



TRUE LIGHT MIDDLE SCHOOL OF HONG KONG

SCHOOL JOURNAL

2022-2023

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PRINCIPALS' WORDS

Miss Hui Tuen Yung

"He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ."

Colossians 1:28

1



2



On May 6, 2023, our True Light family came together to commemorate the school's 151st anniversary since its founding in Guangzhou in 1872 and its 88th anniversary since its establishment in Hong Kong in 1935. This long-awaited celebration, with the theme "**Reignited**," marked a fresh start for our community after three years of disruptions from COVID-19.

The festivities began with a moving Thanksgiving Service. A specially created video told the inspiring story of our founder, Miss Harriet Newell Noyes (校祖那夏理女士), and the missionaries who dedicated their lives to providing excellent Christian education for girls. Their indomitable spirit of perseverance, innovation, and collaboration are virtues we continually strive to instill in our students.

After the service, we held a lively Fundraising Fun Fair that was a resounding success. An outstanding sum was raised for our school's continued growth and advancement. We were

especially delighted that over 6,000 members of the True Light family and community attended this joyous event, far surpassing our expectations. The Fun Fair was made possible by the dedicated efforts of our Parents Teachers Association, Alumni Association, and the True Light Alumni Mentorship Program (TLamp). Their collaboration epitomized the unified spirit of our school.

3



4



In addition to festive celebrations, we also made time for cultural enrichment that expanded our students' artistic horizons. Earlier in March, we held the first ever "**Art in True Light**" exhibition, showcasing the mesmerizing works of acclaimed contemporary artist Yayoi Kusama (草間彌生).

Students from kindergarten through secondary school embarked on a multifaceted art education journey. Through illuminating guided tours and immersive hands-on activities, they actively engaged with Kusama's diverse artistic expressions. Organizing their own exhibits let our students' creativity shine while honing invaluable skills in teamwork, communication and cross-cultural exchange. This exhibition brought together students, parents, alumni and friends in a spirit of community and shared appreciation for art. By spotlighting diverse artistic perspectives, the collective experience highlighted art's vital role in building intercultural bonds and uniting people across differences.

As we carry our school's legacy into the future, we give thanks to God for reigniting and guiding True Light through times of adversity. Upholding our

core values, we will continue balancing tradition with innovation, equipping our students to be compassionate leaders and life-long learners. May our True Light girls continue to thrive and grow, like a spark igniting a fire, passing down the spirit of our school to future generations.

- ① Thanksgiving Service
- ② Video—Actions Speak Louder than Words: The Story of Ms. Noyes and the missionaries
短片：行勝於言：校祖與傳教士的故事
- ③ Fun Fair—PTA Booth
- ④ Art in True Light 2023 Opening Exhibition
- ⑤ ⑥ Art in True Light



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

STAFFS' PHOTO

Secondary Section



香港真光中學二零二二至二零二三年度全體教師合照



1st Row from left to right

Yeung Wang On, Wu Man Ting, Chau Yim Kai, Chiu Sandra Kate, Lee Kai Tsz, Wong Man Sze, Hui Tuen Yung (Principal), Kwong Man Wai, Siu Foon Kum, Lee Oi Fan, Ng Wing Han, Fung Siu Chee, Lai Lik Yee

2nd Row from left to right

Cheung Sum Mui, Li Yuk Wah, Tam Ka Pik, Choy Yat Ting, Hui Mei Ling, Lai Hoi Yan, Kwok Sze Wan, Yeung Fung Hing, Wong Tsz Yung, Ng Chui King, Ng Sze Man, Li Ka Man, Ng Shun Kwan

3rd Row from left to right

Lai Mei Kuen, Thong Yan Yee, Tsui Lam, Tang Nga Yu, Tsui Sau Ngan, Yu Ka Yin, Chan Chau Lei, Woo Mei Chi, Lee Siu Man, Yiu Yuk Chun, Wong Hei Man, Li Miu Yung, Lui Tsz Ning

4th Row from left to right

Lee Nga Sze, Cheng Tsz Yuet, Cheung Wai Shan, Chan Ching Yi, Tsang Kit Wa, Wan Sze Sze, Yeung Wai Sze, Shih Hei Man, Lau Ka Yan, Tam Yik, Li Ming Hei, Mok Kwai Lung

5th Row from left to right

Wong Wing Hong, Fung Ka Man, Wong Aaron, Tian Helen, Chung Nga Sze, Wong Ming Wai, Mandal Manishya, Ng Si Wing, Chow Wai Kit, Chan Sin Fung, Leung Hon Wing, Ha Chi Hung

6th Row from left to right

Poon Yiu Chung, Chan Lik De, Leung Man Hau, Siu Yuk Ho, Huang Ka Chuen, Lam Man Tsun, Chan Yui, Wong Walter, Leong Windebye, Cheung King Wu

Primary Section



1st Row from left to right

Luk Yan Wa, Ng Wai Chun, Cheung Wai Hung, Cheng Yat Lai, Ng Yuen Chu, Ng Pui Ching (Principal), Chan Suk Lam, Xu Jia, Au Tsun Lok, Chau Ho Yan, Lee King Fong

2nd Row from left to right

Lam Sau Wa, Lam Mei Ling, Wong Yuen Kwan, Ng Lo Lo, Tse Ka Pik, Lam Shui Shan, Poon Sau Fong, Lee Kit Man, Yip Tak Yee, Li Kexin, Ma Hiu Ha, Fung Mun Yee

3rd Row from left to right

Lau Ka Ling, Man Yim Ping, Tse Man Wan, Wong Shun Chau, Luk Wing Yan, Chung Wing Yiu, Feng Nian Nian, Yan Mei Yi, Hui Ka Yee, Chu Chui Wa, Chong Viola, Wong Ka Yee

4th Row from left to right

Wong Mui Yung, Wan Yu Ying, Cheng Hei Yi, Lam Kar Yu, Cheung Wei Yan, Yuen Chi Hang, Pang Chu Pui, Li Liang Yin, Cheng Ka Fai, Lee Cheuk Ting, Chang Wai Yan, Cheung Wai Yan, Mak Mei Meng

Kindergarten Section



1st Row from left to right

Lam Po Yee, Leung Lai Ming, Yeung Hoi Ki (Principal), Fan Tze Kwan, Ng Wai Yee

2nd Row from left to right

Sze Ho Wan, Leung Shuk Yee, Tse Yung Yung, Lee Kit Ming, Ng Man Yui,
Tse Ka Yan, Lo Kwan Wing, Szeto Wing Yu

3rd Row from left to right

Cheung Po Lin, Lui Shuet Yuk, Chang Ka Ying, Chan Mei Wan, Chow Ching Man,
Yip Shun Him, Cheung Wan Sze

4th Row from left to right

Leung Ho Yan, Lee Tsz Ying, Chen Xiuqi, Wong Wing Cheung, Chow Yin Ming,
Lam Mei Sze

Board of Trustees & Staff

Board of Trustee

Chairman :	Dr Tso Wong Man Yin
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Supervisor :	Dr Lee Ching Yee
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	Mrs Chong Wong Chor Sar
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	Mrs Poon Man Yuk Ming
	Ms Kwan Suet Ming
	Mrs Lee Wu Wen Poh
	Mrs Lee Law Ka Man
	Dr Chan Wong Lai Kuen
	Dr But Yiu Kuen
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Chan Lik De	Lee Nga Sze	Yeung Wai Sze
Mok Kwai Lung	Chow Wai Kit	Cheng Tsz Yuet
Huang Ka Chuen	Ng Sze Man	Choy Yat Ting
Fung Ka Man	Tian Helen	Wong Tsz Yung
Tang Nga Yu	Tsui Sau Ngan	Ha Chi Hung
Shih Hei Man	Ng Wing Han	Yeung Fung Hing
Chan Suk Kuen	Wong Aaron	Ng Si Wing
Mandal Manishya	Li Miu Yung	Ng Chui King
Woo Mei Chi	Cheng Kwan Yee	Thong Yan Yee
Wong Walter	Tsang Kit Wa	Lee Siu Man
Yiu Yuk Chun	Leong Windebye	Cheung Sum Mui
Ng Shun Kwan	To Yuk Lan	Li Ka Man
Wong Hei Man	Poon Yiu Chung	Wong Wing Hong
Chan Yui	Chan Sin Fung	Cheng Pik Kuen
Lai Mei Kuen	Lee Yuk Ngor	

Name of Staff of 2022/2023

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:	Wu Man Ting
Extra-curricular Activities Coordinator:	Tse Hoi Ling
	Chan Chau Lei
Civic Education Coordinator:	Yeung Wang On
Student Affairs Coordinator:	Lee Oi Fan
Religion Committee Chairperson:	Chiu Sandra Kate

Li Ming Hei	Yu Ka Yin	Tsui Lam
Siu Foon Kum	Tam Ka Pik	Lau Ka Yan
Cheung Wai Shan	Chung Nga Sze	Tam Yik
Chan Ching Yi	Lee Kai Tsz	Wong Ming Wai
Lui Tsz Ning	Siu Yuk Ho	Lai Lik Yee
Kwok Sze Wan	Wong Man Sze	Leung Man Hau
Hui Mei Ling	Lam Man Tsun	Li Yuk Wah

Primary Section:

Principal:	Ng Pui Ching	
Vice Principal:	Chan Suk Lam	
Discipline Mistress:	Ng Yuen Chu	
Head of Academic Affairs:	Xu Jia	
Guidance Mistress:	Lam Shui Shan	
Extra-curricular Activities Mistress:	Chan Suk Lam	
IT Coordinator:	Cheung Wai Hung	
Cheng Yat Lai	Hui Ka Yee	Tse Ka Pik
Lam Mei Ling	Lam Sau Wa	Mak Mei Meng
Ma Hiu Ha	Yip Tak Yee	Wong Yuen Kwan
Chau Ho Yan	Lam Kar Yu	Lee Cheuk Ting
Tse Man Wan	Chung Wing Yiu	Lau Ka Ling
Au Tsun Lok	Man Yim Ping	Cheung Wei Yan
Wong Shun Chau	Yan Mei Yi	Luk Yan Wa
Luk Wing Yan	Lee King Fong	Chang Wai Yan
Fung Man Yee	Pang Chu Pui	Cheng Hei Yi
Chong Viola	Yuen Chi Hang	Feng Nian Nian
Ng Wai Chun	Li Kexin	Ng Lo Lo
Lee Kit Man	Wan Yu Ying	Poon Sau Fong
Figueroa Angie	Chu Chui Wa	Li Liang Yin
Wong Ka Yee	Cheung Wai Yan	Wong Mui Yung
Lai Wing Ip	Cheng Ka Fai	

Kindergarten Section:

Principal:	Yeung Hoi Ki	
Fan Tze Kwan	Ng Wai Yee	Lam Mei Sze
Cheung Wan Sze	Wong Hiu Tung	Chow Yin Ming
Yip Shun Him	Chan Mei Wan	Chang Ka Ying
Szeto Wing Yu	Lam Po Yee	Tse Yung Yung
Lo Kwan Wing	Tse Ka Yan	Leung Ho Yan
Lee Tsz Ying	Chow Ching Man	Lui Shuet Yuk
Ng Man Yui	Lee Kit Ming	Chen Xiuqi
Sze Ho Wan	Moss Lorraine	Leung Shuk Yee
Cheung Po Lin	Wong Wing Cheung	



THE 88TH SCHOOL ANNIVERSARY CELEBRATION

Thanksgiving Service and Fund-Raising Fun Fair

6th May, 2023

The 88th School Anniversary in May was commemorated with a captivating Fund-raising Fun Fair themed "Reignited". The theme symbolizes a fresh beginning and a renewed sense of hope for our school. The Fun Fair embodies resilience, teamwork, and inspiration. Through the engaging activities, we overcome challenges, collaborate, and strive for excellence, enabling our community to flourish and shine once again.

Preceding the Fund-raising Fun Fair, The DoReMe Singing Contest, a traditional inter-class singing contest, was held to celebrate the school anniversary and cultivate a sense of belonging among students. The winners were announced, with S3C winning the My Favourite Class Performance category, S5D as the Champion, 4SC as the 1st Runner-up, and S5C as the 2nd Runner-up.



On May 6, the School Anniversary Fund-raising Fun Fair took place, raising an impressive amount of funds for our school's programs and activities. With an exceptional turnout of 6,196 attendees, the Fun Fair attracted a large number of participants. The event offered a diverse array of exciting activities and captivating game booths, ensuring endless entertainment for all. Attendees also had the opportunity to indulge in delicious food and beverages, adding to the festive atmosphere. The funds raised will be devoted to supporting activities that enhance the learning and growth experiences at our school.

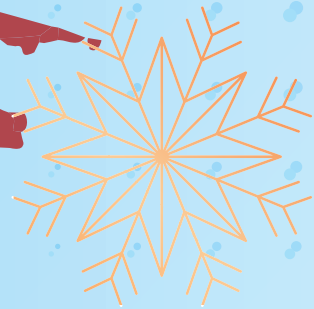


The results of different awards:

- The Most Attractive & Creative Decoration: S3D War of Justice 正義之戰
- The Most Tickets Sold Class: S1B (@21.16 tickets/student)



CHRISTMAS CAROL



This year's Christmas Carol, a joyous gathering of the True Light family, was held both online and offline to celebrate Christmas. Under the theme of "God is Still Around", we experienced the presence of the Almighty in creation, in the world and in our lives.





The choral performances by our wonderful children, hailing from kindergarten, primary school, and the young ladies of our secondary section, were absolutely beautiful. We were also privileged to welcome a distinguished guest, Mr. Dennis Wassago, who graciously shared his personal journey growing up in one of the Watoto villages in Uganda. As the celebration drew to a close, the school hall was resonated with the peaceful melody of "Silent Night" and the flickering candle lights, filling our hearts with serenity and warmth.

In the spirit of spreading peace and hope, we extended our reach to various NGOs, channeling our collective generosity through Christmas donations amounting to a remarkable sum of \$350,812.5. May the Lord's blessings shower upon our community, particularly those who are in need!



- ① Choral Singing by Secondary School Choir
- ② Dancing & Singing by Kindergarten Children
- ③ Silent Night with Candle Lights
- ④ Sharing by Mr. Dennis Wassago from Watoto
- ⑤ Choral Singing by Primary School Choir



GRADUATION CEREMONY

SPEECH DAY

Address by Guest of Honour

Professor Francis Ka Leung CHAN, SBS, JP

Principal (Ms. Hui), Mr. Ko, Ms. Man, Ms. Chan and Ms. Sze

It is really my privilege to have this opportunity to come to your school to deliver this I call commencement address. Before I came, I asked myself, "Why did I have this privilege to be invited? Perhaps I am the Dean of the Chinese University of Hong Kong, Faculty of Medicine, and I would like to, before I start, give this opportunity to briefly explain and introduce myself to you.

I am Francis Chan, a professor of Medicine with special interest in digestive diseases. Some ten years ago, I became the Dean of the Faculty of Medicine. I grew up from a grassroots family, and all the years since I was a kindergarten kid, my teacher said this Francis Chan is unconventional and somewhat rebellious. So today, instead of teaching you something very kind of big that I'm sure you will forget after some years, I'd rather tell you some of my untold stories such as "This is Me when I was a teenager".

So I notice that Principal Hui starts to sweat, "Have I asked the wrong guy to come here today?" As I'd said, I grew up from a grassroots family. That is the place where I grew up. Now, this place has become famous after 2003 because that was the

cradle for the SARS infection back in 2003.

My mum told me I although grew up in a very poor environment, I wasn't all that stupid because I managed to have the opportunity to be accepted by a very, very famous local school in Kowloon Tong, but at that time, my parents decided not to allow me to go there simply because the family could not afford an extra \$8 to \$10 a month.

Therefore, instead of going into this famous local school to pursue my education, I was sent to a "nobody" school next to a wet market in Kwun Tong. Now, people keep talking about trying not to lose at the starting line. Right, but at that time, I told myself I was very happy. I didn't worry about the starting line. I didn't worry about losing at the starting line simply because I could not even see the starting line.

By the time when I was a teenager, I had an opportunity to think about

my future and then I decided that studying Medicine was my dream. So, by the time when I was about to choose my tertiary education in Hong Kong or overseas, the Chinese University of Hong Kong then built the so-called second Medical School in Hong Kong.

That was back in the early 80s, to a lot of people, to a lot of those students in those days, choosing between this brand new Medical School with no track record versus a well- established Medical Faculty in the Hong Kong University, this decision was basically a no- brainer. So unfortunately, for some unknown reasons, to a lot of my teachers at that time, I was the top of the class.

I thought since I was a kid, I never had a chance to study in famous schools, why didn't I allow myself to explore something different? So with this notion of daring to dream, I gave up the opportunity to go to the famous Hong Kong University to



pursue Medicine. But instead, I went to the Chinese University of Hong Kong to dare my dream.

Now, students, I have to say that when you want to explore your dream, you want to do something different, you have to pay a price. Sometimes the price can be pretty big. So I chose to dare my dream in this brand new Medical School. First of all, the teaching hospital was built in a remote place in those days, and because of the delay in the construction of the Prince of Wales Hospital, we were left with no choice, but to be sent to a small hospital in Kwun Tong.

And in those days, it was the United Christian Hospital, where there were no facilities, no teaching facilities. Therefore, we were kind of sent to this cargo container outside the United Christian Hospital as our teaching facility, as a tutorial room where we spent most of the time. So, you can imagine in those days, with no facilities, being a small minority in Hong Kong, the impression and feeling was, if allowed me to say in Chinese, is what we call 「寒天飲冷水，點滴在心頭。」

So that was the day when I was just a Medical student, a young medical doctor. So after graduation, I decided to pursue my academic career as a young professor. So as a young professor, I wanted to look for my research opportunities. Back in the eighties and early nineties, this chart shows you the number of new cases of colon cancer in Hong Kong from the eighties to 2021.

So you can see from the arrow that while in those days, I thought colon cancer was rising rapidly. We have to do something to stop this disease. Therefore, with a lot of courage but lack of experience, I submitted my very first research proposal to the government, trying to convince the government that this is something we have to do.

We have to do colorectal cancer screening. You know what, our colorectal cancer screening proposal back in the year 2000

was rejected not only once, but rejected again and again and again. Then my friends told me, "Okay, Francis, forget it". Trying to do this is what we call "Mission Impossible". How could you possibly convince the government to implement a territory-wide cancer screening program with no data at all?

Well, I ask myself, maybe this is mission impossible, but if this is something that is correct, if this is something I'm passionate about, why should I give up? Therefore, I used my own pocket money every month and then I tried to reach out to different stakeholders. I remember at that time during lunch I went to those estates, public housing estates, to talk to those public housing estate doctors, trying to explain to them the importance of colorectal cancer screening.

So in fact, that was the scenario in those days. I paid them lunch. I talked about the importance of colorectal cancer screening, educating the public, and they enjoyed their lunch. And after 16 years, after working again and again for 16 years, finally, our team have accumulated sufficient data to convince the government that colorectal cancer is important and has become the number one cancer in Hong Kong.

Now, every now and then, you will see a lot of promotion about why we need to do colorectal cancer screening. But it also taught me 16 years before this dream comes true. So the other lesson I learned is that sometimes you need to be simple and naive enough to believe you can really achieve something. Now you can say, "Well, Professor Chan, what you said was back in the old days, you are just a typical "lion rocker".

This is a whole different world. Don't keep telling me those old days". Yeah, okay. You're quite right. I was born as a "lion rocker", but people said, "Well, by the time you became the Dean of Medicine some ten years ago, you became powerful; you became influential. So you can do whatever you like". Is that true? I have to say that some ten years

ago, when I became the Dean of Medicine, I had no management experience.

I had no networks with government, with schools, with "those nuts", whatever. There's only one thing I had in those days. Do you know what? Having courage over my heart. That was the only thing I had when I became the Dean of Medicine taking office on the very first day. So when I became the dean, the first thing I want to change in Hong Kong is about the medical education.

In my eyes, I thought the medical education in Hong Kong: although we were very good at training capable doctors, talented doctors. But to me, it's like kind of big factory manufacturing work. All doctors look identical. Where is their heart? Where is the uniqueness? I always believe that every child is unique. Why should our education shape every unique child to think identically?

So this is something that I do not believe is correct. Together we have a group of people who share my enthusiasm, who share my dream. At that time, we came up with this very innovative medicine program called the Personalized MBCHB Program, trying to cater for the needs, the special strings of our every single student. Well, I thought it was wonderful.

I can turn the medical education in Hong Kong, if not the world, upside down. But as I said, because of my lack of political wisdom, lack of experience, then my good friend on the other side of the harbor, Professor Gabriel Leung, the former Dean of Medicine in HKU, tried to question about the intention or the utility of this new medical program.

Often in those days, the journalists liked to make fun of me and Professor Gabriel Leung, thought we were just enemies. But frankly, I can tell you we are kind of personal friends, but just that we work and serve different universities is really like playing soccer game when you're in Liverpool, the other is Manchester United. Then sometimes you have to



fight hard to let people know that you are trying to do your best for your university.

Well, anyway, in those days, because of all these controversies, finally, the then Secretary for Education decided that the Chinese University of Hong Kong should not carry out with this personalized medical education program. I remember in those days there was a very famous movie called "Rocky". I'm not sure if some of you or your parents may have watched this movie series, "The Rocky".

You know how I felt when the Secretary for Education told me, "Francis, you have to abort your personalized medical education program, wait for maybe one or two years, and then we will review whether or not it is appropriate." At that time, my heart was like "Rocky", but being beaten by a very big rivalry. Well, from this movie, in fact, I've learned one very important lesson to share with you.

Life is not about how hard of a hit you can give. Rather, it's about how many you can take and still keep moving forward. So I didn't give up. I believe it was a wonderful medical education program for students. And over the years, people became more and more realized the importance of such education, and I am very fortunate and humble to say that in the last ten years, the academic ranking of the Chinese University of Hong Kong for the Medical Faculty has been rising steadily, and become one of the best medical schools in the world, if not in Hong Kong or Asia.

So the third lesson I learned over the years is that nothing is impossible only if you dare to dream. And certainly, you can't sit there and having daydreams without action. With big dreams, you need to set goals and take action. Otherwise, you are just dreaming and nothing would happen. So after being the Dean of Medicine for ten years, I begin to think about what I should do next.

As a special expert in gut health digestive disease, I always have this lifelong dream that I want to bring health and hope to our future generation. In particular, I'm very much interested in something what we call a gut microbiome. Now, what exactly is gut microbiome? There are a lot of germs in our guts. You can say that there are good bugs and bad bugs in our guts.

But importantly, we only own 1% of our body, 99% of the genes in the whole body actually are in the guts. So think about it. Are we really the host of ourselves, but rather the germs in our body that actually take control of our own body? They are a lot of data, a lot of scientific evidence showing that a lot of conditions, diseases are related to this imbalance between the good and the bad bugs, such as cancer, even COVID 19, obesity, asthma, autism, dementia, you name it, many, many conditions.

And some years ago, a scientist in Sweden found out that there is a mass extinction of the human gut bacteria. So a lot of good bacteria are disappearing from our guts. And that may be the reason why we are seeing more and more funny diseases or diseases in the Western world.

And now we are seeing these kinds of diseases more and more common. So with this mass extinction of good bugs in our guts, what can we do? Can we help save these bugs for our future generation? So I'm sure some of you may have heard about banking blood for mothers with the newborn. People are trying to bank the placental blood to save the kids in the future in case they develop any serious conditions.

If we can bank blood, why can't we bank feces? So I'm trying to convince the government right now that we should try to build a Noah's Ark, not for animals but for poo-poo; to build the world's biggest poo-poo Noah's Ark in the Greater Bay Area in order to save this important bucks for human for mankind. I remember about three months ago, I shared

my dream with a journalist in Hong Kong.

She was very much impressed by my dream. And afterwards she wrote an article for me in a local newspaper. You know what she wrote? I show you.

Well, boys and girls, ladies and gentlemen, I have to say that if you want to succeed, you've got to pursue your dream. Never give up. The importance of persistence can never be over-emphasized. Often we fail to achieve great stuff in our life simply because when people look back, they realize they didn't have a great life. Simply, it's just so easy to settle for a good life.

Good is always the enemy of great. Don't be satisfied for having a good life because we all want to live a great life. And this is really my final slide. Luck only favors those who are well prepared for an unexpected opportunity. I'm sure the students here, you will live a great life. And if such a disobedient, delinquent looking teenager can become the Dean of Medicine standing in front of you talking to you today, I'm sure your future will be much, much more influential and successful than mine.

Thank you so much.

Graduation Speech

S6C Ip Cheuk Yau

Board of Trustees, Honourable guests, Principal, Teachers, Parents and Students,

Good Afternoon, I am Charlotte IP and I am more than honoured to speak on behalf of my form, Chen Hui Association and class 2023.

First, thank you for your very presence on this special occasion, which marks a fruitful milestone in our learning odyssey.

Have six years flown by that fast? It's like yesterday that we, as petite kids carrying a bulky school bag

while wearing a bright innocent smile on our face, hopped toward the school gate to embrace our new identity as a secondary student. In the blink of an eye, we are now marching into our adulthood and ready to graduate. Time is truly an incredible magic that has transformed us from a little girl to a mature young lady, from a tiny spark to a shimmering star.

As time does its magic while we were in True Light, many unforgettable memories have been formed. I remember the time when we were all welcomed to this True Light family with hospitality, applause and 'ush', to the time we adventured in the school campus with curiosity, to the everyday laughter and the occasional pranks on schoolmates AND teachers, to the time we motivated, supported, and stayed with one another through DSE, to this graduation ceremony. The magic might be expiring, but we definitely learned from the process and outcome. Time will cast its magic spell of metamorphosis again. We will undergo different changes and take on different roles. Whatever the future beholds, we should always value everything we have, count our blessings and appreciate them while they last.

As we look back, however, there might seem to be no blessings at times, thanks to Covid. Lessons that were supposed to be face-to-face became face-on-screen, summer holiday became spring holiday all of a sudden. School events like the anniversary funfair and sports day, vanished from our schedule. At first glance, that did seem terrible, for we have lost many remarkable collective memories and a fruitful secondary school life that we deserve.

But maybe there's a silver lining? Let's not forget the very different experiences and encounters it has brought us. Do you remember our funny chats during Zoom when our teacher suddenly disconnected? Do you remember using our teacher's giant angry face image as the virtual background? These extraordinary



memories wouldn't have been possible in real life! We never lack amusing episodes when we return to the campus as well. Shouting "It's Friday" in the corridor, having productive discussions in class... about what to eat for lunch and cramming in the study room are our daily routines. These signify that we're never alone, and we are beyond fair-weather friends. We are comrades who experience the ups and downs together and motivate one another on the battlefield.

With hindsight though, isn't the pandemic a blessing in disguise which catalysed our growth? If not for the revolutionary change in the education landscape, our resilience and adaptability would not have been strengthened. If not for the abrupt change in schedule, we wouldn't have learnt to rejoice uncertainties and embrace challenges. If not for the loss of school events, we wouldn't have recognised the preciousness of every moment and had our own unique moments created. We are blessed, not for the waves of pandemic, but for the love from our buddies, families and teachers, who contribute to inject optimism into the gloom and sustain us in moments that we couldn't alone.

Our lives are TRULY full of blessings, and they do not end here. We are blessed for the solace, support and strength we find in True Light. Thank

you, Principal Hui and teachers, for seeing potential and having confidence in us, even in times when we doubted ourselves. Thank you for instilling knowledge in us with patience and kindness, even when we bombard you with countless questions during late night through Google Chat. Thank you, for your guidance and mentorship, navigating us through our lives even when we are caught at the crossroad. We are beyond grateful for your support, enlightenment, guidance and opportunities.

Of course, I would like to extend my heartfelt gratitude to the ones who always blessed us unconditionally —our parents. Raising us from a toddler to a teen is never an easy task. You have taught us important values, nourished us with heartwarming words and overwhelmed us with everlasting love. You have always been there for us as our reliable allies, encouraging us to come through every hardship. We are sometimes callous, if not rebellious, but your love for us has never gone unnoticed. And we cannot thank you enough for your wholehearted devotion.

For the countless blessings in life, we thank God. He's the strongest companion and safe haven. In times of difficulty, life seems hard to bear, but when we learn to recognise our inadequacies, be modest and seek help from God, things that we can't achieve alone, can with God.

Dear fellow graduates, after this graduation ceremony, we are to end our wonderful secondary school life as a student of True Light and leave this carefree, accommodating campus. What academic programmes are you studying? What do you want to be? These are questions that we have for one another, but at the same time, for ourselves. Even after repeating the process of self-seeking and soul-searching, our future may still remain blurry. But let's believe in ourselves and the decisions we make. Let's believe that wherever we further our study will be a great place like True Light. Let's boldly



embark on our next journey and embrace what is to come. Let our destiny take us to our mysterious, yet wonderful future, just like when we first got here.

My dear schoolmates, upon graduation, our ways may part, but our hearts as Truelighters will never. We shall perpetuate the True Light Spirit —to spread the light to different places and to illuminate all people and things around us, upholding our school motto: Thou art the light of the world. On our boulevard to the future, we are bound to face challenges, but do not fear even in times of trouble. Do not forget our True Light family, values and spirit. Quoting Ms. Hui, I would like to end with a principal's quote and add on a bit more. "You do your best and God will do the rest. When you are put to test, remember you are blessed." Thank you.

畢業感言

S6C 陳善之

陳教授、各位嘉賓、許校長、各位家長、各位老師、各位同學：

大家好！我很榮幸能夠在此代表各位畢業生致辭。

不知道大家有沒有聽過聖經裡面說：「流淚撒種的必歡呼收割。」這是最近又縈繞在我腦內的一句話，也是我考完 DSE 之後每日問自己的問題。

在學習這條路上，我有沒有流淚撒種呢？應該有吧，畢竟考完所有試之後我確實鬆一口氣，但我似乎並沒立刻歡呼。而催使我猶疑的，除了未知的考試成績，更多的是因為來到「畢業」這個時刻。

畢業一象徵中學生涯的結束，是總結的時候。總結該是什麼感受呢？是感動？不捨？還是百感交集？

對我來說畢業很微妙，明明是分別的時刻，我卻沒有各散東西的感覺，反倒覺得是和大家繼續一起成長。

其實我們這屆很特別，除了應付公開試這硬仗，還面對著肆虐的疫情。人人都說高中是最美好的年華，但我們四溢的青春就這樣被口罩遮蓋，說好的一起叫外賣的日子被無了期延緩；這幾年，我們在課室吃飯就只能看著飯和面前白濛濛的擋板，想要跟四周同學講兩句話解解悶吧，門外巡邏的老師就會跑進課室：「噓，食完帶返口罩先好講野。」這樣沉默的飯也不知道吃了多久，現在回想這幾年高中生活都像是裝上了一層擋板、變得模糊，我也不記得後來我們拍的照片裡，哪些是戴著口罩拍的，哪些不是了。

或許對一部分同學來說，疫情帶給我們更多的是遺憾。

畢竟，我們的校慶遊藝會取消了，歌唱比賽和其他大大小小的活動都沒能參與，最辛苦的高中課程幾乎有一半都是在家上的。

但正因為疫情將我們分隔，大家都深知在家中孤立無援是多麼無助又彷徨，所以我們更主動地互相連結。不知道大家還記不記得我們那會兒上網課，老師點名問問題時，在電話裡頭為好朋友當援兵？又或在 chatbox、whatsapp 裡面實時交流學習心得？我記得我當時甚至跟幾位同學交換了家中電話，免得手機打不通。有好幾次都是我爸媽接到電話後跟我說：「阿女，xx 同學問你起身未，佢話你要上 xx 堂喇！」

「一個人其實真的很難，幸好有你地相伴。」

在測驗考試這條路上，我們固然是要自己應戰，面臨大敵亦難免受挫，但每當我環顧四周望見身邊皆是熟悉的同學，手機中也全是我們的照片和短信時，竟有一種安穩油然而生；這份同行的安全感，大概只有每天一起上下課的我們才有的深刻感受吧！

與我們同行的，除了身旁同學，還有老師、校長、學校所有職員和工友，當然還有我們家中的父母。看著孩子成長，在學習，甚至人生路上偶有跌撞、遇上挫折卻無從插手時，那份感覺對父母來說，大概是最煎熬的。這份焦慮，有時甚至會化為矛盾。學習這條路上，不論我們和你們的身上大概都留了不少疤



痕，但謝謝你們仍願意陪伴我們成長，願意主動多問一兩句“壓力大唔大呀 加油啊阿女”。你們想方設法希望幫助我們、擔心我們的心情，我們都能感覺得到，謝謝你們讓我們知道家——永遠是我們能在暴風雨中稍作歇息的庭園。而這一切都並非理所當然。

學校，就似我們第二個家，提供了讓我們摔倒的平台。我們有時就像學步的嬰兒，而學校就是一個了解我們需要，鋪上了軟墊，讓我們自由摸索的地方。或者你不會忘記你在這跌倒的情境和次數，但你還記得你是如何站立的嗎？是誰攙扶你？

我還記得一位老師曾對我們這麼說過「即便你的成績此刻可能跟不太上，但只要你想學，我就很樂意教。」

這句窩心的話，彷彿在告訴我們只管大步向前，萬一摔下了，身邊就有老師來幫忙、有同學來安慰，然後我們又能再次站立，重新起行。

老師們這幾年來對我們的關心和引導，都讓我們明白：真正的強大，是像不倒翁一樣永遠懂得在擺動之中找回自己的重心，所以別怕跌倒，別怕搖擺不定，因為我們要知道倒下後一定能重新站立，並且只要我們肯主動尋求，就總有人願意助我們一臂之力。

在這裏，我們學會了為自己的錯誤負責，同時所有的缺失又被包容。而這一切都不是必然。

學校是盛載著我們六年青春的地方，不論這六年對你來說是煎熬、是遺憾、是平淡、或是驚喜，我都想大家在此刻記住這份只屬於青春的心情，記住我們所珍惜的每一個同學、每一位老師、以及無時無刻都關注學生需要的校長及兩位副校長，同時再次回味我們這段在家、在真光、補習社和大坑不同食肆到處跑的日子；在今天，我們就要歡呼收割屬於我們的青春果實，並帶著自信繼續前行。

最後，我不禁想起我們校訓「爾乃世之光」。很多時候我們並不能要求世界、要求外在環境改變，既然如此，那就由個人出發，自己作鹽作光。誠然，這是需要練習的，但在入學的第一天時我們便該懂得這道理：真光女兒是世上的光，而被點亮後，我們就需靠燃燒自己去發熱發光。也別忘了你身旁的同學，雖環境會變，但我們依然在路上同行，或許有日你抬頭會發現，熟悉的微光就在身旁閃爍。

在此，我祝願在座各位都能熱愛你們的生活，亦希望各位畢業生不要忘記我們永遠都是值得讓自己和學校驕傲的真光女兒。

多謝。



- ① Passing-On-The-Light ceremony
- ② ③ S6 girls received graduation certificates
- ④ Teacher who received the Long-service award





SCHOOL DEVELOPMENT PLAN AND MAJOR CONCERNS



School Development Plan

2021/22 – 2023/24

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

”

18

IN: Inquisitive, Initiative, Innovative

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

SET: Synergy, Empathy, Tenacity

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



Major Concern (1) – Learning and Teaching

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

1. Teachers provide learning opportunities in lessons to cultivate students to become learners with an inquisitive mind, initiative and innovation

1.1 Subject panels conduct learning activities in classroom learning and teaching process for each level which is focused on at least one of the five elements of learning (teamwork, communication and creation, personalization of learning, critical thinking and real-world engagement).

1.2 Subject panels review their assessment policy and explore the variation of assessment methods such as non-drilling exercises, etc. In addition, integrate more innovative elements in daily assignments.

1.3 The Academic Affairs Section coordinates S1, S2 Science, S3 Life and Society and S5 special program: “e-journey” to conduct a project-based assignment through scientific investigation approach, enquiry approach and design thinking approach respectively.

2. To equip students to develop good learning habits in order to become learners with an inquisitive mind, initiative and innovation
 - 2.1 Life-wide Learning Day is held to provide learning opportunities for S1 and S2 students to experience real-world engagement in learning by PSHE and Science KLAs respectively.
 - 2.2 Presentation of Other Learning Experiences is conducted for selected projects and learning activities.
 - 2.3 The Reading Promotion Team and the School Library set the theme of the year as "Read and Nature". Various activities will be held to align with the theme of 2021-2024 major concerns to arouse students' awareness and concerns.
 - 2.4 Through reading across the curriculum activities, the school library collaborates with subject panels to foster an environment in which students are encouraged to pursue knowledge on their own.
3. To enhance teachers' competences to provide learning opportunities in lessons to cultivate students to become learners with an inquisitive mind, initiative and innovation
 - 3.1 To create stronger and better professional practice together through lesson study in subject panels, 2-3 subject teachers in the same/different forms in the Panel are assigned into groups by the Panel Head. Each group of subject teachers fills in the Lesson Study Form for reflection and keeps the teaching materials in Google Shared Drive/ Panels Server for sharing and archiving.
 - 3.2 To hold sharing sessions to enhance teachers' competences to provide effective teaching.
 - 3.3 Teachers who attend Design Thinking workshops work in three groups to guide students through the completion of projects using design thinking concepts.
 - 3.4 Extend the horizons of teachers by organizing out-of-school visits to educational/ educational-related institutions.

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

中國語文教育

中國語文科配合學生關注事項，於各級設計學習活動以培養學生成為好學、主動、創新的學習者。

年級	學習活動
中一級	優化課堂研究，利用課堂討論幫助學生對寫作重點有清晰概念。
中二級	鼓勵學生先觀察社區，再作分組討論，促進學生互相學習，令文章立意更為清晰。
中三級	優化課堂研究，安排學生將單元重點結合創作，重新填上歌詞，培養學生能善用借景抒情手法創作。
中四級	進行閱讀座談會，提供空間讓學生展現創意。
中五級	實用文課堂研究，運用課堂討論，提升學生審題能力和評鑑能力。
中六級 非華語學生	以比較中西文化對朋友的看法為題，設計閱讀、觀賞電影及課堂討論等活動。



English Language Education

1. Core Curriculum

- **Inclusion of Reading Across Curriculum (RAC) and Language Across Curriculum (LAC) in Core Curriculum**

More explicit inclusion of reading texts from and grammar usage in other EMI subjects was adopted in 21-22, and is further refined in this academic year from S1 to S5 in the hope that students can see how the language is used in other EMI subjects.

- **Self-directed Learning**

Teachers of each level will set a uniform target for the students at the beginning of the school year, and introduce the system to them. Types of self-directed learning includes, **Quest/iNKY online reading/viewing and follow-up tasks**, video-watching and follow-up tasks, extra reading tasks, etc. To promote a habit of **self-learning**, S1 and S2 students have to keep a record of their own learning throughout the term while S3 and S4 students need to complete a Google Form to tally their own learning records at the end of the term.

- **Inclusion of Non-written Assessment Tools and Assessment Rubrics**

Four "**Multi-modal tasks**" either completed individually or in groups are included in each teaching module in S1-S3 while two multi-modal tasks are assigned in S4.

"**Multi-modal elements**" (aural, visual, gestural and spatial) and "**Aesthetic elements**" (images, graphics, sound, videos, typography colours, layout, originality, etc.) are included in the rubric when assessing students' work.

- **Junior Literacy Programme**

The "**Connect Extend Challenge**" worksheet adopted in the Junior Literacy Programme is a hybrid of a **Thinking Routine** and our existing "**Making Connection**" worksheet. This approach started last year is more widely use in English core and Literature lessons to help students make connections with themselves, world knowledge, other texts and an EMI subject, and create new knowledge based on everything derived.

2. Across the Curriculum Project— from TEXT to TESSERACT—an Integration of Literacy Development and Aesthetic Education

S2— "A Monster Calls" crossover Sand Painting

The swiftness of sand painting is an ideal art form to help S2 students display the transformation of the Monster in the Literature text "A Monster Calls". Students attended a sand painting demonstration and will then use the art form to spice up their duologue performance in Drama lessons at the end of the term.

Mathematics Education

Mathematics Panel's major concern was focused on fostering students' reasoning literacy and developing students' open-mindedness. During this year, each form had designed 3 to 4 sets of worksheets consisting of questions needed to explain answers and open-ended questions. It is observed that students not only enjoy participating in high-order thinking activities during lessons but also were willing to do exercises which helped to prompt their thinking at home. Two to three questions which required students to explain answers also appeared in uniform tests and examination papers. It is reflected that S1 to S5 students had an improvement in reasoning literacy while S6 students were not used to this type of questions and had a room for improvement.

Focusing on training students from each form with skills in handling algebraic expressions as well as applying these skills in solving real life problems was also our major concern this year. 10 to 20 marks of uniform test and exam papers were assigned to topics related to algebra. Repeat assessment was conducted throughout the whole year. Students' assessment literacy had been improved.

Liberal Studies/ Citizenship and Social Development/ Life and Society

Form	Learning Activity
S1-S3	<ul style="list-style-type: none"> A learning activity regarding a psychological test is conducted in S1, which relates to the theory of empathy based on students' personal experiences. S2 students are asked to identify the roles, values, and responsibilities played by a non-governmental organization (NGO) in Hong Kong in alleviating poverty by practicing an inquisitive and initiative research on the related cases in our community. This activity also encourages students to empathize with needs of the community. A mini-project has been done to encourage an inquisitive and initiative learning attitude with synergy as S3 students have to work together with their peers.
S4-S6	<ul style="list-style-type: none"> There is an activity of online searching on the recent achievements of our country, which promotes the awareness of a continuous inquisitive spirit on the latest developments in China. The Schoology-based news reading activity has been in progress and to be adjusted in accordance with the needs of the S5 students continually. There are Q&A skills based on past paper discussions that promote awareness and competence in terms of brainstorming arguments.



Major Concern (2) — Student Support & School Ethos

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

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

◆ **Theme of Assembly: I.G. Story (The Story of Me & God)**

To show that God is not far from us by displaying the traces of God in history, science, sports, music, art and charity. Students have been encouraged to take initiative to explore the acts of God in everyday life, society and the world. (For the details, please refer to Religious Affairs)

◆ **Form Activities**

S4: 21 天遇見不一樣的自己

During the two school terms, S4 students have followed the booklet which encourages them

to set a goal and a small action plan to achieve for themselves in 21 days. The lovely booklet is filled with many positive values and messages to nurture students changing their mindset on facing challenges and failures. Many students have tried or completed the tasks they set and got some new findings during the 21-day journey.

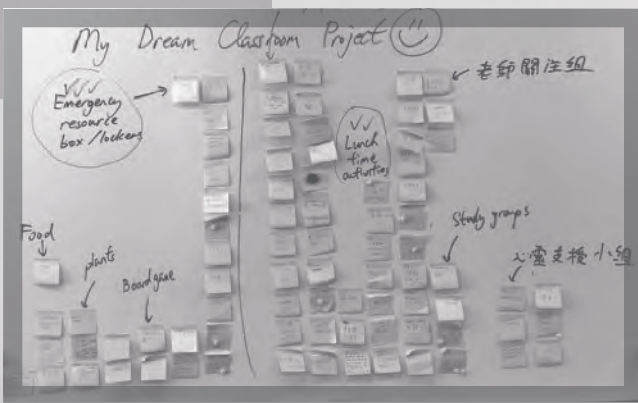




S1: My Dream Classroom

Students were divided into groups to discuss their visions of a dream classroom. The suggestion(s) that got the most votes and support was/were chosen as the goal of the classroom improvement project.

Each class filled in an implementation plan which helped them formulate a workable plan to put their proposal(s) into practice.



TLMSHK Campus Energy Use Reward Scheme APR-MAY 2023.

By collecting energy usage data from the Real Time Monitoring System, CEA committee members observed and recorded the good energy use behaviours of each class. In May, an inter-class competition regarding energy use reduction was organized to promote awareness of sustainable energy usage.

Awards	Winners
Most Energy Use Reduction in Form (From April to May, 2023)	S1A(-0.29), S2B(-3.77), S3A(-11.66), S4A(-9.41)
Lowest Energy Use Reduction in Form (May 2023)	S1C, S2D, S3D, S4B, S5D

Form Activities

S5: 5 Love Languages

Students have learnt the "five love languages" so that they understood everyone has their own way of giving and receiving love. Empathy was built when we cared and understood more about ourselves and others.

Here are the 5 Love Languages



S2: Serve Your Neighbors

Many serving opportunities have been provided to S2 students, such as being helpers of "True Light Round Trip" and the PTA workshop. Students were encouraged to care for themselves and others with peer collaboration and empathy.

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

Environmental Education

The theme of "Look at the World, Be a Good Steward" was set to promote the view of the world and green life by our Civic Educational Association.

A series of activities have been held to promote a **low-carbon lifestyle**, which is significant to keep the sustainability of our environment. The importance of synergy in teamwork and exercising empathy towards the environment and others in the school community was emphasized. Some highlights of activities are listed below:

Green @ Wan Chai: Fitness and Sports Equipment Collection Campaign (「綠在灣仔」健身及運動用品回收大行動) 2022.11.29 - 12.01. This campaign aimed to raise awareness about the importance of extending the lifespan of items, waste reduction and sensible consumption.

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:

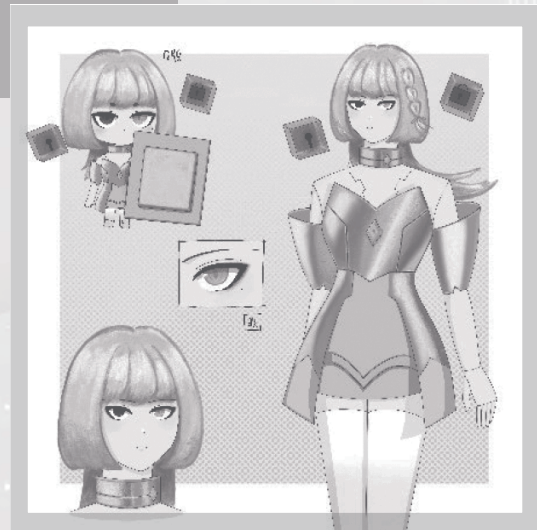
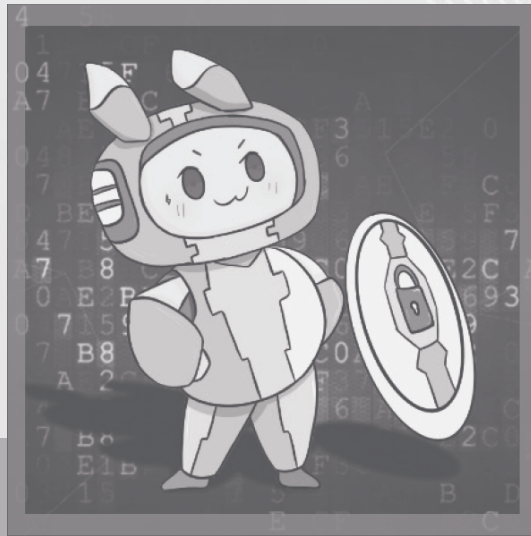
- Rule-breaking students are encouraged to make reflections and action plans to improve their judgment and decision-making process.
- The Discipline Section and Form Teachers have designed appropriate strategies and programmes to help students develop good living habits.
- Information Technology Users' Code (資訊科技用戶守則)

To raise students' awareness of cyber security and digital literacy, an IT users' code has been drafted. Before the implementation of the code in 2023-24, a series of promotion activities have been held including the creation of 4-cell comic strip, mascot and slogan. Here were some of the entries:

Slogans

1. 保護私隱，應要着緊
2. 歹徒如餓狼，你我要慎防
3. 網上騙案種類多，記得時刻睇清楚！

Mascots

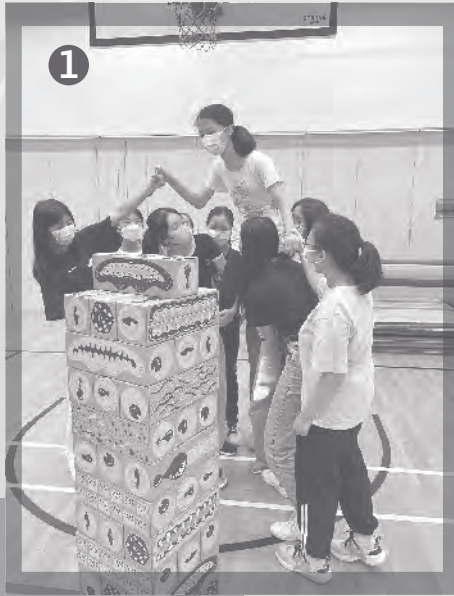


Prefects, as a supporting team to maintain discipline within the school, were trained up through a day camp and daily services. After a year of collaboration, they have built up a co-operative and reliable relationship among themselves.

