



Sha Tin Government Secondary School

Newsletter 2023–2024

Issue

1

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Against the backdrop of the pine tree in the garden towering over the Sha Tin Government Secondary School (STGSS) campus and witnessing the continuous development of the school, I am deeply honoured to serve STGSS once again, this time in the capacity of Principal. Back in the 90s, I was posted to STGSS upon joining the EDB, teaching Chinese Language, Chinese History, Chinese Language and Culture as well as Chinese Literature. The advent of the New Senior Secondary era coincided with my transition to the role of a Chinese and Chinese Literature teacher. In the ensuing years, school transfer landed me in Jockey Club Government Secondary School (JCGSS) and Cheung Chau Government Secondary School (CCGSS), where I served as the Assistant Principal and Principal respectively.

Greeted by everyone warmly, I can attest to the fact that STGSS students come across as courteous, intelligent, academically-inclined, organized and energetic. Under the guidance and leadership of the teaching staff, they learn industriously. During House meetings, Student Council's Election and Dance Show, they manifest tremendous organizational and leadership capabilities. Students' active participation in morning jogs, the Swimming Gala and Athletic Meet exudes tremendous energy. The return to normalcy in the wake of the pandemic provides students with vital opportunities to thrive and showcase talent in school activities, exhibiting multi-faceted intelligences.

Equally essential to our school's success is the never-ending support from parents and alumni. The first Parents-Teachers' Association (PTA) meeting, coupled with the constructive dialogue with Ms. LAM Yi-ling Ida, the Chairlady of our PTA and the Guest-of-Honour at the Swimming Gala, spoke volumes about the strong rapport between our school and parents as well as parents' dedication to STGSS. The Welcoming S.1 Parents-Students Camp was well-received, which was a true testament to parents' love for their children and support for school activities.

STGSS alumni's devotion has been demonstrated in equal measure. A brief meeting with the Chairperson of our Alumni Association, Mr. LEE Wing-shing, Leo and the first cohort of STGSS alumni yielded fruitful results regarding duties of the association and donations from alumni. Committee Member of our Alumni Association, Mr. LAU Chi-chung, Issac attended our Athletic Meet as our Guest-of-Honour, enlightening STGSS minds with his words and actions of love, wisdom and vigour.

Last year, I had a chance to feel first-hand the warmth of and connection with the Cheung Chau community while serving as the Principal of CCGSS. Coming back to STGSS, I am reconnecting with this school. My return is bringing back fond memories of the magnificent pine tree in the garden, the banyan tree in the basketball court, the hustle and bustle at the tuck shop and the nostalgically familiar school campus. For half a century, STGSS alumni, parents and students have been creating favorable conditions for its long-standing tradition of exemplary school development.

I hope STGSS will carry on the mission of extending its excellent tradition while charting a new course forward, offering students an environment conducive to their academic endeavors and whole-person development.

Advisors:

Ms. CHOI Fung-man (Principal)

Mr. LEE Chun-man (Assistant Principal)

Ms. TANG Tze-kwan Teresa (Assistant Principal)

Mr. CHENG Him (Assistant Principal)

Editors:

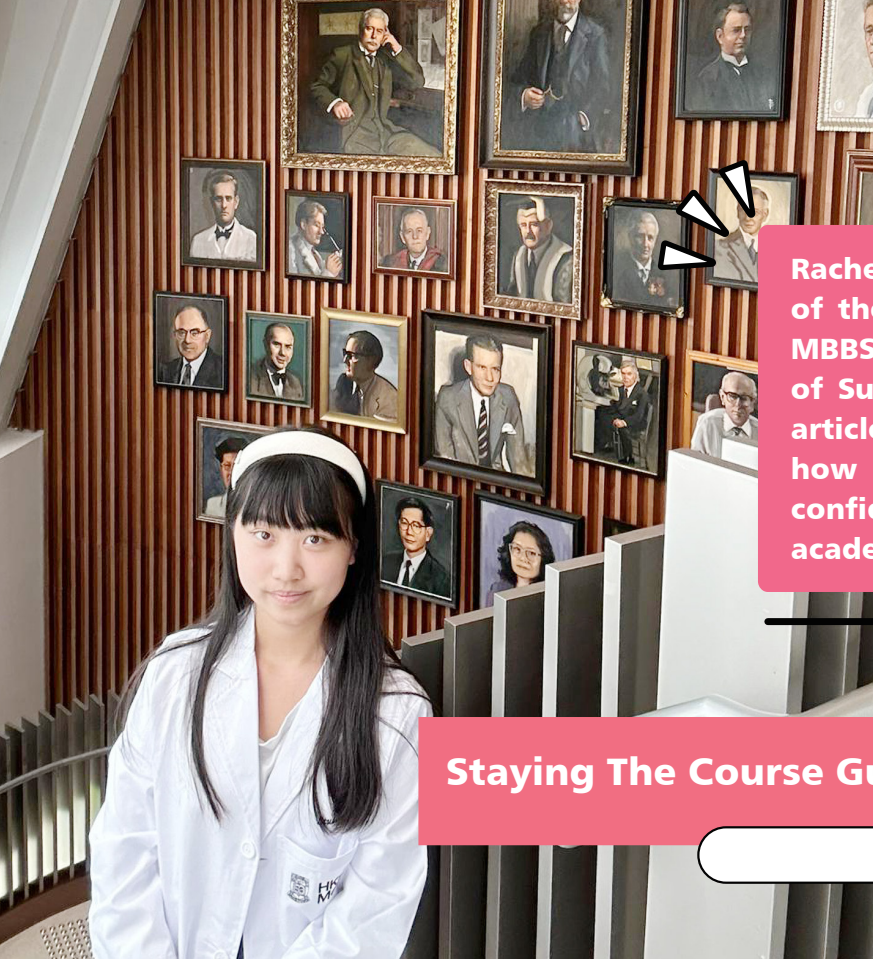
Ms. CHU Yiu-wai

Ms. WONG Sing-ting

Ms. POON Siu-pik

Mr. TANG Wai-kit

Mr. TSUI Hing-kong



Rachel Wong, an outstanding STGSS graduate of the 2023 class who has just started her MBBS (Bachelor of Medicine and Bachelor of Surgery) studies at HKU, has penned an article sharing her razor-sharp insight into how her days at STGSS have boosted her confidence and inspired her passion for academic excellence and career aspirations.

