

Newsletter
2023-2024



Po Leung Kuk Mrs. Ma Kam Ming-Cheung Fook Sien College
保良局馬錦明夫人章馥仙中學

**ONE FOR ALL.
ALL FOR MORE.**



Principal's message 校長的話



Beyond the Classroom

Conveniently located in Tung Chung, our school has been serving the community for more than 25 years. With the shared vision of becoming a learning organisation that provides quality educational opportunities for students to become well-equipped 21st century citizens who continuously pursue excellence, our teachers and students alike are sustainably growing to expand their capabilities and capacity.

This year, we are thrilled to introduce a new programme called Beyond Classroom, which is also the theme of this issue of our school's newsletter. Overall, it has been an exciting, happy, nerve-wracking, unforgettable and rewarding experience for all of us. To go beyond the classroom means we have to transcend our boundaries and limits to extend our learning by exploring domains that are not normally the focus within the confines of the traditional classroom. To date, we have already held a series of such activities, some of which are reported in greater detail in the following articles. Going forward, the spirit of Beyond Classroom will continue to grow.

Apart from organising activities for students ourselves, we also encourage them to take a step further to proactively seize opportunities and embrace challenges beyond the school. We are immensely proud of our students' amazing achievements in various domains, including music, languages, sports and even entrepreneurship. They have garnered accolades such as the First and Gold Medal Award in Guitar Solo-Senior in the 76th Hong Kong Schools Music Festival (2024), Champion in S3-4 Mixed Voice English Choral Speaking in the 75th Hong Kong Schools Speech Festival, and Champions of the 50M & 100M Breaststroke in the 2023 Guangdong Provincial Children's Swimming Open Tournament Subdivision (Shenzhen Futian Station) held by the Guangdong Swimming Association. Moreover, our students thrived in FoundFast, a startup contest, where they remarkably won the First, Second and Third Prizes. This competition, which along with the Y.Elites Association, is a partner event for the first annual youthfest@HK, an initiative by the Youth Development Blueprint.

Through these experiences beyond the classroom, our students gain a deeper understanding of themselves as individuals, forge stronger connections with their peers, teachers and the wider community, and develop a broader perspective on the interconnectedness of the world with the knowledge, skills and values they have learned in the classroom.

We can't wait to share with you the incredible experiences and growth of our students throughout their "Beyond Classroom" journey that makes CFSers NICER and smarter.

Ms. Joanna Or
Principal



走出課堂，另類學習

本校位於東涌，交通便利，環境優美。轉眼間本校紮根東涌已超過廿五載，秉持著「愛、敬、勤、誠」的辦學宗旨，一向致力為莘莘學子提供適切的教育，培育人才。

本學年，我們很高興推出一個名為 Beyond Classroom 「走出課堂」的另類學習活動，這也是本期學校通訊的主題。這對我們所有師生來說都是令人興奮、難忘且有意義的經歷。走出課堂意味著我們超越傳統課堂的限制，在課室以外學習和探索不同的事物。我期望學生將 Beyond Classroom 的創新及探究精神延續下去，提升學習效能。本校除了為學生組織活動外，我們還鼓勵他們把握機會迎接校外的挑戰。

我們的學生在各個領域，包括音樂、語文、體育、創新科技甚至創業精神都獲得令人自豪的成就。他們獲得了第76屆香港學校音樂節(2024年) 吉他獨奏——高級組冠軍和金獎、第75屆香港學校朗誦節S3-4混聲英語朗誦比賽冠軍、由廣東省游泳協會主辦2023年廣東省少兒游泳公開賽分站賽(深圳福田站) 50米及100米蛙泳冠軍等榮譽。此外，我們的學生在FoundFast創業比賽中大放異彩，分別獲得第一、二、三等獎。該比賽與香港各界菁英合作，是青年發展藍圖的其中一個項目，也是首屆青年節@HK的活動之一。

通過這些課堂以外的經歷，我們的學生能更進一步發掘自己的才能，和同學老師有更緊密的溝通，與社區建立更牢固的聯繫，相信學生在這些活動學到的知識、技能和價值觀能協助他們擴闊視野，多元發展。

我們很高興與您分享我們的學生如何在 Beyond Classroom 這寶貴的學習經歷中成長為更加優秀的章中人。亦歡迎各位加入章中的大家庭，希望大家能在本校校訊感受到章中的美好校園生活！

柯玉琮校長



Embracing Culture Beyond the Classroom

探訪姊妹學校

在探訪姊妹學校「陽江市實驗學校」期間，我們都十分欣賞同學於學習生活上的自律；學校為培養學生自律，可謂花了不少功夫！同學除了保持個人環境的整潔，如整理床鋪外，亦會主動打掃走廊、清理樹葉等，保持學校良好的學習環境。同時，他們亦會積極回應老師的提問和勤奮夜讀，於學習上追求卓越。

