



校長的話

世事多變，「主恩情」不變

林瑞美校長



重遇林惠強校友，互訴「主恩」情

在學校工作多年的我，教學生活如潮汐，我能掌握變化的規律，亦因而可以在規律中作新的嘗試、新的領受。但這個學年卻很不一樣，上學期師生們步步為營的經歷了社會動盪，下學期疫症卻在我們冷不防下突襲，學校全面停課。這些事

件令我有深切體會：我們正處身於一個急速變化、風雨飄搖的世代，原來校園生活並非必然的。我又提醒自己，縱使在社會動盪與疫症停課的陰霾下，仍要感謝神，因祂給我在風雨中經歷美善的事，讓我與大家分享有關三位校友的「美事」。

2019年9月，受社會事件衝擊下，學校要面對很多突發的事情，令原本忙碌的開學工作百上加斤，我和老師們每天的心情總是戰戰兢兢的。感恩天父體貼需要，祂給我們帶來禮物：一位二十多年不見的校友，為全校教職員送上餅食，那份真摯的心意紓緩了我們繃緊的心。他是1996年畢業的林惠強同學，我有幸在他中三那年認識他、當他的班主任，今天的他仍保留着昔日謙和平實的氣質，談話中流露出對老師的敬意。他毋忘師長教導的深恩，想到我們面對的挑戰，便於敬師日前，送上關心和支

持，並探望闊別多年的老師。
2019年12月的一個周六早上，我負責一項「將軍澳地區青年活動」稽核工作，並觀察活動進行情況。該活動內容是義工為長者剪髮，在活動過程中有一位帶着鴨舌帽的青年人吸引了我的注意。他低着頭，細心的、有板有眼地為婆婆剪髮，婆婆不停地咧着嘴笑，我禁不住上前稱讚他。那青年人脫下帽子，抬頭叫了我一聲，原來他是當年運動出色的文廣威校友！他與我分享他做義工的經歷，他在讀高中時已參與義工服務，至畢業投身社會工作也沒有間斷，該活動的負責人還在我面前稱讚他充滿熱誠，做事盡責妥善。我為同學所作的美事感到自豪，也為「主恩」的育人工作得以開花結果感到興奮，感謝神祝福我們手所作的工。

在2020年4月停課期間，我接到校友莫曼妮的邀請，出席她的網上博士論文口試研討會，令我不勝雀躍。我沒有機會教莫曼妮同學，但我與她有相似的地方，就是

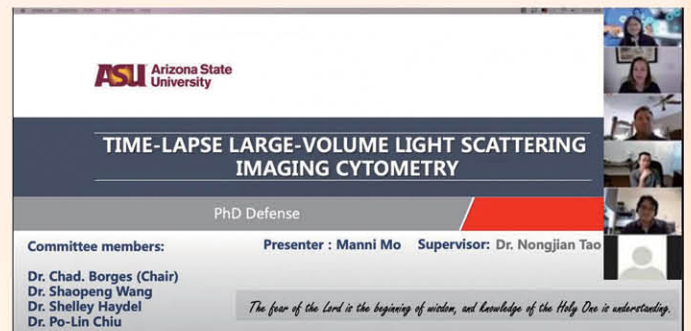
一樣入讀香港大學化學系及入住李國賢堂宿舍。但大學畢業後，她選擇了繼續鑽研學問，越洋到美國深造。原來她研究的課題是圖像細胞測定技術，想不到她這幾年的心血研究，對現時全球面對的新冠肺炎疫情正大派用場。從她的分享中得知，她對這範疇的興趣是緣於小時候，「沙士」在香港爆發的深刻經歷，她希望能在研究病毒檢測上有所貢獻。最令人欣慰的是，她在「主恩」認識創造天地的獨一真神，畢業後一直跟從主道，沒有偏離，並且在她發表研究成果前還公開感謝神。在整場研討會上，她表現自信，且流露着信徒的謙卑，過程中充份反映了她研究的深入及突出的成果，最終她成功通過口試，還比預期早了一年完成博士課程。知道這個消息後，我心裏不禁讚美主！

感謝神，祂讓我在心情低迷時看見一個景象——校友長大成人，學有所成，回饋社會。教育之路是任重而道遠！回想過去安穩的校園生活，師生每天相遇，課堂內外的情感溝通與智慧交流，原來這一切是需要大家一起捍衛和珍惜的。我衷心希望同學能多沐浴於「潤物細無聲」的春雨中，愉快地茁壯成長。即或校園外驟雨狂風、舉步維艱，我願同學仍能堅持以「正向」之心去面對困難，而「主恩」就能給同學大步流星地進入校門，躲避風雨，安心學習。

世事雖變幻無常，但神的慈愛與信實卻永恆不變，「主恩情」歷久常新。



與積極進取的文廣威校友在義工活動中相遇



莫曼妮校友（右上角）在發表博士論文中毋忘感謝神

自主學習 成就豐富人生 回饋母校 以謝桃李之教 (黃穎思校友)

學校大使：譚凱欣 (5C)、蔡曉樺 (5C)、林泳婷 (5D)、孫文哲 (5D)



黃穎思博士

迦密主恩中學校董(校友代表)：2016 - 2020

主恩畢業年份：2005

就讀大學：香港中文大學

取得博士學位年份：2013

職銜：香港浸會大學英國語言文學系講師



黃博士(左)與學生在浸大辦公室合照

自修選修科 培養自主性

黃博士就讀高中時選擇了自修經濟科，自修並不容易，她需要自行上網搜集資料，自購需要的課本及練習，遇到難題時她比其他學生更需主動積極向老師尋求協助，正因她額外自修經濟科，她學會如何妥善安排時間，訂好每日需完成的事務，以免時間不夠用而影響學習進度，她笑言：「我好鍾意學習，所以識得自動自覺去學習。」黃博士明白自主的重要性，在自修期間，她會主動尋找不同方法增值自己，例如主動向經濟科老師拿取校內歷屆試卷作額外練習，同時也會訂立可行的目標以激勵自己。

主動增值 擴闊視野

求學時期的黃博士除了認真學習外，也利用了課餘時間去參與不同的課外活動和擔任各種職位，擴闊眼界，例如參加社會服務團，希望盡一分力回饋社會。她更是英文學會的主席，還在校外參加了不同課外活動，以裝備自己。黃博士坦言：「我係一個好學嘅學生，會主動學習唔同嘅技能。」因此她積極增值自己，更為自己學會新技能感到滿足。



黃博士(右二)於浸大畢業禮與其他教授及講師合照



黃博士(中)與同事及浸大畢業生合照



黃穎思博士自主自動，達成夢想

從羔羊至牧羊者

於黃博士而言，感恩不只是一種禮貌，更是構建人生的重要部份。她憶述父親對她的教導讓她從小培養時刻感恩的心態，更指出感恩能推動人用正確的心態看待人生。她誠懇地道：「我都曾經迷茫過，但在各位老師的引導下，我渡過了難關。承蒙師恩多年，只要有機會我都想投桃報李。」為了回饋母校，她擔起校董一職，成為了主恩家的牧羊者。

