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中華基督教會
協和書院

*May God bless and keep you,
and may He give you peace.*

願神賜福保守你，並賜你平安



CCC HEEP WOH COLLEGE

中華基督教會協和書院

*55th Anniversary
Special Edition*

2025-26

SCHOOL PROSPECTUS

學校概覽



CONTENT

目錄



3-4	Principal's Message 校長的話	17-18	JUPAS Offers Highlights 大學聯招亮點
5-6	School History 學校歷史	19-20	School Curriculum 學術課程
7-8	Servant Leader 僕人領袖	21-24	Vibrant Community 活力校園
9	Miniature Art Learning Centre 微型藝術學習館	25	Visions of Tomorrow 未來社會的設計美學
10	Global Perspective 邁向國際	26	The Joy of Giving 施與受的喜悅
11	Personalised Growth Portfolio 個人成長檔案	27-28	Musical Education 音樂教育
12	The Spirit of Curiosity 勇於探索的好奇心	29-30	Physical Education 體育教育
13	The Heart of Leadership 領袖才華的初衷	31	The Strings of Distinction 卓越非凡的弦音
14	The Depth of Intellect 學研思辨的深度	32	The Bond of Resilience 師徒同心的韌力
15-16	The Heart of Gratitude 畢業生感言	33-34	Home-School Partnership 家校合作



With a 115-year legacy, Heep Woh College, a Band 1 English Medium of Instruction secondary school, provides exceptional Christian education under the guidance of The Church of Christ in China. Our past students' and top scorers' successes form a living legacy, powerfully validating our commitment to quality education.

We believe in holistic education beyond academics. Our unique programmes include the Leadership Academy, which cultivates 'Servant Leaders' with help from distinguished alumni. This has led to our students receiving prestigious awards like 'Top Ten Outstanding Student Leaders of Hong Kong.'

We are also leaders in educational innovation. We host Hong Kong's only Miniature Art Learning Centre to promote interdisciplinary learning and Chinese culture. Our STEAM education, supported by the MIT HK Innovation Node and The University of Hong Kong, exposes students to cutting-edge technology like VR and AI.

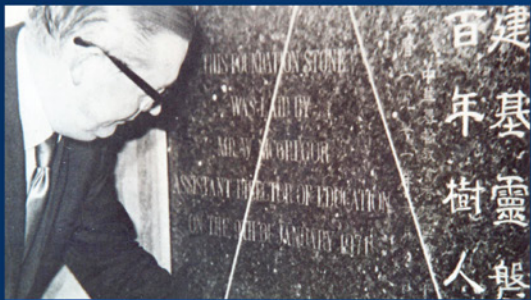
To broaden students' global horizons, we have a network of partner schools and sponsor students to attend summer programmes at Johns Hopkins University. We value each student's uniqueness, creating a 'Personalised Growth Portfolio' with guidance from a Stanford University School of Medicine professor. Additionally, we have incorporated a 'Life Mentorship Programme' into our regular curriculum to provide enhanced emotional and career planning support for our students.

Heep Woh College is more than a school; it is a family dedicated to inspiring and empowering each student to reach their full potential. We look forward to welcoming you.

Principal Mr. Lui Ho Wing, Samuel

Principal's Message





1970年的奠基儀式

A Century of Heritage, Nurturing Brilliance

百年傳承 · 作育英才

2014 MAKE AW
Presentation Cerem
Asian Knowle Foru
13-15 2015



協和書院為全港首間學校連續兩年(2013及2014)榮獲香港最受推崇知識型機構大獎, 亞洲最受推崇知識型機構大獎及最佳知識文化大獎



1976年的教師合照

Founded in 1911 by Mrs. Bigelow in Xiquan, Guangzhou, Heep Woh College was a pioneer in early childhood education in China. In 1921, under Principal Ms. Lowery, the Anglo-American Church helped the school expand by acquiring land and adding a primary school, setting the stage for its future growth.

In 1931, the Church of Christ in China Kwang Tung Divisional Council began sponsoring the school. Principal Ms. Liu Fung Ling was crucial to its growth, establishing a secondary school and the Heep Woh Girls' Teachers School, raising funds, and expanding facilities. The school adopted the motto, 'When you know the truth, the truth will set you free' and later relocated to Macau during the Second Sino-Japanese War.

In 1947, with support from the Presbyterian Church, Ms. Schaefer opened a primary school in Kowloon Tong. The school, renamed 'Heep Woh' for its new home in Hong Kong, continued to expand with the addition of a secondary school. It moved to its current location in Tsz Wan Shan in 1970 and was named Heep Woh College.

To this day, Heep Woh College continues to uphold its core values of **Love & Care, Integrity & Justice, Faith, and Excellence (LIFE)**, striving to cultivate exceptional Christian leaders for the world.

協和書院溯源於美國碧盧夫人在1911年創立的西關慈愛保姆傳習所, 該校同時是中國幼兒教育之起點。於1921年羅莉女士在位校長期間, 在英美教會資助下, 協和購地建舍, 並增設小學部, 為學校未來的發展奠定了基礎。

中華基督教會廣東協會於1931年加入贊助, 其中廖奉靈校長則在協和的發展中發揮了關鍵作用。她着手增設中學部, 亦創辦了協和女子師範; 廖校長籌募經費, 擴建校舍, 增加設備, 並定立校訓為「爾識真理, 真理釋爾」。儘管其後面對抗日戰爭的挑戰, 學校仍堅持不懈, 遷往澳門繼續復課。

1947年, 協和與女子師範得到美國長老會支持, 施禮嫻姑娘在香港九龍塘開設了一所小學, 「協和」之名開始傳播到香港。學校的擴展進一步延伸至中學部。中學部成立初期在協和小學臨時設校, 並於1970年遷至現址慈雲山, 定名為協和書院。

時至今天, 協和書院依然秉持「愛、誠、信、優」的核心價值。關愛互助, 品格培育, 基督牧養, 追求卓越, 務求為世界培育優秀的基督徒領袖。



時任行政長官董建華先生於2004年到訪協和書院



2013年五位歷任校長參與植樹儀式



80年代的越野賽



90年代的聖誕節報佳音



2005年協和書院新翼開幕

Bridging Generations Through Service

僕人領袖 · 承先啟後

Heep Woh College is dedicated to cultivating students into servant leaders of integrity and ability. Our 'Servant Leader Academy', launched just last year, has already yielded outstanding results, with students earning numerous prestigious leadership honours.

