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Nurture Children with Positivity to Swim Upstream

Principal Wong Pui Shan

"Positive Learning, Growing with Values" is our development direction for the new year. Why promote the positive education? In recent years, the epidemic has been rampant across the globe. Children who are naturally fond of playing have missed many opportunities for outdoor games, and have even stayed at home all day long. It is easy to have negative thoughts during this hard time. Therefore, our school has introduced "positive education", hoping to enhance children's strengths by cultivating their character so that they can lead a meaningful life.

Education research on emotional intelligence has shown that through specific classroom teaching and skills training, students are encouraged to strengthen positive relationships, build positive emotions, enhance personal resilience, and help them pursue a healthy lifestyle. This theory focused on the physical and mental health and well-being of individuals by allowing children to discover their strengths, developing optimistic attitude, and good interpersonal relationships.

Students with positive emotions are self-motivated to develop their learning skills. Studies shows that positive education can nurture children to be happy, healthy, have good morals, and help them build the courage to face different challenges in life. Other studies have also found that by equipping students with optimism, problem-solving strategies, and problem-solving skills, they learn how to face the pressure and challenges in life. Hence, their depressive symptoms, anxiety levels, and behavioral problems could be alleviated.

"Positivity" is a state of mind, a way of thinking, and also is an attitude to solve problems. As a principal, I really hope that in this new academic year, the school can encourage and train students to face challenges positively, and understand that life's ups and downs are the norm in life. In addition, by giving play to children's strengths and cultivate various positive characters, such as perseverance, caring, honesty, gratitude, perception, etc., we hope to let children lay the foundation for a prosperous life from an early age, understand the meaning of life, and finally find their own key to happiness!



*「痘」癌而止。 意趣「童」 行

黃珮珊校長

「正向齊學習·品德齊展翅」是我們廖恩德新一年的發展方向。為何要推動正向教育?近年疫情持續肆虐,天生就喜愛蹦蹦跳跳的孩子錯失了很多戶外遊戲的機會,更甚是終日滯留在家,很容易便產生負面思想。為此,學校遂引入「正向教育」,期望透過培養孩子的品格來增強孩子所擁有的性格強項,讓孩子活出有意義的人生。



外國的教育研究指出,透過特定的課堂教學及技巧培訓,正向教育能鼓勵學生強化校園內的正向關係、建立正向情緒、提升個人抗逆力,有助孩子追求健康的生活方式。這套理論着眼於個人的身心健康和幸福人生,讓孩子發現自己的強項,建立正面情緒,從而發展良好的人際關係。

事實上,若學生的情緒好,對他們的發展不無影響,更能提升學習成效。研究指出,正向教育能培養孩子擁有快樂、健康及良好的德行,能幫助他們建立勇氣,以面對生命中不同的挑戰。研究又發現,透過裝備學生樂觀態度、應對問題的策略、解決問題的技巧,能夠減輕他們的抑鬱症狀、焦慮水平及行為問題,讓學生懂得如何積極面對生活中的壓力和挑戰。

「正向」就是一種心態,一種思考方式,也是一種解決問題的積極態度。作為校長,實在期望在這新一年裏,學校能鼓勵和鍛鍊學生,積極面對挑戰,明白生命起伏都是人生常態;發揮強項,培養各種正面品格,如:堅毅、關愛、誠實、感恩、覺察力等,讓孩子從小便打好豐盛生活的基礎,懂得追尋生命的意義,最終找到屬於自己的快樂鑰匙!

In the path of education, early childhood education is a starting point and it has a significant impact on a child's life. We believe in the famous proverb, "Well begun is half done." As child care workers, we help children build a solid foundation at the starting point, so that they can embrace their learning journey actively and happily.

In school, teachers will guide children to develop their curiosity and cultivate their thinking and judgment skills. Furthermore, we help children to enhance their courage, confidence and to develop a positive attitude. At the same time, our school promotes the education of love. We create an atmosphere that is full of love so that children carry out various caring activities, and express their love to the people around them. As a senior teacher, I teach by words and deeds, and hope our children can develop their strengths and go to school happily. I wish all our children will grow up happily and become smart "STAR"s!

