



# 沙田官立中學 校訊

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## 校園·好精神

### 和諧粉彩正向價值工作坊

透過輕易上手的藝術方式，讓學生隨心所欲地作畫，釋放抑壓的情緒，令學生療癒身心靈。

2023年11月至12月為本校「精神健康月」，透過各項活動提升學生情緒智商、社交智商和適應能力。

在主要關注事項委員會、全方位學習委員會、生命教育委員會、體育學會、舞蹈組、家長教師會及全體工作人員的通力合作下，本校順利完成「精神健康月」活動。本校將依照下學期的計劃，繼續進行豐富多彩的活動，增強學生的抗壓能力，培養學生正向價值，維持心靈健康。



### 午間小聚

輔導組老師及社工於午膳時間舉辦不同手藝工作坊，讓學生與同伴們共度輕鬆愉快的時光。



DIY壓克力膠飾物



乾花製作



#### 校訊編輯委員會成員

顧問：

蔡國雯校長、鄧子筠副校長、李俊文副校長、鄭謙副校長

委員：

朱曉慧老師、鄧偉傑老師、黃星婷老師、徐慶剛老師、潘小碧老師



## 籃球機關王

一眾學生挑戰射籃，一同揮灑汗水，強健身心。



## 減壓輕鬆Random Dance

學生隨著即興而起的音樂節奏起舞，釋放內心壓力。



## 精神健康角



於各課室設立「精神健康角」，學生於壁報板上貼上為同學打氣的正面訊息。



## 中六級禪繞畫減壓工作坊

中六學生透過一筆一劃繪畫重複的圖案，在既放鬆又專注的狀況中得到平靜，紓緩應試壓力。







香港史學會董事兼執行總監鄧家宙博士



## 閱讀嘉年華

本校於2024年2月23日成功舉辦了閱讀嘉年華，帶給學生們一場文化的盛宴。鄧家宙博士的精彩講座不僅讓同學們對中國傳統婚嫁文化有了更深入的認識，高宇飛老師與陳昆先生的對話也開拓了我們對閩南文化及其在現代中國發展的視野。此外，學生們在川劇變臉活動中親自體驗了這門古老藝術的魅力。

在族譜講座中，莫浩基老師的分享更讓我們體會到家族歷史記錄的重要性。學生們通過了解族譜的概念與結構，學會了如何尊重與繼承家族的傳統與智慧，也探索了自己在家族樹中的位置。

書展作為本次嘉年華的重點項目，展出了各種精選書籍，包括老師們親自推薦的讀物，大大豐富了同學們的閱讀選擇。通過這些書籍，同學們不僅能夠享受閱讀的樂趣，還能夠激發他們對知識的渴望，進一步理解家族、社會以及國家之間的深刻聯繫。



## 學生分享

2A 鍾嘉琪

在最近的閱讀嘉年華中，我體驗了一項百年傳統藝術——川劇變臉。這種藝術將瞬間換臉的魔法與戲劇完美結合，讓不同的面具快速交替展現，令人歎為觀止。

我很榮幸被選中成為上台學習變臉的學生之一。站在台上，心情既緊張又興奮，我渴望展示無瑕的變臉技藝。然而，我很快意識到變臉的高難度，我的表演剛開始時並不流暢。在導師的耐心指導下，我逐步掌握了技巧，達到了基本的表演水平。

這次獨特的經歷讓我感到非常驚喜和有趣。它不僅豐富了我的嘉年華體驗，還讓我在同學中小有名氣——成為了「變臉小藝人」。



香港菁英會副主席陳昆先生







# 香港青年音樂匯演

本校中樂團於2023年11月15日參與由音樂事務處、康樂及文化事務處舉辦的「2023香港青年音樂匯演之中樂團比賽（15至20人組別）」，是次比賽於屯門大會堂舉行，共有30多間學校參與。本校中樂團演奏樂曲《美麗的壯錦》，奪得銀獎。是次參與比賽的學生名單如下：

