



THE
True Light School
OF HONG KONG

— School Journal —

2024-2025

Table of

Contents

- 002 Forewords
- 007 The 90th School Anniversary
- 027 Class Photos
- 056 Christmas Service &
Christmas Celebration
- 058 Secondary Section's Report
- 134 Primary Section's Report
- 183 Kindergarten's Report



- 206 Alumnae Association
- 208 The Parents and Teachers Association
True Light Family
- 210 News from True Light Home
- 211 Staff Welfare Association
- 214 Donations
- 215 Acknowledgements
- 216 Publication Committee and Contacts



香港真光中學創校一百五十三周年 暨在港建校九十周年誌慶

親愛的天父：

感謝祢昔日差派那夏理女士從美國隻身遠赴中國南方，以主的愛創立真光學校，本着「爾乃世之光」的宗旨，把真理及知識澤及尚屬封建文盲的女子，提升她們的自信及知識，並引領她們接受救恩。使她們不僅能自立更生、造福人群，更成為家中之光、社區之光。求主引領，使真光兒女繼續綻發光芒，照耀四方。奉主名求，阿們。

黃肖玉校長敬賀

香港真光中學創校一百五十三周年 暨在港建校九十周年誌慶

親愛的天父：

感謝祢在基督裏賜予我們真理與豐盛的生命，更感謝祢昔日感動先賢設立真光學校。感謝祢歷年來賜下忠心的師長，以無私的愛心與耐性，教導並栽培一代又一代的學子。求主親自帥領我們，賜我們謙卑受教的心，教導我們愛神愛人。求主賜下智慧與遠見，使我們能與時並進；更求主保守我們，時刻堅守「爾乃世之光」的校訓，在每個有需要的地方發熱發光，彰顯祢的榮耀。奉主名求，阿們。

梁燕婷校長敬賀



香港真光中學創校一百五十三周年 暨在港建校九十周年誌慶

親愛的天父：

九十年以來，感謝祢的帶領，讓真光在香港扎根成長，以愛與真理培育一代代學子。展望未來，我們懷著謙卑與盼望，將真光百周年重建計劃交託於祢手中；求祢賜下智慧與指引，並看顧籌劃、遷拆和興建的過程。願重建工程不僅是校舍的擴展，更是教育使命的深化，能為未來世代的培育作好預備，彰顯祢的光與愛。願真光成為榮耀祢名、照亮人心的燈臺。奉主名求，阿們。

關雪明校長敬賀

Principal's Words



School Board Trustees and Incorporated Management Committee Managers

from left to right: Ms. Yung Wing Man, Ms. Lam Ka Man, Ms. Kwan Suet Ming, Rev. Dr. Li Ping Kong, Mr. Ko Ying, Ms. Man Yuk Ming, Dr. Lee Ching Yee, Mr. Tsoi Hak Kong, Dr. Cheng Yan Kee, Ms. Wong Chor Sar, Ms. Law Ka Man, Ms. Cheung Mei Yu (PTA Chairperson), Ms. Wu Wen Poh, Principal Hui Tuen Yung.

Light and Shine:

Celebrating Our Legacy, Illuminating Our Future

Miss Hui Tuen Yung

"Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

— **Matthew 5:16**

Constellations of Opportunity: A Year of Light and Shine

This academic year marks a profoundly significant juncture in the tapestry of our school's history. In 2024-25, we stand together in joyous reverence to celebrate the 153rd anniversary of our founding in Guangzhou in 1872, and the 90th anniversary of our establishment in Hong Kong since 1935. Looking back on this nearly century-long journey in Hong Kong, we are reminded of the countless blessings, the unwavering faith, and the enduring resilience that have defined our beloved True Light.

To honor this monumental milestone, our anniversary theme this year is **"Light and Shine"**. This theme is far more than a

celebratory slogan; it celebrates the radiance within every True Light student. We recognize that each girl walks her unique path, carrying a distinctive spark of talent and boundless potential. At True Light, we consider it our sacred duty to create constellations of opportunity. We believe that our diverse platforms form the launching pad for young minds to soar and spirits to flourish. **Together, we shine brighter; together, we light up tomorrow.**

As I reflect on the myriad of celebratory activities that have filled this academic year, my heart swells with immense pride and gratitude for the entire True Light community. Our teachers, students, parents, and alumni have united to make this anniversary a true, resounding success. Let us recount the magnificent ways our community has let its light shine this year.

We prioritized student well-being and family dynamics during the insightful **90th Anniversary Education Symposium**. Our students' immense creativity took center stage in the breathtaking original musical, **"Hope in the ~~Grid~~ Grit"**, which electrified the auditorium,

and through the heartwarming publication of the student-created "**True Light Picture Book Collection**" (真光情志繪本集). We also broadened our educational horizons during the enriching staff development study tour to our sister schools in Guangzhou.

Across generations, hearts and memories were beautifully reconnected at our **90th Anniversary Gala Dinner**, where alumni, beloved retired teachers, and parents gathered to relive their cherished "True Light moments" and sing our school song in unison. Finally, our core values were profoundly honored during the **Joint-School Speech Day**, featuring the deeply revered **Passing-On-The-Light Ceremony** (傳燈禮) and an awe-inspiring 90th Anniversary Rhythmic Gymnastics (花式操) performed by over 300 dedicated students. These milestones underscore how every member of our school—whether a small glimmer or a guiding star—unites to emit infinite brilliance and power.

Adding to our immense joy this year, we witnessed an unprecedented academic milestone. On July 16, 2025, upon the release of the Hong Kong Diploma of Secondary Education (HKDSE) examination results, we proudly celebrated our Top Scorer (狀元). Caron Fung Yuet Kiu (馮乙翹) achieved an exceptional 5** in six subjects — Chinese Language, English Language, Mathematics, Biology, Economics, and Geography—alongside a stellar 5* in Mathematics Extended Part Module 1 (M1). Her remarkable dedication is the living embodiment of our students'

A beautiful drawing of the campus, lovingly created by Caron as a heartfelt expression of gratitude to her Economics and Class Teacher, Miss Chau Yim Kai.



boundless potential to shine. Caron is currently continuing her radiant journey at the London School of Economics and Political Science (LSE) in the United Kingdom, pursuing studies in economics and environment-related disciplines.

Moving Towards the Centennial: A Call for Unity

While our celebrations this year have beautifully honored our past, they also resolutely point us toward our future. During the Gala Dinner, a special exhibition introduced the Centenary Redevelopment Plan to our community. A team of professional architects was on site to explain our vision for the next chapter.

The proposed new campus design honors True Light's rich heritage while seamlessly integrating modern educational values, promising a vibrant and future-ready learning environment for generations to come. As we stand on the threshold of our next decade, moving steadily towards the centennial anniversary of our establishment in Hong Kong, I issue a heartfelt call to action for every member of the True Light family. *Ninety years is a milestone, but also a mission.* We must unite together, drawing on the same "GRIT" our students so beautifully portrayed on stage, to make the Centenary Redevelopment Project a reality. *We need the unwavering support of our alumni, the dedication of our parents, the passion of our teachers, and the spirit of our students to build a campus that will nurture the True Lighters of the 21st century.*

We are deeply grateful for the foundation laid by those who came before us, and we embrace with hope the journey that lies ahead. I humbly ask God to continue to guide and lead True Light as we move forward. May He grant us the wisdom and strength to continue nurturing young minds, empowering them to be the Light—to serve their neighbors, uplift our society, contribute to our country, and truly be the Light of the World.

May True Light continue to be rooted in love, guided by light, and dedicated to nurturing lives — so that every student may carry that light into the world, to shine in their own way, and to illuminate others.

Together, we shine brighter. Together, we light up tomorrow.

May God bless you all, and may God bless True Light.

"Arise, shine, for your light has come, and the glory of the Lord rises upon you."

— Isaiah 60:1



Caron Fung with her parents, the Principal, and her subject teachers

A Sweet Prelude: The School Anniversary Kick-Off Ceremony

To joyously welcome our 90th school anniversary, the Parent-Teacher Association (家長教師會) prepared a heartwarming gift for our Kick-Off Ceremony: the "Candy Lightbulb". Beautifully echoing our anniversary theme, "Light and Shine", these little glowing treats brought radiant smiles to everyone's faces.

We extend our deepest and most heartfelt gratitude to the PTA committee members and our devoted parent volunteers who poured their time, love, and energy into handcrafting these gifts. Because of their tremendous dedication, our entire school community—students, teachers, and staff alike — could share this collaboratively crafted "sweetness."

This wonderful initiative perfectly embodies the united spirit of the True Light family and our core educational values: Creativity and Construction, Love and Service, Self-Sacrifice, and Striving for Excellence. (創造建設、愛群服務、刻己犧牲、力求完善) It was truly a magnificent way to raise the curtain, setting a wonderfully joyful and thankful tone for the spectacular array of celebratory events that followed.



The Candy Lightbulbs, lovingly prepared by our PTA



Parent volunteers handcrafting the gifts with care



A group photo at the Kick-Off Ceremony.
From left to right: See Pui Shuen (Vice-Chair of the PTA), Yeung Hoi Ki (Kindergarten Principal), Tai Wing Yin (Primary School Principal), Man Yuk Ming (School Supervisor), Wong Ka Lai (Chair of the Alumni Association), and Cheung Mei Yu (Chair of the PTA).



Joyous moments at the Kick-Off Ceremony with guests, teachers, and students

90th School Anniversary Symposium

To foster greater attention on student-family relationships within the education sector and enhance tailored growth support, our school hosted the "90th Anniversary Education Symposium" on January 11, 2025, under the theme "Family Relationships and Parental Education: The Power of Nurturing Student Well-being." This initiative aimed to establish a collaborative platform connecting educators with professional bodies specializing in family therapy and counseling, while enabling principals and teachers to exchange insights on student support systems and parental education frameworks.



Keynote speaker, Dr. Lee Wai Yung

We were honored to feature **Dr. Lee Wai Yung** our alumna, Founding President of the **Asian Academy of Family Therapy**, as the keynote speaker for her address "The Inextricable Bond: Children's Development and Family Dynamics. (離不開的牽引——孩子成長與家庭的關係)" Additionally, the Symposium convened **eight thematic workshops led by diverse institutions and hosted a resource exhibition with seven participating organizations**. This provided education professionals direct access to agencies offering personal growth and family support services, equipping them with targeted resources to advance student development.

With over 200 attendees — including principals, teachers, parents, and agency representatives — the Symposium unanimously affirmed its success in raising awareness about the critical role of family relationships in child development. Participants expressed particular engagement with Dr. Lee's case studies, highlighting their practical relevance to educational practice.



Thematic workshop: “我快樂所以你快樂——家長善待自己，子女健康成長”



Thematic workshop: “提升教師處理家庭問題的「能量值」”



“Hope in the ~~Grid~~ Grit” – the finale of TRUE LIGHT TRILOGY

It was a pride that our kindergarten and primary school students jointly took part in this 90th school anniversary musical “*Hope in the ~~Grid~~ Grit*” and enlivened scenes excerpted from the first and second episodes “*Thou art thy Luminors*” and “*Where art thy Light?*” on February 28 and March 1. This compelling original four-act production electrified the stage at the Jockey Club Auditorium by showcasing students’ artistic brilliance while spreading True Lighters’ uniqueness.

In *Act One*, the musical unfolds a legend about the “Seed of Hope”. Led and taught by Wangari, a group of little Luminors learn planting seeds of hope in Wasteland. Chaotic though, little Luminors are taught to grow a future with immense positivity inherited from their teacher’s teacher, Ms. Noyes.

Act Two discloses the story about 50 Tai Hang – a school continuing the legend of the seed of hope, which is now standing tall up on the hill, nurturing individuals, safeguarding priceless stories, making legendary histories, and leaving behind rich legacies for successors to pass them on. Truelighters, once were dreamers seem like not knowing what they want but following what others want; not studying for themselves but for others. Three alumni, IT, FORGET and WORK want to do something to right the wrong.

In *Act Three*, “The Grid” invented by IT, FORGET and WORK is to better prepare Gridders to secure a brighter future. It seemingly solves many deep-rooted problems by tailor-making a harm-free Student Learning Profile according to each Griddier’s uniqueness to live up to expected norms at the price of one’s uniqueness. Yet, no matter how precise and valid the calculation is, one’s life can never be well-paved without surprises, scars, and slashes. Though tough, it is these experiences that make each Griddier flesh and blood, and grow into whoever s/he is.

With a click to reset in *Act Four*, things resume to the day when IT, FORGET and WORK announce the debut of The Grid. But, this time they realise: ***It is not the Grid that can help Truelighters plan ahead, but GRIT.***

This True Light legend ended with a message to all True Light members by singing together with our Principal, Ms. Hui Tuen Yung the song “*This Is Our Place*”.

*This is the place
where only we know, share and love
On and on our stories go on,
and the legacy passes on.*

*We all strive to heal wounds.
We all strive to alter wrongs.
We all strive to stand tall, upholding our faiths.
We all strive to speak for the muted.
We all strive to all-the-way shine on.
In here, we strive to shine like stars.*



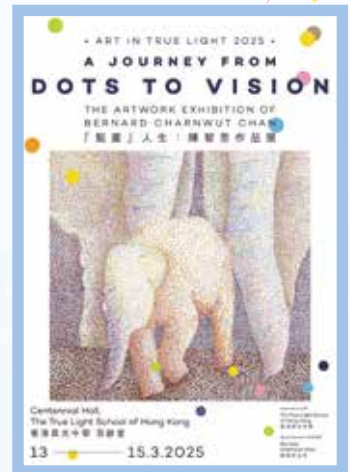
Art in True Light 2025: A Journey from Dots to Vision —

The Artwork Exhibition of Bernard Charnwut Chan and Student Art Exhibition

「點畫人生」——陳智思作品展及學生作品展

"Everything starts with a dot," the visionary Russian painter Wassily Kandinsky once observed. In retrospect, this profound simplicity is exactly how we began to organize **Art in True Light** three years ago. Born from a singular idea and nurtured by unwavering faith, our dream of bringing a museum into the school was never a castle in the sky. Today, it stands as a celebrated, holistic annual art education event that proudly unites all three sections of our school community—the Kindergarten, Primary, and Secondary.

This year's artistic journey commenced as early as September with an introduction to Peter H. Reynolds' inspiring children's book, *The Dot*. Much like the story's main character, Vashti, our students were encouraged to unleash their imagination and unlock their boundless potential. Through their art lessons, they experimented with an array of tools and materials to create dots that transcended traditional boundaries. We witnessed their creativity evolve from black and white to vibrant color, from two-dimensional paintings to three-dimensional therapeutic installations, and from the traditional canvas to digital media. They successfully transformed one-way visual art into an immersive, multi-sensory experience. More importantly, these intricate dotted creations beautifully conveyed the core message of our 90th school anniversary theme, "**Light and Shine.**"



Official leaflet of Art in True Light 2025



Mr. Bernard Chan introducing his artwork to our students



Secondary student curator introducing Mr. Bernard Chan's artwork to guests



Primary student curator introducing their artwork to kindergarten students

Culminating this extensive creative process, *Art in True Light 2025* was presented as a magnificent dual exhibition. We had the distinct honor of bringing the remarkable pointillist artworks of Mr. Bernard Charnwut Chan to our campus, while simultaneously showcasing our students' own brilliant masterpieces inspired by his signature style. This unique exhibition served a twofold purpose. Artistically, it allowed students to co-create aesthetically pleasing pieces while exploring the therapeutic functions of installation art. Philosophically, it imparted invaluable life lessons. By studying Mr. Chan's work and life experiences, our students learned how to embrace uncertainty and experiment with new possibilities. They absorbed his spirit of resilience, adaptability, and innovation in the face of adversity, discovering how to connect their present actions to an uncertain future with the steadfast belief that the right opportunities will always arise.

Held from March 13 to 15, 2025, the exhibition proved to be a resounding triumph. We were thrilled to welcome over 2,500 attendees, drawing a vibrant crowd that spanned our current students and dedicated alumni to members of the wider public. It was a joy to watch our campus transform into a bustling hub of artistic appreciation. Visitors walked away deeply moved and inspired, having experienced the profound beauty of seeing life through fresh, creative eyes. The overwhelming success of this event is a true testament to the enduring, radiant spirit of the True Light community.



Opening Ceremony of Art in True Light 2025

90th School Anniversary

Thanksgiving Service



School Choir & Chamber Ensemble



Doreme Performance

With great joy and deep gratitude, we celebrated True Light's 90th Anniversary in a Thanksgiving Service, held on 3rd May 2025, in the Centennial Hall. It was indeed a beautiful testament to God's enduring guidance and faithful care over True Light's 90-year legacy in Hong Kong.

The service was filled with inspiring moments that stirred hearts and honored our shared history. The choir and chamber ensemble opened the celebration with a powerful rendition of our theme song, *Celebrate the Light*. Students creatively depicted the school's history through sand painting, bringing the legacy of True Light to life in a unique and artistic way. The celebration continued with a joyful Doreme performance, a video on True Light's spirits, an uplifting dance presented by the Worship Dance Team, and a vibrant musical offering from the Chinese chamber ensemble.

Together with alumni, teachers, students, parents, and friends, the True Light family came together in joyous fellowship — reflecting on the past, giving thanks for the present, and embracing the promise of the future. We are truly thankful for everyone who joined us in this unforgettable milestone. May all True Lighters continue to shine brightly!



Sand Painting



Benediction by Rev. Dr. Ping Kwong Li



Gift from Guangzhou True Light Middle School



Worship Dance

School Anniversary Fund-raising Fun Fair

Celebrating 90 Years: A Day of Light and Laughter



Poster of 90th School Anniversary Fund-raising Fun Fair

To mark our school's 90th anniversary, we chose a theme that truly captures our school spirit: "Light the Day, Shine in Our Way". This theme pays tribute to "True Light" — the values of authenticity, knowledge, and enlightenment that have guided our community for decades. We honored this significant milestone by celebrating a journey of discovery and empowerment, fostering a vibrant sense of togetherness where the spirit of the True Lighters shines brightly.



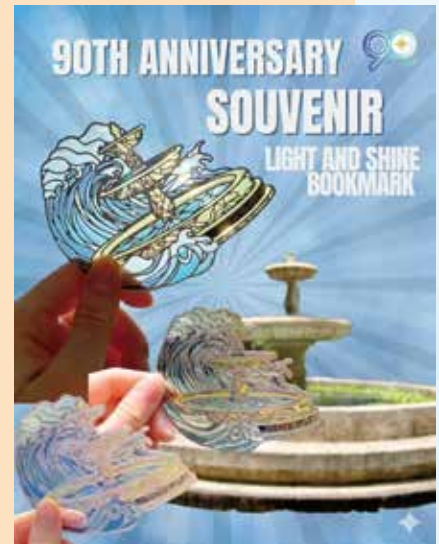
The fun fair was filled with energy, thanks in large part to the fantastic game stalls run by our Secondary 2 to Secondary 4 students. They worked hard for days preparing and decorating. It was wonderful to see guests enjoying the creative and interesting activities our students put together. Their talent and dedication were on full display, and it was a joy to see so many people having a great time. Among the many exciting attractions, our Secondary 5 students truly shone in their Gift Gallery. They channeled their creativity into designing and crafting a beautiful collection of "True Light" products. Their creativity and hard work truly paid off — the products were so popular that they nearly sold out! It was a wonderful way for guests to support our school's development, connect with our school's spirit and for our students to see their efforts come to life.



A Journey Through Our Past

One of the most heartwarming activities of our anniversary fun fair was the "Corners of Lights" game. It was so much more than just a stamp-collecting game; it was a beautiful journey, inviting everyone — from our youngest kindergarten students to our alumni — to rediscover the places that hold so many memories. Guests collected unique stamps on special commemorative "True Light" postcards, and in doing so, they reconnected with True Light landmarks. Visiting the Fountain, for example, brought back so many treasured memories for generations of alumni. This collective journey truly strengthened our bond with True Light, creating a sense of shared pride and a deep appreciation for the spirit that unites us all.

Last but not least, our students crafted a beautiful collection of souvenirs to celebrate our 90th anniversary. From the commemorative tee and jacket to the elegant bookmark, each item was a celebration of their creativity and a tribute to our school's legacy. Inspired by campus landmarks and our school motto, these souvenirs offered True Lighters a tangible way to hold onto their memories and feel a part of our school's milestone. Have you had the chance to acquire one?



90th Anniversary Souvenir



"Corners of the Light" Game



光影交織 情誼常在——

Where Light Meets Memory —

真光九十周年校慶晚宴分享

Reflections on the 90th Anniversary Gala Dinner



“Light and Shine” — the theme of our 90th anniversary — is more than a slogan. It is a reflection of the spirit that has guided True Light through the decades. For ninety years, this light has not only illuminated the paths of generations of students, but has also quietly connected hearts and memories, becoming a gentle glow in the stories of those who once walked these halls.

On May 3rd, 2024, the school hosted its 90th Anniversary Gala Dinner at CLUB ONE in Sha Tin. With nearly 80 tables filled, the evening was a grand yet heartfelt celebration. Alumni from across generations — some returning from overseas, others reunited with long-lost classmates — gathered to relive their cherished “True Light moments”. Alongside alumni were parents, students, and friends of the school, making the evening not just a reunion, but a beautiful portrait of community and connection.

Each Photo Holds a Story

The venue was thoughtfully decorated with photo walls and memory corners, featuring images spanning from the school's early days to the present. There were snapshots of the fountain, the two-storey teaching block, the main playground, and countless school events — from graduation ceremonies to sports days. Each photo captured a moment in time, a piece of someone's youth.

Alumni lingered in front of the displays, pointing and smiling as they recognized familiar faces and places. “That was my favourite spot to sit,” one said. “Look! That's our class photo from the school's 60th anniversary!” another exclaimed.

Light and Shine，是今年真光九十周年的主題，亦是這所百年學府一貫的精神傳承。九十載春秋，燦若星辰。這份光，不僅照耀着一代又一代真光人的成長之路，更在人與人之間悄然流轉，成為無數回憶中最溫柔的一道光影。

2024年5月3日，學校於沙田ClubONE舉行了九十周年校慶晚宴。當晚延開約八十席，賓客雲集，氣氛熱烈。來自不同年代的校友三五成群，或由海外返港，或與多年未見的同窗相約赴會，一同重回記憶中的「真光時光」。除了校友，亦有家長、學生及真光友好蒞臨，場面盛大，卻洋溢着無比的親切與溫情。

一張張照片，一段段歲月

學校特意設置了多個打卡佈置區，展示從開校至今的歷史照片，涵蓋了不同年代的校園面貌、活動場景與學生生活點滴：噴水池、兩層高的教學大樓、大操場、畢業禮、校運會……每一張照片，都是一段回憶的縮影。站在展板前，不少校友不禁會心一笑，指着照片說：「這裡是我當年最愛坐的地方」、「你看，這張就是我們那年校慶的合照！」

有校友即場與舊同學重現昔日姿態拍照留念，有的更帶同子女一同參與，向下一代娓娓道來那個「沒有冷氣，但有很多陽光」的校園生活。舊照片不僅喚起回憶，更讓這份跨世代的情感，在光影交錯中延續傳承。





展望百年，重建啟程

除了回顧過去，晚宴現場亦設有**百周年重建計劃簡介區**，由專業建築師團隊親身講解，讓校友及家長了解學校未來的發展藍圖。新校舍設計既保留歷史精神，又融入現代教育理念，將為未來的真光學生提供更優質的學習環境。

不少校友聽後感觸良多，紛紛表達支持與期盼。他們說：「母校對我們影響深遠，能夠見證她邁向新里程，心中充滿感動。」這一刻，記憶與未來，在同一個晚上交匯，讓人對真光的第二個百年，充滿信心與想像。

師恩難忘，重逢有情

晚宴最令人動容的時刻，莫過於與恩師的重逢。學校特別邀請了多位長輩老師蒞臨，多位老師雖已年屆七、八十高齡，仍精神奕奕。他們的出現，成為全場焦點，不少校友見到當年的班主任、音樂老師、體育導師，眼眶泛紅，急忙上前握手寒暄，並合照留念。

有老師笑說：「你們變了很多，但笑聲還是一樣」，一句話，讓學生瞬間淚目。有人帶着當年的測驗卷、手寫信，送給老師作紀念；有人專程帶上老師曾經贈送的小禮物，重現當年的情誼。時光荏苒，師生情誼卻未曾淡忘。那份敬重，那份感激，歷久彌新。



Some posed for photos with old classmates, mimicking poses from decades ago. Others brought their children, sharing stories of a childhood without air-conditioning, but filled with sunshine and laughter. These old photographs did not just stir memories — they bridged generations, allowing the past to live on in the hearts of the present.

Looking Ahead: A Century in Sight

While the evening celebrated the past, it also looked toward the future. A special exhibition introduced the Centenary Redevelopment Plan, with a team of professional architects on site to explain the school's vision for the next chapter. The proposed new campus design honours True Light's heritage while integrating modern educational values, promising a vibrant and future-ready learning environment for generations to come.

Many alumni were visibly moved. "True Light shaped who we are," one shared. "To witness her growth into the next century is deeply touching." Indeed, memory and vision came together that night — a shared moment of reflection and hope.

A Reunion of Hearts

One of the most emotional highlights of the evening was the reunion with beloved teachers. The school had specially invited several retired educators — many now in their seventies or eighties — to join the celebration. Despite the years, they remained radiant and spirited, instantly becoming the centre of attention.

As alumni recognized their former homeroom teachers, music instructors, and sports coaches, eyes welled up with tears. Warm greetings, laughter, and heartfelt embraces filled the room. One teacher said with a smile, "You've all changed so much, but your laughter is still the same." That single sentence brought tears to many eyes.

Some alumni brought old test papers or handwritten notes to return to their teachers as keepsakes. Others presented small mementos gifted to them in their school days. Time may pass, but the bond between teacher and student remains timeless — a testament to the enduring power of gratitude and respect.

歌聲響起，歲月如歌

晚宴節目豐富，高潮一幕是由梁文儀老師帶領一眾校友合唱《真光歌》。當熟悉的旋律響起，歌聲在會場中迴盪，不少人輕輕哼唱，也有人悄悄拭淚。那不單是一首歌，更是一段段共同走過的青春歲月——早會的齊唱，畢業的離情，人生初段的每一頁，都有真光歌的陪伴。

歌聲唱出真光的精神，也唱出大家對母校的熱愛與祝福。整個會場，彷彿一瞬間回到從前——那個穿着校服、奔跑在操場、等待老師點名的純真年代。

一夜情深，九十載光輝

這場晚宴，不只是一場慶典，更是一场跨越世代、連結人心的聚會。它讓我們看見：無論畢業多少年，真光的名字仍深植心中；無論身處何方，真光人始終心繫母校。這份情，是校園生活留下的印記，是老師教誨的回聲，是同窗共度的歲月，是「Light and Shine」的真實體現。

九十年，是一段歷史，更是一份使命。我們感恩於過去的滋養，更堅定於未來的承擔。願真光在未來的每一個十年，都繼續以愛為本、以光為志，照亮每一位學生的生命，讓他們帶着真光的光芒，走向世界、照耀他人。



When the Song Begins, So Do the Memories

The evening's programme was filled with joy and sentiment. One of the most touching moments was when Ms. Winnie Leung led a group of alumni in singing the True Light Songs. As the familiar melody filled the hall, many hummed along softly, while others quietly wiped away tears.

It was more than just a song — it was the echo of morning assemblies, graduation farewells, and youthful dreams. The lyrics and tune evoked a flood of memories, reminding everyone of the days when they wore their uniforms, ran across the playground, and waited eagerly for the teacher's roll call.

In that moment, time seemed to stand still — and for a heartbeat, we were all students once more.

One Night, a Lifetime of Light

This gala dinner was more than a celebration. It was a gathering of hearts across time, a reunion that reminded us: no matter how many years have passed since we graduated, the name True Light remains etched in our hearts. No matter where we go, we remain connected by the same light, the same love.

This bond is more than nostalgia — it is the echo of school life, the legacy of our teachers, the laughter of our classmates. It is the living embodiment of "Light and Shine"

Ninety years is a milestone, but also a mission. We are deeply grateful for the foundation laid by those who came before us, and we embrace with hope the journey that lies ahead. May True Light continue to be rooted in love, guided by light, and dedicated to nurturing lives — so that every student may carry that light into the world, to shine in their own way, and to illuminate others.



香港真光中學九十周年校慶呈獻

《真光情志繪本集》

為慶祝香港真光中學建校九十周年，校方隆重推出由學生親自創作的《真光情志繪本集》。全套四冊繪本以圖文並茂的形式，生動呈現校園生活的片段與成長的點滴，並展望未來的學習旅程。作品融入仁愛、堅毅、同理心與承擔等核心價值，溫暖而富啟發性，適合各年齡層細細品味。

該繪本集由三聯書店（香港）有限公司出版，現已於各大書店公開發售。5月18日，出版社於灣仔三聯書店舉行新書發佈會。多位小作者在校監、校長、家教會會長、師長及家長的見證下，分享創作歷程與心路體會，場面溫馨感人。活動亦獲《明報》關注，相關採訪內容刊登於2025年6月18日「語文同樂・書與人生」專欄，為校慶增添光彩。



灣仔三聯新書發佈會大合照

作品簡介

《你是我最亮的星》

繪本細膩描繪真光師姐妹間真摯的交流，展現人際互動中彼此理解與共同成長的歷程，將「真光情」演繹得淋漓盡致。



《不完尾》

以小貓「小沙」的尋光之旅為主題，帶領讀者深入探索其內心的光明世界。小沙堅韌不屈的精神，必定能為讀者注入滿滿的正能量。



《回憶盲盒售賣機》

作品刻劃師生之間的愛與關懷，透過徐老師與小熊軟糖的溫馨回憶，揭示校園原來是最溫暖的地方。



《微光引路》

以追尋理想的小火苗為主軸，透過多重視角闡釋「燃點自己，照亮他人」的信念，啟發讀者承擔責任、回饋社會，完美展現真光精神。



作者感言

《你是我最亮的星》——4C楊藹玲（故事・繪畫）

在繪本創作班中，我們學習了繪本的結構、表達手法與各種技巧，例如如何透過調整人物與文字的大小來烘托情感。這些訓練為我們的創作奠定了扎實的基礎。

《不完尾》——5A袁淑賢（故事）

故事中的平凡小貓「小沙」就像我自己，常常因他人的才能而心生羨慕。我希望藉此作品啟發有相同感受的人：其實每個人都是獨特而珍貴的存在。

《回憶盲盒售賣機》——5D李宛豫（故事）

去年遊學團中，聽到師姐們對畢業的不捨，令我思考未來離別的情感。因而創作此故事，藉文字表達心中真摯的感受。

《微光引路》——5B 洪禧桐（繪畫）

創作過程中，我們如同書中的小火苗，歷經困難與孤單，但最終都找到屬於自己的光亮。感謝組員一路上的支持與努力，讓作品得以完成。

★ Staff Development Day: Guangzhou Study Tour

In celebration of the 90th anniversary of our school's founding in Hong Kong, over 60 teachers and the principal from the secondary section took the high-speed rail to Guangzhou on June 9 for an exchange visit. The trip aimed to enhance teachers' understanding of the national development in education and foster exchanges between True Light teachers and students in mainland China and Hong Kong. The itinerary included visits to sister schools Guangzhou True Light School and Liwan Experimental School, as well as tours to Yongqing Fang and Lizhiwan Chong. The teachers gained a deeper understanding of True Light's history and development, benefiting greatly from the experience.



Group photo of teachers and students from Guangzhou and Hong Kong True Light Schools.

Joint-School Speech Day cum Passing-On-The-Light Ceremony

Date: 7th July 2025

Venue: Arena, Queen Elizabeth Stadium, Wan Chai

Speech by the Guest of Honour

Dr. Choi Yuk Lin, JP, Secretary for Education

Distinguished guests, parents, teachers and students,

Good evening. It is my great honour to be with you tonight at the Joint School Speech Day-cum-Passing-on-the-light Ceremony. This year, we celebrate not only the graduation of our Form 6 students but also the significant milestones of the 90th anniversary of The True Light School of Hong Kong and the 50th anniversary of Hong Kong True Light College. I extend my warmest congratulations to all the graduates on reaching this pivotal point in your educational journey. I also express my heartfelt appreciation to the educators for their unwavering dedication and tireless efforts in providing quality education, which has been instrumental in shaping the futures of countless students over the decades.

Founded in Guangzhou in 1872 and established in Hong Kong in 1935, True Light Schools have consistently upheld the Christian ideal of love, dedicating themselves to providing an all-round education based on Christian principles. Both The True Light School of Hong Kong and Hong Kong True Light College are key members of this educational family. They offer a broad and balanced curriculum enriched by a variety of engaging learning activities, fostering environments that promote creativity, innovation, self-sacrifice, concern for others, and the relentless pursuit of excellence. Guided by the School Sponsoring Body and led by dedicated school managers and inspiring teachers, True Light Schools have nurtured generations of students who not only reach their full potential but also significantly contribute to their families, professions and the community. Graduates of True Light Schools truly embody the school motto, "Thou Art the Light of the World", shining brightly in diverse domains and serving as beacons in society.

True Light Schools are committed to nurturing students to embody the distinctive qualities of True Light Girls and to become the "True Light of the World" — future bearers and sowers of the Christian faith. Tonight's graduation ceremony is highlighted by the revered Passing-on-the-light Ceremony, where Form 6 graduates pass a lamp to Form 5 students, symbolising the transfer of the True Light spirit and responsibilities to the next generation. This



Dr. Choi Yuk Lin, JP, Secretary for Education, the officiating guest giving an address in the ceremony

tradition not only reinforces the school's shared values but also strengthens the bonds within its community. Dear graduates, as you conclude your enriching secondary school journey, your exemplary conduct has indeed set a standard for younger students. The knowledge and wisdom you have acquired here are not just your legacy, but beacons that will light your path forward. I am confident that you will continue to shine brightly for your schools, illuminating the future for yourselves, for Hong Kong, and for our nation.

As we celebrate this time-honoured tradition that binds True Light girls and propels them forward, we also turn our attention to the broader landscape of education and innovation that awaits them. Indeed, the future of Hong Kong is deeply intertwined with the advancement of technology and the development of our country. Recognising this, the Government has introduced a series of forward-looking educational policies aimed at nurturing talent and innovation. In line with the 2024 Policy Address, the Education Bureau established the Steering Committee on Strategic Development of Digital Education to facilitate academic and cross-sector collaboration, enhancing digital education across Hong Kong. Meanwhile, our commitment to integrating STEAM education with innovative technologies, including artificial intelligence, remains strong. It is commendable that both True Light Schools have enthusiastically embraced these initiatives, demonstrating an unwavering commitment to advancing STEAM education in alignment with the Education Bureau's policies. Through significant resource



Distinguished Guests of Joint-School Speech Day



Opening Speech by Dr. Jane Lee, MH, JP, Chairperson of School Board of Trustees



School Report by Principal, Ms. Hui Tuen Yung

allocation and innovative curriculum design, these schools have successfully cultivated students' interests and talents in science and technology. The remarkable achievements of True Light girls in various STEAM-related activities and competitions underscore the effectiveness of these efforts. I am confident that both schools will continue to nurture students as lifelong learners and innovators, further enhancing our city's standing in the global technological arena.

As we enhance our educational landscape with STEAM and digital advancements, it is equally vital to ensure our students are well-rounded citizens, aware of their cultural and national responsibilities. Concurrently, the Education Bureau has taken a proactive role in enhancing National Security Education in schools. To assist schools in implementing related measures, we updated the "National Security Education: School Self-evaluation Checklist" in April this year. I am pleased to note that both True Light Schools have actively supported and engaged with our efforts, striving to instil positive values and attitudes through a comprehensive educational strategy. They have organised

a wide range of enriching activities, including mainland tours, Chinese culture days, exchanges with sister schools in mainland China, thematic workshops and National Day celebrations, which aimed at deepening students' understanding of our country's development and fostering a strong sense of national identity. True Light Schools have set a sterling example in nurturing future leaders, ensuring that students not only grow into socially responsible individuals but also develop a profound connection with their cultural roots and national identity.

Dear students, you are fortunate to have built a solid foundation at True Light Schools. Your achievements reflect not only your own efforts but also the relentless support from your parents, teachers and schoolmates. Be grateful to those who have supported you and remember to lift others with your gratitude and encouragement. Amid challenges or triumphs, always uphold the values encapsulated in your school motto, "Thou Art the Light of the World". Carry the flame of hope within you and harness the power to live your life to its fullest, inspiring others as you go.

Speech by the graduate student representatives

6D Fung Yuet Kiu, Caron (C) and 6D Leung Yi Sum, Edith (E)

C: Good evening, Dr. Lee, Mr. Tsoi, Ms. Man, Ms. Kwan, Board of Trustees, Ms. Hui, Dr. Ng, Distinguished Guests, Parents, Teachers, Students and Members of the Yiyun Association, I'm Caron from the True Light School of Hong Kong.

E: I'm Edith.

C: Before becoming a member of 50 Tai Hang, I had lots of expectations of the kind of True Light girls I was going to be in the future. Being "unassuming", being "humble", or being "obedient" were comments oftentimes heard. I also used to dream about the school life in True Light. "Am I going to meet like-minded and inspiring people?" "Am I going to fit in and become one of them?" and "Am I able to shine like the other True Light girls and alumnae?"

E: 但正式展開在真光的生活後，似乎有許多事情都與想像中有出入。一個疫情令我們的學習模式一百八十度轉變，每一天都是網課，同學也不認識幾個，完全感受不到和同學一齊上課討論的學習氣氛。更慘的是，一些可以經歷校園氣氛和團隊合作的活動都被取消了：校慶、級社活動、聖誕聯歡……天天困在家裡無所事事，打機、追劇，渾渾噩噩。我覺得自己好像過分慵懶，不事生產。我們三年的初中生活如同處於陰霾裡，看不見校園生活的光彩，三年的時光就此無聲無息地度過。當終於可以過回面授課堂後，心裏也十分興奮。但我感覺到，自己的步伐跟身邊的同學好像差太遠。當別人在積極地參加不同活動，而我就習慣把自己藏在家裡後，每一天都只想在放學後返家溫習、看書。再者，我的同學比我想像中更有抱負和夢想。「真光、真光」，我預期我會綻放出五顏六色的光，但我似乎只是一盞黯淡的燈光，嘗試發光發熱，卻力不從心。

C: But thanks to the countless opportunities given by the school, together with other students, we have eventually found our own unique spark in STEAM, in arts, in sports and in public speaking. Yes, our light may seem dim at first, but our sparks have grown and glowed gradually. Slowly, we proceeded to our senior years. In these three years, we have been through a lot and some of you have also found your own dreams and set your own goals. Like Nicole and Pearl, you have the ambition of studying graphic design and interior design, while Lianna and Tong Hei, you two aim to become a versatile stage performer using your talents to encourage others. Surrounded by inspiring peers like you girls, we are all motivated to pursue our own unique dreams.



Speech given by the graduate student representatives

E: 在找到自己的光之後，我難免會想讓這道光變得更亮更強，甚至比別人的光更勝一籌。那時候，我想了想，覺得讀商科好像不錯。讀商業的人似乎更有自信和更開朗，也更容易結交朋友，起初，我以為追求商科的自信與人脈能解決我的困惑，但漸漸地，我發現這些外在的目標無法滿足我內心真正的渴望。正是在這樣的探索中，我遇見了哲學。哲學讓我能夠沉浸在思考中，探索那些看似奇怪卻深刻的問題。雖然哲學的答案往往不明確，甚至看似無法直接解決生活中的實際問題，但它讓我學會了如何質疑、如何思辨。哲學令我產生對生活的熱情。我相信，唯有跟隨內心的熱情，才能真正點亮屬於自己的光芒。所以，我決定不再為滿足他人而改變自我。不管這條路多麼不尋常，我都要勇敢地走下去，讓我的光芒，因跟隨自己心中所想，與熱愛而更加燦爛。

C: Exactly, only when we allow ourselves to have different kinds of dreams and do not fit into any rigid framework, can we dare to dream and dream big, courageously. Let's take a moment and reflect: *Do we need to fulfill others' expectations?* After all, we shouldn't live our own lives for the sake of others. Then, why let others' thoughts dictate our choices? Excessive care can lead to self-doubt, and it dims the light inside us. We may begin to question our worth and silence our ambitions because society has taught us to see "dreaming big" as a flaw rather than a strength. Perhaps sometimes, when we care less, we will get more. By caring less about external validation, the authentic happiness that we earned from following our dreams brightens and fuels the flame inside us.

E: Although "dreaming big" can be intimidating, and we may fall, But, life is too precious to let fear define your story. Even if we fail spectacularly, that failure becomes

a valuable part of our wisdom. Our failures aren't scars that we need to hide, but rather, they're testaments to our dedication and passion. When we're brave enough to pursue something that's challenging, the satisfaction and pride we'll receive is unimaginable. Before we stop ourselves from trying out of fear, let's see failure as merely a turning point — a moment to pause and reflect on our setbacks, and keep moving forward to turn our passion into a reality. The worst thing in life isn't about failing, but losing the faith to carry on. Heartbreaks, setbacks and obstacles — they're all temporary. Members of YiYun Association, miracles can happen when we believe in ourselves.

C: In struggle, it bears hope; and in hope, it bears possibilities. True Light is the testing ground for us to struggle, to have hope and to create possibilities. Do you all still remember how the self-study room was almost full every day during the study leave? Do you all still recall those days and nights that we worked so hard in the hope to get into our desired faculty? We did struggle and strive because we have high hopes to make the impossible dreams possible. Tough though, we all still juggled our limited time to participate in the variety show, to fight for medals in the Sports Day, to sing our hearts out in Doremi. There were many more unforgettable memories we co-created in this 6-year voyage of self-discovery. Definitely, they were manna from heaven to sweeten our secondary school life.

E: In this 6-year voyage, we, the 19-25 Yiyun Association members have been through, despite the countless failures experienced, we have discovered our meaning of TLHK.

- T- Transform the world... by dreaming grittily and ambitiously.
- L- Love thy community... by supporting each other unconditionally and wholeheartedly.
- H- Honor our sacrifice... by embarrassing failures gracefully and positively.
- K- Keep to excellence... by focusing intensely and patiently.

Surely, with the memories and lessons we have had in TLHK, we'll be able to survive the storm in our lives and eventually witness the serene view of the ocean and how the sunlight glistens on the waves.

C: Yes! With you all, we can embark on our own voyage! In True Light, when we cautiously shared our unique dreams, none of you laughed nor mocked at us. In True Light, when we struggled with our studies and felt confused about our future path, our teachers were the guiding stars, always assisting and supporting us to find our own destinations. At home, when we were drowning in DSE, our parents were our anchors, always having our back in the storm. We thank you all and are grateful for that. May every True Light graduate light up your passion and shine in your own way, knowing that your voyage shapes not only your future but also inspires those around you.

E: You are enough,

C: ... you belong,

E&C: ... and your unique light matters. Thank you, and may your dreams shine boldly, and illuminate the world.



Graduates receiving graduation certificates from the officiating guest



Graduates receiving awards from the members of School Board of Trustees



Graduates presenting souvenirs to their alma mater



House Programme

Video – Pass-On-The-Light Ceremony



Video – 花式操



Retiring teachers receiving farewell gifts from the school

90周年校慶

傳燈禮暨花式操

傳燈禮

傳燈禮是真光獨有的傳統典禮。在大坑道校舍落成典禮（1951.12.6）的程序中，已有「傳禮燈」，何中中校長曾解釋這儀式的意義：

這個象徵真理之光的校燈，傳授給最高年級的高中一年級同學。在同學中，他們是保護真光的領導者，他們要負起責任，用思想、用行動領導全體同學，在師長的指導下，努力追求真理，實行真理，發揚真理。

節錄自《香港真光中學中學部落成典禮紀念特刊》

每年畢業禮，都有傳燈禮環節，中六畢業生將護燈的責任傳給中五級學妹；適逢大校慶，傳燈禮的規模更大。中一、二級全體同學在漆黑中手持一點光，連成八角星；中六畢業生和中五學生代表在其中完成授光、傳燈和接燈等儀式，並有《求賜真光》、《傳燈歌》和《接燈歌》唱頌箇中意義和期許，祝願「真理之光，普照四方」；「真光永遠邁進，走向光明」。



花式操主題

春夏秋冬 主恩浩瀚
九十華誕 真光輝煌

春天的花朵，綻放如詩，
是上帝的恩手，讓天地萬物滋長。

夏天的太陽，絢爛如笑，
溫暖每顆心靈，賜予生命的力量。

秋天的黃葉，輕舞如歌，
訴說著豐收，感恩的旋律悠揚。

冬天的雪花，純潔如夢，
在寧謐中禱告，感恩上帝的周詳。

四季更迭，全是主的恩典，
每一片花瓣，每一縷陽光，
見證上帝的創造，無限而美麗，
讓真光兒女，擁抱九十個春秋。

花式操展示真光女兒的寶貴特質

1. 春天的特質：充滿活力，掌握無限可能

同學們積極投身於花式操的練習中，準時出席，嚴守紀律，聽從指示，甚至甘願放棄個人玩樂、課外活動和旅遊。在練習期間，他們能夠在恰當的時機提出建議，如調整位置、色彩及動作，展現出強烈的歸屬感與主動性。



2. 夏天的特質：靈活多變，學習解決困難

同學們嘗試用不同的方法來學習和記憶，靈活變通以達成目標。有的同學專注於數拍子，有的則利用音樂節奏，巧妙與燈光配合。為了克服畏光的困擾，也有同學在練習時佩戴太陽眼鏡，工作人員則全力以赴幫忙解決燈棒調配的問題。



3. 秋天的特質：追求卓越，擁有藝術氣質

每次練習，同學們堅信自己能夠更進一步，爵士舞和花式操的同學們完美協作，精彩演繹每一個環節。每位同學都是「光」的一部分，點燃自己凝聚成「真光」。他們互相包容，適應彼此的身高和步速，最終以動態的變化展現獨特的美感。



4. 冬天的特質：安靜忍耐，懂得自我調適

花式操需要刻苦練習和重複操練，恰如漫長的冬季。在表演過程中，三百多位同學分組進行練習。在休息期間，他們懂得「苦中作樂」，有同學打球、玩UNO、織毛衣、閱讀，充分利用每一刻。無論處於不同場地，同學們都能靈活適應環境的改變，發揮自如。



5. TL 90 標誌：團結合作，勇於承先啟後

花式操完美地詮釋了「真光」精神。所有同學朝著目標奔跑，從個人走向群體，圍繞著兩個「O」字旋轉，最後加上「9」字的尾巴，讓大家堅信只要朝著正確的方向努力邁進，就能迎向目標。三百多位同學匯聚成「90」，見證了真光90年來無數前人為學校作出的貢獻，傳承真光的傳統與精神，成就輝煌歷史。

在舞台上，爵士舞的19位同學傾盡全力，成為表演的璀璨亮點。最令人感動的時刻，是四位同學舉起象徵上帝祝福的十字架，隨後轉變為八角星校徽，最後以多層生日蛋糕作結，象徵全體師生共同慶賀真光邁向90周年。



總結

一位街坊從附近住宅欣賞完大操場舉行的夜綵排後讚嘆道：這是一場充滿心思的表演，完美呼應了學校的名字「真光」。街坊對師生們的努力讚賞不已，掌聲雷動，令同學的付出得到充分肯定。

雖然每位參與表演的同學只是一點微光，但當他們團結起來，便能散發出無限的光芒和力量。本屆花式操以最濃縮的練習時間達致超水準效果，其實並非偶然，而是團隊老師精心策劃，所有同學積極參與，眾志成城，上下一心的成果。當然，最重要的還是天父的恩典與同在，才能造就如此絢麗的「花式操」表演。



同學感言

5C 羅安梨

在燈操中，每個人都是不可或缺的，是團隊中的一份子，每個同學各自承擔算不上複雜的動作，但聚起來卻能夠拼湊出各種大型圖案，在黑暗中看到確實感到震撼。

4C 陳安翹

我在花式操表演中擔任學生助手。雖然我並沒有參與所有訓練，但我仍然很享受幫助同學及參與表演的過程，期間我也結識了新朋友。這真是一段難忘的經歷！

3C 方婕同

我一直很欣賞學校樓梯展示的「傳燈禮」那些美麗的照片，心想能夠砌出如此完美無瑕的形狀和圖案，同學們必定經歷艱辛的排練。

「光」象徵著希望和指引，通過這次「花式操」練習，我才深刻理解「真光」的真正意義。「光」的象徵遠超於言語表達的範疇。這次「花式操」演出，只要少了任何一個人，表演就無法進行，這就是團隊合作的力量。每一點光都同樣重要，正如我們每一個同學都被重視，我們把「光」聚合成為「真光」，正好說明我們的校訓「爾乃世之光」。

3D 王芷琳

我很感動，覺得自己完成了一個不可能的表演。

3C 鍾蔚林

排練的第一日結束後，我身心疲憊。可是，在第二天看到無人機攝錄的排練片段，看見「花式操」的雛形時，心中的不滿頓時消散了，取而代之是一份想把這個花式操做得更好更漂亮的決心。汗水仍是有的，辛苦仍是有的，但對「花式操」能順利演出的熱情把這些都蓋過了。我和朋友在排練期間談天說地，變得更加熟絡，我逐漸習慣了練習「花式操」的日子，不用回校練習的日子，反倒覺得有點空虛。

在排練期間，我逐漸融入作品當中。我在春天的圖案中負責綠葉的部份，我感覺自己好像是綠葉中的一顆細胞，渾身上下都充滿了葉綠素，只要躺在地上，便能生存；我在夏天的圖案中負責光線的部份，我感覺自己好像會發光一樣，即使家中停電，也不必害怕，因為只要我站在客廳的中央，便能照亮整個家。

在「花式操」練習中，大家向着同一個目標進發，在不斷揮灑的汗水中，我看見了青春的影子。我終於明白「花式操」是對中六同學的一份祝福，是對真光精神的一份極致體現及承擔。相信這一代的真光人，都不會忘記那一句「春夏秋冬，主恩浩瀚；九十華誕，真光輝煌。」

Kindergarten Section

幼真 (K1A)



第四排 蔡穎芯老師 林寶儀老師 陸藝詩老師
第三排 冼珈瑤 梁懿樂 蔡靖嵐 吳曦嵐 朱芊悅 何晴曦 陳穎琪 蘇曉悠 梁芯語 李劭霖
第二排 伍廷謙 楊逸 譚苡湊 王欣程 梁凱喬 李樂晴 黃鎧詠 陳琛雅 林天妤 黃浩栢 區靖
第一排 鄭梓奈 任子菲 彭澄慧 李晴萱 黃栩晴 鄭子泐 屈逸宸 林曉知 沈欣妍 郭鈺婉 譚樂忻

幼光 (K1B)



第四排 何怡雙老師 盧君穎老師 潘家明老師
第三排 鍾芯柔 施希玥 林樂園 馮見知 李尚楹 洪悅婷 彭玥潼 程愷加 李榮詩 郭恩彤
第二排 梁嘉桐 朱卓蕎 何苡琳 湯穎仁 何凱澄 香靖旋 何梓妤 李凱翹 林芊穎 張明萱 勞梓瑜
第一排 黎雨芯 刁芷熙 袁梓晴 鍾珈藍 陳泳嘉 黎昭妤 張芷晴 陳安瑜 游日嵐 畢希瑜 曾其

幼星 (K1C)



第四排 林寶儀老師 陸藝詩老師 蔡穎芯老師
第三排 嚴芷晴 李可晴 關芷愉 朱泳桐 何穎知 黃諾澄 陳心穎 吳柏瑤 鄭書珩 鍾汝霏
第二排 杜珺雅 余昊瞳 黃梓瑜 黃偲睿 鄒清源 荊梓莉 郭凱晴 游子萱 朱天澄 林雨菲
第一排 陳曦文 劉懿淳 梁采霖 王宇琪 盧穎嵐 嚴梓萱 徐欣妍 胡凱喬 林苡炘 錢塏霖 陳婧陶

幼善 (K1D)



第四排 何怡雙老師 潘家明老師 盧君穎老師
第三排 陳愛琳 曾沁萱 譚懿 馮芊婷 伍芊瑜 葉宸睿 羅荳晴 梁千悅 黃柏澄 余昊遙
第二排 洪芊柔 俞芷柔 李昕怡 鄧雅霖 林樂知 鄭羨澄 李沐妍 湯欣熹 劉玥彤 羅翊芊 楊倩同
第一排 許筠怡
第一排 胡雅文 張天嵐 江子榆 石羽珈 劉君婷 曹妍寧 蔡楚涵 劉芊妤 劉爾希 戴嘉玥

低真 (K2A)



第四排 周靜雯老師 司徒穎瑜老師 梁小菲老師

第三排 鄭庭林 黃苑澄 徐千雅 梁瑋晴 洪芊穎 黃苡喬 龍逸昇 陳卓喬

第二排 劉孝睿 張月晞 葉純熙 廖祉靈 陳心柔 關翊同 吳韻妍 秦愷妤 潘悅 程曼曦 盧昀臻
周曉恩 麥栩熒

第一排 陳芊靚 張晞桐 陳熙蕾 許貝昕 鍾昕璇 林翊儒 李靜藍 陸琯滢 胡芍晨 岑梓悅 黃馨庭

低光 (K2B)



第四排 林美施老師 周燕明老師 林芷晴老師

第三排 杜煒晴 饒芷寧 張安如 李思恩 林芷妍 何明曦 梁雅緣 黎晞桐 潘頌儀

第二排 吳睿嬰 羅穎瑜 吳芊寧 何多洛 劉悅晴 謝思玟 洪昕悅 袁穎汶 張逸加 馬可芸 麥栩悠

第一排 陳嫻縈 周玥彤 官子悠 廖梓晴 鄭亦珈 李恩言 王令儀 謝家悅 蘇琛喻 潘祉縈 胡以瑋

低星
(K2C)



第四排 司徒穎瑜老師 周靜雯老師 梁小菲老師
第三排 羅羨琰 鄭善煜 蘭瑾汐 譚穎萱 馮晴晴 陈妙语 姚溢恩 李可人
第二排 吳卓謠 廖貝雅 曾悅晴 楊止善 馮梓喬 譚蕤瑜 馮焯宇 黃熙絡 曾苡晴 何妍雅 葉沁語
第一排 歐烜榮 敖柏欣 余沛晞 黃玥晞 李梓妤 劉羽晴 黃嶼安 鄭芯妍 周仲喬 李若海

