



保良局何蔭棠中學

Po Leung Kuk Celine Ho Yam Tong College

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李劉慧珠題

PO LEUNG KUK

棠晴

星島製作：

SING TAO
新聞集團

2024-2025

校長專訪

保良局何蔭棠中學是保良局屬下津貼男女英文中學，秉承保良精神及「愛、敬、勤、誠」的校訓，着重培養學生優良品格、高雅情操及正確價值觀，達致「德、智、體、群、美」五育之均衡發展。

勞國樑校長第四年擔任何蔭棠中學校長，樂見學校持續發展。「能夠協助學生爭取佳績，令他們成功入讀心儀大學，利用知識改變命運，進而追尋自己的夢想，是本校使命。」勞校長以畢業生李鈺彤為例，她出身基層家庭，囿於匱乏的條件，沒有理想的溫習環境，幸好她善用學校資源，相約同窗留在學校晚上圖書館溫習至八時，寧靜的溫習環境、師長的鼓勵及同儕的扶持，令鈺彤克服客觀環境的挑戰。除此之外，辦學團體保良局設立不同的獎學金或獎助學金，為品學兼優或經濟有需要的學生提供幫助，鈺彤憑着堅毅不屈的精神、保良局及學校的支持下，最終成功在文憑試考獲3科5**佳績，成功入讀港大醫科，實現懸壺濟世的夢想。

為了讓學生發展潛能，培養自信，學校一直致力舉辦多元化活動，每年撥款超過二百五十萬，資助學生參加不同類型的活動及比賽，例如全費支付獲推薦的學生參加本地大學的資優課程、所有樂器班導師費、校隊教練費等。本年學生遠赴巴黎參加國際基因工程機器大賽(iGEM)，校方亦資助每位學生七成團費，勞校長更預告本年將會資助學生到大阪參觀世界博覽會，參加世界矚目的國際盛會，拓寬學生視野。勞校長期望，只要學生願意參與、願意嘗試，不希望學生因為經濟環境的掣肘，而無緣參加比賽或活動，局限個人的發展和潛能。

除了各方面措施外，學校多年來致力營造良好的



勞國樑校長

學習環境，今年開設「明德書舍」，書舍裝潢極具中華文化氣息，期望透過耳濡目染，進一步加深學生對中華文化的認識和認同感。勞校長表示：「書舍內的《禮記·大學篇》提到：『大學之道，在明明德、在親民、在止於至善』，勉勵學生要追求高尚的品德和情操，力臻完善，止於至善。」同時，舒適幽靜、景色怡人的Celine Garden已正式開放，花園鋪設人工草地，設計不同組合的休憩區域，為學生提供一個休憩、溫習及促膝聚會的好地方。學生置身其中，放鬆心情，身心得以舒展，和三五知己盡情享受悠閒時光。

學校在各方面不斷求進，力臻完善，備受區內外家長認同，12月上旬的升中資訊日，吸引了近兩千位家長及學生出席，勞校長感謝各界對學校發展的信心和認同。「我們會不斷努力，帶領學生追求卓越，擁有國際視野；培育學生優良品格，讓他們成為堅毅自信、貢獻社會的保棠人。」

2024香港中學文憑試成績及升學表現

考獲本地學士課程「332A+2」最低入學要求

PLKCHC

87%

全港平均約
39%*

入讀八大院校學生中，入讀四大院校
(HKU、CUHK、HKUST及PolyU)
學生百分比

70%

經JUPAS入讀本地學士學位課程

PLKCHC

86%

全港平均約
40%*

物理科及生物科優良率

PLKCHC

超過 80%

全港平均約
47.5%*

*根據考評局及JUPAS資料

PLK Celine Ho Yam Tong College Shines Again in iGEM

PLK Celine Ho Yam Tong College has joined the renowned worldwide synthetic biology competition, The International Genetically Engineered Machine Competition (iGEM), for the fifth year. This year, the competition was held on 23-26 October 2024. Over 9,000 participants from more than 400 teams across the globe competed for medals and awards in Paris, France, by designing, building, and testing projects using cutting-edge synthetic biology.

By using synthetic biotechnology to modify *Escherichia coli* once again and to turn it into a biosensor that automatically detects heavy metals, PLK Celine Ho Yam Tong College was once again awarded the title of “Global Top Ten High Schools”, keeping the record as the only team to win this prestigious title in Hong Kong. Moreover, it marks the third time for PLK Celine Ho Yam Tong College winning the “Gold Award” after their wins in 2019 and 2023.

PLK Celine Ho Yam Tong College continued its triumph with the “Global Best Hardware” award. At the final stage, all participating iGEM teams were required to write a wiki webpage and presented their project to a panel of 6 scientists with doctoral degrees, and PLK Celine Ho Yam Tong College was nominated for having one of the best wiki webpages in the competition.



