



保良局何蔭棠中學

Po Leung Kuk Celine Ho Yam Tong College

崇內堂外 PROSPECTUS

—2025-2026—

*Celine Ho
Maker Space*



PO TONG'S
REMARKABLE
JOURNEY IN iGEM:

GLOBAL TOP TEN

GOLD MEDAL

GLOBAL BEST HARDWARE AWARD

GLOBAL BEST WIKI AWARD

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School Sponsoring Body — Po Leung Kuk

辦學團體 — 保良局



保良局於 1878 年成立，以「保赤安良」為宗旨。保良局屬下約 300 個單位遍佈全港各區，由幼至老，為市民提供多元化及優質的社會、教育、康樂、文化服務及醫療及綜合健康服務，平均每年服務超過 80 萬人次，屬校學生逾 4 萬 5 千人。

Po Leung Kuk was founded in 1878, serving with the objective of "Protecting the young and the innocent". Po Leung Kuk provides multifaceted and quality social, educational, recreational and cultural services to people of all ages in the community through its 300 service units. Every year, the Kuk serves over 800,000 people on average, including about 45,000 students of its affiliated schools.

保良局辦學理念

Kuk's Mission

我們以「愛、敬、勤、誠」為屬校校訓，為學生提供充實知識、訓練技能及鍛鍊體格的機會，亦著重培養學生優良的品格，高雅的情操及正確的人生觀，以達致「德、智、體、群、美」五育之均衡發展。

"Love, Respect, Diligence and Integrity", the motto of Kuk's affiliated schools, places great emphasis on educating the young, nurturing the morality and helping them achieve "Cognitive, Aesthetic, Social, Physical and Moral development." Our students are therefore encouraged to engage in community service, which could foster their sense of national identity, as well as adopting an open-minded attitude towards different issues.

保良局屬校校董會是沒有政治、宗教背景的辦學團體，在不影響教學秩序及不抵觸法律的大前提下，各種思想、見解、宗教都可在校內共同存在。我們鼓勵學生參與社會服務，培養對國家民族的感情和責任，對事物採取客觀開放的態度。

The Kuk is a non-political and non-religious sponsoring body, of which different thoughts, ideas and religions co-exist under the condition that the law shall not be violated and the teaching order shall not be disrupted.

Vision and Mission of Po Tong

保棠願景及使命

願景及使命 Vision and Mission

本校秉承保良局一貫的辦學宗旨，著重學生德、智、體、群、美五育的全人發展，培育學生高雅的情操和正確的人生觀。教學方針以引導、啟發為主，提高學生的學習興趣及發掘學生的潛能。本校校訓乃「愛、敬、勤、誠」，期望學生能學習互相尊重，積極向上。本校亦十分重視提升學生的兩文三語水平，更要求學生具備高層次的邏輯思維及表達技巧。

We adhere to the mission and vision of Po Leung Kuk, placing great importance on students' balanced learning including moral, intellectual, physical, social and aesthetic education, and nurturing students to develop nobleness and a positive outlook on life.

The mission is to enhance students' interest in learning and unearth their potential by means of inspiration. Our school's motto is "Love, Respect, Diligence and Integrity"; it is hoped that students can learn to respect and strive for excellence. The College nurtures students to become biliterate and trilingual individuals equipped with high-order thinking skills and remarkable presentation skills.

校長的話 Principal's Message

「修身立德顯關愛，追求卓越展潛能，積極正面饋家國」是每一位保棠人的特質。

保棠不斷力求創新，永不停步，保棠是保良局屬下的津貼男女英文中學，秉承保良局辦學方針，實踐「保良精神」，教導學生「愛敬勤誠」的良好價值態度；保棠重視雙語教育，學生擁有良好的語文及表達能力，中英兼擅；保棠學習氣氛濃厚，學生孜孜追求學科知識，成績卓越。

保棠擁有一班經驗豐富且具熱誠的教學團隊，不斷力求創新，永不停步，積極引導每位學生熱愛學習、發揮潛能，在瞬息萬變的年代脫穎而出，成就理想；保棠師生關係良好，讓學生在信任、關懷、尊重的氛圍下成長，建立良好的價值觀，成為回饋社會、心繫家國的好青年。

在未來的日子裡，我們定必繼續肩負作育英才的責任，傳承保棠優良傳統及文化，成就一代又一代的保棠人。

勞國樑校長

"Self-cultivation, moral integrity, and care for others; the pursuit of excellence and the development of potential; actively contributing to family and country" are the qualities of every student at Po Tong. Through diverse and high-quality education, we enable students to achieve holistic development.