低善
(K2D)



第四排 周燕明老師 林美施老師 林芷晴老師
第三排 侯穎瞳 陳孰扉 李晞萱 江崎雪 郝苡橋 龍詠翹 黃紫晴 黃可穎 謝昕恬 張柔嘉 陳祉穎
 方曦怡
第二排 毛紫宸 梁深嫻 曹子喬 陳玥澄 馮思熹 張施甯 李婧遙 楊愷藍 盧茜騏
第一排 陳幸妤 彭玥嘉 吳芊穎 黃蕮翹 阮晨暄 黃可芝 秦一心 謝沛津 羅祉詠

高真 (K3A)



- 第三排** 鍾愛慈老師 張舜然 張書瑤 黃建彰 楊晞淳 黎恩寧 洪靖淳 黃彥霏 賴玥霏 何悅程
吉野禮奈 曾子玆 謝嘉恩老師
- 第二排** 梁樂希 陳希淳 朱曉祈 譚桂情 陳子蕎 徐梓綾 李臻晞 俞思睿 吳逸萱 鄭建彤 鄭建晴
曾敬添 劉翠珊老師
- 第一排** 吳卓穎 李禹彤 黃臻樂 林熙宸 萬允悅 吳芊悅 黎芷澄 李清懿 楊幸和 尹若韻 黃雅蕾
梁懿晴

高光 (K3B)



- 第四排** 黃天麗老師 謝蓉蓉老師 樊紫君主任
- 第三排** 楊悅 梁家甄 陳彥澄 許嘉桐 彭棹霖 鄭穎楠 林可淼 施佳希 陳以心 陳穎怡 卓靖潼
- 第二排** 蔡可妍 陳芷瑤 鄭巧筠 尤曉悅 林婧芝 王欣豫 張穎芯 麥倖諭 陳玥樺 歐陽萱霖
李靜瞳 何心紘
- 第一排** 黃子翹 許珈祈 許芷瑜 陳奕萱 劉皚澄 李思瑤 董泳希 黃奕之 何芯茹 嚴曦妍 蘇泳潼
蘇沚澄

高星 (K3C)



- 第三排** 鍾愛慈老師 黃美惠 區愛研 蔡欣韻 張曦玥 鍾 晴 張芊琳 胡晴珮 盧卓琳 李安妮
李穎燴 謝嘉恩老師
- 第二排** 張珮欣 周家榕 區芷蕎 王諾瑤 藍逸晴 莊孝穎 趙沐晨 李舜令 龍詠嵐 梁蔚蕎 馮明萱
林珈彤 劉翠珊老師
- 第一排** 高紫棋 楊凱榆 陳惜晨 黃晞桐 呂信朗 吳柏榮 林珮臻 何亭臻 陳珮廷 陳芊語 溫曦嵐
顧曄凡

高善 (K3D)



- 第四排** 黃天麗老師 樊紫君主任 謝蓉蓉老師
- 第三排** 歐可嵐 陳凝梓 陳思行 張希妍 趙嘉琪 陳瑩櫻 陳鎧芊 陳煦風 張希晴 陳思妤 陳頌悅
- 第二排** 黃維決 溫昊娜 翁愨喬 曾芊凝 張焯嫻 朱采瑤 王映嫻 鄧芊睿 屠雅雯 岑恩諾 卓睿希
王晞喬
- 第一排** 馮靖鋤 梁芯悅 黎迦悅 賴琬兒 黎詠儀 朱煦楠 陳蔚昕 陸睿詩 李雅呈 嚴梓蓓 張珮晨

Primary Section

一真 (P1A)



第三排 鄭曉樂 陳殷好 戴嘉怡 劉啟業 黎晞蕎 張庭與 苑景皓 呂樂琛 楊明奧 鄭筠琳 羅熙桐
 第二排 李浚淦 譚詠蓀 蘇芷渝 陳恩言 鄭芊穎 胡鎧澄 戴嘉盈 郝芊橋 林芊潼 陳穎琦 樊諾澄
 陳芯薇 謝思珮 黃鈞瑜
 第一排 趙悅晴 李皚澄 譚樂怡 陳係彤 鄭樂澄 文艷平老師 張子由 勞詠嵐 利尚知 黃蔦澄
 鄧在遊

一光 (P1B)



第三排 宋嘉慧 余芷穎 張心玥 湯焯妍 許渝忻 陳芊澄 張倬嘉 周卓妍 韓幄瑜 何頌頤 戴睿思
 李允婷
 第二排 吳芊悅 區悠 張美雪 施穎楠 馬靖芯 鍾鎧淇 黃睿 張芷穎 劉蔓熙 余靖之 朱珮瑩
 趙栩晴 歐芍悠 黎家懿
 第一排 郭思言 陳蕙君 詹錦妍 麥穎欣 郭係言 麥美明老師 李暎淳 劉思好 黃玥兒 屠卓雅
 白月堯 文樂嫻

一星
(P1C)



第三排 劉曦言 李泳澄 廖昕喬 周希曼 吳靖滄 張希童 黃蔚喬 陳叡翹 蘇芊月 石芯妤 黃千詠
 第二排 鄧希霖 嚴梓恩 劉煒悠 田芯語 馮芷臻 羅栩嫻 周芷羽 李煢婧 李雅媛 陳樂恩 李卓家
 黃焯孜
 第一排 夏懿澄 衛祉晴 李芊滄 鄭芷蔚 周芷羽 黃舜秋老師 韓昭穎 劉雨澄 余靜桐 蔡恩禮
 許懿人

一善
(P1D)



第三排 王康初 翁驕裊 陳靜孜 楊晞潼 周樂翹 何梓語 歐子榕 張忻霖 廖璣璇 余愷蕎 袁安澄
 方嘉嫻
 第二排 林家榆 黃心柔 任皓萱 周 晴 林玥兒 黃芊月 羅熙琳 梁倩兒 李穎妍 余樂賢 蔡嘉珩
 陳泳霖
 第一排 李浠萬 盛曦妍 盧芷騏 蘇貝而 李悅貝 馬曉霞老師 鄭芷瑤 吳晴恩 陸旨洙 陳卓穎
 霍梓晴

二真 (P2A)



第三排 陳欣妍 歐陽樂澄 廖希瞳 李樂晴 文梓妍 孔維樂 徐佳悅 尹睿嘉 招子晨 李伊諾
曹可言 盧雅淳
第二排 鍾雅詠 鄭睿蓁 陳汶瑤 黃穎橦 黃梓恩 劉芊蕓 朱曉晨 歐諾澄 徐蘊彤 徐蘊攸
第一排 邱懿晴 葉以霏 林珊淇 石睿衡 謝敏雲老師 李欣庭 林千珩 吳悅橋 林芯悅

二光 (P2B)



第三排 曾希桐 區靖喬 葉紀廷 楊洛銅 徐苑陽 楊佳恩 陳梓瑜 彭旭琳 張月澄 鄧湓霏 葉靜姝
第二排 劉詩雅 鄭巧楠 陳靜芝 許穎琳 陳姿貝 黃雪喬 劉靜玥 藍方圓 彭以澄 鄭姿
第一排 白伊喬 鄭梓希 莫皓童 吳洛欣 鍾詠謠老師 陳珮之 夏敏樺 鄭亦雅 張詠嵐

二星
(P2C)



第三排 邱子玲 楊晞怡 陳芯賢 鍾憫昕 韓懷瑾 白皓晴 崔凱晴 鄭奕霏 譚琇芝 范芯柔 徐千嵐
第二排 蔡祉聆 崔恩碩 曹芯瑜 李舜千 孫睿琪 于嘉墨 周曉賢 袁諾淇 尹筱容 莫皓閔
第一排 黃澄 林諾妍 謝沛芯 鄭熙媛 劉嘉玲老師 柯汶鎬 鄒清如 孫瑩珈 林仟嵐

二善
(P2D)



第三排 李子悠 梁凱淳 梁芷霖 馮衍知 方玥喬 張恩寧 趙婧達 陳以愛 王玥瞳 李穎瞳 文馨
第二排 勞子誠 付靈羽 陳沁寧 陳逸瑋 湯宜蓁 陳曉楠 盧語弦 吳芊彤 王康賢 胡博研 莫皓程
第一排 丘凱淳 鄭子瑜 吳卓殷 劉紫珞 李可昕老師 林蔚蓁 王悉懿 鍾迦悠 孫芷澄

三真 (P3A)



第三排 劉學思 衛皓天 彭櫻慧 吳嫻洳 何佩臻 王景行 莊祉瑤 吳欣庭 侯樂思 衛樂晞 陳繹雅 郭晞雅

第二排 聶子銘 卓 徹 葉愷翔 黃柏澄 譚栩芊 黃曉淇 李心柔 曾琛悅 蕭芷喬 孫雋謙

第一排 林蔚滄 張依蕾 呂希晴 李玥瞳 施言訢 李伊庭老師 何卓嵐 梁珮臻 陳曉晴 郭祖攸 楊子敏

三光 (P3B)



第三排 徐心萱 文滢悠 梁穎喬 陳穎潼 曲逸誠 陳靜芊 麥芷瑜 禰奕霖 周沐嫻 吳梓琳 劉穎欣 鄭 沁

第二排 張欣蕾 王曄天 周俊諾 孔德仁 陳幸頤 彭子僑 葉沛呈 曹文韻 吳恩希 陳星妍 陸旨悅

第一排 呂芑芊 黃詩綽 吳婉熒 伍慧文 駱知初 劉麗紅老師 秦心瑜 唐可蕎 邱奕彤 范顯穎 趙綽茵

三星
(P3C)



第三排 蔡睿妍 張頌晞 傅盈雅 張芷喬 朱伊鶯 區言悅 張凱琳 鍾藹湓 洪悅翹 廖汧璇 羅予慧
第二排 黃愷瞳 張可藍 陳玥臻 鄭詠芝 吳祈妍 陳子盈 呂穎彤 陳盈竹 蕭逸芊 黃懿澄 林希靜
第一排 陳泳希 馮靈雪 潘皓晴 余慧賢 李安蕎 陳祉呈老師 李樂融 鄧芋譽 蘇芷澄 霍舒悅

三善
(P3D)



第三排 李彰涵 鄧安 黃穎遙 吳玥凝 張愷恩 庾鈞皓 丁浠然 黃芯柔 楊靖翹 周卓瑤 宋美慧
第二排 杜祉殷 沈樂怡 杜心昕 楊婉昕 謝予蓓 陳雋熹 陳琛穎 蘇育如 歐陽懿 劉達司 何梓楷
何睿雪
第一排 馬靖恩 黎伊桐 鍾恩詠 黃貝聆 黃紫瞳 潘樂希老師 陳詩穎 黃洛霓 蘇鑑婷 劉俞雯
何頌恩

三信 (P3E)



第三排 方詠蕎 黎嘉蕎 吳栩頤 梁正心 張梓晴 林浩致 袁安喬 關子琪 李芷陶 鄭暉頤
第二排 王雪晴 徐可融 周裴斐 陳月星 葉皓晴 鄭玥澄 何卓橋 鄧朗玥 謝孜知 羅睿蕎 黃思晴
張舒雅
第一排 曾恩琳 梁曉悠 徐日萱 盧明兒 陳蕙心 羅兆煌老師 王倬琳 黎芊妤 王樂希 李芯柔
郭天藍

四真 (P4A)



第三排 李文萱 黃雍嵐 李梓瑜 江祉妤 朱悅頤 譚穎晴 黃靖然 王靖淇 麥澄之 程曉悅 張敖詩
第二排 錢皓蓓 胡馨予 衛樂昕 陳凱琳 關詠恩 黃鈺晴 黃子柔 吳思慧 朱愷彤 溫雅淇 鍾綺崢
余禧林 盧倚萱
第一排 陳巧澄 林穎 陳曉沛 樊諾潼 鍾敏晞 張偉雄老師 李梓安 陳瑋弦 郭姿涵 張芷琳

四光 (P4B)



第三排 邵睿晞 黃鍵熙 沈季布 宿芊羽 林芯玥 李霜凝 程舒文 曾卓翹 張浩恩 郭珀豪 王凌宇
胡馨藝
第二排 楊子臻 彭悅晴 勞穎怡 陳鈺穎 卓靖桐 羅洛斯 郭知沂 林子妍 翁諾喬 楊欣晴 蕭雨凝
第一排 周芷君 張樂遙 羅紫暄 譚日芯 司徒朗芝 袁致衡老師 楊宛澄 韓名羨 張依田 林祉好

四星 (P4C)



第三排 古庭熙 杜若思 麥善之 丁昕竹 李芷晴 郭琰瑾 張敖滋 吳映頤 楊詩晨 周苡喬 吳煦晴
第二排 高君睿 羅卓顯 盧子然 陳心怡 常珈鉸 蔡愷叡 周雪 岑恩琳 彭姿雅 余嘉嘉 陳詠喬
第一排 蕭詩蓓 陳家怡 張素妍 楊穎妍 黃心悠 阮芷晴老師 盧瑾瑤 鄭詠喬 趙汗淙 胡斐然
盧卓瞳

五真 (P5A)



第三排 蔡幸妍 姚楚蕎 梁康悠 彌明孜 吳辰熙 盧佳瑤 杜聿銘 張可悠 梁嘉宜 彭棹盈 劉向山
吳敏妍

第二排 夏敏翹 郭倬瑜 莊希霖 余芊澄 梁遨霖 葉可呈 李松珈 施穎妍 譚見晴 冼倬如 王 滢
蔡祉昕 黃絢琦

第一排 馮熙嵐 陳芊諾 韓穎賢 潘以殷 葉亦菲 林瑞珊老師 林洛欣 黃泳心 許芷臻 梁海瑜
黎信希

五光 (P5B)



第三排 張卓凡 陳殷喬 尹鈺滢 李希琪 黃 蓉 余 願 傅美芯 蕭愷霖 謝曉晴 許雍紀 鄭曉悠
廖希喬

第二排 黃曦雯 趙巧晴 梁希霖 呂安怡 楊詠心 梁綽穎 胡森怡 左思穎 林欣妍 周曉萱 胡樂恒
梁仲稀 吳灝軒

第一排 呂禕懷 鄭采頤 關芷晴 黃子晴 盧敏鏹 周浩恩老師 何晞瞳 李 澄 羅善行 林淮恩
王思悅

五星 (P5C)



第三排 蔡昕桐 陳希如 黃心瑜 危曉晴 洪凱晴 楊靖悠 張心元 黎子晴 楊芯蕎 鮑予嫣 曹詩雯 楊善嫻
第二排 何欣霖 司徒凱進 毛安娜 劉海栢 何衍勸 吳卓君 袁穎芯 姜鎧沂 馮芷澄 陳樂行 陳 昊
第一排 張苑苧 謝詩伶 吳凱琳 趙悅雅 何巧悠 林秀樺老師 梁芷穎 林芯妍 孔德好 溫紀晴

六真 (P6A)



第三排 何泳瑤 蘇 鈴 胡僖淳 羅栩妍 方言恩 鄭熠琳 潘穎璇 余蔚然 陳雅喬 黎欣羲 楊 熹
第二排 饒望晴 蕭蔚淇 梁凱晴 譚珮瑤 劉穎熹 林樂芯 林希翹 劉雋慧 林妍穎 何泳晴 曾樂施
第一排 葉曦翹 陳心悠 麥晴希 陳梓晴 楊凱彤 鄭一麗老師 李亦翹 陳名律 張舜堯 王允嵐 王鎧澄

六光 (P6B)



第三排 張信怡 陳加寶 劉思慧 梁凱喬 吳旻晞 李芷悠 楊祉虞 羅予禧 李柳萱 馮韻瑜 盧勵葵
 第二排 黃曉孜 李宸寧 鄭茵芝 唐穎一 李碧銘 沈依諾 孔嘉嵐 黃悅 袁偲睿 李倚辰 邱珞瞳
 洪悅喬
 第一排 陳婉月 符晞恩 郭沛翹 區子澄 許嘉儀老師 尹芊嫻 陳樂榕 錢皓澄 郭沛琳 黎芷如

六星 (P6C)



第三排 王詩晴 梁晞榆 張子萱 朱棹楠 李芊墨 文希頤 冼卓謙 周孜翹 鄧恩程 張曉晴
 第二排 關亦丞 吳諾霖 袁宇琛 嚴詩澍 羅以晴 劉芷瑩 徐梓睿 張霈詠 盧子攸
 第一排 羅諾芝 陳熙瑤 林詩諾 黃采熙 謝嘉碧老師 王施悅 范心誼 梁思源

Secondary Section

S1A



- 4th Row** TONG YUI TING, CHAN CHEUK YAU CHERYL, CHUNG HEI TUNG, CHEUNG YUET HEI, TSANG WAI YAN, HUI LOK LAM ELIM, YEUNG SUM YAU
- 3rd Row** WU KIT SUM, TSE CHEUK YING, CHAN HOR YAU GISELLE, KAM PENNY MO HUEN, CHAN HEI, LOOK HEY YAU, WONG HIN TING, TSUI TSZ LAM
- 2nd Row** WONG SING YU, LEE CHI YUI, GUO ZIQI, YU NGO CHING, WONG WING HEI, LEUNG LOK YIN CASSIDY, LAW ZI HAM HANNAH, CHUNG HUI CHING JALIAH, LOK CHEUK SEE
- 1st Row** LEUNG WING TUNG, KWOK HOI CHING, LO CHEUK YING, CHENG HIU NAM, MS CHUNG NGGA SZE, MS CHUNG HOI MUN, LAW SHIN YIN SHAREEN, LEE KATALINA, FOO SING MAN, LAM ENID

S1B



- 4th Row** CHAN KWAN NING, CHAN YAN, KAN HEI TUNG, TONG SUM YUET, WONG YUEN KA ASHLEY, LAM HEI MAN, LI LAI YING
- 3rd Row** CHAN HANG CHING, CHAN KAYLIE HO YEE, LAU KWAN YUK, CHIU CANDICE TSZ WING, CHU PUI YAN EMMA, CHIANG HO NAM KANA, NG MAN ON, LAM YUEN YING, CHENG MAN TSZ LYNETTE
- 2nd Row** LAW LAM, CHAU HOI YAN, LAM JOURNEY, CHAU SZE HEI, LAM TZE YUET BRIELLE, LI YAKEER, CHO SUM YAU, MOK YANIS, NI MUXI ELISHA
- 1st Row** SIU SZE CHING, MA TSZ YAU, CHIU LONG TING, CHENG WAI YIN, MS TIAN HELEN, MS TANG NGGA YU, CHEUNG BIANCA, YIP MING HEI, TANG WAI KEI, KE MAN HUEN CARINNA

S1C



- 4th Row** LIN SOFIA ZIJUN, MOLANO PERSIYAHS EMORY BARIATA, LAM WAN YIN KATHY, WONG CHUNG YEE, CHAU HOI YEE, NG WING HEI, LEE NGOI CING CHERETTE, YEH TSZ KWAN
- 3rd Row** CHENG WAN YUI, LOK CHOI CHING, LEUNG MAN KIU CHLOE, LEUNG YUET CHING, HO HEI LAM, CHEUNG HEI TUNG, HO WAN YING, CHU HEI MAN
- 2nd Row** MS KWOK WING YAN, GUNAWARDANA K L SINETHMEE, LO EMILY YUE-YEE, LIMBU ABHILASHA, LAU HIU TO, CHOI CHING KI, LIU XIYAN, AU OI SINN HILARY, MS TSUI SAU NGAN
- 1st Row** SHAH ALIYA, LEUNG KYLIE, YUNG TSZ YAU, LIU CHARMAINE WING TUNG, TAM WING YU HAILEY, FUNG TSZ HEI VENUS, CHENG TSZ TUNG, CHEUNG YUK KI KAYLIE, CHOI TSZ KI

S1D



- 4th Row** LUO CHING MAN, WONG NGA TING, BIAN LOK YAN, LAW ZILING VIRGINIA, LI KAI HEI, NGAI JING YU, HUANG SIYAO, MAK WING KIU
- 3rd Row** CHIU TSZ CHING, CHAN SUM NAM CHARLOTTE, LO YI TING, LEUNG SZE NGA, CHAN HEI YEE, LEUNG HOI CHING, HO CHING HEI
- 2nd Row** MS LEE OI FAN, LO WAI YAN, NGAI JI CHING, LAM CHEUK KI RACHEL, CHIU TSZ KI, KONG HUI MAN, TANG TIFFANY, SIN HO TIN, SUN JIAYI, MS TSE HOI LING
- 1st Row** WONG HAU LUNG, LEE YIK LAM, NG YEE CHUN, WONG OI CHING, CHAN KATIE MAN YIN, LEE YAN HEI, MOK LAM ELLEN, POON SUI KEI KAYLIE

S2A



- 3rd Row** NG YI WUN OPHILIE, SO LOK YU ABBY, PANG WAI WAN, JI JIAYI, WONG HING WANG, WONG CHEUK YING, WONG YING NGAN, WONG SZE YUI, SEW TSZ CHING
- 2nd Row** LEUNG LOK YEE, AU LEANNE, ZHU JANICE, CHAN TING YEUNG, RUAN JIAYI, SIU TSZ KWAN, YIM NGA TING, CHEUNG NGA WUN, HO YEN YEE MORGAN
- 1st Row** MR CHAN LIK DE, WONG PAK YAN, WONG YUET NING, CHOW CHOI TUNG, CHANG CHARIS, CHUI TSZ YAU, WONG NGA YAU, HO HEE YIN, YAU SZE CHING, CHAN YUEN YING PARISA, MS CHENG TSZ YUET

S2B



- 4th Row** WONG CHO WING, KWOK HAU LAM, CHAU YAN CHING, TANG PUI LAM, SUNG YUI CHI LEXIE, LAU YUEN KIU VANESSA, HUNG SZE WAI CATHERINE, HO SCARLETT
- 3rd Row** LEE SEONA, HUI YU CHING, KOH YUNG SHUN, YEUNG HOI CHING, IP WING YEUNG, YU XACVEE, YEUNG TSZ YAN
- 2nd Row** MS FAN LOK HANG, LIU TSZ NOK, CHAN SZE WAN, NG TSZ YAU, LO KA HEI, DING TIAN, WONG PUI KA, CHAN HIU PUI, CHOI YAN, MR TAM YIK
- 1st Row** LO HO KIU KARIS, NG SUM YIN, MA HOK YU, NG NOK KA, YAU HILARY, YU SZE YING, LAM TSZ YAU, YU SZE TUNG, LEUNG TSZ WING

S2C



- 4th Row** HO CHING YI TIFFANY, CHAN HONG NI, LING SHUN CHI SHERI, SO YAN LING, CHIANG PUI YIU, LAU YI, CHIU CHIN WAI, TSANG MICHELLE DANIELLE
- 3rd Row** MONAHAN ELLA MEI, NG KA CHING, HO YUET LUNA, LI SIK TUNG, CHUNG CHEUK LOK CHARISSE, LAU TIN YU, LEUNG HEI YU, YIP YIK HUEN
- 2nd Row** MR CHEUNG CHING WA, CHENG SZE YAN, LAU SIN KIU KATRINA, NG NOK HEI, CHAN TUNG YAN, TAI HEI YU ASHLEY, CHENG WING YAN PEGGY, YEUNG TSZ CHING, NG YIN TUNG, MS CHOY YAT TING
- 1st Row** CHENG HIU TUNG, HUI CHING BIK, KWAN HOI SUM, LEUNG STEPHANIE SUM YU, YUNG TSZ CHING, CHEUNG PAK YAN, LEE SZE TIM, KAM HOI YING

S2D



- 4th Row** TSANG KA YAU, CHAN CHEUK YI, MOHAMED NADEEN AHMED, CHOI MAN HEI, YIP CHEUK LAM, KONG HUI KAY, YEUNG WAI YIN
- 3rd Row** IEONG WUN CHENG, WONG TSZ CHING CATHY, NI N N, WONG SING WAN, TSO YEE WAH, CHAN HEI YIN HAILEY, CHAN SZE MAN
- 2nd Row** LEE CHING YAU, YUEN TSZ KIU BERNICE, GUO PO YI, HON JOY HEI, SIU TSZ CHING CHINGMY, LAI PIK YU, FUNG TSZ KIU, TUNG YAN TING
- 1st Row** HO CHEUK KIU ANGIE, CHAN HO WAN, WANG CHERINA, MS NG SZE MAN, WONG TSUN YAN, NGAN TSZ WA, LIU CHEUK KIU KEVA, RANJITH REVATHI

S3A



- 4th Row** TO YEE MAAN, NG YUET, HE JINGHAN, WONG YUNG CHING CHARMAINE, LEUNG NGA SHUN, NGAN YUI LAM, CHENG WOON JEE MEGAN
- 3rd Row** GAO SHAN TING, FUNG TIN YU JANET, LI WING MIU, HO WING HEI HAILEY, SIN KIU YAN, HUI YEE TSUN, LING TSZ CHING
- 2nd Row** WONG HEI TUNG, WONG CHEUK LAM, NG HEI TUNG, POON SUI YI ZOE, CHAN KA YING, CHEUNG YUEN KIU, LAU CHING
- 1st Row** LEUNG HOI TING, CHAU HOANNE, MS LAI HOI YAN, MR HA CHI HUNG, WONG SHANNON, CHIK KA NAM, PUN LOK TUNG DAPHNE

S3B



- 4th Row** BUT CARRIE, CHONG ANNIE CHIK SUM, LAM PO YEE, NGAI JING TUNG, LEE TSOI YI, LO SIN KI, CHAN YAN KI, CHAN KA YAN CHRISTINE
- 3rd Row** CHAN HAU KIU, WU HOI TING, LEE CHI YIN, NG SUM YU, LOK MANG CHING KAYLI, TAM HEUNG CHING
- 2nd Row** MS CHIU SANDRA KATE, FUNG YU HEI, PUN MING HEI, WONG HAU CHING, KWOK BO KEI, CHAN PAK YEE, KUNG LOK YEE, LAU CHI YAU, MR LEUNG HON WING
- 1st Row** YAN WING YAU CHARMAINE, YUEN SAU MAN, WOO LOK MIU, WONG SHING LAM, YIP MAN KI, LEE KA WAI, YU CHING TUNG

S3C



- 4th Row** CHAN YING YUET, WONG WING HEI, HUNG SUI MEI, LEE YING CHING, MAN HOI TING, LEUNG SOPHIE, NG YUEN TOU, FONG TSIT TONG ANSON
- 3rd Row** YU SZE WING, TING CHING YAN, TSE WING TUNG, CHUI WING TAK, YU HONG EN, LEUNG HIU YAN, LEUNG LOK YAN
- 2nd Row** CHUNG WAI LAM VIVIANNE, CHENG CHI KIU, CHAN CHING TUNG, LUI KWAN YEE, ZHANG QIAORUO, CHAN HOI KI, ABDUL RAHMAN ASFIA, LUK TSZ CHING KATREENA
- 1st Row** CHENG HO YI, NG HOI YU, HUI TSZ YIN, SIT SOFIA HOI YI, MR CHU WAI MAN, MS LAW YUI LUN, HO JOY YUET, POON YEE KEI KAELYN, CASIL PRINCESS ARMEL BUENAVENTURA, CHAN SIN YING

S3D



- 3rd Row** WONG MAN KEI, IP WAI CHING, YIU LOK IN, LEUNG WING LAAM ELISE, CHEUNG KA YAN, SIN KA YIN, RABBANI FIZA, JONG HIU CHING DANIELLE, YAU HIU CHING TIFFANY
- 2nd Row** MS YEUNG WAI SZE, TAI CHEUK YUI, FOO SING CHING, LEUNG CHING TUNG, LEUNG HIU SUET, PERILLA ALYSSA NICOLETE CAUREL, WONG YA YING, WONG TSZ LAM, LEE HEI YIN, MS YUNG PO WING
- 1st Row** LIU SZE CHING SEASON, YU SZE CHING, WU SHUN CHING, KOON MAN YI CHERYL, TAI YUI CHING, GIANG CHEUK LAAM, CHAN NGA MAN, LAM YAN LOK ANGEL, LEE HUI YAN

S4A



- 3rd Row** SYEDA NIMRA IMRAN, SO HO SHUEN, TSE ON YEE, TANG HIU YEE, LEE WING YAU, GUO YUI TUNG KAWAI, YAU WING TUNG
- 2nd Row** PUN SZE WING, WONG CHEUK YIU, SIN CHEUK TUNG, LEE YING YAU, LOK SAU HIM, SO KING TUNG, NG TSZ YING, TANG PO YEE
- 1st Row** WONG HEI YAN HANNAH, WONG WING HEI, LUI TSAM YING, MS LEUNG HOI MAN, MS CHAN CHING YI, CHAN TING SZE, CHAN CHING, TANG YING KIU

S4B



- 3rd Row** HAN I LIK, SETO TSZ YU AABY, CHAN TSZ WAI, YAM LOK YIU, LEE YUK KIU, HO PO YI, LEE TSZ LAM
- 2nd Row** TANG CHING YIN ELSA, YIP GRACE, YEUNG VANESSA, LAU CHO WING GRACE, YUN MEI HING, KWOK MAN CHING, TO SUM IN
- 1st Row** MS YU KA YIN, CHAN HEI YU, SIU HIU LAM, CHAN TSZ YAN, YU XI-WEN, LEE CHING HEI, SIU HAU YIN, MS CHAN CHAU LEI

S4C



- 3rd Row** CHENG PUI YIN, LAU PUI GA, IP SUM PUI, CHAN AN QIAO ALYSSA, AU TSZ CHING, LI HOI YIU, CHAN YIN WING, LEUNG SUM LUN, SHAM HIU CHING
- 2nd Row** MS WU MAN TING, CHAN TSZ YAN, HUIE HOI YIN LAVENA, LI CHUNG YAN, CHAN AUDREY HOI LAM, WONG GARBI, YIU TSZ YAU, CHUNG PUI MAN, YEUNG OI LING, CHIU SOPHIA, MR CHOW CHUN WANG
- 1st Row** LI SZE CHING JASLENE, TSE CHEUK SEE, WONG CHING TUNG, WOO WING CHI, SZETO YAN YUET, YIP HEI YAU, CHAU KA YING, NG PUI KA BECKY, LAM ON KIU

S4D



- 4th Row** CHAN TSZ YAU CHARISSE, CHOI WING LAAM, SZE HOI CHING NICOLE, TSANG LOK SUM, FUNG WAI CHING, LEUNG NOK TING, LI KA MOON, CHENG KWAN SUM AGNES
- 3rd Row** KO HEI KIU HILARY, TSE HONG CHING, POON YU CHING, LAU KA LAAM, KWOK WING SUM SAMMY, LAI WING LAM, CHAN HI MIU
- 2nd Row** MR HO SIU LONG ERNIE, CHUNG YUNG YUNG, NG YUE KIU MONIQUE, TAM TIN YING, WU KEI TUNG, FONG SAU MAN, YUEN HOI CHING, MS WONG MING WAI
- 1st Row** KWONG HIU YAU, SU MAN YAN, CHAN TSZ WAN, TANG LOK LAM, KWOK PUI YING POLLY, LEUNG YAN KIU, TONG YING LOK, LEE WING SUM

S5A



3rd Row HO CHARLOTTE, WONG WAI KI VICKY, WAN YAT HEI, WONG YUET ELIZA

2nd Row KHAN ZAHRA, CHEUNG YUEN YAN, CHAN NGAI TAN MAGGIE, LEUNG NGA SIN, LAI HIU WAI LYDIA, YUAN SHUK YIN, WONG YUET CHING, LI VANESSA

1st Row HUANG SUM YAU GLADYS, LU TO LAM, MR YEUNG WANG ON BOSCO, MS LAI YUEN CHING, CHAN TSE CHING, HO XIN YI

S5B



2nd Row WANG SUM YU, SIT LOK YI, SO VANTI, PAU PAK QIU, CHENG HAU YEE CHOLE, HUNG HEI TUNG, LEUNG NOK SZE, SO YAN LAM

1st Row MS TSUI LAM, TAM TSZ LAM, CHOW HO KIU ELLEN, CHAN HIU YAN, LAU KAR KEI, KAM TSZ YUET, YING HOI TING, CHEUNG HUI LAM, CHAN TSZ YIN, MR LI MING HEI MARTIN

S5C



- 3rd Row** HUNG TSZ MAN, CHOW YAN TUNG, LAW ON LEI, CHEUK LOK YAN, AU PAK YAN, KUNG SUM YAU, CHAN HO CHING MONA, AU HOI SHUEN, WONG LOK YI, NG NOK CHING
- 2nd Row** WAN CHOI TING, CHAN YIN HANG, CHENG HONG CHIT, KWONG HIU LAM, LEE NAP YI, KOK TSZ CHING, CHENG HO YEN, LEUNG CHING, KAM PEONY MO CHEUK, CHENG SZE HANG
- 1st Row** LING MAN CHING, LU CHING HEI, MAK JONITA YAN QUE, MS LAU KA YAN, MS LEE KAI TSZ, YIP CHEUK KIU, LO TSZ KIU, MAK SIN TING, CHEUNG YUET HEI

S5D



- 3rd Row** NG WING NAM, SIN KA YUET, HO YAU WING PATTY, POON TSZ KWAN, TSANG LOK YIU CHARIS, CHAN CUI YI CHERIE, FUNG TSZ CHING CHRISTY, SIN HAU CHING, CHOI YAN TUNG ELIZABETH, LEE YUAN YU
- 2nd Row** MS CHAN WAI MAN MANDY, LAM WAI CHING, TANG TSOI KIU, WONG WING YU NATALIE, KONG HUI CHING, LIN YU TING, CHU QUEENIE PUI LING, CHEUNG HEI TUNG TOVA, CHAN BEATRICE WAN KAY, MR FUNG KA MAN
- 1st Row** WU CHEUK TUNG, CHEUNG HIU YAN, LAI KA KI, POON YIK KA, LEE SUM YIN, ZEE HOI CHING, CHAN LOK YIU, POON SUN

S6A



3rd Row LAI TSZ YIU PEARL, SO TIN YAN, TAM YUI SHUEN, LEI HEI

2nd Row SUMAIRA-RAHMAN, WONG LOK YIU, WONG YAT TING, FUNG SZE YIN, HO YIN WING

1st Row KWOK YIN KA, CHIU HOI CHING, MS LAI LIK YEE, MS KWOK SZE WAN, KWOK YAN KEI, CHAN CHEUK YUE

S6B



2nd Row LOW SHEUNG LAM, LAM LEI YAN LIANNA, LO HONG KIU, WONG TSZ YU, LIU YIK FEI, LAU ZI CHING GENNY

1st Row MA CHO KIU, MAN TUNG HEI, MS YEUNG FUNG HING, MS WONG MAN SZE, LOR WING KAI, HO TSZ WAI

S6C



- 3rd Row** LAM HAU KIU, YIU LOK HEI, YAU CHEUK SHAN, WONG SHUN KIU, LOU TSZ MIU, CHU TSZ WING, LI PEGGY JESSLYN, CHAN YING CHING ALVINA
- 2nd Row** LEE SUM WUN, LAU SZE LAM, KO TSZ YAN, LAM WING HEI, TO SUM YUET, YIP RING TONE, LEUNG WAI KI VICKIE, TANG CHEUK YEE
- 1st Row** TO YUEN YIN, CHAN CHING YIU, TONG SIN YIN, TSE YI CHING, MS HUI MEI LING, MR LAM MAN TSUN, HUNG PUI CHING, NG SUM YAU, NG KA YI, KWAN MING YAN

S6D



- 3rd Row** CHEUNG YI HUEN, CHEUNG TSZ CHING, CHAN WAI YEE, LEUNG HO LING LYDIA, LAU SUET YING, CHAN SIK YIN HAZEL, MOK CHEUK KI, CHAN SZE HANG CELIA, SIT AMELIA HUEN YI
- 2nd Row** MS LI YUK WAH, CHEUNG HEI YU SABRINA, KWAN SHUK LING, LOUIE HO CHING, WU CHEUK LING, LEUNG YI SUM, HO YAU HEI, SHEE HIU CHING, LIN CHING YI, MS CHAU YIM KAI
- 1st Row** YOU SZE WUN, KAM HOI LAM, YEUNG OI YING, FUNG YUET KIU CARON, YUEN HEY WING, WONG RUI, CHAU CHING NAM

Christmas Carol 2024: Lights Up!



This year's Christmas Carol was a vibrant celebration filled with music, dance, and inspiring true stories. The event was themed "Lights Up!", symbolizing the birth of Jesus Christ as a beacon of light and hope in the darkness. The celebration was greatly enriched by the presence of the Watoto Children's Choir from Africa, who shared uplifting worship music and powerful stories of resilience and hope.



Watoto Children's Choir





Dance Performance by
Kindergarteners

Our kindergarteners and the primary school choirs also brought us delightful performances, reminding us of the unity and love that Jesus brings to the world.



Primary School Intermediate Choir



Primary School Senior Choir



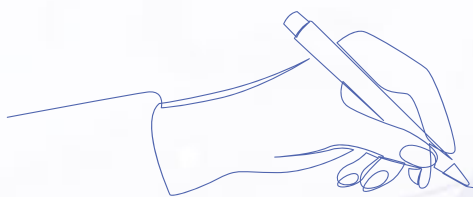
The evening concluded with a call to support Watoto's mission, encouraging everyone to contribute through donations and a charity sale, with support from parent volunteers. In the spirit of giving, our school community raised over \$380,000 in Christmas donations, which will be distributed to various charitable organizations, including Watoto. This act of generosity reflects our commitment to spreading love and hope to those in need.

May this Christmas season be a time of blessings for all!



Fundraising for Watoto

School Development Plan and Major Concerns



School Development Plan 2024/25 – 2026/27

“Leap to Learn Well, Learn to Live Well”

are the primary goals for the years 2024-27 and with students being developed through two approaches to achieve the following targets:

- Leap to Learn Well

- Raise students into proactive and self-confident learners.

- Learn to Live Well

- Nurture students to feel contented when they are on their own, and blessed when they are in groups.
- Foster students to trial, embrace errors, and adopt a positive outlook on life.
- Cultivate good living habits for students' physical and mental health development.

Major Concern (I) – Learning and Teaching

This is the first year of the implementation of the Development Plan. The implementation strategy starts by changing external factors to create a positive collaborative learning environment. Subsequently, it cultivates students to repeatedly proactive the generic skills, forming a habit of thinking (Thinking Routine) to enhance self-regulated learning skills, leading to a change in learning experiences.

1. Enhancing students' proactivity in learning within the classroom

- 1.1 Subject panel conducts cooperative learning strategies and selected thinking routines as the major strategy, consistently implemented throughout the academic year in a classroom setting.
- 1.2 Each subject panel sets the assignment related to the thinking routines, enabling students to use the thinking routines skillfully.
- 1.3 The Staff Professional Development Team provides workshops to introduce the principles of cooperative learning, organise open classrooms, lesson observations and facilitate the sharing of good practices among teachers.

2. Cultivating students' learning habit and self-regulated learning skills

2.1 Class teachers teach S1 and S2 students good learning habits.

2.2 To further strengthen students' self-regulated learning skills by encouraging students to participate in various academic and co-curricular activities.

Highlights of the strategies adopted by the core subjects to nurture students into proactive and self-confident learners –

中國語文教育

中國語文科配合關注事項，於各級寫作課上運用「合作學習」模式，旨在協助同學累積寫作素材，提升寫作技巧。

年級	學習活動
初中	✧ 記敘描寫文寫作指導上，將「以讀帶寫」，並以合作學習模式提升學習趣味，引發興趣，讓同學掌握不同寫作技巧； ✧ 議論文寫作指導上，藉此模式協助學生累積寫作素材、建立個人立場及觀點，以完成寫作。(如六何法、思維導圖)
高中	以合作學習模式進一步提升同學寫作議論文及話題寫作的能力，例如加強駁論、深化主題及提升立意等方面。
初中非華語	以合作學習模式協助同學累積詞語庫，建立寫作根基；同時合作組合有趣的故事，引發創意，完成寫作。
中國文學	以合作學習模式優化同學創作立意，提升選材深度和廣度。

English Language Education

To promote **self-directed learning**, students have to:

- ✧ complete a certain number of online quizzes on Quest (S1-S2) and iNKY (S3-S5);
- ✧ complete a list of tasks set by teachers (S1-S3) to boost their language skills; and
- ✧ conduct research on a topic posted by teachers on Google Drive (S4-S5).

Mathematics Education

To enhance **students' proactivity in learning within the classroom**, "Think-Pair-Share" was consistently applied throughout the academic year in a classroom to create a positive classroom culture.

To cultivate **students' self-regulated learning skills and habits**, they were guided to build up a learning habit of using *chapter summaries* to organise knowledge. Students were required to display their learning process using formulas, tables, mind maps and examples.



Co-operative Learning Activity in classroom



香港樹仁大學到校進行中華武術詠春非遺文化講座



Students participate in Model United Nations activities

Citizenship and Social Development (S4-S6) / Life and Society (S2-S3)/ Citizenship, Economics and Society (S1)

To enhance **students' proactivity in learning within the classroom**, "Jigsaw learning" was consistently adopted throughout the academic year in a classroom. It enables

students to co-construct knowledge and to encourage them to work in a collaborative manner. Students showed a positive response to learn and work in a collaborative manner. They actively engaged in peer communication and showed improved quality of response during the class discussion section. Based on the in-class discussion process and the related worksheets, it was found that students demonstrated better awareness of multiple perspectives and to the presence of diverse viewpoints and values. Through the collaborative works, students learned to appreciate diversity more and to show respect to different views and perspectives.



Students participate in Mock Trial Justice Education Project organized by SideBySide (善導會)



True Light Girl's Invitational Mathematics Contest

Major Concern II – Student Support: Learn to Live Well

In the process of students' returning to normalcy, to cultivate good living habits, build resilience and promote collaboration are of especially importance for their physical and mental health development.

We believe every person is unique. They are alone, but not lonely. Every individual experiences success and failure, which are nutrients for growth. Through the 2024-27 major concerns, we hope to nurture each single student to feel contented when they are on their own, and blessed when the students are in groups, leading an orderly life, daring to trial, embracing errors, and adopting a positive outlook on life.

1. Know 'ME'

Aim: Encourage students to acknowledge, appreciate and unleash their strengths, know how to admit and accept one's shortcomings and limitations.

✧ *To enhance students' self-understanding and appreciation and to boost students' self-acceptance and compassion, activities and programs of different levels and types have been organized by departments and forms.*

- Personality and Occupation Inclination Surveys conducted by Careers Guidance Team
- Well Being Week conducted by Guidance Team, Religious Team and Visual Arts
- Homeroom session activities conducted by Form teachers such as S1: "My Learning Type", S4: "Embrace Yourself" and "Empower Yourself".



Well being week

From student participation and feedback, it is evident that students' understanding and appreciation of themselves have improved. We believe self-knowledge will surely empower students to make informed decisions about their future and also serve as the foundation for their physical and mental development. The school's efforts in this area align with the needs of students' growth.

2. Become 'WE'

Aim: Foster students' empathy, know how to respect and collaborate with others.

✧ *To learn and actualize empathy and mutual respect in daily life*

We provided students with more opportunities to address and serve different social groups. Students were able to enhance empathy with the needs of society by planning and implementing a social service project.

- **Love Overflows Programme** for S4-S5 conducted by ECA Team
- **Activities of various community organizations** conducted by Civic Education Team such as Orbis Student Ambassador Campaign, YIAA, UNICEF Club

✧ *To get along and collaborate with people*

We provided students with more opportunities for collaborative training and practice. Students' sense of teamwork was fostered that their effective communication with classmates was enhanced.

- **Worship team** organized by Religious Team trained students to collaborate with teammates in their service.



Worship Team

- **School Anniversary Fun Fair** organized by ECA Team fostered teamwork and enhanced effective communication with classmates through setting up game booths.

- **Level-based activities** organized by form teachers such as S5: "**Envelopes with Encouragement and Well-Wishes**" encouraged students to show kindness to classmates by writing a message or sending a gift to them.

With the efforts of all parties, students' view about the school community has become increasingly positive.

3. Let's fly high

Aim: Build students' growth mindset and resilience, stay healthy physically and mentally through finding meaning and value in experiences

✧ *To facilitate development of a "growth mindset"*

A thematic workshop on "a growth mindset" was held for teachers in late March. This was an introduction for teachers to understand positive thinking. By reflecting on their responses to challenges, teachers could be more aware of their thinking tendencies and learn ways to adjust their personal thoughts in daily life.



Growth mindset workshop for teachers development

✧ *To enhance the well-being of teachers and students*

- A series of assembly and religious activities was designed around religious themes (**Jesus Gives U Wings**), aiming at encouraging students to start adopting self-care and spiritual practices that helped build inner strength in God.
- A series of activities and programmes was held to encourage students and teachers to exercise more to improve their physical health.

Students face immense pressure from busy academic lives and diverse interpersonal interactions, leading many to feel physically and mentally exhausted. In this context, promoting mental and physical health among students is quite challenging. After a year of efforts, students have not only become more aware of their personal health but have also begun to make attempts at changes.

Discipline Section

The school is committed to nurturing students as disciplined youths who demonstrate positive moral values. To achieve this goal, the following measures have been adopted:

- ★ Students who break school rules are encouraged to reflect on their behaviour and formulate action plans to improve their judgment and decision-making skills.
- ★ 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 foster punctuality and self-discipline, the Masters of Timekeeping Challenge was held in two phases from November 4 to December 5, 2024. The subjects involved in the competition included Visual Arts, Music, Home Economics, Aesthetic Development and Physical Education.

Students were required to attend these classes on time, with the competition aiming to promote the importance of punctuality among both students and teachers.

Prefects, as a supporting team for maintaining discipline within the school, were trained through a day camp and daily services. After a year of collaboration, they have developed a cooperative and reliable relationship among themselves.



Junior Prefects



Junior and Senior Prefects

■ Prefect Team

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

- ★ Senior Prefects are responsible for maintaining students' discipline on the campus. With the resumption of 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 maintaining order during whole-school activities.
- ★ Junior Prefects are responsible for ensuring campus cleanliness. Team members regularly inspect all classrooms and remind classes to improve classroom hygiene when necessary.

■ Prefect Team Training Day Camp

A total of 50 prefects and cleanliness prefects attended the training day camp. Student leaders proactively took up roles and responsibilities by participating in team-building games and skill-training workshops.

■ Prefect Trial Scheme

35 Secondary 3 students were invited to undertake prefect duties for one month. Students who demonstrated good performance were then invited to officially join the Prefect Team.

■ Prefect Team 2024-25

Senior Prefects

Head Prefects:

Vice Head Prefects:

4A GUO YUI TUNG KAWAI
4B YU XI-WEN
4D CHAN TSZ WAN
4D TANG LOK LAM
5A HO XIN YI
5C CHAN YIN HANG
5C WONG LOK YI
5D NG WING NAM

5B LAU KAR KEI
5C KAM PEONY MO CHEUK
5D LEE SUM YIN
5D TSANG LOK YIU CHARIS

4A TSE ON YEE
4C HUIE HOI YIN LAVENA
4D CHENG KWAN SUM AGNES
4D TONG YING LOK
5A WONG YUET ELIZA
5C CHOW YAN TUNG
5D CHAN BEATRICE WAN KAY

5C LEE NAP YI
5D CHAN LOK YIU
5D CHEUNG HIU YAN

4A WONG HEI YAN HANNAH
4C TSE CHEUK SEE
4D KWOK WING SUM SAMMY
5A CHAN TSE CHING
5B YING HOI TING
5C FAN COCO HO CHING
5D WONG WING YU NATALIE

Junior Prefects

2A WONG NGA YAU
2B LEE SEONA
2B LO HO KIU KARIS
2C HO YUET LUNA
2C LEUNG STEPHANIE SUM YU
2D YUEN TSZ KIU BERNICE
3B CHAN KA YAN CHRISTINE
3B WONG SHING LAM
3C CHAN CHING TUNG
3D FOO SING CHING
4C CHENG PUI YIN
4D CHAN HI MIU

2B HUI YU CHING
2B LEUNG TSZ WING
2B MA HOK YU
2C KAM HOI YING
2C NG NOK HEI
3A NGAN YUI LAM
3B NG SUM YU
3B WOO LOK MIU
3C HUNG SUI MEI
4B SIU HAU YIN
4C CHUNG PUI MAN
4D KWONG HIU YAU

2B HUNG SZE WAI CATHERINE
2B LIU TSZ NOK
2B NG TSZ YAU
2C LEUNG HEI YU
2C YIP YIK HUEN
3A SIN KIU YAN
3B NGAI JING TUNG
3C ABDUL RAHMAN ASFIA
3C POON YEE KEI KAE LYN
4B TSUI WAI SZE
4C WONG CHING TUNG
4D LEUNG NOK TING

Head Prefects' Words

This year, in addition to the seven Head and Deputy Head Prefects, we were joined by a group of dedicated prefects who were committed to serving the school and their peers. Altogether, with both the Junior and Senior Prefect Teams, we had sixty members working together. This showed that more students were willing to contribute to the school community, and we are truly grateful to each of you for becoming part of the Prefect Team.

As we carried out our duties and reminded students of the school rules, we also hoped to help everyone better understand the meaning behind these rules. We worked hand in hand to build a positive school spirit and a harmonious campus. At the same time, the Senior Prefect Team strengthened cooperation with the Junior Prefect Team, gradually bridging the two groups to form an even more united and supportive team. We believe that through effective communication and collaboration, the Prefect Team has been able to overcome challenges and help maintain both campus discipline and cleanliness.

We were fully aware of the great responsibility that came with being Head Prefects. Throughout the year, we worked hard to improve where we fell short. While maintaining order on campus, we also strove to live up to the responsibilities and mission of the Prefect Team.

Together with the other Head Prefects and all team members, we officially took up the baton and carried on the mission of the Prefect Team. We are thankful to have earned your trust and support along the way.

Finally, we would like to once again thank the Principal, teachers, and fellow students for your encouragement and guidance. We have done our best to serve our schoolmates, and we look forward to seeing the Prefect Team continue to grow in the years to come.

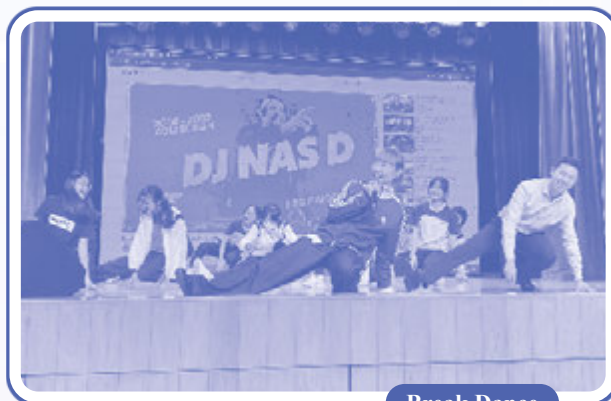
Head and Vice Prefects (2024-2025)
Jocelyn, Jade, Karol, Peony, Jolie

Guidance Section

The Guidance Section's theme for the year is **BOSS (Build your Own Support System)**. This encourages students to form positive relationships and develop their own support networks for personal growth. We aim to help students embrace their imperfections and learn the value of failure, while also identifying their strengths and developing a well-rounded value system. It encourages empathy by guiding students to acknowledge the limitations and admirable traits in others. Ultimately, the goal is to cultivate a positive growth mindset among students.

"It's Okay to not be Okay" Assembly Sharing

To help students understand the importance of building a support system, fostering resilience, and learning to rest, we held an assembly titled 'It's OK to Not Be OK' on the 1st of November. The event featured three concurrent sessions, each led by a different guest speaker. S1 and S2 students heard from a break dancer, S3 and S4 students were inspired by a balloon artist, while S5 and S6 students engaged with a shuttlecock athlete. Overall, the assembly successfully conveyed its message, with students from all groups expressing that they were moved and learned valuable lessons on perseverance and self-improvement from the guests' personal stories.



Break Dance



Shuttlecock

Balloon



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

Nine students have been recruited to be our ambassadors this year, including four S5 students, three S4 students, and two S2 students. This year, we participated in the Levelmind Workshop organized by St. James' Settlement. 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 December, they held a 'Space-out Competition' (發呆大賽) to allow students to find a moment of quiet and rest in their busy lives. Both teachers and students participated, creating an engaging atmosphere. At the same time, they organized a 'Bracelet Making' session, where students actively engaged in weaving bracelets, helping them relax and relieve stress.



發呆大賽

Message Board



Well-being Week

This year, we launched our first Well-being Week in May, aimed at helping students focus more on their mental health through four days of lunchtime activities. The events collaborated with the Visual Arts and Religious Studies departments, showcasing artworks by our S3 students titled "I Can Shine," which allowed students to express their strengths in various areas. At the same time, a "True Light Failures Museum" was set up to exhibit both teachers' and students' experiences with failure, helping students understand that failure is not something to fear. We hope they will try to embrace failure, echoing the theme "It's OK to Not Be OK." Students visited the school history room during Religious Studies classes and lunchtime, sharing their thoughts and feelings about failure on a message board to encourage one another.



TL Failures Museum



VA artworks



編織手繩

Careers Guidance

A Year of Exploration and Growth: Highlights from the Careers Guidance Team

This past year has been a whirlwind of discovery and inspiration for the Careers Guidance Team as they set out to empower students at every stage of their academic journey, all while embracing the school's major concern of **"Leap to Learn Well, Learn to Live Well."** With a keen focus on self-awareness and personal growth, the Team organized a diverse array of engaging events and activities that captivated students from S1 to S6, **transforming their educational experience into a vibrant adventure.**

Know 'ME': Unveiling Passions and Strengths

The year kicked off with the introduction of Holland Codes, a fun and insightful way for students to explore their personality traits and career inclinations. S1 students jumped into the Sustainable Development Goals (SDGs) through interactive workshops, brainstorming creative careers to make a positive impact on the world. Meanwhile, S2 students took the DISC test, which helped them uncover their unique working styles and preferences. As the year progressed, S3 students participated in Subject Selection Workshops, where they aligned their interests with their academic paths. Lively discussions filled the room as they weighed their options and envisioned their futures. S4 students took a significant step forward by crafting compelling CVs and mapping out their career aspirations, equipping themselves with the tools to present their best selves to the world.