■ Prefect Team

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

- Senior Prefects are responsible for the campus discipline. Over a year moving to normal life, all senior prefects have returned to their duties, including guarding the school main gate in the morning, afternoon patrol and keeping students' order in the whole school activities.



1

- 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

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

■ Prefect Trial Scheme

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

- 1 Junior Prefect Team Leadership Training Game
- 2 Junior Prefect Team
- 3 Senior Prefect Team
- 4 Senior Prefect Team Leadership Training Game

2



3



4



Prefect Team 2022-23

Senior Prefects

Head Prefects: S5C KWOK TSZ KEI S5C SHAO WING SZE
Vice Head Prefects: S5A LIU LOK MAN MARSHA S5D CHAN KAI YAN

S5C AU HOI YING
 S5C LEE HOI YI
 S5D LO KA YIN
 S5D WONG TING YUK
 S4A SO TIN YAN
 S4B LOW SHEUNG LAM
 S4C KO MAN HEI MAVIS
 S4C LEE SUM WUN
 S4C TANG CHEUK YEE
 S4D CHAN SZE HANG CELIA
 S4D CHEUNG YI HUEN
 S4D LEUNG HO NING LYDIA
 S4D SHEE HIU CHING

S5C HUNG HIU LAM JOANNE
 S5C LEUNG KA CHING
 S5D SHA NATALIE
 S4A KWOK YAN KEI
 S4A YING HOI TING
 S4C CHAN CHING YIU
 S4C KO TSZ YAN
 S4C LEUNG WAI KI VICKIE
 S4C TO YUEN YIN
 S4D CHAU CHING NAM
 S4D CHOW CHEUK YEE CARLIE
 S4D LOUIE HO CHING
 S4D YEUNG OI YING

S5C KONG YEE CHING
 S5D HO MAN TING
 S5D TSANG HEI YIU
 S4A NG KWAN YI
 S4B LAU ZI CHING GENNY
 S4C HUNG PUI CHING
 S4C LAM HAU KIU
 S4C LOU TSZ MIU
 S4D CHAN SIK YIN HAZEL
 S4D CHEUNG HEI YU SABRINA
 S4D LAU SUET YING
 S4D MOK CHEUK KI

Junior Prefects

Vice Head Prefects: S5D HO XIN LAM S5D KONG WING TUNG

S2A LEE CHING YI
 S2B WONG CHING TUNG
 S2C YUEN HOI CHING
 S3B CHOW YAN TUNG
 S3B NG WING NAM
 S3C LEUNG CHING
 S3C YIP CHEUK KIU
 S3C CHAN CUI YI CHERIE
 S4C YIP RING

S2B LEUNG NOK TING
 S2C FOK SZE WING
 S3A CHOW HO KIU ELLEN
 S3B CHAN LOK YIU
 S3B LAU KAR KEI
 S3C CHENG SZE HANG
 S3C NG NOK CHING
 S3C TSZNG LOK YIU CHARIS

S2B TSUI WAI SZE
 S2C CHENG PUI YIN
 S3B CHAN TSZ WAI
 S3B KAM PEONY MO CHEUK
 S3C CHEUNG HIU YAN
 S3C WONG LOK YI
 S3C POON YIK KA
 S3D HUANG SUM YAU

Head Prefects' Words

As head prefects of the Prefect Team in this academic year, we felt privileged by the responsibility entrusted to us. This year was never an easy one. Taking up the challenges posed by the post-COVID-19 pandemic measures and other adversities, the four of us, as leaders, have committed to upholding school discipline under the new measures, fostering friendly relations among our peers, and adapting to the unpredictable circumstances and hardships as they arise. We would like to express our genuine appreciation to our teachers and fellow schoolmates for their support and understanding, which has allowed us to carry out our duties more effectively and efficiently. We hope that the Prefect Team, in collaboration with our fellow schoolmates, can continue to cultivate a harmonious environment in the coming year.

Head and Vice Head Prefects

Tsz Kei, Wing Sze, Marsha, Kai Yan



GUIDANCE SECTION



Failure is often something that's frowned upon, but we don't have to be scared of it. Failure offers us something instant success never could — the opportunity to learn from mistakes. School assemblies, titled "**Failure Is the Seed of Growth**", were held by the Guidance Section. Years after the COVID-19 pandemic has emerged, we have suddenly been forced to adapt to the 'new normal'. The sudden need to navigate this "new normal" has compromised the mental health of many people. **Cognitive flexibility** is proposed as an adaptive quality during this period of upheaval. In those moments, when we are feeling stuck, worn out by the regular routine or caught in old habits and repetitive patterns, we can adapt our thinking and behavior in a way that will inspire us and boost our resilience and our chance at success. Young people are somewhat mentally flexible. With awareness and practice, students can become even better at it.

The Student Health Service of the Department of Health organized a sex education workshop named "友情與愛情" for S2 students.

Teen's Key—The Young Women Development Network was invited to conduct a prevention programme, "Workshop—Ideal Partner" for S3. This non-profit organisation works for those marginalized young girls in Hong Kong.

Other topics for S1 and S2 are as follows: **How to Say "NO"** (防止及處理性騷擾)、友或情、戀曲走了音



Peer Guidance

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

Wellness Program and Sex Education

Through the talk by **Hong Kong Guide Dogs Association** and the sharing by a guide dog user, we hope to enhance students' awareness of caring for animals as well as cultivate their positive values and attitudes, including empathy, love and care, inclusion etc.

- ① Guide dog user Joanne and her dog Ginny
- ② Workshop—"Ideal Partner"



INCLUSIVE EDUCATION SECTION

Support for Students with Special Educational Needs

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

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

12 students have been recruited to be our ambassadors this year. There are four S5, five S4 and one S3 students. Some of them have joined this program since last year. Here are some of the activities held this year:

- 香薰精油服務日
- Song Dedication：真 Buddy 樹窿點唱播放
- Mindful Sleeping：真 Comfort 鬆
- Instagram Posts



- ③ 香薰精油服務日
- ④ 真 Comfort 鬆
- ⑤ Instagram Posts

The above activities are led by the ambassadors in promoting mental health culture in the school. Through different activities, ambassadors learnt how to deal with their own emotions. These workshops helped them, and at the same time, allowed them to help their classmates.

b. Different Activities in Art Therapy

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

c. Parents Group

Through group activities such as role-playing and interactive sessions, parents can gain a perspective from their daughters' point of view and reflect on their own actions, understand the needs of their children with special educational needs and learn how to care for them. The parents' response has been very positive and proactive as they feel they have benefited greatly from the experience.

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CAREERS GUIDANCE TEAM

The Careers Guidance Team (the Team) plays a vital role in providing comprehensive life planning education (LPE) and careers guidance to our students. With a focus on helping students make informed study and career choices, the Team has implemented various initiatives throughout the year:

◆ Interactive Sharing Session:

In November 2022, the Team organized an interactive sharing session where alumnae from different cohorts shared their “life after graduation” experiences with Secondary 5-6 students. This session proved to be highly valuable as it provided current students with insights into the opportunities and challenges they may encounter in the workplace. It also fostered a strong sense of connection and mutual support among past and present students.

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◆ Collaboration with St. James' Settlement:

In collaboration with St. James' Settlement, the Team organized the Life Wide Learning Day—**Career Live** for our S5 students. This initiative aimed to provide students with hands-on work experiences in various fields such as health, e-sports, hotel and tourism, and fashion and marketing. The tasks assigned during the event were practical, educational, and inspiring, allowing students to gain a better understanding of different career paths.

◆ CAPALA & Equality Works Workshop:

To encourage career exploration, the Team partnered with CAPALA Limited to organize the “**CAPALA & Equality Works: Innovative Career Card Experience Workshop.**” This interactive workshop, held in April and May 2023, provided students with an opportunity to explore various career options using innovative career card experiences. It aimed to inspire students to reflect on their interests and establish clear career goals.

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- 1 CAPALA & Equality Works Workshop
- 2 TL Human Library—Experience Sharing after Graduation
- 3 S5 Life Wide Learning Day—Career Live

◆ **Student Careers Team:**

The Student Careers Team actively engaged students in career exploration through various activities. During lunchtime sessions, they conducted activities where S1 students guessed different occupations and learned about them. The **Careers Library** sessions featured videos about university life and personality requirements, followed by engaging activities to deepen students' understanding of different career paths. The highlight of the year was the **2023 Careers Week**, which focused on the movie industry. The week-long event included interactive games, a sharing session, and a dubbing workshop, providing students with practical insights into careers in the film industry.

◆ **Work Experience:**

Throughout the year, our school actively engaged in various internship programmes, providing students with valuable real-world experiences and establishing meaningful partnerships. Students participated in programmes such as the *Business-School Partnership Programme (BSPP) by the Education Bureau (EDB)*, the *HKGCC Business School Partnership Programme*, the *Youth Nursing Services Work Experience Programme*, the *RTHK Media Experience Programme*, and the *HKACMG Summer Career-Related Experience Scheme (SCRES)*. These internship programmes enriched students' learning journeys and expanded their understanding of various industries.

◆ **Student Nominations:**

Our students received notable nominations for admission to esteemed tertiary institutions. Two S6 students were nominated for the HKUST School of Engineering, three S6 students secured nominations through JUPAS, and one student earned a nomination for the HKAPA, showcasing their exceptional abilities. Additionally, the achievements of numerous students across different levels were recognized by the HKU Academy for the Talented. Notably, **S6A Lee Sum Hok's** exceptional sporting abilities were acknowledged with the Multi-faceted Excellence Scholarship. Moreover, **S6D Siu Ho Yuet's** nomination for the HKU Bachelor of Medicine and Bachelor of Surgery programme and **S6C Ip Cheuk Yau's** nomination for the HKU Pharmacy programme in SNDAS further demonstrate the remarkable accomplishments of our students.

- ④ Careers Library
- ⑤ Career Exploration Certificate Course on Physiotherapy Foundation
- ⑥ Company Visit @Zwei Development Limited





◆ **Career Exploration Certificate Course:**

The Career Exploration Certificate Course on Physiotherapy Foundation was successfully conducted for S4-5 students. This comprehensive course, comprising three lessons conducted over a span of 10 hours, introduced students to the field of physiotherapy, provided them with foundational knowledge, and helped them explore potential career paths in this rewarding profession.

The Careers Guidance Team and Student Careers Team have been proactive in providing guidance, organizing interactive sessions and workshops, facilitating work experiences, and supporting students in their career exploration and decision-making. These initiatives have equipped our students with valuable insights, practical experiences, and resources to make informed choices about their future paths.

CIVIC EDUCATION SECTION

Highlights

We take pride in the four teams of S4-S5 students who took part in the **Youth Impact Award 2.0 22-23** and were awarded the following prizes (with 274 teams in total participating):

	點子方案名稱 Name of the Social Innovation Project Proposal (CHI only)	隊伍名稱 Team Name (CHI only)	成員 Members
優異獎 Merit Award	校園 Farm to Table	等一等·假如世一	中四同學 S4 students
銅獎 (最後 22 強) Bronze Award (Last 22)	SENsor 劇本殺	SENsor	中四同學 S4 students
銅獎 (最後 22 強) Bronze Award (Last 22)	樂在耆中的音樂耆才	唔該碗白飯幫我添一 team	中五同學 S5 students
1. 最佳演繹獎 2. 公眾最喜愛隊伍 3. 金獎 (最後 4 強) Gold Award (Last 4)	請「您」穿上我的鞋計劃	ping ling pang lang 乒鈴嘩啱	中五同學 S5 students

- The award scheme is jointly organized by The Boys' and Girls' Clubs Association of Hong Kong and The D. H. Chen Foundation, which aims to empower young people to participate in building a better society. The students had undergone field study, workshops and received personal coaching from social innovation tutors before they finalized their project proposals.
- We take pride in four of our S3 students (Jade; Christy; Cherry and Natalie). Their social innovation project proposal: Let's Connect and Talk (講情話) has received the Bronze Award of the Youth Impact Award 2.0 (2021-22). The above social innovation service project has been successfully and fruitfully carried out between OCT 2022 and DEC 2022 in collaboration with S2 and S3 student volunteers, and in partnership with Bert James Young Elderly Centre, Kornhill, HK.



❶ Let's Connect and Talk (講情話) social innovation project

- We were privileged to be able to invite Mr. Justin LEE, the strategy manager of Teach For Hong Kong (TFHK) and Ms. Season LAI, an alumna of the TFHK programme and currently a programme officer for TFHK, to speak on the topic, "Social Innovation: our experience and challenges encountered", at the whole-school Civic Education Assembly held on 26th September 2022. Mr. LEE shared with students on the core values behind TFHK and the social innovation strategies, followed by Ms. LAI's sharing on her personal journey, experience and insights as an alumna of the TFHK programme.
- We are pleased and honoured to have organized online exchange activities with two of our Sister Schools in MAR 2023: Guangzhou True Light School (廣州市真光學校)(長堤) and RDFZ Xishan School (北京人大附中西山學校). The events were completed with inspiring and engaging exchanges between the students from both schools. Students shared about their school life; learning experience and common leisure activities, followed by a quality Q&A session which broadened their mutual understanding.

- Between OCT 2022 and APR 2023, around 30 Form 4 students had been participating in an event organised by the SideBySide (善導會) called "Beat Drugs@Mock Trial" (禁毒教育@模擬法庭), which is a mock trial competition focusing on drug education. Through the participation in the interactive mock trial competitions and educational programs, our students were given the chance of understanding justice and the rule of law through an experiential learning model. Our students gained victory in the finals of the competition after months of hard work and dedication in training, and were proudly awarded the 2nd Runner-up of the competition.



- 2 Teach For Hong Kong (TFHK) sharing on the topic of social innovation
- 3 Online exchange activity with Guangzhou True Light School (廣州市真光學校)(長堤)
- 4 Online exchange activity with RDFZ Xishan School (北京人大附中西山學校)
- 5 Beat Drugs@Mock Trial" (禁毒教育@模擬法庭)



- The Orbis Student Ambassador Campaign 2022-23 encourages young students to boldly take a step forward to become Orbis student leaders and help pave the bright future for the visually impaired around the world. The theme of the TL Orbis Student Ambassador Campaign 2022-23 was 'Shine All Way'. Our school won the Outstanding Fundraising Project Award and Social Media Influence Award 22-23 in this campaign. The student team successfully

raised HK\$9,251.7, and was invited to participate in the 'Overseas Mission Trip 2023' from 19th -25th August, 2023 in Bangladesh. Their creativity in designing the campaign and their commitment to helping the disadvantaged were fully displayed.

- The J Farm team had a great experience harvesting a variety of organic vegetables, including carrots, potatoes, chilies and beans from their rooftop farm. The team was happy to have a charity sale at the School Fun Fair on 6th May.

RELIGIOUS AFFAIRS

I.G. Story – The Story of Me and God



2022-23 was a year full of blessings as more and more students started their stories with God. In many religious activities, we experienced the presence of God being so real, just as what the Bible quote of the year tells us:

Indeed He is not far from any one of us, for 'In Him we live and move and have our being'. (Acts 17:27b-28a)



Evangelical Fortnight 2022: Dynamic Island

This year, students were invited to immerse in the love of God through a series of art and music experience. One of the highlights was the interactive experience, "Dynamic Island", held in the chapel, where students were encouraged to reflect on their inner selves and interact with God through letters, music, pictures, animations and prayers. Many students were touched by the love of God and some even broke into tears.

The climax of the Evangelical Fortnight was indeed the drama show on the last day. Our partnering organization, Life Kindling Creative Worship School, had brought along a powerful story and heart-touching sharing, together with beautiful worship music. Praise the Lord that over 100 students came to the stage to receive the love of God and had deep conversations with church volunteers afterwards.



- Experience God through Art
- Writing Letters to God



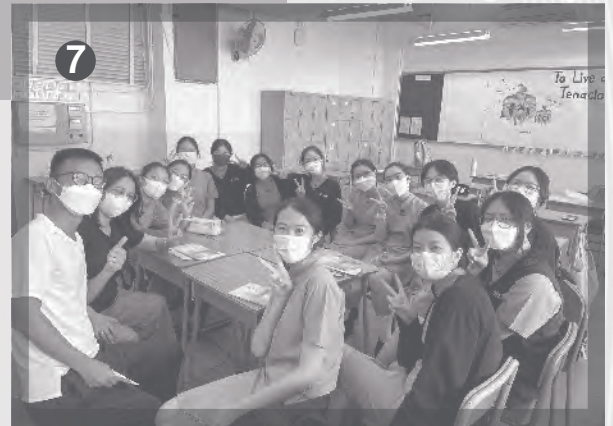
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Student Christian Fellowship: I.G. Storytellers

We are very proud of our girls, who have been faithful storytellers of the Gospel and invited their friends to join the fellowship. Our hearts are filled with joy as newcomers kept flowing in, soaring up to 150 participants!



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- ③ Students touched by God and prayed
- ④ Drama Show
- ⑤ Students came out to receive Christ
- ⑥ Student broke in tears of love
- ⑦ ⑧ Cell Groups





Campus Transformer Program: A New Chapter of Love

Over 30 students joined the Campus Transformer Program to become Christian leaders in the school to spread love and care on the campus with creative campaigns. One of the highlights is the brand new service for helping S3 students in subject selection. Campus Transformers arranged counters, counselling sessions and online forums for S3 students to seek advice from students of higher forms, providing both practical and spiritual support.

Students also participated in joint-school training sessions in person for the first time after Covid-19. They enjoyed the exchange with Campus Transformers of the other schools.

- ① 150 Fellowship Members
- ② Campus Transformer Team
- ③ Counselling Service for S3 students
- ④ Joint-School Training with Henrietta Secondary School



This year God has opened a new chapter on everyone's "I.G. Story" and we wish that all of us will continue to write this story with Him!

LANGUAGE ACROSS THE CURRICULUM (LAC) TEAM

This has been a particularly fruitful year for the LAC Team, especially in terms of strong collaborations across different departments.

We started off the year with two of our annual activities: *S1-S3 Spellbulary* tournament, introducing the freeware *Freerice*, an educational trivia game; and *Literature Circle @Tesseract* for all S1 students.

Our new *A Book A Year [ABAY]* saw us select the anthology *Good Night Stories for Rebel Girls: 100 Tales of Extraordinary Women* as our book for 2022-23, a collection of biographies on extraordinary women throughout history which provided inspiration and role models for our students.

To promote the themes in the book, we collaborated with the English department for the English Week this year, themed "Revere the Rebel Girls". Some of our activities included: a vending machine giving away biographies from different subjects related to Rebel Girls; activities for our junior students exploring different inspirational women (S1—Fashion Manifestos, S2—Quest to Empowerment, S3—Famous Failures); a collaboration with the art and cultural event *Art at True Light—Yayoi Kusama*, which exhibited

some of the artist's works. As a follow-up activity, we created a *TLMSHK Kusama's Fanpage* on Facebook and encouraged students to share their thoughts after visiting the exhibition.

A major new initiative this year was the *KLA Compendium*—a cross-curricular publication compiling materials contributed by teachers of various EMI subjects. For our inaugural edition, we focused on an audiobook format featuring biographies of rebel girls, in line with the book selected for *ABAY*. Our talented S1 to S4 students then helped bring these stories to life by recording the audiobook.

Working extensively with the Library, we rounded off the year with the activity *Join the Rebelution*, allowing students to test their understanding of the biographies in the audiobook. Finally, we incorporated the audiobook in our *Pre-S1 Get-Set-Go* programme.

We would like to thank all the departments and the Library for their contributions and collaborations which helped make this year's initiatives a success, and we are excited to build upon these foundations and expand collaborations even further.

READING PROMOTION TEAM

Reading Sharing by Principal Hui

This year's theme is "**Reading and Nature—Connections to the World**". Principal Hui loves reading and outings. She shared books, videos, and reading tips. She encouraged True Light students to read about nature and the world.

English Book Fair 2022

The Library Society designed an easy yet interactive game to attract more students to buy English books and engage in reading at the English Book Fair in November. The preparation and the activity were great experiences for the Library Society. Many committee members expressed that it was fun preparing for the game.





Reading Week 2023

The theme of this year's Reading Week was "Reading and Nature". On the first day, we started with a concert—**Listen to Nature**, in which we invited musicians to play music with clay flute and paddy flute.

On the second day, a **book fair and a booth of natural objects** were set up during lunchtime. Collectors brought nature objects, such as feathers, animal bones, leaves, seeds, etc., to share with the students. Books related to the topic were also displayed. After school, there was a campus tour—**Making Nature Friends**. The instructors led the students through True Light kindergarten, primary and secondary schools to discover animals, plants, and creatures around us, but they have yet to be discovered. For example, students found a bird's nest, a mimosa species, and a small plant growing inside a shell. The participants were amazed that there were so many friends of nature on our campus that we had not noticed.

On the third day, a **bookmark-making workshop** was held during lunchtime. All the students participated enthusiastically and made beautiful bookmarks.

The book fair lasted until the fourth day and ended on Parents' Day. Both students and parents bought their favourite books.

Reading across the Curriculum

The Aesthetic Department and Art Society collaborated to organize the Art in TL 2023 event,

exhibiting several authentic Yayoi Kusama works in the School Hall. To coincide with this grand event, the library displayed books related to Yayoi Kusama, including "Yayoi Kusama", "Yayoi Kusama Infinite Mirrors", and more, allowing students to understand Yayoi Kusama and her works better.

The library and Geography Department collaborated to organize an outdoor activity in Aberdeen Country Park in line with the "Reading and Nature" theme. The activity aimed to investigate and understand the ecological environment of Hong Kong. Through this field trip, students learned more about Hong Kong's ecology and became more aware of the importance of protecting the environment.

External Award— Quality Library Award 2023

The Quality Library Network (優質圖書館網絡) has awarded our library a prestigious prize! The award recognizes our library's outstanding collaborations with external bodies, as well as our internal departments and subject panels. We are incredibly proud of this achievement as it is a testament to the hard work and dedication of our entire team. We would like to thank everyone who has contributed to our success, and we look forward to continuing to provide top-quality resources and services to our school community.

① Reading Promotion Team—A visit to BeiBei Book House

①



TRUE LIGHT E-LEARNING

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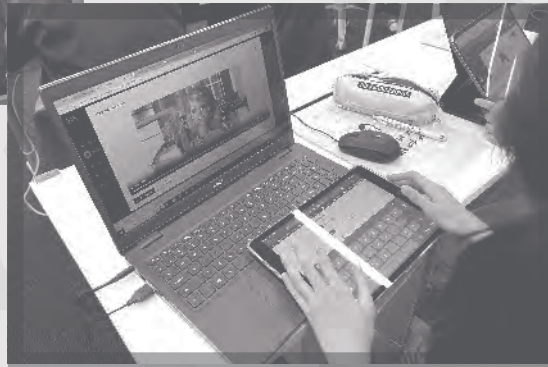


- 2 Mr Ha sharing blended learning at HKSCH Bishop Hall Secondary School
- 3 S1 student using Generative AI to create videos
- 4 Mr Ha sharing online learning at Apple Summer Academy
- 5 Mr Ha sharing in professional development programme at EdUHK
- 6 7 Mr Ha sharing teacher workload seminar at CUHK

MAR 2022



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AUG 2022



SEP 2022

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文：何樂怡 圖：黃永昌、空想者提供

己的能力和興趣。Erwin曾讀過大學微生學系的一...

應主動教學生數碼和資訊素養

Erwin記得在10年前iPad剛推出時，曾看到...

使用科技輔助教學應有原因

Erwin稱，STEM教育目的其實也與高中教育...



2

中一學生建構網上生活空間 香港真光中學藉VR技術實踐教學理念



香港真光中學資訊科技主任夏志雄老師...

網除讓學生參與其中，親手創建虛立構圖形...



夏Sir指，Metaverse概念在網上自行重現...

香港真光中學資訊科技主任夏志雄（夏Sir）上...

主職40多年經驗，夏Sir在訓練中一學生...



十一班中一兩層樓的網下課後生活空間...

配罷VR設備有限度 學習更專心

中一課程緊湊，老師要花多點時間設計課堂...

重視家長教育

學生和老師接受新科技用於學習後，如何令...

OCT 2022



3



4



5



- 1 2 Mr Ha sharing VR in education at SMART PARENTS
3 Mr Ha sharing blended learning at Concordia Lutheran School
4 5 Mr Huang using VR in History lesson





NOV
2022

JAN
2023

8



DEC
2022

10



9



- ⑥ S2 students sharing VR in education at Learning & Teaching Expo
- ⑦ S4 students write code for check in at Round Trip
- ⑧ Mr Ha sharing in Apple workshop at Learning & Teaching Expo
- ⑨ Mr Huang sharing VR in History in Learning & Teaching Expo
- ⑩ Mr Ha sharing VR in Maths in Learning & Teaching Expo
- ⑪ S2 students interviewed by SMART PARENTS on VR in learning



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- ① S2 students interviewed by SMART PARENTS on AI in education
- ② Mr Ha sharing AI in education at CUHK
- ③ Visit by teachers from Ma On Shan Tsung Tsin Secondary School on STEM education
- ④ S2 students got 1st runner up at 古今中華虛擬遊比賽
- ⑤ Mr Ha shaing ChatGPT in education at Lingnan Dr Chung Wing Kwong Memorial Secondary School



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MAR 2023

MAY 2023



2



APR 2023

4



3



EXTRA-CURRICULAR ACTIVITY TEAM

Aims and Objectives of ECA Team

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

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

Highlights of the Year:

1. Leadership Training

The leadership training programmes were organized from October to November. Stage 1 offers Leadership Training Day Camp, fostering self-awareness and interpersonal skills. Stage 2 is a compulsory practicum where students plan activities for S1 students. These programmes aim to enhance leadership skills and personal growth, empowering students to take ownership of their lives. By providing hands-on experiences and opportunities for collaboration, we believe these programmes will equip S4 students with the necessary skills to become effective leaders.





2. Community Engagement

a) 'Love Overflows'

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

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

b) Life-wide Learning Day

The activity aims to provide participants an opportunity to understand the situation and needs of the "emerging underprivileged groups" in Hong Kong. Secondly, it helps to raise awareness about these groups and the underlying causes of social problems, and inspire participants to take action and contribute to making a positive change.



The program included a range of activities centered on the theme of "conversations." Participants engaged in discussions exploring hurtful conversations, constructive conversations, and conversations that drive positive change. Simulation games were utilized to provide participants with firsthand experiences of the challenges faced by the "emerging underprivileged groups," fostering understanding of their needs and emotions.



3. Team Building

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



國文學會

本年度國文學會的活動主題是「天上人間—漫遊神話與古代民間」。在聚會中，我們從中華創世神話作起點，又分享有關男女兩性的傳說和習俗、介紹中國的神獸和神器，最後以「愛情、生死」兩個話題，認識有關中國的神話傳說。每次聚會，我們都結合知識和遊戲，務求讓會員從中既可汲取中國文化，同時又可以在課後時間輕鬆一下，寓學習於娛樂之中。今年我們亦舉辦了一次外出考察活動，一起前往天后廟、蓮花宮和火龍徑，了解一下當中的歷史及其背後的神話故事和習俗，期間我們更到維園暢玩定向追縱問答遊戲，大家也十分投入！

Science Society

The activities of Science Society aim at developing the scientific mind and boosting the curiosity of our members, fostering their appreciation of the beauty of science and increasing their exposure to the cutting edge of science and technology development.

To nurture and enlighten our members to become insightful and inquisitive science-thinkers, our S4 and S5 committee members designed different hands-on experiments and DIY activities for our members this year. Here are some of our highlights: Firstly, we prepared some science games for Round Trip 2022. Members designed some fun activities by applying the underlying principles of certain daily life phenomena. The whole preparation period including brainstorming,

investigating and designing stages were well attended and sparked engaging discussions among the members. Secondly, we held different interesting science activities including making Non-Newtonian fluid, water rockets, lava lamps and fake snow; studying the colour change of butterfly pea extract in different pH mediums; and mimicking the eruption of volcano in the laboratory. All of the activities could increase the interest of our members in learning science. Our members enjoyed the hands-on experimental experience very much.

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

History Society

History Society is committed to providing diverse ways for our members to explore histories beyond traditional approaches. Our aim this year is to develop an appreciation for history and, more importantly, to cherish local culture. Under the highlighted theme of the year, "Hong Kong Reminiscence," we have presented Hong Kong's local history to our members through meetings focused on different topics.

①



- ① 國文學會會員在維園進行定向追縱
- ② Members of Science Society enjoyed the science activities very much. The hands-on experiments conducted were not only fun, but also help students consolidate some important scientific concepts.



We screened a film called "Echoes of the Rainbow" to depict the lives of Hong Kong people during the 1960s and 1970s, allowing our members to empathize with the experiences of that time. In addition, we jointly organized an activity with the Library Society, featuring local traditional games, such as knitting rubber ropes, playing bean bags and board games. Through these activities, participants had the opportunity to learn about the various forms of entertainment that were popular in the past and how they shaped Hong Kong's cultural identity. Furthermore, we arranged a visit to the Ex-Sham Shui Po Service Reservoir, where our members expressed admiration for this rare Romanesque architecture constructed in Hong Kong over 100 years ago.

We would like to express our gratitude to our members who actively participated in the meetings and events as their contributions greatly enriched our shared exploration and celebration of Hong Kong's heritage.

Art Society

As the 2022-2023 term comes to a close, we can look back on the art activities that we have experienced.

Despite the challenges posed by the pandemic, we were still able to make the most of our afternoons by visiting Tai Kwun and M+ museum. These visits provided us with valuable opportunities to observe and learn from various art exhibits, helping us to deepen our understanding of different art forms.

One of the highlights of this year was "Art in True Light 2023@Yayoi Kusama". We set up a workshop and conducted guided tours to showcase the works of the renowned artist, Yayoi Kusama.

In addition to these events, we also explored different art mediums such as laser-cutting design and alcohol ink painting. These hands-on activities allowed us to express our creativity and develop our artistic skills, while also creating a sense of camaraderie within our group.

Overall, this year has been a fulfilling and enriching experience for Art Society. We look forward to continuing our exploration of the art world and bringing new and exciting opportunities for artistic expression to our members in the upcoming year.

中文辯論隊

因疫情緩和，今年開學後，辯論隊的練習開始回復正常。從一開始的網上訓練到現在的實體練習，使我們的實戰機會增加。為了彌補兩年疫情的損失，我隊堅持每周的訓練，並珍惜每一場比賽，希望能好好裝備自己，迎接未來的挑戰。今年，我隊參加了「第四屆全港中學學界辯論比賽」，並在首兩場比賽中獲得勝利。雖然未能再下一城，但隊員們有所成長，既能獲得實戰的經驗，提升不同的辯技，亦增進了團隊合作的精神。我隊希望來年能夠繼續秉承「辯出真光，論絕四方」的精神，迎難而上；更加期望隊員能夠保持對辯論的熱誠和追求真理的初心，愈戰愈強。



- ① Members of History Society join the guided tour to visit the Ex-Sham Shui Po Service Reservoir
- ② 中文辯論隊出戰比賽的陣容

Library Society

Library Society's Outings

On Dec 3rd, the Library Society and the Civic Education Association visited Bei Bei Bookhouse, a bookstore in Kam Tin. We enjoyed walking in the fields with the farmer, having homemade refreshments, and reading books on that beautiful day. Students felt calm and relaxed.

On Dec 10th, the Library Society visited Yim Tin Tsai in Sai Kung for a reading day. Participants formed three groups to read articles on different topics. The three reading themes were "Practising in front of the Stove", "Using Water Wisely", and "Solitude and Making Friends with Nature". This experiential learning deepened our understanding of the articles and nature and connected us to life experiences.

On March 16th and April 13th, we had the privilege of welcoming students and teachers from Elegantia College and Sha Tin Methodist College Library to our School Library. The exchange meeting was an exciting experience for all of us! We formed small groups and conducted a tour of our library. During group discussions, we had delightful conversations about literature, which allowed us to make new friends and broaden our perspectives. This was a worth opportunity for us to learn from each other. We hope to participate in more exchange programs like this one in the future.



③ Book fair of Library Society

④ True Light Girls' Invitational Mathematics Contest

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 31 members in our team.

This was the seventeenth year for the Math Team to hold the True Light Girls' Invitational Mathematics Contest. Forty secondary schools participated in the contest held on 12th November, 2022. Good responses were received from the participating schools.

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

Besides, the Math Team members were invited to participate in 8 inter-school Mathematics competitions, including International Competitions and Assessments for Schools (ICAS) (for S1 to S2), The Competition on the Mathematics of Information (for S4), Mathematics Book Report Competition for Secondary Schools 2022/2023 (for S1 to S3), Creative Infographic Design Competition on Applications of Mathematics for Primary and Secondary Schools (2022/23) (for S1 to S5), Hua Xia Cup (for S1), 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 4 distinctions, 17 credits, 7 merits, 2 honourable mention certificates, 1 silver award, 1 bronze award, 1 second class award and 3 third class awards.





Jazz Team

The Jazz Team members are mainly from S1 to S3. They participated actively in the lessons and were willing to practise some difficult steps by themselves at home or after school. Our dancing teacher is very encouraging and has a very good relationship with our students. During the lessons, they listened to some pop music to do some warm-up exercises at the beginning. Then the teacher taught students some new steps. They practised in small groups to get the teacher's feedback and did individual corrections. Finally, the teacher combined all the steps to create a dance with fantastic music for our students. They participated in the 59th Schools Dance Festival (Dance Competition) and achieved a Commended Award. Throughout the year, students practised regularly. Their dance skills have improved a lot and developed very good friendships.

Chess Club

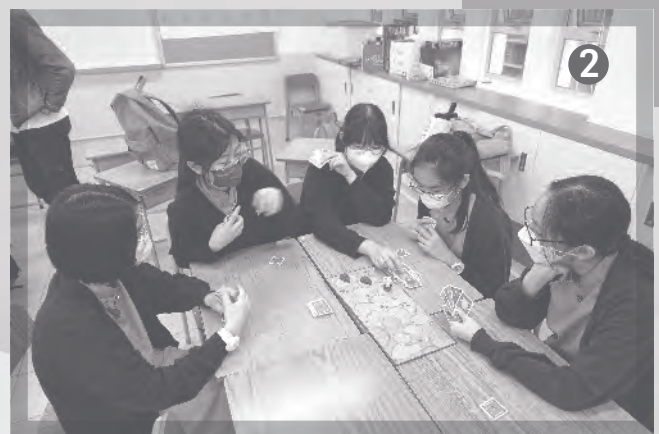
The Chess Club had a dynamic and engaging year in 2022-2023, with a variety of activities designed to entertain and inspire its members. The board game playing sessions provided a fun and relaxed environment for members to socialize and enjoy a range of classic and modern board games; for example, Dixit and Escape Room: The Game. The Chinese chess learning session was a fascinating opportunity for members to explore and learn more about Chinese chess, broadening their knowledge and understanding of chess while learning about Chinese culture. Apart from board games and chess, the internal chess competition was the highlight of the year, allowing members to compete against each other in a supportive and friendly atmosphere. Finally, the board game design workshop was a great way for members to exercise

their creativity and problem-solving skills, working together to design their own board games. Overall, the Chess Club's activities in 2022-2023 provided members with a range of exciting and rewarding opportunities to learn, grow, and have fun.

Red Cross

Under the controllable situations of Covid-19, we are deeply grateful that a myriad of face-to-face activities could be organised and proceed as scheduled. In order to achieve our goal which aims to enhance members' understanding towards empathy, several booths related to humanity and health were held throughout the year. For example, CPR workshops and game booths were held in the Round Trip for Primary 6 visitors. We promoted the importance of mental health and use of AED. Moreover, two service projects were arranged this year. Not only did our members take care of underprivileged children and children with SENs, but they were also spreading their love towards them, showing their empathy.

Besides, the Enrollment Ceremony for Secondary 3 to 4 members was held successfully. All enrolled members tried their best in drill practices and the drama performance while the remaining members put great effort in manpower and process management. Furthermore, our members made significant efforts and received satisfactory results in both first aid and nursing competitions as well as the drill inspection for new members. Friendship activities such as Christmas Party, BBQ in Shek O Beach were also held to deepen the friendship between members.



- ① Jazz Team
- ② Chess Club
- ③ The 50th Enrollment Ceremony & 53rd Anniversary of Red Cross
- ④ Group Photo of TrueVision, the TV Team

With a variety of activities held this year, it is pleasing and heartwarming to note that the sense of belonging of members has been fostered, keeping the spirit "teamwork makes the dream work" in their heart and putting it into their practice. As we move forward, we remain committed to expanding our reach, enhancing our resilience. Let us forge ahead together in creating more unforgettable memories, and making a lasting impact on those we serve.

TrueVision

"Good morning everyone! It's TrueVision live again!"

With the development and progress of the media, TrueVision keeps pace with the times by introducing an innovative live programme, enabling the Campus TV team to experience new production methods and content in the capacity as a content creator.

As the Campus TV of True Light, TrueVision does not only cultivate students' interests in filmmaking and video-making, but also provide opportunities to develop their creativity and potential. As a dynamic production team, our members experience various roles in production, use a range of equipment and software to produce different types of educational and informative programmes, thereby develop their interest and expertise, provide a direction for their future work, and promote connections between people through creation.

Apart from video production, TrueVision members assist in Hall Activities by managing audiovisual

equipment. Our team members work together with teachers, the Student Union and other ECA groups to assist the running of Hall Activities through controlling microphones, displays and stage lighting. Students can have access to various professional equipment otherwise inaccessible to students when trying to run an auditorium event.

This year, in order to let students have a deeper understanding of professional filming production, TrueVision worked with a film company by participating in the shooting of the film, "The Wonder", directed and produced by Chen Guo. The experience enabled students to feel the joy of filming.

Such success of TrueVision is inseparable from the active participation, love and support of all members, alumnae, and teacher advisors of the TV team. These driving forces will definitely make us continue to work hard and do better.

Girl Guides

The Girl Guides (97th Island Company)

**Campfire's burning, campfire's burning;
Draw nearer, draw nearer.....**

This year, we were glad to organize the joint school campfire activity with Queen's College with more than 100 participants from different patrols. Friends were made, unique experiences for campfire members were created and appreciations were received. There was laughter, joy and happiness the whole night.





To echo the theme "Our World, Our Peaceful Future" of the World Thinking Day, a flower arrangement workshop and a heart shakers-making workshop were conducted. Two young entrepreneurs were invited to be our instructors and taught our girls how to design and create a special piece of artwork for themselves and others. In these activities, we also learnt to link up human beings with the world and learnt how to work together with nature in order to build a better and more secure future for other people through love.

English Debate Team

Although we have almost reached the pandemic's end, most debate competitions and preparation meetings were still held on Zoom this year. The team participated in numerous competitions, namely Hong Kong Secondary Schools Debating Competition, Sing Tao Inter-School Debating Competition and HKS English Debating League Competition. Appreciation must be shown to our debaters who spent tremendous effort preparing for the competition.

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Our participation in the Sing Tao Inter-School Debating Competition remained active. Our captain, Sharon Ho from 5D, won the Best Debater Award in both the first and the second preliminary. Sharon also received the Best Interrogative Debater Award in the first preliminary. Congratulations!

The team shall continue to tackle our challenges with a relentless drive towards excellence.

English Drama Group

As we endured the difficult moments during Covid and finally prepared ourselves to shake off the pandemic rust, year 2022-23 was a rather special year for the English Drama Group. We did not have a lot of face-to-face activities but instead we have had ample experience with a new type of drama — the Zoom drama, which allowed students to put on a drama performance using online conference platforms. Such a new mode of drama encouraged our actresses to focus specifically on voice manipulation and facial expression. It was quite challenging to have great teamwork during online performances and deal with technical difficulties while the show must go on. We still tried our best to conduct face-to-face workshops and drama games whenever we could on the use of voices, lines delivery, story development, facial expression and body language. Hopefully, sure we can see the bright spotlight at the end of this dark pandemic tunnel and get our live performances back next year.



English Centre (Tesseract)

Tesseract held many exciting activities this year. The annual Inter-class Spellbulary Tournament returned so S1 to S3 students got a chance to experience this fun event. In December, we held a "Festivals around the World" trivia in the hall. Students got to watch short skits performed by Language Prefects and members from the Drama Club and answered questions.

The Young Journalist Academy was introduced this school year. This is a wonderful new program for students who are budding writers that are interested in learning the craft of becoming a news journalist. This year's theme was "Introducing a post-pandemic Hong Kong". Students visited and explored different local attractions and learnt special writing techniques to introduce those places. We look forward to exploring new places with a new theme next year.

We kicked off English Week with students writing their thoughts about the Kusama Art Exhibition on True Light's own Kusama Fan Page. Students from S1 to S3 also engaged in various activities under

4



- ① Our World, Our Peaceful Future
- ② Team photo of English Debate Team
- ③ Students were all very happy with their first online drama performance.
- ④ S1 students using environmentally friendly materials in their fashion show
- ⑤ "Crystal Cookies": Members of Home Economics Society enjoying cooking practices organized by the committee

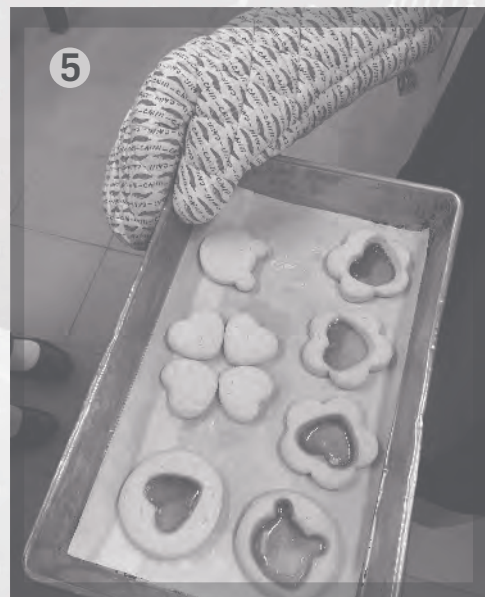
the theme of "Revere the Rebel Girls". S1 students were inspired by the Yayoi Kusama's art so they created a no-barrier fashion show titled, "Fashion Manifesto". The first part of their Fashion Manifesto includes slogans that includes stereotypes about women. For the second part, they will transform all the negative slogans into positive and empowering messages about women. They also used recycled materials to make their pieces. S2 embarked on a "Quest to Empowerment" where participants went on a scavenger hunt competition learning about famous women and their achievements. S3 students got to play dress up in their "Famous Failures" rebel girls showcase.

It has been such a fruitful year with new experiences and we are extremely excited for what's ahead in the coming year.

Home Economics Society

There were eight meetings for the members to have cookery workshops this year. Most of them were organized by the committee members. They were eager to share cooking experience and delicious food with others. Members enjoyed cooking practices organized by the committee and gained more knowledge and tips about cooking. They had more chances to develop their creativity in making desserts, and treasured the happy moments they had during the activities.

5





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, 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, 45 awards have been achieved by our members:

Award & Certificate	Number
Green Bird Badge	84



2



Community Youth Club

Our school's Community Youth Club aims to provide students with service opportunities outside the school curriculum to enhance their sense of civic responsibility. Through working with other civic groups in serving the community, CYC members can experience personally the work of these institutions and learn to be a caring person with a passion for active participation in community affairs. This year, our Community Youth Club achieved the Bronze Award in the "Wan Chai District Theme-based Competition – Community Service".

Throughout the academic year, CYC has organised an array of social service programmes, such as visiting the singleton elderly, natural cleaner production workshop and handicraft making service for Lamma Island children. These activities cover various service targets, which help enhance the communication skills and broaden the horizons of our members.

Apart from those mentioned above, CYC has held the general meeting three times during the year. Through showing some thought-provoking videos and the campus cleaning activities, our members' awareness towards the community has been enhanced.

- ① «AYP» 2022-23 Participants of Bronze and Silver Award Levels: 24 and 9 students are still currently taking part to fulfill the requirements and complete the Bronze and Silver award levels respectively. Although their opportunities for excursions were limited by the Covid-19 pandemic last year, students are determined to meet all the requirements and earn the awards later this year.
- ② «CYC» handicraft making service for Lamma Island children

Music Department

We are delighted to share the remarkable accomplishments of our music teams this year. Their dedication and talents have led to outstanding results in various competitions and performances.

The School Choir's performance during the Christmas Service was truly captivating. With their exceptional musical abilities, they presented a delightful medley of beloved Christmas tunes, filling the air with joy and creating a festive ambiance. Their rendition of "The Lord Bless You and Keep You" touched the hearts of the audience with heartfelt blessings. At the February prize-giving ceremony, the choir celebrated their peers' achievements by singing a lively Hebrew dance song, "Dodi Li," conveying warm wishes and congratulations to the deserving award recipients. Their rendition of "Why We Sing" at the 88th Thanksgiving Service left a lasting impression on all, making it an unforgettable and meaningful event. The School Choir secured a silver award in

the Secondary School Choir Competition organized by the Joint School Music Association (JSMA).

The Chamber Music Group, consisting of 11 members, also left their mark on the S1 Form Association Inauguration and Thanksgiving Service. Their performances of "Pirates of the Caribbean" and "Be Our Guest" were truly remarkable, showcasing their enthusiasm, dedication and musical prowess.

Our Percussion Team and Handchime Team unleashed their talents during the Round Trip performance. They achieved remarkable success, winning the prestigious Gold Award in the Secondary School Ensemble (Percussion) Competition and (Handbell and Handchime) Competition organized by the JSMA. Furthermore, the handchime trial class in the Pre-S1 Summer School received positive feedback from participating students.

3





STEAM Team

The STEAM Team for the 2022-23 academic year consisted of 48 students, with 18 from junior levels and 30 from senior levels. We were also supported by 4 alumnae consultants from The Hong Kong University of Science and Technology. Throughout the year, we engaged in a variety of workshops and activities.

In November 2022 and March 2023, we participated in the Girls Aviation Workshop and the IoT Touchless Lift activity respectively. In March, we organized the "Micro:bit Rocket Car STEAM for All" workshop as part of the S2 Life-wide Learning Day. In April 2023, we joined the New Industrialization Experiential Day and conducted the Girls4Girls Python Coding Explorer Program for S2 students.

In May 2023, we took part in the bEinspired program, which offered students a taste of work as an engineer. We also conducted a Robotic Automation workshop featuring a Robotic Arm. In June 2023, we held the "Micro:bit Rocket Car STEAM for All" workshop and conducted the STEAM Project Homemade "Vacuum Cleaner" for all S1 students. In July 2023, we joined the CareerXplorer Summer Adventure Program.

The team collaborated with external organizations, including the Vocational Training Council, Hong Kong Association for Computer Education (HKACE), and Jennifer Yu Cheng Girls Impact Foundation. We also participated in various services and programs, such as the Girls STEM Scheme, the Sharing Girls Metaverse Hackathon, the InnoTech Expo, LEGO Spike Prime Robotic Coding Courses, the EdUHK AI Literacy Programme, and tasting courses in Robotic Coding and VR/AR Technology.

In terms of competitions, we participated in the Social Innovation Community 4.0 Competition 5th Cohort, receiving the Most Cohesive School Award and the Public's Favorite Award. We also excelled in the FIRST(R) LEGO(R) League - Challenge Group, earning 3 First Class awards.

