



## 透過全校參與的價值觀教育課程 融入健康生活教育元素

### 可立中學 (齋色園主辦)

- 黎洛琪校長
- 莊卓敏老師 (輔導主任)
- 李傲雪老師 (英文科科主任)
- 董志豪老師 (德育、公民及國民教育主任)



齋色園主辦

可立中學

HO LAP COLLEGE

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- 創校於1969年，為嗇色園創辦的第一所中學。
- 屬第一組別以英語為主要教學語言的中學。
- 全校24班，學生人數700多人。
- 位於新蒲崗，學生多來自基層，社經背景較弱。
- 著重培育學生全人發展，重視學生身心靈健康成長，激發學習熱忱，以應付未來挑戰。



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# 本校價值觀教育的理念及目標

跨科組協作

全校參與

1. 正規及非正規課堂學習

2. 服務與實踐

3. 全方位學習

4. 全校氛圍

## 正向關愛的健康校園生活

正向教育（人生目標、正向成就、正向情緒、人際關係）

性教育

媒體及資訊素養教育

可持續發展教育

中國傳統文化

宗教教育

國民教育及國家安全教育

策劃  $P$

推行  $I$

評估  $E$

## 十種首要培育學生的價值觀和態度

堅毅、尊重他人、責任感、國民身份認同、  
承擔精神、誠信、關愛、守法、同理心、勤勞



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# 正規課堂教育

## Incorporating Values Education into the Curriculum of English Language

- Annual Plan – setting quantitative goals

### 2. Major Concern II : To foster students' self-actualization in a caring and thriving campus

Target 目標	Strategies (concrete implementation details) 策略 (科組具體工作)	Success Criteria 成功準則	Method of Evaluation 評估方法	Time Scale 推行時間	People in charge 負責人	Resources Required 所需資源
To cultivate a sense of belonging and promote solidarity in school	1) Incorporating values education into the curriculum to foster students' positive values and attitude	10 % of the total lesson time (S.1 – S.3) is spent on values education	Teacher Survey	Whole year	LS	Writing tasks / reading texts / speaking tasks / vocabulary worksheets, etc.



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# 正規課堂教育

## Incorporating Values Education into the curriculum of English Language

### Secondary 1

<b>TSA past paper allocation</b>	<b>HKEAA Web source:</b>
2006-2010: <i>IP</i> topics reserved for F1	<a href="https://www.bca.hkeaa.edu.hk/web/TSA/en/SecPaperSchema.html">https://www.bca.hkeaa.edu.hk/web/TSA/en/SecPaperSchema.html</a>

<i>Unit</i>	<i>Topic</i>	<i>Values Education</i>	<i>Learning Goals</i>	<i>Skills focus</i>	<i>Relevance to GE</i>	<i>Source</i>	<i>Self-directed learning</i>
1	Classroom Language & Self-Introduction	Respect for others	Life planning (Understanding one's own interests, etc.)	<b>1) Oral skills</b> <ul style="list-style-type: none"><li>Asking for permission, making a request</li></ul> <b>2) Individual Presentation</b> <ul style="list-style-type: none"><li>A 2-minute presentation about hobbies, favourite foods, personality, and future plans.</li></ul>	-	-	1. Classroom language review 2. IP — self-evaluation
2	My New School - my secondary school life	Respect for others	-	<b>1) Oral skills</b> <b>Class discussion</b> <ul style="list-style-type: none"><li>Identify and explain what constitutes respectful behaviour in school.</li><li>Discuss favourite school facilities</li></ul> <b>2) Reading aloud</b> <b>3) Individual Presentation</b> <ul style="list-style-type: none"><li>A 2-minute presentation about people in school, school facilities, secondary school life, favourite subject, and describing people and feelings about the new school</li></ul>	-	-	1. Labelling the school facilities 2. IP — self-evaluation



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# 正規課堂教育

## Incorporating Values Education into the curriculum of English Language

Example 1: S1  
Topic: My New School  
Values Education: Respect For Others

Example 2: S3 Speaking  
Topic: My New School



What positive values could be instilled in students when we teach this topic?

