

TRUE LIGHT MIDDLE SCHOOL OF HONG KONG



**SCHOOL JOURNAL
2020/21**

SCHOOL JOURNAL

2020-2021

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PRINCIPAL'S WORDS

Miss Hui Tuen Yung

"All you saints! Sing your hearts out to God! Thank him to his face!" Psalms 30:4

2020-2021 was a difficult year. Due to the Covid-19 issue and school suspension, many scheduled activities had to be cancelled or postponed. We are grateful that, through God's mercy and the teachers' energizing teamwork, this year has nonetheless produced some noticeable and meaningful improvements. It is my pleasure to share with you some of the key events and successes.

In 2020, in the face of the pandemic, our Christmas Carol jointly organized by the Kindergarten, Primary and Secondary Sections was broadcast live online for the first time, allowing graduates from all over the world to participate. Through the event, we shared the message of peace. Alumni in Hong Kong and abroad gave very favorable feedback.

It is with great gratitude that I express my appreciation to our alumni, who have continued to provide a wide range of support to our students' development throughout the pandemic. In April 2021, the **"True Light Alumni Mentorship Program"** (TLAMP) celebrated its tenth anniversary with a successful launch via Zoom. This year's program included the participation of 50 mentors from a variety of different professions, as well as 138 students from S4 and S5, which was an unprecedented number of participants to take part in the program.



We held Morning Assemblies throughout the year, either online or on campus, to foster students' spiritual development. These assemblies focused on the religious theme, **"All Things are Bright and Beautiful,"** in which students learnt to appreciate themselves and their family, friends, the disadvantaged and nature through interactive online film sharing, stand-up comedy by disabled people and other activities.

Christian Fellowship students took part in the *“Campus Transformer Program.”* We conducted online inter-school training sessions for the students, and organized on-campus activities to promote the culture of appreciation and caring for others, particularly to S1, S3, S6 and all the staff by sending custom-made gifts and prayers.

We continued to run the *“Love Overflows’ Community Service Programme”* this year. S4 and S5 students had received training before serving various social groups in the community, including children and parents from low-income families, as well as the elderly, by providing regular assistance via an online platform and phone calls. S5 Tse Ying Lam was actively involved in the programme and had been attentively serving the grassroots families by providing online homework tutoring for children and talking with their parents to foster cross-generational harmony. She received the *“Outstanding Young Person 2020 Award”* in recognition of her outstanding social and community service. She was also invited to speak at the Volunteer Symposium 2021, titled *“From Innovation to Reconnection,”* to share about her achievements in social service.

The Less Plastic Movement has been going on for the past three years. This year, eight S4 students took part in the *“MaD Incubator Programme”*, a social innovation incubation scheme aimed at young people. Our MaD Incubator Team was chosen as one of TWO secondary school level teams to carry out the project *“Tai Hang Plastic Escapers”* (大坑大塑除). They successfully coordinated and invited Tai Hang businesses to become partners in the plastic-free promotion campaign. Our commitment to creating a green campus has been recognized by the public, as evidenced by our being the recipient of the award,

“Outstanding No Disposables Campus Award 2020” (香港綠色學校獎「零即棄」校園大獎 — 傑出獎), which was jointly organized by the Environmental Protection Department and the Education Bureau.

Students also excelled in The *“Hong Kong Award for Young People”*, which is a program that promotes challenge, enterprise, effort, and accomplishment. It encourages young people to develop as a whole person. This year, 15 S6 students received the Silver Award, 27 S4-S5 students received the Bronze Award, and 56 S1 girls received the Green Bird Badge.

Without the combined efforts of each and every member of our True Light community, we would not have been able to accomplish what we have so far accomplished. I would like to express my profound thanks to our Board of Trustees, our parents and alumni, our teachers, and all our staff members for your faith and trust in us, your love and care for our students, and your devotion and support in enabling them to have the finest possible educational experience. Thank you very much.

“I’m about to burst with song; I can’t keep quiet about you. God, my God, I can’t thank you enough.” Psalms 30:12

IMPORTANT EVENTS

Kindergarten Section

This year marks the fourth year of the “Brain Science-based Learning and Teaching School-based Professional Development Plan” (以腦科學為基礎的學與教校本專業發展計劃). Teachers were actively involved. Through various workshops, class observations, class evaluation and examinations, everyone finally passed the assessment and obtained the certification as well as the pilot teacher qualification.

Primary Section

1. Online assessment planning and implementation to effectively promote learning and teaching

Online real-time assessments that promote learning and teaching were planned and initially implemented in the senior grades to ensure students could effectively receive feedback from summative assessments, allowing teachers and students to develop learning and teaching strategies. The online real-time assessment was later extended to the entire school. The school not only improved software and hardware, but also collaborated with discipline and support work in the anticipation of guiding students to reflect on and understand the importance of honesty and other qualities as well as assisting students in setting learning goals.

2. Turning student activities online to enhance the learning experience

The Friday Activity Class (週五活動課) offered online learning activities with a new “Flipping Activity Class,” (反轉活動課) particularly adding a variety of learning interests, such as DIY science experiments, new perspectives on sports, Anti-epidemic Chef, STEM challenge and reward programs, including 3D printing, computer game programming and introduction to AI artificial intelligence, reflecting the spirit of never-ending learning during the class suspension.

3. “Going all in and accepting challenges” (全力以赴，接受挑戰) is the year’s theme

This year’s school-based counseling activity carries the theme “Going all in and accepting challenges.” The school actively cultivates the virtue of “courage” in students by helping them understand and practice the four character strengths of Courage, Perseverance, Integrity, and Passion.

Teachers and students are both “going all in and accepting the challenges.” Teachers work hard to continue teaching through electronic technology so that students are not hindered from learning when face-to-face teaching is no longer available; students also become self-disciplined and active. They took the initiative to ask teachers for help in online classes or via email when they were having difficulties in learning.

Secondary Section

1. As we entered the final year of our three-year Major Concerns implementation, we continued to improve our lesson design in relation to students' learning difficulties and to improve the quality of teaching and learning in terms of knowledge and skills. In terms of student support, we emphasized the balance between our own self and others, allowing students to care for the environment and the needs of others while making a self-interested and altruistic choice.



Teachers supervised the Online Exam Practice

2. In light of the worsening situation of the COVID-19 epidemic, the face-to-face classes and school activities were all suspended once more in December 2020. The on-campus First Term Examination in January 2021 was cancelled and replaced by real-time Online Examination Practice.

3. Though 2020 was a difficult year full of unexpected changes, we were not alone. Our Christmas Carol, co-organized by the Kindergarten, Primary, and Secondary Sections, with the theme "Immanuel," was held in an unprecedented way — on December 18, 2020, we shared the good news of Christmas with members of the True Light community online.

2020 Christmas Carol e-card

May the peace, hope and love
that Christmas brings...
always be with you and your family!

**Merry Christmas
&
Blessed New Year**

We have the pleasure to invite you to join our
**ONLINE
CHRISTMAS CAROL**

Date: 18th December, 2020
Time: 8:30pm - 9:30pm
Theme: Rocky Christmas

Yours Sincerely,
Hui Tuen Yung
Principal

To watch the live broadcast,
please scan the QR Code!

Enquiry: 2576 0703

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13

4. Despite the fact that the 86th School Anniversary Thanksgiving Service could not be held in the School Hall this year, more TrueLighters were given the opportunity to count our blessings and celebrate the school's anniversary online. This was yet another fantastic way to commemorate the school's anniversary.

STAFF'S PHOTO

Secondary Section



- 1 Siu Yuk Ho, 2 Fung Siu Chee, 3 Leung Hon Wing, 4 Yiu Yuk Chun 5 Wong Aaron, 6 Chow Wai Kit, 7 Wong Walter, 8 Poon Yiu Chung, 9 Wan Sze Sze, 10 Lee Siu Man, 12 Ha Chi Hung, 12 Lai Mei Kuen, 13 Wong Hei Man

- 1 Ng Sze Man, 2 Chiu Sandra Kate, 3 Lai Lik Yee, 4 Cheung Sum Mui, 5 Lau Ka Yan, 6 Tam Ka Pik, 7 Wu Man Ting, 8 Siu Foon Kum, 9 Cheng Kwan Yee, 10 Tse Yan Kei, 11 Yip Yee Kwan, 12 Hui Chi Ching

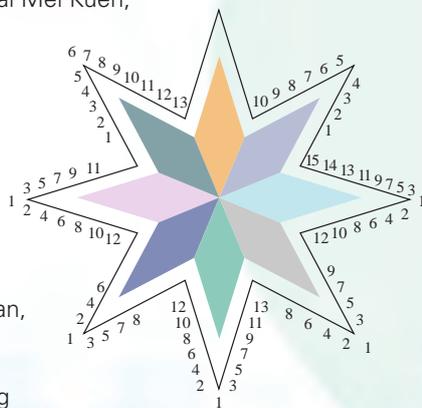
- 1 Lam Pui Wah, 2 Cheung Wai Shan, 3 Chan Chau Lei, 4 Woo Mei Chi, 5 Ng Chui King, 6 Chau Yim Kai, 7 Cheng Pik Kuen, 8 Chau Yee Ling

- 1 Li Ka Man, 2 Ng Shun Kwan, 3 Cheung King Wu, 4 Leong Windebye, 5 Tsui Tsun Hin, 6 Tsang Kit Wa, 7 Chan Yuk Fung, 8 Hui Mei Ling, 9 Li Miu Yung, 10 Wong Sze Man

- 1 Yu Ka Yin, 2 Tse Hoi Ling, 3 Chan Yui, 4 Tsang Wan Shan, 5 Tsui Sau Ngan, 6 Ng Si Wing, 7 Ho Pik Yee, 8 Hung Yin Hing, 9 Ho Ka Him, 10 Thong Yan Yee, 11 Hau Nok Hin, 12 Huang Ka Chuen, 13 Wong May Yee, 14 Tsui Lam, 15 Yeung Fung Hing

- 1 Li Yuk Wah, 2 Wong Sau Ching, 3 Lai Hoi Yan, 4 Ng Wing Han, 5 Lee Kai Tsz, 6 Choy Yat Ting, 7 Yeung Wai Sze, 8 Wong Tsz Yung, 9 Yeung Wang On

- 1 Hui Tuen Yung (Principal), 2 Au Po Man, 3 Kwong Man Wai, 4 Wong Man Sze, 5 Wong Yung, 6 To Yuk Lan, 7 Lam Ho Yee, 8 Au Chin Pang, 9 Lee Oi Fan, 10 Tam Yik, 11 Liu Fung Kiu, 12 Li Ming Hei, 13 Lo Sik Chi



Primary Section



1st Row from left to right

Luk Yan Wa, Ko Kar Chun, Cheng Yat Lai, Ng Yuen Chu, Chan Suk Lam, Ng Pui Ching, Poon Sau Fong, Wong Man Cheung, Lee King Fong, Chan Shuk Lan, Xu Jia, Choi Mok Lan

2nd Row from left to right

Chong Viola, Figueroa Angie, Tse Ka Pik, Au Tsun Lok, Cheung Wai Hung, Wong Yuen Kwan, Lam Shui Shan, Mak Mei Meng, Fung Mun Yee, Hui Ka Yee, Chang Wai Yan

3rd Row from left to right

Pang Chu Pui, Chan Miu Kwan, Lai Wing Mui, Lam Sau Wa, Luk Wing Yan, Cheung Ka Ling, Lam Mei Ling, Wong Shun Chau, Ng Wai Chun, Tse Man Wan, Lau Ka Ling, Man Yim Ping

4th Row from left to right

Cheng Ka Fai, Lai Wing Ip, Li Liang Yin, Cheung Wai Yan, Wong Ka Yee, Cheng Hei Yi, Lam Sin Ting, Chau Ho Yan, Cheung Wei Yan, Lam Kar Yu, Yip Sze, Chu Chui Wa, Sit Kwan Ho, Li Ming Phone


Kindergarten Section


1st Row from left to right

Wong Man Cheung, Leung Lai Ming, Hui Tuen Yung (Principal), Fan Tze Kwan

2nd Row from left to right

Lee Kit Ming, Chan Mei Wan, Wong Wing Cheung, Chow Yin Ming, Ng Kai Tik, Jenny Wong, Chen Xiuqi, Wong Sau Wai, Cheng Wing In, Lee Kin Yan

3^d Row from left to right

Lui Shuet Yuk, Lam Mei Sze, Lam Po Yee, Cheung Wan Sze, Lam Lai Sze, Chan Mei Sze, Tse Wing Sze, Ng Wai Yee, Chan Kanne, Cheng Wai Man, Leung Shuk Yee, Cheung Po Lin, Tse Yung Yung

Board of Trustees & Staff

Board of Trustee

Chairman:	Dr Tso Wong Man Yin	Wong Walter	Chow Wai Kit	Hui Mei Ling
Vice Chairman:	Mr Tsoi Hak Kong	Lam Ho Yee	Au Chin Pang	Choy Yat Ting
Supervisor:	Dr Lee Ching Yee	Ng Wing Han	Tse Hoi Ling	Tsang Wan Shan
Secretary:	Prof Lui Shen Shir Ming	Tsui Sau Ngan	Huang Ka Chuen	Ng Sze Man
Treasurer:	Mr Ko Ying	Yeung Fung Hing	Ha Chi Hung	Lai Lik Yee
Trustees:	Mrs Lai Pang Sze Mui	Lo Sik Chi	Wong Aaron	Ng Si Wing
	Mrs Chong Wong Chor Sar	Li Miu Yung	Ng Chui King	Woo Mei Chi
	Prof Lung Ping Yee	Cheng Kwan Yee	Ho Pik Yee	Thong Yan Yee
	Mr Choy Cho Kwong	Tse Yan Kei	Wong Sau Ching	Tsang Kit Wa
	Mr Cheng Yan Kee	Lee Siu Man	Yiu Yuk Chun	Leong Windebye
	Mrs Poon Man Yuk Ming	Cheung Sum Mui	Ng Shun Kwan	To Yuk Lan
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	Mrs Lee Wu Wen Poh	Poon Yiu Chung	Wong Wing Hong	Chan Yui
	Mrs Lee Law Ka Man	Wong Sze Man	Cheng Pik Kuen	Lai Mei Kuen
	Dr Chan Wong Lai Kuen			
	Dr But Yiu Kuen			
Honoured School Chaplain:	Rev Li Ping Kwong			

Staff

Coordinating General School Affairs

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

Secondary Section

Vice Principals:	Kwong Man Wai, Au Po Man
Heads of Academic Affairs:	Au Po Man, Chau Yim Kai
Head of Discipline Mistress:	Kwong Man Wai
Guidance Mistress:	Fung Siu Chee
Careers Mistress:	Lam Pui Wah
Extra-curricular Activities Coordinator:	Hung Yin Hing
Civic Education Coordinator:	Yeung Wang On
Student Affairs Coordinator:	Lee Oi Fan
Religion Committee Chairperson:	Chiu Sandra Kate

Lee Kai Tsz	Wong Yung	Siu Yuk Ho
Siu Foon Kum	Chan Chau Lei	Wong Tsz Yung
Tam Yik	Wong Man Sze	Ho Ka Him
Yip Yee Kwan	Tam Ka Pik	Wong Ho Yee
Li Yuk Wah	Wu Man Ting	Li Ming Hei
Yu Ka Yin	Hui Chi Ching	Tsui Lam
Liu Fung Kiu	Lau Ka Yan	Cheung Wai Shan
Yeung Wai Sze	Leung Hon Wing	Wan Sze Sze
Hau Nok Hin	Lai Hon Yan	Chau Yee Ling

Primary Section

Principal:	Ng Pui Ching	
Discipline Mistress:	Ng Yuen Chu	
Head of Academic Affairs:	Poon Sau Fong	
Guidance Mistress:	Lam Shui Shan	
Extra-curricular Activities Mistress:	Chan Suk Lam	
IT Coordinator:	Ko Kar Chun	
Hui Ka Yee	Cheng Yat Lai	Cheung Wai Hung
Lam Mei Ling	Luk Wing Yan	Cheung Ka Ling
Lam Sau Wa	Lai Wing Miu	Tse Ka Pik
Mak Mei Meng	Luk Yan Wa	Wong Yuen Kwan
Chau Ho Yan	Lam Kar Yu	Ng Wai Chun
Tse Man Wan	Lau Ka Ling	Chan Miu Kwan
Yip Sze	Wong Shun Chau	Man Yim Ping
Lee King Fong	Chang Wai Yan	Xu Jia
Fung Man Yee	Choi Mok Lan	Au Tsun Lok
Pang Chu Pui	Cheung Wei Yan	Li Ming Phone
Sit Kwan Ho	Cheng Hei Yi	Chong Viola
Lam Sin Ting	Figueroa Angie	Chu Chui Wa
Li Liang Yin	Wong Ka Yee	Cheung Wai Yan
Lai Wing Ip	Cheng Ka Fai	

Kindergarten Section

Fan Tze Kwan	Leung Lai Ming	Wong Man Cheung
Tse Yung Yung	Wong Sau Wai	Lui Shuet Yuk
Lam Lai Sze	Ng Wai Yee	Chow Yin Ming
Chan Mei Sze	Lee Kin Yan	Lam Po Yee
Chan Mei Wan	Cheung Wan Sze	Lam Mei Sze
Cheng Wai Man	Chan Kanne	Tse Wing Sze
Cheng Wing In	Ng Kai Tik	Lee Kit Ming
Chen Xiuqi	Wong Jenny	Moss Lorraine
Leung Shuk Yee	Cheung Po Lin	Wong Wing Cheung

THE 86th SCHOOL ANNIVERSARY THANKSGIVING SERVICE

Date: 8th May, 2021

Praise to the Lord for His grace for our school in the past 86 years! Technology and creativity allow all True Light family members to gather and sing our praise to God through a thanksgiving service of blended mode. Girls from the secondary section attended the service in person while students of other sections, parents and alumni came together online.

Singing the traditional children's songs of True Light, kids from our two kindergartens led us remember the spirit of our school—Be the light of the world. Another highlight was the inspiring interview with our alumna, Ms. Wu Wen Poh Wilma. Ms. Wu is also a trustee of the school board and is now the city head of ATLASPACE, specialised in designing and managing flexible workplace. She shared her life-changing story in True Light and encouraged all True Lighters to strive for excellence with perseverance and a passion to make a difference, as inspired by her faith in Jesus Christ.



Interview with Ms. Wilma Wu



Our primary section also let their creativity shine by introducing an online, interactive trivia game on our school history and campus. The game ended with a question on envisioning the future of True Light and the vast responses received would truly contribute to our school's development. May the Lord guide us to an even brighter future, raising generations and generations of True Lighters, shining our light in all parts of the world.

Lastly, we celebrated the anniversary with a music video comprised of class photos of the secondary section, showing solidarity and support in the midst of the pandemic. Thanks be to God that we have each other in the True Light family!



Singing by Children of Kindergarten Section (Tai Hang)





若公不信我之言 快來真光一見

下幼甲



真光學堂 我聞其名

上高甲

Singing by Children of True Light Kindergarten (Caine Road)

Interactive Trivia Game



以下照片是校園中
哪一個角落？

5. 在這塊基石上面寫了
以下哪一句話？

- A. 主耶穌是世之光
- B. 爾乃世之光
- C. 容孩提就我



School Anniversary Music Video



響徹雲霄

CHRISTMAS CAROL & CELEBRATION

Date: 18th December, 2020

The first online Christmas Carol was held in December 2020, gathering all True Light family members from all parts of the world in the celebration. 2020 was indeed a tough year for everyone, as reflected in the theme of the event, Rocky Christmas. Yet, we were grateful for the protection, providence and inner peace given by our Lord, expressing our gratitude through choral singing, dancing and revisiting the story of the birth of Jesus—the Prince of Peace.

The Christmas Carol began with the angelic singing by our lovely children in kindergarten, encouraging us to be the salt and light of the world to bring hope to others. A professional gospel dance team,

D.O.G.-Power (Dancers of God), was invited to share the message of peace through a dramatic dance performance. The intensity and liveliness of the choreography, together with the Scripture and testimony shared by the team leader, filled everyone with joy and assurance.

The evening ended with choral singing by our primary and secondary school students, as well as a prayer for blessings and offering the Christmas donations. This year, \$317,030 was raised and donated to various NGOs. May the Lord bless everyone with hope and peace, strengthen those who are serving selflessly and shine on those who are in the dark!

Choral Singing by Children of Kindergarten



用鹽調和世上味道會改變

高善班



能使漆黑的可看見

高光班

Choral Singing by Primary School Choir



Secondary School Virtual Choir



GRADUATION CEREMONY

Speech Day & Passing On The Light Ceremony

Date: 10th July 2021

Kicking off the graduation ceremony and prayer by all the guests



Speech by the Guest of Honour

Dr. Cheng Yan Kee

Supervisor, My fellow Trustees, Principal, Colleagues, Parents, Alumni, Secondary 5 students, Ladies & Gentlemen, and the Class of 2021,

I thank the School Supervisor for your kind introduction. I am deeply honored by your invitation to join you on this auspicious occasion.

Class of 2021

Let me begin by offering my heartiest congratulations to the graduating Class of 2021. Though fate saw it fit to place unforeseen

Dr. Cheng Yan Kee, BBS, JP of Board of Trustee, serving as the officiating guest, addresses all the graduates



challenges in your path, you stayed focused, you persevered, and you prevailed. The successful completion of secondary school education is challenging enough in ordinary times. Given what you have overcome, your presence here today is a testimony to your accomplishment. I am very proud of you indeed. Your resilience is a reflection of the True Light family as a whole. In the last 2 years, we have seen a remarkable coming together of students, teachers, staff and alumni who have supported each other and our School. This resilience enables our School to emerge stronger than ever. And I believe the same will hold true for you. These unprecedented times offer useful opportunities for us to learn about ourselves and our communities, so that together we can draw on our collective strength to move forward. There is always ample reason for hope. Behavioral and social scientists have taught us that unsettled times of change often offer potential to facilitate personal growth and adaptation. In this respect, your True Light experience is a gift you will treasure for the rest of your lives.

Gratitude

Today is a day of celebration, and a time to express gratitude to everyone who has helped you arrive at this milestone. Do thank your parents who have stood by you throughout good times and bad times. Let's give them a round of applause. Let us take this opportunity to express respect and appreciation for our teachers and staff members, who have given you their care and nurture, and have risen to the occasion to sustain True Light's mission and excellence. Another round of applause?

Speech Day

Speech Day is a time honored tradition. It marks the beginning of a new chapter in the lives of young people like yourselves who will venture into the wider world. Some of you will move on to university, or vocational training, or enter the workforce. Yet all of you will share a common bond in that you are the benefactor of an outstanding True Light education. Education extends far beyond the confines of the classroom walls. Education begins with the moment you are born and, if you are willing, continues throughout your life. It is up

to each and every one of you to make the most of the talents with which you have been blessed, and the opportunities that lie ahead.

My Speech Day

Your presence today reminds me of my own Speech Day in November 1971 at St. Paul's Co-educational College. Yes, 50 years ago. I was a Lower 6 student fortunate enough to be allowed to continue my matriculation studies after the Form 5 School Certificate Examination. In those days, it was a '5-2-3' schooling system, before '3-3-4' came into place 10 years ago. It was an impressive ceremony though I could not remember the guest of honour, nor what he had said. The St. Paul's Co-ed program booklet recorded the complete Form 5 and Upper 6 public examination results, with grade for each subject against each student name. I was horrified to see the 'E' that I got for Biology prominently exhibited in the middle of a page, amidst the many A, B & C for the various subjects by others. Since none of us failed Biology that year, an 'E' really meant the bottom of the class for the subject! This was embarrassing. One parent was nice offering me commiseration: "The program printer might have made a mistake!" The classmates whom I sat with on my graduation day have been my best friends for life, and the people to whom I have been able to turn to in times of distress. At our graduation, we were bound by enormous affection, by our shared experience of a time that could never be repeated, and, of course, by the knowledge that we held certain photographic and documentary evidence, which may have an appeal to a group of journalists called investigative journalists. Today, I wish you all similar friendships. Tomorrow, I hope that even if you cannot remember a single word of mine, you will still proceed to reach for the stars, live for the day, and dream for the future.

Failure

It has taken me some time to decide on what I should speak today. I have noticed that 'failure' is not a favorite Speech Day topic, since it conjures an anti-climax ambience when you are celebrating your success. "Failure" is a fuzzy word. Yet failure has its benefits. Because you are young, gifted and well-educated, you may not be acquainted



Speech given by the graduate student representative



Graduates receiving their graduation certificates from the officiating guest



with hardship or heartbreak. You might be driven by a fear of failure quite as much as a desire for success. Indeed, your concept of failure might not be too far from the average person's idea of success, so high have you already flown as a True Light student. Ultimately, we all have to decide for ourselves what constitutes failure. The world around us is quite eager to give us a set of criteria if we let it. Some failure in life is inevitable. It is impossible to live without failing at something or at some stage, unless you live it so cautiously that you might as well not have lived at all, in which case, you probably fail by default. Failure will give you an inner security that you may never attain by passing examinations. Failure taught you things about yourself that you could have learned in no other way. That you may have emerged wiser and stronger from setbacks means that you are, ever

after, secure in your ability to survive. You will never truly know yourself until you have been tested by adversity. Such awareness is precious, which may worth more than any qualification you may ever earn.

Accepting Failure

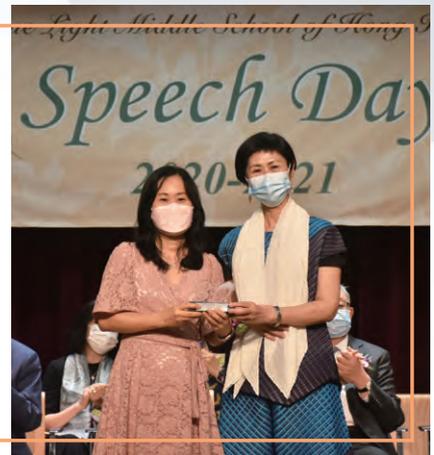
So, accept failure and learn from it. Failure is part of life. You have to know how to manage it. You have probably heard of the Silicon Valley in California: a place for high technology innovation, starts ups, and spin offs. Many who made it there often failed a few times before tasting success. It is said that the single greatest strength Silicon Valley could offer is 'failure', which is seen as a prerequisite to success. People there are willing to take risks on the way to innovation. Their fondest saying is



Passing-on-the-light Ceremony symbolizes the inheritance between sister classes



Teachers happily take the 30 Years of Service Award Trophies



'fail, but get up fast, and move forward'. Embrace failure and make it be part of your persona. I have no medicine to arrest failure. Albert Einstein's famous quote: "Life is like riding a bicycle: to maintain your balance you must keep moving!" may help. Remember St. Paul's immortal words to the Thessalonians commending them to rejoice always, pray without ceasing, and be thankful. They will serve you in good stead.

True Light

Before I close, I like to thank the School for recognizing my 20 years of service as a Trustee. I have done very little to deserve this high recognition. It was very kind of you indeed. True Light have come a long way since our Founder set foot on these shores in 1868. The one and a half Century that were to follow was traumatic and unpredictable by any standard. We survived, we thrived, because of the nobility of our conception

and the clarity of our educational principles. Thanks to the visionary management, dedicated staff and supportive parents, the School have graduated generations of students. They in turn have become illustrious alumni actively serving the School and Hong Kong. Today, True Light are a major contributor to the Hong Kong and China education scene. We transform lives, experience and impact. Our mission continues to predicate on our ethos and values. We also pursue our ever evolving strategic direction of travel with vigour. The precise means by which our goals are to be achieved constitute our School Development Plan, which is reviewed regularly. This is all very positive. May the School move forward from strength to strength and in leaps and bounds. Let me once again congratulate all the graduates and prize winners. I wish you happiness and satisfaction in all that you do. May God bless you and be with you always. Thank you for your patience.

SCHOOL DEVELOPMENT PLAN & MAJOR CONCERNS

School Development Plan 2018/19-2020/21

The slogan **'Reform Practice, Transform Self'** encapsulates our main goals from 2018 to 2021. We aim to **improve effectiveness in teaching and learning knowledge, skills and values**, and **initiate awareness towards concerning OTHERS**, such as people and nature **among students**.

Major Concern — Reform practice (互教互學)

This is the third year of the implementation of the Development Plan. Two strategies are adopted for the whole school:

1. Macro Level: Subject-based Vertical Curriculum Planning

- Each subject panel reviews their curriculum in either junior or senior forms.
- Each subject panel identifies major learning objectives (consist of knowledge, skills, values and attitudes) for which effective teaching and follow-up policies will be developed or further improved to close the gap between students' performances and the desired learning outcomes.
- Each panel subject develops and refines a spiral curriculum with specific teaching pedagogies and assessment strategies corresponding to the identified major learning objectives mentioned before.

2. Micro Level: Lesson Study

2-3 subject teachers in the same / different forms in the Panel are assigned into groups by Panel Heads. The Lesson Study cycle includes 3 stages:

- Stage 1: Planning the lesson—co-planning with group members
- Stage 2: Teaching the lesson (lesson observation by group members)→revising the lesson→teaching the revised lesson (lesson observation by group members)
- Stage 3: Post-lesson meeting to evaluate the effectiveness and for possible further improvement

Highlights of the strategies of the core subjects in overcoming the learning difficulties —

中國語文教育

- 中國語文科重點項目為**發展學生對不同文類的寫作能力**，初中階段以提升敘事寫人能力，選取恰當寫作材料，突出主題立意；議论文的論點與分論點安排具層次；亦能恰當闡述論點與論據的關係為目標。高中階段以鞏固學生審題立意的技巧，令文章立意變得深刻透徹，以提升學生不同文類的表達能力。
- 中國文學科重點項目為**發展學生賞析能力，以及培養學生散文和創作小說技巧**。
- 普通話科重點項目為**培養學生的傳意能力**，包括從個人意見到演繹故事的能力、從情境對話的說服能力到分享感受的能力。

English Language Education

- Develop students' **writing skills** is the major emphasis of English Language Panel. The learning objectives are as follows:
- Develop an **awareness** of the use of English to achieve **different purposes** through the use of **appropriate tone, style and language**.
- Use of **salient structural features** of specific text types.
- Write in correct **tone** for different **purposes**.

Mathematics Education

As students are weak in factorization of algebraic expressions and the geometrical sense, the Mathematics Panel focuses on developing students' **skills in factorization of polynomials** in junior levels, **graphical representation of straight lines and circles** in S4-S5 and **statistical measures** in S6.

Liberal Studies

- S1-S3 Life and Society:
 - ⇒ To develop good **fundamental of subject knowledge** and **explanation of knowledge**.

- ⇒ To develop basic **data processing and analysis skills**.

- S4-S6 Liberal Studies:

- ⇒ To strengthen students' **awareness and understanding of current issues**, to the application of current issues in explaining key concepts.
- ⇒ To develop students to **write in a well-organised manner** with concrete and good logic.

STUDENT SUPPORT & SCHOOL ETHOS

Discipline Section

The school is committed to the development of students as a group of disciplined youths who demonstrate positive moral values. The following measures have been adopted:

- Rule-breaking students are encouraged to make reflections and action plans to improve their judgment and decision-making process.
- The Discipline Section and Form teachers have designed appropriate strategies and programmes to help students develop good living habits.

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

▪ Prefect Team

- Prefect team includes Junior prefects (S1-3) and Senior prefects (S4-5).
- Senior prefects are responsible for the campus discipline. Team members are on duty in classrooms during the self-study sessions

every morning for managing students' submission of assignments; in the tuck shop during lunch time for maintaining discipline.

- Junior prefects are responsible for the campus cleanliness. Team members inspect all classrooms regularly and send reminders to classes for improving the classroom cleanliness.

▪ Prefect Team Training Day Camp

52 prefects and cleanliness prefects attended the training day camp. Student leaders got themselves ready to take up roles of responsibility through joining team building games and skill training workshops.

▪ Prefect Trial Scheme

24 Secondary 3 students were invited to take up prefects' duties for a month. Good performers were invited to become prefects.

Prefect Team 2020-21

Senior Prefects

Head Prefects: S5C CHAN CHI YAN
S5D PANG YUEN LAM

Vice Head Prefects: S5D CHEUNG YAN TO
S5D YUEN WING YAN

Team Members:

- S5A LOK DEVONNE YIN WING
- S5B CHAN TSZ YAN
- S5B CHOW NADIA YAN TUNG
- S5B KWOO TSZ KWAN
- S5C CHAN CHLOE
- S5C SO YI YAN
- S5D CHEUNG MAN HEI CONSTANCE
- S5D KWONG WING KI
- S5D MUI CHEUK HEI
- S5D WONG PO SUM
- S4A LAM HEI CHING
- S4A YEUNG CHING HANG
- S4A LAI KIN YAN
- S4C CHAN SIN CHI
- S4C LI KA YI
- S4D HO XIN YUE
- S4D WONG YU SEE PATSY
- S4B LI CHEUK TUNG MICHELLE
- S4C TSOI SHUE MAN
- S4C WONG SUM YIN KENNICE
- S4D PONG KIT YAN
- S4C YEUNG HIU MAN
- S4C WONG LOK JEUN KEELY
- S4D FUNG WAI KI
- S4D CHOI YU YAN

Junior Prefects



Junior Prefects

Vice Head Prefects: S4D MA KA NGAI
S4D YUEN CHEUK NING

Team Members: S3A CHENG KA WAI
S3A HO CHEUK TING
S3A LIU LOK MAN MARSHA
S3B CHEUNG SUM WO
S3B CHIANG YUEN SHAN
S3B HO XIN LAM
S3B KONG WING TUNG
S3B LAM YAN YEE
S3B LI PO WAI
S3B LO KA YIN
S3B NGAI KAI LAI
S3B WONG TING YUK
S3B YIP CHI YING
S3B YIU HOK WAI KARENA
S3C CHAN WEI XING EVELYN
S3C CHAN WING KIU
S3C CHOW YAN LUI
S3C KOON MAN HEI CHARLOTTE
S3C KWOK TSZ KEI
S3D SHAO WING SZE
S3D WANG HOI KI

Senior Prefects



Head Prefects' Words

We are honoured and delighted to take up the duty of Prefect Team Leaders this year. The COVID-19 was an requisite yet surmountable obstacle in performing our daily duties. We, as a team, shoulder the responsibility of maintaining school discipline along with bridging the relationship between schoolmates and teachers.

Indeed, we have been going through a challenging academic year, however, we are grateful to have our supportive teachers and cooperative schoolmates who have contributed to the smoothness of carrying out our duties on a day-to-day basis.

Undoubtedly, there would be various opinions and views upon the work of the Prefect Team, we will listen and take them into account as we firmly believe in the importance of communication. We have faith that we can better ourselves and gain the confidence of schoolmates through mutual understanding.

Regardless of time, the Prefect Team will continue to strive for a disciplined and orderly environment for our school as well as demonstrate a positive role for our schoolmates.

Head Prefects (2020-2021)

S5C Chan Chi Yan

S5D Pang Yuen Lam

Guidance Section

Resilience is the psychological quality that allows some people to be knocked down by the adversities of life and come back at least as strong as before. Any crisis, such as the coronavirus pandemic, can test resilience. The theme this year was **"Psychology of Resilience"**, which aimed at promoting a few psychological strategies that we can use to strengthen our own resiliency during hardship. Looking to loved ones for help and emotional support, increasing self-care, and focusing on the aspects of the situation that are under our control can help us weather almost any storm.

2005 alumna Lo Wing-ka Julia was invited to be our featured doctoral speaker. Dr. Lo is a Postdoctoral Fellow in the Chinese University of Hong Kong. She is working with a research team in the Family and Group Practice Research Centre of the Department of Social Work.

Sex Education

Teen's Key - Young Women Development Network was invited to conduct a prevention programme "我的理想情人" for S3. This non-profit organisation works for those marginalized young girls in HK.

Other topics are as follows :
S2——友或情、戀曲走了音

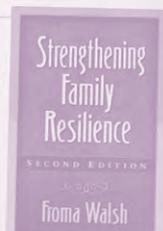
Peer Guidance

20 big sisters from S3 and S4 were recruited this year. Each of them was responsible for looking after one S1 sister.

Dr. Lo Wing-ka Julia gives a talk entitled "Psychology of Resilience"

Froma Walsh - 家庭韌力(Family Resilience)

- 人際關係是個人韌力的生命線
- 當孩童能夠在家庭或社會中接觸到至少一位關愛他的親人（包括父母、照料者、或其他的支持成年人），他們面對困境的時候比較好。
- 韌力是個人、家庭、社區元素之間的持續互動。



Sex Education Programme
"我的理想情人"

PTA Talks 2020-2021

Talk 1

Name of the Workshop	Parents' Workshop: "A Win-Win Approach to Deal with Parent-Child Conflicts"
Date	14 th November, 2020 (Saturday)
Objective	This workshop aims to help parents prepare themselves promptly, and learn about effective communication methods so that when parents and children disagree with each other, they can still maintain a good parent-child relationship.