Members of iGEM Team

“It’s a high-standard competition, with lots of knowledge required to learn by ourselves. Winning these awards was an acknowledgement of our efforts. With the chance to present to people all over the world, we feel more confident and bold.”



Highlights of iGEM 2024 ▶



Mr. Fan Kei Chu, the Biology panel head

“The DSE syllabus covers little about the function of *Escherichia coli* and the foundations of genetic engineering. Students had to do research themselves and interview university professors. They eventually found out that it’s easy to cultivate and eliminate *Escherichia coli* at a low cost, bringing no harm to humans as well as the environment.”

Achievements in STEAM

PLK Celine Ho Yam Tong College established an S-team formed by their students many years ago. Over these years, they have engaged in various activities, helping students develop their own interests and continue their learning outside the classroom to enrich their knowledge of STEAM.

CUHK – Secondary School Coral Nursery Programme

Mr. Fan Kei Chu, the Biology panel head, believes that by participating in this programme, students can gain a solid understanding of the actual living environment and its effects on society. “Students will be able to broaden their horizons, build their confidence, and become more extroverted.”



Lau Hau Yin (4C), Kong Chun Long (4A) and So Tsz Long (4A)

“Pollution leads to coral bleaching, killing corals all over the world. By farming corals in our laboratory and transplanting them back to Tolo Harbour, we can help ensure the continuation of the local coral reef ecosystem.”



▲ For more information

Joint School STEAM Study Tour in Germany

This year, PLK Celine Ho Yam Tong College held a joint school study tour to Germany in July. It provided a chance to broaden students’ STEAM knowledge through site visits in Berlin, Munich, and Nuremberg.



Yau Hoi Ki (4C), Cai Suet Ying (4C) and Lin Shimin (4A)

“This tour broadened our knowledge of STEAM and also about Germany. It’s amazing to see every single element displayed in the Deutsches Museum. Also, we could see that the manufacturing process has improved significantly and become more efficient nowadays.”



Mr. Yeung Chi Hang, the coordinator of S-TEAM

“Germany is a technologically advanced country. Our students learnt about environmental protection concepts such as heat management, air circulation, and rainwater harvesting from recycling centres and Allianz Arena, the home of Bayern Munich. They applied these concepts in a STEAM competition in December and won the gold award among competitors from over 50 colleges. I was also touched by the growth of the students.”



Outstanding Students in PLK Celine Ho Yam Tong College

It's important to develop students' potential in both academic and non-academic fields. Thanks to their efforts, PLK Celine Ho Yam Tong College has achieved marvelous results this year.

Champions of The Schools Challenge Hong Kong 2024

Team Tathagata Buddha invented the 'Green Light Turns Red in the Blink of Eyes,' an AI-installed pedestrian crossing system that identifies people in need and adjusts the green light duration accordingly.

Leung Tsz Yan (4C), Chan Michael (4C) and Tsoi Yan Hui (4C)

"For elderly individuals or those with disabilities, scanning an Octopus Card to extend the green light duration can be quite troublesome, and sometimes they may not have enough time to cross the road. Our invention is designed to address this issue. Being able to use the knowledge we've gained to help those in need and improve our society is also our goal."



1st Runner-up of The Schools Challenge Hong Kong 2024

Team BSF Bugs Service invented the "Waste Reduction at Source: Food Waste Recycling by BSF" with an IOT system that monitors the temperature and pH value to ensure the growth of black soldier flies, which could be an ideal species to process food waste without transmitting disease.

Lee Yin Ning (3A), Cheung Lok Yin (3C) and Ngan Chi Ki (3B)

"We would like to express our sincere gratitude to Mr. Fan and our school for their support. This project not only addresses the issue of excessive food waste in society, but it also taught us that the knowledge we gain in our daily classes can be applied to improve our society."



Awards in Inter-school Swimming Championships:

Chan Pak Wang(2C) - Champions in Boys C Grade 100m Freestyle and 50m Freestyle

Lee Hiu Pang(1D) - 1st Runner-up in Boys C Grade 200m Individual Medley and 50m Butterfly

"Our school and teachers have always been very supportive of us. In addition to the teachers dedicating extra time for training, the school has also hired additional instructors to guide us, helping us to unlock our potential, challenge ourselves in competitions, and ultimately achieve excellent results."