「好的開始是成功的一半」,在教育的里程上,幼兒教育是一個起步點,對人的一生有著重大的影 響。作為幼兒工作者,幫助幼兒建立穩固的根基,讓幼兒能積極地、開心地迎接這學習路途。 在學校裡老師除了會引導幼兒對新事物的興趣,培養他們的思考能力、判斷能力,還讓幼兒學習正 向的人生觀,學習不會退縮,勇敢地克服困難。同時,本校著重愛的教育,全校相親相愛,幼兒在 愛的氛圍進行各種關愛活動,並向身邊人表達愛意。作為主任,我亦會言傳身教並行,望幼兒能盡 展所長,開開心心地上學。

祝願 各位小朋友都快樂地成長,成為一個至叻的「STAR」!



Ms Tsang (Mother of the students) 曾小梅主任(主任媽媽)



Learning has always been difficult during the pandemic. Fortunately, the pandemic is gradually subsiding. I am happy to see that our children are returning to Liu Yan Tuk's big family every morning. I hope that all students will cherish the opportunity of returning to school. Now, they can learn, play, share with each other and enjoy just like the times before the pandemic. I look forward to see every child benefit from this year's learning at our school. After this year, they can become more happy, positive, and caring in order to face different challenges.

在疫情下,學習總變得有點艱鉅。幸好,新學年的開始亦是疫情逐漸消退的時候,現在每天早上可以看到 幼兒整整齊齊地回到廖恩德這大家庭,我真的倍感高興。我盼望各級的幼兒珍惜回校上課的機會,彼此一 同學習,一同遊戲,一同分享,一同享受上學的樂趣。盼望透過今年的學習,各幼兒都能有所得益,積極 面對不同的挑戰,一步一步的慢慢成長,並成為樂天、正向和懂得關愛的幼兒。

Learning language is not just about pronunciations and vocabulary. We believe creating a meaningful and authentic environment is just as important. Our school provides a "biliteracy and trilingualism" atmosphere, in which children are subconsciously influenced and can thus improve their listening and speaking abilities. Moreover, our school emphasizes on the "Picture

Book Scheme". Children can enhance their observational skills and logical reasoning ability through reading. In addition, they can also establish a better understanding of themselves and develop a positive attitude towards life. With the words and sentences in the book, children develop better elaboration and expression skills for future learning.

語言學習,不單只是從發音、單詞等片段而來,最好是在一個有意義和真實的 語言環境中學習。本校提供兩文三語的氛圍,幼兒每日都能在這種語境下,透 過循環漸進及耳濡目染中提升聽與說的能力;此外,學校注重繪本教學,在繪 本故事中培養思考和專注力,並通過閱讀增進幼兒的觀察力及邏輯推理能力, 建立自我概念和生活態度;讓幼兒從文字和圖書中,培養他們對事物的闡述及 表達能力,為日後學習做更好的鋪墊。



Ms Cheung 張小雙老師 · Ms Lisha

Love and Understanding 愛吃包含



Ms Yong, Ms Yip, Ms Tin and Ms Cheng 翁如婷老師、葉銘恩老師、田純娜老師和鄭依婷老師 The best education must be filled with love. Our happiness is to see our lovely children start their school life every year. Children may be nervous and confused when they first enter school. As K1 teachers, we love to stay by their side and communicate with them. We love educating children, and we believe that children grow up happily with love. We love hearing children talking to each other and teach them how to treat others well. It's our pleasure to help children to adapt to the school life.

最好的教育必然包括滿滿的愛,能在每一年看著每位率真可愛的幼兒入學, 是我們心中快樂的泉源。幼兒初入學,或許曾經不安、困惑,但作為幼兒班 的老師,我們用愛心來陪伴幼兒和保持溝通。我們熱愛教育,而有愛才能令 幼兒愉快成長;我們懂得用心傾聽每個幼兒的心聲,教導他們待人處事,看 到他們能漸漸適應校園生活,喜歡上學,便是我們最大的滿足。

Building Up Trust 建立信任

Mr. Tao Xingzhi, a Chinese educator, once said "The secret of educating children is believing in children and liberating them." As the "second parent" of the children, we love and trust children without a doubt so that we can truly enter into their hearts. Teachers are also children's friends. We listen to children's opinion, so that we can better understand them, match their abilities, and help them develop unique talents.