在主恩中認識神

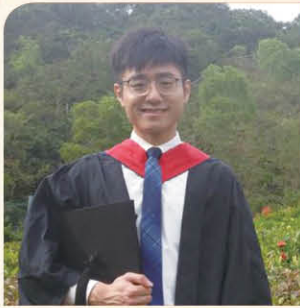
每個基督徒與神認識的經歷各有不同。對黃博士而言，主恩便是她與神的關係更緊密的地方。回憶起中四時的福音周，黃博士憶述當時自己正值失落的時期，幸好有一名熱心的同學向她傳福音，更邀請她出席佈道會。黃博士坦言自己聆聽牧師的講道時深受感動，她笑言：「我當時覺得——不如俾大家一個機會啦。」就這樣，黃博士決定開始到教會參加聚會，決心成為一名基督徒。

寄語主恩的「你」

黃博士寄語主恩的師弟、師妹們要學會時常感恩，珍惜所有學習和成長的機會，與他人相處時要多為別人着想，希望各位能夠做到自己喜歡、開心的事，未來為社會作出貢獻。

視關懷病人為己任 前線醫護疫情有感 (許惠峰校友)

學校大使：陳明彤 (5B)、馬楚茹 (5C)、許敬銓 (5C)、關汶曦 (5D)



許惠峰醫生

主恩畢業年份：2012
就讀大學：香港大學
大學畢業年份：2018
服務機構：基督教聯合醫院

初衷·心靈叩問

大半年前才正式成為駐院醫生的許醫生，目前正在前線抗疫團隊中工作。當四周都人心惶惶之際，許醫生反而選擇作出對自己心靈的叩問，尋回自己立志行醫的初衷。他坦言，醫生的光環之下，並沒有小時候家人生病的故事支撐。他成為醫生無非希望藉自己之手，拯救受病魔折磨的人，並從中得到一份滿足感。

難關·經驗累積

被問到如何應對日常困難如潮湧的苦況，許醫生表示：「向身邊的人尋求協助至關重要」。儘管身為醫生的他已是目前教育制度下的精英，他亦坦言自己無法從書本中找到一切難題的解決方法，認為向身邊的人發問、請教，也是一種有效的學習方式。透過每日在醫院內與人協作解難，他的經驗亦正在一點一滴地累積。

前線·奮不顧身

許醫生不僅肩負在前線照顧病人的重大責任，更抱有「我不入地獄，誰入地獄」的無私精神，認為肺炎病人總得有人醫治。他相信提供醫治固然是醫生的職責，但更重要的是平等地對待每一位病人，令他們無論身患何疾亦可得到適切治療。要為每一位病人帶來希望的決心，成為他堅持下去的最大信念。談到前線醫護裝備不足的問題，他解釋由於醫院內真正確診病人實為滄海一粟，大多為篩查個案，因此依靠程序上作出的調整，還可應付。另一邊廂，許醫生享受每一次將病人從危急狀況中拯救出來，繼而陪伴他走過康復的路程，最終見證着他健康出院的一刻，從中，他坦言所獲取的成就感可謂無與倫比。

醫人·再醫家人

相比起「醫人」，他認為「醫家人」更具挑戰性。令患者痊癒固然是他的首要職責，但他亦毋忘顧及病人家屬的情緒。每天都奔走於病房的他根本沒有餘暇打電話給每個病人家屬送上慰問，但他亦顧念到他們對於患者的擔憂。雖則因着工作忙碌未能做到面面俱圓，但他亦嘗試照顧家屬的不同需要。而最後的回報是豐盛的——許醫生曾收到由家屬寄送的感謝卡，手中的卡紙雖可謂「輕於鴻毛」，但其分量乃是來自家屬的衷心感謝，當中的情誼可謂「重於泰山」。他表示一張感謝卡的價值，從來都非金錢所能夠衡量。

中學·珍貴回憶

許醫生鼓勵在主恩家中的師弟妹要好好珍惜中學階段的一切，因為不論是中學的生活還是朋友，都將成為我們人生中很珍貴的回憶。另外，許醫生更勉勵同學要對未來抱有希望，即使當刻所面對的難關似乎無法衝過，仍要保持樂觀的心態，迎接更加精彩豐富的人生。



許醫生與港大醫學院講座教授黎青龍合照



許醫生勉勵同學要對未來抱有希望



許醫生認為面對難關要保持樂觀的心態

中文科學生佳作

窗外

劉曉程 (2D)

我放下手中的筆，抬頭望向窗外，書上密密麻麻的文字看得我頭昏腦脹，沒想到窗外的風景也未能讓人忘憂。

遠方綠油油的大山上，一團白茫茫的霧在山頂上慢慢飄下來，像一隻毛絨絨的白手正伸爪過來。不消很久，薄霧把我們籠罩着，仿佛眼前被蒙着一層薄紗。此時還能勉強看到大山連綿不斷的稜線，隱約還可以看到山腰上高矮不一，紅紅紫紫的村屋。過了一會兒，霧漸漸變厚，仿佛是一道高牆擋在面前，壓得我透不過氣。眼前被白布蒙着，除了白茫茫一片，什麼也看不到，凝視着前方的景色，我心中鬱悶不已。

瞥到了旁邊的時鐘，一點半。原本這段時間，我已經在和朋友一起逛街，卻因為這鬼天氣而取消了約會。

上天仿佛不滿我的抱怨，忽然嘩啦啦地下起傾盆大雨。霧一下子消失得無影無蹤，剛剛綁在眼前的白布猶如被鬆綁了跌在地上。黑壓壓的烏雲從左邊偷偷移過來，像狙擊手提着槍神不知鬼不覺地接近目標，然後朝着窗戶噼噼啪啪地發射。閃電一剎那把整個地區照得明亮，原本被烏雲遮蔽着的天空頓時

變得跟不久前陽光普照的晴天一樣，但也只是停留了半秒，就像在停了電的密室打開手電筒，又突然關掉。「一、二、三……」心中默念七秒，轟隆一聲，雷聲把原本因霧而壓在心頭的大石轟碎，血液隨着這熱鬧的交響樂沸騰起來。我坐在窗邊，聽着雨聲和雷聲，山上的樹隨着強風晃動，仿佛在打拍子。山下的馬路上變得冷清，匆匆駛過的車輛寥寥可數，引擎聲也在伴奏。我身子一熱，心情澎湃起來。

不知過了多久，我忘神地凝視着前方的雨景，雨逐漸小了起來，烏雲散開，太陽又冒了出來。天空中沒有一絲雲，像一塊畫報，只塗上了純粹的藍。雨點沿着窗戶慢慢滑落。我打開窗，一陣清香撲面而來，微風夾雜着植物的香氣。心中的鬱悶一掃而空。綠油油的樹被溫暖的陽光映照得閃閃生輝，像鑽石鋪滿整座山，看到了這樣的美景，心情舒暢了不少。