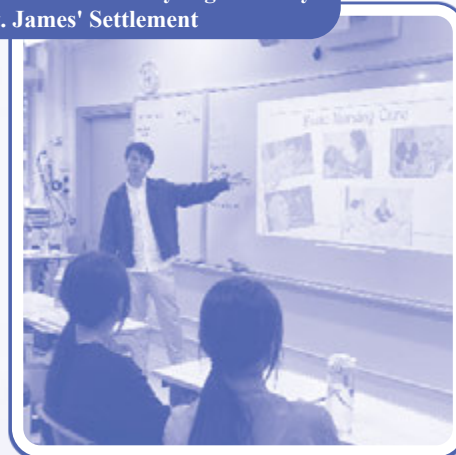


Student Presenting her Dream Job during the S1 My Dream Program



S1 My Dream Program by the London Ball Foundation

S3 Human Library organised by St. James' Settlement



S5-S6 TL Human Library

One of the standout moments for S5 students was a series of inspiring career talks featuring alumni who shared their personal journeys. One successful entrepreneur recounted her path from student to business owner, sparking curiosity and self-acceptance among her audience. The year wrapped up for S6 students with Mock Interviews, where they practised articulating their strengths and aspirations in a supportive environment, receiving invaluable feedback from experienced professionals.



Visit to Princess Margaret Hospital



S6 Interview Techniques hosted by CANA Academy

Become 'WE': The Australia Conservation Adventure

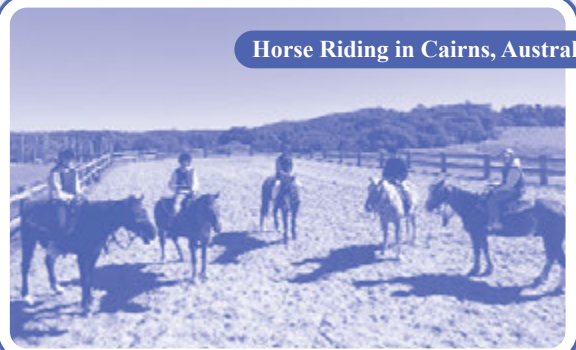
In a thrilling collaboration with the Biology Department, the Team organized the S3-S4 Australia Conservation Adventure in Cairns, which took place from July 25 to August 5, 2025. Twenty adventurous students immersed themselves in the wonders of nature, snorkeling in the Great Barrier Reef and exploring the lush Daintree rainforest. They engaged in hands-on conservation activities, learning about the delicate balance of ecosystems and the importance of environmental stewardship. As two participants noted, *"This trip has beautifully combined all four aspects perfectly,"* highlighting friendship, biology, conservation, and sustainability. Many students became more aware of environmental issues and expressed interest in studying biology further, particularly in areas like ecology and marine biology.

This unforgettable experience not only deepened their understanding of biology but also instilled a strong sense of responsibility for the environment. Students returned home with a renewed commitment to advocate for sustainability in their communities, inspired by the beauty and fragility of the natural world.

Students Exploring the Rainforest on the Kuranda Army Duck Tour



Australia Conservation Adventure (Cairns Study Tour) 2025



Horse Riding in Cairns, Australia

Let's FLY HIGH: Inspiring Growth Mindsets

The Team also focused on nurturing a growth mindset among students through various initiatives. The S3 and S5-S6 Human Library sessions were particularly impactful, featuring professionals and alumni who shared their personal stories of resilience and growth. These sessions turned challenges into opportunities, encouraging students to embrace their journeys with open hearts and minds. The S5 Career Talk: *Girl Power@TL* celebrated the achievements of successful female alumni, showcasing relatable stories of perseverance that resonated deeply with students. Meanwhile, the S2 Financial Education Workshop equipped students with essential budgeting skills through interactive simulations, empowering them to take control of their financial futures.



Workshop on Diversity, Equity, and Inclusion hosted by Inspiring Girls, Hong Kong

A Commitment to Student Empowerment

Throughout the academic year, the Team remained steadfast in its commitment to student empowerment and personal development. Recognizing the crucial role of parents in their children's career planning, the Team hosted two online Saturday Human Library sessions. Alumni professionals – including a clinical psychologist, social worker, physiotherapist, and occupational therapist – shared their experiences with parents, providing valuable insights into the evolving landscape of career choices.

The Student Careers Team also shifted its focus to fostering personal growth among its members. Meetings were designed to enhance self-awareness and offer personalized guidance on career planning and skill development. A bouldering experience was organized to encourage students to try new activities, develop teamwork, resilience, and problem-solving skills, all while having fun.



Clinical Attachment with Dr. Cynthia Yeung (Alumna)

As we reflect on this remarkable year, we **EXTEND OUR HEARTFELT GRATITUDE** to all the alumni who generously shared their time and experiences. Your involvement has been invaluable in shaping the futures of our True Light girls, inspiring them to **DARE to DREAM** and **pursue their passions**. Together, we are creating a community where students can **"Know ME," "Become WE,"** and **"FLY HIGH"** as they confidently embark on their life journeys.

With creativity and passion, the Careers Guidance Team has woven a rich tapestry of experiences, guiding students to explore their interests and prepare for their futures. As the Team continues to adapt and innovate, it remains a vital resource, inspiring students to leap into their journeys with meaning and purpose.



Student Careers Team - Personal Development through Bouldering

Civic Education Section

Participation in the 2024–2025 "China Merchants Group: Accompanying Your Growth" (伴你成長·招商同行) Programme

Highlights

a. Whole-school Civic and National Education

- We are pleased and honoured to have taken part in the following fruitful and engaging mainland exchange activities:

- April 2025 – Chengdu Shishi Tianfu High School (成都石室天府中學) Visit;

- June 2025 – Teacher Professional Exchange with Guangzhou True Light School (廣州市真光學校——長堤);

- August 2025 – Beijing Xishan RDFZ (北京西山人大附中) Visit.

- **Participation in the 2024–2025 "China Merchants Group: Accompanying Your Growth" (伴你成長·招商同行) Programme:** The "Accompanying Your Growth" project, launched in late 2020, is a mentorship initiative by China Merchants Group for Hong Kong students. 10 Form 3 and Form 4 students from our school joined the Programme, participating in around ten activities over the year. Among them, five students successfully joined the enriching Exploring China: A Look at Today study tours in Mainland China.



- **Participation of the Mock Trial Competition 24-25, by Side By Side (香港善導會):** 16 Form 4 students enrolled in this programme, which strengthens their understanding of the rule of law, justice, civic responsibility, critical thinking, moral judgement, and crime prevention. Additionally, **the Law Society of Hong Kong** conducted school talks: in November 2024 for S4 students on the basic principles of the rule of law, and in April 2025 for S1 students on the legal aspects of online purchases.



Participation of the Mock Trial Competition 24-25

- To foster civic responsibility and social awareness, 8 students served as **Orbis Student Ambassadors** in the 2024–2025 charity fundraising campaign, while another 16 students joined the **UNICEF Club** to promote understanding and support for UNICEF's global work.



TLHK UNICEF Club campus promotional works

b. Environmental Education

- **Sustainable Development School Award Programme (by Environment and Ecology Bureau, HKGOV):** We are honoured to have received three awards in recognition of our school's commitment to promoting sustainability on campus and in the community:
 - 2023–24 Outstanding Performance Award (Bronze)
 - Sustainable Development Community Project Award
 - Sustainable Development Participation Award
- **24-25 Carbon Footprint Reduction Workshop, in collaboration with HKU Faculty of Science:** To deepen students' understanding of carbon footprints and sustainable development, 53 S3 students (recruited through the Geography Panel) joined an interactive on-campus workshop featuring a board game activity. Campus energy usage data was also analysed and regularly shared with all students to raise awareness of energy conservation.



2023–24 Outstanding Performance Award (Bronze)-Sustainable Development School Award Programme



Interactive on-campus Carbon Footprint workshop

Farm Planting Programme



- **J-Farm Planting Programme:** (In collaboration with CYC and Religious Education Panel Collaboration)
This programme provided students with hands-on farming experiences while fostering a deeper appreciation of the human–nature relationship. Across seven sessions guided by a professional farmer, more than 23 S1 students engaged in farming activities and enjoyed harvesting a variety of fruits and vegetables. The farm was also opened to S2 Religion classes, offering students an opportunity to reflect on the importance of sustainable interaction between people and the land.

Religious Affairs

Jesus Gives You Wings

2024–25 marks a new chapter of growth and renewal for our school community under the theme “Jesus Gives You Wings.” Inspired by Isaiah 40:31a, which says that those who trust in the Lord will find their strength and soar like eagles, we focus on learning to live well with God as our source of strength. Through a variety of religious activities and school-wide initiatives, we are grateful to guide the True Light family to deepen our trust in Jesus, build resilience, and nurture our physical, mental, and spiritual well-being.

Jesus Gives You Wings



Evangelical Fortnight 2024

Students were invited to a special spiritual experience that made them feel strengthened in the presence of God. The school chapel became a quiet refuge where students could find comfort under the wings of God. They were encouraged to unwind and entrust their burdens to Jesus through prayer, art, music and reading.

The climax of the Evangelical Fortnight was the gospel concert held on the last day. The Christian band, ReDiscover, brought powerful worship music that touched the hearts of the audience. Many students were moved by the true story of God's healing as well.



The Father's Garden at the Chapel



“Pray” Station



Gospel Concert



Students Receiving Christ



Paper Plane Contest

Members of the Student Christian Fellowship were passionate about sharing the gospel. They shared their devotion to God through beautiful music of worship busking and dance. A paper plane contest was also held in which students had a lot of fun and literally won some “wings” for a prize. A power wall was installed in the Covered Playground for students to write their prayer requests and words of encouragement. Many students also connected with others and had meaningful talks about faith during fellowship trial.

Worship Dance



Worship Busking

Student Christian Fellowship: Fly High in Christ

We take joy in nurturing a community of over 150 students, teachers, and church volunteers in the fellowship, supporting each other to fly high in Christ with prayers and the Word of God.

We hope all these activities enable everyone to find strength in God. May all of us soar like eagles and shine our light bright!



The Big Family of Fellowship

Language Across the Curriculum (LAC) Team

The LAC Team has had a productive 2024-2025 school year, focusing on fostering an English-rich environment and enhancing students' English learning both in and out of the classroom. These efforts are aligned with the school's three-year major concern of nurturing students to become proactive, self-confident, and self-directed learners.

One of our team's accomplishments this year was the compilation of the S1 Cross-curricular Vocabulary Audiobook. This resource, which features vocabulary from various EMI subjects, was recorded by our girls to help S1 students with learning key vocabulary in their 1st Term Uniform Test. Furthermore, the audiobook was incorporated into our 2025-26 Pre-S1 Get-Set-Go programme, while the vocabulary list in the audiobook was included in our annual *Spellbulary* tournament for our S1-S3 girls at the start of the year.

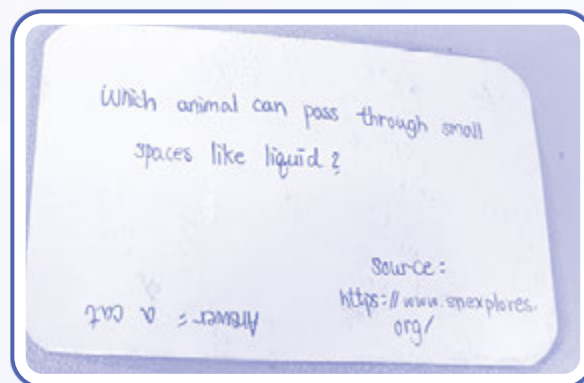
In addition, the team collaborated with the Science Department to launch *Discover and Design: True Light Science Trivia Cards*, with the objective of sparking greater curiosity and a deeper appreciation for science in students. Students have to do research on a science topic, which is then relayed on a small card in the form of a trivia question and some illustration.

We would like to thank all the departments and the Library for their continued contributions and collaborations. We are very much looking forward to working together again next year.



Unit 1.1: Where are the large cities in the world?
Unit 1.2: What are urban and rural areas?

Vocabulary	Chunking	
Geography	Ge o-graphy	▶
Inter-relationship	Inter-re-lationship	▶
Environment	En-vi-ron-ment	▶
Urban/rural	U-r-ban/r-u-r-al	▶



Reading Promotion Team



A. Reading Week Highlights

This year's Reading Week, themed "**Picture Books – A Window into Values**," was filled with fun, inspiration, and meaningful experiences.

➤ Library Society Book Sharing

The week kicked off with the Library Society introducing new picture books. Students enjoyed discovering stories together and were encouraged to read beyond their usual choices.

➤ Inspiration from Miss Fa La La

Guest speaker Miss Fa La La shared how picture books empowered her and her experience reading to children in public libraries. Her talk inspired students to see the impact of storytelling.

➤ Environmental Wisdom with Yeah Man

KOL Yeah Man (野人, 莫皓光) shared his life philosophy and environmental values. His messages, especially "慢慢做係興趣, 趕住做係返工," resonated with students and reinforced the week's theme.

➤ Book Fair by Book Cottage

A book fair was held during Chinese lessons, where students eagerly explored books, building enthusiasm for reading.

➤ Interactive Game Booth

A fun booth run by the Chinese ambassador and Library Society added excitement. Students lined up to join the engaging games.

➤ English Story Sharing by S1 Students

S1 groups presented their self-made English storybooks to Primary 3 students. This cross-grade activity was both fun and educational.

➤ Live Drawing with Illustrator Charlotte Lui

Illustrator Charlotte Lui (@Moving Drawing) wrapped up the week by sharing her creative process and drawing a live portrait of the audience—an unforgettable experience.

Reading Week successfully promoted the joy of reading and the values books teach. We look forward to more events like this!

S1 Storytelling Session Held for True Light Primary 3 Students



B. Publication of True Light Picture Book Collection

To celebrate its **90th anniversary**, True Light School and the Reading Promotion Team proudly presents the **“True Light Picture Book Collection”**, created by students. The four books reflect campus life, future aspirations, and values like love, perseverance, empathy, and responsibility—perfect for readers of all ages.

A sharing session was held at **Joint Publishing (Wan Chai)** on **18 May**, attended by school leadership, PTA chairs, and proud parents. It was a joyful celebration of our students' creative achievements.



Celebrating the Release of New Picture Books

True Light e-learning

SEP 2024



Mr. Ha sharing AI in Education in PLK Gold & Silver Exchange Society Pershing Tsang School





Mr. Ha sharing AI in Education in The Jockey Club "Blended Learning" Project at CUHK



NOV 2024



Mr. Ha sharing AI in Education at Marymount Secondary School



DEC 2024



Mr. Ha sharing AI in Mathematics at LTE Expo 2024 (21st Century Classroom)

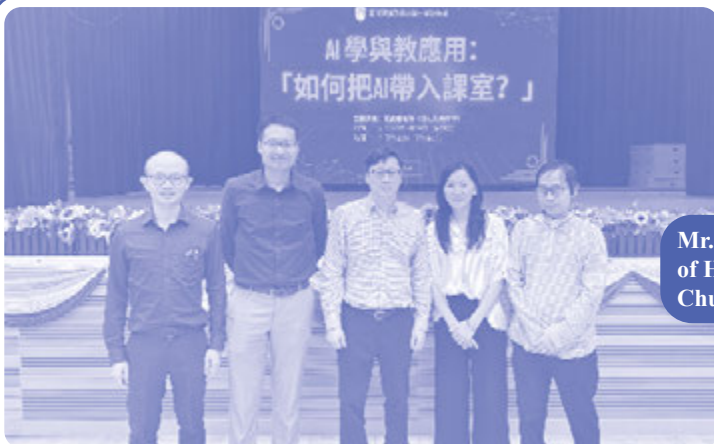
JAN 2025

Mr. Ha sharing AI in Classroom at Tin Ka Ping Joint-school Staff Development Day



APR 2025

Mr. Ha sharing AI in Classroom at The Association of Heads of Secondary Schools of Tsuen Wan, Kwai Chung & Tsing Yi District



JUN 2025

Mr. Ha sharing AI in Mathematics in The Jockey Club "Blended Learning" Project at CUHK



Mr. Ha sharing AI in Mathematics in CCC Mathematics Teachers Workshop



Extra-Curricular Activity Team

國文學會

本年度國文學會以「重生歸來的我只想衝浪」為主題。以從古到今的娛樂文化為切入點，把中國時代變遷下社會觀念的轉變生動地呈現在會員們眼前。自電視被發明以來，演藝作品成為了大家不可或缺的娛樂，每一代人都有專屬於自己的影視回憶與代表人物。隨著網絡發展，小說也從傳統的框架蛻變成為如今承載美好幻想的產物。身為親歷者，學會的一眾幹事探討了中國近代電視劇的發展史、現代影視中的愛情以及女性力量在影視作品中的崛起。另外，我們以娛樂串聯古今，介紹了在古代猶如明星般存在的名人，邀請了校外青年中樂團演奏傳統樂器，也總結了千禧年至今華語音樂使用古風元素的趨勢。除了內容講解，我們亦精心準備了許多遊戲，力求讓會員們在國文學會能在歡聲笑語中滿載而歸。同時，學會延續了去年的劇本殺活動，首次以陣營對決的形式設計劇本，讓會員們以探案的視角親身感受網絡霸凌下一名女藝人最後的絕唱，以文字傳遞力量。會員每張笑顏都成為了我們繼續傳播中華文化的動力，來年定精益求精，以更新穎的視角切入主題，為會員創造獨一無二的體驗。

幹事與會員們在學年初第一次聚會結束後拍攝的大合照



Science Society

The Science Society is dedicated to nurturing the scientific mindset and curiosity of our members. We strive to foster an appreciation for the beauty of science while exposing them to the latest advancements in scientific and technological developments. To cultivate insightful and inquisitive thinkers, our S3, S4, and S5 committee members have crafted a variety of hands-on experiments and DIY activities this year. Here are some of our highlights:

Firstly, we prepared engaging science games for Round Trip 2024, where members applied principles behind everyday phenomena to design fun activities. The preparation process, which included brainstorming, investigation, and design, was well-attended and sparked lively discussions among members. Additionally, our committee organized Math and Science Week, introducing scientific concepts

such as investigating organisms using microscopes. We also hosted a barbecue at school following these events. Secondly, we organized several exciting science activities, including the blue bottle experiment, exploring total internal reflection, studying the effects of ketamine on neurons, preparing for the 2025 Fun Science Competition, and participating in the Hoi Ha Wan field trip. Each of these activities successfully enhanced our members' interest in science through hands-on experimentation.

In the coming year, we eagerly anticipate further enlightening our members' scientific minds and sharing the joy of science with them.



Our members thoroughly enjoyed the science activities. The hands-on experiments were not only fun but also helped students consolidate important scientific concepts.

History Society

This year, the History Society, under the theme of Tracing the Old Hong Kong, was dedicated to fostering students' interest in Hong Kong's rich history and culture. We focused on providing diverse, hands-on experiences, believing that engaging directly with traditional craftsmanship is the most powerful way to connect with our heritage.

A highlight of our year was the neon light workshop we organized in March. This workshop gave students a tangible connection to a fading art form of Hong Kong. By learning the fundamental skills of shaping glass tubes and creating their own designs, they gained a deeper appreciation for the craftsmanship and artistry that defined Hong Kong's streetscape for decades.

Furthermore, we partnered with the Home Economics Society for a Cha Kwo, a traditional steamed Hakka glutinous rice dumpling, workshop. Students learned the process of preparing this delicacy, from mixing the dough to shaping and steaming the dumplings. They didn't just taste the food; they learned the skills and traditions behind it, gaining a hands-on understanding of Hakka culture. This experience empowered them to continue these traditions and share them with their families and friends.

By engaging with these traditions, we are not just studying history—we are actively preserving it and passing on the skills and appreciation needed for it to thrive in the future.



Participants show their self-designed neon lights.

Arts Society

It has been a fruitful and enjoyable year for the Art Society, which not only fostered creativity among our young artists but also strengthened the bonds and camaraderie between its members.

The major highlight of this year was the introduction of the art installation "*Dotscape*," which echoed the art pieces of Mr. Bernard Chan and was proudly displayed during *Art in True Light 2025*. From the conceptualization of the design to the creation of the individual components, the dedication and effort of every artist involved truly shone.

This experience has been a tremendous gain for the Art Society. First and foremost, students learned the importance of thinking outside the box. During the design of the installation, committee members experimented with combining various shapes to craft a unique design while ensuring a smooth, one-way path for visitors. The creativity of our members was further showcased in the "*touch and feel*" segment, which utilized an array of materials, such as stainless steel and sponge, to engage visitors' senses.

Additionally, the entire experience highlighted the value of teamwork and the significance of dividing responsibilities effectively. Throughout the preparation process, some members focused on designing and packing the gacha, while others worked on creating the bubble wrap clouds. This seamless cooperation among committee members and

participants contributed to the success of the *Art in True Light 2025* opening ceremony and the remarkable display of the installation. Not only did this improve efficiency, but it also fostered a strong sense of team spirit within the Art Society.

As we celebrate the brilliance and success of the *Art in True Light* exhibition, we eagerly look forward to the artistic journey that lies ahead, aspiring to create even more inspiring and meaningful works in the future.



Interactive installation artwork
DOTscape by Art Society members

Home Economics Society

There were ten meetings for the members to engage in cookery practical work. All of them were organized by the committees, which had to work independently. They needed to plan a practical dish for each session and serve as tutors themselves. The student tutors felt a sense of satisfaction as they had the chance to teach others. They were eager to prepare the activities and did their best to search for appropriate recipes. They also created PowerPoint presentations to share knowledge about healthy food and raise students' awareness of health.

We had to prepare cold sweets and snacks to serve visitors during the Round Trip on November 16, 2024. Additionally, we prepared "Fruit Soda" during lunchtime on May 15, 2025, to serve all students of different forms. Most of the members enjoyed the activities as they could share and serve others.



Food Serving on Round Trip

STEAM Team

In 2024-2025, a compilation highlighting a spectrum of STEAM activities was conducted throughout the year.

STEAM for ALL

This year, the STEAM Team spearheaded a variety of engaging activities to foster school-wide STEAM engagement. We introduced "**STEAM for ALL**" with two workshops for **Pre-S1 students** during their bridging program, allowing them to explore Python programming and develop creativity and problem-solving skills.

In April 2025, **121 Secondary 2 students** experienced an immersive vocational training day at **Tsing Yi VTC**, gaining firsthand exposure to cutting-edge technologies and connecting classroom learning to real-world applications.

Finally, our popular **Mechanical Flower Workshop** was expanded to **all S4 students**, empowering them to build electronic circuits, solder components, and program their own mechanical flowers, thereby gaining valuable practical skills and confidence in STEAM.



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.

STEAM for Elite – Competitions

In the **"Tramplus Building Our Future Grand Challenge 2024"**, students were challenged to create innovative ideas that seamlessly integrate the tramways with various aspects of the city, aiming to provide a holistic and immersive experience for tourists. From over 100 project submissions from different schools, 10 projects from each division were selected to advance to the finale.

Our school's team. With 4C Huie Hoi Yin Lavena, Lam On Kiu, Woo Wing Chi, and 4D Cheng Kwan Sum Agnes — achieved remarkable success by winning the "Best Sustainability Award." The team developed an impressive prototype for a mobile app that offers information and augmented reality (AR) activities as the tram approaches various tourist attractions. Utilizing technologies such as Firebase, Arduino, and GPS, their work not only showcases creativity but also highlights unique offerings that celebrate the best of Hong Kong.



This year, we had a cross-subject cooperation with Chinese History and participated in 傑出華人虛擬薈設計比賽. The students performed well and the work won "二等獎".

For the **FIRST LEGO League 2024-2025**, they won the Finalist and the 一等獎. 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.

At the VTC Smart City and STEAM Challenge Cup 2025, students 5C Lo Tsz Kiu, 5C Lu Ching Hei, and 5D Sin Ka Yuet won both the Champion title and the Smart Technology Application Award.



Their team developed a mobile app designed for wheelchair users. The app allows users to upload and share wheelchair-friendly paths. Additionally, it enables wheelchair users to reserve a spot on a bus. This feature notifies the bus driver that a wheelchair user is waiting, helping them park more accurately and accommodate the passenger more effectively.

At the 全港中小學創客大賽 2025, 3B BUT CARRIE, 3B FUNG YU HEI, 3B PUN MING HEI and 3B YUEN SAU MAN won the first runner up. Their team developed a smart home prototype that reminds users to switch off electronic devices and close windows. This innovation can help seniors who live alone take better care of themselves.



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

The library group maintained **100% attendance** throughout the academic year, demonstrating a high level of commitment and responsibility.

Senior form group leaders took the initiative to guide junior form students in their daily duties. They also played a key role in planning and implementing the **book sharing broadcasts** during Reading Week. Through these experiences, students demonstrated growth in teamwork and leadership, progressing from understanding “me” to embracing “we” as a cohesive group.

The **picture books** they selected and shared conveyed meaningful messages about **bravery, care, and empathy**. By engaging with quality literature, students deepened their understanding of these core values, which are essential to both personal development and community building.

Moreover, two issues of **True Light Readers** were **successfully** edited, designed, and published by two dedicated members of the Library Society. **Thanks to** their creativity and efficiency, the publications were well-received and served as a valuable platform for promoting reading culture among students. Their efforts are truly commendable.

To conclude the year, we held a **farewell party in May** to celebrate the contributions of our S5 members. During the event, we expressed our gratitude by presenting **cards and**

gifts to our beloved seniors, along with our best wishes for success in their **DSE examinations** next year. It was a warm and memorable occasion that reflected the strong bonds within our team.

Following that, in July, the **new committee** was formed. We are now actively preparing for our **first event in August**, the **Get-Set-Go S1 Orientation Programme**. With a team full of energy, enthusiasm, and smart ideas, we are confident in delivering impactful activities. **Looking ahead**, we are excited about the opportunities and challenges of the new academic year!

TrueVision

A team distinguished by creativity and educational purpose

In its sixteenth year, TrueVision pursued renewal by integrating new elements to advance both pedagogy and creative expression.

We were honored to host Dr. Siu Yan-ho, Lecturer I in Chinese Language and Literature at Hong Kong Baptist University, whose work spans language, food writing, and cultural studies, and who has hosted TVB programmes such as “Sidewalk Scientist” and “Cantoxicating”. In a live broadcast, he engaged students in an exploration of Hong Kong’s culinary culture, while audience interaction offered a refreshed, engaging viewing experience.

We also interviewed Mr. Marco Ng Tsz Ho, a 2025 Hong Kong Film Awards Best New Performer nominee and cast member of “The Way We Talk”. He introduced deaf culture, promoting informed, respectful interaction in daily life and deepening awareness of the needs of Deaf and hard-of-hearing communities.

We remain grateful for the steadfast support of True Light’s faculty and alumni, which enables TrueVision to continue shining within our community.

Library Society Launches Recruitment Drive in S1 Classroom



We Are the Library Society 2024–2025!



Unlocking Potential: A Year of Triumph for the Mathematics Team

The corridors of our school have been buzzing with the quiet intensity of mathematical minds, and at the heart of this intellectual energy is our dedicated Mathematics Team. Comprising students from across various forms, the team is a vibrant hub where budding mathematicians are nurtured, challenged, and inspired to explore the profound beauty and logic of numbers. This year, our team has not only deepened their understanding but has also demonstrated exceptional prowess on numerous competitive stages.

A highlight of our year was undoubtedly the annual True Light Girls' Invitational Mathematics Contest. This prestigious event, now in its nineteenth year, brought together students from forty-three secondary schools, transforming our campus into a nexus of mathematical talent and friendly competition. The enthusiastic participation and positive feedback from visiting schools underscored the contest's significance in promoting mathematical excellence within the wider community.

This year has been nothing short of extraordinary for the Mathematics Team, marking a period of unprecedented success and recognition. Our students have collectively garnered at least 159 awards and prizes in a diverse range of competitions, a testament to their unwavering dedication and the guidance they receive. Among these remarkable achievements, two individuals shone particularly brightly: Lam Po Yee from 3B distinguished herself by earning the prestigious "High Distinction" award in the International Competitions and Assessments for Schools (ICAS), placing her among the top 1% of all contestants, a truly phenomenal accomplishment. Additionally, Sin Hau Ching from 5D demonstrated her exceptional talent by securing the First Prize Award in the highly competitive Greater Bay Area Mathematical Olympiad Final Event. These individual successes, alongside the collective triumphs, illustrate the incredible depth of talent within our Mathematics Team.

中文辯論

本年度我隊積極參加不同的公開比賽，讓隊員可提升辯技和擴闊視野。我隊堅持每周恆常訓練，務求以最佳狀態迎接挑戰。今年我隊參加了不同的辯論比賽，包括「第六屆全港中學學界辯論比賽」，勇闖第四回合，表現出色。及後我隊再參加了第一屆「大同世界——可持續發展盃」，晉身半準決賽(8強)，其中3B譚向晴同學於複賽勇奪「最佳辯論員」的殊榮，令人鼓舞。另外，為呼籲更多真光同學加入中文辯論隊，我隊亦於11月舉行「真光論壇」，台上台下表現投入，氣氛良好。為了提高我隊的歸屬感及團隊精神，我們新設計了中辯隊服，用於公開比賽之用。期望我隊來年越戰越勇，再創高峰，秉承「辯出真光，論絕四方」的精神。



English Debate Team

True Light's English Debate Team had a fruitful year, showcasing dedication, teamwork and resilience. The team has participated in multiple competitions, namely Hong Kong Secondary Schools Debating Competition (HKSSDC) and HKS English Debating League Competition (HKSEDL). In HKSSDC, the junior team achieved impressive results, outperforming several strong opponents and successfully crowned the Champions in both Term 1 and Term 2 Finals. Sofia Sit from 3C and Jamie Lau from 2C were awarded the Best Speaker. Our senior team also strove hard in HKSEDL, securing victories in two rounds of the tournament. Angie Lam from 4C and Jes Cheng from 5C were recognised the Best Speaker for their persuasive delivery.

To further promote the art of debating, the debate team invited non-debate team members to participate in and attend training on regular basis with the team to take part in UNESCO SDGs Debating Competition. Such initiative undoubtedly equipped participants with essential debating techniques and



critical thinking skills, as well as broadening their exposure to the world of debating.

It has truly been a rewarding year for the team and heartfelt appreciation goes to all our debaters who spared no efforts in preparing and doing their best in every single match. The team shall continue to strive for excellence with the unyielding determination we have this year.



English Drama Group

English Drama Group is back in full swing this year! Our highlight reel began with our participation in the Speech Festival Rehearsed Original Scene competition. This year was the first year they restarted the live competition since the pandemic. Our play is about environmental security and sustainable development. Our students did really well and we won the first runner-up in the competition.

Without much time to rest, we turned our focus to the School Drama Festival. To give student a chance to improve on their performance, we made major changes and extended our original scene, and made it into a new drama performance

for this competition. After weeks of rigorous rehearsals and refining our script, we presented a fabulous play that was both entertaining and meaningful. We also received some constructive feedback in the post-performance session with the judges and the students benefited a lot from the discussion. The judges said they enjoyed the performance and awarded us the Award for Overall Commendable Performance, the Award for Outstanding Stage Effect, and the Award for Outstanding Cooperation.

Undoubtedly, our experiences have brought us closer together, helping our members develop better 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!

Dancing Groups

The Jazz Team, consisting of 19 dedicated students from S1 to S5, has had an impressive year filled with hard work, creativity and achievement. In March 2025, the Jazz Team participated in the 61st Hong Kong Schools Dance Festival, specifically competing in the Jazz & Street Dance of the Secondary School Section. The team showcased a dynamic and engaging performance that displayed both technical skill and artistic expression. "Commended Award" was awarded in acknowledgment of our outstanding performance at the festival, marking a significant achievement for the team. The Jazz Team's participation in the Hong Kong Schools Dance Festival not only provided an excellent platform for our students to express their passion for dance but also fostered camaraderie and personal growth. We are proud of the hard work and dedication displayed by each team member and look forward to building on this success in the upcoming year. We aim to continue improving our skills and preparing for future performances, with the goal of achieving even greater heights in the next dance festival.



The English Drama Group joined the Hong Kong Schools Drama Festival and put on a great show at Tesseract for visiting adjudicators from the festival.



Chess Club

The Club aimed at promoting creativity and critical thinking among student members, as well as enhancing members' self-efficacy and confidence by challenging their minds through playing chess, board games and card games. The Club had a plentiful supply of chess and games. Members can indulge themselves in all kinds of mind-blowing and mind-boggling games in the regular meetings. Most of the members enjoyed the fun of board games, and they even discuss different strategies during the games.

Apart from the regular meetings, the Club also co-organized with the Mathematics Team the Intra-School Rummikub Competition, in which all TLHK students from different forms could join. Through the process of organizing the competition, the committee members learnt a lot of experience, and sound improvements had shown on their cooperation and leadership skills.



Teacher and members were playing board game (Ticket-to-Ride) together in regular meetings.

Red Cross

This year has been filled with cherished memories and unforgettable moments. Our activities in social services, friendship gatherings, and training courses have provided a rich and rewarding experience for all our members.

To strengthen our friendships, we held a creative cooking competition on New Member Orientation Day, which was a great success. This event allowed members to showcase their culinary skills while promoting creativity and communication. Cooking together helped build bonds and a strong sense of community. Our collaboration with other schools for the Christmas celebrations also allowed members to meet new friends within the wider Red Cross community.

Our commitment to community service has been clear through various projects and healthcare booths. These initiatives raised awareness about health and wellness and provided valuable services to the community. By participating, our members contributed to the well-being of others and gained a deeper understanding of social responsibility.

Our achievements reflect the dedication and passion of our members. Participation in competitions like First Aid and Nursing has equipped our members with important skills. These experiences foster empathy and community spirit. During practice sessions, members worked together, demonstrating collaboration and achieving common goals. This teamwork has built trust and a shared purpose.

A significant highlight of the year was the annual Enrollment Ceremony and Anniversary celebration. This year, we celebrated the 55th anniversary of YU42, marking our rich history and the growth of our community. The ceremony brought together past and present members, allowing us to reflect on our journey and accomplishments. It was a nostalgic and inspiring occasion, reinforcing our commitment to our mission.

Looking ahead, we are excited about the future. The friendships and service connections we've built will guide us in our efforts. We are dedicated to creating more opportunities for growth and learning, ensuring that the spirit of YU42 continues for many more years.

52nd Enrollment Ceremony & 55th Anniversary Celebration



Girl Guides

Fostering Empathy and Community Engagement

This year, the Girl Guides focused on two key themes: "Know 'ME'" and "Become 'WE'". The "Know 'ME'" initiative encouraged members to recognize their strengths and accept their limitations, while "Become 'WE'" promoted collaboration, respect, and empathy through various community service projects.



Serve others — animal blessing



Know our community — city hunt



Serve others — packing Christmas gifts for low income families

Community Initiatives

Our members were actively involved in several impactful services this year. We organized a "Knowing Our Community Wan Chai" event to better understand our local area. In addition, all members participated in two important donation drives: collecting old cleaning towels for animal saving organizations and preparing Christmas gift boxes for low-income families.

A group of 30 guides visited a "meow" house to learn about caring for stray cats, and five of them later earned their pet care badges. We also hosted a campfire activity with St. Paul College, fostering a sense of camaraderie and partnership.

Service Achievements

The dedication of our members to community service was recognized with a total of 16 service flashes awarded this year. This included 8 bronze, 7 silver, and 1 gold flash, highlighting their commitment to making a positive impact.



Unleash guiding skill — campfire activity

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 **Bronze 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,

S.K.H. St. Christopher's Home Love Chocolate Charity Sale and outings with elderly to the Hong Kong Observatory. 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, **5C Cheung Yuet Hei** was selected by district executive committee as Outstanding Member. Engaging in community service activities during the year can deepen her understanding of social issues and encourage a greater sense of empathy and responsibility toward others.



Chinese New Year Celebration with the elderly

AYP Annual Report

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, 138 awards have been achieved by our members.

Awards & Certificate	Number
Green Bird Badge	116
Bronze award	7
Silver award	15
Total	138



2024-25 Participants of Silver Award level

Tesseract

What a memorable year it has been at Tesseract, filled with exciting events and activities. Annual highlights such as the Interclass Spellbulary Tournament and the YJA Academy continued to thrive. In December, we celebrated "True Light's Dot Day," where students collaborated to create a book of art inspired by Peter H. Reynolds' beloved story, The Dot. This

year's theme, "Dot Connectors -- From Zero to Infinity," aimed to foster creativity, boost self-confidence, and illustrate the impact of individual actions on our campus.

Leading up to the event, the entire student body contributed to an art piece reflecting their personal interpretations of what a dot signifies. During the hall assembly, we showcased selected students' talents through an art demonstration, highlighting their creativity. To further align with our theme for Art in True Light 2025, we hosted a trivia session, and our principal, Ms. Hui, illuminated the True Light's Book of Art, officially launching a series of Art in True Light events.

As we look forward to the new year, we are excited to create even more remarkable experiences for our students!



Our talented students proudly showcasing their 'dot' masterpieces

Music Department

This year, our Music Teams have celebrated remarkable success in various competitions, with students shining brightly on multiple stages.

Our Junior Choir excelled at the 77th Hong Kong Schools Music Festival, securing 4th place in the Church Music - Foreign Language - Secondary School Choir - Age 15 or under category. Our Senior members also performed admirably, with the Vocal Ensemble earning 5th place in the Foreign Language - Equal Voice (Treble and/or Female Voices) - Secondary School - With Piano Accompaniment category. Additionally, six members collaborated with students from Wah Yan College, Hong Kong, achieving 4th place in the Vocal Ensemble - Foreign Language - Mixed Voice Secondary School - With Piano Accompaniment category. The School Choir received a Silver Award in the Secondary School Choir Competition organized by the Joint School Music Association.

At the Joint School Music Competition, our Chamber Orchestra won the Gold Award in the Orchestra Competitions. The

Percussion Team and Handchime Team each earned Silver Awards in the Secondary School Ensemble (Percussion) and Handbell and Handchime Competition, respectively. Notably, the Handchime Team also received a Silver Award at the Bellprints International Handbell Competition.

Beyond competitions, our music teams showcased their talents during significant school events. The Chamber orchestra, Percussion Team, and Handchime Team delivered impressive performances during the Round Trip Performance. The Chinese Ensemble and Chamber Orchestra made a significant impact during the S1 Form Association Inauguration. In May, during the 90th Anniversary Thanksgiving Service, the School Choir, Chamber Orchestra, and Percussion Team collaborated to perform the school anniversary theme song, "Celebrate the Light." The Chinese Ensemble also contributed with the lively piece "Joyful Dance" as the opening for the Fun Fair.

Congratulations to all our talented students for their hard work and achievements! Your dedication continues to enrich our school community.



中一級開社

中一級曜社幹事

社長



1D劉軻烜

副社長



1A張悅禧

文書



1C梁玥晴

德育



1C Persiyahs

I.T.



1B林阮盈

學藝



1B鄭慧妍



1D卞樂欣

康樂



1B蔣可嵐



1C何熹霖

總務



1A謝焯瑩



1B倪沐曦

開社活動花絮

精彩的爵士舞表演



社長劉軻烜勉勵曜社同學

室樂團演奏《蜘蛛俠》主題曲



曜社
2030年級曜社社旗

2030年級曜社社旗

開社徵文比賽優勝作品 ✨

Champion

Drama

1B Sophie Chiu

Drama, drama, the stage comes alive,
With laughter and tears, where stories strive.
Characters dance in the spotlight's glow,
Emotion runs deep as the feelings flow.

Drama, drama, the scripts we explore,
In every performance, we open a door.
From tragic to comic, each role is a chance,
To step into the world where our spirits can dance.

Drama, drama, the friendships we make,
With each shared rehearsal, new memories wake,
Supporting each other through highs and lows,
Creating a bond that forever grows.

Drama, drama, it's more than just a play,
It teaches us courage in its own special way.
So let's take the stage and let our hearts soar,
In the world of drama, there's always much more.



1st Runner-up

My School Life

1D Charlotte, Chan Sum Nam

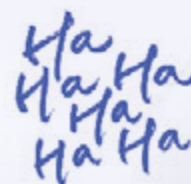
Oh homework, you always give me a headache.
You always give me nerves which cause a stomachache.

Oh homework, you're never-ending,
And you make me have dark circles like a panda.

Hahaha...always chatting with my friends.
Hope our friendship never ends.
Friends shine like stars and friendships so dear.
Moments cherished from year to year.

Chalk dust floating in the morning light.
Lessons taught with all the teachers' might.
Ding dong, ding dong, the bell rings,
Recess is when Julia plays and sings.

Look! The fishes are eating like hungry lions.
Look! The fishes are following one another like minions.
Laughter echoed around the school fountain.
Innocence and joy, no need to hide.



2nd Runner-up

My Interests at School

1A Kam Penny Mo Huen

S1 school life is coming,
S1 school life is here.
We gather with friends, laughter and cheer,
we share our joy in a joyful display.
In the warmth of friendship, we find our way,
in laughter and happiness, we brighten the day.

School facilities full of lively sound,
everyone here loves them all around.
In the bustling corridors, footsteps race.
In the magical library, pages turn with grace.
Thump, thump. There's a basketball game in the gym room.
Ding, ding. Our coins support the tuck shop's bloom!

Ding dong, the lesson starts.
The teacher walks in, ready to impart.
Explaining concepts with care and grace,
but sometimes, I struggle to keep up the pace.

Ding dong, ding dong, the lesson ends.
I raise my hand to ask the teacher.
The teacher smiles and explains once more.
Now, I understand.

In school of laughter, dreams take flight,
with every club, we find our interest.
From sports to art, each passion grows,
In teamwork's bond, our spirit flows.
Through every challenge, we unite.
In ECAs, we are the shining star.

中六級夕

藝芸社

中六級社級職員

社 長：6A 陳焯瑜、6D 張芷晴

副社長：6B 羅康蕎、6C 吳迦怡

德 育：6C 林穎晞、6D 梁爾琛

文 書：6C 李心媛、6D 尤詩媛

宣 傳：6C 杜心悅

康 樂：6A 郭恩錡、6B 馬楚翹、6D 黃 睿、6C 關淑玲

社長感言 ★

校長、各位老師、各位同學，大家好。我是藝芸社社長張芷晴。

面對即將畢業、離開熟悉的校園，我們難免會感到不捨。然而，在真光的十五年中，雖然生活平淡、平凡，卻充滿了快樂和珍貴的回憶。在此，我想向各位表達我最真摯的感謝。

首先，我要感謝校長和各位老師。在真光的日子裡，儘管有快樂、開懷大笑的時刻，但也難免經歷焦躁和徬徨的低谷。正是來自師長的關懷，使我們能夠度過這些艱難的時光。例如，在備戰文憑試的時候，校長在自修室中放下的藍罐曲奇、水果和朱古力，以及送給我們的MT貼等等，還有老師在我們回校溫習時，歡迎我們找他們索取食物。在考文憑試期間，每天班群發送的鼓勵信息和金句，雖然這些舉動微不足道，卻成為了我們難忘的溫暖回憶。

我相信大家都有過失意和無助的時候。無論是成績不理想，看到身邊的同學奮起直追，而自己卻停滯不前的恐懼，還是面對變幻莫測的未來而感到無所適從的時候，身邊總有老師的支持和鼓勵。

感謝所有默默支持我們的老師，讓我們可以放心做自己想做的事情，勇敢追尋真我。

除了老師，校園生活中怎能缺少同學的陪伴？在真光的歲月裡，每一點滴都是珍貴而美好的回憶。雖然十二月寒冷，但大家手牽手，共同享受聖誕的溫馨，驅走冬日的寒意。五月豔陽下揮灑的汗水，比盛夏更熾熱的是我們昂揚的青春。我相信大家都不會忘記那些一起練習doreme到七點的日子，還有在自修室中奮鬥的時光。可以說，這段校園時光充滿了彼此的身影。

儘管我們有著不同的性格和想法，但這讓我們學會了互相包容和理解，成為彼此最可靠的後盾。感謝你們，使彼此的校園生活更加充實，讓這段在真光的日子充滿歡笑和喜悅，令這段陪伴的時光成為最青春的回憶。

青春雖然為我們漫長的人生留下濃重的一筆，但青春的羽翼總是太過輕盈。當我們終於明白它的珍貴時，離別的鐘聲卻已經悄然響起。我們各自散去的事實已近在咫尺。常言道「天下無不散的筵席」，但離別一瞬，思念未變。離別是重逢的開始，告別是為了下次的相見。時間或許會帶走我們身邊美好的事物，但回憶的力量能夠給我們繼續前進的勇氣，指引我們在未來再次相見。

因此，希望大家能笑著迎接未知的明天，期待再次相聚的那一天。謝謝大家。

級夕花絮 ★

謝師宴師生大合照





級夕表演



6D同學致送榮休紀念品給周豔佳老師



藝芸社同學大合唱

級夕歌曲創作 ★

《星途》

寧願化作 那劃破晚空的璀璨
來讓勇氣 滾燙滿我心間
寧願化作 那燃亮世間的音韻
來讓結他 演奏熱烈樂魂

沉默說笑嗎 也許我該放棄吧
無奈鬥志不振暗嘆不該
凝視那理想漸散也許早注定
殘酷世間總愛玩弄著人
何必走進自卑 握緊你那初心
相信亦有轉機
旋律 飄進至心中

編織美夢與熱情
星 夢想的引牽
讓這星火護航
無懼遠征的蒼茫
踏上漫漫路途

作曲： 梁瑋琪

填詞： 張芷晴 林里恩 梁爾琛 郭恩錡 陳慧兒

Credit： 星螢燃夜——KBShinya

光 映照倔強面容
星 燃起這場夢
終 走向耀眼未來
無懼渺小 留下燦爛與色彩

橫跨 風雨浪急
星火遍佈天空
故事仍未結束
銀星照亮我心灼熱

希冀著未知旅途
黑夜不怕迷路
走向那未知未來
無視世間那 質問反對
勇敢闖



《風起待續》

作曲：梁瑋琪

填詞：陳慧兒 張芷晴 梁爾琛 舒曉情

Credit：time of our life——day6

陪著我 笑看風雨飄過 流雲仍在變幻
來共我 挽手看星際 翱翔明日之上

讓這星光輝映的往日 留下願望匯聚成幸冀
散落滿地情 故事也未停 待抒記

漫步春風 盡頭野花遍漫野
曾踏過萬里 乘浪似鳥 風將起

奔走於風中 穿過歲月 世界似曠野
活著如花火星光 此刻擁有 這青春瞬間
答應再見 那些故事未完
快到結尾 至少約定未來
願 十八夏日如花 是最美

曾懼怕 挫折失意抖顫
茫茫然沒去路
曾在意 世間眼光壓抑埋藏著真心
但這忐忑不穩的腳步
留下默默勤勞成烙印
放下世俗言 發掘那熱情 盡真我

或未知曉 方向喪失了自信
尋覓過辦法明白要 放膽去試

當春風吹起充滿盼望
帶上勇氣創造未來
即使天空多麼灰暗
初心不變改
你我探索理想 展翅翱翔
答應過這輩子不會動搖
望盛放 燦若繁星
願再見

《願星行》

作曲：黃逸婷

填詞：姚樂希

星暗夜 無聲中 我 抬頭仰望
漆黑天際 回想 夢裡耀眼漫星閃放

參照著 回憶中 青澀孩童 跳蕩
與星空相約 攜手 踏過險棘 不沮喪

就算 泛淚至日光 思緒如網 將我束綁
可慶是 路徑雖長 沿路的熱熾不低降

願望似夜星 因有導向 不再恍惚
青春的加冕 順遂開場 藍白的熱愛星火 會盛放

星降夜 靜影中 我 回頭發現
星海璀璨 流星 靜悄劃過夜空邊線

相笑著 並肩於 班房如常 見面
與身邊的你 同感 玩笑淚影 都不淺

就算 泛淚至日光 因你同唱 聲線輕朗
可慶是 願冀雖遠 常伴的互勉可奔往

願望似夜星 因你共我 此際不枉
青春的苦旅 順遂收場 藍白的熱愛星火 會盛放

終抵彼岸處 星宿下揮手
苦澀已淡化 所愛在迎候

星光縱逝去 彼此卻經久
鬱金已綻放 心不鏽

泛淚至言笑 青春流轉 不枉一趟
可慶是 就算張揚 還是低落每刻 也 一起勇闖

願望似夜星 閃爍驟降 遠方
執手共譜寫藝芸 順遂收結 藍白的獨有星火 已盛放

Cutural Exchange

S5 CS Study Tour 24-25 (Yingde, PRC) ★

11-12 April 2025

2024-2025 Mainland Study Tour – Discovering the Charm of Yingde

Yingde HSR Station



This year, our S5 students embarked on an unforgettable journey to Yingde (英德), Guangdong, from April 11 to 12, 2025. This educational trip provided 83 eager participants a chance to delve into the rich tapestry of China's natural beauty and cultural heritage, making it a significant chapter in their learning experience.

The adventure commenced with a swift journey via high-speed rail to Yingde, where the students first visited the exquisite Shangmingxuan Ecological Tea Garden (上茗軒生態茶園). At the tea garden, they engaged in experiential learning activities, allowing them to deepen their understanding of the new rural economy in China. Afterwards, students learnt the history of black tea made in Yingde in Shangmingxuan Hongcha Museum (上茗軒紅茶博物館), where the students had the opportunity to savour the renowned Yingde Black Tea and purchase some to take home, along with unique insights into tea production.

Next, the group ventured to Longhua Village (龍華村), an area steeped in revolutionary history. Previously designated as a revolutionary old district, it has transformed into a model for the 'red village' initiative focused on rural revitalization. The students learned about the cultivation and branding of distinctive products such as black tea and sweet potatoes, part of a broader effort to foster local

agricultural development and sustainability.

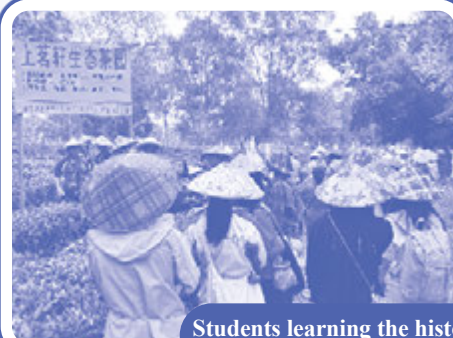
On the second day, the students began their morning at the Yingde New Era Civilization Practice Centre (英德市新時代文明實踐中心), followed by a visit to the Yingde Museum (英德市博物館). Here, they explored

the rich history and cultural artifacts that represent the city's heritage. In the afternoon, the group travelled to the stunning Baojing Palace (寶晶宮). They marveled at the impressive Karst geological formations and learned about the region's natural resource conservation efforts. The visit emphasized the importance of sustainable development and ecological safety, sparking lively discussions among the students.

As the trip came to a close, the group boarded a high-speed train for the return journey, reflecting on the meaningful experiences and the valuable lessons learned throughout the tour.

Overall, the Yingde study tour was not just an educational trip; it served as a vital experience that enriched the students' understanding of cultural diversity and economic development. The enthusiasm and gratitude of our students were evident as they shared their newfound appreciation for this unique region of China, leaving them inspired for future journeys ahead.

Yingde New Era Civilization Practice Center



Students learning the history of black tea made in Yingde in Shangmingxuan Hongcha Museum



Baojing Palace (寶晶宮): marvelling at the impressive Karst geological formations and learned about the region's natural resource conservation efforts

Sister School Exchange and Study Tour (Beijing)

1-5 August 2025



This summer, twenty student representatives travelled to our nation's capital, where they enriched their understanding of the distinctive socio-economic and cultural characteristics of Beijing and Hong Kong, two dynamic cities within our nation.

During the tour, the students visited a number of world-renowned heritage sites, including the Palace Museum, the Great Wall at Badaling, Tiananmen Square, the National Museum of China, the Military Museum of the Chinese People's Revolution, and Qianmen Street. These visits allowed our students not only to witness the grandeur of China's history, but also to reflect on how the nation's cultural heritage continues to shape its modern development.

Equally meaningful were the exchange activities with their counterparts at Beijing RDFZ Xishan (人大附中西山學校). Beyond formal discussions, students from both schools shared a dinner together, creating valuable space for academic exchanges as well as candid conversations about lifestyle, learning environments, and perspectives on their own cities. This interaction nurtured friendship, cultural appreciation, and a deeper sense of national identity.

The following section features abstracted reflections (CHI only) from TLHK student participants, capturing their most memorable experiences and insights from this rewarding study tour.



