



Po Leung Kuk Lo Kit Sing (1983) College
保良局羅傑承(一九八三)中學

Campus 成長 Delights

組曲 2024-2025



Renewed Vigor at Forty
and Soar for New Heights

四十昂揚展翅飛翔

深耕四十載才藝匯

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活力校園

情繫你我



OMazing 2025

4A Diu Wai Nok Raymond
Teacher Adviser: Mr. Poon Wing Hang

Being the OM team leader of this year is a treasurable moment to me. Leading a team of like-minded and talented members, and having two teachers who've always supported us behind the scenes. Odyssey of the Mind not only taught me various skills, like problem-solving, but also gave us a world-class platform to perform.

I've gained so much joy and experience during the competition in Hong Kong and World Final. As the campus slogan of this year, "Renewed Vigor at Forty and Soar to New Heights," we presented a wonderful show in the World Final competition and ranked twelfth among the representing teams from various countries and regions. We were surprised that our all-out-effort solution for the long-term problem was ranked top 10. This valued our meticulous preparation for the competition in this year.

Watching performances from different teams inspired me with new ideas and multiple ways of thinking. We enjoyed meeting new friends from pins trading and interactions with buddy team.

As the saying goes, a man depends upon his parents at home and upon his friends abroad. It is so true that I would like to thank my teachers and teammates for supporting each other in this year's programme.



Chess and Board Game Club

5A Chang Ting Yan

Teacher Adviser: Mr. Poon Wing Hang

Chess and Board Game Club had proactively gathered opportunities for schoolmates in order to promote board-gaming culture at school, including open days and external competitions. We focused on developing student's critical thinking and problem solving skills, and encouraging social interaction and teamwork.



Year 2025 is a special year to all of us as it is our school's 40th anniversary. It is our honour that our club could decorate one of the classrooms and present our achievements to public. We had set up three game stalls for the public to enjoy, from traditional chess to modern board games. Gifts are delivered to participating children and they were engaged.

The atmosphere in our club has been much livelier than the previous years. Whether they are the school's newbie or the senior students, everyone enjoyed our events during CCA Day. Aligning with the school theme — 'Renewed Vigor at Forty and Soar for New Heights', we participated in more external competitions than before, offering more chances to showcase our schoolmates' talents. In the course of preparing competitions, we were glad that more junior students were willing to 'soar for new heights' together.

Although there are ups and downs in the results, we still managed to sustain our outstanding rankings in various competitions. We appreciated our junior students could also compete over some experienced players in this field of intelligence.



English Faculty

Ms. Lau Shui Sun

The school's Open Day celebrated its 40th anniversary with a lively and festive atmosphere. The English Department showcased an engaging display of student activities, works, and achievements in the Language Laboratory and English Corner, thanks to the dedicated efforts of the English teachers and the English Ambassadors. The teachers worked closely with the Ambassadors during preparations, while the Ambassadors presented the exhibits and designed interactive games for visitors, ensuring a warm and dynamic experience.



As guests arrived, they admired a display board featuring students' impressive external awards, creating an electric atmosphere. In the Creative Work Gallery, project-based learning was highlighted in various formats, showcasing the specific skills students had developed through these innovative projects. In addition to the exhibits, visitors enjoyed a variety of fun activities, including a matching game, a challenging tongue twister contest, and a ball-shooting game. They also wrote heartfelt wishes for friends and family to hang on a beautifully decorated Christmas tree. The English Corner captivated attendees with Harry Potter-themed games, while Mr. Adam and his colleagues from Chatteris enriched the event by guiding visitors in crafting creative Christmas cards to take home, spreading the celebratory mood to their loved ones.



Biology Department

4A Kwan Lap Wai

I am one of the helpers in the biology laboratory at the school open day. And I can tell we held multiple not only engaging, but also entertaining booths for schoolmates and guests to participate in.

The most remarkable one for me is the showcase of a dissected pig heart. Beyond explaining the structure of the heart, we also provide gloves for the guests who like to feel the texture of the heart. Making the booth more participating.

Besides, we also have simple experiments for the guests to try. Such as letting them to observe the microscopic structure of onions and single cell organisms through the microscope and teaching them to analyse the nutrients in the test tube by different indicators. These bring them a fruitful experience.

In short, we held lots of interesting booths to give the guests some scientific knowledge meanwhile bringing them entertainment.



Mathematics Department

5A Yu Cheuk Nam

After the successful completion of our Open Days, the Maths Society is thrilled to reflect on the variety of exciting activities that sparked students' interest in mathematics. The math IQ questions effectively challenged students' logical thinking, allowing them to enhance their analytical skills during the problem-solving process. The 3D model theme was a hit, with students creating their own 3D model Christmas trees, which inspired their creative thinking in design and architecture. Additionally, the Noodles board game activity provided a fun way for students to use noodles to segment shapes, honing their spatial reasoning and logical deduction skills.

The meticulous preparation paid off, as each aspect - from planning and resource gathering to rehearsing—ensured that the event ran smoothly. Moreover, all participating students received prizes. Overall, we are delighted that students not only gained valuable knowledge but also enjoyed the fun and engaging side of mathematics.



Science Faculty

Mr. Chan Koon Yue, Wilson

Science Faculty has organized a series of events. They aim to showcase the school's legacy in science education while fostering curiosity of students and professional development of teachers. The Science Lecture by a Chinese Academy of Sciences Academician provided students with a rare opportunity to learn from a leading expert in the field. Professional exchange session allowed science teachers from other schools to share teaching experiences, explore innovative science education methodologies.

During the 40th anniversary Open Day, the Science Faculty provided variety of fun and interactive science activities, including VR and flight-simulation experiences in science station, micro:bit conduction probe making, wooden plane and water filter design workshops etc. Visitors had the chance to experience the wonders of science and witness the school's four decades of educational achievements.



ICT Department

5B Hussain Sameer

In December, our school celebrated 40 years of academic excellence with an Open Day, showcasing a variety of engaging events organized by our enthusiastic students. The ICT department led a 3D printing workshop, which was both educational and fun, allowing participants to create personalized holiday decorations. With the rise of compact 3D printers, this hands-on activity highlighted the potential of 3D printing in everyday life, as attendees designed and printed custom stars with their names, adding their own festive touch to the Christmas tree. This allowed for them to understand the simplicity of 3D printing, and while there were some bumps along the road, whether it be calibration or misalignment, our students ensured that all such problems were resolved swiftly and smoothly.



藍社

5A 余卓楠

在本年度的各項活動中，藍社充分體現了「四十昂揚 展翅飛翔」的成長主題。首先，陸運會讓藍社學生在體育競技中互相支持、共同進步，正如展翅飛翔的鳥兒，彼此扶持，共同追求更高的天空。

其次，中一啦啦隊訓練激發了中一同學的競爭意識和勇氣，無論是勝利還是失敗，都是成長過程中的重要經歷，教會大家如何面對挑戰，感受社的凝聚力，為未來發展奠定良好基礎。此外，音樂節則為學生提供了展示自我的平台，讓他們在藝術中找到自信，展現出各自的才華，象徵著在成長中自由翱翔的潛力。

最後，開放日攤位的設置不僅展示了藍社的凝聚力，也讓外界看到我們的努力和成果。我們設置了展示板掛上了歷年不同設計的社衣，為了增加互動性，我們安排了簡單的遊戲，參與者可以透過遊戲了解藍社永不放棄的運動精神和打氣文化，這些活動的成功舉辦，都是對「四十昂陽 展翅飛翔」的生動詮釋，鼓勵每位同學在未來的日子裡，勇敢面對挑戰，追求卓越。



綠社

5A 尤雅諺 5B 譚穎瞳

今年是本校成立四十周年，為慶祝這個特別的一年，綠社準備了一個名為「夾綠繩」的攤位遊戲。在籌備的過程中我們遇到很多挑戰，但綠社的幹事們沒有放棄，互相幫助和支持，盡我們最大的努力把遊戲改良至最好務求給予訪客最好的印象，並在 40 周年校慶這個特別的日子裏留下最愉快的回憶。

這次學校開放日是展示學校特色和成就的好機會，能夠讓學生、家長和社區了解學校的教育環境。作為幹事，我們需要確保各項活動順利進行，包括設計和籌劃，這會讓我們感到有壓力，但同時也激勵我們做到最好。而準備過程中需要與其他幹事和老師密切合作，增進了彼此的默契和友誼。通過這次開放日，我們可以學習到活動策劃、時間管理和溝通技巧，讓我們在往後的社際活動更加得心應手。



黃社

5B 張樂瑤

「天空一聲巨響 黃社閃亮登場！」黃社作為運動強社，於 24/25 年度度過了充滿活力和熱情的一年。適逢我校四十周年，特意籌辦多項慶祝活動。筆者身為黃社社長亦樂在其中，帶領著精明能幹的其餘九位社幹事，一同服務黃社上下接近 200 位社員及社老師。這年間的 support 及陪伴，看著同學們各展所長、展翅飛翔，與夥伴共享團體榮耀確實帶來成就感。

黃社同學實在地呼應了本年度「四十昂揚 展翅飛翔」的口號，於各社際活動中展現了像向日葵般的樂觀及和諧，以及獅子般的勇氣和自信，如同學期初周年大會上贈予社員們的祝福與期望。相信陸運會的熱血沸騰、樂韻飄揚音樂日的光彩奪目和開放日的人聲鼎沸都深深地印在同學心中，刻骨銘心。

願來年黃社繼續乘風破浪，各社員昂首挺胸，盡展潛能！



紅社

4C 布雪瑩

「四十昂揚，展翅飛翔」是我校本年度的成長主題，本年度的社際活動，例如年度社大會、陸運會、開放日、音樂日、禁毒盃等，也圍繞著主題而進行。每一次的社際活動，社幹事們都灌注了無數努力和時間，以期能完美地帶領每個活動。亦有幸紅社同學投入地參與，令各個活動都在同學的歡呼聲下，圓滿完成。

雖然紅社本年度未能蟬聯全年社際總冠軍，但一路以來與社幹事、社員相處的時間，一起為紅社揮灑過的汗水，使我們之間的聯繫變得更加深厚。我們之間的經歷和相互支持，亦成為我們每個人成長道路上最深刻的回憶。



機械人隊

顧問老師：宋嘉豪老師

十年匆匆又過去，當年機械人隊的黃毛小子，如今成為了主理的老師；十年前人煙稀少的小攤位，與今日人山人海的大房間有著莫大的對比……

為慶祝學校日四十週年，機械人隊的同學興致勃勃，務求展示出所有看家本領。從地面的戰車到空中飛翔的無人機，無一不是為了開放日精心準備的節目。以有限的資源，發揮著無限的可能性，只為了令眾人拍掌叫好。

十年人事幾番新，機械人隊在此期間正好示範了「昂揚」，亦謹此祝願八三能夠繼續「展翅」，向著金色的世代「飛翔」！



公益少年團

4B 陳可翹

顧問老師：莫惠馨老師 姚媽老師

本年四十週年校慶乃本校一大盛事，為慶祝與分享這份喜悅，公益少年團亦不遺餘力，與一眾團員精心籌備開放日的活動，好讓外界一眾市民、校友及同學對我們團體有更深入的了解，宏揚熱心公益的精神，使香港成為一個更完善的社會，展望未來。

在籌備開放日的過程中，團員們發揮創意，把有關公益少年團的問題紙放進扭蛋機，讓市民扭出，以有趣方式讓市民認識及了解我們的團體，培養市民對社區的關懷。當團員們看到他們玩遊戲時的驚喜和快樂，亦樂在其中。籌備攤位不但加深了團員對團體的歸屬感，更從與團員磨合之間培養到團體精神，從中成長。這些經歷將為學生未來的社會責任感和領導能力打下堅實的基礎，幫助他們在未來的生活和職業中，能夠更好地服務社會，成為有影響力的公民，振翅飛翔。在此祝賀我校四十周年快樂，全體師生上下一心，攜手昂揚，展翅飛翔！



童軍

3A 任歐鋒
顧問老師：李耀尊老師 麥月娥老師

在學校四十周年開放日，我們童軍團隊以先鋒工程技能製作了一座別具創意的火箭炮，象徵「四十昂揚，展翅飛翔」的精神。火箭炮以竹為主要結構，運用了堅固的繩結技術將各部件穩定連接，炮管則採用水果罐頭，結構簡單卻富有巧思。

從構思設計到實際搭建，每一步都充滿挑戰，但我們彼此鼓勵，迎難而上，將「四十昂揚」的精神融入到每一個細節中。這次活動讓我們不僅掌握了技術，更學會了如何以創意與堅持展翅高飛，迎接未來的挑戰。



少年警訊隊

5C 朱泳恩
顧問老師：朱潔萍老師

今年是「葵青防罪學生大使」計劃邁向新里程的一年，以「四十昂揚，展翅飛翔」為主題，象徵我們在經驗中積累智慧，在挑戰中勇敢成長。

在開放日的籌備過程中，學生大使們齊心協力，從設計攤位遊戲，每一細節都凝聚我們的熱忱。我們和學校嘉賓訪客學習的不僅是防罪知識，更是團隊合作與溝通技巧。當天，看到訪客們積極參與遊戲，能夠認識到國家安全的重要及防範騙子的知識。

四十年的根基，賦予我們信心；年輕的翅膀，則讓我們敢於飛翔。未來，我們將繼續以創新與責任心，為學校宣揚國家安全的重要性。



升旗隊

3D 謝君兒

顧問老師：陳曉祺老師 黎昶老師

在本學年的主題「四十昂揚，展翅飛翔」下，升旗隊的活動讓我深刻體會到團隊合作的重要性。在準備開放日的過程中，每位隊員都有自己的任務：有人負責佈置背景板，有人設計關卡，還有人籌備道具。這種分工合作讓我們的活動更加順利，也增強了彼此之間的默契。

開放日當天，當隊旗在風中迎風飄揚時，我感受到了一種自豪感。隊員們在攤位上用拋圈答題等互動方式，傳遞升旗知識，讓師生和嘉賓們都能參與其中，感受到升旗隊的熱忱。我們的努力不僅展現了升旗隊四十年的昂揚精神，更讓我明白了身為隊員的責任與榮耀。

參加升旗禮和升旗隊總會的活動，不僅提升了我的國家歸屬感，還讓我對身份認同有了更深的理解。我期待未來能繼續在這個團隊中成長，展翅飛翔！



4C 李芷晴

顧問老師：吳冬美老師 林天鳳老師

女童軍

今年為學校四十週年校慶，以「四十昂揚，展翅飛翔」為主題，女童軍團隊亦籌備了攤位遊戲，將女童軍相關元素融入遊戲內。佈置攤位時，大家分工合作，在桌上放置遊戲道具或是用繩結為攤位作裝飾。

開放日當天，許多來賓在我們的攤位前駐足，小朋友、同學們興奮地挑戰遊戲。家長亦會詢問有關學校的問題，我們亦一一耐心作答。在回答的過程中，我們都回想學校四十年來的成長印記，我們都深深感受到，女童軍不只是學校的一個團隊，更是承傳八三熱血精神的重要的一員。未來，我們女童軍團隊亦會繼續昂首前行，與學校一起展翅飛翔！



