



## ♥ Mental Health Week ♥

Our Mental Health Week was organized from 11 November to 15 November, 2024. This event aimed to promote mental well-being among students through various informative activities.

On 11 November, students visited the game booths and exhibitions organized by the NGO "Open Up". This session provided insight into mental health topics in an engaging manner. Through the booth activities, students learned about negative emotions and gained a preliminary understanding of how to manage them.

On 12 November, a lunchtime program was held at the covered playground, hosted by the social workers and the Guidance Committee. This event focused on mental health awareness, with students enjoying tea prepared by the social workers.

On 13 November, three themed workshops were conducted in the classrooms for S1, S4, and S5 students. S1 students explored understanding emotions, S4 students learned stress management techniques, and S5 students participated in a five senses exercise designed to enhance mindfulness and relaxation. On the same day, a session titled "Stress Less, Cook More: Cook Your Way to Relaxation" was held in the STEM Room for S4 and S5 students, emphasizing the therapeutic benefits of cooking.

Throughout the week, there were sessions on relaxation tips, stretching exercises, and the importance of sleep, aimed at enhancing student awareness of the 4Rs. Mental Health Week provided an opportunity for students to learn valuable skills, gain new insight, and participate in activities supporting mental wellness.



Relaxation gives us energy.



We exhibit resilience!



Positive relationships help cope with challenges.



Teachers practise 4Rs too!



Baking your way to relaxation!



# Annual Speech Day

On 6 December 2024, 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 momentous occasion to bear witness to STGSS high-flyers' unparalleled acclaim. Against the backdrop of the meticulously designed Athens-themed pillars featuring famous quotes by Greek philosophers of Athens, the very origin of wisdom, the Annual Speech Day commenced in an academic ambience. Under the tutelage of our Visual Arts Department, 5D YEUNG Lok-hei, Jobi, initiated the idea of the aforementioned artistic decorations, symbolizing the essence of active learning.

Our Guest of Honour, Dr. CHAN Ting-ting, Honorary Clinical Assistant Professor, Specialist in Gastroenterology and Hepatology, Department of Medicine and Therapeutics, Faculty of Medicine, CUHK & an alumna of Sha Tin Government Secondary School, gave a scintillating speech themed 'Shoot for the moon. Even if you miss, you'll land among the stars.'

Dr. Chan was delighted to share the joy of milestones of success reached by our prize winners and to reminisce the good old days spent at STGSS. Referring to Principal CHOI as the Commander-in-chief of her HKCEE Chinese Language Class, Dr. Chan expressed her gratitude to Principal CHOI for equipping her class with essential skills to fight the proverbial battle of HKCEE Chinese Language Paper. Drawing on the lyrics of our school song, Dr. Chan further dissected the indispensable role lifelong learning plays in amassing knowledge, the importance of showing benevolence to oneself and everyone else as well as the salience of bravery while taking on new challenges and embracing novel experiences. Without a shadow of a doubt, Dr. Chan's words of wisdom, love and vigour encouraged our star catchers to become dream pursuers.

Members of the Chinese Orchestra and School Choir put up grandiose performances spanning classical Chinese music and singing gigs. An English skit titled 'Canteen Conversations on Active Learning', which featured the quartet of both senior and junior students, put the salience of learning in a positive and harmonious atmosphere front and center. The jubilant morning culminated in the grand finale of a full house singing the school song, concluding the Speech Day on a high note.



Dr. CHAN sharing her words of love, wisdom & vigour



Our former head boy presenting a souvenir to Dr. CHAN



Our emcees introducing various performances



Our former head girl giving the vote of thanks



Canteen conversation on active learning



Student Emcee Sunny LAW from 3C against the Athens-themed backdrop designed by Jobi YEUNG from 5D



Our school choir members singing with passion



National flag-raising ceremony



Congrats to our outstanding graduates!



Dr. CHAN with STGSS's teaching staff



Thumbs-up to STGSS!



# Careers Expo



Participants were attentive and deeply interested in the experience sharing session.



Passing the baton!



In-group deep chat with STGSS students

The annual Careers Expo, a vibrant event connecting alumni from diverse career fields with current students, took place on 9 November 2024. The occasion provided a platform for sharing experiences and insights. The event included an informative session on JUPAS admissions, engaging alumni discussions, and experiential learning opportunities, such as simulations of the HKDSE result release process and mock admission interviews.