Talk 2

Name of the Workshop	Parents' Workshop: "Journey Together with Love"
Date	13 th March, 2021 (Saturday)
Objective	This workshop aims at exploring effective parent-child communication, and enabling parents to assist their children to build up correct love values.

Careers Guidance

Life planning education and careers guidance are provided by the Careers Guidance Team to help students understand their interests, abilities and orientations in relation to learning, career goals and other aspects of life.

- Structural activities during Homeroom sessions were provided by the Careers Guidance Team. Teachers helped students to make their study choices rationally and confidently by understanding their strengths and limitations. The focus of each form is as follows:

S2	A Taste of Careers World
S3	Self-exploration and NSS Subject Selection
S4	Connect Myself and the Careers World
S5	Further Studies Exploration
S6	Subject Selection for Further Studies

- In order to let students explore and taste different job opportunities, three on-campus 10-hour Careers Exploration Certificate Courses, including Occupational Therapy Foundation Course, Online Operation and Marketing Strategy Course and Floral Design and Application Course, were offered to 54 students by Yan Oi Tong YES Training Institute.

Occupational Therapy Foundation Course



Floral Design and Application Course



- Our team cooperated with St. James' Settlement to carry out the IMPROVED project in our school throughout the year. It included the S6 Mock Interview, Life-wide Learning Day and an online company visit to Dog Dog Come Wonderland.

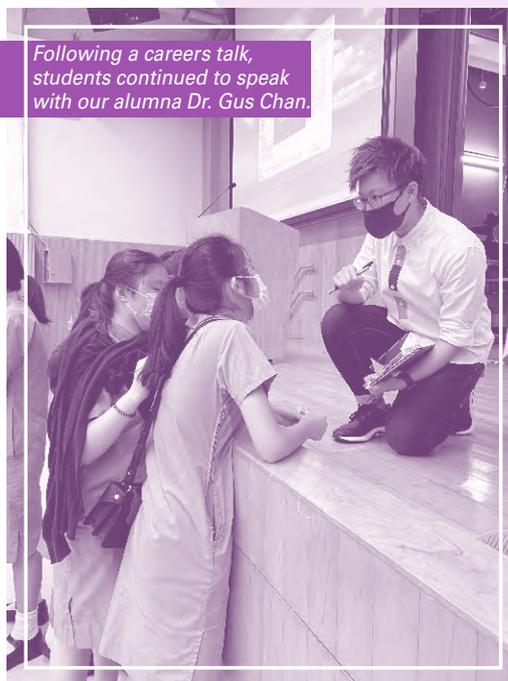
- S2 and S3 students joined the workshops in groups after school throughout the school year in the Careers Room. The topic of S2 was "My Dream 2.0" to let students dream and set goals, while the topic of S3 was "My Choice" to let students understand the NSS subject selection principles.
- The Student Careers Team organized a Careers Week during the post-exam period to promote different occupations related to the medical field. They published a booklet for S1-S5 students, held a detective game for S3 students and invited our alumna, Dr. Gus Chan, a scientist, to share her journey to do the stem cell research and regenerative medicine in Hong Kong.

Online Mock Interviews



- This year we continued to be the pilot school to join the project "I am ..." of St. James' Settlement, which is sponsored by Hang Seng Bank. It provided two Day IV Homeroom sessions for Secondary 3 students to explore themselves and prepare for the subject selection. It also includes an "I am ... Youth Portal" app, which allows students to have a personality test to understand more about the job nature of different careers and use the Chatbot to chat with different mentors online.
- S6D Tang Celine Laurelle successfully passed the interview and obtained the Multi-faceted Excellence Scholarship offered by the Home Affairs Bureau of HKSAR.
- S6D Ng Tsz Yin successfully obtained the Global Citizenship Scholarship from ICU under the Special Admissions by Recommendation Scheme and is going to study in ICU in September 2021.
- Through the Business-School Partnership Programme (BSPP) of the Education Bureau (EDB) and the Summer Career-Related Experience Scheme 2021 of Hong Kong Association of Careers Masters and Guidance Masters (HKACMGM), students obtained their job experience from Zhong Jingtang Chinese Medicine, Guangbo Treatment Centre of TCM, Wofoo Social Enterprises and Chinese University Medical Centre.
- 103 S6 students were counselled in-person or online in November 2020 for the selection of JUPAS programmes.

Following a careers talk, students continued to speak with our alumna Dr. Gus Chan.



- The 10th True Light Alumni Mentorship Programme (TLamp)
- The Opening Ceremony on 24th April 2021 was held successfully on Zoom. There are 50 mentors and 138 mentees this year, with 62 S4 students and 76 S5 students. A face-to-face activity day was held on 26th June to provide mentees with an opportunity to establish a positive and healthy mentor-mentee relationship and to understand themselves more. A series of Zoom seminars will be held throughout this cohort for mentors and mentees to enrich their understanding of different occupations.



TLamp Activity Day in Gym



TLamp Activity Day in School History Room



Alumni Experience Sharing on University life



Detective Game by Students Careers Team



Civic Education Section

Highlights

A. Moral and Civic Education

- On 2nd September 2020, an anti-drug talk was organized for all S1 students in cooperation with T.W.G.Hs. CROSS Centre through a video show and case studies, with a particular focus on the risks and threats from cannabis and related products.
- We take joy in congratulating the admission of a team of S4 students, who was officially accepted as one of the TWO secondary school level teams of the MaD Incubator programme. MaD Incubator is a social innovation incubation scheme targeted at young people aged 17 to 24 and students from S3 to S6, and tertiary institutions. Their project was titled Tai Hang Plastic Escapers (大坑大壘除), with an aim to reduce plastic wastes in the community, especially when people ordered take-away food. Field visits were arranged, under the guidance of teacher instructors and MaD instructors, to liaise and invite the restaurants in Tai Hang to be partners of the plastic free promotion campaign. The graduation ceremony was held on 27th March, 2021.



J farm

B. National Education

- On 24th September, 2020, for the National Education Assembly, we invited World Vision Hong Kong to speak on the topic, "Social Innovation for the future of Hong Kong—how the humankind betterment could be improved through social innovation." Students were exposed with global examples of social innovation and were encouraged to be more proactive in paying attention to the needs of the socially-disadvantaged.



MaD Incubator programme

- The TLMSHK J FARM team was pleased to have a very fruitful year of harvest, which included romaine lettuce, corianders, crown daisy, reddish and carrots. We are grateful for the provision of mother nature and the professional farming guidance from our consultant Mr. Kan. We look forward to celebrating another big harvest in the coming future. It is hoped that through J farm, students would be encouraged to learn to appreciate the beauty and vibrancy of the mother nature; to take initiative and be creative in planning for J farm activities; and above all, to plant and share with the community.



World Vision speaker

C. Environmental Education

- We were glad to successfully apply and implement Green School 2.0, organized by the HKSAR government. "Green Schools" 2.0 is introduced by the Government to subsidise and assist primary and secondary schools to replace existing air-conditioners with variable-speed air-conditioners (VSAC) and install real-time energy monitoring systems ("RTEMs") at their premises. The installation works will be conducted throughout 2020-2022. Educational activities and promotional works will be implemented in campus regarding energy conservation and the importance of low-carbon lifestyle, in relation to the newly installed facilities.



Religious Affairs

Incredible School Ministry Opportunities under the New Normal

The pandemic has indeed greatly affected our school's religious activities, yet it has brought new opportunities, new attempts and new breakthroughs. Combining online and offline platforms, large-scale campaigns and small-group pastoral care, students were able to experience God and Christian life in an unprecedented way. The year 2020-21 was just as what God said in Isaiah 43:19,

"Watch for the new thing I am going to do. It is happening already—you can see it now! I will make a road through the wilderness and give you streams of water there."

Preach with All Wisdom! — Evangelical Fortnight

This year's Evangelical Fortnight unexpectedly clashed with the fierce fourth wave of COVID-19. All activities were held online for the first time. Surprisingly, this offered amazing opportunities for Christian student leaders to spread the gospel and interact with their fellow schoolmates with the use of social media.

The climax of the campaign was indeed the Evangelical Assembly on YouTube live, featuring our alumna, Natalie Lee, and her family to share their incredible DSE journey with God. Over 130 students expressed interest in knowing more about God and 18 students turned to Christ. Zoom group chats, as well as one-on-one online talks have played an important role in the follow-up that the number of students participating in Student Christian Fellowship reached over 90 after that two weeks.

Evangelical Assembly



Alumna, Natalie Lee, sharing her DSE journey



Live Music by U-fire



Let Kindness Go Viral! — Campus Transformer Program

Small acts of kindness can lead to great transformations. The Campus Transformer Program by U-fire Networks aims to nurture campus leaders to put Christian values of love, care and thanksgiving in action and to create a positive culture in the school. Throughout the year, campus leaders brainstormed and organised campaigns to encourage their fellow schoolmates, teachers and school janitors by sending out tailor-made gifts, words of encouragement and prayers in many creative ways.

Students also received online inter-school training and coaching from external Christian leaders, broadening their exposure and experiencing spiritual growth from the inside out. We are honoured to join this movement and wish our campus leaders would not just impact the True Light family, but also inspire other young people in Hong Kong.

Teachers receiving gifts and words of encouragement



S6 receiving gifts and blessings before DSE



Campus Transformers Team



Student Christian Fellowship 2020-21

Don't Give Up Meeting Together! — The New Normal Student Christian Fellowship

“Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more, since you see that the Day of the Lord is coming nearer.”

Hebrews 10:25

We maintain social distance but we are never socially or spiritually disconnected. The Student Christian Fellowship managed to meet online every month and the number of fellowship members has climbed promisingly compared to previous years. The high attendance rate also reflects that students treasure the opportunity to connect, pray and support each other in this difficult time. This new normal has also urged fellowship advisors and student leaders to discern the guidance of the Holy Spirit and understand the spiritual needs of students at the very moment.

Furthermore, our girls were able to let their creativity shine by designing online games, activities and interactive campaigns on Instagram, integrating faith into the daily life of their fellow schoolmates. The new normal has brought us closer to the keys of nurturing spirituality – a time for cultivating real connection with God and others, as well as space for students to use their God-given talents.

LAC Team

LAC Team endeavors to promote reading across the curriculum. Apart from the subject teacher-led activity ‘Bring a Book to Class’, ‘Literature Circle @ K-Zone’ for all S1 students was also conducted on school campus face-to-face. Our all-time favourite ‘Spellbulary Tournament’ was conducted online, which was well-received by students as usual.

This year, we worked closely with the Science department and the Reading Team to debut our ‘“LAC How to” series’ teaching video to help S1 to S3 students write better Science text reviews after reading e-texts on Britannica Launch Packs. The ‘ROPE’ approach adopted was a collaborative work between LAC Team and Science department. LAC Team will collaborate with more KLA subjects to devise other strategies to promote RAC (Read across the Curriculum) and WAC (Write across the Curriculum) in the near future. To actualize this, LAC Team has started to map the possibilities of embedding elements of RAC and WAC in the existing English curriculum, and hopefully a comprehensive curriculum plan will be implemented in the next academic year.

True Light e-Learning

AUG
2020

Mr. Ha doing on-line sharing of flipped learning with Teach4HK fellows

TFHK x FlippEducators@HK



Mr. Ha interviewed by media on on-line teaching



SEP
2020



Setting up live teaching support centre in computer room

Student attending online lessons at home

Singapore Education 星島教育 二〇二〇年九月三日 星期四 星島日報 F2

新學期續網上授課 IT老師析教學三法

培養自主學習 準備合適器材

【本報專訊】新學期又將開始，不少學校已開始復課。在學期開始前，不少家長及老師都關心如何為學生做好準備。在學期開始前，不少家長及老師都關心如何為學生做好準備。在學期開始前，不少家長及老師都關心如何為學生做好準備。

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@

OCT
2020



Mr. Ha sharing teaching under new normal at 耀道中學



S3 students Melanie and Charis sharing their e-Learning experiences with Singapore teachers online

NOV
2020

Mr. Ha sharing online teaching in World Education Frontiers Forum

World Education Frontiers Forum

第三届 2020 世界教育前沿论坛

World Education Frontiers Forum

>> 分论坛四 <<

主讲者是由一群积极走在电子教学前沿的教师年前组成「香港翻转教学协会」，分享疫前、疫中、疫后，在教师实践、学生学习动机、克服学习困难、学习评估、正向教育等的珍贵经验和启发。同时提出了十大值得一起再探索的问题，让我们在「新常态」下，进一步共学、共创、再概念化，昂首地走向新的将来。

>> 论坛主题 <<

香港翻转教学协会“拥抱新常态”

论坛议程

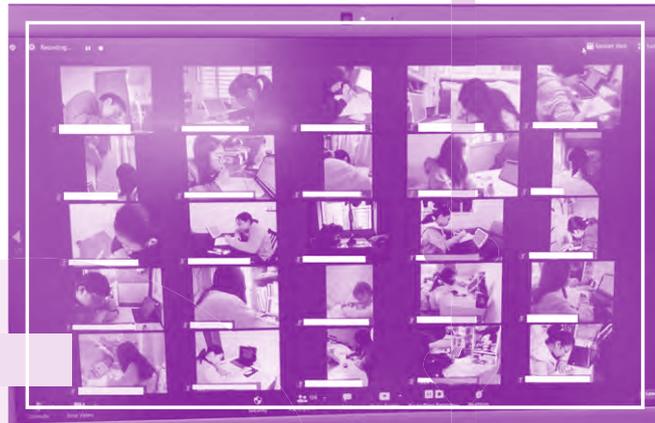
11.22 13:30-15:00

 郑淑华 香港华人基督教联合会 真道书院专业发展主任	 黄文礼 香港红十字会大埔 山慧中学教师	 李兆基 香港耀道中学 电子学习统筹	 张展玮 香港玛利诺中学教育局 资讯科技教育组教师
 张琳 香港赛马会万锦智书院 初中英文科科主任	 程咏诗 香港树岭联谊会 中学助理校长	 林振龙 香港管理专业协会 罗桂祥中学专业发展主任	 夏志雄 香港真光中学 资讯科技科主任
 薛子瑜 香港余保强纪念中学 中国历史科科主任	 萧炜昕 香港德兰中学 科学科主任	 李伟铭 香港圣公会阮郑步芹银禧小学英文科科主任	

JAN
2021



Student taking on-line exam practice



On-line exam practice invigilation



Mr Ha observe flipped lessons at CCC Kei Chi Secondary School

MAY
2021



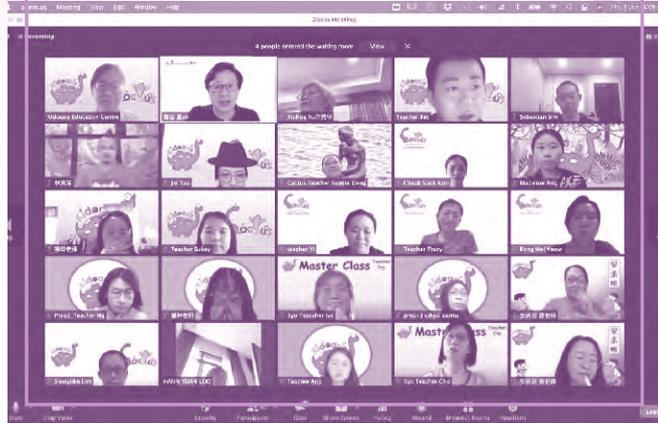
Mr Ha observe flipped lessons at Lui Cheung Kwong Lutheran College



Mr Ha observe flipped lessons in Methodist College

JUN
2021

Mr Ha sharing flipped learning to Kidoasis Education Centre at Malaysia



Mr Ha interviewed by Dr. Ho at RTHK programme 教學有心人

義起學

停課如何不停學 @義起學

Learning without classrooms

6月12日
線上研討會議程

9:30-9:35	開場	Anna Lin 副教授 義大區傳向中執行副校長	10:10-10:35	分享1 麥打奧斯「尋章問理」- 一場給學生和老師的線上研讀	陳聯俊 老師 香港翻轉教學協會會長
9:35-9:55	開場	夏志雄 老師 香港翻轉教學協會會長	10:35-11:00	分享2 新加坡中學華文線上測行實踐分享	王學萍 主講老師 新加坡萊佛士學校教師
9:55-10:10	引言	宋耀廷 教授 國立臺灣師範大學副校長	11:00-11:25	分享3 國小一天的語文教學規劃與執行	賴淑嫻 老師 貴人國際高中國小三年級導師兼國語小自文科老師
10:10-10:35	引言	程介明 教授 香港大學榮休教授	11:25-11:45	三地老師經驗交流論壇「線上考評怎麼做？」	Annie Wang 老師 義大國際高中部三年級導師
10:35-11:00	主題介紹	夏志雄 老師 香港翻轉教學協會會長	11:45	結尾	鄧淑華老師與Anna Lin副教授
11:00-11:25	主題介紹	鄧淑華 老師 香港翻轉教學協會副會長	線上研習時間 6/12(六) 09:30-11:45		

將於6/12(六)上午9點發公佈於停課如何不停學@義起學社群

* 本場研討會係由香港翻轉教學協會與義大國際高級中學聯合舉辦
聯於臺灣、香港、新加坡同步分享，採Zoom視像進行，如有資訊安全考量請自行斟酌是否參與

Mr Ha sharing on-line learning with Taiwan teachers

STEAM Team

There are 32 students in the STEAM Team, 16 from junior forms, 16 from senior forms and 3 alumnae consultants who are Year 1 students of The Hong Kong University of Science and Technology. Four types of activities were held as follows:

1. Monthly meetings

- ∞ Updates and discussions on future events
- ∞ Sharing experiences and reflections after competitions
- ∞ Group projects on various topics

2. Workshops

- ∞ 3D printing by teachers
- ∞ Scratch games coding by STEAM Team core members in November 2020
- ∞ Microbit Programming by alumnae consultants in March 2021

3. Services

- ∞ STEM 4 GIRLS Scheme 2020-2021 by HKACE from November 2020 to May 2021
- ∞ The Ocean Park STEAM Environmental Conservation Zoom Talk on 12th March 2021
- ∞ **Hovercraft** activity on Life-Wide Learning Day on 29th March 2021



- ∞ **HKUST x AYP STEAM** Induction Programme for STEAM Team members from late June to mid-July 2021





4. Competitions

- ☞ The Ocean Park STEAM Chill Programme from November 2020 to April 2021
- ☞ FIRST LEGO League Challenge Robot Competition in June 2021
Prize: Second Runner-up



- ☞ VTC STEAM Challenge Cup in June 2021
Prize: Second Runner-up and Universal Favorite Award

- ☞ Race to the Line (UK Rocket Car Competition) on 3rd July 2021
- ☞ Rocket Car Friendly Match with True Light schools on 8th July 2021
Prize: First Runner-up and Merit



- ☞ The 1st CAFEA Young Talent Smart City Forum from 15th to 16th July 2021



Reading Promotion Team

The theme of the year was **“Words to Warm the Heart”**. We hope good words can calm and heal our minds and soul during the Covid-19 pandemic. Although some on-campus activities were cancelled, two book fairs in November and April could still be held as scheduled. In November, an English book fair in the School History Room attracted both teachers and students to explore good reads for the year. The overall turnover was unexpectedly good in such an

uncertain period. Fiction and non-fiction, box-sets with special discounts were most welcomed.

During the Reading Week in April, activities held include the Chinese book fair, Emoji game (a class competition), an interview with the famous author (Miss Yau Yan Ni 游欣妮), and **Light Up the Mind** book display, which made the reading week unforgettable.



For reading across the curriculum, the School Library worked with the Science Department and the LAC Team to carry out the S1-S3 Science Online Text Review Competition. Students had to read articles and watch videos from Britannica LaunchPacks and then write text reviews. Winners from each class were awarded an English book.

HKEdCity eRead Scheme was another eReading scheme promoted this year. Students could choose either ebooks from HKEdCity or library books for the Chinese Extended Reading Scheme. The electronic reading platform facilitates reading during the epidemic.

校外獎項

優質圖書館網絡主辦「優質圖書館嘉許計劃2021」本年度嘉許計劃之主題為：疫情下的圖書館。是次嘉許計劃多達66間中、小學參加，本校學校圖書館施展渾身解數，善用創意，在疫情期間堅持為全校同學提供質量並重的閱讀活動，營造校園內外閱讀的氛圍，榮獲此嘉許計劃的「優質圖書館嘉許獎」。



Staff Development Team

In order to equip our teachers with the techniques of eLearning, and to cope with the demand for online lessons under the epidemic, we invited Miss LAI Lik-ye, our teacher, to give us a workshop entitled "The Use of Google Classroom and Other Functions" on 25th August 2020. The workshop enables teachers to master the use of the online teaching platform, and makes the operation of online lessons more convenient.

During the examination period in January, Miss LEE Kai Tsz, our teacher, together with the two social workers of our school, held a workshop for our teachers entitled "How to identify SEN students & how to get along with them". Teachers discussed the cases in groups, and identify the common characteristics of SEN students in our school to understand the skills of getting along with them.



Mirror中的我、我、我

Our school invited the founder of “心耕。細作”, Fr. Thomas Kwan, to give teachers a spirituality education workshop entitled “Mirror中的我、我、我” on 30th June 2021. After a busy school year, teachers put aside the burden of work, examined their own mental condition, and injected new strength into themselves.

How to identify SEN students & how to get along with them



Student Union



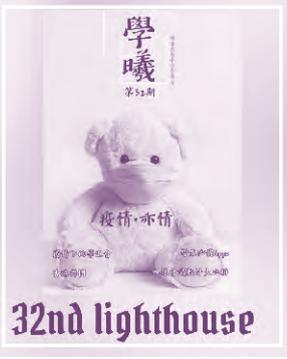
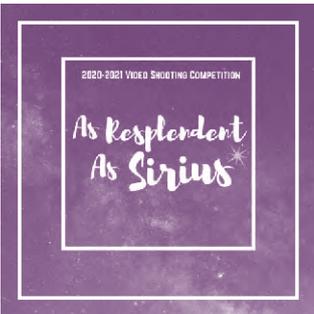
Student
union True
Light

A. Executive Committee Members of Student Union

President of Student Union (學生會會長):	S4D Lee Abbie Norah
External Vice-President (外務副會長):	S4C Sze Yuen Ka
Internal Vice-President (內務副會長):	S4D Pang Hoi Yiu
Secretary (文書):	S4D Ho Siu Kwan Victoria
Treasurer (財政):	S3C Chan On Lam Annum
Promotional Affairs Secretary (宣傳):	S4C Wong Wai Yan Laura
Academic Affairs Secretary (學藝):	S4A Lai Wing Tung S4B Chan Sum Kiu
General Affairs Secretary (總務):	S3B Kong Wing Tung
Public Relations Secretary (聯誼):	S4B Lam Ching Tung

B. Events of Student Union

Date	Event	Remarks
August 2020	Welcoming S1 students via Zoom	- Introduce Student Union to them and welcome them to our school
September 2020	Umbrella Lending Service	- Provide umbrella lending service to students on rainy days
October 2020	The 73 rd Student Union Election	- Introduce candidates to students by an online forum and Instagram promotion
	The 73 rd Student Union Inauguration	- 2020-2021 Student Union Committee members take up official posts 
	Student Union Board Decoration	- Decorate the Student Union board by posting pictures of committee members and teacher advisors
	Vote of Thanks	- Give thanks to all schoolmates who showed support during the election
November 2020	Sub-committee Recruitment	- Recruit helpful and responsible sub-committee members in assisting the daily operations of Student Union - 24 sub-committee members were recruited 

Date	Event	Remarks
	Tellonym Opinion Receiving Scheme	- Provide a platform for schoolmates to give opinions and advice to Student Union
	Welfare Promotion Discount	- Offer 5 Instagram shop discounts on clothing
December 2020	Christmas Casual Wear Sticker Design Competition	- Provide a chance for students to show their creativity and talents in arts - Due to the outbreak of coronavirus, the competition was cancelled.
	Welfare Promotion Discount	- Offer another 7 Instagram shop discounts on stationery and clothing
	Sticker for Christmas	- Celebrate Christmas with students by distributing the stickers - The sticker was designed by S5D Hannah Lee. 
	Release of Christmas Greeting Video from Student Union	- Greet students online and wish them a Merry Christmas
February 2021	Lighthouse VOL.32 	- Publish the Student Union magazine which was written by students - Topic: 《疫情·亦情》
March 2021	Video Shooting Competition 	- Provide students an opportunity to show creativity, share students' school life and celebrate the 86 th School Anniversary during the pandemic through home-made videos - Awardees: The Most Popular Video Award: S4B Li Wing Yu The Most Active Participation Award: S2C Lo Tsz Ching The Best Performance Award: S4B Li Wing Yu 

Date	Event	Remarks
April 2021	Supply of air fresheners in students' toilets and hot water bags	- Aim to improve the hygiene of students' toilets and provide a healthier and more comfortable school life
	Video for S6 Students	- Cheer S6 students up in a time under tension and stress as the DSE Examination was coming during the pandemic
May 2021	<p>The 86th School Anniversary—"As Resplendent As Sirius"</p>    	<p>- Present 5 shortlisted videos of the "Video Shooting Competition"</p> <p>- Hall performance of 2 groups of student performers ("Pentacle" and "On Air") and teacher representative, Mr. Martin Li</p> <p>- Celebrate the 86th School Anniversary of the school</p>
June 2021	<p>Post-exam Variety Show: "Ebullience"</p>  	<p>- Provide an opportunity for students to show their talents in front of the whole school and relax during the Post- exam period</p> <p>- Awardees: Champion: S4B Li Wing Yu 1st Runner- up: S4C Laura Wong 2nd Runner- up: S5B Kary Li</p>
	Farewell to S6 Students	- An aroma mask clip was given to each of the S6 students to congratulate on their graduation
July 2021	Annual General Meeting	- Reports from the Student Union aim to illustrate to all schoolmates what we have been going throughout the year

Date	Event	Remarks
	Second-hand Textbook Sale	- A medium has been created for selling second-hand textbooks from senior form students and old-girls. 
September 2021	Teachers' Day	- Thank all teachers for their hard work and effort - A tea bag set, a self-designed card and a video with memories were presented to each of them.

C. Words from the President of Student Union, Lee Abbie Norah

“What makes you want to be a part of the Student Union?” Recalling one of my class teachers asked me when I was in S3, I paused and did not know what to say.

Perhaps, I have to admit that I applied for joining the Student Union “just for fun”. Initially, I was there because my classmates asked me to go, I was there because I just wanted to give it a try, I was there because my profile would become better-looking after joining.

Gradually, I realised that it is not only “for fun”. What has awakened me is the moment of receiving the candles of light from our principal, Miss Hui, at the 2020-2021 Inauguration. Looking back on all these years in the history of the Student Union, the candles of light of the Student Union have been passed on for 72 years, and it is now in my hands. It is our turn to let this light shine and blaze brightly, and most importantly, to act like our school motto: “Thou art the Light of the World.”

I have once said in the 2020-2021 Inauguration, “When you put on the Student Union pin underneath the school badge, you are bearing the responsibility to serve the schoolmates and the school, becoming a bridge between them.” Coming to the end of my term of service and having experienced it, I would like to add the Student Union pin has also fastened with it the passion of each committee member. The enthusiasm every executive committee member brought to the Student Union’s work is our motivation and why we started. We strive for excellence in serving the school and our schoolmates as we want, and devote ourselves to the Student Union.

As known, the year 2020-2021 has been full of challenges and uncertainties. There is no doubt that the spread of the pandemic and the practice of social distancing did affect our daily operations. However, it taught us to treasure every opportunity to organise events; every opportunity is unique and precious. Therefore, we seized every possibility to hold events.

Compared to the period without the spread of the pandemic, it is way harder to hold activities. There are many constraints in organising events for our schoolmates as we have to follow the regulations and laws tightly to minimise the risk of the spread of the virus on the school campus. It is not realistic to execute plans due to the virus. On top of that, all of our committee members had meetings online, and there was a dearth of interaction, which affects the progress of our work. Still, ten of us tried our best and brought incredible memories, such as the School Anniversary Concert to our schoolmates.

Last but not least, I would like to thank all of the committee members and sub-committee members who had been working very hard throughout the year. It is my privilege to work with a group of handy, hardworking and humble committee members, and serve our schoolmates together as another school year is coming, which implies that my time of being the President of the Student Union is coming to an end. It’s time to pass the candle of light in my hand to the next generation. I wish you all the best in the coming year, and don’t forget why you started. Most importantly, try your very best to serve our schoolmates in your way.

“Student Union Strive for You, Work with You”

Thank you.

Extra-Curricular Activity Team

The Extra-Curricular Activity (ECA) Team aims to motivate students to develop individual potentials, explore interests and help build their self-confidence. We have organized the following activities during the year:

ECA Promotion and Enrollment

Due to the suspension of classes caused by COVID-19, all registrations for extracurricular activities this year were conducted online. The registration procedures and promotional videos were sent via e-mail.



ECAs under the COVID-19

We used a BLENDED MODE when organising ECAs(課外活動線上線下混合活動模式), which means we combined face-to-face mode with the online mode.

Co-ordination Work in ECA Groups

- Recruit ECA Ambassadors:
S4A LAI KIN YAN 黎健欣
S4D YEUNG YEE TING 楊依婷
S4D YUEN CHEUK NING 袁焯寧
S5C SIN HANG YU 冼倅如
S5C YIU CHEUK LAM ATHENA 姚綽嵐
S5D TZE YING LAM 謝盈林
- Good News Hotline: To share the good news of external awards with the whole school
- Record of awards in external competitions: Collect the award information by Google Form

ECA Channel

- ECA Ambassadors sent the first episode of ECA Channel to teachers and students via e-mail.
- Introduced two awesome mobile apps (Blinkist , Dance Workout) and a movie review on 'My Prince Edward' written by S5D Taffy Tse
- The award winner of the follow-up question on the movie review is S5D Nicola Chu.
- Both the writer of the review and the award winner were awarded a \$60 cinema voucher respectively.

Leadership Training Programme

Stage 1:

Two Online Training Workshops

- Aims: To develop students' communication and problem-solving skills
- Participants: All S4 students
- Students were divided into 12 groups and there were 3 groups each day for every workshop.

Stage 2:

Hands-on Training Session

- Aims: To develop students' planning and leading activity skills.
- Participants: 40 volunteers after the first stage
- Details: Each group prepared an activity for S1 students. The theme of the activity was "to introduce campus life, improve adaptability and enhance school life"



S4 and S5 Love Overflows Programme

Aims:

1. To enable students to understand the needs of different social groups in the community
2. To provide students learning opportunities in real contexts
3. To engage students in planning and lead them to take part in the continual community service

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

1. Children from low-income families: Online games and homework guidance
2. South Asian children: Online games and homework guidance
3. The elderly: Online video calls and activities
4. Parents from low-income families: Sharing of learning experiences and the use of learning apps

Best Decoration Award of
ECA Boards

Champion: History Society
1st Runner-up: Art Society
2nd Runner-up: Chinese Language Society, Manga.com



Life-wide Learning Day
(29th March)

S4 Learning through Serving Others

Aims:

1. To provide an opportunity for the participants to know more about the situation and needs of the "emerging underprivileged groups" in Hong Kong
2. To raise participants' attention towards the "emerging underprivileged groups" and the possible causes of the social problems
3. To encourage the participants to "change" the situation in any form or action

Activities:

1. The design of activities was based on the theme of "conversations", including hurtful conversations, constructive conversations and conversations that bring changes.
2. The activities made use of different simulation games to let participants experience the situation faced by the "emerging underprivileged groups" so that they can understand more about their needs and feelings.
3. The participants were encouraged to give more ideas on how to change the society through experiencing different activities.





Summer Activities
Introduction by Welfare
Agencies

- Date: 1st and 2nd June, 2021 (Tue & Wed)
- Time: 1:30-2:00 pm
- Venue: Covered Playground
- Organizations: St. James' Settlement
Baptist Oi Kwan Social Service



2020-2021 Outstanding Service Award Name List (24 students)

Class	Student Name	Role	Club Name
S5D	LEE HANNAH	Captain	Athletics Team
S5B	KWOK CHUN YU	Captain	Badminton Team
S5C	WONG KIT WING	Captain	Basketball Team
S5C	CHAN CHI YAN	Chairlady	Chinese Language Society
S5D	MUI CHEUK HEI	Vice Chairlady	Chinese Language Society
S3B	HO XIN LAM	Chairlady	English Debate Team
S4D	HO XIN YUE	Chairlady	English Debate Team
S4C	WONG SUM YIN KENNICE	Patrol Leader	Girl Guides
S5A	WANG YUE HUEN	Vice Captain	Girl Guides
S5B	LEUNG HEI YUE	Vice Captain	Girl Guides
S5C	MA KA HEI HEIDI	Captain	Girl Guides
S5C	CHOW CHUNG YAN	Chairlady	Math Team
S4C	CHAN LOK YIU	Senior Section Leader	Red Cross
S4D	AU HOI KI	Senior Section Leader	Red Cross
S4D	CHUA SUET YAU	Senior Section Leader	Red Cross
S5B	CHEUNG TSZ HEI	Head Section Leader	Red Cross
S5A	LEE SUM YEE	Vice Chairlady	Student Christian Fellowship
S5B	NGAI WING HUEN	Chairlady	Student Christian Fellowship
S6D	LEUNG CHO KIU	Captain	Table Tennis Team
S5D	LAM CHING CHI	Chairlady	English Drama Group
S5D	PANG YUEN LAM	Vice Chairlady	English Drama Group
S5A	CHOW SHIN YEE	Vice Chairlady	STEAM Team
S5C	CHAN CHLOE	Vice Chairlady	STEAM Team
S5C	CHOW CHUNG YAN	Chairlady	STEAM Team

2021-2022 Good Service Name List (60 students)

Class	Student Name	Role	Club Name
S5C	SO YI YAN	Vice Chairlady	Art Society
S5C	YAU KA HANG	Chairlady	Art Society
S5B	NGAI WING HUEN	Vice-captain	Athletics Team
S4B	YU HIU KEI ANGELIQUE	Captain	Badminton Team
S4B	CHAN HEI YAN	Vice-captain	Basketball Team
S4C	CHAU CHEUK YING	Captain	Basketball Team
S3B	NG KA YAN	Committee Member	Chinese Language Society
S3C	CHAN WEI XING EVELYN	Committee Member	Chinese Language Society
S3D	TANAKA SAYURI	Committee Member	Chinese Language Society
S4B	LAU KWAI LAN	Committee Member	Chinese Language Society
S4D	CHENG HOITING	Committee Member	Chinese Language Society
S4D	MA KA NGAI	Committee Member	Chinese Language Society
S5D	TZE YING LAM	Committee Member	ECA Ambassador
S4A	MA KA YI MAGGIE	Patrol Leader	Girl Guides
S4C	WONG SUI NAM ELIZABETH	Patrol Leader	Girl Guides

Class	Student Name	Role	Club Name
S4D	CHAN SHU XING	Patrol Leader	Girl Guides
S4D	SIU HO YUET	Patrol Leader	Girl Guides
S5C	KWAN YAN WA	Chairlady	Interest Club - Global Food Study
S5A	LEE SUM YEE	Chairlady	Interest Club - Photography Club
S5B	KWOO TSZ KWAN	Vice Chairlady	Interest Club - Photography Club
S5B	KWOK CHUN YU	Chairlady	Interest Club - Slow Living Society
S5B	LEUNG HEI YUE	Committee Member	Interest Club - Slow Living Society
S5B	TSOI CHEUK TUNG	Committee Member	Interest Club - Slow Living Society
S5B	YEUNG TSZ YING	Committee Member	Interest Club - Slow Living Society
S5D	TZE YING LAM	Member	Interest Club - Slow Living Society
S4D	WONG YU SEE PATSY	Vice Chairlady	Math Team
S5D	WONG ANNABELLE TSZ KWAN	Vice Chairlady	Math Team
S5C	CHAN CHI YAN	Head Prefect	Prefect
S5D	PANG YUEN LAM	Head Prefect	Prefect
S3A	HUI ALISON KAYUNG	Section Leader	Red Cross
S3B	CHIANG YUEN SHAN	Section Leader	Red Cross
S3B	CHOW YUEN YING	Section Leader	Red Cross
S3B	LI PO WAI	Section Leader	Red Cross
S3B	NGAI KAI LAI	Section Leader	Red Cross
S3C	HUNG HIU LAM JOANNE	Section Leader	Red Cross
S5C	YIU CHEUK LAM ATHENA	Chairlady	Science Society
S5D	CHU WING SZE NICOLA	Vice Chairlady	Science Society
S5D	WONG ANNABELLE TSZ KWAN	Vice Chairlady	Science Society
S3B	TSANG KAM YAN	Committee Member	Student Christian Fellowship
S5C	LEUNG HUI CHING	Vice Chairlady	Student Christian Fellowship
S4C	SZE YUEN KA	Vice President	Student Union
S4C	WONG WAI YAN LAURA	Committee Member	Student Union
S4D	HO SIU KWAN VICTORIA	Secretary	Student Union
S4D	LEE ABBIE NORAH	President	Student Union
S4D	PANG HOI YIU	Vice President	Student Union
S5B	LI YAN TUNG	Captain	Swimming Team
S5D	WONG YUK KI PEONY	Captain	Swimming Team
S4A	HO HIU YAN	Group Leader	TrueVision
S4C	MAN LONG YIN	Group Leader	TrueVision
S4C	TANG SIN LAM	Group Leader	TrueVision
S5D	LEUNG KA KIU	Chairlady	TrueVision
S4D	LEE TSZ CHING	Vice Chairlady	Library Society
S4D	SIU HO YUET	Group Leader	Library Society
S5A	CHOW SHIN YEE	Chairlady	Library Society
S4C	CHAN SIN CHI	Committee Member	STEAM Team
S4C	HON CHUNG YAN	Committee Member	STEAM Team
S4C	IP CHEUK YAU	Committee Member	STEAM Team
S4C	KWOK HAU CHING	Committee Member	STEAM Team
4C	WONG SUM YIN KENNICE	Committee Member	STEAM Team
4D	SIU HO YUET	Committee Member	STEAM Team

國文學會

本年度國文學會的活動主題是：民以食為天。顧名思義，是要透過中國傳統飲食讓同學更認識中華文化。因此，在八次的聚會中，上至貴冑宴會下至百姓飲食，還有時令食物、飲宴遊戲、酒水茗茶和餐桌禮儀，都是我們重點介紹的內容。不過，最令同學印象深刻的便要數到「糖畫工作坊」了，我們請到糖畫大師高曉明先生親臨示範，同學既可親睹高先生如何呈現出飲食文化的藝術性，又有機會動手製作，真是一次寶貴而難得的經歷。



Science Society

Under the COVID-19 pandemic, most of the Science Society meetings were held online. Although there were many limitations and restrictions, we tried to make use of many different ways to enhance our members' knowledge in science.

