

TRUE LIGHT MIDDLE SCHOOL OF HONG KONG
School Journal 2023-2024



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Principal's Words

Official Launch of the Redevelopment Project by Board members at the 89th Anniversary Thanksgiving Service



Light and Shine 2030+

True Light Centenary Redevelopment Project

Miss Hui Tuen Yung

For over 150 years, our School, founded in 1872 in Guangzhou, and established in Hong Kong in 1935, has provided an excellent and holistic Christian education where students are given an optimal environment and encouraged to strive for their best.

Over the years, True Light has nurtured countless outstanding alumni who shine in different places around the world, serving the community and contributing to the betterment of the country.

Today, The True Light School of Hong Kong is a vibrant community of 2,000 students, comprising of a kindergarten, a primary and a secondary section.

Our Mission

True Light places preeminent emphasis on fostering students' moral character and is committed to upholding the school motto "You

are the Light of the World". As a school with a long history, True Light not only preserves its excellent traditions but also keeps pace with the times and is courageous in innovating and reforming. The School is committed to providing the best education where our students embrace the school principles of building and creating, loving and serving the community, exhibiting self-discipline and sacrifice, and striving for excellence.

The Challenge

Having housed the kindergarten and primary school since 1955, we now have a building that has seen 70 years of service and is confronted with significant and costly maintenance. Moreover, the campus complex layout and its facilities have failed to meet the evolving needs of our students. Compounded by the issue of inadequate classroom space, the auditorium,

sports ground, and gymnasium are stretched beyond capacity, and shared amongst the student body from all three sections. These critical issues underscore the urgent need for a comprehensive redevelopment to uphold and advance our educational mission.

Building for the Future

In response to current challenges, the School Board unanimously approved the 'True Light Centenary Redevelopment Project' and launched the project at the 89th Anniversary Thanksgiving Service. Our vision is to breathe new life into our campus by demolishing the aging structures and constructing a state-of-the-art 8-story building. This new edifice will not only house sufficient and strategically organized classrooms but also foster connections between people and spaces. Features like the grand staircase will encourage interactions, while barrier-free access ensures that our school is welcoming to all.

The new building is designed with the future in mind, supporting a multitude of disciplines. It will be a hub where students can acquire digital knowledge, foster cognitive development, hone social skills, and appreciate music and art, nurturing global awareness. Beyond academics, the space will be a crucible for developing leadership, curiosity, creativity, well-being, motivation, and collaboration.

We fully understand that the success of the Redevelopment Project hinges on extensive support and contributions. As we approach the centennial of True Light's foundation in Hong



Sharing about the Redevelopment Project by Principal Hui

Kong, we extend our deepest gratitude to our heavenly Father for guiding us on the journey of the redevelopment project. While we recognize the challenges in cultivating support for such a bold initiative, our commitment to engaging with our potential benefactors and leveraging our broad network of alumni, both locally and globally, remains steadfast.

With a heart full of gratitude, we invite you to join hands with us, to be part of this legacy of enlightenment. Your support is more than a contribution; it is a beacon that will light the way for generations of True Light bearers to come.

"Generation after generation stands in awe of your work; each one tells stories of your mighty acts." (Psalms 145:4)



Details of the True Light Centenary Redevelopment Project



Board members attending the 89th Anniversary Thanksgiving Service

from left to right:

Dr. Cheng Yan Kee,
Mr. Tsoi Hak Kong,
Mr. Ko Ying,
Dr. Wong Man Yin,
Rev. Dr. Li Ping Kong,
Ms. Man Yuk Ming,
Ms. Law Ka Man,
Principal Hui Tuen Yung,
Ms. Wu Wen Poh,
Ms. Cheung Mei Yu (PTA Chairperson).

情繫北差——加拿大之旅



為深化校友聯繫並分享母校發展大計，香港真光中學校董關雪明校長（前校長）、總校長許端蓉校長、小學戴詠賢校長、幼稚園楊凱琪校長，聯同香港真光中學校友會會長王嘉麗女士，一行五人於2024年7月25日至8月5日專程到訪加拿大。

此行旨在與旅居多倫多及溫哥華的校友分享母校慶祝九十周年的系列活動，以及意義深遠的「真光百年重建計劃」。校長們和會長更懷著感恩之心，親切探望旅居加拿大的資深師長。兩地真光人得以歡聚一堂，暢敘情誼，場面溫馨感人，眾人皆倍感珍惜。



多倫多行程精選

25-31/7/2024

- 歡聚晚宴・情誼綿長：與多倫多校友會校友共進晚餐，氣氛熱絡，笑語不斷。



- 恩師探訪・溫馨滿溢：專程拜訪朱瑞棠老師及師母。



左起前排：許端蓉校長、戴詠賢校長、王嘉麗會長、楊凱琪校長
左起後排：沈碧琪老師、朱瑞棠老師、朱師母、關雪明校長

- 師長問候・敬意情深：親切探訪陳榮生老師。



左起：沈碧琪老師、戴詠賢校長、陳榮生老師、王嘉麗會長、宋健玲校友、葉中鈞校友、關雪明校長、楊凱琪校長

- **遊學結業・薪火相傳：**黃肖玉校長出席多倫多遊學團結業禮，並向同學贈送特色紀念品。同學們亦用心自製具真光特色的紀念品回贈黃校長，場面溫馨。



左起：宋健玲校友、真光學生、黃肖玉校長、馮靄巽校友

溫哥華行程精選

1-5/8/2024

- **校友共敘・歡樂洋溢：**與溫哥華校友會校友歡聚一堂，共度美好時光。



- **參訪交流・心繫教育：**參觀溫哥華真光學校，進行教育交流。



- **緬懷先賢・獻花致敬：**專程至何中中校長墓前獻花，表達崇高敬意與深切懷念。



獻花者（左起）：戴詠賢校長、溫哥華校友會會長陸斯慧女士、王嘉麗會長、關雪明校長、溫哥華校友會前會長莊素微女士、許端蓉校長、楊凱琪校長

Staff's Photo

Secondary Section



香港真光中學二零二三至二零二四年度全體教師合照



1st Row from left to right

Chiu Sandra Kate, Tsui Lam, Lee Oi Fan, Chau Yim Kai, Ng Wing Han, Au Po Man, Hui Tuen Yung (Principal), Kwong Man Wai, Lee Kai Tsz, Tse Hoi Ling, Wu Man Ting, Lai Lik Yee, Yeung Wang On

2nd Row from left to right

Mandal Manishya, Lee Siu Man, Chan Yuk Fung, Cheng Pik Kuen, Tsang Kit Wa, Woo Mei Chi, Ng Chui King, Liu Fung Kiu, Choy Yat Ting, Siu Foon Kum, Lai Hoi Yan, Kwok Sze Wan, Hui Mei Ling, Wong Man Sze, Li Yuk Wah

3rd Row from left to right

Ng Si Wing, Chan Wai Man, Law Yui Lun, Tang Nga Yu, Fan Lok Hang, Ip Ning, Lee Hoi Ting, Lau Ka Yan, Cheng Kwan Yee, Chan Chau Lei, Wong Tsz Yung, Yu Ka Yin, Cheung Sum Mui, Cheung Shuk Han, Ng Cho Kwan

4th Row from left to right

Tsui Sau Ngan, Wong Ming Wai, Yeung Fung Hing, Li Miu Yung, Chung Nga Sze, Tian Helen, Cheng Tsz Yuet, Chan Ching Yi, Tam Ka Pik, Yung Po Wing, Cheung Wai Shan, To Yuk Lan, Yeung Wai Sze, Kwok Wing Yan, Li Ka Man, Ng Shun Kwan

5th Row from left to right

Ha Chi Hung, Leung Man Hau, Mok Kwai Lung, Wan Kwok Tung, Lam Man Tsun, Chan Lik De, Li Ming Hei, Tam Yik, Leung Hon Wing, Chow Wai Kit, Chu Wai Man

6th Row from left to right

Fung Ka Man, Chan Yui, Chan Sin Fung, Wong Aaron, Wong Walter, Cheung King Wu, Leong Windebye, Wong Wing Hong, Poon Yiu Chung

Primary Section



香港真光中學小學部二零二三至二零二四年度全體教師合照



1st Row from left to right

Luk Yan Wa, Lam Kar Yu, Chau Ho Yan, Wong Yuen Kwan, Ng Wai Chun, Tai Wing Yin (Principal), Chan Suk Lam, Ng Yuen Chu, Xu Jia, Cheng Yat Lai, Au Tsun Lok

2nd Row from left to right

Wong Shun Chau, Lau Ka Ling, Tse Man Wan, Chung Wing Yiu, Lam Shui Shan, Lam Sau Wa, Hui Ka Yee, Yuen Tsz Ching, Wong Lok Yee, Chan Mei Yiu, Ng Elisabeth, Chung Kwan Ting, Lau Lai Hung

3rd Row from left to right

Cheung Wai Hung, Lee Kit Man, Luk Wing Yan, Ma Hiu Ha, Li Kexin, Chang Wai Yan, Lee Yi Ting, Ng Lo Lo, Cheung Wei Yan, Lee King Fong, Tse Ka Pik, Man Yim Ping, Mak Mei Meng

4th Row from left to right

Fung Mun Yee, Wong Ka Yee, Cheng Hei Yi, Yuen Chi Hang, Chu Jan Kei, Pang Chu Pui, Li Liang Yin, Chu Pak Ching, Cheng Ka Fai, Chu Chui Wa, Yu Fung Yee, Cheung Wai Yan

Kindergarten Section



香港真光中學幼稚園部二零二三至二零二四年度全體教師合照



1st Row from left to right

Sze Ho Wan, Chow Yin Ming, Lam Po Yee, Ng Wai Yee, Yeung Hoi Ki (Principal), Fan Tze Kwan, Cheung Wan Sze, Szeto Wing Yu, Tse Yung Yung

2nd Row from left to right

Leung Shuk Yee, Wong Tin Lai, So Yuen Shan, Lo Kwan Wing, Wan Hoi Lam, Yang Ying, Mak Wing Yan, Chow Ching Man, Wong Hiu Tung, Tse Ka Yan

3rd Row from left to right

Tai Mei Ling, Lam Mei Sze, Wong Wing Cheung, Chen Xiuqi, Wong Chui Pik, Sy Man Shan, Chang Ka Ying, Cheung Sau Ling, Lam Yik Tung, Lau Chui Shan

Board of Trustees & Staff

Board of Trustees

Chairman:	Dr Tso Wong Man Yin
Vice Chairman:	Mr Tsoi Hak Kong
Supervisor:	Dr Lee Ching Yee
Secretary:	Prof Lui Shen Shir Ming
Treasurer:	Mr Ko Ying
Trustees:	Mrs Lai Pang Sze Mui Mrs Chong Wong Chor Sar Mr Cheng Yan Kee Mrs Poon Man Yuk Ming Ms Kwan Suet Ming Mrs Lee Wu Wen Poh Mrs Lee Law Ka Man Dr Chan Wong Lai Kuen Dr But Yiu Kuen
Honoured School Chaplain:	Rev Li Ping Kwong

Name of Staff

Coordinating General School Affairs:

General Principal and Principal of Secondary Section:	Hui Tuen Yung
Secretary:	Chan Yuk Fung
Campus Manager:	Cheung King Wu

Secondary Section:

Vice Principals:	Kwong Man Wai Au Po Man Ng Wing Han	
Heads of Academic Affairs:	Au Po Man Chau Yim Kai	
Head of Discipline Mistress:	Tsui Lam	
Guidance Mistress:	Lee Kai Tsz	
Careers Mistress:	Wu Man Ting	
Extra-curricular Activities Coordinator:	Tse Hoi Ling Chan Chau Lei	
Civic Education Coordinator:	Yeung Wang On	
Student Affairs Coordinator:	Lee Oi Fan	
Religion Committee Chairperson:	Chiu Sandra Kate	
Chung Nga Sze	Tam Yik	Chan Ching Yi
Wong Ming Wai	Siu Foon Kum	Lai Lik Yee
Kwok Sze Wan	Wong Man Sze	Yeung Fung Hing
Hui Mei Ling	Lam Man Tsun	Li Yuk Wah
Yung Po Wing	Li Ming Hei	Lau Ka Yan
Wan Kwok Tung	Cheung Wai Shan	Chan Wai Man
Yu Ka Yin	Chu Wai Man	Chan Lik De

Mok Kwai Lung
Fung Ka Man
Leung Man Hau
Ng Sze Man
Ha Chi Hung
Kwok Wing Yan
Leung Hon Wing
Wong Aaron
Li Miu Yung
Cheng Kwan Yee
Liu Fung Kiu
Yiu Yuk Chun
Ng Shun Kwan
Ng Cho Kwan
Wong Wing Hong
Cheng Pik Kuen

Lai Hon Yan
Cheng Tsz Yuet
Chow Wai Kit
Law Yui Lun
Tang Nga Yu
Tsui Sau Ngan
Tam Ka Pik
Ng Si Wing
Ng Chui King
Cheung Shuk Han
Tsang Kit Wa
Leong Windebye
To Yuk Lan
Ng Chi Nga
Chan Yui
Lai Mei Kuen

Yeung Wai Sze
Choy Yat Ting
Ip Ning
Tian Helen
Wong Tsz Yung
Lee Hoi Ting
Fan Lok Hang
Mandal Manishya
Woo Mei Chi
Wong Walter
Lee Siu Man
Cheung Sum Mui
Li Ka Man
Poon Yiu Chung
Chan Sin Fung

Primary Section:

Principal:	Tai Wing Yin
Vice Principal:	Chan Suk Lam
Discipline Mistress:	Ng Yuen Chu
Head of Academic Affairs:	Xu Jia
Guidance Mistress:	Lam Shui Shan
Extra-curricular Activities Mistress:	Chan Suk Lam
IT Coordinator:	Cheung Wai Hung

Cheng Yat Lai
Chau Ho Yan
Luk Yan Wa
Lee Kit Man
Chung Wing Yiu
Lam Sze Pui
Mak Mei Meng
Luk Wing Yan
Fung Man Yee
Yuen Chi Hang
Ng Lo Lo
Chu Jan Kei
Ng Elisabeth
Wong Ka Yee
Cheng Ka Fai

Hui Ka Yee
Lam Kar Yu
Lau Lai Hung
Lee Yi Ting
Lau Ka Ling
Li Kexin
Wong Shun Chau
Lee King Fong
Pang Chu Pui
Au Tsun Lok
Chan Mei Yiu
Wong Lok Yee
Chu Chui Wa
Cheung Wai Yan
Chu Pak Ching

Tse Ka Pik
Lam Sau Wa
Wong Yuen Kwan
Tse Man Wan
Cheung Wei Yan
Man Yim Ping
Ma Hui Ha
Chang Wai Yan
Cheng Hei Yi
Ng Wai Chun
Chung Kwan Ting
Yuen Tsz Ching
Li Liang Yin
Yu Fung Yee

Kindergarten Section:

Principal:	Yeung Hoi Ki	
Fan Tze Kwan	Ng Wai Yee	Cheung Wan Sze
Wong Hui Tung	Sy Man Shan	Tse Ka Yan
Chow Yin Ming	Chang Ka Ying	Lam Mei Sze
Szeto Wing Yu	Tse Yung Yung	Lam Po Yee
Lo Kwan Wing	Mak Wing Yan	Lau Chui Shan
Wong Chui Pik	Lam Yik Tung	Wong Tin Lai
Wan Hoi Nam	Chow Ching Man	Yang Ying
Chen Xiuqi	Sze Ho Wan	So Yuen Shan
Moss Lorraine	Leung Shuk Yee	Tai Mei Ling
Wong Wing Cheung	Cheung Sau Ling	

The 89th School Anniversary Celebration

Thanksgiving Service

On May 4, 2024, The True Light School of Hong Kong joyously celebrated its 89th Founding Anniversary. Teachers and students gathered at the Centennial Hall for the heartwarming Thanksgiving Service. This year, alumni and students from various levels were invited to share their inspiring moments of growth and nurturing within the True Light "home" through the gratitude-themed audiovisual presentation "Brighten the Corner" (「放光芒」). Notably, alumni, now serving in roles such as members of the Alumni Association, Parents and Teachers Association, and as mentors in True Light Alumni Mentorship Programme (TLamp), returned to rekindle the cherished True Light spirit alongside current students.





Following this, the “Light and Shine 2030+” True Light Centenary Redevelopment Campaign was launched. Principal Hui Tuen Yung presented the project’s vision and the blueprint for the new school premises, encouraging the True Lighters to come together in support and to offer prayers for its success. A lighting ceremony marked the beginning of this exciting endeavour, symbolising the school’s commitment to enhancing and expanding our school facilities for quality Christian education. Additionally, long-serving staff members were honored with an award during the ceremony for their dedicated service to True Light, along with heartfelt gratitude for their unwavering commitment. The atmosphere was filled with excitement as the Fun Fair opened, bringing together True Light Family in a spirit of celebration and unity.



Video Sharing “Brighten the Corner” (「放光芒」)



“Light and Shine 2030+”:
True Light Centenary
Redevelopment Campaign

Fund-Raising Fun Fair

The 89th School Anniversary in May was commemorated with an inspiring fund-raising fun fair themed 'Togetherland'. 'Togetherland' is a land of unity and joy, where the spirit of togetherness flourishes, fostering a sense of community and shared experiences, striking a chord with our school 'True Light', a place where students thrive, learn and grow, guided by the illumination of wisdom and truth.



Before the fund-raising fun fair, the DoReMe Singing Contest was held as usual to celebrate the school anniversary and reinforce the spirit of being a truelighter. The winners were announced, with S5D as the champion, S4D as the 1st runner-up, S5C as the 2nd runner-up and S2C winning the honour of My Favourite Class.

The School Anniversary Fund-raising Fun Fair took place on 4th May. Even though it was a short day due to weather issues, the amount of funds raised and number of attendees were still impressive owing to the attractive activities held by our schoolmates, the exquisite souvenirs designed by our schoolmates and the appealing snacks and beverages. The funds raised will be devoted to the support of the all-round development of schoolmates.



The results of different awards:

The Most Attractive & Creative Decoration:
S4B Amazing Ace
出奇一擊

The Most Tickets Sold
Class: S1D (@15.79
tickets/student)



Christmas Carol

Choral Singing by Primary School Choir



Sharing by Guest Speaker



Sharing by House Representatives

"Happy Birthday Jesus"
by Kindergarten Children



Student Emcees & Secondary School Choir

This year's Christmas Carol was a joyful celebration filled with music and meaningful speeches. The kindergarteners' rendition of "Happy Birthday Jesus" filled the room with joy and innocence. The audience was captivated by the charming performances of the primary school and secondary section choirs.

Esteemed guest speakers were invited to share on the significance of Jesus' birth, leaving everyone with warm wishes and a deep sense of joy for having Jesus in our lives. Representatives from each house of the secondary section also shared touching speeches, expressing their heartfelt gifts for baby Jesus under the cheerful theme "It's a Boy!", emphasizing the happiness brought by Jesus' birth.

To spread peace and hope, we reached out to different NGOs and gave a total of \$302,430 as Christmas donations. May the community, especially those who need it most, receive the Lord's blessings!

Graduation Ceremony

Speech Day

Address by Guest of Honour

Professor Yuen Kowk Yung



Principal HUI, honourable teachers, distinguished guests, parents, students, ladies and gentlemen,

Many thanks for inviting me to your Speech Day at the True Light Middle School of Hong Kong. Let me first offer my very sincere congratulations to the graduating Class of 2024, and to the proud parents as well as teachers. This is one of the most memorable days for yourself and your family, and I wish you all the very best for the future. Being a Form Seven graduate of 1976, I am particularly grateful that you have given me this great opportunity to recollect many memorable experiences during my secondary school days, and how much my secondary school education changed my life and equipped me to become a doctor, a scientist and a teacher.

Life in Hong Kong was quite difficult in the 1960s to 1970s. My family was living in a subdivided flat of about 60 square feet with an attic in Sai Ying Pun. I slept in the attic with my parents and three other brothers. My father worked below this subdivided flat as a dental technician making dentures 16 hours a day. Our family shared a kitchen which had running tap water and kerosene or coal stoves with four other families. The hygiene was very poor as there were no toilet facilities. We simply urinated into the floor drain of the kitchen and collected our night soil in a pan. The pan was emptied into a common sewage barrel for collection by the government's mobile sewage tank at midnight. I can still remember that a 30-year-old lady in one of the families died after three days of fever, and one of my classmates in Primary

Two died of fever one week after absence from class. Life was very fragile in those days!

I was fortunate to have a very caring mother who kept her children fed and safe from fatal infections. Though parts of my lungs were damaged by bronchiectasis and tuberculosis, I did not have much disability except for some occasional cough with blood streaks. Poverty was not just associated with the filthiness of littering and spitting, malnutrition and sickness, but also with foul language, superstitions and idol worship, gambling, heroin addiction, and physical violence. My mother was not formally educated but very strict. When I came 15th out of 40 in the half-yearly examination in Primary One, she hit my palm 14 times with a wooden ruler. When I came second in the final examination of Primary One, she still hit my palm one time. Her unorthodox perseverance on my school performance paid off when my marks at the secondary school entrance examination qualified me to study at Queen's College in 1969.

The Form One year was a really painful experience because I could not comprehend the speech of the British Principal and many teachers speaking in English. While in despair, it was by serendipity that I bumped into a 3 year more senior alumna at the roof top



of the Astronomers' Club on a Friday evening. He reassured me that there was nothing to fear, and advised me to read up everything step by step. Besides teaching me the basics of astronomy, he gave me my first taste of auditory bliss in the form of Dvořák's New World symphony and Tchaikovsky's first piano concerto, performed by the Hong Kong Philharmonic Orchestra at the City Hall. This eye-opening concert experience amidst tranquility, cleanliness and punctuality enlightened me to pursue another way of living. My English slowly improved with more practice after overcoming my shyness through participating in English dramas and singing English songs at QC.

Knowing how to borrow books from libraries of the City Hall and school library, I learnt about the unassuming attitude and meticulousness of Sherlock Holmes, the limitless space adventures of Star Trek, the complicated internal struggles of Hamlet, and the intense emotions of Romeo and Juliet. At the roof top of my secondary school, I learnt from my seniors about black holes, quasars, neutron stars, red shift and the expanding universe. They also showed me how to read the star atlas, use steel grit to grind the concave mirror, plate silver on the mirror to make a Newtonian reflector telescope and then measure the focal length. Others taught me how to use the telescope to take photos of moon eclipse, count sunspots, and develop photographic films in the dark room. These experiences aroused my interest to study physics and chemistry.

There are classmates who are excellent organiser, led us in making visits to the huge observatory and telescope of our Assistant Principal, and taught us how to take care of the daily needs of almost 100

people joining the astronomical observation camp in the Yuen Long Plain. Through these enjoyable experiences, I started to know about team spirit and leadership. Another classmate encouraged me to think about the importance of moral values as exemplified by the ultimate reality of truth and love in the biblical context. He told me that any change for the better starts with acknowledging our shortcomings (that is called confession) and followed by targeted actions (that is called repentance).

I am sure that you would agree with me that our school environment, classmates and our very caring teachers have been influential in shaping our education. Moreover, extra-curricular activities would arouse our interest to overcome the mundaneness of our studies, but might not directly help us in passing examinations. Our seniors always tell us not to depend on others but have to find our own way out through diligence and adaptability. Others can only give you hints and some short-term guidance. Besides reading books, we dissected rats, dog fish, earthworms and cockroaches on the roof top together, drew and labeled the internal organs, and tried to learn the skills from each other after school. Our caring teachers often sympathised with our examination pressure. I was late one morning before the university entrance examination, and should normally have received some punishment, but the teacher just gave me a pat on the shoulder and told me to have more rest.

This was how I graduated from my secondary school and entered the medical school of HKU, but what I learnt most from my school days is the importance of truth and love in building our core values. By

upholding fairness, compassion, humility and pursuit of excellence, QC boys are able to convert our differences of opinion, ability and values, through peaceful and open-minded interactions, into new insights, innovations and strength that sustain us through life's challenges.

Looking back at the age of 67, my childhood poverty and personal sickness have bestowed me with empathy to care for the poor and needy as a medical doctor. My secondary school education has provided me the environment to acquire the core values, knowledge, logic, skills and passion to become a scientist and teacher at HKU. As an infectious disease microbiologist, finding new pathogenic viruses or bacteria amidst trillions of other microbes is like finding a star amidst trillions of other celestial objects.

The standards of living and education in Hong Kong and Mainland China have markedly improved in the last 40 years. Information is overwhelming in the Internet while geopolitical and socio-economic situations are changing rapidly within a day. Every field or sector is full of cut-throat competition. Our survival depends on rapid adaptation to changes by innovation such as Artificial Intelligence and the threat from global competition. But only truth and love will set us free from these suffocating worries and chaos, because "in repentance and rest you will be saved, in quietness and trust is your strength".

Let us always remember that "Curiosity breeds innovation; logic sets pathways; perseverance brings fruition; but only love endures." Thank you again for inviting me to join your Speech Day, and I wish all of you the very best in your future endeavours.



Passing-On-The-Light Ceremony



S6 girls received graduation certificates



Teacher and staff who received the Long-Service Award



Graduation Speech

Together, WE Grow Up with JOY

S6D Sharon Ho, S6A Emily Au, S6B Kaur Amreet and S6C Joanne Hung

Good afternoon, Professor Yuen, Board of Trustees, Distinguished Guests, Principal, Teachers, Parents and Students. As we're all aware, 'Inside Out 2' has been a global sensation. While we're all eager to see it, I won't spoil it. However, a quote resonates deeply with me and, I believe, with us graduates: **"I don't know how to stop anxiety. Maybe that's what happens when you grow up, you feel LESS JOY."** Yes, indeed, growing up is a paradox—simple in its patterns, yet complex in the kaleidoscope of emotions we experience. *Which character do you relate to more: Joy, Sadness or the newer emotions like Embarrassment, as Keung To so aptly described?*

Good afternoon, I'm **Emily Au from S6A**. You might see me as Joy, but I fear failure. And I hate making mistakes, as *if they define my worth*.

My math is a prime example—I could score as low as 30 on an exam. I would tell myself, *"I'm just not a math person, and NEVER am I good at it."* This fixed mindset held me back from improving. In fact, I repeated my S1 studies. Before that, I was so worried about the stigma of being held back. *"Will I fit in? Will I fail again?"* However, after that extra year, I understood that **letting go of fear and stigma isn't about denying our imperfections. It's about accepting that mistakes, setbacks and disappointments are a part of life. It's about changing how we view failure, not as a measure of our worth, but as chances to learn and grow.**

I may not excel in math; I have other strengths. Why should I



fear my limitations? Or do these limitations equal failures? In 'Inside Out,' Sadness warns Joy, *"You'll get lost,"* to which Joy replies, *"Think positive!"* And Sadness concludes, *"Okay. I'm positive that you'll get lost!"* It's right to stay positive. But what I want to say is: **"You're right, Sadness. I know my instinct is to focus on the positive, but I'm learning I'm imperfect. Still, I'm ready to let go of my rigid idea of what happiness should look like and feel whatever comes up. That's all part of growing up, isn't it?"**

Growing up is bittersweet. As we mature, we trade our childlike behaviors for new duties, fearing that our "true self" might get lost. Yet we have the power to hold onto something precious.

Good afternoon, I'm **Joanne Hung from S6C**, a modern-day Bing Bong. Last December, when I stepped into the Variety Show, you might have thought, *"An S6 student?"* But it was our chance to unearth those hidden talents, skills and passions we've buried under the weight of adolescence. We were like Bing Bong, cheering, *"Hooray!"* as we showed you our true colors.

Sakura, you were all about spreading joy, weren't you? Cynosure, you aimed to craft

memories that would stick with our class forever, right? And Hayley, you were there to showcase your talents, doing what you love and do best, am I wrong? Even with stage fright, we all dared to try. In that moment, our inner Bing Bongs were glowing brighter than ever. **"Who's your friend who likes to play? Who's the best in every way, and wants to sing this song to say, Bing Bong, Bing Bong!"**

Even I had let my playful side get buried under exam prep. But with a little nudge from my friends, I rediscovered that sense of wonder. Remember Bing Bong's last request? *"Take her to the moon for me?"* Bing Bong's farewell as Riley grows up mirrors our loss of wonder. Our curiosity, our openness, our joy in learning—they can all dim if we don't actively stoke those flames. **It's a wake-up call to hold onto who we are, the spark that made us see the world in vibrant color. So, keep allowing our Bing Bongs to take us to that enchanting world we shall forever hold onto.**

Good afternoon, I'm **Amreet from S6B**, Fear/Anxiety. My journey has been marked by the power of embracing the unknown. At 9, I arrived from India, confronted by the





daunting task of communicating with my classmates. *"Will they find my Chinese funny? Will they think I'm not good enough to be their friend?"*

Two years ago, during a math lesson, I noticed my classmate Esme fidgeting with her stationery, and when I asked, *"Why do we have to learn all this when we aren't even going to use it in the future?"* She replied, *"Tell me about it."* This casual chat was the start of expanding my circle. Soon after, Hailey, Jin, and Charmaine became my friends, as during a PE lesson on Tai Chi, I saw the trio practising and asked, *"Can you teach me?"*

Reflecting on the 21st Century Cup English Public Speaking Contest, when I learnt I was chosen, I was thrilled. Yet, *"Can I speak in front of people I don't know?"* Anyways, *"I'll have to face people I don't know sooner or later, so why not start with this contest?"* ***How I did in the contest wasn't the key; what mattered was the confidence I took, the pride I showed, the smile I wore after I achieved it, and perhaps the chance I got today.***

As we grow, embracing change and new experiences is crucial for it is through patience, understanding and willingness to bridge the cultural divide that I found my place within this True Light family. And it is through these that I learnt the essence of "embrace." Ultimately, as Fear put it, ***"Alright! We didn't die today—I call that an unqualified success."***

Good afternoon, I'm **Sharon Ho from S6D**. I struggle to relate to just one existing character, as my feelings are a mix of guilt, disappointment, and nostalgia. I often feel guilty about the times I've lashed out at my family. I'm disappointed that I never got to explore my interest in Chinese Literature. And I miss the late nights I spent with my debate team, when I felt so connected and intellectually engaged. Growing up is a paradox—simple in its patterns, yet complex in the kaleidoscope of emotions we experience. As we mature, each of us has navigated a distinct emotional journey. Yet, the essence lies in our ability to let go, hold on and embrace.

Our class, the Yao Association, has also epitomized growth. In S2, we let go of the traditional school setting and navigated online learning, though our teachers wondered if we were paying attention or just playing Wordle. In S5, despite a daunting workload, we held onto our spirit and unity, competing in the cheerleading competition in classic black shorts. In S6, we embraced the exams with an open heart—and a healthy dose of caffeine. With time, haven't we all grown up remarkably?

The quote ***"Maybe that's what happens when you grow up, you feel LESS JOY"*** raises an interesting question. However, does growing up truly diminish our joy? Yes, as we mature, we encounter a wider range of emotions and joy might seem less noticeable.



Let's immerse ourselves once more in this TogetherLand, shall we? Picture our friends, with whom we've shared messages of support, hugs, tears during stressful times, and laughter to break the monotony of studying. ***Despite our quarrels, can we embrace the joy of accepting each other's quirks and finding our place within this community?*** Now, think of our teachers, always ready to answer our questions patiently, even outside regular hours. ***Can we hold on to the knowledge and wisdom they've shared, even when their lessons and extra lessons seemed tough?*** And consider our parents, doing their best to support us through the DSE, with their care shown in small acts like preparing fruit, their worried nagging, and midnight checks. ***Can we let go of the frustration and celebrate their unwavering support?*** And finally, cast our gaze upon the experiences that have shaped us here—the assemblies, classes, talks and workshops that may have seemed tedious, yet nurtured us into the righteous young ladies we've all become. Once again, ***does growing up truly diminish our joy?***

The joy we feel may differ from the pure happiness we experienced as a child, but it is still joy—joy that is just hidden behind other, louder emotions.

As we're about to leave our TogetherLand, we have to let go of its comforts, but we'll forever hold onto the fond memories and lessons learnt. As we embrace the unknown ahead, we know the joy of our youth will evolve into a deeper happiness—one that'll sustain us through all challenges of adulthood. There're moments of doubt along the journey, but Psalm 94:19 reassures us: ***"When anxiety was great within me, your consolation brought me joy."*** Joy is there. It doesn't matter which characters

resonate most with us, for each facet—Joy, Sadness, Anger, Fear, Disgust and all the others that come along—contributes to the masterpiece that is our unique, joyous identity. **Thou art the Light of the World.** As we celebrate the joy that is ever-present in our lives, we'll continue to make a profound and lasting impact, just like 'Inside Out' and 'Inside Out 2'. Thank you.

畢業禮學生代表致辭

S6C 曾感恩



袁教授、李校監、各位校董、許校長、各位家長、各位老師、各位同學：

大家好！我是 S6C 班曾感恩。我很榮幸能夠在此代表各位畢業生致辭。

先問在座各位，如果可以用一組詞語形容自己的中學生涯，你會聯想到什麼？如果有人問我的話，我會就選擇我的名字——「感恩」。

首先，讓我先說「感」字。在這六年裡面，我們經歷了不少事情，的確感受良多。

初中，我們進行了幾年的網課，導致教學進度受阻。那時候，在我們心中，可以盡快恢復實體課的希望也變得更加渺茫。在這個黑暗的時刻，我們的迷惘和焦慮指數，隨著新聞報導的確診人數上升，沮喪的感覺也時刻環繞著我們，將我們逐步吞沒。

好不容易等到疫情較為平穩，我們終於能夠返校園好好完成課業，參與不同活動，為平淡的中學生活補回一絲色彩。但剛剛適應實體課不久，我們便需要面對一個新的關卡——就是 DSE。準備 DSE 期間，我耳邊每天響起很多自我懷疑的話：「我成績如此差劣，哪有大學會取錄我？」又

或是「我究竟能有夠分數入讀自己心儀的學科嗎？」那時，我們從 DSE 換取的不只是對自己的懷疑，更加換來幾縷白髮和無數個情緒低落的晚上。

然而，當我們遇到不容易跨過的難關時，「恩典」也伴隨而來。

首先，家人的關懷就是我們身邊的恩典。雖然是生活中一家人難免會意見不合，甚至有摩擦的時候，但正因為父母緊張我們的將來，所以才會有更多番提點。這份愛護，我們會銘記於心。感恩，我們有每位家長在成長的路上給我們全力的支持。

除了家人的關愛，同學們這六年來的同行也是恩典。還記得上網課時，每次有人起不了床，必定有同學化身人肉鬧鐘，催促其他人來上課，相信嘗試過被催促的同學都會跟我一樣非常感激那些「鬧鐘」。Study leave 期間，自修室的水松板上出現了一張張便利貼。上面寫著不少鼓勵的話，例如是：「加油！別讓自己後悔！」，「你可以的！就到岸啦」小小的紙張包含著同學們深深的祝福，而這些祝福也似乎平伏了腦海裡的負面思想，讓我們繼續在公開試的路上向著目標前行。雖然我們並不是歷來最同心的一屆，但有一群願意在 DSE 這個關卡裡彼此鼓勵的同學做同行者，實在得來不易。感恩，在曲折陡峭的學習路上，我們還能互相扶持！

這六年裡面陪伴我們的，還有愛護我們的校長和各位老師。相信不少畢業生都記得，老師們在疫情期間不只是單單照顧我們學業上的需要，他們都化身為「關愛隊」，特意打電話問候我們，確

保我們在跌宕起伏的環境中仍然平安。在準備公開試之前，各個科目的老師們都願意抽出時間為我們補習，就算病得厲害或者處於週末期間，他們寧願加班，也不會放過任何一個幫助我們的機會。甚至校長亦會經常講一些鼓勵的說話，主動聆聽我們的需要和心聲。多謝你們一路護著我們前行，當我們情緒崩潰的時候也會默默安慰同埋陪伴。在這變幻莫測的環境裡，感恩，我們並不是孤身作戰。

同一時間，校園各處也出現了不少感動人心的時刻。有些只是遇過幾次的師妹為我們送上祝福、路過的職員和校工都會露出溫暖的笑容為我們打氣。雖然一個微笑和一句加油看起來微不足道，但卻足以溫暖我們的內心。

其實神的恩典一直串連著我們的中學生活。記得有一首詩歌曾提到：神未曾應許：天色常藍，常晴無雨，但神卻應許我們生活有力，行路有亮光。沒錯，神與我們同在，又賜下眾多天使。所以，讓我代表本屆畢業生，將感謝與讚美獻給我主耶穌基督。因為是祂幫助我們渡過了重重難關，而今日終於來到我們的畢業禮。

畢業禮除了代表著中學階段的結束，還代表著一個新階段的開始。今年九月，我們不再回到熟悉的大坑道 50 號校園，而是各奔東西，過上跟現在完全不一樣的生活。還記得我有位同學跟我說笑說：「不知道下一次見其他人會不會是他們結婚的時候呢？」雖然這句只是說笑，背後不免有點感慨。不過，大家要緊記，我們在充滿愛的環境之下成長，我們已經成為了「真光珠」，呢個「珠」不是粉紅色的小豬，而是珍珠的「珠」。珍珠經歷過磨練後就會展現出耀眼的光彩，我們經歷了中學階段的磨練之後，相信將來，無論身處何環境，都可以將這份光彩發放出來，成為美好的真光女兒。

最後，我以《聖經》帖撒羅尼迦後書 3:16 向在座所有人送上最真誠的祝福：「願賜平安的主隨時隨事親自賜給你們平安！願主與你們眾人同在！」多謝。

Art in True Light



Thirty-six pieces of majestic Chinese paintings and calligraphy brimming with joy and optimism hanging in the Centennial Hall; young docents in traditional light blue cheongsams greeting their guests with a bright smile as they guided them through the many works on display, from sublime landscapes to bold and dynamic brushwork, it was 'Art in True Light—"A life journey of painting: The Ink Art of Fang Zhaoling"', an annual art exhibition in its second year.

'Not everyone can be an artist, but everyone can learn to love and appreciate art.' True Light fully embraces the concept of 'school museum' and takes immense inspiration from Fang Zhaoling and her depiction of a path to the top as the school draws its contours in art education. True Light girls were introduced to the museum industry, while those who guided visitors at the entrance were given docent training. In their path to providing artistic enrichment to students, the school also invited sand artist Edith Wu to reinterpret some of Fang's works, the crossover truly pushing the boundaries of art and innovation. Taken a step further, all visitors co-created a giant re-make of Fang's painting during the 4-day exhibition from February 22nd to 25th February, 2024.





School Development Plan and Major Concerns

School Development Plan

2021/22 – 2023/24

"Try all-IN, SET to Shine" are the main goals for the years 2021-24. The main focus is to propose the **Six Character Traits in the cultivation of students**:

IN: Inquisitive, Initiative, Innovative

In the learning and teaching process, give students autonomy in exploration and opportunities to construct knowledge and get creative, cultivate students to become learners with an inquisitive mind, initiative and innovation.

SET: Synergy, Empathy, Tenacity

Encourage students to empathize with the needs of the community and collaborate side by side with their peers from idea, planning action to review and adjustment, which lets students experience experimentation, frustration and success in teamwork to build up their tenacious willpower.

Major Concern (1)

Learning and Teaching

This is the third year of the implementation of the Development Plan. Strategies from three perspectives are adopted for the whole school:

1. **Teachers provide learning opportunities in lessons to cultivate students to become learners with an inquisitive mind, initiative and innovation**
 - 1.1 Subject panels conduct learning activities in classroom learning and teaching process for each level which is focused on at least one of the five elements of learning (teamwork, communication and creation, personalization of learning, critical thinking and real-world engagement).
 - 1.2 Subject panels review their assessment policy and explore the variation of assessment methods such as non-drilling exercises, etc. In addition, integrate more innovative elements in daily assignments.
 - 1.3 The Academic Affairs Section coordinates S1, S2 Science and S3 Life and Society to conduct a project-based assignment through scientific investigation approach and enquiry approach respectively.
2. **To equip students to develop good learning habits in order to become learners with an inquisitive mind, initiative and innovation**
 - 2.1 Life-wide Learning Day is held to provide learning opportunities for S1 and S2 students to experience real-world engagement in learning by PSHE and Science KLAS respectively.
 - 2.2 OLE presentation is conducted for selected projects and learning activities.
 - 2.3 The Reading Promotion Team and the School Library set the theme of the year as "Reading and Travelling—A Journey of Discovery". Various activities will be held to align with the theme and major concerns of 2021-2024 to raise students' awareness and concerns.
 - 2.4 Through reading across the curriculum activities, the School Library collaborates with subject panels to foster an environment in which students are encouraged to pursue knowledge on their own.

3. To enhance teachers' competences to provide learning opportunities in lessons to cultivate students to become learners with an inquisitive mind, initiative and innovation

3.1 To create stronger and better professional practice together through lesson study in subject panels, 2-3 subject teachers in the same/different forms in the Panel are assigned into groups by the Panel Head. Each group of subject teachers fills in

the Lesson Study Form for reflection and keeps the teaching materials on Google Shared Drive/Panels Server for sharing and archiving.

3.2 To hold sharing sessions to enhance teachers' competences to provide effective teaching.

3.3 To extend the horizons of teachers by organizing out-of-school visits to educational/educational-related institutions.

Highlights of the strategies adopted by the core subjects to cultivate students to become learners with an inquisitive mind, initiative and innovation —

中國語文教育

中國語文科配合學生關注事項，於各級設計學習活動以培養學生成為好學、主動、創新的學習者。同時，各級施教課文時亦培養品德情意，加入文化知識重點，進行課堂討論，並在工作紙加入反思題目，引導學生進階思考。

年級	學習活動
中一級	運用課堂討論及分組演出幫助學生對借事說理的手法有清晰概念，學生對構思故事及演出均認真，而將能力遷移到寫作上仍有不足，可以加入更多短寫元素。
中二級	參與賽馬會「觸景生情」計劃，配合觀看片段，文章輸入與及學生自行觀察街道，再作匯報，最後創作。由於有不同教材輸入，學生多掌握寫景技巧，部份作品亦見深度，文章立意更為清晰。
中三級	安排學作將單元重點結合創作，重新填上歌詞，學生能善用借景抒情手法創作。
中四級	進行閱讀座談會，同學認真準備，氣氛良好。
中五級	實用文課堂配合學生課業進行討論，再重寫片段，提升學生整合拓展能力。
中六級 非華語 學生	以比較中西文化對朋友的看法為題，設計閱讀、觀賞電影及課堂討論等活動，深化討論內容。

English Language Education

"See the World Education Programme"

With the mentality of bringing students to see the world, the English curriculum is to extend their learning from inside the classroom to outside the classroom. This year, the programme has connected with **other departments** so as to create more world-wide real-life situations for students to learn and use English.

• CONNECT with the Careers and Guidance Team

Locally, we have connected to **Inspiring Girls Hong Kong** to provide career introductions, company visits and mentorship programmes for S4 and S5 students. Nationally, two S4 students will set off to a **2-day, 1-night GBA (Great Bay Area) Study Tour** run by the Law Society of Hong Kong — *Teen Talk*, and *Sing Tao Daily*. Globally, seventeen S2 to S5 students are heading to **Holland for a 14-day Sustainable Entrepreneur Camp** in July–August.

• CONNECT with the Library

Regular English good work displays started this year. **"Travelogue" (S2)** and **"Biography" (S4)**, and the **KLA compendium — "Hidden Gems" (LAC Team)** were displayed in the second term.

• SPEAK UP to CHALLENGE Yourself — Intra-class Debating Activity for S3

To create an authentic platform for students to experiment with speech writing in a real situation, each English group of students tried out a debating activity according to their level of English in the second term.

Mathematics Education

The Mathematics Panel's major concern focused on fostering students' authentic learning. This year, to address this, students in each level were provided with chapter summary worksheets or booklets at least once per term. They were required to complete these worksheets by using tables, mind maps, or other means to display their learning process. Through these worksheets, the students showed how they consolidated their own knowledge and where they had any misconceptions that the teachers then helped to clarify. Students also shared examples they understood well and the learning difficulties they faced in the summary sheets. This exercise not only gave students opportunities to improve their learning practices, but also provided teachers with valuable insights to adjust their learning and teaching strategies in the lessons accordingly.

Citizenship and Social Development / Life and Society

Form	Learning Activity
S1-S3	<ul style="list-style-type: none"> S1: Under the topics concerning the difficulties faced by the disadvantaged groups in Hong Kong and the studies on the anti-discrimination policies, students showed their capability to demonstrate empathy and brainstorm ways to offer help and promote kindness to society as local HK students. S2: Students showed their ability in collecting relevant information concerning the Greater Bay Area Culture and Arts Festival, and showed those examples in their posters. Some students presented their beautiful designs by showing how Hong Kong in the Greater Bay Area acts as an East-meets-West centre for cultural exchange. This reflects that students can clearly identify the role played by Hong Kong. S3: In the mini project on the topic of "refugees and information literacy", students demonstrated their ability in searching and evaluating reliable and updated information. Based on their research, they could also develop arguments from different angles to discuss the problems that refugees are facing.
S4-S6	<ul style="list-style-type: none"> Student were given opportunities to deepen their understanding about the rule of law by joining Mock Trial 2.0, as well as explore the continuity & development of Chinese culture in Hong Kong via a Chinese tea workshop. Through the Mainland study tour preparation and study project involved, students were able to demonstrate an inquisitive mindset and take the initiative in gaining the first-hand understanding of the development of our country and people's life. Through the in-class brainstorming of arguments in relation to current issues, students were encouraged to be inquisitive and creative during the reconstruction and reconnection of different knowledge.

Major Concern (2)

Student Support & School Ethos

Providing more opportunities for students to think, explore and try is our main direction. Highlights of the strategies and programmes adopted by departments and forms are as follows:

2.1 **Let students take the initiative to think, explore, plan and act for what they need to do for their goals.**

➤ Religious Education

- Theme of Assembly: Sky Family 天國家家酒

Students learn how to build healthy relationships with others, supporting and loving one another, and spreading kindness together.

- Campus Transformer Program

Over 30 S2-5 students have joined the "Campus Transformer Program" led by U-Fire Networks. Three joint-school training sessions were held and four on-campus blessing actions have been organized throughout the school year to let students and staff feel the love of God from the support of each other.

Campus Transformer—Joint School Training

深度聆聽 - Setting



- Cultural & Religious Exchange Tour: Taiwan

22 students were selected to participate in the tour to exchange spiritual experiences and the love of God with churches, young people and indigenous people in Taiwan. They also

volunteered in a Christian center which serves marginalized people in Kaohsiung. Training and sharing sessions were conducted beforehand and afterwards.

➤ Career Exploration

- **Early Engagement in Life Planning Education (LPE):**

Throughout the academic year, S1 students took part in a single Day IV Homeroom Session, while S2 students had the opportunity to engage in two sessions. These sessions aimed to help students discover their unique talents, interests, and passions, providing a platform to

Student Careers Team Lunchtime Activities



S2 Life Planning Board Game

explore a broad spectrum of careers, including emerging ones. Moreover, our Student Careers Team designed creative lunchtime activities for S1 students to reinforce workshop concepts and objectives.

- **Career Exploration for S3-6 Students:**

For S3-5 students, a series of Careers Exploration Certificate Courses were provided, each consisting of 10 hours of instructions covering topics such as **sign language and professional makeup**. Ongoing initiatives, like many programmes co-worked with NGOs helped students to explore their interests, talents, and potential career paths. Additionally, activities like human libraries, alumni sharing sessions, career talks, and company visits were regularly organized, including during the S5 Life-wide Learning Day, to offer practical insights for senior form students to make important life decisions.

2.2 ***Provide more chances for students to be aware of, empathize with the needs of others and collaborate with their peers to respond to the needs with new ideas and actions.***

➤ Environmental Education

- The theme of **"Look at the World, Be a Good Steward"** is set to promote the view of the world and green life.
- Many programmes and activities were held to promote and demonstrate the **initiative and innovation** of a low-carbon lifestyle.
 - J-farm Planting Program, in collaboration with CYC and Religious Education Panel
 - Carbon Footprint Reduction Workshop, in collaboration with HKU Faculty of Science
 - TLMSHK Best Green Teens Award Scheme Apr-May 2024
 - Sustainable Development School Award Programme

➤ Highlights of Form Activities:

- **S1: My Dream Classroom**

- The project implementation plans submitted by all four classes showed that students were able to give a fair review of the operation of the class committees; and the plans they proposed truly addressed the needs or wishes of their class, namely better classroom environment, resources (snacks and stationery) for sharing, and better peer support (study and emotional needs).
- With the help of the implementation plan template, all the four classes were able to produce workable plans, clearly listing the tasks, resources needed, persons-in-charge

and work schedule. Several classes also formulated and fine-tuned the rules and implementation of their class projects (e.g. playing music during lunchtime and snack corner) through on-going trial and error.

- **S2: Serve our Neighbors**

- Class teachers have collected the students' opinions through questionnaires to understand what kind of services they would like to commit to.
- Most students were willing to get involved in the services, such as TL Round Trip receptionists and student helpers of the Christmas Show of Hong Kong True Light Kindergarten — Caine Road.

- S5: Lead by Serving, Cultivate by Learning

Three sessions (4 hours in total) of activities such as games and sharing focusing on the topic of **"Servant Leadership"** had been conducted.

- 72% students agreed that these sessions had given them the opportunity to reinforce their understanding of the 24 character strengths, deepening their self-awareness regarding their own character strengths.

- S6: Embrace Challenges; Together, We Strive and Stride

- IG online platform

The Form Committee members had sent DSE-related messages and encouraging quotes regularly on Instagram. The actions of teachers and students let all S6 students get encouragement and achieve synergy effects.

• Activity Day

Makura-nage (Pillow Fight) activity was held in December. Students experienced collaboration and synergy by working together and fighting against each other in a variety of roles. Also, they had a good chance of physical relaxation through Makura-nage.



Hepplers of Christmas celebration



Servant Leadership



S6 Pillow Fight

Discipline Section

The school is committed to the development of students as a group of disciplined youths who demonstrate positive moral values.

The following measures have been adopted:

- Students who broke school rules are encouraged to make reflections and formulate action plans to improve their judgment and decision-making process.
- The Discipline Section and Form Teachers have designed appropriate strategies and programmes to help students cultivate healthy lifestyle practices.
- Masters of Timekeeping Challenge (真守時達人比賽)

To cultivate students to be punctual and self-disciplined, Masters of Timekeeping Challenge was held in two phases, dated 13th November-5th December, 2023 and 18th April-22nd May, 2024. Subjects involved in the competition included VA, Music, HE, ASD and PE. Students were required to attend these classes on time, and the competition aimed to enhance the concept of punctuality among all students and teachers.

Junior Prefect Team



Junior prefect Team—Leadership Training Game



Senior prefect Team

Prefects, as a supporting team to maintain discipline within the school, were trained up through a day camp and daily services. After a year of collaboration, they have built up a co-operative and reliable relationship among themselves.

■ Prefect Team

The Prefect Team includes Junior Prefects (S1-3) and Senior Prefects (S4-5).

- Senior Prefects are responsible for maintaining students' discipline on the campus. Getting back to the new normal after the pandemic, all senior prefects have resumed their duties, including guarding the school main gate in the morning, performing afternoon patrols and keeping students' order in the whole school activities.
- Junior Prefects are responsible for the campus cleanliness. Team members inspect all classrooms regularly and send reminders to classes for improving the classroom cleanliness.



Senior Prefect Team—Leadership Training Game

■ Prefect Team Training Day Camp

62 prefects and cleanliness prefects attended the training day camp. Student leaders proactively take up roles and responsibilities through joining team building games and skill training workshops.

■ Prefect Trial Scheme

22 Secondary 3 students were invited to take up prefects' duties for a month. Students who demonstrated good performance were invited to become prefects.



