

The RED BRICKS

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Donations for the Victims of the Wang Fuk Court Fire

A fire at Wang Fuk Court in Tai Po caused extensive damage, resulting in multiple casualties and displacing thousands of residents from their homes. Through the collective generosity of the SPCC community, a total of HK\$1,079,058 was raised for the S.K.H. Act of Love 1126 Fire Disaster Support Fund, administered by the Hong Kong Sheng Kung Hui Welfare Council. All donations received, with no administrative fees deducted, will be used to provide cash grants and essential supplies to affected individuals and families.



MESSAGE FROM THE PRINCIPAL



The final month of 2025 cast a shadow over our city, as the tragic Tai Po fire brought heartbreaking loss and sorrow. It was a sobering reminder of the fragility of life and how swiftly and unexpectedly circumstances can change. Yet in moments such as

these, we are called not to despair, but to live more deeply. We are reminded to treasure each day, to seize every opportunity to love, to care, and to share, and above all, to live with purpose and compassion. Even in the face of uncertainty, we draw strength from our unwavering faith in God, who walks beside us and grants us courage, resilience, and hope.

Whole-person education remains the cornerstone of our mission at SPCC. Grounded in our Core Values and embodied in the SPCC Student Profile, it reflects our steadfast belief in nurturing not only the mind, but also the heart and spirit. We strive to foster a culture of excellence, integrity, and empathy, empowering our students to grow into well-rounded individuals through rich and multidimensional learning experiences.

For over a century, faith has given us the courage to face adversity, grounding us in purpose and unity. Hope has inspired generations of students to strive for excellence and to believe in the promise of a brighter future. Love, the heart of our anniversary theme and the soul of our community, has nurtured enduring bonds and a shared commitment to

making the world a better place.

Looking ahead, we are excited to create new milestones together. From 2026 to 2027, we will host a series of Leadership Forum events that will serve as dynamic platforms for insightful dialogue and meaningful exchange. These forums are designed to create lasting impact among our students and alumni by highlighting thought leadership and real-world experience. The 2026 series will include forums on Sports in March and Music in June, each exploring the profound influence of these fields on leadership, culture, and community.

In addition to the Leadership Forum, the Anniversary Homecoming Concert will take place at the Sir Robert Kotewall Hall on 8 July 2026. This special event will offer a meaningful opportunity for members of the SPCC community to reunite in a joyful celebration of music and shared memories.

As we embark upon a new year, may God fill your hearts with peace, strength, and hope. May we all embrace His goodness as it is revealed to us.

Mr Poon Siu Chi
Principal, St. Paul's Co-educational College

校長的話



自從去年9月開學，中小學校已開展慶祝110周年校慶的各項活動。繼中學10月的開放日，11月的校慶感恩崇拜，小學亦於2月7日及8日舉行開放日，期望讓校友、家長們前來學校，感受校慶的氣氛，亦向來賓展示我學校生的校園生活。感恩在過去的上學期，學校順利舉行各種靜態和動

態的活動，讓學生學會如何善用科技輔助學習，發揮自己的性格強項，珍惜所有，並學習推己及人，以愛相待，實踐年度主題「分享愛•常感恩•正向樂學展創意」。

為促進師生與家長共同關注並建立身、心、靈健康的生活方式，小學以S.H.I.N.E作為校本推展幸福感(Wellbeing)的核心方針。除持續推行逢星期五的「運動日」，鼓勵師生穿着運動服回校、早上齊做護脊操外，學校亦於每逢星期一週會前恆常設立學生「Check-in」時段，讓學生關顧自身狀態，培養自我覺察能力。本學年，學校亦為校本家長教育課程SPPEP增設舒展身心及減壓活動，期望家長在繁忙生活中學會照顧自我，與孩子一同建立健康正向的生活態度。此外，透過教師發展日的校園危機處理工作坊，以及教師戶外活動日，讓老師在支援學生的角色上作好專業裝備，同時在運動與交流中釋放壓力，提升身心健康。大家亦可從老師及家長的分享文章中，了解他們的經歷與感受。

在學校活動方面，無論是小五學生參與為期五天的宿營外展訓練課程、與本地校友交流的馬灣領袖訓練日營、

前往廣州南沙小學參與粵港澳大灣區的運動交流活動，抑或校際體育賽事、普通話及英語集誦比賽，以及音樂團隊於未來科學家頒獎禮中的精彩演出，同學們皆全程投入、全力以赴，充分展現聖保羅九大學生素質，並體現堅毅、勤勞克己及國民身份認同等核心價值觀。在學科學習方面，中文科優化圖書教學，推展經典名著的學習，拓闊學生學習中文的深度與廣度；英文科引入人工智能，指導學生善用科技工具進行寫作；數學科推行建模教學，培育學生的創意與解難能力；科學科透過自主探索活動，激發學生的求知精神；人文科實踐「知情行」教學策略，引導學生知行合一；校園藝術大使則以動手實作為校園增添色彩。這一系列豐富而精彩的學習活動，實在感激老師們悉心的策劃與用心的設計。

在聖保羅大家庭裏，有賴老師和家長們攜手同行，陪伴孩子應對變幻不定的世界。願天父賜予我們智慧，以正向的思維培育和管教子女，引領他們走當行的路。

張慧純女士
聖保羅男女中學附屬小學校長

110th Anniversary Open Days



The two-day 110th Anniversary Open Days were successfully held on 11 and 12 October 2025, welcoming approximately 6,000 visitors to our school campus. The event opened with a ceremony officiated by Dr Moses Cheng, Chairman of the College Council; Mr Bernard Auyang and Ms Teresa Yang, Co-Convenors of the Organising Committee of the 110th Anniversary Celebrations; and Mr Poon Siu Chi, Principal of St. Paul's Co-educational College. This joyful occasion marked the official launch of a series of celebratory events commemorating SPCC's 110th anniversary, which will continue throughout 2026.

During the Open Days, visitors enjoyed a wide variety of booth games and interactive activities, thoughtfully prepared by different departments. Students showcased their talents through a series of short performances in the school hall, featuring music, dance, and drama. Outdoor areas were equally

vibrant, with musical ensembles and dance performances filling the school courtyard, allowing guests to fully immerse themselves in the warm and welcoming atmosphere. The Open Days not only celebrated SPCC's achievements but also strengthened the enduring bond between the school and the wider community.

To further mark this milestone anniversary, a specially designed commemorative bus was launched on the first day of the Open Days. Featuring the 110th anniversary logo and vibrant graphics representing various aspects of student life, including academics, music, and sports, the bus operated for a month on Route 12A, travelling between Admiralty and MacDonnell Road. As Route 12A has served as a daily mode of transport for SPCC students for decades, the bus carried with it the shared memories and collective spirit of generations of St. Paulians.



110th Anniversary Thanksgiving Service

The 110th Anniversary Thanksgiving Service took place at St. John's Cathedral on 14 November 2025. Presided by The Very Reverend Chan Kwok Keung, Dean of St. John's Cathedral, it was attended by the students and teachers of the College; Council Members, Headmistress and her deputies from the Primary School, and broadcasted to the students at the school campus.



Walkathon



The annual fundraising Walkathon was held at the Peak on 9 November 2025, with approximately 3,500 registered participants taking part and a total of HK\$2.09 million raised, including proceeds from polo shirt sales.

Results of the Walkathon Interclass Competition:

Highest Participation Rate	SPCC	SPCCPS
Winner	F6E (100%)	P1D (100%)
First runner-up	F6A	P3A
Second runner-up	F2A	P3B

Highest Average Donation	SPCC	SPCCPS
Winner	F1B	P1C
First runner-up	F6H	P1A
Second runner-up	F1D	P4B

STAFF DEVELOPMENT

教師發展日

《強制舉報虐待兒童條例》於2026年1月20日正式生效，旨在促使專業人員能及早識別和介入虐待個案，建立更完善的兒童保護網絡。本校於2025年10月6日舉行教師發展日，學校邀請了聖雅各福群會的蕭姑娘與吳姑娘以專業視角闡釋條例定義、具體指引和法律責任。透過分組討論，我們分析了不同情境下應採取的實際措施，釐清行動準則。正如教育家杜威所言：「教育不是為生活做準備，教育本身就是生活。」這條例正提醒我



們，教育者的責任不僅在課堂，更在於成為學生成長路上可靠的支柱。

恰逢中秋佳節，聖雅各福群會安排了身心體驗工作坊，支援教師的全人康健。在製作香薰擴香石及安睡香囊等活動中，我們沉澱思緒，感受平靜與滿足；在製作土耳其馬賽克燈時，繽紛琉璃片如同教學日常中的碎片時光，需耐心拼湊方能綻放光彩；在手繪星球燈光下，我們分享了減壓方法，恍若為彼此點亮一盞盞溫暖的燈火。在人月團圓的溫馨氛圍中，我們

加強了對身心平衡的關注，期望未來更好地守護童心，照亮學生的星空。

潘詩詠老師



Staff Retreat



The annual staff retreat was held at St. Paul's Church, located near the Central District yet offering a welcome sense of calm away from the city's fast pace. The retreat provided staff with an opportunity for reflection and renewal within a setting that supports both communal worship and quiet contemplation.

The retreat began with a traditional liturgy led by the Revd Canon Dr Lam Chun Wai, followed by a sharing session by Mr Wong Yan Lung, former Secretary for Justice. Mr



Wong spoke thoughtfully about the challenges facing today's younger generation, particularly increasing anxiety and a heightened fear of failure. Drawing on both academic perspectives and biblical teachings, he reflected on the importance of finding strength beyond material measures of success and on embracing what he described as "the unforced rhythms of grace" (Matthew 11:28-30, MSG).

Mr Wong also shared personal reflections from his childhood,

highlighting the lasting influence of teachers in shaping character and outlook. His insights served as a reminder of the important role educators play in guiding students to develop resilience, self-awareness, and a balanced approach to life. Through references to the Psalms and Proverbs, the retreat concluded with a reaffirmation that while human limitations are real, faith can offer perspective, reassurance, and a foundation for purposeful living.

Ms Gigi Wong

EXPERIENTIAL LEARNING STUDENT ACTIVITIES WEEK(SAW)

F1 Outdoor Education Programme

As a Form 1 student, I was fortunate to participate in the SAW programme organised by the school. Over these four days of activities, I learnt to embrace nature and take a break from the busy school routine. One of the biggest challenges for me was not having my phone. We all rely on electronic devices to communicate, search for information, and do almost everything we need or want nowadays. However, the purpose of this programme was to help us

appreciate the beauty of nature and live in the moment.

Through activities like hiking, gorge walking, and kayaking, I discovered how refreshing it was to be surrounded by mountains, rivers, and fresh air. These experiences taught me patience and resilience, especially when facing physical challenges during hikes and water activities. I also realised the importance of teamwork—helping each other along the way made the journey more enjoyable and meaningful. Without

distractions from my phone, I had time to reflect and truly connect with my surroundings and inner self.

This programme reminded me that sometimes we need to slow down, step away from technology, and appreciate the simple joys of life. It was an unforgettable experience that helped me learn that sometimes, nature can help us calm down and release ourselves from stress and anxiety.

1A So Natalie Yuen Lam



During these four unforgettable days of SAW, we scaled hills up to 540 metres tall, explored mines with centuries-old histories, and glided in kayaks to an island that originated millions of years ago. It is astounding that we were able to conquer so many challenges in just four days. We forged bonds with new friends and accumulated new experiences. SAW was an extraordinary journey that cultivated the development of interpersonal relationships, courage, and determination.

Water may splash on our shirts, and jackets may be blanketed with sand, but our blazing fire will never be quenched. With our gleaming swords pointing towards the challenges ahead, SAW made us stronger and more adept. After these expeditions, we are more courageous and have learnt to persist in all aspects. From studying and engaging in sports, to group projects and collaboration, we will never surrender, pushing our limits to eventually attain our goal.

Friendships are treasures throughout our lives, and SAW allowed us to expand our circle of friends. We not only gained new friendships, but also mastered more effective methods of communicating and interacting with others as we encountered friendly pedestrians and supportive tutors along the way. Teamwork was honed during these days as well. For instance, on the day of kayaking, we had to cooperate closely with our partners constantly to maximise efficiency, reminding one another when to turn or stop.

I deeply thank SPCC for providing this opportunity to sharpen our skills. It was a marvelous chance to acquire practical skills like reading maps and kayaking, and more importantly, to develop lifelong qualities skills including perseverance, teamwork and interpersonal skills. Through SAW, our horizons were broadened, and we emerged stronger, more confident and better prepared for future challenges.

1D Zhang Long Yui 5

Last week's Student Activities Week was more than just a break from classrooms; it was an adventure that tested our courage, teamwork, and resilience. Each day brought a new challenge that pushed us beyond our comfort zones.

Gorge walking was our first taste of thrill. We scrambled over slippery rocks, edged carefully along narrow paths, and helped each other to keep our balance on uneven rocks. The cool wind refreshed us, and laughter echoed as we encouraged anyone who hesitated. Next, orienteering demanded a different set of skills: sharp focus and cooperation. With maps in hand, we navigated unfamiliar terrain, learning that success depended not on speed but on communication and trust. At one point, we even spotted a group of wild boars suddenly emerging from the bushes in the country park. For a moment, everyone froze in surprise, but then excitement took over—it became the highlight of the day, reminding us that nature is full of unexpected encounters.

Hiking took us higher, both literally and figuratively. The steep paths were exhausting, yet reaching the summit gave us a sense of achievement that no textbook could provide. Standing together at the top, we realised how perseverance transforms difficulty into triumph. Kayaking then closed the



week with a splash of excitement. As we paddled through mangroves, we discovered starfish resting on the riverbeds and crabs scuttling along the mudflats. We even touched them gently, amazed by their texture and movements. Balancing on the water, paddling in rhythm, and racing against friends taught us patience and coordination, and the

wildlife around us made the experience unforgettable.

Looking back, SAW was not simply about outdoor activities. It was about discovering strengths we didn't know we had, building friendships through shared challenges, and bringing home lasting lessons in resilience and unity.

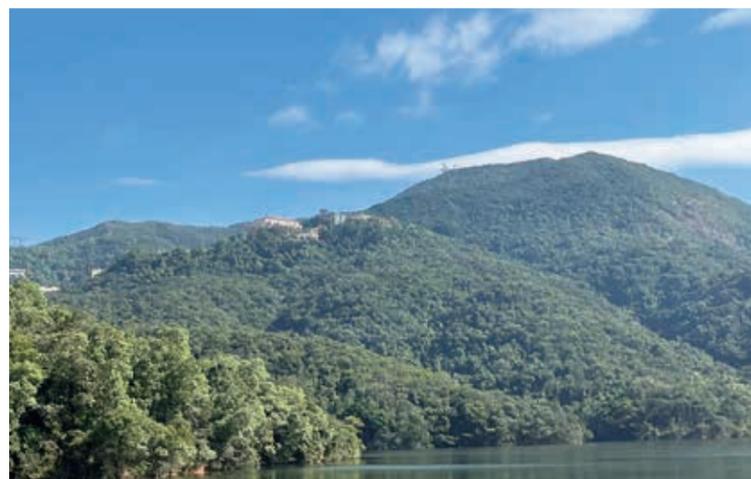
1E Tong Shuen Ching

starfish under your feet in muddy waters to randomly examine them. I think the starfish are actually pretty cool, and I enjoyed learning about their habitat. Also, I learnt about how mangroves serve to divide salty water and clear water.

