



School Newsletter 2019-2020

TRUE LIGHT GIRLS' COLLEGE



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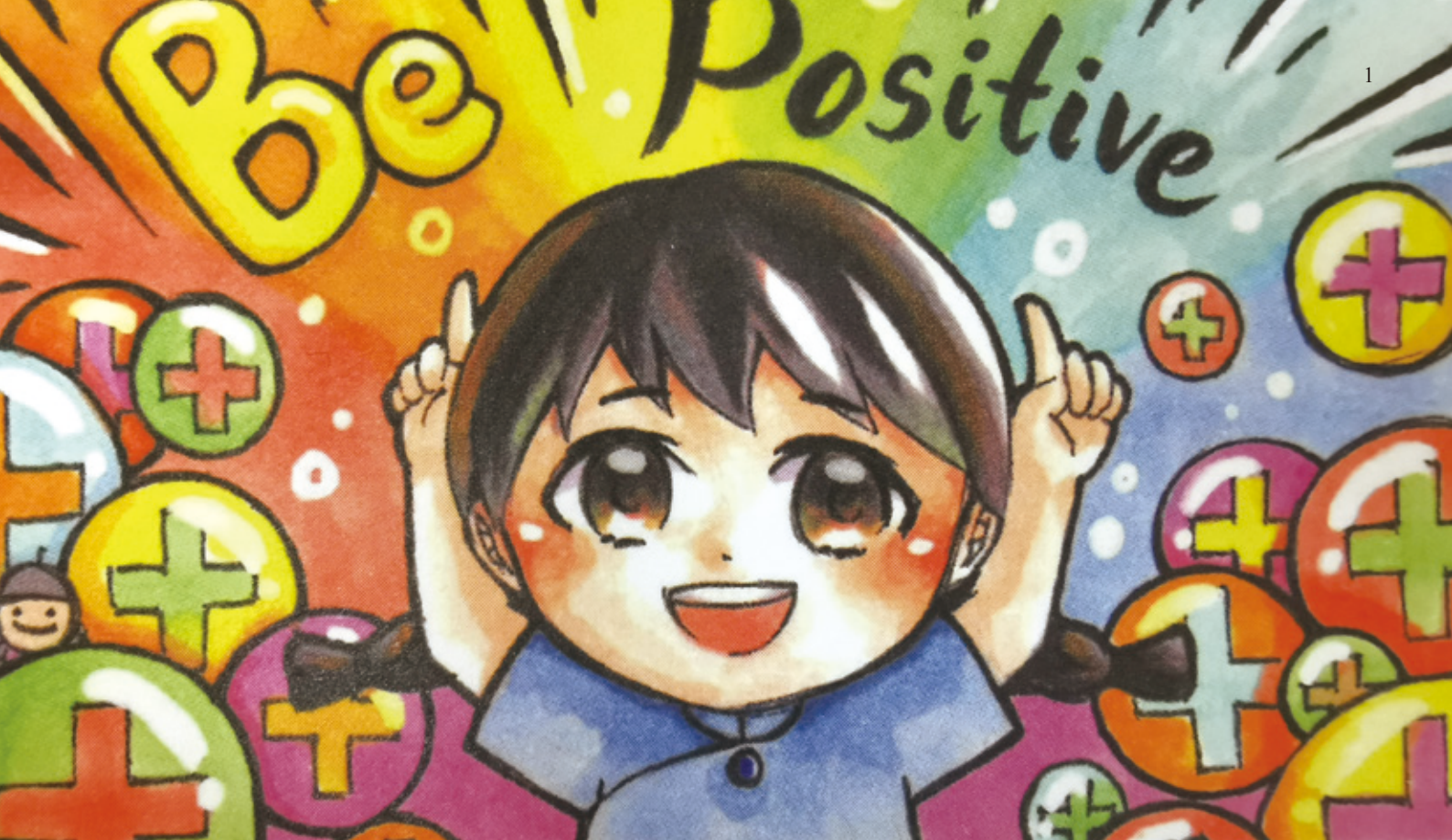
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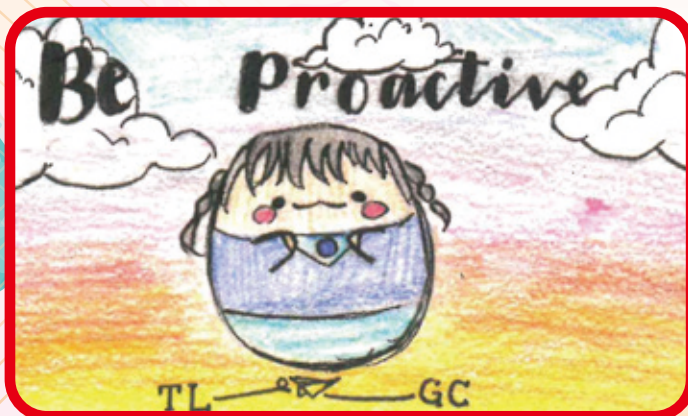
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"BE POSITIVE, BE PROACTIVE"

To promote the School Year Theme "Be Positive, Be Proactive", Visual Arts students specially designed some beautiful bookmarks. The ideas of developing positive attitudes to life and proactive learning habits were highlighted in these bookmarks. This activity helped send positive messages and encouragement to students.





“Lion Rock” Movie Appreciation and Sharing

To match the school year theme of “Be positive and Be proactive”, our Principal, teachers, parents, alumnae and 90 students attended a movie appreciation event which was held on 12th November at Cinematheque in Yau Ma Tei. With the sponsorship by our alumna Ms Cherry Wong, we were invited to watch an inspirational movie called “Lion Rock” which avidly encouraged us to be positive and proactive. The movie tells a true story of Mr Lai Chi Wai, a top rock climber in Asia who was left a paraplegic after a road accident in 2011 and then challenged to climb the Lion Rock. Mr Lai, accompanied by director Nick Leung and main actor Alex Lam, showed up in the theatre after the movie for a sharing session. All participants were very touched by the movie and the positive messages brought by the distinguished guests.

The event ended in joyfulness and applause.



Memorable reflections from our students after the movie appreciation:

“Lion Rock” was an inspiring and meaningful movie. It was worth watching because it taught me how to appreciate what I have in my life. After watching this movie, I understand it’s important to treasure what we have. We need to be thankful and learn how to appreciate little things.

Seyed Ahamed Refayee Marjan (4D)

這套電影十分感人，很多人為電影情節而哭了。我從這部電影《獅子山上》學到很多人生的道理，例如凡做任何事情都要有正面積極的態度面對，不要用負面的態度，否則你就會覺得自己永遠做不到。正如學校今年度的主題一樣 “Be Proactive, Be Positive”，學到凡事要有多角度思考，懂得靈活變通，才能克服每一個困境。

何曉瑩 (1C)

Be Creative! - Odyssey of the Mind sharing

Cao Wei Yi,
Lee Wing See,
Huang Jiu Shuang,
Lee Wing Yee,
Leung Ka Wai,
Ng Ka Yan Kelly

We won't forget all sweetest moments during our journey in Michigan in May 2019: "Odyssey of the Mind Hong Kong Tournament, Problem 4, Division 3, Champion---True Light Girls' College!" "I can't believe we won the competition!" "Yes! I can't wait to join the World Finals in the US!"

We joined Odyssey of the Mind, which is regarded as one of the world's largest creative problem-solving competitions, for two entire years. Participants of this competition were required to solve a long-term problem - a drama show and a spontaneous problem - within three to four months. Assigned to a team in solving Problem 4, we needed to construct a 15-gram-tower with balsa wood and then creatively integrated it into a drama show. This activity was to test our teamwork, creativity and communication strategies.



