

True Light
150th Anniversary

SCHOOL JOURNAL

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Principal's Words

Miss Hui Tuen Yung

"I will remember the deeds of the Lord; yes, I will remember your miracles of long ago.

I will consider all your works and meditate on all your mighty deeds."

Psalm 77:11-12

Towards the end of the Qing Dynasty, a young North American female missionary travelled a far distance to Canton (now Guangzhou) with the religious mission to spread the gospel to China. In order to provide Chinese women with education possibilities, she founded the first True Light School, known as True Light Seminary in 1872. It was one of South China's earliest women's schools, the second girls' school in Canton, but the first of its kind in terms of girls' boarding in this provincial capital. This female missionary is our school founder, Ms. Harriet Newell Noyes (1844-1924).

Ms. Noyes was a pioneering educator who made substantial contributions to Chinese women's education through her work at True Light School. She developed a curriculum centered on quality Christian education. It also emphasized both intellectual and practical abilities. Ms. Noyes introduced classes in domestic skills such as cooking, sewing, and household management in addition to English, mathematics, chemistry, astronomy, history, and geography. By paving the way for future generations of girls to pursue vocations and study, Ms. Noyes made an important difference in female education.



The 150th School Anniversary Thanksgiving Service

Despite various hardships throughout the years, we are grateful to our Heavenly Father for his blessings, which have enabled True Light to overcome obstacles since its founding in Guangzhou in 1872 until today. My heartfelt thanks go to the members of our Board of Trustees, alumnae, and parents for their unfailing trust and support throughout and in times of need. This support has helped True Light to maintain its high standards and continue to provide quality Christian education to our students.

The four True Light schools in Hong Kong organized a series of events to commemorate True Light's 150th anniversary. It is thanks to the concerted efforts of students, teachers, alumnae and parents, as well as God's abundant grace and provision that all activities were conducted successfully despite the global pandemic, lockdowns and school suspensions. My deepest gratitude goes to my dedicated staff, who has demonstrated how to be creatively responsive in the face of change and uncertainty.



The Musical "Where Art Thy Light"

I would like to highlight one of our most memorable events, the 150th Anniversary Thanksgiving Service which was held on 7 July, 2022 at Xiqu Centre. It was like a beautiful work of art that demonstrated the brilliance of our students and teachers, as well as the greatness of God upon True Light. The Thanksgiving Service was jointly organized by the 4 secondary schools, 2 primary schools and 3 kindergartens of True Light, which was separated into two parts: the Thanksgiving Service and the performance. The Musical **"Where Art Thy Light"**, performed by our 2022 S6 students, was the highlight of the performance part. The S6 students promptly put into practice their acting, singing, and dancing following the DSE exam. The practice had to be conducted intermittently due to the epidemic, but the students had no complaints, were extremely earnest, and practiced diligently. The students' efforts have achieved highly fantastic results. The entire audience at the Thanksgiving Service was deeply touched by the students' excellent performance, which exemplified the True Light spirit, and shed tears alongside the students on stage. The successes would not have been possible without the support of a strong and united production team, which comprises the music director, voice and dialect coaches, stage crew, costume designer, make-up artist, house programme crew, and so on, and is made up of our teachers and graduates from various cohorts. The scriptwriter and the director was our English panel head. The musical's theme is profoundly simple: we are all stars, Ms. Noyes' legacy, bejewelled True Lighters. Ultimately, we are all the LIGHT.

Looking into the future, there is still darkness in the world and many people still need light, so we believe that True Light has a mission of inheriting the past and ushering in a new era; through education, to cultivate True Lighters who are willing to shine, in different corners, bring out the light of truth, justice, love, hope and peace.

*"Sing to him, sing praise to him;
tell of all his wonderful acts."*

1 Chronicles 16:9



Link of the 150th Anniversary Thanksgiving Service: Musical "Where Art Thy Light" at 1 hour 17 minutes.

Staff's Photo

SECONDARY SECTION



1st Row from left to right

Yeung Wang On, Fung Siu Chee, Chiu Sandra Kate, Kwong Man Wai, Hui Tuen Yung (Principal), Au Po Man, Chau Yim Kai, Hung Yin Hing, Lee Oi Fan, Wu Man Ting

2nd Row from left to right

Wong Man Sze, Choy Yat Ting, Hui Mei Ling, Tam Ka Pik, Li Yuk Wah, Wong Tsz Yung, Chan Chau Lei, Ng Chui King, Woo Mei Chi, Cheung Wai Shan

3rd Row from left to right

Tsang Kit Wa, Cheng Pik Kuen, Chan Yuk Fung, Lee Siu Man, Lai Mei Kuen, Yiu Yuk Chun, Yip Yee Kwan, Liu Fung Kiu, Li Miu Yung

4th Row from left to right

Ng Sze Man, Lee Kai Tsz, Yeung Wai Sze, Cheung Sum Mui, To Yuk Lan, Wan Sze Sze, Yu Ka Yin, Cheng Kwan Yee, Siu Foon Kum, Thong Yan Yee

5th Row from left to right

Lui Tsz Ning, Wong May Yee, Wong Hei Man, Li Ka Man, Ng Shun Kwan, Lau Ka Yan, Tse Hoi Ling, Tsui Sau Ngan, Lai Lik Yee, Ho Pik Yee

6th Row from left to right

Chung Nga Sze, Yeung Fung Hing, Lai Hoi Yan, Tsui Lam, Wong Wai Sum, Chan Ching Yi, Mandal Manishya, Cheng Tsz Yuet, Tian Helen

7th Row from left to right

Siu Yuk Ho, Li Ming Hei, Tam Yik, Huang Ka Chuen, Chan Yui, Ha Chi Hung, Leung Hon Wing, Wong Ming Wai, Ng Si Wing, Ng Wing Han

8th Row from left to right

Wong Cheung, Wong Wing Hong, Wong Walter, Mok Kwai Lung, Poon Yiu Chung, Leong Windebye, Ho Ka Him, Wong Aaron, Lam Man Tsun, Chow Wai Kit, Cheung King Wu



PRIMARY SECTION



1st Row from left to right

Ko Kar Chun, Cheng Yat Lai, Luk Yan Wa, Ng Yuen Chu, Poon Sau Fong, Ng Pui Ching(Principal), Chan Suk Lam, Ng Wai Chun, Xu Jia, Lee King Fong, Chau Ho Yan

2nd Row from left to right

Cheung Ka Ling, Man Yim Ping, Chan Mei Fong, Ma Ming Hei, Feng Nian Nian, Yan Mei Yi, Hui Ka Yee, Mak Mei Meng, Wong Yuen Kwan, Luk Wing Yan

3rd Row from left to right

Feng Xueqiuzi, Chong Viola, Figueroa Angie, Chang Wai Yan, Wong Shun Chau, Au Tsun Lok, Lam Mei Ling, Lam Sau Wa, Fung Mun Yee

4th Row from left to right

Chan Miu Kwan, Tse Man Wan, Lau Ka Ling, Lai Wing Mui, Lam Shui Shan, Tse Ka Pik, Chu Chui Wa, Cheung Wai Yan, Wan Yu Ying, Wong Ka Yee

5th Row from left to right

Pang Chu Pui, Yuen Chi Hang, Cheung Wai Hung, Cheng Hei Yi, Lam Kar Yu, Cheung Wei Yan, Lai Wing Ip, Li Liang Yin, Cheng Ka Fai

KINDERGARTEN SECTION



1st Row from left to right

Tse Yung Yung, Lam Po Yee, Ng Wai Yee, Fan Tze Kwan, Yeung Hoi Ki (Principal),
Leung Lai Ming, Wong Sau Wai, Lam Mei Sze, Lui Shuet Yuk

2nd Row from left to right

Cheung Wan Sze, Cheng Wai Man, Cheng Wing Yin, So Ying Ning, Chan Mei Wan,
Lee Kit Ming, Chow Yin Ming, Leung Shuk Yee, Yip Shun Him

3rd Row from left to right

Wong Hiu Tung, Ng Wing Tung, Tang Hiu Tung, Wong Jenny, Wong Wing Cheung,
Chan Mei Sze, Chen Xiuqi, Tse Wing Sze, Cheung Po Lin

BOARD OF TRUSTEES & STAFF

BOARD OF TRUSTEE

Chairman:	Dr Tso Wong Man Yin
Vice Chairman:	Mr Tsoi Hak Kong
Supervisor:	Dr Lee Ching Yee
Secretary:	Prof Lui Shen Shir Ming
Treasurer:	Mr Ko Ying
Trustees:	Mrs Lai Pang Sze Mui Mrs Chong Wong Chor Sar Mr Cheng Yan Kee 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 Rev Li Ping Kwong
Honoured School Chaplain:	

Huang Ka Chuen	Hui Mei Ling	Cheng Tsz Yuet
Choy Yat Ting	Lam Man Tsun	Chow Wai Kit
Yeung Fung Hing	Wong Tsz Yung	Wong Cheung
Tsui Sau Ngan	Ng Sze Man	Ha Chi Hung
Chan Ching Yi	Ng Wing Han	Wan Sze Sze
Wong Aaron	Ng Si Wing	Mandal Manishya
Li Miu Yung	Ng Chui King	Woo Mei Chi
Cheng Kwan Yee	Ho Pik 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
Lee Yuk Ngor	Lo Shin To	Wong Hei Man
Poon Yiu Chung	Wong Wing Hong	Chan Yui
Chan Sin Fung	Cheng Pik Kuen	Lai Mei Kuen

STAFF

Coordinating General School Affairs:

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

Secondary Section:

Vice Principals:	Kwong Man Wai Au Po Man	
Heads of Academic Affairs:	Au Po Man Chau Yim Kai	
Head of Discipline Mistress:	Kwong Man Wai	
Guidance Mistress:	Fung Siu Chee	
Careers Mistress:	Wu Man Ting	
Extra-curricular Activities Coordinator:	Hung Yin Hing	
Civic Education Coordinator:	Yeung Wang On	
Student Affairs Coordinator:	Lee Oi Fan	
Religion Committee Chairperson:	Chiu Sandra Kate	
Wong Man Sze	Shih Hei Man	Yip Yee Kwan
Tam Ka Pik	Li Yuk Wah	Li Ming Hei
Yu Ka Yin	Siu Foon Kum	Tsui Lam
Liu Fung Kiu	Lau Ka Yan	Cheung Wai Shan
Chung Nga Sze	Chan Chau Lei	Tam Yik
Wong Wai Sum	Lee Kai Tsz	Wong Ming Wai
Lui Tsz Ning	Siu Yuk Ho	Yeung Wai Sze
Lai Lik Yee	Leung Hon Wing	Tian Helen
Tse Hoi Ling	Lai Hon Yan	Mok Kwai Lung

Primary Section:

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

Kindergarten Section:

Principal: Yeung Hoi Ki		
Fan Tze Kwan	Leung Lai Ming	Wong Sau Wai
Chan Mei Sze	Cheung Wan Sze	Lam Mei Sze
Ng Wai Yee	Yip Shun Him	Chow Yin Ming
Lui Shuet Yuk	Lam Po Yee	Tse Yung Yung
Chan Mei Wan	So Ying Ning	Cheng Wai Man
Wong Hiu Tung	Chow Ching Man	Tse Wing Sze
Lee Kit Ming	Ng Wing Tung	Chen Xiuqi
Wong Jenny	Tang Hiu Tung	Moss Lorraine
Leung Shuk Yee	Cheung Po Lin	Wong Wing Cheung

True Light 150th Anniversary Celebration

為慶祝真光創校一百五十周年這個大日子，真光四校於本學年攜手舉辦了多項聯校紀念活動。為鼓勵同學發揮創意，我們率先舉辦「校慶聯校創作比賽」，參賽來稿眾多，字裡行間盡流露對母校深厚的感情；緊接為「聯校生涯規劃分享會」、「聯校運動會」及「聯校教師發展日」，動靜兼備，既有四校的友好切磋，亦期望透過學習活動，帶給同學和真光教師團隊更多新時代的訊息。重頭戲乃假座戲曲中心

的「真光創校一百五十周年校慶感恩會」，是夜有幸邀請到教育局局長蔡若蓮博士為活動主禮嘉賓，與此同時四校真光代表濟濟一堂，同為真光的誕生在舞台上進行各項表演活動，至各人手持小燈同唱「Brighten the Corner 放光芒」，這一幕叫人永誌不忘。至暑期間，聯校舉辦了「HASSE Space School Virtual Programme」，活動旨在激發學生的靈感和創造力，同學們亦會見來自美國太空總署 (NASA) 和美國航天局 (The US space industry) 的專家，機會難逢。這確是值得真光人回味的一年，現在就讓我們一起回顧活動的花絮吧！

真光 150 周年校慶生涯規劃分享會

日期：2021年10月23日



四校於2021年10月23日在香港真光中學舉辦「真光150周年校慶生涯規劃分享會」。分享會旨在讓真光女兒認識個人志趣，藉以探索多元升學及就業方向；並從校友的分享中培養學生對真光的歸屬感。

分享會邀請兩位校友分享，分別為香港金融管理局助理總裁（貨幣管理）陳家齊女士及九龍東聯網乳科中心顧問醫生及臨床總監陳穎懷醫生擔任分享會主禮嘉賓。嘉賓的分享讓學生啟發良多，當日在座的四校校長、老師及三百多位中五級學生均十分投入。

此外，大會亦安排了二十四位在不同領域皆有傑出成就的校友作為小組分享環節的主講嘉賓。學姐的分享擴闊了學妹的眼界，展現真光女兒的特質——堅毅不拔、迎難而上、敢於挑戰自己的精神；眾學妹以學姐為榜樣，以服務他人、貢獻社會為己任，秉承校訓「爾乃世之光」的精神。





聯校運動會

日期：2021年12月17日

停辦逾二十多年的聯校運動會，在2021年12月17日假將軍澳運動場順利舉行。第五屆聯校運動會以「真理傳承百五載、光前引路育英才」為主題，鼓勵真光女兒突破自我，聯繫四校的友誼。運動場上徑賽和田賽比賽激烈，運動員盡展潛能，力爭佳績；看台上的同學全情投入地為健兒們歡呼吶喊，讓整個運動會洋溢熱鬧氣氛。期間更加插有趣遊戲環節，由師生們合力傳遞四校校長拋擲往看台的巨型氣球，歡樂之聲此起彼落，體現真光女兒無分你我，發揮團結合作好精神。

運動會閉幕禮，有幸邀請香港女子劍擊運動員江旻愷小姐擔任主禮嘉賓，她分享了在運動員生涯裡縱有挫折，仍會堅持信念，迎難而上；又勉勵同學要勇於面對挑戰，不斷超越自我，拓展豐盛而有意義的人生。同在求學階段的江小姐表示自己既喜歡運動亦熱愛追求知識，鼓勵同學不論運動和學習也要樂在其中。她充滿正向活力的分享，振奮了在坐每一位員生。在翻覆無常的疫情下，四校能同心協力舉辦一場精彩的運動會，是上帝的恩典與看顧，願我眾真光女兒銘記這份合一情誼，砥礪前進。





聯校教師發展日 — 「正向教育·綻放光芒」

日期：2022年5月7日

為加深教師了解價值觀教育以及全校課程規劃的理念與策略，真光四校邀請教育局及香港大學協辦「價值觀教育」教育薈萃，以「正向價值，陶鑄人格」為主題，邀請教育局常任副秘書長康翠華女士擔任主禮嘉賓。香港大學社會工作及社會行政學系講座教授葉兆輝教授為主講嘉賓，真光四校老師分別舉辦十二個講座，另有優質教育基金「共建卓悅校園」學校發展主任劉起鵬先生及黃泳欣女士主持小學及幼稚園正向價值講座。除了真光中、小、幼老師出席外，更有三百五十名教育界同工在網上參與，共同交流切磋。



老師講員活動感言

講題：從裡到外的校園福音牧養
講者：趙崇嘉老師

這次工作坊主要為簡介我校如何針對學生的處境需要，並配合學校的培育方向，以規劃、更新及推動全人基督教教育。當日，我很高興可按校本經驗向同工分享宗教科課程設計、宗教週創新體驗、傳統宗教活動更新、門訓導向的學生團契、校園轉化領袖訓練及社區服務計劃等多個項目。

講題：共融校園的構建——從個別關顧邁向全校參與
講者：鄺文慧副校長、李佳慈老師

共融教育是大勢所趨的教育理念，而近年政府也在主流學校著力推動，讓更多有特殊學習需要的學生得到關注。感恩我校在關顧學生的個別特殊需要方面累積了一點經驗，這幾年，更是積極連結部門與社工，進一步提升老師的意識、啟動學生的力量，為建構共融校園作出新嘗試。我們希望藉著這次「從零到整」的經驗分享，能與同儕集思廣益，好作完善。



真光創校一百五十周年校慶感恩會

日期：2022年7月7日

為慶祝真光創校 150 周年，學校於 2022 年 7 月 7 日晚上在戲曲中心舉行了真光創校 150 周年校慶感恩會，同時設有網上直播，讓身處各方的真光兒女可以一起參與，一起感謝天父 150 年來對真光的祝福和恩典。十分感恩是次感恩會能在疫情下順利舉行，讓我們能夠藉着獻詩、禱文、話劇以及音樂劇向上帝獻上我們衷心的感謝。

這次校慶感恩會由真光四校中學、小學及幼稚園部聯合舉辦，分為感恩會和獻呈兩部份。感恩會中有真光中學四校聯合詩班為我們獻詩，藉此鼓勵大家，希望大家生命散播基督的真光，照亮世界。同時亦邀請了九龍真光中學、香港真光書院校董會主席蘇成溢牧師以「照亮世人的真光」的主題為我們帶來訊息分享。在獻呈部份《An Ode to True Light》，首先有幼稚園部的學生為我們帶來歌舞表演《“Hear” Comes The Light》；接着有小學部學生為我們帶來話劇表演《Shine Like Harriet》，介紹校祖那夏里女士離鄉別井來到中國創立真光書院的故事；其後有香港真光中學中學部學生為我們帶來音樂劇《Where Art Thy Light》，述說我們在真光校園的點點滴滴，最後以各部大合唱《Brighten The Corner 放光芒》結束，其中學校為來賓預備了小蠟燭燈，邀請大家一起揮動手上的燈，剎那間蠟燭燈就像星星在黑夜裏一樣熠熠生輝，場面非常震撼，大家都十分享受！



主禮嘉賓教育局局長蔡若蓮博士致辭

真光創校一百五十周年感恩崇拜

蘇成溢牧師



講題：照亮世人的真光

經文：約翰福音 1 章 9 節；以賽亞書 9 章 2 節

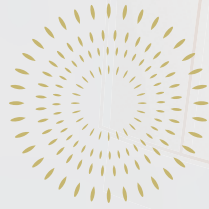
今天晚上，相信大家和我一樣，滿懷感恩的心一同參加真光創校一百五十周年校慶感恩會，從回顧中數算恩典，從數算恩典中重新認定真光的教育使命。

今晚我的信息分享，是透過歷史、聖經和社會的角度，提出四方面，包括真光創校、真光校名與校訓、真光校名和校訓對人和社會的影響及今日真光使命，與大家一起思想。

1. 真光創校

1872 年 6 月 16 日，那夏理女士在廣州沙基容安街創辦一所專門取錄華人女性的學校，名為真光書院，至今一百五十年。

真光是十九世紀在廣州繼惠師禮會 (Wesleyan Methodist) 所辦的淑正學校後，第二所專收女性的學校，感謝上主恩典，雖然經歷了一個半世紀的歲月洗禮和重重的挑戰與考驗，真光自 1872 年開校以來，一直沒有停止，並且因有上主的保守和帶領，不斷開枝散葉，栽培一代又一代的真光女兒，成為愛主愛人服務社會貢獻國家的真光人。



2. 真光校名與校訓

校祖那夏理女士是美國長老會差會 (The Presbyterian Board of Mission in the United States) 差派來華傳道的傳教士。她於 1868 年 1 月到廣州，經過兩三年觀察，校祖認為有需要設立一所女子寄宿學校，以致能向入讀的女童及家人分享福音，同時又進行訓練本地女傳道。故此，創校時校名是真光書院 (True Light Seminary)，為要實踐培訓女性向女性傳道的工作 (Woman's Work for Woman)。

校祖為學校定名為真光，明顯地是取自約翰福音 1:9，表明耶穌基督就是真光，真光學校屬於耶穌，為要見證耶穌給人的愛、恩典與永生。另一方面，真光校訓「爾乃世之光，爾光當照人前」來自馬太福音 5:14, 16 耶穌對門徒的吩咐，乃是要每個真光兒女緊記，我們的學校是要使人看到並體會到耶穌基督的愛和指向豐盛生命的真理。

3. 真光校名和校訓對人和社會的影響

光的功能是驅散黑暗指向新出路，賜予溫暖帶來新動力。聖經中約翰福音 1:9 說：「那真的光，那照亮萬人的光，來到世界上。」（呂振中譯本）；以賽亞書 9:2 說：「在黑暗中行走的百姓看見了大光；住在死蔭之地的人有光照耀他們。」

校祖的使命，創校的目的，就是要把真光帶給那世代的華人社會，尤其是大批遭受壓制的中國女性，她們受著買賣婦女、纏足、婢妾制度、殺女嬰等風俗影響而受苦。真光創校正正要把希望和溫暖，帶給那些活在不公和黑暗制度下的中國女性，實現「知識改變命運，信仰轉化生命」的基督教教育信念。為此，校祖不單不會排斥當時那些已經纏足的中國婦女，收錄她們為學生，更親自為她們解開纏足布，洗滌足部，送鞋送襪，使之得以自由行動。（羅劉心慈：[真光光榮簡史]頁 4-5）

4. 今日真光使命

在真光受教、參與及關心真光教育的每一位，在一百五十年後的今天，當我們看到世界仍有黑暗，仍有很多人需要光明引領前路，為此我們相信，真光乃有著承先啟後的使命，就是透過教育，培育願意發光的真光人，在不同的角落，為世人帶出真理之光。正義之光、仁愛之光、希望之光、和平之光、聖潔之光、美善之光和指向永恆生命之光。



樂團演奏



幼稚園部學生表演《"Hear" Comes The Light》



小學部學生話劇表演《Shine Like Harriet》



合唱團表演



大合唱《Brighten the Corner 放光芒》



中學部學生音樂劇表演《Where Art Thy Light》



校董會主席王敏賢博士致歡迎辭



四校真光代表，大家舉起手上蠟燭燈，就像星星在黑夜裏熠熠生輝。



香港真光中學校監李正儀博士致謝辭

學生及家長感言

感恩會司儀
莫卓祈 S3

作為真光創校 150 周年校慶感恩會的司儀之一，我十分感謝學校給我這個寶貴的機會，同時亦感激老師們悉心的教導和預備。在練習、綵排和演出中，我深深感受到天父的同在和天父給我的恩賜。我也認識了很多優秀的司儀朋友，感謝他們一直陪伴我練習、背稿，一路陪伴我在司儀的路上成長。我自己也是第一次在這麼隆重的場合擔任司儀，起初接受到邀請時，也很懷疑自己是否能夠承擔這個重責，一來擔心經驗不足，二來這次感恩會正正在學校考試前舉行，中三的我也怕不夠時間預備考試。感謝父母、老師和同學對我的支持和鼓勵，令我可以放心預備校慶感恩會的工作。在這次的活動中，我主要負責啟應禱文的部份，其中我最印象深刻的一句是「上帝啊，願你激勵我們，堅守『爾乃世之光』的使命，赤誠待人，服務社群，在世發光，見證主恩。」在讀出這句話的時候，我感受到天父為我大大加力，好像一切現場環境帶來的緊張感也消失了，那一刻我只知道「這就是我們真光兒女的使命。」我才能充滿信心的大聲宣讀禱文。

在典禮結束後，我收到很多同學的正面回應。很高興真光創校 150 周年校慶感恩會能夠讓同學真切感受到天父 150 年來對真光的保守和帶領。我十分榮幸能夠擔任這次校慶感恩會的司儀，這次難忘的經驗成為了我中學生涯中美好、寶貴的一頁，我永遠也不會忘記這次所學到的東西，希望未來我也有更多機會為學校、社會作出貢獻，成為世上的光！

校慶音樂劇演員
謝盈林 S6

“True Light? Chan Kwong? A name? An address? My school? My alma mater? What is this place to me?” 此刻，我站在台上，口中唱著這句歌詞，心中問著自己——「真光」對我而言是甚麼？

眼前一晃，彷彿時間倒流十三年，我搖身一變，由這天的中六生變回那天的幼稚園高班生。那天，我穿著閃耀的白斗篷，是台上發光發亮的螢火蟲；這天，我手中捧著蠟燭，是台上以燭光照亮黑暗的真光學生。那天，我在後台看著台上師姐以話劇細說真光的故事，期待未來能夠成為說故事的人；這天，我身在話劇當中，是故事的一分子。那天，我才剛來到真光，接過這份光；這天，我便要離開真光，傳承這份光。

沉思之際，台下的燭光徐徐亮起，一點點的微光逐漸結合，竟照亮了整個會場——我終於明白真光對我而言是甚麼。踏入真光時，前人以手上的光為我指引路途；離開真光時，我也要接過這份光，為他人照亮前路。無論是幼小的螢火蟲，或是微弱的燭光，都能抵抗黑暗，成為「真光」。

“Brighten the corner, where you are!” 此刻，我向台下揮著手，默默向這個十五年的家道別，連同臉頰上的淚水以及手心的燭光收進心裏——今天，我將帶著「真光」踏上旅途，繼續照亮沿路的角落。

高真班 蘇鑑婷家長
鄧詠詩女士

我和鑑婷都有幸能夠參與真光創校 150 周年校慶感恩會。當見到鑑婷在台上和同學盡力地跳好每一個舞步時，我深深感受到老師花了很多心思和他們排練，更欣賞他們表演時的不怯場及好表現，很感恩鑑婷亦因此建立了自信而愛上了表演！另外更令我最為感動的是一班小學及中學的師姐們，他們精彩的唱歌跳舞表演真的很出色，我體會到他們應該下了不少苦工，我們各位家長都嘆為觀止，很喜歡他們的表演而給予極度的讚賞及鼓掌。見到台上的他們流著開心又激動的眼淚時，我亦都被他們感動到一起流淚……真光對學生的培育、傳承及引領很堅定，希望鑑婷升上小學之後能夠繼續感染到那份真誠的愛及對真光這個大家庭的歸屬感！

HASSE SPACE SCHOOL VIRTUAL PROGRAMME

Date: 23th, 24th, 30th, 31st July and 6th August 2022
 Time: 08:00 to 12:00 Online Mission with USA HASSE Space School
 13:00 to 15:00 Workshop among students from four True Light schools
 Venue: True Light Girls' College

HASSE Space School Virtual Programme is a motivational course designed to inspire students and spur creativity. Students met experts from NASA and the US space industry, and learnt from them.

PARTICIPANTS' AFTERTHOUGHTS

Keira Siu S5

At first, I volunteered to be the system manager. I was super anxious and worried that I'd be shy. But someone entered the discord voice call on the very first day I said something and helped finish the mission badge, she even chatted with me. I love her so much for doing that. Later on, I wasn't afraid to say anything in the discord group chat and I felt like I have become much more confident after the programme.

It was better than what I expected. My teammates were interesting people, I like them a lot and they were honestly my motivation to show up every day. They volunteered to help me out. I remember that once I saw someone still working on the Google document at 2 am with me, and I don't know why but I find that very funny and quite touching.

Charis Wong S4

Learning to work with others, and not micro-manage everything because there were so many tasks to finish in this program that there wasn't enough time to control every little tiny detail, so sometimes you just had to trust yourself and your teammates that the preparation (time and effort) you put in was enough because we did our best already.

It was an amazing experience, I met some great friends, had a lot of fun and learnt a lot. There were really so many projects to be finished within so little time, so without teamwork and pushing ourselves to our limits, we would never have achieved so much. The environment was really encouraging, everyone was so supportive and friendly towards each other. This program is truly incredible.



Cherie Lam (2020 alumna) as group assistant

To facilitate the activities and discussions of 8 students—it's fun and inspiring to communicate with them and listen to their ideas.

My experience as a group assistant at HASSE Space School is truly inspiring. Through communicating with a team of eight students, I can observe how students discuss and brainstorm from different perspectives. I can also learn from the guest speakers and gain more knowledge about space.



Christmas Carol

Handchime Team Performance



The Christmas Carol was held both online and offline this year, gathering all members of True Light to celebrate the Christmas story of hope. With the theme, "H.O.P.E", which stands for "Hold on & Press on with Emmanuel", we gave thanks to the Lord for walking with us in all highs and lows, especially during the pandemic.

Choral singing by our lovely children in kindergarten, primary school and girls from secondary section as well as the angelic music performed by the Handchime Team were absolutely beautiful. The magic show also brought joy and a meaningful message to warm our hearts. We also shared hope and warmth with various NGOs through sending Christmas donations totalling \$302,422. May the Lord bless everyone with hope, strengthen those who are serving selflessly and shine on those who are in the dark!

Hymn Singing





Magic Show



Secondary School Choir



Sing to the Lord, Sing allelu! All of creation join and sing.



Primary School Choir



Kindergarten Choir



Graduation Ceremony



SPEECH DAY

Date: 25th June, 2022

ADDRESS BY GUEST OF HONOUR

Ms. Lee Shuk Wai, Jane, Anthea

(Chief Executive of the Society of Rehabilitation and Crime Prevention, Hong Kong)

A very good afternoon to all of you present here, respected Supervisor Dr. Lee, Mr. Tsoi, School Management Committee members, Principal Hui, honoured guests, parents, teachers, members of graduating class of this great school,

I am very honoured to be invited by my alma mater to speak to you today. Let me first offer my sincere congratulations to the graduating Class of 2022. This will be definitely one of the most memorable days for you and your family, and I wish you all the very best for your future. Being a True Light graduate spending 7 years here, I am particularly grateful that you have given me this great opportunity to recollect many memorable memories at the school, and how much our alma mater changed my life and equipped me to take up the job of Chief Executive of The Society of Rehabilitation and Crime Prevention, Hong Kong three years ago to serve thousands of disadvantaged people.

I think all of you know well about the history of True Light. The founder of our school, Ms. Harriet Newell Noyes, established one of the first colleges for women who had never been granted the opportunity to proper education in South China in 1872. Owing to the patriarchal structure in China at that time, education for women was totally neglected. There were undoubtedly many hardships and sacrifices for Ms. Noyes to develop a girls' school in Hong Kong. Up to now, our school has thrived and developed into an educational institution comprising a kindergarten, a primary school and a secondary school providing quality education and a very decent learning environment for the girls in Hong Kong. Through the Christian Education, my dream to serve the underprivileged has been developed. I have been learning to be willing to sacrifice and serve, to enrich myself by enriching the lives of others, just like what our Jesus has done for us, and most importantly, always bear in mind when you have faith, you can conquer all the hardships.



The Speech day is about to begin!



Passing-On-The-Light ceremony





Light Up a Chance

I was brought up in a grass-roots family and my parents were not formally educated. I was never a bright student and did not excel academically. Ms. Kwan here was the witness as she was my Biology teacher in my matriculation. But I am a lucky one because I got the chance to study in True Light, a decent learning environment with whole-person education which everyone longs for. Indeed, my mother applied True Light for the sake of convenience; because when it was time for secondary school, I lived in Lai Tak Tsuen, which is located just opposite to True Light. But I am more than grateful to be your “big sister”. True Light had equipped and transformed me, a child of the grassroots, into a person that could serve the disadvantaged and contribute to the community.

Most of you are supported by adequate resources to learn and to excel from your family and your school, yet there are still lots of disadvantaged groups living in poverty and hardships. This made me recall the memories about my childhood. Due to limited family resources, I had no chance to go to the swimming pool when I was small. I still remember vividly the excitement I had when I had my first swimming lesson at school. Because of our school, I also had a chance to get to join the fellowship and was appointed to be the leader of the fellowship in the senior forms. Through serving in the fellowship, I developed my leadership skills, as well as understood better our school motto — “Thou Art the Light of the World” — everyone could become the ‘True Light of the World’, the future light-bearers, in the community no matter what position you are in.

I always question on my own, “What would I be if I didn’t have the chance to study in True Light? What if there is no one to uncover my potential?” Working in the social welfare sector for years and being the Chief Executive of an NGO with more than 400 staff serving ex-offenders, persons in recovery, ethnic minorities, disadvantaged youths and their families, undoubtedly, I have seen tragedies but at the same time, lots of touching and inspiring stories of the transformation of lives. From my experience, lots of tragedies happened because people lacked a chance to learn and to be nurtured. With the vision of “supporting the disadvantaged by giving them chances”, my colleagues and I have been working hard to inspire the community to celebrate chance and possibilities, and embrace potential by



Speech by Ms Lee

promoting multiple pathways for disadvantaged groups to develop their potential. I hope all of you join my hand in giving out what you have to the less fortunate people by giving them a chance to thrive just like what True Light has done for us. It is important to always remember ‘to give is better than to take’.

A Choice of Light Path

My junior sisters, today you should not only express your gratitude to True Light but also to your parents. Your parents have devoted relentless effort, and unconditional love and faith in you. As a mother of a son, I know this well.

I would like to take this opportunity to share my personal experience as a mother with the parents present here. When my son was small, his health was not very good. He had to see many doctors all the time. But thankfully, he was not afraid of seeing doctors; on the contrary, he liked the doctors and nurses. Also, my son liked reading and writing very much. Therefore, my husband and I had considered he might be a doctor or a lawyer, which we thought it would be the best path for him. We had put effort to offer him the opportunities to get prepared for his pathway. I introduced him to my committee members at the workplace who are mainly judges, barristers and doctors to help him know more about the legal and medical professions. I also encouraged him to apply internship at the hospital so as to let him have a taste of working in the medical sector. I thought the exposure and communication with the



professionals would motivate him to work in these two sectors, however, it turned out that my son found out he was not interested in being a lawyer or a medical practitioner. He found that he is fond of biological sciences, especially about DNA genetic engineering. He is now studying the subject in the UK and he would like to continue his biomedical research study in the field in the future.

You may ask, was I disappointed at his choice? Frankly speaking, 'yes' at the beginning, but then I realised it is not the choice of mine but my son's. We should be happy that our children are grown up and mature enough and have their own will to make a decision that suits them the best. As parents, we wish we could give all we have to our sons and daughters; in return, we would like them to walk the pathway we thought would best suit them. However, independence, ability to think, feel, and experience life as an individual without restraints are what allows people to create and act with a purpose indeed. One will feel most fulfilled with their lives if they've lived their lives and not someone else's. I have learned that a parent should not attempt to define what is 'good' from their own perspective.

It is not saying we, as parents, should stand aside and leave our children alone. What matters most is independence. To achieve independence, the youths have to learn how to make "good" decisions. We, as their parents, should be assisting them in exploring their career aspirations, identities and pathways at different stages of life. My organisation has provided a career life project for youths. We found that those who own their careers and life planning are more likely to succeed in the later stage of their lives. Through the process of career and life development and appropriate intervention services, young people will be nurtured to develop their core competencies so that they are capable of making preliminary career and life decisions, constructing positive career and life identities, and growing their aspirations. I have known a disadvantaged youth who transformed his life and became a member of the Hong Kong Dodgeball Team, and represented Hong Kong in a competition conducted in the U.S. So being parents, we should guide and support but not restrict and control the choice of your daughter. With your guidance and support, I am sure the girls of True Light can always find their right pathway.

Change with True Light

The Annual Speech Day is always a time for us to celebrate, take stock of what happened and reflect on our future paths. I believe to most of us, to say

that 2021 and 2022 are years of disruption and change is to understate the obvious. Our daily lives, from learning from home, and managing our health to simple social rituals like dinner with friends, have undergone a rapid multi-dimensional change. Changes undeniably brought us inconvenience, however, it also leads to a new era of technology. I believe none of you could imagine you would be having lessons at home 3 years ago. I could never imagine I would be having meetings at home either. At first, I thought the epidemic would seriously affect my daily work, but it turned out that the increasing use of technology for online meetings or activities indeed had saved a lot of travelling time for people. The epidemic has indeed given us the opportunity to break the geographic barriers and stay connected much more easily and cost-effectively wherever we are.

Geopolitical and socio-economic situations are changing rapidly within a day. This is inevitable in life and is usually emotionally disturbing at the beginning. However, the advance of time and our survival indeed depend on rapid adaptations to changes by innovation and agility. Always remember, "Be- hold, I send you out as sheep in the midst of wolves. Therefore be wise as serpents and harmless as doves."

All in all, I hope that you will look back fondly on your school days and that you carry with you for your whole life the dedication, care and love that your teachers gave, and that you will continue to listen and observe as you make your way through life's journey. Let us always have an "innovative mind with a social heart" to lead us through the era of change and to adapt to any possible hardships. Thank you again for inviting me to join your Speech Day, and I wish all of you the very best in your future endeavours.

VOTE OF THANKS

By S6D Lam Ching Chi

Ms. Lee, Board of Trustees, distinguished guests, Principal Hui, teachers, parents and fellow schoolmates,

Good afternoon. I am honoured to be able to represent my fellow graduates and share my thoughts on graduation.

What is your most precious MADE IN TRUE LIGHT memory?

As I was going through my archive of memories throughout these six years, one especially vivid moment stood out to me. I remember sitting at the



sports ground in the evening during our very last Christmas celebration, alongside my close friends. I remember hearing joyous laughter mixed with the Christmas carols echoing in the sports ground. I remember feeling the refreshing icy wind, soothingly chilled my warm cheeks blushing with excitement. I remember seeing the colourful Christmas decorations light up the night sky with tints of purple, green and yellow, and a smile on my friend's face mirroring the smile on my own. It was such a perfect moment with a perfect vibe in a perfect world. A thought suddenly appeared in my mind. *I don't want things to change at all. I am happy now! Let it go? NO! Let it hold!*

Of course, that is impossible. We cannot hold onto the past and changes are inevitable. Today, we are about to say goodbye to this place we have grown attached to and move on towards a new phase of life. What if something bad happens in the future? What if things spiral out of our control? What if the good things in life start to disappear? The changes and uncertainties that graduation brings about scare me, and I'm sure a lot of you would share my sentiment.

Fortunately, this seemingly bleak reality also comes with bright realizations. As I look back to the time I spent in True Light, I realise that our teachers have already taught us spells of light that extinguish all curses of darkness. I realise that our school has equipped us with silver armors of virtues that protect us from all evils and temptations. I realise that if we believe in ourselves, the almighty Lord and the Light, we can actually cope with all changes.

Some changes are good. When we first entered True Light six years ago, we were perhaps quite naive and confused, like clueless voyagers in the middle of the vast ocean, not knowing the path forward. We may not know how we want our future to be. Our teachers have gently guided us through these six years, like constellations in the sky we can look up to, pointing the way forward in the dark. They helped us find our own dreams and develop unrelenting courage and strength in our voyage against the harsh waves towards our dreams. Today, we are more mature and more determined. We have discovered our dreams and found the way forward in our voyage. Dear Principal Hui and teachers, thank you for helping us evolve into better versions of ourselves. These changes have proven to be good for us and we love these changes.

Other changes are disruptive. When the pandemic started in 2020, physical lessons became virtual ones. Two precious years of learning together on campus were stripped away from us. The sports day, the school picnic and all of the fun activities we were supposed to have were cancelled. We couldn't



S6D Lam Ching Chi

even say goodbye to each other face-to-face. These drastic changes were surely terrifying to deal with. Nevertheless, throughout these challenging years, we managed to adapt to these changes in the end. We learnt to study as usual under a new environment. More importantly, we learnt to expect the unexpected. We learnt to accept the fact that there are things that are out of our control. We learnt to do our best, knowing that God will do the rest. With our experiences, we can certainly deal with both the good and bad changes we will face in our lives soon. After all, we are gems hardened by the harsh circumstances. We will not be demolished by difficulties. Instead, we will become more polished to shine with radiating lustre.

Despite all these changes, some things would always stay the same. Throughout these six years, our dear parents have always been very supportive, no matter they are vocal or reserved about it. From gently asking us to take a rest from studying a few hours after telling us to work hard, to preparing our favourite dishes for our last suppers before we march into the DSE battlefields, they have always cared deeply about our well-being. The unconditional love and support we received from our parents will remain a constant even as we move on to a different phase of our lives. For that, we are extremely grateful.

Similar to parental love, the companionships we have found will also stay in our lives even if we are separated. Even as we were isolated during the pandemic, we stayed connected with each other. We threw Christmas parties on zoom together. We started virtual study groups together. When face-to-face lessons resumed, it seemed like nothing changed at all. As usual, we laughed together.



We studied in the self-study room at school until sunset together. We slept peacefully in classes and assemblies together. Who would have thought that we hadn't seen each other for months? The truth is, the bond between friends does not fade that easily. Even as we are about to graduate, we will continue to support each other as we did throughout these six years. Even as our lives are about to change, the friendships we have built will remain.

This day is not an occasion to mourn for the end of our secondary school days. It is a celebration of our achievements and an exciting future that is just about to unravel. Indeed, changes are inevitable. If we cannot avoid changes, let's embrace changes instead. So, my fellow graduates, let us embrace with great delight the lessons that make us better True Light bearers. Let us embrace with a thankful heart the blessings we had and the people we met here at True Light. Let us embrace with a confident smile the hurdles that roughen our lives as challenges that toughen our character. Most importantly, let us hold on to the warmth of love and the light of hope that will remain with us wherever we go. An even brighter future awaits in front of us.

Thank you.



S6D 謝盈林

畢業生致謝辭

S6D 謝盈林

主禮嘉賓李校友、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。

還記得前陣子網絡上忽然興起一陣「鬥慘」浪潮嗎？有些網民認為一九九七年出生的學生很慘，因他們幼稚園、小學、中學、大學都沒有畢業禮；有些網民卻

認為零一年後出生的學生，尤其是我們這屆更慘，因我們正值花樣年華的高中三年都被疫情吞噬得無影無蹤。的確，當我們提起「中學」二字，大多只會相視一笑，異口同聲地反問道：「中學？ZOOM 囉。」傳說中師姐們畢生難忘、我們亦對之懷著許多憧憬的高中生活，如今以 ZOOM 一字已可概括。疫情就像突如其來的冰河期，將我們在真光的時間冰封在中四的夏天。當日中一入學前在這個禮堂接過聖經、踏入真光的我們，轉眼間就準備在這個禮堂接過畢業證書、離開真光。

當日，我們根本不會料到，數之不盡的期待，最後只會淪為令人唏噓的遺憾。取而代之，是更多的障礙。

無了期的網上課堂令教學進度變慢，我們難以吸收知識、時常無法集中。面對本來已是艱深難明的高中課程，我們只能打開筆記讀了又讀，卻還是一頭霧水。日復一日地挑燈夜讀，一疊疊看似做不完的試題，都令我們看不到漫漫長路的終點，模糊了眼前的目標，消磨了心中的鬥志。

疫情令我們失去課外活動的時間。沒有遊藝會，與同學趕工至校慶前夕晚上六點被黎生鄭生催促仍不願離去的畫面再不復見；沒有 Doremi，課堂上再也不會有同學一邊上課一邊手舞足蹈偷偷練好動作；沒有學校旅行，那畢業前與同學在迪士尼留下童話故事的幻想最終還是破滅。

以為中六有機會復課，能抓緊高中的尾巴好好體驗一番，卻發現面前只有排山倒海的課業——人人如臨大敵，心中只有文憑試。同學的對話由「今天午餐吃甚麼？」變成「明天測驗考甚麼？」「還有多少天就要考 DSE？」課室的每一寸角落都充滿備試的緊張，大家埋頭在書海中苦幹，再沒有閒暇去重拾校園生活的樂趣。

我們在一月迎來中學最後一個上課天，老師在課間跟我們說：「你們不用急著今天拍照呀，我們派卷時還會再見。」誰知好不容易撐到了二月，又有第五波疫情，學校再次停課。公共圖書館、學校自修室都通通關閉，腦海中大家互相督促鼓勵、並肩作戰的畫面竟然變成孤零零一人坐在家中對著四面牆獨自苦惱。當日老師的那句話終究是沒有成真，我們還趕不及與老師合照，也趕不及將校服交給同學寫上半句感言。最後一個上課天，就真的是畢業前在真光的最後一天了。

疫情就像是為這個地方蒙上了一層黑紗，將前路僅餘的光都掩蓋、撲滅。回望過去，惋惜之情難免湧上心頭。但在這特別的六年裏，難道沒有值得歡呼人和事嗎？

無可否認，人生是聚散無常的。但經歷過相見都是奢侈、離別總是突然的日子後，我們才體會到在一起的時光是多麼可貴；當我們成功撐過停課這段困難重重的日子，便學會欣賞自己的毅力；當我們面對艱深的課題，只需一個訊息，就有同學願意解答我們的疑問；當我們迷失方向、不知所措時，老師總是願意坐下來聆聽我們的心聲，以過來人的經驗為我們指引路途。

中六的生活絕不容易，但壓迫的空氣中依然存有一絲絲的互相扶持的甜蜜。不知何時開始，總有同學喜歡拿著相機遊走在校園之中，記錄我們平凡但有趣的點滴，照片中一張張笑著、哭著、睡著覺的面孔組成了多個屬於我們的相簿。上課時，我們疲憊不堪地睡著，同學會輕輕喚醒我們，告訴我們課堂的進度，以免我們回答不上老師的提問。小息時，洗手間門外的水機總是大排長龍，大家手上拿著一個個水瓶，順便揶揄幾句——「怎麼又是你？等到你的一公升水瓶裝滿，小息早就結束了！」沒錯，那個人是我。說著笑的默契下，我們都知道水是在漫長課堂上保持清醒的「生命之泉」，而水機則是「加油站」。我們在此寒暄幾句、加滿油後，又會說上一句「一會兒見」，便匆匆離去。放學時，同學離開前總會說：「加油呀，精神！」因為我們知道，無論是回家或是留下的人，都會在不同地方繼續奮鬥。測考前夕，我們總會收到來自老師的打氣訊息、小禮物，承諾會陪我們走過這段難行的路。在自修室溫習至天黑時，校長更會為我們送上餅乾，告訴我們真光永遠是大家堅實的後盾。

為公開試作最後衝刺的日子看似孤單，但當我們打開房門往外看，便會看見一直在旁默默守候、為我們遮風擋雨的家人。甚至我們在原校應考文憑試時，在戰場上看到身旁一起衝鋒陷陣的戰友是熟悉的同學，手中握著的武器是老師送上的文具，還有校長送的十字架，一切的焦躁不安都會慢慢平息，因為我們是一起打這場硬仗，因為我們是一起手牽手走到終點，因為我們從來都不是一個人。

畢業的英文 Graduation 來自拉丁文，意思是「一步步向前走」。畢業後的路必定不比過去容易，但支撐我們跨過障礙的，未必是人生大道理，而是在困難中能夠看到值得歡呼的人和事。正是這些看似微不足道的「小確幸」集合在一起，令我們學會珍惜與身邊的你們共度的每一分、每一秒，成為推動我們一步步在荊棘滿途的人生路上向前走的強大力量。

英文中 Graduation 的另一意思是「刻度」。若我們也能為人生畫上刻度，我想它是象徵著成功的標準。中學時，我們總能有分數、排名這些清晰、統一的刻度跟從，高中三年與身旁同伴懸樑刺股，大多是渴望達到那屹立在最高點、等同「成功」的刻度：入大學。但當我們真正踏入大學校園時，才是邁向夢想的第一格刻度。未來，沿途的刻度可能不再像往日般清晰——不同的目標、不同的步伐、對成功不同的定義，我們難免要面對與他人的比較，會迷失方向，找不到志同道合的同伴。有時，別人會將他們的刻度強加於我們身上，我們又會不自覺勉強自己套入別人的刻度上。這個時候，我們更加要清楚每個人都走在通往不同夢想的路上，各自有不同刻度去奠定方向、確立目標，別人的刻度永遠無法套用在自己身上。所以我在此祝福各位同學都可以摸索到一套屬於自己的刻度，帶著往日在真光的所學所聞，順著刻度一步步向著夢想前進。多謝大家。



S6 girls received graduation certificates



Teachers who rerecived the Long-service awards

True Light 150th Anniversary Writing Competition

ENGLISH WRITING COMPETITION

Gold Award—Junior Secondary Section

Gee Richelle Melanie S3B (2020/21)

I pledge to be a True Light Bearer

For a moment, what I so gently held in my palms seemed to be a star-like sparkle, too fragile to last. But its solid touch was a blunt reminder of the fact that it was merely a school badge, one on which the golden words read 'True Light Middle School'.

The emblem of my school badge follows a minimalist design which places the symbol of our virtue—a flash of light—at the very centre. The stark contrast between the golden embellishments and the blackness of the background compels whoever cast their gaze upon it to listen to the stories the badge tells. I was no exception.

A sea of restless rage was where it first took me to. There, ships after ships in the dead of the night, were lost and disoriented. Yet, light beams flashing clear had emerged from afar, travelling through the obscurity of the night air and illuminated the ships' routes. The lighthouse stood both humble and grand. Devoting its life and without a word of complaint, it not only serves the sailors by assisting their navigation, but it also pacifies their weary minds and with the light it emits, guides them back to their rightful path, alerting them of the night's danger.

Is that what it means to be the Light?

The scene shifted, I was now in a room in total darkness. The fierce wind blew out of nowhere and I felt the bodies around me shivered. With the blink of an eye, a lighted candle appeared before me. Soft and serene was the glow of its flame, illuminating the world and the silhouette of the smiling faces beside me, but made dim by the ceaseless wind, who wished to put it out and have darkness return. In fear of that, I clasped the candle and to my surprise, found myself surrounded by a circle of people who had joined hands to block the wind. Perhaps that's the power of the Light—it is the truth that reveals what oblivion conceals, the hope that banishes despair and with warmth as powerful as what love and kindness can give, spreads and unites. Under the protection of our concerted efforts, it was burning more radiantly, not at all ephemeral and small as it had first appeared to be. The setting changed again, I now stood on the stage of the school hall, the candle still clenched in my hand, but unlightened. Through the music played in a ceremony, I thought I heard a low and steady voice, saying, 'Thou art the light of the world.'

But am I able to be one? Can I endure the hardship that comes along the way and shine regardless

of the obstructions? Do I have enough strength to take up such a solemn mission?

There was no room to back away now. The principal came straight towards me, while holding a candle in her hand, passed the light to mine.

On the dancing flame I rested my eyes. As I recalled my journey, I was imbued with reverence for the revelations and virtues that had given the Light its meanings—the humility of service, the integrity of safeguarding the truth and the ineffable power of spreading love and hope. I felt somewhere in me, like the candle, was ignited.

With the strength and determination never known before, I took a deep breath and spoke the words, 'I am descendant of the Light and I pledge to be a True—'

Buzzzzzz. The alarm rang and broke the spell of the badge. It was time to leave home for school.

I walked to the mirror. The school badge now carried something heavier than what its appearance suggested. Carefully, I pinned it on my blue dress, completing my school uniform and the ceremony I had had in my head. With my chest swelled with pride, I strolled my way to school, fervently anticipating the days to come to fulfill my commitment. As if illusionary, I saw a lighthouse, embedded in a candle, embedded in me.



