



中華傳道會劉永生中學

CNEC Lau Wing Sang Secondary School

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Newsletter

No. 49

March 2025

Empowering English: Adventures in and out of the Classroom

Learning English extends far beyond the confines of the classroom walls, aiming to foster comprehensive language proficiency through dynamic and interactive activities. To achieve this goal, our English Department has organized and actively encouraged students to participate in a variety of engaging activities both inside and outside the classroom.

Champion in English Choral Speaking

Combining English speaking, artistic and drama arts, choral speaking has become a milestone among our junior form English learners since 2023, providing them with a platform to brush up their English public speaking skills, fostering creativity and consolidating friendships.

Having undergone auditions for every S1 and S2 student, a total of 62 students, with representatives from each class, were selected. We are glad to see the IMPECCABLE BLEND of different voices regardless of their academic abilities. More remarkably, the team made history by winning the **championship in the 76th Hong Kong Schools Speech Festival!**

So, dear fellow LWS students, it's time to soar! With courage and perseverance, it is possible to achieve the impossible!

2B Yu Chi Hin, Gordon (The Fox)

Originally, I felt nervous because I was one of the main characters. At first, dressing in costumes was embarrassing and I was even assigned different gestures like kneeling down. However, I would not have been successful without my teammates' support! In addition, as a member of the CMI class, I gradually became more confident after each rehearsal, regaining the inner faith and belief in my abilities.



2B Lam Yik Chun, Kimmy (Marshall)

Joining the choral speaking team helped me become more confident. At first, I was afraid to speak on stage, as I had never done so before, not even a solo verse speaking event. However, the school gave me the opportunity to be part of the team. After I joined, Miss Naomi Chan asked me to count "1, 2, 3" at the beginning of the poem. This made me feel nervous and doubtful about whether I could handle the responsibility.

In the first few rehearsals, many teammates complained that I spoke too softly and they couldn't hear me. Some even wanted the teacher to assign someone else to take over my position. Yet, Miss Chan encouraged me to continue. After some training, I became less nervous and much more confident.

Ultimately, we won the championship in the competition, and I felt very proud of myself. I no longer feared speaking on stage. Therefore, I think choral speaking has helped me become a more confident person.



Debate Adventures: Building Skills and Confidence

Debate is a high-profile competition for developing critical thinking skills and impromptu speech.

4D William Christopher Chiu (Awardee of the Best Debater)

A Lifetime Experience: Joining the Debate Competition

It feels like just yesterday when I decided to join a debate competition. Initially, I never considered participating seriously; it was more of a joke when I suggested it. However, it really hit me when I knew that we would be facing last year's champions. Panic set in, and for a moment, I thought about quitting.



William Christopher Chiu from Class 4D got the Best Debater Award at UNSDGs Debate Competition.

I learned a lot about effective argumentation, persuasive speaking, and critical thinking, and I improved my ability to articulate my thoughts on the spot. Although my team didn't win, the insights and skills I gained are invaluable. I'm excited for future opportunities like this and eager to continue improving.



But I persevered, and although we lost, the experience was invaluable. I made a new friend, Jacob, and gained a broader perspective on the world. This taught me an important lesson: don't shy away from exploring the unknown. After all, we only live once.

4D Zhang Tsz Ching, Yolanda

This was my first debate competition, and it was an amazing opportunity to enhance my English-speaking skills. At first, I was nervous stepping onto the stage, but I quickly gained confidence as the competition progressed.

A Grateful Experience In the Common Room on RTHK

This year, we are honoured to be invited to co-host the radio program, *In the Common Room*, with RTHK. In this 15-minute session, four of our English Ambassadors shared their views on how to become a self-directed learner. It was undoubtedly a great opportunity for them to reflect on their current approaches while practising impromptu speaking.

4C Li Libbie

It was an exciting yet nerve-wracking experience. I was worried about whether I would understand or to be able to respond correctly as the host of the radio program was a native English speaker. However, fortunately, the host was nice and friendly. Despite making some grammatical mistakes and causing a bit of dead air, he didn't judge me. Instead, he listened to me patiently and encouraged me a lot. I really benefited from this experience and am grateful for the opportunity to participate in the program.



