



# 中華傳道會劉永生中學 CNEC Lau Wing Sang Secondary School

第三十八期校訊 2019年 11月

## 啟發潛能 師生同行

*Together we walk for your Potential Edification*

### 林校長分享

我自小在一個基層家庭長大，媽媽說許多幼稚園也不願錄取我，因為我在面試中默不作聲，表現呆滯。其後入讀了一間中文小學，由於我的英文基礎很差，看見全級第一的同學每周在家有英文迪士尼雜誌閱讀，心裡只可以羨慕，但沒有辦法改善英語……我的哥哥比我聰明，考進了Top Banding中學，自己卻不是，因此當我入讀中一的時候十分失落……



### 初中階段 建立習慣 Habit leads to learning

由於我出身自中文小學，中一的時候難以適應以英語學習的科學、數學、歷史、地理、經公、英文科。還記得上中一英文課的時候，英文老師規定如在上課時說了中文，要被懲罰當眾說英語故事。於是我在英文課從此只低下頭來，什麼也不敢說。有一次，英文老師敲響我的書桌，要我用英語答問題，我的心臟頓時好像爆破了！

中二的時候，我在英語課作口頭報告，由於我不懂英語文法(Grammar)，我說了：「How were you do? Where were you go?」。有一位男同學捧腹大笑。又有一次報讀英語課程，自己竟然不懂寫自己的英文住址，我感到十分羞恥！回到家中立志改進自己的英語。我努力閱讀英文報紙和圖書、查字典，主動問英文老師多學文法及做練習，逐漸掌握英文的句式和運用……進入香港大學後，我認識了恩師Dr. Jeffrey Day，由於他是英國教授，我經常需要用英語，而且不能用港式英語與他溝通，我的英語得到大幅度的進步。各位同學，不要怕，要多說英語啊！



香港大學  
THE UNIVERSITY OF HONG KONG

### 將勤補拙 奠定基礎

Knowing my strength & weakness

至於數學方面，自小我也是愚蠢的，因此自知要將勤補拙，數學老師要求我們做教科書的單數題目，我不論單、雙數都做齊。感謝父母的供應，我和哥哥每周六上午也都可以去小型補習社補習數學，每周用三小時做額外練習，預先學習將會教授的課題，期望自己跟得上學校的教學進度。暑假的時候怕自己荒廢學業，每天用半小時做暑期作業，然後報讀了中英數暑期課程，逢周一、三、五補習兩小時，其餘時間用來休息、玩耍、探親、閱讀課外書和返教會，十分愉快和充實。



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## 活動與比賽 相得益彰 Balance between learning and activities

中文呢？我在小學的時候，班主任形容我「沉默寡言」，激發了我參加講故事比賽、朗誦比賽。在中學的時候，感謝老師邀請我參加演講比賽，有幸得到母校羅世光校長的親自訓練，建立了自信心，並在高中參加不少辯論比賽。可能因為這些比賽，潛移默化地提升了我的聽、講、讀、寫能力。所以我鼓勵同學多參加學術比賽，尤其校外比賽，從來自不同學校而又認真參加比賽的同學中學習許多技巧和態度！



## 高中階段 針對式學習 Facing challenges

升上了高中後，課程多了三倍，考卷深了三倍！我最弱的是附加數學(類似現在的M1或M2)，我在中四至中五從來沒有合格過！除了每周到補習社做數、問數外，感謝哥哥經常教我數學。同學們，遇到疑難，主動問老師和身邊可問的人是十分有用的，不要害羞，甚或置諸不理！臨近公開試，我找到了合適自己的學習方法。由於我的圖象記憶能力(visual memory)較強，於是我把數學教科書上的公式和示例全部記入腦，務求每逢做數的時候，便把相關的書中示例重現腦海，最後我得到了A級成績。

再說中文，由於我十分擔心自己的文言文閱讀理解和作文，於是我找了中文老師兼班主任每周補習中文。感謝郭月芳老師每周為我改作文，然後每次見面時給予口頭回饋，再講解一篇文言文閱讀理解練習，最後我的中文試卷表現大有進步，在死亡之卷中取得A級成績！同學們，「毅力」加上「方法」是不二法門啊！

## 知恥近乎勇 Learning by reflection

各位同學，我自知學習能力不高，因此痛定思痛，比別人付出更多時間，按部就班，並且找合適自己的方法提升自己的基礎和實力。但我同樣會作息、玩耍和課外活動。好的時間管理(time management)和兼顧能力(multi-tasking)是成功關鍵。我資質不高，也可以透過努力入讀大學，持續進修。我可以！你也可以呢！

## 你的校長 林達豪博士 ^\_^

### 星級教育顧問系列 Honorary Professor Series



香港中文大學  
The Chinese University of Hong Kong

### 蔡錦輝教授

賽馬會公共衛生及基層醫療學院副教授  
何鴻榮海量數據決策分析研究中心研究副教授  
香港中文大學

很高興得到林校長的邀請，為貴校擔當教育顧問，深感榮幸！我是香港中文大學公共衛生學院的一名副教授。在大學教育裏，發現同學很用功考試，但往往忽略人生計劃的發展方向。所以，我亦希望藉此機會，為中學生提供諮詢及協助。

我是一位在大學進行研究工作的數據科學家，研究主題是醫療大數據。我的研究團隊致力發展人工智能於醫療大數據的應用，並提倡數碼健康。當中的研究項目包括雲端血壓管理及評估認知障礙症的數碼平台。我們希望可以利用科技的力量改善公共衛生的服務質素，並有效預防疾病，長遠可以減少社會整體的醫療負擔。

我衷心希望，在中華傳道會劉永生中學任顧問的這段時間，可以為大家解答有關領域的疑問，一起探索科學世界未知的課題。



# 2019年中學文憑試卓越成績

## Outstanding DSE Performance



經過老師的辛勤教導和同學的努力學習，本校在2019年中學文憑試再接再厲，喜獲以下卓越成績(科目如設有中、英文組，以英文組別的成績計算)：

- ① 13科必修和選修科目的3等或以上成績的百分率，高於全港平均。
- ② 7科的4等或以上成績、4科的5等或以上成績、2科的5\*等或以上成績以及1科的5\*\*等成績，其百分率均高於全港平均。
- ③ 地理和視藝科2科的5\*及以下各等級的百分率，均高於全港平均。
- ④ 畢業生透過大學聯招計劃(JUPAS)、本港私立大學或其他自資院校，或海外大學，獲取錄大學學位課程。
- ⑤ 其中10位成績卓越的同學如下：(下表的總分包括4科核心科目)

	中	英	數	數 M1/M2	通識	選修 一	選修 二	總分		升讀院校及 學系
								5科	6科	
黃綽琳	4	3	5*	/	5*	5* (化學)	5 (經濟)	27	30	香港科技大學 理學士
郭境汶	5**	4	3	/	5*	5* (歷史)	4 (中史)	26	29	香港大學 社會科學學士
林芷盈	4	3	4	/	5*	5 (中史)	4 (經濟)	23	26	香港城市大學 社會科學學士 (公共政策與政治)
周穎晞	4	4	5	4(M2)	5	5 (化學)	3 (物理)	23	26	香港中文大學 理學士
伍英蕙	4	4	5	5(M2)	4	5 (化學)	4 (生物)	22	26	香港城市大學 生物醫學系
何樂遙	4	3	5	3(M2)	4	5 (化學)	5 (物理)	23	26	香港大學 理學士
吳思亮	4	4	5	4(M2)	4	5 (化學)	3 (物理)	22	25	香港大學 理學士
邵餘適	4	4	4	/	5	4 (物理)	4 (BAFS)	21	25	香港理工大學 金融服務(榮譽) 工商管理學士
黃諾然	3	4	5	3(M2)	4	5* (BAFS)	4 (物理)	22	25	香港理工大學 金融服務(榮譽) 工商管理學士
柯子雯	4	3	4	/	4	5* (地理)	4 (經濟)	22	25	香港浸會大學 工商管理學士 - 市場學專修

# 劉永生畢業生讀書心得

## Sharing from LWS Alumni



### 黃綽琳 入讀 香港科技大學理學士

高中生活就像一場長跑比賽，對我而言，要完成這場比賽並取得好成績有幾個重要因素。

首先，針對性的練習。我們要清楚自己擅長和稍遜的科目，然後將大部分時間花在較遜的科目上。如英文是我的弱項，所以我每個早上都做一份英文閱讀篇章和作文卷練習，最後我的英文科獲得達標的成績。

其次，合適的策略，即有效的學習模式。很多人都喜歡先做練習，從錯誤中找出自己較為不熟悉的課題再多下苦工複習，但我卻喜歡熟讀每一個課題後才去做練習。因此，我認為學習模式因人而異，最重要是找到適合自己的學習模式。

最後，足夠的毅力。三年的高中生活離不開大量的測驗和補課，當你萌生起放棄的念頭時，一定要告訴自己——堅持，惟有堅強的信念才能成功！

### 郭境汶 入讀 香港大學社會科學學士

我認為最有效的學習方法就是認真預備每次測驗考試。

從初中三年級起，所有小測、統測、考試，我都是認認真真的溫習。升上高中後，排山倒海的測考壓力，使我好幾次都想放棄。然而，儘管我也會跟人抱怨：「這麼多測驗怎麼溫啊」，但我還是會擠出時間來溫習，就算只是短短十五分鐘也好。



香港大學  
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### 林芷盈 入讀 香港城市大學社會科學學士（公共政策與政治）