The hiking and gorge walking was very fun, and challenging. The first part of hiking is just stairs, but the fun part is really the second part — half-walk, half-sliding down the hills! I have never felt so in awe of the beautiful views from the mountain tops and also across clear lakes.

The orienteering day was quite exciting. I loved finding the checkpoints and stamping the papers. The good thing is, we didn't get lost. But of course you can still enjoy the scenery, and nature.

1G Liu Yu Hei



Perseverance, embracing nature, teamwork, and critical thinking.

Where can you learn these at school, during lessons?

Only if you step off the beaten path, and embrace nature. The Student

Activities Week from our school inspired me to do just that, and it was certainly a once in a lifetime experience for me.

I think the most enjoyable part of the whole kayaking day is learning about the mangroves and grabbing

中二南京之旅

一城山水半城詩 南京之旅有感

我在飛機上漫無目的地重溫這趟南京旅程的相片，雙眼落在一張色彩繽紛的合照上。這是一張在明孝陵拍的合照，在壯觀的城牆和層層青翠的懷抱中，我和組員們都笑得燦爛。在陽光的照耀下，照片上的景物隨著斑駁的光影微微動了起來，而我彷彿又聽見樹葉的沙沙聲和組員們的歡聲笑語……

到達明孝陵，我們先在翁仲路上漫步，途中經過兩對威嚴的武將和兩對莊嚴的文臣。這些用巨石雕刻而成的石像，造型生動逼真，走在神道中，充滿了莊嚴肅穆的感覺。我和同學們一路上都在談天說地，使旅途洋溢着歡樂的氣氛。走進內紅門，兩旁都是一排已變得金光閃閃的銀杏，讓人感到秋天的氣息。樹的影子映照在紅牆和黃色的琉璃瓦上，斑駁而靜謐。平時在繁囂嘈雜城市生活的我，走進這地方真是感到無比舒暢。



這次南京之旅課程非常豐富，除了明孝陵我們也到訪了江寧織造博物館。這些趣味無窮的活動，不僅讓我認識到南京獨有的文化和悠久的歷史，也促進了我和組員們的溝通和互動。我很享受在大街小巷與組員們一起漫步

的寫意，也很喜歡在不同博物館探索南京的文化。這次南京的旅程使我難以忘懷，而與同學們一起共享的回憶，我會銘記於心。

二戊 陳熙澄



圖在中國這塊大肥肉上分一杯羹。其中最耳熟能詳的是《南京條約》。香港就是因此被英國占領156年之久，在1997年才能回到祖國的懷抱。在靜海寺的《南京條約》史料陳列館中，「警世鍾」上的「警世」二字警示人們記得教訓，和平鴿是人民永遠熱愛和平的象徵。

生命雖然短暫，可是，總有人會銘記你。

那些為國家而勇敢地站出來的先輩，那些知道自己結局已定，可是國家還有一縷生機時而與敵人奮鬥，為國捐軀的戰士，哪怕死後無名無姓，哪怕屍骨無存，歷史會永遠記得你，人民會永遠記得你！

看啊，每一年，紫金山上滿山遍野都是赤紅。

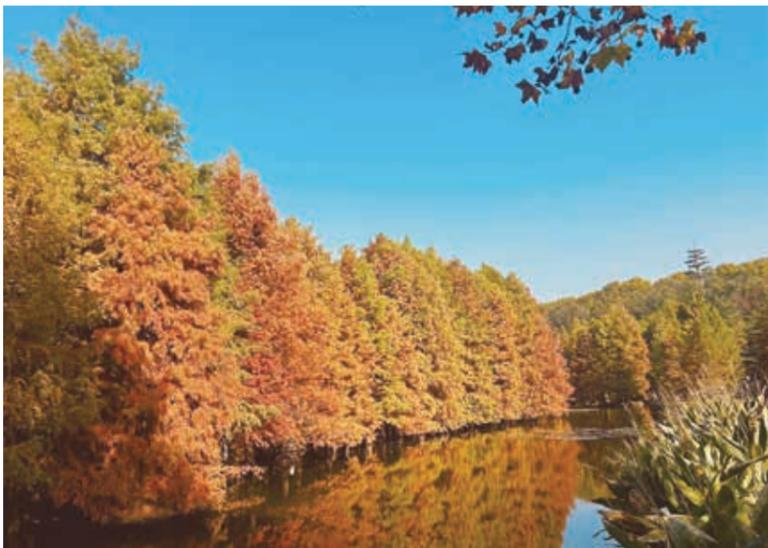
陽光撒滿在地上，赤紅的梧桐葉飄落，風為它歌頌最後的贊歌。是啊……生命，何嘗不是如此？到頭來，都只是過客而已。

南京是一座與眾不同的城市。身為六朝古都與承載了半部現代史的它，卻有別於其他城市的喧鬧氣。各種現代文明與古典藝術交疊，卻能相映成趣。走在總統府的庭院中，紅牆黛瓦

間，看見中式飛檐的精巧，又搭配著西式廊柱的莊嚴，彷彿在述說時代的盛起與交替。在翠綠與金黃與深褐的連接處，彷彿見到孫中山先生身穿淡藍的便裝，疑惑地望著眼前絡繹不絕的遊客。他也許在想：這裏怎麼會有這麼多百姓呢？

清末時，清政府腐敗無能，列強紛紛壓迫其簽下各種不平等條約，

二己 曾天瑜



南京貴為六朝古都，以其悠久的歷史、濃厚的文化底蘊聞名中外。今年，我有幸參加了學校舉辦的南京歷史文化探索之旅，在五天的旅程中，我們參觀了不少歷史古蹟和名勝，其中讓我印象最深刻的是秦淮河。

白天的秦淮河畔是個洋溢着文化氣息的地方。我們在秦淮風光帶遊覽，先後參觀了香火鼎盛、供奉着至聖先師孔子的夫子廟，以及昔日用作科舉考場的江南貢院。而在遊逛東晉時代有不少名門望族（例如書法家王羲之、王獻之父子）聚居的烏衣巷時，我想

起唐代詩人劉禹錫的名句「舊時王謝堂前燕，飛入尋常百姓家」，撫今追昔，不禁令人浮想聯翩。

在夜幕降臨後，秦淮河霎時變成了另一個世界。河畔的民居和店家紛紛掛起了紅燈籠，沿岸兩旁的街道也頓時熱鬧起來。我們登上小船，但見波光粼粼，伴隨汨汨水聲，彷彿在訴說這條堪稱「金陵文化搖籃」的古老河流的故事。岸上或是古色古香的名人故居，或是景致優雅的園林建築，都深深體現了南京厚重的文化底蘊。

五天的南京之旅，著實讓我收穫甚豐。我對這座文化重鎮的過去和現在有了更深入的認識，希望將來還有遊覽其他歷史名城的機會，令我可以進一步了解中華文化的豐富內涵。

二庚 蕭樂瞳

Animoca Brands Web3-related Attachment Programme



This programme provided me and my groupmates with an immersive dive into the Web3 industry, and significantly broadened my horizons. Previously, my understanding of this industry was confined to names like Bitcoin and JPEX. The experience

unveiled a brand-new world that strongly resonates with my emphasis on personal privacy. I was fascinated by learning how blockchain can secure personal data from everyone, including government authorities. It is truly revolutionary to imagine

that such technology could be used everywhere, promising a future where privacy issues and the monopolisation of data for online advertising could potentially be eradicated.

Moreover, the programme turned out to be an unexpected bridge, connecting me with people I normally would not have interacted with. Coming from a humanities class, I am often surrounded by a comfortable bubble of students who are more tactful and sensitive in their way of communication. Here, however, I was placed in a group with science students. They tend to think more rationally and speak in a very straightforward manner. The very thought of having to work with them for five continuous days would have been daunting to me some time ago; in reality, it turned out to be an amazingly smooth and instructive experience. This learning opportunity challenged my social preconceptions and showed me the value of different styles of communication in working towards a common goal.

5F Wong Yuk Hong

Bali Banjar Service Learning Programme in Indonesia



Thinking back, I never could have imagined that a seven-day trip to Bali would become one of the most unforgettable and valuable experiences of my life, one that taught me lessons no textbook ever could.

In this programme, we had the rare opportunity to teach both neurotypical children and those with special educational needs. Teaching them presented some unanticipated challenges, from language barriers to students zoning out halfway through. We had to constantly repeat instructions, patiently guiding them

through tasks as sweat trickled down our backs. Yet, it was astonishingly rewarding to see every small piece of work they completed. This experience taught me to cherish our own abilities and to use the gifts we are blessed with to help those in need.

Beyond our teaching posts, we engaged in marine protection. We not only attended a sharing session led by a marine biologist but also dove into the ocean to construct artificial reefs. I will never forget the moment I stared at the colourless, damaged, and lifeless seabed. It made me realise the profound importance

of being more mindful of our environmental impact.

It is undeniable that this trip pushed me out of my comfort zone countless times, from the lack of air conditioning to conquering my fear of open water. Yet, the lessons I learnt will stay with me forever, shaping me into a global citizen ready to utilise these experiences to help make the world a better place.

4C Lee Tze Yeung

During this year's Student Activities Week, I participated in the Animoca Brands Web3-related attachment programme. Co-founded in 2014, Animoca Brands is a Hong Kong-based gaming software and venture capital enterprise. A trailblazer in the Web3 ecosystem, the company has gained widespread industry and market recognition, and leverages tokenisation and blockchain technologies to deliver digital property rights to consumers, helping to establish the open metaverse and its far-reaching network effects.

I am extremely privileged to be one of the five participants chosen for this programme, which aims to introduce students to the Web3 industry, provide hands-on experience, and showcase exciting career opportunities at Animoca Brands.

To kick off the week, we enjoyed an office tour of the company's headquarters located in Landmark South, Wong Chuk Hang. During the

action-packed week, we explored a wealth of complex, fascinating Web3 concepts and terms, such as blockchain, cryptonomics, DAO, DeFi, DEX, Ethereum, NFTs, off-chain/on-chain transactions, proof of stake, proof of work, smart contracts, tokenomics, and zero-knowledge proofs. From learning about the history and evolution of Web3 to examining its practical applications in everyday life, we engaged in meaningful discussions with various Web3 experts. In addition, we were introduced to several Web3 investment tools and platforms such as Bitcoin, Ethereum, and MetaMask.

The most captivating activity was undoubtedly the hands-on experience of creating our own video games. We began by learning how to design product requirements and craft marketing strategies for a game. Then, with the help of vibe-coding software, we successfully built unique video games of our own.

Although I had little prior knowledge of Web3 before the programme, I gained a strong foundational understanding by the end of the week. Through this invaluable experience, I acquired fresh insights and discovered new perspectives on decentralised finance and the digital world, broadening my horizons. Moreover, this programme helped me sharpen my communication and presentation skills, which will undoubtedly prove useful in my future studies.

All in all, this year's SAW has been a truly rewarding and inspiring experience. This programme has opened my eyes to the boundless possibilities of innovation and technology awaiting us in the Web3 era.

5F Yu Wing

Rainforest Immersion Service Learning Programme in Malaysia



I never imagined a school trip to involve sweating and trudging through mud in one of the world's oldest rainforests. Our week in Kuala Tahan, Malaysia, was extremely intense, slightly uncomfortable, yet beautifully memorable.

We began in Kuala Lumpur's towers and markets, then traded highways for riverboats, skimming towards Taman Negara's wall of green. Throughout our days, we planted rows of young trees Kampung Pagi,

pressing damp soil around fragile saplings. We also helped build walls for a new rainforest classroom, passing bricks and smoothing cement as rain drummed on the roof. Soaked and tired, we felt a deep satisfaction seeing bricks rise into a real classroom.

Long boat rides became a highlight. Wind and spray hit our faces as Bateq guides pointed out wildlife. Shy smiles and basic Malay phrases gradually turned into shared jokes and cooking lessons, such as

learning how to cook "asam rong".

By the time we climbed the Batu Caves' steps, Malaysia felt less like a destination and more like a place we had briefly belonged to. My lasting memory is simple: standing on a muddy path, watching mist lift off the treetops, knowing that new saplings and a half-finished classroom were quiet proof that we had made a difference.

4G Lam Ho Kong Cyrus

Finance Attachment Programme – To Explore Hong Kong, the International Financial Centre

During this year's SAW, I was delighted to participate in the newly-established Finance Attachment Programme, coordinated with five partner corporations.

The five days of visits and conversations with alumni significantly alleviated my confusion about the world of finance. I learned for the first time about the finance industry's diverse branches, such as the front, middle, and back office, as well as asset and wealth management. These practical insights, which can only come from professionals in these roles, have profoundly deepened my understanding of finance.

A most memorable day was our visit to the Hong Kong Monetary Authority. Not only did we see our Economics lessons applied in the real world, but we also discovered that specialised organisations, not just banks, perform

crucial regulatory functions within the financial system.

Furthermore, during fireside chats and lunches, we learnt that a finance or economics degree is not a mandatory hiring prerequisite. Strong soft skills and critical thinking are valued more highly for entering the industry. We



heard from many alumni with diverse academic and professional backgrounds who initially studied unrelated subjects like music or even photography! These networking opportunities really gave us a chance to enrich our understanding before carefully choosing our future career pathway!

Reflecting on this fruitful journey, I wish to express my deepest gratitude to the school, our coordinator Mr Wisely Ngai, Mr Paul Chan for his guidance, and especially our alumni for sharing their precious time. This week has been an insightful and unforgettable learning experience that I will always cherish.

5E Chau Siu Kiu

This year, a new and pioneering programme was held for the first time during SAW. We were very grateful for the opportunity to visit important financial regulators, (including the Hong Kong Monetary Authority and Securities and Futures Commission) and various banks (HSBC, UBS and JPMorgan Chase & Co.), learning firsthand about their functions and the roles they play in Hong Kong's economy. I have developed a clearer plan for my academic path and further explored the financial career that I aspire to pursue.

The alumni who joined us shared their personal experiences, career paths, and professional journeys. For many of us, this was the first time interacting with successful individuals who had once been in our position as

students who were uncertain about their future careers. Through Q&A sessions with alumni, we were able to ask about their decisions that shaped their careers as well as the essential qualities and soft skills required in the finance industry, for instance, strong interpersonal relationships, effective communication, and exposure to international perspectives. Their responses cleared up our uncertainties and informed us about the challenges that we might face pursuing a career in finance. From their advice on networking to insights about work-life balance, the conversations were very inspiring and informative.

On the last day, we did a group presentation to demonstrate our takeaways at J.P.Morgan, where we

received constructive feedback and recognition for our performance from accomplished professionals with extensive experience.

Looking back, I feel truly honored to have taken part in this remarkable programme. I would like to express my earnest gratitude to our school, the coordinator, and all the alumni who took time out of their busy schedules to guide us. Their support has strengthened my ambitions and inspired me to continue pursuing my goals with confidence and determination.

5E Zou Tina Tin Yu

HKU Medicine Attachment Programme

The HKU Medicine-related Attachment Programme during the 2025 SAW was nothing short of rewarding and inspiring. While pursuing a medical career may be the aspiration of many, such opportunities of early exposure to the medical field are rare and hence invaluable. Not only did we experience the life of a medical student through attending intriguing lectures about various specialties and problem-based learning sessions, we also joined workshops and gained hands-on experience. There were also ample opportunities to meet medical professionals, professors and medical school alumni.