The Palace Museum



Tiananmen Square

S6 KWONG HIU LAM 鄭曉霖：

我這次考察團的感想可被概括為一句話：「今人不見古時月，今月曾經照古人。」本次所去的故宮、圓明園等地都是古人曾生活過的地方。我們腳下的長街可能曾是耳熟能詳的皇帝們、高官們、妃嬪們真實踏足過之地，而這承載著歷史長河上無數人的喜怒哀樂的地方也同時承載著所有今人、遊客的旅遊記憶。走在這些道路上，我彷彿能想像古往今來之人的身影在眼前走過、重疊，再消失於視野之中，瞬間讓我感受到了歷史的厚重感。然而這些人無論當時地位多高，名氣多大，如今也化作了一捧塵土，與常人無異。大概歷史或人生就是如此令人感慨萬千的吧。至於最開心和難忘的環節則是和朋友一起在商場邊聊天邊逛街，這樣的機會很難得！

S5 LI KA MOON 李嘉玟：

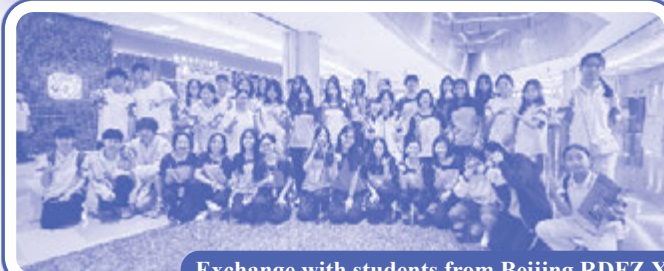
北京，一個擁有上下三千年歷史的城市，在濃厚的文化底蘊下，成為了現今政治、外交、軍事各方面的中心城市，我一開始對北京的印象很模糊，許多知識都只是在文字中了解到，淺薄而不真實。直到親自來到這裏，才認識到來自「老北京」的人間煙火氣，是書本中沒有敘述到的民間生活。印象最深刻的必是老舍茶館，在那裏，偶然窺見了從前的生治百態。踏上樓梯，喝一杯茶，聽台上一場戲，輕鬆而悠閑，是老一輩在忙碌中的一絲樂趣。口技、魔術、雜技、相聲、打快板，各式各樣，大開眼界，彷彿以前的歲月回到了現在，既新奇又有趣，實在令人難忘。老舍茶館，在北京記錄了一代又一代人的故事，但願當中的故事能延續下去，當中的非遺能承傳下去，歷史亦能長久繼續下去。

S3 MA HOK YU 馬學瑜：

這是我首次到訪北京，對這裏的風土人情和歷史古蹟深感好奇，在同好們的陪同下探索這個文化匯聚之都。當中不同景點，最期待的、最難忘的莫過於故宮博物院。課本中的景象躍出紙上，面前就是宏偉的城門和宮殿。紅色高大城牆的包圍下，過去的故事封塵在遊客們的歡聲笑語之中。我被眼前所見憾動，隨着我走過中軸線，老師和導遊的講解喚起課堂上的知識，我腦海中不禁構建起過去人們的生活，彷彿一場跨越時空的對話。兩個小時的時間，我不僅牢固了自身知識基礎，更沉澱在歷史人物的情感當中，屬實精彩萬分！



Great Wall at Badaling



Exchange with students from Beijing RDFZ Xishan (人大附中西山學校)

Geography and History Excursion to Shimabara and Nagasaki, Japan ★

16-21 April 2025

Visit to the Mt. Unzen Volcano Museum



In order to broaden the horizons of our students, our school held an excursion to Shimabara Peninsula in Japan from 16th to 21st April, 2025. The co-organizer of this excursion was the Hong Kong UNESCO Global Geopark, and the reception of the tour was provided by the Unzen Volcanic Area UNESCO Global Geopark in Japan.

We began with a visit to the **Mt. Unzen Volcano Museum** in Shimabara City, where students gained insights into the region's volcanic history, particularly the eruptions from 1990 to 1995. Nearby, we visited the **Buried Houses** and the remains of the **Onokoba Elementary School**, which serve as powerful reminders of the disaster's impact.

Engaging in exchange activities with local high school students at **Koka High School** offered a unique opportunity for cultural exchange. Students experienced wearing kimonos, drew Japanese fans, and played traditional games. These hands-on activities fostered friendships and teamwork while enhancing their understanding of Japanese culture.

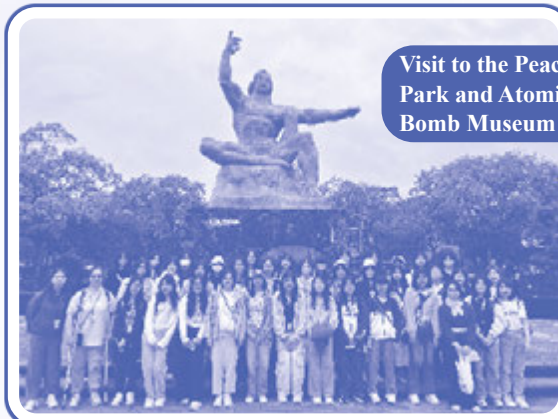
Sharing from 5D Poon Tsz Kwan Kaitlyn:

At the Mt. Unzen volcano museum and memorial park, I learned about the devastating eruptions and how communities responded to the disaster. I was amazed by the resilience of Japanese houses—some roofs remained intact despite the destruction. This experience deepened my understanding of natural disasters and reinforced the importance of disaster prevention and mitigation.

After seeing the museum and learning about the destruction caused by Mt. Unzen's eruptions, I feel deeply grateful that Hong Kong doesn't face such devastating natural disasters. Witnessing the aftermath made me realize how fragile life can be, and I admire the strength of the people here who rebuilt their homes and lives. I'll remember their resilience and not take safety for granted.



Kimonos wearing experience at Koka High School



Visit to the Peace Park and Atomic Bomb Museum

The **Minpaku Homestay Program** allowed students to immerse themselves in local culture by staying with farmers or fishermen in Minami-Shimabara City. This experience connected them with the community and illustrated the relationship between geography, economy, and culture.

We also visited important geo-sites, including **Unzen Jigoku**, the **Nita Pass Observatory**, and **Obama Marine Park**, where students observed the interrelationship between natural landscapes and human activity. Then, a **tree-planting activity** at Tashirohara Plateau emphasized environmental responsibility and sustainability. By planting trees, they directly contributed to conservation efforts and learned the importance of protecting natural resources.

In Nagasaki, we explored significant historical sites such as the **Peace Park and Atomic Bomb Museum**, which provided crucial context for understanding the effects of the atomic bombing and reflecting on the messages of peace. Visits to the **Oura Cathedral**, **Glover Garden**, and the **Dejima Museum** further enhanced our historical perspective on foreign influence and trade in Japan.



Cultural exchange at Koka High School



Minpaku Homestay Program

Accio Adventure! True Light's Unforgettable British Study Tour

15-30 July 2025 ★

Last summer, a group of adventurous students embarked on a transformative 17-day study tour to England, based at the prestigious Brunel University in West London. Combining academic immersion with world-class sightseeing, the trip offered a unique taste of independent university life as students stayed in campus dorms and dived into an international learning environment.

Rather than traditional lessons, our students studied in global classrooms alongside peers from various countries. This multicultural setting completely broke down language barriers. By collaborating and socializing with international friends, the students experienced a massive boost in confidence, returning home noticeably braver and more eager to communicate fluently in English.

While the itinerary was packed with cultural treasures—from the British Museum to the London Eye—two excursions stole the students' hearts:

- **The Making of Harry Potter Studio Tour:** Stepping onto actual movie sets and seeing the intricate costumes up close was absolute magic, bringing a beloved piece of British literature to life.



- **Cambridge University:** Exploring the breathtaking grounds of King's College immersed the group in centuries of academic excellence, sparking big dreams for their own educational futures.

From the historic streets of London to the coastal breeze of Brighton, every day broadened their horizons.

Our student ambassadors returned to Hong Kong with much more than souvenirs; they brought home global friendships, an enriched understanding of British culture, and a newfound confidence to engage with the world. Congratulations to all the participants for representing our school so brilliantly abroad!



4A Cadence Wong:

'I can still recall our last summer; I still see it all.' Just like what the ABBA song says, I can still recall that wonderful summer in London. I thought I was in for some pretty boring classes, but it turned out to be a real eye-opener. I made friends from all over: Italy, Turkey, even Palestine, and chatting with them in and out of class really expanded my worldview and helped my English and communication skills. It probably helped that I finally had a chance to speak only English, unlike back in Hong Kong. But what really blew me away was learning from the amazing culture around the city. My favorite spot was Camden Market—it's like this huge flea market where you can experience the city's diverse energy. I even picked up some handmade accessories a friend recommended. All in all, it was a transformative trip that taught me a ton about other cultures and helped me improve my English along the way.

Toronto Study Tour: A Summer of Growth, Global Citizenship, and Confidence ★

20 July – 11 Aug 2025

This summer, a cohort of our S1–S3 students embarked on the MWS Student Camps at the University of Toronto—a signature experience forged through more than a decade of collaboration with MWS, an organisation with over 40 years of expertise in educational camps. For three weeks, students lived independently away from home, navigating daily routines and decisions that nurtured self-reliance, resilience, and maturity. Alongside these life lessons, they strengthened essential skills: self-care, effective communication, help-seeking, resourcefulness, financial management, and, importantly, confidence in using English.



The academic programme balanced rigor with relevance. Mornings featured project-based English classes that demanded collaboration, critical thinking, and creativity, allowing students to apply language authentically while working toward shared goals. The afternoons brought the city to life through a rich array of excursions: the Eaton Centre, Chinatown, Little Canada, the Royal Ontario Museum, Riverdale Farm, Evergreen Brick Works, the Hockey Hall of Fame, Medieval Times, City Hall, and the CN Tower. Students also soaked in Toronto's sporting culture at a Blue Jays game in Rogers Centre and kept active with volleyball, beach games, and swimming. Full-day adventures to Canada's Wonderland and the awe-inspiring Niagara Falls proved unforgettable highlights.

A defining feature of the tour was its vibrant international community. Students were grouped with peers from Brazil, Mexico, Montreal, Italy, South Korea, Japan, and Taiwan, creating a dynamic environment where cross-cultural understanding flourished. They learned to listen, lead, compromise, and celebrate difference—skills that are as vital in life as they are in school.

Ultimately, the Toronto Study Tour delivered far more than a change of scenery. It offered a transformative experience—one that broadened horizons, forged global friendships, and empowered our students to thrive beyond the classroom with renewed confidence, independence, and purpose.



Reflections by 2C Carina Leung Yuet Ching

My three-week trip to Toronto was an incredible adventure! Although all of us were exhausted after the 16-hour flight to Toronto, we were excited when we arrived at the campus. The campus was truly stunning; it is filled with trees and plants. The gardens and open spaces are filled with colorful flowers where we can chat and play volleyball with friends during recess.

One of the highlights of staying in Canada was visiting the CN Tower. Standing at the top of the tower gave me breathtaking views of the cityscape, making me feel on top of the world. I also had a fantastic time at Canada's Wonderland, an amusement park filled with thrilling rides and fun games. Although the queues for each ride were super long, I also enjoyed the moments on the roller coasters with my friends. We screamed loudly on the roller coasters and it made us want to visit again! The Pop Award, the grandest activity celebrated at the MWS camp, was also memorable. Every group in the MWS camp had to make a video for the Pop Award. We needed to dress elegantly for the awards ceremony.

During the trip to Toronto, I met people from different countries, such as Mexico, Brazil, Korea, and Taiwan. Especially a girl called Laura from Brazil; we both enjoyed the moments when we chatted and went to different places within the camp counselor group. Sharing experiences at the CN Tower, we laughed and shouted together on the roller coaster with people from different countries. Interacting with peers from diverse backgrounds enriched our time together. We often exchanged stories about our traditions and cultures. My counselors, both Ruben and Chloe, kept guiding us through these experiences, encouraging us to step out

of our comfort zones and telling us to chat more with people from other backgrounds. After the trip, I built friendships with people from other backgrounds and created many unforgettable moments.

After the trip, I have learned invaluable life skills that will stay with me forever. One of the improvements was in my English speaking skills and my bravery to chat with others. Interacting with peers from various backgrounds pushed me to communicate more confidently, which will help me express my ideas and thoughts clearly. Engaging in conversations and group activities made me braver and more willing to step out of my comfort zone. Aside from that, being away from my parents for three weeks taught me how to take care of myself and how to manage my money. I learned to organize my belongings and clean my room every single day to maintain a tidy and clean space. Overall, this experience not only improved my English speaking skills and made me braver, but it also helped me grow as an individual and gave me a sense of responsibility and independence.

My biggest change after the camp is that I learned how to manage my money effectively. As we could only take out money from the camp on Tuesdays and Thursdays, for example, when we were spending money on Fridays, we needed to think carefully about how much money we would spend that day and whether we had enough for emergency uses in the following four days. These experiences taught me the importance of saving and prioritizing my needs over wants. I feel more responsible and prepared for future financial challenges. Overall, this trip opened my eyes to new adventures and made me more curious about the world.



Reflections by 2B Emma Chu Pui Yan

At first, I thought this trip to Toronto would simply be fun, but it became an unforgettable experience far beyond my expectations.

I was anxious while we waited for our delayed flight, but we eventually departed smoothly and arrived to a warm welcome from the MWS team.

The staff were consistently kind, humorous, and supportive. Their energy set a positive tone, and their guidance—whether helping with luggage, sharing language tips, or encouraging us to try new things—made daily life at camp feel both structured and joyful.

I also met wonderful friends from Brazil, Taiwan, Mexico, and Korea. Some were shy at first, but we bonded through shared activities and late-night conversations. Those cross-cultural friendships feel priceless, and saying goodbye was surprisingly hard.

Our excursions were memorable. On day one, Little Canada's intricate miniatures—from Niagara Falls to the CN Tower—captured the country's spirit. The thunder of Niagara Falls was awe-inspiring, and the pageantry at Medieval Times brought history vividly to life.

Beyond sightseeing, the trip reshaped my habits and mindset. In class, collaboration pushed me to communicate clearly and speak English with confidence. Camp routines taught me responsibility and independence: clearing trays, managing my schedule, keeping my space tidy, and planning ahead. I returned more organized, more self-reliant, and less afraid of making mistakes.

It was an extraordinary journey—rich with joy, growth, and memories I will carry with me.

Australia Conservation Adventure in Cairns 2025

25 July - 5 August 2025 ★

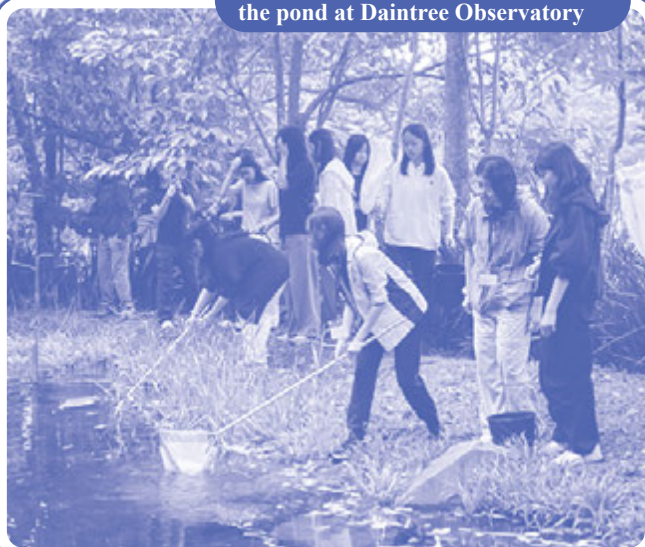
The 12-day Conservation Camp in Cairns, Australia, was an exhilarating adventure for 20 S3-S4 girls, filled with **FUN** and **LEARNING**! They dove into hands-on fieldwork, like exciting terrestrial invertebrate surveys, while collaborating with organizations addressing Sustainable Development Goals (SDGs) such as *"Life on Land"* and *"Life Below Water."*

The girls explored the stunning Great Barrier Reef through

guided snorkeling and glass-bottom boat tours, marveling at the vibrant marine life. Excursions highlighted Australia's commitment to sustainability, featuring eco-friendly urban designs and wildlife sanctuaries. They even got their hands dirty in revegetation workshops, experiencing the **JOY** of making a **REAL** difference!

Here's what our Adventurers say!

Collecting macroinvertebrates from the pond at Daintree Observatory



S3 Sophie Leung:

"Stepping into the Daintree rainforest felt like crossing over into another world I had never been to. As I walked along the muddy trails, every canopy reminded me how small I was beneath the world's oldest rainforest. I'll never forget our first day in the rainforest when Johan, the observatory manager, showed us how to track a tree kangaroo using his drone. At first, I was amazed, then a little puzzled that someone could spend hours staring at a controller screen, scanning the canopy with such patience. But as he spoke, referring to the kangaroos by name as if they were old friends, I understood that Johan didn't just view it as a job. As he shared stories of their habits and quirks, I could see the **PASSION** in his eyes. **True passion isn't just about skill; it's about connection. Johan didn't just study the rainforest; he belonged to it, and his dedication made me see conservation not as a duty, but as a relationship. I realized that only by devoting oneself to something one truly loves can one maintain this passion.**

This sense of connection was reinforced when, while exploring the rainforest in our small group, we met Mitch. I asked, *"Why is it hard for us to see any animals here?"* He shared a sobering fact: the population of many endangered species in the forest, including the very tree kangaroos Johan tracked, is gradually decreasing due to habitat loss and disease. Hearing this news while standing in the midst of their vibrant, fragile home struck me deeply. Johan's passion showed me the *"why"* – **why we should find a job that we truly enjoy** – but Mitch's explanation highlighted the urgent *"need"* for direct action to help sustain these vulnerable populations. **I realized that beyond observation and education, these animals need practical help to survive and thrive."**

For this, I would like to be a VET to provide crucial medical care for endangered wildlife, directly contributing to the conservation of vulnerable species and the overall health of their ecosystems.



Exploring the Daintree Rainforest canopy via crane



Touring the Sea Turtle Hospital at Cairns Aquarium



Meeting TL Alumni in Sydney, Australia

S3 Kwok Bo Kei:

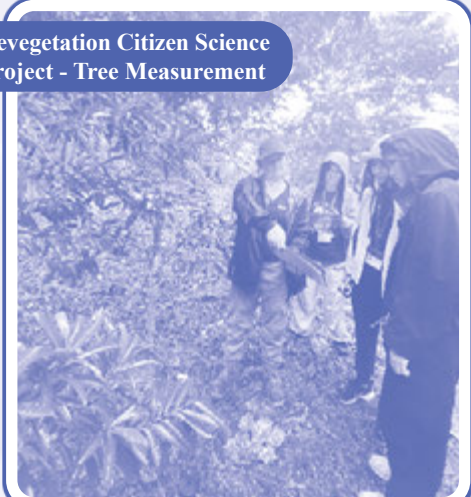
"During this study tour focused on sustainability and biodiversity, many experiences left a deep impression on me. You might think it was the diving or horseback riding, but unexpectedly, exploring Cairns after returning from the Daintree Rainforest has been etched in my mind. After lunch, we followed our guide, Mitch, to explore the area. Along the way, we saw several tall, luxurious hotels, and my friends and I couldn't help but exclaim in admiration. However, Mitch pointed out that these hotels were built by a businessman from Dubai who cut down all the trees in the area, causing many bats, birds, and insects to lose their habitats for the sake of development. ***My friends and I felt a mix of regret and anger at the selfishness of prioritizing the economy over the environment.*** Later, Mitch showed us flame trees, which shed their leaves in summer to bloom with stunning red flowers. Their beauty was striking, a vivid contrast to the habitat loss we had just learned about. That evening, we watched about 20 bats fly in from the sea, competing with birds for roosting space. Mitch explained that there used to be thousands, but deforestation had killed over 1,000. ***The irony was stark: hotels for tourists were destroying the very natural appeal that draws people in.***"

For this, I would like to be a GUIDE like Mitch – one who gives nature a voice. Hong Kong, the "Pearl of the Orient," is a forest of skyscrapers where birds are rare and nature feels distant. I want to guide not just to showcase sights, but to advocate for balance. Sustainability isn't an abstract ideal; it's a necessity. Through storytelling and firsthand experiences, I hope to inspire environmental responsibility, urging people to respect every species and protect the fragile world we share.



Participating in a Circular Economy Workshop

Revegetation Citizen Science Project - Tree Measurement



Rainforestation - Reviving Ecosystems

With every activity, these young adventurers embraced the spirit of conservation and left inspired to tackle future challenges with PASSION and ENERGY. ***In fact, their journey has only just begun, and the future of our planet looks brighter with them leading the way!***

Sister School Exchange and Study Tour (Chengdu, Sichuan)

14-18 April 2025 ★

Celebrating friendships with the peers in Shishi Tianfu High School (成都石室天府中學)



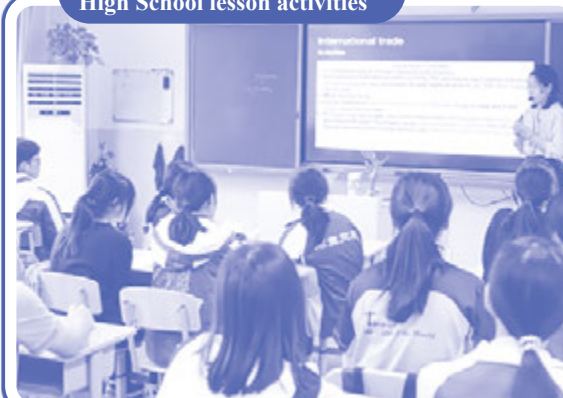
Our school has proudly established a sister-school partnership with Chengdu Shishi Tianfu High School (成都石室天府中學), a prestigious Provincial First-Class Demonstration High School in Chengdu. In mid-April, 30 of our student representatives embarked on a meaningful exchange journey, engaging in enriching discussions with their peers on the similarities and differences between learning in Hong Kong and Chengdu.

Beyond academics, the students explored the diversity of extracurricular activities at both schools and gained deeper insights into the unique cultural characteristics of these two vibrant cities. The laughter and camaraderie shared between the students were a testament to the strong bonds formed, proving that geographical distance is no barrier to friendship.

These precious moments have laid a solid and promising foundation for a lasting partnership between TLHK and SSTFHS, fostering not only institutional collaboration but also long-term friendship among students.

The study tour also enabled TLHK students to gain a deeper understanding of Chengdu's current developments in social, economic, and cultural aspects. They were impressed by the city's rapid growth and high quality of life, hallmarks of one of the major cities in the southwest of our nation.

Participating in Shishi Tianfu High School lesson activities



Engaging in various interactive activities organized by Shishi Tianfu High School



Visiting with Chengdu Shishi Tianfu High School

Geopark International Youth Forum in Muroto UNESCO Global Geopark ★

3-8 August 2025

To broaden our students' global perspectives, our school participated in the **Geopark International Youth Forum** from August 3rd to 8th, 2025. This enriching event was organized by the **Muroto UNESCO Global Geopark**.

During their visit to **Cape Muroto**, students had a unique opportunity to learn about the area's geology and culture firsthand. The students observed the ongoing geological uplift, where the land rises a few centimeters annually due to large earthquakes. This provided a tangible example of the powerful natural forces shaping the Earth. This experience, combined with sharing their own geopark and cultural backgrounds, allowed the students to see how the unique environment of Muroto has influenced its people and history, and encouraged them to share similar connections from their own communities. This direct, on-site learning was key to promoting the forum's aim of bridging global and domestic geopark networks.

Participants were given the opportunity to share their **personal connection to geoparks**. They shared their past experiences with geopark activities, the lessons and personal growth they gained, and their future aspirations. Following the speeches, participants joined group discussions. These groups were uniquely structured to include not only high



school students but also adults, which facilitated a valuable intergenerational exchange of ideas and perspectives.

Besides, participants took part in a **tsunami evacuation drill** and visited a unique tsunami evacuation shelter, a facility found only in Muroto. This hands-on experience gave them a direct understanding of disaster preparedness in a geologically active region.

To conclude, the forum's theme, "**Let's be a Geocal Player!**", captured its core message. The youth at the forum embodied this spirit by sharing their dreams and disaster prevention measures for their hometowns. This activity encouraged them to think about their local communities in a global context and empowered them to act as leaders in their own regions.

Sharing from 3C Sofia Sit:

After visiting the tsunami tower, we went to the tsunami shelter nearby. We were all curious about the big green poles outside of the shelter, which turned out to be a barrier for large debris brought by tsunami waves. Inside the shelter, there was a screen connected to a camera for those inside the shelter to observe the situation outside. The shelter was well air-conditioned with tatami mats and a toilet. Compared to the tsunami tower, the shelter took up more space but was more accessible to the elderly or disabled as it did not require climbing up to higher ground. We were all really impressed by how well prepared the Japanese were for tsunamis and the fact that they had different types of shelters for different age groups.



English Creative Writing

JLP Non-fiction Critical Response

S1D Lam Cheuk Ki Rachel

One of the most interesting biographies I have read is *Who was Rosa Parks?* It was written by Yona Zeldis McDonough. The book talks about a famous woman named Rosa Parks, who taught us that we need to stand up for ourselves, and fight for justice with bravery and determination.

In the book, Rosa fought for equality and faced consequences on the way. I experienced something similar before as well. In the past, some classmates cheated on a test and those who did not cheat, including myself were told not to tell the teacher that they cheated, otherwise they would boycott us for the rest of the school year. The teacher discovered someone cheated eventually, and assumed the whole class cheated and scolded everyone. I knew this was not fair to those who did not cheat because we did nothing wrong so we should not be punished. I hesitated for a long time as others might boycott and bully me if I told

the teacher, but I decided to stand up for those who did not cheat. I told the teacher that whole story in which only some classmates cheated. My situation reminds me that both Rosa Parks and I stood up for ourselves. We fought for justice with bravery, while having a chance that doing the right thing may lead to others hating and discriminating us.

Another book similar to *Who was Rosa Parks* is *I am Malala: The Girl who Stood Up for Education and was Shot by the Taliban*. This book talks about Malala Yousafzai's childhood, her passion for education, events leading to her attack and how she overcame challenges. Both books talk about their childhood, their passion, the goal they wanted to fight for and how they overcame challenges. Malala fought for girls' education while Rosa fought for racial equality. Both of them fought for something while overcoming challenges, and they succeed and

eventually became famous, inspiring the world.

Another person who had a similar experience was Angela Davis. She fought for gender equality and racial justice. She had a strong education background, and raised awareness about the problems in society. She became a symbol of resistance and empowerment, influencing others. Both Rosa Parks and Angela Davis fought for gender equality and racial justice with bravery and determination, overcoming challenges on the way. Their dedication to fight back and support contributed to society and inspired generations of all cultures.

To conclude all points mentioned above, I think I should learn from Rosa Parks and fight for justice with bravery and determination, even during hard times.

Gaining Experiences Is More Important than Material Possessions

S2B Chan Hiu Pui

"Our experiences are a bigger part of ourselves than our material goods," Thomas Gilovich, a psychology professor at Cornell University, once said. In today's materialistic society, many people prioritize possessions over experiences. However, experiences create long-lasting memories that exceed the temporary joy of owning objects. There are several reasons for this.

First, experiences can strengthen our bonds with other people. Through

activities like tours and trips, we meet new people and deepen existing relationships. For example, travelling often allows us to spend an entire day with friends or family without interruption. We can chat, share, and enjoy quality time together. These joyful moments nurture friendships and broaden our social connections. Can buying things bring this kind of closeness? Research from the University of Georgia found that over 54% of people are more likely to make

spontaneous purchases in a positive emotional state, but after receiving the products, more than 72% lost interest in them. This suggests that impulse shopping does not bring lasting happiness. Friendships born of mutual tastes may also fade when interest wanes. Material possessions, then, do not provide the same long-term happiness or strengthen bonds the way shared experiences do.

Second, experiences become memories that enrich our lives. When we spend

money on travel or activities, we create unique moments that can become important parts of who we are. We can revisit these moments in memory and feel the joy again. Memorable experiences stay with us for a lifetime; they are priceless and part of our identity. In contrast, material possessions change little about us and quickly lose their appeal. Even expensive items are often forgotten after a while. Money and things may bring happiness, but only for a short period. Jean Chatzky, a financial journalist, once said, "Things get broken and go out of style. Experiences get better every

time you talk about them." This shows how intangible memories can be more precious.

I started to value memories after a trip to the UK when I was twelve. It was an exchange tour. The thrill of visiting famous attractions such as Big Ben and the Tower of London was deeply felt and remains with me. I can still feel the joy whenever I reminisce. Those memories are like a steel trap; they stay with me. What can a postcard from that trip really give? Tangible souvenirs are often forgotten on a shelf, but the memories tied to the experience remain vivid. I still remember getting lost on the streets; those moments are

as clear as crystal. Since then, I have treasured the intangible things in life.

Dear fellow schoolmates: as you can see, experiences are more precious than material goods. Starting today, consider focusing on the intangible. Prioritize what makes your life fuller. If you have an opportunity to spend quality time with friends and family, take it. Such chances - for example, an overseas study tour, a course on a topic you love, or an extracurricular activity - are not always easy to get, and they can create memories that last a lifetime. Hopefully, more people will come to prefer experiences over material possessions.

≡ Volunteering is just cheap labour ≡

S3C Chan Ying Yuet

Greetings adjudicators and fellow debaters! As the opposition side, our team strongly disagrees with today's motion that volunteering is just cheap labour. First, to define the motion, 'cheap labour' refers to unpaid workers performing mundane tasks for an extended period of time. Now, let's move on to the arguments supporting our stance.

First, let's start with rebuttals! While our opponents claim that companies would get a lot of unpaid help from volunteers and keep great profits as they can now save expenses on hiring manpower, they fail to see that most companies needing voluntary help are actually non-profitable charitable organisations, most of which already suffering from limited budget to care for their target beneficiaries. Volunteers are just helping them make tasks easier to go around with and expanding the reach of the charities' benevolent endeavour. Undeniably, these charitable organisations would not reap any profit from such 'cheap labour'. Therefore, this claim is simply invalid.

Moving on, volunteers are a highly unstable source of manpower which could hardly be identified as 'cheap labour'. As it is clearly seen, volunteering is a completely

voluntary work, which, on top of that, is not even an easy job to do. Therefore, most people would not even consider volunteering, and even if they do volunteer at a charitable organisation, they could just leave if they do not enjoy the work. And that brings me to my point. Can such casual, totally voluntarily and commitment-free offering of help even be considered 'labour'? Hardly can charitable organisations rely on volunteers to provide them with the help they desperately need, so one thing is for sure — these organisations definitely don't view volunteers as cheap labours, who are supposed to finish their assigned tasks with no other choices.

Apart from that, before accusing charitable organisations of treating volunteers as cheap workforce which can be conveniently dismissed, let us not forget, organisations indeed need to put in effort for training volunteers, as many voluntary tasks may require professional knowledge. Take animal shelters as an example, to ensure animals will not get uncomfortable or injured due to volunteers' inadvertent act or lack of relevant knowledge, prior interviews and knowledge checks are necessary, for an animal shelter to

determine if a volunteer is actually fit for the role. Regular training sessions are also necessary to equip volunteers with the proper skills required. All this takes both time and resources of the organisations. When organisations have to pour in so much effort in order to acquire voluntary help, and the fact that volunteers, who get full and free training could simply walk away before even doing any actual work, can we still accuse charitable organisation of exploiting kind-hearted volunteers for their own interest?

Furthermore, if we look from the view of volunteers, these altruistic helpers certainly don't view their voluntary work as cheap labour either. Is whether a work 'cheap' or not solely determined by its monetary value? From the perspective of volunteers, they are truly working for a good cause, such as taking care of stray animals, cooking food for the homeless, and supporting the impoverished. These efforts to lend a hand to those in need in society is mutually beneficial to each and every party, including themselves. Through volunteering, people can get a pure sense of joy and fulfilment when seeing their talents and efforts being put into good use to help others thrive. As for the charitable

organisations, their sole efforts are greatly limited and they really need a lot of help to achieve their benevolent aims. Therefore, they truly and genuinely appreciate each and every volunteer's contributions. This combination of dedication, determination, and heartfelt exchanges create a beautiful and caring environment that no money can buy. In fact, this isn't just worth more than money — it's invaluable. How could anyone think something is ultimately 'cheap' just because no money is involved during the work? Is all the joy

and happiness truly worth less than some plain, old cash?

In conclusion, volunteering is definitely not 'just cheap labour'. It's not just because of the fact that the charitable organisations themselves must put in effort to train volunteers and constantly bear the risk that voluntary help might not be stable or adequate, but on top of that, volunteering is such a meaningful act that the effort volunteers contribute or the invaluable rewards they receive in

return must not be labelled as 'cheap'. Most importantly, a thing's value is not solely determined by its economic worth, but so much more. Now may I ask my opponents an important question, "can something really be labelled 'cheap' if both the givers and the recipients unanimously view it otherwise? If they both feel that voluntary work is invaluable in many ways, who are we to judge?" That is why this motion must fall. Thank you.

Should We Prioritize Personal Happiness Over Social Responsibility?

S4C Angie Lam

Imagine you have three wishes granted by a genie. **What would you wish for? The newest iPhone 16? A dream job?** We often wish for more for ourselves, but how many would be willing to make wishes for the underprivileged in Hong Kong? This leads to the question: **"Should we prioritize personal happiness over social responsibility?"** I believe the answer is **no**, as a healthier society brings more long-lasting happiness.

What is happiness to you? Everyone defines personal happiness differently, but it commonly means fulfilling our satisfaction. However, is it necessary to pursue your ideal life when others don't even have a stable existence? Take a look at two great figures from history, Fan Zhongyan and Confucius. Fan Zhongyan, a prominent politician in the Song Dynasty, once wrote, *"First to worry about the nation's woes and the last to enjoy happiness."* He was willing to voice policies and ideas to help the poor. Confucius, also known

as Kong Qiu, advocated for *"education without distinction"* and did not receive a penny as a tutoring fee. Their contributions had a significant impact on society. They gave up wealthy lives and powerful positions in the court in exchange for a peaceful society with knowledge passed down to the next generation.

As students, we can volunteer to create a better world, such as visiting orphanages or caring for stray animals. Meeting new friends helps orphans feel that they are not alone, and stray dogs no longer have to live in dirty alleys. Personal happiness is often short-term satisfaction, but social responsibility leads to long-term happiness.

Of course, there are times when personal happiness and social responsibility conflict. Take Xie Wanwen, a doctor during SARS, as an example. She volunteered in the intensive care unit to intubate infected patients. Unfortunately, she

became infected and passed away at the age of 35. Xie sacrificed her life for her patients' health. *Would Xie still choose to save hundreds of lives if she knew she would die from SARS?* I believe she would, because the world needs brave doctors like her to fight against diseases. By prioritizing her role as a doctor over her own health, she saved many patients. In these difficult situations, we should choose the path that most benefits everyone instead of merely fulfilling our own wishes.

Now, back to the very first question: **if you had three wishes granted by a genie, what would you wish for?** If we prioritize personal happiness over social responsibility, we may feel glad in the moment, but when social responsibility comes first, our happiness will be more long-lasting and impactful.

Σ S4C Athena Ip Ξ

Greetings, everyone! Imagine a world where each of us wakes up every day with a smile, fueled by joy and enthusiasm – a world where happiness is the driving force behind every action, igniting creativity, compassion, and community spirit! Today, I stand before you to argue that we should prioritize personal happiness over social responsibility.

First and foremost, personal happiness is the cornerstone of motivation. When we are genuinely happy, we radiate positivity, and that energy can inspire those around us. Think about it: have you ever noticed how a smile can brighten someone's day? Happiness can spark our desire to contribute to society and fulfill our responsibilities. Without this inner joy, we risk becoming drained and disengaged. For instance, a recent article from The Guardian titled *"The Power of Happiness: Why Joy Fuels Kindness"* highlights that "people who

engage in activities they love are more likely to volunteer and help others." When we prioritize our happiness, we create a ripple effect, spreading joy and motivation in our communities. So, let us not underestimate the power of happiness – it's the fuel that drives us to make a difference!

Secondly, personal happiness leads to better mental health, which is crucial for fulfilling social responsibilities. A happy mind is a healthy mind! When we prioritize our well-being, we become more resilient and are better equipped to handle the challenges of life. For instance, think of a teacher who takes time for self-care, enjoying hobbies that bring them joy. This balance helps them approach their students with patience and enthusiasm, creating a more positive learning environment and fulfilling their social responsibility. An article from Psychology Today titled *"The Link Between Happiness and Mental*

Health" states that individuals who prioritize their happiness often report lower levels of anxiety and depression, underscoring the connection between personal joy and overall well-being. In contrast, when we neglect our happiness, we may experience stress and burnout, making it difficult to engage meaningfully with our communities. Thus, by focusing on our happiness first, we empower ourselves to serve others more effectively.

In conclusion, while social responsibility is vital, it should not overshadow the pursuit of personal happiness. After all, a happy individual is a beam of light called hope and motivation, capable of inspiring change in others. So, let's choose happiness – let's choose to fill our own cups so we can better pour into those around us. Remember, a joyful heart can change the world, one smile at a time! *Thank you!*

Σ S4D Janice Leung Ξ

Ladies and gentlemen, imagine standing on a balance beam, symbolizing the balance of life. On one side, a butterfly flutters, representing personal happiness. You reach for it, but suddenly lose your balance and fall into the river. On the other side stands a giant tree, symbolizing social responsibility. As you reach for the butterfly, the tree's rustling leaves remind you that both happiness and social responsibility are interconnected in nature. As we walk this beam, we often find ourselves losing balance between the two aspects, but ***what if I told you that these two coexist beautifully?***

Personal happiness is not merely about material satisfaction or pleasures. It is found in the laughter shared with friends, the bonds built with family, and the joy of pursuing our passions. True happiness flourishes in moments

when we connect with others and feel a sense of belonging.

On the other hand, social responsibility is often misunderstood as a burden. But it is much more than that. Engaging in acts of kindness and service can bring profound satisfaction and joy. Social responsibility is not just about giving; it is about gaining. Imagine a life where personal happiness and social responsibility dance together in harmony. When we have a sense of joy, we are more willing to care for others. Conversely, when we engage in social responsibility, we enlarge happiness within ourselves. It is an endless cycle for a healthy, balanced life.

This harmonious dance is seen all around the world. Take Iron Man, the actor Robert Downey Jr., as an example. He doesn't need his suit to

save the day as he spreads kindness through multiple charities. He said, *"Had the absolute privilege of presenting a 3D-printed bionic Iron Man arm to Alex."* Another hero, Greta Thunberg, advocates for climate action with Fridays for Future, fighting for our future generations. Her happiness comes from the hope for our planet.

In closing, let us remember that personal happiness and social responsibility are not opposing forces but rather two sides of the same coin. In this harmonious dance, we will not only uplift ourselves but also elevate those around us, creating a brighter, more compassionate world for everyone. So, dear friends, let us walk this beam together while striving for balance between both sides until the end. *Thank you.*

Σ S4C Kate Leung Σ

Good afternoon, ladies and gentlemen. Welcome aboard this Time Machine, where I will bring you to different eras in history.

Our first destination is ancient Rome. Instead of fulfilling his emperor duties and leading his empire, Nero neglected his responsibilities and lavishly spent on personal pleasures, to the point of starting a wildfire just to clear space for his luxurious palace. He exploited his role as emperor for his own personal happiness. Now, we arrive at the recent COVID years. Bill Gates invested \$50 million in a company that pioneered mRNA technology, which developed the vaccine. Through his interviews and talks, Gates heavily promoted his vaccine and criticized those who were skeptical of his claims. His questionable actions have slowly come to light, as this vaccine has been linked to vaccine injuries. Blinded by personal gain and profit, he turned his back on social responsibility, allowing more innocent victims to suffer.

From these stories, we can see how an

individual's pursuit of happiness can severely impact society as a whole, causing inconvenience and suffering. ***But if we don't emphasize personal happiness, would the world be a miserable place?*** Well, if you go back to the Second World War, not really! We see British humanitarian Sir Nicholas Winton, who saved 669 child refugees, mostly Jewish, during the Holocaust. To him, it was his responsibility to save innocent lives during a time of war, and he was happy to help. This story proves that personal happiness can indeed coexist with social responsibility. You may ask, to what extent should we stop prioritizing our happiness and emphasize our roles in society? One way to figure this out is to question ourselves: ***Do the reasons for doing something that makes you happy outweigh the consequences of not taking that action?*** Simply put, if what makes you happy crosses the line of morality, then don't do it.

You may argue that it is your life and your choice. Sure, let's say everyone

prioritized personal happiness and put all their social responsibilities aside. However, everyone has different objectives regarding happiness, and these ideas may clash, leading to chaos in society. *Is that the kind of society you would like to live in? Would you be happy being part of such destruction?*

It doesn't take extreme examples, such as self-indulgent tyrants or corrupt leaders, to understand this concept. Like gears in a clock, we all have our roles in society. Obey the law, get our jobs done, volunteer occasionally – these are all the bare minimums of taking on the role of a citizen. Look around you and see what difference you can make. When all the gears work together, a clock is able to function. If we prioritize our social responsibilities, time progresses for the better, molding a harmonious society, and that is something we should be content and proud of. This is how personal happiness and social responsibility can coexist. *Thank you.*

Σ INCREDIBLE: Redefining Beauty, Unleashing Brilliance Σ

S5C Bernice Ng S5D Karol Lee

Founded in 2024 by Karice Loong, ***Incredible*** is a pioneering micro-film company empowering artists with inherent appearance differences. From 10 artists, it grew into an award-winning enterprise with 1,000 employees. Through productions like ***"Beneath Our Face"*** and ***"The Forgotten Talents,"*** ***Incredible*** champions entertainment industry inclusivity, challenging beauty standards as a global diversity advocate.

STORY OF FOUNDATION

The foundation of ***Incredible*** was not plain sailing. Founded by Karice Loong in 2024, ***Incredible*** is a pioneering micro-film company that endeavors to create films to unleash the potential and talent of individuals with inherent appearance defects, whether they have

Down syndrome or albinism. Karice Loong, who suffers from dwarfism, found her talent in dancing and singing overshadowed by her appearance. She mustered the courage to interview at View TV, only to be met with scathing criticism. The dismissive remarks and condescending tone of the interviewers left an indelible mark on her; yet, instead of succumbing to despair, she resolved to challenge the industry's narrow standards of acceptability.

Each rejection letter and each closed door only fortified her determination to succeed on her own terms. Rather than allowing the industry's prejudices to dictate her future, she immersed herself in practicing acting, vocal skills, and dancing, equipping herself with a wealth of talents to gain respect

from others. She understood that true recognition would not come from conformity but from undeniable excellence. Night after night, she refined her craft, studying the techniques of renowned performers, honing her voice, and perfecting her movements.

BIRTH OF INCREDIBLE

In lieu of becoming an employee in an entertainment company, she devoted herself to founding ***Incredible***, committed to providing job opportunities to people with appearance defects who have an interest in being artists. She envisioned a platform where talent would eclipse superficial judgments, adopting the motto ***"Redefining Beauty, Unleashing***

Brilliance.” The inception of **Incredible** was not merely a business venture but a movement—an assertion that artistry knows no physical boundaries.

Karice dedicated herself to searching for sponsors for **Incredible** and did her utmost to promote the company through numerous commercial meetings, hoping to gain media attention. Funding from sponsors was used to train the artists, transforming them into performers who no longer agonized over criticism. With blood, sweat, and tears, Karice cultivated the foundation of **Incredible**. The company has grown from a tiny startup with only 10 artists to a thriving enterprise with over 1,000 employees, ranging from artists to managers. Better still, **Incredible** has won numerous prestigious awards, including **Best Live-Action Short Film** from **the Oscars** and **the Diversity in Media Award**.

“Beneath Our Face”

To simultaneously raise public awareness about minorities and provide a platform for talented artists with appearance defects to shine, we produced our debut short film—**Beneath Our Face**. This film stars Ally Ko, a renowned albinistic actress, as our protagonist, along with other individuals with albinism, highlighting the difficulties faced by minority groups with facial defects.

The film features scenes in which characters walk into a crowded restaurant with friends and feel the weight of countless stares directed at them, as well as moments when they visit a local store to purchase skincare products, only to be dismissively told by staff that there is nothing suitable for their skin tone. These scenarios allow the audience to empathize with the challenges faced by individuals with uncommon facial features.

The film quickly became a blockbuster, following the immense success of **The Way We Talk**, which focused on local minority groups. After achieving record-breaking ticket sales of 10 million in just three months,

we decided to release **a Beneath Our Face musical**. We collaborated with the Hong Kong Association for Albinism and interviewed more individuals with facial defects to gain a well-rounded view of their lives, further enhancing the quality of our show. With the concerted efforts of our crew members, **Beneath Our Face Musical** was showcased at the newly constructed Kai Tak Stadium arena on June 16, 2025, attracting a myriad of audience members. The film’s tremendous achievement caught social media attention and brought the issues it addresses into the limelight.

“The Forgotten Talents”

To stay true to our motto of **“Redefining Beauty, Unleashing Brilliance,”** we launched a groundbreaking singing competition called **The Forgotten Talents**, exclusively for individuals with Down syndrome. The competition provided participants with professional training and real-world performance experiences, as well as a platform to showcase their extraordinary skills. Like other reality shows, they experienced elimination rounds and mentorship from seasoned artists. Four exceptionally talented singers and musicians were selected to debut as a group named **The Forgotten Talents**.

Despite facing challenges associated with Down syndrome, their collective hardships became the foundation of their music and message. As a group, **The Forgotten Talents** channeled their shared experiences into inspiring songs that empower those born with defects or disadvantages. Their most famous track, **“Born to Be Me,”** celebrates self-acceptance with touching lyrics about being proud of who they are. Through their inspiring songs, they have become role models and youth leaders, spreading a message of strength, resilience, and hope. Today, **The Forgotten Talents** not only inspire audiences but also pave the way for young people with self-doubt to embrace their true selves and regain confidence.

CONCLUSION

Incredible has revolutionized the entertainment industry by championing inclusivity under Karice Loong’s visionary leadership. From overcoming industry prejudices to becoming an award-winning force, **Incredible** proves that talent transcends appearances. The musical **Beneath Our Face** and the group **The Forgotten Talents** have shattered stereotypes about appearance defects, providing minorities with a platform to shine while educating audiences.

By blending artistic excellence with social impact, **Incredible** redefines beauty standards—its motto **“Redefining Beauty, Unleashing Brilliance”** embodied in every project. Now a global advocate for diversity, **Incredible** continues to expand its legacy. It stands not just as a production house, but as a movement inspiring society to value ability over appearance. With an unwavering commitment to empowerment, **Incredible** lights the way for a more inclusive creative future.

*As **Incredible** continues to grow, it remains committed to its founding principles while exploring new ways to champion diversity in entertainment. Future projects will expand beyond film and music to include television series, digital content, and educational programs, all designed to showcase the extraordinary talents of individuals with appearance differences. By challenging industry norms and public perceptions, **Incredible** is not just creating entertainment – it’s fostering a more inclusive society where everyone has the opportunity to shine based on their abilities rather than their appearance.*

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WELCOME HOME LILA LEE

THE BEACON OF HOPE FOR THE NEGLECTED CHILDREN

Read by Janice Leung

Overshadowed by the lack of love in her family, Lila had a neglected childhood. As she grew older, she realized her loneliness was not unique. She made a promise.

Not only did she pursue her studies in child psychology at The University of Hong Kong, but she also founded a safe haven, providing neglected children with a second home.

Embodied by the healing power of love and resilience, she transformed this sanctuary into a shining symbol of hope, echoing the laughter and dreams of the children.

What is the organization that Lila set up to help the neglected children?

- A. Home Sweet Home
- B. Come Home
- C. Welcome Back
- D. Welcome Home

Scan the QR code to find out more!

"Your brokenness is not your identity. They are the broken pieces completing your path"

中文創作空間

父愛

S2B 馬學瑜

第十一屆陳贊一博士聯校微型小說創作獎2024-2025 初中組亞軍

「父愛重如山。」

「媽媽，這是甚麼意思？」

「就是指爸爸對你的愛的份量跟山一樣重。說明他十分愛你呢。」

「可我連爸爸長甚麼樣都沒見過。」

「小寶，爸爸不是一直在家嗎？怎會沒見過。」

「那不是我爸爸，只是叔叔而已。」

「怎麼就不是了？他是我丈夫。」

「可我不是他女兒。」

「……你怎麼知道的？」

「他是A型血，你是AB型，可我是O型的，這不可能。」

「……」

「我怎麼沒有爸爸啊？是他不要我了嗎？可他不是十分愛我嗎？我很想見他，想跟他一起玩。」

「小寶，叔叔從今以後就是你爸爸。」

「不。」

……

姓名：陳小寶 班別：六甲

作文題目：《父愛》

父愛，那是小說裏才存在的東西。我未曾於現實見識，故棄此文。

「小寶，你的作文內容怎麼回事？」

「這就是事實啊，老師。」

「昨天才見到你父親來接你回家，對你也是十分和善的。你要是在家裏有難過的事情，盡可和老師說。」

「他對我很好，可他不是我爸爸。」

「小寶，也許他不是你的親生父親，可他作為你的家長，對你無微不至地關懷，其實也是一種『父愛』了。」

「好的老師，我明白了。謝謝你，我先出去了。」

「好啊，記得後日補交作文。再見。」

「啊，小寶，剛剛不小心聽到你和老師說的……開竅了？」

「怎麼可能。」

「啊？那你這是……」

「不過是覺得給叔叔貼上『我的爸爸』這標籤太糟了。畢竟我的爸爸，是個會丟下女兒跑掉的人。」

……

「媽，你才剛病完，就不要做家務了。你休息下，我來。」

「好好好，那就謝謝小寶啦。」

砰！

「小寶！沒事吧？」

「沒事沒事，不過不小心撞到了你的書櫃。我拾一下書就好了……這是甚麼？」

致妻子：

前些天醫院發下來了通知書，測出了癌症末期，想來也不能伴你到小寶出生了。請不要告訴她我的存在，就讓她叫你未來的伴侶一聲爸爸吧，不要讓她從小就失去父愛，好嗎？勿念，愛你們。

「小寶，怎麼突然愣神了？」

「沒甚麼，只是突然想起，『父愛重如山』啊。」

這份感情來得比山還要沉重。

……

「小寶，我出差的時候記得照看一下媽媽，也要照顧好自己。」

「好的，叔叔。」

「有甚麼禮物想要的嗎？叔叔給你買。」

「沒啦，你顧好自己就行。」

「那好吧，再見囉。」

「再見了……爸。」

「啊？……你不是不願叫的嗎？」

「因為『爸爸』是個很美好的詞，你當得起。」

……

姓名：陳小寶 班別：六甲

作文題目：《父愛》（補交）

「父愛，那是小說裏才存在的東西。」我曾經是這樣認為的。……

……後來，我發現，小說都是建基於現實，總能反映生活的美好。也當真會有一個這樣的人，願意默默守着他的孩子，至死不渝。

我們原來都活在小說裏。

手與手把

S4D 謝康晴

第十一屆陳贊一博士聯校微型小說創作獎2024-2025 高中組冠軍

孩子狼狽地坐上了單車，有些恐懼，抓緊前面父親腰間的衣角。

「沒事！放心！」父親背著孩子沉穩地道。

耳邊響起單車的鈴聲，孩子在與風抗力之間，試著撇下恐懼。抓緊了一段時間，他漸漸不再懼怕路上的顛簸，伏在父親肩膀上。父親似乎感受到身後被壓著的力量，爽朗地笑了幾聲。在他看不見的前方，父親用力地踩著踏板，加快了步伐，隨著速度的變化，長路漫漫在三兩腳踏下疾飛而過，他逐漸看到不遠處的山丘正冒著尖。單車徑迎來了終點，父親跨下單車，叫他坐到他剛才的位置。

「來吧！」父親拍了拍他的肩膀。

「可是，我害怕！」他眼神閃著遲疑。

「沒事，我在這呢！」父親緩緩推著單車的尾端堅定地說。「我不是一直陪著你嘛？有什麼好怕的？」

在父親一而再的鼓動下，他用力地踩著踏板，有模有樣地學著父親剛才的樣子，試圖令單車向前挪動，但儘管努力地保持平衡，但身體仍是前仰後偃，最終連車帶人摔倒了地上。地面的粗糙、尖銳讓他疼得飆出眼淚，望著父親更忍不著嚎哭起來，彷彿挫敗地訴說著他的不濟。可是，父親卻掛著嚴肅的面容，絲毫沒有一句安慰，只是默默地為他擦拭眼淚，摸摸他的頭髮，抱抱眼前的孩子，直到懷裡的抽泣逐漸消去。父親拍了拍他膝蓋上

的灰塵，隨後開口對著他問：「還痛嗎？不痛的話，再多試一次吧！」

他撿起了倒下的單車，重新地踩著踏板，在他看不見的後方，單車被父親推著而一點點地邁前。父親看秋風吹過，若有所思，躊躇不定，糾結良久。眼見他的身子漸漸穩了，踏板漸漸不徐不疾，父親做了個決定——鬆開了握著單車尾背的大手，雖有不捨，但還是揚起了嘴角，手叉在腰間，無聲的注視著單車揚長而去。

孩子再次感受到與風抗力，但這次不一樣——掌控著手把的並不是父親，而是他自己。

迎著秋風，孩子無所畏懼地迎接著前路崎嶇。

炒栗子

S4B 何寶怡

第十三屆大學文學獎(2024-25) 少年作家獎

猶記得小時候，每逢冬季，許多販賣炒栗子的小攤便會出現，街頭充滿著糖炒栗子的香氣。我漫步在大角咀的街頭，欲尋找昔日的美味回憶。走到以往炒栗子小攤的地點，卻發現該處空無一物。

「咦？我記得以前這裡是有炒栗子小攤的……」我托腮，感到疑惑。

依記憶走到另一攤檔的地點，幸好，這次我沒有撲空。

我駐足於小攤前，看著鐵鍋中翻炒著的栗子與石英砂。下方爐灶燃燒的木炭發出噼噼啪啪的聲響。風聲颯颯，與

火燒的聲音、鍋中栗子與砂石的碰撞聲，交織成香港冬日街頭的交響曲。

裊裊白煙升起，炒栗子的香氣也隨著煙霧飄揚到各處。我閉上眼，深吸一口氣，感受這沁人心脾的香味。

「妹妹，妳要買什麼？」阿姨注意到我，她邊用長柄大鏟子翻炒鍋中的栗子，邊問我。

「請給我炒栗子。」我略感尷尬，不好意思地說。

「好嘞！」阿姨爽朗一笑，將炒得焦香的栗子裝進紙袋，遞給我。

「謝謝！」我接過餐點，好奇問道：「阿姨，這附近只剩下妳一攤炒栗子了嗎？我記得之前有好幾攤的……」

「大角咀只剩我們一攤了！其他的要到太子才有。」阿姨翻炒栗子的動作停頓了一瞬，眼神流露出失落，「以前還有一攤，但老闆八十幾歲，無法久站，更別說拿著個大鍋鏟炒栗子！」

「還有啊！」阿姨繼續說，語氣逐漸激動，「現在流動小販牌照越來越少了！自七十年代起就不發牌了！也有持牌檔主年老離世……炒栗子沒前

景，所以沒有年輕人想承傳！現在炒栗子越來越少了！我也老了，做不了多少年，也不知道會不會再過幾年，香港街頭就再也沒有炒栗子了！」

「天氣冷，妹妹妳快回去吧！」阿姨炒著栗子，對我微笑，「謝謝妳聽我說了這麼多！」

我揮揮手向阿姨道別，往回家的方向走去。路上，我剝開栗子邊走邊吃。栗子熱騰騰的，冒著熱氣，入口甘香

軟糯，帶著炭烤的香氣。

如此可口，我忍不住再剝一顆。將金黃的栗子放入口中，沒有迎來預想中的甘甜，這顆栗子反而微鹹、苦澀。我想，或許它炒焦了吧。

寒風凜冽，使我手中的栗子變涼——剛拿到時還是熱烘烘的。捧著變涼的栗子，我想，歲月就如寒風，將熱騰騰的炒栗子吹涼；糖炒栗子經歷歲月的無情洗禮，數量日漸減少，甚至

已然進入最後倒數。我剛才嚐到的甜蜜，或許是幾代香港人對糖炒栗子的集體回憶；我剛才嚐到的苦澀，或許正是炒栗子小販面對行業式微的悲哀、無奈。若炒栗子被時代淘汰，其背後的文化、人情味亦隨之消失。面對如今的情況，我們該努力留住它，還是放手、順其自然呢？