對我而言，學好知識的前題是相信自己有學習的能力。

初中時期，我的成績並不理想，經常質疑自己的學習能力。後來我反省自己對學習的態度，並相信自己具有學習的能力。漸漸地，我在學習中體會到樂趣，成績也有所改善。

另外，睡眠在study leave的期間是最重要的。充足的睡眠能讓你保持頭腦清醒，遇到問題時才能冷靜思考，以最佳的狀態去溫習。



香港城市大學  
City University of Hong Kong



## 周穎晞 入讀 香港中文大學理學士

我覺得專心上課是對學習最有效的條件。當你接收了課堂上的知識後，只要稍加複習便可鞏固所學。

至於做歷屆試題方面，我們不能盲目地操練，應該做完之後才再看答案，記下自己漏掉的部分，用顏色筆圖出錯處，以便下次做的時候更留心。



香港中文大學  
The Chinese University of Hong Kong



## 何樂遙 入讀 香港大學理學士

我會先擬定一個目標，然後設立時間表，每天按時完成一些小目標。另外，還要擁有堅強的意志及志同道合的夥伴。過程中難免會遇到失落和沮喪，甚至會有放棄的念頭。但只要有了同伴的支持及激勵，我們總能戰勝種種困難。



香港大學  
THE UNIVERSITY OF HONG KONG



## 黃諾然 入讀 香港理工大學會計及金融(榮譽)工商管理學士

讀書最重要是要不恥下問。遇到疑惑時應該向同學或老師請教。其次是有規律地複習。Study leave期間，由於我沒有分配好複習時間，一而再，再而三地把複習時間往後拖延。如是者過了兩個禮拜，我還沒有開始實施我的複習大計。如果我能及早擬定好複習計劃及分配好時間，實施起來一定會事半功倍。最後，充足的睡眠和適量的運動也很重要。每晚凌晨一時前睡覺，否則學習效率將會大減。複習期間常常處於緊張的狀態，做適量的運動能幫助緩解壓力，讓你重新投入複習。



THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學



## 柯子雯 入讀 香港浸會大學工商管理學士(市場學專修)

複習方法有很多種，而我則喜歡回學校向老師請教。

有不明白的地方就刨根究底，讓自己每天都有新的知識輸入。其次，約上身邊的同學一起溫習。有朋友相伴可以互相幫助和安慰，讓你學習路上學會放鬆。最後，不要輕言放棄，即使成績不理想，也不要放棄，要學會堅持做好一件事，這樣才能踏上成功之路。



香港浸會大學  
HONG KONG BAPTIST UNIVERSITY



# 「逆境」就像一把雙刃劍

身處逆境的時候，大家會如何面對呢？

中四那年，我曾面對過一次大逆境，有一段時間我甚至認為自己甚麼都做不好，情緒一蹶不振。

還記得中三選科時，因為隨波逐流，我選擇了兩門不太適合自己的科目。接下來的中四生活，我的成績很不理想。儘管我專心上課，按時完成功課，放學後還跑到補習社「惡補」，可是我的成績仍然毫無起色。

第一次面對如此打擊，我的情緒變得低落，做任何事都缺乏動力，漸漸地我對上學產生了抗拒，我甚至覺得自己一無是處，前途一片迷茫。但也正在這時，身邊的老師和親友給予我鼓勵與關懷。最後，我聽從老師的建議，選擇了留級，重新出發。

經歷這次轉變，我明白了兩件事。首先，天無絕人之路。人生不如意之事十常八九，我們應該學會如何面對困境，當我們不能改變事情時，就要調整自己的心態去適應現狀。只要積極樂觀地面對，沒有解決不了的事情。

其次，天生我材必有用。每個人都有自己閃亮點，我們應該好好地發掘這些優勢。因此，自我肯定是十分重要的，當一個人有自信的時候，才會有一種勇往直前的拼勁。

「逆境」就像一把雙刃劍，它可能令你頹廢，也可能讓你成長。希望同學面對逆境時不要畏懼，積極面對它，把它當作成功路上的踏腳石。



# Battle of the Books Competition

2019年5月8日，12位中三同學在博愛醫院歷屆總理聯誼會梁省德中學參加Battle of the Books 英語閱讀比賽。這次比賽促進了同學的閱讀能力，建立豐富的詞彙庫，培養團隊合作精神。以下是參加同學的分享：

比賽令我印象深刻。比賽過程十分激烈，對手都很厲害。雖然我們未能奪得第一，但這次比賽培養了我們對閱讀英文書籍的興趣，也訓練了隊友間的合作精神。

許溢雅 3A

這次比賽不僅增加了我的英語閱讀量，也令我見識了其他學校的學生英語水平。賽前，我們仔細閱讀書籍，並詳細地整理一份筆記，使隊員能盡量瞭解書中內容。比賽中，我們全力以赴，發揮才能，而對手們也不甘示弱，表現出色。這次比賽對我們來說是一次寶貴的經驗。

陳心竹 3D

比賽時，我們互相鼓勵、扶持，就算回答錯誤，我們也沒有放棄，繼續努力作答。這次經驗十分難忘。我們雖然未能在比賽中奪冠，但卻激發了我對英文書籍的興趣。

雷仟渙 3D

## 英語閱讀比賽



## 啟發潛能教育 Invitational Education



本校4位中三學生於2019年7月2日至13日參加國際啟發潛能教育聯盟 (International Alliance Invitation Education, IAIE) 和 Ontrack Networks 合辦的Summer With A Purpose (SWAP) 營會。

營會為期12天，在烏溪沙青年新村舉行。參加同學在營會中學習生活英語和思考個人生涯規劃。營會活動豐富，包括英語提升活動、BBQ晚會、中華文化交流夜、社交遊戲、電影欣賞、話劇與音樂表演、服務學習和領袖訓練等。以下是同學活動後的分享：



是次SWAP Camp，

讓我學到不少知識，如對於未來的追尋，勇於跳出社會的框架等。以前的我總想成為一個作家，但很多人都對我「潑冷水」，如「作家這個行業賺不了多少錢啦」、「不是每個作家都能出名的」。旁人的批評的確撲滅了我對成為作家的熱情之火。但在SWAP Camp裡，導師從不同的角度引導我思考夢想的價值，我對寫作的那份熱情再次被點燃。

羅凱霖 3D





### 蕭加熹 3A

營會中有兩個活動令我深刻難忘。其一是外籍機師Simon來訪，與我們分享他當上飛機師的經歷。其二是為大家準備晚餐，我們每人擔任一至兩項工作，一起合作烹調美食。晚飯後，我們要以英文向大家匯報自己所烹調的菜式，包括所需材料、烹調步驟、以及從中所學到的知識及心得。雖然我們還有不少地方需要改進，但我們從中學到不少經驗，這次活動既鍛練我們的合作能力，又提升了我們的合作精神。



### 施煜姝 3C

這次活動使我瞭解到自己的興趣和長處，以及如何結合這些特點來規劃未來的的工作。活動期間，導師先讓我們寫下自己的興趣、長處和未來想從事的工作。透過導師的引導，我們開始思考興趣和長處要如何才能好好地結合自己喜歡的工作，在選擇過程中我們又需要放棄哪些想法？經過深入的思考和取捨，我們對未來的的工作有了明確的方向。

## 中華傳道會柴灣堂： 中一暑假支援活動之輕輕鬆鬆做功課

同學剛從小學升上中學，多多少少會有些學業上的壓力，家長也可能因此受到影響。有見及此，中華傳道會柴灣堂每學年都會舉辦「如何順利過度中一」、「學科精讀要訣」、「新生營」及「輕輕鬆鬆活動日」等活動，目的是幫助學生盡快適應中學的生活。如今年開辦的「輕輕鬆鬆做功課」，由一些大專的舊生及在學的學長，教導新生完成作業，令他們安心及盡早適應中學生活，亦希望藉此減輕眾家長的負擔。



## 共融活動 傷健日營 Integrated Programme

2019年5月11日，中一及中二級17位同學前往賽馬會參加「傷健日營」活動，通過營地大搜查、搶答遊戲和輪椅實習等活動，認識「傷健共融」理念。以下是同學活動後的分享：



## 王立行 2A

我最感興趣的活動是輪椅實習，因為我們可以練習如何使用輪椅，體驗傷健人士的不便。另外協助盲人走路，令我瞭解到盲人在日常生活中的諸多不便！

## 王少鈺 2B

這次傷健營我學到了很多知識，例如如何幫助盲人過馬路和如何推輪椅。了解熱心人士扶助盲人不可亂拉著對方，要用國際通用的扶法，不然可能會發生危險。



## 潘芷恩 2B

此次活動令我印象最深刻的是體驗盲人的日常起居生活。戴上眼罩那刻，我感覺世界頓時變得黑暗，聽覺和觸覺這些器官好像都變得特別敏銳……原來這就是盲人的感覺呀！



## 務農生活體驗 Farming Experience

2019年3月8日，一班環保領袖生與10多位中一師弟妹到上水鄉土學社華山村有機農場參觀。同學可從活動中認識到本地有機農場的運作、學習製作有機肥的方法，嘗試在田中摘下色彩繽紛的花朵進行植物拓印，讓生活在城市的一班師生們獲得一次務農的體驗。



## 黃雯靖 1B

我們這一次是來體驗務農生活，自然需要事事親力親為。雖然只是做一些簡單的農務，可我做了沒多久便腰酸背痛了。這次經驗使我反省自己平日是多麼嬌生慣養，不習慣體力勞動。未來應多多協助父母做家務。

## 吳俊豪 1C

令我印象最深的活動是「植物拓印」。首先，我們每個人都帶了一件白色衣服，跟著農夫沿著花田走一圈，然後選擇自己喜歡的花朵，把花朵放在一張膠卡片下，用石頭壓在上面，就能把顏色印上去。這樣就能製作出一件獨一無二的衣服！

