

中華文化週

Chinese Culture Week

本校積極推廣中國歷史與中華文化的學習，並於2025年4月份舉行了中華文化週。是次活動內容包括全民國家安全教育日、中華文化與日常生活、語文全接觸、中國體藝體驗及參觀活動。

學生有機會參與不同的特色活動，如：國家安全問答比賽、華服試穿、中國舞蹈及藝術體驗；參觀南蓮園池、香港抗戰及海防博物館等。期間透過不同的學習活動，增加了學生對中國歷史與中華文化的認識，並在過程中培育學生的國民身份認同及良好品德。同學們都表現愉快投入！

Our school promotes the learning of Chinese history and culture pro-actively. The Chinese Culture Week was held in April, 2025. The activities included National Security Education Day, Chinese Culture and Daily Life, Chinese Language Full Contact, Chinese Sports & Arts Experience, and various visits.

The event featured diversified activities such as a National Security Quiz Competition, trying on traditional Chinese costumes, and experiencing Chinese dance and arts. They also visited Nan Lian Garden and the Hong Kong Museum of the War of Resistance & Coastal Defence. Throughout these activities, students enhanced their understanding of Chinese history and culture while cultivating a sense of national identity and good character. They enjoyed the activities very much!



青島市晨星實驗學校交流團

Exchange Tour to Qingdao Morningstar Experimental School

2025年5月21日至24日校長帶領我教師生和家長一行17人首次到青島市進行境外交流活動。期間我們到「青島市晨星實驗學校」進行學習考察，同行的家長們十分認同此行能讓他們認識友校的學習情況、體驗友校學習生活及學習獨立自主。學生亦參觀了花石樓、八大關風景區、即墨古城、奧林匹克帆船中心及遠眺「五四廣場」等，以加強學生對祖國的認識。師生和家長皆認為此行十分有價值！

Our principal led a group of our 17 teachers, parents and students to join an exchange tour to Qingdao on May 21-24, 2025. We visited Qingdao Morningstar Experimental School of Special Education in Qingdao to broaden students' experiences. Students were pleased to join in activities, interact with the students and develop their independence.

Students also visited the Flower Stone Tower, Badaguan Scenic Area, Jimo Ancient City, Olympic Sailing Center and view of May Fourth Square from a distance to enhance students' understanding of our home country. In all, we found this trip very valuable!



保良局余李慕芬紀念學校

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將心比心顯愛心，群策群力互信任

Empathy and Care, Work Together in Trust



健康不僅是一個目標，更是一種理念，也是一種需要我們共同實踐的價值！學校發展健康校園時，不僅關顧各持分者——學生、家長及教職員的健康需要，更涵蓋了心理健康、社交和情感的層面。故早前經學校健康促進委員會通過了獲最高票數的「將心比心顯愛心，群策群力互信任」作為新學年的健康主題。要切合此主題，學校的教職員出心出力，開展了以下措施。

訓導組持續推廣正向教育的理念，配合本學年價值觀教育主題「仁愛」與不同專責人員討論及參考教育局文件「我的行動承諾」的內容，訂定了仁愛準則，推廣「仁愛之星獎勵計劃」。訓導組亦與專責人員於星期一的週會時段就著不同情景宣傳及推廣仁愛、孝親、同理心和團結等價值觀，鼓勵學生學以致用，將有關精神實踐在生活中。此外，亦為教職員提供專業培訓：例如舉辦「如何建立正向情緒」教師講座和「正向行為支援」新入職教師工作坊，藉此推廣正向教育。



課堂上，我們在不同的學科領域大力配合推動本年度的健康主題，例如在基礎語文科，透過不同的課堂活動，及閱讀有關「同理心」、「團結」主題的繪本故事及成語故事，培養學生正面的價值觀和態度，提升其社交技巧。此外，常識科透過課堂學習活動及從生活流程中學習，培養學生關愛他人及互相合作的精神。而自理科則透過不同的課堂活動，幫助學生建立個人衛生好習慣及與人合作進行家居清潔。

此外，我們一貫地重視家校協作。家長是孩子最親密的夥伴，學校定期舉辦工作坊與親子活動，例如「親子大旅行」和「爸媽加油站」家長正向工作坊等，讓學生、家長及教職員建立更多交流的機會，一同為孩子們創造成長價值觀。

總括而言，健康生活始於健康的心靈，而心靈的養分正來自人與人之間的善意和連結。我們期望學生能裝備健康而強壯的體魄，建立良好正向的價值觀，從而增強自信心，身心均得到良好的培育。我們相信只要學校及宿舍的教職員群策群力，又得到家長的共同努力配合，學生的成長不但健康和快樂，而且終身受用！

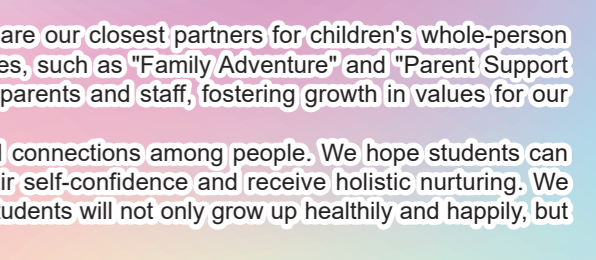
Health is not only a goal, but also a concept, and a value that needs to be practised together! Our school not only take cares of the health needs of students, parents and staff in developing a healthy campus, we also cover the mental, social and emotional aspects. The School Health Promotion Committee approved the theme for the new school year: "Empathy and Care, Work Together in Trust." To align with this theme, the school staff has put in great effort to implement the following measures.