Po Tong, a subsidized co-educational English secondary school under the Po Leung Kuk, is committed to continuous innovation and improvement. We uphold the organization's educational philosophy and embody the "Po Leung Spirit," instilling in our students the values of Respect, Diligence, and Integrity. Our emphasis on bilingual education ensures that students develop strong language and communication skills in both Chinese and English. With a vibrant learning atmosphere, students are motivated to diligently pursue academic excellence and consistently achieve remarkable results.

In addition, our dedicated and experienced teaching team actively guides each student to develop a love for learning and unleash their potential. In today's rapidly changing world, we equip students with the skills to stand out and achieve their aspirations. The positive teacher-student relationships at Po Tong create an environment of trust, care, and respect, allowing students to develop strong values and become responsible, community-minded individuals.

In the future, we will continue to take on the responsibility of nurturing talent, passing down the excellent traditions and culture of Po Tong, and shaping generations of Po Tong students.

Mr. Lo Kwok Leung
Principal

The History of Po Tong



2001-2002

Established in 2001

2003-2004

The Guidance & Discipline Section of the Education Bureau acknowledged the ethos of the College, affirming the school policies and diversity of activities, in recognition of its care for the needs of students.



2010-2011

- The College was approved the use of English as the medium of instruction since 2010 (except Chinese, Chinese Literature, Putonghua and Chinese History).
- Completion of Po Tong Exhibition Hall
- In the External School Review Report of the Education Bureau, 'Management and Organization', 'Learning and Teaching', 'Student Support and School Ethos' and 'Student Performance' were rated Excellent or Good.



2012-2013

Establishment of the Parent-teacher Association



2016-2017

The Focus Inspection of Chinese Language by the Education Bureau acknowledged the effort put in the implementation of its various policies.

2021-2022

- The Focus Inspection of Humanities Subjects by Education Bureau acknowledged the effort put in the implementation of their various policies.
- Awarded for 3 consecutive years (1 Gold Medal and 2 Bronze Medals)— International Genetically Engineered Machine Competition (iGEM) by Massachusetts Institute of Technology (MIT)



2024-2025

- Awarded Gold Medal, Top 10 Global High School Teams and Global Best Hardware Award in 2024 iGEM
- Mr & Mrs Boondy Pong Kwok Boon Hall Dedication Ceremony



2004-2005

- All F.1 students were in band one.
- Among all the 14 indicators of the External School Review Report of the Education Bureau, 13 of them were rated Excellent or Good, including 'Student Development and Support', 'School Culture' and 'Resource Allocation and Management'.



2006-2007

Establishment of the PLKCHC Incorporated Management Committee



2007-2008

The Focus Inspection of Physical Education by the Education Bureau acknowledged the effort put in the promotion of the subject and its policies.

2022-2023

- Formed sister school partnership with 3 schools in the Mainland
- Establishment of Alumni Association



2023-2024

- Gold Medal and Top 10 Global High School Teams in 2023 iGEM
- Formed sister school partnership with a school in the Mainland



Celine Ho Maker Space

Po Tong Students Shine at Prestigious iGEM Competition, Clinching Top Global Honors

Paris, 2024 – At the globally renowned International Genetically Engineered Machine (iGEM) Competition, over 400 teams and 9,000 students from around the world gathered to compete. Our school's team achieved remarkable success, winning three major honors:

- **"Global Top Ten" Teams for Two Consecutive Years**

The only secondary school in Hong Kong to accomplish this, demonstrating sustained excellence in research.

- **Gold Medal – Following victories in 2019 and 2023**

The team secured its third gold medal, proving that their success is no coincidence.

- **Global Best Hardware Award**

With their self-designed research device, the team outperformed numerous international competitors, becoming the only secondary school to win this award.

In addition, the team's Wiki was nominated for **Global Best WIKI Award**, reflecting their rigorous scientific documentation and digital design skills.



Reference video for
2024 iGEM



From Zero to One: The Joy of Scientific Exploration

For the participating students, iGEM is more than a competition—it is a journey of "from zero to one".

The team's research goal was clear: to develop a low-cost, compact, and easy-to-use heavy metal detector, addressing the market gap where similar products are either expensive or inaccurate, and providing society with an affordable yet reliable option.

After nearly six months of dedicated work, they successfully genetically engineered E. coli to detect heavy metals and produce distinct chromoprotein signals. Combining this with AI and IoT technologies, they ultimately developed a device for measuring heavy metal concentrations—Metalytic.

Yet, success was no accident. Designing Metalytic required expertise spanning genetic engineering, AI, and computer programming, well beyond the secondary school curriculum. To overcome the challenge, students self-studied extensively and sought guidance from teachers, university professors, environmental specialists, and even traditional Chinese medicine practitioners. They conducted six street surveys, collecting feedback from over 100 citizens on testing heavy metals in food to ensure their device addressed real societal needs.

The product underwent continuous optimization in the lab, with every adjustment bringing it closer to perfection. Ultimately, the team transformed their concept into a feasible product, earning the Best Hardware Award at the Paris competition—the first among secondary school teams worldwide.