面對這片自然景觀，我頓感慚愧。我們沒有好好保護環境，還不停的破壞它。比起這些努力愛護環境的年輕農民，我們是多麼的自私！

## 何嘉詠 4D

是次參觀，我們了解到務農生活，同時也從中得知一些農莊的營運方式。最令我感到驚訝的是，現今香港仍然會有一些大約20多歲的年輕人，選擇從事高體力勞動的農職工作。相對那些收入穩定、工作環境舒適的白領，我由衷的敬佩他們對務農有著許多熱情、執著和堅持。

# 2018-2019 校外活動獎項 Outstanding Awards

類別	比賽名稱及項目	獲取獎項及成績	參加學生
學業	科學評核測驗	鑽石獎	陳芷君(3D)
		金獎	施煜妹(3C)、譚鈞輔(3D)、陳敏蕎(4C)、袁譽澄(4D)、黃藹俐(4B)
		銀獎	陳子健(2D)、張淑琳(3A)、林芷欣(3C)、任凱琳(3B)、李慧瑤(3C)、羅進耀(3D)、陳依琦(3D)、吳煬榕(3D)、陳麗琳(3D)、楊俊煌(3D)、馮朗琦(3A)、許嘉桐(3A)、潘 昕(3A)、麥子信(4C)、譚俊泓(4C)、黃煒軒(4D)、蔡綺琦(4D)、林晨婕(4C)、施清源(4C)、蔡泳彤(4C)、劉泰延(4D)
		銅獎	雷仟渙(3D)、翟進禧(3A)、陳振隆(3A)、林豐竣(3B)、周麗怡(3A)、伍詠恩(3A)、孫碧瑋(3A)、葉俊亨(4D)、吳衍毅(4D)、任嘉洪(4B)
	知史知彼挑戰賽-抗戰篇	優異獎	鄭欣桐(4C)、羅子涵(4D)、戴淵虹(4D)、黃藹俐(4B)
	澳洲科學比賽	優良證書	陳子堯(2A)、陳心源(2B)、林子聰(3A)、姚詠澎(4D)
	第21屆明報校園記者計劃	全年最佳寫作大獎-優異獎	林煒晴(6A)
	香港島傑出學生選舉	東區優秀學生獎(高中組)	劉泰延(4D)
		香港島十大優秀學生獎(初中組)	陳芷君(3D)
	卓越學生領袖選舉(第四屆)	嘉許狀	林詠雪(6C)、郭境汶(6D)
	第十三屆善言巧論： 全港學生口語溝通大賽(初賽)	小組討論-表現特優	黃綽琳(6B)、廖詠詩(6C)、何日華(6D)
		小組討論-表現優異	鄭曜德(6A)、何浩雲(6A)、梁顯逸(6A)、柯子雯(6A)、施賢達(6B)、陳曼琦(6B)、連曦旻(6C)、譚益雯(6C)、吳思亮(6D)、陳詠儀(6D)、周穎唏(6D)、李婷慧(6D)
		政策辯論-表現優異	譚俊泓(4C)
		經典誦讀-表現特優	王楚詠(3C)、陳芷君(3D)、鄭洵沂(3D)
		經典誦讀-表現優異	吳煬榕(3D)
	第十三屆善言巧論： 全港學生口語溝通大賽(決賽)	經典誦讀-總季軍	鄭洵沂(3D)
		經典誦讀-卓越表現獎	陳芷君(3D)
		經典誦讀-優異獎	王楚詠(3C)、吳煬榕(3D)、陳芷君(3D)、鄭洵沂(3D)
		小組討論-優異獎	楊萌嫻(5C)、鄭曜德(6A)、柯子雯(6A)、黃綽琳(6B)、廖詠詩(6C)、吳思亮(6D)、何日華(6D)
	青苗學界進步獎	青苗學界進步獎	周鴻文(2A)、陳冠岐(2B)、洪敏婷(3A)、賴瑋偉(3A)、樊諱諾(3B)、羅啟耀(4A)、麥子信(4C)、戴淵虹(4D)、柳偉昌(4D)、李裕婷(5A)、黃漢琳(5B)、黃金安(5C)、陳偉鋒(5D)、林曉揚(6A)、李諾勤(6B)、黃子軒(6D)
	真光女子數學邀請賽	優異證書	陳敏蕎(4C)
	「華奧盃」全港數學大賽校內速算賽	中一組冠軍	吳泳希(1D)、梁俊樂(1D)
		中一組季軍	陳熙嵐(1D)
		中二組冠軍	陳諾恆(2A)
		中二組亞軍	王浩賢(2B)、何諾呈(2C)
		中三組冠軍	蕭鑿霆(3D)
		中三組亞軍	何煒熙(3C)、符錦源(3C)、譚鈞輔(3D)
	加拿大數學比賽(Pascal)	獎牌及優異證書	蕭加熹(3A)
		優異證書	陳俊希(3C)、蕭鑿霆(3D)、黃振銘(3D)
	加拿大數學比賽(Cayley)	獎牌及優異證書	蔡泳彤(4C)
		優異證書	潘 婧(4A)、陳敏蕎(4C)、施清源(4C)、吳衍毅(4D)
	中國語文菁英計劃	菁英銅獎	羅凱霖(3D)
	香港數學競賽	三等榮譽獎狀	施清源(4C)
加拿大數學比賽	傑出成就及優異證書	蘇伊彤(1C)、郭浚謙(2D)	
	優異證書	關頌恆(1C)、張信夷(1C)、陳心源(2B)	
東區學校進步生獎勵計劃	進步生獎	陳梓峰(2C)、陳俊希(3C)、謝立言(4C)、盧駿業(5C)、何浩雲(6A)	
	模範生獎	陳心源(2B)、陳心竹(3D)、徐健藍(5C)、黃綽琳(6B)	
尤德爵士紀念基金高中學生獎	尤德爵士紀念基金高中學生獎	黃綽琳(6B)、郭境汶(6D)	

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類別	比賽名稱及項目	獲取獎項及成績	參加學生	
學業	美國數學公開比賽8	第一名	梁梓豪(2D)	
		第二名	陳心源(2B)	
		第三名	陳熙嵐(1D)、陳宇軒(1D)、王凱浚(2C)	
	美國數學公開比賽10	第一名	黃煒軒(4D)	
		第二名	施清源(4C)	
		第三名	林晨婕(4C)、蔡綺琦(4D)	
	美國數學公開比賽12	第一名	蔡芷樺(5D)	
		第二名	陳楚荻(5C)	
		第三名	潘 婧(1A)	
	加拿大數學比賽(Galois Contest)	獎牌	黃煒軒(4D)	
		優異證書	蔡泳彤(4C)、吳衍毅(4D)、黃煒軒(4D)	
	香港「百博思」國際運算思維挑戰賽	優異證書	陳浩揚(1A)、邵添毅(1A)、王立行(2A)、陳富傑(2B)、陳心源(2B)、李韋南(2B)、蕭鑿靈(3D)、陳傑銘(4B)	
	初中歷史科電子閱讀獎勵計劃	優異獎狀	陳心源(2B)	
		嘉許狀	盧嘉兒(1A)、許穎欣(1B)、鄧沛樂(1C)、林雅妍(2A)、陳冠岐(2B)、李韋南(2B)、黃思敏(2C)、鄭浩民(3A)、潘藹雯(3A)、譚栩琳(3C)、陳心竹(3D)	
	國際聯校學科評估	寫作-優良證書	伍信堯(1C)、黎芯怡(2B)	
		寫作-優異證書	冼子城(3A)、鄧卓妍(4D)	
		科學科(英文組)-優異證書	張信夷(1C)、陳心源(2D)、黃煒軒(4D)	
		科學科(中文組)-優異證書	黃思敏(2C)、蘇宏豐(2D)	
		英文科-優良證書	蔡名郗(2B)	
		英文科-優異證書	張信夷(1C)、黎芯怡(2B)、姚譚澎(4D)、徐健藍(5C)	
		數學科(英文組)-榮譽證書	陳心源(2B)、黃煒軒(4D)	
		數學科(英文組)-優良證書	黃加曦(1D)	
		數學科(英文組)-優異證書	薛銘言(1D)、蘇伊彤(1C)、陳諾恆(2A)、黃奕豪(3A)、蔡泳彤(4C)、吳衍毅(4D)、徐健藍(5C)	
		數學科(中文組)-榮譽證書	何志誠(2C)	
	澳洲科學比賽	數學科(中文組)-優異證書	周鎮乾(2C)、郭浚謙(2D)、陳俊希(3C)	
		優異證書	林子聰(3A)、陳芷君(3D)	
		優良證書	蔡子豪(1B)、羅凱霖(3D)	
	科學評核測驗	鑽石獎	陳芷君(3D)	
		金獎	陳諾恆(2A)、洪浼軒(2A)、陳心源(2B)、鄭頌恩(2C)、謝美天(2C)、蘇宏豐(2D)、莊嘉儀(3B)、羅凱霖(3D)	
		銀獎	潘芷恩(2B)、何志誠(2C)、郭浚謙(2D)、杜梓濂(2D)、鄭浩民(3A)、馮朗琦(3A)、許家寶(3C)、李俊超(3C)、施煜姝(3C)、陳心竹(3D)	
銅獎		王立行(2A)、周雅晴(2A)、林雅妍(2A)、李嘉儀(2A)、陳璟昇(2B)、蔡名郗(2B)、林芷瑩(2B)、陳梓峰(2C)、周鎮乾(2C)、黃俊謙(2C)、陳振隆(3A)、蕭加熹(3A)、潘藹雯(3A)、林豐竣(3B)、陳俊希(3C)、楊公鵬(3C)、馮惠紅(3C)、王楚詠(3C)、蕭鑿靈(3D)、陳麗琳(3D)		
優良獎		蔡希澄(1D)、李子欣(2C)、許景博(2D)、吳佩瑜(2D)、鄧曉琳(2D)、盧詠妍(3B)、羅凱霖(3D)、賴卓亨(4B)、王炯聰(4B)、薛芊蕾(4B)、譚詠茵(4B)、王菘蔚(4B)、吳狄朗(4C)、鄭嘉敏(4C)、鄭欣桐(4C)、蔡泳彤(4C)、麥若南(4C)、陳芷翹(4D)、蔡綺琦(4D)、李珮彤(4D)、呂芷晴(4D)、彭伊禮(4D)、施雯雅(4D)、石伊婷(5A)、陳子聰(5B)、馮家寶(5B)、吳振霖(5B)、余翹廷(5B)、董卓琳(5B)、余樂怡(5B)、關兆銘(5C)、陳楚荻(5C)、伍兆銘(5D)、譚景航(5D)、蔡芷樺(5D)		
美荷樓香港精神學習計劃「兩代情」徵文比賽	優異獎	蔡希澄(1D)、李子欣(2C)、許景博(2D)、吳佩瑜(2D)、鄧曉琳(2D)、盧詠妍(3B)、羅凱霖(3D)、賴卓亨(4B)、王炯聰(4B)、薛芊蕾(4B)、譚詠茵(4B)、王菘蔚(4B)、吳狄朗(4C)、鄭嘉敏(4C)、鄭欣桐(4C)、蔡泳彤(4C)、麥若南(4C)、陳芷翹(4D)、蔡綺琦(4D)、李珮彤(4D)、呂芷晴(4D)、彭伊禮(4D)、施雯雅(4D)、石伊婷(5A)、陳子聰(5B)、馮家寶(5B)、吳振霖(5B)、余翹廷(5B)、董卓琳(5B)、余樂怡(5B)、關兆銘(5C)、陳楚荻(5C)、伍兆銘(5D)、譚景航(5D)、蔡芷樺(5D)		
朗誦	第七十屆校際朗誦節	中六級女子英文散文獨誦-良好獎狀	許綺雯(6A)	
		中六級女子英文散文獨誦-優良獎狀	江樂瑤(6A)、黃寶瑩(6A)	
		中一級男子英詩獨誦-優良獎狀(第二名)	陳一鳴(1B)	
		中一級女子英詩獨誦-良好獎狀	陳芷淇(1C)、蔡倩雯(1D)	
		中一級女子英詩獨誦-優良獎狀	梁凱鈴(1C)	
		中二級男子英詩獨誦-優良獎狀	陳璟昇(2B)、譚柏曦(2B)	
		中三級女子散文獨誦-優良獎狀	許溢雅(3A)、溫安禮(3A)	
		中五級女子英詩獨誦-優良獎狀	黃寶琳(5A)、李善雅(5C)、蔡芷樺(5D)、楊慧飛(5D)、余芷殷(5D)	
		中六級女子散文獨誦-良好獎狀	許綺雯(6A)	
		中六級女子散文獨誦-優良獎狀	江樂瑤(6A)、黃寶瑩(6A)	
	第七十屆香港學校朗誦節	中一、二級男子普通話詩詞獨誦-優良獎狀	陳一鳴(1B)、關頌恆(1C)	
		中一級女子粵語詩詞獨誦-良好獎狀	孔慧翹(1B)	
		中一、二級女子普通話詩詞獨誦-良好獎狀	李敏詩(1B)、蘇伊彤(1C)	
		中二級女子粵語詩詞獨誦-優良獎狀	林芷瑩(2B)	
		中三級女子粵語詩詞獨誦-優良獎狀	張淑琳(3A)、許嘉桐(3A)、盧詠妍(3B)	
		中三、四級女子普通話詩詞獨誦-優良獎狀	樊芷晴(3B)、凌雅雯(3C)	
		中四級男子粵語詩詞獨誦-優良獎狀	張子顯(4B)	
		中四級女子粵語詩詞獨誦-優良獎狀	劉泰延(4D)	
		第二十五屆聖經朗誦節	中一至中三級二人對誦(普通話)亞軍	林熙凡(2B)、吳卓瑤(2C)