大霧、大雨後肯定會有晴天，何必為了小事而難過？所謂陽光總在風雨後，儘管今天不能和朋友約會，但我卻有機會欣賞到窗外的景色。

這次比賽後，我再沒有遺憾

馬文欣 (3A)

人生漫漫長路，很多時候都會留下遺憾。當時光逝去，你重新回想起那些遺憾時，剩下的只有無奈的嘆息而已。其實當你曾經為一件事拼盡全力，堅持到底，你會發現那些失敗的經歷根本算不上是遺憾。

學界籃球比賽將至，當其他學校都開始加緊練習時，我校球隊卻依然毫無起色。作為籃球隊隊長的我，一直覺得這比賽是我心中一根無法拔走的刺。多年前，我校的籃球隊實力非凡，連續五年在學界比賽中稱王。可是後來逐漸出現青黃不接的情況，在過去幾年的比賽中亦無緣晉身決賽，隊員們都因此氣餒，對接下來的比賽不抱絲毫期望。這是我一直以來最大的遺憾，作為隊長的我未能帶領隊員再捧起冠軍的獎杯，重現昔日輝煌。

時間一點一滴地過去，隊員們練習時依舊懶散怠懈，遲到或缺席的人多不勝數。縱然面對他們不投入的表現，我依然選擇堅持下去，或許是因為內心的不甘吧！我在人數不足的情況下仍是風雨不改，堅持練習。某一天，好幾個隊員走向正在練習的我，說：「隊長，我們不會再退縮！接下來麻煩隊長嚴厲督促我們吧！」他們的眼神充滿了幹勁，雙手緊握籃球，讓我感受到他們的堅定和熱誠。後來，練習的隊員越來越多，我們的訓練亦越來越緊密。他們竟從不缺席，由當初生疏的球技到後來的百步穿楊；由當初毫無默契到現在同心協力，我們團結一致，重拾當初對籃球的衝勁，在操場上揮灑着青春的汗水。

經過大家不懈的練習，以及拼命地過關斬將，今天終於迎來了決賽的舞台。我們的士氣因對方支持者的噓聲而遭到打擊。一聲哨響，比賽開始了。因身高的劣勢，儘管我們多努力防守，對手依然能輕鬆入球。上半場結束，眼看對手的分數遠遠拋離我方，加上隊員們體力不支及受傷等情況，我們的士氣很低落。隊員們坐在椅子上，低着頭，沒有一個人說話，大家滿眼淚光，眼神中寫滿了失落及無力感。教練突然說了一句：「只有堅持自己喜歡的事，才不會留下任何遺憾。」

突然，我的腦海中浮現出中一剛加入籃球隊時的畫面。當時，我只是一個單純喜歡籃球的小伙子。「加入籃球隊的首要

條件是學會堅持，只要剩下最後一口氣也要堅持到最後。」教練對我說。「堅持而已，當然沒有問題！我的目標可是要獲得學界冠軍呢！」我得意洋洋地回應。

六年過去，當時的話至今仍未實現，我不甘當年的話要變成以後的遺憾。我站起來，手握拳頭，鼓勵隊友：「只要剩下最後一口氣，也要堅持到比賽完結那一秒，不要白費多年的心血，不要留下任何遺憾，好嗎？」他們聽到這話後，像是重新注滿能量般站起來，昂首闊步地走到球場重新作戰。

下半場開始，裁判將籃球高高拋起，我一躍而起，靈活地從一群「猛虎」手上奪得皮球，並運用巧妙的運球技巧穿過人群，加上隊友的防守攔住了對手，我深吸一口氣，在毫無阻攔的情況下投進了我們在這場比賽的第一球。場上響起了一片的喝采，此起彼落的吶喊聲使我們充滿力量，讓我們更有效地把過去的學習成果展現出來。我們更加團結，分數逐漸追上。在球場上，大家兩眼發光，充滿鬥志。漸漸地，雙方的得分越來越接近，到了最後一分鐘，我們發動進攻，一位隊員利用假動作避過對方攔截，運球突破，三步上籃，我們再次得分。

下半場終結的哨聲吹響，比賽結束。結果不如人意，我們以兩分之差輸了。我們在賽場上相擁，在那一刻比賽的結果已經不再重要。

回憶起過去我們曾努力練習的日子，內心的那份熱誠和衝勁，我們重拾最初自己對籃球的喜愛。這段期間，我們一起經歷過，辛苦過，為自己的初衷及目標奮鬥。在賽場上堅持拼盡自己最後一口氣去得分。我們不後悔，因為我們堅持到底，所以我們收獲了比冠軍更珍貴的寶物——回憶及友誼。我因為團隊的合作以及隊員的努力付出而感恩。我們最後坦然面對這次「失敗」，對此亦無怨無悔，內心只有圓滿的感覺。

遺憾都源於沒有拼盡全力，堅持到底。這次比賽後，我再沒有遺憾。

這一幕，我會記上一輩子

符文詩 (4B)

這一幕，我會記上一輩子。此刻站在哥哥身後的我，真切地感受到不擅言談的哥哥對我真誠的關懷和愛，和哥哥之間的隔膜彷彿在此刻消失了，做他的妹妹真好！

人們都說有哥哥的女孩特別幸福，因為會被當作寶貝般寵愛着。可我的哥哥卻和我不對盤：幫我檢查功課時發現錯處便毫不留情地痛罵我一頓，平日處處嘲諷我，當然我也回擊他。父母說我們是「歡喜冤家」，但明明就是「天生仇家」。我討厭極了這哥哥！

昨天放學，我回到家樓下時碰到了鄭家寶，我班的男同學，長得又高又胖，他站在瘦弱矮小的我面前就像一個巨人遮擋了我的視線。我心想不妙，平日他最愛欺負女孩子，今日碰巧我自己一人碰到他，免不了一番受苦。果然他一手捉住了我的馬尾上下搖晃拉扯，我的頭皮瞬間麻了，我忍不住痛呼一聲。雖然早已作好心理準備，但仍是不爭氣地哭了出來。我餘光瞄到一個熟悉的身影，那是哥哥，我不斷祈求他看不到我出洋相的這幕，並閉上眼睛安慰自己很快便過去了。

「你對我的妹妹做什麼？」這道熟悉的聲音，我一聽便認出來。和平日不同的是，一向冷淡、嘲諷的語氣變成了氣憤。我遲疑

的睜開眼睛，時間彷彿定格在這一幕。哥哥站在我面前，張開雙臂擋住鄭家寶，怒氣沖沖地罵着他。這刻，哥哥好像有點不一樣了，我竟覺得站在他身後很有安全感，平日看到他只會沖他翻白眼的我現在想緊緊抱着他。哥哥流露的憤怒，激動的口吻，處處透露着哥哥很在乎我這個事實，小時候的回憶一下子湧上來，在我兩歲的時候，是哥哥扶着站不穩的我走路；是哥哥拖着我的手踏入幼稚園；是哥哥總在我發脾氣哭的時候笑着摸摸我頭安慰我。明明哥哥是最親密的家人，不知為何從我倆升上小學開始，直到現在我小四，我們的關係突然轉差。但家人就是會在你最需要他的時候出現，家人就是沒有隔夜仇。只見哥哥回過頭來，溫柔地摸摸我頭，說：「別怕，哥哥會保護你的。」