True Light Girls winning the Odyssey of the Mind Hong Kong Tournament



True Light Girls partaking in the Odyssey of the Mind World Finals in the US



Odyssey of the Mind

demonstrations from other teams. Through academic and cultural exchanges during the activities, we were given many creative ideas which helped us solve future problems more effectively. We also discovered the new definition of creativity - creating something new and discovering the alternative use of an existing object.

We learnt a lot from this competition. Overcoming so many difficulties together, we developed a strong bonding with our team members. We also realised that creativity played a crucial role in facing challenges and coping with difficulties. We would also like to take this opportunity to thank our school, especially all Gifted Education Committee teachers and STEM Education Committee teachers, for their wholehearted support throughout the entire competition. We would never make it without their support.

With our collective effort, we were crowned championship in Hong Kong Tournament in the second year and got a chance to take part in the World Finals at Michigan State University in May 2019. The time we spent in Michigan was memorable and mind-blowing. Not only did we meet people from all around the world, but we also enjoyed multiple activities, such as joining teens parties, hanging out with Texas buddy team, exchanging pins and jackets, and playing stall games. Even though we didn't receive any awards in the World Finals, we witnessed a lot of brilliant

第二十屆消費文化考察報告獎 2018 / 19 - 可持續消費設計盡顯創意

2019 年中旬，我校組隊派出代表同學，包括 6A 柯家寶、6B 陳芝穎、6C 李裕晴、6C 袁浩怡、6D 李穎琦、6D 吳苑瑩、6D 楊詩雅，參加了由消費者委員會舉辦的「消費文化考察報告獎」，並在「可持續消費創意設計組別」中取得「最佳實踐獎」。

是次比賽中，同學參賽作品命名為「自行斟酌」——一部針對現時香港人的消費文化進行大膽革新的飲品機。同學在作品中加入了不少嶄新的元素，例如：有別於傳統飲品機，藉著此創新飲品機，消費者能夠自行選擇飲料的容量，以免造成浪費；此外，新飲品機也設有「海洋生物養成遊戲」，鼓勵同學養成自備水樽的習慣，在校園內推動「走塑」的風氣；再者，機內亦加設回收箱，消費者需要自行將容器清洗乾淨並分類回收。這些都能夠讓消費者明白「環保」並不是一個虛構的概念，而是需要在日常生活中身體力行地實踐出來。

參賽同學起初對於比賽主題無從入手，但在同學積極投入參與，以及組員之間互相溝通協作下，比賽最終順利完成。是次比賽結合 STEM 元素，主要訓練同學於科技的應用、創意思維及解難等多方面的能力。例如參賽同學製作「自行斟酌」飲品機模型作展示，當中就需要應用到物理力學的知識，讓模型更加穩固堅實、不易受破壞。透過是次活動，同學除發揮無窮創意外，也可實踐所學，將知識融入日常生活中。

比賽完畢後，我校同學曾分別接受了本地兩間電台的訪問，當中更親身前往商業電台錄音，參與由小儀主持的《早霸王》節目，分享比賽心得和體會，推廣如何在生活中實踐從 STEM 教育中所學得的知識。



「消費文化考察報告獎」-「可持續消費創意設計組別」「最佳實踐獎」



我校接受商台及消委會訪問

通識教育科——獨立專題研習，有助提升同學思維訓練

「國際母乳哺育周 2019」短片製作活動獲獎分享



為讓同學對通識科的獨立專題研習有更充分的準備，我們讓中五的同學參加了是次比賽，並希望藉此增加同學對母乳餵哺的認知。同學以小組形式，製作了一些精彩的短片，目的是為了推廣母乳餵哺友善社區，提高市民對母乳餵哺的認識，讓社會大眾明白持續母乳餵哺的重要性，從而推動社會大眾支持母乳餵哺和尊重授乳媽媽。

獲獎同學出席了「國際母乳哺育周 2019」的慶祝活動及頒獎典禮。由陳滢而、馮皓慈、許琳琳、金沛悅及曾湊茵同學所製作的短片，獲得了高中組的冠軍，短片名為「友善社區」。同學利用手寫圖片和手繪圖畫表達了社區應多體諒母乳餵哺的媽媽，例如在交通工具、工作環境及其他公眾環境，都能給予適當的協助或設施，以鼓勵母乳餵哺。

另外江采堯、曹曉恩、姚穎彤、黃雅晴、郭利玲及許舜琳同學所製作的短片，則獲得了高中組的優異獎，短片名為「一個母乳餵哺媽媽的故事」。同學利用黏土去拍成影片，講述母乳餵哺的難處，以及現時社會上對要餵哺母乳的母親們的幫助，希望藉著短片推廣母乳餵哺社區的概念。



同學積極參與是次比賽，我校亦獲得了「最積極參與學校獎」。



我校港隊代表精英運動員感言—— 分享如何在比賽中學會「堅持」



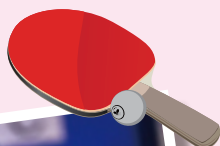
本校學生才藝出眾，在不同範疇都有傑出的表現，在體育運動方面，更有多名同學曾經加入港隊或代表香港到海外比賽，例如有 2018 年畢業校友李沛坤（滾軸溜冰）、6A 鍾海珊（壁球）、6D 譚嘉嫻（跳繩）、6D 吳煥榕（田徑）、5A 尹康潼（乒乓球）及 4B 陳綺馨（足球）等。今次我們邀請了其中三位傑出運動員，分享她們對參加訓練及比賽的難忘經歷與體會，雖然她們擅長不同的運動、參與性質完全不同的比賽，但她們都有共同的得著，就是學會了「堅持」。她們在鍛鍊的過程中，總會遇上很多困難，每每萌生放棄的念頭。最後，她們都卻選擇了勇敢面對逆境，咬緊牙關堅持下去，繼續向目標進發，最終取得了卓越的成績。

我喜歡長跑，但當身邊的人慢慢由後追上，力不從心的感覺就會湧現，令我想放棄。那時候，我就會告訴自己要保持鬥志，只要堅持下去，一步一步咬緊牙關就會到達終點。我是香港女子足球 U18 代表隊的成員，平均每星期有五節訓練。平日我會利用乘車的時間溫習，務求令訓練和學習都能取得平衡。我曾經代表香港去過上海、越南、蒙古等地方比賽，抵埗後，我們要學習適應當地的環境，也要運用不同的戰術取得勝利。雖然挑戰很大，但卻很有滿足感。我希望大家都可以堅持做自己喜歡的事，不要輕易放棄，令自己後悔。

4B 陳綺馨



5A 尹康潼



每一次代表香港比賽面對的不祇是各國勁旅，更是自己。還記得第一次代表香港比賽時，因我太緊張和怯場，沒法發揮水準；亦曾經在面對東道主時，被當地觀眾的掌聲所嚇怕。但比賽場上只可苦苦撐著，稍一退縮便會輸掉，自己的心態才是致勝關鍵。我還記得小時候的一次比賽，我在尾局仍然落後，當時我一直哭着打球。比賽後，爸爸便訓斥我：「作為運動員，你如果要喊，只可在場外喊。比賽時，要自己想辦法解決問題，未到 end game 還有機會。」這句話一直陪伴我成長。我曾在學界比賽中受傷兼落後，但我沒有再像以前一樣哭着想放棄，反而懂得面對，最終成功逆轉。這是因為在每次比賽中得到磨練機會，令我學會面對和克服逆境。

