



Our Lady's College 聖母書院

PURITY & CHARITY

純潔 仁愛

*"That they may have life
and have it to the full."*

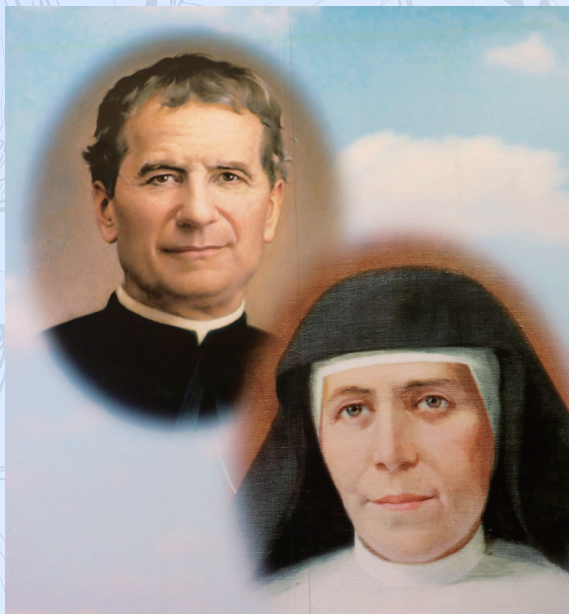
(Jn 10:10)

Prospectus 學校簡介



Vision and Mission

願景與使命



**Founders of FMA:
St. John Bosco and
St. Mary Mazzarello**

母佑會會祖:
聖若望鮑思高
聖女瑪沙利羅

Living Life to the Full

The Bible verse “live life to the full” from John 10:10 embodies Our Lady’s College’s core values, guiding us to create a nurturing environment where students can thrive in all aspects of their lives.

Founded by the Daughters of Mary Help of Christians (FMA), our school has been educating students according to Catholic education principles and the spirit of our Founders, St. John Bosco and St. Mary Mazzarello.

Our motto, “Purity and Charity”, reflects our commitment to moral integrity and kindness, fostering noble character, honesty and integrity in a supportive learning environment.

活出豐盛的生命

《聖經》中「活出豐盛的生命」(若望福音10:10)這句話，正是聖母書院的核心價值。本校致力為學生營造良好的學習環境，讓她們以積極樂觀的態度面對人生。

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、聖女瑪沙利羅的精神辦學。

本校校訓是「純潔仁愛」，旨在培育學生高尚的品格，實踐誠實、正直和善良的美德。



Milestone

里程碑



70th Anniversary and Beyond 跨越70週年

God's blessings have been guiding Our Lady's College in the 70 years of development. Our Sisters and teachers have shared their love, knowledge and faith with generations of young women, who have blossomed into ladies with a strong foundation in faith and love. We embrace our 70th anniversary with deep gratitude and move forward with faith, hope and love.

天主的祝福一直帶領聖母書院70年來的發展。修女和老師們與不同年代的女青年分享她們的愛、知識和信仰，使她們成為擁有堅定信仰和愛的女性。我們懷著感激之情迎接創校70週年，並以信、望和愛邁向未來。



Medium of Instruction

MOI

語文政策

A School with English as Medium of Instruction (EMI)

To enhance English proficiency, all Science and Humanities subjects are taught in English in junior forms. In senior secondary, English is also the MOI for most electives, improving students' command of English and boosting their education and career prospects. Language across Curriculum (LAC) and MOI bridging measures support learning in English.

以英語為主要教學語言

本校授課語言以英語為主。初中階段以英語教授科學及人文學科，以鞏固學生運用英語學習的能力；高中大部分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。本校推行跨課程語言學習(LAC)及教學語言銜接措施，讓學生掌握不同學科的內容及相關的學術語言，提升學習效能。



A Rich English Environment for Everyone

We organize various English activities and encourage participation in inter-school events to enhance English proficiency and communication skills. Our English Drama Club invites native speakers to boost students' confidence through performances.

