

潔心林炳炎中學

Kit Sam Lam Bing Yim Secondary School

學校概覽

School Profiles

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辦學背景及理念

School Background and Vision

辦學宗旨 School Mission

營造富有福音精神的自由與仁愛的氣氛，讓學生認識天主教信仰、培育學生均衡發展，讓學生發揮潛能、主動學習，增長智慧，建立正確的價值觀及人生觀。

Our school aims to create an atmosphere of freedom and love within the spirit of Gospel, cultivate students to have a balanced development, so that students can develop their potentials, take the initiative to learn, have their wisdom enhanced, have correct values and positive life attitudes.

校訓 School Motto

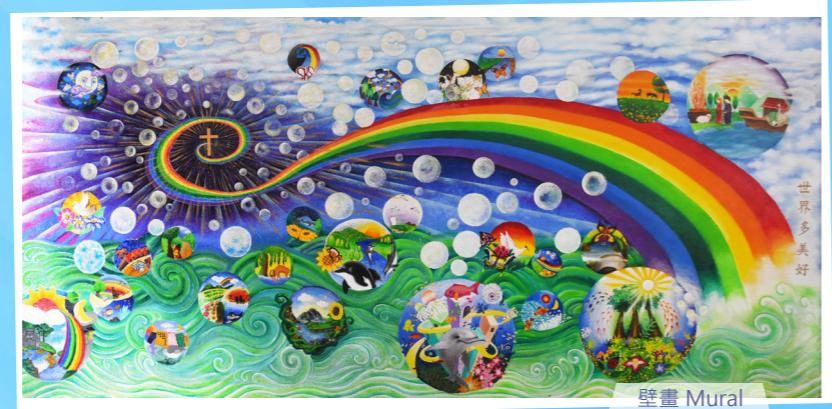
明心明德 潔己潔人

Rectify the hearts to manifest our virtue,
purify the souls to enlighten our world.

宗教及心靈園地 Religious & Spiritual Places



聖母閣 Mary Court



壁畫 Mural



慈悲閣 Mercy Court



明心花園 Garden Rectifying our Hearts



校訓牆 School Motto Wall

課程規劃 Subjects Offered

科目 Subjects	級別 Form	中一 S1	中二 S2	中三 S3	中四 S4	中五 S5	中六 S6	
中國語文 Chinese Language	C	C	C	C	C	C		# 利用校本資源，進行分組教學或協作教學 Subjects are divided into groups
普通話 Putonghua	P	P	P	-	-	-		C 中文授課 Chinese as. Medium of instruction
英國語文 [#] English Language	E	E	E	E	E	E		E 英文授課 English as. Medium of instruction
數學 Mathematics	E	E	E	E	E	E		P 普通話授課 Putonghua as. Medium of instruction
數學延伸單元 (M1) Mathematics M1	-	-	-	E	E	E		E** 理科生以英語授課，其他班則採用中文授課 English for science classes and Chinese for others
科學 Science	E*	E*	E*	-	-	-		E* 精英班以英文授課，其他班則採用中文授課 English for elite classes and Chinese for others
中國歷史 (高中選修) Chinese History	C	C	C	C	C	C		E/C 中文授課，加入英語學習元素 Teaching in Chinese and English learning elements is added
公經社 / 人文 / 公民 (CES / IH / CS)	E/C	E/C	E/C	C	C	C		
歷史 History	E/C	E/C	E/C	-	-	-		
倫理 / 宗教教育 Ethics / Religious Education	C	C	C	C	C	C		
普通電腦 Computer Literacy	E/C	E/C	E/C	-	-	-		
視覺藝術 Visual Arts	C	C	C	C	C	C		
家政 Home Economics	C	C	C	-	-	-		
體育 Physical Education	C	C	C	C	C	C		
音樂 Music	C	C	C	C	-	-		
地理 (選修) Geography (Elective)	E/C	E/C	E/C	C	C	C		
物理 (選修) Physics (Elective)	-	-	-	E	E	E		
化學 (選修) Chemistry (Elective)	-	-	-	E	E	E		
生物 (選修) Biology (Elective)	-	-	-	E**	E**	E**		
中國文學 (選修) Chinese Literature (Elective)	-	-	-	C	C	C		
經濟 (選修) Economics (Elective)	-	-	-	C	C	C		
健康管理與社會關懷 (選修) Health Management and Social Care (Elective)				C	C	C		
資訊與通訊科技 (選修) Information and Communication Technology (Elective)	-	-	-	C	C	C		
旅遊與款待 (選修) Tourism and Hospitality Studies (Elective)	-	-	-	C	C	C		
企業、會計與財務概論 (選修) Business, Accounting and Financial Studies (Elective)	-	-	-	C	C	C		
倫理與宗教 (選修) Ethics and Religious Studies (Elective)	-	-	-	C	C	C		

