恩主教書院
VALTORTA COLLEGE

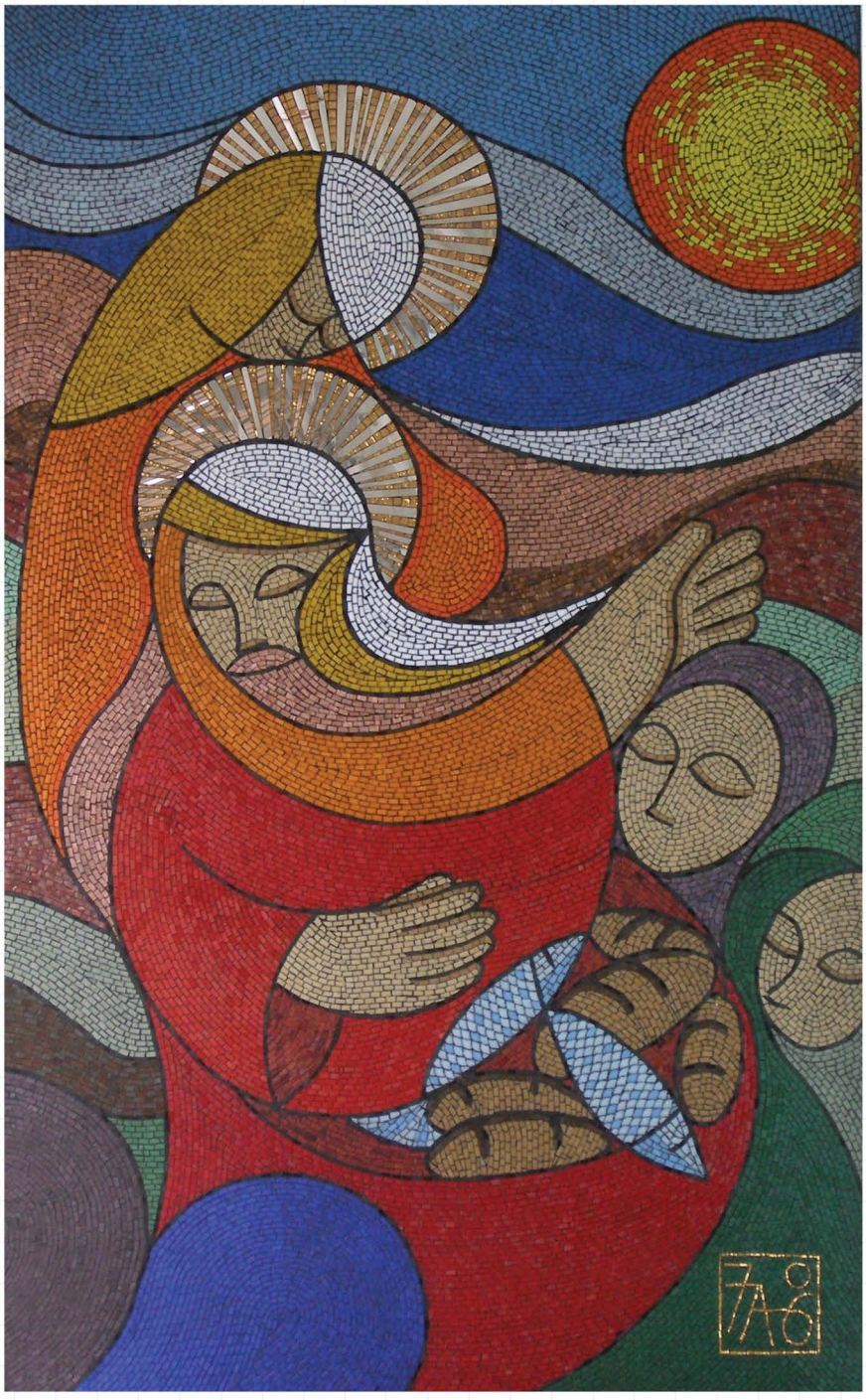
2025-2026
SCHOOL PROSPECTUS
學校概覽



校訓 知行合一
SCHOOL MOTTO
LUMEN ACCENDE, CORDA INFLAMMA

使命 從心出發

學校簡介
SCHOOL PROFILE



Valtorta College was established in September 1976 as a subsidized, co-educational secondary EMI school. Operated by the Catholic Diocese of Hong Kong, it was founded in honour of the Most Reverend Henry Valtorta (1883-1951), who served as the inaugural Bishop of the Hong Kong Diocese.

恩主教書院於1976年9月創立，是一所政府津貼全日制男女英文中學。學校由天主教香港教區開辦，旨在紀念首任香港教區主教恩理覺神父 (Most Reverend Henry Valtorta, 1883-1951)。

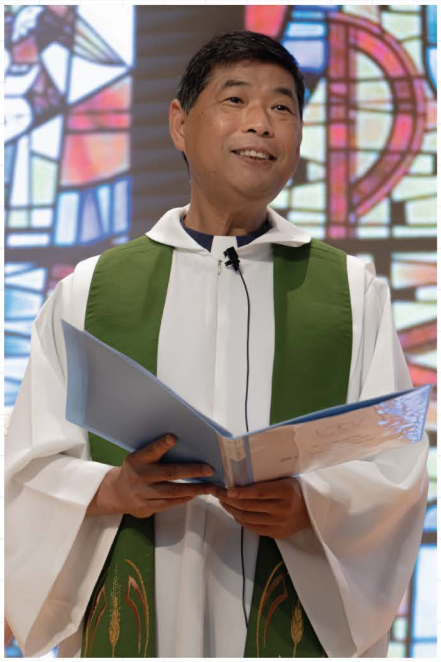
學校使命
SCHOOL MISSION

校訓 SCHOOL MOTTO 知行合一

LUMEN ACCENDE, CORDA INFLAMMA

- To provide our students with an all-rounded education that encompasses Spirituality, Virtue, Knowledge, Physical fitness, Community Spirit and Aesthetics;
- 為本校學生提供德、智、體、群、美、靈六育均衡發展的全人教育。
- To develop fully our students' potential to be of service to society;
- 協助學生盡展所長，服務社會，貢獻國家。
- To spread the Good News of God's love and help our students to discover the genuine meaning and value of their lives.
- 宣揚天父福音，以互愛的精神，幫助學生找尋真理、道路和生命。





校風及學生培育
SCHOOL ETHOS AND STUDENT SUPPORT