# 正規課堂教育

## Incorporating Values Education into the curriculum of English Language



Useful expressions / phrases CORE

*Positive teen habits to practice at home*

*Common household chores to do*

vacuum the floor	make your bed	mop the floor
sweep the floor	iron clothes	dust the furniture
empty the trash	do the dishes	take care of younger siblings

*Positive teen habits to practice at school*

<ul style="list-style-type: none"><li>obey school rules</li><li>show respect to schoolmates, teachers and janitors</li></ul>	<ul style="list-style-type: none"><li>lend a helping hand to other students</li><li>have a sense of accomplishment</li><li>show good manners</li></ul>
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*Positive teen habits to practice in the society*

<ul style="list-style-type: none"><li>be a responsible citizen</li><li>do voluntary work</li></ul>	<ul style="list-style-type: none"><li>do not litter</li><li>stay away from drugs</li></ul>
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*Positive teen habits to adopt for self-improvement*

<ul style="list-style-type: none"><li>manage time better</li><li>improve physical fitness</li></ul>	<ul style="list-style-type: none"><li>try to learn a new skill</li><li>think positively</li></ul>
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- Making use of the existing teaching and learning materials
- Careful planning
- Teachers' sharing



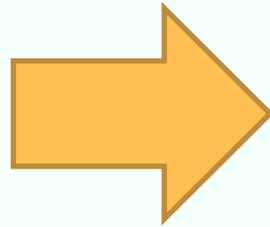
Engaging students



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Incorporating Values Education into the curriculum of English Language

