

2016 - 2017



聖羅撒書院家長教師會

地址：香港新界沙田銀城街 29 號 電郵：pta@hksrl.edu.hk
電話：2337 1867 / 2337 3463 傳真：2338 0915

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每天為生命揭開新的一頁

教學的生活，從開學禮到結業禮，週而復始，一年復一年，每年迎接新生，也送走畢業的一群，忙著跟隨校曆走，漸漸會變成了刻板式的循環，看不到周遭發生的事，更感覺不到新的動力。

在我數十年的教育工作經驗中，最寶貴的得著是明白生命每刻都在成長，都在變化。每天起來，看到鏡中的自己，其實已跟昨天不一樣，但從別人眼中看來，卻沒有察覺有什麼不同。誰不知在我們的身邊，每天都發生着或大或小的變化，只要我們留心觀察，不難看到。

看到花草美麗成長，令人心曠神怡，看到天象的變化萬千，使人讚嘆造物的奇妙。當老師或家長的，又能否每天在學生或子女身上看見新的變化和成長？要看到她們的成長，首先我們需要關心她們，聆聽她們，盡量了解她們的行為模式、用語和思想；其次是要放下對她們固有的看法，給她們有足夠的空間去成長。



家長和老師的最大責任，並非是給孩子灌輸知識或做人道理，而是把天父委託於我們手中的寶貝，雕琢成大器。以下的故事成了我教育學生的啟導：

「一名小學生在每天上課的路上，會經過一位著名雕刻家門前，他總愛停留數分鐘去看看雕刻家在刻什麼。日子一天一天的過去，每天只見雕刻家用心觀看前面的大石，時而用手比劃，時而用尺測量。最後總算看見他拿起刀斧，小心翼翼地開始雕刻。跟着只看見石頭每天因掉落的石塊而日漸縮小，但還是看不出甚麼模樣來。學校放了幾天假，假期後，小學生第一天回校途中，急不及待到雕刻家門前，看看石像雕好了沒有。當他探頭往屋內一看，頓時眼前一亮，豎立在他面前的是一頭雄偉的獅子，雕刻家正在細心加以打磨。小學生可樂壞了，他趕快問雕刻家

說：「先生，請你告訴我，你怎麼知道石頭內藏着一頭那麼雄偉的獅子？」雕刻家低頭看著一臉驚愕的天真小男孩，微笑著回答他說：「我從一開始就已經看到它在裏面了。」就讓我們成為孩子的雕刻家，洞察她們天賦的潛質，細心雕琢，將周圍阻礙她們成長、轉變的因素除去，每天為她們的生命揭開新的一頁，使她們成為天主計劃中獨特的藝術品。



校監阮美芬修女

校長的話

各位家長：

首先，本人謹代表校方多謝各位家長在過去一年的支持，尤其是執行委員的積極貢獻，令家長教師會的各項工作和活動都能順利完成和獲得美滿成果。

在同學、家長和老師的共同努力下，本校 2016 年香港中學文憑考試之表現保持水準，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：



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	40.4%	10.1%	83.8%	27.5%	100%	77.0%
中文	16.2%	9.1%	55.1%	27.9%	100%	86.1%
數學	11.0%	14.5%	54.4%	39.1%	99.3%	81.1%
通識	30.9%	8.9%	78.7%	36.5%	100%	89.5%

考獲學士學位課程入學資格的學生達 88%，比率遠高於香港平均，結果令人滿意。中六戊班楊穎彤同學考獲六科 5** 及一科 5* 的卓越成績。此外，中六戊班胡中瑜同學亦考獲五科 5**、一科 5* 及兩科 5 級，同時另有四位同學考獲三科 5** 的優異成績。

除了學術成績外，同學們在其他領域亦屢獲佳績。上學年中六甲班畢業生湯映蕎同學榮獲葛量洪傑出學生獎，亦是本校學生連續三屆獲此殊榮。葛量洪傑出學生獎由各中學提名中六畢業生競逐（每所中學最多只可提名兩名學生），共設有二十四個獎項，其中八個頒發給港島區的中六學生、八個給九龍區和八個給新界區。得獎學生必須品學兼優，積極參與課外活動，以及熱心為社區服務。遴選委員會將審核所有接獲的提名，然後再對初步選出的學生進行面試，選拔過程嚴謹，並且競爭激烈。

同學們的成就除了她們的努力付出和老師的指導外，家長的支援及配合實在功不可沒，本人在此感謝各位家長，亦希望各位家長繼續支持學校，扶助我們的下一代成長，讓她們都能才德兼備，學有所成。

踏入新一個學年，我們將迎接七十周年校慶，並由練茂棠校長帶領下，繼續努力協助每位同學為升學作出準備。同學們亦應懷著感恩的心，在聖羅撒大家庭中，裝備自己，迎接未來。

自家長教師會於一九九八年成立，我一直都是執行委員會的成員，從未間斷。來年我們的家長教師會便二十歲了，雖然我已「退役」，但仍希望各位家長繼續支持學校和新校長，並且能踴躍參加家長教師會各項活動。

海內存知己，天涯若比鄰。祝各位身體健康。天主保佑！

楊傑文校長謹啟

主席的話

不經不覺本學年經已完結，而本屆家教會的工作亦接近尾聲。回想起加入家教會，好像是不久之前的事，但是原來已經是六年前的事了。最初由增選委員做起，負責了校慶同樂日攤位遊戲的設計。跟著便負責文書工作（共四年），而今屆有幸得到各執行委員的信任，成為主席。在這六年間與不同家長及老師合作，完成各項活動。當中認識了不少家長，其中有幾位更成為好友。



本屆舉行了不同類型的活動，有動態的「跑步訓練班」、有文靜的「茶藝工作坊」、有大型的「親子旅行」、有校內的「校慶同樂日攤位遊戲及校園親子夜」。以上各項活動都得到家教會各執委的通力合作，共同努力才能得以順利完成。



本屆任期尚餘不足兩個月，在此先向大家告別。女兒已完成了中六課程，將踏入人生另一新階段，我在家教會的工作亦即將結束。下學年是聖羅撒書院建校 70 週年及家教會成立 20 週年，在此先預祝學校校慶及家教會往後各項活動成功。祝大家身體健康、生活愉快！主祐！



聖羅撒書院家長教師會主席 梁婉珊女士

聖羅撒書院家長教師會 前屆主席給楊校長的寄語和祝福

我認識楊校長已經有七年，在家教會的工作和他合作無間。楊校長為人隨和、開明，亦十分關心學生。對於委員提出的意見，印象中楊校長很少反對；縱使有時面對富爭議性的議題，校長都憑著他的智慧和耐性一一化解。所以在這些年間家教會的會務都有一定的增長，在此衷心多謝楊校長對學校和家教會的付出。最後，我衷心祝願楊校長退休後的生活繼續豐盛，身體健康，主恩常在。

