

Let us raise our voice in chorus,
Singing praise to our loved School,
Where Our Lady watches o'er us
Pleased that we accept her rule.

OUR LADY'S COLLEGE 聖母書院



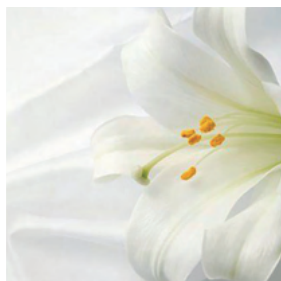
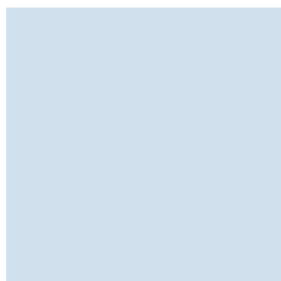
Future harvests spread before us;
Hence our urge of deepest yearning,
On our work our minds we focus,
As we grow in grace and learning.

O good mother of our Jesus,
Be our guide to strong endeavour!
"Help of Christians" is your title;
Hence our trust in your good favour!

We will make our own the spirit
Of this School we love and cherish.
Peace and joy we here inherit,
Learning thus to be unselfish.

When perchance hard times beset us,
We'll confide all to Our Lady,
Heart to heart with mind recalling
Clearly the ideals she sets us.

學校簡介 SCHOOL PROFILE



School Motto:
Purity & Charity

校訓：純潔 仁愛





Mission Statement

積極求知

熱愛生命

Our School was founded by the Institute of the Daughters of Mary Help of Christians (FMA). We have been educating the students according to the principles of Catholic education and the spirit of our Founders: St. John Bosco and St. Mary Mazzarello. Imbued with a joyful and family ambience, we carry out the Preventive System (Reason, Religion and Loving-kindness) which aims to nurture the students' integral development of the spiritual, moral, intellectual, cultural and social aspects. We stimulate them to apply the acquired knowledge and the internalized values to life, to face reality with integrity and to serve society with dedication.

本校由聖母進教之佑孝女會（簡稱「母佑會」）創辦，按照天主教教育原則及會祖聖若望鮑思高、聖女瑪利亞瑪沙利羅的精神辦學。在一個充滿喜樂及和諧的家庭氛圍中，以預防教育法（理智、宗教、仁愛），培育學生在靈性、品德、學業、文化及社群各方面的均衡發展，並激勵她們致力融匯知識與生活，熱愛生命，回饋社會，以正直及豁達的態度面對人生。

Founders of FMA:

St. John Bosco and St. Mary Mazzarello

會祖聖若望鮑思高、
聖女瑪利亞瑪沙利羅

A Well-equipped Campus

校舍寬敞 設施齊備

In our school, WiFi has been installed in all classrooms. There are 17 special rooms, a campus television studio, a STEAM Room, an English Activity Room, a chapel, a prayer room, an assembly hall which can accommodate all teachers and students, 2 playgrounds and a spacious basement.

本校每個課室均設有WiFi，另外設有十七個特別室、校園電視台、STEAM室、英語活動室、小聖堂、祈禱室及可容納全校師生的禮堂，還有兩個操場及一個寬敞的地窖。



Playground 操場



STEAM Room STEAM室



Chapel 小聖堂



Campus Television Studio
校園電視台



Home Management Room
家事管理室



Library 圖書館



Assembly Hall 禮堂



Multi-purpose Room 多用途室



A Professional Teaching Team

資深教學經驗 發揮學生潛能



Staff Development Day 教師發展日

Our teachers are all experienced and well-trained, with around 60% being Master's degree holders. Most of the teachers are subject-trained, including one native-speaking English teacher.

