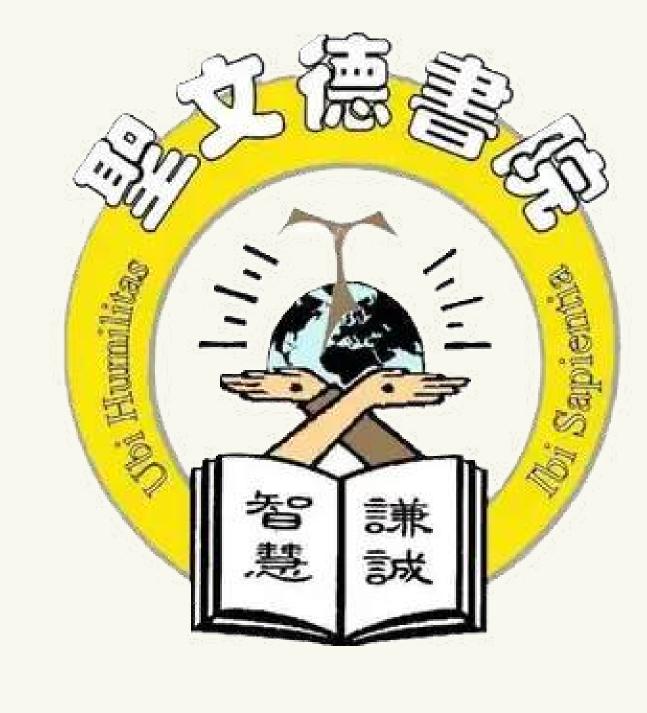
## 大人馬

## 大建



ST. BONAVENTURE COLLEGE AND HIGH SCHOOL

親愛的文德家長、校友及同學:

時光飛逝,學期結束的鐘聲已經敲響,於下學期,我們滿懷感恩,喜訊頻傳:

各級插班生的入學申請表如雪花般飄至,本學年聖文德今年的中一自行收生及中二至中四插班生收生皆遠超預期,每一份申請都承載著一個家庭的期望,我們深感責任重大。

如涓涓細流匯成江海,聖文德書院剛與南京市人民中學跨越時空的長河,結為姊妹學校。該校年具135年歷史,並於2020年獲納入第一批次四星級高中招生學校。兩校交流互動,相信能促進彼此發展,如同日月交相輝映,照亮彼此的前行之路。

在暑氣蒸騰的試後活動期間,老師們策劃了三個境外交流團,同學們在新加坡、泰國、上海的熱土上,播撒著求知的種子。他們的汗珠,換來了對各地文化的深刻理解,也見證了他們成長的足跡。

期末時刻,我們深謝家長、校友及各界友好的信任與支持。回眸往昔,展望將來,我們滿懷希冀。學校將繼續全力以赴,助學子在學習的道路上勇攀高峰,成就夢想!

順頌

時祺

聖文德書院緘二零二四年七月



### 今年收生成績再創新高

截至7月初,我校收到300餘份升中一自行收生的申請表,以及300多份中二至中四級插班生申請表。在黄大仙區學生人數鋭減之際,此佳績更顯難能可貴,足證聖文德書院辦學理念深受家長及學生認同,望能持續在逆風中展現學校魅力。





### 與姊妹學校攜手並進



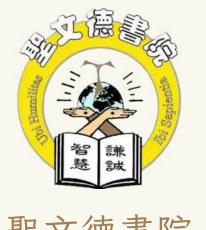
陳麗珊副校長與王昕副校長簽約締結為姊妹學校

6月30日我校陳麗珊副校長 偕李延濤老師代表聖文德書 院與南京市人民中學簽約 正式締結為姊妹學校。

此次合作將為我校學生提供 寶貴的南京寄宿體驗機會, 開啟了嶄新的學習視野。







#### 姊姊學校--南京市人民中學簡介

聖文德書院

南京市人民中學創建於1887 年,歷經晚清、民國、新中國 三個重要歷史時期,曾培育中 國科學院院士、中國工程院院 士及不少大學教授。

該校現為三星級省重點中學, 教師於教研方面屢獲殊榮。

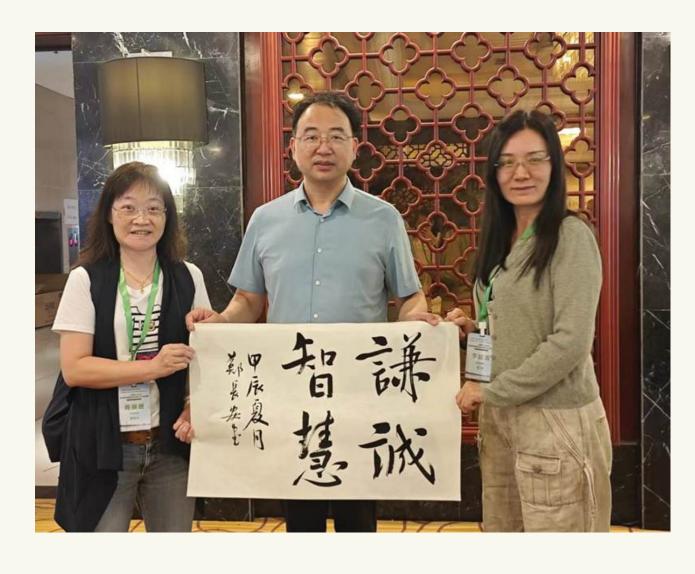




學校設施先進:有物 理、化學、生物實驗室 共14個、田徑運動場、 室內球場、健身室等13 項運動設施, 更備學生 宿舍。聖文德的學生可 於下學期考試後到該校 住宿交流。



樓高主層的校史館述說南京人民中學百年風華



江蘇十佳書法家鄭長安先生以我校校訓題字



## 家教會周年活動

聖文德書院

六月二十二日周年活動,家教會周年活動圓滿舉行,家長、學 生與老師共聚一堂,共度愉快的時光。

當日家長和孩子們一起製作馬賽 克玻璃蠟燭杯,體驗手工藝的樂 趣。





太極班的老師帶領大家一起練 習太極,在優雅的動作中放鬆 身心。

在沙田麗豪酒店享用自助餐 後,前往參觀M+博物館, 感受現代藝術的魅力。



# 中六級謝師宴GRADUATION

聖文德書院

六月二十日,中六的同學在馬哥孛羅香港酒店參加了人生中重要的一場盛宴——中六級謝師宴。校長致辭勉勵畢業生展翅高飛,同學與敬愛的老師共享歡樂時光,紛紛拍照留念。 這溫馨而難忘的夜晚,標誌著他們即將邁向人生新篇章。





同學們與老師們拍照留念, 定格這美好的時刻。









## 謝師宴--同學感言

謝師宴圓滿落幕,這份難忘的回憶得以成真,實在有賴各位老師和籌委會同學的鼎力相助。在此,我謹代表全體畢業生向他們致以最誠摯的謝意。

回首這六年的中學歲月,我們每個人都經歷了不斷的自我突破和成長,才得以蜕變成今天的模樣。在這段艱辛卻珍貴的旅程中,老師們的支持和鼓勵始終伴隨左右。那些埋首苦讀的日子雖已成為過去,但我們深知,老師們仍將繼續見證更多師弟師妹的成長。

感恩校長及老師們的悉心栽培,讓我們的青春 無愧無悔。隨著謝師宴的結束,我們的人生也將翻 開嶄新的一頁。在此,祝願所有畢業生都能乘風破 浪,勇敢追逐夢想!也祝願各位家長和老師身體健 康,萬事如意!