2012-2016 年度家教會主席
吳家駒先生

春風化雨 默然耕耘 不輕言退
桃李滿門 濟濟人材 溢滿校園

2003-2007 年度家教會主席
伍裕成先生

校慶同樂日



感謝各家長義工·當日全力支持攤位遊戲和派發禮物！亦多謝主席及執委們一同安排禮物和設計攤位！期望來屆的 Fun Fair 能夠越做越好！



各班攤位的牌匾



2016-2017 年度家長義工

本年度之家長義工團隊人數與往年相約，超過二十位家長。家長義工負責於圖書館、電腦室及自學中心當值。主要工作如下：

當值地點	當值時間	負責工作
圖書館	冬令時候 11:45 至 12:45 夏令時間 11:15 至 12:15	家長義工在圖書館老師午膳期間 負責照顧使用圖書館的學生及整理圖書
電腦室	冬令時候 13:00 至 14:00 夏令時間 12:25 至 13:20	午膳期間電腦室會開放給同學使用 由家長義工負責照顧使用電腦室的學生
自學中心	冬令時候 13:00 至 14:00 夏令時間 12:25 至 13:20	午膳期間自學中心會開放給同學使用 由家長義工負責照顧使用自學中心的學生

另外，家教會不時會舉辦一些活動，亦會需要家長義工協助，希望大家多多支持。招募詳情請留意往後本會的通訊。

在本學年多謝各位家長義工的幫忙，使同學能於午膳期間使用學校設施，以下是本學年度之家長義工名單：

班別	學生姓名	家長義工姓名	班別	學生姓名	家長義工姓名	班別	學生姓名	家長義工姓名
1A	Kennice Tsui	蔡詠茵女士	2B	Daisy Ho	區雪梅女士	3C	Vanessa Lo	卓慧貞女士
1A	Natalia Tang	彭美蓮女士	2C	Anson Li	陳少芬女士	3C	Yoanna Seto	黃婉娣女士
1B	Daisy Wong	馬美儀女士	2C	Cherry Chung	廖笑文女士	4A	Jenny Wu	黃佩霞女士
1C	Corliss Chau	洪綺琪女士	2C	Constance Lee	譚玉琴女士	4B	Anson Law	許歡婷女士
1D	Jade Wong	葉潤英女士	2D	Jocelyn Lee	蔡幸純女士	4E	Corliss Chau	許碧蘭女士
1D	Jessica Leung	陳少玲女士	2E	Irena Lam	李淑德女士	6C	Holly Li	謝海玉女士
1D	Rachael Ng	吳凱蕎女士	2E	Povy Chow	吳珮泓女士	6B	Anastasia Mak	梁婉珊女士
2A	Phoebe Mak	葉婉清女士	3A	Myra Tam	霍美慧女士	6D	Miracle Ip	陸靜雅女士



家長義工工作講解會 (攝於本校圖書館)



家長義工協助本會在校慶同樂日之攤位遊戲

聖羅撒書院法團校董會 2017 年家長校董選舉

本校第二屆法團校董會家長校董選舉已於 2017 年 5 月 18 日圓滿結束，是次選舉共收到 512 張有效選票，1 號 候選人 耿文鳳 獲得 192 票，2 號 候選人 洪綺琪 獲得 122 票，3 號 候選人 卓慧貞 獲得 138 票。由下學年 2017 年 9 月 1 日起開始，及在任期開始後第二學年的 8 月 31 日終止，耿文鳳女士出任「家長校董」及 卓慧貞女士出任「替代家長校董」。

今次選舉較上屆緊張，第一是三位候選人角逐兩個職位，第二是候選人須出席「選舉論壇」，在闡述政綱之餘，還要接受家長及「家教會」代表之提問。而三位候選人深具大將之風，並沒有被「選舉論壇」這新安排難倒呢！

在此，我必需再一次多謝家長支持「家教會」、各執委的努力和本校職工全力協助，令到本屆選舉順利完成。

當日在 G02 室開票箱及點票的情況



小食部及午膳服務小報告

午膳服務問卷報告		
內容	滿意	不滿意
餸菜味道	41.90%	58.10%
選擇款式	48.90%	52.10%
食物份量	77.10%	22.90%
營養成份	69.80%	30.20%
食物溫度	75.40%	24.80%
食物衛生	72.40%	27.60%
肉類與蔬菜比例	62.90%	37.10%
問卷數目：600份		

節錄午膳問卷中的學生意見	
➢	多些選擇
➢	飯餸的香味可以改善
➢	太多汁
➢	選擇更多元化
➢	要甜品－例如泡芙
➢	多D菜
➢	A餐太多飯
➢	應給多點肉
➢	汁太鹹，加多一點菜
➢	可以增加份量
➢	可增加肉類，減少醬汁
➢	餸菜份量不夠
➢	多菜少肉

小食部問卷報告		
內容	滿意	仍需改善
食物的溫度恰當	79.00%	21.00%
食物的味道適中	72.40%	27.60%
食物的份量足夠	63.50%	36.50%
食物的品種是否足夠	63.90%	36.10%
餐具整潔	74.60%	25.40%
員工態度有禮，時常提供協助	81.90%	18.10%
員工制服整潔	90.00%	10.00%
員工溝通技巧表達清晰	81.20%	18.80%
服務速度快捷	65.70%	34.30%
對同學要求反應敏捷	79.40%	20.60%
小食部食物價格合理	47.60%	52.40%
小食部的清潔及衛生情況	79.60%	20.40%
小食部的人手足夠	66.90%	33.10%
本公司的整體服務質素	82.40%	17.60%
問卷數目：600份		

節錄小食部問卷中的學生意見	
➢	希望有更多品種的食物
➢	食物賣太貴
➢	食物種類很多，可是有些供應太少
➢	餸菜可少點肉類
➢	可以有更多SPICY FOOD
➢	希望可以有更多食物，因為常常賣光
➢	要甜品
➢	雞條好吃
➢	可不可以賣素食

校園事務 • 答與問

如何監管小食部承辦商的服務和食品售價？

- 校方適時以招標形式甄選小食部承辦商。
- 小食部承辦商於經營期間接受校方監管 (包括調整價格)。
- 家長教師會設立膳食監察小組協助校方監察小食部承辦商之服務表現。
- 小食部所有價格之調整必須經校方審批，校方亦會諮詢家長教師會才作決定。
- 過往校方曾經否決小食部承辦商之加價申請，但同學需明白小食部之食品售價不可能完全與大型超級市場之售價看齊。(由於小食部承辦商不時推出折扣優惠，但於折扣期完畢後，售價回復正常，而令同學產生對小食部食品售價經常調整之誤會。)
- 校方於 2015 年初就本校小食部服務供應進行招標，結果由美利飲食服務有限公司負責承辦小食部及午膳供應，為期三年 (2015 年 9 月至 2018 年 8 月)。

