

# HKSRL PTA

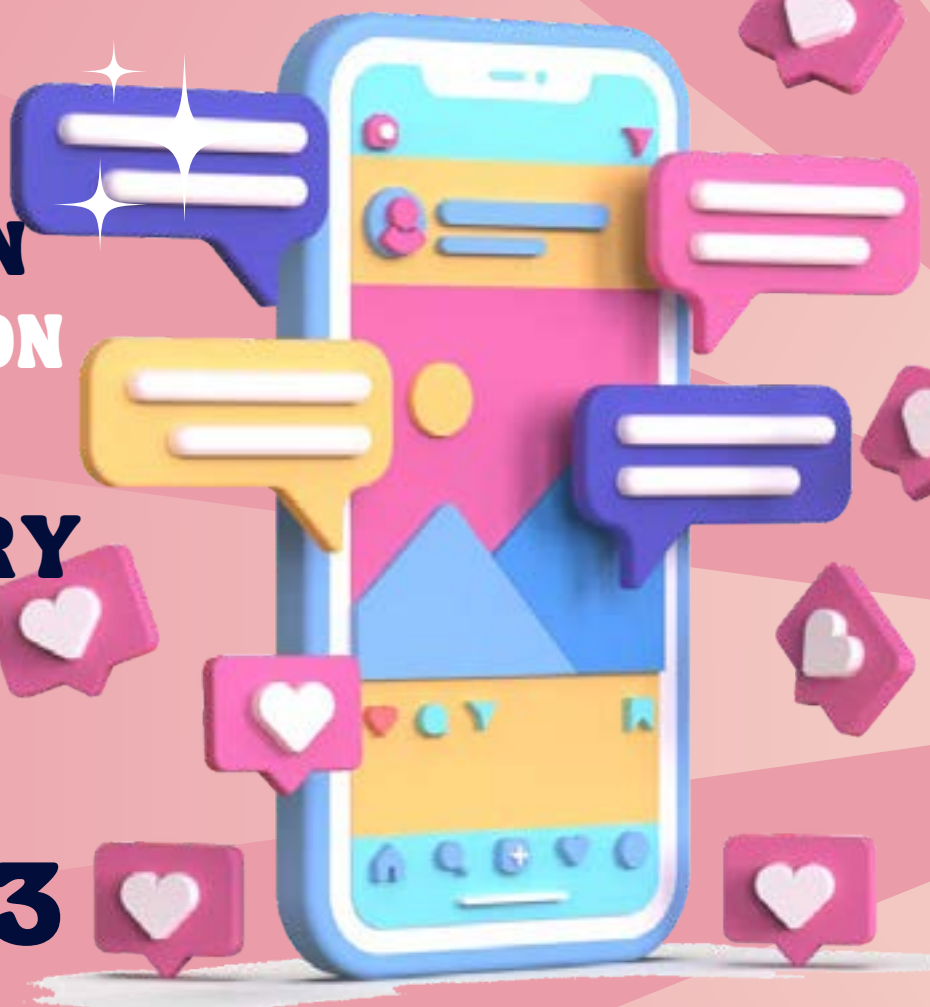


聖羅撒書院家長教師會

**COMMUNICATION  
& COOPERATION**

**25TH  
ANNIVERSARY  
SPECIAL EDITION**

**AUG | 2023**



香港新界沙田銀城街29號 T: 23371867 F: 23380915 | 2023



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校長的話



各位家長：

2022-2023學年進入尾聲了，我首先和大家分享應屆畢業生的學術成果。本校2023年香港中學文憑考試表現優秀。在同學、家長和老師的共同努力下，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：

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	35.5%	10.3%	80.0%	27.9%	100%	78.9%
中文	16.8%	10.9%	59.8%	32.8%	99.1%	88.2%
數學	10.0%	14.4%	54.5%	38.6%	95.5%	82.2%
通識	26.4%	9.6%	70.9%	37.5%	100%	90.4%

本校考獲學士學位課程入學資格的學生達87.3%，比率遠高於香港平均的42.4%，結果令人鼓舞。中六戊班戴泳妍同學、張馨文同學及廖之廷同學同時考獲八科五級或以上的卓越佳績；中六乙班張紫晴同學考獲七科五級或以上的優秀成績，而中六戊班羅譽馨同學考獲六科五級或以上的佳績。

本校亦有多名同學在國際聯校學科評估及比賽中，獲頒英文及英文寫作榮譽證書；其中，中五甲班唐嘉禧同學同時獲得英文寫作高級榮譽獎章及全港英文寫作最高分數。在2023華夏盃華南賽區數學比賽，中二甲班賴泳澄同學及伍芍琪同學榮獲三等獎。

除學術成績外，本校同學在其他領域亦屢獲殊榮。祝賀2022年中六畢業生何旖晴同學榮獲2022-23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。本校學生已先後八屆獲此殊榮。在由香港遊樂場協會舉辦之2023年第十四屆香港傑出少年選舉，中四甲班勞芷晴同學榮獲奮進組傑出少年獎。在由沙田青年協會舉辦之第十九屆沙田區傑出學生選舉，中一甲班劉思珽同學及中五戊班陳紫廷同學，分別奪得初中組及高中組團隊競賽最佳隊伍獎。在由香港課外活動主任協會舉辦之2022-23香港課外活動優秀學生表揚計劃，中五甲班唐嘉禧同學喜獲優秀學生表揚獎。在由香港基督教女青年會沙田綜合社會服務處舉辦之2022-23沙田區中小學聯校領袖培育計劃，中二甲班陳梓霖同學榮獲最具潛質領袖獎。

在香港學界模擬辯護及模擬法庭比賽2022/23，中四乙班歐陽凱旋同學、錢衍彤同學、李寶汶同學及唐樟蔭同學奪得亞軍。在由香港英文中學聯會舉辦之2023英文話劇比賽，本校勇奪卓越表現獎、卓越團隊獎及卓越劇本獎三個獎項，而中三甲班李思泓同學及中五甲班鄭芷穎同學並同時獲得卓越演員獎。在第75屆香港學校朗誦節及音樂節，本校多名同學獲得冠、亞及季軍。在由匯盈國際音樂交流協會舉辦之中樂樂器比賽，本校中樂團獲得季軍。在運動方面，中四丁班劉易嫻同學獲頒屈臣氏集團香港學生運動員獎，而本校乒乓球校隊（乙組）更在沙田及西貢區校際乒乓球比賽中勇奪冠軍。

今年本校慶祝75周年校慶。本人在此衷心感謝各位家長和校友鼎力支持各項活動，例如開放日、遊藝會及綜藝表演等，令校慶活動能夠順利舉行。在4月21日假座於香港浸會大學大學會堂舉行的校慶聯校綜藝表演，我有幸以舊生身分和眾多聖羅撒幼稚園、小學部及中學部的學生，以及聖羅撒大家庭的舊生們一起合唱“Make Me a Channel of Your Peace”。願我們都能效發聖方濟亞西西的精神，成為和平的工具。



聖羅撒大家庭在校慶聯校綜藝表演中合唱

今年2月25日舉行的校慶遊藝會暨校友日令我印象特別深刻。去年由於防疫要求，舊生未能回校參與遊藝會。今年眾多舊生終於能夠返回母校，探望老師、穿梭師妹們的課室，欣賞她們充滿創意和設計獨特的攤位遊戲。我非常珍惜和舊生們相聚的時刻。看看她們長大後的模樣，聽聽她們現在的生活和工作上的點滴，大家高興地談論着當年在學校的趣事，我內心深受感動。時光走得太快太急，但她們都趕在母校75歲生日的時候回家了。



各班在遊藝會的創意攤位



舊生回校參與校慶遊藝會暨校友日

本港國家安全教育和國民教育經已恆常化。我們深信有國才有家，讓學生了解及欣賞國家至為重要。本校中五級學生剛於七月到內地進行一天的公民及社會發展科考察。學生先參觀了南越王博物院，了解祖國歷史的重要考古發現及出土文物，思考保育文化遺產所面對的機遇與挑戰。接着透過考察粵劇藝術博物館，讓師生們深入了解廣州作為粵劇藝術重要發源地的認識，並思考傳承粵劇藝術文化的意義。



何孜敏副校長、老師及同學參觀粵劇藝術博物館



聖羅撒舊生參與校慶聯校綜藝表演

此外，教育局自2004年起推動姊妹學校計劃，為兩地學校提供一個交流平台，共同提升教育素質。本年六月，聖羅撒學校陳慧賢校長及本校張覺冲副校長帶領兩校的老師參觀山東省青島海諾學校，與海諾的老師共同分享兩地學校的辦學理念、特色和課程發展等內容，建立起了友好的關係。期望將來兩校能繼續加深了解，並締結為姊妹學校。



張覺冲副校長、聖羅撒學校陳慧賢校長及聖羅撒兩校老師  
參觀青島海諾學校

時光飛逝，家長、老師和我都殷切期盼各位同學能珍惜美好的歲月，認真學習，不要辜負自己的青春年華，為我們的家貢獻一分力。

天主保佑！

校長練茂棠謹啟



# Messages from Former PTA CHAIRPERSONS



轉眼間聖羅撒書院家長教師會已成立25年。感恩這些年在天主的保守下，各位不辭勞苦的校長、家長和無私奉獻的老師讓本會茁壯成長。家長教師會成立的目的是希望與學校建立橋樑，彼此互通交流，再配合健康的家長教育，使家校共融合一，讓學生愉快地學習和成長。家教會就像我們的「故鄉」，記錄前人的智慧，經歷進化，塑造成25年後的今日。希望大家繼續傳承家教會的意義，以家校合一的精神，保守學生、家長、老師和校長，一起互相關懷、愛惜彼此，共同為聖羅撒書院再創高峰。各位同學長大後到社會上工作，也要回饋學校，回校探望老師和教導師妹，傳承我們「羅撒女」的精神！

伍裕城先生（由伍太代筆）( PTA Chairperson, 2003-2007 )

As a former president of the SRL Parent-Teacher Association, I am delighted to extend my warmest congratulations on the occasion of the Association's 25th anniversary. Over the past 25 years, the Association has played a vital role in promoting the welfare of students and enhancing the relationship between parents and the school.

