





Besides offering a holistic school-based curriculum, lunch activities and extension periods are provided in our school. The extra-curricular activities help discover students' talents in different dimensions.

A number of extra-curricular teams are set up under the categories of academics, arts, physique, uniform groups and social services. Some unique activities are available in our school like the Civil Aid Service, the Sea Cadet Corps, the Red Cross, Popular Band, Cookery Class, Jazz Dance, Drama, Lion Dance and Campus TV. Students can choose the activities they like to develop their talents.

Meanwhile, inter-school competitions, sharing from celebrities, special workshops, company visits and service learning are organised in our school. Students can sometimes initiate some activities they are interested in.

To uplift the horizons of our students in terms of appreciating arts and culture as well as the fun derived from them, the School Performing Arts in Practice Scheme, Jubilee celebration Modern Dance in Practice Project, Modern Dance in Practice Project, Tap Dance and Shakespeare4All have been introduced to our school.

學 校在正規時間表外，加設午間活動及延伸課時段。提供課外活動，照顧多元潛能的發展。

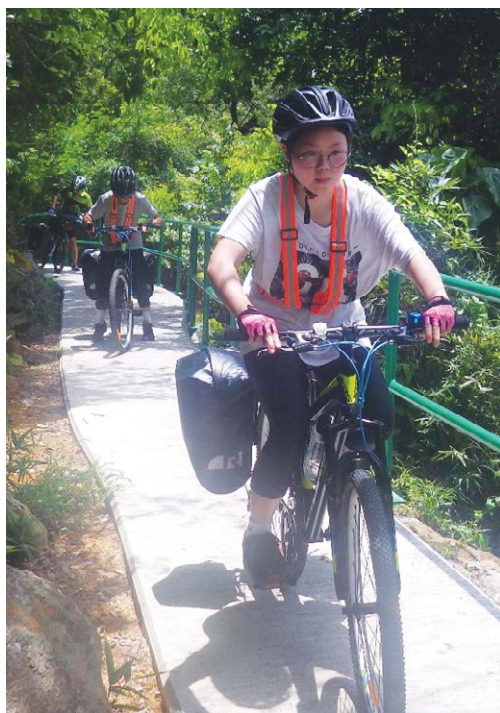
- 學校設有多個課外活動小組，包括學術、文藝、體育、制服團隊、社會服務等範疇，更有特色課外活動，包括：民安隊少年團、海事青年團、紅十字會青年團、流行樂隊、中西烹飪、爵士舞、戲劇、醒獅隊、校園電視台等。讓學生自主選擇，發揮潛能。
- 另設校際比賽、名人分享、專題講座、職場參觀、服務學習等活動，或由學生自主舉辦活動等。
- 為提高同學對文化藝術的興趣及欣賞能力，近年讓同學參加「學校演藝實踐計劃：「銀禧身體匯」、「現代舞實踐計劃」、「踢躂舞課程」、「莎劇體驗」，體驗當中表演的樂趣。





團隊紀律 進德守規

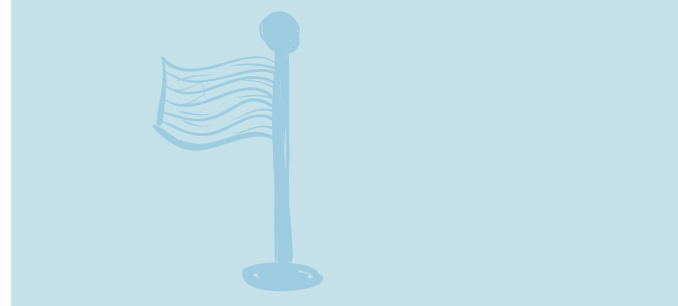
The Importance of Being Self-disciplined



始於紀律，邁向自律。學校強調品德教育，教導每一位學生循規蹈矩，在嚴而有愛的氛圍中，自律自重，享受和諧的校園生活。

- 舉行秩序比賽，推行「好學生獎勵計劃」，建設有紀律的校園生活。
- 通過體驗活動，使學生明白紀律如何成就有秩序的社會。
- 引入校外資源，為學生提供鍛鍊計劃，使他們能逆境自強。
- 初中推行一人一制服隊伍政策以及推行香港青年獎勵計劃，通過群體生活，培養學生的紀律和團隊合作精神。
- 推行「香港青年獎勵計劃」，使全體初中學生接受有系統的訓練。學生只須透過參與本校的海事青年團、少年警訊及民安隊等執行處籌辦的活動，在指定時期內，在獎勵計劃之服務科、技能科、野外鍛鍊科、康樂體育科等四大科目的活動中達標，便可獲得銅章或更高的獎勵。