The first session featured a talk on JUPAS Strategies led by Tai Hang Youth Centre, aimed at providing senior students and their parents with information about further education. Attendees learned about the JUPAS mechanism and multiple pathways for further education.

Second, alumni conducted interactive sessions representing their respective industries, ranging from technology and healthcare to arts and entrepreneurship. They engaged with students through presentations, Q&A sessions, and one-on-one discussions, providing invaluable knowledge about the latest trends and demands in their fields.

In the third session, the Mock HKDSE Results Release Day Workshop allowed students to gain practical insight into the admission process of higher education institutions. Secondary Six students could experience the emotions and challenges associated with receiving their exam results, while the mock admission interviews provided a supportive setting for students to practise their interview skills. These hands-on experiences empowered students to build confidence and improve communication skills.

Many alumni returned not only to share their professional journeys but also to inspire and guide our next generation of leaders. Their willingness to pass the baton highlighted their deep commitment to the school. In this exchange, current students took the initiative to learn and explore, embracing the wisdom and experiences shared by those who blazed the trails before them. This cycle of mentorship fosters a strong connection between past and present students, nurturing a culture of growth and exploration within our school community.



A collection of outstanding STGSS alumni!



Parents benefitted from the occasion too!





# A unique experience of cultural and intellectual exchange

On 22 November 2024, our school organized the STGSS Experience Day with multi-faceted programmes in the domains of STEM, AI, sports, and arts for ten primary schools comprising almost 300 students. The exhilaration of our House Cheering team served as an energy-booster for the visitors, kick-starting their fun-filled day with thunderous cheering. The primary students then partook in a series of engaging activities simultaneously, from marveling at dazzling music performances and to immersing themselves in Chinese melodic rhythms of the 'Love Our Home, Treasure Our Country' experience, cultivating and strengthening their national identity.

To ignite the primary students' passion for STEM, our student ambassadors introduced to them 3D-printing, drone engineering, science experiments and equipped the visitors with the know-how of STEM applications, transforming them into tech-savvy young scientists.

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.



AI in English learning

Our visitors also got a taste of indoor rowing and fencing, embracing a healthy lifestyle. Participants also capitalized on the chance to create their own comics, putting their artistic talent on display.

To plant 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.



Conducting experiments is a crucial STEM experience!



Our graceful Chinese dancers!



Elaborate and flamboyant Chinese dance costumes



Chinese orchestral music is beautiful!



Thunderous cheering to start the grand event!





**Crossing blades!**



**Meticulous attention to details!**



**Mentorship is a core element of STGSS.**



**Precision and focus**



**Let's embrace a healthy lifestyle!**



**Organic farming at the Green Life Cube**



**Crafting artistic creations**



**You can be the next dancer too!**



**It's takeoff time!**



# Joining hands in cutting down on carbon emissions

To deepen students' awareness of cutting down on carbon emissions, our school joined the Carbon Reduction Action organised by the Environment and Ecology Bureau and the Environmental Campaign Committee (ECC). Students put what they learned about carbon reduction into practice, collectively taking concrete action in the domains of clothing, food, accommodation and travel and sharing tips on carbon reduction on their personal social media platforms. Meanwhile, the Chairperson of the ECC, Ms Kwok, visited our school and marvelled at its green facilities including our solar panel, organic farm, food waste machine and plant wall.



STGSS is all-in for carbon reduction!

## Participants' reflections

I am happy to share with Ms Kwok, the Chairperson of the ECC, how our school cut the electricity bill with the energy generated by the Solar Panel. We also use the food waste machine to produce fertilizer for organic farming. I am happy to adopt a green living style even though we live in urban areas.

Chan Sau Ling (6B), Zheng Wai Kuen (6B)

We are lucky to be invited to attend the prize giving ceremony and workshops held in Ocean Park. We made a printed towel with our own design. The Zero Carbon Concert was stunning, and everyone was in high spirits.

Lee Yin Yan (6B), Ho Yu Hin (6C)



Ms KWOK with Principal CHOI and Assistant Principal, Ms TANG



Ways to reduce carbon emissions in daily life



Ms Kwok, the Chairperson of the ECC, marvelled at our solar panel

## Future Science Prize Laureates' Dialogue with the Youth

On 3 November 2024, a trio of senior students attended Future Science Prize Laureates' Dialogue with the Youth held at Hong Kong Science Museum. The laureates of the three prizes in Life Science, Physical Science, Mathematics and Computer Science introduced their achievements and shared insightful ideas with young students. On this occasion, students exchanged ideas with the scientists in person and gain inspiration in science. TSOI Yim-lung from 6D asked the guests how they handle setbacks and failures in scientific research, and all of them agreed that setting sights on the ultimate goals, viewing issues from multiple perspectives and displaying perseverance are salient to success.