This mission has inspired tremendous alumni support, resulting in a generous HK\$1 million donation to establish the 'Heep Woh Leaders Academy'. This new initiative will connect students with graduates and community mentors for diversified training, instilling the humble spirit of service taught by Jesus: 'Not to be served, but to serve'.

本校以培育才德兼備的僕人領袖為核心使命。去年成立的「僕人領袖學院」已見卓越成效，學生接連於「香港十大傑出學生領袖選舉」、「九龍地域傑出學生」及「黃大仙區傑出學生」等評選中榮獲殊榮。

此項育人事業亦獲校友鼎力支持，慷慨捐一百萬港元成立「協和領袖學院」，旨在連結校友與社會賢達，為學生提供更廣闊的領袖訓練平台，深刻踐行耶穌基督「非以役人，乃役於人」的謙卑服事精神。



上屆學生領袖生長



十大傑出中學生領袖



新一屆的學生領袖

Walking in Faith, Guided by Mentors

基督精神 · 友師同行

Our school provides quality Christian education in close collaboration with partner churches, offering regular fellowships, gospel weeks, and life education camps. A core component is our 'Life Mentorship Program', integrated into the Christianity and Life curriculum. Through this initiative, church ministers and believers serve as mentors, providing students with consistent care and spiritual guidance in weekly small groups to support their holistic development.

我們致力提供優質的基督教教育，不僅與夥伴教會緊密協作，定期舉辦團契、福音週、生命教育營等活動，更將「生命師傅計劃」融入聖經與生命成長課程。

此計劃特別邀請教會內的傳道人與信徒，擔任同學的「生命師傅」，透過每週小組聚會給予學生持續的關懷與心靈牧養，全面陪伴他們的身、心、靈健康發展。



學生團契訓練營



生命師傅與學生初次會面



So Smart 訓練營

Miniature Art

Interdisciplinary Learning Programme

微型藝術跨學科學習計劃



In partnership with the 'Joyful Miniature Association', we launched Hong Kong's first permanent miniature art exhibition, managed entirely by our secondary students. This immersive programme allows students to assume professional roles like curators and designers. A University of Hong Kong team supports the project, integrating VR and AI to foster inquiry-based and interdisciplinary learning.

學校與「快樂微型藝術會」合作，在校內設立全港首個由中學生策劃及管理的世界級「微型藝術常設展」，開創本地中學先河。在此跨學科項目中，學生化身文化大使、策展人、歷史研究員及多媒體設計師等角色。項目更得到香港大學學者團隊支持，引入虛擬實境（VR）與人工智能（AI）技術，全面培養學生的探究精神與跨學科應用能力。



可動式火箭展品，動態演示航天科技。



National Roots, Global Vision

立根祖國 · 聯通世界



Heep Woh College is dedicated to nurturing future leaders who possess both a strong national identity and an expansive global vision. We actively foster this through diverse exchange programmes, sister-school partnerships with renowned academies in Mainland China, and in-depth exchanges with world-class universities like Zhejiang University, MIT and the University of Toronto.

This global connection is affirmed by our students' success, earning scholarships for gifted summer programmes at Johns Hopkins University. We are further honoured to be guided by high-profile advisors from MIT and Stanford University, who steer our ongoing development in innovation and holistic education.

本校致力培養學生成為心繫家國、胸懷世界的未來領袖，立志為全球可持續發展作出貢獻。我們與多所海內外知名學府建立緊密聯繫，包括廣州協和學校、南京金陵中學等姊妹學校；浙江大學、多倫多大學、麻省理工學院等世界頂尖學府代表亦曾到訪交流，拓展師生國際視野。

學生的卓越潛質更獲國際頂尖大學認可，每年均有學生獲頒獎學金，入讀美國約翰·霍普金斯大學資優暑期課程。同時，我們榮幸邀得麻省理工學院香港創新中心總監及史丹福大學醫學院教授擔任顧問，引領本校在創新科技與全人教育領域再創高峰。

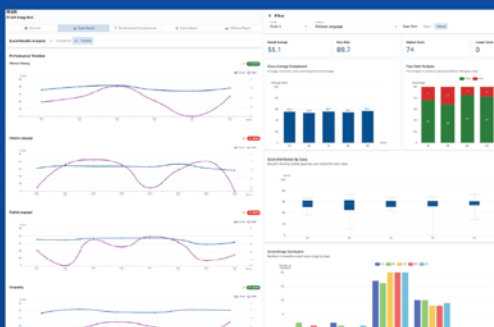
Personalised Growth Portfolio

個人成長檔案

The Personalised Growth Portfolio is a student-centric platform tracking holistic data, such as skills, potential, and activities, to provide a comprehensive view beyond academics alone. Using data visualization, it documents student growth to empower self-awareness for future planning. This enables educators to provide personalised guidance, supporting the school's commitment to whole-person development.