One of my favourite sessions was the workshop on orthopaedic surgery. We learnt about different surgical techniques and methods for repairing musculoskeletal structures. For instance, we had to insert the drill bit into the drill guide and precisely time the retraction. I realised that surgery is a challenging yet rewarding discipline. The combination of medical theory with motor skills and application is what makes it truly special.

A major highlight of the programme was the visit to the University of Hong Kong-Shenzhen Hospital. Established in 2012, the hospital plays a pioneering role in innovation and healthcare reform in the Mainland, drawing on Hong Kong's management expertise. Under this partnership, the healthcare systems of Hong Kong

and the Mainland complement each other to deliver high-quality medical care for patients. I was particularly impressed by the cutting-edge technology in the hospital. We had the opportunity to tour the radiotherapy centre housing linear accelerators and tomotherapy machines, gaining insights into modern cancer treatment plans with enhanced effectiveness.

Overall, the programme enriched my knowledge across diverse aspects of the medical field. I am grateful to have participated in activities which gave me valuable insight into my dream career.

5A Sy Cheuk On Edwin

Tech for Good Workshop Attachment Programme

The Tech for Good workshop has been an enlightening experience, particularly through our visit to a 3D food printing company. The innovative technology showcased there has opened my eyes to the potential for revolutionising how we approach healthy eating. 3D printing in the food industry enables customisation of

nutrients and the creation of personalised meals tailored to individual dietary needs. 3D printing could be a game-changer for those with specific health conditions or dietary restrictions.

After the visit, we were required to create a prototype based on food technology. My group mainly focused on 3D food printing, although my group members and I initially had limited knowledge of the topic. With the help of our mentors, we were able to present our final product to the judges.

Reflecting on the visit, I realise the importance of integrating technology into nutrition to improve health outcomes. Traditional methods of food preparation often limit precise control over nutritional content,

whereas 3D printing enables exact specifications. 3D printing allows us to reduce food waste by producing only what is needed and enhances food security by using sustainable ingredients.

Moreover, the aesthetic appeal of 3D-printed food can make healthy eating more attractive, particularly to children and picky eaters. The ability to create visually appealing, fun shapes can potentially encourage more nutritious food choices.

Overall, this activity inspired me to think critically about the future of food production, and also introduced me to alternative career possibilities related to food technology.

5C Lau King Man



Stepping into the Tech for Good workshop, I was curious: "What are we going to learn?" Carrying these thoughts, I stepped into the United Centre. Soon, my question was answered.

For two days, we immersed ourselves in technology. We experimented with LLMs, which stand for large language models, creating websites using Lovable, interpreting images with Cloud Vision API, and observed incredible hardware like 3D food printers from Elevate Foods that cook raw ingredients as they print.

On the third day, we went back to the United Centre to brainstorm - what problems are there in society that we want to solve? Along with my teammate, Hailey, we brainstormed ideas related to our topic, yet it was largely conceptual, as we didn't discover a tangible problem. Therefore, we had to set aside all our previous ideas. Luckily, Renee, one of our mentors, told us that this was a natural process of design thinking. I was suddenly reminded of what Renee told us on the first day: "We are not here to guide you to success; rather, we want you to learn how to fail." With renewed confidence, we

started from scratch. Through interviews, we discovered a common, tangible problem many people face. This real-world insight finally gave our project a clear and meaningful direction.

Ultimately, Tech for Good is not just about using technology. Not only did we explore different business models for startups, but we learnt something much more important—how thoughtful innovation can create positive social impact.

5D Cao Catherine

LEADERSHIP & COMMUNITY SERVICE

Round Square International Conference in Dubai

The Round Square International Conference (RSIC) is the largest annual event of Round Square, an international community of over 280 schools in 50 countries. Representing SPCC as the convener of our Round Square Student Committee, I could not think of a better finale than this 1,400-participant intercultural experience for my 4-year Round Square journey.

As exciting as the city of Dubai, the programme focused on exploring the Round Square IDEALS through hands-on participation. On Adventure



Day, we hiked in the rocky mountains of Wadi. On Environmentalism Day, we planted trees in the Arabian desert. On Service Day, we hosted a funfair for people of determination and participated in a souk (traditional Arabian market) in which USD \$5,445 was raised to build a school in Nepal.

More than just fun, RSIC transformed our student connections into meaningful real life bonds. We created memories where South African students and Chinese students partied together to One Direction music - something I would call beautiful. An observation from my conversations with participants of

different nationalities is that ultimately, all cultures and religions teach us to love, not harm others - an important reminder in today's world, too often marked by conflict. Being at RSIC made me realise that we live under the same sky.

The words of Kurt Hahn, the founder of Round Square, put it best, "When you live with people from other countries, you cannot help but learn to care about the rights and the happiness of others." My gratitude goes to the College and Round Square for this incredible opportunity to look beyond the dunes.

5G Yvonne Chan



The saying that music can bring back memories never resonated with me until I started looping popular songs from the 2025 Dubai Round Square International Conference. Suddenly, I was not just listening to songs. I was not just dancing to the music. I was reliving an experience.

Thanks to the school, I was nominated for the 2025 Round Square Kurt Hahn

Prize and eventually won the award. This honour led to the unforgettable opportunity to speak at the opening ceremony of the 2025 International Conference in Dubai. Addressing thousands left me feeling nervous at first, but the energy of the crowd was electrifying. The conference had a packed schedule of hands-on learning. Over the three activity days, we dove into adventure,

environmental and service work. We planted resilient Ghaf trees, and hiked along the Wadi Shees trail under the blazing heat. Each experience was a masterclass in Round Square's IDEALS, pushing us beyond our comfort zones and forging long lasting and meaningful bonds with fellow delegates from all over the world.

It was in those moments—serving people of determination, debating global issues in Baraza groups, or simply exchanging stories and experiences over the endless dunes—that the true theme of the conference came to life. We were not just learning about leadership, service, or international understanding; we were living it. We built bridges not of steel, but of shared experiences and memories.

5I Owen Ng

AFS Global Citizenship Educational Project

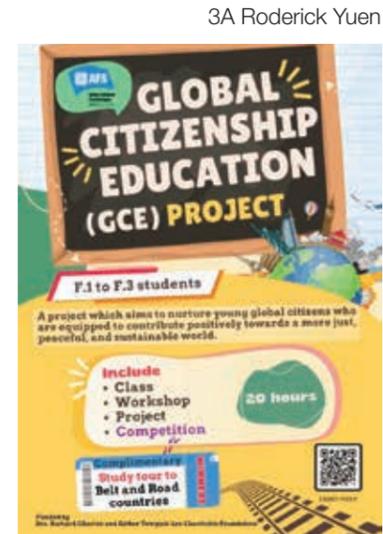
From September to November 2025, I, along with 14 other F1-3 students took part in the AFS Global Citizenship Project 2025. It was truly an enlightening experience that deepened my understanding of many important global issues, and provided us with insights in how to solve them.

The project consisted of several sessions, conducted in collaboration with students from the SKH Tang Shiu Kin Secondary School. We first

learned about terms such as global citizenship and the United Nations SDGs through interactive scenarios and quizzes. We then researched specific problems, ranging from resource wastage in the fast fashion industry to the wealth gap in Hong Kong, allowing us to understand how these concepts actually impacted our day-to-day lives, and why solving them was essential. Finally, we stepped into the shoes of innovators, brainstorming solutions through a 5-step process and ultimately presenting our proposals.

This was undoubtedly an amazing event for all involved. We were able to broaden our horizons and understand the numerous complexities that surround the world's current issues. More importantly, we experienced first-hand what it means to enact change in our society, learning to appreciate our ability to make an impact even as mere individuals. Looking forward, there will be an NGO visit in February followed by a

project proposal competition to round out the course, where we look to put our newly acquired skills to good use. All in all, this has been a fruitful experience and I am deeply grateful for the chance to participate.



3A Roderick Yuen



In September and November 2025, I had the privilege of joining the AFS Global Citizenship Education Programme along with 14 other F1-3 students, in collaboration with SKH Tang Shiu Kin Secondary School. Throughout our 15 learning hours spanning over 6 sessions, we were deeply intrigued by topics discussed such as the importance of the Sustainable Development Goals. The learning sessions were interactive and included group discussion and presentation sessions and creative tasks such as poster design.

In this programme, we were presented a question: What is Global Citizenship? Our discussion touched on global issues such as water wastage in daily life, climate change and natural disasters, along with poverty, which not only enriched our understanding on these matters, but more importantly empowered us to speak up and create change in the future. The programme includes a proposal competition surrounding the theme of "Designing Youth-Led Solutions for Sustainable Development in Hong Kong", where participating students will propose possible

solutions for a current issue in Hong Kong, using a solution modelling process from observation to coming up with a feasible solution.

All in all, this experience was enriching to say the least, bringing forth the idea that individuals can also make an impact on global issues, as well as fostering new connections. An NGO visit will be scheduled in February to further our experience, drawing a close to this remarkable programme.

3C Shawn Nip

Xinjiang Study Trip 2025

Embarking on a study trip to Xinjiang was definitely one of my most memorable trips.

Although the trip may not have been the most relaxing experience due to the heat, it was still the most rewarding and enjoyable overseas adventure that I have ever had.

The eight of us arrived in Xinjiang in mid-July, followed by a week filled with sightseeing and teaching children. While the teaching experience was memorable, the highlight of the trip for me was exploring Xinjiang's stunning landscapes and immersing ourselves in its rich culture and history.

During this trip, we explored many natural wonders and historical sites around Urumqi and Turpan, such as

the Heavenly Lake, Huoyan Mountain, the Jiaohe City Ruins, and the Karez system. With an informative tour guide to enlighten us, we gained a profound understanding of Xinjiang's culture and history.

The highlight of the trip was undoubtedly visiting Huoyan Mountain. This well-known site from the book "Journey to the West" features many exquisite sculptures of its characters. The vast deserts and

towering mountains remain vivid in my memory. I hope you have the chance to experience this amazing journey next year!

5B Lee Kwan Yiu Adrian



Initially, I did not expect much when signing up for this trip. I originally expected it to be a quick week where I could visit some famous tourist attractions. Yet after returning to Hong Kong, I can confidently say that this week has been one of the best experiences in my life. From the breathtaking view of Heavenly Lake to the scorching temperatures of

Huoyan Mountain, the sightseeing was impressive and enjoyable.

For me, what was most memorable was actually the teaching part, where we educated local children about English and Sustainable Development Goals. Before the trip, we had already prepared teaching materials, including worksheets, games and puzzles. Yet

despite these efforts, I was still extremely nervous when walking into our assigned classes for the first time. Teaching these children was difficult at first, not only because they had a large discrepancy in abilities as their level ranged from Primary 3 to 6, but also because they had different interests and personalities. Some were energetic and eager to learn, some never listened, and some were quiet. Things often spiraled out of control, causing us to abandon parts of our original teaching plans, change schedules, and even make up activities on the spot to prevent the situation from becoming too chaotic. We learned to be flexible as they all needed us.

Even though it was exhausting, the silliness of the children made these sessions much more entertaining, and seeing the performance of each class on the last day cemented these few days for me as a truly unforgettable experience.

5B Ip Hiu Long

Exchange Programme to Convent of the Holy Infant Jesus Secondary School



With my bulky luggage, six of my peers, and my heart beating fast, I set off to Singapore. During the flight, I was anxious. What if I could not get along with my buddy? What if I got homesick? However, as I now look at the photographs of me laughing with the others, I am so grateful that I signed up for this exchange programme.

In November 2024, we had the pleasure of introducing our school's rich history and Hong Kong's vibrant traditions to our visiting Singaporean buddies. Then in July 2025, we had the opportunity to visit Singapore's iconic landmarks, including Gardens by the Bay and Merlion Park, while attending lessons at Convent of the Holy Infant Jesus Secondary School

(Tao Payoh) ("CHIJ"). From the artistic performances of the IJ Flair, to the interactive English Literature lessons, the lively atmosphere of the school made every day something to look forward to. After school, we followed our buddies around to discover local delicacies, such as Bak Kut Teh and Laksa, immersing ourselves in the multicultural and welcoming neighbourhood. From our classmates' curious questions to the friendly Grab driver's restaurant recommendations, every gesture made us feel welcomed and at home. At night, all seven of us would gather in our dorm room, playing board games and chatting until we fell asleep. Seven days passed quickly, and soon it was time for us to leave a place we had grown so close to. Still, I will forever cherish all the moments and memories we shared.

All in all, this exchange programme was truly an unforgettable experience. It was an honour to share the unique culture of Hong Kong while admiring that of Singapore at the same time. Not only did we broaden our horizons, but we also formed long-lasting friendships.

3F Wong Hei Yi

When I was fortunate enough to be chosen as one of the seven students to exchange with CHIJ, I never imagined such an enriching trip to one of the most culturally diverse countries in the world, Singapore.

Upon arriving in Singapore, we received a hospitable welcome from Ms Ong at St. Andrews Hall. In the next few days, we spent our mornings learning at CHIJ with our buddies. I vividly recall the enthusiasm of the students of varying ethnicities welcoming us. My buddy Sylvia and I chatted about the various differences between the education system of Hong Kong and Singapore, and I learnt plenty from these eye-opening conversations. I noticed how IJ-girls are always eager to participate in class, despite their curriculum featuring rather advanced subjects like Additional Mathematics.

We were in time for their annual event, IJ-flair. As the students performed music and drama on stage, we were dazzled by their myriad of talents and observed



how CHIJ emphasises whole-person development like SPCC.

In the afternoons, we mostly went sightseeing at iconic tourist spots, like the Merlion Park and Gardens by the Bay. We were amazed at the picturesque scenery of the attractions, each an essential part of the bustling Singapore. However, my favourite activity was joining the CHIJ co-curricular activities, which included theatre, choir, etc. Singing in the choir allowed me to discover how much IJ-

girls valued teamwork and were willing to cooperate with each other.

Overall, despite challenges like adjusting to the scorching weather and tight schedules, exploring Singapore was enjoyable, and immersing ourselves in this melting pot of cultures was enlightening. This was definitely an experience that broadened my horizons and helped me form friendships I will treasure for a lifetime!

3G Liu Yiqi

Exchange Programme to Presbyterian Ladies' College, Sydney



Words fail to fully encapsulate the countless memories Tryphena and I have created during this exchange programme to Presbyterian Ladies' College, Sydney.

After hosting Isabel, who came to Hong Kong to stay with us in April and May 2025, Tryphena and I went to Sydney this summer to complete the second leg of our programme.

The idea of being co-hosted by two new students, Nina and Abby, was initially daunting as we had to live in a house with complete strangers. Not only was I warmly welcomed by both of their families on the first day, we continued to get

closer throughout the four weeks and even parted with tears before returning to Hong Kong. Participating in their family activities from weekend grocery runs to snorkelling at Shelly Beach during the school holidays have definitely strengthened the bond between us to the point where I am basically family, and Australia has become my home away from home.

Despite having high expectations for the program, what exceeded my expectations was how I created friendships with many Australian students in the college, and also with the nine other exchange students hailing from Germany, Vietnam, Italy, Scotland and China. We all enjoyed the school outings in which the school took us to many different hotspots in Sydney such as Sydney Opera House and Blacktown Zoo.

This exchange programme has definitely been a one-in-a-lifetime opportunity for us that we will not take for granted and will always cherish from the bottom of our hearts.

5G Lucida Lam



"A journey is best measured in friends rather than miles." I would say this quote perfectly sums up my exchange journey.

