



# 中華傳道會劉永生中學

## CNEC Lau Wing Sang Secondary School

Address : 323 San Ha Street, Chai Wan, Hong Kong Tel : (852) 2715 6333  
Fax : (852) 2556 9126 Email : lws@lws.edu.hk Website : <http://www.lws.edu.hk/>

Newsletter  
No. 51  
April 2026

## Grand Opening of Our New AI Lab

We are thrilled to announce that the Opening Ceremony of our school's brand-new Artificial Intelligence (AI) Laboratory was successfully held on October 14, 2025, during lunchtime. This wonderful event marked a significant step forward for our school's technology education. We were deeply honored to have Professor Jong, the Director of the CLST, as our Guest of Honor to officiate the ceremony. Additionally, we were delighted to welcome Elder Chan, Principal Chan, and Ms. Wong as special guests to celebrate this important occasion with us.

During the ceremony, Professor Jong delivered an inspiring speech, sharing valuable insights about the state of digital education in Hong Kong and encouraging our students to embrace new technologies for their future success. Following his address, our school teachers shared the story behind the AI Lab, explaining the preparation process and discussing how AI education will be developed at our school to enhance student learning. One of the true highlights of the event was a sharing session by five of our students, who spoke about how they are currently learning and applying AI in various fields. It was truly impressive to hear how they are using these skills to challenge themselves and contribute to society.

The new AI Lab is fully equipped with professional tools to support student learning, featuring 30 iMacs, 5 MacBook Pros, and 2 large televisions. These high-quality devices are available for both teachers and students and are specifically designed to help students master skills in AI, programming, 3D modeling, and multimedia design. Moving forward, the school will organize various courses and workshops in the AI Lab, and we strongly encourage all students to make good use of these resources to explore the exciting world of technology.



# Speaking to Learn. Speaking to Succeed.

The English Department has embraced its educational direction as 'Speak to Learn' in recent years. Through various platforms, we have empowered students to unleash their potential in public speaking and build lasting confidence in utilising English both inside and beyond the classroom. Among the various platforms, we are deeply grateful for the opportunity to collaborate with the Education Bureau in organising Speak to Peak, which has definitely introduced a brand new experience to incorporate leadership into English learning. These innovative 1.5-hour, student-led meetings allow students to explore social topics through a linguistic lens such as investigating 'affiliation' as a social phenomenon and a vocabulary input. As one of the pioneer schools, we were honored to share our experiences at the University of Hong Kong (HKU), contributing to the growth of the speaking circle in Hong Kong secondary schools.

While celebrating the harvest, our students remain proactive and adventurous. More than going solo, our students have been experimenting with new public speaking formats. Just in the first few months of this academic year, our students have, for the first time, ventured into dramatic duologues, formal team public speaking and professional impromptu speaking.

99



Teachers sharing the fruitful experiences of our students at HKU

## 1. Dramatic Duologue



LWSers dare to explore different possibilities. Two basketball zealots incorporated their fabulous basketball skills into the story between two young frenemies, intertwining the complex emotional changes from frustration and annoyance to supportiveness and sarcasm again.



Adapting to embarrassment in acting

### 2A Leung Kai shing, Steven (Little Man) and 2C Wei Ka Hei, Daniel (Amon)

For the dramatic duologue contest, we have been practising tirelessly every day, rehearsing lines, fine-tuning emotions and polishing on-stage chemistry. We are grateful for Miss Naomi Chan's trust and guidance. When we hesitated to even show up, she dreamt big and said, 'You two can bring home the trophy!'

Although we didn't make the top 3 in the end, we're truly satisfied because we did grow together. For someone who was always reluctant to speak English, acting in English was far beyond our imagination but we did it! In addition, Steven often stayed late on the basketball court while Daniel sometimes burst into laughter, making our rehearsals unproductive. Yet, we learnt to embrace each other fully, strengths and flaws alike. The real win? It's not the shiny trophy. It is our friendship!

## 2. Public Speaking Competition and Showcase

Dipping their toes into team public speaking in Time to Talk last year, our students gained invaluable experience in sharing their views on stage in a friendly style. Without props and PowerPoints this year, nine students made their way to the 77th Hong Kong Schools Speech Festival. Prioritizing mental health, Edi Aman Aua Cahyaningati Lia from S2C and Louisa Yip from S2D set up a student forum to explore the relationship between mental health and exercising. Together with Professor Long from S2D, the team successfully conveyed their main message and won the glory. The novice team even performed in the morning assembly, setting an example, inspiring the whole school and creating more public speaking opportunities such as the emcee-newbies from secondary one.

### IC Yeung Yiu Hay, Jayden (Emcee in the Performance)

For my first MC experience in Lau Wing Sang, I felt a little bit nervous because I was unfamiliar with the place. I am just a form one student and I needed to be the MC in front of all S1-S6 students. It was a big challenge for me. However, it was under the encouragement of Miss Naomi Chan that I started to feel less anxious, be more confident, and succeed. In this experience, I not only learned a lot of vocabulary, but also learned how to be more confident. It has a profound impact on me. I am very grateful that Miss Chan believed and invited me to be the MC.



Kimi and Jayden presenting on stage calmly

### 2D Yip Sze Tung, Louisa (Member of the winning team)

After joining the public speaking competition, I felt a mix of thrill and nerves. At first, my hands were sweating and my heart was racing when I stood on the stage. But as I glanced at my notecard and began speaking, I slowly felt braver. I felt empowered by my ability, and to my surprise and joy, OUR TEAM WON THE THIRD PLACE!

This competition teaches me that I can overcome stage fright when I prepare well and stay determined. Believing in myself is the key! More importantly, bringing my speech to the school morning assembly is like getting another opportunity to refine my delivery, connect even better with the audience, and grow stronger as a public speaker. Practice TRULY MAKES PERFECT and I am already feeling my inner prowess to speak again.



Louisa shining on stage for the second time



The glorious moment



A friendly photo with the adjudicator after the fierce rivalry



A relaxed photo of the student participants, the adjudicator and Miss Chan, the teacher in charge



Kimi and Jayden enjoying the rehearsal for the divine showcase the following day

### 3. Professional Impromptu Speaking Workshops and Readers' Theatre

Believing that 'everyone can become a good public speaker', two workshops were successfully held to spark students' interests in mastering their voices for persuasion. Under the guidance of SCOLAR tutors, students gained valuable experience by experimenting with their voices through performing scenes in *Arsenic for Tea* as well as expressing personal views.



