

St. Paul's Convent School

QEF Grant Sought Not Exceeding \$200,000

Project Title	To promote the Lion Rock Spirit that aligns with the 7 'Cs' '獅' of the Paulinian Education
Project Number	2022/0312
Project Period	February 2024 – September 2025

Project Proposal

Target & Beneficiaries

1. All F1 and F2 students (approximately 480) will learn about the origin of the Lion Dance and practice the basic steps and movements of the Dance during their Physical Education lessons. Through training and practice, they will develop the skills and stamina for the Lion Dance. This will also strengthen their sense of Local and National Identity and cultivate their appreciation of the Chinese Cultural Arts.
2. After the basic training, 40 outstanding students representing the 6 Houses and the Prefects' Board will be selected as the core members of the school's Lion Dance Team. They will develop positive values like Diligence, Perseverance and Commitment through regular training and practice in preparation for school and public performances.
3. All students (approximately 3,000 including the Nursery, Kindergarten, Primary and Secondary sections) and members of the SPCS community will develop a sense of national pride as they enjoy the performances of the Lion Dance at special school functions and the celebration of the coming SPCS 170th Anniversary.
4. The Lion Dance Team will also accept invitations for public performances from the Wanchai District Office, NGOs and other cultural and charitable groups to celebrate festive occasions e.g. the Lunar New Year, the SAR Establishment Day and National Day. Through this, we hope to bring Happiness, Hope and Health to the people of Hong Kong.

Goals & Objectives

Goals

To strengthen the **Local and National Identity** of Hong Kongers, cultivate **positive values** and consolidate the **7Cs of Paulinian Values** by promoting the **Lion Rock Spirit** through **Lion Dance performances**.

Objectives

1. Students develop a stronger sense of Local and National Identity, respect for Chinese traditions and appreciation of Chinese cultural arts through Lion Dance performances.
2. Students develop a stronger sense of loyalty to their Houses and SPCS and a better identification with the '7Cs of Paulinian Education' through enjoying and participating in Lion Dance performances.
3. Students develop a healthy and active lifestyle and stretch their potential in music, dance and martial arts by participating in Lion Dance performances.
4. Students develop teamwork and leadership and a readiness to offer service to their school and community by participating in Lion Dance performances.
5. Students collaborate in Unity and Solidarity to bring Happiness, Hope and Health to the people of Hong Kong.

Needs and Priorities of SPCS

(a) School Background

- St. Paul's Convent School (SPCS), founded in 1854 by the Sisters of St. Paul de Chartres is one of the oldest Catholic schools for girls in Hong Kong. In 2004 SPCS joined the Direct Subsidy School Scheme.
- Values education and service for the community for formation and character development have always played an important part in Paulinian education. The school motto is OMNIA OMNIBUS, translated as 'All things to all people' in English. The school vision is to provide a seamless bilingual education for girls in a happy and motivating learning environment so that they will learn to embrace the Paulinian heritage of Truth, Beauty, Goodness, Nobility and Honour. Its mission is to provide an all-round education, based on Christian values, that enhances the quality of life, both spiritually and materially, for Paulinians so that they can contribute positively to their home profession and society with **Charity, Conscience, Confidence, Courage, Creativity, Competence and Commitment**, also known as the '**7Cs of Paulinian Education**'.
- In addition to providing Paulinians with a solid foundation of knowledge and skills in a wide range of subject disciplines, SPCS provides a large variety of extra-curricular activities to cater for students' diverse interests, talents and potential. The Prefects' Board and the 6 Houses, over 70 Clubs and over 30 options in the Diversified Interests Programme (DIP) promote students' school spirit and foster their sense of belonging to the school.
- Over these years, SPCS has continued to provide innovative and meaningful challenges to ensure a quality education for young ladies to train them as leaders in all aspects of school life. Paulinians have not only attained excellent academic results but have achieved outstanding recognition in local, regional and international competitions and performances.

(b) School Theme, Sub-Themes and Major Concerns of 2022-2023

School Theme: SMART CITIES

SMART signifies the intelligent use of resources in an efficient and effective way. CITIES represents a 'Cradle for Integrating Technology, Innovation, Entrepreneurship and Sustainability'.

