



聖羅撒書院家長教師會

香港新界沙田銀城街29號 23371867 23380915 pta@hksrl.edu.hk

校長的話

各位家長：

2020-2021這個學年踏入了尾聲，本人在此衷心感謝家教會執委的貢獻，以及各位家長的參與！

在同學、家長和老師的共同努力下，本校2021年香港中學文憑考試之表現保持水準，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	21.4%	9.6%	65.0%	27.1%	100%	80.4%
中文	16.2%	10.5%	46.2%	32.7%	99.1%	88.6%
數學	9.4%	14.8%	48.7%	39.5%	96.6%	81.8%
通識	15.4%	9.5%	62.4%	36.6%	99.1%	89.4%

考獲學士學位課程入學資格的學生達76.7%，比率遠高於香港平均 (42.2%)，結果令人鼓舞。

中六戊班林妍佩同學考獲七科五級或以上的佳績；而中六甲班黃穎妍同學考獲六科五級或以上的卓越成績；中六甲班李令渝同學、中六戊班潘懿琳同學及郭穎蕓同學亦同時考獲五科五級或以上的優秀成績。

除學術成績外，本校同學在其他領域亦屢獲佳績。祝賀二零一九年中六畢業生富家恩榮獲二零一九年至二零二零年葛量洪傑出學生獎。雖然二零二零年至二零二一年之結果仍未公佈，但本校學生已連續六屆獲此殊榮。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。

在香港遊樂場協會每兩年舉辦一次之香港傑出少年選舉中，每次均從全港中小學選出共三十位得獎者。在芸芸參賽者中，本校今年共有三位同學獲此殊榮。她們分別是「個人奮進初級組」的中三乙班蔡悅思同學，「社會參與組」的中四班陳婧妍同學及「個人成就高級組」的中五班陳旻昕同學。在二零二一年香港傑出少年選舉中，有百份之十的得獎者是本校同學。



在課外活動中，同學亦有優異的發揮及獲得不同的獎項。本校中四戊班羅譽馨同學為香港課外活動主任協會主辦香港課外活動優秀學生表揚計劃得獎者。中三甲班陳頌恩同學獲得匯盈國際音樂交流協會主辦之二零二零年匯盈全港中樂大賽(六級二胡組) 金獎。中二乙班高葦頤同學獲得香港乒乓球總會主辦之全港公開乒乓球單項錦標賽(女子丙組) 亞軍。中三戊班孔璧然同學獲得屈臣氏集團主辦之香港學生運動員獎。



羅譽馨同學為香港課外活動優秀學生表揚計劃得獎者

接下來，讓我們談談聖羅撒書院的一個傳統。在五月聖母月及十月玫瑰月的每個星期二及星期四，我們均會在校園聖母山前舉辦誦念玫瑰經祈禱活動。透過對聖母的尊敬，師生與聖母一同領悟和接受基督的救恩。各宗教科老師會在早會和課堂上鼓勵及邀請學生，參與誦念玫瑰經的行列。本校信仰小團體聖母軍、方濟少年及「主樂靈風」均會派出學生參與，為個人、家庭及社會送上祝福和禱告。在這飽受疫情肆虐的兩年，本校謹守防疫指引，只在教育局批准半天面授課堂的情況下，邀請一些有興趣的學生參與誦念玫瑰經祈禱活動。

我們都懷念在疫情出現之前的早上，約在7時40分開始，校園裡還沒有太多人，師生一起圍著聖母山，風吹樹葉聲、外面駛過的車輛聲……我們一起低頭閉目祈禱，懷著同一的意向，懇求聖母為我們轉禱，好讓世人脫離疫症的折磨。這就是團體祈禱的力量，團體信仰賜給我們的那份感動，有異於個人祈禱，因為主說我們是同一的肢體。

