

甬波府中學堂



浙江省寧波中學

ZHEJIANG NINGBO HIGH SCHOOL

校友沙孟海題





李永培校长  
Principal Li yongpei

# 浙江省宁波中学

## ZHEJIANG NINGBO HIGH SCHOOL

### 校长寄语：

跨越三个世纪，一时名家云集、英才辈出  
历尽春秋百度，见证中国教育的兴衰荣辱

宁波中学，我们心中的旗帜：  
你的辉煌历史是我们的光荣，  
再创宁中伟业是我们的责任。

李永培  
2015.3于宁波

### Hope of the Principal

Ningbo High School, which has witnessed in a period spanning three centuries the gathering of distinguished and admirable personages and breeding of outstanding and desirable figures, has also witnessed in its long journey of more than one hundred years the rise and fall, the glory and shame, experienced by the educational sphere of the country.

Ningbo High School, you are a banner in our hearts.

Your glorious history is our everlasting pride.

To make further contributions to the great cause of the school is our duty and task.





# 简介

宁波中学创办于1898年，始于储才学堂，继为宁波府中学堂，浙江省立第四中学、浙江省立宁波中学、浙江省宁波第一中学，于1988年更名为浙江省宁波中学。一百多年来，宁波中学始终贯穿“爱国、进步、科学、文明”的办学宗旨，培养了9名中国科学院院士以及一大批杰出人才，宁中人人足迹遍布全球。现为浙江省首批一级重点中学，全国中小学现代教育技术实验学校，全国学校体育卫生工作先进单位，浙江省首批文明学校和浙江省教育科研200学校。

学校占地面积283亩，总建筑面积6万余平方米，现有59个班级，2800多名学生。校舍设计新颖，功能健全，设施一流，风景优美，环境宜人，是莘莘学子读书成才的理想之地，是宁波市现代化教育的窗口。

学校师资力量雄厚，现有教职员225人，教师181人。先后荣获特级教师称号12人，享受教授级待遇教师5人，宁波市名师7人，高级教师53人，一级教师64人，拥有一大批获得省市“教坛新秀”、“骨干教师”称号的青年教师。

学校发展与时俱进，坚持“主体意识，人文素养，科学精神”的教育理念，追求一流教育质量，打造一流师资队伍，构建一流管理体系，为学生创设全面发展、自主发展、持续发展的平台，使学生成为有文化素养、有健全体魄、有创新精神、有竞争能力的世纪人才。

现任校长李永培系浙江省特级教师、教授级中学高级教师，党委书记陈建平是全国优秀教育工作者。

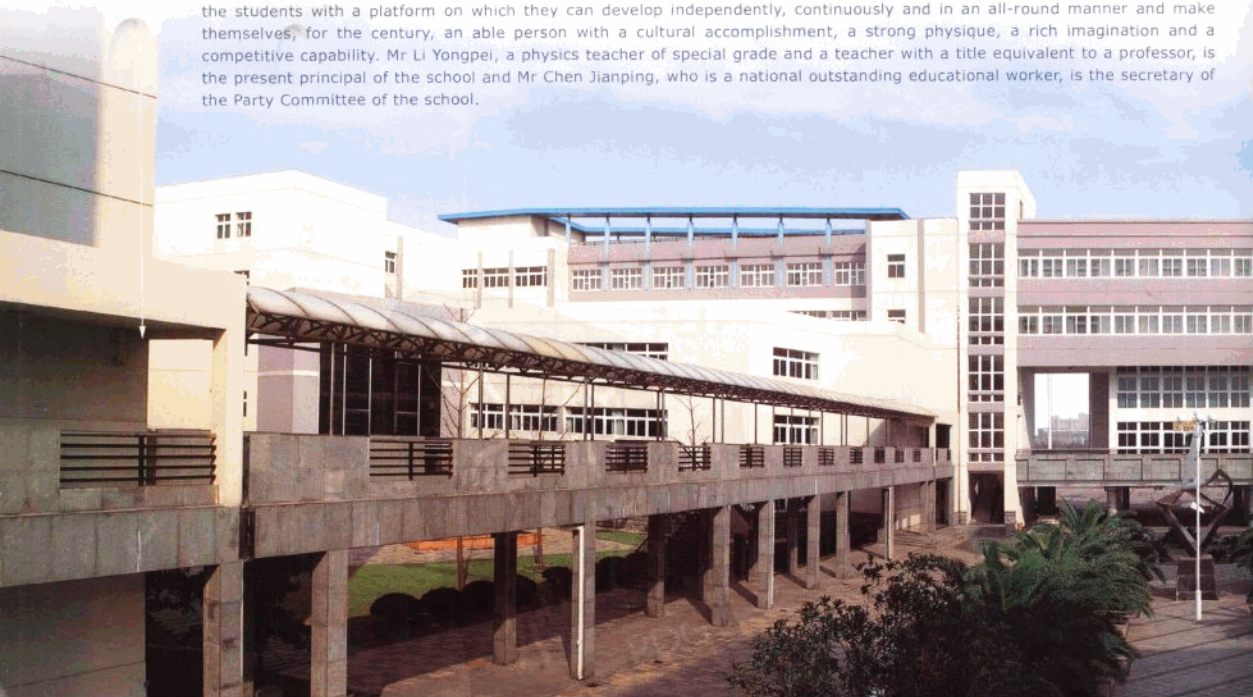
## A Brief Introduction of Ningbo High School