Sub-theme: 'Healthy Living, Happy Life' & 'Gratitude & Hope'

Major Concerns

1. To sustain a diverse and innovative curriculum (DSE, IGCSE, IAL, BTEC, ApL, EITP) and assessment that offer multiple pathways to students so as to prepare them for successful entry into tertiary education either locally or abroad.
2. To prepare students for the fast changing technological world through STEM/STEAM by fostering collaborative learning through an inter- disciplinary approach.
3. To strengthen the implementation of the school theme SMART CITIES by focusing more on the entrepreneurial aspect.
4. To strengthen Paulinians' Christian and Chinese moral values through implementation of the Lion Rock Spirit.*
5. To enhance Paulinians' sense of national identity and law-abiding awareness through implementation of National Security Education in both the formal and informal curriculum.

(c) QEF Projects & other School Initiatives

SPCS is applying for and has successfully delivered the following QEF projects:

Project No.	Project Title	Status
2021/0835	My Pledge to Act (2021)	Approved
2021/0207	Enhanced My Pledge to Act	Approved
2020/0081	STEM Education with a focus on Chinese Medicine Research: Establishing a school-based STEM Chinese Medicine Research Programme and Chinese Medicine Research Laboratory	Completed
2017/1118	A Road to Positive Life: Enhancing the students' holistic development with the adoption of strength-based approach	Completed
2005/6170	Enhancement of IT Infrastructure	Completed

- In addition to projects for values education, IT and STEM, SPCS has been actively involved in musical, dance and cultural projects, especially those related to Chinese traditions and cultural arts. Other successfully completed QEF projects include **1999/2493: Marching Band** and **1998/3881: The Dragon**. The Marching Band and the Dragon Dance Team have held public performances for other schools and the Wanchai community at various festive occasions.
- Other than through the QEF projects, SPCS has also been actively promoting Chinese traditions and cultural arts. To ensure sustainability, these have been integrated into the school-based curriculum, DIP and ECAs. Ming Yi lessons for the promotion of Cantonese Opera is incorporated into the F1 & F2 curriculum. F3 & F4 students can continue with by participating in the EDEXCEL BTEC course in Performing Arts (Cantonese Opera) which is held weekly during DIP lessons. Furthermore, lessons in Chinese Medicine are incorporated into the F1 & F2 curriculum and DIP lessons. The school has printed a school-based textbook on Chinese Medicine and Paulinians have developed and patented a Paulinian Herbal Drink in collaboration with the HKUST.
- On top of these, SPCS also has a very well established Chinese Orchestra and Chinese Dance Team which have won a lot of prizes in open competitions, and which have been invited to perform in a lot of public performances.

Project Design

Background

- Lion Dances are performed at Chinese New Year, important Chinese festivals and celebrative occasions as a blessing for all. Accompanied by the beating of drums, cymbals and gongs, the Lion Dance creates a festive atmosphere and a sense of community. They symbolize wisdom, vitality, power, resilience, health, happiness and prosperity. As social activities resume after the pandemic, SPCS plans to introduce a Lion Dance Team into its curriculum to promote this unique tradition and cultural heritage of **China**.
- We plan to set up 7 Lions using the colours that represent the 6 Houses and the Prefects' Board. The 7 Lions, known as the 7 '獅' in Chinese, sound like the 7'C's of Paulinian Education. Through this we hope to actively promote the characteristics of **SPCS** education.
- Practicing for the Lion Dances and preparing for public performances requires Diligence, Perseverance, Commitment, Solidarity and the readiness to Serve. Through this, our students experience what lies at the heart of the Lion Rock Spirit which is symbolic of **Hong Kong**.
- Through this Lion Dance project, members of the Lion Dance Team become ambassadors of SPCS, Hong Kong and China. With the blessings of the 7 cute, colourful and loveable Lions we hope to share all these positive values while strengthening school, local, national spirit, identity and love for Hong Kong.

Innovation

- We hope to bring a new element of ‘fusion’ to our Lion Dance performances to make it more attractive and appealing to a modern audience by integrating ‘Tradition & Innovation’ and ‘East and West’.
- We will integrate creative art and culture through the design of contemporary costumes for the Lion Dancers, and express the traditional auspicious blessings of the Lion as well as the values of the Lion Rock Spirit in Chinese as well as in English.
- We hope that through this approach, we can promote the 7Cs of Paulinian education and the blessings of the Lion to an international and multicultural audience more effectively.