I am proud to have been a part of this remarkable journey and to have worked alongside with all dedicated parents, teachers and principals, who have tirelessly supported the Association. The achievements of the PTA over the years are a testament to its commitment to excellence, and I have no doubt that it will continue to thrive in the years to come.

Once again, congratulations to the Parent-Teacher Association of SRL on its 25th anniversary!

Wilson Or ( PTA Chairperson, 2007-2009 )

回想自己參與家教會已經是小女升讀中一的時候。記得當年一班委員雖然工作繁忙，但大家都同心合力地完成大大小小的活動，例如家教會旅行、Fun fair、一人一劇場、跑步班、家長講座、周年大會等等。時日如飛，小女已經在社會工作，而聖羅撒書院亦繼續培育一代又一代的年輕人成才。作為家長能夠參與其中，實在感到喜悅和感恩。在聖羅撒書院75周年校慶和家教會25周年之際，我衷心祝願書院在天主的帶領下繼續在教育的道路上發光發熱！

Charles Ng ( PTA Chairperson, 2012-2016 )

祝賀家教會成立25周年！我很慶幸能參與其中，成為家教會的執委 (2011年至2017年)，參與及籌劃了很多不同的活動，促進家長和學校的溝通，發揮家校合作的精神。在此預祝家教會邁向30周年、40周年、50周年 .....

Julianne Leung ( PTA Chairperson, 2016-2017 )

感謝主席邀請，讓我在家長教師會25周年紀念特刊上，送上祝福語！教育工作者和父母都需要無私的奉獻，大家要彼此支持和諒解，共同培育子女，讓他們身心得到健康、並建立自信和獨立思考的能力。我鼓勵各位父母，無論在職與否，多與子女一起參加學校活動，陪伴他們成長。在慶祝家教會銀禧紀念的日子，謝謝過往25年為聖羅撒書院家長教師會服務的委員，包括校監、校長、老師和家長，也感謝各位家長義工和同學的支持，成就了今天的我們。願主保守這個大家庭，傲然邁向更遠更好的日子。

Helen Lau ( PTA Chairperson, 2018-2019 )

時間飛逝，轉眼間家教會已經成立了二十五個年頭。在過往參與家教會的活動中，我體會到家校合作，互相信任和扶持的精神。過去跟家長及老師們合作籌辦活動的日子，我被大家無私的付出而深深感動。聖羅撒就像一個大家庭，無分彼此。在此，我謹祝家教會在未來歲月裡繼續邁進，讓每一位學妹都能擁有被關愛而又愉快的中學生活。

Betty Yeung ( PTA Chairperson, 2019-2021 )

# PTA COMMITTEE

2022 - 2023



## 主席 WENDY ♥

從2018年女兒踏進聖羅撒書院開始，我便加入家教會工作。今年社會復常，家教會一直計劃的項目終於能夠逐步啟動，讓家長、老師和同學們一起參加活動，建立溝通的橋梁。困難令人頭痛，但也讓人成長。作為家長的我們，一定要保持正面的心態，本著「甚麼問題都可以解決」的精神，才可以教導女兒堅強地成長。適逢家教會25周年，我們努力舉辦不同類型的活動，希望增加家長和學校的互動。藉著正面積極的心態，希望家教會能夠進一步提升家校的溝通和合作。

## 副主席 KAVII ♥

感恩疫情終於告一段落。它讓我們體驗到生命的脆弱和珍貴，也讓我們更加珍惜彼此間的關懷和支持。家教會將繼續關注學生的身心健康，為家長和學生帶來更多不同類型的活動。我們努力讓家長和學校的關係更加密切，也希望為學生在繁重的學習中帶來一些樂趣和色彩。



## 司庫 KELLY ♥

大家好，我是1A班Michelle Yeung的媽媽Kelly。感恩Michelle除了是我的女兒外，也是我的師妹呢！參與家教會的職務讓我得以在家庭以外，能略盡綿力服務大家和回饋母校。疫情經已過去，我期待在未來的日子在家教會的活動中與各位相遇！

## 文書 LENA ♥

大家好，我是本年度家教會文書Lena，主要負責記錄家教會會議的內容。感謝主恩！疫情終於過去，同學們的學習和生活也開始復常，家教會的各種活動也如期舉行。希望各位同學在參與活動的過程中盡情體驗和探索，增廣見聞，培養堅毅的精神和同理心，成為更優秀的自己！



## 總務 BRENDIA ♥

女兒今年升讀中二，我感恩能夠繼續參加家教會並認識一班充滿熱誠的家長執委。透過家教會的活動和會議，我對女兒的校園生活和學校的辦學方針有更深入的了解，也為我們夫婦與女兒提供了更多的話題，從而幫助女兒更積極地投入校園生活。過往一年，家長執委和義工都無私地為同學創造了豐富的成長經歷和更理想的學習環境。每次家教會的活動，我都深受同學們活潑可愛的笑臉和青春活力所感染。期盼來年的家教會活動能夠繼續為同學們繁忙的校園生活中增添不同的色彩。

## 聯誼 ALICE ♥

大家好，我是Alice，2D班Monica的媽媽。很高興獲得大家的支持和信任，成為今屆家教會執行委員之一。雖然過去兩年受疫情困擾，學生的學習與社交大受影響，但我深信一切將會變得美好。家教會今年起亦舉辦不同的活動讓大家參與，讓我們各位一起努力，為同學們創造屬於她們的校園生活，讓她們成為未來社會的棟樑。







## 學術 MARY & 總務 HELEN ♥

大家好！我哋係Helen (F.2 湯謹如的媽媽) 和Mary (F.1林海嵐的媽媽)。2022年，我們有幸能以家教會執委的身份，服務聖羅撒書院。在過去一年間，在每個會議和活動中，我們更深入地了解學校，並且認識了一班志同道合的家長，可謂獲益良多。來年，讓我們集合眾人的智慧，共同向前！



我們記得今年其中一個重大的任務是為Fun Fair準備禮物。「聖誕老人」的工作看似容易，但任務初期我們兩個新人像是玩二人三足舉步為艱。幸好得到主席和其他執委的支持和幫助下，準備的工作亦越來走越順利，最後大家齊心協力，順利地將900多份精美禮物帶到學校。活動當天，家教會各成員和義工各人努力不懈、全情投入地為同學們帶來一個開心好玩的Fun Fair。

每次經過校門，我們都會看到聖羅撒像的微笑，和雲石基座上的「只有透過愛、才能了解愛」的碑銘。在不知不覺間，家教會執委和義工們這一年來一步一腳印，將團體的力量和友愛潛移默化，與學校共建一個美好和多姿多采的校園生活給所有同學。



## 聯誼 JOANNE ♥

我非常榮幸能夠在本年度成為家教會的家長執委，讓我能更深入地了解學校，也提升了我與女兒對學校的歸屬感。在二月份舉辦的校園遊藝會中，我看到所有的家長義工和家教會成員同心協力，使活動舉辦得有聲有色，令人十分感動。期待明年能夠再與大家攜手合作！

## 聯誼 CANDY ♥

大家好！感恩今年成為家教會的委員。過去受到疫情的影響，許多活動無法如期舉行。隨著疫情放緩，今年家教會舉辦了多項親子活動，我有幸參與其中並協助舉辦了DIY馬賽克燈工作坊。透過這些活動，我深深感受到校長、各位老師和委員們的熱情與幹勁。希望來年大家繼續積極參與家教會活動，讓我們與女兒們一起度過美好的學校時光。



## 增選委員 GRACE ♥

我是F4 Corol Chan 的媽媽,Grace。我很榮幸能夠在今年成為家教會的家長執委，讓我更加了解學校並與學校建立了更密切的關係。在今年的活動中，我深深感受到聖羅撒對家長和同學的關愛和重視。希望我們下學年繼續與學校共同前進。