Firstly, we learned science through watching movies. This was a whole new way for our members to learn. Two films about "total internal reflection" and "magnetic field" were watched during the meetings. Not only did we understand more about the scientific theories, but we also found out how the theories were discovered by the scientists.

Moreover, we learned science by carrying out experiments. We carried out simple experiments instead of complicated ones so that every member could try them out at home by themselves. We learned about different kinds of science knowledge and experimental skills through performing the experiments. All of us also learned not to give up easily. Some of our members failed to carry out the experiments at first. However, after making various corrections and readjustments, all of us were successful. We have learned how important perseverance is for us to overcome difficulties and challenges.

In the coming year, the Science Society hopes to organize more activities for our members to further develop their science knowledge. We aim to help them grow a deeper and more long-lasting interest in science.

History Society

History Society believes histories have numerous trivial but worth-knowing stories behind them. The theme of our Society in 2020-21 was "The Corner Diary" and we hoped to introduce more history stories to our members. As Robert Heinlein said, "A generation which ignores history has no past and no future." We want to remind our members the importance of valuing every story behind history and inspire them to explore how the past does affect the world we are now living in.

As a tradition, we played "Colette", an Academy Award-winning documentary, which is about a member of the French Resistance who visits a German concentration camp. By watching the film, we hoped our members could empathize with the victims who suffered in the deadly concentration camp during the Second World War. It could also deepen members' reflections about contemporary issues that affect societies around the world. Besides, we held a pineapple bun workshop. Not only did participants enjoy making pineapple buns, but they also appreciated the intangible local cultural heritage of Hong Kong, which conforms to our theme this year.

Regrettably, due to COVID-19, all of the outings and most of the face-to-face meetings were cancelled. We wish our members relish the prospect of learning history through our meetings next year and we are keen on providing our members opportunities to pursue more incredible histories all around the world.



Art Society

This year, the Art Society planned to run two major aesthetic programmes, which were the Lamp Design and Water Marbling in the first and second terms respectively. For the Lamp Design, our members were allowed to have a taste of creating on a three-dimensional surface and learn more diverse drawing techniques. Water Marbling, as a less popular project that people take part in, provided a chance for members to enhance their colour sense. However, due to the pandemic, members were not allowed to participate in face-to-face meetings. We only held online meetings, in which we interacted by playing some art-related games.

Besides, I would like to thank the efforts made by the committee members. We fortunately won the first runner-up in the poster design competition after spending a lot of time and efforts in designing the poster for our society.

Apart from this, S5C Yau Ka Hang and S5C So Yi Yan have been elected as the school representatives to be the Art Ambassadors in some projects held by AAiSS.

Last but not least, five of our members won prizes in the 150th Anniversary Logo Design Competition.

Home Economics Society

There were only zoom meetings for the members to have cookery workshops this year. All of them were organized by the S5 committee members. They were eager to share cooking experience and delicious food with others. Members enjoyed watching the videos made by the committee and gained more knowledge about cooking and food. Most of them expected to have face-to-face meetings and cooking practices at school.



Zoom meeting of "Steamed Sweet Pudding with Red Beans" organized by Vice-chairlady of Home Economics Society

Library Society

Due to the COVID-19 pandemic, some of the library activities were carried out in the online format. We held the joint-school reading club activity during the Easter Holiday. Students of the Sha Tin Methodist Secondary School, Elegancia College and True Light Library Society participated in the online reading club. We shared books of life education and daily library practices in the meeting. We had great fun meeting students from other schools.

Although some activities were cancelled due to Covid-19, we still carried out group activities by Zoom. Group leaders planned and led the group discussion and online games. As a result, we got to know each other better after the games.

The library newsletters, **True Light Readers 06 & 07**, were published as scheduled. In these two issues, schoolmates shared books on the theme—**Words to Warm the Heart**. Members of the Library Society also shared their reading experience and interest in exploring libraries inside and outside Hong Kong.



TrueVision

Exploring our Vision for the Future

TrueVision, the Campus TV of the school, captures the invisible and makes it visible to everyone at school. Through experiencing every step in the production of programmes, from script writing and shooting to editing and distributing, members develop and realize their full potential and limitless talents. In addition to producing programmes that are broadcast in

classrooms each cycle, students also get to develop creativity, hone their skills in handling a vast array of shooting equipment and computer software, and foster bonding with peers by joining workshops and training courses organized for TrueVision members. Passionate members also rise to the challenge of joining competitions outside school, taking what they have learnt in the team and further developing it. Joining TrueVision allows junior members to experience the importance of working as a team, and senior members to practise leading their teams with charisma and vision, which are all important missions of TrueVision.

During the COVID-19 pandemic, we held online general meetings focused on creating chances for teammates to communicate and improve the quality of the contents made. Group discussions allowed teammates to assert opinions freely and spark unique ideas creatively.

Focusing on creativity, we have provided newbies with training courses, practical guidance, and useful comments to inspire them with innovative ideas and encourage them to think out of the box. We are glad our teammates have attempted and produced a variety of contents.

Never can TrueVision reach this far without the active participation, endless support and feedback from students, alumni and teachers. Let's take it to the next level in the future!



New members under training

中文辯論隊

在疫情籠罩之下，今年辯論隊確實過得不容易，我們既沒有面對面的訓練及比賽，實戰的機會亦隨之減少。縱然在如此艱難的境況下，我們依然堅持進行密集式的訓練，以及珍惜每一場比賽，為求把握每個能令我們進步的機會。我們相信「有危就有機」，只要在逆

境中努力裝備自己，他日定能成為非同凡響的辯論員。最終，我們迎來了「啟迪盃」的首場勝利，並在「鳴辯盃中學生辯論比賽」中取得三勝一負的成績，雖然未能再下一城，但隊員均獲益良多。辯論不只是針鋒相對、唇槍舌劍，其真諦是學習尊重和接納不同觀點，理解與包容各方意見。社會議題眾說紛紜，而辯論就是交流的途徑，令真理愈辯愈明。

雖然比賽有輸贏之分，但辯論卻沒有結局。期望來年辯論隊能繼續「辯出真光，論絕四方」，秉承上下一心的精神，迎難而上。更望隊員們保持對辯論的熱誠，永不停步，擁有追求真理的初心，「衝出校園，關心社會」。



出戰「鳴辯盃中學生辯論比賽」的情形

English Debate Team

True Light's English Debate Team has a victorious year. The team achieved high promising result in the Hong Kong Secondary School Debating Competition. In term 1, the two junior teams, along with the senior team, won two rounds of the tournament consecutively and were invited to Term 1 Finals. Despite not being able to hold on-campus meetings and practices given the pandemic situation, the three teams successfully captured two Champions and a 1st runner-up in Term 1 Finals after months of meetings and script scribbling. In term 2, both our junior and senior team, once again, tided through great challenges and defeated several strong opponents, entering the Grand Finals after five rounds of competitions throughout the year. Eventually, the junior team was crowned the Champion and the senior team the 1st runner-up in the Grand Finals. Two of our debaters, Melanie Gee from S3B and Laura Wong from S4C, were awarded the Best Speaker.

It is no doubt a fruitful year for the team. The team shall continue to navigate the journey head with the unwavering determination we have this year.

English Drama Group

It was surely a tough year for the English Drama Group amid the pandemic. Although the virus took away our stage, our members refused to stop shining. All of them demonstrated that even without a stage, they are all brilliant stars! This year, we had almost all our meetings through Zoom and we can proudly say we managed to transform a rather awkward situation with many constraints into an awesome one with many surprises and breakthroughs. We had workshops and drama games on the use of voices, lines delivery, story development, facial expression and body language. We trained diligently for the Dramatic Duologue competition of Hong Kong School Speech Festival, in which quite a few of our members got prizes and excellent results. The committee members did a wonderful job in leading and mentoring our younger members. We also tried brand new activities including voice dubbing and role playing through Zoom. All of these meaningful activities culminated in a fantastic year-end Zoom dramatic scene competition. All members did extremely well and more importantly, they all enjoyed the experience thoroughly.



Students are able to enjoy drama even in Zoom!

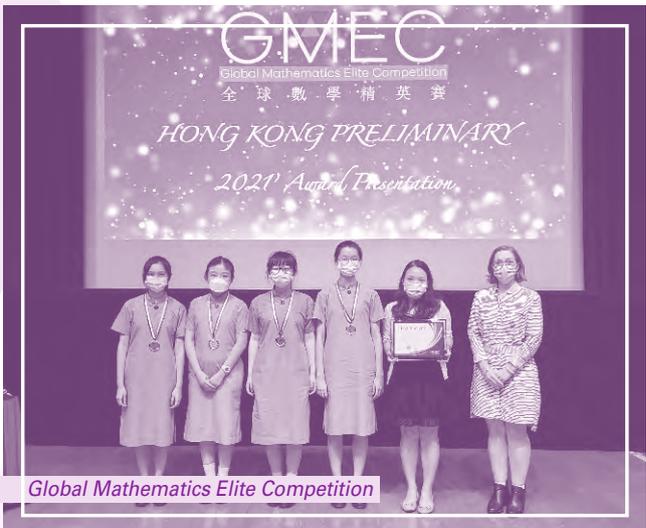
Math Team

In order to develop the potential of brighter students, the Math Team selected top students from each form in September and provided courses to those students in the first term to enhance their confidence and widen their horizons in Mathematics. There are totally 27 members in our team.

This was the fifteenth year for the Math Team to hold True Light Girls' Invitational Mathematics Contest. 40 secondary schools participated in the contest held on 14th November, 2020. Good responses were received from the participating schools.

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

Besides, the Math Team members were invited to participate in 7 inter-school Mathematics competitions, including Global Mathematics Elite Competition (for S1 to S5), Hong Kong Hua Lu-geng Cup Mathematics Competition (for S1 to S2), Mathematics Book Report Competition for Secondary Schools 2020/2021 (for S1 to S3), HK Mathematics Creative Problem-Solving Competition for Secondary Schools 2020/2021 (for S1 and S2), IMO (for S5), HKMO (Open) & AIMO (Open) (for S1 to S5) and HKMO (for S5 or below). Students got excellent results in various competitions, including 2 silver awards, 4 bronze awards and 1 third place award. Last but not least, the Math Team obtained the "Excellent Mathematics School" award in Global Mathematics Elite Competition.



Global Mathematics Elite Competition

Music Activities

The True Light Junior Choir managed to maintain a regular rehearsing schedule weekly despite the pandemic situation which does not allow students to stay behind school. The zoom practice was surprisingly effective as part-leaders took up the important role of holding small-group coaching in their respective breakout rooms.

The choir performed Pavane for a Silent Night arranged by Patrick M. Liebergen in the form of a virtual performance for the Christmas service. It

was not easy to record individual singing at home, nonetheless, students were so devoted that the undesirable environment could not stop them from sharing the joy of music making.

It's high time to allow students to enjoy music without the urge to take part in competitions. In the second term, they learnt the song And the glory of the Lord from the Messiah by Handel, not for competition nor performance. They treasured the moment when they can take time and glorify God with their talent in music.

During the COVID-19 pandemic, we organized online board game gatherings through which members could still enjoy the fun of board games. We had also organized face-to-face gatherings after class resumption, such as 'board games buffet' and 'treasure hunt', which consolidated the friendship among members.

Red Cross

Although the class suspension led to the cancellation of most of our face-to-face activities, we still connected our members via Zoom meetings. In the aspect of training, our new members attended first aid courses and had regular drill practices to maintain members' discipline. Apart from the regular training, a service project aiming at strengthening non-Chinese students' Chinese ability was conducted in the summer holiday. We designed some games which encouraged the students to speak more in Chinese confidently which is of great benefit to them for blending into our society. Furthermore, we arranged an online friendship activity to welcome our new members who newly joined Youth Unit 42 this year.

Even though not so many events could be carried out this year, we could still develop a sense of team spirit among our unit members. With activities focused on the three aspects: training, service, and friendship, members learnt to persevere, to serve others, to be respectful to one another and be united as a team.



Junior Choir Zoom

Chess Club

We aim to develop students' critical thinking, boost students' creativity and challenge students' minds. We have a plentiful supply of chess sets and board games. Students can indulge themselves in all kinds of mind-blowing and mind-boggling games.



Playing board games



Drill Practice

Girl Guides

Girls All Geared Up—Caught in a sea of blue uniforms, whistles, and knee-length socks? Look no further, we are the Girl Guides! We aim at developing members’ potential to the fullest while learning to be responsible citizens of the world. We have activities all year round—cooking competitions, tie-dye workshops, camps and hikes, you name it! And it’s not just all about fun. Girl Guides are trained to march, knot, and survive the outdoors. Through hands-on work, one learns discipline, responsibility, and of course, teamwork. As an acknowledgement of the skills we’ve learnt, we earn badges in return. As our Guide Promise goes, “(We) promise to do (our) best, to be true to (ourselves), (our) God and (our) country, to help others, and to keep the Guide Law.” We exist to serve and to love.

Community Youth Club (CYC)

Enjoy Gathering

During the year, we had two zoom meetings with our committee members and one AGM with all the CYC members.

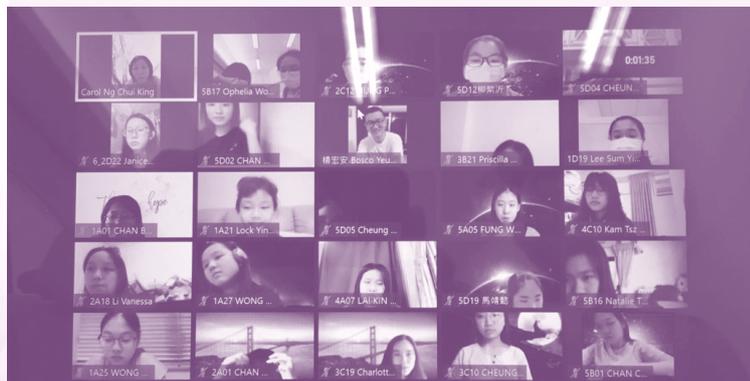
In the first two meetings, we discussed the arrangement of AGM, the division of labour and the activities that were held in the 1st term and J-farm.

Due to the pandemic, we only held online services and responses were given by members via the Google Form.

Most of the members chose collecting garbage, helping to do chores, taking cold showers and sharing of masks. They all found that these services could let them learn how to be more caring and eco-friendly. All these services went quite smoothly, which helped them understand a small step for them, a giant leap for the society and for the earth.

In the 2nd term, as the social-distancing measures were still maintained in Hong Kong, it made us difficult to follow our annual plan (惜食堂, 沙灘特工隊 and visiting the dog kennels).

Enjoy our gaetheing time



Zoom gathering and AGM

The Hong Kong Award for Young People (AYP)

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-actualization 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, 98 awards have been achieved by our members:

Awards & Certificate	Number
Green Bird Badge	56
Bronze award	27
Silver award	15
Total	98



K-Zone

Despite not being able to hold on-campus activities, students were still able to participate in various English events on Zoom. Aside from hosting annual activities like 'Spellbulary', a new event called 'True Light Trivia' was introduced to our S1 girls. Students had a lot of fun as they were challenged by questions belonging to categories like pop culture, world knowledge and entertainment. The thrill of providing correct answers to questions was enjoyable and it successfully created an engaging English atmosphere.

Another new event that was held on Zoom was the 'Easter English Activity' for S1 to S3 students. Our teacher advisors created voice acting activities, quizzes and online treasure hunts for students to participate in.

Although we faced many obstacles this year, our English Language Prefects trampled them all and were able to assist in hosting many new experiences for our students. We are extremely excited for the school year ahead since there'll be major changes made to K-Zone. We hope to bring more excitement to everyone in the near future.



XU JIANG

ASSOCIATION

中一開社（旭晶社）

2020-21 中一級旭晶社幹事

社長



1C 李宛豫 (17)

副社長



1B 周可翹 (6)

文書



1B 曾樂遙 (26)

德育



1B 楊溢熙 (33)

I.T.



1D 胡晨琪 (14)

學藝



1A 胡碧桐 (30)

學藝



1D 單嘉悅 (27)

康樂



1B 黃心柔 (7)

康樂



1C 盧淮秦 (22)

總務



1A 鄭思行 (6)





旭晶社的社長、副社長及德育陪同
許校長主持開社典禮



許校長勉勵旭晶社同學要團結互助、
協力前進



黃樂澄同學演奏莫札特的鋼琴奏鳴曲



中一同學同唱旭晶社社歌



Writing Competition



Champion —
Pang Sze Yin Alexis S1C

My New School Life

Ding Dong! Ding Dong! Ding Dong!
The school bell is singing a birdsong.
Students rush to their classrooms like a swam of bees,
dashing around in their brand new uniforms.

Starting face to face assembly finally,
and classrooms are no longer empty.
Tactful teachers are talking tenderly.
Smart students are studying silently.

Zoom! Zoom! Zoom! Zoom!
Serious COVID has disrupted our lives.
Learning on the internet has become our habit.
But we want to play together like rabbits.

I hope I can keep chit-chatting with my friends.
No matter if it's a good or a bad day.
Let's be good friends,
and our friendship will never end.



1st runner-up —
Fiona Cheng S1A

True Light

Friends,
the people I can rely on and talk about everything.
Because of them, my difficult school life has become full of
love, and other lovely things.

Friends,
the people who are super sweet and always send me smiles.
Because of them, delight comes and pressure stays away from
me. They are never hostile.

Teachers,
people who are thoughtful and faithful.
They are the people I can go to for suggestions and who are
certainly truthful.

Teachers,
people who are as patient and as clever as owls.
They are the people who will not give up until we have learnt
what we need to learn.

Ring! Ring!
Once the bell rings, some of us rush down to the tuck shop and
buy food.

Once the bell rings, some of us visit our peaceful and gigantic
library and read books.

Once the bell rings, some of us go to our pleasant garden and
play hide-and-seek.

Once the bell rings again, all of us flock to our own classroom
and prepare for our lessons.

School life,
a special journey for everyone.
Sometimes it's stressful, but mostly it's wonderful. Thank
you to all the people who make my school life become more
memorable and meaningful.
I'm sure I will remember this amazing trip for my whole life.

中六級夕

(曉社)

中六級社幹事

社長： 盤宇馨
 副社長： 陳卓琳
 德育： 郭敏樺
 康樂： 何鎂淇 羅詠恩
 IT及秘書： 吳芷嫣 曾鳳盈
 總務： 文映霖 湯家欣

社長致辭：

校長、各位老師、各位同學：

大家好。我是 2020-21 年度中六級曉社社長盤宇馨。今天是級夕，我很榮幸可以代表中六級同學發表感言。讓我先尋找一下曉社同學坐在哪裡，你們戴上了口罩的確很難辨認，不過你們會否覺得這個感覺似曾相識？2003 年出生的我們，剛剛要經歷沙士，一張開眼便看到爸爸媽媽戴上口罩，我只能望著他們的眼睛，認不清他們的樣貌，就算他們叫我的名字，我也聽不清，我們好像與生俱來跟外界有一層隔膜。幼稚園畢業不幸遇上豬流感，今年中學畢業，我們又要與疫情搏鬥。我們暫時的人生好像離不開口罩，疫情不單偷走了我們中五的下學期，Doremi、遊藝會、Sports day、Christmas celebration 相繼取消，無聲無息偷走了我級應有的集體回憶。面授課堂迫不得已轉為 Zoom 形式進行，同學之間的互動變得少之又少，我很擔心戴上口罩見不到大家的模樣，令同學之間的隔膜變深，對於要準備文憑試的我們來說，這個簡直是前所未有的挑戰。

初中大家剛入真光，很多同學互不認識，像是戴上了隱形口罩。看不到對方的口型，說話一味瞎猜，令我們溝通很容易出現問題，影響自己想表達的感情，那時我們不時出現了爭拗。同時，這個隱形口罩好像令我們不敢表現自己。記得初中時，級職員帶領大家在運動會打氣是一件很困難的事。大家都腼腆害羞，不敢喊口號，通常都要一段時間熱身，然後到運動會的「氣后」環節，應援聲才會開始大起來。

高中除了要面對文憑試，我們還要應付疫情。一邊廂說著四人限聚令，另一邊廂又要有 1 點 5 米社交距離。雖然我們今次真的戴上口罩，但我發現我們的隱形口罩反而慢慢隨著成長而逐漸消除。在我應考數學科文憑試的前三天，我居住的屋苑發現了變種病毒確診者，他們需要撤離檢疫，而我住的地方亦需要強制檢測。記得當時被通知要檢測的時候是

星期五晚，意味著我需要在兩天內取得陰性的檢測結果，否則我便不可以進入考場。當時我居住地區疫情嚴重，正準備文憑試的我根本難以抽空花上三、四小時排隊做社區檢測，而社區檢測等候結果的時間亦要兩至三天。當時身邊的朋友知道這事後，立刻幫助我尋找可以做檢測的診所。其實大家都緊張地忙著應付考試，但在我徬徨無助的時候，她們跟幾位老師花了很多時間替我尋找可即日有結果的私家醫院，最後我終於可以順利做檢測出席考試。

或者這只是我一個小小的個人經歷，但正如我起初所說，其實曉社的同學都經歷過很多風浪，雖然這些考驗在所難免，但值得慶幸的是當我們最乏力，最憂慮的時候，同學總能夠互相扶持，不離不棄，這個有形口罩絕對阻隔不了我們的友誼。現在我真的很希望可以除下口罩（動作：除去第一個口罩）。雖然，現在我們真的未可以完全除下口罩，但我相信不久將來總有一天可以，但願我們在座每一位，都能除去心中無形的口罩，消除隔膜，不分彼此，做最真實的自己，就好像我們級夕的主題——破曉一樣，一起尋回自己當初的熱誠。

再一次多謝校長、老師、同學出席今天的級夕，希望大家細心欣賞接下來的表演。我在此謹祝各位老師工作順利，祝各位師妹學業進步。我亦想送一句歌詞給曉社同學：「以真誠我祝福你會踏上那光明前路」。最後祝各位曉社強人，明辨篤行，前程似錦，叱吒風雲。多謝。



級夕歌—— 破曉的憶記

離別真光的瞬間
心裏吶喊
熱血不會退減
闖高山坳窪

年月消失於上班
鼓勁漸淡
難敵社會轉化
隨逐往返

憶起社花 再拾那
百合的高雅
令人熱衷 窩心說話
誰能放下

月光一剎那趨淡
共你或東西飛散
懷念眷掛
回望那天真的我感嘆

夜空中滲透落霞
在暗黑彰顯希盼
重頭逐夢穿梭世間
尋找真我愉快

遙望青春的插畫
千變萬化
歷載風雨創疤
精心繪製它

平淡安穩相處間
總有代價
留下只得空格
遺憾折返

一轉眼間
告別那
雛鳥的姿態
未來日子即使塌下
重拾冀盼

月光一剎那趨淡
共你或東西飛散
懷念眷掛
承諾記得當天那火花
回望那天真的我感嘆

夜空中滲透落霞
在暗黑彰顯希盼
重頭逐夢穿梭世間
人生多戲幻

如煙花
轉眼六年全消散
面對未來前路似蝶羽破繭
勇敢的爭扎
好嗎 展翅各自離家
迷途何用怕

夢想消散再不返
共你亦總需分散
懷著寄盼
承諾到再會見也瀟灑

讓星空永遠璀璨
願照亮漆黑雙眼
成就理想穿梭世間
尋找真我未晚



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.



PE Fitness Video

- Inter-school competitions were cancelled due to COVID-19. Some members were disappointed as they could not show their talents. Despite the disappointment, students tried to do different fitness programs at home so as to keep the fitness level.

Hong Kong Student Sports Awards

S5B LI YAN TUNG was being awarded by the Watson Group Hong Kong Student Sports Awards (SSA). She was presented an Award Certificate, a cash scholarship of \$500 and a leadership workshop.



S5B Li Yan Tung

Sports Demonstrations

1. Social Dance Course

Our school took part in the social dance programme organized by the Leisure and Cultural Services Department. The coaches organized an 8-session training course for our S6 students. Students have learnt the basic skills of Waltz and had fun in the sessions.

2. Short Golf Course

Our school took part in the Jockey Club Community Sustainability Fund-“Class to Course”

golf programme organized by the Hong Kong Golf Association. The coaches organized an 8-session training course for our S5 students. Students have learnt the basic skills of short golf and enjoyed the lessons.

3. Thai Boxing Sports Demonstration

Our school took part in the Thai boxing sports demonstration. The coaches organized a 2-session training course for our S6 students. Students have learnt the basic techniques and rules of Thai boxing.

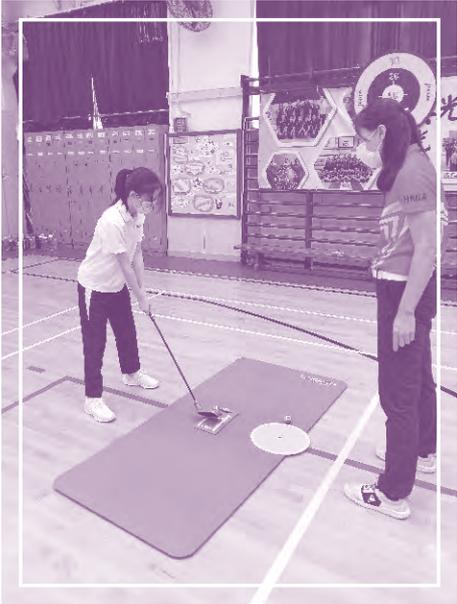
S6A S6B



S6C S6D



Social Dance Course



Short Golf Course



Thai Boxing Sports Demonstration



SCHOLARSHIPS & AWARDS

Achievements

I. Internal Scholarships, Awards and Prizes

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

For first year undergraduates who obtained the best results in the 2021 HKDSE

S6D Hong Suet Ching 康雪晴 Bachelor of Business Administration (Law) and Bachelor of Laws (Double Degree) (University of Hong Kong)

2. Yung Yuk I Scholarship (容玉儀獎學金)

For first year undergraduates who obtained the best results in the 2021 HKDSE and entered the medical field in the local university

S6C Lau Sin Kiu Jamie 劉善翹 Medicine (MBChB) Programme (Chinese University of Hong Kong)

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

For first year undergraduates who obtained the best Chinese results in the 2021 HKDSE

S6A Zou Qing 鄒晴 Bachelor of Arts (University of Hong Kong)

4. Scholarship for Outstanding Academic Performance in 2019-2020 P6, Primary Section of True Light Middle School

S1A Tsang Yeuk Kiu Jacey 曾若翹

S1B Cheng Ho Yan 鄭浩欣

5. Honours Students (Year)

S1B Cheng Ho Yan 鄭浩欣

S2C Hung Pui Ching 洪珮晴

S3B Gee Richelle Melanie 朱子穎

S4C Liu Lok Chin Chloe 劉樂芊

S5D Lam Ching Chi 林呈芝

S6D Hong Suet Ching 康雪晴

S1C Yip Cheuk Kiu 葉綽翹

S2C Ko Man Hei Mavis 高漫希

S3C Chan Yuet Wah 陳悅鏘

S4D Siu Ho Yuet 蕭可悅

S6C Lau Sin Kiu Jamie 劉善翹

S2C Fung Yuet Kiu Caron 馮乙翹

S2C Yeung Oi Ying 楊藹瑩

S3C Wong Yan To 王昕濤

S5C Chow Chung Yan 周頌恩

S6D Chan Cheuk Tung 陳卓瞳

6. Best Academic Award (Year)

Form	1 st Place	2 nd Place	3 rd Place	4 th Place	5 th Place
S1	Cheng Ho Yan 鄭浩欣	Luo Nga Wai 羅雅慧	Li Jun Kiu Annabel 李津翹	Yip Cheuk Kiu 葉綽翹	Deng Yuhan 鄧語涵
S2	Fung Yuet Kiu Caron 馮乙翹	Yiu Lok Hei 姚樂希	Hung Pui Ching 洪珮晴	Ko Man Hei Mavis 高漫希	Wong Cheuk Kei 王卓琪
S3	Gee Richelle Melanie 朱子穎	Wong Yan To 王昕濤	Chan Yuet Wah 陳悅鏘	Lee Hoi Yi 李豈爾	Yun On Ching Kristen 袁安晴
S4	Siu Ho Yuet 蕭可悅	Wong Sum Yin Kennice 王心妍	Liu Lok Chin Chloe 劉樂芊	Ip Cheuk Yau 葉綽悠	Wong Yu See Patsy 王愉思
S5	Chow Chung Yan 周頌恩	Lam Ching Chi 林呈芝	Tze Ying Lam 謝盈林	Wong Yuk Ki Peony 黃煜琦	Sum Ka Kiu 沈家翹
S6	Hong Suet Ching 康雪晴	Lau Sin Kiu Jamie 劉善翹	Lee Ching Nga 李清雅	Ma Chi Yau 馬子悠	Cheng Oi Kwan 鄭愛君

7. Outstanding Conduct Award

S2C Fung Yuet Kiu Caron 馮乙翹
S2C Wong Erika Lisa 王鑫妍
S3B Wong Ting Yuk 黃婷鈺
S4D Chua Suet Yau 蔡雪攸
S4D Yiu Cheuk Ki Belinda 姚綽祈
S5C Chow Chung Yan 周頌恩
S5D Tse Ying Lam 謝盈林

S2C Hung Pui Ching 洪珮晴
S2D Chan Cheuk Yue 陳焯瑜
S3D Shao Wing Sze 邵穎詩
S4D Fung Wai Ki 馮蔚祈
S5A Chow Shin Yee 周倩宜
S5C Kwok Wing Tung 郭穎桐
S6C Lau Sin Kiu Jamie 劉善翹

S2C Ho Man Hei Mavis 高漫希
S3B Tsang Kam Yan 曾感恩
S4C Wong Sum Yin Kennice 王心妍
S4D Siu Ho Yuet 蕭可悅
S5C Chan Chi Yan 陳摯恩
S5C Ma Ka Hei Heidi 馬嘉希

8. Woo Kwok Ho Memorial Prize—First in Academic Subjects (S1-S3)

Class	Name	Subject
S1B	Cheng Ho Yan 鄭浩欣	English Language, Science
S1C	Deng Yuhan 鄧語涵	Chinese Language, Social Science
S1C	Wu Cheuk Tung 胡綽桐	Mathematics
S2B	Fung Yuet Kiu Caron 馮乙翹	Mathematics
S2B	Wong Cheuk Kei 王卓琪	English Language
S2B	Yiu Lok Hei 姚樂希	Chinese Language
S2C	Chan Sik Yin Hazel 陳晰然	Social Science
S2C	Yeung Oi Ying 楊藹瑩	Science
S3B	Gee Richelle Melanie 朱子穎	Chinese Language, English Language, Social Science
S3C	Chan Yuet Wah 陳悅鏹	Mathematics, Science

II. External Awards

A. Scholarships and Grants

1. Sir Edward Youde Memorial Fund Prizes 2020-21

For students who have outstanding performance in academic and other learning experiences

S6C Lau Sin Kiu Jamie 劉善翹 S6D Hong Suet Ching 康雪晴

2. Harvard Book Prize Award 2020-21

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

S5A Wang Yue Huen 王于暄 S5C Chow Chung Yan 周頌恩 S5D Lam Ching Chi 林呈芝

3. Youth Arch Student Improvement Award 2020-2021

S1A Kwong Hiu Lam 鄺曉霖
S1D Lo Tsz Kiu 盧芷蕎
S2C Leung Yi Sum 梁爾琛
S3B Chan Tsz Yau 陳芷柔
S4A Leung Sum Yau 梁心柔
S5B Kwok Chun Yu 郭津宇

S1B Cheung Hoi Tung 張鎧彤
S2A Kwong Gavriella Ka Bo 鄺家葆
S2D Wong Shun Kiu 黃舜喬
S3C Sha Nataile 沙穎恩
S4D Lam Hoi Kiu 林愷翹

S1C Ho Charlotte 何汶錡
S2B Cheung Tsz Ching 張芷菁
S3A Lui Yat Tung 呂逸桐
S3D Tanaka Sayuri 邱賽姿
S5A Zaman Safa 文思花

B. Awards and Prizes

Our school continues to thrive in external activities. During the period from September 2020 – June 2021, a total of **58 major awards** were received by our students.