除此以外，學校鼓勵學生透過行動，提升自己的精神面貌，如建議學生課前朗讀，以幫助學生們於課前作好準備，迎接新一天的學習。我們亦見到學校重視同學的身心健康，透過鼓勵同學每天運動一小時和均衡飲食，如不吃零食、多飲奶類飲料來教導同學，好好照顧自己的身心健康！當然，同學亦能自律去保持健康的生活！以上種種，可見校方用心去督導及扶持學生前行，學校教會學生們凡事具感恩之心，故畢業生亦贈送紀念品予母校報答其悉心栽培。如校園內的每一張櫬子和每一盞路燈，都能體現了校友對學校的感恩之情。

彭志榮老師



跳出課室，我才發現世界是那麼大。十五萬平方米的校舍、六千多個學生，無不令我嘖嘖稱奇。於探訪過程，我有幸參與高二級的一節中文課，老師透過詩歌帶領同學欣賞中國文學之美，感受到詩人「悲天憫人」之胸懷，課堂設計用心吸引。同學亦積極參與課堂活動，爭相回應老師的提問，學習氣氛濃厚。最令我印象深刻的是每逢晚上八時，讀書聲籠罩校園四周，鏗鏘悅耳，感受到同學的用心學習。這種珍惜每分每秒的學習態度，實在值得我們欣賞！我們從他們身上得到不少啟發，明白到擁有一些良好的學習條件要好好善用，協助我們學得更好。

梁冠洋老師



S5 Citizenship and Social Development Trip

Heyuan holds a significant place in Hakka culture. Our S5 students were fortunate enough to have an opportunity to visit the city from 29 to 30 November 2023, and experience Hakka culture firsthand.

One of the highlights of the trip was a visit to the Hakka Cultural Museum, where students were able to appreciate the unique characteristics of Hakka culture, including the language, architecture, food, and traditional customs. For example, they learned that Hakka architecture incorporates southern Fujianese architectural features that focus on practicality and Feng Shui concepts, and Hakka cuisine emphasises lightness while retaining the original flavour of the ingredients.

In addition to visiting the museum, students experienced Hakka culture in authentic settings. For instance, they had the pleasure of tasting two of the most famous Hakka dishes, stuffed tofu and Hakka pork meatballs, for dinner on the first day.

By the end of the trip, students not only developed an appreciation of the unique charm of Hakka culture, but also gained an in-depth understanding of Chinese traditional culture in general.



Lion Dance

Our Lion Dance Club, which was first established by our S1 students in 2022, has thrived and performed on various occasions, including their debut in a class-based Showtime performance on 22 May 2023, and at the Grand Finale of our school's 25th anniversary.

We interviewed Duncan Chan (DC) and Rosina Chu (RC) from Class 2B to learn more about our Lion Dance Club.

Q: What inspired you to establish the Lion Dance Club?

DC: I have always wanted to develop a more profound understanding of our cultural roots. I also wanted to do my part to preserve and promote this spectacular art form. By establishing this club, our cultural heritage and the values associated with it can be preserved.



Q: What is the most unforgettable experience you've had in the Lion Dance Club?

RC: The most unforgettable experience was undoubtedly our first Showtime performance as it exceeded all our expectations – the event had three times the usual number of attendees. It was heartwarming to witness the immense support from our schoolmates.

Q: What values and attitudes has the Lion Dance Club taught you?

DC: The Lion Dance Club has implanted a sense of responsibility within me. Through coordinating performances and engaging the audience, I have also developed my leadership skills and improved my communication skills, shaping me into a more confident and reliable individual.

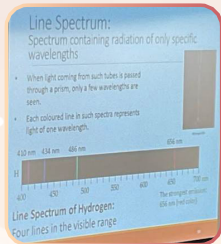


Unlocking Learning Beyond the Classroom

The Chinese University of Hong Kong Science Academy for Young Talent

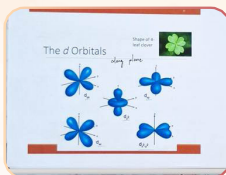
SAYT1001: Bondings in Organic Compounds, and Reactivity and Selectivity of Organic Reactions

5D Raymond Ho Yin WONG



It is often said that chemistry is all around us. Thanks to the Chinese University of Hong Kong, I now have a deeper understanding of why people say this. This summer, I joined a course about the unique properties of carbon which unlock a wealth of knowledge and applications in various fields including medicine, agriculture, and materials science.

I particularly enjoyed learning about the connections between the tiny particles that make up everything around us, and how they bond to form the substances we encounter in our everyday lives. For example, I was fascinated to learn how benzene plays a crucial role in chemistry. It was like uncovering the secret dance of nature's building blocks.



Apart from the scientific theories, I also appreciated the genuine opportunity to have lessons in a university lecture hall with university professors. The experience made me realise that studying in university requires a high degree of self-discipline and a willingness to engage in self-directed learning because the professors will not slow down if you can't keep up with what they are teaching. As the course progressed, I became increasingly determined to have a more proactive learning attitude as I strove for excellence. I believe that this attitude is what allowed me to get a distinction in the course.

Every student should grasp every opportunity to enrol in courses like the I attended. Not only can courses like this satisfy your intellectual curiosity, but they can also motivate you to chase your dreams.