## 增選委員 TINA ♥

我是F2井欣曦的媽媽,Tina。我很榮幸今年能夠成為家教會執委服務學校。過去的一年中，我每次與校長、老師和家長執委們一起商議和籌備不同活動時都能感受到學校對學生的關懷和付出，同時也嘗試了很多以往從未接觸過的事物，受益匪淺。感恩小女在這一年多了與我分享學校的趣事，並能自律地安排好自己的學習和活動時間。我希望學校能夠繼續保持與學生和家長之間的良好溝通，讓每一個學生都能渡過快樂的校園時光！





# PTA COMMITTEE

2022 - 2023

## 聯誼 MR. C.M. HO ♥

古語有云，人生七十古來稀。今年我校慶祝創校七十五周年，過了七十五個寒暑的人生算是晚年，但對於學校來說仍處於壯年。這年來，林林總總的校慶活動為校園生活增添不少色彩及歡樂，當中亦不少得家長及家長教師會執委的身影。適逢家長教師會成立二十五週年，感謝各家長給子女及學校無私的付出，讓大家在愛內一同成長。



## 學術 MR. K.C. CHEUNG ♥

在參與家長教師會的會議及活動期間，本人不但深刻感受到所有母親對其女兒的愛護之情，亦看到了她們對其他學生的關心和照顧。這讓我更加明白到何謂「幼吾幼以及人之幼」，並讓我體會到家長、教師和學校的合作對學生成長的重要性。在集體的力量下，我們的學生確實得到了更多的關注和愛護！



## 總務 MR. BILL YEUNG ♥

本年度PTA嘗試舉辦不同的活動,包括親子旅行、與練校長對話、參觀爭鮮壽司店、DIY燭台製作工作坊等，讓家長和同學都樂在其中。在各個活動中，各位家教會執委都親力親為，主動領導和提供協助，充份表現了聖羅撒大家庭的精神！



## 文書 MR. DAVID TSANG ♥

It is my honour to join the PTA as a novice teacher and serve the school in a new role through building connections with parents and working with them to make the school a better place for every student. My sincere gratitude to all the exco-members for putting so much effort into organising different activities. I have gained more exposure and growth opportunities through working with all of you.



## 司庫 MISS ECHO LEE ♥

大家好！今年是我第一次出任家教會委員。感恩天主的帶領，隨著疫情放緩，我們能一如以往舉辦不同有趣歡樂的活動。我想藉此機會感謝過去歷屆委員的付出和努力，願大家身心康泰，一同共築健康快樂的聖羅撒校園！主佑！





# **2022~2023 Our First Meeting**



# 家長校董選舉



## 選舉結果



865

有效選票

512

1 號候選人

292

2 號候選人

聖羅撒書院法團校董會家長校董選舉已於2023年5月5日完滿結束，並於當天下午4時於G02室進行點票。



練校長、兩位副校長、選舉主任、家教會副主席及家教會代表均有出席見證點票。是次選舉共收到865張有效選票，1號候選人楊佩珊女士獲得512票當選為家長校董，而2號候選人洪惠珍女士獲得292票當選為替代家長校董，恭喜兩位家長。





# 家教會周年會員大會



本年度家長教師會會員周年大會於2022年10月8日於學校STEAM ROOM舉行。是次大會除了報告及選舉新任執委之外，本會由練校長致送長期服務獎予陳佩思女士，以表揚她六年來為學校的熱心服務。另外，本會於今年亦恢復舉辦分班面談會，讓家長於周年大會結束後於課室與班主任及科任老師對話，了解女兒於學校的情況。本年度執委如下：

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	林嘉螢女士	練茂棠校長
文書	李寧女士	曾紫東老師
司庫	梁嘉莉女士	李德玟老師
學術	陳紫雲女士	張覺冲副校長
總務	洪惠珍女士及崔南川女士	楊標老師
聯誼	蘇翠君女士、周惠賢女士及龔淑嫻女士	何孜敏副校長
增選委員	鄧錦慈女士及王婷婷女士	-

## 2022-23





# 爭鮮SUSHI EXPRESS 參觀

家教會 - 企業探訪活動



企業參考 學以致用 見微知著

家教會積極尋找企業單位，讓同學們透過參觀企業，學習課本以外的知識，並了解如何將學校學到的知識應用於商業社會，學以致用。

活動當天天氣涼快，同學們先到爭鮮辦公室，聆聽總經理分享爭鮮營運的秘密，並明白在商業社會運作中每一秒的重要性。

接著同學們參觀爭鮮的三文魚工場，觀看三文魚由挪威到港後的工序。各人看到高水準及嚴格的切割三文魚過程都顯得非常雀躍，不斷舉機拍照。

看完工場的運作後同學便到店舖了解爭鮮分店的前線工作，更即席品嚐了由挪威抵港不足24小時的新鮮三文魚。隨後店長分享了他們在創作新款壽司的過程和經驗。同學們最後還得到爭鮮的贈券，可在日後繼續享用爭鮮的美味壽司！







# 宗教會旅行

水頭水尾  
古蹟徑  
(二帝書院)



午餐



參觀壽桃  
鮑魚麵食館



大棠荔枝山莊





疫情退卻後，我們終於可以安排家教會旅行！活動當天天氣晴朗，各位家長、同學、校長和老師們早上參觀錦田水頭水尾古蹟徑和古蹟元朗鄉村的書堂。午餐過後，大家再到大棠荔枝山莊遊玩。農莊內有數十隻孔雀，爭妍鬥麗，我們還看到難得一見的孔雀開屏呢！

農莊內除了孔雀，還有很多動物、工作坊和農作物等等。有些家長和同學製作了精美的手工作品，也有帶著大公仔或新鮮農作物回家的，大家都滿載而歸。希望來年的旅行有更多的家長和女兒參與，讓家長、女兒和老師們渡過一個愉快的週末。





# FunFair2023

## 校慶遊藝會

25th February 2023



校慶遊藝會是學校一年一度的大型活動，是各位同學和家長非常期待的活動之一，今年於2023年2月25日舉行。家教會當日為大家準備了兩個攤位遊戲和豐富的禮物，讓各位家長、同學和來賓滿載而歸。



此外，為推廣國家安全教育，家教會亦於當天設置了一個桌上遊戲，以增進參與人士對國家安全的意識。





25th February 2023





# Saturdays with Miss Lin



家教會積極推動學校與家長的溝通。為讓家長們更了解學校的運作，與學校有更直接的溝通渠道，家教會舉辦了「與練校長有約」系列座談會。

這次「與練校長有約」主題為測考篇，活動合共有二十個家庭參加。練校長在座談會上與家長分享了學校在測考方面的運作。參與的家長都表示座談會能有效增進家校溝通，讓他們更了解學校的運作以及女兒的校園生活。家教會期望在未來能再次舉辦同類的活動，繼續促進家校溝通和解開家長心中的疑問，希望各位家長能繼續支持！

「與練校長有約」  
— 測考篇





17th July 2023

# Mosaic Lamp DIY

## 馬賽克燈工作坊

馬賽克燈色彩豐富，極具藝術及民族色彩，同學和家長可以按個人的風格設計與別不同的燈座，為生活增添不同的色彩。

今年家教會於7月17日舉辦了馬賽克燈工作坊，共有 35 位家長和女兒參加。活動由本會執委Candy擔任導師，帶領大家製作一個個性化的馬賽克燈擺設。



# 其他活動



## 國民教育 - 網上問答比賽

每年4月15日為全民國家安全教育日,旨在提高全民的國家安全意識,同時認識國家《憲法》、《基本法》及培養國民身份認同。為了增進家長對國家安全的認識,家教會今年為家長舉辦「國家安全網上問答比賽」。6E班 Annie Law、2A班 Lammie Ho 及 2B班 Jennifer Lui的家長獲得滿分成績,並獲練校長頒發獎座。恭喜各位得獎者!

## 家教會25周年紀念品

為慶祝本會成立二十五周年,家教會以學校環境為主題設計了四款精美的筆記本,送贈予各位老師和同學。同學也可收集一套四本的筆記本,作收藏之外亦可在學習時使用。大家也可以用筆記本來記錄一些學校的美好的回憶呢!



