



訊 橋

筲箕灣官立中學

2019 至 2020 年度 第 1 期

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1. Principal Message

“Open your Eyes, Open your Mind & Open your Heart.....”

Principal, Ms YAN Kin-foon, Alice

2019/20 school year is about to pass. When you are reading this newsletter, the first semester should have finished already. Year 2019 ended in periods of social unrest. I would like to thank all our teachers for their untiring efforts and dedication to our School. Our teachers had not only committed to teaching duties, but also student counseling, taking care of our students' psychological needs. Thankfully, with the joint efforts of our teachers and students, mass programs in the first semester proceeded smoothly.

Students of SGSS did enjoy their school life! In leisure time, our students liked to have discussion and studies together. I was glad to see that some students who did well academically took the initiatives to perform the role of tutors, coaching and sharing with the less able ones. I am delighted that most of our students were attentive and conscientious in learning and active in expressing their ideas. Keep

it up! I am sure these students will score satisfactory results in return. However, there were also a few students who were inattentive and distracted in class. Is it because of incompetence, too many



engagements or difficulty in concentration? Only the students themselves could give an answer. Time does fly! In the blink of an eye, a semester has passed. Let's cherish the time for learning. A school is just like a treasure, don't leave empty-handed.

This year, our School aimed at broadening students' horizons. "Open your Eyes, Open your Mind & Open your Heart" is our vision. By using different funding, various exchange programs are planned in the second semester, hoping that students will participate actively. "Open your Eyes" is not that difficult, but "open your Mind and Heart" will depend on your willingness to let go of your own "perspectives" and listen to other people's points of view. Living in such a diverse society, we will, no doubt, receive different information. Thus, it is important to be "open-minded": listen to various opinions and think critically so as to maintain objective and coolheaded.

Our students have different characteristics and personality and that is why our school life can be so splendid. Students are highly encouraged to explore their dreams and paths. It is grateful that with the support of Miss Mak, our alumini, a designated scholarship will be launched this year, aiming at assisting students to realize their dreams. Someone said "Hong Kong is not a place for pursuing dreams" but I disagreed! Dreams should be neither time nor place bounded. The hustle and bustle of urban life may inevitably occupy our space for thinking, or even somehow force us to compromise and suspend our dreams. However, I believe that as long as we uphold our beliefs and dare to innovate and pursue, "dreams" can still be re-ignited. "Dreams" will always give us positive energy and generate beliefs and hope even in adversity.

May all of us fight for our dreams and thrive on our dreams, having a fruitful life without regrets.

2. Activity Highlights

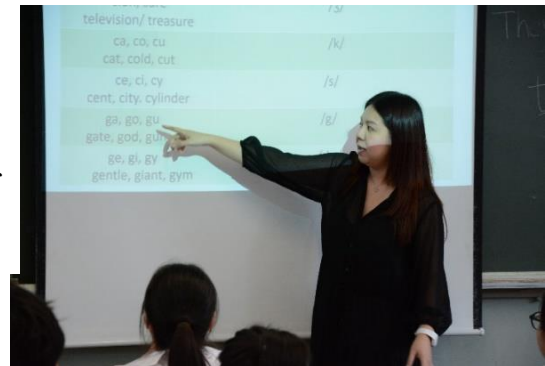
(I) U.K Study Tour

A highlight of the last school year, the 17-day study tour to the United Kingdom was an eye-opening cultural experience. It enabled our students to explore the country and learn English beyond the classroom.



(II) Phonics Class

Some dedicated alumni organised a 4-day phonics class to equip the Secondary 1 students with phonics knowledge. It helped them adapt to the new learning environment where English is used as the medium of instruction.



(III) Singapore Exchange Programme

For the student participants, the exchange tour to Singapore made last summer more than just a long holiday. They made friends with buddies from Hong Kong and Singapore.



(IV) Halloween Haunted House 2019



The Halloween Haunted House was opened to students on 31 October 2019, where spooky decorations, scary witches, ghosts and stunning excitements were displayed. Students lined up for the haunted house tour and enjoyed themselves while getting a fright. Students and teachers all had a good time celebrating this festive moment with our haunted house full of special ornaments and lively vigour. They ended their haunted house tour with a “trick or treat” snack. Overall the event was well-received.

