



荷里活廣場



Healthy Cornwall Action!

臻和號
Cornwall News
第四十六期 No. 46
2026年7月出刊



共融藝同行-彩虹種籽

Joint School Talent Exhibition

每一個孩子都是獨一無二的「彩虹種籽」。只要有適合的土壤與愛，他們都能在舞台上綻放出最絢爛的光彩。活動匯聚香港10所服務的嚴重智障兒童的特殊學校，共同為孩子搭建夢想舞台。舉辦日期為2026年3月20日至23日，地點在鑽石山荷里活廣場。



荷里活廣場



本校於才藝比賽中獲得
最佳全能才藝表演獎

Every child is a unique "Rainbow Seed." With the right soil and love, they can shine with the most brilliant splendor on stage. This event brings together 10 special schools in Hong Kong serving children with severe intellectual disabilities, working together to build a stage of dreams for them. The event will be held from March 20 to 23, 2026, at Plaza Hollywood in Diamond Hill.





大家好，我叫賴偉士。我喜歡吃東西和散步，我嗓子很大的。你今天見到我嗎？
My name is Narseh. I like eating and taking walks, and I have a very loud voice. Did you see me today?



大家好，我是葉早兒。我對很喜歡聆聽別人說話，喜歡笑，很期待未來可以接觸更多新朋友，新事物。
I'm Yip. I'm love listening to others and enjoy laughing. I look forward to meeting new friends and experiencing new things in the future.



大家好！我是梁翎謙。我高大威猛、喜歡吃東西和玩球類運動；期待未來能跟更多同學一起玩啲！
I'm Leung. I'm tall and strong, and I love eating and playing ball sports. I look forward to playing with more classmates in the future!

大家好！我是周俊豪。我喜歡四周探索新事物；期待未來能跟更多同學一起玩啲！
I'm Chow. I enjoy exploring new things around me. I look forward to playing with more classmates in the future!



大家好，我是林崇峰，我喜歡發掘不同美食，也喜歡笑，期待與大家成為好朋友。
I'm Lam. I enjoy discovering different kinds of food and I love to laugh. I look forward to becoming good friends with you all.



善用行動裝置小貼士

如何讓同學專注單一應用程式

同學在使用螢幕時，一個不小心觸碰到首頁按鈕，從而使用其他應用程式嗎？

iOS引導使用模式 設定教學

- Step1:** 開啓iPhone的「設定」應用程式
>>點選「輔助使用」>>點擊一般類別的「引導使用模式」
>>開啓「引導使用模式」與「輔助使用快速鍵」
- Step2:** 點選進入「密碼設定」
>>設定引導使用模式密碼並開啓Face ID
- Step3:** 返回「設定」應用程式>>點擊進入「控制中心」
>>點選引導使用模式的「+」符號，以新增至螢幕右上方
向下滑動開啓之控制中心
- Step4:** 開啓需要使用引導模式的應用程式
>>螢幕右上方向下滑動以開啓控制中心>>輕觸開啓「使用引導模式」
- Step5:** 輕點要固定的頁面以進入設定視窗
>>圈選停用區域及設定選項中的功能鍵開關
>>點擊右上角的「開始」，正式進入引導模式
- 備註:** 開啓iPad的「設定」應用程式
>>點選「輔助使用」>>點擊一般類別的「指導模式」
>>開啓「指導模式」與「輔助使用快速鍵」

Android 應用程式固定功能

- Step1:** 開啓手機的「設定」應用程式
>>點擊進入「安全性／安全性與隱私／安全性與位置資訊／生物辨識與安全性」
- Step2:** 點選「進階／更多安全性設定／其他安全性設定」
>>開啓「應用程式固定／釘選應用程式／釘選視窗」
- Step3:** 返回「安全性／安全性與隱私／安全性與位置資訊／生物辨識與安全性」
>>將「鎖定螢幕」設定為「數字密碼、PIN碼、密碼或圖」，以保護資料並防止其他使用者取消固定畫面或存取裝置
- Step4:** 開啓應用程式並移動至要固定的畫面
>>點擊「|||」最近的應用程式按鈕或「首頁按鈕向上滑動」以開啓最近使用的應用程式畫面
- Step5:** 輕輕觸碰欲固定的應用程式，其上方「應用程式方形Logo標誌」
>>選擇「釘選此應用程式」>>點選「確定」以釘選應用程式畫面
- 備註:** 每部Android裝置的上述選項名稱可能不盡相同



iOS「引導使用模式」與Android「應用程式固定功能」，就此解決行動裝置任意切換到其他應用程式的問題！

價值觀教育組

Values Education Group

國民教育及國家安全教育相關活動

National Education and National Security Education Activities

本校致力推動國民教育及國家安全教育。帶領學生全方位認識國家的歷史、文化與成就，從而深化對國家身份的認同。

Our school is committed to promoting national education and national security education. We guide students to gain a comprehensive understanding of the nation's history, culture, and achievements, thereby deepening their sense of national identity.