## SRL 75th Anniversary Variety Show

學校於4月21日於香港浸會大學大學會堂舉辦聯校綜藝表演。聖羅撒中、小、幼三校的學生當晚為大家準備了中樂、西樂、舞蹈和歌唱表演等,不但為觀眾帶來一場視覺和聽覺的盛宴,亦讓大家感受到聖羅撒大家庭的愛與歡樂。







## UNICEF

剎那間便到了學期尾聲，在家長教師會的鼎力支持下，本會成功地舉辦了多項活動，讓同學了解當前的世界問題和聯合國兒童基金會的宗旨及貢獻，並促進他們的全球公民意識和激發他們對聯合國兒童基金會的興趣。本會一共舉辦了六個活動：開放日之石頭工作坊、聯校日營、校慶攤位、聯校兒童義工服務及初中班際二人三足競賽。

### 聯校日營及兒童義工服務

在過去的幾年受疫情的影響，我們只能在網上上課和舉辦活動。因此，今年本會能與喇沙書院和聖類斯中學分別合辦日營和兒童義工服務的喜悅是不言而喻的。在日營中，同學們通過完成各種挑戰來提升自身的技能，如密室逃脫、手拔河、躲避球等。而在兒童義工服務中，同學們透過服務有特殊教育需要的兒童，明白關懷他人和服務社區的重要性。通過這些活動，同學們獲得寶貴的經驗，建立了全新的友誼和聯繫。日營和兒童義工服務亦幫助同學們建立自信，發掘潛能，同時為社區作出貢獻。

### 初中班際競賽

初中班際競賽是本年度最煥然一新的活動，是多年來首次舉辦的。當中包括「二人三足」和問答環節，讓同學體驗殘疾兒童的困難，增加她們對聯合國兒童基金會的認識和培養團隊精神。





## 石頭工作坊

為提高人們對兒童權利和聯合國兒童基金會的認識，本會於學校開放日舉辦石頭工作坊活動，讓參加者在小石頭上繪畫。此外，本會還設置了展板，以供來賓在掃描二維碼後回答問題，讓他們認識聯合國兒童基金會的同時贏取紀念品。活動一共籌得\$2343.1元正，款項全數捐予聯合國兒童基金會以幫助有需要的兒童。







# ORBIS

本學年10月12日，我們向中一各班別介紹了奧比斯的背景及救盲工作。是次活動透過問答遊戲環節和蒙眼摺紙遊戲，令中一新生明白視障人士在日常生活中的種種困難，加深學生對其了解，同時鼓勵學生踴躍參與奧比斯學會日後舉辦的籌款活動，以行動支持奧比斯極具意義的救盲工作。

10月18日至10月20日，世界視覺日籌款活動順利舉辦。在一年一度的世界視覺日，同學可以通過捐款支持奧比斯，每捐款\$40可獲贈「奧比斯世界視覺日徽章」一枚。活動中所得捐款全數用於幫助眼疾患者接受相關治療，如眼部手術，致力令他們重見光明。今年，有賴老師和同學的踴躍參與，我們一共送出了超過200枚徽章。在此感謝各位老師和同學的慷慨解囊！







4月15日，聖羅撒書院及英皇書院一同於本校舉辦Blind Tour，兩校各有30名參加者。活動中，參加者須蒙眼參與遊戲，體驗視障人士的生活。我們希望藉此活動宣傳保護視力的重要性，提高學生對眼疾的認識，並讓學生更加了解非牟利組織奧比斯。本活動亦成功引起學生對視障人士的關注，為奧比斯籌集資金，幫助更多有需要眼疾人士。







# OUTSTANDING STUDENT

As I am writing this article and recounting my school life in SRL, I gasped in surprise to find myself reaching the end of this chapter in my life. I could still vividly remember the little remark on the top left-hand corner of the blackboard in Form 6 classrooms, showing the n-day countdown till DSE. It used to be traumatic seeing the days before DSE get fewer, little did I know that I would wish to rewind the clock just to relive my Form 6 school life once again after graduation.

Flipping through the scrapbook of my school life memories, I am not at all surprised to see the chapter of “pandemic” occupying most of the pages. The outbreak started when I was in Form 3, right between the time when I could still enjoy my junior years and the time when I found myself doing nothing light-hearted but practicing DSE past papers. At the very beginning, I was very uncomfortable with the radical changes and felt that my precious school life on the physical campus had been stolen. However, when changes are unavoidable, we should learn to embrace them. I tried to enrich my school life by taking up committee posts, organising various events and spending the special holidays well with self-learning materials. I am also very thankful to have been given many opportunities to participate in external events to explore my potential in leadership and volunteering.

The saying that the pandemic has brought both uncertainty and opportunity may be a cliché, but this has somehow been reflected in my own experience.

Just as the pandemic began to settle down, I realized that time had flown so fast that graduation was already around the corner. Although the time left for us to dress in uniforms and have lunch together was short, we enjoyed every precious moment as if it was the last. From ECA day and Ocean Park Picnics to Fun Fair and Parting Ceremony, I cherished every moment of the class spirit. The sweat and laughter on each of my classmates’ faces created vibrant and lasting memories that will never fade.

While there were countless joyful moments and rewarding experiences in these six years, there were times when I felt lost as a DSE candidate and was plagued by self-doubt. Fortunately, I found myself surrounded by a group of caring friends and teachers who helped me navigate through the negativity. Filled with love and care, I was able to fortify my resilience in the face of adversity and strengthen my confidence to pursue betterment.

The word “graduation” is bittersweet: it blends the sense of nostalgia as a secondary student with the excitement for a new chapter of university life. Though I am sometimes still struck by these mixed feelings, I am grateful that all the experiences I had on this journey have shaped me into the person I am today. With these six years of nurturing, memories and friendships I have gained in SRL, I am more than proud to identify myself as a “Rosian”.

Vincy Tai  
Form 6E

# OUTSTANDING STUDENT

As 2023 DSE candidates, we embarked on our senior secondary journey amidst the pandemic. With St. Rose as our guide along with our family, teachers and friends, we sailed through the worries, the uncertainties and the impossibilities, finally arriving at this remarkable destination.

It was not easy for us to have face-to-face learning at school. In the very beginning of this journey, I had to jump out of my comfort zone. The time when I first started having online lessons three years ago still remains fresh in my mind. For the very first time, we saw our teachers and classmates through webcams, we had group discussions using microphones, and raised questions in virtual chat boxes. Everyone was struggling to have a smooth lesson. We tried our best to keep our Wi-Fi connection stable, our microphones working and ourselves highly concentrated. Back when only half-day school was allowed, I always rushed back home for lunch and started my online extra lessons right away. Those days were exhausting yet unusual enough to remind me how precious time could be. The pandemic stole our learning efficiency and lesson time away. Because of that, we have missed many engaging lessons on school campus and numerous valuable chances to acquire new knowledge. However, in these three years, I learnt to make good use of every second and everything I have to continue to swim in the Ocean of Knowledge.

The pandemic brought uncertainty to our extra-curricular activities. I was blessed to be one of the core members of the Students' Union, the Health in Mind Club and the Interact Club. The experience of holding various activities in the past three years broadened my horizons. I have made new discoveries, met new people, and mastered new skills. Especially when we were holding activities during the pandemic, everything could change in the next second and therefore we had to be flexible and resilient. The pandemic did make the job more difficult, but it brought a lot more pleasure to me when I could get this challenging work done. Sadly, life does not always give us what we want. I was lucky to take part in many meaningful events but there were also some that could not take place in the end. The emptiness in my heart when I knew that the activities had to be cancelled after series of meetings and preparation work still appears to be very clear to me. However, these countless regrets taught me that life would never be perfect, including ourselves. I learnt to accept that life would not always go the way we want it to go. We should treasure what we have instead of yearning for what we do not have or blaming ourselves for not being capable enough.

Because of the pandemic, our lesson time was always short. Three years passed like a flash of lightning and the study leave arrived in the blink of an eye. At that time, I was afraid of entering this new stage as I thought that I had not prepared well through those online lessons. In the parting ceremony, saying "goodbye" and "thank you" to my fellow classmates and teachers, my heart was full of fear. I thought that a lonely learning journey would begin as the study leave came, but it turned out to be a heartwarming memory full of support from my teachers and friends. I still remembered the time when my teachers helped me check the papers that I have done even though I had already sent them lots of papers, I still remembered the time when my friends practised speaking through Zoom with me before the day of our oral examination, and I still remembered the time when teachers were having extra lessons with us to give us advice on revising in that crucial period. All these reminded me that I was never alone in this journey. It might be true that DSE caused great hardship, but everyone in St. Rose has always been supporting one another.

During these years in St. Rose, the pandemic may seem like a nightmare to us. The pandemic did affect my secondary school life, but it helped me grow into a more mature young lady. Like roses, after getting over the frosty weather, they bloom glamorously in spring. I am very grateful to have my family members, teachers and friends to complete this learning journey with me. This journey in St. Rose will always be blissful, inspiring, and memorable to me.



Kathie Cheung  
Form 6E



# OUTSTANDING STUDENT

## Make the days count.

If someone asks me what I like about St. Rose, I would probably not be able to come up with a specific incident on the spot, but I knew I would miss everything here as all those cherished memories have made my days in St. Rose count.

St. Rose is a place where I undergo my metamorphosis and come out as a stronger, more confident and well-educated young lady. I was more than fortunate to be given access to abundant learning resources and countless opportunities, be the school posts or nominations for outstanding student elections, in the past six years.

Exposure to myriads of incredible experiences were crucial to my personal growth. Apart from learning how to juggle between studies and duties, I have also established rapport with like-minds in ECA clubs, including Interact Club, Athletics Club and ORBIS Student Ambassadors. Recounting the days when I assumed pivotal roles, such as Sub-Head Prefect and Assistant House Captain, I realised how those rewarding experiences have transformed me to be a better team leader, communicator, problem solver and ultimately an all-rounder. Alongside striving for academic excellence, gaining occasions to unleash my potential made my days count.