註：(1) 初中數學 (全級) 及科學科 (部份班別) 以英語為教學語言。
(2) 高中學生可按自己的能力和興趣，從 14 科選修科中選讀 2-3 科。
(3) 中四至中五學生可另修讀 1 科應用學習 - 職業英語。

多元課程和特色教學

Diverse Curriculum and Unique Teaching Approach



本校全面推行自主學習，改善學生學習動機，提昇學與教效能。在日常課堂上，明確的學習目標以及完備的導學案，能有效啟動學生完成探究的歷程。學生開展小組合作學習，彼此支援、互相砥礪，共同建構知識。最後透過反思及調整學習策略，鞏固所學，並為下一次的學習作好準備。

整個「自主學習」的過程均以學生為中心，培養學生學會學習的能力和學習熱誠，使他們能適應多元轉變的未來世界。

Our school implement self-regulated learning to improve students' motivation to learn, enhance learning and teaching efficacy. In the "self-regulated and cooperative learning" classroom, the clear learning objectives and comprehensive learning plans can effectively initiate the process of students' learning exploration. Students carry out cooperative learning in groups, supporting and helping each other to acquire knowledge. Finally, through reflection and adjustment of the learning strategies, they can consolidate what they have learned and prepare for the next learning stage.

The entire "self-regulated learning" process is student-centered, cultivating students' ability to "learn to learn" and their learning enthusiasm, so that students can adapt to the future world of diverse transformation.



自主學習 Self-regulated Learning



本校通過下列教學策略，提昇學生學習動機及改善學習表現：

- (1) 透過同儕備課、同儕觀課及課後檢討，提升教學效能。
- (2) 採用自主學習，建立朋輩互助方式，照顧學習差異，提昇學習成效。
- (3) 通過多元化及生活化教學活動，如：參觀、考察、專題研習、生活體驗引發學生興趣，培養學生學會學習能力、積極主動學習態度，建立正面價值觀。
- (4) 採用多元化評估模式，促進學生學習。
- (5) 課堂內外引入電子學習元素：包括推動不同科組善用校園電視台，製作電子學習教材；利用各項電子平台準備學習材料，以協助學生在課堂內外學習。
- (6) 中一至中三英文採用協作教學，中四至中六英文則以分組教學，按學生能力提昇表現。
- (7) 初中推行自習反思課，培養學生良好學習習慣，改進學習能力。

With the following teaching strategies, student motivation is enhanced and learning performance improved:

- a) Peer lesson co-planning and observation as well as after-class evaluation;
- b) Introduce self-regulated learning (SRL), establish the peer support approach to cater for learner diversity;
- c) Diversified teaching activities linked to daily life, such as visits, field trips, project learning and life experiences to arouse students' interest and cultivate the ability of students in 'learning to learn' and students' active learning attitude, fostering positive values;
- d) Diversified modes of assessment;
- e) Introduce e-learning elements and electronic platforms inside and outside classroom, promoting the use of campus TV among different subjects and teams to make e-learning materials;
- f) Adopt co-teaching in S.1 to S.3 English lessons, S.4 to S.6 English classes are split into groups based on students' ability.
- g) Implement self-study and reflection lessons in junior forms to cultivate the habit and skills of SRL among students.