校友會

校友會一眾幹事
顧問老師：譚惠儀老師 余俊垣老師

母校迎來四十周年校慶，校友會也將慶祝成立二十周年。在這個特別的時刻，校友會不僅繼續支持母校的各項活動，還協助籌辦校慶晚宴和開放日攤位，並設計了一批紀念品為母校籌款。

參與攤位活動和設計紀念品的過程讓我們感受到無比的自豪與榮耀。這不僅是對母校的支持，更是與校友們共同回憶美好時光的機會。設計師們的創意與熱情也為紀念品增添了獨特的價值，讓每位校友都能重拾當年在母校的回憶。

祝願母校在未來的四十年中，百尺竿頭，更進一步！



CMN & Environmental Department

吳偉倫老師

很高興能在學校四十週年這麼值得紀念的年份，我設計的「四十昂揚，展翅飛翔」有幸成為本年的成長主題。

今年的四十週年開放日，「四十昂揚，展翅飛翔」這八個字就很好地體現在八三的學生身上，從籌備、策劃、佈置以至當日的運作執行，大部份工作都由學生自己承擔，同學們各展所長，活用自己在課堂內外學習到的知識，同為八三出一分力。展覽室內有學校歷年推行公民教育及環保方面的成就及獎項，亦有豐富的公民教育及環保資訊，而且為了增加互動性，更有與公民教育配套的互動程式，供參觀者遊覽，再加上同學們的悉心接待，令參觀者皆能樂在其中。

十年樹木，百年樹人。學校四十週年，桃李早已遍佈四方，成為社會重要的人才基石，於此祝願八三弦歌不輟，薪火相傳。



升學及生涯規劃組

譚惠儀老師



為配合今年的成長主題，升學及生涯規劃組準備了多個生涯規劃教育遊戲，讓同學在輕鬆的氣氛中探索自己的興趣和未來發展可能性。我們還邀請了傑出校友回校分享他們的經歷，讓同學們感受到成功背後的付出與堅持，激勵他們追求夢想。

整體而言，這次開放日的準備讓我們深刻體會到，透過遊戲和分享，能引導學生探索潛能，並在追尋理想的道路上昂揚飛翔。希望每位學生都能勇敢追求夢想，展翅飛翔，迎接更加輝煌的未來！

輔導組

麥月娥老師



本校的開放日中，輔導組籌備了一系列提高來賓及師生對精神健康認識的活動。輔導領導生帶領學生共同參與，展現了他們的才華與熱情。熱愛拍攝的同學擔任攝影師，記錄下活動的精彩瞬間；擅長藝術的同學則負責課間佈置，為攤位增添生氣；而具備良好溝通能力的同學則主持攤位活動，與來賓互動。

活動攤位設計多樣，包括「石頭疊疊樂」、鼓勵字句寫作的「八三加油站」活動，以及認識減壓活動的「心海潛釣」、「減壓藍球」和「心靈點唱站」。每位同學在各自的崗位上發揮所長，不僅讓他們融入校園生活，還提升了自我價值感。整個過程中，學生們展現出積極的團隊合作精神，讓活動充滿了活力與創意。這次開放日不僅加深了大家對精神健康的理解，也讓同學們在合作中共同成長，真正展翅飛翔。

學生支援組

張家豪老師

在學校開放日中，學生支援組以主題「四十昂揚，展翅飛翔」設計了一系列有意義的活動，充分展現學校積極向上的精神。其中，「甜蜜共融圈」活動適合一家大小參與。參加者需要拋圈並擲中代表正確價值觀的目標，例如「尊重」、「包容」、「責任」等，不僅增添了趣味性，還傳遞了正向教育的訊息。這項活動不僅促進家庭互動，更讓參加者在遊戲中反思和學習如何實踐學校提倡的價值觀。透過簡單有趣的方式，學生支援組成功傳遞了學校多年來堅持的教育理念，展現「四十昂揚」的積極精神。這一天，校園充滿笑聲與學習，象徵學生如展翅高飛的雛鷹，擁抱未來的無限可能。



健康及性教育組

4C 伍珮盈
周貝怡老師



「四十昂揚，展翅飛翔」作為今年的成長主題，當中不僅包含了對過去的回顧，更有對未來的期望。今年是四十週年校慶，老師與學生都為校慶活動費盡心思，設計出不同的攤位遊戲，表演和活動。在連續兩日的開放日中，健康大使及老師設計了一個小小的問答環節，以讓大家了解更多關於水果的冷知識。不少參加者都在問答環節中學到不少關於水果的冷知識，更有人為之驚訝。他們的反應讓我明白到作為健康大使的意義，便是讓更多人了解更多健康知識，未來我期望健康大使的活動可以不再局限於校園裏，讓家人，朋友都能明白健康的重要性。

公民與社會發展科

5C 朱君哲 5D 梁琳琳



公民與社會發展科帶領同學探索國家蓬勃發展的軌跡。課程內容不僅展現國家在經濟、科技、文化等領域的騰飛成就，更通過每年一度的內地考察讓同學親身印證所學。這種理論與實踐結合的模式，大大提升同學的學習成效，亦讓同學明白香港青年在國家發展藍圖中的翱翔空間，提升同學的國民身份認同。

今年科組在學校開放日邀請時事探索隊成員，圍繞國家安全及大灣區發展主題，設計了兩項互動活動。通過趣味問答和情景模擬，讓公眾在輕鬆氛圍中學習相關知識，同時切身感受區域協作的優勢與成果。

韓可欣老師

中國歷史科

中華民族的文化源遠流長、博大精深，而學校一直致力加強學生學習中國歷史與中華文化的氛圍，提升學生學習中國歷史的興趣，承傳優良品德，厚植家國情懷。是次四十周年開放日中，中國歷史科老師設計了不同活動讓學生參與，如「殷墟甲骨文香港校園文創展」及「甲骨文拓印體驗」，既增加學生對中國傳統文化的瞭解和認識，也培養他們對中國傳統文字的審美。此外，中國歷史科設有不同攤位遊戲，包括「中史對對碰」、「中史擂台」、「字在甲骨文」，以生動有趣的形式，引起學生對中史的興趣，提升學習動機。



健康管理與社會關懷科

4D 嚴芊霖
顧問老師：梁巧玲老師

在今年的學校開放日，為展現健康與生活的關聯，本科設置了「食物金字塔拼圖」遊戲，旨在讓參加者在互動中學習日常健康飲食的重要性，讓同學不僅能認識不同類型的食物，還能了解它們的營養價值和均衡飲食的概念。此外，在班房的壁報及影片的設置亦展示了我們在健康與社會關懷方面的多項活動，呼籲大家關注身邊的健康及社會問題，鼓勵各人主動參與，傳遞愛心與關懷。

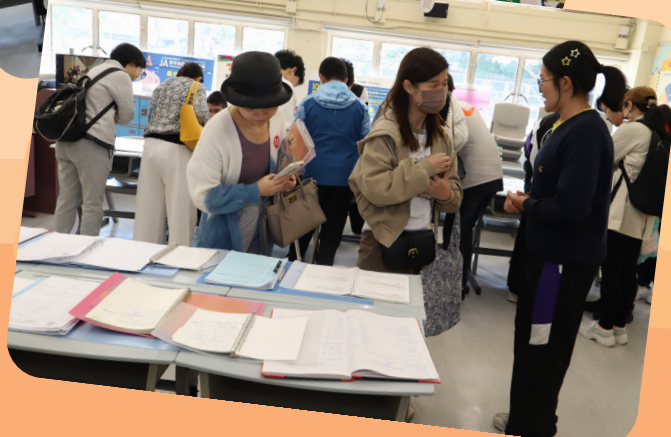
在今年，本科舉辦了地區康健中心參觀及和長者同玩桌遊等活動，讓同學在健康與關懷中有不同的體驗，這不僅是一次學習的機會，更是一次心靈的飛翔。讓我們在四十年的歷程中共同回顧成就，展望未來的可能，勇敢迎接未來的挑戰。



企業、會計與財務概論科

譚惠儀老師

在開放日中，企業、會計與財務概論科的同學們以專業且熱情的態度，向來賓深入介紹本科課程特色及學科發展方向。此外，同學們更精心策劃了多項互動體驗活動，讓來賓在輕鬆有趣的氛圍中，親身體驗營商的樂趣。這次開放日不僅是展示的平台，更是學生們學習成果的體現。我看到了他們在這個過程中的成長，展現出未來商業領袖的潛力。



中文科

陳雅芬老師

中文科為慶祝本校四十周年校慶，籌辦了一系列豐富多彩的文化活動與體驗工作坊，旨在展現學科特色，讓師生與來賓共同感受中華文化之美。

課室內，我們設置了互動攤位：「投壺識字」遊戲讓參與者辨別漢字的褒貶義涵，「竹筒投擲」挑戰則考驗同學們識別錯別字的能力。普通話科亦設計了聲韻調辨識遊戲，甚有趣味。課室亦陳列學生優秀作品、學科活動精彩剪影，以及課程特色介紹。

此外，「學而軒」提供雅緻的品茶活動與書法創作體驗。來賓不僅能細品茶香韻味，更能執筆揮毫，親手製作獨具匠心的書法書籤，在古韻盎然的環境中沉浸於文人雅趣。

校園各處更設有不同的文化體驗工作坊，例如「壓花團扇製作」、「青花瓷繪」、「華服體驗」、「少林功夫體驗」、「蠶絲扇製作」和「如意結編織」等，這些活動展現了中華文化的豐富面貌，為校園增添濃厚的文化氛圍，讓所有來賓都滿載而歸。



校慶的溫度在視覺藝術室裡蕩漾

2A 蔡東蓓

今年是學校 40 週年校慶，在“四十昂揚，展翅飛翔”的成長主題下，開放日籌備熱火朝天。作為視覺藝術團隊成員，我們齊心籌辦了紮染工作坊和印章猜字遊戲，來賓們圍坐一起嘗試不同紮染技法，布料在浸染中綻放獨特紋理。在印章遊戲籌備中，我們精心挑選同學創作的精美印章，為每枚作品設計趣味謎題，字裡行間都藏著心意。

從物資籌備到實踐落地，耗時良久，盡管勞心勞力，團隊成員卻樂在其中。這場充滿創意的合作之旅，讓我們感受到了校慶的溫度與同學們同心協力的熱忱！



校慶音樂盛會

何妙芝老師

今年是我們學校的 40 周年校慶，音樂部在開放日的活動十分豐富。各大音樂團隊，包括中樂團、管樂團、弦樂團、木笛隊和手鈴隊，接力在第二禮堂演出，連續兩天吸引了眾多觀眾，包括學生家長和許多回校的畢業生，共同慶祝這個重要的里程碑。

此外，音樂室也開放了手鈴及手鐘體驗活動，讓參與者親身感受音樂的魅力。這些活動不僅增強了同學們的演奏技能，還提升了他們的活動策劃經驗。整個開放日展現了同學的才華，讓每個人都感受到音樂的力量，並為這段難忘的回憶添上了美好的篇章。



地理科

梁芯瑜老師

本校喜迎四十周年校慶，開放日當天，地理學科精心籌辦了一系列豐富活動，包括緊張刺激的「世界地圖射擊」、互動創新的「沙箱地形教學」、深入淺出的「地質礦物學習」，以及展示同學優秀成果的「地理功課展覽」。這些活動不僅生動有趣，更吸引了眾多公眾人士熱情參與，反應熱烈，我們由衷感激。

特別要感謝修讀地理科的同學們，他們全心投入，發揮創意與所學，精心設計出兼具教育性和趣味性的遊戲關卡。從規劃到執行，同學們不辭辛勞地準備材料、反覆測試，並在現場熱情地引導來賓，這份對學科的熱愛與努力，是活動成功不可或缺的關鍵。

透過遊戲與實作，來賓得以跨越書本界限，親身感受地理的奧妙與實用價值，有效推廣地理知識與環境意識。整個活動完美呼應本校「同心同行 愛學愛勤」的主題，師生齊心協力，展現出對學習的熱愛與對知識的追求，共同編織了充滿歡笑與收穫的美好一天。



家政學會

2C 區芷晞

「時光荏苒，轉眼即逝」轉眼間本校已迎來創校四十周年的大日子。從保良局八三總理中學到保良局羅傑承（一九八三）中學當中承載著許多有意義的回憶。其中四十周年開放日也為學校增添了些生氣。今年四十週年開放日，家政學會的團員都準備了一些小小心意給來賓，我們製作了四種口味的曲奇去招待來校參觀的嘉賓！教職員聯同學生們都精神奕奕地參與服務。在校舍不同的角落都有各種類的攤位。今年的成長主題是「四十昂揚，展翅飛翔」帶出了無論日後的道路多崎嶇，也要昂首挺胸向前走，展開翅膀向更高的地方飛翔。最後祝學校四十周年生日快樂！



四十昂揚，在科學的軌道上展翅

張志華老師

四十周年校慶開放日，物理科組精心策劃了兩個富有挑戰性的主題活動：「能量過山車」與「火線穿越」。其中「能量過山車」的360度回環軌道，既考驗參加者的創意，也展現了物理原理的應用。「火線穿越」分為兩級難度，來賓既容易入手又不會失去挑戰性。

活動當天，物理實驗室人頭湧湧，氣氛熱烈。同學、校友及來賓踴躍參與，互相交流，笑聲與掌聲不絕於耳。大家在挑戰中體驗物理的樂趣，也在互動中建立了深厚的情誼。

這次活動不僅展示了師生們的團隊精神與創意，更完美呼應了校慶主題「四十昂揚，展翅飛翔」，四十年校史的長河裏，同學們既是知識薪火的追光者，也是在科學軌道上，準備展翅的飛鷹。



體育科

5D 鄭和東



我校以學生健康成長為核心，推動多元化發展，而體育生更是開放日的重要支柱之一。籌備期間，我們需協調器材配置與人員分工，實屬不易；活動當天雖疲憊，但比起日常訓練的汗水，這些挑戰只是「小巫見大巫」。選擇體育，便注定與艱苦為伴——我們不訴苦，因為熱血與鬥志驅使我們成為敢於迎難而上的先行者。

無論同學們擅長或不足哪個領域，請相信自己是獨一無二的。與其糾結劣勢，不如專注發揮所長，或一步步補足短板。唯有堅持，才不辜負過往的努力與天賦，真正展翅高飛。

圖書館服務團

5D 李幸橋

開放日，相信參觀嘉賓對圖書館的設計和製作的攤位遊戲必定留下深刻的印象。我們團隊的攤位，不但推廣閱讀的樂趣，更是同學發揮創意的大好機會。透過與嘉賓的交流，圖書館服務團的團員更提升了溝通和領導才能。「圖書知識鬥一番」透過抽選圖書分類、對應題號，再從書架圖書找答案，考驗讀者查找知識的能力。「真假過三關」遊戲，要求參與嘉賓撥動滾輪選小說或非小說，找對應圖書、說明小說或非小說的特點。「拼字過關」，玩家需在板上橫、豎、斜線中，找出連成一線的圖書相關關鍵字（書名、詞彙等），快速辨識並連線，考驗對圖書內容熟悉度。透過與嘉賓的交流，圖書館服務團的團員更提升了溝通和領導才能，樂也融融。