本校教師教學經驗豐富。其中約60%的教師已獲得碩士學位。教師是「專科專教」，亦包括一位外籍英語教師。



Pilgrimage 朝聖活動

A **Broad** and **Balanced Curriculum** with a **Diversified** Choice of Senior Secondary **Elective Subjects**

課程**均衡** 選擇**多元**

S.1 -S.3

Chinese Language		Computer Literacy
English Language		Technology & Living
Mathematics		Ethics & Religious Education
Chinese History		Visual Arts
Integrated Humanities	Geography	Music
	History	Physical Education
	Life & Society /Economics & Business	Putonghua
Science	Biology	Language Across Curriculum
	Chemistry	STEAM Project-based Learning
	Physics	

S.4 -S.6

Core Subjects	Elective Subjects	
Chinese Language	Chinese History	BAFS (Accounting Module)
English Language	Economics	BAFS (Business Management Module)
Mathematics	Geography	Information & Communication Technology
Citizenship & Social Development / Liberal Studies	Biology	Technology & Living
	Chemistry	Visual Arts
	Physics	Mathematics Extended Part Module 1



Book-sharing Session
讀書會

- ▶ 圖書館主任與各科組緊密協作，促進閱讀文化，培養學生的閱讀習慣、興趣及自學能力。
- ▶ 透過中、英文廣泛閱讀計劃及網上閱讀計劃，推動跨科閱讀。
- ▶ 舉辦讀書會、作家講座及好書推介。
- ▶ 鼓勵學生積極參與及籌劃各項大型閱讀活動，如閱讀嘉年華、閱讀約章獎勵計劃及「十本好讀」選舉。

Promoting the Joy of Reading to Enlighten the Mind

樂於閱讀 智慧伴隨

- ▶ Our teacher librarian collaborates with various subject panels in cultivating a reading culture at school and helping students develop their reading habits and interests as well as their self-learning abilities.
- ▶ We promote reading across the curriculum through Chinese and English extensive reading schemes and e-reading programmes.
- ▶ A variety of reading activities such as book-sharing sessions, author talks and book recommendations are organized.
- ▶ Students are encouraged to participate in territory-wide reading events like Reading Carnival, Reading Contract and Top Ten Book Picks.



Theme-based Library Tour
主題圖書館導覽



Book Fair 書展



Reading Carnival 閱讀嘉年華

Creating an English Learning Environment to Strengthen Students' **Language** **Proficiency**

營造英語環境 提升聽說能力



AFS Intercultural Fair



English in the Air

► We organize a variety of English activities including English Speaking Days, English Ambassador Scheme, lunchtime performances as well as encouraging students to join various inter-school English events and competitions so as to widen students' English exposure, enhance their English proficiency, and strengthen their communication and learning capabilities, which will equip them for their future studies and career development.

► 營造良好的英語學習環境，透過英語日、英語大使計劃、午間英語表演、跨校英語活動及比賽，拓闊學生的英語學習經驗，提升學生英文水平，強化英語表達及學習的能力，為升學及就業做好準備。

► 話劇學會每年邀請校外的外籍導師，培訓學生演出英語音樂劇，藉以增加學生接觸英語的機會，加強運用英語的信心。



Inter-class News Presentation Competition

Hong Kong Schools Speech Festival



Dramatic Duologue (Champion)



English Musical 'The Sound of Music'



Thematic Group Speaking (Champion)



Music Video Contest UK Tour Experience Sharing

School Policy of Medium of Instruction (MOI)

全校語文政策

To create a rich English learning environment, all Science and Humanities subjects are taught in English in all junior forms so as to consolidate our junior students' English learning ability. English is also used as the MOI in most of our senior secondary elective subjects in order to improve students' command of English and enhance their tertiary education and career opportunities. Language Across Curriculum (LAC) and various MOI bridging measures will be implemented to facilitate students learning in English.



Lunchtime English Activities



Inter-school Oral Practice

中一至中三各級均以英語教授科學及人文學科，以鞏固初中學生運用英語學習的能力。高中大部份選修科亦以英語教授，有助學生掌握英語的運用，增加升學及就業的機會。為促進學生以英語學習，推行跨科語文學習及各項銜接計劃和措施。



