



## Mission Statement

### 學校宗旨

Students will learn and practice enlightened living and thereby open their hearts and minds to develop the compassion, insight and skillful means to become responsible, benevolent and confident individuals dedicated to aiding all beings in handling life's challenges.

以佛教實修方法，來啟發學生心智、慈悲、洞察力與思考技巧，讓他們具有責任感、利他精神及自信心，未來可以面對人生的種種挑戰。

## Expected School-wide Learning Results (ESLRs)

### 學校教育及學生學習目標

#### I. General Character Development 基礎品德

Students will realize how to develop their inner strength.  
教導學生認識自我，培養內涵及良好品德。

These are students who:  
學生們將能：

- Understand the consequence of one's actions; understand the views of others and choose only those actions that benefit others;  
了解行為與後果的關連，能夠懂得替他人著想，遇事能做正確的選擇，凡事皆以「利他」做為出發點。
- In seeking to aid and nurture others, see to diminish selfishness and develop both wisdom and compassion;  
懂得從培養自己能夠耐心、細心的幫助他人，在利他當中明瞭「不自私」的真意，而學習到「慈、悲、惜、捨」的大智慧。
- Are well-balanced team players who live in harmony with others and the environment;  
身心平衡，能與他人合作，可以（主動）適應環境。
- Have developed a positive and joyful attitude toward life; and  
用積極、樂觀的態度，來面對人生。
- Provide inspiration and service to their communities.  
發揮所長、所能來服務社區，也能帶動他人（不分宗派、種族、貧富）來共同為社會貢獻。



## II. Spiritual Development 心靈、潛能開發

Students will develop inner wisdom to: (1) become strong, resourceful and mindful individuals, who are able to face reality, manage stressful situations and comfort others during and after dramatic events, and (2) seek a path to self-realization and enlightenment.

啟發學生潛在的能量與智慧使其能成長為：(1) 擁有堅強、廣識多聞、慎密思考能力等特質之人。能夠圓融的處理現實生活中的種種，在困難來臨時，有信心及方法，來幫助自己及他人來安心、化解。(2) 引導學生正確的修持，在未來能夠「明心見性，自主生死」。

They are students who:

學生們將能：

- Learn and practice spiritual exercises such as meditation, chanting and yoga; 懂得亦能夠實修(包括靜坐、持咒及瑜珈)和實用佛法。
- Study and apply in their lives the law of Karma and the principles of ethics; and; 明白佛教因果，有正確的倫理道德觀如孝順父母，禮敬師長。
- Are striving to become patient, benevolent individuals who continually seek the opportunity to benefit all sentient beings. 積極的去訓練、培養自己成為耐心、謙虛、仁慈之人，並能發大心量，時刻心念眾生。

## III. Academic Excellence 知識學術

Students will have acquired leadership skills and a solid academic background, which equals or exceeds the California Department of Education standards.

教導學生領導技巧，和紮實的學術基礎，這些學術必須符合，或超過加州教育局所訂定的學術標準。

These are students who:

學生們將成為：

- Have developed problems solving abilities in the areas of mathematics and science; 在數學及科學領域，具有解決(日常)問題的能力。
- Are literate and have developed excellent multi-language and communication skills; 能用英文流利讀寫，並運用多種語言，與他人溝通。
- Appreciate and practice fine and applied art; and 能夠欣賞藝術，融合藝術創造於日常生活中。
- Have developed a curiosity about the workings of the universe and a lifelong love of learning. 培養出探索世界的好奇心，並成為終身學習的人。

## IV. Physical Well Being 生理保健

Students will understand and have integrated into their own lives the principles of good health.



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教導學生「身心靈」合一的保健觀念，並運用於日常生活之中。

These are students who:

學生們將能：

- Have developed the ability to absorb and utilize the universal energy that pervades the universe;  
從修持身、心、靈保健中，懂得如何吸收並運用宇宙中的能量。
- Understand and have implemented a program of nutrition and physical exercise that maximizes good health;  
擁有為自己設計營養保健計畫的能力，懂得常做適當的運動，來保持生理最佳狀態。
- Make responsible decisions regarding recreational activities; and  
懂得選擇正當的娛樂，並能夠自我控制。
- Realize the dangers of and therefore avoid the use of harmful stimulants.  
了解違禁藥物的危險，並懂得如何抗拒。