

聖羅撒書院 家長教師會

校長的話

各位家長：

大家好！本學年快要結束了，今年的暑期較往年短促，在此先祝願家長、同學和老師都能在假期中讓身心靈好好休息。

孩子在成長的過程中，除了得到學校師長的支援，家人的愛惜和陪伴更是功不可沒。今屆中六學生是首批在三年高中都經歷疫情影響的一群，而本校2022年香港中學文憑考試之表現能保持水準，絕大部分科目的成績均高於香港日校考生平均表現，四個主科的成績如下：



校長和同學拍照留念

科目	5級或以上		4級或以上		2級或以上	
	本校成績	香港平均	本校成績	香港平均	本校成績	香港平均
英文	23.4%	10.5%	65.4%	27.4%	100%	79.0%
中文	9.4%	9.6%	35.8%	31.8%	97.2%	87.8%
數學	6.5%	14.5%	43.0%	39.0%	96.3%	82.2%
通識	15.1%	9.6%	48.1%	36.4%	99.1%	89.8%

考獲學士學位課程入學資格的學生達80.4%，比率遠高於香港平均(42.1%)。恭賀中六戊班何旖晴同學考獲八科五級或以上的佳績，結果令人鼓舞。

除學術成績外，本校同學在其他領域亦屢獲佳績。祝賀二零二一年中六畢業生林妍佩同學榮獲二零二零至二零二一年度葛量洪傑出學生獎。葛量洪傑出學生獎由各中學提名中六畢業生競逐，得獎者必須品學兼優，積極參與課外活動以及熱心為社區服務。全港每屆只有二十四位學生獲頒此獎項，而本校學生亦已多次獲此殊榮。



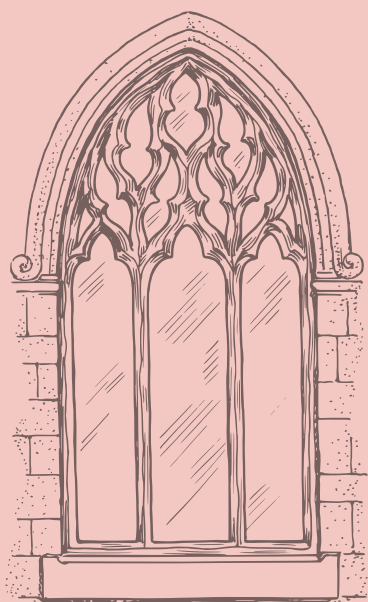
聖羅撒大家庭於彩繪樓梯前合照

現代人生活忙碌，很多時候都沒有停下來、靜下來，所以聖羅撒大家庭會安排年度中學、小學及幼稚園公教教職員靈修日，讓主內的弟兄姊妹於教學和信仰的路上互相扶持。在疫情稍緩的2021年12月18日，我們到訪了西貢的一個島嶼 - 鹽田梓。

鹽田梓又名「鹽田仔」，『梓』有鄉親、鄉下之意，是客家人陳氏聚居的地方，早年島上居民從事曬鹽及務農工作，由於島上的居民全部信奉天主教，所以又稱「教友村」。但隨著城市發展，鹽田梓村民已遷離，令它一度荒廢。直至2013年，西貢鹽田梓在各方推動下正式活化復修，開始接待旅客。

當日我們下了船，從碼頭沿路拾級而上，島上瞬即熱鬧了很多，而山明水秀依舊如昔。小島的標誌建築物是聖若瑟小堂，外牆米白，簡約樸素，內部有聖壇、彩繪窗、十字架和聖母像。我幾年前也曾陪伴校內學生在鹽田梓參與她們的靈修日，長大了的她們現在生活如何？是否都安好？我透過祈禱再次把她們交託給天主。

陳志明副主教與鹽田梓的淵源深厚，每年於五月份第一個主日的聖若瑟瞻禮，也必定會舉家回去。副主教曾在訪問中提及過聖若瑟瞻禮在此百年內於鹽田梓來說，儼如學校校慶、醫院院慶般重要，分散於各地的鹽田梓居民也必定會在這天回村，參與崇拜及親族聚會，熱鬧氣氛足與新年媲美。副主教這番話觸動了我，令我想起新學年聖羅撒大家庭將會踏入75周年校慶，散落在各處的舊生們是否都平安？



聖羅撒書院公教教職員於聖若瑟堂前留影



校長參與校慶遊藝會攤位遊戲

以前的校慶遊藝會是舊生的大事、聚首的好機會，但無奈疫情令許多活動都停擺了。7月30日的試後活動，我們復辦了較小型的遊藝會，鼓勵學生自定創意主題、在所屬課室內設計並主持攤位遊戲，吸引家長和師生購票參加，並將收益用作慈善用途。家長和學生的反應非常熱烈，霎時間校園又回復了熱鬧。我很欣賞學生的創意、不怕辛苦。例如有兩個學生為了吸引訪客支持自己班別，套上卡通恐龍道具作宣傳，我和她們合照，近距離看到在道具內的學生即使大汗淋漓，依舊戴上口罩。

由於限聚要求，是次遊藝會未能讓舊生回校，實是美中不足。但是，今次復辦的經驗，令我們有了更好的準備籌辦來年的校慶開放日和遊藝會。只要情況許可，我們期望讓舊生能夠回校，濟濟一堂。

75周年校慶是一個里程碑，象徵著好幾代人的努力。我深信這也是一個「承先啟後」的契機，感恩前人種樹，也不忘為學校增添教學資源。在8月2日，「Campus TV Studio」、「STEAM Room」和「MAC Centre」開幕，希望豐富學生的多元學習經驗。

鹽田內的鹽粒極具宗教意義，因為耶穌說：「你們要成為地上的鹽、世界的光」。願我們都能夠不負基督的恩許，在現世中，作鹽作光。互勉之。

天主保佑！

校長練茂棠謹啟



「Campus TV Studio」、「STEAM Room」和「MAC Centre」開幕禮

Proudly present the new SRL Campus TV Studio!