Some highlights of the awards are listed below:

Events	Awards
Academic and Arts, Drama, Music, Design	
Global Mathematics Elite Competition (GMEC) 	Silver Award S1D Hu Chenqi 胡晨琪 Bronze Award S4C Lai Wing Yee Winky 賴穎儀 S4D Wong Yu See Patsy 王愉思 S4D Chua Suet Yau 蔡雪攸 **Excellent Mathematics School Award**
Asia International Mathematical Olympiad Union	Asia International Mathematical Olympiad Open Contest (AIMO) Semi-Final Silver Award S1B Siu Hau Ching 冼巧晴 Bronze Award S1D Hu Chenqi 胡晨琪
Hong Kong Hua Luo-Geng Cup Mathematics Competition	Third Class Award S1D Hu Chenqi 胡晨琪
教育局 中史解碼 KOL 大募集 	初中組——季軍 S2C Fung Yuet Kiu Caron 馮乙翹 S2C Kwan Ming Yan 關銘恩 S2C Lou Tsz Miu 劉芷苗 S2C Ma Cho Kiu 馬楚翹
中國文化研究院主辦 篇篇流螢網上閱讀計劃	閱讀之星獎 金獎 S1B Wong Wing Xin 黃詠倩 S1D Cheuk Lok Yan 卓樂欣 S1D Kong Hui Ching 江栩靖 銀獎 S2B Mui Cheuk Wah Sophia 梅灼華 銅獎 S1C Li Jun Kiu Annabel 李津翹 S2B Leung Wai Ki Vickie 梁瑋琪
Hong Kong Biology Literacy Award (2020-2021) (HKBLA)	First Class Honours S5D Lam Ching Chi 林呈芝 S5D Tsz Ying Lam 謝盈林 Merit S5D Lau Tsz Yi 柳紫沂

Events	Awards
The 48 th and 49 th Open Dance Contest 2020 and 2021	Oriental Dance 《夢回 Saidi》 Gold Award, Best Performance Award S6D Tang Celine Laurelle 鄧思寧 Chinese Dance 《二八芳華》 Gold Award S6D Tang Celine Laurelle 鄧思寧 Modern Dance 《拾柒》 Silver Award S6D Tang Celine Laurelle 鄧思寧
Bauhinia Cup 2020 Dance Championship	Chinese Dance 《魅靈》 Silver Award, Best Performance Award S6D Tang Celine Laurelle 鄧思寧 Modern Dance 《寂》 Merit Award S6D Tang Celine Laurelle 鄧思寧
The 57 th Hong Kong Schools Dance Festival 2021	Chinese Dance 《魅靈》 Honours Award S6D Tang Celine Laurelle 鄧思寧 Modern Dance 《寂》 Highly Commended Award S6D Tang Celine Laurelle 鄧思寧
Taoli World Dance Competition 2020-2021	Chinese Dance 《二八芳華》 Elite Platinum Award, Taoli Spirit Award— Expressive Hear + Outstanding Choreography Award S6D Tang Celine Laurelle 鄧思寧
啟迪思維訓練中心	啟迪盃第一回合 勝出 (晉身第二回合) S1A Chow Yee Tung 周依彤 S1B Huang Sum Yau Gladys 黃心柔 S1C Lee Yuan Yu 李宛豫 S2D Lo Hong Kiu 羅康蕎 最佳辯論員 S1B Huang Sum Yau Gladys 黃心柔
Hong Kong Secondary School Debating Competition (HKSSDC)	HKSSDC Term 1 (Junior Division) Final Champion S3A Ho Cheuk Ting Natasha 何卓婷 S3B Gee Richelle Melanie 朱子穎 S3B Ho Xin Lam Sharon 何善琳 1st Runner-up S2B Wong Cheuk Kei 王卓琪 S2B Mui Cheuk Wah Sophia 梅灼華 S2C Au Hoi Kiu Andrea 區愷翹 S2C Au Cheuk Yu Chloe 區倬瑜 S3B Lam Yan Yee 林忻儀 S3C Chan Kai Yan 陳佳昕 S4B Li Cheuk Tung Michelle 李綽桐
Hong Kong Secondary School Debating Competition (HKSSDC)	HKSSDC Term 1 (Senior Division) Final Champion S4C Wong Wai Yan Laura 黃卉欣 S4C Chung See Chai 鍾思齊 S4D Ho Xin Yue Christy 何善瑜



Events	Awards
<p>香港學校及音樂協會</p>	<p>粵語詩詞獨誦 季軍 S4A Ho Wing Sze 何穎斯 優良獎狀 S1B Law On Lei 羅安梨 S2D Lam Lei Yan Lianna 林里恩 S4C Wong Wai Yan Laura 黃卉欣 S5C Yau ka Hang 邱嘉珩 良好獎狀 S4B Lau Kwai Ian 劉桂蘭</p> <p>粵語散文獨誦 優良獎狀 S1A Wong Lok Yi 黃樂滢 S1B Poon Sun 潘禹晴 S2B Lam Hau Kiu 林巧翹 良好獎狀 S2B Chan Sze Hang Celia 陳思行 S3C Au Hoi Ying 區愷仍</p> <p>普通話詩詞獨誦 優良獎狀 S2C Ho Tsz Wai 何祉慧 S3B Lee Hoi Yi 李豈爾 S4A Ho Wing Sze 何穎斯 良好獎狀 S1A Guo Yui Tung Kawai 郭芮彤 S1D Lai Hiu Wai Lydia 黎曉蔚</p> <p>普通話散文獨誦 季軍 S2B Ho Yau Hei 何佑希 S2B Chau Ching Nam 周靖嵐 優良獎狀 S1A Chow Yee Tung 周依彤 S2B Lam Hau Kiu 林巧翹 良好獎狀 S1C Chan Tsz Wai 陳梓慧</p> <p>二人朗誦 優良獎狀 S5D Lo lok Yiu 盧樂瑤 S5D Yze Ying Lam 謝盈林</p> <p>基督教經文朗誦 亞軍 S5D Lo Lok Yi u 盧樂瑤 優良獎狀 S1A Wong Yuet Eliza 黃悅 S1C Chan Tsz Wai 陳梓慧</p>
<p>Hong Kong Schools Music and Speech Association The 72nd Hong Kong Schools Speech Festival (English)</p>	<p>Solo Verse Speaking, Non-open First Place S1C Li Jun Kiu Annabel 李津翹 Third Place S1D Lee Sum Yin 李芯賢 S2B Chau Ching Nam 周靖嵐</p>



Events	Awards
	<p>Dramatic Duologue</p> <p>First Place S5D Lam Ching Chi 林呈芝 S5D Pang Yuen Lam 彭琬琳</p> <p>Second Place S4D Lee Abbie Norah 李洛彰 S4D Lee Tsz Ching 李梓澄</p> <p>Third Place S2C Fung Yuet Kiu Caron 馮乙翹 S2C Wong Erika Lisa 王鑫妍 S3C Chan Kai Yan 陳佳昕 S3D Choi Shui Yan 蔡瑞恩</p> <p>Shakespeare Monologue, Non-open</p> <p>First Place S6D Tang Celine Laurelle 鄧思寧</p> <p>Shakespeare Monologue, Open</p> <p>First Place S6D Tang Celine Laurelle 鄧思寧</p> <p>Solo Prose Reading, Non-open</p> <p>Second Place S6D Tang Celine Laurelle 鄧思寧</p>
<p>Chinese YMCA of Hong Kong 香港中華基督教青年會 Mini-movie Competition 2020 第七屆全港中學微電影創作大賽</p>	<p>高中組別最後十強 Top Ten of Senior Form Category S5B Mak Hoi Lam 麥愷琳</p>
<p>2020-21 非華語學生中文寫作及才藝比賽</p>	<p>說話——季軍 S5A Naruse Asuka 成瀨明日佳</p> <p>說話——優異獎狀 S5A Kaur Jassveen 高子婷</p>
<p>The Harvard Club of Hong Kong 2021 Harvard Book Prize</p> 	<p>Harvard Book Prize S5A Wang Yue Huen 王于暄 S5C Chow Chung Yan 周頌恩 S5D Lam Ching Chi 林呈芝</p>
<p>Hong Kong Extra-curricular Activities Masters' Association Cyber Security Competition 2020-2021</p>	<p>Gold Award S2A Ho Lok Lam 何樂琳 S2D Lam Wing Yan 林詠恩</p> <p>Silver Award S1B Cheung Hiu Yan 張曉昕 S3B So Ching Ka 蘇靖嘉</p> <p>Merit S1D Liu Tsoi Ling Charlene 廖采翎 S4D Wan Kei Suet Zaida 尹姬雪</p>

Events	Awards
<p>「優質圖書館嘉許計劃 2021」</p>	 <p>本校圖書館榮獲 優質圖書館嘉許獎</p>
Stem	
<p>First Lego League Challenge</p>	 <p>全場總季軍 S4C Chan Sin Chi 陳善之 S4C Kwok Hau Ching 郭巧晴 S4D Siu Ho Yuet 蕭可悅</p>
Sports	
<p>A.S. Watson Group</p>	<p>Hong Kong Student Sports Awards S5B Li Yan Tung 李欣彤</p>
Community Service	
<p>香港女童軍總會</p>	<p>香港女童軍慈善獎券 2021 全港最佳銷售獎 女童軍組 第九名 香港女童軍 優秀女童軍選舉 2021 S5C Ma Ka Hei Heidi 馬嘉希</p>
<p>Hong Kong Red Cross</p>	<p>Progressive Programme 漸進式活動計劃 Youth Attainment Badge 榮譽章 S6D Tan Cheuk Lam 陳卓琳 Red Cross Youth of the Year 2020 (YU42) (Hong Kong Island Division) S5B Cheung Tsz Hei 張紫晞</p>
<p>Wan Chai District Youth Programme Committee 2020 Wan Chai Outstanding Youth Award</p>	<p>Wan Chai District Outstanding Youth Open Category— Social Service S5D Tze Ying Lam 謝盈林</p>
<p>萬鈞教育基金 青少年領袖獎勵計劃 2021</p>	<p>傑出學生獎 S4D Chua Suet Yau 蔡雪攸 S5B Cheung Tsz Hei 張紫晞</p>
<p>The Hong Kong Award for Young People</p>	<p>Green Bird Badge S1B Wang Sum Yu 王心渝 S2A Chan Sum Yau Chloe 陳心悠 S2A Chan Tania Katrin 陳子翹 S2A Fung Michelle 馮悉嫻 S2A Ho Lok Lam 何樂琳 S2A Ko Yat Kwai 高逸葵 S2A Lau Zi Ching Genny 劉芷清 S2A Leung Nok Sze 梁諾詩 S2A Leung Sum Yin 梁心弦 S2A Li Vanessa 李宛霖 S2A Mak Hau Yau 麥巧悠 S2A So Yan Lam 蘇恩霖 S2A Tam Yui Shuen 譚睿璇 S2A Wong Wai Ki Vicky 黃蔚綺 S2A Ying Hoi Ting 英凱婷</p>

Events	Awards
<p>The Hong Kong Award for Young People</p> 	<p>S2B Chan Wai Yee 陳慧兒 S2B Chau Ching Nam 周靖嵐 S2B Cheung Tsz Ching 張芷晴 S2B Chu Tsz Wing 朱芷穎 S2B Ho Yau Hei 何佑希 S2B Lu Yuet Sang Prudence 姚悦生 S2B Lam Hau Kiu 林巧翹 S2B Lam Wing Hei 林穎晞 S2B Lee Belle 李貝兒 S2B Leung Ho Ning Lydia 梁皓寧 S2B Leung Wai Ki Vickie 梁瑋琪 S2B Lor Tsz Man Tiffany 羅梓文 S2B Louie Ho Ching 雷可呈 S2B Sze Nga Lam 施雅琳 S2B Tam Yuen Ying 譚琬凝 S2B To Yuen Yin 杜宛燃 S2C Chan Ching Yiu 陳靖瑤 S2C Chung Tsam Ning 鍾沁寧 S2C Fung Yuet Kiu Caron 馮乙翹 S2C Ho Tsz Wai 何祉慧 S2C Lou Tsz Miu 劉芷苗 S2C Ma Cho Kiu 馬楚翹 S2C Mok Cheuk Ki 莫卓祈 S2C Ng Ka Yi 吳迦怡 S2C Wong Erika Lisa 王鑫妍 S2C Wong Ingrid Wie Sang 黃懷笙 S2C Wong Rui 黃睿 S2C Wu Cheuk Ling 吳卓鈴 S2C Yeung Oi Ying 楊藹瑩 S2D Chan Tsz Yin 陳梓嫣 S2D Cheung Hui Lam 張煦琳 S2D Cheung Yi Huen 張懿萱 S2D Chiu Hoi Ching 趙凱晴 S2D Lau Sze Lam 柳詩琳 S2D Lee Lok Yan 李珞妍 S2D Ng Kwan Yi 吳坤兒 S2D So Tin Yan 蘇天忻 S2D Tse Cheuk Lam 謝卓琳</p> <p>Bronze Award S4B Jin Cheuk Lun 詹卓綸 S4B Li Wing Yu 李咏瑜 S4D Ng Hoi Tong 吳凱棠 S5A Fung Wing Tsun 馮泳蓁 S5A Lok Devonne Yin Wing 駱彥穎 S5A Wang Yue Huen 王于暄 S5A Wong Sum Wun 黃琛媛 S5A Yee Sze Wa 余思樺 S5B Kwok Chun Yu 郭津宇 S5B Leung Hei Yue 梁晞豫 S5B Leung Lok Yu 梁洛瑜 S5B Li Yingxin 李穎欣 S5B Ngai Wing Huen 魏穎萱 S5B Tsang Yi Yan 曾苡欣 S5B Tsoi Cheuk Tung 蔡綽彤 S5C Kwan Yan Wa 關昕樺 S5C Leung Hui Ching 梁栩晴 S5C Wong Kit Wing 黃潔詠 S5D Chan Samsie 陳心善 S5D Cheung Yan To 張恩陶 S5D Chu Wing Sze Nicola 朱泳詩 S5D Lo Lok Ring 盧樂穎 S5D Lo Lok Yiu 盧樂瑤 S5D Tze Ying Lam 謝盈林 S5D Yung Hoi Ying 容海盈</p>

ENGLISH

CREATIVE WRITING

True Light is My Second Home

Lee Yuan Yu S1C

Our library is organized and neat.

Choose a book and have a seat.

A laboratory is a place for us to do different experiments.

But watch out, it's not a place for merriment!

The teachers teach us thoroughly and tenderly,
and they often chat with us kindly and gently.

Their lessons are always interesting,
our attitude towards learning is aspiring.

My classmates are all as smart as owls.

We always chat and play together so no one is ever alone.

I hope we can enjoy our secondary school life in delight,
since our team spirit is forever the best sight!

Ding dong, the school bell rings again.

It's time for us to have lessons.

No pain, no gain so work hard whether the weather is good or bad.

And remember, we are united and will stand by each other in True Light.



I Pledge to be a True Light Bearer

Joyce Cheung S3B

Light spreads the message of love and hope
So does the bearer of True Light
Let the message be widespread, and our hearts should remain steadfast.

Care for others, regardless of one's nature
Treat them as if they were your closest ones
What they need, provide them
What they plea, answer them
With patience and kindness, empathy and love

Share with others, regardless of one's background
Share not only your possessions, but also joy and love
Let our happiness and love infect those around us
Let the great joy be multiplied amongst us
Be generous as if you were giving them to your most treasured ones

Bear others' burden, regardless of one's circumstances
Comfort and ease their grief and sorrow
Listen to their despair and disappointments
Be supportive and empathetic to their distress
"It is during darkest moments that we shall see the light shines within"
Be their light and bring them hope and love

I pledge to be a True Light bearer
And to spread love, hope and joy.



A Poem

Wong Yan To S3C

It is the tick of the clock,
The click of the pen
The flick of wrist
And the display of wit
Flowing long beneath innocent faces.

A bell rings
And the present and the past
intersect—
The sudden stop
Of the movement of pen and ink,
The sigh of relief.

But little do they know
The moment was short,
And the paths have already
Forked.

Once it was stars
For the sake of living
And knowledge itself;
Now it is the sky
On which stars scatter,
The Stygian, moonless sky.

And from the darkness reveals
The moon in the lamp,
Dim and withering
By the endless sky.
Yet only made bright
By its shroud of darkness.

The sky continues its journey.

The Answer

Gee Richelle Melanie S3B

You ask me what it is—
No more I'll tell but this:
It's the ripping of those red ink
Like blood, dripping on those young wings.

You ask me what it is—
No more I can tell but this:
'Tis the spurring of those solid facts
And enslavement's jolly chains.

You ask me what it is—
Some more I shan't tell, so see:
There's the gallow serving sprouting ideals,
Waiting, 100 along the isle.

You ask me what it is—
No words I'll spill but this:
Hear the tears over a misspelt word
And the parents' mirth—a curse.

They ask you what it is—
The words unspoken speak:
'The seeds it plants, it buries them
And locks away their dreams.'

So please,
(forgive me) don't
Ask me what it is.

My Special Someone at True Light

Yip Cheuk Kiu Cherine S1C

True Light is a big family composed of members from different walks of life. When we talk about True Light, the first impression that comes to our mind may be our beloved teachers and fellow schoolmates. Indeed, in this warm family, there is also a group of passionate members - our diligent and responsible janitors. They contribute a lot to True Light, a place we call our second home.

Our janitors always arrive at school the earliest but leave the latest. When we are still asleep, our janitors have started their work at school already. They are busy preparing a hygienic environment for us, which is vital to effective learning, especially during the current pandemic.

Every morning, I need to walk up a steep slope with my heavy backpack before reaching the secondary school main gate. When I reach the top of the slope, our janitors' friendly and encouraging smiles give me energy and motivation to start a

new day. It seems that they are my personal cheering team.

True Light janitors are full of love and kindness. I remember when I was a primary student, I once got a terrible stomach ache and needed to take a rest in the school office. However, I could not stand straight and failed to even walk by myself. When I felt helpless, a janitor lent me a helping hand. She held me gently and helped me walk forward step by step. When I felt pain and nearly burst into tears, her comforting words warmed my heart. The janitor's kind and angelic face has been engraved in my heart.

True Light is a place full of love, energy, care and smiles. Not only do we gain knowledge and skills at the school, we also receive care and concern from our teachers, schoolmates and janitors. True Light is a place filled with love. I believe, with perseverance and commitments, all True Lighters are able to enrich others' lives and be the "True Light of the World"!

closer to your future." It rocked him to his core. Since then, he started working harder and harder, striving for excellence. Finally, he successfully got high marks in the HKALE at the age of 18 and graduated from the University of Hong Kong with a Bachelor's degree in Engineering in Civil and Structural Engineering three years later.

Going from a Simple Student into an Engineer

Being an engineer, he wished to make designs that brought convenience and entertainment to people. He helped design and execute the construction work of two elevated stations in Ocean Park and Wong Chuk Hang, involving a viaduct approximately 2100m long. He also participated in building the Aberdeen Channel Bridge stretching 115m underwater, which helped alleviate traffic congestion and improve commute efficiency in the Southern District. During the years 2008-2010, he was responsible for the planning, interface, logistics, and design coordination of the Ocean Park entry plaza, Aqua City, and Grand Aquarium, one of the largest aquariums in Asia. The reason why he joined the project was the meaning behind job -not only was he providing a unique experience to guests, but he was also conveying to them the importance of protecting the ocean and its aquatic life. He has fulfilled his wishes and dreams but he never ceased setting new goals for the future.

My Inspiration and Major Source of Encouragement

It's thanks to my father that I have been inspired to aim for my dreams and never leave things incomplete. Without the support and encouragement from my father, I would not have succeeded in motivating myself to play the piano. There was a

My Magician Mickey

Chan Sze Hang, Celia S2B

As Belva Davis, an iconic black journalist, once said, "Don't be afraid of the space between your dreams and reality. If you can dream it, you can make it so." I always hear my father mentioning this quote. Have you ever heard of Disney's Storybook Theatre and the Ocean Park Aquarium? They were constructed by my father, who is now a Construction Manager at Walt Disney Imagineering Asia Ltd.

Obstacles He Faced

Since Form Five, my father had laid out plans for his dream career in the future - being an engineer.

My father did not graduate from a famous secondary school but just a simple Band Three secondary school. However, after deciding on his dream career, he started regretting not attending a Band One secondary school as he had realized the great disparity between himself and other Band One and Two students. One evening, he read from a book a quote that was like a streak of sunshine irradiating into a sealed dark room, bringing him warmth, energy, and hope. It said, "As long as you work hard, you're already one step closer to success. As long as you strive, you can get

time I found learning the piano increasingly difficult, and my interest in it had diminished. Meanwhile, my father comforted me with Belva Davis' quote, inspiring me to reflect on myself. He changed my perspective on learning the piano - I learn to play the piano, to play the pieces that I am interested in, not just because of passing the exams. My father did not just encourage me to learn, but he also helped me keep my interest in my extra-curricular activities.

My father is my role model because I am inspired by his attitude towards his dreams and goals. His story reminds me that I should not give up and escape from the situation when the Gordian knot gets in the way of pursuing my dreams. Only you yourself can solve them, and only by doing so will you take a big step towards your dream. Construction hoardings in Disneyland are usually printed with the words "Magic is Happening." Daddy, you will be my Magician Mickey forever!

lofty mountains, and started chatting with the family. When they were introducing themselves, I noticed that their last names were all different. I mustered up the courage and asked them about it. It turned out Icelanders don't have surnames. Instead, they follow a patronymic system in which children are given their father's first name followed by 'son' or 'dottir'. Upon hearing this, I thought about how my name would be if I were an Icelander. 'Andrea garydottir'? I pondered on this for the rest of the day.

My "Family" in Iceland

Andrea Au Hoi Kiu S2C

A cool gust of wind swept across my face, and the faint sounds of birds chirping, and dogs barking awoke me from my slumber. I crawled out of my cozy sleeping bag, put on my thick fur coat, and unzipped the zipper on the tent. A soft beam of sunlight appeared, lighting up the whole tent. As I stepped out of the tent, a cool breeze blew, tousling my hair as I inhaled the rejuvenating, fresh, crisp air and gazed at the lofty mountains that ruptured the horizon. Two dogs from the family that invited us to celebrate their grandmother's birthday came running to me on the emerald lawn, greeting me with wet, slobbery kisses. This is how most mornings waking up in Iceland looks like - peaceful and serene.

A few months ago, my mother had the idea to get out of the city and embark on an adventure with my family to a windswept land with few marks of the human hands. We had only booked a local hostel for a night and decided to go wherever the trip would take us, which, honestly, was the best decision ever.

On the first day of our stay, our hosts treated us like part of their family. They made us breakfast and gave us suggestions of places we should visit. Over dinner, our hosts told us about how their grandmother was turning 90 soon and would be having a huge party for two days in the mountain area. They invited us to come. We didn't have any plans so my parents agreed without a second thought. As an introvert, I wasn't entirely exhilarated about this. The idea of having to go camping with complete strangers made me uncomfortable. Yet, I had no choice but to follow.

In the morning, we woke up at 6 am, packed our bags and set foot on another adventure. After what seemed like a decade, we finally arrived the camping ground. When we pulled up at the entrance of the camping ground, a family with two kids greeted us. They welcomed us with genuine smiles and my nervousness instantly eased. They greeted us "Góðan daginn", which means "good day". We set up our tents on the beautiful emerald lawn surrounded by

Soon after, darkness came. Everyone sat on a gigantic woven mat, and we started passing food around. We had pylsur, skyur, lamb and rye bread, which are all local food. I have to admit I was slightly skeptical at first. After taking the first bite, I just couldn't stop eating. My favourite was "pylsur", which was basically the Icelandic version of hot dogs, but ten times better. It includes crunchy deep fried onions, raw onions, sweet brown mustard, and a creamy remoulade. I might have swallowed four of those! While we were eating, everyone burped and farted loudly, but nobody seemed to care. My brother and I had to hold our laughter. Apparently, Icelanders are not shy and they don't get ashamed of burping, slurping, blowing bubbles or farting since they are all "natural".

At the end of the trip, the family gave us each a handwoven scarf with beautiful patterns. The birthday girl—grandma, explained that their family has been weaving for over two generations. I also learnt that Icelanders like exchanging gifts on birthdays because they believe that "giving is better than receiving". As I put my scarf on, a warm gush of love flushed into me. I have never felt warmer.

Spending two days with this loving and welcoming family was honestly the best travel experience I have ever had. Icelanders are so welcoming and receptive to other people and cultures, and treat outsiders as their family. In Hong Kong, people are usually caught up in their own busy schedules, and tend to neglect others around them. Some

of my friends didn't even greet me when I ran into them in public! This trip made me realise how important it is to treat others with love and kindness, and to accept people with different cultures and backgrounds. If we were all as loving as Icelanders, the world would definitely become a better place.

as an individual and the struggle to figure out who you are within the restrictions set by society, friends, peers and family. Being a teenager herself when she wrote the book, Hinton is truly able to show the feelings and actions of a teenager because she is still in touch with how it feels to be in such an age.

Book Review – The Outsiders

Wong Yan To S3C

The *Outsiders* was written by S.E. Hinton when she was in her teen years. The book is narrated by a boy named Ponyboy, who is from the poverty areas, and thus is one of the Greasers, the gang which is made up of the poor kids with their rivalry being the Socs, short for Socials, which are made up of the rich kids in the town. Despite being looked upon as hooligans, Greasers are fiercely loyal to one another and are more conscientious than the Socs. The book mainly illustrates Ponyboy's thoughts and feelings through the events that are to occur, and how he is different from other Greasers.

Before we get into the book, I will first like to discuss the choice of names for the two rivalry gangs, specifically, how appropriately chosen they are. At that time, people were dealing with much more significant matters like war and economic reconstruction, that hair washing was still a luxury and was only enjoyed once in a while for those in the bottom and middle classes of society. Hence, those who were impoverished had greasy hair which was resulted due to the lack of cleaning. This suggests the name for the Greasers—a gang made up of kids that were too poor to afford frequent washing. While for the Socs, their full name—Socials,

represent their status in society. Because of their parents' wealth, they are often respected and looked upon as reliable and well-mannered. From just the names of the gangs, you already have an idea of what kind of people the gang consists of. The irony behind this is that from the names, you have already made an assumption that the Greasers are the inferior while the Socs the superior; echoing, or rather, contradicting one of the major focuses of this writing—prerequisite judging and prejudice is reprehensible.

The Outsiders reflects both the immediate and long-term fears that adolescents face through the thoughts of Ponyboy, as well as the contradictions of teenage life. The major events in the book include unexpected meetings with the Socs, being in the scene of a Greaser killing a Soc, saving some kids from a burning church and losing two friends, one killed by the fire and one killed by the bullets of the police. These events are all derivations of the problems teenagers face: being ganged up, meeting girls, struggles with temper, impulsiveness and heroicism, and the sorrow of having lost a friend. Besides, we can also see from Ponyboy the need felt by most adolescents to fit in and be part of a group, and yet, also the need to remain

This book projects life as a teenager as well as life in the time where society is steeped in prejudice and hypocrisy. In the book, the police or other people are always quick to judge when it comes to crimes: they always point their fingers towards the Greasers just because they are poor. The Socs always get away with the things they did because of their family's reputation, and that the expensive clothes they wear and the cars they drive seem to show that they are civilised. The book ends with Ponyboy thinking that someone ought to tell the society's outsiders' side of the story, and maybe people would understand then and would not be so quick to judge a boy by the amount of hair oil he wore. This ending unmistakably suggested the reason for Hinton to write this book—to acknowledge the world on the matter that outsiders of a society are just people who are wrongly judged, that sometimes the rest of the society should pay more attention to another side of the story.

The differences between Ponyboy and the other Greasers are highlighted in the famous statement that carries the theme of the book, "Stay gold," which of course is a reference to Robert Frost's "Nothing Gold Can Stay." Being a Greaser, Ponyboy is expected to be tough and fearless, to always like a fight and to regard school as unimportant. Yet, Ponyboy seems to be the opposite: he is vulnerable and loving at heart, he gets good

grades and is quite gifted in intellectual abilities. He fights only for self-defence, unlike other Greasers who fight for fun, thrill and excitement. When his friend died, his last words to Ponyboy were “Stay gold”, the meaning of which is that even though we are sometimes different from other people, that the differences seem like a curse rather than a blessing, that we struggle to fit in and live up to expectations due to the differences, one should always view them as a rare gift because the differences are what make us. But at the same time, the differences are only subtle enough to not act as a pretext for judgement. As Ponyboy says, “Maybe the two different worlds we lived in weren’t so different. We saw the same sunset.” (‘We’ means the Greasers and the Socs.)

The reason why the book is a classic is because of its sincerity. Hinton’s young age when she wrote the book acted, unlike what

people think young age brings, as an advantage that enhances the truthfulness and genuineness of the book. She would not have to try to remember what being a teenager and outsider feels like—she was living it. That was why readers are able to relate to the story even though the book is situated and was written in the nineties.

Being one of the minority of books that was written by a teenager to have been this famous, besides introducing precise and insightful messages, it has acted as an inspiration for me, especially during this time when social conflicts and embedded problems are starting to surface. I hope everyone will have the chance to read this book; for the teenagers to understand that they are not alone, and other people to realise what true coherence in a society is and how to create a more desirable society.

prayer before DoReMi moved them all to tears. Class C is like ‘Children’, catching their teachers off guard when they suddenly shook their desks, claiming that there was an earthquake on April Fool’s Day. And, Class D, the class I belong to, thought we are ‘Dailos’, probably yes to Nathan, the African kid we sponsor.

Like MIRROR, the 103 of us have gone through many ups and downs over the past six years. The DoReMi Singing Contest we had in S1 was too embarrassing to be shared, but we’ll forever take pride in the songs we’d composed and rewritten throughout. The form jacket we had was too ‘emerald’ to be worn, but we’ll forever appreciate the greenish photos we’d taken during our school picnics. We together made loads of mistakes but also together made loads of accomplishments - ‘We Are One and All’.

We are MIRROR, aren’t we?

But then, here comes the music— are we a mirror?

I remember, in Secondary 1, Ms. Ng asked us to draw a self-portrait. Being clueless about who we were, we grabbed a mirror, looked into it and drew an ordinary girl—a girl wearing a smile with her arm in the air giving a victory sign. Time flies and six years passed. Dear graduates, have you ever recognized that True Light IS a mirror showing us our own self?

In True Light, we’re grateful to meet good friends, in front of whom we show our true self. Every morning in the classroom, we saw our ‘helpfulness’; in a dodgeball game, we saw our ‘naughtiness’; and during our Farewell Assembly, we saw our ‘stubbornness’. Yet, inside the mirror, we as well saw our diligence and determination when DSE was approaching; we saw our respect and

MIRROR (Graduation Speech)

Jess Hong S6D

We are MIRROR, aren’t we?
We are a mirror, aren’t we?

Good afternoon, Dr. Cheng, Board of Trustees, Distinguished Guests, Principal, Teachers, Parents and Students. It’s my great honor to give a graduation speech in such a meaningful, joyful yet solemn ceremony. Currently, the love-struck boy band, MIRROR, has swept Hong Kong like wildfire. Amid the intense stress of the DSE period, I’d always imagined what it would be like if I were a member of MIRROR?

But is it wrong to say that we have ‘MIRROR’ here at True Light?

We have Kate whose voice is almost as good as Jer’s. We have Grace whose piano skills shouldn’t

lose to Edan’s. We have Celine who has a fair face like Anson Lo, and we have The Presidents who are as eye-catching as Keung To. Comparing our “talents” to theirs may be a joke, but one thing is certain - “Together We Reflect Unlimited Possibilities”, the maxim of MIRROR, is what we and the boy band share. For this, aren’t we MIRROR?

MIRROR is made up of 12 vastly different boys. And we, the Xiao Association 2021, is made up of 103 students from 4 different classes. Class A is an Amiable one, though their relations with ants were not so amicable that they’d tried to burn them. Class B is a class with Brio, and emotions sometimes, especially when the

sportsmanship when we hugged each other at the end of the game with joy and sweat; and we saw our spirit of unity when we're all working for a common goal, to put on the best show. Friends, thank you for being the mirror of ours.

No doubt, MIRROR comes with ERROR; our teachers are the mirrors that remind us of our flaws and faults. I, as a class monitress, was once scolded by my Class Teacher for not returning the key to the school office. A trivial error as you and I might think, but not until I joined a job-shadowing programme in a law firm, made the same mistake, and ended up suffering embarrassing rebukes in front of all lawyers did I see the beauty of all hard pushes and soft reminders from my teachers. Yes, it's never pleasing to see our flaws in the 'mirror', but no matter how headstrong we are, our teachers never give up on us, like how the image in the mirror never leaves us. Teachers, thank you for being the mirror of ours.

Knowing who we are doesn't happen overnight. It's a long journey which couldn't have happened without True Light. From the True Light lessons that help create our own identity as a True Light girl to the Life Education lessons that help shape our character and instill positive values in us; from the experience that enables us to explore our inner self and listen to our own voices through drama to the mentorship programme that helps develop a better understanding of our career goals and life planning, True Light has always been the mirror that helps reflect us and witness our growth and evolution to the better person we are today. True Light, thank you for being the mirror of ours.

It's true that without the 'mirrors', we feel insecure as we seem to have lost 'sight' of who we are.

However, as MIRROR must leave the mirror to shine on stage; we, too, must leave our 'mirrors' to shine in society. The 12 boys are not afraid for they've already finished numerous practices in front of the mirror. Equally, we shouldn't be afraid for we've also learnt numerous lessons in front of our mirrors. And indeed, we are a mirror, aren't we? For every speech we make and every act we do, we're reflecting the education we received from our alma mater. This will create a mirror effect on others. When others see our good deeds, they imitate our behaviour, consciously or unconsciously. In this way, we are the mirror to help others enrich their lives and be a better person, like how True Light has caught us in the effect.

Yet, dear graduates, while being a mirror reflecting the image of a

True Light girl, let us not forget we have another mission - to reflect the light from our mighty God. Ever since the very first day we stepped into True Light, we've been told to be the light, but truthfully, none of us can actually be the light. Just as the moon can only reflect the sun's light to brighten up a dark night, we too can only reflect the light from God, the true luminant. We are a mirror; we SHINE with the light from Him. Romans 11:36, "For from him and through him and to him are all things. To him be glory forever". Only a plane mirror can yield an undistorted image, while a curved mirror may distort, magnify, or reduce the image. We, MIRROR and a mirror, still have a lot to be polished, and it's a lifelong lesson of ours to "Be a Better Mirror". Thank you.

Casually Dressed Entrepreneur Shares Sincere Life-changing Stories with Teens

(SCMP Journalist Programme)

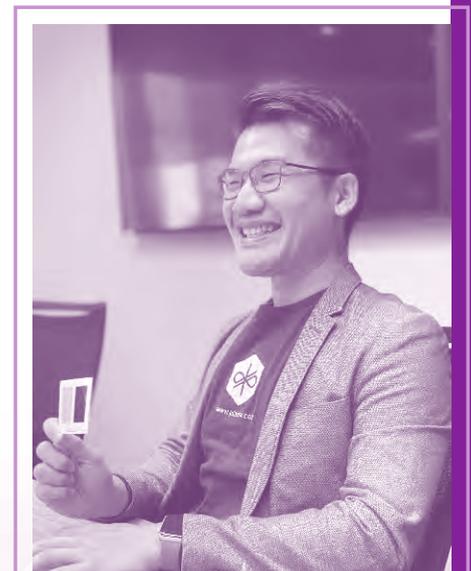
WONG YU SEE PATSY S4D

Debunking the stereotype of the dress code of entrepreneurs found in a formal meeting, Simon Li appeared in his company's T-shirt rather than a suit on 15 July, inspiring the 11 young reporters in the SCMP conference room with inspirational stories to win at life.

An unwise major selection turned out to be a blessing in disguise

Li studied Global Studies back then in his university life. "My college life is a failure," he laughed. Being regretful to choose a non-technological subject, he sorrowfully told the young journalists that he would have selected a concrete-knowledge-based major if he had a time machine, emphasizing the importance of the understanding of science since it brings

graduates opportunities to become professionals and a better future.



Instead of being solemn, Li cheerfully holds an SCMP sticker and tells the teenage girls about his life stories.
Photo: Patsy Wong

Though he was disappointed with his major selection decision, he taught himself to find the silver lining in the cloud—optimism, to find hope instead of dwelling in the past. He realised that such a “bad experience” actually provided a chance for him to visualise clearly how the world functions for the sake of the planning of his son’s career.

Who will ever know a Laughing Stock can become a Plot Twist in life?

When the girls asked him what the turning point of his life was, his seemingly ridiculous answer of “thanks to my fortune teller” triggered a small heated debate on the creditworthiness of such unproven data, followed by some moments of awkward silence. Nonetheless, his explanation, stemming from an unexpected perspective, convinced the girls right away that fortune tellers are just one of the ordinary human beings whom we can seek advice from. Li admitted that everyone gets lost and loses hope sometimes and a good way to get back onto track is to listen to others’ opinions, so that there is a plan B when plan A doesn’t work anymore. “You persist or you quit,” Li asserted, stressing the essence of being decisive in work to not waste precious time to linger over undesired situations.

New lifestyle in the house

Bringing in a brand-new concept, Li held the teens as well as the adult tutor there spellbound. He suggested a term called “work-life integration” by replacing the frequently heard “work-life balance”. “Life is your work. Work is your life. Find passion in work so that it becomes your life that you enjoy,” Li confidently proposed the idea. A few of us doubted the feasibility of work-life

integration as this might hinder family relationships. Li further elaborated on his strategy on division of labor, “Family itself is an organization. Everyone’s got their specific role.” The 11 girls nodded their heads occasionally with assent.

Professional advice to the ambitious

Li sincerely shared his opinions with youngsters hoping to become entrepreneurs right after their university graduation. “Always try to work in a company first to gain more experience,” Li shook his head in denial, recommending fresh graduates to only start a business instead when they are after 28. Li mentioned that it is impossible for fresh grads to have the resources to found a company, let alone a

global mindset and abundant experiences, so he suggested enrolling in related university courses and actively engaging in internships to immerse themselves into the corporate culture.

An awakening moment for those who stayed till the end

At the very end of the interview, Li provoked deep thinking from the girls with several inspiring questions. “How can you differentiate yourself when you have become an entrepreneur?” “How can you develop an appropriate mentality for your future’s sake?” It is believed that these questions can arouse numerous creative thoughts from young readers, and the answers will eventually find their special meaning in the lives of each millennial.