營造良好的英語環境

本校為學生舉辦不同類型的英語活動，並鼓勵她們參與校際活動和比賽，提升英語水平和加強溝通能力。校內話劇學會聘請校外的外籍導師，培訓學生演出英語音樂劇，通過表演來增強她們運用英語的信心。



A Diversified and Balanced Curriculum

多元化和均衡的課程

S.1 - S.3

Integrated Humanities 人文科學	Chinese Language 中國語文	Computer Literacy 普通電腦
	English Language 英國語文	Technology & Living 科技與生活
	Mathematics 數學	Ethics & Religious Education 倫理與宗教
	Chinese History 中國歷史	Visual Arts 視覺藝術
	Geography 地理	Music 音樂
	History 歷史	Physical Education 體育
	Citizenship, Economics and Society 公民、經濟與社會	Putonghua 普通話
	Biology 生物	Language Across Curriculum 跨課程語言學習
	Chemistry 化學	STEAM Project-Based Learning STEAM 專題式學習
Science 科學	Physics 物理	Life Education 生活教育

S.4 - S.6

Core Subjects 核心科目	Elective Subjects 選修科目	
Chinese Language 中國語文	Chinese History 中國歷史	BAFS(Accounting Module) 企業、會計與財務概論 (會計)
English Language 英國語文	Economics 經濟	BAFS(Business Management Module) 企業、會計與財務概論 (企業管理)
Mathematics 數學	Geography 地理	Information & Communication Technology 資訊及通訊科技
Citizenship and Social Development 公民與社會發展	Tourism and Hospitality Studies 旅遊與款待	Technology & Living 科技與生活
	Biology 生物	Visual Arts 視覺藝術
	Chemistry 化學	Mathematics Extended Part Module 1 數學延伸部份單元一
	Physics 物理	

Academic Programmes

學術課程



Fostering a Reading Culture for Enlightenment

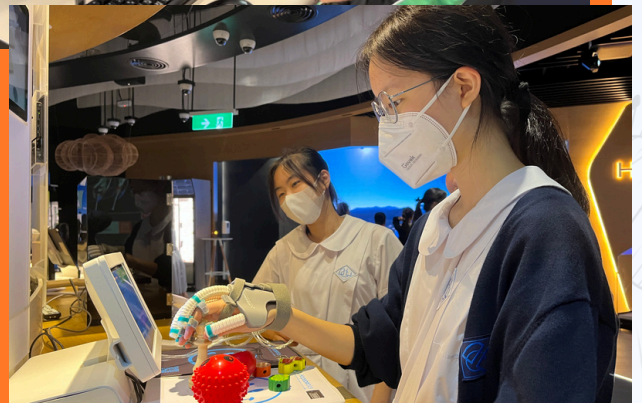
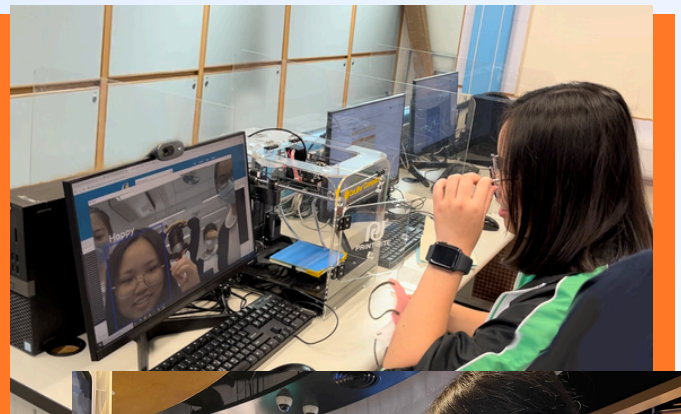
Collaboration with the library fosters a reading culture, developing students' reading habits and self-learning abilities. We promote English and Chinese reading schemes and e-reading programmes. Activities like book-sharing sessions and author talks are organized. Students are encouraged to join events like Reading Carnival, Reading Contract and Top Ten Book Picks.

