# 中華傳道會劉永生中學
CNEC Lau Wing Sang Secondary School

校訊
No.49
25年3月



地址：香港柴灣新廈街323號　電話：(852) 2715 6333
傳真：(852) 2556 9126　電郵：lws@lws.edu.hk　網址：http://www.lws.edu.hk/


## 校長的話

# 齊慶賀　廿五載昂首闊步過

猶記得9月開學禮「福杯滿溢」的校慶啟動禮環節，在台上嘉賓舉杯祝賀、七色彩炮混雜在同學熱烈的歡呼聲中，為一浪接一浪的慶典展開序幕。

11月的「校慶同樂日」，策劃的老師特意安排全校師生及職員到「香港海洋公園」進行是次慶祝活動，可謂別開新穎。當天早上，除了全體上下一起聚集在「威威劇場」進行活動開幕的慶祝，場面震撼；各班又預先設計校慶標語及口號，各出奇謀，拍攝校慶影片；當然不少得師生同樂的環節，大家各適其適，那些緊張又刺激的機動遊戲更為全日活動增添歡樂興奮的氣氛。

12月6日為「校慶感恩崇拜暨校史館揭幕禮」的大日子，全校上下心被恩感，歌頌讚美神，將象徵莊稼的麥穗成為活祭獻呈給父神！感恩當日嘉賓雲集，共同見證上帝在我校施行奇妙的作為，讓我校成為社區明亮的燈台。此外，當日更有幸邀得劉永生醫生家族的成員三代同堂光臨，參與感恩崇拜並主持校史館揭幕禮的環節，薪火相傳，延續永生精神！

12月7日為「校慶開放日」，除了區內過千名小六家長同學踴躍出席講座及參與攤位遊戲；逾四百名畢業多年的校友也聯袂攜幼重回母校，與師長聚首話當年，在校園不同的景點打咭拍照留念，歡樂熱鬧的氣氛遍佈校園每一個角落。開放日得以順利完成，實在感謝全體老師及同學的悉心籌備與勞苦。

齊慶賀，學業成就見突破。在2024年「中學文憑試增值報告」中，「核心三科」及「最佳五科」持續獲得高增值。師長們雖然在繁忙的校慶籌備中馬不停蹄，但在教學崗位上仍毫不鬆懈，陪伴公開試同學順利闖過一關又一關，成果穩步上揚。

「你們卻要在至聖的真道上造就自己，在聖靈裏禱告，保守自己常在神的愛中，仰望我們主耶穌基督的憐憫，直到永生。」猶大書1：20-21

主僕　梅志業校長

# 新興運動體驗——旱地冰壺

2024年12月12日周會，中五、中六同學有機會嘗試玩近年新興運動「冰壺」。老師先在台上講解活動，之後各班進行班內比賽，同學們都有機會一嘗推壺樂趣。周會最後活動為中五、六班主任比賽。同學都為一眾比賽的中五中六級班主任落力打氣，大家都投入其中，其樂融融。

課外活動幹事及老師為中五、中六同學預備新興活動日活動「旱地冰壺」

中五、中六同學為班主任冰壺比賽打氣

同學專注投入冰壺活動

同學留心聆聽老師講解冰壺比賽規則

# 班際乒乓球比賽

24-25年度班際乒乓球比賽於2024年11月20日至29日舉行，是次比賽現場氣氛熱鬧。同學們都想為自己班爭光，盡力作賽，觀賽同學則在旁吶喊助威，大家都非常投入。

盡力揮拍

參加班際乒乓球比賽師生大合照

# 跳大繩比賽

24-25年度班際跳大繩比賽於2024年10月24日舉行，比賽分初級組及高級組進行。作為劉永生中學傳統活動，大家都同心合一地跳大繩，齊於球場上揮灑青春的汗水。

全力入繩

老師與冠軍學生隊齊齊跳

跳大繩比賽高級組冠軍6B

初級組冠軍3C

# 陸運會

24-25年度陸運會於9月11至12日舉行，不似去年天雨，本年度天氣良好，所有賽事均能順利完成。全校學生團結玩人浪，我們用壯觀的人浪慶祝劉永生中學的25周年校慶。大家都享受兩天的活動。

各班均有設計美麗的班旗

中五啦啦隊比賽

為同學打氣載歌載舞

最後一棒好重要

緊張刺激的接力賽

# 學生領袖就職典禮

本年度的學生領袖就職典禮於2024年10月17日順利完成。學生領袖團隊包括：學生會、領袖生、環保領袖生、飛雁飛朋輩輔導員、課外活動幹事、圖書館組長、學習督導員和升輔大使，IT Prefect、English Ambassador、LAC Ambassador和校園電視台組員。

當天，梅校長代表全校師生授章予各學生領袖，表示全校師生對他們的信任和支持。宣誓儀式由台上的學生組長帶領一眾組員宣誓，立志效法基督的愛心和公義，扶助同學，服務學校，作同學的榜樣。