Hong Kong Secondary Schools Debating Competition



Cultural Interflow



Using **Information Technology** to Enhance Student Engagement

善用科技 帶動學習

- › Our school is active in promoting teacher professional development in the implementation of IT and multimedia in teaching and learning.
- › e-Learning is implemented in all subjects.
- › Students are encouraged to make good use of online learning platforms for self-directed learning after school.
- › Campus TV serves as a platform for students to demonstrate their artistic creativity through programme production.
- › 學校積極培訓教師有效運用資訊科技及多媒體進行教學。
- › 各科推行電子教學及學習活動。
- › 推動學生在課後善用網上學習平台作自主學習。
- › 透過校園電視台及多媒體的應用，為學生提供實踐、學習和創作的機會。



e-Learning 電子學習



Campus TV 校園電視台



Aerial Photography Workshop 航拍工作坊



Robotic Competition 機械大賽

Promoting STEAM Education to Develop Innovative Potential

推動STEAM教育 激發學生創意



STEAM Carnival
STEAM 嘉年華

- ▶ Our school actively promotes STEAM education with the aim to nurture students' creativity and talents in Science, Technology, Visual Arts, Engineering and Mathematics.
- ▶ STEAM project-based learning is introduced to S3 through the Extended Curriculum integrating STEAM education, project learning and information literacy with an aim to engage students in applying knowledge across disciplines in innovative problem solving in real-world contexts.
- ▶ A Makerspace and the STEAM Club are set up to foster students' ability to integrate STEAM knowledge and skills, as well as strengthening their creativity, collaboration and problem-solving skills.
- ▶ An annual STEAM Carnival is organized for junior forms to demonstrate their potentials in science and mathematics.
- ▶ Activities about technology and engineering are held, e.g. app programming design course, robotic construction class, forensic science workshop.
- ▶ Students are nominated to join external science and technology competitions.
- ▶ 積極推動STEAM（科學、科技、工程、視覺藝術及數學）教育活動，培育學生的科創潛能及創意思維。
- ▶ 於中三推行延展課程，結合STEAM教育（科學、科技、工程、視覺藝術及數學）、專題研習及資訊素養課程，旨在鼓勵學生應用跨學科知識，在現實世界中以創新的方式解決問題。
- ▶ 成立STEAM創客空間及STEAM課外活動小組，培養學生綜合和應用知識與技能、創意、協作和解決問題等能力。
- ▶ 為全體初中學生舉辦全日的STEAM嘉年華，發揮學生的數理潛能。
- ▶ 舉行與科技相關的活動，如手機遊戲程式編寫課程、機械工程師計劃、科學鑑證工作坊等。
- ▶ 推薦學生參與校外資訊及科技比賽。



Robotic Construction Class 機械人製作班



Forensic Science Workshop
科學鑑證工作坊



Pre-S.1 Summer Bridging Course

Offering Academic Support
to Cater for **Diverse**
Learning Needs

適切學習支援

照顧個別**差異**

We provide learning and language support to cater for our junior form students' diverse needs and abilities through various afterschool academic enrichment programmes.

- Language Across Curriculum Programme
- MOI Adaptation Bridging Programmes
- Homework Guidance Class
- Chinese, English and Mathematics Afterschool Enrichment Classes
- Pre-S.1 Summer Bridging Course

因應初中學生不同的能力，提供適切的學習及語言支援，在課餘為各級舉行學習增潤課程。

- 跨科語言課程
- 教學語言銜接課程
- 功課輔導班
- 中、英、數課後增潤班
- 中一新生暑期英語銜接課程



English Listening & Speaking
Enhancement Course



Learning English through Drama

Popularizing Gifted Education to Unleash Individual Talent and Potential

普及資優教育 展現卓越潛能

- ▶ A wide range of afterschool enhancement courses for senior forms are organized.
- ▶ Students are encouraged to grasp external learning opportunities to broaden students' horizons through joining gifted education programmes offered by the Hong Kong Academy for Gifted Education and different universities and participating in various inter-school competitions.
- ▶ Experiential learning activities are arranged to enhance affective education and leadership skills such as leadership training camps and Global Youth Ministers.

