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校長的話

從SMART的目標到家校同行IEP計劃

SMART's rules to IEP Planning

郭思穎校長

Ms. Kuo, Sze Wing, Principal

每年9月開學，既是學生，又是教職員訂立新學年工作目標的時候！訂立目標，大家不期然就會想起SMART訂立目標的法則：

具體及明確
Specific

可量度
Measurable

可達到
Achievable

合理
Reasonable

有時間性
Timed

但是又如何可以訂立一個SMART的目標呢？

其實，最重要只有一點：以學生為本，從他們的需要出發！我們的學生基本最需要和平和愉快的情緒、自我照顧的能力和樂於學習的態度，並透過IEP的實踐，促進他們的成長！

在這個基礎上，我們在訂立工作目標時，就要想著不同學生的實際需要，我們問自己以下問題：期望在一年內他們在知識、技能、態度上會有什麼改變，好使這些改變有助他們日後學習或發展？在自己負責的工作層面如何可做到？我們的角色是什麼？如要達成這些目標，我們的學生有什麼的認知、行為或態度改變可被觀察？我們如何透過三層支援模式，讓學生可以有這些正面的改變？希望在一年後的畢業成果展，樂群每位學生都能雀躍地與大家分享他們達到目標的喜悅！

Each year in September, both students and staff will set their learning or work goals for this academic year! When we talk about goal setting, SMART's rules sound familiar: Specific, Measurable, Achievable, Reasonable and Timed. How can we actually set a SMART goal? My rules of thumb are: student-centered and their needs! Our students' basic needs are: calm and stable emotion, having self-care skills and willing to learn. Through the practice of IEP, our working goals are to promote their whole person development! On this basis, when we set work goals, we must consider the actual needs of different students, and we ask ourselves the following questions: What changes are expected in their knowledge, skills, and attitudes within a year, in such ways that these changes will help them learn or develop in the future? How can this be achieved through the work that you are responsible for? What is your role? To achieve these goals, what are the observable cognitive, behavioral, or attitudinal changes? How can we enable students to make these positive changes through a three-tiered intervention model? It is hoped that in the graduation and learning celebration by July next year, every student will share with you the joy of reaching their goals!

助理校長的話

《刻骨銘心》

"Unforgettable"

謝雲鳳助理校長

Ms. Tse, Wan Fung, Assistant Principal

有人對你說過讓你刻骨銘心的話嗎？有人寫過的文字讓你的心靈悸動嗎？

記不起是何年何月何日，我看到一篇由一位媽媽寫的育兒心得，她的分享是講述處理孩子行為時，遇到孩子的負面情緒和反應。她簡短有力的文字，觸動了我心靈深處。好像有點熟悉、好像有點同感，經過反覆細嚼，她的分享讓我的教育信念更堅實。她那篇章的大意是：

- 愛，不因孩子長得漂亮。
- 愛，不因孩子聽成人的話。
- 愛，不因孩子做對了功課。
- 愛，不因孩子學得快，考試分數高。
- 愛，只因為你是我的孩子。
- 愛，是不附帶任何條件的。

因為愛，我願意每分每秒耐心地教導你，讓你每天進步多一些。因為愛，我願意陪伴你，引領你渡過每個喜怒哀樂。

我願意用這種無條件的愛，去教導和陪伴每位樂群學生成長。

It has been a long time since I read an article about a mother's parenting experience. Her sharing was about how to deal with the child's negative behaviors and emotions. Her brief but powerful words touched my deepest heart so I read the article over and over again. Her sharing made my educational beliefs even more unshakable. The gists of her story are:

- Love, not because the child is beautiful.
- Love, not because the child listens to adults.
- Love, not because the child finishes their homework.
- Love, not because the child is smart and gets high test scores.
- Love, just because you are my child.
- Love is not conditional.

Because of love, I am willing to teach you every second patiently, so that you can make more progress every day. Because of love, I am willing to accompany you and lead you through joy and sorrow.

I am willing to teach and support students to grow with unconditional love.

22/23學年新生介紹

New Students Introduction 22/23

歡迎各位新同學加入樂群學校這個大家庭，現在一齊認識他們是誰和了解一下他們喜愛的東西吧！！

Welcome all new students to join our big family of Caritas Resurrection School. Now let's get to know who they are and what they love!

喜樂1新成員 Joy 1 New members



各位哥哥姐姐好，我是盧斯嵐。我最喜歡的玩具是公仔，你們喜歡嗎？

Hello! My name is Lo, Sze Nam. My favorite toys are dolls. Do you like them?