Prefect Team 2023-24

Senior Prefects

Head Prefects:

Vice Head Prefects:

S4A CHAN TSE CHING
S4A WONG YUET ELIZA
S4B LAU KAR KEI
S4B YING HOI TING
S4C CHAN YIN HANG
S4C CHOW YAN TUNG
S4C DUAN XIN YI CINDY
S4C KAM PEONY MO CHEUK
S4C LEE NAP YI
S4D CHAN LOK YIU
S4D LEE SUM YIN
S4D NG WING NAM

S5C HUNG PUI CHING
S5A KWOK YAN KEI
S5A CHIU HOI CHING
S5A SO TIN YAN VIAN
S5B LOW SHEUNG LAM
S5B LAU ZI CHING GENNY
S5C CHAN CHING YIU
S5C KO TSZ YAN
S5C LEE SUM WUN
S5C LEUNG WAI KI VICKIE
S5C TANG CHEUK YEE
S5C TO YUEN YIN

S5C LAM HAU KIU
S5C LOU TSZ MIU
S5D CHAN SIK YIN HAZEL
S5D CHAU CHING NAM
S5D KAM HOI LAM
S5D LAU SUET YING
S5D LEUNG HO NING LYDIA
S5D SHEE HIU CHING
S5D SZE NGA LAM
S5D YEUNG OI YING
S5D MOK CHEUK KI

Junior Prefects

Vice Head Prefects:

S2B CHAN CHING TUNG
S2B CHAN KA YAN CHRISTINE
S2B HUNG SUI MEI
S2B NG SUM YU
S2B POON YEE KEI KAEYN
S2B WONG SHING LAM
S2B WOO LOK MIU
S2C ABDUL RAHMAN ASFIA
S2C NGAI JING TUNG
S2C SIN KIU YAN
S2D FOO SING CHING
S2D NGAN YUI LAM

S4D CHEUNG HIU YAN
S3A CHUNG PUI MAN
S3A LUI TSAM YING
S3A SIU HAU YIN
S3A YUN MEI HING
S3B CHENG PUI YIN
S3B CHAN TSZ WAN
S3B HUIE HOI YIN LAVENA
S3B KWOK PUI YING POLLY
S3B YIP GRACE
S3C LEUNG NOK TING
S3C CHAN AUDREY HOI LAM
S3C CHAN HI MIU
S3C FOK SZE WING
S3C HO ELYETTINE YING YAU

S4D TSANG LOK YIU CHARIS

S3C KO HEI KIU HILARY
S3C TONG YING LOK
S3C YUEN HOI CHING
S3D WONG CHING TUNG
S3D CHAN CHING
S3D KWONG HIU YAU
S3D TSUI WAI SZE
S4A HUANG SUM YAU GLADYS
S4B CHOW HO KIU ELLEN
S4C CHENG SZE HANG
S4C NG NOK CHING
S4C WONG LOK YI

Head Prefects' Words

We are honored to be entrusted with the roles of Head Prefects of the Prefect Team in this academic year. Hosting the Masters of Timekeeping Challenge, we are more than delighted to witness our fellow students' active participation and heightened awareness of timekeeping — a most encouraging outcome. We would also like to thank all teachers and caretakers, whose understanding and assistance enabled us to perform our daily duties smoothly. Lastly, we would like to extend our deepest gratitude to our Prefects, who have truly embodied our motto of this year: "Tenderly, Yet Steadfastly Upholding Our Duties" through their unwavering efforts and concerted contributions. We believe that the Prefect Team, in collaboration with our schoolmates, will continue to cultivate a harmonious environment in the years to come.

Head and Vice Prefects
Joanne, Hannah, Miu, Kinki

Guidance Section

The theme of this year is **BOSS (Build Your Own Support System)**. On the road to growth, we encourage students to build positive connections with others and gradually construct their personal growth support system. We aim to use homeroom sessions, life education sessions, and whole-school activities to help students focus on learning how to care for others while also feeling cared for themselves. Additionally, we want to raise students' awareness of the importance of mental health, provide timely help, and encourage them to accept assistance, thereby giving students assurance in their personal growth.

DustyKid Exhibition with True Buddy Activities

To enhance students' awareness of mental health, our school organized a two-week DustyKid Exhibition from 16th–25th April, 2024, with the theme "The Gentleness Remains". (不要忘掉心中的那份溫柔) The students were highly engaged and thoroughly enjoyed participating in these activities. They shared their thoughts and reflections on the exhibition, and some students wrote uplifting notes to encourage their peers. This event greatly benefited students in terms of fostering their concern for their own and others' mental well-being.

DustyKid exhibition—Hosuewarming



DustyKid Exhibition



True Buddy: Student Wellness Ambassador Program (『真』BUDDY：精神健康大使計劃)

Thirteen students have been recruited to be our ambassadors this year. There are three S5 students, six S4 students, and four S3 students. This year, we participated in the Growth Mindset Workshop organized by the Baptist Oi Kwan Social Service. The workshop aimed to provide a space for students to relax, share their thoughts, and enhance their knowledge of mental health, ultimately fostering a sense of empathy and care for others.

In the first term, they organized a 「放 Zone 放空」 "Release Zone" lunch activity. In collaboration with the DustyKid Exhibition, they conducted two lunchtime activities in the second term, which included decorating the "Gentle Houses", a small instant photography competition, and lightweight clay art creation.

DustyKid Exhibition—Student Reflection



True Buddy 放 Zone 放空



"Add Sweetness to your life"

Through these activities, students could relieve stress in their busy school lives. The activities included enjoying popcorn and cotton candy with teachers and classmates at the fountain area, as well as two ice cream trucks coming to the campus. When the ice cream truck music played during lunchtime, both teachers and students could enjoy delicious treats in a relaxed atmosphere, adding a sense of happiness to their lives.



Popcorn



Cotton candy



Ice cream



Inclusive Education Section

Support for Students with Special Educational Needs

To further cultivate an inclusive school culture and enhance the effectiveness of the support given to students with special educational needs, the Student Support Team has been formed to develop and implement integrated education through a whole school approach. The following are some of this year's highlights:

a. Different Activities in Art Therapy

Students learnt how to respect others and improve their social skills. They also learnt how to express their emotions through art. Through different categories of artistic activities such as dancing and drawing, students' self-confidence, expression and communication skills have been boosted.

b. Healing Hugs Therapy Dogs

Students learnt to express themselves effectively, manage their emotions, and communicate with other group members through interactions with animals. The participating students were highly engaged and enjoyed the activities, while the instructors were able to guide them in discovering themselves within the group.

c. Career exploration

Career exploration activities helped students understand different job characteristics and experience various aspects of work, thereby broadening their horizons and equipping them with more possibilities for their future career choices.

Healing Hugs Therapy Dogs



Career Exploration

Careers Guidance

In alignment with the theme "Try all-IN – SET to Shine", the Careers Guidance Team is dedicated to empowering students through independent exploration of diverse study and career paths, skill development, and navigation of the professional world.

Empowering Early Engagement and Career Exploration

The Team actively engaged S1 and S2 students in Life Planning Education (LPE) by forming partnerships with CAPALA Limited and the Hong Kong Federation of Youth Groups. Through Day IV Homeroom Sessions, students explored their unique talents, interests, and potential career paths. For S3 to S6 students, ongoing initiatives such as the IMPROVED project and the Business-School

Partnership Programme (BSPP) were enhanced by a series of Careers Exploration Certificate Courses, workshops, and talks integrated into the English curriculum. These initiatives featured activities like human libraries, alumni sharing sessions, and company visits, all aimed at offering practical insights into various career options.

S2 Life Planning Board Game



S5 Company Visit to a Physiotherapy Clinic



Fostering Authentic Experiences and Goal Setting

To promote authentic experiences and inclusivity, the Team collaborated with organizations such as Inspiring Girls Hong Kong, along with alumni and parents, to arrange job shadowing opportunities for S4 and S5 students. This initiative enabled students to gain firsthand experience in various professions. Additionally, partnerships with the Equal Opportunities Commission and NCS alumni led to the establishment of a mentorship programme specifically for Non-Chinese Students (NCSs), offering tailored guidance and support. Structured activities during Day IV Homeroom Sessions were designed to help students identify their strengths and set career goals, with each form focusing on specific developmental areas:

- S1-2: *Discovering Me, Exploring Careers*
- S3: *Mapping Paths, Choosing Subjects*
- S4: *Connecting Passions, Building Careers*
- S5: *Exploring Studies, Shaping Futures*
- S6: *Deciding Subjects, Charting Success*

Standout Highlights of the Year

i) Summer 2023 Media Experience

In the summer of 2023, four S5–S6 students — Au Man Hei, Huang Zhixin, Leung Wing Yin (all from S6A), and You Sze Wun (from S5D) — participated in the 《傳媒初體驗》 organized by RTHK. This dynamic programme included seminars, workshops, and job shadowing experiences focused on radio production and documentary filmmaking. The students collaborated to produce a 3–5-minute infotainment programme that beautifully showcased the diverse cultures of Hong Kong. Their dedication culminated in an awards ceremony on March 7, 2024, where they were honored as **First Runner-up**. Their work was also broadcast on RTHK, providing them with significant recognition and a platform to share their achievements with a wider audience.

S3-S6 TL Mentorship Programme for Non-Chinese Students



《傳媒初體驗》種子教育計劃



Clinical Attachment with Dr Cynthia Yeung



ii) Career Exploration Certificate Course

Twelve S1-S5 students participated in a 10-hour Sign Language Certificate Course offered by The Hong Kong Society for the Deaf. Participants thrived in the interactive learning atmosphere, with one student reflecting, *"As a beginner, everything about this field is new to me. An important lesson I've learned is that we'll never know every single sign. It's essential to be brave enough to express ourselves in our own way."* Through engaging activities, students not only enhanced their communication skills but also sparked their creativity, with many expressing a strong desire to continue their sign language education.

Sign Language Certificate Course offered by The Hong Kong Society for the Deaf



iii) HKGCC Business School Partnership Programme

In May 2024, the Student Careers Team attended an inspiring career talk hosted by Karrie International Holdings Limited, part of the HKGCC Business School Partnership Programme 2023/24. The talk emphasized the company's commitment to employee well-being and innovation. Students left feeling motivated, with one noting, *"We strive to be agents of positive change, dedicated to the well-being of our peers and the advancement of our fields."* This reflection captures their desire to incorporate these values into their future careers. Additionally, S4C Lee Nap Yi and S4D Kong Hiu Ching received the Outstanding Students' Reports Award for their exemplary work.



Career Talk hosted by Karrie International Holdings Limited

iv) Sustainable Entrepreneur Camp

Another highlight of the year was the Sustainable Entrepreneur Camp held in the Netherlands this summer. This transformative camp deepened students' understanding of sustainability principles, enhanced their financial literacy, and fostered a sense of global citizenship. Through engaging activities and insightful teachings, students developed crucial skills for sustainable entrepreneurship, encouraging them to think critically about their roles in promoting social responsibility. One participant shared, *"The camp challenged my thinking and showed me practical ways to integrate sustainability into business. I now feel more equipped to address environmental issues in my future career."*

By offering a diverse array of engaging opportunities, the Careers Guidance Team prioritized student empowerment, enabling them to achieve significant milestones in their career exploration and personal development while reflecting on their growth and aspirations. We eagerly look forward to seeing how they will apply these lessons in their academic and professional journeys, ultimately shaping a brighter future for themselves and their communities.



Sustainable Entrepreneur Camp held in the Netherlands

Civic Education Section

Highlights

a. Whole-school Civic and National Education

- We are pleased and honoured to have participated the following fruitful and engaging mainland exchange activities:
- April 2024: Sister School Scheme Exchange with Guangzhou True Light School (廣州市真光學校 — 長堤) at Guangzhou;
- April 2024: Sister School Scheme Exchange with Chengdu Shishi Tianfu High School (SSTF) (成都石室天府中學) visiting TLSHK;
- June 2024: The four True Light schools in Hong Kong joined the trip to Huizhou titled "Innovation for the Future in the Greater Bay Area—HK Youths Huizhou Exchange" (大灣區創未來—香港青年惠州交流團) to better understand the contemporary technological advancements in the Greater Bay Area, especially in Huizhou City.

SSTF High School Visit to TLMSHK



Innovation for future in Greater Bay Area—
HK Youths Huizhou Exchange

- Participation in the programme of "China Merchant Group: Accompanying Your Growth" (伴你成長 • 招商同行)

The "China Merchant Group: Accompanying Your Growth" project began at the end of 2020. It is a mentorship program offered by China Merchants Group, specifically designed for students in Hong Kong. Ten students from Form 3 and Form 4 of our school participated in approximately ten activities throughout the year. Among them, five students successfully took part in the enriching "Exploring China: A Look at Today" study tour programs in Mainland China.

Sister School Scheme Exchange with
Guangzhou True Light School



"Exploring China: A Look at Today" study tour program in Mainland China



- We take pride in our girls who took part in the **Youth Impact Award 3.0 23-24** and were awarded the following prizes (with 207 teams in total participating):

	Idea Proposal Name	Team Name	Members
Bronze Award (Top 25 Finalists)	Wheelchair-Friendly Supermarket Project (輪椅友善超市計劃)	Gather Together (攞三聚五)	S4 and S5 Students

Participation in the Mock Trial Competition 23-24, by Side By Side (香港善導會) : 16 S4 CS students enrolled in this program. The programme enhances students' concepts about the rule of law, justice and civic responsibility and critical thinking, so as to strengthen their moral judgement and their awareness of crime prevention.

b. Environmental Education

- Carbon Footprint Reduction Workshop, in collaboration with HKU Faculty of Science: To enhance students' understanding of carbon footprints and sustainable development, our S3 students joined an educational workshop on our campus. Fifteen of them later participated in a field visit and project-based competition at the University of Hong Kong, organized by the MSc in Environmental Management Programme, to further their understanding and capacity for real-life applications of related concepts.
- Sustainable Development School Award Programme (organised by EEB): We are honoured to receive the following three awards in recognition of our continuous efforts in promoting sustainable development in our campus: 22-23 Sustainable Development Participation Award; 22-23 Sustainable Development Community Project Award; and the "NO Plastic" Campus Award.
- BYOC Campaign (Bring Your Own Cup) 23-24 - around 150 reusable coffee cups were sourced and awarded to students (after completing an online plastic-free knowledge challenge and making a pledge to reduce plastic waste) to promote plastic free lifestyle in daily life. By incentivizing students with tangible rewards, the campaign aims to foster a culture of sustainability within the school community.



Sustainable Development School Award Programme



BYOC Campaign

Religious Affairs

A Joyful Year for True Light's Sky Family

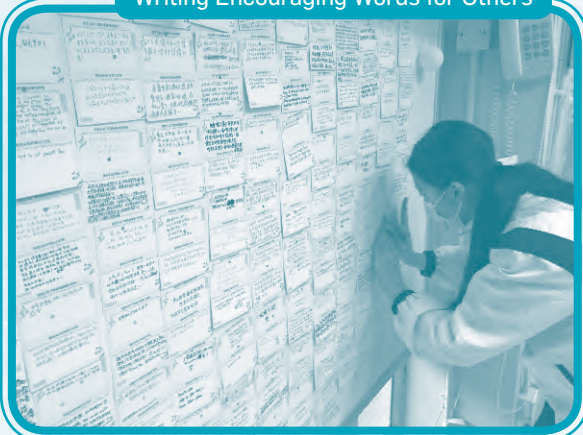


2024-25 was a year full of love and joy for the school community as a family of Heavenly kingdom. Inspired by the Bible quote from Ephesians 2:19, "You are no longer strangers and foreigners. You are citizens with everyone else who belongs to the family of God," we are glad to have fostered a sense of belonging and unity in Christ in various religious activities.

True Light Sky Family



Writing Encouraging Words for Others



Evangelical Fortnight 2024: Welcome Home!

Students were invited to a special spiritual experience that made them feel connected and welcomed in the family of God. The school chapel was again transformed into a peaceful place for students to reflect and connect with God. They were encouraged to express their thoughts, emotions and gratitude through art, music and writing. This immersive experience had a deep impact on many students, and some were even moved to tears by the overwhelming love of God.

The climax of the Evangelical Fortnight was the drama show held on the last day. The school worked together with Methodist Evangelical Ministry to bring a powerful story that touched the hearts of the audience. Exciting worship music accompanied the performance, and students were given the chance to receive God's love.

The Father's Garden at the Chapel



Exciting Worship

Drama



Fellowship Cell Group Trial



Sharing by Pastor



Worship Busking



Members of the Student Christian Fellowship were fully dedicated and enthusiastic in spreading the message of the gospel. They share their devotion to God and His family through beautiful music of worship busking, as well as, screening of the popular animation, *Spy x Family*. They also connect with others and have important conversations about faith and spirituality during a fellowship trial.

Student Christian Fellowship: Sky Family in Real

We take joy in building a family of over 150 students, teachers, and church volunteers, spending time to understand and support each other in Christ all year round. One highlight is the Worship Concert with Watoto, in which fellowship members had the opportunity to connect with the talented kids and dedicated Watoto staff from Africa.

Anime Screening



Watoto x SCF Worship Concert





The Big Family of Fellowship

Campus Transformer Program: Passing on Love

Over 30 students united in the Campus Transformer Program, embracing a sisterhood as they aspired to become Christian leaders to spread love on campus with creative campaigns. See how cheerful when teachers and their fellow schoolmates receive their service, gifts and blessings!



Teacher received blessings

In love and faith, 2024-25 marked a year of unity, spiritual growth, and cherished connections for the True Light's Sky Family.



S6 received gifts

Language Across the Curriculum (LAC) Team

Our girls had a fair share of fun under the LAC team last year! How exciting!

We kicked off the year with our annual *S1-S3 Spellbularly tournament and Literature Circle @Tesseract* for all S1 students. How cool!

Working in collaboration with the Library and Science KLA, we also presented the Fact-tastic Bookmark Exchange. All our girls from S1-S3 had the chance to craft charming bookmarks filled with STEAM fun facts. These one-of-a-kind bookmarks were then exchanged with bookmarks from Chinese YMCA Secondary School. How artsy!

Fact-tastic Bookmarks



We rounded off the year with *Hidden Gems*, our second installment of the KLA Compendium initiated last year. *Hidden Gems* highlighted 13 travel destinations from around the world, recommended by teachers of various EMI subjects. Our girls then showcased these destinations in their creative videos, each ending with a question. We created an interactive map in the library, featuring QR codes for each video. You can scan, watch, and answer the questions. How fun!

TRUE LIGHT MIDDLE SCHOOL OF HONG KONG
KLA COMPENDIUM | VOL. 2

HIDDEN GEMS

EXPLORE YOUR WORLD

TOP

14 BEST TOURIST DESTINATIONS

Want to visit interesting places? Keep reading

Once again, we would like to thank all the departments and the Library for working with us this year to bring fun and knowledge to our girls. Let's hope we can connect even further to extend fun and challenge our students!

Reading Promotion Team

Exhibition of Souvenirs and Travel Books

The theme of the Library for the year 2023-24 is **"Reading and Travelling—A Journey of Discovery"**.

In October, the Library organized an exhibition of souvenirs and travel books related to the theme.

The teachers and students of our school provided the souvenirs for the exhibition. The opening event of the exhibition was a sharing session by Ms. Au Po Man and Mr. Martin Li. They shared stories about the souvenirs they collected while travelling to Japan and Iceland. Their stories were inspiring and touching, and all the participants were amazed and inspired by their experiences. Our principal, Ms. Hui, and our Chemistry teacher, Mr. Mok, supported the event by donating their souvenirs for the exhibition. We hope that such an initiative will continue to be organized and that more students will be inspired to read and explore the world.

J2 Open Book—School Talk Programme

We had a fantastic reading sharing at the J2 Open Book—School Talk programme on December 1. During the show, we had the privilege of hearing from Patrick Sir (林溥來) and Honey (何泳芍), who shared their thoughts and insights on two books that have profoundly impacted them.

Patrick Sir and Honey's sincere and well-prepared sharing inspired and moved all participants. It's always amazing to hear about the impacts that books can have on people's lives, and we were so grateful to have had the opportunity to learn from their experiences.

Here's the link to the show. <https://youtu.be/3bsiuWVvsM4>

Reading Week 2023-24

The theme of the Reading Week was **"Reading and Travelling—A Journey of Discovery"**.

On Day 1, S2 students arranged a Chinese book review-sharing session during lunchtime. Students listened to the good book reviews and enjoyed the songs related to travel topics. On Day 2, an English sharing session on "in-flight meal design" by S1 students was organized. It appears that food is a popular subject among our students as the Library was crowded during the sharing session.

On Day 3, a VR world tour was set up in Rm 513, where students enjoyed a VR show and learned more about famous tourist attractions. On Day 4, the YouTuber SaiDorSi was invited to give a sharing session on how to become a travel KOL. In conclusion, Reading Week was a successful event that encouraged students to explore the world of literature and travel. The various

activities, such as book reviews, VR tours, and sharing sessions, provided a unique opportunity for students to expand their knowledge and interests. The book fair and reading corner were also great additions that helped to create a more conducive reading environment.

The YouTuber SaiDorSi joined our Reading Week!



External Award

2024 Hong Kong Primary and Secondary Schools Chinese Reading Competition 全港中小學校際中文閱讀競賽

S3A Ho Po-Yee, S3B Cheng Pui-Yin and S3B Lau Pui-Ga have won the Secondary Schools Group Category Champion of the 2024 Hong Kong Primary and Secondary Schools Chinese Reading Competition.

The three students, who are avid readers, read the 15 Chinese books designated by the organizer after months of preparation. After the preliminary round on 12th April, they went through the final round on 23rd April at the Central Library. They won the Champion of the Secondary Schools Group, who has the fastest and most accurate answers to the questions. All three students were commended for their love of reading, dedication to preparation, and spirit of cooperation. We hope all True Light students will find their direction and motivation through reading.

We won the Champion of the Secondary Schools Group



True Light e-learning

JUN 2023



Mr. Ha sharing the use of Generative AI in teaching and learning at Concordia Lutheran School (60 participants)

Mr. Ha joins the panel of judges for the CoolThink@JC Competition Grand Final at EdUHK



Mr. Ha sharing the use of Generative AI in teaching and learning at Chinese University of Hong Kong (120+ participants)



AUG 2023



Mr. Ha sharing the use of blending learning at Education University of Hong Kong (40 participants)

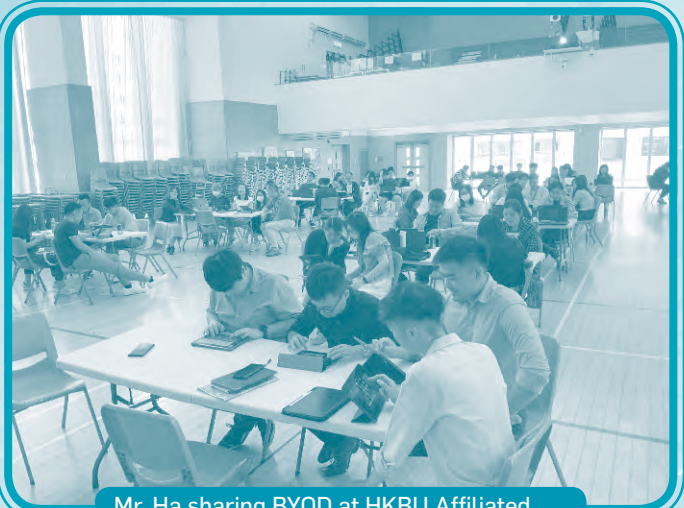


Mr. Ha sharing AI in Education at Central And Western District St. Anthony's School (34 participants)





Mr. Ha sharing AI in Education at Caritas Ma On Shan Secondary School (50 participants)



Mr. Ha sharing BYOD at HKBU Affiliated School Wong Kam Fai Secondary and Primary School (70 participants)

OCT 2023

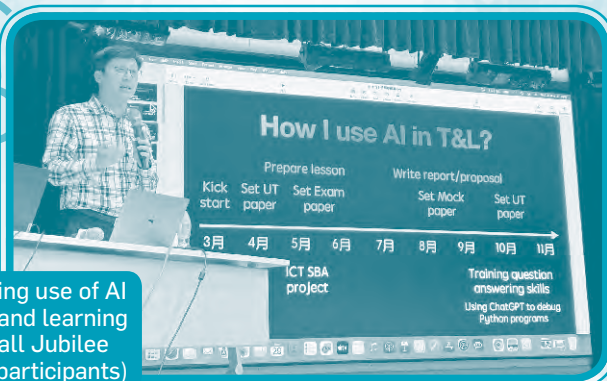


Mr. Ha conducting S1 parent workshop on BYOD and Apple Family Sharing (13 participants)

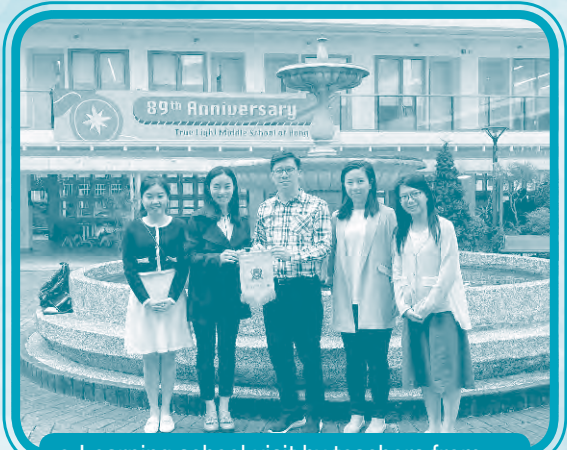


Mr. Ha sharing use of AI and ChatGPT in teaching and learning at Fanling Rhenish Church Secondary School (60 participants)

NOV 2023



Mr. Ha sharing use of AI in teaching and learning at Bishop Hall Jubilee School (60 participants)



e-Learning school visit by teachers from Ma On Shan Tsung Tsin Secondary School

DEC 2023



Mr. Ha sharing use of AI in teaching and learning at Hong Chi Association Joint Schools Teacher Development Day (200 participants)



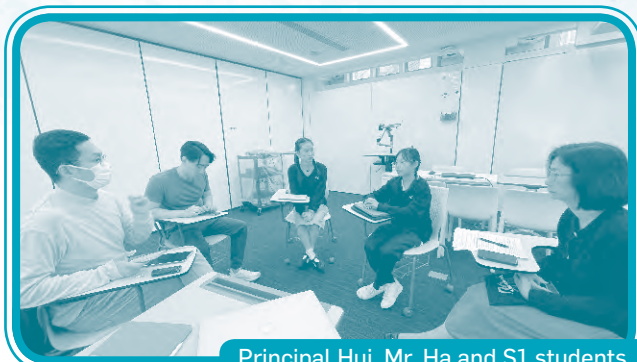
Mr. Ha sharing use of AI in teaching and learning at Learning and Teaching Expo 2024 conducted at HKCEC (40 participants)



Mr. Ha sharing use of ChatGPT in teaching Mathematics in AGM of Hong Kong Association for Mathematics Education (40 participants)

JAN 2024

MAR 2024



Principal Hui, Mr. Ha and S1 students participate in an interview by HK01 press on using ChatGPT in teaching and learning

香港 01 港聞 娛樂 47人案 激平酒店 生活 即時 熱榜 國際 體育

教育 中小學校園

STEAM | 香港真光中學以編程為第三語言 裝備學生迎接未來AI世代

撰文：盧凱珊 張家倫

出版：2024-03-18 07:00 更新：2024-03-18 07:00



學生知道幾時唔用咩工具就更加得心應手

香港真光中學
以編程為第三語言
賦權學生多用AI不設限
增加學習工具選項



許國榮校長

APR 2024



Mr. Ha sharing use of AI in teaching and learning at Chinese University of Hong Kong (100 participants)



Mr. Ha sharing use of AI in teaching Mathematics at Stewards Pooi Tun Secondary School (60 participants)

MAY 2024

Mr. Ha sharing use of AI in self directed learning at Chinese University of Hong Kong (150 participants)

Mr. Ha online sharing the use of SOP (Student Option Program) at EDB (20 participants)



JUL 2024



Mr. Ha sharing use of ChatGPT is assessment at Chinese University of Hong Kong (200 participants)



指導高中學生用 ChatGPT
為自己答題打分

吳志雄主講

JUL 2024



Mr. Ha joins the panel of judges for the CoolThink@JC Competition Grand Final at EdUHK

AUG 2024



Mr. Ha sharing AI in teaching and learning at Lingnan Education Organization Joint schools Teacher Development Day (200 participants)



Mr. Ha receives an Outstanding Teacher Award from Hong Kong Innovative Education Association



Mr. Ha sharing AI in teaching and learning at Pui Kiu Primary School (50 participants)



Extra-Curricular Activity Team

Aims and Objectives of ECA Team

To foster whole-person development, the ECA Team aims at organising activities that promote moral, intellectual, physical, social, aesthetic and spiritual education to nurture students' multiple intelligences and emotional intelligence. All ECA groups are targeted to:

1. Cultivate students' morality and citizenship through learning better time management;
2. Develop students' sense of belonging through working collaboratively with teachers;
3. Strengthen students' interpersonal skills through being a team-player and a leader; and
4. Expose students to an array of experiences through participating in various kinds of experiential learning activities.

Highlights of the year:

1. Leadership Training

The Leadership Training Programmes were organized from October to November. Stage 1 offers a Leadership Training Day Camp, fostering self-awareness and interpersonal skills. Stage 2 is a compulsory practicum where students plan activities for all students. These programmes aim to enhance leadership skills and personal growth, empowering students to take ownership of their lives. By providing hands-on experiences and opportunities for collaboration, these programmes will equip S4 students with the necessary skills to become effective leaders.



2. Community Engagement

a) 'Love Overflows'

The aim of 'Love Overflows' is to enable students to actively connect with and understand the needs of different social groups in the community. This fosters empathy and a sense of social responsibility, inspiring students to contribute meaningfully to the betterment of their community. Through 'Love Overflows', students also develop important leadership and communication skills as they plan and lead initiatives that address the needs of these social groups. This hands-on experience empowers students to become active agents of positive change within their communities.

Students in S4 and S5 were assigned to serve different target groups for different services:

- i. Children from low-income families
- ii. South Asian children
- iii. The elderly
- iv. The animals

b) Life-wide Learning Day

The activity aims to provide participants an opportunity to achieve the aims of whole-person development and enable them to develop the lifelong learning capabilities needed in our ever-changing society. It also aims to raise awareness about these groups and the underlying causes of social problems, and inspire participants to take action and contribute to positive change. The participants can choose between the Animal Shelter visit and the Scavenger experience. The participants' firsthand experiences can foster understanding of the social needs.



3. Team Building

ECA Team also acts as an advisor of Student Union (SU), a platform to train and nurture student leaders. SU is responsible for planning and organizing various large-scale events and activities:

國文學會

本年度國文學會的年度主題是「武林大俠必讀刊物——江湖事件簿」學年初構思主題時，我們問自己：到底什麼是江湖？江海所及之處，有人的地方就是江湖，有生活的地方就是江湖。浪子遊客、武林少俠、官宦士子，都是江湖的一份子。就是那麼一個宏大的概念，支撐起了今年的國文學會。本著以游俠的角度，我們探討了武林門派、各類武功寶典、醫藥用毒、江湖黑話、各種常在江湖上行走的人、以及保留至今的武林古蹟。為了讓會員們對內容有更深的印象，我們精心準備了許多遊戲並加以調整，造就了每次聚會獨屬於我們一眾幹事跟會員的回憶，在歡聲笑語中建立了一個包納百川和天下百姓的「江湖」。值得一提的是，本年度國文學會進行了一次創新的嘗試：劇本殺。由幹事們日以繼夜、精心打磨的萬字劇本，建立了一個風雲莫測、充滿愛恨情仇的世界，讓會員們能以第一視角感受行走江湖的生活。感恩在疫情漸退的這年，能有一眾熱情投入的會員們成為學會繼續傳播中華文化的動力，來年定再接再厲，以更新奇有趣的視角切入主題，為會員創造獨一無二的體驗。

幹事與會員在劇本殺活動尾聲手持劇本和相關道具合照留念



Science Society

The activities of the Science Society aim to nurture the scientific mindset and curiosity of our members. We foster their appreciation for the beauty of science and expose them to the cutting edge of scientific and technological developments.

To cultivate our members into insightful and inquisitive science thinkers, our S3, S4, and S5 committee members designed various hands-on experiments and DIY activities this year. Here are some of our highlights: Firstly, we prepared engaging science games for Round Trip 2023. Members applied the principles behind everyday phenomena to design fun activities. The preparation process, including brainstorming, investigating, and designing, was well-attended

and sparked lively discussions among the members. We also held a barbeque at school after the round trip. Secondly, we organized several interesting science activities. These included making bouncy balls, studying the hydrophobic nature of cinnamon and the temperature effects on yeast, holding a paper plane competition, and running a soap-making workshop jointly with Queen's College. All these activities successfully increased our members' interest in learning science through hands-on experimentation.

In the coming year, we look forward to continuing the enlightenment of our members' scientific minds and sharing the joy of science with them.



Our members enjoyed the science activities very much. The hands-on experiments conducted were not only fun, but also help students consolidate some important scientific concepts.

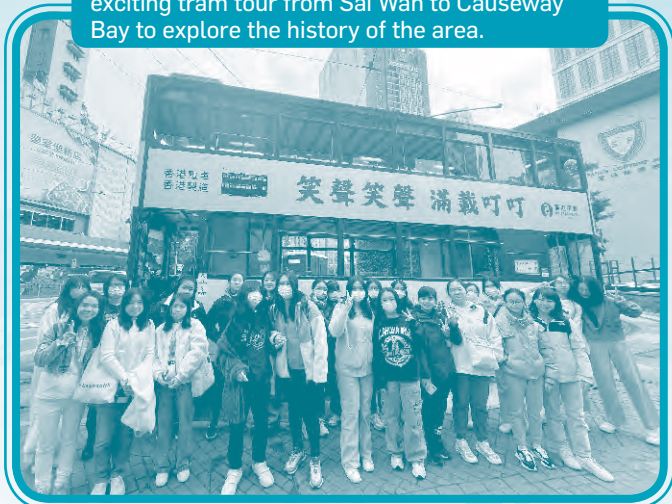
History Society

This year's History Society theme is "The Seven Wonders of the World and Unsolved Mysteries." We aim to inspire students to learn history beyond textbooks and broaden their perspectives. Familiar ancient monuments like the Pyramids and Machu Picchu may seem distant, but they are worth exploring.

We continue to explore local history in a fun way by organizing a tram tour that immerses students in Hong Kong's history and development. The use of historical tram tickets as a storytelling device is a creative and engaging way to bring the past to life and encourage students to empathize with the experiences of different social groups. Additionally, we invited a local milk tea expert to teach students how to brew milk tea by hand, enhancing their appreciation for Hong Kong's intangible heritage.

We would like to thank all the active members who participated this year, and we hope everyone will continue to explore the history of the world together next year.

History Society members are participating in an exciting tram tour from Sai Wan to Causeway Bay to explore the history of the area.



Art Society

In the 2023-2024 academic year, the Art Society has made efforts to enhance our members' interest in art, nurture their talents and creativity, as well as encouraging them to critically examine and articulate their perspectives on various works of art.

At the start of the school year, our committee members were very fortunate to have been granted the opportunity to create a few installation artworks for the Tai Hang neighborhood. During this process, we gained deeper insights into the community that surrounds us. We were very proud to be part of an art initiative aimed at promoting the Hakka cultural heritage of Tai Hang to the general public, thereby preserving a valuable piece of our cultural legacy.

From November to February, our members dedicated themselves to the intricate craft of stamp carving. Utilizing their carving skills, our members personalized stamps bearing their own Chinese names. Both the design and carving processes demanded meticulous effort, offering our members the chance to hone their concentration and patience. To put these custom stamps to use, we crafted Chinese New Year decorations through calligraphic writing, finally stamping our names upon these festive creations.

On 21st December, our members participated in M+ museum's 'Social engagement experiments of Chinese contemporary artists workshop', wherein our members explored the mindsets of modern Chinese artists and contemplated the artwork's connections with various societal issues.

From April to May, we engaged in the crafting of three-dimensional sculptures using molding plaster. Our members exercised their creativity and collaboratively constructed these three-dimensional artworks in small groups. They

brainstormed themes ranging from flowers and vases to marine species and sustainable development. Through this activity, we experimented with new materials and acquired molding skills.

In the years ahead, the Art Society will remain committed to cultivating the artistic talents of our members, in addition to nurturing their ability to observe through the lens of an artist.



Chinese New Year Decoration

Home Economics Society

There were ten meetings for the members to have cooking workshops this year. The committee members were eager to share their cooking experience and delicious food with others. Members enjoyed cooking practices organized by the committee and gained more learning experience about cooking. They had made Portuguese Egg Tart, Oreo Ice Cream, Chocolate Lava Cake, Mini Cream Puffs, Souffle Pancake and Tiramisu. They had the opportunity to develop their creativity in making desserts and treasured the happy moments they had during the activities. They also had a Milk Tea workshop organized by the committees of the Home Economics Society and History Society.



The Home Economics Society members enjoyed the "Milk Tea Workshop" organized by the committees of the Home Economics Society and History Society.

STEAM Team

In 2023-2024, a compilation highlighting a spectrum of STEAM activities was conducted throughout the year. Delve into the intersection of Science, Technology, Engineering, Arts, and Mathematics initiatives that have inspired students' creativity and critical thinking. The school aims to provide step-by-step exposure to every student, hence we have "STEAM for ALL", especially for S1-2 students.

STEAM for ALL

Our commitment to STEAM for ALL ensures that every student has the opportunity to explore and excel in these interdisciplinary fields, preparing them for a future where diverse skill sets are paramount.

To promote STEAM for ALL, the school is trying to offer a comprehensive STEAM experience that is inclusive and accessible to all students. Aiming to foster logical thinking and problem-solving skills in every individual, the school has organized various workshops and activities throughout the year.

Starting with S1 students, during their Pre-S1 Get-Set-Go Program in 2023 Aug, they were given a taste and participated in STEAM activities including Lego Spike Prime, XR, and Robotics. This ignites their interest in STEAM and encourages their further development.

There are a total of over 88 students who participated in the courses and workshops on different topics, including Unity, Roblox, VR TL Campus, and courses that are specifically for S1 students as a follow-up of the pre-S1 program. Over 40 % of the S1 students participated in the courses and they have learned that is important to learn from mistakes and modify their projects in a better way.

In Mar 2024, we organized a Code Combat Fun Day for the S2 students as a Python Coding Explorer Program during the Life-Wide Learning Day. The students are excited and found learning coding is not as hard and boring as they thought. They are engaged in the program and it cultivates their logical thinking skills and communication skills as they work in groups to compete against each other.

During the post-exam period, in June-Jul 2024, the school organized experiential workshops for Secondary 1 students. A "Vacuum Cleaner Workshop" and a "Micro: bit Rocket Car Workshop" for the S1 students.

They have practical hands-on experience and chances to do experiential learning via STEAM activities. They demonstrated excellent design thinking skills and applied scientific knowledge to improve their designs. At the end, they have gained a greater comprehension of scientific concepts through hands-on and mind-on exercises.

S1 students



Life-Wide Learning Day



STEAM for Elite

Our school focuses on providing advanced and tailored opportunities for high-achieving students in STEAM. Through specialized programs, enriched challenges, and mentorship, we aim to cultivate the talents and passions of our elite students, nurturing their potential to excel in these critical fields and become leaders in innovation and discovery.

The STEAM Team of the 2023-24 academic year consisted of 40 students, with 16 from junior levels and 24 from senior levels. Students participated in different competitions and workshops.

Competitions

In the Nov 2023, 3 Form 4 students participated in the **IdeaGO Ideathon Competition** which requires students to formulate solutions and prototypes to address health and well-being challenges faced by women in society. They won "The 1st Runner Up" and "The Most Popular Award".

The highlight of the year came in Jul 2024, when our students won several competitions including the **"Student Mentorship Program on Innovation and Technology 2023/24"** and the **"FIRST LEGO League 2023-2024"**.

In the **"Mentorship Program"**, a group of 4 S3 students entered the final 5 among over a hundred groups that have submitted their ideas. In the final round, they won the Pitch Competition among all the Junior Secondary Schools.

Mentorship



For the **FIRST LEGO League 2023-2024**, they won the Overall 2nd Runner-up in the competition and the 2nd Runner-up position in robot design. Following the success of the competition, the students were selected **to represent Hong Kong** at the **2024 FIRST LEGO League Asia Open Championship**. At the Championship, apart from robot games and presentations, our students also had the opportunity to set up a booth to exchange

ideas with participants from other countries. We were delighted to learn that our school's team had been awarded 3rd Place, a remarkable achievement considering the level of the competition, Asia-Open.



FIRST LEGO League

S4 Mechanical Flower

In the Spring semester, embarking on a journey of creativity and innovation, a group of students with relevant electives were given a chance to participate in the Mechanical Flower workshop. The school aimed to ignite curiosity and provide additional exposure to the students for a future where diverse skill sets are paramount. Besides letting them engage in hands-on learning, this workshop aims to cultivate design skills, engineering knowledge, and teamwork, offering students a unique advantage in exploring the different realms of STEAM education.



Mechanical Flower

Overall, the STEAM Team had a successful year, showcasing our dedication to STEAM education and innovation through active participation in workshops, activities, services, and competitions for all students and elite students.

Library Society



English Book Exhibition

An English Book Fair took place in the School History Room. The fair included games and activities to encourage English reading among students and foster a love for reading in English.

Bookstore Visit

Five members recently visited Eslite Causeway Bay. The activity involved reading books, choosing favourites, and sharing personal reading preferences.

Highlights of the experience:

Members found it interesting to learn about each other's reading choices, which created a sense of community and excitement about reading.

The group enjoyed reading the newly purchased books at a nearby café, which made for a cozy and enriching afternoon filled with literature.

Overall, this experience deepened our understanding of each other's tastes and strengthened our bond as a reading community.

Round Trip—School Open Day

The School Open Day is a significant annual event for the library society. This year, we organized interactive games and a bookmark workshop specifically for primary students and their parents.

This event provided our members with valuable experience in organizing large-scale activities. It was an excellent opportunity to practice communication skills while interacting with visitors, enhancing our ability to engage with the community effectively.



Group Photo of Library Society



TrueVision

Join Our Team of Unlimited Creativity

Time flies. True Vision has entered its 15th year. Our team members are happy and full of morale for this. On this significant milestone of our 15th year, let's bring in some innovations to our group.

This year, in order to provide students with opportunities to interact on television, TrueVision has incorporated live elements into its programs. We aim at fostering interaction among students through various topics. For example, this year's "True Light Debate" program promotes engagement with the audience through different everyday puzzles, allowing students to communicate, interact, and express their opinions. Not only do we want to create a fresh and new vibe for the viewers, but we also hope that this encourages students from different classes to participate and have fun together rather than just watch the programs passively. This major revamp has brought joy to both teachers and students, fostering a sense of unity among the True Light daughters.



Live Program of TrueVision



Group Photo of TrueVision

In addition, we focus on creativity by providing training courses and filming guidance for new team members, inspiring their creativity and encouraging them to think outside the box. We are thrilled that our teammates are willing to experiment with producing a variety of programs that closely align with current trends.

For many years, we are truly grateful for the help of all the teachers at True Light. The feedback and support from the alumni and the teachers has allowed TrueVision to continue shining brightly at True Light!Math Team

Maths Team

In order to develop the potential of brighter students, the Math Team selected top students from each form in September and provided courses to those students in the first term to enhance their confidence and widen their horizons in Mathematics. There are totally 21 members in our team.

This was the eighteenth year for the Math Team to hold the True Light Girls' Invitational Mathematics Contest. Forty-nine secondary schools participated in the contest held on 25th November, 2023. Good responses were received from the participating schools.

By providing students with chances to participate in various competitions, including Question of the Month, students' problem-solving ability, creativity and high-order thinking ability were enhanced.

Besides, the Math Team members were invited to participate in 13 inter-school Mathematics competitions, including The International Competitions and Assessments for Schools

(ICAS) (for S1 to S3), PolyU SCIENCE Young Talents Competition (for S4 to S5), Mathematics Book Report Competition for Secondary Schools 2023/2024 (for S1 to S3), Creative Infographic Design Competition on Applications of Mathematics for Primary and Secondary Schools (2023/24) (for S1 to S5), Hua Luo-geng Cup Mathematics Competition (for S1 to S2), Hong Kong Mathematical High Achievers Selection Contest (for S3), IMO (for S5), Math Conception (for S1 to S4), Eye Level Math Olympiad (for S2 to S3), TIMO (for S3 to S4), Guangdong-Hong Kong-Macao Greater Bay Area Mathematical Olympiad (for S2 to S5), HKIMO (for S2 to S4) and HKMO (for S5 or below). Students got excellent results in various competitions, including 2 distinctions, 12 credits, 9 merits, 1 honourable mention certificate, 1 Certificate of Excellence, 3 gold awards, 7 silver awards, 10 bronze awards, 1 second honor award, 3 second honor awards and 9 third honor awards.

中文辯論隊

本年度是自疫情後復常的第二年，我隊多了實戰的機會，讓隊員可提升辯技和互相學習。我隊堅持每周訓練，積極參加了不同比賽，務求以最佳狀態迎接挑戰。今年，我們參加了「第五屆全港中學學界辯論比賽」，雖然第一場便止步，但我們未有氣餒，不久又參加了「明辯論醫全港中學生中醫藥辯論比賽」。在這項比賽中，有隊員兩奪「最佳辯論員」的殊榮，令人鼓舞。另外，我隊參與了兩場友誼賽，均取得勝利，實在令人振奮。多次的實戰經驗不但開闊了我們的眼界，更令我隊變得團結，更具歸屬感。我隊希望來年越戰越勇，隊員能以積極進取的態度看待每場練習和比賽，秉承入隊的初心和「辯出真光，論絕四方」的精神，迎接來年的挑戰。



True Light Girls' Invitational Mathematics Contest



譚向晴同學兩度獲得「最佳辯論員」殊榮

English Debate Team

2023-2024 brought challenges and victories for our English Debate Team. Transitioning post-pandemic, we alternated between Zoom and in-person contests for our debates.

Our debaters demonstrated exceptional skill, securing accolades such as coming third in the Inter-school English Debating League and winning the Term 1 Final in the Hong Kong Secondary Schools English Debating competition. Our junior members achieved remarkable success, clinching the championship title at an invitational tournament hosted by St Joseph's College. The crowning achievement of the year? Winning the Grand Final of the Hong Kong Secondary Schools English Debating Competition, where Jes Cheng from 4C was honored with the best speaker award.

Our journey continues as debate never stops!

Team photo of English Debate Team



Winning Champion in the Grand Final of HKSSDC. 2023-2024

English Drama Group

This year has been another extraordinary journey for our English Drama Group, marked by creativity, collaboration, and commendable achievements. Our highlight reel begins with our participation in the Speech Festival Duologue competition. The duologues not only

challenged our performers but also allowed them to explore diverse characters and emotions.

Building on that momentum, we turned our focus to the School Drama Festival. This event proved to be a significant milestone for our group. After weeks of rigorous rehearsals and refining our script, we presented a captivating play that resonated with both students and judges. It was evident that our efforts had paid off. We were thrilled to be recognized with two awards, which not only celebrated our talent but also highlighted the spirit of teamwork that defines our group. We also received some constructive feedback in the post-performance session with the judges and the students benefited a lot from the discussion.

As we reflect on the year, it's clear that our experiences have brought us closer together, fostering friendships and a love for the performing arts. We are immensely proud of what we have accomplished and are excited to build on this foundation in the coming year. With new ideas and fresh talent joining us, we look forward to more performances, competitions, and unforgettable moments. As the world of drama goes back to full swing after the pandemic, it is certain that EDG will have a fruitful future in the years to come.



English Drama Group

Jazz Team

The Jazz Team members are from S1 to S5. They participated actively in the lessons and were willing to practise some difficult steps by themselves at home or after school. Our dancing teacher is very encouraging and has a very good relationship with our students. During the lessons, they listened to some pop music to do some warm-up exercises at the beginning. Then the teacher taught students some new steps. They practised in small groups to get the teacher's feedback and did individual corrections. Finally, the teacher combined all the

steps to create a dance with fantastic music for our students. They participated in the 60th Schools Dance Festival (Dance Competition) and achieved a Highly Commended Award. Throughout the year, students practised regularly. Their dance skills have improved a lot and developed very good friendships. They enjoy dancing very much.



Jazz Team

Chess Club

The school chess club has had a successful and eventful year, with students actively engaged in a variety of board games and card games. The club has incorporated educational elements to broaden their perspectives on world issues through the board game courses. In addition to the recreational and educational aspects, the club has also organized collaborative events with other schools, such as a joint school strategic games exchange, fostering friendship and learning among the students, broadening their horizons. Students took initiatives in promoting the Club itself as well as the activities such as Get-Set-Go during the summer holidays. The club looks forward to continuing its success in the coming year, with plans to explore new game genres, introduce more educational initiatives, and further strengthen its collaborative efforts.



Chess Club

The 51st Enrollment Ceremony & 54th Anniversary Celebration

Red Cross

This year was remarkable for the Red Cross, and we are grateful to have our activities back on track. These opportunities have served as a stepping stone to deepen members' understanding of empathy.

Throughout the year, we organized booths at True Light that emphasized the vital connection between humanity and health, encouraging students to prioritize self-care in their daily lives. One of the highlights was our blood donation event, which encouraged students and teachers to participate, reinforcing the importance of community support and life-saving contributions.

Not only did we serve our schoolmates, but we also successfully arranged two service projects where our members engaged with individuals with intellectual disabilities in Tin Shui Wai and the elderly residents in Lai Tak Estate. These initiatives aimed to foster love and empathy, leaving a positive impact on the community.

We were also delighted to organize a variety of friendship activities, including a memorable 2-night, 1-day summer camp designed to strengthen bonds among our members. Spending time together was enjoyable and heartwarming, as it fostered a strong sense of belonging and embodied the spirit of "teamwork makes the dream work".

A significant milestone was the Enrollment Ceremony for our new members. These newly enrolled members demonstrated exceptional dedication during drill practices and drama performances. We are proud that our members continue to gain invaluable experience and achieve commendable results in both first aid and nursing competitions.

Reflecting on the diverse activities held this year, it is inspiring to see how our members' sense of belonging has flourished. Together, let us forge ahead, create more unforgettable memories, and continue to make a lasting impact on those we serve.



Girl Guides

To foster empathy among our members towards the community, we collaborated with various schools and organizations this year, carrying out several services to assist those in need. Here are some noteworthy events from this year:



Inclusive Olympics

Serving through Games and Arts

Our Girl Guides dedicated their time to the Wan Chai Integrated Children and Youth Service Centre, providing services multiple times throughout the year. Our focus was primarily on students from low-income families and non-Chinese backgrounds. In addition to engaging the students in enjoyable games, our Girl Guides taught them how to create textured drawings using acrylic paints and led them in singing campfire songs. The atmosphere was filled with joy and excitement. Witnessing the children's enjoyment, our Girl Guides realized that language was not the sole means of communication. This act of kindness highlighted the significance of compassion. They pledged to continue making a positive impact and cherished the unique friendships they formed that day.

Inclusive Olympics!

Collaborating with the 33rd IS COY of St. Clare's Girls' School, our Girl Guides organized an exciting event called "Inclusive Olympics!". The purpose was to raise awareness among students about individuals with special educational needs (SEN). During the event, our Girl Guides set up five different booths representing various special needs, such as dyslexia and visual impairment. We invited children from our primary section to participate in the fun fair, where they wholeheartedly engaged themselves. This experience allowed both the Girl Guides and the participants to develop a deeper understanding of the challenges faced by individuals with SEN. Together, they pledged to foster patience and create an inclusive and joyful school environment.



Serving Through Games and Arts



Texture Painting

Community Youth Club

The Community Youth Club (CYC) at our school is dedicated to providing students with opportunities for service beyond the regular curriculum, fostering a sense of civic responsibility. By partnering with various civic organizations to serve the community, CYC members gain valuable firsthand experience, nurturing a caring attitude and a commitment to active community engagement. This year, we are proud to have received the **Gold Award** in the **Wan Chai District Theme-based Competition — Community Service**.

Throughout the academic year, CYC has organized an array of social service programmes, such as the Qile Cake Charity Sale, Baptist Oi Kwan Social Service: Territory-wide Flag Day and outings with elderly to the Auxiliary Medical Service. These activities cover various service targets, which help enhance the communication skills and broaden the horizons of our members.

As a reward for the enthusiastic service of CYC members, **S3A Lok Sau Him** was selected by district executive committee to join the Outstanding Members' Visit to **Singapore** during the summer holiday. Engaging in community service activities during the visit can deepen her understanding of social issues and encourage a greater sense of empathy and responsibility toward others.



Qile Cake Charity Sale in Causeway Bay

The Hong Kong Award for Young People

The Hong Kong Award for Young People aims at providing opportunities for young people to face challenges of worthwhile leisure activities and voluntary services through which they can discover their hidden abilities and gain satisfaction and achievements by overcoming challenges. To gain an Award, the participants have to fulfill the requirements of the different Sections of Activities, namely Service, Expeditions, Skills and Physical Recreation. With aspiration and a clear target, young people can challenge themselves through expeditions and hiking trips. Such experiences help to train their endurance and perseverance. They can also build up a sense of responsibility through voluntary service work. This unique experience is enriching and self-actualizing as students can develop their own personal interests and social skills. This can help young people to become more mature with a sense of responsibility and a greater awareness of becoming useful members of the community. This year, 62 awards have been achieved by our members.

Participants of Silver award level



Awards & Certificate	Number
Green Bird Badge	25
Bronze award	28
Silver award	9
Total	62



Tesseract

It has been an eventful year filled with events and activities at the Tesseract. Many annual events and programs such as The Interclass Spellbulary Tournament and the YJA Academy continued to take place. In December, we created a flight experience for the students in the school hall so that they could take part in the "Famous landmarks around the world" trivia. New programs created by the Teacher Advisors were also introduced this year. There were programs and games like charades, movie trivia and Pictionary for students to participate in.