營商體驗隊

5B 張樂瑤
顧問老師：譚惠儀老師



以為商業世界是追名逐利？其實商業世界是設身處地。HSBC x JA 青年創業體驗計劃讓學生體驗真實的營商環境，讓創業不再離地。24/25 年度 JA 學生公司 —— Senraph，以關注特殊教育需要學生為使命，並站在他們的角度，利用自家製商品打動顧客，引起社會關注。

在這七個月間，Senraph 共 21 位學生於各範疇大放光彩，盡顯領袖才能、創造力及執行力等能力，由零開始籌備至產出 4 款商品，過程包括多次探訪中華基督教會望覺堂啓愛學校、參與不同的市集、接待顧客等，以親身體驗的方式去改變同學的既定思維。特別鳴謝我校四十周年開放日給予我們首次對外營銷的機會，不僅讓來賓們感受到學生的熱誠，更為公司帶來了第一筆利潤，令學生更有信心迎接接下來的幾個市集。

總括而言，Senraph 以 \$13,000 資本開始營運，結算後賺得 \$4,095 純利，並向所有股東分發每股 26% 的股息。然而最重要的，是 Senraph 成為了同學發展個人潛能的平台，讓所有同學都能夠「展翅飛翔」。Senraph 能順利營運有賴幾位老師及商界義工的協助，以及校長及各位股東的支持，感激不盡！

4A 張澤群
顧問老師：何芷悠老師 黎昶老師 梁麗虹助理副校長

律法先鋒團隊

我們在學校開放日準備了多個活動，希望能讓更多人以輕鬆有趣的方式了解法律的世界。為了吸引民衆參與，我們提供律師袍讓民衆拍照打卡，讓每位來賓都能體驗成為律師的感覺，促進了大家對法律的興趣。

我們亦舉辦了法律問答比賽，以有趣的方式傳遞法律常識，提升他們對法治、公義、公民責任等概念的認識和認同。

總括而言，我們不僅加深了對法律的認識，從中體驗、學習及思考公民責任、法治系統的重要性，也明白了公義需要每個人的參與。追求公義，才能真正做到「展翅飛翔」。



Variety Show



4C Kobe Wong

The 40th Anniversary Variety Show gathered countless talented students and teachers from our school. All eager to showcase their talents, and are passionate to perform on stage. The occasion celebrated our one and only 40th Anniversary of our school.

The show was originally scheduled to take place at Kwai Tsing Theatre, but we were struck by a last-minute setback due to the extreme weather condition. Therefore, we had to postpone the event and move the venue to the school hall. However, this change made our show even more unique.



The show started with a grand opening ceremony at our second hall, followed by a series of performances, featuring stunning music and captivating visual experiences. One of the highlights was a surprise performance by our teachers, which added extra excitement to the event. Lastly, the show concluded with a heartfelt rendition of our 40th Anniversary theme song, 四十昂揚 展翅飛翔, composed by our music teacher Miss Ho and Form Four students.

Being a part of this memorable moment was incredibly emotional. I witnessed the dedication and effort that both teachers and students put into preparing for the show. Despite the unexpected challenges, the show still ended up impressive. The MCs even choreographed an engaging dance to accompany our anniversary theme song! The Variety Show radiated joy and created unforgettable memories that will last a lifetime.



張淑儀副校長

Day for You

本校於 2024 年 9 月 19 日舉行全校活動「Day for You」，旨在促進學生與師生之間的互動與認識，透過多元活動，營造輕鬆愉快的氛圍，增強交流、減少隔閡，建立互相支持的關係。

活動針對不同年級設計，包括：

- 中一級「與耆同學」：與長者進行學習活動，促進代間交流。
- 中二級「心靈與藝術工作坊」：製作曼陀羅鏡子及手工杯墊，舒緩心情。
- 中三級「Chill — Chill」：減壓競技遊戲及美術創作，放鬆身心。
- 中四級「趣味活動體驗」：保齡球、劍擊、攀石等活動，拓展興趣。
- 中五及中六級班際活動：燒烤、看電影、滾軸溜冰及室內射擊，增強班級凝聚力。

活動當日，師生反應熱烈，氣氛融洽。學生在活動中展現不同面貌，師生關係更加密切，氛圍愈加和諧，成功達成促進了解與關係融洽的目標。



中一級活動 -- 與耆同學



中三級活動 -- Chill — Chill



中二級活動 -- 製作手工杯墊



中五及中六級 -- 燒烤樂



中四級活動 -- 一起打保齡球

八三陸運會

5B 張樂瑤

運動場上發光的不僅是高掛的 陽，更是士氣高昂的運動員們。觀眾席上不停揮動啦啦球的打氣團、跑道上挑戰自我，力爭上游的運動員、甚至熱心而可靠的工作人員……這畫面是如此熟悉，卻又只有我們知道，一切都與過往不同。皆因每年陸運會都見證著每個人的進步與成長。

在陸運會落幕前，由中一新生為大家呈獻活力充沛的啦啦隊表演。大聲疾呼著「四十昂揚 展翅飛翔」的那刻，他們個個昂首挺胸，揚起燦爛的笑容。中一學生雖是八三的新面孔，卻與運動健將們在場上揮灑著同等的汗水，展現出自信又耀眼的一面。啦啦隊的演出絕對是陸運會的一大看點，整齊的舞步展現了各人與同伴間的連結，同學師生凝聚一堂。



School Picnic

3B Markus Tsang

Disneyland! It's Disneyland!

For this year's school trip, we went to Disneyland to celebrate our school's 40th Anniversary. On that day, we needed to "catch our smiles" — taking photos of smiley faces of teachers and classmates. To be honest, it was a fun program that fostered our class bonding.

Moreover, we had a great time enjoying the games. I remember that I rode on the "Space Mountain" roller coaster 6 times in a row before we left the park. It must be one of my craziest moments with my friends! All in all, I realized that happiness doesn't come from the venue nor the amenities, but from people whom we love. This school trip helped me learn that I need to cherish the moments I spend with my friends.



中國文化日

陳雅芬老師

中國文化博大精深，為加深同學對中國文化的認識，本校中文科於1月24日舉行一年一度的中國文化日。適逢農曆新年前夕，本年的「中國文化日」格外精彩，中文科為同學帶來了四川變臉表演，讓同學們近距離感受這項神秘的傳統藝術。在這場非物質文化遺產的表演中，身著戲服的演員演出精彩。演員的臉譜鮮豔奪目，一轉身、一揮手，臉上的圖案在瞬間就能變換，同學們都欣賞不已。演員更走下台，在同學面前一揮扇子，紅臉瞬間變成藍臉，引來一陣熱烈的掌聲和歡呼。表演結束後，演員還請幾位同學上台互動，揮動旗子，教同學們幾個簡單的動作。活動不僅讓同學們見識了川劇變臉的神奇，更讓同學們體會到中華文化的博大精深，了解中國傳統文化之美。



Stage Cultural Day

Ms Ho Miu Chi

This year, during Cultural Arts Day, our school participated in the "From Page to Stage" theater education program presented by the AFTEC with the new production "Rousing the Dragon." This initiative aims to integrate the arts into education, offering students valuable learning experiences beyond the classroom through English drama.

The performance was held at the Yuen Long Theatre, featuring a special school show. The play "Rousing the Dragon" centers on the strategic rivalry between Zhuge Liang and Zhou Yu, blending rich elements of Peking opera. With English dialogue and bilingual subtitles, it revisits classic scenes, such as the brotherhood pledge among Liu Bei, Guan Yu, and Zhang Fei, allowing students to appreciate the Chinese epic "Romance of the Three Kingdoms."

To enhance the experience, the organizers provided extensive pre-show learning resources and arranged an engaging post-performance interactive session. This initiative not only promotes creative learning but also boosts students' interest in English, Chinese literature, and dramatic arts, encouraging them to reflect on various aspects of humanity and values. Overall, it was a meaningful event that enriched students' cultural understanding and artistic appreciation.



Science Showbiz

Mr. Cheung Chi Wa

Our school's Science Showbiz was a vibrant celebration of curiosity and creativity, bringing together students for an afternoon of engaging scientific exploration. The event featured two exciting functions that sparked interest and deepened understanding of modern science and technology.

One of the highlights was a captivating science talk, 'Generative Artificial Intelligence (GAI)', led by Dr. CHOI Tat Shing from the Department of Science and Environmental Studies at EDUHK. He introduced students to the cutting-edge world of artificial intelligence, covering topics such as machine learning, robotics, and the evolving capabilities of AI. A live demonstration of an AI programme allowed students to interact directly with the technology, sparking enthusiastic participation and insightful questions. The session was both informative and interactive, leaving students inspired by the possibilities of AI.



In a more hands-on setting, students also took part in a 'Python and Cyber Security Gaming Workshop', where they learnt various computer science concepts, including algorithms, programming logic, and computer accessories through playing a board game. The workshop also allowed students to compete with their classmates through an online platform. This workshop successfully blended learning with entertainment, showing that technology education can be both engaging and enjoyable.



呂鈞堯禁毒盃

5D 黃朗祺

今年適逢我校四十週年，以「四十昂揚 展翅飛翔」為主題，鼓勵師生追求卓越、突破自我。呂鈞堯禁毒盃作為年度運動盛事，正完美體現這份精神。活動由高中體育科同學、四社及學生會攜手籌辦，在老師指導下，今年特別規劃了社際排球、籃球及羽毛球三項賽事，讓同學們在競技場上盡展潛能。

作為社際羽毛球比賽的籌辦者，我將校外參賽經驗融入活動規劃，從賽制設計到人員調配，每個環節都力求完善。看著選手們在場上奮力拼搏，正如校慶主題所言，以昂揚鬥志展翅高飛。活動能圓滿完成，實有賴組員的同心協力、各社的積極參與，以及老師們的全力支持。

這場賽事不僅是體能較量，更見證了八三學子團結向上的精神。期待未來禁毒盃能持續茁壯，如同學校四十年來的耕耘，讓更多同學在此找到自信，勇敢飛翔！



八三體育 與你同行

余俊垣老師

「四十昂揚 展翅飛翔」——這不僅是校慶口號，更是八三體育發展的最佳寫照。作為1986年入學的舊生，見證母校體育課程從傳統田徑、球類，到如今引入閃避球、躲避盤等新興運動；從校內操場走到保齡球館、網球場上課，這些改變正體現了「推陳出新」的精神。

四十年來，我們堅持讓學生在多元運動中找到所長。高中選修課程、校隊專業培訓，助力不少同學實現運動夢想——一些奪得學界殊榮，一些代表香港出賽，更有一些已是為人師表。這些成就，源自學校始終如一的初心：以體育鍛鍊體魄，培養迎難而上的毅力和追求卓越的精神。

如今看著學生在場上飛奔的身影，彷彿見證母校與學子共同展翅的軌跡。八三體育，始終與你同行，裝備年輕人以強健身心翱翔未來！



校友同心賀校慶 攜手開創新篇章

八三校友會

欣逢母校四十週年校慶，校友會亦喜迎成立二十週年。多年來，校友們始終心繫母校發展，積極參與各項活動：從擔任運動會嘉賓、開放日義賣，到舉辦足球籃球慈善賽，無不展現對母校的深厚情誼。

今年校慶系列活動中，校友會特別精心設計紀念品籌款，每一件作品都蘊含著校友們的感恩之心。早前圓滿舉行的校慶晚宴，更匯聚了歷屆校友與師生，場面溫馨感人。校友會亦積極配合母校舉辦的升學就業分享會，邀請各行業校友回校分享經驗，為學弟妹提供實用建議。

展望未來，校友會將繼續秉持「飲水思源」精神，與母校攜手同行。我們相信，在師生與校友的共同努力下，母校定能培育更多優秀人才，再創輝煌！



正向心 關愛情



正向大使

5D 李曉晴



今年是學校的 40 周年校慶，主題「四十昂揚，展翅飛翔」象徵著我們在成長路上充滿活力與希望。正向大使們在這年透過參與一系列活動收穫了不少。

在微笑週攤位遊戲中，正向大使設計了有關正向訊息的攤位遊戲。透過簡單的互動，我發現一個真誠的微笑能拉近人與人之間的距離，讓學生和老師在午膳時間放鬆心情。正向大使傳遞正向能量給大家，讓我們每個人都能成為小太陽！

在正向大使的聚會中，我們透過互動遊戲培養團隊合作與溝通能力。隊員們彼此支持、默契配合，共同為小組爭取佳績。活動既充滿歡樂融洽的氛圍，又展現了積極向上的團隊精神。每次聚會結束前，各組成員會圍坐一圈，分享生活中的點滴感恩，學習從平凡小事中發現美好與溫暖。

通過參與保良局的賣旗和慈善步行，讓我體會到「施比受更有福」。可能是一枚硬幣的捐助，或是人們每一步的努力，都能成為點亮弱勢社群的希望。這些經歷不僅讓學生學會用行動關懷社會，更培養善意的的心，傳遞溫暖給有需要的人。

這一年，我學會了用微笑感染他人、用團隊精神克服困難、用感恩的心回饋社會。學校 40 年的成長歷程提醒我們要勇敢展翅，追求夢想。未來，我也會繼續保持這份昂揚的鬥志，飛向更廣闊的天空！



輔導領袖生

5C 張思鎧

一年時間又結束了，轉眼間今屆的中一生已經成長，並融入八三的校園生活。每一屆的中一新生都有著不同的特質，身為師兄師姐的我們就好像路上的街燈為他們照亮前行的方向，讓他們盡快適應中學的生活及融入八三這個大家庭。輔導領袖生的工作多元，由中一迎新日到校園午間活動計劃，應有盡有。每年為中一新生度身訂造的中一迎新日是輔導領袖生們整個暑假的心血，為的是運用暑假的時間提早讓新生熟習八三的校園生活。加上，輔導組舉行的校園午間活動計劃讓中一生在午膳時間與輔導領袖生相處同時習慣學校的生活，並通過小組遊戲、球類活動、功課輔導等，務求讓他們與身邊的同學互相認識，同時適應中學的科目和功課。八三是一個關愛的大家庭，和中一新生相處既讓他們感受到八三的溫暖，同時又能傳承八三精神。與他們相處總能讓輔導領袖生學懂很多課堂以外的技能，與人相處、溝通的技巧、包容等等。這些都是我們在輔導領袖生中學會最寶貴的知識，讓我們從中成長。



1A 王語彤

中一級禮物製作



隨著中六文憑試的臨近，師兄師姐們正全力以赴為考試奮力拼搏。作為一年級的師弟師妹，雖然未經歷過大考的磨練，但看著他們努力的身影，也想為他們送上支持和鼓勵，減輕壓力。作為學校的傳統，我們每人將為他們製作一份禮物。

製作時，我們按照老師的指示，小心翼翼地折好一顆愛心，然後將糖果裹進愛心裡。雖然製作過程「狀況百出」：把紙弄破、跟不上摺紙步驟……但在老師和同學的互相幫助下，終於讓一顆顆愛心成型。隨後，我們也在卡紙寫上對他們誠心的祝福。最後再用包裝袋裝起就大功告成了。我們望著自己親手製作的禮物，疲憊瞬間煙消雲散，十分滿足。