大家好，我是陳枳如。我最喜歡玩 iPad。

Hi! I am Chan, Chi Yu. I love to play on my iPad very much!



各位，我是周曉瑜。我最喜歡聽歌和跳舞。

Hello! I am Chow, Hiu Yu. I love listening to music and dancing.



你們好，我是于靜妍，我最喜歡聽歌。

Hi! I am Yu, Ching Yin. I love listening to music.



我是王樂林，最喜歡的食物是辛辣麵。

I am Wong, Lok Lam. My favorite food is spicy noodles.



我是吳卓彥，最喜歡的食物是橙。

I am Ng, Cheuk Yin. Oranges are my favorite!

我是陳映藍，最喜歡的動物是貓和狗。

I am Chan, Ying Laam. I love cats and dogs.



大家好，我是范旭熹，我喜歡的人是媽媽。

Hi! I am Fan, Yuk Hei. I love my mum!



喜樂2新成員 Joy 2 New members



大家好，我是林家樂，我最喜歡畫水彩畫和去游泳池玩水。

Hi! I am Lam, Ka Lok. I love drawing and swimming.



我是徐浚熙，我最喜歡的食物是朱古力和麥包。

I am Tsui, Chun Hei. My favorite foods are chocolate and wheat bread.



你們好嗎？我是梁浩廷，我最喜歡玩具是積木和車。

How are you all? I am Leung, Ho Ting. My favorite toys are Lego and cars.



我是譚兆舜，我最喜歡的玩具是陀螺、拼圖、Lego和車。

Hello! I am Tam, Siu Shun. I like to play with gyros, puzzles, Lego and cars.



我是陳泰軒，最喜歡食物是零食，例如：雪餅、百力滋、糖果和朱古力。

Hello! I am Chen, Tai Hin. I love to eat biscuits, candy and chocolate.



我是范熹曦，最喜歡的顏色是黃色。

I am Fan Hei He. Yellow is my favorite color!

恩誠1新成員 Integrity 1 New member

大家好，我是陳子穎，我喜歡吃麥樂雞、薯條、蝦條和香蕉

Hello everyone! My name is Chan, Tsz Wing. My favorite foods are McNuggets, French fries, shrimp strips and bananas.



信望2新成員 Faith 2 New member

各位好，我是黃信一，我最喜歡玩UNO!

Hi all! My name is Wong, Elijah. I love to play UNO!



22/23學年新教職員介紹

New Teacher & Staff Introduction 22/23

有新加入的同學，還有新加入的教職員，一起了解他們吧！

There are also new teachers and supporting staff joining us this year. Let's get to know them!

張柱威老師 Mr. Cheung, Chu Wai (Teacher)

大家好，我是張柱威老師，本年度任教數學科。很高興有機會加入明愛樂群這個大家庭。這裡不僅為我提供了一個成長鍛鍊、可服務大家的良好平台。同時，也讓我有機會認識更多的新同事、新朋友、可愛的學生們。我很喜歡運動，放學後，我會健身、跑步或踏單車。因為運動可讓我們放鬆，加添動力，為每一天加油。

Hi my dearest! I am Mr. Cheung, a Mathematics teacher. I am so excited to be a teacher in CRS this year. My hobbies are running, cycling and going to the gym and I love exercising. It's going to be an amazing year filled with fun and adventures with all of you. Are you ready for a great year?



盧穎筠老師 Ms. Lo, Wing Kwan (Teacher)

大家好，很開心認識大家。我是盧穎筠老師，負責任教視藝科和常識科的老師，喜歡畫畫和打羽毛球。

Hello! I am Ms Lo. I am a teacher of Visual Arts and General Studies. I like drawing and playing badminton.



梅詩雅老師 Ms. Mui, Sze Nga (Teacher)

大家好，我是梅詩雅老師，是信望3的組務老師，主要任教獨立生活、職業教育和健康管理與社會關懷。很開心可以加入明愛樂群學校這個大家庭，希望陪伴同學一起享受校園生活和愉快地學習。

Hello everyone! I am Ms Mui. I am the class teacher of Faith 3, and I mainly teach Independent Living, Vocational Education and Health Management and Social Care. I am very happy to join CRS. I hope to have an enjoyable school life and learn happily with my students.