這一幕，我會記上一輩子，只比我大兩歲的哥哥毫不畏懼地站在我身前保護我，原來哥哥從沒在路上拋下我，一直站在我身前，只是我忘記抬頭；原來隱藏在冷言冷語背後的是一份這麼真摯的手足愛護之情；原來家人才是不可割捨的存在，除了發現不擅表達感情會破壞一段關係，我也重拾了和哥哥的關係。我主動拉起他的手，說：「哥哥，我們回家吧！」哥哥拖着我的手，一如小時候。

這是我見過最美麗的笑容

趙梓充 (5D)

這是我見過最美麗的笑容。她的主人彎着身子，捧着一個茶果，慈祥地關心着眼前的小朋友，觸動了遠遠站着的我。

從前學校大門的轉角，有一位賣砵仔糕的婆婆，每當放學，她便會架起手推車，售賣小食，有茶果、糯米糍，全都是她親手做的。還記得那時候，我總是拉着麻麻，到她那裏買一兩件甜食。當沒有太多人的時候，她還會多給我一兩件，和我聊一會兒天，不時問我的功課，問我她親手做的好不好吃，就像一個和藹可親的長輩，關心着我學校的生活。她說話的時候常臉帶笑容，嘴角因為年老形成一條深深的臉皺，兩旁帶着兩個小酒窩。雖然她臉上佈滿着歲月的痕跡，但令人感到無比親切，而每逢我讚她做的好吃時，那笑容就更濃了，那樣子像極一個被嘉許的小朋友，如同一個天真的靈魂活在這個蒼老的身軀上。因她的笑容，小時候的我亦經常展開歡顏，一邊吃着甜點，一邊邁着輕快的步伐，哼着歡樂的兒歌，回家去了。那段時光，我吃得很快樂，笑得更快樂。

不知不覺，六年過去，人長大了，身邊的事情也越來越多，一年後就是文憑試，再多過幾年就要出來工作了，生活不再像從前那般無憂無慮，反而多了許多要計劃的，要作出選擇的。未來化作了一個越來越重的擔子，壓得生活喘不過氣來。更糟糕的是，時間在催人成長，日子近了，你要多偷一點時間溫習，時間不夠了，你要加快步行的腳步，漸漸地身邊的事物都匆匆流過，我也甚少再從自己的世界醒來，認真去看看身邊的事物。只是依稀記得，有時在黃昏的路途上，會出現一個年邁的身影在屋苑的長椅旁，架着紅色的手推車，等待着回家的學生們。還有較深刻地記得有一次，我在電梯外碰到了她，想不到她還記得我就是那天真的小孩，如同舊時的日子，她問起了我的學業，我現在的生活，只可惜那一刻的我，還未能擺脫匆忙的生活，只是匆匆的敷衍了她。而到了她出電梯的時候，回頭送我一個茶果時，我才忽然醒覺起來。這就如同世界從黑

白再次注入了色彩，一個機械人重新有了感情一樣，眼睛漸漸明亮的我，看着那親切不減的笑容，漸漸地背向我。我目送那微彎的身軀，拉着手推車走出電梯門。那一刻，我的心一陣絞痛，我很內疚，很後悔漠視了一個人的溫柔，那明明是一段可以很快樂，可以回味無窮的回憶，我卻把這份真摯的笑容拱手送出，帶着複雜的感情，凝視着那縫隙中的人影，我如同看到象徵着愛的光線，慢慢暗淡下來。我頓時覺得門後的她很偉大，不管是六年前，還是現在，她仍毫不間斷地散發着關懷，為每一個身邊的人，提供片刻感受溫柔，體會開心的機會，如同一個小太陽，在寒冷的嚴冬，溫暖着有緣的路人。然而這一份真摯不渝的關懷曾經放在我面前，但我卻沒有好好珍惜，若果再次遇上，我定不會讓它流去一點一滴。

原來我是幸運的，我可以再次遇見她。依然是那一輛手推車，那一副親切的笑容，在夕陽的餘暉下顯得格外溫暖，我急步走上前，問她要了一個糯米糍。這次我沒有匆匆離開，反而在她身邊的長椅坐下吃起來，她的笑容更濃了，我們聊着我長大之後的生活，問起她製作甜食的方法，一個問一個答，直到路上的街燈亮起，雖然不捨，但我真的要回家了，雖然有一點點的遺憾，但更多的是感動和珍重，回頭看着她那漸漸縮小的身影，一股傷感的心情湧上心頭，六年來，她老了，六年後，她可能不在了，誰能保證這份時光能夠永恆？誰能保證我明日還有與她見面的機會？緣分無常，但回憶永在，若我能珍惜每一次與她的時光，我的記憶中便會多一份美好的回憶。回憶不會隨着時間流逝，反而更深刻地長存在我的心中。

說實話，我們的生活越來越忙了，世界變得越來越複雜了，身邊充滿了冷漠、無情，然而正因為負面的，不好的佔得越來越多了，我們更要珍惜身邊快樂的時光，我們要將眼睛放回身邊的環境，細察生命中美好的事物，一點一滴地儲起來，作為我們未來會心一笑的本錢。

Bobohuang 😊 5 days ago . 4-minute read

Huang Po Yee (4D)



Cardiff Castle: The Keep — Simple, uninterrupted, and a bit scary.....

Located in Cardiff, the thriving capital city of Wales and the cultural and financial hub where tradition and modernity coexist in harmony, Cardiff Castle is one of the most fascinating structures in the United Kingdom. With a long turbulent history stretching back to the Roman invasion, the site you see today is once a reconstructed Roman fort, an impressive Norman castle and an extraordinary Victorian Gothic fantasy palace created for one of the world's richest men. While many would go for the Victorian castle, I turned my attention to The Keep instead, which we visited after strolling through the gorgeous mansion.



Well, at first glance, The Keep, also known as Iestyn's Tower or the White Tower, was nothing but walls of plain stones. However, it has much more to tell than that. It was used as a safehouse for its owners. With its twelve-sided exterior, soldiers could be positioned facing different sides, providing an all-round protection for its residents. While some may argue that a circular building would be much better than a dodecagonal one for military positioning, our extremely nice tour guide said that there're hypotheses from locals then and now that there might be religious symbolisms (probably Romans) for circular shapes that made its architect, William Burges, refuse to use any circular shapes in his designs. (Why would anyone do that? No offense.)