Ningbo High School, which was known by a succession of names in its long history such as Chucui School and Middle School of Ningbo Prefecture before it was given the present one in 1988, was established in 1898. In a period of more than 100 years, the school has brought up 9 academicians of the Academy of Sciences of China and a large number of outstanding personages of high reputation both at home and abroad by following the principal tune of "patriotism, progressiveness, science and civilization". It is now one of the first batch of key middle schools of Zhejiang Province, one of the national experimenting middle and primary schools of modern educational technology, one of the national outstanding units in the school physical education and health work, one of the first batch of civilized schools of Zhejiang Province and one of the 100 best schools in educational scientific research of Zhejiang Province.

With an area of more than 46 acres and a floorage of more than 60,000 square meters, the school now has 59 classes and more than 2800 students. The original design of the school buildings, the modern conveniences, the first-class facilities, the picturesque surroundings and the pleasant environment make the school an ideal place for the students who are thirsty for knowledge and a window of the modernized education of our city.

Having a membership of 225, 181 of them being teachers, the school boasts a qualified staff: 12 teachers holding the title of special grade, 5 the title equivalent to a professor, 7 the honorary title of "well-known teachers of the municipality", 53 the title of senior grade, 64 the title of first grade and a large number of young teachers the title conferred on them either by the provincial authority or by the municipal authority, the title of "promising teachers" or of "backbone teachers".

In striving for the first-rate educational quality, the first-rate teaching staff and the first-rate managing system, the school will continue to advance with the era on the concept of "subject-consciousness, humane quality and scientific spirit", so as to provide the students with a platform on which they can develop independently, continuously and in an all-round manner and make themselves, for the century, an able person with a cultural accomplishment, a strong physique, a rich imagination and a competitive capability. Mr Li Yongpei, a physics teacher of special grade and a teacher with a title equivalent to a professor, is the present principal of the school and Mr Chen Jianping, who is a national outstanding educational worker, is the secretary of the Party Committee of the school.



## 校训

The motto of the school

### 自律 自立 自强

Self-discipline, self-reliance and self-improvement.

## 校风

The spirit of the school

### 严谨 求实 创新 全面发展

Strictness, substantialness, creativeness and all-round development.

## 教风

The teaching style of the school

### 严谨教学 爱心育人

Teaching strictly and educating the students with a warm heart.

## 学风

The studying style of the school

### 勤学勤思 求真求实

Be diligent in learning, thinking and truth-seeking.