倪美娟老師 Ms. Ngai, Mei Kuen (Teacher)

大家好，我是倪老師，主要任教實用語文，很開心加入樂群大家庭，閒時喜歡跑步及行山，請大家多多指教！

Hello! I am Miss Ngai and glad to join CRS and I mainly teach Functional Language (Chinese Language). My hobbies are running and hiking. Nice to meet you all!





鄧肇衡老師 Mr. Tang, Siu Hang (Teacher)

大家好，我是鄧肇衡老師。今年是信望1的組務老師，主要任教常識科。我平日十分喜歡球類運動，很高興能夠加入樂群的大家庭。

Hi everyone! I'm Mr. Tang. I am the class teacher of Faith 1 and I mainly teach General Studies. I love playing ball games. I am really happy to join the CRS family.

盧敏婷老師 Ms. Lo, Man Ting (Teacher)

大家好！我是盧敏婷老師。今年是恩誠1組的組務老師，主要任教數學和視藝科。很高興認識大家！

Hello everyone! I am Ms Nicole Lo and the class teacher of Integrity 1. I am teaching Maths and Visual Art this year. Nice to meet you all!



廖國康老師 Mr. Liu, Kwok Hong (Teacher)

大家好，我是廖國康老師，很高興能夠加入樂群這個充滿愛的大家庭，很高興認識大家。我主要任教體育及數學科，平日時非常喜歡做運動，而最愛的項目就是花式跳繩！希望來年可以將更多不同的新興運動帶給同學，讓他們快樂地成長。

I am Mr. Liu, a new PE and Mathematics teacher in CRS this year. It's my honor to be here with you all. I am a sportsaholic, and my favorite sport is rope skipping. I hope my students can engage more in sports!

何張珈老師 Ms. Ho, Man Ka (Teacher)

大家好，我是何老師。很榮幸能加入樂群這個大家庭，亦很高興認識大家。我熱愛中國戲曲，期待下次能與各位同學觀賞，同享當中的樂趣。

Hi everyone! I'm Miss Ho. I feel honored to work with this lovely family of CRS and grateful for meeting you all. I love watching Cantonese Opera and I am looking forward to enjoying it with you all!



黃永富老師 Mr. Wong, Wing Fu (Teacher)

我是黃永富老師，好開心加入明愛樂群學校。我的興趣是遠足，期望有機會帶同學一起去遠足！

Hello! I'm Mr. Wong Wing Fu. I'm really glad to be a member of CRS. In my spare time, I like to go hiking. I hope I can hike with my students one day!





陳巧霖老師 Ms. Chan, Hau Lam (Teacher)

大家好，我是陳巧霖老師，很感恩能加入樂群這個溫暖的大家庭。我主要任教音樂、常識及社區生活科，期望能在這些課堂中帶給學生不同的音樂及生活體驗。

Hello everyone, I am Ms. Chan. I am grateful to join the CRS family. Music and General studies are my major teaching subjects. I will try my best to bring students a variety of musical and living experiences.

陳堽茵老師 Ms. Chan, Hoi Yan (Teacher)

大家好，我是陳堽茵老師，主要任教實用語文及音樂。我喜歡聽歌和看書！好開心能加入樂群這個大家庭！

Hello everyone! I teach Chinese Language and music. I like listening to music and reading books! I am glad to join CRS!



言語治療師 梁嘉銘 Ms. Leung, Elsa (Speech Therapist)

大家好！我是新加入的言語治療師梁姑娘。我喜歡聊天和散步，歡迎大家來言語房找我閒聊啊：)

Hello everyone! I'm Ms. Leung, the new speech therapist. I like chatting and wandering. You are welcome to come to the ST room and chat with me. :)



李慧蕓老師 Ms. Lee, Wai Lei (Teacher Assistant)

大家好，我是教學助理Winnie姐姐，感恩能夠加入樂群學校大家庭！好開心能夠在工作中照顧可愛的孩子。我放假時最喜歡與我的小孩四處玩，發掘新玩意！

Hello everyone! I am Winnie, a new teaching assistant. I am so thankful to be a part of CRS. I'm happy to take care of our cute kids. I like to play and explore with my kids during vacation.



張鈺鈺女士 Ms. Cheung, Hung Hung (Janitor)

大家好！我係新加入樂群大家庭的半職服務員紅姐，過往亦曾在特校工作。今學年負責支援禮智1組學生，請多多指教！

Hello everyone! I am a new part-time janitor who had worked in a special school before. Please call me Hung. This school year, I will take care of the students in Group Wisdom 1. Hope I can greet you at school. Cheers!