In April 2025, Lucida and I welcomed Isabel from Presbyterian Ladies' College, Sydney, and officially started taking up our roles as an exchange buddy and amateur tour guide of Hong Kong. From planning various activities, to introducing different places to her and helping her to find her bearing in a new environment, it

was a challenging yet rewarding experience.

Later in August, it was our turn to visit Sydney. With exhilaration and slight trepidation, I was warmly welcomed by Isabel's family. They did not treat me like a guest but rather an actual family member. Therefore, aside from visiting various tourist attractions, I also got to experience life as a real Aussie, and was exposed to numerous cultural differences in diverse aspects such as cuisine, transport etc.

However, this rites of passage was not always easy. As someone who experiences acrophobia, activities like treetop and walking on top of the Harbour Bridge was challenging for me. The crucial factor that helped me overcome all my fears, was undoubtedly support and encouragement from my peers - whether they are from Sydney or from other countries like Scotland, Vietnam, Germany, Italy etc. No matter if it was a pat on the back, words of encouragement, or simply just holding my hand when I felt scared - these companions had all made the challenges seem more manageable. Aside from that, I am grateful to have met many others that welcomed me with open arms, warm hugs, and always backed me up.

I have never truly understood how a journey could be measured in friends until this trip. This is a trip I will never forget and I choose to measure this experience through miles and friendships.

5F Tryphena Leung

Exchange Programme to Christ's College

Kia ora koutou — Snowboarding down the pristine slopes of a renowned New Zealand ski resort, swimming in hot pools amidst a freezing breeze, attending chapel services at an Anglican school on the other side of the globe—these were moments that will forever remain etched in my memory.

In July 2025, I went to Christ's College for a three-week exchange. This time, I stayed at my buddy's home for the whole period, and I was very fortunate to experience the relaxing lifestyle in New Zealand. From setting up fire to heat the house, to learning basic Māori vocabulary, and finding nocturnal kiwi birds in a dark room, I have had many unforgettable moments. I stood on Sumner Beach, marvelling at the seemingly endless horizon,

unobstructed by islands or hills. I rode gondolas high above Christchurch, gazing down at the city sprawled beneath me.

We often say that Round Square exchanges broaden our horizons by exposing us to different cultures and environments. This was undoubtedly true, the architecture, the landscapes, the pace of life: all were fundamentally different from Hong Kong. Yet, beneath these surface-level contrasts, I found common values and shared traditions. I even recognised many of the same hymns in their hymn books. This experience revealed a beautiful paradox: our world is vast and full of

discoveries, yet simultaneously small and deeply interconnected. It allowed me to forge friendships with like-minded individuals across cultures. Under the school's house system, I met welcoming people every day, who have become lifelong friends.

I sincerely thank both schools for giving me the opportunity. It is more than a trip; it was a lesson for me to learn how to be a global citizen. I encourage everyone to join the programme, and hope it is as valuable to you as it was to me.

5D Howard Ng



welcomed with a mihi whakatau — complete with haka and speeches in te reo Māori — was both humbling and uplifting. It was my first glimpse into a society that places great value on kaitiakitanga, the guardianship of nature, a principle that stayed with me throughout the exchange.

Outside the classroom, I explored some of the South Island's most stunning landscapes. From hiking in Duvauchelle to skiing at Mount Hutt, and from the peaceful waters of Lake Tekapo to the wildlife encounters at Orana Park, each outing revealed a different facet of New Zealand's beauty. What stood out most was the locals' deep respect for the



environment — reflected in the clean trails, unspoiled bays, and their relaxed, unhurried way of life.

School life at Christ's College was equally eye-opening. Their strong house system, small interactive classes, and emphasis on critical thinking created a learning environment that felt both familiar and refreshingly different from ours in Hong Kong. I was especially moved by the shared values between our two schools — faith, service, community — despite being oceans apart.

Looking back, the exchange was far more than a trip abroad. It taught me independence, adaptability, and the importance of listening before speaking. Most of all, it reminded me that meaningful learning happens when we step beyond our comfort zones and embrace the world with openness.

6C Timmy Kung

This past summer, I had the privilege of spending a month at Christ's College in Christchurch, New Zealand through the Round Square Exchange Programme. Although I had prepared myself for a change of environment, I could not anticipate how transformative the experience would be.

From the moment I arrived, I was struck by how deeply Māori culture is woven into everyday life. Being

Exchange Programme to The Hutchins School

At the start of last academic year, I was lucky enough to be chosen as an exchange student to The Hutchins School in Hobart, Tasmania. Immediately following ROP, Anthony Choy and I began our programme there.

Upon my arrival, I was given a warm welcome by my exchange buddy, Christopher Daly, who had visited Hong Kong in November 2024. On the way to his house, I was struck by the idyllic scenery and the simplicity of life there. There were no high-rise buildings or multi-story shopping plazas, and the overall pace of life seemed wonderfully slower.

As Hobart is a city with a significant immigrant population—where a quarter of its residents were born overseas—the local food culture is



remarkably diverse. It offers a wide array of cuisines, from Chinese and Italian to Indian and Turkish, which are considered more unique and exotic there than in other Australian cities.

Even though Chris had a tight schedule with extracurricular activities four days a week, he and his family still made a tremendous effort to organise activities, ensuring my exchange was incredibly rewarding.

During the weekdays, we spent our time at Hutchins, where I joined Chris in his classes, which included

Chinese, Math, Science, and Music. On the weekends, we explored the surrounding area, visiting Constitution Dock, Salamanca Market, and Mount Wellington.

Last but not least, I would like to express my heartfelt gratitude to Christopher and his family for their meticulous hospitality during my two-week stay. It was a short period, but we established a friendship that transcends cultural and national boundaries. It is a memory I will never forget.

4A Li Jia Hong Oscar



In the summer of 2025, Oscar Li and I embarked on an exchange to The Hutchins School in Hobart, Australia. For two weeks, we were fully immersed in the school's community, and I attended Year 10 classes with my buddy, Sean, joining his family's daily life.

This experience highlighted fascinating contrasts. We exchanged perspectives on culture and education, shared meals while discussing our different cuisines, and adapted to the vibrant classroom atmosphere. Beyond school, Sean's family generously showed me the best of Hobart, from

the summit of Mount Wellington and the Bonorong Wildlife Sanctuary to the bustling Salamanca Market, each reflecting the city's vibrant life and scenery.

I was particularly inspired by their balanced lifestyle. Despite busy schedules, they prioritised morning walks, quiet teas, and mindfulness—a calmer approach to life that offered a valuable perspective for a student from fast-paced Hong Kong.

This journey would not have been possible without the support of many. My sincere thanks go to our school and Mr Paul Chan for facilitating the exchange, to The Hutchins School and their exchange coordinator, Mr Erik Marr, for their warm welcome, and especially to my incredible host family—Sean, Kate, and James McIntosh—for their kindness and generosity.

4H Choy Tung Lam Anthony

SCIENCE, MATHEMATICS & HUMANITIES

InnoGala 2025

On 3 and 4 October 2025, some of my schoolmates and I attended the annual InnoGala event at St. Paul's Convent School. Along with my committed teammates, we showcased one of our award-winning science projects, "Retina"—a pair of smart eyeglasses designed to integrate technology to address real-life challenges of the disabled.

The energy in the air was high as the fair served as a two-way bridge between student innovators and the professional world. It was a great experience to showcase "Retina" to the world, but the real highlights were the networking opportunities with visiting professionals. We talked in-depth to professionals from very diverse areas: VR/AR, engineering, and business start-ups. The technical advice and industry insights they



provided really gave a view on product development that classroom theory cannot provide.

Besides the academic exchange, there was a robotics mini-competition during the event. We were asked to operate a robot to shoot at various targets, pushing us to apply practical mechanics skills under the pressure of time. It was a test of precision and teamwork test that added an extra layer of hands-on excitement to the gala.

Looking back, InnoGala 2025 was a valuable learning experience. Interacting with like-minded students from other schools and STEM professionals broadened my perspective regarding the future of innovation and technology. It was an inspiring weekend that showcased not only our hard work but also fuelled our passion to continue innovating solutions for the future.

5A Lam Chun Hin



Participating in the InnoGala 2025 has been an inspiring experience for me. During the event, we were given the opportunity to present "Retina", the AR (Augmented Reality) smart glasses we built to like-minded peers and visitors.

One of my most memorable experiences at InnoGala was meeting our first two visitors, who wore a rather unusual pair of glasses.

Although it might be difficult for others to notice, we could tell instantly that it was a pair of Ray-Ban Meta Glasses. It was immediately obvious that the visitor was an XR (Extended Reality) technology enthusiast like us. As it turns out, he is an alumnus of our college and an entrepreneur who founded his own XR experience company. We had extremely insightful conversations regarding the technical details of our project, recent

developments in XR technologies, as well as our views on the future of personal XR electronic devices. It was genuinely an exciting and valuable exchange of opinions for us, as we obtained diverse perspectives regarding the design of our prototype and feedback based on his experience with other XR technologies.

Throughout the event, we were also able to communicate with peers working on various innovative solutions, and compete against them in a mini robotics competition. We were thrilled to receive advice and feedback on our project from other passionate peers.

Overall, InnoGala offered an extraordinary opportunity to meet people with great passion in the field I love - STEM.

5I Sze Chun Hei Brian

International Brain Bee World Championship

Taking part in the International Brain Bee World Championship was indeed a rewarding experience.

My journey in neuroscience began when I was granted the opportunity to take part in the Hong Kong Brain Bee Competition, the regional competition preceding eligibility for the IBB. Fascinated by how the billions of neurons in our brains

form complex circuits and work together to give rise to the wonders that our brains can achieve, I became increasingly interested in neuroscience, aspiring to make use of the knowledge obtained to better understand our consciousness and devastating pathologies, such as Parkinson's and Alzheimer's.

I was given exclusive access to biotechnology companies in Hong Kong and witnessed how scientists work with laboratory mice to carry out experiments related to novel drugs. I learnt how they cultured organoids to study biochemical processes, and had a glimpse of the cutting-edge technology being developed in Hong Kong, giving me valuable insight into the important research being carried out in the city.

Fortunately, I was granted the opportunity to represent Hong Kong at the International Brain Bee World Championship. Besides attending lectures about the latest technological advancements, I was also given the opportunity to connect with national champions from around the world. Not only did we share revision strategies and knowledge of neuroscience, but we also chatted about our daily lives, which was a brilliant way to learn about foreign cultures.

All in all, participating in the Brain Bee Competition was a fulfilling and rewarding experience that broadened my horizons in neuroscience and beyond. I am deeply grateful for this opportunity.

6A Au Chun Hei

66th International Mathematical Olympiad

Last summer, I had an opportunity to represent Hong Kong at the International Mathematical Olympiad (IMO), widely regarded as the most prestigious mathematics competition in the world.

As a Form 6 student at the time, preparing for the IMO came with additional challenges. Firstly, I had to focus on my DSEs for the majority of the school year up until April, giving me less time to study Olympiad mathematics. I tried to squeeze in time to do mathematics whenever I could, such as between recesses or while taking public transportation, which was not hard since I had an intense passion for mathematics.

Secondly, since it was my first and only time participating at taking the IMO, it was hard to contain my nerves in the weeks leading up to the competition. To prepare myself mentally, I did very little the day before the competition, to try to give my mind a much needed break.

I did fairly well in the end, solving problems 1, 2, 4, 5, and achieving my goal of winning a silver medal. I would like to thank the school for its support, and I am excited to continue my mathematical journey beyond Olympiad mathematics in university.

6E Chan Kwan Yu (2024/2025)

Joining the IMO this year was an eye-opening experience. Situated on the Sunshine Coast, I immediately had to go to the Rites of Passage programme by car after the contest, which added additional pressure. In addition, the two-day competition consisted of only three challenging problems per day, so each solve was more rewarding and crucial, as it allowed more time to ponder each problem, and develop deeper results. What

stood out most compared to the other local competitions I had previously joined was that I could talk with math enthusiasts from all around the world, sharing insights and having fun. The excursions also exposed me to Australian wildlife. In the end, I won a silver medal by solving four problems, while making new like-minded friends and forming valuable memories.

4A Sze Long

1st Hong Kong-Shanghai Mathematical Modelling Competition for Secondary Students

Following our success in the Mathematical Modeling Competition for Secondary Students, our team had an incredible opportunity to represent Hong Kong at the inaugural Hong Kong-Shanghai Mathematical Modelling Competition (HSMMC) last summer. For seven intensive days from 27 July to 2 August 2025 we immersed ourselves in a challenging yet rewarding residential program at the Chinese University of Hong Kong, collaborating and competing with nine other teams from Hong Kong and Shanghai.

The competition's theme, "Imagining Future Development", challenged us to model land-use changes and evaluate agricultural productivity across China. Venturing beyond our mathematical comfort zone, we made significant breakthroughs as we mastered and applied advanced algorithms to boost our model's predictive power, such as non-homogeneous continuous-time Markov chains and the Levenberg-Marquardt algorithm, all within the strict time constraints. This process of acquiring new knowledge under pressure was demanding yet immensely rewarding, culminating in

our model identifying Shandong as China's most productive agricultural region.

Beyond the intense 3-day modelling phase, the experience was a profound lesson in collaboration and growth. We refined our teamwork, seamlessly integrating diverse ideas and strengths across our six-member team. Observing the innovative approaches of other teams during oral defenses broadened our perspective on problem-solving.

This journey would not have been possible without the intensive HSMMC training workshops for HK representatives organised by CUHK. We are also deeply grateful for the unwavering support from the school that encouraged us to pursue this achievement and further our passion in applying mathematics to the world around us.

6D Lee Inna Belle

LANGUAGE & CULTURE

Hong Kong Bar Association Debating Competition 2025

During the summer, we had the privilege of participating in the Bar Association Debating Competition, and were first runner-ups of the tournament. This was without doubt a rewarding experience that broadened our horizons and perspectives.

Initially, we were intimidated by the wide variety of motions, ranging from the ethics of facial recognition technology, to Hong Kong's supplementary labour scheme and class action mechanisms. However, through conducting extensive research before the debates, we were able to gain holistic understanding on not just the issues themselves, but also a clearer picture of how these

This year, we had the privilege of participating in the Bar Association Debating Competition, organised by The Hong Kong Bar Association. As the Competition was organised to raise awareness of socio-legal issues and the rule of law, we were able to learn about a wide variety of topics, from class action to legal aid authorities. This allowed us to strengthen our research skills when preparing for the debates and broaden our worldviews about current events. Having to prepare for both sides of a motion also



current affairs intertwine with complex legal principles.

Unlike the familiar WSDC/BP format, BAR debate restricts speech time to a way shorter limit. The shorter speech times challenged us to articulate our arguments with more clarity and precision, streamlining arguments and cutting out excessive rhetoric. This experience allowed us to learn how to quickly identify the most compelling evidence and structure our arguments in the most coherent way, not wasting a single second of our speeches. Furthermore, being able to meet passionate debaters from different secondary schools around Hong Kong and engage in meaningful

debates was an invaluable opportunity, allowing us to learn from each other and further polish our own debating skills.

5G Liu Wai Kiu Eunice and Poon Clarisse



encouraged us to think critically about how to approach each motion.

Despite hours of arduous preparation, and nerve-wracking debates, we still found this experience extremely enjoyable and memorable as we could bond through working together, whether in the debate rounds or throughout the week on Microsoft Teams. In the end, we were able to place 2nd in the competition, giving us reassurance that our hard work had not gone to waste. The experience of debating against top

debaters from other secondary schools around Hong Kong was extremely valuable, allowing me to polish my debating skills and learn from others. We are extremely grateful for the opportunity to participate in this tournament!