午餐飯盒是否直接由小食部承辦商供應？

- 至於提供午餐飯盒方面，小食部承辦商會以中介人角色聯絡另一持牌飯盒供應商負責。
- 此安排之優點在於校方無需與飯盒供應商再另立長期合約，在有需要時可透過小食部承辦商更換飯盒供應商。
- 在選擇飯盒供應商時，本校亦按照教育局《學校膳食安排指引》，制訂適當程序，為學生選擇提供健康及營養豐富的午餐飯盒。
- 承辦本校小食部之美利飲食服務有限公司於合約之首年 (2015 年 9 月至 2016 年 7 月) 亦負責供應午餐飯盒。但由於該公司所供應飯盒之質素未如理想，校方決定於 2016 年 5 月提早更換供應商，改由九至五飲食有限公司供應本校午餐飯盒。為選選下一學年之飯盒供應商，本校已於 2017 年 4 月 28 日及 2017 年 6 月 29 日 安排試食，由老師代表、家長教師會執委代表、總領袖生、學生會幹事及其他學生代表選選出新飯盒供應商。結果由丹尼食品有限公司獲選，並將於 2017 年 9 月開始為本校供應午餐飯盒。丹尼食品有限公司於葵涌設有達 2 萬平方呎現代化中央生產廠房，設備妥善齊全，完全符合 HACCP 及 ISO22000 的要求。

本校現時有多少間校服供應商？

- 校方適時以招標形式甄選校服特約供應商。
- 本校與現時校服特約供應商之合約將於本學年屆滿。招標程序於 2017 年 2 月初進行，並在本校家長教師會協助下，完成有關甄選。於下學年開始，豐昌順 (沙田) 有限公司將為本校提供夏季校服、夏季運動服及冬季運動服，而金綸服裝有限公司則提供冬季校服及毛衣。夏季校服及夏季運動服售價較現時下調百分之廿四至四十。冬季校服、冬季運動服及毛衣售價則較現時上調百分之二點六至六點三。合約為期三年，由 2017 年 9 月至 2020 年 8 月。
- 兩間特約供應商並非專利供應商，同學可於其他零售商選購合乎規格之校服 (但由於校褸、冬季運動制服及學校羊毛外衣為特別設計款式，相信一般零售商未能提供)。
- 為避免出現壟斷而令服務質素下降，校方認為由多間供應商為同學提供訂購校服較為適合。家長教師會亦會協助校方監察校服質素和服務。

如何監察校車服務？

- 校方適時以招標形式甄選校車服務承辦商，並監控收費是否合理。
- 家長教師會設立校車服務監察小組協助校方監察校車公司之服務表現。
- 校方於 2016 年初以招標方式邀請持牌服務供應商承辦本校校車服務。經本校法團校董會評選及諮詢家長教師會後，校方決定委託康和旅運有限公司繼續承辦本校校車服務 (只提供早上接送學生回校之服務)，合約期為三年，由 2016 年 9 月至 2019 年 8 月。

校園親子夜 2017

一年一度的重點活動，校園親子夜，終於在 2017 年 4 月 8 日（星期六）舉行，以往都是下雨天，今年天公造美，天朗氣清，真的要感恩。

我們準備了球類活動，分別是乒乓球及籃球，老師、家長及學生們互相對壘，當中原來不乏隱世武林高手，氣氛緊張，但又輕鬆融洽。之後再來個熱身，是集體遊戲「鬼捉人」，被捉著者要加入手牽手，圍剿其他人，時間越久，人鏈越長，最後倖存者有禮物獎勵，現場不分老師、家長及學生，大家互相合作，增進不少溝通。

熱身完畢，大家便進入卡拉 OK 比賽場地，今年各參賽者水準都十分高，有父女、母女、姊妹，同學們的組合，他們的歌聲令在場的觀眾都聽出耳油，結果，由上屆父女檔連任冠軍，我們更誠邀楊校長真情獻唱，作為卡拉 OK 比賽完滿的終結。



接下來，最多人喜歡的 BINGO 遊戲又出場了，因為人人有禮物，這是家教會送給每位出席活動家長、同學、修女及老師的一點心意。

最後是燒烤環節，食物豐富，各人都食得很滿足，而最受歡迎的依然是沙律。其實燒烤環節有一班幕後英雄，就是我們的校工團隊，為我們設置燒烤場地，擺設檯凳、安排燒烤爐及起爐，分派食物及飲品，我真心要感謝他們的辛勞。然而，每一項活動背後，都有賴家教會的委員、校長及老師們的合作，共同付出無私的奉獻，才能把活動籌辦成功。



文書 劉錦興老師

開會是教人疲倦的-----尤其是經過整天的教學工作，傍晚還要.....但看到其他執委的積極投入，熱心參與，精神竟然抖擻起來。很高興第三次担任家教會教師執委，執委的無私、熱誠和驚人的辦事能力，絕對令我佩服和欣賞！

司庫 叢倩鏞老師

今年家教會舉辦了大大小小的親子活動，得到大家鼎力支持，實屬難得！感激各執委背後默默耕耘，為促進家校合作出一分力！

總務 何孜敏副校長

創校快將七十載
良師教導出人才
家校同心碩果栽
齊聲讚頌天主愛

Miss Kitty Lin

(Vice Principal)
(Academic Affairs)

P is the partnership between
our parents and teachers;
T is the tenderness we have for
our children and students;
A is the adoration we have for
God and our family.

聯誼 梁寶怡老師

家教會的活動得以完滿成功，全賴各家長熱心參與，我非常欣賞他們的積極和付出。期望將來活動能夠得到更多學生和家長的支持。

副主席 楊潔茵女士

任家長教師會執委不知不覺已近四年了。幾年間，很高興能參與學校的不同活動，看着學生們慢慢從學習中成長，也親身感受到學校對學生的盡心教育及關懷。希望透過不同的活動，家教會能繼續成為學校與家長的橋樑，建立家校合一的共融關係。

文書 洪綺琪女士

跟著女兒再次踏入聖羅撒的家庭，她非常享受投入她的中學生活，我亦非常享受投入家教會的籌辦活動工作。祈盼大家都能多參與家教會舉辦的話動，除了享受活動帶來的歡愉，還可以跟女兒一同融入她的校園生活，跟女兒的關係鞏固得更親切，大家都快來嘗試一下吧！

司庫 劉潔明女士

輾轉又過了一個學年！在過往活動因有同學的投入參與和家長的支持，令我體會到家校合作的重要和精神。冀望來年家教會活動有更多家庭參與，除把握親子機會，更加拉近大家的距離和認識我們的校園。

總務 伍志強先生

2016-2017 年度的執委任期又完結了，楊校長亦退休，時光飛逝，懷念與各執委在籌辦活動的愉快合作過程。祈盼新一屆執委能秉承家教會繼往開來的精神，全心全意為家教會出一分力，達至家校合作。

Josephine PS Chan
(Liaison)

As member of the PTA EXCO team, I have to admit that time flies faster than I have expected. The last school year was filled with laughter and energy. Many exciting and meaningful PTA events were successfully held and these events were unforgettable to me.

Thanks for participating in all the PTA events and I hope to have your continuous support in the coming year!