小一及插班生迎新日暨家長座談會

黃婉欣姑娘 學校社工

每年舉辦這個座談會，是為了讓新生家長認識我們的學校，同時亦讓新生家長及教職員互相認識和建立關係，促進家校合作。期望新加入學校的同學和家長也能開開心心，在樂群學校學習得愉快，渡過12年豐盛的校園生活。

Orientation Day for New Students and Their Parents Ms. Wong, Yuen Yan, School Social Worker

Orientation Day for new students and their parents is held every year to let them know more about our school. It was a great day for us to know more about each other and build up good rapport. We hope our new students and their parents can have a happy school life!



2022/23學年開學禮——《我長大了》

陳見通老師

開學禮已於9月1日（星期四）順利舉行。基於疫情關係，本學年家長仍以網上形式參與，不過我們榮幸能邀請到曹偉康校監、郭思穎校長，以及家教會主席親蒞現場，與各位家長見面。李進發主任及鍾錦源主任亦分別與家長講解新學年校務及教學安排。此外，本學年開學禮以「我長大了」為主題，透過種植活動及成長影片，與同學一起邁進新學年的校園生活。在此祝願各位同學如盆栽一般，茁壯成長！

School Year 2022/23 Opening Ceremony - "I Have Grown Up!"

Mr. Chan Kin Tung, Teacher

The school opening ceremony was held smoothly on 1st September. Despite the fluctuating situation of the pandemic, parents were able to participate in the ceremony via Zoom. It is an honor to have Mr. Cho, our school supervisor and Ms. Tsang, the chairperson of PSA, join the ceremony in person. In the ceremony, our senior teacher Mr. Li and Mr. Ching explained the new school affairs and academic arrangements this year. As the ceremony title goes, we hope our students can grow up healthily and happily.



22 / 23 學年各組班相
Class Photos 22 / 23



喜樂 1
Joy 1



喜樂 2
Joy 2



恩誠 1
Integrity 1



恩誠 2
Integrity 2



恩誠 3
Integrity 3



信望 1
Faith 1

信望2
Faith 2



信望3
Faith 3



和平1
Peace 1



和平2
Peace 2



禮智1
Wisdom 1



禮智2
Wisdom 2



小蜜蜂計劃——勤

“Honey Bee” Program

謝雲鳳助理校長 / 李進發主任

Ms. Tse, Wan Fung, Assistant Principal & Mr. Li, Chun Faat, Senior Teacher

為了讓學生得到均衡和適切的全方位成長，本校作為明愛七間特殊學校中的其中一所先導學校，發展校本的宗教、道德及品格教育框架，內容包括天主教教育五大核心價值、明愛教育服務的信念、校訓及教育局提出十項優先培育的價值。因此我們整合出六項美德，包括：忠、誠、勤、樸、敬、愛。

We are one of the pioneer schools to develop a school-based Religious, Moral and Value Education framework under Caritas Special Education Service. By integrating the five core values in Catholic Education, the beliefs of Caritas Education Service and the ten prior moral values proposed by EdB, we have summarized six key moral values: loyalty, integrity, diligence, simplicity, respectfulness and love.

本學年我們以「小蜜蜂」計劃推行「勤」的美德，以培養學生「愛學習」的品格。在過程中學生會有以下五個進程：

Diligence is our first focus so the “Honey Bee” Program is launched this year to promote the value of “Love to Learn”. The learning process is as follows.

表現指標

進程一 Level 1	能按指示完成學習任務 Upon instructions (例：老師邀請時會動手做) e.g. complete learning tasks by following teacher's instruction	自身 Self
進程二 Level 2	自發完成學習任務 Spontaneity (例：老師講解完活動後，會自發做。老師問問題後會主動答。) e.g. respond to teachers' instructions or questions on their own.	
進程三 Level 3	持續完成學習任務 Perseverance (例：遇到困難也堅持、有耐性完成要持續長時間做的工作) i.e. persist on finishing the learning tasks, with others in a learning task, despite difficulties, demonstrate patience in prolonged learning tasks	
進程四 Level 4	與人合作完成學習任務 Cooperation (例：必須與朋輩合作才能完成的任務) e.g. complete learning tasks with peers	群處 Groups
進程五 Level 5	鼓勵身邊的人完成學習任務 Encouragement i.e. peers to finish the learning tasks.	