班別	姓名	演奏樂器	班別	姓名	演奏樂器
1A	張嘉晴	琵琶	2D	黃恩言	二胡
1A	陳始霖	敲擊	3C	盧蕾茜	二胡
1A	李子煜	古箏	3C	吳穎萱	揚琴
1C	陳啟樂	二胡	3E	邱寶卿	柳琴
2A	李迎在	中阮	3E	黃穎妍	揚琴
2A	周于聖	笛子	4A	胡敏祺	敲擊
2A	陳慧睿	柳琴	4C	黃譚真	中阮
2A	孔敏嘉	二胡	5C	袁栢希	二胡
2C	陳心睿	琵琶	5D	何卓朗	中阮
2C	周雋軒	笛子	5D	胡瀚庸	大提琴

## 團長的話

**5C 袁栢希**

近年因疫情影響而令很多比賽停辦，中樂團的常規排練更加無法進行，加上我們在招募新團員方面遇到不少困難，中樂團試過只剩下五人，一切都似乎停滯不前，不少團員都感到灰心受挫。但幸好隨著去年復常，很多活動都可以復辦，加上幸運地有很多出色的新血加入中樂團的大家庭，我們再次回復恆常排練，團員們上下一心，在短時間內進步神速。事隔四年，我們再次踏上「中樂團匯演」的舞台，施展沙官中樂團的渾身解數。「皇天不負有心人」，我們的努力最終沒有白費，最後我們成功奪得銀獎。





# 香港學校朗誦節 (中文朗誦)

本校共44名中一同學於第75屆香港學校朗誦奪得粵語——男子或女子或男女合誦（中學一、二年級）冠軍，榮獲「東華三院盃」。比賽的誦材為杜甫《詠懷古跡》和劉禹錫《陋室銘》。同學們在賽前準備充分，於比賽時以抑揚頓挫的語氣，將詩文內容的深意情感演繹得精湛傳神。評判讚揚同學們「節奏有心思變化，具想像力，用心，有吸引力」。



## 第七十五屆香港學校朗誦節（中文）得獎名單

詩文集誦 (粵語)	中學一、二年級 男子或女子或男女合誦	1AB 第一、二組	冠軍
散文獨誦 (粵語)	中學一年級女子組	1C 李樂怡	季軍
二人朗誦 (粵語)	中學三、四年級	3D 周倚瑩 3D 吳卓瞳	季軍
詩詞獨誦 (粵語)	中學三年級男子組	3D 饒梓弘	季軍

## 參賽者心聲

### 1A 陳思睿

為了這次比賽，我們都付出了很多時間和努力。在過程中，我學會了團結的重要性，44位同學要整齊地朗誦是不容易的。當我站在比賽的台上，在寧靜的空間，清楚聽到我和同學朗誦時洪亮的聲音、整齊的節拍、充滿感情的聲調……公佈結果時，聽到我們就是冠軍，我感到高興和自豪。

### 1B 熊萃

這次比賽無疑令我得到了莫大的成就感，而更重要的是，我得到了一群和我一起共渡難關的朋友。我們每個人都付出了努力，我們一起合作，一起進步……得知比賽勝利後，喜悅就像層層海浪一樣湧上心頭。

### 1A 韓汶珊

這次比賽讓我深刻體會到，成功不僅有賴個人的努力，更需要團隊的合作和支持。最重要的是，這次比賽讓我們更加相信自己的能力和潛力。在我看來，無論結果如何，我們都已經是贏家。獎項，就是錦上添花。





S.1 Harmonic Speaking 3<sup>rd</sup> Place

# Triumph at the 75<sup>th</sup> Hong Kong Schools Speech Festival (English Speech)

Fifty S1 students participated in the Harmonic Speaking, Secondary 1 (Boys and Girls) and was awarded 3<sup>rd</sup> place! As for Solo events, Wu Yat Tung and Law Yan Kit Sunny became the champions, whereas Wong Wai Tsang and Ma Novelle were awarded 2nd place! Congratulations to the participants!