閱讀文化 啟迪智慧

本校各科組與圖書館緊密協作，促進閱讀文化，培養學生的閱讀習慣和自學能力。校內推行中、英文廣泛閱讀計劃及網上閱讀計劃，並定期舉辦讀書分享會、作家講座等活動，引發學生的閱讀興趣。學生積極參與及籌劃各項大型閱讀活動，如閱讀嘉年華、閱讀約章和「十本好讀」書籍介紹。

Embracing STEAM and IT Education for Creativity and Innovation

Our school promotes STEAM education to foster creativity and talents in Science, Technology, Engineering, Arts and Mathematics. We encourage innovative problem solving through project-based learning, artificial intelligence (AI) and information literacy. We organize STEAM Carnival for junior students and encourage participation in external competitions. E-Learning supports directed learning in all subjects.



STEAM教育 激發創意思維

本校推動STEAM教育，培養學生在科學、科技、工程、藝術和數學方面的創造力。通過專題式學習、人工智能 (AI) 和資訊素養教育，鼓勵學生運用創意解決問題。本校為初中學生舉辦STEAM嘉年華，並鼓勵她們參加校外比賽。所有科目均推行電子教學模式，提升學生的學習效能。



Catering for Diverse Learning

We offer various afterschool enrichment programmes for junior students, including MOI Adaptation Bridging, Chinese, English and Mathematics enrichment classes, and homework guidance. Additionally, we organize a Pre-S.1 Summer Bridging Course to prepare students for the transition to secondary school learning.

照顧多樣化的學習需求

本校為初中學生提供多種學習支援措施，包括教學語言銜接課程、中文、英文和數學增潤課程及功課輔導班。我們更為中一新生舉辦暑期英語銜接課程，幫助學生適應中學的學習模式。

School Life

校園生活



Empowering Students through Life-wide Learning

Our school offers diverse life-wide learning opportunities, including visits, field trips, workshops, service learning, leadership training and job shadowing. These activities help students learn beyond the classroom, broaden their horizons and develop as servant leaders.

課外活動 豐富學習體驗

本校舉辦全方位學習活動，包括參觀、實地考察、工作坊、服務學習、領袖訓練和職場體驗等，讓學生在課堂外學習，擴闊視野，從而達致全人發展。



Performing Arts

表演藝術



Developing Diverse Skills and Interest through Performing Arts

Performing arts provide endless opportunities for talent, enabling creative expression and deep connections. Our school emphasizes all-round education, focusing on developing diverse skills and interests. At OLC, students explore drama, dance, and music in a supportive environment, enabling their artistic abilities and essential life skills like communication, teamwork, and resilience. We aim to foster a vibrant community where creativity thrives, helping every student discover their potential in the performing arts.



透過表演藝術 培養多樣化的技能和興趣

表演藝術為人才開啟了無限的機會，使學生能夠有創意地表達自己，並與他人建立深刻的聯繫。本校重視全人教育，致力發展學生多元化的技能和興趣。我們為學生提供多種表演藝術活動，如戲劇、舞蹈和音樂，培養她們的藝術細胞和重要的生活技能，如溝通、團隊合作和適應能力/抗逆能力。通過為學生提供這些寶貴的機會，我們希望建設一個充滿活力的社區，讓創意蓬勃發展，每位學生都能在表演藝術中發現其潛質。

Global Exposure

環球視野



Expanding Horizons through Global Exposure Programme

Our cross-border and overseas exchange programmes encourage students to explore different cultures and broaden their global perspectives. Each study tour features themed activities in technology, science, culture, and language. Students also interact with partner schools in Italy, Spain, Japan and Korea, deepening their understanding of Salesian school life and culture.