Why not revisit our program on *In the Common Room*



Talking to JP on the radio is absolutely thought-provoking!

Time to Talk

This is a group public speaking competition co-organised with the EDB NET Section which encourages participants to interpret topics creatively and reflect in ways that inspire and impact others.



New Event, New Rules. This time, we introduced a ticketing system in order to motivate non-participating students to join us and be part of this grand event. Participating as an audience is equally important in the English-learning journey as peer support and observation can enhance learning effectiveness. We are thrilled to see LWS students' enthusiasm for learning English outside the classrooms.

3C Yeung Ching Tung, Venus

Winning 2nd place in the Time to Talk competition with my friends was incredibly rewarding. I am proud of our performance and grateful for the support of Miss Chan, especially when she devoted her personal time to rehearsing with us on Zoom at nights. When we first thought about the script, we felt helpless and under a lot of pressure. But in the process, we encouraged each other and worked together. Although we didn't come first, the experience highlighted the importance of teamwork and encouragement in pursuing goals. I hope my friends and I will continue to make progress together.

3C Lam Ling Lee, Queenie

When the judges announced that we had won second place, I was very surprised. Although I had some experience in choral speaking last year, it was slightly different this time because we had to write the scripts ourselves, which was much more challenging! Initially, I just wanted to gain experience, but I didn't expect to secure second place in the end. I really want to thank my teammates and my teacher, Miss Naomi Chan!

3D Ng Mei Ying, Irene

I think Time to Talk is a great opportunity for me to challenge myself. It helps me to be more confident when speaking English. Although I did not win any prizes, I still learned communication skills and how to control my voices and facial expressions in order to enhance message delivery. In fact, I had been given ample opportunities to make English announcements previously, but I tended to slur. Until this competition, I decided to focus on articulating English words clearly and I succeeded! Now, I really enjoy standing in front of the audience and showcasing my improved skills. I am now more ambitious to keep challenging myself because every competition is shaping me into a better English-speaking Irene!



Look at how powerful we were when contestants and audience came together!



Ms Luana remarked that anyone can be a good public speaker.



We are - the Inside Out girls!

Flash Mob

“ With the dedication to create an immersive English environment beyond classrooms, our English Ambassadors are the essential manpower to motivate students to use English in daily conversations. Every Wednesday during lunchtime, our Ambassadors ‘mob’ around the school and invite students to share their views on a casual topic or read aloud a poem. More importantly, the flash mob activity was proposed by our manager, Zenith Long! ”

“ **2D Long Tsz Lok, Zenith (Manager)**

When I first planned this activity, I thought that not many schoolmates would be interested in participating, so I decided that students would receive a small gift when they completed the activity. Although this activity was designed by me, I still felt very nervous during the activity. I was afraid that my schoolmates would dislike this activity, so I often spoke awkwardly and moved stiffly. However, I soon realised that I was over-worried! When we walked along the corridors and yelled our slogan aloud, many students rushed to us and volunteered to join the activity! With such enthusiastic participation, I gradually stopped feeling afraid and started enjoying myself in the game. ”

“ **3C Li Enzi, Caden (Manager)**

I think the Flash Mob activity is a creative way to improve our English speaking skills. Flash mobs are irresistible because the tasks are actually fun, surprising and easily manageable. It's amusing to see even those who typically avoid speaking English getting involved! ”



James attempted the game for the second-time already!



What is Miss Chan's MBTI?

S6 Joint School Oral Practice: Elevating Our Speaking Skills

“ On 18 February, we invited students from Munsang College (Hong Kong Island), Hon Wah College, and Lingnan Secondary School to participate in our S6 joint school oral practice. More than 160 students joined the activity. It was a valuable opportunity for our S6 students to enhance their speaking skills and prepare for the upcoming HKDSE. ”



English Ambassadors and English Café Activities

As our English Ambassadors team is expanding into the strongest team ever, boasting more than 60 ambassadors this year, elite members have stepped up to take on leadership roles. These managers and chairpersons design activities and guide our younger ambassadors.