Students shared that when the results were announced, all their hard work transformed into a profound sense of joy and achievement. In that moment, they truly understood that the value of research lies not only in results but in the courage to explore and the persistence to persevere.

Looking ahead, the students believe this experience will serve as a vital foundation for their future. Throughout the preparation process, they have developed critical thinking, problem-solving, and teamwork skills, all of which will benefit them in further studies and career development. Additionally, interacting with top young scientists worldwide have broadened their international perspective and reinforced their belief that scientific research can be a powerful force for global change.





Enhanced Research Environment Fosters Innovation

Mr. Fan, Head of STEAM Education

"Students winning awards at an international competition demonstrates their research potential and resilience. In recent years, the school has continuously invested in research resources. In addition to existing facilities such as an Aquaponics Laboratory, a Mangrove Ecological Simulation System, and a Reptile House, the school has launched the new **Celine Ho Maker Space and PLKCHC Innovative Lab** this year, equipped with advanced and cutting-edge tools. These resources not only elevate students' research capabilities but also broaden their learning horizons. With these enhanced facilities, we hope our students can achieve even greater success in future competitions, further advancing our school's research standards and nurturing a new generation of scientists with global vision."



Black Soldier Fly Food Waste Recycling

This program comprises three interconnected components: Black Soldier Fly Food Waste Recycling, Organic Farming, and the Reptile House. By integrating interdisciplinary curriculum content, it provides students with a diverse and immersive learning experience. Activities include visiting local black soldier fly farms, participating in workshops at City University of Hong Kong, caring for reptiles, and engaging in organic cultivation.

Mangrove Ecological Simulation System

By collecting wetland organisms and mangrove seedlings, the mangrove ecosystem simulation replicates environment of a mangrove wetland. Students can closely and continuously observe interactions between mangrove plants and various species, helping them gain knowledge about ecological conservation and biodiversity.



Mushroom Cultivator

Students can adjust the light intensity, humidity, and temperature of the mushroom cultivation machine to study how different environmental factors affect the growth rate and yield of edible fungi.



Aquaponics Laboratory

Under the guidance of research team members, students learn to cultivate vegetable seedlings within the aquaponics system. By observing the growth process of seeds, students develop a deeper understanding of plant life cycles and the nitrogen cycle.

Celine Ho Maker Space

The Celine Ho Maker Space is our school's newly established STEAM innovation studio, designed to inspire creativity and scientific exploration. Equipped with the latest high-performance computers, professional-grade 3D printers, high-precision laser cutters, large high-definition displays with interactive touchscreens, VR/AR immersive devices, and advanced electronic soldering and mechanical assembly tools, it provides students with an ideal platform that blends technology and creativity. Here, students can engage in scientific experiments, engineering design, coding, and product prototyping, while interdisciplinary collaboration and hands-on practice significantly enhance their problem-solving skills, creative thinking, and teamwork skills.



PLKCHC Innovative Lab

The PLKCHC Innovative Lab is a newly built multi-functional computer room designed to foster interactive and collaborative learning. It features flexible, movable furniture that allow students to work in groups, conduct project-based learning, and engage in a variety of discussions and activities. The lab also houses a fully equipped campus TV with advanced live-streaming and recording equipment, enabling students to gain hands-on experience in media production and live broadcasting while developing communication skills. In addition, the lab is outfitted with the latest high-performance student computers, providing robust support for digital creation, programming, and research activities, thereby enhancing both learning efficiency and innovation capacity.



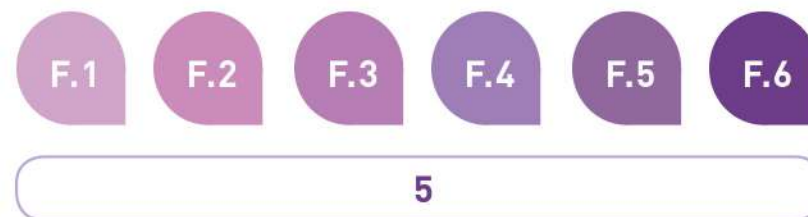
Teaching & Learning — Class Structure and Medium of Instruction (MOI)

學棠 — 班級結構及教學語言

班級結構 Class Structure

級別
Forms

每級班別數量
Number of classes in each form



教學語言 Medium of Instruction

本校為一所全英語授課的學校，除了中國語文、公民與社會發展科、中國歷史、普通話、中國文學外，其他科目均以英語授課。

As an EMI school, apart from Chinese Language, Citizenship and Social Development, Chinese History, Putonghua and Chinese Literature, English is the medium of instruction in all subjects.



Teaching & Learning — An English-rich Learning Environment



To maximise students' exposure to authentic English, our school has invested around 2.5 million dollars every year in enriching the English learning environment in our school and providing students with different English learning experiences.