小蜜蜂計劃除了會在課堂上實踐，也會與家長們一同合作，透過功課小蜜蜂和家務小蜜蜂鼓勵學生做功課和做家務，以展現「勤」的美德。到時請大家一同努力參與，讓同學在不同方向都能成為勤力的小蜜蜂。

Besides classroom activities, we will cooperate with parents to encourage students to show their diligence by finishing homework and helping with the housework. Let's work together!



小蜜蜂計劃吉祥物及進程代表，
由林日朗同學設計。
The mascot of the “Honey Bee”
Program. Designed by Lam, Sunny

我們都是設計師系列 學生作品展示

"We All Are Designers"

陳美芝老師

Ms. Chan, Mei Chi, Teacher



藝術家 / 設計師：林日朗 Designer: Sunny Lam

年份：2022 (禮智2) Year: 2022 (Wisdom 2)

題目：運動項目 Title: Sports

指導：黃雪碧老師

Instructor: Ms. Wong, Suet Pik (Former Visual Arts Teacher)

表現形式：半立體 Manifestation: Semi 3D

物料：紙黏土 Materials used: Paper clay

簡介：日朗喜歡在旁觀察人的活動。這份作品是他觀察運動員後，以紙黏土搓揉而成的作品。作品呈現日朗對運動項目的細心觀察，選取合適的部份，再進行創作。

Sunny loves observing what others are doing, e.g. athletes. The work was created with paper clay. From his art, his views of different sports were presented.



藝術家 / 設計師：梁均焯 Designer: Leung, Kwan Long

年份：2022 (和平2) Year: 2022 (Peace 2)

題目：電車與智慧城市

Title: The Tram and the Smart City

指導：梁均焯媽媽和陳美芝老師

Instructor: Long's Mum and Ms. Chan, Mei Chi (Visual Arts Teacher)

表現形式：混合媒介 Manifestation: Mixed media

物料：藝術科技、蠟筆紙本

Materials used: Art Technology, Crayon and paper

簡介：均焯在港島搭電車時，他靜靜地站在一旁觀看同學排隊；在車上，他挑了上層的雙人坐位，坐在大窗旁，讓陽光照到他的臉上。他靦腆地看看車外的風景又偷偷看車內的人群。

均焯的智慧城市仍然有屋、有車、天上有飛機、地上會有水。人群裏藍色的人手上好像拿著電子產品，透過科技城市裡的人互相結連（以wifi訊號為象徵符號）。

未來電車是結連智慧城市的重要交通工具（所以電車好似一個最大的訊號）。我可以帶領同學一起搭電車到任何地方。我喜歡電車那大大的車窗，可以清楚看到城市的面貌，也直接感受到太陽的溫度和電車行走時的風。電車沒有廢氣，所以智慧城市有良好的環境：有陽光和海。海上有人游泳（藍色的人影）；連太陽也可以帶上VR眼鏡參與不同地方的活動。

Introduction: When Long was waiting for the tram, he stood aside and observed what his classmates were doing. When he got on the tram, he chose to sit on a twin seat on the upper deck. He sat next to a large window, observing the people in the tram and the scene outside.

There are houses, cars, planes in the sky and water on the ground in Long's Smart City. The blue man in the crowd is connecting with different people in the city by a gadget, as signified by a Wifi symbol. The tram was the major way to travel in his smart city (so the tram has the biggest signal). He believed he could travel everywhere with his classmates by tram. Also, he likes to sit next to a large window to enjoy the fascinating city view and the breeze when the tram travels. The tram has no air pollution, so the city has a great living environment. Even the sun can enjoy different activities through a VR headset.



藝術家 / 設計師：王籽 Designer: Wong, Tsz

年份：2022 (信望1) Year: 2022 (Faith 1)

題目：電車與智慧城市 Title: The Tram and the Smart City

指導：戴詠珊老師

Instructor: Ms. Tai, Wing Shan (Former Visual Arts Teacher)

表現形式：繪畫 Manifestation: Drawing

物料：油粉彩及廣告彩紙本 Material used: Gouache and oil pastel

簡介：到港島搭電車時，王籽喜歡坐在車頭位置，隨電車的移動而欣賞沿途風景。未來城市依舊五光十色，各式各樣的交通工具在街上行駛。未來的交通工具皆由天然能源推動，重視環境保護。而且未來交通工具的外型及車廂設計也比現在的更簡約。我喜歡坐在電車上層欣賞港島的風景。電車慢慢的行駛，讓我能清楚看見街上不同的交通。



Tsz likes to sit in the front on the upper deck when traveling on a tram because he enjoys the view as the tram moves, especially all kinds of vehicles... The view in his smart city is fascinating. There are various forms of public transport on the road and they are all powered by renewable energy. The design in and out of the transport is more simple than the current counterparts.