4C Wong Wai Hin, Curtis

As the chairman, I hope to create a dynamic English learning environment and empower all students to build self-confidence. I'm honored to organise various activities to strengthen different aspects of students' English proficiency.

To lead the English Club towards this goal, our chairlady, Amy, and I, along with the managers, have held multiple meetings to discuss innovative ideas and review the performance of each activity. One of our new activities this year is the Flash Mob, in which we surprise students on each floor asking them questions in English.

This year, I am determined to lead our English Club into new and exciting fields!

Chairpersons' Messages

4C Chow Nga Man, Amy

As the chairlady, I hope to construct an immersive English learning environment for our schoolmates and empower all students to use English confidently. We are committed to organising different activities to enhance students' English skills and abilities. To achieve this goal, the chairman, Curtis, and I have been meeting with managers to discuss different ideas and activities. In the past few months, we have organised a Flash Mob every Wednesday, the Time to Talk public speaking competition, debate competitions and more.



The inaugural issue of student magazine - The Lens



Our English Ambassadors Team

Café Kick-off and Activities in English Café

The English Café is an iconic English venue in LWS for its aesthetic and authentic environment that encourages students to learn English. Over the years, students have enjoyed a wide variety of food and drinks while engaging in English tasks.

1C Hoi Clarissa Shu Nga (Activity participant of Chat with Mr Atcheson)

Although lunchtime is a bit tight, the English café is very considerate and allows you to have lunch while joining activities! That's really great! During the activity, Mr Atcheson will show us various materials, including 10 to 20 tongue twisters for us to read. When I was not ready, the teacher wouldn't force me to read them, which I think was very thoughtful of him. Instead, I could listen to others first and practise myself before I chose to read one myself. After reading it, he would give us different stamps to encourage us! I believe this activity is a fantastic way to boost students' confidence in English!



Complete our specially-designed tasks and redeem treats!

3C Chan Sum Yau, Skye (Ambassador)

Helping at the English café kick-off is an interesting experience for me. I have witnessed how powerful English and communication can be. Everyone in the English café is nice and welcoming, always encouraging us to speak more English and boosting our confidence. Every time I help with the English café kick-off, I become more interested in English. Helping the English café kick-off is not just an event, but also a meaningful experience in my school life.

Students' Good Writings



1C Shih Hei Yi, Hayley

A Thankful Moment at the Athletic Meet

Last Wednesday and Thursday, our school held the Athletic Meet in Siu Sai Wan. It was a cool sunny day. I am so thankful it could take place smoothly as there was a typhoon in Hong Kong last week.

I participated in a shot put event. Although I didn't get any medals, I enjoyed the time very much. My classmates participated in different kinds of

events, but in the end, nobody won a medal. However, we would not be discouraged. We will continue working hard next year. We also congratulated other award-winning students. More importantly, we should really express our gratitude to the Lord for bringing us nice weather.



An Inspiring Athlete and Role Model

10D Tse Him Long

Do you know who the first Hong Kong athlete to win two medals in a single Olympic Games is? It's Siobhan Haughey. From thinking that swimming is boring to becoming a world-class competitor, Haughey's journey is truly fascinating!

Despite people saying that she has tremendous talent for swimming, Haughey didn't even like swimming at first. She thought it was uninteresting. However, as she continued to swim, she started to enjoy spending time with her friends. Slowly, she found a love for swimming and became passionate about it, which led to history being made.

Unlike most athletes, Haughey didn't come from a poor family, nor did she have bad academic results due to her training, which includes 10 swimming sessions per week. She often balances her athletic pursuits and her academic responsibilities. This balance paid off well for her career because she got into the University of Michigan, where she further sharpened her skills with the guidance of professional and experienced coaches.