The theme of English Week 2024 was 'Embracing Our Differences'. S1 to S3 students embarked on various projects. S1 students created their own creative speech, titled "I Have Forgiven you", to enter the Creative Speech Competition hosted by HKedCity. Their speeches were written from the perspective of famous people who were bullied due to their appearance. They had a live creative speech performance in the library during lunch time. S2 students designed their own "My Pledge to Act" videos. For the project, students chose one of the seventeen United Nations' Sustainable Development Goals to create their own authentic video explaining what they could do to improve this SDG. They had a viewing premiere and students got to showcase their creative and meaningful videos. S3 students created their own "Acts of Kindness Bingo" and even got to compete in an inter-class relay at lunch.

On March 13, we invited Tina, Rog and Mui Thomas, the family behind "The Girl Behind the Face Initiative", to visit our school to do a sharing on what it means to embrace our differences. Mui Thomas was born with Harlequin Ichthyosis so it makes her skin appear in thick plate-like scales. She has been bullied online severely due to how she looks. Her sharing with her family teaches our students a valuable lesson on what it means to have respect, be kind and to have the courage to stand up for what is right. The sharing was inspiring and informative, filled with compelling content that is unique to their family's own journey. The whole student body enjoyed it very much.

We look forward to the new year ahead and we hope we can create more memorable experiences for the students.



Mui Thomas and her family's sharing as a highlight during English Week 2024

Music Department

We are thrilled to highlight the remarkable accomplishments of our music teams this year! Their dedication and talent have led to outstanding results in various competitions and performances.

The School Choir delivered a captivating performance during the Christmas Service, showcasing their exceptional musical abilities with a delightful medley of beloved Christmas tunes. Their rendition of "When a Child is Born" beautifully echoed the theme "It's a boy," filling the air with joy and creating a festive atmosphere. By the end of the performance, the choir invited the audience to join in a Christmas medley, fostering a sense of community and celebration. At the 89th Thanksgiving Service, their performance of "Rhythm of Life" left a lasting impression, making it an unforgettable and meaningful event. This was complemented by their rendition of "Bless this House," which resonated with the yearly theme of "Sky Family." Notably, the School Choir secured a gold award in the Secondary School Choir Competition organized by the Joint School Music Association (JSMA). In July, members of our choir teamed up with students from affiliated schools to form the "Gratia Singers," achieving a Silver Diploma in category O3 at the World Choir Games 2024 in Auckland.

Our Percussion Team and Handchime Team also made a significant impact during the S1 Form Association Inauguration. Additionally, the Percussion Team collaborated with the Chamber Music Group to perform the piece "Celebration" at the Thanksgiving Service.

Lastly, our Chamber Music Group and Handchime Team showcased their talents during the Round Trip performance. The Music Teams achieving remarkable success by winning the prestigious Gold Award in both the Secondary School Ensemble (Percussion) and Orchestra Competitions, as well as a Silver Award in the Handbell and Handchime Competition organized by the JSMA.

Overall, the performances of our music teams have been truly exceptional, reflecting their enthusiasm, dedication, and musical prowess. Congratulations to all our talented musicians!



Music Teams performed in School Functions

2023-2024 Outstanding Service Award Name List (40 students)

Class	Student Name	Club	Role
S5D	LEUNG YI SUM	Art Society	Committee Member
S4B	CHAN TSZ YIN	Athletics Team	Captain
S5D	CHAN SIK YIN HAZEL	Careers Team	Chairlady
S5D	SHEE HIU CHING	Careers Team	Vice Chairlady
S5D	TAM YUEN YING	Chinese Debate Team	Chairlady
S4C	KWONG HIU LAM	Chinese Language Society	Committee Member
S4D	CHOI YAN TUNG ELIZAB	Chinese Language Society	Chairlady
S4B	LAU KAR KEI	Civic Education Association	Chairlady
S4C	KWONG HIU LAM	Civic Education Association	Vice Chairlady
S5D	LOUIE HO CHING	Cross Country Team	Captain
S5C	TSE YI CHING	CYC	Chairlady
S5D	CHAN SIK YIN HAZEL	Girl Guides	Captain
S5D	MOK CHEUK KI	Girl Guides	Vice-captain
S5C	CHAN YING CHING ALVI	Houses	Captain
S5C	TSE YI CHING	Houses	Captain
S4C	NG NOK CHING	Junior School Choir	Member
S4C	WONG LOK YI	Junior School Choir	Accompanist
S4D	TSANG LOK YIU CHARIS	Junior School Choir	Head Section Leader
S5A	CHAN CHEUK YUE	Junior School Choir	Head Section Leader
S5D	MOK CHEUK KI	Junior School Choir	Head Section Leader
S4D	CHAN LOK YIU	Library Society	Vice Chairlady
S5C	LEE SUM WUN	Library Society	Vice Chairlady
S5D	CHEUNG HEI YU SABRIN	Maths Team	Chairlady
S4C	AU HOI SHUEN	Red Cross	Senior Section Leader
S4C	CHAN YIN HANG	Red Cross	Senior Section Leader
S4C	CHENG SZE HANG	Red Cross	Senior Section Leader
S5C	LEUNG WAI KI VICKIE	Red Cross	Head Section Leader
S5C	TO YUEN YIN	STEAM Team	Chairlady
S4A	WONG YUET ELIZA	Student Christian Fellowship	Vice Chairlady
S5B	LAM LEI YAN LIANNA	Student Christian Fellowship	Vice Chairlady
S5D	LOUIE HO CHING	Student Christian Fellowship	Chairlady
S4C	NG NOK CHING	Student Union	Committee Member
S4D	POON YIK KA	Student Union	Committee Member
S5A	WONG YAT TING	Student Union	Vice President
S5B	MA CHO KIU	Student Union	Vice President
S5C	YIU LOK HEI	Student Union	President
S4B	LAU KAR KEI	Swimming Team	Captain
S5A	WONG LOK YIU	TrueVision	Chairlady
S5C	CHAN YING CHING ALVI	TrueVision	Committee Member
S5D	YOU SZE WUN	TrueVision	Vice Chairlady

Student Union

The Executive Committee Members

President of Student Union	S5C Yiu Lok Hei
External Vice President	S5B Ma Cho Kiu
Internal Vice President	S5A Wong Yat Ting
Secretary	S3B Leung Yan Kiu
	S3C Leung Nok Ting
	S3B Lau Pui Ka
Treasurer	S3A Han I Lik
Academic Affairs Officer	S3B Chiu Sophia
	S4B Chow Ho Kiu Ellen
General Affairs Officer	S3B Chan Tsz Yan
	S4D Poon Yik Ka
Public Relations Officer	S4D Zee Hoi Ching
	S4C Cheng Ho Yen
Promotion Secretary	S4C Ng Nok Ching
Recreation Secretary	



The Events of Student Union

The 76th Student Union has done our best to organise the traditional events, as well as exerting ourselves to hold novel activities which were proposed in the election platform of our committee members.

The Student Union Election took place in October 2023, introducing candidates through promotional videos, posters, and forum. Fourteen candidates were elected, and the 76th Student Union committee officially assumed their roles after the inauguration ceremony. The committee commenced their work in autumn 2023, organizing class photo sessions, with S5B and S5C winning the photo gimmick challenge. In December, preparations for the Christmas celebration including school gate decorations and a casual wear day sticker design competition were done. Christmas celebration was enjoyable as always with class parties, the intriguing variety show with the special performance featuring a local singer—Emiko Cheung. The year concluded with the Joint-school Christmas Ball, where students enjoyed a wonderful night interacting with peers from different schools.



Stepping into the new year 2024, the Cheerleading Competition and Queen of Morale Competition in Sports Day were presented in a brand new format, with four houses being the units of participants. The coupon book design competition, along with the newly added souvenir design competition for the school anniversary celebration captured much interest from students, displaying students' sense of belonging. During Easter, the Student Union collaborated with an animal shelter, House of Joy and Mercy, and provided an invaluable opportunity for students to volunteer and get along with animals. Regarding welfare, ice cream trucks from Mister Softee were invited on Mister Softee Day to offer students free-of-charge ice cream in order to provide them with sweetness and comfort during their fully-packed school life.



During the post-exams period, the second-hand book sale served as a platform for students to sell their used books and buy textbooks at lower price. The Ukiyo Summer Overnight Camp, with the captivating detective game, the disco night and the water fight game, allowed students to create impressive memories with their schoolmates. Finally, the Joint-school Talent Show offered students a larger stage to showcase their talents and interact with their like-minded peers, and invited Endy Chow as the guest performer.



In conclusion, the 2023–2024 academic year was filled with appealing and inspiring activities which demonstrated the essence of truelighters. The Student Union successfully built up an engaging and spiritual environment for students, embellishing their fruitful school year.

Words from the President of Student Union

Yiu Lok Hei

A night boat—I could still vividly remember the metaphor I used to describe Student Union during the inauguration ceremony. As a matter of course, a night boat requires a captain and sailors to guide the direction, but crewmen are much more needed to help lift the torch, lighting up the front to enable safe and precise navigation. Only if every crew member performs their own duties and collaborates with one another can the night boat arrive at the destination. This is exactly how the Student Union operates. Each of us has our corresponding position, but we have collective goals of being servers and linkers between the school and students, thus making the best out of ourselves to strive for these goals.

Among all the societies and clubs, the Student

Union seems to stand on the summit of the pyramid, leading and guiding schoolmates and all other associations. In fact, the Student Union is located at the very bottom of the pyramid, always being prepared to serve schoolmates no matter if they are in need or not. I would especially like to highlight the scenario of the backstage during the variety show during the Christmas celebration. When the spotlights on the stage were so vibrant, and the cheers from the audience were deafening, all of our committee members stuck to their posts, rushing around to call upon participants and arrange their appearance to ensure the smooth operation of the show. We missed the shows, but still we smiled heartily, with the inexplicable joy of being servers. Student Union are renowned leaders, but we are in fact servers.

As mentioned by almost every former president, the Student Union plays a crucial role in bridging the school and schoolmates. I discovered that the seemingly straightforward equation actually involves many more steps. Being the bridge between the school and schoolmates, three linkages are required, including that between the school and the Student Union, within the Student Union and between the Student Union and schoolmates. We listen to schoolmates' opinions and needs, discuss during meetings to sort out solutions and report them to the school, or vice versa. I am especially hooked on the passing light session during the inauguration ceremony, which can fully manifest the concept of linkers. The candlelight was first passed by the Principal to me, and was further passed by me to other committee members. Finally, the candlelight shined from the stage to the audience. Passing on candlelight is not only the inheritance of the spirit of the Student Union from our former committee members, but also the linkage between the school,

the association and schoolmates. The candlelight is the trust given by the school and schoolmates. The candlelight was the most dazzling during the summer overnight camp when schoolmates and us are linked together to sleep over at school, given our sense of belonging igniting through the night. I am profoundly glad that the candlelight we received long burnt throughout the year with the strenuousness of our committee members.

I would like to express my heartfelt gratitude to our school principal, Miss Hui, teachers and fellow students for the unlimited support and encouragement throughout the year. I would also like to appreciate all of our committee members for their wholehearted contribution and efforts. The night boat of 76th Student Union will soon arrive at their destination, and it is time for the next captain, sailors and crewmen to navigate onwards, with the long-lasting candlelight. I extend my best wishes to the 77th Student Union and hope that schoolmates will continue to support them without reservation.

中一級 開社

晨暉社幹事

社長



S1D 伍諾晞

副社長



S1A 廖焯翹

文書



S1D 戴希瑜

學藝



S1B 梁心瑜

學藝



S1C 吳心言

德育



S1C 黎芷殷

康樂



S1A 凌淳智

康樂



S1D 鄧沛林

I.T.



S1B 鍾卓堉

總務



S1A 鄭詠欣

總務



S1C 盧可翹

開社活動花絮



許校長勉勵晨暉社同學



古箏二重奏《青花瓷》



2029 年級晨暉社社旗



精彩的爵士舞表演

徵文比賽優勝作品

冠軍

《我在真光有幸遇上她》

S1D 伍諾晞

世界上有很多美好的人事物，鳥兒在廣闊的天空，能展翅高飛，魚兒在一望無際的大海，能自由自在的游泳，而我在真光遇上了她，我的生命變得更幸福。

在真光開學的第一天，我因身高和佩晴差不多便被老師編排一起坐了。因為這奇妙的緣分，我們每天也一起聊天，玩耍，變成互相幫助的朋友。記得有一次，我因生病缺席三天，復課後，佩晴便立刻來關心我，查問我的狀況，我看見其他同學對我漠不關心，佩晴的舉動令我心頭湧起一股溫

流。過了一會兒，便開始上課了，我聽著數學老師不斷講課，我卻因為缺席幾天，趕不上進度，呆若木雞地坐在椅子上，感覺自己考試一定會考得不好，一直待在課室，我什麼也聽不懂。當我還在消化課堂內容時，我突然聽到一把聲音，「剛剛看到你上課時一臉惘然，我已經整理好這幾天上課的筆記，你有什麼不懂也可以來問我的。」佩晴微笑道。我眼前就像有一道光出現在我面前幫助我，關懷我，把我從迷惘拉出來，我看著那位天使和藹可親的笑容，心裏感恩著：「我真幸運」。

那幾天過後，我因還沒完全康復，加上坐在風扇底下，頭十分疼痛，

我請求老師批准到醫療室，老師便邀請可陪我到醫療室的同學，「她不停咳嗽，小心被她傳染。」我聽到其他同學竊竊私語，沒人願意陪伴我，心裏難受的很。「我陪她吧！」佩晴說，我心裏的難受因這句話而瞬間煙消雲散，感到高興。佩晴的右手搭在我的肩上，一邊扶著我，一邊慰問我，「你沒事吧？剛剛你不停咳嗽，」佩晴從口袋拿出一顆糖果，「這喉糖給你，吃完會舒服很多的。」我看著手上的糖果，再看看佩晴，心裏那股感激之情像一望無際的大海一樣深，我激動地說：「謝謝你願意接納我，關心我，我十分感恩有你在！」

因為有佩晴，我的生活像有個太

陽，無時無刻在我身邊照亮我；因為有佩晴，我再不感到孤單，我因有幸在真光有幸遇見你，你平常一個又一個平凡有溫暖的舉動，令我的生活無比幸福。謝謝你願意做我的朋友，謝謝你，感恩有你。

亞軍

《我在真光有幸遇上她》

S1A 楊子晴

上到中學，就等於踏上一個新的里程碑。在真光的校園生活中，我遇見的人多不勝數，當中令我最欣賞、喜愛的人莫過於我中學的第一位班主任——田老師。

田老師有一雙炯炯有神的大眼睛、高高的鼻子和一個能說會道的嘴巴。田老師不但長得精緻漂亮，還為人非常善良，擁有像天使般的心靈。她經常關懷同學，無論是成績優異的學生，還是成績較遜色的學生，她都一視同仁。她就春天的陽光一樣，而我們班就像剛萌芽的豆苗一樣，她悉心地栽培、關懷我們。

學期初，我要適應中學的生活，當中令我最難適應的莫過於是使用英語授課。這對於從小就讀中文小學的我來說是一個極大的困難和挑戰。學期初的首幾堂課，我完全聽不懂老師在教甚麼，加上中學教授的知識開始變深，我對所有用英語教授的科目內容知識都一竅不通，所以在功課上經常會面對困難，但那時候我比較膽怯，不敢詢問老師，所以我只能選擇抄功課。

之後，我告訴田老師我的情況。田老師知道後，她指出了我抄功課的錯誤，還安慰我：「中學開始時遇到困難很正常，問題就在於你如何解決這些困難。抄功課並不能解決困難，只是一種逃避方式。我們一起想方法解決你的難題，不用怕，總有方法的。」她向我提出了許多建議，例如不懂如何做功課時主動詢問老師和

同學，不要膽怯害怕；又可以閱讀更多英文書來提升自己的英文水平；在課堂上聽不懂的要主動提出詢問。

自此之後，我便改掉了抄功課的壞習慣，並成功解決了課堂及功課上的困難，所以我很感激老師。

此外，我在音樂科的成績是在十五科中最遜色的，我經常在音樂測驗中取得不合格的成績。這樣的成績打擊了我的自信心，每次收到測驗卷後心情都會跌至谷底，田老師留意到我的情緒，便安慰我，令我感受到陽光般的溫暖。及後每次放學後田老師都會給我補習音樂，解釋我不明白的地方。一向對音樂一竅不通的我，音樂科成績漸漸顯著提升。真的十分感激田老師，如果沒有她，我的音樂科成績不會有這樣的進步。

在考試的時候，我自信地完成整份試卷。成績發放時，我發現我

音樂成績竟一下子上升了三個等級，我興奮的心情就像海浪湧過來一樣，無法抑壓，又像一隻小兔子一樣，蹦蹦跳跳的。我非常感激田老師，如果沒有她，我的音樂科成績不會有這樣的躍進。

田老師就像春天的陽光，時刻溫暖着我的心田；她亦是一位良師，用心地教導我，令我的成績突飛猛進；她亦是一位天使，用心地關懷着每一位同學，令每位同學都感受到她深切的關愛，快樂地投入中一生活。

田老師對我們的愛就像清澈的流水一樣純淨無暇，靜靜地、細細地滋養着我們。我很幸福在開始中學生涯時能遇見一位這麼好的老師，同時也很欣賞她關愛別人的性格。她既是我人生中的良師，又是我的好榜樣。我會以她為我的模範，學習她那關愛別人的性格。我真幸運我能在真光遇到她這一位這麼好的老師。田老師，謝謝妳！



Second Place

A place for Friendship and Wisdom, True Light

S1B Lee Ching Yau

Within the corridors of school, friendships ignite,
Like stars in the night sky, shining so bright.
Guiding us like beacons, teachers are our light,
Their wisdom and care, a gift that feels right.

Friends at our side, sturdy as oak trees,
Through laughter and tears, we find ease.
Words from teachers, like a soothing breeze,
Knowledge personified, expanding our seas.

Oh, school, a tapestry of memories,
Where friendship and teachers remain close as can be.
Their guidance acts as a compass to set us free,
Lessons personified with wisdom so sincere.

In the embrace of the classroom's walls
Together, with friends and teachers' calls
Through challenges faced, we stand tall,
Bound by friendship in radiant halls.



中六級 曜社

中六級級社職員

社長 夏悅
副社長 張心和
級社職員 何沛儒 陳妍希 詹卓綸 郭芷麒 曾希堯 黃靖

社長感言

校長、各位老師、各位同學：

大家好。我是 2024 年度中六級曜社社長夏悅。

今日是中六級級夕，很榮幸可以代表中六級同學發表感言。不知大家有否聽過「星火軌跡」呢？如果你要我去形容，我會說我們就好像一顆顆璀璨的星火，在六年中學歲月中，逐漸燃燒，散發光芒，不斷閃耀。六年來，我們走的軌跡不能說是順暢，疫情不單偷走了我們眾多的活動，遊藝會、運動會等等，它亦無聲無息地偷走了我們應有的集體回憶。同學之間的互動變得少之又少，或許六年裡我們見到同學戴口罩的日子比不戴的更多。這星火看來已經被口罩遮蓋，變得暗淡無光。

我猶記得中一時，大家在運動會都非常害羞，不敢叫口號；中二的啦啦隊，我們大家在毫無經驗下，好不容易跌跌撞撞地完成。直到中五，我們最後一次的運動會，即使「氣后」環節大部份人都是啦啦隊或者是運動員而不在看台上，但是大家都團結一致上台台下應援。負責啦啦隊的同學亦在短時間內自動自覺排練。我感受到全級真正齊心協力為共同目標努力，更因此拉近了全級同學的距離，增加了

彼此結連的感覺。大家的軌跡由向不同方向變成是同一個方向，朝同一個方向進發。回顧這六年的時光，我們經歷許多起伏。我們一起經歷了無數統測、考試到最後的文憑試，大家都曾經感到迷茫、挫折和疲累，但曜社的每一個成員，大家彼此扶持，共同努力，一齊度過了這段艱難的旅程。中間雖然無可避免會有爭執，意見分歧的時候，但大家總是能夠最後達成共識，互相信任，為整個曜社的好處一齊努力。感謝曜社的每一個你在級社舉辦的每一個活動中都積極參與。儘管這段星火劃過的軌跡並不算順暢，但仍然在夜空中留下燦爛的痕跡，在我們的成長歷程中留下深深的印記。

最後，我亦想送給曜社每一位同學一句歌詞：「星火軌跡閃過宇宙交叉點終會再重頭遇見。」儘管我們即將分道揚鑣，但我們的軌跡將繼續閃耀。不論軌跡如何，這些星火最終都匯聚成一個燦爛的星空，我們將會在未來的某個交叉點重逢，以不同角色、在不同的環境中再次相遇。感謝大家在這旅程中的陪伴和支持，願大家畢業離開真光後，仍然繼續如星火發光，前程似錦。祝各位老師工作順利，祝各位師妹學業進步，多謝！

級夕花絮



夕·影



級夕劇照



級夕唱級歌

謝師宴活動花絮：



校長致辭



遊戲得獎



向校長致送禮物

大合照



Cultural Exchange

南京歷史文化考察團

30/3-2/4/2024

2024年3月下旬，中國歷史科和歷史科舉行了「南京歷史文化考察團」，四十多位中三至中五的師生在南京進行四天的考察學習。我們縱貫古今，從六朝博物館出發，探索魏晉時期民生風尚，遊歷夫子廟的科舉文化博物館；更延展至晚清、近代中國歷史的學習，參觀了南京條約史料陳列館、金陵機器製造廠舊址、中山陵、美齡宮、侵華日軍南京大屠殺遇難同胞紀念館和南京長江大橋。在學習過程中，同學記下了學習心得，節錄兩則如下：



S3C 鄭鈞心

這次考察團令我最難忘的是參觀南京大屠殺紀念館，……平時的課本只會簡單提及受害者多達三十萬人，以前的我難以對這冷冰冰的數字產生共鳴，更曾質疑事件的真假。不過，紀念館以日軍屠殺現場照片、武器和倖存者的證詞，真實地呈現這慘痛的歷史。……我不禁感到一陣陣心痛，忍不住代入遇難者的角度，感受在人性醜陋的一面，人是多麼渺小、無能為力！有言天災可怕，但人禍帶來的傷害也不應小看，然而人禍是可以避免的。這次參觀除了使我感同身受學會站在別人的角度思考，也啟發了我要盡好一個世界公民的責任，多關心各地新聞如戰爭。在社交平台為難民發聲和捐款支持他們，並揭發危害平民的行為，令更多人了解戰爭的殘酷，從而學會珍愛和平，減少民族衝突。同時，這次跳出教科書的學習經歷，激發了我不要只依靠課本學習，而是親身體驗才能對自己所學的知識有更深入了解。



S3C 李暄搖

南京是一個古都，從出發前的準備到實際踏上這片土地，才逐步揭開她不為人知的神秘面紗，並從兩方面去了解她的面貌。首先，從歷史文化方面，南京在近代史裡的共和革命和抗日侵華扮演重要角色，很多歷史建築和博物館都在此建成，孫中山更於死後葬於南京中山陵。其次，最震撼人心莫過於南京大屠殺紀念館，我以莊重的態度入內，接觸了許多文物記錄，例如幸存者被日軍殺害不成，卻在脖子留下十厘米的傷痕和萬人坑的層層白骨，種種都是歷史，都是發生於南京的事件。歷史可說是一本書集，也是驚世的清醒劑。德國會將昔日的戰爭錯誤，書寫進書籍內，主動承認過錯，並以此教育後世；相反日本卻選擇掩蓋大屠殺事件，絕不承認其真實性。這完全刷新了我對一個國家處理歷史應有態度和重要性的認知，提醒學習「前事不忘，後事為師」的道理。

「華夏博覽看今朝」

2024年第一期 (招商局集團)

28/3-6/4/2024



「華夏博覽看今朝」第一期研學活動成功由招商局集團策劃發起。招商局香港青年聯合會帶領全港 16 間中學、40 名師生前往北京、揚州、南京、上海，了解中國傳統文化，實地參觀招商局輪船製造、能源運輸等產業。研學師生到訪了北京大學等高等學府，領略了京劇、昆曲等藝術瑰寶的魅力。

祝賀香港真光中學三年級胡穎芝同學文章《文化的力量》發表於《文匯報》(2024-08-03)。這是她在「華夏博覽看今朝」第一期研學活動結束後的感受文章，節錄於下：

胡穎芝 香港真光中學三年級

這次研學，一共去了四個城市：北京、揚州、南京、上海，每座城市散發着獨特的魅力，以獨特的姿態吸引着我的目光。

在北京，我漫步於北京大學校園，彷彿融入了一幅古色古香的山水畫卷，青翠的草坪、清澈的湖水、古老的建築群，讓人沉醉其中；登上長城，仰望崇山峻嶺，那壯麗的景象彷彿是一首永恒的詩篇，讓人感受到歷史的厚重和壯麗；參觀中國現代文學館，沉浸在文學海洋中，彷彿聽到歲月的低語，層層疊疊的詩意在空氣中翩翩起舞；天安門廣場升國旗儀式，讓我感受到了作為中華兒女的自豪！

這次研學，讓我滿載而歸。北京的歷史和文化，如同一首古老詩詞，讓我沉浸在傳統的韻味中，古老的建築和文物彷彿是時間的見證者，它們靜靜地講述着過去的故事。在故宮的殿宇間，我彷彿能聽到歷史的聲音，感受到中華傳統的厚重輝煌。而在長城的崢嶸脊線上，我似乎能聽到古代勇士的呼喚，感受到他們對家國的深情厚意；揚州的古風和水鄉氛圍，彷彿是一幅幅寫意的水墨畫，將我帶入了優雅恬靜的世界；南京的莊嚴和傳承，讓我感受到中華民族的自豪和堅韌；而上海的現代和活力，則在我心中綻放出一朵朵炙熱的花朵，讓我對未來充滿無限的期待。這些歷史痕跡和先進科技讓我明白，中國的發展不僅是一個國家的光輝，更是人類文明的重要一環。此外，中國的文化多元性也讓我深深着迷。從京劇的優雅高亢，到昆曲的婉轉細膩，每一種表演形式都展現了中國豐富多樣的藝術風貌。

另外，我也品味了各地的美食，從北京烤鴨到南京獅子頭，每一道菜餚都彰顯着中國烹飪的精

湛技藝和地域特色。這些文化的交融和綻放讓我更加欣賞中國的獨特之處，也讓我對人類文化的多樣性有了更深刻的體會。然而，最令我難以忘懷的是與當地工作人員和同學們的交流。他們用真摯的笑容和熱情的擁抱迎接着我，使我感受到家的溫暖。我與他們分享着彼此的故事和夢想，彼此之間的語言和文化差異變得微不足道。這種人與人之間的連結讓我深刻體會到，我們不論身處何方，都有着共通的情感和人性。這樣的連結激勵着我更加關心他人，並以友善與理解的態度與他人相處。

我衷心感謝招商局舉辦這次難忘的研學活動，這次的探索之旅不僅是一場視覺盛宴，更是一次心靈的洗禮。透過這次旅行，讓我感受到中國的獨特之處，這必將豐富我的人生。它開拓了我的視野，激發了我的想像力，令我更加熱愛這個多彩世界。在這個瞬息萬變的時代，我深深體會到文化的力量 and 價值，它們是我們心靈的燈塔，指引着我們前行。這次旅程將永遠留在我的記憶中，以此為動力，在未來的學習和生活中繼續努力，為實現自己的夢想而奮鬥，並更加堅定了追求知識、尊重多元的想法，在珍惜自己的文化傳統的同時，也要敞開心扉，與世界分享自己的價值觀和理念。漫步於中國的大地上，彷彿我融入了時光之河，感受着歷史的凝聚和文化的滋養。

「華夏博覽看今朝」第一期成果分享會



「華夏博覽看今朝」第一期研學活動團員在北京合照



Guangzhou True Light School Sister School Exchange Tour



20-21/4/2024

Fostering Connections: Highlights of TLMSHK Guangzhou Sister School Exchange Tour

Over the weekend of 20th and 21st April, 2024, our students embarked on an enriching journey to Guangzhou True Light School, our sister school in China. The visit was marked by meaningful cultural exchanges and the forging of friendships among students in the True Light Family. Students enjoyed a comprehensive campus tour, engaging in lively discussions about school life and traditions. Martial arts sessions and group games brought everyone closer, fostering a spirit of camaraderie.

In Guangzhou, our students were enthralled by the technological advancements showcased at the Railway Museum, reflecting China's dedication to progress. A night boat trip along the ZhuJiang River provided a captivating glimpse into the city's scenery and a visit to Yongqingfang offered insights into the history and development of the Cantonese opera and traditional Chinese clothes.

As we reflect on this unforgettable experience, we are grateful for the connections made and the memories shared. Our study tour has strengthened the bonds between True Light sister schools, and we eagerly anticipate future exchanges. Through these endeavours, we continue to broaden our horizons and deepen our appreciation for the achievements in our motherland.



Martial arts sessions and group games



Campus Visit at Guangzhou True Light School



Group photo-taking among all participants

Exploring Culture and Faith: A Journey to Taiwan

26/6-30/6/2024

In June 2024, 22 S2-S5 students participated in a 5-day Taiwan Cultural and Religious Exchange Tour to Kaohsiung, where they were provided with the opportunity to gain insights into the diverse traditions and vibrant Christian faith of Taiwan's indigenous communities.

Sunday Service with Indigenous People



During the tour, students visited various churches, participated in a prayer walk within the community, and interacted with local pastors and young people. One of the most remarkable dialogues was meeting pastors who shared their faith through unique endeavors, such as operating a food stall in a night market or establishing a noodle restaurant next to their church. These stories served as examples of how faith can be lived out in daily life.



S4 Wong Yuet Eliza

"Hearing and seeing different people's stories was inspiring. The best part was how they didn't just tell the gospel but actually show it in their practice, helping more people know God. And seeing their joy touched me deeply."



Sharing by Pastor at His Food Stall



In addition to these cultural and religious explorations, students participated in a service at a co-life home (匠愛家園) for the homeless and the disabled. Here, they led worship sessions, organized games, and assisted with cleaning tasks. This service initiative aimed to instill values of compassion and empathy while allowing students to make a positive impact on the community.

Interacting with local pastors and young people



Worship led by Students



Sharing by the Owner of Church's Noodle Shop



Chatting with friends from Co-life Home





Weeding

S2 Tam Heung Ching

"In the co-life home, I encountered God. Though we are all imperfect, people are full of love and very accepting, which made me feel the love of God present among us."

S3 Wong Wing Hei

"Volunteering to clean toilets made me more willing to do work hard and serve people in need. I learnt how great Jesus was when he came down from heaven to serve and teach us about God's love. It was very memorable and ignited my passion *in serving and helping those around me.*"



Toilet Cleaning

As students return from this enriching experience, they bring back not just memories but also a broader understanding of different cultures and a deeper connection with God. May the lessons learned and experiences gained continue to inspire our school community to embrace diversity, practice kindness, and shine Jesus' light in the world.

Nansha & Qianhai (Mainland China) CS Study Tour



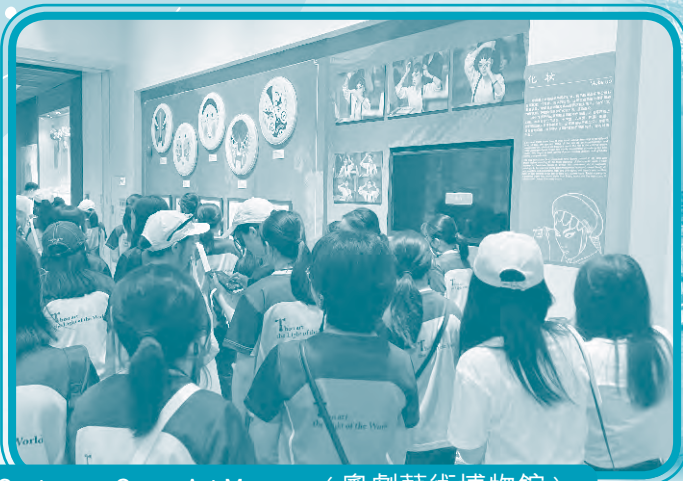
2-3/7/2024

Mainland Study Tour 2024—Exploring the Wonders of the Greater Bay Area

Mainland Study Tour 2024 was an exciting opportunity for 76 S5 students to immerse themselves in the vibrant culture and dynamic growth of the Guangdong-Hong Kong-Macao Greater Bay Area. From 2nd to 3rd July, 2024, our students had the chance to visit Nansha (南沙) and Qianhai (前海) within the Greater Bay Area, gaining a deeper understanding of the region's rich history, technological advancements, and entrepreneurial spirit. The itinerary was carefully curated to provide our students with a well-rounded and insightful exploration of this rapidly evolving economic and cultural hub. This two-day educational adventure proved to be a truly enriching and unforgettable experience for all participants.



Qianhai Shenzhen-Hong Kong Youth Innovation and Entrepreneur Hub



Cantonese Opera Art Museum (粵劇藝術博物館)



Qianhai International Conference Center

Throughout the tour, our students were brimming with enthusiasm and a profound sense of gratitude. They were captivated by the region's cutting-edge innovations, awed by its rich cultural heritage, and inspired by the boundless opportunities that await them in the Greater Bay Area.

Following are 4 abstracted personal reflections from the participating students:

S5A So Tin Yan 蘇天忻

從這次考察體驗中，透過參觀前海深港青年夢工場點燃了我的熱情。置身於那裡蓬勃的創業氛圍中，我感受到年輕人追夢的熱切和決心。他們充分利用前海這片創新沃土，不斷探索，勇於嘗試。這種敢於創新、敢於擔當的精神，深深地激勵了我，激發我也想為國家建設做出貢獻的熱情。

S5B Low Sheug Lam 勞尚霖

國家在不同的政策上為年輕人提供支援，例如我們到訪的前海青年夢工場。夢工場為新創業年輕人提供一個優良的起步點，它為年輕人提供資金上的支援，例如創業基金，以相對優惠的價錢出租辦公室。在這個旅程，我感受到國家對於年輕人的重視和培養，相信國家優良的政策下，年輕人必定能實現自己的理想。

S5C Hung Pui Ching 洪珮晴

粵劇文化現在能聞名於各個年齡群，離不開學校、各地粵劇博物館及粵劇愛好者等共同努力推廣。正因為有他們的大力貢獻，國家珍貴的藝術文化才能夠盡可能完整地保留下來，傳與後代。現在，很多外國友人聽到粵劇、京劇等傳統戲劇表演時，都可以第一時間辨認出「那是中國的文化！」，大大加強了國家的文化傳播和國人的文化自信，實在令人高興啊！

S5D Sit Amelia Huen Yi 薛萱兒

I am very impressed by the growth China has undergone in multiple domains. From awe-inspiring infrastructure projects like the high-speed rail network to the rapid urbanization and modernization of cities, the country has achieved remarkable feats. The advancement in technology, particularly in areas like e-commerce, artificial intelligence and renewable energy, has positioned China as a global leader, and hearing about it during the trip has made me feel very proud of our country.

Outward Bound, Hong Kong

8-10/7/2024



Highlights of the S4 Outdoor Experiential Camp

The S4 Outdoor Experiential Camp, held from 8th to 10th July, 2024, provided students with an unforgettable experience designed to promote teamwork and personal development. Here are some highlights from the camp:

Day 1: Welcome and Kayaking Activities

The camp kicked off at the Tai Mei Tuk Water Sports Centre, where students started with warm-ups and a safety briefing. They then engaged in kayaking activities, learning fundamental paddling skills under the guidance of professional coaches. This not only enhanced their teamwork abilities but also boosted their self-confidence as they participated in friendly competitions on the water.



Day 2: SUP and Raft Building

On the second day, students participated in Stand-Up Paddleboarding (SUP) and raft building. These activities fostered creativity and collaboration, as students worked together to construct rafts and navigate the waters. After lunch, they shared their experiences, reflecting on the morning's activities and encouraging each other.



Day 3: Dragon Boating and Wrap-Up

The final day featured a thrilling dragon boat competition, providing students with a challenging yet exciting experience. After the races, everyone gathered for a closing session to reflect on their learning and growth over the three days, discussing their achievements and setting future goals.





Conclusion



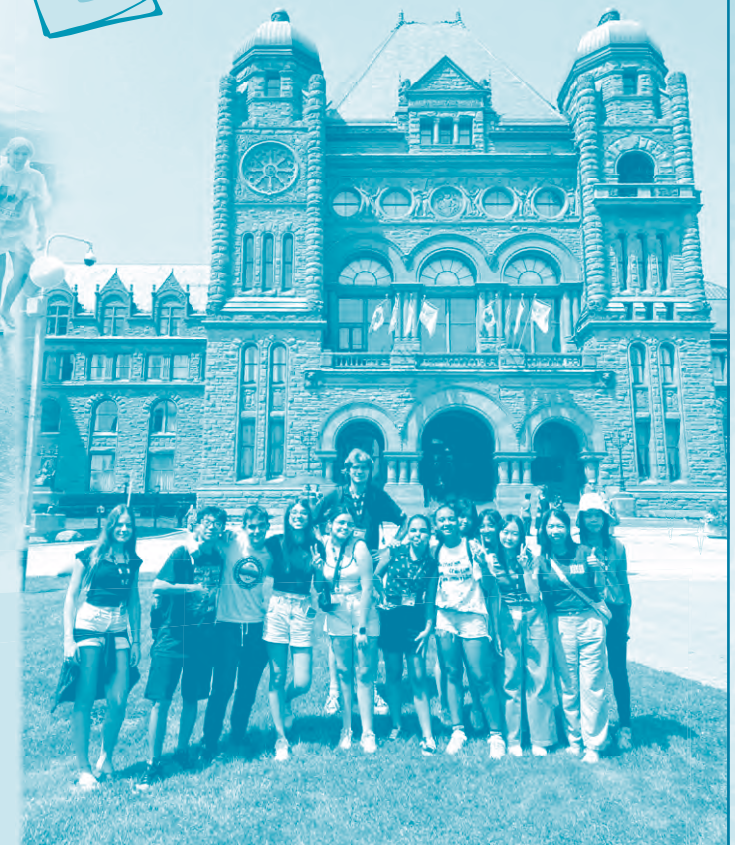
Throughout the camp, students displayed great enthusiasm and engagement. Many expressed that the experience not only taught them new skills but also deepened their friendships. They discovered their own potential in overcoming challenges.

The S4 Outdoor Experiential Camp was a resounding success, allowing students to grow in a fun and challenging environment. The camp equipped them with resilience for future challenges.



True Light Joint-School Summer English Study Tour to Toronto, Canada

7-27/7/2024



Sharing from S2C Sin Kiu Yan:

I have travelled to many places and done many interesting activities in the past fourteen summers, but this summer to Toronto has been one of the most amazing ones in my life.

It dawned on me that just a few weeks before the trip, I was the only S2 student enrolling in this study tour. Being a shy and reserved person, I wondered if I could survive three weeks in a place far from home and being surrounded by strangers. It was my first time travelling by myself and so, needless to say, I was quivering from nervousness. What if I forgot to bring something important? What if I couldn't make any friends? What if... the plane crashed? Millions of scary thoughts like these twirled in my head nonstop. I was utterly terrified the night before the trip. I almost regretted my decision to join this tour alone.

However, I soon found that there was nothing to be afraid of indeed. The elder sisters of True Light were all very nice and caring. They welcomed me to join in the fun with them, and there had never been a dull moment as we experienced new things and learnt together. Also, the counsellors and other campers were all very nice to us. I befriended so many other teens from all around the world including Ukraine, Brazil, Mexico City, Korea, Taiwan, and even Mainland China! Being one of the seniors, we had some free time between excursions, and we were able to enjoy free time with our new friends.

We shared our different cultures with each other and even played card games together!

One of the most memorable days I had there was the MWS Olympics, in which the counsellors divided us into groups. We played many games in a scavenger hunt mode. There were so many games like throwing water balloons and cheering. There was so much laughter and screaming while we all gave it our best shot in the games. I had never imagined feeling so engaged and not at all out of place!

Though I enjoyed most of my time during the trip, it was not all fun and laughter. I dropped my wallet during an excursion on the first few days. I still remember how dejected and worried I was the second I realised that. Despite not being familiar with me yet, my counsellor Ben did not hesitate to accompany me to look for my wallet. Two other counsellors also comforted me during our search. When we finally managed to find my wallet, they even joked around saying they were the best treasure hunters of all time! Seeing they had put so much effort into making me feel better

and tried their best to offer help, I felt both grateful and warm. Since then, I knew I had nothing to worry about in the coming three weeks as I was surrounded by nice and helpful people.

Apart from going on excursions, the learning was also enjoyable. The experience of learning abroad was really very different. It was totally stress-free and I was surprised to see myself expressing my views proactively! The friendliness of my teacher, Mr Sebastian, and the interactive vibe of the class gave me the best encouragement to share my thoughts.

Reflecting on the trip, aside from lessons and fun, I discovered that I have grown a lot, and I'm really proud of how far I've come. I used to be an ugly duckling depending on my friends and family, but I've turned into an independent young swan within these three weeks. As Gandhi said, 'Every new experience brings its own maturity and a greater clarity of vision.' I didn't expect that I would resonate with the saying so much. I'm glad that I didn't pass over the opportunity to join this study tour, and I definitely don't regret it either. These three weeks has been one of the most amazing memories of my life and I'll treasure these fond memories we have made together forever.



*World Choir Games 2024 in
Auckland, New Zealand*



14-21/7/2024



This summer, 20 members of our school choir joined forces with students from Hotung Secondary School and Salesian English School to form the Gratia Singers. This joint school choir had the incredible opportunity to participate in the World Choir Games 2024 (WCG) held in Auckland, New Zealand.

The Gratia Singers were proud to receive the Silver Diploma in the Open Competition for Secondary School Choirs. This achievement reflects not only their dedication and hard work but also the unwavering support from their teachers and peers, who encouraged them throughout their journey.

In addition to competing, the group had the privilege of performing at the Closing Ceremony alongside choirs from around the world. This experience provided them with valuable insights and inspiration from various conductors, further deepening their love for music and enriching their artistic growth.



One of the most memorable moments during the Closing Ceremony was when the Gratia Singers collaborated with choirs from different countries to perform various pieces in multiple languages. The sense of unity and shared passion for music was palpable, creating a powerful atmosphere of camaraderie and celebration. The joy on the singers' faces, combined with the enthusiastic applause from the audience, highlighted the heartfelt expression of global friendship through music, leaving a lasting impression on all involved.

Congratulations to all the members of the Gratia Singers! The friendships and memories created during this journey will be cherished for years to come.



Eurolife's Sustainable Entrepreneur Camp 2024, Holland

26/7-9/8/2024

Sustainable Dreams: A Journey Through the Entrepreneur Camp 2024 in the Netherlands

The Sustainable Entrepreneur Camp 2024 in the Netherlands was a transformative journey from 26th July to 9th August 2024. Each day was an adventure, from **Farm Day** at a cow farm near Deventer and a regenerative farm near Nijmegen, to **Green Outdoor Day** in the Veluwe forest, and **Sustainable Food Day** at Chocolatemakers and Wilder Land. **Sustainable Fashion Day** was highlighted by 'me-boards' at Wear Shoes and preloved stores. **Model UN Day** at Utrecht University and **UN 17 SDGs Day** at ASN Bank and the One Planet exposition were particularly enlightening. The Camp culminated in a vibrant **Finale Day**, showcasing sustainable business plans. In just two weeks, we forged lifelong friendships and emerged as a community of young change-makers, ready to champion a sustainable future.

Enjoying the Chocolatemaker's Craft



Pitching Our Green Business Plan



The following excerpts capture **the heartfelt reflections from a love letter to the Earth**, along with the **inspiring thoughts of our girls**, celebrating the bond we've formed with our planet.

Dear Earth,

"Why aren't I doing anything about it?" I ask myself after seeing these people pour their hearts into sustainable projects. I've always thought that nothing I do could change the world—I mean, I'm just one person, after all. But I guess that's what everyone thinks, right? If each of us starts with small changes in our lives, they'll soon accumulate into big changes for the world...

Dear Earth,

Ever since I was born, I've never had the chance to connect with you. I'm grateful to have the opportunity to learn more about you through the forest walk and to appreciate your beauty. However, after all the company visits, I finally realized that you're suffering, and the reason for your distress is us—human beings. We take all that you have done for granted and exploit you without a second thought. ***Is it right to allow you to spoil us like this?***

Dear Earth,

Your beauty never ceases to amaze me, and I'm so grateful to have the chance to explore and connect with you more in the Netherlands. In those precious moments I spent with you, I've learned the art of slowing down and admiring the environment you've created. As I lie upon your soil and grass, surrounded by lush greenery, fragrant flowers, and animals, I feel a deep connection to nature. Your soft breeze and warm sunbeams embrace me, and I find peace in my heart. I believe that nature can heal everyone who experiences stress. ***Thank you for being our home that sustains us all...***

S5C Hannah Lam

I'LL NEVER FORGET the time I discovered the power of just a bar of chocolate at Chocolatemakers. The company adopts green transportation methods, such as bicycling and shipping by wind. The factory also promotes fair trade by paying workers reasonable wages and treating female employees equally, contributing to the 12th Sustainable Development Goal. These practices inspire me to see that **businesses need not pursue profit alone but can also prioritize sustainability**. And, of course, the blind tasting of different chocolates offered me an opportunity to 'feel' the chocolate, rather than just eat it as usual.

S4C Anna Au

I'LL NEVER FORGET the days we prepared and presented our business plan. Although it wasn't the most exciting part of the 14 days, it was definitely the most memorable. I still recall the moment we began making the plan; we all felt tired and bored. Creating the theme board and script was particularly challenging, as it was difficult to come up with original ideas. Despite that, we managed to complete the presentation. On presentation day, we were all very nervous, worried that we wouldn't be able to answer questions from our 'opponents,' but we gave it our best effort. Thankfully, it went smoother than expected, and **I felt a sense of accomplishment**. After the project and these 14 days, I not only learned about sustainability but also became more aware of sustainable practices in Hong Kong. Interestingly, I keep encountering things and businesses that claim to be sustainable. **For me, 'sustainability' isn't as boring as it sounds if you understand its true meaning and value.**

S2C Sofia Sit

I'LL NEVER FORGET the "Guided Nature Walk." As I read it in my head while going over today's schedule, I wasn't looking forward to it at all. It sounded like one of those family hikes that I dreaded—except it wasn't! From the start, the guide was extremely passionate about nature and shared so many fascinating facts about trees, fungi, mushrooms, and more. **It felt like being in class with a teacher, but way more fun!** I remember getting quite tired from walking uphill on sandy paths, but my spirits were lifted when I saw beautiful purple flowers in a small field of grass—with a bee on one of them! It made me realize how much more rewarding it feels to know you've worked hard for something. I thoroughly enjoyed the activity, and **I'd do anything to go back and relive it!**

S4C Fiona Cheng

I'LL NEVER FORGET the most meaningful activity I participated in: creating a 'me-board' and taking part in the little fashion show. I remember during the reflection time; the owner of the fashion store told us that **"everyone is beautiful."** It may seem like a simple sentence to others, but it truly impressed me as it reminds me that each of us has our own beauty. Sometimes we focus on what others have, but we seldom recognize our own beauty and strengths. All the people I met in the Netherlands share a common trait: **they know themselves well and have a clear understanding of what they truly want to do. Once they have a dream, they pursue it and work to achieve it.** Considering how people in Hong Kong are often confined by various social standards and expectations, I've learned from the Dutch that it's important to listen to my heart and find my own path. By taking the first step out of my comfort zone, I believe I'll eventually see new opportunities. In my opinion, sustainability is about learning to admire the Earth, our society, and ourselves, while maintaining a balance between achieving our dreams, protecting the environment, and benefiting society.

Walking in Nature with Luc Hoogenstein



Sharing Our Earth Love Letter





Designing the Me-Board for Sustainable Fashion Day

To conclude, the Camp in the Netherlands was an enriching adventure that went beyond learning about sustainability. We grew personally, discovered new connections with nature and each other, and forged lasting friendships. **A huge THANK YOU to Eurolife for making this Camp a success!** The inspiration we gained will undoubtedly shape our futures and contribute to a more sustainable world.

Visiting TU Delft



Sustainable Entrepreneur Camp in the Netherlands

Asian and Oceanian High School Students' Forum



28/7-1/8/2024

From 28th July to 1st August, 2024, S4C student Wan Choi Ting Emily represented Hong Kong at the Asian and Oceanian High School Students' Forum held in Wakayama, Japan. The forum aims to develop the ability of high school students in the Asia-Pacific region to see issues from a global perspective by exchanging opinions with peers from various Asian and Oceanian countries/areas on global challenges such as natural hazards, poverty, and diversity. Additionally, through opportunities to convey their ideas to others, the forum seeks to foster leaders who can play active roles in international society.

Here is the reflection by Emily Wan.

Aiming to nurture future leaders and enhance the global perspective of high school students, the Asian and Oceanian High School Students' Forum is an international event organized by the Wakayama Prefecture Government. This forum includes students from various countries in the Asia-Pacific region, including Indonesia, Thailand, South Korea, Australia, Vietnam, Turkey, and more. By discussing pressing global issues such as poverty, diversity, and measures against tsunamis and disasters, participants can learn about different cultures and broaden their perspectives. Hoping to enhance my public speaking skills and deepen my understanding of various cultures, I decided to participate in this forum. It was indeed a rewarding and valuable experience that expanded my horizons.

During the Opening Ceremony, I had the great honour of presenting my research on the challenges faced by non-Chinese speaking (NCS) students in Hong Kong as a demonstration in front of the Governor of Wakayama Prefecture, the President of the Wakayama International Exchange Association, local TV crew members, and fellow student participants from Japan and other countries. The following day, I attended the Sectional Meeting, where I listened to other students present their research. As a participant in the diversity category, I learned about various aspects of diversity issues worldwide. For instance, the representative from Korea shared his research on political diversity and the performance of leaders, while the representative from Vietnam presented her views on the unfair treatment and discrimination that athletes face in sports events. Other diversity issues explored included the concept of alternative families, promoting diversity in the workplace, and addressing gender stereotypes in Japan.

Our work did not end with the Sectional Meeting. In the evening, we convened to summarize the key findings from our individual research and prepare a group presentation for the upcoming General Meeting, where we would lead a discussion on the most pressing diversity issues and produce a concluding statement. By listening to diverse research on these issues and collaborating

with different participants, I gained a better understanding of diversity and inclusion around the world and improved my teamwork skills.

Another memorable occasion was the Welcome Reception hosted by the Governor of Wakayama Prefecture. At the reception, participants from various countries wore traditional ethnic costumes and performed traditional dances and songs. It was truly enjoyable to watch these performances and engage in conversations with participants from other research categories. After much friendly chitchat and endless group selfies, I made friends with participants from different parts of Japan and other Asia-Pacific countries, which helped me become better acquainted with various cultures.



Waiting to be interviewed by local TV crews with the student participant from Thailand

Presenting my research as demonstration at the Opening Ceremony



Kiwi bird dolls given as souvenirs by the participant from New Zealand



While this forum was undoubtedly a valuable experience, I did encounter several challenges along the way. I struggled to select a suitable research topic, and after deciding on a subject, I found it difficult to create the PowerPoint presentation and write the script for my 20-minute talk. Another major challenge was my limited public speaking ability. I felt constant stress and anxiety leading up to the forum. Fortunately, with the help and support of Miss Tsui, my friends, and my family, I was able to successfully complete my presentation.

After this forum, I have realized that my self-confidence and speaking skills have significantly improved. I am no longer afraid of speaking in front of others and have become more confident working in teams with people I am not familiar with. Additionally, I have made many new friends with whom I have kept in touch. This forum has proven to be more valuable than I ever imagined.

Asian and Oceanian High School Students' Forum 2024



Photograph of all student participants with the Governor of Wakayama Prefecture at the Welcome Reception

This forum is indeed significant and has heightened my attention and interest in various global affairs. I would like to thank all the organizers, supporters, helpers, and teachers involved in this forum. Thank you for giving me the opportunity to challenge myself.

https://www.youtube.com/watch?v=6D4PE_z_4Ac

Footage of the Forum by local TV (0:14-11:40)

True Light Joint-School Summer Tour to London, the UK



3-19/8/2024

We are thrilled to share the incredible adventures and discoveries from the joint-school UK summer study tour. A total of fifty students from four different True Light schools embarked on a 2-week journey of exploration and learning to England in August 2024.

Photo at the airport



Fourteen girls from S1 to S3 of our schools joined the tour to immerse themselves in English learning with other international students on the campus of the University of East London. To have a taste of authentic British culture and history, our students visited different tourist attractions after class, from historic sites like Tower of London and Hampton Court Palace to iconic landmarks like Big Ben and London Bridge. On top of that, we had the opportunity to visit the world-renowned Shakespeare Globe Theatre to understand how a play is put up. We even had a wonderful evening watching the award-winning musical, *Wicked*, in Victoria Theatre.