時光荏苒，不知下個冬季，還有多少炒栗子小販存在於香港街頭？

我在真光有幸遇上她

S1B 柯汶暄

我真幸運，能在真光遇上她。她燦爛的笑容仿佛有一種魔力，能驅散我內心的膽怯，能照亮我內心的角落。她，就是我的戲劇老師，吳老師。

第一次遇見吳老師，是在戲劇排練室。那時我被學校選中參演學校音樂劇。可是，對於沒有演戲經驗的我來說，這將非常具挑戰性。膽小的我不敢在人們面前表演，更擔心同學會嘲笑自己。其他同學，個個都在自信地練習對白，令我不禁低下頭，既自卑又焦慮。就在這時，吳老師向我走來，她留著清爽短髮，劉海下是如陽光般的笑容。唉……要是我能像她一樣自信那該多好……我心想著。吳老師似乎看出了我的心聲，拍了拍我的肩膀，鼓勵我說：「人總會有害怕、擔憂的時候，但是，只要相信自己可以做到，勇敢地踏出第一步，你其實就離成功不遠了。」她的笑容是多麼有感染力啊！我點了點頭，在她的鼓勵下嘗試大聲朗讀對白，更嘗試配合動作和表情練習。雖然不是很好，還

有很大的進步空間，但是我至少勇敢地踏出了第一步。而這一步，令我不再像以前一樣膽小怕事，而是多了一份自信和勇氣。

我真幸運，能在真光遇到這麼平易近人，會鼓勵學生的吳老師，沒有她，就不會有現在自信的我。

在吳老師給我鼓勵後，我不再退縮、迷惘，也令我對表演重新燃起了希望。在音樂劇正式演出前一天，吳老師帶著我們認真地進行最後的綵排。在排練室裏，她為我們解說整部劇的劇情意思，看著她比手劃腳的賣力解說，我百感交集，既感激她耐心的教導，亦擔心我不能達到她對我的期望。我感覺自己再努力也不能完成充滿感染力的表演。這時，吳老師再次看出我內心的不安，再次鼓勵和安慰我，說：「不要害怕犯錯，每次失誤都是成長的機會，只要相信自己能做到，就一定可以做到！」我看著她那堅定的眼神和溫柔的笑容，便下定決

心要更加努力，不要辜負她對我的肯定。此後，我更專注和投入地練習，吳老師也不厭其煩地為我示範，教我如何用表情和肢體語言表達自己。在她的鼓勵和教導下，我也進步了許多。有這樣的老師，我真幸福……

音樂劇順利落幕！謝幕時，燈光灑落在我的身上，伴隨台下的陣陣掌聲，此刻站在舞台上的我，不再是從前那個膽小怕事的孩子了！吳老師，謝謝您，您不但教會了我表演，還教會了我自信和勇敢，您的耐心教導成就了現在自信的我。吳老師，謝謝您，是您讓我領悟到勇敢並不是「不害怕」，而是害怕時不要輕易退縮，只要相信自己能勇敢踏出第一步，就一定會到達成功的彼岸。我真幸運，能在真光遇上您！我會繼續帶著這份幸福和被信任的勇氣，面對生活中每一個挑戰，繼續在屬於我自己的舞台上閃閃發光！

中西區一逛有感

S2B 吳祉柔

那天我化身一名遊客，在中西區閒逛了一趟，那些被活化、被保育的歷史建築，令我深深領略到社區新舊共融的「美」。

上週六，我和朋友到了中上環一帶遊覽，沿途欣賞了各有特色的百年歷史建築。從巴士站走到文武廟需時十分鐘，我們站在文武廟前，細看著這所經歷過百年風吹雨打仍屹立不倒的道教廟宇：古色古香的藍色中式瓦頂，配搭大門外寫著「列聖宮」的牌匾和花崗石雕，格外吸引。廟宇內香火鼎盛，仰頭凝視空中飄著的縷縷輕煙更叫人沉醉、引人迷思，彷彿看見神明從空中降臨般；香燭、冥鏹燃燒時釋出刺鼻的味道充斥著整條街道。到來參拜的老人、朝聖的遊客、帶著子女朝拜文昌帝的一家四口，大家臉上都溢著笑容；善信求籤時搖動籤筒所發出充滿律動的「噠噠」聲和人們談天說地的聲音，使這座古雅莊嚴的廟宇充斥著沸沸騰騰的熱鬧。參看廟外的簡介，文武廟始建於1847年至1862年期間，用作供奉文、武二帝和用作華人議事仲裁的地方。幸好文武廟得到東華三院的保育，得以將傳統文化遺產傳承下去，而我國的文化也可以流傳到來自五湖四海的旅客耳目中，名揚海外。眼前這個由百年歷史建築和現代人文交織成的畫面可真是出奇地融洽和諧，令我不禁在腦海中浮現出一幅現代人穿梭在古代建築之間的「清明上河圖」呢！

沿著古董街直走，旁邊有很多售賣鐘錶、擺設的小攤檔，小販努力地營銷，遊客興致勃勃地議價，場面十分熱鬧。往右拐沿樓梯往下行，牆上一

幅幅色彩斑斕的壁畫亦為這個舊社區增添了不少生氣。在上環市政大廈對面走上一條長長的斜路，我們在元創方門外停下了腳步。

看看右邊，這座已有超過一百年歷史，最初是中央書院校舍，後來改建為已婚警察宿舍，最後在2009年由政府活化成創意設計中心的元創方。放眼望去，寬闊的廣場兩旁樹立著兩座烙印了不少歲月痕跡的主樓，由一條新搭建的空中走廊連接起。閘口外肅立著一個刻有「元創方」的地標。有一群打扮新潮的年輕人正在打量放置在廣場中央的建築模型，有幾位老人坐在一旁的長凳上閒談；老人們的談笑風生加上年輕人七嘴八舌的討論，編織成一首屬於這個社區的活力之歌。我們在旁邊的小食檔買了充滿香港特色的小食「龍鬚糖」，既香甜又鬆脆可口，真叫人「食過返尋味」。在眾多充滿歷史價值的古舊建築中，樹立著一座活化成創意中心的潮流景點，這種將舊事物蛻變出獨特且創新的新價值的概念，真是讓人著迷！

我們沿路繼續往上走，經過一所全港唯一被列為二級歷史建築物的廁所：地下公廁，旁邊更有歷經歲月磨蝕的藍色信箱。左拐過馬路後，眼前的孫中山紀念館門外竟掛著閉館的告示。我們只好沿著堅道走到中環的石板街。這條街以斜路上的一級級石階而聞名，旁邊舊式的鐵皮攤檔中穿插了數間充滿「文青風」的新潮咖啡店。走到盡頭，我們終於到達了行程的最後一站。

大館前身是香港被英國統治時期營運的域多利監獄，現已活化成一個中環

著名的地標，每年吸引成千上萬的遊客到此一遊。我們站在正門，目不轉睛地驚嘆這所以維多利亞古典紅磚和文藝復興風格為主體的宏偉建築。抬頭一望，一棵樓高四層的參天巨樹懸掛著幾個搖搖欲墜的大芒果。走進建築物內，我伸手觸摸牢房那冷冰冰的鐵窗，既粗糙又牢固，真不敢想像囚犯被囚禁時的孤單和痛苦，但畢竟人是要為自己犯過的錯誤負責的，不想受牢獄之苦就應當奉公守法啊！身旁的導賞員正滔滔不絕地向遊客訴說著一個個有關大館的故事，又有幾名小孩圍著大樹打鬧追逐。我入神地打量著這所「監獄」，它的高牆外是一片繁華的自由世界，但無論我如何極力仰望也只能看到天空的一角，猶如一隻正坐井觀天的井底蛙，讓我感受到自由的可貴，也讓我提醒自己時刻都要謹言慎行。

「哈哈！我抓到你了！」孩童們響徹天空的嬉笑聲，將我從沉思中拉回現實。在這充滿古典氣息的舊監獄中，縈繞著蓬勃的生氣和歡樂，這難得的情景真是叫人嘖嘖稱奇！參觀過古老大館，我們便沿著猶如時光隧道的扶手電梯，走向既繁華又現代化的中環。

這次遊歷讓我體會到社會發展不一定要破舊立新，新和舊其實可以和諧並存、相輔相成，透過保育和活化，使這些歷史建築的生命永續，並注入新的價值，繼續發光發亮。期盼這咫尺之地在以後的日子仍能讓人欣賞這美不勝收的「城景」，讓我們的下一代也能感受到新舊融和的「美」。

鑰匙

S3B 單嘉悠

終於，我找到了那把獨一無二的鑰匙，那把能夠解開一心心中的鎖，使我們成為知心好友的鑰匙。

我是一心唯一的好友，但她卻總喜歡把自己鎖閉起來，從不與我分享心事，也不願與我參加社交活動，使我感到十分不快，甚至對這段友誼產生懷疑。於是我下定決心要強行解開她心中的鎖，打算迫她參加一個聚會。

一個午息，我注意到一心獨自走進鋼琴室，便加快腳步跟了上去。我正要開門進去之際，卻發現門已上了鎖。我拍了拍門，剛想開口，一心似乎看穿了我來的目的，便只丟下了一句「我沒空，你走吧。」我看一心不願為我開門，便只好借來一串鑰匙，從眾多外型各異、凹凸不平的鑰匙中挑了幾把，插入鎖孔，卻發現都不合適，那把鎖依然不願為我解開。焦急之下，「你就那麼不願參加聚會，跟我們多交談嗎？」這番話脫口而出。

在這陰暗的走廊中，面前的門散發着一種沉重的寂靜，我看見手中的鑰匙和表面越發刮花的鎖，聽見門後傳來的啜泣聲，我心微微一震，一股後悔之情油然而生。我想：一心又怎會是討厭交朋友，又怎會不想融入大家呢？她以前提及過自己曾是口吃患者，他人常對她投以不友善的目光，使她患上社交焦慮，把自己的心扉鎖上。作為一心的朋友，我對她的難處，對她鎖閉心扉的原因應最為清楚，但我卻不但忽略此事，還以那番話在她的心中狠狠地留下一道道刮

痕，實在是無地自容。

那一刻，我終於茅塞頓開，意識到我自己，我對一心的了解，對她的關懷，才是那把可與一心心中的鎖完美匹配的鑰匙。我低聲道：「對不起，我語氣太重了，但我真的替你感到擔憂，想幫你敞開心扉，助你走出逆境，可以嗎？」門後的啜泣聲停止了，空氣彷彿凝固了一般。片刻後，門後傳來了一聲回應：「好吧。」那瞬間，我心中鬆了一口氣，心中一陣愉悅，一心終於交出她心鎖的鑰匙了。我拿出借來的那串鑰匙，從中找到了合適的一把。它雖小巧，但插進門鎖，輕輕一扭，門便隨聲而開。

我走到一心身邊，輕聲道：「我以前沒有想到你會這麼害怕社交，但現在我已意識到背後的原因和你的難處了。要求你拿出不知從何而來的勇氣，強迫你參加社交活動必定給你帶來了很多的壓力。我也曾經有過類似的經歷，明白那種害怕、抗拒社交卻又不想被孤立的矛盾，但我發現即使逃避問題，不與他人互動與交流，焦慮感亦只會一直伴隨我。因此，要不我們一起面對，克服社交焦慮？」一心微微點頭，然後看向我，眼中泛起淚光，似乎感受到我的誠意。我輕輕把手放在她的肩上，道：「別人的目光不重要，無論如何，我也會在你身邊支持你。那麼你要不先多跟我練習社交技巧？」「我……我會努力嘗試的，」一心回應說。終於，這把鑰匙成功地插入一心心中的鎖，我心中湧起一股難以言喻的激動。

往後，我經常主動關心一心，鼓勵和陪伴她參加不同聚會。在不斷的努力之下，那把鑰匙只要輕輕一扭，這扇鎖閉已久的心扉，終於敞開。現在，不僅是社交上的困難，當有其他煩惱心事時，一心也主動跟我傾訴。我這把鑰匙使一心向我敞開了心扉，解開了她心中的鎖，使她一步一步克服社交焦慮，重拾自信，而我們二人也終於得以彼此以誠相待，以溫暖驅散對方心中的陰霾，心與心不再隔絕，令這段難能可貴的友誼更穩固。

有些人因過去的經歷、陰影或內心的不安，對社交感焦慮，選擇封閉自己的內心，以致人際關係和自我價值受到影響。在這些情況下，知心的好友就顯得尤其重要。作為朋友，我們清楚他們所經歷過的高低起伏，能理解他們的喜怒哀樂，如同一把獨一無二、難求可貴且要與鎖完美匹配的鑰匙般無可取替，能解開他們心中的鎖，邁向知心的友誼。知心的友誼不僅在於分享快樂，還在於艱難時刻中的互相扶持，透過理解和關懷，助彼此走出心中陰霾。「人之相識，貴在相知，人之相知，貴在知心。」讓我們都努力成為那把鑰匙，與朋友以誠相待，以心交心，互相鼓勵支持，共度人生風風雨雨，一同成長，同甘共苦。不論是朋友、家人或其他人生路上的同行者，唯有心與心的交融才能讓我們真切、確實地感受到人際關係的溫暖和真摯，情誼才能越發長久、穩固、濃厚。

生命中重要的人

S4D 潘予晴

自此之後，我意識到哥哥是我生命中重要的人。

我慚愧地看着哥哥，眼淚不爭氣地流了下來。一陣強烈的羞愧感向我襲來，令我真想找個地洞鑽進去。

由於我和哥哥都是田徑隊的成員，少不免經常被比較。從小到大，哥哥不論比賽成績或跑步的經驗也比我更多、更好，總是壓我一頭。哥哥對其他人來說，是「別人家的孩子」；可對我來說，卻是一隻煩人的蒼蠅。他總是仗着跑得比我快，日以繼夜地批評我，說一些我不需要的意見，「你的起跑姿勢簡直大錯特錯！」「衝線的時候一定要把頭壓前！」等等，十分嘮叨，也導致我與哥哥的關係不太好，經常吵架，令我決心總有一天要勝過他。

終於，我盼來了一年一度的運動會，我一定可以超越哥哥！正當我等待比賽時，哥哥突然跑過來，說：「一心，記得比賽前一定要拉筋，以免受傷。」我不耐煩地反了個白眼，心裏更加重了要超越哥哥記錄的想法。我大言不慚地對他說：「我今天一定會打破你的記錄！」哥哥自討沒趣，無奈地嘆了一口氣。

上到賽場，剛剛的自信突然消失，聽着陣陣吶喊聲，我真切地感受到比賽的氛圍，心裏猶如有十五個吊桶七上

八下，也把哥哥的話拋到九霄雲外。

「嘩——」的一聲打破了寂靜，比賽開始了！我用盡全力衝刺，電光火石之間，我的小腿彷彿被針刺中，原來是小腿抽筋。我連忙坐下，按摩着腿，看着已經衝線的對手們，無盡的後悔湧上心頭。「我為什麼不聽哥哥的話呢……」我的耳邊突地響起了譏笑聲，明明距離觀眾席很遠，笑聲卻無比清晰。我看向觀眾席，所有人都用一種可笑的眼神看着我。我的呼吸漸漸急促，蔚藍的天空突地烏雲密佈，那譏笑聲一直迴繞在我的耳邊，世界只剩下我一個，漸漸變得灰暗起來。

此時，一束光照進我黑暗的世界，且逐漸靠近我，是哥哥！他急切地跑過來，豆大的汗珠從他的髮鬢滑到下巴，氣喘吁吁地問：「你沒事吧？哪裏疼？要扶你去醫療室嗎？不用害怕，哥哥陪你。」看着他關切的眼神，我的淚水再也控制不住，流了下來。哥哥一邊蹲下來，一邊替我抹去眼淚。溫熱的手掌輕輕地撫過我的臉龐，化作一陣陣暖流流向我的心田。那一刻，我意識到哥哥是我生命中重要的人。

「沒事，我只是微微抽筋而已，沒有大礙。」哥哥舒了一口氣：「你想繼續跑嗎？」我猶疑點頭：「我想，可是……」「我來幫你。」這句話如同定海神針一樣讓我充滿了信心。說

罷，他走到我前面大約五步的距離，背對終點，看着我，用手慢慢引導我向前跑，我肯定地下了決心：「我可以的！」便跑了起來，說時遲那時快，我到達終點了。我看着正在微微笑着的哥哥，第一次感覺到哥哥對我無盡的愛。我走到哥哥身前，正想抱抱他，他卻再次蹲下，為我繫上鞋帶。「你的鞋帶鬆了，這也很容易讓你受傷，還有下次比賽前答應我一定要拉筋做熱身，好嗎？」沒想到，哥哥到最後還在關心我，我鼻子一酸，感動地抱着哥哥，真誠地說：「哥哥，謝謝你。」

自此以後，我明白到其實哥哥的嘮叨是他表現愛的方法。無論是他無視他人阻止，義無反顧地跑到賽道，在全世界都取笑我的時候，他總是不讓我孤身一人，讓我感受到人間的煙火氣；或是在我失意摔倒時給予勇氣和底氣，並鼓勵我獨立自主解決問題。哥哥永遠是我最堅強的後盾，對我來說是不可或缺的。回想起來，我十分後悔之前對哥哥的種種厭惡和不良態度，那時的我，認為哥哥的嘮叨是嘈雜的噪音，現在想來，卻是最為動聽的音符。愛意是藏在生活之中，只有時常感恩，才能找到和發現那些美好的恩典。人若只看見不同人事的負面，永遠也無法真切的感受無盡的愛意和幸福，意識到愛你和你愛的人。

這一刻，我希望你在

S5C 羅安梨

我久遠的記憶中有這樣的一幕：陌生的地方、陌生的人，吵鬧的聲音在空氣中交錯，招手呼叫我走進閘門的另一頭。我蜷縮着小小的身子蹲在地上，隱隱記起那是穿短袖的季節，我卻因莫名的冷冽不住顫抖。一雙大手忽爾覆蓋了我，扶着我站了起來。那雙手指指閘門，指指我，隨後緊緊捉住了我小小的手，要帶我往外走。手掌很粗糙、很溫暖，我順着手臂往上望，奶奶沿着我的視線露出了和藹的笑容……

我坐在禮堂裏聽校長的講詞，腦中不覺閃現過這樣一個回憶。這是我所記得的最早的記憶，內容恰巧和今天的情形相對照——那天，我走進了人生中第一所學校的門，這天，我將要離去；那天，僅僅抓着我的奶奶的大手，如今已不復存在了。

小時候我很喜歡奶奶。也難怪，畢竟父母經常出差，照料我日常起居飲食的便是她。我有時到廚房門外，抬起頭仰視用起繭的雙手手忙腳亂地張羅飯菜，不時低頭咳嗽，又立刻恢復工作的她的背影，儘管年少無知，仍然有不忍在心頭油然而生。有時候她看見了我，便叫我別走近廚房；我便總會向她說：「等我長大以後，我來做飯給奶奶吃，我來賺錢養奶奶！」她便會彎下身子，用那雙手摸摸我的頭，笑說：「好啊，一心，那你可要快快長大啊。」

長大，長大……對了，我小時候總是恨不得快點長大。成為獨當一面的大人，奶奶便不那麼辛苦了。我確實也長大了，也成熟了，小學生時的我已懂得幫奶奶摺衣服、抹桌子，但奶奶依然不讓粗手笨腳的我進廚房，怕摔爛了什麼碗碟，碰到了什麼刀具，我又會受傷。

但我和奶奶最後一張相視而笑的畢業照卻停留在幼稚園的畢業典禮上，到小六時，我和奶奶間的關係漸生轉變。

不，我們沒有吵架。我仍然幫她做家務，但我不一樣了，她也不一樣了。奶奶咳嗽的次數越來越多，本來灰白夾雜的頭髮已成花白。在那幾年，我長得很快，我平視着奶奶做菜的樣子，心裏不時驚怕，怕她切到手指，碰倒熱油，老人家受傷了，比年青人更麻煩。於是我接過菜刀，讓她出客廳休息；奶奶似也知道我的想法，笑笑便走了。有時看見奶奶捧着一大疊衣服一窺一窺走路的樣子，我都耐不住從她手上奪去衣服，口中嘟囔：「你身體不好就別做這些了，一會兒又像上次般絆倒受傷……」奶奶略顯尷尬地在我身後笑了笑。我嘆息，捧着衣服往前走。

這是關懷嗎？不是，肯定不是的。爸媽出差的次數減少，奶奶在這個家裏逐漸成了一種多餘、一種負累。

台上校長的講話結束，我和同學在老師的指示下魚貫上台合照。我的視線在台下搜索，很快看見了一面驕傲的爸媽，媽向我揮手微笑。

我的記憶迅速翻頁，回到中一的入學典禮——同樣的場地、同樣的校服，不過家長席上多了一人。奶奶向我大力揮手，從台上看下去也十分顯眼。我尷尬地輕輕招手，便別過頭去。那時奶奶的表情是怎麼樣的？我都沒有看見。校門拍的合照上，我被爸媽一左一右抓住肩膀，奶奶在旁邊微笑，雙手拘謹地放在身前。

說起來，我有多久沒牽過她的手了？

升上中學以後，一切都加速進行。奶奶的病越來越嚴重，起初不過定期複

診，後來便住進了醫院。我和爸媽心中都忖度奶奶年邁，這病也許治不好了。當然誰也沒說出口。我長得越來越高，已能看見奶奶的頭頂，也更獨當一面了，本來由奶奶負責的家務，都落在我的頭上。我沒有怨言，因為「長大」是我從小就嚮往的事，我感到自己被家人依賴，感到十分安心。然而，有時候往醫院探望奶奶，看見像小孩子一般什麼都做不來的她，腦中還是會不禁繃出一個念頭：「要是你不在，我就能輕鬆多了。」接着，又為會有這種想法的自己感到羞恥。

我確實長大了，成熟了，但我本來希望幫助的對象，卻離我越來越遠。就連在同學面前，我也絕口不提奶奶的事。

中六這年，奶奶離世了。我執拾着她的房間，腦中總是閃過一個個片段，她待我如何，我卻又待她如何。我心中早已知道是不對的，卻從未想着要作出改變。我大概以為做了家務就是盡孝了，卻早已忘掉了那份尊敬之心。直到我翻出中一的入學合照，看見奶奶獨自站立的身影，面上才有了羞紅。

「典禮已經結束，畢業生可以離開，或者和家人在學校拍照留念……」我們陸續離場，爸媽在人群中找到了我，帶我到校門前，找到了別的家長替我們合照。媽媽一左一右搭着我的肩膀，我拿着畢業證書微笑。隨着快門聲落下，我才忽然實感到：同樣的校服、同樣的場景，你卻已不在在了。

也許我不該急着長大，也許我該牽起你的手，帶你到鏡頭中央……我就做被你牢牢拖着的小孩吧。這樣你會回來嗎？

這一刻，我希望你在。

閒度有感

S6C 姚樂希

大廳金碧輝煌，水晶燈照射在我臉上，我深吸一口氣，暖空氣充盈著我的鼻腔，我卻感覺我的肺部還是空蕩蕩的。「甲方突然取消會面了，今天當放一天假吧！」我無所適從地搭上回家的地鐵，看著窗外疾馳而過的景色，我發覺自己多年來也好像地鐵一般從未停止過快速前進，依循著一貫的軌道，按著父母「有錢才開心」的指引奔赴我的目的地，每天睜眼便是股票升跌，與甲方的談判，被無盡數字包圍，又一一拆解成令人眉開眼笑的銀錢。今天的我好像突然故障的地鐵，被逼停下。

我回到空蕩蕩的家，一個人居住屹立半山區域的樓房中，大抵是多少人心中的夢想。我也為此驕傲，但此刻卻覺得房子太大，我在其中顯得尤為突兀。我苦惱著該怎麼打發時間，正打算定時增長一下金融知識，看著書房書架上幾乎是如出一轍的金融「典籍」，一本書脊印著中文字的書尤為顯眼。我把它抽下來，卻見書面赫然印著「植物圖鑑」四個大字。模糊而久遠的影像浮現於腦海中，有一段時間我好像是挺喜歡研究植物的，在衝動之下買了這本書，不過片刻便在書架上落灰了。我翻開書扉，坐在堆滿文件的書桌前邊和地細閱植物圖鑑。形狀各異的花草在我面前鋪展開來，嫩黃的小菊花，艷紅的大紅花，紫紅的洋紫荊，一個個花苞在我眼前盛放；翠綠的含羞草，挺拔的梧桐樹，茂密的灌木，一片綠意盎然在我腦海中野蠻生長。冬日寒冷，我深吸一口氣，胸腔起伏間一點點寒意滲透進我的肺腑中，使我不由得一震。我的腦海中花木繁盛，若我身處其中，該是多麼怡人呢？我不由得勾起唇角，睜眼卻見冷冰冰的書桌和堆積如山的文

件。我向窗外一看，天空碧藍，腦中突發奇想，要不去一趟大帽山吧！

我的行動力總是不容置疑的，也許只是衝動的想法，但片刻間我已經換好衣服和運動鞋蓄勢待發了。好像是習慣了般，我總是被灌輸「分秒必爭」的概念，所以不過片刻我已到達大帽山山腳。我迫不及待便邁開腳步，在行人路上急步而行。「走那麼快，可是會錯過很多美麗風景的啊！」一個頭髮半白的女人感嘆道，讓我略顯局促又突兀地拖慢腳步，跟女人並排而行。樹蔭繁盛，陽光從樹蔭縫隙間錯落有致地灑落下來，我低著頭尚在適應慢節奏，聽見女人略顯低沉的呼叫：「你看，那兒有含羞草。」我順著她手指的方向看去，一簇簇含羞草屈身於轉角泥土間，隱身於一大片蕨草中，若隱若現讓人想去輕撫它嬌小的葉片。我蹲下身，意外發現含羞草旁邊有幾朵搖搖欲墜的小黃花，綠中一點黃，相映成趣。「含羞草才不是羞澀呢！」女人站在我旁邊，如同喃喃自語。我不禁微微一笑，不經意地開口：「那只是它的應激反應。」一陣涼風拂過，我繼續和女人並肩而走，參天古木也形成一個屏障，把外界隔絕開來，我的世界久違的被綠意所浸染，鼻腔中滲著清涼的空氣，隨著一呼一吸到大肺腑。曾被我視為生命中無法割捨的數字此刻卻蕩然無存，也許是因為身處於宛如世外桃源的自然中，又或許是知音人的萍水相逢。

不知不覺間，我好像適應了放慢腳步，不是停下腳步，欣賞路邊不知名的繁華盛草，不時仰起頭，望向堆疊的樹葉間那點微不足道卻顯眼的陽光。我和女人一唱一和，她所提出對植物的見解，我總是能給予回應。我才發覺我對植物原來亦有不淺的認

識。我能清晰感知到空氣從鼻腔抵達肺部的流動，肺腑膨脹間，我感覺我的四肢亦越發輕盈。時光的流動也變得模糊，我和女人不知不覺間便登上了大帽山之巔，卻見藍天白雲此刻已被橘橙所暈染，橘橙把夜晚的黑與早晨的白融為一體。入夜後空氣帶上更深的寒意，但我望著眼前如幻的景緻，置身於雲層之上，目光所至均為暖和橘橙，偶有附近數山的山頂穿雲而出，而我身後是繁枝亂葉，沙沙作響的聲音敲打著耳膜。我深吸一口氣，冷意灌進我的鼻腔，繼而填滿我的肺腑。我的四肢如同虛浮，但我確實前所未有的踏實且充實。「大自然很奇妙吧。」女人的聲音輕飄飄的，卻如同一錘定音，敲在我熱烈跳動的心間。

從前的我明明按部就班，依循著父母的指引，跟從著世人的標準，在通往富貴名利的軌道上行走。我自問腳踏實地，更不會裹足不前，將世人所定的目標視為生命的意義。但今天我才發現即使我的世界佈滿金錢與數字，擁有令人艷羨的樓房，我卻從未感到真正的快樂，我亦從未體悟到何謂充實。所謂充實，並不指物質的充實，而是心靈的充實。在與大自然的久違接觸後，我才發現我對植物的喜愛，即使是微不足道的小花亦可以撥動我的心房，我才發現大自然的奇妙，能使我忘卻名利，沉醉於沁人心脾的綠意中。對我來說，也許我的人生目的地並不是金錢名利，而是對大自然的喜愛。正因我在探求所愛，今天的我無所事事，卻是異常充實滿足。今天過後，也許才是我這列地鐵向著正確目的地真正出發的開始。

我踏上歸途，把一片橘橙拋在身後，心間卻早已被這片難以忘懷的橘橙填滿。

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 interests in sports.
3. To encourage students to strive for the best and to strengthen their autonomy and teamwork spirit.

A. Inter-school Competitions

Events	Area/ Division/ Results
Athletics	Hong Kong & Kowloon Division Two Girls
	A Grade Champion
	B Grade 1 st Runner-up
	C grade 1 st Runner-up
Table Tennis	Overall Champion
Table Tennis	Hong Kong & Kowloon Division Two Girls
	B Grade Champion

Table Tennis Team



Athletics Team

B. Watson Group Hong Kong Student Sports Awards

S5C Kam Peong Mo Cheuk was being awarded by the Watson Group Hong Kong Student Sports Awards (SSA). She was presented with an award certificate, a cash scholarship of \$500 and a leadership workshop.



Watson Group Hong Kong Student Sports Awards- KAM PEONY MO CHEUK

C. Internal Competitions

Sports Day 3/12/2024

- ✦ Total no. of participants: 179
- ✦ Sports Day winners:

	Champion	1 st Runner-up	2 nd Runner-up
Overall Individual	3C LUK TSZ CHING KATREENA	2B Tang Pui Lam	6D Louie Ho Ching
Overall Inter-class	2C	5D	2B
Overall Inter-house	Radiance	Unity	Tenacity

D. Sports Demonstrations

1. 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.



2. 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.

3. 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.



4. Lion Dance Demonstration

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



Scholarships and Awards

Achievements

I. Internal Scholarships, Awards and Prizes

1. The HKDSE Top Performer Scholarship

For student who obtained top academic performance in the 2025 HKDSE

S6D Fung Yuet Kiu Caron 馮乙翹 BSc in Environment and Sustainable Development with Economics (London School of Economics and Political Science)

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

For first-year undergraduates in local universities who obtained the best results in the 2025 HKDSE

S6C Yiu Lok Hei 姚樂希 Medicine and Surgery (University of Hong Kong)

S6D Leung Yi Sum 梁爾琛 Bachelor of Psychology (University of Hong Kong)

3. Yung Yuk I Scholarship (容玉儀獎學金)

For first-year undergraduates who obtained the best results in the 2025 HKDSE and entered the medical field in the local university

S6C Hung Pui Ching 洪珮晴 Bachelor of Dental Surgery (University of Hong Kong)

4. 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 2025 HKDSE

S6C Yiu Lok Hei 姚樂希 Medicine and Surgery (University of Hong Kong)

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

For first-year undergraduates who obtained the best Mathematics results in the 2025 HKDSE

S6A Chiu Hoi Ching 趙凱晴 Intergrated Bachelor of Business Administration Programme (Chinese University of Hong Kong)

S6C Hung Pui Ching 洪珮晴 Bachelor of Dental Surgery
(University of Hong Kong)

S6C Lou Tsz Miu 劉芷苗 Bachelor of Pharmacy (University of Hong Kong)

S6C To Yueng Yin 杜宛燃 Information Engineering (Chinese University of Hong Kong)

S6D Chan Sik Yin Hazel 陳晰然 Pharmacy (Chinese University of Hong Kong)

S6D Cheung Hei Yu Sabrina 張希瑜 Computing and Data Science (University of Hong Kong)

S6D Fung Yuet Kiu Caron 馮乙翹 BSc in Environment and Sustainable Development with Economics (London School of Economics and Political Science)

S6D Wong Rui 黃睿 Biomedical Engineering (Chinese University of Hong Kong)

6. Economics Scholarship (經濟學獎學金)

For first-year undergraduates who obtained 5* or above in Economics in the 2025 HKDSE and entered a faculty directly related to Economics.

S6D Fung Yuet Kiu Caron 馮乙翹 BSc in Environment and Sustainable Development with Economics (London School of Economics and Political Science)

7. Scholarship for Outstanding Academic Performance in 2023-2024 P6, Primary Section of True Light School

S1A Cheng Hiu Nam 鄭曉楠

S1B Lam Yuen Ying 林阮盈

S1C Lau Hiu To 劉曉陶

8. Honours Students (Year)

S1A Cheng Hiu Nam 鄭曉楠
S3B Sin Ka Yau 單嘉悠

S1D Bian Lok Yan 卞樂欣
S5C Kung Sum Yau 龔心柔

S2B Ng Tsz Yau 吳祉柔

9. Best Academic Award (Year)

Form	1 st Place	2 nd Place	3 rd Place	4 th Place	5 th Place
S1	Lam Cheuk Ki Rachel 林卓祈	Lam Yuen Ying 林阮盈	Lau Hiu To 劉曉陶	Cheng Hiu Nam 鄭曉楠	Bian Lok Yan 卞樂欣
S2	Ng Tsz Yau 吳祉柔	Yip Yik Huen 葉亦萱	Ng Yin Tung 吳彥彤	Yeung Tsz Ching 楊子晴	Ma Hok Yu 馬學瑜
S3	Sin Ka Yau 單嘉悠	Leung Sophie 梁衍柔	Chan Pak Yee 陳柏頤	Sit Sofia Hoi Yi 薛愷兒	Lee Chi Yin 李姿賢 Fong Tsit Tong Anson 方捷同
S4	Lam On Kiu 林安喬	Huie Hoi Yin 許凱研	Chan Tsz Wan 陳子韻	Woo Wing Chi 胡穎芝	Cheng Pui Yin 鄭沛然
S5	Kung Sum Yau 龔心柔	Sin Hau Ching 冼巧晴	Cheung Hiu Yan 張曉昕	Mak Jonita Yan Que 麥殷喬	Law On Lei 羅安梨
S6	Fung Yuet Kiu Caron 馮乙翹	Hung Pui Ching 洪珮晴	Yiu Lok Hei 姚樂希	Leung Yi Sum 梁爾琛	Lou Tsz Miu 劉芷苗

10. Outstanding Conduct Award (Year)

S3C Hui Tsz Yin 許孜妍
S4D Leung Yan Kiu 梁昕蕎
S5C Leung Ching 梁靖
S5D Tsang Lok Yiu Charis 曾樂遙
S6C Lou Tsz Miu 劉芷苗
S6D Leung Yi Sum 梁爾琛

S4C Lam On Kiu 林安喬
S5B Kam Tsz Yuet 金子越
S5C Yip Cheuk Kiu 葉綽翹
S6C Hung Pui Ching 洪珮晴
S6C Yiu Lok Hei 姚樂希
S6D Louie Ho Ching 雷可呈

S4C Woo Wing Chi 胡穎芝
S5B Lau Kar Kei 劉嘉淇
S5D Cheung Hiu Yan 張曉昕
S6C Lam Hau Kiu 林巧翹
S6D Fung Yuet Kiu Caron 馮乙翹
S6D Mok Cheuk Ki 莫卓祈

11. Woo Kwok Ho Memorial Prize – First in Academic Subjects (S1-S3)

Form	Chinese Language	English Language	Mathematics	Science	Social Science
S1	Ke Man Huen Carinna 柯汶暄	Lam Cheuk Ki Rachel 林卓祈	Lam Cheuk Ki Rachel 林卓祈	Lam Yuen Ying 林阮盈	Cheng Hiu Lam 鄭曉楠 Lam Yuen Ying 林阮盈
S2	Ma Hok Yu 馬學瑜	Yip Yik Huen 葉亦萱	Yu Sze Ying 余思瑩	Yip Yik Huen 葉亦萱	Ng Tsz Yau 吳祉柔
S3	Sin Ka Yau 單嘉悠	Chan Ying Yuet 陳映悅	Sin Ka Yau 單嘉悠	Sin Ka Yau 單嘉悠	Sin Ka Yau 單嘉悠

12. Dr Lam Tsz Wai Memorial Scholarship

Best Performance in Mathematics and Science

S1D Lam Cheuk Ki Rachel 林卓祈

S2B Ng Tsz Yau 吳祉柔

S3B Sin Ka Yau 單嘉悠

Best Performance in Mathematics

S4C Huie Hoi Yin Lavena 許凱研

S5D Sin Hau Ching 冼巧晴

S6C Chui Hoi Ching 趙凱晴

Greatest Improvement in Mathematics and Science

S1D Luo Ching Man 羅晴文

S2A Ho Hee Yin 何煒賢

S3C Chan Ying Yuet 陳映悅

Greatest Improvement in Mathematics

S4A Tse On Yee 謝安兒

S5D Poon Yik Ka 潘奕嘉

Best Performance in Dancing

S5B Kam Tsz Yuet 金子越

S5C Cheuk Lok Yan 卓樂欣

S5D Lam Wai Ching 林蔚澄

13. P.L. Tang Memorial Prize*Best Performance in Chinese*

S1B Ke Man Huen Carinna 柯汶暄

S4D Li Ka Moon 李嘉玟

S2B Choi Yan 蔡忻

S5C Law On Lei 羅安梨

S3B Wong Shing Lam 黃承淋

S6C Yiu Lok Hei 姚樂希

Best Performance in Chinese Literature

S4D Fong Sau Man 方秀雯

S5C Law On Lei 羅安梨

S6C Yiu Lok Hei 姚樂希

13. Eileen Lee (Credence Chinese Medicine) Scholarship

S1C Molano Persiyahs Emory Bariata

S2A Sew Tsz Ching 蕭子晴

S3A Leung Nga Shun 梁雅淳

S5B Chan Hiu Yan 陳曉恩

II. External Awards

A. Scholarships and Grants

1. 2024-25 Grantham Scholars of the Year Award

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

S6C (2023- 2024) Cheung Sum Wo 張心和

2. Sir Edward Youde Memorial Fund Prizes 2024-25

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

S6D Fung Yuet Kiu Caron 馮乙翹

S6C Yiu Lok Hei 姚樂希

3. Harvard Book Prize Award 2024-25

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

S5C Kung Sum Yau 龔心柔

S5C Mak Jonita Yan Que 麥殷喬

S5D Sin Hau Ching 冼巧晴

4. Youth Arch Student Improvement Award 2024-2025

S1A Chan Hor Yau Giselle 陳郛攸

S1B Siu Sze Ching 蕭詩澄

S1C Choi Ching Ki 蔡靖淇

S1D Luo Ching Man 羅晴文

S2A Ho Hee Yin 何煒賢

S2B SungYui Chi Lexie 宋睿知

S2C Ng Ka Ching 吳迦晴

S2D Wang Cherina 王晶逸

S3A Ngan Yui Lam 顏睿琳

S3B Kwok Bo Kei 郭葆麒

S3C Chan Ying Yuet 陳映悅

S3D Tai Yui Ching 戴睿晴

S4A Tang Po Yee 鄧寶兒

S4C Szeto Yan Yuet 司徒欣悅

S4D Fung Wai Ching 馮蔚澄

S5A Wong Yuet Eliza黃悅

S5B Cheng Hau Yee Chole 鄭巧儀

S5C Ling Man Ching 凌敏婧

S5D Chan Lok Yiu 陳諾瑤

B. Awards and Prizes

Our school continues to thrive in external activities. During the period from September 2024 to August 2025, a total of 592 awards were received by our students.

Some highlights of the awards are listed below:

Events	Awards
Leadership	
Hong Kong Island School Heads Association 香港島傑出學生選舉	香港島十大優秀學生 5C Cheung Yuet Hei Hazel張悅曦 3C Hui Tsz Yin 許孜妍

Events	Awards
Hong Kong Extra-curricular Activities Masters' Association 2024 "Hong Kong Outstanding Student Award for Extracurricular Activities"	Outstanding Student Award 5B Lau Kar Kei 劉嘉淇
Academic	
Hong Kong Secondary Schools English Debating Competition 2023-2024 Grand Final of HKI&KLN Senior Division 1 	Champion and Best Speaker <u>Senior Team of English Debate Team</u> 5C Cheng Ho Yen (Best Speaker) 鄭浩欣 6D Sit Amelia Huen Yi 薛萱兒 Au Cheuk Yu 區倬瑜 (Alumni, 2023-2024 5C)
St Joseph's College Inter-school Debate Friendly Tournament 2024 	Champion <u>Junior Team of English Debate Team</u> 2B Hung Sze Wai Catherine 洪詩惠 2B Lee Seona 李善雅 2C Monahan Ella Mei 蒙美霖 2D Wong Tsz Ching Cathy 黃芷澄 2D Yuen Tsz Kiu Bernice 袁芷橋 3C Sit Sofia Hoi Yi 薛愷兒
Hong Kong Secondary Schools Debating Competition Term 1 Finals 	Champion 2B Lee Seona 李善雅 2B Lau Yuen Kiu Vanessa 劉宛喬 2C Cheng Hiu Tung 鄭曉彤 2C Lau Yi 劉懿 2C Monahan Ella Mei 蒙美霖 3C Sit Sofia Hoi Yi 薛愷兒
香港學界辯論聯會 HKSDF 第六屆《全港中學學界辯論比賽》	最佳辯論員 3B Tam Heung Ching 譚向晴 4C Cheng Pui Yin 鄭沛然
Trampus Building Our Future Grand Challenge 2024 	Best Sustainability Award Certificate of Merit 4C Huie Hoi Yin Lavena 許凱妍 4C Lam On Kiu Angie 林安喬 4C Woo Wing Chi Vincy 胡穎芝 4D Cheng Kwan Sum Agnes 鄭鈞心

Events	Awards
菁莪教育 主辦 香港城市大學香港持續發展研究中心 協辦 第一屆「大同世界——可持續發展盃」	複賽：全場最佳辯論員 全隊最佳辯論員 3B Tam Heung Ching 譚向晴 半準決賽：全隊最佳辯論員 2C Yung Tsz Ching 容子澄
London Ball Foundation My Dream Program 	Champion 1C Chu Hei Man 朱義雯 1st runner-up 1D Sin Ho Tin 冼可天 2nd runner-up 1C Lau Hiu To 劉曉陶
Man Kwan Pak Lau College 'Let students talk about Education' International Conference 2025	First Prize 3A Sin Kiu Yan 冼翹忻 3B Lau Chi Yau 劉紫柔 3B Tam Heung Ching 譚向晴 3C Chan Sin Ying 陳蒨盈
Hong Kong Schools Music and Speech Association English Speech Festival	Solo Verse Speaking, Non-Open, Secondary 3, Girls, FIRST 3A Li Wing Miu 李穎苗 Solo Verse Speaking, Non-Open Secondary 2, Girls, THIRD 2C Ho Yuet Luna 何月 News Feature Presentation, Secondary 3 and 4, SECOND 4C Woo Wing Chi 胡穎芝 Dramatic Duologue, Secondary 3 and 4, SECOND 3C Casil Princess Armel Buenaventura 3C Abdul Rahman Asfia Solo Verse Speaking, Non-Open, Secondary 3, Girls, THIRD 3B Anna Wong Hau Ching 黃巧晴
Olympiad Champion Education Centre, OCEC Thailand International Mathematical Olympiad	4 Gold Awards, 16 Silver Awards, 7 Bronze Awards Semi-final 10 Bronze Awards
Olympiad Champion Education Centre, OCEC Greater Bay Area Mathematical Olympiad 	Third Prize Award 5D Cheung Hiu Yan 張曉昕 3 First Honour Award, 12 Second Honour Award, 10 Third Honour Award Semi-final 6 Second Honour Award, 7 Third Honour Award Final First Honour Award 5D Sin Hau Ching 冼巧晴 Second Honour Award 1C Lau Hiu To 劉曉陶 1C Lin Sofia Zijun 林子瑤 5D Cheung Hiu Yan 張曉昕 Third Honour Award 1C Leung Yuet Ching 梁玥晴 4C Chan Audrey Hoi Lam 陳凱琳

Events	Awards
Olympiad Champion Education Centre, OCEC Hong Kong International Mathematical Olympiad	8 Gold Awards, 6 Silver Awards, 10 Bronze Awards Final Silver Award 1C Lau Hiu To 劉曉陶 1C Lin Sofia Zijun 林子珪 3B Woo Lok Miu 胡樂苗 Bronze Award 1A Hui Lok Lam Elim 許諾琳
亞洲國際數學奧林匹克聯合會 Asia International Mathematical Olympiad Open Contest 	5 Silver Awards, 4 Bronze Awards Semi-Final Gold Award 3B Lam Po Yee 林寶怡 Silver Award 5D Chan Cui Yi Cherie 陳萃頤 Bronze Award 1C Leung Yuet Ching 梁玥晴 2C Yip Yik Huen 葉亦萱 3D Foo Sing Ching 傅星晴 Final Silver Honour Award 3B Lam Po Yee 林寶怡
Thailand Mathematics Society Thailand International Mathematical Olympiad Semi-Final 2024-2025	Bronze Award 2C Chung Cheuk Lok Charisse 鍾卓榮
啟幼國際數學學會 2025 “Elite Maths Challenge Cup” International Mathematics Competition	特等獎 1C Lau Hiu To 劉曉陶
The University of Sydney International Competitions and Assessments for Schools	High Distinction 3B Lam Po Yee 林寶怡 Distinction 3C Chung Wai Lam Vivianne 鍾蔚林 Merit Award 1D Lee Yan Hei 李昕禧 1A Chan Hei 陳晞 2C Chung Cheuk Lok Charisse 鍾卓榮
Hong Kong Mathematical Association 2025華夏盃晉級賽 	總決賽一等獎 1D Bian Lok Yan 卞樂欣 晉級賽一等獎 1D Bian Lok Yan 卞樂欣 初賽一等獎 3B Wong Shing Lam 黃承淋 初賽二等獎 1D Bian Lok Yan 卞樂欣 2A Wong Cheuk Ying 黃焯熒
國史教育中心 抗日戰爭歷史戲劇教育活動之校本專題研習比賽	甲等獎 4A Tse On Yee 謝安兒

Events	Awards
STEAM	
Hong Kong STEAM Education Association 2024-25 Interschool STEAM Knowledge Competition 	Gold 2B Ma Hok Yu 馬學瑜 2B Ng Tsz Yau 吳祉柔 Silver 1A Cheung Yuet Hei 張悅禧 1C Lau Hiu To 劉曉陶 1D Bian Lok Yan 卞樂欣 1D Li Kai Hei 李佳熹 2B Lo Ka Hei 羅家晞 2C Kam Hoi Ying 甘鎧瀛 2C Ng Yin Tung 吳彥彤 2C Yeung Tsz Ching 楊子晴 Bronze 1A Law Shin Yin Shareen 羅善言 1D Lam Cheuk Ki Rachel 林卓祈 1D Lau Kwok Huen 劉楓烜 2B Ho Scarlett 何汶睿 2B Ng Nok Ka 伍諾嘉
Tsing Yi VTC VTC Smart City and STEAM CHALLENGE CUP 2025 	CHAMPION and Smart Technology Application Award 5C Lo Tsz Kiu 盧芷蕎 5C Lu Ching Hei 呂靖晞 5D Sin Ka Yuet 單嘉悅 
Arts, Dance, Drama, Music, Design	
Hong Kong Schools Music and Speech Association 77 th Hong Kong School Music Festival	Piano Solo Silver Award 1D Law Ziling Virginia 羅姿羚 1B Lam Journey 林靖然 Bronze Award 1B Tong Sum Yuet 唐心悦 3C Wong Wing Hei 王穎希 1A Guo Ziqi 郭梓淇 1D Ngai Ji Ching 魏子晴 2C Ng Ka Ching 吳迦晴 2B Yeung Hoi Ching 楊凱晴 4D Yuen Hoi Ching 袁愷婧 Piano Duet: Silver Award 5D Kong Hui Ching 江栩靖 1D Kong Hui Man 江栩文 Violin Solo: Silver Award 3A Sin Kiu Yan 冼翹忻 2C So Yan Ling 蘇恩鈴 Viola Solo: Silver Award 1D Lo Wai Yan 勞慧昕

Events	Awards
Hong Kong Schools Music and Speech Association 77th Hong Kong School Music Festival 	Flute Solo: Silver Award 1C Ho Hei Lam 何熹霖 1B Chu Pui Yan Emma 朱霽恩 Marimba Solo: Bronze Award 2C Tsang Michelle Danielle 曾琛 箏獨奏: Bronze Award 3D Chan Nga Man 陳雅雯 二胡獨奏: Bronze Award 5C Kam Peony Mo Cheuk 甘慕芍 5A Chan Ngai Tan Maggie 陳藝丹 粵曲獨唱子喉獨唱: Bronze Award 5B Ying Hoi Ting 英凱婷 Church Music - Foreign Language - Secondary School Choir - Age 15 or under Silver Award School Choir Vocal Ensemble: Silver Award School Choir
Children Dancesport Professionals Association (Asia Pacific) CDPA Latin Open cum Hong Kong Schools Dance Sport	Open 13-15 Single R, Open 13-15 Single J Second 1A Lo Cheuk Ying 盧卓盈
Bellprints Handbell Supply Bellprints International Handbell Competition	Silver Award Handchime Team 
DWC Asia Company Limited Dance World Cup Hong Kong Qualifying Match 2025	Junior Large Group Contemporary - 1st Place 2C Chung Cheuk Lok Charisse 鍾卓榮
The Association of Hong Kong Youth Dancers Hong Kong Youth Elite Dance Contest	Jazz Junior Group Gold Award Modern (Teen Group) - Gold and Overall Best Performance Award 2C Chung Cheuk Lok Charisse 鍾卓榮
HK Institute of Landscape Architects, Housing Bureau, Construction Industry Council Well-being Landscape Components Design Competition	First Prize (Secondary School Category) 1D Sin Ho Tin 冼可天
Sports	
HK Island & Kowloon Secondary Schools Regional Committee Interschool Athletics Competition (Division 2) 	Girls C Grade 1st Runner-Up 

Events	Awards
HK Island & Kowloon Secondary Schools Regional Committee Interschool Athletics Competition (Division 2)	Girls B Grade 1st Runner-Up 
HK Island & Kowloon Secondary Schools Regional Committee Interschool Athletics Competition (Division 2)	Girls A Grade CHAMPION 
HK Island & Kowloon Secondary Schools Regional Committee Interschool Athletics Competition (Division 2)	Girls Overall CHAMPION 
Leisure and Cultural Services Department Island District Age Group Athletic Meet 2024	Age13-15 Javelin 1st runner up, Age13-15 Discus Champion 2B Lo Ho Kiu Karis 盧可翹
屈臣氏集團 香港學生運動員獎	5C Kam Peony Mo Cheuk 甘慕芍
康樂及文化事務署 灣仔區分齡田徑賽2024	女子D組 100米跨欄 冠軍 3B Lee Chi Yin 李姿賢 女子D組 4x100m 冠軍 3A Lau Ching 劉晴 3B Kwok Bo Kei 郭葆麒 3B Wu Hoi Ting 胡凱婷 3C Luk Tsz Ching Katreena 陸紫晴 女子D組 跳高季軍、 女子D組 100米跨欄 亞軍 2B Tang Pui Lam 鄧沛林

Events	Awards
康樂及文化事務署 灣仔區分齡田徑賽2024	女子D組 4x100m 亞軍 2B Tang Pui Lam 鄧沛林 2B Lo Ho Kiu Karis 盧可翹 3B Lee Chi Yin 李姿賢 4B Yip Grace 葉晞喬
Wong Tai Sin District Recreation and Sports Council Wong Tai Sin District Age Group Athletic Meet 2024 Girls	Age 13-15 Javelin Champion 2B Lo Ho Kiu Karis 盧可翹
康樂及文化事務署 Kwai Tsing District Age Group Athletic Meet 2024	Girls Age 13-15 Javelin 1st runner up Girls Age 13-15 Discus 1st runner up 2B Lo Ho Kiu Karis 盧可翹
Lee Kau Yan Memorial School Sports Day 	4x100m Invitation Relay Champion 3B Lee Chi Yin 李姿賢 4A Lui Tsam Ying 呂沁盈 5B Pau Pak Qiu 鮑柏蕎 5C Chan Ho Ching Mona 陳可晴
Pacers Athletics Club, Hong Kong Amateur Track and Field Association Hong Kong Junior Age Group Athletics Competition 2025-1 (Womens U16 Discus Throw)	Champion 1A Cheung Yuet Hei 張悅禧 First-runner up 5B Pau Pak Qiu 鮑柏蕎
康樂及文代事務署 南區分齡游泳比賽2024女子青少年組(15-17歲)	50米背泳冠軍、100米背泳冠軍 4A Sin Cheuk Tung 冼芍瞳
康樂及文代事務署 觀塘區分齡游泳比2024女子青少年組(15-17歲)	100米自由泳冠軍、100米背泳冠軍、200米背泳冠軍 4A Sin Cheuk Tung 冼芍瞳
康樂及文代事務署 灣仔區分齡游泳比2024女子青少年組(15-17歲)	100米自由泳冠軍、50米背泳第三名、4x50米四式接力第三名 4A Sin Cheuk Tung 冼芍瞳
HK Island & Kowloon Secondary Schools Regional Committee Interschool Table Tennis Competition (Division 2) GIRLS B GRADE 	Champion 2A Zhu Janice 朱芷洛 3A Leung Hoi Ting 梁凱珽 3C Chung Wai Lam Vivianne 鍾蔚林 3D Yiu Lok Yin 姚樂妍

Events	Awards
觀塘區回歸盃水運會	女子16-18歲50米背泳冠軍 5B Lau Kar Kei 劉嘉淇 女子14-15歲50米蛙泳季軍 3A Poon Sui Yi Zoe 潘瑞怡 女子16-18歲50米蝶泳季軍 5D Lee Sum Yin 李芯賢
Hong Kong China Swimming Association Division 3 Long Course Swimming Competition (Part 3A)	50m freestyle – Champion, 100m backstroke - Champion 5C Kam Peony Mo Cheuk 甘慕芍
Hong Kong China Swimming Association Division 2 Long Course Swimming Competition (Part 3A)	100m backstroke - 2nd runner up 5C Kam Peony Mo Cheuk 甘慕芍
國家體育總局游泳運動管理中心 中國救生協會 23rd National Lifesaving Championships	4x50m medley relay Champion, Rescue Tube Rescue Champion, 200m super lifesaver 2nd runner up, 4x50m obstacles relay 2nd runner up 5C Kam Peony Mo Cheuk 甘慕芍
International Life Saving Federation Brita Memorial Swedish Championships 2024	100m manikin carry with fins Champion 4x25m manikin carry Champion, 4x50m obstacles relay 1st runner up, 4x50m rescue medley 1st runner up, 50m minikin carry 2nd runner up, 200m super lifesaver 2nd runner up, Line throw 2nd runner up, Nordic relay 2nd runner up 5C Kam Peony Mo Cheuk 甘慕芍
Hong Kong China Life Saving Society 2024 Bauhinia Youth Lifesaving Challenge	4x25m Minikin Carry Relay Champion, Stimulated Emergency Response Competition (SERC) Champion, 200m Super Lifesaver 2nd 5C Kam Peony Mo Cheuk 甘慕芍
Hong Kong China Life Saving Society 2024 Surf Lifesaving Competition Series	Surf Ski Champion 5C Kam Peony Mo Cheuk 甘慕芍
Hong Kong China Life Saving Society 2024全港公開拯溺錦標賽暨發展盃邀請賽(泳池)	4x25m Manikin Carry Relay 3rd, 4x50m Obstacle Relay 3rd, 4x50m Medley Relay 3rd 5C Kam Peony Mo Cheuk 甘慕芍
香港花式跳繩會 香港島青年聯會 全港個人全能跳繩錦標賽2024	12-14歲女子組（公開組）個人總成績亞軍 1D Chiu Tsz Ching 趙紫晴
MRJ Sports Association of Macao & Macau Taekwondo Club 'Greater Bay Cup' Taekwondo International Series - Macau, China	Champion 5D Lin Yu Ting 林愉婷
Hong Kong, China Taekwondo Association Hong Kong Ladies Taekwondo Competition 2024 (Color Belt)	Kyorugi (搏擊) : Champion, Poomsae (品勢) : 1st runner up 5D Lin Yu Ting 林愉婷

Events	Awards
MR.J Sports Association Macao, The Macau Taekwondo Club 'GREATER BAY CUP' TAEKWONDO INTERNATIONAL SERIES - MACAU, CHINA 	Champion 5D Lin Yu Ting 林愉婷 
香港跆拳道東龍會	優秀運動員 金獎 5D Lin Yu Ting 林愉婷
Hon Wah College The 6th Hon Wah Cup Table Tennis Competition	1st Runner Up 3D Yiu Lok Yin 姚樂妍 2nd Runner Up 2A Zhu Janice 朱芷洛
Community Service	
Hong Kong Red Cross Unit of the Year 2024 (傑出青年團)	CHAMPION in Wanchai District 
香港紅十字會 港島總部灣仔區青年護理比賽2024-2025年度	亞軍 2C Chung Cheuk Lok Charisse 鍾卓榮
Education Bureau Community Youth Club CYC Member Merit Award Scheme 	First Honour Level (Red Star Honour Badge) Second Honour Level (White Star Honour Badge) Third Honour Level (Blue Star Honour Badge) 4C Woo Wing Chi 胡穎芝 

Staff Development Team

Principal Lui Chi Man from The Hong Kong Association of the Heads of Secondary Schools

To align with the key initiatives for 2024-2027 in learning and teaching, Ms. Leung Kit Yan from The Education University of Hong Kong Centre for Excellence in Learning and Teaching was invited to our school on August 27, 2024, to conduct a "Cooperative Learning Workshop." Ms. Leung introduced the teaching strategy of "cooperative learning" to our teachers, covering its fundamental principles and core components. Through hands-on activities, teachers personally experienced the cooperative learning process, which inspired them to further develop their instructional strategies.