Haughey experienced lots of ups and downs in her journey. The most impactful moment was at the Paris Olympics when the Hong Kong Association chairman called Haughey's performance "regretful," which had a really negative impact on her. She was on the verge of giving up, but her coach said that he was really proud of her, which gave her just enough

encouragement to forget about what the chairman said and continue with her athletic career. This teaches us that with some support from our parents, people we know, or even strangers, it can be just enough to regain our confidence.

Haughey is a great role model and an inspirational figure. One time she said, "There is no point lingering even. Champions learn from their mistakes and move on quickly." This quote explains that if you keep thinking about losses, your original goal will slowly start to fade away. Just remember that it takes time and dedication to achieve success.

You might be thinking, "Oh? I'm not even trying to become an athlete; I'm just a regular student." And that's where you're wrong. The things that you've just learned do apply to us, students. One of the things that we can admire about Haughey is that dedication will eventually lead to success. When we are studying, we might get distracted by the things around us, but when we remind ourselves of the previous sentence, we can stay focused and continue.

In conclusion, Haughey isn't just a remarkable athlete but also a very good role model for us. She teaches us many life lessons. This is why we should admire this athlete very much.





1C Yip Sze Tung, Louisa

Ocean Park

Last Sunday, my family brought me to Ocean Park. Why? Obviously, it was because I was really too stressed with my poor academic performance. I wanted to stay in a relaxing environment so Ocean Park is definitely the best place to go!

At the beginning, we visited the Panda Village. The panda was super adorable and I really wanted to cuddle it. My dad helped me take a lot of beautiful photos. I think this place is worth visiting.

Next, we went to the aquarium. My mom likes sharks but I don't think sharks are lovely at all.

Despite their appearances, I learnt the history of sharks. This was a valuable and meaningful visit!

Lastly, we rode on the roller coaster. It was really exciting and thrilling. The kids were screaming out loudly but I didn't feel terrified. Instead, I was exhilarated.

Ocean Park is the best amusement park ever! I don't feel tired anymore and I can't wait to visit again. What a spectacular day in my life!



4D Shi Lai Man, Nika

Students are stressed out, but we can iron it out!

Hello, everyone! Last time, I talked about how stressed the students are in Korea. Besides Korea, Hong Kong students also have a huge amount of stress and exam pressure. Last week, I finished my examination and I also had exam stress during the whole week. I slumped at my desk asleep during lessons and my stomach was churning before the examination. In this blog, I like to provide some suggestions to you guys from my experiences to alleviate the exam stress.

Nowadays, students in Hong Kong need to sit for the public examination in a highly competitive environment. We need to learn different subjects and do tons of homework. We don't have much time to relax. Moreover, many students feel stressed because of the high expectation from their parents and the peer pressure makes them want to be perfect and not to fall behind. These kinds of problems also push students in Hong Kong to the breaking point.

What can we do to reduce our exam stress? Firstly, we can set goals but be realistic. Don't be too hard on yourself. There is no doubt that we are not perfect, but we need to boost ourselves by setting small goals. Our confidence can be boosted by

achieving every small goal. I believe that if you have more and more confidence, you can do better and better in the exam. Secondly, I think you don't need to compare with others. The natural talent of you and your classmates are different, so you just need to compare with yourself, doing better than what you did the day before.

Besides what we can do, I think the schools and the government can also do something to help us. For example, I think the schools and universities can take other aspects of students' application into consideration, not only on grades but also in other areas such as music and voluntary work. I also think the government can provide vocational training for students to find their talents. I hope my suggestions can be adopted by the schools and the government.

These are all my suggestions for you guys. Hope you guys can have a happy school time and remember that failing in the exam is not the end of the world. You can still have a promising future if you keep on hitting the books and staying motivated.