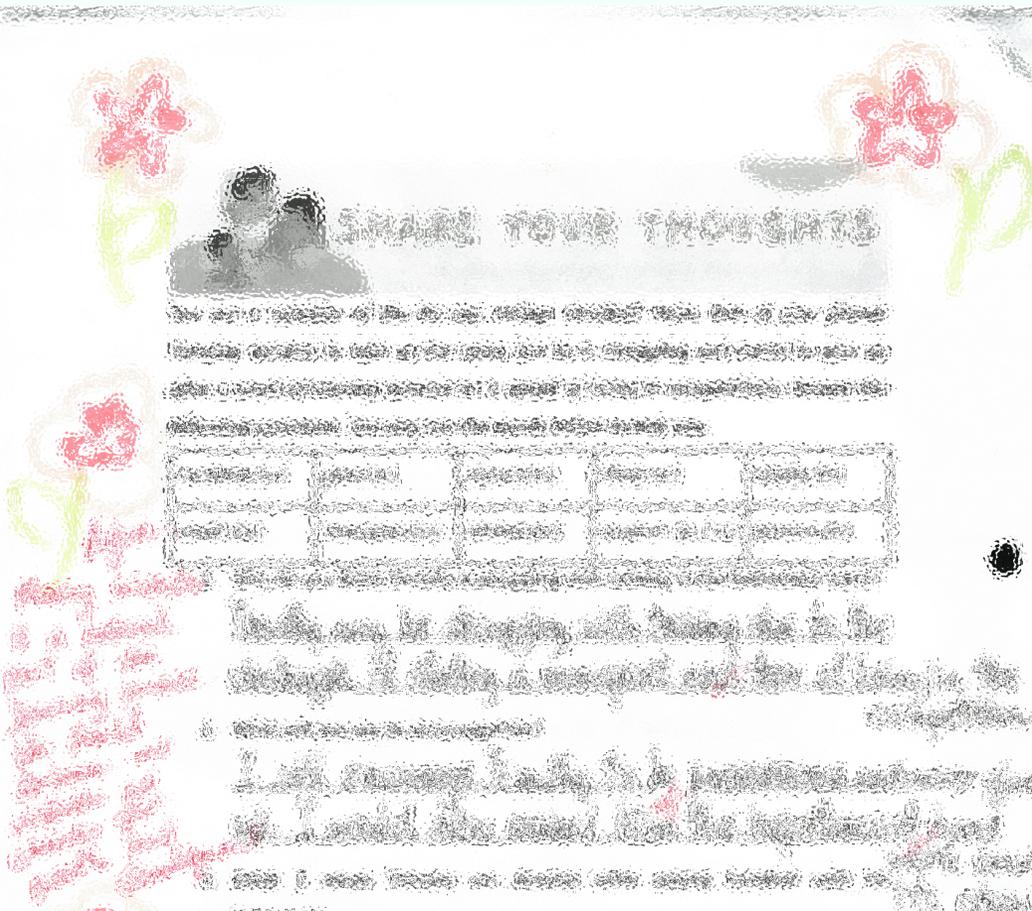


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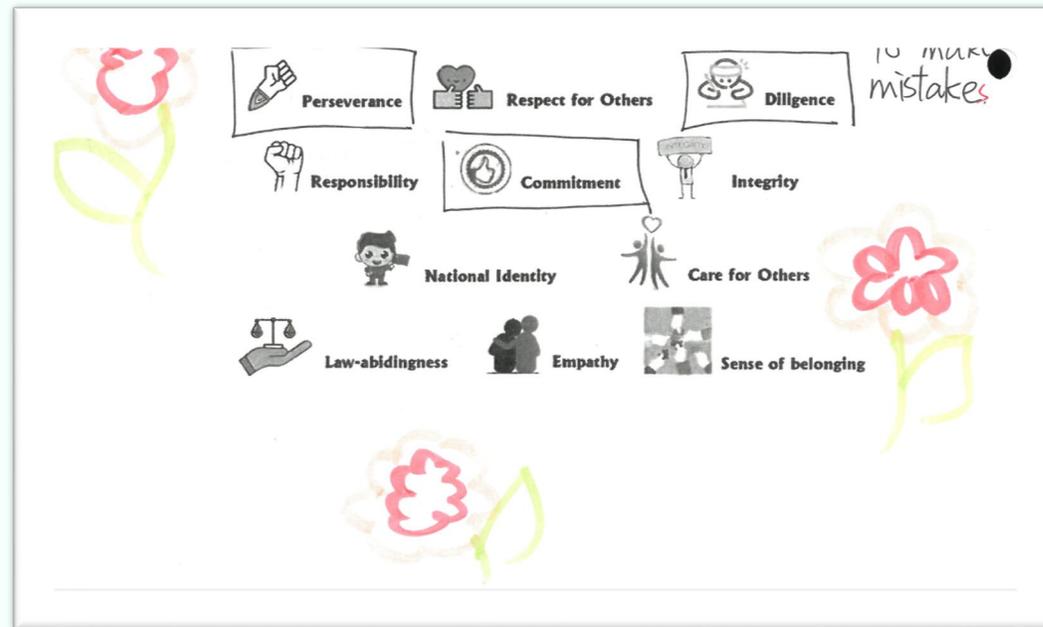
# 正規課堂教育

Incorporating Values Education into the curriculum of English Language

Relate the values to students



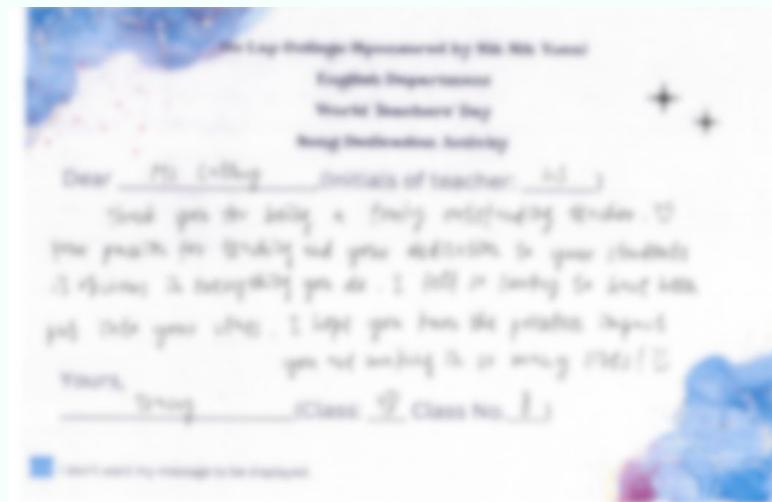
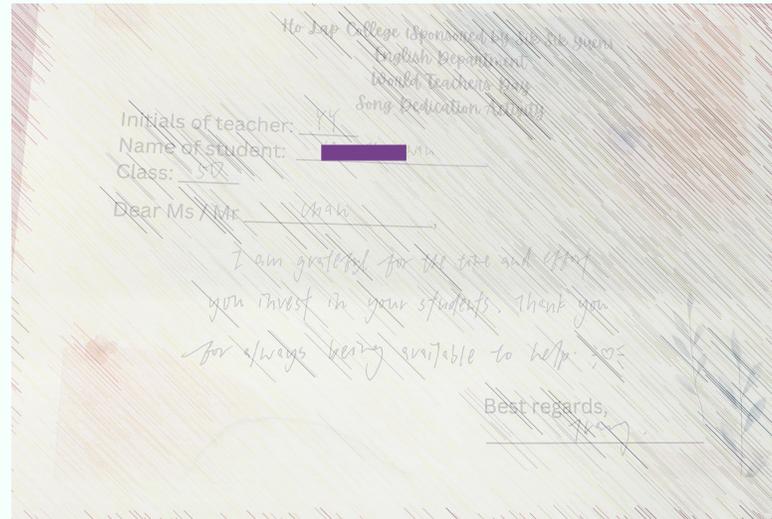
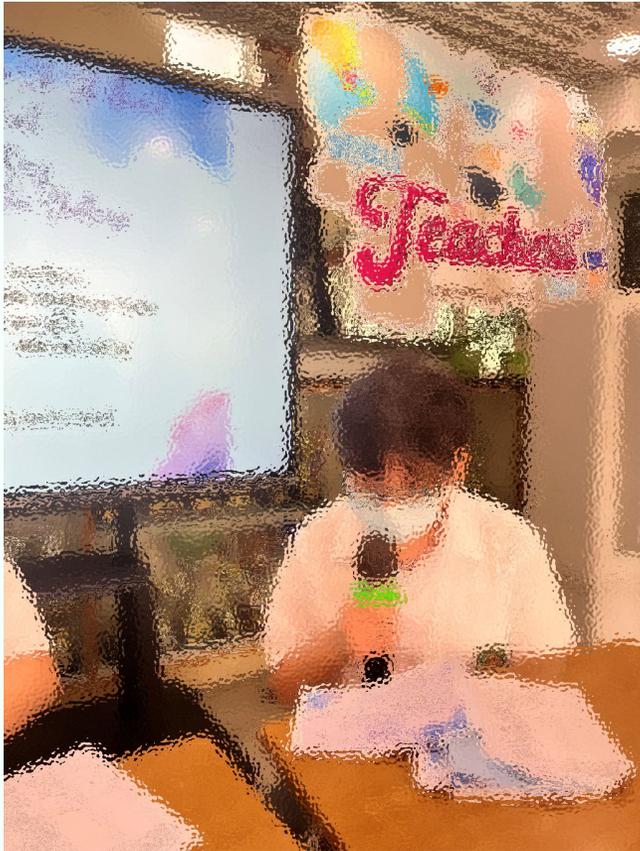
Reflection  
critical thinking skills