自主學習模式 SRL Learning Mode

「兩文三語」中英普兼擅

Be Biliterate & Trilingual

全校語文政策

1. 英文科採用協作教學或分組教學。
2. 中一至中三設英語延展教學活動，讓學生多接觸英語；高中理科用英語教學。初中數學科(全級)及科學科(按班)採用英語教學，增加學生學習英語的機會，並加強與高中理科英語教學之銜接。
3. 聘請外籍英語教師，創造全英語環境。
4. 每周一天用英語進行早會，定期開放英語智趣園，舉辦英文週及英語活動、中英文通告及告示、建構學校英文網頁等，增潤英語環境。
5. 高中學生可修職業英語的應用學習課程，豐富學習經歷。
6. 課後及週末辦英文拔尖補底班，暑假辦升中銜接課程，中四理科銜接課程中亦包括未來科學家英語營。
7. 夏季舉辦本地及海外英語沉浸課程。

Whole-school Language Policy

1. Co-teaching is adopted in junior form English lessons whereas senior form English classes are split into groups.
2. To maximize students' opportunities in English learning and bridging the gap in senior forms, English is adopted as the medium of instruction to teach Math in all classes and Science in elite classes in Junior Forms. Cross-curricular English learning and Extended Learning Activities in English are implemented to help students learn other subjects using English.
3. To enrich the English environment, a NET teacher is hired.
4. There is an English morning assembly every week, the English Corner is open regularly and there are many English activities, English Week, bilingual circulars, notices and school website.
5. Senior form students can choose Vocational English in Applied Learning.
6. English enhancement classes and bridging programmes for S1 and S4 Science Stream students are offered on Saturdays and in summer respectively.
8. 強化學生兩文三語的表達能力，在各級舉行朗讀、演講及話劇比賽；表演優異者則參加校際朗誦比賽。普通話科亦會訓練學生成為普通話大使，在校園推廣普通話。
9. 獲教育局撥款近八十萬，將英語角打做成英語智趣園，引入電子設備輔助情境學習，提供多樣化展示平台，營造豐富的英語環境等。
10. 全校閱讀計劃，初中安排單月閱讀中文圖書，雙月閱讀英文圖書；高中星期三閱讀英文圖書，星期五則閱讀中文圖書。各級均設有閱讀課及推行網上閱讀計劃，鼓勵學生閱讀圖書或電子書籍，並推行閱讀獎勵計劃，藉此提升學生的閱讀興趣。另外，學校亦開始發展「跨課程閱讀」，透過不同閱讀材料，整合各個科目的學習內容，提升學生閱讀的廣度及深度。
7. Local and overseas English immersion programmes are organized during the summer vacation.
8. Various kinds of speaking competitions are organized in different forms in different languages. Those with good performances join the English and Putonghua verse speaking competitions in the annual Hong Kong Schools Speech Festival.
9. The newly renovated English iZone promotes situated learning with the help of IT, providing more platforms for showing students' performance.
10. Students read Chinese and English books in alternate months while S4 to S6 students read English and Chinese books in different reading time. Students can do online reading or read ebooks. There is a reading award scheme for promoting reading. Cross-curricular reading materials are also provided, broadening students' horizons.



創意創科思維

Creative and Innovative Thinking

數理科及資訊科技科於近年開展 STEM 教育，跨科協作合辦不同類型的 STEM 學習活動及課程，提升學生學習科研的興趣，強化綜合和應用跨學科知識與技能的能力，解決日常生活的問題。本校中二及中三級每星期增設一節專題研習課 (Project Learning)。中三級全學年以 STEAM 為主題，學生可自訂探究題目或研製發明品，透過應用各學科知識和發揮創意，解決日常生活中的難題。另外，老師亦有教授學生不同的探究研習方法，例如培養創意思維、進行各種食物測試、編寫 Microbit 程式等，以優化學生的研究成效，裝備學生具備 STEM 能力。



榮獲第 24 屆香港青少年科技創新大賽「優秀 STEM 學校優異獎」
Our school was awarded 'Outstanding STEM School' in the 24th Hong Kong Youth Science and Technology Innovation Competition.