而今年全球31處朝聖地於5月聖母月內，每天接力舉行玫瑰經祈禱活動，祈求新型冠狀病毒疫情早日結束。5月1日，教宗在梵蒂岡聖伯多祿大殿額我略小堂為祈禱活動主持開幕禮。在永援聖母像前，教宗把染疫者和受疫情影響的人託付給聖母。教宗說：「在這個奉獻給聖母的月份之初，我們偕同信徒以至所有心懷善意的人，一起在各地的聖所祈禱。」開幕禮後，30個朝聖地每晚6時輪流帶領唸玫瑰經，經由教廷社交媒體轉播。每天都有特定的祈禱意向，關懷受疫情傷害的群體，例如是疫情下的亡者、無法與摯愛道別的人、醫護人員、露宿者和經濟有困難的人等。5月31日，教宗在梵蒂岡花園主持閉幕禮，為整個月的祈禱活動畫上句號。



2019年聖母山前祈禱活動

我們的另一個傳統，就是於每年五月聖母月期間，在最後一個上學日的早上進行聖母加冕儀式。聖母瑪利亞深明人間疾苦，她是病人之痊及憂苦者之慰，我們確信因著聖母的轉求，讓世人勇敢面對生活中的一切困難和挑戰。去年的儀式從簡，改用直播方式進行，令全校師生能在課室內參與。今年的儀式則改用錄影方式播放，當我和領堅振的學生一起獻花，深深感受到聖母正是以女性溫柔的特質去服從主旨，跟隨耶穌。她提醒我們作為女性，學習她謹守家庭崗位，在信仰路上邁進。我把學校全體學生、教職員及工友交託於聖母媽媽手中，懇切祈求聖母的轉禱，祝願聖羅撒大家庭各人都健康、平安。在這兩年間，世界各地受著病毒的煎熬，飽受痛苦與焦慮，故此在結束禮儀前，全校師生一起誦念教宗撰寫的禱詞，懇求聖母在疫情危機中的庇佑和轉禱，陪伴我們早日脫離逆境。

香港青年協會於1月至2月訪問了2,790名12至24歲青年，當中47.7%人「感到孤獨」，58.8%人「覺得沒有人真正明白自己」，主要是「別人不明白我的處境」（72.3%）；另有76.2%人認為經常有人願意聆聽很重要；62.2%人較常以「影視娛樂」排解孤獨感。調查又以「一般健康量表」了解青年的精神健康狀況，發現48.9%人得分為13至24分，屬可界定為出現精神困擾。青協業務總監徐小曼稱，要戰勝孤獨感，在於能否感受到有意義的連結，例如找到可傾訴及依靠的對象。她建議我們多關心身邊的人，家人亦要多了解子女的生活，聆聽他們的心聲。



2021年 聖母加冕儀式



本校三位同學獲選為2021年「香港傑出青年」

我有時會感慨這個世代的科技越來越高端，帶來莫大的方便，但人與人之間卻好像越來越疏離。疫情更令這情況惡化，虛擬世界是不是快要取代真實世界了？我一直堅信教育的根源是人。教育以人為本，以人為基石。我特別珍惜這學年面授課堂的日子，也樂見中一新生終於可以在校園內參加暑期銜接課程，嬉笑吵鬧聲又重回操場、重回小息的走廊。人與人之間真實的接觸，面對面有笑有眼淚的人生才是真實的人生。只有常存希望、恆久祈禱、愛和陪伴，才會令人走出生命的低潮。最後，我想和大家分享一首詩歌‘Christ is My Rock’。基督才是我們的磐石，依靠祂、信賴祂，我們才會戰勝這世代的孤獨和空虛。

天主保佑！

Christ is My Rock

校長練茂棠謹啟

家長校董選舉

聖羅撒書院法團校董會家長校董選舉已於2021年5月7日完滿結束，點票亦於當天下午2時30分於G02室舉行。校長、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。

是次選舉共發出1564張選票。本校每名家長可親身、郵寄或委託女兒將選票交回學校。是次投票以不記名方式進行。本校共收回407張選票，2號候選人楊佩韻女士獲得204票當選為家長校董，而1號候選人鄧家欣女士獲得174票當選為替代家長校董，恭喜兩位。