6H Pang Hoi Wing Sophie and 6I Chow Pak Kiu



Threads of Heritage

The Language and Culture Team hosted an embroidery workshop in December 2025, allowing students to explore global fashion through hands-on creativity and traditional Chinese craftsmanship. In line with this year's "fashion" theme, the workshop encouraged participants to discover how handmade accessories can both express personal style and preserve cultural heritage.

The workshop took place over two lunchtime sessions, welcoming students into a cozy, studio-like classroom arranged to support hands-on creative work. Guided by professional embroiderer Ms Kame Law from First Embroidery, we first explored the history of embroidery and its significance in Chinese clothing, from imperial robes to modern cheongsams. Kame demonstrated basic stitches, such as running, split, and satin stitch, illustrating how these simple techniques can be combined into intricate patterns.



We created embroidered brooches featuring traditional Chinese motifs, such as stylised flowers and auspicious clouds, carefully adding details and refining our designs throughout the sessions. Once completed, the brooches were beautifully packaged, and a showcase allowed us to admire each other's work and see how traditional techniques inspire contemporary fashion.

Fashion plays an essential role in our daily lives, enabling us to express our identity, values, and emotions without words. When we choose a handmade brooch, a patterned scarf, or a custom accessory, we show respect for cultural traditions while supporting sustainable, slow fashion instead of mass-produced trends. By learning embroidery, we learnt that fashion is not just about purchasing new clothes; it is about creativity, craftsmanship, and making thoughtful choices that reflect who we are and the threads that weave together our shared heritage.

4G Lam Ho Kong Cyrus and
5B Tang Yik Yan

中五增潤課程日 人工智能中國詩 畫工作坊

本次工作坊旨在通過人工智能與中國書畫結合的實踐，幫助我們認識生成式人工智能的基本概念與應用，提升對中國書畫的鑒賞能力，並思考人工智能在文化傳承與語文學習中的價值與局限。

在謝博士主持的人工智能中國詩畫工作坊中，我們學習了如何將人工智能融入語文學習過程。通過輸入詩句內容，人工智能能生成相應畫面，使詩詞意境變得直觀而生動，不僅加深了對詩意的理解，也提升了學習的趣味性。

工作坊亦介紹了中華文化的重要思想，如道家主張順應自然、天人合



一，儒家強調以禮歸仁、以德服人。這些內容有助於我們更深入地理解中國傳統文化的內涵與精神。

正如古人所言：「詩中有畫，畫中有詩。」往後我在細味詩詞的一字一句的同時，亦會花更多心思想像詩中的風景，善用科技，務求與文字產生更深切的連結。

五甲 曾蔚琛



「我愛我的祖國·抗戰勝利篇」 金紫荊盃香港校際作文暨 普通話朗誦大賽

我特別感謝學校的提名，也感謝老師們的悉心教導。正是這份機會，讓我能沉下心來，深入了解抗日戰爭的歷史。收集資料的過程，像重走了一遍那段艱苦歲月。每一場戰役、每一位先烈的事蹟，都深深震撼著我。他們用堅定的信念和不屈的意志捍衛國家尊嚴，用血肉之軀鑄就精神豐碑，彰顯了中華民族不可征服的氣節。

在閱讀史料時，我也看到了後方人民默默的付出。無數人放下自己的職



業，全力支援抗戰；有人捐出積蓄，有人冒險運送物資，有人為傷員縫製衣物。他們或許沒有名字留在史冊，但正是這些平民百姓的堅守，才讓民族的力量得以凝聚。這份家國情懷讓我深受觸動。

這段經歷讓我明白，抗戰精神並不只是課本上的文字，而是一種延續至今的力量。它提醒我們要始終心懷對國家的守護之心，也要讓年輕一代認識烈士們如何打下我們現在的中國，為

我們換取和平。和平並非理所當然，而是無數先烈用生命換來的珍貴果實。作為新一代青年，我們不僅要記住歷史，更要把這份精神化為行動，努力學習，積極奉獻，讓青春在國家需要的地方閃光。

二丁 藍啟希

AESTHETICS & CREATIVITY

中二級中式雜耍 工作坊

台上一分鐘，台下十年功

當我聽到「雜耍工作坊」時，下意識聯想到西方馬戲團拋擲彩球、光彩奪目的表演。但沒想到，中國雜耍竟比我想像中的雜技更巧妙、更引人入勝！

以繩為筆，畫圓千年

英俊師傅立於學校禮堂的中央，身旁的箱籠裡，靜臥著色彩斑斕的圓球、素雅的瓷碟，以及那對特製的扯鈴。這場期待已久的中國傳統雜耍表演，就在我們學生的灼灼目光中拉開了序幕。

表演開始，他信手拈起長桿，瓷碟便在桿頂旋轉不休，如蓮葉上滾動的露珠，輕盈而穩定，展現了手上功夫的極致。

踏進禮堂，只見舞台上站著一位身穿傳統服裝的男士，他笑著自稱「英俊師傅」，逗得全場笑聲連連。接著，他開始展示一連串的中國傳統雜耍，其中最吸引我的是扯鈴表演。隨著音樂開始播放，英俊師傅雙手揮動木棍，繩子輕纏軸心，「空竹」旋轉得飛快，發出清脆的「嗡嗡」聲，彷彿有了生命。扯鈴在半空飛舞、翻轉、回落，如魔法般靈動，英俊師傅也表演得游刃有餘，令大家都驚嘆不已。原來中國古人在數百年前便能創造出如此精妙的技藝，實在令我佩服得五體投地。

整場工作坊讓我長見識，也讓我深刻體會到「台上一分鐘，台下十年功」的真諦。英俊師傅多年苦練的毅力，正是中華文化中「精益求精」精神的

美」；而扯鈴，展現的卻是「順勢的智慧」。在「放」與「收」之間找到了微妙的平衡。而這，不正是我們中國文化中「中庸」與「和諧」的哲學嗎？不過剛，不過柔，在動與靜的臨界點上，成就了圓滿。

表演尾聲，英俊師傅讓扯鈴發出一聲悠長的餘音，如鶴唳青天，在禮堂中迴盪不息。那聲音中的文化，從未因時代變遷而失效。

二己 閻昕潼

最佳寫照。中國雜耍不僅是一種娛樂，還是一門蘊藏智慧與藝術的傳統技藝。這次體驗讓我認識了一項傳統表演，更感受到中華文化的博大精深與無窮魅力，無疑是我學生生涯中一次珍貴而難忘的文化體驗。

二丙 李喜兒



表演尾聲，英俊師傅讓扯鈴發出一聲悠長的餘音，如鶴唳青天，在禮堂中迴盪不息。那聲音中的文化，從未因時代變遷而失效。

香港中小學合唱團訪京團



本年度高級混聲合唱團有幸作為香港中小學合唱團訪京團的一員，我們懷著對合唱的熱誠與文化的嚮往，踏上這段意義非凡的旅程。

我們在故宮中行走於太和殿廣場上，觸摸漢白玉欄杆上的歲月痕跡，歷史不再是教科書上單薄的文



字，而是立體且生動的畫卷，讓我們了解到其上下六百年的興衰，也對中華文明的深厚底蘊有了更具象的認知；踏進抗日戰爭紀念館，肅穆的靜默勝過千言萬語。恰逢抗戰勝利八十週年，這一課來得格外深刻——「百折不撓、自強不息」不再只是課本上的八字箴言，而是鑄刻在民族脊梁上的精神烙印。

是次交流團最深刻的體驗非清華大學的「京港青少年文化交流音樂會」莫屬。在蒙民偉音樂廳的舞台上，兩地五個合唱團的演出展示了南方粵韻與北方京腔的「百花齊放」，最後的大

合唱則是「和而不同」最生動的詮釋。

行程的最後一天，我們有幸到天安門觀禮台看升旗儀式。清晨四點起床出發的疲憊，在國歌響起的瞬間煙消雲散，讓我們感受到了一股超越言語的歸屬感。

感恩學校給予我們這次寶貴的機會，讓京港兩地的合唱團在音樂和文化的交流中共同成長。這段經歷將成為我們繼續探索中華文化、努力練習合唱的新起點。

五庚 曾亦晴



The trip to Beijing with the Senior Mixed Voice Choir was an unforgettable experience filled with musical camaraderie and cultural exploration.

Our journey began on 14 October 2025 as we embarked on the morning flight from Hong Kong to Beijing. Upon arrival, we were quickly immersed in the bustling atmosphere of the capital. Throughout the trip, we explored significant landmarks: from the Museum of the War of Chinese People's Resistance against Japanese Aggression, the Palace Museum to the Tiananmen Square, not only provided us a glimpse into Chinese history but

broadened our horizons as well. It was also our privilege to have performed at Tsinghua University, where we shared the stage with four other youth choirs from Beijing and Hong Kong.

Our choir had exchanges with local school choirs such as the Beijing Xuanwu Children's Palace Sunshine Choir and the Golden Sail Choir of Asia-Pacific Experimental School of Beijing Normal University, in collaboration with the choir of CCC Kei Wan Primary School (Aldrich Bay) from Hong Kong. Before the joint concert at Tsinghua University, the five choirs rehearsed and performed

the song HuXi, which conveys the power of unity. During the rehearsal, I felt the power of music especially strongly, as different singing styles and traditions from various regions blended seamlessly. As the lyrics say, "breathe as one, sing as one, feel as one, live as one", we truly became one big family making music together. At that moment, it felt as though the cultural barriers between the Hong Kong and the Mainland choirs no longer existed.

This tour was not only about performance, but also about building connections—both through music and with people. The friendships formed during this trip, along with our shared love for choral music, will continue to resonate long after the final note has been sung.

Overall, this journey was a profound reminder of the beauty of cultural exchange and the universal language of music. I am grateful to the school for providing us with such an eye-opening opportunity.

5E Mok Yat Lam Angus

竹月堂藏中國一道釉陶瓷展覽

中國瓷器型態萬千，各有千秋。彩瓷的色彩斑斕、青花瓷的精緻紋飾，這些當是最為人熟悉。是次於我竹月堂藝廊舉辦的「竹月堂藏中國一道釉陶瓷展覽—雅素爭妍」，旨在彰顯明清兩代御用一道釉瓷器之簡素為美的特色，帶領我們重新認識中國瓷器。展品皆是1966年畢業生簡永楨先生的珍藏。

展覽取名「雅素爭妍」，短短四字，卻概括了單色釉瓷器的特色——因高雅樸素而凸顯的美好。因為沒有令人眼花繚亂的圖樣或富寓意的花紋，所以觀賞者可集中留意單色釉的外型或線條、背後的歷史意義、匠師的功力等，更能加深他們對於藝術品的美和價值的理解。我有幸與簡先生面談，了解到單色釉的色彩與彩瓷及青花瓷不同，不是後期上色，而是燒

出來的。燒窯的過程中難免會出差錯，某一些顏色更要燒好幾百次才能成功一次。這一新的知識，使我此後再次觀賞展覽時有了截然不同的體會。

簡先生貴為全世界首屈一指的單色釉瓷器收藏家，德高望重，與我面談時卻毫無架子。比起「收藏家」這個名銜，簡先生更注重收藏過程中的樂趣，對於自己鍾愛的瓷器定會滔滔不

絕地介紹。這一性格我認為確切地反映在他的單色釉瓷器收藏裏。單色釉在瓷器裏就像是不浮不羈的文人雅士，頗有「腹有詩書氣自華」之感。它的純淨、優雅、簡潔不僅是一種美的定義，更是象徵著一種生活態度，是我們的學習對象。

四王 吳幸洳



為慶祝母校創校110周年，簡永楨先生於校內舉辦「雅素爭妍—竹月堂藏中國一道釉陶瓷展」。是次展品種類頗多，除《清明上河圖》複製品、《蘭亭序》復刻本、漢代陶器等

具厚重歷史底蘊的文物外，重中之重乃明清兩朝珍稀並具代表性的一道釉瓷器，如明嘉靖孔雀藍釉盤及清雍正粉青釉三足爐。它們溫潤如玉、光澤透亮，然而並非徒具美感，而是蘊藏

著古代匠人的極致工藝與宮廷美學的至高追求。這不僅是一場視覺盛宴，更是叩開明清歷史與藝術之門的鑰匙，引領我們直面古代的風華。

靜靜佇立於展櫃前，這份「直面古代」的感受，在胸腔漾起層層漣漪。這些單色釉瓷器不以繁華取勝，卻以簡樸素雅凸顯著中國人內斂含蓄的美德，典雅韻味綿延不絕。自古以來，華夏民族皆崇尚以簡素為美，如詩詞之道，將情感藏在字裏行間，強調「情在言外，旨冥句中」。這種含蓄，從文人的筆端，蔓延至窯工的掌心。匠人將心血凝聚於那一道釉色，在烈火的淬煉下，風骨與氣韻悄然成形。單一不感枯燥，簡樸不失優雅，繁華落盡，始見真淳。秋葵綠釉似四月垂柳，清新雅致；嬌黃釉如十月銀杏，徐徐飄落。觀摩之時，彷彿感受到古人精益求精的匠心。驀然回首，這些器物從未沉寂在歷史的長河中，而是以無聲之姿屹立著，發出最震耳的轟鳴。

四丁 陳靜彤

SPORTS

The 15th National Games Spectator Experience for Form 1 students



On 13 November 2025, our Form 1 classes went to the Kai Tak Sports Park to watch the rugby competitions of the 15th National Games. This was my first time to visit the newly-built sports centre as a spectator and I was looking forward to such an amazing opportunity. On the day, there were several rugby competitions and the most impressive one was definitely the game played between Hong Kong and Shanghai. My classmates and I could not help cheering at the top of our lungs for Team Hong Kong. We cheered and celebrated while chanting "We are Hong Kong" all throughout the match. This was such an inspiring experience for team spirit. All players performed so well and played an exciting match. My classmates and I really enjoyed all matches we witnessed that day. Hong Kong beat Shanghai 27 to 14. In conclusion, I hope that more and more people will focus on athletes representing Hong Kong and support our athletes.

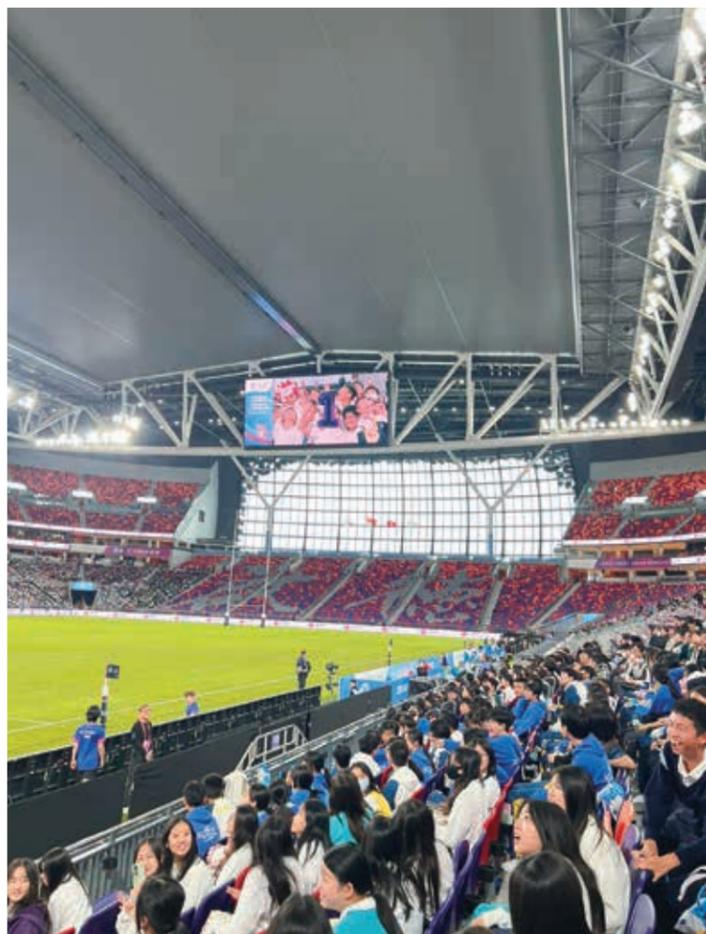
1F Li Yue To Cheryl

On 13 November, our form had a unique opportunity to participate in the spectator experience for the 15th National Games and witness the exhilarating sport of Rugby Sevens. We watched elite athletes compete in tense, fast-paced matches that kept everyone on the edge of their seats.