Bronze Award—Junior Secondary Section

Ko Man Hei Mavis S2C (2020/21)

My Special Someone in True Light

Like massive tidal waves, surging brutally, vivid memories with this special someone at True Light come flooding back into my brain, and her cordial smile and her amiable tone of voice always reminds me of the day she comforted me patiently. Despite having spent many years at True Light, meeting different people and communicating with them, my special someone in True Light is Celia Chan. Not only does she share common interests, playing badminton and drawing with me, but as my best friend, she also brings me an influential insight towards my life, as an enlightener, making a profound impact on me. If she were a gem in a pile of gemstones, she would glitter the brightest.

In the past, because I was extremely stubborn insistently deciding not to trust my classmates, I usually refused to talk to anyone, appearing so solipsistic in my class and absorbed in my own world as if I was living on an isolated island, where no one would venture to. One day, when I felt frustrated and weepy, inconceivably, she noticed my disappointment and graciously comforted me, a forgotten classmate who never got consolation nor care from others. This changed my perspective towards friends, transforming my resistive attitude into an “acceptable” one. Meeting Celia and becoming companions was the turning point in my life, where I left the “isolated island” and came to the “city”. She always said, ‘The best way to find out if you can trust somebody is to trust them’, encouraging me not to define people just by the illusion deeply carved in my mind. Although I did not choose to believe in what she frequently emphasized at first, but with her, I tried to trust my classmates reluctantly, and was convinced by what Celia said later on. This has become the most important insight and an invaluable lesson.

Celia is the sun—the sun brightening my life—being essential and unique, delivering warmth in the chilly winter, bringing energy to people year-round. I did not realise the importance of “this sun” in the past, but it has grown a gargantuan part of my life over the years, making me who I am today. Celia, the only “sun” in my world, is definitely, without any hesitation, my special someone at True Light.

Merit—Junior Secondary Section
Wong Yan To S3C (2020/21)



I pledge to be a True Light Bearer

To be a bearer is to not only shine, but to also pass the light to others who have not yet shined or whose light is dim. Chinese philosopher Mencius once expressed his view that it is the duty of the able ones to teach those who are not so much. Here he is giving two messages—the first being more obvious, is the importance of taking action and the sense of duty that should be embedded in us; and the second, more ambiguous one, is that everyone has the potential to perform as well as everybody else—the key is in whether there are inspirers and educators in their lives to allow them to flourish.

To my understanding being a light bearer is exactly what Mencius indicated. Whether the light shall be my talents, my sentiments or my perception on life, they should be introduced to as many others as possible, and in as enthusiastic a manner as formality and civility would allow. The latter I see as extremely important—the attitude and confidence in preaching and introducing fresh intelligence, indicate your motive, which as discussed is your own sense of duty, and ensure the success of the passing on of the light, when people perceive, with great delight, how passionate you are.

I have reached the following conclusion for myself only, and not solely to requite the school's nurturing of me, nor because this is our school's mission and I feel obliged to agree with it due to my being a pupil here—I pledge to be

a true light bearer because, out of a pure sense of duty derived from reasoning and critical thinking, I shall not only live up to my full potential but also help others in doing so. If one shines by oneself but does not pass on the light, it will not only be a most unagreeable display of selfishness, but will also exert the feeling of loneliness, that even though you have become one of the few to have understood, there is no one there to discuss with you what you have comprehended, and no further discussion as to develop new ideas. So with the former the latter comes attached. But why should I have reached the aspiration of the former in the first place? To some this inclination of mine can be very easily understood. To be given an inborn potential, but not strive to make the most of it, how much a waste of talent this would be! How much of a pity, and how much of an insult to those who truly desired and endeavoured, but were not as gifted!

Undeniably I do have to make connections between my journey in True Light with my aspiration as discussed above. I would very much like to commence with the view and serenity of my school (of which my descriptions are to every degree very truthful and sincere). Most students and teachers do not realise how tranquil and beautiful the atmosphere around our school is, and that is such a pity, for what calms me the most during times of overflowing temper, besides the accompaniment of friends, is

the scenery, and the calmness in the air! The fountain is particularly my favourite, and my enjoyment there taking forms whether as just leisurely walking in circles around it, or studying the goldfish, or making up stories and myths about it, is the best way to calm and clear a vexed mind.

I shall also express gratitude towards certain classmates who were supportive and as interactive and vocal with me as they could possibly have the chance to be, and to all who were kind enough to accept me, and understand me. Towards some teachers I shall say the same, and to have taken time to discuss particulars with me. I believe that every small detail in my life has made a contribution to my present self, which, as full of twists and turns as the journey may seem, I am glad of the eventual outcome.

Only I myself could be so certain as to know how delicately woven my own path is, though this by no means suggests that I know how it is woven. To have pledged to follow such a meaningful mission of life, I am as grateful to all my past experiences, as I am hopeful to future's promises. All shall be concluded and precisely shown in one sentence, as a reminder for both you and I—

The work of a true light bearer should be like a bundle of fire, in particular regard to its state of fiery passion, and its eagerness to lighten everything in the path, whilst constantly shining brightly.

Silver Award—Senior Secondary Section*Wong Sum Yin Kennice S4C (2020/21)***My True Light Times**

When talking about True Light, our neat ponytails, light blue cheongsams and good manners cross the minds of most people since these characteristics are so noticeable therefore regarded as True Light's only conventions. However, they are only a part of the whole picture. There are other conventions which are only lived by students at Tai Hang True Light.

Our True Light time of a day begins well before stepping into the school campus. Carrying a bulky school bag on the back, tramping with the legs bounded in the cheongsam, we Truelighters slowly stream up the slope of Tai Hang Road towards our hilltop campus. I will never forget the scene and feeling on my first pilgrimage. There was a daunting, treacherous slope extending 50 meters in front of me after I got off from a school bus. With a burst of energy, I ventured onward with my chills being melted away. Panting after twenty seconds or so, I felt a pat on my shoulder. 'Hey, you're new here too?' That was where I made my first secondary school friend. This 50-meter journey is where unpredictable friendships are forged and long-lasting friendships are cultivated. Recognising familiar faces venturing upward the slope among the crowd, I often race up to smile and chat with them. Our True Light time of a day begins on

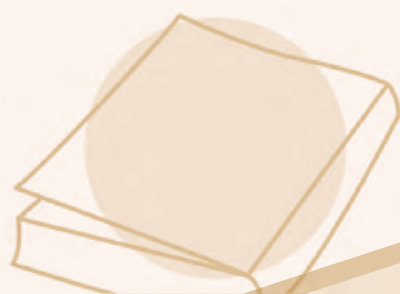
this very slope on which our way of friendship building is descended.

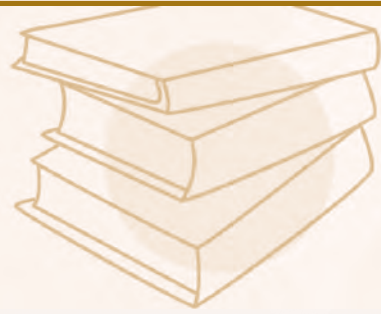
On entering the school gate, there stands the iconic fountain. This majestic fountain has been witnessing happy moments shared by all Truelighters as we like taking pictures around it. During school events, like Christmas celebrations and school anniversary celebrations, my friends and I cram with others around the fountain to take pictures. Our caged spirits run free as we come up with the most creative poses. Everyone's face glows ethereally. Buddies cuddle together. Not only will I forever treasure the "unusual" me forever encapsulated in those photos, many other Truelighters showcase theirs on Facebook or Instagram. The fountain is more than just a landmark of True Light; it is there to represent our youthful memories and tie Truelighters together from generations to generations.

'Doremi' is a ritualistic singing contest which not only unearths students' music talents, but also draws the hearts of every student together. Held annually during the school anniversary, it is a chance to express our classes' true selves on stage and unleash the competitive beast in every Truelighter. Behind the stage is the efforts poured into song arrangement, lyrics writing and motion coordination. The

thought of quitting may come to mind after weeks of gruesome singing and dancing practices. Yet, each inch of progress keeps us motivated. In class, we may be sloppy and dull. During practice, we are fired up and united as one. Our hearts are filled with the determination to put on the best celebration performance. Curtains rise. Spotlights shine. The five minutes of divine show time in which we all sing our hearts out in unison. To outsiders, pouring that much sweat and hard work into just a singing contest sounds senseless. But we Truelighters do understand: it is all worth it. Even if we have to sacrifice all our free time to practice, we are pulled closer together toward one common goal. Even if we fall out of sync at times, we are always there to cheer each other up. Even if we do not take home a trophy, we win something more invaluable, our unbreakable bond.

Although my True Light times are unique to me, some of you are in them. Am I in your True Light times? We are the descendants of these practices, therefore destined to pass them on to future generations. May our friendship building, ethereal faces and fires in our hearts light up the lives of other Truelighters.





Bronze Award—Senior Secondary Section

Chua Suet Yau S4D (2020/21)

True Light times—from glimmer to blaze

How would you describe the life of staying in the same environment for 12 years? Boring? Comfortable? I would say: "Meaningful". Allow me to explain my thought by asking another question: What are the uses of light? Most of you may say light illumines. Here is a girl's 12-year journey of illumination.

With thousands of naive thoughts, a three-year-old kid stepped into the campus where a colourful playground lies. She knew she studied in True Light, but she did not know what was behind the name, let alone knowing why the school is a "Real glare". Tying up shoelaces, drawing pictures and making a handbag have become the happiest memories of the little girl. Every day, she shared what has learnt with her parents excitedly but with a slight disappointment, as she learnt how to sing the school song, but she couldn't understand the meaning of it. The phrase "True Light" has repeated several times, yet what she could barely know was that "True" means something real and "Light" is something bright only.

Entering a new stage was not scary to the little girl, but rather fun and appealing. She insisted to maintain her curiosity and figure out the truth behind her school's name. Her gradual maturity led her to know more about God and to be exposed more to the bible. "You are the light of the world" from Matthew 5:14 caught the eye of hers. Feeling familiar, she thought the line might have some connections with the school, but she could not tell. Whenever reciting English vocabulary for dictation, the quote suspended in the girl's mind. It did not distract her. Instead, it triggered her realisation that "Light" is not as simple as being a glow. She has been working hard on her academic studies, her Student Union duties, and in particularly her "Light-seeking" task.

Yes, I am the little girl, who is no longer one now. The time spent in True Light allows me to have a deeper understanding of the school motto: "Thou art the Light of the World", as well as the meaning of "Light". I believe in what my Physics teacher taught me that light is an electromagnetic wave, yet there is some more I can discover.

To become the "True light" of the world, I have to shoulder the responsibility of future light-bearer and seed-sowers of the Christian faith. What does that mean? I would say: everyone has special talents and valuable experiences, which implies that one has her own special light and keen to shine upon others. By this selfless dedication, I, together with other Truelighters have to pass the light on so that those people who need help could be benefitted. I believe this is what the school founder, Ms Harriet Noyes, would like us to achieve and pass it on. Secondary school life is full of tighter study schedules and tougher tasks. They are not tortures, but challenges that transform us to become light that passes on wisdom, persistence and morality.

Light is a candle flame, which transmits from one to another and spreads quickly. Light is a moral behaviour, which displays to people wholeheartedly without hiding. Light is a spirit, which is inherited to future generations. Most importantly, light is True Light, which nurtures the descendants to be the shining light.



Merit—Senior Secondary Section*Patsy Wong S4D (2020/21)***My True Light Times**

“Thou art the light of the world”. Every Truelighter can almost recite her school motto backwards without tripping over her tongue. Repeatedly found in the principal’s speeches, on stickers for the annual fun fair on the first Saturday in May and even in religious studies lessons, I have started to wonder its meaning to me. My thinking journey was no different than how detectives seek trails the criminals left—back to where it all begins.

It was so special. I had been studying in a band 3 primary school, which was permanently closed right after I joined the big True Light family. As I was the top student in my form, my class teacher recommended to my mum that it’d be best if I could study in a renowned local school where students are well-disciplined and highly-motivated to learn. Being anxious since there was not much time left before the new school year started, my mum finally found True Light. I didn’t have any prior knowledge on Putonghua, the language used throughout all of the Chinese lessons, I spent a whole month having tutorial and taking baby steps, learning this strange thing with perseverance everyday. I couldn’t believe I achieved the highest score in all the paper, so I got the ticket to be the new student in the primary section of True Light Middle School of Hong Kong.

If I were to describe me when I was a primary kid, an always-running-around monkey will best suit my image. I remember it was the first month studying in TLPS and this presumptuous monkey followed some mischievous boys and headed to a forbidden area shared between the secondary and primary section while recklessly travelling in the school campus. They tactfully avoided all the prefects by pretending to be normal passerbys when the alerting sights started to shift towards them

and I tried my best to maintain an expressionless face so as not to giggle and fail their plan. Days have gone by like this and I almost wasted my precious primary school years away until I failed my maths exam in P4, the time I noticed I should make changes.

Every time I look back to my primary 5 and 6 life in TLPS, I really feel pleased that many of the teachers supported my self-renewal journey. I was determined to retrain myself to be one of the best students in my form just like how I did in my entrance exam. I passed most of the subjects with flying colours and, though unbelievable it may sound, I got A* in maths. The rebound of my academic performance was noticed by the principal Miss Ng, the person I would like to thank for offering me a once-in-a-lifetime nomination to receive the best improvement award from Elsie Tu Education Fund and her continuous support on me. This, I am telling from the bottom of my heart, was the catalyst for my strive for the best in the remaining 2 years of primary school studies and even in the years of my secondary school life.

I became one of the girls wearing TLMSHK blue cheongsam after graduation. Unlike other students in Hong Kong, I was not forced to learn a million kind of instruments, such as the classic ones, piano and violin, and join other interest classes, so basically I do not have any skills except the ability to be energetic all the time. In TLMSHK, I was exposed to a huge variety of societies and clubs, so I spent the days or years of my junior form life in Basketball Team, the place where I have acknowledged the importance of social bonding and I could radiate my excessive liveliness; Steam Team, which focuses on blending science applications and creativity together, exciting me

with different programming micro-pieces that fit well with each other to form robots and anything you can imagine, and Library Society, where I met some friendly senior form students and I eventually became friends with them. The ECA that I am still engaging in is Maths Team. In addition to having tasters in Olympiad Maths, being the vice-chairlady of the team also gives me opportunities to organise group activities, speak on stage for announcement, negotiate with teachers-in-charge about the work of Question of the Month and exchange ideas with teammates. Maths Team is a not-to-be-missed part in my secondary school life when it comes to encouraging me to clear the hurdles I encounter and giving me courage to experience my first times.

I am now a form 4 student in TLMSHK. I still keep on giving shots to new experiences—performing in the English Speech Festival for the first time ever to get the adrenaline of the little bit shy me going, enrolling in university programmes to enrich my learning and starting to build a habit of regular exercising by doing home workouts. As a 2023 DSE candidate, I have realised that our school has been providing more than abundant resources and support for students to comprehensively get ready for the battle. However, at the same time, this elite school is not giving its girls burden or any kind of pressure that will possibly make study overwhelming when studying is supposed to be fun from my perspective, so this is probably the main reason why I am glad to be a Truelighter.

“Thou art the light of the world”. The detective can now see a glimmer of light at the end of the tunnel of the case investigation—what does True Light mean to me? Is it just somewhere I have grown up and learnt a lot? Is it simply a part of my destiny? Or is it a place where Jesus has led me to come into his arms? I will continue my thinking journey in the coming years studying in True Light.



中文創作比賽

初中組——亞軍
S3B 朱子穎 (2020/21)

《真光校園一隅》

偌大的校園裏，有一處角落，多年過去，仍深埋我心中。

毫不起眼的角落，位於教學大樓新翼二樓。從課室出發，穿過長廊，走下一層樓梯，推開一道半開的門，便到達一條灰暗的走廊。當然，大多同學踏上這條路，為的是到同層的家政室上課。被擱在旁的角落，寂靜依然，無人問津。

除了我。

新翼大樓向內，採光欠佳，常顯得陰沉無神，卻使到達走廊的盡頭時，給人頗有一種火車離開隧道，重見天日而豁然開朗的感覺。那沐浴在陽光下的盡頭轉角處，便是我心心念念的角落——二樓的露台。

那是一個再平凡不過的露台：樸素、開放，又甚少擺設。格局四四方方，面積只有約課室的四分之一，中央放置了一張小小的玻璃圓桌，四張鋁桌椅圍繞着它。邊緣的矮牆上，被填滿泥土，支持着一株株我叫不出名字來的矮叢生長。

露台的環境卻又使它不平凡。二樓的高度，是恰好完美的。不似一樓的露台，從低處向上望，往往為五層高的校園大樓所震懾，充滿壓迫感；亦不像三樓及以上的露台般，距地下噴水池過遠，而產生離地感。二樓與地面生長的紫荊花樹頂並齊，使其枝葉與四季常青的一整列矮叢葉片，在疏落與茂密間形成一道天然屏障。

這屏障，在低年級學生的目光中掩護了你，局部地提供隱私，但又不完全遮蔽遠處的風景：露台面向級課室樓層，午息時往往可見同學們出出入入，奔跑嬉鬧的情景；倘有好友在

課室門前大老遠見着你，向你微笑招手，你以手語相報，她以口型測試你默契，一番往來，你們均被笨拙的溝通逗笑，這又未嘗不是件趣事。由西南面的近處看去，只見老師們在走廊上匆匆忙忙，拿着一疊疊的書簿，像戰士般向着教室大步前進。從枝葉的間隙中，一窺身處露台斜對面的圖書館，你會發現，某些同學一改在外與好友大大咧咧的作風，到了圖書館，便沉浸在其靜謐的氛圍中，埋首於書本的世界。與校園風景相輔相成的，是東面的樹景。和真光一路之隔，生長在對面斜坡的樹幹多彎曲，葉片形態不一，錯落有致，層次感十足。隨着空氣的節奏而上下擺動的枝葉，對坐在二樓露台的你而言，看似近在咫尺，彷彿在邀請你冒著失足掉落的風險，與之握手。

閉起雙眼，遠處同學吵鬧的熙攘聲，與周遭植物枝葉的搖曳聲，已渾然一體，融入了露台的風景。涼風輕拂，你抬起頭，天上有幾片雲朵正悄無聲息地飄過。

悠閒恬靜中，又不失隱秘的樂趣。這，便是角落獨一無二的魅力。我在中一初次來訪時被深深吸引，從此便成了角落的常坐客。

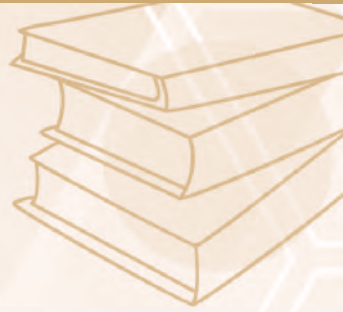
但那並不是我常至的唯一原因。小時的我不擅社交，升到中學後朋友甚少，總覺自己與活潑好動的同學格格不入。有次在校園漫遊，走過了正在辦活動的噴水池，嚐過了小食部的人山人海，感受過了各書蟲奔湧而至的圖書館，心中的煩躁仍揮之不去。偶然瞥見這一隅，見它在喧嘩囂鬧中獨身而立，面朝午陽卻滲透着絲絲幽靜鬱悶的氣息，竟對它莫名地生出了憐愛之情，沒有一刻猶疑，我便直奔露台。

碰着那些充滿愁緒的日子，我便會到角落坐坐，看看風景，看看天；聽聽風的喃喃自語，聽聽大自然的空靈。更多的時候，我會任由陽光親吻我的面頰，曬一曬低落的心情，風再起時，心境便頓時開朗起來。在無人打擾的環境裏，我可以卸下面具，或沉思，或冥想，盡以不同的方式享受獨處的趣味。

中二那年，我摒棄了昔日的壞脾氣，不再執着於與同學的異同，對身邊人也多了份尊重與耐心，從而交了些新朋友，使得校園生活更豐富，到露台已不似以往般頻密。誰知，下學期竟遇上新型肺炎肆虐。重回校園，使我更珍惜這裏的一草一木。一有空，便與友人，甚而老師到露台坐坐、閒聊。朋友的笑聲像枝無形的畫筆，為這寧靜的一處填上色彩。每每相談甚歡，我必睜起雙眼，微笑似的凝視蔚藍的天空，細味品嚐這些美妙時刻，感受那風怎也吹不走的，心頭的溫暖。有次到露台，看見面前的矮叢被人剪去了一大截，一股惆悵油然而生。但後來細想，露台這樣子，不是更好嗎？屏障矮了，更多人能注意到角落及安坐其中的人，豈不是像封邀請函，邀請同學到那裏作客？角落降低了它的心牆，而我，又何嘗不是呢？

升上中三，課業的繁重不用說，上實體課的日子更是少得可憐。我不知道，露台有否想念我；亦不知，它有否抱怨我每朝在它那兒吃過早餐，便匆匆離開；更不知，未來還有多少機會到露台小休。我只知道，我並不是角落的最後一名造訪者。在未來的日子，或會有抹孤獨的身影，發掘了這塊寶地，而角落將成她成長的見證，用其雙眼捕捉校園歡樂的片段，又像時間膠囊，滿載着她青春歲月裏那些動人的回憶。

想起母校校園，心中那處清幽的角落便浮現在腦海中，縈繞回憶的深處，像露台上的輕風，泛起我心海波瀾。



初中組——季軍
S3B 鄭宛姍 (2020/21)

《真光生活記趣》

當說起「中學」，你腦海中浮現的第一樣東西是甚麼？是沉悶的課堂？是趕急的早上？還是憎恨的考試？對我而言，我腦海中第一樣浮現出來的卻不是這些，而是不是每一所中學也會有的一場活動。這一個活動滿載著一張張美好又窩心的笑臉，是令人難以忘懷的回憶，同時這也成為了在讀書的苦海中一絲的樂趣及甜蜜。而這個活動就是——每一年在陸運會上最矚目及期待的啦啦隊比賽。啦啦隊比賽看似十分簡單而且很平凡，但是它卻成為了我在真光生活最開心的一件趣事。在我中學二年級時，我還是一位很害羞很自卑的孩子，認為自己沒有什麼優點及長處，只會在朋友面前表現得活潑開朗，但正因為啦啦隊，我成功轉變成一位外向及自信的女孩，不論在好朋友還是在其他人面前，都表現得更加自信。

「好了，這些就是啦啦隊的要求和準則，所有啦啦隊隊員以及編舞師記得要遵守以上的規矩，希望大家踴躍參與。今天課堂就到這裏，小息吧！」在班會堂上，老師介紹了啦啦隊比賽。我內心其實很渴望參加，並很想嘗試擔任編舞一職，但是我知道我是沒有資格的，我只能用羨慕的眼光去凝視着那些勇於參與的同學，因為我這個人是沒有任何優點，在同學眼中我只懂得拍馬屁，不擅長任何東西。我從何時開始有這樣的想法？我想起來了！其實是從小學開始。

小學時，老師邀請我成為學生會成員的一份子，這使我十分榮幸及高興，因為成為學生會的一份子就代表着老師對我的認可，老師十分相信我。而且我真的非常幸運，由於時間不足，我就免去了每個同學都會害怕及恐懼的學生會面試。這令我堅信着我的行為操守得到老師的認可，但卻沒想到，在回到課室的路途中聽到同學的聊天內容：「鄭宛姍竟然成為了學生會成員，這件驚奇的事你知道

嗎？」「當然知道，他這種人一定是因為跟老師熟悉，又能討老師歡心才能如此吧！」「沒錯，他這人沒有什麼優點，唯一的優點就是臉皮厚，能夠拍馬屁，不停討老師喜愛。」我聽完了後，十分震驚及傷心，原來我在同學的眼中是這樣的。原來我是因為能討老師歡心才能成為學生會成員，不是因為我的才能。我根本沒有資格成為學生會成員，因為我沒有任何的優點。從此之後，我深深明白到自己一些優點也沒有，沒資格去主動擔當任何職位，而且害怕與同學對話，因為我十分害怕同學之間的閑言閒語。

「求求你，陪我一起參加啦啦隊吧，你要負責編舞，我負責和其他同學一起演繹，這樣就兩全其美，我們又多一個共同的回憶，所以求求你！」我的唯一好朋友一心（也是我們中二的級社社長）把我從悲傷中喚醒過來，一向對朋友心軟的我，內心再一次動搖了，由於自己真的很想嘗試，所以我決定答應了。但我卻沒想到因為這個答應卻會改變我一生。雖然我答應負責編舞，但是其實我對編舞是一竅不通的，我從來沒有試過編舞，我只不過可是喜愛跳舞，經常看一些舞蹈影片，在觀看時也會有靈感，但真正嘗試編舞卻沒有試過，我只不過在紙上談兵。我內心是十分恐懼，害怕因為我的創意不足而令整隊啦啦隊失敗。漸漸因為我的恐懼，我內心的自卑感也再一次被釋放出來，對自己所設計的舞步充滿着不自信，害怕會被大家取笑，惡夢會再一次上演，後來我更害怕示範我所設計舞蹈，使進度也越來越慢。那動搖的內心再一次關上了大門，內心的自己漸漸恢復成小學時候的模樣，所以我決定辭去編舞的職位，希望他們把我設計的所有舞步全部取消改為新的。

在我辭去編舞這個職位的第三天後，我在走廊中漫無目的地行走，因

為我的腦海卻不停地回想起啦啦隊的動作設計。不停有新的主意從我腦海中浮現，但我卻不敢再去表達自己的意見了，因為自己真的毫無經驗以及毫無優點，自己根本不能勝任這份工作。突然，我被是啦啦隊成員拉進舞蹈室，發現全部啦啦隊成員都在那裏等候着我，並一起大叫：「加油努力！鄭宛姍，你係最棒的，給自己多一些自信！屬於我們中二級的最強編舞者，所以麻煩你回來繼續為我們編舞吧！」我呆了，十分驚訝，同時也充滿着疑問，為何他們會察覺到我沒有自信？為何他們會說我是最棒？我明明在同學眼中只會操馬屁。他們說完後，同時也露出那溫暖的笑容，溫暖的笑容是我內心的冰山破裂了，我也哭了。但是，我是笑着哭的，感到十分感動，內心好像有很多人在擁抱着。所有對我的肯定，對我的認可，全部轉化為陽光包圍我內心那座冰山。冰山溶化了。我現在才察覺，他們早已不再是小學的那班同學，全都是我的朋友。我是屬於他們的編舞師，原來我也很棒，我的努力及付出他們都看在眼裏的。內心中的自信果子已成功打敗自卑果子了。

自此之後，我盡我所能去完成這個責任，為他們編出我最滿意的作品，啦啦隊比賽當日，看見他們的表演，讓我十分之難忘及高興，因為我明白到，其實啦啦隊舞蹈並不是靠我一個人去完成的，而是大家給我的溫暖。所以為了感謝大家，我不會再這樣自卑。

在真光生活，其實是很多樣化，有開心，有傷心，有生氣。但正是因為各種不同的事件及活動組合起來，成就了我，讓我蛻變及成長成一位處事成熟自信的女孩。真光生活記趣，不應只有一件事，因為真光生活其實很多樣化，啦啦隊只是其中一樣最特別的活動，而這篇文章會因為我的成長繼續延續下去。



高中組——冠軍
S5D 張敏羲 (2020/21)

《光的啟示》

「爾乃世之光。」

一片黑漆漆的背景，漂浮着這五個正在發光的字。這是我今早的夢境，以前好像也試過做同樣的夢。我呆呆地坐在牀上，頭髮亂糟糟的，回想着這個莫名奇妙的夢境。為什麼會夢到學校的校訓？我實在摸不着頭腦。

「鈴——鈴——」手機鈴聲的響鬧裝置突然響起來，嚇了我一跳，差點整個人都彈了起來。不過，這個起牀鬧鐘提醒了我，今天是學校的遊藝會，又是一年一度為真光慶祝生日的日子。我急急忙忙跑下牀梳洗換衣服，打理得整整齊齊便出門了。

今年是我最後一年為學校慶生。從幼稚園到現在，三年又六年再六年，算一算已是第十五年了。每年都懷着不一樣的心情迎接這個重要的時刻，由陌生，到熟悉，後來變得無感，現在卻有點不捨。為什麼呢？上學途中的我依靠着車窗問着自己。

即使在真光生活了這麼多年，我從來不認為自己對真光抱有一份歸屬感。還記得中學的真光堂，我幾乎都沒有認真上課，記住真光的歷史。也許我對真光認識的最深就是「光」，「真光」有「光」、校訓「爾乃世之光」也有「光」，就像「光」在「真光」裏無處不在的樣子。

下了車，看到學校的校徽，我又踏上這熟悉的道路回校。突然身旁有人拍了拍我的肩膀，是我的同學兼好友。互相打了聲招呼，我們肩並肩走着。

「最後一年了呢！」

「對啊，從幼稚園到現在了。」

「有點不捨啊……」

「要不要今年叫上全班和兩位班主任搞一個慶功宴啊？」

「有什麼功要慶啊？考完文憑試嗎？」

啊，這條問題倒是難倒我了。我想想，其實也有很多事想慶祝的。校慶、最後一年的中學生涯、考完文憑試、感激能遇上大家、在這幾年能順利找到我的理想等等，諸如此類的。說到底，似乎都是因為我遇上了「真光」，才能有這麼多的事值得我慶祝。

回到學校，我們到百齡堂安坐，準備待會的開幕儀式和聽校長的演講。我獨個兒坐在班裏的後排，抱着書包，稍微有點不安的玩弄着自己的手指。我的思緒慢慢被今早的夢吞噬，我又沉思着這些年來我曾遇見的「光」……

剛剛成為真光人的我，還只是一個天真爛漫的三歲小孩子。沒有一個人認識我，我也不認識任何一個，不過小孩子很容易混熟，我的好友也是如此誕生。我本來是個內向怕生的孩子，第一天上學她就來問我要不要一起玩。唯獨這件在幼稚園發生的事，我至今仍不會忘記。她就像一道光，穿透了包裹住我的黑暗，為我的生命帶來了各種色彩。

這十五年來，我和好友一直都在真光，只是班別偶爾會有不同，不過在高中這三年的青春歲月中，我們被編在同一個班上。我自問很少會到處認識別人，因此班上的人我也只知道幾個。然而在好友的陪伴下，她照亮了我的生活，驅逐了那煩人的黑暗，沒多久，班上所有人都成為了我的朋友了。我們一起渡過青春歲月，享受着各種美滿的校園生活。

我與好友的相遇，正如「光」給了我一份啟示。

事實上，高中這三年特別難捱。面對着沉重的學業，我們也要兼顧學會的活動，甚至是學校的各種特別活動和節日。很不巧的，我還在中四的時候，在校隊訓練中弄傷了腿，住了整整兩星期醫院。

本來覺得挺不甘心的，畢竟那時候過幾天就是比賽，臨陣退縮可不是運動員的風範，只是情況不許可我到場上參與。我躺在病牀上，看着被吊高的腿，忽然覺得自己好像比其他人落後了很多。上課和訓練，我都做不到，該怎麼辦？

正當我苦惱之際，我聽到有人呼喚我，是我的隊友！她們來醫院探望

受傷的我，安慰被負面情緒充斥着的我。

「這不是你的錯，不要灰心啊！」

「現在先把傷養好，明年再接再厲！」

這些說話看起來像客套說話，實際上，聽起來卻溫暖萬分。

後來，我的同班同學也來探望我了。好友帶着幾個比較親密而且唸相同科目的朋友過來，給我送來老師發的講義，還為我解說當天學了的東西。她們每天都前來，有空餘的時間還會一邊幫我按摩那隻受傷的腳，一邊告訴我學校發生的趣事。

原先以為一個人在醫院裏是很孤獨的，但我最後卻不感寂寞，因為我有大家的陪伴。她們就像家人，會以說話安慰我、默默鼓勵我，不會把我拋下，反而在我落後時等待我、過來支撐着我，為我打開通往光明的門扉。

「光」是我的同學和我的隊友給我的溫暖，二度向我發出啟示。

回想當初中三選科，我並沒有一條特別想走的路。從小到大就被教育，只要讀好書，就能有很多的選擇。我隨波逐流，甚麼科目多人讀，我就選那些，即使當中的我都不感興趣。

我的成績不能形容為很理想，只是普普通通，徘徊在排名的中上游。偶爾會失手，難免有點自責，這時候，該科目的老師就會友好地來關心我。老師們對我們都很上心，我都知道的，為了我們熬夜改卷、做筆記，休息時間越來越少。我不想辜負他們的心意，遇到困難便嘗試尋求他們的幫助。感恩老師都樂意回答我的疑問，教會了我更多的知識，為我開拓了全新的領域。

後來，班主任很常來找我們聊聊前途，問我們想上甚麼大學、讀甚麼科、做甚麼職業。我說還不清楚，順其自然就好。我不是一個擁有甚麼特別天賦的人，每件事大抵都做到，卻也不是做得很好，我解釋道。於是班主任建議我參與各種探索理想的課外活動，它們種類繁多，使我接觸到未知的世界。參與過後，每一次，班主任都會跟我談談感想。



高中組——季軍
S4C 陳善之 (2020/21)

《我感恩生命中有霖老師、忘不了的真光情》

「這個我挺上手的，那個我也做得不錯，可是那個我卻沒有興趣。」

如此直接的回應卻換來班主任莫大的建議，說我或許能找找有沒有特別的就職要求，看看大學有沒有相關的科目。她也有找一些相熟的朋友，向我介紹我偏向有能力及有興趣的範疇。

得到班主任的幫助，我在某一天，終於能走出迷霧，看到那條被「光」照着的道路。我回頭看看，那些阻礙我視線的霧霾早已消失殆盡，化為一縷輕煙，在空中四散。

這道「光」，是我親愛的老師們所給我的啟示。

「……『爾乃世之光』，是我們的校訓……」

這句說話把沉溺在過往回憶中的我，拉回了現實。

「……你是世界的光……」

原來校長在演講了。

「……試想想，誰在你的世界中，照耀了你，成為了你的光，帶領你走過陰森的低谷，爬上了被太陽滋潤的大地和高山……」

「光」，是誰呢？是誰成為了我世界中的「光」呢？

答案顯而易見，是「真光」。

「真光」為我帶來了朋友、同學、老師，她更幫助我找到了不可或缺的好友、獨一無二的理想。在我的人生中，我的世界中，「真光」佔了大部分的生活。「真光」成為了我的家，為我增添了家人，給我帶來了色彩繽紛的啟示。

安坐在台下的我，此刻卻不忘以目光四處尋找我曾遇上的「光」。恍惚間，我的好友、我的同學、我的隊友、我的老師都微笑着看着我。他們跟我揮揮手，示意我即將要前往新的路程。我轉回來，看向那條被「光」開闢的道路，再抬頭定睛「真光」的八角星。

謝謝你們！謝謝你們給了我啟示的「光」。

今天，是真光的生日。她給了我各種恩惠，至少讓我享受最後與真光交疊的這段時光，感受「真光」的溫暖。

「啪嗒，啪嗒」視野的角落有幾條銀絲劃破天空，落在了我的手臂和臉上，我連忙起身把窗戶關起，眼見雨絲刮去了天空的湛藍，僅留下一塊褪色的灰布。「怎麼又下雨，我想去噴水池玩啊！」班房裡各人的抱怨此起彼落，唯我靜默地看著窗外的混沌，任由一幅熟悉親切的面孔和一段往事溢出思緒。

霖老師是我初中的班主任，同時任教科學科，是一位長相和藹的女士。她對每位同學都一樣關心，一樣愛護，每每提起她，她那溫柔臉龐和聲線都會率先在各人的腦海中浮現。

不知從何時開始，我變得特別被動，對學習和身邊事物的好奇心漸漸被學業成績和排山倒海的作業測考沖得淡如開水，學習變得了無生趣。為了什麼學習已不再重要，反正學就對的心態深紮在我的心底，把我往日常上揚的嘴角都壓得死死的。

直到一次班會堂派發了一份有關同學對未來規劃的問卷，一條詢問興趣愛好的題目讓我停下了筆，思索良久依然寫不出答案，我才發現原來我對自己的未來一直茫然不知，我最後交的幾乎是一份白卷，內容極其空泛；果不其然，霖老師隔天就找我談話了。我在她面前戰戰兢兢，不敢直視她的眼睛，腦袋急速運轉她接下來會問什麼說什麼，我又該怎麼回答。「善，我發覺你在科學堂上表現挺積極的，學校下週有個實驗工作坊，你有興趣嗎？」未待我釐清思緒，霖老師便向我提出邀請。居然沒問半句問卷的事情？我緩緩抬起頭，眼前的霖老師笑容燦爛，就跟平時一樣，言語及眼神中都帶著對我的肯定，一股暖意直湧我的心頭。

我答應了，並參加了工作坊和霖老師推薦的一些講座，期間，霖老師的鼓勵亦從未間歇，並持續向我提供不同的學習機會，陪伴踟躕不前的我靜待雨去雲散，帶我探索感受且實踐

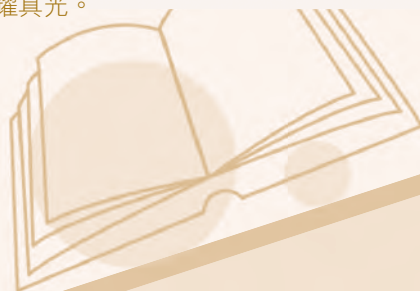
知識海洋的奧妙。過程中，我發現自己似乎對動手做實驗感興趣，並開始主動觀察及探索身邊的事物，由此確定了自己喜愛的科目——科學。原來我並非沒有長處、愛好，只是未曾踏步去嘗試；原來把所學的運用出來，是這樣的滋味；原來學習的趣味，比我想像中還要多太多。

霖老師對學生那份單純的信賴與支持，成了她四散熾熱光芒的燃料，全賴著這火這光，在我最徬徨的時刻，燒去了我心中密佈的烏雲，燃起了我對學習那份最初的熱情，照亮了我想為之一往無前奮鬥下去的夢想。

雨勢漸漸減弱，我走到有蓋操場，零星的雨點竟似是漫天灑落的碎鑽，猶如上天給大地的加冕，要把雲霄以上的點滴亮光送到人間。雨後，彷彿有什麼被照得更光更亮了。

啊！學校又何嘗不是加冕學生的地方？老師就像雨露，把知識和生命的真諦帶下，由學生把所學所得都攥在手中，刻在心板上，讓它融化進血液裡成為動力和養分，然後在陽光的沐浴下燦出真光；這是光的傳承，指引我們在當行的路上發熱發光。

如今我已是高中生，選了合適的科目，有了明確的目標，依舊難忘霖老師予我的一路前照與護航，且無比感激她發掘了我內在的潛能、不吝栽培。無論我日後去往何方，會永遠記得一位老師，曾像清澈的水珠滴穿混水，給魚兒打散了沙塵，撥開了迷霧，引領我抬頭，望清了那片我所追求的蔚藍。若有日魚兒從池中躍起，您會是鱗上的牽掛，溫柔樸實，在我身上閃耀真光。



School Development Plan & Major Concerns

SCHOOL DEVELOPMENT PLAN



“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:**

- **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 CONCERNS I: LEARNING AND TEACHING

This is the first 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 Academic Affairs Section coordinates S1, S2 Science and S3 Life and Society to conduct a project-based assignment through a scientific investigation approach and an enquiry 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 OLE presentation 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 “Be Truth-seeking Readers”. Various activities will be held to align with the theme of 2021-2024 major concerns to arouse students’ awareness and concerns.

2.4 The School Library co-works with subject panels through reading across the curriculum activities to create an atmosphere among students to encourage them to pursue knowledge through self-directed learning.

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 elicit more resources and assistance from professionals.

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
中四級	進行閱讀座談會，同學認真準備及主動就安排提出意見，亦提供空間讓同學展現創意。
中五級	新題型寫作教學，先進行基本介紹，然後選取示例給同學討論評鑑優劣，讓學生歸納寫作的要求，最後再揭曉示例的品第或評分，與學生看法加以比對，讓學生進一步掌握所學。
中六級 非華語學生	同學透過自行搜集資料及課堂觀看電影片段，比較中西文化對朋友的想法。

English Language Education

1. Core Curriculum—Junior Literacy Programme

The new **“Connect Extend Challenge”** worksheet adopted in the Junior Literacy Programme is a hybrid of a **Thinking Routine** and our existing **“Making Connection”** worksheet. This new approach hopefully can 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

To facilitate cross-subject learning and nurture students' aesthetic sense, the English Department brings alive literacy experiences in texts with a chosen art form to add flavor to students' drama performances in the newly-built black box theatre (*Tesseract*).

S1—“Matilda” crossover Puppetry

In a 50-minute demonstration, S1 students were introduced to use puppetry to enliven the protagonist Matilda in the text taught in Literature class, and will later enact part of the story in the end-term Drama Showcase using the puppet-Matilda they created in a 5-hour workshop.

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

The teachers of S1 to S3 had designed learning and teaching packages to help students to construct new knowledge in an exploratory way. S1 students were provided with high-order thinking activities on the topic of “Manipulation of Simple Polynomials”. It is reflected that students enjoy the activities and agreed that these exercises could help them to prompt their thinking. S2 students were provided with open-ended questions on the topic of “Statistics” and “Simultaneous Linear Equations in Two Unknowns”. Students actively participated in the lesson activities as all the knowledge they were going to learn was constructed by themselves. They also found that reading information from a mathematics problem was significant and could help them to explore different possibilities of a solution. S3 students were provided with learning worksheets about “indices” and “quadratic equations” in which they could taste how the changes of variables affected the results of the algebraic fractions and equations.

In the second term, the major concern focused on helping students to construct new knowledge through investigation. However, it was a little difficult to conduct exploratory activities in zoom. Learning and teaching packages of the topics “Angles Related to Lines”, “Coordinates Geometry”, “Pythagoras’ Theorem” and “Volumes and Surface Areas of Cylinders” were designed. However, the outcomes were not very satisfactory.

Liberal Studies

Form	Learning Activity
S1-S3	<ul style="list-style-type: none"> 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.

Form	Learning Activity
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 II: 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.

1.1 Form Activity for S4-6 students: “21 天遇見不一樣的自己”

During the school terms, senior form 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 task they set and got some new findings during the 21-day journey.

1.2 Promotion of the Quarantine Wellness kits—Wellcation for the special vacation

Due to the outbreak of COVID-19, we stayed at home all the time during the special vacation. We have promoted the quarantine wellness kits “Wellcation” to all students and teachers. We have collected students feedback from questionnaires and worksheets. Around 50% students showed that they had completed the wellness kits. 65% of students said the stories were the favorite part of the kits while 46% of students picked the quotes as their favorite part. Overall speaking, students were enriched if they were willing to follow the practices provided by the kits.



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.*

2.1 Spiritual Development

This year's religious programmes aim to (1) offer various platforms to let students explore Christianity with an inquisitive mind, and (2) give opportunities for students to learn about, empathize and respond in collaboration with people in need, following the perfect example of Jesus. The theme of the year is 'Follow Me!' in which several activities are being held in the second term as follows:

➤ **Theme of Assembly: 'Follow Me!'**

By introducing the perfect example of Jesus as well as sharing stories of teachers, students and local NGOs, students learn about synergy, empathy & tenacity. The Student Worship Team is also formed to perform in assemblies, enhancing teamwork and synergy.

➤ **Campus Transformer Program**

20 students joined the "Campus Transformer Program" led by U-Fire Networks. Three online inter-school training sessions were held and four follow-up on-campus activities have been organized to promote the culture of appreciation and caring for others, especially to S1, S3, S6 and all the staff by sending tailored-made gifts and prayers. An inter-school celebration will be held in July.

➤ **Special Holiday Activities**

Group games, Bible study and leadership training were held online to make the most out of the special holiday. Over 50 S1 students joined the "escape game" led by the SCF committee members on April Fools' Day. The game was designed to reflect on self-esteem and appreciate oneself in God's eyes. An online Bible study group was formed to study the stories related to food or drinks in the Gospel of John. Training sessions were also held for SCF committee members and Campus Transformers to get equipped for the service of the Lord.

2.2 Environmental Education

A series of activities have been held to promote a low-carbon lifestyle which is significant to keep the sustainability of our environment.

- **CEA Red Packet Recycling and Reusing Campaign 2022:** CEA Committee organized a red packet recycling and reusing campaign 2022, in cooperation with Greeners Action, to enhance the environmental awareness of all students. Red packets will be collected in school and transferred to Greeners Action for recycling and reusing. (Due to the late resumption of face-to-face teaching on 3rd of May, the red packet recycling and reusing campaign 2022 was cancelled.)

➤ **Online Photo Appreciation Competition by CEA, 2022**

In April 2022, the CEA committee organized a photo appreciation competition to facilitate the appreciation of the nature in Hong Kong among the students based on the inspiring and interesting virtual photo exhibition by the Hong Kong National Geographic.

➤ **J-farm Planting Program, in collaboration with CYC and Religious Education Panel**

The aim is to provide opportunities for students to experience farming and to develop better awareness of the man-nature relationship. Amidst the challenging Covid-19 situations, 4 meetings were organized in 2021-22 under the guidance from a professional farmer, Mr. Godwin Kan. Students found joy and inspirations through planting and sharing the produce with their families and even the teachers and staff on the campus. We are grateful for the provision and abundance from Mother Nature even in this tough pandemic period.

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.

SECONDARY SECTION

- The Discipline Section and Form Teachers have designed appropriate strategies and programmes to help students develop good living habits.

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

▪ **Prefect Team**

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

- Senior Prefects are responsible for the campus discipline. For introducing the spirit and content of our school rules, the Senior Prefect Team tried to organize activities for schoolmates, such as "School Rules Q & A in Kahoot!"

- 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**

62 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**

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

Prefect Team 2021-22

Senior Prefects

Head Prefects: S5C CHAN SIN CHI
S5D PONG KIT YAN

Vice Head Prefects: S5C TSOI SHUE MAN
S5D CHOI YU YAN

S5A LAM HEI CHING
S5A YEUNG CHING HANG
S5B LI CHEUK TUNG MICHELLE
S5C IP CHEUK YAU
S5C KWOK HAU CHING
S5C LI KA YI
S5C PAK TSZ YAN
S5C WONG LOK JEUN KEELY
S5D FUNG WAI KI
S5D HO XIN YUE
S4A CHOI SHUI YAN
S4A LIU LOK MAN MARSHA
S4B LI PO WAI
S4C AU HOI YING
S4C CHEN YAN TUNG
S4C HUNG HIU LAM JOANNE
S4C KONG YEE CHING
S4C KWOK TSZ KEI
S4C LEE HOI YI



School Rules Q & A in Kahoot!



Leadership Training Activities

S4C LEUNG KA CHING
 S4C NGAI KAI LAI
 S4C SHAO WING SZE
 S4D CHAN KAI YAN
 S4D HO MAN TING
 S4D LO KA YIN
 S4D SHA NATALIE
 S4D TSANG HEI YIU
 S4D WONG TING YUK

Junior Prefects

Vice Head Prefects: S5D YUEN CHEUK NING
 S4D HO XIN LAM
 S4D KONG WING TUNG

S2A CHOW HO KIU ELLEN
 S2C TSANG LOK YIU CHARIS
 S3B KWAN SHUK LING
 S2B CHAN LOK YIU
 S3A LAM WING YAN
 S3C HUNG PUI CHING
 S2B NG NOK CHING
 S3A SHEE HIU CHING
 S3C LEUNG HO NING LYDIA
 S2B POON YIK KA
 S3A YIP RING TONE
 S3D TIN YUET SUM CHARLOTTE
 S2B YIP CHEUK KIU
 S3B CHAN CHEUK YUE
 S3D YING HOI TING
 S2C CHENG SZE HANG
 S3B CHOW CHEUK YEE CARLIE
 S4C CHEUNG SUM WO
 S2C CHEUNG HIU YAN
 S3B KAM HOI LAM
 S4C KOON MAN HEI CHARLOTTE
 S2C CHEUNG HOI TUNG
 S3B KO YAT KWAI
 S4D CHENG KA WAI
 S2C NG WING NAM
 S3B TANG CHEUK YEE
 S2D CHAN TSZ WAI
 S3C CHEUNG HEI YU SABRINA

Head Prefects' Words

We are exceptionally honored and delighted to take up the duties of Prefect Team Leaders in this academic year. The lingering pandemic has still been one of the biggest challenges in performing our daily duties. Nevertheless, amidst the traumas and obstacles, we, as a team, shouldered the responsibility of maintaining the school discipline along with bridging the relationship between schoolmates and teachers, striving for the best to accommodate the unpredictable.

Believing in the importance of communication and connection, we listen and take various views upon the work of the Prefect Team into account, trying to cater to every need and opinion of our schoolmates, especially when our schoolmates were experiencing occasional school suspension due to the pandemic, extra efforts were put into connecting our schoolmates, in particular the juniors, with their offline school life. We have faith that we can better ourselves and gain the confidence of schoolmates through mutual consideration and understanding.

Taking this opportunity, we would like to express our deepest gratitude to our teachers and schoolmates. We would not have overcome the list of hurdles without our teachers and students for their plethora support and comprehension, as well as our valuable team members who have carried out their duties outstandingly and demonstrated excellent team spirit.

In the forthcoming year, we sincerely hope that the Prefect Team will continue to orchestrate and strive for the best, sustaining an orderly environment and harmonious culture in our school as well as demonstrating a positive role for our schoolmates.

Head Prefects (2021-2022)
 Chan Sin Chi, Pong Kit Yan

GUIDANCE SECTION

Against the backdrop of the ongoing pandemic, this year's theme was *"Fly against the wind, Be with you"*. School assemblies centering around this theme were held by the Guidance Section, which aim at encouraging students to tenaciously face sudden changes and difficulties in their lives, promoting the message of cherishing life and living positively through the life experience of several celebrities and 'ordinary people'. The notion of the theme is also to remind us to empathize with the needs of the community and collaborate side by side with our peers, to be with people who may be suffering from social isolation. Our role is to make others feel less alone, offer support and connection. We all as individuals do what we can to look after ourselves and each other for better mental health.

Wellness Program and Sex Education

The Hong Kong Eating Disorders Association organized a talk entitled *"Emotional Eating and Eating Disorder"* for S3. The content is about eating disorders, how the slimming culture impacts on one's self-mage, unhealthy dieting behavior and the importance of a balanced diet.

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



Talk—"Emotional Eating and Eating Disorder"



Workshop—"Ideal Partner"

Peer Guidance

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

CAREERS GUIDANCE

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

- Structural activities during Homeroom Sessions were provided throughout the year. By understanding their strengths and limitations, the Team, with the help of Class Teachers, helped our students make their study/career choices rationally and confidently. The focuses of each level are as follows:

S1-2	A Taste of Careers World
S3	Self-Exploration and NSS Subject Selection
S4	Connect Myself and the Careers World
S5	Further Studies Exploration
S6	Subject Selections for Further Studies

- To celebrate the 150th Anniversary of True Light and provide our students with an invaluable opportunity to interact with and learn from the alumnae of the four True Light schools who are

leaders and experts in their respective fields and disciplines, all S5 students attended the *True Light 150th Anniversary Life Planning Sharing Day* on October 23, 2021 at TLMSHK. During the sharing sessions run by the 25 TL alumnae, not only did our students get to know more about the actual work environment as well as the specific skills, knowledge and qualifications required, but they also came to realise and understand the importance of work ethics and their social responsibility. Many were also inspired to (re-) consider careers that would closely match their skills, interest, and work values.