TSOI Yim-lung gained insight into handling setbacks.



What an honour!



Transform the future with science!



# Run with Your Heart 2024-25

Nine students from our school made a meaningful contribution to the community by participating in the 'Run with Your Heart 2024-25', which was organized by the Hong Kong Elite Athletes Association. Working as a team, our students took part in an exciting one-hour relay challenge. This group of students demonstrated outstanding team spirit as they strived to run as far as they could within an hour. Following the relay, students enthusiastically engaged in various sports-themed game booths, making it a truly memorable day. This event proved to be a valuable learning experience for our students. More importantly, it perfectly aligned with our school's commitment to promoting both physical wellness and community service.



Exercising on a beautiful day!



Let's run with passion!

## Let's run our business with passion!



Let's taste the fruit of our diligence!



Young entrepreneurs

Two groups of S5 BAFS students participated in the 'Entrepreneurial Training cum Competition Programme' organized by Home Affairs Department (Sha Tin) and Hong Kong Youth Power Association in November 2024. Through attending the training programme, students obtained knowledge related to financial analysis, retailing, marketing and inventory control. They had the opportunity to apply what they had learnt in the textbook to the simulation game set by the organizers.

One of the groups became the first runner-up in the competition. Apart from the business knowledge learnt from the activities, they emphasized that it was a valuable experience for them to work with each other. Cooperation, communication, tolerance and support from teammates were the key factors for their success.

## Dean of Engineering School Scholarship

Chiu Man Pui (S6 Graduate, 2023)

I am truly honored as a recent recipient of the Dean of Engineering School Scholarship reflecting on my journey. This achievement is not just a personal milestone; it's a testament to the hard work and dedication we all put into our education. It reflects the support and guidance I received throughout my journey.

I want to take a moment to express my heartfelt gratitude to all the teachers and teaching assistants at STGSS. Your dedication, patience, and encouragement have shaped our futures and inspired us to reach for our dreams. Thank you for believing in us and pushing us to excel.

To the senior students preparing for the DSE, I wish you all the best! Stay focused, keep a positive mindset, and remember that hard work pays off. Believe in yourselves, and you will achieve great things. I want to emphasize the importance of perseverance. Challenges will come, but each obstacle is an opportunity to learn and grow. Don't hesitate to seek help - our mentors, teachers, and peers can offer invaluable support.

And to the junior students, I encourage you to enjoy every moment of your school life. Take part in activities, make new friends, and cherish these experiences. The memories you create during this time are priceless.

Remember to pursue your passions. Whether in academics or another field, find what excites you and dive in. Stay curious, ask questions, and never stop learning.

Lastly, believe in yourselves. Your potential is limitless, and with determination, you can achieve great things.

Thank you for this opportunity, and I wish you all the best in your future endeavors!





# Recent PE Awards



## The Schools Sports Federation of Hong Kong, China Shatin and Sai Kung Secondary Schools Area Committee Inter-School Swimming Championships 2024-2025

Date of the activity: 14/10/2024

Event	Class	English Name	Position
Girls A Grade 50-metre Butterfly	6D	Woo Tsoi Yi	Champion
Girls A Grade 100-metre Backstroke	6D	Woo Tsoi Yi	2 <sup>nd</sup> runner-up
Boys A Grade 100-metre Freestyle	5A	Sung Wang Him Austin	2 <sup>nd</sup> runner-up
Boys A Grade 50-metre Butterfly	5A	Sung Wang Him Austin	4 <sup>th</sup> Place
Boys B Grade 200-metre Freestyle	3C	Cheng Hei Yeung	2 <sup>nd</sup> runner-up
Girls C Grade 100-metre Freestyle	1C	Sze Hoi Kiu	4 <sup>th</sup> Place
Boys B Grade 4x50-metre Medley Relay	3D	Law Yan Kit Sunny	4 <sup>th</sup> Place
	4E	Cheng Ho Man	
	3C	Cheng Hei Yeung	
	4E	Cheng Adam	
Boys B Grade Overall			6 <sup>th</sup> place