神州·新影——江蘇 浙江拍攝分享計劃2024

20241220278

5A



古鎮水鄉



古鎮合照



華服合照



藝術鄉村

同蒞飛行團——珠海站

20241019213

4D



中山粵豐環保
科技研習基地



泉記生館農莊



中山電影城

同蒞飛行團——珠海站

20241019213

3A



珠海連州通用機場



王睿森同學駕駛
小型飛機



鄧芷鈺同學駕駛
小型飛機



珠海大劇院

同行未來——香港童軍大露營

2024 12 23 27



出發前的合照



舞獅體驗



同學正準備自
煮餐



港島分營營友合照

走出校園

「新世紀 新科技」德港青年交流考察團

20252616

11

5B



宿舍



弗里堡大教堂



海德堡大學



自行製作晚餐



黑森林山

香港青少年航天科技考察團

20241224307

4D



中國航天博物館



中國航天科技國際交流



居庸關



團友合照

2024 香港青年音樂匯演



2024 12 11 2024
B 15
4D

第 36 屆九龍城區學校音樂匯演

2024 12 22

36

4B



中樂團比賽後合照



中樂團參加 2024 香港青年音樂匯演



手鐘隊獲得最佳演奏獎



手鐘隊參加第 36 屆九龍城區學校音樂匯演



PolyU 愛 • 創耆樂挑戰賽



4D 4D
PolyU
STREAM



校史問答比賽

2024

11 1

25

3D

6A6B



等候題目



作答中



作答正確

校慶同樂日

2004 11 22



學生繪畫獎品老師陪同
學生過山車



神射手



集合



學生享受機動遊戲



全校 25 周年同樂日大合照



碰碰車好好玩



我們到海洋公園了



探探企鵝



很快體驗



繪畫得獎學生

校慶感恩崇拜

2512

6

JP

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41

15



主禮嘉賓、校董、老師、學生、家長、校友齊獻上麥子為感恩祭，劉永生中學就是一個獻給上帝的福音禾場



全體老師同賀25周年校慶



衷心感謝劉國生家族對學校一直的愛護和支持



全體師生一同手持麥苗獻祭的麥子，以美妙的歌聲向上帝献上頌讚



校監、主禮嘉賓陳國光牧師和4位劉國生在校史館暨劉保爾醫生學習室外進行剪綵揭幕禮



眾校友校長到訪校史館，同賀校慶，共頌主恩

25周年校慶活動

校慶啟動禮 (福杯滿溢)

9

125

LWS, Happy Birthday, 25



合唱團同學以美妙歌聲獻唱了屬於劉永生中學
每一位的 25 周年校慶主題曲



校監、校長帶領嘉賓、老師
同斟滿台山的福杯，感謝主賜
劉永生中學福杯滿溢



校監帶領老師和學生舉杯，為 25 周年校慶展開序幕

校慶開放日

252024

12 7

41

3
20

1000

1800



校友在校史館的照片找到自己校園生活的回憶



親善大使教小學生玩冰壘



師生一起慶祝 25 周年校慶



親善大使做實驗示範



親善大使向來賓介紹校園活動



海事青年團步操表演

本校連續榮獲兩項理財教育獎項

A) 投資者及理財教育獎 (教學) —— 學校組 2024 銀獎

2025 3
IFEC SFC



B) 理財教育學校獎勵計劃

2023/24
118

2024 12



財經局許正宇局長 (左2)、IFEC主席杜淦華大律師 (左1) 及SFC主席蔡天祐博士 (右1) 頒發予梅校長及盧副校長



聖經理財密碼

透過體驗式學習推動理財

400

聖經理財密碼 1

橫財不難求，勤勞積蓄財富必增

不勞而得之財必然消耗，勤勞積蓄的，必見加增 (箴十11)

LUCKY DRAW

勤勞積蓄財富必增

1 中華傳道會劉永生中學

聖經理財密碼 2

減少不必要的消費，股動地工作及投資能提升生產力的活動

2 中華傳道會劉永生中學

聖經理財密碼 3

理財是萬應之藥，不會不靈之財

3 中華傳道會劉永生中學

聖經理財密碼 4

作個忠誠理財好管家

4 中華傳道會劉永生中學



中華文化周

2024 2 11 2 13

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傳統剪紙匠心獨運



師生聯手秀才藝



拓印和製作香包真有趣!