At Valtorta College, no student walks alone. Our Catholic ethos inspires us to provide a comprehensive network of care that supports each student's personal and spiritual journey. Our students have direct access to a caring team of professionals, including full-time social workers from Caritas, school counsellors and a dedicated pastoral worker, who always render mental and spiritual support for students. The Educational Psychologist from the Catholic Diocese of Hong Kong pays regular visits to provide on-site professional support.

在恩主教書院的學生在學習的路途上，絕不孤單。學校秉持天主教信仰，致力建立一個全面的關愛網絡，在身心靈方面培育學生。我們設有一個專業團隊，包括全職的明愛駐校社工、學校輔導員以及專責牧民助理，隨時為學生提供精神與心靈上的支援。此外，香港天主教教區的教育心理學家亦會定期到校，為學生提供專業的到校支援服務。



開拓前路分享會



VC 加油站 中秋水果樂團圓


中六加油站



冬日考試期間 派發熱飲打氣

A wide array of meaningful school programmes are incorporated into lessons and school life, aimed at developing students' virtues, fostering resilience, and instilling positive life values to navigate the challenges and complexities of society.

學校將多元且有意義的校本課程融入教學與校園生活，旨在培養學生的高尚品德、提升抗逆力，灌輸正面的價值觀，使他們能從容應對各種挑戰及急促的社會變化。

Our school culture is built on love and care for one another, characterized by strong teacher-student rapport and deep bonds among peers, helping students pursue their life purposes with confidence.