家長校董

楊佩韻女士

感激各位家長踴躍投票支持家長校董選舉。我深感榮幸能夠再次當選為家長校董，繼續為大家服務。

我會竭盡所能，積極貢獻，竭力促進學校的持續發展，致力協助學校提升學生的學習成效，關顧學生的成長過程中的需要及如何從中取得平衡的發展，讓每一位小師妹都能在關愛洋溢的校園中愉快學習並茁壯成長。



替代家長校董

鄧家欣女士

大家好，多謝各位的支持，讓我成為替代家長校董。轉瞬間已九年，我的女兒在聖羅撒（學校及書院）這個大家庭的悉心培育下成為一位品格及學業良好的青年，為未來打好基礎。

作為一位新世代家長，我們要多方面了解女兒的成長歷程，我期望藉著替代家長校董的身份，可以多方位了解、支持及參與策劃學校的發展路向，並以家長的身份提供適切的意見，使我們女兒的學習環境能進一步提升，將校訓「忠誠仁愛」的精神融入生活中。





PTA 2021

今個學年，在疫情持續下，家長們所面對的挑戰可謂一浪接一浪。斷斷續續的停課所帶來生活秩序的改變，學生們上網課學習的適應問題，家長對孩子學習時間表安排的擔憂..... 疫情除了影響我們日常生活外，相信亦使我們家長煩惱該如何幫助孩子們在下一刻裝備自己，迎接新挑戰。



主席 楊佩韻

疫症的影響下，家教會不少以往的活動都因此而取消。不過，在能夠舉辦的活動中，我衷心感謝每位家長與委員對學校及學生們無私的愛和付出。全因有着各位對學校和對學生們的愛，縱然我們迎接著未能預知的困難，但只要齊心，在天主的保守、帶領和眷顧下，相信一切困境都會迎刃而解，並能夠將家教會的精神薪火相傳下去。



今年有幸可以繼續為家教會工作，更在各委員的推舉下成為副主席，應該更努力的為家教會工作。可惜，在疫情時代，籌辦活動工作上確實比以往困難。在種種限制下，雖然希望為家長、為同學籌備活動，然而在疫情反覆的情況下，活動或是取消、或是改期。慶幸家教會成員和學校的支持，才得以令部分活動舉行。

與學校的溝通上，家教會沒有因疫情停下來。透過線上會議、電郵等作為溝通工具保持聯繫，家長的意見也能順利反饋。

家校合作是十分重要的，過去兩年在家教會的工作，深切感覺到學校對家教會、家長和學生的支持。學校的真誠、開放、謹言慎行的態度，除了令家教會的工作暢順外，也深信能夠保護學生，讓她們在這裡能茁壯成長。

副主席 楊佩珊

無論是出席家教會的常規會議，還是參與其舉辦的活動，均深深感受到各位家長對學校的支持。你們的努力和熱誠，無疑是源自於對我們學生的愛護，以及對自己女兒的關懷！

學術 張覺冲副校長



家庭與學校一同並肩
成為照亮年輕人的光
使年輕人行當行的道
就是到老時也不偏離

聯誼 何孜敏副校長



感恩今年能成為家教會的執委！在擔任執委期間，很高興能與家長執委同心協力籌辦有意義的活動，豐富學生的校園生活及增進家長與女兒的溝通和了解。在過程中，我深切體會到各家長的熱誠投入和付出。

祈望疫情持續緩和，好讓家教會下年度能舉辦更多多元化的親子活動，使各家長及學生獲益良多。在此祝願來屆的家長教師會能繼續凝聚家長和教師的力量，發揮家校合作精神，一起為培育學生而努力。

司庫 何浩恩老師

很高興本年度能夠繼續與各位家長合作，並聆聽各位在養育子女當中的苦與樂。讓我們保持樂觀正面的心，在這不一樣的上學日子裏，給學生們健康、有目標地成長。

總務 楊標老師



感恩能在今年加入家教會這個大家庭。雖然疫情影響下，家教會很多實體活動都未能如常舉行，但看到一群熱心的家長執委努力不懈地，竭盡所能，為本校的家長和學生在逆境中舉辦各種網上活動，真的非常感動。能夠在過程中給與他們技術和精神上的支持，實在是我的福份。希望所有已參與活動和未能參與活動的學生和家長都感受到這份愛和精神，繼續以不同方式支持家教會的活動！主祐各位！