Staying The Course Guarantees Spectacular Success

– Rachel Wong

Despite the sweltering heat of the cruel summer, I was brimming with joy while making my stride to the white coat ceremony. This moment still sounded surreal and my smile faded. What if I failed? What if I did not belong here? What if.....

Silhouettes of memories came flashing by. In retrospect, I never envisaged myself stepping into this particular profession during my fledgling years of childhood. Fathoming that I was a linguistically-inclined person, I was originally aspiring to be a barrister. I was solely a kid craving for words of affirmation and a mediocre student with average academic capabilities and limited aesthetic development. My performance during my younger days was lackluster, to say the least.

To be brutally honest, law school was something that I would have declared unattainable, not to mention medicine.

Time flashed by, and I had outgrown my turquoise uniform. Changing into a brown checkered dress, I set foot in an unfamiliar school environment in the vicinity of Shing Mun River. Yearning for a fresh start, I wanted to see how far I could go as a naive teenager seeking approval. With this expectation, I began striving for academic excellence by investing more time and effort in studies. Fortunately, all my hard work paid off. I excelled academically at STGSS and met kind souls there. Offered a plethora of opportunities to partake in scholarship schemes and competitions, I got all the chances to shine bright. Then I began to ponder what occupation would suit me best. Grief-stricken by the passing of my grandparents owing to chronic disease and the raging pandemic, I came to the realization that being a medical professional could contribute to society. I decided to embark on a career which would enable me to help those tormented by pain and discomfort.

A year ago, I was struggling to clinch those elusive stars in HKDSE. It was not a walk in the park. However, my diligence kept me going throughout the rough roller-coaster ride of the daunting examination. I would like to express my heartfelt gratitude for the unwavering support from my teachers, principal and assistant principals at STGSS, unyielding love from my friends and unfaltering encouragement from my parents. Without them, I would not be the person I am right now.

Fortunately, I had the privilege to enter medical school at HKU. Making my way to Sassoon Road was once my dream and now it has become reality. When I wore the white coat with pride, everything was unrealistic and I was filled with an indescribable concoction of emotions. The upcoming tertiary education is an exciting adventure I am looking forward to. Irrefutably, medicine is going to be strenuous. Only by having the audacity, tenacity and mentality can I reach the desired destination. As I read the Declaration of Geneva, I can finally convince myself I am where I am supposed to be, where I can shine, and where I belong.

Stay the course and seize every opportunity STGSS offers!



Aeon Kwok, an outstanding STGSS graduate of the 2023 class who has just started his MBBS (Bachelor of Medicine and Bachelor of Surgery) studies at HKU, dissects how a healthy competition with Rachel Wong (another STGSS alumnus on the MBBS program) has pushed each other to academic success, all the way from primary school to university.

Fostering a healthy competition with my STGSS buddy

– Aeon Kwok

"It's almost mind-boggling how time flies," Martin Brodeur, a prominent professional ice hockey player once said. That's blatantly true. In the blink of an eye, I have grown up from a crying infant to an HKU medical student donning a white coat, symbolizing my responsibilities of rendering humanistic care to patients and manifesting professionalism. Like many others, I have been through lots of ups and downs all these years, yet what keeps me going is undoubtedly my true, precious friendship and an unbreakable rapport with Rachel, my 12-year buddy sharing a healthy rivalry with me.

From STGPS and STGSS to MBBS and hopefully the hospital we will work at in the future, Rachel and I have fought all the way together, offering each other unwavering support. Honestly, it's never a piece of cake for us to always maintain our innocence and chase our dreams unswervingly in our arduous life journeys. Trials and tribulations have been our daily routine. We may easily get lost in this mega maze like a ship losing its bearing on a winter night. Nevertheless, your buddies would be your beacon, creating light and shining everlastingly in the darkness. Whenever you question yourself and want to give up, they would have your back and say, "Don't worry. You can do it." Yes, a few simple words are encouragement and motivation. "A friend in need is a friend indeed."

I am not flawless. I could be exasperated with trivial matters; I could be melancholic and sentimental after making a minor mistake, but be that as it may, my buddy still accepts the troublesome and exasperating version of me, and cheers me on. Sometimes, these warm reminders and suggestions could sound annoying at times. As the old saying goes, "A good medicine tastes bitter. A good piece of advice might sound unpleasant". Only if I have digested, absorbed, and assimilated the kind opinions from my buddy can I pursue excellence, no matter whether in terms of academics or conduct.

Human beings are not robots, and there could be a few moments when our progression is stalled; we may run out of steam after striving for a long period. We cannot sprint a marathon, can we? Don't feel dejected. Your buddies are waiting for you ahead to cross the finish line hand in hand. You don't want to disappoint your companions, and you don't want to fall behind alone, do you? So, your buddies are always your catalysts for advancement. They help you weather the storm and overcome obstacles. That is what a healthy rivalry is meant to be.