國民教育月曆



國慶日活動



國旗下的講話



易拉架展示

學階早會

Cross-Class Morning Assembly



學生利用「我的故事冊」在早會中向同學介紹自己，建立及優化與人溝通的模式。
Students use "My Storybook" to introduce themselves to their peers.

週會及月會

Weekly and Monthly Assemblies



學生在週會及月會中能認識『堅毅』的多重範疇。
Students can learn about the multiple aspects of "perseverance" through weekly and monthly assemblies.

物理治療部

Physical Therapy Department

扶抱和扶行講座

Transfer and Ambulation Assistance Seminar



教職員專業發展日舉辦了「扶抱和扶行講座」，和全體教職員重溫了扶抱和扶行學生的知識和技巧。
Physiotherapy Department organised a Seminar, during which all staff reviewed the knowledge and techniques for assisting students with transfers and walking.

智啓潛能計劃

JCIAP project

坐企輪椅與外骨骼輔助步行器是「智啓潛能計劃」中的研究輔助儀器，透過儀器學生能改善站立姿勢，及增加承重經驗和練習步行。

Power wheelchair and Lower limb exoskeleton with walking frame is the targeted devices in the JCIAP project.



科組活動

Subject Group Activities

中國城市之旅-成都遊 China Tour-Chengdu

當天學生在校內參與不同成都體驗活動，大家都表現投入。

Students participated in various Chengdu-themed activities on campus, and everyone was fully engaged.



價值觀教育組

Values Education Group

去舊迎新大掃除

Chinese New Year Activity

當日節目豐富，一連串精彩的新春活動，讓同學們感受到了濃厚的農曆新年氣氛。

A series of exciting Chinese New Year Activity allowed students to fully experience the festive atmosphere of the Chinese New Year.



內地考察活動-珠海

高中學生參訪珠海地標，能親身見證國家的科技騰飛，深入了解粵港澳大灣區的城市建設，提升國民身份認同感。

Senior secondary students visited Zhuhai's landmarks.



公民與社會發展科

Citizenship and Social Development

高中社會服務 Community Service

同學們探訪了救世軍南山長者之家及油蔴地展能中心。

Students visited the Salvation Army Nam Shan Residence for Senior Citizens and the Yau Ma Tei Day Activity Centre.



開心自選日 Happy Choice Day

將學生「被動接受」轉化為「主動參與」，讓學生體驗擁有「選擇權」帶來的力量，提升其自信與溝通動機。

Allow students to experience the power of having "choices" to enhance their self-confidence and motivation to communicate.



科組活動

Subject Group Activities

賽馬會多元運動體驗日

Jockey Club Multi-Sports Experience Day

學生能提升感官肌能，在嘗試、等待和重複的過程中，展現「不放棄」的精神，從小小的參與步伐中，建立大大的自信心。
Students can enhance their sensory abilities, demonstrate the spirit of "never giving up," and build great self-confidence from small steps of participation.



多元培育活動組

Diverse Enrichment Activities Group

興趣開心SHARE巡禮

Interests Happy SHARE Fair



粵劇折子戲導賞

Appreciation of Cantonese Opera Excerpts

學生元朗劇院演藝廳欣賞粵劇折子戲導賞，認識中國粵劇文化這項珍貴的非物質文化遺產。
Students will visit the Auditorium of Yuen Long Theatre to enjoy an appreciation session of Cantonese opera excerpts, learning about this precious intangible cultural heritage of Chinese Cantonese opera.



有營蔬果日

Nutritious Fruits and Vegetables Day

學生運用不同水果製作蔬果汁、雜果乳酪杯及在禮堂進行蔬果尋寶樂，學生喜歡品嚐不同水果及蔬菜。
Students enjoy tasting different fruits and vegetables.



科技與生活科

Technology and Living

「堅毅之星」獎勵計劃

"Star of Resilience" Reward Scheme

全年共舉行四次頒獎禮，榮獲「堅毅之星」的學生人數屢創新高。其中，共有三次頒獎禮中，獲獎學生比例超過七成。

Four award ceremonies were held throughout the year, with the number of students receiving the "Star of Resilience" title reaching new heights each time.



訓輔組

Student Guidance and Discipline



情緒解碼

Emotion Decoding

學生學會察覺自己的情緒狀態，並學習以合宜的方式表達及舒緩情緒。

Students learn to recognize their own emotional state and to express and alleviate their emotions in an appropriate manner.