Native English Teachers (NETs) and Tutors

Apart from having NETs to teach in regular lessons, some native English tutors are also employed to offer some authentic English courses including conversation-based activities, debates and public speaking. The NET-student ratio is around 1:10.



Study Tours

Our school has held different study tours overseas. Destinations include Australia, the UK and Singapore, which provide students with precious opportunities to learn authentic English outside the classroom.





Teaching & Learning — An English-rich Learning Environment



English Club

Our school has invested around 20 thousand dollars in employing Native English Tutors to conduct small-group activities in order to both enhance students' English speaking skills and broaden students' horizons by letting them get exposed to different cultures. The NET-student ratio is around 1:5-8.



English Day Camp

Every year, our school invests a fortune in hiring 5 NETs to conduct whole-day English activity sessions on Saturdays that are particularly offered to junior form students. The NET-student ratio is about 1:15.

English Ambassador Programme

Elite students from each form are selected as English ambassadors, who have the privilege to join a writing programme, assisted with an artificial intelligence platform. Not only does it prepare them for various duties assigned but also boosts their confidence in using English. Throughout the year, they act as role models for other students and take the initiative to use English around the campus. Also, they help out in various functions like Inter-class Debate Competitions, Public Speaking Programme and Speech Day.



English Week

With the theme 'Cultural Mosaic@ Po Tong', activities held in the English Week aim at enhancing students' logical thinking skills and interest in learning English through games and competitions, parts of which are "Stand-up Comedy", "Minute to Win It", "Student Talent Session", "Pakistani Cricket Workshop", "Henna Workshop", "Venezuelan-Style Arepas Cooking Workshop", etc.

English Enrichment Programme

To further strengthen students' abilities to give speeches in public, several English-speaking events including Public Speaking Contests and Debate Competitions are held to let students present a particular topic or debate on a certain motion.

Extensive Reading Programme

To cultivate a reading habit, students are provided with a wide range of online academic and daily-life passages to choose from. A reading club, hosted by NETs, is also available for students to share their thoughts and feelings after reading. English teachers and ambassadors also recommend books they like in book exhibitions held in the newly-renovated library.

Public Speaking Programme

This aims to enhance students' confidence in speaking English. Each class has to form small public speaking groups, who will be sent to the school hall or different classrooms during the assemblies to make a presentation. The scripts, prepared by students themselves, are given to teachers for feedback after their presentations.



Phonics Course for Form 1 students

Our school invests over 20 thousand dollars to purchase a phonics course from a professional institution in order to provide Form 1 students with a pronunciation course which helps them polish their English speaking skills.

Teaching & Learning

Gifted Education

Our school is devoted to helping our students develop their potentials to the maximum level. Every year, in order to offer quality gifted education to our students, our school invests a fortune to pay tuition fees of different gifted education programmes organised by the University of Hong Kong, the Chinese University of Hong Kong, the Hong Kong University of Science and Technology, and The International Education Research Center.

Different Gifted Programmes our students enrolled



Programmes for the Gifted & Talented

Workshop on Debate and Public Speaking Skills

Biochemistry and Disease III

Introduction to Video Storytelling and Practices

Adventures in Mathematics

Great Discovery in Archaeology – China and Hong Kong Relics

The Origin and Evolution of English Letters

Science, Innovation and Problem Solving

Love-to-Write: Portraying Characters with an Enchanting Pen



Academy for the Talented

Legal Academy Student Chapters 2025



The Center for the Development of the Gifted and Talented

Physics Level 1



The Hong Kong Academy for Gifted Education

Leadership Aspect

Visual Art Aspect



3A CHOW HO SHING RAX

The Science, Innovation and Problem Solving course, anchored in systematic thinking training, has equipped me with a scientific framework for deconstructing complex realities. Through rigorous application of the scientific methodology – observing phenomena, formulating hypotheses, and validating inferences – I have honed multidimensional analytical capabilities and logical dialectical thinking. Furthermore, the course cultivates innovative perspectives to penetrate problem essences, enabling me to precisely pinpoint root contradictions via cross-disciplinary knowledge integration, thereby constructing solutions that embody both logical soundness and groundbreaking creativity. This systematic competency spanning from causal analysis to innovative resolution establishes a cognitive framework for tackling unforeseen challenges.



5A CHAN HAU YI

Immersed in dynamic lectures led by experienced marketing practitioners, I explored the strategic dimensions of CUHK's Marketing in the Real World programme. Through dissecting hyper-targeted social media advertisements, deconstructing brand management frameworks, and analyzing real-world consumer data simulations, the course transformed everyday commercial phenomena into compelling learning laboratories. This intensive immersion not only unveiled the science behind personalized customer experiences and market positioning strategies but also ignited my drive to translate theoretical insights into measurable market impact.