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## English Activities



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## Incorporating Values Education into the curriculum of English Language

### Messages from teachers to students

Ho Lap College  
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Believe in yourself and work hard to achieve your goals!

$A = \frac{1}{2}bh$   
 $x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$   
 $a = \frac{V_f - V_i}{t}$   
 $V = \frac{4}{3}\pi r^3$

Ho Lap College  
(Sponsored by Sik Sik Yuen)

Stay focused, stay determined, and you'll reach new heights.

Ho Lap College  
(Sponsored by Sik Sik Yuen)

Remember that every effort you put in counts. Keep working hard, and you will see the results.



Tung Wah Group of Hospitals  
"Good People, Good Deeds: English Writing Competition 2022-23"

Tung Wah Group of Hospitals  
English Writing Competition 2022-23

1. Eligibility: Open to all students in Secondary 1 to Secondary 6.  
2. Submission: Students should submit their original work to the English Language Centre, Tung Wah Group of Hospitals, 100 Waterloo Road, Hong Kong.  
3. Submission Deadline: 31st October 2022 (Monday).  
4. Submission Time: 9:00 am to 5:00 pm.  
5. Submission Method: Hand-delivered or by post.  
6. Submission Address: English Language Centre, Tung Wah Group of Hospitals, 100 Waterloo Road, Hong Kong.  
7. Submission Envelope: Please use the envelope provided.  
8. Submission Label: Please use the label provided.  
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Official Website: [www.tungwah.org.hk](http://www.tungwah.org.hk)

### "Good People, Good Deeds" Writing Competition

Good people Good Deeds

My mother

An Ordinary Woman Making an Extraordinary Difference

by Au Chiu Chun

After four years of university study, I finally got my degree. While I was excited to begin a new chapter of my life, my mother also had a new plan for her future. Her decisions surprised me: she signed up to be a foster parent, providing home care services for children whose parents, for different reasons, were temporarily unable to take care of their children. It was a bolt from the blue, as I had never heard of this idea from her.

# 非正規課堂教育 嗇色園校本德育課 (中一至中三)

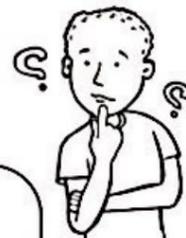


課程涵蓋「個人成長及健康生活」、「家庭生活」、「學校生活」、「社交生活」、「社會及國家生活」及「工作生活」。

校本德育課於**班主任課**教授。學生可藉教材中的活動與班主任**討論**，班主任亦能根據其對學生的了解**給予回應**。

● 分享及反思 你認為家庭對你的成長有何重要性？你和家人的關係如何？

因為父母影響將來子女，所以若父母本身教養好，孩子教養也必定更好。因為我父母從小教我要懂禮貌，所以我到那裏都懂記「禮貌」和「教養」。



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# 非正規課堂教育 嗇色園校本德育課 (中一至中三)