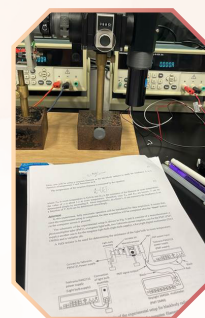
CUSA1045: Discovering the Universe 探索宇宙

5D 李雅媛

在暑假期間，我有幸參加了香港中文大學的「Discovering the Universe」短期課程。我於學習過程中學到不同的天文知識，令我大開眼界，亦發現宇宙的奧妙。於課程中，講座教授給我們講解天文和宇宙的知識，讓我們有初步的認識。然後，我們分組進行不同實驗及完成報告。我能夠學以致用，把一些課堂知識作實踐。這個課程鼓勵我去探索，例如：為什麼有四季的出現？那是因為地球傾斜軸的結果，以及它每年繞太陽運動、認識行星的特徵，而科學家靠着不同元素的發射光譜的波長去尋找存在於行星中的元素等，這些都令我開闊了視野，有志於天文學學習。



除了不同的新知識讓我充滿好奇外，這課程亦讓我有機會認識來自不同學校的新朋友，能夠跟他們一起探討課堂中的知識。印象最深刻的就是我們分組做實驗，難得有機會進入大學物理系的實驗室使用一些先進的器材，實在令我大開眼界，使我更有意在這方面鑽研！修讀物理的學長和我們分享課堂的日常，他們除了上課外，還要撰寫實驗報告，令我明白到大學學習真實的一面。在大學學習氣氛和我平日課堂是截然不同的，自由度較大，學習課題也相較深入。總的來說，這次寶貴的學習經歷令我獲益良多，對大學的學習更充滿了期盼。



Business and Science Tours at The University of Hong Kong

More than 30 students visited the University of Hong Kong. They were separated into groups and visited either the business school or the science school to learn more about the relevant courses of study and the industry they are interested in.

In the tour of the business school, five student ambassadors from different business programmes shared stories about their university life and took our students on a campus tour. Our students interacted with them and asked them questions about studying at HKU, for example, they asked about hall life, competitions, club activities, and exchange programmes.

On a tour of the science school, Dr. George Akom first delivered a talk about admissions. Then, some student ambassadors from the science school led our students on a short campus tour. Finally, our students were taken on a visit to the Hong Kong Biodiversity Museum. They were given a tour of the museum and took part in a microscope workshop where they learnt about specimen preservation.

All in all, it was a wonderful experience for our students.

Sharing:

I learned a lot in the Hong Kong Biodiversity Museum today. There are a lot of specimens of different animals and plants, such as butterflies, bees and ailerus. During the visit, the student helpers from the university put specimens under a microscope and gave us explanations. We observed the characteristics of each animal methodically, which is definitely something we do not come into contact with or understand in our daily life. This is an absolutely valuable opportunity for us.



4C Zoe Sum Yau LAU

Gifted & Talented Programme @ CUHK



To further their life planning development, 25 S5 students joined the “Gifted & Talented Programme” at the Chinese University of Hong Kong on 15 March 2024. Our students, greatly appreciated the opportunity along with students from other Po Leung Kuk secondary schools from across Hong Kong.

Our students listened to various lectures and talks. These included a lecture about neuroplasticity conducted by Professor Freedom Leung, a lecture about before and after death conducted by Dr. Ann Lau, and a JUPAS admission talk conducted by the Office of Admissions and Financial Aid.

They also had the opportunity to visit one of the following faculties: science, nursing, business or journalism. To better understand the faculty, the students attended a talk and joined a tour of the campus.

They also had lunch with our alumni who are currently studying at the Chinese University of Hong Kong. Our alumni shared their learning experiences, which helped our students better plan for their further studies and careers after graduation.

S5 Storytelling



As one of the two extended activities of the S5 school-based English curriculum, the S5 English Storytelling Competition is held annually to encourage students to deliver an expressive performance on stage.



This year’s contest was held on 18 October 2023 and the theme of the event was empathy, which is one of the four values focused on this year. While all S5 classes were able to deliver engaging storytelling performances, Class 5D stood out among the others. Their story was about a therapist called Leo and how his impatient, cold-blooded personality changed after dealing with an appointment with a troubled couple. The story was delivered exceptionally well with vivid details expressed with precise language. As a result, 5D was awarded both the Best Story Award and the Best Performance Award.

From this competition, the participating students were able to build up their confidence while exploring the core value of empathy. It was also a beneficial activity for the S4 and S5 audience members as they were able to learn from their schoolmates while being thoroughly entertained.



S1 & S4 Choral Speaking



S5 English Debate



Another activity of the S5 school-based English curriculum was the Inter-class Debate Competition. After preparing arguments as a class, representatives were selected to exchange arguments on hotly debated topics over two rounds until a champion was crowned.

This year, the preliminary round was held on 5 February 2024 for Classes 5B and 5D and on 6 February 2024 for 5A and 5C. The motion was “This house would fine companies who use greenwashing advertising campaigns”. 5D and 5C prevailed and moved onto the final round.

The final round was held on 23 February 2024 in the school hall and the motion was “This house would pay interns the minimum wage”. Both classes stepped onto the stage confidently after preparing arguments meticulously over the Chinese New Year holiday. After a heated debate that lasted nearly 1.5 hours, the adjudicator, Mr Trottier, praised both teams for their arguments but gave the edge to Class 5D based on the quality of their rebuttals. Raymond Yeung from Class 5D was named the Best Debater.