我們的校園文化建基於愛與關懷，師生關係緊密，同儕之間情誼深厚，均有助學生充滿自信地追求人生目標。



2024 年度書展


煩惱 Let it go

擴闊視野・展翅飛翔
EXPANDING STUDENTS' EXPOSURE

Our school is dedicated to broadening students' horizons, encouraging them to engage with the wider world, develop global perspectives, and grow into leaders embodying the Valtortan attributes of H-E-A-R-T. Beyond study tours, we offer a diverse array of experiential learning opportunities designed to profoundly enrich students' life experience.

學校致力拓展學生視野，鼓勵他們與廣闊世界接軌，培養世界觀，讓「恩記人」成長為具備 H-E-A-R-T 核心素養的未來領袖。除了遊學考察，我們亦提供多元化的體驗式學習機會，旨在豐富學生的人生閱歷。







日本世界手鈴大會

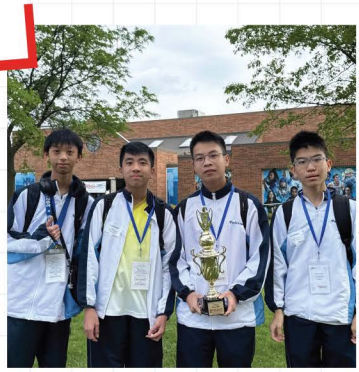






US Robotics Team

本校的機械人學會代表香港參加由美國勞倫斯理工大學主辦的Robofest世界錦標賽（Robofest UMC Senior），在19支隊伍中榮獲第四名。











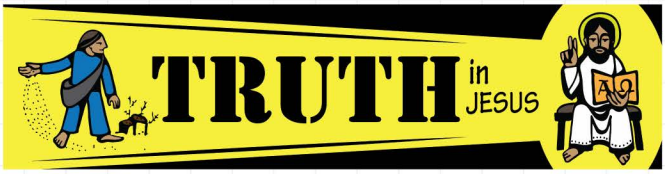
心靈教育
SPIRITUAL EDUCATION





Our dedication to spiritual education is an active pursuit of growth for every member of the Valtorta community. Through practical meditative exercises incorporated into our school assemblies, we guide students and teachers to reflect on essential values for a meaningful life: cultivating gratitude, embracing positivity, and building resilience. This practice is designed not just to inspire, but to equip our community with the spiritual fortitude to navigate challenges with grace and strength.

學校致力於心靈教育的推展，通過周會中的靜默靈修，積極推動全校師生注意心靈健康，學習感恩及培養正面文化，在遇到困難時能積極尋求心靈上的釋放，勇於面對人生中的各種挑戰。









貧富宴



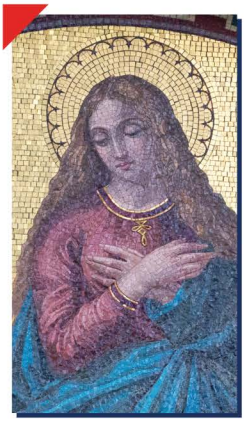
心靈教育



價值觀教育
VALUES EDUCATION

We guide our students on a six-year journey of character development through our 'Values in Action' (VIA) curriculum. This progressive approach ensures that as Valtortans grow, they are continually equipped with essential life skills, including career planning and stress management, and positive values to navigate their future.

學校以六年一貫的價值觀教育框架培育學生。透過校本課程 Values In Action，幫助學生建立正確價值觀，裝備不同能力，面對未來各種挑戰 。



- To be Hardworking (勤學) in our pursuit of the Truth (真理)
- To strive for Excellence (卓越) in our Life (生命)
- To Love (仁愛) each other with genuine Affection (關愛)
- To undertake our Responsibilities (盡責) for one another to fulfill the moral virtue of Justice (義德)
- To be Thoughtful (慎思) in loving our Family (家庭)

服務教育
SERVICE EDUCATION

To provide students with a well-balanced whole person education, Valtorta College has set up the Social Service Group to encourage our students to serve others through different community services.