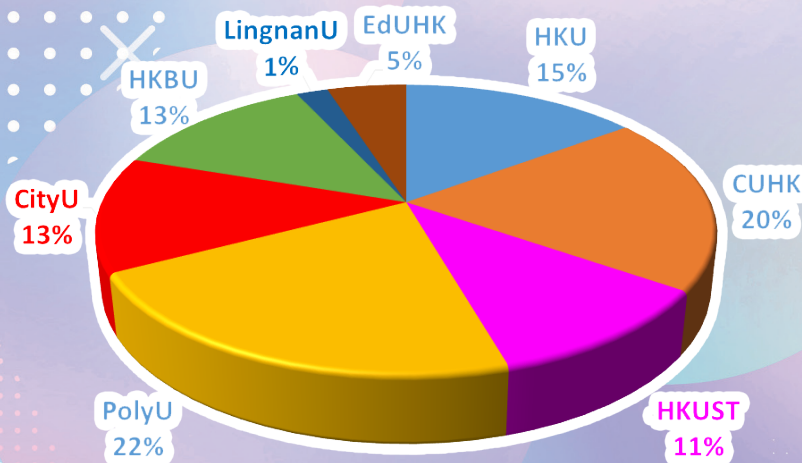
All in all, your lifelong buddies are treasures in your life. Cherish the ones who accompany you and stand by you. Last but not least, allow me to express my heartfelt gratitude to my buddy again. Thank you very much, Rachel!



Delightful Destinations of our 2023 S6 Graduates

Our graduates received degree offers from different local universities, with some getting offers from competitive programs like HKU Bachelor of Medicine and Bachelor of Surgery and CUHK Quantitative Finance.

OFFER DISTRIBUTIONS TO
UGC-FUNDED DEGREE PROGRAMMES



Some outstanding achievements include:

Wong Wai Kiu	黃慧喬	HKU	Bachelor of Medicine and Bachelor of Surgery
Kwok Chun Wai Aeon	郭俊唯	HKU	Bachelor of Medicine and Bachelor of Surgery
Ke Tung To	柯東濤	CUHK	Quantitative Finance
Chan Chun Ngai	陳晉毅	PolyU	BSc (Hons) Scheme in Medical Laboratory Science and Radiography - BSc (Hons) in Medical Laboratory Science
Kam Wai Yan	甘蕙茵	HKU	Bachelor of Science in Surveying
Ng Tsun Ho	吳浚壕	PolyU	BSc (Hons) Scheme in Rehabilitation Sciences - BSc (Hons) in Occupational Therapy
Cheung Ka Yi Kylie	張家怡	PolyU	BSc (Hons) Scheme in Medical Laboratory Science and Radiography - BSc (Hons) in Medical Laboratory Science
Chan Sze Hei	陳思熹	HKUST	Business and Management
Tam Ho Ming	譚灝銘	CUHK	Earth and Environmental Sciences
Kwok Ka Hin	郭嘉軒	HKU	Bachelor of Science in Actuarial Science
Wong Nga Ying	黃雅盈	HKU	Bachelor of Science
Ou Wing Yee	歐泳儀	CUHK	Chinese Language and Literature
Ho Chun Kiu	何俊翹	HKUST	BBA in Economics
Li Yuk Shun	李鈺洵	PolyU	BSc (Hons) Scheme in Nursing - BSc (Hons) in Nursing
Fung Sze Chi	馮思智	CUHK	Professional Accountancy
Fung Karen	馮啟韻	CUHK	Nursing

Thirty S.3 to S.5 students travelled beyond borders and immersed themselves in an English environment in Auckland, New Zealand from 1st to 12th July 2023. During the tour, students attended classes to boost their confidence in using English to communicate with the locals. They were also given opportunities to appreciate diverse scenic spots such as Rotorua, an exotic place featuring dramatic geysers and bubbling mud pools, and Waitomo Caves, where they learnt about limestone formation and met glowworms - a unique species in New Zealand. To explore the culture and creative industries of New Zealand, students joined workshops related to movie-making and visited museums showcasing Māori. The most unique experience was hands-down their stay with host families, during which they had a taste of living like a real New Zealander on this 12-day tour. The wonderful learning and fantastic experience proved fruitful and rewarding, broadening their horizons and fostering their global vision!



Learning Beyond Borders 2023 - New Zealand

Reflections from some students

Pang Chin Lang 4C

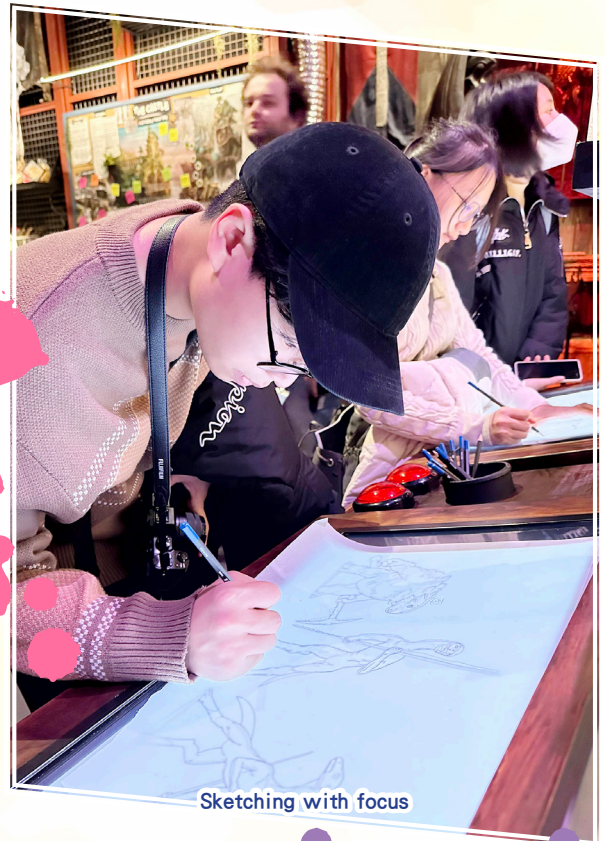
The funny thing was that the sheep licked my hands while I was feeding them, so my hands got really sticky! As an animal lover, I felt overjoyed during the Sheepworld trip! In Hong Kong, there are few chances for us to feed sheep on our own, so being able to do so was an enjoyable, relaxing and memorable experience for me.