Blowing out the flames of poverty

Lee Hei Yiu, Candice S5D

A poor little girl stands barefoot in a freezing street, desperately trying to sell matches on a New Year’s Eve. Knowing she will get beaten with none of her matches sold, she huddles in an alley and starts lighting matches to warm herself. In the flame of each match she has lit, she sees visions of a warm stove, a holiday feast, a happy family, and a Christmas tree, all of which she longs for so deeply yet has never been privileged to possess. Just when you think scenes like this can only be seen in fairy tales, the same kind of hopelessness and empty desire are experienced by children living in poverty whereas we are merrily celebrating Christmas.

Wealth gap is most prominent in Hong Kong. With a Gini coefficient of 0.539, Hong Kong is one of the most unequal cities in the world.

Undoubtedly, this means a lot of Hong Kong citizens are doomed to live in poverty. Not only are low-income workers and the elderly suffering from the misery poverty brought to them, children born in a poor family also have no choice but to live with this status. What’s worrying is that according to the South China Morning Post, the latest report shows that 235,000 children are living in poverty in Hong Kong, and the number has risen significantly since 2015. Child poverty is not a problem to be dismissed since it directly affects a child’s well-being as well as his/her prospects.

As aforementioned, poverty damages a child’s well-being, prominently wreaking havoc on their mental health. Children crave for acceptance and making friends is a crucial part of their personal development. However,

naïve children tend to discriminate against those who are different from them, and in worse cases, bully them. This unfortunately is the fate of a majority of children under the poverty line. According to The Children's Society, more than a quarter of children from the poorest families said they had been bullied just because they cannot afford school. Having "poor" or "underprivileged" labelled onto them greatly damages their self-image. Growing up with this negative mindset and constantly reminding themselves that they are inferior will only harm their mental health through destroying their self-esteem.

Regarding prospects, poverty creates unequal opportunities for children. Education is most likely the biggest disadvantage for children in poverty since their parents cannot afford prestigious schools, not to mention tutorial classes and reference books. This leaves them no choice but to get a second-rate education, which in turn deprives them of their chances of finding stable, high-paying jobs when they are old enough to become functional members of society. Children born in poverty will thus most likely remain poor, creating a perpetual cycle that prevents the next generation of their children to escape from this nightmare. Moreover, the negative self-image will only add fuel to the flame. Children will always think they need to work twice as hard for anything in life, making them lose hope in reaching their aspirations. Though poverty seems like too far-reaching of a problem to be solved, here are some probable solutions that will hopefully alleviate this problem just a little bit.

Non-governmental organizations can set up programmes for children with disadvantaged backgrounds to assist with

their personal growth as well as develop their social skills. Nowadays, having good credentials is not the only thing that is sought by job recruitments. They would also evaluate a person's competence by their personality and social traits like leadership and communication skills. Those programmes allow children to be exposed to extracurricular activities, teaching them through non-traditional education. They hit the nail right on the head when it comes to helping children meet those requirements. Furthermore, by meeting children with similar backgrounds, making friends would come more naturally as the background barrier is gone. This builds a child's self-confidence, which is a desirable social trait as well, more than ever.

Donating to charities is also a way to help not only children, but also the general poor. While poverty might seem like a not-me problem for middle and high-income families, it takes all of us lending a helping hand in order to solve poverty. Charity can

act as a bridge between those disadvantaged and those who can provide help. Little do you know charity does more than just providing the poor with money. Charity organizations offer a variety of services, for example, distributing Hong Kong's quality excess goods and selling fair trade goods made by people in poverty. By donating, you are sustaining way more than just their daily expenditure. Being Hong Kong citizens, we surely have the responsibility to aid our brothers in their time of need.

Instead of freezing to death while having her last thought about what she could have had, neighbours nearby help the little girl up and bring her into the house. Hardly has the girl experienced warmth and care for a long time. Grinning her widest grin, the little girl knows she never has to live in misery ever again. This is the future every child should have, and it is, without a doubt, possible. We shall cross our fingers to make this dream come true.

Are public libraries necessary?

Ho Sin Yan S6C

Arrays of books are standing closely together on a bookshelf amid the tranquility and serenity in a public library, silently waiting for someone to pick them out and pore over the printed words while flipping over the pages gently. The humming sound of the air-con has been echoing in the spacious room, with no trails of human beings wandering, leaving rows of bookshelves silhouetted against the blue sky outside the windows. With these situations being acknowledged in public, contentious controversies have been aroused about whether or not public libraries are still

necessary in these days and ages. Thanks to the advanced technological development, people are now preferring reading e-books, borrowing a book with a few taps on a screen within seconds. Though as obvious as it seems, comments about reconstructing public libraries into other institutions like gyms or apartments are popping up. Despite the heated debate among city dwellers, it is my firm conviction that public libraries are still important and beneficial to many of the fields, and thus endeavours should be made to keep them.



To commence with, public libraries are public institutions which provide citizens with free services and usages. To many of us, the word “free” means a lot, especially those who are grassroots, struggling to afford multitudes of fundamental stuff. Not only do public libraries consist of piles after piles of free physical books for everyone to borrow, but they also offer a variety of facilities to the users, ranging from study rooms, computers or barely a place to relax and read books. It is unnecessary to max out our credit cards paying for books when we can simply borrow them in public libraries using library ID cards, an ostensibly temporary borrow yet de facto, an unlimited service. It undoubtedly gives more valuable chances for kids to engage themselves in the books when being fulfilled by myriads of book choices. Being in the shoes of students, study rooms in public libraries are indispensable resources, in which hordes of them bury their heads in their studies during examination periods. The quiet and a-bit-stressful ambience serves as perfect places for students to concentrate on their work more effectively. Apart from students, public libraries provide a place for users to relax from the hustle and bustle in the fast-paced world with its comfy environment, letting them get peace of mind and indulge in placidity, which, hence, become a haven from the smothery reality. Under this line of thinking, it is without a shadow of doubt that the free services from public libraries meet the needs of the community.

Alongside the overall services that public libraries provide, under no circumstances should we overlook the paramount essence of reading physical books or newspapers.

To millennials and young adults, online reading might be convenient as they are already used to soaking themselves in the virtual world. Nonetheless, people who relatively seldom get in touch with the internet, namely the elderly or kids may find reading online an onerous task. Reading physical books does not require any specific skills or knowledge of operating electronic devices, which is indisputable that it is way more user-friendly. What’s more, another salient point is that reading physical books is conducive to the conveyance of information and contents to readers. According to a study reported in the Guardian, readers using a Kindle, an online e-book platform, were less likely to recall events in a mystery novel than people who read the same novel in print. In view of this situation, reading physical books is doing a better job on its initial function—transmitting the plots and implied messages to the readers. Toddlers are supposed to be instilled and inculcated with a profound outlook on life via reading books, which in turn moulding their future individually. Physical books from public libraries can therefore allow more physical book choices for them, and we will never want our children reading bedtime stories on an iPad right before bed, isn’t it?

Public libraries take up the vital role of providing myriads of advantages to the public. That being said, some critics are still holding negative pins on public libraries, asserting that they have already lost their values when people do not even go there for books but other facilities. This argument is reasonable to some extent, yet the focus may seem too narrow-minded. To date, it

is not uncommon to see public libraries being transformed and designed as lofty landmarks in many countries. A case in point will be Deichman Bjórvika in Oslo, Norway, which has state-of-the-art external appearance, enthralling tourists as well as the locals. At night, the library will change colours to reflect the events taking place that evening, and the viewing areas inside also offer spectacular views of Oslo, the fjord and green hills. The idea of the combination of libraries and attraction spots create a win-win situation on their practical values—fulfilling the desire of borrowing books and being a highlight to promote that place. With captivating external and internal appearance, public libraries certainly get their places in society and are paramount to all walks of life.

Public libraries have had over hundreds of years of history since human civilization appeared, people see these buildings not simply as a bunch of books packed on bookshelves, but the sea of ceaseless and boundless knowledge, sweat and tears from thousands of writers. It is no doubt that technology might have changed our reading habits at this moment, yet it is my staunch belief that never should public libraries be discredited and disclaimed despite being given fewer spotlights. The advancement of technology does not mean weeding out the traditions; instead, it provides an alternative to making things easier. Public libraries are still necessary to every human being, therefore it is high time for us to conserve them with our concerted efforts and bring them alive. We know what we should do and we must do it.

學生創作空間

中文作品

《祖父的助聽器》

S1C 葉綽翹

「啊？你能再說一遍嗎？勞煩你了……」同樣的對話，重複又重複，難道是一卷播不完的錄音帶？

祖父確診耳患時正逢暑假，父母便讓我到祖父家小住，陪他說笑解悶，為他枯燥乏味的生活增添一絲人氣和生氣。雖說是我陪伴祖父，實則是我名正言順地吃喝玩樂的機會。我猜，祖父家裏肯定有堆成一個小山的零食和玩具等著我呢！祖父可最疼我了！

日復一日，我觀察到祖父耳邊無時無刻都掛著一個小東西，彎彎的，拳頭般大小。爸爸說它叫「助聽器」，戴上後，所聽的一切都能迅速變得清晰。我滿臉仰慕：實在太不可思議了！

心中的好奇促使我一探究竟。我趁著父母外出，祖父靠在藤椅上熟睡之時，以迅雷不及掩耳之速笑嘻嘻地摘下他的助聽器，握在手中仔細研究。祖父先是被我嚇得跳起來，其後又若無其事地坐下，任由我翻弄把玩，和藹的眼神裏蘊藏著的無不是深深的寵溺。

若干年後，我才驚覺手中的玩意竟是祖父的命根子，失去了它，祖父便可謂與世隔絕。儘管如此，祖父仍放心把視如珍寶的助聽器交給我，難道他不怕我大意地遺失了他的「第二耳朵」？他可有想過，年幼的我會不分輕重，一時不慎捏碎了它？祖父那雙會說話的眼睛，所盛載的不單是無盡的寵溺，更是对我無條件的信任。

再好的時光也有盡頭，日復一日，年復一年，歲月神偷悄悄地奪走了祖父的壯健。昨天健步如飛的他，竟在不知不覺間變成今日行動緩慢又善忘的老人。隨著年歲增長，

祖父的耳患亦逐漸惡化，我心中無所不能的助聽器亦「治標不治本」，只能輕微舒緩祖父的痛苦。「啊？你可否再說一遍？勞煩你了……」同樣的對話，重複又重複。每次不是我喊得太快，就是聲量太少。面對祖父一頭霧水的面容，我無奈之下只好一次又一次地請父母傳話。久而久之，我漸漸厭倦這種艱難的溝通方式，下意識地逃避與祖父談話。祖父是極愛面子的，決不能每次聽不明白都「不恥下問」。如是者，一方迴避，一方似懂非懂，我們溝通的橋樑也就無聲無息地出現了一條條裂痕，由淺至深。

我們兩漸行漸遠，期間雖然數次回頭，可是人總是捨難取易的，於是我們隨即又故態復萌。就如紫禁城的宮牆，無情地隔絕城內和城外，雖只一牆之隔，卻存在永遠都攀不過的距離。一天，我在祖父屢次追問下忍無可忍，積累已久的怨氣一下子爆發：「老頭子，你聽清楚：這是最後一遍複述，你聽明白就最好，聽不明白，也只是你自身的聽力問題，與我無關！」話音未落，我已被自己的冷言冷語嚇了一跳，更遑論毫無心理準備的祖父了。他先是難以置信，隨即又回復一貫的和藹。雖然他沒有接話，但他的目光告訴我：他理解，他願意靜心聆聽。我理直氣壯的回望祖父。忽然，我心念一動，祖父的眼神何以如此熟悉？多年前的炎夏，祖父也以同樣慈愛、同樣寵溺的眼神，享受地坐在一旁看我玩樂。難道，在他心中，我一直是那活蹦亂跳，闖禍後要他補救的小女孩？他對我的疼愛竟沒因我一次又一次的刻意迴避而褪色？

剎時間，那些被祖父像小公主般，捧在手心疼惜的溫馨片段再次湧現眼前。它們帶我穿越到過去，回到祖父健壯、我則淘氣愛搗蛋的童年。短短幾十秒間，我心中所有怒氣均化為對過去的無限緬懷，千頭萬緒頓時湧上心頭。忽然，一雙手搭上我的肩膀，是祖父。他輕聲安慰：「我老了，你也由活潑調皮的小女孩成長為一個亭亭玉立的少女。人生不可能停留在從前，我們一起接受轉變吧！不必耿耿於懷。」他可知道，他越是包容，我心中便更添一分愧疚？

若干年後，祖父安詳辭世。在執拾他的遺物間，我輕輕拉開他的抽屜，那對祖父曾經最重視的「第二耳朵」正靜靜的躺在裏面，等待主人歸來。我將它們雙雙拿出，小心翼翼地為祖父戴上，盼望他能拍拍我的頭，再喚我一聲：「乖孫兒！」

我們沒有逆轉生老病死的能力，卻能盡力陪伴至親享受人生的最後階段。一個下午的共聚、一個共進晚餐的晚上，甚至一則語音訊息的問候，已經足以令他們笑逐顏開，何樂而不為呢？「樹欲靜而風不止，子欲養而親不待。」他們不一定能等待你「空閒」的一天再來相聚。把握現在對親人盡孝吧！莫待失去後才悔不當初！

《我在真光有幸遇上她》

S1D 羅安梨

我是一名外來生。離開以前的朋友、老師，獨自來到真光中學，面對陌生的環境、全新的課程，意味一切都要從零開始。

我是個內向的人，別說是舉手回答問題，就連跟熟悉的鄰座借文具都要猶豫大半日。在小學裏，我也是默默坐在座位等待被搭訕的類型。這樣的我，能好好融入一班早已互相認識的同學裏嗎？我一頭茫然。幸好，我在真光遇到了我的班主任——徐秀銀老師。

徐老師有一頭偏啡的鬚髮，眼睛很有神采，平日笑咪咪的樣子總不像老師，倒給我一種鄰居的親切感。她給我的印象是像橙色一樣明亮而爽快的。

徐老師教的是地理科。我一向是個「地圖盲」，對自己周圍的環境毫不熟悉。有時妹妹問我將軍澳在九龍、香港島還是新界，我支支吾吾了半日也答不上來。何況小學沒有地理科，現在的地理課本又是寫滿英文，我真心覺得自己不可能在這科考出好成績。可是徐老師是個風趣的人。她教我們時會開玩笑、打比方，像說起香港一些簡陋的劏房，她誇張地告訴我們那裏的生活，整個課題頓時少了沉重感；怕我們不懂時，也會用中文講解或是盡量說得簡淺易明。有次教季候風，她還特意在簡報弄了個會慢慢縮小的烏雲圖片，就為了讓我們理解季候

風和降雨分佈的關係呢！上徐老師的課，總是充滿着笑聲，我還有什麼好憂心的呢？

有次網上家長會談，我十分緊張，怕徐老師會批評我，畢竟我的上課積極度接近負數。早已做好接受教訓的心理準備，豈料徐老師是如此和顏悅色，還鼓勵我繼續進步，反而是爸爸嚴肅地提醒我不可自滿。我頓時放下了心頭大石，透過屏幕對上徐老師祥和的視線，心中是說不出的喜孜孜。

又有一次，臨近八十六周年校慶的創意班相拍攝活動，我和同學都很興奮，一直拋出一些使人啼笑皆非的建議。其他班都是考慮拿着氣球、擺出勝利手勢等，我們卻一直展現我們「高超」的創意。徐老師也沒有責怪我們，只是陪着我們起哄，慢慢地大家說的東西都偏離主題了，可徐老師並不介意，更惹得我們笑聲不斷。最後，我們還是站在噴水池前一表正經地拍照。有徐老師的陪伴，我才得以在班中跟別的同學毫無隔閡地一起笑、一起鬧。

幸好遇見了徐老師，我才能在歡快的氣氛中慢慢融入班中，當初看上去極其可怕的地理課本，現在看上去也沒有這麼難了。能在幼稚園、小學，到現在升中，都遇到不同的好老師，我感到很幸運，希望以後能持續快樂的中學生活。

《晴天下的海旁》

S2B 陳晰然

疫情下的海旁會是怎麼的呢？熱鬧？寂靜？疫情之下我們都常常留在家中，而且課業很多，壓力很大，真想出門舒展筋骨，所以今天我和家人到了海旁散步，順道欣賞久違的夕陽。

我到達了中環地鐵站，沿著旁邊高聳入雲的高樓大廈前進。過了一會兒，一片美景映入眼簾，湛藍的天空像塊藍水晶，厚厚的白雲如

棉花一樣，看著這迷人的景色，讓我豁然開朗。我和家人漫步至中環碼頭。我欣賞著對岸璀璨奪目的海港，那裏視野開闊，麻雀在旁邊啾啾不停地唱歌，令我蕩氣抒懷。遠方的香港文化中心、屹立著的鐘樓，以及天星碼頭與蔚藍的天空互相映照，讓人心曠神怡。我來到摩天輪腳下，抬頭仰望，圓圓的摩天輪活像個大輪盤。繼續向前走，有的人三五成群結伴遊玩，有的人狼狽地

趕船，有的人則佇立岸邊欣賞風景。渡輪的汽笛響起，我目送著一艘船離開。忽然，我後方響起了悅耳的歌聲，原來有街頭表演者演唱，那精彩的表演吸引了許多人駐足，令我連日來緊張的心情一下子就放鬆了。

順著中西區海濱長廊走，途經港澳碼頭，便到達中山紀念公園。船隻大小各異，在浮光躍金的海面畫了數條深深的痕。小鳥啾啾的叫聲讓我不禁抬起頭，牠在天空掠過，像和天空打招呼。燦爛的陽光灑在深藍色的海上，波光粼粼，隨風飄揚的是鹹香的海水味，然而一切是多麼清新自然。在我後方，我看見有些遊人在噴水池前拍照留念。在旁邊的休憩區被一株株碧綠的小樹圍繞著，紛紅駭綠，淡淡的香氣從色彩繽紛的花叢撲鼻而來，風掠過樹梢迎面而來，使人無比愜意。隨著休憩區向前走，我看見綠油油的大草坪，踏上去軟綿綿的，蝴蝶翩翩起舞，十分清爽舒適。碧草如茵的草地引來了很多人在草地野餐，小孩在草地上嬉戲，和樂融融，無比舒暢。

離開公園後，走了一會兒，我們到達了堅尼地城海旁公園。我看見一隻小白鷺瞄準目標，像火箭一樣，衝出來捉魚。附近有伯伯在釣魚，他垂著釣竿，希望可以「滿載而歸」。轉眼間，蔚藍的天空被染成橘紅色，一團耀眼的火球跳進了大海，天空的白雲散開了變成迷人的晚霞。遠處的昂船洲大橋和大海蓋滿了夕陽的餘暉，在夕陽的斜照下，海水半明半暗，金光粼粼，變出了迷人的色彩，為大海披上了金衣。很多遊人看著這讓人如痴如醉的景色，都不禁拍照留念，將這美好的一刻記下來，讚嘆著這個洞天福地。

我坐在椅子上，聽著不絕於耳的海浪聲，一陣接著一陣傳來，享受著這動人的美景，緋紅的天空變成了黑色，目不暇給。海風輕輕的吹拂著我的臉龐，彷彿為我加油。看到大家都用自己的方法，在辛苦抗疫的同時，找出令自己輕鬆的方法，令我明白放鬆心情才能有動力繼續努力。去了海旁後，我從壓力中走出來，把煩惱一一忘記，令我身心舒暢。

《與眾不同的顧千柔》

S2C 劉芷苗

在我認識的眾多朋友中，最與眾不同的莫過於我的同班同學——顧千柔。跟其他熱情開朗的同學不一樣，即使顧千柔心底裏很熱心，臉上卻總是不愛笑。

她是風紀隊長，平日給人的感覺總是冷淡和嚴肅。印象中她身材苗條，走路時腰板挺得很直，臉上永遠都沒有笑容，簡直比訓導主任還可怕。也正因如此，同學們都給她起了個別名——「萬年冰山」。

還記得那次不知哪位同學提議考試後一起去逛街，馬上得到大家一致的贊同。於是，大家開始互相邀約，幾乎所有同學都被邀請了，唯獨沒有人接觸顧千柔。我想著這樣似乎不太好，便主動上前邀請她。那知道顧千柔聽罷，卻是淡淡地搖頭道：「沒有興趣，不去了。」我一臉無奈地返回座位，好友小萌已急不及待地吐槽：「怎麼，被她拒絕了吧？我就說！那個『萬年冰山』，古怪又不合群！上次也有人請她外出玩樂都被拒絕了，難怪今次沒有人找她！你又何必自討沒趣呢？」我沒有作聲，只是無奈地搖頭。這顧千柔，也太難相處了吧……

轉眼間考試便過去了，可是命運弄人，大夥兒約好一起去逛街的那天，我卻跌傷了腳。我總不能一

拐一拐地逛街，只好遺憾地宣佈不赴約了。同學們圍著我關心了好幾句：「你沒事吧？」「等會兒去醫療室處理一下吧！」「別說了，再說就來不及逛街了！」「好吧，那我們先走了，再見！」她們吱吱喳喳地關心了兩句，卻沒有留下陪伴我的打算，就成群結伴地離開了。我滿心無奈，正想用雙手撐著站起來，步往醫療室，忽然一隻修長纖瘦的手卻向我伸來。我抬頭一看，驚訝地發現來者竟是顧千柔。我心裏有點驚訝，沒想到扶我的不是我的好友，不是其他同學，而是堪稱萬年冰山的她。顧千柔什麼也沒說，只是默默地扶我到醫療室消毒和包紮。我小聲地道謝，而她則提起了我的袋子說道：「你一個人不好走，我送你到地鐵站吧。」明明她的語氣還是冷冰冰的，不知為何我竟感受到她的關心，令我心頭一暖。

前往地鐵站的路上，我開口打破了沉默，問她：「大家都一起去逛街，你為什麼不一起去呢？」而顧千柔的回答令我無比詫異，她說：「我要去老人院做義工。」簡單一句話，卻是令我對她改觀了，沒想到萬年冰山也有熱心的一面……想著反正我沒事做，便要求一起去，顧千柔吵不過我，只好答應了。

到達老人院後，顧千柔把受傷的我扶到一旁的椅子上，然後笑著跟一位老婆婆打招呼：「楊婆婆，我又來了！」我心中可謂無比驚訝。沒錯，她笑了，萬年冰山竟然笑了！我看著顧千柔細心地陪伴老人家，跟他們聊天，哄他們笑。趁著顧千柔陪其他老人家聊天，楊婆婆開口向我讚起顧千柔：「你是千柔的朋友嗎？千柔是個很熱心的孩子！我的孫子很久沒探望我了，唯獨千柔每星期風雨不改來做義工……」沒想到顧千柔比老人家的孫子還熱心，我不禁敬佩她。原來，「萬年冰山」並不是不近人情，只是她從來不高調宣揚自己的熱心罷了。

後來，我每星期都陪顧千柔來做義工，漸漸成了好朋友。不熟悉她的人或許覺得她冷漠無比，但了解她後，才知道她其實只是外冷內熱。甚至乎，她比其他人更熱心，只是愛以行動來表達關懷，又或犧牲玩樂時間去做義工，有別於其他人的高調。她的熱心非常低調，就算其他人覺得她不合群，她也不會在意，只是默默繼續熱心助人。這種熱心而低調的性子，真的很值得我們學習。

沒錯，這就是最與眾不同的同學，外冷內熱的顧千柔。

《檯燈》

S3B 魏佳麗

凌晨十二點，媽媽看見我房間的燈還亮著，便走進來，小聲地提醒我：「這麼晚了，不要再溫習了，快關燈睡覺吧！」「嗯。」我隨口回答道。媽媽走後，我仍沒有關燈，更不小心睡著了，燈亮了整夜。

第二日，我拖著熬夜後疲累的身軀上學，感覺精神萎靡，但想起臨近的考試，我強打精神。回到家中，寫完家課後已經到傍晚，坐在書桌前的我順手開啟桌上的檯燈，不知疲倦地溫習著，追趕著考試的進度，心中十分焦急，又一次溫習

到深夜，疲乏的我再一次不小心睡著，檯燈再一次亮了整夜。

第三日，我被精疲力盡的身體打敗，已沒有甚麼精神去認真聽課。回家後，努力強撐著來到桌前開始完成家課和溫習，桌上的燈再一次點亮。因身體的疲累，我的思緒逐漸放空，眼神飄浮不定，望了望我的檯燈，突然發現它的光芒已沒有之前般刺眼。我並沒有把這當回事，卻萬萬想不到這竟成了我一件後悔莫及的事。

快將考試，我開始焦慮，大量的課業和廣泛的考試範圍令我日以繼夜的學習，甚至經常學習到深夜。「勤能補拙」這個字令我堅信不移，所以我一次次通宵達旦地溫習，盼望著能將「勤」補拙，取得好成績。而我的檯燈也跟隨著我到深夜，辛勤工作，不辭勞苦。

考試前一晚，我像是一塊海綿，不停地吸收著知識，我揉著充滿紅血絲的雙眼，逐漸發現我的房間開始越來越黑暗，我竟看不清書上的字了。我抬頭望向我的檯燈，卻發



現它燈光微弱，慢慢地一閃一閃，最後像是迴光返照般發出刺眼的光芒，隨之油盡燈枯，所有光芒都散去，房間剎那間變得漆黑無比。一直望著檯燈的我，也有些頭暈目眩，便走去開啟房間的燈。看著壞掉的檯燈，我手足無措，身體的不適也提醒著我需要休息。然而我再看了看桌子上的書，仍強硬地堅持著，心中想起：「勤」能補拙。

考試當天，我頂著暈眩的腦袋、佈滿紅血絲的雙眼和疲累不堪的身體坐在考試的桌椅上，準備開考。可是眼前的事物漸漸變得模糊，世界漸漸變得左右倒轉。「碰！」我倒在地上昏迷了！我被緊急送往醫院，被確診是疲勞過度，而我也缺考了這次考試。

躺在病牀上的我聽到這些消息，只懂嚎啕大哭，媽媽卻安慰我說：「人生中有許多場考試，缺考這次考試也沒有關係，下次調整好身體再去考試就好了。還有你的檯燈不是壞了嗎？媽媽給你買了新的。下次不能再這樣損耗身體和檯燈了！檯燈壞了還可以換台新的，但你的身體只有一個。」聽完媽媽的話，我的哭聲漸止，抽噎著答應了媽媽。

的確，檯燈可以替換，但身體只有一個，而將「勤」補拙的本意也不是以消耗身體為前提，而是持之以恆的努力和勤奮。犧牲身體只會令自己吃不消，造成負面影響。在察覺到不適後應即時調整和休息，否則就會像我和檯燈一樣，一個消耗身體，而另一個則壞掉。

漫天星海被整群洶湧而上的天燈覆蓋，原本漆黑的夜空驀然被映得明亮，光透過薄薄的一層霧氣反射到地面上，像是天仙下凡時不小心留下的仙氣。

我坐在鬧市旁寧靜的山頭上，遠處的喧囂似乎被一堵看不見的牆所阻擋。我靜靜地看著乘風而去的滿天燈光，直至它沒入天際。

天燈與其他燈不太相同，但亦有相似之處。當一把火隨著木柴燃起火光，隔著天燈的身體，映出溫暖柔和的光亮時，它並不只是在為人們帶來光明，它所背負的，更是沉甸甸的願望和各種祈求，在它身體染上的每一筆代表著願望的墨水，每一個承載著希望的字詞，都為它帶來多一份負擔。背著如此重擔的天燈卻堅強地、竭盡所能地往天上飛去，希望把人們的心願送到天上的神明手中，拼盡全力，燃燒自己去祝福人們。一腔熱火在胸前燃燒，只為了達成自己的使命。

若說天燈是堅持，那我便正是它的相反。那懷在心中的熱火，早已被生活打磨得只剩下灰燼；那身上所背負的期望，卻越來越沉重，宛如千斤的石頭，壓得我喘不過氣來。我曾親眼見過千盞明燈齊放的壯觀景色，但天燈照映出來的光，卻獨獨把我一人攔在黑暗中。被黑暗吞噬的我，渺小且微不足道。

看著其他在光下快樂玩耍的小孩，看著熱鬧的祭典，看著默默攀著風往上爬的天燈，突然覺得就算只有一步之遙，我和喧囂熱鬧之間卻像是被分割成兩個世界。

燈本該是為我們帶來光的，我卻尋著光，步入了迷惘。

《燈》

S3C 梁嘉晴

小山深處連盞昏黃的小燈都不見，腳前的空地上，一陣已然報廢的天燈躺在草地上，藏在他身體中的小火苗漸漸趨向黑暗。

如此努力拼搏是為了什麼？到頭來拿不到一點益處，甚至連自己都賠了回去。

有人說天燈的一生就是這麼短暫，從點燃，都熄滅，不過只有十多分鐘。我深明這件事，人的一生不過百年，這和天燈的壽命一樣，是無法控制的。但天燈竟是如此高尚，把自己生命中僅有的十幾分鐘獻給人們，把自己用生命換來的祝福獻給了人們。這是我永遠做不到的，它把身上的願望當作使命，我卻把身上的期望視為枷鎖。

風向改變了，視網膜上出現了一個、兩個、無數個本已飛走的天燈，它們攀著風，回到了我的眼眸之中，途中伶仃幾個沒法支撐，掉了下去，無法直達雲層，只剩下寥寥可數的幾個仍然不肯倒下。我不自覺地掀起了心，為天燈能否成功登上雲層而擔心。我緊緊盯著那些天燈，一點點地上升。

上去了！我莫名地激動。低頭看向報廢的另一盞燈，心中百感交集。

自古以來，代表希望的光領著許多人走上了圓滿和成功，但其實，失敗的要遠比成功的更多。登往山頂的路和走上雲層的路一樣，又豈是能輕易做到？天燈燃燒生命，爬上了遙不可及的雲層，送上了人們的心願，圓滿了只有十多分鐘的生命。我的生命中有這麼多十幾分鐘，又怎麼不嘗試去博一博？就算只有萬分之一的機會能踏上牢固的腳踏石，一步接一步地往上走，只要不是萬中無一，便值得一試。

《切爾諾貝爾》

S4B 蕭玥

雨後潮濕的空氣混合野草的青味本已不太好受，刺鼻的鐵鏽味合著草青的腥味，更是有如剛從海底打撈起，在太陽下暴曬的沙甸魚群般惡臭。冷冽的空氣湧入肺部，雨後尚未放晴、陰暗昏沉的天色，這樣詭秘的氛圍把切爾諾貝爾再次呈現在我眼前。

普里皮亞季是當年切爾諾貝爾中人口最多、發展最為先進的城市。現在眼前之荒涼，倒十分諷刺。遊樂園就建在市中心，高聳入雲的摩天輪整整落在城市的中心點，好似一雙眼睛，見盡普裡皮亞季的悲歡離合，繁盛冷清。這雙眼睛原本明亮有神，正是為了蘇聯國慶而建，原本應該盛載人們歡聲笑語的摩天輪卻在第一次要展露魅力時失去了光彩，像漏了氣的氣球，被人遺棄在此——就在開幕的前一天，核洩漏事故發生，這裡也成為荒廢之地。摩天輪被廢棄多年，支撐用的鐵柱鏽跡斑斑，因年久失修而泛著淡黃的車廂在天色的映襯下更覺淒冷，像是失焦的瞳孔，空洞無神。碰碰車的賽場和車身上仍停留了一些未融的積雪，一旁的圍欄雜草叢生，滿佈青苔，構成一開始的惡臭氣息。黯淡的天際下，寂寥壓抑籠罩了這個城市。人處於此，只覺自身渺小，不知何去何從。

若摩天輪予人寂寥之感，附近的放射病中心則處處散發悲愴不安的感覺。廢棄的醫療用具散落一地，由於久未通電，我只能依靠室外的光線和手電筒觀察四周，頗有探險之感，卻又陰森不已，這裡就像是每個驚悚遊戲裡必定會出現的廢棄

醫院——針筒、儀器和未來得及派發的防毒面具散落一地，在手電筒微弱的照射下映出瘳人的光。當年駐守於此的醫生護士一定仍想保護不知情的群眾，後來也因形勢所迫只能逃命。本來力所能及的事變得束手無策，想必他們當時定也六神無主，比起來廢棄醫院探險，那樣的絕望感更是駭人。一想到時人的無奈，我的呼吸聲也下意識地加重。走進醫院本就有與世隔絕之感，此刻人們遺留下來的不安和醫院本具有的壓迫感好像緊緊扼住我的頸項，叫我窒息。室內只能聽到自身的呼吸和心跳，這份寂靜更放大了撲面而來的孤獨感，叫人一刻也無法多待。那份沉重，是生命不能承受的。

一直往森林內部走，就會漸漸從樹木的掩蓋下看見前蘇聯雷達站，也就是高達 145 米高的莫斯科之眼。周邊茂密的森林將這座屹立了 30 餘年的巨大建築圍堵，直到近年才被人發現。這座由 750 米長的鋼鐵絲網狀陣列組成的奇怪建築，隱藏在雪地和茂密的枯枝中。而風嗖嗖地颳過，樹葉輕輕晃動，顯得這裡更加神秘，叫人不得不為前蘇聯之強盛所折服。如此巨大的建築物，竟能隱藏於眾人的視線，過了 30 多年才被發現，而蘇聯的科技在當時已發展到如此，實在令人佩服。

走出森林便會走到抗核英雄雕像紀念廣場，一邊是為抗核事故中犧牲的勇士們所建的石像和紀念廣場；儘管石像全數穿著防護服，神態各異，有的似乎咬緊了牙，有些似乎在尋找著什麼，他們卻有一個

共同點——即使恐懼未知的災難，卻願意犧牲自己來為市民爭取時間逃生。這些一個個有血有肉、活生生的人，當時需要多大的決心和勇氣才能義無反顧地面對未知所帶來的不安？我無法想象，更無萬分之一的勇氣。另一邊則有大量的破銅爛鐵，都是當年災後用作清理工作的機器，無一例外的被超高濃度的輻射污染，迅速報廢，一片頹垣敗瓦。人也好，機器也罷，這些無名英雄都令人惋惜敬佩，值得後世永遠尊重。

核能、輻射，這些詞語就算聽得多也仍然陌生，人類對他們的認識並不深，卻妄想操控這些能量來獲利。但真的走進切爾諾貝爾，看見各樣荒廢，才知道原來核能可以如此影響一個地方，讓其一夜之間變成鬼城，甚至直接令其斷送未來數十年的發展。核能近年再度掀起人類討論，切爾諾貝爾的慘劇政客卻絕口不提，不禁讓人反思人類是否吸取過歷史的教訓，抑或仍然不知自身渺小，認為人類才是主宰，忽視核能的威脅，對孕育萬物的大自然毫無敬畏？又是否需要更多的切爾諾貝爾才能讓人類醒覺自己的渺小，從而吸取教訓？對倖存者來說，這不是碰碰車上尚未融化的積雪，而是永遠無法忘懷，壓在心頭上的一層厚雪。不必特意想起，不安和恐懼總會讓人如坐針氈，寒意於身上流竄，無法釋懷。只願人類認知到自己的無知魯莽後，能重新學習珍惜和敬畏大自然，亡羊補牢，好好地與已經受傷的自然共存。

《自此以後，我意識到姑媽是我生命中重要的人》

S4D 蕭可悅

在我小時候，父母都很忙，要上班、工作，因此照顧我的任務便交由姑媽負責，尤其是每個聖誕假期外傭回鄉時，她就會來照顧我和我哥。姑媽沒有嫁娶，也沒有兒女，我從幼稚園放學回家時，她總會帶出一本貼紙故事書或是一包手工材料過來跟我玩。記得有無數個下午都是姑媽跟我坐在客廳的大圓飯桌旁，她一邊指着故事書把小紅帽的故事娓娓道來，一邊把貼滿在我手背和手指頭上的貼紙一張張黏在故事書上。

我還記得剛升上小學的時候，有一次姑媽來我們家，說我們可以用報紙給哥哥做一件報紙鎧甲。那時候我疊着報紙、拼在哥哥身上，樂在其中，反倒是我哥感到不耐煩，在他看來，姑媽的遊戲很幼稚、無聊。姑媽走了以後，我也自覺已經長大，不應還喜歡玩這些手工，再加上心裏暗暗地不希望哥哥把我當作小孩子，所以從那時候開始，我對姑媽變得冷淡。後來升上三、四年級，也真的已經不再對小遊戲、小手工感興趣，姑媽來我家的時候，我會跟哥哥打電腦遊戲，她會湊過來問：「欸，這是甚麼遊戲呀？怎麼玩的？」我很討厭她用這種把我當幼稚園小孩的口吻問我玩甚麼，故我只隨口敷衍幾句就算了。她每次待到晚上時，臨睡前還會在我耳邊祈禱，這時我心裏就會熱切地盼望着盡快結束，我嗅着那股口氣、耳邊感受着暖氣拂過，特別不理解她為甚麼一定要花這麼多時間為我祈禱，甚至不懂事地認為她不屬於我們家，她每次來我們家我便盼着她趕快離開。