最後我們親自為他們送上禮物，他們又驚喜又感動，連聲道謝。與他們聊天時，聽著他們備考的點滴，彼此提供鼓勵和支持，讓這次體驗別具意義。我們拿起禮物，在快門聲中定格下這溫暖的瞬間。原來這份小小的心意能像星星般點亮夜空，這次經歷真是獲得了很大的收穫呢！製作禮物過程，我也明白到互相幫助的重要性，更體會到付出的價值，為他人用心籌備時，自身亦能收穫快樂與成長。

精神健康日

麥月娥老師

2024年11月25日，本校舉辦了精神健康日，旨在促進學生的心靈健康，營造愉悅的氛圍並增強情感連繫。活動以三分鐘的呼吸靜觀練習開場，隨後配合講者以“Unplug to Recharge: Why Rest Matters”為題，分享身心調適的重要性。接著，各級進行了多元化的活動：中一級的趣味攤位遊戲、中二級的桌遊、中三級的藝術創作和甜品製作，中四級的木棋、沙畫和舞蹈活動，以及中五、中六級的班際集體遊戲，強調師生共同參與和互勵互勉。活動尾聲，大家一同享用由學校準備的雪糕，為此次活動畫下甜美的句號。這次精神健康日成功地營造了校園療癒的氛圍，實現了即時減壓和情緒支持的目標，讓我們在「沉浸體驗」中共同成長，四十昂揚，展翅飛翔，迎接未來的挑戰。



中一啓航星

4B 林敏晞

來到學期的尾聲，經過一樓的班房，中一生們的歡聲笑語、齊樂融融的氣氛，他們彷彿已忘記初入「八三」時，略帶緊張的愁緒和陌生感。身為輔導領袖生，我們為中一同學策劃各式各樣的迎新活動，精心設計小遊戲，如認識校規、校服配搭、校園遊、閱讀時間表等，除此，中一午間活動不但包括上述活動，更提供了讓中一生與師兄師姐共進午膳的機會，加強各級同學之間的聯繫，創造出溫暖輕鬆氛圍，好讓他們盡快「破冰」，不論是結交新朋友，還是適應新環境，年紀相約的我們能以朋輩身分，攜手同行，帶領他們融入八三這個大家庭當中，為日後六年多姿多彩的校園生活作鋪墊。



義工路是展翅的起點

4A 賴文昇

在本年度的義工活動中，我積極參與了多項社區服務，主要對象為幼兒及青少年。與幼兒互動時，我教授桌上遊戲以培養他們的社交能力與合作精神，並協助他們完成功課，鞏固學習成果。雖然孩子偶爾鬧情緒，但我學會了耐心安撫與鼓勵，提升了應對技巧。

此外，我亦在社區中心擔任歌唱比賽的工作人員，負責籌備流程與協助活動進行，讓我見識到青少年的才華與社區的凝聚力。透過這些經歷，我不僅提升了人際溝通能力，也增強了實用技能，更培養了關懷弱勢社群的使命感。這些寶貴的體驗，將成為我未來成長的重要養分。



八三耆青長者學苑 - 用科技連結兩代人

1A 呂松翰

在「Day for You」活動中，我與同學負責教導長者使用「Canva」和「Instagram」。由於我曾用 Canva 製作影片封面，對其功能略有認識；但對 Instagram 則毫無經驗。

活動開始前，我們聆聽了導師的講解，隨後各自與長者配對。我遇到了一位名叫 Shirley 的長者，巧合的是她也不喜歡 Instagram，因此我便專注教她使用 Canva，並盡力清楚地介紹各項功能，讓她能夠輕鬆上手。

整個活動中，我最享受的部分是與長者的互動與溝通。他們友善、易於相處，讓我感受到跨代交流的溫暖與意義。這次經驗讓我反思到，科技教學不只是技能傳授，更是心與心的連結。我也發現自己具備理解他人心理的能力，無論對象是小孩、長者或同齡人，我都能建立良好關係。這份體會，將成為我未來人際互動的重要養分。



全方位學習日

4B 孫紫晴

「展翅飛翔」不光是一個口號。

適逢本校 40 周年校慶，全校同學於本年度的全方位學習日一同走出課室，回到祖國的懷抱，參與不同的交流學習活動。

我很高興可以和全校同學一起到參加內地交流團。中一中二的同學分別參與了「同根同心」藝術文化和自然環境及歷史文化的交流計劃，而我們中三中四的同學有幸可以參加兩日一夜惠州新動力所舉辦的惠州交流團。

第一天我們先去參觀了海天堂，了解龜苓膏的製作過程以及歷史，並且還品嚐了美味的龜苓膏。午餐之後，我們到訪了惠州西湖。那裏的景色令我震撼非常，湖水之清澈，天清之氣朗，白雲能夠清楚反映在水面上，周遭種著不同的植物，令到整個景點充滿著花香及新鮮的空氣，這讓平時都活在大都會的我們能夠感受自然，身心舒暢。

第二天我們拜訪了中韓產業園，乘坐了無人駕駛小巴。是次新奇的體驗令我不得不慨嘆國家的科技發展進步之快。其後，我們在仲愷港澳青少年創業中心體驗了做網絡主播。總括而言，這次的旅程不只令我和同學的關係更加融洽，還令我知道大灣區的科技發展以及科技對現代社會生活中的重要性，深深地加強了我對於未來創意科技發展的興趣。要是有機會的話，我希望將來能夠與同學們參加更多的境外學習交流活動，一同「展翅飛翔」。



知行拓域 科班共融



江西紅色文化之旅

3B 楊智鋒

在今次前往江西遊學團中，我們到訪了幾個各有特色的地方，分別是：瑞金共和國搖籃景區、中央紅軍長征出發紀念館及紀念碑、安遠三百山、贛州古城牆和贛州江南宋城。

我認為我們觀賞過的話劇「紅軍長征第一渡」最令我有深刻印象，我起初以為它只是一套平平無奇的舞台劇。但是在硬件方面我十分驚訝，劇場的舞台竟可以三百六十度旋轉和升高降低，也可以傾斜九十度，這刷新了我對內地科技的認知。

在演員方面，他們的演技深深令我體會了我們現在的幸福來之不易。在以前戰亂頻繁的年代，想有美好的生活是十分困難的，然而平民們卻經常遭到壓迫，所以就有不少人參加了紅軍，他們都希望能過上更好的生活。不少人因參軍導致家庭破碎，戰死沙場……儘管如此，該劇宣揚的革命精神，令我十分敬佩，正因為戰士們的犧牲，才讓我們過上美好的生活。



保良局屬下中學生廣西交流團 3B 楊智鋒

在保良局李何芷韻主席兼本校校董的聯繫下，我校於 2025 年 5 月聯同兩所保良局中學前往廣西進行文化交流，並與南寧市第十四中學締結為姊妹學校，深化兩地友誼。

此次廣西交流團旨在加深對當地文化的了解。我們遊覽了廣西壯族自治區博物館與特色景點，並與姊妹學校師生交流，收穫豐富。其中，最令我難忘的是參與非物質文化遺產十字繡活動，感受傳統手工藝的魅力。此外，姊妹學校新設立的歷史館，展示其校史與文化，讓人歎為觀止。

這次旅程不僅讓我學習到廣西的文化特色，也結識了許多新朋友。我期待未來能再次與他們相聚，共同創造更多美好回憶。



2025 香港青少年寧波遊學團

5D 梁琳琳、5D 區彩盈、5B 姚嘉穎、5C 姚嘉琳、5A 關逸峰

這一次的寧波遊學之旅是一場認識中國歷史與現代發展的盛宴。在寧波幫博物館，我們體會到先輩遠渡重洋、艱苦創業以報效家鄉的精神；在中國港口博物館，我們瞭解了寧波從古時「海上絲綢之路」貿易中心到現代全球最大貨物吞吐量港口的巨變；在上林湖體驗製作青瓷及走進鎮海中學，我們則得以領略中國傳統技藝的匠心傳承和內地現今最頂尖的教育力量。這六日五夜的寧波之旅成為了我們成長的養分，讓我們得以在學習路上展翅飛翔。



山西歷史文化考察之旅

4C 布雪瑩

山西歷史文化之旅在復活節期間舉行，交流團一共七天，由校長及三位老師帶領，讓一眾同學遊覽山西的歷史文化，也讓同學深入瞭解山西省的寺廟特色和宗教。透過交流團，有導遊的詳細講解，也讓同學們親身感受濃厚的文化氣息，別具學習意義。

此次遊學團安排同學們遊覽了懸空寺、雲岡石窟、應縣木塔、忻州古城、喬家大院、平遙古城、山西博物館、華嚴寺等，行程非常豐富。其中，最讓我感到深刻的是雲岡石窟，它融合了犍陀羅藝術與漢地風格，是「佛教中國化」的第一步。再者，古人精湛的雕刻技術，使雕像栩栩如生、活靈活現。在參觀懸空寺時則感受到三教合一的魅力，寺內分別設有儒、道、佛教教主的塑像，而宗教多元化的特點亦令眾多旅客慕名而來，一覽懸空寺的風光，景色優美，使我歎為觀止。



江西陶瓷藝術、古建築及古村文化探索之旅

5C 鍾晞彤



踏上江西這片歷史厚重的土地，我們在景德鎮的千年窯火中觸摸陶瓷藝術的靈魂，於婺源白牆黛瓦的古村落間聆聽歲月的低語。當指尖觸及溫潤的陶土，彷彿與萬年前的匠人展開了一場穿越時空的對話。

今年四月，視覺藝術科同學參加了由教育局主辦的江西陶瓷藝術和古村文化探索之旅。漫步明清古街，飛簷翹角下隱藏的是中華文明的智慧結晶。滕王閣上遠眺贛江，王勃筆下的「落霞與孤鶩齊飛，秋水共長天一色」不再只是詩句，更成了刻入心靈的文化印記。李坑村溪水潺潺，清澈見底，綠樹成蔭，野花爛漫，鴨子在水中嬉戲暢泳，盡顯初夏生機。

這趟旅程不僅是文化的探索，更是一場成長的洗禮。我們到訪中國陶瓷博物館，還參加陶瓷製作工作坊，創作過程中讓我深深體會到中華文化的博大精深，領悟到傳承與創新的真諦。

學校四十年砥礪前行，正如景德鎮的窯火生生不息，歷經淬煉而愈顯璀璨——我們終將明白，唯有扎根歷史，在傳承下創新，方能展翅飛翔。



廣西桂林、陽朔地貌探索之旅

4A 胡名鎬

這境外旅程中，我深刻體會到「四十昂揚，展翅飛翔」的成長主題。

在三天兩夜的行程中，我們分別到訪了銀子岩和陽朔西街。銀子岩石頭形狀獨特、顏色不同，高低起伏，提醒我在迎接挑戰的時候，都要勇敢面對每一件事，激勵我不斷向上探索。在陽朔西街，我感受到街上熱鬧氣氛，同時了解古老的文化和現代的活力，讓我感受到不同生活的樂趣，激發我對未來的期待，讓我更好探索成長的過程。

這次旅程讓我明白，我們要勇敢面對每一個新挑戰。每一次的探索，都是在成長旅程中十分重要，激勵我不斷將目光放遠追尋新的事物。



國防教育體驗營

4A 吳浩林

儘管為期五天的香港青少年國防教育體驗營早已結束，但第一天我們剛剛到的情景仍然歷歷在目。不同於其他的交流團——大家的電話被收了，也都換上軍服了，儼如一個軍人，令人不禁自問，究竟作為軍人會有什麼體驗？這五天的生活將會如何渡過？我們又會在此體驗營中學習到什麼？我帶著滿腔疑問渡過了漫長又短暫的五日，從中獲得了不少心得。

首先，我們學習到團結精神。在體驗營中，所有活動都是團隊一同進行，由隊列訓練、野炊、參觀等等的活動甚至乎用膳、住宿等等生活的作息，大家都一同經歷，同喜同悲，同呼同吸。活動當中，大家會不斷溝通，互相協助，令我確切地明白到團隊的力量。記得我們練習拳術的時候，只要有一位同學出錯，教官就會叫我們全體由頭再練一次。起初我也覺得很沮喪，但當後來全部人都成功完成的時候，成就感就會湧現出來，我亦能感覺到大家比以往更為團結，團結果然是成功的基石。正所謂，團結就是力量。

此外，我們亦學習到堅毅精神。坦白來說，在軍營的每一分每一秒都是度日如年，尤其是練習的時候。不過，教官會不停鼓勵我們，又讚賞我們有進步，令我們更加容易面對困難，多次的練習亦都令我們明白到水滴石穿的道理，只要堅持，成功總會在望。人生往往不會因為成功所以堅持，而是堅持所以會見到成功。

同時，訓練營毋庸置疑地可以提升我們對國民身份的認同，就好比我最喜愛聽教官的故事以及他的自身經歷。他經常與大家分享自己當兵的點滴以及國家安全的重要性。另外，參觀國防教育訓練館、法院、公安機關等等都令我明白到守法的重要性。作為一名學生，讀書固然重要，但對國家抱有責任感亦同樣重要，「天下興亡 匹夫有責」。

總括而言，我們在短暫而漫長的五天裏都成長了許多，相信我們日後也將永遠記得這份難忘的經歷。



豫港甲骨文研學交流活動 「探索古老文字—河南歷史科技考察之旅」

4C 萬子盈

今年 4 月下旬，我們踏入了河南這座底蘊深厚的古都，開啓了甲骨文溯源之旅，體悟了博大精深的歷史文化。

我們走進中國文字博物館及殷墟，瞭解了文字從甲骨文漸漸演變成現代漢字的歷程，見證了漢字的創新與延續。在「只有河南·戲劇幻城」中，我們沉浸在一場視聽盛宴中，舞台劇以光影的形式呈現，使我們見證了河南悠久的歷史，實在難以忘懷。

此次河南之旅，不僅令我們增廣見聞，還使我們深刻體會到中華文明的源遠流長，留下刻骨銘心的回憶。



聯校中小學「澳洲保育文化探索之旅」

陳冠宇老師

學校挑選了八位表現卓越的精英學生，參與為期十天的「澳洲保育文化探索之旅」。此旅程融合教育與文化的深度探索，以四十周年校慶的主題，象徵學校四十年來的堅實基石與未來的無限可能。

行程到訪悉尼 (Sydney) 及開恩茲 (Cairns)，聯校中小學「澳洲保育文化探索之旅」，探索澳洲的獨特文化與大堡礁、熱帶雨林等自然生態。8 位學生將成為學校的代表，透過實地體驗，深入了解永續發展與環境保護的重要性，並肩負傳承與分享的使命。



English Study Tour to Singapore

4A Woo Ming Ho

Our English Study Tour to Singapore took place from 14th April to 17th April, 2025. It was an enriching experience that enhanced students' English skills and deepened our understanding of Singaporean culture.

A highlight was our visit to Sengkang Secondary School, where we interacted with Singaporean students. The school was quite large, at least twice the size of those in Hong Kong. We played a warm-up game to introduce ourselves, fostering connections. The Singaporean students shared insights about their education system and daily school life, helping us make new friends.