「個人成長檔案」是一個以學生為本的平台，由以往成績表上只關注學業成績，演變成能夠涵蓋八大智能、共通能力、發展潛能，及課外活動等多元數據。透過將學生成長中各種不可或缺的數據，用可視化圖表展示出來，使不同持份者更容易幫助學生進行自我及生涯規劃。檔案呈現學生成長歷程與所學所長，幫助學生認識自我，規劃未來。教師亦更容易因材施教，向學生提供個人化指導、進行選項為本教育，更為學校創造全人發展。

學習軌跡



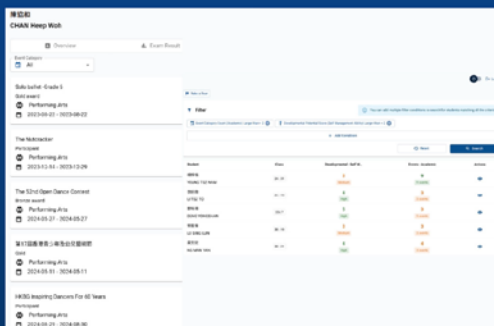
重視學習過程而非僅看成績，助師生輕鬆追蹤學習變化。

全人發展



發掘多元天賦並量化潛能，助學生清晰規劃未來路向。

多元探索



記錄學生活動與成就，彰顯努力價值，並建立學校人才庫。

身心健康



評估學生心理與身體狀況，更全面地關注學生發展。

The Spirit of Curiosity

勇於探索的好奇心

4A Wu Yan Chi, Grace

The Art of Discovery: Grace Wu's Journey into the Human Mind

At Heep Woh College, we celebrate students who look at the world with curiosity and a desire to bridge different fields of knowledge. Grace Wu, a student whose academic journey has taken her from our classrooms to international programs, is a brilliant example of how science and imagination can go hand in hand.

A Spark of Curiosity

Grace's transformation began in Form Two when she was encouraged by Dr. Chu to apply for the prestigious **Johns Hopkins Center for Talented Youth** in the United States. Despite her initial hesitation, she passed the assessment and earned the opportunity to explore the "Psychology of Memory". This course left a lasting impression on her, particularly the study of the seven sins of memory. She became fascinated by the tireless, persistent nature of the human brain—working every second for us, even in its moments of weakness.

Bringing Science to Life

To process these complex neurological insights, Grace didn't just write reports; she turned to her passion for art. She created a series of imaginative anime characters that personify the brain's chemical messengers. Through her "Neuro-Heroes", she made abstract science tangible.

Academic Excellence

Grace further demonstrated her dedication to research through the **Youth Sustainability Researcher Action Scheme** at CUHK. Collaborating with students from other schools, she co-authored an eleven-page paper on school sustainability metrics. Published in a public journal, the project was challenging but deeply rewarding, proving that Grace has the grit to turn curiosity into recognized academic achievement. By blending the rigors of scientific research with creative storytelling, Grace shows us that learning is not just about memorizing facts—it's about finding a unique way to share them with the world.



The Heart of Leadership

領袖才華的初衷

6D Cheng Wai Shing, Wilson



At Heep Woh College, we view education as a "treasure hunt" where the greatest prizes are character and skill. For Wilson Cheng, this journey has culminated in a remarkable "Triple Crown" of recognition, being named an Outstanding Student in the Kowloon Region, the Wong Tai Sin District, and by the Hok Yau Club in 2025.

The Courage to Lead

Wilson's leadership was forged in the Students' Association. Driven to stretch his potential, he and his cabinet successfully campaigned to serve the school. Wilson candidly admits that running a student-oriented organization is never a piece of cake, but the challenges of organizing events and overcoming hurdles taught him the true meaning of resilience and collaboration.

A Vision for the Future

Wilson reminds his peers that while academic results are important, the treasures found in leadership and exploration are what truly enrich one's growth. His story serves as a powerful encouragement for every Heep Woh student to dream boldly and step beyond the framework to find their own unique success.



Quick Facts

- 17th Kowloon Region Outstanding Students' Election - Outstanding Student
- 18th Wong Tai Sin District Outstanding Students' Selection - Outstanding Student
- Hok Yau Club Outstanding Student Leaders Award - Outstanding Student Leader

Key Leadership and Experience

- Students' Association - Cabinet Member
- Hong Kong Academy for Gifted Education - Legal Mentorship & Student Member
- HKU Summer English Programme - Participant

學友社
傑出中學生領袖選舉
2024-2025
閉幕暨頒獎典禮
職遇·惜行



The Depth of Intellect

學研思辨的深度

Lee Yiu Sing, Daniel

(2025 Graduate, currently studying in the Science Master Class at the University of Hong Kong)

A Milestone in Mathematical Publication

A significant peak in Daniel's journey is the publication of his book, "Mathematics for International Advanced Level and Bridging to STEP". Released through NoteCity, this work serves as a vital bridge for students transitioning to high-level university mathematics, reflecting his commitment to supporting the next generation of thinkers.



Leadership and Global Collaboration

Daniel's leadership as the former chairperson of the Science, Physics, and ICT Societies at Heep Woh laid the groundwork for his global reach. He now collaborates with the International Mathematics Olympiad Brazilian Team and serves as a problem setter for gifted student programs. Whether organizing contests or participating in the MIT Hong Kong Innovation Node ESG Workshop, Daniel focuses on applying specialized knowledge to real-world challenges.

Researching the Frontiers of Science

Currently a member of Professor Zhang Bing's research group, Daniel is delving into **Charged Compact Binary Coalescence**, exploring the mysteries of black holes and information geometry. Grateful for the "relentless pursuit of knowledge" encouraged at Heep Woh, Daniel's story is a powerful reminder that with a curious mind, there are no limits to achievement.