Days in St. Rose were like puzzle pieces which altogether formed a complete picture, showing the best times in my youth. One of these pieces was the waves of sweet laughter in my close-knit Red House. I can still vividly recall the circle dancing on Sports Day as we, the house committee members and the cheerleading squad, were singing "Hulala hulala hula hula hey!...". Getting the Overall Championship and Best House Spirit for consecutive years was a testament to our strong unity which brought us collective glory. The sense of belonging to my lovable House as a Redder has made my days count.

Being genuinely and perpetually grateful for the sparkles in St. Rose, I have always strived to make the most of every opportunity. Looking back on those days, there were laughter and tears, sweetness and bitterness. I would say no matter how seemingly insurmountable the obstacles are, as long as we face them head-on, we will eventually overcome them.

HKDSE has always been an arduous battle for candidates, but I made my best endeavour to ace this very last examination in my secondary school journey, at age 18. When I found myself trapped in a state of disorientation in my studies, it was my passionate teachers, supportive friends, and devoted family members who saved me on the verge of giving up. They made me realise that we were fighting the battle together; they fuelled me with the courage to keep pushing myself forward rather than avoiding obstacles. I am truly blessed to have met those warmhearted souls who backed me up through ups and downs. The unreserved love from my peers and teachers made my days count.

A heartfelt thank you to my alma mater, who has propelled me to grow and glow as a Rosian! Here, I would like to take this precious opportunity to send my warmest blessings to my fellow Rosians. May your secondary school years be filled with fruitful and memorable experiences that are worth savouring for a lifetime, and that you will find your days at St. Rose count!

Annie Law  
Form 6E



# OUTSTANDING STUDENT

St. Rose, my second home, is a place that witnessed my growth, my changes, and my development.

People who know me well may use the words “hard-working” or “determined” to describe me, but to be honest, the primary school-me was not like that. Worrying about not getting promoted to Form 2 due to the new learning environment (with many new subjects like Science, History, Geography, etc.), I started to work harder when I was in Form 1. To my surprise, the results I got were higher than my expectations and this made me understand that as long as I treat my studies seriously, nothing is impossible. This gave me the motivation and confidence to study even harder and achieve higher. Because of this, I gradually understood the joy and beauty in learning: Physics allowed me to understand the principles behind many natural phenomena around us which was pretty interesting; Biology allowed me to understand what was happening inside our bodies; while doing Mathematics questions and balancing chemical equations helped me feel calm.

Besides, St. Rose has given me various opportunities. Being the president of the Science Club would definitely be the most memorable experience. Despite the fact that most of our club meetings had to be held online due to COVID-19, the two-year long journey was undoubtedly unforgettable. We had prepared the meetings with different science-related topics that were not taught at school, such as how COVID-19 rapid antigen tests work and the Ig Nobel Prizes. Not only did this experience broaden our horizons, but it also trained our leadership skills and courage (as we had to present and lead the meeting in front of our schoolmates). Another experience that made me grow a lot is the Big Sister Scheme. As a Big Sister for four years, I had become more extroverted and caring. I would contact my small sisters actively and provide them help when needed. All the opportunities St. Rose granted me have shaped me into the person I am today - a more mature, well-educated young lady!

If you ask me: Do you love SRL? My answer would be: YES! I DO.

Why? The reason is simple. It's all because of the people I met here. My classmates, my small sisters, my friends, my teachers... All of them are very nice to me.

I still remember the nights my friends and I worked on the same group projects, where we edited the same Google documents together; and during the days we chit-chat and had lunch together in the classroom. When I was sad, my friends were always here to listen to me and comfort me; when I was happy, my friends would always share the joy with me. They are just like my family, making me feel loved and I also learnt from them how to love one another.

To help us with our academic results, my teachers had even held consultation sessions during lunchtime and extra lessons during the study leave for us! Not only did my friends and I asked our teachers questions together at school, but we also burnt the midnight oil together before tests, school exams, and the HKDSE. Before having the English SBA, my friend and I had done research on our books till midnight, and we had practiced for million times; Due to the resumption of the Oral examination, my friends and I had frequent practices, and we had discussed useful exam skills; During the study leave, I did many past paper questions and my teachers helped me mark them very quickly after receiving my emails, as well as giving me very detailed comments, helping me improve. If I did not have such supportive and caring teachers and friends, I do not think I would have the motivation to work so hard for the HKDSE. I am so grateful to have met all of them in my school life.

Some may think the outbreak of the pandemic had made my secondary school life less fruitful but more dull. Yet, just because of the suspension of schools, I understand how precious it is to be able to go to school physically. Time flies, 6 years have passed. The days of having tests every week and studying till midnight nearly every day were hard, but I do miss those days. These 6 years have equipped me with different skills and knowledge, making me grow. Now a new chapter in my life begins, yet the memories in SRL will always warm my heart.

Judy Liu  
Form 6E



# Award List

Rev. Joseph Carra Education Fund Limited - The Rev. Joseph Carra Memorial Education Grant - Awardee

**F.6A Amy Chan**

Sir Edward Youde Memorial Fund Council - Sir Edward Youde Memorial Prizes 2022/23 - Awardee

**F.6A Janie Chan**

**F.6E Vincy Tai**

The Harvard Club of Hong Kong

Harvard Prize Book Award 2023 - Champion

**F.5A Constance Lai**

Harvard Prize Book Award 2023 - First Runner-up

**F.5A Francisca Chan**

Harvard Prize Book Award 2023 - Second Runner-up

**F.5A Louise Chan**

Hong Kong Extra-curricular Activities Masters' Association - Outstanding Student Award Scheme 2022 - Awardee

**F.5A Tara Tong**

Hong Kong Playground Association - 14th Hong Kong Outstanding Teens - Awardee (Personal Endeavour Group)

**F.4A Renna Lo**

Shatin Youth Association

19th Shatin Outstanding Students - 團體競賽最佳隊伍初中組

**F.1A Geneva Lau**

19th Shatin Outstanding Students - 團體競賽最佳隊伍高中組

**F.5E Kelly Chan**

Hong Kong Schools Music and Speech Association

The 74th Hong Kong Schools Speech Festival (English Entries) - Certificate of Merit (Bible Speaking)

**F.5E Kelly Ko**

**F.6A Angelina Yau**

The 74th Hong Kong Schools Speech Festival (English Entries) - Certificate of Merit (Dramatic Duologue)

**F.5A Sammy Chan**

**F.5A Grace Yam**

**F.5D Edith Lam**

**F.5D Sammy Ngai**

The 74th Hong Kong Schools Speech Festival (English Entries) - First Place (Dramatic Duologue)

**F.5A Louise Chan**

**F.5E Lilo Zheng**

The 74th Hong Kong Schools Speech Festival (English Entries) - Third Place (Dramatic Duologue)

**F.5E Jenny Chan**

**F.5E Cherry Cheung**

The 74th Hong Kong Schools Speech Festival (English Entries) - Certificate of Merit (Public Speaking Solo)

**F.4A Benedicta Chow**

**F.5A Martha Lee**

**F.5C Olivia Li**

**F.5C Winsy Tsoi**

**F.5E Carman Au**

The 74th Hong Kong Schools Speech Festival (English Entries) - Certificate of Merit (Shakespeare Monologue)

**F.4A Malik Meerab**

**F.4E Grace Ip**

The 74th Hong Kong Schools Speech Festival (English Entries) - Certificate of Merit (Solo Prose Reading)

**F.3C Sofia Lau**

**F.4A Joyce Lee**

**F.4A Natalie Leung**

**F.4A Migi Leung**

**F.4A Renna Lo**

**F.4A Donna Ma**

**F.4A Malik Meerab**

**F.4A Florence Ng**

**F.4A Moon Yau**

**F.4D Dora Yau**

**F.4E Opal Chan**

**F.5A Martha Lee**

**F.5E Carman Au**

**F.5E Sherry Lam**

**F.6A Pakeeza Butt**

**F.6A Katie Cheung**

The 74th Hong Kong Schools Speech Festival (English Entries) - First Place (Solo Prose Reading)

**F.5A Louise Chan**

The 74th Hong Kong Schools Speech Festival (English Entries) - Second Place (Solo Prose Reading)

**F.4A Yuuka Kimura**

**F.4E Anson Wong**

**F.6E Cherub Chan**

The 74th Hong Kong Schools Speech Festival (English Entries) - Third Place (Solo Prose Reading)

**F.4E Tess Tong**

**F.5A Janus Cheng**

The 74th Hong Kong Schools Speech Festival (English Entries) - First Place (Solo Verse Speaking)

**F.3A Sisi Li**

**F.4A Renna Lo**

**F.5D Ramona Sin**

The 74th Hong Kong Schools Speech Festival (English Entries) - Second Place (Solo Verse Speaking)