盼望一眾學生領袖在未來的日子竭力為同學服務，為主作鹽作光。

學生會會長帶領同學宣誓

領袖生在宣誓

領袖生戴上襟章

# 領袖生訓練營

44位領袖生於9月20至21日前往傷健營參加領袖訓練活動。是次營會與基督教會香港活石堂合作，領袖生需參與多個團隊建立活動，當中不乏合作解難任務，亦需各組領袖生們負責統籌及帶領活動，領袖生們均積極投入活動，大大增加了歸屬感及團隊合作精神，令他們能在學校更有默契地維持同學秩序及籌備校內各項關愛行動。

領袖生們積極投入活動

完成了一天的訓練，是時候分享一下自己在過程中的感受

組員在訓練中加深了合作精神及歸屬感

全體領袖生大合照

# 2024-2025 第二十屆學生會 Henoaris

Henoaris融合Henosis和Polaris兩個字，有團結、和睦、夜空中的引路者和最好的意思。如同我們的名字一樣，我們期望能團結學校，聚集師生的意見，帶領同學一起成為最好。

| 班別 | 姓名 | 職位 |
|---|---|---|
| 5D | 伍希淳 | 主席 |
| 5C | 劉可悠 | 副主席 |
| 5C | 李育芯 | 副主席 |
| 5D | 莊詩鑫 | 財政 |
| 5D | 洪 逸 | 文書 |
| 5C | 唐子欣 | 活動 |
| 4C | 李子樂 | 活動 |
| 5D | 莊皓鈞 | 福利 |
| 5D | 梁曉恩 | 福利 |
| 5D | 劉綽嘉 | 宣傳 |
| 5D | 王浩晴 | 宣傳 |

第20屆學生會內閣Henoaris成功當選

與校長茶敘

新舊學生會主席交接

開學宣傳精神健康

學生會領袖訓練

## 學生會活動

25周年開放日

學生會齊賀校慶

### 同聚永生，共賀二十五華誕

為慶祝學校25周年，學生會Henoaris設計並派發了一系列獨具匠心的禮物，包括環保袋、水樽、飲品套、冰箱貼、鑰匙扣、書籤及雨傘，寄託著對學校與同學的美好祝願。派發日師生反應熱烈，再添訂購。感謝負責設計的同學，為周年紀念日增添歡樂。

### 師生共樂，迎舊邀新

2024年12月7日為一年一度普天同慶的學校開放日，學生會Henoaris為來賓精心準備了別有特色的小禮品，廣受好評，落幕之時貨存近乎一掃而空。同時，接待及指引處亦受到不少正面反饋，讓來賓在一日之中盡情享受遊玩的歡樂，並兌換稱心如意的禮品。是次開放日在一眾同學的努力之下圓滿結束，為來賓與師生創下美好的回憶。

### 捐血，挽救生命

學生會Henoaris於2025年1月7日在本校禮堂舉辦捐血活動。我們有幸邀請紅十字會到校，讓同學奉獻點滴之力，化善心為行動，分享以救助生命。

是次活動共有30人參與登記，最後共有25名學生與2名老師成功捐血。當日同學有序地等待捐血，無畏緊張，積極配合，可見助人之心更勝內心的恐懼，體現助人為善、榮神益人的劉永生精神。

師生同樂海洋公園

學生會自家設計「25周年校慶紀念品」

校慶同樂日司儀

老師齊捐血

# 福音營

**周俊文傳道（中華傳道會柴灣堂）**

**題目：福音營——穌Set Me Free（2024年11月29-30日）**

現今世代的年青人面對各方面的壓力，心靈彷彿被綑鎖，沒有尋著生命的盼望。今年福音營的主題是「穌Set Me Free」，在環境幽美的突破青年村，希望透過認識耶穌能釋放心靈，叫我們能從罪裡得著自由。

首先，我們以團隊遊戲開始，各小組在鎖鏈綑綁下一同完成任務，在各項任務中認識十誡和人生面對的罪。晚會用紙黏土製作公仔代表自己，用多種顏色紙黏土加入，代替生命中不同的罪，透過這活動呼招同學接受主耶穌。晚會期間，幾位老師從學校遠道而來探營，更為同學禱告服侍，讓同學倍感溫暖。

# 福音周

**4C 盧綽柔**

我在劉永生參與服侍已經第四年了！每一次的福音周也見證著不同的我在主裏如何成長。今年由1月7至10日的福音周，上帝又再次彰顯了他的榮耀。今年的佈道會我能夠坐在前排，我回頭一看站起來決志的同學都是令人驚訝的。記得其中最好的朋友在我四年來不斷的鼓勵終於站起來接受基督的愛，這乃是上帝的奇妙作為！福音周期間，事奉者們都受了很多撒旦的攻擊，但是我們都努力回到主的腳前放下自己，求上帝醫治我們的破口，因為我們在劉永生經歷到愛，這個地方我們大家都有份！2025年這個世代要被興起，上帝作福音茶座揭開了劉永生中學生興起的序幕，希望我們內心的火能夠繼續燃燒，成為復興的一代！