Small Class Teaching

Our college has always attached great importance to the enhancement of teaching and learning effectiveness

Approximately
\$5,000,000
allotted
Every Year



Additional Teachers and Teaching assistants



Additional Small Classes



Teacher-Student Ratios Improved to 1:4



學業 — 學術週

保棠每年都會舉辦不同主題的學術週，主題涵蓋面廣闊，不但有不同的科目內容，活動的類型和形式也包羅萬有，曾經舉辦包括社術週、英文週、中文科學電腦週、數理週等。在學術週活動期間，學生既能在大型開幕典禮中一展身手，展現才華外，還會參加寓學習於遊戲之中各式各樣的攤位活動。



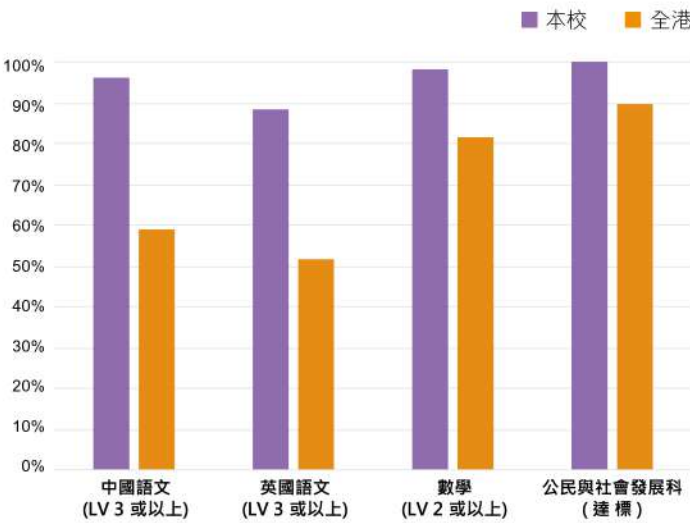
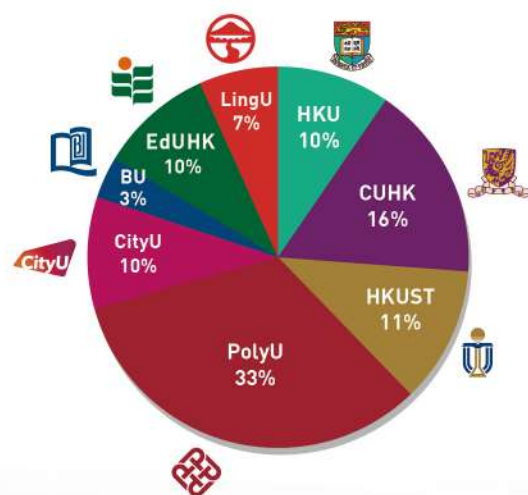
保榮畢業生

本校學生於 2025 年香港中學文憑試成績及大學升學概況

核心科目取得「332A」

本校 90.5%
全港 38.4%

2025 教資會資助大學 (8 大院校) :



經聯招入讀學士學位課程

本校 89%
全港 36.53%



本校各科優良率：



2025 文憑試摘星名單

考獲 5**/5* 學生

- 鄭津頌 ★ 康博為 ★ 李慧儀 ★ 朱倍儀 ★ 李卓彥 ★
- 陳駿然 ★ 陳柏濤 ★ 張子龍 ★ 林栢熙 ★
- 陳遨天 ★ 蔡瑋洛 ★ 馮俊傑 ★ 馮家儀 ★ 何家盈 ★
- 黎智榮 ★ 林滌瑜 ★ 羅健成 ★ 李衍昇 ★
- 黃思華 ★ 黃旭濤 ★ 余子齊 ★ 袁啟皓 ★ 周琳昊 ★
- 卓苑雯 ★ 譚凱瞳 ★ 曾思惠 ★ 謝海慧 ★