Thank you Mr Frank for the fabulous workshop



SIC Impromptu Speaking Squad



Standing in circle to practise eye contact



Thank you Ms Suckey for the pretty novel

#### 2C Edi Aman Auia Cahyaningati, Lia (Participant in Professional Impromptu Speaking workshop)

Mr Frank is a kind and helpful teacher. He helped and guided us to improve our confidence in speaking and taught us many ways to stay calm and collected when delivering speeches. There are a lot of useful ways of staying calm when delivering speeches. But one vital thing that has helped me the most is focusing on my breathing, which can ease my anxiety and slow down my speaking when my nervousness spikes up. In this way, I can deliver my speech in a comfortable way for the audience to understand.

#### 1C Chung Yan Hon, Cyrus (Participant in Readers' Theatre)

This was my first time joining the drama workshop. It was fun and useful to improve my English skills and made me no longer fear speaking English in public. A big thank-you to Miss Naomi Chan who selected me to join this workshop because now, I am not shy to speak in public. I wish to join more drama workshops to improve my speaking skills. What I remember most from the workshop is a funny game. Everyone formed a circle and spoke the word 'feet' to one another. If someone could not catch my eye contact and did not know I spoke to him or her, then I would get punished. The game taught me to speak clearly and make eye contact firmly.



Experienced senior helping out the juniors



Instantly applying impromptu speaking in a friendly chat with Mr Frank



Two SI newbies experimenting with their voice variations through a play



Cyrus dares to speak confidently with cheerful eye contact

# Bringing Cricket to LWS – A Game for Everyone

## Mr David Savundra

Cricket has a way of returning to your life when you least expect it. For me, it was an advertisement in Hong Kong of 'The Ashes' - cricket's famous rivalry between England and Australia - that brought back vivid memories of my school days. I was reminded in particular of a one-week summer cricket tour when I was 14. We were based in the city of Bath, playing matches by day and exploring the historic city by night. Although cricket gradually faded from my life, 'The Ashes' rekindled that passion. Incidentally, my esteemed colleague, Mr Atcheson, is from Australia!

Two days before the first game, Mr. Atcheson and I introduced cricket in a morning assembly and then showcased cricket in the lunch break later that day. For many Lau Wing Sang students, cricket was completely new. We focused on simple rules, hands-on practice, having fun, and of course, 'The Ashes'. The response was wonderful; students participated eagerly, asked thoughtful questions, and had fun! Some even came to the English Café that Friday to watch the opening game.

Cricket teaches patience, respect, and resilience – values which go beyond sport and which align with the Lau Wing Sang ethos. This event showed how a single game can connect cultures, generations, and learning in meaningful ways.



Mr. Atcheson is doing a demonstration on stage



Mr. David is teaching a S2 student how to use a cricket bat

## Rope Skipping

Do you know that rope skipping offers far more than physical training? It actually integrates rhythm, music, synchronisation and teamwork! This term, we invited two outstanding members from the rope skipping team, to share with schoolmates how rope skipping has transformed their lives and even enhanced their English-learning journey.

### How Rope Skipping Changed Lives

#### 4C Yu Hau Ching, Venus

I began my journey with rope skipping in primary one, and it's hard to believe that nearly ten years have passed since then.

In primary school, we had to choose a sport, and I randomly selected rope skipping. At first, I viewed it as just a fun activity. However, everything changed in primary five when I won my first medal. This achievement motivated me to practise more, leading me to start learning gymnastics as well to improve my skills. Many people think rope skipping is easy, but every sport has its challenges. I failed many times and struggled to do some tricks. I am grateful for the great coaches I met. They often remind me, "Each failure is a learning experience." Through these experiences, I learned valuable lessons about facing challenges and not giving up. These lessons have not only enhanced my abilities in sports but have also proven beneficial in many areas of my life, making me stronger and more determined. There is still a lot of room for improvement, and I will keep working hard. Hopefully, my rope skipping skills will continue to improve.



The rope that carries me through every challenge



The rope that has changed my life!

### How Rope Skipping Enhanced the English-Learning Journey

#### 4D Yeung Ching Tung, Venus

A few months ago, I was asked to share my rope skipping journey in the morning assembly. At first, I was nervous. How could I explain all those hours of training and sweat in just a few minutes?

While drafting the script, I reminded myself to highlight not just the skills, but the fun, the frustration, and the pride when I finally got it right. The only goal in my mind was: I hope I could inspire our fellow schoolmates, whether or not they are going to try rope skipping. Then, to maximise delivery effectiveness, I rehearsed multiple times.

On stage, I kept it simple. As a public speaker, I believe sincerity is the most crucial thing to impact audience. Venus and I shared our honest stories and a short video. It wasn't a perfect speech, but it felt real.

Unexpectedly after the morning assembly, some schoolmates shared with me their own stories about not giving up. And that was the best part, not just talking about my journey, but hearing about theirs. It turns out that a jump rope can connect more than just your feet. It can connect people too.



The rope that connects not just us but also the whole school in the morning assembly

# Students' Good Work

## A world without the Internet, I have more time to.....

2C Shih Hei Yi, Hayley

1994 - Yahoo.com      1997 - Google

2005 - YouTube      2010 - Instagram



For almost every five years, a new search engine popped up. But maybe YouTube and IG are already too old for you now? What about ChatGPT and Threads? The timeline is, starting from the 2020s, new search engines are invented EVERY YEAR. If I say, I don't use these engines, do you believe in me? Do you believe in me?

Probably, NO! As long as we have a smartphone in hand, it is inevitable that we use these engines; these social media are just too tempting to resist. But the question is, should we let them dominate our lives? Should we devote time to other stuff? Should we resume physical bondings instead of making friends in the virtual world?

Ladies and gentlemen, welcome to MY WORLD without the Internet.

Without the Internet, I have more time to go out for a walk. Oaks, acorns, squirrels. Grass, flowers, butterflies! Fly to me! Without the Internet, without focusing on my phone, I started to appreciate nature. Trees may all look the same to you. Not to me. Did you know you can actually identify different species of plants without the Internet? There is normally a tag showing their names in parks. It is so obvious but obviously we would not have paid attention to these name tags when we focus on the Internet on palm.

Now, this brings us to the next point. Not only appreciating nature, but putting aside the Internet also helps us learn. Learning in the park, learning about different species of trees, flowers, and grass. This is exactly learning beyond the classroom!

Alright, coming back to the classroom, this is our most imminent focus as students.

Without the internet, WE have more time for a FOCUSED revision. When we are studying, we are always distracted by the notifications from different apps, aren't we? Without the Internet, there will be no more social media messages to disturb us. We can also achieve better results in the exam. How about adults? Mom and Dad? I know it's very exhausting to be working parents, isn't it? Without the Internet, after going home, you will not need to answer your boss anymore! You can enjoy your rest. You can say, 'Come, kids! Let's have some fun in the suburbs this weekend! I've left my boss in the office!'