This competition was an invaluable learning experience for all as it encouraged students to develop their teamwork as they prepared for the debate. With different students responsible for different aspects such as research, proofreading, and rebuttals, it was a true team effort that went well beyond the students who appeared on stage. Even the audience had a role to play as they posed challenging questions to the debaters during the lively floor questions section of the debate.



English Day



S1 Make 24



Personal Growth Beyond the Classroom

Beyond Classroom



On 21 and 22 March 2024, students from S1, S2, S3 and S5 took part in Beyond Classroom overnight camps.

S1 students went to the Chinese YMCA of Hong Kong Wu Kai Sha Youth Village, while S2 students visited Lei Yue Mun Park and Holiday Village. As for S3, they enjoyed their time at the Hong Kong Phab Association Jockey Club Phab Camp, while S5 went to the Po Leung Kuk Jockey Club Tai Tong Holiday Camp.

During the camps, students had the opportunity to take part in a number of adventure-based games, including abseiling, blindfolded night walks, hurdle-crossing, and balancing on balance beams. These activities not only provided students with a break from classroom learning, but also taught them soft skills needed for personal growth.

The most memorable part for many S3 students was the game where they were blindfolded. Deprived of their sense of sight, they had to rely on their other senses as well as collective problem-solving skills to navigate through the challenges.

All students had an amazing experience learning about the importance of teamwork and leadership while also developing friendships and having fun. This experience also taught students the importance of perseverance in the face of obstacles and developed their ability to think critically in unfamiliar situations.



S4 Leadership Training

The S4 leadership training camp was held at Po Leung Kuk Jockey Club Tai Tong Holiday Camp from 27 to 28 October 2023.

The event aimed to foster students' communication skills, sense of responsibility, and self-confidence, all of which are essential components of leadership. The instructors guided our students through adventure-based team-building games.

They were followed by debriefing sessions, during which students had reflective discussions about their performance and the implications of the games for their personal growth and the refinement of their leadership skills.

The leadership training camp was a meaningful experience because it allowed students to deepen their sense of belonging to the school and class, in addition to enhancing their courage, problem-solving skills and team spirit.



School Picnic



On 5 November 2023, our school held its annual Picnic Day, creating a golden opportunity for students to bond with their classmates and teachers.

Take Class 4C as an example. They had a wonderful adventure during their class picnic. To determine where they should go, they first engaged in lively discussions where they considered the pros and cons of all of the possible options. In the end, they decided that having a barbecue at Tai Tong Country Park was the best option as it would allow them to fulfil their objectives of enjoying the countryside while also having a chance to spend quality time together. The class association separated students into groups and did a careful division of labour to make sure everyone contributed. Each group took on specific tasks, like buying different ingredients for the barbecue or planning activities for the class.

In the end, the joint contributions allowed the class to have a wonderful day.

Making a Difference Beyond the Classroom

學以致用 眾心行善

保良局145周年慈善步行

今年一月，中二級全體同學有幸參與慈善步行，身體力行，一起行善。活動旨在呼籲社會各界關注社會需要，同時提倡健康生活方式和家庭團結。步行當天，一眾同學精神抖擻，於步行中欣賞自然風景，同時享受運動的樂趣。同學於活動中踴躍向親友們募捐，為慈善作出貢獻，分享善心。

同學活動感言：

2A 張梓偉

這一次是我第一次參加大型步行籌款活動，印象非常深刻！我和同學為慈善出力，步行的過程中，我們一邊聊天，一邊欣賞自然風景，享受當中的樂趣。這個活動令我知道自己微小的力量也可幫助到身邊的人，明白「助人為快樂之本」，希望日後會有更多機會讓我行善助人。

2B 陳登勳

慈善步行真是一個有益身心的活動呢！在身體方面，慈善步行提供了機會給我們出門走走，走出班房，到鳥語花香的郊外欣賞大自然的美麗，亦同時享受運動的樂趣。在心靈方面，我鍛鍊了自己堅毅的心，在過程中即使自己的腳酸痛得如負千斤石，我卻永不言棄，忍住每一步的痛苦，每一步的煎熬。最後達到終點時，我回眸自己的努力，一種驕傲從心裏油然而生。這次善舉，令我獲益良多！

2C 周子軒

保良局145週年慈善步行籌款是一個別具意義的活動！當天我們從香港大球場出發，一行人浩浩蕩蕩走上山，用自己的力量去行善助人！步行過程中，我雖然感到疲累，但只要一想到這個活動可以幫助到更多的人，就令我有堅持下去的動力去完成活動！這次令我親身體驗到「助人」的美好，將善心傳揚開來！

2D 邱洛霖

能參加這次活動，我感到十分興奮！因為這是我第一次參加這種大型的慈善步行活動，能靠自己的力量去籌款幫助弱勢社群，真的別具意義！而且在步行時，看見不同屬校的同學一起為慈善出力，團結一心，亦令我深受感動！如果下次再次舉辦這個活動，我必定會踴躍參與的。