- ▶ 舉辦一系列多元化的高中課後強化課程。
- ▶ 鼓勵學生積極參加資優教育學院及各大院校舉辦的資優課程，並藉著不同的聯校活動，拓寬學生在學校課程以外的經歷，擴闊視野。
- ▶ 透過各類領袖訓練營及「環球青年部長會議」活動籌劃的體驗，加強學生情意教育，提升領導才能。



Inter-school English Debating Competition

聯校英語辯論比賽



Social Service run by Academy for Gifted Education

香港資優教育學院義工服務



Dr Tong's Physics Show

湯博士的物理空間真人Show



Global Youth Ministers
環球青年部長會議

Offering **Diversified Learning Experiences** to Foster Whole-Person Development

多元學習經歷 促進全人發展



Leadership Training Day Camp 領袖訓練營

Our school offers a great variety of life-wide learning opportunities including visits, field trips, workshops, service learning, leadership training and job shadowing programmes, through which students can learn beyond the classroom, broaden their horizons and experience the joy of learning to learn.

透過全方位及多元化的學習活動，如參觀、考察、工作坊、服務學習、領袖訓練、職場體驗等，讓學生走出課室，擴闊視野，體驗學會學習的樂趣。



Geography Field Studies Course – Exploring the Coast in Cheung Chau
地理科長洲沿岸考察課程



Irish Dining Etiquette Workshop 愛爾蘭餐桌禮儀工作坊



Guided Visit to the Court of Final Appeal 參觀終審法院



Adopt a Water Buddy Programme
水資友計劃



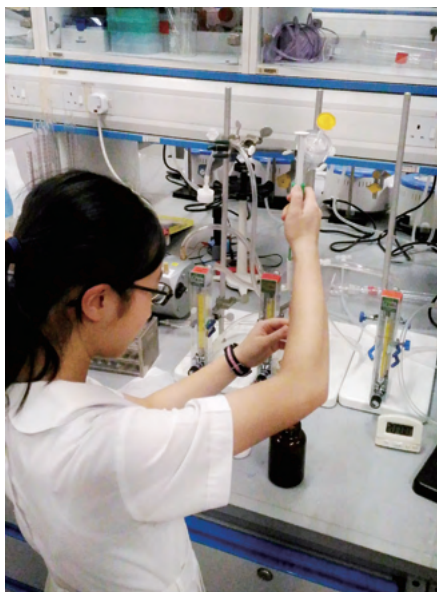
L.S. Field Trip to Cheung Chau
通識科長洲考察



Disney's World of Physics
迪士尼物理世界



Ocean Park Education Programme –
Sustainable Seafood
海洋公園教育活動——環保海鮮



Community EXPLORE: from Science
to Action, a collaborative project
between HKUST and OLC
「探索社區大氣環境」學習計劃



Organic Farming Workshop
有機耕種工作坊



Youth Visual Art Exhibition
青年視覺藝術展



Religious Music Concert
宗教音樂會



Baptism of Students
學生領洗



Salesian Youth Day 慈青日

Upholding the Spirit of **St. John Bosco** to Strengthen Students' **Character Formation** 效法**鮑聖精神** 培養良好**品德**

As a Catholic school, we have been educating students according to St. John Bosco's educational principles. We strive to nourish their spiritual lives and instill in them Catholic core values through Ethics & Religious Education and religious activities including morning prayer, thanksgiving mass, Salesian Youth Day and annual retreat.

本校為一所天主教學校，貫徹會祖聖鮑思高神父的辦學精神，透過倫理與宗教教育科及宗教活動，如早禱、感恩祭、慈青日、退省等，培育學生的靈性生命成長，宣揚天主教核心價值。



Lunchtime Prayer Meeting
午間祈禱聚會



FMA Vocation Day
母佑會聖召日



St. John Bosco Feast Day Celebration
鮑思高瞻禮慶祝



The Feast of Heaven 天國的盛宴



Life Exploration Camp in Taiwan
台灣生命探索營

- ▶ The Discipline Team works closely with the Counselling Team in offering help to needy students through various support measures, such as Big Sister Scheme, Homework Class and Atonement of Demerit by Merits Scheme.
- ▶ We put great emphasis on students' character formation. In addition to the Class Teacher Period, a variety of moral education activities are organized to cultivate students' moral values and help them build a positive self-image as well as nurturing positive values and attitudes in them.
- ▶ 以「訓輔合一」的原則，透過不同的政策，例如「大姐姐計劃」、「功課加油站」、「改過遷善計劃」等，向有需要的學生提供適切的輔導及支援。
- ▶ 重視品德培育，透過班主任節及多元化的活動，培養學生良好的品德，建立正面的自我形象、人生觀、積極和健康的生活態度。