We also explored cultural highlights like Little India and Gardens by the Bay. In Little India, we admired colorful shops and learned about Indian traditions. At Gardens by the Bay, we observed various trees, including those in the Supertree Grove, and appreciated Singapore's commitment to sustainability. Despite the rain, we enjoyed an evening light show that showcased the garden's innovative spirit.

We tasted delicious Singaporean cuisine, including Hainanese Chicken Rice and Bak Kut Teh. Both dishes offered a delightful culinary experience.

Overall, the tour broadened our horizons and created cherished memories with both our fellow students and the Singaporean students.



English Drama Competition

3C Cheung Ka Chai

The curtains rose, and the stage was set for an unforgettable day at our English Drama Competition. This year, with the theme “Renewed Vigor at Forty and Soar for New Heights,” all classes showcased their creativity and camaraderie, transforming the competition into a true celebration of talent and teamwork.

In Class 3C, I faced an unexpected challenge when I was chosen as the director of our play. Feeling both nervous and honored, I accepted the role. As the director, I was responsible for coordinating the actors, writing the script, and managing props. Unfortunately, I stumbled in time management. The actors received their scripts just a few days before rehearsal, and the props arrived right before the big day, leaving us with very little preparation time.

During rehearsal, I watched as other classes excelled, while our performance fell short due to our lack of readiness. I was worried after the rehearsal, but we came together as a team to evaluate our performance. We brainstormed ways to enhance our props and attract the audience’s attention.

On the day of the competition, our actors delivered an outstanding performance, free of mistakes. Our script finally made the audience laugh, and everything flowed smoothly. To our delight, we won the ‘Best Effects’ award and were also honored with the ‘Most Popular Drama Award.’

This experience taught me valuable lessons about the importance of preparation and teamwork. I learned that better planning can lead to an even more impressive show. I hope to take on the role of director again in the future, aiming to produce an even better play.



English Public Speaking Team

Ms Yeung Suet Yan

How would you feel when you were asked to give an English speech on stage? For most ESL students, especially the introverted ones, English public speaking is a deadly combo, the worst nightmare where every word sounds too loud and every spotlight too bright.

However, this year has seen incredible growth and courage as many first-time speakers stepped out of their comfort zone to improve their English script writing and speaking skills. A particularly remarkable achievement was receiving The Active Participation Award in the Creative Speech Writing Competition. Several students were awarded Merit and Credit for their original speeches, an encouraging testament to their effort and creativity.

Another highlight of the year was the Speaking for All workshop for S.1 students, with speech, drama and music as its central theme. Participants learnt to express themselves not just with words, but their body language, facial expressions and voices through interactive exercises and group performances.

From hesitant beginnings to memorable achievements, our public speaking team has made enormous strides. The memorable moments we had this year are only the beginning. We look forward to an even brighter future where every voice on our team continues to rise.



English Fun Days

Ms Lau Shui Sun



Throughout the year, four dynamic English Fun Days brought students together for a series of engaging, form-based activities designed to enhance creativity, collaboration, and cultural awareness. For the first Fun Day, S1 students participated in the Great Encounter, where they honed their communication skills by interviewing teachers and English Ambassadors in a lively, interactive setting. On the second Fun Day, S2 students showcased their linguistic prowess in two spirited competitions: the Choral Speaking Competition, featuring synchronized and expressive group performances, and the Tongue Twister Competition, which filled the venue with laughter as participants tackled challenging phrases with speed and clarity. The third Fun Day featured S3 students sharing festive cheer during the Christmas Carol Singing Competition, where their harmonious performances of classic carols filled the atmosphere with joy. The fourth day concluded with S4 students participating in the SBA Quiz Competition, an exciting intellectual challenge that tested their knowledge and quick thinking across a variety of topics.

In addition to these form-specific events, Mr Adam, the CNET, collaborated with five Native English Teachers from the Chatteris Educational Foundation to host an Intercultural Day. This vibrant event featured colorful game booths, each offering activities and insights into diverse global cultures. These events contributed to a memorable year of learning, celebration, and cultural exchange.



Harry Potter Activities

Ms Lau Shui Sun

With just a week of preparation time and a minimal budget, our S.3 students once again transformed the school hall into the wizarding world inspired by the Harry Potter series. Despite the constraints, their creativity soared. From handmade robes made of trash bags to wands created from chopsticks, each costume showcased a blend of innovation and resourcefulness as students brought their chosen characters to life.

To spice things up, a “paparazzi challenge” was introduced this year for audiences to snap photos of the best cosplay moments with spellbinding poses and dramatic struts.

This is just one of the abundant activities organised by the English Department to deepen students’ appreciation for the Harry Potter series. Other highlighted events include the Harry Potter dramas staged by S1 students which featured a creative twist to the classic story, as well as a whimsical spell design competition for S2 students. All these events required students to explore the backstories, learn new details, and create something original. Laughter, applause, and a touch of Hogwarts magic filled the air as our students immersed themselves in these captivating activities that enriched their reading experiences.



NET - Mr. Corey

I can't believe it's been five years since I first moved to Hong Kong and started working at this wonderful school. Sometimes I pinch myself because I've been so lucky to teach such wonderful students and work with such talented and caring teachers.

This year, we had many more fun activities and experiences. In school, I got to teach a new class to Form 1 and Form 5 students. This was a special activity class that we had on Mondays. We played new, interesting games that got everyone moving around and thinking. It was really fun to get out of the classroom and have some fun.

Outside of school, there were so many fun experiences. First, we went to Disneyland in the fall. Watching everyone play on their favourite rides was exciting. Since I'm too frightened of high places and fast speeds, I just ate popcorn and watched. Then, I helped lead the English Study Tour to Singapore. This just as much fun as last year. We were once again lucky enough to visit a local school and meet other students and teachers. Later, I joined the Form 5 students on their trip to the mainland. It was a valuable learning experience for everyone. Lastly, on Sports Day, I got 'tricked' into joining the student-teacher relay race. I was very slow, but I had a lot of fun.

The English Corner was also exciting this year. We had some fun and unique activities. We had students come in to watch the NBA, eat lunch, chat, and play chess or go. We also ran some fun activities. Form 1 students participated in a snack exchange with a school from Philadelphia in the United States. We got to eat some very tasty (spicy) snacks together. We also joined the Photopoetry competition at Ocean Park and participated in the Devised Drama competition (and won)! And, of course, we had Friday Mini-Stage sessions where the English Ambassadors had the chance to prepare games and quizzes for students to enjoy during their lunch periods.



Last, but not least, we had a wonderful year celebrating our school's 40th anniversary. If these walls could talk, just think of all the great stories they can tell from all those years of hard work and fun. I'm glad we all get to be a part of the next 40 years.

I look forward to seeing what 2025/2026 has in store for our school and our wonderful students.

班會活動



1A

1A Law Pak Kiu

‘Renewed Vigor at Forty and Soar for New Heights’ is the growth theme of our first school year in PLK83. To celebrate the 40th anniversary of the school, teachers set goal for us — to use our abilities to do what we can. Our class had participated in different activities. My unforgettable experience among all the activities is the English drama.

In April, our school held an Inter-class English Drama Competition, and our class enjoyed this activity very much. In March, we started to prepare. We wrote a script first and began rehearsals. We worked hard together and aimed for the championship.

After a month of hard work, it was time for us to perform. We stuck together and put on a great show. We won ‘Best Script,’ ‘Best Actor,’ and several other prizes. We teamed up and achieved a great result.

After this experience, our class is more united than before. We learned teamwork and many valuable lessons during this experience, so I think it relates to our growth theme.



1B

1B 黃逸謙

一整年過去了，我們 1B 班同學亦參加了不同大大小小的活動，例如旅行日一起去迪士尼、深圳文化探索之旅、參加驚險刺激的密室逃脫等。

而其中的深圳文化探索之旅讓我們大開眼界，不僅看到大芬油畫村裏華麗的畫作，還可到深圳當代藝術與都市計畫展覽館，進行互動和沉浸式體驗多媒體技術和和虛擬現實，讓我們理解一個城市的規劃理念和藝術創造過程。而在這個學年的相處中，我們 1B 班也認識彼此，一起共渡了整年快樂和充實的時光。



1C

1C 羅笑薇

回想起入學的那一刻，猶記得我心中的恐懼與不安，面對一群陌生的同學和全新的環境，我感到無比焦慮。然而，在這一年的學校生活中，1C班同學一起經歷了很多，讓我逐漸體會到同學之間的團結和默契。

透過學校舉辦的不同活動，讓我們深深體會到「四十昂揚，展翅飛翔」的口號。全校旅行、DAY FOR YOU、精神健康日、40周年校慶、保良局慈善步行、全方位學習日、Creative Science Showbiz等活動，讓我眼界大開。

學校舉辦的班際英文話劇比賽，更讓我展翅高飛，一嘗做主角的滋味。儘管賽前我已做好充分準備，但仍難免感到緊張與不安，幸好同學們紛紛鼓勵我，那一瞬間，暖流湧入我心田，給予我莫大的鼓舞，至今仍銘記於心，難以忘懷。



1D

1D 張梓滢

這一年，班際活動讓我對成長主題「四十昂揚，展翅飛翔」有了深刻的理解。

在Day for You活動中，與老人家聊天，聽他們分享過去的故事，讓我懂得珍惜當下，也學會了用耐心去傾聽他人的經歷。

迪士尼之行如同一場奇妙的冒險，刺激的項目讓我們暫時忘卻日常的束縛，勇敢地擁抱新奇，彷彿張開翅膀，去觸碰那些遙不可及的夢想。

在深圳交流團中，與不同學校的同學交流，接觸到新事物和新思想，拓寬了我的視野。我明白了成長需要不斷吸取經驗，勇於突破自我。

參觀博物館時，看到歷史文物就像打開了一扇了解過去的鑰匙，讓我更深入地理解我們的歷史。這些經歷讓我在主題的傳承中，一步步學會展翅，勇敢地飛向未來。



Celebrating 40 Years of Excellence: 2A's Heartfelt Appreciation for the School Community

Reflecting on the journey we've taken, this milestone — the 40th anniversary of our beloved school — is truly significant. On behalf of Class 2A, I sincerely express my heartfelt gratitude for the support and love provided by the school.

Over the years, our school has been more than just a venue for education; it has been a second home. Teachers who offer quiet dedication and students who bring joy and enthusiasm both play vital roles in building the spirit of our school.

To mark this special occasion, our school held a vibrant open day with a wide spectrum of guests and booths, where alumni, parents, and the community came together to celebrate our remarkable accomplishment. Classrooms were filled with displays of student work, performances echoed through the school hall, and laughter filled the air as past and present members of our school family reconnected.

Looking back on the vibrant activities that have shaped this milestone celebration, we are especially proud of the school's commitment to fostering a rich learning atmosphere. This includes the Life-Wide Learning Day, where we explored hands-on experiences beyond the classroom through various trips. Activities like Shaolin Kung Fu and the Chinese Costume Experience immersed us in the beauty of Chinese culture and traditions. Equally captivating was the Harry Potter-themed activity, which brought magic to life through creative engagement, and the English Fun Day, where we experienced the charm of Western culture through games, performances, and interactive learning. We are grateful for the opportunities to grow and connect, and we look forward to continuing this legacy of excellence.

In our view, the school anniversary is an indispensable achievement. We confront head-on the values that have defined our school for the past 40 years. With deep gratitude, we thank every member of our school community, past and present, for your support, love, and belief in our mission as we look forward to the next chapter of learning, growing, and thriving.

Happy 40th Anniversary!





2B

2B 鍾曉蕾

就著本年度「四十昂揚，展翅飛翔」的成長主題，我們在考試後舉辦了班會燒烤活動。在歡聲笑語中，我們不僅學會了互相協助，更建立了深厚的友誼，找到與我們砥礪前行的友伴，一起昂揚。另外，在英語話劇比賽中，我們一絲不苟地處理每個細節，最終獲取佳績，令我們明白成功從來不是偶然，而是源自充分的準備。面對充滿未知的將來，我們會未雨綢繆，好讓自己能展翅翱翔，飛往璀璨未來。

2C

2C 戴斯樂

在香港故宮文化博物館的朱紅門廊下，我輕輕觸碰著古老的青銅器，感受歷史的脈動。文物雖然無言，但它們傳遞著「周雖舊邦，其命維新」的精神。當夕陽映照迪士尼的尖塔，煙火如龍騰空，映射在每個仰望的眼中——我領悟到，飛翔的本質是讓文化的根基孕育創新的力量。

這一年，青銅的沉靜教會我扎根，童話的星光引領我向上。故宮琉璃瓦上的晨露，映照了多少朝代的更替；而此刻迪士尼夜空的光芒，為新世代鋪設希望的道路。當我們在四十年間代代傳承的智慧，蘸著傳統的墨水書寫未來的故事，才明白真正的飛翔，是讓歷史的力量托舉夢想的翅膀——在時代的浪潮中，成為一隻既懂得大地溫暖，也敢於突破雲層的鷹。既然四十已至，我們也應該展翅飛翔。

2D

2D 徐琬兒，2D 黃嘉莉

在“四十昂揚，展翅飛翔”的成長主題年，我們在學校旅行走進迪士尼樂園，為我們的中二生活添上樂趣。鐵甲奇俠飛行之旅啟動失敗時，同學的耐心等待讓我懂得，生活波折中，耐心堅守終會等來驚喜。迪士尼之旅不僅是歡樂遊玩，更是成長課堂。意外中收獲的耐心、團結與溫暖，如同快樂回憶般，將伴我在成長路上勇敢展翅、昂揚前行，去面對未知與困難。而成長的力量，正藏於這些點滴感悟中。

3A

3A Leung Sze Yu

This year, of all class activities, the most memorable is the drama competition. Here is the story of our experience and our moral gains:

Scriptwriting is the first and foremost factor in a successful drama performance. Unfortunately we were stumbling and fumbling around at this stage. Our usual writers tried to write a script on their own, but the other classmates didn't like it, which led to disputes. But in the end, we all understood that we had to win as a team. With renewed vigour, they got to work and soared to new heights; we all agreed the new script could lead us to the top of the mountain.

We began acting, but again, we faced struggles due to being inexperienced. Luckily, we had excellent class teachers, Mr. Yuen and Ms. Ng. They steadied the ship and guided us in how to get in character, while the whole class cooperated well in harmony. Soon, all the diamonds in the rough had been polished, ready to style and profile on the stage.

At the end of the road, despite all our challenges, we came back with a shiny certificate of victory and a much stronger bond among us all.



3B

3B Chow Pak Ho,
Lam Ling Chi Jaisy

在 Day For You 那一天，我們上了男 sir 的靜觀課程，我們在瑜伽毯子上躺下，靜下心來聆聽周遭的事物，令我們在高壓的學習環境下得到放鬆，忘卻了暫時的壓力。我們也在 Daniel Sir 的粉畫上畫月亮，在過程中感到冷靜，平復下來。活動也讓我們知道其實即使在高壓環境下，也要舒緩壓力。

我們在學校旅行到了迪士尼樂園，我們的任務是拍出「夢想」主題的照片。同學們在城堡前拍出「求婚」的場景，這個主意集合同學們的創意，將靈感融合，也需要同學的配合去站位，共同打造出自己心目中完美的照片。

For English Drama Competition, we prepared diligently and participated with enthusiasm. Although we didn't win any awards, we still enjoyed both the show and the process. The activity not only strengthened our teamwork but also enhanced our communication skills.