環球交流 增廣見聞

透過不同種類的跨境和海外交流活動，學生將學習延伸至課堂之外，探索不同文化，拓寬全球視野。每個學習之旅均設定主題和包含趣味性的活動，促進科技、科學、文化和語言的知識交流。學生與本校在西班牙、意大利、日本和韓國的姊妹學校進行交流，對彼此的生活和文化加深了解。



Fostering Faith and Character Formation

培養良好品德



As a Catholic school, we follow St. John Bosco's principles, nurturing students' spiritual lives and instilling Catholic values through activities like morning prayer, thanksgiving mass, retreats and Salesian Youth Day.

The Discipline and Counselling Teams support students through initiatives like the School Prefect Scheme and Big Sister Scheme. We prioritize character formation, incorporating moral education activities and Class Teacher Period to foster positive values and attitudes.



本校貫徹會祖鮑思高神父的辦學精神，通過倫理與宗教科及宗教活動，如早禱、感恩彌撒、退省和慈青日等，讓學生認識天主教的核心價值，培養靈性及生命成長。

本校以「訓輔合一」的原則，透過「大姐姐計劃」及「改過遷善計劃」，為有需要的學生提供適切的輔導及支援。我們重視品德培育，因此在班主任節安排相關活動，協助學生建立正確的人生觀和積極樂觀的生活態度。

We are One Family

聖母這一家



Our teachers strive hard to meet students' diverse needs, fostering growth in a caring environment. We prioritize class management, promoting cohesion and belonging through the dual-class teacher system and various activities, including inter-class and teacher-student competitions.

We value our close connection with the Parent-Teacher Association. Activities like tea gatherings, parents' days, parent education programmes and the PTA newsletter ensure effective communication, promoting students' healthy development.

The Our Lady's Alumnae Academic Enhancement, Mentoring and Social Innovation Scheme, organized by the Past Pupils' Association with the school, fosters the spirit of Purity and Charity. Alumnae share professional knowledge and life experiences with their younger "sisters."

本校教師致力照顧學生學習的多樣性，讓她們在關愛的環境中成長。我們重視班級經營，透過雙班主任制度和各種班級活動，包括班際及師生比賽，促進班級的凝聚力和歸屬感。

學校與家長教師會緊密聯繫。透過茶聚、家長日及晚會、講座等活動與會訊《橋》，保持良好的溝通，攜手協助學生健康成長。

舊生會與學校合辦「學術提升計劃」及「學長計劃」，承傳學校「純潔仁愛」的精神。校友們與年輕的學妹分享專業知識和生活經驗，體現家庭精神。

Student Achievements

學生成就

第十六屆黃大仙區傑出學生選舉 The 16th Wong Tai Sin District Outstanding Students' Selection



Bernice Tong
Mollisa Tung

The 16th Wong Tai Sin Outstanding Students' Selection 第十六屆黃大仙區傑出學生選舉
(Senior High School Category) Excellent Student 高中組優秀學生
(Junior High School Category) Outstanding Student 初中組傑出學生



Helen So

International Young Artist Competition 2023
PRIX DU TALENT
«JEUNE PINCEAU»



Nancy Chan

76th Hong Kong Schools Music Festival
Graded Piano Solo - Grade 8
第76屆香港學校音樂節分級鋼琴獨奏 - 八級
Gold Award - Champion 金獎 - 冠軍



Leia Ho

第二屆「HKVTC Shop最強電商王大賽」
中學生普通話組冠軍

We are proud of our students' outstanding achievements in academics, sports and the arts. Their hard work, dedication, and resilience have led to remarkable successes, including the 16th WTS Outstanding Students' Selection, the 60th Schools Dance Festival Group Dance, and the CPCE Excellence Contest 2023/24. Each accomplishment reflects their commitment to excellence and inspires us all. Congratulations to our remarkable students for reaching new heights!

