



# 天保民

## Mary Rose School

# 通訊

# NEWSLETTER

### 2018年1月



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## 社區參與和共融

學校是提供教育的地方，除了透過課堂學習、模擬活動、課外訓練、鼓勵閱讀等方式，令孩子增長知識、提升技能，建立良好品格外，也強調讓學生走出校園，認識和融入社區。故此，本校致力建立校外的社區網絡，為學生提供不同社區層面的交流機會和學習體驗，透過接觸和實踐，提升學生在社交、環保、共融和履行公民責任等方面的能力，邁向全人發展。

### 姊妹學校計劃

本校自1992年開始已透過姊妹學校計劃與何明華會督銀禧中學建立起積極的夥伴關係，透過不同類型活動，讓兩校的學生獲得相處和交流的機會，達致傷健共融。為了提升互動的成效，近年本校特別為銀禧中學的學生舉辦「與智障人士同行」的講座，加深他們對本校學童的認識，使到隨後合辦的活動，更加融洽和暢順。

在剛過去的第30屆校運會中，四十多位銀禧中學的同學不僅到場擔任義工，亦參與了當日的融合接力賽。看見兩校學生的互相支持和合作無間，反映有關計劃已結出美滿成果。



「與智障人士同行」的講座



燒烤同樂日

### 親切共融計劃

本校自2011年開始參與親切共融計劃，藉此增加本校學生接觸社群的機會。本學年，本校參與了親切機構為期9個月的「青少年共融大使訓練計劃」，透過精心設計的多元化活動和訓練，包括「你我全接觸體驗日營」、「共融小廚師」及「共融藝術家」等，既提升了本校學生與朋輩接觸的社交和溝通技巧，建立自信和友誼；而主流學生亦能透過活動，消除對智障人士的誤解，學懂接納及欣賞不同能力的人士。



設計我的偶像



與友校同學及義工大合照



與義工姐姐一起創作



檯球友誼賽

## 綠色學校計劃

自2015年開始，本校參與了百佳綠色學校計劃，推行「天保民校園綠色生活體驗」的環保項目。除協助本校持續發展校園天台園圃種植，善用校內空地，達至綠化校園的效果，也透過多元化的種植班，提升本校學童的體質、耐性及責任感。此外，學童透過農務實踐，更掌握到不少耕種的技巧，並能識別新鮮和季節性的蔬果，學會了不時不食的消费概念。而參與週六親子小農夫班的學生，更能善用本校出產的農作物，進行親子烹飪活動，體會高纖低脂煮食的好處。本計劃在上年度更獲評選為四個最傑出項目之一，獲頒發3000元書券，令參加者倍感振奮。

本學年，學校以更多元化的模式，讓學童及其家庭分享種植及綠色生活的成果，並透過一連串的分享活動，向大眾推廣如何實踐環保。



週六親子小農夫班



獲頒本年度四個最傑出項目之一

## 融合長跑運動

為推廣「長跑運動」，本校與不同機構結成伙伴，讓學生能與義工結伴參與不同的長跑活動，除可鼓勵同學參與運動外，亦可擴闊他們的社交生活。

於2017年11月，本校共有29名運動員參與聯合國兒童基金會之慈善長跑活動。承蒙德意志銀行贊助所有捐款外，更派出約60名員工及家屬參與陪跑。3公里的路程雖然不算太長，但卻充分體現參與者之間互助互勉、平等關愛的精神。本校運動員沿途表現毫不遜色，還協助照顧部分陪跑員工的小孩家屬。這反映本校學生，同樣可以主動關顧他人，貢獻力量。

另外，承蒙香港城市大學慷慨撥出30個參賽名額，讓本校的長跑運動員可以再有機會，參與明年一月份舉行的渣打馬拉松盛事。他們將會聯同香港城市大學的學生，參與十公里的賽事。此外，運動員還會報名參加「東華三院奔向共融」—香港賽馬會特殊馬拉松2018的賽事。去年本校曾取得青少年組第三名的成績，希望今年可以再創佳績。