Life Education Workshop 生命教育體驗工作坊



S1 Orientation Programme 新生輔導活動



'GetSetGo' Money Management Workshop
GetSetGo 理財工作坊



S4 Service Learning Programme 中四級社會服務

Organizing **Exchange Tours** to Broaden Students' Horizons

The United Kingdom

境外學習交流

增長學生見聞



A wide variety of cross-border and overseas exchange programme are organized to encourage students to extend their learning experience beyond the classroom, exploring different cultures and broadening their global perspectives. Different themes with well-structured, fun-filled learning activities are designed for each of the study tours to promote the exchange of knowledge and experience in the fields of religion, technology, science, culture and language. Students also have the valuable chance to interact with our sister schools overseas as in the trips to Spain and Italy, which enables them to experience the close bond among Salesian schools while understanding the life and culture of their buddies in greater depth.

透過不同種類的跨境及海外交流，鼓勵學生走出課室，豐富學習經驗，探索不同文化，擴闊世界視野。每個交流活動均設有不同主題，配合有系統和趣味的學習活動，加強在宗教、科技、科學、文化及語言等範疇中的交流，增進學生知識和經驗。學生亦有機會探訪在西班牙、意大利和其他海外的姊妹學校，以體驗母佑會學校的凝聚力，並加深對彼此生活和文化的認識。

Italy



Xian



Hong Kong - Italy Cultural Interflow



Taiwan

Fostering a Caring School Culture, Living Out the **Family Spirit**

關愛遍佈校園 活現家庭精神

- ▶ Our teachers strive hard to address students' diverse needs, enabling students to grow in a caring and joyous environment.
- ▶ We attach great importance to class management. To promote class cohesion and students' sense of belonging to the school, we implement the dual class teacher system and organize a variety of class activities as well as inter-class and teacher-student competitions.
- ▶ 教師關顧不同學生的需要，讓學生在關愛及喜樂的環境中成長。
- ▶ 著重班級經營，透過雙班主任制、不同的班會活動、班際及師生比賽，增加班級的凝聚力及學生對學校的歸屬感。



Last School Day of S.6
中六最後上課日



Inter-class Volleyball Competition
班際排球比賽



Thanksgiving Day 感恩日



School Picnic 學校旅行



Parents' Day 家長日



Sharing on Volunteering 家長義工心得分享會

Strengthening Home-School Partnership

家校聯繫 合作無間

Our school values the close connection with the Parent-Teacher Association. Through a wide range of activities including tea gatherings, parents' days and nights, talks and the PTA newsletter, we are able to maintain effective communication between parents and the school in promoting the healthy development of our students.

家長教師會與本校密切聯繫，透過多元化的活動，如家長茶聚、家長日及晚會、講座、會訊《橋》等，讓家長與學校保持良好的溝通，從而協助學生健康成長。



19 School Information Day 學校資訊日



Sports Day 陸運會

Alumnae Support

Brightening the Days of our Students

舊生支援 師妹獲益



Mentorship Programme Orientation Day
學長計劃迎新聚會



Internship Programme
工作體驗



Professional Experience Sharing by Alumnae 舊生專業經驗分享



Mentorship Programme Reunion
學長計劃重聚日

Through the Our Lady's Alumnae Academic Enhancement and Mentoring Scheme organized by the Past Pupils' Association in collaboration with the school, we inherit the spirit of Purity and Charity. With the alumnae's sharing of professional knowledge and life experience, our students past and present join hands in living out the school motto and family spirit.