中六學生作品「Aqua Shelltic」榮獲「大灣區科技大賽」冠軍及最佳表現獎
Form 6 students' invention, 'Aqua Shelltic', won the Champion and Best Performance Award of Greater Bay Area Science Project Competition.

STEM education has been the joint effort of Mathematics, Science and Information Technology KLAs. They have developed a variety of STEM learning activities and curricula, enhancing students' interest in learning scientific investigation and strengthening their integration ability as well as interdisciplinary knowledge and skills so as to solve problems in daily life. In Secondary 2 and 3, 1 lesson a week is dedicated to Project Learning. In Secondary 3, STEAM is the theme for the whole year. Students devise their own investigation topic or work on their inventions, where students apply knowledge from different subjects and develop creativity in order to tackle everyday life problems. In addition, students are taught many investigative methods, for example, nurturing creative thinking, conducting food tests and Microbit coding, etc. Such a curriculum can refine students' investigation effectiveness, equipping them with the ability to apply STEM.



中四學生作品「『智』關愛車廂」於港鐵舉辦的「STEM 創未來」榮獲「最優秀隊伍大獎」
Form 4 students' 'Smart Carriage' won The Best Performing Team in the STEM Challenge organized by The MTR Corporation.



中三學生作品「單車精明眼」榮獲「香港學生科學比賽」初中組發明品組冠軍
'Bi-See-I'' by Form 3 students won the Champion of Junior Division Invention of Hong Kong Student Science Project Competition.



為提升具 STEM 潛能的學生表現，STEM 學科會與大學及校外機構合作舉辦不同類型 STEM 工作坊和講座，運用有趣的方法讓學生多接觸及學習最新科研科技，提升同學的創科思維及科創能力。近年學校舉辦了多個課程，例如機動電能車、工業 4.0+ 航拍機、多媒體互動牆（設計 3D 角色）、學校虛擬實景製作、3D 模型製作等，課程除讓學生可以學習新穎的創科技術外，更讓學生應用及展示學習成果，增加學生的學習信心及成功感。

STEM 學科於每年均推薦具潛質學生參加不同類型的校外比賽，包括香港學生科學比賽、趣味科學比賽及第 21 屆香港青少年科技創新大賽等，增加學生課堂之外學習經歷，拓闊學生的學習視野，從而提升學生的科創潛能。



中四學生榮獲 Girls Go Tech 自學課程短片創作比賽季軍。
Form 4 students won the 2nd Runner-up in the Girls Go Tech Tutorial Video Competition.



In order to improve the performance of students who have potential in STEM, the STEM subject collaborates with universities and other external organizations to conduct different types of STEM workshops and talks. Through interesting methods, students can be exposed to and learn the latest technologies for scientific investigation to raise their ability in creative thinking and scientific investigation. In recent years, the school has organized a number of courses, including mobility electric vehicles, industry 4.0 + drones, multi-media interactive wall for designing 3D characters, school virtual reality production, 3D model making etc. Such courses allow students to not only learn more innovative technologies, but also apply and present their learning outcomes, boosting their confidence and sense of accomplishment.

Every year students with potential are nominated to join a variety of competitions, including Hong Kong Student Science Project Competition, Fun Science Competition and The 21st Hong Kong Youth Science and Technology Innovation Competition, enriching students' other learning experience, broadening their horizons and enhancing their potential in scientific investigation.

淳樸校風及全人關顧

Good School Ethos & Whole-person Care

心靈教育 Spiritual Education

我們致力使校園充滿關懷及互相尊重的風氣，塑造淳樸的校風。

我們透過信仰培育，提升學生的心靈素質，培育正確的價值觀及良好的品格；並採用全校參與的模式，以訓輔合一的精神，推行學生的成長支援工作，養成學生的正向思維和積極的人生態度。學校鼓勵同學力行仁愛，故此設立義工服務計劃，實踐關愛他人的精神。

Kit Sam is committed to making an environment full of care and mutual respect, and creating a school ethos of simplicity. Cultivating the whole person is the mission of our school. We raise the spiritual quality of students through developing students' faith, instilling the correct values and building a good character. The whole school participation approach is always adopted to support the work for the growth of students, helping them to develop a positive attitude and thinking towards life. Besides, our school encourages students to serve the needy, so a volunteer service plan is set up to motivate them to care for others.