## Winners' reflections:

4B Wu Yat Tung

Winning the public speaking event was indeed quite a surprising moment for me, as I did not imagine in my wildest dreams that I could be crowned champion! Knowing that my English speaking was mediocre, I entered the competition without much expectation and was merely treating it as an opportunity to brush up on my speaking skills. When the result was announced, I was pleasantly surprised and a bit shocked, to be brutally honest. With this successful experience under my belt, I would certainly cherish future opportunities to partake in English public speaking so as to further boost my confidence.

**Solo Champion**  
**4B Wu Yat Tung**

2C Law Yan Kit Sunny

I was jubilant when I knew that I won the championship two years in a row! Taking part in a live event this year was a far cry from pre-recording my speech performance for submission a year ago, as I had to remain cool, calm and collected when delivering my speech. I got butterflies in my stomach, but I remained level-headed throughout the performance. The English Speech Festival has offered me chances to improve my public speaking skills, essentially bolstering my confidence when being the emcee for diverse school events. I look forward to participating in future events and winning more prizes!

**Solo Champion**  
**2C Sunny Law**



# A win for tangible and intangible heritage

Upon delivering an impeccable public speaking performance on 3 February, Lam Cheuk Yin from class 5D became the 2<sup>nd</sup> Runner-up at the Final Competition of Lions Youth Camps and Exchange 2023-24 cum Lions International Youth Exchange Scholarship Short Video Competition. After producing a short video introducing Hong Kong's tangible and intangible heritage, Cheuk Yin underwent a vigorous screening process spanning an interview and a public speaking competition, subsequently taking home the third place. During the process, Cheuk Yin deepened her understanding of and passion for traditional Chinese culture, customs and traditions, strengthening her national identity and love for our motherland.



## Cheuk Yin's words:

Participating in the competition has created a unique experience and unforgettable moments in my life. Through the competition, I have explored different aspects, for instance, festive events, traditional craftsmanship and performing arts. This marvelous contest has offered me a valuable opportunity to learn more about the tangible and intangible heritage of Hong Kong. Knowing the great traditions is the key to strengthening my national identity and fostering a love for our city and our motherland.





# Recent Sports Awards



Sharing is caring.



Keep going!



Run!



A strong start is what you need.

The Schools Sports Federation of Hong Kong, China  
Shatin and Sai Kung Secondary Schools Area Committee  
Inter-School Swimming Championships 2023-2024

Date of the activity: 18/10/2023

Girls Grade A 50m Butterfly 3<sup>rd</sup> Runner up

5D Woo Tsoi Yi

The Schools Sports Federation of Hong Kong, China  
Shatin and Sai Kung Secondary Schools Area Committee  
Inter-School Cross-Country Competition 2023-2024

Date of the activity: 20/11/2023

Girls Grade B Team 8<sup>th</sup> Place

3C Lau Tsz Ching

3D Lam Ka Yu

3E Hui Yuet

4C Liang Sylvia Siyang

3D Lau Sin Yin Emily

3D Pang Hei Tung

4A Ng Yuen Ying

The Schools Sports Federation of Hong Kong, China  
New Territories Inter-Secondary Schools Fencing  
Competition 2023-2024

Date of the activity: 6/11/2023

Boys Grade C Sabre Champion

2D Cho Hung Ming



Our Grade C Sabre  
Champion!



Sharing a proud moment  
with Principal CHOI



Commendable athletes!



Let's strike a pose!



Girls Grade B Cross Country Team 8<sup>th</sup> place



In unity there is strength!



Congratulations!





A spectacular show!

# Multifarious Manifestations of Multi-intelligence

The second Multi-intelligence Stage (MIS), organized by the ECA Committee, was successfully held during lunch time on 7 December 2023. Students from various forms were invited to showcase their talent including phenomenal piano playing, spectacular solo singing and charismatic K pop dance. It was a great opportunity for the performers to manifest their multi-faceted abilities and the audience to savor the show of exemplary entertainment.



Piano performance



Solo singing



Our K-pop duo



Student emcees!



A breathtaking gig!



# Annual Speech Day

On 1 December 2023, our school's Annual Speech Day was held, celebrating the spectacular success of outstanding graduates and superior students in both academic and non-academic areas. Honourable guests, alumni, parents, graduates, students and teachers in attendance gathered on this joyous occasion to witness STGSS high-flyers' phenomenal accolades.

