



**SACRED HEART CANOSSIAN COLLEGE**  
**Secondary One Discretionary Places (2022-2023)**

**Guidelines for Application**

All duly completed Application Forms and the required information should be submitted to the School in person between 3 January and 17 January 2022. In accordance with EDB guidelines, submitted application forms cannot be retrieved or cancelled.

**For all applicants**

Please submit the following:

1. A completed Application Form with two recent photographs affixed to the designated boxes
2. EDB Application Form for S1 discretionary places
3. Two self-addressed stamped envelopes for follow-up correspondence
4. The applicant's original HKID card for verification
5. Photocopies of supporting documents (please arrange the documents in the same order as the order related items appear in the Application Form)
  - Primary 5 Annual Report Card and Primary 6 first term Report Card
  - Relevant certificates of scholarships, awards, records of community services, extra-curricular activities, etc.
  - Records of achievements in support of talents as stated in the Application Form
6. Two DVDs with two self-introduction video clips
  - A DVD with two-minute self-introduction in English AND a DVD with two-minute self-introduction in Putonghua given by the applicant, each consisting of a minimum of 1.5 minutes on the applicant's sharing on her personal growth
  - The self-introductions must be recorded using fixed-point camera, giving a full shot/ full body shot of the applicant in the video at all times
  - The recordings must be produced in MP4 format, playable using common freeware such as Real Player or Windows Media Player
  - A label with the name of the applicant, both English and Chinese, STRN and specification for English or Putonghua must be placed on each DVD.

**For applicants applying for consideration of special talent**

1. Applicants may choose ONE of the following fields as their strongest talent for contribution to the School:
  - Chinese language/dance/drama/English language/music/STEM/sports/visual arts
2. Depending on the chosen talent, applicants are required to submit supporting documents and/or a separate DVD for the CHOSEN talent together with the Application Form



## SACRED HEART CANOSSIAN COLLEGE

### Secondary One Discretionary Places (2022-2023)

#### **Application for consideration of special talents Required information**

Applicants may choose **ONE** of the following fields as their strongest talent for contribution to the School.

#### **Chinese language/dance/drama/English language/music/sports/STEM/visual arts**

Depending on the chosen talent, applicants are required to submit supporting documents for the CHOSEN talent and/or a DVD as specified below.

Requirements of the DVD:

- A **separate DVD** with video clip(s) of performance(s) related to the talent chosen as stated in the application form
- The performance(s) must be recorded using fixed-point camera, giving a full shot/ full body shot of the applicant in the video at all times
- The recordings must be produced in MP4 format, playable using common freeware such as Real Player or Windows Media Player
- A label with the name of the applicant, chosen talent for consideration of special talent and the contents of performance(s) *e.g.*  
*title of excerpt(s)/piece(s)/song(s)/dance(s)/drama(s),*  
*name(s) of composer(s)/choreographer(s)/author(s) etc.* must be placed on the DVD

## Requirements of different talents:

### 1. 中國語文類

申請人必須提供以下 2 段的視頻——

- 以不多於 2 分鐘時間介紹一本值得向同學推薦的書籍，視頻內容包括
  - 值得推薦的原因
  - 簡單介紹書中情節
  - 當中哪些人物值得欣賞或效法
  - 書中主題或內容對自己有何啟發

- 以不多於 2 分鐘時間朗讀以下指定的唐詩及現代散文

(a) 王維《送元二使安西》

渭城朝雨浥輕塵，客舍青青柳色新。  
勸君更盡一杯酒，西出陽關無故人。

(b) 舒乙《香港：最貴的一棵樹》（節錄）

在灣仔，香港最熱鬧的地方，有一棵榕樹，它是最貴的一棵樹，不光在香港，在全世界，都是最貴的。

樹，活的樹，又不賣，何言其貴？只因它老，它粗，是香港百年滄桑的活見證，香港人不忍看着它被砍伐，或者被移走，便跟要佔用這片山坡的建築者談條件：可以在這兒建大樓蓋商廈，但一不准砍樹，二不准挪樹，必須把它原地精心養起來，成為香港鬧市中的一景。太古大廈的建設者最後簽了合同，佔用這個大山坡建豪華商廈的先決條件是同意保護這棵老樹。

樹長在半山坡上，計劃將樹下面的山石全部掏空取走，騰出地方來蓋樓。把樹架在大樓上面，仿佛它原本是長在樓頂上似的。建設者先固定好這棵老樹，再在大花盆底下蓋樓，光這一項就花了兩千三百八十九萬港幣，堪稱是最昂貴的保護措施了。

### 2. Dance

Applicants are required to produce two video clips:

- A video showing seven poses in the following sequence; with each pose being held for five seconds:
  - (a) Full body shot facing the camera
  - (b) Side full body shot facing right
  - (c) Right-side front split
  - (d) Lateral split
  - (e) Left-side front split
  - (f) Back bend (bridge pose)
  - (g) Three techniques of applicant's own choice
- A three-minute video starting with an introduction of a chosen dance, followed by a solo dance performance of applicant's own choice

### 3. Drama

Applicants are required to produce a five-minute performance of solo story-telling, stating the title of the story at the beginning.