本校為學生在學術、體育和藝術領域所取得的傑出成就感到自豪。她們的勤奮、投入和堅韌讓她們取得驕人的成績，包括第16屆黃大仙傑出學生選舉、第60屆學校舞蹈節、CPCE卓越大賽2023-24等。每項成就都體現了學生致力追求卓越的表現，恭喜她們在不同領域均取得佳績！

Student Achievements

學生成就



75th Hong Kong Schools Speech Festival
Thematic Group Speaking (Winner)



星島全港華文雙語菁英問答比賽
冠軍及季軍



IdeaPOP! 2024 Hong Kong Secondary School
Students Startup Pitch Competition
Excellence in Innovation Award



全港中學生演講比賽「夢想盃」
冠軍及季軍



CPCE Excellence Contest 2023/24
CPCE卓越大賽 2023/24
Judges Commendation Award
評審團嘉許獎



全港中學學生會嘉許計劃2023/24
優異學生會
價值觀教育活動計劃嘉許大獎
可持續發展活動計劃嘉許大獎

Outstanding Students

傑出學生

Janae Ng, class of 2024, achieved a significant milestone by receiving an offer from The University of Hong Kong for a Bachelor of Science degree. Reflecting on her time at OLC, Janae feels immense gratitude.

"I am truly thankful to OLC for laying the foundation of my education," she shares. "The support from my teachers and the camaraderie with my classmates made my journey unforgettable. Their encouragement inspired me to pursue my dreams, and I owe much to the nurturing environment of our school."

Her admission to HKU testifies to her dedication and the values instilled at OLC. Janae is excited to embark on this new chapter.



2024年畢業生Janae在學術歷程中踏上重要的里程碑——獲香港大學（HKU）取錄就讀理學士學位。她回憶在OLC的時光感到無比感激：「真的很感謝OLC成為我教育的基礎，」她分享道：

「老師的支持和同學們的友誼讓我的旅程變得難忘。他們鼓勵我追求自己的夢想，非常感謝我校的培育！」

能夠考上香港大學，證明了Janae在OLC期間所付出的努力，她很高興能夠開啟這人生新篇章。



"I remember opening my exam results; my heart raced as I saw the scores. I had worked tirelessly, often late into the night, balancing studies and part-time work. My teachers at OLC played a crucial role in my success, always believing in me and pushing me to strive for excellence. Their support and guidance made a world of difference.

When I received an acceptance letter from "Chinese University Hong Kong", I was overwhelmed with joy. It felt like all my efforts had finally paid off. The journey wasn't easy; I faced challenges like self-doubt and pressure from peers. However, I learned to manage my time effectively and seek support when needed.

Now, as I start my studies at CUHK, I'm eager to embrace new experiences and make the most of this incredible opportunity. This is the beginning of my academic adventure, and I'm grateful to OLC and my teachers for helping me reach this milestone!"

「我仍然記得打開考試成績的那一刻；當我看到分數時心跳加速！我努力學習，常常熬夜。OLC的老師們在我的學習生涯中發揮了至關重要的作用，他們始終相信我，推動我追求卓越。他們的支持和指導改變了我的人生。

當我收到香港中文大學的取錄通知書時感到十分激動，彷彿我所有的努力終於得到了回報。這段旅程並不容易；我面臨著自我懷疑和來自同齡人的壓力。然而，我學會有效地管理時間，並在需要時尋求支持。

現在，隨著我準備開始在香港中文大學的學習，我感到既興奮又緊張。我渴望迎接新的挑戰，充分利用這個令人難以置信的機會好好學習。這只是我學術『冒險旅程』的開始，我非常感激OLC和老師們幫助我邁向這一里程碑！」

Outstanding Students

傑出學生



As a child, Jasmine was restless, but learning the guzheng improved her concentration. She learned to calm her mind and focus, which motivated her to practice more and develop resilience despite the difficulties. Over the years, Jasmine has got lots of awards in many major competitions. "I am grateful for teacher's guidance. Despite the tough process and moments of wanting to give up, the guzheng has become an integral part of my life."

