球
	B3	葉信彥	立定跳遠
	B4	黃俊煒	擲壘球
	B4	鍾汶軒	擲壘球
	B4	林芷瑤	立定跳遠
	B5	余煒日	擲壘球
	B6	蔡紫妍	100米、4x100米女子接力
	B6	陳佩瑤	擲壘球
	B6	朱江	擲壘球
	B6	程順祺	立定跳遠
	B7	周俊亨	立定跳遠
	B7	Ratthasat	立定跳遠
	B8	黃妍婧	立定跳遠
	B10	鍾嘉俊	跳遠、4x100米男子接力
	B10	范卓文	200米
	B10	梁心娃	4x100米女子接力
	B10	張嘉儀	立定跳遠
	B10	Sean	擲壘球
	B11	黃啟軒	擲壘球
	B11	吳樂禧	立定跳遠
	B11	麥煒正	200米、跳遠
	B12	Reshan	200米、立定跳遠、4x100米男子接力
	B12	卓家豪	4x100米男子接力
	B12	龔凱琳	4x100米女子接力
	B12	王梓茜	跳遠

獎項	組別	得獎者姓名	參加項目
金牌	B13	李詩雅	200米、立定跳遠、4 x 100米女子接力
	B14	楊雯晶	擲壘球
	B14	Milan	跳遠、4x100米男子接力
	B14	鍾明鋒	立定跳遠
	A3	許紫晴	擲壘球
	A4	姚宇涵	50米
	A5	馮佑希	50米、擲壘球
	A5	朱晉鋌	擲壘球
	A5	余逸謙	擲壘球
	A5	羅哈利	50米、立定跳遠
	A8	揭珊	擲壘球
	A8	莫浩妍	100米、擲壘球
	A8	何廷謙	100米
	A9	陳逸朗	擲壘球
	A10	林德松	擲壘球
	A11	陳宇恆	立定跳遠
	A12	黃湘霖	100米
	A13	郭景諾	立定跳遠
	A13	李華培	擲壘球
	A14	招秀冬	擲壘球
	A14	謝天朗	擲壘球



第六十七屆體育節「展能運動會」 The 67th Festival of Sport "Adaptive Sports Day"

比賽日期：2024年4月19日
比賽地點：九龍公園體育館
參賽人數：18人
比賽成績：獲5金、9銀及3銅
(合共17枚獎牌)



組別	得獎者姓名	名次
A2	陳瑞林	第一名
A2	鍾焯廷	第三名
A2	陶善知	第二名
A3	布哲平	第一名
A3	李昕妍	第一名
A3	Megeen	第二名
A3	周立文	第三名
A3	許紫晴	第三名

組別	得獎者姓名	名次
A4	Marvin	第二名
A4	翁永豐	第一名
A4	吳溢鋒	第四名
A4	姚宇涵	第二名
A5	朱晉鋌	第二名
A5	羅哈利	第二名
A5	毛梓琛	第二名
A6	張云強	第二名
A6	陳清琳	第二名
A6	李逸鋒	第一名

第四十八屆香港特殊奧運會羽毛球比賽 The 48th Special Olympics Hong Kong Mini-Tennis Competition

比賽日期：2024年3月19、22、26日
比賽地點：圓洲角體育館

比賽成績：

組別	得獎者姓名	獎項
B7	Ratthasat	男子雙打第二名
B7	黃逸豪	
B11	鄭穎汶	女子雙打第一名
B12	龔凱琳	
B10	簡志威	混合雙打第二名
B10	梁心娃	

組別	得獎者姓名	獎項
B3	黃子軒	個人技術第一名
B7	周俊亨	個人技術第三名
B7	Shane	個人技術第一名
B8	李嘉寶	個人技術第三名
B10	Sean	個人技術第二名
B11	王梓宸	個人技術第一名
B12	王梓酋	個人技術第三名
B14	陳俊濤	個人技術第二名

組別	得獎者姓名	獎項
B9	李明軒	男子單打第四名
B10	簡志威	男子單打第三名
B10	范卓文	男子單打第三名
B11	許汶浚	男子單打第四名
B11	麥煒正	男子單打第一名
B12	Reshan	男子單打第三名
B12	卓嘉豪	男子單打第一名
B14	Mil an	男子單打第二名

組別	得獎者姓名	獎項
B6	蔡紫妍	女子單打第三名
B8	黃妍婧	女子單打第四名
B10	梁心娃	女子單打第二名
B11	鄭穎汶	女子單打第一名
B12	龔凱琳	女子單打第二名
B13	李詩雅	女子單打第三名
B13	廖海恩	女子單打第三名

奔向共融—香港特殊馬拉松 2024

TWGHs "IRun" - Hong Kong Jockey Club Special Marathon 2024

由東華三院舉辦的「奔向共融—香港特殊馬拉松 2024」已於 2024 年 1 月 14 日在添馬公園舉行，今年本校共有 26 位學生參賽，在 16 位教職員、9 位家長伴跑和 2 位義工陪同下，以一對一的形式進行。全場 3000 米賽道同學均悉力以赴完成賽事。比賽成績如下：