CAMPUS TV STUDIO

Thanks to the generous grant of the Quality Education Fund, our school has set up a new Campus TV Studio in Room 706. The room is completely refurbished with stylish acoustic wall panels, green backdrop for chroma key, studio lighting, professional video cameras, iMac computer, soundproof door and more. With such state-of-the-art audio-visual equipment and our well-trained Staff and Student Campus TV Teams, our school has professionally live broadcast many large-scale school events, such as the Information Day for Form One Admission, to enhance communication with the community and enrich students' learning experience during the pandemic.



Exterior wall and door of the Campus TV Studio. The beautiful banners were designed by talented Rosians.

Campus TV



Miss Maria Chan, Headmistress of St. Rose of Lima's School, and her colleague visiting the new Campus TV Studio.



The Information Day for Form One Admission in November 2021 was live broadcast in the Campus TV Studio. The Principal and the Vice-principals sat in front of the green backdrop to greet parents and students of primary 5 and 6. With the chroma key effect applied, a professional impression was presented to the audience.

機電工程署資助項目

「採電學社」

Solar



「採電學社」是政府推動本地可再生能源發展的一項計劃。計劃免費為合資格學校安裝太陽能發電系統，從而能參加本地電力公司推行的上網電價計劃。本校成功申請「採電學社」計劃，由機電工程署提供一站式服務跟進整個安裝太陽能發電系統的過程（包括進行實地視察和技術評估、擬定太陽能發電系統的設計、採購設備、安裝太陽能發電系統和進行系統測試等），並協助學校參加上網電價計劃（包括向電力公司提交上網電價申請和就電網接駁安排事宜與電力公司聯絡等）。

設置於天台上的「光伏板」（Solar Photovoltaic Panels）將太陽能轉化為直流電（Direct Current），再透過「功率逆變器」（Power Inverter）將「直流電」（Direct Current）變成市電頻率的「交流電」（Alternating Current），再透過「隔離變壓器」（Isolation Transformer）將電力輸送到電網（Grid）。透過實時監察系統，學生可以看到系統的「實時輸出功率」（Real Time Output Power）、「日照強度」（Solar Irradiance）、「室外溫度」（Outdoor Temperature）、以及電力之「日產量」（Daily Yield）、「月產量」（Monthly Yield）及「總產量」（Total Yield）等資料。

由系統於2022年3月開始運作至今，每月平均能夠由太陽能產生1000 千瓦特小時（kilo-Watt-hour, kWh，俗稱一度「電」）電力。香港一個典型三人家庭的每月平均用電量約為275度電，即是所產生的電力足夠為4個香港家庭提供潔淨能源。雖然相較起香港七百多萬人口的用電量，這個發電量只能夠說是為供應潔淨能源盡一點綿力。從太陽的光能令光伏板內之電子躍動，到所生產之電能為現代生活提供便利，我們盼望透過教育，讓學生認識到潔淨能源如何廣泛應用，在年輕一代的心中埋下一顆環保的小種子。

優質教育基金項目

STEAM教育計劃

STEAM

自2017/18年度開始，本校已經引入各種STEAM活動，例如無人機、VR專題項目、3D打印及食物打印等活動，亦不時舉辦STEM校內比賽，如手機APP設計比賽等。而各科組，特別是電腦科、科學科、數學科及視覺藝術科，亦各自推行不同包含STEAM元素的課程及活動。

本校的兩個三年發展計劃(2018/19-2020/21)及(2021/22-2023/24)的其中一項重點分別為「加強學生自主學習能力」(Strengthening the Self-Regulated Learning (SRL) Culture) 及「透過混合模式學習加強學生自主學習」(Enhancing Self-Regulated Learning through Blended Learning)。其中，本校策劃循序漸進發展 STEAM 教育，為學生提供不同範疇的動手做及實踐機會，讓她們於不同的STEAM領域發展。同時亦透過培訓活動,提升教師推行 STEAM 教學的能力。



為進一步修訂及優化各STEAM科課程，讓科組之間能達至互補的效果，提升學生創意、協作和解難能力，以及提供合適的場地及設備，以鼓勵學生動手做，實踐所學，豐富他們的學習經歷。本校於2021年獲得優質教育基金撥款港幣一百二十六萬，並展開「STEAM教育計劃@聖羅撒書院」項目。項目為期20個月，當中的重點建設為將「電腦輔助學習室」改建成「STEAM ROOM」，因疫情令進度延誤，等待了一年，場地及設備已經準備就緒。

我們期待藉着理想的場地及設備，能鼓勵同學於各STEAM範疇中動手實踐，促進教學效能。

AGM

會員周年大會



本年度家長教師會會員周年大會於2021年10月23日於學校禮堂舉行。是次大會除了主席及司庫匯報去年度會務及財務報告外，亦選出本屆家教會執委。本年度執委成員如下：

職位	家長代表	教師代表
顧問	-	校監鄧美欣修女
主席	楊佩珊女士	-
副主席	鄧家欣女士	練茂棠校長
文書*	李寧女士	楊安琪老師
司庫	洪惠珍女士	鄭莎老師
學術	洪綺琪女士	張覺冲副校長
總務	陳佩思女士 錢佩佩女士	楊標老師
聯誼	何沛雯女士 林嘉瑩女士 蘇翠君女士	何孜敏副校長
增選委員	朱佩雯女士	-

*前文書周碧雯女士於其任期內離職,由增選委員李寧女士接任。



新舊委員大合照



家教會最佳進步獎



會員周年大會

Committee

year 2021-22



疫情依舊，計劃不似預期，成為家教會一員要機動、積極、彈性去面對一切變化。家教會委員的熱誠化解了突如其來變化所帶來的問題，計劃了的活動時而更改、時而取消，但我們仍然本著初心，盡可能在安全的環境下籌辦活動，可以令家長和學生在學校一起參與活動，這年能夠進行了首飾工作坊、皮革工作坊，家長學生們親自動手做自己的首飾、皮革套。大家開心的在學校渡過了一個下午，他們學懂的不單是手工技巧，更重要的是家長、學生們共同渡過、互動的時光。關係的建立是需要培養、需要養份，在這個相對負面的社會狀況下，大家受到疫情的影響，心理上會容易感到氣餒，家教會的活動希望家長學生們透過共同的任務，多點溝通，在他日回望女兒的學習過程有著家長們的參與，是一個幸福的回憶！