## Greenery Sports and Hong Kong Dodgeball Association Men's Biore-Schools Boys Dodgeball Preseason Competition 2024

Date of the activity: 20/10/2024

Position: Champion

Class	English Name	Class	English Name
2B	Choi Chun Yeung	6B	Ng Ho Kiu
5D	Chan Koon Hang	6C	Leung Ka Hei
6B	Keung Shing Yin	6D	Wong Pak Lam
6B	Kam Yat Kwan		

## The Schools Sports Federation of Hong Kong, China Shatin and Sai Kung Secondary Schools Area Committee Inter-School Cross-Country Competition 2024-2025

Date of the activity: 06/11/2024

Event	Class	English Name	Position
Boys B Grade Individual	4E	Lam Pok Chi	10 <sup>th</sup> Place

## The Schools Sports Federation of Hong Kong, China New Territories Inter-Secondary Schools Fencing Competition 2024-2025

Date of the activity: 09/11/2024

Event	Class	English Name	Position
Boys C Sabre	3D	Cho Hung Ming	Champion

## Police Annual Swimming Gala: "Celebrating 180 Years"

Date of the activity: 06/11/2024

Event	Class	English Name	Position
4x25m Secondary Schools Invitation Relay	3C	Cheng Hei Yeung	1 <sup>st</sup> runner up
	4E	Cheng Adam	
	5A	Sung Wang Him Austin	
	6D	Woo Tsoi Yi	

## The Schools Sports Federation of Hong Kong, China New Territories Inter-Secondary Schools Fencing Competition 2024-2025

Date of the activity: 30/11/2024

Girls Team (Epee) 3<sup>rd</sup> runner-up

Class	English Name
4A	Leung Ka Yan
4D	Hui Yuet
4D	Leung Yeuk Lam
5D	Cheng Wincy





Perseverance leads to success.



Girls can be great fencers!



I am the next gold medalist!



Teamwork empowers us to succeed.

### Hong Kong Inter-School Dodgeball District Competition 2024-25

Date of the activity: 14 & 21/12/2024

Senior Mixed Group Champion

Class	English Name	Class	English Name
3A	Li Kenny	6D	Wong Pak Lam
6B	Keung Shing Yin	6D	Ho Cheuk Nam Nicole
6C	Kwok Hiu Wai	6D	Ha Cho Ying
6C	Wong Sum Yu		

### Hong Kong Inter-School Dodgeball District Competition 2024-25

Date of the activity: 14 & 21/12/2024

Junior Mixed Group 1<sup>st</sup> runner up

Class	English Name	Class	English Name
1D	Chui Sze Yue	3A	Pan Yiu
2B	Man Ka Yu	3A	Fung Leanna
2B	Choi Chun Yeung	3B	Law Wai Tik
2B	Guo Yuen Ki	3B	Ha Tsz Ching
2B	Cheng Pak To Paco		

### The Schools Sports Federation of Hong Kong, China Shatin and Sai Kung Secondary Schools Area Committee Inter-School Team Squash Competitions 2024-2025

Date of the activity: 25/01/2025

2<sup>nd</sup> runner up

Class	English Name	Class	English Name
1D	Tam Tsz Lung	3D	Ko Tsz Sum
2B	Hung Tak Ching	4C	Chan Chun Hei
3A	Lin Pak Wang	5D	Man Pok Wang

### The Schools Sports Federation of Hong Kong, China Shatin and Sai Kung Secondary Schools Area Committee Inter-School Long Distance Run Competition 2024-2025

Date of the activity: 28/02/2025

Event	Class	English Name	Position
Boys B Grade Individual	4E	Lam Pok Chi	6 <sup>th</sup> Place



A glorious moment!



Our efforts are paying off!