中國教育家陶行知先生曾經說過:「教育孩子的全部秘密在於相信孩子和解放孩子。」老師作為幼兒的「第二個父母」,必定會愛護我們的幼兒、信任我們的幼兒,這樣才能真正地走進幼兒的心裏。老師亦是幼兒的朋友,會認真地傾聽幼兒的心聲,令我們能夠更理解幼兒,更配合幼兒的能力,以協助幼兒發展獨特的天賦和才能。



Ms Ho, Ms Chow, Ms Chung and Mr Ho <u>何衍婷老師、</u>周凱瑤老師、鍾詠詩老師和何子聰老師

Accompanying growth 陪伴成長



Ms Pan, Ms Ngai, Ms Kong, Ms Zeng and Ms Kwok 潘敏儀老師、魏綽瑩老師、江巧晴老師、 曾嘉玲老師和郭漪蓓老師 As the teachers of K3 classes, we believe that it is important to provide an appropriate space for children to grow. K3 Children have well-developed self-care and expression skills. Hence, when interacting with them, teachers will provide opportunities to let children express their thoughts on different things. Therefore, we can better understand the inner world of children and build mutual trust. We are their best partners on their path of growth who provide support and encouragement in order to help them to develop their potentials confidently.

作為高班的老師,我們認為提供適切的空間讓幼兒成長是十分重要,高班的幼兒 已有一定的自理和表達能力,與他們互動時,老師提供機會讓幼兒表達他們對不 同事物的想法,從中更理解幼兒真實的內心世界,建立彼此的信任。此外,老師 亦會給予支持和鼓勵,讓幼兒能自信地發展各個範疇上的不同潛能,成為他們成 長道路上的最好夥伴。

Caring and Love 關愛互助

We are so happy to work in Liu Yan Tak, a big family that cares for and helps each other. We care for young children with different abilities and interests and let them develop their strengths. In addition to learning knowledge, building good morals is also our teaching goal. In our school, the principal and senior teachers do not only care for the students but always support and encourage teachers. We create the positive atmosphere of love around them. When teachers help each other, children will also imitate the teachers' behavior, and cultivate the spirit of caring and love from an early age.



我們很高興能在廖恩德這個關愛互助的大家庭工作,我們關愛不同能力和興趣的幼兒,讓他們發揮所長。除了學習知識外,建立良好品德亦是我們的教學目標。在校園內,校長、主任除了關愛學生,亦常常支持和鼓勵老師,讓周圍都充滿愛的正能量;同事間亦互相幫助;幼兒更模仿老師互助行為,從小培養關愛互助精神。

New Look of the School work

In order to optimize the learning environment for our children, the school carried out renovation works during the summer holiday, including a parent-child reading zone in the hall, a common area, a climbing wall, etc. In addition, the school has also purchased different physical facilities, such as bicycles, roller coasters, climbing frames, etc. The children are very happy! We expect that the renovated school facilities will enrich the learning of children by giving them different learning and play experiences. Children, which part of the new campus do you like the most?

為了優化幼兒的學習環境,學校在暑假期間進行了裝修工程,當中包括大堂的親子閱讀角、談天園地、攀石牆等。除此之外,學校亦添置了不同的體能設施,如腳踏車、滑道車、攀爬架等。看看小朋友玩得多麼的興高采烈!學校期望裝修後的校舍能豐富幼兒的學習體驗,使他們能愉快和積極自主地從遊戲中學習。

小朋友,你最喜歡新學年校園的哪一個部分呢?