除了家長無私的付出及支持外，校長和老師們的支持都十分重要，在籌辦活動期間，提點不少注意事項，學校的擔憂何止一二，以學生一切作為最大的考慮，全面的關顧以確保同學的身心健康，致令家教會在處理會務時更得心應手。很多人認為疫情非常困難，願各位在「困難」的環境中保持正向的思維，樂觀的心態，困境總會有轉機，困難也會過去的。因為我相信這個疫情、這個困難其實只是一個「經歷」。

主席 Wendy



大家好，21-22年的學期快將結束，今年繼續因疫情的影響，家教會只可舉辦一些小型的工作坊，寄望在22-23年，家教會可以再次舉辦大型活動PTA Night和親子旅行。祝各位身心健康，生活愉快。

副主席 Marilyn

大家好，我是1B班Monica Chow的家長--Alice，十分高興在2021年加入聖羅撒書院家教會為各位出一分力。現於醫院工作，也有替學生私人補習。我很開心在2009年成為一位母親，在這些日子裏，我們感到作為父母的重大責任，我們不僅要注重小孩學業成績外，更重要的是培養她們的良好品德，讓他們未來能夠成為社會的棟樑，發光發熱。

此外，我們每位家長都希望我們的孩子在這裏愉快地學習、健康地成長，再者我也感受到校長、副校長、老師們和校工們對各位學生悉心的關懷及鼓勵，非常感謝你們的無私付出。最後祝大家身體健康！主恩滿溢！

聯誼 Alice



大家好！我是本年度家教會文書，主要負責家教會會議記錄及會訊編輯工作。參與家教會工作半年以來，深深地被校長、副校長、各位老師及家長義工們的奉獻精神所感動，大家共同努力目的是為了孩子們創造一個更好的學習及成長的環境，希望我們的孩子們健康、快樂、成長、成才！我願意為此貢獻自己的綿薄之力！

文書 Lena



大家好！我係2D班Maxine Lee家長Mia，十分感恩今個學年依然能夠抽空參與PTA的工作，同時代表聖羅撒書院出任沙田區家長教師會聯會執委。對於家長及學生在疫情中的求學生涯並不容易，每當為著女兒學習進度氣餒的時候只有誠心祈禱，相信天主必會保守St.Rose每一位有信德的女孩子。

學期眨眼又準備過去，期望新一年；所有同學都能夠向著自己的目標及夢想進發，珍惜及享受學習的日子。

聯誼 Mia



大家好！我是Kavii。經歷了差不多三年疫情的洗禮，感恩學校生活終於逐步回復正常，好讓同學們可享受彌足珍貴的校園生活。

期望日後為大家帶來更精彩的PTA活動。願主保守每一位學生能繼續在愛內茁壯成長。

聯誼 林嘉瑩

大家好！我是本年度家教會的司庫Brenda。好感恩我能夠抽空參與本年度家教會的工作。希望在下年度可以舉辦大型的親子活動，也期待疫情盡快過去，讓學生們可以享受多姿多彩的校園生活。

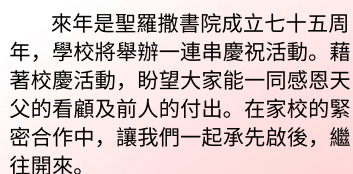
司庫 Brenda



Hello, everyone! I am Josephine (General Affairs). Time flies! This is my 6th year to participate in the PTA EXCO team. As my daughter is going to graduate this year, my task in the PTA will be completed soon. It has been really joyful years when we have received all your support and have seen your cheerful faces. Throughout these years (pandemic) we have gone through lots of difficulties, ups and downs, laughter and tears. But definitely, these have been the most memorable moments in my life. Most importantly, I am so grateful to embark on a joyful journey with my daughter. I have to thank all of you for giving me a chance to serve "St. Rose of Lima's College". I really enjoy all the time that I have been here. This is the most treasurable experience I have ever had. Lastly, I would like to wish all of you a happy and healthy year!

總務 Josephine





我隨着女兒中六畢業，我亦準備離開家教會。由女兒幼稚園開始參與義工及家教會職務不經不覺就15年了，原來時間過得這麼快！



這兩年多的疫情確實令教會的活動不能如往年一樣的舉行，不過間接地令我們學會迎難而上。一些活動改為網上舉行，總算在苦悶中迎來一點晨光。希望很快大家的生活都能跟以前一樣自在精彩！

父母和老師是學生生活中最重要的成年人，如果學生能夠同時得到他們的鼓勵和支持，定能在學習和成長兩方面都獲得最大的益處。學校的努力對學生的發展固然是不可或缺，而家長的參與、支持和配合更是至關重要。家長教師會容許家庭和學校之間建立強而有力的伙伴關係。如果家長和學校有著一致的目標，不但有助學生學習，更讓他們知道家長和老師對他們有著相同的期望，使她們明白到在家裏和在學校都應堅持同樣的標準。



學術 張覺冲副校長



今年很高興能成為家教會的執委！雖然疫情仍然影響著很多家教會的計劃，但當我每次出席常規會議時，都深深感受到各位執委對家教會所付出的熱誠。希望下一個學年來臨時，各位能繼續保持這團火，為學生的校園生活多添色彩！

文書 楊安琪老師



Hardworking, meticulous, and with a can-do attitude, Parents-Teacher Association is a great asset to our school. Thank you!