6B 林翠玲



光陰似箭,六年的中學生涯轉眼即逝。今晚的謝師宴上,回首往事,感慨萬千。

猶記得中二至中四疫情肆虐,我們被迫在家學習。雖 面對前所未有的挑戰,但老師們不辭勞苦,竭盡全力調 整教學方式,確保我們的學習不會落後。在螢幕另一 端,我感受到了他們的用心。

疫情稍緩,重返校園後,步入高中的我們面臨著巨大的學習壓力。老師們耐心輔導,幫助我們迅速適應並追趕課程。他們的付出,讓我們得以順利應付文憑試。

特別感謝校長及各位老師在這困難時期,仍然努力為我們創造各種學習機會,讓我們的校園生活多姿多彩。

今晚之後,我們揮別青葱歲月,邁向人生的新篇章。祝願母校桃李滿天下,也祝福各位同學前程似錦,在未來的道路上展翅高飛!

感恩有你們,成就了最美好的我們。

6B 謝卓玲

希望中六同學在未來的人生中能夠一帆風順,實現夢想。



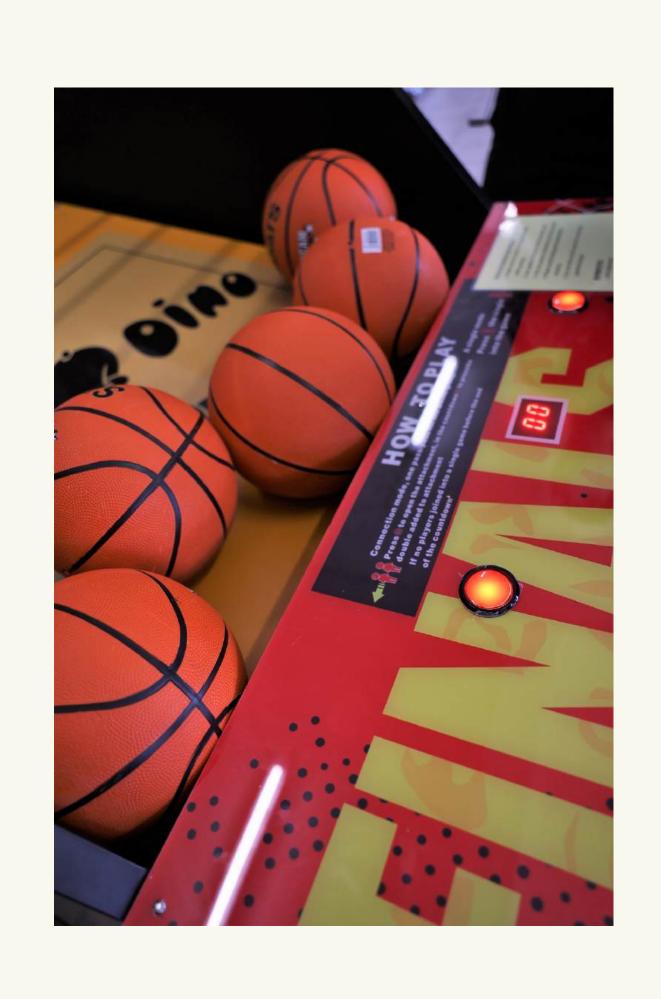
## 籃球機開幕





本校秉持全人發展的理念,以 「建立健康生活方式」為本學年 發展重點。為此,校方決定添購 籃球練習機,讓學生能在舒適環 境中鍛鍊身體,舒緩壓力,促進 身心健康。











## 上海中華文化及宗教學習之旅 (28/6-2/7) 剪影















### 上海中華文化及宗教學習之旅 (28/6-2/7) 學生感想

聖文德書院

在五天四夜的上海朝聖團裏,我們探訪了數個天主教重要景點,讓我獲益良多。置身於佘山進教之佑聖母大殿,它高大雄偉,令我歎為觀止。在徐家匯聖堂參與彌撒,更讓我感受到上海天主教友虔誠的信仰,亦受到神父的祝福。

參觀上海田園高級中學時,我還有幸參與攝影社團的活動,該校對學生全面發展的重視給我留下了深刻印象。參觀上海猶太難民紀念館讓我深刻體會到歷史的沉重。館內展品講述了猶太難民在上海的艱辛歲月,令人動容。隨後遊覽外 漢,欣賞中西建築融合之美,更感受到上海這座城市的包容與多元。

感謝學校和校長給予我這次寶貴的學習機會,也感謝老師和領隊們在旅程中的悉心照顧。 這次上海之行,不僅開拓了我的視野,也讓我對 學習和生活充滿了新的思考。



5C 譚綺華



Recently, I joined a trip to Shanghai which was amazing. It was a 5-day Catholic exchange, and the teacher and us saw so many impressive places. We went to St. Ignatius Cathedral in Xujiahui, the building was magnificent, and the decor inside provided a peaceful atmosphere.

Talking about Shanghai, visiting the famous spots like the Oriental Pearl Tower is indispensable, It is such a huge building that we seem to touch the sky! Besides, The Shanghai Museum was full of incredible old exhibits, and I learned so much about Chinese history from that. We also went to the Lu Xun Memorial, which made me understand why he's such a famous writer in history. We have also been to the Bund to appreciate the professionally designed buildings and lights at night.

I am so thankful for the experience of visiting a place I had longed to visit. I also created a lot of joyful memories with my friends.