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類別	比賽名稱及項目	獲取獎項及成績	參加學生
音樂	新聲盃(笛子小組)	三等獎	林志豪(1B)、陳禮延(3A)、王 淇(3B)、吳煬榕(3D)
	新聲盃(中樂小組)	季軍	陳紀衡(1D)、林雅妍(2A)、陳禮延(3A)、江冰宇(3A)、祁珍寶(3B)、李俊超(3C)、馮惠紅(3C)、林 琳(3C)、陳芷君(3D)、吳煬榕(3D)、陳卓賢(4A)、陳盈盈(4C)、黎景靖(4D)、彭伊禮(4D)、黃頌誠(5A)、鍾曉彤(5B)、董卓琳(5B)、江希婧(5C)、譚嘉琦(5C)
	新聲盃(中樂團)	亞軍	江宇欣(1A)、林志豪(1B)、曾穎昕(1D)、陳紀衡(1D)、陳嘉敏(2A)、林雅妍(2A)、李君悠(2B)、張緯茵(2C)、池云瑜(2C)、趙芷晴(2D)、吳雨詩(2D)、黃愷婷(2D)、陳禮延(3A)、陳盈煒(3A)、洪敏婷(3A)、江冰宇(3A)、王 淇(3B)、祁珍寶(3B)、王樂瑤(3B)、李俊超(3C)、馮惠紅(3C)、林 琳(3C)、陳芷君(3D)、吳煬榕(3D)、陳卓賢(4A)、陳盈盈(4C)、黎景靖(4D)、彭伊禮(4D)、黃頌誠(5A)、鍾曉彤(5B)、董卓琳(5B)、江希婧(5C)、譚嘉琦(5C)、莊穎欣(6D)
	聯校音樂大賽(中樂小組)	銀獎	陳紀衡(1D)、林雅妍(2A)、陳禮延(3A)、祁珍寶(3B)、李俊超(3C)、馮惠紅(3C)、林 琳(3C)、陳芷君(3D)、吳煬榕(3D)、陳卓賢(4A)、陳盈盈(4C)、黎景靖(4D)、彭伊禮(4D)、黃頌誠(5A)、鍾曉彤(5B)、董卓琳(5B)、江希婧(5C)、譚嘉琦(5C)
	聯校音樂大賽(中樂團)	銀獎	江宇欣(1A)、曾穎昕(1D)、陳紀衡(1D)、陳嘉敏(2A)、林雅妍(2A)、李君悠(2B)、張緯茵(2C)、池云瑜(2C)、趙芷晴(2D)、吳雨詩(2D)、黃愷婷(2D)、陳禮延(3A)、陳盈煒(3A)、洪敏婷(3A)、江冰宇(3A)、王 淇(3B)、祁珍寶(3B)、王樂瑤(3B)、李俊超(3C)、林 琳(3C)、陳芷君(3D)、吳煬榕(3D)、陳盈盈(4C)、黎景靖(4D)、彭伊禮(4D)、黃頌誠(5A)、鍾曉彤(5B)、董卓琳(5B)、譚嘉琦(5C)
	聯校音樂大賽(管弦樂團)	銅獎	江海鋒(1C)、蘇伊彤(1C)、鍾紀堯(1D)、何諾勤(2A)、劉卓軒(2A)、劉卓華(2A)、陳富傑(2B)、蔡名邨(2B)、許梓昊(2C)、楊晉珣(2C)、蕭加熹(3A)、陳梓望(3A)、周麗怡(3A)、林豐竣(3B)、盧振輝(3B)、張允恩(3B)、羅進耀(3D)、楊瀚桁(3D)、陳蕊婷(3D)、陳依琦(3D)、蔡焯瑤(3D)、朱恩琦(3D)、何煒晴(3D)、雷仟渙(3D)、施曉雯(3D)、蕭可婷(3D)、陳麗琳(3D)、陳麗琳(3D)、王飄洋(3D)、伍愷逸(4B)、鍾昕桐(4B)、王菘蔚(4B)、羅嘉浩(5A)、黃頌誠(5A)、梁譚閱(5B)、陳曉駿(5C)、蔡盈盈(5D)、楊慧飛(5D)
	聯校音樂大賽(合唱團挑戰組)	銀獎	蔡樂行(1A)、李美儀(1A)、廖珮思(1A)、吳鋸研(1A)、陳一鳴(1B)、孔慧翹(1B)、李敏詩(1B)、葉詠珊(1B)、江海鋒(1C)、布震昇(1C)、張信夷(1C)、施鎧澄(1C)、柯奕城(1D)、楊泚濂(1D)、蔡倩雯(1D)、何曼琪(1D)、黎心陶(1D)、馬梓亭(1D)、黃加曦(1D)、陳子朗(2A)、郭天佑(2A)、周雅晴(2A)、梁鈞甯(2A)、李沁怡(2A)、吳家穎(2A)、張佩霞(2A)、林振吳(2B)、譚柏曦(2B)、潘芷恩(2B)、王雅瑾(2B)、何佑生(2C)、鄭頌恩(2C)、李子欣(2C)、吳卓瑤(2C)、謝美天(2C)、葉梓彤(2C)、阮穎詩(2C)、陳家僊(2D)、潘 昕(3A)、孫碧瑀(3A)、蔡珮琪(3A)、溫安禎(3A)、張允恩(3B)、樊芷晴(3B)、盧詠妍(3B)、陳依琦(3D)、蔡焯瑤(3D)、朱凱晴(3D)、何煒晴(3D)、陳麗琳(3D)、陳凱晴(4C)、李鎧咏(4D)、黃韻然(4D)、黎景靖(4D)、麥詠唏(5A)、韓 菲(5A)、劉綺彤(5B)、楊慧飛(5D)、余芷殷(5D)
	聯校音樂大賽(合唱團初級組) 聯校音樂大賽(合唱團高級組)	金獎 銀獎	蔡樂行(1A)、李美儀(1A)、廖珮思(1A)、吳鋸研(1A)、陳一鳴(1B)、孔慧翹(1B)、李敏詩(1B)、葉詠珊(1B)、江海鋒(1C)、布震昇(1C)、張信夷(1C)、施鎧澄(1C)、柯奕城(1D)、楊泚濂(1D)、蔡倩雯(1D)、何曼琪(1D)、黎心陶(1D)、馬梓亭(1D)、黃加曦(1D)、陳子朗(2A)、郭天佑(2A)、周雅晴(2A)、梁鈞甯(2A)、李沁怡(2A)、吳家穎(2A)、張佩霞(2A)、林振吳(2B)、譚柏曦(2B)、潘芷恩(2B)、王雅瑾(2B)、何佑生(2C)、鄭頌恩(2C)、李子欣(2C)、吳卓瑤(2C)、謝美天(2C)、葉梓彤(2C)、阮穎詩(2C)、陳家僊(2D)、潘 昕(3A)、孫碧瑀(3A)、蔡珮琪(3A)、溫安禎(3A)、張允恩(3B)、樊芷晴(3B)、盧詠妍(3B)、陳依琦(3D)、蔡焯瑤(3D)、朱凱晴(3D)、何煒晴(3D)、陳麗琳(3D)、陳凱晴(4C)、李鎧咏(4D)、黃韻然(4D)、麥詠唏(5A)、劉綺彤(5B)、楊慧飛(5D)、余芷殷(5D)
	第七十一屆香港學校音樂節(女子合唱) (中文歌曲)	優勝者	李美儀(1A)、廖珮思(1A)、吳鋸研(1A)、葉詠珊(1B)、張信夷(1C)、何曼琪(1D)、馬梓亭(1D)、黃加曦(1D)、周雅晴(2A)、梁鈞甯(2A)、李沁怡(2A)、吳家穎(2A)、張佩霞(2A)、潘芷恩(2B)、王雅瑾(2B)、鄭頌恩(2C)、李子欣(2C)、吳卓瑤(2C)、葉梓彤(2C)、阮穎詩(2C)、陳家僊(2D)、潘 昕(3A)、孫碧瑀(3A)、蔡珮琪(3A)、溫安禎(3A)、樊芷晴(3B)、盧詠妍(3B)、陳依琦(3D)、蔡焯瑤(3D)、朱凱晴(3D)、何煒晴(3D)、陳麗琳(3D)、陳凱晴(4C)、李鎧咏(4D)、黃韻然(4D)、麥詠唏(5A)、劉綺彤(5B)、楊慧飛(5D)、余芷殷(5D)
	香港演藝音樂節(管弦樂團)	銀獎	江海鋒(1C)、蘇伊彤(1C)、鍾紀堯(1D)、何諾勤(2A)、劉卓軒(2A)、劉卓華(2A)、陳富傑(2B)、蔡名邨(2B)、許梓昊(2C)、楊晉珣(2C)、蕭加熹(3A)、陳梓望(3A)、周麗怡(3A)、林豐竣(3B)、盧振輝(3B)、張允恩(3B)、羅進耀(3D)、楊瀚桁(3D)、陳蕊婷(3D)、陳依琦(3D)、蔡焯瑤(3D)、朱恩琦(3D)、何煒晴(3D)、雷仟渙(3D)、施曉雯(3D)、蕭可婷(3D)、陳麗琳(3D)、陳麗琳(3D)、王飄洋(3D)、伍愷逸(4B)、鍾昕桐(4B)、王菘蔚(4B)、羅嘉浩(5A)、黃頌誠(5A)、梁譚閱(5B)、陳曉駿(5C)、蔡盈盈(5D)