Alumnae Sharing at True Light 150th Anniversary Life Planning Sharing Day

- To let our students explore and taste different job opportunities both in theory and practice, three on-campus 10-hour Careers Exploration Certificate Courses, including the *Mobile Apps Design Certificate Course*, *Play Therapy Foundation Certificate Course* and *Child Counselling Psychology Certificate Course*, were offered to 53 S3-5 students by Yan Oi Tong YES Training Institute on August 4, 6 and 8, 2022.



- S6D Tze Ying Lam successfully passed the interview and obtained the Multi-faceted Excellence Scholarship offered by the Home Affairs Bureau of HKSAR.
- This year, 26 students (10 from S3, 8 from S4 and 8 from S5) were nominated by the school to join the HKU Academy for the Talented. These selected students have privileges in partaking in the University's international conferences, summer programmes, mentorship scheme, etc. to widen their horizons and get priority consideration to apply for HKU programmes in the future. Given this, four S3 students attended the year-round workshops on copyright run by the HKU Legal Academy Student Chapters and started a chapter to spread legal knowledge at our school.
- Through the Business-School Partnership Programme (BSPP) of Education Bureau (EDB), two of our S4 students obtained their job experiences from the Hong Kong Housing Society and Ingrid Millet in June 2022. Besides, our school and Zwei Development Limited were paired up in the HKGCC Business School Partnership Programme 2021/22. Yet, due to the fifth wave of COVID-19 outbreak and the early summer break arrangement, not many activities have been organized. Considering the situation, the 2021/22 programme has been extended to the next academic year 2022/23 and it is hoped that more career webinars, company visits and summer internship programmes could be scheduled thereafter.
- Acknowledging that LPE should commence early at junior secondary levels, the Team started to collaborate with the Hong Kong Federation of Youth Groups (HKFYG) to provide our S1-2 students with career talk(s)/workshop(s) this year. During the session(s), students not only explored the skills required in the career world, but also took the initiative to draft a plan to develop at least one career-related skill in junior forms.
- This year, we continued to join the project "I am..." of St. James' Settlement, which is sponsored by Hang Seng Bank. It provided two Day IV Homeroom sessions for S3 students to explore themselves and prepare for the subject selection. It also includes an "I am... Youth Portal"

Play Therapy Foundation Certificate Course run by Yan Oi Tong YES Training Institute

SECONDARY SECTION

app, which allows students to have a personality test to understand more about different careers and use the Chatbot to chat with different mentors online. Apart from that, our Team also collaborated with the organization to run the IMPROVED project throughout the year. Under this project, activities, like *S6 Mock Interview* and *S5 Life-wide Learning Day*, were held successfully.



S6 Mock Interview run by St James' Settlement



S5 Life Wide Learning Day - Students are preparing for a live broadcast during an e-sport competition

- The representatives from the HKBU, CUHK, HKUST and Tung Wah College were invited to our school and conducted the university programme talks for our S5-6 students. Students had a clearer understanding of the admission criteria and programme contents from the speakers as well as the sharing from their student ambassadors.
- All S6 students had a JUPAS choices consultation in a group of 2-4 with different Careers Teachers after school or during lunchtime in November 2021.

- A Careers Week was held by the Student Careers Team on May 23-25, 2022. The theme of this year was "*Unusual Jobs*". Through board displays with some crossword emoji puzzles as well as a Google Form Challenge, our students got to know more about some new yet interesting jobs in the territory and expose themselves to different career choices.



Board Display about Unusual Jobs at the Careers Week

- **The 11th True Light Alumni Mentorship Programme (TLamp)** —The Opening Ceremony on May 21, 2022 was held successfully at the School Hall. There are 44 mentors and 53 S4 mentees this year. A half-day campus personal development training was held on August 6, 2022 to help the mentees explore their strengths and development areas and to provide them with a chance to establish a positive and healthy relationship with their mentors. A series of Zoom seminars will also be held throughout the year for this cohort of mentors and mentees to enrich their understanding of different occupations.



TLamp—Mentors and mentees are getting to know each other more through BINGO



TLamp—A Half-day Campus Personal Development Training



The 11th True Light Alumni Mentorship Programme (TLamp)—Opening Ceremony

CIVIC EDUCATION

Highlights

- We take pride in four of our S2 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 out of more than 300 participating teams. 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 proposal.



Bronze Award of the Youth Impact Award 2.0

SECONDARY SECTION

- We were privileged to be able to invite Ms. Florence Chan, the Assistant Superintendent of the Jockey Club Rehabilitation Complex, to speak on the topic, "Exploration and Innovation: cultivating a civic awareness that cares for the society" at the whole-school National Education Assembly held on 24th September 2021. Ms. Chan has distinguished experience in the field of social enterprises and social innovation. Ms. Chan shared with students the core principles behind social innovation, some concrete examples of social innovation and encouraged students to be more proactive in paying attention to the needs of the socially disadvantaged.



Ms. Florence Chan shares on the topic of social innovation

- We are pleased and honoured to have organized an online exchange activity with Beijing RDFZ Xishan School. The event was completed with inspiring and engaging exchanges between the students from both schools. Students shared about their school life and common leisure activities, followed by a quality Q&A session which broadened the mutual understanding. Students find the activity insightful and enjoyable. It is hoped that more similar events can be organized in the future to promote exchanges between students of both schools.



Online exchange activity with Beijing RDFZ Xishan School

- Regarding sustainability education, the TLMSHK J FARM team was pleased to have a very fruitful harvest in J Farm, which included potatoes, reddish, spinach, romaine lettuce, and crown daisy. We are glad to be able to share the harvest with our family members and our teachers. We are grateful for the provision of mother nature and looking forward to celebrating another big harvest in the coming future.



J farm harvest

- Also, the Civic Education Association organized a red packet recycling and reusing campaign together with an online photo appreciation event (photos provided by National Geographic, Hong Kong). The environmental awareness of our students has been enhanced through the promotion of the above two activities.
- The S1 and S2 school-based Life Education curriculum had been enriched with elements of sustainability education; better understanding on information literacy and on issues relating to national security, in addition to the existing focuses on values education and a better understanding of Hong Kong's and China's development.
- The whole-school weekly flag-hoisting ceremony has been implemented in partnership with Girl Guides and Red Cross to cultivate a better sense of national identity among the members in the school.

RELIGIOUS AFFAIRS

“

Growing Jesus' Followers

2021-22 was a year of harvest as the Lord opened many of the hearts of our students to know God and follow Him. In many religious activities, we can tell what Jesus promised His followers is absolutely true:

“My sheep listen to my voice; I know them, and they follow me... No one can snatch them away from me.” (John 10:27-28b)

”

Evangelical Fortnight 2021: T-SeeKing Journey

This year, students experienced a life-changing journey on seeking the true living God and discovered themselves as the treasure of God. A series of creative and fun activities were held through the week, including lunchtime movie screening, board game zone, chit-chat & prayer corner, book exhibition, fellowship free trial and testimonial sharing by Christian students during Morning Prayer. Students had a great time with their Christian fellow schoolmates and volunteers from various churches.



Board Game Zone



Movie Screening



Prayer Corner

The climax of the Evangelical Fortnight was indeed the live band concert and the interactive booth experience on the last day. Our partnering organization, U-fire Networks, brought along heart-touching music, team-building games, elements of art therapy and dance, and most importantly, small-group prayer service, to let students encounter God through interaction with Jesus' followers.



Evangelical Assembly



Team-building Games



Creating Art with Bible Verses

Praise the Lord that in the campaign over 60 students decided to follow Jesus. Almost 30 students joined the Student Christian Fellowship or lunchtime cell groups to know more about God. Let us pray to the Lord to send more shepherds to take care of His sheep!

Wellcation: Follow Jesus Online!

The fifth wave of Covid-19 had brought us a special holiday which gave us the opportunity not just to live well and learn, but also to know Jesus and make Him known. Group games and Bible study were held online to make the most out of the “Wellcation”.

April Fools’ Escape Game

Over 50 S1 students had so much fun with this escape game led by the Student Fellowship committee members on April Fools’ Day. The game was designed to reflect on self-esteem and appreciate oneself in God’s eyes. Students had a great time sharing deep feelings after the game and encountered Jesus in prayer.

Brunch Club— Online Bible Study

What does the Bible say about food? The Brunch Club is a group of hungry students who are eager to learn about Bible stories related to food or drinks. During the holiday, we studied three stories from the Gospel of John closely and were filled up with the inspiring words of God.



April Fools’ Escape Game



Online Bible Study



S1 Students Having Fun



Students Praying for Fellow Schoolmates

Campus Transformer Program: Jesus' Followers of Love

20 S2-5 students joined the Campus Transformer Program to become leaders in spreading love and care on the school campus. Throughout the year, they organized campaigns to encourage their fellow schoolmates and teachers by sending out tailor-made gifts, words of encouragement and prayers in many creative ways. Students also participated in joint-school training sessions and exchanged their ideas of kindness with Campus Transformers of the other schools.



Teachers Received Gifts & Words of Gratitude



Campus Transformer Team

"I realized that my purpose at school is not only learning, but also being part of the student body. I feel more connected with my schoolmates through the actions of the Campus Transformer Program. I hope that we can continue to make our schoolmates feel more at home through the love of Christ," says Kylie Louie of S3.

LAC TEAM

The Language Across the Curriculum (LAC) Team kicked off the school year with our all-time favourite, 'S1-S3 Spellbulary Tournament' and ended with a happy note. The subject teacher-led activity 'Bring a Book to Class', and 'Literature Circle @Tesseract' for all S1 students were conducted on school campus face-to-face in the first term. This year, we devoted more time in conducting curriculum mapping. We did map the S1 and S2 Science teaching topics in their schemes of work with reading materials on Britannica – an online subscribed reading platform, and tailor-made two sets of "S1 Trial LAC Worksheets" for use. We also worked closely with the English department to include "Reading Across the Curriculum (RAC)" and "Language Across the Curriculum (LAC)" in the teaching of reading and grammar in S1-S5. This inclusion allows students to be exposed to not only reading texts of other EMI subjects, but also understanding how selected grammar items are used in other EMI subjects.

READING PROMOTION TEAM

The Major Objectives for Promotion of Reading

- (1) To cultivate students' reading interests
- (2) To create a reading culture

Activity Highlights

1. English Book Fair in November 2021 and Integrated Book Fair in May 2022

The activities in the book fair were welcomed by students and teachers. Members of the Library Society designed games for students to participate in.

We can see how engaging the students were in the book fair with the awards of gifts and book coupons, which motivated students to explore further the joy of reading English and Chinese books.

2. Reading Club—Joyful Reading on Wednesdays 喜閱星期三

On the second Wednesday of every month, 'good books sharing' was held by students and teachers. A face-to-face reading club as well



Reading Week 2022

as video sharing took place this year. Videos were uploaded to our YouTube channel: **Library TLMSHK**.

3. True Light Readers 07 & 08 《真光讀書人》

The library newsletters, True Light Readers 07 and 08, were published in November 2021 and May 2022 respectively. Mr. Ha and Mr. Mok shared their book collections and experience on how to choose a nonfiction book. The editorial board have also designed an interactive game, Quote Hunting, where students can answer questions and win prizes.

4. e-Reading

eRead Scheme provided by the HKEdCity was introduced and implemented. eBooks from HKEdCity are recommended for the Chinese Extensive Reading Scheme. Junior Form students read the eBooks and complete the book reports for reading assessment. The library also held the Reading Award Scheme to encourage students to read during the 'special holiday' in March and April.

5. Reading Week in May 2022

The theme of this year's Reading Week was "TL Readers' Joyful Reunion". We all looked forward to reuniting on campus after the special summer holiday. Schoolmates enjoyed getting together for reading activities, especially the quiz game at the assembly. The library committee members also designed a reading challenge for the whole school. Winners will be awarded a book of their choice at the book fair.

TRUE LIGHT E-LEARNING

2021



Mr Ha share flipped learning at Fung Kai No.1 Secondary School

AUG



Mr Ha sharing flipped learning to Teach4HK



Mr Ha attending HKJC Flipped Learning Pilot Project Ceremony



Mr Ha share flipped learning with Hong Kong True Light College teachers



SEP



Mr Ha share flipped learning at TWGHs Mrs Wu York Yu Memorial College



OCT



Mr Ha share blended learning at The Education University of Hong Kong

2021



DEC

Mr Ha attend flipped video competition ceremony at CUHK



Mr Ha share blended learning at Learning and Teaching Expo



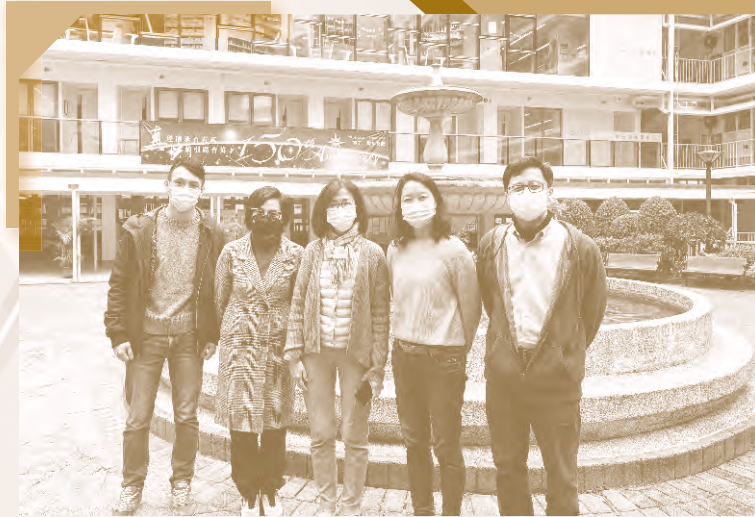
Mr Ha observe flipped lesson at Fung Kai No.1 Secondary School



Mr Ha sharing video making at Learning and Teaching Expo

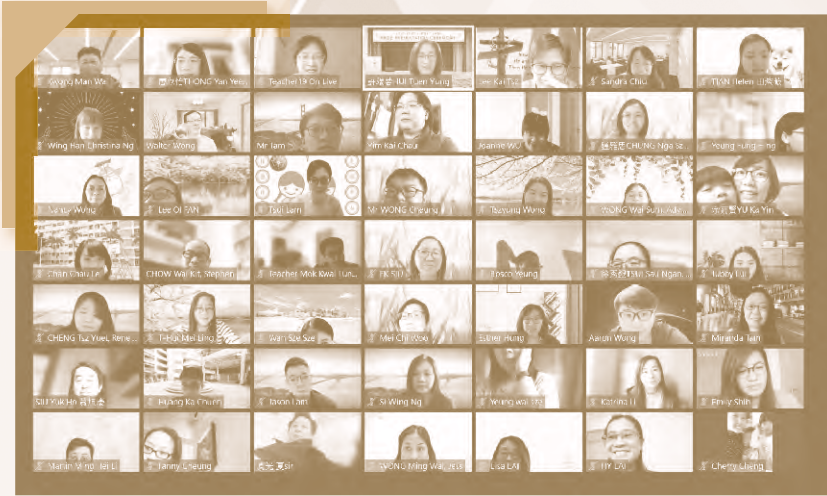


2022



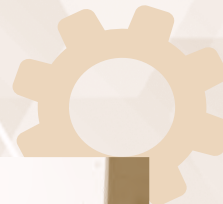
Visit by Apple Education Team HK

JAN



Mr Ha sharing on-line teaching tips in TL staff development session

MAR



MAY



Mr Ha observe flipped lesson at Chung Sing Benevolent Society Mrs Aw Boon Haw Secondary School



Mr Ha share flipped learning at Buddhist Hung Sean Chau Memorial College

Mr Ha observing flipped lesson at Ma On Shan St. Joseph's Secondary School



JUN



STEAM TEAM



There are 40 students in the STEAM Project Team, 15 from junior levels, 25 from senior levels and 3 alumnae consultants who are Year 2 students of The Hong Kong University of Science and Technology. Four types of activities were held as follows:



1. Monthly meetings

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

2. Workshops

- Making VR glasses
 - Making disinfectant hand gel
 - Digital Chinese Ink in Contemporary Arts
 - Interactive Experience Development and Trends on Arts & Culture
 - VR EHAB Generation
- Some were run by external organisations, including Tung Wah Group of Hospitals and Hong Kong Association for Computer Education (HKACE)



Core Group Meeting



Making of VR glasses



Annual General Meeting





Round Trip

VR EHAB Generation Workshop

3. Services and Programmes

- True Light Round Trip 2021
- Sharing in International Coding Elite Challenge 2022 in May 2022
- STEM 4 GIRLS Scheme 2021 to 2022 by HKACE from November 2021 to June 2022
- “Art X Tech - A Green NFT Adventure” in S2 Life-wide Learning Day in June 2022
- LEGO Workshops in Get-Set-Go Programme for new S1 students in August 2022
- EdUHK AI Literacy Programme in August 2022
- Space School Virtual Programme with another three True Light schools to celebrate the 150th School Anniversary organised by Houston Association for Space and Science Education (HASSE) from July to August 2022



Life-Wide Learning Day

4. Competitions

- Qianhai Guangdong—Hong Kong—Macao Youth Innovative and Entrepreneurship Competition from December 2021 to January 2022
Prize: Bronze Award
- The Hong Kong Council of Social Service Social Innovation Community 4.0 Competition from December 2021 to March 2022
- Caprikon Code Combat Competition from January to April 2022
Prizes: Silver Award & Bronze Award
- Caprikon Ozaria SheCreates Competition from February to April 2022
Prize: First Runner-up
- Caprikon VR for Good Competition from March to May 2022
Prize: Merit
- Rocket Car Friendly Match with True Light schools in August 2022
Prize: Merit
- Tung Wah Group of Hospitals Technology Inclusion VR Games Design Competition 2022
Prize: Champion



True Light Joint School Rocket Car Competition

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 Light 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 one S5, five S4 and six S3 students. Some of them have joined this program since last year. Here are some of the activities held this year:

- 「生命不加索」
- Oil Massage
- Positive Values Workshop
- Herbarium Workshop
- Buddies' Radio (Promote mental health to schoolmates)

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.



「生命不加索」



Buddies' Radio
(Promote mental health to schoolmates)



Oil Massage

b. Different Activities in Art Therapy

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

c. Youth Career Development Groups for S1-5 Students with SEN

From January to August, about 20 students with SEN have been invited to join a series of group activities for career planning and interview training.

STAFF DEVELOPMENT

In line with the school's major concerns, professional development activities will be organized throughout the year.

- On 26th August 2021, a workshop 'Future-proof educators: Mindset tools for 21st teacher' was held. The speaker is Mr Tsang of Poly U Jockey Club Design Institute for Social Innovation. In term of knowledge transfer, the workshop was effective in delivering an overall picture of development in education sector. Most of the teachers reflected that they gained the latest education trend. They gained a brief understanding of conceiving creative solutions in education.



Future-proof Educators: Tools and Mindset for 21st-Century Teachers

- In the second term, two workshops on introducing Growth Mindset and Teachers' Self-Growth will be held in January and June respectively.



Positive Education in Action Fostering a Growth Mindset

- Finally, in order to deal with the psychological impact on students brought by the pandemic, on 4th July 2022, the educational psychologist of our school held a workshop on "Identifying and Supporting Students at Risk of Suicide" for our teachers. This enables teachers to be more alert to students' emotional changes, to understand well how to respond to them and provide channels of support. Teachers found the information useful and helpful in counselling students.

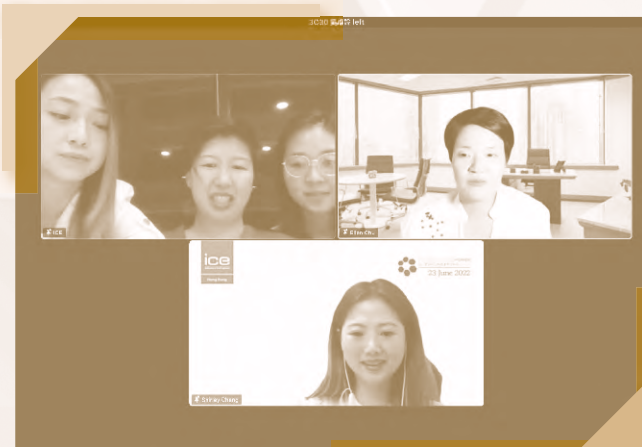


"Identifying and Supporting Students at Risk of Suicide"

ALUMNI ASSOCIATION

The True Light Middle School of Hong Kong Alumni Association serves as an important link between generations of past students, teachers and the school. All former students of True Light Middle School and institutions under its governance (including the Primary Section and Kindergarten) are eligible to join as members. Therefore, it is not surprising to observe gentlemen appearing at our events or serving in the management committee occasionally. With a group of dedicated committee members, the Alumni Association worked creatively under the pandemic social distancing limitations. Apart from connecting members, sharing school news and developments through the social media, the Alumni Association organized online events to keep members engaged.

Zoom Career Talk—In June, a talk entitled "The Hidden Fun and Rewards in Civil Engineering" was held. This zoom talk attracted more than 200 enrolments. Our alumna, Ir. Ellen Lee, was one of the three speakers from the Institution of Civil Engineers who zealously shared about her experience, career path and development opportunities in the engineering field. This evening talk gave much inspiration to our current students and their parents as well.



ICE HKA WIE The hidden fun and rewards in civil engineering

Established in 1818 in London, the Institution of Civil Engineers (ICE) is the first professional engineering body in the world. ICE is a professional membership body that government and industry listen to while providing unrivalled support to our 95,000 civil engineer members across many countries since obtaining its Royal Charter in 1828. ICE Hong Kong Association (HKA) is one local office of the Institution with over 2,000 members in Hong Kong.

Theme of sharing

As part of STEM education, we aim to offer a unique insight for both parents and students to understand the different aspects of being a professional civil engineer. We hope to enhance and refresh their perception of the industry through facts reveal and myths busting. The ultimate goal is to foster students' interest to be a civil engineer and demonstrate that civil engineering is a creative and rewarding profession.

Hidden fun and rewards:

1. Increasing no. of woman engineers in the industry
2. Global recognition as a professional
3. Diversity in work scope and environment
4. Above average packages
5. Contribution to the society and many more!

Myths or facts?!

1. It's a man's world
2. You have to be good at maths.
3. You have to be good at physics
4. Engineers are boring, and so is civil engineering
5. Engineers aren't diverse
6. It's all hard hats, concrete and hi-vis vests
7. Engineers love Lego

Programme (Tentative):

Time	Run-down
19:00 – 19:05	Introduction to ICE
	Ms Eva Kong Capital Works Chief of Staff MTR Corporation Sector: contractor Discipline: geotechnical
	Ms Shirley Cheng Senior Resident Engineer Arup Mott MacDonald Joint Venture Sector: consultant - site Discipline: water
19:05 – 19:45	Ms Ellen Lee *Alumni of True Light Middle School of Hong Kong Engineer Highways Department, HKSARG Sector: client Discipline: geotechnical
	Ms Winnie Lai Engineer Atkins Sector: consultant Discipline: bridges
19:45 – 20:00	Discussion



Come and join our sharing to find out more. Sharing by female engineers from different stages of their career with various disciplines and backgrounds!

Rsvp now by contacting ms Shirley Cheng at 4852 9305 7679



Girls Can! Women Engineers sharing their career path and the ever growing development opportunities in civil engineering.



SECONDARY SECTION

Souvenir Sale—Usually in May, alumni expect returning to school to support the annual fun fair, contribute to the bursary, meet up with old friends and teachers, and bring home with specially designed alumni souvenirs. Although the fun fair was not held under the pandemic, the Alumni Association organized an online sale with a new batch of handy and trendy souvenirs. Orders were not only received locally but also from overseas!



TL souvenirs



Celebrating our 150th anniversary

真光 香薰口罩扣

真光校友會

The very first attempt in on-line selling of souvenirs. These handy and trendy picks were conveniently shipped locally and abroad.

Annual Gathering in October—We used to have an annual dinner on the last Friday of October. While maintaining the tradition and theme, we added variation in 2022 by having the reunion held on the school campus. There were several new-builds and innovative renovations which alumni would certainly appreciate and enjoy when revisiting the school.

In the future, the Alumni Association will explore ways to engage more with alumni locally and globally. Wherever we are, True Lighters are.

PTA TALKS

Talk 1

Name of the Talk	Parents' Workshop: "Don't let your kids control your emotions"
Date	6 th November, 2021 (Saturday)
Objective	The workshop aims at helping parents to understand more about the physical, mental development and emotional needs of their adolescent children; explore how to make the best use of their children's abilities to cultivate a good character. Further, share the tips of building up good relations with adolescent children, and let parents accompany their children going through the stormy years together.

Talk 2

Name of the Talk	Parent Workshop: "Adolescents falling in love, what should we do with online dating"
Date	21 st May, 2022 (Sat)
Objective	The workshop aims at enhancing parents' understanding of the love and cyber culture of young people nowadays. Parents also learn more about effective parent-child communication methods, and ways to establish positive love values for their children.

STUDENT UNION




A. The Executive Committee Members of Student Union

President of Student Union 學生會會長 : S5D Ho Siu Kwan Victoria
 External Vice President 外務副會長 : S5D Lui Tsz Ching
 Internal Vice President 內務副會長 : S5D Lee Abbie Norah
 Secretary 文書 : S5B Siu Elsa
 S3B Wong Yat Ting
 Treasurer 財政 : S3C Lo Tsz Ching
 Promotional Affairs Officer 宣傳 : S4D Cheng Ka Wai
 Academic Affairs Officer 學藝 : S4C Ng Chi Yee
 S3B Ma Cho Kiu
 General Affairs Officer 總務 : S5B Chong Cheuk Lam
 S3B Chan Cheuk Yue
 Public Relations Officer 聯誼 : S4A Ho Shu Wing
 S4D Leung Chin Lok Abbie






B. The Events of Student Union

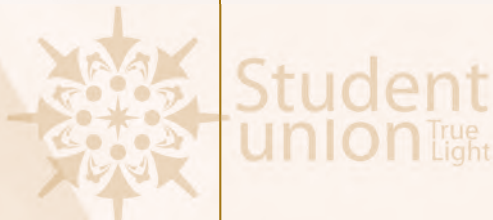
Date	Event	Remarks
August 2021	Welcoming S1 Students	<ul style="list-style-type: none"> introduce Student Union to S1 students and welcome them
September 2021	Umbrella Lending Service	<ul style="list-style-type: none"> provide the service to students on rainy days
October 2021	Student Union Election	<ul style="list-style-type: none"> introduce candidates by a promotional video and an online election forum SU election
	Student Union Inauguration	<ul style="list-style-type: none"> 2021-2022 74th SU committee members take up official posts 
	Thanks for Voting	<ul style="list-style-type: none"> 2021-2022 SU committee members give thanks to schoolmates who showed support during the election



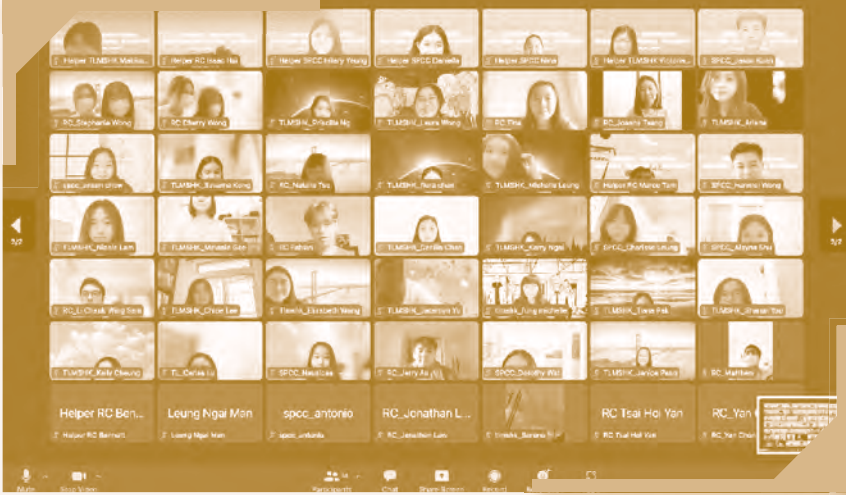




SECONDARY SECTION

Date	Event	Remarks	Remarks
November 2021	Sub-committee Recruitment	<ul style="list-style-type: none"> recruit helpful and responsible SU helpers to assist Student Union 21 sub-committee members are recruited 	 <p>TLMSHK 74TH STUDENT UNION</p> <p>Sub-committee recruitment</p> <p>Target: f2-f5 students Deadline: 10/11</p> <p>We need you!</p> <p>Application form can be found outside G15 or on SU IG page</p>
	Student Union Board Decoration	<ul style="list-style-type: none"> decorate the SU board to introduce new committee members and teacher advisors 	
	Christmas Casual Wear Sticker Competition	<ul style="list-style-type: none"> provide a chance for students to showcase their creativity and talents in art winners of the sticker design competition: For upper form students (champion): S6D Lee Hannah, Chan Wang Yee, Tze Ying Lam For lower form students (1st runner-up): S4A Cheng Tsz Ki, Choi Shui Yan 	 <p>Student Union 2021-2022 Casual Wear Day</p>
	1 st Form Representative Meeting	<ul style="list-style-type: none"> gather opinions from different form representatives on school's issues and the Student Union's activities 	
	Visiting Principal Hui	<ul style="list-style-type: none"> visit Principal Hui's home and reflect the students' opinions gathered from the Form Representative Meeting 	
December 2021	The 150 th Joint-school Sport Day	<ul style="list-style-type: none"> lead our schoolmates to cheer for the athletes prepare and distribute self-designed cheering items (including a banner and cheering sticks) to all students cheering sticks designed by S5B Siu Elsa banner designed by S4B Jin Cheuk Lun 	

Date	Event	Remarks
December 2021	Dancing Practice	<ul style="list-style-type: none"> organize dancing practice for students at the fountain area during lunch time
	Christmas Decoration	<ul style="list-style-type: none"> decorate the school campus with the theme "H.O.P.E.—Hold On & Press on with Emmanuel"
	Christmas Celebration	<ul style="list-style-type: none"> celebration in class Hall Performance (variety show and teacher performance) lucky draw and prize presentation Dancing Night after all Hall Performance
	Variety Show: "Freesia"	<ul style="list-style-type: none"> provide an opportunity for students to show their talents in front of the whole school 17 participants/teams join the Heat and 11 of them enter the Final winners of Variety Show: Winners: S3B Ashley Wong's team 1st runner-up: S6B Yau Hiu Lum's team 2nd runner-up: S5C Lee Hin Kan
January 2022	Lighthouse VOL.33	<ul style="list-style-type: none"> publish the Student Union magazine which was written by students in 2020-2021 Topic: 尋曦記 & Dissecting a DSE Top Scorer's Mind
		 



SECONDARY SECTION

Date	Event	Remarks
<p>April 2022</p> 	<p>Video for S6</p> <p>Joint School Zoom Social Event</p>	<ul style="list-style-type: none"> cheer up S6 girls for their DSE collaborate with Raimondi College and St. Paul's Co-educational College in organising the Joint School Zoom Social Event 20 Truelighters from S3-5 join the event 
<p>May 2022</p>	<p>The 87th School Anniversary: Song Dedication</p>	<ul style="list-style-type: none"> 34 songs and messages are delivered by us via Instagram stories celebrate the 87th Anniversary of the school 
<p>June 2022</p>	<p>Mask Holder Design Competition</p>	 <ul style="list-style-type: none"> give a chance for students to show their art talents and creativity winner of the competition: S4B Jin Cheuk Lun the best design will be produced exclusively for students
<p>July 2022</p>	<p>Farewell S6</p> 	<ul style="list-style-type: none"> bless all the S6 graduates by presenting each a souvenir of a self-designed water bottle along with Student Fellowship the water bottle is designed by S4B Jin Cheuk Lun 

Date	Event	Remarks
August 2022	The 74 th Annual General Meeting	<ul style="list-style-type: none"> reports from different teams of Student Union to illustrate what we have done in the year
	Second-hand Textbook Sale	<ul style="list-style-type: none"> give a chance to senior form students and old girls for selling second-hand textbooks



Student
union True Light

C. Words from the President of Student Union, Ho Siu Kwan Victoria

“Student Union, Strive for you, Work with you”, a motto said by our Student Union committee members after every promotion and announcement. Last time, when I used this motto after finishing my President’s Report in the 74th Student Union Annual General Meeting, it reminded me that I had heard the same motto 5 years ago, at the same venue. At that time, our former committee members welcomed us into True Light as a Secondary 1 student. It was the first time I heard this motto and it was indelibly imprinted on my mind. Two years after that, I decided to become one of the committee members. When I really succeeded, I finally understood the meaning of this motto.

It has been three years since I first became a committee member and this is my first year as a president and being responsible for the other 12 committee members. This year, with my new position and the past two years of experience, I realize that I am bearing more responsibility to serve my schoolmates and our school. I have the responsibility to my schoolmates to bring them a better campus life and to represent them to give opinions to the school. I have the responsibility to the other 12 committee members to lead them to finish every project and to pass on the experience that I learnt from my predecessors. This year, 11 out of our 13 committee members are newly joined. I am so chuffed to see them growing in the past year. Our 12 committee members showed their perseverance, intelligence and dependability through this year’s events. They have shown their passion guided by our motto, “Strive for you, Work with you”. Here, I would

like to express my thanks and praise to my fellow committee members for their tireless works over the years. Running the Student Union smoothly is definitely teamwork, every committee member is indispensable.

Unfortunately, these three years have been affected by outbreaks of COVID-19. Some school activities we joined before and organised by our predecessors, such as School Anniversary celebration and Doreme, have been cancelled in these three years. We lost the opportunity to organise these events, which made me and our committee members very disappointed. However, with the guidance of our motto, we still understand that we should persist in providing a better school life for our schoolmates. In the first half of the year, we successfully held the Christmas Celebration and Variety Show. We also led our schoolmates to cheer for the athletes in the 150th School Anniversary Joint-school Sports Day. These opportunities are not easy to come by, we should treasure them!

Lastly, I would like to take this opportunity to thank our school principal, teachers, teacher advisors and fellow schoolmates for your support and guidance over the years. As my time as the president and committee member for the Student Union has nearly come to an end, it is time to pass on the “Light”, the spirit of Student Union, to our younger sisters. I wish all the best to our new school’s 75th Student Union. Please continue to support their work!

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

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.

We focus on:

Leadership Training

Organise a training camp, including personality analysis, team building and hands-on activities for S4 students to learn to be a leader



Team Building

Provide opportunities to amass an array of experiences and learn to be a team player through a wide variety of ECA groups



Community Engagement

Recommend territory-wide, community-based cultural and entertainment activities and events via the ECA ambassadors' promotion

Organise 'Love Overflows', a voluntary service programme for S4-S5 students to contribute to society through serving various disadvantaged groups in society

ECA Promotion and Enrollment

- Introducing ECA groups to S1 students
- ECA promotional videos were sent via e-mail to all students



History Society



Chess Club



Hand Chimes Team



Girl Guides

Co-ordination Work in ECA Groups

- Recruit ECA Ambassadors:
S4B LI PO WAI 李宝慧
S4B NG CHO YU 伍楚渝
S4C AU HOI YING 區愷仍
S4C NGAI KAI LAI 魏佳麗
S5B HENG CHEUK YING 鄭焯瑩
S5D YUEN CHEUK NING 袁焯寧
- Collect the award information in external competitions by Google Form
- Establish TL-portal for ECA groups

ECA Channel



- Establish Instagram page for promoting external activities and competitions
- ECA ambassadors were invited to the opening of the art gallery.



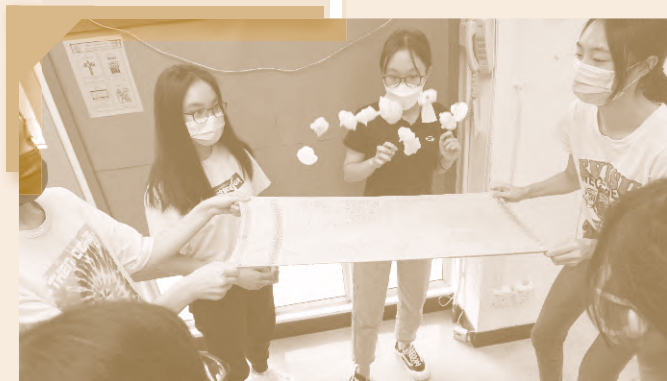
Leadership Training Programme

Leadership Training Programmes for S4 students
 Theme: Dedication with Passion; Breakthrough for Life 迸發熱情、突破自我
 Stage 1: Orientation Day Camp (Compulsory)
 To get a better understanding of oneself so as to take ownership of one's life and to bond with fellow S4 schoolmates for a greater sense of belonging
 Stage 2: Training Day Camp and Practicum (Optional)
 Each group of leaders prepared an activity for S1 students. The theme of the activity was "introduce campus life, improve adaptability and enhance school life".

SECONDARY SECTION



S4 Orientation



Mystary



Leadership Training



Mario World

S4 and S5 Love Overflows Programme

Aims:

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

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

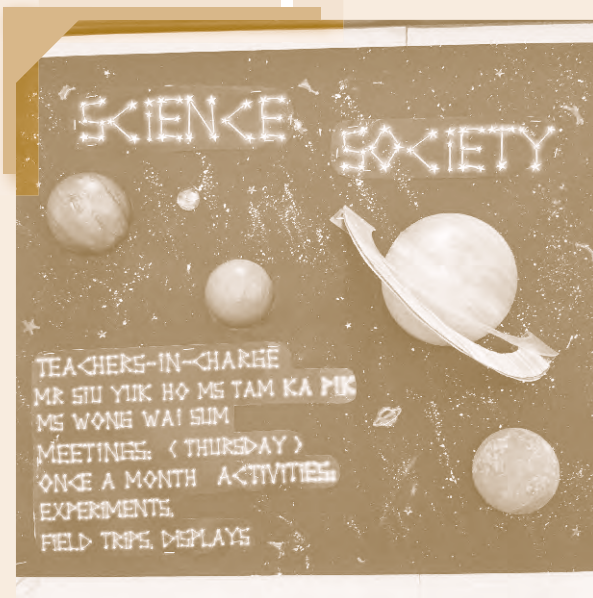
1. Children from low-income families: Online games and homework guidance
2. South Asian children: Online games and homework guidance
3. The elderly: Online video calls and activities
4. Parents from low-income families: Sharing of learning experiences and the use of learning apps

Best Decoration Awards of ECA Boards

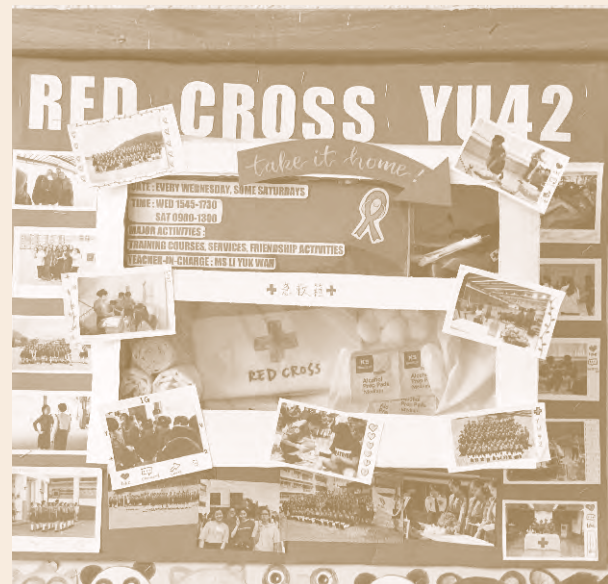
Champion: Science Society

1st Runner-up: History Society & Red Cross

2nd Runner-up: Art Society



Champion: Science Society



1st Runner-up: Red Cross



1st Runner-up: History Society



2nd Runner-up: Art Society

Life-wide Learning Day

S4 Learning through Serving Others

Aims:

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

Activities:

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



2021-2022 OUTSTANDING SERVICE AWARD NAME LIST (28 STUDENTS)

Class	Student Name	Club	Role
S5B	CHAN HEI YAN	Basketball Team	Captain
S5C	CHAU CHEUK YING	Basketball Team	Captain
S5D	YIU CHEUK KI BELINDA	Campus Transformer Program	Member
S5B	LEE WING KA	Chess Club	Chairlady
S5D	CHENG HOI TING	Chinese Language Society	Chairlady
S4D	HO XIN LAM	English Debate Team	Vice Chairlady
S5D	HO XIN YUE	English Debate Team	Chairlady
S4A	CHOI SHUI YAN	Girl Guides	Patrol Leader
S5D	CHAN SHU XING	Girl Guides	Commander
S5D	SIU HO YUET	Girl Guides	Captain
S5D	WONG YU SEE PATSY	Maths Team	Chairlady
S5D	YUEN CHEUK NING	Prefect	Vice-captain
S4B	HUI ALISON KA YUNG	Red Cross	Senior Section Leader
S4C	CHIANG YUEN SHAN	Red Cross	Senior Section Leader
S5D	CHUA SUET YAU	Red Cross	Head Section Leader
S3C	MOK CHEUK KI	School Worship Team	Member
S3D	YUNG PUI KEI VICKY	School Worship Team	Member
S4C	TSANG KAM YAN	School Worship Team	Member
S5C	IP CHEUK YAU	STEAM Team	Vice Chairlady
S5C	KWOK HAU CHING	STEAM Team	Chairlady
S4C	TSANG KAM YAN	Student Christian Fellowship	Vice Chairlady
S5D	YIU CHEUK KI BELINDA	Student Christian Fellowship	Chairlady
S5D	HO SIU KWAN VICTORIA	Student Union	President
S5D	LEE ABBIE NORAH	Student Union	Vice President
S3D	WONG LOK YIU	TrueVision	Group Leader
S4A	LU YAT TUNG	TrueVision	Group Leader
S5C	MAN LONG YIN	TrueVision	Chairlady
S5D	LEE TSZ CHING	Library Society	Chairlady

2021-2022 GOOD SERVICE AWARD NAME LIST (100 STUDENTS)

Class	Student Name	Club	Role
S4B	JIN CHEUK LUN	Art Society	Committee Member
S5B	TING YAN TUNG	Art Society	Committee Member
S4C	NG BERNICE JOCELYN	Athletics Team	Vice-captain
S4D	WONG TING YUK	Athletics Team	Vice-captain
S5B	YU HIU KEI ANGELIQUE	Badminton Team	Captain
S5D	CHEUNG WING YAN	Badminton Team	Captain
S4D	CHAN ON LAM ANNUM	Campus Transformer Program	Member
S4D	HA YUET	Campus Transformer Program	Member
S4A	CHOI SHUI YAN	Careers Team	Committee Member
S4C	SHAO WING SZE	Careers Team	Committee Member
S5C	WONG HUEN MAN	Careers Team	Committee Member
S5D	CHAN SHU XING	Careers Team	Committee Member
S4C	CHOW YUEN YING	Chess Club	Committee Member
S4C	LEE HOI CHING	Chess Club	Committee Member
S4D	LAU YEE TING	Chess Club	Committee Member
S4D	WONG YIN LAI	Chess Club	Committee Member
S5A	HO WING SZE	Chess Club	Committee Member
S5A	LAM HEI MAN	Chess Club	Vice Chairlady
S5C	LAI WING YEE WINKY	Chess Club	Committee Member
S3B	YEUNG OI YING	Chinese Language Society	Committee Member
S3C	YIU LOK HEI	Chinese Language Society	Committee Member
S4A	HUANG ZHIXIN	Chinese Language Society	Committee Member
S4C	NG KA YAN	Chinese Language Society	Vice Chairlady
S4D	KWOK MAN HUEN	Chinese Language Society	Committee Member
S4D	SHA NATALIE	Chinese Language Society	Committee Member
S5D	LEUNG CHEUK CHI	Chinese Language Society	Committee Member
S2B	LAU KAR KEI	Civic Education Association	Secretary
S2B	WONG LOK YI	Civic Education Association	Treasurer
S2C	FUNG TSZ CHING CHRISTY	Civic Education Association	IT Secretary
S2C	KWONG HIU LAM	Civic Education Association	Activity Planner
S4C	AU HOI YING	Civic Education Association	Vice Chairlady
S4C	LEUNG KA CHING	Civic Education Association	IT Secretary
S4C	SHAO WING SZE	Civic Education Association	Chairlady

SECONDARY SECTION

Class	Student Name	Club	Role
S4C	WONG WAN KI	Civic Education Association	Chairlady
S4C	KOON MAN HEI CHARLOTTE	CYC	Vice Chairlady
S4C	NG HOK YAN PRISCILLA	CYC	Vice Chairlady
S5C	WONG WAI YAN LAURA	English Debate Team	Secretary
S1A	WAN TSZ FEI RUTH	Form Association	Chairlady
S1A	WOO WING CHI	Form Association	Vice Chairlady
S4D	CHAN ON LAM ANNUM	Form Association	Chairlady
S5A	HO HIU YAN	Form Association	Member
S5B	CHAN SUM KIU	Form Association	Member
S5B	TAN SIM MAY	Form Association	Member
S5C	SZE YUEN KA	Form Association	Chairlady
S5C	WONG CHING YIN	Form Association	Member
S5D	SIU HO YUET	Form Association	Vice Chairlady
S5D	YUEN CHEUK NING	Form Association	Member
S3C	MOK CHEUK KI	Girl Guides	Patrol Seconder
S4C	LEUNG KA CHING	Girl Guides	Patrol Leader
S4D	LEUNG CHUN LOK ABBIE	Girl Guides	Patrol Leader
S5A	*MA KA YI MAGGIE	Girl Guides	Vice Chairlady
S5C	WONG HUEN MAN	Girl Guides	Patrol Leader
S5C	*WONG SUI NAM ELIZABETH	Girl Guides	Vice Chairlady
S5D	YIU CHEUK KI BELINDA	Girl Guides	Patrol Leader
S5B	CHONG CHEUK LAM	History Society	Chairlady
S2C	TSANG LOK YIU CHARIS	Junior School Choir	Section Leader
S3B	CHAN CHEUK YUE	Junior School Choir	Vice Chairlady
S3C	CHAU CHING NAM	Junior School Choir	Member
S3C	MOK CHEUK KI	Junior School Choir	Section Leader
S4C	CHEUNG SUM WO	Library Society	Vice Chairlady
S5D	SIU HO YUET	Library Society	Vice Chairlady
S4D	NG KELLY	Maths Team	Vice Chairlady
S5D	CHUA SUET YAU	Maths Team	Vice Chairlady
S4D	HO XIN LAM	Prefect	Vice-captain
S4D	KONG WING TUNG	Prefect	Vice-captain
S5C	CHAN SIN CHI	Prefect	Captain
S5D	PONG KIT YAN	Prefect	Captain
S3A	YIP RING TONE	Red Cross	Section Leader
S3B	CHAN CHING YIU	Red Cross	Section Leader
S3B	FUNG YUET KIU CARON	Red Cross	Member
S3C	CHAN WAI YEE	Red Cross	Section Leader
S3C	LEUNG WAI KI VICKIE	Red Cross	Section Leader
S3C	LOR TSZ MAN TIFFANY	Red Cross	Section Leader
S4C	HUNG HIU LAM JOANNE	Red Cross	Senior Section Leader
S2A	WONG YUET ELIZA	School Worship Team	Member
S2D	LEUNG NOK SZE	School Worship Team	Member
S3B	LOUIE HO CHING	School Worship Team	Member
S5C	CHAN CHEUK YING	Science Society	Chairlady
S5D	LEE TSZ YU	Science Society	Vice Chairlady
S5D	WONG HEI CHING CHLOE	Science Society	Vice Chairlady
S4C	CHEUNG HEI LEE HAILEY	STEAM Team	Committee Member
S4C	CHEUNG KA KI KELLY	STEAM Team	Committee Member
S4C	CHEUNG SUM WO	STEAM Team	Member
S4C	WU CHEUK YAN	STEAM Team	Committee Member
S5C	CHAN SIN CHI	STEAM Team	Committee Member
S5D	SIU HO YUET	STEAM Team	Committee Member
S5D	WAN KEI SUET ZAIDA	STEAM Team	Vice Chairlady
S3C	MOK CHEUK KI	Student Christian Fellowship	Committee Member
S3D	LAM LEI YAN LIANNA	Student Christian Fellowship	Committee Member
S5D	FUNG WAI KI	Student Christian Fellowship	Vice Chairlady
S4C	NG CHI YEE	Student Union	Committee Member
S5B	CHONG CHEUK LAM	Student Union	Committee Member
S5B	SIU ELSA	Student Union	Secretary
S5D	LUI TSZ CHING	Student Union	Vice President
S5A	YEUNG CHING HANG	Swimming Team	Captain
S6C	CHAN HEI WUN	Table Tennis Team	Captain
S3A	BUT CHLOE	TrueVision	Group Leader
S5A	HO HIU YAN	TrueVision	Vice Chairlady
S5C	TANG SIN LAM	TrueVision	Vice Chairlady
S5D	WAN KEI SUET ZAIDA	TrueVision	Group Leader

國文學會

本年度國文學會的活動主題是「從宮廷到民間」。構思這個主題的原因，在於我們都好奇：究竟在同一話題上，神秘的宮廷和親切的民間，兩端各有何特色？彼此又是否相互影響？有鑑於此，我們選定了四個感興趣的題材：飲食、服飾、刑罰、遊戲與表演藝術，期望透過主題內容分享、小手作和遊戲活動，讓同學進一步認識中華文化。本年有趣的活動可不少，例如親手製作傳統美點綠豆糕、「你畫我猜」小遊戲、民間玩意體驗，還有與棋藝會壓軸聯辦的「人肉象棋」比賽。雖然部分聚會因疫情之故而改於線上舉行，但一眾幹事和會員都不失熱情，同樣投入於活動之中，令每次聚會都充滿歡樂的氣氛。



幹事們與會員一起製作傳統美點

Science Society

Under the Covid-19 pandemic, most of the Science Society meetings were held online. Although there are many limitations and restrictions, we have made great efforts to keep members learning science through different ways in order to enhance our members' knowledge and interest in science.

Firstly, we launched various booths including Physics, Chemistry and Biology at the Round Trip. Our members were able to gain new knowledge; for instance, the concept of moment, oxidation through breaking the bonds of carbon compounds, and also the study of the effects of chemicals on different food molecules through several food tests and the differences between complex and simple molecules. We could learn interesting science knowledge from the booths while enjoying the experimental process.

Secondly, we allowed members to create their own mini-version ecosphere by providing them

with fishes, seaweed and oxygen beads through which we were able to learn more about the ecological balance.

Moreover, we did a scientific investigation about anaerobic respiration with yeast and glucose. Members were allowed to design the setup through which we could make use of their creativity, enhance their learning experience and develop their interest in studying science. Though some of us failed to carry out the experiments at first, after making various corrections and readjustments, all of us finally succeeded. We have learned how important perseverance is for us to overcome difficulties and challenges.

In the coming year, the Science Society hopes to organise much more fun and interesting activities for our members to participate. We aim to help members develop a deeper and more long-lasting interest in the science subject and also enrich their scientific knowledge.



Making an ecosphere in our meeting.