Renewal Area

翻新區域

Parent-Child Reading Zone 親子閱讀角

Common Area 談天園地



Before renovation 裝修前











Climbing Wall 攀石牆









New Physical Facilities



Riding bicycle with friends 踏著單車載朋友



Our Car Team 我們的車隊



Roller Coaster 滑行車



Climbing Frames 攀爬架

Protecting the environment is our duty

環境保護 人人有責

Our school is committed to promoting environmental education. Our objective is to cultivate children's love, to educate them to cherish the earth's environment and resources, and to encourage them to practice a green life in order to improve their environmental protection awareness. By holding regular activities of green education learning, we hope to achieve

Environmental education starts small, Green campus and love our earth

本校致力推動環保教育,培養幼兒的愛心,教育幼兒愛惜地球環境與資源,並以實踐綠色生活為目標,讓幼兒提升環保意識。透過定期舉辦不同的綠色教育學習,達致

環保教育從小做,綠化校園愛地球

Environmental Ambassador 環保大

Every day when children go to school, they take turns serving as the environmental ambassadors by reminding their peers whether they have brought their towels. This activity enhances the children's awareness of reducing paper use and environmental protection. It also trains children's self-confidence. They need to take the initiative to ask questions and praise peers for supporting environmental protection.

每天上學,幼兒會輪流擔任環保大使,提示小朋友有否帶毛巾。活動中,不但可加強幼兒減少用 紙的環保意識,亦訓練幼兒的自信心,讓他們主動向同伴提問,並有禮地稱讚小朋友支持環保。 Do you bring your towel? 你有帶毛巾嗎?



Environmental Poster









The process of making poster 製作過程

The scope of environmental protection is very wide. Through the cooperation of children in each class while making posters, everyone knew different environmental protection knowledge.

Parents were also supportive of their children's works. From the photo displays, parents did not only get to appreciate their own children's works, but they also got to appreciate the work of other classes.

環保的範疇十分廣泛,透過各班幼兒一起合作製作海報,讓大家知道不同的環保知識。

家長們亦十分支持幼兒們的作品,除了欣賞自己小朋友的作品外,同時亦可欣賞其他班的環保作品。











Carbon Neutral 碳中和



Care Earth 愛護地球



Energy Conservation 節約能源



Food Wise 惜食



Greening Campus 綠化校園



Let's celebrate Mid-Autumn Festiva

and National Day

On 9th September 2022, our school held a "Joyful Party" to celebrate the Mid-Autumn Festival with children. There were various activities on that day, including "Mooncake Treasure Hunt", "Riddle Guessing", "Fly to the Moon Catwalk Show", Chinese Culture Story - Reunion, and Festival Story Sharing. Children learnt that the Mid-Autumn Festival represents the reunion of people and the moon and felt the joy of Chinese culture - reunion. In this way, they increased their sense of belonging to China.

本校於2022年9月9日舉行「歡樂團圓迎中秋派對」,與幼兒歡度中秋節。當天的節目多姿多彩,包括「月餅尋寶」 考眼力、「猜一猜燈謎」考智力、「Fly to the Moon Catwalk Show」、中華文化故事一團圓,以及節日故事分 享。幼兒不但明白中秋節是承載了人月兩圓的深厚意義,還感受到團圓的喜悅,從而增加對中國的歸屬感。













である。

On 30th September 2022, our school held a National Day celebration to celebrate the 73rd anniversary of the establishment of the People's Republic of China. On that day, our teachers prepared different games for children, such as "Cultural War" and Chinese Fan Dance, etc., so that they can better understand our country's traditions and culture. During the celebration, all the children and teachers wore traditional Chinese outfits to celebrate. Moreover, in order to let the children feel a festive atmosphere, we organized the flag-raising ceremony and the national anthem for them.

本校於2022年9月30日舉行了「歡度國慶迎中華」來慶祝中華人民共和國成立73周年。當天,老師為幼兒預備了不同的遊戲,包括文化爭霸戰和中國扇子舞等,讓他們更深入了解國家傳統文化。為隆重其事,各位幼兒及老師皆穿上華服來慶祝,並舉行了升旗禮及奏國歌儀式,讓幼兒從中感受濃厚的節日氣氛。



'Traveling in China' activity help children learn more about China「中國遊歷」活動讓幼兒更認識中國





Children take pictures under Tiananmen Square with the national flag 小朋友拿著國旗在天安門下拍照





Chinese Culture Week

一种野党化制

Chinese culture has a long history and is profound. There are many aspects that are worthy of our study. Therefore, in July and August 2022, our school held a "Chinese Culture Week" which included games, stories, visits, etc. Children had a firsthand experience learning about Chinese culture and they had a strong interest in learning Chinese arts.