生涯規劃 Student Life Planning

為協助學生計劃將來，生涯規劃組制定全面的生涯規劃教育及輔導的工作，讓學生反思現在，掌握未來。

生涯規劃組與宗教及心靈教育組協調，與中大賽馬會鼓掌創你程合作，分三階段為中一至中六同學整合生涯規劃活動，加強價值教育。



中一至中二階段 Stage 1 (S1, S2)

配合心靈教育組的自處和大愛教育，讓學生了解個人職業性向、能力、興趣，為規劃未來作準備。

In concert with self-love and love education emphasized by Religion and InspirEd Team, students start to understand their own aptitudes, abilities and interests so as to get prepared for life planning.



中三階段 Stage 2 (S3)

配合心靈教育組的人生教育，提供升學輔導及諮詢，協助同學慎作選科，了解升學及職業的關係，為自己規劃人生。

In concert with life education taught by Religion and InspirEd Team, our team provides career guidance and counseling to help students make careful subject choices and we let them recognize the relationship between further studies and careers in order to have their own life planning.



中四至中六階段 Stage 3 (S4-S6)

配合心靈教育組高中階段課程，除舉辦多元化生涯規劃活動，以擴闊同學視野外；又進行事業興趣評估測驗，讓同學了解自己的職業性向及能力，並提供輔導及諮詢，協助她們規劃未來升學或就業的出路，為人生定立方向。

In concert with the senior secondary curriculum of Religion and InspirEd Team, our team not only organizes diverse life planning activities to broaden students' horizons but also conducts personality and career interest tests to allow students to understand their aptitudes and abilities. Together with our guidance and counseling, students plan their future with regard to further studies or employment. Students' life planning is strengthened.

體驗式學習 Experiential Learning

體驗式學習在跨學科學習活動及全方位學習上展現無違。例如數理科及資訊科技科合作開展 STEM 的增潤課程及活動，讓學生體會科研的樂趣，強化跨學科知識，提昇應用能力。

此外，學校致力培育學生多元學習，每年的全方位學習周，學校均在不同範疇舉辦活動，如創意藝術課程、人文學科的史學鑑賞、義工服務、生涯規劃發展等，均令學生能夠從實際體驗中學習，以實現全人發展的目標和發展終身學習的能力。近年，學校更積極投入發展英語音樂劇，讓學生能於英語、跳舞、唱歌及演戲方面發展所長，實現體驗式學習的精神。

另外，潔心設有 50 多個學會小組，分學術性、藝術性、興趣性、體育性和社會服務性五個類別。而全校之大型活動均由各科組或學生組織舉辦，如音樂節、陸運會、水運會、學生會及四社選舉、英文周和宗教周等，涵蓋不同範疇，而各式各樣的校外學習經歷，讓學生能親身體驗，應用所學，全面發展不同才能。



外展訓練計劃 Outward Bound Programme

為協助新高中學生提高自信、抗逆能力與進取精神，以迎接學習和成長的挑戰，學生將參與五日四夜外展訓練營，進行體驗式學習。活動以「磨練意志、陶冶情操、完善人格、熔煉團隊」的培訓目的，創造一個嶄新、具體和富挑戰性的經歷，包括划獨木舟、登山、荒野露宿等，以鼓勵她們跳出安舒區，迎接不同的挑戰，戰勝持續的困難；同時培養她們對團體的關心和承擔的態度。

