

# Be NICER, be CFSers!

2020-2021  
School Profile



Po Leung Kuk Mrs. Ma Kam Ming-Cheung Fook Sien College  
保良局馬錦明夫人章馥仙中學



## 辦學團體

## Sponsoring Body

### 保良精神 The Kuk's Spirit

我們以「愛、敬、勤、誠」為屬校校訓，為學生提供充實知識、訓練技能及鍛鍊體格的機會，亦著重培養學生優良的品格，高雅的情操及正確的人生觀，以達致「德、智、體、群、美」五育之均衡發展。

“Love, Respect, Diligence and Integrity”, motto of Kuk’s affiliated schools, places great emphasis on educating the young, nurturing the morality and helping them to achieve “Cognitive, Aesthetic, Social, Physical and Moral development”. Our students are therefore encouraged to engage in community service which could foster their values towards their nationality, as well as adopting an open attitude towards different issues.



保良局屬校校董會是沒有政治、宗教背景的辦學團體，在不影響教學秩序及不抵觸法律的大前提下，各種思想、見解、宗教都可在校內共同存在。我們鼓勵學生參與社會服務，培養對國家民族的感情和責任，對事物採取客觀開放的態度。

The Kuk is a non-political and non-religious sponsoring body, of which different thoughts, ideas and religions co-exist under the condition that the law shall not be violated and the teaching order shall not be disrupted.

## 學校簡介

## About Our School

本校於1997年創立，坐落於大嶼山東涌新市鎮，為一所政府津貼全日制男女文法中學。

Our school is a co-educational aided secondary school established in Tung Chung in 1997.



## 辦學宗旨

## School Mission

本校秉承保良局的優良辦學傳統，「德、智、體、群、美」五育並重：以引導、啟發為經，激發學生學習興趣及潛能；以身教、言教為緯，與家長共同努力去孕育勤奮樂觀、身心健康、情操高尚及終身學習的未來社會棟樑。

Our school strives to uphold Po Leung Kuk’s noble tradition of educating young people by fostering their “Cognitive, Aesthetic, Social, Physical and Moral development”. We cultivate students’ interests and develop their potential through guidance and inspiration. We lead by example and work closely with parents in order to nurture students to become optimistic, hardworking and respectable people who will make meaningful contributions to society in future.





## 教師資歷

### Teaching staff

核准編制教師職位數目 Number of teaching posts in the approved establishment	54
全校教師總人數 Total number of teachers in the school	59

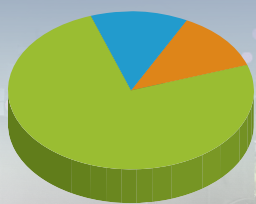
## 教師學歷

### Teachers' Qualifications

教育文憑 Teaching Certificate	學士學位 Bachelor Degree	碩士或以上學位 Master Degree or above
97%	100%	54%

## 教學經驗

### Teachers' Experience



- 0 - 4 年 0 - 4 years: 13%
- 5 - 9 年 5 - 9 years: 12%
- 10年或以上 10 years or above: 75%

## 願景及使命

### Vision and Mission

我們期望將學校發展成一所與時並進的學習型機構，為學生提供優質學習機會，令他們持續地追求卓越，成為廿一世紀的良好公民。

To become a learning organisation that provides quality educational opportunities for students to become well-equipped 21st century citizens who continuously pursue excellence.

學生層面：自信自愛，敏於學習；全人發展，勇於承擔。  
教師層面：傳道授業，嚴而有愛；專業社群，與時並進。  
學校層面：以人為本，多元共融；機構學習，追求卓越。

Our students and teachers strive for excellence and living out the values of a learning organisation.

## 主要關注事項

### Major concerns

1. 建立評估素養  
Developing assessment literacy
2. 培養明確及正面的身份  
Developing a clear and positive identity





# 課程特色

## Curriculum

### 英語學習環境

#### Creating an English learning atmosphere

為讓學生增加接觸和使用英語的機會，英文科於各級舉辦課堂延伸活動。另外，培訓有潛質學生成為英語大使，以英語主持早會及典禮。

Extended learning activities are provided to enrich students' English learning experience. English ambassadors are trained to hold morning assemblies and be the emcees of school ceremonies.



### 初高中課程銜接 Bridging to NSS

初中課程加入多項高中課程元素，讓初中學生於升高中選科時對各學科有較全面認識，作出正確選擇。

To enhance junior secondary students' understanding of the NSS elective subjects, some NSS elements are introduced in the junior secondary curriculum.

- ◆ 生活與社會科，為高中通識科打好基礎。  
To prepare students for studying NSS Liberal Studies, "Life and Society" is offered.
- ◆ 中國歷史科課程加入歷史與文化元素，讓學生認識中國歷史文化的同時，亦培養出全球視野。  
To widen students' vision of the world, world history and cultural elements are incorporated into the "Chinese History" curriculum.
- ◆ 地理科，為修讀高中地理課程打好基礎。  
To prepare students for studying NSS Geography, "Geography" is offered in junior forms.
- ◆ 中三級科學科分拆為「物理」、「化學」及「生物」三科，讓學生更準確掌握各科學領域的內容。  
S3 Science is divided into three subjects: "Physics", "Chemistry" and "Biology", to provide students a more holistic view of science.