The trip was indeed a whirlwind of experiences that left a lasting impact on all of us.

Here are the impressions shared by some of the students after joining the tour.

S3B Lavena Huie

This adventure was a fantastic opportunity to dive headfirst into a different culture. England's rich history and lively traditions provided the perfect backdrop for our studies.

Picture this: visiting iconic landmarks like the Tower of London, King's College, and the British Museum! It was like stepping into a history book, and I loved every minute of it. Plus, I had the chance to experience what school life was like overseas. Attending English lessons was a total highlight for me. I got to see how their curriculum differed from what I was used to back home. And let's not forget about the canteen! Having meals with a bunch of other schoolmates was a brand-new experience for me. It was like being in a scene from a movie, complete with laughter and chatter all around. This glimpse into what it's like to be a student in England was nothing short of eye-opening, and it definitely broadened my horizons.

After this transformative trip, I've seen some serious personal growth. Stepping out of my comfort zone and navigating a new environment felt like levelling up in a video game. I developed greater independence and confidence, learned to adapt to unfamiliar situations and approach doubts from different backgrounds calmly—definitely a valuable lesson. I wholeheartedly recommend this summer study tour to my schoolmates.

S3C Chan Hi Miu

This exchange not only enhanced my understanding of the UK, but also helped me build lasting friendships. Every moment was filled with discovery.

When it comes to the most unforgettable experience, it would be the friends I made from all over the world. I met friends from Turkey, Argentina, Azerbaijan and even Palestine and Russia. I was incredibly lucky to meet friends who share similar interests with me. During my days in the UK, we often chatted together and danced in the evenings. We also shared our local food and cultures. On the last day, we even exchanged our necklaces. I'm very grateful to have met them during this trip, and we have kept in touch to this day.

During the fourteen-day journey, I became more independent than before. I did my own laundry, washed dishes, tidied my room, packed my luggage, and so on. Besides that, I became more open and accepted different things around me. As an introverted person, I initially felt a bit uncomfortable encountering enthusiastic foreigners, but then, I began to integrate with them and accept people with different personalities. I gained a lot from this trip, and I can't wait to go again to experience and discover more new things!



Photo with group leaders and classmtes



Photo with the teacher and classmates



Photo at Big Ben

English Creative Writing

I Have Forgiven You

S1A Yeung Tsz Ching, Cara

I have forgiven you,
though you ruined my childhood.
Your words were like knives and hurt me,
The tears I cried filled up the sea.
But now, I forgive you.

In the forgiveness I gave,
it's a release to me.
No more I hate,
no more tears I gave.

In the forgiveness,
I found freedom and grace.
A chance to heal,
to embrace the new.

I hope you know, the appearance isn't the most important.
The most valuable thing of a person is their heart.
I choose to rise up from shame and hurt,
and create my own world. No longer do I hurt, no longer do I hate.

'Tick tock, 'Tick tock,
time passes so fast.
I have forgiven the bullies and I let it go.
So let the wind of forgiveness carry my plea, (together)
to those who once wounded,
but now can truly see!

I have forgiven you! (Together)

The Journey of Knowledge at My Wonderful School

S1C Chan Hiu Pui

In a school of wonder, bold and grand,
Stands a library, which is a dreamland.
It shelves a sea, full of knowledge,
With pages whispering without an edge.

The scenery beyond, the fountain dwells,
Dancing water, enchanting tales it tells.
Breathing with full grace and poise,
A doze of inspiration brings timeless joy.

In the realm of learning, obstacles rise,
Like stones that block the way to the wise.
Yet, we strive with fervent zeal,
Conquering hindrances and breaking the seal.

In this place, my school, where the fountains sing their tune,
The guiding lights emerge, the teachers, they will commune.
Wisdom flows with nurturing embrace,
Leading us through obstacles that we face.

With the fountain's grace and the library's embrace,
Soon as we navigate the obstacles we face.
In the pursuit of wisdom's quest,
In this realm of learning, we find the best in us, put to the test.

Our school, with gratitude, we say,
You witness my growth here every day.
The friendships we formed, the memories we treasure,
In your embrace, we come here every time with pleasure.

How to forget the unforgettable?

S2C Sophie Leung

Good morning, honorable guests, teachers and all fellow student representatives. As the chairlady of the Child and Youth Care Group, I am very pleased to share my thoughts on 'how to forget the unforgettable' with you.

To begin with, I would like to give out the definition of 'unforgettable'. Unforgettable means impossible to forget. I believe that an unforgettable experience is a rare gem that sparkles in the depth of one's memory. I have experienced many unforgettable moments, but the one I couldn't forget is the incident that happened when I was in Primary 5.

It was a dark night. After I finished all my work and assignments, I decided to take my dogs, Dan and Cherio, out for a walk. However, I was home alone, I could only take one of them out each time. Therefore, I decided to take one dog at a time. I tied the leash to Dan. When I opened the gate of the garden, something unexpected happened. Cherio rushed out. I was shocked. When I realized it, I could only see the back of Cherio. My brain was

frozen, but my mind was telling me that the only thing I could do at that time was to chase the dog. I hurried out with Dan after me, standing at the centre of the road. I could see nothing. There was no sight of Cherio. Guilt and self-blame welled up in my heart. What if Cherio could not find the way back home? What if he was in danger? Calming down myself, I realized that time was the key to finding Cherio. I couldn't waste any more time. There were two ways towards the street. I chose the right one. Dan started to bark while I was searching around. Following the direction which Dan barked at, I saw a familiar shadow moving in the bush. I whispered towards the grass, 'Cherio, Cherio!' Suddenly, a pair of glistening eyes stared at me from the grass. The huge stone that hung in my heart finally fell to the ground. After I got back home, I couldn't calm down. Guilt has then become a constant nagging presence that I cannot shake off. It seems that I cannot overcome this memory.

I could not walk the dog anymore. To seek help, I asked my mum for advice. She told me that the

key of overcoming fear is STRIDE. **S** stands for staying positive. Maintaining a positive mindset can help us overcome obstacles. **T** stands for taking action. I would try to walk the dog together with my mum to build up my confidence again. **R** stands for resilience. We should adapt to changes and conquer our fear. **I** stands for identifying support. Our friends and family are the best support to back us up during times of adversity. **D** stands for developing a plan. For me, plans are important as I know what to expect and what outcomes to achieve. Finally, **E** stands for embracing learning. I didn't view the fear as a shadow over me. Instead, I saw it as a chance for me to grow and develop.

To conclude, it is never impossible to forget the unforgettable. Trust yourself, love yourself and forgive yourself. You may be thinking, 'What's the big deal? It's just a dog.' Yet everyone carries the most fearful memories in their hearts. To me, it's my pet. We should accept and transcend these memories instead of questioning them. Thank you for listening.

Exploring the Spiritual and Historical Beauty of Japan's Temples: A Visit Worth Taking

S2B Cheung Hoi Ting

The crisp ring of the Kinkaku-ji temple bell rang through my ears as it awakened me from feasting my eyes on the unparalleled view of the historically rich city, Kyoto.

Still not lost deep in my mind, the one-day trip to Kyoto during

the winter holidays last year is still as lively as ever in my memory. For one day, I got the experience of visiting three of the most historically significant and renowned temples in Kyoto, and I must say this city will leave any tourist in awe.

Upon our arrival at Kansai International Airport, we were immediately whisked off by a tour bus that was headed to the first temple, Kinkaku-ji, the temple of the Golden Pavilion. The Zen Buddhist temple stands 3 storeys high in northern Kyoto.

The snowy weather of the chilly winter season allowed the magnificent gold colour to be even more accentuated by the crisp white snow. Tourists and locals gathered in numbers to enjoy the beauty, making the scene a photographer's delight. Kids could be seen making small snowballs and hurling them toward the frozen lake. The UNESCO World Heritage also features seas of cherry blossoms, attracting visitors from all over the world during blooming seasons such as spring and fall to admire the colorful pink tree tops with their magnificent shades or the warm fall foliage with its falling beige leaves. On the way out, I passed the Sekka-tei (tea house) and the Fudo-do Temple, which is an active Buddhist temple with incense burning outside. The Zen atmosphere surrounded me as the worshippers rang the bells and banged the drums to awaken the Buddha gods so they could hear their prayers. Behind the temple is a small Shinto shrine that allows wish makers to hedge their bets.

Still amazed by the striking view, we got back onto the tour bus and started our miniature road trip to Kiyomizu-dera. After a 30-minute scenic bus ride, we made it to Kiyomizu-dera, also called the Pure Water Temple due to the spring water you can taste from the Otowa Waterfall beneath it, which is said to have healing powers. From its famous wooden terrace, you can gaze down at the most amazing view of downtown Kyoto and the temple building next to it, which is most captivating at night. There are also three more facilities and

events that are worth a watch. First and foremost, the temple is known for its charm-selling shop, which offers charms that protect buyers from a myriad of dangers such as car accidents, loss of safety of loved ones, and many more that the Japanese believe in. If you buy a charm, the temple offers visitors to write a prayer on the back and hang the charm on a wall of strings and signs. While I was looking at the many prayer cards hanging in the wind, I felt humbled by the cries from the hearts of the other visitors, their compassion for their family and friends, and their tender thanksgiving for the welcomes and opportunities they have received in Japan and from the charms as well. Second but not last, if you walk behind the main hall and the viewing stage, on the side of the hill, you will find the smaller Jishu shrine with two stones strategically placed at either end. Third, if you plan according to the temple schedule, you may have the opportunity to admire a variety of events that take place here, including Sumo wrestling, classical music concerts, Kabuki, Kyogen, and Noh.

After the heartwarming and touching visit to Kiyomizu-dera, it was time to head to our main focus of the trip, Fushimi Inari Taisha. This picturesque temple made me feel the sacred energy and its appeal—bright colors and thousands of magical torii gates that create a network of seemingly unending trails into the woods from the main building, making Inari-Taisha one of the most popular shrines in Japan. Following the trail for

about 30–45 minutes, I reached the Yotsutsuji intersection. This is about halfway up the mountain. There is a rest point from which one can enjoy some decent views over Kyoto. Many visitors only venture as far as this point. However, as a dedicated travel blogger who does the most for her readers, I continued my journey into the infernal realms. Eventually, the trail settled into a circular route up the mountain and around the summit of Mount Inari. Late afternoon is a great time to return from a hike, as the sunset views are beautiful, but take care to allow plenty of time to descend before night falls. There are also no more restaurants for tired travelers beyond the intersection, but some vending machines can be found along the way. Come prepared—as you climb, the prices of the machines increase! After my visit, there are a few reminders—The first thing a new visitor should know is that even if you are not going far onto the Fushimi Inari grounds, you are still going up. Prepare to climb many stairs and walk up an incline. Second, remember to bring a lightweight backpack and only pack minimal necessities; do not be like me because you will definitely feel like being pulled down into the stoned grounds by a mere backpack!

Looking back at the day, I can still feel the life and beauty soaked in me. Whether you are a family planning the next vacation, or simply a retired traveler seeking relaxation and pleasure, Kyoto is undoubtedly a 10/10 choice.

China's Space Exploration

S3B Kate Leung

Space exploration is relatively new for us, considering it was something we managed to do only since the second half of last century. With the first monkey sent to space in 1949, the first dog making an orbital space flight around earth, and finally with Neil Armstrong landing on the moon in 1969, the space programs have turned the Soviet Union and the US into technologically advanced nations. In fact, on NASA webpage under "Why go to space?", it states that "through space exploration, we gain a new perspective to study earth and the solar system." It also explains that "We advance new technologies that improve our daily lives, and we inspire a new generation of artists, thinkers, tinkerers, engineers, and scientists." Even though China joined the space race a few decades later, we still managed to launch our first space satellite in 1970 and we reached our first milestone in 2003 when Yang Liwei became the first Chinese to perform a spaceflight in orbit. This event marked the crucial moment of China, becoming only the third country, after Russia and the US, to launch its own crewed spacecraft. In other words, it crucially puts us on the map with the other two great nations.

Beyond fame and glory, the scientific breakthrough from past space programs should not be overlooked. For example, we take for granted that Nike Air Trainers, foil blankets for extreme temperature, portable water purification systems, car thermometers, freeze dried foods, and wireless technology for headsets, were all made possible because of their use in space. I can imagine that these will be part of the "space industry", which Xi Jinping highlighted in

his white paper "China's Space Program: a 2021 Perspective". The president even indicated how important it is when he called it "a critical element of the overall national strategy". I find it interesting that the advances from the ShenZhou programs were in the typical medical and environmental fields, such as stem cell research, regenerative medicine, reusable lift rockets, and extracting water from moon ice. However, there are recently most strategic international developments too: as a part of China's Belt and Road Initiative, CSNA is building the Fengyun space infrastructure to ensure that the BRI beneficiaries on the BRICS countries will be protected if the satellites in space ever fail, especially during conflicts. I see this as one of the many ways that China is securing international relationships. There are also commercial benefits. Through the Chang'e program, the white paper mentions space economy and tourism that will create new exciting markets in China and other nations.

When I think back at the moon landing, which was only 55 years ago, I am overcome by a great sense of admiration for the men and women that have contributed to get us this far. Speaking about the genders, living in a world of diversity, it is very tempting to think that women have been excluded from the space missions for decades until the first American female astronaut, Sally Ride, flew on the Challenger space shuttle in 1983. Nothing is further from the truth. In fact, many women from all races and all walks of life have worked hard in crucial fields of space exploration since the very beginning. Hidden Figures, a film which is based on a book by

the same name, sheds light on the inspirational contributions coloured women like Mary Jackson, Catherine Johnson and Mary Hamilton have made. So the question definitely is not so much about how women can contribute to space exploration: they have been part of it since day one! Instead, the more interesting question should be whether the scientists have adequately studied space travel, especially when it comes to long missions, and the physical and mental effects it has on both men and women. In my view, it is in this kind of research that women will continue to play a role in space exploration.

Perhaps my interest in the above comes from my intrigue in stories and puzzles. As someone who isn't science-minded, I cannot promise to study hard in Physics, Chemistry or Maths in order to be able to contribute to solving new challenges of future space exploration. Nevertheless, I do feel a strong sense of pride being Chinese because according to Wikipedia, so far, China is one of only three countries that have built their own rockets and sent their own crew up to the stars. Because I love telling stories, I'm going to learn more about what CSNA does, its missions and goals. I will also explore how China's space advances fit into the greater picture of the geo-political scene. I love how there are so many puzzle pieces that come together on an international level. We are, after all, now a player among the big nations in this world theatre, I think that gaining a deeper understanding will help me explain to my friends and acquaintances how national space exploration contributes to our pride.

JLP Critical Response

S3C Chloe Yip

With the advancement of modern society, people are more alert to the problem of general inequality between men and women. From the article, "Why do some women deny gender discrimination" I read recently, it is actually surprising that many females do not consider sexism a social problem around the world. Why do women deny these problems and what is the truth behind it? This article inspires me to ponder this issue from different perspectives.

First and foremost, one of the major themes of the text is culture and mindset. According to the results of the studies in the article, women in the most sexist countries like India, China and Korea are more likely to deny gender discrimination. On the other hand, women in the least sexist countries like the USA, Sweden and France are less likely to deny gender inequality. One of the main reasons is the traditional mindset and culture of the country. Women in India might think it is usual and fair that men hold higher positions in society, and therefore, they do not see it as a form of discrimination. This can be related to Chinese traditions. Chinese people are very concerned about seniority and the family, and failure, piety, and there are many stories about these topics like Mulan. In the past, these traditions still affect our mindset nowadays, as we feel the need to be respectful to seniors. Some families also encourage younger generations to support and take care of their parents when they grow older. From both sources, we can easily

see the effect of culture and tradition towards one's mindset.

Alongside culture and mindset, another highlight of the text is escapism from reality. From the passage, women who deny gender discrimination are happier with their lives and have better well-being. One reason behind this denial is a way for women to cope, making the world seem less daunting. It reminds me of a personal experience: when I face obstacles in my studies, such as not knowing how to solve math problems or not understanding certain concepts, I tend to put it aside and scroll on my phone to ask someone else for help. Both the women from the text and I escape from the hardships that we face. However, women around the world shouldn't avoid difficulties; instead, they should work to prevent gender discrimination from worsening. Likewise, I should be braver in asking questions to ensure a better understanding of every piece of knowledge.

In addition to escapism, one of the main messages in the article is gender and body. From the text, we can understand that in every country around the world, women are treated differently from men. For instance, women receive a lower pay than men for the same work, and often face career setbacks due to their need to take time off for childbirth, whereas men do not. In some countries, women still do not have the right to vote and are victims of violence at the hands of men. This reminds me of the movie, *The Intern*.

Similar to the issues mentioned above, the film promotes gender equality. In the plot, the main female character, Jules, is the boss of an online clothing store, while her husband, Matt, gives up his career to become a stay-at-home dad and take care of their daughter, Paige. This challenges the traditional mindset that men should work while women stay at home to raise children. We should continue to encourage and promote gender equality to prevent discrimination or even harassment against women.

Gender discrimination is a serious social issue that we should not neglect. Looking at history, males in the US were allowed to vote in 1788, while all females only gained the right to vote in 1920—a difference of 132 years. How can we minimize the problem of gender discrimination? We should first recognize our own identities and extend a helping hand to women facing sexism. It is important to report harassment and use social media to raise awareness. Moreover, as global citizens, we should do our part by being mindful of our behaviour, identifying instances of gender discrimination, and spreading awareness about the seriousness of this issue to increase public understanding.

As the saying goes, "It is time that we all see gender as a spectrum instead of two sets of opposing ideals. It is never too late for women to stand up strongly against inequality, and for us, as global citizens, to support them."

The Second Blooming of A Leaping Soul

S4D Elizabeth Choi

The Starting Point

Born into a middle-class family, Amber Lee was surrounded by encouragement and kindness. Her dream to be a jazz dancer was fully embraced by her parents, which led to her taking nonstop dancing lessons since the age of 6. In order to make her dream come true, Amber initially focused on honing her dancing technique and performance on stage by joining numerous large-scale dancing sessions and international competitions. These experiences and fame established a solid foundation for Amber. Consequently, she was able to study at Oxford Art University, one of the world's top ten art schools.

Knowledge is Power

Convincingly, Amber worked hard to pursue her dream. In 2012, she graduated from university with a bachelor's degree in Jazz Dance. Her performance at university was undoubtedly extraordinary, but she didn't stop there. At a young age, Amber believed it was worthwhile to acquire knowledge in other related fields of art. Therefore, she continued her studies at the World Academy of Drama, where she graduated three years later with a bachelor's degree in Performing Arts.

After graduation, Amber focused on choreography and was successfully recognized by the International Jazz Dance Association as a member of its jazz dance troupe, which is the highest-ranking dance group in the world. This recognition was the highest achievement

most dancers could ever imagine. In 2017, Amber won the championship in the AQ International Tournament, making her the most qualified female dancer at that time. Finally, she achieved her ideal self and stood on top of the world. Little did anyone know the challenges Amber would soon face.

The Sudden Injury that Changed the Game

In October 2017, Amber was invited to design a jazz dance performance for the opening ceremony of the 67th Basketball Exchange Competition in New York. Amber was highly concerned about this performance, as it was her first time designing such a large-scale and important dance performance, which could also raise jazz dance to a high level of popularity and influence. After receiving the invitation, she spent most of her time designing and practicing the show. However, her concentration on the show abruptly came to a halt when an accident happened.

Three days before the competition, Amber fell from the stage while practicing with her team. This accident resulted in a broken left ankle, a twisted left elbow, and a serious wrist injury, which could potentially hinder her career as a professional jazz dancer. *"I don't know why God played such a cruel joke on me... I truly love jazz dance, but it seems like I can never reach the level I should have. It almost crushed my spirit... my faith in my soul has withered,"* said Amber in an interview in December.

Despite her worrying injury, Amber's passion for jazz dance and her responsibility for the performances didn't allow her to cancel her involvement. Instead, she ingeniously designed a series of dance moves that she could perform while in a wheelchair, all while receiving emergency medical treatment for two days. Taking on the risk of further injury, Amber successfully performed on the day of the competition. Her performance caught the attention of many netizens and experienced artists. However, Amber wasn't able to fully capitalize on her newfound exposure because she was required to undergo four months of medical care and physical therapy. The serious injury had caused irreversible harm to Amber, which was undoubtedly a major setback for a young woman like her aspiring to be a better dancer.

The Depression

After receiving proper treatment, Amber's physical condition improved, and she started engaging in exercises again. However, the aftermath of her injury became an inevitable obstacle in her career, forcing this strong woman to give up her dream just when she was on the brink of success. In January 2018, Amber was diagnosed with depression upon realizing that she might not be able to dance anymore. All the time and money she had invested in dancing seemed to have turned to dust in the air. Amber felt as though she had lost her worth in the world. During this period, she found herself crying every day and

avoiding social interactions. In a state of despair, she even made five suicide attempts before leaving the hospital.

At the insistence of her parents, Amber did not enter a psychiatric hospital. Instead, she stayed in her own apartment, surrounded by her family and close friends for two months. Their unwavering support and encouragement played a vital role in helping Amber accept her new reality and adopt a different perspective. *"Indeed, depression nearly destroyed me. Without the support of my family and my dear friends who always had my back, I would never have been able to overcome my depression,"* Amber said.

Her Second Blooming

"I remember one day, my mother came and encouraged me. She said that nothing could ever deny my passion for jazz dance, not even my own body. That's when I realized that if I wanted to continue pursuing my dream, I had to stand up and give it my all, regardless of the consequences, because I was born to dance." Although Amber had lost the ability to perform complex dance moves, she fully utilized her understanding of jazz dance and performing arts, leading to the emergence of a brilliant jazz choreographer. She became known for her intricate dance moves and romantic style in her works.

In 2021, Amber was invited to design the opening performance of the XXIV Olympic Winter Games held in Beijing in 2022. It was her first international event

as a choreographer. Similar to her journey to fame as a jazz dancer, the only difference was that she was now more mature and composed. Returning to the world stage, she was no longer the girl dancing beautifully on stage, but her determination for jazz dance remained unchanged.

Furthermore, after experiencing those heart-wrenching moments, Amber was determined to extend a helping hand to those struggling with serious injuries or mental illnesses that prevented them from chasing their dreams. From 2018 to 2023, Amber donated over three billion USD to charities like the World Mental Health Organization and the Dream Chaser Association, providing financial support for medical expenses of injured individuals. Additionally, she volunteered as a teacher for several teenage jazz teams, recognizing education as an effective way to develop the jazz dance industry. *"Every time I see those kids dancing in the classroom, I feel that despite my physical condition, I can still pass on something about dance to future generations... these kids have filled the void in my heart,"* Amber responded during a TV programme when asked about why she continues her volunteer work in education despite her busy schedule.

In November 2022, Amber founded a funding agency called Phoenix, which provides financial aid for young jazz dancers and offers jazz dance lessons to discover and support talented individuals who may not have the means to afford expensive

professional dance lessons. On the agency's website, it is written, *"I was once defeated by hopelessness and reborn in the fire of hell. If I could overcome pain and suffering, so can you. Believe that we are all phoenixes deserving of a second chance to live a better life! Phoenixes, it's time for you to bloom! —Amber Lee, Founder of Phoenix."*

The Admirable One

There are always skeptics who question the significance of dreams. To them, pursuing dreams may seem foolish and pointless. However, throughout human history, it has been dreams that have motivated game-changing events. Dreams are what Leonardo da Vinci persistently pursued in his life. Dreams are what Usain St Leo Bolt, the legendary athlete, shouted out loud when he crossed the finish line. Dreams are what propelled Amber forward and saved her from the deepest valleys in her life. Dreams possess power. But how do we harness this power? Amber Lee provides one of the model answers.

This power is meant to blossom all around the world, just like Amber's love. Undoubtedly, her career has been inspiring, but what truly makes Amber an even more admirable person is her interpretation of her own experiences, which has led her to engage in charity work that uplifts millions of teenagers and young dancers. These acts of charity become even more significant when we first hear the name, Amber Lee.

7 ways to create the next hit Instagram reel

S4C Cheng Ho Yen, Jess

REELS. They have taken the internet by storm and have become an irreplaceable part of every Gen Zer's life. This new form of short, sweet and easily consumable video sharing was a genius move by the Instagram grandmasters, leaving us helpless users hooked and doom-scrolling for hours on end. If you are a dedicated influencer looking to hop on the Instagram reel bandwagon, here are 7 ways to create the next viral reel!

1. Keep. It. Short.

Trust me. No one wants to watch a full-on documentary while scrolling reels. With how far human society has come, it's unfortunate yet undeniable that the average attention span of this generation has dropped to the level of a toddler's. To keep the "chronically online" engaged, it's crucial to keep reels short and concise. Cut out redundant shots and awkward silences. Make good use of editing apps like CapCut and Final Cut Pro. Grabbing viewer's attention with enticing and impactful content is key to garnering likes and shares.

2. Stay on TREND

Instagram trends are fast-paced and unpredictable. Like where did "smurf cat" even come from and how did it blow up to such an extent? Then there's the recent "tube girl" trend, the "coquette" and "y2k" aesthetic if we're talking fashion. If you're able to be the first few to hop on a piping hot clothing trend, dance challenge or meme, tons of people will jump to like, share and recreate your reel. This tells the Instagram algorithm your reel is well-received, therefore launching your reel to show up more on people's explore page. Being on trend is almost a guarantee to appeal to the

masses. Therefore, stay updated by checking the "trends" bar and "explore page" frequently, and learning what the current buzz is on the internet!

3. Use popular sounds & audios

Ever got that one song stuck in your head but you have no idea where it's from? Well, you've probably heard of it from a reel! Audios are a huge part of reels. In fact, they have trends of their own. There's always a new hit song or audio extraction from shows or movies each week. They make the reels catchier, memorable and help set the vibe and tone. "Paint the Town Red" by Doja Cat has been blowing up recently in dancing reels, while "The Lamp is Low" has been perfect for peaceful travel reels. Choosing the right audio improves the quality of a reel by miles. Instagram also promotes reels made with trending audios to the top, increasing views and interactions, so don't go sleeping on audios!

4. Don't be lazy. Learn to EDIT.

Now you may think 'It's just a 15-second video, what can editing do anyways?' Well think again! You may not notice it at first, but lots of editing techniques are used in order to keep viewers engaged, like key-frames, zooms, cuts, motion tracking etc. Different editing can achieve a variety of desired effects. Thoughtful and precise editing guilds the eyes and makes the video clean, crisp and easily digestible. Texts added can allow viewers to understand the content even with sound turned off, while more bold and intense editing can make the reel more eye-catching, stylistic and even cinematic. All viral and aesthetic reels are nothing short of high-quality, so you better go brush

up on those crusty editing skills soon!

5. Posting time is KEY.

Do you know when your followers are the most active throughout the day? Instagram presents your account's analytics when you tap on "Professional Dashboard" in Settings. It's useful to collect data as such so that your reels are posted when they reach the most audience!

6. Spark conversation!

Asking engaging questions in the caption of your reel stimulates users to comment and interact with your post. Use relevant hashtags and keywords as well so your reel pops up easily when searched. We're not saying you should be politically controversial or offensive, but posting topics and opinions that are more unique and underrated definitely stirs up a discussion, making your reel more interesting and shareable!

7. Make a series!

Divide and post your story times in parts! Or create a recurring series in which you try on different styles of clothing each time. The possibilities are endless. What remains is the fact that breaking your video into parts makes viewers excited to come back for more! Instagram reels have become the internet's next big thing, and they are key to many influencers' rise to stardom. With these tips, you're bound to create better quality, more relevant and engaging content. Going viral happens only once in a blue moon, but when the stars align, combined with consistent high quality posting, it's certainly possible for you to create the next hit Instagram reel!

Princessologue

S5C Au Cheuk Yu, Chloe

JASMINE:

What a disgrace!

(BANG.)

How could mother treat me like that? It's been a week since I've been forced to marry this random old guy. I must record this tragedy as a last effort. I must let people know about this, and empower those who share my fate. (BEEP.) Hi, if you are listening, please, I need you.

Girls like me need you. I am Jasmine, thirteen, an Indian raised in the United States. I, like many others, am a victim of forced marriage. My struggles have recently come to an end—not because I've escaped, but because there IS NO ESCAPE. This is my last call for help, but it might as well serve as my "dying message". For quite some time, my mom has been setting me up with random men, much older than me, to get married. She says that it is the only way I can contribute to my family. I just talked to her, to try and beg her to take me home, but these were her exact words. "You either stay with him, or from this day onward you are dead in our eyes. You have shamed and dishonoured our family." What am I supposed to do? I'm at this crossroads that leads to two dead ends. (peeking outside of the door) Okay, she's not listening. I either wake up beside this stranger, my so called husband, knowing that he could molest me at any given moment or never see my so-called family ever again, and am made to believe that it's my fault. No matter which path I chose, I'm done for. How do you expect a thirteen-year-old to deal with this madness? It's my own life that's at stake! For so long I've carried this as shame and guilt,

but with nothing else to lose, why not make something out of this meaningless life? WHY NOT MAKE A DECISION ABOUT MY OWN LIFE FOR ONCE?

The thing is, there's nothing I can do. I live in Brooklyn, and people don't believe me because they think that this sort of human rights abuse doesn't happen in America. I live in an ultra-Orthodox Jewish community, where I was raised basically from infancy, to become a wife and a mother. I studied at a school where I received limited education from cooking to sewing. (throwing needles and cloth) I was even forced to sign a paper in which I promised to never take a college entrance exam and a driver's test. I was never given a choice when to date or marry. I have nothing to lose right now. Last night, my husband punched the wall in a blind rage (pointing to crack on wall) because I refused to go to bed with him. A while later, he even threatened to kill me. That's why I went to my mom for help. In my religious community, I have no reproductive rights, no financial rights, and very limited legal rights. I am not allowed to divorce my husband under religious law, only he could divorce me. The only way out is for my family to agree to take me back in. Yet, my mom doesn't care. She's using honour violence to threaten me, to cut all my connections and disown me. I'm a child. What else can I do but to oblige?

(Someone is outside.) I'll be quick! Mom... (glancing at the door) My other source of hope would be to turn to domestic violence shelters. However, that chance is ever so a glimpse. Let's dig deeper. Marriage before 18 is legal in all 50 US states, and in 28

states, there's no minimum age for marriage. Child marriages are basically forced marriages because before turning eighteen, we are powerless to say no. If I left one day, I would be considered a runaway. The police would search for me everywhere, drag me back home, then charge me with an offence for leaving. If any organisation helped with my escape, they'd be charged criminally. No shelter I went to wanted to take me in before I turned eighteen. THAT'S PRECISELY WHY I WENT TO YOU BECAUSE I AM NOT 18 YET!

Now that I am trapped in this abusive marriage, can I file for divorce? I must, right? It's a basic human right! Well, I was wrong. Once again, I must be over 18 to file for divorce unless my parents file one for me. (ripping a pile of paper on the desk) Well, they were the ones who got me into this mess, so why would they let me escape? It seems like my only escape is death. But I refuse. I refuse to go down like many fellow victims, and let this horror go on and on. Girls in my community disappear one by one, (banging the desk), or they are sent away to marry men they've only seen in photographs. Yet, NOBODY ever questions their absence. If I'd go down anyway, at least I'd go down making a lasting impact. That's why I'm here right now, recording my experience. Maybe this video would be like Anne Frank's diary one day! Who knows?

(checking again) I must go soon. Before I stop recording, here're some more final thoughts. Don't ignore this call for help. Child marriage and forced marriage in general is much more devastating than one could ever imagine. Firstly, it's a complete violation of

human rights including our right to life, liberty, education and security. We are not allowed to make decisions about our own lives. Secondly, it is deeply rooted in gender inequality, where women are disproportionately affected. It reinforces gender stereotypes where men hold power and superiority over women. Ironically, it is also the women who mainly uphold this honour system, like my mom is doing right now. Thirdly, we suffer from unimaginable health risks. Waking up each day, I cower before my husband knowing he could physically, sexually and emotionally abuse me. Some days I don't even know if I'll wake up anymore.

I've seen girls my age get pregnant with their undeveloped bodies as soon as they got married. Lastly, we are easily denied education at a young age, limiting our opportunities for personal development, economic

independence and social mobility. It leads to a vicious cycle of poverty as we get financially dependent on our spouses and unable to pursue education or employment.

Child marriage is so difficult to deal with because of its deep entrenchment in social and cultural norms, like in my Jewish community. Women are raised not to live their own lives, but to serve someone else's. Even worse, that someone is a complete stranger. Cultural acceptance does not mean accepting the unacceptable. It should not be part of my tradition or culture to abuse anybody. People are trying to rationalise this using culture as an excuse. Sadly, the issue is also upheld by systems in our society and government. The US state department regarded marriage before 18 as a human rights abuse, yet this abuse is legal in all 50 US states. Just in the US, a quarter of million children, some

as young as 12, were forced into marriage between 2000 and 2010. Imagine what it is like in countries such as India or Afghanistan.

Please, if you hear this, go out there and break our silences. We cannot save ourselves alone. We are desperate to believe that even without our families, there is still a world out there for us. And you have to make it happen to us. Living in a democratic country, yet our education and independence are being robbed away. These privileges as a US citizen, as a human being in general, are not my rights. My rights were taken away from me, as I had a family who believe their rights, trumps mine. You are my last hope. Thank you.

(running to open the door) I'm ready mother! I'll go back... ho-home now.

AI: Friend or Foe?

S5D Leung Yi Sum, Edith

Good morning, ladies and gentlemen.

'I can do anything' — an encouragement that one would always give to oneself to overcome your limits. Well, the same goes for 'A.I.' — artificial intelligence, which has matured and become unimaginably potent over the years—it really can do anything. In light of this, the capacity of humans seems insignificant. We can't learn as fast as AI can, memorize as much as AI can, and work as efficiently as AI can. Under the pressure of AI surpassing humans in numerous aspects, there has been a controversy about whether AI is our friend or foe.

For me, the role of AI is more of a friend than an enemy.

Skeptics are saying that AI is replacing humans at work. For instance, AI is on the verge of transforming the fishery and agriculture industries. Aquatic animals and crops are experiencing higher breeding rates and harvests thanks to AI. AI is said to have the definite potential to replace farmers. Recently, 31-year-old Ph.D. graduate Hao Xiaotian from the HKUST has developed an AI system that can analyze images to capture the moment when soft-shelled crabs are at their most plump and immediately fish them out with a robotic

arm. Compared with traditional breeding methods, the survival rate of crabs has increased from 5% to 95%. If more similar AI systems are developed, shortly, farmers will soon be replaced by robotic arms. Not only the primary industry but also even higher-skilled jobs, such as managers and administrators, may also be replaced. Soon, AI can analyze a company's data and generate a management proposal within a few minutes. Similarly, administrative paperwork would be done in the blink of an eye. Humans are confronting the risk of massive unemployment.

Nevertheless, we shouldn't neglect the fact that new jobs

may emerge along with the advancement of AI. New jobs such as AI prompt engineers, AI trainers and operators, AI ethicists, etc., are in demand because we need some to act as facilitators between humans and technology. People can be employed in these new roles with the right knowledge and skills. How about the low-skilled groups, like farmers? The government has the social responsibility to open doors for these social groups to acquire skills, both in different professions and in AI utilization. Thus, they can at least be qualified to switch their jobs from farmers to other professions, possibly AI-related. Even though AI is continuously advancing, the unemployment rate wouldn't skyrocket as long as new job opportunities are available.

Moreover, critics are concerned that the beyond-thinkable abilities of AI will be manipulated by the malicious, creating unforeseeable consequences. Criminals can now use AI for 'brute forcing' to access passwords through different combinations of characters and numbers. If your accounts are targeted, AI can be used to analyze your cyber footprints, thus narrowing the possibilities of your password combinations. By analyzing your frequently posted content on social media, such as your birthday, your age, etc... In no time, criminals may easily guess your passwords and gain access to your accounts. You may suddenly lose your wealth if your bank account credentials are stolen. Another way AI is used in crime is deep fakes. AI can be digitally manipulated to copy and paste a renowned figure onto a nobody. Such transformation may trick the public into believing that the statements made by the nobody are legitimate, thus speaking ill of the figure's

personality if the statements are untrue or offensive. However, despite the use of AI in crime, AI, in return, can restrict cybercriminal activities. Haven't you had the experience of being provided with automatically generated passwords? These complicated characters given by AI enhance the security of your passwords, making them better than the passwords manually generated. To solve issues like faking faces and voices, AI is also there to help. Intel has developed 'FakeCatcher,' a system that can differentiate between deep-fake videos and videos with real humans by detecting blood flow and eye movements. Although the technology is yet to be improved, it shows that AI can be used to fight against the improper use of technology. AI systems can dissolve criminal activities, thus preventing unwanted damage brought by AI crime.

The fear of AI being too powerful to control and becoming a tool for ill-natured acts is being stirred up, and some are doubtful of AI's role in human society as it gradually intrudes into manifold aspects of our lives. Still, we shouldn't be blinded by these concerns and should stay open-minded to see how good a friend AI is to us.

AI is undoubtedly a partner who can boost our productivity and assist us in achieving exceptional results that we can't produce with human effort alone. It's often said that the emergence of AI erodes the development of art because AI can now generate artwork with its mass database. However, this is different from the holistic view. This year's hottest J-pop music duo, YOASOBI, has revealed their essentials in producing their catchy and fast-paced songs: Logic Pro, which is a composition arrangement

software, and Vocaloid, which is an AI-based voice synthesizer. The singer of the group, Ikura, uses the vocal synthesizer Hatsune Miku to understand the melody and rhythm of their songs, and thus they can make further arrangements. Without AI, we wouldn't be able to enjoy the peculiar yet artistic tunes from YOASOBI. This perfectly demonstrates how AI as a creative friend can collaborate with humans to deliver something extraordinary. We have witnessed how the collaboration of AI and humans benefits efficiency and effectiveness in multiple ways: robots aiding surgeons to perform microsurgical procedures, AI creating furniture models with accurate measurements and suggesting designs for designers, and auto-generated presentations to speed up idea-selling. These examples have exemplified how the joint effort of humans and AI can boost work performance and create favorable outcomes speedily.

On top of being a productivity booster, AI may be the key to solving current world issues. AI can use the vast database to synthesize information and detect what existing systems are lacking. Loopholes can be identified and/or provided for related professionals as a reference. The United Nations Environment Program has once lauded AI as a tool that could improve our understanding of our environmental impact and the effects of climate change. Using satellite images, AI can analyze the changes in the environments prone to climate change, for instance, the Arctic zone and the Amazon forest, and allow professionals to discover the crux that is deteriorating the problem, thus switching their direction in formulating mitigation strategies. AI may even generate these strategies

for us. In a few decades, AI can be seen to be restoring the ozone layer or building a facility that can reflect solar radiation, lowering the temperature of the surface of the earth. Aside from saving our environment, there's a ray of hope in solving societal challenges. A common societal issue is that those in need often wait too long for the applications of social services, such as public housing or government child-care services. Without prioritizing the needs of the cases, those in most urgent need may not benefit from welfare. However,

AI's strong analytical skills and database can analyze cases and prioritize which applications should be handled first. This not only quickens the application procedures and increases the possibilities of successful approvals, but also ensures that those in greatest need can access welfare services first, thus alleviating serious societal issues like inadequate housing and child neglect. AI has proved to be a valuable friend to tackle problems that require solutions beyond human capacity.

As powerful as AI is, it can do anything that can expand our productivity and tackle urgent matters. Admittedly, AI poses risks such as unemployment and misuse. But there are solutions to these risks, and we needn't worry about AI's turning our lives into a dystopia. Treat AI as our friend rather than enemy and fully utilize their powers, then we can do everything beyond our imagination.

Thank you.

Passing-on-the-Light Speech

S6C Joyce Cheung

Dear S5 Sisters,

In the grand theatre of life, light shines as the leading star, casting a brilliant glow that guides our every step. It's the illuminating force propelling us forward, even when shadows try to eclipse our path. Yet, these shadows are but temporary players in the saga of our luminous journey.

Recall our Farewell Assembly, where many saw Yao Ching's shadow as a catalyst, propelling her into the spotlight and urging her growth. This is a reminder that light and shadow are intertwined companions in the grand theatre of our lives. Rather than fearing the shadows, let us use them to highlight the brilliance of our light. For it is in contrast that our true luminosity is revealed.

Reflect on past challenges—when faced with new syllabi, unfamiliar teachers, or the daunting task of resuming normalcy and leading untried ECA groups, did we not overcome, adapt, and rise to

the occasion? Through it all, our light has not only endured but has grown even stronger. Dear schoolmates, the light within us is unyielding. It's the essence of who we are—resilient, adaptable, and destined to lead.

When doubts arise and shadows seem to overwhelm us, remember the trials we've all conquered. Our light has always prevailed, shining even more brightly after each challenge. But tell me, sisters, when the shadows loom large, do we not find our light burning with the greatest fervor? As Psalm 119:105 states, **"Your word is a lamp for my feet, a light on my path."** Our light is our lighthouse, dispelling darkness and illuminating the road ahead for ourselves and others. And so, I ask you, in moments of darkness, do we not seek the light with the greatest fervor?

Now, dear S5 tulips, as you step into the spotlight of your own show, we S6 players offer you our stage. Embrace the light and shadow, for it is in the contrast

of darkness that your radiant talents will shine brightest. Follow your house motto, *"Meticulous in work and dealing cheerfully with one's colleagues,"* as the script to captivate your audience. **Thou art the Light of the World**—the tulips whose vibrant renewal symbolizes the dawn of a new era.

Let your light set the stage ablaze. For you, the light-bearers, are now the stars that will light up this grand theatre of life. God bless you, S5 sisters. As you don your costumes of courage and step into the roles destiny has scripted for you, remember the four pillars that will support you on this stage: let your tenacity be the foundation that keeps you standing tall, your radiance the glow that captivates all eyes, your unity the harmony that resonates with every heart, and your enlightenment the wisdom that guides your every move.

The stage is yours. May you shine and inspire all who witness your performance. *Thank you.*

What Is Necessary May Not Be Easy — My First Ever Goodbye Was To A Childhood Friend —

S6D Wong Yan To

Being from a Chinese family, I was burdened with immense pressure in academics, and just to excel in everything in general, ever since I was young. The only getaway from this toxic environment was my pet, a grey hamster called Lupa. The playfulness and innocence she naturally possessed reminds me of the more subtle simplicities in life, and from her, I learned to build friendship, love, and trust, something I did not receive from my parents. As she aged, however, I learned another lesson about life —on death and its implications— a forever goodbye.

The day this arrived was when we brought her to the vet, and the vet announced that the malignant tumor was causing her too much pain. I made the difficult decision that I knew was coming. As I held her in my hands, the shivering subsiding as the chemical reached her bloodstream, the heat and warmth slowly escaping from her body, I realized that some goodbyes are more of a relief than a mortification—a relief from her pain, from mine, as I watched her struggle against the deadly disease day by day.

In high school, I chose to study Biology in honor of Lupa. I was horrified when one day, Ms. Young came in with a box of rats for us to dissect. Without hesitation, my classmates cut open their skin, reveling at the intricate circulatory web and organs inside, but all I could see was Lupa's body, lying in that same immobile position ominously resembling crucifixion—her arms and legs splayed out and held in place with a pinhead. I watched in silence until I could not take it anymore. I ran to Ms. Young demanding justice, *"How can you stand watching these students who don't even have a care for animals cut them open as if they were pieces of garbage? How can you stand killing these creatures year by year, for our supposed education but our vanity to*

reassure ourselves that we are superior to animals?" The next few seconds were chilling, before Ms. Young replied, to my surprise, *"I do not want this either."*

Ever since then, my respect for Ms. Young deepened, and she, noticing my love for animals, assumed the role of a mentor to me as I trudged through the treacherous waters of the education system, and joined the countless programmes and projects that served as a relief to the academic rigor. While working on a research project studying the occurrence of cancer in mammals, I asked her about that day. She replied, with a heavy tone, that it was what her job required her to do; but she understood me completely, as she went through the same battle herself every time. *"But for you to put it out in words for me it awakened something that had been deeply buried before,"* she said. Then, with a glance at the research paper I was piecing together, she said, *"You made me realize we can't do things for others. That all along I have been a puppet for going against what my heart tells me is right or wrong."*

That year, Ms. Young left the school. In private, she told me she was going overseas for conservation fieldwork, and as happy as I was for her, I despaired at the loss of a close friend and mentor. As a farewell gift, she left me a bookmark saying, *"Do what your heart tells you is right or wrong"*.

Five years later, as I graduated from university with a first-class honors diploma in biomedical science, I was offered a job at a world-renowned institution specializing in cancer treatment research. I saw this as a good way to honor Lupa, who had died of this disease, and Ms. Young, who poured great effort into nurturing my passion for science. It did not

occur to me that once again the scene in high school would play out. When I discovered the institution used rats to experiment with possible treatments, and to do that, they first exposed rats to radioactive substances to induce cancer. Following orders in silence, I prepared the X-radiation machine, and cupped a rat in my hands. She struggled and shivered, as if sensing her doomed fate, and I was reminded of Lupa again, who shivered in my hands in her final moments before our goodbye, of the glassy eyes of the rat on our dissection board in high school, and of Ms. Young, who had left me with that note. And I realized I could not do it, and would never agree to do it. *"You are saving countless lives if you manage to find a treatment,"* the researcher overseeing me said. *"It is a sacrifice, a worthy sacrifice for mankind."* But one life for another—who is to say what is worthy, and what is not?

