PROSPECTUS

學校概覽

ver. 2023





SKH Lam Kau Mow Secondary School 聖公會林裘謀中學

School Mission 辦學宗旨



Established in 1982 by The Hong Kong Sheng Kung Hui as an aided co-educational secondary school, we strive to uphold the essence of the Christian spirit and ethos of whole-person education. Dedicated to developing students spiritually, morally, academically, socially, physically and aesthetically, we hope that our students will strive to establish and cultivate positive values, give back to the community, and live up to the school motto –"acquiring knowledge and practising with determination".

本校於一九八二年由香港聖公會創辦,為政府津貼之全日制男女中學。秉承基督精神及全人教育的宗旨,本校致力培育學生靈、德、智、體、群、美六育均衡發展,期望學生能實踐校訓——『致知力行』,進業修德,貢獻社會。

Key School Developments 學校重點發展(2022-2025)

Development Plan 重點開展計劃

Promote effective learning and teaching 提升學與教效能

Enhance STFAM education

加強STEAM教育

Promote students' social-emotional development

推動學生社交情緒發展

Goal 目標

Students have the abilities and growth mindset to become lifelong learners.

學生具能力及積極態度成為終生學習者

STEAM education is integrated into the curriculum with collaboration between subjects

STEAM教育融入課程,加強科目之間的協作

Value education is established for all-round development of students

確立價值教育,學生能全面發展



Class Allocation and Structure 班級編制及課程 (2023-2024)

Our school currently has 25 classes. 本校共開設25班。

Form	F1	F2	F3	F4	F5	F6
年級	中一	中二	中三	中四	中五	中六
No. of Classes 班數	4	4	4	5*	4	4

^{*} Due to an increased number of students in the Sha Tin area, an additional class was opened. 因應沙田區學生人數增加,加開一班。

As a whole-day EMI secondary school, with the exception of Chinese, Chinese History, Putonghua, Thinking Skills and Civic Education, Citizenship and Social Development, Citizenship, Economics and Society, Ethics and Physical Education, all other subjects are taught using English as the medium of instruction.

本校為全日制英文中學,除中國語文、中國歷史、普通話、思考方法與公民教育、公民與社會發展、公民、經濟與社會、倫理及體育科外,其他科目均以英語為授課語言。



Chinese Language 中國語文	· .	
	•	•
English Language 英國語文	•	•
Mathematics 數學	•	•
Mathematics Module 1 - Calculus and Statistics 數學延伸部份單元一(微積分與統計)		•
Mathematics Module 2 - Algebra and Calculus 數學延伸部份單元二(代數與微積分)		•
Science 科學	•	
Physics 物理		•
Chemistry 化學		•
Biology 生物		•
Computer Literacy 普通電腦	•	
Information and Communication Technology 資訊及通訊科技		•
Geography 地理	•	•
Economics 經濟		•
History 歷史	•	•
Chinese History 中國歷史	•	•
Economics, Accounting and Personal Finance 經濟、會計及個人財務	♦ #	
Business, Accounting and Financial Studies 企業、會計與財務概論		•
Ethics 倫理	•	* *
Citizenship, Economics and Society 公民、經濟與社會	* ~	
Thinking Skills and Civic Education 思考方法與公民教育	♦ ^	
Citizenship and Social Development 公民與社會發展		•
Putonghua 普通話	•	
Music 音樂	•	* *
Visual Arts 視覺藝術	•	•
Design and Technology 設計與科技	•	1
Home Economics 家政	•	1
Physical Education 體育	•	* *
Other Languages 其他語言		* *

- 註: 1 All Form 1 and Form 2 students are required to study Design and Technology and Home Economics alternately, with a swap by the end of the first term, while Form 3 students are only required to study either one. 所有中一至中二學生均須交替修讀設計與科技科及家政科,中三學生只須修讀其中一科。
 - 2 Besides the four core subjects, each senior form student studies three elective subjects. 每位高中學生除必修科外,須修讀三個選修科目。
 - ~ For Form 1 students only 只供中一學生修讀
 - * Non-HKDSE Exam subject 不參加香港中學文憑考試科目
 - # For Form 3 students only 只供中三學生修讀
 - for Form 2 students only 只供中二學生修讀
 - ★ Arranged for students to take courses offered by an external course provider 安排學生修讀校外課程

Enhance Teaching Effectiveness

重視教師專業發展,提升教學成果

All of the 58 teachers (including the Principal and one native English teacher) hold a bachelor's degree with teacher training qualifications. While 27 (46.6%) of our teachers hold a master's degree or above, 42 (74.1%) have over 10 years of teaching experience.