**F.5A Scarlet Cheung**

**F.6A Angelina Yau**

# Award List

## The 74th Hong Kong Schools Speech Festival (English Entries) - Certificate of Merit (Solo Verse Speaking)

<b>F.1A Michelle Yeung</b>	<b>F.4A Athena Li</b>	<b>F.4E Kennis Tong</b>	<b>F.5E Lilo Zheng</b>
<b>F.1B Vanessa Wu</b>	<b>F.4C Yurika Cheung</b>	<b>F.5A Louise Chan</b>	<b>F.6A Pakeeza Butt</b>
<b>F.2C Venice Leung</b>	<b>F.4C Yumi Kwan</b>	<b>F.5C Chloe Chan</b>	<b>F.6A Katie Cheung</b>
<b>F.3A Eunice Leung</b>	<b>F.4D Helena Chan</b>	<b>F.5E Daphne Ho</b>	<b>F.6A Agatha Tong</b>
<b>F.3C Kara Chung</b>	<b>F.4E Grace Ip</b>	<b>F.5E Kelly Ko</b>	<b>F.6A Mona Yeung</b>
<b>F.3E Claudia Chan</b>	<b>F.4E Audrey Lau</b>	<b>F.5E Sherry Lam</b>	<b>F.6D Beatrice Fung</b>
<b>F.3E Sophia Yeung</b>	<b>F.4E Tess Tong</b>	<b>F.5E Beauty Yiu</b>	

## The 74th Hong Kong Schools Speech Festival (English Entries) - Third Place (Solo Verse Speaking)

<b>F.1C Phoebe Fu</b>	<b>F.4A Benedicta Chow</b>	<b>F.5C Evita Pang</b>	<b>F.6D Nelab Malik</b>
<b>F.3A Katie Yan</b>	<b>F.4A Mathilda Hui</b>	<b>F.5E Adrian Lai</b>	<b>F.6E Annie Law</b>

## International Competitions and Education

### ICAS Assessment 2023 - Credit (English)

<b>F.1A Hailey Lam</b>	<b>F.2A Cheryl Ng</b>	<b>F.3C Sofia Lau</b>	<b>F.4E Cherry Ng</b>
<b>F.1A Mignon To</b>	<b>F.3A Ellie Ching</b>	<b>F.3E Claudia Chan</b>	<b>F.5A Martha Lee</b>
<b>F.1B Emma Lam</b>	<b>F.3B Emma Wong</b>	<b>F.3E Charis Chau</b>	<b>F.5C Olivia Li</b>
<b>F.2A Hillary Cheung</b>	<b>F.3B Annise Yeung</b>	<b>F.4A Joyce Lung</b>	<b>F.5E Daphne Ho</b>
		<b>F.4E Ani Chen</b>	<b>F.5E Lilo Zheng</b>

### ICAS Assessment 2023 - Distinction (English)

<b>F.2D Rocanna Lo</b>	<b>F.4E Johanna Shek</b>	<b>F.4E Kennis Tong</b>	<b>F.5A Louise Chan</b>
<b>F.5A Tara Tong</b>			

### ICAS Assessment 2023 - Merit (English)

<b>F.1A Vincy Ng</b>	<b>F.1D Nicole Li</b>	<b>F.2A Wyanet Chan</b>	<b>F.4A Jasmine Law</b>
<b>F.1B Avis Wong</b>	<b>F.1D Emmy Tsang</b>	<b>F.4A Tiffany Lam</b>	<b>F.5B Cherie Au</b>

### ICAS Assessment 2023 - Credit (English Writing)

<b>F.1A Hailey Lam</b>	<b>F.3A Ellie Ching</b>	<b>F.4A Florence Ng</b>	<b>F.5A Martha Lee</b>
<b>F.2D Audrey Kwok</b>	<b>F.3C Sofia Lau</b>	<b>F.5A Louise Chan</b>	

### ICAS Assessment 2023 - Distinction (English Writing)

<b>F.1A Mignon To</b>	<b>F.5A Mavis Ma</b>	<b>F.5E Dorothy Wong</b>
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### ICAS Assessment 2023 - High Distinction (English Writing)

**F.5A Tara Tong**

### ICAS Assessment 2023 - Merit (English Writing)

<b>F.1B Moon Lo</b>	<b>F.3B Serene Ling</b>	<b>F.4A Tiffany Lam</b>	<b>F.4E Vanessa Wong</b>
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### ICAS Assessment 2023 - Credit (Mathematics)

<b>F.2A Hazel Chan</b>	<b>F.2A Wyanet Chan</b>	<b>F.2A Ursula Lai</b>	<b>F.2D Michelle Tong</b>
<b>F.3A Abbie Wong</b>			

### ICAS Assessment 2023 - Merit (Mathematics)

<b>F.1A Edwina Wong</b>	<b>F.1B Emma Lam</b>	<b>F.1B Moon Lo</b>	<b>F.3B Annise Yeung</b>
<b>F.4E Johanna Shek</b>	<b>F.5E Daphne Ho</b>		

### ICAS Assessment 2023 - Credit (Science)

<b>F.3A Hannah Cheung</b>	<b>F.4A Tiffany Lam</b>	<b>F.4E Johanna Shek</b>	<b>F.5E Daphne Ho</b>
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### ICAS Assessment 2023 - Merit (Science)

<b>F.1A Edwina Wong</b>	<b>F.2A Hillary Cheung</b>	<b>F.3A Abbie Wong</b>
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## Polar Museum Foundation - 「中銀香港可持續發展大使」訓練計劃 - Certificate of Completion

**F.6A Kelly Ng**

## UNICEF Hong Kong

### Sustainable Development Goals (SDGs) eLearn Award Scheme 2023 - Bronze Certificate

<b>F.3C Tanya Chan</b>	<b>F.4C Alice Wong</b>
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### Sustainable Development Goals (SDGs) eLearn Award Scheme 2023 - Gold Certificate

<b>F.4E Wylie Sin</b>	<b>F.5D Angel Chiu</b>
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# Award List

## The Association of English Medium Secondary Schools Drama Fest 2023 - Outstanding Performance

<b>F.1A Vincy Ng</b>	<b>F.1D Chloe So</b>	<b>F.2C Aldel Tsang</b>	<b>F.3A Sisi Li</b>
<b>F.1B Emma Cheung</b>	<b>F.1D Emmy Tsang</b>	<b>F.2D Ida Ho</b>	<b>F.4A Malik Meerab</b>
<b>F.1D Jocelyn Chan</b>	<b>F.2A Starry Wong</b>	<b>F.2D Kyra Mok</b>	<b>F.4C Prudence Lee</b>
<b>F.1D Hannah Chow</b>	<b>F.2B Erin Wong</b>	<b>F.2D Megan Sullivan</b>	<b>F.4D Constance Lee</b>
<b>F.1D Nicole Li</b>	<b>F.2C Venice Leung</b>	<b>F.2E Alle Ng</b>	<b>F.5A Janus Cheng</b>
			<b>F.5D Cynthia Cheung</b>

## Drama Fest 2023 - Outstanding Performer

<b>F.3A Sisi Li</b>	<b>F.5A Janus Cheng</b>
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## Drama Fest 2023 - Outstanding Script

<b>F.1A Vincy Ng</b>	<b>F.1D Chloe So</b>	<b>F.2C Aldel Tsang</b>	<b>F.3A Sisi Li</b>
<b>F.1B Emma Cheung</b>	<b>F.1D Emmy Tsang</b>	<b>F.2D Ida Ho</b>	<b>F.4A Malik Meerab</b>
<b>F.1D Jocelyn Chan</b>	<b>F.2A Starry Wong</b>	<b>F.2D Kyra Mok</b>	<b>F.4C Prudence Lee</b>
<b>F.1D Hannah Chow</b>	<b>F.2B Erin Wong</b>	<b>F.2D Megan Sullivan</b>	<b>F.4D Constance Lee</b>
<b>F.1D Nicole Li</b>	<b>F.2C Venice Leung</b>	<b>F.2E Alle Ng</b>	<b>F.5A Janus Cheng</b>
			<b>F.5D Cynthia Cheung</b>

## Drama Fest 2023 - Outstanding Teamwork

<b>F.1A Vincy Ng</b>	<b>F.1D Chloe So</b>	<b>F.2C Aldel Tsang</b>	<b>F.3A Sisi Li</b>
<b>F.1B Emma Cheung</b>	<b>F.1D Emmy Tsang</b>	<b>F.2D Ida Ho</b>	<b>F.4A Malik Meerab</b>
<b>F.1D Jocelyn Chan</b>	<b>F.2A Starry Wong</b>	<b>F.2D Kyra Mok</b>	<b>F.4C Prudence Lee</b>
<b>F.1D Hannah Chow</b>	<b>F.2B Erin Wong</b>	<b>F.2D Megan Sullivan</b>	<b>F.4D Constance Lee</b>
<b>F.1D Nicole Li</b>	<b>F.2C Venice Leung</b>	<b>F.2E Alle Ng</b>	<b>F.5A Janus Cheng</b>
			<b>F.5D Cynthia Cheung</b>