In addition, our school has also designed a Chinese culture booklet for K1-K3 students to deepen their understanding of Chinese culture in the "Chinese Culture Week".

中華文化源遠流長,博大精深,當中有十分多的內容均值得我們 認識和學習。因此,於2022年7月和8月,本校舉辦了「中華文 化周」活動,透過遊戲、故事、參觀等,讓幼兒切身認識中華文 化。特別是在學習中國藝術時,幼兒表現出濃厚的興趣和好奇。 同時,本校亦編制了各級的中華文化活動冊,與「中華文化周」 的學習相輔相成,加深幼兒對中華文化的認識。

Kowloon Park



Enjoy Chinese calligraphy 欣賞中國的書法



Chinese architecture is really special! 中國建築真的很特別!

Taileo Waterfront Park



Appreciate Chinese Character Art 欣賞中國的文字藝術



Spiral Lookout Tower is so grand! 回歸塔真的很宏大!







Flag-selling is a happiness 即人為樂 喜旗籌款

Tung Wah Group of Hospitals Flag-selling Day 2022 was held in late August. Our children and their families turned their love into actions and became "Flag Volunteers" who went to every corner of Shatin. Children shared their love and care for the disadvantaged by inviting passers-by to donate their money. Both flag bags and the children's hearts were "full"!

東華三院賣旗日已於2022年8月下旬舉行,學校的幼兒與家人將愛心化為行動,成為「賣旗義工」走到沙田每個角落,邀請途人募捐,實踐對弱勢社群的愛與關懷。不論是旗袋還是幼兒的心靈都很「滿足」呢!







Even on a hot summer day, we try hard to sell the flag 即使是炎熱夏日,我們也努力賣旗

rogether, Shatin fight the virus 健康孩子 齊抗疫

Although the epidemic has eased, we still cannot lower our guard. In September, our school participated in the "Fight Against the Pandemic" Programme. Thanks to all the parents who responded to this event and accompanied their children to get vaccinated. All the children were very brave! There was a big gift to reward them after completing the vaccination.

疫情雖然有所緩和,但我們仍不能鬆懈。開學不久後,本校便參與了「沙田接 力齊抗疫」的疫苗接種計劃。感激各位家長響應活動,陪同幼兒注射疫苗。幼 兒都表現得很勇敢,還獲得一大袋禮物作獎勵呢!









Children are very brave during the vaccination 打針時,小朋友都十分勇敢



Since 2001, the Parent-Teacher Association of our school has had an active participation of all parents so that meetings can be carried out smoothly. This year was no exception, the 2022-2023 Parent-Teacher Association members were successfully formed under the witness of different stakeholders. Thank you for your active participation. It is hoped that in the new school year, the PTA can enhance the connection between parents and schools through different activities, become good partners of each other, care for the growth of our children

together, and thus build a caring community.

本校家長教師會自二零零一年成立以來,承蒙各家 長積極的參與,使會務得以順利進行。今年亦不例 外,2022-2023年度家長教師會理事成員在不同持 份者的見證下順利誕生,實在感謝各位家長的踴躍 參與。期望在新學年,家教會能透過不同的活動, 增進家長與學校之間的聯繫,成為彼此良好的伙 伴,共同關心幼兒的成長,建立關愛社群。