杨敏曾 (1858-1939)，储才学堂首任监堂（校长）。学堂以开设在上海的广方言馆为模式，注重泰西语言文字及自然科学教学，“冀陶冶英俊子弟，以开风气”。1908年，学校新校舍落成，在校园规模，师生人数、教学水平等方面堪称“浙东第一校”。

Mr Yang Minzeng (1858-1939) was the first principal of the school. He advocated revolutionizing the old educational system by emphasizing the courses of the English language and science with a view of bringing up brilliant students. The school was the best of its kind in the east region of Zhejiang Province not only in the scale, but also in the number of teachers and students and the educational standard when a new school building was completed in 1908.

储才学堂 (1898-1904)



宁波府中学堂 1904—1911  
宁波府师范学堂 1905-1912



浙江省立四师 1911-1923



浙江省立四中 1912-1933  
(1923年省立四师并入省立四中)



浙江省立宁波中学 1933—1954  
(1953年被确定为华东地区重点中学)



浙江省宁波第一中学 1954—1988  
(1981年恢复为浙江省重点中学)



宁波中学 1988至今  
(1995年被确定为浙江省首批一级重点中学)

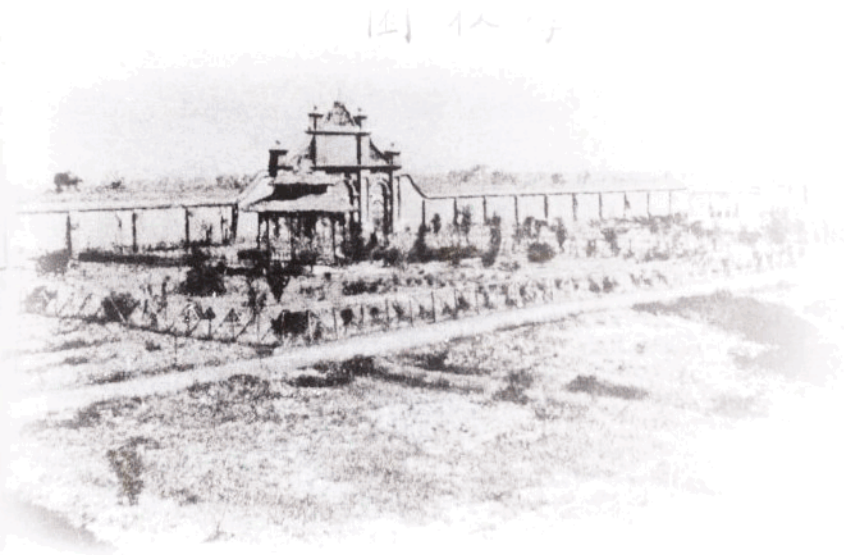


宁波一中

宁波中学



The stone tablet bearing the name of the school of 1907



经亨颐 (1877—1938)，1923—1925年任浙江省立四中校长，确立“自律、自立、自强”校训，创导改革，推行新制，实行民主治校，邀请大量进步人士和文化名人来讲学，延聘一流名家名师来校任教，力主学术自由，兼容并蓄，学生学习气氛浓厚，思想活跃，群星璀璨，还为党和革命事业培育了一批忠诚的共产主义战士。学校被誉为浙东革命摇篮。

Jing Hengyi (1877-1938) was the principal of the school from 1923 to 1925. He advocated educational reforms, pursued a new educational system, and practiced democratic management of the school. He invited a large number of progressive personages and well-known cultural figures to give lectures and engaged first-class master teachers to teach in the school. He established the school motto of "self-discipline, self-reliance and self-improvement and encouraged students to study enthusiastically and think actively. As a result many a communist fighter had been brought up for the Party and the revolutionary cause, for which the school had been praised as the cradle of revolutionaries in the east Zhejiang Province.



赵仲苏 (1899—1955)，1939年任宁波中学校长。其时抗日战火即将延及宁波，赵校长临危受命，以强烈的民族气节，坚持宁中办学大旗不倒，九年间辗转千里，四度异地，严谨治校，成绩卓著，在全国中学教育史上谱写了不朽的篇章，宁中成为当时青年向往的殿堂。

Zhao Zhongsu (1899-1955) was appointed to the position of the principal of the school in 1939. He helped the school survive the Japanese invasion by moving it, four times in nine years, further and further into the remote interior areas, without interruption in the educational activities and thus made an immortal record in the national secondary educational annals. The school was then a place yearned for by the youth of the time.