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類別	比賽名稱及項目	獲取獎項及成績	參加學生
體育	東區教會籃球盃賽	冠軍	羅啟耀(4A)、郭文御(6A)、伍啓智(6A)、楊梓剛(6A)、蘇浩霖(6A)、林冷超(6B)、施賢達(6B)、徐灝森(6B)、黃浩廷(6C)、吳思亮(6D)
	學界羽毛球裁判班	裁判證書	周雅晴(2A)、朱昕彤(2A)、林子聰(3A)、陳俊希(3C)、林嘉偉(3D)
	學界游泳比賽(港島區第三組)	男子甲組200米蛙泳冠軍	麥嘉祐(6C)
		男子甲組100米蛙泳冠軍	麥嘉祐(6C)
		男子甲組4x50米四式接力殿軍	盧志耀(3D)、謝梓聰(4A)、李梓軒(5D)、麥嘉祐(6C)
	學界乒乓球裁判班	裁判證書	麥敬滔(3A)、楊俊煌(3D)、邱梓泓(3D)
	學界乒乓球比賽(港島區第三組)	男子乙組亞軍	麥敬滔(3A)、楊俊煌(3D)、邱梓泓(3D)、張子軒(4A)、周嘉豐(4B)
		女子乙組亞軍	李倩桐(3B)、陳敏蕙(4C)、何敏賢(4D)
	東區分齡乒乓球比賽	男子青少年組單打殿軍	樊諱諾(3B)
	全港公開乒乓球團體賽	男子戊組亞軍	陳子軒(4A)
	亞洲橄欖球U18女子賽	亞軍	王思敏(6C)
	屈臣氏集團香港學生運動員獎	香港學生運動員獎	王思敏(6C)
	學界乒乓球比賽(港島區第三組)	男子團體亞軍	陳子楊(1C)、朱濞霖(1C)、陳宇軒(1D)、余文龍(1D)、鍾沛諺(2A)、麥敬滔(3A)、樊諱諾(3B)、楊俊煌(3D)、邱梓泓(3D)、陳子軒(4A)、陳卓賢(4A)、張子軒(4A)、周嘉豐(4B)
			女子團體季軍
校際田徑錦標賽		男子丙組100米冠軍及達標證書	王逸朗(2B)
	男子丙組200米冠軍及達標證書	王逸朗(2B)	
	男子丙組800米冠軍及達標證書	張梓浩(2C)	
藝術	青少年暑期活動繪畫比賽	良好獎	韓 菲(5A)、陳曼琦(6B)
	全港青少年繪畫日比賽	優異獎	陳朗升(6B)、陳曼琦(6B)
	十。坊環保產品創意設計比賽	季軍	陳玥澄(5A)、韓 菲(5A)、江樂琳(5D)、蔡盈盈(5D)
	環保聖誕樹設計比賽	季軍	吳偉鋒(3A)、鄭浩民(3A)、陳玥澄(5A)、韓 菲(5A)、江樂琳(5D)、蔡盈盈(5D)
	第9屆健康人生繪畫比賽	優異獎	韓 菲(5A)
	世界心臟日繪畫比賽	優異獎	張允恩(3B)、沈卓藍(4C)
	新春兒童繪畫比賽	優異獎	譚凱遙(3D)
	學生視覺藝術作品展	金獎	蔡盈盈(5D)
		銀獎	陳曼琦(6B)
	青年藝術節西畫比賽	嘉許狀	周文雯(4A)、吳欣桐(4B)、韓 菲(5A)、蔡芷樺(5D)、陳朗升(6B)
興趣	港島區校際桌遊比賽	團體亞軍及個人獎季軍	譚俊泓(4C)
		團體亞軍	王立行(2A)、陳梓峰(2C)、陳振隆(3A)
演講	東區學校演講比賽	優異獎	陳芷君(3D)
寫作	第五屆香港中學生文藝散文即席揮毫大賽	初中組冠軍	江冰宇(3A)
社會服務	公益少年團團員獎勵計劃	中學中級(橙色徽章)	林鍵豪(4C)、鄭舒庭(4A)、梁樂晴(5C)、陳敏蕙(4C)、蔡綺琦(4D)、古嘉翎(5C)、蘇珮雯(6C)
		優秀團員	陳芷君(3D)
	義工嘉許狀	義工嘉許狀	黃佳俊(1A)、陳熙嵐(1D)、余文龍(1D)、蔡希澄(1D)、何曼琪(1D)、馬梓亨(1D)、吳泳希(1D)、林鍵豪(4C)、陳敏蕙(4C)、林晨婕(4C)、彭偉滔(4D)、蔡綺琦(4D)、陳天恒(5C)、古嘉翎(5C)、林嘉淇(5C)、梁樂晴(5C)、唐詩諾(5C)
	社會福利署義工運動	義務工作嘉許狀(金狀)	楊汶才(5B)、陳曉駿(5C)、譚智釗(5C)、李蔚妍(5C)、吳芷珊(5C)、陳偉鋒(5D)、洪嘉賢(5D)、伍兆銘(5D)、蔡詩琳(5D)、蔡芷樺(5D)、江樂瑤(6A)、宋卓壘(6B)、蘇卓文(6C)、陳詠儀(6D)
		義務工作嘉許狀(銀狀)	陳梓由(4A)、鄭舒庭(4A)、王菘蔚(4B)、吳狄朗(4C)、蔡展峰(5A)、馮澤遠(5A)、甘景圖(5A)、鍾詠祺(5A)、韓 菲(5A)、李裕婷(5A)、梁蕙婷(5A)、吳樂怡(5A)、何思穎(5B)、關兆銘(5C)、林泓峯(5C)、盧駿業(5C)、江希婧(5C)、古嘉翎(5C)、林嘉淇(5C)、羅彩樺(5C)、唐詩諾(5C)、黃慧潼(5C)、張梓勤(5D)、顧顯文(5D)、何宗祐(5D)、李梓軒(5D)、譚景航(5D)、曾向昇(5D)、曹學銘(5D)、李欣悅(5D)、余芷殷(5D)、柯子雯(6A)、高卓楠(6C)、連曦旻(6C)、蘇珮雯(6C)、王思敏(6C)、楊綺翹(6C)、陳啟鋒(6D)、周俊睿(6D)、郭境汶(6D)、李婷慧(6D)、伍英蕙(6D)、譚家淇(6D)、王嘉雯(6D)
		義務工作嘉許狀(銅狀)	潘 婧(4A)、黃珮珊(4A)、原曉俐(4A)、鍾昕桐(4B)、薛芊蕾(4B)、黃蘭剛(4B)、何永健(4C)、施清源(4C)、陳敏蕙(4C)、鄭欣桐(4C)、林晨婕(4C)、黎守謙(5A)、阮崇曜(5A)、陳玥澄(5A)、李沛楨(5A)、馬嘉若(5A)、盤慧雯(5A)、陳天恒(5C)、張錦濤(5C)、李文浩(5C)、徐健藍(5C)、梁樂晴(5C)、譚嘉琦(5C)、蔡頌行(5D)、許綺雯(6A)、謝梓琪(6A)、陳盈芝(6B)、吳佩芸(6B)、溫籽言(6B)、黃綺婷(6B)、林沛鴻(6C)、董嘉軒(6C)、廖詠詩(6C)、蘇詠茵(6C)、何樂遙(6D)、司徒朗悅(5D)
其他	年青有為獎勵計劃	參與台灣交流團資格	鍾紀堯(1D)、陳敏蕙(4C)、蔡綺琦(4D)
		心靈對話活動傑出表現獎	湛芷盈(1A)
		山藝傑出表現獎	施偉壕(1C)
		Cooking BaBa傑出表現獎	鍾紀堯(1D)
		最具領袖潛質獎	陳奕權(3B)、譚羽琳(3C)、蔡綺琦(4D)
		Hip Pop傑出表現獎	原曉俐(4A)
		全力以赴獎	原曉俐(4A)、陳敏蕙(4C)、林晨婕(4C)
最佳報告書獎	蔡綺琦(4D)		



