

# Student External Award 2019-2020

Harvard Club of Hong Kong

Harvard Book Prize 2019

1st Runner-Up

2nd Runner-Up

Rev Joseph Carra Education Fund Ltd.

Rev. Joseph Carra Education Grants Awardee

Sir Edward Youde Memorial Fund Council

Sir Edward Youde Memorial Prizes 2019/20 Awardee

South China Morning Post - Student of the Year Awards

Linguist English - Finalist

Best Devotion to School - Finalist

Hong Kong Schools Music and Speech Association 71st Hong Kong Schools Speech Festival

F.1 and 2 Solo Prose Reading (Mandarin) - Third Prize

F.3 and 4 Solo Verse Speaking (Mandarin) - Certificate of Merit

Quality Education Development Centre Limited

「身心健康」2019 - 2020系列 粵港澳大灣區學生邀請賽 中學組 標語創作比賽

2nd Runner-Up

Hong Kong Mathematical Olympiad Association Hua Xia Bei (Preliminary)

Second Prize

Third Prize

Mathematics Competition (AIMO)

Qualified to the final round

A.S. Watson Group HK Student Sports Awards Awardee

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

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

Overall 7th Place

200m Breast Stroke - 2nd Runner-Up

4x50m Free Style Relay - 6th Place

4x50m Medley Relay - 6th Place

200m Individual Medley - 7th Place

50m Free Style - 7th Place

200m Individual Medley - 8th Place

200m Free Style - 8th Place



F.6A Katniss Lam  
F.6A Amanda Chan

F.6D Yumi Cheng

F.6A Scarlet Poon  
F.6E Choco Tang

F.6A Scarlet Poon  
F.6A Athena Ho

F.2D Natalie Cheung

F.3E Sindy Tsang  
F.3E Shelly Wong

F.4A Belle Li

F.2A Coey Man  
F.1E Anson Wong  
F.2A Peggy Chang  
F.2A Penny Chaw  
F.2A Kirsten Leung  
F.3A Annie Law

F.3A Annie Law  
F.4A Joyce Chan

F.4D Vanessa Wen  
F.5A Constance Lee  
F.5C Serena Ho  
F.5C Kelly Poon  
F.6A Vanice Leung  
F.6B Anson Kung  
F.6B Rosaline Sze-To  
F.6D Anna Chan  
F.6D Isabel Yeung  
F.6E Fenny Chan  
F.5C Kelly Poon  
F.6B Anson Kung  
F.6D Anna Chan  
F.6E Fenny Chan  
F.5A Constance Lee  
F.5C Serena Ho  
F.6B Rosaline Sze-To  
F.6D Isabel Yeung  
F.6E Fenny Chan  
F.6E Fenny Chan  
F.5C Serena Ho  
F.6B Rosaline Sze-To