可立中學 (嗇色園主辦)

2023 – 2024 嗇色園校本德育課程 (中一)

日期	學習範疇	課題	學習目標	價值觀及態度
16/10/2023 (一)	學校	升上了中一	<ol style="list-style-type: none"> <li>1. 樂觀面對升上中學所帶來的轉變。</li> <li>2. 以堅毅和積極的精神，克服困難。</li> </ol>	堅毅、積極、自律
20/11/2023 (一)	社交	交友之道	<ol style="list-style-type: none"> <li>1. 明白與朋友相處時應有的態度。</li> <li>2. 明白爭執會破壞友誼，學習處理爭執的方法。</li> <li>3. 了解自己的性格，反思與朋友相處的態度是否合適。</li> </ol>	尊重、包容、誠信、關愛、接納
18/12/2023 (一)	家庭	家庭崗位責任	<ol style="list-style-type: none"> <li>1. 辨別各家庭成員的角色和分工。</li> <li>2. 了解自己在家中的位置及應有的責任。</li> <li>3. 反思個人是否一個盡責的家庭成員。</li> </ol>	關愛、包容、責任
19/2/2024 (一)	個人成長及健康	自律上網 (資訊素養)	<ol style="list-style-type: none"> <li>1. 從檢查使用手機的情況，反思自己的生活習慣。</li> <li>2. 了解過度使用手機的影響。</li> <li>3. 學習建立均衡生活的重要性，並實踐均衡及健康的生活。</li> </ol>	責任感、自律
18/3/2024 (一)	社會及國家	公民責任 – 維護公眾利益	<ol style="list-style-type: none"> <li>1. 關懷社會上有需要的人。</li> <li>2. 培養關心他人並積極付諸實行的精神。</li> </ol>	關愛、同理心、包容、責任、責任感
22/4/2024 (一)	學校	缺陷無罪	<ol style="list-style-type: none"> <li>1. 認識欺凌的行為模式，提高對「欺凌事件」的警覺性。</li> <li>2. 認識欺凌行為對受害者所帶來的傷害，而欺凌者亦可能要承擔法律的責任。</li> <li>3. 學習當面對欺凌事件的發生時，應怎樣處理。</li> <li>4. 學懂包容及尊重別人的差異，並以關愛之心待人。</li> </ol>	尊重他人、關愛、同理心
13/5/2024 (一)	家庭	體念親恩	<ol style="list-style-type: none"> <li>1. 體念家人 / 雙親無私的愛</li> <li>2. 把握時機，及時行孝，向家人表達心意價值觀及態度</li> </ol>	感恩、關愛、勤勞



# 非正規課堂教育 成長思維工作坊

5 Sept 2022	快樂初探
23 Sept 2022	智慧與知識
14 Oct 2022	仁愛(一)
14/16 Nov 2022	仁愛(二)
17 Feb 2023	感恩
15 Mar 2023	幽默感
26 Apr 2023	自我規範
3 May 2023	堅毅
10 May 2023	審慎
30 Jun 2023	總結課