### 開設學科及教學語言

#### Subjects offered and Medium of Instruction

S.1-3	以中文教授 Chinese as the medium of instruction	中文, 中國歷史, 普通話, 生活與社會, 設計與科技, 視覺藝術, 音樂, 體育, STEAM Chinese Language, Chinese History, Putonghua, Life and Society, Design and Technology, Visual Arts, Music, Physical Education, STEAM
	以英文教授 English as the medium of instruction	英文, 數學, 科學, 電腦, 地理 English Language, Mathematics, Science, Computer Literacy, Geography
S.4-6	以中文教授 Chinese as the medium of instruction	中文, 通識教育, 中國文學, 中國歷史, 視覺藝術, 旅遊與款待, 體育 Chinese Language, Liberal Studies, Chinese Literature, Chinese History, Visual Arts, Tourism and Hospitality Studies, Physical Education
	以英文教授 English as the medium of instruction	英文, 數學, 物理, 化學, 生物, 地理, 經濟, 企業、會計及財務概論, 資訊及通訊科技 English Language, Mathematics, Physics, Chemistry, Biology, Geography, Economics, Business, Accounting and Financial Studies, Information and Communication Technology

### 班級結構 Class Structure

	S1	S2	S3	S4	S5	S6
班別數目 No. of Classes	4	4	4	4	4	4

### 初中（中一及中二級）樂器課程 Junior (S.1 and S.2) Musical Instrument Courses

所有學生須修習一種樂器，以達至「一生一藝術」的目標。學生可選擇參加校內開設的樂器班或在校外自行進修，學校音樂科考試將考核學生所學的樂器水平。經濟有困難學生，可申請學費減免，另備有少量樂器供學生借用。

We strive to develop students' interest in music, so learning to play a musical instrument has become a core part of the junior form music curriculum. Students can attend musical instrument courses offered by the school or outside organisations. Students' progress is assessed in music examinations. Financial assistance is available for qualified applicants.

### 全方位學習

#### Learning outside classroom

透過不同主題的體驗活動及比賽，實踐課堂中學習的知識並提昇學習興趣。

Learning motivation is promoted through applying the knowledge that students have learned in various thematic activities and competitions.





## 訓導及輔導

### Guidance and Discipline

推行訓輔合一，啟導學生建立一個融洽有序的學校生活和文化。重視學生的個人成長，透過不同的計劃、活動，與家長合作，協助學生融入校園生活，建立正確的價值觀。

A whole-school approach is implemented to guide students and create a harmonious and orderly learning atmosphere. All staff work together to foster a school culture that promotes self-discipline and personal growth. The active involvement of parents in different schemes and activities is encouraged as we strive to help students to adapt to school life and adopt proper values.



## 德育及公民教育

### Moral and Civic Education

成長課使用專業課程「共創成長路」的教材及電影片段，透過校園電視台及學科等推動價值教育，以校本模式規劃全校德育課程。「星期三德育時段」全校師生互動，分享觀點，進行價值討論。舉辦祖國考察團，曾先後到北京、南京、西安、江西、雲南、內蒙古及長江三峽、山東等地進行考察活動。



To promote moral values and a positive attitude, the professionally-developed course 'Paths to Adulthood' is followed by junior form students over three years. School-based materials and activities have been developed for moral and civic education in senior forms. A wide range of cross-curricular activities have been developed, making full use of various resources like the campus TV station. We also organise study tours to various cities in mainland China, including Beijing, Nanjing, Xian, Jiangxi, Yunnan and the Yangtze River (the Three Gorges Project).

## 升學及就業輔導

### Careers and Further Studies

按學生在不同年級的發展需要，透過講座、工作坊、參觀大學及職場，以及個別輔導，為學生提供適切的生涯規劃教育，讓他們能按個人興趣、能力及志向，並配合社會的發展和需要，為未來升學及就業作出明智的選擇。

We endeavour to adopt a whole-person approach while inspiring our students to pursue life-long learning. Various talks, workshops, university and workplace visits, as well as individual counselling sessions are organised in order to accommodate the evolving needs of the students as they progress through their studies.

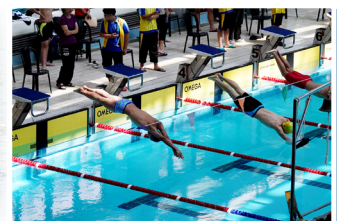


## 聯課活動

### Co-curricular Activities

舉辦多元化課外活動，以發掘學生的多元潛能，各展所長。積極鼓勵學生成為四社及學會幹事，參與活動籌劃及訓練領導能力。以四社凝聚不同年級學生，讓四社文化得以薪火相傳。學校每年舉辦領袖訓練營，以提升學生自信及組織能力。

Co-curricular activities are provided in the following areas: academics, sports, music, art, social services and special interests. Students are encouraged to set up and lead groups to jointly explore their interests and pursue their passions. A sense of belonging is nurtured through the tradition of splitting the whole school into four Houses. Finally, leadership training camps are organised to teach students various soft skills, such as the ability to work both independently and collaboratively.