I quit my job despite the reputation and high wage, and went to graduate school to study to become a veterinarian. Throughout this journey, I have had heartbreaking partings, with Lupa, with Ms. Young, with my dream job. Yet, unlike the first two, the last one was a choice I made with deliberation and gusto, as I came to the realization that some things are not worth going against my heart for. The two farewells, however, saddening and painful, were not in vain. They were what built me, allowing me to grow into the person I am today, who is proud of following her own moral compass, who saved, if only one, rat's life by doing what she thinks is right. ***Saying goodbye is never easy—there will forever be a Lupa-shaped hole in my heart, and I will miss Ms. Young from across the ocean—but sometimes goodbyes are necessary, for us to grow, for us to learn what is important to us.***

中文 創作空間

《人間有愛》

S1B 吳祉柔

今天遇到的事情，讓我知有人間有愛。原來世上有人會關心自己，這次我實實在在地知道，人間是有溫情的。

我性格素來內向，在學校都沒有同學會願意和我聊天。甚至一次，我因測驗成績一落千丈而在班房簌簌地流淚，也沒有人來問候一句。也許其他同學覺得成績差不是大問題，也許是不想和我搭訕，但他們袖手旁觀的舉動早已傷透我心，為什麼其他人哭總會有人安慰？這令我看透人心，其實人間根本沒有所謂的「愛」。

直至今天，當我放學回家時，天上忽然下起傾盆大雨，我打開書包，發現我忘記帶雨傘了！一時間，我不知如何是好，手忙腳亂地用課本擋雨，打算跑回家。正

當我「起步」之際，突然感覺雨停了，一抬頭，原來有位揹著大書包的小妹妹撐著傘站在我旁，說：「姐姐，我們先到商場避雨吧！」我彷彿看到曙光，連忙答謝。這位小天使高舉著盾牌，為我擋著一支支的箭，我抱著書包走在這「避難所」下，卻沒有察覺小天使的半邊身暴露在大雨下……

到達商場，這位妹妹說：「姐姐，你沒有被淋濕吧？奈何你實在太高了，我已盡力……」我道：「我沒事，反而你……」這時我才看到妹妹的衣衫和書包都濕透，冷得直發抖。我此時流下了一滴淚，是感動的眼淚。

我問妹妹：「為什麼你要向我伸出援手？」「因為『助人為快樂

之本』呀！老師說人間有愛，所以我也想成為在人間發放愛的一份子，讓人感受人間的溫情！」妹妹的話點醒了我，學校只是社會的縮影，其實在這世上，有很多願意釋出善意的人，他們簡單的行動也能為這社會添加一份「愛」，讓世間充滿「情」。

小天使，謝謝你讓我親身體會到人間的愛心，感謝你願意犧牲自己，捨己為人。「爾乃世之光」，我以後也會成為世上的光，照亮他人，讓人感受到人間的「溫暖」。「勿以善小而不為」，簡單的行動，也能讓世界充滿愛。今天遇到的事，讓我實實在在地明白，人間是有愛的。

《記一件令我自省的童年往事》

S1C 馬學瑜

開學的時候按慣例聽班主任說了一些注意事項，聽到老師說不能抄功課的時候，坐在旁邊的同學說了一句：「也沒有人會舉報這種事吧！」我剛想應幾句，思緒不由自主地想起了小學五年級的一件事情，叫我慚愧和自省的一件小事。是啊，真的有人會勇敢發聲，不怕得失別人……

記得小時候，我總是對不正義的事感到生氣和厭惡，哪怕別人只

是不守遊戲規則，也能叫我悶悶不樂一整天。因此，我總愛學電視劇裏的人——為不公的事發聲，打壓「壞人」。可是後來長大了，我卻慢慢沒有做這事的勇氣。可能是害怕得罪別人吧，我覺得這樣其實也沒甚麼，畢竟俗語有云：「做人留一線，日後好相見」。

有一次，我到了一年級的課室當值——就是指看管紀律。我當時小學五年級，已經做這職務一段時

日了，十分熟知要做甚麼。當我履行公務時，就看見兩個學生在抄襲功課。我搖搖頭，心想現在的學生怎麼學習態度如此之差。我站在一旁張望了一會兒，心裏猶豫掙扎：該不該提醒他們？可……我最終還是未能拿出勇氣就走開了。我心想，睜一隻眼，閉一隻眼，無事發生，完美。

過了一會，就在我也快忘了這件事時，忽然聽到有人大喊：

「你們怎麼能抄功課？這是不對的！」我認真一望，是一名一年級的小女孩在對那兩名同學說道理。啊，他們剛剛才抄完數學功課，現在還抄英文呢。我皺了皺眉，望向小女孩，心裏很驚訝。她為甚麼敢這樣做？我內心感受很複雜。

小女孩環視四周，看見我後就立即跑過來說：「理事姐姐，有人抄功課！」她用堅持和勇敢的目光看着我，我突然愣了愣神。我不知怎麼想起了以前，還小的我在地鐵站看見一個叔叔在吃東西，我跑到他跟前，瞪着他說：「不可在地鐵站裏吃東西！」

小時候的身影和眼前小女孩重疊了起來，那目光看似要穿透我的

內心、我的靈魂。過去的我和小女孩仿佛在質問着：為甚麼？為甚麼不再堅持？拋棄正義，淪落為你自己以前最討厭的模樣！

我不知所措，突然覺得內疚和慚愧，更是心虛，像被人看穿了。剛才的話像拿開了我那層薄薄的遮羞布，讓我不得不直面自己。

這時候老師進來了，我就向他匯報了有同學抄功課一事。老師瞭解完後，笑道：「謝謝你。」我心虛地低下了頭，匆匆處理一下後續事務，便回自己的課室了。

回去的路上，不知為甚麼格外漫長。我一直在思考着。明明以前自己仗義執言，並為此倍感自豪，為何長大了卻不復以往？就為

了虛無的人際關係，正確的事就可以不顧了？

再想別人，好像他們也是如此。為了不得罪別人，反而拋棄了正確的價值觀。也真是可笑，人們給孩子講道理，教導他們做個正直的人，自己卻畏縮不前。呵，可真是好榜樣啊！我想到那兩個抄功課的學生，如果當初阻止他們，他們可能就不會再抄功課了。自己身為理事，應當以身作則，現在卻任由他們繼續犯錯，真是失職。

想到這，我下定決心要重拾昔日的作風和勇氣，為了正義不顧一切，義無反顧。讓這次自省，作為我的新開始。

《我的美麗香港》

S2C 陳映悅

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寂寂無名小漁港，
人傑地靈是香江。
滄海桑田百年餘，
漁村蛻變成明珠。

金融中心通多國，
貿易運輸全開拓。
璀璨都市不夜城，
繁榮香港益興盛。

地質公園多壯麗，
多元生態勿忘遺。
郊野公園樂優悠，
扶老攜幼共遠遊。
濕地公園觀鳥台，
候鳥春去又秋來。

搶包山激動人心，
長洲飄色談古今。
大澳棚屋戶戶通，
優美水道迎海風。
怪石聚於東平洲，
海洋生物願停留。

歷史悠久宋王臺，
紀念兩帝落難來。
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鳳凰山頂賞落霞。

繁華熱鬧城市景，
自然風光山水清。
離島慢遊避繁囂，
文化傳承永不凋。
東方之珠耀香江，
我愛美麗的香港。

《沒有跨不過的難關》

S2B 李姿賢

日月逝矣，歲不與我。轉眼間我已經升上中學兩年，在田徑隊也成了別人的「師姐」。那天我看到師妹在選拔、嘗試新項目，勾起了我封塵已久的記憶。時光裏的回憶宛如相冊一般，在一些「相片」褪色之時增添不少新的。但那件事永遠都烙印在我的腦海中，並教導我這世上沒有跨不過的難關……

那是一個平凡帶點寒冷的傍晚，田徑訓練如常在運動場進行著。「啪！」的一聲巨響傳遍了半個運動場——「怎麼還跨不到？不是說了後腳要抬起、上身前傾嗎？」教練又著腰，大聲的斥罵著。作為「新人」，那時的我選擇了跨欄這項新鮮的項目。但大概是因為沒有天賦，小學時又不像其他同級同學堅毅地進行額外的訓練，訓練的時候總是事事不順。那些不足一米高的欄，對我而言卻好比一米厚牆，使我不敢邁出腳。「對……對不起……」，面對教練嚴肅的表情，我無力反抗，支支吾吾地道了歉。「算了，你繼續練著，我看看你下個月的區賽跑成怎麼樣。要是再跨不了全程，我就讓其他人代替你了。記住，在賽場上競爭激烈，而且隊中還有很多人，不行就別佔著比賽的機會！有空就多下來練練……」之後的我也沒心情聽下去。因為運動場近海，風格外的大，也格外猛烈，猛烈地拍打著我的臉，呼呼地喧嘩著，宛如在嘲笑我是個廢物，大聲的宣告著我的失敗。「我到底還行不行啊？我是不是要放棄了呀？」這些念頭如同蜜蜂煽動翅膀一樣吵鬧和煩擾，在腦海中揮之不去。

回到家，看到媽媽預備了一桌子的晚餐和她那招牌的燦爛笑容，挫敗感讓熱呼呼的東西充盈了我的雙眸，我低下頭，任由沮喪和悲傷的淚水崩落。媽媽看到此情此景，不言不問地給我一個擁抱，眼淚沾濕了她的肩膀。哭完了，發洩完了，我就跟媽媽講述了事情的原委。聽完後她道：「傻孩子，世上沒有跨不過的欄，跨不了的難關。要是你沒有勇氣不夠堅持就半途而廢，是多麼無聊且沒意義的人生。孩子，把這句話銘記於心：『世上無難事，只怕有心人』，想進步，就要跨過難關。要跨過那個欄，就去練習吧！媽媽永遠支持你。」這段話深深的啟發了我，雖然當時我還不相信真的會成功，但至少心中增加了些勇氣，在朦朧的路徑點起了燈，指引我繼續前行。

之後在區賽前的一個月，我都拼命練習，抱著勇氣努力地抬起腿跨過田徑場的一道道「厚牆」。更在課餘時間請教師姐，上網看教程，學習正確的落地姿勢。雖然從外看就是個姿勢不正、狼狽的門外漢，但漸漸地跌倒的次數少了，教練罵我的次數也有減無爭。也許我可以繼續進行這項運動，令教練另眼相看？

區賽到臨，很深刻地記得那天我戰戰兢兢地站在起跑線上——身旁的選手都擺著輕鬆有餘的模樣，有的甚至在用起跑器，只有我慌忙得不知所措，顯得格格不入。但和以前不同——現在的我已經有信心，不會在助跑的時候停下，被欄絆倒了。「呔！」的一聲，我和同排的選手一起衝向第一個

欄，但當我剛落腳，其他人便已經到第三個欄了——等級、差距那麼大嗎？但我也不能停下啊！我繼續跑。腳很沉，儼如綁上了百斤的鉛；心很累，仿如被百塊石頭壓著。一個欄、兩個欄……我和其他人的距離逐次增加，心中急得好比被炙熱的火爐燒著，焦灼的思緒中我幡然想起媽媽的那一句話：「世上無難事，只怕有心人」。霎時腳輕了，浮躁的心被撫平穩定。一個又一個，跨過的欄沒掉下之時，人亦越過終點線了。回首，一個欄也沒掉！我眼眶的淚水仿似掉線珍珠滴下，然這不是哀傷，而是感動、快樂。

「你可以參加學界了，另外你還破了個人紀錄呢！恭喜你！你付出的努力、時間皆得到回報了。」教練的這句話，以及媽媽後來得知的喜悅，無疑是對我最大的鼓勵，令我相信：世上、是真的沒有跨不過的難關的！

走過荊棘，前面便是康莊大道；登上陡峭的山峰，腳下便是羣山疊嶂的壯麗山景；努力堅持，跨過每個欄，迎來的就是終點、成功。世上沒有任何難關是不能跨過的，只要有恆心，鐵杵磨成針。有一位偉人說過：「只有不畏攀登的採藥者，不怕巨浪的弄潮兒，才可以登上山頂採得仙藥，落海底覓得驪珠。」只要有足夠的勇氣，世上沒有跨不過的難關。我已經從懵懂的小孩成了十四歲的少年，這份勇氣、堅毅，我會一直堅守著，邁向未來，勇往直前。

《溫暖的她》

S2C 呂君怡

想起她的言行，便讓我覺得很溫暖。「你不一定要很厲害才開始，但你一定要開始才會變得厲害。」這句話現在已成為了我的人生格言。回望記憶的長河，眼前浪花一朵朵，一幕幕媽媽陪我讀書、一張張全世界最美麗的畫作瞬間在我的腦海中湧現……是誰陪伴我走過無數的荊棘路，引領我走上光明的康莊大道？是誰在我前路一片黑暗時給予我溫暖和光明？她正是我的媽媽。

自小，我便患有讀寫障礙症，寫字的結構經常左右顛倒，但我卻擁有驚人的藝術天分。雖然我不善辭令，但我可以用畫作來表達我的心情。我在學校時常常被同學嘲笑、欺負，他們常常說我不會說話的「啞巴」和不會寫字的「大笨蛋」。我終日被困在自卑、不安的牢籠裏，承受著悲哀與痛苦，他們的話也給了我很大的壓力，仿佛有千斤重的巨石牢牢地把我壓住，我只能把這種壓力化成兩行熱淚……，一天下課後，我回到家裏，默默地拿起畫筆，畫下了一個正在悲痛欲絕而淌淚的小女孩。

這時，媽媽剛巧拿著茶點進來我的房間，她看見我的畫作竟眼眶泛紅，連忙蹲下來，緊緊地擁抱著我，一股暖流急速地流進我的心房……我再也按捺不住了，眼淚像瀑布般不爭氣地傾瀉而下。我把學校發生的一切、同學對我的欺凌一一說出。媽媽看著我、皺著眉頭，我感受到她此刻的心痛，確是心如刀割！她接著便跟我說：「你知道嗎？你不一定要很厲害才開始，但你一定要開始

才會變得厲害！人生就像五線譜一樣，音符就代表著挫折，如果沒有了它們，曲子又怎麼會變得委婉動聽呢？所以，不要遇上學習的挫折就放棄，相信我，只要你在此刻不放棄，勇敢踏出第一步，將來定會有所成就！媽媽永遠都支持你！」說畢，她輕握着我的手，教我怎樣寫我的名字，又教曉了我課本的知識。「有時候挫折就如一杯苦茶一樣，雖苦，但耐人尋味，你先天或許有點不足，但只要努力學習、堅持到底，從失敗中成長以累積經驗，也就能突破天資的不足，取得成功！」我邊聽邊用心地練字。媽媽是我最信任的人，能從困難中把我拯救出來，是我的「拯救者」，因此我相信她定能帶我走出泥濘路。

日復一日，我每天跟隨媽媽努力學習，在我累壞了、實在支持不住之時，她也會為我打氣。她有時還會陪我做一些我喜歡的事——畫畫。雖然她不擅長畫畫，但她親手畫的畫卻成為了我心目中最美麗、最溫暖的畫作。我一直持之以恆地學習，沒有放棄，因為媽媽的鼓勵和安慰讓我重振旗鼓，使我知道我並不是孤單一人的。母愛真的是無與倫比，最窩心、最溫暖的……

期末考試來臨了，我在考試前夕感到忐忑不安，究竟我的努力能否在這次考試上顯現出來呢？我又心急如焚地翻閱著書本，還差點撕下了紙張。我實在是太緊張了，我不斷懷疑自己的努力。這時，媽媽按着我不斷翻閱書本的手，對我說：「來，別緊張！我

們一起看看是否已把考試範圍溫習好了？」當我們核對著考試範圍時，我的內心便開始感動踏實了，我漸漸地鎮定起來，心想：對啊！原來我的準備也很充足了，不用害怕……媽媽總能在我最需要她的時候陪伴在我左右，安慰着我。

結業禮來臨了，我獲得了全級第三名的佳績。我自信地踏上頒獎台，在我接過獎狀時，一幕幕媽媽陪伴我學習、用心陪伴我畫畫、鼓勵我的畫面湧上心頭。此時此刻我感到了前所未有的溫暖。典禮司儀邀請我分享一些得獎的心得，我毫不猶豫地說：「你不一定要很厲害才開始，但你一定要開始才會變得厲害。」成功不是未來才有的，而是從你下定決心的那一刻開始逐漸累積而成。我也在此勸勉各位師弟妹要勤奮學習。天資並不會局限成功，其實成敗的關鍵是在於個人的努力和心態。「雨後才會有彩虹」，不經過一番努力是不可能妄想取得成就的！說畢，全場掌聲如雷。我知道我今天的成就不僅是屬於我一人，還有我的母親。我望向觀眾席，媽媽臉上露出了無比溫暖的笑容，她笑中有淚地看著我，我們相視而笑，心照不宣。原來，那個在畫中淌淚的女孩不知從何時起，逐漸長出了一雙堅韌無比的翅膀，展翅高飛……

《人工智能 (AI) 科技有助學生學習？》

S3B 胡穎芝

現今科技發達，人工智能已成為了我們生活中的一部份，人們對這位「智先生」的便利着迷，產生倚賴，發展出崇拜的情愫，學生當然也不例外。這個情況引起了熱議，究竟人工智能這種科技有助學生學習嗎？對我而言，我則持反對的立場。

研究精神是求學階段人們重視的東西。研究精神指當遇上難題時，會引發思考和探究，不會只求答案。求學時期。正是培養這精神的重要階段。人工智能雖帶來便利，一向它發出提問，對應的答案便馬上呈現，學生根本不需思考或嘗試搜尋，令他們自然產生倚賴，久而久之，一遇上問題就會問人工智能而不加思索，成為毫無感情和思想的提問機。著名科學家愛迪生，在研究燈泡的過程中受盡挫敗，但他憑着研究的精神，不斷嘗試和檢查出錯的地方，日以繼夜持續數十年，最終成功。雖然我們未必能做到愛迪生那般堅毅，但學生也該有研究的精神。人工智能會令人忽略了這部份。答案當然重要，但研究過程更是重中之重。這培養我們思考和學習的環節，沒有經歷研究，根本不懂箇中道理，更不懂背後意義。例如研讀文言文篇章

時，最重要是由學生嘗試自行解讀，思考它的意思和道理。當然，人工智能可馬上給出答案，但沒有研究的這一部份，人是永遠不會進步和學好的。有經歷研究的人思路更為清晰，但沒有經歷研究的人，可能轉眼就忘記了。故此，我認為人工智能會為學生的學習帶來壞處。

當你問及人工智能答案、並盲目抄寫時，可曾想過內容是否正確？人工智能是靠大數據而生的科技，即當人輸入過什麼，它也當作是事實。學生如果盲目相信它，會令自己的判斷力下降，不能知道事實的全貌。有大學曾發佈一份報告，指出人工智能所給出的答案有百分之三十並不準確，不能盡信，而當中更有百分之二十是虛假的。學生如果盲目相信人工智能，會令他們對事物的理解產生錯誤，造成反效果。我曾經搜尋過「朱門酒肉臭，路有凍死骨」的意義。他給出的結果竟是「臭了的肉不該吃，路邊有凍死人的情況不合理。」可事實並非如是！故此，學生要有判斷的能力。學習過程中搜集資料是重要的，不能依賴人工智能的解答，否則會學到不正當或不正確的知識。如此看來，人工智能

又是否能幫助學習呢？

然而，有人認為人工智能可使我們的學習更省時。人工智能的確省下了我們尋找答案的時間，但古語有云：「欲速則不達」，學習中重要的是過程，而不是結果。就算速度快了，這一題的答案找到了，可是當下一次再做類似的東西時，你又能寫出多少呢？不多，因為你不曾思考，學習在乎理解和一點一點的積累，速度快只代表着你完成了一樣東西，不代表你學會了甚麼，慢慢思考才是學習的真理。

總括而言，人工智能的使用會減低我們的學習成果，不但在研究精神的培養和所學知識的真偽上，還會對我們的思維發展造成影響。我們應有獨立思考的能力，不該倚賴人工智能。或許它可助你一次或兩次，但長遠來說只會害了你。當你猛然回頭時，發現你累積知識的那座山是多麼脆弱，一推就倒。所以，在發生此事前，我們要靠自己的努力不斷增長知識，不要倚賴科技，使自己成為被擺佈的布偶。故此，我不同意人工智能有助學生學習。

《暴雨下的嘉年華》

S3C 潘予晴

一陣雨霧從我身邊飄過，看着烏雲滿佈的天空，我倍感惆悵：「今天可是一年一度的嘉年華，可不能下雨啊！」

我和家人雀躍地走進嘉年華，看到華麗、美倫美奐的裝飾，我驚歎一聲：「果然來對了！」直聳

雲霄的過山車、高大雄偉的摩天輪、多不勝數的遊戲攤位，皆讓我目不暇給。我興奮地牽着妹妹的手，坐上了過山車。「好景不長」，當我們坐上車廂後，一根根細針似的雨綿綿落下，漸漸的，雨大了起來，我歎了一口氣：『天公不作美』，為什麼偏偏是今

天？」可過山車已然發動，我只得一手緊緊捉着手把，用另一隻手蓋着頭。相反，妹妹打開雙手：「姐姐，你也試試！好奇妙！」我不情不願她打開手，感受到雨水啪打在我身上，彷彿成為大自然的鼓聲，「啪打啪打」地響着，我感受着那強勁的風，感受到無

盡的自由。那一刻，一切的失落轉化成輕鬆、享受。「妹妹，我也覺得很奇妙。」妹妹對我報以一笑，她的笑容也令我忘記下雨天的遺憾。

下了過山車，媽媽連忙把外套披在我們身上，「走吧！再淋雨要感冒了。」我和妹妹當然不願意，妹妹更是大哭大鬧起來。我們躲在一處避雨，我看着外面，嘉年華裏的人無不在「逃亡」，有的拿出雨傘，有的穿上雨衣，有的只能用背包蓋着頭，每個都倉忙狼狽，表情似乎對這暴雨有些厭惡。在他們看來是嘈雜的噪音，可我聽那雨水，卻是最動人的音調，彈奏出一首又一首的樂曲。外面的世界十分混亂嘈雜，我的心卻無比安靜，甚至有一點興奮。

看見遠處有一個小型舞台，我拿起雨傘，便牽起妹妹的手，和她

一起走向舞台。沿途，我看見了遊戲攤位內的玩偶，似乎在向我求救。我笑著在心中對它說：「不用害怕。暴雨也不是你想像中的那麼可怕，試着享受一下吧！」這麼想着，我和妹妹走上台。妹妹擔憂地說：「雨越來越大了！不如走吧！」我摸了摸她的頭說：「今天，我們試着用不同的角度看事情吧！」我鼓勵着她，讓她慢慢感受大自然的美。聽着雨聲明亮的節奏，我的腳彷彿不受控制，跳起舞來。妹妹似乎也感受到節拍，和我一起跳着舞，輕快地哼着曲子。很快，我們瞬間吸引了不少人。這時，一把熟悉的聲音響起，「我能加入嗎？」媽媽溫柔地看著我。我激動地點了點頭，並看向台下的眾人。似是感受到我的熱情，他們紛紛放下雨傘，脫下雨衣，來到台上共舞，享受着大自然的奇妙。一曲止，

暴雨也漸漸變小。「哇！彩虹太美了吧！」一把色彩鮮豔的彩虹掛上天空，人們紛紛拍照留念，只有我，還沉醉在剛剛的暴雨中。

雖然遊樂設施都關上了，我卻感受到最好的「嘉年華」。有時，只要稍微改變思路，將困難轉為動力，用樂觀的態度待事，便會發現暴雨過後總有彩虹。但是，人不能長期停留在看見彩虹的喜悅，而是要準備下個暴雨的到來。暴雨的到來不一定是壞事，我們甚至要學會享受暴雨。

我看看遠處的烏雲，豁然開朗，更期待着下一個暴雨的到來。我不僅感受到人們的嘉年華，更感受到大自然的嘉年華。暴雨下的嘉年華！感謝你讓我上了重要的一課。

《被盜走的儲物箱》

S4C 鄺曉霖

車窗外的景色快速掠過，我開著車在大馬路上奔馳，目之所見從高樓大廈的都市變成鬱鬱青青的樹叢，再右拐進小路，就是沈家村了。

沈家村雖是我從小居住的地方，但自從我初中跟著家人出了縣城，就沒再怎麼回來過了。距離我上一次回來，已是六年前我大學畢業之際，而這次再回來，是因為我的好玩伴沈蔓兒要結婚了，邀請我回去吃喜酒，順便敘舊。得虧蔓兒還記得我。

她傳訊息跟我說她出縣城採購下星期婚宴的東西去了，讓我到達後先自己四處逛逛。與沈家村闊別六年，這裏的一切好像都沒怎麼變。草是一樣的綠，花是一樣的艷，倒是門口的柵欄重修過後不再破破爛爛的了。我一邊走進

村，一邊看著這似曾相識的景色。

蔓兒和我是鄰居，打娘胎裏便認識了。小時候的我們形影不離，我們每天最喜歡做的事，莫過於在村中四處嬉戲，每當遇見新奇有趣的東西，我們就會放進我們共同的儲物箱。它大概長二十厘米，深十到十五厘米左右，用的是深咖啡色的木製成，拿在小孩手裏有些笨重，能裝很多東西，但時間過去太久，我已經不記得裏面都裝了什麼。

「早啊，陳二嬸！好久不見！」

「哎呀，孩子，你可終於回來囉！大家可一直念叨著你呀！」

啊！我記得了！我和蔓兒放進儲物箱的第一件物件，就是村口陳二嬸剪的窗花。當時看到她家貼著精緻的雙魚紋樣窗花，我們喜

歡得緊，便向她討了一個放進盒子收藏。

「李大爺，我來看您啦！」

「我來幫您吧，張婆婆，您坐下歇歇！」

我從村口走到村東，又走到村西，回憶慢慢地都被勾起來了，儲物箱裏還有李大爺的春聯、張婆婆縫的小娃娃、村尾教書的沈先生抄的幾張三字經……後來我們自己畫了不少「作品」，也寫過不少給對方、給未來的自己的信，箱裏大多是紙，壓一下便能裝很多了。想到這裏，我突然記起小時候曾寫過給對方的結婚賀詞，興起了想翻出來看看的念頭。

當年出城讀書之前，我和蔓兒把盒子埋在咱家附近的一棵棗樹下，她說未來等我回來再和她一

起挖出來，只可惜上一次回來得匆忙，沒挖成。

再走到棗樹旁前，我這一天的心情都輕鬆愉悅得很。然而，當我站在棗樹下，我的心頓然一沉——望著眼前的一方地，樹幹依舊挺拔，土卻被新動過了。

我家老屋如今也給蔓兒家用了，與棗樹最接近的是她家，但她是決然不會動這盒子的……表面的泥土是深色的，的確是不久前才被翻過。一時心急，顧不上與蔓兒的約定，我用樹枝輕輕撥開了盒子原本的藏身之所，果然，空無一物，那兒只餘一絲木香，摻雜著泥土的氣味鑽進我的鼻子。

存放著童年回憶的儲物箱好像被盜走了。

我心裏有一股無以名狀、難以言表的情緒，似是惋惜，又帶些怨恨，還有些不捨。

那是我熟悉的木香，儲物盒裏所有東西都被染上了此種淡淡的香氣，彷彿打上了屬於我們的記號。盒子裏關著的不只春聯、窗花、玩偶這些，還封存了我和蔓兒一起比賽吐棗核的回憶、一起逃沈先生的課去小溪抓魚的經歷、因為頑皮天天被我爸媽和她爸媽四人混合打擊教育的時光，還有我們最童言童語的生日祝福、最遠

大的幼時夢想、最天馬行空的，對未來的期盼，還有最真摯的感情。

「可它被盜走了，某人在某月某日某時不知為何盜走了我和蔓兒最珍貴的東西。」我沉浸在這個念頭裏好一段時間，直到……

「唏唏！」蔓兒的聲音把我拉回了現實，她的身影在幾秒內從十多米外不大不小又模糊的一點變得清晰且觸手可及。她飛奔向我，也不管手上提著大包小包，就那麼倚了上來緊緊抱住了我，我突然就從淡淡的惋惜和悲傷中掙脫了出來，臉上綻開微笑。「許久不見，又漂亮了呢！」「哪有！」她因為剛跑過的緣故，臉上有點紅，這一羞又添上一抹粉。

「你總算有空來看我了，我可有好多話想跟你說！」她挽起我的手走向老房子，一邊嘰嘰喳喳著她太久沒去城市差點找不著路，順帶分享了不少近況。等我們放下東西，並和沈叔叔、沈姨打過招呼後，我又被她拉到房間繼續說這段時間乃至這些年她做過的有趣事。正午的陽光灑在蔓兒的房間，為蔓兒打上一圈毛絨絨的光。她的頭髮在陽光下是深咖啡色的，和那木盒如出一轍。看著她眉飛色舞的興奮表情，感受著她握住我那一隻手上傳來的溫

度，我恍惚間似是回到了和蔓兒一起拿著盒子遍村走、天天談天說地的日子。

她又說了很多，到激動處還要站起來一人分飾兩角給我重演她在描述的場景。就在那一瞬間，我好像釋懷了。儲物盒代表的是我和蔓兒的童年回憶沒錯，但即使失去實物，那些回憶和快樂早已在我們一次又一次的描摹下鐫刻心底。儲物箱能叫人給盜去了，但刻在心裏的東西是偷不走的。更何況，近幾年的科技飛速發展，我們已經可以輕易用訊息溝通了，來日方長，何愁無再創造美好回憶的機會？

「那個，我看你剛剛在棗樹下一臉惆悵……是知道咱們的盒子不見了吧？我本來打算給你個驚喜，昨天就去看了，誰知……」

「嗯，我知道它不見了，」我點了點頭，對上她擔憂的眼神，卻道：「無妨，我們既然又能頻繁聯繫了，就一定還會有更多見面的機會，展望未來能一起經歷更多比攥緊過去要好，不是嗎！」

我們相視而笑，這一幕大概也會被我們放進心裏置放美好回憶的儲物盒，供餘生回顧吧！

《風雨中的街道》

S4D 蔡欣彤

在香港這個沿海地帶，每年八月伴著熱暑而來的還有颱風。而追風，似乎成為了我為數不多最瘋狂的一次經歷。

還記得那一陣子我深陷於家庭爭吵中，年少的身軀背負了太久西西弗斯的石頭。終於我在一次激烈爭吵後逃離了那個本該溫馨的牢籠，在一個颱風天拿著雨傘就

那麼桀傲地與風暴正面對抗。

我從大廈中走出，迎面與形形色色的行人相遇，又各自踏著不同方向的征途分開。或是因為那時才早上十一點多，暴風雨前的寧靜使得我眼前一切都那麼無害。低頭看了眼手機的颱風預警，我裝作渾然不覺那表象的洶湧浪濤，繼續向碼頭走去。

我一面走著，一面感受著空氣中濃濃的濕氣。不經意間觸摸到身上的衣物，好似一擰就會滴出水來。路邊被隨意丟棄的紙團染上淤泥，在行人的腳下四處乘風躲避，但最終還是被一腳踩中。它拖著疲累的殘軀妄想離開行人路，卻還是支持不住，無聲無息的倒下了。許是老天有靈，風暴有情，不由得嚎啕大哭起來為紙

團悲傷。街上對此毫無頭緒的人們反應不及，有的驚慌地尋找避雨處，有的倉皇地打開傘，以對付這突然的滂沱大雨。這也正正宣示著風暴的來臨。

我朝著與大眾截然不同的方向往海邊走去，披著追風人的外衣與號叫的風正面交鋒，穿梭在一個個無人的街巷中。我撐著傘，聽著耳邊雨線清晰地敲擊著傘面，心中不由得泛起陣陣煩悶和焦躁。身旁的店鋪都鎖上了門窗，鐵欄上掛著的風鈴警聲大作，又淹沒在無盡的風雨中。

雨勢漸漸大了，明明街道上杳無人煙，怎麼反而更加吵雜了？手中單薄的傘有些抵不住暴風吹襲而來的雨水，臉孔尤如被細針穿過，逼著我向漸進的風暴俯首。低下了倔強的頭，我才看見鞋子已被地上的污水或是雨勢侵佔。輕輕動了動腳趾，濕答答的鞋子困著雨水，也困著我的腳，每一個毛孔都在使我不適地皺眉，卻仍壓不住心中早已下起暴雨的我。

定了下心緒，我恍然抬起頭，才發覺我已在碼頭對面的紅綠燈下。我靜靜等待著，四處張望，把那淒涼破敗盡收眼底。身後的商城已寥無燈火，高高懸掛著的

廣告牌在凜冽的風中毫無還手之力，只能緊緊抓著鐵桿瑟縮顫抖。垃圾桶被掀翻在地，本來被護著的珍寶傾斜而去，奮力挽回之際，才驚覺那不過是被拋棄之物，一蹶不振。放眼望去，也只剩高樓大廈仍如我一般孤勇地挺著，但破碎的玻璃窗也暴露了表皮下一顆千瘡百孔的心。

「噠、噠、噠、噠」街道上只剩我一人逆風而行，不知出於什麼目的，帶著最後一點執念到達了碼頭。強勁的風將我吹的重心一邊倒，我扶著欄杆，直起身子，才終於得以一睹這風暴中心。沒有想像中的凶狠巨獸，眼前只有躁動不安，捲起雪花的海浪一次又一次向陸上攻城掠地。可橫無際涯的海面某程度上與天空達到和諧的灰暗，眼界一時遼闊，卻有無盡的壓力盡數灌入我身，伴著雲霧朝我席捲而來。可是耳邊的呼喊聲、身上沾濕的衣物如鉛一般牽制著我，逃也逃不了。可有人真正剖開過我的心，問一句我的意思？一時間，近日的經歷從腦後某處故意忽略的角落奔湧而來，與風暴一起把我殘破的身心拉下深淵。那些爭吵、批評佔據了我的耳目，我是那個在腳步下尋求一線生機的紙團，可踩扁一個紙團是多麼容易的事啊？要

摧毀一個在逆風中掙扎的人也如這般易如反掌。

試問被最親近之人毫無顧忌地傷害是什麼感覺？無論哪一代人、孰輕孰重，都定有人體驗過。可當持續的不解、謾罵如風暴以愛為名充斥著你心裡的安全區後，那些傷痕可有得補償？事情的解決方案又是什麼？結果往往也不過是店鋪在颱風天後若無其事的復常、被清道夫收拾乾淨的街道、被重新裝上玻璃的高樓罷了。曾經的狼狽不堪隱於表面，畢竟人們只在意想要的商品還在不在，不會關心它在那個颱風天裡經歷了何等的挫折和後期的修復。心裡的傷不會破鏡重圓，風暴雖有消散之時，曾淋在我身上的雨水卻依然沁入我心，成為不可磨滅的一部分。

歸去時，我掩好悲傷和狼狽，打開家門，我輕輕的來了，正如我輕輕的走了。可能待漠上花開之時，才會有人知道我這短暫的離別真正蘊含了幾分釋然。每一把刺向身邊人的利劍不會消失，只會被永久封存在那日風雨中的街道和碼頭，待下次風暴來臨時，成為那從天而下的雨滴。

《想想別人》

S5A 郭恩錡

「一心，難得一次回家，今晚我們啊，不醉無歸！」舅舅隔著一個大圓桌，朝我舉杯。我連忙也去拿面前的酒杯，笑著應道：「可不是嘛，算起來該有五六年了，好不容易今年輪到我不用在鐵路旁守著，當然要好好過個年！」歡聲笑語瀰漫在不大的飯廳，桌上豐富的菜餚無不彰顯著媽媽知道我回家過年後又如何咧開嘴，在菜單上添上我愛吃的色彩。

「以下是突發新聞：連日暴雪導致中國多個城市鐵路無法使用，已有超過五萬人受影響被迫滯留於廣州市火車站……」沒記錯的話，我家鄉所在城市的鐵路前幾天就被雪徹底封住了，不過是看在我一直沒有返鄉過年的份上才沒有第一時間把我召回。我不免竊喜，還好及時回來了，不然現在在乾等的就是我……不！怎麼能這樣想？

「一心，有個電話說有急事找你。」媽媽舉著電話，尾端還有彈簧連在坐上。思緒被打斷，我小跑去接，「……現在嗎？……好、好，知道了，我馬上去。」

看著目光殷切的媽媽，和滿屋親朋戚友，我喉嚨發緊，竟無法把消息如實相告。

媽媽身上還穿著沾了油漬的圍裙，大伙兒也聊得正興起、吃得暢快。這闔家歡樂的場景，不正是幾度獨自在火車站亭子裏站崗時我所盼望的嗎？桌上五顏六色的菜品，不正是我迎著冷風、望向遠處不時綻放的絢麗煙花時所渴望的嗎？親人熱切的問候、關懷的話語、噓寒問暖，不正是我離家工作後翹首以盼的嗎？

可現在，新聞和一通電話伸出手攪亂了這我已經攪在懷裏的水中月。得之不易的溫暖讓我眷戀，卻又不能控制自己不去想滯留在廣州火車站的群眾。想想那些人，他們也有家要回，也是勤勤懇懇工作一年後希望能與家人團聚，現在卻只能心急地等在火車站內，期待著有誰能幫他們一把。

「我……」我不安地站在原地。腦海中的萬千思緒片刻就可以讓我做出決定，可他們依然無比煎熬地數著時間。我所猶豫的每一秒都可能再多一個人受天災所困，無法和我一樣與家人相擁。

「剛剛組長打電話，叫我去火車站幫忙開路。」我深吸一口氣，朝向不知道我為何呆站著的親人們說。

他們靜下了一會兒。

「既然如此，你快去吧，」爸爸打破寂靜，慢慢說著，「那麼多人受影響呢……走吧。」

我無法想像爸爸中間的停頓思考了什麼，是否和我一樣有一番掙扎？人的本性都是自私的，我並不是例外，貪戀家人的溫暖不捨放手。

但……我是一個普通的鐵路工人，在這緊迫的時候，又有什麼借口不去幫助也許和我一樣平凡的他們？

我收拾好東西，和一大桌子的親友表示歉意後，毅然拉開家門。

狂風夾著雪無情地向我襲來，我放棄了打傘，地上的雪也厚得不能開車，我堅定地奔向火車站，跑不動了就走，走不動了就找個擋雪的地方坐一下。冷空氣侵佔了鼻腔，卻無法凍封我想為人們服務的心。

終於抵達火車站，組長分配我去清理軌道上的積雪；我拿著鏟子跳下軌道，才發現積雪已經比一人高。

我費力地把鏟子插進面前的雪堆，將雪挑至身後的草叢，像只被輸入這一條指令的機械人。我

不敢輕言放棄，因為我知道在各地火車站的每一個工人都和我一樣放下了團聚的機會，選擇奔赴而來，力求滯留的人可以早日返鄉。想到遠在廣州火車站的人，握著鏟子的雙手似被一點點注入力量。

晨光熹微，我們呼出的氣息都成了薄霧繚繞；組長在另一頭遙遙喊一聲，鐵鏟被「咣啷」扔在地上的聲響此起彼伏。注視著火車重新開動，直到看不見它的尾巴，心裏高高吊起的石頭終於和我的身體一樣能夠躺下，直直望著放晴的天空，我絲毫不後悔做出這個決定。

組長欣慰地說，夜裡我們一起鏟雪的時候，就像一支支蠟燭把雪給燒融了一樣。我們笑成一片，「組長真會比喻，哪有用蠟燭形容人的。」

「謝謝哥哥姐姐！」我扭頭，一列火車伴著鳴笛駛來，孩子在窗口探出半個頭，眉眼彎彎地望著我們。風揚起了髮絲，我揮手回道，「不用謝！快回裡面吧！」

若光亮能夠驅散黑暗，那我願意當你們的蠟燭。

《我的老師》

S5C 姚樂希

房間內窗簾緊閉，徹底阻擋了明媚陽光的映照，使房內幾乎伸手不見五指。我淚眼婆娑地躺在被窩中，回想着剛剛母親刺耳的責罵——「拜託學學你表兄允行，明明上同一所學校，但你看人家多乖，多讓人放心滿意！」我不過是稍微休息一下才玩電動，明明我也有溫習，人家允行是「天之驕子」，他當然要多加努力，

我的目標不過是頭五十，這種努力程度綽綽有餘了！

「叮噹」一聲響起，今晚是每月一次的家庭聚會，我不情不願地從房間踱步而出，便看見那個「天之驕子」正滿臉笑容地和我打招呼，還彬彬有禮地喊了我一聲，以示禮貌。我心中不快，只是敷衍地揮了揮手，嘴角下意識撇向

下，卻被不遠處的母親盡收眼簾，咬牙切齒地責道：「表兄和你打招呼呢！還不叫人！」允行卻只是不以為然地笑了笑，緩慢而柔和道：「沒關係，表妹只是累了，不是故意的。」繼而他又依次問候母親父親和舅母舅父，哄得父母母親開懷大笑。我腹誹着：就比我大幾個月，真是裝模作樣，還假裝為我說話呢！我不等表兄一

家便先在飯桌邊坐下，不出意外地又遭到母親責備：「你表兄一家還沒落座呢！」我自知理虧，正欲起身，卻聽見表兄出聲：「都是一家人，不用太顧及這些瑣碎之事。我悻悻地坐下，心虛地瞥了眼允行，卻見他沒有落座，東張西望的。「你怎麼不坐啊？」我忍不住問道。「舅母舅父煮飯辛苦，還是等他們才坐下吧……」他像是看見我質疑的目光，補充道：「你上學一天也累了，先坐着，我去看看有什麼需要幫忙。」看着表兄揉着腰椎的背影，我心想：你不是也上了一整天課嗎？我不禁生起了一絲無以名狀的思緒，像螞蟻輕啃噬我的心，我對表兄是不是太惡言相向，太陰謀論了？明明我多麼顯而易見地無禮，他仍十分寬容，為我開脫，相反對自己卻十分嚴格……微風吹起了一角窗簾，些許陽光投射進來，稍縱即逝。

那天過後，我在學校碰見允行都會不自覺地生起一股愧疚，也許是對他的，也許是在允行的映襯下對自己的愧疚。正值炎夏，外頭陽光毒辣，百葉窗簾卻把光線都阻擋在外，教室在午休也沒有開燈，一片昏暗，只有從前門透進來的光充當唯一的照明。我正狼吞虎嚥地吃着飯，卻瞥見同桌一心偷偷摸摸地拿出手機，放在抽屜裏瀏覽社交媒體。我見慣不怪，作為風紀的我卻沒有開口阻止警告。同級同學之間抬頭不見低頭見，沒必要因為規條而把同學之間的關係僵化，這是風紀之間約定俗成的做法。這時，從前門透進來的光線更為明亮，伴隨着有力的腳步聲。我抬頭一看，是正在巡樓的允行。他毫不猶豫地走到我身邊，一心還沒來得及收起手機，便被允行當場發現。「一心，你知道學校不可以使用手提電話的吧？現在要記你一個缺點。」「允行，我們都是同級同學，沒必要趕盡殺絕吧。」一

心懇求着，我正想開口附和，卻聽到允行擲地有聲地道：「我作為風紀，無論你是否我的同級同學，我也必須嚴正處事，否則學校紀律何在？」我被這番義正詞嚴的話當頭棒喝，作為風紀又怎可隨便徇私呢？允行在眾多風紀中如同鶴立雞群，沒有隨波俗流，莫名其妙讓我想起最近中文課上《師說》中的李蟠，亦是這麼堅守正道。我看着允行把一心的名字寫在紙上，轉身拉開百葉窗簾至一半的高度，回頭對着全班道：「教室環境應保持明亮，以免同學有機可乘違規。」看着允行挺拔的背影，在熾熱陽光的照射下，心裡那股愧疚越發深沉，更生起一股從心底而來的敬佩。

中文課正在教《師說》一課，我時常不自覺地把允行和文中的聖人及李蟠比較，我亦如走火入魔般，莫名其妙地認為允行可以充當我的老師。一個月過去，循例的家庭聚會如約而至，只是這次由允行一家主持，所以我被邀請到允行家共進晚餐。我在門前便聽見門內傳出磕磕絆絆的鋼琴聲，心想：是允行七歲的弟弟在彈鋼琴吧。意料之外，我進門後只見允行坐在鋼琴前生疏地擺弄着手指，走近一看才看見他的弟弟乖巧地坐在他旁邊。允行弟弟一看到我便向我衝來，無法抑制的興致暴露無遺：「表姐，哥哥讓我教他怎麼彈鋼琴呢！我現在是他的老師了！」開玩笑而已吧，允行這種「別人家的孩子」竟然會向比他年紀小的弟弟學師？這傳出去多麼丟臉！只見允行把弟弟拉回身邊，認真至極地指着琴譜問道：「這裏是怎麼彈的？」我看着允行弟弟趾高氣揚地為允行示範，再擺正他錯誤的手勢，但允行卻毫無羞恥之態，落落大方地接受弟弟毫不留情的批評。我忍不住問道：「你怎麼跟你弟弟學鋼琴啊？他比你小那麼多，不是很沒面子嗎？」「剛好我想

學鋼琴，我弟弟也會，況且不是說『術業有專攻』嗎？他比我小也沒關係啊。」我看着窗簾全開，陽光傾瀉而下，把客廳照得閃閃發亮，在允行身邊鍍上一層光，也把我迷濛的內心世界照亮。

不自覺地把允行與李蟠比較並不是走火入魔，生起把允行當作老師的念頭也絕不是莫名其妙。有如《師說》所言，「道之所存，師之所存也。」只要其人領會儒道，必可以視之為師，跟從其學習。我明明如此無禮，允行卻沒有出言責備我，更多次包容我，對待自己卻無比嚴格，這不正是儒道的「君子求諸己」嗎？風紀之間明明存在不言而喻的徇私，允行卻反其道而行之，哪怕會被人惡言相向，也堅決不隨波俗流，堅守正道，這不正是儒道的「君子義以為質」，以合義作為原則嗎？即使會收到別人的異樣目光及嘲笑，允行卻仍虛心向年紀比他小的弟弟學習，這不正是儒道的擇師標準「無長無少」嗎？如今的人大多像我般失去禮節，不顧道義隨波俗流，對待從師諸多顧忌，但允行卻有如一股清流，沒有受到時俗的污染，有如李蟠般別樹一格，在恥於從師的風氣中行古道從師，而允行則願意在名利盛行的時代下仍堅守儒道，那麼把他視作老師有何不可呢？身邊或許都有不少如允行差不多年紀及地位的年輕人在實踐儒道，只是我們被時俗蒙蔽，單一化對老師的定義，對這些我們應該從師的人視而不見。這些人值得我們敬佩，更值得我們學習，從殊途回歸到儒道的正途上。

我看着熠熠發光的允行，有他作我路上的照明燈，我的前路定不再是幽暗一片，心中的那片窗簾也不會再合上，亮光從此透射進我的心房。我鼓起勇氣，堅定地直視允行的雙眼道：「以後請多多指教。」

《心結》

S6D 何善琳

「你已經長大了，要學會照顧自己和妹妹。」這曾是讓我愛恨交集的一句話。愛，是因為它使我長成一位有責任心、獨當一面的人；恨，是因為它在我心中留下了一個心結。直至今今天我為人父母，才真正解開這心結。

我作為家中的長女，有一位年紀相若的妹妹。在妹妹出生前，我曾是世界中心。母親會親手餵我吃飯、為我穿衣、在我大哭大鬧時，柔聲細語地哄我。然而，這一切都在妹妹出生後逐漸消失。不，它們並沒有消失，只是一轉移到妹妹身上。吃飯時，我被教會拿筷子，用拙劣的筷子功夾起餸菜，妹妹則有母親親自搗碎食物，送到她嘴邊。穿衣時，我要笨拙地穿上比自己身軀更厚重的棉襖，即使穿反了，也只能獨自脫下再嘗試，因為母親在一旁追著不肯乖乖脫衣的妹妹，早已無暇顧我。若我和妹妹同時哭鬧，母親必定會先哄好妹妹，再拿糖果安撫我。可她不知道的是，我早已過了吃糖果便能開懷大笑的年紀。我亦早在母親輕聲哄妹妹時，獨自偷偷擦乾眼淚了。但同樣地，那時的我只顧著為母親掛在嘴邊的那句「你長大了……」生氣，絲毫沒有察覺到她眼裡的歉意與無奈。就這樣，被冷落的委屈與被迫長大的苦澀交織成一個心結。

長大後，我與丈夫誕下兩名年齡相差無幾的兒子。我總覺得從他們稚嫩的模樣中，能隱約看見我和妹妹當年的影子。看來即使時光流逝，童年時埋藏的芥蒂也無法輕易被洗刷和解開。為了不讓自己的子女同樣感受這份難過，我決心要做一位好母親，絕不偏袒誰。

「別跑了！小心跌倒！」我追在兩名精力充沛的小孩身後，生

怕他們跌倒。但在兩聲相繼的「啊！」後，我知道自己害怕的事情還是發生了。弟弟看到自己擦破的手肘後放聲大哭，而一旁的哥哥也為破了皮的膝蓋紅了眼眶。面對公園內其他人的注目，我手足無措，只知道眼下只有止著弟弟哭喊這一解決辦法。我輕輕拍著他的背，柔聲道：「別怕，我們現在立即消毒，然後買你最喜歡的巧克力，好嗎？」弟弟吸了吸鼻子，自覺地把手攀在我脖子上，示意我把他抱起來。我鬆了一口氣，弟弟安靜後，終於沒有吵著旁人了。

我當然也記掛受傷的哥哥，立刻回頭想攙扶他，卻發現他早已彎著一條腿，站在一旁等待我。我驚訝於他的堅強，牽起他的手，稱讚道：「真厲害，看來哥哥長大了！」可話音剛落，映入眼簾的竟是哥哥無聲的委屈。他雖沒有落下眼淚，但與我對視的那雙眼眸，卻染上了比淚水更酸澀的落寞。他甩開我的手，逕自跑回家。看著漫漫長路上隻身前行的細小背影，那模樣與年幼的我如出一轍，一陣心酸瞬間湧上我的心頭。

我不解，明明我已盡力顧及兩位小孩，為何還是步了母親的後塵？明明我在抱起弟弟後不足數秒間，已迅速回頭關心哥哥，為何還是令他感到被冷落？原來，為人父母並非易事。有什麼方法能同時照顧好他們呢？我迷茫地環顧四周，似在尋求回覆，但我深知沒有一位家長能給予標準答案。幾十歲的人，經歷過人生的風風雨雨，但在做人父母一事，卻誰都是第一次。母親當年，或許也是如此吧。我邁開步伐，追上哥哥的背影。

「我要玩這個！」「不，我先拿到的！」我從廚房探出頭來，看

見兩位小孩不知何時起又在吵架了。我上前了解情況，看來他們是在爭奪玩具。機械人在兩隻小手間快被扯斷了，卻仍未分出勝負。我聽著哥哥略為低沉的嗓音，又看著他已長得寬大的肩膀。站在他身邊，矮小的弟弟更顯稚氣。我明白該是時候教會哥哥，適時禮讓他人的道理。

我把哥哥拉到一角，對他說：「你長大了，該明白有時須展現風度，禮讓別人……」頃刻間，一顆豆大的淚珠從哥哥眼角滑落，緊接是連串滾落的淚水。「你總是要我讓著弟弟，你偏心他！」我被他的哭訴嚇愣了。我只是想教會他做人的禮儀，怎會被解讀成對弟弟的偏愛呢？我想解釋，但童年埋藏的心結在那刻被喚醒了。對啊，當初母親教我用筷子、教我穿衣、總是先哄好妹妹時，我不也是認為她想騰出時間和精力，全心全意照顧妹妹嗎？那句我曾恨之入骨的「你長大了」，如今同樣從我口中溜出。或許，當年母親的這句話，並非出自對誰的偏愛，而是出自對長女的信任，相信我能獨立、學會為人處世、學會照顧自己。在這一瞬間，我的心結才終於被解開了。

我翻看與母親的相冊，看著那熟悉的容貌，我想起了她眉宇間流露的歉意，又想起她教我獨立時眼眸裡的信任。如今我終於能體會那些情感的由來。為人父母，誰也是第一次。有處理不好的吵架、有照顧不到的情緒、有被曲解的好意。但我想我會帶著這些，繼續在為人父母一路上摸索。哥哥也會在他成為別人父親時，解開他的心結吧？

自此以後，我終於解開了心結。

《舞台》

S6D 陳悅鏘

看着眼前屬於自己的舞台，我替自己感到驕傲，但不忘飲水思源，感激那些暗中為我亮起舞台燈光的人。這個舞台，它不似普遍人想像的，立在一排排座椅前的表演台——而是一個小小的隱密空間，接待能夠親近我的客人，收藏我在瑣事中得到靈感而創造出的畫作。

剛完成學業，踏進浪濤洶湧如大海似的社會，我彷彿翻到說明書的空白頁，為自己尚未搭建好舞台深感迷茫。我的事業究竟是甚麼？想像中的舞台燈光散亂，找不到焦點。自小對文字和數字都不敏感的我，註定要走上那耗費錢財、回報微乎其微的藝術路。但我無法不顧現實地從事那看似沒有未來的畫家路，因此我轉移目光，看準有機會一炮而紅的偶像路。

我追隨著他人為我建好的舞台上，聚光燈，盲目地奔波。我麻木地跟從日程表上的內容練習跳舞、唱歌，根本沒有時間思考我在做甚麼。而不用練習時我便如陷入無底的黑洞一樣迷失，被看不清的未來蒙罩。我雖唱功、跳舞的水準不遜色，至少能擠身十強，但這個舞台總讓我感到不自在。每天與共同進退的追夢人綵排過後，我都拿起一本放得進口袋的日記本，用鉛筆描繪當天的場景，發泄腦海中的喜、怒、哀、樂。及後合上本子，封存那天的感情以備成為一位萬眾矚目的巨星，永遠保持惹人喜愛的笑容。

表演舞台上的燈光為我點亮，站在燈下，我卻感受不到燈光的柔情、親切和溫暖。每次我完成表演，走下舞台，彷彿僵硬的肢體和表情破除了枷鎖。相反，身在聚光燈外的觀眾席，我感受到的，是無比舒適，猶如溫柔的指路人，提醒我正確的方向。也許我該停下腳步了，但通向我的舞台那道正確的道路，到底在哪？望見共同在偶像道路上前進的伙伴，在舞台上熠熠生輝，雖然汗流浹背，還有不見得人的傷患，但他們堅定的目光，完成表演後由心而發

的笑容與釋然，是真摯的。反觀自己那恨不得離開舞台一秒便卸下假意的露齒笑，同站在這舞台，我有點愧疚。我為自己不遵從內心感慚愧，我為自己佔用誠心追夢的人的舞台卻不珍惜感內疚，我為向共同進退的隊友隱藏內心想法感抱歉。

正當我騎虎難下之時，隊長一心坐到我身旁。在我們這群人裏，她年紀雖最小卻被稱為「大家姐」，因她思想成熟、洞察力強，是稱職的隊長。一心拍拍我的肩膀說：「其實我感受到你並非真正享受這舞台，及早追隨內心想法吧，我們都會支持你，不埋怨你的。」聽到她突如其來的一句，我既驚訝又感動，因她的細心感到詫異，因她的善解人意控制不住眼眶轉動的淚水。我好不容易地小聲吐出幾隻字：「那麼我的舞台在哪裏呢？」她隨即露出微笑，用手指了指我的口袋：「就在這。」我心想：果然逃不出一心的法眼，明明趁獨處時才掏出的日記本，始終都能被她發現。她看着舞台說道：「我雖然沒有看過你所畫的畫，但你每天都能堅持畫不止一幅，想必這才是你的舞台所在，所以要堅持。」這番話令我醒悟，沒有一個舞台是已為我搭建好、規劃好的，因為舞台的設計師和工程師，都是我。望着台上的隊友在閒暇之時仍在不辭勞苦地重複同樣歌詞、舞步，對啊，世上哪有從天而降的舞台呢？他們亦像我正在構建專屬自己的舞台。

臨別前，我終究要和同伴道出真相。在良好的時機下我與他們道別並說出緣由。意想不到的，他們並無露出疑惑之情，反而鼓勵我追隨畫家的夢。是因為我平時演技太差使朝夕相處的他們一早察覺？是一心早為我暗中打下預防針？不，因為我們同樣都是任性的舞台建造師，冒著收入不穩定的風險，不求安穩地站在舞台上。所以他們見我決心追夢都替我感到高興。這個偶像舞台上的燈，終於為我熄滅了，身處黑

暗中，我不害怕，因為我知道有人在心中默默地祈求我成功。

有了建造舞台的經驗，我搭建畫家的舞台時又多了幾分熟練。並非效率更高，而是我學會一心所說的堅持。為了建成一個亮麗的舞台，我披星戴月地坐在畫布前。我感受到的，並非泉水乾涸般無助，而是如以前在日記記錄心情時，思緒接踵而來的喜樂。我的舞台是給自己的，無須為迎合台下觀眾的口味委屈自己，因自己的舞台該是自己大展拳腳之處。在作畫的過程中，舞台的燈越來越多，越來越亮，我更能看清自己的未來了。我認識到自己的內向，習慣含蓄地表達情感，故立志創立私人畫廊給志同道合的人，從畫作中透露我的思想感情。這一點都不容易。可幸的是，我在偶像的道路上認識的人都願意出手相助，以資金、人脈成立了屬於我的畫廊。我成為畫家、成功創立畫廊乃至畫作的靈感都與那群伙伴息息相關。我將屬於我們的畫作，那幅見證我在偶像道路上成長的畫掛在顯眼的門口處，寄予祝福，期盼著他們在大眾的腦海中佔據一席位。

放眼人生，我們都有不少舞台，這些舞台或許未成形便要清拆，或許相伴到老，但它們都是我們人生的一部份，見證著我們累積經驗，建成真正屬於自己的舞台。這些舞台看似以一己之力築起，但它們的設計和構成有賴旁人的指點，因此無論那個舞台台下有沒有觀眾席，最終會否被拆去，都會烙在人的心中——至少是自己。故這些舞台無對錯之分，只是人生路上一道道里程碑予我們探索自我。

現在，我的畫廊中每一顆射燈都有各自照亮的畫作，已經是一個完整的舞台。但我的舞台並未自此定格，它須定時換上畫作保持新鮮感，適時更可擴大以容納更多觀眾。這個舞台永遠沒有竣工的一刻，因此，我這舞台建造師的角色，至死也不會除名了。

PE Activities

Objectives

1. To provide students with diversified sports activities and to cultivate their enthusiasm in sports.
2. To develop and nurture students' sports potential and to raise their interest in sports.
3. To encourage students to strive for the best and to strengthen their autonomy and spirit of teamwork.

Inter-school Competitions

Events	Area/ Division/ Results
Athletics	Hong Kong & Kowloon Division Two Girls A Grade 2 nd Runner-up C grade Champion Overall 3 rd Runner-up
Badminton	Hong Kong Island Division One Girls B grade 2 nd Runner-up C grade 1 st Runner-up Girls Overall 2 nd Runner-up
Cross Country	Hong Kong & Kowloon Division Two Girls A Grade 3 rd Runner-up
Swimming	Hong Kong & Kowloon Division Two Girls B Grade 2 nd Runner-up





Swimming Team



Cross Country Team



Watson Group Hong Kong Student Sports Awards—Louie Ho Ching

Watson Group Hong Kong Student Sports Awards

S5D LOUIE HO CHING was awarded by the Watson Group Hong Kong Student Sports Awards (SSA). She was presented with an award certificate, a cash scholarship of \$500 and invited to join a leadership workshop.

Internal Competitions

Sports Day 21/2/2024

Total no. of participants: 271

Sports Day winners:

	Champion	1 st Runner-up	2 nd Runner-up
Overall Individual	S2B LUK TSZ CHING KATREENA	S5C AU CHEUK YU	S4B PAU PAK QIU
Overall Inter-class	S5C	S4B	S4D
Overall Inter-house	Radiance	Enlightenment	Unity

Swimming Gala 28/6/2024

Total no. of participants: 172

Swimming Gala winners:

	Champion	1 st Runner-up	2 nd Runner-up
Overall individual	S1B DING TIAN	S2B ZHANG QIAORUO	S3A SIN CHEUK TUNG
Overall Inter-class	S4D	S2B	S5C
Overall Inter-house	Unity	Enlightenment	Radiance

Sports Demonstrations

Short Golf Course

Our school took part in the Hong Kong Junior Golf Programme organized by the Hong Kong Golf Association. Coaches organized a 6-session training course for our S5 students. Students have learnt the basic skills of golf and enjoyed the lessons.