Quick Facts

Academic Distinctions

- Student of the Year - Winner (Mathematician)
- International Olympiad on Astronomy and Astrophysics - Former HK Team Representative
- Chinese Physics Olympiad - Semifinal 2nd Honour

Professional Publications

- Mathematics for International Advanced Level and Bridging to STEP
- DSE ICT Mock Examination Set A (NoteCity)

Research & Membership

- Research Member - Prof. Zhang Bing's Group (HKU)
- Member - Hong Kong Academy for Gifted Education (HKAGE)



The Heart of Gratitude

畢業生感言

Lau Tin Yau (2025 Graduate)
PolyU Physiotherapy

I am filled with gratitude and pride as I share my journey from Heep Woh College to the Physiotherapy program at PolyU. Heep Woh did more than just provide an education; it shaped my character, sparked my curiosity, and taught me the true value of perseverance.

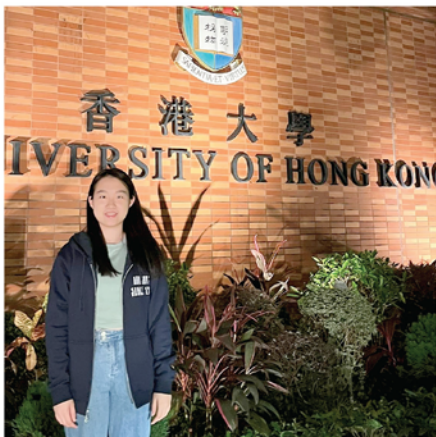
I want to thank my teachers for believing in me and challenging me to be my best. They guided me with patience and created a supportive community where it was safe to learn, fail, and grow.

To my fellow students: I know the path is not always easy, but every step counts. Set clear goals, work consistently, and never give up when things get difficult. Progress is often quiet before it becomes visible, so celebrate your small wins and learn from every setback.

Dream boldly and act daily. Our futures are built here at Heep Woh, one choice at a time. Keep moving forward!



Guan Yuk In Angela (2024 Graduate)
HKU Bachelor of Arts and Bachelor of Laws (double degree)



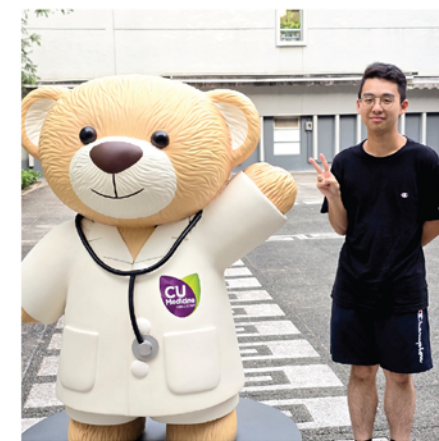
Growing up in a humble family, I have been fortunate to receive immense support from both the school and my peers during challenging times. These experiences inspired a deep desire to give back to the community and help those facing similar struggles. This passion for social justice ultimately led me to pursue a Law degree at the University of Hong Kong (HKU).

Heep Woh College provided a warm and caring environment that felt like a second home. From the friendly daily greetings to the compassion shown by my teachers, this positive atmosphere played a crucial role in my academic success. While I cannot change the past, I deeply cherish the memories and lessons I learned at Heep Woh. They will forever be a part of who I am as I advocate for others in my legal career.

I am thrilled to have been accepted into the Medicine program at the CUHK, a path inspired by my passion for alleviating suffering and helping those in need. My success was built on a foundation of disciplined study habits, such as prioritizing pre-study to identify knowledge gaps before lessons and rigorously practicing past papers from CE to DSE levels to master marking schemes.

I am incredibly grateful to the teachers at Heep Woh College, who fostered a positive and engaging environment while providing the ample resources necessary for my growth. To my fellow students, I encourage you to cherish your secondary school years; work diligently and stay focused, but remember to enjoy the journey along the way.

Sze Chak Lam (2024 Graduate)
CUHK Medicine



Wong Tin Wan (2025 Graduate)
CUHK Quantitative Finance



I am honored to have been admitted to the Quantitative Finance program at the CUHK. QFin focuses on using statistical models to analyze financial markets, a field where strategic thinking and fast-paced problem-solving give me immense satisfaction.

Looking back, my success was built on the foundation laid at Heep Woh College—particularly in English. As a business student, English is vital for presentations, case competitions, and interviews. However, it wasn't always easy. In my junior years, English was my biggest enemy. I was so intimidated by the language that I would often refuse to speak a single word.

Everything changed thanks to my teachers at HWC. They shifted my mindset, teaching me that language is about communication, not just perfect grammar. This realization freed me from my fears and allowed me to start using English with genuine confidence in my daily life.

I am deeply grateful to the teachers and classmates who supported me through the DSE. Because of them, I've learned that English is more than an exam subject; it is a gateway to global knowledge and cultural diversity.

To my fellow students: if you feel frustrated with your studies, remember that it only shows how much you care. Don't be discouraged by the gaps in your knowledge. Believe in yourself, keep working, and enjoy every step of your journey.