**5D 伍家熙**

作為Sparkler，今年我首次有幸擔任福音周內福音活動的統籌。我們舉辦了為期兩天的活動，並與輔導大使合作，參加人數達到了不俗的成績。今次的主題是「We are one in LWS」，我們透過攤位遊戲，讓同學們一起參與，看到他們在遊戲中展現真摯的笑容，能在短暫的休息時間內卸下壓力，讓我倍感欣慰。同時，以「千里掟彩虹」為例，我們把聖經故事的元素融合在遊戲裏面，讓同學在開心遊玩的同時也能了解聖經故事背後的真理，從而將信仰傳播出去。在這次活動中我們亦面臨了許多挑戰，例如材料的缺乏等。幸好在神的眷顧下，Sparklers同心合力，應着神的恩典成功地舉辦了活動。感激有神的恩典能讓我們彼此同行，齊心協力地合作，為神服侍。在這次活動中，我了解到神的愛是很偉大的，祂的恩典充滿在我們每個人的心裏，支撐着我們在佈滿荊棘的道路上互相扶持前行。

全校性福音活動——幸福同行

全校性福音活動——幸福同行
外籍老師也一同參與。

福音茶座

福音周 Banner

全校性福音活動——幸福同行同學踴躍參與活動。

全校性福音活動——幸福同行
Sparklers 和輔導大使一同為活動祈禱。

# 輔導組全年主題—擁抱幸福

為了建立校園正向文化，提升學生的幸福感，輔導組重點推行「正向教育」，透過多元化的活動，讓學生認識自己、了解自己的個人特質，並有效運用性格強項來勇於面對不同挑戰；學習有效管理自己的情緒，擁有正向的人際關係及成就感，凡事能全情投入，最終能得著豐盛人生。

我們相信：

- 每個人都能夠擁有幸福。
- 不論順境、逆境，任何時候都可以感到幸福。
- 只要我們多認識、發掘和培養自己的性格強項，肯定自我價值，便能感到愉快滿足。
- 凡事全情投入，發掘當中的意義，無論成功與失敗，也能獲取成就感。

| | 活　動 |
|---|---|
| 第一學期 | • 開設輔導組IG，以宣傳活動及傳遞正向訊息。<br>• 新學年指導日向全校師生介紹擁抱幸福的理念和方法。<br>• 全校師生完成MBTI問卷，讓同學更了解自己的個人特質，認識自我。<br>• 「考試加油站」——同學互送零食及打氣心意卡。 |
| 第二學期 | • 「老師chill一chill」——輔導大使為老師沖咖啡和製作潤唇膏，讓老師在繁忙工作中放鬆減壓。<br>• 「中六幸福貼紙」——為即將考畢業試的中六同學送上祝福。 |

心態轉一轉，幸福在眼前

輔導大使邀請老師出席活動

輔導組全年主題

老師chill一chill

早會話劇　在LWS尋求幸福感

# 中六生命教育日

2024年11月15日，於愛丁堡公爵訓練營舉辦中六生命教育日，與循道愛華村服務中心合作，透過個人、小組挑戰活動、人生遊戲體會人生不同階段的高低起跌，探討面對成功、失敗時應如何自處。

學生們積極參與各項活動，亦讓師生、社工間有一次分享生命故事的機會，建立正面價值觀。

師生大合照

以黏土形式展述成長方向

破冰遊戲——誰是我的朋友

返轉水樽挑戰

# 中六惜別周會

光陰似箭，轉眼間中六同學即將畢業。於2025年1月14日（星期二）本校禮堂舉行中六惜別周會。由一班惜別周會的籌委同學帶領一眾師生同唱校歌，並以詩歌《恩典太美麗》、祈禱、讀經開始。藉着這個難得的機會，中六同學回顧校園生活片段，並向校長、老師、校務處職員及校工送上衷心的致謝。最後，周會以校長訓勉作結束，為準備公開試的中六同學打氣，並鼓勵他們不忘主恩，善用神所賜的恩賜回饋社會。

惜別周會中六級同學負責統籌，並由6B余嘉俊同學及6D李偉東同學主持

中六同學回顧三年高中的校園片段

中六同學向任教老師致謝，並送上禮物，以多謝老師的悉心教導

惜別周會後，校長與一眾師生拍攝大合照

生態探索小隊「Greeners」及 Happy Farmers 大合照

## 建設「生態友善園區」

為加強社區生態友善概念，本校本年開始建構「生態友善園區」。園區以整合學校原有的綠化及有機耕種建設，選種本地原生植物，輔以各類蜜源植物以吸引蝴蝶為主的傳粉昆蟲來訪、定居，構建一個完整的生物多樣性的生態系統。師生可利用園區進行各項教學活動及科學研究。

「生態友善園區」開幕禮

本地原生植物區

## 透過「動手做」學習生態保護

環保領袖生正了解豹紋守宮、鍬形蟲和魔鬼蟹的飼養方法

為了加強同學們的保育意識及生命教育，我們引入了豹紋守宮、鍬形蟲和魔鬼蟹的飼養計劃，並設置了熱帶雨林及沙漠植物缸。

透過親身觀察和照顧這些動物，同學們能夠學習到生態保護的重要性，了解人類活動對環境的影響。除此之外，豹紋守宮的優雅與獨特，鍬形蟲的堅韌，魔鬼蟹的奇特生態，都讓學生們感受到生命的多樣性與珍貴。