## Hong Kong Art School

### Hong Kong School Drama Festival 2022/23 - Award for Outstanding Cooperation

<b>F.1A Ava Chow</b>	<b>F.1C Sally Yip</b>	<b>F.2E Alice Liang</b>	<b>F.4E Venus Chow</b>
<b>F.1A Edwina Ng</b>	<b>F.2A Catherine Koon</b>	<b>F.2E Jasmine Lo</b>	<b>F.5C Ada Chow</b>
<b>F.1C Effie Chan</b>	<b>F.2C Chloe Choi</b>	<b>F.2E Pamela Wong</b>	<b>F.5C Olivia Li</b>
<b>F.1C Hailey Chung</b>	<b>F.2D Sophie Tse</b>	<b>F.3D Amber Lam</b>	<b>F.5D Ellen Lee</b>
<b>F.1C Phoebe Fu</b>	<b>F.2E Vienn Choi</b>	<b>F.3E Nikita Law</b>	<b>F.5D Sammy Ngai</b>
		<b>F.3E Sophia Yeung</b>	<b>F.5E Cherry Cheung</b>

### Hong Kong School Drama Festival 2022/23 - Award for Outstanding Performer

<b>F.5C Olivia Li</b>
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## Wiseman Education

### EB\* (In-school Ranking Award) (September 2022 - January 2023) - First (EB Level 1)

<b>F.1A Angel Chu</b>
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### EB\* (In-school Ranking Award) (September 2022 - January 2023) - First (EB Level 2)

<b>F.2A Venus Ng</b>
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### EB\* (In-school Ranking Award) (September 2022 - January 2023) - First (EB Level 3)

<b>F.3A Glory Ip</b>
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### EB\* (In-school Ranking Award) (September 2022 - January 2023) - First (EB Level 4)

<b>F.4E Zelina Wong</b>
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### EB\* (In-school Ranking Award) (September 2022 - January 2023) - First (EB Level 5)

<b>F.5A Louise Chan</b>
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### EB\* (In-school Ranking Award) (September 2022 - January 2023) - Second (EB Level 1)

<b>F.1A Megan Lee</b>
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### EB\* (In-school Ranking Award) (September 2022 - January 2023) - Second (EB Level 2)

<b>F.2A Jay Chan</b>
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### EB\* (In-school Ranking Award) (September 2022 - January 2023) - Second (EB Level 3)

<b>F.3A Abbie Wong</b>
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### EB\* (In-school Ranking Award) (September 2022 - January 2023) - Second (EB Level 4)

<b>F.4A Benedicta Chow</b>
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### EB\* (In-school Ranking Award) (September 2022 - January 2023) - Second (EB Level 5)

<b>F.5A Ada So</b>
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# Award List

EB\* (In-school Ranking Award) (September 2022 - January 2023) - Third (EB Level 1)  
**F.1C Karina Chan**

EB\* (In-school Ranking Award) (September 2022 - January 2023) - Third (EB Level 2)  
**F.2A Katie Man**

EB\* (In-school Ranking Award) (September 2022 - January 2023) - Third (EB Level 3)  
**F.3C Kitty Ng**

EB\* (In-school Ranking Award) (September 2022 - January 2023) - Third (EB Level 4)  
**F.4A Karina Tai**

EB\* (In-school Ranking Award) (September 2022 - January 2023) - Third (EB Level 5)  
**F.5C Belle Chan**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - First (EB Level 1)  
**F.1A Megan Lee**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - First (EB Level 2)  
**F.2A Katie Man**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - First (EB Level 3)  
**F.3A Jessica Zhai**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - First (EB Level 4)  
**F.4E Grace Ip**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - First (EB Level 5)  
**F.5A Louise Chan**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - Second (EB Level 1)  
**F.1A Angel Chu**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - Second (EB Level 2)  
**F.2A Venus Ng**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - Second (EB Level 3)  
**F.3C Bell Ho**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - Second (EB Level 4)  
**F.4E Tess Tong**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - Second (EB Level 5)  
**F.5A Ada So**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - Third (EB Level 1)  
**F.1A Emily Ng**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - Third (EB Level 2)  
**F.2A Nicole Cheng**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - Third (EB Level 3)  
**F.3E Chloe Wong**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - Third (EB Level 4)  
**F.4E Zelina Wong**

EB\* (In-school Ranking Award) (September 2022 - May 2023) - Third (EB Level 5)  
**F.5A Janus Cheng**

EB\* (Series Ranking Award) (September 2022 - May 2023) - Distinction (EB Level 4)  
**F.4E Grace Ip. F.4E Tess Tong**

EB\* (Series Ranking Award) (September 2022 - May 2023) - Distinction (EB Level 5)  
**F.5A Louise Chan F.5A Janus Cheng F.5A Ada So**



# Award List

Department of Chinese, The Hang Seng University of Hong Kong - The 6th HSU Chinese Literary Award - 1st Runner-Up

**F.4E Edith Yip**

香港中文大學香港文學研究中心 - 地景．人文．寫作：「觸地生情2022/23」徵文比賽 - Champion

**F.4E Edith Yip**

香港浸會大學文學院及香港浸會大學語文中心 - 第十二屆大學文學獎 (2022-2023) 少年文學獎 - Awardee

**F.4E Edith Yip**

College of Engineering of City University of Hong Kong, Bright Future Charitable Foundation - STEM Challenge - Best Presentation Award

**F.4A Amanda Chau**

**F.4A Gladys Cheng**

**F.4A Benedicta Chow**

**F.4A Yuuka Kimura**

**F.4E Grace Ip**

Education Bureau

Economic Infographic Challenge: Know more about Economic Infographic - Online Self-challenge Quiz - Certificate of Attainment

**F.4E Melody Pong**

**F.5A Debby Tsui**

**F.5C Agnes Lau**

**F.5D Boo Lin**

**F.4E Edith Yip**

**F.5A Amy Zheng**

**F.5C Olivia Li**

**F.5D Heidi Lui**

**F.5A Alyssa Chim**

**F.5B Cherry Chan**

**F.5D Angel Chiu**

**F.5D Ramona Sin**

**F.5A Janessa Lau**

**F.5B Valerie Lam**

**F.5D Peony Hung**

**F.5E Audrey Chow**

**F.5A Mavis Ma**

**F.5C Ada Chow**

**F.5D Pearly Lee**

**F.5E Kathlyn Lam**

Economic Infographic Challenge: Know more about Economic Infographic - Online Self-challenge Quiz - Certificate of Excellence

**F.4A Jasmine Law**

**F.4E Vanessa Wong**

**F.5B Cassie Leung**

**F.5D Vincy Yuen**

**F.4C Yurika Cheung**

**F.5A Ada So**

**F.5B Christy Leung**

**F.5E Kelly Chan**

**F.4D Kelly Lau**

**F.5A Ariel Wong**

**F.5B Hazty Wong**

**F.5E Cherry Cheung**

**F.4E Venus Chow**

**F.5B Cherie Au**

**F.5C Holly Cheung**

**F.5E Trinity Choi**

**F.4E Charlotte Li**

**F.5B Melody Au Yeung**

**F.5C Joni Lai**

**F.5E Yammy Ip**

**F.4E Cherry Ng**

**F.5B Jane Kwok**

**F.5C Winsy Tsoi**

**F.5E Sherry Lam**

**F.4E Kennis Tong**

**F.5B Sumie Lee**

**F.5D Sammy Ngai**

**F.5E Haylie Wong**

Hong Kong Mathematical Olympiad Association - Hua Xia Cup - Semi Final - Third Prize

**F.2A Ursula Lai.**

**F.2A Cheryl Ng**

Inter-Cultural Education, King's College

Joint School Model United Nations - Best Accent Award

**F.4A**

Joint School Model United Nations - Best Delegation Award

**F.4E Grace Ip**

Joint School Model United Nations - Best Speaker Award

**F.4A Amanda Chau**

Joint School Model United Nations - Best Teamwork Award

**F.4A Amanda Chau**

Joint School Model United Nations - Most Exaggerated Delegate Award

**F.4A**

Joint School Model United Nations - Most Likely to Become Politician Award

**F.4E Grace Ip**

Joint School Model United Nations - Most Likely to Work in the United Nations Award

**F.4E Grace Ip**

Po Leung Kuk C. W. Chu College - Hong Kong Mathematics High Achievers Competition - Third Prize

**F.3A Mavis Chu**

Po Leung Kuk, Hong Kong Association for Science and Mathematics Education 第二十五屆香港青少年數學精英選拔賽 - 三等榮譽獎

**F.3A Mavis Chu**

Singapore International Mastery Contest Centre - Singapore and Asian Schools Math Olympiad - Certificate of Participation

**F.4A Florence Ng**

**F.4E Anson Wong**

Singapore and Asian Schools Math Olympiad - Silver Award

**F.4E Cherry Ng**

The Education Bureau and Education University of Hong Kong - Hong Kong Mathematics Olympiad - Honourable Mentioned Certificate