The most memorable moment was the captivating match between Hong Kong and Shanghai. The entire stadium erupted with thunderous cheering and applause. Sharing in the collective energy and cheering as one fostered a powerful sense of community among all the spectators.

Beyond the excitement, this experience deepened my appreciation for the sport itself. I gained a greater understanding of the complex rules, strategic plays, and refined skills required to excel. Most importantly, I witnessed firsthand how teamwork is the undeniable heartbeat of Rugby Sevens. The seamless coordination and mutual reliance among players was a powerful reminder of how essential collaboration is, both in sports and in life. This was without a doubt one of the most thrilling experiences I have ever had.

1F Lau Yan Ching



SCHOOL EVENTS & ACTIVITIES

齊齊 S.H.I.N.E. 共建幸福校園

本校本學年致力關注持分者的身心靈健康，透過規劃多樣化活動提升校園幸福感，推動 S.H.I.N.E. 精神。

在學生層面，我們調適課堂時間，增設週一「Check-In」及週五「心靈加油站」時段。透過有系統的引導，幫助學生提升情緒覺察能力、發揮性格強項及建立感恩習慣，同時加強師生與同儕間的互動溝通，築建正向校園文化。

在家長層面，我們邀請資深社工於級本家長座談會作主題分享，提醒家長關顧自身情緒，並提供支援親子關係的實用建議。

教職員關顧方面，學校透過多元活動舒緩同工壓力。全體教師藉西沙 Go Park 的運動體驗與深涌自然導賞，提升團隊凝聚力與抗逆能力；全體職員則透過茶藝工作坊學習養生與靜心。這些安排旨在讓同工於繁忙工作中重拾正能量，達致身心平衡。

*S.H.I.N.E. 是本校推展幸福感的方針，S.H.I.N.E. 代表著 Stability, Habit, Intellectual Wellness, Nourishing 和 Empathy，希望藉此提升各持分者的幸福感。

以下是本校家長與教師對學校在身心靈健康方面各項措施及活動的心聲：



感謝學校於小三家長座談會悉心安排，提醒家長關注自身情緒狀態的重要，並邀請講者教授利用香薰油按摩來舒壓放鬆身心，有助家長在繁忙中也能好好照顧自己。同時，講者亦鼓勵家長常戴上「感恩銀鏡」，多為自己所擁有的事物心存感恩，讓感恩成為一種穩定的習慣，從而以更平和的心境面對子女，提升親子關係質素。孩子也分享曾於「INTERACT」課堂學習寫感謝日記，這經驗提醒她要常存感恩的心，為曾幫助她的老師及職員工友獻上謝意，將感恩具體實踐在校園人際關係中。

三丁 陳依純家長

參加小一家長講座的靜觀練習，讓我們有了新的體會：隨著講者引導沉澱心神，平時因關注生活中各種瑣碎事務而不自覺繃緊的心理狀態，在專注當刻的呼吸中漸漸得到舒展。這種心態上的從容不僅讓自己身心狀態更佳，與孩子相處時也能更耐心地傾聽、陪伴，無形中也給了孩子情緒平和的示範。孩子平日在家中也經常分享「INTERACT」課堂中的有趣體驗，他的情緒也越來越穩定。很感謝學校將身心關懷融入家校互動，促進家長調整自我狀態，成為孩子成長的強大後盾，期待日後有更多這類家長講座，令家長在陪伴孩子成長的路上，走得更穩更遠。

一戊 陳梓修家長



Arriving at Go Park, I was excited and eager for new experiences with my colleagues. First up was lacrosse, a sport I'd never played before. It was surprisingly easy to pick up the basics after a short practice, and we had a rather competitive game for half an hour! I was relieved when I saw that I was not the only one sweating afterwards! Playing sports together really felt relaxing and helped relieve stress. After a satisfying lunch, we boarded a ferry and headed towards an old village. I was surprised when I recognised the village as somewhere I'd walked through on a hike many years ago. I was impressed that it had seemingly been saved from the derelict state I had seen over 10 years ago. A plaque proudly stated the village's importance as a site of resistance against the invaders during the Second World War. Enjoying the surrounding nature, I reflected on a fun, relaxing, enlightening day with my SPCCPS colleagues.

Sebastian John D'Aulerio



由去年開始，我們每逢星期一週會前，恆常進行「Check-In」活動，讓學生在開始一週學習前整理自身狀態，也讓老師了解他們當下情況，以便及時跟進。一開始，學生未能掌握「Check-In」的精髓與方法，但經老師示範及數次練習後，他們能察覺自身狀態，並與老師同學分享。

記得臨近評估前，有學生表示十分緊張，我們便提議他們進行「Check-In」，給予時間空間靜下來。他們也坦言此法真能讓心緒平靜許多，緊張感減輕。希望學生養成「Check-In」習慣，在日常生活中多加運用。

蘇月佩老師

每當帶領學生進行「Check-In」活動，看見他們一早主動用不同情感色彩的簡單字詞描繪心情，內心總感到踏實又感動。平日較沉默的學生，竟願意分享內在擔憂與不安，讓人更確信此環節的價值。

透過每天留意學生選擇的情緒用語變化，愈來愈清楚看見，他們只需一個被聆聽與接納的安全空間，便能逐步學會覺察與表達情緒。在這過程中，學生也一步步更認識真實的自己，建立對自我情緒的理解與接納。

鄺忠文老師

當小四學生於「INTERACT」走進小一課室時，大部分小四學生都感到緊張，不確定如何與小一學生互動。到達後，看到熟悉的環境和老師，大家漸漸放鬆。經過簡單的自我介紹，小四學生開始與小一學生玩遊戲，彼此逐漸熟絡。遊戲中，小一學生偶爾因輸而感到不快，小四學生耐心安慰，幫助排解紛憂，大家都覺得這經驗難忘。透過遊戲，不僅讓同學們適時放鬆 (Relaxation)，更促進高小與初小之間關係 (Relationship)。小四學生開始建立自我形象，成為「學兄、學姊」，展現責任感與同理心。

羅振宇老師

小二學生與小四學生在「INTERACT」上交流時，彼此一邊玩着課室玩具，一邊分享校園生活的點滴，笑聲不絕於耳，作為老師，在旁感受到學生從中獲得的不只是身心靈的放鬆，更是聖保羅學生之間關係的建立，其後看到學生用心填寫的感恩日記，更體現出「4Rs」的種子已在每位學生的心中萌芽，期待我們繼續以愛灌溉，讓每位學生的心中常存幸福感。

劉一陽老師

STUDENT EXCHANGE

小五外展訓練



每逢十月，小五全體學生都會參與外展訓練營。在共同生活的日子裡，同學們並肩面對挑戰，合力破解難關。在完成一個又一個任務的過程中，大家不僅盡情展現個人強項，更與同儕建立了緊密、互信的正向人際關係。這次磨練讓每個孩子都收穫滿滿，這份勇氣與友誼將令他們一生受用。



學生於「Check-In」及「INTERACT」時段學習平靜心緒，建立正向關係，培養同理心。

CHRISTIAN EDUCATION

筆耕心田，活出信仰——「宗教科心靈小札記」的成長路

本校宗教科一直致力於引導學生認識基督信仰、培養良好品德，並在日常生活中實踐愛與服務的精神。去年，我們設計了一本名為「宗教科心靈小札記」的小冊子，為學生提供一個新的靈性成長平台，按每月德育主題及每月主題金句，以及記錄實踐

頁，幫助同學深化基督信仰。每月的主題金句均涵蓋感恩、仁愛、誠實守信、孝順、明辨是非等核心價值，幫助學生反思和深化信仰，實踐聖經真理。通過文字記錄，學生得以反思自身的靈命成長，整理內心感受，並將信仰轉化為實際的行動，朝著更全面、更深入的靈育發展方向邁進。

本學年，我們進一步優化「宗教科心靈小札記」的設計理念，在冊子中加入本校的校訓金句和更貼近學生生活的信仰反思問題。學生藉此能夠更深刻地體會學校的基督教辦學宗旨，從而結合個人靈性成長，在生活中以言以行實踐信、望、愛的精神。



此外，為了提升「宗教科心靈小札記」的豐富性和連繫性，我們會配合每月主題的反思，在宗教課堂或早禱，選讀合適的聖經故事、分享相關的聖人人物、解說聖經金句和教導教會重要節期等。

宗教科將繼續以「宗教科心靈小札記」為核心，鼓勵學生建立記錄實踐真理的好習慣，培養終身受用的靈性素質。透過這種有系統、有深度的信仰教育，我們期望學生在品格、情操和靈性上得到全面的發展，能在信仰的引導下，編寫屬於自己獨特而豐盛的「心靈小札記」。

2025年10月20日至10月24日，我參加外展訓練，每天要進行不同活動，其中第二天，我們先去燒烤場，自己製作午餐，我還學懂了怎樣起營火呢！然後，我們去爬山。那些路十分陡峭，當中也有不少同學被石頭絆倒，幸而大家互相扶持。返回營地時，雖然已是下午四時多，但我們成功完成了挑戰。其後第三天，我們玩高空繩網陣。我感到十分害怕和緊張，去到一半時，更害怕得爬不動了，但隊友和教練已到達最頂端。經過了三天的訓練，到第四天，我們再次爬山，大家都鼓勵我堅持下去，所以我最終都成功爬上。山路很斜，還有很多蜜蜂追着我們，但是我們憑着意志和經驗，沒有放棄，最終到達山頂，大家都高興得歡呼起來。

在最後一天，我們全組一起繪製了一張海報，在結業禮上分享。這真是一段難忘的經歷，我深刻體會到堅毅和團隊精神的重要性。

五甲 王敬恩





In October 2025, I went to a five-day camp at Outward Bound.

On the first day, my group and I first got to know each other. Then, Ham, my group instructor told me to lead the group up the steep hill, following the rope that went the same way as the path. As we reached the top, I looked down, the view of Outward Bound campsite was spectacular.

On the second day, we went hiking. I was one of the few navigators which helped to find the way. Even though we were all tired, but we were all jubilant as we finished it on time for lunch.

On the third day, we went hiking. I was the only navigator, even though I sometimes led my team to the wrong side of the forks, we still had a great time together.

On the fourth day, we went jetty jumping. The scariest part was on the way down, there was three rapid and terrifying seconds before I plunged into freezing water, temporary suffocating and blinding me as I could not find my way up above the salty and dark sea water.

On the fifth day, I went rope climbing. I was terrorized when I climbed to the top. The ropes I was supposed to step and hold on was very loose, and the wind was super strong up there, I was dangling up in the air, nine meters from the floor. I finished crossing the rope and got down under six minutes. I turned out to be one of the fastest of the 10 people in Ham's group.

In this five-day camp, I learnt to persist, and overcome my fears and how to trust my group mates.

五乙 廖沛愉



From 20 to 24 November 2025, I went to Outward Bound, which was a huge step out of my comfort zone. In these five days, I successfully conquered my fears and completed all the challenges. Now, let me share some highlights of my journey.

The jetty jump, Outward Bound's signature event and the one that I was looking forward to the most, did not

disappoint me at all. You really have to be brave — it's a jump from a five-metre into the sea! The experience was so exhilarating that I jumped three times in total. Each time I landed in the sea, I would let out a booming cheer of thrill.

Our team also demonstrated team spirit when one of us didn't dare to jump. Hence, we encouraged him and cheered him on. Finally, he inhaled deeply and jumped into the water with a big splash.

Another fear I successfully conquered was insects and bugs. When I first came to Outward Bound, my teammates and I spotted a bee buzzing around. Everyone was screaming in panic and running around crazily. On the contrary, after days of being surrounded by insects, we were already used to seeing bees and kept calm whenever we encountered one. This was an enormous part of my growth, and I felt pretty proud of myself afterwards, considering that I wasn't a really big fan of insects and bugs before.

In conclusion, I really enjoyed this once-in-a-lifetime experience, especially the jetty jump. Outward Bound has also taught us different core values like teamwork and bravery. I really hope I can go there again in the future!

五丙 葉芊穎

能夠獨立，對我來說是一次愉快的經歷，亦可算是對自己和家人有個交代，現在讓我來介紹這五天令我難忘的活動吧！

第一天分組後，我們組的教練 Jeffery 就宣佈午餐後會划獨木舟和跳碼頭，可以先換上泳衣。我無比興奮，因為這活動我期待已久。吃過午飯後，我們立刻興致勃勃地趕到碼頭搬獨木舟，我們在簡單教學和嘗試操作後便出發。我們先玩水手中球，要把球拋到救生圈的中間，拋中就獲一分。我們分成兩隊，雖然以一比三落敗，但依然玩得不亦樂乎！最後跳碼頭，我被編到第一個跳。向下望去，嘩！我立刻嚇得手心冒汗，汗水直流。當我萌生放棄的念頭之際，卻聽見其他人為我鼓勵：「加油！加油！」我心想：唉！事到如今，騎虎難下了！既然來到這裏，不如放手一搏，試試吧！於是，我走上跳台，吸了一大口氣，閉上眼，勇敢地踏出一步後便不留遺憾地跳下來。其實現在回想，並不是太可怕，只要閉上眼，也許是沒有感受到由高處望下的感覺，恐懼就會一併消失，這就是我的小秘訣。

「船泊在港口雖安全，但這不是它所建築的目的。」這次我踏出舒適區，挑戰自己，我為此感到驕傲，感到自豪！

五丁 鄭子喬



每當我再次翻閱與隊友們的合照時，那段難忘的小五外展經歷便清晰浮現眼前。

出發當天風和日麗，我們懷著興奮的心情，抵達西貢的外展訓練營地。教練宣布：「今天主要進行水上活動，包括划獨木舟和跳海。」我高興得跳了起來！一直以來，我最期待的就是划獨木舟。整理好裝備後，我們隨教練來到海邊沙灘，仔細聆聽他的講解。為確保我們都能順利而安全地進行活動，他示範了划槳姿勢與安全事項。接著，我們每人持槳，合力將獨木舟推入海中，正式啟航。划至海中央