With the co-operation of social welfare organizations outside school, a number of Social Service Learning Lessons are incorporated into Form 4 Ethics and Religious Studies curriculum. Students are taught to develop a culture in serving the community and show love and care towards the needy in society.

為提供均衡發展之全人教育，學校成立社會服務團，以鼓勵同學參與各種社會服務，學習服務社群。

在校外社福機構的協作下，學校將服務學習課融入中四級宗教與倫理科課程，營造參與社會服務之文化。同學在循循善誘下，學會向社會上有需要人士展現愛與關懷。







追求卓越
ELEVATING ACADEMIC EXCELLENCE

SELF-DIRECTED LEARNING

The school aims to cultivate capable and well-rounded individuals by encouraging students to be proactive and enthusiastic learners. This strategy is put into practice through the "4P 1R" self-directed learning model, which is designed to enhance students' self-learning abilities. This framework structures the learning process into Preparation (pre-lesson preparation), Participation (in-class involvement), Presentation (presenting learning outcomes), Possession (consolidating knowledge), and Reflection. This framework supports the school's broader student-centred curriculum, its commitment to promoting reading, and its goal of balanced growth across all domains, empowering students to forge their own path to success on a foundation of care and mutual love.

學校致力培育才德兼備的年青人，鼓勵學生主動積極，熱忱向學。此願景以「4P 1R」自主學習模式推行，透過課前預習（Preparation）、投入參與課堂活動（Participation）、展示學習成果（Presentation）、鞏固所學（Possession）及反思（Reflection），提升學生的自學能力。

自主學習模式在本校以學生為本的課程框架下，支援推動閱讀，以及追求全人發展的目標，在關愛與互愛的基石上，協助學生開創自身成功之路。









Sydney Study Tour 2025









English Speaking Day





ENGLISH LEARNING

At Valtorta College, English leaps off the page and onto the stage. We challenge students to build fluency and confidence through dynamic activities like debates, drama, and our annual English Week. Students don't just learn English; they use it—presenting their ICT and STEAM projects, commanding the stage as masters of ceremonies, and preparing for their futures in mock job interviews. To take their skills to the next level, students can connect with our Native English Teacher at the relaxed English Corner or embark on an unforgettable study tour to Sydney for a true cultural and linguistic immersion.

在恩主教書院，英語的學習不止步於課堂，還要在日常生活中靈活運用，甚至綻放於舞台之上。我們透過辯論、戲劇及英語周等多元化活動，引領學生以流暢的英語表達，建立自信。學生不僅學習英語，更擅用英語——以英語展示資訊科技與STEAM專題成果，擔任典禮主持，以及應用於為職涯作準備的模擬求職面試。學生可在英語角與外籍英語教師輕鬆暢談交流，或參與悉尼遊學之旅，體驗沉浸式文化語言洗禮，提升英語能力。

文憑試佳績

2025



周仲稻

BEST 6 SCORES：39
就讀院校：香港中文大學 數學精研

- 周仲稻同學考獲39分佳績
- 5**：數學、數學延伸單元二、資訊及通訊科技、物理
- 5*：化學



洪圳藝

就讀院校：香港科技大學
風險管理及商業智能學



張寶盈

就讀院校：香港中文大學
中國語言及文學

2024



郭旭錡

就讀院校：香港中文大學
內外全科醫學士



王浩勤

就讀院校：香港中文大學
內外全科醫學士



蔡駿威

就讀院校：香港科技大學
風險管理及商業智能學

2023



王曼晨

就讀院校：香港中文大學
內外全科醫學士



陳正月

就讀院校：香港理工大學
放射學



朱智聰

就讀院校：香港大學
言語及語言病理學

2026至27年度各級課程結構
SUBJECTS OFFERED AT DIFFERENT CLASS LEVELS (2026-27)