## Honorary Professor Series of CNEC Lau Wing Sang Secondary School

### *Professor Samuel CL Lo* *Biography*

Prof. Samuel Lo graduated with his Ph.D. from the Department of Medicine, Alfred Hospital, Monash University, Australia in 1990. He was trained as a protein chemist looking at the interactions of anti-phospholipid antibodies with the natural anticoagulant system of the body. He joined the Hong Kong Polytechnic University in 1990. His research interest had since branched out from the study of anti-phospholipid antibodies to various applications of proteomic technologies. Since 1999, he had successfully applied proteomic technologies to study several important biological questions. These include:

(A) Elucidation of differentially expressed proteins induced by low-dose chronic methyl-mercury intoxication in various parts of the brains of various types of animal models and wild predators: Due to the protein expression data obtained in the chronic methylmercury exposure model, his group is the first to provide proof that decreased glycolysis and ATP generation may contribute to degenerative functions of the somatosensory cortex.

(B) His group is also the first one to demonstrate that methylmercury intoxication in daily life increased dysregulation of prostaglandins in the body. This is the missing link between methylmercury exposure to the widespread systematic harmful effects.

(C) Application of proteomic technologies to study protein expressions in dinoflagellates, the causative agents of harmful algae blooms (red tides) in various nutritional and environmental conditions.

(D) Comparative proteomics on toxic and non-toxic dinoflagellates of the similar meta-species.

(E) Development of protein/peptide-expression-profiles (PEPs) as a tool for fast identification of dinoflagellates and other harmful algal bloom causative agents.

(F) Application of proteomic technologies to search for serum biomarkers indicative of early stages of human lung and gastric cancers.



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## ***Professor Dennis Lo*** ***Biography***

Prof. Dennis Lo is the Director of the Li Ka Shing Institute of Health Sciences, the Li Ka Shing Professor of Medicine and Professor of Chemical Pathology of The Chinese University of Hong Kong (CUHK). He is also the Associate Dean (Research) of the Faculty of Medicine of CUHK. Prof. Lo received his Bachelor of Arts degree from the University of Cambridge and the Doctor of Medicine and Doctor of Philosophy degrees from the University of Oxford. Following his training at Oxford, he was appointed as the University Lecturer in Clinical Biochemistry and Honorary Consultant Chemical Pathologist at the John Radcliffe Hospital, the teaching hospital of the University of Oxford Clinical School. He was also a Fellow at Green College, Oxford.

Prof. Lo returned to Hong Kong in 1997. In the same year, he discovered the presence of fetal DNA in maternal plasma. His group has since remained at the forefront of this field. His group was the first to report the presence of cell-free fetal RNA and fetal epigenetic markers in maternal plasma and pioneered the use of such markers for noninvasive prenatal diagnosis. Prof. Lo and his colleagues were also the first to show that cell-free fetal nucleic acids in maternal plasma could be used for the noninvasive prenatal diagnosis of fetal trisomy 21 and had devised multiple solutions for this hitherto difficult diagnostic problem, including methods based on plasma RNA-SNP allelic ratios, plasma epigenetic markers, digital PCR and massively parallel DNA sequencing. With the use of massively parallel sequencing and the development of novel bioinformatics strategies, Prof. Lo's group succeeded at deciphering a genome-wide genetic map of the fetus through the analysis of the small amounts of fragmented DNA floating in the blood of pregnant women. This scientific achievement lays the foundation for developing non-invasive prenatal diagnostic tests for multiple genetic diseases in a non-invasive way.

In the area of cancer detection, Prof. Lo has pioneered a number of approaches to cancer liquid biopsy, especially for the detection of nasopharyngeal carcinoma and genomewide approaches for screening multiple types of cancer.

In recognition of his work, Prof. Lo has been the recipient of numerous awards, including the King Faisal International Prize in Medicine in 2014 and the Future Science Prize - Life Science Prize in 2016. He was elected as a Fellow of the Royal Society in 2011, as a Foreign Associate of the US National Academy of Sciences in 2013 and as a Founding Member of the Academy of Sciences of Hong Kong in 2015.



## ***Dr. Kennedy Chan*** ***Biography***

Dr. Kennedy Chan is an Assistant Professor in the Faculty of Education at the University of Hong Kong (HKU). His research area includes teacher professional knowledge, teacher professional noticing and use of video in teacher education. He is an awardee of several teaching awards, including the University Early Career Teaching Award, Student-led Teaching Feedback award and a finalist of the 2019 Research Grant Council teaching award.



# Together we strive to fully develop your potentials

Introduction of Principal Lam



Dear all,

**It's my pleasure to serve at Lau Wing Sang Secondary School. Being a new principal, I am willing to listen and walk with students, colleagues and parents. You are invited to have lunch, play ball games and talk to me in the coming year. If you would like to study with me, especially Science, Liberal Studies and English Language subjects, please do not hesitate to visit the principal's room to seek for my advice.**

**Your Principal,  
Lam Tat Ho**



## Introduction of two Assistant Principals

### **My new mission**

It is an honor to introduce myself as the new Assistant Principal of LWS. I have spent eighteen years working in LWS as a Chemistry and Liberal Studies teacher and the ECA coordinator. In this academic year, I am honored to be selected as the assistant principal focusing on the academic area this year. It is really a big challenge for me to come out of my comfort zone.

My vision for the school this year is to ensure that all students achieve higher English proficiency. We can achieve this ambitious vision by providing an English-rich environment within the curriculum and other activities such as English drama and English society. Furthermore, we want to cultivate a reading atmosphere by organising different reading activities like book sharing, book fair, reading competitions and reading reward schemes so as to motivate students to read a wide range of materials, to broaden their knowledge and to enhance their reading skills.

I am truly honored to accept this new role and look forward to continuing my career with all of our colleagues, in our efforts to do whatever it takes to advance achievement of all students in LWS. It is going to be a fun learning year together. I look forward to celebrating our collective success this school year.



**Mr. Ko Kin Hang**  
Assistant Principal

### **How can we maintain family harmony in times of conflict?**

As a class teacher of F6 class, I frequently receive many parents' calls to seek help in dealing with conflicts among parents and students.

In dealing with these inter-generational conflicts, I always encourage both parents and students to take proactive steps at the beginning stage. The best starting point is putting oneself into others' shoes. Take excessive screen time as an example, parents should acknowledge the increasing need for adolescents in building friendships through social media platforms and appreciate their children's effort in learning on e-platforms. Meanwhile, students should be aware of the danger of excessive screen time and develop strategies to keep a balanced and healthy lifestyle.

Our school is dedicated to foster a well-balanced development of students academically, socially and spiritually. We believe that the active participation of parents is also crucial in achieving this goal. Therefore, our devoted Parent-Teacher Association and Parents Fellowship organize parent academies and activities to strive for harmony among family members. I would like to express my most enormous gratitude to all parent volunteers who have worked with us.



LWS PTA was awarded as "Best Leading Team" in "The Third Outstanding PTAs Election in Eastern District Competition" organized by Federation of Parent-Teacher Associations of Hong Kong Eastern District.

**Mr. Lo Wai Chung**  
Assistant Principal

# SHARING

## FROM OUR TWO NATIVE-SPEAKING ENGLISH TEACHERS

Hi, I'm Mr. Atcheson. I've met many of you before. But if I haven't met you yet, then I can tell you that I come from Australia and I've been in Hong Kong for over 15 years and I have taught at Lau Wing Sang for most of that time.

When I talk with students, many of them ask me about any extra ways for them to improve their English outside their regular English lessons. I always say that there is no 'best way' that will suit every student. My advice is to find a way of learning English that you really like. If you like it, then you will keep doing it over a long time. That is important because learning another language is not something that can be done in a hurry. It takes time and improvement happens gradually. So, if you can find your favourite method and then keep doing it, then your English will surely get better and better.