後，我們玩起各種需要團隊協作的海上遊戲，例如傳接水球等。那時我的雙臂早已酸軟發麻，心情卻格外暢快。

隨後，我們轉往碼頭進行跳海活動。沿著碼頭向前走時，我的身體不由自主地微微顫抖，心臟「撲通、撲通」地劇烈跳動。看著隊友們一個個自信地躍入海中，我心裡越發緊張。輪到我時，彷彿空氣都凝結了。我踏著有些不穩的腳步走到跳台邊，望向腳下深邃的海水，彷彿面對無底深淵。此時，隊友們的打氣聲在耳邊響起：「恩悅，加油！恩悅，加油！」我試著伸出腳，卻又瞬間縮回。就這樣猶豫不

決，我在跳台邊站了十多分鐘。

就在幾乎想要放棄之時，好友輕輕拍了我的肩膀，鼓勵我說：「妳一定可以的！加油！我會在這裡陪著妳！」她的話彷彿一陣暖風，讓我內心的不安頓時消散。我下定決心，深深吸一口氣，縱身躍向海中——我成功了！一股自豪的感覺隨即湧上心頭。

這次寶貴而難忘的外展經歷，讓我真切體會到：勇敢面對挑戰、踏出安舒區，才能真正克服恐懼，遇見更加勇敢的自己。

五戊 張恩悅

南沙小學交流

體育傳情，跨越界限！我校與南沙小學結為姊妹學校

本校體育科國內交流團已邁入第三年。繼過去兩年乒乓球隊與羽毛球隊的成功經驗後，今年首度嘗試跨團隊模式，組織男女子籃球隊、游泳隊及足球隊成員，於九月下旬前往廣州南沙小學，展開兩天一夜的體育交流之旅。

交流期間，三支校隊與粵港澳各校健兒進行了多場精彩的友誼賽。同學們「以球會友，以泳交流」，更深入體驗了當地的體育課堂，在共同學習中打破地域隔閡，建立深厚情誼。

此行最具里程碑意義的，是本校與南沙小學正式簽署協議，結為姊妹學校。我們期望未來兩校能在學術、體育及文化範疇開展更廣泛的合作，深化夥伴關係。



回顧這三載旅程，交流團已超越單純的技術觀摩，更成為深化粵港澳學生情感與文化認同的平台。願同學在競技場上發光發亮之餘，能將體育精神轉化為正向的人生態度，實踐核心價值，珍藏這段成長回憶。



LEADERSHIP & COMMUNITY SERVICE

馬灣領袖生訓練營

入營前，老師給我們領袖生們安排了一次訓練活動，讓我們明白溝通和團隊合作的重要，為馬灣訓練營做好準備。入營後，我最喜歡「野外定向」，我們要和隊友在限時內完成任務，十分講求溝通和合作。期間，我學習到最重要是勇於表達意見，每個意見或想法都能提升團隊的表現。當我們遇到意見不合時，我們會聆聽和尊重對方的想法，這樣就能展示「融洽」和「尊重」這兩個核心價值，亦是「愛」的表現。



六乙 陳善姿 在馬灣優美的環境下，大家齊心合力完成定向追蹤。



與不同友校交流，彼此愉快學習，樂也融融。



領袖生們於訓練營中參與了不同的團隊活動，度過了充實又愉快的一天。

從「我」到「我們」，學會尊重與合作

本次領袖生訓練營最難能可貴之處在於「聯校共融」。我們打破了年級與校別的藩籬，藉由生動的「破冰遊戲」，引導學生跨出舒適圈，與新夥伴建立默契。這不僅訓練了他們在陌生環境下的適應力，更激發出令人驚喜的開放態度與士氣。因應未來挑戰，任務設計特別強調溝通與抗壓力。在挑戰過程中，小領袖們放下了自我中心，學會資源共享與真誠聆聽，體會到逆境中團隊互助的力量。最後的「馬灣 1868」定向追蹤，則將訓練舞台搬到大街小巷，在實景探索中，讓領袖生的決策力與邏輯思維在真實場域中得到實踐。

學生大使

以誠待人，以言傳情： 學生大使的專業與擔當

每一位造訪校園的來賓，總能看見學生大使們熱情忙碌的身影。他們不僅是校園特色的解說員，更是傳遞溫度的親善大使。憑藉著積極主動的性格與精準的表達力，他們用耐心感染每位聽眾，在服務中實踐責任與團隊默契。更難能可貴的是，在活動完成後，大使們會認真研讀每一份回饋。他們以謙虛的心態進行自我反思，從讚美中找回信心，從建議中發掘潛能。對他們而言，每一次的導賞服務，都是一場「精益求精」的自我挑戰。



每年的迎新活動：帶領師弟師妹遊覽校園



收到來賓填寫在「護照」的寶貴意見，讓學生大使於下一次服務更加努力。

我倆成為學生大使已經三年多，每次服務也送給我們滿滿的回憶。猶記得第一次帶領師弟師妹遊覽校園，看到他們眼中的驚喜與好奇，我們都覺得自己肩負重要角色。我倆由最初的緊張到後來能自信地暢所欲言，到成功完成任務，最後看到小朋友滿足的笑容，內心立刻興奮莫名。即場收到師弟師妹在「護照」上的真誠意見，既有鼓勵也有建議，給予動力讓我們於下一次服務更加努力。

成為學生大使讓我們體會到「服務」、「關愛」的價值，學會以耐心和熱誠去接待每一位來賓和師弟師妹，讓他們感到賓至如歸。

六戊 林蔚怡、鄭亦淇



大使與師弟妹相見前來一張大合照

LANGUAGE & CULTURE

中文科

經典傳承—優化圖書教學

為了提升學生的文化素養，承傳中華文化的優良傳統，中文科本年度優化圖書教學，讓學生感受和欣賞中國經典名作，豐富學生的文化知識。



11月1日，我們全體領袖生，一起前往馬灣進行聯校訓練。這個活動至今仍令我印象深刻，而我在這個活動中也獲益良多。在定向活動中，我充分發揮了自己的長處，帶領了我的隊員前往指定地點。我也學到了要和隊員一起合作，才可以完成任務。我希望可以再回到學校後實踐我在訓練中學到的寶貴經歷，繼續努力服務大家。

五戊 葉卓軒

優化圖書教學，感受經典文學之魅力

中文科於本年度優化各級的圖書教學，採用整本書閱讀教學，在課堂上運用多元化的學習策略，引導學生全面理解文本，提升學生的閱讀能力，並且培養正確的價值觀及進行品德情意教育。選書涵蓋中國名著、歷史和文化知識，其中本科在高年級課程加入《西遊記》、《三國演義》的精讀教學，讓學生認識中國經典名著及章回小說的特色，以及分析人物性格特點，並探討故事情節。

五年級於圖書教學一個月前，便先派發圖書工作紙及圖書，讓學生制定閱讀時間表，自行安排時間，閱讀整本圖書。在圖書教學開始時，老師運用網上平台進行問答遊戲，檢視學生閱讀成果。之後，教師邀請學生簡略介紹《三國演義》的背景，同學之間再兩兩分享自己喜愛的書中角色。學生聽畢同學介紹後，便以個人形式製作書中人物的社交媒體貼文，並附上圖畫及文字解說，製作形式不拘，可以手製或運用電子元素。另外，教師以課堂活動及小組協作的方法，講解《三國演義》的敘事、寫作及語言特色，讓學生對中國經典名著有更深入的了解。在圖書教學的其中兩節課堂，學生自行分組，選一個《三國演義》中重要的情節，進行戲劇定格，加深對書中情節的印象。學生準備簡報作為戲劇背景，亦自行製作道具，如諸葛亮的蒲扇，關羽的偃月刀等。最後，教師將一組包含現代詞彙和三國元素的字詞呈現給學生，激發他們的創造力和想像力。學生們隨機抽取字詞並依次參與故事接龍，將抽到的字詞融入到他們的即興故事中。學生運用書本內容、創意及生活經驗完成繪本，故事題目為《如果_____來到了現代……》。學生可以為繪本加入情節插圖，不少學生更運用AI進行繪圖。

而六年級選讀了中國當代著名作家曹文軒的《草房子》，讓學生在細膩的文字中感悟成長，在剖析人物同時也體會人與人之間的純真情誼。

為了培養學生的自主學習能力，課程內更設有自主閱讀圖書環節，讓學生運用課堂學習的閱讀方法，自行探索文本。中文科期望透過此課程設計，系統性地提升學生閱讀中國文化書籍的興趣與深度理解能力。



普通話科

童聲聚彩虹 集誦奪銀牌

近日，第77屆學校朗誦節落下帷幕，我校小一和小二年級組成的普通話集誦隊，憑藉對新詩《彩虹謠》的精彩演繹，受到評判的青睞，最終榮獲亞軍殊榮。

此次比賽誦材是劉振華先生的《彩虹謠》，詩歌語言生動有趣，充滿童真童趣。從組隊到登台參賽，短短兩個月間，孩子們帶著對學習的熱愛全

心投入，在排練時總能聽到他們整齊嘹亮的誦讀聲。大家跟著老師逐字正音、逐句揣摩詩歌意境，為了還原詩歌裡的趣味場景，他們一遍遍不斷練習表情和肢體動作，反復打磨每一個細節，哪怕遇到難點也互相鼓勵、指導，這份互幫互助、攜手共進的團隊精神，讓整個隊伍的凝聚力不斷增強。

比賽當天，孩子們身著整齊的校服，精神飽滿地站上舞臺。他們用清澈真摯的童聲，抑揚頓挫地演繹



著《彩虹謠》，時而活潑靈動，時而溫柔舒緩，將詩歌的趣味展現得淋漓盡致，當主持人宣佈亞軍歸屬時，孩子們臉上洋溢著激動的笑容，眼中閃爍著自信。

此次獲獎，不僅是對孩子們努力的肯定，更讓他們在誦讀中感受了語言的魅力，在實踐中深化了愛學習、團結的好品質。相信這份寶貴的經歷，將成為難忘的記憶，激勵著他們在未來的道路上繼續攜手前行、綻放光彩。



英文科

Pr.4-6 English Choral Speaking Team

The Pr. 4-6 English Choral Speaking Team worked hard to prepare for the Pr. 4-6 Mixed Voice Choral Speaking Competition at the 77th Hong Kong Schools Speech Festival, practising for two months before the event. Each practice was filled with a strong sense of teamwork as the students knew that success came from

working together and putting in individual effort. They met after school and on weekends to rehearse their lines, focusing on clear speaking, expression, and harmony.

The teachers offered support and feedback, helping the students improve while encouraging pride in their performance. As the competition drew near, the students maintained in their enthusiasm, treating each practice as a chance to get better. Their effort paid off with a great performance that earned applause from the adjudicator and the audience.

In the end, the team won first place. The teachers felt proud, seeing not only the students' success but also their commitment and dedication throughout the process. It was rewarding to witness the students' hard work and passion.

This achievement highlighted how dedication can lead to great results and showed the power of working together. The experience of participating in the Pr. 4-6 Mixed Voice Choral Speaking Competition will be a lasting memory for both students and teachers, inspiring students to aim for excellence.



英文科

Writing Support: Merging AI Tools and Teacher Guidance

Last school year, we embarked on an exciting adventure by introducing AI writing tools into our classrooms. Imagine having a friendly robot by your side, providing valuable feedback during the writing process and motivating students as their work gets marked by the computer. These nifty tools have made writing more fun and engaging, sparking imagination like never before. However, while AI offers amazing support, human touch remains crucial. Teachers are here to provide invaluable guidance and encouragement, ensuring that every student's unique voice shines through in their work. Together, we are blending the best of both worlds—technology and personal interaction—for a truly enriching writing experience!

When I first heard that teachers would be using AI to mark our writings, I was extremely excited. It is amazing that I could get quick and useful feedback on my writing styles and weaknesses almost instantly. I remember struggling with certain areas in my writing and AI can detect my mistakes and help me understand how to improve in simple but clear ways. Apart from feedback from AI, teachers' personal comments also provide additional help, making the learning process more dynamic and engaging! Overall, I think AI markings are efficient and useful!

4D Lau Hei Shun



AI feedback boosts student motivation and interest in writing.

This year, the school introduced a new approach to assess our writing using AI. I am genuinely impressed by the in-depth feedback that AI offered. AI provided practical suggestions that guide me to use richer vocabulary, varied sentence structures and an appropriate tone. Yet, my teacher's comments were equally important - her words of encouragement have truly inspired and motivated me to pursue excellence in my writing. Learning with both AI and from my teacher did not only teach me how to enhance my writing skills but also empowered me to learn independently and confidently.

6B Chan Sin Chi



With AI feedback, students are more motivated and engaged in their writing.

Correction Overview

Mistake	Correction	Reason
Greetings or , you might be wondering why I am writing this , I am writing	Greetings, or , you might be wondering why I am writing this , I am writing	Run-on sentence. Use full stops to separate independent clauses.
about my friends , some of them	about my friends , Some of them	Run-on sentence. Separate the clauses into individual sentences.
to the organization , I hope you	to the organization , I hope you	Run-on sentence. Separate the clauses into individual sentences.

AI offers feedback on various aspects of students' writing.

Adopting AI in marking writing has greatly enhanced my efficiency as a teacher. It offers quick, objective feedback, allowing me to focus on personalised instruction.

The AI comments cover various aspects like content, language, and organisation, providing comprehensive insights. It identifies common mistakes and offers constructive suggestions for improvement, which is beneficial for students as it highlights areas for growth and strengthens their writing skills.

I have noticed that students eagerly anticipate feedback from AI, finding it invaluable, which fills me with positivity about this advancement in fostering a more engaging and effective learning environment!

Ms Katrina Ma

AESTHETICS & CREATIVITY

視藝科

彩繪校園色彩：走進藝術大使的幕後世界

有一群同學，平日默默耕耘，用創意佈置校園，用熱誠推廣藝術，她們就是校園藝術大使。她們的足跡遍佈校園角落——從環境佈置、藝術活動籌劃，到大型活動中的專業協作，無不傾力參與。今年，這群美學推手的生活格外充實且忙碌。讓我們透過文字，一同感受她們在創意實踐中的心路歷程。



在我們五年的聖保羅學習生活裡，我們很感恩自己是幸運的一群。雖然我們因新冠疫情錯過了105週年的校慶，但沒想到如今我們不只是110週年校慶活動的參與者，更能以校園藝術大使的身份，親身投入到110週年慶典的準備之中。我們非常珍惜這難能可貴的機會！

對我們來說，視覺藝術，不只是一個學科，更是我們心靈的橋樑、分享愛的媒介，點亮我們的校園生活。我們可以藉由藝術勇敢表達自己，激發無限的創意，讓每個人都能找到自己的聲音，也讓別人能聽見我們的聲音。我們希望透過校慶開放日的機會，用色彩和創意，與親愛的老師、同學、校友和其他公眾人士，分愛我們的愛，讓每一個角落都能散發出藝術的魅力。

自九月以來，我們為開放日準備了很多，就讓我們向大家透露一點吧。其中一個藝術裝置，是將我們心中的理想世界呈現在塑料球上。我們共同合作，一起想像。這些球體在地上聚集，創造了一種團結的視覺效果。它們像是一個小社區，傳遞出合作與尊重的力量。這代表著我們孩子對未來的希望和信念。其實，我們所準備的不止如此，期待在開放日見到大家，讓我們向大家展現這些日子努力的成果，一起分享創意和喜悅！

五甲 何悅熙、五丁 謝卓穎

音樂科

Senior Choir – Future Science Prize Concert

On 26th October 2025, Our Senior Choir sang their hearts out in celebrating the tremendous achievements of contemporary scientists at the 10th anniversary concert of the Future Science Prize. Collaborating with the world-renowned violinist, Lu Siqing, and the famous pianist Xu Hong, our choristers shone on stage with the inspirational song "You Raise Me Up" as the finale performance at the Hong Kong Cultural Centre.