5位學生參與「3公里_挑戰賽」		
組別	學生姓名與伴跑員	獎項
B13	李詩雅與陳頌雅老師	少年組第五名
成功跑畢全程學生：		
組別	學生姓名	
B10	范卓文	
B12	王梓酋	
B13	李詩雅	
B14	史煌輝	

21位學生參與「3公里_共融賽事」		
成功跑畢全程學生：（此項賽事不設名次）		
組別	學生姓名	
A11	梁珀瑜	符頌恆 曹迪嵐 曹迪祈
B7	謝俊峯	黃逸豪 Shane 邱晉樂
B8	李嘉寶	
B9	張臣希	李明軒 李澎鏞 呂新怡
	林進汶	譚諾添 楊家御
B11	麥煒正	王梓宸 盧韋富
B14	呂衍光	李珽軒



第十六屆校園藝術大使

The 16th Arts Ambassadors-in-School Scheme

恭賀 A14 Jenish 及 B13 黃允淇同學同獲選為第 16 屆校園藝術大使。他們於復活節假期間參與了由校園藝術大使計劃主辦的「敢創·藝術營」的「傳統剪紙工作坊」，表現積極投入。本學年他們將協助在校內推廣藝術活動，與人分享藝術的樂趣，並實踐「活出藝術·積極分享」的精神。



保民電台與圖書館合辦「舊故事·新創作廣播比賽」

Radio MRS and Library Jointly Organized "Creative Story Ending Broadcast Competition"

為配合學校發展創意及正向教育，保民電台與圖書館於四月份舉辦了「舊故事·新創作廣播比賽」。在收回的參賽作品中，同學均能透過角色扮演及演繹故事時的語調運用展現想像力，並能創作出有趣及正向的故事結局，展現「情緒紅綠燈」及正向思維。

恭賀以下獲獎同學：

小學親子組		
組別	得獎者姓名	獎項
B6	謝恩浩	冠軍
A6	余曉樂	亞軍
B5	林彥權	季軍

中學親子組		
組別	得獎者姓名	獎項
B7	譚國晉	冠軍
B8	區婧曦	亞軍
B11	吳樂禧	季軍

學生組		
組別	得獎者姓名	獎項
B8	李嘉寶	冠軍
B7	周俊亨	冠軍
B7	Shane	冠軍
B7	Ratthasat	冠軍
B4	施俊城	亞軍
B3	Qhuzong	季軍



「向老師致敬·2023」繪畫比賽 “Salute to Teachers 2023” Drawing Competition

特殊學校組—優異獎



B8 區婧曦



B8 方正

校內比賽—優異獎



B9 黃澤銘



B13 黃允淇

「向老師致敬·2023」填色比賽 “Salute to Teachers 2023” Coloring Competition

特殊學校組—優異獎



B7 Shane

校內比賽—優異獎



B4 陳嘉敏



B7 Ratthasat



B7 黃逸豪



B8 區婧曦



B13 黃允淇

2023-2024 正向教育推展小組「正向卡通人物設計比賽」 2023-2024 Positive Education Team "Positive Cartoon Character Design Competition"

最佳作品 Distinction Award

樂觀



A5 黃弋峰
向陽小子

感恩



A11 符頌恆
感恩寶寶

喜愛學習



A13 鄭晉彥
叻叻仔

好奇心



B13 黃允淇
好奇心公主

優異作品 Merit Award



A3 李昕妍
Smart Hazel (喜愛學習)



A3 許惺言
奇趣 Boy (好奇心)



A6 余曉樂
余小樂 (喜愛學習)



A10 Aaron Justin
Curios AJAJ (好奇心)



A13 潘俊熹
阿 Bear (喜愛學習)



A14 卓家羽
樂觀超人阿家 (樂觀)



B5 Namsa
Magic Learning Wizard
(喜愛學習)



B7 周俊亨
小勤 (喜愛學習)



B11 麥煒正
正正 (樂觀)



B14 李珽軒
小智 (喜愛學習)

2023-2024 正向教育推展小組「正向卡通襟章設計比賽」
2023-2024 Positive Education Team "Positive Cartoon Badge Design Competition"

最佳作品 Distinction Award

樂觀



A5 黃弋峰

感恩



B8 區靖曦

喜愛學習



A11 符頌恆

好奇心



A13 鄭晉彥

優異作品 Merit Award



A3 李昕妍



A3 許紫晴



A5 劉明臻



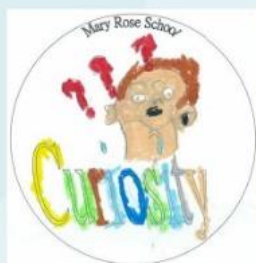
A8 陳曦頌



B1 馬希召



B2 鄧瀛鏗



B3 Qhuzong



B7 周俊亨



B13 黃沛鈞



B13 黃柏森