National Finals of the Cai Le Cup Guzheng Elite Performance Invitational: First Prize
蔡樂盃古箏精英演奏邀請賽全國總決賽：一等獎
76th Hong Kong Schools Music Festival, Senior Group: Gold Medal and Third Place
第76屆香港校際音樂節(高中組)：金牌、季軍
6th Singapore Solo/Ensemble Competition, Macau Division: Honorary Gold Medal
第六屆新加坡獨奏/重奏比賽澳門賽區：榮譽金獎

Jasmine 小時候個性焦躁，但自從學習古箏後，專注力有了明顯的改善。她學會讓自己平靜下來，專注於比賽。雖然在學習古箏的過程中遇上不少困難，但逐漸養成堅韌的個性。近年，Jasmine 在多項大型比賽中屢次取得優秀成績。

「非常感謝老師的指導和培育。儘管過程艱辛，有時甚至想過放棄，但古箏已經成為我生活中不可或缺的一部分。」

Described by newspapers as the "Little Queen of Fencing," Hazel recently triumphed in the International Fencing Competition. Her discipline and relentless training have propelled her to the top, showcasing her exceptional talent globally.

"I want to express my heartfelt gratitude for the unwavering support and guidance from my teachers at OLC. Their encouragement and belief in my potential have profoundly impacted my journey. I am always proud to study at OLC!"

曾被報章描述為「劍擊小天后」的Hazel，最近在著名的國際劍擊比賽中獲得冠軍。Hazel的紀律性和不懈的訓練，使她在這項運動中脫穎而出，並在全球視線中展示了她的卓越才華。

「我想衷心感謝OLC老師們的支持和指導。您們的鼓勵和對我全然的信任幫助我成長，也深深影響了我的旅程，就讀聖母書院令我感到自豪！」



Asian Junior & Cadet Fencing Championships
亞洲青少年劍擊錦標賽冠軍(團體)及季軍(個人)
Under 20 Fencing Championships / Hong Kong
二十歲以下劍擊錦標賽 / 香港個人賽冠軍
Age Group Fencing Championships
分齡劍擊錦標賽個人賽亞軍
Hong Kong Open Fencing Championships
香港公開劍擊錦標賽個人賽亞軍
Inter-School Fencing Competition (HK & Kln)
Individual Girls B Grade Sabre
校際劍擊賽(香港及九龍區)個人女子乙組佩劍冠軍



8th Versailles International Music Competition
法國第八屆凡爾賽國際音樂比賽冠軍
PIARA International Piano Competition (Hong Kong Division)
PIARA國際鋼琴比賽香港賽區亞軍
Exceptionally admitted to the Ecole Normale de Musique de Paris at age 13.
13歲時，被法國音樂師範學院破格取錄

Nancy, a Secondary 3 student, has achieved the AT-LT performance level in piano. She believes learning piano has taught her resilience and persistence, skills she values for life.

"I would like to take this opportunity to thank Ms. Lau, my music teacher at OLC, who gave me many opportunities to develop my talents. I had the chance to perform at the speech day for S6 sisters. Whenever I encounter difficulties or am under great pressure, they always encourage me and cheer me up. I am always grateful to be a student at OLC."

現時就讀中三的Nancy，鋼琴演奏已達AT-LT水準。Nancy很享受彈奏鋼琴及感到滿足。她坦言學習鋼琴的過程充滿挑戰，但也教曉她要有克服困難及堅持的精神。她相信這種面對挑戰的韌性和勇敢精神將使她受益終生。

「感謝OLC音樂老師Miss Lau，她常鼓勵及指導我發揮才能，亦讓我有機會在中六畢業禮上表演。她在我遇上難關時，在我身旁打氣，我一直都感恩能夠成為聖母書院的學生。」



*May our students, being educated
with Reason , Religion and
Loving-Kindness, live life to the full*

*Educative Mission of the
Daughters of Mary Help of Christians (FMA)*

**3 Lung Fung Street,
Wong Tai Sin,
Kowloon, Hong Kong**
香港九龍黃大仙龍鳳街 3 號
2327 5860
info@olc.edu.hk
<https://www.olc.edu.hk>

