



Issue 15

Autumn 2026

2026·秋

TRUE LIGHT READERS

真光 讀書

讀一讀，動一動，字裡行間喚醒活力！

這是圖書館 2025-26 年度的閱讀主題。透過探索與運動相關的書籍，師生們不僅能感受運動的力量，也能體會文字的魅力。期望同學們在揮灑汗水的同時，也不忘翻閱書頁，於閱讀中培養活力，讓身心共同成長。

25-26 學年，圖書館以三浦紫苑的《強風吹拂》揭開午間讀書會的序幕。師生二十餘人齊聚一堂，共讀這本熱血勵志之作，探索日本大學傳統長跑接力——箱根驛傳。隨著角色的成長，書友們一同跨越人生關卡，體驗自我挑戰與團隊精神的深刻力量。



《強風吹拂》
三浦紫苑

學生分享

我參加讀書會，是因為對《強風吹拂》以長跑為題材感到好奇。書中角色如阿走與灰二，都展現了天賦與意志，啟發我重新思考「強」的意義。強不僅是跑得快，更是能夠堅持、不放棄，並勇敢面對自己。透過讀書會的交流，我獲得了更多思考的機會與啟發。

1A 林樂芯

我細讀《強風吹拂》，故事描寫十名大學生挑戰「箱根驛傳」，隊伍中既有跑步天才，也有完全不運動的人。姆薩安靜溫柔，速度驚人卻始終尊重隊友，宛如可靠的大哥哥；王子雖然體能最差，卻以漫畫宅男的幽默與堅持打動人心。他在痛苦中仍不放棄，每一次進步都令人感動。隊長灰二提醒大家要懂得保護自己，展現深厚情誼。透過讀書會的交流，我更能吸收不同觀點，收穫良多。

1A 單頌堯



「天鳥童心跑中國」——

用雙腳遊歷神州大地，磨鍊意志與心靈

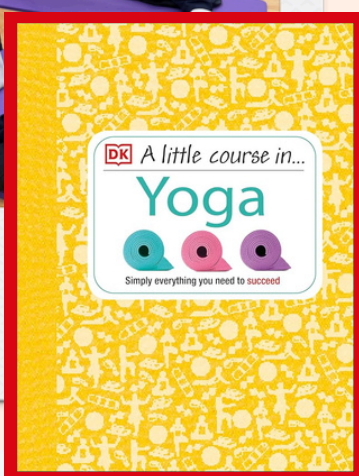
2024 年春季，香港自然教育工作者劉永佳（自然名「天鳥」）展開壯舉：他以跑步的方式自香港出發，歷時 97 天，越過 7 個省份，全程約 2,500 公里，最終跑抵北京永定門。他以最樸素的方式鍛鍊身心，展現非凡毅力。他的妻子一路騎行隨行補給，成就一段動人的旅程。天鳥更創立「跑讀社」，結合閱讀與跑步，傳遞「堅持不懈、活出真我」的精神。這不僅是一場長跑，更是一場心靈的旅程。圖書館李老師特別邀請了他分享經歷，並於周會播放錄影訪問，同學們都深受他以腳步丈量信念的行動啟發。



Reading Week 2026: Flip the pages, take a step : Let words awaken your journey!

2026-02-09
TASTE OF YOGA

This year's Reading Week highlighted the power of books and movement.



On February 9, A Little Course in Yoga inspired "Taste of Yoga," an event that blended reading with mindful stretches.

2026-02-10
MINDFUL WALKING



On February 10, Mindful Walking, paired with 《就是走路》, encouraged reflection with each step.

ASSEMBLY ACTIVITY



2026-02-13
BOOK SHARING
& JAZZ TEAM
PERFORMANCE



On February 13, *I Love IVE* was presented by 1D students Chan Yan-yin, Cheung Hoi Yiu, and Wong Mei Ying, followed by a vibrant performance from the Jazz Team.

2026-02-13 寫揮春活動



On 13 February, students also celebrated Chinese New Year traditions with a *fai chun* writing activity.



BOOK FAIR



By combining reading and sports, Reading Week filled the campus with energy, creativity and joy.

野外讀書派對-放下手機 走進自然 A Countryside Reading Club: Learning Together in Nature (中文科合辦)

2026-04-11

Amid the open fields, more than 40 teachers and students from The True Light School of Hong Kong and Ma Kam Ming Charitable Foundation Ma Ko Pan Memorial College gathered for a truly unforgettable reading exchange. 📖

This special “Countryside Reading Club” was hosted at the organic farm of Mr. Mok Ho-kwong, who is fondly known as Yeah Man (野人), and led by TV host and author Patrick Sir (林溥來). Surrounded by the gentle embrace of nature, conversations about life, choices, and values felt refreshingly different, as if the fresh air itself carried new perspectives.

The students had all read 《82 課早知道》. What touched Patrick Sir most was not only their careful reading but also the dedication they showed in preparing for the discussion. They brought passages from the book, raised thoughtful questions, and shared heartfelt reflections. Each question was insightful, meaningful, and full of depth. Witnessing their seriousness and willingness to reflect on life's challenges was gratifying for him.

《82 課早知道》
林溥來

82 課早知道
林溥來 著

He reminded everyone:

“Education is never a one-way lecture—it is a dialogue where we inspire one another.” (教育，從來不是單向的講授，而是一場彼此啟發的對話)

2025-2026 library activities

2025/09/18 - 2025/10/03
中國人民抗戰勝利
八十周年展



2025/11/15
Round trip



2026/05/02
Funfair



2025/11/04
Exploring Kai Tak
Bookstore



2025-2026
SL e-Reading Lesson



2025/11/12 to 13
English Book Fair



2026/02/27
BBQ



2026/05/29
Farewell Party for Form 5
Students

Teacher's Sharing:

Ms Jess Wong

《解憂雜貨店》

東野圭吾



Designed by 2B TAN SHAENA
Advisors: Reading Promotion Team

東野圭吾先生今年夏天跟大家說再見了，真的十分可惜。這位日本推理之王可是寫出《嫌疑人X的獻身》、《白夜行》等神作的出色作家，不過今天要聊的這本《解憂雜貨店》，完全不燒腦，沒有屍體也沒有警察，只有一間神奇到不行的雜貨店呢！怎樣神奇？半夜你把煩惱寫在信上丟進店門，隔天居然會收到回信，回信的人可能是從未來穿越過來的。書裡的煩惱與你很有共鳴：要追夢還是聽爸媽的話？要陪生病的男友還是拼奧運？老實說，我一開始邊看邊想：「這些人也太天真了吧！竟然把人生大事交給陌生人決定？」但讀著讀著才發現，雜貨店老闆從來不幫人做決定，他只是在信裡溫柔地拋出問題，讓你回頭看清楚自己心裡早就有的答案。這種「答案其實在你心中」的設計，讓我讀完覺得被深深療癒了。東野圭吾最厲害的招數，就是把這些看似不相干的故事，像拼圖一樣全部串在一起，讓你讀到最後忍不住「喔」一聲，原來一切都有連結！讀完你會覺得，人生沒有白走的冤枉路，每個選擇都在默默影響著別人，也在改變未來的自己。這本書沒有解不開的謎，只有解不完的溫暖，適合當作療癒讀物，保證你讀完會想寫封信給未來的自己！