本校29名學生與60名德意志銀行員工及家屬結伴參與聯合國兒童基金會之慈善長跑

## 共融藝術體驗

HandsOn Hong Kong去年為本校舉辦的「交通工具·數碼遊踪」活動安排大批義工，於2017年4月7日協助帶領本校小學組的學生進行社區遊蹤考察活動，當日同學分組乘坐多款的交通工具，穿梭各區搜尋不同的地標，合作完成數碼遊踪的任務。

今年HandsOn Hong Kong再度聯繫到滿有愛心的PVH美國服裝企業公司，於2017年12月1日為本校高中年級學生舉辦了一次嶄新的藝術創作體驗。當日PVH企業動員了100位義工，與本校近50位高中學生一同創作，在灰白的大型畫報上盡情發揮創意，合作繪畫出四幅色彩斑斕的大型畫報，而當中兩幅張貼在校園內作展覽，與眾共賞。

此外，PVH企業亦捐助了9部智能手機，作為本校推動(VR)虛擬實境教學之用，對本校的科技教學發展，提供了可貴的支援。在聖誕前夕，企業義工們更不忘為每位參與藝術創作的學生，各預備一份精美的聖誕禮物，他們對學生的關愛及對學校的支持，實令我們深受感動！



2017年4月7日HandsOn Hong Kong義工協助帶領本校學生進行社區遊蹤考察活動



2017年12月1日PVH美國服裝企業公司為本校高中年級學生舉辦藝術體驗活動

## 實地培訓計劃

本校於2016年12月開始與新生精神康復會合作，安排準離校生參加「實地培訓試驗計劃」，實習之社企為位於石硤尾體育館之「新生餐廳」，學生主要的職責是餐後服務的工作，包括收回客人的餐具和托盤、廚餘及餐具分類等，並在飯市前後協助執行各項清潔的工作。

申請學生須先通過面試才能參加，而計劃大致分為三個部份，包括(1)基礎訓練課程 ~ 16小時、(2)工作實習 ~ 150小時及(3)就業輔導及轉介，完成實習後，學員可獲\$2,000培訓津貼。至今已有5期合共15位學生參與此計劃，學生在實習過程中，除了學習到餐飲服務(樓面)的一些工作知識和技巧外，更可學習與人(同事和顧客)溝通的技巧，獲益良多。

此外，本校亦得到偉邦物業管理有限公司及恆益物業管理有限公司的鼎力支持，每年為本校學生提供數個辦公室助理及會所助理的實習職位，每次為期兩星期。參與此計劃的學生不但擴闊了視野，亦藉着面對工作間的人際關係，提升他們與人合作的信心和能力。



本校同學獲偉邦物業管理有限公司安排在會所實習，擔任會所助理



本校同學在恆益物業管理有限公司進行辦公室助理實習



同學在石硤尾體育館內的「新生餐廳」任職餐後服務工作

## 內地姊妹學校

透過教育局「促進香港與內地姊妹學校交流試辦計劃」，本校與內地佛山市順德區啟智學校於2017年6月締結為姊妹學校。本校師生一行十七人，已經親赴該校進行了第一次參觀交流，並正式簽署締結意願書。未來兩校間會繼續在不同層面，安排各種的觀摩互訪活動，以促進兩校的專業互動，並增進彼此的友誼。



佛山市順德區啟智學校3H2夜交流活動



本校與佛山市順德區啟智學校簽署締結意願書



與姊妹學校的同學一起大合照

## Community Participation and Integration

We strived to build up our community network outside school to provide our students opportunities to communicate with people from different aspects of the society and gain other learning experience, so that through these experiences students could develop their social skills, learn to cherish the environment, be able to integrate into the community, become a responsible citizen and have a whole-person development.

### Sister School Scheme

1. Since 1992, our school has been developing a close partnership with Bishop Hall Jubilee School through the "Sister School Scheme". Through various activities, students from both schools were given the opportunity to get along and communicate with each other.
2. In recent years, our school had organized talks for students of the Bishop Hall Jubilee School to enhance their understanding on children with intellectual disability so that students could collaborate better in activities.
3. During the 30th Mary Rose School Sports Day, more than 40 student volunteers from the Bishop Hall Jubilee School came and helped out in the event. They had also participated in the integration relay in which students from both schools formed combined teams to compete in the race. Seeing the mutual support and care between students of both schools signified the fruitful results of the Sister School Scheme.