Here are some ideas for you to improve your English:

1. **READING.** You can read books that you enjoy and which are not too easy or too difficult for you. You can even read English language comic books. Anything you enjoy reading in English is OK.
2. **WATCHING.** You can watch movies or TV shows which have English subtitles. You can even watch K-Drama if you like, but be a bit careful because sometimes the subtitles are not totally correct. However, you will surely enhance your vocabulary. Here's a link to a Korean comedy called 'Welcome to Waikiki' that is quite funny. <https://www.imdb.com/title/tt7890304/>
3. **LISTENING.** On YouTube, you can listen and sing along to your favourite songs which show the lyrics (=words) at the same time. Again, be careful because sometimes there can be some small errors in the words. You can get very accurate song lyrics from some websites such as <https://www.lyrics.com>. You can also find the meanings of songs on websites such as <https://www.lyricinterpretations.com/>.
4. **OTHER WAYS.** You can look at English language websites to find some useful ideas about learning English. Here's a link to one website I think is pretty good. <https://www.abc.net.au/education/learn-english/>. Have a look around the website to see if there's anything that you like.

At the moment, I'm re-reading a collection of books about the Royal Navy. I really enjoyed the books the first time I read them. But I still come across vocabulary that I'm not sure of, so I use my phone to check an online dictionary about the meanings and also, I can check how the words should sound. It's great!

So, try to find your favourite way to do something extra in English. If you can keep doing it all the time, then your English will definitely improve. Guaranteed!

All the best,  
Mr. Atcheson



Hello there!

My name is Mr. Savundra and I'm from the UK. I work as the NET at CNEC Lau Wing Sang Secondary School and I have thoroughly enjoyed my time here so far. I have been working in Hong Kong for two consecutive years, having first come here seven years ago on a working gap year as a trainee teaching assistant before deciding to pursue a career in education.

I acquired my PGCE teaching qualification in Bath in the UK, specializing in modern foreign languages at secondary school level. I hold a Bachelor's Degree in English and French and I am CertTESOL qualified with Trinity College in London. I also have an educational background in classics, mathematics and sciences, so I feel that I am fairly versatile in a secondary school educational field.

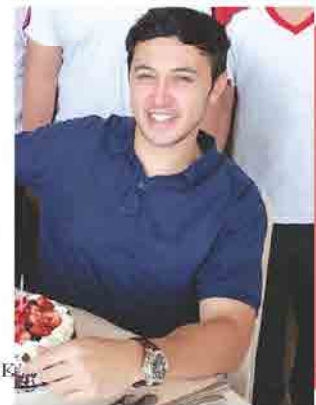
I gained my enthusiasm for teaching when I came to Hong Kong as a gap year student to work in a kindergarten in the New Territories of Hong Kong. After completion of my PGCE, I decided to return here with the intention of becoming a secondary school teacher. I am very familiar with this environment and I have good friends here that I have known from when they studied with me in the UK. I have also started a young family here.

In my practice of teaching English, I establish a positive, stimulating and fair learning environment in which students can enjoy themselves and take an active role in the lesson. Furthermore, I encourage students to interact and collaborate with one another with spontaneity and exposure to the English language. Students will also develop skills to become reflective practitioners. They reflect on the progress that they are making and this links forward to what they will learn next. Through the development of these skills and the promotion of a mentality to overcome learning barriers, each pupil will continue to make effective progress and achieve their goals.

Outside of teaching, I have an active interest in sport and I like to keep fit. I enjoyed rugby, football and cricket growing up. I still look back fondly on the summer of 2018 and how everyone was enjoying the FIFA World Cup, especially when England were doing well for once!

I hope to be able to contribute to the wider ethos of CNEC Lau Wing Sang Secondary School and promote the values of showing compassion for one another, overcoming adversity and self-doubts in faith and striving for excellence. I hope to be able to contribute where I can and teach the students to take accountability for their learning and try new things with all their efforts. Most importantly, I hope to be able to contribute to an approach of education down to the individual pupil to meet individual needs and set targets that will inspire and motivate students to succeed. I look forward to the rest of the academic year to come and I look forward to working with you all.

Thank you!  
Mr. Savundra



# SWAP

## Summer With A Purpose

*Siu Ho Ting Angela 3D'*

I'm so glad that I participated in this magnificent camp. I must admit that in the first two days, I regretted joining the camp. I had thought I had made the wrong decision. But after a few days, things changed. I really thank God who gave us three inspiring and sympathetic tutors who prepared plentiful events for us every day wholeheartedly, and of course, my superb and amusing campmates.

In this camp, I learnt a lot of successful strategies that I hope will help me to achieve my dreams. And during this camp, I finally found out what I'm truly passionate about. This camp really gave me an unforgettable summer. I'll treasure this experience forever.



### **My biggest takeaway**

#### **My 'IKIGAL'**

'IKIGAL' is a Japanese word. People in Japan say finding their 'IKIGAL' is the reason why they are living a fulfilling, long and happy life. The meaning of 'IKIGAL' is The Reason Of Living which means our life propose, value and things we're passionate about.

#### **Know who I truly am**

We had movie nights on the second and third days. We watched Moana and Zootopia together. When they first announced the names of the movies we were going to watch, I felt disappointed because I initially thought we were going to watch cartoons. But after watching the movies, the tutors reflected with us, and I noticed that there were a lot more in-depth meanings brought out by the movies than I had ever imagined.

In Moana, I learned that I shouldn't let the world define who I am. While in Zootopia, I learned that I should try everything in order to get the experience that helps me find my 'IKIGAL'. Moreover, keep dreaming without giving up.

#### **From the Bible**

There are two Bible verses that learnt in this camp and I think they are good motivation for me to achieve my dream.

Ephesians 3:20

'Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us.'

Micah 6:8

'He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.'

#### **Comfort from prayers**

A tutor in this camp taught us a prayer that we can use it when we failed and feel frustrated. It's called the Serenity Prayer:

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

In a nutshell, I've learnt that I need to do my best to achieve my dream, to be firm and not to let the world decide where I should go and who I should be. And most importantly, remember to walk in God's love, and HE will help us to stand strong in our difficulties.



# Stanley Excursion



An excursion was held on 8th May 2019 for Form Two students to conduct a survey about the environmental problems in Hong Kong.

## Chan Nok Hang 3C (2)

In our Stanley excursion, we faced many problems. Some tourists had done the interview with other groups already so they did not want to do the interview with us as well. Also, some of them did not want to be interviewed because they were in a hurry. We solved these problems by not giving up. We kept on looking for other tourists. Though we were rejected a few times, we did not feel sad.

Besides, I've learnt that I need to be more courageous. I used to be shy but this time I dared to interview them. It was my breakthrough.

In this journey, I felt excited because I learnt more about the living habits of foreigners and the evaluation of the environmental protection policy in their own countries. I felt surprised by some of their answers. For example, most of them only turn on air conditioners for less than five hours a week in summer. They are real environmentalists who do their best in protecting the environment. It is something that we can learn from them.

All in all, it was a trip that was full of joy and fun.

## Chan Sum Yuen 3C (23)

On our trip to Stanley, my group interviewed five foreigners on the topic of recycling. From our conversations, I learnt that most foreign countries have better ways and measures to promote the concept of recycling than Hong Kong. This inspired me to think about the situation on the issue of environmental protection in Hong Kong. Many people in Hong Kong don't really care about the environment. They just care about themselves and how they could live a comfortable life. They don't even realize how selfish they are and that they're bringing harm to the next generations. Of course, they don't feel guilty for being against the environment.

To change this social phenomenon, there are several things that the government can do. The first and most important thing to do is to raise the environmental awareness of citizens. This is to educate them about the importance of protecting the environment. Secondly, they can set up more detailed laws to regulate people from participating in activities that harm the environment. Thirdly, they can give rewards to those who have done well in environmental protection. Also, we can start making a difference by just doing small things, such as putting recyclable materials into recycling bins and turning off the lights when they're not in use.

As a Hong Kong citizen, I hope that everyone would take up their responsibilities to protect the environment and to conserve our valuable resources.



## Choi Ming Hei, Anson 3C (7)

Yesterday, we went to Stanley for a survey about global warming. The tourists were very welcoming. I believe that global warming is worsening our environment, causing higher average temperatures and leading to more extreme climates around the world. At first I thought that tourists might not think in this way.

However, when my teammates interviewed them, I found that we all had the same point of view. All of them said global warming was a serious problem. Also, they knew that the main causes of global warming were carbon dioxide and methane. Most of them had awareness and knew that something had to be done.

Last, they said legislation was good, but it was not enough. They thought that people should have a higher level of environmental awareness so that we can protect our Earth with joint efforts. I agreed with them too! The earth is our home and we should protect it together. Alone, we can do so little, but together, we can do so much more.

## Chiu Tsz Ching 3D (17)

In Stanley, the majority of people were foreigners. When we were interviewing a woman, it was raining. However, she was very kind. Although it was raining, she still accepted our interview. This impressed me the most.

My English was very poor. When I was interviewing her, I didn't understand what she meant. My groupmates came to help me to explain the meaning to me. I greatly appreciated their help.

On this excursion, I learnt that when we meet foreigners, we should not be afraid. I should believe that we can communicate with them in English. When we are not afraid, we can talk to them happily. This excursion was very interesting and enjoyable.

## Ning Siu Hung 3B (18)

This activity has let me know that foreigners are friendly. Initially I felt that foreigners were hard to get along with and they were impatient towards non-native English speakers. I was very afraid of communicating with them in English. I was not sure if we could interview them successfully. However, when we started to interview them, I found that they were not really difficult to communicate with. Although we did not understand everything they said and asked them to repeat constantly, they answered our questions patiently and kindly. Besides, I think this was a good opportunity for me to communicate in English. At school, we learn a lot of English but never use it in daily communication. This was a great chance for us to apply what we have learned.