增選 范敏慧女士

不知不覺中就這樣過了一年，也是我加入聖羅撒書院家長教師會的團隊中的第二年了。家教會在過去的一年中，承載著各位家長與學生們的期望，在主席的帶領下，舉辦了各種有益身心及加強親子關係的活動，盡量讓學校和家長的目標走向一致。在來年新的學期，我們家教會更願意傾盡全力，為各位家長服務。

學術 劉家鴻先生

隨著女兒將於下學年往外地升學，亦意味著我也將結束多年來在家教會的工作和服務，很感謝從幼稚園，小學至書院一直以來在家教會內合作無間的委員、老師和校長，更多謝各位家長的支持和信任，衷心希望本會能傳承優良傳統，繼續為同學、家長和校方作一道互信互愛的橋樑，建立更美好的學習環境給各位同學！

主佑。

總務 葉群星先生

多謝學校一直為各同學努力 建立一個非常好的校園，亦見到各執委十分支持學校活動，身為一份子也獲益良多！我和小女特別感謝楊校長，樹立了一個非常好的榜樣！我們對學校充滿期待！

聯誼 張富德先生

擔任聖羅撒書院家長教師會執委經已三年，看到每一屆的執委成員都能各展所長，盡力協助家教會所舉辦的各項活動，大家的合作和尊重，成就了各項活動的成功和響應。當中的體驗和參與，相信女兒也感受得到，希望在兒女心目中，建立美好形象！下一個年度即將來臨，我們敬愛的楊校長將會退休，而本屆主席梁婉珊女士亦要卸任，我祝願下一屆的家教會執委，可以互相扶持，舉辦更多適合家長、同學及老師的聚會，令聖羅撒書院家長教師會的里程，成為其他課餘活動的參考典範。

聯誼 戴莉娜女士

轉眼便過了一年，能夠與女兒在同一個大家庭裏生活，感到很開心，自己都成為學校的一份子，希望來年繼續為學校服務。

茶藝入門體驗工作坊



聖羅撒書院家長教師會一直致力為學生和家長們提供多元化的康樂及文化活動，而親子興趣班就更是最受歡迎的項目之一。繼過去兩年舉辦過的攝影技巧入門班後，本會在五月份誠邀得「木+木生活館」的資深茶文化工作者吳家丞老師借出倘大及雅緻的茶空間，為我們舉行了兩場【茶藝入門初體驗工作坊】。



當我們一踏入吳老師的茶空間內，立即被充滿尚古和揉合現代的茶文化紛圍吸引著，加上悠揚的輕音樂和幽幽的沉香，令人感到精神放鬆，身心舒泰。在整晚的課程中，吳老師分別教授我們一些茶學上的基本禮儀和介紹各種器物的應用，也用精簡易明的方法去帶領我們分別和認識六大茶類和個別茶葉的沖泡要訣。

工作坊最受同學和家長歡迎的環節必定是親身體驗泡茶之樂，在短短一晚的課程當中，同學和家長們已有機會分別以蓋碗去沖泡已陳放近二十年之政和老白茶和以精緻的紫砂茶壺去沖泡傳統古法炭焙之安溪鐵觀音。在學習沖泡的禮儀，技巧和品飲的過程中，大家都十分投入、愉快和享受。本來預設兩小時的課程，最後延長至三個多小時，大家的雅興和歡樂可想而知！

最後要再次多謝吳家丞老師對推動本地茶文化的不遺餘力，更多謝各同學、家長和副教長的積極參與，希望日後本會能繼續舉行此類有意義的文化活動。



External Award

Rev. Joseph Carrs Education Fund Ltd.		
The Rev. Joseph Carrs Memorial Education Grant 2016-17		
Awardee	F.6A	Alice Tam
Sir Edward Youde Memorial Fund Council		
Sir Edward Youde Memorial Prizes 2016/17		
Awardee	F.6E	Gloria Tse
	F.6E	Angel Woo
Hong Kong Schools Music and Speech Association		
The 68th Hong Kong Schools Speech Festival (English Entries)		
Bible Speaking - Certificate of Merit	1	
Choral Speaking - First Prize	F.3	Cherry Chung
Dramatic Dialogue - First Prize	F.2C	Povy Chow
	F.2E	Enrica Hong
Dramatic Dialogue - Second Prize	F.2C	Zia Leung
	F.2A	Enka Lin
Dramatic Dialogue - Third Prize	F.2D	Adrienne Tang
	F.6D	Janet Chan
	F.6D	Julie Chu
	F.6E	Yoyo Lai
	F.6E	Rainbow Wong
Dramatic Dialogue - Certificate of Merit	12	
Public Speaking Solo	F.5A	Emily Kwok
Own Choice - Third Prize		
Shakespeare Monologue - Third Prize	F.4A	Thaminah Talukder
Shakespeare Monologue - Certificate of Merit	2	
Solo Prose Reading - First Prize	F.6E	Natalie Tse
Solo Prose Reading - Certificate of Merit	14	
Solo Verse Speaking - Third Prize	F.2C	Jane Kuk
	F.2C	Zia Leung
	F.2E	Elen Li
	F.4A	Katie Lee
	F.5E	Chelo Chui
Solo Verse Speaking - Certificate of Merit	37	
Hong Kong Schools Music and Speech Association		
The 68th Hong Kong Schools Speech Festival (Chinese Entries)		
Bible Speaking - Certificate of Merit	1	
Choral Speaking - First Prize	F.4	Tulip Tang
Dramatic Dialogue - Second Prize	F.5B	Angel On
	F.5C	
Solo Prose Speaking (Cantonese) - Certificate of Merit		
Solo Prose Speaking (Mandarin) - Certificate of Merit		
Solo Verse Speaking (Cantonese) - Second Prize	F.4A	Isabella Liu
	F.5A	Monica Luk
Solo Verse Speaking (Cantonese) - Certificate of Merit	2	
Solo Verse Speaking (Mandarin) - Certificate of Merit	1	
The 42nd Hong Kong Youth Cultural & Arts Competitions		
The Hong Kong Youth Speech Competition (2016-17)		
Certificate of Merit	F.3A	Scarlet Poon
The International of New South Wales (Educational Assessment Australia)		
International Assessments for Schools - English		
Distinction	F.4A	Rachel Fu
	F.4A	Vanessa Wong
	F.4A	Venus Wong
Credit	F.5A	Mary Pong
	F.4A	Kelly Lee
	F.4B	Shirley Xie
	F.4E	Fion Law
	F.5A	Greta Kwok
	F.5A	Jennifer Leung
	F.5A	Kelly Lo
	F.5B	Tracy Chan
	F.5E	Tina Lo
	F.5E	Christie Pang
	F.5E	Christie Pang
	F.5E	Sabrina Tam
	F.5E	Raina Tsui
	F.4A	Venus Chan
	F.4A	Wing Poon
	F.5A	Kimmie Tsui
	F.5E	Ingrid Woo
International Assessments for Schools - Mathematics in English		
Credit	F.4A	Rachel Fu
	F.4A	Kelly Lee
	F.4E	Fion Law
	F.5E	Shania Ko
	F.5E	Vivian Lee
	F.5E	Christie Pang
	F.5E	Raina Tsui
	F.4B	Shirley Xie
	F.5E	Tina Lo
International Assessments for Schools - Science in English		
Credit	F.4A	Kathy Hsieh
	F.5E	Tina Lo
International Assessments for Schools - Writing		
Distinction	F.4A	Vanessa Wong
	F.4A	Venus Wong
Credit	F.5A	Mary Pong
	F.5E	Shania Ko
Wiseman Education		
Outstanding Student(s) in Hong Kong		
EB Level 1 Distinction	F.1E	Michelle Lee
	F.1E	Tiffany Ma
	F.1E	Levinia Tse
EB Level 2 Distinction	F.2B	Jasmine Diep
	F.2D	Jasmine Diep
EB Level 3 High Distinction	F.3A	Natalie Au
	F.3A	Karen Ip
EB Level 3 Distinction	F.3A	Wing Chan
	F.3A	Ita Lo
	F.3A	Choco Tang
	F.3A	Beatrice Young
	F.3D	Isabel Yeung
	F.3E	Rachel Tung
EB Level 4 Distinction	F.4A	Fion Chan
	F.4A	Natalie Chan
	F.4A	Rachel Fu
	F.4A	Kelly Lee
	F.4A	Isabella Liu
	F.4A	Jenny Wu
	F.4B	Adriana Lee
	F.4B	Mandy Wong
	F.4C	Tiffany Li
	F.4D	Julie Chu
	F.4D	Stephanie Ho
	F.4E	Amey Au
	F.4E	Hilda Lam
	F.4E	Fion Law
	F.5B	Emily Tong
EB Level 5 First Runner-Up	F.5A	Jessie Leung
EB Level 5 High Distinction	F.5A	Arcella Cheung
EB Level 5 Distinction	F.5A	Mary Pong
	F.5B	Karen Ho
	F.5C	Yammi Fung
	F.5D	Winnie Chan
	F.5D	Cass Kwok
	F.5D	Charlotte Tang
	F.5E	Venus Woo