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



- ① Girls Aviation Workshop
- ② FIRST(R) LEGO(R) League Challenge
- ③ Social Innovation Community 4.0 Competition

2022-2023 Outstanding Service Award Name List (35 students)

Class	Student Name	Club	Role
S4D	LEUNG YI SUM	Art Society	Committee Member
S5B	JIN CHEUK LUN	Art Society	Committee Member
S5D	CHAN YUET WAH	Art Society	Committee Member
S5D	WONG TING YUK	Athletics Team	Captain
S5C	CHAN TSZ YAU	Basketball Team	Captain
S5C	KONG YEE CHING	Careers Team	Vice Chairlady
S5C	SHAO WING SZE	Careers Team	Chairlady
S5C	NG HOK YAN PRISCILLA	CYC	Chairlady
S5D	HO XIN LAM	English Debate Team	Chairlady
S5C	LEUNG KA CHING	Girl Guides	Captain
S2B	LAI WING LAM	Handchime Team	Member
S2D	KO HEI KIU HILARY	Handchime Team	Member
S3C	NG NOK CHING	Junior School Choir	Member
S3C	TSANG LOK YIU CHARIS	Junior School Choir	Member
S3C	WONG LOK YI	Junior School Choir	Member
S3C	YIP CHEUK KIU	Junior School Choir	Member
S4A	CHAN CHEUK YUE	Junior School Choir	Member
S4D	CHAU CHING NAM	Junior School Choir	Member
S4D	MOK CHEUK KI	Junior School Choir	Member
S5C	CHEUNG SUM WO	Library Society	Chairlady
S5D	LO KA YIN	Library Society	Group Leader
S5D	NG KELLY	Math Team	Member
S3B	CHEUNG YUET HEI	Percussion Team	Member
S3B	LEE NAP YI	Percussion Team	Member
S3B	LEUNG SEE YAN NATASHA	Percussion Team	Member
S4C	CHAN CHING YIU	Red Cross	Senior Section Leader
S4D	CHAN WAI YEE	Red Cross	Senior Section Leader
S4D	FUNG YUET KIU CARON	Red Cross	Senior Section Leader
S5C	CHIANG YUEN SHAN	Red Cross	Head Section Leader
S4A	YUNG PUI KEI VICKY	School Worship Team	Member
S5C	TSANG KAM YAN	School Worship Team	Member
S5C	CHEUNG HEI LEE HAILEY	STEAM Team	Chairlady
S5D	CHAN YUET WAH	STEAM Team	Member
S5C	TSANG KAM YAN	Student Christian Fellowship	Chairlady
S4A	WONG LOK YIU	TrueVision	Chairlady

STUDENT UNION



Student
union True
Light





A. The Executive Committee Members of Student Union



Student
union True
Light

- | | |
|------------------------------------|-------------------------|
| President of Student Union 學生會會長 : | S5D Chan On Lam Annum |
| External Vice President 外務副會長 : | S5D Tang Hoi Yiu |
| Internal Vice President 內務副會長 : | S5D Chow Yan Lui |
| Secretary 文書 : | S3C Ng Nok Ching |
| | S3A Chow Ho Kiu Ellen |
| Treasurer 財政 : | S3B Chan Tsz Wai |
| Academic Affairs Officer 學藝 : | S5D Chan Wing Hei Chloe |
| | S4C Yiu Lok Hei |
| General Affairs Officer 總務 : | S3C Poon Yik Ka |
| Public Relations Officer 聯誼 : | S4A Wong Yat Ting |
| | S4B Ma Cho Kiu |

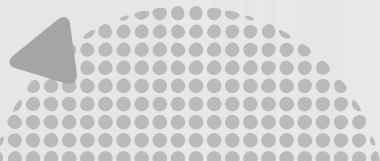


B. The Events of Student Union

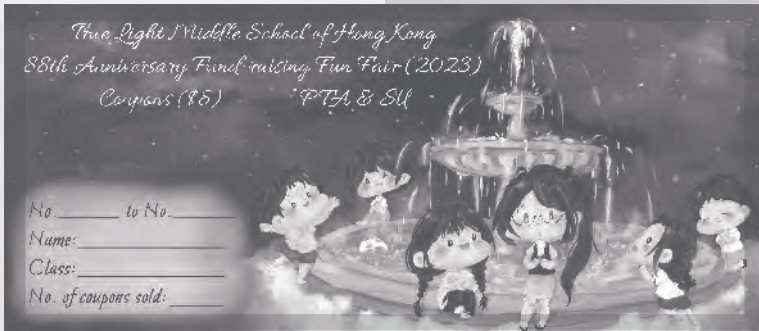
In October 2022, the Student Union Election took place, introducing candidates through promotional videos, posters, and online forums. The 75th SU committee members officially assumed their positions during the Student Union Inauguration.

Throughout the latter half of 2022, several noteworthy events unfolded. A screening of "To My Nineteen-Year-Old Self" was followed by an insightful talk with director Mabel Cheung, providing students with a valuable experience. The Christmas Casual Wear Sticker Design Competition showcased the artistic talents of our students. December brought lively Christmas celebrations, including classroom festivities, a captivating variety show featuring teachers' performances, and a special appearance by Jaime Cheung. The month concluded with the highly anticipated Dancing Night and Variety Show, showcasing the talents of our students.

In February 2023, the Coupon Book Design Competition set the stage for the upcoming School Anniversary in May. March 2023 witnessed the exhilarating "Cheerleading" and "Queen of Morale" Competitions on Sports Day, uplifting the spirits of our athletes and providing support to students from different forms. Additionally, a Stationery Sale in March offered affordable supplies to our students. In April 2023, class photo-taking



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and a heartfelt Instagram post encouraged our S6 students as they prepared for their DSE exams. In July 2023, a Second-hand Textbook Sale provided senior students and old girls with the opportunity to sell their textbooks. Furthermore, the Student Union released their publication for the 2021-2022 academic year, Lighthouse VOL.34, beautifully capturing the essence of Nostalgic Hong Kong.

4



Overall, the SU 2022-23 academic year was replete with engaging activities, inspiring events, and a strong sense of school spirit. The Student Union successfully fostered a vibrant and supportive environment for our students, leaving a lasting impact on the True Light community.

6



5



7



- 1 2 Variety Show
- 3 Coupon Book Design Competition's Winner: S5D Chan Yuet Wah
- 4 5 6 7 Cheerleading and the "Queen of Morale" Competition on Sports Day



C. Words from the President of Student Union, *Chan On Lam Annum*

"Student Union, Strive for you, Work with you"—this motto has been consistently expressed by our Student Union committee members during every promotional event and announcement. It struck me that I first encountered this motto five years ago, during the inauguration speech of the former president. Two years later, I made the decision to join the committee, and now I have a deeper understanding of the meaning behind the motto.

As I assume the position of president, equipped with the knowledge and experience gained over the past two years, I have come to realize that I bear a profound sense of responsibility in serving both my fellow schoolmates and my school. I am accountable to my schoolmates for enhancing their overall campus experience and representing their interests by giving advice to the school administration. Additionally, I hold the responsibility of leading the other ten committee members, ensuring the successful execution of each activity and passing on the valuable lessons I have learned from my predecessors to the younger members of the committee. While the new committee members may lack experience in organizing events, they have showcased their unwavering determination, intellect, and reliability. They have demonstrated their passion for leading the 75th theme, collectively crafted by our team, known as "Estrellence." This theme combines the Spanish word "Estrella," meaning stars, with the Norwegian word "Elleve," signifying eleven. It symbolizes that the eleven committee member will utilize their unique abilities to provide the best possible service to our schoolmates at True Light. I would

like to express my heartfelt gratitude and admiration to my fellow committee members for their tireless efforts over the years. Ensuring the smooth operation of the Student Union is undeniably a team effort, and every committee member is indispensable to its success.

In recent years, we have faced the challenging circumstances of COVID-19 outbreaks. Fortunately, this year has brought a return to normalcy, allowing us the opportunity to once again organize most of our traditional events. This has brought immense joy to me and my fellow committee members. Despite the difficulties we encountered, we are grateful for the chance to revive the spirit of True Light during our 88th School Anniversary and be reignited with enthusiasm on our campus. It was amazing to witness the crowds of visitors on the Anniversary Day, enjoying all the game stalls and activities we had prepared. We have come to realize that such opportunities are valuable, and it is crucial for us to appreciate them in our school life.

Finally, I would like to express my gratitude to our school principal, Miss Hui, teachers, and fellow students for the support and guidance they have provided throughout the years. As my term as the president draws to a close, it is now time to pass on the "Light" to the upcoming generation. I extend my best wishes to the 76th Student Union of our school and encourage everyone to continue supporting their endeavors.

Student Union, Strive for you, Work with you, Thank you.

中一級 開社

中一級薊圃社幹事

社長



S1A 陳柏頤

副社長



S1B 梁曉恩

文書



S1C 許孜妍

學藝



S1B 邱曉晴

學藝



S1C 王雅穎

德育



S1A 劉紫柔

康樂



S1A 梁靖彤

康樂



S1B 陸紫晴

I.T.



S1C 駱曼晴

總務



S1B 黎芷殷

總務



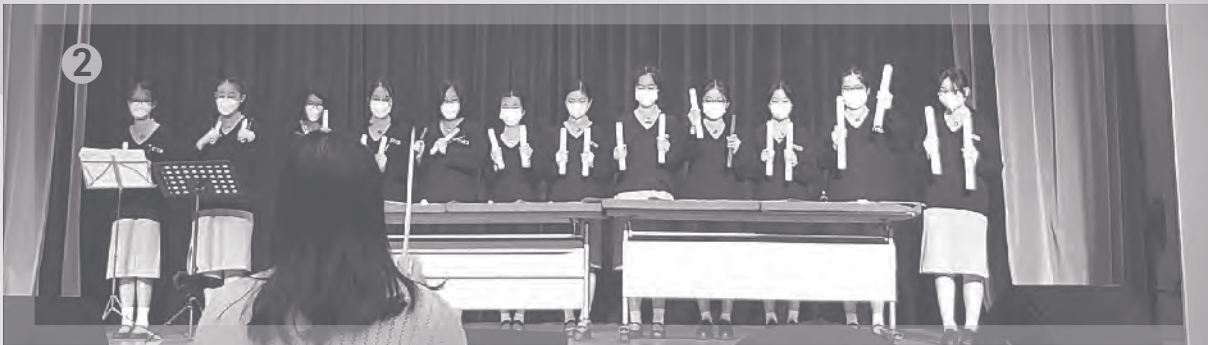
S1D 張巧若



開社活動花絮



- 1 蘅圃社的社長、副社長及德育陪同許校長主持開社典禮
- 2 手搖鈴隊演奏《You Are My All in All》
- 3 室樂組同學演奏《加勒比海盜》主題曲
- 4 精彩的爵士舞表演





徵文比賽優勝作品

Champion

Life in Form One

S1D Lui Kwan Yee Cythnia

In the circular fountain, the water goes “splash”.
 And around the running track, we can dash.
 Across the basketball court, I jump at a high speed.
 There are many, many books in the library to read.
 Everywhere I go at school, I can have fun,
 Enjoying my life in Form One.

More challenging subjects for us to learn,
 Which sometimes fill me up with concern.
 More and more homework flows like the Nile River,
 But music and art still make me joyfully smile.
 I feel so relieved when my work is done,
 During my life in Form One.

Lots of new people I have been able to meet.
 However, friendship might be bitter or sweet.
 Luckily I have a couple of friends who are true,
 And we always stick together like glue.
 We play under the shimmering sun,
 Treasuring our lives in Form One.

At our Christmas party, we were visited by a star.
 And during our hiking trip, we traveled so far.
 Although the exams were hard, I will always remember,
 How I revised, and revised all through December.
 My secondary school journey has just begun,
 Starting with my life in Form One.





1st Runner-up

My S1 School Life at True Light

S1A Wong Hau Ching, Anna

True Light, True Light,
My S1 school life at True Light.
Why do we have so many activities?
Well thanks to our various facilities.
We have a library, a swimming pool, and much more,
But I still like the water fountain to the core!
There are fishes, some gold, some red, We feed them with the canteen's bread!

True Light, True Light, my S1 school life at True Light.
Let's have a talk about the teachers,
They are passionate leaders.
Miss Tian taught me generosity; Miss Amy taught me curiosity;
And Miss Woo taught me biodiversity!
They are like lamps guiding me through the night,
I thank them for teaching me the right.

True Light, True Light, my S1 school life at True Light.
I've embraced a new friendship,
We have a jolly relationship.
Annie is humorous, Yana is sweet,
And Charmaine loves to eat!
They are like a zone for me to be comfortable in,
They are my home and just like my kin.

True Light, True Light, my S1 school life at True Light.
Recalling the unforgettable Christmas party's ball,
As the S1 students leave their seats of them all.
We gather up together in a circle to start the dance,
We were all holding on to each other in a night of starry.
It was so full of harmony quite bluntly,
At that moment, I knew True Light was like family.

冠軍

我在真光有幸遇上她

S1D 陳巧翹

在很多人眼中，一位嚴肅、鐵面無私的老師就是一位好、傳統的老師，並認為這是「苛刻的愛」。但我認為這樣學習是不會愉快的，正好，我在這年遇到一位風趣幽默、善解人意、不死板，還有很多優點的老師，而這位我在真光有幸遇上的人就是地理科老師——徐老師。

徐老師的眼睛炯炯有神、散發出一種說不出的活力和精神，臉形圓圓的，配上她慈祥的笑容，就是一副溫柔、風趣幽默、平易近人的樣子。

中學的學科比小學多很多，也有些是全新的，所以很多人難免都會對某些科目感到陌生、困難，我也不例外，而我的「敵人」就是地理科。學期初時，我非常大意，不但經常欠帶地理功課，更是默書不合格名單上的常客，在別人眼中就是一個無藥可救的地理「學渣」，我自己也慢慢開始質疑自己的能力，但在我經歷這個人生小低谷時，在黑暗中出現了一盞明

燈，而這線光就是徐老師。徐老師不但沒有因為我地理成績不好、經常欠功課而嫌棄，放棄我，她反而更加積極地輔導我，她會主動邀請我有不明白的地方放學後找她，還說其實遇到什麼關於課題的困難都可以找她，而且，她對我說：「不用灰心，每個人都有他的長處和短處，我相信你繼續努力的話，一定可以有進步的！」。徐老師她在我遇到困難時毫不躊躇、積極地幫助我、鼓勵我，並向我伸出援手，讓我有一種被雪中送炭的感覺，流下感動的眼淚……我很慶幸我能遇上她。

另外，徐老師會盡她所能去讓課堂更加有趣、生動，她會說一些關於課程的冷知識或笑話給我們聽，逗得我們捧腹大笑，又會在課堂上進行一些討論活動，有時還會專程、花心血地去找一些關於課程的動畫，她與我們在課堂上進行的有趣活動多不勝數。正因為這樣我們全班每天都會非常期待上她的地理科，我們和徐老師就像朋

友一樣，我們與她相處得非常愉快、融洽，我們有時還會因為太興奮和得意忘形而太過嘈吵呢！徐老師讓課堂變得有趣，花盡心思讓我們可以享受學習的樂趣，她讓我對上課沉悶、無趣的形象改觀，並增加了我對這一科的興趣，我認為我能有一個這麼用心、有趣的老師實在是三生有幸。

徐老師在我感到迷惘、無助時幫助我，使我從中獲得動力、令我走出低谷、也令我感動，她令課堂有趣，使我真的想學習並樂在其中，她是我的好榜樣，我應該向她學習，多鼓勵、幫助別人。她在我連我自己都不相信自己、想放棄時，她選擇了相信我，使我得到了鼓勵。我最慶幸、感到幸福的是我在踏上中學階段，對地理這個科目感到陌生、迷惘，是一隻「迷途羔羊」時，徐老師就彷彿「耶穌」、「牧羊人」般帶領着我、引領我、扶持我。這就是為什麼徐老師是我在真光裏最有幸遇上的人。

亞軍

我在真光有幸遇上她

S1A 陳柏頤

朋友，是人生最美麗的相遇。在我短短幾個月的中學生涯中，我認識了許多同學。古語有云：「相識滿天下，知心能幾人。」不過我十分有幸在真光遇到我的好知己。她是誰呢？她是一位時時刻刻都關愛着別人的人——雅雯同學。

大約在去年的十一月中，我要在家中隔離，後來更是患上了新冠肺炎。兩星期後，當我回校時，雅雯同學便來到我班上找我，慰問我的身體狀況及在網上的學習情況。我告訴她我有一些新冠後遺症，有時會感到不適。一般人聽到這裏都會對我避而遠之，可是她不但沒嫌棄我，還搭着我的肩膀說：「你真的沒事嗎？如果不舒服要說出來啊！」說完，她臉上浮現了擔憂的神情。那一瞬間我十分感動，因為其他同學的慰問是出於怕被傳染，只有雅雯同學是出於關心。

在一次團契聚會中，我意外擦傷了

腿，隨即有鮮血從傷口流出。其他同學投入活動，只有細心的雅雯同學發現我受了傷。她迅速地從書包拿出一塊膠布，然後小心地幫我貼上，擔心地看着我的傷口，並關心道：「你沒事吧？傷口痛嗎？」我搖了搖頭示意沒事，她才放下心頭大石，鬆了口氣，恢復了以往的神情。其實在她替我處理傷口並慰問我的時候，我早已感動得熱淚盈眶，心中情不自禁地吶喊：她果真是一位天使啊！時時刻刻都關愛着我。在我內心深處，有一股濃濃的謝意油然而生。

在上次的普通話聆聽考試中，我的表現不佳，險些不合格，因此情緒十分低落。小息時，我坐在座位上悶悶不樂。當雅雯同學經過我教室看到我時，便宛如風一般飛快地跑到我身旁，着急地詢問我：「你怎麼看起來這麼傷心？是不是成績未如理想？」我心裏一驚：她怎麼會知道？難道她有超能力？隨後我反應過來，苦笑一

聲，強顏歡笑道：「真不愧是你啊，真了解我……」說完，她突然上前一步抱住了我，安慰我說：「你不用裝作若無其事，不开心可以跟我說，來讓我做你的『樹洞』吧！」聽完她這些話，我再次感動得不能言喻，心裏有許多感激的話，卻不知怎的都卡在喉嚨裏說不出來。

正所謂「有緣千里來相會，無緣對面不相逢。」世界上有這麼多人，能在真光遇上雅雯同學屬實是千載難逢、三生有幸。我既欣賞她那顆關愛之心，又感激她對我真誠的關懷，能擁有這麼一位關愛我的同學是我的福氣。雅雯同學使我明白到真誠的關懷是「治療」別人的最佳良藥。又正所謂「近朱者赤」感恩在和雅雯同學相處的日子裏，我漸漸被感染成為一個懂得嘗試關愛別人的人。至於那些卡在喉嚨裏說不出的感激，我必定會在日後相處的日子慢慢地展現出來。



中六 級夕

中六級級職員

社長： 施琬嘉

副社長： 蔡雪攸

級社職員： 林靜彤、蕭可悅、袁焯寧、陳心美、陳芯蕎、黃靖然

1 枕投大戰



社長級夕致辭

校長、各位老師、各位同學：

大家好，我是 2023 年度中六級晨暉社社長施琬嘉。我好榮幸可以在級夕的日子代表中六級同學發表感言。六年的歲月，聽起來是那麼漫長，當面對離別時又覺得那麼的短暫。還記得以前初中的時候，我們經常都憧憬著高中的生活，幻想著自己與同班同學一起為 doremi 奮鬥贏取盾牌、在校慶遊戲檔中做票后、又在運動會中贏取氣后，但是以上的「願望清單」卻因為疫情的關係而不能一一實現，對我們而言既是遺憾，又是惋惜的地方。雖然

高中三年間我們不斷斷續停課、復課，但好感恩的是在最後一年大家可以正常上學，唔需要再隔著個屏幕好孤獨的上課而係有同學坐在身邊陪伴著彼此度過辛苦又忙碌的日子。

高中三年，我們這一屆經歷了不同科任老師和班主任的轉換，當中有不捨和憂慮。但同時亦都好感激一直陪伴著我們走到最後的老師支持我們。雖然我們有時很調皮、上課不專心、又或者未夠認真讀書，但你們都沒有放棄我們，就像父母在身邊鼓勵我們、不厭其煩解答我們的疑問，又會

請我們食零食布丁，準備暖包、蒸氣眼罩等等，讓我們覺得被疼愛、被關懷的。曾經有位老師形容我們是「羊」，給人的印象是較被動的，需要老師的帶領。平日上課或需要發表意見的時候，我們每次都是等待身邊的同學發言才會作出回應，又回者毫無想法，隨波逐流，但好感激老師們每次都耐心地引導我們，在身邊激勵我們。

很多人都說中學的友誼最可貴、中學好友往往都是影響我們最深遠的人。從小到大，大家可能都擁有過不同的圈子，同不同人相

處、互相嬉鬧。但到最後大家都會發現中學時所認識的朋友是會一直在自己身邊陪伴著。可能是因為中學時期大概是一生之中一個重要的里程碑，我們由一個乳臭未乾的小孩長大成為一個成年人，在六年間大部分時間都係由身邊的朋友陪自己度過。我們擁有數之不盡嘅共同經歷，例如上課傾八掛，為考試失利而痛哭，討論放學後去那裏玩，為公開試奮鬥到底。還記得在自修室溫書準備公開試的日子，大家的身心靈十分疲乏，但每張紙條上的鼓勵，每一聲的「加油」，都會讓大家明白身邊還有一班戰友一起「打大佬」並不是孤身一人。大

家一起互相勉勵、扶持，共同度過艱難的時候，成為彼此之間的堅強後盾。縱使我們快要離開真光，大家不會再常常黏在一起，但這些回憶永遠都會被記在心中。所以希望同學這一刻與身旁的同學說聲「辛苦晒」，擁抱大家，多謝你們在這六年間一起拼搏，正所謂「天下沒有不散的筵席」，畢業不是一個結束，而是一新旅途的開始。

在此我想代表我級同學多謝曾經幫助過我們的所有人，因為有你們才有今天的晨暉社。

再一多謝校長、各位老師以及同

學們出席我們晨暉社的級夕，希望大家細心欣賞接下來的表演，我亦在此祝福中六級同學在以後漫長人生旅程中找到自己的方向，抱住熱誠向目標前進，正如今年級主題「結伴同行 突破自我」，即使未來充滿變數，但要相信身邊有班好友一直陪伴著自己，總會有一天闖出你的一片天下。我亦祝各位老師工作順利，祝各位師妹學業進步外也同時要記得享受你們的校園生活；最後我祝願各位同學鵬程萬里，前程錦繡，盼望我們的友誼能一直延續下去多謝！

- ② 級夕謝幕合照
- ③ 謝師宴全體師生大合照

2



3





級夕歌曲創作一 《夕·下》

曲： 蔡雪攸
詞： 蔡雪攸 李洛彰 王帥南 陳樂瑤
鋼琴： 蔡雪攸
吉他： 李洛彰

踏進班房
燃亮笑容
留下了和你的歡笑

細數悲喜
遊歷四方
夢想終可變真不必歎息

驟覺這天青春不再
童年合照
每天也在回味
事過境遷怎能回復當初的笑臉
期待下次遇見是下個秋天

時光一去不返
晨曦揮灑每班
留低的一切都會似是最美的絢爛
共你跨幾個關
埋頭讀至落霞
感恩往日跟我渡過了無限個炎夏

時光一去不返
餘暉映照這家
曾經的青蔥將化作烙印細心記下
就算往後年月星宿也沒法不牽掛
願初心不變淡

挽手走過
無盡旅途
回望這無數的足跡

再訴心聲
懷念最初
捕捉初衷理想的一瞬間

驟覺這天將奔往展翅
埋藏任性
去將故事延續
事過境遷卻能重拾當初的笑臉
祈求白晝夜晚讓我可恣意

長衫緊扣徽章
池邊開心照相
樓梯間響遍我共你在這家的叫嚷
為你歡呼拍掌
同行漸變日常
不知哪日驚覺習慣同坐有你模樣

微風吹散那天
塵封思憶細想
時針滴答阻擋我倆沒法相約
別怕要別離從今一個邁進新方向
現將祝福送上

在漂亮大台上勾手應諾永不散場
幸福溫馨獻上



① 謝師宴

CULTURAL EXCHANGE



Geography Excursion Shimabara Peninsula, Japan 29/6-3/7/2023



In order to broaden the horizons of our students, our school held a field excursion to Shimabara Peninsula in Japan from 29th June to 3rd July, 2023. The co-organizer of this field trip is the Hong Kong UNESCO Global Geopark, and the reception of the tour was provided by the Unzen Volcanic Area UNESCO Global Geopark in Japan.

During the 5 days, a wide variety of exploratory and educational activities had been conducted in Shimabara Peninsula, Japan. Led by local guides, students visited the outcrop of Hayasaki Basalt, discovered the pyroclastic flow deposits of Aso Volcano at the Hara Castle Site, visited the Shimabara Castle, explored Unzen Jigoku, Obama Onsen Hot Foot 105, and were guided to the Mt. Unzen Volcano Museum and introduced with Mt. Unzen's several major eruptions. Besides, students also experienced cultural exchange activities with Koka High School and Minpaku Homestay Program. Students enjoyed talking and discussing with guides, Japanese students and locals about diverse topics including the people-environment interrelationship. Friendships were formed, cultures experienced, classroom knowledge bridged with real-world issues, and new understandings generated. This was definitely a field trip to be remembered!



- ② Geography students visited the Shimabara Castle.
- ③ Geography students explored Unzen Jigoku.





Sharing by Students who visited the Memorial Park of the Houses and Former Onokoba Elementary School Buildings:

It was lucky how no one died in these two places during the volcanic eruption. Meanwhile, all buildings and facilities at the school have collapsed due to the accumulation of volcanic ash or lava. By looking at these buildings, our horizons are broadened as in Hong Kong, we never get to experience or see damage dealt by volcanic eruptions. We will never be able to truly experience and feel in person the destructive damage that can be caused by volcanic eruptions. We saw how the laboratory is destroyed and houses are covered by ash. It also allows us to reflect on how lucky we are as we have not experienced any volcanic eruption in Hong Kong. The destructive damage allows the Japanese and other people in the world to adopt good land use planning and preventive measures during the reconstruction of the area, and allows us to be more aware of volcanic eruptions. This is a memorable and unique experience as we will not visit such places if we are travelling alone.



Study Tour Huizhou, Mainland 12-13/7/2023

Embarking on a captivating mainland trip to Huizhou(惠州), 83 Form 5 students and 9 teachers, accompanied by Yazhou Travel Service Ltd. (亞洲旅行社有限公司), experienced a memorable and remarkable journey. Sponsored by the Education Bureau, this two-day excursion on 12-13 July 2023 offered a unique opportunity to explore innovative technologies and allowed students to immerse in the local cultural experiences. The trip has proven to be an extraordinary success, leaving an indelible and wonderful impression on our students and teachers. Join us as we venture into Huizhou's world of innovation and vibrant cultural exploration.

Our adventure commenced at the Hong Kong West Kowloon High-Speed Rail Station, where we assembled before embarking on a high-speed train bound for Huizhou. Our first destination led us to Mingshang Technology Co., Ltd (名商科技有限公司), a distinguished national high-tech enterprise specialising in automotive electronic safety auxiliary system solutions. This company excels in research, development, sales, and after-sales services, earning recognition as a top innovator in China.

Continuing our exploration, we visited Huizhou Engineering vocational college (惠州工程職業學院), where the Dean of Intelligent Engineering Institute, Zhou Jun, enlightened



- 1 Arriving High-Speed Rail Station in Huizhou
- 2 Visiting Mingshang Technology Co.,Ltd
- 3 Introducing the history of Mingshang Technology Co., Ltd
- 4 A monitoring system for vehicles
- 5 Huizhou Engineering vocational college
- 6 A talk held in Huizhou Engineering vocational college
- 7 Eating at Shuidong Street

us about the increasing application of information technology. This surge in innovation has propelled the rise of prominent companies such as Xiaomi, Tencent, and Huawei, underscoring the pivotal role of technological advancements in China. Moreover, it has spurred the establishment of numerous engineering colleges, signifying the profound impact of technology on educational institutions.

In the afternoon, we immersed ourselves in local life by strolling through Shuidong Street (水東街). Here, we indulged in the aromatic flavours of local delicacies and absorbed the vibrant atmosphere of the community.

The second day unveiled the splendours of Huizhou's West Lake (惠州西湖) and the ancient city (惠州古城牆), both steeped in historical significance. These cherished sites had played pivotal roles in disaster prevention and military defence, captivating visitors with their breathtaking landscapes and rich cultural heritage. To preserve their historical and cultural significance, the local authorities have transformed the remaining ancient city walls and West Lake into a marvelous tourist attraction. Through the integration of virtual reality games and convenient transportation options, Huizhou's unique blend of mountainous landscapes and picturesque





lakes is accentuated, generating economic revenue for the region. Informative display panels within the scenic area shed light on Huizhou's history, architectural marvels of the ancient city, and important artifacts, deepening our appreciation for the city's geographical significance and cultural value.

Our final destination took us to the industrial area within the Tonghu Ecological and Smart Zone (潼湖生態智慧區), which was centered around the Tonghu Wetland. This thriving region has attracted diverse foreign investment projects, including the Sino-Korean (Huizhou) Industrial Park (中韓(惠州)產業園). These initiatives provided a conducive environment for investment and development, fostering stable economic cooperation and sustainable growth.

All in all, Huizhou stands as a pivotal city within the dynamic Pearl River Delta urban agglomeration. In recent years, the city has made remarkable strides in innovative technology, actively promoting transformation and upgrading. Through the establishment of dynamic industrial ecosystems and strategic partnerships with industries, research institutions, and universities, Huizhou has enhanced the quality of life for its residents while contributing to the nation's rapid growth and influence.

This awe-inspiring tour made a profound impression on students by broadening their perspectives and inspiring a sense of passion to champion constructive transformations within our communities. The valuable exposure and experiences gained by the students are truly priceless and will be cherished for years to come.



- 1 The ancient city in Huizhou
- 2 The West Lake in Huizhou
- 3 Display boards inside Sino-Korean (Huizhou) Industrial Park





True Light Joint-School Summer English Study Tour Toronto, Canada 9-29/7/2023



S2C Sit Sofia Hoi Yi

I've done a lot of fun activities in past summer holidays, but my summer camp experience in Toronto was simply unforgettable! I had never been to an overseas camp before, let alone a three-week long one. I can't say that it was a perfect experience as I struggled a lot, especially during the first few days, but I definitely enjoyed it and learned a lot from it.

I felt quite homesick on first few days of being there and there were many things that needed getting used to. I got assigned to one of the older buildings, and the dorms really weren't the best. There was no air conditioning and the beds were uncomfy. They also had strict phone rules which I wasn't used to, and our schedules were quite packed to I would always be really tired by the end of the day.

However, I didn't really care about these problems anymore after a week or so. It's not that the problems got solved, but rather I adjusted to them. I got used to the dorm conditions and realised it wasn't that bad. I still didn't like the strict phone rules, but I also realised that because of them, I used my phone much less frequently and was able to socialise more. I would make beaded bracelets, play spikeball and chat with other campers during times where phones weren't allowed. As for my homesickness, I was able to video call my parents almost every night which made me a bit feel better. I still missed them a lot though.

During the three weeks, we had English classes, excursions and other activities. The classes were surprisingly not that boring since we got to play a lot of games. Some of them were world trivia games and some were about Canada. I actually managed to learn a lot from those games! The projects were quite fun too. We created posters for our inventions and even wrote an autobiography for our future self.





The most memorable excursions was definitely Canada's Wonderland and Niagara Falls. I got completely wet during my visit there but it was totally worth it! I'm still astonished by the huge waterfalls. Canada's Wonderland was very fun as well and I especially enjoyed the waterpark there, even though we didn't have much time to go on many rides. We also went to other places like the Ripley's aquarium, Medieval Times, Toronto Islands, CN Tower, and even watched a Blue Jays game! It was my very first time watching a baseball game so it was quite fascinating for me. We painted our face with blue face paint and even made a huge sign that we held up during the game!

Another special memory was filming our Pop Awards video. Pop Awards is an event at the camp where each counselor group would film a video and present it to everyone. Our group decided to make a mini horror movie! We had limited time to make it, so it definitely wasn't perfect in the end, but the process of filming it was so fun! I got closer with the other campers because of this.

Now for the most important part—the people there! I went there with pretty much no friends at all because I wasn't close with the other True Light girls who went there. Nonetheless, I ended up making a lot of friends, including 6 True Light girls and other campers from different countries. Many of them were from Mexico, and I also had a Taiwanese friend as well as a French-speaking friend who came from Quebec City. My counselor, Tatjana, was genuinely so nice and understanding! I honestly see her more as a friend than a counsellor. Overall, the people there were all really friendly, and although we spoke different languages and had different cultures, we got along quite well. I even managed to learn a few Mexican phrases from my Mexican friends!

I cried my eyes out when I had to leave.....it really was an amazing experience. Even though I had only been friends with the other campers for three weeks, it felt like we knew each other for much longer because we were literally together 24/7! I'm beyond grateful that I got a chance to go to this camp. Looking back at my photo album makes me want to tear up.....it was truly one of the best, most memorable three weeks of my life!





S3B Leung Yan Kiu

Throwing back to the days I had in MWS Camp was definitely a teenage dream. I just could not imagine I had travelled 7000 miles and 15 hours alone to start off the amazing journey with my friends in True Light.....

Once I arrived at the university campus, a sense of independence gushed out which reminded me that I had to count on myself from now on. Standing in an unfamiliar place, looking at faces of different countries and listening to chatters of different languages..... All these made us feel nervous. In a while, the counsellors of MWS gave us a warm welcome and we started to chill out a bit. Then, we introduced ourselves in the group and played games to break the ice. I really love people there to have lovely and shiny smiles on their faces!

Seeing strange faces of different countries made me impulsive but timid to be friends with them. On the first day, I have already met friends from Brazil, Italy and Taiwan. It was very interesting to chat and learn about their culture and background. This was my very first time to have conversation with foreign friends! I stepped out of my comfort zone to have the courage to chat with them! One of my Brazilian friends,

called Bia, is a lovely girl who was in the same group with me. We chatted all day long about our hobbies and even had a little K-pop dance party with her friends! I just couldn't believe I found a foreign buddy that matched with my personality and had similar interests! We shared our stories, experience, deep feelings with each other..... I wish I can just turn back time and have more time together.....

Weeks flown by, everyday was like opening a treasure box to visit different places in Toronto. We toured around famous museums, CN Tower, Kensington and Niagara Falls... the experience broadened my horizons. While en-route to every destination, there were some Brazilian and Switzerland boys in my group who loved to boost vibes and played music all along. I really enjoyed the atmosphere and had great fun with them! I love how they appreciate music and share their happiness with others.

Love, respect and happiness is filling this entire summer camp..... It's definitely my teenage dream! Meeting foreign friends, learning foreign language overseas, visiting different scenic spots in Canada... all of these wonderful memories were kept deep down in my heart and became the spark of my teenage life.....





STEAM Summer Study Tour Singapore

24/7-2/8/2023



Firstly, they have acquired a deeper understanding of STEAM concepts and their practical applications in daily life, empowering them to approach complex problems with confidence and innovativeness. During the tour, students had the opportunity to learn about a programming language Python, and the use of AI for predicting the future trend of the data obtained. Under the limited time, all groups could manage to design their app for monitoring the water quality. They put in a lot of effort, which can be shown in their presentation.



The STEAM Singapore Summer Study Tour offers students a transformative experience that leaves a lasting impact on their academic and personal development. Throughout this immersive journey, students gain not only invaluable knowledge about STEAM, but it also fosters a deep understanding of Singapore's water.



Beyond academic pursuits, students develop essential skills, such as critical thinking, collaboration, and adaptability that are highly sought after in today's job market. The reflections written by students show that although some groups faced challenges in working and collaborating with each other as a team, they managed to overcome it with communication. They transformed it as a learning point on how to work better in job distribution for them in their future. Also, students understand the importance of stepping out of their comfort zone so that they can adapt to different situations.



To sum up, the journey encompasses academic excellence and personal growth of the students. It equips the students with the knowledge, skills, and mindset needed to navigate an increasingly complex and interconnected world, positioning them as future leaders and innovators in their chosen fields.



S3 Lorraine Cheuk

I felt delighted during the trip and returned to Hong Kong with satisfaction as I finally completed this enjoyable trip. The training course is the experience that inspires me most in the trip. Although I had learnt python before, the things that were taught in the course were new to me. It was a bit difficult for me on the first two days as the pace was fast and I could hardly type fast enough, and I sometimes made errors. During the lessons, I made many errors and I thought those were the days that I had made most errors in my life. Also, in preparing the presentation, I finally experienced the tiredness and satisfaction of being a leader. I learnt a lot because of the unforgettable experiences, and I think that I have grown up a lot during this trip. In this trip, I have tried several new things, such as leaving Hong Kong, trying new food, new culture, new morning routines, roller coasters, and more. Also, leaving home for a long time, living with classmates and being so independent and responsible are the things that I have never tried before. I still can't believe that I could complete this trip enjoyably until I was on the plane flying back to Hong Kong. To conclude, I enjoyed this trip very much, and I believe it's definitely an unforgettable experience for me.



S3 Hazel Cheung



Although today is also another day of full day class, today is really different from the previous classes. Today, we were divided into groups. As a person who always relies on my friends, being separated from them really depresses me. What's more, I was appointed to the role of group leader. It might not be a big deal to most people but it has been quite hard for me. Although I always show others the lousy and optimistic side of me, I'm actually not such a person who really likes to talk and think of everything positively. I believe the main reason I need to stay with my friends is because they're the ones who can spot the thoughts I'm not brave enough to say and help me with my problems. Being alone has been a huge challenge for me. As I was always told, it's not good to lack confidence and be introverted. I did my best to act like the ones who once led me and whom I appreciated. Unfortunately, most things didn't go the way I wanted. I did two presentations today, tried my best to do my best but the first presentation didn't go well. It might be the lack of time and also the disorganisation of our group. I find it really easy to work on my own, just like when I'm practising the piano. The only person I have to negotiate with is myself. I only need to tell myself which part I'll have to work on and for how long. I myself won't judge the way I talk to myself and always understand what the task is. I must admit I'm not as good at explaining and expressing, so it's really hard for me to cooperate with others, not to mention trying to lead a group. The group work is definitely not a great experience for me. Although I see my flaws in coordinating with others, I think I've done my best and so I'm kind of proud of myself. Another point making today different from other classes is because today I don't get to code. Instead, I get to start on brainstorming how to solve water problems. I find it really fun. I think being alone is a great challenge and I hope I can do better tomorrow.



Asian and Oceanian High School Students' Forum 2023 Wakayama Prefecture, Japan 28/7-3/8/2023



This summer, our student S5C To Sum Yuet (Joy), participated in the Asian and Oceanian High School Students' Forum 2023, which was organised by the Wakayama Prefectural Government, Japan. Through the opportunities to convey students' ideas to the others, the forum aimed to foster leaders that can play active roles in the international society.

The forum offered an opportunity for high school students from Asian and Oceanian countries/areas to see things from a global perspective by exchanging opinions with Japanese high school students on global issues, such as natural hazards, education, food problem, diversity issues and environmental issues. Joy made presentations on the Hong Kong Food waste problem, in which she spreaded a message to the foreign students: ***When tackling the 21st century global food waste challenges, we should all "Think globally and act locally". The smallest action that***

aids the reduction of personal food waste does make a difference in changing the planet!

Moreover, the forum provided high school students from Asian and Oceanian countries/areas with opportunities to experience the local Japanese culture and history such as visiting the World Heritage site Koyasan, a mountain-top Buddhism sacred site. They also visited a local high school and Wakayama Castle. We are grateful to the Japanese government for inviting True Light again!

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- 1 Asian and Oceanian High School Students' Forum 2023
- 2 Joy exchanged opinions with Japanese high school students on global issues.



S5C To Sum Yuet Joy

The most memorable part of the journey is the Japanese tea ceremony. It is a ceremonial way of preparing and drinking green tea typically in a traditional tea room with tatami floor. Beyond just serving and receiving tea, one of the main purposes of the tea ceremony is for the guests to enjoy the hospitality of the host in an atmosphere distinct from the fast pace of everyday life. The tea ceremony is an essential part of Japanese culture and history, and learning it can provide me with an authentic experience of Japanese customs and aesthetics. I can learn about the philosophy, art and customs of Japan through this traditional practice. The tea ceremony is also a highly ritualistic and calming practice that can help promote my inner calm and peace. By learning and practising the tea ceremony, I can learn to slow down, be present in the moment and appreciate the beauty of simplicity.

From the forum, I have learned that the food issue is a global problem. For example, not only do less developed countries suffer from food problems like famine, but more developed countries also suffer from food waste problems. International cooperation is particularly important in tackling global food problems. Besides, we could not simply depend on the work of the government, but also the contributions of both the government and citizens. The sense of global citizenship is essential as the food problem is influencing the whole world. As a high school student, our duty is to spread the idea of saving food to the other generations so as to influence more people and save the earth's resources.

ENGLISH

CREATIVE WRITING

A Japanese Restaurant with Italian Cuisine

S1C Alyssa Perilla

The Restaurant

Have you ever wanted to eat good Italian food with a unique twist, but do not feel like paying a lot of money? Well, Saizeriya is the perfect restaurant. It is known for its delicious food and, most importantly, it's cheap prices. There's always been a stereotype that cheap food equals bad food, but at Saizeriya it is the opposite.

The Ambience

Saizeriya's atmosphere is like that of a typical Japanese restaurant. When you first walk in you will notice the calm, relaxing environment. Saizeriya is a great place to dine at whether you have an important meeting, or a hang out with an old friend. The atmosphere is perfect for any situation.

The Dishes



There is a wide variety of delectable dishes to choose from, but some great starters are the pastas. A top pick is the 'Spaghetti Carbonara', it may seem like any other spaghetti carbonara but it is far different from any of them. The sauce is savory and addicting, one bite and you will be craving for more. There is also a poached egg on top of the spaghetti carbonara that adds a welcoming flavor that perfectly complements the sauce, add some parmesan cheese and you will find yourself on a rollercoaster of enticing flavors.

If you are not in the mood for pasta, the 'Black Pepper Sauce Hamburg' is perfect for anyone who's looking for some juicy meat. The burger steak is just as heavenly as you would think it would be. The burger steak is cooked to perfection, so when you take a bite your taste buds will immediately taste the

palatable sauce and the titillating meat on your tongue. The corn that comes with it goes perfectly with the burger steak, it releases a burst of sweet and salty flavors in your mouth that could satisfy anyone's pallet. The fried egg that is gently placed on top will have your mouth watering when the sauce covered egg reaches your taste buds. When you are done, dip the diced potatoes in the black pepper sauce and get ready to taste the most gratifying form of potatoes in your entire life.

The Verdict

Saizeriya is a great recommendation for those who love Italian food but are looking for cheap meals. Bring a friend, relative, coworker, business partner and I guarantee you will have a marvelous experience.





S1 School Life at True Light

S1C Lok Mang Ching Kayli

All our teachers are kind and caring,
They make us do a lot of thinking.
They always greet us with a smile on their faces.
They teach us to learn from different places.

If we are not able,
They will teach us until we are capable.
Teachers are as hardworking as bees,
And we are very pleased.

We are all good friends with each other,
Our friendship will last forever.
We might fight sometimes,
But we will support each other in hard times.

Giggle giggle giggle,
We are laughing happily.
Making memorable memories,
When we are together we have no worries.

Our school held lots of events,
Many of them were unforgettable.
When we had our school year opening ceremony,
We were as nervous as a mouse.
We were happy during the Christmas celebration,
Everybody enjoyed themselves.
Clap clap clap, hahaha,
We loved the performance very much.
We are looking forward to the next event!

We learn lots of knowledge at school,
Using different tools.
Learning languages, history, math and many more,
We need to get lots of books at the book store.
Books are our friends,
They are always there for us.
Learning different things benefits us,
So let's not make a fuss.

Amelia Earhart— The Adventurous Aviatress

S2C Angie Lam

"There's more to life than being a passenger.'
There was a girl who was audacious and able
to be a pilot of aircrafts and her own life,
flew through difficult roads, and obtained
extraordinary experiences. Amelia Earhart is
one of the most amazing aviators, who devoted
her whole life to flying and accomplished the
impossible.

Explorer at an Early Age

Amelia Mary Earhart was an outgoing and
active girl. She was born in Atchison Kansas
on July 24 in 1897. Before the 19 century, girls
were considered delicate and demure, however,
Amelia was no typical traditional lady. She wore
pants, spent free time hunting, running in the
woods and climbing trees. She loved playing
with her younger sister Muriel. Growing up with
each other, they had all sorts of adventures.
They collected insects and frogs and played
sports including baseball and football. Amelia
also once built her own roller coaster at the
young age of seven, although her first ride
ended in a crash, she cried, 'It's just like flying!'
This was her first experience of "soaring up"
into the air. Unlike other girls, Amelia was bold
enough to try new things and had the passion to
explore.

Facing Discrimination and Difficulties

Amelia Earhart stood confidently and firmly
towards the idea of feminism and equality. The
Cleveland National Air Races did not allow
women pilots to enter cross-country flying
races in 1920 before because the male pilots all
believed that the aviatresses would have great
difficulty crossing the Rocky Mountains, due to
their apparent frailty. In other words, women
were labeled as weak. Angered by this situation,
Amelia sent a telegram to protest against it as
she thought it was unfair to all female pilots.
Thanks to her forthrightness, in 1922, women
were permitted to compete with men in all
flying race competitions. Discriminated by men,
Amelia stood and spoke out that girls could be
powerful too.

The Brave Bird that flew over the World

Amelia Earhart was capable of doing things that
she had dreamt of. In 1932, she became the first
woman to fly solo across the Atlantic nonstop
as an aviatress. She also broke the records of
being the first person to fly solo from Hawaii
to the US California in January 1935 and broke

her own previous North American Transcontinental record (in 1931 before) with a shorter time in 1933. Amelia showed what she could break through successfully and was brave enough to achieve her goals. She was definitely a challenge seeker and an adventurous daring girl.

Although Amelia Earhart faced obstacles in her life, she let her dream soar through the limitless sky and was bold to challenge the impossible. Her courage, achievements, and love for flying certainly remain today and will be remembered forever.

what better place to see hundreds of them in one place? The official name of the path with these torii gates is called Shenbon Torii, or One Thousand Gates. However, my intention for this trip is to seek tranquillity. So I was not going to begin the day by ruining it through stressfully counting them in order to see that the path lived up to its name! I did, on the other hand, marvel at the calligraphy and the numerous fox statues while I hiked up to the top. I really felt like I was in a scene from Spirited Away.

A Spirited Tour to Kyoto

S2C Kate Leung

"Spirited Away!" Yes, that is how I would describe what happened to me in the past week that you did not hear from me. Did I go to the Ghibli Museum? Close..... you're getting warmer. Did I get possessed by spirits? Kind of..... but you are dangerously starting to get colder if you wander further in that direction. Let me tell you where I went.

I have been on a very soul nurturing 4-day trip to Japan. The big idea was to get true serenity in an amazingly picturesque place, by staying away from all social media platforms and even turning my phone off. Consequently, I experienced some of Kyoto's world-renowned sites in a way that many of us hardly ever do these days, when we travel abroad and try to enjoy an escapade. I got to appreciate the little things in nature and comprehend Japanese culture in more depth. What is more, I came back truly spiritually fulfilled and recharged! I would strongly recommend you try it too.

No phone in a foreign land? Indeed, this is not for the faint-hearted. So naturally, I did not go into it "cold turkey". The first day was all onsen followed by a wonderful omakase meal. My iPhone was close to me for last minute research for the grand day, and for pictures for my loyal IG followers.