文書 黃梓瑜老師

hello PTA 2021



在疫情的影響下，家教會的活動改變了，大家只能無奈的接受。大家都希望回復以前的生活模式，參與家教會的活動，與老師、女兒一起互動。我希望很快能再次在活動中看到大家！

學術 洪綺琪



轉眼間，兩年家教會的任期已結束，藉此多謝各位的支持，使我能連任為家教會的委員。期望各位繼續支持家教會，給予我們更多意見，使家教會的活動更加盡善盡美。

司庫 鄧家欣



大家好 我是 Josephine Chan，今年是我第五個年頭再成為PTA一分子，繼續在「聖羅撒」這個大家庭為大家出一分力。2020是難忘的一年，遇上疫情難免令大家的的生活受到重大影響，PTA希望在這段日子裏，透過舉行網上活動，能在家長、同學們互相支持和溝通。我希望疫情盡快過，下年度好讓PTA舉行更多更精彩活動給大家吧！

總務 陳佩思



各位老師、家長 大家好！

我是本年度家教會的文書，同時代表聖羅撒書院出任沙田區家長教師會聯會的執委何沛雯 MiaMida。2020-2021年這個學年，除了對同學，同時對老師及家長都是頗大挑戰。一改以往全日制上課，學生以網課及半日制形式學習，的確不容易。感謝天主帶領下讓學校得以順利完成整個學年，願天主在新學期讓所有學生能充實地學習，享受無憂的校園生活。

文書 何沛雯



大家好，感恩有幸成為今屆PTA委員之一，有機會為大家出一分綿力，但我仍然有許多東西需要向前輩們好好學習。

在這沉重的時期，雖然大部份的活動未能如期舉行，但在過程中我完全感受到校長和老師們關愛學生的一份熱忱，感激他們在百忙中騰出寶貴的時間協助PTA的工作。主佑！

聯誼 林嘉瑩



不知不覺，當了兩年家教會委員。雖然這兩年因為環境因素，對學校、老師及各位同學都是一個大挑戰。但能見到校長和每位老師都能在這麼大挑戰的環境下，扶持每位學生健康成長，帶領她們了解自己及學習，在此真的很感激校長及每位老師能堅守崗位、無私奉獻。我十分慶幸女兒能在這間學校學習，希望校長及每位老師都能繼續為學界奉獻，帶領每位學生進入人生另一階段。

聯誼 朱佩雯

大家好！我是錢佩佩，感恩能夠服務聖羅撒家教會。這些年我很開心能製作《走進女兒的世界》活動，透過網絡遊戲學習及認識YouTuber，藉此幫助家長與時並進，與女兒建立更良好的溝通！

總務 錢佩佩



PTA Activities Our KOL



家教會於6月26日舉辦了一場「她們的KOL」的親子活動。活動邀請了深受大人與小朋友歡迎的YouTuber及插圖師肥蛙，並由本會執委錢佩佩女士擔任主持。肥蛙於活動中訴說自己成為YouTuber的經過和過程中的辛酸，並鼓勵我們的學生勇於嘗試並追尋自己的夢想。



Online Fun Day Scattergories

家教會於考試後為中一同學舉辦了一場 ZOOM 網上遊戲日，遊戲名稱為「SCATTERGORIES」。同學以兩人為一組，根據指示完成主持的問題。是次活動有二十多位同學報名，F.1B Joy Yip和 F.1B Venus Yu 同學獲得冠軍，而F.1B班亦獲得最積極參與大獎。

2020-2021 活動回顧

ORBIS

承蒙家長教師會的鼎力支持，我們奧比斯學生大使於本年度成功舉辦了六項活動，加深了同學對奧比斯的認識。我們亦於37間參與奧比斯學生大使運動的學校中脫穎而出，為本校贏得兩項大獎：「最高籌款金額」學校季軍及「網絡人氣獎」。