I must say thanks to my parents since they paid a large sum of money for my trip. Without the encouragement and support from my parents, I could not have acquired so much knowledge from New Zealand.

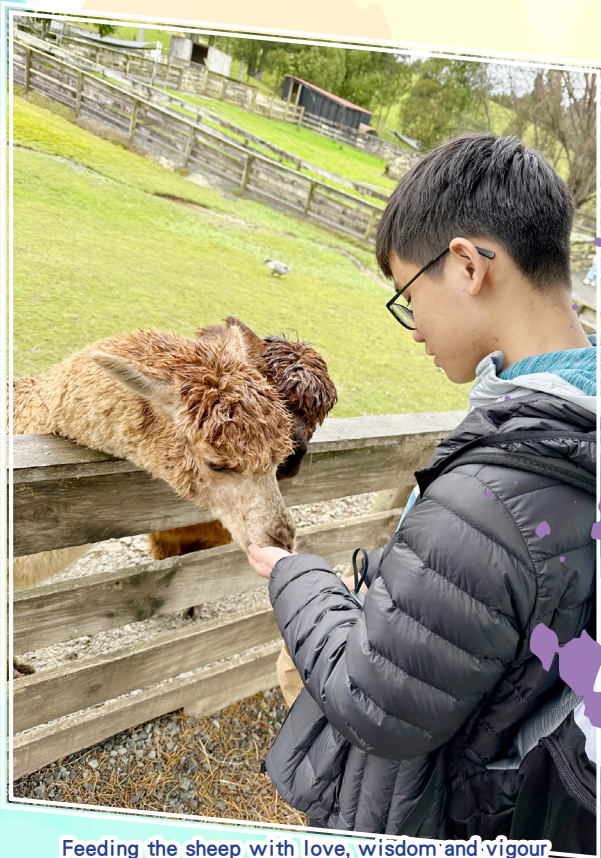
Li Lok Yin 5D

First of all, I improved my communication skills. As I had to commute to school and go home by public transport myself, it was inevitable for me to communicate with the locals. At first, I felt a bit nervous about communicating with them. However, I tried my best to do that, and I did it! It is not that difficult to communicate with foreigners. This trip has deeply improved my confidence in speaking English, and I believe I can speak English fluently in the future.

I also learned to be patient and kind. I was so shy to meet new friends. Fortunately, my roommate was nice and helped me a lot. We became good friends and took care of each other during the trip.



Sketching with focus



Feeding the sheep with love, wisdom and vigour

Kam Ka Ying 6C

During this study tour, I immersed myself in the local culture. I gained first-hand experience of the customs, traditions, and ways of life of New Zealand. The experience has elevated my appreciation and understanding of different cultures, fostering my open-mindedness and adaptability. Through the interaction with my host family, I gained a deeper understanding of cultural norms, values, and social etiquette. I tried to adapt to different social settings, showing respect for their customs and traditions. My host family was from Fiji. My host mum was a Muslim, and my host dad a Hindu. At our first dinner, my mother prepared cutlery for us but told us that she ate with her hands. Even though I knew that some people would eat with their hands, I was a little concerned when I first met them. However, as we spent time together, I realized that there are different cultures and customs in the world. People from different places may have different habits, but the important thing is to respect each other. We can keep our own habits, but we can't force others to follow ours.



Trekking into the forest



Exposure to authentic English

Artistic enlightenment



A close encounter with nature



Let's protect marine life!



The Hobbit World has come to life!



Thumbs-up to the joyful trip



Treasure marine animals



Welcome to the STGSS family

A fun-filled orientation to a fruitful STGSS life

To welcome pre-S.1 students to the STGSS family with open arms and help them adapt to a new school life, a summer bridging program spanning an array of academic, ECA and guidance activities was hosted in mid-August. Our new blood not only developed potential in STEM education, general academic capabilities, salient generic and interpersonal skills, but they also acquired essential values, attitudes and knowledge during the fun-filled activities spearheaded by our student leaders. With the acquired wisdom, our freshmen will learn to display love and vigour in both academic pursuits and non-academic endeavors, essentially transforming themselves into visionary and exemplary leaders ready to make significant contributions to society.



Rainbow of positive values in group games



Music to everyone's ears



STEM transcends gender



Aim high and shoot for the moon



Little engineers



Future scout leaders



Ready to take flight



Flag-raising and passing the baton



Speaking English with joy



In unity there is strength



Focus and precision in STEM



Red Cross has come to your aid



Putting the finishing touches on my product



Bravo!

Dazzling display of diverse dancing talent at the Dance Show

STGSS Dance Club, which has enjoyed a long tradition of assembling talented individuals passionate about performing on stage, soared to new heights once again with their rapturous rendition of award-winning dances: Maze, Moonlight Shadow, Human Error 404 and Mind. Mesmerizing moves, amazing athleticism and fantastic physique spoke volumes about the dancers' dogged determination, dedication and considerable commitment to perfecting their crafts. The traditional Chinese dances were complemented by contemporary K-pop dance, modern dance, punk rock, hip-hop and jazz, painting a beautiful canvas of artistic power, vigor and grace. The surprising finale starring the quartet of Mr Chan, Mr Ng, Ms Ng and Ms Cho put the finishing touches on the breathtaking show. Both STGSS Staff and students relished an afternoon of top-notch entertainment and aesthetic appreciation, rejoicing in the vibe and vibrancy of multi-faceted artistic abilities.