Short Golf



Social Dance

Social Dance Course

Our school participated in the Social Dance Programme organized by the Leisure and Cultural Services Department. The 8-session training course allowed our S6 students to learn a waltz piece, during which they have developed skills in sway and balance.



Thai Boxing Demonstration

Our school took part in the Thai Boxing Demonstration, giving S6 students the opportunity to learn kicking and punching techniques.

Thai Boxing



Fencing

Fencing Demonstration

Our school participated in the Fencing Demonstration, where S6 students acquired knowledge about various type of fencing. They also had the chance to experience playing a fencing game.



Cricket Demonstration

The Cricket Demonstration course allowed our S6 students to learn about a less popular sport in Hong Kong. It was a great opportunity to enhance students' hand-eye coordination and agility.

Cricket



Scholarships and Awards

Achievements

Internal Scholarships, Awards and Prizes



1. True Light Foundation Scholarship for Undergraduates (真光獎助學基金大學獎學金)

For first-year undergraduates who obtained the best results in the 2024 HKDSE

S6D Chan Yuet Wah 陳悅鏵 Engineering with an Extended Major in Artificial Intelligence (Hong Kong University of Science and Technology)

S6C Cheung Sum Wo 張心和 BBA (Integrated BBA Programme) and Juris Doctor Double Degree Programme (Chinese University of Hong Kong)

2. Yung Yuk I Scholarship (容玉儀獎學金)

For first-year undergraduates who obtained the best results in the 2024 HKDSE and entered the medical field in the local university

S6C Leung Hoi Ching 梁海晴 Bachelor of Science in Occupational Therapy (Hong Kong Polytechnic University)

3. Siu Mei Mei Scholarship for Chinese Culture (邵美薇校友紀念獎學金)

For first-year undergraduates who obtained the best Chinese results in the 2024 HKDSE

S6A Lu Yat Tung 呂逸桐 Journalism and Communication (Chinese University of Hong Kong)

4. Chau Mee Yuk Scholarship for Mathematics (周媚玉獎學金)

For first-year undergraduates who obtained the best Mathematics results in the 2024 HKDSE

S6A Mak Sum Yee 麥心怡 International Research Enrichment (Hong Kong University of Science and Technology)

S6C Cheung Sum Wo 張心和 BBA (Integrated BBA Programme) and Juris Doctor Double Degree Programme (Chinese University of Hong Kong)

S6C Lee Hoi Yi 李豈爾 Bachelor of Chinese Medicine (University of Hong Kong)

S6D Chan Yuet Wah 陳悅鏵 Engineering with an Extended Major in Artificial Intelligence (Hong Kong University of Science and Technology)

S6D Ho Xin Lam 何善琳 Bachelor of Arts and Bachelor of Laws (Double Degree) (University of Hong Kong)

S6D Wong Yan To 王昕濤 BSc of Astrophysics (University of Edinburgh)

5. Scholarship for Outstanding Academic Performance in 2022-2023 P6, Primary Section of True Light Middle School

S1B Chiang Pui Yiu 蔣沛瑤

S1B Kam Hoi Ying 甘鎧瀛

S1B Yip Yik Huen 葉亦萱

S1D Tai Hei Yu Ashley 戴希瑜

6. Honours Students (Year)

S5D Fung Yuet Kiu Caron 馮乙翹

S5D Leung Yi Sum 梁爾琛

S6C Cheung Sum Wo 張心和

S6D Chan Yuet Wah 陳悅鏵

S6D Ho Xin Lam 何善琳



7. Best Academic Award (Year)

Form	1 st Place	2 nd Place	3 rd Place	4 th Place	5 th Place
S1	Ng Tsz Yau 吳祉柔	Yip Yik Huen 葉亦萱	Chung Cheuk Lok 鍾卓榮	Kung Yan Ching 龔恩澄	Ma Hok Yu 馬學瑜
S2	Sin Ka Yau 單嘉悠	Chan Ying Yuet 陳映悅	Leung Sophie 梁衍柔	Chan Pak Yee 陳柏頤	Lee Chi Yin 李姿賢
S3	Lam On Kiu 林安喬	Chau Ka Ying 周嘉瑩	Woo Wing Chi 胡穎芝	Yip Hei Yau 葉熙柔	Au Tsz Ching 區祉澄
S4	Kung Sum Yau 龔心柔	Sin Hau Ching 冼巧晴	Pang Sze Yin 彭思言	Sin Ka Yuet 單嘉悅	Wu Cheuk Tung 胡綽桐
S5	Fung Yuet Kiu Caron 馮乙翹	Yiu Lok Hei 姚樂希	Hung Pui Ching 洪珮晴	Yeung Oi Ying 楊藹瑩	Chan Sik Yin 陳晰然
S6	Cheung Sum Wo 張心和	Chan Yuet Wah 陳悅鏹	Wong Yan To 王昕濤	Ho Xin Lam 何善琳	Kong Wing Tung 江泳潼

8. Outstanding Conduct Award (Year)

S2C Hui Tsz Yin 許孜妍
 S4B Lau Kar Kei 劉嘉淇
 S4D Cheung Hiu Yan 張曉昕
 S5C Yiu Lok Hei 姚樂希
 S5D Louie Ho Ching 雷可呈
 S6C Chiang Yuen Shan 鄭宛珊
 S6D Chan Yuet Wah 陳悅鏹

S3B Leung Yan Kiu 梁昕蕎
 S4C Leung Ching 梁靖
 S4D Tsang Lok Yiu Charis 曾樂遙
 S5D Fung Yuet Kiu Caron 馮乙翹
 S5D Mok Cheuk Ki 莫卓祈
 S6C Shao Wing Sze 邵穎詩
 S6D Wong Ting Yuk 黃婷鈺

S3C Lam On Kiu 林安喬
 S4C Yip Cheuk Kiu 葉緯翹
 S5C Hung Pui Ching 洪珮晴
 S5D Leung Yi Sum 梁爾琛
 S6C Au Hoi Ying 區愷仍
 S6C Tsang Kam Yan 曾感恩

9. Woo Kwok Ho Memorial Prize—First in Academic Subjects (S1–S3)

Form	Chinese Language	English Language	Mathematics	Science	Social Science
S1	Ma Hok Yu 馬學瑜	Yip Yik Huen 葉亦萱	Yip Yik Huen 葉亦萱	Chung Cheuk Lok 鍾卓榮	Chung Cheuk Lok 鍾卓榮
S2	Sin Ka Yau 單嘉悠	Sit Sofia Hoi Yi 薛愷兒	Wong Shing Lam 黃承淋 Lui Kwan Yee 呂君怡	Sin Ka Yau 單嘉悠	Sin Ka Yau 單嘉悠
S3	Li Ka Moon 李嘉玟	Leung Sum Lun 梁芯崙	Lam On Kiu 林安喬	Chau Ka Ying 周嘉瑩	Cheng Pui Yin 鄭沛然

10. Dr Lam Tsz Wai Memorial Scholarship

Best Performance in Mathematics and Science

S1B Chung Cheuk Lok 鍾卓榮
 S2B Sin Ka Yau 單嘉悠
 S3C Lam On Kiu 林安喬

Best Performance in Mathematics

S4D Sin Hau Ching 冼巧晴
 S5C Hung Pui Ching 洪珮晴
 S6D Chan Yuet Wah 陳悅鏹

Greatest Improvement in Mathematics and Science

S1B Ng Tsz Yau 吳祉柔
 S2C Sin Kiu Yan 冼翹忻
 S3A Ng Tsz Ying 吳芷凝

Greatest Improvement in Mathematics

S4D Lai Ka Ki 黎珈圻
 S5A Wong Yat Ting 黃逸婷

Best Performance in Dancing

S4B Kam Tsz Yuet 金子越
 S5B Lam Lei Yan 林里恩

11. P.L. Tang Memorial Prize

Best Performance in Chinese

S1B Ng Tsz Yan 吳祉柔
 S2C Lui Kwan Yee 呂君怡
 S3C Poon Yu Ching 潘予晴
 S4D Choi Yan Tung 蔡欣彤
 S5C Yiu Lok Hei 姚樂希
 S6D Chan Yuet Wah 陳悅鏹

Best Performance in Chinese Literature

S4C Wan Choi Ting 尹綵瑩

S5C Yiu Lok Hei 姚樂希

S1 Chinese Creative Writing Award

S1A Yeung Tsz Ching 楊子晴

S1C Ma Hok Yau 馬學瑜

S1D Ng Lok Hei 伍諾晞

12. Eileen Lee (Credence Chinese Medicine) Scholarship

S2A Wong Cheuk Lam 王卓琳

S3A Wong Cheuk Yiu 黃芍瑤



External Awards

A. Scholarships and Grants

1. 2023-24 Grantham Scholars of the Year Award

For students who excel in academics, demonstrate good character, actively engage in extracurricular activities, and are dedicated to serving their school and community, they are considered well-rounded individuals.

S6D (2022- 2023) Siu Ho Yuet 蕭可悅

2. Sir Edward Youde Memorial Fund Prizes 2023-24

For students who have outstanding performance in academics and other learning experiences.

S6C Cheung Sum Wo 張心和

S6D Chan Yuet Wah 陳悅鏢

3. Harvard Book Prize Award 2023-24

For S5 students who have achieved academic excellence, possess exceptional personal qualities, and/ or have made a significant contribution to school or community.

S5C Hung Pui Ching 洪珮晴

S5C Yiu Lok Hei 姚樂希

S5D Fung Yuet Kiu Caron 馮乙翹

4. Youth Arch Student Improvement Award 2023-2024

S1A Ip Wing Yeung 葉詠揚

S1B Ng Tsz Yau 吳祉柔

S1C Ng Nok Ka 伍諾嘉

S1D Cheung Nga Wun 張雅媛

S2A Ng Yuet 伍悅

S2B Cheng Ho Yi 鄭可兒

S2C Sin Kiu Yan 冼翹忻

S2D Pun Lok Tung 潘樂潼

S3A Ng Tsz Ying 吳芷凝

S3B Kwok Wing Sum 郭泳芯

S3C Tang Lok Lam 鄧樂琳

S3D Siu Hiu Lam 蕭曉林

S4A Wong Yuet Ching 黃玥程

S4C Au Pak Yan 區珀甄

S5A Kwok Yan Kei 郭恩錡

S5B Ma Cho Kiu 馬楚翹

S5C Lau Sze Lam 柳詩琳





S5D Wu Cheuk Ling 吳卓鈴

B. Awards and Prizes





Our school continues to thrive in external activities. During the period from September 2023 to August 2024, a total of 255 awards were received by our students.

Some highlights of the awards are listed below:

Events	Awards
Academics	
Thailand International Mathematical Olympiad (Semi-Final 2023 - 2024)	Bronze Award S4D Cheung Hiu Yan 張曉昕 Merit Award S4C Cheung Yuet Hei 張悅曦
Greater Bay Area Mathematical Olympiad Semi-Final	Second Honour Award S4D Cheung Hiu Yan 張曉昕 Third Honour Award S2B Woo Lok Miu 胡樂苗

Events	Awards
Greater Bay Area Mathematical Olympiad Final	Third Prize Award S4D Cheung Hiu Yan 張曉昕
Hong Kong Hua Luo-geng Cup Mathematics Competition Final	Bronze Award S5D Fung Yuet Kiu Caron 馮乙翹
第二十六屆香港青少年數學精英選拔賽 	Third Honour Award S3B Woo Wing Chi 胡穎芝 S3B Huie Hoi Yin Lavena 許凱研
Hong Kong International Mathematical Olympiad 	Gold Award S4D Cheung Hiu Yan 張曉昕 S2B Lam Po Yee 林寶怡 Silver Award S2B Woo Lok Miu 胡樂苗 Bronze Award S4A Wong Wai Ki Vicky 黃蔚綺 S4D Leung See Yan Natasha 梁思焮 
Hong Kong International Mathematical Olympiad Semi-Final	Silver Award S4D Cheung Hiu Yan 張曉昕 Bronze Award S2B Woo Lok Miu 胡樂苗
Hong Kong International Mathematical Olympiad Final	Bronze Award S4D Cheung Hiu Yan 張曉昕 S2B Woo Lok Miu 胡樂苗
41 st Hong Kong Mathematics Olympiad 2023/24	Honourable Mention Certificate S5D Fung Yuet Kiu Caron 馮乙翹
International Chemistry Quiz (ICQ) 2023	9 credits, 1 distinction, and 4 high distinctions
香港青年協會 校園作家大招募計劃	非小說組 殿軍 S4D Lee Yuan Yu 李宛豫
International Science and Invention Fair (ISIF) 2023	Gold Medals S5C Lou Tsz Miu 劉芷苗 S5D Fung Yuet Kiu Caron 馮乙翹 S5D Wong Rui 黃睿
International Competitions and Assessments for Schools	Distinction S2B Lam Po Yee 林寶怡 S3C Chau Ka Ying 周嘉瑩
Hong Kong Schools Music and Speech Association 	Speech Festival—N227—S5 & S6 Dramatic Duologue 1 st Place S5D Leung Yi Sum 梁爾琛 S5D Fung Yuet Kiu Caron 馮乙翹 Speech Festival—U38—S2 Solo Verse Speaking 2 nd Place S2C Fung Yu Hei 馮予希 U46—S4 Solo Verse Speaking 3 rd Place S4A Chan Tsz Wai 陳梓慧 Speech Festival Dramatic Duologue Merit S4A Chan Tsz Wai 陳梓慧 S4C Cheng Ho Yen 鄭浩欣 S4D Zee Hoi Ching 徐凱澄 S4D Chu Queenie Pui Ling 朱霽鈴 S5D Leung Yi Sum 梁爾琛 S5D Fung Yuet Kiu Caron 馮乙翹

Events	Awards
Hong Kong Schools Music and Speech Association Speech Festival (Solo) Merit S4C Yip Cheuk Kiu 葉綽翹 S5C Li Peggy Jesslyn 李柏怡 S1A Wong Tsz Ching Cathy 黃芷澄 S3D Lau Cho Wing 劉楚詠 S1D Ho Cheuk Kiu Angie 何卓蕎 S1A Ng Yi Wun Ophillie 吳爾桓 S1A Cheng Sze Yan 鄭思恩 S2B Woo Lok Miu 胡樂苗 S2A Lee Hui Yan 李栩恩 S4A Chan Tsz Wai 陳梓慧 S5C Yip Ring Tone 葉穎桐 S1B Wong Pak Yan 黃柏甄 S3D Syeda Nimra Imran 世靈蘭 S2C Wong Hau Ching 黃巧晴 S1D Hui Yu Ching 許予晴 S1D Kung Yan Ching 龔恩澄 S1D Monahan Ella Mei S2B Cheung Hoi Ting 張愷廷 S3C Tsang Lok Sum 曾樂芯 S5D Chau Ching Nam 周靖嵐 S5D Sit Amelia Huen Yi 薛萱兒 S1A Ni N N 倪安安 S3D Chan Hei Yu 陳浹瑜 S1D Ho Yuet Luna 何月 S1C Yeung Wai Yin 楊慧妍 S1C Lee Seona 李善雅 S2C Fung Yu Hei 馮予希 S2C Li Wing Miu 李穎苗 S4C Cheng Ho Yen 鄭浩欣	
Hong Kong Secondary Schools English Debating Competitions 	Division 1 Grand Final Champion Best Speaker S4C Cheng Ho Yen 鄭浩欣 
Inter-School Debate Tournament (Organised by St Joseph's College)	Champion
STEAM	
HKSTP x JYCGIF IdeaGO Ideathon Competition 	1 st Runner-up & The Most Popular Award S4C Cheung Yuet Hei 張悅曦 S4D Cheung Hiu Tung 張希彤 S4D Leung See Yan Natasha 梁思焮 
Social Innovation Community 4.0 Competition	Public's Favorite Award, The Most Cohesive School Award S5C Lam Wing Hei 林穎晞 S5D Chan Sze Hang Celia 陳思行 S5D Cheung Hei Yu Sabrina 張希瑜
Arts, Dance, Drama, Music, Design	
J3-J16 全港青幼童大賞繪畫比賽 2023	J11 西洋畫組 Silver Award S1D Tai Hei Yu Ashley 戴希瑜
IYACC The 15 th International Open Visual Arts Competition	2 nd Runner-up S5D Wu Cheuk Ling 吳卓鈴
華潤集團「同心創夢」繪畫大賽	中學組銅 S5B Lo Hong Kiu 羅康蕎
"Control of Obscene and Indecent Articles Ordinance" Slogan and Colouring Competition 2022/23 Colouring & Slogan Competition	Distinguished Award S3C Tong Ying Lok 湯凝樂

Events	Awards
Hong Kong Child Culture & Arts Association Hong Kong Junior Penmanship Contest	3 rd Runner-up S1D Guo Po Yi 郭寶宜
2023 Hong Kong Chinese & English Calligraphy Competition	2 nd Runner-up S1D Guo Po Yi 郭寶宜
60 th Schools Dance Festival Jazz and Street Dance 	甲級獎 
Asian Sport and Art Culture Association 5 th Hong Kong Youth & Children Dance Competition Chinese Dance - Solo	Merit Award S1C Chan Sze Wan 陳思允
Focus Media Hong Kong FM Got Talent 2023	Champion, 最具台型大獎 S1D Tai Hei Yu Ashley 戴希瑜
舞藝傳奇 Legendary Cup 2023	Gold Award S1D Tai Hei Yu Ashley 戴希瑜
Asia Students Arts Festival 2024	International Round Jazz Dance Age 14-15 Group 1 st Runner-up S3B Leung Yan Kiu 梁昕蕎 
Dance World Cup Asia (Hong Kong Qualifying Match) 2024	Children Large Group Jazz — 1 st Place S1B Chung Cheuk Lok Charisse 鍾卓榮
Blue Bird Cup Dance Competition 2023	Gold Award, Silver Award S1D Tai Hei Yu Ashley 戴希瑜
Dance World Cup Hong Kong, Qualifying Match 2024	Ranked 4 th S1D Tai Hei Yu Ashley 戴希瑜
Kangaroo Cup Dance Competition 2024 Age 13 & Under Classical Ballet Solo, Age 15 & Under Jazz Ensemble	Gold — Ranking 2 S1D Tai Hei Yu Ashley 戴希瑜
第廿四屆全港校際標準舞及拉丁舞大賽 青少年高級雙項 C 組 單人拉丁舞組 (12 歲以上)	2 nd Runner-up S3B Chung Yung Yung 鍾融融
The 11 th Hong Kong International Youth Performance Arts Festival and Music Competition	Harp Class Grade 2 — Gold Prize S2D Jong Hiu Ching Danielle 張曉晴
Creative Infographic Design Competition on Application of Mathematics 2023	Bronze Award S6D Chan Yuet Wah 陳悅鐔
World Choir Games 2024 — Auckland	Silver Diploma Category O3 — Secondary School Choir
Sports	
Inter-School Swimming Competition (Division 2) Girls B Grade 	4x50m Medley Relay 2 nd Runner-up 50m Butterfly 1st Runner-up S3C Lee Wing Yau 李泳悠 100m Free Style, 50m Butterfly 2 nd Runner-up S1B Ding Tian 丁天 50m Free Style 2 nd Runner-up S3C Lee Wing Yau 李泳悠 100m Free Style 3 rd Runner-up S3A Sin Cheuk Tung 冼芍瞳

Events	Awards
2023-24 Div.III Age Group Long Course Swimming Competition (Part 2B)	100m Free Style Champion S3A Sin Cheuk Tung 冼芍瞳
2023 香港青少年田徑分齡賽 (女子 U18 組別)	3000 米 第三名, 1500 米 第四名 S5D Louie Ho Ching 雷可呈 400 米 第四名, 800 米 第四名 S6D Wong Yan To 王昕濤
2024 香港青少年田徑分齡賽	U14 組別 100 米跨欄 第二名 S1D Tang Pui Lam 鄧沛林 U14 組別 鐵餅 第三名 S1C Lo Ho Kiu Karis 盧可翹 U16 組別 1500 米 第四名 S1B Chan Ting Yeung 陳錠揚
2024 香港青少年分齡田徑錦標賽 (女子 U14 組別)	標槍 第三名 S1C Lo Ho Kiu Karis 盧可翹
All HK Inter-Secondary Schools Life Saving Competition	Line Throw (Junior) 2 nd Runner-up S1B Ding Tian 丁天 S1C Lo Ho Kiu Karis 盧可翹 100m Manikin Carry with Fins 3 rd Runner-up S4C Kam Peony Mo Cheuk 甘慕芍
Inter-school Competition Cross Country Team Girls A Grade	2 nd Runner-up 10 S4 – S6 students
Hong Kong Ladies Taekwondo Competition 2023 (Color Belt)	Champion S4D Lin Yu Ting 林愉婷
南華體育會第 74 屆全港學界田徑運動會	女甲 800 米冠軍 S6D Wong Yan To 王昕濤 女乙 800 米亞軍 S2B Zhang QiaoRuo 張巧若 女丙 4x400 米季軍
公民田徑錦標賽 青年組	女子乙組鐵餅冠軍 S4D Chan Cui Yi Cherie 陳萃頤 女子乙組鐵餅季軍 S4B Chan Hiu Yan 陳曉恩 女子公開組鐵餅季軍 S1D Lai Pik Yu 黎璧瑜 女子公開組鉛球季軍 S1D Lai Pik Yu 黎璧瑜
Inter-school Athletics Competition (Division Two)	Overall 3 rd Runner-up
Inter-school Athletics Competition (Division Two) Girls A Grade	Overall 2 nd Runner-up
Inter-school Athletics Competition (Division Two) Girls B Grade	200m 1 st Runner-up S4C Chan Ho Ching Mona 陳可晴
Inter-school Athletics Competition (Division Two) Girls C Grade	Overall Champion

Events	Awards
Inter-school Badminton Competition Division One (Hong Kong) Girls B Grade	2 nd Runner-up
Inter-school Badminton Competition Division One (Hong Kong) Girls C Grade	1 st Runner-up
Secondary School and Tertiary Institution Taekwondo Competition 2024	Champion S4D Lin Yu Ting 林愉婷
Eastern Dragon Taekwondo Championship (Poomsae)	Champion (Pair), 2 nd Runner-up (Team Female) S4D Lin Yu Ting 林愉婷
2024 Hong Kong Poomsae Competition (Colour Belt)	Champion S4D Lin Yu Ting 林愉婷
恩福跆拳道邀請賽 2024	Champion S4D Lin Yu Ting 林愉婷
China Hong Kong Mountaineering & Climbing Union	Girls Open Category (14-15 years old) 2 nd Runner-up S2D Man Hoi Ting 文愷婷
2023 超極限攀岩分站賽 U13 組女子	攀石賽 第二名、難度賽 第三名、速度賽 第三名 S2D Man Hoi Ting 文愷婷
Community Service	
2022-23 感創敢為 2.0 — 青年社會創新服務獎	金獎、最佳演繹獎、公眾最喜愛隊伍獎 S6A Ho Pui Jyu 何沛儒 S6A Leung Wing Yin 梁詠賢 S6A Liu Lok Man Marsha 劉樂蔓 S6A Lu Yat Tung 呂逸桐 S6A Mak Sum Yee 麥心怡 S4C Chan Ho Ching Mona 陳可晴 S4C Fan Coco Ho Ching 樊可程
香港紅十字會主辦 — 2023 國際減災日 — 青年藝術家！用創意推廣社區韌性創作比賽	作品《飲水思源》— 亞軍 S6B Jin Cheuk Lun 詹卓倫
Outstanding Student Leaders Award 2022-23 (The Hok Yau Club)	S5D Mok Cheuk Ki 莫卓祈
Hong Kong Red Cross (Wan Chai District) First Aid Competition 2023	1 st Runner-up 2 nd Runner-up
Hong Kong Red Cross (Wan Chai District) 2022-23 Unit of the Year 傑出青年團	Champion in Wan Chai District
教育局公益少年團 公益少年團獎勵計劃 高級獎章（紫色徽章）	S3A Lok Sau Him 駱守謙 S3B Tam Tin Ying 譚天盈 S3B Woo Wing Chi 胡穎芝 S4B Lau Kar Kei 劉嘉淇 S4C Kwong Hiu Lam 鄭曉霖
香港島校長聯會 2023 年度香港島傑出學生選舉	香港島十大傑出學生（初中組） S3B Leung Yan Kiu 梁昕蕎 灣仔區傑出學生（高中組） S5D Fung Yuet Kiu Caron 馮乙翹



香港島十大傑出學生
（初中組）梁昕蕎



Staff Development

In accordance with the school's major concern of this year, "Try all-IN SET to Shine", a workshop entitled "Cultivating Positive Emotions" was held on 29th August 2023. The workshop let teachers learn how to cultivate positive emotions. Through the "laughter yoga" activities, various games and group sharing, teachers were able to better understand common positive emotions, choose to look at things from an optimistic perspective, and learn how to enhance positive emotions or relieve negative emotions. Teachers spent an enjoyable afternoon in a relaxed mood. They were highly engaged in the activities, and could also put aside the pressure of starting school temporarily.

Besides, on the afternoon of 31st October, our school invited The Asian Academy of Family Therapy to conduct a seminar on the topic of "The family has got sick" for us. Through two real cases, the speakers and teachers investigated together how family interactions affect children's mood and behavior, and looked into how the two families in the course of treatment had found a way out. We also thought about together, from a different perspective, the kind of student support to be given by the school.

All the teachers of our school will attend the "Wan Chai District Joint Secondary School Teachers' Development Day" on 29th November 2023. In the first part, the main speaker is Dr. Lam Hiu Fung,

培養正向思維



who will speak about "學術誠信與人工智能：如何防止學生濫用人工智能學習？". In the second part, the main speaker is Ms. Sze Sau Ching, who will speak on the topic of "明辨新聞資訊真偽".

In order to prepare for the major concerns of 2024-2027, based on the questionnaire results of teachers, parents and students, an analysis of students' learning, the current situation and needs of students' moral character, affection, etc. was made by all teachers on 2nd-3rd January 2024. Then on 8th April, based on the qualitative feedback of student focus interviews, the major concerns for the next school year were finalized by all teachers, with feasible goals and strategies initially planned. Through heated discussions and professional exchanges among teachers, a consensus was reached.

On 11th June, we invited Dr. Lee Yik Ling, an alumna of our school, to give our teachers a talk entitled "How to improve body immunity from the perspective of Chinese medicine". We also invited the instructors of the Hong Kong Stretching Exercise Association to give teachers guidance on daily exercise skills at our school, to raise their awareness of health and related knowledge.

中醫與免疫系統



Alumni Association

Building Bonds and Futures

— School's 89th Anniversary Bursary Fun Fair Unites Alumni

With the generous support of our alma mater, the Alumni Association hosted the School 89th Anniversary Bursary Fun Fair event, utilizing three interconnected classrooms for the festivities for the second consecutive year. On 4th May, graduates eagerly returned to the campus to contribute to the bursary fund, reconnect with former classmates and teachers, and depart with specially crafted alumni keepsakes. Several of our popular souvenirs sold out within an hour, a testament to the overwhelming support from our alumni, teachers, and students. Just like the previous year, the Alumni Association seized the opportunity to co-host a joint gathering with the True Light Alumni Mentorship Program

(TLamp), featuring a cozy coffee corner. Despite adverse weather conditions curtailing the event to half a day, the collaboration fostered remarkable synergy in promoting both the Alumni Association and the mentorship program. Alongside the commencement of the Centenary Redevelopment Project, we launched fundraising efforts by offering TL tower bears, TL cookies, and coffee for sale. An information zone with a focus on the Centenary Redevelopment Project was also set up, providing alumni with a valuable opportunity to deepen their understanding of this initiative. All alumni are eagerly looking forward to the grand celebration of the 90th anniversary.



Embracing Community

— Alumni Association's Heartwarming Visit to True Light Care for the Elderly Home

On 25th March, the Alumni Association orchestrated a heartwarming event at the St. James' Settlement True Light Home for the Aged in Wan Chai. Fifteen beloved alumni, accompanied by their children, participated in a day filled with hymns, games, and a special Easter play, fostering connections and reinforcing values within our community.

As the day drew to a close, each resident received thoughtfully prepared gifts that embodied our tender care and affection. Not only did this visit bring joy to the



elderly but it also allowed us to express our gratitude for the warmth they have shared with us.

We extend our heartfelt gratitude to all participants, the dedicated staff at the True Light Home, and the hospitable elderly

residents. This event has rekindled our passion for public welfare and reinforced our sense of community.

Looking ahead, we are eager to continue our commitment to community service and create more opportunities for meaningful alumni interactions. Stay tuned for upcoming events and ways to get involved!



Empowering Knowledge

— Inaugural Breast Cancer Talk Unites Alumni and Parents for Awareness

On 20th July, the Alumni Association hosted its inaugural collaborative event with the Parent-Teacher Association, featuring a Breast Cancer Talk. Over 20 alumnae and parents were brought together to this momentous occasion, where our distinguished alumnae guest speakers, Dr. Sharon Chan and Dr. Cynthia Yeung, shared their valuable expertise.

The engaging and informative ninety-minute session was a treasure trove of knowledge, offering attendees profound insights into the



complexities of breast cancer. Dr. Chan and Dr. Yeung meticulously elucidated the multifaceted aspects of this disease, covering its causes, various types, essential screening methods, treatment modalities, and a range of related topics.

Not only did the event serve as an educational platform but it also fostered a sense of community engagement and support. Participants left with a deeper understanding of breast cancer, its implications, and the critical importance of awareness and proactive health measures. The synergy between the Alumni Association and the Parent-Teacher Association demonstrated the power of collaboration within the True Light family, laying a strong foundation for future initiatives and partnerships.



家長 培育工作

在培育學生的過程中，我們曉得學生的成長壓力除了來自學習和人際問題，最主要就是家庭關係；因此，中學部參加了亞洲家庭治療學院的「孩子來自家庭」計劃，把專家請到學校來，讓家長了解家庭關係對孩子發展的背後影響，從而推動健康的家庭關係。全年舉行了三次講座，共有家長 230 多次出席，每次講座後的焦點小組共有 34 人次出席，更有 7 位家長參加家長大使集思小組，為新學年家長培育的工作提出建議。另外，學校社工也舉辦「緊緊我心，讓我飛翔」家長小組，來自 10 個家庭共 17 位家長出席，4 次的相聚，讓家長藉著討論孩子的相處和管教，覺察自身的需要和夫妻的彼此期望，從而對自己、配偶和孩子帶來進深的了解和體諒。

總結全年工作，家長講座和小組的出席達 289 人次，保守估計最少接觸了 100 個家庭；活動中，家長不單踴躍參與、答問和分享，更敢於表達真情和感受，讓出席的都得著鼓勵、滋養和教導。

一、亞洲家庭治療學院主持的家長講座及焦點小組

日期	活動
23/9/2023	從家庭互動角度看孩子的問題 家長講座
7/10/2023	從家庭互動角度看孩子的問題 聚焦小組
25/11/2023	不動之身 家長講座
16/12/2023	不動之身 聚焦小組
2/3/2024	成長的困難 家長講座
23/3/2024	成長的困難 聚焦小組
11/5/2024	家長大使集思小組

二、學校社工籌辦的「緊緊我心，讓我飛翔」家長小組

小組在 4 至 6 月舉行，共有 6 次聚會；20 位家長，共 10 對夫婦出席。家長們回饋十分正面，小組不單讓家長了解子女的想法和需要，更讓大家遇上「同路人」，彼此分享意見和感受，十分得力。



小學部

校長的話

校長戴詠賢博士

在「真」空中飛行的「光」，速度每秒 30 萬公里。孩子們，你們想飛向何方呢？你們的速度將有多快？你們能飛得多遠呢？

當你們乘光飛翔時，將展開無限的可能。你們可以飛向遙遠的星系，穿越宇宙的無垠黑暗，也可以稍作停歇，在太空中回望成長的地球，令人目眩神迷。無論你們的目的地在何處，你們將探索無盡的宇宙、未知的領域，請牢記攜帶着「真光」，讓光照亮前路，為你們的冒險旅程增添勇氣。

這是屬於你們的一場冒險，一段無盡的旅程。你們或許會目睹星塵的誕生，見證恆星的燃燒，感受星體的脈動。你們將穿越五彩繽紛的星雲，領略宇宙奧秘的美麗。你們的目光將穿越時空的障礙，探索着過去、現在和未來。然而，請不要忘記，無論你們飛行多遠，都要攜帶着獨特的光芒，照亮宇宙的每一個黑暗角落，將愛和希望傳遞開去。

孩子們啊，未來的六個年頭，這道「真光」會帶你承光飛翔，超越界限，挑戰極限，追尋夢想。讓我們一起飛向未知的未來，開啟自己無限的可能性。

校務報告

疫情全面復常後的第一年，真小乘光飛翔，跟隨着上帝的光，靠着神源源不絕的供應，我們度過了豐足、愉快和刺激的一年。

潤別多年，我們重回大操場，舉行年度的運動會。真光兒女拼命地跑，場邊觀眾力竭聲嘶地打氣。聖誕歌頌會讚人熱淚，合唱團嘹亮的歌聲繞樑三日。我們一行八百多人，浩浩蕩蕩地到維園逛年宵市場，大家不亦樂乎。「召磨之道」作品展，孩子成為導賞員，用心搜集資料，為大眾訴說出大師繪畫時的心路歷程。萬眾期待的校慶遊藝會不怕風、不怕雨，繼續笑聲滿載校園。外出參觀復常，不同年級的同學可到太平山頂、消防局、公園、農莊、博物館等參觀。

上帝的恩典不多不少，永遠夠用。在天氣極度不穩的六七月裏，天父總為我們預備了好天氣來迎接各種第一次。老師帶領同學上山下海，開展了「多元探索雙週」的奇幻旅程。同學們反轉課室，自編、自導、自演，做自己學習的主人。在「探索雙週」裏，一、二年級的同學進行了主題性學習，三至五年級的同學進行專題式學習，大家圍繞着有趣的題目進行學習，樂此不疲。在「探索雙週」裏，學校再次起航，舉辦了交流團，五年級全級同學衝出香港，去了大灣區、新加坡、韓國三地作了四天的交流，親身體驗當地文化及不同地區的多元發展。經過同學們兩個多星期的努力，他們迎來了「成果分享展」。我們邀請家長一同參與、一同讚賞孩子的奇思妙想，一同見證他們的成長。

父母是孩子成長中重要的元素，因此，在疫情後，學校開放更多渠道讓家長了解、認識學校。我們舉辦了繽紛日，迎來了 1400 多位校內外的家長參與活動，同學們充當小導遊，帶領小朋友參與活動，為大家分享校園內有趣的點滴和學習時歡樂的回憶。學校舉辦了「家長學堂」，邀請家長作孩子的

老師，在課堂上教授種種有趣的知識，包紮傷口、扭氣球、VR 體驗、手工園地，確實不能不讚賞爸媽們的多才多藝和充足的預備。

每一次新嘗試都是一次探索與冒險，縱然經歷重重困難，但老師仍然邊學邊嘗試，無非想給予孩子更多奇妙的學習歷程，讓他們乘着光，飛得更遠，學習更多。



聖誕歌頌會



「召塵之道」作品展

多元探索雙週成果



韓國交流團



文化活動日逛元宵市場



家長學堂



學生活動

全方位學習活動

一年級 遊香港動植物公園



三年級 遊香港公園



二年級 參觀銅鑼灣消防局



五年級 Excursion to the Peak



五年級 親親動物在真光



英語表演



三年級 英語表演



四年級 英語表演

音樂表演



一年級演出



二年級演出



四年級演出



五年級演出



三年級演出

六年級演出



聖誕慶祝會



文化活動日暨華服日

大合照



主題活動——變臉



童逛年宵市場



戶外活動日



一年級 沙頭角農莊



三年級 樹屋田莊

二年級 假日農場



六年級 香港傷健協會賽馬會傷健營

抗逆 DIY



一年級 童心伴我行



二年級 叻叻小人類



三年級 一二三紅綠燈



四年級 基甸拓展訓練營



六年級 畢業成長營



五年級 野趣營人成長訓練營

理財工作坊—— JA 小財智・大夢想



五年級 禁毒 IDK



服務學習

聖誕慈善花卉義賣



「智」友展「真」誠共融活動



CYC 健康生活教育日營



新春慈善義賣



親子工作坊一 廢木重生暨有機體驗之旅

親子 1+1 南丫島海灘清潔日



一年級 民間雜趣



一至二年級 遊戲日



二年級 曲奇小師傅



三年級 甜心小師傅



三至六年級 陸運會



生命及成長 神母小戰士生命分享會

大合照



港島第 212 旅幼童軍



Get the Spirit Build Our Team

港島童軍繽紛日



五年級小先鋒訓練營



212 長者探訪——訓練日



212 長者探訪

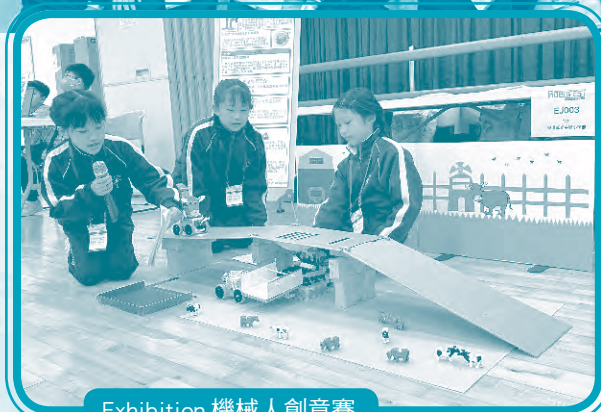


歡送六年級團員

ROBOFEST 機械人大賽 香港區選拔賽

我哋準備好

Exhibition 機械人創意賽
智慧型郊野公園垃圾管理系統



Exhibition 機械人創意賽
處理牛隻排泄物系統



RoboParade 創意機械人巡遊
初級組亞軍

2024 ROBOFEST HK Plus

UMC 機械人終極挑戰大賽
初級組亞軍



五年級 遊學團

生命「始」中尋 @ 香港



航空及創科探索之旅 @ 大灣區



資源與科技及 STEM 探索之旅 @ 新加坡

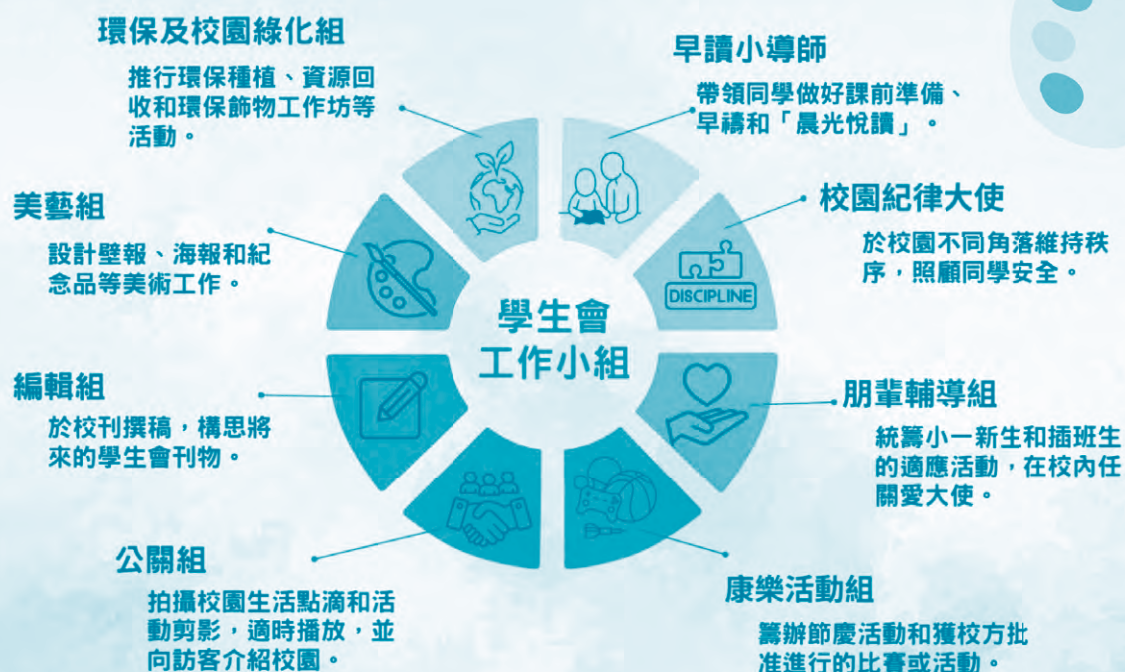


生態保育與環保及科技發展考察之旅 @ 韓國

學生會

組織架構和簡介

學生會培育理事成為「僕人領袖」，以同理心察覺他人的需要，激發理事有作領導的抱負，造福社羣。學生會每年提供三次小領袖培訓活動，並由兩位理事長和幹事會帶領八個工作小組在校內服務。



學生會就職禮



學生會名單

班別	姓名	班別	姓名	班別	姓名	班別	姓名	班別	姓名
P4		P4C	謝詩伶	P5C	劉芷瑩	P6A	古幸兒	P6B	黃頌懿
P4A	陳希如	P4C	葉可呈	P5C	李亦翹	P6A	劉曉陶	P6B	黃筠雅
P4A	陳昊	P5		P5C	文希頤	P6A	羅淋	P6B	王靄晴
P4A	許雍紀	P5A	陳雅喬	P5C	黃蓀艾	P6A	李姿觀	P6B	黃穎晞
P4A	呂安怡	P5A	陳梓晴	P5C	殷芊語	P6A	梁紫晴	P6B	黃炫嘉
P4A	吳凱琳	P5A	張霽詠	P5C	楊熹	P6A	梁睿聰	P6B	張逸凡
P4A	謝曉晴	P5A	周孜翹	P5C	楊凱彤	P6A	駱在晴	P6C	陳紫恩
P4A	黃綯琦	P5A	范心誼	P5D	區子澄	P6A	莫琳	P6C	鄭穎希
P4B	周曉萱	P5A	黎芷如	P5D	陳樂榕	P6A	黃旨琳	P6C	鄭奕桐
P4B	馮芷澄	P5A	李芊墨	P5D	張子萱	P6A	容梓悠	P6C	蔡祉祈
P4B	黎信希	P5A	潘穎璇	P5D	方言恩	P6B	陳晞	P6C	朱義雯
P4B	林淮恩	P5A	譚凱駿	P5D	符晞恩	P6B	陳希兒	P6C	柯汶暄
P4B	李松珈	P5A	楊祉虞	P5D	黎欣義	P6B	陳昕	P6C	林芷瑜
P4B	梁希霖	P5A	袁宇琛	P5D	林詩諾	P6B	周凱欣	P6C	羅紫涵
P4B	梁海瑜	P5A	袁偲睿	P5D	羅予禧	P6B	趙紫晴	P6C	李昕禧
P4B	吳卓君	P5B	張曉晴	P5D	李碧鎔	P6B	何熹霖	P6C	梁文懷
P4B	施穎妍	P5B	許諾	P5D	劉穎熹	P6B	林卓祈	P6C	梁思雅
P4B	尹鈺滢	P5B	林樂芯	P5D	蕭蔚淇	P6B	林湘愉	P6C	盧卓盈
P4B	葉亦菲	P5B	李倚辰	P6		P6B	林阮盈	P6C	盧亦飛
P4C	何巧悠	P5B	梁晞榆	P6A	卞樂欣	P6B	李穎淳	P6C	吳穎希
P4C	孔德妤	P5B	梁凱喬	P6A	陳樂庭	P6B	盧淮悅	P6C	胡潔心
P4C	廖希喬	P5B	王施悅	P6A	鄭曉楠	P6B	倪沐曦		
P4C	潘以殷	P5B	王允嵐	P6A	朱霽恩	P6B	蕭詩澄		
P4C	冼倖如	P5B	鄭熠琳	P6A	馮籽晞	P6B	鄧欣彤		



香港真光中學附屬小學 暨幼稚園 畢業禮



畢業禮訓勉辭

基督教牧愛主席
鍾嘉樂牧師



校監、校長、各位家長、各位老師、各位畢業的同學：

今天，我很高興能夠和大家一起在這裏參加小六同學的畢業禮。首先，我要介紹一下我自己，我是基督教牧愛會的主席，基督教牧愛會是由一群基督徒組織的機構，我們藉着它去關心一些曾經犯過事或者在懲教院舍裏生活的朋友。

今天，我想以真光街坊的身份來跟大家進行分享。為什麼呢？因為我在這附近生活了五十年，所以每一天，我差不多都會見到各位真光的同學，會看見穿着藍色長衫的同學。五十年前，真光裏穿藍色長衫的不只是同學，老師及校長也是穿着藍色長衫的，所以我們很難分辨出哪一位是同學，哪一位是老師。以前，我也有很多機會進入真光的校園，但今天不一樣，我很高興能在這裏參加大家的畢業禮。我相信大家都記掛着下星期二的派位結果。各位同學，其實你們比我厲害，因為我連小學都沒有畢業。可能你會感到奇怪，為何我會連小學都沒有畢業呢？因為很久前，我是讀英文學校的，而我們是由第九級開始讀到第一級，所以是沒有小學畢業的，甚至連小學的畢業證書也沒有。但現在不同了，同學們，今天們的畢業禮，而你們下星期亦將要面對派位的結果。

各位家長，你們將子女帶來真光學校讀書，這是一個最明智的決定。那麼多學校你們不選而選擇真光，我相信你們一定是發現了真光擁有一些其他學校沒有的特色，所以願意付出金錢，讓你們的子女在真光完成六年的學業。下星期二要派位了，我相信家長們都很擔心，但我想跟各位家長說，其實這是一個很好的機會、時間，讓你們和子女一起去面對他們人生中的一個考驗，陪伴他們一起去面對未知的將來。各位同學，我相信在真光六年的學習裏，真光學校已經教導了你們如何成為一個有真光精神的人，怎樣才能成為一個標準的真光兒女。我相信作為一個真光的畢業生，你們一定會把標準真光兒女的十條誠命記在心中。各位同學，無論你們將來到哪一間學校讀書，你們都要記住曾經在真光得到老師們的教導，將真光的精神傳揚開去。

今年暑假，在法國將有一個很大型的盛會舉行，不知道各位同學是否知道呢？對！就是奧運會！這次奧運會將在巴黎舉行，這是巴黎這個城市第三次舉行奧運會。在一百年前，1924年的巴黎奧運會，對於我們來說，也是一個很特別的奧運會，因為在這次的奧運會，有一位在中國天津出生的運動員參加了比賽，他當時是代表英國參加一百米跑的比



賽。但是賽事卻被編排在星期日，於是，這個運動員便毅然放棄了出賽。為什麼呢？原來這個運動員的父母都是到中國傳道的傳教士。自小，他的父母便教導他要遵守聖經的話語，就是當在安息日守衛聖人，而那一天賽事舉行的日子正是星期日，所以這位運動員毅然退出了比賽。後來，這位運動員又參加了四百米跑的比賽，這次他拿了金牌。但是這個運動員的故事，不是在這次奧運會完結後就完結。因為當他完成了大學學業後，他回到中國，回到他出生的地方——天津，在那裏建立了學校，在體育方面訓練了很多中國人。而在日本侵華的時候，這位運動員卻被日本軍人捉進了集中營。當他面對困難時，他卻沒有忘記聖經裏的話語，繼續在集中營裏面幫助很多難民、有需要的人，他為主發光發熱，在任何地方都為主作出美好的見證。在日本投降之前，這位運動員在1945年2月於集中營裏被

天父接回了天堂。但這位運動員卻為後世留下了深遠的影響，很多人受到了他的影響。他就在他生活的地方、環境裏面發光發熱。

今天，我最後想跟大家分享一首歌，希望同學們能夠記住它。這

首歌以前叫《生活歌》，1949年，何中中校長將它再編成今天的《放光芒》。這首歌裏提到，我們無論在任何地方，在每一天的生活中，都要為主發光。上帝使我們每一個人，好像一盞明燈

一樣在世上照耀，使我們在這個世界之中成為一盞燈台去照耀迷失的人。我希望同學們能一直為主發光，在每一日，每時每刻，都要為主發光。

最後，願主祝福大家！



領獎生姓名

一、學業優良生共 18 人，獲頒發獎狀及獎學金

第一 名	第二 名	第三 名
古幸兒 (六真)	鄭穎希 (六星)	鄭曉楠 (六真)
符晞恩 (五善)	劉芷瑩 (五星)	周孜翹 (五真)
呂安怡 (四真)	謝詩伶 (四星)	施穎妍 (四光)
彭悅晴 (三真)	陳心怡 (三光)	溫雅淇 (三光)
劉學思 (二真)	陳盈竹 (二信)	黃紫瞳 (二星)
李穎瞳 (一星)	劉詩雅 (一星)	招子晨 (一善)

二、本學年品學優異生共 68 人

A. 一學段品學優異生 40 人

王康賢 (一真)	王悉懿 (一真)	張恩寧 (一真)	鄭姿 (一光)
曹可言 (一光)	陳以愛 (一星)	歐諾澄 (一善)	夏敏樺 (一善)
劉學思 (二真)	劉達司 (二真)	曾琛悅 (二真)	徐心萱 (二真)
張舒雅 (二星)	余慧賢 (二星)	鄭珮澄 (二善)	范顯穎 (二善)
禰奕霖 (二善)	林慧嫻 (二善)	吳梓琳 (二善)	廖汗璇 (二信)
邱奕彤 (二望)	彭穗慧 (二望)	楊靖翹 (二望)	陳心怡 (三光)
梁芷穎 (四真)	余願 (四真)	林淮恩 (四光)	梁海瑜 (四光)
潘以殷 (四星)	冼倬如 (四星)	楊祉虞 (五真)	梁晞榆 (五光)
王施悅 (五光)	鄭熠琳 (五光)	李亦翹 (五星)	區子澄 (五善)
陳加寶 (五善)	方言恩 (五善)	張逸凡 (六光)	鄭奕桐 (六星)

B. 全學年品學優異生 28 人

陳芯賢 (一真)	鄭奕霏 (一真)	鄭梓希 (一光)	鍾迦悠 (一光)
黃雪喬 (一光)	歐陽樂澄 (一星)	李穎瞳 (一星)	盧雅淳 (一星)
白皓晴 (一善)	陳曉澄 (一信)	林浩致 (二真)	吳欣庭 (二光)
羅葦琳 (二星)	劉穎欣 (二善)	陳盈竹 (二信)	呂安怡 (四真)
施穎妍 (四光)	何巧悠 (四星)	謝詩伶 (四星)	劉芷瑩 (五星)
張子萱 (五善)	陳樂庭 (六真)	鄭曉楠 (六真)	古幸兒 (六真)
劉曉陶 (六真)	鄭穎希 (六星)	林芷瑜 (六星)	盧亦飛 (六星)

三、操行獎生

A. 一學段操行獎生 4 人

林卓祈 (六光)	鄭穎希 (六星)	林芷瑜 (六星)	梁文懷 (六星)
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B. 全學年操行獎生 1 人

張逸凡 (六光)

小學部 光榮榜








科目	日期	賽事名稱	主辦機構	獎項及得獎者	
中文	2024.03	2024 第 30 屆聖經朗誦節	漢語聖經協會	獨誦學校組小二組廣東話優異獎	二望黃穎遙
		香港學科比賽 2023-2024 上學期初賽	Fun Fun Arena	小學四年級中文科金獎	四真楊詠心
	2024.04	第 75 屆香港學校朗誦節	香港學校音樂及朗誦協會	探本溯源盾	一善彭以澄 四光吳卓君 六真鄭曉楠
				粵語散文獨誦榮譽冠軍	一善彭以澄
				粵語獨誦冠軍	四光吳卓君 六真鄭曉楠
				粵語獨誦亞軍	一真陳芯賢
				粵語獨誦季軍	一善鄭熙媛 二光杜祉殷 二信郭天藍
				粵語獨誦優良獎 24 項	
				粵語獨誦良好獎 14 項	
				小學部粵語集誦隊優良獎	
		愛惜地球 第八屆全港中英文徵文大賽 2023	香港青少兒童文藝協會	小學高級組金獎	五光王允嵐
	2024.05	第十七屆全港學生公開朗誦比賽 2024	朗誦及音樂推廣協會	小學組 P1-P2 粵語一新詩冠軍	二望黃穎遙
	2024.06	2024 年「金筆盃」華文文學即場創作比賽	中國青少年語言文化學會	決賽特等獎	二望呂穎彤
				初賽銅獎	二真劉學思
				初賽二等獎	二望呂穎彤
		2023-2024 全國青少年語文知識大賽「菁英盃」現場作文總決賽 (深圳賽區)	中國青少年語言文化學會	一等獎	四真余 願 四真梁芷穎 四光夏敏翹 四光林淮恩 三光郭知沂
				二等獎	六光林阮盈 四星冼倬如 三光溫雅淇 二善林慧嫻
				三等獎	五星李亦翹 五星嚴詩澍 五善洪悅翹 二望呂穎彤
		2023-2024 全國青少年語文知識大賽「菁英盃」現場作文決賽 (香港賽區)	中國語文現代化學會	一等獎	四真梁芷穎 四星冼倬如 三光溫雅淇
				二等獎	五星李亦翹 四真余 願 四光林淮恩 三真郭姿涵 三光郭知沂 二善林慧嫻 二望呂穎彤
				三等獎	六真張浠滂 六光陳一蔚 六光林阮盈 五星文希頤 五善洪悅翹 五星嚴詩澍 四真陳希如 四光夏敏翹