Abendern Kai-hong Welfare Association Social Service Center		
Chinese Calligraphy Competition 2017		
Certificate of Nomination	F.1A	Jessica Chan
	F.1A	Angel Shum
	F.2B	Maggi Tang
	F.3B	Carol Lau
	F.3C	Audrey Chan
	F.3E	Fanny Chan
	F.4D	Aline Yu
	F.6A	Sheryl Wong
Committee On Respect Our Teachers Campaign (CROT)		
"Respect Our Teachers" Chinese Essay Competition of 2016		
Certificate of Merit	F.5E	Stephanie Szeto
Hong Kong Youth Hostels Association		
"Jockey Club Mei Ho House Hong Kong Spirit Learning Programme"		
Easy Competition of 2016-17		
Third Prize	F.2A	Rachel Kwok
Certificate of Merit	F.2A	Enka Lin
	F.2A	Ellen Sim
	F.2A	Mary Yuen
	F.3A	Natalie Au
	F.3A	Adriana Ho
	F.3A	Cherie Ng
	F.3A	Olivia Wong
	F.3D	Nicole Chan
	F.3D	Chloe Wong
	F.3D	Angela Wong
	F.5E	Natalie Hon
	F.5E	Zoe Lui
	F.5E	Gigi Tin
Rotary Club of Hong Kong Island West		
The 13th Bilingual & Trilingual Composition and Speech Competition		
Second Prize	F.5A	Audrey Wong
Certificate of Commendation	F.6B	Joyce Shum
The Education University of Hong Kong		
The 11th Speaking Contest for Hong Kong Students		
Certificate of Merit	F.6B	Aminda Chu
(Group Performance)	F.6B	Joyce Shum
The Hong Kong Institute for Promotion of Chinese Culture		
Chinese Writing Competition (Hong Kong Area)		
- Star of Literature 2016-2017		
Certificate of Merit	F.3A	Natalie Au
	F.3A	Scarlet Poon
	F.3A	Natalia Wong
	F.4A	Dara Luk
	F.4A	Queenie Yu
	F.5E	Stephanie Szeto
香港教育大學社會科學系「明愛康復教育學園		
第三屆全港中學生實地考察報告比賽 2016-2017		
Gold Award	F.4A	Katie Lee
	F.4A	Tiffany Tang
	F.4A	Vanessa Wong
	F.4A	Venus Wong
Carmel Pak U Secondary School		
Hong Kong Secondary Schools Debating Competition Round 2		
The Best Debater	F.3A	Choco Tang
Winner	F.3A	Choco Tang
	F.3A	Choco Tang
	F.4B	Cherry Sze
SKH Chan Young Secondary School		
Hong Kong Secondary Schools Debating Competition Final Round		
Overall Champion in the New Territories	F.3A	Carmen Ho
	F.3A	Scarlet Poon
	F.3A	Choco Tang
	F.3A	Joey Wong
	F.3C	Vanessa Lo
	F.3D	Katrina Lam
	F.4A	Rachel Fu
	F.4E	Corissa Chau
	F.5A	Tanya Ng
SKH Lam Kau Mow Secondary School		
Hong Kong Secondary Schools Debating Competition Term 2 Round 1		
Winner	F.3A	Choco Tang
	F.3A	Joey Wong
	F.3D	Katrina Lam
Joint Committee for The Promotion of the Basic Law of HK		
The 16th Inter-School Debating Competition (1st preliminary)		
Best Debater	F.5D	Cecilia Leung
第六屆龍運道		
The 6th Fun Cup		
Best Debater	F.1A	Hilary Chow
	F.1E	Annabelle Hu
Hong Kong Schools Sports Federation		
All Hong Kong Inter-Secondary Schools Gymnastics Competition		
Vault (Novice) - 1st Runner-Up	F.1E	Annabelle Hu
Floor Exercise (Novice) - 5th Place	F.1E	Annabelle Hu