JUPAS Offers 2024-25 Highlights

聯招璀璨表現舉隅



Medical 醫療學系

CUHK 中文大學	Bachelor of Medicine and Bachelor of Surgery (MBChB) 內外全科醫學士
PolyU 理工大學	BSc (Hons) in Physiotherapy 物理治療學(榮譽)理學士
PolyU 理工大學	BSc (Hons) in Radiography 放射學(榮譽)理學士
PolyU 理工大學	BSc (Hons) Scheme in Optometry 眼科視光學(榮譽)理學士



Health Sciences 護理科學

HKU 香港大學	Bachelor of Science in Speech-Language Pathology 理學士(言語及語言病理學)
HKU 香港大學	Bachelor of Nursing 護理學學士
CUHK 中文大學	Nursing 護理學
PolyU 理工大學	BSc (Hons) in Nursing 護理學(榮譽)理學士



Innovative Technology 創新科技

HKUST 香港科技大學	BEng/BSc & BBA Dual Degree Program in Technology & Management 科技及管理學雙學位課程
HKU 香港大學	Bachelor of Arts and Sciences in Applied Artificial Intelligence 文理學士(應用人工智能)
CUHK 中文大學	BEng in Artificial Intelligence: Systems and Technologies 人工智能：系統與科技
HKU 香港大學	Bachelor of Arts and Sciences in Financial Technology 文理學士(金融科技)



Bank and Finance 銀行與金融

CUHK 中文大學	Quantitative Finance 計量金融學
HKU 香港大學	Bachelor of Science in Actuarial Science 理學士(精算學)
CUHK 中文大學	Insurance, Financial and Actuarial Analysis 保險、金融與精算學
HKU 香港大學	BBA in Accounting and Finance 工商管理學學士(會計及財務)



Social Sciences 社會科學

HKU 香港大學	Bachelor of Arts and Bachelor of Laws (Double Degree) 文學士及法學士(雙學位課程)
CUHK 中文大學	Psychology 心理學
HKU 香港大學	Bachelor of Social Work 社會工作學學士
CUHK 中文大學	Social Work 社會工作



Arts and Sciences 文理專業

CUHK 中文大學	Mathematics and Information Engineering 數學與信息工程學
HKU 香港大學	Bachelor of Arts 文學士
CUHK 中文大學	Science 理學
HKU 香港大學	Bachelor of Science 理學士

Subjects Offered

開設科目

As an EMI school, apart from Chinese Language, Putonghua, Chinese Literature, Chinese History, CSD and HMSC, **English** is adopted as the medium of instruction in all subjects.

本校為一所以**全英語授課**的學校，除了中國語文、普通話、中國文學、中國歷史、公民與社會發展科及健康管理與社會關懷科外，其他科目均以英語授課。

Junior Forms 初中

Key Learning Area 學習領域	S1 中一	S2 中二	S3 中三
Chinese Language Education 中文教育	Chinese 中文		
	Putonghua 普通話		
English Language Education 英語教育	English 英語		
Mathematics Education 數學教育	Mathematics 數學		
Science Education 科學教育	Integrated Science 綜合科學		Biology 生物
			Chemistry 化學
			Physics 物理
Personal, Social and Humanities Education 個人、社會及人文教育	Chinese History 中國歷史		
	Geography 地理		
	History 歷史		
	Citizenship, Economics and Society / Life and Society 公民、經濟與社會 / 生活與社會		
Technology Education 科技教育	Religious Education 宗教教育		
	Computer Literacy 電腦		
Arts Education 藝術教育	Music 音樂		
	Visual Arts 視覺藝術		
Physical Education 體育教育	Physical Education 體育		



廣大仙繪畫比賽



英國暑期遊學團

台中體育交流團



魔力橋比賽

實地考察火箭發射基地

奇妙數學園活動



參觀地質公園



北京山海關研學團



南京文化交流之旅



深圳自然環境歷史文化探索之旅



在元朗劇院舉行的莎劇體驗演出

亞太機器人聯盟大賽

Senior Forms Electives 高中選修科

Besides the four core subjects, we provide a wide range of options, as summarised in the following chart:

除了四科核心科目，我們還提供廣泛的選修課程，如下圖所示：

Key Learning Area 學習領域	Senior Forms 高中
Chinese Language Education 中文教育	Chinese Literature 中國文學
Mathematics Education 數學教育	Mathematics (Extended Part M2) 數學延伸部分單元二
Personal, Social and Humanities Education 個人、社會及人文教育	Chinese History 中國歷史
	Economics 經濟
	Geography 地理
Science Education 科學教育	History 歷史
	Biology 生物
	Chemistry 化學
Technology Education 科技教育	Physics 物理
	Business, Accounting and Financial Studies 企業會計與財務概論
	Information and Communication Technology 資訊與通訊科技
Arts Education 藝術教育	Health Management and Social Care 健康管理與社會關懷
	Music 音樂
Physical Education 體育教育	Visual Arts 視覺藝術
	Physical Education 體育

Step Out, Stand Out

跳出課室 · 發掘可能



AC米蘭足球學院友誼賽

Every day at our school is filled with lively and stimulating activities, including visits, competitions, and art performances. These activities enrich students' learning experiences beyond the classroom, helping them discover and unleash their talents.

One of the yearly highlights is the Heep Woh Bazaar, where students ignite their entrepreneurial spirit through a business simulation. Students from every class set up, run, and manage businesses. As team players in their own booths, students present innovative ideas that showcase their problem-solving skills and creativity.

Students' active participation and enthusiasm always energise our school campus. At Heep Woh College, we ensure that every student can thrive in a vibrant and supportive community.