Sustainability

- In order to sustain our initiative, we plan to incorporate the Lion Dance as a school-based curriculum for Physical Education in Form 1 and Form 2, in the same way as we have incorporated Tai Chi in our school-based curriculum in Form 5 and Form 6. This would ensure that all students have a basic knowledge and training in the skills for the Lion Dance. This would also guarantee a steady supply of Lion Dancers for the 6 Houses and the Prefects’ Board, even after this QEF project is completed.
- To ensure that SPCS has a regular supply of committed members for the Lion Dance performances, the school has set up a Lion and Dragon Dance Team to train up a group of students who are interested in the Lion Dance. Students who belong to the Lion Dance Team can have regular training and practices during the weekly DIP.
- The school will actively promote the Lion Dance and the Lion Rock Spirit by accepting invitations for performances to celebrate festive occasions and to disseminate the related values. This will give the Lion and Dragon Dance Team members the motivation to commit and persevere in their hard work.

Implementation Plan with Timeline

Time	Activity	Remarks
Preparation		
February 2024	Formation of Lion Dance Team	
Implementation		
March 2024 to April 2024	Incorporate Lion Dance in the F.1 & F.2 PE curriculum* Team members will have regular training and practices during DIP	Students will be selected to represent the 6 Houses and the Prefects’ Board through audition/recommendation by PE teachers.
May 2024 and onwards	In addition to performances for the Paulinian community, the Team will accept invitations for performances at different times of the year	Performances will be held on: National Day Chinese New Year St. Paul’s Day SAR Establishment Day SPCS 170 th Anniversary Other special occasions
Evaluation & Report		
	Questionnaire	Questionnaires from the whole school, F1 & F2 students, as well as members of the Lion and Dragon Dance Team, will be collected.
September 2025	Preparation of QEF Report	QEF Report to be ready by December 2025

Implementation Details

Incorporate Lion Dance in the PE curriculum

Date	Time	Class	Remarks	
26/2/2024	1:30 p.m.-3:30 p.m.	2T 1U	PE lessons 1-3	2 instructors + 2 PE teachers
11/3/2024			PE lessons 4-6	
8/4/2024			PE lessons 7-9	
28/2/2024	8:20 a.m.-10:20 a.m.	1T	PE lessons 1-3	1 instructor + 1 PE teacher
13/3/2024			PE lessons 4-6	
10/4/2024			PE lessons 7-9	
29/2/2024 (pending)	8:20 a.m.-10:20 a.m.	1P	PE lessons 1-3	1 instructor + 1 PE teacher
14/3/2024			PE lessons 4-6	
11/4/2024			PE lessons 7-9	
29/2/2024 (pending)	1:30 p.m.-3:30 p.m.	2U	PE lessons 1-3	1 instructor + 1 PE teacher
14/3/2024			PE lessons 4-6	
11/4/2024			PE lessons 7-9	
4/3/2024	8:20 a.m.-10:20 a.m.	1S	PE lessons 1-3	1 instructor + 1 PE teacher
18/3/2024			PE lessons 4-6	
15/4/2024			PE lessons 7-9	
4/3/2024	1:30 p.m.-3:30 p.m.	1L	PE lessons 1-3	1 instructor + 1 PE teacher
18/3/2024			PE lessons 4-6	
15/4/2024			PE lessons 7-9	
5/3/2024 (pending)	8:20 a.m.-10:20 a.m.	2L	PE lessons 1-3	1 instructor + 1 PE teacher
19/3/2024			PE lessons 4-6	
16/4/2024			PE lessons 7-9	
5/3/2024 (pending)	1:30 p.m.-3:30 p.m.	2P 2A	PE lessons 1-3	2 instructors + 2 PE teachers
19/3/2024			PE lessons 4-6	
16/4/2024			PE lessons 7-9	
6/3/2024	8:20 a.m.-10:20 a.m.	2S	PE lessons 1-3	1 instructor + 1 PE teacher
20/3/2024			PE lessons 4-6	
17/4/2024			PE lessons 7-9	
7/3/2024	8:20 a.m.-10:20 a.m.	1A	PE lessons 1-3	1 instructor + 1 PE teacher
21/3/2024			PE lessons 4-6	
18/4/2024			PE lessons 7-9	