At the gate, I looked closely at the bricks. They weren't really bricks but irregular local blue lias limestone taken from the bed of the River Taff, and its boulders set in extremely durable cement, giving the walls great solidity and strength. I marvelled at the dedication of the workers who took part in its construction. I can't imagine how hard it must have been in the ancient times, with no convenient means of transportation and machines, to transport the materials crafted into this gorgeous building.



As we walked in The Keep, I was confused. I knew that there wasn't a ceiling, but I had expected some glamorous decorations inside, perhaps some awe-inspiring carvings of historical events on the walls, or enchanting statues of Roman gods. No. It's just a plain lawn, with people picnicking and taking photos. Luckily, I also remembered that this was only a safehouse after all, so the best part would be up there.

Next to the entrance, there's a set of obsidian metal stairs leading to the original spiraling stairs inside the walls leading to the top. We had to queue for a long time before we got to the stone stairs.



Imagine the steps of the spiraling stairs being all triangular. Then, remember that even on the wider side of every step, there is only enough space for you to put half your sole on. Mind you that when stones are being repeatedly walked on, they tend to become flatter,

and A LOT more slippery. There was a handrail only on the left side of the stairs. Last but not least, everyone was shoving and jostling to get to the top quick.

Going up the tower was fine as we all walked on the left side of the stairs, the side with wider steps and the handrail. The view from the top is simply breathtaking, especially the Castle with its extraordinary exteriors and the prickly mesmerizing silhouette of its sophisticatedly-designed towers as the sun dipped below the horizon and the fleeting colours of dusk beginning to fade away. (I didn't manage to take a photo of the castle during sunset, but the photo above is one that I took before.)



Before the sun's completely set, we made our way down the stairs, and that was when the true nightmare began. As people were still walking up, we had to walk on the other side. Did I mention that on that side there was no handrail, and VERY slippery due to a recent shower? Oh, one more thing, we had to walk on the narrower side of the triangular steps, which means there's almost NO space for you to even tiptoe on. Gosh, how am I supposed to walk down without slipping and tumbling like an absolute idiot? I did my best to walk down slowly while hugging the inner wall of the stairs for my dear life. Luckily some people who were originally walking up stopped and lent a hand to us and helped us to walk down the stairs. Although I didn't know you guys' names, if you happen to read this blog, I am giving you hugs and kisses to thank you.

By the time I finally walked down the stone stairs and reached the metal stairs, I was drenched in sweats of fear, and both my hands and legs were slightly shaking. I waited for the others at the base of the stairs before we walked out of The Keep chattering about how horrible the stairs were.

Some may wonder: if I described The Keep being oh-so horrible and stuff, why would I be interested in it in the first place? For those who might know me, I have always been fascinated by architecture and history, and The Keep, once so exquisite, is the perfect example of how wars and battles annihilate all things glorious from the past, and its forlornness is something that can only be felt when you are actually standing there, seeing and touching the rocks badly dented from attacks of bombs and bullets with your very eyes and hands. Aside from this, it is also captivating that such a simple structure can stand against the challenge of time, holding its ground almost peacefully. The Keep was indeed a witness of battles and vicissitudes.

What do you think about The Keep? Do you think this is a place that warrants multiple visits? Personally speaking, the Cardiff Castle and The Keep are definitely my bucket-list destinations. Comment in the forum and share your ideas with others! Stay tuned for my coming entry. Can you guess what it's about? (See the photo beside)



Hint: it is related to a really famous movie series.



5 comments 12 shares



The tale of an outcast

Ho Ching Nok (2C)

Aadarsh, a Hong Kong-born Indian boy in his late teens, was heading to the rubbish collection station which he was going to work at for the first day. On the way, he was peering into the restaurants he passed by, hoping that he would be recruited and saved from the dirty job the last minute. Thinking of his endearing deceased mother and two younger brothers, he was determined to turn this hectic unfriendly city into his real hometown.

When he arrived, pairs of unwelcoming cold eyes of his colleagues met his and their Cantonese conversation stopped at once.

“Go get dressed la,” barked the plump man he met in the interview a week ago, pointing his finger at the blue portable toilet cubicle.

His face blushing scarlet from embarrassment, he scurried off to the dressing room so that he would not be greeted with humiliating words. He came out after a minute or two, and was commanded to chuck the huge acrid bags onto the truck with nearly bare hands, for the gloves given had been torn apart by their previous user.

Having loaded all the rubbish bags, Aadarsh was wondering what he would be required to do next. However, he caught his boss screaming at one of the workers, a girl around his age, in their language. Not knowing

what he was yelling, he still could guess she had committed a fatal mistake from her tear-streaming face. She was, he reckoned, subjected to a punishment—clearing the mice, both dead and alive, and sweeping and washing the street. Despite his gloating glee, he heard his mother’s words, “You will never find love until you let go of hatred.” He stared at her, who looked down at the heap of trash and whose face was pale and lips trembling, as though there’s a venomous serpent before her. He decided to offer help for the first time, ignoring those disapproving mocks from the other workers, knowing perhaps it’s the only chance he might blend in.

“Thanks. None of my local colleagues offered me help. I apologize for the way I treated you. I will try my best to persuade them to treat you better,” the girl said shamefully over lunch hours later. Moved by the happiness of making the first friend, he kept quiet as she carried on telling her life story.

Two weeks later, Aadarsh did not find the rubbish station a dingy place anymore, but a place with laughter and love. The longer the workers got to know Aadarsh, the more they liked about his kindness. Aadarsh was no longer an outcast. He found his home.

The Importance of Learning Poetry

Lee Sze Wai (4C)

Last year, protests in Hong Kong escalated into fiery confrontations. As violent conflicts were beginning to subside, some local writers are trying to express the inexpressible through poetry. In fact, what poetry can delineate is far more than the poets’ experiences. From self-reflection to covert criticisms, poets can convey their thoughts about personal growth, social movements, and even world developments in exquisitely crafted lines. Hence, it is crucial for students to learn the beauty of poems in exploration of the ever-changing world.

To begin with, poetry can equip students with a better understanding of societies across time periods or dynasties. Schemes such as metaphor, imagery and symbolic language are commonly used in poems. These embolden poets to express their views on controversial issues regardless of political consideration, which is probably a barrier for one to have his say, let alone criticising complicated situations. For instance, writers may sit on one side of the fence with considerable reserves. Without stringent self-censorship, poems are the ideal medium of communication as well as the door to history. As a result, poetry could

offer students fresh insights into issues in a way that no embellished prose could do.

Steering students into the poets’ imaginary worlds, poetry could also cultivate students’ creativity. Connection-wise, poems allow students to associate interesting reading experiences to their own lives. Application-wise, they encourage students to play with copious words and their rhymes, thereby making writing much more fun. Thus, another compelling reason for learning poetry is its great boost to students’ innovation in and enthusiasm for writing in daily lives.

To sum up, poetry constitutes a favourable learning material where learners extend and express their understanding of the world either by reading or writing poems. It is believed that the more poetry in which students immerse themselves, the likelier they enjoy versifying. Students’ wondrous and novel poetry would bear eloquent testimony to how they benefit from the poetic world.