司庫 鄭莎老師



很高興今年繼續與各位家長一同為家教會服務。希望來年我們能夠舉辦不同的活動，讓各位家長和女兒渡過一個愉快的周末並加深對彼此的了解。

總務 楊標老師



總務 Pui Pui



增選委員 KELLY



UNICEF

聯合國兒童基金會



時光飛逝，轉眼間已到了學期尾。我們聯合國兒童基金會在家長教師會的鼎力支持下，於本年度成功舉辦了五項活動，加深同學對聯合國兒童基金會及兒童權益的認識。在其他學習經歷日，我們為中一級及中二級的同學舉辦了早會分享。從活動簡報內容、聯合國兒童基金會的影片，至小禮物，都是我們聯合國兒童基金會投入了不少精力及時間來策劃。加上老師及同學的支持，讓初中級同學有更多的機會了解有關聯合國兒童基金會的背景及宗旨，是次活動最終亦完滿結束。

此外，我們在上學期亦舉辦了Kahoot遊戲比賽。透過20條有關聯合國兒童基金會的問題，參與的同學可以對此機構有更深入的了解，明白它的宗旨和意義，藉此提高同學對兒童權益的關注。

我們在12月6日至12月9日的短短4天裏，舉辦了籌款活動，提高了全校老師和同學對兒童權益的關注的同時，亦給予大家機會在聖誕前發揚天主的愛，幫助身邊有需要的人。有賴全校師生的支持，是次活動相當成功，我們成功籌得約港幣七千元，並會全數捐予聯合國兒童基金會，望能在各方面保障世界各地的兒童的權益。



在聖誕節期間，我們亦舉辦了自製聖誕裝飾的活動，讓參與的同學發揮創意，設計出屬於自己的聖誕裝飾。當時因為疫情的關係，同學在學校領取了物資後，也只能夠在網上參與這活動，但幸好活動也能十分順利地進行，在讓同學感受節日的輕快氣氛的同時，是次活動亦寄託了小孩子對聖誕節美好的期望與幻想，然而世上有兒童仍在為生存而痛苦，帶出我們要珍惜當下，珍惜所有的訊息。

此外，我們於下學期與互文教社合作，以網上的形式舉辦了模擬聯合國培訓計劃。透過模擬聯合國的環境下，同學研究及討論不同國家童婚的情況，一方面提升同學公開演講的能力及信心，另一方面提高同學對全球問題的認識。在這長達十個月的時光裏，我們經歷了疫情、停課、網課等等阻止我們前進的障礙物，但我們並沒有因此停滯不前，而是找到了另一條道路。





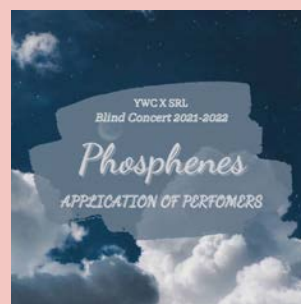
ORBIS

About Our Event

奧比斯是一間國際非牟利慈善機構，40年來一直匯聚各界力量，領導全球共同對抗可避免的失明。身為奧比斯大使，我們希望可以引起大家對眼疾的關注，令大家致力參與奧比斯的各種活動，為全球救盲行動出一分力。

中一活動

本學年10月12日，我們向中一各班別介紹了奧比斯的一些背景。我們亦通過不同遊戲和答問環節，讓同學了解更多有關眼睛健康和護理的知識，並了解視障人士的感受和他們所面對的困難。上述活動讓中一同學對奧比斯有更深入的了解，亦藉此鼓勵她們積極參與日後奧比斯舉辦的活動！



奧比斯世界視覺日 - 徽章義賣

本學年10月11日 - 10月14日，我們舉辦了世界視覺日籌款活動。世界視覺日是奧比斯一年一度的活動，同學可以通過捐款支持奧比斯。所得捐款將會用於幫助患有眼疾的人接受治療，包括眼部手術，讓他們重見光明。每捐款\$40，捐款者更可獲贈「奧比斯世界視覺日徽章」一枚。今年，我們一共贈送了152枚徽章，可見同學們都好善樂施，積極參與這次的籌款活動！

聖誕節曲奇義賣

在迎接聖誕節同時，我們並沒有忘記去幫助更多視障人士。我們於12月8日至12月10日舉辦了聖誕曲奇義賣活動。我們十分投入地到各級義賣曲奇，並且得到很多老師和同學的支持，他們慷慨解囊捐款支持奧比斯。最後，我們成功把所有的曲奇都賣出！連同之前的世界視覺日籌款活動，我們總共籌得了超過港幣一萬三千元的善款。所籌得的善款會不扣除成本，全數捐給奧比斯總會。

BLIND TOUR



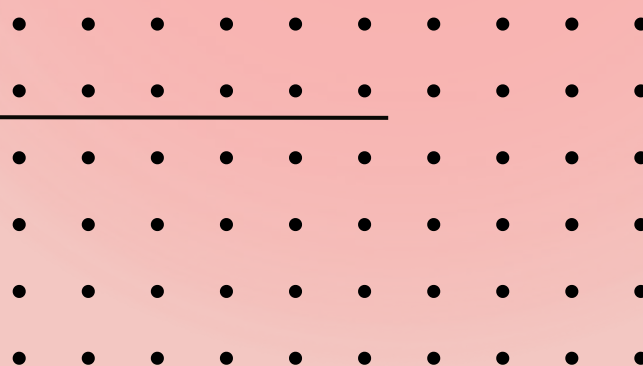


家教會於2021年12月11日星期六下午舉辦親子耳環、手鏈DIY興趣班。是次活動有超過三十位爸爸、媽媽或女兒參加。我們在導師的指導下製作一對耳環和一串手鏈。大家都對自己的作品相當滿意呢！

親子工作坊

耳環手鏈DIY

ENJOY





LEATHER
LEATHER
LEATHER

考試過後，最適合的活動莫過於跟女兒回校參與親子活動。家教會在七月十六日於學校G02室舉辦親子皮革卡片套製作班。是次活動我們邀請了社企「星匠藝術禮品」教授各位家長和同學製作皮革卡片套。負責人Andy Cheng從事皮具禮品生產超過20多年，近年他透過訓練一些智力有障礙的青少年從事皮具助教工作，讓他們勇於在人前展示自己的才能。