科組活動

Subject Group Activities



中國傳統節日

Traditional Chinese festivals

學生參與新年小單元活動，透過不同學習活動，去了解愛護和傳承中華文化是國民應有的責任。Students participate in Chinese new year activities to understand that cherishing and passing on Chinese culture is a responsibility that citizens should have.



心情分享

Feelings Sharing

Each class's student council takes turns hosting a "Mood Sharing Day" activity during the monthly assembly.

語文科

Language

自閉症小組

Autism Group

(知情解意SCERTS) 分享工作坊

SCERTS workshop

讓教師及教職員認識及實施知情解意SCERTS社交小組於自閉症學童。The aim was to increase awareness and implementation of SCERTS for autistic children among teachers and staff.



世界閱讀日

World Book Day

當天學生一起看健康生活的點讀圖書，參與音樂故事活動，亦邀請了家長故事大使進行了「猴子得得」的繪本劇場，學生參與活動時十分投入及愉快。

The team introduced students to talking books centered on healthy lifestyles and hosted a music story activity. Additionally, Parent Story Ambassadors were invited to perform a picture book theater piece titled "Monkey Ken."

圖書館組

Library Group



城市大學義工團隊製作科學科教具

香港城市大學義工團隊為本校學生設計了三款實用的科學科教具，適切照顧學生不同的學習與肌智能需要，巧妙將抽象的知識具體化，讓學生能夠在互動與實作中愉快學習，促進課堂的學與教成效。



A volunteer team from City University of Hong Kong designed three practical science teaching aids for the university's students: a "Plant Needs Model," an "Octopus and QR Code Payment Machine," and a "Water Filter Detector."

森林探險@STEAM DAY

多元化的STEAM攤位活動，讓學生以學生動手做的形式，親身體驗不同有關STEAM及創新科技的活動。

The diverse STEAM booth activities allow students to experience different STEAM and innovative technology activities firsthand through hands-on activities.



香港心理衛生會-臻和學校

森林探險@STEAM DAY



2025-2026年度 "My Kitchen" Cooking Competition 第十六屆「我的廚房」烹飪比賽

心平班-簡莎娜
銅獎

心和班-王柏慧
銀獎



Wong Pak Wai from Class Harmony and Khan Hasnah Khanom Zara from Class Peace participated in the 2025-2026 The 15th "My Kitchen" Cooking Competition on January 16, 2026.

環境教育組 Environmental Education Team

在全校齊心協力實踐以5R概念『減少廢物、廢物重用、循環再造、替代使用、拒絕』為原則的校本環境政策及環保措施下，本校取得二〇二四年度香港環境卓越大獎：小學組金獎；中學組優異獎，獎金合共 \$52,000，以及榮獲中學組及小學組最佳環境教育方案大獎嘉許狀，一共四個獎項。

Under the school-based environmental policy and green measures implemented through the collective efforts of the entire school—guided by the 5R principles of "REDUCE, REUSE, RECYCLE, REPLACE, and REFUSE"—our school has successfully garnered a total of four awards in the 2024 Hong Kong Awards for Environmental Excellence (HKAEE). These accolades include the Gold Award (Primary School Sector) and the Certificate of Merit (Secondary School Sector), yielding a combined cash prize of \$52,000, alongside the Best Green Education Initiative Award for both the Secondary and Primary School Sectors.

香港環境卓越大獎：

香港心理衛生會臻和學校（小學部）榮獲金獎

香港心理衛生會臻和學校（中學部）榮獲優異獎

最佳環境教育方案大獎：

香港心理衛生會臻和學校（中學部）榮獲嘉許狀

香港心理衛生會臻和學校（小學部）榮獲嘉許狀



香港環境卓越大獎頒獎典禮於2026年1月16日在將軍澳創新園數據技術中心舉行

賽馬會卓越進步獎 Hong Kong Jockey Club Progressive Award



得獎名單 List of winners



初小學生:陳洋瑞



高小學生:李梓攸



初中學生:陳景豪



高中學生:簡莎娜



學業進步獎 Academic Progress Award

得獎名單 List of winners



初小學生:彭樂晴



高小學生:韋奕飛



初中學生:陳種慈



高中學生:簡敏菲



行為進步獎 Behavioral Improvement Award

得獎名單 List of winners



初小學生:何悅彤



高小學生:黎泳曦



初中學生:鄭通妍



高中學生:羅印豪

屈臣氏集團185周年香港傑出學生運動員獎

the Watsons Group 185th Anniversary Hong Kong Outstanding Student Athlete Awards

心義班的範光明同學出席了屈臣氏集團185周年香港傑出學生運動員獎頒獎禮。範同學在體育方面表現卓越，曾在校內外各項賽事中屢創佳績（如聯校運動會、划艇比賽及學校運動會等），因而獲得校方提名，並榮獲「香港傑出學生運動員獎」這項殊榮。