Revive the Cantopop market

Wong Ka Lam (6D)

No Hongkonger from the last generation would forget the prosperity of the Cantopop business in the 1980s to 2000s. Cantopop was so popular that there was a huge market in East Asian countries like Vietnam and Malaysia. To our dismay, everything has changed. You may easily point out the pull factors leading to the success of foreign music like Korean pop, but have you ever thought about what actually contributed to the fall of Cantopop? How can the issue be addressed?

When it comes to the stakeholders who should shoulder most responsibility, the music producers are surely the major culprits. The lack of diversity and creativity are the key factors contributing to the shrink of the market. Often it is said that Cantopop seems to have made no difference at all since the turn of the 21st century. Not only have the same pop style with similar instrumental arrangement dominated the market, but the themes of these pop songs have also been mainly about romance and love, repeating similar stories and mood. Local female singers like Janice Vidal and Joey Yung, who have been well-known since the early 2000s, are the exemplifications of successful singers whose songs have mostly been about the same old topic for nearly 20 years. It comes as no surprise that listeners would deem local music monotonous, doesn’t it?

In order to rectify the problem, keeping abreast of the trend or creating a new, unique trend is a must. Looking at the development of music worldwide, we can see a variety of new popular styles. For instance, Bruno Mars has no longer focused only on R&B music that used to be very famous, but instead shifted to funk music like 24K Magic, that has over a billion views on YouTube. On the other side of the world, Korean pop idols that Asians are all fond of now are producing its own catchy infectious dance-pop. While foreign markets are all carving out their unique, innovative style, Hong Kong music producers are still producing the same old predictable “Kong style” songs from the 2000s. Why don’t they try modelling foreign producers to produce new trendy music or even giving some new genres a try? Blues, heavy metals and electronic music would be some good suggestions.

Apart from music itself, the monopoly of the same batch of singers is, undeniably, another reason for the stagnation. Though some singers might sing songs that strike a chord with the majority, some listeners do have a different taste. Without considering the interest of different listeners, it is hard for the market not to lose support and become a sunset industry with bleak prospect. It is disappointing to see how some singers like Eason Chan and Joey Yung are always dominating, while some other singers are deprived of the opportunities to unearth their potential and flourish in their career. What is worse is that the singers dominating the market have similar styles. Monopoly is indeed the enemy standing in the way of the development of Cantopop.

It is undeniable that the music companies should be responsible for remedying the problem. Singers devoting to their own type of music should be given a chance to make their debut. JB is a case in point. Targeting young listeners, JB is a recent rapper who is gifted in creating extraordinary hip hop music. He is not the only one that should be supported by the companies. Busker Judas Law is another talented singer who will be loved even by the older generation should she be given the opportunity to perform on stage. Only by giving a diversity of singers the chance to showcase their talents can different listeners be satisfied and find local music fascinating again.

The above recommendations are surely all vital to revitalising the Cantopop scene. However, we should all bear in mind that the listeners’ attitude is also of paramount importance. Local listeners should not pass the buck solely to the music producers and companies as pirated music is gravely detrimental to the market as well. Piracy eats into the well-deserved profits of the music producers who make tremendous efforts. We should, therefore, go hand in hand to do away with piracy and support local singers whole-heartedly by purchasing legal copies.

Hongkongers cannot be more eager to witness the revival of Cantopop one day.

English Speaking Activity Days



Students participated actively in booth games on the first English Speaking Activity Day

Mr Bean's Showtime (15th January, 2020)

In the Second Term, English activities returned stronger and merrier. Queuing up outside the hall for a bag of popcorn, crowds of die-hard fans of Mr Bean eagerly waited for the comedian's show to be presented. However, they had yet to fully decipher the enigma on the activity poster: *What would happen when we take away the 'A' from Mr Bean?* It was only towards the end of an afternoon of whimsical Mr Bean videos were the audience able to admire the true gem. Led by Mr Chan Bun Wah, or more affectionately known as Ben Sir, three otherwise serious English teachers turned into Oscars-like actors as they restaged the ending of one of Rowan Atkinson's sitcoms, surprising all who watched with unbridled happiness and unrestrained laughter as they shared the joy of language arts.



A student got popcorn before the show

4CD Online Speakers' Corner (29th April, 2020)

A Speakers' Corner for S.4C and S.4D students was held online successfully before it was safe for class to resume. The activity comprised speech delivering, note taking and a Q&A session and the two classes presented and exchanged their views on various social issues ranging from organ donation to panic buying. All students found it beneficial in this learning community, where everyone had witnessed each other's fear of public speaking receding and confidence ripening into charm. This platform of showcase was as revolutionary as it was necessary in this time of the year: all of them were learning alone at home but together in spirit; physically apart yet intellectually connected.

「性格強項」人物特寫寫作比賽

在停課期間，中一至中五級班主任和同學上了一堂視像課——「疫」境中的情，並邀請同學參加「性格強項」人物特寫寫作比賽，是次參加者達400人之多。同學透過比賽，增進對性格強項的瞭解，有效地認識最真實的自己。

中二級得獎作品

性格強項——勇敢 (謝婉雯醫生)

梁灝晴 (2B)、蔡燁璇 (2B)

謝婉雯醫生雖然至今已離開了我們17年，但我們永遠不會忘記她。她勇敢的行為深深刻在我們的心裏。

2003年沙士肆虐，她不斷去拯救病人的生命，直到最後自己染「疫」離開我們。她無私奉獻的精神令我們敬佩不已。她不求回報，為的只是可以拯救每一個病人。她的離世令不少市民感到惋惜，特別是當年感染「沙士」的病人。當她可以為自己的職業奮不顧身，挽救一個又一個病者時，便足以體現出她對這份工作的熱愛、責任感和使命感。

17年後的今天，新型冠狀病毒在全球蔓延，香港的感染人數不斷上升，感染人數甚至比當年多。在這個艱難的時刻，除了齊心抗「疾」外，香港人同時不會忘記謝醫生在當年為香港的付出和貢獻。無論在任何時刻，謝婉雯醫生都會是英勇的代表，而我們亦希望她那無懼的心能「繫」在每位同心抗疾的市民，以及努力堅守前線的醫護人員的心上，讓我們一起捱過這個艱難的時刻。



The three teachers who acted: Ms Fok, Ben Sir and Mr Cheung (left to right)

The Joy of English Learning Knows No Bounds

Ms Lam Sze Long Sharon

English Speaking Activity Day (7th November, 2019)

The autumn sunshine brought a spurt of joy to the CDG campus as the ESAD unfolded in a fabulous fashion. It was the annual epitome of our school's inexhaustible energy, ever accentuated in the flamboyance of the festivities. Together with the Geography and History Department, students and teachers soaked up the English-rich atmosphere to unearth mysteries through engaging in booth games and treasure hunts themed on Myths and Legends. Never for a moment was the day a shared memory among the English Ambassadors only, but of the school as a whole, for all to rejoice, recollect and remember.