Appreciating the importance of lifelong learning, our teachers keep abreast of new pedagogies and take on new challenges through partaking in professional development opportunities such as seminars, courses, collaboration and experience sharing.

本校共有58名教師(包括校長及1名外籍英語教師),全部均持有學士學位師資訓練資格,其中27(46.6%)位更持有碩士或以上學歷。本校42名教師(74.1%)具有十年以上之教學經驗。

本校老師認同終身學習的重要,亦樂於認識新事物,接受新挑戰。除積極參與研討會或修讀其他專業課程外,同儕之間亦經常交流教學心得,以提升教學效能。









Enhance Learning Effectiveness

提升學習效能,從根基做起

Rapid technological advancement in the 21st century comes with significant challenges in nurturing students. In order to help students pursue excellence in the new era as self-directed learners, our school focuses on developing in students positive learning habits, effective critical thinking and communication skills and polishing students' language proficiency. Small classes for Chinese and English Language, and reading sessions are established in the formal curriculum. Students also improve their language aptitude through reading schemes, dramas, debates, speech training, celebrity talks and study tours. Oasis, the newly renovated library, provides a pleasant place for students to learn independently in their own time.

21世紀急促的科技發展,為教育界培育學生方面帶來重大挑戰,擁有良好的思考、溝通、語文、自學能力等尤其重要。為協助學生打好學習基礎,本校積極教授學生不同的學習技巧、培養學生良好的學習習。本校亦於正規課程內設中文及英文小班教學及閱讀課,透過有趣的教學方法及不同的活動,例如閱讀計劃、名人講座、話劇、辯論、演講及朗誦訓練、英語學習營及遊學團等,提升學生的語文能力。本校擁有設備齊全的圖書館,提供理想的環境讓學生進行自主學習。









Develop Students' Generic Skills through STEAM Education

推動創科教育,發展學生的共通能力

With a view to developing generic skills such as critical thinking, communication and problem-solving, our school has been promoting STEAM education since organizing the Young Scientist Scheme in 2004. Our school strives to teach students various modes of thinking and cultivate their problem-solving skills through systematic teaching activities. Additional resources are allocated to raise the research skills of scientifically-gifted students.

本校積極推動創新科技教育(STEAM Education)。早在2004年,本校開展了青年科學家計劃,通過教學活動,引導學生掌握多種思考方法,培養他們的解難能力,同時為具有創科潛力的學生提供額外的資源,以提升他們的能力,進行科創研究。



Our school implements STEAM education through classroom activities and interdisciplinary activities.

We incorporated STEAM elements into various subjects, allowing students to apply their acquired knowledge in practical situations through engaging in classroom activities. For example, in the Design and Technology curriculum, students learn how to use CAD/CAM to create prototypes and incorporate innovative elements in their projects through computer simulations of virtual reality/augmented reality (Unity - VR/AR) and artificial intelligence (AI). The curriculum integrates a rich array of STEAM elements. In the Computer Literacy curriculum, students learn to use software tools such as Microbit, SketchUp, Tinkercad, Photoshop, and Adobe Illustrator. In the Visual Arts curriculum, students learn to use computer drawing software to create graphic works.

本校的創科教育包括課堂活動和聯課活動。

本校於不同科目加入STEAM元素,透過有趣的課堂活動,讓學生將所學的知識應用於實際環境中。例如在設計與科技科課程中,學生學習如何運用CAD/CAM製作原型,透過電腦模擬建構虛擬實境(Unity – VR/AR)及人工智能(AI),再配合動手做的概念將創新元素應用於習作之中,課程中融入了豐富的STEAM元素。在電腦科課程中,學生學習使用Microbit、SketchUp、Tinkercad、Photoshop和Adobe Illustrator等軟件工具。在視覺藝術科課程中,學生學習使用電腦繪圖軟件製作平面作品。

Besides formal curricula, our school encourages students with STEAM talent to participate in various external competitions to broaden their horizons, enhance their confidence, and develop creativity, collaboration, and problem-solving skills. Our students have achieved excellent results and gained awards in major competitions such as the Hong Kong Science Fair, Smart@GWIN E&M IoT Application Challenge, New Millennium Robotic Challenge Cup 2023 (Al Combat), the "Sun Hung Kai Read Good Books" X "Future Engineers Competition" and Hong Kong Creative PR Competition 2023.