The Discipline Team continues to promote the philosophy of positive education, in line with this year's value education theme—benevolence. We have deliberated the Education Bureau's document "My Action Commitment" and established a set of benevolence guidelines and put forth the "Kindness Star Award Scheme". The Discipline Team also collaborates with our specialist staff during weekly assemblies to promote values such as benevolence, filial piety, empathy and unity, encouraging students to apply these principles in life. Additionally, professional training is provided for staff, including lectures on "How to Build Positive Emotions" and workshops for new teachers on "Positive Behavior Support" to promote positive education.

In the classroom, we have vigorously coordinated the promotion of this year's health theme in different subjects. For example, in the Chinese Language curriculum, through different activities such as reading picture books and idioms related to "empathy" and "unity," we cultivate students' positive values and attitudes while enhancing their social skills. In addition, through classroom learning activities, our General Studies subject targets to cultivate students' spirit of caring for others, co-operation and learning through life practice whereas the Self-care subject helps students develop good personal hygiene habits and collaborate with others in household cleaning.

Moreover, we consistently promote home-school collaboration. As parents are our closest partners for children's whole-person development, the school regularly organizes workshops and parent-child activities, such as "Family Adventure" and "Parent Support Workshops," to create more opportunities for communication among students, parents and staff, fostering growth in values for our children.

In all, a healthy life begins with a healthy mind, nourished by kindness and connections among people. We hope students can develop a healthy and strong physique, establish positive values, enhance their self-confidence and receive holistic nurturing. We believe that with the concerted efforts of the school, boarding staff and parents, students will not only grow up healthily and happily, but also take lifelong benefits!



保良精神

<p>保良精神</p> <p>相互尊重 團結合力 延展愛心 行善助人 感恩知德</p> <p>造福社群的 奉獻精神</p>	<p>願景</p> <p>幼有所育，少有所學， 壯有所為，老有所依， 貧寡孤殘患病者皆有所望</p>	<p>使命</p> <p>成為最傑出、最具承擔的慈善公益機構， 發揮保良精神，以善心建善業， 致力保赤安良，護老扶弱，助貧健診， 培德育才，揚康樂眾，實踐環保， 承傳文化，造福社群</p>	<p>價值觀</p> <p>秉承傳統 與時並進 以為人本 關愛感恩 優良管治 務實創新 廉潔奉公 安不忘危 善用資源 注重本益 專業團隊 愛心服務</p>
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肇慶中華文化姊妹學校交流團

Chinese Cultural Study Tour to Sister School in Zhaoqing

在校長帶領下，本校師生及家長一行 17 人於 2024 年 12 月 4 日至 6 日到肇慶市「懷集縣特殊教育學校」進行姊妹學校交流活動。

在三日兩夜的行程中，學生進行學習考察，擴闊視野，並讓學生認識友校的學習情況、體驗友校學習生活。此外，大家參觀了七星岩風景區、江樓葉挺紀念館及宋代古城牆等，以加強學生對祖國的認識，從而提升他們對國家的歸屬感及國民身份認同。

Under the lead of the principal, our group of 17 teachers and students participated a trip to Huaiji Special School in Zhaoqing for Sister School Exchange and Interactive Activity was held on December 4-6, 2024.

During the 3D2N tour, students took part in field study, learnt how students in our sister school live and learn, and experienced their school life. In addition, students visited Seven Star Crags scenic area, Ye Ting Memorial Hall and Old City Wall of the Song Dynasty in order to enhance their sense of belonging towards home country and recognize national identity.



學生活動剪影

Highlights of Student Activities

電競比賽日

e-Sports Competition Day



STEAM專題研習週

STEAM Project Learning Week



共融檳球交流活動日—英國七人檳球代表隊

Great Britain 7s Buddy Rugby: A Day of Inclusion & Inspiration



第6屆聯校機械人大賽

The 6th Joint School Robotics Competition



戶外教育營

Outdoor Education Camp



狗狗伴我行

Animal-Assisted Education



第61屆學校舞蹈節比賽

The 61st Schools Dance Festival Competition



保良局特殊學校聯合畢業典禮

Do Leung Kuk Joint Special School Graduation Ceremony



金蛇喜迎春

Lunar New Year Fair



宿舍生活樂趣多

Boarding Life is Fun



宿舍家長教我哋煮麵，返屋企我都可以煮麵俾爸爸媽媽食啦!!
I learn how to cook noodles from houseparents, so can cook for my parents at home!



我哋個裝扮似唔似勇士呀?
Do I look like a warrior?



睇我哋有姿勢又有實際，你哋估吓邊個會最快到達終點?
Look! We're both stylish and practical! Who do you think will reach the destination first?



新春佳節，擺返啲年花先!
Let's display some festive flowers for the Chinese New Year!



大家都坐定定，齊學習正確嘅洗手方法，一齊抗疫GO! GO! GO!
Everyone sat together to learn the correct handwashing ways. Let's fight the pandemic together! GO! GO! GO!



估唔到哋迪士尼遊玩期間遇上已畢業嘅同學，當然要合照留念啦!
We didn't expect to meet our graduates during our time at Disneyland. We had to take a photo to remember the moment!



坐上迪士尼列車，當然係去迪士尼玩啦! YEAH!
We're going to Disneyland by the Disney train. YEAH!



放假期間，我哋仍會繼續學習，畀自己認識國旗及區旗。
We will continue to learn during the holidays, and today we will learn about the national flag and the regional flag.



義工哥哥姐姐嚟宿舍陪我哋一齊做手工同玩桌上遊戲。
Volunteers came to our boarding house to do crafts and play board games with us.



我哋個造型靚唔靚呀?
Do I look pretty?