## 失敗履歷表

姓名: \_\_\_\_\_

請貼上一張失手的照片

**學歷 (按最近年份排序)**

年份	失敗經歷

**課外活動 (按最近年份排序)**

年份	失敗經歷

**日常生活 (按最近年份排序)**

年份	失敗經歷

**人際關係 (按最近年份排序)**

年份	失敗經歷

**失敗見證人:**

陪伴者姓名	見證事項

## 可立小確幸清單

按一下以新增文字



# 服務與實踐 服務學習

普濟勸善 - 即盡一己之力以助困厄，以扶無依。以言以行，導人向善。



親切青少年共融大使訓練計劃



社區共融探索日

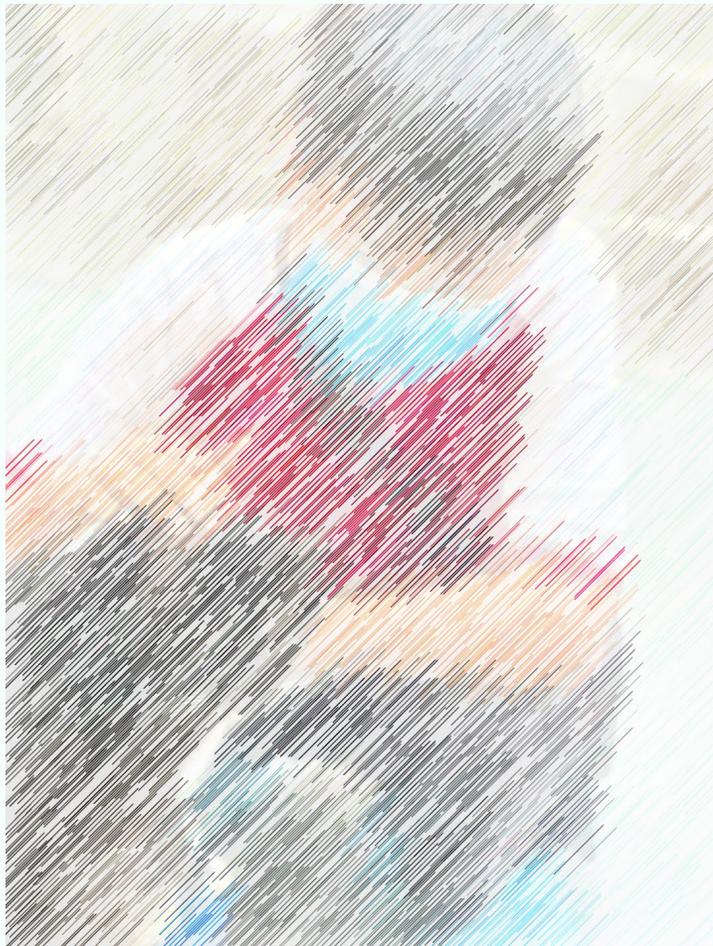


社區共融探索日



班際種植比賽

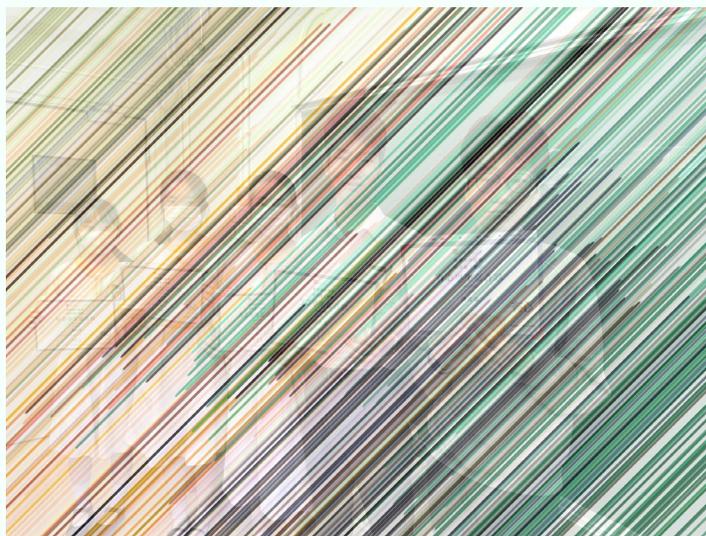
# 服務與實踐 服務學習



參觀保護被遺棄動物協會



中三長者義工服務



香港青年協會 - 有心計劃

# 服務與實踐 制服團隊



香港少年領袖團



# 全方位學習

參觀交流 / 實地考察 / 比賽



「一帶一路·與我何干」綜合能力比賽  
中學組亞軍



印尼絲路之旅，推廣「一帶一路倡議」



香港警務處的「傳承計劃」



參觀香港新聞資訊博覽館



劍擊體驗活動



新興運動推廣活動 -- 健球 (Kin-ball)

# 全校氛圍 主題週



派發水果 - 健康飲食由我創



師生水果烹飪比賽



## 果然有愛 *Fruit Day*

以一系列的活動，包括全校水果清派對、家長義工派發水果、師生水果烹飪比賽，讓學生**感到被關愛**，亦鼓勵他們培養均衡的飲食習慣，**建立健康的生活**。



# 全校氛圍 主題週

## BETTER MENTAL HEALTH!

A study published earlier this year in the **British Journal of Nutrition** reported that eating fruit regularly can improve your mental health.

### Top 8 fruits choices for better Mental Health:

<b>Apples</b>		High in vitamin C, a substance that has been shown to reduce stress hormone levels and helped people recover more quickly from stressful situations.  Potassium has been related to improved cognition, concentration, and neuronal activity via increasing blood flow to the brain.
<b>Bananas</b>		The ultimate mood changer high in vitamin B6 (synthesize feel-good neurotransmitters like dopamine and serotonin.)  Contain serotonin, the key hormone that stabilizes our mood, feelings of well-being, and happiness.
<b>Citrus fruits (eg. Grapefruit, Lemon)</b>		High in vitamin C, a substance that has been shown to reduce stress hormone levels and helped people recover more quickly from stressful situations.
<b>Kiwifruit</b>		