透過觀察及學習熱帶雨林及沙漠植物的特性，同學們能了解生物多樣性及生態平衡的重要，引導他們理解生態系統的韌性。

環保領袖生學習照顧豹紋守宮

Green Prefect 大合照

熱帶雨林及沙漠植物缸

# 智慧城市專題研習計劃獎

四位中四及中五地理組學生於去年參加了由教育局數學組舉辦的智慧城市專題研習計劃，獲得了「優秀智慧城市專題研習獎」。獲獎同學利用地理信息系統設計了一款名為「安心老朋友」手機應用程式，旨在幫助長者找到及安排一站式安老服務及設施。最後，學生們需要在各自的攤位向來賓講解創作理念及程式功能。他們表示，能與其他獲獎學校的學生互相交流，讓他們的眼界大開。

同學在教育局代表手上接過獎座及獎狀

獲獎學生需設計攤位，向來賓介紹「安心老朋友」手機應用程式

## AI新世代

**5D 梁祖楠**

早前我參加了私隱專員公署舉辦的AI新世代活動，並參觀了Microsoft的香港分部。在活動中，我學到生成式人工智能會利用大數據和用家的對話進行深度學習，因此當我們在使用生成式人人工智能的時候要注意不要透露個人資料，從而避免自己的個人資料出現在人工智能和其他人的對話中。我們在活動中亦須探索不同人工智能系統，並檢視該系統是否有足夠能力保障市民的個人私隱。

本校今年參加由個人資料私隱專員公署所舉辦的**「保障私隱學生大使・學校夥伴嘉許計劃2024」，並獲頒學校夥伴——金章**，表揚學校積極支持及推廣保護個人資料私隱。

另外，5名中五同學參加了計劃中的「AI新世代保障私隱領袖培訓計劃」，同學從中學習個人資料私隱管理的精粹，以及如何負責任地使用AI，好讓同學們在使用AI之餘，亦知曉怎樣減少或防止AI所帶來的風險。同學亦獲頒為「私隱保障領袖」。

# 中華文化周

中華傳道會劉永生中學於2024年2月11日至2月13日舉辦中華文化周，以「中國傳統節日」為主題，讓全校學生參與其中，加深學生對中華傳統文化的認識，欣賞中華文化優秀面。

文化周節目繽紛多彩，2月11日午膳舉辦「元宵燈謎猜猜看」，透過猜燈謎、品嚐傳統節慶食品、精緻漢服體驗等活動，讓同學感受節日氛圍。

2月12日下午全校參與「文化藝墟」，學生欣賞「傳統雜耍」、「古彩戲法」表演，體會到文化的魅力。文化藝墟設木射、投壺等競技體驗；透過香包製作、拓印、剪紙和麵粉公仔等，讓學生親手創作，感受傳統工藝的之美。小食體驗則提供龍鬚糖、叮叮糖和糖畫體驗，讓學生在品嚐中探索傳統美食文化。同學積極參與、認真製作、享受在其中。

2月13的「傳統街頭表演」，學生和老師共同表演粵曲、中國舞蹈、古典作品新演繹等，一展示師生的才華。放學後，舉辦讀書會，邀請《山海之城》的作者黃獎與學生交流心得。

中華文化周圓滿舉行，幫助學生全面認識、體驗和傳承中華文化，進而增強他們的國民身份認同感。

傳統剪紙匠心獨運

師生聯手秀才藝

拓印和製作香包真有趣！

師生於藝墟合照

穿越時空當神射手！

福字糖畫傳喜悅

精美打卡位置

古代魔術

同學十分投入「猜燈謎」的活動

校長老師首次雜耍

與作家交流讀書心得

# 本校連續榮獲兩項理財教育獎項

## A) 投資者及理財教育獎（教學）——學校組2024銀獎

本校人文學科團隊同工一直以來積極推動理財活動，今年更獲得由投資者及理財教育委員會舉辦的投資者及理財教育獎（教學）——學校組2024銀獎，2025年3月由梅志業校長及盧維中副校長代表學校出席頒獎禮。頒獎嘉賓為財經局許正宇局長、IFEC主席杜淦堃大律師及SFC主席黃天佑博士。

財經局許正宇局長（左2）、IFEC主席杜淦堃大律師（左1）及SFC主席黃天佑博士（右1）頒獎予梅校長及盧副校長

## B) 理財教育學校獎勵計劃

為了鼓勵學校在課堂內外推動理財教育，表揚致力推動理財教育的學校，教育局在2023/24學年開展了「理財教育學校獎勵計劃」。共有118所中學參加，其中本校成為最後5間獲得「理財教育學校積極推動獎」的學校。

2024年12月梅志業校長及眾老師代表學校出席頒獎禮。盧副校長代表學校分享了我們在推動理財教育方面的寶貴經驗，例如通過跨學科／跨組別協作，為學生安排多元化的理財教育活動，以及鼓勵教師參與專業培訓等，在校內營造理財教育的氛圍。