History Society

The History Society reckons that history has numerous stories and mistakes which we can learn from. The theme "Value the Failure" in 2021-2022 had been aiming for showing more history trivia which we discussed with our members. As Henry Glassie, a US historian said, "History is not the past but a map of the past, drawn from a particular point of view, to be useful to the modern travellers." We have always reminded our members to never forget every history.

As a tradition, we played a film called "The Jojo Rabbit", in order to introduce more facts about the Second World War of how people survived under the control of Nazi Party. Besides, we put a spotlight on local culture, such as introducing paper planes played in the past and shared local films with our members. We hoped these activities would raise their interest in local history and culture.

SECONDARY SECTION

We pledge that the History Society can provide more various ways to explore histories. We hope that our members can learn to appreciate histories, and more significantly, treasure our local culture. We thank our members who enjoyed participating in our meetings.



Students were playing old Hong Kong games

Art Society

In the year 2020 to 2021, we initially planned to hold three activities, namely ceramics throwing, water marbling, and DIY with wasted materials. Unfortunately, the sudden pandemic outbreak disrupted our arrangement and the activities were postponed and cancelled. Nevertheless, we managed to arrange water marbling for our members. What is water marbling? We first pour acrylic paints on the side of a cup until it fills half of the cup. We then pour an abundant amount of acrylic paint onto a canvas and allow the paint to flow. As the flow of paint varies, each piece of artwork has a unique pattern. Each of us finished two pieces of water marbling artwork, which included different color combinations and sizes. Several techniques were attempted to create characteristic effects. Finally, near the end of the term, we held a celebration and discussed future activities. What are the activities? Make sure you stay tuned!

Although last year's activities were not as diverse as before, our members had a wonderful time and learnt more about art. We are optimistic that the year 2022 to 2023 will allow us to provide more activities to our members.



This is the second attempt of water marbling. Done on 8.6.2022

Art Society

中文辯論隊

今年辯論隊仍然被疫情籠罩，開學後不久便迎來第五波疫情，令我們實體面對面的訓練及比賽大大減少。綜合全年，我隊只參加了兩個公開比賽，縱然遇到不同困難，我們依然堅持以網上形式進行訓練，以及珍惜每一場比賽，希望可努力裝備自己，以更好的狀態迎接彌足珍貴的比賽。在下學期，我們迎來了「文化盃」的首場比賽，在激戰多場後，我隊成功奪得殿軍。雖然未能再下一城，但隊員均吸收到很多台上經驗，也學習到不同的技巧。盼望來年辯論隊能繼續「辯出真光，論絕四方」的精神，迎難而上，再創佳績；更期望隊員可以保持對辯論的熱誠，抱着追求真理的初心，遇強愈強。



「文化盃」首場比賽的情況

Library Society

English Book Fair in November

This year, the Library Society held the annual English Book Fair in November to promote cultural learning and reading. Our students prepared different games related to this year's reading theme—'Be True-seeking Readers'. Students of all levels actively participated in our games to win \$20 coupons. Teachers also enjoyed reading and sharing with their students about their favourite books.

Online Book-purchasing Activity during the Lunar New Year Holiday

During the Lunar New Year holiday, the Library Society held an online book-purchasing activity. Participants could select books from one of the recommended online bookstores. Our members were usually quite shy and

introverted. However, one of the girls shared how a book she had chosen, originally borrowed from her friend, made her fall in love with reading. She wanted to add it to the School Library so that more people could enjoy it. She also repeatedly stressed how great the book was.

Following this, another participant also shared how she recently got interested in Japanese literature. As a result, she wanted to add Japanese-translated novels to the library.

Although we may not know about the authors and books they mentioned, we were moved by their excitement when they talked about their favourite books. Their enthusiastic responses made the event a fruitful one.

Reading Week in May 2022

This year's Reading Week theme was "TL Readers' Joyful Reunion". We all looked forward to being reunited on the school campus after the special summer holiday. Schoolmates enjoyed getting together for reading activities, especially the quiz game held in the assembly. The Library Society committee members also designed a reading challenge for the whole school. Winners would be awarded a book of their choice at the book fair.

Summer Reading Delights

The latest Library Society meeting has undoubtedly broadened our horizons. Mr. Walter Wong, Mr. Martin Li and Mr. Ha were invited to share their reading experiences.

Mr. Ha's sharing was undoubtedly the most surprising. We thought that Mr. Ha only reads books related to Math or ICT. Instead, he reads about a wide range of topics such as sports, health, spirituality and self-improvement. He encouraged us to discover different books and be open-minded about the ones we consider less attractive. Mr. Wong's sharing about the connections to life and values was thought-provoking. Finally, Mr. Li's lively sharing raised our interest in reading English books.

We were also touched by the sharing of our S5 school sisters. We have made unforgettable memories together and supported each other through organising and leading different activities. They have set great examples as passionate leaders. We are determined to continue their spirit and enthusiasm in the Library Society next year.



We are Library Society

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 26 members in our team.

This was the sixteenth year for the Math Team to hold the True Light Girls' Invitational Mathematics Contest. Forty secondary schools participated in the contest held on 13th November, 2021. 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), Hong Kong Hua Luo-geng Cup Mathematics Competition (for S1 to S2), Mathematics Book Report Competition for Secondary Schools 2021/2022 (for S1 to S3), Creative Infographic Design Competition on Applications of Mathematics for Primary and Secondary Schools (2021/22) (for S1 to S5), HK Mathematics Creative Problem-Solving Competition for Secondary Schools 2021/2022 (for S1 and S2), IMO (for S5), HKMO (Open) & AIMO (Open) (for S1 to S5) and HKMO (for S5 or below). Students got excellent results in various competitions, including 6 distinctions, 12 credits, 3 merits, 2 silver awards and 1 second class award.



True Light Girls' Invitational Mathematics Contest

Jazz Team

There are 18 students who joined the Jazz Team this year. They are mainly S1 and S2 students. 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 School Dance Festival (Dance Competition). Throughout the year, students practised regularly. Their dance skills improved a lot and developed very good friendships.



Our jazz team members

English Debate Team

With the ongoing pandemic, the majority of debate competitions and preparation meetings were still held on Zoom. However, it do not stop us from making breakthroughs for True Light's English Debate Team. The team participated in numerous competitions namely Hong Kong Secondary Schools Debating Competition (Both Standard and Enhanced Formats), UNESCO SDGs

Debating Competition and Sing Tao Inter-School Debating competition. Appreciation must be shown to our debaters who have spared no oil in the tank and have left everything on the stage.

The highlight of the year must be the Sing Tao competition. We have defeated a few prestigious schools in Hong Kong in this single elimination tournament and reached the quarter-final. Melanie Gee from 4C and Sharon from 4D were awarded Best Interrogative Debater in the first preliminary and the third preliminary respectively. Furthermore, Laura Wong from 5C was also awarded the Best Debater in the third preliminary.

The team shall continue to strive for excellence and embrace the challenges ahead.



Team photo of EDT, 2021-2022

English Drama Group

As the pandemic persisted, year 2021-22 was still a difficult year for the English Drama Group. Fortunately, we were blessed to have some face-to-face activities at least in the first half of the school year! We also had some meetings through Zoom and surely it was not easy for our actresses to remain focused without an actual stage and audience. We continued to conduct workshops and drama games whenever we could on the use of voices, lines delivery, story development, facial expression and body language. This year, we were able to have face-to-face training sessions for the dramatic duologue speech festival competition in Tesseract, the newly renovated performance space in black box theatre style which reopened in September 2021. We also tried something new and recorded a video of a drama, which was played during the morning True Vision session. The reaction and comments from the students were very positive. We devoutly hope that we will get our stage and drama back in the near future.



Students trained really hard for the dramatic duologue competition in Speech Festival.

English Centre (Tesseract)

The True Light English Centre went through a major upgrade in September and even changed its name. "Tesseract" is a black box theatre that promotes four-dimensional learning. It is also a place for True Light girls to "test her act".

Tesseract held many activities this year despite facing challenges brought on by COVID-19 restrictions. We continued with the annual Spellbulary and after a two-year hiatus, English Week returned with full force. The theme of English Week 2022 was 'A Musical Fair' and students engaged in various activities that were related to music such as guessing song names, lyrics and melodies. S1 to S3 students enjoyed musical games at Tesseract and held competitions with other classes in the same level. At the end of the event, students conducted their very own song reviews.

Another highlighted event is the Christmas Celebration held in the hall. Students engaged in a Christmas Trivia in which they got to showcase their in-depth knowledge about Christmas terminologies. Teacher advisors also played games and sang Christmas songs with all the students in the hall.

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



A Musical Fair at the Hall

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 about cooking and food. Most of them expected to have face-to-face meetings and cooking practices at school so most of the activities were organized in May and June after school resumption.



"Basque Burnt Cheesecake":
Home Economics Society members enjoying cooking practices organized by the committee

Chess Club

We aim to bring students together, boost their creativity and challenge their minds through playing a plentiful supply of chess sets and board games. Students can indulge themselves in all kinds of inspiring and interesting games.

During the COVID-19 pandemic, we organised two online gatherings of Zoom Checkpoints, through which members could still enjoy the fun of board games and maintain a strong bond with other members. On the other hand, we organised face-to-face gatherings after class resumption, such as "Human Chess" and "Battle with Fellowship", which helped consolidate the friendship among teammates and other members of different associations, like the Chinese Language Society and Student Christian Fellowship.



Game time is fun!

Red Cross

Having experienced a year with a less severe Covid-19 pandemic, we are grateful that lots of face-to-face activities could be organised to enrich our school life and maintain our 42 members' friendship. Throughout the year, several booths were held to promote Red Cross and World AIDS Day to our schoolmates and visitors. We also arranged a service project by taking care of SEN children and sharing Hong Kong's cultures with them, hoping they can feel being loved by the community and better adapt to it.

Besides, despite the limited practice time and experiences, our members still made great efforts and received satisfactory results in the first aid and friendship competitions as well as drill inspections. We were especially excited to have chances for holding friendship activities like orientation day and Christmas celebration, which have greatly deepened our sense of belonging and enthusiasm.

It is heartening to see our members continue keeping the spirit "teamwork makes the dream work" in mind, and we look forward to passing it on for creating more precious moments and achievements for our "42" in the future.



2021-2022 Last General Meeting

The Girl Guides (97th Island Company)

Together, we can! Due to Covid-19, many extra-curricular activities have been cancelled. However, at the same time, we have learned to overcome challenges calmly. Together, we learned to make bubble soap through zoom meetings. Together, we practiced to design a hiking trail by using online resources. Together, our members presented their badge achievements with desktop computers and iPads. Together, we understood how to be prepared and be patient. Finally, we met face-to-face and had training on knotting, marching and outdoor cooking. We could also enjoy a face-to-face enrollment ceremony after two years.

Working together to serve others is also our spirit. This year, our girls served guests and primary students from other schools on the Round Trip Day, helped school in the national flag raising ceremony as well as conducted activities for the visually impaired students of Ebenezer School and Home for the Blind regularly. As our Guide Promise goes, "(We) promise to do (our) best, ..., to help others," We exist to love and to serve.



Together we gather

TrueVision

TrueVision—a team full of passion, dreams and creativity

As the Campus TV of True Light, TrueVision provides an opportunity for students to develop not only their interests in filmmaking and video production, but also their creativity and potential. Participating in various stages of video production, from script-writing and casting to filming and editing, members experience different roles in a production, using a wide array of equipment and software, eventually developing their interests and specialise in particular areas. By coming up with new ideas for programmes, students develop their creativity and foster bonding with peers. Senior members also take up roles such as the director of a production, unleashing their potential in leadership skills.

In addition to video production, members also have opportunities to manage audio-visual equipment in the School Hall for various events. Collaborate with teachers, Student Union, and other ECA departments, our team members assist with hall events by controlling projectors, microphones and stage lighting. Students will be exposed to a variety of professional equipment otherwise inaccessible.

During the Covid-19 pandemic, we organised a Video Idea Creation Competition, focusing on allowing members to unleash their creativity and promoting healthy and constructive competition among students. There are 2 awards: Best Creativity Award and Outstanding Plan Award. We are pleased to see members thinking out of the box and collaborating with each other.

Hardly can TrueVision be so successful without the active participation, love and support from members, alumni and teachers. Let's strive for the best and take our programmes to the next level!

The Hong Kong Award for Young People (AYP)

The Hong Kong Award for Young People aims at providing opportunities for young people to face challenges of worthwhile leisure activities and voluntary services through which they can discover their hidden abilities and gain satisfaction and achievements by overcoming challenges. To gain an Award, the participants have to fulfill the requirements of the different Sections of Activities, namely Service, Expeditions, Skills and Physical Recreation. With aspiration and a clear target, young people can challenge themselves through expeditions and hiking trips. Such experiences help to train their endurance and perseverance. They can also build up a sense of responsibility through voluntary service work. This unique experience is enriching and self-actualization as students can develop their own personal interests and social skills. This can help young people to become more mature with a sense of responsibility and a greater awareness of becoming useful members of the community. This year, 45 awards have been achieved by our members:

Awards & Certificate	Number
Green Bird Badge	25
Bronze award	15
Silver award	5
Total	45



Members learning from each other during video production



2021-22 Silver award winners

Community Youth Club (CYC)

CYC aims at knowing and understanding community matters, participating in community projects as well as building up a sense of belonging to the society. Therefore, we have held different voluntary services, including campus cleaning and J Farm.

We organized a cleaning activity providing a great opportunity for our members to clean every corner of our school. We cleaned four classrooms and around fifty shelves in the school library within an hour. We love keeping our campus clean and tidy.

J Farm services were held regularly throughout the year, during which our members farmed without using pesticides or chemicals. We are pleased to see the plants grow healthily and we enjoyed farming under the warm sunlight so much.

Besides, three annual general meetings (AGM) were held throughout the year, which include team building activities and planning for social services.

CYC is such a great opportunity for us to serve and learn more about our community!



Cleaning Service for S2 Classrooms



Volunteer Work for School Library

Music Department

The True Light School Choir managed to maintain a regular morning rehearsal schedule despite the pandemic situation which did not allow students to stay behind school. The Choir delivered 3 major performances in this academic year, including a short music video of the piece "A Joyful Song to the Lord" in the Christmas Service. It was not easy to record individual singing at home. Nonetheless, students were so devoted that the undesirable environment could not stop them from sharing the joy of music making.

To celebrate the True Light 150th Anniversary, the School Choir performed the song "Let it Shine" in collaboration with the other three True Light Schools' Choirs. Since not everyone could join the live performance during the school's anniversary celebration, our Choir performed again in the End-of-Year Assembly.

The Chamber Group gave two performances in the Round Trip and the S1 Form Association Inauguration respectively. The group comprises four S1 members who have shown huge enthusiasm in attending rehearsals and making good music.

There are two newly established music teams this year, namely the Percussion Team and the Handchime Team. The two teams performed in the Round Trip. Moreover, a trial class had been organized during the Pre-S1 Summer School which received encouraging responses from participating students. The two teams also won the Gold Award in the Secondary School Ensemble (Percussion) Competition and (Handbell and Handchime) Competition organized by the Joint School Music Association (JSMA) respectively.



Music Teams performed in School Functions

中一級 開社



中一級曉社幹事

社長



S1A 尹子蜚

副社長



S1A 胡穎芝

文書



S1C 梁昕蕎

德育



S1D 李瀟禧

I.T.



S1C 潘思穎

學藝



S1A 司徒欣悅

學藝



S1D 林安喬

康樂



S1B 區祉澄

康樂



S1D 施凱晴

總務



S1B 何映攸

總務



S1C 梁諾婷

中一開社活動花絮



曉社的社長、副社長及德育陪同許校長主持開社典禮



中一同學同唱曉社社歌



梁芯菴同學演奏王昌元的古箏名曲《戰颶風》



中一室樂組同學演奏《D 大調卡農》




梁昕蕎同學精彩的舞蹈表演



WRITING COMPETITION

Teletubbies

Leung Sum Lun S1B



I have lots of great memories,
So happy, I won't forget for centuries.
Look! We are like the Teletubbies!
And every day feels like a party.

Just like green Dipsy and purple Tinky-Winky,
Each classmate has different personalities
And is one-of-a-kind in reality,
But in the end we are still family.

We Teletubbies support each other through every obstacle,
We always tell ourselves that nothing is impossible.
That's what faithful and encouraging friends do,
And this proves that our friendship is true.

We Teletubbies are like loving and caring fire,
We help our friends achieve their hearts' desire.
We give out warmth and lead the way,
We succeed day by day.

Like daffodils dancing in the breeze, every day is full of laughter,
Teletubbies will be giddy and fun forever after!
So incredibly happy, I won't forget for centuries.
My class, you see, gives me tons of joyous memories!



冠軍
S1D 李頌恩

中一校園生活記趣

雖然我在中學上課只是短短幾個月，但我已經在豐富多采的校園生活中認識了不少朋友，我們的歡聲笑語藏在校園每一個角落，每當我回想在學校經歷的點點滴滴，總會忍俊不禁。

記得有一次午息，我和同學在教室裡休息。突然，眼前有一個身影飛過，原來是一隻小昆蟲，這位「不速之客」來到，好像想參觀我們的教室，飛來飛去。有些同學比較勇敢，馬上拿起放在角落的掃帚向牠「發動攻勢」，嘗試把牠趕走。可是，這反而令牠受驚，到處亂飛。有些同學像我一樣，害怕昆蟲，於是不斷左閃右避，到處亂躲，避開到處亂飛的小昆蟲。可能是飛得太累了，牠停留在大門旁的牆角歇息。這可慘了，我們都不夠高，不能用掃帚把牠趕走，有些同學不斷尖叫，有些站在一旁默默支持其他同學對付牠。尖叫聲此起彼落，引來了鄰班的同學和上層的師姐前來觀看，叫聲更傳到遠處的教員室。我們的班主任李老師聽到叫聲後，連忙氣喘吁吁地跑來，恍如英雄救星一樣站在大門外。瞭解情況後，李老師立即跑去拿工具。當她再次回來時，手上帶著一張消毒紙巾和抹布。她衝進混亂的人群中，只見她乾淨俐落地一下子用毛巾把那隻小昆蟲包走，再掏出消毒紙巾清潔昆蟲停留的位置，便轉身離開。同學們無不驚訝處變不驚的李老師竟然徒手用毛巾包走小昆蟲，因著她「英勇」的表現，同學們都鴉雀無聲，我們震驚地看著李老師離去的背影，再面面相覷地看著大家，我們悅耳的笑聲和掌聲響遍教室裡的每一個角落。

又有一次，上體育課的時候，老師宣布我們會學習跳舞，同學們對此議論紛紛，都不明白為何體育課不是做運動而是跳舞。老師教到一半時，我們已經沒耐心跳舞了，只是勉強跟著老師的舞步。在我前方的小麗身手不太靈活，因此她的動作奇奇怪怪的，很滑稽。同學們看到都取笑她，但她毫不在意，更理直氣壯地說自己將會是跳舞界首屈一指的精英呢！她有趣的反應，實在加添了我們不少歡樂。

每次回想起這些事，我都會不由自主地會心微笑。我很高興能夠有這樣的同學，在課堂上增加趣味性，也很開心有一位像小天使般守護我們的老師，真是一段充滿樂趣的校園生活啊！

亞軍
S1B 李嘉玟

中一校園生活記趣

這一年中一生活過得匆忙卻充實，我認識了不少同學，又參加了許多活動，就是這樣的校園生活令平平無奇的學習變得幸福和快樂，給我留下了許多難忘又多姿多采的回憶。

我深刻記得有一次中文課，老師要求我們分組扮演《楊修之死》文中的故事。我與新結交的同學一起討論故事情節和角色分配，還花費了不少時間去準備台詞、音樂和道具等。最有趣的是設計台詞時，由於我們需要把書面語口語化，過程變得繁複，也導致有個同學把普通話和廣東話混合在一起。那一瞬間，空氣也沉默了。大概凝住了五秒後，一陣陣歡笑聲迸出，整個氣氛也活潑多了。雖然過程不容易，但我十分享受，也為我們的成果而感到高興，就像一個農夫孜孜不倦地種植，最後蔬果長得鮮甜多汁，令人滿足又自豪。

到了表演那一天，我的心情隨着不同組別的演出而起伏，既期待又緊張。有些組別的表演認真且用心，也有些看起來是倉卒完成。當中也有令我哭笑不得的組別，有一組別的同学自制了一個假鬍子，貼在鼻子下面，她也把聲音壓低，讓自己說話時更像曹操，這女扮男裝的表現令人忍俊不禁。而最有趣的是當她向以低沉的語調說着台詞時，她的組員忽然狂笑起來，甚至不能自己。一瞬間課室充滿了歡笑聲，原本緊張的表演氣氛變得歡快起來，所有人都捧腹大笑，連老師也忍俊不禁。輪到我組時，我的心情因受那歡快的氣氛感染，變得輕鬆，表演也順利完成。聽到老師、同學的鼓掌聲，我心裏受到了很大的鼓勵，滿足萬分，之前付出也是值得。

另外，第一次上家政課的情景也很深刻。我清楚記得我們烹飪的菜式是日式味噌湯，那時我明明十分認真聆聽老師講解，實際操作起來卻困難重重。一會兒找不到調味料，一會兒忘記材料的分量，連下刀處理食材也是慌慌張張，下起廚來更是手忙腳亂，這裏一個碗，那裏卻又放着一個碗，整個人頭昏腦脹。本以為等待湯水沸騰的時候已是最後一個步驟，總不可能發生什麼。結果，最驚心動魄的事在此出現，這個可能出現了——我只是恍了一下神，湯水就瘋狂地從鍋邊逃跑。同學和老師看見這景象時，十分驚訝。幸好我趕快把爐火關掉，家政室才能倖免於難。幸好味噌湯的味道不俗，我想這是不幸中之大幸吧！

在中學的一年間，有許多大大小小的趣事發生，無論是在課堂上的竊竊私語，還是小息時的嬉戲玩鬧，都被我收納在一個名為「趣味回憶」的寶盒中，儘管這些回憶不太美好，也十分難得，令我十分珍惜和感謝。



蘅園社

中六級社幹事

社長： 馬嘉希
副社長： 盧樂瑤
文書及 IT： 容海盈
康樂： 彭琬琳，楊曉霖，郭津宇，邱嘉珩，李芯儀
德育： 魏穎萱

社長級夕致辭演講稿

校長、各位老師、各位同學：

大家好，我是 2022 年度中六級蘅園社社長馬嘉希。

好榮幸可以在級夕的日子代表中六級同學致詞。

我每一年都會特別期待級夕這一天的到來，觀賞過歷年來師姐們的表演以及她們發自內心的感言，就會幻想在屬於自己的級夕，是否會感到同樣的緊張、不捨、感慨呢？終於來到了這一天，原來心裏真會百感交集，想要梳理自己的思緒，最適合便是回憶起以前發生的種種事情。

初中的時間過得很快，我們經歷了豐富的校園生活，Christ cel, 啦啦隊, doremi 以及遊藝會，這些都是我們特別難忘嘅回憶，直至現在想起也會十分慶幸當時的自己有參加這些活動。

人們都說在中學認識到的朋友會成為你一輩子的朋友，互相相處的時間甚至還要比屋企人多！怎料到升上高中後正正是疫情最嚴重的時候，一切的活動都在剎那間消失了，在家中上課變成了常態。大部份的時間都只能在 zoom 的框框中見到大家！面對面相處的時間已經不多，我們級的同学都比較靜，參加活動都不太踴躍，想要凝聚大家的意見和力量絕對不是一件易事。究竟要怎樣才可以好好維繫大家的關係呢？幸好，大家都特別珍惜上實體課的機會，重返學校上實體課後，很快就變得比以前更熟絡，默契亦越嚟越好。班裏會自主舉行活動，secret angle, 慶祝中秋節，集資搞零食櫃等。級社的成員亦籌備過不同活動，邀請同學互相寫加油的心意卡，舉辦遊戲日等。而最後一次的 farewell 活動就令我最為深刻。當時我們整級坐在禮堂玩遊戲，互相開玩笑，看着以前拍的影片，而係特別環節大家則會收到自己 f1 時的相片，即是大家的

黑歷史！只是最簡單的活動，卻是大家最開心的一次，也是我覺得最滿足的一次。

即使是最微小的舉動也令我感受到大家就在我的身邊。在大家「屢戰屢敗」地操卷，感到挫敗、失望的時候，或是補課終於結束，感到筋疲力盡的時候，大家就會默默地關心你，開解你，抱一抱你，心情就會慢慢變好，我們在無形間已經互相成為了大家的精神支柱和安慰。無論是在開心的時候和你一起享受，還是傷心的時候陪伴著你，因為有一班熟悉你，願意成為你的樹窿，和你一起渡過一切的人在你身邊，中學的生活才變得充滿溫暖。

還記得我們中一的時候有 120 多人，升到中六後，我們的總人數只剩下 82 人。望著身邊的同學一個一個地離開，到外國讀書，當然會捨不得，雖然人數少了，但大家亦變得更加團結。我們互相見證着大家的成長，亦會將這些回憶好好地牢記，每當想起這一班人，就會想起那一份的美好。趁間 Good 住現在大家還是齊齊整整地坐在一起的時候要跟你們說，感謝善良的你們令我有一個那麼特別的中學生涯，千萬不要忘記你們每一個有多麼的叻，多麼的特別，多麼的重要。

再次多謝校長、各位老師以及同學們出席我們蘅園社的級夕，希望大家細心欣賞接下來的表演，在此代表中六級同學祝福你們每一個身體健康，慢慢適應到新常態。亦祝各位老師工作順利，各位師妹注重學業外也要記得享受你們的校園生活；最後最後，希望我哋蘅園社的同學前程似錦，就像我們今年的級主題般：always trust and believe, 不只是現在，在未來亦要相信自己，追隨你的目標、理想。而台前幕後的同学，雖然我們籌備級夕的時間並不長，呢段時間辛苦了！但我相信你們會做得好好，給自己多一點的信心！！大家待會兒 good show, 多謝！



級夕歌曲創作—— 《六月菊》

回憶隨風散落 夙昔似夢吹散嗎？
遺失純真童話 困俗世框架
不敵天氣
纏繞 迷失 網綁 丟棄
再見最初的你

活出自己 牢記你是光彩閃爍不可取締
迎向晨曦行駛
如像花瓣 飄散出去
燃起亮光 烽煙裡
再見最好的你

跳躑宇宙 望前面小菊花嬌俏
玲瓏背後 為誰又偷偷去哭泣幾番
平行宇宙 星宿閃萬里耀眼百花璀璨
伴我共舞乾杯
夢寐飄蕩 栽種於溫室給擁戴
夢幻煙滅 獨留在艱險痛苦激鬥中
「活著多好？縱然獨身過萬丈 亦有盡頭
願你共我飛越天際
世界很壞 但仍舊保有你位置
以笑臉來對抗形勢兇惡
青春揮霍在以後 相信雨後 天色放晴」
願小菊擁抱著今日 真摯信念 清風吹送 覓希冀



級夕話劇演出精彩



全級大合照

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.

A. INTER-SCHOOL COMPETITIONS

Events	Area/ Division/ Results
Badminton	Hong Kong Island Division One Girls Senior Grade 2 nd Runner-up
Swimming	Hong Kong & Kowloon Division Two Girls Overall Champion C Grade Champion B Grade 1 st Runner-up A Grade Champion
Life Saving	All Hong Kong Girls A Grade 3 rd Runner-up
Athletics	Inter-School Athletics Competition Division Two Girls A Grade 3 rd Runner-up Overall 3 rd Runner-up



Swimming Team

Basketball Team



Athletics Team



Life-saving Team

• **Hong Kong Student Sports Awards**

S5B YU HIU KEI ANGIQUE was being awarded by the Watson Group Hong Kong Student Sports Awards (SSA). She was presented with an award certificate, a cash scholarship of \$500 and a leadership workshop.



B. INTERNAL COMPETITIONS

a) Games Day 24/11/2021

The two competitive games, Obstacle Race and Bigfoot, were successfully held in junior forms. All classes were very committed to completing the games. The junior students also conducted the class-based activities, Six Bricks and Game Box, which has enhanced their cohesion and communication.

The senior students conducted the activities, namely Archery Tag and Bridge the Gap. Each class demonstrated the spirit of teamwork and mutual cooperation.

The following are the results of Obstacle Race and Bigfoot Race:

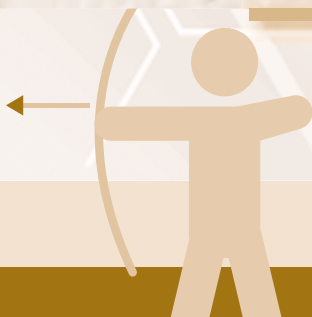
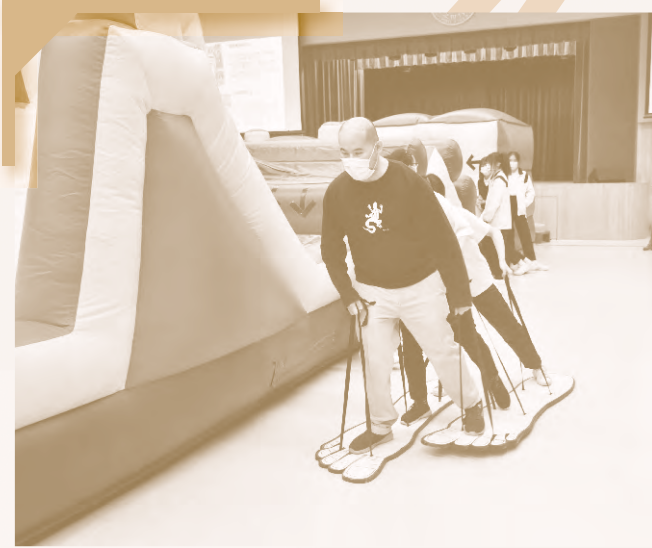
Champion	Obstacle Race	Bigfoot Race
S1	1B	1C
S2	2B	2D
S3	3C	3B



Games Day



Games Day



b) The 150th School Anniversary Joint-School Sports Day

It is truly a blessing that our school could resume our Annual Sports Day after last year's cancellation due to the COVID-19 pandemic. To celebrate True Light 150th anniversary, a Joint-School Sports Day co-organized by the four True Light schools was held, allowing students from all the four schools to participate in a friendly competition on the same sports ground. Not only did it provide participants a great opportunity to learn from the athletes, but it also united the four schools to commemorate this special year and give thanks to God for guiding TL along the 150-year voyage.

Despite the enforcement of the pandemic safety and social-distancing precautions, the masks on the students' faces did not stop them from cheering for their schoolmates as loudly as they could, nor could they smother the radiating joy and enthusiasm of our girls. Through this remarkable event, the passion and the spirit of True Light girls were on full display. We look forward to more events of this kind to be held in the near future.

S4D WONG YAN TO



- The True Light 150th Anniversary Joint-School Sports Day was successfully held on 17 December at Tseung Kwan O Sports Ground. Congratulations to the following students:

Event	Result	Class	Name
Junior Class			
100MH	1 st Runner-up	S1B	CHEUK SHU LI
100MH	2 nd Runner-up	S2A	PAU PAK QIU
100M	Champion	S2A	CHAN HIU MAN
100M	2 nd Runner-up	S1A	WONG SO CHING JOYCE
200M	1 st Runner-up	S2A	CHAN HIU MAN
200M	2 nd Runner-up	S1B	CHEUK SHU LI
200M	3 rd Runner-up	S2C	CHAN HO CHING MONA
800M	1 st Runner-up	S2B	LAU KAR KEI
800M	2 nd Runner-up	S3B	LOUIE HO CHING
1500M	2 nd Runner-up	S3D	LEUNG YAT SUM
Discus Throw	Champion	S1B	LEUNG HIU SUET
High Jump	Champion	S1A	WONG ATHENA
Long Jump	Champion	S1A	WONG SO CHING JOYCE
Long Jump	2 nd Runner-up	S1A	WONG ATHENA
Senior Class			
100MH	Champion	S4C	AU HOI YING
100MH	1 st Runner-up	S3C	WONG INGRID WIE SANG
100M	Champion	S6D	LEE HANNAH
200M	2 nd Runner-up	S5D	CHEUNG WING YAN
400M	Champion	S6D	LEE HANNAH
400M	2 nd Runner-up	S6B	NGAI WING HUEN
1500M	3 rd Runner-up	S5D	FUNG WAI KI
Discus	3 rd Runner-up	S5B	CHAN HEI YAN
High Jump	Champion	S4C	CHAN TSZ YAU
High Jump	3 rd Runner-up	S5C	CHAU CHEUK YING



SECONDARY SECTION



TL 150th Anniversary Joint-School Sports Day

c) Badminton Competition for Beginners

The True Light Badminton Competition for Beginners was successfully held in November in our school. Congratulations to the following students:

S2C	CHEUNG CHING YIN	張青妍	Champion
S1D	SHAM HIU CHING	沈曉澄	1 st Runner-up
S2A	LEE TSOI LAM	李采霖	2 nd Runner-up
S1C	WONG GARBI	王顯澄	3 rd Runner-up



Badminton Competition for Beginners



C. SPORTS DEMONSTRATIONS

1. Social Dance Course

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



Social Dance Course

2. Short Golf Course

Our school took part in the Hong Kong Junior Golf Programme organized by the Hong Kong Golf Association. Coaches have organized a 6-session training course for our S5 students. Students have learnt the basic skills of short golf and enjoyed the lessons.



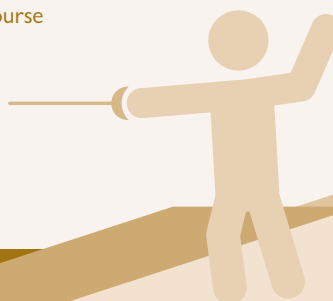
Short Golf Course

3. Thai Boxing Demonstration

Our school took part in the Thai Boxing Demonstration. Coaches have organized a 4-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 have organized a 2-session training course for our S6 students. Students have learnt the basic techniques and rules of fencing.





Thai Boxing Demonstration



Fencing Demonstration



Lawn Bowls Demonstration



5. Lawn Bowls Demonstration

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

6. Cricket Demonstration

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

7. Kin-ball Demonstration

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



Cricket Demonstration



Kin-ball Demonstration

Scholarships & Awards



ACHIEVEMENTS

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 2022 HKDSE

S6D Lam Ching Chi 林呈芝 Pharmacy (Chinese University of Hong Kong)

S6C Chow Chung Yan 周頌恩 Engineering with an Extended Major in Artificial Intelligence (Hong Kong University of Science and Technology)

2. Yung Yuk I Scholarship (容玉儀獎學金)

For first year undergraduates who obtained the best results in the 2022 HKDSE and entered the medical field in the local university

S6D Tze Ying Lam 謝盈林 Medicine (MBChB) Programme (Chinese University of Hong Kong)

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

For first year undergraduates who obtained the best Chinese results in the 2022 HKDSE

S6A Wang Yue Huen 王于暄 Chinese Language and Literature (Chinese University of Hong Kong)

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

For first year undergraduates who obtained the best performance results in the 2022 HKDSE

S6C Chow Chung Yan 周頌恩 Engineering with an Extended Major in Artificial Intelligence (Hong Kong University of Science and Technology)

S6C Ma Ka Hei Heidi 馬嘉希 Bachelor of Science in Surveying (University of Hong Kong)

S6D Chim Wan Chun 詹允津 Risk Management and Science (Chinese University of Hong Kong)

S6D Lam Ching Chi 林呈芝 Pharmacy (Chinese University of Hong Kong)

5. Scholarship for Outstanding Academic Performance in 2020-2021 P6, Primary Section of True Light Middle School

S1A Huie Hoi Yin Lavena 許凱研

S1A Woo Wing Chi 胡穎芝

S1C Choi Wing Laam 蔡詠嵐

S1D Lee Isabel 李諾兒

6. Honours Students (Year)

S1A Woo Wing Chi 胡穎芝

S1D Lee Isabel 李諾兒

S2C Kung Sum Yau 龔心柔

S3B Fung Yuet Kiu Caron 馮乙翹

S3B Ko Man Hei Mavis 高漫希

S3C Wong Erika Lisa 王鑫妍

S5C Liu Lok Chin Chloe 劉樂芊

S5D Siu Ho Yeut 蕭可悅

S6C Chow Chung Yan 周頌恩

S6D Lam Ching Chi 林呈芝

S6D Tze Ying Lam 謝盈林



7. Best Academic Award (Year)

Form	1 st Place	2 nd Place	3 rd Place	4 th Place	5 th Place
S1	Woo Wing Chi 胡穎芝	Lee Isabel 李諾兒	Wai Yik Sun Meagan 韋亦心	Huie Hoi Yin Lavena 許凱研	Chung Cheuk Lam 鍾卓霖
S2	Kung Sum Yau 龔心柔	Yip Cheuk Kiu 葉綽翹	Deng Yuhan 鄧語涵	Li Jun Kiu Annabel 李津翹	Zee Hoi Ching 徐凱澄
S3	Fung Yuet Kiu Caron 馮乙翹	Yeung Oi Ying 楊藹瑩	Iu Yuet Sang Prudence 姚悅生	Yiu Lok Hei 姚樂希	Ko Man Hei Mavis 高漫希
S4	Wong Yan To 王昕濤	Chan Yuet Wah 陳悅鏵	Cheung Sum Wo 張心和	Lee Hoi Yi 李豈爾	Kong Wing Tung 江泳潼
S5	Siu Ho Yuet 蕭可悅	Ip Cheuk Yau 葉綽悠	Liu Lok Chin Chloe 劉樂芊	Wong Yu See Patsy 王愉思	Chua Suet Yau 蔡雪攸
S6	Chow Chung Yan 周頌恩	Lam Ching Chi 林呈芝	Tze Ying Lam 謝盈林	Sum Ka Kiu 沈家翹	Wong Annabelle Tsz Kwan 黃芷筠

8. Outstanding Conduct Award (Year)

- | | | |
|-------------------------|------------------------------|------------------------|
| S2B Yip Cheuk Kiu 葉綽翹 | S3B Fung Yuet Kiu Caron 馮乙翹 | S3C Hung Pui Ching 洪珮晴 |
| S3C Wong Erika Lisa 王鑫妍 | S4C Shao Wing Sze 邵穎詩 | S4C Tsang Kam Yan 曾感恩 |
| S4D Wong Ting Yuk 黃婷鈺 | S5D Chua Suet Yau 蔡雪攸 | S5D Fung Wai Ki 馮蔚祈 |
| S5D Siu Ho Yuet 蕭可悅 | S5D Yiu Cheuk Ki Belinda 姚綽祈 | S6A Chow Shin Yee 周倩宜 |
| S6A Lee Sum Yee 李芯儀 | S6C Chan Chi Yan 陳摯恩 | S6C Kwok Wing Tung 郭穎桐 |
| S6C Ma Ka Hei Heidi 馬嘉希 | S6D Lam Ching Chi 林呈芝 | S6D Lo Lok Yiu 盧樂瑤 |
| S6D Pang Yuen Lam 彭琬琳 | S6D Tse Ying Lam 謝盈林 | |

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

Form	Chinese Language	English Language	Mathematics	Science	Social Science
S1	Woo Wing Chi 胡穎芝	Leung Sum Lun 梁芯崙	Chung Cheuk Lam 鍾卓霖	Lee Isabel 李諾兒	Woo Wing Chi 胡穎芝
S2	Deng Yuhan 鄧語涵	Cheng Ho Yan 鄭浩欣	Sin Hau Ching 冼巧晴	Deng Yuhan 鄧語涵	Kung Sum Yau 龔心柔
S3	Yiu Lok Hei 姚樂希	Wong Erika Lisa 王鑫妍	Fung Yuet Kiu Caron 馮乙翹	Iu Yuet Sang Prudence 姚悅生	Yeung Oi Ying 楊藹瑩

10. Dr Lam Tsz Wai Memorial Scholarship

Best Performance Mathematics and Science

- | | | |
|-------------------------------|-----------------------|---------------------|
| S1A Woo Wing Chi 胡穎芝 | S1D Ng Man Hei 吳汶熹 | S2B Deng Yuhan 鄧語涵 |
| S2C Chan Beatrice Wan Kay 陳允琪 | S3B Yeung Oi Ying 楊藹瑩 | S3D Liu Yik Fei 劉亦菲 |

Best Performance in Mathematics

- | | |
|------------------------------|-------------------------|
| S4A Tsang Lok Yiu Eunice 曾樂遙 | S4C Lee Hoi Yi 李豈爾 |
| S5C Lai Wing Yee Winky 賴穎儀 | S5D Leung Cheuk Chi 梁卓芝 |

Best Performance in Dancing

- S2C Kam Tsz Yuet 金子越



EXTERNAL AWARDS



A. Scholarships and Grants

1. Sir Edward Youde Memorial Fund Prizes 2021-22

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

S6C Chow Chung Yan 周頌恩 S6D Lam Ching Chi 林呈芝

2. Harvard Book Prize Award 2021-22

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

S5C Liu Lok Chin Chloe 劉樂芊 S5D Siu Ho Yuet 蕭可悅 S5D Ip Cheuk Yau 葉綽悠

3. Youth Arch Student Improvement Award 2021-2022

S1A Lok Sau Him 駱守謙

S1D Ng Man Hei 吳汶熹

S2C Lam Wai Ching 林蔚澄

S3B To Yuen Yin 杜宛燃

S1B Kwok Pui Ying Polly 郭沛盈

S2A Au Pak Yan 區珀甄

S2D Huang Sum Yau Gladys 黃心柔

S3C Lau Sze Lam 柳詩琳

S1C Lau Pui Ga 劉佩嘉

S2B Sin Ka Yuet 單嘉悅

S3A Shee Hiu Ching 舒曉情

S3D So Tin Yan 蘇天忻

B. Awards and Prizes

Our school continues to thrive in external activities. During the period from September 2021 – Aug 2022, a total of 36 major awards were received by our students.

Some highlights of the awards are listed below:

Events	Awards
Academic and Arts, Drama, Music, Design	
Tung Wah Group of Hospitals 151 st Anniversary Scholarship 東華三院 151 周年獎學金	S6D (2020-21) 康雪晴 Hong Suet Ching
ICE Challenge 2022—OzariaSheCreates Competition	First Runner-up S3B 馮乙翹 Fung Yuet Kiu Caron
前海粵港澳台青年創新創業大賽	香港賽區中學組 銅獎 S4C 張希俐 Cheung Hei Lee Hailey S4C 張嘉琪 Cheung Ka Ki Kelly S4C 胡卓殷 Wu Cheuk Yan
Red Cross Creative Friendship Game Design Competition 2022	Champion S2C 鄭思行 Cheng Sze Hang S2D 何曉其 Ho Hiu Kei S4B 許珈榕 Hui Alision Ka Yung S4C 鄭宛嫻 Chiang Yuen Shan S5C 陳樂瑤 Chan Lok Yiu S5D 歐凱淇 Au Hoi Ki S5D 蔡雪攸 Chua Suet Yau
Hong Kong Island Outstanding Students Award 2021 2021 香港島傑出學生獎	Hong Kong Island Outstanding Students Award 2021 (Senior Section) S6D 謝盈林 Tze Ying Lam Hong Kong Island Outstanding Students Award 2021 (Junior Section) S3B 馮乙翹 Fung Yuet Kiu Caron



SECONDARY SECTION

Events	Awards
香港中學生文藝月刊 第十一屆校園創作擂台陣	優異獎 S6A 梁穎琳 Leung Wing Lam
VTC Stem Challenge Cup 2021 "Navigation the New Normal—Get Your Campus Smarter"	Universal Favourite Award 2 nd Runner-up S3C 張希瑜 Sabrina Cheung S3C 勞梓晴 Angie Lo
Man Kwan Education Fund Scholarship	Outstanding Students Award S5D 蔡雪攸 Chua Suet Yau S6B 張紫晞 Cheung Tsz Hei
第三十三屆香港聯校經濟學會	第十七屆全港校際經濟辯論友誼賽 勝出 S4C 李柏怡 Li Peggy Jesslyn S1A 周依彤 Chow Yee Tung 最佳辯論員 S3B 林巧翹 Lam Hau Kiu
杜葉錫恩教育基金	2021 第六屆全港青少年進步獎 進步加許獎 S3C 梁爾琛 Leung Yi Sum S3C 勞梓晴 Lo Tsz Ching S4D 沙穎恩 Shan Natalie
Sir Edward Youde Memorial Fund Council	Sir Edward Youde Memorial Prizes 2021/22 S6C 周頌恩 Chow Chung Yan S6D 林呈芝 Lam Ching Chi
Hong Kong Virtual University and the Science Education Section of the Education Bureau The Chemists Online Self-study Award Scheme Program	Bronze Award S5C 陳芍盈 Chan Cheuk Ying S5D 李子榆 Lee Tsz Yu
The 6 th Hong Kong (Asia Pacific) Bauhinia Cup String Competition "Hong Kong Musician Association & China 21 Bureau"	Violin Grade 3B First Runner-up S1A 徐蕙思 Tsui Wai Sze
新知識文化學術研習社	文化盃辯論賽 (總決賽) 殿軍 S1B 陳錠詩 Chan Ting Sze S2D 周錫彤 Chow Yan Tung 最佳交互問答員 S3B 林巧翹 Lam Hau Kiu 最佳辯論員 S3B 譚琬凝 Tam Yuen Ying
Singtao Daily, The Standard and EDB	The 37 th Sing Tao Inter-School Debating Competition S4C 朱子穎 Gee Richelle Melanie S4D 何善琳 Ho Xin Lam S5C 黃卉欣 Wong Wai Yan Laura
Asia International Mathematical Olympiad & Hong Kong Mathematical Olympiad Association	Hua Xia Cup 2 nd Class Award S2B 冼巧晴 Sin Hau Ching
China Daily—"21 Century Cup" National English Speaking Competition (Hong Kong, Regional Final)	Third Prize S4C 曾感恩 Tsang Kam Yan Grace



Events	Awards
Asia International Mathematical Olympiad & Hong Kong Mathematical Olympiad Association	Asia International Mathematical Olympiad Open Contest (Semi-Final) Silver Honor S2B 冼巧晴 Sin Hau Ching
 <p>ICAS Assessments</p>	<p>International Competitions and Assessments for Schools (Mathematics)</p> <p>Distinction</p> <p>S1B 任瑤瑤 Yam Lok Yiu S1B 葉熙柔 Yip Hei Yau S1D 林安喬 Lam On Kiu S1D 李諾兒 Lee Isabel S2B 冼巧晴 Sin Hau Ching S2C 張曉昕 Cheung Hiu Yan</p> <p>Credit</p> <p>S1A 趙葶恩 Chiu Sophia S1A 許凱研 Huie Hoi Yin Lavena S1A 韋亦心 Wai Yik Sum Maegan S1A 胡穎芝 Woo Wing Chi S1B 區祉澄 Au Tsz Ching S1B 陳凱琳 Chan Audrey Hoi Lam S1C 方秀雯 Fong Sau Man S1D 鍾卓霖 Chung Cheuk Lam S1D 施凱晴 Sze Hoi Ching Nicole S1D 姚芷滄 Yiu Tsz Yau S2B 鄧語涵 Deng Yuhan S2D 陳萃頤 Chan Cui Yi Cherie</p>
 <p>Hong Kong Schools Music and Speech Association</p>	<p>74th Hong Kong Schools Music Festival</p> <p>Gold Award</p> <p>Xylophone Solo—Secondary School S1A 黃素晴 Wong So Ching Joyce</p> <p>Graded Piano Solo—Grade Eight S3B 黃逸婷 Wong Yat Ting</p> <p>Silver Award</p> <p>Vocal Solo—Foreign Language—Female Voice—Secondary School—Age 14 or under S1D 卓靖彤 Cheuk Ching Tung</p> <p>Graded Piano Solo—Grade Six S1A 黃素晴 Wong So Ching Joyce</p> <p>琵琶獨奏—初級組 S1A 羅慧琳 Luo Wai Lam</p> <p>Graded Piano Solo—Grade Eight S1A 黃因希 Wong Athena</p> <p>Graded Piano Solo—Grade Eight S1A 袁愷婧 Yuen Hoi Ching</p> <p>Graded Piano Solo—Grade Six S1B 曾心悅 Tsang Sum Yuet</p> <p>Graded Piano Solo—Grade Six S1C 郭泳芯 Kwok Wing Sum Sammy</p> <p>二胡獨奏—中級組 S2A 陳藝丹 Chan Ngai Tan Maggie</p> <p>Graded Piano Solo—Grade Seven S2B 黎珈圻 Lai Ka Ki</p> <p>二胡獨奏—中級組 S2B 甘慕芍 Kam Peony Mo Cheuk</p> <p>Graded Piano Solo—Grade Five S2C 張鎧彤 Cheung Hoi Tung</p> <p>Graded Piano Solo—Grade Five S2C 李納怡 Lee Nap Yi</p> <p>Vocal Solo—Foreign Language—Female Voice—Secondary School—Age 14 or under S3B 黃逸婷 Wong Yat Ting</p>

Events	Awards
<p>Hong Kong Schools Music and Speech Association</p> 	<p>Graded Piano Solo—Grade Five S3C 陳思行 Chan Sze Hang Celia 箏獨奏—高級組 S4C 邵穎詩 Shao Wing Sze</p> <p>Graded Piano Solo—Grade Five S4D 黃婷鈺 Wong Ting Yuk 笛獨奏—中學—深造組 S4D 周昕蕾 Chow Yan Lui</p> <p>Vocal Solo—Foreign Language—Female Voice—Secondary School—Age 16 or under S5B 謝雅詩 Tse Nga Sze 二胡獨奏—高級組 S5D 陳藝臻 Chan Ngai Chun Cammy</p> <p>Bronze Award 二胡獨奏—中級組 S1C 鄭沛然 Cheng Pui Yin</p> <p>Vocal Solo—Foreign Language—Female Voice—Secondary School—Age 14 or under S1C 余羲雯 Yu Xi-Wen 中阮獨奏—初級組 S2A 張希婷 Chang Hei Ting</p> <p>Vocal Solo—Foreign Language—Female Voice—Secondary School—Age 14 or under S2D 黃心柔 Huang Sum Yau Gladys</p> <p>Graded Piano Solo—Grade Eight S3C 姚樂希 Yiu Lok Hei 粵曲獨唱—子喉獨唱—中學初級組 S3D 英凱婷 Ying Hoi Ting 聲樂獨唱—中文—女聲—中學—16歲或以下 S5B 謝雅詩 Tse Nga Sze</p> <p>Flute Solo—Secondary School—Senior S5C 葉菲 Yip Fei</p> <p>Graded Piano Solo—Grade Eight S5D 梁卓芝 Leung Cheuk Chi</p>
<p>香港女童群益會 香港真光中學—公民教育初中組(講「情」話計劃)</p>	<p>感創敢為 2.0—青年社會創新服務獎 銅獎 S2B 劉嘉淇 Lau Kar Kei S2B 黃樂滢 Wong Lok Yi S2C 馮籽晴 Fung Tsz Ching Christy S2C 鄺曉霖 Kwong Hiu Lam</p>
<p>教育局 「中史解碼」KOL 大募集短片製作比賽</p>	<p>初中組 冠軍 S3B 周卓宜 Chow Cheuk Yee Carlie S3B 鄧焯而 Tang Cheuk Yee S3B 杜宛燃 To Yuen Yin S3B 楊藹瑩 Yeung Oi Ying</p>
<p>Caprikon Education International Coding Elite Challenge 2022 CodeCombat Competition</p>	<p>Merit Award S3B 馮乙翹 Fung Yuet Kiu Caron S3C 羅梓文 Lor Tsz Man Tiffany</p>
Sports	
<p>Inter-school Badminton Competition 2021 年全港學界羽毛球團體錦標賽</p> 	<p>Girls' Senior Grade (Division One) Overall 2nd Runner-up Trophy S3B 杜宛燃 To Yuen Yin S4B 葉懿穎 Ip Yi Wing S5B 俞曉琦 Yu Hiu Kei Angelique S5D 張詠殷 Cheung Wing Yan S6B 郭津宇 Kwok Chun Yu S3D 羅永佳 Lor Wing Kai S4C 蘇巧明 So Hau Ching S4A 陳嘉禧 Chan Ka Hei S1A 尹子蜚 Wan Tsz Fei Ruth</p>