在聯課活動方面,本校鼓勵STEAM資優學生參加不同類型的校外比賽,以擴闊他們的眼界,提升自信心,培養創意、協作和解決問題的能力。本校學生曾在香港創科展、「智在Gwin」物聯網機電應用挑戰賽、新世紀機械達人挑戰賽2023、「新地齊讀好書」X「未來工程師大賽」和全港創意公關大賽2023等大型比賽中獲得了優異的成績和獎項。

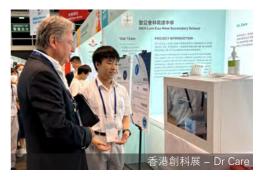












Furthermore, our school has established partnerships with major technology companies, research institutions, and tertiary institutions to provide students with internship and research opportunities. Through interactions with professionals, students can further broaden their knowledge and skills.

此外,本校與各大科技公司、研究機構及大專院校建立了合作關係,為學生提供實習和專題研究的機會,透過與專業人士交流,進一步拓寬他們的知識和技能。





With the support of the Quality Education Fund and Mrs. Monica Lam Huang, our school has established the Innovation Nurturing Ground, a dedicated facility for design and technology activities. With advanced equipment such as 3D printers, UV printers, interactive screens, and VR headsets, it provides a high-quality and sustainable environment to nurture students' STEAM skills and prepare them for future challenges.

本校獲優質教育基金及黃林美蓉女士贊助,建立設計與科技活動教學室(Innovation Nurturing Ground),引入先進設備,例如3D打印機、UV打印機、電子互動屏幕和VR鏡頭等,提供一個優質及可持續發展的環境,培養學生的創科技能,應對未來的挑戰。







Emphasize Spiritual Development

心靈轉化,生命更新

The school emphasizes spiritual development of students. Apart from regular morning prayers and social services, fellowships, Bible studies and annual camps are all geared to allow students to gain personal experiences through which they can learn more about the altruistic endeavors of Jesus Christ to serve others.

為了培育學生的靈性,本校舉辦各項活動。除了定期的早禱、社會服務外,還有團契、查經及週年營會。這不但有助學生在靈育方面的發展,更讓他們透過親身體驗,學習主耶穌服務別人的偉大情操。













Establish a Positive Outlook On Life

價值教育,確立學生正面人生觀

Besides spirituality, our school aims to instill in our students positive values: perseverance, respect for others, responsibility, national identity, commitment, integrity, care for others, law-abidingness, empathy, and diligence through activities such as morning assemblies, form periods, photo galleries and volunteer services, etc.

除了注重靈育外,本校更透過早會、班主任課、相片集及義工服務等不同的活動,以堅毅、尊重他人、責任感、國民身份認同、承擔精神、誠信、關愛、守法、同理心及勤奮為核心價值,培養學生良好的人生觀。













Serve the Community

服務學習,貢獻社區

Our school arranges for students of different forms to engage in community service. Through serving others, students become more empathetic and respectful to individuals with different needs in the community. Besides, through planning, implementing and participating in the activities, students learn to be more responsible and committed while reflecting on themselves and gaining inspirations.

本校安排不同年級的學生參與社區服務,從而培養他們的同理心,並學懂尊重社會上不同階層的人。此外,學生透過策劃、執行及參與服務,展現責任感及承擔精神,也能從中獲得啟發,並有所反思。











Nurture Leaders

栽培領袖, 由承擔開始

Our school is devoted to nurturing leaders. Through various leadership training programmes, students learn leadership skills. They are given opportunities to apply the knowledge through taking charge of student groups like Student Union, Prefect Team and interest groups, to organize events and activities independently.