# 聖經理財密碼——透過體驗式學習推動理財

本校原創「聖經理財密碼」教案，在中五級聖經課堂內進行理財教育，目標放在價值教育部分。事後中五學生構思不同攤位，在兩日分別籌辦給中一及中二全級同學參與處境模擬理財活動，校內受惠人數約400人。

盧副校長講解聖經理財

# 25周年校慶活動

## 校慶啟動禮（福杯滿溢）

校慶啟動禮於9月1日開學禮後隨即舉行的，當中進行了一個慶賀的儀式「福杯滿溢」，同時合唱團同學獻唱25周年校慶主題曲，「承傳永生盼望　標竿直往」。

校長陪同羅校監和嘉賓把果汁倒滿台上的每一隻杯，代表福杯滿溢，就是神的恩典同樣充充足足的傾倒在劉永生中學。台上嘉賓、老師和學生一起向台下的眾師生舉杯，並全體師生同聲祝賀說“LWS, Happy Birthday.”為25周年校慶揭開了序幕。

合唱團同學以美妙歌聲獻唱了屬於劉永生中學每一位的25周年校慶主題曲

校監、校長帶領嘉賓、老師一同倒滿台上的福杯，感謝主賜劉永生中學福杯滿溢

校監帶領老師和學生舉杯，為25周年校慶展開序幕

## 校慶開放日

25周年校慶開放日於2024年12月7日（星期六）舉行。當天開放了地下、一樓校史館及二至四樓的部分課室和特別室，共有41個科組及課外活動舉行不同的展示和攤位。也增設了多個裝置供校友及來賓拍照留念。另舉行兩場音樂表演和學校介紹講座、以及3場制服團隊聯合步操表演。下午亦舉行了海事青年團劉永生中學分隊檢閱及成立20周年的慶典。

當天約有1000位小六學生和家長蒞臨本校，出席學校介紹講座、參與開放日、了解本校學術成果及參觀校園各項設施。當天也有眾多本校家長和校友到訪，全天共有約1800人到校參與開放日。場面非常熱鬧和歡樂。

校友在校史館的照片找到自己校園生活的回憶

親善大使教小學生玩冰壺

師生一起慶賀25周年校慶

親善大使做實驗示範

親善大使向來賓介紹校園活動

海事青年團步操表演

# 校慶感恩崇拜

25周年校慶感恩崇拜暨校史館揭幕禮於12月6日舉行。當天邀請了基督教中華傳道會董事會主席陳劍光牧師JP作主禮嘉賓，總學校發展主任（東區）葉豐瑜女士作致賀辭嘉賓，劉醫生家族9位成員蒞臨參與感恩崇拜，還有十多位友校校長及機構同工蒞臨一同參與，濟濟一堂。

當天在感恩崇拜內同時頒發了長期服務獎給41位在學校服務15年或以上的教職員，也舉行了學習室、圖書館、小禮堂以及學生活動中心的冠名禮，之後由劉黎明醫生分享勉勵學生。感恩崇拜後亦隨即舉行校史館揭幕禮，由校監和校長帶領嘉賓以及劉醫生家族成員一同剪綵揭幕。

在感恩崇拜中，全體師生一同懷著感恩的心向上帝獻上頌讚和感恩祭，以麥子獻在祭壇上，寓意感謝上帝，經過這廿五年的撒種與栽培，使我們成為主的莊稼，成為豐滿、結出許多子粒的麥穗。劉永生中學廿五年的成長充滿著主豐富的恩典。

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

全體老師同賀25周年校慶

衷心感謝劉醫生家族對學校一直的愛護和支持

全體師生一同手持準備獻祭的麥子，以美妙的歌聲向上帝獻上頌讚

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

一眾友校校長到訪校史館，同賀校慶，共讚主恩

# 校史問答比賽

校史問答比賽於2024年11月1日的周會時段舉行，旨在讓同學們深入了解劉永生中學的歷史及發展。在比賽前，同學們在早讀期間閱讀了創校初期的校訊，以掌握學校初創時期的背景。比賽當天，全校同學按班別參賽，題目涵蓋了學校25年來的歷史，包括教師、職工、課外活動、交流團以及學校設施等。學生們積極參與，最終3D班獲得第一名，6A班和6B班分別獲得第二和第三名。

等候題目

作答中

作答正確

# 校慶同樂日

2004年11月22日為校慶同樂日。當天全校師生一同前往海洋公園遊玩，慶祝學校成立二十五周年。師生進場後，先前往海洋劇場參加慶祝活動，然後各班分散拍照並享受園區的遊樂設施。學生們全程投入，大家都非常快樂，享受了美好的一天。