Showered with the audience's thunderous applause, the prize winners proudly proceeded to the stage and were deservedly presented with awards and certificates to recognize their remarkable achievements. Our Guest of Honour, Dr. Stephen Y.F. Lai, J.P., Chairman and CEO of YSL Investment International Limited, an alumnus of Sha Tin Government Secondary School, gave a scintillating speech themed 'Success is not the end, but a continuous journey', enlightening minds with his words of love, wisdom and vigour.

Members of the Dance Team, Chinese Orchestra and School Choir put up grandiose performances spanning Chinese dance, classical Chinese music and singing gigs. The jubilant morning culminated in the grand finale of a full house singing the school song, concluding the Speech Day on a high note.



Our Guest-of-Honour, Dr. Stephen YF LAI JP meeting STGSS teaching staff.



Dr Stephen YF LAI JP's words of love, wisdom and vigour.



National flag-raising ceremony.



Dr Stephen YF LAI JP with our Assistant Principal, Ms Tang.



Mr Issac LAU, SMC Alumni Member, presenting prizes.



Mr Leo LEE, Alumni Association Chairman, giving the certificate.





The officiating party with STGSS teaching staff.



Musicality



Ms Jennifer WONG, our SMC Parent Member, presenting prizes.



Aesthetic abilities



Dance talent



Principal CHOI delivering the annual report.



Our quartet of performance emcees



Student emcee Effie Leung



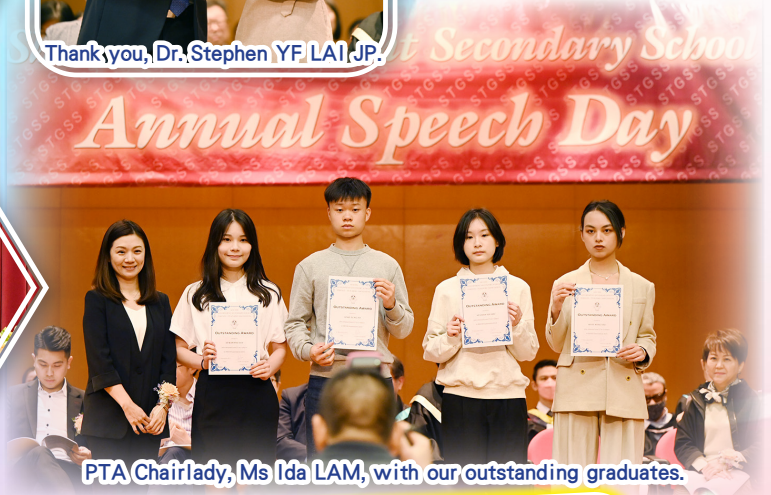
Thank you, Dr. Stephen YF LAI JP.



Tim Ng delivering the vote of thanks



Student emcee Sunny Law



PTA Chairlady, Ms Ida LAM, with our outstanding graduates.



What an uplifting moment for Jacaranda House!



STGSS School Choir



# An unforgettable experience of cultural and intellectual exchange

A joyful exchange

On 24 November 2023, our school organized the STGSS Experience Day with multi-faceted programmes in the domains of STEM, AI, sports, culture, and arts for seven primary schools comprising over 200 students. The exuberance of our House Cheering teams served as an energy-booster for the visitors, kick-starting their jubilant day with energetic cheering. The primary students then partook in a series of engaging activities simultaneously, from marveling at dazzling dance performances and acrobatic rope skipping to immersing themselves in Chinese melodic rhythms and students' sharing of the 'Love Our Home, Treasure Our Country' experience, cultivating and strengthening their national identity.

To ignite the primary pupils' passion for joining the ranks of astronauts representing China, our student ambassadors introduced to them the grand history of our country's space exploration. 3D-printing, drone engineering, science experiments and fun mathematical activities all equipped the visitors with the know-how of STEM applications, transforming them into tech-savvy savants.