在跑道上跑步看似輕鬆簡單，但當中的訓練卻比想像中辛苦。雖然每次練習都汗流浹背及精疲力竭，但我卻樂在其中。我有幸能夠代表香港參加不同國家的比賽，而印象最深刻的是在「全國少年田徑錦標賽」中，對手以 0.01 秒之差把我壓倒，我最後成為了「梗頸四」。雖然我不能位列三甲，但經過這次的比賽，我更加意識到自身技術不夠成熟、肌肉力量不足等問題。回到香港，我再次全心的投入訓練。感恩的是，我很快便與隊友打破香港青年異程接力的紀錄。我相信只要堅持不懈，最終必定能夠取得勝利。堅持，不是看到了希望才堅持，而是因為堅持了才看到希望。

6D 吳煥榕





Building Teamwork during the Board Game



Exchanging teaching experiences during the visit to Guangzhou True Light School

Staff Development is more than you've thought

The Staff Development Committee has been organising a wide variety of programmes to help teachers develop their teaching professionalism and build a collaborative team in our school.

Teacher Professionalism

Our teachers have been taking part in multiple staff development programmes to keep abreast of the latest trend of educational development. In 2019, our visits to scientific, technological and educational institutions, such as Zero Carbon Building and Construction Innovation and Technology Application Centre, helped teachers acknowledge the latest STEM development in Hong Kong. During the visit to Guangzhou True Light School in 2018, our teachers also had a deeper understanding of the education system in the mainland. The tour also included a visit to the Tsit Wing Group where we had the first-hand experience in witnessing the business operations of a listed company in China.

Student Development

The visits to tertiary institutions in recent years, including the Hong Kong Institute of Vocational Education (Tsing Yi) and The Open University of Hong Kong, provided our teachers with the opportunities to understand the pathways to further studies in Hong Kong. We also organised a number of sharing sessions by our social workers, class teachers and other educational experts to help us address the diverse learning needs of our students. These workshops enabled teachers to tailor-make personalised support for every student in our school.

Learning and Teaching

The principals from other schools were invited to share how the student assessment data would facilitate the learning and teaching strategies and how the pedagogy of self-directed learning would equip students with essential lifelong learning skills.

Our teachers also shared their lesson plans of e-Learning via Google classroom and self-directed learning among ourselves and with the public in several events, such as the True Light 145th Anniversary Interschool Education Conference.

Team Building

Various programmes, including board games, ball games and sharing sessions, were organised to build a close and collaborative relationship among teachers.

The ongoing mentorship programmes have been provided for new teachers to help them effectively adapt to the school culture and familiarise with the school policies.



Practical Experiences during the visit to Open University



Providing Mentorship Programme for new teachers



Teacher experiencing Virtual Reality at The Institute of Vocational Education (Tsing Yi)

Positive Reading Atmosphere at True Light

(a) Whole School Reading Scheme

In order to encourage students to read diversely and create a conducive reading environment, all of our students are required to read books based on the eight Key Learning Areas in the reading periods. Each student is given a Reading Journal to keep record of their reading lists and reflections.

Regular class-based visits to libraries and e-Learning Centre have been carried out. Multiple visits to libraries and e-Learning Centre have encouraged students to read more conveniently and diversely as students can use iPads to read eBooks provided by the Hong Kong Public Library (Hyread).



True Light girls reading books at the Book Fair



Reading Journal Cover and Inside

Three book exhibitions are held annually. Sponsored by Teachers-Parents Association, a number of book coupons have been given to students to buy new books and stationery in these book exhibitions.



Installing Single Self-Study Tables in the School Library

(b) Improvement of Library Facilities

Many sets of single self-study tables have been installed in the School Library to help students read books and study in a quiet and comfortable environment. The School Library also offers two multifunctional photocopiers which allow teachers and students to print, scan and photocopy on a daily basis.

These innovative facilities in the Library help create a favourable learning environment for students.



Installing Multifunctional Photocopiers in the School Library

(c) Book Crossing Scheme

Bookcrossing is defined as “the practice of leaving a book in a public place to be picked up and read by others, who then will do likewise.” It gives books a second life by releasing them to public places in our school where teachers and students can pick them up and read.

There are two bookcrossing corners in our school, including the School Canteen on the ground floor and the corridor outside the Social Workers' office on the second floor. These corners will help develop students' recycling and reading habits in school.



Providing Bookcrossing Corners in school



Korean Culture and STEM Study Tour

A total of 36 students, ranging from Form 3 to Form 5, participated in the Korean Culture and STEM Study Tour from 29th September to 1st October 2019. In addition to enriching visits to The Waste Management Facility and the Military Demarcation Line, which deepened their knowledge of environmental management, students got a taste of traditional Korean culture by learning to make Kimchi using various ingredients. The tour also gave a unique opportunity to True Light girls to learn K-Pop dance moves from some local Korean dance teachers.

Our students engaged themselves in a meaningful cultural interflow through visiting a high school to gain a greater understanding of school life and learning in Korea. It was a precious experience for them to meet many new friends through the interflow programme.

Memorable reflections from our students after the tour:



True Light students learning to make Kimchi



Visiting Cheonggyecheon

Yu Mei Shan (5B)

Throughout this trip, I learnt how prolific the Korean culture and history can be. The most impressive part was the visit to the Samsung Innovation Museum in Suwon which comprised a traditional museum and a showroom experience, giving us a glimpse of the technological developments in different periods. Some latest Samsung gadgets and devices were also displayed inside, with a lot of the exhibits featuring overlaying interactive touchscreens. This visit showcased the advanced scientific and technological developments in South Korea with the emphasis on making a positive contribution to the society.

It was also stunning to spend my precious time with my buddy Lucy, a Korean student who showed us around during the tour. She shared a lot of stories which gave me a deeper understanding of the daily school lives of Korean students. We took a lot of photos and exchanged contacts so as to keep in touch. She was a really cheerful and hospitable girl! This Korean tour brought me a lot of beautiful memories.

Yau Yi Yeung (5B)

It was a fantastic and fruitful trip. Visiting Mapo Incineration Plant gave us an in-depth understanding of sustainable development and environmental conservation in South Korea. The purpose of the plant was to transform waste into renewable energy in Seoul. This visit taught us the subtle relationship between the nature and technology. During the tour to Gyeongbokgung Palace, it was interesting to see so many tourists who wore traditional hanbok costumes and took many pictures. I was greatly impressed with its architectural designs which gave us a glimpse of the Korean culture and history.

Lam Ying Yu (5D)

It was such a unique opportunity to experience cultural exchange during the trip. We learnt some difficult K-pop dance moves but we were able to cope with these challenges. I had been worried I could not make new Korean friends, but my Korean buddy I met during the tour told me a lot of special new things, such as bringing another pair of shoes when entering schools. I will cherish our friendship and keep in touch with my buddy.



A tour into a nation grimly accustomed to natural disasters – Osaka, Japan

Between June 27 and July 1 in 2019, a total of 6 students from S3 to S4 partook in a humanity tour to Osaka in Japan organised by the Hong Kong Red Cross.

Prone to typhoons, floods, and earthquakes, Japan has developed some specialised knowledge and skills to cope with natural hazards. Throughout the 5-day tour, students had a better understanding of the country's natural disaster countermeasures, such as prevention infrastructure, researches and post-recovery development.