Students solving a riddle in the Treasure Hunt

The 1st Virtual English Speaking Wednesday in History (22nd April, 2020)

In times of the pandemic, the English Ambassadors continued to uphold their mission to spread their love for English, which is equally contagious. Their capability of organising language games was challenged yet strengthened as they hosted real-time inter-house activities like Pictionary and a Kahoot quiz with more than sixty participants online. Although the contestants were separated by the screen, the session was nevertheless not devoid of enthusiasm at all. The fever did not even subside afterwards as a mini-game continued when everyone was encouraged to kick off a chain to upload a photo of themselves with the slogan 'I Love English Speaking Wednesdays', refusing to let the vibe of English Speaking Wednesdays stop during the school suspension.

充滿挑戰的STEM活動

本校於去年學期末舉行了STEM Day，由STEM Club負責籌辦當日活動。

當天，無論是哪一個年級的初中生，都會被賦予不同的任務。中一級各班同學都準備了一個攤位，應用各科的知識去設計遊戲。參加者必須按大會要求去完成任務，如：設計及製造模型車、炮台、橋樑等等。喜見中一同學們用心設計，並從中學會有關STEM的知識。中二同學亦進行了可載人電動車製作比賽，同學們需重新組裝電動車，並以Micro:bit操作電動車進行任務。當日學校更安排了一架可載人的太陽能車給同學參觀及乘坐，並讓同學了解太陽能車的製作原理。

至於中三的同学，他們於當日完成了STEM Project的比賽。同學們於過去一個月裏，從物理、化學、生物及電腦中挑選一科作為研習科目，並於STEM Day展示了他們的作品，以及分享過程中遇到的困難及解決方法，表現了同學們協作及解難的能力。

除了於校內課程加入STEM元素，於課餘舉辦STEM Day及設立STEM Club外，本校亦會推薦同學參與不同的校外STEM課程。去年，本校兩位同學參加了「牛津、劍橋大學STEM資優生夏令營」，於頂尖學府學習STEM的最新知識。另外，部分同學亦參加了「北京、西安航天考察團」，認識中國航天科技的發展。同學們在不同的考察團獲益良多，並與校內同學分享學習成果。



同學參與「牛津、劍橋大學STEM資優生夏令營」



參觀中國科學園國家天文台興隆觀測基地



同學於STEM Day為老師及同學準備有趣的攤位遊戲

中國文化劇場——當《論語》進入舞台

為提升同學對中國文化的認識，從而培養個人的品德情意，本年度中文科邀請了香港教師戲劇會蒞校演出「中國文化論語劇場」。活動已於12月9日在學校禮堂順利舉行。劇場改編自《論語》中「子為父隱，父為子隱」的故事，講述一對農夫父子順手牽羊的經歷，引發同學面對孝、義兩難全的思考。

初中同學投入觀賞，活動增添了他們接觸儒家經典《論語》的機會，並從中思考親情的寶貴以及正義的價值。劇場加入了互動環節，同學有份參與台上表演及作兩難的抉擇，更添活動趣味。

論語

· 內容談及
個人修養、學習、孝道、處事等等。



中國文化劇場（演員介紹活動）



中國文化劇場（演員演出精彩）



中國文化劇場（同學參與互動環節）



校園生活樂趣多

中一繽紛日營



齊來滾一滾



度度尺 比比高



蒙眼組圖案



攜手合作完成任務

大哥哥活動



大哥哥大合照



大哥哥野外訓練營



大哥哥廚藝了得



大哥哥大姐姐計劃啟動禮

福音周



福音周主題——Walk with YOU



主恩好聲音——老師分享



主恩好聲音——台上台下氣氛熱鬧



主恩廣場——午間詩歌點唱



佈道會



佈道會後的陪談時間



主恩早晨——信仰疑問解答

作家閱讀分享



校長致送紀念旗



分享作家為梁彥宗先生



梁彥宗先生為同學娓娓道來其遊歷期間的趣事



梁彥宗先生贈送書本給同學

跨課程閱讀



學生用各種有趣方式推介新書



學生放懷投入作家講座活動



學生在聚精會神閱讀精選書籍

陸運會



啦啦隊，必勝！



健兒們如脫韁的馬，向前飛奔！



交好每一棒



你撐我，我撐你



我要振翅高飛

校園生活樂趣多

班級經營活動

「主恩家」由班開始，為了讓學生感受到親切和快樂的校園氣氛，由2017年起，全校皆實施雙班主任制。本年度的班級經營更滲透了「正向教育」及「性格強項」的元素。我們在上學期籌劃了一系列活動——「班際壁報比賽」、「班相創作大賽」及旅行日，加強了各班的凝聚力及歸屬感。

透過班主任課，班主任帶領同學認識自己的性格強項及學習訂立目標，同學彼此砥勵成長。為了建立良好的班風及訂立同學的行為準則，各班需共同訂立班規。

此外，本校老師為了讓學生有更多突破自己的機會，我們為學生設計不同的活動，包括中一及中二級學生會參加「我要高飛獎勵計劃」、中一至中三級同學撰寫「成長札記」，以及全校各班同學都能參與「桌遊無限Fun」活動。我們希望與學生同創快樂、溫馨及積極的校園氣氛。

學校旅行



1D



4A



4D



4B



5B

班際壁報比賽



中二級冠軍 2C



中四級冠軍 4B

班相創作大賽



高中組冠軍 6C

班會聖誕聯歡



高中組亞軍 4C



初中組冠軍 1C



初中組亞軍 3C

校園生活樂趣多

生涯規劃 — 危機成了轉機

升學及就業輔導組高中選科分享

危機成了轉機！每年下學期，升學及輔導組的活動總是排得密密麻麻。除了跟進中六同學的升學事宜，也要為中三及高中兩級籌備生涯規劃活動，讓同學在高中選科及大學選科上作好準備。可是一場疫症，中三營會、選科分享會、職學週等，沒有任何一項計劃可如期舉行。然而，換一換舉行的形式，真是柳暗花明又一村！在4月上旬，我們舉行了十場視像分享會，由校友為中三同學介紹十個高中的選修科目。從籌備至完成，短短兩、三個星期，盡見天父的恩典。這段日子是大學最忙碌的時間，可是校友義不容辭為學弟妹付出，盡心盡力講解，又鼓勵同學要努力。至於中三同學，

他們主動參與分享會，總參與人次是371人，平均每場有37人出席，同學與講者更有很好的互動。

至於中四、五級，Careers Week的安排一點也不比一貫的內容遜色。我們安排了八個視像分享會，除了得到校友鼎力支持，更邀得大學負責人為同學分享，內容包括職業治療、工程、法律、商業、社會科學、幼兒教育、心理學、傳理和生物醫學。除此之外，JA(青年成就-香港部)於3月27日透過視像會議跟同學分享未來工作發展趨勢及大學選科。當日共有335位同學參與。疫症似乎叫人失去機會，誰知上帝早已預備。