Events	Awards
All Hong Kong Inter-Secondary Schools Life Saving Competition 全港中學校際拯溺比賽	Girls' Grade A Overall 3 rd Runner-up Champion S2A 尹一希 Wan Yat Hei S4B 何美瑩 Ho Tresphine Mei Ying S4D 蘇靖嘉 So Ching Ka S5A 楊靖珩 Yeung Ching Hang S5B 陳晞恩 Chan Hei Yan S6B 任懿婷 Yam Esther S6B 游曉琳 Yau Hiu Lum S6B 李欣彤 Li Yan Tung S6D 張敏羲 Cheung Man Hei Constance S6D 陳心善 Chan Samsie 1 st Runner-up in 100m Manikin Carry with Fins S6B 李欣彤 Li Yan Tung
2021 Tai Po Life Saving Club Lifesaving Competition 	Girls Overall Champion S1B 李泳悠 Lee Wing Yau S2B 甘慕苻 Kam Peony Mo Cheuk S3A 葉穎桐 Yip Ring Tone S3B 高逸葵 Ko Yat Kwai S3D 蘇天忻 So Tin Yan S4B 何美瑩 Ho Tresphine Mei Ying S5A 楊靖珩 Yeung Ching Hang S6B 任懿婷 Yam Esther S6B 游曉琳 Yau Hiu Lum S6B 李欣彤 Li Yan Tung Grade A 4 x 50m Medley Relay Champion S4B 何美瑩 Ho Tresphine Mei Ying S5A 楊靖珩 Yeung Ching Hang S6B 任懿婷 Yam Esther S6B 李欣彤 Li Yan Tung Grade B 4 x 50m Medley Relay 2 nd Runner-up S1B 李泳悠 Lee Wing Yau S2B 甘慕苻 Kam Peony Mo Cheuk S3B 高逸葵 Ko Yat Kwai S3D 蘇天忻 So Tin Yan Grade A 50m Manikin Carry Champion S6B 李欣彤 Li Yan Tung Grade A 100m Rescue Medley Champion S6B 李欣彤 Li Yan Tung Grade A 100m Rescue Medley 1 st Runner-up S6B 任懿婷 Yam Esther Grade A 100m Manikin Tow with Fins Champion S5A 楊靖珩 Yeung Ching Hang Grade B 100m Rescue Medley 1 st Runner-up S2B 甘慕苻 Kam Peony Mo Cheuk Grade C 100m Manikin Tow with Fins Champion S1B 李泳悠 Lee Wing Yau
2021 Eastern District Age Group Badminton Competition —Champion Leisure and Cultural Services Department	Female Youth Singles Category Champion S5B 俞曉琦 Yu Hiu Kei Angelique
Hong Kong Junior Age Group Athletics Championships 2021 Hong Kong Association of Athletics Affiliates	Women's U14 High Jump 2 nd Runner-up S1A 黃因希 Wong Athena Women's U14 Discus Throw 2 nd Runner-up S1B 梁曉雪 Leung Hiu Suet Women's U18 400m Champion S6D 李衍悠 Lee Hannah Women's U18 200m 2 nd Runner-up S6D 李衍悠 Lee Hannah
The 150 th School Anniversary Joint-School Sports Day	Junior Group High Jump Champion S1A 黃因希 Wong Athena Junior Group Long Jump 2 nd Runner-up S1A 黃因希 Wong Athena Junior Group Long Jump Champion S1A 黃素晴 Wong So Ching Joyce

Events	Awards
<p>The 150th School Anniversary Joint-School Sports Day</p> 	<p>Junior Group 100m 2nd Runner-up S1A 黃素晴 Wong So Ching Joyce</p> <p>Junior Group 100m Hurdle 1st Runner-up S1B 卓樹里 Cheuk Shu Li</p> <p>Junior Group 200m 2nd Runner-up S1B 卓樹里 Cheuk Shu Li</p> <p>Junior Group Discus Throw Champion S1B 梁曉雪 Leung Hiu Suet</p> <p>Junior Group 100m Champion S2A 陳曉汶 Chan Hiu Man</p> <p>Junior Group 200m 1st Runner-up S2A 陳曉汶 Chan Hiu Man</p> <p>Junior Group 100m Hurdle 2nd Runner-up S2A 鮑柏蕎 Pau Pak Qiu</p> <p>Junior Group 800m 1st Runner-up S2B 劉嘉淇 Lau Kar Kei</p> <p>Junior Group 200m 3rd Runner-up S2C 陳可晴 Chan Ho Ching Mona</p> <p>Junior Group 800m 2nd Runner-up S3B 雷可呈 Louie Ho Ching</p> <p>Senior Group 100m Hurdle 1st Runner-up S3C 黃懷笙 Wong Ingrid Wie Sang</p> <p>Junior Group 1500m 2nd Runner-up S3D 梁一芯 Leung Yat Sum</p> <p>Senior Group 100m Hurdle Champion S4C 區愷仍 Au Hoi Ying</p> <p>Senior Group High Jump Champion S4C 陳芷柔 Chan Tsz Yau</p> <p>Senior Group Discus Throw 3rd Runner-up S5B 陳晞恩 Chan Hei Yan</p> <p>Senior Group High Jump 3rd Runner-up S5C 周卓瑩 Chau Cheuk Ying</p> <p>Senior Group 200m 2nd Runner-up S5D 張詠殷 Cheung Wing Yan</p> <p>Senior Group 1500m 3rd Runner-up S5D 馮蔚祈 Fung Wai Ki</p> <p>Senior Group 400m 2nd Runner-up S6B 魏穎萱 Ngai Wing Huen</p> <p>Senior Group 100m Champion S6D 李衍悠 Lee Hannah</p> <p>Senior Group 400m Champion S6D 李衍悠 Lee Hannah</p>

Inter-School Swimming Competition
2021-2022 Division Two



Events	Awards
Girls Overall Champion S2A 尹一希 Wan Yat Hei S5A 楊靖珩 Yeung Ching Hang S5B 陳晞恩 Chan Hei Yan S6B 任懿婷 Yam Esther S6B 游曉琳 Yau Hiu Lum S6B 李欣彤 Li Yan Tung S6D 陳心善 Chan Samsie S6D 張敏羲 Cheung Man Hei Constance S1B 黃希恩 Wong Hei Yan Hannah S2B 李芯賢 Lee Sum Yin S2C 樊可程 Fan Coco Ho Ching S3A 葉穎桐 Yip Ring Tone S3B 高逸葵 Ko Yat Kwai S3C 柳詩琳 Lau Sze Lam S3D 朱芷穎 Chu Tsz Wing S3D 梁一芯 Leung Yat Sum S1B 李泳悠 Lee Wing Yau S1C 冼芍瞳 Sin Cheuk Tung S2A 譚穎淇 Tam Wing Kei Amelia S2B 甘慕芍 Kam Peony Mo Cheuk S2B 劉嘉淇 Lau Kar Kei S2B 江栩靖 Kong Hui Ching S2C 李津翹 Li Jun Kiu Annabel S2C 馮籽晴 Fung Tsz Ching Christy S2D 鄭巧儀 Cheng Hau Yee Chole	Girls A Grade 4x50m Free Style Relay Champion S5A 楊靖珩 Yeung Ching Hang S5B 陳晞恩 Chan Hei Yan S2A 尹一希 Wan Yat Hei S6B 游曉琳 Yau Hiu Lum Girls B Grade 4x50m Medley Relay 1 st runner up S2C 樊可程 Fan Coco Ho Ching S3D 朱芷穎 Chu Tsz Wing S3D 梁一芯 Leung Yat Sum S2B 李芯賢 Lee Sum Yin Girls B Grade 4x50m Free Style Relay 1 st runner up S1B 黃希恩 Wong Hei Yan Hannah S3B 高逸葵 Ko Yat Kwai S3C 柳詩琳 Lau Sze Lam S2A 譚穎淇 Tam Wing Kei Amelia Girls C Grade 4x50m Medley Relay Champion S1B 李泳悠 Lee Wing Yau S1C 冼芍瞳 Sin Cheuk Tung S2B 甘慕芍 Kam Peony Mo Cheuk S2B 劉嘉淇 Lau Kar Kei Girls C Grade 4x50m Free Style Relay 3 rd runner up S2B 江栩靖 Kong Hui Ching S2C 李津翹 Li Jun Kiu Annabel S2C 馮籽晴 Fung Tsz Ching Christy S2D 鄭巧儀 Cheng Hau Yee Chole
Girls Grade A Overall Champion S5A 楊靖珩 Yeung Ching Hang S5B 陳晞恩 Chan Hei Yan S6B 任懿婷 Yam Esther S6B 游曉琳 Yau Hiu Lum S6B 李欣彤 Li Yan Tung S6D 陳心善 Chan Samsie S6D 張敏羲 Cheung Man Hei Constance	Girls A Grade 100m Breast Stroke Champion S6B 任懿婷 Yam Esther Girls A Grade 100m Free Style Champion S6B 李欣彤 Li Yan Tung
Girls Grade B Overall 1 st runner up S1B 黃希恩 Wong Hei Yan Hannah S2B 李芯賢 Lee Sum Yin S2C 樊可程 Fan Coco Ho Ching S3A 葉穎桐 Yip Ring Tone S3B 高逸葵 Ko Yat Kwai S3C 柳詩琳 Lau Sze Lam S3D 朱芷穎 Chu Tsz Wing S3D 梁一芯 Leung Yat Sum S2A 譚穎淇 Tam Wing Kei Amelia	Girls A Grade 50m Back Stroke 1 st runner up S6B 李欣彤 Li Yan Tung Girls A Grade 50m Breast Stroke 1 st runner up S6B 任懿婷 Yam Esther Girls A Grade 200m Individual Medley 3 rd runner up S6D 陳心善 Chan Samsie
Girls Grade C Overall Champion S1B 李泳悠 Lee Wing Yau S1C 冼芍瞳 Sin Cheuk Tung S2B 甘慕芍 Kam Peony Mo Cheuk S2B 劉嘉淇 Lau Kar Kei S2B 江栩靖 Kong Hui Ching S2C 李津翹 Li Jun Kiu Annabel S2C 馮籽晴 Fung Tsz Ching Christy S2D 鄭巧儀 Cheng Hau Yee Chole	Girls A Grade 50m Free Style 3 rd runner up S5A 楊靖珩 Yeung Ching Hang Girls A Grade 50m Butterfly 3 rd runner up S6D 張敏羲 Cheung Man Hei Constance Girls B Grade 100m Free Style 2 nd runner up S3D 梁一芯 Leung Yat Sum Girls B Grade 50m Free Style 3 rd runner up S2C 樊可程 Fan Coco Ho Ching Girls B Grade 100m Breast Stroke 3 rd runner up S2B 李芯賢 Lee Sum Yin
Girls A Grade 4x50m Medley Relay Champion S6B 任懿婷 Yam Esther S6B 李欣彤 Li Yan Tung S6D 陳心善 Chan Samsie S6D 張敏羲 Cheung Man Hei Constance	Girls C Grade 50m Butterfly Champion S1B 李泳悠 Lee Wing Yau Girls C Grade 50m Free Style 1 st runner up S1B 李泳悠 Lee Wing Yau Girls C Grade 50m Back Stroke 3 rd runner up S2B 甘慕芍 Kam Peony Mo Cheuk



Events	Awards
<p>Inter-school Athletics Competition 2021-22 Division Two</p> 	<p>Girls Grade A Overall 3rd Runner-up S1D 葉晞喬 Yip Grace S4D 林澄 Lam Ching S5B 陳晞恩 Chan Hei Yan S5C 周卓瑩 Chau Cheuk Ying S5D 張詠殷 Cheung Wing Yan S5D 馮蔚祈 Fung Wai Ki S6B 李欣彤 Li Yan Tung S6B 魏穎萱 Ngai Wing Huen S6C 黃潔詠 Wong Kit Wing S6D 李衍悠 Lee Hannah S6D 盧樂瑤 Lo Lok Yiu</p> <p>Girls C Grade 4x100m Relay 1st Runner-up S1A 黃因希 Wong Athena S1A 黃素晴 Wong So Ching Joyce S2A 陳曉汶 Chan Hiu Man S2C 陳可晴 Chan Ho Ching Mona</p> <p>Girls A Grade 4x400m Relay 1st Runner-up S5D 馮蔚祈 Fung Wai Ki S6B 魏穎萱 Ngai Wing Huen S6D 李衍悠 Lee Hannah S6D 盧樂瑤 Lo Lok Yiu</p> <p>Girls A Grade 200m Champion S6D 李衍悠 Lee Hannah</p> <p>Girls A Grade 400m 1st Runner-up S6D 李衍悠 Lee Hannah</p> <p>Girls A Grade 100m 1st Runner-up S5D 張詠殷 Cheung Wing Yan</p> <p>Girls B Grade High Jump Champion S4C 陳芷柔 Chan Tsz Yau</p> <p>Girls B Grade 100m Hurdles 3rd Runner-up S4C 區愷仍 Au Hoi Ying</p> <p>Girls C Grade High Jump 1st Runner-up S1A 黃因希 Wong Athena</p> <p>Girls C Grade Long Jump 2nd Runner-up S1A 黃素晴 Wong So Ching Joyce</p> <p>Girls C Grade 100m Hurdles 2nd Runner-up S2A 鮑柏蕎 Pau Pak Qiu</p> <p>Girls C Grade 200m 3rd Runner-up S2A 陳曉汶 Chan Hiu Man</p>
Community Service	
<p>Hong Kong Red Cross Wan Chai District First Aid Competition</p> 	<p>First Runner-up S4A 何舒詠 Ho Shu Wing S4B 許珈榕 Hui Alison Ka Yung S4C 鄭宛嫻 Chiang Yuen Shan S4C 洪曉琳 Hung Hiu Lam Joanne S5C 陳樂瑤 Chan Lok Yiu S5D 歐凱淇 Au Hoi Ki S5D 蔡雪攸 Chua Suet Yau S5D 郭靖蕎 Kwok Ching Tung Nicole</p>

Events	Awards
The Hong Kong Award for Young People Green Bird In Action	S1A 陳喜苗 Chan Hi Miu S1A 韓苡櫟 Han I Lik S1A 許凱研 Huie Hoi Yin Lavena S1A 駱守謙 Lok Sau Him S1A 羅慧琳 Luo Wai Lam S1A 徐蕙思 Tsui Wai Sze S1A 胡穎芝 Woo Wing Chi S1B 周嘉瑩 Chau Ka Ying S1B 鄧映喬 Tang Ying Kiu S1B 謝安兒 Tse On Yee S1B 謝雨澄 Tse Yu Ching S1C 蔡詠嵐 Choi Wing Laam S1C 鍾融融 Chung Yung Yung S1C 方秀雯 Fong Sau Man S1C 劉佩嘉 Lau Pui Ga S1C 李凱蕎 Li Athena Hoi Kiu S1C 麥卓婷 Mak Cheuk Ting S1C 吳芷凝 Ng Tsz Ying S1C 蕭曉林 Siu Hiu Lam S1C 蘇皓璇 So Ho Shuen S1C 杜心弦 To Sum In S1C 董天詠 Tung Tin Wing Agatha S1D 鍾卓霖 Chung Cheuk Lam S1D 世靈蘭 Syeda Nimra Imran S1D 鄧証妍 Sze Hoi Ching Nicole
The Hong Kong Award for Young People 	Bronze Level S2D 陳美彤 Chan Mei Tung S3B 馮乙翹 Fung Yuet Kiu Caron S3B 譚琬凝 Tam Yuen Ying S3C 黃睿 Wong Rui S3D 蘇天忻 So Tin Yan S4B 陳妍希 Chan Yin Hei S4B 許珈榕 Hui Alison Ka Yung S4B 葉懿穎 Ip Yi Wing S4C 陳芷柔 Chan Tsz Yau S4C 張嘉琪 Cheung Ka Ki Kelly S4C 伍芯儀 Ng Bernice Jocelyn S4D 林澄 Lam Ching S4D 吳愷桐 Ng Kelly S4D 蘇婧嘉 So Ching Ka S4D 鄧凱瑤 Tang Hoi Yiu
Community Youth Club	CYC Member Merit Awards S4C 陳子柔 Chan Tsz Yau S4C 張希俐 Cheung Hei Lee Hailey S4C 張嘉琪 Cheung Ka Ki Kelly S4C 官文晞 Koon Man Hei Charlotte
Hong Kong Girl Guides Association	Outstanding Girl Guide Award 2022 S5D 蕭可悅 Siu Ho Yuet



English Creative Writing

Slide to Japan in *Slide to Japan!*

Huie Hoi Yin Lavena S1A

Want to have Japanese food right now without going to Japan? Slide to Japan can bring you to Japan immediately! Slide to Japan has branches all over Hong Kong and it has a history of over 30 years. It used to sell traditional Japanese food but recently, the director reveals a range of appealing and modern menus.

The Ambience

Many people come to Slide to Japan for its picturesque design. Since it is a historical restaurant, it has a unique kind of quaint sense which attracts lots of customers. There are stunning tiny fish ponds inside the gardens of every restaurant. The embroidered Japanese style screen is also pleasant to the eye. A lot of tiny details in the restaurant are shown. For example, flowers are carved out of the tables and chairs, a quiet fragrance pervades the room. The peaceful environment allows people to relax and enjoy the meal without any stress.

The Dishes

The new menu has combined modern ideas and traditional

features. The fish there is rich in umami and well-cooked. The Roasted Sushi and Duck Meat in Bamboo Slip (\$70) is mouthwatering. The special smoky taste is enjoyable. When you slowly nibble the food, there is even a slight sweetness. However, the Prawn and Oyster with Flour Sauce is unfavourable. The raw prawn is too tangy and the raw oyster is fishy while the sauce is salty. This dish is silky and moist but the dish isn't worth such a high price (\$150) which disappoints me a lot but overall, the dishes are great.

The Verdict

Certainly, hiccups happened. A waiter accidentally spilled some dishes onto the floor. Luckily, the waiters and waitresses were all well-trained and knowledgeable. They immediately sent some people to apologise to me and asked the chefs to redo the dishes.

Slide to Japan is a stunning restaurant. Most of the food is affordable and tastes good. I really recommend you to try!

The Ambience

Confection Obsession is a café that serves vegan dishes which are a combination of desserts and food of different cultures, like French and Italian. The environment is pleasant, neat and cozy. The style of this venue is classy and light academia-like: the colour of the walls and seating are mostly white, caramel or coffee brown. Some may think that this restaurant looks rather simple and plain, but never judge a book by its cover! The owner places most of his attention on the food and makes sure that the taste is so significant, that it is far beyond the customers' expectations.

The Dishes

To start with, my family ordered the Scrumptious Spaghetti Series Set (\$120 per set). We tried the brownie and pandan flavoured ones. The pasta was quite colourful, and we were quite nervous to taste it. But once we took a bite of it, we were greeted by a burst of different flavours. The pasta was a little chewy, but it was so delicious and unique that we couldn't stop stuffing it down our bellies. Absolutely recommend this! There are other flavoured pastas in the series such as caramel flavoured. The PB and J flavoured one is coming out soon!

There was a Chocolate Monopoly (\$70) on the menu. This dish sounded immensely fascinating, so we decided to try that out too. Totally worth it! It is basically a monopoly game made out of chocolate. The game was fun and the figures were really realistic and detailed. We almost didn't want to eat it! Fortunately we did, because it was great! This dish is made from a variety of different kinds of chocolate. It may contain

Confection Obsession: a rainbow of desserts

Leung Sum Lun S1B

My family and I went to this newly opened dessert shop in Science Park in order to celebrate my brother's birthday. Turns out we didn't like the desserts. We're actually OBSESSED with it!!



a lot of chocolate, but this dish is surprisingly low-sugar. Not only can the Chocolate Monopoly be eaten, but eaters can also play and admire it. Pretty inventive, isn't it?

There are a lot more dishes that have excellent ratings. The Sun (ice cream inside soufflé with honey drizzle on top, \$55) is so hot that it is like the sun. The BTS (blueberry, tarberry and strawberry sorbet, \$39) is very popular among people, especially BTS (a Korean boy band) fans. There are also all kinds of interesting beverages. For instance, there is the beach-style Frappuccino and there are some DIY workshops to teach customers how to make those special confections once in a while.

The Verdict

Just like any other restaurants in the world, Confection Obsession is not perfect. (It is quite close to it though.) Some people think that the Waffle, Pancakes and Crepes Triple Combo (\$68) is quite dull, since it is a vegan dish, but that doesn't matter as eating less meat helps the environment and saves some animals from being slaughtered.

Confection Obsession is a cafe that sells guilt-free and healthy desserts. Plus, the waiters here are very friendly and sometimes make jokes to add some excitement while having our meals. Moreover, this restaurant has changed my perspective of desserts, and to be honest, I am pretty impressed by how they can make vegan desserts. As the motto of the restaurant says, "'Desserts' is 'stressed' spelt backwards". This shop sends out positive messages to others to cheer people up. I am definitely going back to Confection Obsession next time!

My S1 School Life at True Light

Yvette Yau S1B

Friendship

Oh what a bunny ride it is!
To have an exciting relationship with you.
We go through ups and downs, good and bad.
I will be with you no matter what.
Every time when I'm down, you read my thoughts.
Thanks for being there, hope I can be with you forever.
Just so you know, I treasure my friendship with you.

Teachers

Teachers, you are our treasure.
You guide us every step of the way, to make sure everything is okay.
English might be difficult, but with you everything is wonderful.
I might not be eloquent today, but with you I would be a great speaker one day.

Facilities

Fountain, you're iconic for certain.
School history room, you tell us stories and take us over the moon.
True Light Chapel, you tell us all about miracles.

Stress

Stress, you always make me sad.
I lost my grip like my heart got ripped.
I can't eliminate you, but I will learn to live with you.
Stress might be the biggest test instead of the academic tests.

My Interesting School Life

Chung Cheuk Lam S1D

A friend is like a star that twinkles and glows,
Or maybe like the ocean that gently flows.
A friend is like gold that you should treasure,
And take care of forever and ever.

Ring-a-ling ling, the school bell rings.
We run to the playground even when it rains.
We rush to the library at recess,
To relax and take some rest!

Teachers, teachers, teachers!
You are always the best archers.
You teach us patiently,
It makes us learn happily!

Beep! Beep! Beep! The swimming gala starts now!
We cheer for our classmates loudly.
Swim swim swim,
I hope our class will win.



not approve of his art and sees it as a waste of time. Jess, under the pressure of trying to act like a boy, pretends to like football. Leslie, on the other hand, has short hair, and often wears under-shirt-like tops with faded jeans, commonly seen as only fitting for boys. Scuba diving is also her favourite hobby, but she is criticised by her teacher for having an unusual hobby for girls. They both understand the difficulties living in such a stereotypical society where they constantly face judgement, and encourage each other to pursue their interests even if it is against social norms. Leslie is like the supporting dad Jess never had, giving him a painting set as a present and praising his artwork. It isn't simply a present but is given in recognition of his art and abilities. Leslie is a newcomer at the school and is not a typical "girl", which makes it hard for her to fit in. Jess never judges her for her appearance or interests, and cares or supports her when no one else is. Their encouragement for each other undoubtedly plays a huge part in their development and provides a lot of happiness.

Jess and Leslie also tackle common problems they face together. One day, Janice Avery, a bully at their school, steals May Belle's Twinkies. They decide to get back at her with a prank. It also releases their anger for being bullied. They fake a love letter from Willard Hughes, the boy all seven grade girls have a crush on. It is secretly put in her drawer with a message saying he would walk her home that day after school. Janice falls for it and waits for him, who never comes. Another time, Leslie helps Mr Burke, Jess's father, on renovating their new house. Jess is jealous of Leslie and his father's growing relationship, and her casually calling him Bill. Leslie notices and makes him feel more included, breaking some barriers between him and his father which helps their relationship.

How does Jess and Leslie help each other in *Bridge to Terabithia*? What do they gain from their friendship?

Friendship against Social Stigma

Chloe Au S3B

Terabithia in the book "Bridge to Terabithia" is an imaginary place for both Jess and Leslie. They "go" there to escape the cruel and stereotypical reality where boys are ashamed of having "girl-like" hobbies or that girls "should" wear pink dresses. They strengthen their bond throughout their adventures, gaining encouragement and

tackling problems in real life along the way.

Jess and Leslie are both misfits in their lives and have each other's back under judgements and stereotypes for being "different". Jess loves drawing, an interest society considers unbecoming in a boy. In the story, his father does

Reality is cruel, and stereotyping or discrimination happens more often than we realise. I, myself, have also had various encounters. A while ago a few friends and I participated in a basketball camp with mixed genders. The majority of the group were boys and most of them looked down on us, while some were supportive of us. We teamed up, believed in ourselves and won games through teamwork. This unexpected result gained us respect, but others still refused to admit they lost to girls, like when Leslie came first in a race against boys. These views and thoughts were probably influenced by their

close ones or the environment they grew up in. Without proper education or parenting, similar to how Jess' dad treats his son, this situation will only get worse.

Jess and Leslie live under the pressure of constant criticism for not fitting into social norms and expectations. Luckily, with each other they overcome the obstacles and limitations that bear them down. They provide companionship, support and encouragement even on the slightest of things. Both their lives would be completely different if it weren't for each other.

Jess and Leslie's friendship

by 3C Edith Leung

The novel "Bridge to Terrabithia" emphasizes the relationship between Jess and Leslie. Jess is given motivation and support by Leslie, while Leslie gains acceptance through Jess. Eventually, they acquire the gift of deep friendship. It irrigates their young hearts and allows them to sprout into better individuals. This discussion aims at exploring how their fellowship enhances their personality and fills their voids in life.

Before all else, Jess helps Leslie understand compassion by asking her to help Janice Avery. When Leslie tells Jess that Janice is sobbing in the washroom, Jess sympathizes with Janice and asks Leslie to check on her. Leslie later discovers that Janice is crying because the whole seventh grade and teachers know that her father abuses her. She thus gives Janice advice and develops a friendship with her. Jess helps Leslie realize that having empathy can help her

connect with others. 'Thanks to you, I think I now have one and one-half friends at Lark Creek School.' Empathy is essential in friendships as it helps one understand others' emotions, and be in their perspectives. However, some people lack empathy because they are critical and judgmental or assume that others' unfortunates do not matter to them. For example, refugees living in developed countries are usually disregarded by locals since they believe refugees are using up their resources. If people are more empathetic, they can discover the painful experiences of refugees, just as Leslie finds out about Janice's trouble. They can then create relationships with the needy and even develop friendships. Similarly, Leslie builds relationships with Janice and establishes a more profound friendship with Jess. Empathy undoubtedly strengthens Jess and Leslie's bond and it assists them in comprehending each other's emotions.

On the other hand, Leslie helps Jess to mature through appreciation and encouragement, thus deepening their friendship. Leslie has taught Jess how to find and treasure his uniqueness. Once disapproved of due to his interest, Jess is encouraged and supported by Leslie to pursue his dream. To give an example, Leslie gives him a box of watercolours with twenty-four tubes of colour and three brushes and a pad of heavy art paper. As a result, Jess starts to accept and value his individuality instead of concealing it. Jess's change of mindset shows us that he is becoming more mature. Although Leslie has perished, Jess continues to seek his sense of identity, indicating that he has grown stronger.

To exemplify how friendships can sophisticate a person, I would like to share a personal experience. I was once critical about my ability in art since I considered myself less competent than other classmates. However, my friend encouraged me to appreciate my flair and stop comparing myself to others. Then, as I focused on training my painting skills, they improved gradually. My friend not only supported me to cherish my talents, but she also helped me understand the downfalls of over-comparison. She is just like the Leslie in my life. In short, Jess grows through Leslie's encouragement and support.

Jess and Leslie help each other with companionship. By giving each other acceptance and a sense of belonging, their friendship flourished. Both Jess and Leslie do not gain acceptance from others due to their unusual interests, personalities, and appearances. Jess has an aptitude

'Till death do us apart'

Erika Wong S3C

for art, labelled as a 'feminine' hobby. He is also 'too timid' for a man; Leslie dresses with 'faded cut offs and blue undershirt', a 'masculine' appearance. Moreover, she possesses the boldness that females are not expected to have. They do not fit with the social interpretation of males and females respectively, and thus they promptly become outsiders. Nevertheless, this similarity makes them the best company for each other. Living in this bustling world, it is easy to feel lonely and presume that we would have no one to lean on. Yet, as long as we are willing to take the first step – approaching others, we will find soulmates. Connecting to the text, Jess shows Leslie's friendliness by smiling at her, beginning their friendship. People around them may consider them as eccentric, but they serve each other's qualities as lovable and admirable. True friends will share laughter and tears, and make one another feel accepted and belong. This is exactly how Jess and Leslie help each other through companionship.

Jess and Leslie's fellowship enriches their characters and helps them overcome loneliness. Jess matures by accepting his uniqueness, while Leslie grows compassion for other people. They blend as perfect companies. 'Between the two of them they own the world and no enemy, Gary Fulcher, Wanda Kay Moore, Janice Avery, Jess's own fears and insufficiencies, nor any of the foes whom Leslie imagines attacking Terabithia, could ever really defeat them.' Their friendship is as strong as Terabithia's castle stronghold, and death could not part them.

Mystical, majestic and mysterious, the Land of Terabithia was created by two imaginative kids – Leslie and Jess in the story "Bridge to Terabithia". Who knew that the very fantasy world that they freely express their ideas in would be the unfortunate end of their 'unbreakable friendship'?

The bond between the two is one with much help and support. Undeniably, Jess' self growth and confidence is most noticeable. Leslie gives Jess constant encouragement to pursue his hobby and dreams of drawing. 'Later that afternoon Leslie gives Jess his present. It is a box of water colours with twenty-four tubes of colour and three brushes and a pad of heavy art paper.' Isn't this precious gift the ultimate sign of Leslie's support? Ignoring the common stereotypes that 'drawing is only for girls', Leslie motivates just to continue making art and to follow his burning passion. She brings out the true self of Jess.

I can't help but think of my own supportive friends. Originally, I was very afraid of showing my enthusiasm for drawing to others. 'Would they criticise me or my art?' These words constantly popped up in my head. I had a few friends who knew of my hobby, and they reassured me that it was a spectacular hobby to have. With courage, I tried to embrace my love for art and started drawing at school. Only through my friends' comforting words could I truly express myself through art. It is just like how Leslie gives motivation to Jess; Both Leslie and my friends are allowing Jess and I to unlock our greatest potential by accepting ourselves.

Undeniably, Jess has helped Leslie in his own subtle actions, and the running race clearly displayed his aid to Leslie. Chapter 3 showed us that 'girls go to the upper

field where they belong', where girls play hopscotch or skip. Not wanting to do either, Leslie hopes to join the running competition. But due to the rigid gender stereotypes implemented into the kids' minds, girls aren't allowed to participate. Not being able to stand Gary Fulcher's sarcasm, Jess stood up against him, providing Leslie with a pass to the competition as well. 'You ain't scared to let a girl race are you, Fulcher?' The burning hatred seeped through Jess' words, scared but trying to help out, Leslie ran with the fours. Alas, Leslie even won, proving to everyone about the faultiness and wrongs of gender stereotyping. Though it's merely a sentence, it had already been quite a huge leap for Jess to take. But in his own way, he tried to support Leslie too.

Reading this, a certain snippet of the maze Runner by James Dashner appeared in my mind. Thomas is the newbie in the guilt, but he's already witnessing his friends being in danger. Unsure of what to do, he lent help by rushing to save them. Although Thomas and Jess have no plan in mind, the sudden rush of emotions led them to making impulse decisions, with the pure intent of helping their friends. Isn't that such an admirable thing that friendships create?

Strong. Secure. Unbreakable. Or is it really? The connection that they thought was unshakeable had shattered into a million pieces when Leslie's untimely death came by. Though her fate couldn't have been changed, what she left behind was truly immaculate. The growth they both managed to bring out of each other is astonishing. Their never-ending support for each other brought out their most authentic selves out to the world. 'True friends are never apart, maybe in distance but never in heart.' Doesn't this perfectly describe the two?

Not Ordinary, But Extraordinary

Grace Tsang S4C

Ladies and gentlemen. **What or who do you think matches up with the word “extraordinary”?** I guess you may be thinking of a popstar or a singer. However, **are these the only people who are worth being described as extraordinary?**

When we walk down the streets, posters and adverts with gorgeous models and handsome celebrities are in every corner. Even in the most random places, we can still see them staring at us right into our eyes. With their faces hanging on every signal wall, it is not surprising that we result in developing a desire to be special or extra-ordinary. We wish to stand out from the crowd just like them, but seldom do we realise our own potential and talents and could only see ourselves as ordinary. Even less than ordinary.

Having this sense of insecurity is normal, but it is definitely an unhealthy mindset. Listen! All of us are unique in our own ways. My advice for finding what makes you special is to see how you would react to different things you do in your life. Maybe you find yourself comfortable when you write stories, or you feel like a breeze when you play sports. Let me take the famous boxing athlete Rex Tso as an example. This world champion described his teen self as “junk” as

he didn't do well at school. He tried all sorts of jobs after graduating secondary school, but those weren't suitable. Finally, he came across boxing, and to his greatest surprise, he found out that he is very talented in it. Rex has since then become a successful athlete and has won many competitions. So, you see, the most important thing of seeing yourself as an extraordinary person is to get to know yourself better by trying different things. It takes time, but I'm sure everyone can make it in the end.

Even when someone asks you to stop because your actions go against social norms of your identity, as long as you don't break the law or cause any harm to others or yourself, go for it! Don't care about what others think of you. The most important thing is to embrace your own uniqueness and not to set any limits on your unlimited potential.

As a person who admires others' extraordinariness, I assure you that everyone is special in their own way. Please don't think you're a nobody, you may be inspiring others too in a way that you have never ever expected.

Thank you.

become a growing trend in the future. However, it is doubtful if students in Hong Kong are as equipped as their peers in other countries. In addition to the rising exodus of students taking part in the recent wave of emigration, it is certain that many citizens in Hong Kong are no longer confident in our local education system. I certainly believe that little did Hong Kong do to support and prepare its youth for the unknown future.

First and foremost, the preparedness of youth is dragged down by the underdeveloped education system in Hong Kong. Not only is the existing system putting too much emphasis on the importance of academic results, but it also hinders local students' creativity as well as technical skills. The current assessment criteria for undergraduate admission lack diversity. Students' public exam results are taken chiefly into account, while practical applications, for instance, coding and dissection, are sometimes even excluded in the syllabus. Although assessments on theoretical knowledge are able to show how deeply a student understands some certain concepts, without adopting practical tests, they can never prove that they are capable of reacting flexibly when encountering sudden accidents in real situations. Besides, try to imagine: if you were the manager of a software development company, would you rather hire an interviewee attending vocational training of related skills or the one without? You would definitely prefer the former, right? Despite the fact that the Vocational Training Council in Hong Kong offers vocational education to post-secondary students, for example, the Hong Kong Design Institute aims to facilitate technological innovation. However, there are only a total of

Hong Kong fails to equip its youth with skills for the future

So Hau Ching S4C

Recently, I read a thought-provoking article commenting on how Hong Kong fails to equip its youth with skills for the future. Indeed, according to a new research conducted by the Economist Intelligence Unit that assesses how education systems

prepare youth for the future, Hong Kong comes in the fourteenth. As a secondary school teacher in Hong Kong, I am deeply distressed that Hong Kong fell behind other Asian countries such as Singapore and South Korea. Undeniably, technology-related jobs will

nine vocational schools in Hong Kong, which is utterly insufficient. Without enough practical support, the youth in Hong Kong may lose their jobs as a result of being less prepared. It goes without saying that the foggy educational system in Hong Kong failed to provide opportunities for our local youth to boost their analytical skills and enhance their flexibility.

Everyone should have no objection to the fact that there is insufficient financial support provided for educational development in Hong Kong. According to the Budget, the total government expenditure on education last year was approximately \$110 billion, making up only 3.3 per cent of GDP in Hong Kong. This showed clearly that the Hong Kong government does not spend much on educational development. The little the expenditure spent, the more inadequate the support provided. If economic support is scarce, the comprehensive development of education will be hindered. Without a desirable atmosphere and environment for studying, without enough professional learning materials and tools, without a wide variety of fields to study in, hardly can students engage in a diverse world with innumerable opportunities and resources. Therefore, being deprived of motivation to broaden their perspectives, can the youth in Hong Kong become equipped and prepared for the future? Besides, in a recent survey, the average rating of the city's vocational education is 2.6 out of 5, with nearly half of the respondents feeling dissatisfied with the quality of courses. It is firmly asserted that the lack of educational funding limits local students' potential to be unravelled in the future. What the government needs to do is to increase financial

support to the education sector so as to enhance its development.

Some may argue that the Hong Kong Government actually provides countless support to the youth in Hong Kong for preparing them for the future. The "Greater Bay Area Youth Employment Scheme" is one of the typical measures announced by the Chief Executive in the 2020 Policy Address, aiming to encourage and support young people to work and pursue their careers in Mainland, as well as helping them leverage the opportunities for career advancement in the Greater Bay Area. However, through the scheme, Hong Kong youth only understand more about the local situation, instead of the international development in other parts of the world. Thus, how could they become more prepared and equipped than their peers in a competitive global environment?

Clearly, it is claimed that the Hong Kong government fails to equip youth with skills for the future. The theory-based educational system and insufficient education spending undoubtedly hindered the potential and ability of youth in Hong Kong, making them become unable to be as prepared as their peers in the globe. Consequently, it leads to joblessness of Hong Kong youth in the competitive global environment. What the Hong Kong government should do is to enlarge financial support for educational development in Hong Kong, as well as carrying out improvements on the combination of both qualitative measures and quantitative measures. For example, providing more high-quality, practical-based and result-oriented assessments and training for preparing our youth well for the future.

Not Ordinary, But Extraordinary

Sharon Ho S4D

IMAGINE, ladies and gentlemen, you were in a match with hundreds of competitors; and there were two paths ahead of you. The first one was free of obstacles, and you can walk through it to get the trophy, *safely*; while the second one was paved with adversities; the championship not secured, YET it leads you to your personal goals. **Which one would you choose?** I'd choose the easy one and I guess most of you might too pick it—**who would like to challenge himself and potentially lose the gold medal when he can be admired by thousands of people?** However, this is not the path that **Yuzuru Hanyu**, a figure skater, went for in the recent Winter Olympic Games.

Some of you may have already heard of him, probably due to his

elegant yet fierce figure on ice, or because of his amazing skills that help him win the title of Michael Jackson On Ice. As a perfectly skilled skater who has been gold medalists for the past two Winter Olympics, Hanyu was expected to score a victory again this year, by simply using his flawless techniques that have defeated thousands of competitors before.

But walking on a safe road with no challenges was never the choice made by Hanyu. Instead, he chose to attempt **the quadruple Axel jump**. If you have never heard of it, you just need to understand one concept: the jump is a sophisticated skill that has never been successfully done by anyone in any matches. Now, you may have the same confusion as the

audience back then. **Why would he choose to show his embarrassing falls and stumbles when he could have the third medal, safely?**

This mystery is easily solved—the virtues, the virtues that Hanyu embeds—he has never aimed to win applause, but to break through himself. After receiving two gold medals, Hanyu realised that his biggest enemy was no longer his competitors, but himself. Desperate for improvement, Hanyu refused to stay in his comfort zone, but risked the chance of losing the medal to take a step forward. This is exactly the attitude that most of us lack. As time goes by, we lose the courage

to explore new possibilities, but rather opt for a more stable life, limiting our chances to improve.

Ladies and gentlemen, even though Hanyu could not stand on the podium, he sent us an extraordinary message, reminding us that improvement is always possible (*even for people like him who have already reached the top*), and it is important not for popularity, but for us to be a better person. Now, it is time for us to receive this message and go beyond ourselves. **Which path ahead would you choose? Thank you.**

Speech

Wong Yan To S4D

Good morning Principal, teachers and fellow students. The pandemic has forced all of us to stay at home, robbing us of spending time with our friends and joining activities. It's easy, inevitable even, to lose motivation not only in studying but also in everyday life. Yet once this is overcome, one can actually make great use of the ample time at home—like how I, a Mathematics teacher who doesn't know arts whatsoever, learned to play the violin in this 2-month quarantine.

I believe that none of you here are unfamiliar with music, given the emphasis society and parents now place on music education. People say that one learns the fastest when they're young, and speaking from personal experience I cannot tell you how true this is. Most of you probably didn't have much of a problem starting on an instrument, while I, whether due to the lack of talent or a late start, struggled even with the easiest things—holding the violin properly yet comfortably, keeping the bow straightly in an open string, and so on. Am I here to tell you to acknowledge how blessed you are, and to treasure

this opportunity that not everyone gets to experience? No, as I believe everyone is tired of this—but rather, I would like to share with you what I learnt in this journey.

The very act of my decision to learn the violin is ambitious, if not too impetuous. Only because of a sudden burst of impulsiveness on my friend's mention of his coming concert did I make such an outrageous act, or I don't think I could have displayed such courage to try new things. But when I recall it now, I realise despite how sudden this decision was made, it still required guts. There are indeed countless reasons that are not at all illogical that could have stopped me from starting—how people might view me, whether I would succeed in the end, the uncertainties and judgements. One cannot refuse to admit that trying new things demands courage,—but is this boldness limited to this? No—this attitude applies to everything in life, the challenges and difficulties to come.

On a particularly dreamy day I realised with some apprehension

that violin playing is not unlike life. The piece of music is fixed—much like how we are each born with certain talents and inferiority, the former being Maths and the latter music for me. We are given the violin—our life, yet we couldn't create music and flourish without the use of the bow. Whence the bow represents how we live our life, a matter fully in our control. How we execute it, how we make use of it determines the tone and articulation of notes. The variations are unlimited—bow strength, articulation, dynamics, and even bow hold... The pliability of this apparatus allows the display of personal interpretation, which with great skill can create different effects of the same piece. The same goes with how we make use of what we were given to create our own lives, and the influence we have on others. In the hands of a skilled violinist, a melancholic piece can evoke such emotions from the listener, a thrilling piece. We, as the violinist, are given a beautiful piece, an instrument as delicate as the violin and the elastic design of the bow. Only good playing can do justice to the music and the instrument, this is clear—the question is, how can we play better? How can we live our lives better? Improvement on violin playing requires practice, like how only with experience and life lessons can we mature. This pandemic is like a broken string on a violin, yet if the violinist knows how to improvise, the same notes can be produced with the other strings as well, and the piece remains uninterrupted.

I might not have introduced any magical studying methods, or quick solutions to alleviating boredom. Yet I hope from my own experience you have learned to live your life in a different way and hopefully, create your own music and destiny. *Thank you.*

The Wonders of Wandering

Pandora Chow S6C

Before the release of my DSE results, I feared the worst, trying to absolve myself of the potential guilt, and contemplated my past years. I had little regrets in the last two years of secondary school. But my mind kept circling back to the chaos and confusion of the first wave of COVID-19, when lessons shrank, and free time expanded. I, along with my reckless adolescence hormones, regularly found excuses to escape the confines of my home and wandered along deserted streets and parks, which was not exactly conducive to my studies. Were these short-sighted missteps, or worthwhile experiences?

The sole reason for my numerous adventures was my hopeless curiosity to get acquainted with places. Such thirst was satiable only by strolling along the streets, in person, and not by scrolling through Google maps. Even though roads often lead to dead-ends and green clearings turn out to be piled with disposed furniture, the occasional hidden gem was enough to fuel me to my next quest. My favourite one is next to my neighbourhood, in an area infested with unceasing construction sites, coughing heavy vehicles and repair shops with metal tools like blackened teeth. On one peculiar occasion, the stubborn desire to see the area for myself propelled me inside. Imagine my surprise then, to discover an inconspicuous opening into a rocky beach. There, thumb-sized clams dotted sea-washed boulders like animal print; black crabs carried by the waves scurried into the crevices of the rocks and quickly disappeared; in the sea, the bright red swim shorts of an intrepid nature-lover bobbed up and down. I wondered how he got there, and concluded that he, too, must have also discovered it by chance. Nameless and without any indication from the outside, the beach is not secret, but certainly exclusive to those who wander this far, those whose overwhelming desire to explore cut through the

dust and noise. In similar fashion, the too-nosy part of me has taken me to nooks and crannies, where I am gifted with marvel after marvel.

Wandering requires one's daring readiness to stand out, if not to squeeze through desolate alleyways, then at least to deviate from the crowd, to take the road less travelled by, and to endure the quizzical gazes inquiring the reason why one did not take the most direct, effortless route. It does not seem reasonable, for example, to walk half an hour instead of taking the bus for something as trivial as watching sunlight shine through the roofs of wooden fishing boats onto sleeping brown hounds. Nor is it advisable to forego the streets at night for a windier, wooded footpath for the shadows, the silence, and the solitude. In our hyper-connected, efficiency-driven city, there are usually no more than one or two 'correct' ways to travel between two places. Yet it has always been in those erroneous and wonderfully weird detours, that I experience life in its most endearing and delightful form. When we lose time in not traversing the grids in underground metal cans, we gain the uncapturable moments of beauty and tranquillity that the universe has to offer.

Surrounded by the charming sights of nature and unfettered by the demands of everyday life, my mind too, traipses from insignificant musings to deep reflections about life. During long walks, jumbled thoughts are parsed out, rewound, and spun into coherence. Mental wanderings, I have found, are similar creatures to their physical counterparts.

Einstein famously said that "I have no special talent. I am only passionately curious." Yet in the realm of academic enquiry, the benefits of curiosity are not only reserved for intellectual giants but also to us. Dissatisfied with the shallow explanation in textbooks and having the impression that the curriculum haphazardly sews a collection of concepts together, I would turn to the Internet for deeper, more connected understanding in maths and science, and was frequently rewarded with boxes of treasure. Diverging away from the syllabus

helped me in the public exam, but not in the way of directly scoring me a mark in a tricky MC question. Rather, it kept delivering me with moments of satisfying clarity and fascination, which propelled me to sludge through the quagmire of past papers and occasionally arbitrary 'exam skills'. For my classmates harbouring contempt towards a subject, I often think that they are merely equating DSE with the subject itself, and, upon encountering the ugly sight of construction sites and repair shops, they turned back, missing out on the wonders of the open sea at the end of the road.

Moving from academic pursuit into our personal lives, challenging, or at least questioning ideas spoon-fed to us is no longer a fanciful undertaking but a necessity for us to survive and thrive. The recent protest against school rules forbidding boys to keep long hair is a reminder of the multitude of norms we take for granted, and the courage it takes to challenge them. Doing so opens up new perspectives and unexplored territory, regardless of whether those dogmas stand the test of our scrutiny, and we live less by default and more deliberately. Then there are life choices whose implications are beyond outer appearances, governing the use of our time and lifelong satisfaction. Under the society's fixation on academic results and career prospects, it is no easy feat for us to deviate from the defined paths that our well-meaning but not necessarily understanding elders have laid down for us. The experiences of treading on unoccupied roads and strange places, first literally then metaphorically, in retrospect, has made my footing grown surer over the years. When we have the courage to go far in our own paths, we can stay true to our hearts.

Now, DSE has come and gone, does the regret linger on? Not really. While all the surprise and disappointment associated with the stars have begun to fade, the stars collected from my detours continue to light up my days with eureka moments and dispel the chill of self-doubt. Therefore, wander away. Outside your current confines, many wonders await.