An all-you-can-learn English session held at the English room proved equally fruitful and awe-inspiring, with the primary students utilizing their creativity and linguistic abilities to discuss and dissect the ethical considerations of harnessing the power of AI and robotics. The ensuing cultural activity, a get-together with Exchange students from Stanford University, served as the icing on the cake. Our devoted Parent-Teacher Association members prepared Chinese treats and handicrafts for our visitors, and they learnt the traditional art of Chinese calligraphy.

Our visitors also got a taste of fencing and creating a series of fascinating stencil artworks, embracing a healthy lifestyle.

To sow the seed of commitment to a sustainable lifestyle in primary students, our student ambassadors demonstrated the concepts of Hydroponic Farming, Organic Farming and Waste Collection projects to our guests at our Green Life Cube.



Let's soar to new heights!



Let's live a green life!



A taste of fencing.



Let's stretch our potential!



Let's build our success.





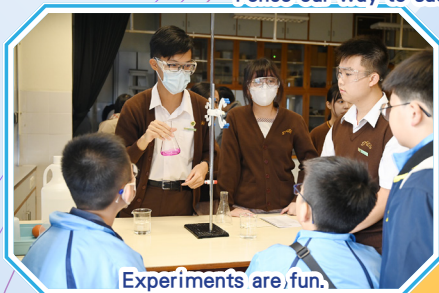
Fence our way to success!



Handicrafts make good gifts.



Leap, froze and dazzle.



Experiments are fun.



Chinese calligraphy charms our visitors.



Safety comes first!



Our Chinese Orchestra created wonderful harmony.



Flying drones is fun!



Artistic talent on full display.



You can delIVER as a future scientist!



STGSS sparkles!



Stanford exchange students with our STGSS buddies.



# AI for the future

To embark on the AI journey, S.1 students attended workshops enlightening them with the technical knowledge of Micro:bit, Python and Arduino. Coding, programming and other essential IT skills were imparted to the budding AI talent. In this era of technological advancement, such skills would prove invaluable to students' future career aspirations, regardless of the fields they pick. Without a shadow of a doubt, it was heartening to see them fully enjoy the learning process.



Ready to learn!



Let's put our heads together!



Division of labour



AI is fun!



Computing power



Give me a hand



Precision and dexterity



Good job!



SCREWtinizing this gadget



Fully engaged



The tablet computer is a good companion.



Everyone can succeed!



# Science and Technology Innovation Lecture

On 23 November 2023, Professor Cui Kai from Institute of Mechanics, Chinese Academy of Sciences delivered an awe-inspiring lecture themed 'The Shape of an aircraft', dissecting how engineering and aerodynamics contributed to the performance of airplanes. S.2 and S.3 students acquired essential knowledge pertaining to science and technology innovation, preparing to soar higher, fly faster and go further with their STEM pursuits.



National Flag-raising Ceremony







S.2 students with our Assistant Principals, Mr CHENG and Mr LEE

## Dialogue with China Manned Space Delegation

On 29 November 2023, a remarkable event unfolded in Hong Kong — an exclusive conversation with astronauts of China Manned Space Delegation. Over 400 students from 12 secondary schools eagerly participated, ready to engage in a direct dialogue with these celestial explorers.

Notably, Tsoi Yim Lung from class 5D was one of the 4 students handpicked to ask the delegation insightful questions. Imagine the thrill as he stepped onto the stage, ready to pose his questions to the astronauts. But here's the remarkable part: out of the 12 secondary schools involved, only 4 students were granted this honor.

The opportunity to converse with Shenzhou-15 astronaut Mr. Zhang Lu and his team of engineers — left an indelible mark on Yim Lung. It was a moment of honor, a memory to treasure. For Yim Lung, this experience was invaluable. He not only gained knowledge but also acquired practical skills.

Listening to the awe-inspiring answers to questions related to the outlook of future space exploration, the possibility for humans to reside in space and the application and development of artificial intelligence in the area of aerospace, our students' passion for exploration of the outer space grew by leaps and bounds. They have developed the passion needed to continue to reach for the stars.

Such a precious experience enabled them to take one step closer to their dream so as to contribute to the country and humanity in the future.



What a glorious moment!



5D Choi Yim Lung interacted with the delegation.



Our budding space explorers