保棠畢業生

保棠醫科之星



劉旭斌

修讀學系：香港中文大學內外全科醫學士
DSE 成績：5 科 5**，2 科 5



岑旻晉

修讀學系：香港大學內外全科醫學士
DSE 成績：4 科 5**，1 科 5*，2 科 5



周餘澤

修讀學系：香港大學內外全科醫學士
DSE 成績：3 科 5**，3 科 5*，1 科 5

蔡文涵

修讀學系：香港大學內外全科醫學士
DSE 成績：3 科 5**，3 科 5*



郭培樂

修讀學系：香港大學內外全科醫學士
DSE 成績：3 科 5**，2 科 5*，1 科 5



梁子健

修讀學系：香港大學內外全科醫學士
DSE 成績：3 科 5**，2 科 5*，2 科 5



李鈺彤

修讀學系：香港大學內外全科醫學士
DSE 成績：3 科 5**，2 科 5*，1 科 5



謝富鏞

修讀學系：香港中文大學內外全科醫學士
DSE 成績：3 科 5**，1 科 5*，1 科 5



余育霖

修讀學系：香港大學牙醫學士
DSE 成績：2 科 5**，2 科 5*，3 科 5



陳亮言

修讀學系：香港大學內外全科醫學士
DSE 成績：2 科 5**，2 科 5*，2 科 5



陳遨天

修讀學系：香港中文大學內外全科醫學士
DSE 成績：2 科 5**，3 科 5*，2 科 5



陳晃志

修讀學系：香港大學內外全科醫學士
DSE 成績：1 科 5**，4 科 5*，1 科 5



保棠領袖

本校致力提供多元化活動，發掘學生潛能，讓不同特質的學生也能從中展示獨特一面。學生在保棠歲月中，或動或靜，有著不同的體驗及經歷。除能盡展所長外，為保棠學生在未來各個領域取得更大成就奠下基礎。

第十一屆學生會會長 5C 梁芷欣

本人於擔任學生會會長期間，須時刻與師長及學弟妹緊密協作與溝通，從中汲取了許多難能可貴的經驗。學生會每月均籌辦不同類型之活動，作為領袖，我帶領莊員通力合作，並策劃各類富趣味性及意義的活動，以充分發揮團隊合作精神。各項活動得以順利舉行，實有賴顧問老師長期從旁悉心指導，並協助我們克服籌備過程中的各種挑戰。在此謹向各位老師致以由衷謝意，感謝您們的栽培與信任，讓我得以在這個舞台上展現能力、建立自信，並在歷練中蛻變為一位更全面的人。



領袖生隊長 5C 蕭堅純

本校素以純樸校風見稱，同學皆能自律守規，紀律問題寥寥可數，因此在保棠擔任領袖生確實是一項輕鬆的工作；而身為領袖生隊長，更需凝聚團隊力量，透過協作任務建立互信關係——這份攜手共進的責任，恰是領袖生隊長職責的精髓所在。



資訊科技領袖生長 4E 簡同樂

學校資訊科技發展一向與時並進，校內各項設施均致力配合師生於校園生活及學習上的多元需要。除全校課室均已安裝 75 吋高清顯示屏外，學校亦設有流動平板電腦及手提電腦手推車，以供課堂上每位學生使用 iPad Pro 或手提電腦進行互動學習。課室內更配備 Apple TV、All-in-One 電腦等先進資訊設備，進一步提升教學效率及學習成效。

本人有幸擔任資訊科技領袖生長一職，深感責任重大。我期望能善用過往數年累積的知識與經驗，積極協助教師及同學共同建構更優質、更高效的資訊科技學習環境，促進校園整體的數碼轉型與創新發展。



籃球隊長 6C 陳梓鍵

身為籃球隊隊長，我於場上指揮攻防，於場下凝聚共識；而作為保棠體育校隊一員，更體現跨團隊的羈絆。無論是足球、排球、單車或乒乓球球隊，我們共享拼搏信念——即使非本隊賽事，也必到場聲援，日常相遇時互動打氣。這份超越項目的守望精神，正是保棠體育力量的來源。



入境事務處青少年領袖團隊長暨國安青年大使 6C 蘇雨晴

入境事務處青少年領袖團的訓練不僅深化了我們忠誠愛國的情懷及嚴守紀律的精神，更鍛鍊了我們的自信與規律，讓我們具備服務社會、履行公民責任的能力。同時，作為國安青年大使，我更深切體會到維護國家安全的重要性。透過培訓，我們學習了中國近代史的發展脈絡以及香港特區國家安全法律的精髓與重要案例，深刻理解法治是維繫社會穩定與繁榮的基石。

我們明白，無論是作為領袖團成員還是國安青年大使，認識國家安全、維護法治、尊重香港政治體制，都是我們責無旁貸的使命。我們將繼續以身作則，自覺守法，並致力在團隊、校園及同儕間推廣國家安全信息，為保障香港的繁榮穩定貢獻力量。



第十八屆黃大仙區傑出學生 6C 簡國亮

有賴學校豐富的資源及熱心的老師帶領下，我得以在多項國際 STEM 競賽中挑戰自我並取得佳績。例如，在「國際化學測試 2024」中，學校完善的實驗設備和充足的學習材料，讓我得以進行深入的探究與練習，最終榮獲一等獎。而在「生物科學國際青少年菁英賽 2025」的準備過程中，學校先進的生物實驗室及專業指導，提供了課堂以外的寶貴實踐經驗，助我勇奪冠軍。此外，面對更高層次的國際賽事挑戰，學校強大的師資力量與全方位的支援更是關鍵。參與「2025 國際自然科學奧林匹克競賽」時，學校不僅提供跨學科的整合學習資源，更安排專題培訓，使我能融會貫通各領域知識，最終贏得全場冠軍殊榮。同樣地，在「2025 國際物理奧林匹克菁英挑戰賽」的高中組競逐中，學校頂尖的物理實驗器材及導師的精闢解難訓練，讓我在複雜的物理問題中脫穎而出，成功摘冠。我很榮幸憑藉這些 STEM 國際競賽的優異成績而入選第十八屆黃大仙區傑出學生。在此，我衷心感謝保棠老師一直以來的鼓勵和支持，引領我在各方面取得多元成就。