藝術家 / 設計師：曾慶淳 Designer: Tsang, Hing Shun

年份：2022 (和平1) Year: 2022 (Peace 1)

題目：我的大樹 Title: My Tree

指導：陳美芝老師 Instructor: Ms. Chan, Mei Chi (Visual Arts Teacher)

表現形式：拼貼 Manifestation: Collage

物料：紙本 Material used: Paper

簡介：慶淳的作品跟他的心情一樣跌蕩和性格一樣內斂。淳的作品構圖具向內收縮的效果。淳的作品可分成三部份。左邊的三个圓形聚在一起，他選擇紫、紅、綠的配搭，使向內收縮部份呈現一股熾熱的騷動；同時又與右上角的部份產生對話。右下角的部份彷彿是從頂端的樹枝丟落下來，這使作品內容更活潑豐富。慶淳喜歡選用彩度高但明度低的色彩，惟獨丟下來的一棵明度高而奪目。我曾二度詢問慶淳：「要把這一個放到枝頭上嗎？」慶淳卻不理會；在我轉頭間，慶淳已把它貼到樹腰上。

The work is subtle, just like his introverted personality. He likes to use colors with high chroma and low brightness in general. However, there is a branch which is particularly prominent in bright color. Ms Chan asked Shun twice, "Do you want to put this on the top of the tree?" and he ignored her twice. Yet, Shun has already put it on the tree trunk.



藝術家 / 設計師：馬嘉駿 Designer: Ma, Ka Leung

年份：2022 (和平1) Year: 2022 (Peace 1)

題目：我的大樹 Title: My Tree

指導：陳美芝老師 Instructor: Ms Chan, Mei Chi (Visual Arts Teacher)

表現形式：拼貼 Manifestation: Collage

物料：紙本 Material used: Paper

簡介：嘉駿的樹是嘉駿動態的展現。他把樹的各部分別貼在樹枝的最末端，似要不斷往外伸展就如喜歡把頭手向左右搖擺伸展的嘉駿。嘉駿的作品選擇以較多紅色的形狀展現，配合選擇的位置，呈現出跳躍活潑的效果。這份作品獲全班同學選為「我最欣賞的作品」。

Ka Leung tends to put different parts of the tree on the extremity and it is just like Ka Leung's style, active and dynamic. He expresses his idea by using various shapes in red color. This lively work was recognised as "My Favorite Artwork" in his class.



樂群人的生活技能四階段

李進發主任/陳結貞主任

生活技能框架源自生涯規劃中五大範疇中獨立自主，為善用學生十二年學習時間，並為各個學階段立合適的主題，學與教組收集並整理各學習領域與生活技能的相關學習目標，並按學生的不同需要，推出了現階段的生活技能框架。由初小至高中分為「開心孩子」、「動手冠軍」、「派對攬手」、「生活達人」。框架於本學年正式試行，期望能與家長一起陪伴我們的寶貝成為獨立自主的樂群人！

Four Main Stages of Daily Living Skills in CRS

Mr. Li, Chun Faat & Ms. Chan, Kit Ching, Senior Teachers

The framework of daily living skills education originates from the concept of "Independent Living", one of the five pillars in our career and life planning education. In order to make good use of students' twelve years of school life, we gathered and organized various learning objectives related to daily living skills from all key learning areas, to construct the framework of daily living skills education. According to the students' needs, the framework is composed of four main stages: "CRS Happy Kids" (for junior primary students), "CRS Champion" (for senior primary students), "Party Planner" (for junior secondary students) and "Living Master" (for senior secondary students). The framework is currently in the trial phase. Let's work together to nourish our students to become a living master!

教師專業發展日活動

梁達盛老師

為了全面推廣普及運動，本校於教職員專業發展日設計了普及運動的體驗活動，其中有地壺球、坐式排球及團體合作遊戲。

活動以體驗學生情況為主，故有加入不同的調適與限制，例如只能用坐著以單手打沙灘球排球、限制了視線等方式進行，以體驗不同的學習困難。

透過今次體驗，啟發了一些反思，例如：學生會享受這些活動嗎？如何設計出能適合不同學習需要的教學活動等。

Staff Development Day

Mr. Leung, Tat Shing, Teacher

Our first staff development day was held on the 3rd Oct. The theme was to promote the concept of "Exercise for All" in our school. Therefore, floor curling and sitting volleyball were arranged for our staff. Some adaptations and limitations were introduced in the activities to simulate how our students learn. We hope the activities can facilitate our staff to reflect and to design learning activities suitable for our students.