(V) Toastmasters Youth Leadership Programme 2019

A group of S2-S5 passionate learners attended a series of workshops on improving the use of English in public speaking on Saturday mornings. With the support given by the toastmasters of the Dynamic Toastmasters Club, the school held 7 training workshops to develop students' self-confidence and enhance their public speaking skills. The workshops mainly focused on vocal variety, body gestures, speech clarity, organization and evaluation skills. Each participant received useful advice on how to improve both language and non-language skills for self-improvement. They made good use of the opportunities to learn and share their views with their teammates, teachers and guests. They all had a fruitful experience.



(VI) Reading to Learn

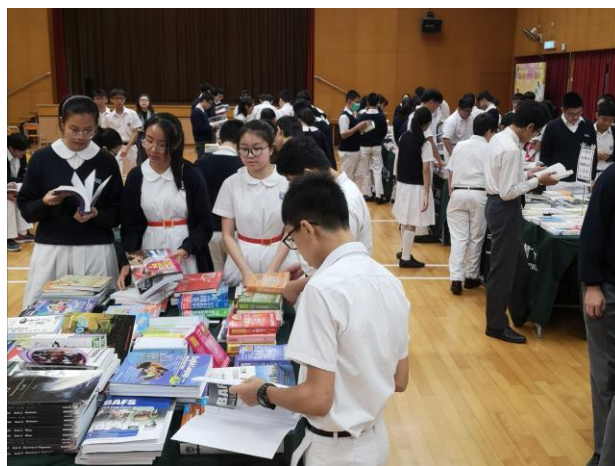
Visit to the School Library



All S1 students were taken by class to visit the School Library on 19 September, 2019. The Librarian Teacher, Mr. Tang introduced the students to the facilities, regulations and classification systems to help them utilize the resources in the Library for their studies. Students were also given a chance to share their views on what kind of place a library is and were encouraged to join the School Librarian team. Students enjoyed the visit and participated actively.

Book Fair 2019

The Annual Book Fair was successfully held on 6-7 November, 2019 in the School Hall. A wide selection of books were available in the aspects of academic and aesthetic development. Subject teachers accompanying students to the Hall also shared their joy of reading with students and recommended books to them. This year, chairs and tables were arranged for students to read in the hall as well. Heads of Department grabbed the chance to choose books for their subject needs from the Book Fair.



(VII) Major Concern II

A host of diversified programmes and competitions have been scheduled this year to promote the formation of positive attitude and life values among students towards life. The theme is “Positive Thinking, Learning by Doing, Flourishing Life”.



A talk on sex education in Life Education period



Talk on JUPAS in Life Education period



Morning assembly

The 1st Target is to nurture students' positive values towards personal development.

We aim to strengthen values education by cultivating a positive, supportive and caring learning environment through a variety of programmes. For example, we have organized a range of activities, such as morning assemblies, talks by distinguished guests and alumni, exhibitions, Life Education Lessons etc.

Moreover, for developing positive values and attitudes towards life, students are having Life Education periods and the theme this year is 「正向思維 · 知行合一 · 豐盛人生」. The theme is tailor-made for different forms. Students already attended one lesson in October.



Life Education Talk by SAHK Ambassador

In September, 140 S1 students and 4 S4 helpers joined the S1 Adventure Camp from the 26th to the 28th. The aims of the S1 Adventure Camp are to provide training on self-discipline, interpersonal skills, team building and problem-solving strategies. It also enhances students' personal development. Besides, it was a remarkable camp to enrich students' experiences to collaborate with others.



“Be the Master of Your Soul - Listening to Your Inner Voices”





This student is listening to the teacher carefully and trying to draw her pattern.

In order to encourage students to have a fruitful school life, Health & Sex Education Team has organized various activities for them. Coffee Latte Art Class is one of them. All the participants have demonstrated their creativities and persistence in the class.



She shows her work happily.

In order to enhance and develop students' healthy habit of having adequate fruits and exercises, Health and Sex Education Team and the Physical Education Department have co-organized the Joyful Fruit Run on 24 Oct 2019 (the School Athletic Meets) Participants can enjoy fresh fruits after running. Many students and teachers have joined the event and enjoyed the fresh fruits.



Hundreds of students are waiting for the run.



After the completion 400m running, students and teachers enjoyed the fresh fruits.

We also aim to foster students' career aspirations, planning and management in accordance with their personal abilities, interest and values.

S6 Careers and Life Planning Day (10-10-2019)

The talk was successful in keeping students abreast the updates of JUPAS application. S6 students were equipped with the strategies for making programme choices and prioritization.