學生會抽獎禮物老師陪同學坐過山車

神射手

集合

學生享受機動遊戲

全校 25 周年同樂日大合照

碰碰車好好玩

我們到海洋公園了

採採企鵝

暢快體驗

抽獎得獎學生

# 2024 香港青年音樂匯演

中樂團比賽後合照

中樂團於2024年12月11日參加了由音樂事務處主辦的2024香港青年音樂匯演——中樂團中學B組比賽。在參賽的15間學校中，我校獲得銅獎。

**4D 史麗雯**

是次的比賽，我們演奏了一首樂曲《林中夜會》，最後獲得銅獎。我十分感恩，中樂團員很團結，總是互相幫助和鼓勵，氣氛和諧，亦感謝指揮吳老師對我們的耐心教導。

## 第 36 屆九龍城區學校音樂匯演

手鐘隊於2024年12月22日參加了由九龍城區兒童合唱團主辦的第36屆九龍城區學校音樂匯演。在匯演中，同學不但從中增廣見聞、擴闊視野，更累積了寶貴演出經驗。

**4B 戚籽湲**

今年是手鐘隊第一次參加校外匯演，得知消息時真的很開心與感激！雖然有同學臨時因事缺席，大家要臨時變陣，令人擔心會失誤，但我們仍然努力練習，期望做到最好！演出當日我們互相鼓勵，幸好演出順利，並榮獲最佳演繹獎！

中樂團參加 2024 香港青年音樂匯演

手鐘隊獲得最佳演繹獎

手鐘隊參加第 36 屆九龍城區學校音樂匯演

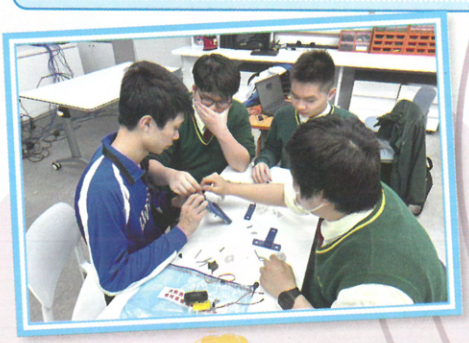
## PolyU愛・創者樂挑戰賽

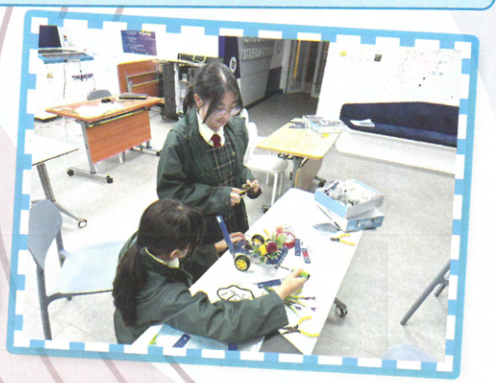
**4D 李若蔺、4D 黃心正**

參加「PolyU愛・創者樂挑戰賽」對我而言是一次重要的突破。過去，我從未參加過任何與STREAM相關的比賽。在準備過程中，我努力學習了許多技術，這不僅提升了我的動手能力，還讓我對模型車的結構及其運行原理有更深入的理解。

比賽當天，我目睹了其他參賽者們帶來的精美模型和創意設計，這深深啟發了我。我意識到自己的作品還有很多可以改進的地方，大家都在全力以赴爭取到好成績。

儘管最終我們沒有獲得獎項，但這次比賽讓我們收穫了許多寶貴的經驗，更深刻地體會到努力和創意的重要性。無論最終成績如何，我在這段過程中所獲得的學習與成長才是我最珍貴的財富。未來我希望能夠參加更多這樣的比賽，繼續挑戰自己並提升能力。





# 走出校園

## 「新世紀　新科技」德港青年交流考察團

宿舍

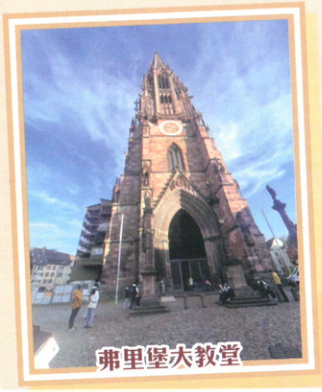
**2025年2月6至16日（11天）**

**地點：德國（法蘭克福、弗萊堡、海德堡）**　　**5B 蔡舒悅**

在參加德國交流團的旅程中，我懷著既緊張又期待的心情踏上旅途。經歷了長時間的轉機後，我終於抵達了寒冷的德國。當地人友善地主動打招呼，這鼓勵我第一次勇敢地與外國人交流，成為我人生中一次重要的突破。

旅程中，我和來自香港不同中學的同學一起製作晚餐，團隊之間互相合作，做出了美味的卡邦尼意大利麵和牛排，還與在弗萊堡大學的中國留學生交流。另外，我們還參觀了啤酒廠，品嘗新鮮啤酒和黑森林蛋糕，體驗德國的悠閒周末，享受自然美景。

這次旅程中，最令我大開眼界的莫過於參觀奔馳汽車工廠和歐洲銀行。在此過程中，我深入了解了汽車製造的技術細節和歐元的歷史背景。同時，我還結識了一群志同道合的夥伴，建立了深厚的友誼。未來，我希望能與他們再度相聚，並再次有機會造訪美麗的德國。