小學六年級時，我跟哥哥、爸爸去大埔學騎自行車，沒想到姑媽也一齊來了，卻連自行車都沒有租，打算教我。我面子薄，本已覺得長

到這麼大才來學自行車很尷尬，在單車徑上看到很多年紀比我小的孩子「嗖」的一聲騎過我身旁，我卻在慢慢地把着扶手困窘地把自行車推到單車徑，實是丟面子。我回頭一望，我哥和我爸根本就不在我身後，早就騎得老遠了。當刻我心裏閃過一絲慌亂，不知如何是好，單憑自己，一個連自行車也不會騎的人，怎麼能夠追得上他們呢？徬徨下我又立馬對他們生出怨恨，埋怨他們怎麼能不說一聲就把我丟在這裏。正在此時，熟悉的聲音傳了過來：「阿妹，等一下，我來了！」姑媽邊急步趕上來邊呼喊著。那時候，我安下心來，卻又覺得很慚愧，之前總是敷衍她，想她趕快消失，現在到自己遇上困難、有求於人了，卻盼着她儘快趕來。姑媽用盡了各種辦法來教我，一開始我坐在自行車上，她雙手扶著自行車的把手，小跑着把我往前推，打算推一小段路以後讓我自己繼續往前踏。然而她每次一鬆開手，我就失去平衡，腳不自主地從腳踏上下落了下來。姑媽本已推到汗流浹背、氣喘吁吁、身子不時彎下來按摩膝蓋，但她深吸一口氣後，還是逞強說：「唉，不要緊，再試一次。」隨後繼續推，為的僅僅是讓我學會。一個五十幾歲的女人用盡力氣推着、扶着一駕自行車以及車上那個狼狽卻又沒怎麼出過力的女孩，一直緊緊相隨，這個情景深深地烙印在我心中。姑媽年紀不輕，關節有點小病，以致膝蓋不能活動得很靈便，我有時回頭一看，就看見她抹着頭上的汗珠，吃力地跟上我，不讓我離開她視線所及的地方，讓我深受感動，知道自己無論踩多遠，身後永遠都有姑媽照看着，感到很踏實。但同時我心下的愧疚也越發地強烈。對呀，她這個時候不還是把我當一個小孩子般，一步一步手把手地教、耐心地教、不遺餘力地教嗎？以前的我

急於長大、想要獨當一面，不願被當成小孩子，這是多麼孩子氣的想法呀！姑媽從來都沒有改變過，她現在用盡辦法教我騎自行車，不就跟小時候教我貼貼紙，甚至拿着手工材料包教我紮燈籠、煮爆米花、畫衣服一模一樣嗎？我總是只在意自己的感受，從來沒想過姑媽為此付出的心思和力氣，更沒有為有她的陪伴而感恩。

我回想起那時候我不再對姑媽的手工藝感興趣時，她仍努力嘗試進入我的世界，看我在玩甚麼遊戲，從小到大，她都堅持為我祈禱，希望我平安、快樂，曾經那些冗長的禱文我都沒用心聽進去，可我知道幾乎全都是對我的祝福。她不是要當我是孩子，而是想一直陪伴我長大，把我當親生女兒般編織我的童年。

我一腳踏在地上推，她一直在我身上絮絮叨叨地相伴，最後我用力一踏，竟順利地踏出一段路，學會了。心裏很雀躍，特別感激姑媽，我怎麼也沒想到最後竟是她，而不是我哥也不是我爸，教會了我怎麼騎自行車。

自此以後，每次她來我家，我都沒有再敷衍她，反而是好好跟她分享學校的事情，聊着聊着竟然特別起勁，新年聚在一起的時候也更覺溫馨，把她看作是重要的家人，做着一些平常家人會做的事情，看電視、聊天。我才明白到原來家人就是互相陪伴、支持的，她拿出真心對你，你拿出真心對她，簡簡單單地卻原來是那麼的幸福，大家互相理解、互相感激對方的存在，分享生活瑣事。老的含辛茹苦地陪少的長大，少的帶着歡樂給老的，而不是想着要盡快長大飛走。家人就是這樣的。

《談恐懼》

S5C 周頌恩

恐懼是人的本性，原因很簡單，因為它助我們避開危險，得以保存性命。盤古初開時人畏懼猛獸、天災，因為這些事物會直接對其生命構成威脅；現今社會的人畏懼丟失工作，陷入高債，因為若然一貧如洗，便難以在社會立足。恐懼往往束縛我們，不過仁義之士會為他人而非自己恐懼，甚至拋開恐懼，去做正確的事。

與其說恐懼源於外間事物，不如說恐懼只是自設的心理障礙。美國一間爬蟲館的館長會定期舉辦導賞團，讓遊人接近和觸摸沒有毒牙的蛇。他留意到小孩子都是最雀躍的，而成人多半退到一旁畏首畏尾。小孩子天性好奇，也未有「危險」與否之分，於是無畏無懼，而成人卻被「所有蛇都是危險」的想法捆綁，因而感到恐懼，不敢伸手嘗試，於是成長過程中學到的恐懼成了另類的監獄，會把人困在狹小的舒適圈內。個人的恐懼或許只會令自己的人生平淡無味，若是有著公信力的機構感恐懼，則遺害社會甚深。一連串的政治事件以後，香港記者協會發聲明，指擔心各傳媒會自我審查，損害新聞自由。所謂自我審查，便是指新聞機構恐懼其報導會

引起當權者的不快而招致惡果，於是用更溫和但未必準確的字眼，甚至知情不報。其實不是法律明文禁止傳媒作出有損政府形象的報道，而是記者、編輯自行揣測發表報道的後果，恐懼非常。身為讀者的我們固然無從得知自我審查有否發生，但倘若有，那麼真相便會被蒙蔽，不合理、不公義的事情即使繼續上演，人民也無從得知，遑論阻止。因此，自己在心裡埋下的恐懼的禍害甚大，不可不察。

不過若非為自己而為他人的安危恐懼，那麼恐懼亦誠可理解，甚至值得嘉許。

孟子在《論四端》曾經指出，人如果看見小孩子即將掉入水井，皆會為他驚懼、生出惻隱之心。看見人有難而為他感到恐懼，這邊是仁的表現了。有時候，對他人的恐懼會驅使我們犧牲自己珍視的東西。白俄羅斯總統大選後，落敗的參選人季哈諾夫斯卡婭隨後逃亡至立陶宛。受訪的時候，她雖然非常希望能留在白俄羅斯對抗獨裁的政權，不過她的家人曾受恐嚇，她非常恐懼孩子的安全，於是決定逃亡。季哈諾夫斯卡婭不是一個為自己恐懼的懦夫，而是一個愛護孩子、為孩子放棄理想的母親。為他人恐懼展現的不是自己的膽小，而是大愛。

至於能真正突破恐懼，能勇敢地做自己認為正確的事的人，更能贏得掌聲。現在領導香港民意研究所的鍾庭耀教授，在1999年，他還任職香港大學時，遭當時的特首董建華和港大校長施壓，要求他停止有關對特區政府的民意調查。但他認為作為學者有責任捍衛和追尋真相，不應對強權畏懼和退縮，於報章撰文記錄此事。其後獨立調查委員會成立，他如實將事情的來龍去脈一一告知，無懼這些話對自己將來升遷有何影響，最終公義得到彰顯，校長被裁定限制了學術自由，其後辭職。口誅筆伐以捍衛某些價值以外，更有人以身犯險。黎力基是晚清的一名外國傳教士，心心念念到中國弘揚基督教。當時的清政府卻禁教，黎力基也多次在汕頭傳教期間，被打至遍體鱗傷，差點性命不保。黎力基多次被驅逐出境，卻無畏無懼地七度潛入汕頭。雖然身陷險境，但黎力基深信自己正在做正確的事，也就得以克服恐懼，排除萬難。

歸根究柢，我們恐懼，皆因太想擁有，不能放手。慾望在財，便害怕丟失工作，落得一貧如洗的境地；慾望在生，便害怕天災人禍，性命不保。假若能放開這些偏執，又同時擇善固執，在益人、正義之事上毫不退讓，那麼便能拋開恐懼去做正確的事，無愧於天。

《「嚴以律己，寬以待人」的一位老師》

S5D 謝盈林

唐老師——一個耳熟能詳的名字，當同學們被問到對唐老師的印象時，大家都會露出敬佩的深情，連聲讚嘆道：「真好，真好！」好在哪裏呢？好在唐老師是我認識的人當中最能體現「嚴以律己、寬以待人」的美德。

唐老師每天的打扮都標準如——一頭用髮膠梳理得整齊的直短髮、一身筆挺烏黑的西裝、一雙擦得發亮的啡色真皮皮鞋，活像漫畫中嚴肅的訓導主任造型。可是，他臉上卻掛著和藹可親的笑容，時常向同學問好，配上那復古的金絲眼鏡，親切如家中的爺爺一般。唐老師憑著對同學有如朝陽般的溫暖，以及對自己嚴格的要求聞名校園，亦成為歷屆學生最愛戴的老師。

唐老師是我高中三年的中文老師，他的課堂伴我走過了青蔥歲月，令我至今難忘。

我們班是全校聞名的「懶散班」，皆因我們經常欠交功課，交出的功課亦質素欠奉，大多只是草草幾行字便了事。老師們對我們班都「敬而遠之」，為求不惹麻煩寧願少收幾份功課，以隨便的批改回應我們隨便的交貨，不願再與我們搏鬥。唯獨是唐老師一人堅持認真批改我們的功課，大至作文，小至週記，他都一一細看，從不馬虎。現在想起才覺慚愧，我們都沒有好好珍惜唐老師的用心良苦，每次收到批改後的功課都不予重視，甚至懶得將它收好，在廢紙回收箱看到我們的功課也是常事。其他老師或以放任的態度置我們不理，或會偶爾發發牢騷再通通將我們罰留堂，但唐老師往往會鼓勵我們，並將我們常犯的錯處寫成筆記提點我們。他從不發火，一直用他溫暖的笑容包容著我們每一個人。他提倡「以鼓勵替代要求」，認為這才是教育孩子最好的方式。唐老師的教育方針和工作方式充分展現了他嚴以律己、寬以待人的特質。

印象最深的應該是一次中五下學期作文。那次作文我們面對著試題，腦中一片空白，交出的作品依然是草草了事，反正我們也不在乎。直至派回作文那天，我們看到唐老師眼下躺著兩個五元大小的眼袋，臉上寫滿了倦容。詢問之下才得知唐老師昨晚批改作文至深夜，為的就是要趕在今天派回，好讓我們為下學期考試作準備。傾談之際，唐老師突然發出一聲驚喊：「呀！我把作文遺漏在教員室！」他馬上轉身離開趕往教員室取回作文。可是學校的教員室在七樓，而中五的課室在二樓，當天電梯剛好又壞了，他一位快到花甲之年的老人家又怎能受得住酷熱天氣和體力消耗的夾擊呢？他明明可以明天再派，為甚麼一定要今天派呢？帶著這些擔憂和疑問，我們迎來了全身滴著汗、上氣不接下氣的唐老師。他趕忙將作文分發給我們，並一邊說道：「你們……你們今次也做得不錯……要是可以再做……做好一點就更好……現在已經不錯……」天啊，唐老師依舊無限地包容著我們的不用心，一次次地鼓勵我們；但他卻是百般嚴厲地要求自己，盡力去做到最好，不可有一分閃失。這不就是文化課中提到的「嚴以律己、寬以待人」嗎？唐老師以身作則地為我們上了一節文化課。

我們除了是「懶散班」，更是「頑皮班」，正是老師們的剋星，經常在校園中搗蛋捉弄教職員，大家都見慣不怪。有一次，我和夥伴們又想拿昆蟲去嚇嚇校工心姐，便隨手捉了一隻蟬，悄悄地放到心姐的衣袋中，躲在樹後看看她的反應。果不其然，蟬突如其來的一聲響鳴嚇得心姐魂飛魄散，我們都忍不住露出邪惡又得意的微笑。但我們沒有留意到心姐正拿著自家製的蕃茄馬鈴薯紅蘿蔔湯，剛才我們把她嚇得不輕，她的湯便剛好灑在路過的唐老師那潔白如新的白恤衫上。心姐見狀連忙道歉，準備要拿濕毛巾替唐老師清潔。但唐老師以笑容安

慰心姐，著她不要驚慌，他自己可以清潔。說罷他便徐徐步向男廁。在遠處偷看的我心想：如果是我，我肯定要心姐賠我一件新襯衫！唐老師真是太好了！到今天我才明白唐老師的寬容是多麼的難得。

可是，唐老師對自己的要求依然是那麼嚴謹，從不鬆懈。有一次我在收回的週記本上發現了一大片紅墨水，墨水竟多得蓋過了我那簡短隨便的幾行字。我正感好奇之際，唐老師便把我叫了出去。「糟了，唐老師是要責罵我又不認真做週記嗎？」我心想。唐老師卻是滿懷歉意地將一本最新款的筆記本遞給我，並說，「我批改週記時紅筆突然壞了，墨水傾瀉而出，所以不小心把你的週記本弄污。我送你這本新本子作補償，你也要做好週記，知道嗎？」其實我根本就不在乎週記，也從沒用心去做，用的本子也只是學校出品兩元一本的普通單行本，唐老師何以要這樣補償我呢？換著是其他老師可能連一聲道歉也沒有，但唐老師卻對自己有著相當的要求，無論是品德或是行為。我看著唐老師離去的背影，心中不禁敬佩著這位老師過人的品格。

這就是唐老師，平凡卻又超凡脫俗的唐老師。當這世代人人都以自己的利益優先，只會要求別人而放縱自己，唐老師卻堅持以身作則，親身體現出「嚴以律己、寬以待人」的美德。他對身邊的人是多麼的寬容，對待學生如是，對待同工如是，都是公平的包容，沒有半點差別。但他唯獨是對自己不公平，因他對自己要求甚高，不只是行為的規範上，更是品德的修養上。他不隨波逐流，堅持自己的教學原則，工作也盡心盡力，不會因對象或環境而改變。這些都是內在且高尚的品格，正是值得我們所學習的。

唐老師以身教教會我們「嚴以律己、寬以待人」的美德，但願我們都可將這精神一代代傳承下去，影響身邊的人。

《人生中最重要的一本「書」》

S6D 蔡芷淇

古語有云：「書中自有黃金屋」。意指通過閱讀書本，可以從中獲取有如黃金屋般價值連城的啟發。而書中的內容，都是別的人生經歷，使讀者從中得到領會。其實每人的一生中也有着一些書，泛黃的頁紙和無形的文字記載着某一段時期的某一件事。從中而得到的啟發，終將為接下來的人生帶來翻天覆地的改變。

而我的人生中，也有着這一本最重要的書，記載着平凡無奇的事，卻讓我得到重大啟發。

翻開這本書，它記的是我中二那年所發生的一件事。那時，剛從中一升上中二的我，成績差得可以「不堪入目」來形容，學習態度也奇差無比。面對成績表的「滿江紅」、面對中一班班主任的苦口婆心、面對父母的責罵，我竟可以「處之泰然」，毫不在乎。很自然地，因為全級排名在倒數十名之內，中二就被分配到「非精英班」。

一開始，我也根本不在乎我讀的是否精英班。因為於我而言，學習就是浪費人生，沒有意義的事情。加上身邊的同學都沒有主動用功學習的心，我也打算繼續以我中一的學習態度來面對課業以及不久後的中三選科。

但每一本書的故事中，都總有着一個轉捩點。而這本使有所啟發的書也自然有情節上的大改變，從平鋪直敘，至高低起伏。

中二開學不久，就遇上了一位老師，不知他有意還是無意，每一句話都帶着刺。上課時、派小測時、講解題目時，總是隔三差五地拿我們班與另外的班對比。「你們看看乙班和丙班的平均分，比你們甲班

高了整整二十分」、「其他班一分鐘就做完這題了，再看看你們，花了十分鐘也解不開」、「你們蠢還真不是裝的，反省一下為什麼別人那麼聰明吧！」——這幾句，時刻都出現在我耳膜中，可謂耳熟能詳了。雖說我那時不重視成績，卻比任何人都在乎自己的面子。這些貶低我們，抬舉他人的話，一字一句地狠狠刺在我的心房心室之上。每當想起，都氣得我咬牙切齒，喘不過氣。

終於我有一天忍受不住了，暗下決心：「老師你看不起我們，我就要你刮目相看，要你知道我非你口中的『無用之物』！」因此，我一改我往昔的學習態度，不只用心上課，更主動向父母要求要去補習。

然而，每本書也有低潮，我這本也不例外。上學期考試，我的成績並沒有使我進入全級首七十名。我瞬間有如從雲端墮入萬丈深淵，心中那熊熊焚燒的烈火，好似被潑了一壺冷水般，只剩一點星星之火。

但有落自然也有起，那位老師依舊罵著我們，看不起我們。他言語中的不尊重，把我的內心灌滿了仇恨，灌滿了怒火，是我心中那團「要證明自己非無用」，「要使他刮目相看」的火如同被補充了氧氣和燃料般，再次燃燒起來。

很幸運地，皇天不負有心人，我下學期的級名次上升到三十九，全年的級名次為五十六。我成功證明了我不是無用之物，證明了我不比其他人差。那位老師也徹底對我刮目相看。

翻過最後一頁紙，最後一行字：「故事終」。我的這本書，就完結了。雖說「被人看不起，努力發憤

上進，終得成功」是老生常談，是無數人生命中的其中一本書。但它對我來說可為十分重要。第一次翻閱時，那正是我經歷此事，身在其中，不明白當中道理。只知道「努力讀書很重要」，「貶低他人的老師很壞」這些簡單淺白的道理。但「書」之所以稱之為「書」，全因它把故事，一筆一劃地記在紙上，用厚紙包着，燙上書名，再置於書架上，供人隨時再次翻閱。

我的這本書，名為「不甘」，因為我不甘被人看輕、不甘被稱為無用、不甘受人貶低而努力。往後，我再次拿起這書翻閱，回味那時的事情時，就對我的有另一重要啟發——要學會感謝那錯的人。書中，那人身為老師，竟說出不顧學生尊嚴的話，而非鼓勵學生用心學習，那是他的錯。但大概也是因為他，才激起我的好勝心，才使我努力證明自己，改變學習的態度。我今時今日，不再無心學習、不再虛渡光陰、不再不在乎成績也是因為他。若非他，或許我還是那無心向學的不良學生。

我應該感謝那錯的人。他的錯，是使我失去面子，但同時也為我將來的人生帶來改變。其實人一生中又豈會只遇見「對」的人？但「錯」的人也非全錯。當你將來回望過去，再次拿起這本書，細細閱讀時，就會明白你要感謝那次出現在你人生中錯的人。感謝那些錯的人，成就了今天的自己，為往後的人生帶來無比重大的影響。

我伸手輕撫過這本我人生中最重要的一本書，小心翼翼地把它放回位於大腦聯合區的書架上。我會心一笑，自言自語道：「不知下次再翻開此書時，它又會為我帶來什麼新的啟發呢？」

《疫情下郊遊遠足有感》

S6D 康雪晴

疫情肆虐，久困家中的生活苦悶枯燥，好趁假期，打算給自己一個挑戰——征服大帽山，這是香港最高的山峰，登峰遠望，想必會有超越萬物的感覺！

能成為香港最高的山，它必定是歷盡了風雨的磨練，才練出剛拔的身軀。而登山之樂，就在於證明自己並不敗給這巨人。一路上，我手腳並用，抓緊這巨人身上的每塊肌肉，從它的腳，爬到腰、再爬上頭。有時，我的行山杖在泥土裡括出一個個小洞，就像與巨人搏鬥時在它身上留下的傷疤；有時，我需要拔去蓬生的雜草，才能找出山上的小徑，這就像拔去巨人的頭髮、除去它的力量。攀登的過程是與巨人的搏鬥，我每往腳下踏一步，感覺就是要把巨人踩低一寸，同時把自己抬高一呎。終於，我一直爬到巨人的頭頂了！

「我成功了！」我驕傲的為自己喝采，踩在巨人的頭上，整個香港的景色都盡收眼底，莫得隱藏，仿佛有「大地在我腳下」之感。我游目四盼，傲視周圍的景色，心裡滿是沾沾自喜的感覺，我躺在巨人的頭髮上休息，感覺風對我喝采、陽光對我微笑。

只是，慢慢地，風吹散了我的驕傲，陽光也把我的喜樂都蒸發了，心裡愈是空虛，怎麼我登臨山頂，卻毫無柳宗元那樣舒坦超曠的感覺呢？對他來說，登山是與造物者同遊、感受大自然的浩瀚和偉大，而我呢？我則是視造物主為敵，想要征服它，以挑戰的心態遠足，難怪沒有「心凝形釋」的感覺，只有洋洋得意的自滿；難怪沒有「與萬化冥合」的感覺，只有自覺能超越萬物的自負。

我坐下來，深深吸一口氣，感覺空氣特別清新，我遠眺北面對岸，也沒有平日灰茫茫的煙從北面飄來。由於疫情嚴重，大多工廠被迫停工，減少了廢氣排放，自然空氣也變清新了。說到工業停產，這不也是人類為了征服自然、自作聰明的表現嗎？我們為了對抗嚴暑的酷熱，發明了空調，以人制的冷風戰勝自然的燒灼；我們為了對抗長夜的黑暗，發明了電燈，以人造的光明戰勝自然的漆黑。人總是自覺是高等生物，便認為自己是駕馭萬物的主人，忘記了我們自己也是被造物，是大自然的一份子，萬物終究是齊一的，沒高低之分、主客之別。

此刻，我看見旁邊的遊人也一同脫下了口罩，呼吸新鮮空氣。我聽見他們說：「人早晚能生產出疫

苗戰勝病毒的！」在疫情開始以來，這句話我們也聽過無數次了，但今天在大自然的懷抱裡思考，卻別有一番感受。怎麼說話的人好像覺得這場疫症是病毒主動來攻打我們的呢？我看著山頂草原上的牛安分守己的吃草，雖然他們並沒有展示出吃得津津有味的樣子，但就有種自然的愉悅和逍遙。這場疫症的因由，不正是因為人們沒有遵守大自然的法則，打破食物鏈的規律，才讓病毒在沒有辦法之下爆發嗎？人總是喜歡製造不同的假想敵，用病毒主動攻打我們的思維，掩飾自己破壞自然法度的事實。人屢次嘗試打破自然規律，認為這樣是尋求新機遇、新享受的方法，而忘記了真正的快樂，是「乘物以遊心」，參透萬物運行的法則，順從事物的本性，才能在融入自然世界中逍遙自在的境界。

我這趟登山之旅，本是帶著征服、挑戰的野心，想不到竟然得到意外的收穫。道法自然，莊子的學生曾問他「道在哪裡」，莊子說「道是無處不在」。學生不忿，硬是迫莊子說出一個確實的地方來，莊子便說「道在蟲子裡」，學生嫌這太卑下，要求莊子再給一個答案，莊子又說「道在小草裡」，這不就更卑下了嗎？他又迫莊子再答，這次莊子不忍了，說「道在糞溺裡」。這次學生終於明白了，道法自然，一切的道理都藏在自然萬物裡，人要尊重、人要欣賞、人要參透。只顧征服的心，不能帶我們走得很遠。

校長的話

小學部



叫人不能忘掉 2020-2021 年的日子

吳佩貞校長

2020年9月23日，一、五、六年級學生在新學年率先回校上課，我在校門外迎接一個個活潑可愛的學生。想到有學生在校園，再冰封多時的校園，亦立時生機蓬勃；他們的玩耍聲，叫喚聲，讀書聲，咯咯笑聲此起彼落。師生碰面，輕談淺話，喜悅的神態，重現眼前。

2020年9月29日，全校學生終於齊齊整整上學。鐘聲響過，我向全體師生宣佈學校「新地標」竣工，帶給他們一份驚喜的禮物。「新地標」位於大操場入口前空地。早在疫情初期，空地旁有一棵樹瀕臨倒塌，前任校監龍炳頤教授詳盡地視察後，起動建設「新地標」。我特別邀請真光校友兼老師（朱惠玲主任、鄭一麗老師、林瑞珊老師、謝嘉碧老師、區雋樂老師、周浩恩老師和林嘉瑜老師）構思設計，注入真光精神和辦學理念，再揉合建築師專業的本領，將真光的內涵充分地展現出來。

2020年11月20日，政府宣佈全港小一至小三由2020年11月23日至12月6日暫停面授課堂，學生由11月23日至2021年3月中進行長達四個月的網課。

2020年12月3、4、7、8日，六年級呈分試能如期進行，實在感謝天父的保守，感謝教職員工為防疫工作的努力，更感謝家長們對子女的支持和對學校的信任！

2021年2月2至5日，四、五年級進行歷史性首次的網上總結性評估。事前，老師們經多番討論，最後給真光學生誠實的品格投下信任一票。學生順利

在家完成評估，他們的努力是沒有白費啊！師生的關係更上一層樓。

為全校學生能於復活節假期後回校上課，2021年3月29日起全體教職員工定期進行新冠病毒病檢測（深喉唾液），檢測翌日，檢測中心個別通知教職員工檢測結果。3月31日，我們以興奮的心情向家長宣佈4月12日全校恢復面授課堂的喜訊！

2020年、2021年對你是難忘的年份嗎？對老師而言，教學的方式由面授到電子教學，並不單純加一台電子器材而已，而是如何將雙向互動的教學延續，維持學生的專注力和學習的趣味性，難度之高實在不能言喻。感恩真光老師關愛學生，將電子教學技術與技巧靈活運用，雖然遇到重重困難，也無減他們的教學熱忱。對家長而言，原本子女的學習由老師主導轉為家長兼任，這個劇變對雙職父母來說，更是百上加斤，苦不堪言！對學生而言，有喜亦有悲。喜是學生慢慢地培養出自主學習、主動求取新知識的精神。悲是有些學生在家自律性低，疏於學習，父母難以擔負教師的職責，親子關係驟然緊張起來。

可幸，真光家校合作經年，學校本著積極支援家長及防患未然的宗旨，籌辦多個家長講座及工作坊如下：

1. 11月2至23日小一家長工作坊：「兒童『管』與『教』訓練基礎課程」。各場工作坊有近25位家長出席。主辦單位為聖雅各福群會（註冊社工）。
2. 1月23日，邀請張浩德女士主持網上講座：為小一至三年級家長而設的「叫我如何能放手，給子女合適的空間成長」及為小四至六年級家長的「叫管教不受氣」。每場參與者眾多，有問有答，既互動又投入。
3. 3月13日，中學部註冊社工為五、六年級至初中家長而設的「以愛同行」網上家長講座。
4. 3月20日及4月24日，邀請聖雅各福群會黃婉慈註冊社工主領網上家長講座：「正向管教培養自信快樂的孩子」。

你有沒有見過上主的足跡？你有沒有感受到祂的看顧？在疫情中，許多突發的事件和變遷，我就親身經歷到上主的祝福、平安和保護。就如聖經的應許：

「願耶和華賜福給你，保護你。願耶和華使祂的臉光照你，賜恩給你。願耶和華向你仰臉，賜你平安。」民數記 6:24—26

校務報告

小學部

抗疫之路充滿荊棘，每一步都走得不易。真光有一群堅守初心的為師者，縱使長時間的身處疫境，縱使時刻面對線上、線下的無縫切換，但我們仍積極正向地迎難而上，千方百計竭盡全力為學生、為家長提供了一系列無間斷的學習、活動和支援，從而造就了這一段特別的學習時光。

誠然，疫情的陰霾仍未散去，但真光的老師、學生、家長都從中學會了挑戰更多新事物，我們適應了網上教學和傳統課堂的「混合學習」(blended learning)，我們開展了線上的課外活動，我們不斷創新翻轉課堂，我們用心準備適切的家長支援……我們已經用努力獲得了些許可喜的成果，但我們並未滿足，我們還會繼續，我們將和孩子們一起學會心存盼望、從中學習，以正向的心情迎接未來！

The journey to fighting the pandemic has been a challenge—every hurdle has been effortful. Even with the constant and impromptu policy interchanges from online to face-to-face learning, True Light has a group of amazing

and responsible teachers who are grounded with strong educational beliefs and who are fully committed to education. We optimistically accepted the challenges and was able to provide students and parents with an online school life that was filled with fruitful activities and educational support.

Indeed, the pandemic is far from over and the aftereffects of the pandemic is still lingering, but the ordeal has led us to be adaptive and has since strengthened the True Light community. Teachers, students and parents have diligently adjusted to blended learning. This has enabled teachers to venture out more creatively. Growing together as a community has led to incredible results from our students and our effort has not gone wasted. Despite this, we are still constantly striving to push our limits, to improve our methods and maximize learning. With this mindset, we are hopeful and eager to tackle the unknown future.

1. Resilience DIY (P1)



Building up P1 students' self-expressing and interacting skills through physical movement and increasing spatial awareness.



Promoting creativity and communication through art.

2. Sports Events

P1-P3



Balancing different sizes of balls with a partner to encourage team effort.



Throwing and catching beanbags to foster hand-eye coordination.



Cup stacking exercises the body and mind to develop bilateral proficiency.



Line drills are done to improve footwork, agility and acceleration.

P4-P6



A one-way table tennis game to improve reflexes.



Students taking part in the design of prizes to encourage a sense of ownership towards the event and themselves.



Throwing hoops to improve balance and coordination.



To do well in cone-flipping, students need a basic knowledge of physics and a certain sense of gross-motor control.



Team skipping while staying COVID-friendly.

3. Parents and kids as volunteers to serve in the community



Students doing what they can to help support social welfare.



Flag selling with family.

4. Welcome back to school in April, boys and girls!

Students and teachers are happy to be back.



Students are writing messages for each other to celebrate the resumption of face-to-face classes.

5. Students' VR Experience



Students learned how to apply drug preventing techniques through a VR experience.



Using VR to understand the different scenarios of where drugs may appear.

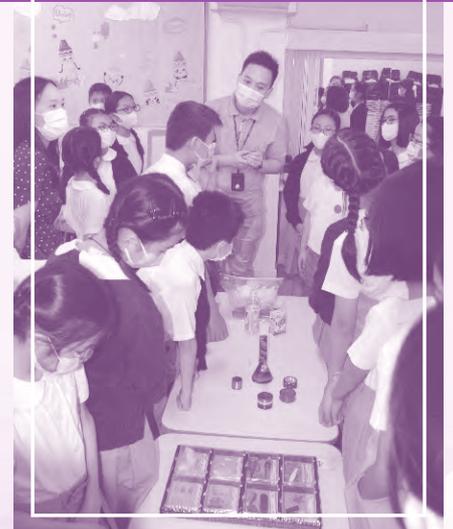
P6 Group Photo



P5 Group Photo



Tools used for drug taking were shown to help students differentiate real juice boxes from fake ones.



6. QTN STEM Lessons



Using a shoebox as a medium, a microbit chip with a built-in microphone sensor is put inside to detect how effective the headphone is in noise cancellation.

The shoebox, with the sensor, is attached to the Ipad to calculate the noise level inside it and thus, showing the efficacy of the headphone.



7. STEM with FUN



P2 — Understanding the different effects of materials in the airplane challenge.



P6 — Using cardboards and strings to mimic the bone structure and function of hands.



8. P5 Students achieve excellence in the final examination



P5A Students were awarded with full marks 100 mark that signified their achievements during the COVID times.