Talk on JUPAS Application



Alumni Experience Sharing on JUPAS Application

S6 Careers and Life Planning Day (10-10-2019)

15 Alumni from 10 different tertiary institutes had sharing with S6 students on preparation for HKDSE, JUPAS programme choices and university interviews, and campus life. The group-based sharing activity is in-depth and is immensely helpful to their JUPAS application.



Mock Release of HKDSE

S6 Careers and Life Planning Day (10-10-2019)

A joint school mock release of HKDSE was organized by our school and Tseung Kwan O Government Secondary School with 249 S6 students being involved. Followed by the briefing on the multiple pathways for S6 students and release of mock HKDSE result, mock interviews on academic institutes offering degree and sub-

degree programmes and on job market in both private and public sectors are arranged. The event ended with a debriefing session. The joint school Mock Release greatly fostered S6 students' goal setting and life planning for their studies and careers.

Admission Talk by CUHK, HKUST and HKBU (11-10-2019)

Based on the preference of S6 students, they joined the talks by CUHK on degree courses of social science, by HKUST on science programmes and by HKBU on business discipline. Apart from talks on admission, there were also mini lectures on journalism and communication, marine biology and university student sharing. The event is successful in helping S6 students in their JUPAS application and they have better understanding of their academic or career aspiration.



CUHK



HKUST

2019 Taiwan Higher Education Exhibition (18-10-2019)

21 S5 and S6 students joined the Exhibition. Students got updated information on the admission requirements and degree courses of over 80 universities in Taiwan. The Exhibition enhanced students' self-understanding of their interests and abilities thereby facilitating personal goal setting and life planning.



HKBU



Eastern Hospital Exposure Programme for Secondary Students (26-10-2019)

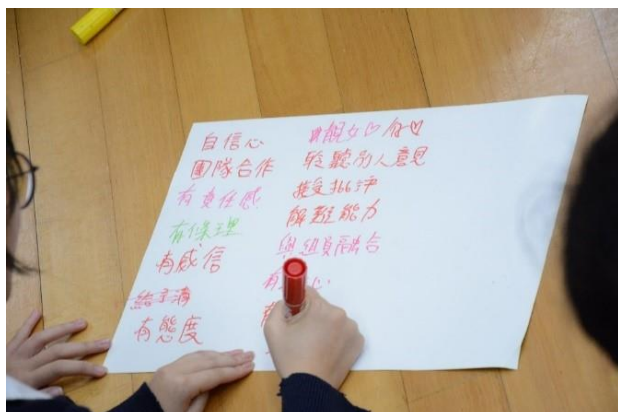
S5 and S6 students had the opportunity to tour a workplace in Eastern Hospital. There were career talks by medical and allied health professionals such as doctor, dietitian, and physiotherapist. Students had the chance to visit various workplaces such as surgery centre, clinical oncology and physiotherapy department. Through the exposure programme, students see what really goes on in the world of work in medical profession, and learn from the experience, behaviour and attitude of the professionals. This enhances generic skills of students, and helps them to develop correct work attitude and values in medical sector.



The 2nd Target is to facilitate students' sense of positivity in serving others. We aim to enhance students' capacity for serving the school and empower them with effective leadership.



To equip students with leadership skills, the ECA Leadership Training Workshop was conducted on 17th Oct 2019. 51 Chairperson / Vice-chairperson/ House Captains/ Leaders of the Clubs, Houses or Functional Teams took part in the workshop and it was well received.



Students' Association

The 30th Students' Association Electoral Forum cum Election was successfully held in the afternoon on 16 September 2019. In the open forum, the three nominated cabinets, POLARIS, PALLAS and VESTA, addressed their manifesto to their fellow schoolmates. Students were welcomed to raise their questions on stage. Students were able to cast their votes after the forum under the setting which is alike to the various levels of elections in Hong Kong.



The Electoral Forum

There were 723 valid votes in total and 337 of them went to PALLAS. PALLAS has been elected to be the 30th Students' Association of SGSS. Congratulations! Both POLARIS and VESTA received commendation for their wholehearted participation and unfailing support in the election.



Group Photo of the 3 Nominated Cabinets

The 30th Students' Association Inauguration was also successfully held on 23 September 2019. Our Principal expressed her gratitude towards the hard work of OASIS, the 29th Students' Association as well as the three nominated cabinets, POLARIS, PALLAS and VESTA, and encouraged all SGSS students to continue providing great support to the work of the Students' Association.



30th Students' Association – Pallas



Group Photo of the Annual Halloween Ball

In order to raise students' sense of belonging towards the school and be familiar with the social manner, the annual Halloween Ball was organized in the evening on 2 November 2019 which acted as a replacement of the annual Christmas Ball due to the coming hall renovation.