## 泰國文化與大象保育之旅(2/7-6/7)

剪影



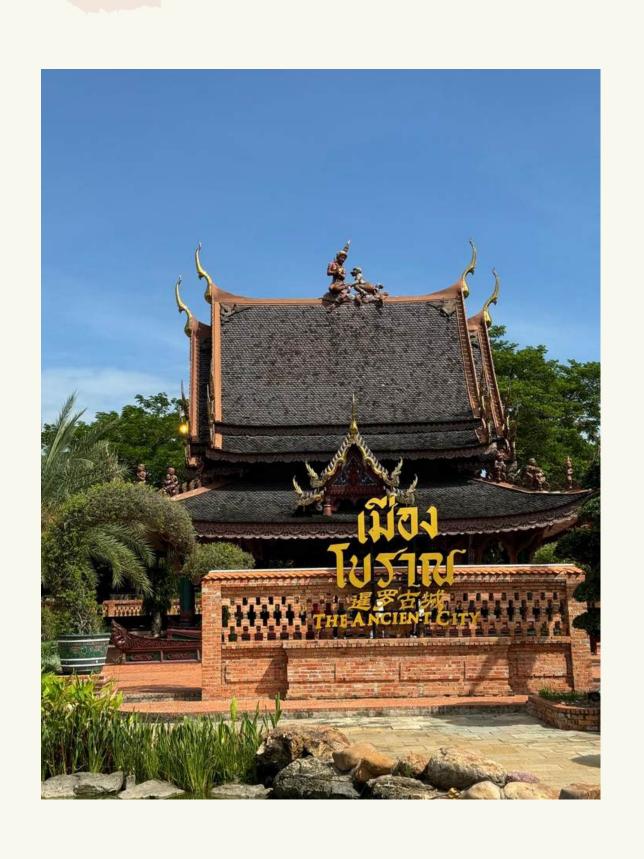


## 泰國文化與大象保育之旅 (2/7-6/7) 學生感想

在這次五日四夜的泰國之旅中,我們首先探訪了著名的暹羅古城。這裡的古代宮殿以一比一的比例精心復刻,讓我們得以一窺泰國豐富的歷史遺產及古人的居住環境。暹羅古城的再現不僅是對戰爭破壞後的一種修復,更是對文化遺產的一種崇高尊重。這深刻展示了泰國對於文化保育的重視與努力。

接著,我們來到了Elephant World。在這裡,我們近距離接觸了地球上最龐大的陸地動物--大象。為牠們準備食物、協助清潔的過程中,我不僅了解了大象的生活習性,更深刻認識到生物保育的重要性。這次經歷激發了我對生態保護的熱忱。

感謝學校提供這五天在泰國的學習機會,使我在旅程中不僅增長了地理和歷史知識,讓我領略了異國風情,更深刻體會到文化和生物保育的重要性。



5D 林海進





## 泰國文化與大象保育之旅

## (2/7-6/7) 學生感想

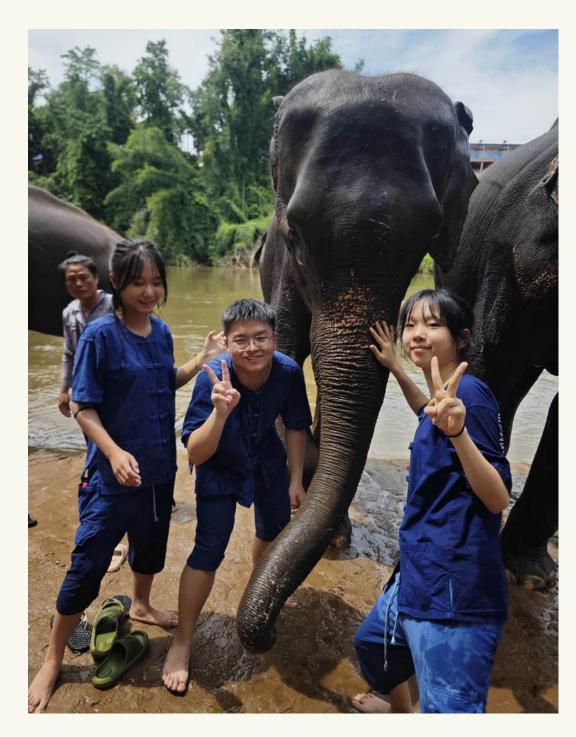
身為4A班地理及環保小組主席,我衷心感謝學校舉辦這次泰國保育及文化考察團。這趟旅程不僅開闊了視野,更讓我對文化傳承與環境保護有了深刻體悟。

在Elephant World大象保護區的經歷最為難忘。我們通過特別的儀式與大象建立心靈連結,親手準備食物,深切感受到這些溫柔巨獸的可愛。泰國人的熱情和耐心指導,讓我們不僅親近了大象,也融入了泰國文化的溫暖氛圍。

此外,我還要特別提及我們的另一站--桂 河橋鐵路博物館。漫步在充滿戰爭滄桑的展廳 中,我被那些為鐵路建設付出辛勞的先人們所感 動,令我滿懷感恩。博物館中不僅保存著沉重的 歷史故事,也吸引了衆多年輕人的參觀,使得這 個場所既有歷史的厚重感,也有新生代的活力。

這次泰國之旅讓我們深入了解了當地的特色 和風土人情。在這個過程中,我們學會感恩、勇 敢面對挑戰,並珍惜每一次學習和成長的機會。

再次感謝學校提供這次難忘的機會,讓我們在文化與自然的交融中獲得成長。





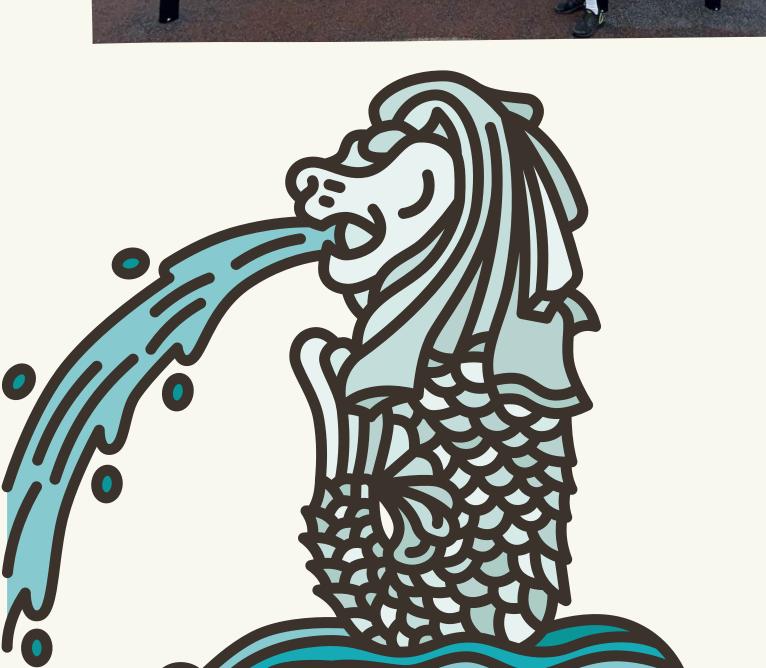
4A 杜晉燃



## SINGAPORE EXPERIENTIAL LEARNING AND OUTREACH PROGRAMME(5/7-8/7)











#### SINGAPORE EXPERIENTIAL LEARNING AND OUTREACH PROGRAMME(5/7-8/7) STUDENT REFLECTION



I just can't believe the trip is over - it feels like a dream. In just four days, I gained so much, both socially and personally. I think I've become more confident speaking English since I talked a lot with the local people during the trip. I also learned how to express myself better, which helped me able to communicate naturally in the local environment.

This trip was also a great chance for us to become more independent. During the pandemic, students had to stay home a lot, which made us rely more on our parents and family. But this trip was a valuable opportunity for us to step out of our comfort zone, take care of ourselves, and learn how to be more independent for the future.



The most exciting and unforgettable moments were when I made new friends from different countries. For example, I made friends with a shop owner from Korea. It was my first time making international friends, and I think it's amazing that even though we have different cultures and languages, we can still try our best to understand and communicate with each other. We even exchanged Instagram accounts so we can stay in touch.