To support student development and school ethos enhancement, our school hosted the "Strategies for Fostering Growth Mindset Workshop: From Teacher Development to Student Cultivation" on March 31, 2025. The workshop was led by Dr. Lui Wan Hap from Seeds Educational Psychology Services. Many participants expressed heightened awareness of avoiding mental pitfalls and recognized how releasing entrenched mindsets enables compassionate self-practice and interpersonal relationships.



In the domain of school administration, our middle management team has welcomed numerous new additions in recent years. To enhance team collaboration, Principal Li Chi Man from The Hong Kong Association of the Heads of Secondary Schools was invited on October 25, 2024, to deliver a workshop entitled "Leadership in Middle Management: Team Culture and Mindset." Adopting a lighthearted and humorous approach, Principal Lui shared decades of frontline leadership experience - encompassing both professional triumphs and challenges - through pragmatic, down-to-earth perspectives. Colleagues gained substantial professional insights from this session, acquiring actionable frameworks to strengthen collaborative practices within their administrative roles.



Strategies for Fostering Growth Mindset Workshop
From Teacher Development to Student Cultivation



Visit the Yuzhang Academy (豫章書院) - A Centary-old-heritage site inside the Guangzhou True Light School



Our heartfelt thanks to the teachers and students of Guangzhou TrueLight School for their warm hospitality.

In celebration of the 90th anniversary of our school's founding in Hong Kong, over 60 teachers and the principal from the secondary section took the high-speed rail to Guangzhou on June 9 for an exchange visit. The trip aimed to enhance teachers' understanding of the national development in education and foster exchanges between True Light teachers and students in mainland China and Hong Kong. The itinerary included visits to sister schools Guangzhou True Light School (廣州真光學校) and Liwan Experimental School (中國教育科學研究院荔灣實驗學校), as well as tours to Yongqing Fang and Lizhiwan Chong (永慶坊和荔枝灣涌). The teachers gained a deeper understanding of True Light's history and development, benefiting greatly from the experience.

小學部 校長的話

親愛的家長及同學們：

在這個學年即將結束的時刻，我們一同回顧走過的路，心中滿載感恩。

這一年，我們面對了不少新挑戰，也踏出了許多新嘗試的第一步。這些嘗試，或許一開始令人感到陌生甚至不安，但正因為我們願意嘗試、願意踏出舒適圈，才讓我們在過程中學會了更多，也成長了更多。這些努力與突破，為我們帶來了學習的樂趣，也讓我們享受到成功和喜悅的果實。

在「百年重建計劃」的藍圖下，學校正逐步鋪路，為未來搬遷校舍做好準備。無論是新的上課模式、新設計的校本課程，還是時間表上的調整，我們都一步一步地打穩基礎，為學生的全人發展創造更大的空間。來年，我們將推行多項創新課程，如智能課、增潤課，讓同學在知識與能力以外，也能發展創意與自信。

我們亦見證同學在不同活動中展現光芒。今年，同學們首次化身成為書本裏的角色，參加「悅讀嘗樂」活動，讓閱讀不再只是課堂內的事，而是變得生動、充滿想像。同學們亦首次成為「繽紛日」的學生大使，主動向校外來賓介紹學校的理念與特色，無論是言談態度、接待能力，還是展現的自信與誠意，都備受嘉許，讓人感受到真光學生的素質與風采。

在本年度的「多元探索雙週」中，同學們接觸了不同範疇的題目，從主題學習到專題研習，從個人的奇思妙想到小



真光中學附屬小學暨幼稚園小學部校長

戴詠賢博士

組的思維爆炸，過程中不但培養了批判思維與解難能力，也學會了欣賞與尊重團隊中每一位成員的聲音。高年級同學更踏足境外，展開人生第一次的交流之旅。在離開父母、走進陌生環境的過程中，他們學習獨立、適應、觀察、欣賞，開拓了眼界，也認識了更大的世界。

當然，面對這些轉變與挑戰，我們也曾擔憂，也會害怕，擔心做得不夠好，擔心自己不夠能力。但我們深信，憑着天父的恩典與同行，沒有難成的事。祂的愛提醒我們：每一個挑戰，其實都是讓我們成長的機會；每一次跌倒，都是重新站起的力量來源。有天父的支持與祝福，沒有過不去的苦；有彼此的同行與信任，我們就不孤單。

感謝每一位學生的努力與堅持，感謝每一位老師的付出與栽培，感謝家長們一直以來的理解與支持。你們的信任，是學校不斷前行的動力。未來仍有許多未知，但我們堅信，帶着信念與盼望，真光人就能勇敢迎向每一個明天。願這份同行的力量，繼續引領我們走得更遠，走得更穩。

願主祝福你們每一位，願愛與希望常與我們同在。

校務報告

在上帝的引領下，真光繼續發光發熱，我們以智慧與創意同行，讓孩子在每一個學習旅程中都能發現驚喜、體會成長。今年，我們在課程設計、藝術發展、閱讀推廣及境外交流等方面，持續優化，讓學生在探究中發現自己，在冒險中建立信心。

Under the guidance of God, True Light continues to shine brightly. With wisdom and creativity, we walk alongside our students, enabling them to discover surprises and experience growth in every learning journey. This year, we have further enhanced our efforts in curriculum design, arts education, reading promotion, and overseas exchange, allowing students to explore themselves through inquiry and build confidence through adventure.

「Set with Fun」校本數理邏輯課程

本年度，我們將校本數理邏輯思維課程「Set with Fun」由一、二年級擴展至三、四年級，嘗試將集合論的概念及方法引入數學課堂。透過遊戲、小組活動及生活化的情景，學生運用溫氏圖進行分類與整理，從中掌握數學概念，並發展推理及邏輯思考能力。

課堂設計特別著重學生的思考歷程表達，老師設置多個分享環節，鼓勵學生提出看法、比較答案、辯證思維。透過溝通與合作，知識不再是單向的接收，而是思維上的碰撞與建構，讓學生真正成為學習的主導者。

“Set with Fun” – School-based Mathematical Logic Curriculum

This year, we expanded our school-based logic curriculum, “Set with Fun”, from Primary 1–2 up to Primary 3–4. The programme integrates concepts from set theory into mathematics lessons. Through games, group tasks, and real-life scenarios, students use Venn diagrams to classify, organise, and understand mathematical ideas, while developing logical reasoning and critical thinking skills.

The lessons are designed to emphasise students’ thought processes. Teachers intentionally create opportunities for students to share their ideas, compare approaches, and engage in constructive discourse. Learning thus becomes an active process of building and refining knowledge through communication and collaboration. Students take ownership of their learning and thrive in a vibrant, inquisitive classroom atmosphere.



九十周年校慶英語音樂劇

今年適逢學校九十周年，我們舉辦了五年一度的英語音樂劇演出，並再次集合中、小、幼三部的力量，讓不同年齡層的學生共同參與創作與演出，展現跨學段協作的成果。

90th Anniversary English Musical Production

This year marks the 90th anniversary of the school. To celebrate this important milestone, we hosted our once-every-five-years English musical, once again uniting the Kindergarten, Primary and Secondary Divisions. Students from all levels participated in the creation and performance, showcasing the power of cross-sectional collaboration.



音樂劇融合歌曲、舞蹈與戲劇，透過視聽語言訴說成長與夢想的故事。雖然排練過程艱辛，學生卻在一次次練習中學會堅持、承擔與互相欣賞。這次演出不僅是一場藝術盛事，更是孩子們難得的生命經歷，為他們的校園生活添上一筆濃墨重彩的記憶。

The musical combined singing, dancing, and drama to tell a story about growth and dreams. Though the journey was filled with challenges and intensive rehearsals, students learned the values of perseverance, responsibility, and appreciation. The production was not only an artistic achievement but also a meaningful and unforgettable life experience for our students, adding a rich and colourful chapter to their school life.



閱讀推廣活動：「悅讀嘗樂」

為推動學生自主閱讀與多元學習，學校於本年度策劃了一系列名為「悅讀嘗樂」的閱讀推廣活動，內容包括「與作家有約」、「悅讀馬拉松」、「親子讀角秀」、「真光盃創意寫作比賽」及「悅讀日」等，讓學生在書本世界中探索知識與情感。

本年度活動更結合二十四個性格強項，鼓勵學生在參與獨角戲演出時，深入理解書中主角的性格特質，從故事中學習自我認識與品格建立。老師們亦積極投入創作，將集合論與童話故事融合，呈現小話劇《白雪公主與Set Theory的奇妙冒險》，把數學、文學與創意連結起來，讓學生從生活出發，體會閱讀與學科整合的樂趣。

Reading Promotion: "Joyful Reading Journey"

To foster independent reading and holistic development, the school launched a year-long reading campaign titled "Joyful Reading Journey." A series of engaging activities was organised, including "Meet the Author," "Reading Marathon," "Parent-Child Corner Showcase," "True Light Cup Creative Writing Contest," and "Reading Day," inviting students to explore knowledge and emotions through books.

This year, the programme was further enriched by linking reading activities to 24 character strengths. When performing monologues inspired by literary characters, students reflected on the traits and values they encountered in stories, deepening their self-awareness and moral understanding.

Teachers also enthusiastically contributed to the programme by co-writing and performing a mini play titled "Snow White and the Curious Adventure of Set Theory." By blending fairy tales with mathematics, the production connected storytelling, numeracy, and creativity, making reading a dynamic and interdisciplinary experience.



五、六年級境外遊學活動

本年度，五、六年級學生參與了多個主題明確、內容豐富的境外交流團。每一團的設計均緊扣學科學習與生活體驗的結合，讓學生在真實情境中學習與成長：北京航天探索、廣州中醫文化、尋找香港的生命力、沙巴生態保育之旅、吉隆坡多元文化及歷史之旅、首爾科技探索之旅、上海杭州生態保育之旅。

學生滿懷期待踏上旅程，行李箱中裝的不只是衣物，更是無限的好奇心與學習熱誠。他們在交流中不僅拓展視野，更學會了觀察、反思、表達與欣賞，實踐成為世界公民的第一步。



Overseas Learning Trips for Primary 5 and 6

This year, our Primary 5 and 6 students participated in a wide range of themed overseas learning trips. Each itinerary was thoughtfully designed to align academic learning with authentic, real-world experiences, nurturing students' global perspectives and sense of citizenship: Beijing Aerospace Exploration Tour, Guangzhou Traditional Chinese Medicine Tour, Re-discovering the Vitality of Hong Kong, Sabah Ecological Conservation Tour, Kuala Lumpur Cultural and Historical Tour, Seoul Technology Exploration Tour, Shanghai-Hangzhou Ecological Journey.

Students embarked on their journeys with great anticipation. Their suitcases were filled not only with daily necessities but also with boundless curiosity and enthusiasm. Through these exchanges, they broadened their horizons, learned to observe, reflect, express, and appreciate. These experiences marked the beginning of their journey as global learners.



乘着光，學得更真，飛得更遠

過去一年，我們經歷了多項嶄新嘗試，也面對過各種挑戰與突破。每一項課程、每一場活動、每一次旅程，都是師生共同努力的結果。老師們邊學邊做，不斷調整與創新，只為讓孩子的學習更有深度、更有溫度。

我們深信，教育不只是傳授知識，而是點亮生命的光。願我們繼續在上帝的恩典中，與孩子並肩同行，讓他們乘着真光，飛得更遠，活得更真，學得更深。

Letting Students Soar with Light

Throughout the past year, we embraced new challenges, explored uncharted paths, and witnessed countless breakthroughs. Every programme, every event, and every journey was the fruit of collective effort between students and teachers. Our teaching team kept learning and adapting, striving to enhance both the depth and warmth of student learning.

We firmly believe that education is not merely the transmission of knowledge, but the illumination of life. May we continue, by God's grace, to walk alongside our students—helping them fly farther, live more truthfully, and learn more deeply—carrying the light of True Light wherever they go.

學生活動

全校性活動



校園智激鬥



VR作品展覽



聖誕慶祝會



真光市集暨文化日活動



一年級 遊香港動植物公園



全方位學習活動



二年級 參觀銅鑼灣消防局



二年級 參觀香港金融管理局



三年級 遊香港公園



四年級「能源科學家培育計劃」氣候變化到校講座

五年級 Excursion to the Peak



五年級 遊香港動植物公園

六年級 遊九龍寨城公園

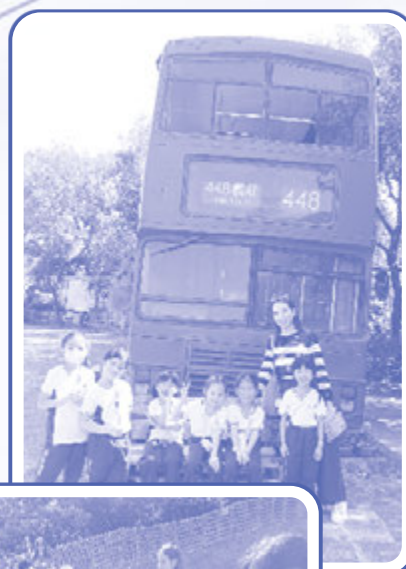


六年級 參觀木化石公園



戶外學習日

一年級 沙頭角禾田喜山種植園



二年級 元朗448農場



三年級 元朗小白兔農莊



一年級 童心伴我行

抗逆DIY





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



五年級 野趣營人成長訓練營

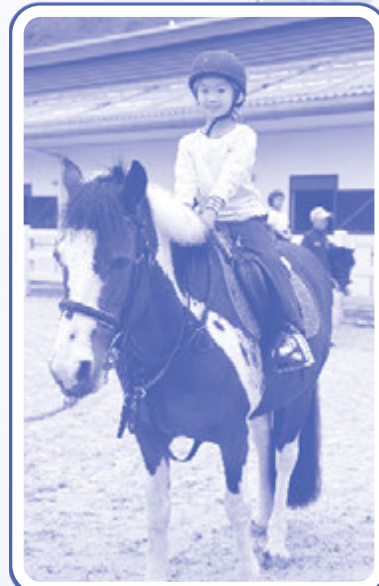




六年級 踏步成長營



體育活動



參觀騎術學校及策騎體驗



三至六年級陸運會



音樂表演



一年級及二年級音樂表演



三年級及四年級音樂表演



五年級及六年級音樂表演



其他多元活動



五年級 KOL旅行團——互動禁毒劇場



四年級 未來環保時裝設計比賽



校外比賽



第四屆全港小學野外大搜查比賽



全港學界無人機挑戰賽2025





2025 ROBOFEST 機械人大賽香港區選拔賽



2025 ROBOFEST 世界機器人大賽——美國國際賽



2025 ROBOFEST Plus 機械人大賽香港區選拔賽



校內比賽



數學科GET SET GO! 決賽



童軍宣誓就職典禮



童軍宣誓就職典禮儀式



STEM WITH FUN



六年級 STEM WITH FUN



宗教活動



主愛大放送



音樂活動



Rhythmaker



一至二年級遊戲日



奧林匹克主義嘉年華暨小一小二遊戲日

多元探索雙週



一年級：海洋生物全接觸



二年級：太空探索之旅



三年級：TOY STORIES



四年級：〈大坑小城〉社區探索之旅

五年級遊學團



北京航天科技探索



廣州中醫文化之旅



上海及杭州生態保育之旅





尋找香港的生命力

六年級遊學團



吉隆坡文化探索之旅



沙巴生態保育之旅



韓國首爾科技探索之旅

香港真光中學附屬小學暨幼稚園
六年級韓國首爾科技探索之旅

學生會

組織架構和簡介

學生會旨在引導理事多認識、嘗試和參與各項服務和組織活動，激發理事潛在的領導才能，成為校園的小領袖，在不同的崗位發光發熱，營造校園關愛文化。理事分成多個工作小組，並由組長組成幹事會，務求提升工作效能。



就職禮

學生會名單

班別	姓名
P4	
四真	陳巧澄
四真	張芷琳
四真	鍾綺崙
四真	關詠恩
四真	李梓瑜
四真	黃靖然
四真	余禧林
四光	周芷君
四光	張浩恩
四光	韓名羨
四光	勞穎怡
四光	彭悅晴
四光	翁諾喬
四星	陳心怡
四星	古庭熙
四星	鄭詠喬
四星	李芷晴
四星	盧卓瞳
四星	吳煦晴
四星	彭姿雅
四星	黃心悠
P5	
五真	馮熙嵐
五真	夏敏翹
五真	郭倖瑜
五真	黎信希
五真	李松珈

班別	姓名
五真	梁海瑜
五真	盧佳瑶
五真	潘以殷
五真	冼倖如
五真	施穎妍
五真	黃絢琦
五真	葉可呈
五真	葉亦菲
五真	余芊澄
五光	周曉萱
五光	許雍紀
五光	梁希霖
五光	廖浣喬
五光	呂安怡
五光	呂禕懷
五光	謝曉晴
五光	尹鈺瀝
五光	胡森怡
五光	楊詠心
五光	余 願
五光	張卓凡
五星	陳希如
五星	陳 昊
五星	陳樂行
五星	馮芷澄
五星	何巧悠
五星	孔德妤
五星	梁芷穎

班別	姓名
五星	吳凱琳
五星	吳卓君
五星	鮑予嫣
五星	謝詩伶
五星	葉柏宜
五星	張心元
P6	
六真	陳雅喬
六真	陳梓晴
六真	方言恩
六真	黎欣羲
六真	林樂芯
六真	劉雋慧
六真	李亦翹
六真	梁凱晴
六真	劉穎熹
六真	潘穎璇
六真	蕭蔚淇
六真	黃荅苒
六真	王允嵐
六真	楊 熹
六真	楊凱彤
六真	鄭熠琳
六光	區子澄
六光	陳加寶
六光	陳樂榕
六光	符晞恩
六光	洪悅喬

班別	姓名
六光	郭沛翹
六光	黎芷如
六光	羅予禧
六光	李倚辰
六光	梁凱喬
六光	李碧鎔
六光	吳旻晞
六光	楊祉虞
六光	袁偲睿
六星	張曉晴
六星	張霽詠
六星	張子萱
六星	周孜翹
六星	朱棹楠
六星	范心誼
六星	林詩諾
六星	劉芷瑩
六星	梁晞榆
六星	李芊墨
六星	盧子攸
六星	文希頤
六星	吳諾霖
六星	譚凱駿
六星	黃采熙
六星	王施悅
六星	袁宇琛



小領袖訓練



統籌聖誕慶祝會節目



統籌遊藝會攤位遊戲

二零二四年度香港真光中學附屬小學暨幼稚園 畢業禮訓勉辭

語文教育及研究常務委員會主席——
陳黃麗娟博士 S.B.S., M.H., J.P.



萬校監、許總校長、戴校長、校董會主席、家教會主席，各位校董會成員、老師、家長、同學：

早晨，今天好！首先，我今天很高興能夠在此恭賀各位畢業的同學！今天是一個新的開始，我想和大家分享有關英國諾貝爾文學得獎者、哲學家——羅素（Bernhard Russell）的一句話。他曾說「Three passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind.」三種簡單但很強烈、不可抗拒的感情，就是對愛的渴求、知識的追尋，還有對人類苦難那種無法忍受的同情。我想圍繞着上面所提及的幾方面和大家分享一下，因為我深信它們一直指引着我所走的道路。

首先，我要講的就是愛。聖經哥林多前書第十三章第十三節中，保羅說：「如今常存有三樣：信、望、愛，其中最大的就是愛。」著名的荷蘭畫家、藝術家——梵高，他也曾說過「It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done.」內心對很多事都喜愛，是非常好的，因為愛就能夠成事，愛就能夠成全卓越的事。那麼，愛能從哪裡體現出來呢？愛是怎樣去體現的呢？我們不能單在嘴上說愛，我們要在我們的行為上去表現愛。愛要體驗在我們每一個人的身上，而愛自己是一件好事。愛自己什麼呢？首先，我們要愛自己的身體，愛自己潔淨的儀容，

愛惜我們心中的潔淨、口中的言語、心思的意念，更加要珍惜我們的品格、素質，例如誠實、自律、盡責、勇於承擔和尊重別人。

除了愛自己，還要愛什麼呢？還要愛其他的人。我很喜歡一首歌，我想大家可能都認識這首歌，因為在這首歌裏，天父教導我們要愛我們的世界，這首歌就是《這是天父的世界》。《這是天父的世界》教導我們要欣賞和愛護天父所創造的天地萬物和所有的人類。《這是天父的世界》是歌頌天父創造天地、星辰、月亮、碧海、藍天、花草樹木、禽鳥走獸，創造了奇妙的世界。我們應該愛惜我們周圍的自然環境，愛惜我們很珍貴的資源，讓我們的後代能夠一代一代地享用天父所創造的世界。

我讀中學時，還有一首很喜歡的歌，歌名叫《What color is God's skin?》其實，這首歌是講一個孩子問他的爸爸，究竟天父的膚色是什麼色的呢？你們覺得天父的膚色是甚麼顏色呢？白色？黑色？咖啡色？歌詞中有一句是「It's black, it's brown, yellow, it's white. Everyone is the same in the good Lord's sight.」即天父的膚色是黑色，也是咖啡色、黃色、白色，意思是世人都是天父所創造，所以世界上的人都是天父的兒女，從而帶出世人不分種族、不分國家，他們都是天父創造的。在天父面前，他們都是平等的，都是我們的兄弟姐妹。所以，當另外一個國家、另外一個民族受到苦難的時候，我們都身同感受，我們都會不開心，我們都有和他們一起肢體相連的感覺。所以，

我們說的愛就是愛自己、愛別人、愛父母、兄弟姐妹、愛鄰居、愛我們的社會、國家，愛不同國籍的人，愛這個世界，愛天父創造的自然萬物。

第二點，我想說的是有關追求知識方面的，這個很重要。我是從事教育行業的，為什麼我要從事教育行業？因為我很喜歡去了解，去求知。我想問：知識有沒有時間性的？我們畢業後就不需要學習了嗎？當然不是！對於你們來說，小學畢業後還要讀中學，中學畢業後又要讀大學，大學畢業後，可能還要繼續做研究呢！其實，小學畢業是一個階段的完成，也是標誌着另一個階段的開始。我們的知識會不斷隨着我們的年紀增長，有沒有結束的時候呢？其實，我覺得知識的追求是隨時隨地的，不會有結束的。我覺得人的一生都在尋求知識。如果是這樣的話，我們都是活在知識的尋找當中。

另外，我們是否只能在特定的地方學習，例如學校，在別處就學習不了呢？倘若我們離開了學校，我們是否就不用學習了呢？其實，不是的，你們現在在學校以外，也會到很多地方去學習，例如博物館。博物館其實是一個很好的學習地方。近十年，同學們可以衝出校園，到不同的學習地點

去學習，例如各種的博物館、科學館、太空館、西九文化區等。社會為你們提供了很豐富的資源，讓你們把學習延伸到學校以外的地方。你們甚至會在暑假去參加一些境外的交流團，到不同的地方去學習。學習的地點不再侷限在某一處，每一個地方都是可以供你們學習的。而家庭親子活動也是學習的另一種方式，很多父母都會帶你們去進行親子活動，這也是學習的一部分。

第三點，學什麼？在不同階段，我們所學習的內容都不同，但我覺得你們要學習其中四種基本的內容。對於小學生來說，你們最基本要學習什麼？就是科學知識、探究的方法、科技的運用、邏輯思維、解難的能力等。另外，就是要學習兩文三語，懂得講廣東話、普通話、流利的英語。這能夠有助你們和不同國家的人溝通，從而瞭解不同國家的文化和歷史。能夠學得或者懂得多種語言，有助擴闊我們的視野，擴展我們的世界，這就是我們說的「聯通世界」。有一句話，我很喜歡，那句話是「The limit of my language is the limit of my world」，我的世界有多大，其實是在於我學懂多少種語言。如果我們學懂英文，就可以接觸中文以外的世界，所以，其實語文的學習對我們是非常重要的。此外，我們也要學習AI，人工智能。人工智能在我們的生活、學習中顯得越來越重要，已成為我們必須具備的基本能力之一。因此，我們要懂得如何去善用人工智能輔助我們學習。但我們不要過分依賴人工智能，讓它取代我們，而是要懂得如何控制AI，讓它幫助我們。

第四點，我覺得是最重要的，也是最決定性的，就是我們學習的心態。如果你不想學習，你學不了甚麼；如果你怕錯，你也學不了甚麼。學校是最能夠幫助我們、容許我們犯錯的地方，所以你們要不怕錯、不怕問。只要你肯問，學校的老師都會為你們解答任何問題。最重要的就是你要問，要能夠懂得從錯誤中學習，這是非常重要的。好奇心、求知慾、想象力、去學習、肯學，這些學習態度具有決定性作用，它決定了我們學習的成效。

我相信經過真光老師六年的教導，在這個溫馨的環境下，同學間互相勉勵，老師循循善誘，這些都豐盛了你們那六年的學習旅程。

最後，在此，我祝福各位小六的畢業生，在進入中學階段後，能繼續走出為上主所悅納的豐盛人生。同時，也恭賀各位畢業同學的父母，祝大家身心康泰！

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
王允嵐(六真)	鄭熠琳(六真)	符晞恩(六光)
呂安怡(五光)	何巧悠(五星)	施穎妍(五真)
溫雅淇(四真)	彭悅晴(四光)	郭知沂(四光)
陳盈竹(三星)	劉學思(三真)	陳子盈(三星)
劉詩雅(二光)	白皓晴(二星)	李穎瞳(二善)
李卓家(一星)	陳蕙君(一光)	周樂翹(一善)

二、本學年品學優異生共60人。

A. 一學段品學優異生33人

鄭樂澄(一真)	李皓澄(一真)	戴嘉盈(一真)	朱珮瑩(一光)
李允婷(一光)	李卓家(一星)	蔡嘉珩(一善)	盛曦妍(一善)
袁安澄(一善)	歐諾澄(二真)	歐陽樂澄(二真)	鄭睿蕓(二真)
鄭梓希(二光)	彭以澄(二光)	陳芯賢(二星)	陳以愛(二善)
彭樹慧(三真)	余慧賢(三星)	歐陽懿(三善)	陳蕙心(三信)
吳栩頤(三信)	溫雅淇(四真)	郭知沂(四光)	郭倬瑜(五真)
梁海瑜(五真)	余芊澄(五真)	呂禕懷(五光)	楊詠心(五光)
吳卓君(五星)	方言恩(六真)	林樂芯(六真)	陳加寶(六光)
周孜翹(六星)			

B. 全學年品學優異生27人

陳蕙君(一光)	蔡恩禮(一星)	周樂翹(一善)	邱懿晴(二真)
劉詩雅(二光)	白皓晴(二星)	李穎瞳(二善)	王悉懿(二善)
劉學思(三真)	吳欣庭(三真)	禰奕霖(三光)	陳子盈(三星)
陳盈竹(三星)	黃洛霓(三善)	黃紫瞳(三善)	陳心怡(四星)
夏敏翹(五真)	施穎妍(五真)	呂安怡(五光)	余 願(五光)
何巧悠(五星)	李亦翹(六真)	王允嵐(六真)	鄭熠琳(六真)
區子澄(六光)	劉芷瑩(六星)	吳諾霖(六星)	

三、操行獎生

A. 全學年操行獎生1人。

王允嵐(六真)			
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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	2024.09	2023-2024全國青少年 語文知識大賽 「菁英盃」現場作文比賽	中國青少年語言文化學會	初賽(香港賽區) 小學五至六年級一等獎	六真林希翹
				決賽(香港賽區) 小學五至六年級二等獎	六真林希翹
				總決賽(深圳賽區) 小學五至六年級三等獎	六真林希翹
		全港學界狀元爭霸戰2024	香港創科發展培育中心(慈善) 有限公司	中文組小四銀獎	五光何晞瞳
		香港學科比賽2023-2024	FUN FUN Arena	中文科金獎	四星陳心怡
		2023全港學制中文寫作王大賽	大眾教室	分校三年級亞軍	四星陳心怡
	2025.01	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 粵語新詩冠軍	三善黃穎遙
				小學二年級散文獨誦粵語 「香港學校朗誦節」 誦材冠軍	三善黃穎遙
		第76屆香港學校朗誦節	香港學校音樂及朗誦協會	粵語詩詞獨誦冠軍	一真譚詠蕎 二星陳芯賢 二善吳卓殷
				粵語詩詞獨誦亞軍	五光呂安怡
				粵語散文獨誦亞軍	三善黃穎遙
				粵語基督教經文朗誦季軍	三善黃穎遙
				粵語詩詞獨誦季軍	二星鄭熙媛 五星吳卓君 六光洪悅喬
				粵語獨誦優良獎30項	
				粵語獨誦良好獎9項	
				小學部集誦隊季軍	
	2025.06	首屆香港中小幼「兩文三語」 朗誦大賽暨第十一屆「曹燦盃」 青少年朗誦展示活動(香港)	香港教育工作者聯會	最佳儀態獎	一善歐子榕
		2024-2025全國青少年 語文知識大賽「菁英盃」 現場作文比賽(初賽)	中國青少年語言文化學會	一等獎	三善黃洛霓 四光郭知沂 五真夏敏翹 五光林淮恩 六真王允嵐
				二等獎	二善梁凱淳 三真彭愷慧 四真黃靖然 五真彌明孜 五光余 願 五星謝詩伶
				三等獎	二光陳梓瑜 二光彭旭琳 二星孫瑩珈 三真譚栩芊 三星呂穎彤 四真郭姿涵 五真冼倬如 五星梁芷穎 六真李亦翹 六光李芷悠
		2024-2025全國青少年 語文知識大賽「菁英盃」 現場作文比賽(決賽)	中國青少年語言文化學會	亞軍	五真冼倬如
				特等獎	六真王允嵐
				一等獎	五光林淮恩 二光彭旭琳

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
中文	2025.06	2024-2025全國青少年 語文知識大賽「菁英盃」 現場作文比賽(決賽)	中國青少年語言文化學會	二等獎	四真黃靖然 四光郭知沂 五真夏敏翹 五真彌明孜
				三等獎	二星孫瑩珈 二善梁凱淳 三真彭樹慧 三真譚栩芊 三星呂穎彤 三善黃洛霓 四真郭姿涵 五光余 願 五星梁芷穎 五星謝詩伶 六真李亦翹 六光李芷悠
		2024-2025全國青少年 語文知識大賽「菁英盃」 現場作文比賽(總決賽)	中國青少年語言文化學會	特等獎	六真王允嵐
				一等獎	四真黃靖然
				二等獎	二善梁凱淳 三真譚栩芊 四光郭知沂 五光余 願
普通話	2024.09	GAPSK兒歌唐詩精英大賽	GAPSK	小學組自選兒歌亞軍	二光彭旭琳
		GAPSK普通話朗誦比賽	GAPSK	P5-P6小學組 詩詞獨誦亞軍	六光吳旻晞
	2025.01	第76屆香港學校朗誦節	香港學校音樂及朗誦協會	詩詞獨誦亞軍	一星黃焯孜 二光彭旭琳 三真陳曉晴 三信郭天藍 四光林祉好
				散文獨誦季軍	二星陳芯賢 五光傅美芯
				獨誦優良獎41項	
				獨誦良好獎5項	
英文	2024.09	Canadian English Writing Competition 2023-24 Arch Cup live Preliminary Competition	English Association of Asia	Primary 3-4 Silver Award	五真冼偉如
				Primary 5-6 Bronze Award	六真林希翹
		Canadian English Writing Competition 2023-24 Arch Cup live Semi-final Competition	English Association of Asia	Primary 3-4 Silver Award	五真冼偉如
				Primary 5-6 Bronze Award	六真林希翹
		Canadian English Writing Competition 2023-24 Arch Cup live Final Competition	English Association of Asia	Primary 3-4 Bronze Award	五真冼偉如
				Primary 5-6 Bronze Award	六真林希翹
		全港學界狀元爭霸戰2024	香港創科發展培育中心 (慈善)有限公司	English Group Gold Award	五光何晞瞳
	2025.01	第76屆香港學校朗誦節	香港學校音樂及朗誦協會	詩歌獨誦亞軍	二光陳珮之 二善王悉懿 二善吳卓殷

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
英文	2025.01	第76屆香港學校朗誦節	香港學校音樂及朗誦協會	詩歌獨誦季軍	一真利尚知 一善黃心柔 五光呂安怡
				獨誦優良獎71項	
				獨誦良好獎2項	
				小學部集誦隊優良獎	
		4 th Youth and Children's Chinese Essay Competition 2024 Free Topic Competition Group	SICCA	P.3-P.4 Champion	三真彭樹慧
	2025.06	Asian English Spelling Competition 2025 Golden Bee Cup live Heat Competition	English Association of Asia	Bronze Award	四真譚穎晴
		2025 Arch Cup Asian English Usage Contest	English Association of Asia	Heat Event Bronze Award	三真黃柏澄 四光陳鈺穎 六真林希翹
				Final Event Bronze Award	三真黃柏澄 四光陳鈺穎
		Canadian English Writing Competition 2024-25 Arch Cup live Preliminary Competition	English Association of Asia	Gold	五光余 願 六光黎芷如
				Silver	一星劉煒悠 二善梁凱淳 三善黃貝聆 四真譚穎晴 五真冼倬如 五光蕭愷霖 六光陳加寶 六星朱棹楠 六星徐梓睿
				Bronze	三真何卓嵐 五星何巧悠
		Canadian English Writing Competition 2024-25 Arch Cup live Semi-final Competition	English Association of Asia	Gold	五光余 願 六光黎芷如
				Silver	一星劉煒悠 二善梁凱淳 五真冼倬如 五光蕭愷霖 六星朱棹楠
				Bronze	三真何卓嵐 三善黃貝聆 四真譚穎晴 六星徐梓睿 六光陳加寶
		Canadian English Writing Competition 2024-25 Arch Cup live Final Competition	English Association of Asia	Gold	五光余 願 六光黎芷如
				Silver	一星劉煒悠 二善梁凱淳 三真何卓嵐 三善黃貝聆 五真冼倬如 六星朱棹楠 六星徐梓睿
				Bronze	五光蕭愷霖 六光陳加寶
數學	2024.09	全港學界狀元爭霸戰2024	香港創科發展培育中心(慈善)有限公司	珠算組小四金獎	五光何晞瞳
				數學組小四銀獎	五光何晞瞳
	2025.01	第十二屆全港數學盃挑戰賽	香港多元智能教育協會	小學六年級組冠軍	六真王允嵐
	2025.05	2024香港數學及奧數公開賽	香港兒童數學協會	小三奧數組銅獎	三善黃穎遙
		Thailand International mathematical Olympiad Final Round 2024-2025	TIMO	Primary 3 Merit Award	三善黃穎遙
		亞洲國際數學奧林匹克公開賽總決賽	亞洲國際數學奧林匹克協會	二年級銀獎	三真劉學思

科目	日期	賽事名稱	主辦機構	獎項及得獎者			
數學	2025.05	MathConception Hong Kong Region 2025	MathConcept Education	Individual Contes Gold Award	一善盧芷騏		
			香港數學奧林匹克學校	金獎	二真招子晨 二光陳梓瑜 二星于嘉墨 三真譚栩芊 五真彌明孜		
				銀獎	一星劉煒悠 一星蔡恩禮 一善盧芷騏 一善歐子榕 二真朱曉晨 二善李穎瞳 三真劉學思 三光禰奕霖 三善丁湙然 四真鍾敏晞 四光勞穎怡 四星羅卓顯 五光傅美芯 五星何巧悠 五星楊芯蕎 六光沈依諾		
				銅獎	一真陳係彤 一真鄭芊穎 一真樊諾澄 一真郝芊橋 一真李皓澄 一真勞詠嵐 一真呂樂琛 一真譚樂怡 一光陳蕙君 一光趙栩晴 一星周芷羽 一星許懿人 一善方嘉嫻 二真邱懿晴 二星鄭熙媛 二星鍾憫昕 二星孫睿琪 二星徐千嵐 二善張恩寧 二善王悉懿 三真王景行 三真卓 徹 三光陳靜芊 三光陳穎潼 三善黃紫瞳 三善黃穎遙 三信陳蕙心 四光郭知沂 四光蕭雨凝 四光沈季布 五真李松珈 五真吳辰熙 五星黎子晴 六光區子澄 六光李柳萱		
					TIMO	Heat Round Gold Award	五星何巧悠
						Semi-final Silver Award	五星何巧悠
		Final RoundBronze Award	五星何巧悠				
		2025「華夏盃」全國數學奧林匹克邀請賽(香港賽區)初賽	香港數學奧林匹克協會	一等獎	二光于嘉墨 二善張恩寧 四光宿芊羽		

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
數學	2025.05	2025「華夏盃」全國數學奧林匹克邀請賽(香港賽區)初賽	香港數學奧林匹克協會	二等獎	一星蔡恩禮 二真朱曉晨 三真譚栩芊 三光劉學思 三善黃紫瞳 三善丁湙然 四光勞穎怡 四星郭琰瑾 五星何巧悠 五星黎子晴 六光李柳萱 六星張曉晴
				三等獎	一真張庭與 一真李浚淦 一星李泳澄 一星許懿人 二善王悉懿 三星張頌晞 三星蔡睿妍 三星鍾藹澍 四星蔡愷叡 六真李亦翹 六光李芷悠
		2025「華夏盃」全國數學奧林匹克邀請賽(華南賽區)晉級賽	香港數學奧林匹克協會	一等獎	二星于嘉墨
				二等獎	一真李浚淦 一真張庭與 一星蔡恩禮 二真朱曉晨 二光陳梓瑜 二善王悉懿 三真譚栩芊 三光劉學思 三善黃紫瞳 四星蔡愷叡 四星郭琰瑾 四光宿芊羽 五星何巧悠 五星黎子晴 六光李柳萱
		2025「華夏盃」全國數學奧林匹克邀請賽全國總決賽	香港數學奧林匹克協會	二等獎	二光陳梓瑜 三善黃紫瞳 五星何巧悠
				三等獎	二真朱曉晨 二星于嘉墨 二善王悉懿 三真譚栩芊 三善丁湙然 四星蔡愷叡 四星郭琰瑾 五星黎子晴 六光李柳萱
		2025港澳數學奧林匹克公開賽《港澳盃HKMO Open》暨 2025亞洲國際數學奧林匹克公開賽(AIMO Open)初賽	香港數學奧林匹克協會	金獎	二光陳梓瑜 四光宿芊羽 四星郭琰瑾
				銀獎	二星于嘉墨 二善王悉懿 三真譚栩芊 三善黃紫瞳 四光勞穎怡 四星羅卓顯 五星何巧悠 五星黎子晴

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
數學	2025.05	2025港澳數學奧林匹克公開賽 《港澳盃HKMO Open》暨 2025亞洲國際數學奧林匹克 公開賽(AIMO Open) 初賽	香港數學奧林匹克協會	銅獎	一星蔡恩禮 二真朱曉晨 二善張恩寧 三光徐心萱 三星霍舒悅 三善謝予蓓
		2025港澳數學奧林匹克公開賽 《港澳盃HKMO Open》暨 2025亞洲國際數學奧林匹克 公開賽(AIMO Open) 晉級賽	香港數學奧林匹克協會	金獎	二光陳梓瑜 二星于嘉墨
				銀獎	五星何巧悠
				銅獎	二真朱曉晨 二善張恩寧 二善王悉懿 三真譚栩芊 三善謝予蓓 四星郭琰瑾 四星羅卓顯
	2025.06	粵港澳大灣區數學競賽 預選賽2025(香港賽區)	粵港澳大灣區數學競賽	三等獎	一星許懿人
STEM	2024.07	2024 ROBOFEST Plus機械人大賽 香港區選拔賽	香港機械人學院 	UMC機械人終極挑戰賽 亞軍	五真范心誼 五光王施悅 五星李亦翹 五星李芷悠
				UMC機械人終極挑戰賽 金獎	四光許芷臻 四星余芊澄 四星張心元 六星胡潔心
				UMC機械人終極挑戰賽 金獎	四真梁芷穎 五光許諾 五光黃曉孜 五星余蔚然
				UMC機械人終極挑戰賽 銀獎	四光張卓凡 四光陳樂行 四星謝詩伶
	2025.01	2024 ROBOFEST Plus機械人大賽 UMC機械人終極挑戰賽	香港機械人學院	初級組亞軍	六真李亦翹 六光李芷悠 六星范心誼 六星王施悅
				初級組金獎	五真許芷臻 五真余芊澄 五星張心元 五星梁芷穎 六真余蔚然 六光黃曉孜
		全港學界無人機挑戰賽	香港科技創新教育聯盟	遙控競速狙擊戰：一級認證 編程避障過關戰：二級認證	五光關芷晴 五光張卓凡 五星毛安娜
	2025.04	第四屆全港定格動畫創作比賽	普斯特有限公司	高小組潛力無限獎	四光陳穎鈺 四光楊欣晴
	2025.05	ROBOFEST World Championship (USA) 2025	Lawrence Technological University	1 st Place	六真李亦翹 六光李芷悠 六星范心誼 六星王施悅
		2025 ROBOFEST 機械人大賽 香港區選拔賽	香港機械人學院	People Choice Award	
				RoboArts Junior Champion	六真李亦翹 六光李芷悠 六星范心誼 六星王施悅
				RoboArts Junior Gold Award	五星司徒凱進 五星張心元 六真余蔚然 六光黃曉孜

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STEM	2025.05	2025 ROBOFEST 機械人大賽 香港區選拔賽	香港機械人學院	RoboArts Junior Gold Award	五光張卓凡 五星陳樂行 五星梁芷穎 五星謝詩伶 五星袁穎芯
				RoboArts Junior Silver Award	五真許芷臻 五真余芊澄 五光關芷晴 五星毛安娜 六光李宸寧
				RoboParade Junior 3 rd Place	四真黃靖然 四光沈季布 五真劉向山 五星何巧悠
				RoboParade Junior Silver Award	四真程曉悅 四真鍾敏晞 四真關詠恩 四真林穎 四真盧倚萱 四真麥澄之 四星張素妍 四星麥善之 五真蔡祉昕
				RoboParade Junior Bronze Award	四真張放詩 四真朱悅頤 四光王凌宇 四星盧子然
		ROBOFEST Plus機械人大賽 BottleSumo機械人相撲比賽	香港機械人學院	季軍	五真余芊澄 五光張卓凡 五星陳樂行
				金獎	五光關芷晴 五星毛安娜
				銀獎	五星張心元 五星謝詩伶 六真余蔚然 六光李宸寧 六光黃曉孜
				銅獎	五真許芷臻 五星梁芷穎
	2025.06	2025 RoboRacer 極速挑戰賽	香港機械人學院	金獎	二善王悉懿
				銀獎	二星李舜千 二善陳祉寧
				銅獎	二光楊洛銅
		2025 Rally Robot機械人拉力賽	香港機械人學院	高小組亞軍	四光沈季布
				金獎	四真黃靖然 五光梁仲稀 五光廖希喬
				銀獎	四星麥善之
	2025.07	第五屆小學創科VR / AR設計獎 (TIDA)	資訊科技教育領袖協會	銀獎	四真李曉霖 五光關芷晴 六真楊熹 六光區子澄 六星梁思源 六星譚昕愉

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
STEM	2025.07	第五屆小學創科VR / AR設計獎 (TIDA)	資訊科技教育領袖協會	優異獎	四真關詠恩 四真黃旰晴 四光張依田 五真黎信希 五光尹鈺澄 五星陳樂行
音樂	2024.09	第二屆香港青少年及兒童音樂比賽鋼琴組	青少年及兒童比賽協會	小學P.3-P.4組鋼琴冠軍	四光司徒朗芝
		全港十八區灣仔區音樂比賽 – 鋼琴(第九屆)	香港文藝協會	小學P.3-P.4組冠軍	四光司徒朗芝
		3 rd Hong Kong Youth and Children's Music Competition - Piano 2024	Hong Kong Youth and Children Talent Association	P.5-P.6 Champion	六光陳樂榕
		第八屆(台灣)亞洲·愛琴海國際音樂大賽港澳區選拔賽	兩岸音樂藝術教育交流協會	鋼琴自由選曲C組一等獎 鋼琴考曲五級組第三名	五星吳凱琳 五星吳凱琳
		2024 Asian Outstanding Youth Music Competition	香港音樂創藝發展中心	鋼琴獨奏 – 中級組冠軍	五星吳凱琳
	2024.10	Hong Kong Young Talent Music Competition (Season 20)	Hong Kong Children Music and Art Association	P1-P2 Harp Silver Medal	一光李愷淳
	2024.11	60 th GASCA International Strings Competition	GASCA	Group D Junior 1 st Place	三善鄧 安
		The 25 th St. Cecilia International Music Competition 2024	St Cecilia School of Music	Grade 2 harp Solo Champion	二星鄭奕霏
	2025.01	The 12 th Hong Kong Schools Dance & Music Festival Hong Kong Schools Culture & Arts Festival	GA City Charity Fund	Piano Solo Grade 3 Silver Award	四真王靖淇
		2024第七屆亞太區音樂演奏比賽	亞太區全優兒童創藝協會	中樂組冠軍 聲樂組冠軍	五星劉海栢
		第十屆全港18區音樂比賽	香港文藝協會	聲樂冠軍	五星劉海栢
		第六屆世界資優音樂比賽2024	世界資優文化藝術交流協會	中樂冠軍 聲樂冠軍	五星劉海栢
	2025.02	International European Music Competition Hong Kong Region 2025	The Association of International Music & Arts	Piano Music Festival Group – Grade 4 Champion	五星吳凱琳
		香港鋼琴大獎賽2025	點心音樂有限公司	現場實體賽 – 鋼琴獨奏分級組 – 四級組金獎	五星吳凱琳
	2025.03	2025亞太區弦樂演奏公開賽	亞太兒童及青少年優才協會	銀獎	四星蔡愷叡
		International European Music Competition 2025 Hong Kong Region	The Association of International Music & Arts	Strings Graded Group Grade 2 2 nd Place	四星蔡愷叡
				Strings Age Group - Children (Age 10 or under) 3 rd Place	四星蔡愷叡
				String Music Festival Group – Junior 2 nd Place	四星蔡愷叡
				Strings Graded Group Grade 3 Champion	四星蔡愷叡
				Strings Age Group - Junior (Age 13 or under) Champion	四星蔡愷叡
				Strings Music Festival Group - Junior Champion	四星蔡愷叡
		World Classic Music Awards 2025 Season 1	World Classic Music Awards Committee	Cello Age 8-9 Gold Prize	四星蔡愷叡
		Vivace International Music Competition Hong Kong Preliminary 2025	Association de la Pratique Sino-Francaise	Cello Solo 考級組三級組一等獎	四星蔡愷叡

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
音樂	2025.03	Vivace International Music Competition Hong Kong Preliminary 2025	Association de la Pratique Sino-Francaise	Cello Solo 弦樂專題組 古典樂組一等獎	四星蔡愷叡
				Cello Solo 少年A組 一等獎	四星蔡愷叡
		第六屆香港青少年及兒童音樂大賽	香港青少年及 兒童才藝表演協會	弦樂組冠軍 最佳演繹大獎 最佳台風獎	四星蔡愷叡
		Gold International Classical Music Competition	GICMC	Cello – Category II 1 st Place	四星蔡愷叡
		Hong Kong Outstanding Children 1 st Music Competition – Strings 2025	Sing Sing Kids Talent	P.3-P.4 Champion	四星蔡愷叡
		World Classical Music Awards 2025 Season 1	World Classical Music Awards	Cello Age 8-9 Gold Prize	四星蔡愷叡
		Music Talent Award 2025 Season 1	Music Talent Award	Youth (Age 11-13) Flute 1 st Prize	五光楊詠心
				Unique Expressive Music Talent Special Award	五光楊詠心
		Bach International Music Competition UK 2025 Season 1	BIMC	Youth (Age 11-13) Flute Absolute 1 st Prize	五光楊詠心
		2024 Lyrical Flute International Championship	Allegro Music Publishing	Highly Commended	五光楊詠心
	2025.04	第四屆青年兒童音樂大賽	香港鋼琴及管弦樂協會	小學P.3-P.4組冠軍 最佳台風大獎	四星蔡愷叡
		第十屆香港拔萃兒童音樂比賽	香港拔萃兒童 文化藝術協會	弦樂組新界區 P.3-P.4組冠軍	四星蔡愷叡
				弦樂組離島區 P.3-P.4組冠軍	四星蔡愷叡
				弦樂組香港島區 P.3-P.4組亞軍	四星蔡愷叡
				弦樂組九龍區 P.3-P.4組亞軍	四星蔡愷叡
		10 th Hong Kong Children Music Contest - Orchestral 2025	Kids Arts & Culture Association	P.3-P.4 Champion	四星蔡愷叡
		2025亞洲傑出精英藝術大賽	亞洲創意綜合藝術協會	String P3-P4 Champion	四星蔡愷叡
		London Young Musician 2024-25 Season 4	LYM Competition Committee	Young Talent (age 10 & under) Cello Prize Winner	四星蔡愷叡
		全港兒童及青少年 音樂新星大賽2025	亞洲啟迪文藝協會	弦樂 – 高小組亞軍	四星蔡愷叡
		2025 Asia-Pacific Children and youth String Competition	Asia-Pacific Children and Youth Association	Primary 4-6 Division Cello Silver Award	四星蔡愷叡
		Vivaldi International Music Competition 2025 Season 1	Vivaldi International Music Competition	Young (Age 11-13) Flute 1 st Prize	五光楊詠心
				Vivaldi Captivating Expression Special Prize	五光楊詠心
		第十屆國際兒童音樂比賽	國際精英兒童才藝協會	管弦樂P.3-P.4組 亞軍	四星蔡愷叡
		Beethoven International Music Competition 2025 Season 2	Beethoven International Music Competition Committee	Junior (Age 8-10) Cello Second Prize	四星蔡愷叡
		亞太區音樂表演大賽	亞太區音樂藝術協會	P.3-P.4組 金獎	四星蔡愷叡
		2025 Wakayama International Music Festival	IYMC	Strings Aged Group Children SA03 2 nd Runner-up	四星蔡愷叡
		2025第八屆音樂比賽	天才兒童表演 藝術交流協會	管弦樂組P.3-P.4 冠軍	四星蔡愷叡