The ball was kicked off by the dance lead by our Principal, Ms Yan, and Ng Chun-ki of 5B, President of the 30th Students' Association. There were numerous dancing sessions and performances by the special guests. HUNG Ming-choi and To Sin-ting of 5B were awarded the 'Best Costume' while NG Chun-ki of 5B and KAN Wing-kiu of 5D were elected as the 'Ball King' and 'Ball Queen' respectively.



We also aim to provide opportunities for students to unleash their positivity through serving the community

Uniformed Teams

Uniformed team members were provided opportunities to serve in the Athletics Meets on 24-25 October, 2019. They assisted teachers in charge in various events. Their active participation and reliable assistance were warmly applauded.



To enhance Uniformed team members' physical fitness, team work and time management skills, 5 S2 and 3 S3 uniformed team members joined the 5-day and 15-day Hong Kong Military Training Camp respectively held at San Wai Barracks of the Chinese People's Liberation Army (PLA) Garrison in July. They underwent intensive training and get hands-on experience of the soldier's life. The activity empowered them with perseverance and effective leadership.



Community Services

To provide opportunities for students to serve the local community, a flag selling was organized on 2 November, 2019. 4 students from S3-4 took part in the programme to raise money for Hong Kong Lutheran Social Services. From students' feedbacks, they were engaged actively in the learning activity.



It is foreseeable that all the students will understand themselves more thoroughly and construct a positive attitude and life values through these creative and meaningful programmes.

(VIII)升中資訊日

本校升中資訊日已於11月30日(星期六)順利舉行。今年逾一千位家長及小學生蒞臨參與各種活動，場面熱鬧。當日的重頭戲「收生資訊講座」全場座無虛席，學校更開放了圖書館及多個課室進行視像直播。般見歡校長詳細介紹了筲官的特色，及各項為初中同學



度身而設的增潤課程及成長配套。為了讓家長了解本校中一自行分配學位的申請及面試要求，校長更詳細介紹了學校的計分安排及面試模式，讓同學們有充分的心理準備，輕鬆面對挑戰。校長與中一同學的真情對話環節，生動又全面地讓家長了解本校學生的生活。會



上亦播放了「筲官的一天」短片，帶領家長遊走校園，領略學生豐富多彩的校園生活。最後，兩位中四級同學分享了他們多年參與各類課外活動的點滴，充分體現本校重視全人發展的精神。此外，學校參觀及活動體驗環節亦同樣精彩，19個攤位分佈校園各處：課室設有趣味科學實驗、3D打印、STEM飛船及

模型船示範、試穿華服、中文詩詞遊戲、英語室活動、香港歷史介紹、地質常識、美術製作及甜品製作等等，而球場上則有排球及箭藝體驗，當然少不了各類的表演，包括啦啦隊及制服團隊步操，以至音樂及舞蹈表演。當日多姿多采的活動使家長及同學們感受中學生活的多元化及見證本校同學的學習成果。是日活動於下午四時三十分圓滿結束。

3. 得獎消息

(I) 2019 香港島傑出學生選舉

本校 6D 班學生蔡曉晴在 2019 香港島傑出學生選舉中，於 73 間中學共 140 位參選者當中脫穎而出，榮獲 2019 香港島十大傑出學生(高中組)。此外，本校 3D 班龔文傑亦獲得分區傑出學生獎項。是次選舉結果，肯定了本校同學對學校及社會所作出的貢獻。



(II) 青苗學界進步獎 2018-19

1A	周思言	3A	林誼銘	4E	李琳俐
1B	林正翰	3B	鄧均寶	5A	梁仲樂
1C	雷頌恩	3C	馮俊豪	5B	鄭翠瑩
1D	呂聯源	3D	李勇傑	5C	葉漢培
2A	姚奕多	4A	陳均延	5D	吳文欣
2B	張洛媛	4B	朱靜珩(特別加許)	5E	姚瑤
2C	麥子俊	4C	趙浩然		
2D	馮婉君	4D	黃安穎		

以上同學獲得「青苗學界進步獎 2018-19」，以鼓勵他們努力學習的成果。

(III) 領展大學獎學金—大學一年級獎學金

6D (2018-19) 范綉瑜在品行、學業和社區服務多方面表現出眾，榮獲領展大學獎學金二萬元正，以作鼓勵。

(IV) Hang Lung Mathematics Awards

6D (2018-19) Siu Ka Sing and 6D (2018-19) Lau Sin Tung received a token of encouragement for their project “Knight’s tour” and demonstrated that the quality of research in mathematics work exceeded beyond normal secondary school levels.