Students from Sister School holding activity in our school



Integrative activity - Stal games

## TREATS Integration Programme

1. Since 2011, our school had started to participate in integrative activities organized by TREATS, aiming to allow our students to have the opportunity to actively reach out to the community.
2. This year, we had joined the 9-month "Youth Integration Ambassador Programme" organized by TREATS. Through various activities and trainings in the programme, student's communicating skills, self-confidence and friendship with others were enhanced and developed.



Photo with teammates



Voice out for the disadvantaged



Support each other to overcome difficulties



Integrative Community Fair

## Green Living in Mary Rose School

1. Since 2015, the school has been participating in the "PARKnSHOP Green School Programme" and promote "Green Living" in Mary Rose School .
2. The programme helped the continuing development of our rooftop garden which played an important role to promote green living in the campus. Gardening classes were also organized to develop student's physical ability, patience and responsibility.
3. Through the gardening activities, students were able to learn various gardening techniques, differentiate different kinds of seasonal vegetations and learn the concept of eating seasonal food.
4. Students who joined the "Be a Little Farmer" class on Saturday had the chance to cook the vegetation they harvested and enjoyed food that is high in fibre and low in fat.
5. Last year, the "Mary Rose School Green Living" Programme was chosen as one of the best programmes and was awarded \$3,000 book coupon.



Parent-child "Be a Little Farmer" class on Saturday



## Integrative Marathon

1. In November 2017, 29 athletes from our school joined the "Unicef Charity Run". We were grateful that Deutsche Bank had sponsored us for the event and had sent more than 60 staff and their family members to run with our students.
2. Our athletes performed well in the 3km Fun Run. They had even helped to take care of the young family members of volunteers from Deutsche Bank. It was clearly shown that our students also possessed the ability to contribute and taking care for others.
3. With the generous offer from The City University of Hong Kong, 30 quotas for the Standard Chartered Hong Kong Marathon were given to us this year. Students were thus offered the opportunity to participate in the 10km competition with students from the City University.
4. Our athletes will also enroll and participate the "TWGHs iRun" – Hong Kong Jockey Club Special Marathon 2018" which is to be held in January, 2018. Our school was the 2nd runner-up of the youth group last year. We hope that we can once again achieve good results in the competition this year.



29 students from our school participated in the "Unicef Charity Run" with volunteers from Deutsche Bank.

## Integrative Art Activities

1. Last year, volunteers from "HandsOn" had helped in leading our students to participate in the expedition activity "Digital Adventure --- Transportations in Hong Kong" on 7 April 2017. Students were divided into groups to ride various transportations to search different landmarks of the community and accomplish a number of missions through the use of digital technology.



Volunteers from HandsOn Hong Kong brought our students on an expedition activity on 7 April 2017.

2. This year, we had collaborated with "PVH ASIA LTD" and had organized an Experiential Creative Art activity for our senior secondary students on 1 December 2017. Over 100 volunteers from their company came and participated in the activity with 50 students, and together we had painted 4 canvases with colorful and creative images. Two of them were now being hanged up in the campus for exhibition.



Volunteers from PVH ASIA LTD organized an Experiential Creative Art Activity for our senior students on 1 Dec 2017.

3. Also, PVH had generously donated 9 smart phones to the school which was a valuable support for us in the promotion and development of the use of Virtual Reality in teaching and learning in school. Volunteers had even prepared Christmas presents for students who joined the Experiential Creative Art activity! We were greatly touched by the care and support From PVH ASIA LTD.