The trip specially included a visit to the Great Hanshin-Awaji Earthquake Memorial Museum where students learnt more about the magnitude 9.0 earthquake on March 11, 2011. The earthquake lasted for six minutes only, but its catastrophe happened an hour later, when the first savage tsunami wave shot the country's northeastern coastline. Students were overwhelmed by the devastating consequences of natural disasters.

An exchange programme was organised in collaboration with the Japan Red Cross Society. Our students spent an afternoon interacting with other Red Cross youth members from Japan and

gained more insight into their disaster education. They noticed there was a positive trend towards the education which encouraged people to develop a mindset of “everyday preparedness” – having vigilant thinking rather than treating disaster education as an additional activity. “Everyday preparedness” will help citizens to live with disasters. It was a brilliant opportunity for our students to learn how to be resilient and vigilant in preparation for future challenges.



A visit to Osaka Red Cross Hospital



Interacting with other Red Cross youth members from Japan

Study Tour to the UK

On 25 July 2019, a total of 13 students from True Light Girls' College, together with students from other True Light secondary schools, set off for Britain to take their 3-week UK English immersion programme. Having interactive lessons and workshops at Townley Grammar School in the area of Bexleyheath, students were exposed to Western learning styles and acquired a better knowledge of English public speaking, drama, creative writing, dance and magazine production. What made the tour invaluable was their stay with their host families where they were able to enjoy a typical British family experience, extend friendship and learn a unique culture.

Impressed with the prolific excursions, students visited several world famous sights and landmarks of London, including Buckingham Palace, The Houses of Parliament, Westminster Abbey, Trafalgar Square, The British Museum and Covent Garden. They also experienced the culture and explored the towns of England, such as Brighton Pavilion, Hampton Court and The University of Cambridge.

These were truly valuable experiences for the students as they had a deeper understanding of the city and built profound connections to the culture and people there. Most importantly, they made lifelong friends throughout the journey. All students are looking forward to the next cultural exchange opportunities.



Enjoying an excursion to Hampton Court Palace



Students performing at the Graduation and Farewell Ceremony

詩情畫意之旅——蘇杭文化考察學習交流團



俗語有云：「上有天堂，下有蘇杭。」自古以來，蘇杭都是不少文人雅士喜愛的勝地。為加強同學對中華文化的認識，我校中文科組於 2019 年 4 月 12 日至 16 日期間，舉辦了為期五日四夜之「蘇杭文化考察學習交流團」。此行共有 36 位同學參加，隨團老師包括方榮深副校長、陳碧霞老師、嚴穎嵐老師及李浚豪老師。

抵埗首天，同學隨即遊覽桃花塢，晚上夜遊網師園，於星輝照耀的園林間穿梭往來，欣賞精彩戲曲表演，餘音繞樑三日不盡。翌日前往寒山寺，遊覽楓橋景區、蘇州博物館新館、拙政園等不同著名景點。第三天除參觀蘇州四大名園之一滄浪亭外，更前赴千年文化名鎮烏鎮水鄉，既欣賞不同雜耍表演，亦坐搖櫓船細賞沿途水鄉風光。到了第四天，同學更有機會到杭州第七中學（高中）進行參訪，本校獲該校盛情款待，除參觀校園外，當日同學亦分組跟班聽課，與當地學生進行互動交流，彼此分享兩地學習情況，同學從中得益匪淺。最後一天，同學前往西湖，遊覽三潭印月、平湖秋月、白堤等令人難忘的景色，並參觀蘇東坡紀念館等。是次交流團行程豐富充實，同學跳出書本框框，真實感受當地濃厚文化氣息，整個人完全沉浸在詩情畫意的美景之中。經過是次旅程，相信同學對中華文化和文學的認識和興趣，也會不期然與日俱增。



「登泰山而小天下」—— 青島歷史文化考察交流團 2019

於 2019 年 4 月 3 至 7 日期間，我校 36 名高中學生及 5 名本校教師，一同參與由公民教育組舉辦為期五天之「青島歷史文化考察交流團」。是次行程特意安排師生參訪一所內地重點學校——青島高級實驗中學。透過觀課交流活動，不但讓我校師生認識內地現時課堂的學習模式，而且更可促進兩校於學習文化、教育制度等範疇互相交流，彼此也加深了對兩地教育文化之差異的瞭解。

此行其中一重點是到泰山遊歷。泰山於 1987 年被聯合國列為世界文化與自然遺產，亦是中國五嶽之首。雖然路途陡峭，但我校師生們仍能抵受炎熱的天氣，成功地登高攀頂，並遊覽舉世聞名的巨石——玉皇頂。「登泰山而小天下」，登上泰山，視野一覽無遺，同學眼界驟然拓寬，對萬物也因而別有體悟。其次，行程更安排師生觀賞「中華泰山封禪大典」，而精湛的表演也大大加深同學們對中國朝代歷史的瞭解。

另外，師生們亦到過了濟南市曲阜參觀孔廟。此行讓師生們對中國傳統建築風格及歷史古蹟留下深刻印象，亦提升他們對儒家思想的認識。最後，同學們參觀位於青島市的迎賓館，讓同學們清楚了解青島受德國殖民統治的影響下的建築特色及歷史；師生亦有幸到訪楊家埠民俗大觀園製作中國傳統手工藝品——風箏。

總括而言，這次交流團有助我校師生瞭解中國歷史文化，以及提升對祖國的歸屬感。



身體力行，發揚關愛精神—— 「香港學生入川研習交流活動——公益體驗篇」



在 2019 年 6 月 27 日至 7 月 1 日，我校十位中二級學生，參加了由愛學遊主辦的「香港學生入川研習交流活動——公益體驗篇」五日四夜四川交流團，在四川當地參與公益服務。同學抵埗後，先到臥龍熊貓基地，為大熊貓清理竹子，以及為熊貓製作「窩窩頭」。接著，同學參觀大熊貓各個園區，近距離觀看大熊貓和餵食活動。此外，同學亦走入汶川，參觀虹口深溝地震遺址、漩口中學遺址、汶川「5.12」地震震中紀念館等一系列的汶川地震災後遺址，了解當時的災情及復建工程的情況。另外，同學亦前往映秀中學參訪，與年齡相若的四川學生交流。我校同學又參觀了環衛工人愛心驛站——泰合素食，身體力行，學習如何處理蔬菜，為辛苦的環衛工作者送上溫暖；之後，同學前赴留守兒童之家——霖雨學堂，帶領學堂的幼兒進行活動。雖然這只是五日四夜的交流團，但同學已透過不同公益服務的體驗，發揚關愛精神。

Sharing of Graduates of 2019



Chu Ka Ying (6A)

Almost everyone spends their first and last time in hospital. Acknowledging the importance of medical services, I always admire all medical professionals who work relentlessly to combat diseases and safeguard public health. Humanity plays a vital part in medicine, so I set my sight on the medical field which helps me continue my passion for science and serve the community. My fruitful 6-year studies at True Light equipped me with essential knowledge and valuable experiences in preparation for future studies and career.

I would like to express my warmest gratitude to my teachers for their dedication and hard work. They offered unlimited support and resources to help us succeed academically. Some of them used their leisure time to give us extra trainings. This shows True Light offers an ideal learning environment, enabling me to consolidate my foundation of knowledge.

Our school provided ample opportunities for us to take part in different activities. I participated in the Secondary School Mathematics and Science Competition 2018, organised by the Hong Kong Polytechnic University, which deepened my understanding of biological science. Leading the Student Union improved my communication and leadership skills. I am thankful for the constructive advice offered by our responsible teacher advisors.