學生創作空間

中文作品



文聯會「學生作家徵文比賽」一等獎

《北辰星拱》

S2B 鄧語涵

春天，一個光明澄淨的季節。若要問哪地的春天最讓人迷戀，我定會回答——成都武侯祠。

「丞相祠堂何處尋？錦官城外柏森森。」三年前，我跟隨杜甫的足跡，來到了神往已久的武侯祠。如詩中描述的一般，門前的柏樹鬱鬱蔥蔥，嫩綠的樹葉隨風飄動。「也許這與杜甫當年看到的別無二致。」這個想法推動著我迫不及待想要一睹祠中風采。

「映階碧草自春色，隔葉黃鸝空好音。」我整理好衣冠，進入大門。映入眼簾的是一池荷花。池中的水並不清澈，顏色似翡翠，綠中帶青，青中帶藍。蒼翠欲滴的荷葉間，幾朵荷花亭亭玉立著。「翠蓋佳人臨水立」，這春意盎然的景象中和了武侯祠的莊嚴肅穆。

「先帝創業未半……」不遠處的讀書聲打斷了我的這份閒情逸致，原來是一位母親在教女兒閱讀《出師表》呢！從魚水三顧合到三分天下，修蜀科、征南蠻，再到前路未知的北伐——丞相兼濟蒼生的國士精神自表中流露出來。我瞬間被吸引，連樹梢上黃鸝婉轉的歌聲都淪為了這琅琅書聲的伴奏。

「三顧頻煩天下計，兩朝開濟老臣心。」日上三竿，離開荷花池，一路向東。往下就是「一體君臣祭祀同」的地界了。從「漢昭烈廟」高高的匾額下走過，然後是過廳、劉備廟……我走馬觀花地看了一遍，徑直奔向了盡頭的諸葛亮殿。諸葛亮殿的主調是緋紅，配上殿前松花色的樹，平添了幾分寧靜祥和；

再湊近些，陽光勾勒出了門前匾聯的形狀，彷彿是後人在歌頌丞相的一生。我懷著敬畏的心跨過門檻，細細觀摩著殿中的一切。大門正對面供奉著三座「正大仙容」的塑像，丞相端坐在中間，頭戴綸巾，手持羽扇；上方有題字——靜遠堂。「是從《戒子書》中提取的吧！」我這樣想著，擠到烏木桌子前，想要近距離瞻仰龕台上的塑像。雙目對視的瞬間，我的心中有千言萬語湧上心頭，懷念、敬愛、崇拜……透過塑像，我好像看見了丞相出山時意氣風發的笑容；永安宮內君臣分別的眼淚；五丈原壯志未酬的背影。而現在，他只是在這裡，面帶微笑地看著熙攘的人群。最終，所有感觸都化為了一句讚美：「雲山蒼蒼，江水泱泱，先生之風，山高水長。」

「出師未捷身先死，長使英雄淚滿襟。」待到天色昏沉，我決定順著惠陵離開。走在紅牆下，餘暉透過竹葉間的縫隙，灑在蜿蜒的青石板路上。我跟著光的指引到了惠陵。惠陵不大，我粗粗看了一圈，然後將一束馬蹄蓮放在碑前，為「武侯祠之旅」畫上句號。公元二三四四年，星落五丈夙願沒，英雄的故事落幕了。但是杜甫的《蜀相》、趙藩的攻心聯、那日荷花池旁的母女，無一不在印證著他的精神永存。

《行者無疆》中有一句話：「一座城市有了歷史的輝煌，就不必再用燈光來制造明亮。」武侯祠就是錦官城中的那抹微光，諸葛亮像北極星一般，在我們心中留下了一個永遠明亮、永遠不會被世俗玷污的角落。

《一位處事認真的同學》

S1A 許凱研

看着眼前堆積如山的功課，我暗嘆了一聲：唉——這一時半刻也不會完成了。不如……那黑色的箱子彷彿在召喚我，那帶有魔性的螢幕把我引進一個充滿誘惑的漩渦。忽然，她的臉在我眼前晃過，一件件她認真處事的回憶在我腦袋裏迴盪……

我和晴晴是同桌。不同的是，她是口碑載道的班長，而我則是班裏的「小隱形」。在班長選舉上，她被老師選為班長。接受同學的稱讚時，她卻謙虛地道謝，認為自己還有進步的空間。我對此半信半疑，不會吧！恐怕你被選為班長，已經開心得快上天了，認真做事不過是希望在老師同學面前留下美譽吧！

一天回校後，我發現她在做功課。我皺著眉，心裏疑惑極了。她不是班長嗎？怎麼會忘了做功課？不

怕受老師責備嗎？我走上前一問，才得知她是嫌棄自己的字跡不太端正，希望重新抄寫一份。我很佩服她，相比起我對待功課只求完成的心態，她精益求精的學習態度實在值得我去學習。我先前對她的偏見頓時一掃而空。

還有一次，老師吩咐晴晴派發家長會通告。由於當時只是早上，很多同學還沒有回校。我建議她把通告放在第一位同學的桌子上，能省下不少麻煩。她卻認為這樣會容易引起一些誤會，堅持放在每一位同學的桌子上，還說老師派發的工作一定要用心完成，讓我不禁啞口無言。臨放學前，她還詢問每個同學收到通告了沒。看到她在處理班級事務上也如此用心，我覺得她成為班長也是實至名歸。

在我生日當天，我原本以為應該沒有人記得我的生日，卻沒想到她竟然親手畫了一張生日卡和織了一條圍巾給我，還微笑著說：「這只是我的小小心意，希望你接受。」縱然她已盡力遮掩她的雙手，眼利的我還是發現了上面的膠布。我雙眼頓時冒出了少許霧氣，心裏湧著暖流。沒想到她對待朋友也如此認真。

由此可見，她是一位好學生、好班長，亦是一位好朋友，做了好事也不會掛在嘴邊。在她身上，我學習了很多。特別是在待人處事方面，有時，你認為自己沒有能力去做一件事，其實只是你没花心思去做。只要我們認真做事，即使沒有成功，但學會享受過程，亦會得到收穫。

《我上了寶貴的一課》

S1D 潘予晴

一個寒風刺骨的星期六，在旺角港鐵站外，我第一次參加賣旗活動。我原本以為我是付出的那一個，但到頭來卻發現自己上了寶貴的一課。

前陣子，我的好朋友光光邀請我參加賣旗，我想到當天沒有什麼活動，就答應了。可沒想到，賣旗居然要鼓出很大的勇氣。

當天，我忐忑不安，十分緊張，還提早半個小時到達站口，看着人山人海的街道，我心宛如十五個吊桶，七上八下……「早安！」一把熟悉的聲音讓我鬆了一口氣。「你居然這麼早。那時不宜遲，我們開始賣旗吧！」光光說。

「呼！」一陣寒風突然吹過，讓我剛伸出去的腳又縮了回來。我的大腦頓時一片空白，豆大的冷汗從眉角滾到嘴角，我努力讓自己放鬆下來，

但我的心總怦怦地跳，彷彿要跳出來般。我整個身體就像泄了氣的氣球，沒有力氣支撐。街道上每個人的步伐都十分匆忙，我十分害怕會被人拒絕，所以遲遲不敢鼓出勇氣邀請他們買旗。

「請問先生您能為非洲的兒童買張旗嗎？謝謝。」我轉過頭，發現光光無懼寒風凜冽，向人們彬彬有禮地賣旗，就算人們退避三舍，或視而不見，他都不會垂頭喪氣，眼神堅定地繼續為非洲的兒童籌錢。我的臉立刻紅了。我因為害羞，竟然放棄了為非洲的兒童籌錢的機會。當寒風刮在我臉上，我的心像被鋒利的刀割一樣。說時遲那時快，天開始下起雨來。那大雨，像是在責備我，且越下越大！

此刻，我決定了要直視我的恐懼！我深深吸了一口氣，鼓起勇氣，

問：「小朋友，你願意買張旗嗎？」小男孩圍着頸巾，用他那肥肥白白的手從口袋裏取出一個五元硬幣，說：「這樣夠嗎？」他說話時，口中噴出了團團又白又暖的霧氣，我的心裏頓覺春天到來，盛開了花。這時候，雨也停了，並出現一條讓人心情開朗的彩虹，彷彿人們的步伐也放慢了。我頓時振作起來，微笑着說：「夠了。謝謝你！」接下來，我不斷邀請途人買旗，就算拒絕，也都微笑面對，過了一會，我籌錢的袋子也漸漸變得沉重。「太好了！」光光道。「這樣，遠在非洲的兒童們就能夠得到幫助了！」

雖然賣旗很辛苦，但我此行也有很多收穫。我從此暗自下定決心：做事不要退縮，要學會勇敢面對困難，這樣，凡事都一定會成功！

《小社區一逛有感》

S2B 蔡欣彤

這天和媽媽一起出門去買菜和到北角附近的熟食中心去訂座，為後天的晚飯作準備。

我們收拾好東西便下樓去。走在樓下香花徑那條長長的樓梯到書局街去時，我被人群的嬉鬧聲吸引著，轉頭望向左邊。當時大概是正午之後吧，樓梯左旁一家網紅店門外熙熙攘攘地擠滿了人：有的在拍照，有的在抱隊隊伍太長，有的則十分嫌棄地站在旁邊一家青藏牛肉麵店，猶豫著要不要進去。媽媽說她不懂現在年輕人為甚麼可以為了網紅的頭銜就甘願長途跋涉來打卡，即便他們並不喜歡。我回想那個舖面本來似乎是一家補習社，再之前是什麼來著？我忘記了，很多人都忘記了，一切物轉星移，誰會記得呢？

離開了香花徑，我們經書局街的街口再越過英皇道，便到了新光戲院處。我站在它的對面等待交通燈轉綠色。在新光戲院上方，是幾張巨大的粵劇海報和帶點殘舊的外牆。在這充滿科技的時代，這樣的建築很是顯眼。過了馬路，我站在新光戲院門前停留了片刻。往大堂看，首先最吸引人的就是天花板上密密麻麻的白色燈球。雖只是裝飾之用，但配合大堂八、九十年代的售票站和內飾，彷彿帶客人登上時光穿梭機，回到以前。我收回目光，右轉往渣華道走去。在新光戲院後門附近的展示牌上，按照民國時期的風格列出今日和即將呈現的作品，在它面前的是一名頭髮花白的老人，老人的不遠處則有一名青年人在巴士站旁看著手機。與此同時，戲院左面的涼茶店傳來陣陣廣東本地特色涼茶的味道，與新光戲院的年代背景合二為一。如此光景，卻不得那青年人一眼青睞。我不禁想起疫情期間新光戲院曾傳出結業消息。連新光

戲院這樣歷史悠久的建築都差點消失，在年代變遷中，我們能留住的歷史痕跡，似乎越來越少了。

到渣華道，我的思緒慢慢收回。過了馬路後我和媽媽便到了渣華道市政大廈的街市準備買菜了。從外面看，市政大廈的外表較新穎，中間縷空斜放電梯的設計很具現代感。搭乘電梯上到二樓蔬菜區後，環視整片樓層，發現並不如其他地方的街市般吵鬧騾亂。店舖整潔排放著。雖偶有紙箱作「攔路虎」，但並不影響顧客的購買體驗。商品包羅萬象，琳瑯滿目。走在通道上，能嗅到一股濃郁的廣東傳統醃製品的味道，配上攤檔主的叫賣聲與身邊街坊的談話聲，讓廣闊的二樓平添幾分生氣。我和媽媽買完菜，便轉頭上去三樓——熟食中心去。

進到內裡，映入眼簾的是一種大排檔的即視感：餐廳之間沒有邊界之分，悠閒隨意的氣氛十分淳樸，頗有幾分街頭風味。餐廳中的廚房傳出陣陣香氣，勾起了我的食欲，想嚐嚐餐廳的小菜了。渣華道街市亂中有序的擺設方式在我看來都是生活的煙火氣，是現今香港新市區少有的珍品。這是舊區的人情味。

我和媽媽離開渣華道市政大廈後，便原路折返，在英皇道街角向右轉，往春秧街去。沿著英皇道，我望向對面街道著名的海皇粥店，門前無人駐足，生意蕭條。相反，粥店前方不遠處一家快餐店，人潮不斷往內湧入，生意興隆。這種慘烈的對比讓我心中百感交集，不願面對現實，因為就算人們意識到了，恐怕也是不會改變。

我們到了路的轉角處，便經北角道去春秧街買一些底料。一進到春秧

街，我便聽到右邊各式各樣的店舖中傳出的廣播，鼓勵街坊們去買自家的菜品。我們一走近，左右兩家店的店員就靠近我們，賣力推銷自家的蔬菜水果。可惜我們心中早有決定，往春秧街後半部分走去。我邊走邊看，店舖售賣著不同的食物和日常生活用品，令人目不暇接。此時我望向左邊較安靜的臨街搭建的攤檔，那裏提供了各種價格親民的成衣和特色產品，如越南香料店中的咖喱配方。「叮——叮——」是電車來了。電車沿著街道中心處設置的電車軌道在人海中穿梭而過。但這種情況在香港是非常罕見的，跟泰國火車蠻相似。這現象也讓春秧街成為北角的景點之一。媽媽帶著我往春秧街盡頭水果店走去，我發覺越往後走，新穎的現代樓宇越多，使我心中詫異。我連忙往後面走過的地方看去，只見老式房屋緊緊靠在一起，外牆殘舊，有些掉漆了；再回首看面前的現代樓宇，彷彿所到之地與方才破舊熱鬧的店舖隔絕開來，令人像到了新的街道來。看著這般新舊更替的景象，我不禁想到當春秧街佈滿新穎先進的樓房，那還是我認識的那條特別的春秧街嗎？

隨著城市發展，作為舊區的北角被翻新是難以避免的。但當我看著新舊建築明明共存一地，卻又截然不同時，我反思道我們有否珍惜和愛護過昔日的建築？有否去了解過它們背後的意義呢？等到新光戲院結業、渣華道街市被劃分得井井有條、春秧街變成新式住宅區，一切恍如隔世，我們或許也不會再記得它們本來代表的文化和歷史意義了。因此，我明白我應當謹記現在這一切，真真切切的與建築相處，這才能留住背後的文化，留住這片舊區——北角。

《助人的真義》

S2C 曾樂遙

12月1日 晴

今天，我做了一件有意義的事，令我體會到助人的真義。

下午，我和媽媽在街上走著，突然看到一堆人圍起來，頗為吵鬧，我們決定上前查看。眼前場景讓我大吃一驚，一位老奶奶蹲坐在地上，面色難看，十分痛苦的樣子，老奶奶哭著說：「是他撞到我，還矢口否認！」手指著一名年輕的男子，他露出一副厭惡的表情，「與我無關」四個大字掛在臉上。圍觀者在旁邊「吃花生」，一些人對那男子破口大罵，但是，卻沒有一人關心奶奶的傷勢。

看著老奶奶的狀況，我好像看到了自己的影子。幾年前，我和我的朋友在公園追逐，期間，我被其中一個朋友推倒在地上，腿也受傷了，朋友們對視著，異口同聲說：「不是我啊！」眼神閃躲，生怕我責怪她們似

的。我也沒有多說，只是嘗試著站起來，在附近巡邏的保安阿姨看到這一幕，馬上急步過來並把我扶起，在她的幫助下，勉強回到家。回家跟媽媽提起當時的場景，她告訴我說：「你要像保安阿姨一樣，在別人需要時伸出援手，而不是像你的朋友，把重點放在『是誰的責任』。」

人擠人的情況讓我從回憶中回到現實。我看了媽媽一眼，便擠進這擁擠的人群中，到老奶奶面前。我先是詢問老奶奶感覺怎麼樣，她小聲地說了句「還好。」我便小心翼翼地扶到旁邊的長椅上，並為其檢查傷勢，應該只是受了點皮外傷，我正打算和媽媽送老奶奶去醫院做全面檢查，畢竟老人家跌倒可大可小。這時，一位路人說要送老奶奶到醫院，其他人紛紛上前問候，那位撞到老奶奶的男子似乎也意識到自己的錯誤，滿面羞愧地向老奶奶道歉。老奶奶露出淡淡的微笑，拉了拉我，說：「謝謝你！」

可能是我的舉動，令其他人有所感而對老奶奶伸出援手，構成這溫馨的畫面，而看到老奶奶從心而發的笑容和收到她的謝意，我心裏頓時有一股溫暖湧上來。

俗話說：「助人為快樂之本」，這話是老套了點，但其中道理深入人心。幫助老奶奶後的我，今天一整天心裏是有多沸騰，那種成就感和滿足感真的非一般。同時，我也慶幸我能夠幫到老奶奶，而年輕人也意識到了自己的錯誤。如果沒有幾年前保安阿姨的幫助，我今天也可能不會選擇站出來。

我想，助人的真義，就是通過一個微不足道的行動，讓自己感到快樂，受到幫助的人感受到人間的溫暖，更重要的是，以一人的行動感染身邊的人，傳播助人的種子、助人的快樂！

《燈》

S3B 姚悅生

「哇……八年了，我們總算回來了。」這是我們搬回舊居，媽媽打開門時說的第一句話。家裏相比八年前已煥然一新，我也從九歲長成了十七歲，即將展開屬於自己的征途。

這天晚上我在同學家做功課，回家晚了。我靜悄悄地按下燈掣，像以往無數個平常的日子一樣等待著燈為走廊帶來光明。可是，這晚卻不像以往，過了半秒依然沒有燈光，家裏仍然漆黑一片。再過了一會兒，燈閃爍了幾下，然後發出「啪」的一聲，那微弱的光便徹底消失在黑暗中。我一時沒反應過來，這燈已用了多年，我習慣了它每天都會忠誠地亮起來，可燈的壽命也只有那短短幾年，今天是徹底的壞了。

我記得從小到大，每次都是爸爸為我們修理燈泡。小時候，他在我眼中就是頂天立地的超人，大到天花板上的燈管，小至書桌上的小燈，爸爸都能修好。他知道我怕黑，因此總會定時幫我檢查所有的燈，讓我

不會像今天一樣，突然陷入黑暗之中。恍然間，我想起曾經，也是在這個位置，同樣地燈泡壞了，唯一不同的是那一刻爸媽都在我身邊。我還記得我在房間陷入黑暗之中的那一刻尖叫了一下，便被媽媽抱入懷中，低聲撫慰。聽著她溫柔的低語，我睜開眼睛，正好看到輕柔的月光照在她的臉上，為她整個人襲上一層薄薄的紗。她的眼睛帶著光，彷彿能取代燈，為這房間帶來光明。不一會兒，一陣光亮卻又不刺眼的光驅走黑暗，同時傳來爸爸的聲音：「有萬能爸爸在，怕什麼？」伴隨著他的笑聲，映入我眼簾的是他跟媽媽一樣，帶著光的眼睛。

可是現在，只有我孤獨地站在黑暗中。獨自一個人的孤獨感，連夜做功課的疲累，還有我一直強壓在心底對未來的不確定和恐懼都在這一刻被黑暗放大，最終化作眼淚流出來。忽然一陣光亮和一個溫暖的擁抱把我從黑暗中拉出來。跟回憶中一樣的低語和溫度，我抬頭一看便是媽媽映著光，更像明燈的雙眼。爸爸則站

在旁邊，手裏拿著剛換下來的燈泡，只是我剛才陷入悲傷中沒有聽見。媽媽說：「你怎麼啦，我聽見聲音，還以為你已入房睡著了，沒想到一開門就看到你在哭，是有什麼委屈嗎，跟媽媽說說？我和爸爸也好給你些意見啊。」其實不僅是他們的眼睛，爸媽從小到大都像是我的燈一樣，在我傷心迷惘的時候為我照亮眼前的路。他們或許不會阻止我跌倒，受挫，卻會帶著一種名為「愛」的光，充當我的「燈」，讓我不至於陷入黑暗中。

這時，我看到父母不知道什麼時候已生出銀髮，可我以往卻一直都沒注意到。是我把這「燈」看得太理所當然，導致我竟然忘記了珍惜嗎？我禁不住緊緊握住了他們的手，說了聲：「謝謝。」

我或許即將要展開自己的征途，獨自闖蕩，但我知道我的心裏一定會有光，因為我有爸媽充當我的燈。總有一天我也會充當我兒女的燈，把這光傳承下去。

《驟雨中的鬧市》

S3C 姚樂希

一片湛藍在眨眼間便被沉重如鉛的烏雲籠罩，滿天黑壓壓的，卻見灰暗的烏雲意料之外地被一層薄薄的、朦朧的雲霧縈繞著。我站在灣仔街市的路中央，攤販依舊不遺餘力地吆喝著，路人也毫無所覺地挑選菜品，一如既往的熱鬧喧囂。臉龐上落下一滴微不可察的冰涼，然後便像河流匯聚成千，烏雲終於承受不住悲慟，淚水滿盆傾瀉，猝不及防地降下驟雨。

蔬菜瓜果上毫無預兆地覆上一層小水珠，鬧市裡的人群終於察覺到地上斑駁的水點，水點積少成多，形成一個個水窪，倒映著人們慌亂無措地逃竄的身影。雨水突如其來的攻擊，然後人群都潰不成軍，只能擁擠地與人肩並肩擠在狹窄的屋簷下。站在屋簷邊緣的人樂此不疲地把水滴撥離自己的身軀，敲打出滴滴答答的惱人聲音。攤販依舊吆喝著，粗壯雄渾的聲音在耳畔此起彼伏，果攤車上的幾個蘋果滾落在地，與雨水肌膚相親。水果上的蒼蠅都被雨水模糊了視線分不清東南西北地四處亂撞，飛到人群處牽起一陣或驚恐或嫌棄的尖叫聲。屋簷上的麻雀不知所措地東張西望，抖動著翅膀欲飛不飛，清脆的歌聲在如紗的雨霧中也變成微不足道的噪音，最後好像是被澆滅了所有希望，只能在煩躁的人群間穿梭，卑微而可憐。我也一同躲在屋簷下，眼前只剩湧動不安的人們，不厭其煩地抱怨著，和在雨幕中倉皇又著急的攤販在盡力保

全自己的產品，雨水則毫不留情地擊打地面。雨不過下了十幾分鐘，市場便已經變得喧鬧而狼狽不堪。

我穿過人聲鼎沸的混亂，拐角進入市場的另一邊。雨依舊不嫌事大地糟蹋人間，耳邊的嫌惡吵鬧卻被另一片的喧鬧取代，配合著雨水玩樂的歡笑聲。我走近一點，一間賣雨傘的地鋪傳來若有似無的談笑聲，與剛才的怨恨截然不同，更在嘩啦呼啦的雨聲中顯得突兀，卻又渾然天成的合襯，如同在演奏歡樂頌。傘店中的老闆娘滿臉笑意，十幾位客人在店內稍顯擁擠，人與人之間的距離微乎其微，好像連蚊子都飛不進去。每位客人臉上都不約而同地掛上笑靨，帶著絲絲的慶幸，便拿著手中剛買的雨傘離開。老闆娘顯而易見的笑臉在我腦中揮之不去，下雨也會有人開心嗎？

雨幕一角被照得一片淺紅，的士的車頭燈紅彤彤的，比平日更是明亮顯著，好像在昭示著他們主人的欣喜。的士門被關上的聲響接二連三地闖進我的耳中，抬眼一看，的士司機的臉上都是毫不掩飾的盈盈笑意，為方才下雨而接收到接踵而來的客人而歡喜，車尾燈也隨著車輛的移動而跳躍起來，耳邊盡是車鳴及歡笑聲。路邊狹縫的小草此時也探出頭來，在微風中搖晃著身體，彷彿在感謝雨水的洗滌。雨又下了十幾分鐘，這邊市場已經變得熱鬧而生機盎然。

烏雲漸漸平復了心情，似是得到了白雲的安慰和擁抱。震耳欲聾的雨聲在頃刻間便蕩然無存，清明的淺藍再次包裹天空。我站在市場的交界，陽光明媚而耀眼，我不自覺閉上眼睛適應光線。失去了視線的輔助，耳朵便尤為靈敏，聽到抱怨聲變成歡呼聲，車鳴變成人們的交談聲。我睜開眼，市場依然熱鬧非凡，卻缺少了微不可察的一份笑鬧。空氣中瀰漫著雨後的清爽氣味，沁人心脾，我的心好像也被雨沖刷乾淨，看到了前所未聞的道路。

人們在雨天中大多都只會抱怨，當然我也不例外，因此「雨」這個字在我們心中便佔據了負面的位置，好像再也逃不出這個枷鎖。曾聽人說：「有人等煙雨，有人怪雨急。」以往的我總是不以為然，但直到今天看到灣仔街市的境況，我卻猶豫了。理所當然的，雨對人來說也許是生活上的絆腳石，但又何曾想過，其實有一部分人一直在等待這場人們恨不得避之千里的雨呢？雨是賜予，也可以是災害，如同人生的酸甜苦辣，在我們看來可能是盼望已久的，對別人來說卻可能是另一記的重錘。凡事都有兩面，因此我們不應以偏概全，試著從多角度去思考，才能發現更多前所未見的樂事，才能把人生過得活得更通透，自己才不會作繭自縛，才能自由飛翔。

《踏出第一步》

S4C 李豈爾

偶然收拾雜物房，看到那輛滿佈塵埃的自行車，上面的鐵鏈早已長繡，車身亦殘破不堪。但我將永遠保存這輛自行車，它盛載着我人生中永不可磨滅的回憶，經過這件事後，我發現原來踏出第一步並沒有想像中般困難。

我自幼個性膽怯，保守拘謹，從不曾冒險。每遇到困難，只會放棄或逃避。正如踏自行車便是我人生中一個大大的難關，是我十分拒抗的活動，皆因小時候曾目睹姐姐從自行車上跌下來受傷，自此「自行車」與「受傷」便成對等的事情，成為了我童年的陰影。家人因希望我學懂不同的生存技能，總強迫我要學會騎自行車，可我亦堅決拒絕，說到底就是害怕會受傷。不過疼愛我的爺爺卻改變了膽小的我，令我勇敢踏出了第一步。

爺爺年近九十，雖平日沒多少大病痛，但身架總是瘦瘦巴巴的。他了解我不願意學習自行車的因由，便自告奮勇給我做榜樣，說要好好表現他騎自行車的英姿，藉此鼓勵我學習自行車的自信。起初我不相信年邁爺爺真的會去騎自行車，直到看到這佝僂的老人拉着自行車到花園裏，我才知道他是認真的。他吃力地爬上自行車的位置上，再小心翼翼地把雙腳放在腳踏板上，努力地尋找平衡感。一個年近百歲的老人為了我做出如此危險的事，看着他努力騎自行車的身影，我

的眼淚不自覺地在眼眶裏打滾。

可是這仍沒有完全消除我對自行車的恐懼，我在爺爺踏自行車時，遠遠在旁觀看，久久不敢靠前。「哎呀！」爺爺不小心摔倒了。我連忙扶起他，看到他充滿歲月痕跡的手臂上擦出了鮮血，傷口看來不淺，我立即跑回屋內取出急救箱，打算幫助他處理傷口。爺爺卻搖頭說：「罷了！只是小傷。」他重新扶起自行車，又重複上車踏車的動作，絲毫沒有理會手上的傷。經歷失敗後，重新跨出步伐，克服困難，向目標努力。看到此刻勇敢的爺爺，深深激勵了膽怯的我。

連耄耋老人亦願意勇敢面對挑戰，反觀我只懂得杞人憂天，擔心自己會否受傷，不願意踏出第一步，不由得讓我思考跨越心中的巨石是否如自己想像般困難。然而看到爺爺，我好像找到了答案，縱使失敗受挫會令人垂頭喪氣，但不踏出人生第一步，你永遠不會知道結果。

於是，我走向受傷的爺爺，告訴他自己想學自行車，爺爺彷彿放下心頭大石，立即把手中的自行車推給我。我鼓起勇氣坐上自行車，爺爺悄悄地在後方扶着，好讓我保持平衡。我的雙手緊緊握著把手，生怕會摔倒，小心翼翼地將雙腳先後放在腳踏板上。雖然控制自行車的方法挺難掌

握，而我亦反反覆覆地摔了好幾次，但過程中沒有如想像般艱難，那一刻我心中的恐懼消除了，隨之而來的是喜悅。我成功踏出第一步，萬般的思緒湧上心頭，而那種愉悅無法用言詞形容。我明白到踏自行車沒有想像般困難，因而勇敢地面對它，最終我征服了它，成功學會踏自行車了！這時候，我亦意識到面對所有困難皆相同，只要踏出第一步，結果是怎樣並不重要。我知道爺爺對我的用心，我為他所付出的一切而感動，所以更不願意辜負他。自此之後，我有勇氣面對人生每一個不一樣的第一步，也不會再逃避。

我回過神來，看着爺爺給我的自行車莞爾一笑，正所謂：萬事起頭難。我們永遠無法預測未來，但如果不踏出第一步，也就永遠無法知道結果。結果是好是壞其實並不重要，因為我們人生中會有許許多多的第一步，足以讓我們去練習面對失敗挫折，坦然面對自己的恐懼，未嘗不是踏出第一步。失敗不可怕，重要的是我們要有踏出第一步的勇氣，我們應抱有這份勇敢。

我將永遠保存那輛破舊的自行車，而爺爺對我付出的一切，我也將會永恆地存放在心裏，好讓這回憶在我的腦海中永不磨滅，自行車會永久地提醒我踏出第一步並非如我想像般困難。

《離別前的一天》

S4D 黃婷鈺

放學後回到家中，映入眼簾的是堆積如山、已經收拾好的行李。想起明天早上便要離開這片熟悉的土地，獨自一人到異國他鄉留學，內心便感到五味雜陳，有期待，有緊張，但更多的是不捨。百般情緒湧上心頭，思緒混亂的我呆呆地坐到沙發上，心情久久不能平復。

直到媽媽的呼喚聲才把我拉回現實。今天晚上我們要到奶奶家吃飯，作為我離港前與爺爺奶奶最後一次相聚，也是跟他們作別。

我帶着複雜的思緒來到了奶奶家後，只見奶奶忙碌的身影，在廚房中準備着晚飯。我跟奶奶打過招呼後，便百無聊賴地在屋子裡來回踱步，試圖將眼前的一切牢牢記掛在心中。我走到露台，一股輕柔的花香撲鼻而來，使我的煩惱一掃而空。我俯下身來，看着這盤洋甘菊，感到無比親切。這是我在小學參與種植計劃時所得到的，過了不久便轉送給奶奶。沒想到她對此愛不釋手，對它細心呵護，令它得以茁壯成長。我不斷用力地嗅着，想將這股親切的香氣永遠留在心中。

一直到奶奶用福建話喚道：「婷兒，快來吃飯！飯菜都要涼了！」我才移步到飯廳。

餐桌上放置了潤餅皮和餡料。這門菜很費功夫，平時只有在生日和特

殊節日才能吃到，沒想到在離別之際能得嘗此味。與平日親戚到訪的熱鬧場面不同，今天的餐桌顯得異常冷清。我把一塊潤餅皮平攤在碟子上，灑上少許海苔碎和花生糖粉，再放了些餡料。回想起小時候，奶奶常笑話我，嫌我包的潤餅卷個頭太小，她總說潤餅卷要包得又大又滿，這樣才好吃。經過多年的努力和訓練，我也漸漸掌握了包潤餅卷的技巧。想到這裡，心裡不禁一酸，心想：明天過後，不知要過多久才能再次聽到那熟悉的福建口音和見到奶奶那慈祥的臉容。

我從思緒中回到現實。在包起潤餅之前，我刻意地放多了勺花生糖粉，試圖用那甜蜜的滋味來沖淡心中的愁緒。可是咬了一口後發現，平日的「人間美味」在此刻竟然變得難以下咽。我抬頭望了望奶奶，只見她眼眶微紅，手中吃剩一半的潤餅卷的個頭竟比平日她所包的小了很多。我心中揪了一下，不忍再看，趕緊低頭默默地把手中的潤餅卷吃掉。於是我們全家的晚飯便在沉默中完成。

臨走之前，奶奶腳步蹣跚、顫顫巍巍地走到門口，把一件綿絨質感的東西塞到我手中，我低頭一看，原來是一個裝有護身符的香火袋。她說：「婷兒，你到了外國後，若面對任何難處，記得奶奶會永遠支持你的。拿着這個香火袋，就當是想家的時候，奶奶陪着你吧！」接着便給了我

一個大大的擁抱，久久也不肯鬆手。踏出家門之際，我回頭一看，只見奶奶紅着眼眶，滿臉淚痕，一臉不捨地目送着我離開。我心中不忍，淚水在眼眶中打轉。為了不讓奶奶看見我落淚的樣子，我便頭也不回、昂首踏出家門門檻。直到奶奶依依不捨地關上門後，才低頭拭去禁不住流下來的淚水。

深夜回到家後，我輾轉反側，枕頭已被淚水弄濕了一大片。我想：到了海外後，不知要多少年才能再回來與家人共聚，再一起熱鬧地吃着奶奶弄的潤餅卷。又想起以後自己要獨自一人到海外留學，語言不通又「人生路不熟」，要獨自面對未知的考驗和難關，心中埋藏已久的恐慌便漸漸在心中蔓延。

此時，隔壁傳來一陣濃郁的洋甘菊香氣，想必是媽媽睡前放的洋甘菊精油。這使我憶起奶奶家中的那盤洋甘菊。洋甘菊的花語是「逆境中的堅強，難關中的力量」，雖然以後在海外只有自己一人去承受和面對一切難關，但有着奶奶所給的香火袋，和臨走前奶奶的那番話，就如奶奶細心呵護花兒一般，帶着奶奶所給予的祝福前行，向着自己的升學未來邁進，我這樣想着。

於是，伴着腦海中奶奶慈祥的笑臉，我安然進入了夢鄉。

《我錯過了辭別英秀的機會》

S5D 蕭可悅

回憶中，總有苦的、有樂的，腦裏的回憶如同一個巨型資料庫，我在其中翻找，總有那麼一幕會刺痛我，提醒着我因一時意氣、年少無知而錯過辭別英秀的機會。

英秀是我的傭人姐姐，打從我三歲時便已照顧我了，小時候父母工作忙碌，常不在家。英秀對我愛護有加，總是無微不至地照顧我。我仍記得當時每天傍晚她邊忙着炒菜，邊會給坐在飯桌旁的我唸英文單詞，遇上不會串寫的字，她會朗讀英文字母給我聽，一片炒菜聲夾雜着一串英文字母的聲音，這是我們家傍晚時總會聽見的。

後來，大概我中三、四的時候，媽媽退休了，打算把傭人辭退了，自己親手照顧我。那時候的我年紀還小，聽見這個消息以後，心裏一酸，眼淚奪眶而出，英秀聽見我哭，她連忙安慰我說其實她年紀也不小了，她也想藉此機會回鄉下照顧自己的兒子。然而我聽見這句話以後哭得更凶了，淚水如同斷了繩的珍珠鏈般成串落下。我一方面心裏捨不得她，另一方面很自私地怨怪她就這樣離去了，怨恨她捨棄我回鄉照顧自己的孩子，怨恨自己沒有辦法挽回甚麼。我的視線一片模糊，英秀的臉便如同在一片散光鏡片下般朦朧不清，我隱約看見英秀的眼眶紅了。我卻不知道如何回應，甚至把悲傷轉投為憤恨，或許是因為憤恨對於我來說是比較容易的情緒出口，好讓我用對英秀捨棄我的怨

恨掩蓋在我捨不得她離去的傷感上，這樣我就能不去想不捨。我終哭累了、睡了。

緊接著的幾天，英秀都忙着收拾一切，搬回老家。一個一個白色、藍色、紅色相間的尼龍袋開始堆積在我的房間、客廳，一件件衣物疊起來，一張張照片拆卸下來，一件件雜物收進袋底。英秀照常跟我談笑，卻換來了我不動於衷的表情，我仍責怪着她的離去，她見狀便蹲下來繼續假裝翻找衣物，實質上是在埋藏自己的淚水，她亦如我一樣捨不得割捨十幾年來的情誼。我心裏一酸，我想說點甚麼，說自己感激她的照顧，說以後要多聯絡，說自己當家人般愛她，但這些話剛到口邊，又化作了在眼眶裏打轉的淚。千言萬語像堵在我的喉嚨一般，擠不出半句有用的話。我不知如何應對，僅換上一副冷淡的面向走回房間。

接着我們之間也是這麼冷淡，臨走那晚，她隔著我關上的那扇門說：「妹，我明天走了，你以後好好照顧自己啊。」我本可以趁此機會跟她道謝，但我的腳仍不聽使喚般僵在地上。我怕我跟她說話、坦白自己的心情以後，我會更親她，也會換來我更捨不得她離去的感情。所以我又躲到被窩裏逃避，卻又後悔自己沒把連日以來抑制的情緒傾吐出來，我暗暗承諾自己明早吧，明早英秀離去前，我就跟她道謝，辭別，想着想着就睡去了。

隔天清早，我睡醒以後趕忙跑出房門，卻看見客廳裏曾經堆放的尼龍袋都一一清空，房子裏彷彿抹去了她曾存在的痕跡一般。我望着空蕩蕩的房間，我心裏也空空如也的。走回房間，發現桌面上留有一個小熊音樂盒，我記得那是小時候一起去遊樂園，贏了攤位遊戲而獲得的獎品，回憶如同浪潮般湧向我的腦海。音樂盒下面壓着一張小紙條，上書：「我走了！別再生我的氣了，我愛你。」那一刻，我的眼淚再次奪眶而出，連日以來壓抑的悲傷決堤般湧出來。我知道英秀是怕驚醒我才悄然無聲地離開的。她走了以後我才反省到自己責怪她的離去是多麼自私的行為，我逃避自己的悲傷對她不瞅不睬是有多麼傷害她。既然她的離去已成定局，我本該珍惜剩下的時光跟她相處，但我竟一句話都沒有說以致此刻錯過了跟她辭別的機會。沒有留下一句「謝謝」，沒有留下一句「再見」，沒有留下一句「我愛你」，更沒有為自己這幾天的行為道歉，我的心如被利刀刺傷般的痛，後悔不已。

自此以後，我不僅加倍地珍惜跟所有親朋好友的相處機會，更明白了愛要愛得及時。要把握機會道謝、道歉、道別，因為你不知道甚麼時候會錯過說出口的機會，留下遺憾。錯失跟英秀道別的機會是我釀成的，我沒有鼓起勇氣擁抱、坦白自己的感受。因此，我不會再讓這件事情發生，我會愛得及時，不容許下一次「錯過」，不再留下這種遺憾。

《這一句話，我會記上一輩子》

S5D 龐潔恩

「搏盡，無悔！一心加油！」思賢的聲音從電話中響起，在我的耳邊盪迴著。「嗯，我會加油的……」我向她保證，但全身彷彿不屬於自己一般，不停地發抖，如坐針氈，如芒刺背，戰戰兢兢地在等候著。這是我第二次八級鋼琴考試，因為第一次，我沒過關。

上年的八級鋼琴考試因為自己的怠惰，疏於練習而導致失敗收場。每次的課堂都得過且過，明知道快將直面考試的試煉，仍不思進取。最終的成績，也是意料中。當我的父母與老師收到成績單時，預期中雨點般的數落卻沒有降落在自己的頭上，但他們的沉默反倒成為了對我最大的責備。我心知肚明，我令他們失望了。然而，這樣的一次經歷仍未能讓我當頭棒喝，三省己過，而是成了我對自己信心全無的契機，令我萌生放棄的念頭。

因為第一次考試不及格的緣故，我須重考。可是，我猶如洩了氣的皮球，又或是沒「上鏈」的發條玩具，完全沒有動力重新起航，上次的經驗就像是我內心的一根刺，每每想起，便會增加我內心的恐懼，有如揮之不去的夢魘，一直纏繞著我，讓我更加不想去面對。不但老師對我失去了信心，就連我也對自己喪失了期盼。「一心她……這次估計也沒辦法及格了。」隱若聽見老師與父母的談話，我的心又再次沉了一下，那種絕望的感覺令人窒息，彷彿墜入無盡的深淵，沒有風，沒有曙光，沒有希望，等待自己的只有嘆息，無奈。於是，

提不起勁的我，每天也是重複著苟且的日子，不過，想盡辦法逃避練琴的心態，其實也沒有令我感到解脫，反倒更折磨自己。明知要去做，同時也感到慚愧和懊悔，但就是怎麼也沒有動力去面對。

後來，適逢好友思賢通過八級考試。了解我的狀況以後，她竟然表示願意抽空陪我練習。雖然我已經不抱希望，但見思賢一臉真誠和積極的態度，我不想辜負她一番好意，只好答應了。自此以後，思賢都會陪伴我練琴，一邊耐心指導我，一邊鼓舞我：

「一心，千萬別放棄啊！好不容易撐到了八級，絕不能放棄，絕不能半途而廢，絕不能妄自菲薄，否則便前功盡廢啊！想想你學鋼琴的初衷，不是想多學一項技能，豐富生活嗎？要搏盡，無悔啊，一心！」是的，天下沒有免費的午餐，而且放棄了，就真的什麼都沒有了。每當自己想要放棄的時候，思賢便會反覆說著這句話，而且這樣的舉動慢慢令我重新燃起內心深處的灶火，她的熱情與鼓勵燃點了我絕望空虛的心靈，燃起了我的鬥志。當我想起曾經的自己是如何費盡九牛二虎之力跨過八級以前的難關時，便令我增添了一份信念：我必須越過八級這面高牆。

每天放學，稍作休息後，便是練琴的時間。過程中少不免會遇到挫敗的時刻，例如總有一兩處怎麼練都練不好，令人焦躁，放棄的念頭又會開始拍拍我的肩頭，提醒我它的存在。「搏盡，無悔！」腦海浮現思賢熱血的眼神，讓我立刻破涕為笑，擦乾汗

水與淚水，調整好情緒之後，重新揚帆，朝著目的地進發。

人生不會一帆風順，路程風高浪急，容易令人迷失方向，絕望的感覺油然而生。但掌舵的是我們自己，是放棄，還是放手一搏全由我們自己決定。既然投降便會失去一切，何不孤注一擲，鹿死誰手，還是未知之數。

時光的殘酷無情終究還是會為我帶來重考的一天。這刻我扪心自問，緊張嗎？當然，考試說不緊張的都是騙子，但這次我並不後悔，因為我已經全力以赴，能騰出的時間都投資在考試上了。進入了考試的小房間，坐在鋼琴前，手指在琴鍵上急速舞動，發揮自己的全部。那一刻只屬於我自己，世界周遭變得格外寧靜，我心如止水，全神貫注，內心只有一句話在不停地提醒我：「搏盡，無悔！」是啊，我已經傾出我的所有了，還在顧慮什麼？自己已到了能力所及的邊界，其他的已超出能控制的範圍，不在掌握之中。無論結果如何，雖然不是胸有成竹，但我都不會後悔。

人生會遇到大大小小，形形色色，不計其數的困難與挫折。放棄是一個選擇，但一旦放棄就什麼都得不到了。由是，何不先努力嘗試，放手一搏？即使最終的結果未盡人意，但至少不會留有遺憾，抱怨自己當初未盡全力。不以一次得失論成敗，不求揚名天下，但求問心無愧。

所以，搏盡，無悔！

《送禮之我見》

S6C 周頌恩

環望居所四周，相信你我都曾找到一些包裝未拆、卻塵封已久的禮物。這些禮物或在生日、或在佳節時得到，不過無用武之地，留之無用，棄之可惜。然而待下一次的生日或佳節，我們又會懊惱該送人甚麼禮物，於是隨便送一件昂貴但不實用的物件便當任務完成，卻又給收禮者徒添雞肋。如此送禮成了天大的難題，但只要回歸初心，本著誠意為對方設想，便能送出好的禮物。

送禮要出乎真心誠意。所謂內敬外禮，我們本應內心懷著感激送禮，送禮只是表達我們內心感受的恰當方式，若非出自真誠的禮物，不若不送。春秋時期，季布出使齊國的路上遇到徐君，徐君對季布配戴的寶劍甚為喜愛，問季布可否把劍送他。季布則表示自己還有任務在身，未能即時把劍給予徐公。當季布出使完成回國，卻接到徐公已逝的消息，他便把寶劍掛在徐公墳上。左右力勸季布不要這樣做，但他卻說下一早已決意把劍送給徐公。徐公喜歡寶劍，而季布決意送出，毋需考慮其他東西，送禮本應是如此真誠而美好。而倘若送禮出乎真心，禮物的貴賤並不重要，只要禮物能表現送禮者的心意便足夠。李白有一次要離開一個地方，臨行之時，看見好朋友汪倫趕來送別，驚喜萬

分，寫下《贈汪倫》一詩以感謝他。汪倫送給李白的禮物，是一個送別，也是一份比千尺得水還要深厚的情，而李白則回以一首詩。兩人的禮物比不上金銀玉帛，但只要能讓彼此感受對方之情，則珍貴萬分。

我們送的禮物也必須合乎對方的需要，否則只會給對方徒添麻煩，得不償失。古代有一個清廉的官員收到一個鄉人的寶玉，但官員卻拒絕這份禮物，說鄉人以寶玉為寶，自己則以不貪財為寶。如今鄉人把寶玉送出，則雙方都失去了各自珍視的東西。是故，每逢勤政愛民的地方官被調離職位，該地百姓多會合力製造一打百家衣或一把百家傘，以感謝父母官為人民遮風擋雨。如此的禮物既不破壞官員的名聲，又能讓官員感受百姓對他的心意，才算是好的禮物。反觀前任特首曾蔭權曾受大商家贈送大宅，後來卻被人懷疑貪污受賄，身陷囹圄。送禮者沒有考慮到對方的身份就送禮，便很容易送出不合宜的禮物。再者，我們送的禮物必是對方想要和喜歡的，而不應根據自己的喜惡贈送禮物。一個兒童節目的禮儀班上，一個小男孩想以玩具車作為一個女孩的生日禮物，卻不知道對方根本不喜歡玩具車。也許小男孩的錯是明顯的，但我們也未嘗不曾這樣做吧！因為自己

喜歡收到名貴的禮物，就猜想對方也抱著相同想法，連自己也不甚稀罕的水杯、家電用品也隨便送出，懶得代入對方的角度思考，心想反正禮物送出便是，卻也造成了許多不合宜的禮物。

送禮最忌是另有異心。若送禮另有目的，如此送禮便失卻真義，令受禮者煩惱不已。古時收禮者須親自拜訪送禮者，作出答謝，那才合乎禮。有一位大商家想巴結孔子，便把一頭小豬送給他。孔子不想和那商家有往來，卻要守禮，便趁商家外出時登門答謝。中國人喜歡「禮尚往來」，但當送禮成了一種交易的手段，則和送禮的原意大相逕庭，易於禮不合。因此倘若我們收到並不單純、而是要求我們「回禮」的禮物，最好還是像段祺瑞般一律謝絕，或者如孔子般儘快還禮，另有企圖的送禮者互不拖欠，免除煩惱。

送禮本貴乎真誠，純粹因為我感激對方，或者對方想要，於是送出，僅此而已。送禮的著眼點在於對方，故若有人不顧對方感受，送出對方不合用的東西，甚或透過送禮換取自己的好處，那就不是懂得送禮之人了。

《隱藏》

S6D 謝盈林

「呼……呼……不……不……」一陣刺骨寒風刮過我的身軀，我從夢中驚醒了。身上冒出一滴又一滴的冷汗，雙手不停地顫抖，寒風從窗外呼嘯而至，我獨自坐在床上看著漆黑冰冷的房間，心中壓抑不已。對，又到上學時間了，又到要將一切隱藏的時間了。我不情願地換上校服、梳洗好再徹底檢查書包裏有沒有昨晚溫習的材料——我不想讓同學知道我的溫習進度。我將昨夜溫習後的倦容收起，換上燦爛如陽光的笑容，踏著輕快的步伐出門，每日如是。

「有容早安！」到達課室後，我隨即向同學有容打招呼，但眼前的景象令我緊張不已：附近的桌上堆滿了化學科參考書及歷屆試題，「刷刷刷」的翻頁聲穿過課室，你一言我一語的討論聲傳到我耳邊——有容正在和其他同學討論化學科試題。有容看見我便馬上問：「一心！你知道這條題目……」「啊！我也不懂呢！真不好意思！」有容話音未完我便拒絕了她，盡力阻止一切有可能暴露我能力的機會。說罷，便拿出抽屜裏的漫畫書假裝細閱，但心裏卻莫名緊張。「他們這麼努力，會不會很快超越我？他們可是我文憑試的敵人，如果我教懂了他們，他們必定會比我厲害！」我邊想邊看著一額汗的同學們，暗自下定決心要再加把勁。

「一心，要一起去自修室溫習嗎？我們可以互相切磋和監督呀！」有容捉著背起書包準備離校的我。我搖搖頭，推搪著說約了其他朋友，便匆忙離去。我形單隻影、一臉倦容、孤身一人回家溫習。走著走著，我便看見有容一行人有說有笑地離開，心

中的鬥心便蓋過了孤單，我趕快加緊腳步回家。

「叮……叮……」手機的通知聲響起，有容在班級通訊羣組中分享了三份她的補習和自製筆記。「這些筆記是我和其他幾位同學總結出來的測考要點和一些補習筆記，大家要加油呀！」我看看那些簡短精煉，再看看桌上堆積如山的補習名師課本和自己用了一星期還未完成的總結筆記，一股無力感突然湧上心頭。原來，他們在短時間之內就可以做出如此實用的筆記；原來，他們有這麼多有用的資源；原來，他們早已有超越我的能力……我越想越不安，無力的淚珠從我臉龐滑下，房間寂靜得只有我的哭泣聲，彷彿從來沒有人進入過我的世界。但我的世界一直被隱藏在心底，沒有人得到過進入許可證。有一刻，我多麼想將我的筆記也分享出去，每天放學也與有容一起溫習，遇到困難時也可有人分擔聆聽……但理智將我從雜亂的思緒中拉回來，告訴我一直以來的目的：打敗所有人，成為鳳中之鳳。他們都是我想成功邁進的對手，我又怎能心軟呢？仁慈你便輸了。我拿起粗糙的紙巾擦去眼淚，奮力爬起來繼續讀書。

日子一天天過去，我依舊每天重複同樣的生活。只是，我內心開始出現些微變化——我對隱藏自己已感到厭倦，我無法將溫習的倦容收起，換上輕鬆的笑容。無盡恐懼、疲累的烏雲無間斷地籠罩著我，久久不見天日。我每天都在這些烏雲中掙扎卻反被吞噬，再也沒有動力在文憑試的戰場上衝鋒陷陣。

「一心，你等等！」放學之際，有容叫住無精打采的我，拿出一盒黑巧克力。「你最近怎麼了？好像整天都沒有精神，連漫畫書也不看了，雙眼都失去了光采。你有甚麼事也可以跟我說呀！」有容的說話就像我心房的鎖匙，一下子打開了鎖，將我一直竭力隱藏的情緒全都釋放出來。我的身子禁不住顫抖，有容用她溫暖的懷抱安慰著我，趕退了我的孤獨不安。她輕聲在我耳邊說道：「這段日子你一定很累吧，我很明白您的感受，因為我們都一起經歷著文憑試的試練，大家都是彼此的同行者，可以分享快樂分擔憂愁，不需要隱藏。我也很樂意成為你的同行者，結伴走過這段艱辛的路呀！」

同行者？這一詞對我而言實在太陌生，同學們不是我的敵人嗎？怎麼會是結伴同行呢？但我卻忽略了同行者的真正意義——分享快樂，分擔憂愁。當我們願意為彼此打氣帶來正能量，前進的動力就會加倍；當我們有互相扶持的同行者，就更容易走出迷惘無助的困局；與同行者一起分享資源，效率將以幾何級數增加。但當我們只懂得將自己隱藏，身上的重擔日漸累積，很快便會將我們壓得喘不過氣，沒法在荊棘滿途的路上繼續前進，學習也就事倍功半了。可惜我到現在才明白這個道理，往日的我實在太無知了。過度隱藏必定是利大於弊，適當的分享才是邁向成功的秘訣。

有容輕輕地安撫著我，用真誠的眼神邀請我成為同行者。此刻，我終於逃出自我隱藏的深淵，走向同行的曙光。

校長的話 小學部

學習無疆界 · 天天求進步 · 達致新境界

吳佩貞校長

一場全球性的「新冠肺炎」疫症，驅使教育模式轉變：兒童、青少年以至大學生，連續三年沒有正常的校園生活，其身心發展、群性相處、隊制訓練及服務學習等均受限制。雖然如此，真光老師不會因此受限於種種的困難，反之，我們積極在校內及與校外機構舉辦各種課外活動。

十月起，教育局容許學校於星期六進行半天校隊訓練及非接觸式的活動，從此，高級、中級合唱團練習、CreativeKids 美術班、羽毛球、乒乓球、籃球及田徑校隊集訓展開。學生們一起動，就停不了！

香港西區扶輪社與香港教育工作者聯會主辦了「全港小學兩文三語菁英大比拼（首屆）」，真光學生參賽，經多輪篩選：作文、朗誦、即場演說，原定一月舉行的決賽，因疫情急轉直下，賽事待續。我們對踏進決賽階段的學生很有信心，他們已作好準備，隨時應戰。

去年六月，康文署及浪人劇團合辦推出了「宮澤賢治兒童文學」劇場實踐計劃，我們成功申請參加，希望讓學生藉着這項活動能有機會進行團體合作和互動交流。此外，我們更加珍惜接受專業劇團訓練的機會。課堂由十月開始，學生非常投入，劇團導師也盛讚他們的表現出色，期待他們能如期公開演出。

真光常識科老師已連續三年參加跨校聯網 STEM（五年級）教學研習及學生活動，教學相長已是不爭的效果，原來這些實用的經驗，帶動了更多老師對科創教學的探索意欲。未來數年，學生更可以按自己的喜好與興趣，多參與 AI、STEM 活動和比賽。

本年度約三百名學生報名（粵語 83 名、普通話 104 名及英語 115 名）參加校際朗誦比賽，學生自行錄製短片及遞交作品予大會。二月中，學校收到一份亮麗的賽果，八成學生獲得良好獎和優良獎，冠亞季軍獎項共有二十六項之多。真光兒女，你們確有堅毅不屈的精神！



家長及師生最感欣慰的是學生縱然在大大小小的限制下，仍全力以赴，抓緊機會，將不可能變為成功！我們樂見學生願意接受挑戰，勤於練習，每場賽事和每個獎項都得不來不易，加上疫情反覆，時間急趕，實在考驗老師和學生對各項活動的熱忱、專注、自我調整與及矢志不移的決心。

政府宣布三月至四月提早放暑假（特別假期），真光老師盼望學生和家長把握特別假期去嘗試參與不同的活動。我們推介學生參與的有「綠色小天使」網上綜合環保教育課程、「大埔滘的生物多樣性學堂」、「體育 FUN 識」、「今個暑假約定你遊遍香港！」、「香港機械人學院 Discovery Education『放眼世界』英語及 STEM 學習計劃」等活動，更是難得的是，在電影院封閉期間，學生可在網上免費收看「香港兒童國際電影節（外語片）」的影片。

家長們亦參加了「童真同心照未來」教育短片創作比賽、本校家教會主辦的「兒童接種 2019 冠狀病毒疫苗」及「中醫藥加強對新冠肺炎預防、治療及康復」家長講座、「正向管教」工作坊、《ACEPT 個性教養》公益課等，各適其適，任君選擇。家長和學生度過了一個充實而豐盛的特別假期。

校務報告



關注事項 MAJOR CONCERNS

「正向生命，人生豐盛」 LIVE A POSITIVE LIFE TO THE FULLEST

本年度校本輔導主題是「學懂欣賞，凡事謝恩」，積極讓學生了解並實踐五個性格強項，包括希望感、審美、感恩、幽默感和靈性，從而培養他們「超越」的美德。

With "Appreciating everything and being grateful of little things in life" as the yearly theme of the school-based student guidance scheme, students get a chance to understand, explore and put five character strengths (hope, appreciation of beauty, gratitude, humor and religiousness) into practice. Through a wide range of activities, students are nurtured to be strong in transcendence.