中文辯論隊隊長 5C 蔡雪瑩

學校的中文辯論隊訓練不僅有助於提升我的辯論技巧，還讓我與隊員們透過每周長時間進行練習和模擬辯論，從而磨練我們的思維能力和表達技巧。老師和教練不僅為我們提供專業指導，還在比賽前給予心理上的鼓勵，幫助我們在比賽中保持冷靜。即使面對傳統名校，如在鳴辯盃全港中學學生辯論賽中對上英皇書院，仍能發揮自如，最終取得勝利。這不僅是對我們努力的回報，更是團隊默契的結晶。





國民教育

本校學生向來積極參與不同類型的國民教育活動及比賽，展現出他們對國民身份的認同及了解國家安全對香港發展最為重要。

比賽獎項

大灣區資優大文豪作文比賽 2024

星中之星及多個獎項



心繫家國 2024/25 學年聯校中式步操比賽

金獎

第七十六屆香港學校朗誦節（普通話朗誦）

冠軍



愛國主義教育「國安好學生」中學生問答比賽

冠軍

第三屆「中國航天夢」全港徵文比賽 2024

季軍



活動



中華文化日



保良局「躍動創新・京港同行」2024-25 北京交流考察團



全民國家安全日活動



汕頭姊妹學校訪校



海南省航天科技、環境及文化保育探索之旅



珠海創新科技內地考察團



參觀國安展覽廳



新春嘉年華



潮汕文化考察暨姊妹學校交流團



REACHING FAR AND WIDE for Knowledge Exchange



無線電視新聞部主播體驗班

保榮成長 — 多元化學習經歷

本校提供多元化的活動，包括校隊、樂團及學會等。此外，本校設有其他學習經歷週，讓學生獲得更多的學習體驗，發展多方面的潛能。



流行音樂工作室錄音體驗



狗場工作體驗



參觀香港大學李嘉誠醫學院



參觀建造業零碳天地



草藥按摩球製作工作坊



參觀保良局總部



香港天文台輻射巡測車到校示範



Pizza Express 工作坊



參觀海洋公園的大熊貓館



領袖訓練營



探索大澳生態、歷史及文化



高爾夫球體驗



歷奇訓練營



抱石體驗



認識少數族裔文化



Po Tong's Achievements — S-TEAM



Awards

Our school has established a research team composed of students (S-TEAM) for many years, which is led by students to conduct different scientific research. S-TEAM participates in different types of activities such as coral aquaculture, using 3D printing and laser cutting technology to make invented products, operating the fish- vegetable symbiosis system, mushroom farming, food waste recycling, visits, overseas exchanges, lectures and competitions, etc., to gain valuable learning experiences outside classroom.



The Schools Challenge - won for 6 years, including Champion in 2018, 2019, 2021, 2023 and 2024, and 1st Runner Up in 2020 and 2024, and 2nd Runner Up in 2021 and 2023

Eco-Model Tournament – won for 3 years, building Champion in 2022, 2024 and 2025, and 1st Runner up in 2022 and 2025 and 2nd Runner-up in 2025



2025 International Biology Elite Competition - won Grand Champion and multiple awards

Fun Science Competition – won for 7 consecutive years, including 1st Runner Up in 2017, Champion in 2018, Champion and Best Design Award in 2019, Champion, 2nd Runner Up and Best Design Award in 2021, Champion and 1st Runner Up in 2022, 1st Class Honours and Best Design Award in 2023 and third place in 2024 (Cancelled in 2020)



International Chemistry Quiz 2024 and 2025 - Excellence Award, Distinction Award and High Distinction Award



International Physics Olympiad Elite Challenge - won Grand Champion and Multiple Awards



Inter-school Formula Edge Competition – won Champion, Jetbot best single lap time and Best Team Name Champion in 2021, 3rd Runner-up in 2022 and 1st runner-up in 2023

BIM x STEAM Construction Model Creative Design Competition 2024 - Senior Category Champion