親子工作坊

ENJOY

皮革班

FUN FAIR

校慶遊藝會 2022



我們邀請了聖羅撒學校的陳慧賢校長為本年校慶遊藝會的主禮嘉賓

已經停辦兩年的校慶遊藝會終於在今年順利進行。雖然今年未能如以往般邀請眾多家長和舊生，但無礙同學、老師和來賓的熱情參與。受疫情影響，本年遊藝會延後至七月三十日舉行。雖然當天天氣不似預期，但在風雨聲中我們聽到同學和家長的歡笑聲，為本學年畫上一個完美的句號。



FUN FAIR



遊藝會中的不同攤位全是由每班自行創作。同學們設計遊戲、將課室佈置成不同的主題和為各位來賓採購豐富的禮物。當天大家一定抱著大大小小的禮物回家吧？我們明年遊藝會再見！



DSE22

OUTSTANDING

STUDENTS

6E NICHOLE HO

Four lessons of Embracing

If you ask me, 'embrace', a word I learned in junior form, would conclude my secondary school life in St. Rose.

The first lesson I learned was to embrace my beloved classmates. Never have I thought it is so difficult to see each other face to face, let alone without masks. The pandemic has made me treasure my fellow classmates' exuberance. I may take that for granted in the past. Yet, because of the school suspension, I learned to treasure every single moment with them. Not only were the special events like the School picnic and the ECA Day memorable, but also the bits and pieces in our daily school life - packs of snacks left anonymously in our drawers during the self-organised 'Secret Angel', impromptu and weird gestures in every class photo, funny group names in our class group chat, etc. The pandemic may have exploited our time spent with the beloved ones, but never exploited our rights to feel joyfulness with them.

The second lesson I learned was to embrace knowledge. Learning and getting good grades seem to be an arduous task for many of us. How could one possibly plough through an enormous pile of notes, past paper and notes enthusiastically? Yet, as time went by, I realized that knowledge itself is wonderful. Learning English, I get to marvel at the richness and the beauty of the English language in expressing human emotions and thoughts; Learning history, I get to uncover the causes and impacts of historical events, and to compare the past and the present to see how history just repeats itself; Learning economics, I get to unveil the rationale behind actions and policies around me. Aren't these amazing? Instead of viewing learning as a task, I learned to embrace learning and to fall in love with knowledge. As a result, lessons and studying were no longer beyond endurance, but became an enjoyment. This is my intrinsic motivation for studying hard and striving for the DSE.

The third lesson I learned was to embrace limitations. I believe everyone of us has dreamt of a fantastic, fun-filled and fiery high school life. Yet, the outbreak of the COVID-19 pandemic burst our bubble. Limitations are here and there - We could not have face-to-face lessons with our peers, we could not have any close contact with our bosom buddies in events to prevent the spread of disease, to name but a few. Some bemoaned limitations, but I chose to embrace them. It was the online lessons that made us treasure every single face-to-face lesson with our beloved classmates and teachers; It was the school suspension that encouraged me not to succumb to challenges but continue my learning at home; It was limitations that prompted us to outsmart them by exploring and innovating. Being the President of the Students' Union last year, it may seem impossible to organise a decent and fruitful Leadership Training Camp under countless anti-pandemic measures. Nonetheless, we eventually did that by thinking differently. Let's embrace limitations, so that we can uncover the hidden gifts underneath.

The fourth lesson I learned was to embrace our hard work. We all have sky-high goals and ambitions. Along my journey, tiredness, self-criticism, and insecurity occasionally emerged. I questioned myself, 'Am I even qualified to be the outstanding one? Who am I to have these unrealistic dreams?'. Looking back, I would like to hold myself tight and tell myself to trust my efforts. My efforts in the past years would be the solid foundation for success. All hard work pays off, whether we finally succeed or not. Even if we fail, we can learn from failure. Therefore, let's embrace our hard work. The feeling of having something to struggle and strive for is empowering. As a committee member of the class club, ECA clubs, the Orbis Student Ambassadors and even the Students' Union, and a student who strives for academic excellence at school, I would like to express my most sincere gratitude to St. Rose of Lima's College for granting me such priceless opportunities to be empowered.



DSE22

OUTSTANDING STUDENTS

6A BELLE LI



From an immature girl to a well-educated young lady

St. Rose, not only a place nurtures me with knowledge, but life-changing lessons that cannot be learnt in the textbook. Without the people I met in St. Rose, I would never become who I am today. Still remember when I was in F.1, I never had high expectations on myself. I only started doing revisions 3 days before the exam (please do not learn from me!), and I got a bare pass in all subjects. But as long as I passed my exam, I was satisfied. I was in such an unmotivated mood until I met a teacher in F.3 who enlightened me. Like many students, I was not interested in History and perceived it as a dull subject. However, instead of listing out the historical events monotonously, my History teacher in F.3 made her lessons lively and sparked off my fascination in History. Therefore, I studied hard for the first time and wanted to strive for an outstanding mark in History so that I could impress my teacher.

But life always shocks us with exception. I did not perform well in one of my tests and kept blaming myself. 'The result is not important, what matters is your learning attitude.' These words from my teacher brought me out of guilt and inspired me completely. Being motivated is the prime step leading to success, providing us with fuel to strive for excellence. I am so grateful to have a teacher correcting my values and attitude in studying. Since then, I treat my study and every role in school seriously and devotedly to leave no regret.

Although we are the chosen graduates whose senior school life was seriously affected by the pandemic, we are given loads of opportunities to explore and take up different roles in the school. I was so blessed to be one of the core members of the Students' Union in F.5. Organising activities was never an easy task. From brainstorming proposals to evaluating the events, every stage takes uncountable time and effort. There were lots of obstacles waiting to be overcome, ranging from the disputes between members to the ever-changing policies under the unstable pandemic.