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
中文	2024.06	2023-2024 全國青少年語文知識大賽「菁英盃」現場作文初賽(香港賽區)	中國語文現代化學會	一等獎	六光陳一蔚 四星冼倬如 三光郭知沂
				二等獎	五星文希頤 五善洪悅翹 四真余願 四光林淮恩
				三等獎	六真張浠滢 六光林阮盈 五星李亦翹 五星嚴詩澍 四真陳希如 四真梁芷穎 四光夏敏翹 三真郭姿涵 三光溫雅淇 二善林慧嫻 二望呂穎彤 一望陳珮之
		第十七屆全港學生公開朗誦比賽	朗誦及音樂推廣協會	香港學校朗誦節誦材組小學二年級粵語冠軍	二望黃穎遙
普通話	2023.10	KPCC 金口盃 2023	清華紫光教育	普通話新詩銀獎	一星梁家穎
	2023.12	第六屆 GAPSK 兒歌唐詩精英大賽	GAPSK	P1-P2 小學組：自選兒歌 / 自選唐詩優異	一星梁家穎
	2024.02	中華文化盃 2023 朗誦比賽	清華大學對外漢語教學中心	P1 組普通話童謠金獎	一星梁家穎
		語文智能之第七屆香港國際朗誦公開賽	香港多元智能教育協會	小學高級組 (P5-P6) 季軍	五光王允嵐
	2024.04	第 75 屆香港學校朗誦節	香港學校音樂及朗誦協會	普通話獨誦榮譽冠軍	六真陳樂庭
				普通話散文獨誦亞軍	一光吳洛欣 一信邱子玲 二光陳曉晴
				普通話詩詞獨誦亞軍	三光黃靖然
				普通話詩詞獨誦季軍	一星林仟嵐 二真曾琛悅 二信吳逸潼 四星張可悠 四星謝詩伶 五真張信怡
				普通話散文獨誦季軍	一信彭旭琳
				普通話獨誦優良獎 41 項	
				普通話獨誦良好獎 10 項	
英文	2023.10	全港青少年兒童朗誦及故事演講大賽 2023	香港青年創藝協會	English Storytelling (Group 2017) Gold	一星梁家穎
	2024.01	Bestie's Speech Cup 2023 Inter-school Speech Competition	Bestie's Speech Cup Competition Committee	Lower Primary Group Solo Verse Speaking Bronze Award	一星梁家穎
	2024.02	第四屆香港學界朗誦大賽 2023	香港青年兒童文藝協會	英語小學低年級組銀獎	一星梁家穎
	2024.03	Hong Kong Aptitude Competition 2023-2024 English Language Contest First-term Preliminary	Fun Fun Arena	Primary 4 Gold Award	四真楊詠心
	2024.04	第 75 屆香港學校朗誦節	香港學校音樂及朗誦協會	英語獨誦亞軍	一光鄭梓希 四星謝詩伶 五真鄧恩程 六星鄭奕桐
				英語獨誦季軍	一光文馨 一善鄭熙媛 一信彭旭琳 三光古庭熙 六光何熹霖 六星朱義雯
				英語獨誦優良獎 54 項	
				英語獨誦良好獎 3 項	

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
英文	2024.07	Canadian English Writing Competition 2023-24 Arch Cup live Preliminary Competition	English Association of Asia	Gold Award	五真黎芷如 四真余願
				Silver Award	六光趙紫晴 六星李昕禧 六星顏曉昀 五光徐梓睿 五星劉芷瑩 五善陳加寶 三星譚穎晴 二善黃貝聆
				Bronze Award	六星朱義雯 二望何睿雪 二望呂穎彤
		Canadian English Writing Competition 2023-24 Arch Cup live—Semi-final Competition	English Association of Asia	Gold Award	六光趙紫晴 四真余願
				Silver Award	六星朱義雯 五真黎芷如 五光徐梓睿 五善陳加寶 二善黃貝聆
				Bronze Award	六星李昕禧 三星譚穎晴 二望呂穎彤
		Canadian English Writing Competition 2023-24 Arch Cup live—Final Competition	English Association of Asia	Gold Award	六星朱義雯 五真黎芷如 四真余願 三星譚穎晴 二善黃貝聆
				Silver Award	五光徐梓睿 五善陳加寶
				Bronze Award	六光趙紫晴 六星李昕禧 二望呂穎彤
	2024.06	Asian English Spelling Competition 2024 Golden Bee Cup live—Heat Competition	English Association of Asia	Silver Award	二善黃貝聆
				Bronze Award	六星李昕禧 三光郭知沂 三星陳鈺穎 二真陳靜芊
		Asian English Spelling Competition 2024 Golden Bee Cup live—Semi-final Competition	English Association of Asia	Silver Award	二善黃貝聆
				Bronze Award	三星陳鈺穎 二真陳靜芊
		Asian English Spelling Competition 2024 Golden Bee Cup live—Final Competition	English Association of Asia	Bronze Award	三星陳鈺穎 二真陳靜芊 二善黃貝聆 一真王悉懿
		2024 Arch Cup Asian English Usage Contest—Final Event	English Association of Asia	Gold Award	二望陳瑋臻
				Silver Award	六星鄭穎希 四星何巧悠
				Bronze Award	四真梁康悠 四星余芊澄 三星陳鈺穎 二星黃柏澄
		2024 Arch Cup Asian English Usage Contest—Heat Event	English Association of Asia	Gold Award	二望陳瑋臻
				Silver Award	六星鄭穎希 四星何巧悠 四星余芊澄 二星黃柏澄
				Bronze Award	五真林浠翹 三星陳鈺穎 一真陳芯賢

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
數學	2023.07	第三屆全港學界數學挑戰賽 2022	香港青少年兒童文藝協會	小學四年級組金獎	六真梁紫晴
	2023.09	數學智能之第九屆全港數學盃挑戰賽	香港多元智能教育協會	小學四年級組亞軍	五光王允嵐
	2024.02	2023 香港學界數學及奧數精英賽	香港兒童數學協會	小一數學組銀獎	一星劉詩雅
		數學智能之第十屆全港數學盃挑戰賽	香港多元智能教育協會	小學五年級組冠軍	五光王允嵐
	2024.03	香港學科比賽 2023-2024 上學期初賽	Fun Fun Arena	小學四年級數學科季軍	四真楊詠心
	2024.04	2023 粵港澳大灣區數學精英盃大賽 (香港賽區)	亞洲教育聯盟	P4 組別銀獎	四星謝詩伶
		2023 學而思盃全港數學奧林匹克精英挑戰賽	學而思教育中心	小學三年級組三等獎	三星蔡愷叡
	2024.05	2024 亞洲國際數學奧林匹克公開賽 (港澳盃 AIMO Open) 初賽	香港數學奧林匹克協會	小學五年級銅獎	五光張曉晴
		數學智能之第十一屆全港數學盃挑戰賽	香港多元智能教育協會	小學五年級組卓越獎	五光梁晞榆
	2024.06	「華夏盃」全國數學奧林匹克邀請賽 2024 (香港區賽) 初賽	香港數學奧林匹克協會	一等獎	六真卞樂欣
				二等獎	六真梁睿聰 五真石凱文 四星何巧悠 二真劉學思 二光霍鈺悅 二星黃紫瞳 二信王曄天 二望高頌雯 二望譚栩芊 一真張恩寧
				三等獎	五光張曉晴 五星李柳萱 五星李亦翹 四真何曉瞳 三光卓靖桐 三光黃靖然 三星蔡愷叡 三星勞穎怡 三真何梓楷 二真蔡睿妍 二光霍鈺悅 二善劉穎欣 二望高頌雯 二望謝予蓓 一真朱曉晨 一信陳珮之
				二等獎	六真卞樂欣 六真梁睿聰 六真梁睿希 五光張曉晴 四星何巧悠 二真劉學思 二星黃紫瞳
				三等獎	五星李柳萱 五星李芷悠 五星李亦翹 五星嚴詩潑 三光黃靖然 三星勞穎怡 三真蔡睿妍 二光霍鈺悅 二信王曄天 二望譚栩芊 二望謝予蓓 一真張恩寧 一真朱曉晨



科目	日期	賽事名稱	主辦機構	獎項及得獎者	
數學	2024.06	「華夏盃」全國數學 奧林匹克邀請賽 2024 全國總決賽 	香港數學奧林匹克協會 	二等獎	六真卞樂欣 六真梁睿聰 六真梁睿希
				三等獎	五光張曉晴 五星李芷悠 五星李柳萱 四星何巧悠 三光黃靖然 三星勞穎怡 二星黃紫瞳 二望譚栩芊 二望謝予蓓
		2024 港澳數學 奧林匹克公開賽初賽 (港澳盃 HKMO Open)	香港數學奧林匹克協會	金獎	六真梁睿聰 一星陳梓瑜
				銀獎	六真梁睿希 一真朱曉晨 一真王悉懿 一星陳梓瑜
				銅獎	五真石凱文 五光張曉晴 五星李亦翹 四星何巧悠 三星勞穎怡 一信陳珮之
		2024 亞洲國際數學 奧林匹克公開賽晉級賽 (AIMO Open)	香港數學奧林匹克協會	銀獎	六真梁睿聰 六真梁睿希 五星李亦翹 一星陳梓瑜
				銅獎	五光張曉晴 三星勞穎怡 一真王悉懿
		粵港澳大灣區數學競賽預選賽 2024	奧冠教育中心	香港賽區小四級二等獎	四星何巧悠
				晉級賽小四級二等獎	四星何巧悠
		第三十一屆香港小學 奧林匹克數學比賽 	香港數學奧林匹克學校 	小學一年級金獎	一星陳梓瑜
				小學一年級銀獎	一善招子晨
				小學一年級銅獎	一真張恩寧 一真朱曉晨 一真勞子誠 一真王悉懿 一星歐陽樂澄 一星崔恩碩 一星梁家穎 一星劉詩雅 一星葉紀廷 一善陳靜芝 一善楊洛銅 一善邱懿晴 一信鍾憫昕 一信梁凱淳
				小學二年級金獎	二信丁浚然
				小學二年級銀獎	二真劉學思 二信張頌晞
				小學二年級銅獎	二真蔡睿妍 二真洪悅翹 二真徐心萱 二光文悠 二光王景行 二光李彰涵 二星陳蕙心 二星黎穎凝 二星黃紫瞳 二善禰奕霖 二望鍾藹溫 二望譚栩芊 二望謝予蓓
					

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
數學	2024.06	第三十一屆香港小學 奧林匹克數學比賽	香港數學奧林匹克學校	小學三年級銅獎	三光黃靖然 三星鍾敏晞 三星勞穎怡 三星蔡愷觀
				小學四年級銅獎	四真梁芷穎 四真何晞瞳 四光李松珈 四星何巧悠 四星謝詩伶 四星姚楚蕎 四星吳辰熙
				小學五年級銀獎	五善區子澄
				小學五年級銅獎	五真石凱文 五星劉芷瑩 五星李柳萱
				小學六年級銅獎	六真卞樂欣 六真梁紫晴 六光李穎淳 六光張逸凡
STEM	2023.07	2023/24 Robofest Plus 機械人大賽 BottleSumo 機械人相撲賽	Lawrence Technological University Robofest Hong Kong	金獎	六真卞樂欣 六星林紫悅 六星胡潔心
				銀獎	六真馮國南 校友吳梓穎
				銅獎	五真范心誼 五光曾樂施 五星李亦翹 五光王施悅 五光黃晞孜 五星李芷悠
		2023/24 Robofest Plus 機械人大賽 UMC 機械人 終極挑戰賽初賽	Lawrence Technological University Robofest Hong Kong	亞軍	五真范心誼
				金獎	六光周凱欣 六星胡潔心 五星李亦翹
				銀獎	六光林湘愉
		Discovery Education Coding Challenge 2023 香港	香港機械人學院	銅獎	五星李芷悠
				初級組冠軍	四星關芷晴
	2024.01	Discovery Education Coding Challenge Hong Kong Regional Selection	Discovery Education	Lower Division Gold Award	四光鄭曉悠
	2024.04	第三屆全港定格動畫創作比賽	STEM EdTech Lab	高小組優異獎	四光王思悅 四光張卓凡
	2024.05	International Discovery Education Coding Competition	Discovery Education	Junior Category Gold	四星關芷晴
		Discovery Education Coding Competition(香港區選拔賽)	Discovery Education	初級組亞軍	三光黃靖然
				初級組金獎	三真程曉悅 三真關詠恩 三光卓靖桐
		RoboParade 創意機械人巡遊	香港機械人學院	初級組季軍	四真袁穎芯 四光許芷臻 四星謝詩伶 四星余芊澄
				初級組金獎	四真梁芷穎 五光許諾 五星余蔚然 四光張卓凡 四光陳樂行 四星張心元 六星馮子朗
		Exhibition 機械人創意賽	香港機械人學院	初級組銀獎	五光王施悅 五光黃晞孜 五星李芷悠

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
STEM	2024.05	Exhibition 機械人創意賽	香港機械人學院	初級組銅獎	五星李亦翹 五真范心誼 六光黃筠雅 六星胡潔心
視藝	2023.07	尋找聖誕老人— 填色 / 繪畫 / 書法 / 攝影 / 電腦平面設計比賽	香港國際文藝交流協會	少年組亞軍	六真梁紫晴
	2023.10	巴黎青年藝術空間— 國際兒童繪畫大賽 2023	香港青年創藝協會	Bronze	一星梁家穎
		J3 – J16 全港青幼童大賞 繪畫比賽 2023 X 大阪作品展	good morning class	J7 西洋畫組 Silver Award	三真盧卓瞳
		威尼斯國際青少年繪畫大賽	國際資優教育及藝術協會	金獎	三真盧卓瞳
		2023 年度世界清潔地球日 填色比賽	香港文創薈	高小組金獎	四光黎信希
		亞洲藝術節藝術繪畫大賽 2023	童文化藝術協會	高小組冠軍	五星嚴詩澍
		威尼斯國際青少年繪畫比賽	國際資優教育藝術協會	金獎	五星嚴詩澍
	2023.12	IYACC The 15 th International Open Visual Arts Competition	IYACC	Age Group 11 Own Theme Champion	六星李梓瑜
		香港藝術薈英繪畫大賽 彩繪夢想	香港當代藝術學院	兒童 B 組—漫畫季軍 兒童 A 組—兒童畫季軍 兒童 B 組—油畫 / 塑膠彩良好	六星李梓瑜 四真吳凱琳 六真梁紫晴
		Ocean Creatures Painting Contest 2023	World Gifted Culture & Arts Association	Primary P.3-P.4 Silver Award	三真盧卓瞳
		2023 年度伍 SIR 學生排名 錦標賽	中國香港乒乓球學校	三年級或以下組別優勝獎狀	三真盧卓瞳
		Kentucky International Youth Art Competition	Kentucky Folk Art Centre	Gold Award	六真陳紫恩 四真吳凱琳
	2024.01	法國羅浮宮參展賽	International Gifted Education & Art Association	Group D: 2013 金獎	四星梁嘉宜 四真吳凱琳
	2024.02	第 5 屆 515 國際家庭日 全港青少兒繪畫比賽 2023	GNet Star	小童組銀獎	二真林蔚滄
		第 16 屆香港青少年及幼兒 藝術節	中國藝術家協會香港秘書處	小學 / 二年級組水彩及粉彩畫 銀獎	二真林蔚滄
	2024.03	2023 年度友您寵愛繪 畫創作比賽	香港文創薈	兒童組亞軍	四真左思穎
		《綻放·美》小小候選 設計師比賽	涂涂沫沫文化傳播 (深圳) 有限公司	金獎	四真左思穎
		2024 香港青少年藝術家 繪畫比賽	多元藝術教育協會	繪畫 P4 冠軍	四光李柏瑤
		2023 年「國壽小畫家」 繪畫比賽	中國人壽保險 (海外) 股份有限公司	兒童組「專業獎」銀獎	四真左思穎
	2023.04	香港青少年兒童繪畫 公開賽 2023	香港兒童文化藝術協會	幼童組季軍 食物 (少兒組) 銀獎	一星劉詩雅 五善吳旻晞
		第二屆招財貓設計比賽	香港文創薈	兒童組冠軍	四真呂安怡
		粵港澳大灣區青少兒童 繪畫大賽 2023	香港藝術及文化發展協會	兒童 B 組銅獎	三星陳鈺穎
		AKT & OPCFHK Project Sea Animals Painting Contest 2023	Asia Kids Talent	Primary 3-4 Silver Award	三真盧卓瞳
		2024 Art Talent Competition	Association for Gifted and Talented Children	Western Painting Primary 1-3 Division Gold Award	三真盧卓瞳
		第十三屆世界兒童繪畫大獎賽 2024	世界兒童藝術文化協會	小童組西畫金獎	二星張愷恩
		"Welcome to Nagasaki City" Coloring and Digital Drawing Competition	Nagasaki House Burabura	Junior Group Champion	二善鄭晞頤
	2024.05	第 93 屆世界兒童美術大會	世界兒童美術大會	全球最優秀賞	五光李倚辰
		Concurso Internacional de Arte Juvenil PICASSO 2024 (Partido Preliminar)	Institute Barcelones D' Art	Upper-senior Group Gold Award Senior Group Gold Award	六星李梓瑜 三星李梓安

科目	日期	賽事名稱	主辦機構	獎項及得獎者
視藝	2024.06	第二屆粵港澳大灣區全能藝術家比賽	粵港澳大灣區文藝協會	繪畫組小學 P.3 至 P.4 組香港及澳門區冠軍 繪畫組小學 P.3 至 P.4 組香港及廣東區冠軍 繪畫組小學 P.3 至 P.4 組香港及大灣區 (粵港澳) 亞軍
	2024.07	2 nd Hong Kong Youth and Children's Painting Competition 2024	Hong Kong Youth and Children Talent Association	Primary P.1-P.2 Free Topic Champion Primary P.1-P.2 Animals Champion
				二光曹文歡
音樂	2023.09	第三屆香港青少年音樂家計劃 一港青盃	博思教育 (國際)	英國皇家音樂學院考試組小提琴五級獨奏亞軍
	2023.12	第二屆世界資優音樂比賽 2023 (中樂)	世界資優文化藝術交流協會	P.3-P.4 組 冠軍
		第五屆拔萃兒童音樂大賽 (中樂)	香港拔萃兒童文化藝術協會	P.3-P.4 組 冠軍
		2023 學界兒童音樂挑戰大賽 (中樂組)	Hong Kong Schools Children Challenge Contest	P.3-P.4 組 冠軍
		全港 18 區港島南區音樂比賽 (第六屆中樂組)	香港文藝協會	P.3-P.4 組 冠軍
		佛山市第五屆少年兒童粵劇折子戲比賽	佛山市教育局	銅獎
	2024.01	AIMA Royal Cup Music Competition 2023-2024	AIMA	Piano Music Festival Group—Grade 1 3 rd Place
		44 th International Children and Youth Strings Competition	GASCA	Group D Junior 1 st Runner up
	2024.03	Lyrical Flute International Championship	Allegro Music Publishing	9 & 10 Years Age Highly Commend
		2023 International Classical Music Talent Competition	Classical Music Talent Competition	Champion
		2023 香港青少年藝術家比賽	多元藝術教育協會	String P3-P4 冠軍
		Hong Kong Youth and Children's Music Competition—String 2023	Hong Kong Youth and Children Talent Association	Primary P.3-P.4 Champion
		14 th Asia Kids & Teenagers Music Contest	Asia Kids Talent	Primary P.3-P.4 Champion
		2023 國際兒童及青年小提琴大賽	國際兒童文化藝術發展協會	兒童組金獎
	2024.04	亞洲傑出精英藝術節大賽 2024	亞洲創意綜合藝術協會	Piano P4 Champion
		2024 香港國際之星藝術創作大賽	思雅創意國際藝術發展協會	Piano P4 Champion
		全港十八區音樂比賽	香港文創薈	灣仔區小學 P.3-P.4 組鋼琴冠軍
	2024.05	全港十八區西貢區音樂比賽	香港文藝協會	弦樂組 (第八屆) 小學 P.1 至 P.2 組亞軍 小學 P.3-P.4 組冠軍
		2 nd Hong Kong Youth and Children's Music Competition—String 2024	Hong Kong Youth and Children Talent Association	Primary 1-2 Champion
		第 76 屆香港學校音樂節	香港學校音樂及朗誦協會	鋼琴獨奏冠軍通利音樂大獎 鋼琴獨奏亞軍 鋼琴獨奏季軍
				四真余 願 二光曹文歡 五光王允嵐 四星劉海栢 四星劉海栢 四星劉海栢 四星劉海栢 四星劉海栢 一真勞子誠 二善鄧 安 四真楊詠心 四真楊詠心 四光李柏瑤 四光李柏瑤 四光李柏瑤 四光李柏瑤 四真呂安怡 四真呂安怡 四真呂安怡 一真鄭奕霏 三光司徒朗芝 一真鄭奕霏 四星毛安娜 三光郭知沂 一光吳卓殷 二望謝予蓓 四真呂安怡 四星韓穎賢
				鋼琴獨奏銀獎 42 人

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
音樂	2024.05	第 76 屆香港學校音樂節	香港學校音樂及朗誦協會	鋼琴獨奏銅獎 31 人	
				長笛獨奏季軍	四真楊詠心 六真朱霽恩
				長笛獨奏金獎 2 項	
				長笛獨奏銀獎 2 項	
				長笛獨奏銅獎 1 項	
				小提琴獨奏銀獎 5 項	
				小提琴獨奏銅獎 1 項	
				聲樂獨唱銀獎 2 項	
				中音薩克斯管獨奏銀獎 1 項	
				單簧管獨奏銀獎 1 項	
				單簧管獨奏銅獎 1 項	
				琵琶獨奏銅獎 1 項	
				二胡獨奏銅獎 1 項	
				小學部高級合唱團冠軍	
				小學部中級合唱團銀獎	
				小學部節奏樂隊銅獎	
體育	2023.09	台中挑戰賽 • 小鐵人	Fun 3 Sport	9 歲組第二名	
				五光饒望晴	
				2023 Trikids Duathlon Series Race 2 Trikids Distance 1	
				中國香港三項鐵人總會	
				Girl 2013 1 st Runner up	
				五光饒望晴	
	2023.10	賀國慶暨香港回歸 26 周年 第三屆香港青年發展聯盟盃	香港青年發展聯盟	2015 組碗賽冠軍	
				三真楊子臻	
				籃球王聯盟 frees style 4 on 4	
				HKReb	
				男女混合 U9 亞軍	
				三光司徒朗芝	
				香港市民盃三人球賽 2023	
				香港籃球總會	
				女子 U12 歲組季軍	
				三光司徒朗芝	
				日清出前一丁青少年 網球新秀賽 2023 (賽站四)	
				香港網球總會	
				GS8 亞軍	
				三光司徒朗芝	
				中秋追月盃三人籃球賽 2023	
				元朗籃青籃球會	
				女子小學組 U12 冠軍	
				三光司徒朗芝	
				赤子全港公開三人籃球挑戰賽 2023 國慶盃	
				赤子體育	
				女子 U10 冠軍	
				三光司徒朗芝	
				康年十週年紀念盃籃球賽	
				康年社會服務處	
				女子 U8 冠軍	
				三光司徒朗芝	
				大埔區慶回歸 3X3 兒童少年 籃球賽 2023	
				運動版圖	
				U9 男女混合季軍	
				三光司徒朗芝	
				港九小學學界前哨戰	
				史丹福游泳學校	
				女乙 100 米 蛙式第二名	
				五星錢皓澄	
				女甲 100 米 蛙式第三名	
				五善羅予禧	
				女甲背泳 50 米第三名	
				五善李宸寧	
				2023 公民田徑錦標賽第三站	
				公民體育會	
				女少丁組 100 米季軍	
				三真羅諾芝	
				女子 U8 冠軍	
				三光司徒朗芝	
				2023-2024 年度港島 東區小學校際游泳比賽	
				香港學界體育聯會	
				女子乙組 50 米背泳亞軍	
				五善方言恩	
				女子乙組 100 米 自由泳亞軍	
				五善方言恩	
				男子甲組 100 米蛙泳殿軍	
				五真冼卓謙	
				女子甲組 50 米蝶泳季軍	
				六真甘慕萱	
				女子甲組 100 米蛙泳殿軍	
				六真朱霽恩	
				女子甲組 100 米自由泳殿軍	
				六真甘慕萱	
				女子甲組團體殿軍	
				女子乙組團體第 5 名	
				飛越啟德 • 第五屆 全港學界跳繩比賽	
				香港繩聯	
				30 秒前繩速度賽灣仔區小學 初級女子組亞軍	
				四真何晞瞳	
				第十五屆灣仔體育舞蹈公開賽	
				灣仔區文娛康樂體育會	
				季軍	
				六星盧卓盈	

科目	日期	賽事名稱	主辦機構	獎項及得獎者
體育	2023.10	26 週年回歸盃三人籃球挑戰賽 2023	康年社會服務處	女子 U10 冠軍 三光司徒朗芝
	2023.11	愛鄰舍 2023(十四屆) 室外三人籃球賽	愛鄰舍 服務協會	最強射手獎 三光司徒朗芝
		DSAYBL Season 8	Dream Sports Academy	U8 冠軍 三光司徒朗芝
		青幼三人籃球挑戰賽 (何文田賽)	九龍城區康樂體育促進會	U8 女子冠軍 三光司徒朗芝
		Allstar Hong Kong (U17) Fencing Championships 2023	Hong Kong Fencing School	U10 女子冠軍 二真劉達司
	2023.12	東區分齡乒乓球比賽 2023	康樂及文化事務署 	U7 Boy's Foil Individual 2 nd Runner up
				女子青少年單打 FJ 組 (10-11 歲) 季軍 六真陳樂庭
	2024.01	ASA Winner Tournament 2023 2023 深港青少年足球邀請賽	Adventure Sports Academy	女子青少年單打 FJ 組 (10-11 歲) 殿軍 五善陳樂榕
				Top Gold Scorer 三真楊子臻
		2023 深港青少年足球邀請賽	深圳市鐵狼 青訓足球俱樂部	U9 組優秀球員 三真楊子臻
		康年青幼三人籃球挑戰賽 總決賽	康年社會服務處	女子 U10 冠軍 三光司徒朗芝
		Glam Christmas 3x3	Glam Basketball	女子 U8 冠軍 FMVP 三光司徒朗芝
		赤子全港公開賽三人球挑戰賽	赤子體育	女子 U8 投籃賽亞軍 三光司徒朗芝
		2023 ISI Skate Hong Kong	Ice Skating Institute Asia	Char. Spot. Delta 1 st Place 二真林蔚滄
		第三屆東南海青少年盃	Top Class Football Academy	U10 組碟賽冠軍 三真楊子臻
		2023-24 年度港島東區小學 校際田徑比賽	香港學界體育聯會 	女子甲組 400 米第二名 六光趙紫晴
				跳高第三名 六光區葆妍
				擲壘球第四名 六光陳希兒
				女子乙組 60 米 第二名 五善黎欣義
				女子丙組 60 米 第三名 三真羅洛斯
				女子丙組團體 第四名
				女子甲組團體 優異獎
		2023-2024 全港公路繞圈賽	香港單車總會	Women Youth 11-13 季軍 五光饒望晴
		PMF 限定三角邀請賽 2023-2024	Play More Football Academy	冠軍 三真楊子臻
		香港小學跆拳道隊際賽 2023 公民田徑錦標賽 (系列賽第三站)	香港跆拳道正道館 公民體育會	男童色帶組 (品勢) 季軍 二真劉達司
				100M 第 3 名 三真羅洛斯
	2024.02	2023-2024 年香港短池分齡 游泳錦標賽	中國香港游泳總會	Girls 10 Yrs & Under 50M Backstroke 1 st runner up 五善方言恩
		2023-2024 香港短池分齡 游泳 Division II (D2) 比賽		第一名 五善方言恩
		2023 Duathlon Series Award Trikids Distance I	香港三項鐵人總會	1 st Runner up 五光饒望晴
		第七屆省港澳武術錦標賽	李勁德武術體育會	男子 A 組傳統拳銀獎 二光衛皓天
		Hong Kong Junior Basketball League U10	Hong Kong Junior Basketball League	冠軍 三光司徒朗芝
	2024.03	全港個人全能跳繩錦標賽 2024	香港島青年聯會	公開組 12-14 歲女子組 個人總成績亞軍 六光趙紫晴
		2023 巔峰舞者 香港體育舞蹈錦標賽	Viva Dance	10 歲及以下拉丁獨舞單項 C 第一名 四真左思穎
		全港個人全能跳繩錦標賽 2024	香港花式跳繩會	12-14 歲女子組 30 秒後交叉開速度跳冠軍 六光趙紫晴
				8 歲女子組 30 秒交叉開速度跳優異獎 二真林蔚滄
		全港分區小學跳繩比賽 2024	香港專業花式跳繩學校	港島東區一女子組 單車步冠軍 六光趙紫晴
				二重跳冠軍
		2023 中西區青少年學界 體育舞蹈賽暨 CDPA 季度 公開賽暨 Step Up 聯校選拔賽	中西區文化藝術協會	12 歲或以下分組單人 J2 First 12 歲或以下單人 S First 六星盧卓盈
		Glam Easter Tournament 2024	Glam Basketball	U10 Girls Champion FMVP 三光司徒朗芝

科目	日期	賽事名稱	主辦機構	獎項及得獎者
體育	2024.04	赤子全港公開三人籃球賽	赤子籃球	女子 U8 冠軍 女子 G10 冠軍 三光司徒朗芝
		2024 年 2 月太古學生排名錦標賽	中國香港乒乓球學校	一年級至四年級 季軍 三真盧卓瞳
		2023 ISI Skate Hong Kong	Ice Skating Institute Asia	Freestyle 1 3 rd Place 二星張愷恩
		獅子會全港青少年五人足球比賽	國際獅子會中國港澳三 O 三區	男子 U10 碟賽 冠軍 三真楊子臻
		Hong Kong Junior Age Group Athletics Competition 2024-2	Hong Kong Distance Running Club	Boys' U10 Long Jump Champion 三真楊子臻
		Indoor Speed Skating Championship 2024	東區體育會	U11 Girls (Speed) — 2Laps Position 1 U11 Girls (Speed) — 6Laps Position 2 五真范心誼
	2024.05	HKFC Junior Soccer Sevens 2024	Hong Kong Football Club	Under 9 Boys Premier Cup Winner 三真楊子臻
		2024 哥爾夫球會五一勞動節盃全港 5 人足球公開賽	北區清河球會	2014-15 組 碟賽冠軍 三真楊子臻
		新界區全民飛魚大賽	愉園體育會游泳部	25 米蝶泳冠軍 25 米蛙泳季軍 25 米自由泳亞軍 一星崔恩碩
		第三十九屆沙田區分齡游泳比賽	康樂及文化事務處	男子青少年 H 組 100 米背泳 季軍 50 米背泳 第 5 名 100 米胸泳 第 6 名 五真冼卓謙
		The 15 th KidSports Athletic Super Challenge 2024	KidSports Athletic Club (HK)	Girls 2014 100 Metres Run 2 nd Runner up 四星孔德好
		沙田盃 (第十四屆) 新秀游泳錦標賽	沙田體育會	女子組 4X50 米自由接力季軍 女子 2013 年組 50 米背泳亞軍 五善方言恩
		灣仔區分齡游泳比賽 2023	灣仔區文娛康樂體育會	女子青少年 J 組 50 米蝶泳季軍 一星崔恩碩
		2023-2024 年度港島東區小學校際乒乓球比賽	中國香港學界體育聯會	女子甲組 傑出運動員 六真陳樂庭
		2023-2024 水運會友校接力邀請賽	寶血女子中學	小學組亞軍
		第 60 屆香港學校舞蹈節	香港學界舞蹈協會有限公司	小學低年級組中國舞獨舞甲等獎 二善伍萌琛
				小學高年級組中國舞群舞優等獎
	2024.06	Eastern Inline Speed Skating Championship 2024	Checker Inline Skating School	U11 Girls (500M) Position 1 五真范心誼
		愉園體育會超新星 2024 年 5 月短池賽	愉園體育會	女子 7 歲組 50 米自由泳亞軍 25 米蝶泳季軍 50 米蛙泳第 6 名 一星崔恩碩
		全港中小學學界品勢比賽 2024 暨品勢挑戰賽	香港跆拳道正道館	個人組亞軍 四星何巧悠
		全港學界跳繩比賽 港島小學組	中國香港跳繩總會	個人 30 秒二重跳冠軍 個人 45 秒花式賽冠軍 六光趙紫晴
		2024 Hong Kong National Road Championships Individual Road Race	The Cycling Association of Hong Kong, China Ltd	Women Youth 11-13 五光饒望晴
	2024.07	青年翱翔油尖旺三人球賽	香港遊樂場協會	小學女子組季軍 三光司徒朗芝
		Glam 5x5 小籃球	Glam Basketball	U10 女子 2024 U10 組別亞軍 三光司徒朗芝
其他	2023.07	第二屆全港扭計骰體驗賽	香港培訓及教育總會	亞軍 六星蔡祉祈
	2024.05	2023-2024 香港課外活動優秀學生表揚計劃	香港課外活動主任協會	表揚狀 六星鄭穎希
		第十九屆香港中小學生日語演講比賽 (小學生)	香港日本語教育研究會	優勝 一光鄭穎希
		2022/23 年度公益少年團環保為公益慈善花卉義賣	教育局公益少年團 灣仔區委員會	積極團隊冠軍
		環保為公益慈善花卉義賣籌款	香港公益金	銅獎

學生創作空間

中文創作

一件快樂的事

三光 司徒朗芝

快樂無處不在，而對於我來說，給我無限快樂，讓我每次想起都會開懷大笑的，卻是一場籃球比賽。

在一個寒冷的早上，我懷着戰戰兢兢的心情離開家門，參加一個極具挑戰性的籃球比賽。

到達現場後，我發現所有對手都長得高大魁梧，令我和隊友都嚇得六神無主，只好硬着頭皮攜手上陣。

哨子聲一響，比賽開始。由於我們和對手的身高相距甚遠，導致我們一開始便輸掉四分。在我們幾乎散失信心之際，場邊竟傳來震耳欲聾的歡呼聲，很多觀眾大叫：「加油！」大家為我們以八歲之齡越級挑戰十歲組別賽事的行為而鼓勵着我們。頃刻間，我們猶如打了強心針，鬥志激昂。我們三人妙傳妙

射，以速度戰勝高度，在最後關頭以一分勝出。

我和隊友相擁着，喜極而泣，人人臉上流着快樂的淚水。

通過這次比賽，我體會到只要以堅持不懈的精神面對任何困難，總會成功的。而這成功的經歷會帶來無盡的快樂。

給朋友的信

四光 林淮恩

親愛的芊芊：

芊芊，你最近好嗎？你已移居到英國近兩個月了，你生活得好嗎？我一拿起從前和你在春節拍的照片，看到你那比太陽還燦爛的笑容，就不禁想起你了。最近春節發生了兩件難忘的事，我就藉着這封信跟你分享吧！

由於疫情的關係，我們沒有機會在春節前逛花市。今年花市再次開放，我當然要去看看。疫情前，你有沒有逛過花市？今年花市人山人海，我和家人在熙來攘往的街道上擠得水泄不通，真是好不熱鬧！我東看看，西看看，花市的攤位林林總總，有的賣美味的食物，有的賣鮮艷的花朵，還有的賣好玩的玩具精品，我被深深吸引住了！過了一會兒，大家也累了，所以就買了特

色的冰糖紅蘋果來吃。雖然冰糖紅蘋果的口感硬硬的，但大家都吃得津津有味，真想再多吃一點呢！休息完了，我們回到了玩具部挑選心愛的玩具。我被一個七彩繽紛的風車吸引住了，立刻上前購買。風車上有把扇子，扇子上寫了「幸福平安」的祝福語，我樂透了！最後，我們玩到月亮姐姐出來的時候才離開呢！這次的經歷真難忘，我們都玩得興高采烈。芊芊，明年的春節，若你回來，我們一起去逛花市，好嗎？

你知道嗎，春節假期其中一天是我的生日，那天正是「人日」，所以我和妹妹就一起做蛋糕。首先我們打雞蛋，然後把蛋白和蛋黃分開。可是糊塗的我不小心把蛋殼也扔到碗裏，逗得妹妹哈哈大笑，然後大

家笑成一團。我們再繼續做蛋糕。打麵粉的時候，糊塗的我又再出場了。你猜這次又怎麼了？原來我把麵粉放進碗裏的時候，卻不知道麵粉袋穿了一個小洞，所以麵粉就飛散在我的臉上了。我照一照鏡子，發現臉孔變白了，於是連忙用手抹一抹，但我的臉卻越抹越白，大家看着我，又哈哈大笑起來了。雖然發生了那麼糊塗的事，但蛋糕總算大功告成。芊芊，你又會不會做蛋糕呢？

你在英國有沒有慶祝春節？盼望你的回信！

祝
生活愉快

朋友
林淮恩上
二月九日

陌生人，謝謝你！

五善 張子萱

記憶就像一個五顏六色的盒子，裝着我的喜怒哀樂。隨着時間的流逝，有些記憶已經散失，但有一件事迄今為止，還一直深深烙印在我腦海裏，那就是一位陌生人幫助我的經歷。

記得我在一年級入學那天，媽媽送我上學去。由於那是我們第一次乘搭巴士到學校，我們沒有看清楚巴士路線編號，不小心上錯了巴士。好在媽媽發現，立刻在下一站下車。我們打算乘搭計程車回校，但等了大半天，那裏根本沒有一輛空的計程車。沒有辦法，我們只能拿着沉重的書包，無可奈何地一步步走回學校了，再等下去，我就要遲

到了。唉，怎麼開學第一天就遇上倒霉事呢？真不幸啊！

這時，一輛黑色的私家車在我們旁邊停了下來。一位中年男士探出頭來，問道：「你的書包看起來很重呢！要不要我送你們一程？」聽罷，我感覺這位叔叔的出現像是黑暗中的一線光照在了我們身上。媽媽連忙點點頭，嘴裏一直在說：「謝謝你啊！」在開車時，叔叔風趣地說：「我也是剛好送完女兒回校，看你女兒穿的校服，你們的學校又離我家很近，你們也真幸運啊！」媽媽也說：「是啊！我們第一次乘搭巴士回校就乘錯車了。幸好有你幫我們，不然我們就遲到

了！」我坐在叔叔的車上，聽着他們的對話，安心的感覺和感激之情油然而生。

到了學校，我們下了車。在走之前，我還說了一聲：「謝謝！」叔叔也微笑着回覆：「不用客氣！」然後就徐徐開走了車。我看着他的車遠去，心裏一直牢牢記着那位叔叔，真的十分感謝他的幫忙。

直到現在，這件事依舊時常在我腦海裏浮現，雖然只是一件小事，但對我來說是意義重大，也讓我領悟到：常常觀察別人的需要，及時地向他們伸出援手。此時此刻，我只想做一件事，那就是敬重地再向那位叔叔說一聲：「謝謝你！」

團結的力量

六星 柯汶暄

記憶就好比一口深邃的井，那些過往的瑣事如碎片一般漸沉漸深，直至遺忘……可是，有一片飄零在水面上的花瓣一直讓我刻骨銘心，終生難忘，因為它讓我體會到「團結就是力量」。

在我七歲那年的夏天，我邀請了幾位好朋友一起到沙灘遊玩。媽媽和我們玩了一個遊戲，她在一望無際的沙灘裏藏了一份「寶藏」，讓我們齊心協力找出來。聽到「寶藏」二字，我們不禁興奮地大喊，差點沒把「天空」給掀了。我們幾個拿着尋寶圖找啊找，找啊找，還是沒找到。我踢著海浪，心想：這麼熱的天，叫我去怎麼找寶藏？我洩氣地坐在沙灘上想放棄。

這時我聽到媽媽說：「團結就是力量，加油！」身旁的朋友也說：「我相信大家團結一致，一定可以！」她們的話一直在我耳邊縈繞，我終於振作起來！我們手拉手，心連心，一起尋找線索。「這裏！」「那邊！」雖然天氣很熱，但我感覺全世界都瀰漫著快樂的氣氛，充滿了歡聲笑語！

過了一會，我們依然一無所獲。這時，我忽然看見幾隻小螞蟻，它們正在辛勞地搬著一塊小蛋糕，一步步地向前爬，五隻小螞蟻一起合力，爬過一堆一堆的沙堆。我忽然領悟到，原來團結真的那麼重要，我全身好像充滿着一股神秘的力量，我心想：啊！這就是團結的力

量吧！我們學着小螞蟻，團結一致地繼續找着，我們細心地看着尋寶圖，彼此說着打氣的話：「加油，加油！」終於，我們找到了那彷彿閃着金光、令人夢寐以求的寶藏了！它就埋在大樹旁的沙堆中。我們雀躍地歡呼，興奮得手舞足蹈。我們二話不說地打開寶箱，裏面堆滿了珍珠和貝殼，非常漂亮。但在我看來，這裏面充滿着團結的力量，原來這就是媽媽的用意啊！

「團結就是力量」，這句話深深地刻在我的心上，令我一生受用。雖然找到了寶藏，但我認為「懂得團結」比寶藏更值得歡呼！謝謝你！我一生受用的座右銘——「團結就是力量」！

English Creative Writing

Little Red Riding Hood's Forest Adventure

P2F Tse Gigi

Once upon a time, there was a young girl who was loved by everyone. One day, her grandmother gave her a red knitted hood. It suited her so well that she wore it everywhere. From that day on, everyone called her Little Red Riding Hood.

One lovely Sunday morning, her mother told her to bring some food to her grandmother, who had been diagnosed with diabetes. Little Red Riding Hood set off on her scooter with homemade 'no sugar' cookies. She turned on her Google Maps app on her smartphone so that

she could follow the fastest route to her grandmother's home in the middle of the forest.

Suddenly, she noticed that something was lurking behind a tree. She realized that it was a wolf. She rode away as fast as she could and arrived at her grandmother's house. She quickly asked her grandmother to hide in a cupboard and dug a hole in front of the house, covering it with branches and leaves. She then hid behind the trash bin, and as expected, the wolf arrived soon. He was so hungry that he rushed to the front door without

noticing the trap. He fell into the hole and got caught. Little Red Riding Hood immediately called the police. The police arrived and took the wolf to the zoo.

Little Red Riding Hood's story was reported in the newspaper and she was interviewed on TV. From that day on, Little Red Riding Hood became famous for defeating the dangerous wolf. She received some money from the zoo and used it to help pay for her grandmother's treatment. They lived happily ever after.

Be Honest, Amy!

P4C Sin Hang Yu Hailey

A long time ago, in the forest, there was a rabbit named Amy. Amy was so naughty that she always told lies. Every time she told a lie, she grinned happily behind the people she had told a lie to, secretly. How naughty she was! She had some old friends. They were Kylie the kitten, Jenny the turtle, Taylor and Layla the tiger cubs. Her friends knew that she always told lies, but they still accepted and tolerated her.

One time, she told her friends that she had to migrate to the city and would never return to the forest again. Her friends were all shocked, and some of their eyes brimmed with tears. But that time, they did not know that Amy grinned happily when she was back home, so that meant it was just a lie...

Amy's friends were so miserable that they decided to hold a farewell party for Amy. At the party, her friends gave her presents and cards. Also, they gave her the best wishes, hoping her life would be filled with happiness. Amy promised to play with them often before the day she left the forest.

The next day, when her friends were ready to find Amy to play, they saw Amy's parents and gave them some blessings, hoping Amy and they could have a long journey in the city. 'What are you guys saying? We will stay here! We love the forest and we will not leave!' Amy's daddy said. Amy's friends' eyes widened in surprise! 'Why did Amy say that she is leaving?' Layla and Kylie asked Amy's parents together. 'Silly Amy!

What a lie! This is impossible!' exclaimed Amy's mother.

After saying goodbye to Amy's parents, they ran back to their homes with anger because they could not accept or tolerate her anymore and decided to give Amy a lesson to teach her to be honest. They reached a decision in a short time. They decided to go camping and picnicking in the deep forest near the sea for a few days, and each of them wrote a note about how upset they were about Amy's 'leaving', so they went to the city to live with her, and stuck the note on the door.

In the days that Amy's friends were camping, Amy was curious about why her friends did not come to find her to play, so she went to each of her friends'

homes to look for them. When she went to each of their homes, she saw their notes on the floor. Amy was deeply affected, and tears welled up in her eyes. Now, she knew that telling a lie could have serious consequences. She knew that she was wrong to have told her friends she was migrating to the city.

She went home and thought that telling lies was bad, so she felt remorseful about telling lots of lies. When she saw her friends were back, her hands fell to her sides, and she apologized sincerely. Amy also said firmly, 'I promise not to tell lies to anyone else again! This time, I feel very sorry!' Her friends forgave her,

and they played together. They had a wonderful time, and each of them was as happy as larks.

This time, Amy learned an important lesson, which was to be honest. She would not have any friends, and people would not trust her if she told lies. Everyone loves honest people!

Journey to the West

P5B Zheng Yap Lam

Characters: The Monkey King, Tripitaka, Piggy, Sandy, Princess Iron Fan, Bull Demon King, the Buddha

The Monkey King, Tripitaka, Piggy and Sandy needed to cross over the Mountain of Flames. They needed the palm-leaf fan from the Princess Iron Fan to cool down the mountain and cross over it. But she and her husband, Bull Demon King, refused to lend it. The Monkey King had fought with them twice already.

Monkey King: (*panting*) Oh no! They are too strong to defeat! What should I do?

Sandy: They really love their son, Red Boy. What about disguising as him and taking the fan?

Monkey King: Great idea! But my voice doesn't sound like his.

Piggy: (*thoughtfully*) You should go and ask the Buddha for a pill that can turn your voice into anyone's.

Monkey King: Good idea!

The Monkey King went to the Buddha and explained the situation. The Buddha agreed to help and gave him the pill.

Monkey King: I got the pill! Let me eat it.

Tripitaka: Now quickly disguise as the Red Boy. Time is running out!

Monkey King: Alright!

The Monkey King crept into the king and princess's castle. He saw them in the room and went inside.

Monkey King: (*clearing his throat*) Hi, my beloved Mum and Dad! After meeting the Buddha's younger brother, I have become kind, generous and helpful. A few hours ago, a village near the Mountain of Flames had a terrible fire. I need to borrow your fan. May I, please?

Princess: (*suspiciously*) Is it really true? I cannot believe it.

King: Me neither.

Monkey King: (*sobbing in fake tears*) Sniff, sniff. Please believe me! The lives of the villagers are in your hands!

Princess: (*deeply touched*) Oh! Don't cry, my dear son. Here's the fan.

Monkey King: Thank you, Mum! I must be going. I have to save the village.

The Monkey King got the fan and successfully blew out the fire off the Mountain of Flames. Then, he pretended to be Red Boy again and went back to the castle.

Monkey King: Thanks for the fan, Mum. The fire has been put out.

Princess: No problem, my son. I am so proud of you!

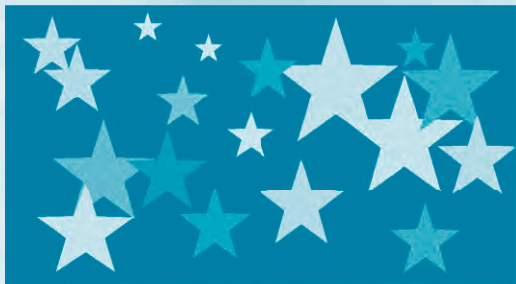
Then, the Monkey King found the three of them and headed west. Princess Iron Fan and Bull Demon King were still in the trap that the Monkey King had set.