今年是學校四十周年的紀念日，舉辦了許多活動，但最令人記憶猶新的是惠州交流團、班會旅行和迪士尼旅行。首先惠州交流團是全級同學和班主任一同前往內地考察，了解更多新知識，擴闊眼界，啟發了我們的思考，這次的經驗也十分新奇和有趣。第二個活動是班會旅行，班主任和同學們一同前往大埔燒烤，在品嚐美食的同時也增進了師生友誼，令同學們更加的熟絡和團結上下一心。最後就是迪士尼旅行，全校同學和老師一同前往迪士尼主題樂園遊玩，和同學，老師一同遊玩各種的機動設施，令我們得以在繁忙的學業生活中放鬆並留下了許多美好的回憶。



首先是難忘的 2024 年全校大旅行。那天我們全班同學和老師一起奔赴迪士尼樂園，一起挑戰刺激的過山車，穿梭遊覽園區的各個角落，一路上歡聲笑語，不知不覺間增進了同學及師生間的情誼，可謂一舉多得。

惠州之旅同樣令人難忘。行程中，我們參觀了 LED 燈設計公司、垃圾處理廠等地，但最讓人陶醉的還是惠州西湖。那裡青山環繞、湖水清澈，環境清幽秀美。旅途中讓我們感動的，還有乘坐旅遊巴士往返景點時，大家一起放聲高歌的瞬間，合唱聲裡，滿滿的都是 3D 班團結融洽的氛圍。

回顧每次戶外活動大合照時，同學們爭先恐後往鏡頭前擠，嬉笑畫面裡洋溢著和諧融洽的氣氛，每個人臉上都綻放著燦爛的笑容，閃耀著我們青春的光芒，也正如同校慶主題「四十昂揚，展翅飛翔」所展現的精神，充滿活力與希望。



The theme of this year is 'Renewed Vigor at Forty and Soar for New Heights', and the activities our class participated in successfully reflected this theme. This year, a wide range of activities were organized to celebrate the school's 40th anniversary. For instance, there was a day trip to Disneyland in November, an enjoyable Stage Cultural Day in early March, a fun drama competition in mid-April, and most importantly, a meaningful 2-day, 1-night learning tour to mainland China.

For the drama competition, it was a voice acting event. The competition not only showcased the class's ability to bond and work hard but also provided us with a splendid opportunity to showcase our talents. All of our classmates gave their best efforts to achieve a satisfactory result. We demonstrated our courage and reached new heights. Remarkably, one of our classmates even won the Best Voice Actor award!

During the trip to mainland China in March, we had an amazing time. We enjoyed a delicious buffet, travelled in an automated car, and even tried voice acting in live commerce. The trip allowed us to learn more about China's advanced technology, and it helped classmates get to know each other better. This special trip truly strengthened our class bonding.

In a nutshell, our class had a very successful year. We faced all the ups and downs together and overcame all obstacles without a hitch.



This year has been a whirlwind of emotions, growth and unforgettable moments. As I reflect on the past months, I realize how much we have experienced together as a unity, and how these memories will stay with us forever.

This year, our class has participated in various school-wide activities such as Day for You and the Mainland Trip on Life-wide Learning Days as well as numerous class gatherings. The mainland tour is an incredible opportunity for us to explore new cultures and environment. It allows us to step out of our comfort zones, fostering independence and broadening our horizons. Students engage in various activities, from visiting historical sites to participating in workshops. These experiences not only enrich our knowledge but also encourage teamwork and collaboration, helping us build lasting friendships.

Similarly, our gatherings at Love and Hope Centre after school play a vital role in reinforcing our class spirit. These gatherings offer a relaxing environment where we can bond over games, discussions, and shared interests. We play card games, sing pop songs, chat and enjoy different leisure activities. Such interactions are essential for our personal growth and create a sense of belonging.

As we navigate our teenage years, these experiences remind us that life is about exploration and connection. Embracing new opportunities can ignite a passion for learning and inspire us to strive for greatness.

In the future, there are vital difficulties we will face. As a unity, I believe that we can deal with the challenges together, echoing the theme from last year "Together We Learn, Together We Grow". Also, we will continue to pursue our dreams, whether in sports, arts, or academics — we will fulfil the mantra of this year "Renewed Vigor at Forty, and Soared for New Heights".



4C

4C 黃健朗

在今年的學校成長主題「40 昂揚展翅飛翔」下，我們班級展現了無限的活力與創意。

首先，英文話劇比賽增強了團隊合作精神，深化同學之間的聯繫，增強了口語表達能力，也提升了對英語的興趣。透過排練和演出，我們更深刻地理解了英語的魅力。並獲得了不同獎項。

此外，我們還參加了蒲台島之旅，這次戶外活動不僅讓我們親近大自然，還促進了同學之間的友誼。大家在研究石頭，享受陽光，留下了許多美好的回憶。

最後，日常快樂的地理課後補課成為了我們學習的另一個亮點。老師用生動有趣的方式教授地理知識，讓我們在輕鬆的氛圍中學習，激發了對地理的熱情。

這些活動不僅使我們的學習生活更加豐富多彩，也讓我們在「展翅飛翔」的過程中，朝著更高的目標邁進。



4D

Mr. Ng King Lok

In 4D, our relationship has been progressing in the whole year as we have joined many different kinds of activities attentively.

1. Day For You:

Students learn more about each other, including the class teacher by playing the bowling's together in the Day For You.

2. LWL Day:

We have gone to Huizhou. Groups were formed and we visited, learned and played together. Also, we took many photos and we had fun there.

3. English Drama:

We performed the Aladdin video in the English Drama. We have practiced a lot before the show. Although it needs time and time to rehearse, all students and class teachers in 4D have the same goal, that is the good performance in English Drama. Although we cannot get a prize, our relationship has improved a lot.

By participating in these activities actively, students were not only exploring different kinds of things but also increasing the sense of belonging. We have a memorable moment during those activities. We can chat to each other, take photos, play together, and eat together. Our relationship improved again and again. Students can show their talent and soar for new heights.



5A

5A 鄭榮熹

身為 5A 班的一員，我深深體會到「四十昂揚，展翅飛翔」不僅是口號，更是我們用汗水與笑聲共同譜寫的成長詩篇。

在「Day for You」班會活動中，我們選擇挑戰滾軸溜冰。當我們初次踏上滾輪，生澀的腳步交織著驚呼與笑聲。於跌倒時總有人為你停下，有人伸手扶持搖晃的同伴。那些緊握的手與鼓勵的呼喊，恰似我們面對學業與生活的縮影：挫折從非終點，而是昂揚向上的契機。

English Drama Day 的《Cinderella》話劇，則讓我們見證了「展翅」的力量。從選角到默契配合，從幕後到台前的深情演繹，這一切都成為同學心中美好、愉快回憶。這些珍貴的片段終將成為推動我們追逐星辰的底氣，因為在 5A 班，我們不只學會溜冰或演戲，更學會了以昂揚之姿擁抱挑戰。



5B

Ms. Ho On Ki

In our second year of senior high, our class has had an incredible journey filled with joy, unity, and meaningful accomplishments.

In September 2024, we enjoyed an exciting laser tag session where we formed teams, dodged beams, and shared lots of laughter. The highlight was when our CNET, Mr. Adam, and our teacher, Ms. Ho, teamed up against us. It was truly unforgettable!

In November 2024, we went to Disneyland for a school picnic. We were thrilled as we rode various attractions and enjoyed the magical atmosphere of the park, creating enchanting memories together.

The emotional high point of the year was the English Drama Competition in April 2025. We put our hearts into a play about a student and teacher trying to understand each other's struggles. Their journey, filled with frustration and empathy, resonated with everyone. After a month of dedicated rehearsals, our class came together—actors, actresses, and the backstage crew—putting love and effort into every aspect. Our teamwork paid off, and we won three awards: Best Actress, Best Effect, and Best Play. The pride we felt from our shared success brought us closer, creating lasting bonds and memories we will cherish forever.



5C

5C 陳穎熹

回首這學年，數次班會聚餐的回憶，如同璀璨星河中溫暖的星光，始終在我們心頭閃耀。我們圍坐一堂，在食物香氣的空間里，那些堆積如山的課業壓力奇跡般消失。餐桌上，我們暢談生活趣事，分享成長煩惱，每一個微笑都似三月的暖陽，將彼此心湖照得透亮。

最難忘懷的是老師娓娓道來的求學往事。那些歷經歲月淬煉的箴言，恰似一道清泉，為我們焦灼的青春注入力量。食物蒸騰的熱氣中，映照著我們躍動的青春臉龐；此起彼伏的談笑聲中，流淌著同窗間最珍貴的默契情誼。

適逢學校 40 周年，我深深領悟到大家的成長軌跡，交織著友誼的溫度。我們共享的不僅是美食，更是老師的期許與同窗真摯的情誼。這份滋養，終將化作我們搏擊長空的有力翅膀。這份滋養，將成為我們日後高飛的力量。當我們彼此支持，互相鼓勵，我們未來終將展翅。



5D

劉建忠老師

今年學校迎來四十周年校慶，「四十昂揚，展翅飛翔」的成長主題激勵 我們 5D 班的每一位同學。這一年裡，我們用自己的方式詮釋 這個主題。

課堂上，同學們專注聽講，積極發言；課餘時，大家互相請教，分享學習方法。備戰文憑試的路上，我們不是一個人在戰鬥，而是整班同學共同努力。每當有同學遇到困難，總會有熱心的夥伴伸出援手。

我們也積極參與學校活動，在各類比賽中挑戰自我；在參加交流活動時，我們一起探索新環境，在體驗中學習成長。通過這些經歷，我們不僅提升了能力，更鞏固了珍貴的友誼。

這一年，5D 班的每位同學都在進步。就像展翅的小鳥一樣，我們正在積蓄力量，準備飛向更廣闊的天空。



6A

活動一：畢業聚餐

作為校園的其一份，無疑晚宴給予了我們不少的樂與悲、喜與淚。可以肯定的是，像這晚一樣全級一起圍著述說夜中苦讀的不易，又尷尬地分享塵封心底、講不出聲的話兒，以及向亦師亦友的恩人們傳遞心意。這般經歷亦必定於時間流逝之際成為唯一的瑰寶。

活動二：Day For You (保齡球)

確實，大多數的我們都以嬉戲的態度對待此日，在用力揮汗之際，或許當中亦有除愉快回憶外的啓示。我們都有著不少目標來追隨，像球瓶立於地上，靜靜等待你伸手一博。有時，出手那刻，彷彿勝負之數早已揭曉。即使與目標擦身而過，正如那顆球在抵達前從不停止轉動，但願我們亦擁有這永不言棄的信念吧。

活動三：Sports Day

3000 米的距離說遠不遠，說短不短，但要想面不紅氣不喘跑完全程則絕非易事。在 6A 班，我們攜手衝線，無論三年來，我們彼此之間爆發過多少矛盾與爭執，一切都在踏過終點線後歸於平淡。假使我們以後天各一方，想必大家亦會在遙遠的明日，回想起往昔那七圈半的路途。



6B

6B 劉承軒

時間猶如掌心中細沙，在陽光旖旎下閃閃生輝，卻不知不覺靜悄悄地在指縫間流走了。中六的時光和青春就像那些沙子，金光璀璨，很美麗，也流淌在我們回憶中的每一個畫面，每一個真摯的笑靨，每一個令人懷念的奮鬥時刻。韶華逝水，畢業將至，讓我們在離別前，再次細味一番中六時光。

中六這一年，可說留校日子最短，但時間卻未必。最後一年，我們更珍惜相聚的時光，即使下課鐘聲響起，半班 6B 卻留守課室。寒窗苦讀的日子當然辛苦，但耳邊總是縈繞著「加加油油」、「累，便休息一會吧」的說話，我們好像一班戰友，靠著大家的打氣，原本的氣餒瞬間化為動力，因為我們 know 我們不是孤身作戰的。上課的時光，操卷練習的確難捱，老師們的教誨和支持卻成為動力，朝著目標昂揚，在征途上展翅飛翔。

高中三年，我們走進夢幻的迪士尼兩次，彷彿提醒我們要相信自己能追尋夢想。今年音樂節，終於輪到我們上台表演，我們唱出不捨，說出感激不盡之言，表達我們對班主任「數學小公主」的愛意。六月份，我們一起在畢業聚餐中留下無數倩影，又一起到廣州完成我們最後完整 6B 班的外出活動，珍重的回憶沁人心脾，歡欣無比。

6B 班的各位準備長大成人了，畢業驪歌即將奏起。未來我們或許踏上截然不同的人生，但可能有天我們會站在夜闌人靜的路口，抬頭望著同一片的夜空，回憶起高中三年的往事，治癒長大後的心靈。祝各位前程錦繡，鵬程萬里，他朝再相逢。



六年青春韶華於指隙間流逝。

悠悠走過的每一個年華，都留下了回憶的腳印。最後一年，在 Super Sports Park 迷路玩鬧過、在迪士尼快活暢遊過、為文憑試拼命懊惱過，卻又因試後的廣州相聚嬉戲而歡喜不已。

時光中，或喜或悲，種種卻是瑰寶，化成琉璃閃耀出最豔麗的光輝；就如 6C 班的每一個同學，各個蘊含著獨特的潛能，期盼著大放異彩。

歲月不饒人，往事不可追。成長的過程總是高低跌宕；但回首之際，才霎然意識到自己走得很遠。曾經的跌倒，再重新站起，每一段歷程都支撐著我們向前進發，朝著心思所向之處邁進。

昂首，踏前一步，展開對未來的期望；勇敢一躍，展翅飛翔，或許在下個四十年後，於無可測量的宇宙中再度相聚。



6D

6D 黃燕晴

正值學校四十周年，也是我們中學生涯上濃墨重彩的一筆。我們羽翼未豐，仍向著各自的目標努力前進。無論如何，屬於我們班的、最後的半年校園生活也是轉瞬即逝地過去了。

步入中學生涯的終站，當中故事格外難忘。記得精神健康日那天，大家站在門口排隊領冰淇淋，我們站著雪糕車前合照，微風拂過，在鏡頭前留下真心露出的笑容；禮堂裏的歡聲笑語，同學模仿屏幕上的動作，與別班友好比賽，不為任何獎賞，只是陶醉在當下，引得我們情不自禁笑出了聲。與你同樂日，在保齡球場上刷新紀錄，各人鬥志熊熊燃起，揮灑著青春的汗水——這些都是如珍似寶的回憶。

曾聽人言道「才識是年歲的冠冕，正如思念是我們共度的時間」，願我們就如成長主題「四十昂揚，展翅飛翔」一般，在未來的道路上朝著理想而行，把這段時光永存於心。



多元綻放 榮光共誌



學生會

5C 陳軒晴

「四十昂揚，展翅飛翔」，寓意每位同學皆能綻放潛能，迎向璀璨未來。追求學術成就固然重要，但籌辦能紓解壓力、激發潛能的活動同樣重要。無論是「3v3 籃球比賽」、「班際足球爭霸戰」，或是「83 廚藝公開試」，這些活動不僅讓師生展現課堂外的才華，更在歡笑與汗水中，凝聚了校園的活力與情誼。