本校十分注重培養學生的領導才能,透過不同的訓練,讓學生學習並掌握領導技巧。本校亦致力讓他們帶領各學生團隊、學會,籌辦學生會、興趣小組等活動,實踐所學,發揮領導才能。









Emphasize Diversified Co-curricular Activities

多元聯課活動,學校生活多姿彩

In addition to the Student Union, the Houses and services groups, our students are offered over 40 different interest groups encompassing every aspect from academics and arts to sports to enrich their school life and unleash their potential.

除了設立學生會、四社、服務團隊外,本校還設有學術、藝術、體育各方面超過四十多個興趣小組,豐富 學生校園生活之餘,亦藉此讓他們發展潛能。













Establish Platforms for Students to Showcase their Talents

建立平台,讓學生盡顯才華

Through holding large scale events such as V-shows, art shows and musicals, students showcase their talents, and thus build up confidence.

本校透過舉辦不同大型活動,例如綜藝表演、音樂劇、藝術作品展等,讓學生展示才華,建立自信心。











Life Planning for Unleashing Potentials

生涯規劃,發揮所長

Through form periods, talks, visits, workshops, Alumni Mentorship Programmes and workplace experiences, our school provides students from all forms with opportunities to understand their interests, strengths, ideals and aptitudes. These activities simultaneously aid students in making an informed decision by acquiring relevant skills related to further studies and employment.

本校為各級學生提供生涯規劃教育,透過班主任課、講座、參觀、工作坊、師友計劃及職場體驗等協助學生明白自己的興趣、能力、理想及性向等,亦同時協助學生認識有關升學及就業所需的知識和技能,為將來作準備。





Foster Class Spirit 團結精神,互相扶持

With a bi-class teacher system in Form 1 to Form 5, students are provided with better care. This also builds class spirit, allowing students to learn caring for others and grow together.

中一至中五均設雙班主任制,透過推動班本活動,建立團結精神,讓學生學會關顧他人、互相扶持,在關愛中成長。





Foster the Sense of National Identity

推動國家安全教育,提升國民身份認同

Our school is devoted to promoting national security education and fostering the sense of national identity through formal and informal curricula. Besides integrating national security elements into formal curriculum of different subjects, various activities such as flag raising ceremony, national security talks, Chinese Culture Week and mainland tours are organized to let students better understand the development of the nation so as to raise their sense of national identity.

本校致力透過正規及非正規課程以提升學生國家安全意識,並培養國民身份認同。除了將國家安全元素融入各科目外,本校亦積極舉行升旗禮、國家安全講座、中華文化週及內地交流團等活動,讓學生在多元的活動中了解國家的發展、提升國民身份認同。













Nurture National Pride

傳揚中華文化,培育民族情懷

Promoting Chinese culture is one of our key focuses. Through participating in various activities, students deepen their understanding of Chinese culture, and thus develop national pride and a sense of belonging to our nation.

本校透過舉辦不同活動,以傳揚中華文化,加深學生認識國家文化,並培育家國情懷。











Establish the All-Round Development Scheme for Whole-person Education 「致知力行」成長計劃,推動全人發展

The scheme aims to encourage students to set goals to develop their spiritual well-being, moral virtues, intelligence, kinaesthetics, gregariousness and aesthetics. Students participate in a wide variety of activities and service for bronze, silver, gold and diamond badges at their own pace and strive for excellence.

本計劃旨在鼓勵學生於靈、德、智、體、群、美各方面自發定立目標,並持之以恆地獲取銅章、銀章、金章及鑽石章,力臻至善。





The Lin Yee Min Outstanding Students Award for Recognizing Students' Achievements 林逸民傑出學生獎,表揚學生成就

The Lin Yee Min Outstanding Students Award is the award with the highest honour in our school. Awardees have to demonstrate overall outstanding performance in their academics, conduct, co-curricular activities and personal development, and excel at interviews.

林逸民傑出學生長乃本校最高榮譽獎項,得獎者必須在學業、操行、課外活動及個人識見等方面皆有傑出表現,並經遴選面試後選出。





Support for Form 1 Students

中一入學,全方位支援

Form 1 Orientation Day (Discipline and Guidance Committee) 中一迎新日(訓輔組)

Parents, students and teachers gather to aid Form 1 students in starting a new and enjoyable chapter of learning at our school.