Finally, I want to thank my school for giving us this wonderful, meaningful experience. As the saying goes, "Traveling teaches you more than just what's in books." I will never forget this amazing trip.





## SINGAPORE EXPERIENTIAL LEARNING AND OUTREACH PROGRAMME(5/7-8/7) STUDENT REFLECTION

During these four days of activities, I gained a lot of knowledge. For example, in the Science Center, I have learnt about Singapore's urban planning, It amazed me that most of the formation of Singapore's terrains are designed to be flat. I also saw different types of sea animals' appearance, as well as science theory and various types of cacti.

The most important experience for me is I got a chance to communicate with locals. Especially when it comes to the moment that I first tried to ask questions to the staff at hotels and stores.

Besides, It is memorable to try the pork jerky in Chinatown, it was very tasty! I remember our tour guide told us, only the restaurant we went to on the street would use charcoal for grilling. for the reason of keeping the traditional taste, even it will increase the carbon emissions. Besides, I still remember when we took the Singapore flyer and boat, the tour guide introduced us what kind of buildings we could see.

I hope to participate in this type of activity in the future if I have chance. I am very grateful to school for giving me an opportunity to travel and study in other country. I was really excited these four days. I am also very grateful to the teachers, tour guides and schoolmates for their cares. And finally, I am grateful to my parents who support, encourage and bless me and my schoolmates during the trip! The time flies and I really miss the enjoyable time I had in the trip with my schoolmates and teachers.









全校師生參觀海洋公園







活動體驗









## 班際歌唱比賽感恩之聲











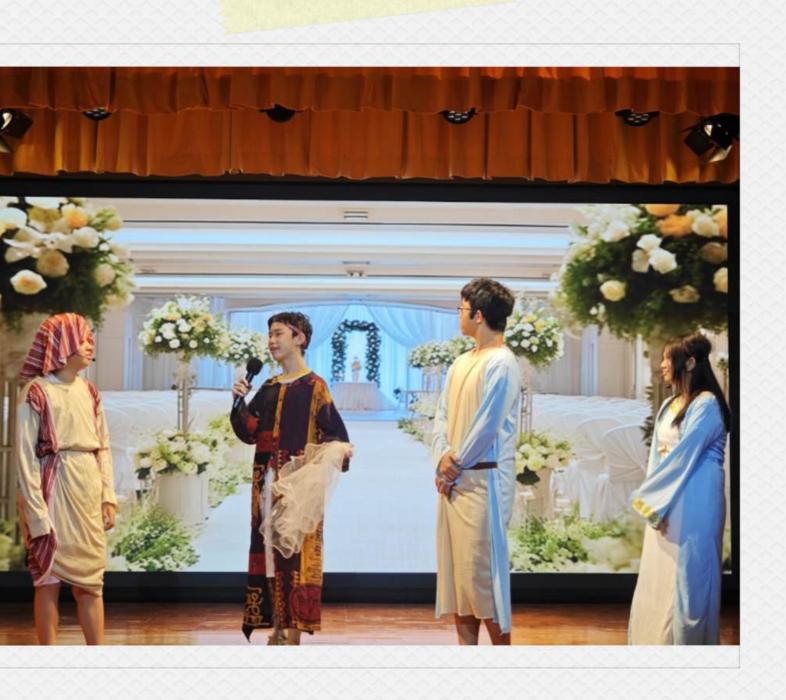
聖文德書院

輔導處聯同健康管理與社會關懷科帶領學生參觀基督教新生協會元朗戒毒村了解福音戒毒服務





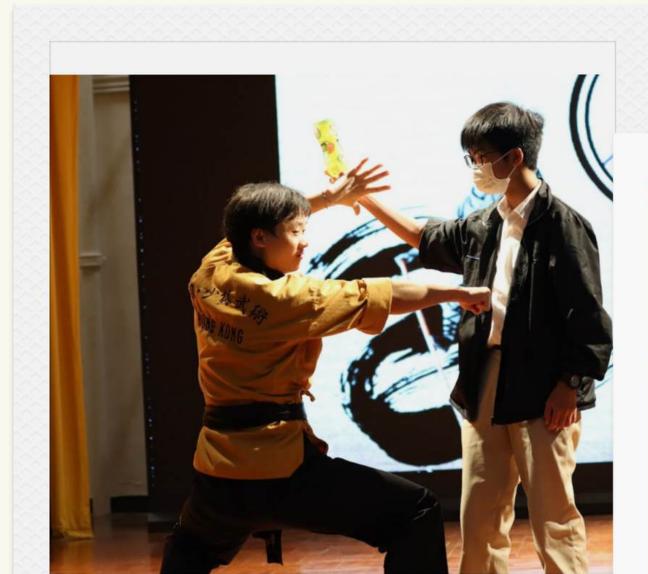
同學在無冷氣的禮堂專心聆聽戒毒人士分享經歷,從中學會健康人生的生活方式,堅拒毒 品。