我們於10月8日，即一年一度的世界視覺日售賣了兩款襟章，為奧比斯總會籌款，同時提高同學對眼疾問題的關注。有賴校長、老師以及同學的支持，我們共籌得超過一萬二千元，並已全數捐予奧比斯，望能扶助世界各地的視障人士開展光明前途。



活動期間有定期用消毒搓手液搓手，保持個人衛生！



三款紙膠帶都很吸引呢！



聯校盲旅參加者的大合照



世界視覺日的襟章



曲奇餅在五個小息已經售罄！



SRL 奧比斯學生大使 x 學生會 Talent Quest - Estrella



鬆脆可口的曲奇餅

2020-2021 活動回顧

奧比斯



Christmas MTs Sale- 聖誕節快樂!

在聖誕節期間，我們舉辦了紙膠帶義賣活動。從設計款式、聯絡公司，至溝通製作紙膠帶的細節，皆是我們學生大使主辦及策劃的，我們在過程中投入了不少精力及時間。當時因疫情蔓延而導致停課，但幸得老師和同學的支持，最終所有款式的紙膠帶得以售罄。是次活動別具意義，同學除了能感受聖誕節的節日氣氛之餘，我們亦能為奧比斯募捐。

此外，我們於下學期與拔萃男書院合作，舉辦了聯校盲旅活動。活動設有形式多樣的遊戲關卡，包括蒙眼畫畫、蒙眼倒乒乓球、蒙眼拍照等。透過協作完成多種遊戲，冀望兩校同學除了能親身體驗視障人士的日常生活外，且能學習在蒙著眼挑戰遊戲的艱難過程中與隊友合作、跨越難關。



參加者帶上眼罩，投入地參與遊戲



感謝校長和同學們買襟章支持奧比斯世界視覺日

Student External Awards 2020-2021

Education Bureau

Hong Kong Scholarship for Excellence Scheme

Rev. Joseph Carra Education Fund Limited

The Rev. Joseph Carra Memorial Education Grant

Sir Edward Youde Memorial Fund Council

Sir Edward Youde Memorial Prizes 2020/21

F.6A Scarlet Poon (2019-2020)

F.6E Wing Wong

F.6A Ruby Yuen

F.6E Josephine Lam

Shatin Youth Association

16th Shatin Outstanding Student Award

F.2A Scarlet Cheung
(academic year 2019-2020)

F.2A Hirose Hitomi

F.2A Lilo Zheng

F.3A Annie Law

(academic year 2019-2020)

Hong Kong Extra-curricular Activities Masters' Association

Outstanding Student Award Scheme 2020

F.4E Annie Law

Hong Kong Playground Association

Hong Kong Outstanding Teens Election 2021

F.3B Teresa Choi

F.4A Janie Chan

F.5A Joyce Chan

Hong Kong Mathematical Olympiad Association

2021 Hong Kong and Macao Mathematical Olympiad Open 'HKMO' Open

Qualified to the Final Round

F.4E Annie Law

Hong Kong Computer Emergency Response Team Coordination Centre (HKCERT)

Cyber Security Competition 2020/21-Silver

F.5A Chana Lo

A.S. Watson Group

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

F.3E Peony Hung

香港乒乓總會

全港公開乒乓球單項錦標賽 (女子丙組) First Runner-Up

F.2B Koyee Ko

View Win International Music Exchange Asso.

Chinese Instrumental Contest 2020 - Grade 6 Erhu - Gold Prize

F.3A Francisca Chan

Agriculture Fisheries and Conservation Department

'Protect Hong Kong Marine Environment 4-Panel Comic Drawing Competition 2020

Champion

F.3A Lilo Zheng

The Woolmark Company

Wool4School Design Competition (Hong Kong)-3rd Place Winner

F.3A Francisca Chan

South China Morning Post

SCMP "Experience as a Journalist" Programme

Best Article Award

F.4A Janie Chan

F.4E Kaya Kwok

Best 3 Articles Award

F.5A Jaye Wong

Student External Awards 2020-2021

Hong Kong Schools Music and Speech Association

The 72nd Hong Kong Speech Festival (English Entries)