# Student External Award 2019-2020

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

100m Free Style - 2nd Runner-Up

50m Butterfly - 2nd Runner-Up

4x50m Free Style Relay - 8th Place

F.4A Joyce Chan

F.4A Joyce Chan

F.3A Chloe Pang

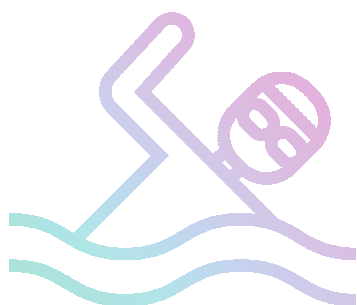
F.3D Betty Li

F.4A Joyce Chan

F.4E Cherry Luk

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

Overall 2nd Runner-Up



200m Free Style - 1st Runner-Up

100m Free Style - 4th Place

4x50m Medley Relay - 4th Place

F.1B Pallas Chan

F.1C Kaylie Choi

F.1C Yumi Kwan

F.1D Alisyn Chin

F.1D Patricia Fung

F.1D Hailey Yip

F.2B Peony Hung

F.2C Karina Lam

F.2D Jane Kwok

F.2E Jenny Chan

F.2B Peony Hung

F.2B Peony Hung

F.1D Alisyn Chin

F.1D Patricia Fung

F.2B Peony Hung

F.2E Jenny Chan

F.1B Pallas Chan

F.1C Yumi Kwan

F.2C Karina Lam

F.2D Jane Kwok

F.1C Yumi Kwan

F.2E Jenny Chan

4x50m Free Style Relay - 6th Place

200m Individual Medley - 8th Place

50m Back Stroke - 8th Place

## Hong Kong Schools Sports Federation - Shatin & Sai Kung Inter-School Table Tennis Competition (Grade A)

4th Place

F.2B Chloe Chan

F.5B Cassie Chan

F.6A Nicole Chiu

F.6E Jacqueline Lo

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

### Shatin & Sai Kung Inter-School Athletics Championships

100m Hurdle (Grade A) - 4th Place

400m (Grade C) - 2nd Runner-Up

Shot Put (Grade C) - 4th Place

F.6C Eunice Woo

F.1E Ceci Shu

F.2B Yuki Chen

Congrats

# Student External Award 2019-2020

## Leisure and Cultural Services Department (Music Office)

### 2019 Hong Kong Youth Music Interflows Concert Band Contest

Silver Award

F.1A Heidi Lau	F.2D Cherie Au
F.1A Mercy Lok	F.2D Cherry Chan
F.1B Karina Tai	F.2D Heidi Lui
F.1B Eve Wong	F.2E Trinity Choi
F.1D Joyce Lee	F.2E Monique Ho
F.1D Natalie Leung	F.2E Kristin Leung
F.1D Wylie Sin	F.2E Ramona Sin
F.1E Dorothy Chan	F.3A Theodora Chan
F.1E Chloe Lee	F.3A Biffy Wong
F.2A Janessa Lau	F.3B Agnes Lam
F.2A Chloe Sze	F.3C Jasmine Yuen
F.2A Hebe Wong	F.3D Ariel Lau
F.2B Cynthia Cheung	F.3E Yan Wong
F.2B Jocaster Nam	F.4B Ines Chan
F.2B Evita Pang	F.4C Bonnie Lam
F.2C Kinki Lo	F.5A Cherry Chung
F.2C Vincy Yuen	F.5E Carrie Leung

### 2019 HK Youth Music Interflows Chinese Orchestra Contest (Secondary School Class B)

Bronze Award

F.1A Angel Lau	F.3C Nicolle Wong
F.1A Ellie Mok	F.3D Angelina Yau
F.1A Moon Yau	F.3E Fiona Cheung
F.1B Yurika Cheung	F.4B Eilis Chan
F.1C Kaylie Choi	F.4C Ophelia So
F.1C Yumi Kwan	F.4D Rainie Au Yeung
F.1C Dora Yau	F.4E Janet Chu
F.2A Hitomi Hirose	F.5C Jasmine Yeung
F.2A Daphne Ho	F.5E Adelaide Chan
F.2B Nicola Chan	F.5E Cindy Cheng
F.2C Winsy Tsoi	F.5E Yoyo Cheung
F.3A Angel Au Yeung	F.6A Karen Ip
F.3A Kaya Kwok	F.6A Bernice Lam
F.3B Anise Lee	F.6A Theodora Luk
F.3C Sally Chui	F.6C Jade Wong

## Leisure and Cultural Services Department

### Sha Tin District Age Group Badminton Competition 2019 Women's Singles (Youth) (Aged 13 - 15)

3rd Runner-Up

F.2B Haylie Wong

### Muse Music (Asia) Association "Summer Music Gala Music Festival Competition 2019 Class S5 Strings Instruments"

First Runner-Up

F.3C Yoyo Wong

### Lions Clubs International District 303 - Hong Kong & Macau, China

Peace Poster Contest - Journey of Peace - Merit

F.2A Lilo Zheng

### Hong Kong Heritage Museum

### MuseTeens More: The 14th Youth Leadership Scheme

Certificate of active service

F.3A Annie Law

### Education Bureau, Community Youth Club

CYC Award Scheme Second Honour Level (White Star Honour Badge)