English drama





少林武術表演



#### 沙頭角歷史一日遊

43 KODAK PORTRA 400

KODAK PORTRA 400

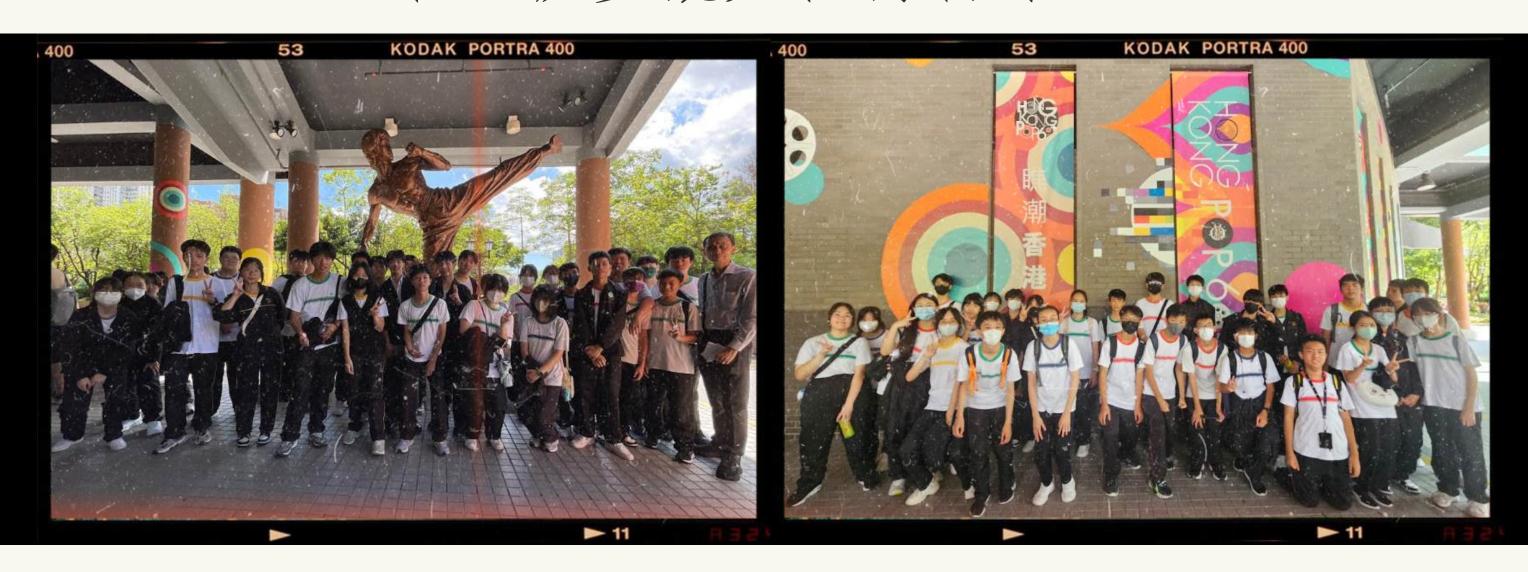








#### 中二級參觀文化博物館





#### 中二級理財二次人生

同學在活動中分組成為一個家庭,並擔當著不同家庭角色。場內會設立不同攤位提供工作、消費娛樂及進修等項目,考驗同學嘗試完成個人及家庭目標。透過經驗學習法,同學可從生活、工作、進修、儲蓄及消費等範疇學會平衡理財,並協助其建立穩健恰當的金錢價值觀。



聖文德書院



中三級同學在導師的指導下,透過學習培植植物,在繁重的學習歷力下,療癒自己的心靈。









中三級篆刻體驗



本校為中三級學生舉辦篆刻藝術體驗活動。學 生在專業導師指導下,學習篆刻歷史與技巧, 親手雕刻印章,深入體會中國傳統文化精髓。



聖文德書院







#### **CARFER LIVE**

職業體驗

本次活動讓中四學生置身模擬職場,身穿工作制服,手持真實工具。體別工作,全心投入工作。體別工作。實工作,全心投入工作。實別工作。實別,學生觀看行業短片,同行業的過程,不同行業的時期,學生學會把握機會,探索自己,與趣事長,找到專屬的發展方向,轉到專屬進,為未來鋪路。





聖文德書院

#### 模擬放榜







### 校友分享

本校榮幸邀請到十一位來自不同行業 的傑出校友,為中五學生進行小組教, 亨和交流。同學在活動中虛心請教求 亨解各行業的職場生活和理想職業奮 了解各行業的間標,為理想職業奮 門及早定情,微末心!」我們衷了 一個謝校友的無私奉獻,期盼未來 多校友的回饋母校,與學弟學妹 多校友能夠回饋母校,與學弟學妹 交精神。



#### 75TH HONG KONG SPEECH FESTIVAL (ENGLISH)

U62 Solov-verse Speaking Competition	3rd place	1A	FUNG Kwan Ho Angus
U64 Solo-verse Speaking Competition	2nd place	2A	TO Chun Yiu
N194 Public Speaking Competition	3rd place	3A	Fong Chor Ling

#### 第二十六屆全港中小學普通話演講比賽2024

優異星獎	5B	李駿希
優異星獎	3A	吳昭頤

#### 港澳數學與林匹克公開賽

銅獎	2A	陳思翰
	3A	吳昭頤
	3A	謝豪杰
	4A	李達安
銀獎	2B	馮駿夭

#### 港澳數學與林匹克公開賽(晉級賽)

銅獎	2B	馮駿天	
	2A	陳思翰	

## OUTSTANDING AWARD 3A CHAN CHEUK YIN

#### You Only Live Once!

Inspired by the highly acclaimed film "Oppenheimer,". I am interested in studying the biography of J. Robert Oppenheimer and looking into the historical background of what motivated him to invent the atomic bombs during the Second World War. One of the widely reviewed books on this subject is "American Prometheus: The Triumph and Tragedy of J. Robert Oppenheimer," written by Kai Bird & Martin J. Sherwin in 1989. This book delves into the disputed life of J. Robert Oppenheimer and offers valuable lessons that can be related to our everyday lives. Although his life is debatable, his story provides compelling examples for us to learn from. In this essay, I will elaborate on what I have learnt from Oppenheimer's life, and discuss what he has done that inspires us to become better ones.



The first lesson I have learned from Oppenheimer's behavior is that we must reflect on our own lives and consider the consequences of our actions. One of the reasons why he was controversial is that he was involved in the Manhattan Project, a secretive initiative that led to the invention of the atomic bomb. Initially, Oppenheimer intended to create it as a means to deter other countries. However, the destructive power of the atomic bomb resulted in numerous detrimental impacts, including a significant number of casualties and health risks caused by radiation. He deeply regretted his actions. Upon realizing that his invention had caused the deaths of many people, he lived with guilt every day. Hence, thinking twice helps us avoid emotional decisions that we may regret. By taking a moment to consider the responsibility of our choices, we can prevent hasty actions driven by immediate emotions. For example, when talking to our peers, we can reflect on whether it hurts their feelings, whether it gets pleasure from insulting others, or whether it is a thought driven by anger or reluctance. Better interpersonal relationships can, therefore, be facilitated if we think twice about what we say.

## OUTSTANDING AWARD 3A CHAN CHEUK YIN

#### You Only Live Once!

The second lesson I have learnt from his behavior is that we have to learn from our mistakes to promote a growth mindset. One of the reasons Oppenheimer was successful is that he put a lot of effort into the experiments he did. Unfortunately, failures can occur while conducting experiments. However, he didn't choose the path of giving up. Instead, he regarded these experiences as opportunities for identifying his weaknesses and seeking appropriate solutions. Hence, learning from mistakes helps us to avoid making the same mistakes again and again. For example, we keep getting low grades on our Mathematics quizzes or examinations. Instead of ignoring or being emotionally indulged in our setback, we can view it as an opportunity to promote a growth mindset. With this positive mindset, we will realize that mistakes are an essential part of the learning process. We can see them as opportunities for growth rather than as a sign of failure.

The third lesson I have learned from this book is the importance of living in the moment. When we consider the destructive power and devastating consequences of atomic bombs during World War II, which were truly horrific, it is important to appreciate the things we have today. When we compare it to the present day, it reminds us of the importance of cherishing what we have and being more optimistic about our lives. The ongoing conflict between Russia and Ukraine since 2014 is a case in point. The people in these two countries are suffering from pain, losing their homes, experiencing hunger, and so on. After reading this book, I start to understand how fortunate I am when compared to the era in which people were suffering from war, hunger, and diseases. I should be grateful for everything that I have. In addition to the importance of living in the moment, people often embrace the concept of 'YOLO' (you only live once). So why not try something we have never tried before, until the end of the world?"



In summary, the lessons from Oppenheimer's behavior teach us the importance of thinking twice before we act, learning from our mistakes to promote a growth mindset, and living in the moment and appreciating the things that we have today. American Prometheus: The Triumph and Tragedy of J. Robert Oppenheimer is definitely a must-read book.