(V) Inter-school swimming competition

During the 2019-2020 Division III Inter-school swimming competition, our school achieved great results. In the boys A grade category, Wong Tsz On from 6D won 2nd runner up in 50m breast stroke and 3rd runner up in 100m breast stroke. In boys B grade category, Tsui Shu Sum from 5A also became the champion for 50m free style and was the 1st runner up in 100m free style.



4. 訓導組

領袖生訓練營於9月20至22日在白普理營地中舉行，在三日兩夜的訓練營中，領袖生們獲益良多。是次訓練營以歷奇遊戲為本，領袖生們需要在活動上運用個人應變能力、溝通技巧、團體合作精神去通過多種歷奇遊戲。參加者除了能夠享受有趣而多元化的活動，增加訓導組團隊的默契和友誼外，更學到作為領袖生應有的責任和能力。



攀爬高牆

領袖生們需要全體爬過一棟約四米高的牆。面對著眼前這個實體有形的高牆，領袖生們除了需要團結和專一外，也需要勇於跨越心中無形的高牆，放開顧慮地相信隊友，以勇敢無畏的精神去克服困難。



模擬案件

在模擬案件中，領袖生們會被問到日常執行工作時遇到的困難。同學會分組討論如何有效地解決相關問題，並通過話劇形式去演繹處理方法。活動不但生動有趣，在討論時有說有笑，領袖生們也能夠學習到解決問題的方法和原則，以便在真實情況下能夠熟悉及冷靜地處理問題。

5. 德育及公民教育組

「香港海事博物館學生導賞員訓練計劃」

本校中五級施曉琳、杜蒨婷、簡穎蕎、曹穎欣及黃彩蔚五位同學參加由香港海事博物館主辦「香港海事博物館學生導賞員訓練計劃」，學習一系列導賞員課程，由資深義工指導作深化導賞技巧訓練，並參加導賞實習計劃，成為海事博物館的正式導賞員，協助推廣海事文化，實踐「知行合一」貢獻社會，邁向「豐盛人生」。



由於本校學生表現出色，應邀於課程發展處舉辦「以史為伴、格物致知：博物館與歷史文化的學習」工作坊，向全港任教中國歷史及歷史科的教師，展示學習成果及分享感受，並作展覽導賞員。本校學生的表現獲香港教育大學梁操雅博士及指導老師讚賞。

以下是學生感受及反思：「我們慶幸能參加由香港海事博物館舉辦的『香港海事博物館學生導賞員訓練計劃』，使我們增廣見聞、眼界大開，更可參與著名學者和中學校長教授的講座及專業導賞示範等，讓我們進一步了解海事博物館的歷史和展品體現的文化。而



本校同學參加「香港海事博物館學生導賞員訓練計劃」獲美滿成果

順利完成計劃

後，我們更有知行合一的機會，將所學的知識與技能付諸實行，成為海事博物館的正式導賞員，從而協助推廣海事博物館的文化藝術，讓更多人對香港海事有深入的了解，實踐『知行合一』貢獻社會，邁向我們的『豐盛人生』。」

升旗禮及旗下講話



李巧儀老師擔任旗下講話嘉賓



李老師示範騎單車的特別技巧

本校於 10 月 2 日舉行本學年第一次升旗典禮，全體師生一同參與這次的升旗儀式。當天並由何東中學體育科科主任李巧儀老師擔任旗下講話嘉賓。李老師於百忙中撥冗蒞臨本校，並藉著這次機會，帶同與她一起參與三項鐵人賽的單車到本校，分享其在訓練的艱苦過程，及最終排除萬難，不但完成各項比賽，更代表香港取得佳績的寶貴經歷，勉勵同學無懼挑戰。李老師的分享，令同學獲益良多，終身受用。



殷見歡校長代表本校向李巧儀老師致送紀念旗

全港中學生新聞評述比賽

為了加強學生的時事觸覺，培養他們多角度及獨立的思維能力，本組與中國歷史科合作，挑選 38 位同學參加由學友社主辦的「第二十八屆全港中學生新聞評述比賽」。同學選取一則於 2019 年發生的本港、兩岸或國際新聞作主題，撰寫評論。