學校充滿著動感和活力的活動，包括各式各樣的參觀、比賽和藝術表演，豐富學生課堂以外的學習經歷，發掘並發揮他們的才華。

「協和市集」正是全年的重點活動。學生透過模擬營商，學習「創業家精神」。每班設立並經營自己的小型企業，學生一起變身企業家，各按其職，展示他們的創意和解難能力。

學生積極投入活動，使學校充滿生氣。學生都能在充滿活力和愛的花園中茁壯成長。



參觀知專設計學院



參觀東京創客博覽會



剪紙工作坊



協和市集



參觀絹谷幸二天空美術館

大鵬半島遊學團



輔導生



House	四社
Bigelow House	碧盧社
Liu Fung Ling House	廖奉靈社
Lowrey House	羅莉社
Schaefer House	施禮嫦社

Functional Groups	工作小組
Prefects	領袖生
Students' Association	學生會
Academic Prefects	學術領袖生
Christian Fellowship	學生團契
Guidance Prefects	輔導生
Careers Guidance	升學及就業輔導生
ECA Ambassador	課外活動大使
Moral and Civic Education Ambassador	德育及公民教育大使
Student Docent Team	學生導賞小組
Student Librarians	圖書館服務組
Backstage Team	舞台幕後製作隊
Audio Visual Team	影音服務隊
Eco-buddies	環保推廣大使
School Health Ambassador	校園健康大使
Senior-form Cell Group	信仰小組
Morning Assembly Team	早會隊
School Newsletter Editorial Board	學生校報編輯委員會



Academic Societies	科組學會
Chinese Language Society	中文學會
English Society	英文學會
Mathematics Society	數學學會
Economics Society	經濟學會
History Society	歷史學會
Chinese History Society	中史學會
Science Society	科學學會
Biology Society	生物學會
Physics Society	物理學會
ICT Society	資訊及通訊科技學會
BAFS Society	企會財學會
Geography Society	地理學會
Putonghua Society	普通話學會
Visual Arts Society	美術學會
PE Society	體育學會



Service Groups	服務團體
Community Youth Club	公益少年團
Red Cross	紅十字會
Scouts	童軍
Social Service Group	社會服務團
AMS Cadet Corps	醫療輔助隊少年團

Interest Groups (25-26)	興趣小組 (25-26)
Archery Class	箭藝班
Chess Club	西洋棋學會
Cookery Club	烹飪學會
Dance Team	舞蹈隊
Debate Class	辯論班
Drum Class	鼓班
Electronic Guitar Class	電結他班
Handicraft Club	手工藝學會
Hip Hop Dance Class	Hip Hop 舞蹈班
Jazz Class	Jazz 舞蹈班
Magic Class	魔術班
Robotics Team	機械人競技隊
Rope Skipping Class	花式跳繩班
Sinister Script Club	劇本殺學會
Taekwondo Class	跆拳道班



Visions of Tomorrow

Osaka Expo Tour

未來社會的設計美學



Students soaking in the history and artistry of the Osaka World Expo.



Students soaking in the history and artistry of the Osaka World Expo.

Visionary Exploration at Expo 2025 Osaka

Thirty students from Heep Woh College completed an immersive study tour to Expo 2025 in Osaka, centered on the transformative theme, **"Designing Future Society for Our Lives"**. This engaging experience bridged the gap between classroom theory and real-world application, offering firsthand insights into cutting-edge developments in sustainable development and healthcare technologies. By exploring diverse international pavilions, students moved beyond textbook STEAM concepts to witness how global innovations are shaping the future. The tour not only sparked a genuine interest in scientific advancement but also provided a masterclass in exhibition excellence, highlighting the creative intricacies of narrative development and effective visitor engagement.

Complementing their technological exploration, the students immersed themselves in Osaka's rich cultural and artistic tapestry. At the **Osaka Ukiyo-e Museum**, they gained a profound appreciation for the delicate beauty of Edo-period woodblock prints. This historical perspective was further enriched at the **Koji Kinutani Tenku Art Museum**, where students analyzed contemporary fresco secco works. These visits prompted deep discussions on how to incorporate tactile depth and visual layers into displays, enhancing the students' understanding of visual communication and the art of storytelling through physical space.

Ultimately, the Osaka study tour served as a catalyst for both academic and personal growth. By synthesizing the innovative spirit of the Expo with the aesthetic principles of Japanese art, the students have developed a broader global perspective and a sophisticated understanding of large-scale event management. These valuable insights will be directly applied upon their return, as they lead and support the school's upcoming exhibitions and open days. This journey has not only created lasting memories but has also empowered these students to become the creative architects of their own future school community.



The bright hues and distinctive style of Koji Kinutani's work capture the attention of students.

The Joy of Giving

施與受的喜悅

2D Deng Yong Shan, Christiana

When Christiana signed up for the "New Buds Breaking Through the Soil" volunteer teaching program organized by the Under the Same Sky Funding Association, she wasn't entirely sure what to expect. The decision came suddenly, driven by her belief that she had the ability and interest to help children in remote areas and perhaps bring a little change to their lives. What she didn't realize then was that the program would also give young people from different regions a chance to grow together, learn from one another, and build lasting friendships, while offering rural children a more diverse and enriching learning experience. Looking back on those 11 days in Heyuan, Guangdong, Christiana felt grateful for the choice she made.

Discovering Joy in the Classroom

Christiana was assigned to the course "Setting Out into the World", where volunteers introduced children to scientific theories and experiments, revealing the fascinating side of science. What stood out most to her wasn't just the lessons themselves, but the lively lunchtime conversations afterward. Even after a tiring morning, the children brimmed with energy, eager to share what they had learned and the funny moments from class. Those exchanges reminded Christiana and her fellow volunteers that every effort they made was worthwhile.

Lessons Beyond the Lessons

The program wasn't only about teaching. Near the end of the tour, Christiana was struck by the simplicity of the living conditions—an experience unlike anything she had known growing up in the city. It became a lesson in cherishing what one has. And when fatigue and homesickness set in, the small community found ways to lift each other up. One evening, a group of fellow volunteers organized a party filled with singing, dancing, and laughter. They encouraged one another, and for a while, forgot how tired they were.



Growing Together

The gains from the program were clear. Christiana and the other volunteers learned to wash clothes by hand, care for students' emotions, design lessons and teaching materials, and work as a team. They also built friendships across regions, staying connected even after the program ended.