一眾老師理解了地壺球的玩法後，都急不及待試玩！
Teachers can't wait to play!

經歷了兩年的疫情，大家都了解到身、心、靈健康的重要性。運動是提昇身心靈健康的好方式。我們透過推廣普及運動，建立身心靈健康校園，其中一個方法是推廣新興運動，今年我們選擇了地壺球。



地壺球是一種共融運動、適合不同年齡和能力人士參與，比賽中能進行多樣化調適，例如：根據年齡調適賽道的長度、按能力選擇以站著、坐下的方式進行等。

“Exercise for All” Program and newly emerged sports

Mr. Leung, Tat Shing, Teacher

People are more aware of the importance of physical and mental health due to the Covid-19 pandemic. Sports are one of the most effective ways to maintain physical and mental health, so we have begun to promote “Exercise for All” in our school. This year, “Floor Curling”, a newly-emerged sport, has been introduced. Floor Curling is an integrated team sport which is suitable for ages and abilities. The game’s playing methods can be adjusted to people with different abilities.

身體是心靈的出口

吳卓然先生 舞蹈動作治療師

身體是心靈的出口。

口裡說不出，身體已直接表達，頭腦未想清楚，身體已知道真實的意願。

例如：開心時身體會放鬆、緊張時身體會收緊、歡迎時身體會張開、拒絕時身體會閉合。在身心相連、互為影響的基礎下，舞蹈動作治療 Dance Movement Therapy (簡稱DMT) 是一種主要透過身體動作介入的心理治療。



Our Body is the Exit of our Soul

Mr. Ng, Cheuk Yin, Dance/Movement Therapist

Our body relaxes when we feel happy, contracts when we feel nervous, opens up when we feel welcome and wraps up when we feel rejected. Therefore, in response to the developmental needs of our students, individual and group Dance/Movement Therapy (DMT) has been launched for several years. DMT facilitates students' body and movement development, emotional regulation, social communication, cognition and learning.

為回應樂群學生的整體發展需要，本學年將提供個別及班組的舞蹈治療服務。服務包括三方面，首先是最基礎的發展階段——身體動作發展，其次是而動作與情緒調控，動作與社交溝通，最後是較高階的動作與認知學習等。

具體內容和目標如下：

- 1) 身體動作：由學習節奏感、身體覺察、協調性等，促進自我調節，陪培養良好的身體狀態，包括輕鬆、專注、穩定而靈活等。
- 2) 情緒調控：從覺察身體感覺與情緒的關係，認識自己的情緒，學習透過身體動作去調控情緒，例如舒展身體、釋放壓力、合宜表達情緒、陪培養身體對情緒的承载力等。
- 3) 社交溝通：從嘗試不同動作的變化中，增加動作詞彙，再在舞蹈互動中自然學習語言及非語言溝通，明白自己及別人感受，建立同理心。
- 4) 認知學習：透過說話描述和回饋，讓抽象的舞動經驗整合到認知層面上，總結學習經驗。



齊來動手過中秋

陳樂欣老師

本年度的中秋聯歡會，我們鼓勵同學動手做不同的手工。小學組製作了中秋吊飾，吊飾上的裝飾都由同學親自挑選包括：玉兔、月餅、月亮等。同學們都創意十足，為吊飾用心裝飾，精美萬分。中學組則用上不同的工具去製作自己的燈籠，燈籠主體使用環保物料去製成。同學都努力製作屬於自己的燈籠，並在課室中與其他同學一起遊玩，讓整間學校都充滿了濃厚的節日氣氛。

除了做手工以外，學校本學年以推行普及運動為主題，所以我們在活動設計上都加入了運動元素，同學需在課室中尋找不同的中秋物品，然後通過需要平衡力的過河遊戲。同學在傳統節日的氛圍中不乏運動時間，回到家中又可以吃著中秋美食，享受與家人賞月的時光！

中
秋

Let's have fun at the Mid Autumn Festival!