钱念文 (1918—2004) 1949年6月，受宁波军管会委派，出任宁波中学校长，开了全省接管省立中学的先河，担负起改造学校之重任。推行“全面发展、全面提高、全体负责”的治校方略，提出“学生为主体，教师为主导”的教学理念，十年如一日，身体力行耕耘在教学第一线，发挥集体的智慧与力量，使学校成为华东地区七所重点中学之一。

Qian Nianwen (1918-2004) was appointed to the position of the principal by the Military Control Committee of Ningbo in June, 1949, the case being the first one in the provincial-government-sponsored middle schools. Since the day he shouldered the important task, he had worked painstakingly for ten years in the forefront of the educational field in pursuing his strategy of "all-round development, all-round improvement and collective responsibility" and his concept of "turning the students into active learners and the teachers effective instructors". He succeeded in making the school one of the seven key middle schools in the East China region by relying on the collective wisdom and strength of the staff.





思想的启迪远胜于技艺的传授。在宁波中学执教、讲学的大师，学者数以百计。

To inspire the pupils to think is far better than to give them the knowledge. This is a principle practiced by hundreds of masters who once worked as a teacher or gave lectures in the school.



1916年，应校长励建侯之邀，孙中山先生来校作演讲。图为孙中山与省立四中师生合影。

Mr Sun Yat-sen was invited to deliver a speech in the school in 1916 by the then principal Li Jianhou. This photograph was taken with Mr Sun Yat-sen among the teachers and students of the school.



蔡元培，民主主义革命家，著名思想家、教育家。

Cai Yuanpei, a democratic revolutionary and a famous thinker and educator.



马寅初，经济学家、教育家、人口学家。

Ma Yinchu, an economist, educator and demographer.



陈望道，中国当代语文学家和教育家，中国共产党创始人之一。

Chen Wangdao, a linguist of modern Chinese, educator, and one of the founders of the Chinese Communist Party.



夏丏尊，著名文学家、教育家、编辑出版家。

Xia Mianzun, a famous literary figure, educator, editor and publisher.



朱自清，著名文学家、教育家。

Zhu Ziqing, a famous literary figure and educator.



丰子恺，著名文学家、画家、原上海中国画院院长。

Feng Zikai, a famous literary figure, painter, and the former president of the Institute of the Chinese Traditional Painting of Shanghai.



桃李不言下自成蹊。宁中英才遍布全球，十位院士是其中杰出代表。

The alumni and alumnae of high reputation both at home and abroad are the pride of the school.



童第周, 1918年9月—1920年8月就读于浙江省立第四师范。中国科学院学部委员, 著名生物学家。

Tong Dizhou, a member of the Academic Commission of the Academy of Sciences of China and a famous expert in biology, studied in this school from September, 1918 to August, 1920.



冯定, 1921年浙江省立第四师范毕业生。中国科学院学部委员, 当代著名的哲学家和教育家。

Feng Ding, a member of the Academic Commission of the Philosophy and Social Sciences Department of the Academy of Sciences of China and a famous contemporary philosopher and educator, graduated from this school in 1921.



严恺, 1929年省立四中毕业。中国科学院、工程院两院院士, 著名水利专家和海岸工程专家。

Yan Kai, an academician of the Academy of Sciences of China and of the Academy of Engineering of China and a famous expert in water conservancy and coastal engineering, graduated from this school in 1929.



任美锷, 1929年浙江省立四中毕业。中国科学院院士, 著名地理科学专家。

Ren Meicai, an academician of the Academy of Sciences of China and a famous expert in geography and oceanography, graduated from this school in 1929.



周尧, 1930年省立四中毕业。著名昆虫专家, 被国内外誉为“虫坛怪杰”、“蝶神”, 是世界虫坛顶峰人物。

Zhou Yao, a tip-top entomologist of the world, graduated from this school in 1930.



余松烈, 1935年省立宁波中学毕业。中国工程院院士, 著名小麦专家。

Yu Songlie, an academician of the Academy of Engineering of China and a famous wheat expert, graduated from this school in 1935.