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
音樂	2025.05	聯校音樂大賽2025	香港聯校音樂協會	小學組合奏(弦樂)金獎	三真李心柔 三善蘇育如 三善黃洛霓 四真郭姿涵 四真溫雅淇 四光張依田 五光何晞瞳 五光梁綽穎 五光王思悅
				小學組合奏(敲擊樂)金獎	
		全港十八區音樂比賽 弦樂	香港文藝協會	九龍城區小學 P.3-P.4組冠軍	四星蔡愷叡
				港島中西區小學 P.3-P.4組冠軍	四星蔡愷叡
				灣仔區小學 P.3-P.4組冠軍	四星蔡愷叡
		2025粵港澳學生音樂比賽	國際生命創藝文化	亞軍	四星蔡愷叡
		2025 Asian Outstanding Youth Music Competition	HKMACD	Piano Intermediate 1 st Runner-up	五星吳凱琳
		2025香港藝術推廣節	香港藝術推廣協會	鋼琴級別組Grade 5 銀獎	三光孔德仁
				鋼琴級別組Grade 6 銀獎	五星孔德好
		法國PLEYEL普雷耶鋼琴比賽(香港)	PLEYEL	鋼琴公開分齡組 兒童A組冠軍	三光孔德仁
				鋼琴公開分齡組 兒童B組冠軍	五星孔德好
		1 st World Music Mania 2024	Global Aspiring Talents Academy	Piano Solo Grade 2 Champion	三光孔德仁
				Piano Solo Grade 3 Champion	五星孔德好
				Piano Solo Grade 4 2 nd Runner up	五星孔德好
	2025.06	聯校音樂大賽2025	香港聯校音樂協會	小學弦樂(小提琴) 獨奏中級組金獎	五光王思悅
			香港學校音樂及朗誦協會	鋼琴獨奏亞軍	二善吳卓殷 三善周卓瑤
				鋼琴獨奏季軍	三真何佩臻 三星陳盈竹
				鋼琴獨奏銀獎44人	
				鋼琴獨奏銅獎26人	
				長笛獨奏銀獎3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6項	
				大提琴獨奏銀獎2項	
				聲樂獨唱銀獎4項	
				聲樂獨唱銅獎1項	
				單簧管獨奏銀獎1項	
				小號獨奏銀獎1項	
				小號獨奏銅獎1項	
				琵琶獨奏銀獎1項	
				粵曲獨唱銀獎1項	
				小學部高級合唱團銀獎	
				小學部中級合唱團季軍	
視藝	2024.09	「中環綠色奇緣」繪畫及填色比賽	香港遊樂場協會	少年組P4-6金獎	六真林浠翹
		第十五屆2024「樂無窮」 國際繪畫比賽	艾斯爾國際文化交流(香港)	少年組一等獎	三信謝孜知
		第十四屆當代青少年及 兒童藝術節新春繪畫比賽	香港當代藝術學院	兒童A組 - 兒童畫優異	五星吳凱琳

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
視藝	2024.09	第十三屆香港藝術菁英繪畫大賽彩繪夢想	香港當代藝術學院	兒童A組 – 兒童畫季軍	五星吳凱琳
		Draw my Watch 錶面設計比賽2024	GNet Group Limited	中童組金獎	五星吳凱琳
		Internacional de Arts Juvenil PICASSO 2024	Institut Barcelones D' Art	Senior Group Gold Award	五星吳凱琳
		母親節兒童繪畫及填色比賽	香港兒童文化藝術發展協會	小學組冠軍	四星陳心怡
		Espace d'Art Jeunesse de Paris: Grand Concours International de Dessin pour Enfants 2024	Mondial Espace d'Art Culture	Bronze Award	二真黃梓恩
	2024.10	第十一屆全港兒童繪畫分齡比賽	星島新聞集團	西洋畫 (第五組) 一等獎	三星鄧芊譽
		The 94 th World Children's Art Conference	Korea Art Education Association	優秀賞	五光鄭曉悠
		第三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	四星盧卓瞳
	2024.11	The 17 th International Open Visual Arts Competition	IYACC	Group 8 Champion	四真李梓安
		第六屆J3-J18全港青幼童大賞繪畫比賽 X 神戶展	good Morning CLASS	J9西洋畫組 Gold Award	四星盧卓瞳
		第三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	四星盧卓瞳
		Ocean Creatures Painting Contest 2024	Kids Arts & Culture Association	Primary 3-4 Gold Award	四星盧卓瞳
		Cartoon Character Painting Contest 2024	Kids Arts & Culture Association	Primary 3-4 Champion	四星盧卓瞳
		第九屆環球藝術發展大賽2024「主題遊樂園」繪畫及黏土國際比賽	環球發展中心	黏土藝術創作組 – 幼兒組亞軍	一善盧芷騏
	2025.02	第8屆童夢歷奇繪畫比賽	Art Mazing	兒童創意畫P1-2組一等獎	一善盧芷騏
		全港十八區灣仔區中秋節繪畫比賽	香港文藝協會	小學P.3至P.4金獎	四星盧卓瞳
		Grand concours international de dessin pour enfants 2024	Mondial Espace d' Art et Culture	Bronze	四星盧卓瞳
				Argent (Silver)	一星陳靚翹
		Hong Kong Outstanding Children Diversified Sports Painting Contest 2024	Hong Kong Outstanding Children Arts & Culture Association	Primary P.3-P.4 Champion	四星盧卓瞳
		第十四屆藝術菁英繪畫大賽彩繪夢想	香港當代藝術學院	幼兒B組兒童畫季軍	一星陳靚翹
				兒童B組素描季軍	五星吳凱琳
	2025.03	2024 Asia-Pacific Mid-Autumn Festival Painting Contest	Asia-Pacific Excellent Kids Creative Arts Association	P.3-P.4 Champion	四星盧卓瞳
		Festival International de Artes Juveniles 2025	Reial Cercle Artistic	Gold Award	一星陳靚翹
	2025.04	2025卡通人物繪畫比賽	香港超卓兒童發展中心	P.4組冠軍	四星盧卓瞳
		第十四屆世界兒童繪畫大獎賽2025	世界兒童藝術文化協會	中童組西畫銀獎	五光余 願
				小童組西畫銅獎	一星陳靚翹
	2025.05	乙巳蛇年新春繪畫大賽	上・文化	繪畫組高小組季軍	四星盧卓瞳
		Festival International de Artes Juveniles 2025	Reial Cercle Artistic	Silver Award	五星吳凱琳
		第十四屆世界兒童繪畫大獎賽2025	世界兒童藝術文化協會	小童組西畫銀獎	一善盧芷騏
	2025.06	5 th Hong Kong Youth and Children's Painting Competition 2025	Hong Kong Youth and Children Talent Association	Free Topic Category Primaty P.3-P.4 Gold Award	四星盧卓瞳
		第十四屆世界兒童繪畫大獎賽2025	世界兒童藝術文化協會	中童組西畫銀獎	三信謝孜知 五光余 願
		第十一屆全港兒童繪畫分齡比賽2024	星島新聞集團	西洋畫(第五組) 一等獎	三星蕭逸芊
		第四屆「築夢獅城」新加坡國際青少年美術大賽(中國賽區)	新加坡文化交流中心	小學低年級組 二等獎	三星蕭逸芊

科目	日期	賽事名稱	主辦機構	獎項及得獎者
視藝	2025.06	Japan Artline Creative Competition 2024	Artline	Children A Group Western Painting Second Award 三星蕭逸芊
體育	2024.09	2024-2025全港公路繞圈賽 第二回合	中國香港單車總會	Women Youth 11-13 亞軍 六真饒望晴
		十八區3 on 3 籃球錦標賽 (灣仔區)	灣仔體育總會	冠軍 四光司徒朗芝
		X-Factory 三人籃球賽	X-Factory	U10女子組別 冠軍及MVP 四光司徒朗芝
		2024 Summer League	Enlighten Sports	U10組別亞軍 四光司徒朗芝
		第三屆KUBA三人籃球賽	小宇宙籃球學院	U9組別冠軍 四光司徒朗芝
		第二屆康年盃三人籃球挑戰賽	康年社會服務處	U10女子組別亞軍 四光司徒朗芝
		Let's Hoop 我的籃球夢10N1 明日之星爭霸戰籃球賽	黃埔天地	U6-U8小學女子組別冠軍 四光司徒朗芝
		2023-2024賽季CAAU青少年 籃球聯賽香港站夏季賽	曉青體育會	U8組冠軍 四光司徒朗芝
		青年翱翔油尖旺三人籃球賽	仁康體育會	小學女子組季軍 四光司徒朗芝
		2024年暑期移地訓練挑戰賽	乒乓彭企業社	冠軍 六光陳樂榕
		2024-2025香港長池分齡游泳 Division III	Hong Kong China Swimming Association	背泳100米冠軍 六真方言恩
		2024香港青少年田徑分齡賽	愉園體育會	女子U10組別 4X100米接力季軍 四光羅洛斯
		2024全網青少年乒乓比賽	香港乒乓網	八歲或以下冠軍 四星盧卓瞳
		荃灣區分齡乒乓球比賽	康樂及文化事務署	女子雙打青少年組(FM組) 冠軍 六光陳樂榕
		2024香港滑浪風帆巡迴賽iQFOiL 長洲錦標賽2024	中國香港滑浪風帆會	Minim Girls U13 女子兒童組 冠軍 季軍 六真何泳晴 六真何泳瑤
		2024香港滑浪風帆巡迴賽 iQFOiL吐露錦標賽2024	中國香港滑浪風帆會	Minim Girls U13 女子兒童組 冠軍 季軍 六真何泳晴 六真何泳瑤
		公民田徑錦標賽 (系列2024第4站)	公民體育會	100M第一名 4x100M第一名 四光羅洛斯
	2024.10	北區分齡乒乓球比賽2024	康樂及文化事務署	女子青少年單打(FJ)組 亞軍 六光陳樂榕
		2024年飛躍龍城國慶 游泳分齡邀請賽	九龍城區康樂體育 促進會有限公司	11歲女子組 50M背泳冠軍 50M自由泳季軍 六真方言恩
				階梯女子接力組 4X50M四式接力亞軍 六真方言恩
		慶祝國慶75週年全港跳繩錦標賽暨 中國香港交互繩代表選拔賽2024	中國香港跳繩體育聯會	30秒交互繩雙腳跳速度賽 混合組12歲或以下 優等獎 五光何晞瞳
		全港跆拳道青少年度色帶及 黑帶比賽2024	香港跆拳道正道館	競速組亞軍 四光羅洛斯
		赤子全港公開三人籃球賽	赤子體育	女子G12組D2冠軍 四光司徒朗芝
		招商杯2024年全港青少年 3人籃球賽	招商局	女子U11季軍 四光司徒朗芝
		青幼三人籃球挑戰賽2024	康年社會服務處	紅磡區女子U10冠軍 四光司徒朗芝
		賀國慶追月盃三人籃球賽	元朗藍青籃球會	女子U10邀請賽冠軍 四光司徒朗芝
		KST第一屆青少年學界 季前籃球邀請賽	KST	U10盃賽冠軍 四光司徒朗芝
		Enlighten Sports 2024 Summer League	Enlighten Sports	U10組別亞軍 四光司徒朗芝
	2024.11	2024香港滑浪風帆賽	中國香港滑浪風帆會	iQFOiL Minim Girls 2 nd Runner up 六真何泳晴

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
體育	2024.11	中國香港U系列游泳比賽	粵港澳大灣區游泳協會	女子6歲 25米蛙泳冠軍 50米蛙泳冠軍 25米捷泳亞軍 25米持板踢腳冠軍	一真譚詠蕎
		超短途小飛魚挑戰賽	大力游泳會	13米自由泳第一名	一真譚詠蕎
				13米蛙泳第一名	一真譚詠蕎
				26米自由泳第一名	一真譚詠蕎
		Rising Star Swimming Competition	Rising Star	Girls 6 25m Breaststroke Ranking 1	一真譚詠蕎
				Girls 6 25m Freestyle Ranking 1	一真譚詠蕎
				Girls 6 25m Freestyle Kicking Ranking 1	一真譚詠蕎
		HAQUA Sports Swimming Gala	HAQUA Sports Company Limited	25M Board Freestyle Champion	一真譚詠蕎
				25M Freestyle 2 nd Runner up	一真譚詠蕎
		東區康體盃乒乓球比賽2024	康樂及文化事務署	FC女子兒童組單打季軍	六光陳樂榕
		慶祝中華人民共和國成立75周年－ 中西區分齡乒乓球比賽2024	康樂及文化事務署	女子青少年FM組(18歲以下) 雙打亞軍	六光陳樂榕
		灣仔區分齡田徑比賽2024	康樂及文化事務署	女子兒童F組(6-9歲) 60米冠軍 跳遠亞軍	四光羅洛斯
				女子兒童F組(6-9歲)100米冠 軍(破紀錄)	四光羅洛斯
		2024新一代擂台戰Round 2	香港乒乓網	U8組季軍	四星盧卓瞳
		灣仔區分齡乒乓球比賽2024	康樂及文化事務署	女子組青少年FJ組 單打殿軍	四星盧卓瞳
		南區分齡田徑比賽2024	康樂及文化事務署	女子兒童組100米冠軍 (破大會紀錄)	四光羅洛斯
		東區分齡田徑比賽2024	康樂及文化事務署	女子F組(6-9歲) 60米冠軍 100米冠軍	四光羅洛斯
	2024.12	Hong Kong Windsurfing Circuit - Clear Water Bay Championships	Windsurfing Association of Hong Kong, China	iQFOiL U13 Division 1 st 2 nd	六真何泳晴 六真何泳瑤
		Hong Kong Windsurfing Circuit - Stanley Championships	Windsurfing Association of Hong Kong, China	iQFOiL U13 Division 1 st 3 rd	六真何泳晴 六真何泳瑤
	2025.01	秋季全港個人全能跳繩錦標賽2024	香港花式跳繩總會	8歲女子組 30秒前交叉轉換速度跳 冠軍	三真林蔚希
				8歲女子組 30秒二重速度跳 亞軍	三真林蔚希
				8歲女子組 30秒單車步速度跳 優異獎	三真林蔚希
		2024青優慈善聖誕足球比賽	青優發展	U12冠軍	四光楊子臻
		永青三人籃球公開賽2025	永青籃球訓練中心	G10女子組冠軍	四光司徒朗芝
		27周年回歸盃三人籃球挑戰賽	海麗邨居民協會	女子U10季軍	四光司徒朗芝
		會展三人籃球賽2024	Glam Basketball	女子U12亞軍	四光司徒朗芝
		27周年回歸盃三人籃球挑戰賽	啟業邨居民協會	女子U9亞軍	四光司徒朗芝
		兒少同樂日三人籃球賽	北角宣道會	季軍	四光司徒朗芝

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
體育	2025.01	第五屆港藝盃藝術體操錦標賽2025	香港藝術體操聯會	Intermediate Group A1 Champion	二真吳悅橋
		慶祝中華人民共和國成立75周年國慶盃東區分齡乒乓球比賽2024	康樂及文化事務處	女子單打FJ組季軍	六光陳樂榕
		勞拉之星WSE田徑公開賽	佛山南海體育中心	U10男子200M 冠軍	四光楊子臻
		慶祝中華人民共和國成立75周年東區跳繩公開賽2024	東區體育會	30秒單側迴旋速度賽 [公開組]女子組9-11歲 季軍	五光何晞瞳
		2024-25 Div 2 Age Group SC Swimming Competition	Hong Kong China Swimming Association	Girls 8 & under 100SC Meter Butterfly 3 rd Place	二星崔恩碩
		香港游泳協會游泳錦標賽(2024)	香港游泳協會慈善有限公司	女子歲 50米蛙泳季軍	一真譚詠蕎
		中國香港U系列游泳比賽 (2025)	粵港澳大灣區游泳協會	女子6歲 25米捷泳冠軍 25米蛙泳冠軍 50米捷泳季軍 50米蛙泳季軍	一真譚詠蕎 一真譚詠蕎 一真譚詠蕎 一真譚詠蕎
		第一屆桃園獵鷹足球邀請賽暨趣味活動	桃園市獵鷹足球協會	U10組第一名	四光楊子臻
		2024-2025年度港島東區小學校際游泳比賽	中國香港學界體育聯會	女子甲組 50米背泳冠軍 50米自由泳季軍	六真方言恩 六真方言恩
		2024-2025年度港島東區小學校際田徑比賽	中國香港學界體育聯會	女子甲組團體優異獎	
				女子甲組 60米亞軍 100米殿軍	六真黎欣義 六真林樂芯
				女子甲組 4X100米接力 殿軍	六真黎欣義 六真林樂芯 六真劉雋慧 六真王鎧澄 六星鄧恩程 六星黃采熙
				女子乙組跳高亞軍	五星楊靖悠
				女子丙組 60米冠軍 (破學界紀錄)	四光羅洛斯
				男子丙組 60米冠軍	四光楊子臻
				女子甲組團體優異獎	
				女子乙組團體優異獎	
				女子丙組團體優異獎	
				男子丙組團體優異獎	
	2025.02	2024-2025全港場地單車賽	中國香港單車總會有限公司	個人計時賽女子少年組 11-13歲冠軍	六真饒望晴
		全港公路單車賽第三回合	中國香港單車總會有限公司	個人計時賽女子少年 11-13歲組亞軍	六真饒望晴
	2025.03	初夏乒乓球夢想杯U9	香港乒乓網	季軍	四星盧卓瞳
		香港青少年田徑分齡賽2024	飛達田徑會	女子U10 60米亞軍	四光羅洛斯
				女子U10 4X100米亞軍	四光羅洛斯
		元朗區分齡網球比賽2024	康樂及文化事務署	女子單打FJ組季軍	三星鄧芋譽
		融愛盃—全港青少年3X3城市籃球邀請賽總決賽	融愛服務有限公司	女子U11冠軍	四光司徒朗芝
		融愛盃—全港青少年3X3城市籃球邀請賽(新界及離島區分站)	融愛服務有限公司	女子U11冠軍	四光司徒朗芝
		Glam「跟隊鬥牛」三人籃球賽	Glam Basketball	女子G10冠軍	四光司徒朗芝

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
體育	2025.03	2024-2025全港場地單車賽個人計時賽	中國香港單車總會有限公司	女子少年組11-13歲冠軍	六真饒望晴
		世奧得U13單打比賽2025	世奧得(香港)乒乓定制工房	下線季軍	四星盧卓瞳
	2025.04	香港青少年田徑分齡賽2025 (三)	喜動體育會有限公司	男子4x100米冠軍	四光楊子臻
		68 th FOS Junior Lacrosse Tournament	Hong Kong, China Lacrosse Association	1 st Runner-Up	一善林家榆
	2025.05	中國香港滑浪風帆巡迴賽西貢站	中國香港滑浪風帆會	14歲以下冠軍	六真何泳晴
		沙田盃新秀游泳錦標賽	沙田體育會	女子2013年組50米背泳季軍	六真方言恩
		全港中小學學界品勢比賽2025暨品勢挑戰賽	香港跆拳道正道館	個人競速賽冠軍	四光羅洛斯
				個人品勢組亞軍	四光羅洛斯
		2024-2025全港場地單車賽	中國香港單車總會有限公司	均速賽女子少年組11-16歲亞軍	六真饒望晴
				個人計時賽女子少年組11-13歲亞軍	六真饒望晴
		2025-2026年第三組長池分齡游泳比賽	中國香港游泳總會	女子50米蝶泳第一名	六真方言恩
		全港公路單車賽第一回合個人計時賽	中國香港單車總會有限公司	女子11-13歲組亞軍	六真饒望晴
		第十二屆香港校際藝術體操及美學體操比賽2025	中國香港美學體操總會	藝術體操初小組圈操第六名	一光張倬嘉
		乒網青少年排名賽第五回合	香港乒乓網	U9殿軍	四星盧卓瞳
		HKFC Junior Soccer Sevens 2025	Hong Kong Football Club	Under 10 Boys Premier Bowl Winners	四光楊子臻
		香港青少年田徑分齡賽2025 (一)	飛達田徑會	女子U11 60米賽事亞軍	四光羅洛斯
		2024-2025全港場地單車場	中國香港單車總會有限公司	女子少年組11-16歲凱琳賽季軍	六真饒望晴
				女子少年組11-16歲記分賽季軍	六真饒望晴
		全港中小學學界品勢比賽2025暨品勢挑戰賽	香港跆拳道正道館	太極七型組冠軍	五星何巧悠
		U9女子單打金盃賽2025賽季	香港乒乓網	殿軍	四星盧卓瞳
		Asia Student Arts Festival 2025 International Round Ballet	First Education Group	Aged 8-9 Group Solo 1 st Runner-up	三真譚栩芊
		2025 CDPA 季度公開賽暨全港學校體育舞蹈公開賽	亞太兒童體育舞蹈專業導師協會	10歲或以下組單人R1 Second	三信謝孜知
				10歲或以下組單人C2 First	三信謝孜知
		香港速度滾軸溜冰錦標賽	中國香港滾軸運動及滑板總會	女子第二十組3 x 250米接力季軍	六星嚴詩澍
		Eastern Inline Speed Skating Championship 2024	Checker Inline Skating School	U11女子接力組亞軍	六星范心誼 六星嚴詩澍
		第61屆香港學校舞蹈節	香港學界舞蹈協會有限公司	群舞優等獎	
				獨舞甲級獎	四真黃靖然
				獨舞甲級獎	四光張浩恩
				獨舞甲級獎	五星何欣霖
				三人舞乙級獎	一光陳芊澄 一星田芯語 一善李穎妍
其他	2025.01	佛山市第七屆少兒粵劇藝術節	佛山市文化廣電旅遊體育局	銀獎	五星劉海栢

學生 優秀作品



中文創作 ★

對不起，誤會了你

二星 于嘉墨

一天，小豬、小兔和小羊在大森林裏玩耍。他們一起玩的時候，突然，大猩猩出來了，大猩猩對他們說：「我可以跟你們一起玩嗎？」他們沒有回答，小豬還一邊跑，一邊說：「大猩猩來了，他很可怕的，快跑吧！」大猩猩很不開心，因為他想和小動物們一起玩。

第二天，他們又來大森林玩。大猩猩心想：如果我可以跟小豬、小羊

和小兔一起玩就好了。但小動物們都很害怕他，所以大猩猩只好回家了。正打算回家時，他聽到有人大聲說：「呀！我們的皮球卡在樹上了，我們又不高，也不會爬樹，怎麼辦呢？」大猩猩想了想，想到了一個好方法。然後，他就爬上樹把球拿了下來，然後把皮球拋給他們，小豬說：「對不起，我們不該說你很可怕和不跟你玩，也不知道你沒有惡意，是心地善

良的。猩猩，現在邀請你和我們一起玩，你願意嗎？」大猩猩點點頭，就和他們玩了起來，他們變成最好的朋友了。

經過這件事，小豬和小羊明白到看人不能只看外表，不看內心，看內心才知道他們真正的品格。

朋友，謝謝你！

三星 陳盈竹

在一個陽光普照的早上，我懷着緊張的心情回學校上課。那天是派發測驗卷的日子。接過測驗卷後，有的同學哈哈大笑，有的垂頭喪氣，而我卻拿到一個可怕的不合格！我心裏非常難過。

我眉頭緊皺，灰心地想：為甚麼我這麼努力，卻只拿到這麼低的分數呢？我真沒用！突然，我的同學小恩拍拍我的肩膀，溫柔地安慰我：「不要緊，我們幫你補習就行了！」小思也

向我投向鼓勵的目光。

接下來的一個月，小恩和小思每天都利用午息的時間耐心地替我補習，我一有疑問便立刻問她們，她們都給我解答。有一天，正當我們全神貫注地溫習時，我的弟弟笑嘻嘻地走過來，問：「姐姐，我們一起打籃球，好嗎？」我堅決地搖搖頭，弟弟只好嘟着嘴離開了。

今天是派發考試卷的日子，我一看到考試卷，立刻高興得哈哈大笑，我的

心好像吃了蜜一樣甜，我由不合格變成了滿分呢！我滿懷感激地向朋友們道謝：「謝謝你們的幫助！要不是你們陪伴我溫習，我必定不會拿到這麼高的分數！」她們豎起大拇指稱讚我，替我高興。

經過這次寶貴的經歷，我明白到「一分耕耘，一分收穫」的道理，只要付出努力，必定會收到回報。同時，我也要主動幫助別人，幫他們渡過難關。

給老師的信

四真 黃靖然

親愛的吳老師：

您好！最近工作順利嗎？您上次提到要送我一張親手寫的字帖，我一直期待着呢！今年學校舉辦了許多新活動，我想和您分享其中兩件事。

上星期，學校舉辦了「悅」讀日。我們可以扮演自己喜愛的書中人物回到校園。您猜我扮演了誰？沒錯，我選擇了您和我都特別喜愛的哈利波特！他機靈又勇敢！當天，老師們還設計了很多有趣的遊戲，讓我們體驗閱讀的樂趣。這讓我想起您曾經說過的話：「讀過一本書，就像交了一位益友。」當我感到孤單時，書籍就像我

的朋友，始終陪伴着我。這次活動讓我感到無比快樂，閱讀一本書就像是一場美好的旅行。

另外，學校今年新設了一個「真光大獎賞」活動。老師會根據我們的成績和日常表現來給我們蓋印章。如果是您，您會給我們多少個印呢？根據印章的數量，我們可以換取各種獎品，包括飲品獎、零食獎、玩偶陪伴上課獎、扭蛋大抽獎以及便服日獎。您猜我換了甚麼獎品呢？當然是零食獎！可知道我要花三十個印來換取的！那天，我帶了一小包薯片回校，在午休時靜靜享用。若您在場，我一定會和您分享！這個活動讓我感到非常滿

足，因為我能通過自己的努力，換來一小包薯片享用，那包小薯片真是特別美味！

學校即將舉行一年一度的「繽紛日」，我會準備一段舞蹈表演，希望您能抽空來看看我們，以及欣賞每位同學在學校的學習成果。期待您的回信！

祝

生活愉快！

學生

靖然敬上

四月二日

一位我愛戴的長輩

五光 呂安怡

你們猜我最愛戴的長輩是誰？她就是我最愛的祖母。她是我心目中最慧心巧思、博學多才的人，她就像一本書，一本令我越讀越愛的書，一本色彩斑斕、內容豐富的書。平時，她總是對我關懷備至、細心呵護；當我在生活上遇到困難時，她更會為我排憂解困、遮風擋雨。

我的祖母雖然已年過半百，可是看起來仍然精神奕奕、十分健康。她滿頭花白的髮絲，整整齊齊，非常神氣；一雙炯炯有神的眼睛清澈深邃，十分明亮。祖母的臉上常常掛着和藹可掬的笑容，猶如冬日裏和煦的陽光般使人感到萬分溫暖，笑起來時，眼角還有幾道模糊可見的魚尾紋。在茫茫人海中，她可能只是一個相貌平凡的人，可是在我心目中，她是最可愛、最聰明的老婆婆！

我的祖母是一位「魔法師」，她隨手拿起一些物件，便可以把它們改頭換面，變成別具一格的手工藝品。還記得有一次，當我在整理舊衣物時，發現了一條我小時候很喜歡的裙子，那色彩繽紛的碎花圖案和滑不溜手的絲質布料都不禁勾起了我不少美好的童

年回憶，可惜現在已經不合身了，我只好把它丟掉。就在千鈞一髮之際，祖母以迅雷不及掩耳的速度把我的裙子從手中奪去。她兩眼發光，如獲至寶地說：「不要丟掉它！可能它還有別的用途呢！你就放心把裙子交給我吧！」接着，祖母利用茶餘飯後的時間為裙子進行了一些縫製的工序。沒想到過了幾天後，祖母竟然對裙子施了魔法，把它搖身一變，變成一個十分精緻的小飯袋。「嘩！祖母，你真厲害！」接過飯袋後，我愛不釋手。翌日，我把它帶回校使用，同學們更以為這是今季最流行的款式呢！如果沒有祖母出手相助，我的裙子早已成為了堆填區的垃圾，我又怎會擁有這麼獨特的一個小飯袋呢？我的祖母，真是慧心巧思。今後，我一定要向祖母多加學習，在日常生活中都花心思、發揮創意、物盡其用，避免任何浪費。

與此同時，我的祖母更是一個博學多才之人，令我萬分敬佩。甚麼小說、散文、百科全書……通通都是她的心頭好。每逢一年一度的書展來臨，她必定是「捧場客」，更帶上一個行李箱，把她的「戰利品」帶回家。還記

得有一天放學，在乘車回家的途中，祖母從背包掏出一本書來看，而且看得津津有味。我好奇地問祖母：「其實書本到底有甚麼吸引的地方呢？」祖母笑盈盈地回答：「呵呵，你真是有所不知了。閱讀不但能使我們增廣見聞，還能充實心靈呢！」她更建議我要及早培養良好的閱讀習慣，以提升自身的知識水平。祖母年紀這麼大，卻堅持與時並進、不斷學習，真令我感到心悅誠服。她孜孜不倦的學習態度，真是十分難得。一想起我平時完功課後，只顧玩手機，卻沒想過要以閱讀來增值自己，我不禁感到羞愧難當，慚愧之情湧上心頭。我暗暗決定：我一定要跟祖母一樣博覽群書、不斷學習，以提升自身的知識水平。

我最愛戴的祖母不但慧心巧思，且博學多才，真令我又敬又愛！她鼓勵我要做個有用的人，將來回饋社會。雖然她偶爾有點兒嘮叨，我卻明白這只是出於她對我的關心。我最愛戴的祖母，謝謝您！是您教會了我很多寶貴的知識和人生道理，我一定要好好孝順您，報答您呢！

Bright Tales for Little Hearts: Crafting True Light Stories ★



Introduction:

Writers hold a magical pen — one that brings imagination to life. With each stroke, they create characters with unique quirks, vivid personalities and heartfelt journeys. These characters leap into adventures, face challenges and experience emotions that mirror our own. As they grow, so do we.

At True Light, our young storytellers picked up their own magical pens and brought to life their versions of Lumi and Lumiere — characters full of wonder, courage and joy. Through their vibrant tales, they have captured the essence of creativity and heart.

We invite you to explore this special selection of award-winning stories, crafted by our talented students. Let their words inspire, delight, and remind us all of the power of storytelling.



Practice Makes Progress



P2D Wong Hong Yin

Lumiere loved water, but he was scared of freestyle swimming. His legs always went down, down, down! He wanted to be in the school swimming gala in July, but his sinking legs were a big problem. His coach, Bob, gave him a kickboard. Lumiere kicked and kicked like a frog. He learned that if you practice, you get better!

His friend, Lumi, was a super swimmer. She saw Lumiere struggling. “Hi, Lumiere!” she said. “Don’t worry! Freestyle is hard, but you can do it!” Lumiere said, “I don’t know, Lumi. My legs just won’t stay up!” Lumi said,

“They will if you practice! Keep kicking and moving your arms. I can show you!” Lumiere was happy.

Lumiere practiced twice every week. Sometimes he swallowed water, and sometimes his legs went down, but he kept trying. He remembered Lumi’s smile and Bob’s words. He knew practice makes progress!

Then it was July, and the swimming gala was here! Lumiere was very nervous. He saw Lumi give him a thumbs-up. He jumped into the water and started swimming. He kicked like a frog, just like Bob showed him,

and moved his arms. All that practice helped!

Everyone was cheering. Lumiere swam and swam. He swam farther than ever before. He reached the other side, tired but happy. He looked at the board. He got second place! He won a silver medal! Lumiere was so proud. Practice did make progress! He wasn’t scared anymore. He learned that if you practice and have good friends, you can do anything — even if your legs don’t listen, you can still swim like a fish!



The Magical Discovery of the Campus of True Light



P3A Ho Cheuk Laam

One day, Lumi and Lumiere were travelling in their spaceship, exploring the wonders of the universe. Suddenly, they spotted a bright and shiny star shining down on the Earth.

“Look at that star! It’s beautiful!” said Lumi. Her eyes were sparkling with excitement.

“Let’s go and find out!” Lumiere replied eagerly.

They landed their spaceship near the bright star and discovered that it was actually a campus called True Light. The entire campus glowed with a warm golden light, making it look magical.

As Lumi and Lumiere entered the campus, they were amazed. Children were laughing and playing happily on the playground. Their joy echoed through the air. The teachers smiled kindly as they taught the students, creating a warm and joyful atmosphere.

"This place is wonderful!" Lumi said.

"Yes, the students here are so lucky!" Lumiere agreed.

They walked past the library, where students were deeply focused on their books, sunlight passing through the windows and shining on their pages. In the art room, students painted beautiful and creative pictures, and

the walls were decorated with colorful artwork, each telling a story.

"I wish I could study here!" Lumi said, dreaming of learning.

"We could play and make friends here!" Lumiere replied excitedly.

They enjoyed their time at the Campus of True Light, feeling the happiness of learning and the warmth of friendship.

As they left, their hearts were full of dreams about this beautiful place.

"The Campus of True Light is truly a magical place!" Lumi said with a big smile.

"We have to come back!" Lumiere declared, and they smiled under the starry sky, cherishing the wonderful day they had.

From Rivals to Stars: The Story of Lumi and Lumiere

P5B Koh Yung Kei

"It's so funny!" Cassandra chuckled as Lumi made a hilarious face. They had been best friends since kindergarten, which made their bond everlasting. Lumi always had the best time with Cassandra.

"Did you know that..." started Lumi.

Suddenly, the science genius in their class, Lumiere, appeared out of nowhere and grabbed Cassandra by the arm, leaving Lumi standing alone. He whispered something in Cassandra's ear. Then, she abruptly stared into Lumi's eyes with thorough revulsion. She trotted out of the classroom after, with Lumi inside feeling horrible.

"YOU," Lumi said to Lumiere through gritted teeth. She was dead sure that it was Lumiere spreading rumours about her, so she seized him with all her strength.

"YOU! I despise you, you freckled monster! Why do you have to spread rumours about me?"

Lumiere shook his head innocently.

"I didn't! I don't know what happened just now either!" he replied defensively.

"Then what did you say to her?" Lumi spat incredulously.

Lumiere blushed and stuttered.

"I—I was just—"

"Ha!" Lumi said, smirking.

"So you did spread rumours about me." Lumiere flushed out of anger now.

"Fine! If you insist on blaming me," he yelled back.

Since then, they glared at each other whenever their eyes met. They had become enemies and loathed each other.

Lumi glowered at Lumiere for the billionth time when she entered the lab. Naturally, he shot fire back at her. It was two years later. Lumiere, still a fan of science, had joined the Science Team. Lumi, on the other hand, had also become obsessed with science. She could now invent things within fifteen minutes. She was becoming as capable as Lumiere.

Yet, the trouble had just started. The teacher of the Science Team had put the members into groups of two for a science competition, and bad luck ran through their veins that day. They had to be in the same group and work together for two months.

Lumi hated the idea of them working together, but then she thought of a mischievous plan and thought it would be nice to criticize Lumiere because she was as clever as him.

"No, we shouldn't make an exploding volcano. It's too simple," Lumiere commented stubbornly before Lumi could start criticizing.

"Do you have a better plan, then?" Lumi snapped instead.

"Of course," he answered proudly.

"Let's make a solar system model that spins on its own. It's certainly enough to impress everyone."

Lumi opened her mouth to object although she knew it was a good idea deep inside. "No, that's too simple. Let's make a singing music box."

"Not good enough. A self-playing piano."

Lumi found she was having fun creating inventions with Lumiere.

"A floating penny!" she suggested a bit too excitedly.

"A self-watering plant!"

Unwillingly, they somehow forgot about their hatred for each other, and it was their passion towards science that made this change. They started to like a bit of each other and their scientific suggestions.

"A rainbow projector!"

"A speaking globe!"

Lumi and Lumiere giggled heartedly. After they realized what had just happened, though, Lumiere's freckled face flushed, and Lumi looked down at her feet awkwardly.

"So... a speaking globe?" Lumi asked, twisting a strand of her black hair in

her hand.

It was ridiculous, but she forgot their past hatred toward each other. Lumiere, she saw, seemed to forget as well.

"Um... yeah, let's do that," he managed to say eventually.

They started to work on the speaking globe over the following weeks. They also stopped scowling at each other and talked about scientific topics during recess. Lumi thought this relationship could work out.

"I have something I have to tell you," Lumiere started after they had become friends for a few weeks more.

"It wasn't me spreading rumours about you."

"Oh..." This startling news shocked Lumi.

"But why did she...?"

"I don't know," Lumiere replied.

"I guess she had always treated you as a fake friend?"

Surprisingly for Lumi, she did not

find it miserable that Cassandra had treated her as a fake friend. For the first time, she was guilty that she had wrongly accused Lumiere for so many years. She felt sorry about this. Looking into Lumiere's genuine eyes, she knew he was telling the truth.

"I am sorry for blaming you over the years. I should have figured it out sooner... I hope you will forgive me!" She blushed as she finished.

Lumiere smiled a warm smile and said, "It's okay! I was wrong as well. I shouldn't have been so mean to you."

"So... friends?" Lumi said shyly.

"Friends," Lumiere said happily.

Their awkwardness faded into gleefulness.

Months after they won the science competition, Lumi and Lumiere became best friends. They would share their deepest secrets and joke with each other. Their relationship turned from enemies to friends.

"It's Graduation Day tomorrow," Lumiere said gloomily.

"We're going to different secondary schools next year. Will we ever see each other again?"

"Of course!" Lumi replied, but she felt doubtful. Her parents would not let her have a phone to contact Lumiere. It seemed like the end of their friendship was approaching.

"We will see each other again!"

After their goodbye embrace, however, they never met each other again.

"Okay. I can do this. First day of university," Lumi inhaled and exhaled nervously before walking into the classroom. She searched for the farthest seat from the professor but saw that it was already taken by a boy. She walked away from that student and began to search for another seat but suddenly stopped.

Wait, she thought, her face heating. That boy... light freckles all over his face, and a heart-warming smile too... could it be...?

視藝科作品 ★



寵物

3A侯樂思

觀察寵物的形態特點，在卡紙上畫出寵物的外形製作鏤空模板，配合海棉按壓方式，重覆印製多幅版畫，再選用色彩對比強烈的底紙，完成這充滿普普藝術風格的作品。

蒙德里安的世界

1B韓幄瑜

靈感來自日常事物，如交通工具、衣裳、海洋世界、花朵等。創作過程包括用黑線畫格子，然後用紅、黃、藍三原色填充，最後變化線條，讓作品更有活力。



快樂的房子

2B 夏敏樺

作品有童真，有笑臉，色彩很鮮豔，構圖豐富。學生先創作奇趣的建築物，再加上快樂的笑臉。最後，運用想象力在天空畫上有笑臉的自然景物、飛鳥或太空船。



梵高眼中的維港

5A 黃絢琦

模仿梵高《星夜》天空的色彩層次和筆觸，用油粉彩畫出漩渦、月亮、星光。運用豐富的色彩，營造維港夜景的五光十色。

吶喊

6B 洪悅喬

甚麼事情會令人吶喊？同學嘗試以色彩與線條的對比，運用不同的油粉彩技法，配合想像力來改編孟克的畫作。



家校活動

本校深知家校合作對學生成長與學習的重要性，因此重視與家長的溝通。除了定期舉辦家長日，我們每年策劃多種活動，如小一家長茶聚、親職教育講座、親子賣旗日和家長學堂，以促進學校與家長的聯繫，增強夥伴關係，並深化家長對子女發展及學習需求的理解，進而提升親子關係。

本年度家校合作活動如下：

家庭與學校溝通 ★

- ★ 五年級升中簡介會
- ★ 小一家長茶聚
- ★ 家長教師聯誼會周年大會
- ★ 班父班母「晨光同行」活動
- ★ 六年級升中簡介會
- ★ 電子學習自攜裝置(BYRD)家長簡介會
- ★ 六年級升中選校簡介會
- ★ 「呈分試預備」家長分享會
- ★ 「繽紛日暨入學簡介會」
- ★ 小一新生家長會
- ★ 多元探索雙週「成果分享展」
- ★ 學校發展分享會
- ★ 家長日



小一家長茶聚



成果分享展



「繽紛日暨入學簡介會」

親職教育 ★

- ★ 「親子『優濾』攻略：掌握子女成長的轉變」網上座談會
- ★ 「玩住學英文，串字默書無難度！」網上家長講座
- ★ 「文旅達人西DorSi·帶你走讀大灣區！佛山及深圳旅遊新情報」家長講座



「文旅達人西DorSi·帶你走讀大灣區！佛山及深圳旅遊新情報」家長講座

家長英語拼音班



- ★ 家長英語拼音班
- ★ 遊戲師證書課程
- ★ 精神健康家長工作坊 - 【酒精水墨畫】及【香薰擴香石DIY】
- ★ 「面部彩繪」家長工作坊
- ★ 「扭氣球」家長工作坊

精神健康家長工作坊——酒精墨水畫



精神健康家長工作坊——香薰擴香石DIY



遊戲師證書課程

家長義務工作 ★

- ★ 上午協助照顧學生上學秩序及量度體溫
- ★ 午息協助維持學生秩序
- ★ 協助製作90周年校慶紀念品
- ★ 小一入學面試日(校外生)-協助活動
- ★ 一至三年級戶外活動-協助活動
- ★ 陸運會初賽及決賽-拍攝及救護工作
- ★ 文化活動日暨華服日-籌辦「真光市集」攤位遊戲、拍攝工作及帶領同學逛年宵市場
- ★ 中小學部午餐飯盒試食活動-進行試食及填寫問卷
- ★ 參與「悅讀日」活動，包括「親子讀角秀」、「故事爸媽」及「悅讀遊蹤」
- ★ 繽紛日暨入學簡介會-協助活動
- ★ 校慶助學金遊藝會-協助攤位活動

陸運會——救護家長義工



陸運會——攝影家長義工

小一、小二遊戲日



- ★ 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-參觀消防局、香港金融管理局-協助活動
- ★ 三年級全方位學習活動-參觀香港公園-協助活動
- ★ 五年級全方位學習活動-太平山頂・語文學習活動-協助活動
- ★ 六年級全方位學習活動-九龍寨城公園・語文學習活動-協助活動
- ★ 第61屆學校舞蹈節比賽、第76屆香港學校朗誦節比賽、90周年校慶英語音樂劇拍攝劇照日及表演日-拍攝工作、協助化妝、整理髮型及照顧學生

「文化活動日暨華服日」



- ★ 一年級多元探索雙週活動-參觀海洋公園、香港公園-協助活動
- ★ 二年級多元探索雙週活動-參觀太空館、科學館-協助活動
- ★ 三年級多元探索雙週活動-參觀香港文化博物館-協助活動
- ★ 四年級多元探索雙週活動-「大坑遊蹤」、參觀火龍文化館-協助活動
- ★ 一、二年級「家長學堂」-擔任活動導師
- ★ 小一、小二遊戲日-協助攤位活動及拍攝工作

悅讀日—故事爸媽



悅讀日—親子讀角秀



悅讀日—悅讀遊蹤



家長學堂



親子活動 ★

- ★ 「賽馬會惜樹靈人生態藝術節」親子工作坊
- ★ 天然藍染親子工作坊
- ★ 「馬賽克環保木時鐘」親子工作坊
- ★ 「馬賽克太陽能手提燈」親子工作坊
- ★ 聖誕親子蛋糕製作班
- ★ 理財教育嘉年華(親子活動)
- ★ True Light Tiny Triumphs (聖誕篇) (新春篇) (復活節篇)
- ★ 親子賣旗日-香港公益金、香港認知障礙症協會、聖雅各福群會



「馬賽克環保木時鐘」親子工作坊



「馬賽克太陽能手提燈」親子工作坊



「賽馬會惜樹靈人生態藝術節」親子工作坊

幼稚園部

校長的話



在愛與創意中成長的一年與校慶回顧



回顧過去的一年，幼稚園猶如一個精彩的童話世界，老師們每天都用遊戲點亮學生的心靈，更用愛與創意塑造他們的品格。我們特別注重將創意與藝術融入日常，老師們積極參與藝術專業培訓，學習如何打造多感官的創意空間，讓孩子們在畫畫、音樂、表演中自由表達自己。同時，我們推動STEM教育，透過豐富的網上資源與實驗活動，激發幼兒的好奇心與動手能力。孩子們在科學小實驗、機械搭建中體會到探索的樂趣，培養解決問題的勇氣與創新思維。

今年，值得特別紀念的是我們迎來了一個重要的里程碑——真光在港建校90周年！在這個特別的日子裡，學校舉行了豐富多彩的慶祝活動，包括令人難忘的英語音樂劇，孩子們用歌聲與表演展現出他們的才能與自信。還有溫馨的校慶聚餐，讓師生、家長和校友們一同回憶過去的美好時光，暢談學校的點滴故事。這些活動不僅讓我們共同慶祝校園的悠久歷史，也為大家提供了一個絕佳的團聚時刻，讓我們在笑聲和回憶中更加緊密聯繫。

我們以「愛心小星星」為年度主題，將關懷與善良

深植在孩子的心中。孩子們用行動實踐「愛人如己」，在「良善日報」中記錄善行，學會用小小行動傳遞大愛。在聖誕節和春節的節日裡，他們用雙手製作賀年掛飾、義賣愛心商品，將所得善款捐助弱勢，展現出善良與奉獻的精神。更令人欣慰的是，幼兒學會用省下的零用錢幫助流浪動物，懂得感恩與付出；他們還學會了「祈禱五指」的祈禱方式，為家人、朋友、老師祈禱，懂得用心傳遞和平與祝福。

除了課堂內的學習，我們更重視孩子的社會體驗。幼兒走出校園，不同年級也會到戶外參觀。我們還設計「動腦筋走廊」的桌遊角，孩子們在遊戲中鍛煉思考力、記憶力與手眼協調，學會等待與輪流，懂得輸贏皆是成長的經驗。在健康與生命教育方面，孩子們學習如何保護自己、健康飲食，從日常生活中建立正向價值觀。

展望未來，我們將繼續秉持愛、創意與探索的精神，為孩子們打造一個充滿歡笑的學習天地。讓我們陪伴孩子們在快樂中成長，迎接更加燦爛的明天！



校務 報告

教師專業發展

在培訓中，導師帶領我們以「糖果屋」為題，以擴散及聚斂思維的方式規劃開放日的環境設計。



教師培訓



本年度關注事項：「持續學習創意與教學融合的概念，認識表現藝術治療對學生的支援。」全校老師參與三天的培訓，包括以下的學習範疇，創意環境——多樣式及多感官的方法與應用、藝術欣賞-跨越時間和文化及美學和兒童之發展、視覺藝術給予有特殊教育需要的學生——表現藝術治療和案例研究。此外，持續增進老師於STEM知識的技能與運用，提供不同的網上資源，豐富老師設計STEM課堂的原素，從而提升老師對其知識與技能的認知，亦加強全校有系統地推行STEM的活動。



老師嘗試在珍珠板上刻劃不同的圖案



大家設計四格連繫圖作品展示出來，互相欣賞和學習。



老師利用黏土結合不同的物料進行立體創作

校本特色

品格教育

我們重視幼兒的品格發展，學校鼓勵幼兒從小學像耶穌，結出聖靈果子的特質；本年度以「愛心小星星」的主題，讓幼兒學習「愛人」的行為，學校出版了「良善日報」記錄幼兒平日幫助別人的好行為，並以「良善」小星星的品格作表揚；跟着透過「祈禱五指」學習為家人、老師、領袖、弱者和自己祈禱，透過為別人祈禱來培養幼兒「和平」的品格特質；再透過「節制」行為記錄表，讓幼兒在生活中學習「節制」的行為，先「停下來，想一想，再行動。」並以這口訣幫助幼兒建立「節制」的行為。

幼兒投入地唱出主題詩歌「亮晶晶」



透過「世界和平」的遊戲，幼兒學習以和平的方法去解決衝突。



於「小小節制家」的活動中，我們一家達成了節制的良好行為，實踐自我管理的概念。



在「良善小星星」的活動中，幼兒選擇不同的方式和同學打招呼。

幼兒透過「祈禱五指」學習為身邊的人祈禱，培養與人和睦相處的良好品格。



大家記得做事前要「停一停，想一想，再行動」。

關懷行動

「以良善的心關懷身邊的人，以關懷的行動實踐耶穌的愛。」我們從小教導幼兒節省金錢的概念，並將省下來的金錢用來幫助被遺棄的小動物；在聖誕節前夕，幼兒邀請了家中的長者到校，透過詩歌、遊戲及按摩的活動，教導幼兒從小學習關心家中的長者；又透過「新年慈善義賣作品」的活動，幼兒動手製作賀年掛飾，在春節聯歡的攤位中義賣，義賣款項捐贈「兒童癌病基金」，幫助患病的兒童。又選取春節時收到的「利是」參加「一人一利是」捐贈「可愛忠實之家」幫助社會上傷殘的人士；低班的幼兒還參予了奧比斯舉辦的「蒙查查·食茶點」的活動，把參與活動所得之捐款幫助貧窮地區患上眼疾的病人。



幼兒又唱又跳，向長者唱出聖誕歌曲報佳音。



大家身體力行地支持春節聯歡中的攤位義賣



幼兒捐出一封自己的利是給「可愛忠實之家」幫助有特殊需要的殘障人士。



幼兒報答長者的辛勞，為他們按摩。

學與教

腦科學教學

幼稚園以「兒童為本」為核心，在教學上持續推行腦與思維教學策略，課堂中，老師經常運用不同的腦基礎教學策略，給予學生思考、提問、解難的空間，再透過二人至四人的交流及合作學習，讓學生在課堂中有均等的表達機會，以及百分百參與在課堂的學習中；老師也會因應學生的學習狀態，改變一些教學策略來調節學生的腦內化學物，提升他們的學習效能，在小組的討論及匯報中，學習把資料歸納和分析，提升他們高階思維能力。

課堂中，老師給予幼兒思考時間，認真思考後再分享答案。



幼兒在課堂開展時先進行視覺測試遊戲，藉此提升幼兒的專注力。



以「二人交流」的方式，學習輪流分享，介紹自己的家庭成員。



幼兒在小組中分享，從交流中學習。



在模擬法庭中，幼兒透過分析及批判性的思考進行辯論。



動腦筋走廊

校園裡的「動腦筋走廊」擺放了不同模式的桌上遊戲，從遊戲中訓練幼兒的思考力、記憶力、手眼協調及考反應遊戲，幼兒可以與同伴一起自由選擇不同的桌上遊戲活動，不但讓幼兒動動腦筋，還讓他們學習遵守遊戲規則，學習輪流遊戲，以及明白及接受輸贏的情況。



動動小腦袋，嘗試調整木棒的方向和角度就能成功讓木球不掉下來。



幼兒輪流擲骰子，並按指示取出疊疊樂的積木



探索彩色髮捲擺放的路線，讓波子可以由起點滾動至終點。



透過遊戲了解磁力與距離的關係

健康及生命教育

在各主題學習活動中，除了讓幼兒學習知識外，還包括了健康教育及生命教育的學習原素，透過「我的身體」的主題，認識健康的生活及飲食習慣，還有學習保護身體的方法，從不同的學習情境中建立正面的價值觀。



幼兒細心觀察X光片，發現胸骨用來保護肺部。



幼兒自製耳朵模型，從遊戲中認識保護耳朵的重要性。



幼兒認識頭髮有保護的功用後，嘗試設計不同的髮型。



在觸感的遊戲中，讓幼兒發現腳掌都有神經系統的。



幼兒分工合作進行消化系統的實驗



幼兒從嗅覺實驗中明白鼻子的功用

小一模擬活動

高班學生透過學習升小一的模擬活動，讓學生們走進小學的課室，親身體驗小學的上課生活，從中擴闊視野。



在小一體驗課中，小學老師向高班幼兒介紹小學部校舍。



高班幼兒學習抄寫手冊，他們全都能順利完成。



老師與高班幼兒討論及分享小學部和幼稚園課室的分別

各級參觀活動及校內講座

為了豐富幼兒生活經驗，除了校內的課堂學習外，還安排幼兒跳出校園走進社區參觀和學習，幼兒班的小朋友走進海洋公園的自然體驗班認識不同的海洋生物；低班的小朋友走進陽光笑容小樂園學習保護牙齒的方法；而高班的小朋友更走進社區內的超級市場、交通安全城及嘉道理農場，認識社區內的設施及在香港生活的野生動物。還有透過不同的講座，認識防火安全、慎用救護的服務，以及珍貴食水，培養了幼兒的同理心，學會關心他人。

透過這些實地參觀和互動學習，幼兒們不僅增進了對社區的認識，還提高了他們的社交能力與溝通技巧。這些活動使得小朋友們在實際情境中學習，促進了他們的認知發展及情感教育，讓他們在玩樂中成長，培養了良好的生活習慣和環境意識，為他們的未來打下穩固的基礎。



「明日藝術教育機構」到校舉辦兒童話劇，以中國樂器伴奏，為高班幼兒演出《十兄弟》，內容生動有趣。



參觀海洋公園的活動中，幼兒有機會親身觸摸海星和海參。



幼兒透過海洋布偶劇，學習保育海洋的重要。



講員於「道路安全」講座中教授幼兒如何安全橫過馬路



幼兒觀察警車後與交通警察拍照留念



齊來做個防火小天使



高班幼兒出外參觀「百福道交通安全城」，從中學習及實踐已學的道路規則。



在「消防安全」講座中，幼兒踴躍地參與活動



高班幼兒穿上消防員的裝束拍照留念



在「慎用救護服務」講座中，救護員向幼兒講解急救用品的使用方法。

在參觀「陽光笑容小樂園」時，低班幼兒從實踐中明白，牙膏的分量只需一粒豆的大小，就足夠清潔整排牙齒。



低班幼兒扮演牙醫為病人檢查牙齒

國民教育



學校通過一系列精心策劃的活動，如中國週、升旗禮、認識中國的節日、傳統玩具、中國民間故事「十兄弟」，以及中國的傳統藝術，旨在從小培養幼兒對祖國的尊重與熱愛，讓他們深刻認識到自己身為中國人的身份與驕傲。

在中國週期間，學生們不僅能夠參與豐富多彩的文化活動，還能學習到中國的歷史與文化，增強對祖國的了解。此外，升旗禮不僅是一個儀式，更是培養學生愛國情懷的重要時刻，讓他們在莊嚴的氛圍中感受到國家的力量與尊嚴。

通過介紹中國的傳統節日，如春節、中秋節等，學生們得以體驗這些節日背後的文化意義，學會珍惜家庭與團圓的價值。而在探索中國傳統玩具和藝術的過程中，孩子們更能夠親手製作，增強對傳統文化的認同感，激發他們的創造力和想像力。