Giving and Receiving

Volunteer teaching not only benefited the children—it also helped Christiana grow, become more mature, and live out the belief that "it is more blessed to give than to receive." Her experience showed that a summer spent helping others can also be a summer of self-discovery, filled with the joy of service.



Excellence in Music, Shining with Confidence

卓越樂韻 · 綻放光彩

Our music programme nurtures each student's artistic potential through expert teaching, rich resources, and a supportive, creative environment.

Students follow a structured pathway across Chinese instruments and Western classical study. Christmas concerts, inter-school exchanges, and public performances turn learning into polished showcases, building aesthetic appreciation, teamwork, and poised stage presence.

With personalised instruction and ensemble training, students deepen musicianship and gain valuable performance experience. In 2024-25, our teams earned Platinum (Bellprints International Handbell Competition), Gold (Joint School Music Competition), and Silver (Hong Kong Interschool Choral Festival Competition)—affirming the strength of our programme and the dedication of our community.

本校音樂教育以啟發學生藝術潛能為宗旨，透過專業指導與豐富資源，讓每位學生在音樂世界中自信成長，發展獨特的藝術表達。我們提供系統化的樂器課程，涵蓋笛子、琵琶、古箏等中國傳統樂器，以及小提琴、大提琴、長笛等西方古典樂器，並透過聖誕音樂會、校際交流與公開表演等多元舞台，讓學生將學習成果轉化為精彩演出，培養學生的審美能力、團隊精神與從容台風。

學校重視因材施教，在個別指導與團體合奏中引領學生深入音樂殿堂，累積寶貴的演出經驗。在2024-25年度，我們的音樂團隊表現卓越，屢獲殊榮，其中包括於「Bellprints手鈴國際大賽」榮獲鉑金卓越獎、「聯校音樂大賽」勇奪金獎，以及在「香港校際合唱節」贏得銀獎等佳績，充分見證師生共同努力的輝煌成果。

讓我們繼續陪伴孩子在音樂道路上探索前行，於音符間尋找自我，在舞台上綻放光彩。



2025-26

Music Training Programmes

音樂訓練

- | | |
|--------------------------|---------------------------------|
| Choir
合唱團 | Brass Instruments Class
銅管樂班 |
| Western Orchestra
西樂團 | Violin Class
小提琴班 |
| Chinese Orchestra
中樂團 | Cello Class
大提琴班 |
| Handchime Team
手鐘隊 | Dizi Class
笛子班 |
| Handbell Team
手鈴隊 | Pipa Class
琵琶班 |
| Flute Class
長笛班 | Guzheng Class
古箏班 |
| Clarinet Class
單簧管班 | Yangqin Class
揚琴班 |
| Saxophone Class
色士風班 | Guitar Class
結他班 |



Train with Grit,
Achieve with **Glory**

刻苦訓練 · 鑄就輝煌

Sports Teams

運動團隊



Athletics Team

田徑隊



Archery Team

射箭隊



Badminton Team

羽毛球隊



Basketball Team

籃球隊



Football Team

足球隊



Swimming Team

游泳隊



Table Tennis Team

乒乓球隊



Volleyball Team

排球隊



At Heep Woh College, we discover and nurture the unique athletic talent in every student. Supported by our dedicated teachers, expert coaches, and alumni mentors, we empower students of all abilities to unlock their potential and experience the joy of sports. This year alone, five of our students are representing Hong Kong in track & field, dodgeball, and rope skipping, earning national and international accolades.

Our athletes embody a mountaineer's spirit, constantly striving for new heights. Their transformation into elite representatives is a clear demonstration of our special 'Personalised Growth Portfolio' and 'strength-based education' model.

我們著重發掘及培養每位學生的獨特運動天賦，期望不同能力的學生都可發揮潛能，享受運動的樂趣。老師不辭勞苦的指導及鼓勵、教練制定專業的訓練計劃、校友的經驗分享和同行，造就了協和書院一個又一個傳奇。僅在2024-25年度，本校已有五名學生為香港運動員代表，涵蓋田徑、躲避盤和跳繩等項目，並在全國以至國際賽事中獲得獎項。

協和書院的運動員都秉持著登山者的精神，不斷攀登新的高峰，發揮每個人的無限潛力。本校多次將平凡學生培養成香港代表，正是學校獨創「個人成長檔案」和「強項為本教育」的成功實證。



The Strings of Distinction

卓越非凡的弦音



Pong Ho Chun, Jacky

(2025 Graduate, currently studying at HKAPA)

At Heep Woh College, we believe that every student possesses a unique spark. For Jacky, that spark was found in the strings of a guitar. Today, we celebrate his remarkable achievement as the only guitar student admitted to the **Hong Kong Academy for Performing Arts (HKAPA)** since 2019—a testament to his relentless dedication and the vibrant artistic culture of our school.

A Foundation of Support

Jacky's path to his dream school was paved with the care and guidance of the Heep Woh family. He credits his "strong competitiveness" to the diverse resources provided over the years. From Vice Principal Miss Chan's scholarship recommendations to Mr. Choi's specialized coaching in music theory and interview techniques, Jacky was never alone in his pursuit. Principal Mr. Lui further championed his talent, nominating him for prestigious programs at both the HKAPA and the School Nominations Direct Admission Scheme (SNDAS) at CUHK.



Beyond Classical Boundaries

During his time at HWC, Jacky's musical horizons expanded far beyond the classroom. As a member of the Senior Choir, he joined the Parsons Music Exchange Tour in Yichang, Hubei, gaining a global perspective on performance. A particularly transformative moment was a masterclass with Dr. Chan Wing Sang, organized by Principal Lui, which sharpened his technical precision.