Hong Kong Schools Sports Federation		
(Shatin & Sai Kung Secondary Schools Area)		
Shatin & Sai Kung Overall Championships		
Girls - Overall 7th Place	St. Rose of Lima's College Sports Team	
Shatin & Sai Kung Athletics Championships		
Overall 6th Place	St. Rose of Lima's College Athletics Team	
Shatin & Sai Kung Inter-School Athletics Championships (Grade A)	F.5A	Dorothy Au
Overall 6th Place	F.5B	Patricia Cheng
	F.5B	Josie Siok
	F.5B	Emily Tong
	F.5C	Jamie Yu
	F.5D	Sharon Chung
	F.5E	Vivian Lee
4x100m Relay - 2nd Runner-Up	F.5B	Josie Siok
	F.5B	Emily Tong
	F.5C	Jamie Yu
	F.5D	Sharon Chung
Shatin & Sai Kung Inter-School Athletics Championships (Grade B)		
Overall 6th Place	F.3A	Carmen Ho
	F.3A	Choco Tang
	F.3B	Carol Lau
	F.3B	Cherry Liu
	F.3C	Anson Kung
	F.3C	Yesmine Liu
	F.3E	Cherry Au
	F.4A	Athens Cheng
	F.4B	Katia Yeung
	F.4C	Enrica Woo
	F.4E	Joyce Lui
	F.4E	Kitty So
	F.3A	Carmen Ho
	F.3B	Cherry Liu
	F.3B	Cherry Liu
	F.3A	Carmen Ho
	F.3B	Cherry Liu
	F.3C	Yesmine Liu
	F.4E	Joyce Lui
	F.3A	Carmen Ho
100m - Champion	F.3A	Carmen Ho
200m - 1st Runner-Up	F.3B	Cherry Liu
400m - 1st Runner-Up	F.3B	Cherry Liu
4x100m Relay - Champion	F.3A	Carmen Ho
	F.3B	Cherry Liu
	F.3C	Yesmine Liu
	F.4E	Joyce Lui
Long Jump - 1st Runner-Up	F.3A	Carmen Ho
Shatin & Sai Kung Inter-School Swimming Championships		
Overall 2nd Runner-Up	St. Rose of Lima's College Swimming Representatives	
Shatin & Sai Kung Inter-School Swimming Championships (Grade A)		
Overall 4th Place	F.4C	Julia Lui
	F.5B	Julie Tam
	F.5E	Ashley Cheung
	F.5E	Daisy Chu
	F.5E	Sabrina Wen
	F.5E	Ingrid Woo
	F.6A	Christy Lee
	F.6B	Cherry Cheung
	F.6B	Anastasia Mak
	F.6C	Kelly Shek
	F.5E	Sabrina Wen
	F.5E	Ashley Cheung
	F.6A	Christy Lee
	F.6B	Cherry Cheung
	F.6B	Anastasia Mak
	F.6C	Kelly Shek
4x50m Medley Relay - 4th Place	F.5E	Ashley Cheung
	F.5E	Daisy Chu
	F.5E	Sabrina Wen
	F.5E	Ingrid Woo
	F.5E	Daisy Chu
50m Breast Stroke - 6th Place	F.6C	Cherry Cheung
50m Breast Stroke - 6th Place	F.6B	Cherry Cheung
50m Butterfly - 7th Place	F.5B	Julie Tam
50m Free Style - 1st Runner-Up	F.5E	Ashley Cheung
Shatin & Sai Kung Inter-School Swimming Championships (Grade B)		
Overall 6th Place	F.3B	Anna Chan
	F.3C	Anson Kung
	F.3C	Vanessa Wong
	F.3D	Isabel Yeung
	F.3E	Fanny Chan
	F.4A	Sandy Lam
	F.4A	Vingie Lau
	F.4B	Rosaline Sze-To
	F.4D	Tracy Chow
	F.4D	Tracy Chow
	F.3C	Anson Kung
	F.3C	Anson Kung
	F.3C	Isabel Yeung
	F.4B	Rosaline Sze-To
	F.4B	Rosaline Sze-To
	F.3B	Anna Chan
	F.3C	Anson Kung
	F.3E	Fanny Chan
	F.4A	Sandy Lam
	F.3C	Vanessa Wong
	F.3D	Isabel Yeung
	F.4B	Rosaline Sze-To
	F.4D	Tracy Chow
	F.3C	Anson Kung
	F.3D	Isabel Yeung
	F.4A	Sandy Lam
Shatin & Sai Kung Inter-School Swimming Championships (Grade C)		
Overall 5th Place	F.1A	Joyce Chan
	F.1A	Cherry Luk
	F.1B	Audrey Cheung
	F.1C	Emily Yeung
	F.1E	Tiffany Ma
	F.2A	Belle Ho
	F.2B	Serena Ho
	F.2B	Vanessa Wen
	F.2C	Constance Lee
	F.2D	Janice Chan
	F.2E	Kelly Poon
	F.2E	Serena Ho
	F.2E	Kelly Poon
	F.1A	Joyce Chan
	F.1A	Cherry Luk
	F.1E	Tiffany Ma
	F.2B	Vanessa Wen
	F.2D	Janice Chan
	F.1A	Joyce Chan
	F.1C	Emily Yeung
	F.2B	Serena Ho
	F.2E	Kelly Poon
	F.2E	Kelly Poon
50m Breast Stroke - 4th Place	F.2D	Janice Chan
50m Free Style - 6th Place	F.1A	Joyce Chan
Shatin & Sai Kung Inter-School Table-Tennis Competition (Grade A)		
Fifth Prize	F.4A	Tiffany Tang
	F.5C	Sally Sum
	F.6D	Valerie Chao
	F.6E	Gloria Tse
Shatin & Sai Kung Inter-School Table-Tennis Competition (Grade B)		
2nd Runner-Up	F.3B	Fion Cheung
	F.3B	Nicole Chiu
	F.3E	Jacqueline Lo
	F.4A	Jaye Shum
	F.4B	Koyo Pang
	F.4C	Stephy Lam
	F.4E	Yannes Lau

Leisure and Cultural Services Department		
Eastern District Age Group Swimming Competition		
Women's 4x50m Freestyle Relay	F.3C	Anson Kung
- 2nd Runner-Up	F.3C	Vanessa Wong
	F.3E	Fanny Chan
	F.6A	Christy Lee
Our Lady Of The Rosary College		
Our Lady of the Rosary College Sports Day		
4 x 100m Inflation Relay	F.4A	Athens Cheng
- Champion	F.4E	Joyce Lui
	F.5B	Anna Lui
	F.5C	Jamie Yu
Tak Nga Secondary School		
Tak Nga Secondary School Sports Day		
4 x 100m Inflation Relay	F.4A	Athens Cheng
- 2nd Runner-Up	F.4E	Joyce Lui
	F.6B	Anna Lui
	F.5C	Jamie Yu
The Hong Kong Life Saving Society		
Lifesaving Examination		
Certificate in Aquatic First Aid	F.5E	Daisy Chu
Pool Lifeguard Award	F.5E	Daisy Chu
Hong Kong Schools Music and Speech Association		
The 68th Hong Kong Schools Music Festival		
Chinese Instrumental Ensemble	F.1C	Ophelia So
- Second Prize	F.2A	Cindy Cheng
	F.2C	Adelaide Chan
	F.3A	Bernice Lam
	F.3A	Theodora Luk
	F.3C	Charlie Ng
	F.3C	Christy Cheung
	F.3D	Sade Wong
	F.3D	Reanna Ho
	F.4D	Jasmine Yeung
	F.5A	Jenny Li
	F.5A	Monica Luk
	F.5A	Tanya Ng
	F.5E	Blanca Cheng
Leisure and Cultural Services Department		
Chinese Orchestra Competition		
Silver Award	F.1B	Janet Chiu
	F.1C	Ophelia So
	F.2A	Cindy Cheng
	F.2C	Yoyo Cheung
	F.2C	Adelaide Chan
	F.2D	Nicole Hui
	F.3A	Natalie Au
	F.3A	Karen Ip
	F.3A	Bernice Lam
	F.3A	Theodora Luk
	F.3A	Charlie Ng
	F.3B	Christy Cheung
	F.3D	Sade Wong
	F.3D	Reanna Ho
	F.3E	Evelyn Leung
	F.4D	Sissy Chan
	F.4D	Jasmine Yeung
	F.5A	Belle Ho
	F.5A	Jenny Li
	F.5A	Monica Luk
	F.5A	Tanya Ng
	F.5A	Annabelle Wong
	F.5B	Patricia Cheng

Erica Yeung

Form 6E

(2016-2017)

Time flies faster than anybody could ever catch up, and my secondary school life has come to an end more quickly than I imagined it would. Graduating from St. Rose symbolises the opening of a new chapter. Meanwhile, the beautiful memories throughout these 6 years will never be forgotten.