#### OUTSTANDING AWARD

#### 3A FONG CHOR LING

#### Shine your own glory

The sun slowly made its way through the clouds, revealing its red face, like a shy little girl looking at the earth on the ground! I yawned, got up, washed up, got dressed, looked at myself in the mirror, and suddenly thought of the book I read the other day - Educated.

The main character in the book is called Tara. Compared with me, she is not very lucky. She was born in a backward family in Idaho. Her father is an extreme Mormon. One of her brothers, Sean, is extremely short-tempered and controlling. However, she is also lucky that she has met a lot of kind people, including her other brother Tyler who always encourages her. Her roommate, Robin does not alienate her and cares for her from time to time. Bishop, who tutors her, helps her apply for a bursary and creates opportunities for her to study at Cambridge. Dr. Kerry, Professor Steinberg, and other teachers gives her great encouragement, allowing her to see her sparkle and build her self-confidence. So, she gives me impetus when I face difficulties myself.



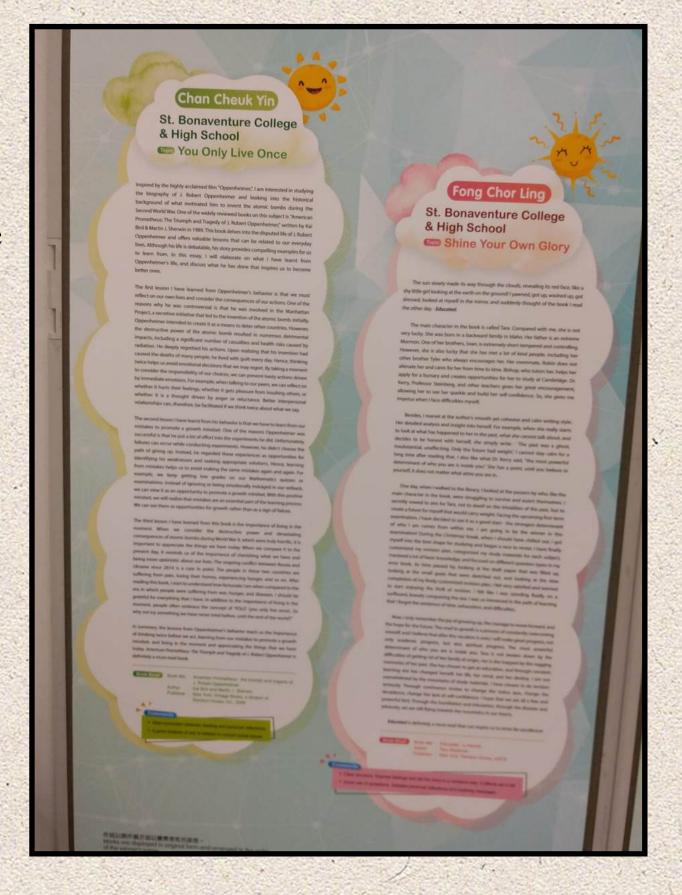
Besides, I marvel at the author's smooth yet cohesive and calm writing style. Her detailed analysis and insight into herself. For example, when she really starts to look at what has happened to her in the past, what she cannot talk about, and decides to be honest with herself, she simply write - 'The past was a ghost, insubstantial, unaffecting. Only the future had weight.' I cannot stay calm for a long time after reading that. I also like what Dr. Kerry said, "the most powerful determinant of who you are is inside you." She has a point, until you believe in yourself, it does not matter what attire you are in.

#### OUTSTANDING AWARD

#### 3A FONG CHOR LING

#### Shine your own glory

One day, when I walked to the library, I looked at the passers-by who, like the main character in the book, were struggling to survive and assert themselves. I secretly vowed to aim for Tara, not to dwell on the trivialities of the past, but to create a future for myself that would carry weight. Facing the upcoming first-term examination, I have decided to use it as a good start - the strongest determinant of who I am comes from within me. I am going to be the winner in this examination! During the Christmas break, when I should have chilled out, I got myself into the best shape for studying and began a race to revise. I have finally customized my revision plan, categorized my study materials for each subject, mastered a lot of basic knowledge, and focused on different question types in my error book. As time passed by, looking at the draft paper that was filled up, looking at the small goals that were sketched out, and looking at the slow completion of my finely customized revision plan, I felt very satisfied and seemed to start enjoying the thrill of revision. I felt like I was standing fluidly on a surfboard, bravely conquering the sea. I was so immersed in the path of learning that I forgot the existence of time, exhaustion, and difficulties



Now, I only remember the joy of growing up, the courage to move forward, and the hope for the future. The road to growth is a process of constantly overcoming oneself, and I believe that after this vacation is over, I will make great progress, not only academic progress, but also spiritual progress. The most powerful determinant of who you are is inside you. Tara is not beaten down by the difficulties of getting rid of her family of origin, nor is she trapped by the nagging memories of her past. She has chosen to get an education, and through constant learning she has changed herself, her life; her mind, and her destiny. I am not overwhelmed by the mountains of study materials. I have chosen to do revision seriously. Through continuous review to change the status quo, change the decadence, change the lack of self-confidence. I hope that we are all a free and powerful bird. Through the humiliation and tribulation, through the disaster and adversity, we are still flying towards the mountains in our hearts.

Educated is definitely a must-read that can inspire us to strive for excellence!





#### EC ZONE「香港歷史文化常識」問答比賽

個人獎	3C	陳嘉杰
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#### 初中科學線上自學計劃2024

	1A	CHAN Chun Yin
	1A	FUNG Kwan Ho Angus
	1A	LI Tsz Ching
	1A	LUI Chu Chu
	1A	TAI Wing Kiu Karena
	1A	YUEN Kam Chu
	1A	ZHENG Tong
	2A	CHAN Wing Lam
	2A	CHEN Chung Han
金獎	2A	CHENG Tsz Hei
	2A	CHO Man Kin
	2A	HUANG Chun Ho
	2A	HUI Wai Sum
	2A	IKENOBE Ryuki
	2A	MAK Yat Long
	2A	NG Ka Yan
	2A	SIN Yau Shuen
	2A	SIU Hoi Ching
	2A	TO Chun Yiu
	2B	FENG Chun Tin Sky





#### 初中科學線上自學計劃2024

024	
1A	CHAN Ho Fung
1A	CHAN Ho San
1A	CHAN Tsz Wai
1A	CHAN Yuen Tung James
1A	CHEUNG Tsz Ho Dominic
1A	FAN Chun Kit
1A	FUNG Po Yan
1A	JIE Jiahao
1A	LAI Shing Fan
1A	LAI Wang Hei Jasper
1A	LEE Tsun Him
1A	LEUNG Chun Shing
1A	LI Cheuk Hei
1A	NG For Ngai
1A	PANG Long Yiu
1A	PATAVONG Ananda
1A	WONG Ching Yin
1A	WONG Hoi Tung
1A	WONG Tsz Long
1A	YUE Yazhong
1A	YUEN Ho Fung
1A	ZHANG Daivi
2A	CHAN Fai Hung
2A	CHAN Sze Hon
2A	CHAN Tsz Miu
2A	CHAN Wa Ki
2A	FUNG Cheuk Hei
2A	HUI Kai Hin Kenny
2A	LAI Ka Tseuk
2A	LEE Cheuk Man
2A	NG Shun Hei
2A	WONG Shun Yin