義工服務

義工小組致力實踐關愛精神，希望透過自己的努力激勵他人！透過不同活動，同學身體力行為社區帶來了希望和關愛，同時也成為社區的一道燦爛風景。

長者學苑服務：和諧粉彩繪畫

和諧粉彩繪畫活動讓同學於課餘時間和長者一起創作體驗，透過互動交流，營造輕鬆和諧的氛圍，創作出屬於自己的獨特作品。這次活動既有趣又有益於身心健康，大家都能享受藝術創作，亦是一次愉快的社交體驗，提升生活幸福感。



匡智紹邦晨輝學校農曆新年嘉年華活動

義工小組致力通過不同類型的活動來回饋社區，營造和諧共融的氛圍，促進社區和校園之間的連結。活動中，有不同的攤位和遊戲，讓大家一起參與，共同慶祝農曆新年的來臨，也體驗中國文化的獨特之處。是次活動的精彩豐富的活動展現了義工小組的才藝和努力，也促進了社區的共融和互助。



訪問：5D梁靜儀同學

受訪同學：5C梁柏喬同學、5D蔡彬妮同學

記者：平日學習都比較忙碌，為甚麼你們會抽時間參加義工服務？

梁同學：因為做義工的機會難得，可以接觸到平日很少接觸到社群，所以就參加了。而我參加了兩次義工服務，均令我有機會和不同背景的同学交流，他們的主動分享，令我大感意外，打破我既定的想法！

蔡同學：其實平日學業都很忙碌，能參與義工活動令我獲益不少。為甚麼呢？因為義工活動令我明白到助人的同時，也是助己的。參與活動的過程中，我陪伴老人家製作沙畫時，感到放鬆了不少，自己都有得益的。而到匡智紹邦晨輝學校的那次服務，同樣令我感到非常滿足，因為我拓寬了眼界，明白到別人的難處，學懂了書本以外的知識，知道自己在幫助別人的過程中，去完善自己！「助人自助」是我於今年義工服務中最大的收穫。

記者：你們在義工服務中，體會到甚麼？

蔡同學：我記得今年學校宣揚「同理心」、「欣賞」和「分享」這幾個重要價值觀，義工服務令我反思到很多，原來這些重要價值不是紙上談兵，我是可以實踐到，就好像我在沙畫活動中，欣賞老人家的創作，用心欣賞

別人的努力。又如匡智的活動，那些同學可以做到很多事情：踏單輪單車、玩轉盤、舞師得等，他們把很多困難的事情做到很好，發揮自己的長處，令我衷心佩服！這些活動都促使我多從別人角度出發，和他們一起經歷不同的活動細節，用心感受他們的付出！

梁同學：對呀！這些活動，令我更明白「同理心」的重要！好像到匡智的農曆新年嘉年華活動，透過更多接觸不同人的經歷，令我學會站在對方的角度出發，嘗試理解他們的能力和需要，踏出了第一步！

記者：你們在義工服務中，有甚麼難忘的事情？

梁同學：難忘的事……就一定是沙畫活動了！我本身視藝就不太擅長，弄沙畫的時候，遇上重重困難，幸好有老人家幫助我，陪我一步一步完成！我想不到是自己由幫助別人到被別人幫助！

蔡同學：我想最難忘的是令我明白「大家都是一樣的」！只有願意去親身體驗、接觸不同的社群，就可以消除自己的既定想法，改變刻板印象，由起初的抗拒變成了接納、陪伴！最重要的是令我明白耐心的重要，不要只顧自己的感受而忽略了其他人。幫助別人，也是幫助自己成長的契機！這些寶貴的經驗令我會多關心社會，對不同社群多付出關心和愛。

Celebrating a Legacy Beyond the Classroom

銀禧校慶



章中銀禧年 師生同心連 團結創無限 拼砌闖新天

本校迎來了發展的重要里程碑——銀禧年。這標誌著我們過去25年的持續發展和成長。為了慶祝這一重要時刻，本校於去年舉辦了校慶開放日，旨在讓全校師生發揮才華，綻放耀眼的光芒，呈現我們共同努力奮鬥的結晶。這一天盛況空前，校園充滿了歡樂和歡呼聲，彰顯了學校的優勢和活力。讓我們攜手前行，繼續為學校的發展努力奮鬥，為更加輝煌的明天締造更多的成就！

Mr. Ching Yuk MA



Mr. Ching Yuk MA, SBS, JP son of the school founder, was pleased to see the joyful atmosphere throughout the school during the celebration.

He expressed his anticipation for the continued efforts of both teachers and students, contributing to the ongoing development of the school.



Ms. Angela O K LEONG

School Supervisor, Ms. Angela O K LEONG, BBS appreciated our students' strong sense of belonging to the school, as well as the principals' and teachers' enormous contributions. She also reminded us that we should never forget that Po Leung Kuk, along with all of its past and present managers and directors, has been making wholehearted efforts to nurture teenagers to become the future pillars of society. She expressed her expectation that our students will make a profound contribution to the country and society.

Mrs. Winnie W L CHAN

Our school manager and honourable guest, Mrs. Winnie W L CHAN, extended her blessings to the school.