F.6E Myra Tam



# Outstanding Students

IN HKDSE 2020

## Scarlet Poon Form 6A

"The chosen ones". From the second half of 2019 onwards, we the youth have been claimed as 'the chosen ones'. When people say that "life always takes you by surprise", I bet none of us understood it as having to spend the supposedly prime years of our lives under the looming depression of societal chaos and a global pandemic. Yet, if we are the "chosen ones", what are we exactly chosen for? And, when precisely were we chosen?

Maybe I was chosen to be independent the moment I stepped foot inside the gates of St. Rose of Lima's Kindergarten 15 years ago - it still amuses my family how I joyously skipped inside the campus without even turning back to wave goodbye to my parents while a couple of other kids were screaming and crying at the top of their lungs because they did not want to leave their parents. From that day on, St. Rose has been the place where I have matured to become more and more independent. During these tumultuous times, independence is also vital to managing both academic and personal life. Unexpected school suspensions and social distancing measures meant that we had to deal with the countless past papers, stress, and uncertainty without neighbours to share the burden with or teachers to talk to. Despite the public examination evolving into an even tougher battle, being independent allowed me to stay calm and rational during study leave, re-evaluate and re-organise my revision schedule whenever necessary, and most importantly, to build my self-belief. By firmly believing in yourself and your abilities, you have already given yourself the power to win your battles. And the genuine, loyal friends I have made throughout the years also gave me the confidence to believe in myself and be independent. So even when I was anxiously waiting for 'the email' to arrive on the "Results Day" alone in my room, I know in my heart that although my friends and I might be distant, we were never apart; independent, yet never alone.

I believe I was chosen to be perseverant every time teachers and friends selflessly showed their love to me in all kinds of ways. From teammates who dedicated days and nights preparing for debate competitions with me, cheered for me when it was my turn to speak, to friends who applauded as loudly as humanly possible for me when I received prizes, to teachers who relentlessly marked my essays and answered my questions (be them academic or not) and mentors who generously shared their experiences with me and guided me without reserve - these people's support empowered me to never give up on my goals and dreams, these people made me feel invincible and it is their back up that made me stand right back up every time I trip. Their steadfast confidence in me has encouraged me to dream big and hold fast to my beliefs no matter how arduous the journey might be. Not only are these beautiful souls the best blessings I could ever ask for, but they also have, and will always inspire me to grow into the best version of myself by living my life 'Through Charity to Truth' regardless of any external circumstances.

No matter when, where, how, or why we have been "chosen", I believe that we always have the choice in our hands - 15 years of education in St. Rose has taught me to always choose to love and to always honour charity and truth. All best wishes to my fellow Rosians and I hope you, too, will bloom as fearless roses that will never surrender your noble hearts of righteousness and kindness.



# Outstanding Students

IN HKDSE 2020

## Choco Tang Form 6E

“Sing to St. Rose of Lima’s, home of our childhood years. Where we are true and fun-loving too, where happiness dries our tears.” As a Rosian for 15 years, from the yellowish-brown kindergarten PE uniform to the primary white PE shirt with pink sleeves to the plain white college dress with pink tie and belt, time flies and all the unbearable babies have turned into tough young adults. St. Rose is not only a place for nurturing students in unleashing their potential but also acts as a playground allowing students to share their laughter and tears. The tears during the announcement of the Students’ Union election result shaped the eight of us in the proposed cabinet to stay strong in accepting failure. Being the Sports Day Overall Champion brought us, the house committee members, laughter in celebrating the glory. These remarkable experiences surely enlightened my fruitful secondary school life and become my lifelong memories.