'Grateful' would easily be the perfect word to describe my feeling towards the school. St. Rose is a place which nurtured me from a reckless kid into a young lady with manners and wisdom today. I am extremely grateful to have encountered caring teachers, who poured their hearts and souls to shape us into well-educated teenagers. From St. Rose, we did not learn solely academic knowledge, but also built up moral values, creativity, and intelligence that make us valuable members of the society in future.

'She finds joy and happiness, friends and fun' simply summarises my life in St. Rose. Pressure and frustration from study were inevitable. Nevertheless, I was fortunate enough to have met life-long friends as my company, who burst into laughter with me in classrooms, and offered me shoulders midst sorrow and tears. I would like to thank every single friend of mine for being so loving and supportive throughout the years. I am so glad that fate brought us to grow up together in St. Rose, and to spend our memorable childhood years in this warm family.

The DSE has definitely been an arduous journey. Tons of tutorial classes, piles of past papers, and hours of extreme concentration were what accompanied us DSE fighters all along. Nonetheless, the support from teachers and schoolmates filled me with determination to continue to fight bravely in the exams. I would very much like to grasp this opportunity to give a virtual hug to all my little sisters – It is going to be difficult with thorns and thistles ahead, but please never lose hope and determination. Hang in there, and your effort would pay off eventually.

Once a Rosian, always a Rosian. I will always love my alma mater, just like how it had loved and nurtured me for 12 years.



Angel Woo

Form 6E

(2016-2017)

Countless memories danced across my mind when I was doing the DSE Physics paper: the very first question reminded me of a similar question in a Form 4 uniform test that I have wrestled with; the picture with a zorbing child brought me back to moments in an English lesson talking about this extraordinary sport. I flipped through the page, it was the periscope – ha, it was the question I had in a Form 3 exam paper, which I got a perfect score. Every little detail appeared before my eyes like déjà vu. Not until this very moment, I realised that my 6 years in St. Rose were more than a mere tedious learning journey. It was a colourful, dazzling voyage of discovery of joy, knowledge and love.



Looking back on those days, I had distasted teamwork so much. However, as I encountered the best debate teammates in the Public Speaking and English Debating Club, I experienced the inexplicable joy of having partners who stood by my side no matter what. They fueled me with the determination to dedicate myself to preparing for debating competitions. I have never thought that teamwork can be so powerful and beautiful.

Hardly can I recall times when I was deaf to the rhythm played by numbers. When I was in Form 6, as if the God of Maths has cast his magic on me, I gradually learnt to take maths problems as intriguing puzzles rather than painful headaches, and enjoyed playing with my logics amidst poems of equations. The epiphany moment would come when I could link mathematical questions to the fun and fascinating puzzles I have encountered before.

There were sweet moments, there were bitter moments. There were times when I felt disoriented about my study and futile about my goals. I can still remember the times when I was filled with frightening frustration while I was trying hard to revise for an exam. All that popped up in my mind was struggles and doubts revolving my career goal. I would like to express my deepest gratitude to the teachers who approached me and talked to me, who listened to me when I needed the most. Without any of you, I would not be who I am today.

All in all, thank you teachers in St. Rose who always stay passionate and supportive in showing me the aesthetics of knowledge, and guiding me in camps, club activities and all kinds of competitions. Thank you St. Rose for granting me all these beautiful encounters throughout the voyage. Though it is now the time for me to embark on a new journey, the joy, knowledge and love will always be there with me, like a handprint on my heart.

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Samantha Lee

Form 6E

(2016-2017)

Squirrel has always longed for escaping from the caged forest, craved for freedom in the affluent world. Yet, after it had experienced solitude amid such formidable challenges, it started missing everything in his forest where he used to call it "home". When Rosians have walked through our first battlefield in life, we realize how much we miss the fruitful lives in our alma mater.

To be honest, pink is definitely not my favourite colour. But ironically I have been dressed in pink and white for the past 15 years: from an innocent kindergarten kid to a well-educated young lady.

Words in this article could not fully express my greatest gratitude to St. Rose of Lima's. I feel really privileged to encounter several devoted and supportive teachers in my hectic secondary school life. Not only have they dealt with my countless academic queries patiently; they have also been my life mentors and supported me unconditionally. I cannot imagine how my strenuous life will be without these sweetest companions. But I will still bear in mind to act like a positive graph in parabola and a proton in an atom, while walking through spurs and valleys in my bewildered life. I cannot agree more that school is actually a miniature of society. It is way too fortunate for us to become fellow schoolmates, to share mutual aspirations in the same parties, and eventually turn to lifelong counterparts who have motivated one another throughout the seemingly desperate exam period. My secondary school life would not have been that remarkable if you had not added colours to my teenage chapter.

Scattered bittersweet moments have made my school life a complete one. It is undeniable that I have been sleeping with piles of past papers and exercises in these 3 years. Nevertheless, being competent to recite every single word in textbooks or mastering exam skills should not be the most significant lesson we have learnt. Classes may burst into tears when they could not cover their disappointment in Fun Fair; but they learn to be resilient and innovative to win others' laughter and acceptance on ECA Days. We may cheer for prizes for seconds while learning lessons for life. Being a member in the Audio and Visual Team, I have embraced every opportunity to have duties in school events, be it hall events or sports events. Finding an orientation for myself equips me to develop a heartfelt sense of belonging to the team and the school. It drives me to explore more through cameras and it absolutely makes my unique school life more memorable.

If DSE resembled a 10-km race, I bet there would be a surge of marathons in the not too distant future. To summarise my last lesson in St. Rose, I hope we could be adventurous yet not that aggressive; be diligent yet stay humble; be cooperative yet have faith in ourselves. Without the guidance of our teachers, we may not be used to seeking solutions and answers in lives on our own. However, this is probably our first test after stepping out from this comfort zone. Thank you St. Rose for nurturing us to glow like glistening stars and grow like roses with thorns.