Hong Kong Outstanding Civic Education Officers in "Hong Kong Inter-School Civic Education Officer Competition"; Gold medal in "Love Our Home, Treasure Our Country - Inter-school Chinese Style Drill Flag-raising Competition"

So Yu Ching (5C)

"Our school has placed a strong emphasis on civic education, providing me with opportunities to participate in activities such as foot drills, flag-raising, and sister school exchange tours in the mainland, which enhanced my understanding of our country and its development. Thanks to the support of my teachers and the school, I advanced to become a senior member of the Immigration Department Youth Leaders Corps last year and achieved the Hong Kong Outstanding Civic Education Officers award in the Hong Kong Inter-School Civic Education Officer Competition."



近年傑出校友

陳亮言

香港大學
內外全科醫學士



「多年來，學校積極鼓勵我和其他同學參加各類比賽，讓我有機會展示自己的學習成果。在這些比賽中，我成功獲得了多項獎項，這不僅鞏固了我追求卓越的決心，還為公開試定下了清晰的目標。此外，老師們的悉心指導和鼓勵對我的成功也起到了關鍵作用。他們不僅在學術上提供了寶貴的建議，還在生涯規劃上給予支持，學校定期舉辦的講座和工作坊，邀請專業人士和醫科校友分享經驗，讓我的視野得以拓展，也激發了我對醫學的熱情。正是這些因素，使我積極學習，最後順利進入港大醫學院，實現了我的夢想。」

李鈺彤

香港大學
內外全科醫學士



「母校為我提供了一個良好的學習環境。例如環境優美的圖書館開放至晚間八點，讓我能夠專心溫習，並且有科任老師在場，方便我隨時向他們提問，解決學習上的疑難。另一方面，學校也鼓勵我在學期間參加各類資優課程，其中在中五時參加了由香港大學舉辦的醫學資優課程，令我樹立了人生目標，最終經過努力，成功入讀港大醫學院，實現了懸壺濟世的夢想。」

伍尚燁

北京大學數學學院
金融數學系



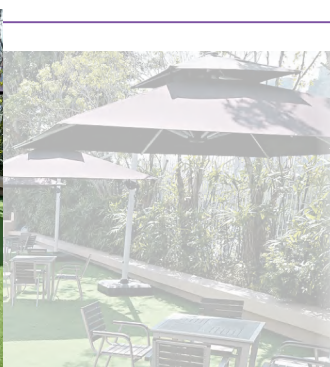
「能夠成功入讀北大，實有賴於母校定期舉辦各類升學講座和面試培訓，以及在升學申請期間老師的支持和寶貴建議。此外，母校學術氛圍濃厚，老師知道我對數學有着濃厚興趣，鼓勵我深入研究金融數學的各個領域，並提供個別指導，讓我在學術上不斷進步。正是這些支持，讓我能夠追尋夢想，進一步拓展未來。」

學校全新設施

明德書舍

明德書舍為何蔭棠中學新設立的中華文化室，書舍命名來自《禮記》中《大學》篇中首句「大學之道，在明明德，在親民，在止於至善」，這是儒家思想中做人立身處世的基本道理，期望每位保棠學生都能以發揮自己最高道德修養為宗旨，亦希望學生培養出良好品德之餘，更能推己及人、感化他人。

「明德書舍」內有中華傳統擺設和展品，定期會舉辦中華文化活動，如書法、茶藝等，讓學生對中華文化有全面認識，提升學生對學習中華傳統文化的興趣，並加強學生國民身份認同。



Celine Garden

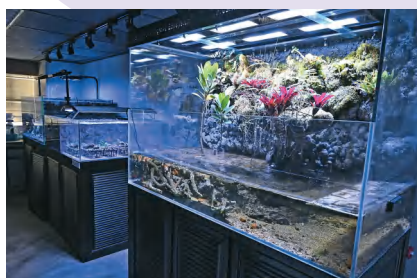
為讓師生擁有一片綠化的休憩區域，何蔭棠中學於12月開設了全新的Celine Garden。花園由老師精心設計，透過鋪設人工草地、放置多張戶外桌椅、籐椅及太陽傘，並栽種了各式各樣的植物，為師生提供一個親近大自然的機會。學生置身其中，不但能享受清新空氣和鳥語花香的景色，亦有助舒展身心、放鬆心情、緩和學習情緒，更是和三五知己休憩、溫習及促膝談心的好地方。

學校設施

保良局何蔭棠中學是千禧校舍，特設多間特別室，為學生提供多元化、全方位教學活動，促進學習效能。2024年不但翻新了網球場，更增設了明德書舍及Celine Garden，務求讓學生有一個更完善及更舒適的學習環境。



圖書館



海洋生態實驗工作室



魚菜共生實驗工作室



未來教室



演辯廳



語文天地



Celine Café



健身室



中央場(七人足球場及田徑跑道)



網球場



乒乓球場



冷氣食物部

保棠展覽廳

愛
敬
勤
誠

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