學生活動

一年級抗逆DIY~童心伴我行



有「營」小廚神 全港中小學生烹飪比賽 2021



五年級 STEM with FUN ~立體影像
投射器

一至三年級運動競技日



禁毒 VR 體驗



四至六年級運動競技日

聖誕慶祝會



文化活動日

節慶活動



黃大仙信俗



宗族春秋二祭



香港天后誕



中秋節—薄扶林舞火龍

港島第 212 旅幼童軍~齊賀新春樂園(網上)

CYC~香港公益金親子賣旗日



港島第 212 旅幼童軍~歡送六年級團員



學生會組織架構

1. 學生會顧問：蔡木蘭老師、
2. 學生會導師：吳惠珍老師、林秀樺老師、張嘉玲老師、黃舜秋老師、陳妙君老師、賴永枚老師、文艷平老師
3. 幹事會： 理事長： 胡穎芝
副理事長：黃素晴

六真	六光	六星	六善	五真	五光	五星	五善	四真	四光	四星	四善
姚芷滌	蔡詩晴	鍾融融	林晞朗	鄭可兒	方洛淋	馮予希	甘守誠	莊智雅	鄒皓晴	李曉茹	譚考琳
陳爾雅	楊津諾	羅樂恩	袁美馨	江茗鈺	黎芷殷	劉曉喬	葉芷蕎	郭巧琳	區穎怡	嚴欣晴	許晞陽
林安喬	卓靖彤	李暄榕	盧穎	林孜祈	吳心瑜	盧穎言	姚樂妍	梁凱桐	何紀澄	戴希瑜	李絲甜
呂家樂	霍思穎	施凱晴	李諾兒	李穎苗	姚珈瑜	譚向晴	周采權		劉天渝	梁樂兒	吳祉柔
謝康晴	梁文瀾	梁昕蕎	甘梓晴	陸紫晴	陳映悅	呂君怡	龔樂兒		龔恩澄		
蕭凱昕	司徒梓榆	蘇恩祺	陳嘉萱	駱曼晴	梁翊晞	陳蒨盈	李姿賢				
黃素晴	尹子蜚	沈考翹	鄧朗謙	王雅穎	吳苑陶	陳柏頤	潘以祈				
姚卓安	蔡詠嵐	胡穎芝	黃芷嫣	袁穎嫻	黃靖庭	梁曉恩	余思穎				
蕭巧妍	冼苻瞳	馮曦颺	梁諾婷	徐頌恩	姚穎彤	豐彤因					
李靜禧	黃凱盈	區祉澄		李珈慧		潘明希					
		鄧証妍				吳香迎					
		曾心悅									
		馮蔚澄									

學生會活動簡介

小學部學生會由來已久，旨在協助師長及幫助同學，共建一個關愛互助的校園，令同學對校園更有歸屬感。本屆學生會亦秉承傳統，繼續推動校園關愛精神。以下是各工作小組的簡介：

大姐姐大哥哥計劃

於學期初，與小一同學一起閱讀和玩耍，協助他們適應新校園，學習自理，培養良好的生活常規。

早讀小導師

於每天早上帶領同學交收功課和閱讀，做好課前準備，珍惜時光，為每一天學習努力。



早讀小導師當值

校園紀律大使

除了指導同學在活動時遵守規則，亦會關愛同學，確保同學在活動場地得到照顧，務求令校園生活更融洽和諧。

清潔大使

推行校園清潔活動，於午間檢查清潔情況，提醒同學注意保持校園衛生。

生態大使

推廣綠色校園計劃，由專業導師指導管理「魚菜共生」系統，又進行廚餘回收活動。理事與家長攜手打造空中花園及迷你田園，為校園建設綠色新天地。

校園小记者

訪問校友及校董，報導他們昔日的校園生活趣事，讓同學更認識真光；亦專訪特別嘉賓，認識社會上不同的成功人物。

總結而言，學生會理事充滿熱誠和使命感，敢於承擔，樂於接受挑戰，努力為真光發光和發熱。

畢業禮

小學部

畢業禮訓勉辭

陳惠良先生



好老師，你們認同嗎？你們今天能夠順利畢業都是他們的功勞，現在，我想請大家給所有老師一點掌聲。

各位校董、老師、同學：

今天，很榮幸，能讓我有機會參加各位六年級同學的畢業典禮。在疫情之下，能夠有機會讓我們聚首一堂，實在是很難得！在座各位，誰認為參加實體的畢業禮要比參加線上畢業禮好的，請給予籌辦這次畢業典禮的校長和老師一點掌聲！

我日常的工作是幫別人做腦掃描的。我們不問背景、不觀察、不做問卷，只掃描當事人的腦電波，然後根據他的腦電波特徵，就可以推斷他平時的行為特徵，而且準確達百分之九十。一個人能不能吃鹹，會不會挑食，怕不怕癢，原來都能從腦電波裏顯現出來。我最近做了一些腦掃描研究，看看孩子們上網課時，跟上實體課時的腦電波究竟有甚麼不同。我發現孩子們平時上實體課時，不同區域的腦電波都很活躍，可見他們當時會留意到周圍環境的變化，亦會不斷進行思考，腦袋很靈活。但是，當這些孩子上了半年網課後再做腦掃描，我發現他們的腦袋變成了跟八十歲退休人士的腦袋一樣，所有腦電波的能量都低了。原來，同學們能夠上學，與身邊的同學進行交流、合作學習及思考，腦袋才不會退化。所以，整天呆坐在家裏會令腦細胞死亡，人的腦袋就會退化得像老人一樣。所以，你們說，上學重不重要呢？當然，也要有好的老師教導我們才行。我想問一下，如果我說真光小學的老師都是很盡責的

既然說到腦的變化，在座的同學都是將要升上中學的六年級同學，有些同學已經進入了青春期的。那麼，究竟進入青春後，腦袋會有甚麼變化呢？其中一個很重要的變化就是，我們以往所學習的東西會構建成一個神經網絡，變成我們的記憶。人的第一期發育是由零歲至十一、十二歲，腦內的哪些潛能在這個階段曾經被使用過，那部分的神經網絡就會通電，它就會把這些潛能保留下來。而在這個階段內沒有被使用過的潛能神經網絡，就會被腦袋自行刪除。所以，在小學階段的學習，最重要的不是學好中英數常等科目，而是讓孩子有機會學習、嘗試不同的東西。這樣，腦袋就會保留那些相關的能力。但是，進入青春後，孩子的腦袋又會變成怎樣的呢？他們腦袋裏原有的網絡神經，在進入青春後，會變得更發達，神經網絡會更多。而那些他以前很清晰的記憶和神經網路，在進入青春後會變得混亂。舉個例子，若問孩子們，說謊是對的嗎？在小學階段，經過我們的教導，他們會說是不對的。但到了青春後，你再問他們，說謊是對的嗎？他們會說不知道。聽到這個答案，你們不要生氣，因為在這個階段，他們腦袋裏的神經網絡是很混亂的，他們真的不知道。那麼，究竟天父為甚麼要讓我們的腦袋在這個階段變得這麼混亂呢？原來，這是天父給我們的一個難能可貴的機遇。它讓我們建立屬於自己的人生觀、價值觀。在第一期發育階段，幼稚

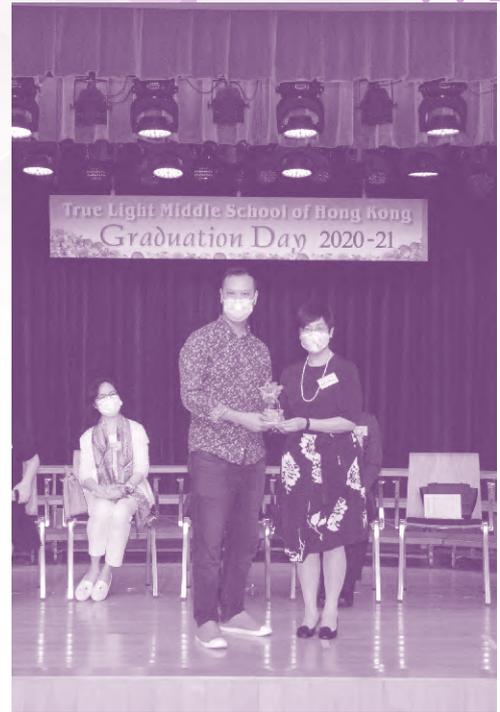


園和小學的教導方式是直接的，我們可以直接示範給他們看，教他們甚麼是對的，甚麼是不對。但是進入青春期後，我們就不能用這種方式了。我們要讓他們自己去看、去嘗試，嘗試後再作反省，去分辨對錯。這樣，他們才會把腦袋裏那些帶有不對信息的神經刪除，只保留那些他們認為對的。所以，所有的學習、教訓及人生道理，都應該讓同學們自行體驗而得。

我們整天跟年青人說，做事情難免會遇到失敗，遇到失敗要堅持，只有堅持你才會取得成功。這樣說，對於零至十一歲的孩子來說，他們是很願意接納的。但是，對於處於第二期發育階段的孩子而言，他們會問這話是不是真的？那麼，一定要讓他們自行去體驗，體驗過，他們才會得出答案。孩子們，學習任何事情，如果不是看到就能記住的，你們要去嘗試、去體驗。起初，你們很大可能會出錯，會覺得混亂，那麼，該怎樣做呢？你們應該先放慢速度，很認真地把事情做到成功為止，然後再多作練習，這才能令它變成你們的能力。學習任何東西，我們都一定要經歷這個過程。所以，處於將要進入第二

期發育階段的你們，未來究竟要怎麼學習呢？你們不能只坐着接收訊息，一定要自己去探索、去嘗試、去體驗。而這時，課外活動對你們而言，便變得很重要了。因為怎麼跟別人相處，怎樣把事情做好，甚麼叫做「堅持不放棄」，都要靠你們自己去體驗、總結而得。你們透過體驗，嘗試過，失敗過，經歷過，最後掌握了某些技能，這才是真正屬於你們的東西。

另外，如果一個人要去體驗，怎樣才能做到自主學習呢？我曾經看過一個小學數學老師的課堂，他讓全班同學選擇自己未來的理想職業。同學們有些選擇做飛行員，有些選擇做醫生，有些選擇做律師……然後，老師讓同學們把寫上自己志願的紙條拿出來，並貼到黑板上的棒形圖上。當全部同學貼好後，老師就說，大家現在已經懂得做統計圖了。這個其實就是一個低階思維的教學模式，只是讓同學們了解了甚麼是統計圖，怎麼去做統計圖。但是，這位老師其實可以做更高層次的思維教學。甚麼叫高層次的思維教學呢？我會建議這位老師，可以在最後的五至十分鐘，將同學們分成四至五人一組，然後再根據黑板上統計圖的數據，讓學生討論一下有甚麼發現。其實，第一期發育階段的教育模式就是直接教導，讓同學們學會運用就行了。但到了第二期發育階段，我們要做的卻是要讓同學們知道，究竟這些數據告訴了我們甚麼訊息？以這個例子為例，根據圖表，我們會發現原來這一班最多同學選擇做醫生，最少同學選擇做巴士司機。這樣，同學們就可以發現，最多人喜歡做甚麼職業，最少人喜歡做甚麼職業。這是他們從自己的個人經歷當中找到、學習到的心得。所以，在座將要進入青春期的六年級同學，你們接下來要做的重點，不是去參與活動，而是要在參與活動後，反思一下究竟自己從這個活動裏學到甚麼，發現了甚麼，這才是一個高層次的學習。



另外，原來進入青春期後，你們的腦袋裏還會多了一類化學物質，它叫做「皮質醇」。皮質醇是會令人變得負面，所以我們整天說青春期的青年會令人變得反叛。其實，不是他們變得反叛，而是他們想事情變得負面了。所以，他們整天都不太開心，或者會產生負面的想法，又或者找不到自己做人的目標。那麼，怎樣才可以逆轉人們腦袋裏的皮質醇呢？原來，這就需要有「多巴胺」，多巴胺會令人變得正面、開心、積極、有正能量。那麼，我們到底要做甚麼才能擁有多巴胺呢？原來，運動會讓人的腦袋產生多巴胺。所以，上了中學後，你們不要因為功課太忙而不做運動，因為做運動是很重要的。當孩子進入青春期後，父母若能在子女做完運動後跟他們談話會更好。若只是坐着跟子女談話，他們當時的皮質醇可能會偏高。其實，父母若能跟子女們一起散散步，在公園裏走動一下後再談話會更好。

因為運動過後，子女們體內的多巴胺增加了，就特別容易、願意跟父母談話。另外，父母亦應多給予青年人肯定及讚賞，讓他們知道父母欣賞、讚賞自己，他們體內的多巴胺亦得以增加，那麼就較願意跟父母溝通，溝通也會變得更容易。而在座各位將要進入青春期的同學，你們也應該在日記本上寫下你們每天做得好的事情，因為這樣也會讓你們體內的多巴胺增加，幫助你們逆轉、對抗因皮質醇而產生的那種負面感覺。另外，好朋友對於你們來說，也是很重要的，朋友間的親密情感也會令你立刻產生多巴胺。開心不是從物質而來的，人與人之間良好的關係，能令你們健康成長。

最後，我在這裏祝願各位畢業的同學，升上中學後能夠為自己建構一個精明的腦袋，而在座的家長們也可以跟你們的子女建立一個充滿多巴胺的生活環境，生活美滿、幸福！謝謝大家！

領獎生姓名

二零二零年度小學部各班領獎生姓名

一. 學業優良生共 3 人，獲頒發獎狀及獎學金

第一名	第二名	第三名
劉希媛 (六善)	蕭凱昕 (六光)	黃凱盈 (六光)

二. 本學年品學優異生共 62 人。

A. 一學段品學優異生 58 人

秦綽蔚 (一真)	梁芷穎 (一光)	吳卓君 (一光)	謝詩伶 (一光)
余 願 (一光)	冼倅如 (一星)	施穎妍 (一星)	余芊澄 (一星)
何巧悠 (一善)	林淮恩 (一善)	潘以殷 (一善)	黃 蓉 (一善)
李亦翹 (二真)	王允嵐 (二真)	張子萱 (二光)	黎芷如 (二光)
劉芷瑩 (二光)	區子澄 (二善)	袁偲睿 (二善)	鄭曉楠 (三真)
鄭奕桐 (三真)	胡潔心 (三真)	鄭穎希 (三光)	古幸兒 (三光)
柯汶暄 (三星)	倪沐曦 (三星)	趙紫晴 (三善)	賴凱晴 (三善)
劉曉陶 (三善)	陳倩滢 (四真)	莊智雅 (四真)	梁凱桐 (四真)
龔恩澄 (四光)	嚴欣晴 (四星)	許晞陽 (四善)	譚考琳 (四善)
謝伊伶 (四善)	徐頌恩 (五真)	江茗鈺 (五真)	林孜祈 (五真)
陸紫晴 (五真)	姚穎彤 (五光)	盧穎言 (五星)	葉芷蕎 (五善)
單嘉悠 (五善)	陳爾雅 (六真)	林安喬 (六真)	梁文 (六光)
蔡詠嵐 (六光)	鍾融融 (六星)	梁昕蕎 (六星)	李暄搖 (六星)
羅樂恩 (六星)	陳嘉萱 (六善)	李諾兒 (六善)	梁諾婷 (六善)
劉希媛 (六善)	黃芷嫣 (六善)		

B. 全學年品學優異生 4 人

黃凱盈 (六光)	馮曦颺 (六星)	蘇恩祺 (六星)	胡穎芝 (六星)
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三. 操行獎生

A. 一學段操行獎生 4 人。

盧穎言 (五星)	胡穎芝 (六星)	李諾兒 (六善)	梁諾婷 (六善)
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光榮榜

小學部

2020 年度校外比賽獲獎記錄

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
中文	2021.02	香港小作家(第一輯) 優秀作者大獎	明報出版社	冠軍	五真江茗鈺
	2021.03	第 72 屆香港學校朗誦節	香港學校音樂及朗誦協會	粵語獨誦冠軍	五星盧穎言
				粵語獨誦季軍	一善陳紫喬 四真王施好 四星戴希瑜 五真李穎苗 六光石景如
				粵語獨誦優良獎 18 項	
				粵語獨誦良好獎 10 項	
	2021.06	「疫情中的盼望」 全港中英文徵文大賽	香港青年兒童文藝協會	小學高級組— 中文組銀獎 中文組銅獎	四真王施好 五星吳香迎
				小學初級組— 中文組優異獎	二真王允嵐
	全國青少年語文知識 大賽菁英杯全國現場作文 比賽全國總決賽	中國青少年語言文化學會	一等獎	四真莊智雅 四善謝伊伶 六真李靜禧 六光葉熙柔	
			二等獎	二真王允嵐 四真陳倩淦 四善譚考琳 六光蔡詠嵐	
			三等獎	四星嚴欣晴 五真江茗鈺 五光梁翊晞 五光姚穎彤 五星吳香迎 五星張巧若 六光黃凱盈	
			小學五至六年級組別 二等獎	六光葉熙柔	
			小學五至六年級組別 三等獎	六光葉熙柔	
第十四屆全港學生公開朗 誦比賽 2021			朗誦及音樂推廣協會	小學組 P4 粵語— 學校朗誦節誦材亞軍	四真王施好
普通話	2021.03	第 72 屆香港學校朗誦節	香港學校音樂及朗誦協會	普通話獨誦冠軍	二真盧勵葵 三光溫喬
				普通話獨誦亞軍	二善黃悅 五真林孜祈
				普通話獨誦季軍	五真江茗鈺

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
普通話	2021.03	第 72 屆香港學校朗誦節	香港學校音樂及朗誦協會	普通話獨誦優良獎 35 項	
				普通話獨誦良好獎 3 項	
	2021.07	第一屆國際漢語節 2020/21 母語中小組 中文現代詩朗誦	英基	亞軍	三光古幸兒
				中小組普通話 新詩組季軍	三光古幸兒
				普通話中小組 詩歌獨誦冠軍	三光古幸兒
2021.07	第十四屆全港學生公開朗誦比賽 2021	朗誦及音樂推廣協會	小學組 P3-P4 普通話—— 學校朗誦節誦材優良	三光古幸兒	
英文	2020.07	11 th Talented Speech Competitions	School Mandarin Promotion Centre	Primary 3-4 Third Place	四光譚琛瑤
				英語獨誦冠軍	六光高子晴
				英語獨誦亞軍	一光陳恩翹 五真江茗鈺
				英語獨誦季軍	一光孫凱霖 三真鄭奕桐 三光鄭穎希 五星盧穎言
				英語獨誦優良獎 38 項	
				英語獨誦良好獎 1 項	
	2021.06	Hong Kong Chinese & English Essay-writing Competition	HKCYAA	Primary School Senior Division— English Bronze Award	五星吳香迎
				Outstanding Award	四真王施好
	2021.07	第十一屆「文化瑰寶」 2021 朗誦材藝大賽	香港語藝會	小學一、二年級英語 獨誦冠軍	一善陳紫喬
	數學	2021.01	香港網路數學公開賽 2020	香港競技評核總會	小三題目組 特優金獎
2021.02		「華夏杯」全國數學 奧林匹克邀請賽 2020	中國數學教育研究會	華南賽區晉級賽 小學四年級二等獎	五真江茗鈺
				香港賽區初賽 小學四年級一等獎	五真江茗鈺
2021.03		第 7 屆全港小學數學 挑戰賽決賽（網上比賽）	香港教育大學	小五組個人賽 優異獎	五真江茗鈺 五光林寶怡 五星吳香迎
				小六組個人賽 優異獎	六真姚卓安 六善黎卓錡 六善林晞朗
				香港賽區二等獎 大灣賽區二等獎	五星吳香迎
2021.05	粵港澳大灣區數學競賽 預選賽 2021	奧冠教育集團	香港賽區一等獎 大灣賽區一等獎	五真江茗鈺	

科目	日期	賽事名稱	主辦機構	獎項及得獎者
數學	2021.05	粵港澳大灣區數學競賽 全國總決賽 2021	奧冠教育集團	三等獎 五真江茗鈺
	2021.06	天才數學博士平台	智好學	白金獎 六星胡穎芝
	2021.07	2021 優數盃國際數學 選拔賽	啟幼國際數學學會	小學一年級 心算組別第一名 一善陳紫喬
				小一奧數組 金獎 一善何晞瞳
	2020 香港數學界數學及 奧數精英賽	香港兒童數學協會	小一數學組 季軍 一善何晞瞳	
			小學二年級 三等獎 二真李亦翹	
			小學四年級 三等獎 四真劉雨童 四善李棟延	
			小學五年級 一等獎 五真江茗鈺 五光林寶怡 五光黃詠欣	
	「華夏盃」全國數學 奧林匹克邀請賽 2021 (華南賽區) 晉級賽	香港數學奧林匹克協會	小學六年級 三等獎 六善黎卓錡	
			小學五年級組 金獎 銀獎 五星吳香迎 五光林寶怡	
			小學四年級組 銅獎 四善李棟延	
	2021 亞洲國際數學 奧林匹克公開晉級賽	香港數學奧林匹克協會	小學二年級組 銅獎 二真李亦翹	
			小學五年級組 銅獎 五光林寶怡	
2021 香港數學遊戲 公開賽	香港數學奧林匹克協會	小學五年級組 銅獎 五光林寶怡		
視藝	2020.08	第十六屆德藝雙馨 (香港賽區)	中國藝術家協會香港 秘書處	小學三 / 四年級組 水彩及粉彩畫 優異 五真黃苡庭
		藝術智能之中英文硬筆 書法比賽	香港多元智能教育協會	中文硬筆書法 高小組銀獎 五真黃苡庭
				英文硬筆書法 高小組銅獎 五真黃苡庭
		2019-2020「童」心打氣 心意卡創作比賽	Fun Fun Arena	初小組季軍 三星盧卓盈
	Save Elephants! 兒童慈善 繪畫比賽	兒童藝術發展協會	小學 P1-P3 組 冠軍 三星盧卓盈	
	2020.10	第九屆世界兒童繪畫 大獎賽 2020	世界兒童藝術文化協會	小童組國畫銀獎 三光溫 喬 二善溫 晴
	2020.11	藝術智能之中英文 硬筆書法比賽	香港多元智能教育協會	英文硬筆書法—— 初小組銀獎 三光羅善言
		樓扭計公仔設計比賽 2020	屋宇署	優異獎 網上投票最受歡迎獎 六光梁文瀾
	2020.12	第七屆全港兒童繪畫 分齡比賽	星島雜誌集團	西洋畫(第六組) 一等獎 四光沈琬棋

科目	日期	賽事名稱	主辦機構	獎項及得獎者
視藝	2020.12	第七屆全港兒童繪畫分齡比賽	星島雜誌集團	西洋畫(第三組)一等獎 一光沈琬婷
		錶面設計比賽 2020	GNet Group Limited	小童組銀獎 三星盧卓盈
	2021.01	第七屆全港兒童繪畫分齡比賽	星島雜誌集團	西洋畫(第五組)一等獎 三善鍾佩澄
		第七屆「妙筆盃」全港硬筆書法比賽	I Can Education Centre	初級組(小學)冠軍 三光黃淖珩
	2021.03	Chinese New Year Drawing Competition	Global Arts, Sports and Culture Association	2 nd Runner up 三星盧卓盈
	2021.04	J3-J12 全港兒童繪畫比賽 2020-21	Good Morning Class	J10 西洋畫組 Gold Award 五真徐頌恩
				J7 西洋畫組 Silver Award 二真陳樂榕
	2021.05	「金牛賀新春」2021 全港兒童藝術創作比賽(繪畫/黏土手工掛飾/填色)	香港兒童表演藝術交流協會	P3-P4 繪畫創作大賽季軍 三星盧卓盈
		第六屆「紫荊盃」兩岸暨港澳青少年書畫大賽	紫荊雜誌社	西畫小學組優異獎 二善溫 晴
		第 16 屆我的香港夢 2021 壓傷的蘆葦繪畫比賽	香港公民教育基金會有限公司	高小組冠軍 六光尹子蜚
	2021.06	第十屆世界兒童繪畫大獎賽 2021	世界兒童藝術文化協會	小童組西畫銀獎 三星謝沁好
		第十一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 B 組——書法季軍 六善蕭旨希
				季軍 二善陳心悠
	2021.07	Love Animals Hong Kong Children's Drawing Competition	YMCA of Hong Kong	Junior Primary Group Gold Award 一善伍心裕
音樂	2020.08	音樂智能之香港青少年盃鋼琴比賽	香港多元智能教育協會	小三至小四季軍 五真黃苡庭
		全港青少年盃音樂大賽	天藝表演藝術協會	小學高級組鋼琴組別季軍 五真黃苡庭
		聯校音樂大賽 2020	香港聯校音樂協會	小學鋼琴獨奏——中級組金獎 五真黃苡庭
		香港青少年盃國際音樂比賽	香港多元智能教育協會	鋼琴組別四級組亞軍 五真黃苡庭
	2020.10	23 rd GMC Music Festival 2020	GMC Foundation	Examination Class (Grade 2) 1 st Place 三真鄭奕桐
	2021.01	「童」Sing 歌唱比賽	M for Mother	小學 P3-P4 組別粵語亞軍 三善黃淖珩
	2021.04	IYACC The 11 th International Music Competition	ITACC International Youth Arts & Culture Centre	Piano——Concert Class Grade 5 Champion 一光王蘊翹

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
音樂	2021.04	2021 Hong Kong Music Star Competition (Round 1)	HKMSC	Piano Category Primary School Junior Class 1 st Place Winner Gold Award 一光王蘊翹	
	2021.05	Global Children's and Youth Piano Competition	Global Arts, Sport and Culture Association	Age Group: Primary P3-P4 Outstanding Award 三光陳樂庭	
		第 73 屆香港學校音樂節	香港學校音樂及朗誦協會	鋼琴獨奏冠軍 通利音樂大獎	六星曾心悅 二善袁偲睿 一善陳紫喬
				鋼琴獨奏亞軍	六真黃素晴 四星李曉茹 四善甘鎧瀛 三真鄭奕桐
				鋼琴獨奏季軍	五星陳禧琳 四星嚴欣晴 三光傅小米 二星謝賞賞
				鋼琴獨奏銀獎 35 人	
				鋼琴獨奏銅獎 28 人	
				粵曲對唱季軍	一真劉海栢
				獨唱銀獎 2 項	
				獨唱銅獎 4 項	
				小提琴獨奏亞軍	一真許 喬
				小提琴獨奏銀獎 4 項	
				小提琴獨奏銅獎 5 項	
				長笛獨奏亞軍	二光胡僖淳
	長笛獨奏銀獎 3 項				
	長笛獨奏銅獎 1 項				
	圓號獨奏亞軍	五光梁翊晞			
	小號獨奏銅獎 1 項				
	木琴獨奏銀獎 2 項				
		International Global Music Talent Contest 2021	Muse Music (Asia) Association	Wind Instrument Junior Distinction Award Group II 1 st Place 一善楊詠心	
	International Young Artist Music Contest 2020		Class DW2 Wind Instrument 1 st Place 一善楊詠心		
	第八屆香港國際青少年表演藝術節	香港青少年表演藝術交流發展協會	香港區初賽 長笛公開分齡組 兒童 A 組 冠軍 一善楊詠心		
			國際總決賽 長笛公開分齡組 兒童 A 組 亞軍 一善楊詠心		

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
音樂	2021.05	Hong Kong International Young Musicians Competition	IYMC	Woodwind Aged 7 or under 2 nd Place	一善楊詠心
		Tokyo International Youth Music Competition 2020		Hong Kong Region Woodwind Elementary Group 2 nd Runner-up	一善楊詠心
		International Young Musicians Music Competition	University Academy of Performing Arts	Aged Group 7-9 Piano Preliminary 2 nd Place	二真李卓豐
	2021.07	13 th HK Students Open Music Competition 2020	Speech & Music Recital Development Foundation	Piano—Grade 4 Repertoire Group Merit	四真王施妤
電腦	2021.05	網「樂」安全比賽 2020/21 第一階段 網上問答挑戰賽	香港課外活動主任協會	Gold	五真李穎苗 四星葉亦萱 二善梁凱蕎
				Silver	四真陳康妮 四真梁凱桐 四光劉天渝 四善譚考琳
				Merit	六真張雪晴 六光許凱研 六善吳以芊 五真李蘊芝 五光李栩恩 五光梁翊晞 五善葉芷蕎 四星尹曼晞 四善張樂晴 三星傅可可 三善鍾佩澄 二善梁凱喬
體育	2020.08	第十三屆灣仔區舞蹈比賽	灣仔區文娛康樂體會	現代舞亞軍	五真黃苡庭
		第 47 屆全港公開舞蹈比賽	全港公開舞蹈比賽籌備委員會	爵士舞少年組(高小) —群舞 銀獎	五真黃苡庭
		袋鼠盃舞蹈比賽 2019	香港舞蹈總會	8-11 Troupe (team B) Silver	五真黃苡庭
				8-9 Modern Jazz Trio Bronze	五真黃苡庭
		6 th The World Dancer Championship	The World Dancer Performing Arts Federation	U8 Rumba 4 th Place	三星盧卓盈
	2020.08	International Fencing Club League (Hong Kong) Silver Tournament	Hong Kong Fencing School	Under 8 Foil Mix Team 2 nd Runner up	三星盧卓盈
	2020.11	第 13 屆香港青少年及幼兒藝術節	中國藝術協會香港秘書處	小學三 / 四年級組— 芭蕾舞雙人舞或 三人舞 季軍	四善劉善翹
	2020.12	Community Junior Tennis Competition 2020 Competition 2	Hong Kong Tennis Association	Girls' 12 & Under Singles (HK District) Runner-up	五善龍沛然

科目	日期	賽事名稱	主辦機構	獎項及得獎者
體育	2020.12	NISSIN DEMAIE ICCHO Hong Kong Junior Tennis COVICE Competition 2020 Competition 1	NISSIN	Girls' 10 & Under Singles Semi-Finalist 五善龍沛然
	2021.03	NISSI DEMAIE ICCHO Hong Kong Junior Tennis Novice Competition 2020	Hong Kong Tennis Association	Girls' 10 & under Singles Runner-up 五星龍沛然
	2021.05	Dance World Cup 2020 HK Qualifying Match KGLZ—	DWC Asia Company	Children Large group Jazz 1 st Place 六星梁昕蕎 五光梁昕皓
		Evolution National Finals 2021 (Gold Coast)	Evolution Dance Company	Group Winner 1 st Place 六星梁昕蕎 五光梁昕皓
	2021.05	2020 屯門區第 34 屆舞蹈大賽	屯門文藝協會	現代舞少年組金獎 六星梁昕蕎 五光梁昕皓
	2021.05	HSBC Junior Golf Series 2020	Hong Kong Golf Association	Series 1 Girls 9-10 years old 2 nd Place 四真王鎧澄
				Series 4 Girls 9-10 years old Champion 四真王鎧澄
				Series 5 Girls 9-10 Years old Champion 四真王鎧澄
		HSBC Junior Golf 2021		Series 1 Girls 6-10 years old Champion 四真王鎧澄
		Hong Kong Junior Close Championship 2021		Series 2 Girls 6-10 years old 3 rd Place 四真王鎧澄
				Girls 9-10 Years old Champion 四真王鎧澄
	2021.05	IMG Hong Kong Qualifying Tournament 2021	Hong Kong Golf Association	Girls 9-10 Years old Champion 四真王鎧澄
	2021.06	香港速度單線滾軸溜冰邀請賽	卓嘉單線滾軸溜冰學校	U11 Female 1000M 1 st Runner Up 五真李蘊芝
				U11 Female 500M 2 nd Runner Up 五真李蘊芝
				U11 Female 250M 4 th Position 五真李蘊芝
	2021.07	第八屆全港小學校際網球比賽	香港學界體育聯會	女子甲組季軍 五善龍沛然
		2021 Nissin Cup Noodles HK Junior Tennis Series Competition	Hong Kong Tennis Association	(Comp 2) — Girls Singles 12 & Under Winner 五善龍沛然
(Comp 1) — Girls Doubles 12 & Under Runner up 五善龍沛然				
Dance World Cup Asia 2021 Hong Kong Qualifying Match	DWC Asia Company	KGSW—Children Small Group Jazz & Show Dance Rank 1 st 五真王雅穎		

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
體育	2021.07	Kangaroo Cup Dance Competition	Hong Kong Dance Federation	8-11 Ensemble Gold Ranking 2	五真王雅穎
		抗疫自強游泳短池分齡錦標賽	香港游泳協會	男子 7 歲 50 米自由泳亞軍 50 米蛙泳亞軍 50 米蝶泳殿軍	二真李卓豐
		慶祝香港回歸 24 周年游泳錦標賽 (2021)		男子 8 歲 50 米捷泳亞軍 50 米蛙泳亞軍	二真李卓豐
		祝賀中國共產黨成立 100 週年暨香港 U 系列游泳比賽		男子 8 歲 100 米個人四式亞軍	二真李卓豐
				男子 8 歲 50 米蛙泳季軍 50 米捷泳季軍	二真李卓豐
其他	2020.07	環境生態文化網上學習課程獎勵計劃 2020	香港課外活動主任協會	金獎	六光陳雪晴 五真李穎苗 五真胡樂苗 五星姜卓嵐 五善單嘉悠
	2021.01	Y2Y 公園定向巡迴賽	Y2Y 定向運動發展及培訓中心	第一站——大埔舊墟 WC 女子兒童組亞軍	三善鍾佩澄
				第二站——楓樹窩 WC 女子兒童組冠軍	三善鍾佩澄
				第四站——上環舊城區 WC 女子兒童組亞軍	三善鍾佩澄
				第五站——曾大屋 WC 女子兒童組冠軍	三善鍾佩澄
				第六站——禾輦 WC 女子兒童組冠軍	三善鍾佩澄
				第七站——沙田北 WC 女子兒童組冠軍	三善鍾佩澄
				2021.06	網「樂」安全比賽 2020/2021
	個人挑戰賽第五名	四光沈琬棋			
	有「營」小廚神——全港中小學生烹飪比賽 2021	香港課外活動主任協會	創意食譜獎		五光黎芷殷 四星楊凱晴 三光李梓瑜 三光羅善言 三光黃淖珩 三星吳智穎 二真殷芊語 一真羅善行

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
其他	2021.06	課外不停學—— 環境生態文化網上 學習課程 2020-21	香港課外活動主任協會	金獎	四真梁凱桐 四真莊智雅 四光余曉琳 四光沈琬棋 四星伍諾晞 四星陳卓爾 四星陳晞晴 四星賀靖鈞 四星蔣沛瑤 四星鍾卓榮 四星嚴欣晴 四善許晞陽 五真李穎苗 五真林孜祈 五真胡樂苗 五真馮芷莪 五真黃苡庭 五光吳苑陶 五光李栩恩 五星姜卓嵐 五善何知穎 五善梁凱喬 五善單嘉悠 五善龔樂兒 六真陳爾雅 六真游睿喬 六星胡穎芝 六星陳彥穎
				銀獎	四真陳潼恩 四光陳婉瑩 四光譚昕言 四光何紀澄 四光劉天渝 四光譚琛瑤 四星葉亦萱 五星黃晞彤 五星張巧若 六善林晞朗 六善劉佩嘉 六善袁美馨 六善蘇文迪
				銅獎	四真郭苑晞 五光何曉瑜 六真林芷盈 六真蕭巧妍
	07.2021	2020 香港課外活動 優秀學生表揚計劃	香港課外活動主任協會	優秀學生	五真溫梓晴
		公益少年團優秀團員	教育局	優秀團員	六星施凱晴
		第 13 屆香港傑出少年 選舉	香港遊樂場協會	得獎者	五星吳香迎

學生創作空間

小學部

中文創作

一件讓我難忘的事

三星 柯汶暄

在我腦海裏保存着不計其數的事情，有一件難忘的事仍然在我的腦海裏揮之不去，難以忘懷。

這件事發生在我六歲時，爸爸媽媽幫我報名參加了芭蕾舞比賽！我既興奮又緊張。

爸爸媽媽帶我到了比賽場地，那裏有人山人海的參賽者，有的在專心地練習舞蹈，有的細心地化妝，大家都精神抖擻！不久，比賽開始了，當第一位參賽者上台表演，我就開始瑟瑟發抖，緊張起來，心想：如果我忘記動作怎麼辦？如果我跳得不好看，爸

爸媽媽會很失望嗎？我越想越緊張，眼淚從眼眶裏滴答滴答地流了下來。

我的舞蹈老師跑了過來，摸摸我的頭，溫柔地說：「不要灰心，老師支持你，我相信你一定能做到的！」老師安慰和鼓勵後，我的心情平復了許多。輪到我了，我鼓起勇氣踏上舞台，面對這麼多觀眾，我雖然有一點緊張，但還是開心地跳起舞來。我穿着漂亮的裙子跳起舞，就像一隻蝴蝶隨着音樂翩翩起舞，我很快就沉浸在音樂當中，觀眾們看得津津有味。

比賽結束了，評判宣布我獲得了冠軍，我聽到後難以置信，掛着閃亮亮的金牌飛奔到爸爸媽媽和老師身邊，他們都開心極了！老師笑着說：「我就知道你會成功的！」我心裏美滋滋的，好像比吃了蜜糖還要甜！

「台上一分鐘，台下十年功」說明了只要有努力，就一定會有回報。每當我想起這件難忘的事，就會感到心裏美滋滋的，開心極了！

這次我學會了勇敢

四真 王施妤

今天，當我正在收拾書桌上的物品時，無意中看到一張舊相片，這令我想起那一次學會勇敢的經歷。

從前，我是一個膽小如鼠的女孩子，做事總是沒有自信心。去年五月，媽媽毅然為我報名參加朗誦比賽。我心想：或許這也是一個機會令我變得勇敢吧！於是，我便開始練習朗誦了。

為了在比賽中獲勝，我每天都刻苦地練習朗誦。此外，我還

在網上看了一些有關朗誦的影片。雖然我已把誦材練得滾瓜爛熟，但是我還是擔心自己會因膽怯而失手。

比賽的那一刻終於到了，我害怕得不停發抖。當聽到「叮——」的一聲，我便拖着沉重的腳步，戰戰兢兢地走到台上，還差點忘了朗誦的內容。這時，我突然想起比賽前媽媽跟我說：「施妤，你長大了，應該學會勇敢地面對困難，不要畏縮。」於

是，我鼓起勇氣，自然流暢地朗誦。當我朗誦完畢，全場響起熱烈的掌聲。我聽了，心裏喜孜孜的。很快，比賽結果公布了，我居然拿到第一名！我的心情像浪花一樣歡騰。

經過這次經歷，我體會到「勇者無懼」這種精神。我下定決心，以後要做一個勇於面對困難的孩子。

感恩生命中有「您」

五真 江茗鈺

一百五十年前，真光在我的家鄉廣州創辦。感謝神的眷顧，讓我與真光有緣，讓我在真光有最美的遇見——遇見充滿愛心、睿智聰慧的吳校長，讓我的人生開啟嶄新一頁。

二年級下學期，我從廣州報考香港真光中學小學部的插班生。當收到我被真光取錄的消息時，媽媽喜極而泣：「孩子，以後你將接受完全不同的教育，有全新的人生，好好珍惜吧！」那時，我還不太理解媽媽為何如此激動。

那天，我和爸爸媽媽來真光辦完插班手續，校務處職員帶我們去見吳校長，我的心情忐忑不安。一見面，吳校長就和藹地問我：「茗鈺，下週一就來上學，你準備好了嗎？」我低着頭，用蚊子般的聲音答道：「嗯。」吳校長彷彿感受到我的緊張，改用普通話問：「會講廣東話嗎？」聽到熟悉的普通話，我緊繃的心放鬆下來：「會聽，但不會講。」「別擔心，這裏的老師和同學都會說普通話。希望你很快能有新朋友。你每天學講一點廣東話，相信你很快也能用廣東話和大家聊天。」接着，吳校長安排我的

班主任陸老師與我見面聊天。當吳校長了解到我們還沒來得及安家，正住在酒店時，二話不說，致電一位來自北京的優等生的媽媽，請她過來為我們傳授經驗和幫忙。那天離開學校的時候，媽媽對我說：「孩子，你看校長安排多貼心！說實話，從廣州出發時，我心裏還總是不踏實。今天見了校長，我安心多了。我們來對了！」吳校長給我上了來香港的第一課，讓我感受到學校對學生無微不至的關愛。

我很快就融入真光這個大家庭，慢慢理解到學校「為神樹人」的宗旨。學校特別重視對我們的人格教育，令我印象最深刻的是吳校長的口頭禪——「不要和別人比，和自己比。今天的你是否比昨天的你有進步？」在全港小學校際劍擊比賽淘汰賽時，我以三比八落後對手。當我正想放棄時，腦海中突然閃過吳校長那句口頭禪，我喃喃自語：「我只要每一劍比上一劍有進步，無論輸贏，都是勝利。」我握緊劍，專注於每一個動作。我的比分慢慢追上來了，「時間到，八比八。決一劍！」裁判喊道。我深吸了一口

氣，集中精神，咬着牙拼下最後一劍。裁判舉起手：「九比八，比賽結束！」我身後傳來隊友雷鳴般的歡呼聲。那天在現場觀戰的媽媽對我說：「我最欣慰的是，你來真光讀書後，越來越有意志力了！」

真光雖歷史悠久，但無時無刻都在創新和進步。三年多前，吳校長在學校推行「電子學習」。一開始，媽媽還擔心我總是玩電子遊戲，看到我自主學習能力不斷增強，她才慢慢放心了。疫情期間，我特別適應學校的網上教學。媽媽感歎道：「真光有眼光，當年『電子學習』抓對了！」

感恩真光，讓我有了一點一滴的進步。當我三年級得「五科優」勤學獎，從吳校長手裏接過獎狀時，我向她深深鞠了一躬。

「愛我真光，愛我真光，謝師長善誘維良……」每當唱起校歌時，我的眼前就會浮現出和藹可親的吳校長的形象。我的人生是從真光真正起步的，我會記住「爾乃世之光」的校訓，不懈追求，讓自己的人生更閃亮，為社會多發熱發光。

難以忘懷的真光情

五星 吳香迎

時光飛逝，轉眼間，我在真光已經待了四年了，幾年來在真光的點點滴滴，我一點也沒有忘記。

還記得剛來真光的時候，我人生地不熟，廣東話也說得不太流利，令原本活潑的我變得靦腆起來。小息的時候，我耐不住寂寞，走到一個同學面前用笨拙的廣東話說：「你好……」我不敢多說，怕丟了臉。沒想到她熱情地回覆道：「你好，你就是新來的插班生吧？我們一起玩吧！你能教教我講普通話嗎？」這簡單的幾句話，使我打破了對真光的隔膜，徹底融入了真光這個大家庭。

還記得中學部與小學部的連接處，有一棵大梧桐樹。樹上，經常倒掛着一隻蝙蝠。我和同學

們就經常站在那棵樹下，對着蝙蝠指指點點，歡聲笑語。這麼普普通通的一棵樹，卻帶給我如此多的回憶與快樂。

還記得那個大操場。無數次午息，在炎炎夏日，我和同學們穿着運動鞋，在上面一起奔跑，一起玩遊戲，一起打鬧。在那裏，我無數次和同學鬧矛盾，又無數次和好。比如同學之間比賽，輸了的那個人就大叫一聲：「不公平！一點也不公平！」然後氣沖沖地跑走。但沒過一會，那個同學就會跑回來，兩個人若無其事地繼續玩耍，把剛才的不愉快忘得一乾二淨。

還記得上學時的洗手處，自從學校將它改造後，那裏就變得風景怡人。一個個由大理石做成的洗手池按高度螺旋狀地排列着，

方便每一年級的學生使用。洗手池圍繞着的中間還種着各式各樣的植物，彷彿一個小型植物園，為學生一天的校園生活營造了美妙的開始，彷彿洗手也成為了一種樂趣。每當上學的時候，認識的同學們有時會在這裏偶然遇見，互相親切地打一聲招呼，開始談天說地：考試還剩多少天？昨天的功課有沒有不會的？雖只是一個小小的洗手池，卻包含了同學們之間的小小情趣。

「恰同學少年，風華正茂。」我和我同學之間的友誼以及發生的種種小事，對別人來說，可能一點也不算甚麼。但對我來說，這些都是最寶貴的回憶。我在真光和同學們的生活有過悲傷，有過不快，但更多的是幸福，是快樂，是濃濃的真光情誼。

真光生活記趣

六真 黃素晴

不經不覺，我已經在真光這個大家庭接近九年了，校園裏不同大小的角落都使我難以忘懷。當我最喜歡「海底世界」。每次當我經過「海底世界」時，看着那牆上畫得栩栩如生的魚羣，看着那圍欄上拼砌得精美絕倫的馬賽克圖案，都會勾起了我兒時在這片「海洋」快樂和溫馨的片段。此外，「海底世界」更對不同年級時期的我有不同的特別意義。

在一年級時的我第一次看見「海底世界」時，它已好像一個強力磁石般把我緊緊吸引着。還記得我在小學過的第一個午息，就是由學生會理事哥哥和姐姐帶

領我們一羣新同學到「海底世界」玩耍。我和其他同學都迫不及待地探索這片「海洋」。我們在「海底世界」你追我逐，大家都十分快樂。雖然「海底世界」只是一塊平地，而且並沒有什麼設施，卻可以令到過那裏的人臉上展露出一抹抹燦爛的笑容，多麼神奇呢！

五年級時的我亦成為了學生會理事，負責照顧小一的學生。每次當我帶領小朋友到「海底世界」玩耍，看着他們滿足快樂笑容，看着他們奔跑時的背影，我彷如看到他們身上有自己的影子。「海底世界」真的一直為不同的小朋友帶來快樂呢！

到了六年級，由於受到新型冠狀病毒病的影響，我和其他同學都不能上面授課堂。在沒有學生的學校裏，空蕩蕩的「海底世界」不禁顯得有一點兒冷清和孤獨。雖然現在暫時不能回校上課，但是我相信，將來「海底世界」一定會回復昔日熱鬧的氣氛。

我十分感謝「海底世界」陪伴着我成長，我更感謝真光令我可以有這樣的經歷。真光的校訓「爾乃世之光」教導我們要有為人服務的心，要做世上的光。將來，無論到哪一個國家，哪一個地方，我都以作為「真光兒女」為傲！

English Creative Writing

Thank you, True Light!