With the possibility of delaying or even cancelling the HKDSE, it was not an easy task to manage both the emotion and revision progress. While my frustration at the uncertainties was inevitable, I was grateful to receive lots of encouragement and unlimited support from my teachers. Marking our papers during study leave, updating our notes at midnight, leaving inspiring and supportive comments on the radio programme... Their unconditional love and care had strengthened my determination in achieving my goals.

Here, I would like to send my blessings to all my fellow schoolmates. It is certain that there are tremendous obstacles in our lives, but do keep our faith and there is always a way out. Hope you all can be the seekers of wonder; seek your own wonder.

# Congrats

# Outstanding Students

IN HKDSE 2020

**Carmen Ho Form 6A**

Completing HKDSE and graduating from secondary school was once unimaginable for me. While time flies in a blink of an eye, I have bravely battled against the big boss of examination and big waves of life. Thus I am now proud to say that I am grateful to have transformed from an innocent girl to a presentable well-educated lady.

The fight against the "notorious" public examination was never easy, there were definitely tears and bitterness. However, with the company of my friends, there were also laughter and sweetness in this 3-year voyage. There were countless nights when I was exhausted from doing projects and preparing for tests. There were also occasional moments when I wept over the seemingly unbearable pressure. During these hardships, my loving buddies always embraced me tightly and patted me on the back. Their whispers of words of comfort gave me strength and confidence to continue to fight against the uphill battle. Not only did their encouragement make me smile, but also the precious moments I shared with them. I still vividly remember how we spent our nights together for Fun Fair, how we shed tears on stage when our class took part in the Talent Quest on our last day, how we ran like Usain Bolt to buy lunch outside school, and how hard we studied together for the HKDSE. These are memories for a lifetime.

Looking back on the journey, I am especially grateful for having such warm-hearted and encouraging teachers. HKDSE is tough, but it is even tougher when we missed numerous lessons due to social movements and the COVID-19 pandemic. Understanding our frustration and distress, our teachers gave us enormous support. I will never forget the lesson when our Chinese teacher gave Christmas presents and a hand-written card to each of us. I also recall the red packets given out by our English teacher with HKD1.2, which is a Cantonese pun that means "pass easily", as a token of her blessings on our public examination. Many other teachers showed their support by multiple means as well, not to mention how dedicated they were to help with our revision during study leave. All their kind acts truly define what love and care are about.

Without the company of my supportive friends and devoted teachers, I would not have made it this far. But the person I would like to pay my greatest gratitude to is me, the one who eventually chose St. Rose as her second home. Although it is time to bid farewell to my alma mater, it would always be the home of my childhood years.



*Cheers*

# Outstanding Students

IN HKDSE 2020

## **Karen Ip Form 6A**

HKDSE has never been a breeze. Lamentably, it was the thorniest uphill battle that all graduates this year had to confront—being baffled by the suspension of class, cancellations of the mock examination and parting ceremony, postponement of the HKDSE... I was utterly overwhelmed by all the uncertainties throughout such arduous voyage.

Albeit facing these challenges, I was fortunate enough to meet many great companions in St. Rose, who accompanied me to walk out of gloominess, who made me realise that I had never been alone. In retrospect, teachers have always been my life mentors, my navigators, and my counsellors—being devoted and tolerant, they gave me all-round support, both emotionally and academically. I would really like to grasp this opportunity to express my deepest gratitude to each of them who encouraged me when I lacked confidence, who provided me with heartfelt advice when I was perplexed, who didn't give me up no matter how many mindless mistakes I had made. And I couldn't have reached the destination without my family and friends (the staunch backing of mine), who became my strength to take the plunge, study hard and make improvements.