Lovely! I would always love to hear this from my busy 'b'arents. After the picnic, I can even write a diary to discover my creativity and record this marvellous weekend. Secondly, I can have time to do exercise. The fun things we do, like doing yoga on the lawn, swimming in the lake... See how fun and healthy the days ARE without the Internet! Healthy in physique, healthy in mind, healthy in family!

Ladies and gentlemen, free yourselves from the Internet now! YOUR WORLD without the Internet, how will it be? I am sure you will have more time to be a loving son or daughter, a genial parent and a passionate nature lover.

Ladies and gentlemen, YOUR WORLD without the Internet. YOUR POWER to shape your lives.

Thank you!



## 4D Yeung Ching Tung, Venus

Have you ever thrown a plastic bottle into a rubbish bin and just... forgot about it? It's out of your hand, out of your house, and out of your mind. We think the story ends there. But it doesn't. This bottle's adventure is just a beginning.

Hello everyone, today I want to talk about giving that bottle a different adventure. Let's talk about recycling. What is recycling? What is this boringggggg notion????

Let's think of it as magic! Yes, magic! With one simple SPELL: reduce, reuse, recycle; reduce, reuse, recycle, we can transform one thing into something completely new. I know what some people might think. "Does my one little bottle really make a difference?" IMAGINE a football stadium. Imagine that the stadium is completely filled, from the grass to the VERY TOP seats, with plastic bottles. That's how much plastic we throw away EVERY SINGLE hour. So yes, your one bottle ABSOLUTELY matters. When we recycle, we ACTUALLY SAVE a HUGE amount of energy. When making something from zero, it uses a massive amount of power. But how about making it

from recycled materials? It uses up to 95% energy less!!

Let me give you another BIG reason.

The spell is for SAFEGUARDING our planet – like the Harry Potter Protection Spell blocking Hogwarts away from dementors! Our planet has amazing treasures – forests, rivers, and animals. But to get new materials, we often have to dig up the earth. When we recycle paper, we save trees. Trees that give us clean air. We are PROTECTING these treasures for our children, and our CHILDREN'S children.

Now, do you see how important recycling is? When you recycle, you join MILLIONS of other MAGICIANS around the world, all doing the same simple spell: reduce, reuse, recycle; reduce, reuse, recycle. It's an easy magic to learn. Ladies and gentlemen, join me! Let's Not just throw things away. Let's be MAGICIANS. Let's CHANGE trash into something NEW.



## 6C Lau Hiu Fai, Eric

Everyone has a dream, don't you? What is the last time you dreamt of doing something big? As we age, reality often encroaches upon us, gradually diminishing our passion to dream.

Hello, everyone. I am Eric and I am here to reignite your dreams by clarifying the interplay between dreams and reality.

We all have dreams. Those big, bold visions that inspire us and give our lives direction. But how do we balance these dreams with the reality we face every day?

Dreams are crucial. They are the driving force that pushes us beyond our limits, sparking creativity and innovation. Think about the great inventions and social changes throughout history, like aeroplanes and rockets. Many began as dreams that seemed impossible. Who would have thought, just 150 years ago, that humans could fly in the sky like birds?

However, dreams without a grounding in reality can lead to frustration. It's important to set realistic goals and create actionable plans. Break our dreams into smaller, achievable steps. Richard Wright, the inventor of aeroplanes, once said, 'The impulse of dream was slowly beaten out of me by experience. Now it surged up again and I hungered for books.'

From his quote, we can really see the need to counterbalance reality and dreams, and the way is to gain more knowledge and skill.

I play table tennis and I dream of getting into the national team one day. But the reality is, no one from Hong Kong has ever been selected for this team! Possibility? Zero. Unknown. But, I believe I will be the one transforming from zero to hero! To make this dream a reality, I have joined multiple regional competitions to sharpen my skills. Match by match, I became the champion in the inter-school table tennis competition. For me, reality isn't an obstacle; it's a tool which pushes me to refine my approach and strengthen my resolve.

So, in the end, the key is balance. Embrace your dreams passionately, but remember to stay connected to reality. Dreams give us direction, and reality gives us the tools to get there.



## 6C Shih Fong Ying, Michelle

Close your eyes and paint a picture in your mind. Imagine a street lined with destroyed houses, children's limbs on the ground, and people crying in despair. I'm not telling a horror story; this is the reality of war. How do you feel when you think about it?

Ladies and gentlemen, I am Michelle. And today, I would like to encourage you not to ignore war any longer, and perhaps, start to think about how to stop wars.

May I ask, how many of you truly understand the wars happening in the world today? I was once indifferent to war myself, until I saw a news story about a boy who said, "You live in a world of peace, while I live in a world where alarms sound and I must run." He made me rethink war and peace. If one day war occurs in our lives, how would we face it? Would we be prepared? Look at Ukraine and Russia; they are developed countries and nobody would have ever imagined a war would be sparked between them, but they did! War is not something that is far away from us.

Rather than asking ourselves if we are prepared for wars, the better question is how we can avoid wars.

The root cause of conflicts is caused by human misunderstandings, differing positions, and views. Let's reflect on our daily lives. Conflicts just exist everywhere in our lives. What if someone misunderstands our thoughts? Mutual understanding is the

fundamental way to resolve these "mini-wars" in our lives.

If individuals cannot understand or are unwilling to respect each other's views, conflicts will easily happen under the influence of emotions. Consider this simple illustration: a figure viewed as a '6' from one angle appears as a '9' from another. This reflects that different perspectives give us different conclusions. If we are willing to put ourselves into others' shoes, we can naturally prevent conflicts from arising, maybe even wars.

Even if we cannot stop the current wars, we can still influence the causes of future conflicts. Therefore, do not ignore even the smallest arguments among friends or family! If all of us can think this way, we are taking small steps towards preventing wars. Every one of us has a role to play in maintaining a peaceful order in the world. Let's begin with tackling conflicts from the personal level!