# Students' Good Writings



Wong Lok Man, Lego 1B (30)

## *My First Day at LWSS*

2nd September, 2019

Dear Diary,

Today was the start of my secondary school life. I woke up at 7:15 am and brushed my teeth quickly. Then, I had a delicious breakfast which was made by my mum. After that, I put on my uniform and my shoes and picked up my school bag. The happiest thing was that my mum and dad took me to school! I felt very scared when I got into my new school. I didn't know any of my new classmates! I went up to the 6th floor and walked into the classroom. It was terrible! Everyone's eyes were looking at me! I felt very uncomfortable! I sat on a chair and waited for the teachers to come.

Five minutes later, my lovely class teachers came. They were Miss Fan and Mr. Tsang. They were very funny! They made us laugh many times. It was unforgettable! Then, they told us about the school rules, what we could and couldn't do. After that, they took us to the school hall. We listened to Principal Lam's sharing and we played a game called 'Kahoot!' with him. We all enjoyed the game. Then, we got back to the classroom.

The girl who sat behind me in the classroom was Alicia. She was kind and humorous and she helped me many times. She was the kindest girl I have ever met. I met another friend too, Tina. Although she is chubby, she is helpful.

These were the highlights of my first day at CNEC Lau Wing Sang Secondary School. I hope I can continue to make more friends here.



Su Yitong, Alice 2D (30)

## *A Memorable Experience*

Last Monday when I was on my way to school, I saw a dog. This dog was weird – it was barking, and it was deafening. I was curious about why it was so angry, so I took a peek at what it was looking at.

Actually, it was looking at a convenience store, but there weren't any staff. The most shocking thing was that I saw Anne stuffing some snacks into her schoolbag. 'Is she stealing the products from the store?' I asked myself. 'Yes, she is stealing! Exactly!' I answered myself.

'What should I do...?' I thought anxiously. 'Anne was not just my classmate; she was also my friend. If I told the police or the teachers, it would seem like I am betraying her. What can I do...?'

I asked myself again and again. Finally, I made a decision. I walked into the store and pretended that I didn't know what Anne was doing. Then I asked her, 'Wow! You are buying so many snacks to share with our classmates, right?'

Anne replied, 'Ummm, that's right.'

Then I took a shopping bag from the store and gave it to Anne, 'This is enough for you to put all the snacks that you are going to buy. But do you have enough money? You look nervous.'

'Indeed, I just discovered that I forgot to bring my wallet...' Anne replied.

'No problem, I can lend some money to you.'

After buying the snacks, I chatted with Anne. 'To be honest, I saw that you were trying to steal something from the store.'

Anne was shocked and she said, 'Sorry, you know I am destitute, so I...'

I replied, 'If you really need money to maintain your life, you can ask us for help. Don't you know that stealing is a crime?'

'Sorry, I promise that I wouldn't do that again!' Anne said sorrowfully.

After this, I asked Anne about her situation every day. Anne started to work part-time after school to earn money. Despite having limited time to study, she didn't have bad results in school. She was even more diligent than before. It was because she wanted to be successful in the future and to donate money to children who are as destitute as her.



### *The Talking Cat*

One day, Joanne bought a lovely cat and she loved it very much. She looked after the cat very carefully every day. One day, the cat talked to Joanne, 'Hello, Joanne.'

Joanne was shocked 'Oh my goodness! How come you can talk?' She ran into her bedroom and shut the door on the cat.

The cat said, 'I can talk when I have a special owner who is kind and not selfish.'

Joanne couldn't believe what she had seen! She opened the door slowly and looked at the cat oddly. She thought, 'The cat can make me rich. I must phone the TV company.'

On the next day, the TV crew arrived at her home to interview the cat. Joanne asked the cat, 'Can you talk? Answer the TV crew please,' but the cat said nothing. Joanne asked the cat again but the cat still didn't say anything.

The TV crew asked Joanne angrily, 'Did you lie to us?' Then they turned to interview Joanne for why she lied to the TV crew. Joanne was furious. She scolded the cat, 'Why don't you speak?' After the interview, the TV crew left and Joanne also went out.

Everyone on the street was looking at Joanne and talking about her. Someone thought she was crazy, others thought she wanted to be rich but she failed. Joanne felt embarrassed. She went back home quickly and wanted to punish the cat.

When she opened the door, she found that the cat had disappeared! Joanne saw a note on the table on which a message was written, 'I hate selfish people!'

She thought, 'What? The cat can write as well?'



### ***SITUATION: Write an email to your friend, who goes to a different school, persuading her to take part in a dream production***

Dear Mary,

How are you in your new learning environment? I have missed you since you went to your new school. I miss the time when we got to hang out together. But let me put that on a side first. Today, I really want to share with you that I've had a really great time in the school English drama team, and I think that you would fit perfectly as an actress on the stage. Let me tell you what happened and why taking part in a drama production would benefit you a lot.

On the first day of the drama rehearsal, I was shocked to receive a script because I used to perform as the characters who had no lines. Unexpectedly, I was totally astonished to see that I was assigned to be the main protagonist of the drama and it was an English drama. Almost everyone knew that my English speaking skills were bad. But since they gave me this important role, I will try my best. At that point of time, I was thinking about you. Your English pronunciation and articulation abilities are some of the best I've ever heard. Although I know that you lack English vocabulary when you speak and write, I think if you join the English drama team as an on-stage performer, you will brush up your speaking skills even more and enrich your English vocabulary bank. Also, you always say that you want to improve your memory. Playing a role in a drama is a good chance to reinforce learning new ways of memorising things. These are the reasons why I think taking part in an English drama production can benefit you a lot.

While rehearsing, I had a huge struggle with saying some of the lines and having to act well at the same time. I was getting yelled at by the teachers who were in charge of the drama. I thought I would have to give up but one school-mate walked over to me, encouraged me to try harder and gave me some recommendations on how to do these two things well at the same time. Since then, I always talk to him during school time and he has become my best friend.

Why do I think taking part in a drama team would be a great benefit for you? As you can see, I've made friends in the team and that's what you need in your new school. You also need ways to make new friends, right? Consider joining the drama team at your school.

I hope you'll take my advice and try to take part in a drama production. I'm sure you'll benefit a lot as I have done. Hope to see you soon.

Best wishes,  
Chris





### Tam Chun Wang, Andy 5C (11)

#### *A very meaningful five-day sports camp*

I was very excited that my teacher, Mr. Chan, had invited me to join a work experience project, in which I had to help to run a five-day sports camp for 40 primary students, who would come each day from 9 am to 3 pm. A number of my classmates, my teachers, the experienced managers of the camp and I had done many things for this camp. We hoped that the primary students would enjoy it.

On the first day of the camp, we met the students on the sports ground. The students were funny and cute. We taught them how to play basketball and table tennis. They learned very quickly and knew the basic skills. We felt satisfied with that.

On the second day, we played badminton and volleyball. The students were very smart. We just taught them for a short period of time and they managed to play well. They really had talents in sports. But something had happened. A student told me that he was injured. He had hurt his leg. At the moment, I felt scared and confused, I didn't know what I should do to help this student. I was worried if I did something wrong with his wound, the problem might become very serious. Luckily, the teachers came and helped the injured student.

The next day, we had an outdoor activity. We brought the students to go cycling. Some students knew how to ride a bicycle, but some didn't. For the beginners, we added two small wheels to their bicycles to help them to balance. The students said they really enjoyed cycling with their friends. On that day, the weather and the views along the biking trail were so beautiful.

On the fourth day, we planned to bring the students to go hiking and we had prepared all the things for the hiking trip. But it suddenly rained in the morning and that ruined our original plan. We all felt disappointed. Luckily, we had a Plan B. We went to play bubble football with the primary students in an indoor space. It was a new activity for all of us. It was exciting and interesting. It was a little bit different from ordinary football. The students needed to put on an inflatable bubble, which was like a big transparent ball covering a player's upper body and his head. The students hit each others' bubbles while kicking the football in the competition. It was really fun and we all loved it.

On the last day, we took the students to play some e-sports, like racing simulators and VR games. Although they were sitting on the race chairs or standing at a fixed place while playing these games, they felt as if they were racing and in a real circuits, just that it was very safe. All the students enjoyed the e-sports.

At the end, all the primary students found the camp very enjoyable and interesting. Their response gave me a very strong sense of achievement. This was also a meaningful experience for me to learn how to work with others and prepare for the events step by step. I really benefited a lot from this project. Many thanks to Mr. Chan's advice on joining this wonderful camp.



### Tsui Kin Lam, Brandon 6C

#### ***SITUATION: You will be taking your class on a school trip next month to sky100. As the class teacher of 6A, write a letter to parents giving them the necessary information about the trip.***

Dear parents of 6A,

I am writing to inform you about the school trip next month to Sky100 for the Secondary six students. We hope that we will be able to help our students to relieve their stress facing the HKDSE and let them have great memories in their last school year through this trip.

First, I would like to give some basic information about the trip. The trip will be held on 10th December. The destination of the trip is Sky100 in West Kowloon. Students are expected to arrive at school at 9:30 am and leave at 4:00 pm from Sky 100. With regards to transportation, the school will arrange a coach to take students to and back from the destination. I will be the teacher-in-charge of this trip.

We have planned various activities for students to enjoy and learn from during this trip. Upon arrival, there will be guides to walk students through the exhibition about the history of Hong Kong. Students will be able to learn about the history as well as the traditional culture of Hong Kong. After having lunch in a restaurant nearby, students can freely explore the observation deck. During that time, they can witness the beautiful scenery of the harbor around Sky100 and take pictures there. We are expected to leave at 3:30 pm by coach.

Lastly, we would like to have the emergency contact numbers of parents in the event of an emergency. The fee for this trip is a total of \$50 for transportation and lunch. We hope that this will be a great trip for our Secondary six students.

Yours sincerely,  
Tsui Kin Lam, Brandon