Being able to share my feelings here is still inconceivable. I did try my best to leave no stones unturned in the past few months so that when I look back, there were no regrets and frustrations but enchanting memories. And finally, really finally, after going through all the bittersweet moments, it proves that hard work does pay off! People always say “vision without execution is just hallucination”. It's true, and there are no shortcuts to any place worth going. So, let's be bold, be tough, be resilient. Sure we will all be able to cope with every adversity ahead. 15 years of life as a Rosian ends and a new leaf is turned over. Goodbye and thank you St. Rose, my one and only alma mater.

# Outstanding Students

IN HKDSE 2020

## Natalie Au Form 6E

In a blink of an eye, I have already completed my HKDSE. Time flies, I am no longer a timid girl who used to enter the school gate with shaking hands, but a young lady who is ready to head for a new stage of life.

Needless to say, taking the HKDSE is never a piece of cake. All of us toiled away for three years or even more to prepare ourselves for this public examination. A myriad of exercises, past papers and mock papers was what accompanied us throughout this arduous journey. What you first saw in the morning and flipped through before you slept were solely notes and textbooks. I could still remember how I tossed and turned all night worrying about my examinations. It was tough for sure as it required immense determination and concentration but hard work will undoubtedly pay off.

In addition to this tedious challenge, what bothered we candidates the most was the severeness of COVID-19. Standing on the stage, thanking every teacher for their guidance and altruism, hugging one another and bursting into tears at the Parting Ceremony can only be the scenes we imagine. As the class of 2020, unfortunately, we could not experience our Parting Ceremony as a Form Six graduate. We have been through a lot, but we would not have overcome such obstacles without the countless support from our teachers and friends.

With no doubt, excellent academic achievement is vital for us to enter top-notch universities. Yet, it is of utmost importance to engage in a wide spectrum of extra-curricular activities. Being elected as the Vice-President of the Students' Union is definitely a perfect reflection of my life in St. Rose. Not only did my members and I endeavour to organise various internal and external events, but we also tried to juggle time between our studies and Students' Union affairs. I am glad to have my members as my companions and together we strove for our best in the HKDSE in spite of those odds. I could have never acquired these skills nor developed such valuable friendships from textbooks; and these experiences have undoubtedly shaped me into who I am today.

Once a Rosian, Always a Rosian. I am grateful to have spent my 12 years in St. Rose, received a quality education and was nurtured into a well-educated young lady. And to all my fellow schoolmates, especially to the class of 2021, work hard and you will definitely get repaid.





# 疫情下之學校

# Keep Strong



1樓至6樓各層均裝設有無接觸式紅外線感應酒精消毒機。每層設有2部，分別設於走廊各端，方便師生使用。



學生於門口及各洗手間外均設有消毒地氈，定期添加1:99漂白水，以避免細菌及病毒經鞋底傳播。



學校門口均設有無接觸式紅外線成像儀，用作測量所有進入校園之人員（包括學生，老師，職員及訪客）的體溫。所有高於已設定的溫度上限的物件，成像儀會發出警示，當值人員會用手提紅外線體溫計再進行量度以確定有關人士是否體溫過高及有發燒病徵。為保障在校師生安全，有發燒病徵人士均不可進入校園。



小食部亦提升了衛生及防疫措施。學生於排隊購買食物時，須保持適當社交距離。小食部座位設有分隔板，以阻隔學生於進食時飛沫飛散的風險。



別於日常班房座位安排，於疫情期間，所有班房座位均為單行單向排列，以保持適當社交距離。上課時亦不會進行分組討論。



電腦鍵盤及滑鼠等經常接觸設備均加上膠套以便清潔及定時消毒。



電腦室座位設有分隔板以增加學生社交距離，因其房間設置未能配合單向座位要求。

# Stay Safe

學校亦重新分配所有浮動堂課，讓有關課室能於下一組別的學生使用前先進行消毒，以避免不同組別學生交叉感染。

## 會訊編輯委員會

何孜敏 副校長  
楊佩韻

楊標 老師  
劉禮榮 老師

張富德  
楊佩珊



每個班房及特別室均放置酒精搓手液，供學生使用。