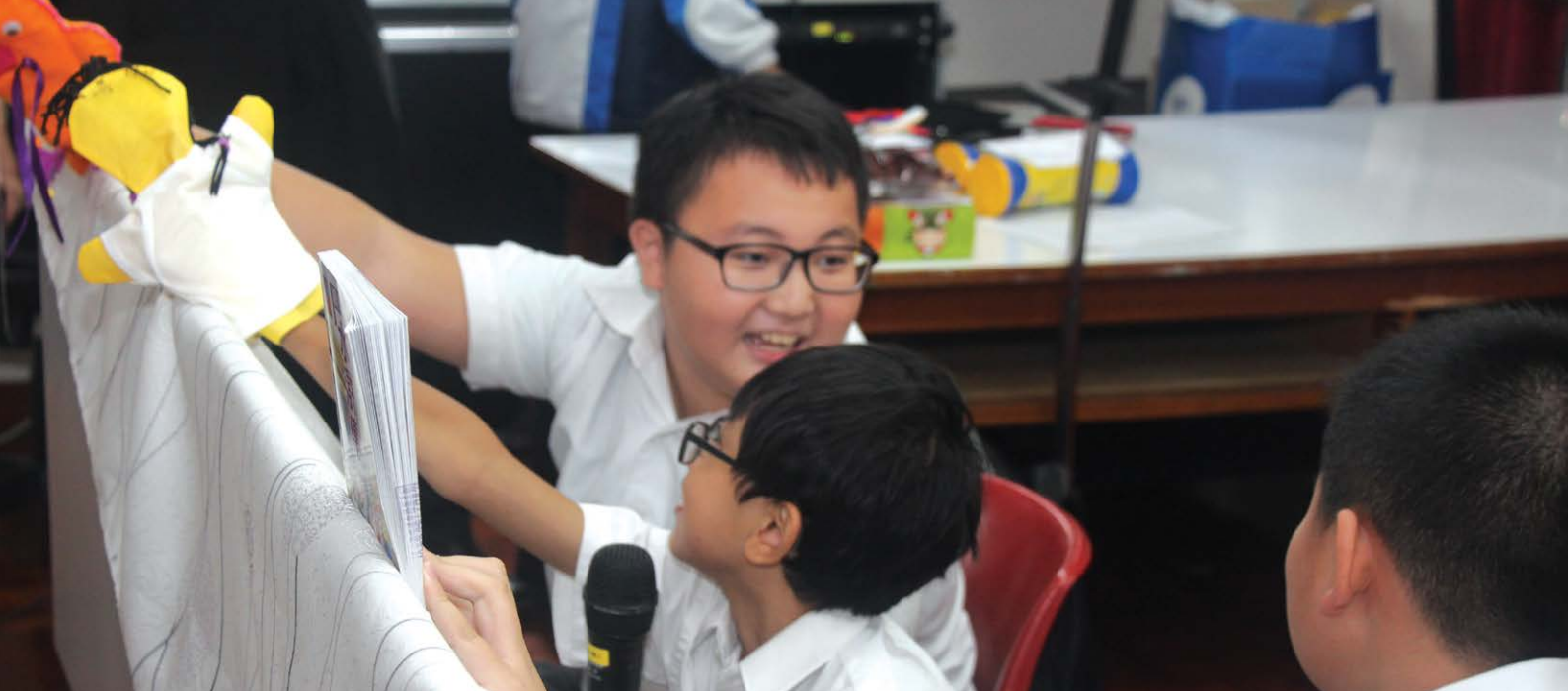


Enhancing students' ethical and moral education and let them enjoy the harmonious campus life are always our goals. We believe that students can be more self-disciplined if they learn the significance of taking care of themselves.

To achieve these aims, we have a discipline competition, Outstanding Students' Award Scheme, experience-sharing activities and the introduction of outside resources are stressed in our school.

Therefore, each junior form student needs to join any one of the uniform groups, such as Sea Cadet Corps, JPC and Civil Aid Service hold various activities and competitions throughout the year with the aim to strengthen their sense of serving the community, developing talents, outward bound training and physical training. Students can get a bronze medal or other awards under the Hong Kong Award for Young People.