「正向思維·知行合一」講座

本組與主要關注事項二工作小組合辦「正向思維·知行合一」講座，邀請耀能大使曾鈴茵女士到校，透過分享她自小患有大腦麻痺症，卻刻苦自勵，熱愛生命，不斷練習硬地滾球活動，代表香港參加國際性賽事，凱旋歸來，屢獲獎項的經歷。曾女士更即場與同學進行硬地滾球比賽，利用互動形式推廣傷健共融社會的訊息。

同時亦邀請香港特別行政區傑出學生聯會代表以「掌握



傑出學生聯會代表鼓勵同學活出精彩的人生

自己人生的主人」為題

進行講座，分享

他們有幸獲學校推薦參加不同的傑出學生選舉，獲獎後應邀參加傑出學生聯會，籌辦不同社會服務活動之經歷及體會，鼓勵同學活出精彩的人生。



耀能大使曾鈴茵女士與同學進行硬地滾球比賽

傑出學生聯會代表鼓勵同學活出精彩的人生

本組與中史科及辯論學會挑選中三、中四及中五級共十四位同學參加由夫子盃教育發展信託基金、香港大學夫子儒生校友會主辦之「第四屆夫子盃中學生演講比賽」，目的是培養學生對中國文化及其精神的興趣，以及提升學生的公開演說能力。初賽在下列格言題目中選擇一題，演講時間以三分鐘為限：

- 一、君子求諸己，小人求諸人
- 二、君子恥其言而過其行
- 三、君子交絕，不出惡聲



吳銘莉同學榮獲初中組冠軍



吳樂瑤同學(左五)及李卓熙同學(左六)分別奪得高中組亞軍、季軍



參賽同學表現出色，獲評判一致讚賞項

各同學均積極準備，在初賽中全力以赴，表現出色，頗有大將之風。最終有四位同學脫穎而出進入決賽，進行即席演講，勇奪殊榮，為校爭光。初中組 3D 吳銘莉勇奪冠軍，3B 林穎彤獲優異獎。高中組 4B 吳樂瑤榮獲亞軍，5A 李卓熙奪得季軍。評判評語：「內容及結構方面，論據層次分明，例子具體有証，選材恰當。技巧上感情得宜，咬字見清晰。」

生命教育課

本學年循環周 B5 當天第 7、8 節為「生命教育」課節，時間為 80 分鐘。此課節目的是提升學生正面的價值觀和積極的健康生活模式，本年度主題為「正向思維·知行合一·豐盛人生」。

10 月 11 日舉行第一課節。各級主題如下：

中一至中四級：家計會「忽然性騷擾」講座

中五級：禁毒健康資訊分享、

「企業家分享」講座

中六級：大學聯招支援活動



家計會「忽然性騷擾」講座



禁毒健康資訊分享



「企業家分享」講座



大學聯招支援活動

6. 健康及性教育組



為了加強同學對口腔健康的關注，本校與港大牙醫學院合作了一個三年的口腔健康檢查計劃。港大牙醫學院的牙醫和護士於九月三日上午到本校為中



三的同学進行牙齒檢查。是次檢查是該計劃的最後階段，牙醫們對本校學生的牙齒健康表示滿意。



為了豐富同學的校園生活，本組於十至十一月舉辦了為期五次的咖啡拉花班。參加同學的表現都十分熱烈和積極。最初同學對自己欠缺信心，覺得自己總是沒有導師拉出來的圖案漂亮，經多次練習和嘗試後，所有同學也能拉出有水準和獨特的圖案！看到自己的

作品後，他們也十分高興！有的甚至捨不得喝下自己的作品呢！

本校於十月二十四日舉辦一年一度的陸運會，為了鼓勵同學和老師培養吃水果和做運動的健康習慣，本組和體育科合辦了 Joyful Fruit Run，讓師生一起享受跑步樂趣之後，享用新鮮美味水果。當天參加者眾多，大家也跑得高興和吃得滋味！



7. 生涯規劃組

生涯規劃組於暑期期間透過商校合作計劃為同學安排了工作實習，讓同學體驗律師事務所的工作。以下是同學的分享：

4D 簡穎蕎

在今次的工作體驗計劃中，我有幸來到楊敏熙律師事務所，擔任文書處理的工作。在這三日的體驗中，我嘗試了不同的工作，例如列印文件，在電腦內分類並排列文件夾等。這些工作雖然繁重且複雜，但在處理文件當中，我亦了解到我們的工作態度應該細心、有耐心，才可順利完成任務。



我十分感謝和我一起共事的同事和另一位實習學生，在我工作的過程中對我多番提點，令我可以改善自己工作的模式和思考方法，提升工作效率。我知道自己在工作過程有不少失誤，感謝他們的包容和體諒，給我機會再次嘗試完成任務。楊律師教導我的法律知識我也會銘記於心。