學生會希望同學們繼續在活動中互相鼓勵，發揮所長，讓我們一起在不同領域發光發亮，展翅高飛。



CCA Prefect

5B 鄭家瑜

學期末將至，CCA Prefect 團隊的種種合作經歷始於學期初在聚光燈下進行宣誓那刻。在本年度中，作為 CCA Prefect 的我們緊守宣誓的諾言，盡忠職守，為同學提供更加多元化的 CCA 活動，亦在各個活動中為同學服務。

在 40 周年的校慶開放日中，CCA Prefects 有幸參與其中盛事，為嘉賓、到訪者、及到校同學介紹學校的聯課活動、學會及校隊，我們亦準備了劍擊及西方文化體驗活動，竭力令到訪者留下真切笑容。

我們亦見同學對運動的熱愛，於是傳承往年的服務，在午間及小息提供租借體育用具服務，更方便同學於空餘時間好好放鬆，暫忘煩惱，揮灑汗水，進行球類活動。

除了 CCA Prefect 團隊能在自己的崗位上有所得著，學會承擔及合作精神外，希望大家也能在本年度內有更多元化的活動發展，努力綻放個人色彩。



學生大使團隊

5D 梁琳琳



學生大使團隊高度投入校園服務工作。在四十周年校慶及中一新生面試等活動中，我們熱情招待、耐心回應，為家長和學生帶來親切完善的體驗；升中博覽活動時，團隊圍繞學校四十週年辦學成果，介紹辦學理念、課程等，向家長全方位展示校園優勢和特色。

於這些實踐中，我們不僅鍛鍊了溝通協調與組織管理能力，更加強了責任感及建立服務精神。這些寶貴的機會是我們成長的經歷，讓我們學會輕鬆應對各種狀況，並激勵我們不斷自我提升。

IT Force

4C 柯韻晴

四十昂揚，展翅飛翔，除了我們肉眼可見在學校內活潑的同學們，在背後默默無名地支持著的是我們—IT Force。我們不顯露於人前，但卻處處都有我們的身影。在這眾人歡聲笑語的時刻，我們為嘉賓們留下一張又一張的回憶，同學們打開的笑臉，老師和舊生們重逢的喜悅，無一不備鏡頭所捕獲。除了開放日，學校中大大小小的活動中也會看見我們的身影，不論是廚藝比賽，歌唱比賽，抑或是跳舞比賽，甚至於運動週中同學揮灑汗水的時刻，我們都在場邊不只是用眼睛記錄，更用冰冷的鏡頭記錄下鮮活的每一刻。在這學年，我在後台工作中獲益良多，我學會了如何與人相處和溝通才能使我們的工作交接順利，即使在後台工作時會有大大小小的問題，我通過和同學們共同的努力，也一一擺平。不只後台工作，我還嘗試了攝影工作，需並不是我平常的工作範疇，但親身經歷後更能明白到 IT Force 存在的意義。同學們看見鏡頭總會不自覺揚起微笑，記錄下這一刻就是我們拿起鏡頭的所有意義。

最後，我感恩 IT Force 中的每一位同學和老師，每一個部門缺一不可，只有互相合作，支持，才能令到學校中大大小小的活動都可順利進行。希望未來能有更多的新同學能參與到這有意義的工作中。



English Ambassadors

5C Ambrose Wong



Many perceive language learning as a daunting task, but my experience as an English Ambassador has shown me it is not the case. Learning English needs not be intimidating; it can be exciting, dynamic, and deeply rewarding. Here in the EA team, we're dedicated to organize fun and engaging activities that help students learn English in a supportive and enjoyable environment.

This year, we successfully ran a wide variety of English events, including 4 English Fun Days as well as an exhibition and little game booths in the English corner and Language Laboratory during the 40th Anniversary Open Days. To further enrich our schoolmates' experience, we also introduced several new initiatives. For instance, during English Fun Day, we hosted a treasure hunt for our F1 students, designed to inject joy and excitement into their language journey. Additionally, we regularly organize lunchtime mini-stage game booths twice a week, fostering a vibrant English-speaking atmosphere on campus. We firmly believe that consistent daily practice is key to achieving mastery in language development. Through these activities, we hope all students can enhance their English proficiency organically.

Finally, as English Ambassadors, we've grown alongside our peers. Teamwork in planning has sharpened our communication skills. We contribute our opinions when designing events together. Afterwards, we delve into the details during operations to make these amazing ideas come true. Most significantly, our own English ability has flourished through countless practices, such as explaining rules to eager juniors, improvising during game sessions, and reflecting on feedback. Interacting with fellow schoolmates has itself been a powerful way to improve our own English. This is the true power of language learning: it fosters connections and cultivates a positive and inspiring community.

Prefect Team

5A Chan Ching Nam

As we commemorate the 40th anniversary of our school, it is essential to recognize the significant role our prefect team has played in fostering self-discipline within our community. This year, our focus has been on empowering prefects to serve as role models for their peers, facilitating a transition from heteronomy to self-discipline.

Throughout the year, the prefect team organized various activities aimed at enhancing leadership skills and effectively addressing minor in-school offenses. One highlight was the prefect training camp and day held at the beginning of the year, where new prefects showcased their talents in observation and communication through engaging team-building games. This initiative not only strengthened team dynamics but also reinforced our overarching theme of leadership development. We are also dedicated to the continuous growth of every prefect. Regular meetings are held to evaluate performance and provide constructive feedback, ensuring that each member is supported in their leadership journey. This commitment to development helps maintain a high standard of leadership within our team.

After serving in this role for four years, it has become clear that effective student leadership transcends mere enforcement of rules; it involves guidance and support. For junior students, we emphasize patience and education, seeking to understand the motivations behind their actions. In contrast, we expect senior students to uphold school rules and set positive examples.

Together, we can cultivate an environment where every student strives to be their best. Let's go on to support as we embark on this journey toward excellence.



自選天地 才情飛揚



基督徒團契：四十週年的溫暖相聚

4B 林君寧

今年適逢學校四十週年，基督徒團契重新啓航，每雙週三放學後於演講室舉行聚會，邀請師生共同參與，在信仰與歡笑中成長。

團契氛圍輕鬆愉快，大家暫別學業壓力，如一起觀賞《玩轉腦朋友 1 及 2》認識情緒、分享零食、玩桌遊，或傾訴生活煩惱。活動中融入信仰元素，如合唱詩歌、參與基督教主題遊戲，寓教於樂，也有陳牧師為我們分享福音訊息。無論同學是否基督徒，在這裡都敞開懷抱，讓彼此在支持與分享中締結情誼。

讓我們以團契的溫暖，為四十週年增添獨特記憶！



天文學會

4A 郭泯迪

今年學校邁進四十周年，為吸引同學參與本會，我們通過不同的活動和體驗，讓同學們認識和了解有趣的天文知識。例如天文的問答比賽、製作模型、學習使用單雙筒望遠鏡等。老師更邀請校外專業的講者為我們講解天文望遠鏡的使用，令各會員大開眼界獲益良多，大大增加了同學們對天文的認識，同時也提醒我們宇宙的廣袤，需要我們努力「展翅」嘗試，探索更多未知的領域。



Scrabble Team

5A Fung Lok Yin Noyes

During our school's 40th anniversary, our Scrabble Team continued to dedicate efforts to developing students' skills in the game. Ms. Cheung, our Team advisor, and Mr. Adam, our school's NET, organized a series of after-school Scrabble practice sessions in the language laboratory.

To further enhance our skills in playing Scrabble, we participated in an inter-school Scrabble competition, facing numerous challenges and competing against teams that were often stronger than us. Some schools even had members from the Hong Kong Scrabble Team. Despite these obstacles, we remained optimistic and competed vigorously against every opponent, bravely applying the vocabulary knowledge we had gained through a year of practice.

Throughout this journey of practice and competition, we learned that the true value of our training extends beyond simply winning. It is about nurturing creativity and developing problem-solving skills. Only by fostering these qualities can we truly grow and avoid being limited to improving at Scrabble alone. We will always strive for new heights.



中文辯論隊

4A 莫穎瑜

大家好，我是本年度中文辯論隊的主席莫穎瑜。學校的中文辯論隊裏各式各樣的活動都讓我獲益良多，而且讓我感受到辯論並不僅僅是一場比賽，更是一個讓同學之間的思想相互交流、訓練邏輯的過程，令我們在不同階段都受益匪淺。每當比賽之前，隊員會提出各種論點、論據，一同為比賽作準備，進行比賽時，我們可以於競爭之中領悟到友方的不同見解，從而拓展自身的思維，比賽後，我們亦會檢討賽果，反思自身不足。因此加入中辯隊能夠提升自己慎思明辨的能力及團隊精神。





合唱團

2D 胡思雅

合唱團是一個由四十多把不同聲音交織而成的團體，每一個人都是不可或缺的。每一場動人的演出背後，是成員們無數日夜的刻苦練習，一次又一次地調整呼吸、琢磨音準、反覆練習，只為呈現最完美的音樂。

我們以歌聲凝聚情感，用和聲跨越界限。高音如百靈鳥的啼叫般清亮，低音似深海般沉穩。兩者相融，終成天籟。本年度合唱團在各位成員的不懈努力下分別於「香港學校合唱節 2025 合唱比賽和聯校音樂大賽的中學合唱團項目中榮獲銀獎和金獎。並將於接下來的 40 周年校慶綜藝晚會中為大家帶來《Music in your heart 》和《豆芽國》這兩首歌的演出。

「四十昂揚，展翅飛翔」，未來，我們將繼續以昂揚之姿展翅高飛，讓人們聽到這份由努力築起的璀璨歌聲！



管樂團

5B 司徒芷澄

在這個充滿音樂與創意的學年中，我們的管樂團活動精彩紛呈，展現了學會的獨特魅力。而本年度，我們管樂團亦主動參與不同的比賽，當中包括於 11 月，我們參加了由音樂事務處舉辦的管樂團比賽，榮獲中學中級組的銅獎，為團隊建立了良好的開端。隨後的 12 月開放日，我們展示了團員們的努力與才華，吸引了眾多觀眾的目光。在 4 月的聯校音樂大賽中，我們更是大放異彩，獲得金獎和兩個銀獎，這是對我們辛勤練習的最佳回報。7 月，F.6 同學在畢業典禮上演出，將青春的激情與音樂的力量融合，留下感動的瞬間。隨後的綜藝晚會和 8 月的香港管樂節，又讓我們的音樂之旅更加多姿多彩。

今年的成長主題「四十昂揚，展翅飛翔」，我們在音樂中找到屬於自己的翅膀，也讓我們在音樂的旅程中，飛得更高、更遠。我們每一次演出都是成長的見證，就讓我們在音符中展翅飛翔，迎接更美好的未來。



中樂團

2D 馬心兒



「四十昂揚，展翅飛翔」中的展翅象徵著每當我們遇到挫折，都不要氣餒，要吸收當中的經驗，勇往向前，而我校中樂團正是這種精神的最佳體現。今年，我校中樂團在今年獲得多項佳績，在 12 月的香港青年音樂匯演中，榮獲中樂小組銅獎，並在同月的學校開放日上展現了我們的音樂才華。此外，在 5 月的聯校音樂大賽中，我們自豪地獲得了中樂團銀獎。

雖然在練習中可能會面臨各種挑戰，但這些都讓我們不斷成長，激勵我們在下一次比賽中爭取更佳的成績。今年的成長主題是「四十昂揚，展翅飛翔」，我們將繼續努力，勇往直前，積極追求金獎的榮耀。

木笛隊

4D 黃宇晴

我校木笛隊在本學年參加了多個活動，這一切都歸功於隊員們的認真練習和導師的悉心指導，使我們在多次比賽中取得了優異的成績。三月，我校參加了第 77 屆校際音樂節，隊員們在木笛獨奏、二重奏、小組合奏及木童笛合奏等多個項目中屢獲佳績，贏得了冠軍和多個獎項。四月的聯校音樂大賽中，我們更是勇奪兩項金獎及一項銀獎。五月，我校與青衣村何澤芸小學進行了一次木笛交流，這次活動拓展了我們的音樂視野。未來，七月的綜藝晚會和八月的木笛音樂會將為大家呈現更加精彩的演出。

本年度木笛隊以「四十昂揚，展翅飛翔」為主題，繼續以音樂為翼，勇敢向目標飛翔！參加各種比賽不僅加強了隊員對音樂的理解，還提升了他們的勇氣和自信心。



弦樂團

5A 林皓熙

我校弦樂團多年來積極參與校內外的表演，今年也不例外。今年是我校創校四十週年，這使得我們的參賽熱情更高。11月，我們在香港青年音樂匯演中榮獲弦樂團銅獎；而在4月的聯校音樂大賽中，弦樂團和弦樂小組分別獲得銀獎及銅獎。這些經歷增強了我們的團結和默契，使我們信心倍增。

為慶祝校慶，弦樂團在12月的開放日中進行了精彩表演，包括《胡桃鉗組曲》中的《花之圓舞曲》和《魔女宅急便》等，同時弦樂小組演奏了《Canon in D》和《天空之城》主題曲等，節目內容豐富。此外，7月的綜藝晚會上，我們也參與了演出。

今年，我們的練習氣氛更加熱鬧，新加入的中一同學與學長姐們都非常投入，互相幫助，形成了如同大家庭的氛圍。隨著比賽的臨近，大家努力練習，抽空加時練習，期望能夠取得佳績。展望未來，我們希望弦樂團能夠吸引更多人才加入，再創佳績，為八三爭光！



手鐘及手鈴隊

4D 嚴芊霖

學校的手鈴隊已經成立超過10年，從最初的手鐘演變為如今的手鈴，這個最初只有幾人的小組，如今已茁壯成長為陣容鼎盛的大家庭。今年，我們以「四十抑揚，展翅飛翔」為主題，在清脆的鈴音中譜寫成長的樂章。回想起十二月開放日的表演，我們用歡快的鈴聲迎接每位來賓；在三月的聯校音樂大賽中，我們斬獲一金二銀的佳績；而在五月的手鈴奧林匹克中再奪兩項銀獎。七月，我們將在綜藝晚會中壓軸演出，展示一年來的豐碩成果。特別難忘的是三月比賽中，從賽前的緊張忐忑到獲獎時的欣喜若狂，這份榮譽見證了我們的汗水與堅持。

手鈴演奏最重視團隊默契，每個音符都需要精準配合。在音樂室裡，我們為了一個小節的完美呈現反覆練習；在舞台上，我們用眼神交流傳遞節奏。正是這份堅持與默契，讓我們在抑揚頓挫的旋律中共同成長。下一年，我們將繼續以鈴音為翼，在悠揚的樂聲中展翅高飛，奏響更動人的青春樂章！



Modern Dance Team

4C Lee Yan Ching Charis

The Modern Dance Team Takes the Stage!
As the school marks its 40th anniversary, the Modern Dance team has been preparing for a captivating performance to celebrate the school's 40th anniversary. The Modern Dance team is one of the most dynamic and creative spaces in our school, where students come together to express themselves through movement. The team offers a welcoming environment to learn, practice, and perform.