## 交流活動

# 「同根同心」

# 佛山及廣州的嶺南文化內地考察

本校中國語文科及中國歷史科於2025年3月6日至7日，共同籌辦「同根同心」佛山及廣州的嶺南文化內地考察，安排中三級同學參與，提供不同的學習經歷，加深他們對內地的歷史文化、風俗特色及文化保育等各方面的認識，提升國民身份認同。

交流活動行程包括參觀「廣東省博物館」、「粵劇藝術博物館」、「粵劇活動中心」、「南風古灶」、「石灣陶瓷博物館」以及「佛山祖廟」。學生在過程中加深了對廣州與佛山的認識，一方面了解嶺南傳統的文化工藝，另一方面見證大灣區的先進建設與經濟發展，融合古今，放眼歷史與未來，對祖國的時代發展有了更深刻的認識與認同。

是次遊學團內容豐富，在老師與導遊的指導及教學下，學生全情投入參與、用心學習。期望學生能在豐碩的活動中砥礪成長，並成為優秀的國民與公民。



於佛山祖廟前合照留念



欣賞佛山古廟園池景貌



全體師生於「南風古灶」留影



參觀廣東省博物館





# 學生活動後感想

## 3A 陳諾殷

我很高興能參加學校安排的「廣州及佛山交流團」活動。在這次活動中，我對粵劇、陶瓷以及廣東省的文化有了更深層的認識。以粵劇藝術博物館和廣東石灣陶瓷博物館為例，前者讓我認識到粵劇不同方面的特色，例如在妝造方面，我原本只是覺得角色的妝容很精緻，沒想到妝容的設計也十分講究，需要根據角色的特點來畫，不能隨意處理。

此外，在石灣陶瓷博物館中我見證了陶藝製作的精妙之處，無論大小的陶瓷作品都經過精雕細琢，每個圖案都能看出工匠花費的時間和心血，栩栩如生，完美詮釋了「陶土盈細琢磨，匠心獨運造乾坤」的理念。除此之外，我們還接觸到了廣東省的古建築風格，雖然無法一一介紹，但每一部分都讓我感受到廣東文化的博大精深，並激發了我對探究更多領域知識的興趣。

## 3C 盧思宜

這次的交流團雖然只有短短兩天，卻令我受益匪淺。

在參觀了多個博物館後，我對客家文化、粵劇發展和陶瓷工藝等有了深入了解。其中，我對廣東省博物館尤感興趣。館內的陳列品琳琅滿目，令人驚嘆，從龍舟到動物的牙齒，甚至連皇后的鳳冠和皇帝的詔書都珍藏於此。這些文物共同蘊藏著豐富而珍貴的知識。看見那些歷史文物，尤其是粵劇劇本手稿，更使我聯想到老師在中文課堂上教授的《人間有情》。實體展品讓我更容易理解早期劇本的結構，將抽象的知識形象化。此外，我也明白了知識的展現並不僅限於書本，還可以透過其他形式來表達和理解。

另外，學校安排的小組報告和分享環節，讓我們能夠互相交流學習心得，促進了團隊合作的精神。我相信通過這次文化交流活動，我們的溝通技巧也將有顯著提升。

## 3B 梁策

這次遊學團讓我深刻體會到「遊」、「學」結合的元素。在「遊」的方面，我們在陶瓷博物館了解到陶瓷的製作過程，而在南風古灶中目睹的工藝更是讓人驚嘆，這些都展示了古人的智慧。另外，我們也在祖廟中體驗了濃厚的中國歷史文化，並親眼目睹了舞獅隊的表演，感受到龍騰虎躍的氣氛。在「學」的方面，我們深入了解佛山的特色陶塑，特別是佛山泥塑，以其細膩的雕刻和生動的民俗文化著稱。我們還認識了佛山祖廟中供奉的北帝——保護信士的神靈，受到許多漁民和商人的崇敬。

經過此次研學之旅，我獲益良多，見識了許多中國傳統文化的歷史文物，吸取了豐富的知識，了解了古代海上絲綢之路的背景及石灣的傳統製陶工藝。這次交流團也讓我反思保護歷史文物的重要性，深刻體會文化傳承的意義，並感受到卓越的工匠精神，進一步增強了我對國民身份的認同。

## 3D 劉冉今生

這次旅程雖然短暫，但行程緊湊，當中使我們在有限時間內深入了解嶺南文化的另一面，受到當地中華文化的薰陶，令我更融入這次旅程中。在多個景點中最令我印象最深刻的地方是陶瓷博物館。記得了博物館中一瞥眼便令我感到十分震撼，雖然展館不大，卻展出了許多關於歷史人物、神獸及民間故事的工藝品。每件陶瓷上的雕花和印刻都塑造出獨特的人物形象，讓我們觀賞到陶藝品細緻而真實的一面。這些作品不僅體現了國粹在中國歷史中的不可或缺的地位，更讓我意識到陶藝家們的匠心獨運，實在是眼界大開。是次內地交流活動讓我學習到更多文化遺產的元素，我們也能藉此機會宣揚中華文化。