這些活動不僅豐富了幼兒的課外生活，更在潛移默化中培養了他們對國家和文化的敬重，讓他們自信地認識到自己的身份，為未來的成長打下堅實的基礎。



從《十兄弟》故事劇場中，高班幼兒除了認識到中國傳統民間故事外，還欣賞到中樂「陶笛」的音色。



在茗茶的活動中，認識中國的茶葉及文化。



春節臨近，高班幼兒學習以中國書法書寫揮春來迎接農曆新年。



「少林武學」講座中，高班幼兒學習中國傳統功夫的招式。

各級科學活動日



在週五的活動日，老師安排了一系列富有STEM元素的學習活動，旨在透過遊戲的形式讓幼兒們深入探索浮力、磁力、靜電、空氣中的氣壓、聲音的產生以及水中的光折射等科學現象。這些活動不僅能激發幼兒對科學的濃厚興趣，還能有效引發他們的好奇心，促使他們主動探索和認識這些科學原理。

透過有趣的遊戲，孩子們將在輕鬆愉快的氛圍中學習思考，增強與同伴的合作能力，並鍛煉解決問題的技巧。希望透過這些活動，能夠在幼兒心中播下科學的種子，培養他們的科學家精神，讓他們從小就具備探索未知、勇於實驗的信念，為未來的學習與成長奠定堅實的基礎。

幼兒在吹泡泡實驗中運用不同形狀的工具來吹泡泡，他們發現吹出來的泡泡都是圓形。



幼兒探索磁力車的驅動力時，發現了磁力的吸引力和相互的排斥力。



利用雙手摩擦氣球表面，成功用靜電的原理黏著膠條。

加強英語及普通話學習

幼兒透過分享「社區小冊子」來認識香港特別行政區的組成部份



幼兒輪流分享自己在暑假的活動

各級Show and Tell



為了有效提升幼兒的口語表達能力，各級別的課程均安排了系統性的Show and Tell活動，促進幼兒自信地表達自己，並增強他們的溝通技巧。活動安排如下：

幼兒班：介紹自己及天氣報告、欣賞同學及我最喜歡在學校的活動、介紹自己最喜歡的玩具和才藝表演；

低班：自我介紹、介紹朋友、思維訓練(餐廳)、介紹圖書、思維訓練(港鐵)、才藝表演；

高班：暑假的生活、情景圖卡(學校篇或社區篇的情景圖)、社區生活情境、社區的好去處、購買的商品、交通工具的經驗、珍貴的寶物、農曆新年活動、故事假說故事、喜歡的動物、介紹自己創作的臉譜、喜歡的故事書。

透過這一系列的Show and Tell活動，幼兒不僅能夠提高口語表達能力，還能培養他們的自信心、社交技巧和創意思維，讓他們在輕鬆愉快的氛圍中學習與成長。



讓我來向大家說故事，
請專心聆聽！

小小年紀就懂得吹奏口琴！

低班幼兒仔細地分享
《做最勇敢的自己》的
故事內容，十分精彩！

在才藝表演中，幼兒一邊敲打
彩虹鐘，一邊表演唱歌。

English Fun Day

在聖誕節期間，英語科老師為幼兒設計了一個充滿樂趣與學習的尋寶之旅，名為「聖誕尋寶大冒險」。這項活動為期三天，每一天都會有不同的主題和挑戰，讓孩子們在遊戲中學習英語，感受聖誕的氛圍。活動開始時，老師將幼兒分成小組，並為每組提供一份印有謎語的地圖，地圖上標記了校園內的不同位置，例如家長閣、操場和活動室。每個地點都有一個英語謎語，孩子們需要合作解答，才能找到下一個線索。在尋寶的過程中，孩子們不僅能增強英語詞彙和理解能力，還能培養團隊合作精神和解決問題的能力。最後的尋寶活動在校園的中學噴水池旁達到高潮，孩子們在這裡找到了最後的聖誕樹。當他們打開藏在樹下的寶箱時，裡面不僅有小禮物和聖誕卡片，還有一張描繪主耶穌降生故事的圖畫和一段溫馨的聖誕祝福。老師們在此時分享了主耶穌降生的意義，並引導孩子們討論愛、分享和希望的價值觀。

透過這樣的活動，幼兒不僅在遊戲中加深了對英語的理解，還在聖誕節的氛圍中學會了珍貴的人生道理，讓這個聖誕節成為他們心中難忘的回憶。

幼兒班幼兒在戶外操場
尋找藏寶提示的位置

幼兒發現藏寶箱內藏有天主賜給我們的聖經金句

高班幼兒與寶藏拍攝大合照留倩影

幼兒在雨操亭尋找線索，猜估
寶藏收藏在校園哪一個地點。

普通話繽紛日

幼兒真厲害！除了能配對字與實物，還能準確地以普通話說出相應顏色。

為營造輕鬆有趣的普通話學習環境，我校於4月初舉辦了「顏色王國」主題遊戲日。通過精心設計的互動遊戲，幼兒在歡笑中實踐普通話表達，實現了「玩中學，學中玩，快樂說」的目標。

「夾夾樂」——幼兒三人合作，一人發指令，一人聽指令，一人負責用腳夾傳紙磚，同步鍛煉對普通話的理解和口語表達。

「找找樂」——幼兒手持雪糕筒在滿地的球中找出指定顏色的球並送入箱子中，然後跟同伴分享如「我找到紅色的球。」培養觀察力與句型運用能力。

「疊疊樂」——幼兒疊杯子時，需向同伴傳達需要物品，如「我要綠色的杯子。」，才能完成任務，在協作中練習與顏色相關的詞彙。

活動中令幼兒百分百投入遊戲，強化語言運用，90%幼兒主動使用普通話溝通，突破「羞於開口」的關卡。



從「疊疊樂」的遊戲中，幼兒學會以普通話說出不同的顏色。



幼兒抽出圖卡後，以普通話說出相應顏色，然後互相合作，把相應顏色的杯子疊好。



幼兒從「夾夾樂」的遊戲中，學會了聆聽並以普通話說出不同的顏色，成功地將紙磚運送到目的地。



恭喜高班趙沐晨同學榮獲高級組【傑出表演獎】和【最佳聲線獎】



恭喜低班何明曦同學榮獲中級組【傑出表演獎】



於「全港幼稚園來說普通話比賽2025」獲獎學生的大合照

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，在育兒的路上同心同行。

親子活動日

在11月份，學校首次舉辦了「親子活動日」，這是一個特別的機會，讓家長能夠陪伴孩子一起參加各種不同的學習活動。讓家長了解孩子在校的學習模式和參與情況，我們設計了多樣化的學習範疇，涵蓋了語言、數學、科學和藝術等領域，讓家長和孩子們可以在不同的環境中學習和探索。並透過互動遊戲，共同體驗學習的樂趣。活動中，家長們不僅觀察到孩子在校的表現，還能參與其中，增強親子間的互動和情感聯繫。

家長與幼兒透過活動感受歌曲中的節奏



在遊戲中，幼兒跟隨老師的指示，在波波池中找出相應數量的膠球。



幼兒與家長合作，成功將糖果拋至目標。



幼兒享受與家長一起欣賞故事劇場的時光



在遊戲前，我們一起做健腦操，讓大家的手腳和頭腦更加靈活。

親子旅行



學校的親子活動真是多彩多姿！在12月份安排了親子旅行，讓家長和孩子可以親親大自然，增進親子關係的好時刻，孩子們可以興奮地觸感，和嘗試餵飼小白兔，體驗與小動物親密接觸的樂趣，又可享受各級親子集體遊戲，回程的路上，大家都帶著滿滿的回憶和歡笑回家。



親子遊戲時，家長與幼兒一起合作傳呼拉圈，過程中充分展現合作精神。



家長和幼兒在「小白兔農莊」渡過了愉快的親子時光。

親子春節聯歡

進入春節假期的前夕，學校迎接熱鬧的親子春節聯歡，活動開始時，邀請了家長的義工鼓隊和獅隊為春節聯歡揭開序幕，之後，孩子拖着家長的手，走到課室玩攤位遊戲，又購買年畫和氣球，熱鬧的氣氛滿佈整個校園的每一個角落。這場親子春節聯歡，不僅是一次文化的交流，更是家庭情感的加深，為即將來臨的春節增添了無限的期待與祝福。



家長和幼兒一起拉動小蛇，使福杯靠近自己。



全校師生與家長一起在校園參加春節聯歡會，一同慶祝歡樂的節日。



蛇來運轉的遊戲真好玩



在熱身運動時，家長努力把孩子舉高，展現活力。

親子遊戲日



在2025年3月21日，幼稚園邀請了KIDS FIT舉辦了一場充滿活力與歡樂的親子西瓜運動會2025。當天，陽光明媚，笑聲不斷，家長與小朋友們攜手共度一個難忘的早晨。活動中設計了多項趣味運動，例如西瓜接力賽、傳遞西瓜、以及創意西瓜造型比賽，讓孩子們在遊戲中鍛煉協調性與團隊合作精神。家長們也積極參與，與孩子一同奔跑、歡笑，氣氛熱烈而溫馨。整場活動不僅增進了親子之間的感情，也让大家在輕鬆愉快的氛圍中享受運動的樂趣。孩子們的笑聲與家長們的鼓掌聲交織成一幅充滿幸福與活力的畫面，為幼稚園生活留下了美好的回憶，也展現了親子共融的溫暖氛圍。



從真摯的笑容中可見幼兒很享受親子遊戲日的樂趣



在親子遊戲中，家長與幼兒合力搬動大西瓜，增進親子關係。

校慶遊藝會

每年五月第一個星期六都是慶祝真光生日的大日子，在整個校園的每個角落都充滿熱鬧的氣氛。

家長義工在校慶遊藝會的攤位中為幼兒進行臉部彩繪，並用心地加上閃石裝飾。



家長與幼兒努力合作，一起把物品推向目標。



家校活動

家長代表在會議過程中，互相討論和分享彼此間溝通時的心得。



家校會議

家校小組是家長與學校之間的橋樑，加強家校之間的溝通，學校定期與家長代表開會，在家校會議中檢討有關親子活動、家長交流會的內容，為着以舉辦的活動進行檢討，以及預告將舉辦的活動，透過會議了解家長們意見，也藉此讓家長們了解學校舉辦活動的目的和意義。



家校組的成員彼此同心，一起發揮家校合作的精神。



陳惠良先生以互動的方式向家長簡介腦基礎教學的技巧

家長交流會



除了定期舉辦家校會議外，學校也會舉辦全校及各級的育兒講座，支援家長在育兒路上面對的困難，也同時分享當中的喜與樂的經驗。



家長交流會中，講者蔡姨姨親身示範講故事的技巧。



家長以小組形式討論，彼此分享心得，全程投入。

各級的茶聚



為了加強學校與家長之間的溝通，我們於11月份舉辦了三次家長與校長的茶聚會，分別針對不同年級的學生進行安排。在輕鬆愉快的氛圍中，家長們有機會交流關於課程重建的內容、對學校課程的支持，以及如何進一步優化課程設計。在這些茶聚會中，我們也收到了家長們的寶貴回饋。他們對學校推動各種形式的親子活動表示感謝，特別是對英文課程的增強以及重視學生品格教育的努力表示讚賞。這些活動不僅限於校內，更延伸至家庭生活中，真正體現了家校合作的精神。

我們期待未來能夠持續舉辦此類活動，進一步加強與家長的聯繫，共同為孩子們的全面發展創造更好的環境。

家長義工協助推行活動

學校每年舉行不同的活動，家長們也積極參與家長義工的協助學校推行活動，活動包括：家長閣當值、幼稚園校園巡禮、新生會見日、拆錢箱、聖誕老人義工、春節舞獅及攤位義工、參觀活動、嬉水活動及故事爸媽等。

在參觀超級市場的活動中，家長義工協助幼兒選購物品，學習購物的程序及禮儀。



家長義工以掌聲表揚每位努力參與「節省金錢顯愛心」的幼兒



家長義工打鼓舞獅助興，為春節聯歡活動增添氣氛。



家長義工與幼兒一起進行熱身運動，為嬉水活動作好準備。



謝謝家長義工的陪同，幼兒很享受購物的樂趣，個個都滿載而歸。



家長義工協助到校參觀的幼兒進行美勞創作



夏日炎炎，家長義工與幼兒互相潑水，一起享受嬉水的樂趣。



幼兒戴上美麗的聖誕頭飾與聖誕老人合照，一起感受聖誕節的歡樂氣氛。



家長義工為幼兒拆開錢箱，一起數算儲得的善款。



家長義工扮演聖誕老人與幼兒一起玩遊戲，大家都非常享受。



家長義工協助攤位遊戲的運作，讓幼兒玩得既開心又投入。



故事媽媽到校與幼兒分享有關「仁愛」果子的故事。



家長義工帶領考生和家長進入課室與老師面談。

獲獎紀錄



賽事名稱	獎項／得獎者
朗誦	
第76屆香港學校朗誦節 校際朗誦節幼兒獨誦— 普通話	榮譽獎 高真 吳逸萱 高星 區愛妍 趙沐晨 優良獎 高真 陳子蕎 黃建彰 高光 蘇訢澄 麥倬諭 黃奕之 高星 胡晴珮 高善 黃維決 王晞喬 張希晴 良好獎 高真 李清懿 高光 陳奕萱 高星 張曦玥 高善 張希妍
第76屆香港學校朗誦節 校際朗誦節幼兒獨誦— 粵語	優良獎 高真 黃臻樂 梁懿晴 黃雅薈 吳芊悅 張舜然 何悅程 萬允悅 高光 林婧芝 鄭巧筠 陳以心 董泳希 黃子翹 卓靖樞 梁家甄 高星 張珮欣 呂信朗 鍾晴 盧卓琳 高善 陳煦風 岑恩諾 陳蔚昕 朱采瑤 良好獎 高真 曾敬添 吳卓穎 俞思睿 高光 蘇泳潼 歐陽萱霖 高星 莊孝穎 高善 張珮晨
第76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 吳逸萱 梁懿晴 萬允悅 俞思睿 高光 許嘉桐 卓靖樞 王欣豫 陳穎怡 何心絃 高星 趙沐晨 張珮欣 高善 張希晴 梁芯悅 朱采瑤 李雅呈 曾芊凝 低真 周曉恩 陳卓喬 良好獎 高星 龍詠嵐

賽事名稱	獎項／得獎者
第76屆香港學校朗誦節 校際朗誦節幼兒獨誦— 英文(散文)	優良獎 高善 黃維決
教育出版社舉辦 「全港幼稚園來說普通話 比賽2025」高級組	最佳聲線獎 高星 趙沐晨 傑出表現獎 高星 趙沐晨
教育出版社舉辦 「全港幼稚園來說普通話 比賽2025」中級組	傑出表現獎 低光 何明曦
智慧之星兒童文化協會舉辦 「第三屆韻動童聲朗誦大賽 2024」幼稚園K1組別 (普通話)	冠軍 低星 馮焯宇
環球藝術體育文化協會舉辦 「第四十七屆國際兒童及 青少年普通話朗誦比賽」 幼兒組A組	冠軍 低星 馮焯宇
曾憲備慈善基金舉辦 第三屆「曾憲備·紫荊盃」 全港少兒普通話朗誦比賽 (個人賽)	銅獎 低星 蘭瑾汐
高材生文藝發展中心舉辦 「第十六屆全港幼稚園及 小學公開朗誦比賽」 幼稚園K1組普通話獨誦詩詞	優異獎 低真 許貝昕
第八屆GAPSK兒歌唐詩精英 大賽K3/幼稚園組：兒歌	亞軍 高善 張焯嫻
第八屆GAPSK兒歌唐詩精英 大賽K1/幼稚園組：兒歌	卓越獎 幼真 陳穎琪
第九屆GAPSK兒歌唐詩精英 大賽K2/幼稚園組：兒歌	冠軍 低善 彭玥嘉
第五十四屆GAPSK全港普通話 朗誦比賽K1/幼稚園組： 詩詞獨誦	亞軍 低光 何明曦
第五十五屆GAPSK全港普通話 朗誦比賽K1/幼稚園組： 童詩獨誦	卓越獎 低真 許貝昕
第五十五屆GAPSK全港普通話 朗誦比賽K2/幼稚園組： 兒歌獨誦	卓越獎 高光 麥倬諭

賽事名稱	獎項／得獎者
第五十六屆GAPSK全港普通話朗誦比賽K1/幼稚園組：童詩獨誦	卓越獎 幼光 郭恩彤
第五十七屆GAPSK全港普通話朗誦比賽K2/幼稚園組：兒歌獨誦	季軍 低善 羅祉詠
第五十七屆GAPSK全港普通話朗誦比賽K2/幼稚園組：童詩獨誦	優異獎 低星 劉羽晴
香港語藝會舉辦「普藝盃朗誦才藝大賽2024」英文詩歌K1-N1	亞軍 幼真 何晴曦
香港語藝會舉辦「普藝盃朗誦才藝大賽2024」英文詩歌K2	亞軍 低光 何明曦
鵬程綜藝文化促進協會舉辦「鵬程盃第12屆朗誦大賽(2024・香港)」粵語幼兒中班童詩獨誦	季軍 低光 陳嫻縈
鵬程綜藝文化促進協會舉辦「鵬程盃第12屆朗誦大賽(2024・香港)」普通話幼兒中班童詩獨誦	季軍 低善 陳祉穎
鵬程綜藝文化促進協會舉辦「華壘盃第21屆朗誦大賽」普通話幼兒中班童詩獨誦	亞軍 低善 陳祉穎
香港普及藝術協會舉辦第十五屆「普藝盃」朗誦才藝大賽K2粵語新詩	嘉許獎 低光 陳嫻縈
清華大學對外漢語文化教學中心舉辦「2024年度 IPEL X KPCC盃朗誦比賽」K2組普通話—兒歌	季軍 低星 馮焯宇
清華大學對外漢語文化教學中心舉辦「IPEL X KPCC 中華文藝盃2024朗誦比賽」K2組普通話—兒歌	亞軍 低星 敖柏欣
清華大學對外漢語文化教學中心舉辦「粵普盃朗誦比賽2025」K2組普通話-兒歌/童謠	冠軍 低光 梁雅緣 亞軍 低光 潘頌儀
清華大學對外漢語文化教學中心舉辦「KPCC星誦盃朗誦比賽2025」K2普通話-童謠	亞軍 低真 岑梓悅 季軍 低光 潘頌儀

賽事名稱	獎項／得獎者
清華大學對外漢語文化教學中心舉辦「2025 KPCC卓藝盃朗誦比賽」K1組普通話-新詩	亞軍 幼善 馮芊婷
清華大學對外漢語文化教學中心舉辦「KPCC誦親恩朗誦比賽2025」K3普通話-兒歌/童謠組	冠軍 高善 屠雅雯
KPCC誦親恩朗誦比賽普通話-兒歌	銀獎 低星 馮焯宇
香港兒童表演藝術交流協會舉辦「博學盃The Master Cup-全港兒童朗誦比賽(英語/粵語/普通話)」普通話-遊子吟K1	冠軍 幼真 何晴曦
香港兒童表演藝術交流協會舉辦「博學盃The Master Cup-全港兒童朗誦比賽(英語/粵語/普通話)」English-Wee Willie Winkie K1	亞軍 幼真 何晴曦
香港青少年表演藝術交流發展協會舉辦「第十二屆HKYPA 香港國際朗誦及公開演講大賽2024」普通話朗誦自選組別-幼稚園自選組(K2)	季軍 低善 阮晨暄
多元藝術教育協會舉辦「2024年度香港青少年藝術家朗誦比賽」幼稚園英語朗誦	亞軍 低真 陳卓喬
環球藝術體育文化協會舉辦第三屆牛津大學出版社獎品贊助-GASCA國際英語朗誦及演講比賽幼兒組	優異獎 低真 陳卓喬
香港校園文化藝術節委員會舉辦「第十屆香港校園文化藝術節」K3組普通話兒歌獨誦	亞軍 高真 黎芷澄
星星兒童才藝社舉辦「全港優秀兒童朗誦比賽」普通話組K2組	金獎 低善 阮晨暄
多元藝術教育協會舉辦「2025香港青少年藝術家比賽」普通話朗誦K1	季軍 幼星 徐欣妍
國際兒童藝術交流平台舉辦「國際兒童朗誦比賽(普通話)2025」K1	亞軍 幼星 徐欣妍
香港文藝協會舉辦「全港十八區灣仔區普通話朗誦比賽(第十一屆)」幼稚園K2組	冠軍 低星 劉羽晴

賽事名稱	獎項／得獎者
英國倫敦音樂學院舉辦 「LCM英語朗誦節2025」 童謠3歲組	第三名 幼善 蔡楚涵
視 藝	
環球藝術體育文化協會舉辦 「2024世界野生動植物日填色 比賽」	傑出獎 高光 梁家甄
星島新聞集團舉辦 「第十屆全港兒童繪畫分齡 比賽」西洋畫(第一組)	二等獎 低星 馮焯宇
Good morning CLASS舉辦 「第四屆同享快樂一刻繪畫 比賽2024」2019組	金獎 高光 王欣豫
Good morning CLASS舉辦 「第四屆同享快樂一刻繪畫 比賽2024」2020組	銀獎 低光 潘頌儀
Goodmorning CLASS舉辦 「2024第四屆肖像畫繪畫比賽 暨作品展覽」2020名人組	銀獎 低光 潘頌儀
Goodmorning CLASS舉辦 「2024第四屆肖像畫繪畫比賽 暨作品展覽」2020自由組	銀獎 低真 岑梓悅
日本Artline創意大賽2024 自由創作幼兒C組西洋畫	一等獎 高善 陳蔚昕
基督教勵行會舉辦 「第6屆515國際家庭日全港 青少年繪畫比賽2024」小童組	銀獎 高善 陳蔚昕
基督教勵行會舉辦 「第6屆515國際家庭日全港 青少年繪畫比賽2024」幼兒組	銀獎 低光 潘頌儀
香港青年創藝協會舉辦 「青少年兒童年度繪畫大賽 2024」(2019幼兒組)	銅獎 高光 梁家甄
畢加索故居博物館及巴塞羅那 藝術學院舉辦「畢加索國際 青少年繪畫比賽2024」幼兒組	金獎 高善 張焯嫻
畢加索故居博物館及巴塞羅那 藝術學院舉辦「世界兒童藝術 大師賽PICASSO2024」A組	金獎 低真 周曉恩
英國維多利亞國際青少年繪畫 大賽2023-2024	全球金獎 高善 陳瑩櫻
亞美斯藝術交流舉辦 「樂在畫中」兒童及青少年 繪畫大賽2024幼兒初級組	金獎 低光 潘頌儀

賽事名稱	獎項／得獎者
亞美斯藝術交流舉辦 「展我繽紛」國際兒童及青少 年繪畫大賽2025幼兒初級組	銅獎 幼真 彭澄慧
亞美斯藝術交流舉辦 「展我繽紛」國際兒童及青少 年繪畫大賽2025幼兒高級組	優異獎 低光 潘頌儀
亞美斯藝術交流舉辦 「細看童畫兒童及青少年繪畫 大賽2025」幼兒初級組	銀獎 低光 潘頌儀 銅獎 幼真 彭澄慧
亞洲創意綜合藝術協會舉辦 「亞洲傑出精英藝術節大賽 2024—樂在中秋繪畫比賽」	季軍 低光 潘頌儀
亞洲創意綜合藝術協會舉辦 「2024亞洲傑出精英藝術 比賽」K2繪畫	金獎 低光 蘇琛喻
國際青少年文藝培訓中心 舉辦「IYACC第十七屆國際 公開繪畫大賽」5歲組別： 我最喜愛的角色	亞軍 高真 吳芊悅
國際青少年文藝培訓中心 舉辦「IYACC第十七屆國際公開 繪畫大賽」3歲組別： 自選主題	冠軍 低善 彭玥嘉
小紅熊藝術交流中心舉辦 「全港兒童繪畫創作比賽 2024」幼兒組	金獎 低光 梁雅緣
小紅熊藝術交流中心舉辦 「全港兒童繪畫創作比賽 2025」幼兒組	銅獎 低光 梁雅緣
環球藝術發展中心舉辦 「第九屆環球藝術發展大賽 2024」「主題遊樂園」繪畫及 黏土國際比賽黏土藝術創作- 幼兒組	金獎 低善 盧茜騏
學孜教育舉辦 「第13屆全港幼稚園聖誕卡 創作比賽2024」幼稚園K3組別	優異獎 高真 黃臻樂
香港藝術交流協會舉辦 「第五屆亞洲青少年兒童藝術 節繪畫大賽」5歲組別	銅獎 高光 王欣豫 良好獎 高星 溫曦嵐
ARTMAZING舉辦 「第8屆童夢歷奇繪畫比賽兒童 創意畫K2組	特等獎 低善 盧茜騏

賽事名稱	獎項／得獎者
「熊貓與奧運」學生陶藝創作比賽幼稚園組	優異獎 低善 陳祉穎
德國STABILO舉辦「藝術大賞賽2024」西洋畫幼稚園K3組	優良獎 高星 溫曦嵐
美國莫海德州立大學及美國肯塔基民間藝術中心舉辦「美國肯塔基國際藝術大賽2024」初賽	銀獎 低星 馮梓喬
意大利特雷維索市政廳及意大利文化藝術交流協會舉辦「2024年威利斯國際青少年美術大賽」中國國際組(初賽)	第二名 低星 馮梓喬
國際兒童藝術交流平台舉辦「國際兒童藝術繪畫比賽2025」K1	銀獎 幼星 徐欣妍
香港多元智能教育協會舉辦「第十屆國際紫荊盃繪畫大賽」幼稚園K1-K2	銅獎 幼真 彭澄慧
EURO MEDIA STAR GROUP舉辦「國際藝術大賽『羅馬之星』」(兒童繪畫)	一等獎 高光 卓靖樺
EURO MEDIA STAR GROUP舉辦「國際藝術大賽『和平和友誼』」(兒童繪畫)	二等獎 低光 陳嫻紫
EURO MEDIA STAR GROUP舉辦「巴黎街頭國際藝術比賽」(兒童繪畫)	二等獎 高光 卓靖樺
2024安徒生(國際)藝術獎	銀獎 高光 卓靖樺
國際兒童文化藝術發展協會舉辦「2024國際兒童及青少年繪畫公開賽」幼稚園組	金獎 低真 周曉恩
香港青年創藝協會及世界文化藝術空間舉辦「巴黎青年藝術空間—國際兒童繪畫大賽2024」幼兒組	銀獎 低真 周曉恩
國際文化藝術交流協會舉辦「意大利達文西藝術繪畫金章大獎賽」幼兒組	金獎 低真 周曉恩
世界兒童藝術文化協會舉辦「第十四屆世界兒童繪畫大獎賽2025」幼兒組西畫	銅獎 低光 潘頌儀 低善 盧茜騏
香港兒童文藝交流協會舉辦「歡樂聖誕節」青少年兒童繪畫及設計比賽2024繪畫-幼稚園組	金獎 幼真 冼珈瑤

賽事名稱	獎項／得獎者
粵港澳大灣區文藝協會舉辦「第五屆粵港澳大灣區全能藝術家比賽-繪畫組」幼稚園K.2組大灣區(粵港澳區)	冠軍 低善 陳祉穎
音樂	
第七十七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	銀獎 高光 卓靖樺 銅獎 高真 李清懿
第七十七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	金獎 高真 吳芊悅 銅獎 高星 張珮欣 高善 張珮晨
第七十七屆香港學校音樂節小提琴獨奏一級	銀獎 高星 區愛研 高善 卓睿希 銅獎 高善 李雅呈
第七十七屆香港學校音樂節小提琴獨奏四級	銅獎 高真 黃臻樂
第七十七屆香港學校音樂節低音大提琴獨奏初級	銀獎 高善 王晞喬
第七十七屆香港學校音樂節鋼琴獨奏一級	銀獎 高真 萬允悅 高光 卓靖樺 高星 周家榕 高善 王映嫫 低光 吳睿嬰 銅獎 高光 陳穎怡 高星 龍詠嵐
第七十七屆香港學校音樂節鋼琴獨奏二級	銀獎 高真 黎芷澄 高善 黃維決 銅獎 高真 楊幸和
環球藝術體育文化協會舉辦「第五十八屆GASCA國際歌唱比賽」幼兒組B組	傑出獎 高真 吳芊悅
環球藝術體育文化協會舉辦「第五十四屆國際兒童及青少年弦樂演奏比賽」幼兒組	冠軍 高善 王映嫫
環球藝術體育文化協會舉辦「日本東京國際音樂比賽2024決賽」弦樂組豎琴	冠軍 高善 王映嫫
亞洲啓迪文藝協會舉辦「星聲閃耀」兒童歌唱比賽2024英語幼稚園K2組	金獎 高真 吳千悅

賽事名稱	獎項／得獎者
Muse Music (Asia) Association 舉辦「全球校際音樂精英大賽 2024」專業豎琴組別卓越幼兒組	冠軍 高善 王映嫻
香港兒童表演藝術交流協會 舉辦「全港兒童鋼琴、管弦樂及敲擊樂大賽」豎琴組	冠軍 高善 王映嫻
世界資優文化藝術交流協會 舉辦「第五屆世界資優音樂比賽2024」管弦樂K2豎琴組	冠軍 高善 王映嫻
香港音樂文藝協會舉辦「第12屆亞太區舞蹈音樂及文化藝術賽事2024」管弦樂豎琴獨奏	金獎 高善 王映嫻
香港資優(天才)教育培訓總會舉辦「國際聯校音樂大賽 2024」5歲豎琴組	亞軍 高善 王映嫻
香港資優(天才)教育培訓總會 舉辦「2024國際聯校音樂大賽」鋼琴視頻組幼稚園組	亞軍 高真 黃雅蓓
港青樂術協會舉辦「第十九屆亞太傑出青少年鋼琴比賽2024」	銀獎 高光 麥倬諭
國際藝穗協會舉辦「國際藝穗音樂節大賽2024」幼稚園組II	第三名 高真 黃臻樂
兒童藝術文化協會舉辦「第八屆全港兒童歌唱比賽 2024」K3組	亞軍 高真 吳芊悅
通利音樂中心舉辦「通利音樂文化大賽2024」鋼琴獨奏	第一名 高真 萬允悅
國際青少年文藝培訓中心舉辦「第十八屆國際音樂大賽」鋼琴幼稚園K3組	亞軍 高真 黃雅蓓
第一教育集團舉辦「亞洲學生藝術節藝術大賽 2025」古典鋼琴國際賽獨奏	冠軍 高真 黎芷澄
香港國際音樂文化發展協會 舉辦「環球傑出青年音樂家比賽2025」2級鋼琴考試組	冠軍 高真 黎芷澄
粵港澳大灣區文藝協會舉辦「第四屆粵港澳大灣區歌唱比賽」個人組幼稚園K.3組大灣區(粵港澳區)	冠軍 高真 吳芊悅

賽事名稱	獎項／得獎者
香港青少年表演藝術交流發展協會舉辦「第十二屆香港國際表演藝術節音樂大賽」鋼琴香港學校學年自選組幼稚園K3組	第二名 高真 黃雅蓓
香港青少年表演藝術交流發展協會舉辦「第十二屆香港國際表演藝術節音樂大賽」國際總決賽鋼琴公開分齡組幼兒組	優異獎 高真 黃雅蓓
香港青少年表演藝術交流發展協會舉辦「第29屆日本PIARA鋼琴大賽」香港鋼琴公開分齡組	亞軍 高真 黃雅蓓
第十屆新加坡萊佛士國際青少年藝術節音樂大賽兒童組鋼琴獨奏	傑出表現獎 高光 卓靖潼
中歐國際音樂節「2024第七屆『莫扎特紀念獎』國際鋼琴公開賽」香港區初賽一級組	亞軍 高光 卓靖潼
港青樂術協會舉辦「第十三屆香港青少年巴林普爾音樂節」幼兒鋼琴組5-6歲組	季軍 高光 陳穎怡
香港青少年及兒童才藝表演協會舉辦「第五屆香港青少年及兒童粵語朗誦大賽2024」幼稚園K1組	金獎 幼星 錢堃霖
香港國際鋼琴教學法協會舉辦「第四屆國際樂語音樂節」K3組鋼琴獨奏	冠軍 高真 黎芷澄
JOMUSIC舉辦「第二屆國際音樂大賽」鋼琴二級獨奏	冠軍 高真 黎芷澄
香港鋼琴及管弦樂協會舉辦「第五屆青年兒童音樂大賽」中樂組—揚琴幼稚園K3組	最具潛力大獎 高善 屠雅雯
香港鋼琴及管弦樂協會舉辦「第五屆青年兒童音樂大賽」中樂組—揚琴預備級	銀獎 高善 屠雅雯
亞太區音樂藝術協會舉辦「亞太區音樂表演大賽」敲擊樂幼稚園K1組	冠軍 幼星 郭凱晴
體 育	
澳門跆拳道總會及澳門特別行政區政府體育局舉辦2024年大灣盃跆拳道國際系列賽(澳門站)幼兒組女子20KG搏擊比賽	第一名 高善 張焯嫻

賽事名稱	獎項／得獎者
劍擊全方位舉辦 「2024劍擊全方位幼兒大獎賽」 U6女子花劍	亞軍 高光 麥倬諭
劍擊全方位舉辦 「2025劍擊全方位新春大獎賽」 U6女子花劍	季軍 高光 麥倬諭
活力星（游泳部）舉辦 「香港小飛魚賽2025」 女子6歲組25米自由泳	亞軍 高光 劉皚澄
活力星（游泳部）舉辦 「香港小飛魚賽2025」 女子6歲組25米背泳	季軍 高光 劉皚澄
活力星（游泳部）舉辦 「香港小飛魚賽2025」 女子6歲組25米蛙泳	冠軍 高光 劉皚澄
活力星（游泳部）舉辦 「香港小飛魚賽2025」 女子4歲組25米踢板	冠軍 低星 敖柏欣
活力星（游泳部）舉辦 「香港小飛魚賽2025」 女子4歲組25米自由泳	優異獎 低星 敖柏欣
潛樂體育會有限公司舉辦 「水上同樂日2025」 25米自由式	冠軍 低真 秦愷好
粵港澳大灣區游泳協會舉辦 「中國香港U系列游泳比賽」 4歲及以下組別	全場總亞軍 低真 秦愷好
樂動兒童體育會舉辦 「復活尋蛋・跑2025」 2021女子立定跳遠	季軍 幼善 黃柏澄
舞 蹈	
碧華舞蹈團主辦 「國際幼兒精英舞蹈比賽暨 國際樂齡舞蹈比賽2024」 幼兒3人組別	銀獎 高善 張焯嫻
觀塘區文娛康樂促進會舉辦 「第52屆全港公開舞蹈比賽」 唱遊舞蹈幼童組	銀獎 高真 賴玥霏
香港文化藝術協會 「香港芭蕾舞比賽2024」 芭蕾舞群舞K1-K3組	金獎 高真 賴玥霏
香港舞蹈教育協會 「全港專業舞蹈大賽2024」 幼童組(4-5歲)	金獎及全場最佳表演獎 高真 賴玥霏

賽事名稱	獎項／得獎者
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)」參與幼稚園組— 芭蕾舞群舞比賽	亞軍 低真 周曉恩
中國藝術家協會香港秘書處 舉辦「第17屆香港青少年及 幼兒藝術節」幼稚園組— 芭蕾舞群舞比賽	銀獎 低真 周曉恩
第一教育集團舉辦 「亞洲學生藝術節藝術大賽 2024」國際芭蕾舞4-5歲組	冠軍 低真 周曉恩
第一教育集團舉辦 「亞洲學生藝術節藝術大賽 2025」爵士舞4-5歲組	亞軍 低善 江崎雪
第一教育集團舉辦 「亞洲學生藝術節藝術大賽 2025」芭蕾舞4-5歲組	銀獎 低真 周曉恩
香港兒童舞蹈教育推廣協會 舉辦「大灣區國際青少年舞蹈 藝術展演暨第18屆星舞盃」 幼童組-幼童舞-單人舞	金獎 低真 吳韻妍
Center Stage Company舉辦 芭蕾舞比賽幼兒組	銀獎 低真 周曉恩
香港舞蹈藝術協會舉辦 「香港精英舞蹈大賽2025」 兒童芭蕾舞	銅獎 高光 劉皚澄
香港文藝協會舉辦 「全港十八區西貢區跳舞比賽 (第十一屆)合舞組幼稚園 K.3組」	金獎 幼星 郭凱晴
青躍體藝中心舉辦 「青躍盃舞蹈比賽2025」 5歲或以下創作舞蹈(小組群舞)	金獎 低星 敖柏欣
其 他	
灣仔區學校模範生	高真 黃雅蕾 高光 王欣豫
香港多元智能教育協會舉辦 「第十二屆全港數學盃挑戰 賽」幼稚園K2組	銅獎 幼善 馮芊婷
香港兒童數學協會舉辦 「2024香港學界數學及奧數 精英賽」K2數學組	銀獎 低星 蘭瑾汐
學而思香港舉辦 「2025學而思啟思盃全港數學 奧林匹克精英挑戰賽春季賽」 幼稚園低班組K2	三等獎 低星 蘭瑾汐

本校獲投委會主辦「錢家講故事學理財親子錢罌DIY挑戰賽」最踴躍參與學校獎亞軍

Alumnae Association

Celebrate Our 90th Anniversary: Illuminate and Shine with Our Beloved Alma Mater

A Joyful Gathering: Annual Dinner and Association Updates

On October 25, 2024, we joyfully gathered to celebrate with over 140 alumni and cherished former teachers at our annual dinner. This special evening marked a significant milestone as we proudly amended our association's constitution to officially rename ourselves the "Alumni Association of The True Light School of Hong Kong." Along with this change, we introduced a refreshed membership structure — discontinuing the one-year membership and warmly offering recent graduates a generous 50% reduction in membership fee. This thoughtful update makes it easier than ever for our young alumni to stay deeply connected with the vibrant True Light community.

competition showcased two remarkable alumni talents and attracted over 150 enthusiastic alumni and students from TLHK, all gathered to celebrate our shared spirit and cheer for one another.



Supporting Our Graduates: Gifts and Professional Portraits

Committed to nurturing the next generation, the Alumni Association prepared specially curated graduation and membership gifts for our newly minted S6 graduates. To give our S6 students an extra edge during their university application journey, we partnered with the school's Careers Guidance Team and provided them with professional portrait photography in preparation for their university mock interview sessions. It was a valuable opportunity that helped the students present themselves confidently and brilliantly in their applications.



True Light's Talent Shines: 真光好聲音2 Singing Competition

The highlight of the season came with the much-anticipated True Light Alumni Association event, 真光好聲音2, held on November 16, 2024. This lively singing

Spreading Lunar New Year Cheer: Visit to Elderly Community Centre

On January 25, 2025, in collaboration with the CYC, we brought warmth and festive cheer to nearly 60 senior residents at the True Light Villa District Elderly Community

Centre in celebration of the Lunar New Year. With 15 dedicated alumni joining this heartfelt event, the afternoon was filled with joyful games, traditional songs, and a lucky draw, all wrapped in the spirit of giving. Sharing smiles, gifts, and heartfelt blessings with our elders made this gathering an unforgettable occasion that truly embodies the values of compassion and community.



Keeping Memories Alive: 2025 Anniversary Calendar Cards

As the new year dawned, we gifted our members elegantly designed 2025 calendar cards, beautifully showcasing the exciting line-up of activities planned to commemorate our 90th anniversary. These cards serve as a daily reminder of our proud heritage and the vibrant future ahead for True Light's alumni family.

Homecoming and Celebration: Alumni Fun Fair at Our Alma Mater

May 3, 2025 was a day of reunion and celebration, as many alumni enthusiastically volunteered to help organize the annual Fun Fair at our alma mater. The event radiated with nostalgia and renewed friendships, as alumni explored the campus, contributed generously to the bursary fund, reconnected with beloved teachers, and collected exclusive



alumni keepsakes. As a tradition, the Alumni Association hosted a warm joint reception alongside the True Light Alumni Mentorship Program (TLamp) across three bustling classrooms, complete with photobooths framed by our school's iconic backdrops. We were especially proud to welcome retired teachers to join a "Meet the Teachers" session, offering invaluable moments of reminiscence and interaction between past and present generations.

Our association's dedicated members also designed and curated over 15 unique souvenirs, which were popular highlights at both the Fun Fair and the dinner, significantly boosting our fundraising efforts thanks to the enthusiastic support from alumni and guests.



In addition, we proudly launched fundraising initiatives for the exciting Centenary Redevelopment Project. By selling adorable TL towel bears and creating memorable photobooth experiences, we successfully raised over \$10,000 in a single day. This remarkable achievement reflects the true spirit of our alumni's generosity and ongoing dedication to the school's future. Looking ahead, we remain fully committed to supporting and actively participating in all efforts to the Centenary Redevelopment Project.



Together, through these meaningful activities and heartfelt connections, we continue to brighten the legacy of True Light, standing united as proud alumni who cherish and uplift our alma mater every step of the way. Let's keep shining bright, today and always.

The True light School of Hong Kong Parent Education 2024-2025

This year, we organized a parent ambassadors program and a parents group that were highly beneficial for participants. Here is a brief overview of the events:

1. Parent Ambassador Program

The program focused on discussing family interactions and how these interactions influence both parent-child relationships and emotions. It also empowered parents to become ambassadors to promote self-care and model healthy coping strategies. Parents learned that being aware of family interaction involves understanding the communication patterns, emotional dynamics, and individual needs within a family to foster healthier relationships and a supportive environment.



2. "Who Understands a Girl's Heart?" Parents Group

The parents group focused on the physical and psychological impacts of puberty on teenagers. Parents understood the impacts of the growth of brain, and the importance of their emotion stability on teenagers' emotions. They learnt skills for improving their active listening, communication and empathy. They also learnt strategies for being a stronger, kinder and more peaceful parents to create a safe and positive environment that fostered their teenagers' growth and wellbeing.

News from True Light Family

喜訊 ★

二〇二五年

四月廿六日 本校中學部教員鍾雅思女士在港與萬沖先生結婚

哀悼 ★

二〇二四年

十二月八日 前幼稚園部盧慧英校長在港蒙主寵召，享年七十四歲

二〇二五年

六月廿日 前中學部工友胡燕玲女士在港息勞歸主，享年七十五歲



校友返校歡敘

二〇二四年

- 十一月一日 一九八一年級暉社施清芬校友由紐西蘭返港到校探訪
- 十一月十一日 一九九八年級晨暉社陸斯慧校友(溫哥華校友會會長)、一九六八年級曙暉社吳婉儀校友由溫哥華返港到校歡敘
- 十一月十四日 一九七三年級菁華社鄧美賢校友、李潔蘭校友、魏桂英校友(由多倫多返港)及鄭美珍校友到校歡敘
- 十一月廿七日 校友黃嘉妍由加拿大返港到校探訪
- 十一月廿九日 一九七九年級菁芸社何玉珍校友由英國返港到校歡敘
- 十二月九日 一九六五年級藝荒社黎淑貞校友到校探訪
- 十二月九日 一九七三年級菁華社魏桂英校友由多倫多返港到校歡敘
- 十二月八日 一九七三年級菁芸社蔡綺華校友到校歡敘
- 十二月十九日 一九八六年級愛暉社李顯恩校友由美國返港到校探訪
- 十二月廿七日 二〇〇三年級蘅園社郭家怡校友由新加坡返港到校探訪

二〇二五年

- 二月十一日 一九七九年級菁芸社李美薇校友到校歡敘
- 二月十二日 二〇〇七年級旭晶社陳曉瑩校友到校探訪
- 二月十七日 前中學部沈碧琪老師由多倫多返港到校歡敘
- 二月廿四日 一九六八年級曙暉社吳婉儀校友由溫哥華返港到校歡敘
- 二月廿四日 一九七一年級春暉社梁迅廉校友由多倫多返港到校探訪
- 二月廿八日 一九八八年級蘅園尤淑貞校友由美國返港到校歡敘
- 三月八日 一九七七年級晨暉社鄭芳智校友及一九七六年級菁園社鄧雪梅校友(由多倫多返港)到校歡敘
- 三月十四日 一九六九年級昀社方勵文到校歡敘
- 三月廿三日 二〇一〇年級晨暉社盧雅筠校友、陳思朗校友、龔棗瑤校友及小學部校友黃智謙、洪嘉淇、歐睿謙、潘采柔、蕭煥文、謝音心、梁蔚庭到校探訪
- 四月十九日 二〇一二年級曜社周浩婷校友、廖藹廷校友及施芳宜校友到校探訪
- 五月三日 一九八五年級藝芸社王彩玲校友、余筱雯校友、李賽鸞校友及葉麗雲校友到校歡敘
- 五月九日 一九七二年級昕社陳慧玲校友及李守儀校友到校探訪
- 五月十六日 一九七三年級菁華社鄭美珍校友、黃潔芝校友、潘友蘭校友、潘樂音校友及鄧美賢校友到校探訪
- 五月廿七日 一九八三年級晶暉社陳嘉怡校友及周嫻瑛校友到校歡敘
- 六月五日 前中學部朱瑞棠老師的孫女朱穎怡女士由多倫多返港到校探訪
- 七月十一日 一九九五年級旭晶社謝友嘉校友到校歡敘
- 七月十六日 二〇一三年級藝芸社李欣樺校友到校歡敘
- 七月十六日 一九七九年級菁芸社冼淑賢校友到校探訪
- 七月十六日 一九七六年級菁園社譚麗兒校友、張月媚校友、麥曼玲校友、曹潤冰校友、前小學部鍾懿蓮主任兼校友及冼惠英校友(由多倫多返港)到校探訪



真光苑簡報

一、現任理事

鄭國璽 李伊瑩 許端蓉 關雪明 梅麗玉 吳嘉文 邵嘉儀 杜子瑩 丁毓珠 杜耀君 曹淑華
鄭容麗 黎秀姬 萬玉鳴 譚劍虹 華潔明 簡嘉明 李詠詩 杜玉鳳 陳佩霞

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。

中學部牲社

2024-2025年度牲社職員會：

社長：劉嘉欣

靈修：楊葆穎

司庫：莫貴龍

生活：鄧雅茹

文書：黃明慧

活動：

2024年12月20日	聖誕聯歡會牲社表演
2025年4月8日	牲社職員出席教職員校董諮議會
2025年6月9日	廣州交流及增廣見聞遊
	午餐：陶陶居酒家（第十甫路總店）
2025年7月	2025-2026年度牲社職員選舉
2025年7月	歡送榮休和離職老師



增廣見聞日的活動照片



牲社聖誕表演的陣容

小學部牲社

2024-2025小學部牲社名單：

社長：鄭一麗老師（小學部）
文書：李伊庭老師（小學部）
司庫：區雋樂老師（小學部）
生活：黃樂怡老師（小學部）
阮芷晴老師（小學部）
吳煒儀主任（幼稚園部）
周靜雯老師（幼稚園部）

活動：

2025年3月28日 小學部牲社聚餐，地點：牛大人火鍋放題。
2025年3月27日 幼稚園部牲社聚餐，地點：楓林小館。
2025年7月7日 小學及幼稚園部牲社結業聯歡，兩部歡送離職老師，邀請許校長出席致送紀念品給離職老師，然後進行聚餐。地點：小學部課室。

小學部牲社聯歡大合照



小學部離職同事



幼稚園部牲社聯歡大合照



幼稚園部離職同事





牲社聯歡



小學部牲社聚餐



幼稚園部牲社聚餐

聖誕獻金捐款

Christmas Donations

聖誕獻金捐款收入			
中學生獻金	83,000.00	教職員獻金	12,170.00
小學生獻金	129,360.00	校友獻金	1,000.00
幼稚園獻金	70,470.00	2023/2024結餘	4,388.50
300,388.50			

聖誕獻金捐款支出			
環球天道傳基協會有限公司	4,000.00	再生會有限公司	4,000.00
世界華福中心	4,000.00	基督教靈實協會	4,000.00
成長希望基金會	4,000.00	視障人士福音中心	4,000.00
香港扶幼會	4,000.00	光愛中心有限公司	4,000.00
兒童癌病基金	4,000.00	Praxis (HK) Charity Limited	4,000.00
春蕾計劃基金	4,000.00	Ultimate United Ltd	4,000.00
香港失明人協進會	4,000.00	龍耳有限公司	4,000.00
香港兒童權利委員會	4,000.00	榕光社	4,000.00
香港盲人輔導會	4,000.00	新福事工協會有限公司	4,000.00
香港青年歸主有限公司	4,000.00	香港晨曦會有限公司	4,000.00
香港單親協會	4,000.00	慈福行動有限公司	4,000.00
香港腎臟基金會有限公司	4,000.00	願望成真基金有限公司	4,000.00
香港傷健協會	4,000.00	錫安社會服務處有限公司——昂勵軒輔導中心	4,000.00
香港萬國兒童佈道團有限公司	4,000.00	浪浪之家有限公司	4,000.00
基督教巴拿巴愛心服務團有限公司	4,000.00	沙律貓狗之家有限公司	4,000.00
基督教青少年牧養團契有限公司	4,000.00	香港基督徒學生福音團契有限公司	8,000.00
心晴行動慈善基金	4,000.00	院牧事工聯會	8,000.00
明光社	4,000.00	開心樹社會服務有限公司	8,000.00
興學證基協會有限公司	4,000.00	路向四肢傷殘人士協會	8,000.00
工業福音團契有限公司	4,000.00	遠東廣播有限公司	8,000.00
房角石協會有限公司	4,000.00	香港基督徒音樂事工協會有限公司	8,000.00
前線差會有限公司	4,000.00	香港蒲公英希望基金會	8,000.00
香港教育大學——基督教信仰與發展中心	4,000.00	關愛動員（國際）有限公司	8,000.00
香港沃土發展社	4,000.00	基督教新生協會有限公司	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——優質生命教育中心	4,000.00	蜜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	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	一團火	8,000.00
香港婦聯有限公司	4,000.00	累計臨時備用金	8,388.50
300388.5			

School Anniversary Donations

School Anniversary Gift Money			
甘榮潔校友	3,800.00	香港真光中學校友會	11,690.00

Other Donations

Donations for the lucky draw at Chinese New Year Banquet			
蔡克剛律師	10,000.00	關雪明校董	2,000.00
黎秀姬名譽校董	10,000.00	家教會施珮璇副會長	1,000.00
高膺校董	5,000.00	翁詠敏校董	1,000.00
彭思梅校董	3,000.00	林彥卓先生	1,000.00
陳黃麗娟博士	2,000.00	區瑞娟校友	500.00
林嘉敏校董	2,000.00	TLamp阮玲瑋副會長	500.00
萬玉鳴校監	2,000.00	TLamp李敏庭副會長	500.00
張美如女士	2,000.00	TLamp鄧以芯會長	500.00

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	38,548.00
家長教師聯誼會——捐幼稚園部購置教材教具	22,800.00
家長教師聯誼會——贊助小學部印刷2024/25「真藏」	4,000.00

中學部 捐款	
鄭森活，張漢秋獎助學金——添置資訊科技器材	83,331.37
家長教師聯誼會——添置資訊科技器材	50,000.00
鄭明智家長——改善校舍工程	240,000.00
周麗佳榮休教師——獎學金	100,000.00
李亦寧校友——獎學金	8,000.00
何寶齡校友——改善校舍工程	2,000.00
姜煥英助學金——助學金	50,000.00
李正儀主席——學校發展基金	5,000.00

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	紀念方嫻英女士獎學金
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 (2024-2025)

We extend our deepest gratitude to all the pastors, education leaders, and community partners who generously shared their wisdom, faith, and expertise with us this year. Your inspiring addresses, transformative workshops, and enriching programs have profoundly impacted our entire school community.

Our sincere thanks also go to our friends, alumni, and parents for their generosity during our School Anniversary celebrations and Christmas Carol Service. Every contribution—supporting student scholarships, subsidies for those in need, extra-curricular funds, and charitable donations—ensures our students are nurtured in love and empowered to shine.

We are equally grateful to our PTA committee members, parent representatives, and volunteers. Whether serving as guest speakers, hosting Parents' Tea Gatherings, coordinating book sales, guiding field trips, or assisting with library duties, publications, and school events, your selfless dedication truly embodies the spirit of the True Light family.

On behalf of all our staff and students, I extend our heartfelt appreciation to the following and partner organizations for their invaluable support across our school activities:

Asian Academy of Family Therapy (AAFT)	Hong Kong Association of Careers Masters and Guidance Masters
Association of Hong Kong Flag-guards	Hong Kong Chronicles Institute
Baptist Oi Kwan Social Service	H.K. Red Cross Youth and Volunteer Dept.
Bauhinia Culture Group (紫荊文化集團)	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)	National Institute of Education Sciences Liwan Experimental School (中科荔實)
China Merchants Group (招商局集團)	North Point Methodist Church
Chinese Methodist Church	Orbis International
Christian Choi Yan Fellowship Choi Yan Church	RDFZ Xishan School (北京人大附中西山學校)
Chinese Methodist Church	Shau Kei Wan Methodist Church
Chinese Rhenish Church Wanchai	SideBySide
Committee on the Promotion of Civic Education	Social Responsibility & Sustainable Development Office (CUHK)
Department of Education, HKU	St. James' Settlement
Evangelize China Fellowship HK Canaan Church	Sun Yat-sen University Law Department HK Alumni Association (中山大學法律系香港同學會)
Faculty of Science, The University of Hong Kong	Tai Hang Youth Centre
Gifted Education Section, EDB	The Hong Kong Council of Social Service
GX Foundation	The Institute of Engineering and Technology Hong Kong
Guangzhou True Light School (廣州市真光學校)	The Law Society of Hong Kong
The Church in Hong Kong Church Assembly Hall (Christian Stewards)	Tung Wah Group Cross Centre
Hong Kong Mathematical Olympiad School	UNICEF Club HK
Hong Kong Teen Lok Baptist Church	Vocational Training Council (VTC)

Miss Hui Tuen Yung
(Principal of The True Light School of Hong Kong)

編輯委員會



顧問：許端蓉校長

負責老師：許美玲老師 陳慧敏老師

編輯委員：S4 陳映悅 許孜妍 李珈慧

封面設計：S6 鄭浩欣

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