弗里堡大教堂

海德堡大學

自行製作晚餐

黑森林山

## 香港青少年航天科技考察團

**2024年12月24至30日（7天）**

**地點：北京**　　**4D 任恩澄**

在這個行程中，我們拜訪了中國航天飛行控制中心，深入了解了中國航天科技的最新發展，還體驗了北航附中的課程。雖然最初幾天的講座內容相對深奧，讓我感到有些吃力，但我並沒有因此氣餒。相反，我觀察到周圍的團友們都在專心地做筆記，沒有一個人停下來。他們的筆記密密麻麻，記錄著許多我尚未掌握的知識。

中國航天博物館

我開始主動與他們交流，驚喜地發現團友們能夠流暢地解釋他們新學的概念！看著他們自豪的表情，我深刻領悟到學習可以如此快樂且令人滿足。我非常感恩能夠參加香港青少年航天科技考察團活動，這次經歷不僅讓我增廣見聞，學習到更多知識，也激發了我對學習的熱情！

中國航天科技國際交流

居庸關

團友合照

## 神州•新影——江蘇／浙江拍攝分享計劃2024

**2024年12月20至27日（8天）　地點：江蘇／浙江　5A 李佳霖**

在這次浙江交流團中，我感到非常愉快和充實。這裡的美麗風景令人驚嘆，無論是在城市街頭還是在自然景區，都展現了獨特的魅力。漫步於街道上，我欣賞到各式各樣的雕塑作品，每一件都體現了當地藝術家的創意與用心。除了風景和藝術，我也有幸深入了解當地文化。在親身體驗油紙傘製作的過程中，我感受到傳統工藝的精細與巧妙。每一步都需要耐心和技巧，讓我對這項技藝增添了更深的敬意。同樣，活字印刷術的體驗也讓我驚艷，這不僅是技術，更是文化的傳承。此外，我參觀了農夫山泉的工廠，了解了他們的生產流程及對品質的嚴格把控。這些經歷不僅拓展了我的視野，也讓我思考可持續發展的重要性。

古鎮水鄉

古鎮合照

華服合照

藝術鄉村

## 同芯飛行團——珠海站

**2024年10月19至21日（3天）　地點：珠海　4D 譚梓馨**

第一天，我們在飯店用餐後，前往中山粵豐環保科普研發基地。講解員介紹了垃圾的危害和處理方法，包括收集、發酵、去水分和焚燒。透過玻璃牆，我觀察到垃圾焚化發電的過程，了解了化學反應在垃圾處理中的重要性。

第二天，我們下午去了泉記生態農莊體驗割麥子。這項活動非常需要技巧，割下來的麥子有點刺手。之後，我們採摘百香果，這比之前的草莓和聖女果更具挑戰性。我們還嘗試了套圈和抓魚等活動，日落時的金色麥田特別美麗。

第三天，我們參觀了大盛陶藝。老師講解了陶藝的歷史後，我們開始動手體驗。雖然看似簡單，但細節複雜，需要耐心。拉坯的過程更具挑戰性，我常常無法拉出理想的形狀。我認為這些傳統工藝值得保留，讓年輕一代了解老一輩的技藝非常重要。

中山粵豐環保科普研發基地

泉記生態農莊

中山電影城

## 同芯飛行團——珠海站

**2024年10月19至21日（3天）　地點：珠海**

**3A 王睿森**

珠海連州通用機場

在珠海的飛行體驗是我最難忘的冒險，讓我感受到空中的自由和對飛行的敬畏。走進飛機時，我充滿期待與緊張。飛行員的專業讓我倍感安心，隨著引擎轟鳴，飛機瞬間離地，心跳加速。飛行中，我在蔚藍天空中體會到前所未有的釋放，感受到失重的刺激。同時，我也深刻理解到團隊合作的重要性，飛行的安全依賴每位工作人員的默契配合。這段旅程將永遠留在我的記憶中。

王睿森同學駕駛小型飛機

鄧芷翹同學駕駛小型飛機

珠海大劇院

## 同行未來——香港童軍大露營

2024年12月23至27日，余臻藝老師帶同六位童軍成員到珠海淇澳多巴岸海島參與「同行未來——香港童軍大露營」。這次活動規模盛大，有四千多名來自香港、內地、韓國、泰國甚至非洲的童軍成員參與其中。我們的童軍除了有機會與他們交流之外，亦參觀古蹟、企業等以了解國情，並能在露營期間親近大自然，學習及熟習繩結、紮營、烹飪等童軍技能，可謂收穫滿滿。

出發前的合照

舞獅體驗

同學正準備自煮餐

港島分營營友合照

1C Yip Sze Tung, Louisa

## Ocean Park

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

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

Next, we went to the aquarium. My mom likes sharks but I don't think sharks are lovely at all. Despite their appearances, I learnt the history of sharks. This was a valuable and meaningful visit!

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

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

4D Shi Lai Man, Nika

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

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

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

What can we do to reduce our exam stress? Firstly, we can set goals but be realistic. Don't be too hard on yourself. There is no doubt that we are not perfect, but we need to boost ourselves by setting small goals. Our confidence can be boosted by achieving every small goal. I believe that if you have more and more confidence, you can do better and better in the exam. Secondly, I think you don't need to compare with others. The natural talent of you and your classmates are different, so you just need to compare with yourself, doing better than what you did the day before.