On my third day, I embarked on a one-day trip to laid-back Sagano. I assumed that the ethereal yet serene Arashiyama Bamboo Grove would give me instant tranquillity. Obvious, right? So, no surprise that this was my second stop in this idyllic district just outside of Kyoto.

Before that, however, I had to pay my respects at one of the most iconic temples in Kyoto, the Kiyomizu temple. Some of you may ask, "why not visit the oldest Zen temple while I am there?" There are, in fact, two reasons for giving the Kenninji temple a miss.

First, the magnificent view from its famous 17th century wooden stage at the Kiyomizu temple was a must-visit spot. I made sure that I was there as early as possible, and at 6am in the morning, I had the entire floor of the Hondo (Main Hall) to myself. The moment I walked onto the balcony, I was splashed by hues of amber, crimson and carmine as I looked out into the valley's lush ocean of leaves. Thank God I went there during autumn because I witnessed the most breath-taking sight I had ever seen. Time stood still and everything was so peaceful. I made sure my phone was locked away, so I could absorb it all without disturbance or distraction.

The other reason for still passing up on Kenninji and heading next to the Fushimi Inari-Taisha shrine instead, is because of my love for Hayao Miyazaki's animated feature, Spirited Away. Those torii gates in the movie were very spellbinding. In fact, did you know that shrines were built for the Shinto religion, whereas temples are places of worship for practitioners of Buddhism? It is believed that the torii gate at the entrance of a shrine is to let visitors know that they are about to enter a place where spirits reside, a place where they should pay respects and give thanks to the natural world. How fitting and amazing is that for the purpose of this trip?! And

By noon that day, I had already been to an amazing temple, let the sound of rustling bamboo leaves hypnotise me, and got taken back to a few scenes in my favourite Miyazaki movie. But the true highlight of this day-trip came when I hopped on the Romantic Sagano Trolley Train. It snakes through the majestic valleys of Sagano. The loud urban noises that we have become so used to, were replaced by the serenity and peacefulness. I could smell the faint wood from the train. and I was once again transported back to another scene in Spirited Away.

Feeling refreshed, I celebrated teatime with a wonderful Japanese Strawberry shortcake accompanied by a sumptuous matcha latte. Sorry that there are no pictures of this to share with you, since I promised myself that the phone would stay away for the entire day!

This short visit to Japan truly made me appreciate the cultures and religions of Kyoto in a new way, by valuing the little things in life and in nature undisturbed. I feel emotionally recharged and fulfilled after this trip thanks to the connections I made... and by disconnecting completely! I am sure that you will too. Follow my advice by going "old school": switch off your phone, use actual maps instead of Google Maps, learn how to read timetables, bring a wristwatch, and ask the locals how to get around! Disconnect to reconnect and you won't regret it! You may then perhaps also find yourself spirited away at times, like how I did! I promise you, it will be worth it!



A proposal for an activity to be held in an elderly home

S3B Cheng Ho Yen

Dear Ms Lee,

I am writing on behalf of the school's Social Service Club to propose a new community project with the elderly home "Peaceful planet for Elderly" in our district. It is undeniable that the pandemic has taken an extreme toll on the elderly in nursing homes in recent years. Suffering from long periods of isolation due to COVID restrictions, the elderly are victims of the pandemic, especially in the aspect of mental health. There has been an air of negligence and unawareness in our community towards the emotional wellbeing of these vulnerable citizens, which is why we propose the activity "Pleasant with Scents", a relaxing aroma stone DIY session with the aim of reducing the elderly's feelings of anxiety, depression and loneliness.

A few months back, a group of students participated in an aroma stone making workshop held in the fragrance shop near our school. They reflected that the experience was very therapeutic and believed that the calming nature and difficulty level of the activity suited the elderly very well, which sparked our idea for "Pleasant with Scents". "Pleasant with Scents" allows elderly to handcraft their

unique aroma stones, which are decorative stones that release warmth and diffuse aromatic oils gradually. They can choose their favourite fragrances like lavender or eucalyptus to add their own personal touch. Students who took part in the aforementioned workshop can work as volunteers to instruct the elders on the process of crafting the stones. During the session, elders are given the opportunity to let their artistic and crafty spirit flow, brush up on their motor skills and enjoy some quality time of relaxation. The end products also last a long time and can be used daily afterwards.

One major benefit of this activity is that it incorporates aspects of aromatherapy, which is the usage of essential oils to trigger the amygdala, the emotional centre of the brain. Aromatherapy promotes physical and psychological wellness, and has capabilities of relieving pain and improving mood by enhancing the release of serotonin and dopamine. This is especially important for elderly in care homes as they are prone to anxiety and depression due to separation with family and development of disorders like dementia. Not to mention the fact that scents can trigger vivid memories and emotions. The elderly

could add specific experience-linked ingredients so as to always commemorate memories of their childhood and other fond moments.

We believe enhancing elderly's emotional health through such a therapeutic and soothing activity can brighten up the atmosphere of the elderly home as a whole. The pandemic has seemingly left the care home in a pit of darkness swarming with feelings of stress and loneliness. "Pleasant with Scents" can lift the spirit and create a serene environment in the home during times of chaos, which raises quality of life for elders and enhances worker's performance as well.

All in all, our proposed activity "Pleasant with Scents" is simple yet healing, catering to the emotional needs of elderly. We are certain this activity can help spread the message in our community to start prioritising elderly's mental health, and that all walks of life need to take time to focus on self-care and mental awareness.

Yours sincerely,
Chris Wong
Chairperson of the Social Service Club

Side by Side and Close in Heart

S3C Cherine Yip

In the book 'Bridge to Terabithia', two atypical teenagers, Jess Aarons and Leslie Burke escape to an imaginary land of Terabithia in the face of gender stereotypes and peer pressure. In this piece of writing, I'd like to discuss how their friendship helps them discover their better selves and open up to others.

As her first and best friend at school, Jess heartens Leslie to build genuine friendships. Before Leslie

encounters Jess, she isn't good at socialising and doesn't have many friends. As a newcomer at school, she can't blend into the crowd and is even seen as a 'black sheep' because of her boyish clothing and behaviour. Besides, she doesn't get a chance to take care of others as the only child at home. Clearly, the encounter with Jess is her turning point in getting along with others. Jess himself, a victim of gender stereotypes accepts and appreciates

Leslie's persistence in being boyish, showing her that always sticking to her real-self can one day find a real friend who shares common values with her, thus encouraging Leslie to stay true to herself. From my point of view, allowing Leslie to find her most comfortable self is the cornerstone of their freewheeling friendship. Leslie is empowered to step out of her comfort zone and initiates friendship with different people. For instance, she comforts

her once enemy Janice Avery, and takes good care of Jess' younger sister May Belle, demonstrating that their trustworthy friendship helps develop new dimensions of herself—the qualities of courage, empathy and care, therefore rewarded with the others' love and respect at the end of the story.

In a similar way, Leslie helps Jess to enlarge his social circle. Before coming across Leslie, Jess has a remote relationship with his family. His artistic talent is disapproved of by his dad, and he's fed up with his four sisters and the chores taken for granted to be done by him. Lacking a sense of belonging, Jess hides himself by drawing alone. Leslie, a friendly and enthusiastic extrovert, undoubtedly brings sunshine into his life. Leslie invites Jess to repair her family's house, the old Perkins place with her parents. Her family gives Jess a warm welcome on his first visit to others' homes. Leslie's mom and dad are both amiable and easy-going. They ask Jess to be casual and can call them by their first names, without a seniority or age gap in between. Furthermore, Mr Burke's appreciation of Jess' artistic qualities put a satisfied smile on his face. The friendliness of the Burke family shows Jess that although he is disapproved of by his

family, there are people who accept and appreciate him. I'm sorry that Leslie passes away at the end of the story, but her warmth, energy and sincerity continue to help Jess unlock his distrust of socialising. In the end, Jess builds a bridge to Terabithia and appoints May Belle the new queen, allowing others to enter the secret kingdom, indeed symbolising the real, hidden side of himself. Although Leslie herself leaves Jess and Terabithia, her encouragement would guide Jess his way out of grief and sorrow, with the companion of the smiley angels around him.

The lasting friendship between Jess and Leslie reminds me of a friend. She's a bright and capable girl, well-loved by lots of friends. In the others' eyes, she's talkative, playful and energetic. I can always see her updates of having fun and laughing with friends on her Instagram. However, I'm seldom seen there. The two of us don't hang out very often, but we convey our care in hard times. I recall her devastation when she couldn't stand the piles of work, activities and different responsibilities. She reached out to me on her own, telling me all her stresses, worries and upsets. The most unforgettable words were her confession that when she was eager

to be listened to and comforted, I'm the only one that came to her mind. 'How about those friends that you often hang out with?' She told me that they shared her happiness but weren't able to understand her negative feelings, and she was afraid that her capable and cheerful image among peers would be destroyed by her feeble cry. This is the time when I realised that friendship is about quality but not quantity. Leslie and Jess aren't surrounded by a bunch of friends, but their friendships are built on heartfelt understanding, acceptance of uniqueness and blemishes, and comfort in being their true selves. I'm grateful to be one of my friend's trustworthy companions.

Jess once thinks to himself, 'Leslie was more than his friend. She was his other, more exciting self—his way to Terabithia and all the worlds beyond.' Indeed, they're mirroring each other's distrust or incapability in socialising, while showing each other the possibility and beauty of boasting a true friendship. It's gifted to find a friend and also be a friend who enables one to see oneself through another's eyes, and allow one to explore and hone their characters.

You can't have a happy family life without sacrificing your career

S3C Fung Tsz Ching Christy

Good morning honoured adjudicators, ladies and gentlemen. Speaking on behalf of the proposition team, it is my privilege to argue against the motion: 'You can't have a happy family life without sacrificing your career.' While some may contend that they can coexist concurrently, our team strongly holds the conviction that we should take such a rosy description with a pinch of salt. Today I would like to focus on three main points in favour of today's motion.

Among all the reasons, none of them is as prominent as the lack of

companionship to the family if one continues his or her job restlessly. In a recent survey conducted by Randstad HK, it concludes that 66% of Hongkongers have poor work-life balance due to excessive workload. How can you imagine a family without companionship? A 'happy' family includes care and understanding, which requires time to nurture. If one is inundated by an array of duties, longing for achievements and recognitions, they will have to spend more time than usual on their own work by sacrificing their family time like

holidays or late nights. For example, air hostesses. They have to work overseas and might not be always present for his or her family and thus their absence may have bad effects on their family life.

However, the situation would be completely different if a person isn't yearning for promotion or even a business trip and merely works for a basic living salary. Implementing the idea of work-life balance, they can leave the workplace on time. As he or she devotes more time to the family such as spending homework or playing hours with the children or



updating own status with each other can surely lead to a happy family life with understanding and care.

Not only does a happy family life require time for each other, it also requires focus and energy. A Harris Poll data commissioned by CVS (Consumer Value Store) HEALTH last year found that 42% of working mothers surveyed were diagnosed with anxiety and depression in 2022. In the city of hustle and bustle, it is inevitable that one puts him or herself into the quagmire of stress and anxiety in a bid to achieve their own goals. They experience burn out oftentimes since they care about their work a lot. This greatly induces the situation of venting through inappropriate outlet like family eliciting conflicts between family members and leads to a poor relationship. Taking an example from Nathalie Walton, working as the CEO and the co-founder of Expectful, a holistic wellness app. A blissful life with a supportive family and a successful career may it seem. But she confessed that she has

encountered numerous hardships and carried undue burdens of work. In the past years, her daughter got sick very frequently. She found it stressful to manage both work and taking good care of her daughter. Her emotion became vulnerable and ornery as there isn't a chance for her to steer away. Afterwards, she even took a break from family life and focused on her own work for a period of time. This is an actual exemplification to prove that working both on one's career and family life is just a pipe dream. It can be exhausting and lead to negative emotions.

While the opponents may argue that if one can be successful in his or her career, they can provide adequate financial support to their family life, like sending them to Ivy League Schools or going for a trip. Indeed, it is 'happy' for an individual but not for a family life. Happy family life requires good quality of time with family members. 'Happiness is priceless.' Imagine paying household expenses to parents for

their daily expenses, but seldom returning home for dinner because of work. Financial stability can't provide emotional security for you and your family members to share both of your feelings. When time passed, your parents get older and they might even leave you unexpectedly. You will soon realise those moments can't be replaced by money or anything. It builds up with time you lost. We are firmly against our opponents' argument which is superficial.

As a rule of thumb, it's our strong conviction that a happy family can be obtained only with sacrificing one's career. As a happy family requires time and energy which a successful career also require. In particular, succeeding in jobs and having a happy family life in this era is challenging, and striving for it somehow make people feel pressured. Unless there are sacrifices on either side, you can't obtain both achievements and success in job and family. Thus, the motion stands. Thank you.

Not Impossible: Lettuce Taco Food Waste

S4C Au Chuk Yu

Think of the times you have gone to a grocery store and selected a flawless banana, imagining it melting in your mouth after a bite. Meanwhile, the slightly bruised and overripe ones watch on the shelves in desolation, knowing they will be judged by their appearance and never be brought home. What about the times when you discover that untouched piece of rotten meat at the far end of your fridge? You would shrug at that stinky piece of junk and toss it in the bin. Meanwhile, a helpless kid dies from famine every five seconds in other parts of the world. One man's trash is another man's treasure. When everyone recklessly repeats the same practice, tons of perfectly-fine food that would otherwise end up in someone's stomach go into landfills, then into the atmosphere.

These foods are simply deemed unmarketable. They are simply forgotten. By whom? By us, the arrogant and oblivious humans, who brag about using recycled bags but clear only half of the plates. Food waste is not only created by consumers who discard leftovers, but also in the multiple stages of production chains, due to cosmetic imperfection, accidental spoilage, overproduction, etc. The ugly reality is that it is inevitable, but time and time again we produce additional waste that contributes to eradicating our own species rather saving it. Imagine the carbon footprint reduction if we minimize our emissions. Imagine the smiles of cheerful children who finally get fed with proper food. Efforts have been made by individuals, organizations and governments, but there is still

a long way to go in addressing this pressing issue and actually making a change, and sadly only a few are giving their all.

Why are people ignoring the elephant in the room? It is our lack of knowledge and understanding. "Ugly food is bad food." "Food decomposes easily." People are often unaware of the extent of food waste and its impact on the environment, economy and society. For generations, we have not been properly educated on this issue and are too clueless to consider about those suffering due to our actions as we speak. Or maybe it just seems too irrelevant for us to care. Plus, food waste reduction is usually seen as something costly or complicated for us average humans to accomplish.

Sometimes, cutting down on food waste might be easier than we think, and simply requires our overall commitment. It is not rocket science. The mindset of being aware of our food consumption must be deeply rooted in the minds of the present as well as future generations. Just like basic manners, people have to start practicing as a permanent habit and for them to realize its utter importance. Governments and organisations must strengthen education and promotions about the issue, raising the public's awareness. It can be done through campaigns, workshops, school programmes, educational leaflets, etc. As individuals, we do not need special instruments to lessen food waste. Simply stop being picky with the food you buy, stop stockpiling unnecessary and perishable products, stop preparing too much for a meal then only finish half, stop throwing away your leftovers, etc. Not only can we reduce our own expenses, but also cut down on 10% of man-made greenhouse gas emissions and free up resources for the needy ones. A mere 25% of the food waste loss is already equivalent to food for about 900 million people a year. We need people worldwide to understand the significance of this. We need to wake them up from their slumber, make them empathize and feel guilty. Only then will they take action.

We cannot forget the power of incentive and deterrence. When persuading people to take actual measures. Even if they are aware of the damage they are causing, why are they still turning a blind eye? Because no matter how much they act, they is little to no consequence. Governments are too laid back on food companies and manufacturing chains that pollute the environment. With numerous loopholes in existing laws and regulations, exploitation occurs and businesses become increasingly reckless. Manufacturing chains are difficult to track and monitor as well. Another issue is insufficient manpower and resources for NGOs to make an actual difference. This is where government funding and subsidies come into play. If the ones in charge are not taking the problem seriously, why would citizens?

Financial incentives include tax credits for evident food waste reduction practices, like food vendors offering dynamic pricing for products nearing expiration, restaurants giving away surplus food, charities donating leftovers to the needy and/or establishing platforms for food route or supply information, etc. On the other hand, governments can deter businesses by introducing taxes on additional pollution or food waste production, strengthening law imposition and enforcement, and increasing the

penalty for offenders. Governments can further improve waste disposal and recycling systems as well. Leave no stone unturned. Insufficient revenue is nothing but an excuse, as much capital is spent on useless unneeded projects. As students and citizens, we can only urge the governments to act through boycotts, protests, referendum, etc. The rest of the responsibility is in the hands of those with the greatest power. We desperately need countries to work in cooperation and resolve the crux of the matter, something that is out of the control of citizens and students, me included.

Our planet and we humans are in dire straits, and the problem will not be solved without efforts. To stop food waste from plaguing our society, we must each fulfill our respective duties. But before that, remember to thoroughly understand the issue and its impacts. Accepting the slight imperfections in your food choice and spreading the word are the first step. The problem will not completely fade, but it will at least be alleviated. Sometimes you can only do so much, but as many a mickle makes a muckle, have trust in governments, systems and humans, the problem will at least not get too serious. United, the problem of food waste can be tackled.

The time has come for our society to realise the true treasures of our lives.

S5C Gisela Au

What is the treasure you seek in life?

This is a question that has perplexed humankind for ages. While some may answer wealth or fame, I believe the true treasure lies in self-discovery: the journey to unlock our unique potential and purpose, something that I learned from Paulo Coelho's ***The Alchemist***.

Good morning, ladies and gentlemen. I am honored to deliver a speech as

the representative of Hong Kong. Today, I want to issue a clarion call for all of us to live purposefully and realize life's true treasures through self-discovery.

So what does self-discovery mean, and why is it vital to our society? Unlike the superficial pursuits of material gains or fame, self-discovery is a transformative pursuit. In *The Alchemist*, Santiago, a young shepherd boy, embarks on an exhilarating journey to find

treasure hidden under the Egyptian Pyramids. Despite facing a wave of ill-fated events on his journey, he perseveres with fortitude to surmount obstacles. The eventual discovery of the treasure is not only the physical gain in the pyramid, but it is also a metaphor for realizing one's true purpose in life in spite of limitations and setbacks.

Unfortunately, in today's fast-paced, outcome-oriented society, the younger generations often fail to



recognize the quintessential rewards of their lives. They are taught to place undue importance on outcomes rather than the process. Given that outcomes cannot be seen in a short period, they are susceptible to giving up easily in the face of hardships, unable to envision a promising future. This has given rise to the so-called "snowflake generation" that shuns self-improvement. My distinguished audience, I must let you know that this is not just a tragedy from a tale; it is a serious problem faced by our society today and will only stifle the world's development if left unaddressed. Imagine a world where everyone has lost sight of their vital life treasure. It would grind to a halt like a machine losing all its nuts and bolts.

Hence, we must change our mindsets. Instead of being fixated on outcomes, let us focus on self-discovery and growth. Only by uncovering our unique talents can we think further and achieve impressive outcomes or actualize our personal legend. Nick Vujicic, born without arms or legs, epitomizes the power of self-discovery. Nick did not let his disabilities limit his potential and went on to become an inspiring speaker and author. Both he and the boy in *The Alchemist* persevered

and became legends. *Are you ready to persevere and discover your potential to lead a purposeful life and create impacts on a social level?*

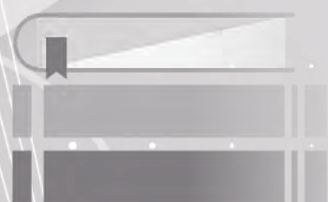
Another profound message is to live in the present. By fully immersing ourselves in our lives, we can learn valuable lessons and more easily find the true treasures in our lives. In *The Alchemist*, Santiago was robbed in an unfamiliar country and was compelled to pause his journey. He found work in a crystal shop and, during the year, he unleashed his business talent to help the merchant expand his business. In return, the merchant reminded him of the importance of taking risks and pursuing one's dreams. Slowing down to embrace the present may well be the best way to gain more insights into our lives.

I firmly believe that those of you who have read "The Little Prince" will resonate strongly with Santiago's journey. In this book, a little prince travels from planet to planet, having deep discussions with the inhabitants and learning valuable lessons about life. Both these books convey a similar message of cherishing the present moment and enjoying the journey of life, which has a thought-provoking and life-changing impact on us.

This message is not only found in tales but also in our real lives. COVID-19 has brought struggles, but I am pleased to see different enterprises in Hong Kong trying their best to adapt to the changes and continue serving the people with their hearts. For instance, ***Walk In Hong Kong***, a cultural corporation offering local walking tours, adapted by introducing interactive virtual tours and gained traction in society. Even though situations change, Hong Kong people adapt to the present and unearth our potential. This process of adapting to changes echoes our topic today—the realization of the true treasures of our lives. *How do people in your countries adapt to changes during difficult times?*

So, what is the treasure you seek in your life? Would it still be material wealth?

Each of us is a unique soul with its own value and potential. As we move forward, let us shift our mindsets, seize every moment, and unlock our potential. Remember Paulo Coelho's words, "I am an adventurer, looking for treasure." The time for realizing our true treasure is now. I urge all of you to go forth and embark on your journey! Our society is waiting for us to create impacts on it. *Thank you.*



Teens crave true friendships

S5D Charis Wong

Good afternoon, everyone. You may have noticed that Frank from our Youth Group is no longer with us.

As I read the following entries from his diary, confusion and disbelief may come to mind. But I ask you to set aside those thoughts and remain attentive, as it is not so simple. It is never that simple.

25/5/2018

Dear Diary,

It is during melancholic moments that the loneliness of lacking a true friend hits me with the force of a cannon. Like every other teenager, I am drawn to company as sharks are to blood. But every friend I have had, or rather, acquaintance, has never given me more than fun and games. No, it is someone to listen and understand; it is deep connections and true friendship, not mere company, that I crave. I hope you will be like Kitty to Anne

Frank and allow me, in her words, to "confide in you completely, as I have never been able to do in anyone before".

Dear Diary,

It took me one night to finish *The Perks of Being a Wallflower*, but the whole week to put into words what I felt about it, as I am doing now.

I don't understand how the world continues as it is, how people

remain ignorant, how as if nothing changed, as I felt the full impact of the book. I thought of Charlie, the protagonist, how he hoped the writers of the music he liked were happy with what they created, for they have made him happy, and he was only one person. And I hope the same, that the author was happy he wrote this, and formed Charlie for me to find a connection to. But most of all, I hope more people do so too. That they won't be blind to the things to which he has opened our eyes. That they would see, care, and do something about it.

As it is only too true that as adults gain in age, they lose their memories of being a teen. They forget they wanted their parents to care for them as much as their children do now. They only get concerned when, one out of three times, their child's feelings are given fancy names. I would not mind these fancy names if they did not undermine the emotions of those who were not given them. If they would actually make people care for Charlie, for me, and all the other kids.

Dear Diary,

I researched those fancy names and came across the word 'despondency' as a symptom of depression. It is depressingly the only word to describe how I feel now. I have no will to talk or do anything except immerse myself subconsciously into the void of nothingness. The rush and overcrowding of emotions create such an abyss. My family never thought to care about me except when I ignore them out of emptiness, not rudeness. Sometimes I wonder about the 'I love you' my mom says to me, the kisses she plants on my face, the presents and hugs she gives me, and I wonder, is that what love is? Is it love that causes Aunt Helen to give Charlie two presents every year, for her to hug him and let him stay up late, and for her to force into him the pain she has gone through?

Does Homer not describe love in its true essence, 'There is the heat of

Love, the pulsing rush of Longing—magic to make the sanest man go mad'? A magic, passionate and grand, but fleeting and empty. But the love between us, that is different. I tell you everything, and you listen ever so patiently, and you understand.

Dear Diary,

I should stop calling you the name for such a 'cardboard-covered notebook.' You deserve the title of friend and more. I am sorry it took me that long; I have since learned the danger this title holds.

It is true that I have acquaintances, as I have told you in the beginning. Yet they seem to have abandoned even this title, as they have abandoned me. They did so when I stood beside little Michael instead of with them, when they ganged up on him. I only feel sad for them, as they do this because they feel just as lonely, because they take friendship to their hearts as seriously as I do, but through such immoral methods to seek its values. 'Some people have it worse, you know,' they sneered as they landed blow after blow on little Michael.

Do some people 'really have it a lot worse'? Or is it, as Charlie says, 'it's just different for everyone'?

At least Charlie has true friends in his life: Sam, Patrick, Mary Elizabeth. But I will say that some people, like Charlie and the other six million victims of sexual abuse, have it much worse than me, little Michael, or my acquaintances. But that does not make their feelings less difficult, nor their actions more justifiable. It makes them more of a scoundrel to not understand that what they did made Michael feel as lonely as they do.

Dear friend,

I should tell you that I dream of things that scare me, even. Not in the sense that they are scary, but in the fact that they appear on occasions as intimate and suggestive as dreams.

There is a poem in The Wallflower book of a young boy with loving parents and child-like innocence that spirals down into a ruined marriage and self-inflicted injury, pain to remind himself of the life's purpose he lost in the end. Sometimes I wonder if my dreams and my words to you are doing the same. But I will try to stay strong for you, my friend, as who else would other than you for me, and I for you.

Dear friend,

I tried and failed, and have made my decision. As we part in farewells, I hope to never do so with all that I have told you. I have disclosed too much of myself to you, as Basil had to the picture of Dorian Grey. And that, to every artist, is too private and too dangerous to be exposed. I know you would understand, for you never wanted glory or anything other than sincerity.

Dear friend,

Indeed, you have been a dear friend of mine. Without you, I would never feel guilty for parting. But then, will we truly be separated? Are you not only a part of my mind the whole time, instead of a different entity through whom I have sought comfort? But does that undermine my craving for our friendship? The answer lies in a place where misery is not so close to human flesh. And we will be seeing each other soon in that place, or not at all.

Love always,

Frank

And that was the last entry he wrote to his only dear friend.

Now, ask yourselves—are you the kind of friend the diary had been with Frank? For that is what this group is for, to form the deepest connections, to find the truest of friendship that each of us needs.

Thank you.



The time has finally come for our society to accept that there is no perfect ending.

S5D Sharon Ho

“And then, they are married. With all the blessings from family and friends, they spend the rest of their lives happily ever after.”

Sounds familiar, right? This is not just the ending of “The Little Mermaid” presented by Disney, but also the cliché scene of countless stories. Perhaps most of us are too used to seeing perfection wrapping up a fairy tale that we forgot how Anderson, the original author of “The Little Mermaid,” truly paints the ending: *“in the end, the prince marries another woman who he mistakenly believes had saved him from drowning, and the mermaid ends up being back in the sea where she turns into seafoam, evaporating into the air.”* This is the traumatizing yet authentic version of the ending, and I think we all knew the answer as to why Disney rewrote the last act: humans crave perfect endings. But the brutal truth is: all endings are imperfect in life. Perhaps the time has finally come for our society to accept that there is no perfect ending.

All of us crave endings with no regrets. And by us, I also include the two main characters, Hazel and Augustus, from the book “The Fault in Our Stars.” In the book, Hazel and Augustus are both cancer patients. Knowing that the stories of their lives will soon come to an end, instead of being afraid of letting the Grim Reaper take away their last breath, they are more desperate in ending their lives as they wish. Hazel wants to know about the future of everything around her after she dies, while Augustus wants to pass away as a hero and be remembered by the world. Most importantly, the two lovebirds want more time together before they die.

The same thought goes for my grandpa. When my grandpa was lying in his death bed, fighting for his life to inhale oxygen into his lungs, he held my hand and said: “I wish I could see you graduating from school. *Then I would die without*

any regrets.” I didn't know what to say because it's not just him, I have also pictured him attending my graduation ceremony. But then life is always so unpredictable. One second ago he was standing in front of me, holding packs of snacks that I like. The next second he was lying motionless on the floor. No one knows exactly when they will die. Even if you have a whole bucket list of “things to do before I die,” without knowing the date and time of your death, how can you fulfill every single wish right before you die? And even worse, if your goals involve events that can only happen in the future after you die like “seeing your granddaughters graduating in two years later,” how is it not just a remote wish?

Similarly, in the story, Augustus thinks he still has plenty of time to leave heroic achievements and paint his love story with Hazel, after surviving 14 months cancer-free. But then the next time he does a PET scan, cancer has already spread throughout his entire body. And without becoming the hero that he longs for, his heartbeat stops permanently. So technically speaking, both my grandpa and Augustus die with regrets. And that is what the society refers to as a “bad death,” a bad ending to the story of his life.

Well, let me ask you a question: ***do you think having regrets is a bad thing?*** You probably have expected me to say some cliché life lessons like “oh regrets help you learn and let's just think positively!” Ladies and gentlemen, if today I'm dying in any seconds, I don't learn, and I don't think. I'll just be lying in my bed, uncontrollably thinking about my unfinished business and feeling sad. To be fairly honest, I also agree that having regrets is not good. If the world invented a Time Machine, I would be the first to hop on it and travel to the future to check off my goals.

But then it's inevitable. Having unaccomplished goals is like the most common experience humans can share except breathing and walking. What else can you do? Augustus can't just stop the cancer from spreading, and my grandpa can't just suddenly live two more years to see me put on the graduation gown. There is simply nothing you can do. Our hands are tied.

Despite how defeating it sounds, I'm not telling you to just have a negative attitude. I'm telling you to accept that there is no perfect ending, but then to seek happiness from what we have. Let me tell you a fun fact: “The Fault in Our Stars” is actually translated into “The Best Regret in Life” in Chinese. Even though it seems like none of the dreams Hazel and Augustus have are fulfilled, instead of being hysterical, Augustus is grateful to know that Hazel will be the one to remember him, while Hazel treasures every bit of their memories together. Yes, they have regrets, BIG regrets to be exact. But then they accept this flaw and treat everything besides it as the best memories.

If you think dying with regrets is the worst thing, then by the same logic, dying with great memories is the best thing, right? Two young lovers can treat their misery as the best regret in their lives, so what more excuse do we have? ***“And then, they are married. With all the blessings from family and friends, they spend the rest of their lives happily ever after.”*** Yes, this is a good ending, an ending with no regrets, but also an ending that is only possible in pipe dreams. So, if yours doesn't end in this way, just tell yourself ***“There is no perfect ending, and I'm going to accept it and hold onto all the fond memories I have.”*** That way, maybe the equal sign between dying with regrets and a bad death in our society can finally be eradicated.

Beauty in life

S6C Wong Wai Yan Laura

When feeling depressed
dove into chickens wandering in gardens
cats leaning to you for scratches
ducks pecking at fingers
dogs sleeping at mattress.....

When feeling unhappy
unravel a berry croissant with jam
ice cream with cherry
spaghetti with beef
macaroni with cheese.....

When feeling worried
watch the sea flow
waves coming at ankles
wetting trunks and trickles
with wind's warm embrace all along

When feeling lonely
look for your friends
loaf around in moves of waltz
spinning till life pulsates
along the music of Wesley Cheung

When feeling hopeless
recall and remember
the shared umbrella on rainy days
or mindlessly running without one
the hysterical screams and screeches
hugs and kisses
beginnings and greetings
partings and endings.....

Laugh out loud
over dirty shirts and socks
over playful mocks
over exaggerated hops
over sweetness of sugar
and freshness of raindrops
Hidden in blind spots though
they all are mesmerizing

Life is immensely beautiful
and you deserve people who reflect that back to you



學生創作空間

中文作品

《一件令我自省的童年往事》

S1B 邱曉晴

是否每人都有一件令自己自省的童年往事呢？當我收拾著凌亂的書桌時，發現同學送我的卡片中夾雜著一封信，我頓時心頭一緊，一股懊悔的情緒湧上心頭，原來已經五年了……

那年是我四年級的時候，班上有一位女同學，身材略胖、長而略顯雜亂的頭髮成為了辨認她的特點。她做事笨拙，不善交際，幾乎沒有幾個願意與她搭話的人，被老師點到回答問題時，總是結結巴巴，亦總因為答不上而被同學取笑，更沒人願意幫助她。

而她剛好坐在我正後面，整天不是問我「借東借西」，就是嘗試運用她那「滿分」的口才跟我交流。我心裏厭煩至極，又不能當做沒聽到，就只能回她道：「對對對，我明白，好有趣等等。」她似乎知道我對她生厭煩，時間長了，也就低頭不說話了，而我討厭她的程度就如以前一樣沒有改變。

一天上學日，我照常與朋友放學回家，總覺得少了什麼，半路才記起錢包遺落在學校！我心想：「算了，明天上學再拿吧！」於是第二天回到課室時，便連忙奔向座位看看錢包，結果竟然不見了！我心中又驚又怕，胸口猛烈起伏，腦中思考著錢包會去哪裡。這時，她走到我面前，結結巴巴地說：「你……你好啊！我認為……你在找……找……這個？」接著，她伸出手，手上正是我的錢包！我急忙搶過錢包，連聲「謝謝」都沒說，只是數算著我錢包內的錢。「十、二十、五十元都在！咦？我的硬幣呢？」我心中又一驚，硬幣竟然全部不翼而飛！當時的我氣昏了，不分青紅皂白地指著她破口大罵：「你就是個小偷！還要假裝好人歸還錢包給

我，結果偷了我所有的硬幣！為什麼你這麼卑鄙？難怪所有人都不喜歡你！無恥的小偷！」

她眼淚在眼眶中打轉，卻又說不出什麼，只是默默搖頭。我甚至把錢包狠狠往她桌子一拍，她嚇一跳後，便開始大哭。我不禁一愣：「她為什麼要哭？不是她犯錯了嗎？」突然我的閨蜜匆匆跑來，見到這個情景之後，也嚇了一跳。而我的後桌見有同學正在好奇地往這邊張望，就哭著跑走了。

「喏，這是你的硬幣。昨天我擅自拿了你的硬幣去乘車，對不起。而我之後亦有發訊息給你，結果你看不到，於是只好今天說了。」閨蜜向我解釋了整個事情的原委後，我呆愣在原地，內心劇烈掙扎，彷彿像剛跑完十米後喘不過氣一樣。明明她沒有偷，只是出於好心歸還錢包予我，我卻要狠狠罵她一頓……想到這裡，我心中的懊悔轉化成了羞愧、無地自容。恨不得時光倒流，叫停當時的我。

可惜世上沒有後悔藥，我對她做的事，可能已造成心靈傷害。後來，我寫了一封信給那女孩，說明以前對她的尖酸刻薄、嗤之以鼻及種種錯誤，並向她道歉，希望換回原諒。事後，她回信了，信中寫到自己有很多想表達的感受，有多想與我做朋友，有多想訓練自己善交朋友……信中最後寫到：「知錯能改，善莫大焉。我亦想與你做朋友，不計較之前的事，做人要心胸廣闊，人生才能容納整個世界。一起向未來加油呀！」我心中有種說不出的動容，只是淚水已模糊了雙眼……

世上總有人是你的貴人，她——就是我的其中之一。她願意原諒我，重新接納我成為她的朋友，並教我領會了做人的道理。經過此事後，

我明白我不能放大某一人的缺點視為他的全部，每人都是不完美的，有缺點，一定會有優點，要善於發掘別人的優點並包容接納對方的不是，世上又會多一位朋友，亦會為自己的人生道路增添更多色彩。

這就是一件令我無法忘懷而不斷自省的童年往事。

《心滿意足的一天》

S1C 潘以祈

每年聖誕節，我總會相約朋友，到遊樂園裏玩上一整天，然後帶着一大堆朋友贈送的禮物回家。我一直以為這才叫心滿意足的一天。直至今今年團契的導師邀請我到教會附近的劏房探訪並替他們作家居清潔，我心中雖然不情不願，但在媽媽的半拉半請下，我只好無可奈何地答應了，卻沒想到竟然令我有意外的收穫。

當天，我和另外幾位同學被分配到一位老婆婆的家中。她的家位於深水埗，我們跟著清潔義工小組走過大街小巷，攀上四層樓梯，終到達她的住處。婆婆的家空間狹小，十分凌亂，更散發着一股濃烈的惡臭，垃圾隨處可見，更有一隻「小強」肆無忌憚地在地上爬來爬去！那刻，我巴不得可以立刻離開，但我知道我不能這樣做，只好捂着鼻子，戴着手套為婆婆收拾單位。我們花了一個多小時，足足收集了三大袋垃圾，扔掉了不少過期食品。「小強」當然亦亡於義工叔叔的腳下。婆婆的家頓時變得乾淨整齊，煥然一新。那一瞬，我心中的滿足和喜悅是非筆墨所能形容的，更遠超跟朋友遊玩的快樂！婆婆眉開眼笑地對我們說：「謝謝你們！謝謝你們！我一個人生活，上個月因為跌倒骨折而不良於行，不方便收拾這裏，真是十分感謝你們！」她連

聲道謝，我的臉卻一陣紅一陣白，心中的愧疚感油然而生。我想起自己剛剛才嫌棄婆婆家中的異味，又生出立刻離開現場的意念，實在不要得！

接著，我們扶了婆婆下樓，並帶她到公園，婆婆蒼白又缺乏生機的臉孔頓時變得紅潤，並重拾生氣。婆婆又道：「我很久沒來這裏了。告訴你們，其實我退休前是位老師……」她跟我們分享知識，學生的趣事等，我們都聽得入神。我不禁想：「其實這個活動也並沒有我想像中那麼沉悶無趣，更十分有意義呢！」最後，我們到「東海堂」——一家麵包西餅店，為婆婆拿一些剩下的麵包蛋糕。婆婆的臉上頓時洋溢着幸福和感激的笑容，並連聲道謝。一天的活動就此完結。

回到家中，我的心情像大海般翻滾着。短短的一天，我似乎感覺自己長大了不少。我心中浮現出「施比受更為有福」這句話。我想是的，在這次活動中我明白到跟朋友玩、贈送禮物，只是物質上一時半刻的滿足。相反，幫助別人的同時，雖然我付出了時間和體力，驟眼看似乎是失去，但其實我豐盛了自己，並感受到心滿意足的真諦。

《蝴蝶》

S2B 楊藹玲

在春暖花開的日子裏，看！牠又飛來了。牠們在和煦的春風裏翩翩起舞，在芳香的花叢裏追逐嬉戲。牠們是那樣輕盈、多彩多姿，宛如那些花瓣兒，離開了枝葉，自由在地飄起來了。牠們是誰？正是有「會飛的鮮花」之稱的蝴蝶。

安靜的凌晨，一隻毛蟲爬上樹枝，開始了牠那血與淚交織的蛻變旅途。終於到了破繭時刻，毛蟲忍受着痛苦，破繭而出。那皎潔的月光灑在脆弱的翅膀上隱隱泛光，翅膀忽閃，從前的痛苦只為這秒的驚鴻一瞥。人們往往只用華麗的文字讚美蝴蝶妖嬈的樣子，用手中的相機拍下那飄逸靈動的飛舞，用複雜的顏料和精巧的畫筆畫下那精巧的紋路。可是，誰能發現毛蟲為蛻變所付出的努力、滲出的汗水都參染着美麗的精華？在逆境中，蝴蝶可以放棄，但牠卻毅然選擇了蛻變的痛苦，成為美得無可比擬的生物。可是，為什麼有些人因為害怕蛻變的痛苦放棄成為花蝴蝶呢？毋庸置疑，世人都看到蝴蝶驚鴻一瞥永

都是璀璨的，人們遇到挫折，只有認定目標、堅持不懈地實踐、無懼艱辛，才可像蝴蝶一樣蛻變，取得成功。

蝴蝶，這些百煉千錘的舞者，有五彩繽紛的花紋，每隻都寡二少雙，鮮豔奪目，不同品種有各式各樣的花紋。從某種角度來說，人不同也和蝴蝶一樣嗎？不同的人有着不同的性格、優點、缺點，每個人也獨一無二，人們不應總抱怨他人的毛病，卻對他們的特長視若無睹。不去比較，卻可從不同角度欣賞他人，尊重雙方，相互勉勵，共同進步，更懂得取長補短，不就是一隻隻小小的蝴蝶向我們悄悄地訴說的道理嗎？

回看美麗絕倫的蝴蝶的幼蟲時期，也和螞蟻一起生活，藉此獲得保護，並為螞蟻提供蜜露，互利共生。這不正是現時社會所缺的精神嗎？人們為了得到更多的好處，把自己的成果全都藏起來。在群體中，不但令做事效率下降，更讓社會無法進步。一個人的力量是有限的，但若可以團結起來，形勢就不一樣了。在集合了多人的力量後，集思廣益，很多問題就可迎刃而解，使人的力量倍增。團結讓蝴蝶在這弱肉強食的生物界中存活至今，相信全賴這個法則，就像人與人之間互相信任和幫助，同心協力，方可解決問題和困境。

我愛蝴蝶，不是因為牠光鮮亮麗的外貌，也不因為牠的稀有，而是因為其堅毅、懂得尊重和團結的高尚情操。試問誰有牠這些美德？蝴蝶雖然十分渺小，但是牠那小小的身軀卻載着牠偉大的精神。蝴蝶——一種平凡不過的生物——是人們的好榜樣。

《小社區一逛有感》

S2C 袁愷婧

經常有許多人說：「灣仔富有人情味。」、「灣仔的餐廳歷史悠久。」等等……到底灣仔是個怎樣的社區呢？現在，就讓我——「灣仔之友」介紹這個社區吧！

這個下午，陽光猛烈，像露出燦爛的笑容。我獨自沿着玩具街直走，戴着耳機，正享受這明媚的天氣。走着走着，越過大大小小的玩具店便到達春園街。在遠處，我看見街坊們在選購蔬菜，也許是準備晚餐吧！「過來看、過來選！」雖

然只站了五分鐘，但也感受到街市的「熱鬧」。旁邊的旅客也特意的穿過這不太整潔的街市，感受香港的「街市特色」。突然，站在阿姨身旁的小孩子放聲大哭，他也許像我小時候一樣，未能接受這「熱鬧的街市文化」吧！看看右邊，聚集了形形色色的小店舖，包括理髮店、花店、小攤檔等……小至文具，大至祭品都能在這狹窄的環境內找到。難怪被人說是：「灣仔小寶庫」！正正是因為它的「小」，才能有機會讓檔主們享受與鄰邊小攤檔談天說笑，這一片和樂，正好體現了灣仔濃厚的人情味。但令我感到惋惜的，是旁邊的公園重建後只剩下兩個鞦韆，昔日的噴水池已銷聲匿跡。與鄰居在公園裏玩水的回憶只能藏在心內。

過了兩三個鋪位，便是下一個要介紹的地方——金鳳茶餐廳。這既不是豪華自助餐，又不是高級中餐廳，而是舊式茶記。抬頭一望，寫着「歡迎光臨」的牌子映入眼簾，因為自小便跟隨父母來吃下午茶，所以它總給我一種親切的感覺。店內的舊式「卡位」亦是特色之一，座位的擁擠像是諷刺香港地少人多的概念，但同時亦令我感到難能可貴，因為許多茶餐廳已改做連鎖食肆，裝修得十分華麗，唯獨這種舊式茶餐廳仍保留最原始的裝修，最傳統的味道。看着外面有許多舊街坊都來排隊等入座，便十分感動，證明香港人還在支持香港茶餐廳。一聲：「菠蘿包到！」，再伴隨馳名蛋撻、沙爹牛肉麵……食物香味已令人垂涎三尺。這正正是香港獨有的味道！但不少茶餐廳已抵受不住疫情的衝擊倒閉了，這是頗可惜的……

轉了街角，再向右拐，便到達利東街。這裏的氣氛截然不同，仰望便可看見灣仔少見的歐陸風建築物。這裏也常舉辦周末市集和街頭表演，吸引不少遊客前來參觀，但街坊卻寥寥可數……有些旅客與街道的燈籠裝飾拍照，有些菲傭坐在長椅上談天說笑，有些住客、主人在溜狗，的確增強不少氣氛，但利東街的轉型已失去了原本喜帖街的特色……對吧！我剛才在說我正戴着耳機聽歌，那便是謝安琪小姐唱的《喜帖街》，這首歌抒發了對喜帖街的變化的歎息。雖然利東街比鄰街熱鬧不少，增強區內消費力，但重建後住宅林立，缺乏了喜帖街的特色。據說，喜帖店以往在喜帖街林立，不少街坊和旅客都會前來參觀，甚至有新娘、新郎在這裏訂



製喜帖。但到現在，連僅餘的喜帖店也倒閉了，證明再有多一個灣仔的獨有文化消失了。

正所謂：「生於斯，長於斯。」眼見春園街不少老鋪依然屹立不倒，且保存着昔日的人情味，的確叫人感動，但想到利東街原有的特色已被取締，內心少不免感到十分惋惜。我們現在可以做的就只能努力拾回一片又一片殘餘的碎片，回憶舊時灣仔的特色和文化，並珍惜現在還存在的一切。

《鏡》

S3B 鄺曉霖

人生如露珠，短暫至極。若你問我這短暫的人生中什麼東西是最重要的，我一定會毫不猶豫地回答：「鏡子。」不為別的，只因鏡子塑造了每個都市人的一生，從小到大，從外表到心靈，無一不被鏡子影響。為什麼？且聽我細細道來。

首先，鏡子守護了你的外表。古語有云：「以銅為鏡，可以正衣冠。」雖然現代人不用銅鏡，但對著鏡子查看自己的儀容是否整潔得體，乃是我們自小便要學習的技能。學生時期，我們要對著鏡子檢查裙長是否過膝、頭髮是否整齊、臉上有沒有剛剛早餐吃三明治不小心沾上的沙拉醬；成年後，鏡子能告訴我們領帶有沒有歪、妝容有沒有花、衣服上有沒有莫名其妙出現的咖啡漬……如果沒有了鏡子，「服裝不整齊」、「穿著不妥當」等社會評價便會接踵而至。高夫曼的劇場理論指出，人的外表，特別是穿著，十分影響一個人看起來「是否專業」。想像你是一位顧問，早上出門前沒有照鏡子，在沒有發現自己穿著配色奇怪的衣服和不同顏色的襪子的情況下出門見客戶。我敢相信這一定會對你的個人及公司形象造成不少的損失。由此可見，鏡子貫穿了所有年齡層的生活，守護著大家的外表，提醒你整潔恰當的服裝為何重要，告訴你自己今天看起來如何。

第二，鏡子可以助人，特別是兒童及青少年培養正確的價值觀及世界觀。有人可能會認為這很不合理，不解鏡子和價值觀有何關聯，然，此鏡非彼鏡，以史為鏡，豈不是可以知興替？世界觀，即對現今世代的國家、社會的認知。通過學習歷史，我們知道自己的國家為什麼會是如今的樣子，知道為何英國還存在皇室、知道為何中國和俄國推崇共產主義、知道

為何某些地方戰火不斷，人民流離失所。作為世界公民，擁有世界觀十分重要，因為它可以助你了解世界曾發生及正在發生的一切，也允許你以此為基礎或靈感，在未來對世界作出貢獻。另一方面，就價值觀而言，「史鏡」是非常好的德語素材。以我們熟知的故事為例：「有志者，事竟成，破釜沈舟，百二秦關終屬楚」的故事教會我們堅持；「兼聽則明，偏信則暗」的故事讓我們知道以開放的心態去聆聽別人的重要性；「歐陽修平生所作文章，多在三上，乃馬上、枕上、廁上」則告訴我們人好學和勤奮到極致是如此的，藉此鼓勵人培養勤奮好學的心。諸如此類，史鏡之多，不勝枚舉。我們也由此可知，眾多史鏡中古人之行對我們建立價值觀的作用，及古代社會、國事對現今社會的影響與參考價值。