# 班際跳大繩比賽

## 5A 袁永豪

25-26年的班際跳大繩比賽於10月21日在本校操場順利舉行。

比賽前兩天，同學們寧願犧牲午膳時間積極練習。目睹中一同學接踵而至地嘗試，由最初不懂入繩、每次入繩都「你推我讓」，到老師同學不停的鼓勵、同學不斷的鼓起勇氣嘗試，到最後終於成功入繩跟著節奏一齊跳；整個過程，此情此景令我深感觸動，因著他們彼此打氣及努力嘗試。我很榮幸能作為本次比賽的工作人員之一，能夠親身感受到同學為了自己班級而努力練習。

比賽當日，初中同學於籃球場比賽，高中同學則於紅磚操場比賽。課外活動幹事分兩組協助初、高中賽事。我非常感謝所有協助比賽的課外活動幹事，沒有他們的辛勤付出和努力，比賽無法順利進行。



高中同學非常緊張賽果



IC 同學打敗多班成為初級組亞軍



盡力、跳！

# 班際籃球比賽



## 5A 黃梓諾

25-26班際籃球比賽於11月19日至26日午膳時間舉行。活動由課外活動幹事正副主席策劃，聯同其他課外活動幹事及籃球校隊（作球證）協助完成所有賽事。

在本年度，我有幸參與籌辦班際籃球比賽這項盛事。在籌辦期間，我得到不同單位的幫忙和協助；籃球比賽得以能順利完成，歸功於同學們的無私付出，讓我體會到大家對籃球的熱忱。

作為課外活動幹事主席，我需要帶領組員去計劃賽程、協調球證及預備比賽物資。雖在編排賽程上絞盡腦汁，在執行計時及計分工作時倍感壓力；但當看到同學在球場上揮灑熱血的一刻，便感到一切辛勞都是值得的。

或許「課外活動幹事主席」的職位有點沉重，但藉着這個寶貴的機會，我學懂如何去帶領一個團隊、與不同的老師同學作有效的溝通等。我期望在往後的日子，自己成為一個更有信心及責任感的領袖。



同學們在場上努力拼搏的樣子

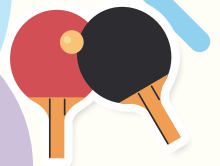


初中冠軍老師同學大合照



師生共同欣賞比賽

# 學界乒乓球比賽男子甲組冠軍



2025年11月30日，本校取得學界乒乓球比賽男甲冠軍，以下是隊員的分享：

## 3A 王逸禧

當我在乒乓球學界決勝局上場的時候，我感到很大壓力，但是隊友和教練的鼓勵和支持，讓我重拾自信心，把握機會最終成功取得冠軍。

## 5A 王子鋒

從沒想過能走到這一步，感謝所有隊友和教練助我在中學生涯能取得金牌。這個獎牌屬於我們整個團隊。

## 5D 吳光耀

感謝教練的指導及隊友們互相支持與鼓勵，讓整隊球隊都能夠帶着信心和冷靜去面對比賽，共同奪得中學生涯中最難忘的冠軍！

## 6A 蔡偉龍

感謝並肩作戰的隊友，團隊的力量讓我們跨越極限，成功戰勝強大的對手，並在我中學的最後一年寫下了這段難忘的勝利。

## 6C 張曉俊

很開心可以在中學階段最後一屆學界比賽中與隊友共奪殊榮，我會永遠記得和大家一起比賽、練習！多謝Miss Chan，教練和各位隊友。



吳光耀努力迎戰中



王逸禧和蔡偉龍的雙打組合



一起分享冠軍的喜悅



手上的獎盃是隊員努力的成果

# 全港青少年體適能挑戰賽高中組殿軍



## 4B 徐傲翔

在今次比賽中，我提早進行針對練習，預備比賽裡面要比拼的項目，例如滑雪機、划船機，而最銘記於心的項目係「推雪橇車」，這個對腿部力量要求很高，當我完成第一輪賽事後，我已經接近抽筋狀態，雖然我深知繼續堅持比賽好艱難，但看到隊友亦不放棄，加上一直以來的付出，我不願辜負隊友，便拼命到最後一刻。當我在頒獎儀式聽到我們獲得獎項，我就知道我們沒有白費一直以來的訓練。這件事使我體會到運動可以強化體能、強化心理素質，更令我生活變得更有能量。



深蹲推球



推雪橇車



全港青少年體適能挑戰賽高中組(殿軍)

## 升輔交流團



在東湖前大合照

2026年1月13日至17日，本校參加由教育局舉辦的「同行萬里——學生內地交流計劃」，到訪紹興、杭州，旨在深化學生對內地科技創新發展的認識，讓學生認識在內地發展的機遇，更好地規劃升學及就業方向。

交流團除了參觀多處別具特色的文化景點，亦有幸與杭州市笕橋中學交流，其中認識到當地中學除了注重學術成績，同時着力發展學生的藝術、體育、科研等方面的技術，為杭州這座結合古典與科技的城市，培育了不可多得的人才。



與杭州笕橋中學交流



參觀杭州科技館



在杭州參觀機械人公司

## 數學交流團（姊妹學校計劃）

2026年1月14日至15日，20位中三至中四同學探訪我們的姊妹學校——中山市永安中學。是次交流以數學為核心，同學透過與當地學生一同參與數學體驗課，切磋解題心得，深入了解內地課程特色與發展。此行不僅激發了同學對數學的熱情，更鞏固了兩校情誼，別具意義。



到訪姊妹學校

### 3C 黎朗婷

在這次交流團中，其中一個令我最深刻的景點是詹園。在這裡會覺得自己身處在一個園林之中，四周都是翠綠的植物和古色建築。遠離塵囂，山景清靜，湖中的鴨和鯉魚在暢遊。陽光灑下，穿過石牆上的鏤空花紋，照出地上不規則的光影。另外，此行亦豐富了我對攝影構圖與光影捕捉的體會，例如當時的光線是從哪個角度和形狀落下，有的是被樹葉遮擋成斑點，有的沿著波浪形的屋簷形成分界線，每一種方式都有不一樣的感覺。



參觀詹園

### 4D 廖健安

這次的交流團令我獲益良多。其中最深刻的是參觀學校和孫中山紀念館。首先，我了解到當地學校的校園生活與我們相差甚多，當地的教學設施先進，著重科技發展，我體驗了模擬駕駛飛機。然後，上了一堂數學科，了解到高二課程，內容貼近日常生活的內容，方便實用。而且，當地校園生活多姿多彩，例如有游泳館，排球場，羽毛球場，讓學生在自由時間中有多元選擇。而在紀念館，我體悟到「振興中華」並非遙遠的口號。從孫先生生平中，我看到了信念的力量，他屢敗屢戰，卻始終朝著民富國強的目標堅定前行。這讓我明白，真正的偉大，在於為理想行動到底的勇氣。



體驗駕駛模擬飛機

### 4D 冼亮言

參加這次中山交流團，最難忘的片段是在影視城裡，親眼看到並坐上了古色古香的馬車。那一瞬間，轆轤的車輪聲與馬蹄的節奏，彷彿將我從現代繁華一下子拉進了舊日的時光長廊。身旁是復刻的樓閣與街市，坐在微微搖晃的車廂裡，眼前晃動的景象讓我真切地觸摸到了一段濃縮的歷史。這不僅是一次簡單的遊覽體驗，更像一場短暫的「穿越」，讓我對這片土地承載的故事與文化，有了更生動、更深刻的體認。這份新奇與震撼，將成為我記憶中一幅鮮明的畫面。