With the support of my schoolmates, teachers and staff, I am more determined to embark on my journey of medicine.



Fung Ching Man Jessica (6A)

When it comes to school life at True Light, I believe many of us have a myriad of riveting memories in our minds. Secondary school life plays a

vital role in our lives, and I am always grateful for the education and learning opportunities I received at True Light.

True Light Education places emphasis on students' whole person development which provides us with multiple opportunities to explore ourselves and sharpen our abilities. The fruitful experiences, such as taking different major posts at school, joining a wide variety of rewarding activities, and some conventional but inspirational lessons, unequivocally honed my skills and knowledge, which helped me become an all-rounded person with greater resilience and confidence. There were certainly a number of arduous times, but they made my secondary school life memories more enchanting.

True Light Education equipped me with essential knowledge and wisdom which helped me achieve my dreams – entering my desired university and undergraduate programme. I will bear the True Light Spirits in mind to continue pursuing other unreachable dreams.



Leung Hoi Suet (6C)

Our school motto – Thou Art the Light of the World – offered me a fresh insight into my life after graduation. It reminded me our dreams should not be limited to personal pursuit because we should always have a vision – bringing hopes to this unsettling world. Thanks to these 6-year studies at True Light, it was a step closer to accomplish these dreams.

True Light teachers had the greatest impacts on my learning experiences. It was my pleasure to meet some teachers who were wholeheartedly devoted to teaching. Their teaching passion motivated me to explore knowledge and strive harder in pursuit of excellence. The learning atmosphere at True Light also encouraged mutual learning which further stimulated thinking and cultivated creative ideas. Such positive collaboration between teachers and students acted as a catalyst for my journey of acquisition of knowledge and wisdom.

True Light also sharpened my competitive edge in preparation for future challenges. Serving the school allowed me to recognise my abilities

and explore my potentials. Leading the Student Fellowship Team strengthened my determination to serve God and my fellow schoolmates. Being the Chief School Ambassador also improved my interpersonal and collaboration skills. There are multiple opportunities to help you succeed, so it's time for True Light girls to dream bigger and go ahead to make your dreams possible.



Gwennie, Leung Kwan Yi (6C)

Making dreams come true is a course of endeavour and enlightenment. Being nurtured at True Light, I acquired an array of hard and soft skills accompanied by multifarious opportunities which made my dream – studying the Bachelor of Medicine at the Chinese University of Hong Kong – possible.

With regard to practical knowledge, most teachers put whole heart into teaching which was key to my success. They sacrificed their precious time to make notes and drill past papers with us. Describing these special relationships as “Co-warriors”, our extraordinary teachers are not only True Light best assets but also gifts which make students' dreams come true.

When it comes to soft skills, True Light provides students with countless learning opportunities. Partaking in various competitions, including Interschool Mediation Competition and St. Patrick's Cup Debating Competition, unquestionably sharpened my competitive edge as a leader and a team-player. The effective listening and communicating skills I learnt during the competitions helped me get better prepared to be a doctor. I also learnt to greet others with a genuine smile after joining the Smiling Programme initiated by the Careers Guidance teachers. I was so fortunate to be able to join study tours to Shanghai, Japan and Britain with full scholarship. With passion and proactivity, I'm sure every student will immerse themselves in the innumerable opportunities offered by True Light.

Allow me to show the greatest gratitude to True Light. I can never have my dream come true without its powerful and plentiful support.

True Light Songs Singing Competition 2019-2020

Our school stands out with many of its distinctive conventional annual events. One of them is our True Light Songs Singing Competition, which helps strengthen both students' sense of belonging to school and the school legacy.

This year's True Light Songs Singing Competition was held on 28th October 2019 in collaboration with the Student Union and the Music Department. Each class performed a True Light song together with the respective Form Association Hymn. Other than singing, students showcased their artistic talents by dancing, rapping and beatboxing. Their kaleidoscopic performance and costumes were widely acclaimed by judges, teachers and students. The winners of each form were Class 2A, 3A, 4A, 5B respectively and the overall championship went to Class 3A.

To many True Light girls, the True Light Songs Singing Competition had a mesmerising power to motivate them to strive for a common goal. They also built strong friendship, collaboration, resilience and leadership skills during the trainings and competition day. It surely helps reinforce the True Light Spirit and make it shine brightly.



Class 3A claiming the Overall Championship at True Light Songs Singing Competition



Class 3A impressing the judges with their brilliant dance moves and musical talents



Class 4A performing a True Light song and dance moves



Class 5A showcasing their artistic talents such as rapping and beatboxing



Class 5D wearing colourful costumes

Form One Yao Association Inauguration Ceremony 2018-2019

The Form One Yao Association Inauguration Ceremony was held on May 3, 2019 to cultivate among S1 students cooperation, the spirit of solidarity as well as the sense of belonging. The Ceremony not only bore witness for the growth of the S1 students but also reflected the True Light spirit and sisterhood which, together with the inspiring performances of our S1 students, earned great appreciation from parents and guests who came for the occasion.



S1 Dance Group (18-19) showcasing their beautiful and intricate dance steps

The Ceremony began with the sharing of our alumna, Ms Yuen Lok Yi. Being a member of Yao Association, she shared about her good old times at True Light, congratulated on the success of our students and encouraged them to thrive and achieve their dreams.



S1 True Light girls (18-19) launching the Form One Yao Association Inauguration Ceremony



S1 students (18-19) performing a drama show Cinderella in Hong Kong

After such inspiring sharing, the Ceremony came to the Presentation of the Form One Yao Association Flag. Every year, a new Form Association is created with its own traditional motto, flower and colour. These traditional symbols are unique to each Form Association and well preserved in our school to promote sisterhood.

Witnessing how sisterhood fostered the growth and success of our students, the occasion saw many brilliant performances by our S1 students. The first performance was Choir Singing when our Form One Choir performed a song called *All Things Bright and Beautiful* composed by John Rutter. Our English choral speaking group then eloquently performed a piece named *There's a Monster in the Garden*.

To echo with our last year's school theme – Thankfulness and Appreciation, our Form One Drama Group performed a play called *Cinderella in Hong Kong*. The performance of our Putonghua Choral Speaking Group also delivered a meaningful message that we needed to listen to our hearts. The last performance came with our Dance Group who showcased their beautiful and intricate dance steps.

The whole occasion was filled with a sacred, joyful and enthusiastic atmosphere.

Moving words from S1 students in the year of 2018-2019:

The Form One Yao Association Inauguration Ceremony was so memorable. As the narrator in the drama performance, I learnt how to pace naturally and to have good articulation.

Lily Toy (1A, 2018-2019)

The activity was organised by many teachers and students, so I also put in a lot of effort in the practice. It gave us a chance to work with students from other classes. Therefore, I really enjoyed every single moment of it.

Hilary Chang (1B, 2018-2019)

Bonding over our burning passion for dancing was truly the magic that brought us together as a team and beautified the whole performance.

Audrey To (1A, 2018-2019)

Singing in solo is so much fun!

Some students prefer singing in a choir and performing in a group, but it's a different story if you sing in solo and give a solo performance. Our vocal students practise strenuously every Monday to elevate their singing techniques and presentation. Students were able to appreciate the beauty of art songs in a wide variety of languages, including Italian, French and German. They also grasped a better understanding of the musical transformation when they practised the songs of different musical periods, ranging from the Classical to Romantic periods.