師生於藝墟合照



穿越時空當神射手!



揮毫書法傳喜悅



精美打卡位置



古代魔術



同學十分投入「猜燈謎」的活動



校長老師首次維安



與作家交流讀書心得



智慧城市專題研習計劃獎



同學在教育局代表手上接過獎座及獎狀



獲獎學生滿設計攤位，向來賓介紹「安心老朋友」手機應用程式

“

AI新世代

5D

AI/Microsoft

2024

5

AI

AI
AIAI





生態探索小組「Greeners」及Happy Farmers大合照

建設「生態友善園區」



「生態友善園區」開幕禮



本地原生植物區

透過「動手做」學習生態保護



環保領袖生正了解約紋守宮、線形蟲和魔鬼蟹的飼養方法



環保領袖生學習照顧約紋守宮



Green Prefect 大合照



熱帶雨林及沙漠植物缸

中大生命教育日

2024 11 15



師生大合照



以黏土形式展述成長方向



破冰遊戲——誰是我的朋友



返轉水槍挑戰

中大惜別周會

2025 1 14



惜別周會中六級同學負責統籌，並由6B余嘉俊同學及6D李偉東同學主持



中六同學回顧三年高中的校園片段



中六同學向任教老師致謝，並送上禮物，以多謝老師的悉心教導



惜別周會後，校長與一眾師生拍攝大合照

輔導組全年主題—擁抱幸福

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	<ul style="list-style-type: none"> IG MBTI
	<ul style="list-style-type: none"> chill chill



輔導大使邀請老師出席活動



老師chill=chill



昆會話劇 在LWS尋求幸福感

福音營

Set Me Free 2024 11 29-30

Set Me Free



福音周

4C

5D 熙
Sparkler

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We are one in LWS

2025

Sparklers



2024-2025 第二十屆學生會 Henoaris

HenoarisHenoasis

Polaris

5D		
5C		
5C		
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5C		
4C		
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5D		
5D		



第20屆學生會內閣
Henoaris 成功當選



與校長茶敘



新舊學生會主席交接



同學宣傳精神健康



學生會領袖訓練

學生會活動

同聚永生，共賀二十五華誕
25Henoaris



25周年開放日



學生會齊賀校慶

師生共樂，迎舊迎新
2024 12 7Henoaris

捐血，挽救生命
Henoaris 2025 1 7

30252



師生同樂海洋公園



學生會自家設計「25周年校慶紀念品」



校慶同樂日司儀



老師齊捐血

學生領袖就職典禮

2024

10 17

IT Prefect
Ambassador

English Ambassador LAC



學生會會長帶領同學宣誓



領袖生在宣誓



領袖生戴上襟章

領袖生訓練營

449

20 21



領袖生們積極投入活動



完成了一天的訓練，是時候分享一下自己在過程中的感受



組員在訓練中加深可合作精神及歸屬感



全體領袖生大合照

新興運動體驗——旱地冰壘

2024 12 12



課外活動幹事及老師為中五、中六同學預備新興活動日活動「旱地冰壘」



中五、中六同學為班主任冰壘比賽打氣



同學專注投入冰壘活動



同學留心聆聽老師講解冰壘比賽規則

班際乒乓球比賽

24-25
2024 11 20 29



盡力揮拍



參加班際乒乓球比賽師生大合照



全力入繩

24-252024

10 24

跳大繩比賽



老師與冠軍學生隊齊齊跳



跳大繩比賽高級組冠軍6B



初級組冠軍3C

陸運會

24-25
9 11 12



各班均有設計美麗的班旗



中五啦啦隊比賽



最後一棒好重要



為同學打氣喊喊喊



緊張刺激的接力賽



中華傳道會劉永生中學

CNEC Lau Wing Sang Secondary School

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校訊

No. 49

25年3月

校長的話

齊慶賀 廿五載昂首闊步過

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12 6

12 7

2024

120-21



主僕 梅志業校長