專心聆聽導遊講解佛山古廟的知識



與開平碉樓模型合影



參觀粵劇活動中心



參觀「石灣陶瓷博物館」





## 交流活動

# 姊妹學校到訪

本校的姊妹學校——北京理工大學附屬中學，師生於12月9日來港交流，本校中四級修讀物理科的同學於12月10日到主題樂園與姊妹學校同學一同參與「物理探索」活動，兩校同學組成小組，共同完成一系列學習活動，過程中同學們互相合作，促進兩校交流。

北京理工大學附屬中學師生於翌日到訪本校，與本校同學一同參與英文、生物、物理、化學等課堂，體驗香港的中學生活。過程中兩地同學互相交流，建立友誼。小息期間，本校家長教師會成員更為北京同學預備地道港式小食，讓北京同學對香港文化有進一步認識。



姊妹學校的同學與本校學生一同參與課堂。



大家一同品嚐家長教師會委員準備的香港地道小食。



姊妹學校學生跟本校同學一同全情投入參與樂園工作坊。





# 中華文化活動



國民教育組、全方位學習組、中文科、中國文學科及公民與社會發展科為了提升學生的國民身份認同，以及加深對中華文化與非物質文化遺產的了解，精心為學生安排了多項活動，詳情如下：

## 中華廚房

通過烹飪活動讓學生深入了解中華文化與非物質文化遺產。學生在學習烹飪技巧的同時，也增進了對中華文化的認識與體會。

### 非遺廚房 —— 蛋撻工作坊及龍鬚糖工作坊



#### 學生感想：

5D 陳道賢

這個工作坊可以讓我們見證上一輩人食物文化的珍貴之處，更可以讓學生親身非物質文化遺產的精髓所在。

4A 梁諾霏

這次活動十分有意義，我們可以從中體驗烹飪傳統食物的困難之處。同學在生活中能接觸烹飪的機會不多，這次活動能令同學明白烹飪的樂趣。

4A 梁嘉欣

工作坊讓我們更了解傳統美食的製造過程，明白當中製作的不易，親身體驗，令印象更為深刻。

### 減壓合桃酥工作坊



#### 學生感想：

5C 何卓盈

工作坊的導師除了教授中式合桃酥的製造方法及過程，同時亦向我們講解這種食品背後的歷史文化，令我們年輕一代對中國的傳統糕餅有所了解，有助維護我國的文化安全。



5C 丁詩桐

核桃酥作為中國傳統糕點之一，其背後的文化習俗十分值得我們探討。經過導師的介紹，我們才知道合桃酥等糕點是中國傳統婚嫁中十分重要的食物，這令我們對傳統文化有進一步了解。

4A 盧潔珏

這次活動能加深我們對中華文化的理解和認同，透過學習和了解傳統中華文化，有助我們建立文化自信，而且我們經過親手製作合桃酥，更可以了解當中深厚的文化背景，實在難能可貴。





## 鳳梨酥工作坊



## 中華民間工藝工作坊

### 中四級 — 迷你小花牌工作坊



### 學生感想：

#### 4A 馮梓賢

我認為花牌製作這項香港非物質文化遺產非常值得大家學習或者探討，因為傳統工藝如果未能得到傳承的話，便會慢慢消失在歷史中，實在非常可惜。所以我認為不只這項花牌製作工藝，還有許多其他不同的傳統工藝都很值得我們去學習。

#### 4B 劉靖楠

這次迷你小花牌活動能增強參與者對中華文化的理解和認同，從中不僅促進了文化傳承，還能提高人們對文化多樣性的尊重。此外，通過互動和交流，參與者可以更深入地理解文化的核心價值，增強文化自信，從而在全球化的背景下維護文化安全。

#### 4C 彭晞桐

我認為同學們可以透過工作坊了解有關花牌製作的歷史背景和背後的意義，讓同學了解和認識中華文化的深厚底蘊，同時亦增強我們對中華文化的認識和自豪感，從而保護這種珍貴的文化遺產。