# 學生活動

## Student Activities

### 全校旅行 School Picnic



### 社際籃球比賽 Inter-House Basketball Competition



### 英語日 English Day



### 聖誕才藝表演 Christmas Talent Show



### 領袖訓練營 Leadership Training Camp



### 數理科技週 MST Week



### 陸運會 Sports Day



### 時裝表演 Fashion Show





# 學生成就 Student Achievements

香港中學數學創意解難比賽 (銀獎)  
Hong Kong Mathematics Creative Problem Solving Competition for Secondary Schools (Silver Award)



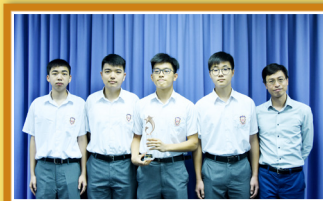
第70屆香港學校朗誦節(英文朗誦)  
中一及中二級集誦 (冠軍)  
中四級集誦 (亞軍)

70th HK Schools Speech Festival (English Group) :  
Choral Speaking:  
Secondary 1 and 2 Mixed Voice (Winner)  
Secondary 4 Mixed Voice (1st Runner-up)



STEM 方案設計比賽  
(季軍)

STEM Product Proposal and Design Competition (2nd Runner-up)



2019-2020 荃灣及離島區中學校際學游泳比賽  
男子甲組團體 (亞軍)  
男子乙組團體 (殿軍)  
男子丙組團體 (殿軍)

2019-2020 Tsuen Wan and Islands District Inter-school Swimming Championships  
Boys A-Grade Group (1st Runner-up)  
Boys B-Grade Group (3rd Runner-up)  
Boys C-Grade Group (3rd Runner-up)



「創建你夢想@東涌填海土地」  
填色及繪畫比賽  
高中組 (優異獎)

“Build Your Dream @ Tung Chung Reclaimed Land” Coloring Contest and Drawing Competition  
Senior Secondary Category (Merit)



2019-2020 荃灣及離島區中學校際學游泳比賽  
女子乙組團體 (亞軍)  
女子丙組團體 (亞軍)

2019-2020 Tsuen Wan and Islands District Inter-school Swimming Championships  
Girls B-Grade Group (1st Runner-up)  
Girls C-Grade Group (1st Runner-up)



「創建你夢想@東涌填海土地」  
填色及繪畫比賽  
初中組 (優異獎)

“Build Your Dream @ Tung Chung Reclaimed Land” Coloring Contest and Drawing Competition  
Junior Secondary Category (Merit)



2018-19 荃灣及離島區中學學界田徑賽  
男子甲組團體 (優異獎)  
女子甲組團體 (優異獎)  
女子丙組團體 (優異獎)

2018-2019 Tsuen Wan and Islands District Inter-school Athletics Championships  
Boys A-Grade Group (Merit Award)  
Girls A-Grade Group (Merit Award)  
Girls C-Grade Group (Merit Award)



全港中學生微電影製作比賽  
(第四名)

Hong Kong Secondary School Mini-Movie Competition (The fourth place)



全港青年學藝比賽  
中文故事創作比賽 (高級組冠軍)  
43<sup>th</sup> HKYCAC Chinese Story Creation Competition (Champion - Senior Group)



# 家校合作

## Home-School Cooperation

感謝一羣熱心家長及教師委員，家長教師會每年均為會員舉辦不同類型的活動，致力建立緊密的家校合作關係。一年一度的親子一日遊、主題教育講座及工作坊、各類家長興趣小組等，均深受家長歡迎。還有每年暑假與學校合作舉辦的暑期學習活動，由學兄學姊帶領初中同學學習，發揮章中互助互愛的精神，為同學營造理想的學習環境。

Thanks to the efforts and commitment of our parent and teacher committee members, the PTA has successfully established strong cooperation between parents and teachers. There are a wide variety of activities like educational talks, workshops, interest group meetings and annual day trips specially designed for serving our mission: to develop every child's potential to a fuller extent by engaging and empowering families and teacher communities.



教育講座及工作坊



家長教師會常務委員會就職典禮暨家長晚會



家長教師會親子一日遊

## 學校資訊 School Information

校監 : 梁安琪女士, BBS  
Supervisor : Ms. Angela O K Leong, BBS

校長 : 劉達光先生 (工商管理學士、教育文憑、教育碩士)  
Principal : Mr. T K Lau (B.B.A., Cert. Ed., M. Ed.)

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電郵 Email : [plkcfsmail@plkcfs.edu.hk](mailto:plkcfsmail@plkcfs.edu.hk)



School Web



YouTube



Telegram