P3B Lok Cheuk See

I am happy to write this essay to express my gratitude to the school, True Light, a place where I see it as my second home.

I am thankful to all my teachers. They are lights to me. My teachers are as knowledgeable as tablets. They know the answers to everything we asked. My teachers are as patient as desks. They are always there with us. My teachers are all very kind. They are always ready to help us on campus or at home in Zoom.

I am thankful to my classmates for their friendship and support. Now, it is almost a year since the pandemic. I miss the happy times that we shared. I miss the music lessons that we sang together. I miss the lunch breaks when we chit chatted together. I learned a lot at school through interactions with classmates. I learned to be a better person.

I am thankful to my parents. They see school as important to me as rice in every meal. I feel lucky that they chose True Light for me, a place where I see it as my second home.

I will do my very best in learning so that I can be a confident, thankful and responsible True Light girl.

Thank you, True Light!

P4A Wong Sze Yu Lilian

Time flies! I have had a wonderful time in True Light for four years. I feel so proud of being able to study in this beautiful and spacious campus. There are so many good facilities and I especially enjoy playing in the playground and reading in the library

Nevertheless, I am most impressed by the teachers who are all very nice, loving and patient. I feel so thankful for their teaching and kindness. From them, I have learnt a lot of knowledge and learned how to be a good person. I have learnt how to get along with one another, to respect others, to love the people around us and to love our environment and the society. I have also learnt how to serve others and to make the world a better place. Whenever I come across trouble or get upset, they are always there to listen to my problems and help me.

Besides, I treasure the opportunities to serve others through my school duties such as the lunch keeper and team leader. These duties have not only enriched my school life, they hugely build my self-confidence and develop my sense of responsibility. Last but not least, I have made a lot of good friends at this school. We share both our tears and joy. They have given me so much support and encouragement. I cherish our friendship so much.

I will never forget my school, the principal and all the teachers and classmates who have given me all these happy memories. Thank you, True Light!

My Special Someone in True Light

P5A Lee Ka Wai

Have you met anyone special in your school life? To me, Miss Lam Shui Shan is my special someone. She has given me encouragement and support since I was in Primary Two.

Miss Lam was my class teacher when I was in Primary Two. She is a patient teacher. I was a passive learner because I was shy at that time. I was afraid of answering questions in class, not to mention raising questions when I had any problems. I was weak in Maths and Miss Lam always spent extra hours after lessons to teach me. She even sacrificed her lunch hours to coach me to do the sums.

Miss Lam is also a caring teacher who cares about students' academic performance and mental health. My uncle passed away when I was in Primary Three. I felt heartbroken for losing him as he always took good care of me. Looking depressed, I burst into tears at the corner of the corridor. Miss Lam saw me crying and approached me at once. She comforted me gently and cheered me up. I was glad to have an understanding teacher like her who stands by my side at hard times.

Although Miss Lam is no longer my class teacher, she is my role model in my life. I was pessimistic before meeting her. However, she inspires me to a cheerful individual by wearing a smile on her face. She also teaches me to think positively as we should believe in ourselves anyhow.

Miss Lam, you not only pass me knowledge in class, but also provide me with guidance in my life!

My True Light Times

P6B Wan Tsz Fei Ruth

Time flies and soon, I will be graduating from primary school. During these six years, I have gone through burdens, bumped into obstacles and eventually found my own path. Under the guidance and support of my teachers and seniors, I have learnt a lot.

To recall, I had many wonderful experiences and there is no way to describe them in words. When I first entered the campus, I was astonished by the environment. Filled with excitement and nerves, I mustered up the courage and stepped into the start of my primary life. As time passed, I gradually made more friends and got familiar with the environment.

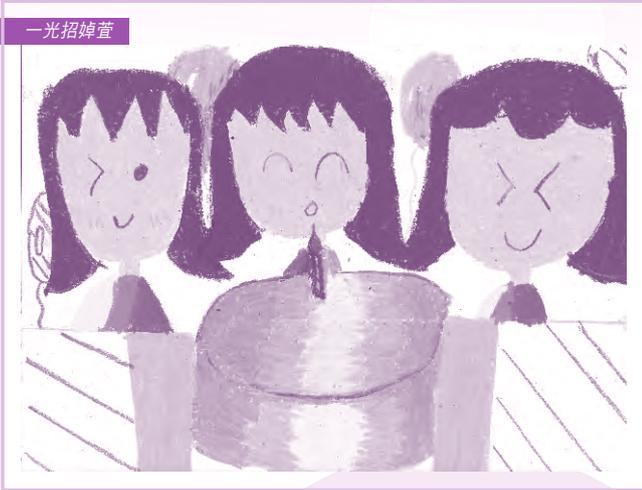
One of the memories that is deeply imprinted in my head is when I got elected as a member of the Student Union. I still remember the day when I got appointed, emotions I have never felt before rushed in me. Never had I ever thought that a timid girl like me would get chosen as a member. It was absolutely an emotional and unforgettable day! While performing the duties as a Student Union member, I learnt morals and had a splendid time.

Fortunate enough to learn while working, I had the excursions that were arranged which were full of good and exciting times. The most memorable trip has to be when we travelled to Cheung Chau for camping. As I had never camped before, it was definitely a brand-new experience for me. During our stay, I learnt survival skills and meaningful lessons such as team spirit and independence.

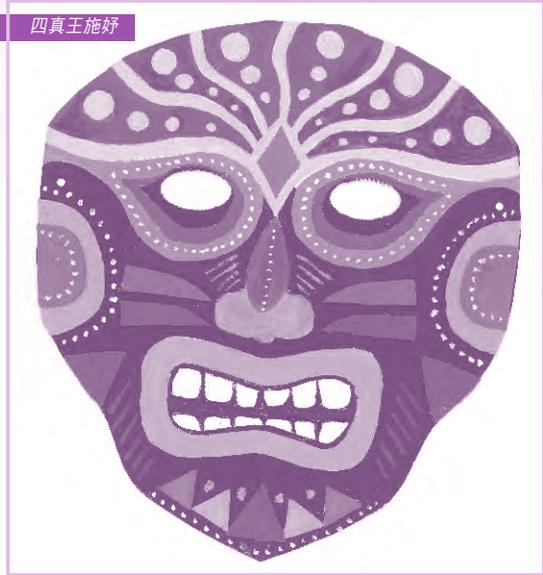
Looking back, owing to the help of my teachers and peers, I am who I am today. As the saying goes, 'Memory is the treasury and guardian of all things.' It is sad to know that I will be leaving True Light soon but all the fond memories here will never be forgotten.

視藝創作

一光招裊萱



四真王施好



二光張子萱



五星蘇羨文



三善劉曉陶



六星梁昕喬



家校合作活動

小學部

本校一向深明家校合作對學生成長和學習有莫大裨益，故一直重視與家長溝通。除了家長日外，學校每年舉辦不同類型的活動，例如：小一新生茶聚、親職教育講座及工作坊、親子賣旗日等活動，以促進學校與家長之間的聯繫。

本年度家校合作活動如下：

家庭與學校溝通

- 家長日
- 家長教師聯誼會周年大會
- 小一新生適應日
- 小一新生茶聚
- 小五升中簡介會
- 小六自行分配升中簡介會
- 小六升中選校簡介會
- BYRD 家長簡介會
- 幼小銜接家長資訊會

網上小六升中簡介會



幼小銜接家長資訊會



親職教育

- 家長講座
- 家長工作坊
- 家長教育小組

網上家長講座



網上家長工作坊



家長教育小組



小一家長茶聚

家長義務工作

- 小一家長茶聚
- 運動競技日



運動競技日



親子活動

- 親子賣旗日



小一家長茶聚



親子賣旗日

「新地標」



「新地標」興建前的原貌

香港真光中學 小學部

李炳光牧師題

校牧李炳光牧師親自題筆書寫真光校名

Thou Art the Light of the World

Matthew 5:14

真光校訓「爾乃世之光」



真光校徽「八角星」副立體感，非常奪目！



七位真光女兒兼老師主動參與構思設計，她們是功不可沒的！（朱惠玲主任於去年九月榮休。）



圓圍添上姿彩



松樹雖然倒下，但它的生命仍延續下來！請到圖書館發現它們的蹤影。



Thou Art the Light of the World

Matthew 5:14

爾乃世之光



校長的話

幼稚園部



許端蓉校長

許端蓉校長

「腦基礎教育」的回顧與展望

回顧：

本校推行「腦科學為基礎的教學策略」源於2017-2018年度，學校銳意推行以腦科學為基礎的學與教，致力提升教師的教學策略效能，培訓老師在課堂中運用腦基礎教學策略讓學生在愉快的環境下共同參與課堂活動、提升專注力及發展創意和高階思維。老師因應學生在課堂的反應，運用教學策略從而使他們的腦內化學物得以調節，以達至最佳的學習狀態。當學生感到安全時，腦內便會釋放「血清素」的化學物質，從而幫助記憶；當開心和興奮時，便會釋放「多巴胺」，令人有積極正面的態度繼續進行學習。若學生能時常保持正面的情緒，負責正面思維的神經網絡便會得以擴展和穩定，反應越快，效能越高，並且形成慣性狀態，喜愛學習。

回顧本校在過去四年推行腦基礎教育至今，在老師、學生及家長三方面有着顯著的成效：

- 老師方面，在教學課堂中，老師運用腦基礎教學策略越見純熟，令走神、被動的學生不經意地也進入學習狀態，與其他兒童一起投入課堂中，積極參與活動。

- 學生方面，進行合作學習時，人人均可成為領導者，例如：編配組員的發表意見次序，使各人均有表達的機會，成為高參與的滙報者。久而久之，從而提升學生的自信和自尊感。
- 家長方面，家長能了解人腦的發展特質，不再以權威育兒，反之尊重孩子的發展，以開放、接受及思維引導的方式與他們溝通，建立良好的親子關係。

展望：

本校教師勇於接受挑戰與自我肯定，參與「腦科學與思維教育學院之腦基礎學校認證2020-2021」，經過教師積極投入參與，透過不同的工作坊、觀課、評課和考試，接受評核的老師已成功通過認證，並獲得相關的資歷。

感謝老師和家長們同心同行，努力付出和積極參與。盼望大家堅守持續以腦科學為基礎的教學策略，讓學生學會的不單是知識，而是高階思維、自我建構知識、因應事情的狀況而作出適當的應對策略，腦基礎教育讓學生、老師及家長一生受用。

A strong relationship between school and parents is critical in all early childhood settings for children’s development. We had a difficult start to the year with school suspensions due to COVID-19, and I’d like to take this opportunity to thank parents for stepping up and taking an active role in their child’s learning. Normally, we would work to strengthen this bond by inviting parents to participate in their child’s learning during small group, whole class, and special school functions—but this year, we have strengthened this bond even further by working together more than ever to ensure your children receive high-quality continuous learning. We had frequent online lessons. In addition, we designed and distributed a lot of teaching aids to be used at home and during these classes to ensure our students could still learn and grow during this time. These materials were extremely helpful

in encouraging students to participate and interact with their peers and teachers during our online lessons. We appreciate all of the parents’ help.

Our “Brain Science and Thinking-based High-performance Teaching Techniques” program is in its fourth year, and it has showed that teachers’ teaching skills have improved tremendously and that students are more engaged in classroom activities and receptive to teachers. Parents can also observe the efficacy of this teaching strategy. We intend to continue refining this method so that kids continue to develop higher-order thinking skills.



Zoom class



Brain Science and Thinking-based class

校務報告

幼稚園部

教師專業發展日

經過三年的「以腦科學為基礎的學與教校本專業發展計劃」，踏入第四年，老師們的積極投入，並透過不同的工作坊、觀課、評課及考試等，大家終於順利渡過評核並取得認證老師的資格。



老師正在進行示範教學



老師積極回應陳惠良先生的提問



老師正在進行學習如何評課

多謝陳惠良先生為我們主持「高效的觀課評課及腦與思維教學」工作坊



學與教

學校在課程發展方面，以「兒童為本」作核心，在課堂上融入「設計活動」方式及「高廣度課程」設計理念，讓兒童有足夠機會學習計劃、操作和實踐。此外，老師亦運用綜合教學的模式和腦基礎教學技巧，透過全班、小組討論、二人分享、觀察及探索等活動，讓兒童學習後進行反思和檢討，從而達至自我改善和獲得經驗。

故事爸媽工作坊



家長們分組分享心得



陳東紅女士正在進行家長英語繪本培訓

故事爸媽課堂活動



齊齊大合照



猜猜我在扮甚麼？



舉手回答家長的提問



故事爸媽賣雪糕

English fun day

英語過三關



看！小朋友們多投入爸媽講故事！

繽紛 Language Day

「請問你要吃甚麼呢？」小小服務員用普通話向顧客發問



大家投入用英語討論在模擬超級市場裏要買的東西



排隊付款真開心



加強英語學習：

英語外籍老師每週兩堂與每班兒童以小組形式進行英語活動學習。



快來貼貼貼！看看這是什麼英文字母。



老師在小組活動中，教導兒童掌握家庭成員的英文名稱。



「Hear the aeroplane, nnn! Hear the aeroplane, nnn.....」老師利用歌謠加強兒童掌握「n」的拼音



兒童靈活地運用已學的英語拼音技巧進行拼字遊戲



請依照英文購物單購物



「Five little duck went out one day,.....」兒童十分投入唱遊活動



齊來認識英文字母 B 及發音

加強普通話學習：

普通話老師每週一堂與各班以小組形式進行普通話活動。



老師與兒童一起唱普通話歌謠



兒童在遊戲中學習普通話



兒童以普通話讀出家庭成員稱謂

於角色扮演活動中，老師教導兒童以普通話替同學寫下餐單。



看一看！誰是服務員。



情緒教育

兒童學習表達和情緒舒緩方面，高班會滲入「比比和朋友」課程，而幼班和低班在恆常主題課堂會安排相關的情緒健康教育，讓兒童從小在情緒方面有適切的培育，建立正確處理情緒的能力。



你看！我們正於比比和朋友冊子上記錄對故事的感受。



我們要抽情景卡預備進行扮演活動啦！好緊張呀！

健康及生命教育

兒童透過多元化的講座，培養兒童學習珍惜食物和知道保持健康的重要性，學校參與不同機構舉辦的活動：包括個人衛生、保護眼睛、安全教育、健康生活等，加強兒童個人健康和衛生的教育，令他們健康快樂成長。

幼班講座



漁農處帶來了可愛的小狗進行「愛護動物你要知」講座，齊齊拍照留念。



小朋友致送謝咭給「滴露講座」講員

低班講座



大從鬼講座



STEAM 真好玩講座



郊野公園講座



齊來學手語講座

高班講座



「生命教育講座」讓我們知道得到飽不是必然的，而且認識到均衡飲食對人的重要性。



聆聽講座後，我們成功完成了「食物金字塔」遊戲。



於欣賞中樂表演後，兒童配合「彩雲追月」的中樂進行絲巾舞表演。



齊來多謝「榮天曲藝軒」為我們預備了精彩的「中樂欣賞日」影片

多元化活動

兒童有均衡的發展，從不同的親身體驗中擴闊視野，獲得豐富的知識。



家長透過口腔講座了解兒童口腔健康的重要



牙科醫生為我們檢查牙齒



兒童在認識了腳及骨骼後，邀請了專家到校為兒童檢查足脊健康。



透過教導兒童一些簡單的手語，讓兒童明白除了語言，我們還可以肢體動作表達意思。



家長一起練習打鼓舞獅，為拍攝做好準備。



各位校長、正副會長、家長義工及老師們向大家拜年。



家長義工舞起獅來姿勢十足



我們祝大家福杯滿溢

機構文化及給予兒童的支援

每年 11 月會發動不同的關懷活動，培養兒童從小懂得以愛去關懷他人。

從「節省金錢顯愛心」活動中，鼓勵兒童以自己喜愛和想買的物品學習節制，把購買物品的金錢儲蓄起來，培養兒童學習節儉及儲蓄的習慣，並以金錢幫助有需要的人。

兒童利用自己節省得來所籌得的金錢共有 \$50,655.2，分別以不同的方式捐助，如購買福音禮物包送到老人院給長者，另外亦捐獻 \$17,000 給可愛忠實之家及 \$17,174.34 捐助長者安居協會，讓兒童把愛心送給有需要的人，並知道「施比受更為有福」。

藉著農曆新年的「一人一利是」活動中，兒童能自發地選出一封利是捐給「奧比斯」機構支持救盲工作，幫助失明人士重拾光明的希望，而全數共籌得 \$21,007。



兒童把捐獻的利是放入捐獻箱內



兒童儲起零錢購買禮物送給有需要的人



我們把利是捐獻給有需要的人



齊心把兒童的愛化為禮物包

家校活動

家長交流會

每年各級分別以不同題目舉行交流會，讓家長一起參與討論和分享的機會，從而加強家長間的溝通和支持。

家長代表培訓工作坊

家長代表是學校與家長間的重要溝通橋樑，為了達到家長之間有效的溝通。承蒙我們的校友家長（卸任的家長代表），於十月期間為新一屆的家長代表進行分享會，讓新任的家長代表能容易掌握實踐經驗。

2020 至 2021 年度家長與學校代表
合作小組大合照



鬥快說出對方名字



商討作為家長代表在工作中如何應對各種家長的問題



大家齊來合作運送小狗氣球

多謝聯誼組的家長代表為大家設計活動遊戲



親子運球，好好玩！

家長義工協助推行活動

學校除疫情影響外，每年均舉行不同的活動，如：幼兒班親子適應日、活動日、校園巡禮、面見新生、拆錢箱、參觀活動及壁報佈置等，讓家長能自行選擇擔任不同義工的協作，亦加強家校合作的團隊精神。



家長義工一起包禮物



家長義工把禮物送到老人院



我們準備出發送愛心禮物包



老人院負責人接受愛心禮物包

品格及生命教育

學校推行「作鹽作光好寶寶」品格教育計劃，培養兒童結出屬靈果子(溫柔、和平、信實)的好品格。

讓兒童以聖經故事、祈禱、金句及詩歌，並融入廣播形式、情景模仿、活動遊戲等，讓他們在日常生活和家庭中，學習溫柔對待別人、互相關心和接納、和睦相處、懂得說誠實話，培養兒童在信仰和生命教育上成為一位「作鹽作光好寶寶」。



透過情境圖及「世界和平」摺紙，學習以和平的方法來解決問題。



在學習溫柔的品格後，我們成為了「溫柔好寶寶」。



兒童利用金句簿互相朗讀金句

2020-2021 年度 作鹽作光的好寶寶



經過全年的品格學習後，我們都得到爸爸和媽媽的讚賞，並獲得「好寶寶錦旗」。



家長製作「好寶寶錦旗」並頒發給子女



訪問媽媽後，一起把事件記錄在「和平日報」內。



場面溫馨的「作鹽作光的好寶寶」啟動禮

獲獎紀錄

幼稚園部

1. 黃綉惠老師及謝詠詩老師獲選為第二十五屆「表揚教師」。
2. 本校獲長者安居協會 2020 年度「秘密天使」計劃 < 社區參與嘉許狀 >。
3. 本校獲「惜水學堂」節約用水週 2021 四格漫畫親子創作比賽 < 最踴躍參與學校獎 >。

學生得獎紀錄

賽事名稱	獎項	得獎者
朗 誦		
香港青少年表演藝術交流發展協會舉辦第八屆香港國際青少年表演藝術節 2020 朗誦及故事演講大賽第 72 屆校際朗誦節普通話參賽組別——幼兒詩詞朗誦公開組	季軍	低光 陳樂之
香港青少年表演藝術交流發展協會舉辦第八屆香港國際青少年表演藝術節 2020 朗誦及故事演講大賽英文朗誦幼稚園 K3 自選組	亞軍	低光 陳樂之
第七十二屆香港學校朗誦節校際朗誦節幼兒獨誦——英文(詩)	季軍	高光 梁喬斐
	優良	高真 伍芯賢 高真 王浠彤 高光 陳禧晴 高光 劉靜言 高光 盧妍穎 高光 伍晉賢 高光 楊欣晴 高星 程曉悅 高星 劉安然 高星 葉子悠 高善 張晨萱 低真 區言悅 低真 邵雪嵐 低光 顏雨寧
第七十二屆香港學校朗誦節校際朗誦節幼兒獨誦——英文(散文)	優良	高真 伍芯賢 高真 王浠彤
第七十二屆香港學校朗誦節校際朗誦節幼兒獨誦——粵語	優良	高真 郭知沂 高真 吳映頤 高真 鄒康渝 高光 陳瑋弦 高光 劉靜言 高光 李悅晴 高光 梁喬斐 高星 賴穎澄 高星 蘇芷慧 高善 羅洛斯 低真 鍾藹濶 低光 梁正心 低星 張靖希 低星 黎亦晴
	良好	低善 吳奕臻

賽事名稱	獎項	得獎者
第七十二屆香港學校朗誦節校際朗誦節幼兒獨誦——普通話	優良	高真 鄔康渝 高星 陳昊昕 高星 樊諾潼 低光 袁樂晴 低星 吳婉熒
	良好	高光 簡諾兒
視 藝		
世界兒童藝術文化協會主辦「第九屆世界兒童繪畫大賽 2020」幼兒組西畫	銀獎	高真 伍芯賢
艾斯爾國際文化交流(香港)主辦第十一屆 2020「伴我同行」國際繪畫比賽幼兒組	一等獎	高真 伍芯賢
	二等獎	低光 李芯柔
星島雜誌集團主辦「第七屆全港兒童繪畫分齡比賽 2020 年度」西洋畫(第二組)	一等獎	高真 鄔康渝
海怡寶血小學舉辦「愛滿海寶親子填色比賽」	優異獎	高真 楊沁淇
香港美術教育協會舉辦「香港視覺藝術教育節 2020」創意學生獎勵計劃	傑出作品獎	高星 胡藹彤
香港青年協進會舉辦「認識祖國·認識香港系列比賽 2020」幼稚園組填色比賽	優異獎	低真 鍾藹滢
香港藝術交流協會主辦「第二屆亞洲青少年兒童繪畫大賽 2021」5 歲組別	銀獎	低光 陳樂之
音 樂		
香港青少年表演藝術交流發展協會主辦第八屆香港國際青少年表演藝術節香港區初賽幼兒音樂才藝表演藝術家(鋼琴)	季軍	高真 王浣彤
香港青少年表演藝術交流發展協會主辦第八屆香港國際青少年表演藝術節香港區初賽香港學校學年小提琴自選組幼稚園 K2 組獲	冠軍	低真 黃洛霓
港青樂術協會舉辦「第十二屆亞太傑出青少年鋼琴比賽」幼兒初級組	優異獎	高光 陳心怡
第七十三屆香港學校音樂節小提琴獨奏一級	金獎	高真 鄔康渝
	銀獎	高真 楊鈞喬
第七十三屆香港學校音樂節鋼琴一級	銀獎	高光 蕭 玥
	銀獎	高光 陳心怡
第七十三屆香港學校音樂節鋼琴二級	銀獎	低真 區言悅
唱 歌		
查篤撐兒童粵劇協會主辦「賽馬會查篤撐兒童粵劇推廣計劃“第六屆校際兒童粵曲大賽”」幼稚園個人組別(K2)	季軍	高善 張晨萱
第七十三屆香港學校音樂節粵曲獨唱	銀獎	高善 張晨萱
第七十三屆香港學校音樂節英文歌曲女童聲	銀獎	低星 林濂翹

牲社

小學及幼稚園部

職員名單：

社 長：陳妙君
文書兼總務：許 佳
司 庫：張蕙恩
生 活：麥美明
鄭晞爾
陳美芸
吳樂荻

活動：

2021年7月12日牲社結業聯歡

榮休同事如下：

小學部： 蔡木蘭老師

離職同事如下：

王文翔總監

小學部： 陳淑蘭老師
葉思老師
李銘峰老師
薛鈞豪老師
林倩婷老師

幼稚園部： 吳樂荻老師
李健欣老師
林麗詩老師

與榮休同事合照



我們邀請了許校長來到我們當中頒發榮休及離職同事紀念品並為大家送上祝福，榮休同事又與大家分享榮休感受，場面溫馨感人。會後職員會為同事預備獨立包裝午餐盒代替愛筵。



中學部

20-21 年度牲社職員會：

社 長：周偉傑
職 員：黃家筌、侯諾憲、曾韻珊、黎愷恩

活動：

2021年4月22日	牲社社長及司庫出席教職員校董諮議會
2021年6月	優秀教師選舉
2021年6月30日	聯誼日 午餐：同事於 OUTBACK、安南、井井亭 三間商戶指定午餐中任選一款，並於圓 圓小姐指定飲品中自選一款
2021年7月	牲社職員選舉
2021年7月12日	歡送榮休職員及離職老師



選舉：

1. 鄭文慧副校長、李佳慈老師獲選為第 26 屆優秀教師
2. 2021-22 年度牲社職員：
 - 社長：蕭旭濠
 - 職員：李愛芬、黃子容、趙崇嘉、吳舜筠



LINKS WITH ALUMNI

喜訊

二〇二一年 一月一日 本校中學部教員歐展鵬先生在港與黎祖瑤女士結婚

哀悼

二〇二一年 一月七日 中學部教員林紫慧老師在港安息主懷，享年五十三歲。
二月廿七日 前工友劉麗芳女士在美國息勞歸主，享年八十五歲。

校友返校歡敘

二〇二一年 五月二十日 一九七三年級菁華社陳麗英校友到校探訪
八月十九日 一九九七年級蘅園社石倩晴、朱曉芳校友到校歡敘

NEWS FROM TRUE LIGHT HOME

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真光苑簡報

一、 現任理事

鄭國璽 李伊瑩 許端蓉 吳嘉文 邵嘉儀 譚劍虹 杜子瑩 丁毓珠 杜耀君 曹淑華 葉秀華
鄭容麗 關雪明 黎秀姬 萬玉鳴 謝嘉璋 華潔明 華潔瑩 簡嘉明 李詠詩 杜玉鳳 黃安琪

二、 職員名單

主席：曹淑華 副主席：杜子瑩 司庫：吳嘉文 文書：譚劍虹

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

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	張玉玲院長	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	黃麗鳴經理	九龍 觀塘 翠屏道 3 號 4 樓
靈實醫院	2703 8859	林雪兒主任	新界 將軍澳 靈實路 7 號
靈實胡平頤養院 *	2703 2000	梁佩研院長	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	賴潔娥院長	九龍 深水埗 麗安邨 麗廉樓 地下
YWCA 鄭傍卿護理安老苑	2874 3663	夏雅筠院長	香港 鴨脷洲 利東邨 東業樓 地下

* 5 個 8 折優惠宿位

* 5 個 85 折優惠宿位

五、 真光苑的工作，仍需要大家繼續的支持及代禱。

聖誕獻金捐款

聖誕獻金捐款

聖誕獻金捐款收入

中學生獻金	94,130.00	教職員獻金	9,190.00
小學生獻金	136,360.00	2019/2020 結餘	13,042.30
幼稚園獻金	78,800.00		
			331,522.30

聖誕獻金捐款支出

環球天道傳基協會有限公司	4,000.00	循道衛理聯合教會	4,000.00
世界華人福音事工聯絡中心	4,000.00	香港特殊學習障礙協會	4,000.00
成長希望基金會	4,000.00	專注不足/過度活躍症(香港)協會有限公司	4,000.00
香港扶幼會	4,000.00	基督教關懷無家者協會	4,000.00
育苗計劃	4,000.00	香港認知障礙症協會	4,000.00
兒童癌病基金	4,000.00	香港婦聯有限公司	4,000.00
春蕾計劃基金	4,000.00	生命熱線有限公司	10,000.00
香港失明人協進會	4,000.00	再生會有限公司	10,000.00
香港兒童權利委員會	4,000.00	香港基督徒學生福音團契有限公司	10,000.00
香港盲人輔導會	4,000.00	香港晨曦會有限公司	10,000.00
香港青年歸主有限公司	4,000.00	院牧事工聯會	10,000.00
香港單親協會	4,000.00	基督教靈實協會	10,000.00
香港腎臟基金會有限公司	4,000.00	開心樹社會服務有限公司	10,000.00
香港傷健協會	4,000.00	逸傑國際慈善基金會有限公司	10,000.00
香港萬國兒童佈道團有限公司	4,000.00	路向四肢傷殘人士協會	10,000.00
基督教巴拿巴愛心服務團有限公司	4,000.00	遠東廣播有限公司	10,000.00
基督教青少年牧養團契有限公司	4,000.00	香港基督徒音樂事工協會有限公司	10,000.00
心晴行動慈善基金	4,000.00	華苗薈	10,000.00
明光社	4,000.00	香港蒲公英希望基金會	10,000.00
興學證基協會有限公司	4,000.00	關愛動員(國際)有限公司	10,000.00
工業福音團契有限公司	4,000.00	基督教新生協會有限公司	10,000.00
房角石協會有限公司	4,000.00	慈福行動有限公司	10,000.00
前線差會有限公司	4,000.00	基督教互愛中心	10,000.00
香港教育大學	4,000.00	密匠生命事工有限公司	10,000.00

聖誕獻金捐款支出

香港沃土發展社	4,000.00	基督教正生會有限公司	10,000.00
香港弱智人士家長聯會	4,000.00	累計臨時備用金	13,522.30
			331,522.30

其他捐款

中學部 捐款

姜煥英助學金—資助學習及生活遇到經濟困難的學生	100,000.00
鄭森活, 張漢秋獎助學金—購資訊科技器材	71,005.94
STEM—發展捐款	20,000.00
家長教師聯誼會—捐中學部購置教材教具	35,000.00

小學部 及 幼稚園部 捐款

家長教師聯誼會—捐小學部購置教材教具	35,000.00
家長教師聯誼會—捐幼稚園部購置教材教具	13,788.00
家長教師聯誼會—贊助小學部印刷2020/21「真藏」	4,000.00

特別獎學金和助學金項目

紀念何蔭棠博士獎學金	紀念李孟標夫人獎學金
紀念張兆棠先生獎學金	旭社1934年級獎學金
紀念梁鎮強先生獎學金	紀念方欄英女士獎學金
紀念何中中博士獎學金	紀念符楊勤女士獎學金
紀念何瑞棠女士獎學金	紀念 Nellic 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	紀念鄔淑昭老師助學金
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

2020-2021

We thank all the pastors, representatives of the education sectors and organizations concerned for giving us speeches, running workshops and conducting programmes in our school. Our staff and students have learnt a lot from them.

We also give thanks to all our friends, alumni and students' parents for their donations raised at Christmas.

Besides, we are grateful to the committee members of our Parents & Teachers Association and parent representatives for their support and valuable advice. We would also wish to take this opportunity to show our gratitude to parents and volunteers who helped in various ways such as, organizing Parents Tea Gatherings, Workshops and Second hand books sale, taking photos, guiding students in visits and field trips, decorating boards or helping with our school publications and activities like performing duties in the School Library.

On behalf of our staff and students, I would also like to thank the following committees and organizations for their help and support given to our school activities:

Baptist Oi Kwan Social Service	Hong Kong Federation of Youth Groups
Business-School Partnership Programme (BSPP), EDB	Hong Kong Girl Guides Association
China Congregational Church	Hong Kong Mathematical Olympiad School
Chinese Methodist Church	H.K. Red Cross Youth and Volunteer Dept.
Chinese Rhenish Church Wan Chai	Hong Kong Teen Lok Baptist Church
CNEC Union Church	St. James' Settlement
Christian Choi Yan Church	Tai Hang Youth Centre
Department of Education (Maths Edu), HKU	The Hong Kong Council of Social Service, HKCSS
Department of Health, HKSAR	The Society for Truth and Light
Gifted Education Section, EDB	True Light Middle School of Hong Kong Alumni Association
Hok Yau Club	True Light Alumni Mentorship Programme (TLamp) Committee
Hong Kong Association of Careers Masters and Guidance Masters	Vocational Training Council
Hong Kong Award for Young People	

Miss Hui Tuen Yung
(Principal of TLMSHK)

An aerial photograph of a university campus, featuring a large stadium with a running track and a basketball court in the foreground, and several multi-story academic buildings in the background. The image is overlaid with a purple-to-white gradient and a pattern of semi-transparent circles. A central vertical banner contains the Chinese text '爾乃世之光' in a dark purple font.

爾 乃 世 之 光





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