Public Speaking Solo - Third Prize	F.5E	Gina Ng	
Public Speaking Solo - Certificate of Merit	F.5E	Zoey Lam	
Solo Prose Reading - First Prize	F.3A	Louise Chan	
Solo Prose Reading - Third Prize	F.3D	Karis Chan	
Solo Prose Reading - Certificate of Merit	F.3A	Audrey Chow	F.5A Jodie Lau
	F.3C	Janus Cheng	F.5A Rachael Ng
	F.4A	Katie Cheung	
Solo Verse Speaking - First Prize	F.1D	Claudia Chan	
Solo Verse Speaking - Second Prize	F.3A	Francisca Chan	
	F.5A	Lauren Sun	
	F.5E	Annie Li	
Solo Verse Speaking - Third Prize	F.1D	Rachel Wong	
	F.4E	Annie Law	
Solo Verse Speaking - Certificate of Merit	F.1A	Janice Chan	F.5A Angelica Chan
	F.1A	Bernice Lam	F.5A Teresa Chow
	F.2B	Amanda Chau	F.5A Kobe Yeung
	F.2B	Yumi Kwan	F.5C Niki Ng
	F.2B	Joey Poon	F.5D Hilan Cheung
	F.2D	Prudence Lee	F.5D Angel Wong
	F.3A	Daphne Ho	F.5D Mandy Yeung
	F.3C	Haylie Wong	F.5E Sonia Chu
	F.4A	Pakeeza Butt	F.5E Sylvia Fung
	F.4A	Celina Ho	F.5E Nicole Kwok
	F.4E	Wincy Chan	F.5E Sophia Ng
	F.5A	Joyce Chan	F.5E Vicky Poon
	F.5A	Jasmine Chan	

The 72nd Hong Kong Schools Speech Festival (Chinese Entries)

Solo Prose Reading (Mandarin) - Certificate of Merit F.4A Kathy Wong

The Society of Language Education of Chinese University of Hong Kong

Chinese Writing Competition - Champion F.5A Chana Lo

香港恒生大學

第四屆「恒大中文文學獎」- 中學組微型小說 - 優異獎 F.6A Belle Szeto

F.6E Josephine Lam

Quality Education Development Centre Limited

Guang Dong - Hong Kong - Macao - Greater Bay Area Inter-School Slogan Writing Competition on the Theme of Physical and Mental Health" (2020-2021)

1st Runner-Up

F.1E Milko Lee

Prize for Excellence

F.5A Angelica Chan

Outstanding Students

IN HKDSE 2021



My unique DSE— To enjoy? To realise? Or both?

Phoebe Poon Form 6E

After 15 years of study in St. Rose, graduation finally came.

I have been studying in St. Rose for 15 years since kindergarten. Never have I thought of missing those seemingly mundane lesson routines at school until those days have slipped through my fingers. Those days seem ordinary, too ordinary but they are in fact the most precious and carefree moments in my life. Enjoying teachers' jokes, chit-chatting with my best friends and doing silly things with my classmates constituted my laughter. Our genuineness, trueness and naivety have made St. Rose a harmonious and joyful place.

In the blink of an eye, from a naive girl, I have grown up into a mature young lady and my nightmare—DSE—finally came.

I have always been so worried about the DSE until the day I figured out that my true worries actually came from the unknown and more importantly, my imagination. With zero experience about the DSE, the idea of me failing and hence losing everything kept replaying in my mind like a never-ending tape. However, after taking the first DSE session, it dawned on me that it was just a normal exam—nothing special, nothing to worry about. Gradually, I gained enjoyment throughout the journey. At some point I even missed DSE, the process of making effort and yielding harvest. I told myself: I have to treasure this one-and-only opportunity—to try my best in the examination held in the such an intense ambience with other opponents. There is nothing to fear. Just work hard and go for it. I believe that I will reap what I have sown one day!

Congrats



Today was Speech Day. Holding the certificate, I was ready to say good-bye to my secondary school life and welcome my university life with an open arm.