Lesson 1 to 3: A. Introduction to Lion Dance - Introduce the concept and significance of Lion Dance in Chinese culture. - Show videos or images of Lion Dance performances and symbolism involved. B. Lion Dance Equipment - Introduce the traditional lion dance equipment, including the lion's head, body, tail, and accessories. - Explain the roles of the lion's head and body performers. C. Lion Dance Techniques - Part 1 - Demonstrate basic lion movements and the use of the lion's tail for expression. - Learn basic lion dance footwork, such as side steps and jumps. - Practice lion dance footwork and movements, focusing on coordination and rhythm.	第一課至第三課： A. 介紹獅藝文化 - 介紹舞獅在中國文化中的概念和重要性。 - 播放舞獅表演的視頻或展示具象徵意義的圖片。 B. 舞獅裝備 - 介紹傳統舞獅裝備，包括舞獅的頭、身體、尾巴和配件。 - 解釋舞獅頭和表演者的角色。 C. 第一部分 - 舞獅技巧 - 演示基本的舞獅動作，以及如何運用舞獅尾巴表達感情。 - 學習基本的舞獅步法，如側步和跳躍。 - 練習舞獅步法和動作，重點訓練協調和節奏。
Lesson 4 to 6: A. Lion Dance Techniques - Part 2 - Learn more advanced lion dance techniques, such as leaps and spins. - Practice learned skills and movements with the music and drums. B. Lion Dance Expressions - Learn the different expressions and actions that the lion can portray, such as curiosity, playfulness, and aggression. - Practice and perform different lion dance expressions. C. Lion Dance Music and Instruments - Learn the traditional lion dance music and instruments, including drums, cymbals, and gongs. - Practice the rhythm and beats associated with lion dance performances.	第四課至第六課： A. 第二部分 - 舞獅技巧 - 學習更高級的舞獅技巧，如飛躍和旋轉。 - 運用所學技巧，並配合音樂和鼓聲進行練習。 B. 舞獅表情 - 學習舞獅可以表達的不同表情和動作，如好奇、調皮和攻擊性。 - 練習和演示不同的舞獅表情。 C. 舞獅音樂與樂器 - 學習傳統舞獅音樂和樂器，包括鼓、鈸和鑼。 - 練習與舞獅表演相關的節奏和節拍。
Lesson 7 to 9 A. Teamwork and Coordination - Learn the importance of teamwork and coordination in lion dance performances. - Practise lion dance movements to perform together. B. Choreography and Performance - Create basic lion dance performance routine, incorporating the techniques, expressions, and music they have learned. - Learn and execute the importance of individual roles and responsibilities within the group, i.e head performer, body performers, and musicians. - Practice the lion dance performance in groups. C. Final Performance - Provide opportunities for the students to showcase their skills, creativity, and teamwork in front of the other schoolmates. - Celebrate their achievements, discuss, and evaluate the experience and benefits of learning and performing Lion Dance. Select the Class/House representative for more advanced training during DIPs.	第七課至第九課： A. 團隊合作與協調 - 強調舞獅表演中團隊合作和協調的重要性。 - 練習團隊合作的舞獅動作。 B. 編排與表演 - 創建基本的舞獅表演節目，結合所學的技巧、表情和音樂。 - 理解和執行團隊內不同角色和責任的重要性，如主領舞獅者和樂手。 - 練習團隊的舞獅表演。 C. 課內表演 - 為學生提供機會，向其他同學展示她們的技能、創造力和團隊合作精神。 - 慶祝他們的成就，討論和反思學生學習和表演舞獅的經驗和好處。 - 選出班/社代表，參加 DIP 的進階培訓班。

Development of Learning and Teaching Materials

- We will develop learning and teaching materials for our Lion Dance project to meet the ability levels of the students involved.
- To ensure that the materials are suitable for students of different levels, we will provide a layered approach. For beginners, we will include step-by-step tutorials and simplified instructions to help them build a strong foundation in Lion Dance movements and techniques.
- For more advanced students, through the assistance of professional instructors, we will incorporate more challenging routines and complex sequences that allow them to further develop their skills and coordination.
- Our teaching materials also take into account various learning styles and abilities. We will include visual aids, audio cues, and hands-on opportunities to ensure that students with different learning preferences and abilities can fully participate and benefit from the Lion Dance project.