Natalie Wong

Form 6A

(2016-2017)

Life in St. Rose caps a stunning chapter in my life. From the time when I was still holding so many questions marks entering this girl college, to the time when I was besetting myself with a torrent of notes, exercises and past papers, preparing for my HKDSE Examination, my great buddies and mentors in St. Rose facilitated my extraordinary transformation here. It is impossible for me to recall how many days and weeks went by in this way. Time leaks quickly. Now, I am a Form 6 graduate, receiving graduation letter and lifting flowers, shouting "Happy Graduation" with grin.

Time in St. Rose can be joyful and unforgettable, such as the moment chit-chatting with our lovely friends so loudly during the break, as well as the memories that we worked so hard for our Fun Fair and ECA days. All these beautiful shots will by no means leave my mind after I graduated. Nevertheless, sorrows and sadness would also be omnipresent from time to time during our secondary life. The moments battling with our dreadful SBA in several subjects and besieging with loads of work and concepts that we could never understand the reasons behind are heartbreaking. Fortunately, with our patient teachers' words of encouragement and their willingness to explain concepts in detail again and again, we Form 6 students finally got the stage to shine in our public examinations, proving that we are all industrious and courageous.

Time flies and it is the time for us to be our own navigators. Not only do we have to leave this peaceful and safe shelter in St. Rose, but we also need to explore our life in different directions. Thanks to St. Rose so much for equipping all of us with the ability to search for our own future pathways by nurturing us with knowledge and skills. Without my dearest alma mater, we would only be as blank as a white piece of paper instead of a fully-drawn picture now.

Taking this precious opportunity, let me also say a few words to my younger sisters: "challenges are everywhere". You may think that study is hard and tedious, but when your hard work really pays off, you will realize everything you did before is worthy and you will be impressed by the mature and distinctive side of yourselves. Former US President Barack Obama once said, "No one's written your life for you. You are the one who write your own destiny." This is the adage that I love which I want to share with all of you. What you desire in the future is what you do right now.



常言道「天下無不散之筵席」。

自幼稚園起至中學，於聖羅撒拼搏已有十數載，所收穫的緣份及情誼實在是不勝數。然聚散有時，不論我有多不捨多不情願，亦逃不過要與良師益友們告別的一天。六年的中學生涯，終究要落下帷幕。

總說歲月不留人，明明上課時老師的諄諄教誨仍言猶在耳，明明午休與同學們吵鬧不已的情景仍歷歷在目；明明第一次打著粉紅領帶、第一次經過那道有點老舊的淡綠色鐵閘的場景仍恍如昨日。可轉眼間，我們步入的將不再是熟悉的校園，而是充滿未知的社會。

興許，人總是要在失去的時候才懂得珍惜。現在回首，從前上學所習以為常的、所厭倦的，都成了彌足珍貴的回憶。各節課上堪比催眠曲的課本內容、老師們為了使我們集中精神而不時開的玩笑、每天叫我們怨聲載道的作業；甚或是升上高中以後，為備戰文憑試而作的試卷操練、各科各種的小考小測……。那時的我總在抱怨這段路上的艱辛，到畢業以後反倒懷念起那段日子來。

猶記得高中三年，眼看公開試已是迫在眉睫，每每感覺自己快要被如山般的重擔壓垮之際，幸得同窗好友們在身邊一起奮鬥，我才能堅持繼續走下去。我想我不會忘記，大家為讓操練試題的過程不那麼枯燥而說過的無聊笑話；不會忘記，大家為完成專題探究和校本評核而一起熬過的日與夜；不會忘記，在惜別會那日大家為令拍出來的照片再漂亮點而一直忍著、然終究還是決堤的淚水。

除了一群戰友外，亦很慶幸在這段路上能遇上一群好老師。上了大學步進社會，大概再沒有人會熬夜為我們準備額外的參考筆記；再沒有人會在我們的作業、文章旁留下一段比我們的答案還要長的評語；再沒有人會在考試前日特地跟我們作最後衝刺，耐心地解釋說過不下十遍的內容；再沒有人會在自己病怏怏的時候仍堅持回校，為的只是要與我們討論、完成校本評核的課題……

對亦師亦友的他們，我只有道不盡的感謝之情——沒有他們的教導，就不可能成就今天的我。可惜的是，我們總不能一輩子留在他們的護蔭之下。

我們不能叫時間停止流逝，便惟有珍惜當下，但求落幕無悔。儼然今天與師長同學們各散東西，相信他日回顧來時路，也會慶幸在最青蔥的歲月裡，遇上過這些對自己影響最為深遠的、美好的人。

願已畢業的我們能在自己的人生路上活得更精彩，閒時再相聚抖出昔日趣事，如數家珍；亦願未畢業的你們能珍惜、享受在中學的這段時光，不留遺憾。



Judy Lam

Form 6E

(2016-2017)



When I was 12 years old, I stepped into the lime green school gates of St. Rose of Lima's College. What stood behind these gates were unfamiliarity and uncertainty of an unknown secondary school life that I longed to explore. Timid as I was, the phrases "being a 'Well-educated young lady'" and "Once a Rosian, Always a Rosian" were carved onto the hearts of the Form 1 freshmen, whose wild expectations and excitement about the brand new chapter of our lives were being unleashed on the first day of school.

In St. Rose, undoubtedly these mortals are most frequently mentioned. Yet we never truly understand the denotations of these simple phrases.

It is until after 6 years of life spending in this family, standing on the stage of our own parting ceremony, that we finally know these phrases mean more than words. Here, not only are we educated with fundamental academic knowledge to reach for our wildest aspirations, we are also nurtured by countless opportunities that build up our personalities. Holding different responsibilities in school have taught me the importance of a considerate and modest heart. Being a committee member of ECA clubs and House events, you know you have to learn to compromise with different opinions and accept each other's strengths and weaknesses, while being a Prefect, you are to strictly understand the boundaries between fairness and prejudice. The roles that we have played throughout this journey have transformed us from a bunch of innocent teens into a group of academically and morally well-educated young ladies that we proudly acclaim.

St. Rose is the home of our teenage, but also a time capsule for its pupil. Every corner of it is filled with joy and sadness that shape who we are today. I have met my dearest schoolmates who are always having my back whenever I am frustrated and discouraged by the overwhelming tests and assignments, who have gone through millions of ups and downs alongside with me. Teachers are the greatest life mentors that we can ever ask for. They have never failed to show their enthusiasm in teaching, who are always prepared to unravel all the dreadful questions tangled in our minds with patience and encouragement. They are our greatest support network that anyone could ever imagine, as well as friends who build us up as mature and resilient young adults.

Battling against the DSE is surely the most devastating uphill that we have to confront. Reaching the peak of it is an emblem of our hard work and persistence throughout these years, and a remark of the finale of our journey with St. Rose. My youth with St. Rose is over, with the everlasting love and memories, however, I know this is not the end. The laughter with my companions is the most delighted sound of my teenage and pieces of memories will always be my motivation to progress through challenges awaiting ahead.

6 years of secondary education, 13 years of St. Rose, a lifetime of a Rosian. Goodbye and thank you, St. Rose.



Sonia Shum

Form 6A

(2016-2017)