Subject 科目 / Class 班級	S1 中一	S2 中二	S3 中三	S4 中四	S5 中五	S6 中六
				HKDSE - 中學文憑考試		
Chinese Language 中國語文 △	*	*	*	HKDSE		
Chinese Literature 中國文學 △				HKDSE		
Chinese History 中國歷史 △	*	*	*	HKDSE		
English Language 英國語文	*	*	*	HKDSE		
Mathematics / Mathematics with extended modules 數學 / 數學及延伸部分	*	*	*	HKDSE		
Citizenship & Social Development 公民與社會發展科 △				HKDSE		
Computer Literacy 電腦	*	*	*			
Information and Communication Technology 資訊及通訊科技				HKDSE		
Science (Secondary 1-3) 科學 (中一至中三)	*	*	*			
Physics 物理			#	HKDSE		
Chemistry 化學				HKDSE		
Biology 生物				HKDSE		
Commerce 商業			*			
Business, Accounting and Financial Studies 企業、會計與財務概論				HKDSE		
History 歷史	*	*	*	HKDSE		
Geography 地理	*	*	*	HKDSE		
Citizenship, Economics and Society 公民、經濟與社會 △	*	*	*			
Economics 經濟				HKDSE		
Visual Arts 視覺藝術	*	*	*	HKDSE		
Ethics and Religious Education 倫理與宗教 △	*	*	*	*		
Ethics and Religious Studies 倫理與宗教 △				HKDSE		
Putonghua 普通話 △	*	*	*			
Technology and Living 科技與生活	*	*	*			
Music 音樂	*	*	*			
Physical Education 體育 △	*	*	*	*		
Other Learning Experiences 其他學習經歷				*		

F.3 Science, Junior includes Physics, Chemistry and Biology as components.
中三科學科分物理、化學及生物三部分。

All subjects are taught in English except the subjects marked with "△".
除了標註「△」科目外，所有科目皆以英語授課。

2026至27年度班級結構
Class Structure (2026 - 27)

S1 中一	S2 中二	S3 中三	S4 中四	S5 中五	S6 中六
4 classes 四班	4 classes 四班	4 classes 四班	4 classes 四班	4 classes 四班	4 classes 四班

中一迎新活動
ORIENTATION PROGRAMMES

Valtorta College adopts a comprehensive framework to ensure a seamless transition for its F.1 students. This strategy begins with an academic bridging course over the summer, covering core subjects like English, PSHE, and Science to ensure academic readiness. Our school initiates a strong support system through Orientation Days for both new students and their parents. Crucially, the emotional and social adaptation is prioritized: students participate in an adventure-based training day camp in October to foster teamwork and resilience, complemented by a robust peer mentorship system where student mentors are assigned daily to S.1 classes from September to December, providing consistent, personalized guidance during their critical first term.

恩主教書院採用全面的架構，確保中一新生順利適應校園生活。於暑期開設的學科銜接課程，涵蓋英語、個人社會及人文教育與科學等核心科目，為中一新生在學業上做好充分準備；透過為新生及家長舉辦的迎新日，建立完善支援體系。學校尤為重視情緒與社交適應：十月舉辦歷奇訓練日營，培養團隊協作與抗逆力；更設有同儕輔導機制，九月至十二月期間每日均有學長到中一班級，為中一新生在關鍵的第一學期提供持續且個性化的指導。












課外活動
EXTRA-CURRICULAR ACTIVITIES

We operate over 30 extra-curricular activities that students may join at their own will. The activities fall into five categories, academic studies, music and arts, interests, uniform groups and sports. Apart from these regular extra-curricular activities, religious groups organize spiritual activities for the whole school. Moreover, enrichment programmes such as Prefects' Camp, Adventure-based activities and overseas experiential trips are held annually to foster our students' generic skills.