By solving the problems one by one and with the guidance from our teacher advisors, we are able to predict the hindrances that may happen and make preparations beforehand to avoid them from happening. The most essential lesson gained from being the Students' Union must be 'try to solve the problems instead of dwelling on who should be responsible for the mistake'. There is nothing we can do to change the past, then why don't we adjust our focus on the future and try our best to settle the problem? By taking up various roles in the school, these experiences and responsibilities nourish me to be a more mature and rational person.

6 years are neither too long nor too short. But it would undoubtedly be an onerous one without the most loyal companion of my friends and teachers. In the past, I was not confident in myself and was timid to fight for opportunities for myself. I used to believe that I was not brilliant enough and not capable of achieving something high. Fortunately, I had many supportive friends and teachers who encouraged me to step out of my comfort zone. When I was hesitating whether I should take up a role in F.4, my teachers encouraged me to give it a try and so, I became the Orbis Student Ambassador and the President of the Health-in-Mind Club. This paved my way in taking up more essential roles in F.5 which enrich my school life and make it a vivid one. My insecurity is also shown when I have to speak in front of the class, so the SBA assessment of individual presentation was like a nightmare for me. Fortunately, I have many loving friends who comforted, encouraged and reassured each other, despite all of us being extremely anxious about the assessment. During the study leave before my DSE, I even received memos and letters from my teachers, all of them told me to 'give a little more confidence to myself'. This was my motivation to continue with my revision whenever I was distressed and wanted to give up on myself.

St. Rose equipped me and polished me into a better person, and now, I am ready to set off a new chapter in my life. Yet, I know, I am never fighting alone, St. Rose will always be my second home, embracing me with open arms.

DSE22

OUTSTANDING STUDENTS

6C JOYCE TONG

"Just believe"

Time flies and graduation finally comes.

Till this moment, I realised that those seemingly tedious and rush lessons were quite nostalgic, studying with your besties at school, getting insane during each break, playing volleyball after school...Missing all those laughs.

You might never imagine that a girl who is not from an elite class can do well in some subjects in HKDSE. To be honest, when I was still a Form One girl, I did not study throughout the entire academic year, yet I determined to make a change when I was given a conditional pass to Form Two. Paying attention in class, making notes for reference, asking questions — This is the first step I did to improve myself, which were what I had been doing until HKDSE came. Unwittingly, I am being a better self.

In 2020, the pandemic hit us badly, school suspension, online lessons, substantial amount of quizzes, all these could have already buried me. No more ECA, no more face-to-face lesson time, but study. Fortunately, our teachers had given us lots of support—past paper resources, concept-clearing time, so-on and so forth. Life seemed not that harsh during my study leave since there were still many people standing at our back. Figure out your goals and think about the reason why you hang in there when every time you feel depressed and not motivated. Plan your time well, just do not make yourself regret after DSE.



COVID-19 did make my life more challenging, yet it makes me a better person as well.

Thanks to one of my mentors in HKDSE, giving me the chance to be one of the authors of the book 《疫風》, a book that gathers 14 2022 DSERs' stories plus thoughts, in hope of striking a chord with all DSERs who are taking the challenges under the pandemic.

Life is always learning and thinking, if you never try, you will never know what your limit is. We can prove to ourselves, we can do it even if we are not from the elite class. 'Be humble' will always be my motto, there is still room of improvement, and I believe this attitude would help me gain more in the future. Thank you St. Rose, for cultivating me and helping me to grow. Just believe, nothing is not achievable.

Graduating from secondary school, and a new life chapter begins.

AWARD

Student External Awards

2021-2022

Hong Kong Schools Music and Speech Association

The 73rd Hong Kong Schools Speech Festival (Chinese Entries)

Bible Speaking - Third Prize

F.4D Sammy Ngai

Bible Speaking - Certificate of Merit

F.3A Grace Ip

Dramatic Duologue - Third Prize

F.4D Natalie Cheung F.4D Jamie Lee

Dramatic Duologue - Certificate of Merit

F.4E Daphne Ho F.4E Beauty Yiu

Solo Prose Reading - Certificate of Merit

F.2A Melody Fung F.3A Johanna Shek F.3D Megan Chu

F.3D Jenny Chui F.3B Yumi Kwan

Solo Prose Reading (Putonghua) - Third Prize

F.3B Joey Poon

Solo Prose Reading (Putonghua) - Certificate of Merit

F.3A Amanda Chau F.4C Yuki Chen

Solo Verse Speaking - Certificate of Merit

F.1E Kristy Lee F.2A Melody Fung F.3A Edith Yip

Solo Verse Speaking (Putonghua) - Third Prize

F.3A Benedicta Chow F.4D Edith Lam

Solo Verse Speaking (Putonghua) - Certificate of Merit

F.1B Christina Tam

Hong Kong Schools Sports Federation (Shatin & Sai Kung Secondary Schools Area)

Shatin & Sai Kung Inter-School Swimming Championships (Grade A)

100m Breast Stroke - 4th Place

F.5C Betty Li

50m Back Stroke - 5th Place

F.5B Kary Chan

50m Butterfly - 5th Place

F.5D Vanessa Wen

100m Back Stroke - 8th Place

F.5C Chloe Woo

Shatin & Sai Kung Inter-School Swimming Championships (Grade B)

200m Free Style - 1st Runner-Up

F.4D Peony Hung

50m Butterfly - 5th Place

F.3D Kaylie Choi

50m Back Stroke - 6th Place

F.4E Jenny Chan

100m Breast Stroke - 7th Place

F.3B Patricia Fung

50m Free Style - 8th Place

F.3D Alisyn Chin

Shatin & Sai Kung Inter-School Swimming Championships (Grade C)