Budget

Budget type	Items	Quantity	Cost Per Item	Total Cost
Equipment cost	Practice Lions (練習獅)	8 pieces	\$2,200	\$17,600
	Performance Lions (表演獅)	8 pieces	\$4,000	\$32,000
	Anti-skid shoes (爪鞋)	40 pairs	\$350	\$14,000
	Drum, Gong, Cymbal with trolley (鼓樂組合)	2 sets	\$4,800	\$9,600
	Ceremony flags (採青旗)	4 pieces	\$600	\$2,400
	Benches	4 pieces	\$1,000	\$4,000
	Costume for Lion Dancers	80 (2 sets for each)	\$300	\$24,000
	Spare shoes	5 pairs	\$350	\$3,250
	Spare costumes	5 pieces	\$300	
	Storage cabinets for equipment	6	\$4,200	\$25,200
Service cost	Coach fee	59 hours in total: PE lessons, DIP lessons and special Rehearsals	\$510	\$30,090
General expense	Sequins & decorations for costume E.g. eye-dotting Tools	/	/	\$5,060
	Audit Fee	/	/	\$5,000
	Total			\$172,200

Persons-in-charge

Teachers

- [REDACTED] (Head of PE, ECA & DIP): Project Leader who will liaise with the coaches
- Moderators of the 6 Houses: Assistant Leaders who will help coordinate practices and performances.

Principals

- [REDACTED] (Principal) will promote Lion Dance Team and accept performance invitations.
- [REDACTED] (Vice Principal) will coordinate and consolidate the cultivation of positive values through the Lion Dance.
- [REDACTED] (Vice Principal) will be responsible for all the paper work and documentation of the project.

Coaches

- A minimum of 10 years of teaching experience and/ or performances in Lion Dance
- With related qualification/ certificate holder

Expected Outcomes

Outcomes	Success Criteria	Evaluation Method
Students show a better understanding of the Lion Rock Spirit e.g. Perseverance, Resilience, Solidarity	➤ 70 % of students agree that they gain a better understanding of the Lion Rock Spirit e.g. Perseverance, Resilience, Solidarity through the project.	Questionnaire & Observation
Students develop an appreciation of Chinese Art and Culture	➤ 70 % of students agree that they enjoy watching the Lion Dance performances.	Questionnaire & Observation
Students show a better understanding of the 7Cs of Paulinian Education: Charity, Conscience, Confidence, Courage, Creativity, Competence and Commitment	➤ 70 % of students agree that they gain a better understanding of the 7Cs of Paulinian Education: Charity, Conscience, Confidence, Courage, Creativity, Competence and Commitment through the project.	Questionnaire & Observation
Students develop a readiness to serve the community through Lion Dance performances	Members of the Lion Dance Team are happy to accept invitations to perform on different occasions	A record of Lion Dance performances Teacher moderator and Team members observation and feedback
Students develop the values of Diligence, Perseverance and Commitment	Lion Team members are serious in their training and performances	A record to students attendance Teacher moderator and Team members observation and feedback

Project Evaluation

1. Questionnaires and self-evaluation of participants and Paulinians.
2. Students' Training attendance record
3. Student's Performance record
4. A list of performances
5. Observation & Feedback of Teachers, parents and audience

Asset Usage Plan

Category	Item/ description	Quantity	Total cost	Proposed plan for deployment
Equipment	Practice Lions	8	\$17,600	After the completion of the project, our school will continue to make good use of the related equipment and instruments to organize educational activities, aiming to enrich students' learning experiences.
	Performance Lions	8	\$32,000	
	Drum, Gong, Cymbal with trolley	2	\$9,600	
	Benches	4	\$4,000	
	Storage Cabinets for Equipment	6	\$25,200	

School Declaration

1. Our school will ensure that the learning and teaching materials to be developed meet students' learning needs, levels, ages and abilities. Moreover, the content and information should be correct, complete, objective and impartial.
2. Our school will make reference to the curriculum documents including "PE KLA Curriculum Guide (2017)" and "PE KLA: An Overview of the Learning Topics in the Six Strands", and observe related safety measures as stipulated in the updated Safety Guidelines on PE KLA for Hong Kong Schools.
3. Our school confirms that the expenditure items funded by the QEF are one-off. Our school will bear the recurrent expenditure incurred, including maintenance costs, daily operating costs, etc. and the possible consequences that may arise.
4. Our school will ensure that all procurement of goods and services is conducted on an open, fair and competitive basis with measures taken to avoid conflict of interest in the procurement process.

Report Submission Schedule

The school commits to submit proper reports in strict accordance with the following schedule:

Project Management (Should be submitted via the "Electronic Project Management System" (EPMS))		Financial Management (Hard copy together with supporting documents should be submitted to the QEF Secretariat by mail or in person)	
Type of report and reporting period	Report due on	Type of report and reporting period	Report due on
Progress Report 01/02/2024 - 31/01/2025	28/02/2025	/	/
Final Report 01/02/2024 - 30/09/2025	31/12/2025	Final Financial Report 01/02/2024 - 30/09/2025	31/12/2025