學校開設逾三十個課外活動，供同學自由參與，活動可分為學術、音樂與藝術、興趣、制服團隊、體育五大類。此外，宗教組舉行多項宗教活動供全校同學參與。學校每年亦定期舉辦多元化活動，如領袖生訓練營、歷奇活動、海外交流團等，以培養學生的共通能力。

English Debate Team





Visual Arts Club



Dance Club

Academic Studies 學術

English Society 英文學會
English Language Arts Club 英語文化學會
English Debate Team 英文辯論隊
Chinese Society (Cultural Activities) 中文學會 (語文及文化活動)
Chinese Society (Chinese Debate Team) 中文學會 (中文辯論隊)
Mathematics Society 數學學會
Science Society 科學學會
Geography Society 地理學會
Putonghua Club 普通話學會
Current Affairs Club 時事學會



Handbell Choir



Handchime Choir



Music & Arts 音樂與藝術

School Band 管樂團
String Ensemble 弦樂班
School Orchestra 管弦樂團
Instrument Class 樂器班
Chinese Orchestra 中樂團
Handbell Choir 手鈴隊
Handchime Choir 手鐘隊
Guitar Ensemble 結他隊
School Choir 學校合唱團
Dance Club 舞蹈學會
Visual Arts Club 視藝學會
Art Talent Class 藝才班

Sports 體育

Volleyball Team 排球隊
Badminton Team 羽毛球隊
Basketball Team 籃球隊
Soccer Team 足球隊
Sport Stacking Team 競技疊杯隊
Rope Skipping Team 跳繩隊
Indoor Rowing Team 室內划艇隊
Table Tennis Team 乒乓球隊
Sports Legacy Scheme – Dodgebee 奧夢成真計劃 – 躲避盤





VC 排球女將



學界游泳

Scout



Flag-guards



Uniform Groups 制服團隊

Scout 童軍
Girl Guide 女童軍
Youth Red Cross 紅十字會
Flag-guards 升旗隊

Interest 興趣

Photography Club & Campus TV 攝影學會及校園電視
Home Economics Club 家政學會
Chinese Chess Club 中國象棋學會
Bridge Club 橋牌學會
Robotics Club 機械人學會
Library Club 圖書館學會
School Ambassadors 學生大使
Stage Management Team 舞台製作學會
Entrepreneurship Society 商業學會