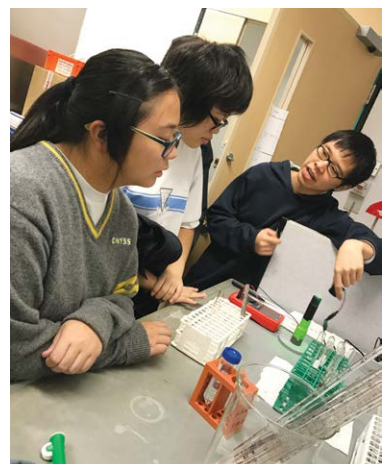


提升學業 照顧差異

Taking Care of Students' Learning Diversity

學 生支援組推動融合教育，幫助學生在學業、多元智能及生涯規劃的發展，引入校外專業人士，以活動教學的形式，舉辦不同的學習活動。

- 本校邀請了校本教育心理學家為家長進行講座，豐富家長照顧孩子的技巧和培育學生的方法，促進家校合作，一同成為學生成長的同行者。
- 學業知識提升小組：包括舉辦中、英文小組學習、通識及數學基礎班等。透過遊戲中學習，多感官學習法，鞏固他們各科的基礎知識及提升其學習能力。
- 多元智能活動：包括舉辦學習技巧班、社交技巧小組和樂隊訓練班等。透過音樂、互動遊戲和不同的小組體驗活動，協助學生抒發他們的情緒和內心感受，增強其記憶力、專注力，以提升他們的自信心和成就感。
- 生涯規劃小組：透過小組讓學生探索個人興趣和未來職業方向，並配合「試工」計劃，為未來投身社會工作作充足的準備。
- 課堂支援計劃：兩位老師一同進入初中課堂進行協作教學，製作分層工作紙，以照顧學生不同的學習需要，提升學與教效能。
- 學校會為有特殊學習需要的學生，於課後延伸課時段，提供各種不同的支援措施，如：為個別學生進行個別學習計劃（IEP），又聘請言語治療師為有需要的學生提供言語治療服務等。
- 本校成功獲選成為賽馬會「知優致優」計劃的二十所計劃學校之一。學校去年參加了香港中文大學優質學校改進計劃專業支援，發展照顧學習多樣性的教學策略。
- 學校為了更好照顧有特殊學習需要之學生，早在2015-16年度參加了教育局特殊教育需要統籌主任（SENCO）計劃，統籌主任通過參與課程及專業交流，豐富其專業知識，使其更能推動融合教育，讓學生更健康成長。



The Student Support Team promotes integrated education to help students develop their academic achievement, multi-intelligence and career planning. Off-campus professionals and different activity-based teaching programmes are introduced in our school.

We invite psychologists to hold talks in our school so as to equip parents with relevant skills to nurture their child/ children, and meanwhile to integrate school-parent cooperation to reinforce synergy in our campus.



Academic Knowledge Enhancement Team organises Chinese and English study groups, while classes for Liberal Studies and Mathematics are also held. Through in-game learning and multi-sensory learning methods, we will consolidate the basic knowledge of each subject and enhance students' learning ability.

Multiple intelligence activities like study skills classes, social skills groups and band training classes are held. Through music, interactive games and different group experience activities, students can express their emotions and inner feelings. Their memory, concentration, self-confidence and sense of accomplishment are enhanced

Career Planning Team: Through the grouping activities, students can explore their personal interests and future career direction, and cooperate with the "job tasting programme" to prepare for the future career life.

Classroom Support Program: Co-teaching is established in the junior forms and graded worksheets are created to cater for the learners' diversity and improve their learning effectiveness.

The school will provide a variety of support measures for students with special learning needs, such as Individualized Education Program (IEP) for individual students and speech therapy is also provided for the students in need.

Our school is nominated as one of the twenty secondary schools which have joined the Jockey Club "Giftedness Into Flourishing Talents" Project by CUHK to nurture gifted students. Last year, our school joined the Quality School Improvement Project of CUHK to design strategies to cater for learners' diversity.

From as early as the school year of 2015-2016, we have joined the SENCO programme and thus a post of coordinator in charge of SEN was established, who is responsible for enhancing personal growth of SEN students and promote integrated education through taking courses and professional exchange.