8. 環保教育組

(I) 漂書@筲官

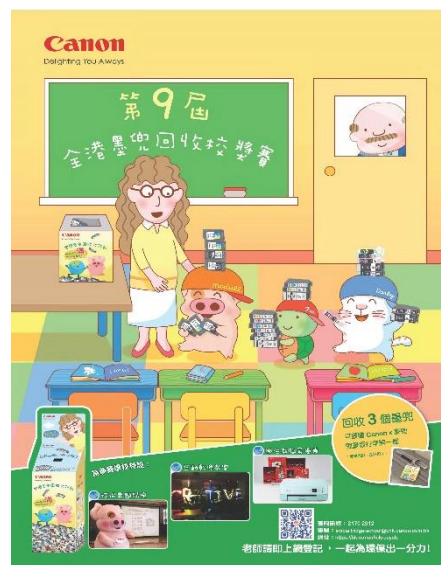
為培養同學的環保意識和閱讀習慣，本校環保教育組舉行「漂書」行動。「漂書」可簡單指「圖書漂流」，起源於上世紀 60 年代歐洲，主要是愛書友將不再閱讀的書籍，隨意放在公眾地方，讓其他人取走閱讀。最終書籍能夠重生，而整個漂書行動不斷延續下去。



(II) Canon x 麥兜「全港墨兜回收校獎賽」

保護環境及減廢是現今社會不容忽視的議題，為可持續發展的未來而努力。本校參加了 Canon x 麥兜「全港墨兜回收校獎賽」，鼓勵同學回收已用完的噴墨打印機墨盒（又稱「墨水匣」，簡稱「墨兜」）。

1. 同學可攜帶任何品牌已用完的噴墨打印機墨盒到學校回收，回收箱設於學校大堂，方便同學回收。
2. 學生每成功回收 3 個已用完的墨盒，有機會獲贈 Canon 麥兜限量版行李牌乙份。

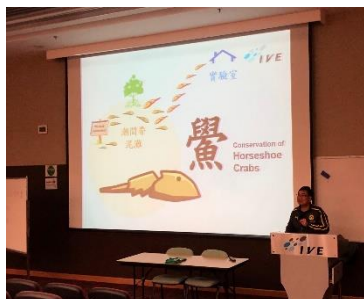


(III) 單面紙回收及環保文具

為鼓勵同學珍惜文具用品，本組在學校大堂新設置了單面紙回收箱和環保文具箱，鼓勵同學重覆使用紙張和文具，保護地球，珍惜擁有。

(IV) 早會分享 12-9-2019

五位中五環保學會同學在是日的早會分享她們在二月參加了環境運動委員會的「學生環境保護大使」的「基礎環保章」(高中組)的訓練經驗。內容包括：(i)香港的環保政策及措施；(ii)本地及全球環境議題；(iii)人與環境的關係；及(iv)保護環境的方法，讓同學加深認識保護環境的重要性，鼓勵同學參與校內環保工作。



(V) 三色分類回收桶/小型回收桶

本校參加了「學校廢物分類及回收計劃」，這計劃是由環境運動委員會、環境保護署及教育局合辦，目的是幫助學生認識珍惜資源的重要性及廢物分類的概念。今年本校多申請了一套三色分類回收桶及兩套小型回收桶，分別作校園分類回收及樓層分類回收之用，希望同學們能在校園生活中養成廢物分類的習慣，為保護地球出一分力。



9. 資優教育組

(I) 網上資優課程(由教育局及香港資優教育學苑提供)

網上資優課程提供進階學習機會，讓學生發揮潛能，培養學生的高層次思維、解決問題與自主學習能力。每個課程包括 3 個級別，而最高級別的課程達高中程度；每個課程均設級別測驗，合格可以升級；參加課程的學生，需於 2020 年 8 月 19 日前完成課程。學生完成每個級別課程，並於各級別課程的期終測驗合格，會獲發電子證書。

今年中三同學有機會按自己的能力和興趣，自願從以下五個網上課程中選擇其中一個報讀。五個網上課程包括「轉變中的香港經濟」、「數學」、「天文學」、「地球科學」和「古生物學」。全級 136 人，共有 91 人報讀上述課程。