開放日剪影



同學於課外活動中學會了茶藝，正好向來賓展示學習成果！



同學仔細介紹「水火箭」的運作，把自己學會的原理分享給來賓知道。



同學們主動講解不同的視藝作品，讓來賓了解本校視藝科的特色。



銀禧大匯演是25周年的壓軸表演，全體師生傾巢而出，為來賓呈現精彩的表演和節目，當中包括音樂、舞蹈、戲劇等表演。這是一個難忘而美好的回憶，讓我們和大眾一起慶祝本校邁向新的里程碑。



醒獅獻瑞，祝賀校慶



合唱團以悠揚的歌聲，為大匯演揭開序幕。



話劇學會眾成員齊踏舞台，為大家演出一幕又一幕好戲。



校友潘峻宏同學向大家展現過人的鼓技，敲打出震撼人心的樂章。



Unleashing Innovation Beyond the Classroom

Happy Friday 2.0 : 走出校園 探索世界

Happy Friday讓同學發揮自己的統籌能力，由計劃活動到實踐，讓同學可於課堂以外去探索不同範疇：藝術文化、認識社區、了解香港文化、義工服務及升學相關活動。活動讓同學衝出課室，於不同地方學習到更多極富意義的東西！



2D班同學走出課室，到了屏山文物徑了解別具特色的圍村文化。



下一站：探訪本地特色農莊，了解日常少見的農業生活。



同學們於忙碌的學習中放鬆一下，走進廚房，學習如何製作蛋糕，寓學習於娛樂中！

Business-school Partnership Programme @ Hutchison Telecommunications

Our school was matched up with Hutchison Telecommunications Hong Kong Holdings Ltd in the Business-school Partnership Programme of Hong Kong General Chamber of Commerce. We therefore visited DigiBox of Hutchison Telecommunications Hong Kong Holdings Ltd to learn more about their business. The concept of introducing 5G and Artificial Intelligence into multiple industries in a Smart City was introduced to students in the guided tour. Students also tried digital drawing using artificial intelligence in the workshop and created clothes for their Metaverse avatar with their own design.

Sharing:

I thoroughly enjoyed learning about technological trends like generative A.I. One of the reasons I enjoyed the experience so much was that the professor taught us in an interesting and fun way. He emphasised that he would like students to engage in active discovery. For this reason, he gave us practical assignments that allowed us to learn independently. I remember that I was quite proud of myself when I noticed that many stars were missing in an image of the American flag that was produced by generative A.I. This is because generative A.I. is only trained to recognize patterns related to things like shapes and colours.

In the end, my biggest take-away from the experience was that learning is not about memorising, but rather it is about questioning and understanding. I will now try to apply this in my studies at school.

4D Kwai Hoi MOK



聖誕才藝表演：盡顯才能，展現光芒

一年一度的重要才藝比賽，一眾同學施展自己音樂、舞蹈的技藝，於章中舞台上展現自己的光芒，發光發亮！



舞台之上，同學一起編織音樂夢，和同學分享自己喜愛的音樂。



一眾中五男生組成舞團，揮灑汗水，為大家帶來一場精彩的舞蹈表現。



課堂之外，同學於舞台上展現自己的音樂才華。

周年陸運會

一年一度的周年陸運會，於三月六及七日於葵涌運動場舉行。同學於跑道上拼盡全力，追求卓越。



比賽場上，我們同心協力，互相扶持，為社拼盡一切！



四社啦啦隊日以繼夜的練習，施展渾身解數，竭盡全力為社員打氣！



運動健兒在場上挑戰自我，突破自己的能力！



開跑了！我們一起互相比拼，一起向終點跑去，一起去爭奪冠軍殊榮！



2023 全港(單球式)閃避球新秀賽

閃避球隊於本學年參加了由康樂及文化事務署資助全港單球閃避球新秀賽。他們於比賽勇奪佳績，分別奪得混合高中組冠軍及男子高中組殿軍。

參與比賽的過程中，同學展現了自己運動才華，也提供了一個和不同球員互相交流和學習的機會。通過參與比賽，隊員提升了個人技能，拓寬自己的運動視野。



隊員奮勢待發，努力爭取冠軍殊榮！

四社球類比賽

四社是連繫全校同學的橋樑，把不同年級的同學在課室內外團結起來。年度盛事四社球類比賽，讓各同學可以展現自己的能力，竭盡全力，為社一戰，追求全年總冠軍的殊榮！



籃球場上，紅綠大戰一觸即發！



為社一戰，社員在羽毛球場上揮灑汗水，殺敵而歸！



拼盡全力，搏盡無悔，場上運動員展現光芒！

Student Achievements

荃灣及離島區中學校際游泳比賽(2023-2024)

章中游泳隊於本年度的學界比賽中再接再勵，共取得了49面獎牌。在團體項目方面，男子甲組冠以第一的殊榮，女子甲組和女子乙組皆勇奪第二名，而男子乙組則獲得第四名。游泳健兒展現出愈戰愈勇的精神，為校爭光，值得嘉許。