50m Back Stroke - Champion

F.2B Noelle Cheng

50m Butterfly - 1st Runner-Up

F.2E Lavin Kwan

50m Free Style - 2nd Runner-Up

F.1C Sherry Lam

100m Breast Stroke - 8th Place

F.1C Abigail Yip

The Hong Kong Schools Sports Federation Shatin & Sai Kung Inter-secondary Schools

Table Tennis Competition (Grade B) - Top 8

F.1B Virginia Lam F.1D Yanni Hung F.2A Katie Yan

F.3C Koyee Ko

Hong Kong Youth Cultural and Arts Competitions Organising Committee, Public Relations Association of Hong Kong

The 47th Hong Kong Youth Cultural and Arts Competition - Hong Kong Youth Slogan and Poster Design Competition - Merit Award (Secondary School Section)

F.3B Corwin Chan

Youth. Travel

"Basic Law and I" Hong Kong School's Poster Design Competition

Secondary School Section - 2nd Runner up

F.3A Zelina Wong

Secondary School Section - Finalist Award

F.2A Mavis Chu

Secondary School Section - Merit Award

F.1A Toby Kwok

Hong Kong Schools Speech and Music Association 74th Hong Kong Schools Music Festival

Advanced Pipa Solo - 冠軍 (Vincent Music Education Trophy)

F.5E Chloe Pang

Advanced Liuqin Solo - 冠軍

F.3B Yumi Kwan

Advanced Liuqin Solo - Certificate of Merit Award

F.2E Lavin Kwan

Advanced Zheng Solo - 亞軍

F.2B Verna Liao

Advanced Erhu Solo - Certificate of Merit Award

F.1D Chloe Choi F.4A Francisca Chan

Advanced Yangqin Solo - Certificate of Merit Award

F.1E Yana Lau

Grade Eight Piano Solo - Certificate of Bronze Award

F.5C Chloe Woo

Grade Five Piano Solo - Certificate of Bronze Award

F.1E Erin Wong

Grade Four Piano Solo - Certificate of Merit Award

F.1D Olive Mok

Grade One Piano Solo - Certificate of Merit Award

F.1C Chloe Cheng

Grade Seven Piano Solo - Certificate of Merit Award

F.1A Andrea Tang

Grade Six Piano Solo - Certificate of Bronze Award

F.2A Mavis Chu

Grade Six Piano Solo - Certificate of Merit Award

F.1A Wyant Chan F.4D Bowie Poon

Grade Three Piano Solo - Certificate of Merit Award

F.1A Candice Lau F.1B Christina Tam

Intermediate Erhu Solo - Certificate of Bronze Award

F.3E Elen Choi

Intermediate Zhongruan Solo - Certificate of Bronze Award

F.4A Lydia Lam

Junior Clarinet Solo - Certificate of Merit Award

F.1A Andrea Tang

Junior Liuqin Solo - Certificate of Merit Award

F.4E Daphne Ho

Piano Solo - TomLee Music Scholarship - Certificate of Merit Award

F.4A Kristin Leung

Vocal Solo Foreign Language - Certificate of Bronze Award

F.4B Christy Leung

Joint School Music Association Joint School Music Competition 2022

Secondary School Explorer (Solo) - 金獎

F.2E Lavin Kwan F.3B Yumi Kwan

Bank of China (Hong Kong) - You, Me and Him/Her under the Epidemic Photo Contest

The Most Active Participation School Award - Merit (Secondary School Section)

St. Rose of Lima's College

新春 Whatsapp Sticker 創作比賽 2022 - 個人優異獎

F.1C Chloe Cheng

City University of Hong Kong

The 7th Secondary School Distinguished ArtworkExhibition 2022

Certificate for Distinguished Artworks (Junior Group)

F.1A Hilaire So F.2D Cherry Lam F.3A Zelina Wong

Hong Kong Heritage Museum

Muse Teens More: The 15th Youth Leadership Scheme

Certificate of Goodwill Ambassador Award

F.3A Amanda Chau

Hong Kong News-Expo

HKNE Colouring and Design Competition - Merit (Higher Secondary Grade)

F.5C Charlotte Chan

Second Runner Up (Higher secondary grade)

F.5C Francesca Li

Education Bureau

2021/22 非華語學生中文才藝比賽

1st Runner-up

F.5D Nelab Malik

Merit

F.5A Fatima Asawir F.5A Pakeeza Butt

AWARD

Student External Awards

2021-2022

Grantham Scholarships Fund

Grantham Scholars of the Year Award 2021-2022 – Awardee

F.6E Josephine Lam (20-21)

Sir Edward Youde Memorial Fund Council

Sir Edward Youde Memorial Prizes 2021/22 - Awardee

F.6A Helen Fung F.6E Zoey Lam

Rev. Joseph Carra Education Fund Limited

The Rev. Joseph Carra Memorial Education Grant – Awardee

F.6D Stephanie Ki

Education Bureau

The Scholarship for Prospective English Teachers (2021/22) - Awardee

F.6A Angela Leung (20-21) F.6A Olivia Chung (20-21)

Hong Kong Institute of Certified Public Accountants and Hong Kong

Association for Business Education Ltd.

HKICPA/HKABE Joint Scholarships for BAFS – Awardee

F.5E Annie Law

Federation of New Territories Youth

The Outstanding Student Election of New Territories 2021

Top 10 Outstanding Student of New Territories

F.5A Joyce Chan (20-21)

Shatin Youth Association

17th Shatin Outstanding Students Election – Awardee

F.5A Joyce Chan (20-21)

Hong Kong Extra-curricular Activities Masters' Association

Outstanding Student Award Scheme 2021 – Awardee

F.6A Artemis Fung

The Cultural and Educational Association of the New Towns

The 24th Hong Kong Student's Putonghua Speech Competition - Certificate

of Proficiency

F.3E Eve Wong

Education Development Association of Guangdong-Hong Kong-Macao Bay Area

Guangdong-Hong Kong-Macao Greater Bay Area Storytelling Competition

(Hong Kong Region) - Secondary School Category - Cantonese – Champion

F.5E Carol Chan

The Education University of Hong Kong

The 3rd Greater Bay Area Life Education Writing Competition (Senior

Secondary Group, Hong Kong-Macao Region) Third Prize (Senior

Secondary Section)