The traditional costume embellishes the dance

Magnificent moves

Trio of elegance



Modernity in modern dance



Dazzling display of dancing talent



Mr. Chan's got moves



In sync

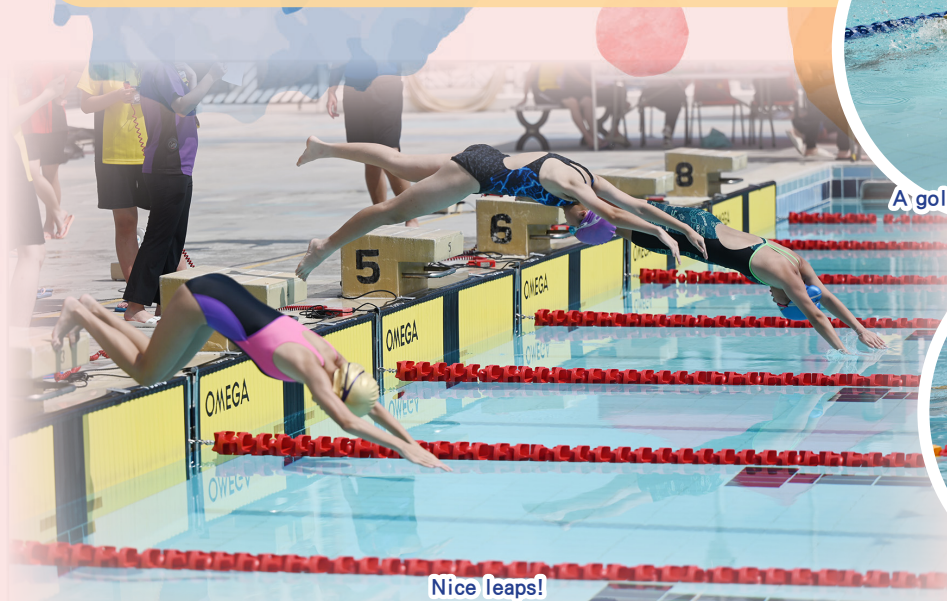
The 43rd Annual Swimming Gala

– A Sorely Missed Sporting Spectacular

After a 3-year hiatus, the 43rd Annual Swimming Gala came back with a splash! To foster a healthy lifestyle and infuse positive values such as perseverance and responsibility, cornerstones of students' overall well-being, this sporting event provided an avenue for athletes, cheerleading team members and spectators to showcase athletic talent, sportsmanship, passion for sports and commitment to their endeared houses. Spurred on by the thunderous cheering, participants summoned their inner strength and competitive spirit, bagging medals and trophies along the way. The exhilaration from partaking in and witnessing the Swimming Gala injected vital positive energy into students' campus life, enriching their other learning experiences and whole-person development.



The Chairlady of our PTA and the Guest-of-Honour Ms. LAM Yi-ling Ida with Principal CHOI



Nice leaps!



A golden chance to win



Focus and intensity



Swimming with honour



Gliding and flying with athleticism



The Chairlady of our PTA and the Guest-of-Honour with winners



Synchronized strokes



Swimming towards success



Parents' support is crucial to students' success



Let's smile!



Congratulations!



Our Guest-of-Honour and the record holder of Boys' Grade A High Jump, Mr. LAU Chi-chung, Issac with Jacaranda House

The 47th Annual Athletic Meet

- A Sequel To A Sporting Extravaganza



Our Guest-of-Honour and the record holder of Boys' Grade A High Jump, Mr. LAU Chi-chung, Issac

Back in October, the 47th Annual Athletic Meet came hot on the heels of the 43rd Annual Swimming Gala, extending students' sports-related experience. Adrenaline-filled events, be they track or field ones, propelled cheerleading teams and spectators to show tremendous appreciation for the blood, sweat and tears shed by athletes and members of the house committees, who embodied and epitomized diligence, integrity and responsibility, values regularly acquired from weekly morning jogs. Under the strong leadership of the House Captains, members and athletes left no stone unturned to strive for sporting excellence and glory. The high-octane relays marked the pinnacle of the event, embellishing STGSS students' campus life with a jovial ambience and leaving an indelible memory on their minds.



Strength and skills

Let's see who can have the last laugh!

Fly high and soar to new heights!

Parents passing batons to children



Azalea House



Camellia House



Bauhinia House



Jacaranda House



北京姊妹學校交流活動2023

本校與北京理工大學附屬中學自2004年開始結成姊妹學校，致力籌辦交流活動，讓學生擴闊視野、認識兩地文化。在過去的19年，兩間學校舉辦了不同類型的交流活動。2023年10月12至16日，本校30名中三學生在戴錫堅老師、何婉華老師、曾震江老師和陳惠芳老師帶領下，赴京與姊妹學校北京理工大學附屬中學的師生進行交流。今年的活動主題為「STEM學習交流」。在整個活動中，我校師生獲安排到理工附中的中三英才班課堂觀課，與北京學生進行各科的學習交流，並參與南京大學校長主講有關科學家精神的分享。本校數學科副科主任曾老師與北京老師進行數學交流展示課，互相交流教學法。化學科科主任戴老師及生物科主任何老師亦與姊妹學校的科學老師進行學科活動的交流。除此之外，師生們獲安排參觀北京的名勝古蹟，包括萬里長城居庸關、故宮博物院、頤和園、天壇、天安門廣場和北京的胡同等。過程中，同學們對中國的歷史和近代發展得到更深的體會與認識。相信是次交流活動的收穫，對同學而言將是人生路上一次寶貴的經驗。北京的師生將於下學期回訪我校，期待稍後兩校師生再有更多的交流。