與當地同學進行數學交流

# 走出校園

## 公民科 佛山嶺南文化內地考察

2026年1月14日至15日，本校中五師生參與了為期兩天的佛山嶺南文化考察，旨在深入探索廣東的文化遺產。

首日，團隊參訪了佛山鴻勝館，溯源嶺南武術之歷史；隨後到訪順德宗祠，感受傳統宗族文化的莊嚴；晚上則漫步於嶺南天地，體會古建築與現代商業的完美融合。次日，師生前往南風古灶，親身體驗百年古灶的傳統製陶工藝；下午參觀粵劇大觀園及順德粵劇博物館，沉浸於中式庭園建築及粵劇魅力之中。

這次旅程讓學生在親身體驗中，加深了對國家歷史與嶺南文化的認識和認同感。



體驗製陶工藝



順德宗祠



習武



佛山鴻勝館



順德粵劇博物館



佛山鴻勝館合照

## 神州·新景——江蘇 拍攝分享計劃

2025年12月20日至27日

4B 陳思齊

在這次交流團中，我深刻體會到自然與文化的魅力。從江南水鄉的古老建築，到各具特色的地方風情，這些經歷讓我感受到文化交流的重要性。在與來自不同背景的團員互動時，我們分享彼此的故事和經驗，不僅增進了友誼，也使我對升學及未來的規劃更為明確。

我尤其鍾愛江南的美景、水鄉的慢活步調與古樸街道，讓我彷彿穿越了時空。此外，我們還探訪了多處歷史古蹟，每一處都訴說著獨特的故事，加深了我對中華歷史與文化的理解。這次交流啟發了我，讓我體會到文化的多樣性與包容精神，也更期待未來能繼續在不同的文化中探索學習。



江南水鄉



分組討論

## 雲南考察團

## 非遺織華·滇史長歌

2025年12月22日至28日

4D 沈奕儒

七日六夜的雲南交流旅程，對我而言是一段充實而深具意義的學習經歷。回望這段旅程，我從不同角度認識了雲南的歷史、文化與多元民族特色，也在行走之間加深了對自身與世界的理解。

在昆明花卉市場，我感受到當地生活的節奏與活力；繽紛的色彩與熱情的交流，讓我看見雲南人對生活的態度。走進西南聯大舊址，抗戰年代的堅毅精神與知識分子的使命感，令我深刻反思教育的價值與責任。來到和順古鎮，古樸的建築與濃厚的書香氣息，使我體會到文化傳承的力量。其後南下瑞麗與芒市，邊境文化與多民族風情更讓我明白，多樣性並非抽象概念，而是活生生的日常。

這七天的所見所聞，不僅豐富了我的知識，也拓寬了我的視野。雲南以其歷史厚度與文化魅力，為我留下深刻印象。這段旅程將成為我成長路上的重要一頁，提醒我以更開放、更尊重的心態去面對世界。



玉石市場



學校交流



國際花卉交易市場



海晏村

# 中六生命教育日——擁抱失敗

2025年11月14日，本校於保良局賽馬會北潭涌度假營舉辦中六生命教育日，透過個人、小組挑戰活動、高結構挑戰讓學生經歷失敗，亦體驗互相支持。於活動尾聲透過營火活動，讓學生回憶過去的失敗並不可怕，所有經驗都是生命成長的養份。學生們積極參與各項活動，亦讓師生、社工間有一次分享生命故事的機會，建立正面價值觀。



師生大合照



二人合作挑戰高結構歷奇



碌 Forward



營火前檢視失敗經驗

## 中六惜別周會

光陰荏苒，轉眼間中六同學學成在即。2025年12月18日，本校於禮堂舉行了中六惜別周會。周會在中六同學領唱校歌的歌聲中拉開序幕。典禮中，中六同學藉著校園回顧片段，細味六年來的成長點滴，並逐一向校長、老師、學校職工致送謝意，感謝每位在背後的默默耕耘與守護。最後，校長引用歌曲《凡星》作訓勉，勉勵同學在面對公開試之際，要常懷感恩之心、不忘主恩，更期盼同學能善用神所賜的恩賜，於未來投身社會，成為照亮他人的微光。



校長以《凡星》一曲勉勵同學



校長送贈鎖匙扣予中六同學，祝福同學成為「新廈街學霸」



中六同學載歌載舞，致謝老師



中學畢業班同學與師生大合照

# 2025香港青年音樂匯演

## 5D 史麗雯

2025年11月，中樂團和管弦樂團於參加了由音樂事務處主辦的2025香港青年音樂匯演——中樂團中學A組及交響樂團中學B組比賽，並獲得銅獎。

是次的比賽，我們演奏了樂曲《迎春秧歌》。在練習過程中，團員總是互相幫助和鼓勵，氣氛融洽，令人倍感欣慰；亦感謝吳指揮對我們的耐心教導。

## 5D 吳熙雯

感謝蘇指揮的悉心指導，讓樂團在備賽過程中不斷進步。團員們勤奮地練習，盼以最佳狀態迎接比賽。這次的成績不僅見證了我們的努力，也成為團隊難忘而珍貴的成長回憶。



管弦樂團在文化中心比賽結束後的合照



管弦樂團比賽中的照片



中樂團在伊利沙伯體育館比賽前的合照



中樂團比賽中的照片

# 海洋公園報佳音



合唱團於報佳音後大合照

## 5C 羅晞悅 黎凱晴

2025年12月19日，合唱團參加了由海洋公園主辦的「聖誕Sing樂匯2025」。我們在充滿聖誕氛圍的環境下，演唱了一連串膾炙人口的聖誕曲目，吸引不少途人駐足欣賞。這次演出對大部分團員來說是首次在公共空間表演，大家起初雖有些緊張，但觀眾的掌聲與微笑鼓舞了我們，讓我們漸漸投入演唱並感受到音樂帶給人們的溫暖與連結，相信這次經驗令到合唱團有所成長。



合唱團於海洋公園報佳音



團員均投入演唱

# 移動非遺及洪拳武藝

為了增加學生對香港非物質文化遺產的認識，本校於2025年11月20日至21日參加由香港文化古蹟資源中心主辦的「非遺專車計劃：移動非遺學校教育活動」，活動包括「移動非遺」專車展覽、「非遺大舞台」及「非遺傳承手作坊」。透過精心設計的展覽、互動裝置和活動，讓同學寓學習於富趣味的遊戲中，認識香港非遺的豐富內涵，包括語言、音樂、表演藝術，以至自然知識、節慶習俗和手工藝等涵蓋日常生活各個方面的非遺項目，以提升同學對非遺的認識，讓同學從中學習及欣賞文化遺產。