F.6A Yoey Li

Education Bureau, Conservancy Association Centre for Heritage

Historical Building Competition-Online Reading Quiz (Popular Version and

Challenging Version) Merit Award

F.2A Melody Fung

Hong Kong Mathematical Olympiad Association

Asian International Mathematical Olympiad Open Contest 2022-Bronze Award

F.4E Viann Fung

Huaxia Cup National Mathematical Olympiad Invitational Competition 2022-

Second prize

F.3A Anson Wong

Third Prize

F.3D Cherry Ng

「香港中學辯論賽」籌委會 - Hong Kong Inter-school Debate Competition -

Best Debater

F.5A Celina Ho

奇趣盃主辦方 - Fun Cup Chinese Debate Competition (Third Round) -

Best Debater

F.5A Celina Ho

Hong Kong New Emerging Technology Education Association

- Hong Kong Fostering ICT Awards Scheme (FICTAS) - ABCD Conceptual

Competition

Special Mention

F.2A Glory Ip

Hong Kong Sha Tin District Primary School Heads Association and Sha

Tin District Secondary School Heads Association

2021/22 Sha Tin District Student Leap Forward Award Scheme

Academic

F.3A Opal Chan F.4C Winsy Tsoi

Art

F.4E Kelly Chan

Service

F.5A Amy Chan

Physical Education

F.4C Yuki Chen

Conduct

F.5C Charlotte Chan

Hong Kong Schools Music and Speech Association

The 73rd Hong Kong Schools Speech Festival (English Entries)

News Feature Presentation - Certificate of Merit

F.3A Renna Lo

F.3D Angel Ngai

F.3D Yurika Cheung

F.3D Alisyn Chin

F.5B Cindy Tsang

Public Speaking Solo - Certificate of Merit

F.5E Theodora Chan

Shakespeare Monologue - Certificate of Merit

F.4D Ellen Lee

Solo Prose Reading - First Prize

F.4A Janus Cheng

Solo Prose Reading - Second Prize

F.5A Katie Cheung

Solo Prose Reading - Third Prize

F.3A Tess Tong F.4A Louise Chan

F.5A Pakeeza Butt

Solo Prose Reading - Certificate of Merit

F.3A Benedicta Chow

F.5E Karina Chan

F.3A Grace Ip

F.5E Cherub Chan

Solo Verse Speaking - First Prize

F.4A Francisca Chan

F.5E Annie Law

F.5A Fatima Asawir

F.5A Angelina Yau

F.6D Hilan Cheung

Solo Verse Speaking - Second Prize

F.2D Claudia Chan

F.4E Lilo Zheng

F.4A Louise Chan

F.5E Judy Liu

Solo Verse Speaking - Third Prize

F.2A Melody Fung

F.5E Carol Chan

F.5A Katie Cheung

F.5B Cindy Tsang

F.6E Annie Li

Solo Verse Speaking - Certificate of Merit

F.1A Candice Lau

F.1A Cheryl Ng

F.1A Andrea Tang

F.1D Chloe Choi

F.1D Jolie Leung

F.1D Starry Wong

F.2B Zita Chung

F.3A Benedicta Chow

F.3B Yumi Kwan

F.3C Mathilda Hui

F.4A Scarlet Cheung

FF.4A Alyssa Chim

F.4C Chloe Chan

F.4C Katie Leung

F.4D Cynthia Cheung

F.4D Natalie Yan

F.4E Carman Au

F.4E Daphne Ho

F.4E Sherry Lam

F.4E Haylie Wong

F.4E Beauty Yiu

F.5A Pakeeza Butt

F.5D Beatrice Fung

F.5D Kitty Ma

F.5D Nelab Malik

F.5E Wincy Chan

Hong Kong New Emerging Technology Education Association (HKNETEA)

Hong Kong ICT Awards 2021: Student Innovation Award 2021 - Entered Semi-Final

F.3A Grace Ip

A.S. Watson Group

A.S. Watson Group HK Student Sports Awards- Awardee

F.3C Koyee Ko

Hong Kong Schools Sports Federation (Shatin & Sai Kung Secondary School Area)

Shatin & Sai Kung Inter-School Athletics Championships

High Jump (Grade C) - 5th Place

F.2C Hilda Kong

Grandmaster Orchestral Music Society

第九屆香港國際音樂節藝韻盃2022 - 第一名

F.3B Yumi Kwan

Mindset

Walk Up Jardine House 2021 Community Challenge (Youth)- 2nd Runner –up

F.4A Francisca Chan

F.4A Louise Chan

F.4A Karina Lam

F.4A Martha Lee

F.4A Kristin Leung

F.4A Ada So

F.4A Tara Tong

F.4A Grace Yam

F.4A Amy Zheng

F.4C Jocaster Nam

F.4E Kelly Chan

F.4E Jenny Chan

F.4E Cherry Cheung

F.4E Lilo Zheng

F.5A Celina Ho

F.5E Kathie Cheung

F.5E Kaya Kwok

F.6E Nichole Ho

Mindset

The Journey of Present Mental Health Creative Competition -2022 - Champion

F.4A Grace Yam

Third Place

F.3A Benedicta Chow

F.3A Johanna Shek

F.3A Renna Lo

Highly Commended Work

F.3A Renna Lo

F.4A Tara Tong

F.4A Martha Lee

The Vocational Training Council (VTC), the Construction Industry Council (CIC)

and the Clothing Industry Training Authority (CITA) - Hong Kong Junior Skills

Competition 2022

Graphic Design Technology - 1st Runner-up

F.5E Sally Chui

Digital Construction - 2nd Runner-up

F.5A Kathy Wong

Painting and Decorating - 2nd Runner-up

F.4A Sammy Chan