全班同學合作拼砌生命笑臉板
Students work hand in hand to put together the smile bulletin board.



透過生命笑臉板可以見到大家的可愛笑容
Students share their happy faces in the smile bulletin board.



跟生命笑臉板合照，一個都不能少！
Nobody is left out when taking photos with the smile bulletin board!



感恩疫情期間仍有聖誕慶祝會
We are thankful that Christmas Celebration can be held during the pandemic.



同學認真擺放自己的相片
Students put their photos on the smile bulletin board carefully.



班主任和全班同學跟生命笑臉板合照
Students take photos of the smile bulletin board with their class teacher.



在「希望農夫」活動中，每班合作製成一棵樹，把自己的願望寫在葉子上
In the "Hope Farmer" activity, students make a tree together in their classrooms and write their dreams on paper leaves.



感受到口罩下的可愛笑容
Can you see the lovely smiles under the masks?

一人有一個願望
Each student posts a leaf on the tree of hope.
Everyone has a wish!



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 學習 Exploration of STREAM



三年級同學以光的反射原理製作萬花筒
P.3 students make kaleidoscopes based on the principles of reflection of light.



一年級同學正學習浮力科學原理
P.1 students learn the principle of buoyancy.



二年級同學正進行紙蜻蜓活動，測試萬字夾重量如何影響紙蜻蜓下墜速度。

P.2 students do the paper dragonfly activity to test how the weight of clips affects the falling speed of paper dragonflies.



三年級同學在太陽下製作保溫盒
P.3 students make insulation boxes under the sun.



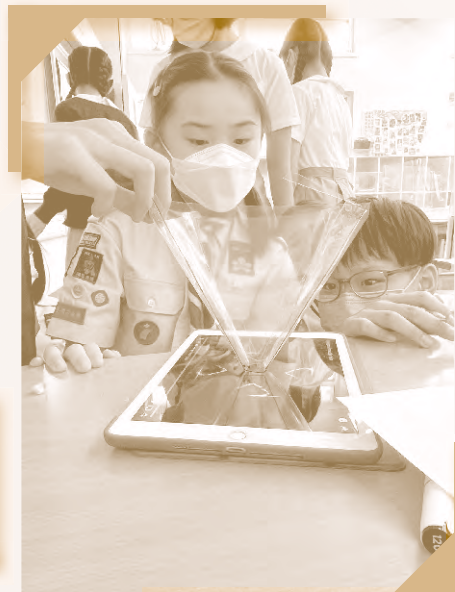
奇趣科學小天地的浮力實驗
Students do a buoyancy experiment in Science Wonderland.



用不同物料製作保溫盒
Students make insulation boxes using different materials.



五年級同學正在測試立體投影器
P.5 students are testing their handmade projector.



看看他們多投入！
Look how engaged the students are!

B. 深化悅讀嘗樂 Enrichment of "Read for joy"



厲河先生在「與作家有約」的活動後進行簽書會
A book signing event is held after "A Conversation with the Author". Books are signed by Lai Ho, a renowned children's book author.



厲河先生是今年「與作家有約」活動的嘉賓
Lai Ho is the guest of honor of the yearly activity, "A Conversation with the Author".



活動中有很多互動環節
There are a lot of interactive activities in the event.



同學在「書香漫郵」活動介紹自己喜愛的圖書
Students talk about their favourite books with their classmates in a letter writing activity.



C. 優化電子學習 Consolidation of e-learning



這是「書香漫遊」活動的收信時刻
Students have been waiting to receive their letters for so long!



同學上課多認真
Look! Students are having the lesson attentively!



同學急不及待閱讀來信
Students are eager to open their letters and read them.



利用平板電腦進行課堂活動
Students participate in classroom activities using iPads.



班長代表全班收信
Class monitors receive the letters on behalf of the whole class.



一年級同學也投入參與!
What a fun-filled and enjoyable reading atmosphere we have in the P.1 classrooms!



第一屆真光學堂，老師齊上中文堂。
In the first True Light Teachers Academy, teachers attend a Chinese lesson together.

PRIMARY SECTION



教師進修，教學相長。

The professional development session enables teachers to gain insights while experiencing the lesson in a student's perspective.



利用 Geogebra 觀察截面很清晰

Students can view the cross sections of three dimensional shapes clearly using the Geogebra app.



一年級也利用平板電腦進行小組比賽

P.1 students can compete in teams using iPads too!



善用 Google AR 上常識堂

Augmented Reality (AR) is used when having a General Studies lesson.



AR 熊貓很有趣

How adorable the AR panda is!

小學部致力在課堂內外為學生提供均衡且豐富的學習歷程，從而貫徹教育發展趨勢和全人發展的需要。本部在聚焦過往歷年已取得的成果基礎上，進一步以「深化悅讀賞樂」、「優化電子學習」、「探索 STREAM 學習」為學教方向，採取更多元化的學與教策略，為學生提供不同的學習經歷，幫助學生拓寬視野、發展潛能、學會學習，為終身學習做好基礎準備。

The primary section is committed in providing students with a balanced and enriched learning journey, both inside and outside the classroom, which is in line with current educational trends and whole person development. On the basis of the progress and achievements made in the past years, the three main focus areas of teaching and learning are "Enrichment of 'Read for joy'", "Consolidation of e-learning" and "Exploration of STREAM". By adopting more diversified learning and teaching strategies, True Light students are deeply engaged in various learning experiences. Ultimately, students broaden their horizons, develop and unleash their potential, learn to become active learners and are prepared for lifelong learning at an early age.

一百五十周年校慶英語音樂劇表演花絮

從選角到演出，本校與九龍真光中學（小學部）手牽手，肩並肩，在校慶 150 周年校慶感恩會後，合演一齣以校祖那夏理宣教士由美國遠航至中國廣州，開辦真光書院的奮鬥故事。兩校合唱團詠唱「哈哈我真光組曲」、英語校歌和“The Climb”及以音樂劇形式表達校祖興辦基督教學校的理念。

擁有 150 年歷史的學校在香港為數不多，這足證明校祖既遠大又真摯的宏願，加上後輩繼往開來、矢志不移的傳承。

祝願「真光」普照四方，作育英才到萬代！



兩校學生合力演出



校祖那夏理宣教士講述辦學理念



學生綵排時十分認真



真光校長眾志成城聯辦校慶感恩會

學生活動



國慶週升旗禮



民間雜趣



奇趣科學小天地



生命之旅



生命笑臉版



英語表演

「宮澤賢治的劇場世界」兒童文學劇場實踐計劃



福音魔術表演



戲劇訓練工作坊



踏步成長路



劇場藝術工作坊



真光星閃閃



劇場排練工作坊

第一屆全港小學野外大搜查學界比賽



(五年級隊員) 黑卷尾，不放棄！



一至三年級運動競技日



(六年級隊員) Chestnut Bulbul



四至六年級運動競技日



頒獎典禮



聖誕慶祝會

文化活動日



龍飛舞旗迎虎歲



港島童軍繽紛日



真光與你賀虎年



港島第 212 旅幼童軍



特別團集會



歡送六年級團員

公益少年團



慶祝回歸 25 週年

幸福滿薰親子體驗工作坊



香薰認識



香港公益金親子賣旗日



花卉義賣



個人化香薰按摩油製作



身體伸展



親子按摩



靜觀呼吸練習



大合照 (工作坊 B)

學生會活動簡介

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

大姐姐大哥哥計劃

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

早讀小導師

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

校園紀律大使

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

清潔大使

推行校園清潔活動，於午間檢查清潔情況，提醒同學注意保持校園衛生。

生態大使

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

校園小記者

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

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



領袖訓練



學生會組織架構

1. 學生會顧問： 吳惠珍老師
2. 學生會導師： 林秀樺老師、張嘉玲老師、黃舜秋老師、陳妙君老師、賴永枚老師、文艷平老師、馬鳴曦老師
3. 幹事會
 理事長： 譚向晴
 副理事長： 盧穎言

四真	四光	四星	四善	五真	五光	五星	五善	六真	六光	六星	六善
鄭曉楠 趙紫晴 柯汶暄 賴凱晴	卞樂欣 陳昕 倪沐曦 黃炫嘉	劉曉陶 羅琛喬 潘子好 張逸凡	陳樂庭 鄭穎希 林卓祈 梁文懷 吳智穎	陳潼恩 陳晞晴 李棟延 羅家晞 王施好 邱雨晴 陳思允 鍾卓舉 郭巧琳 戴希瑜 譚考琳 嚴欣晴	郭寶宜 劉善翹 羅曉若 區穎怡 鄒皓晴 許晞陽 李絲甜 譚琛瑤 曹伊華	陳倩涿 蔣沛瑤 何靖怡 許雍淳 何紀澄 龔恩澄 劉天渝 梁樂兒 馬學瑜 謝伊伶	陳婉熒 甘鎧瀛 伍子翹 蘇恩鈴 黃煦晴 袁芷橋 容子澄 梁凱桐 伍諾晞 吳祉柔	李珈慧 梁曉恩 梁翊晞 姚穎彤 余思穎 許孜妍 姚珈瑜 劉曉喬 王雅穎	陳映悅 龔樂兒 吳苑陶 潘以祈 潘明希 黃靖庭 鄭可兒 張樂晴 馮予希 呂君怡 胡樂苗 張巧若	陳蒨盈 豐彤因 徐頌恩 姜卓嵐 黎芷殷 魏婧瞳 顏睿琳 吳香迎 姚樂妍	陳柏頤 周采權 李姿賢 許伊蓁 葉韋晴 江茗鈺 甘守誠 李穎苗 駱曼晴 陸紫晴 吳心瑜



訪問作家厲河



就職禮

畢業禮 小學部

畢業禮訓勉辭



校監 李正儀博士 J.P.

各位嘉賓、校董、家長、老師、畢業同學：

早晨！其實，大家都知道，在日常的生活中，早上十一點多是白天，但到了晚上十一點多，天色就變得黑漆漆，我們就要開燈，到了要睡覺時就要關燈。但有沒有一些人的生活是不同的呢？

我曾經兩次跟朋友一起去走黑暗的曠野。我們半夜一點多就起來上山，當時漆黑一片，沒有星星，四周黑得伸手不見五指！

我剛才跟一些校董聊天時，得知他們也有這種經驗，他們也曾到西乃山去看日出，那是非常特別的一個經歷。其實，在這樣一個漆黑的環境下，我們只能靠駱駝載我們上山，因為我們完全看不清前路。各位同學，你們身邊有沒有一些看不到東西的朋友？他們甚至有可能是一出生就已經看不到東西，他們分不清日夜，看不到太陽、陽光，也不知道甚麼叫黑夜。對他們來說，一天二十四小時，每分每刻都是黑漆漆的。其實，當我們看到這些朋友的時候，是不是會覺得他們和我們不一樣呢？你們有沒有想過，在

一些特殊的情況下，他們比我們優勝？正如我剛才所說，看不到東西的人早已習慣了在黑暗中前行，所以如果在黑暗的曠野裏，他們會走得比我們快。

你們有沒有聽過一個叫「黑暗中對話」的社企？它會讓一些看不到東西的視障朋友，為我們這些能看到東西的人提供一些服務，讓我們可以在漆黑的環境中體驗到他們在漆黑中是怎樣生活的。我也曾參加過「黑暗中的工作坊」。大家可以試想一下，如果這裏的燈全熄滅了，你們一下子進入了一個全黑的環境，你們會怎樣？你們會立刻失去了方向感。在那次的體驗活動中，我也一下失去了方向，但接着，黑暗中有一個聲音指示我該如何向前走。當我走了一會兒後，它還告訴我，我的面前有一張椅子，我可以坐下。然後，我在這樣一個漆黑的環境中喝咖啡，甚至吃了一頓飯。倘若你也跟我體驗過這樣的活動，你會發現，原來當你進入一個全黑的環境後，除了眼睛外，你其他的感官都會變得很靈敏，例如聽覺和嗅覺。

在那次黑暗的體驗中，帶領我們，提示我們該如何向前走的，其實正是一些失明人士，他們能夠在漆黑中正常生活。在一個特殊的環境下，這些失明人士反而成了我們的導航者，他們幫助我們在漆黑中完成了許多事情。在這次體驗活動中，我還發現團體合作精神是很重要的。例如，當我們要砌積木時，如果我們不告訴對方你的積木是甚麼形狀，又或者不去聆聽對方所說的話，不去了解對方手上的積木是甚麼形狀的，那麼便無法合作完成任務。其實，在不同的環境中遇到困難，只要我們有團隊精神，一定可以克服所有困難，完成目標。

我有一個朋友參加了這個體驗活動後，寫了一封電郵給我，告訴我，

他在這次活動中突破了自己的限制。這個活動讓我們體驗到，只要我們有團隊精神，一起合作面對困難，一定能把它克服。正如我們登上西乃山時，我們互相扶持，互相提點對方注意前路的障礙物，最終大家都能安全到達終點。這次的活動也讓我們明白到，在一些特殊的環境，一些弱勢的朋友也能成為我們的領導，成為我們的導航者。

為甚麼我今天要跟大家說「黑暗」呢？各位家長、各位小朋友，我相信你們都喜歡在真光讀書，我相信你們喜歡真光，除了因為在真光學習很開心，能學到很多東西外，也因為真光是一所基督教學校，學校在德育和靈育方面都好好教導了我們的孩子，讓我們知道身心靈的重要性。我們的校訓「爾乃世之光」就說出了一個重點：你們是世界上的光。各位同學，你們是世上的光，就好像回家後，你們打開了燈，就整所房子都亮了。如果你們把燈關了，就整所房子都變得黑暗。所以我們需要作為世上的光，照在人前，叫他們看見我們的好行為，把榮耀歸與天父。另外，約翰福音也提及，耶穌說：「我就是世上的光，跟從我的，就不在黑暗中行走，而且要見到生命的光。」因此，我們的教育是有願景的，盼望各位同學畢業長大後，不但能成為別人的一個好榜樣，亦能夠成為別人的光，成為別人的明燈。當然，我們也要學會在黑暗、逆境裏倚靠主耶穌，而更加重要的是，如果我們遇到逆境，更加要學習去聆聽祂的話語和如何辨別正確的方向，跟隨祂的腳蹤。

各位家長和同學，無論你們是否能升讀真光中學，我也希望各位能夠記住我們的校訓——「爾乃世之光」，我們每個人都可以成為世上的光，也可以成為別人的明燈，成為一個能作出貢獻的年青人。

謝謝大家！



領獎生姓名

一. 學業優良生共 3 人，獲頒發獎狀及獎學金

第 一 名	第 二 名	第 三 名
盧穎言 (六星)	江茗鈺 (六善)	徐頌恩 (六星)
謝伊伶 (五星)	嚴欣晴 (五真)	梁凱桐 (五善)
古幸兒 (四星) 鄭穎希 (四善)	—	鄭曉楠 (四真)
王允嵐 (三光)	符晞恩 (三善)	李亦翹 (三星)
謝詩伶 (二真)	呂安怡 (二星)	林淮恩 (二善)
鍾敏晞 (一光)	江玥橋 (一真)	陳心怡 (一星)

二. 本學年品學優異生共 68 人。

A. 一學段品學優異生 41 人

張浩恩 (一真)	麥澄之 (一真)	陳起予 (一星)	陳心怡 (一星)
李政汶 (一星)	古庭熙 (一善)	施穎妍 (二光)	呂安怡 (二星)
冼偉如 (二星)	董芷愨 (二星)	楊詠心 (二星)	吳卓君 (二善)
區子澄 (三真)	朱棹楠 (三真)	劉芷瑩 (三真)	袁偲睿 (三真)
李卓豐 (三光)	梁晞榆 (三光)	劉穎熹 (三光)	鄭熠琳 (三光)
方言恩 (三星)	李亦翹 (三星)	張子萱 (三善)	柯汶暄 (四真)
賴凱晴 (四真)	倪沐曦 (四光)	張逸凡 (四星)	譚考琳 (五真)
嚴欣晴 (五真)	甘鎧瀛 (五善)	吳祉柔 (五善)	劉曉喬 (六真)
李珈慧 (六真)	呂君怡 (六光)	胡樂苗 (六光)	徐頌恩 (六星)
盧穎言 (六星)	吳香迎 (六星)	陳柏頤 (六善)	江茗鈺 (六善)
陸紫晴 (六善)			

B. 全學年品學優異生 27 人

江玥橋 (一真)	黃心悠 (一真)	鍾敏晞 (一光)	譚昕橋 (一光)
郭知沂 (一善)	麥善之 (一善)	梁芷穎 (二真)	謝詩伶 (二真)
余願 (二光)	何巧悠 (二星)	林淮恩 (二善)	潘以殷 (二善)
王允嵐 (三光)	鄭曉楠 (四真)	古幸兒 (四星)	鄭穎希 (四善)
戴希瑜 (五真)	王施妤 (五真)	鄒皓晴 (五光)	許晞陽 (五光)
陳倩潔 (五星)	謝伊伶 (五星)	梁凱桐 (五善)	黃煦晴 (五善)
葉亦萱 (五善)	姚穎彤 (六真)	潘以祈 (六光)	

三. 操行獎生

A. 一學段操行獎生 1 人。

梁凱桐 (五善)

B. 全學年操行獎生 1 人。

盧穎言 (六星)

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	2021.03	第 73 屆香港學校朗誦節	香港音樂及朗誦協會	探本溯源盾	一真張浩恩
				粵語詩詞獨誦冠軍	六善李穎苗 五光劉善翹 四真鄭曉楠 二真謝詩伶 一真張浩恩
				粵語詩詞獨誦亞軍	五真戴希瑜
				粵語詩詞獨誦季軍	六真譚向晴 五真王施妤 五光劉善翹
				粵語散文獨誦季軍	五真王施妤
				粵語獨誦優良獎 32 項 粵語獨誦良好獎 29 項	
	2022.04	第四屆全港中英文徵文大賽	香港青年兒童文藝協會	中文小學初級組銀獎	三光王允嵐
	2022.05	首屆全港小學「兩文三語」 菁英大比拼	香港西區扶輪社	優異獎	五星謝伊伶
	2022.06	2021-2022 年 全國青少年語文知識 大賽「菁英盃」現場 作文初賽(香港賽區)	中國青少年語言文化學會	小學一至二年級組特等獎	二星趙紫攸
				一等獎	三光王允嵐
二等獎				二善陳希如 二善林淮恩 三真袁宇琛 三星李亦翹 三星黎欣羲 五真戴希瑜 六星梁凱喬 六光張巧若 六星吳香迎	
三等獎				二真謝詩伶 二真夏敏翹 三真袁俚睿 四善吳智穎 五光許晞陽 五真王施妤 五善蘇恩鈴 五真嚴欣晴 五真譚考琳 五星蔣沛瑤 五星謝伊伶 六真姚穎彤 六真梁翊晞 六真李姿賢	
小學一至二年級組別團體季軍					
2021-2022 年全國青少年 語文知識大賽「菁英盃」 現場作文決賽(香港賽區)				中國青少年語言文化學會	亞軍
一等獎	二真夏敏翹 三星李亦翹 三光王允嵐 五真戴希瑜 五真譚考琳 六星吳香迎				
	二等獎	二真謝詩伶 二善陳希如 三真袁宇琛 三星黎欣羲 五光許晞陽 五真王施妤 五星蔣沛瑤 六真梁翊晞			
	三等獎	四善吳智穎 五星謝伊伶 六光張巧若			





科目	日期	賽事名稱	主辦機構	獎項及得獎者			
中文	2022.07	紫荊文化盃 我愛我家創作大賽 全港小學生創意 閱讀報告比賽	紫荊文化集團有限公司	主題閱讀組— 高小文字組季軍	五真譚考琳		
				主題閱讀組— 高小圖畫組優異獎	五真譚考琳		
	2022.08	第十五屆全港學生公開 朗誦比賽	朗誦及音樂推廣協會	粵語古詩獨誦季軍	一真黎諾心		
				2022年第二十八屆 聖經朗誦節	漢語聖經協會	學校組小一組 獨誦(廣東話)優異獎	一真黎諾心
普通話	2022.03	第73屆香港學校朗誦節	香港音樂及朗誦協會	獨誦冠軍	五光鄒皓晴		
				獨誦亞軍	三光王允嵐		
				獨誦季軍	四善陳樂庭 三真袁僊睿 三光鄭熠琳		
				獨誦優良獎 70 項			
				獨誦良好獎 17 項			
英文	2021.09	2021 香港學界朗誦大賽	香港教育發展協會	英語組季軍	六真陳巧翹		
		香港兒童朗誦公開賽 2021	香港兒童文化藝術協會	小學高級組 (P5-P6) 英語組優良獎	六真陳巧翹		
		文化瑰寶朗誦才藝大賽	香港普及藝術協會	P1-P2 English Verse Champion	二真陳紫喬		
	2022.03	73 rd Hong Kong Schools Speech Festival	Hong Kong Schools Music & Speech Association	Solo Verse Speaking First Place	六善李穎苗		
				Solo Verse Speaking Third Place	六星吳香迎 五真邱雨晴 四星羅禕庭 四星溫喬 三星鄧恩程 二真鄧珈宜 二真謝詩伶 二星余正鈴 一善程曉悅		
				93 Merit on Solo Verse Speaking			
				4 Proficiency on Solo Verse Speaking			
	2022.06	Guangdong-HK-Macao Greater Bay Area Gifted Creative Writing (Episode on Pandemic) Cup for Year of the Tiger 2022	KPG Education Limited	Silver Award	五光譚琛瑤		
				2022 Arch Cup Asian English Usage Contest Heat Event	English Association of Asia	P3-4 Group Silver Award Bronze Award	三真朱棹楠 三善梁樂心
				Canadian English Writing Competition 2022 Arch Cup live Semi-final Competition	English Association of Asia	P3-4 Group Gold Award	三真朱棹楠 四真朱可蓁
						P5-6 Group Gold Award	五真王施妤 五善葉亦萱 六光陳映悅
P3-4 Group Silver Award						三光文希頤 三善潘穎璇 四星陳紫恩 四星羅禕庭 四善鄭穎希 四善林卓祈	
P5-6 Group Silver Award	五星陳倩涿						

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英文	2022.06	Canadian English Writing Competition 2022 Arch Cup live Semi-final Competition	English Association of Asia	P3-4 Group Bronze Award	三真區子澄 三真胡僖淳 三真劉芷瑩 三光李卓豐 三光王允嵐 三星黎芷如 三星李亦翹 三善徐梓睿				
				P5-6 Group Bronze Award	五星謝伊伶 六光李從心				
		Canadian English Writing Competition 2022 Arch Cup live Preliminary Competition		P3-4 Group Gold Award	三善徐梓睿				
				P3-4 Group Silver Award	三真朱棹楠 三真黃暉孜 三善范心誼 四真朱可綦 四光鄭奕桐 四星陳紫恩				
				P5-6 Group Silver Award	五真王施妤 五星陳倩添 五善葉亦瑩 六真姚穎彤 六光陳映悅				
				P3-4 Group Bronze Award	三真區子澄 三真胡僖淳 三真劉芷瑩 三光李卓豐 三光梁晞榆 三光文希頤 三光王允嵐 三星黎芷如 三星李亦翹 三善潘穎璇 三善梁樂心 四星羅禕庭 四善鄭穎希 四善林卓祈				
				P5-6 Group Bronze Award	五光曹伊華 五星謝伊伶 六光李從心 六星吳香迎				
				2022.07	An Adventure with My e-Learning Buddy Drawing & Colouring / Writing Competition	Pan Lloyds	Upper Primary English Writing Group Champion	五真譚考琳	
				數學	2021.09	全港數學精英賽 2021	香港創科發展培育中心	數學組小一金獎 奧數組小一銀獎 珠算組小一銅獎	二星何晞瞳
						2021 第十七屆優數盃國際數學邀請賽	優數盃組委員會	小學一年級心算組第二名	二真陳紫喬
2021 年「優數盃」國際數學(選拔賽)		小一組心算第一名	二真陳紫喬						
2021.12	數學智能之第六屆全港數學盃挑戰賽	香港多元智能教育協會	小學六年級組季軍		六星吳香迎				
2022.01	2021 香港數學及奧數公開賽	香港兒童數學協會	小四數學組銀獎		四星胡潔心				
2022.06	「華夏盃」全國數學奧林匹克邀請賽 2022 晉級賽	香港數學奧林匹克協會	小學三年級 二等獎 三等獎		三光劉穎熹 三星李亦翹				



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數學	2022.06	「華夏盃」全國數學奧林匹克邀請賽 2022 晉級賽	香港數學奧林匹克協會	小學四年級三等獎	四真梁睿聰 四真梁睿希
				小學五年級三等獎	五光劉雨童
				小學六年級二等獎	六星林寶怡 六星吳香迎
		2022 亞洲國際數學奧林匹克公開賽 (AIMO Open) 晉級賽	香港數學奧林匹克協會	小二級銅獎	二星何晞瞳
				小四級銅獎	四真梁睿希
		Thailand International Mathematical Olympiad 2021-2022	TIMO	Primary 6 Heat Round Gold Award	六星吳香迎 六善黃詠欣
				Primary 6 Final Round Silver Award	六星吳香迎
				Primary 6 Semi-Final Silver Award	六星吳香迎
		第八屆全港小學數學挑戰賽決賽	香港教育大學	小六組個人賽銀獎	六星吳香迎
		粵港澳大灣區數學競賽預選賽 2022 (香港賽區)	奧冠教育集團	小二級二等獎	二善黎信希
				小三級一等獎	三光劉穎熹
				小五級二等獎	五光劉雨童
				小六級一等獎	六星吳香迎
粵港澳大灣區數學競賽預選賽 2022 (大灣賽區)		小三級一等獎	三光劉穎熹		
		小六級二等獎	六星吳香迎		
粵港澳大灣區數學競賽預選賽 2022 (全國總決賽)		小三級一等獎	三光劉穎熹		
數學智能之第七屆全港數學盃挑戰賽	香港多元智能教育協會	小學三年級組卓越獎	三光劉雋慧		
常識	2021.07	第十六屆衡怡盃「全港小學學術常識問答比賽」	嶺南衡怡紀念中學	金獎	四善盧亦飛
		「安心出航」太陽能船比賽 2020-2021	優質教育基金	優異獎狀	六真劉曉喬 六光張巧若 六星盧穎言
		第一屆全港小學野外大搜查問答比賽	野外動向 HK Discovery	銅獎	五真嚴欣晴 五光許晞陽 五星蔣沛瑤 六星徐頌恩 六善陸紫晴 六善梁靖彤
		全港小學學術常識問答比賽	嶺南衡怡紀念中學	銀獎	四善盧亦飛
音樂	2021.09	第 14 屆香港青少年及幼兒藝術節	中國藝術家協會香港秘書處	二級鋼琴獨奏比賽冠軍	二星韓穎賢
		第五屆(台灣)亞洲·愛琴海藝術講堂及音樂大賽香港區選拔賽	兩岸音樂藝術教育交流協會	聲樂自由選曲 A 組亞軍	四善吳智穎
		Asia Kids Talent 2021 2 nd Music Contest	Asia Kids Talent	Vocal Division: Primary P3-P4 Champion	四善吳智穎
		7 th Global Children's and Youth Singing Competition	Global Arts, Sports and Culture Association	Primary P3-P4 1 st Runner Up	四善吳智穎
		24 th GMC Music Festival 2021	GMC Music Foundation	Romantic Piece Intermediate (Grade 4-5) 1 st Place	四光鄭奕桐
				Examination Class Grade 6 3 rd Place	五光許晞陽
	2021.10	第 25 屆日本 PIARA 鋼琴大賽香港區選拔賽	香港青少年表演藝術交流發展協會	英國皇家音樂學院鋼琴考試組二級組一等賞	三光譚玥瑤
		第六屆香港演藝精英盃音樂大賽 2021	香港演藝精英協會	Piano—Children Junior 4 th Place	三光譚玥瑤

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音樂	2021.10	第一屆亞洲青年鋼琴錦標賽	香港青年兒童文藝協會	Piano Solo— ABRSM Grade 2 Group 2 nd Runner-up	三光譚瑛瑤
		國際藝穗音樂大賽	國際藝穗協會	Burgmüller Class 2 nd Honour	三光譚瑛瑤
		International Fringe Music Competition 2021	International Fringe Association	Piano Adventures Class 2 nd Honour	三光譚瑛瑤
	2021.12	音樂智能之第四屆 香港青少年盃國際音樂比賽	香港多元智能教育協會	小提琴一級組 冠軍 季軍	三星許諾 二星許喬
				鋼琴一級組 亞軍 銀獎	三星許諾 二星許喬
		Italy International Music Competition 2021 HK Region	Hong Kong Youth & Children Art Association	Junior Primary Violin Champion Violin 2 nd Place Piano 3 rd Place Piano Gold Prize	三星許諾 二星許喬 二星許喬 三星許諾
		The 6 th Hong Kong Music Talent Music Competition 2021	Hong Kong Music and Performing Arts Association	Piano—Grade 6 Champion	五真嚴欣晴
		2022.01	第九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	長笛組別兒童 B 組— 9 歲或以下冠軍
	2022.01	Music@e-Contest 2020	Music@e-Contest	Category C— Aged 9-11 Piano Merit	五真黃苡庭
		Global Children's and Youth Piano Competition	Global Arts, Sports and Culture Association	Primary P.5-P.6 2 nd Runner Up	五真黃苡庭
		MF Music Competition 2021	MF Magic & Art Promotional Association	Piano H5 Class Silver Award	五真黃苡庭
		音樂智能之第四屆 香港青少年盃國際音樂比賽	香港多元智能教育協會	鋼琴—五級組銀獎	五真黃苡庭
		上·文化國際青年音樂節 2021 決賽	上·文化	高小組鍵盤鋼琴銀獎	五真黃苡庭
		2021 The 4 th Hong Kong Pacific Piano Open Competition	East West Arts Association	6 years and under 1 st Honours Award Piano Exam Class— Grade 3 1 st Honours Award	一星陳心怡 四星陳希兒
		2022.03	International Global Music Talent Contest 2021	Muse Music (ASIA) Association	Wind Instrument 1 st Place
	2022.03	2 nd Universal Stars Music Competition	Universal Stars	Junior Artist II Gold Prize	二星楊詠心
		International Fringe Virtual Competition 2021	International Fringe Association	Children Class II (Woodwinds) 1 st Prize	二星楊詠心
		Hong Kong Music Talent & Performance Award	HKMTPA	Woodwind: Primary School Beginner Class 1 st Runner-Up	二星楊詠心
		2022.04	London Young Musician 2021-22 Season 4	London Young Musician	Age 8 & under Gold Prize
	2022.04	IYACC The 13 th International Music Competition	IYACC International Youth Arts & Cultural Centre	Piano ABRSM Exam Class Grade 8 Champion	五真嚴欣晴
				Piano Concert Class Grade 8 Champion	五真嚴欣晴
	2022.05	第二十四屆南區少年兒童歌唱大賽	南區文藝協進會	中學合唱組冠軍	五善蘇恩鈴
		音樂智能之第六屆 香港青少年盃國際音樂比賽	香港多元智能教育協會	鋼琴二級組銀獎	二真陳紫喬
International Young Musicians Music Competition		Universal Academy of Performing Arts	Aged 7-9 Piano Solo 1 st Place	三光李卓豐	
The 10 th Hong Kong Youth Barclampory Music Festival		Hong Kong Music for Youth	Piano Grade 4 Class Third	三光譚瑛瑤	

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音樂	2022.06	第 74 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	三真朱焯楠
				Tom Lee Music Award	
				鋼琴獨奏亞軍	三真袁俛睿
				鋼琴獨奏季軍	一星陳心怡 三光梁凱喬 四光倪沐曦
				鋼琴獨奏銀獎 46 人	
				鋼琴獨奏銅獎 24 人	
				聲樂獨唱銀獎 1 項	
				聲樂獨唱銅獎 2 項	
				小提琴獨奏亞軍	三星許諾
				小提琴獨奏季軍	二星許喬
				小提琴獨奏銀獎 2 項	
				小提琴獨奏銅獎 4 項	
				大提琴獨奏銅獎 1 項	
				長笛獨奏銀獎 4 項	
				單簧管獨奏銀獎 1 項	
				牧笛獨奏銅獎 1 項	
				小號獨奏銀獎 2 項	
				圓號獨奏銅獎 1 項	
				箏獨奏銀獎 3 項	
	2022.07	20 th Global Children and Youth String Competition	Global Arts, Sports and Cultrue Association	Group D Junior 3 rd Place	二光溫希瞳
		藝進盃全港十八區鋼琴比賽	M&S Trading Co.	港島東區 P1-P2 組冠軍	二光溫希瞳
		第六屆小小演奏家比賽	亞洲兒童才藝交流網	鋼琴 P1-P2 組季軍	二光溫希瞳
		2021 Hong Kong International Music & Arts Festival	Hong Kong International Musicians & Artists Association	Global Final: Violin Own Choice Class— Junior Class A 1 st Class Award	五善蘇恩鈴
		第八屆香港國際青少年表演藝術節 (香港初賽)	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	五善黃煦晴
		第二屆菲伯爾國際鋼琴大賽暨教學成果展演 香港地區初賽展演		菲伯爾國際鋼琴作品組— 三級組一等獎	三光譚玥瑤
		The IV Budapest Liszt International Competition 2022 Final Round	UNIVERSALAAC	Final 07 Children Category A (Piano) Third Honorable Mention	三善陳熙瑤
	2022.08	Hong Kong Music Talent Award 2022	Hong Kong International Education Association of Performing Arts	Lower Stings Primary School Junior Class Merit	二光溫希瞳
視藝	2021.09	Awana 十周年感恩文集 繪畫創作比賽	中國基督教播道會 太古城堂兒童部	個人組冠軍	四真羅善言
		「華文盃」全港書法大賽 2021	香港競技評核總會	硬筆書法— 小學初級組銀獎	二真陳紫喬
		全港美食繪畫大賽	青少年兒童藝術音樂 發展協會	幼兒 B 組亞軍	一星盧卓瞳
		亞太區雀鳥繪畫大賽		兒童 A 組亞軍	四善盧卓盈
				幼兒 B 組銀獎	一星盧卓瞳
		「母親節傳心意」青年兒童 小畫家繪畫及填色比賽 2021	香港青年兒童文藝協會	繪畫—小學中級組季軍	四善盧卓盈
		Chinese New Year Drawing Competition	Global Arts Sports and Culture Association	6-8 years old 2 nd Runner up	四善盧卓盈
		Children's and Youth Drawing Competition— Protect The Ocean	Global Arts Sports and Culture Association	Primary Group P.3-P.4 Outstand Award	四善盧卓盈
		全港兒童繪畫創作大賽	香港兒童表演藝術交流協會	P3-P4 季軍	四善盧卓盈
		錶面設計比賽 2021	GNet Group Limited	中童組金獎	四善盧卓盈
		2021.10	第十屆世界兒童繪畫大獎賽 2021	世界兒童藝術文化協會	小童組西畫銅獎


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視藝	2021.11	小紅熊童樂盛夏全港兒童繪畫創作比賽	小紅熊藝術交流中心	兒童組亞軍 兒童組銀獎	二真左思穎 二善趙悅雅
		全港精英兒童《愛與夢想飛行》填色及繪畫比賽	A Class Limited	小學二年級組填色比賽金獎	二善黎信希
		第四屆環球藝術發展大賽 2021「太空及未來科技」繪畫比賽及國際比賽	環球藝術發展中心	小學低年級組黏土藝術創作金獎	二真左思穎
		第八屆全港兒童繪畫分齡比賽	星島雜誌集團	小學低年級組繪畫比賽優異獎	二善趙悅雅
	2021.12	第十屆 I Love Summer 兒童創作大賽 2021 (黏土創作)	GNet Star	小童組銀獎	二真左思穎
		我的最愛—填色 / 繪畫 / 書法 / 攝影 / 電腦平面设计比賽	全方位比賽平台	兒童組繪畫冠軍	二真左思穎
		第十一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 組書法季軍	五星何靖怡
		第十一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 組兒童畫季軍	五善梁紫詠 六光馬嘉蔚
				兒童 A 組工藝畫優異獎	四善陳樂庭 三善陳樂榕
	全港中英文硬筆書法大賽 2021	香港青少年兒童文藝協會	英文小學高級組季軍	五善梁紫詠	
	2021.01	小小海洋探險家繪畫比賽	香港文創薈	兒童組銀獎	二善趙悅雅
		讓科學插上藝術的翅膀—2022 華夏兒藝美術書法攝影作品展覽《中國少年兒童美術書法攝影作品》(第 24 卷)徵稿活動	中國科技新聞學會	美術壹等獎	五星何紀澄
		第 13 屆香港青少年幼兒藝術節	中國藝術家協會香港秘書處	小學三 / 四年級組水彩及粉彩畫亞軍	五真黃苡庭
		J3-J12 全港兒童繪畫比賽 2020-21	good morning CLASS	J10 西洋畫組金獎	五真黃苡庭
		第十三屆校園藝術大使計劃	香港藝術發展局	校園藝術大使	四真鄭曉楠 四光卞樂欣
		「童見光明」童來護瞳填色比賽	護瞳行動	初小組優異獎	一星陳心怡
		藝術智能之中英文硬筆書法比賽	香港多元智能教育協會	英文硬筆書法—初小組銅獎	四星陳希兒
				中文硬筆書法高小組銅獎	四真羅善言
	2022.04	香港青少年兒童繪畫大賽 2021	香港兒童文化藝術協會	少年組金獎	五星梁心瑜
		虎年飛星賀歲繪畫比賽	香港卓藝協會	小學中級 P3-P4 組金獎	四善盧卓盈
	2022.05	HKAFCFAA 兒童繪畫比賽 2021	香港全藝創意文化會	少年組季軍	六善梁昕皓
		「童心·童想」第三屆亞洲青少年兒童繪畫大賽 2022	香港藝術交流協會	7-8 歲組別銅獎	三光譚瑤瑤
		2022 虎年填色 / 繪畫 / 手工勞作比賽—繪畫組	星星兒童才藝社	P1-P2 組別亞軍	一星盧卓瞳
		第十三屆 ICEHK 2022「勇闖新天地」國際繪畫比賽	艾斯爾國際文化交流(香港)	二等獎	五善梁凱桐
	少年組優異獎			五善黃煦晴	
	2022.06	第一屆筆藝全城書法比賽	世界兒童藝術文化協會	高小組中文硬筆金獎 英文硬筆金獎	五善梁凱桐 五善梁凱桐
		第一屆「國際青少年文藝系列大賽」	國際青少年文藝系列大組委會	小學組繪畫二等獎 三等獎	一星盧卓瞳 四善盧卓盈

科目	日期	賽事名稱	主辦機構	獎項及得獎者	得獎者
視藝	2022.06	第十屆世界兒童繪畫大獎 2021	世界兒童藝術文化協會	中童組西畫銅獎	五星梁樂兒
		第三屆藝術發展繪畫大賽 2022	HKVACC	兒童 B 組水彩畫組銀獎	五星梁心瑜
	2022.07	全港青少年網上繪畫比賽 2022	藝育菁英基金會	優異獎	五真譚考琳
		四道愛填色及明信片設計比賽	方舟生命教育館	填色比賽高小組亞軍	五真譚考琳
		食得有「營」又安全四格漫畫創作比賽	食物環境衛生署	優異獎	五真譚考琳
		IYACC The 13 th International Open Visual Arts Competition	IYACC	Age Division 7 Theme Group: Colos of Spring 1 st Runner-up	二真鄭曉悠
				Age Division 7 Theme Group: Fairytale 2 nd Runner-up	二真鄭曉悠
		2022「康健新冠疫苗流動接種站」兒童填色及繪畫比賽	康健國際醫療集團	高小組優異獎	五真譚考琳
				最具網上人氣獎	五真譚考琳
		「畫遊郊野」郊野公園繪畫比賽	漁農自然護理署	高小組最具潛質獎	五真譚考琳
		第 4 屆童油慈善繪畫比賽 嘉年華暨頒獎典禮	國際商龍交流會	D 組亞軍	二星冼倬如
		母親節「最愛·謝謝您」環保創作大賽	Ablaze Care	高小組冠軍 Facebook 最多讚好作品獎	四善張鈺琪
		《弟子規》四格漫畫創作比賽	香港中華文化促進中心	高小組三等獎	五真譚考琳
		第十八屆德藝雙馨 (香港賽區)	中國藝術家協會香港秘書處	中文硬筆書法比賽 小學五 / 六年級組亞軍	五善梁紫詠
				英文硬筆書法比賽 小學五 / 六年級組亞軍	五善梁紫詠
體育	2021.09	香港舞林盛會暨香港挑戰盃舞蹈比賽	Inspired Dance Company	Silver Award	六真王雅穎
				Bronze Award	五光劉善翹
		明日之星新秀賽 2021	聖雅各福群會	U8 女子花劍亞軍	二光黃晞榆
		第十三屆星舞盃舞蹈比賽 2021	香港兒童舞蹈教育推廣協會	7-8 歲爵士舞小組群舞金獎	三光劉雋慧
				8-11 Ensemble Bronze	三光劉雋慧
		袋鼠盃舞蹈比賽 2021	香港舞蹈總會	8-13 Lyrical / Contemporary Duo/ Trio Silver	五真黃苡庭
				4-12 years old Champion	五星王鎧澄
		第一屆室內高爾夫球邀請賽	The Health & Sports	最近球洞比賽 Champion	五星王鎧澄
				Ladies Top 11	五星王鎧澄
		Mid Summer Classic Tournament	Hong Kong Golf Association	Girls 9-10 years old Champion	五星王鎧澄
		Albert K. W. Lai Junior Tournament 2021		Girls 9-10 years old 2nd Place	五星王鎧澄
		NOW TV Presents 2021 KCKSC Junior Open		Under 10 Novice Solo Jive — G6 Second	四善盧卓盈
		2021 舞林盛宴公開賽暨 Step up 聯校挑戰賽	拉丁舞學校	兒童青少年 Solo Jive First CJ Third Cha Cha Cha First	四善盧卓盈 四善盧卓盈 四善盧卓盈
		東區舞蹈節錦標賽	世界舞星聯合會	Performing Arts— Children— Group Gold Medallion	六真王雅穎
		IDO Online Continent vs. Continent Championships 2021 Hong Kong Championships	IDO Hong Kong SAR China		

PRIMARY SECTION

科目	日期	賽事名稱	主辦機構	獎項及得獎者	獲獎者
體育	2021.09	The Hong Kong Challenge Cup Dance Competition Mainland China, Macau and Hong Kong Division	Inspired Dance Company	Ballet (Classical Ballet) Solo 10-12 years old Bronze Award	六真黃雅晴
	2021.10	屈臣氏田徑周年大賽 2021	屈臣氏田徑會	男子 U7 兒童競技賽冠軍	一真楊子臻
	2021.11	公民青少年田徑錦標賽	公民田徑會	100M 第 3 名 60M 第 4 名	一真楊子臻
		2021-2022 全港單輪車賽	中國香港單車總會有限公司	女子 16 吋組 30 米競速賽冠軍 障礙賽冠軍 (打破大會紀錄)	五光余蔚然 五光余蔚然
				女子 14 吋組 30 米競速賽冠軍 (打破大會紀錄) 障礙賽冠軍 (打破大會紀錄)	五光余蔚然 五光余蔚然
		HKGA Junior Championship 2021	Hong Kong Golf Association	Girls 9-11 years old Champion	五星王鎧澄
		District Championships Stage 43	World Centre of Ballroom Dance	Juvenile & Youth Solo Cha Cha Cha First	四善盧卓盈
				Juvenile & Youth Solo Jive Second	四善盧卓盈
				Juvenile & Youth Solo CJ Second	四善盧卓盈
	東區康體節 2021 開幕典禮暨東區康體盃兒童足球邀請賽 2020/21	東區民政事務處	6 歲組季軍	一真楊子臻	
	2022.01	JCKSC Masters 2021	Hong Kong Jockey Club Kau Sai Chau Golf Club	Ladies & Junior 12 & under Champion	五星王鎧澄
		HKGA Junior Classic 2021	Hong Kong Golf Association	Girls 9-10 years old Champion	五星王鎧澄
		2020 Hong Kong Qualifying Match	Dance World Cup Asia	MiniGLW 1 st Rank	五真黃苡庭
		第 49 屆全港公開舞蹈比賽	全港公開舞蹈比賽籌備委員會	現代舞少年組 (高小) 銀獎	五真黃苡庭
				爵士舞少年組 (初小) 銅獎	三光劉雋慧
		亞洲學生藝術節藝術大賽	第一教育	Aged 12-13 Group Contemporary Dance Group 2 nd Place	五真黃苡庭
		第 25 屆世界表演藝術錦標賽中國香港賽區晉級賽	音樂娛樂	三人舞金獎 群舞金獎	五真黃苡庭 五真黃苡庭
	2022.03	慶祝國慶游泳錦標賽 (2021)	香港游泳會慈善有限公司	男子 8 歲組 50 米捷泳冠軍 50 米蛙泳季軍 50 米背泳季軍	三光李卓豐 三光李卓豐 三光李卓豐
		沙田體育會游泳錦標賽 2021	沙田體育會有限公司	男子 2013 年組 50 米自由泳亞軍 50 米胸泳亞軍	三光李卓豐 三光李卓豐
				25m Breaststroke 2 nd Place	三光李卓豐
		Swimming Gala 2021	YMCA	25m Freestyle 3 rd Place	三光李卓豐
	2022.05	Asia Students Arts Festival 2022'	First Education Group	Folk Dance Group Aged 12-13 Group 1 st Place	五真鍾卓華
		Dance World Cup Asia 2022 Hong Kong Qualifying Match	Dance World Cup Asia Company	JGLC—Junior Group Commercial Gold Award	六善梁昕皓
				Juvenile Large Group Commercial Ranked 1 st	五真鍾卓華
			Children Duet/ Trio National and Folklore Ranked 1 st	五真鍾卓華	

科目	日期	賽事名稱	主辦機構	獎項及得獎者	
體育	2022.05	聯校選拔賽 2022 中西區青少年學界體育舞蹈賽	中西區文化藝術協會	10 歲或以下單人 J3 第一名 C4 第一名	四善盧卓盈 四善盧卓盈
	2022.06	第 14 屆香港青少年及幼兒藝術節	中國藝術家協會香港秘書處	小學二年級組 — 芭蕾舞群舞冠軍	二真鄭曉悠
		LegendaryCup	5ive 6ix 7even 8ight	Lower Primary Group— Ballet (Troupe) Gold Award	二真鄭曉悠
		全港分區個人跳繩比賽 2021-2022	香港專業花式跳繩學校	港島東區 2011 女子組 單車步冠軍 交叉開跳冠軍 後交叉開跳冠軍 總成績冠軍	四真趙紫晴 四真趙紫晴 四真趙紫晴 四真趙紫晴
		Jump Online 2022	香港專業花式跳繩學校	側擺開跳 (左右) 冠軍	四真趙紫晴
		Hong Kong Open Windsurfing Championships	WindSurfing Association of Hong Kong	National Raceboard Minim Girls 2 nd Runner Up	三星何泳晴
		海通國際香港滑浪風帆巡迴賽 2021	香港滑浪風帆會	女子兒童組 Techno Class Minim Girls 赤柱錦標賽季軍 九龍錦標賽季軍 吐露錦標賽季軍	三星何泳晴 三星何泳晴 三星何泳晴
		2022.07	全港兒童虛擬跑比賽 2022	喜動體育會有限公司	男子小學組 2015 800 米冠軍
	2022.07	2022 香港花樣滑冰及短跑道速度滑冰錦標賽	香港滑冰聯盟有限公司	Short Track Speed Skating Novice Girls— 2 laps 1 st Place 3 laps 1 st Place 5 laps 1 st Place	二真杜自瑤 二真杜自瑤 二真杜自瑤
		ISI Skate Hong Kong 2021	Ice Skating Institute Asia	Freestyle 3 2 nd Place	四善張鈺琪
				Artistic FS3 3 rd Place	四善張鈺琪
		2021-2022 年度港島東區小學校際乒乓球比賽	香港學界體育聯會		女子甲組團體亞軍
	女子乙組團體殿軍				三光梁晞榆 三善陳樂榕 四真陳紫悠 四善陳樂庭
	女子乙組優秀運動員				三善陳樂榕
	女子甲組優秀運動員				六星梁凱珽 六星姚樂妍
	2022.08	The Hong Kong Challenge Cup Dance Competition 2022	Inspired Dance Company	Modern Jazz Troupe 10-12 years old Gold Prize	五真鍾卓榮
				Technical Ethics Dance Trio 13-15 years old Silver Award	五真鍾卓榮
Classical Ballet Solo 10-12 years old Bronze Award				五光劉善翹	
	赤子青少年籃球賽	赤子籃球	青少年幼籃球亞軍	五善黃煦晴	
其他	2021.09	新嚟 · 小廚神烹飪比賽	Green Monday 集團	「Best of The Best」 終極大獎	四真羅善言
	2022.07	公益少年團優秀團員	教育局	優秀團員	六星盧穎言
		2021-2022 香港課外活動優秀學生表揚計劃	香港課外活動主任協會	優秀學生	六星黃苡庭