「移動非遺」專車展覽，導賞介紹深入淺出。



手握刻刀，專注地在麻雀上雕琢，一刀一劃，領略工藝精髓。



師傅親自指導同學麻雀雕刻的技巧，體現文化傳承。



幾位同學在「非遺大舞台」向黃飛鴻夫人莫桂蘭嫡傳李燦高師傅學習「洪拳」。



同學們在「非遺傳承手作坊」中專心致志觀察師傅示範麻雀雕刻。

## 中一級「大熊貓之旅」

2025年11月14日，本校課外活動組聯同科學科合辦「大熊貓探索之旅」活動。中一級學生有機會到海洋公園參觀「大熊貓之旅」和「香港賽馬會四川奇珍館」，學生此行加深了對大熊貓生活習慣的了解，亦有機會探索在日常生活中如何實踐保護大熊貓及其棲息地的方法。當日學生反應熱烈，同學都非常愉快，不停與大熊貓合照，參觀後亦有機會與同學享用其他海洋公園設施，與班主任共同度過一個愉快的星期五。



中一「大熊貓之旅」大合照！



吃得津津有味



大家找到大熊貓嗎

## 全運會七人欖球比賽

### 5A 樊駿滄

今次很榮幸可以透過學校去到啟德大場館觀看七人欖球比賽，素來對欖球運動深感興趣，惜未有機會親身感受，在現場絕對感受到比賽的刺激和觀眾的激情，看著來自不同地區的人到場支持自己的隊伍以及爆滿的座位，內心湧現陣陣激動與熱誠，經過今次活動，豐富了我的經歷和見識。



正式進入比賽場館



中四、中五生觀賽活動



賽前校長與老師的大合照

# 中華傳統服飾創新設計比賽

中六視藝班許文曦、施卓妍、徐穎琳及余詩晴同學，參加由澳門蔡氏教育文化基金會主辦的《中華傳統服飾創新設計比賽》。他們的作品從大灣區33所中學、共116組（232件）設計稿中脫穎而出，成功入圍。2025年12月27日至28日，在蘇曉麗老師及張凱盈老師的帶領下前往澳門出席決賽，最終榮獲入圍獎。

## 6A 許文曦

在這次比賽中，我同時擔任模特兒和設計的工作。雖然我一直有留意時尚方面的資訊，但親手設計並製作夢想中的服裝卻是第一次。在搜集資料的過程中，我重新認識了不同的中華元素。很慶幸我們的設計能夠入圍。雖然在製作服裝時曾遇到一些困難，例如布料無法順利染色，但最後都成功解決。

在比賽場地，我見識到來自大灣區不同學生的作品，使我對中華文化的理解進一步加深。同時，我也能與其他學生交流，拓展了自己的視野。這次經驗更讓我首次嘗試做模特兒，並親身體驗大型活動的運作。

## 6B 余詩晴

參加中華傳統服飾創新設計比賽，對我而言是一場跨越古今的交流。第一天，我們在導師的指導下進行走秀綵排，細心調整每一個細節。翌日清晨，團隊便趕赴賽場，齊心完成換衣、妝髮與造型。隨着最後一次綵排結束，比賽正式揭幕。在後台等待時，我與來自香港、澳門等地的參賽者交流彼此對文化與創新的體會，不僅結識了更多志同道合的朋友，也更深刻地感受到傳統服飾所承載的歷史與生命力。

## 6B 徐穎琳

我在這次比賽面對了不同層面的挑戰。從前期的準備工作到製作過程，再到現場比賽，每一個環節都需要大量的時間和耐心。我很幸運能夠全程參與。原本以為這是一件相對簡單的事情，但現實卻帶來了極大的衝擊。不僅要考慮布料的選擇和縫製技術，還要面對工期和預算的限制，這些因素都直接影響了成衣的最終效果。

到了比賽當天，看到來自各地學生的作品，我不僅受到激勵，也加深了對這個領域的理解。我與他們深入交流，一同探討製衣的過程和背後的努力，這讓我有機會認識來自不同地方的選手，更難得的是與他們建立了友誼。這段經歷不僅讓我獲得寶貴的見識，更收穫了友情和新知，可以說是受益良多。



參賽作品相



同學穿著自己設計的服裝走秀



同學們合作完成他們的時裝設計作品



同學穿著自己設計的服裝走秀



同學在頒獎典禮中的合照

## 朋輩輔導員訓練營

2025年10月18日，本年度「飛雁飛雁長訓練營」順利於賽馬會愛丁堡公爵訓練營舉行，19位雁長在老師及社工帶領下參與。營內透過反應遊戲及團隊活動，讓同學彼此認識，建立信任。

其後，學生撰寫期望紙及參與小組挑戰，反思過往表現及來年服務方向，並由社工講解活動設計與帶領技巧，預備日後的中一新生營帶領工作。下午的高空歷奇活動則進一步訓練他們的勇氣和自信。



在高空歷奇中建立自信與團隊精神



齊心合力完成小組挑戰



老師請客，鼓勵大家在本學年用心服務

## 環保領袖生學習督導大使日營

### 4D 杜子鈴

2025年10月4日，我參加了環保領袖訓練營，最令我印象深刻的是各種考驗默契與合作的遊戲。看到其他組合作無間，不禁心生羨慕，從他們分享的成功要訣中，令我們明白交流的重要性。交流和合作正如鳥之雙翼般缺一不可，這令我明白無論是分組學習還是校內當值，互相交流溝通是很重要的，不然只會固步自封。



鯉魚門渡假村進行訓練



鬥智鬥速度過三關



考驗記憶與默契





師生大合照

## Run to Jesus. Walk with Jesus.

在 *The Anxious Generation* 一書中，Jonathan Haidt 指出，智慧型手機與社交媒體徹底改變了青少年的成長環境，取代了真實世界的玩樂、專注力與抗逆力，帶來的是持續的刺激、比較與焦慮。問題不在於年輕人變得脆弱，而是他們身處的環境過於壓迫。手機成癮造成專注力碎片化 (Attention fragmentation)、加深孤獨，並悄悄奪走對生命意義的感知。

本校 Run to Jesus 提供另一條出路——不是新的自我管理技巧，而是注意力的重新轉向神。當人遠離無盡滑動，轉向禱告、聖經與真實師生傾談信仰及分享生活，一同默想聖經及禱告，便能重拾安靜、身份與盼望。在分心的世代，奔向耶穌就是一種自由的選擇，會為學生帶重新與自己、朋友、家人及上帝重新連結 (RECONNECT)。