## On-site Vocational Experiential Programme

1. From December 2016 onward, we started to collaborate with "New Life Psychiatric Rehabilitation Association" to organize Vocational Experiential Programme to our school leavers. We arranged suitable students to participate in the "On-site Training Programme" in "New Life Restaurant" located in Shek Kip Mei Sports Centre. Student would be responsible for cleanup duties within the restaurant, e.g. collecting used serving trays, cutlery, leftover food and other cleaning duties required.
2. 15 students had participated in the abovesaid programme. During the training, students were able to learn knowledge and skills in catering service and their communication skills with colleagues and customers were greatly enhanced.
3. Also, with the support from Well Born Real Estate Management Ltd and Hang Yick Properties Management Limited, our students were offered placements as Office Assistant and Clubhouse Assistant in their companies that lasted for about two weeks. Students who had joined the programme were able to broaden their horizons, and their abilities and confidence in working with others were greatly enhanced through such valuable experience.



Student was offered a placement in Hang Yick Properties Management Limited as an Office Assistant.



Student was offered a placement in Well Born Real Estate Management Ltd as a Clubhouse Assistant.



Student working in "New Life Restaurant" located in Shek Kip Mei Sports Centre.

## Sister School In Mainland

1. We had partnered up with Fuo Shan Shun De District Qi Zi School as Sister School in June, 2017 through the "Pilot Scheme on Promoting Interflows between Sister Schools in Hong Kong and the Mainland".
2. 17 of our staff and students went to visit Qi Zi School on 31st May for a short-term exchange and attended the signing ceremony. We will organize various visits, experiential learning activities in the coming future to enhance professional communication and friendship between two schools.



A 3 days 2 nights Exchange Programme in Fuo Shan Shun De District Qi Zi School



Group photo with students from our Sister School in Mainland

# 學生組織活動 Student Groups

宗教  
事務組

Religious Affairs



福音魔術班  
Gospel magic class



團契活動  
Fellowship activities



男童軍

Boy Scouts



步操訓練  
Rally training



箭藝訓練  
Archery training



團體合作遊戲  
Collaborative games



集會活動  
Assembly

學生會

Student Union

大潭水塘親子遊 Tai Tam Reservoir Family Hiking



一家人享受大潭水塘的自然美景，並到珍寶海鮮舫品嚐美味的點心。

Enjoy the gorgeous view of Tai Tam Reservoir and share special dim sum at the Jumbo Kingdom Floating Restaurant.



女童軍

Girl Guides



愛護動物經驗分享  
Sharing on Pet Care



第101屆女童軍大步操  
Parade and carnival



虛擬實境體驗  
Virtual reality experience



# 支援及課餘活動 Supportive and Extra-curricular Activities

多元  
活動

## Multi-Intelligence Activities

多元活動於星期五下午的時段上課，透過多元化的活動，讓學生切身體驗，享受當中的樂趣，並發掘自己的潛能。

Multi-Intelligence activities are held on Friday afternoon. By participating in different activities, students can experience the fun in various activities and explore their own interests.



膳飲識食  
Food and Health



活力小跳豆  
Fun Activities for  
Physical Development



藝坊樂園  
Creative Art Workshop



健體樂  
Fun Fitness Exercises



趣藝天地  
Fun Art Studio



遙控天地  
Fun in Remote-controlling



棋藝紙牌樂  
Chess and Cards



魔術世界  
World of Magic



文化廊  
Culture Plaza



手語歌  
Sign Language Song



小女童軍  
Brownie



幼童軍  
Cub Scouts



合唱團  
Choir



小小歡樂雜耍家  
Circus For All



節奏樂  
Percussion Band

週六  
興趣班

### Saturday Extra-curricular Activities



親子非洲鼓班  
Parent-child Djembe Class



詠春班  
Wing Chun Class



親子珠心算班  
Parent-child Abacus Calculation Class



綜合繪畫班  
Drawing Class



親子小農夫培訓班  
"Be a little farmer"  
Parent-child Workshop



小提琴班  
Violin Class



親子LEGO積木班  
Parent-child LEGO Workshop



滾軸溜冰新體驗班  
Explorer Roller Skating Class



親子小廚師班  
"Be a little Chef"  
Parent-child Workshop



綠色生活工作坊  
Green Living Workshop



網球班  
Tennis Class



求職面試培訓班  
Job Interview Training Course

感統  
訓練

### Sensory Integration Training

職業治療  
服務

### Occupational Therapy Support Service



練習搖擺鞦韆來鞏固肌肉張力及前庭訓練  
Using swing to consolidate muscle tension and train student's sense of balance.