1A	羅卓軒	男子 丙組 100米 蛙泳殿軍
1D	梁梓微	女子 丙組 50米 蝶泳冠軍
		女子 丙組 50米 自由泳冠軍
		女子 乙組 50米 蛙泳冠軍
2C	周曉琳	女子 乙組 200米 蛙泳冠軍
		女子 乙組 4x50米 自由泳接力冠軍
2D	陳家威	男子 乙組 50米 蛙泳季軍
		男子 乙組 4x50米 自由泳接力亞軍
3A	呂芯怡	女子 乙組 50米 蛙泳季軍
		女子 乙組 4x50米 自由泳接力冠軍
3A	朱嘉耀	女子 乙組 4x50米 自由泳接力亞軍
		女子 乙組 100米 自由泳季軍
3C	梁樂施	女子 乙組 4x50米 自由泳接力冠軍
		男子 乙組 200米 自由泳亞軍
3C	李曦藍	男子 乙組 50米 背泳亞軍
		男子 乙組 4x50米 自由泳接力亞軍
4C	李心怡	女子 乙組 100米 蛙泳殿軍
		女子 乙組 200米 蛙泳殿軍
4D	陳梓然	男子 乙組 4x50米 自由泳接力冠軍
		男子 乙組 50米 自由泳冠軍
5A	陳芷柔	男子 乙組 100米 自由泳季軍
		女子 甲組 100米 自由泳冠軍
5A	李芷晴	女子 甲組 50米 背泳亞軍
		女子 甲組 4x50米 四式接力亞軍
5B	楊智傑	女子 甲組 100米 蛙泳冠軍
		男子 甲組 200米 蛙泳季軍
5C	李港飛	男子 甲組 100米 蛙泳殿軍
		男子 甲組 4x50米 四式接力亞軍

5C	劉利恩	男子 甲組 4x50米 自由泳接力亞軍
5D	陳婉容	女子 甲組 100米 背泳亞軍
		女子 甲組 50米 背泳季軍
5D	劉宇軒	男子 甲組 4x50米 四式接力亞軍
		男子 甲組 50米 蝶泳亞軍
5D	巫丹	男子 甲組 200米 個人四式季軍
		男子 甲組 4x50米 自由泳接力亞軍
5D	黃展麒	男子 甲組 200米 自由泳冠軍
		男子 甲組 100米 自由泳殿軍
6B	區學文	男子 甲組 4x50米 四式接力亞軍
6C	黃恩熙	女子 甲組 4x50米 四式接力亞軍
6C	孫家恒	男子 甲組 4x50米 四式接力亞軍



相片由「中國香港學界體育聯合會」提供

荃灣及離島區中學校際田徑比賽(2023-2024)

章中的運動健兒們參與了荃灣及離島區校際田徑比賽，表現良好，運動場上為校揮灑汗水，值得讚揚。



1A	朱殿希	女子 丙組 跳高季軍
1A	張希嵐	女子 丙組 鐵餅季軍
2A	李思品	男子 乙組 跳高季軍
3A	吳紫晴	女子 乙組 鐵餅殿軍
3B	謝梓軒	男子 乙組 標槍季軍
4C	林彥峰	女子 乙組 鉛球亞軍
5A	林浩峰	男子 甲組 標槍冠軍
5B	區俊朗	男子 甲組 400米冠軍
6D	吳偉伙	男子 甲組 800米亞軍

75th Hong Kong Schools Speech Festival - English Choral Speaking Competition



S4 Boys and Girls Champion

4A CHAN TSZ TUNG AGNES	4C JONGDEE RUNGTAWAN	4C TSUI JING	4C LAO HO FAI
4A FU TUNG LAM	4C KOK TSZ CHING JENNY	4C VIVANCO SIANNA MAI	4C LIU MAN CHUN
4A LAM WING	4C KUO HEI YIN	4C WONG KA KI	4C MOK KAI HEI
4A LIN SHUK FAN	4C KWOK SHEK	4C WONG KEI YIN	4C NGAI LOK TIN
4A LIU CHIN YU	4C LAM HOK YIU	4C WONG TSZ KI	4C ZHANG SIU TONG
4A WONG TSZ CHING	4C LAM YIN KI	4C WONG YUK CHING	4D CHIANG CHI MAN
4A XIE KWAN YIN KELLY	4C LAU SUM YAU ZOE	4C CHAN NOK HEI	4D CHAN LONG YU
4A LEE HOK KAN STEVE ROBINSON	4C LEE YEE LUI RIHANNA	4C HE CHUBING	4D KONG KEI YI
4A TSE JIA XI	4C MOK KA HO	4C HO KA WING JARRETT	4D LAM WAN HUN
4C CHAN TSZ KI	4C SU HOI LAM	4C KONG SIU HANG	4D LUI PUI YING
4C CHAN TSZ YAN	4C TAM TSZ CHING	4C KWOK HO YU	4D TSE MAN YAU
4C IP YING YING	4C TONG LEE TING	4C LAM HO YIN	

全港中小學學界閃避球新秀 2023

本校的閃避球遇強愈強，於學界閃避球混合高中組比賽中獨佔鰲頭，男子高中組亦獲得不俗的成績，獲得殿軍，兩個組別分別表現出超凡的團體合作能力。

混合高中組冠軍

2C 劉若嵐	2C 何旭強	2D 莫浚滔	4A 謝家禧	4A 李在希
4A 蔡幸然	4B 曾禮謙	4B 吳曉彬	5A 李芷晴	5A 林浩峰
	5B 謝棋浩	5C 黃光彤	6C 魏家馨	