In December 2019, many vocal students showcased their musical talents by singing various art songs at the vocal assembly. Their performances were highly acclaimed as many students expressed interest in such performing art and appreciated the aesthetics of these art songs.

Reflections from our vocal teacher and student:

Zhou Tsz Wung (3A)

Joining vocal classes is a fruitful and memorable experience. In these years, I've learnt that singing is not based on different techniques or hitting high notes only as there are many things to explore during the classes, such as different musical genres and singing techniques. I've also met friends who love music as I do. We've been performing together and learning from each other. I'm glad to be a member of this big family and I'm grateful to Ms. Tse, Ms. Ng and my vocal classmates for their unlimited support. They are key figures in my music journey.

Ms. Faith Ng, Vocal Teacher

Most European people have opera or vocal classes since their childhood, whereas teenagers in Hong Kong barely know about this kind of music. We are typically assigned one lesson to learn vocal techniques. At the beginning, I wasn't sure whether opening a vocal class would work for students as I've been using the traditional European master class to teach them. After having lessons with True Light girls, I found when all of these passionate girls gathered together, they were able to learn from each other and they had great improvement over the time. I'm really proud of them. True Light girls are all smart and attentive. I'm pleased God led me to be their teacher. I would also like to thank our Principal, Mr. Tam, for giving me the opportunity to teach in my alma mater, True Light.





Exchange student from Switzerland

Carmen joining the Lion Rock Movie Appreciation

In the school year of 2019-2020, our school participated in the AFS Intercultural Exchanges Programme and hosted an exchange student named Carmen Steeb from Switzerland. Carmen enjoyed every activity in lessons and other learning opportunities outside the classroom. This was because the programme provided many in-depth cultural exchange opportunities for our students and Carmen, such as different learning styles, daily life experiences and customs, with the emphasis on helping us become global citizens.

For Carmen, her living experiences in Hong Kong gave her a real glimpse of Asia. She was overwhelmed by many crowded streets, old Chinese architecture and fashion, and typical local food, despite having difficulties understanding our cultures, traditions and languages. What she found overly challenging at first was the heavy school workload she was assigned every day, but she was able to handle it with the help of her classmates and teachers. She said she was treated as a vital part of the big family here as her friends always cordially took care of her. She effectively adapted to our school life and happily enjoyed every class and family activity.

Studying at True Light taught her the importance of stepping out from her comfort zone. She also realised how much she could achieve if she was willing to face new challenges. Most importantly, she understood how multifaced our world was.



Carmen and other True Light girls partaking in Sports Day



Exchange student Carmen Steeb giving a speech during the School Commencement Day

Achievements and Awards

English 2018-2019

2019 English Drama Festival

Outstanding Spoken English

True Ligh Girls' College (Name of Play: Unnoticed)

Kaur Ishwinder (2A), Ho Ka Wai (2B),

Zhang Jing Qing (2B), Lau Rachel (4B),

Lam Tsoi Kuk Chrysan (5B), Chan Chi Wing Alison (5B),

Chan Lai Yan (5B)

Outstanding Performer

Lau Rachel (4B)

2019-2020

71st Hong Kong Schools Speech Festival (English)

Public Speaking Solo – 1st Runner-up

Sayed Ahamed Refayee Marjan(4C)

Dramatic Duologue – 1st Runner-up

Natanakumar Mirnaali (4D), Thebe Nimsing (4D)

Solo Verse Speaking – 2nd Runner-up

Wong Ngan Yiu (4C), Natanakumar Mirnaali (4D),

Tam Lok Yi (3B), So Yan Lok Charlotte (3C)

Chinese 2018-2019

「第五屆香港中學生文藝散文即席揮毫大賽 (2019)」

優異獎 (初中組)

張照蜚 (3A)

優異獎 (高中組)

黃漪彤 (5B)、梁稀雯 (6D)



香港浸會大學主辦之「第十屆大學文學獎」(2018-2019)

少年作家獎 (獲獎作品：《假裝》)

鄧芷欣 (6C)

「第二十一屆全港中小普通話演講比賽 2019」

優異星獎 (九龍區中學組初賽)

王露 (1B)、廖凱鈴 (3C)

2019-2020

第七十一屆香港學校中文朗誦節 (19-20)

共有 52 位學生參加，本校學生取得 2 亞及 5 季之成績。

中學一、二年級普通話散文獨誦 - 亞軍

陳璞思 (1C)

中學 三年級粵語詩詞獨誦 - 亞軍

陳婉琪 (3B)

中學一、二年級普通話散文獨誦 - 季軍

陳嘉琳 (1B)

中學二年級粵語散文獨誦 - 季軍

梁潔瑩 (2A)

中學二年級粵語詩詞獨誦 - 季軍

林樂希 (2A)

中學三年級粵語散文獨誦 - 季軍

希潼 (3C)

中學三、四年級粵語二人朗誦 - 季軍

李映蓓 (3C)、甄子慧 (3D)

敬師運動委員會及教育局主辦：向老師致敬中文徵文比賽 2019 (高中組)

優異獎

吳冬妮 (4D)

Mathematics 2019-2020

「華夏盃®」全國數學奧林匹克邀請賽 2020 (香港賽區) 初賽

一等獎

劉思瑤 (1A)、張鈺瑤 (1D)、何樂融 (3A)

二等獎

蔣曉霖 (2A)、周儷安 (3A)、蔡康澄 (3A)、陳婉琪 (3B)

三等獎

林樂希 (2A)、杜曼琛 (2A)、蔡志穎 (2B)、何珏恩 (2C)、
陳施穎 (3A)、李頌兒 (3A)、譚樂怡 (3B)、劉嘉淇 (3D)

粵港澳大灣區數學競賽預選賽 2020 (香港賽區)

一等獎

張鈺瑤 (1D)

二等獎

蔡祺昕 (2A)、杜曼琛 (2A)、陳施穎 (3A)、李頌兒 (3A)、
陳婉琪 (3B)、李亭穎 (5C)

三等獎

張慧芬 (1A)、林樂希 (2A)、蔡志穎 (2B)、劉嘉淇 (3D)、
劉嘉怡 (5C)、錢穎心 (5C)、嚴敏旗 (5C)

Science 2018-2019

2018 Australian Big Science Competition

Distinction –Year 7 –Certificate

Zeng Tsz Lo (2B)

Credit – Year 7- Certificate

Ko Wing Kei (2A)

Credit – Year 8 –Certificate

Lam Tsz Yue (3A)

2019-2020**Secondary School Mathematics & Science Competition 2019****Mathematics****High Distinction**

Lau Yuet Yin (6A), Chau Wing Tung (6C),

Lei Pui Yu (6C)

Distinction

Lam Kin Ting (6C), Lee Yu Ching (6C)

Credit

Lee Sum Yi (6B)

Physics**High Distinction**

Chau Wing Tung (6C), Lei Pui Yu (6C)

Credit -

Lau Yuet Yin (6A)

Chemistry**High Distinction**

Chau Wing Tung (6C)

Distinction

Lei Pui Yu (6C)

Proficiency

Lam Kin Ting (6C), Lee Yu Ching (6C)

Biology**High Distinction -**

Lei Pui Yu (6C)

Credit -

Leung Hoi Tung (6A), Wong Yi Tung (6B),

Poon Sau Laam (6C)

**Chemistry
2019-2020****Hong Kong Chemistry Olympiad for Secondary Schools(18-19)****2nd Runner-up (Topic: 含 "Sul" 葉)**

Leung Hoi Tung (6A), Ho Mei Sze (6C),

Siu Yeun Ying (6C), Li Wing Ki (6D)