Pham Quang Minh Jason from Class Justice attended the Watsons Group 185th Anniversary Hong Kong Outstanding Student Athlete Awards Presentation Ceremony. Demonstrating exceptional athletic prowess, Jason has repeatedly achieved outstanding results in various inside and outside school competitions, including the Joint-School Sports Distinction, rowing competitions, and the school sports day. Consequently, he was nominated by the school and honored with the prestigious "Hong Kong Outstanding Student Athlete Award."



捐款回條 Donation Form

本人樂意捐助香港心理衛生會-臻和學校，支持嚴重智障兒童服務。

I would like to donate to MHAHK-Cornwall School in support of its service to the severe intellectual disabled children.

中文姓名：_____ *先生/女士/小姐 Name in English: *Mr./Mrs./Ms _____

港幣/HKD\$: _____ 電話/Telephone: _____

地址/Address: _____

電郵/Email address: _____

*請刪去不適用者

Please delete whichever Inapplicable

☐ 需要正式收據 Official receipt is required

(HK\$100 或以上捐款之正式收據，可用作申請稅項減免之用 Donations exceeds HKD\$100 are tax deductible.)

請將劃線支票(祈付“香港心理衛生會-臻和學校法團校董會”)寄回九龍深水埗歌和老街53號香港心理衛生會臻和學校收，捐款全數撥款作香港心理衛生會-臻和學校服務之用。Please send crossed cheque made payable to "The IMC of MHAHK-Cornwall School" to MHAHK-Cornwall School 53 Cornwall Street, Sham Shui Po, Kowloon, All proceeds will be used to support the service of MHAHK-Cornwall School.

家教會活動回顧

PTA Activities Overview

家長積極參故事工作坊，由家長協助創作故事；在4月世界閱讀日即時演繹故事，學生及教職員皆十分欣賞，演出大獲好評。



家長故事大使
Parent Storytelling Ambassadors

Parents actively participated in a story workshops, where they assisted in creating original stories. During the World Book Day celebration in April, the parents delivered a live performance of their stories, which was highly appreciated by both students and staff, receiving widespread acclaim.

由專業營養師主講的營養講座，拆解日常飲食誤區，學習實踐均衡飲食和認識食材的營養價值，以吃出健康體魄。Conducted by a professional dietitian, this seminar debunked common dietary myths. Parents learned how to practice a balanced diet and understand the nutritional value of ingredients to maintain a healthy body.



營養講座
Nutrition Seminar

室內划艇班 Indoor Rowing Class



室內划艇班著重體能的自我挑戰與節奏控制，達致減壓效果。The indoor rowing class focuses on personal physical challenges and rhythm control to achieve stress relief.

親子高爾夫球運動戶外日 Parent-Child Golf Outdoor Day

親子高爾夫球運動戶外日讓家長在綠草如茵的球場上與孩子一起參與戶外運動，增進親子關係。



It allowed parents to enjoy deep companionship with their children on the lush green course while observing different aspects of their growth.



家長隨着輕快音樂節拍擺動身體，享受擺動的趣味與活力。Moving their bodies to upbeat musical rhythms, parents enjoyed the fun and vitality of dancing.

跳舞班
Dance Class

家教會活動回顧

PTA Activities Overview

與校長共聚

Gathering with the Principal



家長在兩場與校長共聚中，坦誠交流家校心得，促進學生成長。

- Through two warm and engaging sessions, parents and the Principal engaged in heartfelt and candid exchanges regarding home-school cooperation insights.



接觸大自然

Connecting with Nature



Parents embarked on an exploration of the Sai Kung East Dam. Through outdoor guided tours and leisure walks, they breathed in the fresh air and learned about local ecology, allowing their minds and bodies to be fully nourished and relaxed in the embrace of nature.



一班家長到西貢東壩探秘，透過戶外漫步與導賞，呼吸新鮮空氣，認識本地生態，讓身心在自然的懷抱中得到全然的放鬆及滋養。



新春同樂日

Chinese New Year Party



學生、家長及教職員熱鬧共聚慶祝，大家都非常投入攤位遊戲、節日體驗、小食分享及學生表演等，歡欣滿載。
Students, parents, and staff gathered for a lively festive celebration. Everyone was fully immersed in the booth games, cultural experiences, snack sharing, and student performances, filling the day with boundless joy.