最後，以人為鏡可以明得失。我要說的生活中最後一面「鏡」，便是人鏡——不僅可以明得失，也會影響你的性格。通過與朋友們的交往，我們可以在對方的反饋和回應中知道自己做得好與不好的地方。亦可以從對方身上「則其善者而從之，其不善者則改之」。以我自己為例，我現在對自己的認知有大部分都是從朋友口中聽來的。如我知道我跟甲君第一次見面時說話語速太快，使她無法接收我的訊息，徬徨無措，因此我往後都會控制自己的語速以讓溝通順利進行。另外，我一位朋友曾表示欣賞我在讀書、學習方面下的苦功，我也因此更加有動力堅持學習。從人鏡中反映的真我，能讓我們找到值得堅持下去及應要摒棄或改善的地方，在不同鏡子中慢慢重塑自我，成為更好的自己。不過也要小心自己陷在虛假的鏡像裏，往相反的壞方向走。比如我的一個朋友曾經交過一個喜歡貶低他人的朋友，導致她很長一段時間裏都非常自卑，覺得自己真的如她的朋友所說一無是處。這絕對不是我們希望看到的。分辨出「哈哈鏡」也是人生的必修課呢！由此可得，找到能真正反映自己的人鏡對人的自我成長有莫大的幫助，也是進步的過程中必不可少的。

多見者博，多鏡者也博，社會學家顧里說：「人在鏡中成長。」他指的當然是洗手間裏、衣櫥裏掛著的那些，真正科學意義上的鏡子。但我卻認為，人是在銅鏡、史鏡及人鏡三鏡中成長的，而非只憑「銅鏡」。只有與這三鏡年年歲歲常相

照，我們方可從外表上、心靈上、思想上及性格上成為更好的自己。所以說，看哪！鏡子在生命中何其重要，失去了它，我們都不會是現在的自己。各位，從今天開始，請抓緊生命中的每一面鏡子，一起努力成長吧！

《樂遊廣富林文化遺址》

S3C 鄧語涵

常有人說：「要麼讀書，要麼旅行，身體和靈魂，總要有個在路上。」懷揣著這個想法，我在假期放下書本，趕快回到上海，參觀仰慕已久的廣富林文化遺址。

「上海能有什麼文化？」在踏入廣富林大門前，我一直抱著輕蔑的態度，向同行朋友嘉嘉吐槽道：「我可從沒在歷史書上見過上海。」但是，一切質疑在見到門口石碑的那刻煙消雲散。據其介紹，廣富林文化距今已四千年，形成於新石器時代，有上海歷史之根、海派文化之源的美譽。而遺址有一半浸在湖下，獨樹一幟。這對歷史迷是何等吸引！我們立刻衝進了最引人注目的那個建築。

映入眼簾的是座三層古塔。塔頂金碧輝煌，塔刹更由九個金圓球組成，高聳入雲。塔身為胭脂色，配上栗色的木質結構，平添一份歷史的厚重感，讓我不禁屏氣凝神。收斂好激動的心情，我才發現塔中別有洞天——居然是夏禹古陶收藏館！我歡呼雀躍，快步走入，環顧四周。古陶在昏暗的燈光下更具韻味。其中，有件瓷貓頭鷹蓋壺引起了我的興趣。嘉嘉看著介紹牌，掰手一算，驚呼道：「公元前221年，是秦朝！」我聞言俯下身，近距離欣賞起來。瓷器的外型是隻呆頭呆腦的貓頭鷹；壺身刻紋有些褶皺，像是羽毛；一雙小短腿很是形象，古靈精怪的模樣更像是現代的兒童玩具。我盯著它大而深邃的眼睛，暗暗發笑，佩服起古人的趣味橫生。「不知當時人有沒有也會心一笑呢？」這樣想著，我彷彿和兩千四百年前那位工匠有趣的靈魂產生共鳴。秦是亂世，民生困苦，但工匠仍能抱著一顆赤子之心，苦中作樂，造出如此的陶器，是何等堅韌。他的童趣樂天被灌進了壺中，被我發掘，感染了後人。匆匆看完其他展品後，我們哼著小調，前往其他展區。

此次旅行的重點一定是水下博物館了！離開古塔，步行十分鐘便可到達那個圓形展館。沿樓梯而下，再走馬觀花略過不感興趣的原始人展廳，我們終於在民國的展區停下腳步。遠遠望去，這裡就像一個巨型仿真攝影棚。那些早已消失不見的老上海街景，像是石陣門、松江火車站，都一一被復原了出來。展區燈光是暖色，再加上用心製作、頗有質感的老物件，倒真像是穿越回了過去，讓人沉醉其中。但是觸動我的，不是做工精美的噹噹車或享負盛名的國泰大劇院，而是角落中一個衣衫襤褸，背著孩子的紡織女工的照片。她看起來家境簡樸，穿著並不華麗，只是安靜地蹲在一旁織布，勞苦非常。形成鮮明對比的是她臉上幸福的表情，眼尾彎彎，微微斜著頭，沒有不滿、困苦的表情。是啊，抗戰時期，環境再艱難，先人們也沒有自怨自艾，反而樂觀面對不如意的生活。我不禁肅然起敬，心中一股暖流流過，心情也明媚起來。

結束歷史之旅，我們決定放鬆一下。隨著一陣搖晃，船緩緩開出，不多時就來到湖中央。微風拂面，翡翠似的湖面蕩起漣漪，令人心曠神怡。「萬綠叢中一點黃」，碧色的湖水上出現幾點黃色。定睛一看，原是鴨媽媽帶著孩子在散步。牠們排成列，雙腳快速撲騰湖前游，胖嘟嘟、黃澄澄的身體向前游。突然，一隻小鴨用頭點了下水，又搖頭甩乾，瞧見脫離了大部隊，就向前微傾，加速跟上。其樂融融的景象讓我忍俊不禁。「多麼溫馨的一家啊！」嘉嘉感嘆道。船夫聽聞，笑著解釋：「附近居民有壓力時，就會來這放空身心，所以它們都不怕人的。要心情好才能繼續努力嘛。」我點頭表示贊同，又攀談了一會兒，小鴨便已游到遠處橋洞下。幾個孩子見到，又蹦又跳，小鴨也抬頭回望，「嘎嘎」兩聲，像是在回應他們的熱情。「好一幅國泰民安、四海昇平的景象。」我和嘉嘉相視一笑。

不安情緒、社會壓力充斥當下整個社會，但堅韌和樂觀四千年前就已成為中華民族的底色。從貓頭鷹的工匠，到生活貧困的紡織女工，再到如今的百姓，他們都面對著苦難，但又永不放棄；他們勞動、創造，也永遠有赤子之心。這次旅行不僅讓我身心愉悅快樂，更讓我懂得「快樂」對中華民族意味著什麼。這是一種永不言棄的心境。我希望，在下個四千年，後人也能從我們身上，發現這種心境。

《談責任》

S4D 梁爾琛

父親經常說，他之所以能堅持兼職在求學時期孜孜不倦地讀書，並是因願替人補習來賺取生活費，就是一份為他對自己的未來和對家人東西，可為責任感。他說，責任這門東西，可以使你堅持做一些你必須做、你應該做的事情。我頗同意父親的見解，責任的確是推動人去執行事情的動力。而為何責任有如此強大的力量呢？是因為責任是基於承諾、愛。而責任的作用就是要維持社會安寧。在此請容許我在下文進行淺析。

責任，是出於一份承諾。當我們上學去時，老師就肩負著對家長、學生、社會的責任去教導我們。老師的職責，為何是要「傳道、授業、解惑」呢？就是因為老師向我們作了一個承諾，要把知識傳授給我們，解決我們在學業、在生命旅途上的疑問和困難，使我們最終成為一個有學問、有修養的人。當我們向別人作出一個承諾時，我們自然地也背負著承諾所帶來的責任。梁啟超先生曾提及，答應了別人事情後，良心便會督促我們履行承諾所帶來的責任。倘若我們未能踐諾，便會受良心責備，認為自己虧欠了他人。這種愧疚感令人煎熬，從而帶來痛苦。因此，當有了承諾及遵行承諾的責任後，為消除不守承諾的痛苦，我們自然有動力去做一些我們必須做、該做的事情。當日蘭相如答應趙王出使秦國，承諾除非秦王以十五座城池交換和氏璧，否則就會把璧玉歸還趙國。正因這份對君主的諾言，相如才敢在面對傲慢的秦王時仍力守和氏璧，不讓其落入違背承諾的秦王手上。相如因承諾而執行了自己作為使者的責任，而這份責任感使他得以保護趙國的利益。由此，向人作了承諾後，我們會產生一份責任感，從而馬不停蹄地去執行我們要做的。

責任，是出於一份愛。愛和承諾的性質有相異之處。愛是無限量，不求回報的；承諾是為達成一個雙方都同意的結果而出現的。因此，由愛萌芽出的責任所給人的推動力，會比因承諾衍生出的責任所帶來的推動力更強。回到家中看見你的小狗或小貓，基於愛，你會抱抱牠，視牠為襁褓中的嬰兒那樣珍貴。因為愛，儘管在上班期間被上司罵個狗血淋頭，作為主人的你依舊會不辭勞苦地為牠洗澡、剪毛、理甲，務求讓心愛的毛孩子生活安舒。即

使辛苦，但無限量的愛能使一個主人願意花心力去照顧自己的寵物，陪牠終老。同樣地，父母對小孩的愛，兄弟姊妹的手足之情等，也會令人願意犧牲私人時間和心力來支持、陪伴對方，因為這是愛所帶來對家人的責任感。愛是無可取替的，因此其伴隨的責任感，自然推動人們不惜含辛茹苦地向所愛之人執行責任。

責任最終的作用，就是要維持社會的安寧。如上所述，責任是由每個人對自己或他人的愛或承諾所形成的。因為有此責任，我們才會願意付出自己的努力來兌現這份愛和承諾。是以，當社會上每個人都兌現對自己和他人的愛和承諾，堅守自己不同的角色和崗位，社會才能運作正常。在孟瑤的《自知與自信》中，作者提及每個人就像機器的零件一樣，拼在一起。每個零件被放置在合適的位置時，機器自然能運作正常、流暢。若每個人都執行對自己和別人的責任，毫不鬆懈，社會自然運作正常。當總統的，基於對人民的承諾和對國家的愛，肩負著治理國家的責任。此責任推動著他要好好地處理民生、外交等議題，好讓國家和人民的權利受保障，人民生活自然安寧；當餐廳清潔工的，基於對家人的愛和對自己生計的承諾，肩負著清潔洗手間、廚房和桌子椅子的責任。此責任推動著他要仔細清潔打掃。他執行了自己的責任，自然使餐廳變得衛生，方便了其他侍應或廚師履行自己的職責，餐廳因此運作暢順。責任一環扣一環，唯有每個人都兌現對崗位的責任，社會才能運作暢順，不會卡著卡著。

綜上所述，責任是由承諾和愛孕育出來的；而責任，就是推動人去完成自己該做和必須做的事情的推動力。肩負責任雖然辛苦，但只要每個人都堅守履行責任的話，社會就可運作暢順，變得安寧。

《大局為重》

S4D 楊藹瑩

五月，考試將近，同學們被大堆的溫習和功課壓得喘不過氣來。大家恨不得每天有七十二小時溫習，我也不另外。掛在書桌上的時鐘也和應著我的心情，發出「滴答」、「滴答」的催促，使埋首在教科書的我愈發焦慮。



雪上加霜的是老師在數天前派的一份小組作業，不但要計分，還要在全級面前匯報。分組後，同組的一心迫不及待進行分工，想盡快完成習作：「家寶、允行，你們負責搜集資料做草稿，我負責影片部分，有容負責簡報，有問題嗎？」一心道。我表面上是答應了，但內心卻顧着自己的課業，不情不願，打定主意我負責的簡報隨便做。

翌日，家寶和允行把用了一整晚完成的草稿交給我製作簡報，我直接把他們給的文字複製在簡報上，沒有加上任何圖片、裝飾、甚至刪減。回頭看看時鐘，心想我只用了十分鐘，完美！接着拋下家寶和允行的努力成果，繼續埋首在課業裏。書桌上，時鐘的秒針不知不覺停止了跳動，身後的分針和時鐘也被迫停在錯誤的時間。我絲毫沒有發現時鐘停止轉動，不見了「滴答、滴答」的聲響，自我安慰道：「我只是負責簡報而已，老師評分的文字內容又不是我做的，這樣我隨便做也沒有關係吧！」

後來老師發現課堂上有剩餘時間可以給每組演習一遍，我們正是第一組。當我取出簡報投射在白板上時，家寶和允行的眼睛不可置信地瞪大，不敢相信我負責的簡報如此簡陋。一心氣憤地瞥了我一眼，把畫面轉到她精心做的短片上，開始了講解。家寶和允行接着她的話流利地說了下去，輪到我發言時卻結結巴巴。我這才後悔當初我拒絕和他們練習，以空出更多時間留給自己。

完成演習後，老師評價道：「每組都是一個整體，雖然短片和內容準備得不錯，但若果簡報做得更好，分數會更高。」接着老師意味深長地看了我一眼，道：「團隊合作也有改善的地方。」我心中明白是我拖累了整組，愧疚之情油然而生。

看到其他組認真的準備和製作精美的簡報，以及身邊組員悶悶不樂的樣子，愧疚之情愈發深刻。其他組的組員即使每人都未完成溫習，仍然盡力把自己負責的部份做到最好，並為合作的匯報感到自豪而努力拼搏，我卻一味專注在自己的事上，不理大局。老師剛才說的：「每組都是一個群體」在我心中迴蕩，再如同當頭棒喝般把我拍醒。

每組都是一個整體。我以為自己隨便做自己的部分無傷大雅，殊不知我就是時鐘中不起眼卻又不可

或缺的齒輪，少了它整個時鐘便不能正常運作。只有一個個齒輪、秒針、分針、時針各司其職，願意暫時放下自己手上的事互相合作，才能讓我看到準確的時間。

我應當是我們組的一部分，也只有暫時放下自己手上的事，先完成小組的事，才能使我們整個小組發揮得更好。若果每人只專注在自己的事上，沙士時期醫生為減少患病的風險便不會願意在缺失口罩的環境下，冒險救助病人，香港可能就無法渡過那黑暗的時期。若果社會上人人都只顧自己，消防員不會冒險救火，警察不會拘捕槍販，社會上誰來各司其職？我享受了社會上以大局為重的人的保護。難道還要繼續做個自私自利，不顧大局的人嗎？

不！我不會！思念及止，我回頭對組員承諾我會重新把簡報做好，並參與他們的練習，爭取在全級的匯報中做到最好。

自此以後，我終於學會了大局為重。

《捷徑》

S5A 何沛儒

捷徑，真的會使人收穫更多嗎？

在人生的跑道上，人人都在努力地奔跑。而年齡相若、興趣相似的伙伴，大多數也會經歷比較，我和一心便是一個最佳例子。

一心與我是鄰居，我們從小一起長大，一起玩耍，但無論是畫畫、運動或學業，她都樣樣精通。我的母親也總不厭其煩地提起一心的名字，不分晝夜、從不間斷，訴說着一心的成熟與優秀。心中的不忿與母親的「一心經」一起合奏，使我定下了要贏她的決心。

「我要贏她！我要贏她！使母親再沒有唸咒的機會！」

我堅定地坐在電腦桌前，把鼠標移到「郊區越野比賽 2023」的報名表上，誓要在學校的比賽中把她擊倒。可是，我心裏清楚，我的體能又怎足以與一心堪比呢？此刻我的心裏一沉，拋開了要在未來兩個月加緊操練的想法，我要贏，就必須找捷徑。只要能找到一條比原定路線短的小路，我必定能捷足先登、

旗開得勝。同時，也不用花費時間練習，一舉兩得。想到能不費吹灰之力打敗一心，我不禁揚起嘴角，沾沾自喜。「哈，聰明的人走捷徑，笨拙的人卻只會傻傻的努力，還慢了十倍，那麼辛苦又何必呢？」說罷，我便欣然地繼續尋找由山腳直上山頂的捷徑。

接着的兩個月中，我如常地與一心遊玩嬉戲，但每當她提到希望和我一起練習跑步時，我總委婉推搪，因為我知道我的勝券在握，不必多費心思。而每次她提及對昂坪山徑沿途風光的期盼時，我總覺得可笑，因為沒甚麼比更快到達終點更重要。

一眨眼便到了越野賽跑當天。「砰！」的一聲令下，同學們紛紛往山道跑，路線冗長，同學們需要沿着山路繞至山頂的終點。

聰明的我混在眾人之中跑了十分鐘，在到達岔路口時，我靈活地閃到了樹蔭下，躡手躡腳地衝往比原定路程短的小路，陷入了千篇一律的樹林之中，獨自踏上通往成功的道路。小路上佈滿了落下的枯枝，而我在枝葉間隨意穿插時，不慎刮傷了小腿，但我沒多理會，毅然繼續前進。

果然，我如願以償地奪得了冠軍，一心則屈居第二。可是，我卻沒有想像中高興。我的榮光在頒獎禮後逐漸淡化，後來充斥在耳邊的是一心和其他同學在談論賽跑沿路美景的聲音。「你有看到剛剛的火燒雲霞嗎？真的很美呢！」「對呀！還有那個瀑布和小溪，水清澈得看見池中的小魚。」「沒想過能在最後一年的中學生涯中與你們一起共賞香港的山林美景呢！」人們吵鬧的談論聲凸顯了我的心虛及迷惘，使我沉默地低下頭，默不作聲。

一心見狀，便向我走來，關心我刮傷的左腳。「你……怎麼那麼不小心呢！下次若要走直上山的那條小路，記得要穿長褲呀。」我聽到後猛然地望向她，心想：「她是怎麼知道那條捷徑的？」但更奇怪的是，她並沒有選擇走上捷徑，看著正在幫我包紮的她，我眼神空洞，望向天空。

回想着我的「聰明」，的確，我要走的路程短了，要付出的努力少，回報卻大，可我真的贏了嗎？我的心虛使我的冠軍不踏實，這並不是我靠能力換來的。我贏了比賽，卻輸了沿途的風景，輸了自己付出

汗水換來青春回憶的機會。我金光閃閃的獎杯上，映照出的不是山河美景，而是陰森的小路。此刻，我頓時明白了若要獲得成就，是要靠自己一步一步走出來。用取巧的方法走捷徑真的是明智的選擇嗎？你永遠不知道少走的那段路是有多遠正在等待你的風景。一次又一次踏入捷徑，一段一段被刪減的路途，每每孤獨地比其他人先到達，可回頭望去，每段路都只是沒有經歷感悟的空殼。

這一次，我憑着捷徑爬上了冠軍的寶座，可若與別人所得的回憶及經歷相比，我是徹徹底底的輸了。因為比起獎盃，我認為回憶和經歷更是珍貴。

所以捷徑引領我們步向的到底是哪裏？

《疤痕》

S5D 沙穎恩

有人說人生是一座危機四伏的叢林，當中有無數沼澤陷阱，誓要讓我們這群歷險者跌個頭破血流，最好是跌得遍體鱗傷才好。而我們一邊攀爬高山，一邊深潛海溝，在這場歷險中保存性命，那怕身上遍佈大大小小的傷疤，也要生存下來，直到抵達叢林的盡頭。在這場歷險中，我卻發現了一些關於疤痕的學問。

疤痕是甚麼呢？它與尚能見血的傷口不同，早已愈合，平日不痛不癢，但當被刻意挑起時，卻又痛徹心扉。疤痕有分兩種，一種是有形的，另一種是無形的，但二者又有些相似之處，要與疤痕共存，也絕非易事。

最常見的當然是有形的疤痕了，亦即是身上的傷疤，看得見、觸得到，但已不痛不癢，只會在我偶爾看到時才勾起一段混著血液與淚水的回憶。我小時候很貪玩，對周圍的事物有着滿滿的好奇心，總想要把世界都摸索透徹。大概在我八、九歲時，家人買了新冰箱，我好奇得緊，趁着家人不注意，搬了張高腳凳，爬到冰箱頂仔細探索。我玩得也不亦樂乎，卻又很快樂極生悲，就在我爬下冰箱時腳滑，摔了個四仰八叉，被家人發現後我捂着流血的額頭，抽泣著到醫院縫了八針，留下了一道長長的疤痕，雖然早已不痛不癢，但我仍能憑此清晰地描繪出那段往事。

另一種便是無形的疤痕了，這些疤痕看不見、觸不到，卻又刻骨銘心。只要不經意地想起那些痛苦的回憶，便不免痛不欲生，即使被時光沖刷，心中的疤痕仍時不時伴隨著折磨，出現在每一個夜深人靜的夜晚。我堂姐是個善良的人，會不時做義工，幫助有需要的人。如此善良的女孩，卻在中學時遭受欺凌之苦，她被班上的同學排斥、嘲笑、甚至被扇耳光，我難以想像她經歷了多麼黑暗的時光。為了擺脫陰影，她向心理輔導師求助，定時吃藥，保持開朗的心境，但她卻向我說，她時不時仍受惡夢折磨，流着淚醒來，呆坐直到清晨。堂姐的疤痕好像比我身上的更大更嚴重，不會隨着時間的流逝變得不痛不癢，只會不時帶來壓抑而痛苦。

就這樣看來，疤痕這種東西沒有帶給我們任何好處，它的到來只會伴隨着痛苦與眼淚，究竟它存在着什麼價值？我們能不能徹底地根治它？

身上的疤痕是一種教訓，它不像老師所教導的知識、寓言故事裏的反思，如過眼雲煙，容易煙消雲散，而是切切實實刻在你身體上的印記。像我這種不善背誦的人，卻能對身上的數個疤痕瞭如指掌，甚至倒背如流地說出它們各自的來歷。這些傷疤對我來說是一種警告，讓我做事時三思而後行，不要重蹈覆轍。像我再也不會沒有安全保障下爬到高處，以免跌個粉身碎骨。只有我來做例子是否太過勉強？無形的傷疤也能有如此效用嗎？中國晚清時期，英國向中國輸入鴉片，以賺取大量金錢。中國人不知鴉片之害，最終導致鴉片戰爭大敗，也開啟了列強入侵的開端。這對於中國人來說是奇恥大辱，自恃天朝大國卻敗在夷族手中，無疑是一個巴掌摑在臉頰上，火辣辣的痛。現今世界各地如加拿大、美國也有大量城市實施大麻合法化，只有中國仍然實施全面禁毒，力圖讓國土內的鴉片消失殆盡，正因為中國受了過鴉片之禍，在人民的心裏留下了大傷疤，每每提及晚清鴉片戰爭都無不歎息悔恨，才會以傷疤為教訓，遠離毒害，避免禍患再臨。由此可見，傷疤確實為我們提供了教訓及引導方向，不完全是無任何價值。

疤痕能根治嗎？這確實難說。有形的疤痕就不用說了，市面上大量的去疤膏、去疤貼，發達的醫療技術令身上的疤痕得以消失，但

心中的疤痕呢？到了上星期我才知道，堂姐的義工服務是針對有需要的孩子或青少年，也就是那些受欺凌所害的人，「因為自己淋過雨，所以想為別人撐一把傘」堂姐是這樣說的，我佩服她的心胸，在她迷惘無助時，她沒有等到救援，如今，正正是因為她明白這些人的痛苦，所以願意伸出援手，助他們渡過難關。心裏的疤痕或許不能靠着醫療手段痊愈，但愛能緩解不適，甚至預防疤痕的出現，這大概就是愛如此偉大的原因吧。

在這座叢林中，我只跋涉了十多年，在漫長的歷險中不值一提，面前仍有無數的陷阱、懸崖、深淵、沼澤等着我，等着讓我跌得滿身傷疤。但我已不再害怕，我會帶着專屬於我的疤痕，以及身邊人的愛意走下去，跨越重重難關，完成這場名為「人生」的歷險。

《調味料》

S6A 黃甯露

看着在廚房裏忙碌的外婆和她身旁的瓶瓶罐罐，我知道正是因為這些不同種類的調味料，才使得外婆本來就深厚的廚藝更上一層樓，協助她煮出一道道佳餚。假如說食材是飯桌上的主角，那麼調味料便是使這飯菜劇本昇華的靈魂人物，沒有它，整道菜將變得黯然無味。

飯菜中如是，人生中亦如是。正因日常生活中各有各式各樣的「調味料」，才使得人生精彩無比，調味料有香、有甜、有酸、有辣，就如人生百味，沒有任何一種經歷是多餘的，各種體會串連一起，成為生活上的調味劑，相輔相成造就有靈魂的生活。就如學習道路上，人們總說學習是「苦」的，但正因這「調味料」，才能襯托出生活中值得細味的「甜」。學習過程確實是苦的，排山倒海的功課和測考使人承受巨大的壓力，甚至質疑學習的成果，但無庸置疑的是，正因學習上有「苦」這種調味料，得到知識學問後的甜才顯得特別珍貴。經自己的努力考獲理想的成績，將所學應用至日常生活中，使得自己和身邊的人均有得益，這便是所謂的苦盡甘來。沒有前面的苦，往後的甜亦自然沒有如此突出，不能感染他人，正因有學習的苦，人生路上才多了幾分從苦而來的成就感，成就有道德學問的人，使他得以享受學習為他帶來的種種利益。有了苦的



襯托，甜味使人眼前一亮，印象深刻，兩種味道各司其職，成為人生中的調味料，使人活得精彩。

除了學習上的「苦」，生活小事上使人感到低落的「咸」味也是不可或缺的調味。每個人總會經歷大大小小的挫敗，因難至極而流下的淚水，那「咸」味總是使人避之則吉。可是正是有了這些因難、辛酸而流下的淚水，人們才得以明白幸福的生活來得不易，學會珍惜生活上一切「甜」味的來源，例如家人，朋友於低潮期的陪伴，職場上的成就，甚至只是偶然看到的一則笑話，那些淚水帶來的咸味教人學會珍惜，成為成長路上的調味料。正因人們不能渴求人生中只有無窮無盡的快樂和幸福，那種偶爾嘗到的咸味便成為路上使人際關係昇華，個人知足能力提升的調味料，使人生有起有跌，豐富自身情緒和生活，成就往後的甜。

最後，令生活添上一絲色彩和刺激的便是使人又愛又恨的「辣」味。愛是源於一切突發事情所帶來的刺激感能使生命不再枯燥無味，一切意料之外，意想不到的事情發生都使人們本來乏悶、毫無變化的生活帶來新奇刺激的體驗，例如突如其來的驚喜，乘搭遊樂設施所帶來的刺激感等，這種「辣」味使人從枯燥的生活中抽身成為生活上不可缺少的調味。然而，這種調味料一旦下手過重，便會對人身心靈受到傷害，造成打擊，故亦使人憎恨遠離。好比所愛之人遇上突發意外，悉心打點好的計劃突然被中斷等，這種程度的「辣」味過重，而各人承受能力有限，對人構成傷害未能測量。可是卻正是因為辣味的發生無可估計，才使人生充滿可變性和未知數，訓練人們面對逆境的應變能力，雖使人又愛又恨，卻是使人生多變，不可或缺的調味料。

在飯菜上人們喜歡用各式各樣的調味料使菜餚增添色彩味道，成就色香味俱全的佳餚。然而在生活中，卻有人習慣抑壓，避免這些「調味料」的加入，刻意阻擋不同情緒的發生，只允許正面的「甜」味存在。比如學習的苦他不想熬了，便果斷放棄溫習，投入打遊戲機的「甜」之中；遇上難過的事情不願把情緒表露人前，便刻意抑制淚水的掉落；因害怕突發事情帶來的打擊，便不敢作出嘗試，終日留在舒

適圈中。可是沒有生活中的苦、咸、辣，又如何突出甜的可貴？苦盡甘來，咸中帶甜的生活才是人生常態，執意阻擋調味加入，拒絕情緒的發生，甜味的出現亦隨之煙消雲散，或者說，即使出現了，你亦無從感受。接受人生百態，幸福感便隨之而來。

看着廚房中的各種調味料，我不禁感嘆它們對飯菜的重要性。調味使飯菜昇華，成為飯桌上的靈魂。在飯菜中如是，在人生中亦如是。

《知己》

S6C 劉樂芊

烈日陽光下，一陣清風拂來，把我心中積累的煩擾都吹走了。知己難求，即使今天發生了許多不愉快的事，能有一心此知己就不足以顧慮。

我是管樂團的團長，更是班上的活躍分子。反之，一心性格文靜，與我的個性截然不同。然而，性格不同的我們卻因同是管樂團成員而成為了好友。但也不過如此，一心與我性格如此不同，我認為她頂多只是我的朋友，不至於是知己。

最近，管樂團有一個校際比賽，為了帶領學校取得冠軍，為校爭光，我日以繼夜地帶領團員練習。沒想到，我的努力換來的是不理解。闊大的音樂室中，當大家都在專心地檢查曲目時，有幾個低年級同學卻在細語討論。「以往都不用練習得這麼頻繁！都不知道為何團長要這麼上心！」「還用說嗎！當然就是為了她個人的求勝欲呀！我們都成了犧牲品……」耳利的我聽到這句話後，心裏迅速地燃起了一把怒火。我做這麼多是為了管樂團的名譽，是為了你們，不是自己！你們怎能這樣說我！但我還是忍下這肚怒火，以免阻礙練習進度。

當練習結束，人群漸散時，我留下來想向我敬愛的合唱指導傾訴。豈料，她亦只回我一句：「有容，我明白你求勝心切，但萬事不能操之過急。」老師的臉龐明明一如既往的溫柔，我卻感到有些陌生。她沒有真正聆聽我的感受，只是一口斷言我這一切的努力只是為了自己。我心中不被理解的委屈越積越多，快將如同充滿氣的氣球一樣爆出來。

我只好匆匆離去，以免情緒失控。走在柳樹飄揚的離校路上，心中的愁緒就如墨汁一樣把我的心海漸漸染黑；腦就像打了死結般，思緒遲遲未能找到迷宮的出口。驀然，一把清脆的聲音從身後響起：「有容，等等我！」是一心。我緩緩地停下了腳步，心想：她一定跟他們一樣，是來「責怪」我吧！

豈料，她說：「不要垂頭喪氣，我明白的，你做這一切是為了學校，不是為了自己。」那句話就像黑暗中的曙光，把我冰冷的內心又再次溫暖起來。一心接着說：「你一向只想別人，不想自己，班會的所有麻煩事都由你承辦。這些我都看在眼里。」一股暖流湧上心頭，我頓時非常感動。心中的積落下來的委屈、憤怒找到了出口，就此消散不見。原來，有人如此明白我！

可是，一心並非只是了解我，她更作出了提醒。她委婉地說：「雖然你的本意很好，但你要明白不是所有人都想取得冠軍，有時候，你衝得太過火了。」她不但指出我的缺點，更告訴我改善的方法。我回想起從前，一心一向文靜乖巧，卻也善於觀察、分析別人。一直以來，我認為我們性格不能完全合得來。但正因性格不同，所以她才更能留意到我的不足，才會成為我真正的知己。

不同於老師和管樂團，一心能真正明白我的用意和處境。她的安慰更令我明白到互相理解的重要性。人生中有許多難以被人理解的感受、想法，當不為別人所理解時就彷彿站在孤島中，非常難受。唯有知己能給予孤身一人的你一點溫暖，理解你，讓你知道自己沒有被遺忘。

知己更是一面鏡，能照出優缺。無人完美，因此需要知己來提醒，點出自身的盲點。唯有如此，人才能進步。只有知己——真正了解你的人，才能給予你最真誠、恰當的意見。這樣你才不會為外界聲音影響，致使你不會隨波逐流，不會矯枉過正，不會迷失自我。

在此人情淡薄的世代中，能如此幸運地有一知己，我還有什麼好求呢？微風吹過，吹走了心中的愁緒，卻留下了一心這一知己。我們結伴走在路上，在陽光的映照下，我彷彿看到一心的面龐像天使般漂亮。

PE ACTIVITIES



Objectives



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



Inter-school Competitions

Events	Area/ Division/ Results
Badminton	Hong Kong Island Division One Girls Overall 2 nd Runner-up A Grade 2 nd Runner-up C Grade 2 nd Runner-up
Swimming	Hong Kong & Kowloon Division Two Girls Overall 3 rd Runner-up C Grade 2 nd Runner-up
Athletics	Hong Kong & Kowloon Division Two Girls C Grade 3 rd Runner-up



- 1 Swimming Team
- 2 Badminton Team
- 3 Athletics Team



Hong Kong Student Sports Awards

S5C CHAN TSZ YAU received the award from the Watson Group Hong Kong Student Sports Awards (SSA). She was presented with an award certificate, a cash scholarship of \$500 and shortlisted to join a leadership workshop.



Internal Competitions

Sports Day 6/3/2023

(A) Total no. of participants: 147

(B) Sports Day winners:

	Champion	1 st Runner-up	2 nd Runner-up
Overall Individual	S5C CHAN TSZ YAU	S3C CHAN HO CHING MONA	S5D WONG YAN TO
	Champion	1 st Runner-up	2 nd Runner-up
Overall Inter-class	S3D	S5C	S1A
Overall Inter-form	S3	S5	S1



Sports Demonstrations

1. Short Golf Course

Our school took part in the Hong Kong Junior Golf Programme organized by the Hong Kong Golf Association. Coaches organized a 8-session training course for our S5 students. Students have learnt the basic skills of golf and enjoyed the lessons.

1

2. Social Dance Course

Our school took part in the Social Dance Programme organized by the Leisure and Cultural Services Department. Coaches organized a 8-session training course for our S6 students. Students have learnt the basic skills of waltz and had fun in the sessions.

2

3. Thai Boxing Demonstration

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

4. Fencing Demonstration

Our school took part in the Fencing Demonstration. Coaches organized a 2-session training course for our S6 students. Students have learnt the basic techniques and rules of fencing.

5. Lacrosse Demonstration

Our school took part in the Lacrosse Demonstration. Coaches organized a 2-session training course for our S6 students. Students have learnt the basic techniques and rules of lacrosse.

3



4



5

6. Cricket Demonstration

Our school took part in the Cricket Demonstration. Coaches organized a 2-session training course for our S6 students.

7. Kin-Ball Demonstration

Our school took part in the Kin-ball Demonstration. Coaches organized a 2-session training course for our S6 students.

6

- ① Social Dance
- ② Thai Boxing
- ③ Cricket
- ④ Kin-ball
- ⑤ Fencing
- ⑥ Lacrosse





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)**

Two first year undergraduates who obtained the best results in the 2023 HKDSE

S6D Siu Ho Yuet 蕭可悅 Medicine & Surgery (University of Hong Kong)

S6C Ip Cheuk Yau 葉綽悠 Pharmacy (Chinese University of Hong Kong)

2. **Yung Yuk I Scholarship (容玉儀獎學金)**

For first year undergraduates who obtained the best results in the 2023 HKDSE and entered the medical field in the local university

S6D Siu Ho Yuet 蕭可悅 Medicine & Surgery (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 2023 HKDSE

S6C Chan Lok Yiu 陳樂瑤 BBA in Finance (Hong Kong University of Science and Technology)

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

For first year undergraduates who obtained the best Mathematics results in the 2023 HKDSE

S6C Lai Wing Yee 賴穎儀 International Research Management (Hong Kong University of Science and Technology)

S6D Wong Yu See Patsy 王愉思 BSc in Quantitative Finance (HKUST)

S6D Siu Ho Yuet 蕭可悅 Bachelor of Medicine and Bachelor of Surgery (HKU)

5. **Scholarship for Outstanding Academic Performance in 2021-2022 P6, Primary Section of True Light Middle School**

S1A Chan Pak Yee 陳栢頤

S1C Ng Sum Yu 吳心瑜

S1C Sin Ka Yau 單嘉悠

S1D Chan Ying Yuet 陳映悅

6. **Honours Students (Year)**

S3B Kung Sum Yau 龔心柔

S3B Leung See Yan Natasha 梁思焮

S3C Dend Yuhan 鄧語涵

S3C Leung Ching 梁靖

S3C Sin Ka Yuet 單嘉悅

S4C Yiu Lok Hei 姚樂希

S4D Fung Yuet Kiu Caron 馮乙翹

S4D Leung Yi Sum 梁爾琛

S5C Cheung Sum Wo 張心和

S6C Liu Lok Chin Chloe 劉樂芊

S6D Siu Ho Yuet 蕭可悅

7. **Best Academic Award (Year)**

Form	1 st Place	2 nd Place	3 rd Place	4 th Place	5 th Place
S1	Sin Ka Yau 單嘉悠	Chan Ying Yuet 陳映悅	Chan Pak Yee 陳柏頤	Abdul Rahman Asfia	Tse Wing Tung 謝詠彤
S2	Woo Wing Chi 胡穎芝	Lam On Kiu 林安喬	Huie Hoi Yin Lavena 許凱研	Leung Yan Kiu 梁昕蕎	Tong Ying Lok 湯凝樂
S3	Kung Sum Yau 龔心柔	Leung See Yan Natasha 梁思焮	Deng Yuhan 鄧語涵	Sin Ka Yuet 單嘉悅	Leung Ching 梁靖
S4	Yiu Lok Hei 姚樂希	Fung Yuet Kiu Caron 馮乙翹	Hung Pui Ching 洪珮晴	Yeung Oi Ying 楊藹瑩	Chung Tsam Ning 鍾沁寧
S5	Chan Yuet Wah 陳悅鏗	Cheung Sum Wo 張心和	Wong Yan To 王昕濤	Lee Hoi Yi 李豈爾	Au Hoi Ying 區愷仍
S6	Siu Ho Yuet 蕭可悅	Liu Lok Chin Chloe 劉樂芊	Ip Cheuk Yau 葉綽悠	Lai Wing Yee Winky 賴穎儀	Wong Yu See Patsy 王愉思

8. **Outstanding Conduct Award (Year)**

S3C Cheung Hiu Yan 張曉昕
S3C Yip Cheuk Kiu 葉綽翹
S5C Au Hoi Ying 區愷仍
S5D Wong Ting Yuk 黃婷鈺
S6D Siu Ho Yuet 蕭可悅

S3C Leung Ching 梁靖
S4C Hung Pui Ching 洪珮晴
S5C Shao Wing Sze 邵穎詩
S6D Chua Suet Yau 蔡雪攸
S6D Yiu Cheuk Ki Belinda 姚綽祈

S3C Tsang Lok Yiu Charis 曾樂遙
S4D Fung Yuet Kiu Caron 馮乙翹
S5C Tsang Kam Yan 曾感恩
S6D Fung Wai Ki 馮蔚祈

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

Form	Chinese Language	English Language	Mathematics	Science	Social Science
S1	Leung Hiu Yan 梁曉恩	Wong Hau Ching 黃巧晴	Lam Po Yee 林寶怡	Sin Ka Yau 單嘉悠	Sin Ka Yau 單嘉悠
S2	Woo Wing Chi 胡穎芝	Lam On Kiu 林安喬	Chiu Sophia 趙葶恩	Chau Ka Ying 周嘉瑩	Woo Wing Chi 胡穎芝
S3	Deng Yuhan 鄧語涵	Yip Cheuk Kiu 葉綽翹	Pang Sze Yin 彭思言	Kung Sum Yau 龔心柔	Kung Sum Yau 龔心柔

10. **Dr Lam Tsz Wai Memorial Scholarship**

Best Performance Mathematics and Science

S1C Sin Ka Yau 單嘉悠

S2B Chau Ka Ying 周嘉瑩

S3B King Sum Yau 龔心柔

Best Performance in Mathematics

S4C Yau Cheuk Shan 游焯珊

S5C Lee Hoi Yi 李豈爾

Greatest Improvement in Mathematics and Science

S1D Chan Hoi Ki 陳海淇

S2B Wong Ching Tung 黃靜桐

S3A Leung Nok Sze 梁諾詩

Greatest Improvement in Mathematics

S4C Wong Jing Tung Rachel 黃靖瞳

S5A Luong Keria 梁子怡

Best Performance in Dancing

S3A Kam Tsz Yuet 金子越

11. **P.L. Tang Memorial Prize**

S1C Cheng Chi Kiu 鄭芷喬
S4D Leung Yi Sum 梁爾琛

S2D Yip Grace 葉晞喬
S5D Sha Natalie 沙穎恩

S3C Cheung Hiu Yan 張曉昕
S6C Liu Lok Chin Chole 劉樂芊

12. **Eileen Lee (Credence Chinese Medicine) Scholarship**

S2D Ng Man Hei 吳汶熹



II. External Awards

A. Scholarships and Grants

1. 2022-23 Grantham Scholars of the Year Award

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

S6D (2021- 2022) Tze Ying Lam 謝盈林

2. Tung Wah Group of Hospital's 152nd Anniversary Scholarship

For students who have outstanding performance in academic.

S6D (2021-2022) Lam Ching Chi 林呈芝

3. Link University Scholarship

S6D (2021- 2022) Tze Ying Lam 謝盈林

4. Sir Edward Youde Memorial Fund Prizes 2022-23

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

S6C Ip Cheuk Yau 葉綽悠 S6D Siu Ho Yuet 蕭可悅

5. Harvard Book Prize Award 2022-23

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

S5C Lee Hoi Yi 李豈爾 S5C Cheung Sum Wo 張心和 S5D Chan Yuet Wah 陳悅鏞

6. Youth Arch Student Improvement Award 2022-2023

S1A Wong Shannon 黃卓藍

S1D Ng Mann Yung 吳曼蓉

S2C Yun Mei Hing 袁美馨

S3B Chan Lok Yiu 陳諾瑤

S4B Liu Yik Fei 劉亦菲

S5A Luong Keira 梁子怡

S5D Sha Natalie 沙穎恩

S1B Cheng Ho Yi 鄭可兒

S2A Lui Tsam Ying 呂沁盈

S2D To Sum In 杜心弦

S3C Duan Xin Yi Cindy 段欣怡

S4C Hung Pui Ching 洪珮晴

S5B Mui Cheuk Yau 梅卓悠

S1C Ng Hoi Yu 吳鎧如

S2B Wong Ching Tung 黃靜桐

S3A Cheng Hau Yee Chole 鄭巧儀

S3D Lau Tsz Kay 劉子琪

S4D Louie Ho Ching 雷可呈



S5C Leung Hoi Ching Michelle 梁海晴

B. Awards and Prizes



Our school continues to thrive in external activities. During the period from September 2022 – Aug 2023, a total of 92 major awards were received by our students.