Under the guidance of our skilled coach, we were able to explore various dance styles, including contemporary and ballet. And techniques such as floor dances and lifting. Weekly sessions focus on technique, choreography, and stage presence, allowing us to develop our dancing skills while building confidence and teamwork. Competitions and performances are participated by the team, giving us precious opportunities to shine on stage.



健球隊

5A 張家翔

今年有不少新成員加入 Kinball 隊，經過上半年的磨合，新舊隊員相處融洽。中一新生和隊員們開始建立團隊精神，即使練習中有頗大差錯，大家都能互相包容體諒。Kinball 運動的口號 OMNIKIN 中的 OMNI 代表著全部人，KIN 是 Kin-ball 的縮寫，因此 Kinball 精神就是希望所有人都可以平等地參與這項運動，這亦是八三 Kinball 隊努力的方向，期望我們在未來可以做得更好。

在本年度全港校際比賽中，Kinball 隊員努力備戰。在準備過程中，雖然出現不少問題，例如：隊員受傷、生病、補課等。面對難關，隊員們互相支持，迎難而上，受傷隊員在養傷期間也出席平日練習，充當比賽的計分員，增添了團隊的凝聚力，我們在校際比賽中未能取得佳績，但隊員們仍堅守崗位努力練習，為明年創下佳績而作好準備。



English Elite Team

Mr. Corey

This was the second year for the English Elite Team. We started the year strong with some fun activities and classroom sharing.

This year, more of the activities were planned and run by the members of the team. They showed their initiative by sharing their strengths with the rest of the members.

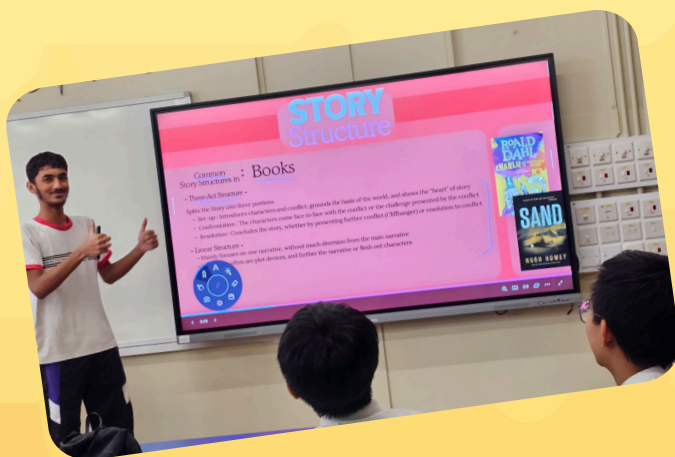


Once again, Sameer Hussain was our captain. He did a very good job of mentoring other students to take over the club next year. In one meeting, he had the chance to act as a teacher and introduced some very interesting ideas for storytelling that the other members appreciated greatly.

With everyone's busy schedules, our big activities didn't change much from last year. We once again entered a team in the Speak Up, Act Out Devised Drama Competition. Five members from our team: Wong Wai In, Leung Sze Yu, Ching Yin Ngai, Cheng Ka Yin, and Chan Long competed against some of the best drama schools in Hong Kong. Once again, they came out on top, winning the prize for Best Performance. It is the second time they have won the competition.

Later, the team also participated in the School Drama Festival in a short performance written by the team along with Mr. Corey. The drama was called Mr. Corey's Black Market. Hopefully you enjoyed watching it as much as we enjoyed performing it.

If you love English or just want to experience some very interesting competitions, consider joining the English Elite Team next year!



Social Sciences Society

4C Chan Li Yi
TIC: Ms. Leung Hau Ling

This year, our Social Sciences Society celebrated its 40th anniversary with vibrant activities, three of which stood out.

First, during the open day, we managed the VR game "Where is the Wailey," where players identified pollution sources like wildfires and air-conditioning systems. The game was interactive and informative, helping players become aware of pollution in their daily lives. It was especially popular among junior and primary school students, as the VR experience was fun and felt novel. Moreover, the recap video rekindled the year's joyful moments.



Next, the PSHE inter-class quiz competition for junior forms was thrilling, testing knowledge of Chinese History, C.E.S., Geography, and History. Contestants raced to answer buzzer-round questions while classmates cheered enthusiastically, showcasing teamwork and sportsmanship.

Last but not least, the outing to Po Toi island, the breathtaking natural scenery heaved into my sight. The azure waters and rugged cliffs were stunning, and hiking to the famous Monk Rock, previously only seen in textbooks was unforgettable. The visit to Po Toi island was not just a simple outing, it was also a journey of growth for me and has deepened my appreciation towards the natural world.

These experiences, educational, competitive, and exploratory, made this year truly special.



Science Elite Team

Mr. Chan Koon Yue, Wilson

The Science Elite Team aims to identify junior secondary students with a strong interest and potential in science. It provides training in scientific knowledge starting from lower forms to prepare them for the International Junior Science Olympiad (IJSO) and other suitable science competitions.

This year's program not only included competition-related training but also integrated special anniversary elements to inspire students.

1. In-school Science Workshops - Featuring themes aligned with the school's 40-year legacy of excellence in education, offering hands-on experiments combined with theoretical learning opportunities.

2. Participation in HKUST's STEAM Day Activities - Students joined interdisciplinary technology and innovation activities at the Hong Kong University of Science and Technology, showcasing the school's commitment to innovation over the decades.

3. Attendance at Popular Science Lectures by Award-Winning Scientists- Students attended lectures for broadening their horizons and connecting them with the spirit of academic excellence.

Through these activities, students not only enhanced their scientific literacy but also celebrated the school's 40th anniversary by embracing its rich tradition of cultivating future science talents.



中文書法學會

黃尚諾老師

本會致力推廣中文書法藝術，透過定期舉辦書法體驗工作坊、即值揮毫、觀看書法電影、展覽，俾能培育會員的書法技巧與美學涵養。本會兼容傳統與現代風格，同時結合書法與詩詞，深化文化底蘊，並透過節慶揮毫，讓書法走入校園生活。同時，透過學生利用科學毛筆來體驗書法，詮釋傳統藝術的當代蛻變，象徵突破框架、翱翔新境。適逢校慶四十週年，在此希望書法學會的同學如鵬鳥展翅，傳承中迸發新活力。



數學創意思維學會

2A 余藹霖

數學創意思維學會在今年透過不同遊戲和創意思維帶同學探索不同的數學桌面遊戲，例如 Point Salad、誰是牛頭王、Mathable、Rummikub 等等。當我們遇到陌生的成員時，我們亦嘗試透過玩質數遊戲，去記得大家的名字，藉此更了解對方，使氣氛變得更好，也避免了尷尬的情況。當中，有很多同學也非常喜歡玩 Mathable，每當遊戲開始的時候，他們需要計算方塊上相鄰的兩個木塊上的數字的和、差、積、商，在進行遊戲，由此可見這遊戲不但可以使我們在輕鬆的環境中學習，更可以促進我們的數學計算技巧。總括而言，數學創意思維學會讓我們在輕鬆和刺激的氛圍下，透過各式各樣的有趣遊戲，學習不同的數學計劃技巧，從而讓我們的數學成績有所提升。



Western Culture Club

4A Lai Man Son

This year, the Western Culture Club continues to be a vibrant space for students to appreciate and explore Western culture. Through activities and discussions about various aspects of Western culture – such as food, music, and history—the club helps members deepen their understanding and appreciation of the world. For example, we held a workshop on Western table manners. In this workshop, members learned how to set a table correctly using different utensils and vocabulary cards. We also explored etiquette, which reflects a person's upbringing and respect for others' traditions.

Lastly, the Western Culture Club will continue to enrich members' cultural understanding and keep these traditions relevant in today's world.



地理行學會

4C 黃楚穎

在今年度地理行學會的活動中，我們精心策劃了一系列活動，讓每位同學都能在學習中感受到地理的樂趣。

首先，在海邊地貌模型製作工作坊中，當我們親手打造各種海岸地貌時，看到每個同學臉上的笑容，心中充滿了自豪。我們不僅學習了波浪和潮汐如何影響海岸的形狀，更在過程中體會到了自然的力量與我們的關連。每一個模型都承載著我們的努力與創意，讓理論變得生動而具體。

隨後，我們更分組設計的地理桌遊，如大富翁和狼人殺，讓學習變成了一場充滿歡笑的冒險。當我們在遊戲中回答地理問題，獲得資源時，不僅提升了知識，還增進了彼此的友誼。無數次的歡呼與鼓掌，都是我們努力的見證，讓這個團隊變得更加緊密。

在開放日活動中，當我們展示火山、熱帶雨林和石頭模型時，看到參觀者的目光中流露出的好奇，我心中無比感動。透過互動遊戲，我們把知識傳遞給了更多的人，希望他們在探索中燃起了對地理的熱情。

這些活動，不僅契合了「四十抑揚，展翅飛翔」的主題，更讓我們在探索中成長。我期待未來能有更多這樣的機會，讓我們一同展翅高飛，迎接更多挑戰與美好的探索！

攝影學會

4B 陳可盈

攝影學會本年度舉辦了各式各樣的活動，從基本攝影技術到後期製作都一一涵蓋，並實踐「四十昂揚，展翅飛翔」的精神。

除了掌握基礎攝影技巧（包括構圖、光影運用、後製軟體操作），會員還能透過「校園拍攝」實習即時應用所學。在同學互相指導下，大家共同探索攝影的不同面貌，一起進步。會員均能在課後提交習作，展現學習成果，實踐所學並交流心得，真正體現「展翅飛翔」的意義。

適逢本校四十周年校慶，攝影學會成員也協助開放日的拍攝工作，記錄這些難忘時刻。我們以鏡頭為翼，視野為天，旨在激發同學的好奇心和想像力，通過攝影發現環境中常被忽略的細節，捕捉生活中的美麗光影。正如本年度主題「四十昂揚，展翅飛翔」所期許，我們鼓勵同學積極探索，用不同角度觀察世界，攜手邁進。



Japanese Culture Club

4C Wong Kin Long

Japanese culture often faces negative stereotypes, particularly the idea that it is dominated by "nerd culture," focusing on anime and manga. Our club seeks to challenge these biases and highlight the unique aspects of Japanese culture. This year, our committee members showed "renewed vigor" in research and presentations, enhancing our teamwork and communication skills.

One notable event explored "Japanese Culture in the 2000s." Many members were unfamiliar with this topic, so we provided clear explanations, including characters from the iconic game "Pac-Man." We also delved into various genres like fashion and music, broadening their understanding. A highlight was discussing anime, where members shared their favorites, fostering connections through shared interests.

Overall, we successfully challenged stereotypes, particularly the notion that anime enthusiasts cannot express their emotions. The theme "Renewed Vigor and Soaring to New Heights" perfectly captures how each CCA day has been an adventure, igniting our passion and leading us to new achievements.



普通話學會

2A 梁恩琳

顧問：劉建忠老師

本學年，我校迎來四十週年校慶，以「四十昂揚，展翅飛翔」為主題。普通話學會緊扣主題，透過多元活動，既提升會員的語言能力，亦展現昂揚向上的精神。

普通話學會本學年參與區本計劃，其中幾次課外活動日由老師與社工帶領，策劃了一些趣味活動，讓會員在遊戲中活用普通話，增強自信。其後，幹事汲取經驗，自主設計一些團隊合作任務，既深化語言運用，亦培養互助精神。

這些活動不僅呼應學會宗旨，更體現了「四十昂揚」的活力與「展翅飛翔」的抱負。會員們在歡樂中進步，幹事們在實踐中成長，共同為校慶添上精彩一頁。



Aviation Club

4B Cheung Hin Ming

As the chairperson of the Aviation Club, I am profoundly thrilled and immeasurably honored to lead this exceptional group of aspiring aviators. With an unwavering passion for aviation and an insatiable desire to explore the boundless skies, I aspire to cultivate an atmosphere of inspiration, camaraderie, and unparalleled opportunities for all who join our esteemed club.

Our Aviation Club offers a remarkable platform to delve into the intricate and captivating world of aviation. Through our cutting-edge flight simulator, members gain a realistic and comprehensive understanding of piloting an aircraft, mastering the complexities of flight. Additionally, our engaging city-hunt activity, held in an airport, allows participants to immerse themselves in the bustling dynamics of airport operations, deepening their knowledge of this vital aviation hub. With these unique experiences, our club ensures every member is equipped with both practical skills and insightful awareness.

We warmly welcome all our schoolmates to embark on this exhilarating journey with us. Together, let us transcend boundaries, embrace challenges, and soar to new heights. Join us, and let your aviation dreams take flight!



家政學會

4B 余心悠

時光飛逝，今年的家政學會已接近尾聲了！今年的活動真是多姿多彩。相信同學們聽到「家政學會」這個名字，都知道是和烹飪相關的。而在 CCA（課外活動）中，我們可以學到一些課堂上難以製作的菜式，我們會以更專業的烹飪技巧去製作不同的特色菜式。

聖誕節的時候，我們利用穀物早餐製作成聖誕松果，加添節日氣氛！今年新年臨近前，我們製作了鯉魚形狀的年糕，可愛的造型配上新年氣氛，更加應節。最後，非常感謝各位團員今年的投入與參與，希望來年家政學會可以準備更多不同的活動讓大家參加！



悠人學會

3D 李欣淇

這學期在悠人學會，我們以「四十昂揚，展翅飛翔」為主題，透過學習不同的舞蹈傳遞減壓和放鬆的重要性。剛開始的時候，大家都顯得有點靦腆，第一次聚會時坐在一起卻不敢說話，站在鏡子前也顯得手足無措。但隨著一次又一次的聚會，我們逐漸變得開朗起來，彼此熟悉，也越來越享受這些相聚的時光。

最讓我難忘的是代表在學校開放日上的表演。那一天，我和兩位同學，還有七位老師一起站上操場的舞台。回想起排練時，我們總是擔心做錯動作，但老師們不斷鼓勵我們說：「放輕鬆就好！」正式表演那天，我們在全校同學面前完美呈現了練習成果。當台下的觀眾隨著音樂節奏拍手時，那種成就感讓我明白，只要努力並勇敢嘗試，我們真的能做到！

這段經歷讓我深刻體會到，勇敢跨出第一步，就能展翅飛翔，發現一個更加自信、更加堅強的自己。這不只是一次學會的活動，更是一個讓我們成長和突破的契機。



茶藝學會

4C 呂明晉

茶藝學會在今年成立，學會的活動內容豐富多樣。同學可以了解到中國六大茶類、茶文化的歷史和變化、以及不同茶類的沖泡方法。學會邀請了導師教導同學沖泡的步驟及禮儀，透過品茗，體驗不同茶類的風味。此外，沖泡過程當中，同學亦會互相提醒，促進了同學之間的交流，增強了合作精神。

通過茶文化的學習，同學的專注力和耐心也在茶藝過程中提升。在學會最後一次活動中，同學們更邀請老師參與畢業茶會，為老師泡茶，展現學習成果，不僅增進師生感情，還能從中獲得自信心，促進身心健康。

總的來說，同學們於茶藝學會當中不僅學到了茶藝及茶的歷史文化，也在心靈健康和人際關係上得到了提升。