運用滑板車訓練上下肢及左右協調  
Using skateboard to train the upper and lower limbs and improve the left-right coordination.



外聘職業治療服務為本校學童提供個別測試及小組訓練  
The occupational therapists provide individual assessment and group therapy for our students.

# 準畢業生活動 School Leavers Programme



## 實地培訓 工作計劃

### Vocational Experiential Programme

本年度學校參與新生精神康復會舉辦的「實地培訓工作計劃」，計劃包括16小時基礎訓練及150小時實習(在新生餐廳進行)，讓學生在真實工作環境體驗行業的實況，為將來投身社會作充分的裝備。

In order to provide real working experience for our students, our school has selected students to join the "Job Training Programme" organized by New Life Psychiatric Rehabilitation Association. The programme comprises 16 hours of foundation training and 150 hours of placement at New Life Café. These real working experiences allow our students to be well-prepared for the future.



餐廳職員教授學生抹乾餐具的技巧

The café staff teaches the students the techniques of wiping tableware.



學生專注地進行不同類型的清潔活動

The students are concentrated in cleaning.

## 校友會 Alumni Association

### 沙頭角農莊 盤菜宴

### "Poon-choi" feast in Sha Tau Kok



美味傳統盤菜，開動啦!!  
Enjoy the "big bowl feast"!



一起發揮創意，製作客家茶糰  
Make the Hakkas steamed bun together.



兄弟們！拍照留念！  
Let's take a photo shoot!



參觀水耕作種植場  
Visit the hydroponics planting system.

### 新生精神 康復會賣 旗活動

### Flag-selling Activity



我們支持機構為智障人士提供服務，大家共襄善舉！  
Alumni attended the Flag Day Fundraising for New Life Psychiatric Rehabilitation Association.

本校獲「百佳綠色學校計劃」年度四個最傑出項目之一的獎項  
PARKnSHOP Green School Programme 2016-2017 Outstanding Green Project

恭賀本校於2016/2017年度舉辦的「天保民校園綠色生活體驗」項目獲「百佳綠色學校計劃」評選為年度四個最傑出項目之一，本校派出4位參與項目的同學前往屈臣氏中心代表本校領獎，當日獲頒發的3000元書券，亦已於11月23日週會時段派發給參與項目的同學。

Our school's innovative green project 2016/2017 was selected as one of the four outstanding schools by Green School Programme Advisory Committee.



第三十六屆蜆殼/青商展能學童獎學金  
Award of the 36th Shell/Island JC scholarship for the disabled