Some highlights of the awards are listed below:

Events	Awards
Academic and Arts, Drama, Music, Design	
第四屆全港中學學界辯論比賽	第一回合勝出 S3B Chow Yan Tung 周錫彤 (主辯) S4D Tam Yuen Ying 譚琬凝 (一副) S2C Au Tsz Ching 區祉澄 (二副) S2A Lee Ching Yi 李證兒 (結辯) S2C Cheng Pui Yin 鄭沛然 (台下發問) S4B Lo Hong Kiu 羅康蕎 (台下發問)

Events	Awards
<p>第四屆全港中學學界辯論比賽</p>	<p>第二回合勝出 S2C Cheng Pui Yin 鄭沛然 S3B Chow Yan Tung 周錫彤 S2A Lee Ching Yi 李證兒 S6B Siu Elsa 蕭玥</p>
<p>38th Sing Tao Inter-School Debating Competition (English Section)</p>	<p>Best Debater (1st & 2nd Preliminary) & Best Interrogative Debater (2nd Preliminary) S5D Ho Xin Lam 何善琳</p>
<p>禁毒教育 模擬法庭 2.0 (Beat Drugs@Mock Trial 2.0)</p> 	<p>中學組季軍 S4A Chiu Hoi Ching 趙凱晴 S4C Li Peggy Jesslyn 李柏怡 S4D Ho Yau Hei 何佑希 S4D Poon Cheuk Lam 潘倬琳</p> 
<p>Institute of Electrical and Electronics Engineer (IEEE) Region Ten Conference 2022 (TENCON22) Pre-University Student Forum</p>	<p>Distinction Award S4C lu Yuet Sang Prudence 姚悅生 S4C Tang Cheuk Yee 鄧焯而 S4C To Yuen Yin 杜宛燃 S4D Chow Cheuk Yee Carlie 周卓宜 S4D Yeung Oi Ying 楊藹瑩 S5C Cheung Hei Lee Hailey 張希俐 S5C Cheung Ka Ki Kelly 張嘉琪 S5C Cheung Sum Wo 張心和</p>
<p>Junior Secondary Science Online Self-learning Scheme</p> <p><u>Gold Award</u> S1A Ng Yuen Tou 吳苑陶 S1D Lui Kwan Yee 呂君怡 S2B Chan Tsz Wan 陳子韻 S2B Chiu Lok Ching Kirsty 趙樂晴 S2B Tong Ying Lok 湯凝樂 S2C Au Tsz Ching 區祉澄 S2C Lam On Kiu 林安喬 S2C Li Hoi Yiu 李暄榕 S2C Yuen Hoi Ching 袁愷婧</p> <p><u>Silver Award</u> S1A Chan Pak Yee 陳柏頤 S1D Sit Sofia Hoi Yi 薛愷兒 S2B Su Man Yan 黃敏茵</p> <p><u>Bronze Award</u> S1C Sin Ka Yau 單嘉悠 S2C Sham Hiu Ching 沈曉澄</p>	<p>S1C Jong Hiu Ching Danielle 張曉晴 S1D Ng Mann Yung 吳曼蓉 S2B Chau Ka Ying 周嘉瑩 S2B Huie Hoi Yin Lavena 許凱研 S2B Wong Ching Tung 黃靜桐 S2C Cheng Pui Yin 鄭沛然 S2C Lau Pui Ga 劉佩嘉 S2C Li Ka Moon 李嘉玟 S2D Mak Cheuk Ting 麥卓婷</p> <p>S1A Chan Sin Ying 陳蒨盈 S2A Kwong Hiu Yau 鄺曉柔 S2C Tam Tin Ying 譚天盈</p> <p>S1D Chui Wing Tak 徐詠德 S2C Lee Wing Yau 李泳悠</p>
<p>Hong Kong Student Science Competition 2023— Senior Division (Invention)</p> 	<p>1st Runner-up S4C Chung Tsam Ning 鍾沁寧 S4C Lor Tsz Man Tiffany 羅梓文 S4C Lou Tsz Miu 劉芷苗 S4D Fung Yuet Kiu Caron 馮乙翹 S4D Wong Rui 黃睿</p> 



Events	Awards
The 40 th Hong Kong Mathematics Olympiad (HKMO) 2022/23	Honourable Mention Certificate S5D Chan Yuet Wah 陳悅鏞 S5D Wong Yan To 王昕濤
Asia International Mathematical Olympiad Open Contest 2023	Silver Honour Award S1B Lam Po Yee 林寶怡
2022/23 Creative Infographic Design Competition on Applications of Mathematics for Primary and Secondary Schools (MIDC)	Bronze Award S5D Chan Yuet Wah 陳悅鏞
Tung Wah Group of Hospitals— VR Rehabilitation Game Design Competition (VR 復康遊戲設計比賽)	Champion S4C Lam Wing Hei 林穎晞 S4D You Sze Wun 尤詩媛 S6C Chan Sin Chi 陳善之 S6C Liu Lok Chin Chloe 劉樂芊
2022-2023 Hong Kong Mathematics High Achievers Selection Contest	3 rd Class Award S3C Cheung Hiu Yan 張曉昕
Hua Xia Cup Mathematical Olympiad 2023	3 rd Class Honour Award S1B Lam Po Yee 林寶怡 S1D Wong Shing Lam 黃承淋
Asia International Mathematical Olympiad Open Contest 2022 Final	Merit Award S3C Sin Hau Ching 冼巧晴
International Competitions and Assessments for Schools (Mathematics)	Distinction Award S1D Tse Wing Tung 謝咏彤 S2B Huie Hoi Yin Lavena 許凱研 S2B Cheung Yuet Hei 張悅曦 S3C Pang Sze Yin 彭思言
Hong Kong Joint School Music Association Joint School Music Competition 2022 	Gold Award S2B Lai Wing Lam 黎泳琳 S2B Su Man Yan 黃敏茵 S2C Chan Tsz Yan 陳芷欣 S2C Wai Yik Sum Maegan 韋亦心 S2C Au Tsz Ching 區祉澄 S2D Ko Hei Kiu Hilary 高熙翹 S2D Yau Wing Tung 邱穎滂 S3A Au Pak Yan 區珀甄 S4D Lau Suet Ying 劉雪瑩 S4D Sit Amelia Huen Yi 薛萱兒 
Hong Kong Joint School Music Association—Joint School Music Competition 2023	Gold Award S2B Tong Ying Lok 湯凝樂 S3B Kung Sum Yau 龔心柔 S3D Chan Ngai Tan Maggie 陳藝丹 S3B Cheung Hoi Tung 張鎧彤 S3B Lee Nap Yi 李納怡 S3B Cheung Yuet Hei 張悅曦 S3C Chan Beatrice Wan Kay 陳允琪
Hong Kong Schools Music and Speech Association—75 th Hong Kong Schools Music Festival	Gold Award (二胡獨奏—高級組) S6D Chan Ngai Chun Cammy 陳藝臻 Silver Award (Graded Piano Solo) (Grade 8) S3B Lai Ka Ki 劉嘉淇 (Grade 7) S2D Yip Grace 葉晞喬 (Grade 6) S1B Wong Wing Hei 王穎希 (Grade 5) S1A Kwok Bo Kei 郭葆麒 (Grade 5) S2C Pun Sze Wing 潘思穎 (Grade 8) S4C Yiu Lok Hei 姚樂希 (Grade 7) S3A Chan Tse Ching 陳鈺澄 (Grade 6) S1D Lee Ka Wai 李珈慧 (Grade 5) S1B Wong Yuet Ning 黃玥甯 (Grade 5) S4C Yau Cheuk Shan 游焯珊 (Grade 7) S1A Woo Lok Miu 胡樂苗 (Grade 6) S1A Wong Cheuk Lam 黃卓藍 (Grade 6) S4D Chan Sze Hang Celia 陳思行 (Grade 5) S1C Wong Tsz Lam 王芷琳 Silver Award (Piano Duet—Intermediate) S2C Yip Hei Yau 葉熙柔 S4C Kwan Ming Yan 關銘恩 Silver Award (Piano Solo—Composer of the Year) S4A Wong Yat Ting 黃逸婷 Silver Award (Flute Solo—Junior) S2B Choi Wing Laam 蔡詠嵐

Events	Awards
Hong Kong Schools Music and Speech Association—75 th Hong Kong Schools Music Festival	
<p><u>Silver Award</u> (Vocal Solo—Foreign Language) S2B Cheuk Ching Tung) 卓靖彤</p>	<p>S3D Huang Sum Yau Gladys 黃心柔</p>
<p><u>Silver Award</u> (Woodwind Ensemble—Junior) S4C Lam Wing Hei 林穎晞</p>	<p>S4C Leung Wai Ki Vickie 梁璋琪 S4C To Sum Yuet 杜心悦</p>
<p><u>Silver Award</u> (鋼琴獨奏—中國作曲家—中級組) S4C Ng Ka Yi 吳迦怡</p>	
<p><u>Silver Award</u> (箏獨奏—高級組) S2C Leung Sum Lun 梁芯蓀</p>	<p>S5C Shao Wing Sze 邵穎詩</p>
<p><u>Silver Award</u> (二胡獨奏—高級組) S3D Chan Ngai Tan Maggie 陳藝丹</p>	
<p><u>Silver Award</u> (琵琶獨奏) (初級組) S2A Luo Wai Lam 羅慧琳</p>	<p>(高級組) S5C Wong Wan Ki 王韻淇</p>
<p><u>Silver Award</u> (子喉獨唱—初級組) S4A Ying Hoi Ting 英凱婷</p>	
<p><u>Bronze Award</u> (Cello Solo—Intermediate) S1B Cheng Woon Jee Megan 鄭媛芝</p>	
<p><u>Bronze Award</u> (笛獨奏) (初級組) S1C Wu Hoi Ting 胡凱婷</p>	<p>(中級組) S5C Tsang Kam Yan 曾感恩 (深造組) S5D Chow Yan Lui 周昕蕾</p>
<p><u>Bronze Award</u> (二胡獨奏) S1C Cheng Chi Kiu 鄭芷喬</p>	<p>S3B Kam Peony Mo Cheuk 甘慕苻</p>
<p><u>Bronze Award</u> (Graded Piano Solo) (Grade 6) S2C Yip Hei Yau 葉熙柔</p>	<p>(Grade 6) S4C Kwan Ming Yan 關銘恩 (Grade 4) S2C Lam On Kiu 林安喬</p>
<p><u>Bronze Award</u> (Mixed Voice Vocal Ensemble) S3C Ng Nok Ching 伍諾晴 S4A Chan Cheuk Yue 陳焯瑜</p>	<p>S3C Tsang Lok Yiu Charis 曾樂遙 S4D Chau Ching Nam 周靖嵐 S3C Yip Cheuk Kiu 葉綽翹</p>
<p>Music@e-Contest 2022</p>	<p><u>Gold Award</u> S2B Lai Wing Lam 黎泳琳 S2B Su Man Yan 黃敏茵 S2C Chan Tsz Yan 陳芷欣 S2C Wai Yik Sum Maegan 韋亦心 S2C Au Tsz Ching 區祉澄 S2D Ko Hei Kiu Hilary 高熙翹 S2D Yau Wing Tung 邱穎滂 S3A Au Pak Yan 區珀甄 S4D Lau Suet Ying 劉雪瑩 S4D Sit Amelia Huen Yi 薛萱兒</p>
<p>HKICPA/HKABE Joint Scholarships for BAFS for the year 2022/2023</p>	<p><u>\$300 Cash prize</u> S5D Yip Yan Lok 葉欣樂</p>
<p>第三屆「同心創夢」青少兒繪畫大賽</p> 	<p><u>銀獎</u> S4C To Yuen Yin 杜宛燃 S4D Leung Yi Sum 梁爾琛 S4D Fung Yuet Kiu 馮乙翹 S5B Ji Cheuk Lun 詹卓倫 S5C Kwok Tsz Kei 郭芷麒 S5D Chan Yuet Wah 陳悅鏗</p> <p><u>銅獎</u> S3C Pang Sze Yin 彭思言</p>
<p>Business School Partnership Programme 2022/23</p>	<p><u>Outstanding Students' Reports Award</u> S4C Yiu Lok Hei 姚樂希 S4D Wu Cheuk Ling 吳卓鈴</p>



Events	Awards
Sports	
Tai Po Life Saving Club Lifesaving Competition	
4x25m Manikin Relay—Champion S3A Wan Yat Hei 尹一希 S3C Kong Hui Ching 江栩靖	S3C Fung Tsz Ching Christy 馮籽晴 S3C Lee Sum Yin 李芯賢
100m Rescue Medley—1 st Runner-up S3C Lee Sum Yin 李芯賢	
100m Manikin Carry with Fins (champion) S3B Kam Peony Mo Cheuk 甘慕芍 (2 nd runner-up) S2A Sin Cheuk Tung 冼芍瞳 (3 rd runner-up) S3C Fan Coco Ho Ching 樊可程	(1 st runner-up) S2A Wong Hei Yan Hannah 黃希恩 (2 nd runner-up) S6A Yeung Ching Hang 楊靖珩
4x50m Medley Relay—1 st Runner-up S2A Wong Hei Yan Hannah 黃希恩	S3B Kam Peony Mo Cheuk 甘慕芍
50m Manikin Carry with Fins (1 st runner-up) S3A Wan Yat Hei 尹一希 (2 nd runner-up) S3B Lau Kar Kei 劉嘉淇 (3 rd runner-up) S3C Fung Tsz Ching Christy 馮籽晴	
Asian Lawn Bowls Championship 2023	Women Triple 2 nd Runner-up S5B Chan Sze Kei 陳思其
Hong Kong Inter-School Lawn Bowls Competition	2 nd Runner-up S5B Chan Sze Kei 陳思其
公民 75 周年鑽禧田徑錦標賽	冠軍 S2B Wong So Ching Joyce 黃素晴 (女子乙組跳遠) S2A Kwong Hiu Yau 鄭曉柔 (女子丙組 800 米) 季軍 S5C Chan Tsz Yau 陳芷柔 (女子甲組跳高)
HKSSF Inter-school Swimming Competition	
Girls C Grade 50m Butterfly—Champion S2C Lee Wing Yau 李泳悠	
Girls C Grade Overall—2 nd Runner-up Trophy S1A Lee Hui Yan 李栩恩 S1C Wong Yung Ching Charmaine 黃雍晴 S1D Fong Tsit Tong Anson 方婕同 S2A Sin Cheuk Tung 冼芍瞳	S1B Chik Ka Nam 戚嘉嵐 S1D Chan Hau Kiu 陳巧翹 S1D Yuen Sau Man 袁琇玟 S2C Lee Wing Yau 李泳悠
Girls C Grade 4x50m Medley Relay—2 nd Runner-up S1C Poon Sui Yi Zoe 潘瑞怡 S2C Lee Wing Yau 李泳悠	S1D Zhang Qiaoruo 張巧若 S2A Sin Cheuk Tung 冼芍瞳
Girls Overall—3 rd Runner-up Trophy S1A Cheung Hoi Ting 張愷廷 S1B Chik Ka Nam 戚嘉嵐 S1C Wong Yung Ching Charmaine 黃雍晴 S1D Fong Tsit Tong Anson 方婕同 S2A Wong Hei Yan Hannah 黃希恩 S2C Yip Hei Yau 葉熙柔 S3A Tam Wing Kei Amelia 譚穎淇 S3B Lau Kar Kei 劉嘉淇 S3C Kong Hui Ching 江栩靖 S4C Chu Tsz Wing 朱芷穎 S6A Yeung Ching Hang 楊靖珩	S1A Lee Hui Yan 李栩恩 S1B Wong Wing Hei 王穎希 S1D Chan Hau Kiu 陳巧翹 S1D Yuen Sau Man 袁琇玟 S2A Sin Cheuk Tung 冼芍瞳 S3A Cheng Hau Yee Chole 鄭巧儀 S3A Wan Yat Hei 尹一希 S3C Fung Tsz Ching Christy 馮籽晴 S3C Lee Sum Yin 李芯賢 S4C Lau Sze Lam 柳詩琳
S1C Poon Sui Yi Zoe 潘瑞怡 S1D Chan Yan Ki 陳恩祈 S1D Zhang Qiaoruo 張巧若	S1A Leung Ching Tung 梁靖彤 S1C Poon Sui Yi Zoe 潘瑞怡 S1D Chan Yan Ki 陳恩祈 S1D Zhang Qiaoruo 張巧若 S2C Lee Wing Yau 李泳悠 S3A Leung Nga Sin 梁雅善 S3B Kam Peony Mo Cheuk 甘慕芍 S3C Fan Coco Ho Ching 樊可程 S4A Leung Yat Sum 梁一芯 S4D Ko Yat Kwai 高逸葵
Girls C Grade 4x50m Free Style Relay—3 rd Runner-up S1C Wong Yung Ching Charmaine 黃雍晴 S1D Yuen Sau Man 袁琇玟	S1D Chan Yan Ki 陳恩祈 S1D Fong Tsit Tong Anson 方婕同
Hong Kong China Swimming Association 2023-24 Division 2 Age Group LC Swimming Competition (Part 3)	Champion S2A Sin Cheuk Tung 冼芍瞳
HKSSF Inter-school Athletics Competition (Division 2)	Girls A Grade 100m—1 st Runner-up S5C Chan Tsz Yau 陳芷柔 Girls A Grade 200m—1 st Runner-up S5C Chan Tsz Yau 陳芷柔

Events

HKSSF Inter-school Athletics Competition (Division 2)



Awards

Girls C Grade 400m—2nd Runner-up
S2A Kwong Hiu Yau 鄭曉柔

Girls C Grade Overall—3rd Runner-up Trophy
S1A Kwok Bo Kei 郭葆麒
S1A Sin Ka Yin 冼珈延
S1B Lau Ching 劉晴
S1B Leung Nga Shun 梁雅淳
S1B Luk Tsz Ching Katreena 陸紫晴
S1C Leung Hiu Suet 梁曉雪
S1C Wu Hoi Ting 胡凱婷
S1D Zhang Qiaoruo 張巧若
S2A Kwong Hiu Yau 鄭曉柔
S2A Tang Ying Kiu 鄧映蓂
S2C Lee Wing Yau 李泳悠
S2C Li Chung Yan 李頌恩

Girls B Grade 200m—3rd Runner-up
S3C Chan Ho Ching Mona 陳可晴

Girls B Grade 800m—3rd Runner-up
S4D Louie Ho Ching 雷可呈

Girls B Grade 1500m—3rd Runner-up
S4D Louie Ho Ching 雷可呈

Girls C Grade 800m—3rd Runner-up
S1D Zhang Qiaoruo 張巧若

Girls C Grade 100m Hurdles
S1A Kwok Bo Kei 郭葆麒 (2nd Runner-up)
S1B Lau Ching 劉晴 (3rd Runner-up)

Girls C Grade 4x400m Relay—3rd Runner-up
S1D Zhang Qiaoruo 張巧若
S2A Kwong Hiu Yau 鄭曉柔
S2A Tang Ying Kiu 鄧映蓂
S2C Lee Wing Yau 李泳悠

HKSSF Inter-school Badminton Competition (Division 1)






Girls C Grade Overall—2nd Runner-up Trophy
S1A Chan Ka Ying 陳嘉瑩
S1B Ng Yuet 伍悅
S1B Tai Yui Ching 戴睿晴
S1C Yu Sze Wing 余思穎
S2B Poon Yu Ching 潘予晴
S2B Sze Hoi Ching Nicole 施凱晴
S2C Pun Sze Wing 潘思穎
S2C Sham Hiu Ching 沈曉澄
S2D Ho Wing Hei Hailey 何詠滸

Girls A Grade—2nd Runner-up Trophy
S2D Wong Garbi 王穎澄
S3A Wong Yuk Yi 王昱懿
S3D Lau Tsz Kay 劉子琪
S4B Lor Wing Kai 羅永佳
S4C To Yuen Yin 杜宛燃
S5B Ip Yi Wing 葉懿穎
S6B Yu Hiu Kei Angelique 俞曉琦
S6D Cheung Wing Yan 張詠殷

Girls B Grade—3rd Runner-up Trophy
S2B Wu Kei Tung 胡紀炯
S2C Chan Tsz Yan 陳芷欣
S2C Lau Pui Ga 劉佩嘉
S3A Lee Tsoi Lam 李采霖
S3B Au Hoi Shuen 歐凱璇
S3C Poon Yik Ka 潘奕嘉
S3D Lai Hiu Wai Lydia 黎曉蔚
S4B Cheung Hui Lam 張煦琳
S4C Ko Tsz Yan 高梓甄
S4C Ng Sum Yau 吳琛嫻
S4D Fung Yuet Kiu Caron 馮乙翹





Events	Awards
<p>香港學界舞蹈協會——第五十八屆學校舞蹈節 (爵士舞比賽)</p> <p><u>乙級獎</u> S2A Guo Yui Tung Kawai 郭芮彤 S2B Leung Nok Ting 梁諾婷 S2C Chung Yung Yung 鍾融融 S2C Yuen Hoi Ching 袁愷婧 S3B Kung Sum Yau 龔心柔 S3C Cheuk Lok Yan 卓樂欣</p>	<p>S2A Li Athena Hoi Kiu 李凱蕎 S2B Leung Yan Kiu 梁昕蕎 S2C Li Ka Moon 李嘉玟 S2D Lau Cho Wing Grace 劉楚詠 S3B Lam Ka Ying 林家瑩 S3C Lam Wai Ching 林蔚澄</p> <p>S2B Kwok Wing Sum Sammy 郭泳芯 S2C Chiu Sophia 趙葶恩 S2C Tam Tin Ying 譚天盈 S3A Kam Tsz Yuet 金子越 S3D Sit Lok Yi 薛樂兒 S5D Tang Hoi Yiu 鄧凱瑤</p>
<p>香港學界舞蹈協會——第五十九屆學校舞蹈節</p> 	<p><u>乙級獎</u> S1A Chong Annie Chik Sum 莊植心 S1A Yan Wing Yau Charmaine 甄詠悠 S2C Li Ka Moon 李嘉玟 S3A Kam Tsz Yuet 金子越 S3A Lee Yuk Kiu 李旭翹 S3C Cheuk Lok Yan 卓樂欣 S3C Lam Wai Ching 林蔚澄 S3D So King Tung 蘇璟彤 S3D Sit Lok Yi 薛樂兒 S4B Lam Lei Yan Lianna 林里恩</p>
Community Service	
<p>Outstanding Red Cross Youth of the Year 2022</p>	<p>S6D Chua Suet Yau 蔡雪攸</p>
<p>Outstanding Red Cross Youth (Hong Kong Island Division)</p>	<p>S6D Chua Suet Yau 蔡雪攸</p>
<p>Hong Kong Red Cross Wan Chai District First Aid Competition</p>	<p><u>Champion</u> S3C Wong Lok Yi 黃樂澄 (The Best Leader Award) S3B Au Hoi Shuen 歐凱璇 S3B Mak Sin Ting 麥善婷 S3C Cheng Sze Hang 鄭思行 S3D Chan Yin Hang 陳妍行 S3D Ho Hiu Kei 何曉其 S3D Lo Wai Tsun 盧淮蓁</p> <p><u>2nd Runner-Up</u> S4C Chan Ching Yiu 陳靖瑤 S4C Lou Tsz Miu 劉芷苗 S4C Leung Wai Ki Vickie 梁璋琪 S4D Chan Wai Yee 陳慧兒 S5C Chiang Yuen Shan 鄭宛嫻 S5C Hung Hiu Lam Joanne 洪曉琳</p>
<p>Community Youth Club Annual Parade</p>	<p><u>Honour Level</u> S5C Cheung Hei Lee Hailey 張希俐 S5C Koon Man Hei Charlotte 官文晞 S5C Cheung Ka Ki Kelly 張嘉琪</p>
<p>教育局公益少年團 公益少年團團員獎勵計劃 (2021-22)</p>	<p><u>三等榮譽級章</u> S5C Cheung Hei Lee Hailey 張希俐 S5C Koon Man Hei Charlotte 官文晞</p> <p><u>高級章</u> S5C Cheung Ka Ki Kelly 張嘉琪</p>
<p>教育局公益少年團 灣仔區主題活動比賽——服務社區</p> 	<p><u>銅獎</u> S5C Ng Hok Yan Priscilla 伍學欣 S5C Koon Man Hei 官文晞</p> 

STAFF DEVELOPMENT TEAM

To align with the school's major concern of this year, "Try all-IN SET to Shine", we continued running the SOINNO Teacher Training Program which we started last year. During the period from September 2022 to April 2023, we conducted 5 workshops for teachers and 4 practical sessions, letting them learn how to lead two S5 classes to carry out PROJECT LEARNING. Teachers applied their acquired skills of thinking design in actual classrooms. Although the process was full of challenges and difficulties, they still got a lot.

Furthermore, to continue with the positive thinking education series, we re-invited the Principal Trainer of Make Positive, Ms. Jasmine Choi, to give us a talk entitled "Positive Psychology in Action: Activating Character Strengths" at our school on 26th August 2022.

Through a series of light activities, teachers got to know their own and colleagues' character strengths, learning how to appreciate and tolerate each other, which helped teachers build team spirit.

To broaden the horizons of teachers, all the teachers attended a workshop organized by M Plus for teachers on the afternoon of 1st March 2023. Apart from having the opportunity to appreciate the art works inside the museum, teachers had the opportunity to start creating artwork. They were inspired to use a new sense of vision to appreciate and observe their own self and surroundings, which was very inspiring.

In school ethos support, we invited Miss Chui, the educational psychologist of our school, to give teachers a talk entitled "The Invisible Anxiety: Understand and Support Students Suffering from Anxiety", equipping teachers to cope with students who have special educational needs in our school.

The school is also very concerned about the physical and mental health of teachers. Therefore, we invited Dr. Kristy Yau, DC, who is our alumna and a registered chiropractor, to explain the knowledge of spine protection to our teachers, and let them pay more attention to physical health.



- 1 SOINNO Workshop
- 2 Visiting M+
- 3 Let's do some spinal exercises together





ALUMNI ASSOCIATION

New initiative supporting the bursary fun fair—a cup of coffee

The Alumni Association hosted a coffee corner, along with the usual reception-cum-souvenir counter during the School's anniversary fun fair in early May. The coffee corner served as a sitting-out area where alumni could chit-chat with friends and enjoy a cup of tea or coffee with snacks after visiting the game booths. Thanks to the TLamp committee members as we worked together to promote the True Light Alumni Mentorship Program alongside the membership drive. While many of the alumnae came with kids, TLamp also designed a mini treasure hunt so that mummies could take a rest while the little ones played safely in the alumni rooms. Our curated collection of souvenirs were so popular that some items like cartoon stamps and shopping bags ran out shortly. The successful launching of the alumni cafe and reception could not be successful without the full support from Principal Hui and Ms. Kwok. They did not only spare 3 connecting classrooms, which allowed us much freedom to design, but also personally checked that all the supplies fitted us, and ensured our stomachs were filled when we were working late to finish the setup.

Resumption of Annual Dinner—last Friday of October

It has been 5 years that the banquet-style dinner gathering, used to be held on the last Friday in October, was suspended under the pandemic and social situation. This year, we are happy to see the revival of the Annual Dinner with a theme 'Secret Garden'. Over 100 participants are invited to match the theme with 'floral' dress code. Some overseas alumnae have already arranged their home return trip particularly for attending the dinner! Annual General Meeting-cum-election of the management committee will also be held immediately before the dinner. We are also pleased to have the Chairperson of 真光苑, alumna Lysander, introducing the funding and sponsorship available for alumni. Highlights of the dinner program include ballet performance, lucky draw, unveiling of the alumni association logo and anniversary celebrations by different years of students.

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- ① Alumni Association and TLAMP staff assist in organizing the School Anniversary .
- ② Anniversary Conference and Dinner Promotional Poster.
- ③ Alumni taking photos for commemoration.
- ④ Kindergarten parents and classmates taking photos for commemoration.
- ⑤ Miss Chau taking photos with alumni for commemoration.



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THE PARENTS AND TEACHERS ASSOCIATION

This year, we organized two parent workshops that were highly beneficial for participants. Here is a brief overview of the events:

Workshop 1: “Perfect Families Achieving ‘Perfect’ Children,”

November 12th, 2022

This workshop focused on the connection between perfectionism and eating disorders. It addressed how family interactions shape perfectionistic tendencies in children and offered guidance on supporting a child with an eating disorder. Parents gained insights into family dynamics, learned strategies for promoting a positive body image, and received tools for providing emotional support. The workshop aimed to empower parents to cultivate a healthy environment for their children, fostering a balanced relationship with perfectionism, body image, and food.

Workshop 2: “When Your Child Says You Are Annoying—Communication for Parenting Teenagers”

March 4th, 2023

This workshop focused on effective communication skills for parenting teenagers. Parents learned strategies for improving communication, active listening, and empathy. They gained practical tools to set boundaries, build trust, and better understand their teenagers’ needs and perspectives. The workshop aimed to empower parents to create a positive environment that fostered their teenagers’ growth and well-being.



校長的話

小學部

燦爛陽光歡笑臉

吳佩貞校長



1997年我加入真光大家庭，服務至今年榮休，整整二十六年。

回想第一天踏進真光，清晨的陽光照在操場和校園角落，和諧恬靜。在校門前，迎來一張張金光燦爛如陽光的可愛笑臉，一年級學生和我一樣，在真光揭開新的一頁。從這一天起我愛上了真光！

經歷三年新冠疫症，各人戴着口罩，沒有見到整個臉孔，說話時，笑容也收藏起來。直至三月一日，政府宣佈市民在室內、室外以及在公共交通工具上均無須戴口罩。從那天開始，我決定不戴口罩。許多學生問道：「校長，你不戴口罩，不怕生病嗎？」我開心回應說：「我渴望給你們看到我的可愛笑容呀！」學生立時拉下口罩，紛紛說：「我的笑容亦可愛啊！」大家哄堂大笑，一張張陽光笑臉重現眼前。

校長派名片自我介紹是平常舉動，而我卻愛以笑容為我最佳的名片，因為笑容給自己一份信心，也給別人互信的感覺。與家長商討子女的學業、朋輩相處或輔導事情時，笑容是最好的開場語，既拉近距離，更建立信任、友善和加強溝通的氛圍。服務真光期間，我認識很多熱心又愛護學校的家長，他們可稱得上真光的忠實「粉絲」。他們除踴躍參加學校各式各樣的活動外，也在「小一家長茶聚」、「升中簡介會」、「普教中」及「iPad Learning」電子

教學實施期間，分享子女的學習情況。家長又樂意擔任義工，項目多不勝數，例如：課前、午息當值、包裝圖書、助學金遊藝會「扭氣球」、精品坊、義賣圖書攤位、逛元宵市場、講故事、參觀博物館、公益少年團、學生會的活動導師。不少家長更藉加入家長教師聯誼會擔任理事，共商會務，無私地建立友愛共融的校園生活，將「真光是愛」精神注入活動中。年初復常，理事們齊心舉辦「親子少鹽少糖烹飪班」、「西貢鹽田梓大自然體驗之旅」、「康健校園親子同樂日」及突擊試食飯盒（中小學各一場）。一個個家庭參加完活動所獲得的正能量，足以抵禦逆境和驅走負面情緒，燦爛的笑容油然而生！

處理既繁重又複雜的校務，許多時並非事事稱心，盡如人意。幸好，我每天都與教職員參加「靈修」（內容包括閱讀聖經、信仰篇章和校務分享）和細聽老師預備「早禱」的訓言雋語。縱然只是短短的安靜時刻，卻使我的心情豁然提升，幸福感滿滿，成就美麗的一天，美麗的日子交織成我的美麗人生。感恩自己一直得着真光這片好土壤的滋養及天父的恩典，扶植我的教育心與建立教師團隊的使命感。今年，我終於完成了天父給我的托負。

期盼老師、家長、學生、校友們倚靠天父，常常喜樂，記起我和我的燦爛陽光歡笑臉！

校務 報告



關注事項

一、「探索環境，喜愛學習」

本年度校本輔導主題是「探索環境，喜愛學習」，積極讓學生了解並實踐五個性格強項，包括：

- 喜愛學習 love of learning
- 開明思想 judgement
- 好奇心 curiosity
- 洞察力 perspective
- 創造力 creativity

從而培養他們「智慧與知識」的美德。



109



- ① ② 學生自行設計有營養單
- ③ ④ 學生和家人一同從網上搜尋不同的營養資訊，合力設計有營養單





1 - 4 學生以口罩和燕尾夾創作不同的物品，從而發揮創造力



香港真光中學小學部
校本輔導工作紙 — FUN 紛想

一年級 真 班 姓名: 傅盈雅 (37) 日期: 29-3-2023

現邀請同學們動腦筋，與家人一起發揮你們的創造力，選擇以下其中一件物件，為它想出三個最具創意的用途，以文字繪圖或拍照方式記錄下來。

口罩 燕尾夾

① 洋娃娃衣服 ② 金鑰包

③ 玩具吊床

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FUN 紛想

二年級A班 姓名: 翁浩喬 (29) 日期: 29/3/2023

燕尾夾的用途

固定垃圾袋

收納耳筒

蚊香支架

電話支架

展示相片



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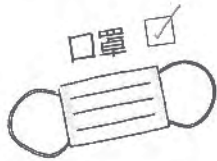
香港真光中學小學部

校本輔導工作紙 — FUN 紛想



一年級 光 班 姓名：莊祉瑤 (6) 日期：2023年4月10日

現邀請同學們動動腦筋，與家人一起發揮你們的創造力，選擇以下其中一件物件☑，為它想出三個最具創意的用途，以文字繪圖片或拍照方式記錄下來。



口罩可以做成束口袋，裝卡片或者貼紙

也可以改造成小飾物，裝飾家中的洋娃娃。



再做個手抽袋，可以放文具、手提電話、紙巾等。





二、豐富學習歷程，推動多元學與教

Enrich Learning Experiences, Promote Active Teaching and Learning

A. 探索 STREAM Exploration of STREAM

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- 1 一年級同學做實驗，多認真！
- 2 空氣實驗真好玩
- 3 空氣實驗也要水幫忙
- 4 齊齊動手做實驗
- 5 我們參加了 2022/23 ROBOFEST 機械人香港區選拔大賽，成績不錯呀！

6 比賽奪冠，可以衝出香港再比賽

7 紙蜻蜓來了

8 五年級同學測試立體投影器

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9 一年級同學也輕易做出立體模型



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B. 深化悦讀賞樂 Enrichment of "Read for joy"



10 「與作家有約」的嘉賓是新雅姐姐和老鼠記者

11 大家都想嗅嗅圖書的味道

12 當天大家都帶老鼠記者系列圖書返校

13 互動環節多投入！

14 最後來張大合照



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C. 優化電子學習 Consolidation of e-learning

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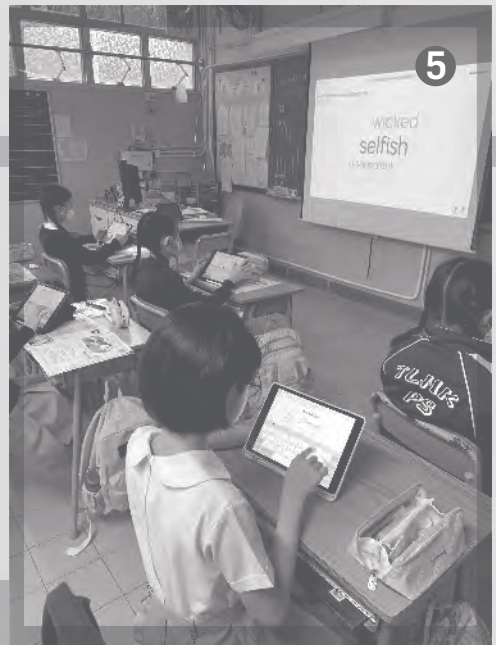
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- ① 小老師介紹如何使用電子課件
- ② 同學利用課件互相切磋
- ③ 電子課件也有自學功能
- ④ 同學利用互動課件應用所學
- ⑤ ⑥ 同學上課多投入





學生活動

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- 1 學與教禮堂活動——跨越時空 趣問故宮
- 2 五至六年級英語表演

音樂表演

- 3 一至二年級演出
- 4 三至四年級演出
- 5 五至六年級演出



全方位學習活動

- ① 一年級 遊香港動植物公園
- ② 二年級 救護學習日
- ③ 繩繪我城
- ④ 「粉嶺同樂谷」高爾夫球體驗日

玩玩星期天

- ⑤ 香港電台合照
- ⑥ 直播室初體驗





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樂童繽紛日

- ⑦ 探索新興新趣 —— 布袋球
- ⑧ 探索新興新趣 —— 地壺球
- ⑨ 螢火蟲繽紛巡禮
- ⑩ 奇幻魔術旅程 —— 扭氣球

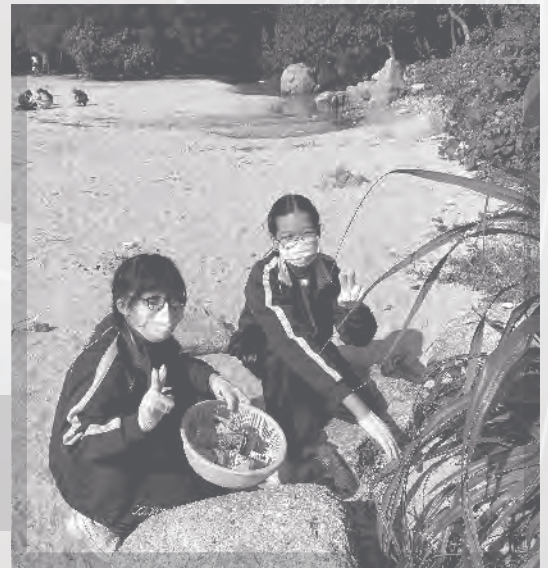
- ⑪ 六年級戶外活動日
- ⑫ 服務學習活動～清潔沙灘日



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奇趣科學小天地

- ① 一年級 空氣真的佔有空間？
- ② 二年級 以堅毅不屈的精神面對實驗的困難！

生命及成長教育活動

- ③ 亞洲非牟利動物救援講座

聖誕慶祝會

- ④ 聖誕帽設計
- ⑤ 一至三年級遊戲
- ⑥ 四至六年級遊戲

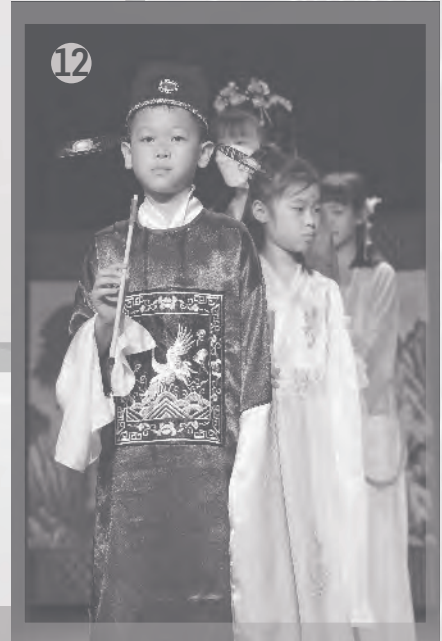




7 Don't worry 忘憂小課室

8 福音營

9 10 11 12 霓裳古風飄真光





文化活動日

- ① 彩虹書法
- ② 剪紙



親子歷奇同樂日

- ③ ④ ⑤

抗逆DIY

- ⑥ 一年級 童心伴我行
- ⑦ 二年級 叻叻小人類
- ⑧ 三年級 一二三紅綠燈
- ⑨ 四年級 基甸拓展訓練營
- ⑩ 五年級 智趣特訓成長營
- ⑪ 六年級 畢業成長營







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Robofest 機械人大賽

香港區賽—

- ① 我哋準備好
- ② RoboParade 創意機械人巡遊 初級組冠軍
- ③ 獲獎機械人

美國國際賽—

- ④ 預賽進行中
- ⑤ 測試成功
- ⑥ 匯報多面睇
- ⑦ 榮獲 Special Achievement Award
- ⑧ Let's Make Friends



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Robofest 機械人大賽

密西根觀光—

⑨ Henry Ford Museum

芝加哥觀光—

⑩ Museum of Science and Industry

⑪ Cloud Gate





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一至二年級遊戲日

- ① 親子跳繩比賽
- ② 合作沒難度

三至六年級運動競技日

- ③ 敏捷躲避盤
- ④ Look Look 碌

公益少年團

- ⑤ 健康生活教育日營
- ⑥ 香港公益金親子賣旗日

港島第 212 旅幼童軍

- ⑦ Get the Spirit Build Our Team — 山野不留痕活動
- ⑧ Get the Spirit Build Our Team — 大合照
- ⑨ 森林故事
- ⑩ 「2022 年灣仔區獎券銷售成績」亞軍
- ⑪ 學年最後一次集會
- ⑫ 歡送六年級團員

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學生會

學生會架構

- 理事長： 學生會最主要領導人，支援各個學生會幹事的工作，代表學生會與校方溝通，按需要就學生福利、校園事務及其他活動向校方反映意見。
- 副理事長： 協助學生會會長處理會務。
- 朋輩輔導組長： 統籌小一新生、插班生的適應活動。
- 康樂活動組長： 撰寫活動計劃書，籌辦獲校方批准進行的活動。
- 公關組長： 拍攝校園生活點滴和活動剪影，適時播放短片，以增強同學對學校的歸屬感。統籌學生大使向訪客介紹校園。
- 美藝組長： 設計壁報、學生會紀念品等美術工作。
- 編輯組長： 於《真藏》撰稿，構思將來的學生會刊物。
- 綠化組長： 參與「綠在灣仔」社區綠化計劃，統籌環保教育活動。

學生會名單

四真	四光	四星	四善	五真	五光	五星	六真	六光	六星
陳梓晴	張子萱	周孜翹	區子澄	陳晞	卞樂欣	鄭奕桐	陳曉沛	區穎怡	鄒皓晴
范心誼	方言恩	文希頤	陳雅喬	陳樂庭	陳希兒	蔡祉祈	陳潼恩	陳思允	何靖怡
黎欣羲	黎芷如	王允嵐	張霽詠	陳昕	周凱欣	馮籽晞	陳婉熒	郭寶宜	何月
劉芷瑩	李亦翹		林詩諾	鄭穎希	鄭曉楠	古幸兒	馬學瑜	甘鎧瀛	許雍淳
梁晞榆	李碧鎔		梁凱喬	朱霽恩	趙紫晴	劉曉陶	吳祉柔	龔恩澄	郭巧琳
劉穎熹			袁偲睿	傅可可	何熹霖	李昕禧	戴希瑜	羅曉若	劉善翹
				柯汶暄	林卓祈	盧卓盈	王施妤	李絲甜	劉天渝
				林阮盈	林湘愉	盧亦飛	嚴欣晴	梁樂兒	梁凱桐
				羅紫涵	林芷瑜	倪沐曦	余思瑩	梁紫詠	李棟延
				李穎淳	梁文懷	鄧欣彤	容子澄	羅家晞	吳迦晴
				盧淮悅	梁紫晴	黃頌懿		伍子翹	蘇恩鈴
				蕭詩澄	吳穎希	黃炫嘉		吳彥彤	黃煦晴
				張逸凡	黃旨琳	吳智穎		邱雨晴	葉亦萱
					黃穎晞			譚考琳	袁芷橋
					容梓悠			曹伊華	

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- 1 學生會就職禮
- 2 3 領袖訓練
- 4 5 校內活動服務



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畢業禮 小學部



畢業禮訓勉辭



李勇邦先生 M.H.

校監、校長、各位嘉賓、各位家長、各位同學：

早晨！我很開心，亦很榮幸能來到這裏為各位同學主禮你們的畢業禮。我曾出席過無數次畢業典禮，今天出席真光小學的畢業典禮，我有一種不一樣的感覺。我都替各位同學感到開心，因為這是一個階段的完結，也是一個新階段的開始，同時也為家長們感到喜悅。六年的小學生活過去了，但接下來又要迎接新的六年中學生活。

今天，我帶來了六個英文字母，希望跟大家分享一下。我先說三個英文字母「SOS」。我為何要跟大家講「SOS」這三個英文字母呢？因為你們現在可能正在擔心着將要面對一個新環境，要適應

一個新的身分，可能會遇上很多困難，所以我覺得你們首先要懂得「生存」——「Survival」。「生存」其實並不容易，你可以看到現在我們要生存，就要面對很多挑戰，例如：氣候的變化、核廢水污染，還有各種競爭。我們先別說全球的競爭，只說我們中國，也有十幾億的同胞跟我們競爭，我們怎樣才能在這種競爭環境下「生存」？求生是人的本能，我們一定要繼續生存，那麼我們怎樣才可以做到呢？那就一定要裝備好自己。

而第二個我要跟你們說的英文字母就是「Overcome」。在新的階段，你們一定會遇到很多挑戰、很多困難，不要以為能像以往般，有爸爸媽媽為你們掃除一切障礙，讓你們的人生路一帆風順。各位爸爸媽媽也不應幫他們遮擋所有的風雨，因為這不是件好事，你們不可能進入學校裏為他們去「遮擋」，孩子們要嘗試自己去面對、去「Overcome」。他們要克服困難，要迎難而上，要去接受挑戰，遇難愈強，令自己強大起來。

「Overcome」很重要，那麼怎樣才能「overcome」呢？第一步，就是我要講的第三個英文字母「S」——「Self management」。「自我管理」很重要，如果同學們過去只能依賴父母、別人的幫助、督促、提醒才能完成各種事情，完全不能

自控，沒有自我管理的能力，那麼上到中學，甚至大學，再也沒有人提點你、督促你，那就慘了！你們要懂得自理——「Self management」，要懂得靠自己完成各種事情，包括自學，不然就可能錯失很多機會。所以，請記着這個重要的英文字——「self management」。

而接下來的第四、五、六個英文字都是跟「你們該如何生存」、「怎樣生存得更好」有關的，它們就是三個「E」。第一個「E」，就是「be Easy」，「Easy」是很重要的。我們遇到重要的事情，例如我站在台上講話，你們去面試，也會感到緊張、心跳加速、手心冒汗，甚至腦袋一片空白，但你們不要表現得驚慌、害怕，不然你們就已經輸了。你們要「be Easy」，放鬆心情，要表現得輕鬆自在，不要過度擔心，因為上帝即使關了你們的門，還是會為你們留一扇窗的，讓你們去飛翔。所以，大家不需要太緊張，我們要信靠上帝，主自有安排。

接下來另一個「E」，就是「Effort」。你們做事也要努力、盡力，一定要付出，盡自己的能力去做好。當你盡了力，那麼其餘的事情就要交托給主，放鬆心情，盡力而為。這個也是我自己幾十年來對自己的提醒，所有事情盡力而為，問心無愧便可以了。

領獎生姓名

一．學業優良生共 18 人，獲頒發獎狀及獎學金

第一名	第二名	第三名
鄧皓晴 (六星)	黃煦晴 (六星)	王施妤 (六真)
張逸凡 (五真)	鄭穎希 (五真)	鄭曉楠 (五光)
王允嵐 (四星)	符晞恩 (四真)	李亦翹 (四光)
呂安怡 (三真)	謝詩伶 (三星)	施穎妍 (三善)
郭知沂 (二光)	張浩恩 (二光)	葉喬 (二善)
劉學思 (一善)	吳欣庭 (一真)	陳盈竹 (一光)

二．本學年品學優異生共 70 人。

A. 一學段品學優異生 41 人

侯樂思 (一真)	黎意 (一真)	吳梓琳 (一真)	何佩臻 (一光)
余慧賢 (一光)	吳栩頤 (一星)	曾琛悅 (一星)	陳緯好 (一善)
邱奕彤 (一善)	陳穎潼 (一信)	羅葦琳 (一信)	古庭熙 (二真)
勞穎怡 (二真)	陳巧澄 (二光)	江玥橋 (二光)	盧倚萱 (二光)
彭姿雅 (二星)	陳心怡 (二善)	李悅晴 (二善)	潘以殷 (三真)
何巧悠 (三星)	余願 (三星)	林淮恩 (三善)	施穎妍 (三善)
范心誼 (四真)	劉芷瑩 (四真)	方言恩 (四光)	區子澄 (四善)
鄭熠琳 (四善)	李穎淳 (五真)	劉曉陶 (五星)	盧亦飛 (五星)
吳祉柔 (六真)	區穎怡 (六光)	鍾卓學 (六光)	甘鎧瀛 (六光)
譚考琳 (六光)	謝伊伶 (六光)	許晞陽 (六星)	許雍淳 (六星)
葉亦萱 (六星)			

B. 全學年品學優異生 29 人

吳欣庭 (一真)	陳盈竹 (一光)	莊祉瑤 (一光)	彭穗慧 (一光)
曾珮嘉 (一星)	陳子盈 (一善)	禰奕霖 (一善)	林浩致 (一善)
李政汶 (二真)	黃心悠 (二星)	葉喬 (二善)	呂安怡 (三真)
謝詩伶 (三星)	楊祉虞 (四真)	李亦翹 (四光)	周孜翹 (四星)
王允嵐 (四星)	鄭穎希 (五真)	張逸凡 (五真)	鄭曉楠 (五光)
鄭奕桐 (五星)	古幸兒 (五星)	蔣沛瑤 (六真)	戴希瑜 (六真)
王施妤 (六真)	嚴欣晴 (六真)	鄧皓晴 (六星)	梁凱桐 (六星)
黃煦晴 (六星)			

三．操行獎生

A. 一學段操行獎生 1 人。

黃煦晴 (六星)

B. 全學年操行獎生 4 人。

蔣沛瑤 (六真) | 戴希瑜 (六真) | 鄧皓晴 (六星) | 梁凱桐 (六星)

最後一個「E」就是「Empathy」，同理心。同理心也很重要，同理心不是同情，同理心就是我明白對方，例如同學看到我喉嚨不舒服，便給我送上一杯水，這就是同理心。有同理心的人接下來要有行動，沒有行動就發揮不了同理心。同理心很重要，因為它會令你們日後可以交到更多朋友、更多戰友，無往而不利。因為「同理」不是同情，也不是同意，我們明白了對方為何會有這樣的行為、態度和表現，我們就會調適自己怎樣去應對。例如，有一個同學做事較粗暴，如果我們瞭解到那同學的背景，知道他的家庭出了問題，便會明白他為何做事、對人這麼粗暴。我們明白他卻不等於我們可以接受他的行為，但我們會知道應該用甚麼方法去教導他，引導他返回正軌，這就是同理心在教育上的作用。同學們，你們也一樣，當你們明白到對方為何會有這樣的反應、行為、態度，你就會對對方多點包容、忍耐，不會立刻與對方起爭執，所以「同理心」這個「S」是非常重要的。

最後，希望大家記着這六個英文字，「SOS」—「Survival」、「Overcome」、「Self management」，以及三個「E」—「Easy」、「Effort」和「Empathy」，謝謝大家！






光榮榜

小學部



科目	日期	賽事名稱	主辦機構	獎項及得獎者	
中文	2022.09	2022 年全港小學徵文比賽	環球天道傳基協會	高小組優異獎	六光譚考琳
	2022.10	2022 年全港學界狀元爭霸戰	香港創科發展培育中心(慈善)有限公司	中文組小二金獎狀元	三真何晞瞳
	2022.12	香港兒童朗誦大獎賽 2022	香港青年兒童藝術協會	中小組粵語朗誦季軍	四光嚴詩澱
	2023.01	8 th Cantonese Speech Contest 2022	Asia Kids Talent	Primary 3-4-1 st Runner up	三光黃綯琦
		第十六屆香港國學藝術節朗誦比賽	香港國學藝術教育中心	初小組銀獎	一望陸韻庭
	2023.02	真光閃閃耀童心兒童故事演講比賽 2022-2023	九龍真光中學	初小粵語組亞軍 最佳讀後感獎	一善陳綽好 一善陳綽好
	2023.03	第 74 屆香港學校朗誦節	香港學校音樂及朗誦協會	探本溯源盾	一真郭天藍 一星黃穎遙
				粵語詩詞獨誦冠軍	一真郭天藍 六星劉善翹
				粵語散文獨誦冠軍	一星黃穎遙
				粵語散文獨誦亞軍	六星劉善翹
				粵語詩詞獨誦季軍	一光莊祉瑤 一光梁正心 一星黃穎遙 一善陳綽好 一善張舒雅 一信王芯頤 一望陸旨悅 五光鄭曉楠
				粵語散文獨誦季軍	一望張頌晞 二真羅洛斯 二真曾卓翹
				粵語宗教作品獨誦季軍	六星劉善翹
				粵語獨誦優良獎 36 項 粵語獨誦良好獎 33 項	
2023.04	第六屆「燃亮希望」全港中英文徵文大賽 2022	香港青年兒童文藝協會	中文小學高級組銅獎	四星王允嵐	
2023.05	i-Learner 智愛閱讀中文計劃	智好學	金獎	四星王允嵐 五光鄭曉楠 六光譚考琳 六光余曉琳	
			優秀學員獎	四光羅栩妍 六星黃煦晴	
普通話	2023.03	第三屆國際漢語節 2022/2023	國際漢語節協會	非母語初小組中文現代詩獨誦冠軍	一星王倬林
		第十四屆「中華挑戰盃」全港人才藝術朗誦大賽	中華語言藝術研究中心	初小組冠軍	一星王倬林
	語文智能之第五屆香港國際朗誦公開比賽普通話朗誦	香港多元智能教育協會	小學中級組 (P3-P4) 冠軍	四星王允嵐	
	第 74 屆香港學校朗誦節	香港學校音樂及朗誦協會	詩詞獨誦亞軍	一星黃貝聆 四真陳熙瑤 四真盧勵葵 六光邱雨晴	