### 4. English Language

Applicants are required to produce a public speaking performance of 3 to 5 minutes on a topic of own choice.

### 5. Music

- Applicants should have reached ABRSM or Central Conservatory of Music Examination Grade 5 or above
- Applicants are required to submit three videos in the total length of not exceeding 15 minutes on one of the following:
  - (a) Instrumentalists: play a scale and an arpeggio of own choice and at current level; perform TWO contrasting pieces
  - (b) Singers: perform THREE contrasting songs in English or foreign languages, with at least two unaccompanied; classical repertoire and folk songs are preferred
  - (c) 中國樂器：演奏中央音樂學院考級委員會為各樂器編訂的《海外版》教材內，該級曲目中：自選練習曲一首；及樂曲兩首

### 6. Sports

- Applicants are required to submit certificates from Sports Associations of achievements with information such as speed and level stated
- Applicants with special talents for any of the sports below are required to submit the corresponding clips:
  - (a) Basketball – a one-minute video showing layup /two-point shots
  - (b) Volleyball – two one-minute video clips of the following:
    - single person forehand pass
    - single person overhead pass
  - (a) Table-tennis – two one-minute video clips of the following:
    - forehand drive
    - backhand push

### 7. STEM

Applicants are required to submit supporting documents acknowledging their achievements in STEM, including participation in competitions and courses; and any awards received.

### 8. Visual Arts

Applicants are required to submit **three to five** original works in A4 size printouts in high resolution images. The title, original size, medium, and a brief description of each piece must be provided.



## 嘉諾撒聖心書院

### 中一自行分配學位 (2022-2023)

#### 專項才能須知

申請人可選擇以下其中一項領域作為對學校具有貢獻的專項才能。

- 中國語文類、舞蹈類、戲劇類、英國語文類、音樂類、體育類、理工科類、視覺藝術類

根據所選的專項才能，申請人必須為該專項才能提交證明文件和/或獨立的光碟(DVD)。

光碟要求如下：

- 申請人需提供與申請表上所選擇專項才能有關的表演視頻；
- 在整段視頻中必須以定點及全屏/全身拍攝；
- 光碟必須以「MP4」存檔，並可用於「Real Player」或「Windows Media Player」等軟件播放；
- 光碟上必須註明申請人姓名、所選擇專項及表演內容的資料，例如：篇章題目、曲目、舞蹈種類、劇目，以及作曲家、編舞者、作者等名稱。

各項專項才能的要求：

### 1. 中國語文類

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### 2. 舞蹈類

申請人必須提供以下 2 段的視頻——

- 按順序拍攝以下 7 個動作，每個動作停頓 5 秒
  - (a) 面對鏡頭拍攝全身影像
  - (b) 面向右方拍攝全身側面影像
  - (c) 右腿一字馬
  - (d) 橫一字馬
  - (e) 左腿一字馬
  - (f) 後彎腰（拱橋）
  - (g) 自選三個技巧動作
- 演出一支不多於 3 分鐘的獨舞，並介紹該自選舞蹈，然後進行自選獨舞表演

### 3. 戲劇類

- 申請人必須演繹一則不多於 5 分鐘的故事，開始前需交代故事名稱

### 4. 英國語文類

- 申請人必須演說一段 3-5 分鐘的短講視頻，題目自擬

### 5. 音樂類

- 考生必須已具備或達至 ABRSM 或中央音樂學院音樂水平等級術科考試 5 級程度或以上
- 必須提交以下其中一項不多於 15 分鐘的 3 段視頻：
  - (a) 西洋樂器：演奏需合乎考生現時程度的自選音階及琶音各一，及兩首不同風格的樂曲
  - (b) 聲樂：演唱三首英文或外文歌曲，其中最少兩首必須是無伴奏，選曲須以古典音樂及民族歌曲為主
  - (c) 中國樂器：演奏中央音樂學院考級委員會為各樂器編訂的《海外版》教材內，該級曲目中：自選練習曲一首及樂曲兩首

### 6. 體育類

- 申請人必須提交來自體育總會頒發的證書及相關資料，以證明申請人的速度或水平等級
- 申請人選擇以下其中一項專項運動，提交相關的視頻剪輯：
  - (a) 籃球——不多於 1 分鐘的視頻，展示上籃、兩分射球
  - (b) 排球——兩段不多於 1 分鐘的視頻：
    - 單人正手傳球
    - 單人頂上傳球
  - (c) 乒乓球——兩段不多於 1 分鐘的視頻：
    - 正手攻球
    - 反手搓球