The Chemist Online Self-study Award**Platinum**

Chen Jia Min (4B), Wong Hing Sim (4B),

Chan Yip Chun (4D), Ip Nga Ching (4D),

Ng Yee Lam (5B), Chan Kei Yin Adela (5C),

Tang Tsz Yin (5C)

Gold

Chan Hiu Ching (4B), Kwok Rui Rachel (4D),

Cheung Ka Hei (5B), Chow Tsz Ching (5C),

Kwok Lee Ling (5C), Wong Fai (5C)

Diamond

Fung Siu Ying (4B), Ho Tsz Tung (4B),

Lam Tsz Yue (4B), Huang Siu Nga (4C),

Wong Ching Man (4C), Nayab Naseer Qureshi (4D),

Ng Hoi Yan (5B), Yau Tin Yuet (5B),

Liu Ka Yi (5C)

Australian National Chemistry Quiz 2019**High Distinction Excellence**

Lam Tsz Yue (4B)

High Distinction

Chan Kei Yin (5C)

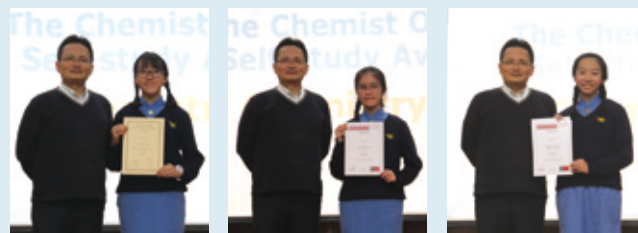
Distinction

Lee Ka Chee (4B), Lo Hiu Ching (5B)

Credit

Yau Lok Ching (4A), Ng Yee Lam (5B),

Chow Tsz Ching (5C), Lei Pui Yu (6C)

**STEM Education
2018-2019****Secondary School Mathematics & Science Competition (SSMSC) 2018****Medal in Biology**

Chu Ka Ying (6A)

Medal in Chemistry

So Fook Yan (6D)

High Distinction in Biology, High Distinction in Mathematics and Distinction in Chemistry

Lau Hoi Tung (6C)

High Distinction in Biology and Credit in Physics

Chung Yuen Wing (6A)

Distinction in Physics and Distinction in Mathematics

Fong Kit Wa Victoria (6A)

Distinction in Chemistry and Distinction in Biology

Chow Wing Yin Wynne (6C)

Distinction in Physics and Distinction in Biology

Leung Hoi Suet (6C)

Distinction in Biology

Wong Nok Lam Joyce (6C)

2019-2020**第二十屆消費文化考察報告獎 (2018-19) - 「可持續消費
創意設計」組別****最佳實踐獎 (作品：自行斟酌)*** 袁浩怡 (5C)、柯家寶 (5A)、陳芝穎 (5B)、李裕晴 (5C)、
李穎琦 (5D)、吳苑瑩 (5D)、楊詩雅 (5D)**優異作品獎 (作品：充氣環保鞋袋)*** 蔡旻楨 (4C)、李亭穎 (4C)、吳怡 (4C)、錢穎心 (4C)、
黃禮瑤 (4C)、嚴敏旗 (4C)**嘉許作品獎 (作品：「消費有道」APP)*** 劉嘉怡 (4C)、陳紀言 (4C)、周紫澄 (4C)、秦嘉妍 (4C)、
郭利玲 (4C)、鄧紫彥 (4C)、黃翬 (4C)**嘉許作品獎 (作品：回收清潔器)*** 伍嘉欣 (5D)、李詠詩 (5A)、麥芷翹 (5A)、鄧芷瑩 (5A)、
姚穎芝 (5A)、李詠怡 (5D)、梁迦南 (5D)**Robotics Intelligence DIY 2019****2nd Runner-up -**Yau Lok Ching (4A), Chen Jia Min (4B),
Lam Tsz Yue (4B)**Summer Camp for Junior High Students by HKU****Most Active Participation Awards**

To Man Sum (2A)

**Physical Education
2018-2019****Inter-school Rope Skipping Competition (HKRSA)****45 秒三人交互速度賽 - 季軍**

黃美嘉 (2A)、余秋儀 (2B)、譚嘉嬌 (5D)

**Inter-school Table Tennis Competition (Girls B
Grade) Division II****Girls B grade - 1st Runner-up**

Peng Jiahuan (2C), Shin Wing Sum (4C),

Sin Long Kiu (4B), Wan Hon Tung (4A)

Girls' Overall 3rd runner-up**Inter-school Athletics Competition Division III Area 4****Girls A Grade High Jump 3rd runner-up**

Chu Hiu Lam (5C)

Girls A Grade 100m – Champion

Ng Hei Yiu (5D)

Girls A Grade 200m – Champion

Ng Hei Yiu (5D)

Girls A Grade Long Jump - 2nd runner-up

Tam Ka lu (5D)

Girls B Grade 1500m - 1st runner-up

Chan Yee Hing (3C)

Girls B Grade 800m - 3rd runner-up

Chan Yee Hing (3C)

Girls B Grade Shot Put - 2nd runner-up

Wan Hon Tung (4A)

Girls C Grade Long Jump - 2nd runner-up

Cheng Yuet Yee (2B)

Girls C Grade 100m - 3rd runner-up

Cheng Yuet Yee (2B)

Girls C Grade 100m - 2nd runner-up

Lam Ching (1C)

Girls C Grade 200m - 2nd runner-up

Lam Ching (1C)

Girls C Grade 4 x 100m Relay - 3rd runner-upTse Tsz Kiu (1B), Lam Ching (1C),
Choi Wai Ying Sharon (1C), Cheng Yuet Yee (2B),
Lai Ka Kiu (2D)**Girls C Grade 4 x 400m Relay - 2nd runner-up**Tang Pak Lam (1B), Chow Ling Yat Lael (2C),
Kong Sze Ying (2C), Chan Hiu Ching (2D)**Girls C Grade 4 x 100m Relay – Champion**Leung Han (1A), Chu Hiu Lam (5D),
Tam Ka Yiu (5D), Ng Hei Yiu (5D)**Girls C Grade overall - 3rd runner-up****Girls A Grade overall - 3rd runner-up****Girls Overall - 2nd runner-up**

2019-2020

Inter-School Swimming Competition (Division III K2)

Girls C 50m butterfly – 3rd runner-up

Tang Pak Lam (2B)

Girls B 50m backstroke – 2nd runner-up

Kong Sze Ying (3B)

Girls B 100m freestyle – 3rd runner-up

Kong Sze Ying (3B)

Girls C 4X50 medley relay – 2nd runner-up

Tong Chung Ki (1A), Cheng Tin Wai (1B),

Kwok Wing Nam (1C), Tang Pak Lam (2D)

Girls B 4X50 medley relay – 3rd runner-up

Fung Wing Cheung (3B), Kong Sze Ying (3B),

Lee Ho Ying (3C), Chan Wing Yi (4B)

Girls A 4X50 medley relay – 1st runner-up

Fung Wing Man (5A), Li Tsz Ching (5B),

Tung Ka Wai (5C), Yeung Cheuk Lam (6D)

Girls C Overall – 2nd runner-up

Girls A Overall & Girls Overall – 1st runner-up



Inter-school Table Tennis Competition (Division II)