男子高中組殿軍

2C 何旭強	2D 莫浚滔	4A 李學勤	4A 謝家禧	4A 蔡幸然
4B 曾禮謙	4B 吳曉彬	5A 林浩峰	5B 孫瑜捷	5B 鄭凱云
	5B 謝棋浩	5C 黃光彤		



禁毒盃離島區聯校三人籃球比賽

女子籃球隊在三人籃球比賽中極力爭先，在U15和U19的賽事中皆取得亞軍的優異成績，令學校在離島區更盛名遠揚。

女子U15亞軍

1A 朱殿希	2C 盧雯君
2C 施雨潼	3C 陳倩琪



女子U19亞軍

4D 李程	6B 李欣庭
6C 魏家馨	6D 劉倩希



第20屆德藝雙興香港區賽——街舞、Hip Hop、K-pop、Funky 群舞 高級組冠軍

高中組冠軍

5A 王康橋	5C 雯娜	5D 吳凱琳
5D 周德儀	5D 賴傲添	6C 胡曉彤

「一國兩制」標語設計比賽

冠軍

5C 張梓晴

優異獎

5C 黃祉淇



文學之星作文大賽

高中組優異獎

6B 余悅怡	5D 李肇謙
5D 鄭悅朗	5D 盧銘博

初中組優異獎

3A 江軒雅	3A 譚健和
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青年藝術節2023

全港青少年西畫比賽

優異獎

5C 趙翠嫻



音樂領域創造佳績：

本校一直鼓勵學生發展個人才能，於初中致力培育學生的一生一藝。不論是體育、藝術以及音樂範疇，學生均有出色的表現。本學年，4A班鄭匡嵐同學取得全港校際音樂節結他高級組冠軍和金獎，他出色的表現，令人鼓舞！

訪問：5D梁靜儀同學

記者：你如何找到自己的音樂興趣？為甚麼？

鄭同學：哈，這是因緣際會。小學五年級時，媽媽見我好像無所事事，就要我做些有意義的事。我本身都很迷惘，經過媽媽的提醒，我不想再浪費時間去玩電子遊戲，就聽家人的建議，先由電結他開始學起。輾轉之間，我又認識到其他人一起「夾BAND」，就開始對結他有興趣，好想鑽研！由中一開始，我就鍾情彈木結他！每當彈起木結他時，我好喜歡它的質感，那種原始的感覺，令我愛不釋手，是我的「心之所向」，結果我就和結他結下不解緣！

記者：學習彈結他時，為你帶來甚麼改變？



鄭同學：彈結他的過程中，令我找到自信，是一個很重要的改變。我找到人生理想，都是由學習彈結他開始。學習結他後，我開始思考自己將來要些甚麼。就在中二下學期的時候，我開始思考升大學時要讀些甚麼，我會想自己將來的人生目標。同時，我對於不同的音樂充滿好奇，不斷探索，例如廣東歌，好想令自己見識更多，追求更高的音樂造詣。對於音樂的舞台，我透過彈結他找到滿足感，令我不斷成長、蛻變，有了明確奮鬥的人生目標。

記者：在學習之外，你如何準備校際比賽？

鄭同學：準備校際比賽，一個字：「累」。因為我知道參加



鄭同學勇奪第76屆全港校際音樂節結他高級組冠軍。



比賽的對手，都是很厲害的人物，來自不同學校。要爭取佳績，最重要的是做好賽前準備！而今年，我由中級組升到高級組，我萬分緊張，準備更要鉅細無遺，每天都會抽3至4小時練習。此外，我有一個特性：一見到新樂譜就會好想去探索，好想把樂曲鑽研好。面對比賽，我盡力做到最好，追求卓越的表現。今年能夠在高級組中奪得冠軍，是我艱苦努力而得到的成果！

記者：在彈結他的過程中，你有甚麼難忘的經歷？

鄭同學：我曾受邀到香港大會堂去表演，能夠公開表演，是對我的能力的肯定。不同的表演，都令我得到滿足感，找到自己發光發亮的地方。最重要的是，我遇到畢生的恩師，他啟迪了我！他的言傳身教，令我學會了很多音樂知識技能，也令我變得更長進、成熟！

記者：對於彈結他這個專長，你對自己有何期望？

鄭同學：我想去文化中心這類大型舞台去表演，讓別人能分享到我的學習成果。而短期目標，我就會報名參加國際性比賽：東京國際結他比賽及臺灣國際吉他藝術節暨大賽，希望累積更多公開賽的經驗。當然，我自己亦有長遠目標，想入讀香港演藝學院音樂系，把自己的音樂夢實踐，向更大的舞台邁步向前！

記者：在彈結他的過程中，你有甚麼重要的得著？

鄭同學：課室以外，我得到了很多表演的機會，好比25周年校慶表演和一些校外的公開表演，讓自己發揮才能，將自己熱愛的音樂分享給不同的人知道，傳揚開來。因為遇上結他和恩師，我得到了人生中最寶貴的東西：人生找到確切的目標、從自己追求的舞台中，得到不少表演的機會，我下定決心將自己的音樂夢實踐出來！



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