### 7. 理工科類

申請人必須提供證明文件，顯示在該項領域的成就，包括所參加的比賽和課程，以及所獲得的任何獎項

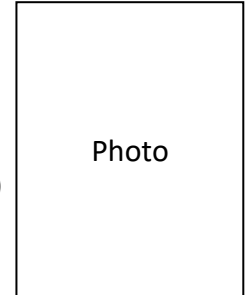
### 8. 視覺藝術類

申請人必須提供 3 至 5 張原創作品的圖像，圖像必須具有高質的解像度，並打印在 A4 紙上；必須註明每件作品的標題、大小、媒介及作簡單描述



**SACRED HEART CANOSSIAN COLLEGE**  
Application Form for Secondary One Discretionary Places (2022-2023)

**I. Personal Information** (\*Please delete as appropriate.)



Student Ref. No. (STRN): \_\_\_\_\_

Name in Full : \_\_\_\_\_ (in English) \_\_\_\_\_ (in Chinese)  
 (Same as HKID card)

HKID card no. : \_\_\_\_\_

Nationality : \_\_\_\_\_ Religion : \_\_\_\_\_

Place of Birth : \_\_\_\_\_ Date of Birth : \_\_\_\_\_

Present School : \_\_\_\_\_ Primary 6\_\_\_\_ (am / pm / wd) \*

Home Address : \_\_\_\_\_  
 \_\_\_\_\_

Telephone No. : \_\_\_\_\_ (Home) Email : \_\_\_\_\_

Father's Name : \_\_\_\_\_ (in English) \_\_\_\_\_ (in Chinese)

Occupation : \_\_\_\_\_ Contact: \_\_\_\_\_ (Mobile)

Mother's Name : \_\_\_\_\_ (in English) \_\_\_\_\_ (in Chinese)

Occupation : \_\_\_\_\_ Contact: \_\_\_\_\_ (Mobile)

Guardian's Name : \_\_\_\_\_ (in English) \_\_\_\_\_ (in Chinese)  
 (If applicable)

Occupation : \_\_\_\_\_ Contact: \_\_\_\_\_ (Mobile)

Relationship : \_\_\_\_\_

**II. Relationship with the school**

State the years attended if parent is an old girl of Sacred Heart Canossian College :

Form(s) : \_\_\_\_\_ School year(s) : \_\_\_\_\_

State name(s) and year(s) of your sister(s) studying in Sacred Heart Canossian College :

Name(s) of sister(s) : \_\_\_\_\_ Level(s) and school year(s) : \_\_\_\_\_



**III. Achievements: List the applicant's outstanding achievements in the following tables.**

(Please provide **supporting documents**, following the order presented below. Achievements with **NO** supporting documents/photographs will **not** be considered.)

**A. Leadership**

Organisation	Details	Year of Participation

**B. Services**

Organisation	Details	Year of Participation

**C. Outstanding Achievements in Extra-curricular Activities (NOT including those to be listed in Section IV for consideration of special talent:**

Type of talent	Organisation	Achievement (Please state school/local/international and scores/awards)	Year Awarded

**D. Other Outstanding Achievements: scholarships and academic awards obtained/overseas trips attended:**

Organisation	Achievement	Year Awarded



**Declaration**

1. I am the \*parent / guardian of the applicant \_\_\_\_\_.
2. I have attached the following DVDs: *(please tick as appropriate, and state the chosen talent for consideration)*:
  - self-introduction of my daughter in English
  - self-introduction of my daughter in Putonghua
  - performance(s) for consideration of special talent of \_\_\_\_\_

I understand that the DVDs will be destroyed after the processing of application/in July 2022.
3. I understand that the personal data and/or information supplied will be used for processing this application only, and the data and/or information held by the School will be kept confidential.
4. I understand that the School may consult the primary school(s), institution(s) and organisation(s) provided in this application for the purpose of processing this application.
5. The contents of this application are true and complete to the best of my knowledge and belief.

Signature of Parent / Guardian\*: \_\_\_\_\_

Date: \_\_\_\_\_

\* Please delete as appropriate.

# Please return this form together with two self-addressed stamped envelopes.

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**Identification Form for Interview**

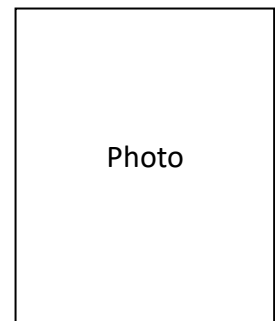
Name of Applicant: \_\_\_\_\_ (English)  
 (Same as HKID card)

\_\_\_\_\_ (Chinese)

Student Reference No.: \_\_\_\_\_  
 (STRN)

Date of Interview: 12 March 2022 (Saturday)

Time of Interview: \_\_\_\_\_  
 (For office use only)



# Do not wear school uniform to the interview.

# Bring along this slip and your HKID card to the interview for identification purposes.