When braving the DSE, there will certainly be times of frustration and depression, especially when doing past papers. However, you are never hopeless. Plucking up your courage to face your anguish "over the possibility of performing badly", learning from your mistakes by marking them down and making sure you will not get them wrong again in exams and fighting hard for your goals by doing more and more exercises until you are totally familiar with them are what you should do. It is okay to fail, to cry, and to feel disappointed. The essential part is that you face them courageously and move forward!

I miss my secondary school life; I miss my DSE—they enrich my life and guide me into maturity. Here I would like to thank my family members, teachers and classmates who have always been supporting me, coaching me and accompanying me throughout my journey. Of course, I would like to thank myself too, for my hard work, my perseverance, my confidence and self-belief. Though we may not be perfect, being able to appreciate ourselves and our beloved ones is what really matters.

Time continues to fly even as we reminisce about our past. Apart from looking back from time to time and savour the good old days, what we should also do is to look forward and prepare ourselves for the future, full of possibilities and chances. Whether it is bright and shiny; or dull and shady, it is going to be part of our journey. Therefore, we should have grasp every moment.

Graduation finally came, but that's not the end. It is just the beginning of my new journey.



Outstanding Students

IN HKDSE 2021

School memories — flashback

Carmen Wong Form 6A

It is hard to realise how time flies when the memories of the first school day are still vivid. Although I can still recall the happiness during fun fairs and ECA days, sadly, it is already the time to say goodbye to my schoolmates. On the last day of school, I found out that it was not an easy job to write words of blessings to my classmates - cliched idioms like “all good things must come to an end” didn’t seem to be suitable when writing to my close friends, while long-winded messages narrating flashbacks of memories weren’t the best choice either. I was once confused by my own hesitation, but eventually I realised that the reason behind was actually quite simple - the changes brought by my graduation were seemingly negligible, especially when I am still surrounded by my dearest friends. Yet, I can’t really accept the fact that I have already graduated from secondary school.



The pandemic did give me extra challenges in my studies. Being a senior form student, there were a substantial amount of tests and projects waiting for me to finish. I am glad that my teachers were willing to spend their spare time giving us advice and guiding us to complete the tasks. I made a great effort to get used to online lessons as they were totally different when compared with face-to-face classes, especially when I had to be more self-disciplined to avoid distractions and stay focused. The preparation for DSE was certainly an uphill battle. The daily routine was as dull as ditch-water as I only wandered between past papers and textbooks. During those days, I clearly knew that my ultimate goal was to minimise the chances of making mistakes by memorising the important points. Paradoxically, I got frustrated after having never-ending revisions. Those were definitely the toughest days in my life and I am thankful that my friends were by my side to cheer me up. They gave me motivation to keep working hard and encouraged me to reach my goals.

I am thankful that the school has given me lots of opportunities to grow and become a better person. The school events like fun fair and ECA days equipped me to be a team player and propelled me to step out of my own comfort zone. I have met different people with distinct personalities and we worked together to create profound moments. I will never forget St. Rose’s nurture as I do believe that it has offered me a more comprehensive personal development.

It may seem to be regretful that we have missed the chances to have our last school fun fair and picnic, but there is nothing we can do to change the past. It is more important for us to focus on our future. I believe that we can make good use of what we have learnt from St. Rose to make our dreams come true.

Outstanding Students

IN HKDSE 2021



"The Chosen Ones" -- 2021 graduates

Rachel Kwok Form 6E

Everyone says 2020 graduates are the chosen ones, but in fact 2021, graduates are also the ones.

Because of the COVID-19 Pandemic, the past two years have been a tough period for everyone in the community. My perseverance and determination have given me strength to overcome every obstacle and hardship. With two years of online lessons, my motivation to study, undeniably, started to drop right before study leave began. Thanks to the quote -"It always seems impossible until it's done", flame started to burn in my heart. Doing countless past papers, revising endless topics of elective subjects, memorising limitless theories became my daily routines. I just got one ultimate goal in my mind, not trying to be the top, but winning over my yesterday to be a better self. Imagining people chasing after me or even surpassing me, I was stimulated and endeavored to overtake them. DSE seems to be a long journey, but once you are on the boat sailing over the roaring ocean, it will take you to your destination in just a few glances. Time will not wait for anyone, do not hesitate to take the first step, because one step after another, and at last only one step is left before the finishing line.