2025 International Natural Sciences Olympiad – won Grand Champion and multiple awards





保崇成就 — 香港中文大學育養珊瑚校園計劃

多年來，本校一直參加由香港中文大學生命科學學院、珊瑚學院及漁農自然護理署合辦的「育養珊瑚校園計劃」。計劃內容豐富，包括教導學生照顧珊瑚的工作坊，到東平洲和海底灣觀賞珊瑚等。為使學生學習體驗更為完整，學校投放大量資源於珊瑚計劃之中，例如學校設有設備先進之珊瑚養殖培育室及珊瑚培植系統，為珊瑚提供生長所需要的陽光、水流及穩定的水質。過去兩年本校學生已將養殖成功的珊瑚送往吐露港，為香港生態保育出一分力。



珊瑚計劃中大影片



漁農自然護理署
專訪本校影片



鳳凰衛視專訪
本校影片



保棠成就 — 音樂成就

為了培育學生的音樂潛能，本校多年來持續投入大量資源，先後成立管弦樂團、手鈴隊、合唱團、中樂團及 A cappella 等多個不同類型的樂團，並由學校全額資助所有活動費用。本校樂團表現卓越，不僅屢獲全港性獎項殊榮，還在每次大型活動中進行五團合奏，將各團的獨特音色與默契完美融合，展示其音樂成果。

獎項

2025 香港聯校音樂大賽

中小學合奏 (中樂) 金獎
中學小組合奏 (管弦樂) 銀獎
手鈴及手鐘銀獎
中學合唱團挑戰組銅獎

第十六屆香港國際手鈴奧林匹克

手鈴中級組金獎

第 77 屆香港學校音樂節

笛獨奏中學初級組冠軍

香港專業聲樂大賽 2024

12-14 歲男子少年組季軍



五團團長

4C 吳易恆 (管弦樂團)、5E 馮泳欣 (手鈴隊)、
3B 吳璟恩 (合唱團)、5C 蕭堅純 (中樂團)、
2A 梁樂怡 (A cappella)

在保棠，我們擁有五支各具特色的音樂團隊——管弦樂團、手鈴隊、合唱團、中樂團及 A cappella。作為團長，我們肩負領航之責，帶領團員投入練習，迎接新血加入，並在歷屆聯校音樂大賽中屢獲殊榮。這些獎項，不僅是對我們努力的肯定，更見證了保棠音樂在多元領域的蓬勃發展。學校慷慨投入資源，全額資助樂團活動費用，讓每位懷抱音樂夢想的同學都能無懼經濟壓力，盡情綻放才華。這份支持，成就了我們的舞台，也成就了無數動人的樂章。

在眾多演出中，「五團合奏」是保棠最矚目的音樂盛事。為了這場跨團合作，我們重新編曲、反覆排練、精準協調，既要融合彼此，又要彰顯各團的獨特音色與風格。當音符在舞台上交織成和諧的樂海，觀眾的掌聲與歡呼，便是我們最深的感動與回報。我們深信，音樂的力量不止於舞台，而在於傳承與共鳴。作為五團團長，我們將繼續攜手前行，讓保棠音樂的精神與傳統流傳下去。



保棠全人發展基金

學校一向著重學生全人發展，每年均會撥出逾二百六十多萬資源以發展學生各項潛能。



學術類

包括保良局何蔭棠中學獎學金、資優課程、推廣閱讀計劃、公開試摘星計劃、學術課程、學習週、STEM 活動等項目

合共支出
\$826,000



合共支出
\$1,799,050

非學術類

包括非學術獎勵計劃、生涯規劃活動、體藝音樂培育課程、全方位課程、德育活動等項目





保棠校園

校舍設施以學生為本，除了具高科技電子教學設備的課室外，健身室、STEAM LAB、海洋生態實驗工作室、魚菜共生實驗工作室、保棠展覽廳、未來教室、演辯廳、語文天地等不同教學用途的課室可話應有盡有，以配合學校多元化教學。



保棠展覽廳

保棠展覽廳以香港 50 至 70 年代為建築背景平台，兼備教學課室、網絡設備、劇場、影院、展覽等多功能的展示廳，展覽廳包括天台教室、藥材舖、精品舖、燒臘舖、大排檔、各式懷舊街道等場景，可供授課，小組教學、展覽展示、電影播放等教學用爐。融入式的教學讓學生身臨其境以瞭解香港傳統文化，更有利於提高教學效能，激發學生的學習興趣，使學生更具創造性思維。

演辯廳

模擬法院的設計的演辯廳可供老師訓練學生的演辯及演說技巧之用。除語文科活動，其他科目老師亦會帶領學生到演辯進行說話訓練。



語文天地

語文天地除設有高質素的投影機外，亦備有逾三十張可自由組合的桌椅，方便學生隨時進行各種分組活動，提昇學與教的效能。



明德書舍

明德書舍為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

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。



中央場

中央場為一個小型田徑場，全場 200 米及設置 4 條跑道，中間為小型足球場及標準手球場。學生除可在此進行體育課外，更可在課餘進行田徑隊、足球隊訓練。

愛敬勤誠



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