舊生會與學校合辦「學術提升計劃」及「學長計劃」，共同承傳學校純潔仁愛的精神，學長將專業知識及人生經驗與學妹分享，攜手活出校訓，體現家庭精神。



Visit to University Information Day 參觀大學資訊日



PPA X'mas Gathering 舊生會聖誕聚餐

Students' Achievements



Nature 類別	Competition / Activity 比賽 / 活動項目	Achievements 獎項
Academic 學術	Chemists Online Self-study Award Scheme 化學家網上平台獎勵計劃	Diamond, Platinum, Gold, Silver & Bronze Award 鑽石、白金、金、銀及銅獎
	Irish Consulate Ambassador Programme	The Monopoly of Ireland - Winner
	Canadian English Writing Contest - Final	Gold, Silver & Bronze Award
	中文狀元挑戰計劃 — 高級組	中文狀元
	Hong Kong Schools Speech Festival 香港學校朗誦節	
	English 英文朗誦	Thematic Group Speaking Dramatic Duologue 二人朗誦
	Chinese 中文朗誦	Solo Verse Speaking 英詩獨誦 Dramatic Duologue 二人朗誦
	eWorks Award Scheme 創作獎勵計劃 - Thematic creative writing 主題寫作	Champion, 1 st Runner-up, 2 nd Runner-up & Most Popular eWorks 冠軍、亞軍、季軍及最受歡迎作品
	Reading Contract 閱讀約章獎勵計劃	Best Performance Award 傑出表現學生獎
	Reading Challenge 閱讀挑戰計劃	Best Performance Award 傑出表現學生獎
Service 服務	Don Bosco Prize 聖鮑思高神父獎	Attained 獲獎
	Wong Tai Sin District Outstanding Students' Selection 黃大仙區傑出學生選舉 - Junior High School Category 初中組 - Senior High School Category 高中組	Excellent Student 優秀學生 Outstanding Student 傑出學生
	Hong Kong Red Cross – East Kowloon District Red Cross Youth of the Year 香港紅十字會東九龍總部傑出紅十字青年會員	Award 獲獎
	青年急救比賽總決賽	季軍
	Student Environmental Protection Ambassador Scheme - Outstanding Student Environmental Protection Ambassador 學生環境保護大使計劃 — 傑出學生環境保護大使	Gold, Silver & Bronze Award 金、銀及銅獎



Nature 類別		Competition / Activity 比賽 / 活動項目	Achievements 獎項
Arts 藝術	Hong Kong Youth Piano Competition 香港青少年鋼琴比賽 Piano Grade 7 & Grade 8 Solo 鋼琴組七級及八級獨奏		Distinction 優異
	Nan Feng International Music Competition 南風杯國際華族器樂大賽 Liuqin & Zhongruan 柳阮專業 Ensemble 重奏		Gold Award 金獎 Gold Award 金獎
	Hong Kong Schools Music Festival 香港學校音樂節 Graded Piano Grade 5 & Grade 7 Solo 分級鋼琴五級及七級獨奏 Marimba Solo, Di Junior Solo 馬林巴琴獨奏及笛初級組獨奏 Violin Grade 4 Solo, Flute Junior Solo & Erhu Intermediate Solo 小提琴四級獨奏、長笛初級組獨奏及二胡中級組獨奏		Silver & Bronze Award 銀獎及銅獎 Silver Award 銀獎 Bronze Award 銅獎
	Our Lady of Maryknoll Hospital 60 th Anniversary Drawing Competition 聖母醫院六十周年院慶繪畫比賽		First Runner-up & Merit 亞軍及優異獎
	FPS Payments Made Easy Whatsapp Stickers Design Competition 「轉數快•轉帳收錢話咁易」WhatsApp Stickers 設計比賽		Second Runner-up, Most Popular Online Award & Merit Award 季軍、網上最具人氣獎及優異獎
	Wong Tai Sin District Outstanding Students' Selection 黃大仙區傑出學生選舉 -Junior High School Category 初中組		Outstanding Performance in Sports and Arts Award 體藝表現獎
Sports 體育	HKSSF Hong Kong Island and Kowloon Secondary Schools Regional Committee Inter – School Athletics Championships Div.III (Area 1) 香港學界體育聯會港島及九龍地域中學分會 校際田徑錦標賽第三組（第一區） Girls A Grade 女子甲組 - 4x100m Relay 4x100 米接力賽 Girls C Grade 女子丙組 - 100m Hurdle 100 米跨欄, Discus 鐵餅 & High Jump 跳高		2 nd Runner up 季軍 2 nd Runner up 季軍

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