庄辉, 1950年宁波中学毕业。中国工程院院士, 医学专家。

Zhuang Hui, an academician of the Academy of Sciences of China and an expert in medical science, graduated from this school in 1950.



石钟慈, 1951年宁波中学毕业。中国科学院院士, 计算数学家。

Shi Zhongci, an academician of the Academy of Sciences of China and an expert in mathematics of computation, graduated from this school in 1951.



王阳元, 1953年宁波中学毕业。中国科学院院士, 著名微电子专家。

Wang Yangyuan, an academician of the Academy of Sciences of China and an expert in microelectronics, graduated from this school in 1953.



贺贤土, 1957年宁波一中毕业。中国科学院院士, 著名数学家。

He Xiantu, an academician of the Academy of Sciences of China and the chief of National graduated from this school in 1957.



德育总目标：通过自律达到自立实现自强

高中各年级德育分目标：

高一年级：认识自我，扬帆起航

高二年级：发展自我，体验成功

高三年级：超越自我，勇攀高峰

The final goal of moral education: The realization of self-reliance and self-improvement through self-discipline.

The period goals of the moral education:

The goal for senior grade 1: The realization of self-recognition.

The goal for senior grade 2: The realization of self-amelioration.

The goal for senior grade 3: The realization of self-culmination.



校史教育 The education of school history.



成人仪式 A grown-up ceremony.



校友讲座 A lecture given by an alumnus.



金帆杯艺术节 The Art Festival of the Golden Sail Cup.

升国旗仪式

A national-flag-raising ceremony.





远足 A hike.



校运动会开幕式 The opening ceremony of a sports meet



宁中论坛  
A forum of the school.



心理讲座  
A lecture on psychological health.



“感动宁中”演唱会  
A charity performance to collect donations for those in need.





宁中华学子，自律、自立、自强，主动探究，求真求实，蔚然成风。

Self-discipline, self-reliance, self-improvement, active exploration and inclination to seek the truth are the prevailing style of the hard-working students of the school.



台上台下，研究性学习论文答辩  
Replying to an argument in a research-oriented study.



求知 Thirsty for knowledge.





辩论 A debate.



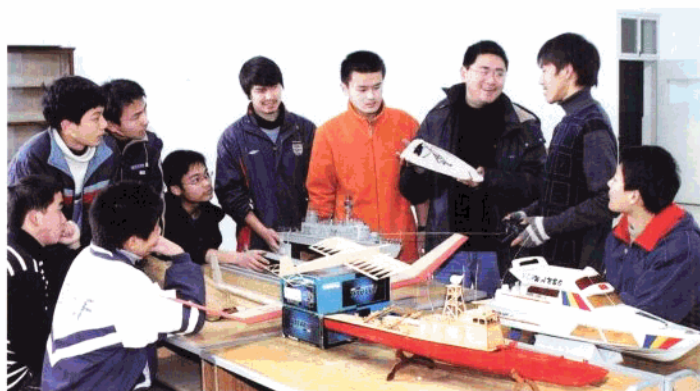
对话，我校学生张羽参加中央电视台《三星智力快车》比赛并获一等奖。

Zhang Yu, a student of this school, was a first prize winner in a contest of CCTV.



天文社活动

An activity of astronomy.



航模制作

Making a model ship.





宁波中学在长期的教学实践中提炼出“实”、“精”、“活”课堂教学原则。

**实：**立足实际，讲究实效，落到实处，注重实绩。

**精：**内容精炼，思维精密，语言精美，板书精巧。

**活：**方法灵活，形式活泼，氛围活跃，洋溢活力。

Solidness, elaborateness and activeness are the classroom-teaching principles extracted from the long teaching practice of the school.

Solidness means to work in a down-to-earth manner to seek a substantial result in giving the students a solid foundation of knowledge.