<b>Blueberries</b>		Exhibit similar effects as valproic acid, which is a mood-stabilizing medication that helps regulate emotions.  contain an antioxidant pigment that has been linked to relief from depression.
<b>Avocado</b>		Vitamin B6 it contains helps the body make several neurotransmitters, including serotonin, which influences mood.
<b>Apricots</b>		Great source of Omega 3 fatty acids which have been found effective in dealing with mental health issues like bipolar episodes, psychiatric disturbance, and fluctuating moods.  High in tryptophan, an amino acid that the body turns to serotonin, a feel-good neurotransmitter.
<b>Guava</b>		Contains magnesium, which might help you feel less anxious and happier.  Contains a considerable amount of vitamin B6, which the deficiency of has shown depression and nausea.



水果好處知多少

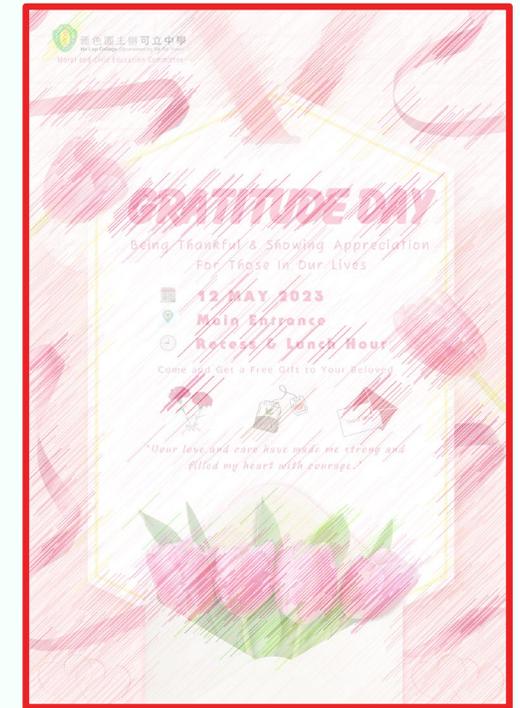


我最喜愛的水果選擇

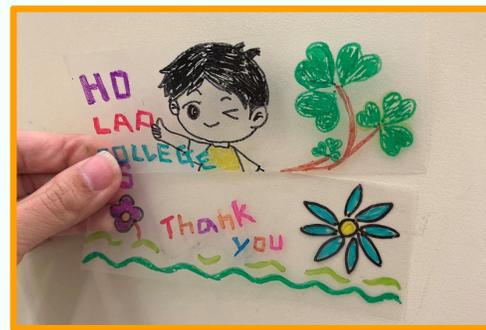


家長義工也樂在其中

# 全校氛圍 主題週（感激父母/同輩/師長）



輔導組 - 感恩週



英文科：World Teachers' Day



德育、公民及國民教育組 - 向父母送花及奉茶



# 全校氛圍 班級經營

透過不同活動，促進師生及生生互動，強化彼此間的關係，提升學生對班及學校的歸屬感，建構正向校園文化。

迪士尼樂園  
全方位學習日



黃大仙誕慶祝派對



中二團結訓練日營



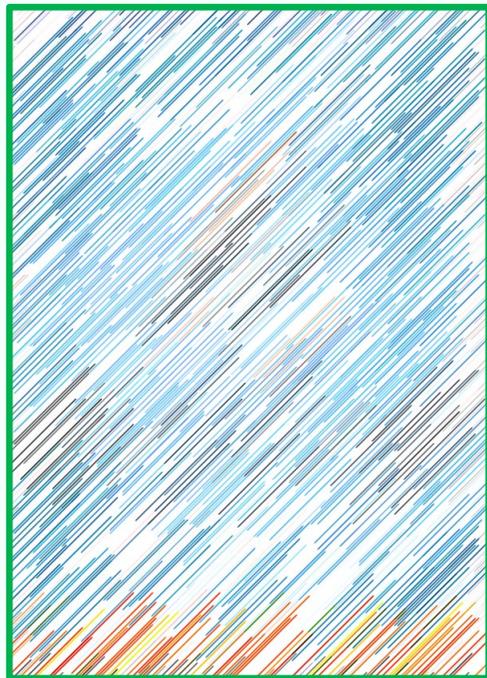
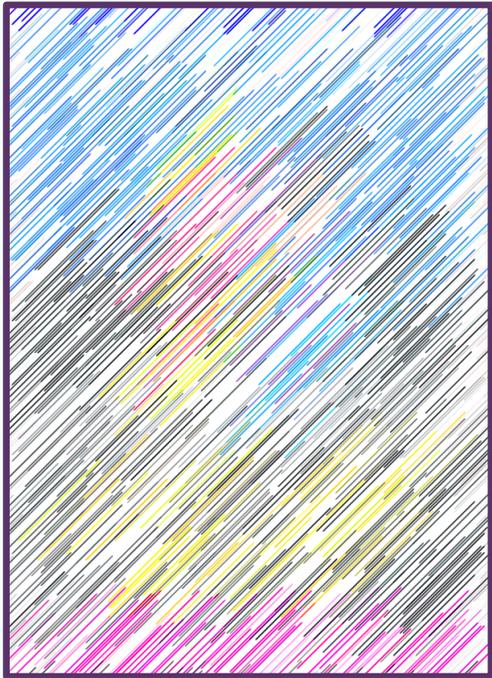
各級班際比賽