**F.4E Cherry Ng**

# Award List

香港學界模擬辯護及模擬法庭協會, 香港樹仁大學

Hong Kong Schools Mooting and Mock Trial Competition 2022/23 - 2nd Runner-Up

**F.4B Helen Au-Yeung**

**F.4B Alisyn Chin**

**F.4B Chloe Lee**

**F.4B Leanne Tong**

Hong Kong Schools Mooting and Mock Trial Competition 2022/23 - Honourary Mention for Outstanding Advocacy

**F.4A Danica Yip**

**F.4B Chloe Lee**

Hong Kong General Chamber of Commerce - Business School Partnership Programme 2022/23 - Outstanding Students' Report Award

**F.5C Winsy Tsoi**

Definity United

Definity United Competition (First Round-First Match) - Best Debater

**F.5E Swona Shum**

Definity United Competition (Group Match - Second Round) - Best Debater

**F.4D Joey Poon**

Dream Compassioneers - 3rd DC Debate Competition (Preliminary - Round 1) - Best Debator

**F.5C Krystal Wong**

Hong Kong Speech and Debate - Hong Kong Inter-school Debate Competition - 1st Runner-Up

**F.6A Yoyo Choi**

**F.6A Celina Ho**

St. Clare's Girls' School - St. Clare's Four School Competition (Round 2) - Best Debater

**F.2E Eunice Chau**

**F.3E Hailey Cheng**

St. Clare's Four School Competition (Round 3) - Best Debater

**F.5E Swona Shum**

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

**F.4D Kelly Lau**

Hong Kong Schools Sports Federation

All H.K. Schools Jing Ying Table-Tennis Tournament - Eighth Place

**F.4C Koyee Ko**

Inter-secondary Schools Table Tennis Competition (Grade B) - Champion

**F.1D Melissa Shum**

**F.1E Icy Leung**

**F.1E Aimee To**

**F.2C Virginia Lam**

**F.3B Hebbe Fung**

**F.4C Koyee Ko**

**F.4E Vanessa Wong**

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

Shatin & Sai Kung Inter-School Overall Champion Award - Overall 10th Place (Girls)

**School Sports Team**

Shatin & Sai Kung Inter-School Athletics Championships - 8th Place (Girls A Grade 4x100M )

**F.4E Tess Tong**

**F.5C Agnes Lau**

**F.5C Boosko Tong**

**F.6E Emily Qiu**

Shatin & Sai Kung Inter-School Athletics Championships - 7th Place (Girls A Grade 800M )

**F.4A Natalie Leung**

Shatin & Sai Kung Inter-School Athletics Championships - 8th Place (Girls A Grade Javelin Throw )

**F.5C Yuki Chen**

Shatin & Sai Kung Inter-School Athletics Championships - 7th Place (Girls B Grade 200M )

**F.3D Irene Lo**

Shatin & Sai Kung Inter-School Athletics Championships - 5th Place (Girls B Grade 400M )

**F.4D Megan Chu**

Shatin & Sai Kung Inter-School Athletics Championships - 6th Place (Girls B Grade 4X400M)

**F.3B Noelle Cheng**

**F.3B Wing Tsai**

**F.4D Kelly Lau**

Shatin & Sai Kung Inter-School Athletics Championships - 6th Place (Girls B Grade 4x400M Relay)

**F.4D Megan Chu**

Shatin & Sai Kung Inter-School Athletics Championships - 8th Place (Girls B Grade Long Jump )

**F.1C Nickey Leung**

Shatin & Sai Kung Inter-School Athletics Championships - Champion (Girls B Grade Long Jump )

**F.4D Kelly Lau**



# Award List

Shatin & Sai Kung Inter-School Volleyball Competition (Grade A - Division One) - 4th Place

**F.4B Cheryl Chan**  
**F.4C Yuki Lau**

**F.5C Yuki Chen**  
**F.5C Viki Cheung**

**F.5C Ada Kwok**  
**F.5E Haylie Wong**  
**F.6B Cassy Wong**

**F.6B Kary Chan**  
**F.6B Cherry Chung**  
**F.6C Sueny Chung**

Shatin & Sai Kung Inter-School Volleyball Competition (Grade B - Division One) - 8th Place

**F.2A Kate Tsang**  
**F.2B Anna Li**

**F.2D Helen Li**  
**F.3A Priscilla Chun**

**F.3B Wing Tsai**  
**F.3C Berlin Huang**  
**F.3D Mirelle Tang**

**F.4B Kaylie Choi**  
**F.4C Kiki Chan**  
**F.4D Ceci Shu**

Shatin & Sai Kung Inter-School Volleyball Competition (Grade C - Division One) - 7th Place

**F.1A Vincy Ng**  
**F.1A Edwina Ng**  
**F.1B Abby Leung**  
**F.1B Charlize Leung**

**F.1C Hailey Chung**  
**F.1C Kyra Lam**  
**F.1D Clarice Lee**  
**F.1D Rachel Qiu**

**F.1D Gladys So**  
**F.1D Suyi Wong**  
**F.2A Jay Chan**  
**F.2B Crystal Liu**

**F.2C Mavis Liu**  
**F.2E Nicole Chung**  
**F.2E Jasmine Lo**  
**F.2E Hazel Tse**

九龍總商會

我要做球星各師高徒青少年乒乓球爭霸賽2022（香港站）分區賽（U12-13歲） - 2nd Runner-Up

**F.2C Virginia Lam**

View Win International Music Exchange Association

The 3rd View Win Chinese Instrumental Contest - Silver Award (Erhu (Intermediate Section))

**F.1D Melissa Shum**

The 3rd View Win Chinese Instrumental Contest - Silver Award (Guzheng (Junior Section))

**F.2D Hannah Yau**

Hong Kong Schools Music and Speech Association

The 75th Hong Kong Schools Music Festival - Third Prize (Chinese Instrumental Ensemble)

**F.1D Melissa Shum**  
**F.2A Hazel Chan**  
**F.2A Sharen Wong**  
**F.2B Angel Chen**

**F.2D Yana Lau**  
**F.2D Hannah Yau**  
**F.2E Carissa Chane**  
**F.2E Alle Ng**

**F.2E Koey Or**  
**F.3D Lavin Kwan**  
**F.4B Kaylie Choi**

**F.4B Cheri Leung**  
**F.5E Hitomi Hirose**  
**F.5E Daphne Ho**

Music Office, Leisure and Cultural Services Department

2022 Hong Kong Youth Music Interflows - Chinese Orchestra Interflow - Bronze Award

**F.1D Melissa Shum**  
**F.2A Katie Chu**  
**F.2A Sharen Wong**

**F.2B Angel Chen**  
**F.2D Hannah Yau**  
**F.2E Carissa Chane**

**F.2E Alle Ng**  
**F.3D Lavin Kwan**  
**F.4B Cheri Leung**

**F.5E Hitomi Hirose**  
**F.5E Daphne Ho**  
**F.6A Angelina Yau**

Asia Pacific Talent Migrants Association

Hong Kong Penmanship Competition 2022 - Bronze Award in Chinese Penmanship (Secondary School Session)

**F.3D Angela Osunwoke**

Educational Psychology Service (NTW) Section, EDB

25-hour Strength-based Programme on Coding - Certificate of Completion

**F.4D Matilda Tang**

Hong Kong Disneyland

Disney Youth Education Series – Disney's Hospitality in Practice - Certificate of Outstanding Academic Achievement

**F.5A Kay Chan**  
**F.5A Kirsten Leung**  
**F.5A Ada So**  
**F.5A Ariel Wong**  
**F.5A Amy Zheng**  
**F.5B Cherie Au**  
**F.5B Jane Kwok**

**F.5B Yannes Lam**  
**F.5B Christy Leung**  
**F.5C Chloe Chan**  
**F.5C Yuki Chen**  
**F.5C Janis Cheng**  
**F.5C Mia O**  
**F.5C Tania Wong**

**F.5D Cynthia Cheung**  
**F.5D Winifred Fung**  
**F.5D Edith Lam**  
**F.5D Jamie Lee**  
**F.5D Boo Lin**  
**F.5D Ramona Sin**  
**F.5E Peggy Chang**

**F.5E Cherry Cheung**  
**F.5E Trinity Choi**  
**F.5E Audrey Chow**  
**F.5E Sophia Kam**  
**F.5E Adrian Lai**  
**F.5E Sherry Lam**  
**F.5E Swona Shum**  
**F.5E Beauty Yiu**

香港明愛康復服務部 AIM Project - C02 - 高飛任務 - 最佳分工合作獎

**F.4D Matilda Tang**

Endeavour Education Centre Limited - National Flag Raising Training (The 4th Session) - Champion

**F.4A Benedicta Chow.**  
**F.5E Daphne Lau.**

**F.4E Johanna Shek**  
**F.5E Lilo Zheng**

**F.5A Scarlet Cheung**

**F.5A April Lam**

# LET'S WORK TOGETHER

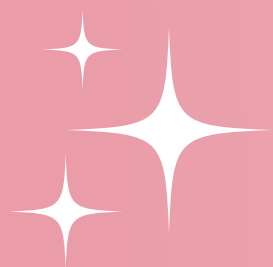


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## **HKSRL PTA**

聖羅撒書院家長教師會

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