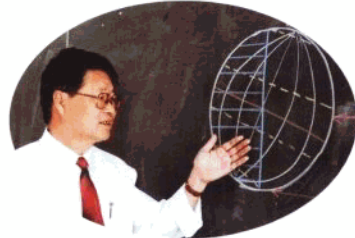
Elaborateness means the conciseness in contents, the precision in thinking, the exquisiteness in expression and the splendiddness in the handwriting on the blackboard.

Activeness means to give a lesson in a creative way to supply an energetic atmosphere to the classroom activity.



张国钟，政治特级教师、教授级中学高级教师。

Zhang Guozhong, a politics teacher of special grade and a teacher with a title equivalent to a professor.



陈守礼，数学特级教师、教授级中学高级教师，享受国务院特殊津贴。

Chen Shouli, a mathematics teacher of special grade, a teacher with a title equivalent to a professor and a recipient of the special allowance issued by the State Council.

汤慧生，地理特级教师、教授级中学高级教师。

Tang Huiheng, a geography teacher of special grade and a teacher with a title equivalent to a professor.



李永培，物理特级教师、教授级中学高级教师、宁波市名师。

Li Yongpei, a physics teacher of special grade, a teacher with honorary title of a "well-known teacher of the municipality" and a teacher with a title equivalent to a professor.



苏其鸿，历史特级教师。

Su Qihong, a history teacher of special grade.



吴志贵，政治特级教师、宁波市名师。

Wu Zhigui, a politics teacher of special grade and a teacher with honorary title of a "well-known teacher of the municipality".



江一鸣，数学特级教师、宁波市名师。

Jiang Yiming, a mathematics teacher of special grade and a teacher with honorary title of a "well-known teacher of the municipality".



蒋裕源，数学特级教师、教授级中学高级教师、宁波市名师。

Jiang Yuyuan, a mathematics teacher of special grade, a teacher with honorary title of a "well-known teacher of the municipality" and a teacher with a title equivalent to a professor.



董明，物理特级教师。

Dong Ming, a physics teacher of special grade.



常海东，地理特级教师、宁波市名师。

Chang Haidong, a geography teacher of special grade and a teacher with honorary title of a "well-known teacher of the municipality".



迁校纪念碑

A monument to honour the moves of the school in the resistant war against the Japanese aggression.





政治教研组，1992年浙江省先进教研组，1985年、2002年宁波市先进教研组。

The Politics Teaching Group was an advanced unit of Zhejiang Province in 1992 and an advanced unit of Ningbo City in 1985 and 2002.



部分优秀中青年教师合影

A picture of outstanding young teachers.



数学教研组，1979年、1984年、1994年宁波市先进集体。

The Mathematics Teaching Group was an advanced collectivity of Ningbo City in 1979, 1984 and 1994.



桐花万里丹山路，雏凤清于老凤声。  
中老年教师领航指路，青年教师崭露头角。

Young teachers are full of promise under the guidance of the old ones.



吴琪，获全国生物优质课评比一等奖

Wu Qi, a first prize winner in a national contest of qualified classroom teaching in biology.



网络环境下的课堂教学研讨

A research on classroom education in network environment.



教师论坛

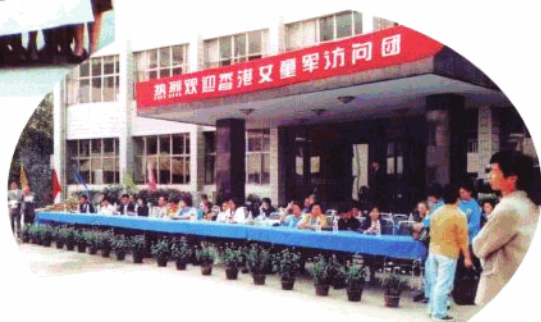
A forum for the teachers.







日本大野市友好访华团来访  
Distinguished guests from Onoshi, Fukuiken, Japan.



香港女童军访问团来访  
Girl scouts from Hong Kong



德国亚琛市英达完中与我结为姐妹学校  
Distinguished guests from a high school of Aachen, Germany, a sister school of this one.



1988年，宁波“国际现代铁人三项邀请赛”在我校举行  
The International Modern Triathlon Invitational Tournament was held in this school in 1988.