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

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

# Students' Good Writings

1C Shih Hei Yi, Hayley

## A Thankful Moment at the Athletic Meet

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

I participated in a shot put event. Although I didn't get any medals, I enjoyed the time very much. My classmates participated in different kinds of events, but in the end, nobody won a medal. However, we would not be discouraged. We will continue working hard next year. We also congratulated other award-winning students. More importantly, we should really express our gratitude to the Lord for bringing us nice weather.

1D Tse Hin Long

## An Inspiring Athlete and Role Model

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

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

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

Haughey experienced lots of ups and downs in her journey. The most impactful moment was at the Paris Olympics when the Hong Kong Association chairman called Haughey's performance "regretful," which had a really negative impact on her. She was on the verge of giving up, but her coach said that he was really proud of her, which gave her just enough encouragement to forget about what the chairman said and continue with her athletic career. This teaches us that with some support from our parents, people we know, or even strangers, it can be just enough to regain our confidence.

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

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

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

# English Ambassadors and English Café Activities

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

## Chairpersons' Messages

### 4C Wong Wai Hin, Curtis

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

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

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

### 4C Chow Nga Man, Amy

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

The inaugural issue of student magazine - The Lens

Our English Ambassadors Team

# Cafe Kick-off and Activities in English Cafe

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

Complete our specially - designed tasks and redeem treats!

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

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

### 3C Chan Sum Yau, Skye (Ambassador)

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

# Flash Mob

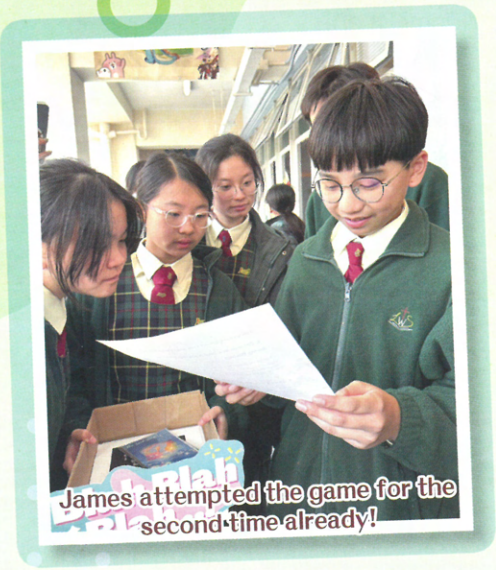
**With the dedication to create an immersive English environment beyond classrooms, our English Ambassadors are the essential manpower to motivate students to use English in daily conversations. Every Wednesday during lunchtime, our Ambassadors 'mob' around the school and invite students to share their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

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

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

**3C Li Enzi, Caden (Manager)**

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



James attempted the game for the second time already!

What is Miss Chan's MBTI?

# S6 Joint School Oral Practice: Elevating Our Speaking Skills

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

# Time to Talk

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

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

## 3C Yeung Ching Tung, Venus

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

## 3C Lam Ling Lee, Queenie

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

## 3D Ng Mei Ying, Irene

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

Can Icy overcome her family's criticism and pursue her dream as an astronaut?

Ocean, what is your dream?

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

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

We are - the Inside Out girls!

# Debate Adventures: Building Skills and Confidence

Wherever the glory goes, we are proud to uphold the true spirit of friendship and sportsmanship.

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

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

**A Lifetime Experience: Joining the Debate Competition**

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

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

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

### 4D Zhang Tsz Ching, Yolanda

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

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

# A Grateful Experience *In the Common Room* on RTHK

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

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

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

### 4C Li Libbie

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

中華傳道會劉永生中學
CNEC Lau Wing Sang Secondary School
Address : 323 San Ha Street, Chai Wan, Hong Kong Tel : (852) 2715 6333
Fax : (852) 2556 9126 Email : lws@lws.edu.hk Website : http://www.lws.edu.hk/
Newsletter
No. 49
March 2025

# Empowering English: Adventures in and out of the Classroom

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

## Champion in English Choral Speaking

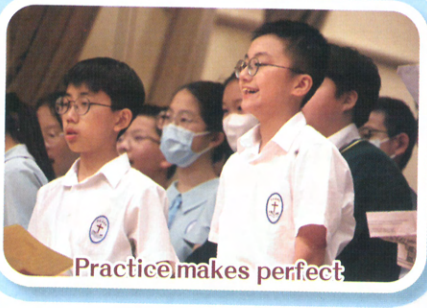
Combining English speaking, artistic and drama arts, choral speaking has become a milestone among our junior form English learners since 2023, providing them with a platform to brush up their English public speaking skills, fostering creativity and consolidating friendships.

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

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

### 2B Yu Chi Hin, Gordon (The Fox)

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


Practice makes perfect

### 2B Lam Yik Chun, Kimmy (Marshall)

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

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

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

Hurray! Our efforts paid off!

Sing for me now! Oh, I am not falling into your trap!