(II) 3D 打印數學設計課



為推廣 STEM 活動，中一同學於本年度有機會到 STEM 創客空間教育中心上 3D 打印數學設計課。



2019 年 10 月 21 日(星期一)1C 班同學於 STEM 教育中心內參觀創客空間

間內設置的先進設備和工具，並由中心內的老師講解設備的運作，再由老師教授他們用免費電腦輔助設計軟件-ThinkerCad 去設計 3D 數學便利貼座。同學們利用不同平面圖形和立體圖形，設計屬於自己的便利貼座，並且打印，期待著自己的第一件 3D 作品。他們覺得是次活動使他們眼界大開，獲益良多。



10. 社會服務組

社會服務組為同學提供不同服務及學習機會，以下是同學的活動分享：

4B 陳康琪

2019 年 7 月 14 日至 28 日，我到粉嶺新圍軍營參加由香港教育局、中國人民解放軍駐港部隊及羣力資源中心合作舉辦的第十五屆香港青少年軍事夏令營。

在這之前，我沒有接觸過拳術這項運動，第一次看到岳家拳示範的時候，我迫不及待地想去學習拳法。到真正學習的時候，發現自己跟上班裏的節奏，學得比其他人慢，班副又教得很快，我還未學好第一個動作，他已經教到第三個，我只好在休息時間向其他人請教。到全排合練的時候，其他班的班副跟我說，我是排裏做得比較標準的一個，當我想到自己一開始跟不上節奏，到現在是排裏比較好的一個，頓時心花怒放，果然努力一定會有回報，這十天的努力也沒有白廢。

參觀石崗軍營也令我印象深刻。到達軍營後，全部人站成兩列，觀摩特戰訓練。特戰隊員示範他們平時的訓練內容，如：四人合力推偵查車、摩托車原地轉彎、拯救人質等訓練項目，這些訓練強度很大，真的很佩服他們能堅持下來。表演後，我們可以參觀特戰裝備，聽班長們介紹這些裝備的用途和結構，深深感覺到現在的科技越來越先進，武器裝備也因此變得精良。

夏令營後，我學到很多軍事知識、地圖使用的技巧和中國的歷史。除此之外，我明白到團隊合作的重要性，還學會了刻苦訓練，虛心學習，才能成功。



6D 劉銘傑



臨近暑假前的6月30日，我參加了由「熱熾傳城」青年大使計劃的義工活動。我們為提高市民禁毒的意識，特意在柴灣街頭與街坊互動，利用有獎問答的形式，希望透過在炎熱的天氣下派發清涼的飲品能幫助市民消暑之餘，又可以向市民介紹正確的禁毒知識。經過這次的義工活動，我對毒品的禍害有更深刻的認識。雖然要在炎炎夏日下做義工，不過正所謂助人為快樂之本，我們都對這次活動非常滿足。我亦希望能在未來日子繼續幫助、關心他人，成為一個樂於助人的「熱熾青年」。

3B 劉康妮

11月2日，我和學校的另外3位同學一起參加了香港路德會社會服務處的賣旗活動。在活動前，我特意上網查閱了路德會的歷史，包括創辦經過及其服務宗旨。能夠作為賣旗義工，為社會作出貢獻，讓我感到十分自豪。

賣旗活動開始後，我和同伴一起走遍小西灣的街頭，試圖尋找最有利的位置，卻發現當天有很多義工出來賣旗，幾乎每走十幾步就能見到一個。最終我們停在一个十字路口，正式開始賣旗。當中讓我印象最深刻的是一個主動過來買旗的小朋友和他的家長。家長一邊掏錢，一邊教導小朋友，長大後也要出來做賣旗義工，為社會服務。我聽後有幾分感動，本以為香港人情冷漠，原來還有一些有心的人希望能夠服務社會。

透過這次的賣旗活動，我更懂得關心和服務社會，期望下次還有這樣的服務機會。



11. 學會活動

中文學會 中秋猜燈謎活動

中秋佳節人月兩團圓。為了讓同學感受這個中國傳統節日的氣氛，中文學會於今年中秋佳節正日，即 9 月 12 日當天的午膳及放學時段舉行了中秋猜燈謎活動。一眾老師、同學都踴躍參與，聚首一堂猜燈謎。這師生和樂融融的場面，令大家都感受到中秋團圓美滿的和諧氣氛。比起贏得禮物的喜悅，大家更享受一起慶祝佳節的歡樂時光。



Mathematics Team and Mathematics Club

Math Halloween Activity



The Math Halloween Activity was held on 21 October 2019. All the Mathematics Club committee members planned the activity. They walked around the school and asked students to answer Math questions related to SGSS. Our students enjoyed the activity and learned more about SGSS.