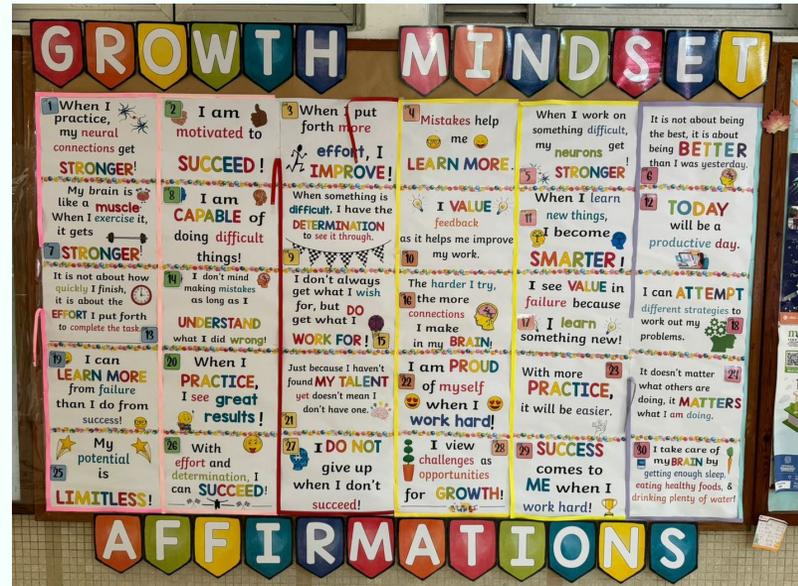
# 全校氛圍 校園佈置

於校園多處地方貼上名人雋語，勵志字句等，宣揚正面價值觀，積極營造正向校園文化。

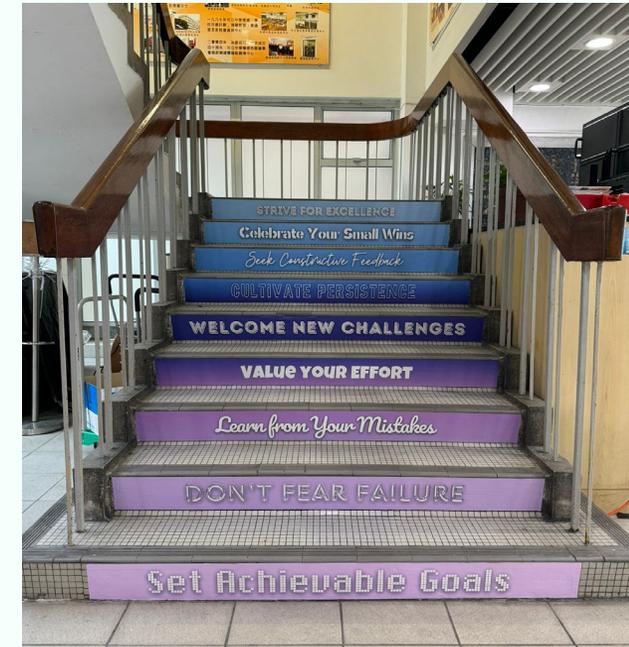
十種首要培育學生的價值觀和態度的海報



Growth Mindset 壁報



正向校園佈置



# 全校氛圍 家校合作

本校重視家校之間的互相配合，共同**推動價值觀教育**，營造正向校園文化。



家長摺紙為同學打氣



中一家長會 - 成長支援及班主任座談



中三家長晚會 - 生涯規劃及班主任座談



健康校園計劃 - 「家・連繫」家長活動



家長教師會參觀愛國教育支援中心



果然有愛 - 家長義工與老師一同派發愛心水果



嗇色園主辦

可立中學

HO LAP COLLEGE

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就讓我們一起強化學生的  
幸福感，陪伴他們越  
過成長路上的高山低谷。

謝謝