計劃以跨科組合作推行，體育科加入體能訓練元素，宗教科引入具心靈教育元素的生涯規劃課程，讓學生發現個人美好特質，和轉移成技能，在生活中呈現，發展人生目標。

中文科指導學生以外展經歷，在寫作活動中反思，為自己未來的人生路向作規劃。同學們能透過此計劃認識自我，及至定向，突破局限，學會感恩，繼而呈獻力量。



As a means of enhancing senior form students' confidence, resilience and pioneering spirit as well as embracing the challenges in learning and personal growth, they are going to participate in a five-day, four-night outward bound training camp to encounter experiential learning. "Hone the will, cultivate their temperament, be a better person and strengthen the team" are the aims of this training camp. Through canoeing, trekking and camping, an innovative, concrete and challenging experience for students to jump out of the comfort zone is created. They could overcome constant challenges, develop a caring culture and a responsible attitude as a member in the group. The project is based on different activities across the curriculum, for example, introducing physical training elements in Physical Education lessons, implementing life planning curriculum with spirituality education in Religious Studies lessons. Students can therefore discover their characters and acquire generic skills which can apply in their daily life and pursue their personal growth. In the Chinese Language lessons, students will write their reflection based on the outward bound experience and further outline their life planning. Through this project, students can cultivate their self-awareness, develop their self-orientation, break through their limitations, learn to be grateful, contribute the best of their abilities.





境外考察 Oversea Educational Tour

為拓闊學生視野，進一步認識世界，每年學校均會策劃考察團、交流團等。過往曾舉辦中三全級東莞、中山歷史文化考察之旅，於復活節期間舉辦台灣、韓國、新加坡等地的文化考察交流團等，以豐富學生對世界各地的認識，從體驗加深學生對各地教育、經濟、社會和文化發展的認識。於暑假期間舉辦本地及海外英語沉浸課程，旨在提高學生之語文能力及對語言與文化之認識。

Every year, initiative tours and exchange programmes will be held in order to broaden students' horizon and lead them know more about the world. Secondary-three Dongguan, Zhongshan historical and cultural excursion, cultural exchange programme in Taiwan, Korea and Singapore during the Easter holiday have been organized to enrich students' knowledge globally. Students then could deepen their understanding on the education, economy, social and culture development of different places through the first-hand experience. Organizing local and overseas English immersion programme during the summer holiday aims at enhancing students' English competency and their understanding of the linkage between the language and its culture.



具使命感的專業教師團隊

Professional Teaching Team with a Strong Sense of Mission

潔心擁有一群高質素而又穩定的教師團隊。全校所有老師都有專業教育文憑，當中逾七成有十年以上的教學經驗，並有近五成擁有碩士或以上的學位。除了謹守專業操守之外，我們的教師更不斷進修，務求能緊貼學生及時代的需要，更新教學的方法。例如：

1. 教師專業發展周，開放課室予友校觀課，並作專業交流，進一步強化教學效能及展示師生的學習成果。
2. 與中學校長會主辦「自主學習學校網絡」結成網絡，並進行聯校的教師發展活動。
3. 舉辦不同形式活動，提升及增強老師身心靈素質。



Our school has a group of high quality and stable teachers. All of them have a postgraduate diploma of education, more than 70% of them have more than 10 years of teaching experience, and nearly 50% have a master's degree or above. Apart from adhering strictly to professional ethics, our teachers are learning continuously, so that we can keep up with the needs of students and the most updated teaching pedagogies, such as

1. 'Professional Development Week' in which classrooms are open and other colleagues are welcome to sit in. This allows a comprehensive lesson observation as well as professional exchange and sharing to strengthen the teaching effectiveness. Moreover, it provides chances for teachers and students to show their learning outcomes.
2. Establish connections with the 'Self-regulated Learning Schools Network' held by the Hong Kong Association of the Heads of Secondary Schools and hold inter-school events on teachers' development.
3. Hold different forms of events in order to enhance teachers' physical, mental and spiritual well-being.



緊密同行的家校合作

Close Home-school Cooperation

潔心重視家校合作，與家長緊密同行，共同培育學生。家長教師會協助選出家長校董、舉辦不同親子活動及家長教育課程。家長更可成為家長義工，共同為女兒的成長而努力。

A tight cooperation between the home and the school is extremely important for the growth of the students. The Parent-Teacher Association assist in the selection of Parent Manager and holding talks for parent education, launching various interest groups and parent-child activities and so on. Parents can become parent volunteers and work together for the growth of their daughters.



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