家長、學生及老師聚首一堂、協助中一學生展開愉快的學習生活。





Form 1 Summer Bridge Programme (Cross-curricular Group) 中一銜接課程(跨學科小組)

Every summer, our school arranges a one-week summer bridge course to allow students to become acquainted with the school's history, background and culture. Additionally, the programme aims to cultivate a sense of belonging and responsibility in students, as well as to assist them quickly adapt to not only a secondary school life but also an English learning environment.

每年暑假,本校都為中一新生安排一星期的銜接課程,讓學生認識學校歷史、背景和文化,培養學生對學校的歸屬感和責任感,協助學生滴應以英語為主的學習環境,盡快滴應中學生活。









Passing on the Torch (Sheng Kung Hui Holy Spirit Church) 薪火相傳(聖公會靈風堂) Fellowship members work together to assist Form 1 students in adapting school life. 團契職員一同協助中一生適應校園生活。





Hand-in-Hand Peer Support Scheme (Life Education Committee)手牽手學長計劃(生活教育組)

This scheme allows senior students to help Form 1 students get accustomed to secondary school life. This strengthens communication between students and builds a caring school environment that promotes the spirit of mutual support.

本計劃旨在協助中一學生儘快適應中學生活。由中四及中五的學生擔任學長照顧中一學生,藉此加強不同年級學生的溝通,建立關愛校園,建立「友愛互助,勤學互勉」的精神。





Seminar for Form 1 Parents (Parent-Teacher Association) 中一家長學堂(家長教師會) Hosted by social workers or guest speakers, the seminar aims at helping parents better understand their children's learning needs in secondary school.

由駐校社工或嘉賓主講,旨在協助家長更了解子女升中的學習需要。





Mutual Support between Stakeholders

不同持份者攜手合作,互相支持

The school attaches great importance to the establishment of trusted partnerships with parents in order to work together to support students' growth. Every year, the Parent-Teacher Association (PTA), Discipline and Guidance Committee, the school social workers and the Holy Spirit Church regularly host parent seminars, workshops and parent-child activities to share their experiences in educating young people. The PTA also arranges parent volunteers to assist teachers in organising activities. This allows parents to not only showcase their talents, but also gain a better understanding of their children's performance at school.

Furthermore, the Alumni Association works to better connect our alumni, school, and students. Every year, the association hosts various alumni and student activities, such as Alumni Day, sports competitions, various interest classes, alumni sharing, mentorship programmes, and banquets as a part of the celebration of school anniversaries. In addition, the Beyond Limit Award Scheme, initiated and supported through donations by the association, encourages students to partake in open competitions as well as to develop and unleash their potentials.

本校重視與家長建立緊密而互信的伙伴關係,共同協助學生成長。每年,家教會與訓輔組、駐校社工及靈風堂合辦家長講座、工作坊及親子活動,以交流教育年輕人的心得。家教會亦組織家長義工,協助老師舉辦活動,使家長一展所長之餘,亦可了解學生在校的情況。

校友會致力聯繫校友、學校和學生,每年均舉行各種校友及學生活動,例如校友日、體育比賽、各類興趣班、校友分享、師友計劃,還有配合校慶而舉辦的大型晚宴。 由校友發起及捐贈的「超越之旅成長計劃」 ,旨在鼓勵學生多參與公開比賽,持續發揮潛能。