2A 周詠渝

北京姊妹學校的同學在英文課小組交流中，介紹了一項他們最喜歡的運動——踢毽。以前我不是太了解關於踢毽，可是現在與他們交流過後就比以前清楚了，而且過程中亦認識了北京的新朋友。整體而言，我認為北京學生的學習模式與香港學生大致相似，不過當地的課程則比香港多，但學生也很自律地自己溫習自修，十分值得我們欣賞、學習。最後，在這次旅程中，我印象最深刻的景點是故宮博物院，因為故宮博物院十分大，而且走進去就要一直向北走不可走回頭路，那樣我們便可以慢慢欣賞故宮。雖然走得有點累，但是我們也有很多得著，例如參觀了皇帝舉辦大型典禮的地方——太和殿，也欣賞了不少精緻的陶瓷，加上過程中導遊很有耐性地為展品作介紹，所以我覺得這次參觀故宮博物館是十分有意義的。

2C 樊亭瑤

這段北京之旅很快便結束了，但過程中我已飽覽了不少美景。其中，我最印象深刻的就是天安門廣場。天安門主要是用來升旗的地方，旗子每天都更換。耀眼的五星紅旗高高掛在旗桿上，迎著風揮動著，人們仰視著它，凸顯了這面旗的重大意義及其象徵美好的深意。天安門附近有幾處噴泉，華麗奪目，很多遊客都聚集在那兒拍照留念，陽光照耀在噴泉的水氣上，出現一道道微妙的彩虹，實在是點睛之筆。

2C 陳逸康

在這次北京交流團中，我發現北京同學的上學時間比香港長很多，同學逗留在學校的時間更長意味著要吸收的知識更多。我認為這樣的學習模式會有更高的教學效能。不過，學生擁有的私人時間也相對地減少了，我覺得學習時間和私人時間之間要取得平衡。不過其實兩種學習方式各有千秋，而且不同的學習模式對不同的人有不同的效果，所以我覺得各有好處。

此外，這次旅程令我印象最深刻的景點是長城，俗話說：「不到長城非好漢。」我覺得這句話很有道理。長城是沿著凹凸不平的山脈建造，人在下面看，覺得長城一點都不陡峭，可以徒步走完長城。但當你真正到了長城，你就會發現長城比你想像中還要難「爬」。這就像你面對困難時，以為可以輕鬆地克服它，但當你發現難關比你想像中艱難，你就會出現放棄的念頭。如果你真的放棄了，那你便「非好漢」了。我很慶幸當時的我沒有放棄，成功到達長城的開放路段的末端，真真正正的做了一回「好漢」。長城上的風景別具特色，不止是因為看到的美景，更是因為跨越困難的過程，令這趟旅程更為可貴。

老師感想

是次北京姊妹學校交流團行程豐富，同學們有機會親身到故宮、長城、天壇等古蹟參觀，親身體會中一級中國語文科其中一篇所學的課文《故宮博物院》，領略文中所言的「雄偉壯麗」、「金碧輝煌」，這正是所謂「讀萬卷書，行萬里路」的意義所在。

除學生所獲甚豐外，隨團老師亦受益匪淺，在與北京理工大學附屬中學師生交流期間，我們觀摩了北京老師的課堂，曾震江老師更獲安排為北京同學上了一節數學課，這種深度交流讓京港老師之間有了互相切磋、學習的機會，課堂後的交流環節亦讓老師們可就著課程框架、課程設計等不同議題再作討論，實在機會難得。

北京理工大學附屬中學的師生也將於下學期來臨本校作訪，期望屆時沙官師生也能於活動中向北京師生分享學習及教學心得，讓姊妹學校之間的關係更緊密。

陳惠芳老師



第十四屆沙田官立中學校友會

第十四屆沙田官立中學校友會幹事會（2023-2025年度）於今年2月25日的周年大會上順利籌組。本屆校友會主席為李榮勝校友（2000年中七畢業）。本校校友會一向致力舉辦不同活動，凝聚各屆校友力量，以不同方式回饋母校。當中除了每年一度的Homecoming Day外，於2022-2023學年舉行的「金禧校慶晚宴」更取得空前成功，前任校長、老師和校友踴躍支持，一呼百應，在一片溫馨熱鬧的氣氛中連繫「沙官人」的情誼。

沙官校友人才輩出，本會期望善用超過50屆畢業生的豐富經驗和資源，以助母校的未來發展。其中校友會於2017年成立智仁勇基金，透過集合眾多校友的力量，為母校提供資源，協助提升學校的教學質素和幫助一眾師弟師妹在不同領域發展。智仁勇基金為沙官學生設置超過20個獎學金，以表揚各學生在學業和課外活動上的成就。當中包括：