Parent-Teacher Association Committee 家長教師會名單

| Post 職位 | List of committee members 理事成員名稱 | | | |
|-------------------|----------------------------------|-------------------------|---------------------------|-----------------|
| Consultant | Principal Wong Pui Shan | | | |
| 顧問 | 黃珮珊校長 | | | |
| Chairperson | K3 Chan Chun Lok's Parent | | K1 Fong Ka Lun's Parent | |
| 主席 | 陳駿樂家長 | | 方嘉麟家長 | |
| Vice Chairperson | Ms Tsang Siu Mui | | Ms Chan Yiu Man | |
| 副主席 | 曾小梅主任 | | 陳耀敏主任 | |
| Secretary | K3 Wu Ting Yeung's Parent | | K3 Hon Zoen Ding's Parent | |
| 秘書 | 吳定陽家長 | | 韓臻定家長 | |
| Recreation | K2 Choy Yiu Ting's Parent | | | |
| 康樂 | 蔡耀鋌家長 | | | |
| K1 Contact Person | Chan Man Ham's Parent | Kan Hei Tung's Parent | | Ms Yong Yu Ting |
| 幼兒班聯絡人 | 陳敏涵家長 | 簡晞桐家長 | | 翁如婷老師 |
| K2 Contact Person | Wong Pak Shun's Parent | Chak Tsz Chin's Parent | | Ms Chow Hoi Yiu |
| 低班聯絡人 | 王柏淳家長 | 翟芷芊家長 | | 周凱瑶老師 |
| K3 Contact Person | Chen Weng Violet's Parent | Woo Cheuk Long's Parent | | Ms Pan Minyi |
| 高班聯絡人 | 陳懌心家長 | 胡卓朗家長 | | 潘敏儀老師 |



Reacher love learning

The school has always focused on teacher training. Teachers love to learn and apply new knowledge into their teaching. In August 2022, all teachers participated in the workshop "Children's Health and Physical Fitness" to learn more about the time children spend on physical activities and screen time in order to enhance their physical development.

In October 2022, teachers participated in the joint school teacher development day to know the national security education principles. It helps teachers to better understand how to incorporate the elements of national security education into the curriculum. They have also learned the Four Great Inventions-papermaking skills. Teachers will promote these skills to our children and spread Chinese culture.

In order to promote national education in our school, our principal and senior teachers participated in the "Multidimension of National Security- Teacher Seminar". Members of the legislative council, Hong Kong Police representative, etc shared the message of national security and encouraged schools to actively promote the national security education.

學校一向着重師資培訓,希望老師能持續學習,把新知識應用於教學上。於今年八月全校老師便參加了「幼兒體能與 健康fit體適能」工作坊,進一步認識如何提升幼兒的體能活動時間,並減少使用屏幕的時間。

於今年十月,老師亦參與了聯校教師發展日,進行了國安教育培訓以及學習中國四大發明之一-—再造紙的技巧,讓 老師更了解如何從課程中加入國安教育的元素和將中華文化推廣至幼兒身上。

為促進校內的國民教育,黃校長和主任們參與了「國安教育多角度——教師專業研討會」,由立法會議員、警務處代 表等分享國家安全訊息,提倡學校積極推廣國安教育。

Participate in Seminar



Security- Teacher Seminar"「國安教育多角度——教師專業研討會」



Designing Physical Activities 設計體能活動



the National Security Law 國安法的條例及案例

Participate in Workshop







Teachers pour the pulp into the water and stir it 老師把紙漿倒進水中

The teachers removed the paper

Beongol Lon in the line of the



School's Award 學校獎項

"Joyful@Healthy Workplace Best Practices Award – Organisation Excellence Award (Kindergarten Group)" 榮獲好心情健康工作間(幼稚園組)之卓越機構大獎



"Straighten Up Campus Campaign Program – Excellent Straighten Up Campus" 榮獲「全港挺直」計劃之卓越護脊校園獎項



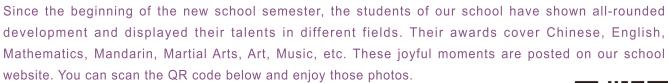
Hong Kong Green Organization – "Indoor Air Quality Certification Scheme – Good Class" 榮獲「香港綠色機構認證—— 清新室内空氣證書」良好級



Hong Kong Road Safety Patrol Commissioner's Commendation 榮獲交通安全隊總監嘉許獎



Future Star 明日之星



開學後,本校學生在不同領域皆發揮其潛能,琴棋書畫樣樣皆精。獎項涵蓋中文、英文、數學、普通話、武術、藝術、音樂範疇等。這些充滿喜悅的時刻,我們都分享在本校校網內,歡 迎各位掃描二維碼欣賞。