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
普通話	2023.03	第 74 屆香港學校朗誦節 	香港學校音樂及朗誦協會	詩詞獨誦季軍	一信杜泚殷 一望李思瑤 二光周以喬 四善郭沛翹 四善鄭熠琳 五真柯汶暄 五真羅禕庭 六星梁凱桐
				獨誦優良獎 56 項	
				獨誦良好獎 41 項	
	2023.06	2023 Genius Children Mandarin Speech Contest	Genius Children Performance & Art Association	Primary P1-P2 Champion	一星王倬琳
		第三十一屆國際兒童及青少年普通話朗誦比賽	環球藝術體育文化協會	小童 D 組亞軍	一星王倬琳
	2022.10	第三屆朗誦家大賽 2022	亞太優才發展協會	小學初級組普通話銅獎	四星陳樂裕
				小學高級組普通話銅獎	五真陳樂庭
	2022.11	2022 領展盃朗誦比賽	領航教育	P1-2 普通話一詩詞組季軍	一望陸韻庭
	2022.12	2022 2 nd Teenagers & Children Speech Contest	TCCA	P3-P4 Mandarin Champion	五真陳樂庭
	2023.01	8 th Mandarin Speech Contest 2022	Asia Kids Talent	Primary 3-4 Champion	三光黃綯琦
	第 26 屆國際兒童及青少年普通話朗誦比賽	GASCA	小童 D 組亞軍	三光黃綯琦	
英文	2022.09	Hong Kong Children Speech Competition 2022	Hong Kong Federation of Education Workers	English Solo Verse Speaking P2 Winner	三善葉亦菲
				English Solo Verse Speaking P2 Merit	三真黃諾澄
	2022.10	2022 The Hong Kong School Elite Competition	Hong Kong Innovation Technology Development Centre	English Group 2 Silver Award	三真何晞瞳
	2023.01	The 2 nd Hong Kong School Chinese & English Handwriting Competition	Education Employee General Union	Superior Award	三星余 願 一望蕭逸芊
				Finalist Award	六光譚考琳
		8 th English Speech Contest 2022	Asia Kids Talent	Primary 3-4 Champion	三光黃綯琦
				Full Languages Speech Honorary Award	三光黃綯琦
		26 th International Children and Youth English Recitation Competition	GASCA	Group D Junior 1 st Runner up	三光黃綯琦
	2023.03	74 th Hong Kong Schools Speech Festival 	HKSMSA 	Solo Verse Speaking First	二真黎諾心 四善李芷悠 五真傅可可 五光鄭曉楠 五星鄭奕桐
				Solo Verse Speaking Second	一真侯樂思 一光梁正心 一星王雪晴 二星陳靖熙 三星陳筠婷 四善鄧恩程 四善黃子晴 五真李穎淳 六光邱雨晴
Solo Verse Speaking Third				一望王曦天 三光韓穎賢 三善汪晴滢 四光黎芷如 五真鄭穎希 五真張逸凡 五真羅禕庭	
101 Merit on Solo Verse Speaking 5 Proficiency on Solo Verse Speaking					



PRIMARY SECTION

科目	日期	賽事名稱	主辦機構	獎項及得獎者		
英文	2023.03	"Light Up Little Minds" Children's Storytelling Competition	Kowloon True Light School	Junior Primary Section 2 nd Runner-up	二善黃韻熹	
				Junior Primary Section Merit	一光文蒞悠	
				Certificate of Distinction	三星毛安娜 一星黃貝聆	
	2023.04	9 th English Speech Contest (2022) Hong Kong Children 1 st English Speech Competition 2023	Asia Kids Talent	P3-P4 Champion	三真李柏瑤	
				Sing Sing Kids Talent	三真李柏瑤	
				Hong Kong Youth & Children Art Association	English Solo Verse Speaking 2 nd Place	三真李柏瑤
	2023.04	Canadian English Writing Competition 2022-23 (Arch Cup) live Semi-final Competition Reading i-Learner Programme 2022-2023 1 st Term	English Association of Asia	Primary 1-2 group Bronze Award	一光文蒞悠	
				智好學	Grand Award Gold	四星王允嵐 三星陳筠婷 四光羅栩妍 五光鄭曉楠 六光譚考琳 六星黃煦晴
數學	2022.09	2022 年第十八屆「優數盃」國際數學邀請賽	優數盃組委會	小學一年級心算組別第三名	二星黃心悠	
	2022.10	2022 全港學界狀元爭霸戰	香港創科發展培育中心(慈善)有限公司	數學組小二銅獎 奧數組小二銅獎 珠算組小二金獎探花	三真何晞瞳 三真何晞瞳 三真何晞瞳	
	2023.01	2 nd Mathematics Contest 2022 i-Learner 智好學計劃 天才數學博士計劃	Asia Kids Talent	Primary 1-2 Honorary Gold Award	三光黃綉琦	
				智好學	特等獎	三真王思悅 四星王允嵐 五光鄭曉楠 六光譚考琳
				香港教育大學	小六個人賽優異獎	六光羅曉若
	2023.05	Thailand International Mathematical Olympiad 2022-2023 Heat Round	TIMO	Primary 2 Bronze Award	二真勞穎怡 二真曾卓翹	
				Primary 3 Silver Award	三星何巧悠 三星楊詠心 三善黃曦雯	
				Primary 4 Silver Award	四真劉雋慧	
		Thailand International Mathematical Olympiad 2022-2023 Semi-Final	TIMO	Primary 5 Gold Award Silver Award Silver Award Bronze Award	五星盧亦飛 五星梁睿聰 五星梁睿希 五光林芷瑜	
				Primary 2 Merit Award Gold Award Bronze Award	二真曾卓翹 二真李政汶 二真勞穎怡	
		Thailand International Mathematical Olympiad 2022-2023 Final Round	TIMO	Primary 3 Silver Award	三星何巧悠 三星楊詠心	
				Primary 5 Silver Award Bronze Award	五星梁睿聰 五星梁睿希	
	2023 亞洲國際數學奧林匹克公開賽	香港數學奧林匹克協會	銅獎	三星何巧悠		
數學智能之第九屆全港數學盃挑戰賽	香港多元智能教育協會	小學四年級卓越獎	四真梁晞榆			
粵港澳大灣區數學競賽預選賽 2023 香港賽區	大灣杯組委會	小二級 一等獎 小二級 三等獎 小五級 一等獎	二真李政汶 二真曾卓翹 五星盧亦飛			

科目	日期	賽事名稱	主辦機構	獎項及得獎者				
數學	2023.05	2023 小學數學挑戰賽滿貫盃初賽	Fun Fun Arena	銅獎	三星何巧悠			
		「華夏杯」全國數學 奧林匹克邀請賽 2023 (華南賽區) 晉級賽	中國數學教育研究會	小學二年級 三等獎	二光蔡愷歡			
				小學三年級 二等獎	三星何巧悠			
				小學四年級 二等獎	四光李亦翹			
				小學五年級 二等獎	五星梁睿聰			
		「華夏杯」全國數學 奧林匹克邀請賽 2023 全國總決賽	中國數學教育研究會	小學三年級 三等獎	三星何巧悠			
				小學五年級 二等獎 三等獎	五星梁睿希 五星梁睿聰			
		2023 亞洲國際數學 奧林匹克公開賽 晉級賽	亞洲國際數學奧林匹克聯合會	小學三年級組 銅獎	三星何巧悠			
				小學四年級組 銅獎	四光李亦翹			
				小學五年級組 銅獎	五星梁睿聰 五星梁睿希			
小學六年級組 銅獎	六光譚考琳							
2023.07	第三屆全港學界數學挑戰賽 2022	香港青年兒童文藝協會	小學四年級組 金獎	五光梁紫晴				
	第二屆全港扭計骰體驗賽	香港培訓及教育總會	亞軍	五星蔡祉祈				
STEM	2023.03	RoboParade 創意機械人巡遊	Lawrence Technological University RoboFest Hong Kong	初級組 冠軍	四真范心誼 四光李亦翹			
				金獎	五真黃筠雅 五光卞樂欣 五光傅小米			
				金獎	四星王施悅 四星黃暉孜 四善李芷悠			
				銀獎	五真林紫悅 五真胡潔心 五星馮國南			
				銅獎	六真吳梓穎 四光曾樂施			
				2023.05	Robofest World Championship Robo Parade	Lawrence Technological University Robofest	Special Achievement	四真范心誼 四光李亦翹 四星王施悅 四善李芷悠
				2023.07	2023/24 Robofest Plus 機械人大賽 BottleSumo 機械人相撲比賽	Lawrence Technological University RoboFest Hong Kong	初級組金獎	五真林紫悅 五真胡潔心 五光卞樂欣
							初級組銀獎	五星馮國南 六真吳梓穎
							初級組銅獎	四真范心誼 四光李亦翹 四光曾樂施
							初級組銅獎	四星王施悅 四星黃暉孜 四善李芷悠
UMC 機械人終極挑戰賽 (初級組)	Lawrence Technological University RoboFest Hong Kong	亞軍 金獎	四真范心誼 五真胡潔心 五光周凱欣 四光李亦翹					
			銀獎 銅獎	五光林湘愉 四善李芷悠				
	Discovery Education Coding Challenge 2023 香港區選拔賽	香港機械人學院	初級組冠軍	三真關芷晴				
視藝	2022.07	第十三屆 2022 「勇闖新天地」 國際繪畫比賽	艾斯爾國際文化交流 (香港)	少年組優異獎	六星黃煦晴			
		共建安全網絡 2022 「資訊勿亂放 真偽要認清」 文件夾設計比賽	政府電腦保安事故協調中心	小學組亞軍	六光譚考琳			
		第三屆藝術發展繪畫藝術大賽	HKVACC	兒童 B 組 (水彩畫) 銀獎	六真梁心瑜			
		IYACC The 14 th International Open Visual Arts Competition	IYACC	Age Division 8 亞軍 金獎	三星蕭愷霖 四星陳樂裕 三星冼倬如			





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科目	日期	賽事名稱	主辦機構	獎項及得獎者	
視藝	2022.07	IYACC The 14 th International Open Visual Arts Competition	IYACC	Age Division 7 金獎 季軍	二善李梓安 二星張芷桐
				Age Division 10 金獎	五真陳樂庭
		「我和我的家 人人都愛她」 填色繪畫比賽	香港南區婦女會	初小組季軍	二善陳心怡
		香港兒童創藝大賽 2022	香港青年創藝協會	2015 兒童組季軍	二善陳心怡
		Ideal Breakfast Art Competition 2022	Department of International Trade Promotion Ministry of Committee, Thailand	2016 Year Group Bronze Award	一光衛皓天
	2022.10	第四屆全港兒童繪畫比賽 iPad 外殼我最靚	香港國際才藝協會	P1-P3 金獎	三星衛紫晴
		環保基金「清出嶼南」 社區清潔海岸教育計劃 清潔海岸四格漫畫親子 創作比賽 2022	離島婦聯	小學組別季軍	六光譚考琳
		《淫褻及不雅物品管制條例》 口號創作及填色比賽	電影、報刊及 物品管理辦事處	優異獎	六光譚考琳
		2022 Schools Children's Day Painting Contest	Asia Kids Talent	Primary P.1-P.2 Champion	二星盧卓瞳
				Primary P.3-P.4 1 st Runner Up	五星盧卓盈
		第一屆國際青少年文藝系列 大賽決賽	國際青少年文藝系列 大賽組委會	小學組繪畫銅獎	二星盧卓瞳 五星盧卓盈
		良好工作場所整理海報設計 比賽 2022	職業安全健康局	小學組優異獎	六光譚考琳
		2022 復活節繪畫比賽	星星兒童才藝社	P.1-P.2 組亞軍	二星盧卓瞳
		錶面設計比賽 2022	GNet Group Limited	小童組銀獎 中童組金獎	二星盧卓瞳 五星盧卓盈
		2022.12	第九屆全港兒童繪畫分齡比賽	星島新聞集團	中國畫(第六組)冠軍 西洋畫(第三組)二等獎
	慶祝香港特別行政區 成立 25 周年一家人繪畫比賽		春蕾計劃基金	初小組優異獎	四光黎芷如
	2023.01	The Only Scarf 圍巾設計比賽 2022	香港學界精英比賽活動交流會	P5-P6 自由創作組亞軍 P1-P2 我愛媽媽金獎	五星盧卓盈 二星盧卓瞳
		月滿中秋繪畫大賽	上·文化	繪畫組初小組銀獎	二星盧卓瞳
		英國倫敦繪畫參展賽	國際資優教育及藝術協會	高小組(P4-P6)銀獎 初小姐(P1-P3)銀獎	五星盧卓盈 二星盧卓盈
		2022 Children Art Exhibition	International Gifted Education and Art Association	Best Award	二星盧卓盈
		徐悲鴻盃國際青少年 兒童美術比賽	香港青年協會	香港賽區西洋畫系初小組 優異獎	三光梁嘉宜
		The 6 th Hong Kong Arts and Culture Association Drawing Competition The Atmosphere of the Winter Solstice	Hong Kong Arts and Culture Association	Group: 2011-12 Gold Award	六光伍諾晞
	2023.02	狂熱 Halloween— 填色 / 繪畫 / 書法 / 攝影 / 電腦平面設計比賽	香港國際文藝交流協會	幼童組冠軍	一真梁珮臻
	2023.03	視覺空間智能之第五屆 香港紫荊盃國際繪畫大賽 我的寵物	香港多元智能教育協會	初小組亞軍	三星蕭愷霖
		萬聖節奇妙之旅填色及 繪畫比賽 2022	亞太優才發展協會	小童組一電子繪畫冠軍	一星鄭暉頤
		科幻世界填色及繪畫比賽 2022	亞太優才發展協會	小童組一電子繪畫冠軍	一星鄭暉頤
		2023 年度眼睛看宇宙繪畫比賽	香港文創薈	幼童組銀獎	一星鄭暉頤
兔年飛星賀歲繪畫比賽		香港卓藝協會	小學中級 P3-P4 組金獎	三真李柏瑤	
第三屆八達通卡套設計比賽		香港學界精英比賽 活動交流協會	P3-P4 自由創作組金獎	三真李柏瑤	
海洋生物繪畫比賽 2023		香港優才活動協會	小學 P.1-P.2 組冠軍 小學 P.3-P.4 組金獎	一光曹文觀 三真李柏瑤	

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
視藝	2023.04	AKT & SPAC Love and Be Kind To Pets Painting Contest	Asia Kids Talent	P.3-P.4 Silver Award	四光林浠翹
		香港青少年兒童繪畫大獎賽 2022	香港兒童文化藝術協會	兒童組銀獎	一光莊祉瑤
	2023.05	第十三屆當代青少年及兒童藝術節新春繪畫比賽	香港當代藝術學院	兒童 A 組工藝畫季軍	二善李梓安
		Little JuJu 祝願精靈創作大賽	Gnet star	小童組銀獎	二善李梓安
		全港青少年兒童設計大賽 2022	香港青年創作協會	2012 少年組冠軍	五光林芷瑜
	2023.06	香港賽馬會社區資助計劃：藝育菁英計劃全港青少年網上繪畫比賽 2023	藝育菁英基金會	全港青少年畫家優異獎	五光林芷瑜
		第四屆環球藝術發展大賽 2021「太空及未來科技」繪畫及黏土國際比賽	環球藝術發展中心	小學低年級組優異獎	五光林卓祈
		2022 秋季兒童繪畫及填色比賽	香港兒童文化藝術發展協會	高小組最具創意獎	四光吳旻晞
		「我是獨特的」兒童繪畫比賽 2022	香港愛家基金會	小學三年級組冠軍	三星左思穎
	2023.07	IYACC Design Your Own Facial Mask Competition 2022	IYACC	Age Division: 8 Champion	三星左思穎
		尋找聖誕老人—填色 / 繪畫 / 攝影 / 電腦平面設計比賽	香港國際文藝交流協會	少年組亞軍	五光梁紫晴
		第十二屆香港藝術菁英繪畫大賽彩繪夢想	香港當代藝術學院	兒童 B 組—油畫 / 塑膠彩良好	五光梁紫晴
		「跨步 90 載 維官新世代」不倒翁設計比賽	鄧肇堅維多利亞官立中學	最優美中華文化造型獎	五光梁紫晴 五光梁可悠 五光譚穎好
音樂	2022.07	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	鋼琴級別組三級組金獎	六星黃煦晴
	2022.09	第九屆香港青少年音樂大賽	香港音樂藝術發展中心	Piano Grade 3 Gold	五真陳樂庭
				Piano Grade 2 Gold	四星陳樂裕
	2022.11	15 th HK Students Open Music Competition 2022	Speech & Music Recital Development Foundation	Group E Junior 1 st Place	五真陳樂庭
				Group E Junior 2 nd Place	四星陳樂裕
	2022.12	2022 2 nd Teenagers & Children Music Contest	TCCA	P.3-P.4 2 nd Runner Up	五真陳樂庭
	2023.01	第二屆香港學界音樂大賽 2022	香港青年兒童文藝協會	香港校際音樂節四級鋼琴銅獎	四星譚瑀瑤
				第十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
		2 nd Universal Stars Music Competition	Universal Stars	Junior Artist II Gold Prize	三星楊詠心
		London Young Musician 2021-22 Season 4	London Young Musician	Young Talent (age 8 & under) Gold Prize	三星楊詠心
		European Spring Music Competition	European Classical Music Awards Global Committee	Junior: Age 7-9 Category Gold Prize	三星楊詠心
		Intercultural Young Musicians Competition 2022	IYMC	Piano Graded Group Grade 4 3 rd Place	四星譚瑀瑤
		The V International Liszt Ferenc Competition Preliminary Round (Hungary-Budapest) 2022	Universal Artists' Association of China	Piano Children Performance Category Champion	一信湯鎧瑜
			Level 2 & 3 Faber Piano Adventures 1 st Runner up	三真湯鎧蔚	




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科目	日期	賽事名稱	主辦機構	獎項及得獎者		
音樂	2023.02	第十屆香港國際青少年表演藝術節 國際總決賽	香港青少年表演藝術交流發展協會	小提琴公開分齡組兒童 A 組第二名	一信黃洛霓	
	2023.03	International Youth Music Competition (IYMC)	Spring Music Festival	Woodwind Age Group Aged 8 or below 3 rd Place	三星楊詠心	
		第三十四屆國際兒童及青少年管樂比賽	GASCA	兒童 E 組冠軍	三星楊詠心	
		The Bach International Music Competition 2023 Season 1	BIMC		Junior(Age 8-10) 1 st Prize	三星楊詠心
					Outstanding Musicality Special Prize	
					Age 7 and younger 1 st Prize	一信黃洛霓
		London Young Musician 2022-23 Season 4	LYM Competition Committee	Romantic Period Music Performance Gold prize	三星楊詠心	
	2023.04	Vivaldi International Music Competition	World Online Music Competitions Organization	Junior (Age 8-10) 1 st Prize	三星楊詠心	
		International al Global Music Talent Contest 2022	Muse Music (Asia) Association	Excellent Technique Special Prize		
				Junior Keyboard Pieces 1 st Place	二光韓名羨	
				全港兒童鋼琴比賽 2023	香港優才活動協會	小學 P.1-P.3 組金獎
	2023 奏出童真春季鋼琴及弦樂比賽	SHINE ON STAGE	Piano Exam Class Grade 2 Third	三星吳凱琳		
	2023.05	London Young Musician of the Year 2023	LYM Competition Committee	Musician of the Year Award	三星楊詠心	
		Music Instrument Competition	青少年兒童藝術音樂發展協會	Piano age group 6-8 2 nd Runner-up	三星吳凱琳	
	2023.06	Vienna Music Examination Board Video Competition (Spring) International 2023	Vienna Music Examination Board	Harp Grade 1 Merit	三星廖浣喬	
				Flute Grade 5 1 st Runner-up	三星楊詠心	
		第 75 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	五星鄭奕桐
					通利音樂大獎	二善葉喬
					鋼琴獨奏亞軍	三真梁皓澄
					鋼琴獨奏季軍	一星曾琛悅 三真呂安怡 三星毛安娜
鋼琴獨奏銀獎 50 人						
鋼琴獨奏銅獎 18 人						
聲樂獨唱季軍					五星吳智穎	
聲樂獨唱銅獎 1 項						
小提琴獨奏季軍					四真許諾	
小提琴獨奏銀獎 12 項						
小提琴獨奏銅獎 5 項						
大提琴獨奏銅獎 1 項						
小提琴二重奏銀獎 1 項						
中音薩克斯管獨奏金獎 1 項						
長笛獨奏銀獎 4 項						
長笛獨奏銅獎 1 項						
單簧管獨奏銀獎 1 項						
單簧管獨奏銅獎 1 項						
圓號獨奏銀獎 1 項						
箏獨奏銅獎 1 項						
粵曲對唱銅獎 1 項						
體育	2022.07	第 49 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 (初小) 銅獎	四真劉雋慧	
	2022.09	SCAAX Funkids Child Athletics Championship 2022	Funkids Sports Association and South China Athletic Association	2014 Girls Bean Bag 1 st Runner up	三星鄭曉悠	
		青少年滑浪風帆比賽 2022	香港滑浪風帆會	女子十三歲或以下亞軍	四善何泳瑤	

科目	日期	賽事名稱	主辦機構	獎項及得獎者	獲獎者
體育	2022.09	Hong Kong Dance & Rhythmic Gymnastics Dance Festival 2022	Hong Kong Stage of Performing Arts	Children(10-12)Troupe Gold	六光鍾卓榮
		2022 ATOD Pan-Asia Dance Competition	Hong Kong Youth Dance Association	Children Jazz Ensemble Gold Award	六光鍾卓榮
		屈臣氏田徑會周年大賽 2022	SPORTSOHO	男子 U8 兒童競技賽冠軍	二星楊子臻
		第 58 屆香港學校舞蹈節	香港學界舞蹈協會有限公司	獨舞甲等獎 獨舞甲等獎	六星何月 六光邱雨晴
	2022.10	聯校選拔賽 2022	兒童拉丁舞學校	10 歲或以下 單人 C4 第一名 單人 J3 第一名	五星盧卓盈 五星盧卓盈
		慶祝灣仔節第十四屆灣仔區體育舞蹈公開賽	灣仔區文娛康樂體育會	10-11 歲單人組牛仔舞第六名	五星盧卓盈
		ASAA Dance Cup 2022	Asia Sport and Art Cultural Association	Jazz (Modern Jazz)—Group 10 years old or under Gold	四真劉雋慧
	2022.11	香港回歸 25 周年青少年足球比賽	青衣體育會	U8 盃賽冠軍	二星楊子臻
		海通國際香港滑浪風帆巡迴賽赤柱錦標賽	香港滑浪風帆協會	Techno Class 級女子兒童組季軍	四善何泳晴
		ADSC Grand Open Championships	Asia Sport and Art Cultural Association	Juvenile & Youth Solo Cha Cha Cha First	五星盧卓盈
				Juvenile & Youth Solo Jive First	五星盧卓盈
				Juvenile & Youth Solo CJ Second	五星盧卓盈
				Juvenile & Youth Solo Rumba Third	五星盧卓盈
		2022-2023 年度港島東區小學校際游泳比賽	香港學界體育聯會	男子乙組 100 米蛙泳第 2 名 女子甲組 50 米蝶泳第 3 名 女子甲組 50 米背泳第 4 名 女子乙組 100 米蛙泳第 4 名 女子甲組團體優異 女子乙組團體優異 女子丙組團體優異	四星冼卓謙 六真林宛延 五光甘慕萱 五真朱霽恩
	第 50 屆全港公開舞蹈比賽	全港公開舞蹈比賽籌備委員會	芭蕾舞兒童組銀獎 爵士舞少年組(初小)銀獎	三星蕭愷霖 四真劉雋慧	
	2022.12	紫荊盃舞蹈大賽 2022	香港舞蹈總會發展基金	小紫荊盃中國舞(少年組一群舞)銀獎	四光黎芷如
				小紫荊盃公開舞(少年組一群舞)銀獎	四光黎芷如
	2023.01	Kangaroo Cup Dance Competition 2022	Hong Kong Dance Federation	11 & under Troupe (Team A) Gold—ranking 2	六光鍾卓榮
				9 & under Troupe Bronze	四真劉雋慧
				12-15 Troupe Gold	六真戴希瑜
CSTD International Asia Pacific Dance Competition		CSTD	Duo/Trio 15 & under Lyrical / National 1 st	六光鍾卓榮	
International Young Dancers Competition		First Education International Hong Kong	Age Group 7-9 Jazz Dance Team 3 rd Place	四真劉雋慧	
2022 IDO Asia Dance Festival		IDO & Korea Dance Organization	Children Formation Jazz Dance 1 st place	四真劉雋慧	
2022 ISI Skate Hong Kong		Ice Skating Institute Asia	Freestyle 4 1 st Place	五星張鈺琪	
2022 CDPA Latin Open Dancing Competition (Asia Pacific)		亞太兒童體育舞蹈專業導師協會	10 歲或以下單人 R1 第一名	五星盧卓盈	
			10 歲或以下淘汰單人 J 第三名	五星盧卓盈	
			10 歲或以下淘汰單人 C 第三名	五星盧卓盈	
2023 年元旦杯乒乓球賽	中國乒乓球學校	7 歲或以下組別冠軍	二星盧卓瞳		
發球機大比拼 2023	中國乒乓球學校	7 歲或以下冠軍	二星盧卓瞳		
75 th Jubilee Championships	Asia Dance Sport Council	Juvenile & Youth Solo Rumba Second	五星盧卓盈		



PRIMARY SECTION

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
體育	2023.01	75 th Jubilee Championships	Asia Dance Sport Council	Juvenile & Youth Solo Samba Second	五星盧卓盈
				Juvenile & Youth Solo CRJ Third	五星盧卓盈
		全港跆拳道觀摩邀請賽	大埔體育會	品勢比賽季軍	三星何巧悠
		2022年第四屆上海跆拳道友好城市邀請賽	上海市跆拳道協會	Individual Recognitiotn Poomsae Kids Female ColorBelt Group C Second	三星何巧悠
		2022-2023年度港島東區小學校際田徑比賽	香港學界體育聯會	女甲 400 米冠軍 女甲推鉛球季軍 女丙跳遠殿軍	六光曹伊華 六星郭巧琳 四真劉雋慧
	2023.02	2023 年南區 U8 足球賀歲杯	冠忠南區足球會	女子甲組團體冠軍	
				個人品勢亞軍	二真黃雍嵐
	2023.03	YMCA Children & Youth Inline Speed Skating Invitation Tournament	YMCA King's Park Centenary Centre	冠軍	二星楊子臻
				Most Valuable Player	二星楊子臻
		第十六屆星舞盃舞蹈比賽 2022	香港兒童教育推廣協會	Children Girls I (Ages 9) 1 st Runner-up	四真范心誼
				Children Relay Mixed S (Ages 8-9) 1 st Runner-up	四真范心誼
		第十九屆德藝雙馨香港賽區	中國藝術家協會香港秘書處	9-10 歲爵士舞群舞金獎	四真劉雋慧
				小學五 / 六年級組 芭蕾舞獨舞冠軍	六真戴希瑜
		Dance World Cup Asia 2023 Hong Kong Qualifying Match (Zoom)	Dance World Cup	MiniSH—Toddler Solo Street Dance and Commercial Ranked 1 st	一善邱奕桐
		Hit it! Dance Competition 2022	Creation Energy Limited	Jazz Dance—Ensemble Aged 12 – 13 Gold	六真戴希瑜
	International Youth Dance Competition	International Youth Dance Company	Online 2022—Level 3 Jazz Small Group Category Gold	六真戴希瑜	
	Star Dream Cup 2022: Hong Kong Dance & Rhythmic Gymnastics Dance Competition	Hong Kong Stage of performing Arts	Dance Troupe Gold Award	六真戴希瑜	
	2023.04	全港分區小學跳繩比賽 2023	香港專業花式跳繩學校	港島東區—2011 年或以前 女子組 單車步冠軍 二重跳亞軍	五光趙紫晴 五光趙紫晴
				Dance World Cup Asia 2023 Hong Kong Qualifying Match	Dance World Cup Asia Company
				MiniGSB—Mini Small Group Ballet 2 nd Rank	一光莊祉瑤
Children Small Group Classical Ballet and Repertoire ranked 1 st				六星劉善翹	
		Junior Large Group Jazz ranked 1 st	六光鍾卓犖		
2023.05	2023 IDTA Trophy cum CDPA Latin Open	CDPA	12 歲或以下分組 單人 R2 First 單人 1 C Second 單人 S Third	五星盧卓盈 五星盧卓盈 五星盧卓盈	
			12 歲或以下 單人 J Third	五星盧卓盈	
	袋鼠盃舞蹈比賽 2023	香港舞蹈總會	17 & under Troupe Gold Ranking 2	六光鍾卓犖	
	香港青少年田徑分齡賽 (二)	香港長跑會	男子 U9 4x100 米冠軍	二星楊子臻	
	2023 ISI Glacier Open & Basic Challenge	Ice Skating Institute Asia	Pre Alpha 1 st Place	五星鄭奕桐	
Solo Comp. Pre Alpha 1 st Place			五星鄭奕桐		
Jump & Spin Low 1 st Place			五星鄭奕桐		

科目	日期	賽事名稱	主辦機構	獎項及得獎者			
體育	2023.05	金鑽盃亞洲錦標賽	亞洲體育舞蹈理事會	兒童 / 青少年單人 Jive 冠軍 Samba 亞軍 Cha Cha Cha 亞軍 Rumba 亞軍	五星盧卓盈		
		2023 新星游泳挑戰賽 	飛星游泳會	男子 11 歲組 100 米蛙泳 全場總冠軍	四星冼卓謙		
				男子 11 歲組 50 米背泳 全場總冠軍	四星冼卓謙		
		Classical Solo Variation Dance Competition 2021	Christine Liao School of Ballet	Silver Award	五光駱在晴		
	2023 年度分齡乒乓球比賽	中國香港乒乓球學校	7 歲或以下組別季軍	二星盧卓瞳			
	2023.06	第 66 屆體育節 2023 陸地冰球錦標賽	中國香港協會暨奧林匹克委員會	青少年對抗賽 冠軍	四真范心誼		
				亞軍	五真鄭穎希		
				青少年對抗賽最佳守門員	四真范心誼		
		Sportscene Gymnastics Competition cum Invitational 2023	Sportscene	Balance Beam 2 nd Runner up	五光林卓祈		
				Vault Merit	五光林卓祈		
		全港小學學界跆拳道品勢比賽 2023	香港跆拳道正道館	小學個人組品勢冠軍	三星何巧悠		
		全港學界跳繩比賽 2023	中國香港跳繩總會	港島小學組女子甲組 2 分鐘耐力跳比賽 季軍	五光趙紫晴		
				港島小學組女子甲組 45 秒個人花式比賽 季軍	五光趙紫晴		
		全港爭霸戰 2023	史丹福游泳學校	女子 A 組泳隊 50 米蛙泳第 1 名 50 米自由泳第 1 名	六光宋睿知 六光宋睿知		
				女子 B 組泳隊 50 米蝶泳第 1 名 50 米自由泳第 2 名	五光甘慕萱 五光甘慕萱		
				女子 B 組泳隊 50 米蛙式第 2 名 50 米自由泳第 3 名	六光吳心言 六光吳心言		
				女子 C 組泳隊 50 米蛙泳第 2 名	五光梁文懷		
				雨天晴劍擊聯賽 (2022 年 8 月)	雨天晴劍擊中心	U9 女子花劍亞軍 U10 女子花劍季軍	四善鄭采頤 四善鄭采頤
				雨天晴劍擊聯賽 2023 第一季 劍蒼夏季劍擊比賽 2022	雨天晴劍擊中心 劍蒼	男女混合團體賽高級組亞軍 U9 女子鐵劍第七名	四善鄭采頤 四善鄭采頤
2023.07		2022-2023 港島東區 小學校際乒乓球比賽	香港學界體育聯會	女子乙組團體優異獎	五真陳樂庭 五光陳紫悠 四光張曉晴 四星陳樂裕		
	2022-2023 港島東區 小學校際籃球比賽	香港學界體育聯會	女子組團體優異獎				
	全港小學體育獎勵計劃 2022-2023 港島區	香港學界體育聯會	女子組銀獎				
其他	2022.09	第八屆《基本法》暨 慶祝香港特別行政區 成立二十五周年全港 校際問答比賽	教育局	 十八區優秀學校獎			
	2023.05	2023 年公益少年團	教育局	傑出團員	六光鍾卓學		
		教育局公益少年團 灣仔區委員會	教育局	優秀團員	六光鍾卓學		
		2022-2023 香港課外活動 優秀學生表揚計劃	香港課外活動主任協會	表揚狀	五星盧卓盈		
	2023.06	灣仔區學校模範生 獎勵計劃 2023	灣仔民政事務處	小學組模範生	二光張浩恩 三星何巧悠 四星王允嵐 六光譚考琳		



學生 創作空間



中文創作

一件讓我感到幸福的事

三星 冼倅如

幸福是甚麼？幸福是讓人感到喜悅的；幸福是甚麼？幸福是能給人帶來溫暖的。從小到大我遇過各種令我產生不同情緒的事，其中一件讓我感到幸福的事被我牢牢地記在我的腦袋裏……

我七歲生日當天，一醒來時就被眼前的景象嚇倒了，因為眼前有很多個氣球在一面牆上搖來搖去，仿佛有幾隻小猴子在搖來搖去。當我一下牀，爸爸媽媽一邊唱着生日歌，一邊摸着我的頭，下一秒就是跟我說：「小寶貝，

你長大了一歲，生日快樂！看見你健康成長，我們真是替你高興！」我回答：「謝謝！」

到了中午，爸爸媽媽駕車到我最好的朋友家——巧悠的家，再到郊野公園野餐。我和巧悠玩了不少遊戲，我們先玩「大公園」，再玩「捉迷藏」，最後玩「音樂椅子」。那天我們多開心啊！最後大人還帶我和巧悠吃自助晚餐呢！

晚上，巧悠還來我的家睡覺呢！

一種溫暖和幸福的感觉突然湧上我的心頭，我再三跟爸爸媽媽道謝，可是他們只是微微笑，沒有說任何話，我的七歲生日就這樣過去了。

雖然快樂的時光很快就過去了，這些事情雖然平時也可以做到，可是我那次生日的回憶是不一樣的。我認為幸福是讓人喜悅的，是一種讓人感到溫暖的情緒。除此以外，我還學到了要知足常樂，凡事謝恩。

倉鼠

四星 文希頤

小小的耳朵，亮閃閃的眼睛，軟綿綿的皮毛，短短的尾巴，請大家猜一種動物。對了！那就是倉鼠了！你對牠認識多少呢？

倉鼠只有人的手掌般大小，摸一摸牠們，你會發現牠們的皮毛濃密而柔軟，毛茸茸的，惹人喜愛。倉鼠的眼睛是黑漆漆的，像黑珍珠，像葡萄，又像夜空裡的星星，一眨一眨的。倉鼠的耳朵小小的，像碗一樣，倉鼠的屁股像桃子一樣，圓滾滾的，尾巴則細得很，看牠那可愛的樣子，有誰不會愛上牠呢？

倉鼠天生是一個「貪吃鬼」。每次看到吃的東西，牠都會飛奔過去，不顧一切狼吞虎嚥，把所有的食物一掃而光。仔細看看，牠們不是把所有食物都放進肚子裡，而是把食物收在面頰兩側的袋子——頰囊中，當這兩個袋子裝滿後，牠們臉上多了兩個肉包子，真是可愛極了！你們說，牠難道不是個「貪吃鬼」嗎？

倉鼠的性格有些古怪，牠們天生很懶惰，除了吃以外，白天不動，晚上也不動，一天到晚就喜歡

在不同的地方睡覺，一副懶洋洋的樣子。有時候牠們躲在隧道中，有時睡在小屋中。可是，牠們也是個運動健將，當牠們看到滾輪時，就迫不及待地衝上去，跑個不停，一連跑上幾個小時，這樣多變的性格，難道不古怪嗎？

倉鼠的性格又古怪又貪吃，但牠們外表可愛，難怪牠們是最受歡迎的寵物之一，我也被牠們深深吸引了，希望有一天我可以飼養一隻。

渡輪

五星 古幸兒

在乘搭渡輪往尖沙咀時，我看着一朵朵濺起的水花，再看看船艙裏的環境，不禁思索渡輪究竟蘊藏着什麼人生的道理呢？

渡輪一百多年來，每天也會帶着不同的乘客在海港兩岸穿梭，雖然歷盡滄桑，但從不抱怨，它們是不是盡責得很呢？它每天也重複着苦悶且勞累的工作，卻從不會罷工，因為它清楚明白大眾需要它們這種既便宜，又舒適，還能往返兩岸的公共交通工具。渡輪就像平凡的清潔工人、郵遞員、清道夫等，如果社會上沒有這羣人兢兢業業的服務，社會又

會變得怎樣呢？恐怕我們的生活會有諸多不便啊！我要向渡輪學習，無論是學校的老師還是教會的導師指派我們的工作，我也要盡心盡力把它們完成，不會馬馬虎虎。

渡輪每天都會為各種各樣的人提供貼心的服務，當中有老人，有小孩，有外來的遊客，多不勝數。他們有着不同的喜好，有些乘客喜歡向渡輪行駛的方向坐，有些卻喜歡反方向坐，因此渡輪的椅背是可以移動的。有些人喜歡坐近機房，有些就喜歡坐靠海的座位，有些人喜歡坐有空調舒適的

船艙，有些人喜歡吹自然海風，所以渡輪有上下層設計，座位的價錢也分為較便宜的普通座位及較昂貴的豪華座位兩種。渡輪擁有各樣的設計，務求切合所有人的喜好。它那種為人設想的精神真值得我去學習呀！它讓我明白了做任何事都不要只想到自己，也要多為人着想，也要盡量照顧別人的需要和喜好。

渡輪啊，你那盡責和為人設想的待人處事態度真是我學習的榜樣！謝謝你讓我領悟到珍貴的人生道理！

我的自畫像

六真 馬學瑜

我，馬學瑜，今年十二歲，是就讀真光小學的六年級學生。人們給我的評價通常總逃不過那幾種：乖小孩、三好學生、謙虛有禮……其實，跟我熟悉的人才會知道我的另外一面。究竟我私下真實的樣子是怎樣的呢？想跟大家分享一下！

我大概在班裏是較高的那一批同學。因為近視的緣故，我那黑漆漆的雙眼必須要透過厚厚的鏡片才能看清東西。可能戴上口罩你們不知道吧，其實我挺喜歡笑的，嘴角揚起時還會出現兩個不太明顯的小酒窩。雖然我的外貌普普通通的，但我其實並不太在意，畢竟人是靠內在的。

那我的內在是怎樣呢？看我平常縮在角落裏的表現，你們可能認為我是個不愛說話的「書呆子」吧，其實並不是這樣喔！我可是個開朗活潑又愛說話的人呢！跟我混熟的人都知道，雖然我平常

不說話，但只要一開口就會口若懸河說個不停，哪怕被人打斷也要說下去；在家裏的時候，一有空就愛跑來跑去、跳來跳去，穿梭於各個房間，為此奶奶都投訴過我好多次了。哎，沒辦法啊，誰讓活潑好動其實是我的天性！記住了喔，不要再誤會我啦，我就是這樣一個活潑又多話、「表裏不一」的人。

咳，以上的描述說得我好像很糟糕似的，但我要聲明一下，其實我也是有溫柔體貼的一面的。就有那麼一次，因為天氣很高溫，每天都熱得大汗淋漓的我終於下定決心買了一把新的扇子帶回校。當我正以為能「脫離火海」時，卻傳來了不幸的訊息——因為我看到一個小一學生熱得可憐，就把扇子借給了她，結果扇子被她弄爛了。我當時正想發怒，但當我黑着臉看向那個快要哭出來的小孩子，心又軟了下來。人家

就是無心的，自己又不是沒犯過錯，用得着發脾氣嗎，這又不能把扇子變回來。唉，算了，又不是爛得很嚴重……我對着那個小朋友笑了笑，說沒關係，但她還是哭了，哭訴着自己是不小心的。所以接下來，我一邊給她擦眼淚一邊安慰着，一遍又一遍耐心地說着「沒關係，別哭了」。雖然我不太會哄小孩，但我也盡我所能把溫柔的一面展示出來，安慰她。其實相比起「知書識禮」，我更想被標籤為「溫柔親切」。

我啊，其實就是個普通的女孩，沒甚麼大作為，就是成績還好、話多，還算溫柔體貼。但是，只要我這個人的存在能讓別人感覺好過一點，我就滿足了。啊，對了，看完這篇文章，你們對我的認識有沒有多一點？希望你們對我這個人能有更多的認識！



English Creative Writing



Good People, Good Deeds

P6A Tam Sum Yiu

"Drip drop...Drip drop..." The raindrops outside the window were hitting fiercely. I stood inside the crowded bus, looking up at the gloomy sky and sighed. Today was not a good day. Well, it wasn't for me. Outside the bus, some pedestrians were running in a spin. It rained all of a sudden and there were no alerts.

The bus stopped. A bunch of people got onto the bus. A bunch of people got off the bus. I kept daydreaming about movies, food, songs... This 'loop' kept going on for a long time. "Ahem...Ahem..." Suddenly, I heard a coughing sound. I looked around but could not see anyone because there were too many passengers on the bus. I continued daydreaming. "Ahem...ahem...ahem...ahem" The voice was weak and hoarse. I turned my head around and saw an old lady standing by the corner. She had grey hair and a crooked back, with her hands holding two huge bags. The rain had made her all wet and the

air conditioner in the bus was too cold. "Ahem...Ahem..."She looked exhausted. There were no unoccupied seats so she could only stand. If I had a seat, I would definitely give it to her, but unfortunately, I did not. The passengers on the bus noticed her, but nobody was willing to give up their seats. I wanted to ask people to offer their seats to her, but I did not have the courage to do that.

At this moment, a man went over to the old lady to help her hold the bags. At the same time, he put his jacket on the old lady's shivering shoulder. He glanced around the bus to see if there were any empty seats but could not find one. He furrowed his eyebrows with a bit of disappointment. The bus stopped again. A passenger who was sitting got off the bus. The man immediately walked to the seat and helped the old lady sit on it. The old lady said thankfully, "Thank you so much! I would

have never got this seat if it weren't because of you. You have such a kind heart. May God bless you and your family!" The man replied, "It's my responsibility to help people in need. I am more than happy to do that." After the man helped the old lady, several passengers noticed this and felt embarrassed. They stood up to see if anyone around them were in need and offered their seats to them.

It's really meaningful to help others because you will feel happy when you help someone. Even though the man did not say anything to other passengers, he used his actions as a role model. As the famous author Charles Dickens once said, "No one is useless in this world who lightens the burdens of another.", I believe that if everyone in our community would lend a hand to help others, the world will become a better place.

The Power of Small Acts of Kindness

P6B Tam Hau Lam Ashlynn

'An act of kindness and love, however small, will never be wasted. It always makes a difference.' Whenever the weather is dry, the scar on my left hand will become more visible. The reddish scar reminds me of a 'good people, good deed' happened three years ago. Although the scar has faded with

time, I still remember a heart-warming act...

One cold night, I accidentally scalded myself with boiling water. I cried out in pain as my mother rushed to cool the burn and take me to the hospital. After waiting for what seemed like an eternity, we still had not been called in to see the doctor.

The excruciating pain was almost unbearable, and I was on the verge of tears. Suddenly, a patient whose waiting number was ahead of mine was called in by the nurse. To my surprise, he asked the nurse to let me go first. I was stunned by his kindness. Everyone in the waiting room had been waiting for hours,

feeling unwell and impatient, eager to go home and rest. My mother thanked him gratefully again and again, but I was too overwhelmed to say anything. On that freezing cold night, my heart felt warmer than ever. The man's small act of kindness not only relieved my physical pain but also healed my soul. From that moment on, I vowed to help more people in need.

'To the world you may be one person, but to one person you may be the world.' Sometimes, when we perform a random act of kindness, we may encounter unexpected challenges.

One day, my father encountered an old man sitting on the ground, who asked him for help getting up while on his way home. My father kindly extended his hand to help the old man, but later realized that there was some slime on his hand that might have been the old man's saliva. I thought my father would be very angry and refuse to help others ever again. However, he simply told me that the old man might not have done it intentionally, and even said he was glad to lend him a helping hand in order to assist him. Although performing good deeds may bring bad luck,

at least we will never regret not helping others.

'Carry out a random act of kindness, with no expectation of reward, knowing that one day someone might do the same for you.' I believe that if one person can go out of their way to show compassion, it will start a chain reaction of kindness. Can you imagine how peaceful and loving a community could be? Perhaps, even a whole world full of care and sympathy? People can never know how far a little kindness can go.

Hope, Elevation, Love, Positivity (spells HELP)

P6B Tse Yi Ling

We live in an imperfect world. No one ever lives a life without sorrow. However, this is an imperfectly beautiful world. Because of its imperfection, we help each other. 'Darkness must rise to bring the light.' We are the light. In our own ways, we create a better world for others.

Last year, there was a student in my old class named Kelly. She was held back a year because she failed her Math exam last year. We do not talk much about it around her because we do not want to hurt her feelings. However, her Math was still disastrous. On the other hand, our Math and class teacher, Miss Lam, was funny and empathetic. Kelly's name was always on the re-corrections list yet she never seemed to be concerned about her studies. She never seemed concerned about anything at all. I guessed it was her coping mechanism for her special circumstance. Miss Lam always seemed so exasperated at her. However, Miss Lam never truly gave up on her. Miss Lam differs

from other teachers because she has a heart that beats for others. No matter what, she tries to make her students feel positive and upbeat by listening plus understanding them. She was patient with Kelly and helped her with all her problems—both academic and mental ones. I assume she also helped break down some of the mental walls around Kelly's heart too. She came from a wealthy family yet she did not have as much parental love as her friends. Once, she even told us that her parents did not care about her grades nor her homework. Miss Lam was like a motherly influence on Kelly, chiding her when she did not pay attention during class and trying her best to help Kelly be a new and improved version of herself.

That year, their hard work paid off and Kelly got full marks on her Math exam. Miss Lam was so pleased with her too. Kelly acted like it was no big deal but I think she was secretly overjoyed and thankful. This shows how

a little bit of love and care can help people go a long way. Even now, a year later, Kelly still often chats with Miss Lam while Miss Lam continues to love her and keep an eye on her academics.

The best thing we can do for the people around us is to try our best to listen and help them. A sympathetic heart can do a lot for someone. We can try to see what we can do to make others smile. Would it not be worth it if we can spend our lives productively by spreading happiness? 'If I am going to burn, I might as well burn bright.' We all know that we shall depart from this world and move on one day, however, we can still try to shine brightly and make an impact on the people around us. Try noticing the small mercies around us, how everyone tries to lift others up and be compassionate. The world is pretty, however, it is the people who live in it that make it beautiful.