2025年10月開始，本校老師主要和一批高中（主要為中六學生）願意透過緩步跑、禱告及經文默想減輕面對公開試的壓力。其中一位中五同學見證說：「透過此活動（禱告及緩步跑）及老師的鼓勵，聖誕假期已透過自行安裝減少手機成癮的應用程式，慢慢改善欠交功課問題，重拾生命的掌控。」

2026年2月4日，加特別戶外版活動——Walk with Jesus，由中環「香港摩天輪 AIA Vitality 公園」起步，學校超過100位師生一起散步或緩步跑至東區東岸板道。

為配合此活動，本校聖經科作出課程配合，先由聖經科老師任教相關課題，進行課堂互觀環節，本科老師更製作 YouTube—Run to Jesus 頻道，給予同學、家長及公眾人士深入了解背後相關理念，延伸學習及禱告，鼓勵其他天主教及基督教有共同理念的學校一同推動。

從信仰角度來看，Run to Jesus 不單是減壓活動，更是與學生同走信仰之路的屬靈機會。正如主耶穌在以馬忤斯路上「與他們同行」（路加福音 24 章 13-35 節），一面解開聖經，一面聆聽門徒的困惑與憂愁，讓他們心裏火熱，重新認出復活主的同在。在輕鬆散步或緩步跑之間，老師一方面陪伴學生操練身體，另一方面也以神的話餵養他們的心，實踐「操練身體，益處還少；惟獨敬虔，凡事都有益處，因有今生和來生的應許。」（提摩太前書 4:7-8）的教導，幫助學生在日常節奏中學習「操練敬虔」，把生活節奏、手機使用與屬靈生命一併交在主前，經歷與耶穌同行的喜樂與自由。



在基督裡得自由



校長與學生齊參與



經文分享



# 福音周

## 5C 盧綽柔

全校性福音活動的主題是Break it，我們想讓同學認識神不同的面向並打破他們對神的固有形象，與神連結。我們設計了幾個活動，收集了很多人對信仰的疑問和誤解，並以經文一一作出解答。我們也邀請同學即場寫下了一些對信仰的疑問及最近生活的憂慮，然後玩弓箭後取得金句卡、被代禱，而我就是負責寫疑問和玩弓箭部分的工作人員。看每位同學進房間，帶著沉思寫下問題，心裏都會為他們祝福祈禱，而我就是負責寫疑問和玩弓箭部分的工作人員。看每位同學進房間，帶著沉思寫下問題，心裏都會為他們祝福祈禱，而在過程當中因著彼此祝福，也經歷了聖靈的愛！福音周的主題是 Reconnect，這個部分讓大家都能夠重新反思自己的信仰，坦誠面對阻礙自己信念的問題，然後交給神，正正是這個小舉動，我認為確實為解開了「枷鎖」，工作人員和同學們也一同經歷了Reconnect 的時刻！



Sparklers 一同祈禱，盼望信息能夠進入同學內心

## 5C 李珈玥

在「鹹魚遊戲」中，同學們都被分成了許多組別，分別以組別及個人形式進行遊戲。在其中一個活動——黑暗中尋找光明，每組要派一人蒙眼尋找蠟燭，而再由自己的組員指示路線。自己組員與其他組員的聲音都混雜在一起，難以聆聽清楚。就像我們在這個世代中，總是有很多不同的聲音充斥在耳邊，沒辦法聽到神的話語。所以讓我意識到身處在這有很多會蒙蔽我們耳朵的聲音之地，我們尋求神時需要安靜地等待，才能聽清楚天父的聲音。



師生合力籌備的「鹹魚遊戲」



同學對準目標，決心突破困難，衝破與神的攔阻，重新連結。

# 福音營 — I Hope 穌

## 周俊文傳道（中華傳道會柴灣堂）

相信每個年青人都有不同的想望，物質上被滿足、身份上被認同、關係上被接納，很努力去追求，但現實總不如人意。今年福音營於賽馬會愛丁堡公爵訓練營舉行，主題是「I Hope 穌」，透過遊戲、詩歌和話劇，讓同學們重新認識到生命的盼望在於主耶穌。同學們在晚會中，再次將生命中的盼望和焦點，於耶穌的十字架前同釘、同遇、同塑，與祂的生命再次結連，過一個更自由滿足的生命。第二天早上，營會安排了不同生動的歷奇遊戲，讓同學發現同行者、彼此承擔、彼此信任的重要，他們在「天梯」中學習信任，從人際間找到關係裡的愛，以致學習跟隨耶穌，願上帝親自祝福在營會中立志的孩子們。



歷奇遊戲中捕捉變動鏡頭的一瞬



晚會回應立志的時刻



唱「歡欣」過後一起為導師唱生日歌



留下輕鬆共聚的大合照

# 輔導組全年主題～ 擁抱幸福——成長型思維

輔導組以「擁抱幸福」為核心，致力在校園推廣「成長型思維」(Growth Mindset)的理念。我們深信，這是一份能陪伴青少年終身成長的禮物。



輔導組老師及社工

## ◎ 什麼是「成長型思維」？

人的能力是否與生俱來，難以改變？「成長型思維」將扭轉這種固有看法，它引導我們相信：

- 能力並非一成不變：天賦固然重要，但真正的潛能是透過後天努力、持續學習和累積經驗而激發的。
- 擁抱「暫時未能做到」的勇氣：面對挫敗，我們不會輕言放棄，而是告訴自己：「我只是暫時還沒成功！」只要堅持不懈，尋求更佳的方法，每一步都是邁向進步的階梯。

## ◎ 成長型思維的好處？

當同學擁有「成長型思維」，他們將學會以更積極、樂觀的態度去迎接生命中的挑戰，在學業上勇於探索、不怕犯錯，在日常生活中發現成長的喜悅與滿足感，從而提升幸福感與抗逆力。

	活動
第一學期	<ul style="list-style-type: none"> <li>• 新學年指導日——向全校師生介紹成長型思維的特點。</li> <li>• 「師長勵志金句」——鼓勵學生積極面對挑戰</li> <li>• 3次早會分享——內容包括：成長型思維與固化思維的分別、名人如何透過他人鼓勵戰勝困難、成長型思維與考試的關係。</li> <li>• 「考試加油站」——同學互送零食及打氣心意卡，傳遞關懷與支持。</li> </ul>
第二學期	<ul style="list-style-type: none"> <li>• 早會分享——同學分享失敗經驗和意義，鼓勵大家擁抱挑戰。</li> <li>• 「心喻彩虹」攤位遊戲——讓同學認識不同情緒，並學習各種減壓方法。</li> </ul>