**YE Chin Ho** 

**NGAN Ming Ho** 

銀獎



**2A** 

2B





#### 初中科學線上自學計劃2024

卸獎	1A	AU Ching Yin
	1A	HUNG Cheuk Sze
	2A	KWONG Toi Yiu
	2A	LEE Ka Wing
	2A	LUI Pui Man
	2A	SZE Sin Hei
	2B	CHONG Chung Kiu
	2D	KUANG Cheuk Yuen
銅獎	2A 2A 2A 2B	LEE Ka Wing  LUI Pui Man  SZE Sin Hei  CHONG Chung Kiu

#### 智能機械由我創(2024) - 初賽

初中組 殿軍	亞軍	孔祥聞康 戴政民
	殿軍	陳思翰 雷沛汶 杜駿耀
台山20	亞軍	劉培星 尹崇義
高中組	殿軍	李達安 鄒梓禾

注:以上 4 隊將於7月18日晉級於香港中央圖書館舉辦的決賽



中四學生參與由漁農署主辦 郊野公園生態速查挑戰賽, 勇奪「特別任務」冠軍獎



創意科技及機械人學會的同學在香港浸會大學主辦 AI X HK OPENCUP 2024 獲得季軍



## 獲幾消息

76TH HONG KONG	SCHOOLS M	USIC	FESTIVAL (2024)
U4 - Vocal Solo - Foreign Language - Female Voice - Secondary School -Age 14 or under	Silver award	<b>3C</b>	Lau Wing Lam
U118 - Graded Piano Solo - Grade Five	Bronze Award	3D	Chiu Pui Kiu
N454 - Trombone Solo - Secondary School - Junior	Silver award	4A	Fung Tak Yin
N436 - Alto Saxophone Solo - Secondary School - Junior	Silver award	3C	Chiu Ngo Yau
N424 - Clarinet Solo - Secondary School - Junior	Silver award	5C	Chiu Ngo Lam
N442 - Trumpet Solo - Secondary School - Junior	Bronze Award	5D	Wan Suet Man Sara
N424 - Clarinet Solo - Secondary School - Junior	Bronze Award	4B	Wong Ying Hang
N436 - Alto Saxophone Solo - Secondary School - Junior	Silver award	5D	Lee Cheuk Him
N424 - Clarinet Solo - Secondary School - Junior	Silver award	5C	Keung Pak Hei
		2D	LONG YIK YUNG
		3A	FONG CHOR LING
		3D	ZHANG HON YUEN ANDY
N406 - Brass Ensemble -	Bronze Award	4A	FUNG TAK YIN
Secondary School - Junior	bi diize Award	5A	LEE PO FUNG SIRUS
		5A	LI HOI LAM
		5B	TAM ON SANG
		5D	WAN SUET MAN SARA



## STUDENT REFLECTIONS ON 76TH HONG KONG SCHOOLS MUSIC FESTIVAL (2024)

Participating in the Brass Ensemble Competition was a really meaningful experience for me. Winning an award was nice, but what really impressed me was seeing how much effort every group put into perfecting their performances.

On the day of the competition, I felt nervous and excited. Each group's performance not only displayed their skills but also their artistic expression, challenging us all to perform at our best. I was proud of how our ensemble came together to create a harmonious and powerful sound.

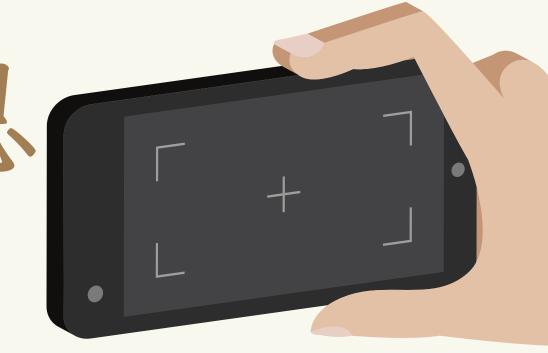
The other bands' performances were also impressive. Their unique interpretations and virtuosity reminded me that there's always room for growth in music.

I learned that winning is not the ultimate goal of such competitions. But it's about the process of preparation, the experience ,and the joy we have in making music with others.

I'm grateful to everyone involved - our Principal, teachers, my fellow schoolmates, and all those who supported us. I look forward to more musical adventures in the future.

3A Ada Fong





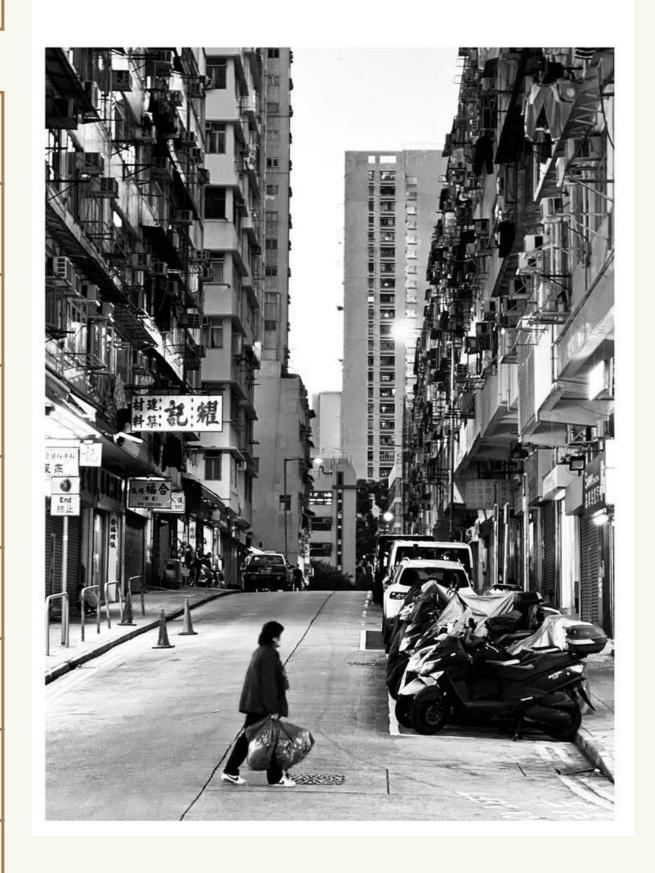
#### 香港東區扶輪社第二屆學生手機攝影比賽

優異獎	2B	蘇錦豪	
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#### 學界女子乙組排球比賽

4A	俞夭祈
4B	呂卓琳
4C	陳詩晴
3D	趙珮喬
3C	蔡詠桐
3B	江愷澄
3B	盧曉璇
3B	羅稼程
3A	何明恩
3A	李承霏
3A	黄碧蕙
3A	黎苑琪
3A	莫靖嵐
3A	<b>廊泳</b> 嫻