#### 4D 吳鈺莊

是次活動能增加我們對中華文化的認識，尤其是透過花牌這一傳統特色，能夠深入了解其背後的歷史與文化內涵。花牌製作的過程不僅讓我們掌握手工技巧，還能促進對於語言、詩詞及社交習俗的理解。這種文化傳承有助增強同學的文化自信，維護國家文化安全，讓我們在全球化的浪潮中，更加珍惜和保護自己的文化根基。

#### 4E 蘇詩雅

我認為是次活動有助我們更深入地認識中華文化，加強我們對傳承和弘揚中國文化的意識。同時活動也能促進我們對傳統文化的尊重，在全球化的環境下亦能使文化在被保留的同時，不斷發展和創新，從而增強同學對維護我國文化的決心。



## 中四級 — 彩虹書法工作坊



## 中五級 — 篆刻工作坊



### 學生感想：

5C 劉子瑀

篆刻是中華文化中獨特的藝術形式，承載著深厚的歷史文化內涵。通過參與篆刻活動，我們能仔細學習篆書字體、印學理論等知識。篆書是古老的漢字字體，每一個篆字都蘊含著古人造字的智慧和寓意，例如「福」字的篆書字體，其形態中包含著對美好生活的祈願。此外，傳統的印鈕造型往往取材於神話傳說、歷史典故中的瑞獸等形象，如龍、鳳、麒麟等，這些形象背後記載著中華民族豐富的神話體系和價值觀。透過篆刻活動，我們可以深入挖掘中華文字當中盛載的文化，防止它們被遺忘或被外來文化所侵蝕，從中保護文字文化的完整性，同時維護國家文化安全。

5D 尹姿淳

篆刻是中華文化的一部分，其中包括書法元素。篆書是中國書法字體的其中一種，歷史源遠流長。我們在工作坊中以篆書寫下「仁」字雕刻石印，這個過程中我們學習了不同的雕刻刀法，最後在石印染上朱砂製成的顏料，最後拓印在古色古香的書籤上。是次活動令我認識我國的匠人精神，他們對書法藝術一絲不苟的態度，令我對他們的敬佩之情油然而生。

## 沙官蛇年賀新春

本校國民教育組、家長教師會、文學組、中文學會、美術學會及普通話學會於1月22日聯合籌備「沙官蛇年賀新春」活動。當天各組別設置不同攤位供師生於午膳時段參加，家長、老師和學生都踴躍支持，一同迎來蛇年。

中文學會秉承「傳揚中華文化」的宗旨，以及往年的傳統，今年續辦「新春寫揮春」活動，讓大家體驗傳統習俗，寫下新一年祝願，將新春的喜慶和祝福傳開去。當天，一眾學生圍着攤位，即場寫下自己的期願，亦互相分享揮春的意念，歡聲笑語，盡顯沙官學生之間的友愛。蔡校長和三位副校長亦有蒞臨，蔡校長更即席揮毫，寫揮春贈予現場學生；同時亦有家長提筆，與眾同樂。家長、老師和學生的支持和參與令本次活動生色不少，我們將繼續推廣，讓大家共賞中華文化之美。





## 中一級 八鄉少年警訊中心價值教育日營

為幫助學生增強自信、訓練邏輯思維、建立團隊精神、改善人際關係並培養守法意識，本校重點關注事項（二）及學生事務組與八鄉少年警訊中心合作，於2025年3月3日為中一級學生舉辦「價值教育日營」活動。當日同學分組進行歷奇、定向、爬高梯、高空飛索及步操訓練等活動。同學亦在營內與沙官的師兄師姐進行交流，沙官校友們為同學的生涯規劃提供寶貴意見，亦跟同學分享守法意識與媒體素養的重要性。大部份同學反映日營能令他們學習到團結精神的重要性，同時更增強他們的守法意識，藉此建構與守護和諧共融的社會。

### 同學感想：

1C 黃樂祈

在這次價值教育訓練營中，我深刻體會到團隊合作與紀律的重要性。當天安排的訓練十分嚴格，營內的教官不僅安排我們進行體能訓練，更在活動中提升我們的心理素質和臨場應變能力。訓練營中大部份項目都需保持高度的集中力和毅力，才能完成。最初我也感到沮喪與疲累，但在隊友們的相互支持下，我漸漸克服困難，在壓力下保持冷靜，順利完成項目。這次訓練不僅提升了我的體能素質，也讓我明白了堅持與信念的重要性，這也將成為我人生中重要的經歷。



### 校訊委員會成員

顧問：蔡鳳雯校長、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、唐力行老師