成長型思維吉祥物



心喻彩虹



自我挑戰速疊杯



考試加油站

# 中一入學資訊日及學習體驗日



制服團隊的步操表演

本年度的中一入學資訊日及學習體驗日已於2025年12月6日（星期六）圓滿舉行，活動內容豐富精彩，包括家長講座、六個學科體驗課、三場樂團及合唱團的音樂表演、三支制服團隊的步操表演、科學實驗示範及校園參觀等，充分展現本校多元的學習特色。

是次活動誠蒙區內小六學生和家長的鼎力支持，逾1,200位小六學生和家長蒞臨，藉此深入了解本校學術成果及參觀校園各項設施。

同時，超過300名本校學生積極投入表演及各項接待和介紹學校的工作，他們的笑聲和歡呼聲洋溢整個校園，令來賓倍感歡愉。學生們的熱誠與努力，更充分展現了師生團結一致的精神。



西樂團的精彩演出



手鐘隊表演



學生向來賓介紹學科及學習成果



家長參觀本校圖書館



科學實驗示範



學校介紹講座



中學生體驗課（地理科）



「智慧之樹」的燈光點燃智慧、燃亮未來。



主禮嘉賓

右一至五：梅志業校長、劉黎明醫生、劉保爾醫生、劉曙光醫生、劉玳琳醫生  
 左一至五：家長教師會主席黃潔瑩女士、中華傳道會總幹事陳有樑長老、羅鼎耀校監、中華傳道會安柱中學校長陳志堅博士、作家潘步釗博士

## 劉玳琳醫生圖書館開幕禮

承蒙劉醫生家族鼎力支持，贊助學校圖書館的翻新工程。劉玳琳醫生圖書館優化工程已竣工，並於2025年11月17日午間舉辦開幕禮。感謝劉玳琳醫生、劉曙光醫生、劉保爾醫生、劉黎明醫生、羅鼎耀校監、陳有樑長老、潘步釗博士、陳志堅校長及黃潔瑩女士撥冗出席開幕禮，令典禮生色不少。

圖書館的閱讀口號是“Reading shapes your mind and fuels your soul.”

「閱以明智，讀以養心」，「明智」語出《荀子——勸學》「知明而行無過」，「養心」出自《孟子——盡心》「養心莫善於寡欲」。中華民族自古提倡閱讀，講究「格物致知、誠意正心」。期望同學能透過閱讀探究知識，修養品德，滋養靈魂，「閱以明智，讀以養心」。



圖書館的閱讀口號



劉玳琳醫生圖書館



4D 李嘉苗同學分享閱讀對她的意義



圖書館主任許真真老師介紹裝修圖書館的意義



潘步釗博士致辭，勉勵同學善用圖書館資源，豐富生命



新書上架



同學安靜地在自修空間自主學習



Stay foolish. Stay hungry.

# 學生會介紹及學生會活動

## 2025-2026年度第21屆學生會ECHO

ECHO有迴響的意思，表示我們重視同學的心聲，會用心聆聽和積極作回饋。

**E = Enthusiastic** 熱心

**C = Connection** 連接

**H = Harmony** 和諧

**O = Oath** 承諾

班別班號	姓名	職位
1 5D20	李若茵	主席
2 4C29	王婷姿	內務副主席
3 5D26	黃心正	外務副主席
4 4D24	許瑩瑩	文書
5 5D25	黃晞晴	財政
6 4C26	李心蕎	活動
7 4D30	吳沛霖	宣傳
8 4D31	黃若鑫	福利
9 4D32	蕭卓琳	活動

## 一人一作品，全心共歡慶

為迎接溫馨的聖誕佳節，學生會ECHO於2025年12月17日的午膳時間，在學生活動中心精心籌辦了聖誕工作坊，吸引了眾多同學踴躍參與，場面熱鬧而溫馨。同學在活動中全情投入，發揮無限創意，將平凡的材料化為一件件獨一無二的聖誕樹裝飾。在製作手工的同時，亦增加了校園的聖誕氣氛。



同學展示著即將完成的聖誕樹



學生會挑戰訓練營



第21屆學生會ECHO



新舊學生會交接

## 捐血救人，傳遞希望

2026年1月13日，學生會ECHO在本校禮堂舉行捐血活動。承蒙紅十字會蒞校協助，讓同學以實際行動傳遞溫情，匯聚熱血，為生命助力。

是次活動吸引20名同學報名登記，其中17位同學符合條件並順利完成捐血。過程中，同學們沉穩有序地等候，以積極配合的態度，從容面對捐血過程。同學伸出的不僅是手臂，更是一份沉甸甸的社會責任感。



師生齊捐血



同學們都支持捐血



# 中華傳道會劉永生中學

CNEC Lau Wing Sang Secondary School

地址：香港柴灣新廈街323號 電話：(852) 2715 6333

傳真：(852) 2556 9126 電郵：lws@lws.edu.hk 網址：http://www.lws.edu.hk/

校訊

No. 51

26年4月

## 校長的話

### 奔向耶穌 心志更遠更高

今個學年，我們由老師發起了一個操練身心的活動，名為Run To Jesus「奔向耶穌」，老師願以陪伴同學一起透過跑步、禱告、分享信仰及學習難處等，彼此支持鼓勵，讓同學堅持「奔跑不放棄」，為自己定立更高更遠的理想，以回應今年「治學勤謹，敢夢飛行」的主題。我們深信，「奔向耶穌」也是一個充滿屬靈力量的宣告，代表著放下重擔、回轉向神並追求生命更新。

在《聖經》中，奔向耶穌往往與「信心」和「獎賞」聯繫在一起，正如希伯來書12:1-2：「我們既有這許多的見證人，如同雲彩圍著我們，就當放下各樣的重擔，脫去容易纏累我們的罪，存心忍耐，仰望為我們信心創始成終的耶穌。」腓立比書 3:13-14：「我只有的一件事，就是忘記背後，努力前面的，向著標竿直跑，要得神在基督耶穌裡從上面召我來得的獎賞。」當我們師生帶著信心奔跑，放下學業的重擔，不但可以建立師生情誼，強健體魄；也學會持定目標，向著升讀大學或實踐未來夢想的終點目標奮鬥。活動中，除了校園內的足跡，我們也嘗試跑出校園，從中環到新建成的東區走廊下的東岸板道進行活動，享受新設施之餘，並欣賞維港兩岸優美的景色。

永不言棄，在2025年「中學文憑試增值報告」中，「核心三科」及「最佳五科」持續獲得高增值，其餘大部分公開試應考科目也同樣獲得高增值。師長們不遺餘力，在教學崗位上毫不鬆懈，陪伴應屆考生克服重重挑戰。

謹此，願將一切榮耀頌讚歸與我們的天父上帝！阿們。

主僕 梅志業校長