視藝科作品： 電子學習

《花花世界》

S2C 梁穎喬

欣賞康汀斯基的 *Several Circles*，認識視覺元素的疏密、聚散以產生動感，利用電腦軟件小畫家繪出不規則的形狀，以聚散的排列作構圖。



《風景畫》

S3C 鍾敏晞

利用小畫家繪出各種幾何圖形及線條。重複及有系統地排列它們，以表達景物。



《米羅與我》

S4C 何欣霖

認識超現實主義畫家米羅，欣賞及分析其繪畫的風格及技巧。運用色彩、線條、符號表達對樂曲的感受，運用電腦軟件 Sketches 進行創作。



《XX 的微笑》

S5A 黎芷如

認識盲繪技巧，觀察自己的笑面，再利用軟件 Sketches 於平板電腦上一筆過繪畫笑面，再進行背景創作。



《一場奇雨》

S6C 張鈺琪

欣賞馬格利特作品《戈爾孔達》，著學生網上搜集香港著名景點，並以 Sketches 繪出《一場奇雨》。



《小小畢加索》

S6C 柯汶暄

認識畢加索的生平、畫風，引導學生觀察及分析其作品的處理手法，利用人物的速寫稿，模仿畢加索變形時期的畫法，並以軟件 Sketches 繪畫出作品。



家校

合作活動



本校一向深明家校合作對學生成長和學習有莫大裨益，故一直重視與家長溝通。除了家長日外，學校每年舉辦不同類型的活動，例如：小一家長茶聚、親職教育講座及工作坊、親子賣旗日、家長學堂等活動，以促進學校與家長之間的聯繫。

本年度活動

家庭與學校溝通

- 家長日
- 「茶話家常」家校分享會(一、二年級)
- 家長教師聯誼會周年大會
- 小一家長茶聚
- 小五升中簡介會
- 小六自行分配升中簡介會
- 小六升中選校簡介會
- 學校發展計劃分享會
- 小三、四電子學習自攜裝置 (BYRD) 家長簡介會
- 「呈分試預備」家長分享會
- 幼小銜接家長資訊日——「真光繽紛校園生活巡禮」
- 「多元探索雙週」成果分享展
- 小一新生家長會
- 小一新生適應日



小五升中簡介會



「多元探索雙週」成果分享展

小一家長茶聚



親職教育

- 家長工作坊 I ——「支援學生的學校適應」
- 家長工作坊 II ——「家長如何處理子女情緒」
- 新春手工藝工作坊 (手工篇、摺紙、書法篇及扭氣球篇)
- 「面部彩繪」家長義工訓練工作坊
- 「情緒勒索與精神健康」家長講座
- 「從文字看孩童性格特質」家長講座
- 「家長學堂」訓練工作坊
- 「乳癌講座」

新春手工藝工作坊



「情緒勒索與精神健康」家長講座



「從文字看孩童性格特質」家長講座



面部彩繪工作坊

「家長學堂」訓練工作坊



家長義務工作

- 早上協助照顧學生上學秩序
- 午息協助維持學生秩序
- 小一家長茶聚——家長經驗分享
- 小五升中簡介會——主講家長分享環節
- 小一入學面試日（校外生）～協助活動
- 一年級戶外活動日——沙頭角農莊～協助活動
- 二年級戶外活動日——假日農場～協助活動
- 三年級戶外活動日——樹屋田莊～協助活動
- 陸運會初賽及決賽——拍攝工作
- 六年級升中簡介會——主講家長分享環節
- 聖誕慶祝會～拍攝工作
- 五年級全方位學習活動——「太平山頂・語文學習活動」～協助活動
- 中小學飯盒突擊試食活動——進行試食及填寫問卷
- 學校舞蹈節比賽～協助化妝、隨隊協助照顧學生的安全及秩序
- 新春義賣活動～協助活動



中小學飯盒突擊試食活動

新春義賣活動



校慶助學金遊藝會



陸運會



參觀元宵市場

- 文化活動日暨華服日——參觀年宵市場～協助活動
- 一年級全方位學習活動——參觀香港動植物公園～協助活動
- 二年級全方位學習活動——參觀銅鑼灣消防局～協助活動
- 三年級全方位學習活動——參觀香港公園～協助活動
- 校慶助學金遊藝會～協助攤位活動
- 一年級「多元探索雙週」——參觀香港公園、海洋公園～協助活動
- 二年級「多元探索雙週」——參觀太空館、科學館～協助活動
- 三年級「多元探索雙週」——參觀香港文化博物館「香港童玩」展～協助活動
- 四年級「多元探索雙週」——參觀 Plant Plant 科技種植農莊～協助活動
- 遊戲日—親子跳繩比賽(一、二年級)～拍攝工作
- 幼小銜接家長資訊日——「真光繽紛校園生活巡禮」～協助活動
- 一、二年級「家長學堂」活動～擔任導師

「家長學堂」



參觀銅鑼灣消防局

親子活動



聖誕親子蛋糕製作班

- 聖誕親子蛋糕製作班
- 新春牛奶糖桔子脆米塔製作班
- 親子工作坊——廢木重生暨有機體驗之旅
- 親子活動——True Light Tiny Triumphs (聖誕篇及農曆新年篇)
- 親子 1+1 南丫島海灘清潔日
- 親子賣旗日(香港晨曦會)(香港失明人互聯會)
- 遊戲日—親子跳繩比賽(一、二年級)
- 親子旅行——一點點螢火何處尋之旅



新春牛奶糖脆米搭製作班



親子 1+1 南丫島海灘清潔日



廢木重生暨有機體驗之旅



親子活動 True Light Tiny Triumphs



親子跳繩比賽



幼稚園部

校長的話



豐盛的一年

楊凱琪校長


回顧過去一年，感謝上帝的恩典和眷顧，使校務及活動順利進行。今年學校重點發展是幼兒藝術教育，校方特別為幼稚園教師安排了為期三天的藝術教育專業培訓。通過培訓，教師們接觸到最新的教學資源和趨勢，激發了他們的創意，提高了課堂的趣味性和互動性。這種多樣化的教學方式不僅能吸引孩子的注意力，還能增進教師與幼兒之間的情感連繫，營造更積極的學習環境。

在藝術課程方面，我們加設了名畫欣賞活動，每個年級都學習三位著名藝術家的作品。老師們會先介紹藝術家的生平和作品特色，然後讓孩子們模仿創作，並在此基礎上創作出屬於自己的獨特作品。整個過程由英語老師帶領，一方面促進學生對多元文化的理解，同時也提高了他們的英語聆聽能力。

此外，我們連續兩年在校內推行校園博物館的計劃，透過有心人士的支

持，將名畫引入校園展覽。今年我們有幸舉辦了方召慶女士的作品展覽，讓幼兒能夠親身欣賞她的水墨畫作品，並進行臨摹。看到孩子們欣喜若狂的表情，老師們也感到所有的策劃和籌備都是值得的。

七月份，我與校董、中學及小學校長們及校友會會長一同前往加拿大探訪校友。這次探訪讓我深刻感受到真光校友們的熱情與友善。他們用真摯的笑容迎接我們，猶如多年未見的老朋友。交流中，校友們熱情地分享在真光校園的點滴，那些珍貴回憶充滿了笑聲與感動。他們談到的課堂趣事和校園生活，仿佛帶我回到自己的學生時代。每個故事都讓我對真光的校園文化有了更深的認識與理解。他們之間深厚的友誼與不變的情懷讓人動容，這些交流不僅加深了彼此的聯繫，也讓我對真光這個大家庭的榮耀與精神有了更深的體會。期待未來有更多與校友見面的機會。



校務報告

教師專業發展



本年度關注事項：「加深老師對創意與教學融合的認識，啟發老師的創意思維，發掘藝術教育更多的可能性」。全校老師參與了三天的培訓，包括以下的學習範疇，創意環境——實驗與應用、創意課程——主題研討及設計思考的概念與應用。另外，老師們在元宵節期間到訪太古城的奇極創作室，實地參觀他們在節日中舉辦的奇極元宵節遊園會，從中觀摩及感受其節日氣氛。此外，老師透過搜集和閱覽有關 STEM 幼兒教學的資源，建立 STEM 教材的共享資源庫，從而提升老師對其知識與技能的認知，進而全校推行有系統的 STEM 活動。

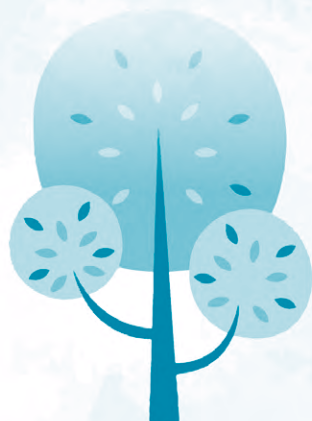
美藝培訓



在培訓中，導師帶領我們在課室的門外設計不同的海洋動物，透過環境的佈置帶入海洋世界的參觀之旅。



老師在工作坊運用不同的物料，在紙板上設計「怪物」和「家族」的主題佈置。



這幅大型的創作，由每位老師的作品拼合，再加上作品之間的連繫所組成的合作型創作。



STEM 活動



幼兒自製風車，探索風與風車轉動的關係。



在光與影的活動中，幼兒好奇地探索影子的變化。

品格及生命教育

本年度品格教育的主题是「天父的小寶貝」，幼兒認識天父的愛、知道每一位小朋友都是天父的小寶貝，並且學習天父的榜樣，活出聖靈所結的果子。活動分為三個階段進行，學校會透過聖經故事、金句、詩歌、遊戲及親子活動，從聖經中不同的人物，學習他們的好行為，從中認識聖靈果子中其中三個特質「仁愛」、「溫柔」和「恩慈」；並學像他們的好榜樣，在生活中實踐其好行為，成為天父喜悅的小公主和小王子！

恩慈大使在課室門口與同學打招呼



透過廣播一起學習聖靈的果子



幼兒一起唱歌讚美天父

學與教

幼稚園在教學上以「兒童為本」作核心，運用不同的腦與思維教學策略，讓幼兒在學習中多思考、多表達，透過不同的感官學習，提升他們參與課堂的效能，讓每位幼兒有均等的參與課堂活動機會，使他們在學習過程中，能表達自己的意見，從而提升幼兒的思考及分析能力。

腦科學教學

幼兒在上課前進行「健腦操」，有助提升幼兒的專注力。



低班幼兒以「二人交流」的方式，學習輪流分享，說說欣賞自己的地方。



幼兒以「肢體回應」的方式回答老師的提問，讓幼兒全民參與。



高班幼兒以「四人交流」的方式，輪流分享暑期的計劃。



加強英語及普通話學習

在編制課程及時間表中，幼稚園在早午會環節已加入兩文三語的學習，分別由班主任、英語或普通話的專科老師帶領活動，透過時事新聞、詩歌及祈禱，增加幼兒語境方面的學習機會；在分組時間加入展示與敘述元素 (Show and Tell)，讓幼兒加強口語表達能力。還有以「商店」為主題的「English Fun Day」和以「動物」為主題「普通話繽紛日」，讓幼兒在模擬活動中，運用英語和普通話進行遊戲，而且樂在其中。

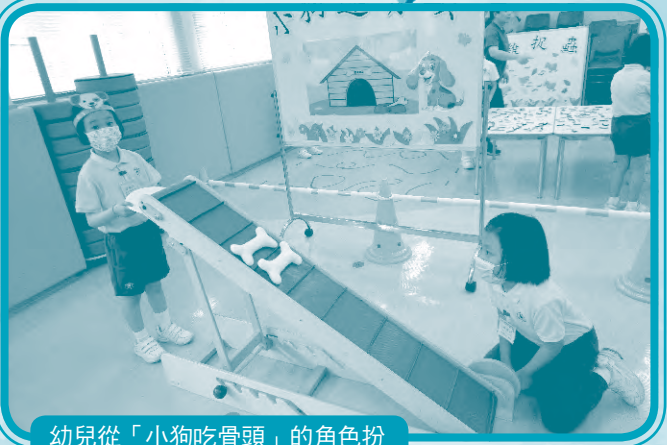
幼兒最期待的「故事爸媽」時間，由家長義工到校說故事，透過故事加強幼兒了解聖靈果子中「仁愛」、「溫柔」和「恩慈」的品格；本年加入了以英語為教學語言的「Artist Study」，讓幼兒學習不同的藝術家的作品，從藝術創作中加強幼兒英語上的學習能力。普通話的課程中加入唐詩或手指謠以豐富學習內容，加強幼兒對普通話的音韻聆聽能力。此外，幼兒也積極參與校際朗誦節、來說普通話、GAPSK 全港普通話朗誦比賽，以及英文歌唱比賽，並獲取優異成績。

早午會



幼兒透過英語早、午會，認識中國文化及新春活動。

普通話繽紛日



幼兒從「小狗吃骨頭」的角色扮演中，加強說普通話的自信心。

英文小組活動



從遊戲中，幼兒學習英語拼音，提升他們的拼讀能力。

普通話課堂



老師以「數白蠟」的形式演繹兒歌的情節，讓幼兒理解當中的內容。

English Fun Day



藉著模擬商店的活動，幼兒學習運用英語來購物。



幼兒齊來學習不同的天氣。



校外比賽



恭賀學生李禹彤入圍「全港幼稚園來說普通話比賽 2024」並生動地演譯故事《鵝大哥上門》。



學生何明曦獲得第五十三屆「GAPSK 全港普通話朗誦比賽」K1 幼稚園組童詩獨誦的冠軍。



恭賀學生李端澄獲得「全港幼稚園來說普通話比賽 2024」最佳表演獎，值得嘉許。

我們一同參與由東華三院舉辦的「英文歌唱比賽」



健康及生命教育（校內的講座）

「道路安全」講座



講員與幼兒介紹過馬路設施後一起合照



講員教授幼兒如何安全過馬路

「做個盡責任的寵物主人」講座



講員傳遞愛護動物的訊息，幼兒學習照顧寵物的方法，學習做一個有負責任的小主人。



幼兒嘗試訓練小狗

幼兒感謝講員的分享並與小狗合照



世界宣明會「生命教育」講座

在「西蘭花大變身」的生命教育講座中，幼兒了解不同的食物也有豐富營養。



幼兒透過「世界宣明會」的講員生動有趣的介紹，認識均衡飲食和珍惜食物的重要性。

賽馬會護齒計畫牙齒檢查



牙醫細心為幼兒逐一檢查牙齒



幼兒張開口，讓牙醫檢查牙齒的健康狀況。

足背健康檢查



矯形師到校為幼兒檢查足部，謝謝他們的幫助！



矯形師為幼兒檢查足部的健康情況

奧比斯「蒙查查～食茶點」 護眼體驗坊

我們一同帶上蒙查查眼鏡



在奧比斯護眼講座中，講者提醒幼兒要如何保護視力。



幼兒戴上蒙查查眼鏡吃茶點，
體驗患眼疾帶來的不便。

「消防安全教育」講座



從講座中，幼兒了解到消防員辛勤的工作，亦學習到不少防火的知識。



在消防安全教育講座中，高班幼兒重溫火警發生時的「逃生三寶」。



我們承諾會成為一個防火小天使，
把安全的訊息帶回家中！

慎用救護服務

在消防救護講座中，幼兒認識救護員的工作，期望長大後成為熱心助人的救護員，救助別人！



幼兒在救護車上，了解救護員如何運用不同的救護裝備。

多元化活動

學校發展多元化活動使幼兒各方面有均衡發展，並從經驗中擴闊視野，從生活體驗建構知識。

校慶遊藝會

家長義工在校慶遊藝會的攤位中幫助幼兒進行臉部彩繪。



幼兒全情投入校慶遊藝會的攤位遊戲，準確投擲目標。



在校慶遊藝會中，家長與幼兒參與不同的攤位活動，留下美好的回憶。

參觀小一



高班學生在小學部體驗小一的課堂，通過模擬小一的活動了解小學的生活。

參觀藝術館



幼兒觀看大型的藝術裝置並拍照留念。



在小一體驗課堂中，高班學生積極舉手回答老師的提問。



光影機械人在地面投射不同的光，讓幼兒感受水墨畫的變化。



老師指導高班學生學習抄寫手冊，他們都順利完成。



幼兒一邊欣賞維多利亞港的景色，一邊用手指感受圖畫上的筆觸以及凸字。

參觀超級市場

參觀陽光笑容小樂園



老師帶領幼兒參觀超級市場並挑選商品



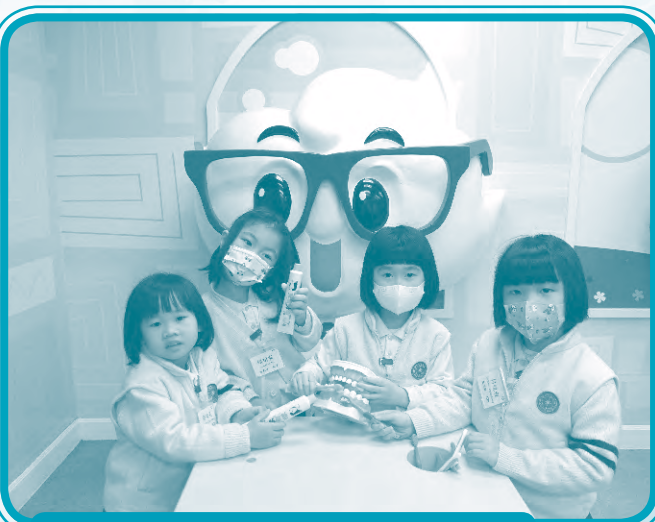
幼兒按照自己的購物清單，選購自己需要的物品，滿載而歸。



在參觀超級市場時，老師教導幼兒如何到收銀處付款。



幼兒在「好玩牙科診所」內，扮演牙醫和病人檢查牙齒，從扮演遊戲中體驗檢查牙齒的樂趣。



幼兒透過操作牙齒模型，學習口腔護理技巧。



幼兒在「陽光笑容家庭」的活動區內，學習兩餐之間要多喝清水，保持良好的飲食習慣。

戲偶兒童劇

高班幼兒走出校園，到荃灣大會堂欣賞由「明日藝術教育機構」舉辦的戲偶兒童劇《鯨魚谷》。感謝戲偶兒童劇演員精彩的演出，讓一眾高班幼兒大開眼界。



親子活動

學校重視家校合作，經常舉辦不同的親子活動，讓家長們一同參與孩子的校內活動，在孩子的成長之路留下美好的回憶。

親子遊戲日

遊戲開始前，體能導師帶領全體家長和幼兒做熱身運動。



家長和幼兒在活動中感受到親子互動的歡樂氣氛



家長與幼兒利用毛巾發揮創意來玩體能遊戲



透過親子遊戲，可讓家長展現健康的體魄，增進親子關係。



親子旅行

家長與幼兒一起進行集體遊戲——「彩虹傘」，現場充滿歡樂的笑聲。



通過親子集體遊戲「報紙傳球」，讓家長及孩子們一起合作，增進親子關係。



全校學生和家長在「開心花園農莊」度過難忘又愉快的一天

機構文化及給予兒童的支援

本學年的 10 月尾開始發動不同的關愛行動，培養幼兒從小懂得表達愛與關懷及以不同方法關心他人。於「節省金錢顯愛心」活動中，鼓勵幼兒將自己用來購買物品的金錢省下，並儲蓄在錢箱內，培養幼兒學習節儉及積蓄的習慣。今年幼兒節省所得的善款全數捐助「浪浪之家」。其次，校方舉辦的春節聯歡活動義賣活動亦全數捐助「兒童癌病基金會」。

除此之外，藉著農曆新年的「一人一利是」關懷活動中，鼓勵幼兒選出一封新年利是捐助給「可愛忠實之家」機構，幫助殘障人士得到適切的治療，提供機會讓幼兒嘗試以不同方法關心他人。

一人一利是

幼兒一起把利是投入捐款箱，使更多傷殘人士者得到幫助。



每位幼兒捐出一封新年利是給「可愛忠實之家」機構。



家校活動

家長代表：

家長代表是學校與家長間的重要溝通橋樑，從而達到家校之間有效的合作。我們每年學期初也會邀請所有家長代表到校進行分享會，讓大家互相認識及讓新任的家長代表了解角色和責任。

家長代表參與分享會互相交流溝通的心得



交流會開始前，大家一起做做「健腦操」，刺激前額葉的記憶。



於交流會中，家長以 4-6 人小組形式分享，嘗試體會幼兒於課堂上的合作學習。



家長交流會：

全年各級舉辦四次的家長講座，各級分別舉行兩次交流會，以及兩次的專題講座，並以不同題目與家長一起討論分享交流意見，從而加強家長間的溝通

及互相支持，並邀請專業人士到校作講座，幫助家長掌握培育子女的態度及方法。

為鼓勵家長參與本校之講座或交流會，全年參加四次交流會之家長均可獲嘉許，本年度獲嘉許家長共 109 名，連續三年獲獎共 27 名。



家長義工協助推行活動：

校方每年均舉行不同活動，鼓勵家長積極參與家長義工，發揮家校合作的精神。家長擔任義工可以在不同的層面服務學校及一起培育幼兒，讓幼兒在愉快的學習生活中健康成長，校方衷心感謝家長的積極參與和協助。

家長義工協助推行活動包括：家長閣當值、活動日、幼稚園校園巡禮、新生會見日、拆錢箱、參觀活動、嬉水活動及英語故事爸媽等。

校園巡禮



家長義工來協助講解各活動室的遊戲。



在活動區，家長義工協助介紹遊戲活動。



家長義工陪伴到校參觀的幼兒一起繪畫美勞的小手工。

拆錢箱



家長義工協助幼兒拆開錢箱，並教他們把金錢分類擺放，最後數算所儲得的善款。



家長義工與幼兒一起參與「節省金錢顯愛心」的關懷行動



家長義工點算「節省金錢顯愛心」所籌得的善款



故事爸媽活動



透過「故事爸媽」的活動，幼兒更能明白本年度所推行聖靈果子的特質。



故事爸媽拿著布偶為幼兒講述故事，大家都積極參與。



除了中文故事外，幼兒還會聆聽英文故事。

春節親子活動



在春節聯歡活動中，家長義工舞獅助興，增添了不少節日氣氛。



感謝家長義工協助攤位遊戲，使活動能順利舉行。



在氣球義賣的攤位，家長義工積極地進行義賣，為幼兒挑選心儀的氣球。

會見新生



家長義工協助報到的工作，讓考生順利地與老師進行面見。

聖誕聯歡會



在聖誕聯歡會中，家長義工扮演的聖誕老人深受幼兒歡迎。



家長義工在考場外維持秩序，與考生遊戲和談話。



聖誕老人與幼兒一起進行集體遊戲，大家都樂而忘返。



幼兒與聖誕老人合照，感受歡樂的聖誕氣氛。

獲獎 紀錄



賽事名稱	獎項 / 得獎者	賽事名稱	獎項 / 得獎者
朗 誦			
第 75 屆香港學校朗誦節 校際朗誦節幼兒獨誦— 普通話	優良獎 高真 鄭芷瑤 趙悅晴 高光 嚴梓恩 高星 梁雍然 謝梓琪 吳婉清 高善 王芄霏 詹錦妍 低真 陳穎怡 何芯茹 低光 李靜瞳 良好獎 高真 宋嘉慧 高光 樊諾澄 高星 李沐芸 高善 陸旨洵	第 75 屆香港學校朗誦節 校際朗誦節幼兒獨誦— 英文 (詩)	良好獎 高星 歐芍悠 黃睿津 高善 卓思雨
		朗誦及音樂推廣協會舉辦 「第十六屆全港學生公開 朗誦比賽 2023」幼兒組 K2 粵語聖經誦讀	冠軍 高真 譚詠蕎
		朗誦及音樂推廣協會舉辦 「第十六屆全港學生公開 朗誦比賽 2023」幼兒組 K2 粵語繞口令	亞軍 高真 譚詠蕎
		朗誦及音樂推廣協會舉辦 「第十六屆全港學生公開 朗誦比賽 2023」幼兒組 K2 粵語新詩	優良獎 高真 譚詠蕎
第 75 屆香港學校朗誦節 校際朗誦節幼兒獨誦— 粵語	榮譽獎 高真 譚詠蕎 優良獎 高真 陳蕙君 李暄淳 黃沛榛 高光 廣昕楠 林芊潼 黃曉路 高星 黎家懿 林芷悠 高善 張瑞媛 郝芊橋 林希彌 麥晞瑜 余樂賢 低光 何心絃 良好獎 高光 翁驕褪 高星 陳揚昊 吳芊悅 譚樂怡 黃睿津 高善 蔡月蕙 李倩怡 低真 鄭巧筠 低星 呂信朗	朗誦及音樂推廣協會舉辦 「第十七屆全港學生公開 朗誦比賽 2024」 英詩朗誦幼兒班	季軍 幼真 何明曦
		朗誦及音樂推廣協會舉辦 「第十七屆全港學生公開 朗誦比賽 2024」 英文繞口令幼兒班	季軍 幼真 何明曦
		教育出版社舉辦「全港 幼稚園來說普通話比賽 2024」	優異獎 高光 李鎧澄
		第五十一屆 GAPS K 全港 普通話朗誦比賽 K2/ 幼稚園組：兒歌獨誦	優異獎 高真 蔡晴牽
		第五十一屆 GAPS K 全港 普通話朗誦比賽 K2/ 幼稚園組：兒歌獨誦	優異獎 高真 鄭曉樂
第 75 屆香港學校朗誦節 校際朗誦節幼兒獨誦— 英文 (散文)	優良獎 高光 盧馨婷 高星 謝梓琪 高善 王芄霏 良好獎 高光 黃曉路	第五十一屆 GAPS K 全港 普通話朗誦比賽 K1/ 幼稚園組：童詩獨誦	優異獎 低光 梁家甄
		第五十二屆 GAPS K 全港 普通話朗誦比賽 K2/ 幼稚園組：童詩獨誦	亞軍 低真 黎芷澄
第 75 屆香港學校朗誦節 校際朗誦節幼兒獨誦— 英文 (詩)	優良獎 高真 蔡晴牽 劉煒悠 李暄淳 宋嘉慧 黃沛榛 黃心柔 黃 睿 高光 陳芊澄 陳芯薇 周樂翹 廣昕楠 盧馨婷 麥穎欣 黃曉路 余婧寧 高星 李浚涿 譚樂怡 吳婉清 楊雪好 高善 陳芊悅 蔡月蕙 低真 陳穎怡 何芯茹 低光 卓靖潼 李靜瞳	第五十三屆 GAPS K 全港 普通話朗誦比賽 K1/ 幼稚園組：童詩獨誦	冠軍 幼真 何明曦
		第五十三屆 GAPS K 全港 普通話朗誦比賽 K2/ 幼稚園組：童詩獨誦	季軍 低善 李蕙呈
		第五十三屆 GAPS K 全港 普通話朗誦比賽 K3/ 幼稚園組：童詩獨誦	優異獎 高真 鄭曉樂
		第五十三屆 GAPS K 全港 普通話朗誦比賽 K2/ 幼稚園組：兒歌獨誦	卓越獎 低善 梁芯悅

賽事名稱	獎項 / 得獎者	賽事名稱	獎項 / 得獎者
第五十四屆 GAPS K 普通話朗誦比賽 K2/ 幼稚園組：兒歌獨誦	季軍 低真 黎芷澄	基督教勵行會舉辦「第 5 屆 515 國際家庭日全港青少年繪畫比賽 2023」 幼兒組	金獎 高星 陳依楠
第六屆 GAPS K 兒歌唐詩精英大賽 K2/ 幼稚園組：自選兒歌 / 自選唐詩	優異獎 低光 梁家甄	基督教勵行會舉辦「第 5 屆 515 國際家庭日全港青少年繪畫比賽 2023」 小童組	銀獎 高星 黃睿津
第七屆 GAPS K 兒歌唐詩精英大賽 K1/ 幼稚園組：唐詩	亞軍 幼真 何明曦	星島新聞集團舉辦「第十屆全港兒童繪畫分齡比賽 2023」中國畫（第三組）	特等獎 高星 林芷悠
第七屆 GAPS K 全港兒歌唐詩精英大賽 K2/ 幼稚園組：唐詩	季軍 低真 黎芷澄	愛護動物協會舉辦「愛飾動物日 2023 第九屆繪畫比賽」幼稚園組	亞軍 高星 陳依楠
清華大學對外漢語文化教學中心舉辦「KPCC 樂誦盃 2023」 K2 普通話—兒歌	金獎 高真 鄭曉樂	香港小童群益會舉辦「健康快樂 5 步通」填色創作比賽幼稚園組	優異獎 低光 吳芊悅
清華大學對外漢語文化教學中心舉辦「KPCC 金口盃 2023」 K1 普通話—新詩	銀獎 低光 梁家甄	意大利文化藝術文化交流協會舉辦「威尼斯國際青少年繪畫比賽 2023」 3-4 歲組	銅獎 低光 吳芊悅
清華大學對外漢語文化教學中心舉辦「第七屆 KPCC 朗誦比賽」 K2 普通話—古詩朗誦比賽	冠軍 低真 黎芷澄	New Horizons Education 舉辦「國際兒童繪畫比賽 2023」	季軍 高星 黃睿津
清華大學對外漢語文化教學中心舉辦「中華文藝盃 2023 朗誦比賽」 K2 組 普通話—兒歌	金獎 低光 梁家甄 低善 梁芯悅	goodmorningCLASS 主辦「肖像畫繪比賽暨作品展覽 2023」 2020 組	金獎 幼光 潘頌儀
香港兒童表演藝術交流協會舉辦「博學盃全港兒童朗誦比賽」普通話—一二三四五	亞軍 高真 鄭曉樂	goodmorningCLASS 主辦「肖像畫繪比賽暨作品展覽 2023」 2017 組	銀獎 高善 張瑋媛
漢語聖經協會舉辦「2024 年第三十屆聖經朗誦節」學校組幼稚園 K3 組（港島區）獨誦（廣東話）	優異獎 高真 蔡晴牽	香港兒童文化藝術發展協會舉辦「夏季兒童繪畫及填色比賽 2023」幼稚園初級組	亞軍 幼星 盧茜騏
領航教育舉辦「二零二四年領航盃朗誦比賽」 K1 普通話兒歌組	亞軍 幼真 吳韻妍	香港兒童文化藝術發展協會舉辦「夏季兒童繪畫及填色比賽 2023」幼稚園高級組	季軍 高星 盧芷騏
普通話教師學會舉辦「第二十四屆全港學界普通話傳藝比賽」 K1 古詩組	季軍 幼真 何明曦	香港兒童文化藝術發展協會舉辦「冬季兒童繪畫及填色比賽 2023」幼稚園高級組	最具創意獎 高星 黃睿津
香港普通話專業協會主辦「香港學界公開賽暨第十八屆 BNCL 證書學術才藝大賽（粵、普、英）」幼稚園 K2 普通話朗誦	亞軍 低光 李靜瞳	香港兒童文化藝術協會舉辦「香港青少年兒童繪畫公開賽 2023」	銅獎 高真 蔡晴牽
視 藝		中國藝術家協會香港秘書處舉辦「第 16 屆香港青少年及幼兒藝術節」參與 K2 組—水彩及粉彩畫比賽	銀獎 高星 陳依楠
香港幼兒藝術文化交流協會舉辦「第三屆尋寶陶學生陶藝創作比賽」幼稚園（親子組）	優秀作品獎 高光 廣昕楠 高星 李浚深 高善 廖昕喬 低善 陳珮廷 幼真 潘祉榮 幼星 陳祉穎 幼善 蘭瑾汐	美國肯塔基州莫海德州立大學美國肯塔基州民間藝術中心合辦「2023 年度美國 KIYA 國際青少年美術大賽」兒童及青少年 A 組	金獎 低善 陳瑩櫻

賽事名稱	獎項 / 得獎者	賽事名稱	獎項 / 得獎者
世界兒童藝術文化協會舉辦「第十二屆世界兒童繪畫大獎賽 2023」幼兒組西畫	金獎 高善 張瑋媛	沙田體育會主辦「第二屆沙田聖誕青少年田徑錦標賽」女子 2020 年組—立定跳遠	季軍 幼真 陳靈羽
國際資優教育及藝術協會 (IGEAAA) 舉辦「英國倫敦參展賽 2024」2019 年組別	金獎 低善 屠雅雯	新星田徑會舉辦「新星賀年盃兒童田徑賽」女子 2020 年組	個人全場總冠軍 幼真 陳靈羽
亞太兒童及青少年優才協會舉辦「2024 Art Talent 優才繪畫大賽」西洋畫 / K2 幼兒組	金獎 低善 屠雅雯	丸家門生香港田徑投擲研究室舉辦「第六屆丸家門生田徑周年賽 2023」女子 2018-2020 組立定跳遠	第一名 幼真 陳靈羽
國際青少年文藝培訓中心舉辦「第十六屆國際公開繪畫大賽」	季軍 幼光 潘頌儀	丸家門生香港田徑投擲研究室舉辦「第六屆丸家門生田徑周年賽 2023」女子 2018-2020 組 30M	第二名 幼真 陳靈羽
國際文化藝術交流協會舉辦「2024 日本國際繪畫參展賽」幼兒組	銅獎 低善 屠雅雯	丸家門生香港田徑投擲研究室舉辦「第六屆丸家門生田徑周年賽 2023」女子 2018-2020 組 60M	第二名 幼真 陳靈羽
中國藝術家協會香港秘書處舉辦「第二十屆德藝雙馨 (香港區賽)」K1 組—非平面繪畫比賽	季軍 幼光 潘頌儀	劍擊全方位舉辦 2024 兒童劍擊比賽 U-5 女子花劍	季軍 低真 麥倖諭
香港藝術文化協會舉辦「第六屆全港幼童繪畫挑戰賽」2020 年組	金獎 幼光 潘頌儀	音 樂	
亞太藝術研集院舉辦「亞太藝術學術繪畫大賽 2023」	金獎 低光 卓靖楨	東華三院主辦「2024 全港幼兒英文歌唱比賽」香港東區及灣仔區選拔賽	優異獎 高真 陳穎琦 鄭曉樂 趙悅晴 周 晴 何昕妍 郭思言 羅允廷 李政妍 李暄淳 鄭悅恩 黃千詠 黃諾瑤 黃沛榛 高光 陳芯薇 周樂翹 徐一心 鍾鎧淇 樊諾澄 何梓語 葉康妮 劉淳瑾 羅奕熙 李鎧澄 李卓家 田芯語 謝思珮 黃曉路 嚴梓恩 翁韜禔 余婧寧
亞美斯藝術交流舉辦「細看童畫兒童及青少年繪畫大賽 2024」幼兒高級組	銅獎 低善 溫曦嵐		第七十六屆香港學校音樂節兒童獨唱—英文歌曲—男童聲或女童聲—5 至 6 歲 金獎 低真 何芯茹 銀獎 高光 劉曦言 高善 陳芊悅 銅獎 高光 屠卓雅 黃曉路
艾斯爾國際文化交流 (香港) 舉辦「第十五屆 2024「樂無窮」國際繪畫比賽」幼兒組	二等獎 低善 屠雅雯		
香港文藝教育協會舉辦「天馬盃 2023-2024 全港繪畫精英賽」	殿軍 高星 黃睿津	第七十六屆香港學校音樂節兒童獨唱—中文歌曲—男童聲或女童聲—5 至 6 歲	銀獎 低真 蔡可妍
體 育		第七十六屆香港學校音樂節小提琴獨奏一級	銀獎 高星 李浚淦 銅獎 高真 宋嘉慧
南華體育會、香港智道跆拳道總會聯合主辦「香港智道跆拳道邀請賽 2024」	冠軍 高光 陳芊澄	第七十六屆香港學校音樂節鋼琴獨奏一級	銀獎 高真 黃千詠 高光 陳芯薇 高星 吳芊悅 高善 林希彌
沙田體育會主辦「第二屆沙田聖誕青少年田徑錦標賽」女子 2020 年組—20 米	冠軍 幼真 陳靈羽		
沙田體育會主辦「第二屆沙田聖誕青少年田徑錦標賽」女子 2020 年組—30 米	冠軍 幼真 陳靈羽		
沙田體育會主辦「第二屆沙田聖誕青少年田徑錦標賽」女子 2020 年組—30 米障礙跑	季軍 幼真 陳靈羽		

賽事名稱	獎項 / 得獎者
第七十六屆香港學校音樂節鋼琴獨奏二級	銀獎 高星 李浚淦
朗誦及音樂推廣協會舉辦「第 16 屆全港學生公開音樂比賽 2023」鋼琴—流行音樂組（預備級）	優異獎 高光 盧樂昕
朗誦及音樂推廣協會舉辦「第 16 屆全港學生公開音樂比賽 2023」鋼琴一曲目組（預備級）	優異獎 高光 盧樂昕
屯門文藝協進會主辦「屯門區中西器樂比賽 2023」中樂彈撥 D 幼苗組	冠軍 高善 何映澄
亞洲體育及藝術文化協會舉辦「亞洲體藝音樂演奏大賽」幼兒組鋼琴獨奏	金獎 低真 黎芷澄
國際青少年文藝培訓中心舉辦「第 17 屆國際音樂大賽」幼稚園 K2 鋼琴獨奏	冠軍 低真 黎芷澄
港青樂術協會舉辦「第 17 屆亞太傑出青少年鋼琴比賽」幼兒初級組	冠軍 低真 黎芷澄
香港國際鋼琴教學法協會舉辦「2023 精英鋼琴大獎賽」初級組	冠軍 低真 陳穎怡
香港國際鋼琴教學法協會舉辦「樂詣音樂節—鋼琴・弦樂實體及錄影比賽」幼兒組—K2(鋼琴)	亞軍 低真 黎芷澄
國際學藝協會舉辦「第五屆拉赫瑪尼諾夫國際鋼琴比賽」亞洲區預賽	冠軍 低光 卓靖潼
港青樂術協會舉辦「第十二屆香港青少年巴林普爾音樂節」幼兒鋼琴組	金獎 低真 黎芷澄
港青樂術協會舉辦「第 18 屆亞太傑出青少年鋼琴比賽」幼兒初級組	季軍 低真 黎芷澄
香港國際文藝交流協會舉辦「第六十五屆全港學生音樂比賽」初級鋼琴	亞軍 高善 何映澄
香港青少年表演藝術交流發展協會舉辦「第十一屆香港國際表演藝術節音樂大賽」小提琴香港學校學年自選組幼稚園 K2 組	第三名 低真 黃臻樂
舞 蹈	
香港兒童舞蹈教育推廣協會主辦「第 17 屆星舞盃舞蹈比賽 2023」兒童組（5-6 歲）—兒童舞（5-6 歲）—單人舞	金獎 高光 盧樂昕
亞洲體育及藝術文化協會舉辦「第六屆全港青少年及兒童舞蹈比賽」兒童舞組別	優異獎 高光 盧樂昕

賽事名稱	獎項 / 得獎者
香港舞蹈教育協會舉辦「藍鳥盃舞蹈比賽 2023」兒童爵士舞	銀獎 低光 卓靖潼
香港兒童表演藝術交流協會舉辦「舞出小天地—全港兒童舞蹈比賽」	季軍 高光 陳芊澄
第一教育集團舉辦「亞洲學生藝術節藝術大賽 2024」爵士舞 6-7 歲組別	榮譽獎 高光 陳芊澄
其 他	
香港警務處港島總區交通部舉辦「道路安全幼兒問答比賽 2024」	亞軍 高真 劉煒悠 高光 黃曉路 盧樂昕
灣仔區學校模範生	高真 周 晴 高光 廖璣璇
葵涌及青衣區文藝協進會舉辦「第六屆全港學界中國成語故事演講比賽」幼兒 K3 組	亞軍 高光 李卓家
香港棋院舉辦「2024 賀歲盃圍棋錦標賽」入門組	亞軍 高星 陳揚昊
中國文化藝術發展中心主辦「2023 暑期小棋星升級賽」吃子王組	殿軍 高星 陳揚昊
SUP Education 舉辦「美國麻省理工學院 MIT 媒體實驗室終身幼兒園幼兒編程—幼兒編程遊戲程式設計」	銅獎 低星 黃律晴
SHINE ON STAGE 舉辦「香港學界演講節 2024」英文—自我介紹幼稚園低班組	亞軍 幼真 何明曦
Trinity College London Graded Examination in Spoken English (GESE) CEFR Level A1	Merit K3D Choy Yuet Yan Jamie
Trinity College London Graded Examination in Spoken English (GESE) Grade 1	Merit K2C Wong Lut Ching Yuna
Trinity College London Graded Examination in Spoken English (GESE) Grade3	Distinction K3A Li Hoi Shun
Trinity College London Young Performers Certificate	Silver K1D Ho Wing Ellie Wong
GAPSK 幼稚園普通話水平考試	卓越一級 幼真 何明曦 卓越二級 低真 王欣豫

中學部 牲社

牲社職員會：

社長：譚懌老師
 靈修：馮家民老師
 生活：陳歷德老師
 文書：陳靜怡老師
 財政：鄭紫月老師



牲社聖誕表演的陣容

活動：

2023 年 12 月 20 日 聖誕聯歡會牲社表演
 2024 年 4 月 23 日 牲社職員出席教職員校董諮議會
 2024 年 6 月 優秀教師選舉
 2024 年 6 月 12 日 增廣見聞日

午餐：

Mr. Steak Buffet à la minute (自助餐)

下午活動：

1. BYO 自助烘焙
2. 密室逃脫
3. 保齡球
4. VR 體驗

2024 年 7 月 2024-2025 年度牲社職員選舉
 2024 年 7 月 歡送榮休和離職老師



牲社聚餐

選舉：

1. 鄺文慧副校長和李佳慈老師獲選為第 29 屆優秀教師。
2. 2024-2025 年度牲社職員會：
 社長：劉嘉欣老師
 職員：黃明慧老師、鄧雅茹老師、
 楊葆穎老師、莫貴龍老師



增廣見聞日的活動照片

小學部 牲社

活動：

牲社職員名單：

社長：林瑞珊老師（小學部）
文書：吳婉珠主任（小學部）
司庫：馬曉霞老師（小學部）
生活：鍾詠謠老師（小學部）
吳露露老師（小學部）
謝嘉恩（幼稚園部）
司徒穎瑜（幼稚園部）

2024 年 3 月 16 日

小學部牲社聚餐
地點：極上大喜屋。

2024 年 5 月 3 日

幼稚園部牲社聚餐
地點：梵谷廚房。

2024 年 7 月 8 日

小學及幼稚園部牲社結業聯歡，兩部歡送離職老師及榮休老師（小學部李琮芳老師、幼稚園部林美施老師），邀請許校長出席致送紀念品給榮休老師，然後進行聚餐。地點：小學部課室。



小學部牲社聚餐





幼稚園部牲社聚餐

結業聯歡（小學部）



歡送小學部榮休老師



歡送幼稚園部榮休老師



結業聯歡（幼稚園部）



News from True Light Family

哀悼

二〇二四年

- 二月二日 一九六四年級晨社黃碩然校友，亦曾是校友會代表校董及曾於本校任教，在加拿大多倫多安息主懷，享年八十一歲
- 六月廿三日 前中學部教員鄭玉蘭老師在港息勞歸主，享年六十六歲
- 八月六日 前幼稚園部黃佩球主任在港蒙主寵召，享年八十五歲

校友返校歡敘

二〇二三年

- 九月十九日 一九八六年級愛暉社葉琳校友到校歡敘
- 九月廿九日 一九六八年級曙暉社宋健玲校友由多倫多返港到校探訪
- 十月十日 一九七四年級曉暉社曹瑞芹(婉兒)校友(前墨爾本校友會副會長)、一九七五年級晞社鍾潔儀校友、一九七六年級菁園社曹潤冰校友、一九七八年級暉社哈倩儀校友及鍾潔美校友到校歡敘
- 十月十三日 一九七二年級昕社張玉貞校友由溫哥華返港到校探訪
- 十月廿四日 一九八三年級晶暉社黃少鳳校友由夏威夷返港到校探訪
- 十一月七日 一九六五年級藝荒社文傳璧校友由美國返港到校歡敘
- 十二月八日 一九七九年級菁芸社蔡綺華校友到校歡敘
- 十一月廿二日 一九六六年級昶社莊素薇校友由溫哥華返港到校探訪
- 十二月六日 二〇〇三年級衡園社廖珮而校友到校探訪
- 十二月六日 一九七六年級菁園社廖湘崑校友到校歡敘

二〇二四年

- 一月十五日 一九七九年級菁芸社余美萍校友到校歡敘
- 一月十六日 二〇一三年級藝芸社馬婉童校友到校探訪
- 三月十二日 一九六八年級曙暉社何月好校友由美國返港到校歡敘
- 三月十二日 一九七一年級春暉社何燕如校友到校歡敘
- 三月廿三日 一九八六年級愛暉社彭潔雯校友由溫哥華返港到校探訪
- 四月十九日 一九三三年級晨熹社曹琮華校友與其家人到校歡敘
- 四月十九日 小學校友楊綱凱教授到校歡敘
- 四月十九日 一九七一年級春暉社羅寶靈校友到校歡敘
- 五月四日 一九八一年級暉社葉玉玲校友由美國返港到校探訪
- 五月七日 一九五六年級沃菁社黎幗眉校友、一九五七年級寅社黎幗珠校友及小學黎愛民校友到校探訪
- 五月十四日 二〇一〇年級晨暉社鄧曉芝校友到校歡敘
- 六月五日 一九八七年級昀社陳海嬰校友由美國返港到校探訪
- 六月七日 一九九四年級藝芸社張苑心校友及由美國返港姜珮詩校友到校探訪
- 七月十二日 一九六五年級暉社吳敖翠雲校友由美國返港到校探訪
- 七月十六日 一九六八年級曙暉社鄭麗敏校友到校歡敘
- 七月十九日 一九七七年級晨暉社梁芸薇校友及一九七八年級暉社哈倩儀校友到校探訪

真光苑 簡報

一、現任理事

鄭國璽 李伊瑩 許端蓉 吳嘉文 梅麗玉 邵嘉儀 杜子瑩 丁毓珠 杜耀君 曹淑華
葉秀華 鄭容麗 關雪明 黎秀姬 萬玉鳴 謝嘉璋 華潔明 華潔瑩 譚劍虹 簡嘉明
李詠詩 杜玉鳳 黃安琪

二、職員名單

主席：曹淑華 副主席：杜子瑩 司庫：吳嘉文 文書：梅麗玉



三、苑務簡報

本年度的資助項目——

1. 基督教靈實協會
2. 聖雅各福群會
3. 靈實胡平頤養院
4. 真光四校學生之長者服務活動
5. 真光四校「讓愛發光」資助計劃



四、曾獲本苑捐助的機構：

資助機構	電話號碼	聯絡人	地 址
聖雅各福群會 真光護老之家 ‡	2838 8411	施麗娟院長	香港 灣仔 堅尼地道 83 號
基督教家庭服務處真光苑長者中心	2357 9963	黃菊靜經理	九龍 觀塘 翠屏道 3 號 4 樓
靈實醫院	2703 8859	楊寶盈小姐	新界 將軍澳 靈實路 7 號
靈實胡平頤養院 ☼	2703 2000	袁麗華院長	新界 將軍澳 培成里 8 號
信義會馮鑑社會服務大樓	2388 5847	張振華牧師	九龍 窩打老道 50A 信義樓 4 樓
YWCA 雲華護理安老苑	2708 3677	陳美琮院長	九龍 深水埗 麗安邨 麗廉樓 地下
YWCA 鄭傍卿護理安老苑	2874 3663	夏雅筠院長	香港 鴨脷洲 利東邨 東業樓 地下

‡ 5 個 8 折優惠宿位 ☼ 5 個 85 折優惠宿位

五、真光苑的工作，仍需要大家繼續的支持及代禱。



聖誕獻金捐款

Christmas Donations

聖誕獻金捐款收入			
中學生獻金	78,780.00	教職員獻金	12,320.00
小學生獻金	130,060.00	2022/2023 結餘	2,058.50
幼稚園獻金	81,170.00		
			304,388.50
聖誕獻金捐款支出			
環球天道傳基協會有限公司	4,000.00	香港婦聯有限公司	4,000.00
世界華福中心	4,000.00	再生會有限公司	4,000.00
成長希望基金會	4,000.00	基督教靈實協會	4,000.00
香港扶幼會	4,000.00	視障人士福音中心	4,000.00
兒童癌病基金	4,000.00	光愛中心有限公司	4,000.00
春蕾計劃基金	4,000.00	Praxis (HK) Charity Limited	4,000.00
香港失明人協會	4,000.00	Ultimate United Ltd	4,000.00
香港兒童權利委員會	4,000.00	亞洲非牟利動物救援有限公司	4,000.00
香港盲人輔導會	4,000.00	龍耳有限公司	4,000.00
香港青年歸主有限公司	4,000.00	榕光社	4,000.00
香港單親協會	4,000.00	On Fire Limited	4,000.00
香港腎臟基金會有限公司	4,000.00	新福事工協會有限公司	4,000.00
香港傷健協會	4,000.00	香港晨曦會有限公司	4,000.00
香港萬國兒童佈道團有限公司	4,000.00	香港基督徒學生福音團契有限公司	8,000.00
基督教巴拿巴愛心服務團有限公司	4,000.00	院牧事工聯會	8,000.00
基督教青少年牧養團契有限公司	4,000.00	開心樹社會服務有限公司	8,000.00
心晴行動慈善基金	4,000.00	路向四肢傷殘人士協會	8,000.00
明光社	4,000.00	遠東廣播有限公司	8,000.00
興學證基協會有限公司	4,000.00	香港基督徒音樂事工協會有限公司	8,000.00
工業福音團契有限公司	4,000.00	華苗薈	8,000.00
房角石協會有限公司	4,000.00	香港蒲公英希望基金會	8,000.00
前線差會有限公司	4,000.00	關愛動員(國際)有限公司	8,000.00
香港教育大學	4,000.00	基督教新生協會有限公司	8,000.00
香港沃土發展社	4,000.00	慈福行動有限公司	8,000.00
香港弱智人士家長聯會	4,000.00	基督教互愛中心	8,000.00
循道衛理聯合教會	4,000.00	密匠生命事工有限公司	8,000.00
香港特殊學習障礙協會	4,000.00	基督教正生會有限公司	8,000.00
基督教關懷無家者協會	4,000.00	小紅帽發展基金有限公司	8,000.00
香港認知障礙症協會	4,000.00	Watoto Hong Kong Limited	8,000.00
專注不足/過度活躍症(香港)協會有限公司	4,000.00	累計臨時備用金	4,388.50
			304,388.50

School Anniversary Donations

School Anniversary Gift Money			
關少嫻校友	10,000.00	梁自愛校友	1,000.00
吳怡鳳女士(P1C 吳雨曦家長)	10,000.00	戴美玉校友	1,000.00
譚國華醫生	10,000.00	梁元芝校友	1,000.00
劉愛珍醫生	10,000.00	區瑞娟女士	500.00
甘榮潔校友	3,800.00	莫淑萍校友	100.00

Other Donations

Donations for the lucky draw at Chinese New Year Banquet			
黎秀姬校董	7,000.00	彭思梅校董	1,000.00
蔡克剛律師	4,000.00	林彥卓先生	1,000.00
吳文璞校董	2,000.00	黃佩球主任	1,000.00
施珮璇副會長	2,000.00	葉秀華校長	500.00
張美如會長	2,000.00	鄧苾苾會長	500.00
萬玉鳴校董	2,000.00	李敏庭副會長	500.00
曾淑華主席	2,000.00	阮玲璋副會長	500.00
中學部 捐款			
劉詠莉校友——改善校舍工程			50,000.00
宋健玲校友——改善校舍工程			3,000.00
張玉貞校友——改善校舍工程			1,000.00
關振邦家長——改善校舍工程			50,000.00
莊素薇校友——改善校舍工程			1,800.00
蔡克剛校董——改善校舍工程			1,000.00
李亦寧校友——獎學金			4,000.00
鄭明智家長——改善校舍工程			90,000.00
鄧緋瑜家長——改善校舍工程			40,000.00
黎欄眉校友——改善校舍工程			3,000.00
姜煥英助學金——資助學習及生活遇到經濟困難的學生			50,000.00
鄭森活, 張漢秋獎助學金——添置資訊科技器材			76,366.99
家長教師聯誼會——添置教材教具			40,000.00
小學部 及 幼稚園部 捐款			
家長教師聯誼會——捐小學部購置教材教具			40,000.00
家長教師聯誼會——捐幼稚園部購置教材教具			20,000.00
家長教師聯誼會——贊助小學部印刷 2023/24 「真藏」			3,000.00
特別獎學金和助學金項目			
紀念何蔭棠博士獎學金		紀念李孟標夫人獎學金	
紀念張兆棠先生獎學金		旭社 1934 年級獎學金	
紀念梁鎮強先生獎學金		紀念方欄英女士獎學金	
紀念何中中博士獎學金		紀念符楊勤女士獎學金	
紀念何瑞棠女士獎學金		紀念 Nellie K. Miller 獎學金	
紀念黃羅蒙恩、黎黃恩憐、黎耀球獎學金		林啟雲助學金	
紀念何羅道真校長獎學金		容玉儀醫護獎學基金	
紀念何妙齡女士獎學金		紀念哈淑儀校友助學金	
何桂女士獎學金		胡國豪獎學基金	
紀念鄭榮斌博士獎學金		鄭森活張漢秋獎學基金	
紀念李月仙女士獎學金		紀念邵美薇校友獎學金	
毛少勳醫生獎學金		菁莪社海外遊學獎學金	
紀念曹思晃牧師獎學金		紀念鄺淑昭老師助學金	
紀念黎兆芳先生獎學金		紀念李耀宇校長獎學金	
紀念盧惠卿博士獎學金		Mr. Lee Chung Nung Piano Recital by P.T.A.	
紀念達瑤輝醫生獎學金		真光獎助學基金會獎學金	
紀念吳繼之先生獎學金		黃智謙學術基金	

Acknowledgements

We express our sincere appreciation to all pastors, education sector representatives, and organizational partners who have enriched our school community through their speeches, workshops, and programs. Their valuable contributions have made a meaningful impact on both our staff and students.

We also thank our friends, alumni, and students' parents for their generous donations during the School Anniversary and the Christmas Carol event. All proceeds from the School Anniversary have been allocated to scholarships, subsidies for needy students, extra-curricular funds, and donations to non-profit charitable organizations.

Additionally, we are grateful to the committee members of our Parents & Teachers Association and parent representatives for their support and valuable advice. We would like to take this opportunity to express our appreciation to the parents and volunteers who have contributed in numerous ways, such as serving as speakers, organizing Parents Tea Gatherings, workshops, and second-hand book sales, guiding students on visits and field trips, and assisting with our school publications and activities, including duties in the School Library.

On behalf of our staff and students, I would also like to extend our thanks to the following committees and organizations for their help and support in our school activities:

Asian Academy of Family Therapy (AAFT)	H.K. Red Cross Youth and Volunteer Dept.
Baptist Oi Kwan Social Service	Hok Yau Club
Business-School Partnership Programme, EDB	Hong Kong Award for Young People
Boys' & Girls' Clubs Association of Hong Kong	Hong Kong Federation of Youth Groups
C.C.C. China Congregational Church	Hong Kong UNESCO Global Geopark
Chengdu Shishi Tianfu High School (成都石室天府中學)	Institute of Electrical and Electronics Engineers
China Merchants Group	Jockey Club Museum of Climate Change of The Chinese University of Hong Kong
Chinese Methodist Church	Jennifer Yu Cheng Girls Impact Foundation
Christian Choi Yan Church	Junior Achievement Hong Kong
Chinese Rhenish Church Wanchai	Orbis
Chinese Christian Association Grace Church	SideBySide
Department of Education (Maths Edu), HKU	Shau Kei Wan Methodist Church
Department of Health, HKSAR	St. James' Settlement
Faculty of Science, The University of Hong Kong	Tai Hang Youth Centre
Gifted Education Section, EDB	The Hong Kong Council of Social Service
Green @ Wan Chai	The Institute of Engineering and Technology Hong Kong
Guangzhou True Light School (廣州市真光學校)	The Methodist Church, Hong Kong
Hong Kong Church Assembly Hall	The Society for Truth and Light
Hong Kong Mathematical Olympiad School	True Light Middle School of Hong Kong Alumni Association
Hong Kong Teen Lok Baptist Church	True Light Alumni Mentorship Programme (TLamp) Committee
Hong Kong Association of Careers Masters and Guidance Masters	Tung Wah Group Cross Centre
Hong Kong Association for Computer Education	Vocational Training Council (VTC)

Miss Hui Tuen Yung
(Principal of The True Light Middle School of Hong Kong)

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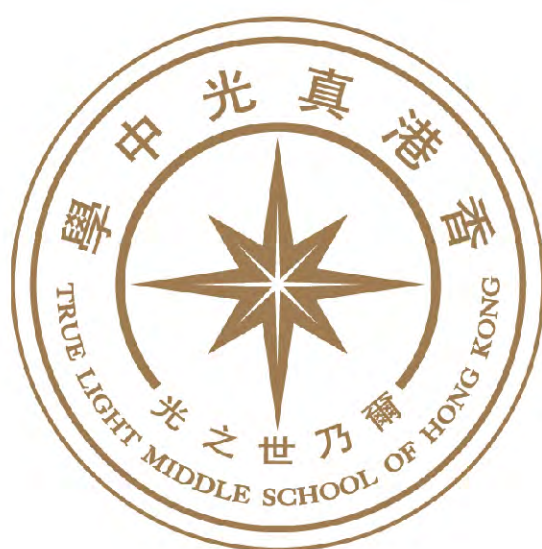
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