視藝科作品

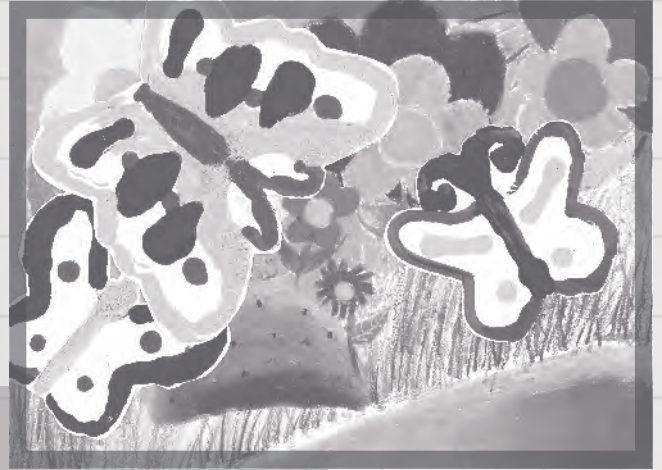
各級的版畫創作：



《願望樹》

P1E 楊婉昕

利用撕貼的方法做樹枝及樹幹，再以鏤空模印（內印法）的技巧印出樹葉。



《花間蝴蝶》

P3D 梁芷穎

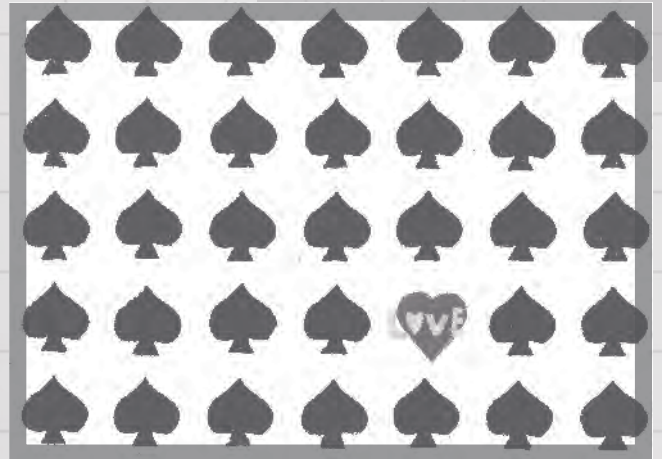
以摺印方法利用廣告彩的濃淡混化，創作對稱而均衡的蝴蝶構圖。



《巫婆的石頭湯—合作畫》

P2A 曾卓翹 王靖淇 翁若喬 楊詩晨 樊諾潼

利用質感明顯的物料作拓印本，剪出形狀大小不同的幾何圖形，拼合成房屋。



《花紙》

P4B 張子萱

透過凸版版畫印刷原理，並運用重複及特變的組織原理設計花紙。



《你看見什麼？》

P5C 劉曉陶

運用錯視藝術的偏差，讓觀賞者在同一畫面中欣賞到多於一個的影像。於石膏板上勾畫線條及進行雕刻。再以油墨將石膏板上的圖案印在紙上。



《生肖年畫》

P6D 梁凱桐

參考中國剪紙圖設計生肖年畫，於膠板上進行雕刻製版，再以水溶性油墨把圖案印在畫紙上。

家校合作 活動

本校一向深明家校合作對學生成長和學習有莫大裨益，故一直重視與家長溝通。除了家長日外，學校每年舉辦不同類型的活動，例如：小一新生懇談會、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
- 小一家長懇談會
- 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
- 小三、四電子學習自攜裝置 (BYRD) 家長簡介會
- 幼小銜接家長資訊日—「真光繽紛校園生活巡禮」
- 小一新生家長會



親職教育

- 小一及小二家長工作坊 — 「兒童『管』與『教』」訓練基礎課程
- 小三及小四家長工作坊 — 【認識及處理兒童壓力】
- 「提升記憶全攻略」家長講座
- 網上家長工作坊 I — 【有淚的學習——提升學習效能】
- 網上家長工作坊 II — 【從英文拼音到閱讀】
- 小五及小六網上家長講座 — 【完美家庭成就「完美」子女】
- 小五及小六網上家長講座 — 【當子女說你好煩——如何與青少年溝通】



1



2



3



家長義務工作

- 早上協助維持學生返學秩序
- 午息協助維持學生秩序

家長分享

- 小一家長懇談會
- 小五升中簡介會
- 小六自行分配升中簡介會

協助推行活動

- 學生會領袖訓練活動
- 公益少年團「清潔沙灘日」
- 一年級全方位學習活動

- 「舊書義賣活動」—整理圖書工作
- 「校慶助學金遊藝會」—主持攤位
- 「真光繽紛校園生活巡禮」活動—拍攝工作
- 運動競技日—拍攝工作及主持攤位
- 「霓裳古風飄真光」—拍攝工作及協助推行活動



4



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- 1 小一家長懇談會
- 2 舊書義賣活動
- 3 清潔沙灘日
- 4 校慶助學金遊藝會
- 5 真光繽紛校園生活巡禮
- 6 霓裳古風飄真光
- 7 運動競技日

7





親子活動

- 親子賣旗日 (香港公益金)(香港認知障礙症協會)
- 親子少鹽少糖烹飪班
- 「故宮知多少」專題研習——資訊海報製作 (親子創作)
- 親子歷奇同樂日
- 西貢鹽田梓大自然體驗之旅
- 康健校園同樂日 (與灣仔地區康健站合辦)



- 1 親子賣旗日
- 2 親子少鹽少糖烹飪班
- 3 親子歷奇日
- 4 西貢鹽田梓大自然體驗之旅

校長榮休 活動花絮

吳佩貞校長自一九九七年入職香港真光中學小學部後，便全心投入教學工作，與主同工，在我校春風化雨二十六載，並於本學年結束時迎來了她的榮休。在這個特別的時刻，我們全校師生、家長，對吳校長雖滿懷不捨，但仍抓住了這個最後的時刻與她創造、留下了最美好的回憶！學生會理事採訪了吳校長，與她一起緬懷過去，展望將來。師生、家長們亦以心意卡為吳校長送上了美好的祝福，更把彼此間美好、難忘的回憶攝進了一張張溫馨、美好的照片中。



- ① 二十四班學生代表於小學部結業禮上為吳校長獻上祝福
- ②③ 校監李正儀博士 J.P. 和童軍於小學部畢業典禮上為吳校長送上榮休紀念品
- ④⑤ 家教會會長、副會長及舊生家長們與吳校長同慶榮休之喜，並為她獻上最真摯的祝福。





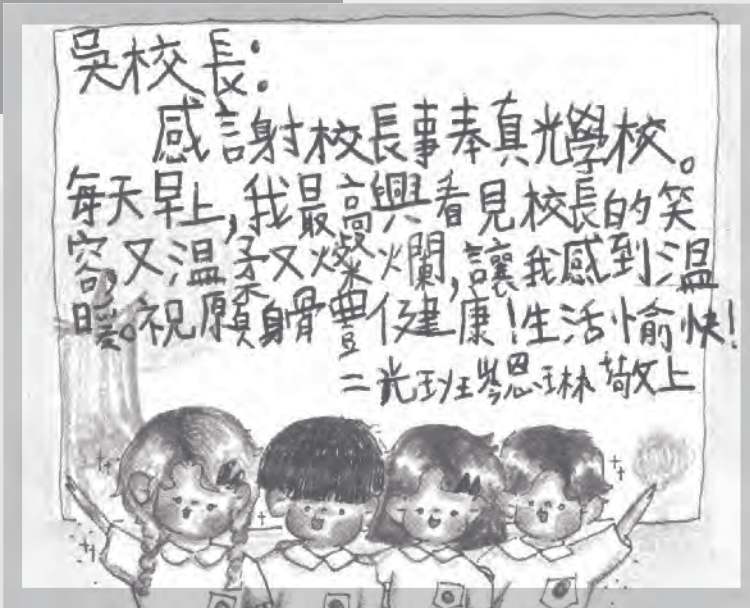
6-8 真光教職員於吳校長榮休午宴
與她同慶榮休之喜



學生、家長心意卡



10



- ⑩ 一光 譚凱桐
- ⑪ 二光 岑恩琳
- ⑫ 三真 羅善行、五光 羅善言家長
- ⑬ 三善 葉亦菲
- ⑭ 六光 邱雨晴



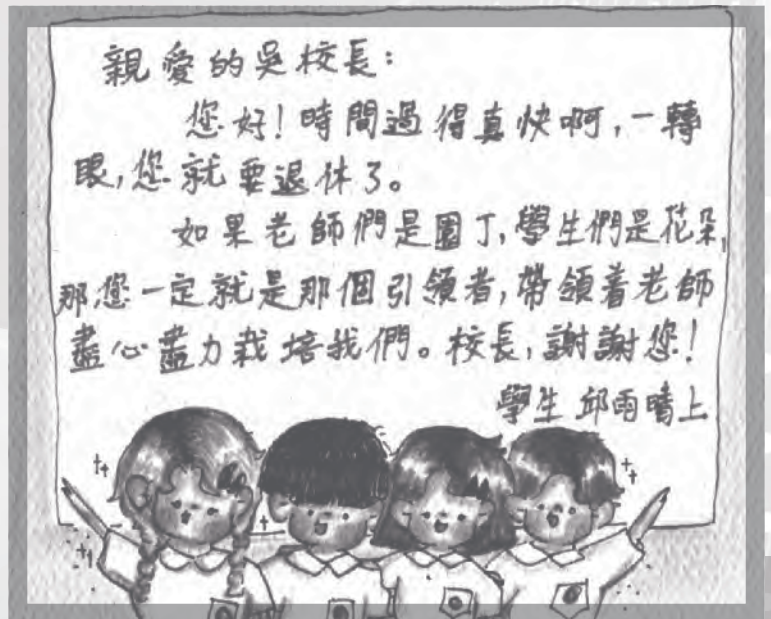
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校長的話 幼稚園部

雨後彩虹

楊凱琪校長

隨着疫情逐漸退去，校園生活有序地回復從前的精彩，就像雨後的彩虹一樣，七彩繽紛，彩虹的出現，意味著痛苦及磨難的結束，也代表著成功快樂的到來。本年度學校陸續籌辦各類大大小小的實體活動，如：春節聯歡、親子旅行、各級觀課活動、學生們的戶外參觀及當中莫過於最大型的校慶遊藝會。感謝神的恩手帶領及保守，遊藝會在充滿歡樂、熱鬧、溫馨、感恩的氣氛中度過。感謝天父當日賜予我們明朗的天氣，中、小、幼各部的師生、工友們上下一心，互相配搭，嘉賓、校友、家長、師生都樂於走遍整個校舍每一角落，歡笑聲此起彼落，不少校友更相約舊同學在校友室重聚一番，來賓們都充分感受到真光是一所有「愛」及有「情」的校園。

在過去的一年裡，我們致力於提供優質的教育環境，讓幼兒能夠全面發展。藝術創作為本年度重點發展的領域。我們相信，通過藝術創作，孩子們可以培養創造力、表達能力和想像力，同時也能夠提升他們的認知和情感發展。為了讓老師在藝術創作方面能夠給予最好的指導，我們在過去的一年中進行了多次教師培訓。這些培訓包括藝術教育理論的學習，以及實踐技巧的培養。我們邀請了專業的藝術導師來指導我們，並分享他們的經驗和知識。同時，亦透過欣賞及觀察藝術作品來提升幼兒的鑑賞能力，學生們更能夠近距離欣賞到藝術家「草間彌生」的作品，實在是難得機會。我們亦見證了幼兒們在藝術創作方面的成長和進步，他們的作品充滿了色彩和生命力，展現了獨特的想法和感受。除此之外，幼稚園在本年



度亦參加了不同的校外比賽，在各項比賽中亦獲得優異成績。這是我們孩子們和老師們共同努力的結果，我們對他們感到無比自豪。

學生們在「2023年全港幼兒英文歌唱比賽」分區選拔賽中獲得金獎，幼兒們在老師的精心培訓下，學會了如何用流利的英語唱出美妙的歌曲。他們的表現令人難以置信，贏得了該比賽的優異成績。這不僅展示了他們的音樂才能，也體現了他們對英語學習的熱情和努力。此外，幼兒們還參加了「全港幼稚園來說普通話比賽2023」，他們在這個領域中也獲得了優異的成績。學生們通過老師的指導，學會了正確的發音和朗誦技巧，並在比賽中展現了自信和流利的普通話，表現令人讚嘆！

我們要向所有參與這些比賽的孩子們表示衷心的祝賀！同時，我們也要感謝老師們辛勤工作，付出額外的時間為學生進行訓練。

最後，我們要感謝所有家長們對我們幼稚園的支持和鼓勵。你們的信任和支是我們前進的動力，我們將繼續努力，為孩子們提供更好的教育和學習。展望未來，我們將繼續致力於提供多元化的教育，發掘每位幼兒的獨特性，為幼兒提供更多探索及展示才華的機會。

校務 報告

品格及生命教育

本年度學校推行「健康小寶寶」品格教育計劃，培養幼兒學習三個聖靈果子的特質，分別是：信實、喜樂和忍耐。校方以聖經金句、遊戲及親子活動等，帶領幼兒在生活中培養良好

的飲食及健康作息習慣，學會適當地管理和表達自己的情緒。此計劃亦佈置在學校的環境中，讓幼兒可以實踐出來。與此同時，亦配合親子教育部分，學校與家長攜手加深幼兒對聖靈果子的認識和實踐出來，建立正面和良好的人際關係，幫助幼兒愉快和自信地迎接成長中的各種挑戰。

教師專業發展

本年度關注事項：「刺激老師對創意與教學融合的想像，再次啟動老師的創意，發掘藝術教育更多的可能性。」全校老師參與了由「奇極創作室」舉辦的三天培訓，更到「奇極創作室」的學院實地參觀了作品與環境的關係及學習幼兒藝術的元素。與此同時，老師參與「黑暗中對話」機構主辦以「黑暗」為主題的體驗，藉此提升老師之間的關係。

美藝培訓



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- 1 在教師專業發展日，全體老師嘗試用長的水筆繪畫小貓，體驗不平凡的繪畫方式。
- 2 透過美藝培訓，老師利用三原色的元素設計圖畫，提升老師的美藝創意。
- 3 老師在工作坊運用不同的物料，在壁報上設計「太空」和「春天」的主題佈置。



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黑暗中的對話



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- 1 透過參與「黑暗中對話」舉辦的工作坊，增加老師的溝通和合作機會，藉此提升彼此之間合作的關係。
- 2 老師投入參與工作坊內的不同活動，並分享討論的成果。



學與教



本年度校方獲得「腦科學與思維教育學院」認證幼稚園成為腦基礎教學學校（銀獎）。學校在課程發展方面，以「兒童為本」作核心，在教學上融入不同的「與腦相容的教學策略」以提升課堂的效能，讓各幼兒有均等參與課堂的機會，提升幼兒學習興趣。

腦科學教學

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加強英語學習

本年度重新編制時間表，讓三級幼兒參與英語早、午會及一星期上四節英文課，每星期加入兩節展示與敘述元素 (Show and Tell)，讓幼兒能有更多機會接觸英語。同時，各級推行「故事爸媽英語閱讀計劃」，安排家長於特定時間到校與幼兒講英語故事，以培養他們對英語故事的興趣。



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- ③ 在上課前，幼兒進行「健腦操」，有助提升幼兒的專注力。
- ④ 高班幼兒以「四人交流」的方式，學習輪流分享社區環境的設施。
- ⑤ 從記憶遊戲中，幼兒除了學習不同物品的英語名稱之外，更能提升他們的專注力。
- ⑥ 高班小朋友在「2023年全港幼兒英文歌唱比賽」中憑著"DO RE ME"和"Twinkle Twinkle Little Star"，獲得分區賽的冠軍。



加強普通話學習

本年度開始運用普通話教材套作主要教學內容及加入每兩星期一次的普通話早、午會時間，讓幼兒更多機會接觸普通話，加強他們對普通話的自信心和音韻聆聽能力。



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- ⑦ 幼兒從「鱷魚買小老鼠」的角色扮演中，提升他們說普通話的自信心。
- ⑧ 老師以戲劇的形式演繹唐詩的情節，讓幼兒理解「靜夜詩」的內容。
- ⑨ 幼兒扮演醫生和病人，學習看病時所運用的普通話對話。

2023 來說普通話比賽

- ⑩ 恭賀學生何芯茹獲得「全港幼稚園來說普通話比賽2023」初級組冠軍，值得嘉許。
- ⑪ 學生吳卓殷獲得「全港幼稚園來說普通話比賽2023」高級組季軍，並與頒獎嘉賓拍照留念。

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健康及生命教育

【幼班講座】

滴露講座



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【低班講座】

機靈先生講座

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綠在灣仔講座

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- 1 幼兒送上心意卡，感謝講員為幼兒講解洗手的重要性。
- 2 講員教授幼兒如何做好個人衛生，防止病毒入侵。
- 3 老師利用這些環保物料，設計小遊戲給幼兒玩。
- 4 幼兒能夠把環保物品進行分類，如：廢紙和金屬類等。
- 5 在講座中，幼兒認識機靈先生的工作，並與機靈先生一起拍照。
- 6 警務人員提問有關防止罪惡的問題，幼兒都能正確地回答問題。



【高班講座】

生命教育



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情緒教育



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- 7 在「西蘭花大變身」的生命教育講座中，幼兒了解不同食物皆含有豐富營養。
- 8 感謝「世界宣明會」的講員生動有趣的介紹，使幼兒認識均衡飲食和珍惜食物的重要性。
- 9 為配合「喜樂」品格教育計劃，輔導組推行「情緒鏡子」活動，當幼兒開心時照照鏡子，看看自己的笑臉，知道這是「喜樂」的情緒。
- 10 幼兒透過「情緒鏡子」觀察自己有不同的表情，從而認識自己的情緒，並且學習自我表達。



多元化活動

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學校發展多元化活動使幼兒除了獲得知識外，更有均衡發展，從不同的經驗中擴闊視野，獲得更全面的經驗和知識。

校慶遊藝會



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- 11 家長和幼兒在校慶遊藝會的攤位中，挑選自己喜愛的物品。
- 12 幼兒參與校慶遊藝會的攤位遊戲，全情投入投擲目標。
- 13 在校慶遊藝會中，家長與幼兒拍照留下美好的回憶。





參觀小一



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- 1 高班學生到真光小學，體驗小一的課堂，有助他們了解小學的生活。
- 2 在小一體驗課堂中，高班學生學習抄寫手冊，他們都順利完成。

參觀科學館



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- 3 幼兒齊心合力地按壓「圈圈雲」的板面，並觀察到所產生的煙霧會向上升。
- 4 透過「幻彩影子」的裝置，幼兒在螢幕前製作顏色影子，感受光的色彩。

參觀超級市場



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- 5 在參觀超級市場時，老師教導幼兒如何選擇新鮮的水果和看價錢牌。
- 6 幼兒按照自己的購物清單，選購了所需的物品，滿載而歸。

參觀陽光笑容小樂園



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- 7 幼兒在「好玩牙科診所」內，模擬牙醫為病人檢查牙齒，讓他們愉快地體驗檢查牙齒的樂趣。
- 8 幼兒在「陽光笑容家庭」的活動區內，學習兩餐之間只可吃一次零食，培養健康的飲食習慣。

遊戲日



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- 9 開始遊戲前，體適能導師帶領家長和幼兒齊做熱身運動。
- 10 透過親子遊戲，可讓家長展現健康的體魄和增進親子關係。

親子旅行



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- 11 高班學生和家長在「禾田喜山種植園」渡過難忘愉快的一天，並拍照留念。
- 12 親子集體遊戲「彩虹傘」，讓家長及孩子們增進彼此之間的親子關係。



戲偶兒童劇

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- 1 高班幼兒跳出校園，到荃灣大會堂欣賞由「明日藝術教育機構」舉辦的戲偶兒童劇《吱吱渣渣合唱團》。
- 2 感謝戲偶兒童劇的演員精彩的演出，讓一眾高班幼兒大開眼界。

牙齒檢查

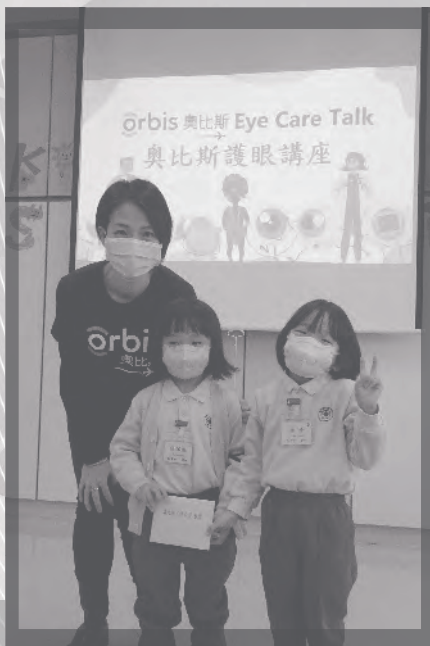
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護眼講座

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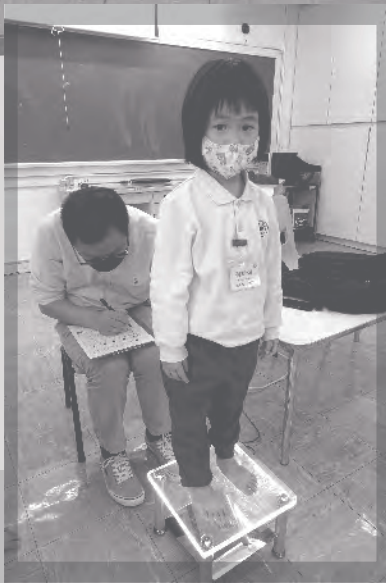
- 3 牙醫用心為幼兒逐一檢查牙齒
- 4 奧比斯護眼講座後，幼兒送上心意卡，感謝講者教導幼兒正確的護眼方法。
- 5 幼兒戴上矇查查眼鏡，體驗患眼疾帶來的不便。



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足部檢查



- ⑥ 在矯形師為幼兒檢查足部前，他們要先脫下鞋子。
- ⑦ 矯形師細心地為幼兒檢查足部，並提醒幼兒要好好保護。

消防救護



- ⑧ 在消防救護講座中，幼兒認識救護員的工作，期望長大後成為熱心助人的救護員，救助別人！
- ⑨ 幼兒在救護車上，了解救護員如何運用不同的救護裝備。
- ⑩ 消防救護講座完畢，救護員送給每位幼兒精美的紀念品留念。

消防安全教育



- ⑪ 從講座中，幼兒學會防火知識，學習做個防火小天使，把安全訊息帶給家人。



機構文化及給予兒童的支援

本學年的 10 月尾開始發動不同活動，培養幼兒從小懂得表達愛與關懷及以不同方法關心他人。於「節省金錢顯愛心」活動中，鼓勵幼兒將自己用來購買物品的金錢省下，並儲蓄在錢箱內，培養幼兒學習節儉及積蓄的習慣。今年幼兒節省所得的金錢，共 \$30685.4。校方運用善款購買聖誕禮物送贈老人院的長者，餘款將捐助「可愛忠實之家」殘障人士。其次，校方舉辦的春節聯歡活動義賣活動，共籌得 \$22691.5，亦全數捐助「可愛忠實之家」殘障人士。

除此之外，藉著農曆新年的「一人一利是」關懷活動中，鼓勵幼兒選出一封新年利是捐助給「奧比斯」機構，幫助失明人士重拾光明前路，提供機會讓幼兒嘗試以不同方法關心他人。

一人一利是



- 1 幼兒把愛心利是捐給國際及香港慈善機構—奧比斯，使眼疾患者可得到適切的治療。
- 2 只要每位幼兒捐出一封利是給奧比斯，便能幫助患上眼疾的病者。
- 3 幼兒一起把利是投入捐款箱，使更多眼疾患者得到幫助，重見光明。



探訪老人院活動

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- 4 幼兒為長者送上心意卡表達關懷之心
- 5 高班幼兒與家長義工組成探訪隊，到老人院探訪長者。
- 6 老人院長者正欣賞幼兒為他們預先準備的聖誕片段，將聖誕的歡樂帶回給他們。
- 7 8 老師、家長義工和幼兒正出發前往不同的院舍，並送上禮物包給長者。



家校活動



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，從而達到家校之間有效的合作。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更了解家長代表的重要性和義務工作內容。

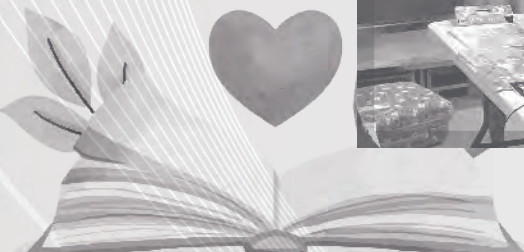


- ① 卸任的家長代表與新任的家長代表分享心得
- ② 新任的家長代表在小組中討論家長代表的角色和工作內容
- ③ 新任的家長代表匯報他們討論家長代表的角色和工作內容的結果

故事爸媽工作坊



- ④ 陳東紅女士到校為家長進行「英語故事爸媽工作坊」，講解選取優質圖書的重要性。
- ⑤ 家長們紛紛拍下不同種類的優質圖書，以收集有用的圖書資料。
- ⑥ 參加「英語故事爸媽工作坊」後，家長可以掌握選取哪些合適的圖書給子女。



家長交流會

本年度參加全部交流會之家長共 154 名，而各級分別舉行兩次交流會，有助加強家長間的溝通及互相支持，校方亦邀請專業人士到校作講座，幫助家長掌握培育子女的態度及方法。



- 7 進行講座前，家長動動身體，一起做「健腦操」。
- 8 家長感到疑問時，會主動舉手提問問題，講員用心為他們解答。
- 9 講者向家長介紹小遊戲，以提升幼兒的專注力。



家長義工協助推行活動

校方每年均舉行不同活動，鼓勵家長積極參與家長義工，發揮家校合作的精神。家長可自行選擇擔任義工項目及時間，在不同的層面參予學校活動，共同培育幼兒，讓幼兒在愉快的學習生活中健康成長，有賴家長義工的協助。

巡禮



- 10 家長義工向來賓介紹展板的內容——「家庭與學校合作」的目的及重要性
- 11 在活動區，家長義工協助維持秩序，讓巡禮順利進行。
- 12 家長義工陪伴到校參觀的幼兒一起砌積木





拆錢箱

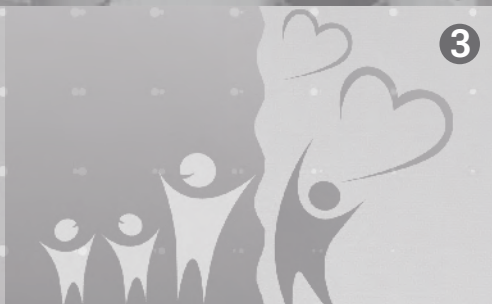
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故事爸媽課堂活動



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- 1 家長義工協助幼兒拆開錢箱，數算儲得多少錢，並協助他們把金錢分類擺放。
- 2 家長義工與幼兒一起參與關懷行動——「節省金錢顯愛心」
- 3 家長義工在體藝室協助數算「節省金錢顯愛心」的善款總數
- 4 透過各種遊戲，幼兒學習以英語說出不同的動物名稱。
- 5 幼兒們戴上小帽子，一起扮演故事中的主角。
- 6 故事爸媽拿著小手偶為幼兒講述故事，大家都專心聆聽。
- 7 家長義工落地舞獅助興，為春節聯歡增添氣氛。
- 8 感謝家長義工協助攤位遊戲，使活動能順利舉行。
- 9 家長義工在氣球義賣的攤位內，落地地協助幼兒挑選喜歡的氣球，幼兒感到十分滿足。





春節親子活動

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會見新生

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- 10 家長義工協助引領面試生到考室會見老師，與老師進行遊戲和談話。
- 11 家長義工幫忙報到的工作，讓考生順利完成會見的程序。



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聖誕聯歡會

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- 12 家長義工扮演聖誕老人，在聖誕聯歡會中與幼兒談天，極受幼兒的歡迎。
- 13 幼兒都渴望被聖誕老人邀請進行集體遊戲
- 14 幼兒與聖誕老人一起合照，是一個難忘的經驗。





獲獎紀錄



賽事名稱	獎項 得獎者	賽事名稱	獎項 得獎者
朗 誦			
漢語聖經協會舉辦「2022年第二十八屆聖經朗誦節」學校組幼稚園 K2 組 (港島區) 獨誦 (廣東話)	優異獎 高真 鄭奕霏 優良獎 幼真 孫映瞳	第 4 屆 GAPS K 全港兒歌唐詩精英大賽 K1	卓越獎 幼真 陳奕萱 幼光 陳穎怡 麥倅諭 良好獎 幼光 梁圓筠
新界校長會主辦「首屆粵海·紫荊盃」全港兒童普通話朗誦比賽幼稚園高級組 (K3)	銅獎 高真 崔詠瑜	第七十四屆香港學校朗誦節校際朗誦節幼兒獨誦——粵語	榮譽獎 高真 鄭奕霏 邱懿晴 高光 陳玥霖 鍾幸林 高星 伍昕希 高善 彭以澄 優良獎 高真 曹芯瑜 何茵澄 林晴楓 林禮言 李悅霖 勞子誠 王翠瑜 王康賢 高光 鄭 姿 張雅欣 藍方圓 李樂晴 彭植晴 薛以圻 高星 方玥喬 蘇芷晴 高善 馮芷睿 曾浣桐 黃雪喬 低光 陳芯微 低善 張瑤媛
朗誦及音樂推廣協會舉辦「第十五屆全港學生公開朗誦比賽 2022」幼兒組 K2 粵語古詩	優良獎 高真 王康賢	第七十四屆香港學校朗誦節校際朗誦節幼兒獨誦——粵語	良好獎 高真 陳以愛 趙焯堯 梁家穎 高光 鄭熙媛 蔡祉聆 郭悅晨 李宜蓁 高星 鄭希賢 李穎瞳 鄭致知 李曉霖 李舜千 低善 黃睿津
朗誦及音樂推廣協會舉辦「第十五屆全港學生公開朗誦比賽 2022」幼兒組 K2 英語演說	第二名 高真 王康賢	第七十四屆香港學校朗誦節校際朗誦節幼兒獨誦——普通話	榮譽獎 高星 吳 月 高善 吳卓殷 優良獎 高真 文梓妍 孫熙悅 崔詠瑜 高光 陳靜芝 陳芯賢 高星 歐諾澄 高善 李子悠 吳悅橋 葉穎芯 良好獎 高光 陳汶瑤 陳穎淳 楊洛銅 高星 徐苑陽 高善 陳欣妍 何心悅 沈詠沂
香港青少年表演藝術交流發展協會舉辦「第十屆香港國際青少年朗誦及故事演講大賽」粵語朗誦朗誦自選組別——幼稚園自選組 (K2)	季軍 低星 黎家懿	第七十四屆香港學校朗誦節校際朗誦節幼兒獨誦——英文 (詩)	優良獎 高真 林晴楓 李悅霖 蘇梓樂 孫熙悅 高光 陳汶瑤 鄭熙媛 鄭睿蓁 張雅欣 馮詣心 郭悅晨 李樂晴 彭植晴 鍾幸林 高星 陳姿貝 陳詠零 鄭梓希 高善 陳詩理 何心悅 吳卓殷 李曉霖 良好獎 低善 黃睿津
三扶教育主辦中華基督教會香港區會第二屆全港幼稚園朗誦比賽	銀獎 低真 趙悅晴		
第 4 屆 GAPS K 全港兒歌唐詩精英大賽 K3	冠軍 高光 陳芯賢 高善 吳卓殷 彭旭琳 良好獎 高善 何心悅		
第 4 屆 GAPS K 全港兒歌唐詩精英大賽 K2	冠軍 低光 譚詠蕎 亞軍 低星 謝梓琪 王芄霏 季軍 低真 趙悅晴 低光 李卓家 優異獎 低真 廣昕楠 低光 嚴梓恩 低善 楊雪好 良好獎 低真 陳蕙君 李忻穎		

賽事名稱	獎項 得獎者	賽事名稱	獎項 得獎者
第七十四屆香港學校朗誦節校際朗誦節幼兒獨誦——英文(散文)	優良獎 高真 梁家穎 高光 鄭熙媛 高星 陳姿貝 良好獎 高善 李曉霖	朗誦及音樂推廣協會舉辦「第十五屆全港學生公開音樂比賽 2022」鋼琴組	第三名 低光 陳殷好
教育出版社——「全港幼稚園來說普通話比賽 2023」初級組	冠軍 幼真 何芯茹	東華三院舉辦的「2023 年全港幼兒英文歌唱比賽」分區選拔賽	金獎 高真 白皓晴 鄭奕霏 曹芯瑜 鍾憫昕 賴玥喬 林晴楓 劉沛彤 李嘉誠 梁凱淳 梁家穎 勞子誠 伍芷賢 徐千嵐 崔詠瑜 王翠瑜 王玥瞳 邱懿晴 高光 陳汶瑤 陳芯賢 鄭熙媛 張雅欣 莊穎桐 馮詣心 李樂晴 廖浠瞳 沙卓穎 丘睿之
教育出版社舉辦「全港幼稚園來說普通話比賽 2023」中級組	殿軍 低光 李卓家	第七十五屆香港學校音樂節兒童獨唱 英文歌曲 男童聲或女童聲 5 至 6 歲	銀獎 高光 鄭睿蕓 李樂晴 高星 薛卓雅 高善 薛卓知 銅獎 高光 李宜蕓
教育出版社舉辦「全港幼稚園來說普通話比賽 2023」高級組	季軍 高善 吳卓殷		
「第七屆 LCM 英語朗誦節」六歲組詩詞朗誦	第二名 高光 張雅欣		
視 藝			
泰國領事館商務部及 CP 香港舉辦「蛋」出理想繪畫比賽 2022	銀獎 低光 鄭曉樂	第七十五屆香港學校音樂節——級鋼琴獨奏	銀獎 高真 文梓妍 高光 鄭熙媛 薛以圻 高星 鄭梓希 孫瑩珈 高善 陳煒妍 李曉霖 吳悅橋 銅獎 高真 林珊淇 低光 陳殷好
投資者及理財教育委員會主辦「錢家小導遊」大挑戰幼稚園(學校組)親子繪畫比賽	季軍 低光 譚詠蕎	第七十五屆香港學校音樂節二級鋼琴獨奏	銅獎 高光 藍方圓
星島新聞集團舉辦「第九屆兒童繪畫分齡比賽 2022 年度」中國畫(第二組)	特等獎 高真 陳星延		
香港青少年表演藝術交流發展協會舉辦「第十屆香港國際青少年書畫及填色大賽」繪畫比賽組「回歸二十五週年的香港和家」小童組: 6-8 歲	金獎 高光 陳芯賢		
香港幼兒藝術文化協會舉辦第二屆「尋寶陶」學生陶藝創作比賽幼稚園組(親子組)	優異獎 幼善 陳思行	九龍真光中學舉辦「真光閃閃耀童心兒童故事演講比賽」獲幼兒粵語組	季軍 高善 陳玥融 榮譽獎 高光 藍方圓 優異獎 高真 崔詠瑜
香港大學牙醫學院主辦「健康閃亮笑容——知識交流填色比賽」	亞軍 低光 譚詠蕎 優異獎 低真 李穎妍	香港舞蹈總會主辦「袋鼠盃舞蹈比賽 2023」小組群舞	金獎 低善 林芷悠
音 樂			
香港青少年表演藝術交流發展協會舉辦「第十屆香港國際青少年表演藝術節」香港學校學年自選組小提琴幼稚園 K1 組	第二名 幼光 黃臻樂	Trinity College London Graded Examination in Spoken English (GESE) Grade1	Distinction K2C Tin Kaitlyn Danielle
香港青少年表演藝術交流發展協會舉辦「第十屆香港國際青少年表演藝術節」豎琴組別幼兒音樂才藝表演藝術家	冠軍 高真 鄭奕霏	GAPSK 幼稚園(高級)普通話水平考試	卓越一級 低星 田珈僖
		灣仔區學校模範生	高光 盛愷蓉 高善 黃雪喬



牲社



中學部

牲社職員會：

社長：余嘉賢老師
 靈修：鍾雅思老師
 財政：施希汶老師
 生活：林文浚老師、田紫薇老師



選舉：

1. 鄺文慧副校長和李佳慈老師獲選為第 28 屆優秀教師。
2. 2023-2024 年度牲社職員會：
 社長：譚懌老師
 職員：陳靜怡老師、陳歷德老師、鄭紫月老師、馮家民老師

活動：

- 2022 年 12 月 21 日 聖誕聯歡會牲社表演
 2023 年 4 月 27 日 牲社職員出席教職員校董諮議會
 2023 年 6 月 優秀教師選舉
 2023 年 6 月 7 日 增廣見聞日
 午餐：
 協奏坊西餐廳（香港珀麗酒店）
 下午活動：
 1. 瑜珈班
 2. 新興運動（旋風球、健球）
 3. 蠟燭製作班
 4. LED 保鮮花製作班
 2023 年 7 月 2023-2024 年度牲社職員選舉
 2023 年 7 月 歡送榮休和離職老師



- ① 牲社聖誕表演的陣容
- ② 牲社聚餐的情況
- ③ 增廣見聞日的活動照片

小學及幼稚園部

姓社職員名單：

社 長：Miss Viola Chong
 文書兼總務：黃舜秋
 司 庫：閔美伊
 生活及宗教：張蔚欣、袁致衡、林寶儀、林美施

活動：

2022年12月 訂購水仙花球
 2023年3月3日 凡高廚房聚餐(幼稚園部)
 2023年4月27日 出席校董教師諮議會
 2023年5月5日 極尚大瀛喜日本料理聚餐(小學部)
 2023年6月5日 教師運動委員會第28屆表揚教師計劃
 2023年7月6日 姓社職員選舉
 2023年7月12日 姓社結業聯歡——歡送榮休及離職老師

榮休同事如下：

幼稚園部：呂雪玉老師
 小學部：吳佩貞校長、林美玲老師

選舉：

1. 李琮芳老師、區雋樂老師獲選為第28屆優秀教師
2. 2023-24年度姓社職員：
 社 長：林瑞珊老師
 文書兼總務：吳婉珠主任
 司 庫：馬曉霞老師
 生 活：鍾詠謠老師、
 吳露露老師、
 司徒穎瑜老師、
 謝嘉恩老師



- 4 凡高廚房聚餐(幼稚園部)
- 5 極尚大瀛喜日本料理聚餐(小學部)
- 6 楊校長、鄺副校長與榮休同事合照
- 7 姓社結業聯歡



NEWS FROM TRUE LIGHT FAMILY

喜訊

二〇二二年

十二月十一日 本校中學部教員陳歷德先生在港與張靜女士結婚

哀悼

二〇二二年

十月十一日 前工友曾桂芳女士在港安息主懷，享年八十五歲

二〇二三年

八月九日 一九四八年噉暉社邵寄梅校友在澳洲雪梨息勞歸主，享年九十六歲，邵校友亦是邵蔚明助學進修基金的捐款人

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校友返校歡敘

二〇二二年

九月廿二日 一九九八年級晨暉社張蕙心校友兼墨爾本校友會會長由墨爾本返港到校歡敘

十月十八日 真光中文學校（幼稚園）古美詩園長由溫哥華返港到校探訪

二〇二三年

三月廿七日 一九八八年級蘅圃社畢春楹校友由紐西蘭返港到校歡敘

四月廿一日 一九六七年級菁莪社余碧翠校友到校歡敘

四月廿一日 二〇二〇年級旭晶社李以琳校友到校探訪

四月廿一日 一九六六年級昶社校友周媚玉（前中學部教員）、梁文儀（前中學部教員）、鄧笑梅及梁熾衡先生（前中學部職工）到校歡敘

六月十六日 一九九七年級蘅圃社黎瑩校友由外地返港到校歡敘

六月十九日 二〇一七年級晨暉社高祖莉校友到校探訪

六月廿九日 二〇〇三年級蘅圃社卓誌雲校友到校歡敘

七月十四日 郭懋明校友由英國返港到校歡敘

八月二日 一九七二年級昕社區念慈、胡潔卿、程乃聰及吳麗儀校友到校歡敘

八月三日 區瑩校友由多倫多返港到校探訪

八月八日 張迺豪先生（一九七二年級昕社鄧寶蓮校友的丈夫）到校探訪

八月十四日 二〇二三年級晨暉社陳心悅校友到校探訪

八月十七日 阮傲恩校友由美國返港到校歡敘

八月廿五日 一九七八年級噉社林萬來校友到校探訪

真光苑 簡報

一 · 現任理事

鄭國璽 李伊瑩 許端蓉 吳嘉文 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
5. 真光四校「讓愛發光」資助計劃

四 · 曾獲本苑捐助的機構：

資助機構	電話號碼	聯絡人	地址
聖雅各福群會 真光護老之家 ✚	2838 8411	施麗娟院長	香港 灣仔 堅尼地道 83 號
基督教家庭服務處真光苑長者中心	2357 9963	黃菊靜經理	九龍 觀塘 翠屏道 3 號 4 樓
靈實醫院	2703 8859	楊寶盈小姐	新界 將軍澳 靈實路 7 號
靈實胡平頤養院 ★	2703 2000	袁麗華院長	新界 將軍澳 培成里 8 號
信義會馮鑑社會服務大樓	2388 5847	張振華牧師	九龍 窩打老道 50A 信義樓 4 樓
YWCA 雲華護理安老苑	2708 3677	陳美琮院長	九龍 深水埗 麗安邨 麗廉樓 地下
YWCA 鄭傍卿護理安老苑	2874 3663	夏雅筠院長	香港 鴨脷洲 利東邨 東業樓 地下

✚ 5 個 8 折優惠宿位

★ 5 個 85 折優惠宿位

五 · 真光苑的工作，仍需要大家繼續的支持及代禱。



聖誕獻金 捐款

聖誕獻金捐款

聖誕獻金 捐款收入			
中學生獻金	94,910.00	教職員獻金	12,981.50
小學生獻金	148,090.00	2021/2022 結餘	4,946.00
幼稚園獻金	95,131.00		
			356,058.50

聖誕獻金 捐款支出			
環球天道傳基協會有限公司	4,000.00	香港婦聯有限公司	4,000.00
世界華福中心	4,000.00	再生會有限公司	4,000.00
成長希望基金會	4,000.00	基督教靈實協會	4,000.00
香港扶幼會	4,000.00	視障人士福音中心	4,000.00
兒童癌病基金	4,000.00	光愛中心有限公司	4,000.00
春蕾計劃基金	4,000.00	Praxis (HK) Charity Limited	4,000.00
香港失明人協進會	4,000.00	Ultimate United Ltd	4,000.00
香港兒童權利委員會	4,000.00	亞洲非牟利動物救援有限公司	4,000.00
香港盲人輔導會	4,000.00	龍耳有限公司	4,000.00
香港青年歸主有限公司	4,000.00	榕光社	4,000.00
香港單親協會	4,000.00	On Fire Limited	4,000.00
香港腎臟基金會有限公司	4,000.00	生命熱線有限公司	10,000.00
香港傷健協會	4,000.00	香港基督徒學生福音團契有限公司	10,000.00
香港萬國兒童佈道團有限公司	4,000.00	院牧事工聯會	10,000.00
基督教巴拿巴愛心服務團有限公司	4,000.00	香港晨曦會有限公司	10,000.00
基督教青少年牧養團契有限公司	4,000.00	開心樹社會服務有限公司	10,000.00
心晴行動慈善基金	4,000.00	路向四肢傷殘人士協會	10,000.00
明光社	4,000.00	遠東廣播有限公司	10,000.00
興學證基協會有限公司	4,000.00	香港基督徒音樂事工協會有限公司	10,000.00
工業福音團契有限公司	4,000.00	華苗薈	10,000.00
房角石協會有限公司	4,000.00	香港蒲公英希望基金會	10,000.00
前線差會有限公司	4,000.00	關愛動員(國際)有限公司	10,000.00
香港教育大學	4,000.00	基督教新生協會有限公司	10,000.00
香港沃土發展社	4,000.00	慈福行動有限公司	10,000.00
香港弱智人士家長聯會	4,000.00	基督教互愛中心	10,000.00
循道衛理聯合教會	4,000.00	審匠生命事工有限公司	10,000.00
香港特殊學習障礙協會	4,000.00	基督教正生會有限公司	10,000.00
專注不足/過度活躍症(香港)協會有限公司	4,000.00	小紅帽發展基金有限公司	10,000.00
基督教關懷無家者協會	4,000.00	Watoto Hong Kong Limited	10,000.00
香港認知障礙症協會	4,000.00	香港紅十字會賑災及發展專戶	10,000.00
			累計臨時備用金
			2,058.50
			356,058.50

School Anniversary Donations

School Anniversary Gift Money

黎秀姬校董	10,000.00
關少嫻校友	10,000.00
馬君慧校友	5,000.00
甘榮潔校友	3,800.00
陳仲儀校友	2,000.00
梁元芝校友	1,000.00
梁自愛校友	1,000.00
區瑞娟女士	500.00

其他捐款

中學部 捐款

慶祝祈社成立五十周年—改善校舍工程	37,500.00
家長鄭明智—改善校舍工程	180,000.00
龐志雅校友—改善校舍工程	7,377.26
黃慕恩老師—改善校舍工程	1,000.00
校友捐款—改善校舍工程	100,000.00
張灑豪先生—獎學金	8,400.00
李亦寧校友—獎學金	30,000.00
姜煥英助學金—資助學習及生活遇到經濟困難的學生	50,000.00
鄺森活, 張漢秋獎助學金—添置資訊科技器材	64,928.82
家長教師聯誼會—添置教材教具	40,000.00

小學部 及 幼稚園部 捐款

家長教師聯誼會—捐小學部購置教材教具	30,000.00
家長教師聯誼會—捐幼稚園部購置教材教具	20,000.00
家長教師聯誼會—贊助小學部印刷 2022/23 「真藏」	3,000.00

特別獎學金和助學金項目

紀念何蔭棠博士獎學金	紀念李孟標夫人獎學金
紀念張兆棠先生獎學金	旭社 1934 年級獎學金
紀念梁鎮強先生獎學金	紀念方欄英女士獎學金
紀念何中中博士獎學金	紀念符楊勤女士獎學金
紀念何瑞棠女士獎學金	紀念 Nellie K. Miller 獎學金
紀念黃羅蒙恩、黎黃恩憐、黎耀球獎學金	林啟雲助學金
紀念何羅道真校長獎學金	容玉儀醫護獎學基金
紀念何妙齡女士獎學金	紀念哈淑儀校友助學金
何桂女士獎學金	胡國豪獎學基金
紀念鄭榮斌博士獎學金	鄺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	紀念鄒淑昭老師助學金
紀念黎兆芳先生獎學金	紀念李耀宇校長獎學金
紀念盧惠卿博士獎學金	Mr. Lee Chung Nung Piano Recital by P.T.A.
紀念達瑤輝醫生獎學金	真光獎助學基金會獎學金
紀念吳繼之先生獎學金	黃智謙學術基金

ACKNOWLEDGEMENTS

We extend our heartfelt gratitude to all the pastors, representatives from the education sector, and various organizations for delivering speeches, conducting workshops, and organizing programs at our school. Our staff and students have greatly benefited from their contributions.

We also thank our friends, alumni, and students' parents for their generous donations during the School Anniversary and the Christmas Carol event. All proceeds from the School Anniversary have been allocated to scholarships, subsidies for needy students, extra-curricular funds, and donations to non-profit charitable organizations.

Additionally, we are grateful to the committee members of our Parents & Teachers Association and parent representatives for their support and valuable advice. We would like to take this opportunity to express our appreciation to the parents and volunteers who have contributed in numerous ways, such as serving as speakers, organizing Parents Tea Gatherings, workshops, and second-hand book sales, guiding students on visits and field trips, and assisting with our school publications and activities, including duties in the School Library.

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

Baptist Oi Kwan Social Service	Hong Kong Award for Young People
Business-School Partnership Programme, EDB	Hong Kong Eating Disorders Association Ltd.
C.C.C. China Congregational Church	Hong Kong Federation of Youth Groups
Christian Choi Yan Church	Hong Kong UNESCO Global Geopark
Chinese Rhenish Church Wanchai	Institute of Electrical and Electronics Engineers
Chinese Christian Association Grace Church	Jennifer Yu Cheng (JYC) Girls Impact Foundation
Department of Education Studies, BU	Junior Achievement (JA) Hong Kong
Department of Education (Maths Edu), HKU	Shau Kei Wan Methodist Church
Department of Health, HKSAR	St. James' Settlement
Gifted Education Section, EDB	Tai Hang Youth Centre
Hong Kong Church Assembly Hall	The Hong Kong Council of Social Service
Hong Kong Mathematical Olympiad School	The Institute of Engineering and Technology Hong Kong
Hong Kong Teen Lok Baptist Church	The Methodist Church, Hong Kong
H.K. Red Cross Youth and Volunteer Dept.	The Society for Truth and Light
Hok Yau Club	True Light Middle School of Hong Kong Alumni Association
Hong Kong Association of Careers Masters and Guidance Masters	True Light Alumni Mentorship Programme (TLamp) Committee
Hong Kong Association for Computer Education	Vocational Training Council (VTC)

Miss Hui Tuen Yung
(Principal of True Light Middle School of Hong Kong)



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