The Senior Choir had the honour of performing at the Future Science Prize 10th Anniversary Concert, held at the Hong Kong Cultural Centre. Despite being more experienced by now, there was still a nervous anticipation as we waited for our cue – to perform for such eminent dignitaries, the laureates of the Future Science Prize as well as the great and good of Greater China! As our voices rang, we could feel our teamwork and

the dedication of our conductor Ms Ng and fellow choristers blossoming into something more profound. We realised that both music and science have the power to uplift and unite. We did not merely sing; we shared a language of human aspiration with our audience, echoing the very faith, hope, and love that define our beloved school.

6D Aerin Wong





I would like to thank the school for this incredible opportunity to perform at the Future Science Prize Ceremony. Singing with the fellow Pr.6 choir students at the Hong Kong Cultural Center was truly a highlight of my choral life at SPCCPS. A special thanks to our choir director Ms Ng for her dedication in training our choir and guiding us throughout the entire process and also to the other music teachers who supported

on the days of technical rehearsal and performance.

Being part of this event has not only improved my performance skills but also opened my eyes to the extensive preparation involved in hosting an event of such magnitude. From meticulous planning to the tireless efforts of every crew member, both on and off stage, I've gained a deeper appreciation for the teamwork that

creates a memorable experience for the audience.

One particularly memorable moment was being one of the soli, this allowed me to connect more deeply with the music. This moment enriched my appreciation for the craft and showcased the beauty of collaboration in music. I look forward to more opportunities like this in the future!

6C Jaelyn Chan

數學建模 從解難到創造

小六數學科推行數學建模 (Mathematical Modeling) 教學，將數學從以往的「解題訓練」提升至「創設解決方案」，藉此激發學生的潛能與興趣，實踐本年度「正向樂學展創意」的發展重點。

以往的數學學習多止於計算正確答案，但數學建模則要求學生面對開放式、真實世界的情境（例如：如何規劃最合用的學校活動佈置）。學生需要將現實問題化為數學模型，並運用數學知識進行假設和推理。這種從無到有的過程，激發了學生的創意思維。

MATHEMATICS, SCIENCE & HUMANITIES

數學科

這次是我首次帶領學生進行數學建模，我與其他教師為此作充足的準備，同時參加了教育局的講座，以深入了解數學建模的概念與方法。在指導學生的初時，我觀察到學生們面對真實世界問題感到困惑，但隨著討論與探索，他們開始提出各種獨特的解決方法。這不僅增強了他們的數學技能，也培養了他們的批判性思考能力。

在學生運用創意解決問題的過程中，他們能感受到數學不僅是公式和定理，更是思考和表達的一種方式。學生們展現出對未知的好奇，讓我更加堅信，鼓勵他們發揮想像力是教育的根本。這次經歷不僅讓他們學會了數學建模的技巧，也讓我們共同探索了知識的無限可能，從而發揮好奇心和創造力的性格強項。

吳啟源老師



這個十二月，我們六年級迎來了有趣的「數學建模」初體驗！我和組員挑戰的是「盆菜盛宴」，目標是在學校多用途場館招待最多的賓客。

我們拿著滾輪和各種工具在多用途場館跑進跑出，精確測量每個角落，還學會用 Polypad 網站來輔助設計，每個人都大顯身手！過程中，我們發揮創意，設計出五花八門的桌椅擺法，對尋找新方案更是拼勁十足。進行數學建模真的十分有趣，讓我們獲益匪淺，我已經迫不及待要向其他同學匯報和展示我們最完美的模型了！

李希柔同學



科學科

應用創新科技 自主探索科學奧秘

本年度科學科於一年級和四年級推行新課程，並配合教育局最新的課程指引，優化各級的學與教模式，為學生創造全面的科學學習體驗。課程強調通過生活化的觀察和探索活動，培養學生的好奇心和探究精神，同時加強學生動手動腦的探究經驗，以達致樂學活用的理念。為培養學生的自主學習能力，我們加強了科技在學習過程中的應用，包括利用學校新設的沉浸體驗科技設施和人工智能等元素，全面激發學生的學習興趣和動機。

我認為自主學習不僅是要給予學生自由選擇學習模式和材料的空間，更重要的，是要讓學生學懂如何有效規劃和管理自己的學習進度。在備課過程中，我們嘗試從學生的角度出發，挑選能夠引起他們興趣的學習資源，包括與課題相關的科學書籍、有趣的科學文章和新聞報導、人工智能對話式小老師，以及讓他們自行利用人工智能創作的科學小遊戲等。在學習過程中，學生能主動記錄新發現，並在後續的課堂中與同學進行小組分享和討論。在這個新的學習模式下，學生不僅能選擇適合自己的學習方式，同時亦學會尊重和欣賞其他同學的見解和分享。

文奕凱老師

我認為在科技發達、資訊爆炸的年代，教師的使命不只局限於傳授知識，更重要的，是要能培養學生有效地自主學習的能力，以裝備學生應對未來的挑戰。促成自主學習的關鍵是喚起學生對學習的主動性，教師可在課堂開始時將課題生活化，從而引起學生對科學課題的興趣，主動參與課堂內外的科學活動。此外，教師在課堂內可向學生介紹各種自主學習的工具、與課題相關的書籍等，並鼓勵同學們按着探究的主題或個人興趣來組織學習圈，互相分享各自的學習得着和感悟。教師則發揮學習促進者的角色，適時提供支援，並指導學生辨識資料準確性，幫助學生實現自主學習。

黃旭霖老師



自主選擇學習資源能有效提升同學的學習動機



小二同學在 VR Cave 中探索光與影的關係

資訊科技科

編出未來：IT老師的「正向樂學」編程馬拉松

2025年12月1日，我校IT科組舉辦「編程技能提升工作坊」，特邀內地編程專家為主講嘉賓，帶領全體IT科教師研習 Scratch 進階技巧及 Python 入門編程。課程從基礎的「Hello World」程式開始，逐步延伸至互動遊戲設計，全面涵蓋變數應用、邏輯運算及演算法應用。

工作坊展現了兩大編程語言的魅力：Scratch 透過積木式的拖拉方塊，讓教師掌握如何靈活設定自動化機制；Python 則透過精準的指令輸入與輸出，鍛鍊嚴謹的邏輯思維。專家深入淺出的講解，令團隊能輕鬆掌握核心知識。透過這個工作坊，不僅強化了



Scratch 和 Python 雙劍合璧，砌出無限創意。

校本 IT 課程的深度，令學生日後銜接中學電腦科 (Computer Literacy) 奠定了穩固基礎。

這次培訓令教師團隊更熟習對開源 IDLE 環境的運用，並掌握了結構化的「程式除錯」(Debug) 技巧。事實上，普及 Python 教育正是為未來

AI 課程鋪路，讓學生從小接觸圖像辨識等 AI 原理。活動中，老師們積極交流，探討如何將新知轉化為有趣的課堂教案。這兩小時的培訓，體現了「正向樂學展創意」的精神——我們屢敗屢試、集思廣益，只為讓學生在編程世界中獲得更大的啟發。

人文科

「知情行」策略融入時事學習 培育學生人文素養

在瞬息萬變和知識變得觸手可及的二十一世紀，堅實的價值觀是學生面對生活挑戰和步向未來的關鍵，故此本年度人文科在「時事多面睇」課業中引入「知情行」策略，配合新課程「立德樹人」的目標，讓學生從認識時事，到建立正確的價值觀，懂得分辨是非，以致將態度轉化為具體的行動。

「時事多面睇」的主題分別有兩大焦點——「小眼睛看大中國」及「美好世界由我做起」。「小眼睛看大中國」的內容緊貼中國最新的國情發展，讓學生了解國家的科技突破、環境保護或城市建設，從中增進對國家發展的認知。「美好世界由我做起」則聚焦世界及社會上值得關注的對象或事件，思考作為公民應有的責任。

與往年不同，本年度「時事多面睇」透過「知、情、行」三部曲，由單純對時事新聞認知的層面，轉化為深層的人文素養培育。「知」：學生透過觀看時事資訊，利用不同的思維策略工具，梳理時事的背景與發展，促進對社會的認知。「情」：由老師設置討論問題，讓學生分享感受和表達意見，引發內在情感，啟發對事件的思考。例如：「了解長城的現況後，你有甚麼感受？為甚麼？」由此引導思考保護長城的重要性及責任。「行」：創設真實情境、發揮創意解難或實踐方案，如繪製保護長城的海報、宣傳故宮的貼圖、設計「關愛錦囊」贈予長者及照顧者，將價值觀轉化為具體的行動，做到「知行合一」。

人文科不單是傳遞知識的科目，更著重價值觀的培育，我們期望透過「知情行」策略，讓學生在認識本地、國家以至世界的同時，亦能建立正確的價值觀，並將其付諸實行。



小三學生設計的「關愛錦囊」贈予長者及照顧者。



小四學生化身故宮宣傳大使，以故宮貓為主題，為故宮設計貼圖。

SPORTS

體育團隊的成果——我們爭取的不只是勝利

本年度九月，部份體育校隊隊員踏出校園，與粵、港、澳三地的學生運動員進行友誼賽事，在交流中汲取實戰經驗，拓寬視野。隨後的10月至12月，隊員們轉戰學界賽場，奮力拼搏，淋漓盡致地展現了「堅毅」這一聖保羅學生的核心價值。

賽場之外，隊員們更將這份熱誠帶回校園。每逢週五運動日，他們主動帶領低年級同學進行護脊操，細心指導、耐心示範，將自己在訓練與比賽中的所得所學，化為對學弟學妹的關懷與傳承。

校隊成員以汗水詮釋對運動的熱愛。在上學期的各項校際賽事中，隊員們憑藉刻苦訓練與奮力拼搏，取得了令人鼓舞的成績：游泳隊在港島西區小學校際游泳比賽中摘下三面銅牌；田徑隊更在同區田徑賽中橫掃十一金六銀四銅；足球隊則在五人足球賽中奪得季軍，而乒乓球隊更獲得三個團體獎項。每一項榮譽背後，都凝結了隊員們的努力，以下是其中一位同學的心聲分享：



從小三開始，我便加入了田徑隊，到現在已足足有四年了，我每年都會代表學校參加學界比賽，而今年的學界對我來說肯定是最難忘的，不是因為我奪得的獎牌，而是我所領悟到的道理。

比賽那天，天氣有點寒冷。準備出賽的隊友們都坐在看台上等候自己的比賽項目開始。當我站在100米起跑線上，心臟跳得很快。槍聲一響，我飛快地向前奔，可惜在臨衝線的那一刻，我突然亂了腳步，身體失重，猛烈地跌倒，手臂和膝蓋嚴重擦傷，我抬起頭時，只看見所有選手的背影已衝過終點。我站起來把賽事完成後，眼淚失控地流下來，不是因為傷口的疼痛，而是因為心裏那種撕裂般的難受。

那時我被帶到醫療室，救護員幫我清洗傷口固然疼痛，但令我最痛是因為一次的跌倒浪費了我整整一年辛酸的練習，每次日曬雨淋的訓練究竟是為了什麼？為什麼會有此失誤？

處理完傷口後，手腳仍然很痛，但離接力初賽還不夠一小時就要開始了，我猶豫了一下，我問自己：要跑嗎？不會再跌倒嗎？我不想自己再次顯得如此狼狽。此時，腦海中突然出現了「堅毅」二字，我不能就此放棄。雖然那道一百米賽道曾經讓我跌倒，但在這條更長的 4x100 米賽道上，我要跑出一樣的結局。我們順利進入了決賽，接力決賽槍聲一響，我的世界只剩下那根接力棒，以及我必須承接它的使命。我忽略了傷口的哀鳴，感覺到那根接力棒落入掌心，我用力地跑，最後順利把棒交給第四棒的同學，我看著她衝線的那一刻，竟然是第二名！我興奮得歡呼起來。

閉幕典禮時，我們站在頒獎台的第二階，感受著微風拂過的喜悅，當評判將銀光閃閃的獎牌掛在我脖子上時，那沉甸甸的重量卻遠超任何比賽的獎盃。這面銀牌見證了我跌倒的片刻，但它證明了給我看，真正的勝利不是在順境中跑得最快的人，而是在跌倒後還能站來完成比賽的人。人生就如跑步，重要的不是從不跌倒，而是跌倒後，要懂得再站起來。

六丙 周采然



跨出校園，動起來！

12月2日，全體教師移師西沙 GO PARK。上午，教師自選參與棍網球、板式網球、匹克球或高爾夫球等新興運動。在教練引導下，無論是初次嘗試或隱藏好手，皆在汗水與笑聲中展現了挑戰自我的團隊精神。下午則轉往深涌進行生態與歷史考察。在導賞員引領下，教師參觀了抗日戰爭時期的情報總站紀念碑，在接觸大自然的同時，亦深化了對本土歷史與國安背景的認識。是次行程達到了身心紓壓與專業交流的雙重目標。



教師們體驗各項新興運動，既能增進運動知識，還能促進同事間的團隊合作，提升抗逆力。



整個西沙 GO PARK 旅程，讓教師認識深涌歷史文化，輕鬆遊走大自然，活出健康和快樂人生。

STAFF DEVELOPMENT

從危機處理到身心律動： 教師專業發展的深度體驗

本學年教師專業發展活動涵蓋創新科技應用、學生情緒支援、教師身心健康及國安教育等多個核心領域。透過多元化的工作坊、個案演習、運動體驗及戶外考察，有效增強了教職員的專業知能，並進一步提升團隊凝聚力與心理韌性。



校園危機處理：精準介入，守護健康

因應社會對學童精神健康的關注，本校於 2025 年 11 月 18 日邀請聖雅各福群會社工團隊，舉辦「校園危機處理講座及個案演習」。教師深入探討學生壓力來源（如家長期望、學業及同儕比較等），並透過模擬事故演習，掌握預防、介入與基礎心理輔導技巧。此活動不僅強化了教師應對突發情緒行為的能力，更建立起早期辨識高危個案的機制，為校園安全築起一道堅實防線。



Looking Ahead

Date	Event	Placez
Mar	Anniversary Leadership Forum on Sports	SPCC
27 Mar-2 Apr	Visit to <ul style="list-style-type: none"> - Beijing High School Attached to Tsinghua University/ - Tianjin Nankai High School/ - Shanghai Fudan High School/ - Shanghai High school (Tentative) 	Beijing, China Tianjin, China Shanghai, China Shanghai, China
20-24 Apr	P6 Graduation Trip	Xi'an, China
30 Apr	Primary School Spring Concert	Hong Kong
8 May	P5 Exchange Trip	Shenzhen, China
Jun	Anniversary Leadership Forum on Music	SPCC
2 Jun	Upper Primary Sports Day	Hong Kong
3 Jun	Lower Primary Games Day	Hong Kong
5 Jun	P6 Drama Night	SPCCPS
9-12 Jun	Primary School Exchange Trip with Sister School, Shijia Primary School	Beijing, China
26 Jun	Gospel Evening	SPCCPS
27 Jun	Primary School Swimming Gala	SPCCPS
8 Jul	Anniversary Homecoming Concert	SPCC
20-27 Jul	Form 2 STEM Learning Trip (Tentative)	Dubai
22 Jul - 7 Aug	Form 1 English Enhancement Programme	London, UK
Jul - Aug	Form 3 Rites of Passage Programme	Queensland, Australia

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