5. 香港角落 / 蘇錦豪 (聖文德書院) Apple iPhone 14 pro max



蘇錦豪同學獲獎作品



季軍



#### 學界女子乙組排球比賽

4A 俞尹		俞夭祈
4B 呂 =		呂卓琳
4C 陳言		陳詩晴
3D 趙3		趙珮喬
3C 蔡記		蔡詠桐
3B 江州		江愷澄
3B <b>盧</b> 明	未舍	盧曉璇
3B 羅利	子平	羅稼程
3A 何明		何明恩
3A 李月		李承霏
3A 黄乳		黄碧蕙
3A 黎 <b>莎</b>		黎苑琪
3A 莫如		莫靖嵐
3A 廣彩		<b>鄺泳嫻</b>
4C 陳言   3D 趙邦   3C 蔡言   3B 近   3B 羅和   3A 李語   3A 黄語   3A 英語   3A 英語	季軍	陳趙蔡江盧羅何李黄黎莫晴爾和豫體報明承第萬類強調

在這一年我們排球隊為學校奪得 了學界季軍,多謝學校給我們資 源去訓練,多謝教練的悉心栽 培,才得以讓我們能以更好的技 術和狀態去面對本次賽事。 更要多謝排球隊的大家的努力, 每個人都盡自己最大的努力去贏 得賽事。在上一年的時候,因為 大家的經驗不足,而導致在比賽 中接連失誤,最後遺憾止步於八 強。幸好今年大家都能調整狀 態,互相配合,才能取得佳績。 訓練的過程很艱辛,但因為有大 家的堅持,朋友和老師的支持, 大家努力揮灑的汗水才不會白忙 一場。



3A 李承霏









#### 可持續發展學校獎勵計劃

環境及生態局本學年頒發可持續發展學校參與獎及可持續發展項目獎 予本校,以表揚我校積極推動可持續發展方針

#### 音樂達人大挑戰-18區積極參與達人獎

為鼓勵學生展現音樂學習成果,並欣賞更多不同樂器、樂種的音樂,亦於參加了由教育局及香港電台第四台,共同舉辦的學界音樂達人大挑戰比賽,並獲十八區積極參與達人獎。









### 2024 JOCKEY CLUB RUGBY EMPOWERING PROGRAM TOURNAMENT - GIRLS DIVISION

	2A	陳穎琳
	2A	許瑋心
	2A	林嘉怡
	2A	吳嘉欣
Champion	2A	黄晞漩
	2B	蘇美婷
	2B	王菀盈
	2B	鍾雨倩

我非常感謝學校給予機會,讓欖球隊參加由賽馬會青年源動力計劃舉辦的欖球邀請賽,有機會展現出天主所賜的塔冷通,發掘自己的才能。感謝羅校長及周老師,提供資源和地方給欖球隊練習,亦時刻支持和鼓勵我們。著名作家PETER DRUCKER曾經講過:"THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT",即是「只要我們主動定立目標,不斷努力實行,我們便可以創造理想的未來」。我相信,不論在讀書或興趣方面,都要定下目標及不斷努力學習,便能創造更好的未來。

2A 許瑋心

首次參與欖球運動,我衷心感謝教練的悉心栽培和隊友們的共同努力。儘管是新手,我們仍以積極認真的態度投入每次練習。從認識規則到學習技巧,再到鑽研攻防戰略,我們逐步磨練出團隊的合作精神。

比賽場上的每一分都凝聚著全隊的汗水與付出。我們充分發揮訓練成果,默契配合,這優異的表現,歸功於每位隊員的付出和刻苦練習。這次經驗不僅提升了我的技能,也深刻體現了團隊協作的力量。

2A 吳嘉欣





### 2024 JOCKEY CLUB RUGBY EMPOWERING PROGRAM TOURNAMENT - BOYS DIVISION

2A	馮卓浠
2A	黄俊濠
2A	池延竜希
2A	黎嘉爵
2A	吳淳熙
2A	丁昭日
2C	區煜俊
2C	李晞朗
2C	黄喜洋
2C	楊竣熹
3B	<b></b>
	2A 2A 2A 2A 2C 2C 2C 2C









#### 中學校際羽毛球比賽-羽毛球隊乙組殿軍



今年能摘得獎牌,無疑要歸功於學校的悉心栽培、方教練的指導、許老師的鼓勵,以及隊友間的協作,都是成功的關鍵。對於的技術是成功的關鍵。對於學校的支持實在感激不已。

6D麥凱榮

In September, our school badminton team joined the Group B interschool competition. We played our hearts out but lost to Heep Woh College and Tseung Kwan O Government Secondary School in the final rounds. Still, we won fourth place!

During the matches, I made great friends with my schoolmates Cheung Kei-Chun and Chiu Ching-fung. It was fun to play with them and cheer each other on.

I'm so grateful to Coach Fong for training us hard and to Mr Hui for her constant support. Their encouragement helped us do our best.

This experience taught me about teamwork and sportsmanship. I can't wait for next year's competition!





#### 香港健球總會 港青京士柏健球校際錦標賽2023-2024-亞軍

我很榮幸能夠參加2024年的校際健球 比賽,並且有幸在這次比賽中為學校 出一分力。我們團隊憑藉著不屈不撓 的精神,在激烈的競爭中脱穎而出, 奪得季軍!

比賽初期,我們遇到不少挑戰和挫 折,隊員們難免感到有些氣餒和失 落。然而,就在這個時候,彷彿有一 股神奇的力量激勵著我們。我們重新 振作,打起十二分精神,團結一致, 攜手並進。



我們重拾當初的默契,堅持了數小時,終於成功出線!這一刻,我們歡呼雀躍,所有的辛勞都化為了喜悦的淚水。這個獎杯不僅代表我們的訓練成果,更象徵了我們的成長和蜕變。

在此,我衷心感謝教練吳偉樂先生和周 玉英老師。他們的悉心指導讓我們明白 了團隊合作和永不放棄的真諦。



4A俞夭祈 4C賴曉潼





#### 青苗學界進步獎

青苗學界進步獎

2C	施敏怡
2C	黄喜洋
2D	鄭梓軒
2D	伍紫瑩
3A	方楚凌
3C	陳歷行
3C	李宛澄
3C	丁柏灝
4A	洪愷妍
4B	鄧閔僖
4C	莫子樂
5A	林浚熙
5B	湯善堯
5C	鍾浩霖
5D	謝宇桐
6A	莫志輝
6B	高嘉怡
6C	蘇嘉妮
6D	伍德明



青苗學界進步獎 及 青苗學界進步獎獎學金

4D

黎子琦





#### 青新時代全港青少年進步獎

	3A	余芷霖
進步嘉許獎	4D	方嵐
	5D	裘佩鑫

#### 力理得神父紀念獎學金

	3B	鄧慧詩
	3C	李宛澄
	3C	區芷盈
銅獎	4C	林嘉怡
	4C	呂愷芊
	4C	黄穎姿
	4D	張芷螢