It is hard to imagine that my secondary school life is complete. Many memories flash through my mind. Whether they are full of laughter or tears, all of them have made me who I am today. Classmates, teachers, and supporting staff in SRL shared a lot of memorable moments with me. It is quite a pity that our Form 5 journey was a bumpy one. Because of the huge wave our last Fun Fair, last ECA Day and last Christmas party were all drawn into the swirl, out of our reach. I always asked why we were the ones who suffer, but now I have figured out the answer: there are always multifold perspectives. You may see something as suffering, but at the same time it can be perceived as a chance or a challenge that allows you to grow. Indeed, during the hard times, my besties and buddies strived for their best, which inspired me to work harder. We stood by each other whenever one was at her bottleneck. It is hard to imagine that we will be apart, fighting for our own destiny after this summer. I hate to say goodbye, but I believe our spirit stays together and of course forever.

Saying goodbye to my dearest teachers and friends has never been an easy task, but I know that SRL is always Rosians warmest home.

Goodbye and Thank you St. Rose.



Outstanding Students

IN HKDSE 2021



LINGKY LEE Form 6A

My Days in St. Rose

Being a member of the St. Rose family for 15 years, I have experienced hardships, uncertainties and doubts. However, I am always glad that I have never walked alone in these troughs. Form 6 is undoubtedly hard, our teachers have always accompanied us and given us unreserved support. In this sharing, I especially want to send my deepest gratitude to my class and subject teachers. In the past 3 years, I had not been the most outstanding student in class. But with their hard work and support, I could unleash my potential to try my very best in the public exam. I still remember how different teachers marked my extra past papers and exercises efficiently and explained to me patiently. I could genuinely feel my improvements and growth! Even now, after the release of DSE results, I still return to St. Rose to seek JUPAS advice. My teachers are extremely supportive and show huge respect to all my choices. Their trust in me makes me feel safe and secure.

I must say that being one of the top 5 students is totally unexpected for me. I have always been surrounded by a group of smarties who have worked really hard and got themselves prepared for all opportunities. Certainly, I have learnt a lot from them. So Rosians, try to appreciate your classmates and learn from them. Studying can be an individual activity but never prepare for DSE alone. We are all striving our best towards the common goal in the same classroom. We share unity, spirit and group motivation. Before the mock exam, I often went to the self-study room in the library next to our school with different classmates. We got motivated by discussing content in textbooks and hard questions. I remain nostalgic about those days, when studying could be fun in some ways. Trust me, you'll only have important discoveries when you're open to unexpected possibilities!

Also, remember the two NEVERS: NEVER escape from your mistakes! NEVER accumulate your questions and uncertainties! As everyone knows, the syllabus of DSE is extensive and leaving doubts about new topics could be a serious mistake! Don't be shy to talk to your teachers to let them know what you really need, I am sure they are more than willing to help you by all means! More exercises? More detailed explanation? Or more useful exam skills? Let them know how they can assist you! Especially for our Rosians, maths is always a headache 😩. In Form 4, after receiving the marked assignments, I just put them somewhere and never looked at what mistakes I had made. Seeing my stable but poor results, I decided to make a difference in my study strategies. Since then, I seriously read through lengthy solutions and see which part I missed. I also created a "Mistake Book", which was a collection of questions and answers that I had made mistakes in. Flipping through the "Mistake Book" allowed me not to repeat my mistakes again. It also pointed out my weaknesses and strengths. Then, I allocated my revision time more efficiently on different chapters. I hope everyone could succeed not only in studying but everything that you want to pursue. Recognise your capabilities and appreciate yourself. We're young, so pluck up our courage and dream big. Don't forget to work super hard to pursue them!





會訊編輯委員會

何子敏副校長

楊標老師

梓瑜老師

楊佩韻

楊佩珊



“

失敗是什麼 沒有什麼 只是更走近成功一步 成功是什麼 就是走過了所有通向失敗的路 只剩下一條路 那就是成功的路

”