高中選科視像分享 企業、會計與財務概論



高中選科視像分享 生物科



高中選科視像分享 歷史科

英語 遊學團

去年七月盛夏，三十多名師生頂着炙熱的太陽，遠赴英國西南部小鎮布魯頓 (Bruton)，參與為期二十日的英語遊學團。就在一片雀躍與期待中，一行人抵達了布魯頓女子學校 (Bruton School for Girls)，進入遊學團的「大門」。夏天的校園綠意盎然，蟬聲不斷，沿著小路走，很快便走到目的地——戲劇工作室，亦是此行的「重頭戲」。此行，同學會用上兩周的時間認識戲劇、學習並嘗試各種的肢體和說話的技巧，最後更排演了一齣英語短劇。此活動大大增強同學的聆聽和說英語的信心，實在是相當難忘的英語學習經歷。

除了日常的英語課，同學也忙於出外探索，不論是到建築華麗的自然歷史博物館 (Natural History Museum) 參觀，還是去享譽中外的牛津大學 (University of Oxford) 拜訪，或是到歷史悠長的西敏宮 (Palace of Westminster) 走走，同學們總是樂而忘返。但要數最令人回味的，應該還是於當地茶室享用的英式傳統下午茶，吃著三層蛋糕架上的點心，喝幾口清香的伯爵茶，大概沒有比這更「英式」的下午了。

三周的旅程對同學而言必是深刻的。第一次出國沒有父母同行，第一次嘗試寄宿生活，與不同文化背景的人交流，第一次上禮儀班——這些「第一次」都為同學帶來新的刺激，成為他們日後成長和學習上的動力。



出發前大合照



話劇課堂



布魯頓女子學校裏一片綠意盎然



品嚐美味的英式下午茶



牛津大學前留影

Good works of Cultural and Technical Subjects

Home Economics



Healthy Breakfast
Wong Wai Kwan,
Lau Tin Yan, Rao Toly (1A)



Pom Pom Crafts
Wong Wai Kwan (1A)



Waffle
Wong Kam Ting, Lai Chui Chi, Wong Hui Tung (2A)



Woolfelled Craft
Hung Cheuk Fung (3A)



Corasage
Tao Wenru
Lin Wai Yee (right) (3B)

Design and Technology

3D Printing Project: Resizing of Music Box



Ng Hon Lam
(3B)



Tang Hoi Yan
(3B)



Tsang Yung Hin
(3C)



Tong Yuk Yin
(3D)



Sze Chun Hei
(3D)

Visual Arts



Wong Wai Kwan Eric
(1A)



Wai Cheuk Hei Andy
(1B)



Lam Ka Chun Jason
(1C)



Chan For Hiu Amy
(1D)



Wong Ka Man
(1C)

Achievements

Language & Speech	70th Hong Kong Schools Speech Festival (English)	2 Speaking Solo Verse 1st Runners-up
		2 Speaking Solo Verse 2nd Runners-up
		11 Speaking Solo Verse Merits
		1 Choral Speaking 2nd Runner-up
		3 Choral Speaking Merits
	70th Hong Kong Schools Speech Festival (Cantonese)	1 Speaking Solo Prose 1st Runner-up
		1 Speaking Solo Prose 2nd Runner-up
3 Speaking Solo Prose Merits		
70th Hong Kong Schools Speech Festival (Putonghua)	1 Duologue Merit	
70th Hong Kong Schools Speech Festival (Putonghua)	3 Putonghua Solo Prose Merits	
The International Competitions and Assessments for Schools (ICAS) English 2019	1 High Distinction, 17 Distinctions, 38 Merits, 104 Credits	
Mathematics, Science & Technology	International Robotic Olympiad 2019	4 Champions, 8 1st Runners-up & 5 2nd Runners-up
	Hong Kong Physics Olympiad 2019	1 2nd Honour & 1 Merit
	Hong Kong Robotic Olympiad 2019	2 Overall Champions, 1 Overall 1st Runner-up, 15 Champions, 14 1st Runners-up & 14 2nd Runners-up
	The PolyU Secondary School Mathematics and Science Competition	8 High Distinctions, 12 Distinctions, 24 Credits & 25 Proficiencies
	International Junior Science Olympiad (IJSO) 2020 - Hong Kong Screening	1 1st Honour & 4 3rd Honours
	Australian National Chemistry Quiz 2019	1 Class Excellence, 2 High Distinctions, 5 Distinctions & 4 Credits
	Chemists Online Self-study Award Scheme 2019	8 Diamonds, 1 Platinum & 1 Silver
Inter-secondary School Virtual Reality Contest 2018/19	1 Champion	
Sports	A.S. Watson Group Hong Kong Student Sports Awards 2019-2020	1 Hong Kong Student Sports Award
	Mega Ice 2019 Hockey 5's	1 1st Runner-up
	Inter-school Swimming Competition	4 1st Runners-up
	Sai Kung District Age Group Athletics Competition 2019	4 Champions, 3 1st Runners-up & 6 2nd Runners-up
	School Swimming Gala Invitation Relay	1 1st Runner-up
	27th Prime Gymnastics International Invitational 2019	2 Champions & 1 1st Runner-up
	2019 穗明杯廣東青少年網球巡迴賽	1 亞軍
	2019 禁毒杯第十五屆深圳中小學生網球錦標賽	1 冠軍及 1 季軍
	2019 廣東國際青少年網球邀請賽	1 季軍
Others	西貢區傑出學生選舉	1 高中組優勝盃、2 高中組嘉許狀、3 初中組優勝盃及 1 初中組嘉許狀
	西貢區才藝文化傑出學生獎	2 傑出學生獎
	2019 Harvard Book Prize	1 Book Prize Winner & 2 Book Prize Runners-up
	Youth Arch Student Improvement Award 2018-2019	20 Youth Arch Student Improvement Awards

Prayer Items

1. Release of HKDSE results in July
2. S1 Induction Program and S1 Orientation Day
3. Release of S.6 JUPAS results in August
4. Students spend their summer vacation wisely
5. S5 students work hard to prepare for the coming DSE exam
6. New S1 students can get used to the secondary school life soon

Working Committee

Honorary Advisors:

Ms Lam Sui Mei, Principal, Mr. Wong Wing Lok, Vice-principal

Teacher Advisors:

Ms Chai Ling Li, Ms Ng Fung, Ms Lau Wing Sze, Ms Yip Kin Ying

Reporters:

Kwan Man Hei (5D), Suen Man Chit (5D), Lin Wing Ting (5D), Choi Hiu Wah (5C), Hui King Yuk (5C), Ma Cho Yu (5C), Tam Hoi Yan (5C), Chan Ming Tung Antony (5B)

Theme of this School Year: Excel in Gifts, Flourish in Life

本學年主題：超越自我 活出豐盛