恭賀李珈泯同學獲得「展能學童獎學金」

恭賀楊雅善同學獲得「展能學童最佳進步獎」



恭賀B13何艷珠同學、B13蕭龍健同學及A13袁焯南同學獲得「多元展能計劃獎學金」



B13 何艷珠  
《民族娃娃》



B13 蕭龍健  
《薯片叔叔》



A13 袁焯南  
《荷花》

「第三十屆運動會」封面設計比賽  
The 30th Mary Rose School Sports Day

高小組



冠軍 B6 趙梓滔  
Champion



亞軍 B6 呂衍光  
Runners Up



季軍 B6 Milan  
Second Runners Up

初中組



冠軍 B9 袁景誠  
Champion



亞軍 B7 許溢鴻  
Runners Up



季軍 B7 沈恩盈  
Second Runners Up

高中一組



冠軍 B11 黃澤銘  
Champion



亞軍 B11 曾家鈺  
Runners Up



季軍 B13 梁珀菱  
Second Runners Up

高中二組



冠軍 B13 彭鈺承  
Champion



亞軍 B13 彭鈺林  
Runners Up



季軍 B12 陳凱寧  
Second Runners Up

# 本地賽事成績

## 2017香港智障人士體育協會室內賽艇比賽 2017 HKSAPID Indoor Rowing Competition

### 個人賽

比賽日期：2017年10月20日  
比賽地點：九龍公園體育館  
比賽成績：共10枚獎牌，2金、3銀及5銅

個人項目賽	1分鐘賽事	A14 馬慶延	第二名
	50米賽事	A 9 張若韻	第一名
		A 9 楊俊康	第二名
		A 9 潘沛軒	第二名
		A10 何海麗	第一名
		A10 沈祐禕	第三名
	250米賽事	B11 劉筠彤	第三名
		B13 何芷婷	第三名
	500米賽事	B 9 袁景誠	第三名
		B13 萬卓文	第二名



## 2017香港智障人士體育協會室內賽艇比賽 2017 HKSAPID Indoor Rowing Competition

### 隊際賽

比賽日期：2017年10月19日  
比賽地點：九龍公園體育館

#### 混合4X250米接力賽 (Team A)

- B14 萬卓文 第二名
- B 9 袁景誠 第二名
- B13 陳樂男 第二名
- B13 梁柏菱 第二名



# 第四十一屆香港特殊奧運會滾球比賽 The 41<sup>st</sup> Special Olympics Hong Kong Bocce Competition



## 個人賽

比賽日期：2017年11月6、8、10日      比賽人數：19人  
 比賽地點：沙田小瀝源路草地滾球場      比賽成績：共5枚獎牌，2金及3銅

個人賽	A10林澤城 B7沈恩盈	第一名
	A10沈佑緯 B6趙梓滔 B12朱禮謙	第三名

## 隊際賽

男子四人團體賽	B9劉嘉樺 B9陳傲行 B10曾嘉浩 B11黃澤銘 B11周慶常 B11馮俊傑	冠軍
女子四人團體賽	B10龍芷欣 B11李碧慈 B12張敏慧 B13何麗珠 B14馬熙愉	季軍
男子雙人	B7周文泰 B7林文龍 B7史煌輝 B8叶心港	殿軍



# 「聯校游泳比賽 2017」 Joint School Swimming Gala

比賽日期：2017年10月21日  
 比賽地點：馬鞍山游泳池  
 比賽人數：23人

## 隊際賽

男子接力B隊	B11黎樂賢 B11黃漢彥	第一名
男子接力C隊	B11馮俊傑 B11曾家鈺	
男子接力A隊	B6 Milan B7史煌輝	第二名
女子接力	B7沈恩盈 B7楊曼晶	
混合接力	B5鄭穎汶 B9黃思律	



## 個人賽

比賽成績：共30枚獎牌，7金、18銀、5銅

A 9 潘沛軒	50米自由式	第二名
B 4 黃啟軒	50米自由式 50米蛙式	第二名 第二名
B 5 鄭穎汶	50米自由式 50米蛙式	第一名 第二名
B 6 Milan	50米背泳 50米自由式	第一名 第二名
B 6 趙梓滔	50米蛙式	第二名
B 7 沈恩盈	50米自由式 50米蛙式	第二名 第二名
B 7 陳俊濤	50米蛙式	第二名
B 7 史焯輝	50米蛙式	第一名
B 7 楊熒晶	50米蝶泳 50米背泳	第一名 第二名
B 8 梁思穎	50米背泳	第三名
B 8 文翰天	50米自由式	第一名
B 9 黃思律	50米蝶泳 50米自由式	第一名 第二名
B 9 陳敬行	50米自由式	第二名
B11 馮俊傑	50米自由式 50米背泳	第三名 第三名
B11 黎樂賢	50米自由式 50米蛙式	第四名 第四名
B11 曾家鈺	50米自由式 50米蛙式	第二名 第二名
B11 駱嘉威	50米自由式 50米蛙式	第三名 第三名
B11 黃漢彥	50米自由式 50米背泳	第二名 第二名
B12 施錦樺	50米自由式	第二名
B12 張敏慧	50米蛙式 50米自由式	第一名 第一名



## 聯校游泳比賽