校友會獎學金——獎勵除學業有卓越成績外，在領導才能和關心社會方面均表現出色的學生

校友會進步獎——獎勵過去一年在成績及操行有顯著進步的學生

中學文憑試獎——表揚在文憑試有至少一主科得到5**成績的學生

鄭夏恩獎學金——鼓勵學生以校友鄭夏恩醫生在2003年抗疫期間的英勇行為作榜樣，獎勵成績優異或立志修讀醫科、藥劑、牙科或護理科的校友。

近年智仁勇基金亦得到第一屆畢業校友的大力支持，在新冠疫情期間幫助一群受疫情影響的學生家庭。來年亦會協助提升校內的教學設施，讓學生能在更完善的環境中學習。

校友會希望未來可多與學生會和家教會合作，合辦不同活動，以加強與現屆學生的聯繫。各師弟妹如有意與校友會共同籌辦活動，亦歡迎經學生會聯絡本會，或直接私訊校友會



ig@stgss_aa 或電郵至 stgssaa@gmail.com



中華文化在沙官

「非遺進校園」

本校學生事務組致力為學生提供學習機會和發展空間，讓他們展現潛能，培養興趣和建立正確價值觀。2023年2月，本組參與由香港教育大學宗教教育與心靈教育中心策劃的「非物質文化遺產資助計劃之『非遺進校園』」，開展了師生培訓，並於下學期試後活動期間挑選50名中二級學生參與「認識客家文化」活動，活動內容包括：製作茶粿、實地考察曾大屋，以及學習客家話。教育大學的教授和導師在是次活動中給予悉心指導，並由客家人梅姐親自教導學生製作不同口味的茶粿，和示範簡單的客家話。師生們都對本土的非遺文化有了具體認識，加深對傳統文化在現代社會傳承的反思。



曾大屋考察



20230710「非物質文化遺產學習體驗」任務二

題目：曾大屋的上廳(或稱後廳)為甚麼只准族人出入，不作公眾開放?



曾大屋考察前簡介學習任務

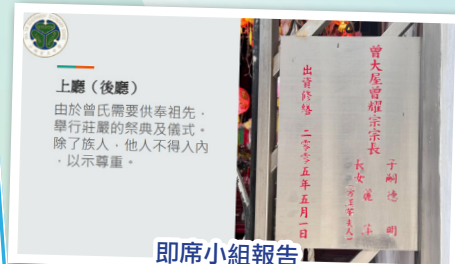


我最喜歡這張照片
因為我認為它充滿歷史的感覺，
殘破的建築和美麗的鮮花形成強烈的對比。

曾大屋考察個人課業 佳作



天井外表具有長久的歷史，
但是井里的水居然還是很清澈，還有兩條金魚。



即席小組報告

任務五：聽講客家話

聆聽6組客家話和粵語錄音，學會講簡單的客家話。



- 1/ 客1_我係客家人
- 2/ 客2_我在沙田官立中學讀書
- 3/ 客3_我鍾意食茶樓
- 4/ 客4_早晨梅姐
- 5/ 客5_多謝梅姐
- 6/ 客6_多謝甄老師

- 粵1_我係客家人
- 粵2_我在沙田官立中學讀書
- 粵3_我鍾意食茶樓
- 粵4_早晨梅姐
- 粵5_多謝梅姐
- 粵6_多謝甄老師

考察小任務



關於曾大屋的閱讀材料

學習製作茶粿



努力揉麵團



分工合作剪粽葉

學生感言

中二學生 周倚瑩 (22-23學年)

我非常榮幸能夠參與這次茶粿製作工作坊。這次活動中，我嘗試製作歷史悠久的茶粿，讓我體驗客家飲食文化。我要感謝梅姐教導我們茶粿的製作方法，真的受益良多。工作坊完結後，我們可以品嚐自己親手完成的製成品，真的很有成就感。

茶粿製作及分享



茶粿導師梅姐頒獎



雞屎藤茶粿



中二學生 何佳欣 (22-23學年)

在製作茶粿前我就非常期待但也很擔心，期待是可以親手嘗試製作茶粿，是以前未有體驗過的，擔心是自己從沒試過親手做點心，怕自己失敗。但當我真正下手揉麵團時，我發現其實也沒有想像中困難。在梅姐和很多老師、同學的幫助下，一個個茶粿就從蒸鍋裏出爐了！經過這一次製作茶粿的經驗，我學會了至為重要的 teamwork，也激發了我對製作食品的興趣！

中二學生 邱寶卿 (22-23學年)

雖然以往在歷史課本上看過關於客家文化的資料，但也只限於書本上的認知。這次工作坊可讓我親自製作茶粿，箇中的過程令我大開眼界！我發現原來日常生活中那麼多食物都與客家文化有關，例如梅菜扣肉等等。另外，我同時認識到有關曾大屋的事情，了解到曾大屋及香港圍村文化，這些都令我感到新奇和興奮。十分感謝學校是次安排！

非遺文化：花燈製作技藝

本校學生事務組以往與不少機構合作，舉辦非物質文化遺產的學習活動，讓學生更了解保育和傳承文化的責任。本組於2023年5月12日與香港中華文化發展聯合會舉辦「非遺文化：花燈製作工作坊」，共18名初中學生參與，學生於當天成功完成色彩繽紛的金魚花燈，留待中秋節賞玩。



導師圖文並茂地講解



小巧別緻的花燈

中國民間工藝工作坊

本校全方位學習組和公民與社會發展科為配合主題：中華文化民間工藝，於2023年7月4日為中五級學生舉辦「中國民間工藝工作坊」，讓學生從實踐中感受中華文化的價值，加深他們對中華文化的認識，亦提升他們的國民身份認同。當天，80多名學生參加了「糖藝工作坊」、「迷你小花牌製作坊」、「廣彩瓷繪製坊」以及「參觀印刷廠」等活動。學生們閱讀相關手工藝的背景資料後，再親身體驗，實在是難得的課外學習機會。

廣彩瓷



介紹廣彩繪彩的閱讀材料



學生繪成品

迷你小花牌



同學們一起商量花牌的設計，全神貫注地製作出寓意吉祥的花牌。



糖藝工作坊



開心大合照



色彩鮮艷的糖花



關於糖藝的閱讀材料

印刷廠參觀



人人有份紀念品



印有姓名的個人記事本



導師教導查看字模



參觀印刷廠

中華美食烹飪班

為了讓學生體會中華文化的博大精深，本校學生事務組、全方位學習組和公民與社會發展科於2023年6月籌辦中華美食烹飪班「叉燒飯製作坊」和「雞尾包和菠蘿包製作坊」，是次活動有共58名中四級及中五級學生領袖生參與，學生都投入其中，暫時放下繁重的學業，享受製作美食的樂趣。