Student Achievement 學生成就



- 01 羅偉誠及黃卓韜同學榮獲MIT HK Innovation Node X tramplus獎學金。
- 02 胡焯謙、黃卓韜、羅偉誠、張雅婷及張雅欣同學榮獲明日公關人才大獎。
- 03 洪智豪同學榮獲Harvard Book Prize 2023冠軍,並於香港生物學素養競賽 (Hong Kong Biology Literacy Award 2022/2023)榮獲一級榮譽。
- 04 巫鋆澔及阮俊瑋同學於香港中學英文辯論比賽(Hong Kong Secondary Schools Debating Competition) 榮獲最佳辯論員(Best Speaker)。
- 05 夏朗同學於數學思維大激門、香港國際數學競賽初賽2023(香港賽區)及香港國際數學競賽晉級賽2023 (香港賽區)高中組金獎。
- 06 劉曉琳同學於真光女子數學邀請賽 (True Light Girls' Invitational Mathematics Contest 2022)榮獲 優等獎(Distinction)。
- 07 羅偉誠同學榮獲「智在GWin」物聯網機電應用比賽中學組冠軍。
- 08 本校STEM Society成員於新世紀機械達人挑戰賽2023(人工智能篇)中學組別榮獲冠軍、最佳策略獎及 最佳統帥獎。
- 09 梁正康同學於 CodeQuest International Hackathon 2022榮獲Global First Prize。
- 10 梁穎潼同學於青少年國際編程比賽(International Coding Elite Challenge 2023 CodeCombat Competition) 榮獲Top Coder。
- 11 張雅婷及張雅欣同學於「新地齊讀好書」X「未來工程師大賽」榮獲藝術科技初中組一等獎。
- 12 黃卓韜、胡焯謙、羅偉誠、區廸藍及沈晉賢同學於全港創意公關大賽2023榮獲高中組金獎。
- 13 劉思含同學榮獲第74屆校際朗誦節中二級女子英文詩詞獨誦冠軍,鍾晉燊及胡家榆同學榮獲中三級 男子英文詩詞獨誦冠軍。
- 14 何思穎同學榮獲第三屆全港校園導讀比賽冠軍。
- 15 吳睿翹同學榮獲香港卓越音樂家大賽2022中學初級組單簧管獨奏冠軍。
- 16 侯瓖洇同學榮獲國際聯校音樂大賽鋼琴七級組冠軍。
- 17 何美錞同學榮獲兒童繪畫倫敦參展賽中學組冠軍。

Student Achievement 學生成就



- 01 劉明睿同學於中國香港學界體育聯會沙田及西貢區中學校際游泳比賽榮獲男子甲組100米蛙泳及 50米蚌泳冠軍。
- 02 本校男子籃球隊於中國香港學界體育聯會沙田及西貢區中學校際籃球比賽榮獲男子丙組第二組亞軍。
- 03 本校女子籃球隊於中國香港學界體育聯會沙田及西貢區中學校際籃球比賽榮獲女子丙組第二組殿軍。
- 04 本校女子排球隊於中國香港學界體育聯會沙田及西貢區中學校際排球比賽榮獲女子甲組第二組亞軍及 女子乙組第二組殿軍。
- 05 本校男子手球隊於中國香港學界體育聯會沙田及西貢區中學校際手球比賽榮獲男子丙組第二組亞軍。
- 06 袁匡庭、賴盈盈、何樂謙及陸盼伊同學於香港學界足毽賽中學組榮獲女子團體賽(初級組)冠軍; 劉曉峰、歐敬謙、吳俊珀及黃若軒同學榮獲男子團體賽(初級組)冠軍,組內其他成員亦於多項 比賽屢獲佳績。
- 07 莊鎵漩同學榮獲屈臣氏香港學生運動員獎 2022/23。
- 08 袁匡庭同學於大埔區分齡乒乓球比賽2022榮獲混合雙打公開DM組冠軍,並於葵青區分齡乒乓球比賽 2022榮獲女子青少年FM組(雙打)冠軍。
- 2022年及入了百万年 (Mind (交)) / 尼平

 09 本校賽艇隊成員於全港中學校際比賽 中銀香港虛擬室內賽艇杯 (新界區) 榮獲優異成績 : 莊稼漩同學獲女甲第二名、江俊楠獲男乙第三名、周鈞霖同學獲男丙第六名、

陳晨頌同學獲女丙第十名,莊鎵漩同學更榮獲全港第七名。

- 10 鄧韻瑜同學於2023-2024全港單輪車賽障礙賽女子18吋組榮獲冠軍,並於障礙賽女子20吋組榮獲冠軍。
- 11 鍾倩媚同學於花式跳繩個人技術挑戰賽2023套路(七)榮獲冠軍。
- 12 黄梓軒同學於屯門區青少年邀請跆拳道賽2022品勢榮獲冠軍。

14 刁海玉同學獲選為2023年優秀女童軍。

- 13 廖嘉灏同學榮獲第十八屆「香港活力鼓令24式」擂台賽「醒獅鼓樂」組 少年創新獅鼓組冠軍。
- 15 周學謙、陳澤榮、林卓康及林卓言同學榮獲梁志堅主席盾 童軍技能比賽2023單項(繩結)冠軍及 全場總亞軍。



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Designed by Mok Mei Chun (85 2023-24)