中文創作

海灘遊

二真 謝詩伶

烈日炎炎的夏天終於到了！在陽光燦爛的週末，可愛的我興高采烈地來到了美麗的海灘。

我一邊高高興興地唱着悅耳動聽的歌曲，一邊欣賞着大自然的迷人景色。今天的天氣真好啊！我猜太陽公公的心情一定很好，他笑得紅光滿面呢！天空真藍！它就像一大塊藍盈盈的輕紗，雪白雪白的雲朵彷彿是輕紗上一朵朵的裝飾，真美麗啊！風姐姐躲起來了，熱得我滿頭大汗。幸好，小鳥一直為我唱着悅耳動聽的歌，所以我的心情好得不得了！

我來到了海灘上，一邊快快樂樂地哼着好聽的歌曲，一邊興高采烈地堆沙城堡。我心想：倘若每個假期都可以來這裏親近大自然就好了！這時，我看見一隻隻活潑的小螃蟹，他們好像在對我說：「夏天到了，快來跟我們一起玩耍吧！」我聽了，興奮地揮舞着雙手大叫：「好啊！好啊！」最後，我和小螃蟹玩了一整天才高高興興回家去。

這是我第一次來海灘玩耍，我決定回家後把這美好的事情寫進日記裏，令我可以一直深刻地記着它。大自然真奇妙啊！

我是水壺

三光 王允嵐

我是每個學生上學必備的東西，他們每天都會把我擺放在書包的網兜裏。你們猜我是誰？我就是水壺了。在主人快要升上小學時，她的媽媽在商店裏把我買下來，希望主人多喝水，保持身體健康。自此，我便和主人形影不離，就像是她的好朋友。

我長着一個圓柱體的身軀，穿着粉紅色的衣服，上面印有主人的英文名，簡單而樸實。雖然我的身體不大，但能裝滿五百毫升的水，可實用了！

我是主人解渴的好幫手。記得有一次，主人突然覺得喉嚨很乾，說話時的聲音沙沙的。原來她太久沒有喝水呢！於是，她在小息時拿着我，把水倒進嘴巴裏。她的喉嚨頓時變得十分滋潤，聲音也變得悅耳動聽。我看到主人的聲音可以繼續悅耳動聽，我也十分欣慰。

我也可以作文具。有一次，老師要主人在紙上畫出一個圓形來作一個球體的形狀。主人畫的圓形有時彎彎曲曲，有時凹凹凸凸的，十分奇怪。這時，她靈機一動，把我從書包的網兜裏拿出來，她先把我的底部放在紙上，然後沿着我畫出一個完整的圓形。我的功用還可以代替文具，為此感到十分自豪。

日復一日，我的身體已經有些污漬了，但是主人仍對我不離不棄，珍而重之，一天比一天更愛我，我十分感激她！希望我能陪伴她到六年級，與她結伴同行，留下更多美好的回憶。



倉鼠

四善 林卓祈

我家裏有一隻天真可愛又活潑的小倉鼠，我幫牠取了一個名字——佳佳，因為我希望牠的身體一直都保持在最佳的狀況。

說起佳佳，牠的身形實在有些古怪。牠的樣子像隻老鼠，但尾巴短，並藏匿在皮毛之中，難以見到。牠的臉頰內有囊，可以儲存食物，囊令臉頰變得鼓起來。牠的上顎牙齒有一對銳利的門牙，方便啃噬。牠身形很細小，四肢也短小，前肢承擔起攝食的輔助作用。牠的體重在八十五至一百三十克之中。關於皮毛方面，部份倉鼠背部的皮毛有條紋狀，隨着倉鼠的成長，條紋色也會加深，這點真是特別啊！

佳佳不但外貌可愛，而且十分貪吃。有一次，在我上學前，把很多小瓜子給佳佳吃。回家後，佳佳把這些不可能吃完的食物全部吃光了。於是，我細心地觀察牠，發現原來倉鼠兩頰皆有頰囊，能把部份的瓜子收藏在裏面，那我就明白了，頰囊可以用來臨時儲存食物。貪吃的小「魔怪」果然聰明伶俐！

貪吃的倉鼠也有活潑好動的一面。記得有一次，媽媽買了一個滾輪回來，給佳佳玩耍。我把滾輪放在佳佳的籠子內，然後牠立刻在滾輪上跑步，整夜不眠不休地做運動，忙着鍛煉健康的身體，真是個運動天才！

倉鼠真特別！我要好好照顧佳佳，成為我的好玩伴，陪我一起快樂地成長。



傘子

五光 鄒皓晴

傘子，是我們熟知的生活用品。每當人們看到外面下着嘩啦嘩啦的大雨，或者太陽把大地曬得快要着火似的，人們都會拿出一把傘子，提着它，防止被曬或被雨淋濕。而在這平平凡凡再普通不過的傘子裏，到底藏着多少人生的真諦呢？

我對傘子有一股溫情。每當我們需要使用它時，它不會有任何的反駁，立即把自己撐開，讓我們能夠避雨、防曬，無論自己會變得多濕多熱。它也許在想：我被人們發明出來，還不是為了幫助人類，成為他們小小的「避風港」嗎？想一想，這不就是它啟示了我們的地方嗎？它甘願擔當我們小小的「保護罩」，被雨淋濕，被太陽曬着，也要堅持不求回報地為我擋雨、防曬。那是如此的偉大啊！難道我們不應該像它一樣，不求回報地幫助別人嗎？看到別人需要幫忙，我們就該主動地幫助。例如：看到一位老伯伯上了巴士，不如讓他一個座位，自己站着吧！看到媽媽做家務做得如此辛苦，幫她分擔一些吧！畢竟，連一把小傘子都這樣不求回報地幫助別人，我們難道還未能向它學習？傘子，謝謝你。謝謝你教會了我做人也要像你一樣，不求回報地幫助他人。

我的傘子有一份敬意。每當下雨或很大風的時候，它都不會停止工作，風雨不改地為我們服務。就算有被風吹爛的風險，它也不會害怕，依舊為我們擋風、擋雨。它就是如此的勇敢，如此的堅強。也許它也會害怕，但不會因此選擇逃避。這讓遇到一點讓自己害怕的事情，就選擇放棄的我不禁反思。它不就是能讓我們學習的好榜樣嗎？我們要像傘子一樣，學習堅毅，勇敢地去面對任何讓你感到害怕、想逃避的事。我很佩服傘這種從不退縮的精神。我們要向它學習，做個勇敢、堅毅的人！

傘子，你教會了我要不求回報地幫助別人，也教會了我要堅毅、勇敢地去面對任何害怕、想逃避的事。傘子，雖然你只是個平凡的生活小工具，但你教會我的，比任何一個人都要多。傘子，謝謝你！

逆境有利成長

六善 江茗鈺

「故天將降大任於斯人也，必先苦其心志，勞其筋骨，餓其體膚，空乏其身，行拂亂其所為。」孟子的這句傳頌千古的名言告訴世人：若要成功，必定要忍受百般挫折，經歷多重磨難，克服種種逆境，才能守得雲開見月明，到達成功的彼岸。可見，逆境有利於成長。

那麼逆境到底是甚麼呢？所謂逆境，就是指坎坷不順的境遇。人的一生，不可能總是一帆風順。成長的路上，有可能會受到輕視偏見，也可能會遭遇打擊陷害，甚至還可能捲入是非恩怨，但是，這些逆境都會對成長有促進作用。為甚麼呢？

首先，逆境能夠磨練人的意志。「臥薪嘗膽」是大家耳熟能詳的歷史故事，越王勾踐為了報仇雪恥，每逢吃飯的時候，就先嘗一嘗苦膽的味道；每逢睡覺的時候，就撤去蓆子，用柴草當作褥子。這樣艱苦的環境，讓越王發奮圖強，勵精圖治，最終成

功地消滅吳國。試想一下，如果勾踐被放回越國後，就享受舒適的生活，那麼，他還能帶著越國一雪前恥，擊敗吳國嗎？從這個故事我們可以看出，安逸會消磨人的鬥志，而逆境則能鍛煉人的意志。著名哲學家蘇格拉底曾說：「患難與困苦是磨練人格的最高學府。」由此可見，逆境有助於我們成長為一個意志力堅強的人，為我們邁向成功鋪平道路。

其次，逆境能夠提升人的能力。阿里巴巴創辦人馬雲便是這樣一個典型的例子。馬雲曾是亞洲首富，被選為「全球五十位最偉大領袖」，他的能力舉世公認。可是，有誰曾想過，馬雲曾報考重點中學卻失敗了，當年參加高考是考了三年才考上，找工作更是多次被拒。然而，這些逆境，卻成了馬雲前進的動力，令他不斷學習，提升能力；不斷嘗試，總結經驗，最終獲得巨大的成功。馬雲自己曾說：「感謝當年 KFC、警校、三十個投資人的拒絕之恩。」可見，大凡

成功之人，都視逆境為人生寶貴的經歷。在逆境中不放棄，不氣餒，迎難而上，能力才能不斷增強，也才能取得成功。

反之，順境容易使人得意忘形，走向失敗。農民革命史上偉大的人物李自成的失敗就是因為順境導致的。他從發動革命到推翻明朝的統治，並且沒有經歷太多的挫折逆境，因此被勝利所陶醉，驕傲自滿，忽視了關外的滿清大敵，最終遭受了失敗。「生於憂患，死於安樂」告訴我們，一直處於順境中，是不利於成長的。

「不經一番寒徹骨，怎得梅花撲鼻香。」逆境，是成長路上的寶貴財富，它能磨練人的意志，提升人的能力，讓人清醒地認識自己的不足並不斷進步，因此，是有利於成長的。我們只有成功地跨過成長路上的絆腳石，通過逆境的考驗，才能推開一扇又一扇光明的成長大門，最終奪得輝煌的成就。

ENGLISH CREATIVE WRITING

Good People, Good Deeds

Lo Wing Yin P6C

Rain tapped on the window pane, and the thing Dad did that day flashed across my mind. My dad is not only the pillar of my family, he is also a role model in my heart.

Last summer, my dad took me out to play. The gorgeous sun hung high in the sapphire blue sky. I followed my dad closely, strolling through the bustling street. I spotted a thin old woman whose hands were as rough as pine bark. She was pushing a wooden cart which was full of old, thick cardboards.

A thick black cloud drifted in the sky. Suddenly, 'kaboom!' it started raining! Buckets of rain poured down from the sky, and my dad and I hurriedly opened our umbrellas. Huffing and puffing, the old woman pushed the cart to

the side of the road. However, she did not realise that the side of the cart was tilted and the cardboard fell out of the cart! The old woman slowly bent over and tried to pick up the cardboards, but there was too much and she was already soaked from head to toe. When Dad noticed the old woman, he darted over to help her pick up the cardboards. He held the umbrella for the old woman and gave it to her. She thanked my dad a million times, her eyes getting wet. 'It is my honor to help you. The road is very slippery so be careful!' My dad told her, with a kind smile on his face.

I was watching everything from aside and was soaking wet. I complained, 'Dad, you only care about helping others and now I am all wet!' Dad smiled at me. He held my hand tightly and said, 'When we see others in need, we should always lend a helping hand. Imagine if you were the old

woman, feeling helpless on the street. Wouldn't you hope that someone would help you? Imagine how utilitarian the world would be if people helped others only because of the benefits they'll get from the person they have helped. Life would be eclipsed and people would live in distrust. Therefore, we should always help and care for others.' After hearing my dad's words, I felt very guilty for being selfish and inconsiderate.

'Helping others is the foundation of happiness.' These words were locked and treasured in my heart from that day onwards. My dad's selfless desire to help others made me feel very proud of him. Although he is not a hero who saves lives, his desire to always help others has taught me a valuable lesson. He will always be a hero who loves and cares for others in my heart!

A Mask

Wu Xiang Ying P6C

It was Friday in the afternoon. As it was a public holiday, I did not need to go to school. My parents told me to go to the public library near home after they left, and to study for my exams until they came back from work. I had always been looking forward to having my own personal time. Choking my breakfast, I packed up some of my books, and skipped out...

'Bang!' With the door shut loudly behind me, I felt that my nose had gone peculiar. Oh no! I forgot to wear a mask! I had my heart in my mouth. Like most people during the virus, a mask is more like a part of my body than a piece of a strange cloth. I hurriedly reached out a hand and rummaged through my bag. Perfect. I said to myself, 'No key!' I wished to scream and cry, and bang at the door, but that door seemed to be locked up forever! I heaved a sigh and covered my face with my jacket, followed by a muttered oath. What should I do? Definitely not just wait here? I decided to go downstairs, no matter what happens.

As I arrived the ground floor, I peeked around miserably from my jacket, hesitating. The security staff was looking at me up and down. I thought he must think I was mad, but I was wrong.

'You want a mask?' He smiled kindly, and took out an unopened package of masks, 'Here, here, not to worry, little fellow. I have loads of this kind of stuff at home.' He placed it on a chair which was far from him, and smiled his kind smile again. I was stunned, and, without thinking, took the mask and unpacked it thankfully. I gazed at it and quickly put it on, discovering that it was a children's mask. I turned to him and let out a 'thank you' from my mouth. He waved his hand and continued with his work. I smiled, though he couldn't see it, and waved goodbye. Relief and gratitude wrote all over my face.

When my parents came back, I let them know about it. Dad laughed, 'I know him! This guy always prepares some masks and other stuff for others. One day, I forgot to bring the umbrella when I went out. Just as I was going back to get it, he lent one to me immediately. I will never forget that scene! He's a great person.'

I think I, too, will not easily forget this experience. Perhaps if each of us does a little thing for others, just a tiny thing to reach out, everyone's life can be warmer. It may be just a mask during COVID-19, an umbrella during rainy days, or simply a warm smile, but when they appear at the time you need, you will feel that the world is better.

Good People, Good Deeds

Ng Sum Yu P6D

Do you have experiences in donating money while questioning the significance of the small amount? There is a Chinese saying, "Never fail to do anything good which you deem as petty." In our daily lives, we will always encounter people who need our help. What you do, may seem like a minor thing, but it actually does wonder to the person you help.

I remember that about three years ago, my parents and I took part in a church activity which required us to visit an elderly home. The day before our visit, we prepared a variety of items and daily necessities, such as towels and snacks, as well as a handwritten card to each individual member of the elderly home. During the visit, we distributed our preparations and spent time with the elderly. To be honest, I did not think I contributed much. Later, my parents explained to me that the elderly may feel lonely in the elderly home, and that what they really needed was a little companionship and warmth from others. Merely paying them a

visit and conversing with them had brought them a lot of joy.

Another memory that comes to mind was when I was a Brownie. My fellow brownies and I were selling raffle tickets. A middle-aged lady approached us and asked what the charity was for. Once we told her, she immediately gave us money that was enough to purchase ten raffle tickets. However, she did not take the tickets from us. She said, 'My purpose is not to win any valuable or precious items. I just want to help those in need.' Her kindness and generosity was different from what we had all expected. It made me realize that we, as members of the society, should share our happiness and kindness with others.

Last year, Mum suggested donating my clothes to people in need. I was shocked at her suggestion. Although my childhood clothes no longer fit me, I thought they were beautiful and I would like to keep them. So, I was horrified to see Mum packing my clothes into a bag. However, she explained to me that the people in need do not have money to buy new clothes. Moreover, since my old clothes were just kept at the corner of the wardrobe, they would be wasted. Why not put them to better use? Her words made me rethink my stance. Afterwards, I took more of my childhood clothes out to pack with Mum.

Although we may not have enough time to be volunteers, we should always try to help others in everyday things, such as opening the door for others or carrying heavy items for the elderly. Every time you help others, you may not think you are doing much, but you are actually helping a lot. Your small act may bring a huge ripple effect. Therefore, you can try to do more good deeds in your daily life and share your happiness with others!

「安全有計」作品展示



視藝科作品

《真光 150 周年生日快樂校內創作比賽》



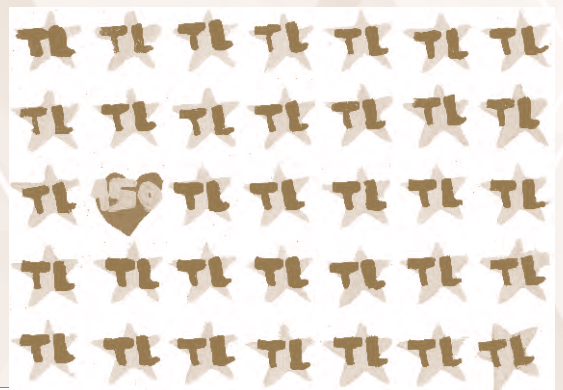
一真 張敖詩
〔生日蛋糕〕



三真 劉芷琪
〔明信片〕



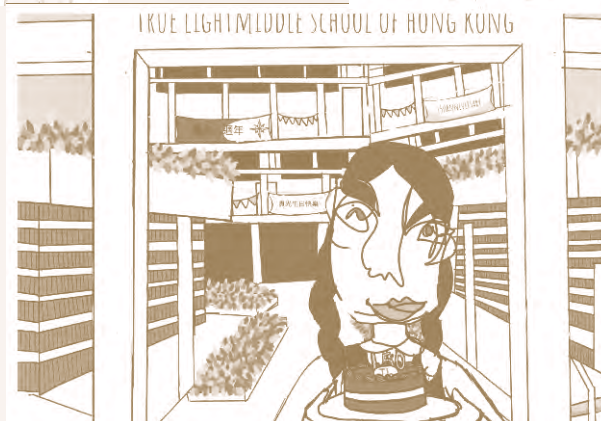
二善 潘以殷
〔生日卡封面〕



四星 古幸兒
〔版畫〕



二善 潘以殷
〔生日卡內頁〕



五真 林柳彤
〔數碼藝術〕

六善 許伊蓁
〔俄羅斯套娃〕



家校合作活動 小學部

本校一向深明家校合作對學生成長和學習有莫大裨益，故一直重視與家長溝通。除了家長日外，學校每年舉辦不同類型的活動，例如：小一新生懇談會、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
- 小一至小六網上家長資訊會
- BYRD 家長簡介會
- 幼小銜接家長資訊會
- 小一新生家長會



小一家長懇談會



親職教育

- 家長講座
- 家長工作坊
- 家長教育小組



「父母的挑戰——管教e一代」
網上家長講座

家長義務工作

- 小一家長懇談會——家長分享
- 小五升中簡介會——家長分享
- 小六自行分配升中簡介會——家長分享
- 新春剝水仙頭活動
- 週會活動 - 圖書分享影片
- 運動競技日 - 拍攝及主持攤位



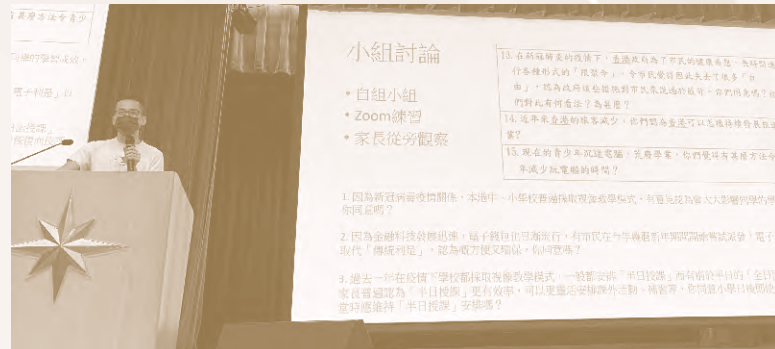
「考試前夕的危機——親子關係大爆煲」
家長講座



小組討論

- 自組小組
- Zoom練習
- 家長從旁觀察

1. 因為新冠病毒疫情關係，本港中、小學教育關係轉變教學模式，有意見認為會大大影響同學的學習你可否嗎？
2. 因為金融科技發展迅速，電子錢包日益流行，有市民在半年前曾到年宵市場購買傳統紙錢！電子錢包「傳統利是」，認為更方便又環保，你可否嗎？
3. 過去一年在疫情下學校都採取混合教學模式，一般都會將「半日校課」而有前於半日的！全日課家長普遍認為「半日校課」更有效率，可以更靈活安排課外活動、補習等，你同意小學以後應於當時應維持「半日校課」安排嗎？
13. 在新冠病毒的威脅下，盡避政府為了市民的健康考慮，不時推行各種形式的「限聚令」，令學校覺得因此失去了很多「自由」；因為政府這些措施對市民及學校的威脅，你們同意嗎？你們對此有何看法？為甚麼？
14. 近年來香港的旅客減少，你們認為這可以怎樣為社會發展促進？
15. 現在的青少年沉迷電腦，玩電子遊戲，你們覺得有甚麼方法令青少年減少玩電腦的時候？



小五升中簡介會



新春剉水仙頭活動



媽媽的喜閱分享

家長圖書分享



「運動競技日」家長義工服務





小六自行分配升中簡介會



親子活動

- 親子賣旗日
- 「幸福滿薰」親子體驗工作坊



親子賣旗日



「幸福滿薰」親子體驗工作坊

活動花絮 小學部



第一屆全港小學野外大搜查學界比賽

五、六年級同學知道由「野外動向 HK Discovery」主辦「第一屆全港小學野外大搜查學界比賽」後湧躍報名。根據大會比賽細則，每間學校最多可派出兩隊參賽。隊員在多變不穩的疫情下，分別於農曆新年及特別假期期間參與了線上啟動禮和兩次工作坊，認識了大埔滘生態、林鳥知識、觀鳥技巧、生物多樣性、昆蟲世界和山野安全小知識。隊員為比賽形式的轉變作了全面準備，透過《野 eLearning》平台自學「大埔滘 VR360 和「生態環境教材資源庫」內有關全港生態環境常見物種的知識。

五年級隊名： 黑卷尾，不放棄！ 隊長：許晞陽 隊員：嚴欣晴、蔣沛瑤	六年級隊名： Chestnut Bulbul 隊長：徐頌恩 隊員：梁靖彤、陸紫晴
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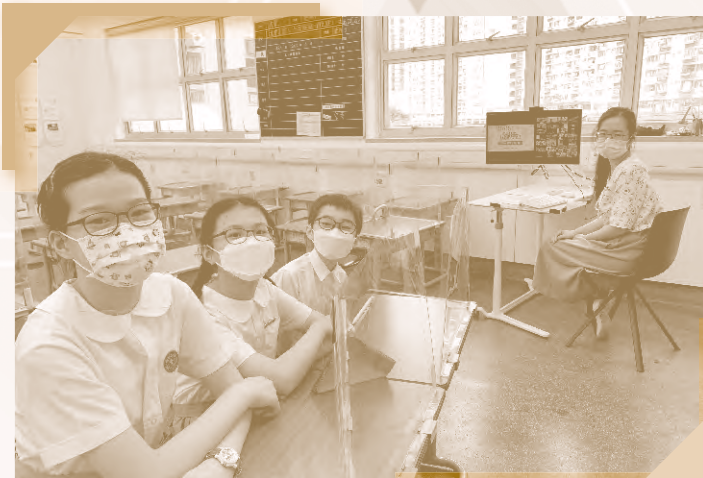
隊員雖然未能親身走進大自然探索考察和參與比賽，但是透過工作坊及虛擬實境平台，均能訓練其觀察力及耐心，令其對香港郊野環境和生物多樣性有更深入的认识。第一次代表學校參與線上比賽，兩隊均獲得銅獎。盼望同學身體力行，重視環境保育，成為一個有責任心的世界公民。



六年級隊員分秒必爭作答



五年級隊員出席頒獎典禮



五年級隊員準備作賽



結業禮



結業禮

「宮澤賢治的劇場世界」兒童文學劇場計劃

十八位三、四年級同學參與康樂及文化事務署舉辦的「學校演藝實踐計劃」，藉着觀演、工作坊及結業演出等活動，培養了他們的藝術觸覺，提升了其審美的能力，啟發了他們的創意思維。同學在浪人劇場的導師帶領下，通過創意劇場學習演繹與表達的技巧，並以日本童話作家宮澤賢治的《水仙月四日》為故事藍本，創作表演故事及角色，更自行動手製作道具及服裝，從而啟發了他們的演藝潛能，讓他們學習成為小演員。

同學經過多場戲劇工作坊的訓練，不單完成戲劇劇目《四季的童話——冬之篇》的排練，更把演出拍攝成影片，與區內的社群分享，關愛社區，讓戲劇文化藝術得以在社區內傳揚與推廣。



浪人劇場到校推廣戲劇



同學到香港中央圖書館參與宮澤賢治作品分享講座暨圖書館導賞



戲劇工作坊

《四季的童話——冬之篇》的排練



大合照

校長的話 幼稚園部



充滿挑戰與喜悅的 2021

楊凱琪校長

感謝上帝的恩典和帶領，讓我在二零二一年九月開始成為真光的一份子，期望我能將過往二十多年累積的經驗帶到真光，並以家長們作為合作夥伴，讓孩子們能在幼稚園渡過一個豐盛的童年。

2021年真光踏入慶祝150周年的大日子，四所分校舉行了不少慶祝活動，當中的校慶感恩會，難忘片段仍然歷歷在目！一所學校能夠有這麼悠久的歷史，實在不容易，正所謂「十年樹木，百年樹人。」真光在這150年期間，培育了不少社會上的棟樑，期望在未來的日子，持續履行校訓「爾乃世之光」的使命，培育主所喜悅的孩子。

開學之初，滿以為疫情漸漸穩定，學生可以如常學習，二零二二年一月份突如其來疫情的轉變，令大家早已適應的生活模式需要重新調節，三月份更要面對從來未試過的特別假期，起初擔心假期該如何安排，心情忐忑不安，在神的帶領下，主任與老師們共同設計了與德育或情緒有關的特別假期活動，感恩老師們花上各種心思，在一切可行的辦法中，安排不同類型的活動，感謝家長的配合，活動亦能夠順利完成，因為大家都相信「凡你們所做的都要憑愛心而做。」哥林多前書 16:14。五月十六日，校園正式全體復課，同學們又再回到校園，讓校園再次充滿歡笑聲和生氣！復課後，看到學生歡喜地回到學校，就算帶着口罩，



也能從幼兒們彎彎的眼睛中感受到燦爛的笑容，一聲「校長早晨」，令我心裏感到甜絲絲的。逆境當前，各人學懂了關懷，學懂多元變通、靈活應對、亦能以正面的態度面對逆境，以喜樂盼望的心，活出豐盛生命。

本校的持續發展「腦基礎教育」計劃，並認證為「腦基礎教學學校」銀獎。學生除了在學校接受「腦基礎教育」的教導外，校方亦關注學生在家中發展健康的生活模式，因此，本年度向家長發放睡眠模式資訊，讓家長了解生活模式對腦部的發展關係。當中內容提及睡眠的重要性、睡眠不佳的症狀及階段、如何能面對較少睡眠問題以及在睡覺前可以進行的活動或吃的食物，令幼兒更容易入睡或獲得高質量的睡眠，從而幫助家長為幼兒建立規律的睡眠習慣，讓幼兒的腦部有健康發展，提升集中力和注意力。期望我們能繼續深化「腦基礎教育」，讓學生、老師及家長一生受用。



150 周年校慶活動及感恩會

“

一所學校能有過百年的歷史，實在來得不易，感謝上帝的帶領及眷顧，本年是真光創校一百五十周年的大日子，幼稚園部也策劃了的校慶活動與家長一同慶祝這個盛大的日子。讓我們一同回味，數算恩典！

”

幼兒班舉行了風箏設計，完成後還一起在遊樂場放風箏，展翅飛翔！



幼兒班製作風箏



低班設計了馬賽克杯墊
慶祝 150 周年校慶



低班馬賽克設計





陶瓷工藝歷史悠久，高班學生及家長透過陶泥豐富的可塑性製作不同的物品慶祝真光生日，尤如真光所培育的學生一樣，成就各行各業，照亮他人。

幼稚園部學生亦聯同另外真光兩校的幼稚園一同攜手合作，於西九文化區戲曲中心大劇院舉辦了校慶感恩會，紀念校祖那夏理女士在舊時赴中建校，讓女孩獲得接受教育的機會，並解開他們過去於封建社會中所受的束縛。在感恩會的當中，不同學校的孩子皆能一展所長，呈現高水準的演出。



校慶感恩會表演

高班陶泥製作



教師專業發展日

“

本年度教師培訓以「認識香港生物多樣性、濕地生物的棲息地方和雀鳥及瀕危鳥種」為題，由觀鳥學會導師進行兩天的教師培訓。老師第一天先在校內認識香港常見的生物及在校園內親身探索，第二天便實地到訪米埔自然保護區觀察候鳥的棲息情況。

”



教師們發現棲息在樹上的雀鳥



教師發展日中，老師們一同在校園觀察生態環境及生物多樣性物種。



在米埔用觀鳥的望遠鏡能近距離觀察雀鳥的姿態



齊來拍照留念

學與教

“

學校在課程發展方面，以「兒童為中心」的設計理念，讓幼兒在不同的學習機會進行設計、操作、實踐及反思等。老師亦運用綜合教學活動、設計活動及腦基礎教學技巧，透過全班學習、小組討論、二人分享、觀察及探究中獲得知識，從而達至自我發現、互相溝通等學習的機會。

”

故事爸媽工作坊

為強化幼兒在學校及家庭的英語學習環境，從而培養他們有良好的閱讀興趣和讀書習慣，我們邀請了資深英語故事講員到校，與家長一起分享親子共讀的技巧，亦請家長在校與幼兒一起說故事，以運用已學的技巧以遊戲、話劇、角色扮演的形式與幼兒進行「故事爸媽」活動。

爸媽講故事課堂活動



故事媽媽扮演故事中什麼動物角色呢？



陳東紅女士為家長講解說故事技巧



小朋友十分專心地聆聽故事



家長們一起合作說故事



加強英語學習

英語外籍老師每週三堂與每班幼兒以全班及小組形式進行英語學習活動

ENGLISH FUN DAY

英語老師會設計不同的情景活動，讓幼兒透過扮演投入情境中，運用英語與同學對話，加強英語的表達能力。

English Fun Language Day



在遊戲中認識不同的動物



一邊唱歌，一邊玩，齊學拼音。



我們喜愛唱英文歌



一齊來模仿動物的移動的姿態



我最快找出 B 字



一齊來合照



齊來唱唱聖誕歌



請大家告訴我帽子上的圖咁是什麼？

普通話學習



普通話老師每週一堂與各班幼兒以全班及小組形式進行普通話學習活動。老師與幼兒對話，透過設計不同的情景扮演、朗讀、遊戲等，加強幼兒對普通話的表達能力。



「來來來，朋友們」，齊齊來唱普通話歌。



我想買一個橙子

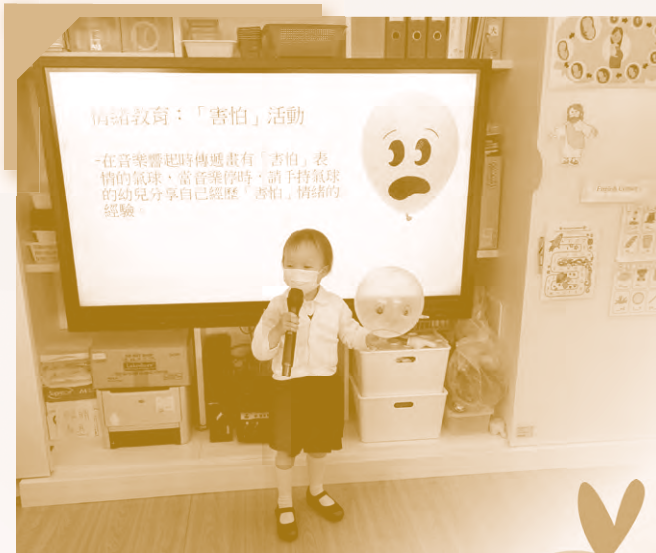


歡迎來到我們的「真光食品超市」



幼兒用普通話來學習購買飲品

情緒教育



幼兒分享「害怕」的經驗

“

幼兒透過日常的主題學習、遊戲及情意遊戲中學習表達和舒緩的方法，讓幼兒在情緒健康教育得到適切的培育，建立正面的思想和行為。

”



幼兒開心地分享自己設計的作品

健康及生命教育

幼班講座



滴露姐姐讓我們知道勤洗手
可以保護自己

“

幼兒透過學校配合多元化的主題及活動，令幼兒獲得均衡健康的發展，亦安排全校或級別請專人到校進行講座及工作坊，讓幼兒在學習中健康快樂地成長。

”



我們一起與小狗拍一張大合照

低班講座

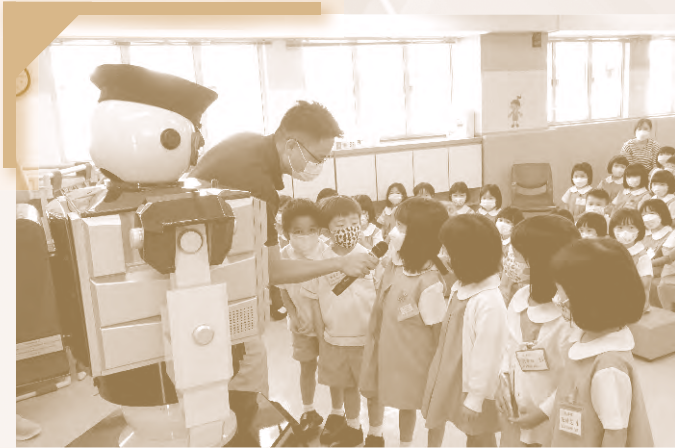


我們準備模擬到郊野公園執拾垃圾，知道保護環境的重要。

高班講座



來一起拍照留念！謝謝講員為大家講解貧窮孩子的生活。



我們與機靈先生進行問答遊戲



我們歡迎「機靈先生」的探訪

多元化活動

牙齒檢查

牙科醫生為幼兒
檢查牙齒



幼兒在學校進行親身體驗的學習，擴闊視野，從而獲得豐富的知識和均衡的發展。

校園巡禮



學校舉行校園巡禮，家長與幼兒一起參與活動。

校友重聚日



多謝母校邀請我們擔任小司儀



幼兒在進行遊戲活動



今天有很多校友回校相聚



家長義工一起協助校園巡禮活動



校友重聚日又是我們相聚的日子

機構文化及給予兒童的支援

“

每年 11 月開始學校會推行不同的關愛活動，培養幼兒自幼懂得表達愛與關懷，及以不同方法關心他人。

從「節省金錢顯愛心」活動中，鼓勵幼兒將自己金錢省下用來購買物品，並儲蓄在自製的錢箱內，讓兒童學習節儉及儲蓄的習慣，並以金錢來幫助有需要的人。

幼兒利用節省金錢籌得的款項合共 \$35,784.6，分別以不同的方式捐助，如購買禮物包送到老人院給長者，亦捐獻 \$14,178.19 給可愛忠實之家，另 \$10,000 給長者安居協會，讓幼兒將愛賦於行動來關心別人。

而奧比斯「世界視覺日」籌款活動，鼓勵幼兒在農曆新年響應「一人一利是」活動，將自己收到的利是選出一封捐助「奧比斯」機構，幫助急切等待救援眼疾患者重見希望，而全數共籌得 \$18,011。

”



我們一起製作錢箱



看一看，這是我們製作的錢箱。



幼兒努力地拆錢箱



我們努力地節省了很多金錢



家校活動

家長交流會

每年各級以不同題目與家長一起討論分享交流意見，從而加強家長間的溝通及互相支持，幫助家長掌握培育子女的態度及方法。

家長代表培訓分享會

家長代表是學校的重要支柱，而學校與家長間亦需要互相溝通達到家長間有效的橋樑。每年擔任新一年的家長代表也有舉行家長培訓分享會，讓新任的家長代表更有信心地吸取經驗，有效地掌握與家長間溝通的技巧。



多謝家長代表培訓一班新任家長

家長義工協助推行活動

每年學校會舉行不同的活動，如：幼兒親子適應日、家長閣、校園巡禮、面見新生、拆錢箱、參觀活動等，讓家長自由參與擔任義工協助的機會，加強家校合作的團隊精神。



幼兒一起互相合作包禮物



2021-2022 年度家長與學校代表合作小組大合照



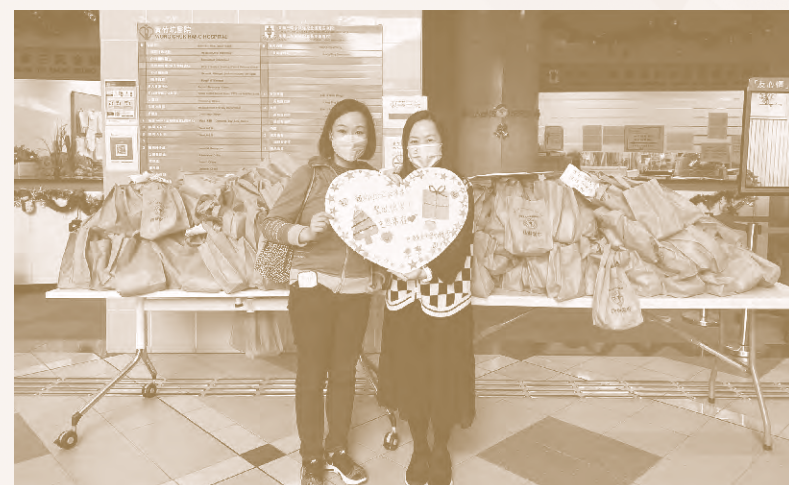
我們到達老人院啦！



我們已包好禮物準備送給公公婆婆啦！



家長義工準備出發到老人院



院舍負責人接受我們送上的禮物包

品格及生命教育（輔導組）

本年度學校推行「感恩小天使」品格教育，培養幼兒從聖經認識天父的創造和恩慈，懂得節制、遵守社會規則，並學習以行動回應天父的愛、學會感恩及懂得遵守社會規則，亦學習欣賞自己和他人的能力，以感恩的心感謝他人。



幼兒一起跟小朋友唸誦金句



幼兒檢視自己是否做到節制好行為，並在檢測表內填上顏色。



我們努力地記錄恩慈好行為，讓恩慈樹越來越茂盛。



幼兒挑選自己喜歡的裝飾物，放進小瓶內製成冷靜瓶。



老師與幼兒一起向天父祈禱說出感恩的事情




我們一起進行二人同行的遊戲，學習互相支持及幫助。

獲獎紀錄 幼稚園部



賽事名稱	獎項	得獎者
朗 誦		
漢語聖經協會舉辦「2021年第二十七屆聖經朗誦節」學校組幼稚園K1組(港島區)獨誦(廣東話)	優異獎	低真 鄭奕霏
朗誦及音樂推廣協會舉辦「第十四屆全港學生公開朗誦比賽 2021」幼兒組 K1 粵語 —— 古詩	優良獎	低光 王康賢
朗誦及音樂推廣協會舉辦「第十四屆全港學生公開朗誦比賽 2021」幼兒組英語演說	亞軍	低光 王康賢
元朗大會堂主辦「2021 香港青少年英文朗誦比賽」幼稚園組	銅獎	高星 鄧芋馨
教育出版社舉辦「全港幼稚園來說普通話比賽 2022」	最佳表現獎盃	幼善 于昕彤
第七十三屆香港學校朗誦節校際朗誦節幼兒獨誦——粵語	榮譽獎	高光 梁正心 高星 曾恩琳 高善 李穎兒
第七十三屆香港學校朗誦節校際朗誦節幼兒獨誦——粵語	優良獎	高真 陳映澄 陳琛穎 黎穎凝 梁睿芯 朱倬瑤 李芯柔 高光 陳 禎 陳蕙心 陳祉霖 戚予晴 吳欣庭 郭晞雅 高星 李心柔 林濂翹 梁穎喬 徐日萱 張舒雅 張靖希 譚灝霖 李思瑤 林浠妍 高善 何嫻臻 黎亦晴 李依倩 鍾穎晞 曾樂頤 韓雨澄 張祉晴 鄧子鋒 低真 崔詠瑜 鄧丞雅 文芯穎 低光 白皓晴 陳玥悠 林晴楓 孫熙悅 徐苑陽
	良好獎	高光 關亦晉 岑曉瑜 袁樂晴 張詩圓 秦心瑜 張愷恩 高星 謝予蓓 李孜言 高善 吳奕臻 李允延 低善 吳忻祁 李穎瞳
第七十三屆香港學校朗誦節校際朗誦節幼兒獨誦——英文(散文)	優良獎	高星 袁心芮
	良好獎	低光 彭植晴
第七十三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 歐陽懿 鍾藹濶 李易初 梁睿芯 梁樂晴 邵雪嵐 楊婉昕 高光 區言悅 陳 禎 張愷恩 梁正心 侯樂思 顏雨寧 吳千悅 秦心瑜 麥晞怡 汪熿嬋 袁樂晴 高星 陳盈竹 陳幸頤 朱芊橋 聶子銘 鄧芋馨 王芯頤 高善 鄧子峰 周樂妍 羅樂因 黎亦晴 李依倩 黎 意 吳婉熒 曾樂頤 吳睿桐 低光 白皓晴 吳仟懿 低星 徐苑陽
	良好獎	高星 譚灝霖 高善 陳安莉 低真 鍾憫昕 低光 孫熙悅

賽事名稱	獎項	得獎者	
 第七十三屆香港學校朗誦節校際朗誦節幼兒獨誦——普通話	榮譽獎	高真 郭天藍 楊婉昕 高善 李穎兒	
	優良獎	高真	劉學思 王晞儀 邵雪嵐 李易礪 陳曉晴 李彰涵 吳昕桐
		高光	區言悅 蔡芊炯 范顯穎 彭楓慧 汪熿燁 吳千悅 袁樂晴
		高星	陳盈竹 袁心芮 朱芊橋 謝芷瑄 馬靖恩 田佳宜 余慧賢
		高善	陳靜芊 陳安莉 李允延 吳睿桐 杜祉殷 韓雨澄 吳天允
低真	文芯穎 崔詠瑜 低光 杜梓琦 孫熙悅 低星 蘇梓樂 黃穎權 徐苑陽 低善 歐陽苡晴		
良好獎	高星 陳幸頤 林湔妍 高善 謝致知 低真 鍾憫昕		
視 藝			
大角嘴天主教小學舉辦 2020-2021 年度「生命有價」親子填色比賽	優異獎	高善 李依倩	
水務署主辦「惜水學堂」節約用水週 2021——「節約用水，由家做起」四格漫畫親子創作比賽香港及離島區	季軍	高善 吳婉熒	
	優異獎	高光 關亦晉 高善 鍾穎晞	
星島雜誌集團舉辦「第八屆全港兒童繪畫分齡比賽 2021 年度」西洋畫（第二組）	一等獎	高星 鄧芊譽	
星島雜誌集團舉辦「第八屆全港兒童繪畫分齡比賽 2021 年度」中國畫（第一組）	一等獎	低真 沙卓穎	
展翅藝術文化會舉辦「2021 年度香港澳門文化藝術展比賽」藝術作品	卓越獎	低真 崔詠瑜	
香港幼兒藝術文化協會舉辦「尋寶陶」親子陶藝創作比賽	高級組優異獎	高光 蔡芊炯	
投資者及理財教育委員會（投委會）舉辦「錢家小導遊」大挑戰親子繪畫比賽	幼稚園（公開組）亞軍	低善 鄭致知	
	幼稚園（學校組）季軍	幼光 譚詠蕎	
音 樂			
東華三院舉辦「2022 年全港幼兒英文歌唱比賽」分區選拔賽	銀獎	高星 張可藍 周敬然 朱芊橋 林湔妍 林濂翹 劉達司 李思瑤 梁穎喬 李孜言 聶子銘 杜心昕 王芯頤 楊倬熒 余慧賢 袁心芮 高善 陳靜芊 周樂妍 張海楠 鍾穎晞 何佩臻 黎 意 黎亦晴 吳天允 吳睿桐 杜祉殷 謝致知 黃紫瞳	
其 他			
「真光 150 周年校慶」聯校創作比賽——親子標語創作比賽幼稚園組	亞軍	高善 吳婉熒	
	季軍	高善 吳天允	
	優異獎	高善 杜祉殷	
灣仔區學校模範生		高真 梁睿芯 高星 陳盈竹	
本校獲水務署主辦「惜水學堂」節約用水週 2021——「節約用水，由家做起」四格漫畫親子創作比賽香港及離島區最踴躍參與學校獎			
本校獲投資者及理財教育委員會（投委會）舉辦——「錢家小導遊」大挑戰親子繪畫比賽最踴躍參與學校獎（幼稚園組）冠軍			

牲社



小學及幼稚園部

2021-2022 年度牲社職員會

社 長：黃婉君
 文書兼總務：張嘉玲
 司 庫：馮敏儀
 生 活：林嘉瑜、劉嘉玲、梁麗明、謝蓉蓉

活動

2022 年 5 月 5 日 出席校董教師諮議會
 2022 年 5 月 25 日 教師運動委員會第 27 屆
 表揚教師計劃
 2022 年 7 月 22 日 牲社職員選舉
 2022 年 8 月 2 日 牲社結業聯歡—
 歡送榮休及離職老師
 榮休同事：潘秀芳主任
 2022 年 8 月 3 日 牛大人聚餐



與榮休同事合照

選舉

1. 潘秀芳主任、周浩恩老師獲選為第 27 屆優秀教師
2. 2022-23 年度牲社職員：

社 長：Miss Viola
 文書兼總務：黃舜秋
 司 庫：閻美伊
 生 活：張蔚欣、袁致衡、林寶儀、林美施

我們邀請了鄭副校長來到我們當中為榮休及離職同事送上祝福，榮休同事又與大家分享榮休感受，場面溫馨感人。會後職員會為同事預備小食代替愛筵。



牛大人聚餐



牲社結業聯歡

中學部

2021-2022 年度牲社職員會

社長：蕭旭濠老師
靈修：李愛芬老師
財政：黃子容老師
生活：趙崇嘉老師
吳舜筠小姐

活動

2021年12月22日 聖誕聯歡會牲社表演
2022年5月5日 牲社出席教職員校董諮議會
2022年5月 優秀教師選舉
2022年8月8日 增廣見聞日
午餐後，下午活動：
1. VR 體驗
2. 玻璃杯製作
牲社職員選舉

2022年8月



VR 體驗



玻璃杯製作



聖誕聯歡會牲社表演

選舉

1. 鄺文慧副校長和李佳慈老師獲選為第 27 屆優秀教師
2. 2022-2023 年度牲社職員會：
社長：余嘉賢老師
職員：施希汶老師、鍾雅思老師、
田紫薇老師、林文浚老師

Links With Alumni

喜訊

二〇二一年

十一月廿七日 本校中學部職員李嘉敏女士在港與黃子維先生結婚

哀悼

二〇二二年

三月廿五日 一九六九年級昀社曹艷梅校友兼墨爾本真光校友會會長在澳洲墨爾本息勞歸主。

校友返校歡

二〇二二年

二月七日 一九七三年級菁華社羅慧芳校友及一九七四級曉曦社陳美玲校友到校歡敘

News From True Light Home

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

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

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

曾獲本苑捐款的機構

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

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	82,240.00
小學生獻金	133,543.70
幼稚園獻金	72,330.00
教職員獻金	14,310.00
2020/2021 結餘	13,522.30
計劃取消： 2020/2021 育苗計劃	4,000.00
	319,946.00

聖誕獻金 捐款支出	
環球天道傳基協會有限公司	4,000.00
世界華人福音事工聯絡中心	4,000.00
成長希望基金會	4,000.00
香港扶幼會	4,000.00
育苗計劃 [計劃取消]	-
兒童癌病基金	4,000.00
春蕾計劃基金	4,000.00
香港失明人協進會	4,000.00
香港兒童權利委員會	4,000.00
香港盲人輔導會	4,000.00
香港青年歸主有限公司	4,000.00
香港單親協會	4,000.00
香港腎臟基金會有限公司	4,000.00
香港傷健協會	4,000.00
香港萬國兒童佈道團有限公司	4,000.00
基督教巴拿巴愛心服務團有限公司	4,000.00
基督教青少年牧養團契有限公司	4,000.00
心晴行動慈善基金	4,000.00
明光社	4,000.00
興學證基協會有限公司	4,000.00
工業福音團契有限公司	4,000.00
房角石協會有限公司	4,000.00
前線差會有限公司	4,000.00
香港教育大學	4,000.00
香港沃土發展社	4,000.00
香港弱智人士家長聯會	4,000.00
循道衛理聯合教會	4,000.00
香港特殊學習障礙協會	4,000.00
專注不足 / 過度活躍症 (香港) 協會有限公司	4,000.00
基督教關懷無家者協會	4,000.00
香港認知障礙症協會	4,000.00
香港婦聯有限公司	4,000.00
再生會有限公司	4,000.00
基督教靈實協會	4,000.00
視障人士福音中心	4,000.00
生命熱線有限公司	10,000.00
香港基督徒學生福音團契有限公司	10,000.00
院牧事工聯會	10,000.00
香港晨曦會有限公司	10,000.00
開心樹社會服務有限公司	10,000.00
路向四肢傷殘人士協會	10,000.00
遠東廣播有限公司	10,000.00
香港基督徒音樂事工協會有限公司	10,000.00
華苗薈	10,000.00
香港蒲公英希望基金會	10,000.00
關愛動員 (國際) 有限公司	10,000.00
基督教新生協會有限公司	10,000.00
慈福行動有限公司	10,000.00
基督教互愛中心	10,000.00
密匠生命事工有限公司	10,000.00
基督教正生會有限公司	10,000.00
聯合國難民署	13,000.00
小紅帽發展基金	6,000.00
累計臨時備用金	4,946.00
	319,946.00

其他捐款

中學部 捐款

150 周年校慶捐款—用作翻新課室及購買設施及器材	
早年校友	300,000.00
區寶文副校長	250,000.00
中學部家長	186,930.00
葉宜君老師	44,265.00
香港真光幼稚園 (堅道)	39,065.00
梁永華老師	10,600.00
林潔華校友	10,000.00
宋健玲校友	5,400.00
蕭婉冰校友	5,000.00
2021/2022 年度中六畢業生	1,640.00
梁元芝校友	1,000.00
其他	

真光獎助學基金	
- 資助學習及生活遇到經濟困難的學生	100,000.00
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
家長教師聯誼會	
- 2021/22 捐款購置教材教具	40,000.00
邵美薇校友紀念獎學金	
- 獎學金	10,000.00

小學部 捐款

150 周年校慶捐款	
- 小學部家長	223,010.00
- 香港真光幼稚園 (堅道) 家長	39,065.00
家長教師聯誼會	
- 捐小學部購置教材教具	35,000.00
家長教師聯誼會	
- 贊助小學部印刷「真藏」	4,000.00

幼稚園部 捐款

150 周年校慶捐款	
- 幼稚園部家長	201,650.00
家長教師聯誼會	
- 捐幼稚園部購置教材教具	26,520.00

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	鄭森活、張漢秋獎學基金
紀念李月仙女士獎學金	紀念邵美薇校友獎學金
毛少勳醫生獎學金	菁莪社海外遊學獎學金
紀念曹思恩牧師獎學金	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 thank all the pastors, representatives of the education sectors and organizations concerned for giving us speeches, running workshops and conducting programmes in our school. Our staff and students have learnt a lot from them.

We also give thanks to all our friends, alumni and students' parents for their donations raised at Christmas and True Light 150th Anniversary.

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

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

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

Miss Hui Tuen Yung
(Principal of TLMSHK)

「爾乃世之光」

True Light *150th* Anniversary
Thanksgiving Service





***"Thou art the Light of
the World"***

編輯 委員會

負責老師

許美玲

編輯委員

S3B 黃 悅

S3C 梁 靖

S4C 洪珮晴

S4C 劉芷苗

S4D 陳慧兒

S4D 周靖嵐



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