黯然銷魂叉燒飯



叉燒飯小廚神



腌製叉燒三人組

菠蘿包與雞尾包



菠蘿包出爐



分工合作做包包



專注製作



30位沙官麵包師傅



麵包師傅畢業了！

心繫家國

本校學生3C吳穎萱有幸參與教育局於2023年9月18日舉行的「心繫國家」——國慶慶祝暨聯校國民教育活動啟動禮。為慶祝中華人民共和國成立74周年，官立學校、東華三院及保良局屬校的學生以鼓樂、武術、中樂、舞蹈及合唱表達對國慶的祝賀，全場參與者更以大合唱作為壓軸，表現出為祖國團結奮進的精神。



絲綢之路中華文化體驗團

學生感言

中三學生 鄺逸彤 (22-23學年)

在旅途期間，我們品嚐到許多當地美食。新疆的全羊宴、陝西的餃子宴以及蘭州拉麵更是整個新疆的招牌料理。作為南方人的我們一開始還擔心不太習慣當地口味，但沒能料的是，到了當地的我們胃口全開。即使回到了香港，大家仍對新鮮、香甜的新疆哈密瓜念念不忘。

中四學生 林卓賢 (22-23學年)

遊學團的意義在於邊遊邊學，可以走出書本，走出課堂，以親身經歷學習珍貴的歷史和文化。而在這次八日七夜旅程中的所見所聞實在讓我獲益良多。從烏魯木齊到西安，長時間的車程和緊湊的行程是對我們的考驗，但沿途的景色、各個地方的風土人情、導遊專業的解說，使我受益匪淺。令我最難忘的是敦煌莫高窟一站，以往只能在書本或互聯網了解這千年前的文化瑰寶，所知十分片面，但當我在導賞員的講解下參觀其中八個洞窟時，看到精美絕倫的雕塑及栩栩如生的壁畫，流傳千年依然風華不減，令我真切地感受到令人震撼且無可替代的中華文化之美。但讓人可惜的是，不少洞窟因多年前被外國人用作關押囚犯，不當的使用令整個洞窟內的壁畫都被燒毀，永遠消失於歷史的舞台上。這警醒我們這一輩應肩負文化傳承之責，努力傳承文化，使後代人也能欣賞中華文化之美。



中國文學組學生分享

中五學生 陳璟璇 紀嘉儀 (22-23學年)

在敦煌文化之旅的第二天，我們來到了火焰山。火焰山位於新疆吐魯番盆地的北緣，是古絲綢之路的北道，也是全中國最炎熱的地方。在夏天，火焰山的溫度最高可以達到攝氏47.8度。提到火焰山，想必大家都會想到西遊記中「孫行者三調芭蕉扇」的故事。吳承恩更是在書中為火焰山作了一首詩，名為《火焰山》，講述了孫悟空三借芭蕉扇的情境。

孫悟空在困難重重的取經路上面對火燎萬里的火焰山，孫行者並沒有輕易退縮，而是勇者無懼地往前闖。當我們親身踏足這片火焰山時，想到其實「人生」這趟險阻處處的取經路途上同樣充滿著坎坷與考驗，唯有以誠心和信念，才能擊退困難、求得人生的真經。





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校訊

2023-2024

第一期



三十名中三至中五級學生於2023年7月1日至7月8日參與由本校舉辦的「絲綢之路中華文化體驗團」，以烏魯木齊作為第一站，展開八日七夜的遊學旅程，分別到訪吐魯番、敦煌、嘉峪關、張掖、蘭州、西安等地，感受各個地方的風土人情及文化特色。旅程上由專業導遊為同學講解景點的歷史背景、建築特色、地理知識等，讓學生能夠循序漸進地了解每個地方的特色。學生也透過是次活動親身體驗不同旅遊項目，例如在鳴沙山中騎行駱駝，收獲前所未有的新奇體驗。透過是次遊學團，學生能夠學會尊重及欣賞中國不同地方的文化特色，加強國民身分認同。此外，文化資產是確保國家獨立和維持民族尊嚴的重要精神支柱，經歷此行，學生能意識到文化傳承的意義，明白保育工作是支撐每個國家的關鍵因素，了解「文化安全」對於國家發展的重要性。

絲綢之路中華文化體驗團

景點介紹

中三學生 朱洛希 (22-23學年)

敦煌鳴沙山月牙泉景區

鳴沙山以沙動成響而得名，而月牙泉是環抱在鳴沙山中的一灣清泉，形如玄月，故名「月牙泉」。

身處香港的我們很少有機會能親眼見到沙漠，更何況像古代的商旅一樣騎著駱駝穿越沙漠？但在這次的絲綢之路體驗團當中，我們的每一位同學都能夠騎著駱駝花上一個小時走完整個鳴沙山，實在是畢生難忘的體驗。



中三學生 彭子晴 (22-23學年)

天山天池

到達新疆烏魯木齊後，我們首先來到了當地著名的天山天池。這裡湖面的海拔高度是一千九百多米，所以那裏的溫度比較低，我們到達的當天只有十多度，但是這並不妨礙我們去感受屬於大自然的壯闊。

國際大巴扎

國際大巴扎是世界上最大的市集，它的建築風格充滿着伊斯蘭的特色風情，而其中較高的建築物就是清真寺，旁邊就是國際大巴扎內一間售賣乾果的伊斯蘭風格商舖。這樣一個中西文化匯聚，規模盛大的市集，相信在香港，甚至在其他地方都是很少見的，非常值得去走一走。