Ms. Chan, Lok Yan, Teacher

Students enjoyed a series of handicraft-making activities in the Mid Autumn celebration this year. Our primary school students made some festive decorations, such as jade bunny, full moon, mooncakes etc. For secondary school students, they made a lantern for themselves, out of recycled materials! Besides, in response to the "Exercise for All" program, sports elements were introduced in the celebration activities. We hope our students can enjoy the festival with plenty of exercises.



我們的太陽「能」

鄒梓瑋先生 學校行政主任

教育界現時的新觀點：學習環境例如溫度、本底聲量及光照強度等均會對學生的學習成效造成影響，良好的學習環境對學生而言乃是不可或缺。

學校位於山腰上，陽光於夏天時會直射課室，就算把冷氣機調較到最大，其溫度仍高得令人汗流浹背。有見及此，學校將推出不同應對措施，其中一項是在天台安裝由政府資助的大太陽能發電板，從而減少天台因日照而造成的熱傳導效應，同時，太陽能屬環保能源，學校製造的太陽能電力將會供給整個社區使用，減少大家對非再生能源的倚賴。

工程預計於下年度展開，希望屆時能讓學生及教職員有更涼快的校園。



What The Sun Shine Can Do

Mr. Chau, Tsz Wai, School Executive Officer

The learning environment, such as temperature, background sound volume and light intensity, affects the learning effectiveness of students so a good learning environment is indispensable for them. As our school is located on a mountainside, the classrooms are shone by direct sunlight every summer. Even when the air conditioners are turned up to the maximum, the high temperature still makes everyone sweaty. In view of that, the school will implement various countermeasures. One of them is to install government-subsidized solar panels on the roof so as to reduce the heat conduction effect through the roof. At the same time, a one-stone-two-birds fact, solar energy is environmentally friendly and the power produced by the school will be shared with the entire community. The works are expected to be started next year. Hope everyone can enjoy its benefits. Cheers!

學生作品展銷活動@天星碼頭

朱傳勇先生 言語治療師

我們在9月3日於中環天星碼頭與明愛藝坊合辦了一次學生作品展銷活動。因為疫情的緣故，未能與學生一同到場地與社區人士介紹他們的作品。不過沒關係，就由校長和老師們把你們的作品帶到社區吧！一起看看當天的花絮吧！

Exhibition of Students' Production @ Star Ferry Pier

Mr. Chu, Chuen Yung, Speech Therapist

On the 3rd of September, we co-organized an exhibition of students' production with Caritas Artland at Star Ferry Pier, Central. Unfortunately, our students could not join us due to the uncertain situation of the pandemic. Therefore, our Principal and our staff took up the responsibility to bring our student products to the community. Let's see some highlights of the exhibition!



客人們正在了解學生製作手作產品的過程

The customers were very eager to know about our products.



五彩繽紛的T-shirt

和文件夾很受歡迎！
Student-designed T-shirts and folders were very popular!



我們的產品(部分)
Our products



正在忙於準備攤位

We were busy during preparation.



天星創業市集@天星碼頭

Our booth was at Star Ferry Pier, Central.



校長正跟客人們講解學生的創作意念

Our Principal was introducing our products to the customers.

學校舉辦科興疫苗接種活動

楊瑋軒先生/林秀清姑娘 學校護士

疫情至今，學校正逐步回復原本上課的時間。現時，高中組同學已符合教育局恢復全日面授的要求，可進行全日活動。至於其他同學如完成三針疫苗，亦能進行下午活動或留校照顧。

學校知道部份同學對打針有抗拒，家長難以與同學完成。有見及此，學校邀請了外展接種團隊到校為學生接種疫苗。當天活動進行十分順利，同學都勇於挑戰，克服了不少難關，最終完成疫苗接種，真的非常了不起！隨住各地開始放寬限制，相信很快疫情就可以結束，大家可以除罩相見了！

Covid-19 Vaccination Program

Mr. Yeung, Wai Hin & Ms. Lam, Sau Ching, School Nurse

Full day classes resume gradually upon the instructions from the Education Bureau. Currently, senior secondary school students are allowed to have full-day classes. For other students who have already received 3 doses of vaccine, they are also allowed to join afternoon activities.

It is often challenging for our students to get vaccinated. In the view of this, our school invited an outreach vaccination team to get our student vaccinated at school. Our students were so brave that they all received the vaccines successfully. We truly thank the professional medical team for their support!

第一期校訊編輯委員名單(Committee for 1st Happy News Letter)

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