Girls A Grade - 1st runner-up -

Wan Hon Tung (5A), Sin Long Kiu (5B),

Shin Wing Sum (5C), Poon Sau Laam (6C)



中華基督教會校際乒乓球比賽 (女子單打) -

中學女子組 - 單打 冠軍

尹康潼 (5A)



2018-2019 年度全港學界精英乒乓球比賽 -

中學女子組 - 單打 第七名

尹康潼 (5A)

友校 4 X 100 米接力邀請賽 (九龍塘學校中學部)

冠軍

林靖 (2B)、趙俏 (5A)、朱曉琳 (6D)、吳煥榕 (6D)

4 x 100m Invitation Relay (HK True Light College)

2nd runner-up

Lam Ching (2B), Leung Han (2C),

Cheng Yuet Yee (3D), Choi Ching Yin (4A)

Visual Arts 2018-2019

公益少年團油尖旺區委員會「赤子服務獻關懷，溫馨和諧建設群」文件夾封面設計比賽 2018-2019

中學組冠軍

李清茵 (5A)

中學組季軍

馮皓慈 (4A)

香港當代藝術學院 2019 當代青少年及兒童藝術節新春繪畫比賽

少年 A 組 兒童畫 亞軍

馮皓慈 (4A)

2019-2020

Paper Fan Drawing Competition by Green Scenes

2nd Runner-up

Lee Ching Yan (5A)

Merit

Fung Ho Chi (4A)



The 11th Arts Ambassadors-in-school Scheme

Certificate of Recognition

Kam Phoebe (5A), Wu Wan Sheung (6A)

Music 2018-2019

2019 油尖旺好聲音歌唱大賽

冠軍

梁曉儀 (2C)、周希潼 (2D)、金沛悅 (4A)、余美珊 (4B)、

陳可男 (5A)、梁嘉儀 (5D)

Hong Kong International Accapella Competition 2018

Silver Award

Chow Hei Tung (2D), Kam Phoebe (4A),
Chan Ho Nam (5A), Wong Sin Tung (5C),
Huang Ching Wah (6C)

Road Safety Patrol 2018-2019

香港交通安全隊總監特別嘉許獎狀

梁晶晶 (3B)、黎倩琳 (3B)

香港交通安全隊西九優秀隊員選舉

中學組冠

Chan Ching Yan(4B)

中學組季軍

Tung Ue Chi (4A)

香港交通安全隊獎學金

Chan Ching Yan(4B), Tung Ue Chi (4A)

Social Service 2018-2019

The Kiwanis Community Service Award 2019

Winner

Chan Pui Lam (5C), Lee Ka Yan (5C)

Others 2018-2019

樂施行動組

「賽馬會公平貿易學校獎勵計劃」公平貿易學校嘉許狀

真光女書院

Zonta Z Club

Zonta Z Club (Awarded by The Zonta Club of Hong Kong 2018-19)

The Legislative Council Mock Debate: The Most Popular Award

Wong Yi Tung(5B)

Zonta International's "Say No to Child Marriage" advocacy The Best Photo Competition

True Light Girls College - Zonta Z Club

Zonta Club of Hong Kong Installation Ceremony 2018-19

Best Project Award and Outstanding Social Service Award

Z Club Committee of True Light Girls' College (17-18)

Chan Suet Ching Gloria (5C), Tam Wing Yan (5C),
Wong Sin Tung (5C), Ng Hiu Lam (5C),
Chung Hoi Shan (5A), Chung Yuen Wing (6A)

2019-2020

"Supporting Mothers' Breastfeeding Journey" Secondary School Short Video Competition

Senior Secondary Category , Champion

Chan Ying Yee (5A), Fung Ho Chi (5A),
Hsu Lam Lam (5A), Kam Pheobe(5A),
Tsang Mei Yan (5A)

Senior Secondary Category , Merit Award

Kong Choi Yiu (5C),
Tso Hiu Yan (5C),
Yiu Wing Tung (5C),
Wong Nga Ching (5C),
Kwok Lee Ling (5C),
Hoi Shun Lam (5C)



Youth Arch Student Improvement Award (2018-2019)

Chan Yat Ching (2C), Zhou Tsz Wun (2B),
Lee Ho Ying (2B), Law Yuek Hei (2B),
Wong Hing Sim (3D), Chau Ching Yin (3C),
Chan Lily (3C), Puk Ka Yu (3A),
Yu Nga Yan (4B), Yau Yi Yeung (4B),
Chan Sum Yin (4D), Yau Wing Ki (4D),
Lee Wing Sze (5A), Cheung Wing Laam (5B),
Siu Yuen Ying (5C), Ng Ka Yan Kelly (5D),
Fung Ching Man (6A), Yu Tsz Ling Kisty (6B),
Lau Foo Kiu (6C), Shiu Nok Yin (6D)

家長教師會

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暑期升中英語銜接課程及語文提升課程

由家長教師會主辦之「升中銜接課程」，已於 2019 年 8 月中舉行，為期四天。報讀學生分七班上課。本會亦舉辦了「中一英語能力提升課程」、「暑期中國語文提升課程」，及「升中數學提升課程」，以協助中、英、數能力稍遜的準中一同學。



家長教師會第二十屆周年大會及第二十一屆委員會選舉

家長教師會第二十屆週年會員大會已於 2019 年 10 月 19 日（星期六）舉行，新一屆執行委員會委員也順利選出。週年會員大會舉行後，資深傳媒工作者車淑梅女士作專題演講嘉賓，講題為「與孩子一起快樂成長」，從父母角度出發，多了解子女心底的渴求，從而引導他們邁向健康快樂人生。

「多媒體創作親子寫作班」及「七彩手棍及草本潤唇膏班」

上述兩項親子興趣班已於 1 月 26 日下午順利舉行。參與的家長和同學都積極投入，洋溢溫馨的親子合作氣氛。參加手工棍及潤唇膏班的家庭，更可將精美的手工棍及 DIY 潤唇膏帶回家自用或送贈親友，共度春節。



校友會活動 2019-2020

1. 會員大會 2019

會員大會於 2019 年 12 月 14 日下午在本校禮堂順利舉行，約 30 位校友出席會員大會。本年度之校友校董選舉由李詠詩校友自動當選，任期三年，由 2020 至 2023 年度為止。

2. 亦師亦友計劃啟動禮 2019

校友會於亦師亦友計劃當中為中五同學個別配對校友作為導師，解答她們有關升學及就業的疑問。活動啟動禮已於 2019 年 12 月 14 日下午 2 時至 5 時於本校禮堂圓滿舉行，共 150 校友及中五學生出席活動。不同界別及工作範疇的校友與中五同學分組面談，分享人生經歷、讀書及升學心得。

3. 獎學金 - 最佳學業進步獎

為鼓勵同學努力學習，校友會為同學設立了「最佳學業進步獎」，每級一名，得獎者可獲校友會頒發獎學金及獎狀。



退休老師

方榮深副校長在本校服務多年，貢獻良多，深受同學和同事愛戴、敬重，彼此亦建立了深厚情誼。今年他即將榮休，離開這個校園，實在令人萬分不捨。謹此祝福他退休後，生活充實、多采多姿、自由自在。



喜訊

本校今年喜事重重，有五位同事喜迎新生命的誕生。讓我們同聲祝賀！

潘詠詩老師與
愛女可可



梁佩兒老師與
愛子 Kasper



劉淑賢老師與
愛子 Hinson



吳慧婷老師與
愛子亦謙 Hugo



謝穎心老師與
愛子浩哲 Rafael





光之世乃 爾