However, Jacky's most cherished memories are from our Christmas concerts. While he is a classical guitarist at heart, he used these stages to experiment. "Attempting fingerstyle and Bossa Nova arrangements was quite challenging," Jacky shares, "but it truly strengthened my skills comprehensively as a musician."

Staying True to the Music

Jacky's story is one of "distinctive academic advancement" fueled by artistic literacy. As he moves forward into a professional performing arts career, his journey reminds us all to stay true to our aspirations. At Heep Woh, we are proud to have been the stage where Jacky's music first took flight, and we look forward to hearing the melodies he will share with the world.



Performing at the Christmas Concert

The Bond of Resilience

師徒同心的韌力

Ms. Kwok Sai Ming, 4B Chow Tin Nok and 5C Jiang Yuk Chun

The evolution of Chow Tin Nok and Jiang Yuk Chun from beginners to Hong Kong team athletes is a story of how a teacher's unique vision and tireless commitment can build a student's resilience for life.

I. A Teacher's Vision: From "No" to the Hong Kong team

Neither athlete dreamed of jumping; Ms. Kwok Sai Ming saw their hidden potential.

Chow Tin Nok: A former sprinter, he refused high jump in Form 1. After his first race ended in disaster, he gave it a try. Within a year, he joined the Hong Kong team and won bronze. "Without her invitation, the 'me' of today would not exist."

Jiang Yuk Chun: He hated high jump after being forced to compete in primary school. Bored during the pandemic, he joined Ms. Kwok's morning practices. "I'm not talented - it took me three months to learn the Fosbury Flop." He became someone he once looked up to. "We overestimate a few days of effort, but overlook how much we truly transform over the years."



Ms. Kwok fine-tuning Jiang Yuk Chun's high jump technique and form during practice



Headed for Hubei Ms. Kwok, Tin Nok, and Yuk Chun before the 2025 National Youth Athletics Championships.

II. More Than a Coach: Mentorship and Personal Growth

Ms. Kwok's impact goes far beyond technical training; she poured her heart into their personal development.

A Safe Space to Grow: Tin Nok highlights the emotional support he received: "Ms. Kwok is both a friend and a teacher. Even when I showed my sensitive and childish side, she didn't judge me. Instead, she taught me how to become more mature."

Finding Meaning: Yuk Chun highlights that Ms. Kwok is entirely different from other full-time coaches. She never pressures him to hit specific heights or scolds him for underperforming. She always told him: "I don't want to train champions. I want to enrich your school life, so that when you look back, you feel happy and grateful for the memories."

III. Breaking Through: From Setbacks to Success

Between 2024 and 2025, both boys faced grueling trials. Yet with perseverance, they found their way back.

Chow Tin Nok: "It was so painful every time I jumped"—he nearly retired. Despite the doubt, he notes, "Ms. Kwok never gave up on me." His persistence in rehab paid off; he was selected to represent Hong Kong at the 2025 Asian Youth Games.

Jiang Yuk Chun: Hit a plateau where his performance dropped by 10 cm for an entire year. But he refused to give up. Finally, he broke through — achieving a personal best of 1.99m and proving that your greatest level is always just one more "try" away.

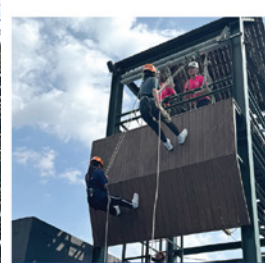
High Jump	
JIANG Y.C.	SCAA
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Att: 2	

Jiang Yuk Chun: Finally breaking through with a personal best of 1.99m.





家教會親子旅行



親子日營：跳出框框挑戰日



親子減壓活動：製作聖誕樹小擺設工作坊



家教會優秀學生獎學金面試

A United Voyage, Navigating the Journey

攜手共育，護航成長

青少年在成長過程中會面對不同的轉變及挑戰，家長對子女的支持尤為重要。本校致力建立關愛、正向及積極的氛圍，積極推行正向家庭教育，鼓勵家長參與各項家長及親子活動，希望提升家長對子女成長需要的認識、宣揚正向育兒訊息及加強對家長的支援。

本校亦與家長教師會合辦活動，並邀請家長義工協助及參與全校活動。希望透過不同的講座、工作坊、小組及面談等，讓家長能夠了解親職教養的角色、培養子女建立正確價值觀及良好品格、維持自己及子女的身心健康及實踐正向親子溝通。

透過家校合作，本校期望能為家長建立支援網絡，共同創造良好的學習環境，攜手陪伴子女健康成長。



「家庭抗逆力」遊戲攤位



家長講座：了解子女的學習風格



親子工作坊：春節傳統習俗文化與手工藝製作

As adolescents navigate the exciting yet challenging journey of growth, parental support is essential. Our school is dedicated to fostering a nurturing, positive, and supportive environment. We are committed to promoting positive family education and encourage parents to participate in various parent and parent-child activities. Our goal is to enhance parents' understanding of their children's developmental needs, promote positive parenting, and provide stronger support for families.

In collaboration with the Parents-Teachers' Association (PTA), we organize a variety of activities and sincerely invite parent volunteers to contribute to and participate in school-wide events. Through talks, workshops, parent groups, and meetings, we aim to help parents better understand their parenting roles, cultivate their children's values and positive character, maintain their own and their children's physical and mental health, and practice positive parent-child communication.

Through this home-school partnership, we aim to build a strong support network for parents. Together, we strive to create a nurturing learning environment that supports the healthy growth of our children.



家長小組：從玩出發-以遊戲進行溝通



家長興趣班：酒精墨水畫



家長講座：與子女「談」戀愛



呂校長茶聚