Robotics Club





Entrepreneurship Society

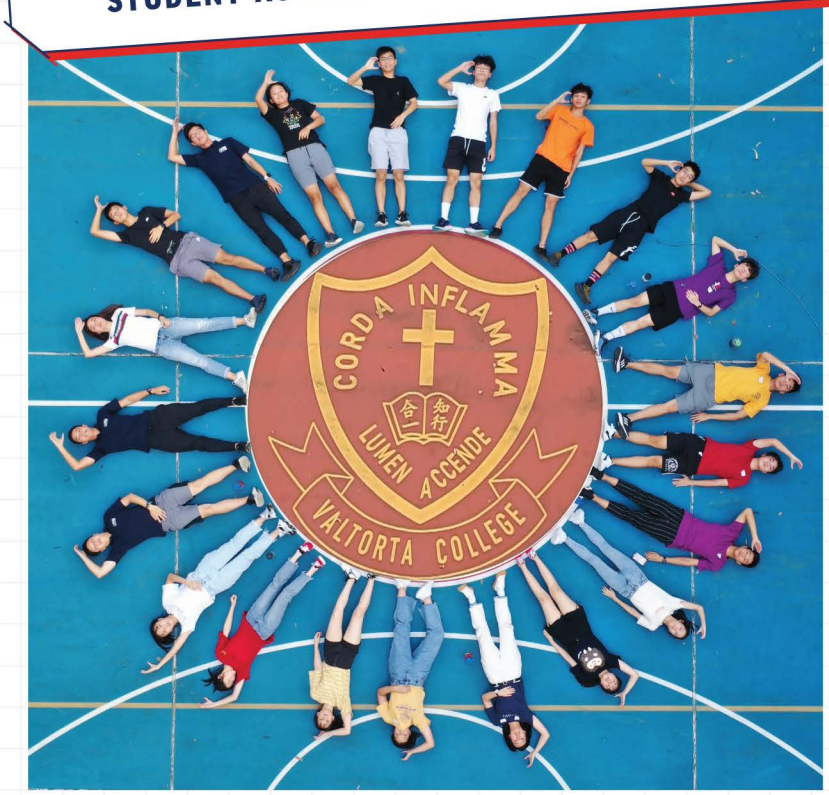


Religious Formation 宗教培育

Catholic Society 天主教同學會
Catechumen Class 慕道班
Social Service Group 社會服務團
Joyous Fellowship 恩樂堂

學生組織
STUDENT ORGANIZATIONS

STUDENT ASSOCIATION AND FOUR HOUSES









We have a student-elected Student Association run by senior form students. The aims of the Student Association are to:

- develop students' leadership and organizational skills,
- unite students and organize activities according to the school's mission,
- act as a bridge between the school and students and
- seek better welfare for students

學校有由學生選出的學生會，由高中學生帶領。學生會的目的是：

- 培養學生自治精神；
- 團結同學，促進德、智、體、群、美、靈的正常發展；
- 促進學生與校方的聯繫；
- 為同學謀求福利。











校舍設備
SCHOOL FACILITIES

The school campus comprises five blocks, housing classrooms, laboratories, computer rooms, a Home Economics Room, a Student Activity Room, a HEART SPACE, a STEAM Activity Room, a Life-wide Learning and Physical Literacy Self-Directed Learning Centre and a Library. Major school functions are held at the Valtorta Hall and Cordis Hall.

學校校舍由五座組成，設有課室、實驗室、電腦室、家政室、學生活動中心、心靈教育中心、STEAM活動室、全方位體育素養自主學習中心及圖書館。學校的集會及活動主要在恩理覺禮堂及明心禮堂進行。

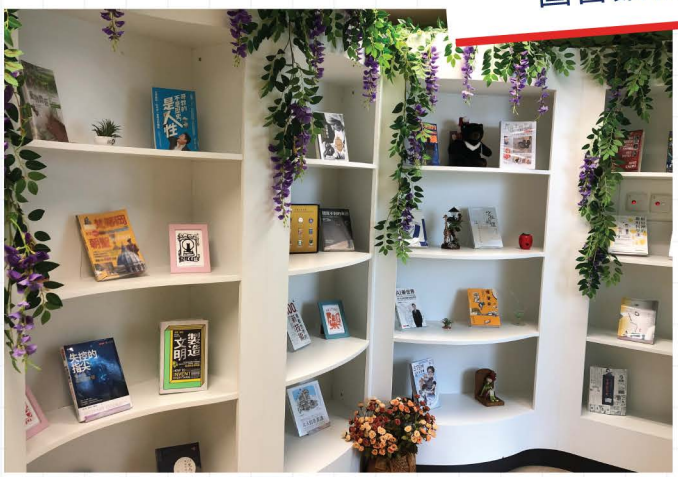


太陽能板



圖書館和自修室







運用虛擬實境工具學習



交通便利
ACCESSIBLE CAMPUS

Located in the immediate vicinity of Tai Po Market Station,
the hub of the MTR network,
our school is easily accessible not only by train but also by bus.

EAST RAIL LINE
TAI PO MARKET STATION

10 mins walk



VC

BUS

Yau Tsim Mong &
Kowloon City District
72X, 271, 75X

Kwai Tsing &
Tsuen Wan District
73X, E41

Wong Tai Sin &
Kwun Tong District
74X, 75X

聯絡我們
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SCHOOL WEBSITE