



Sha Tin Government Secondary School

Newsletter 2024-2025

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Issue
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Dubai Desert Safari

Joint Government Schools Dubai & Abu Dhabi STEAM Tour 2025

To broaden students' international perspectives, our school, in collaboration with Shau Kei Wan Government Secondary School, co-organized the "Joint Government Schools Dubai & Abu Dhabi STEAM Tour 2025" from 27 April to 2 May 2025.

This exchange program provided 30 students from Secondary 4 to Secondary 5 in our school with the opportunity to conduct on-site investigations, exploring the latest advancements in technology and artificial intelligence while gaining deeper insight into the local history and traditional culture. Additionally, students examined the importance of sustainable lifestyles and ecosystems, enhancing their cultural understanding and interaction.

Here are some reflections made by the participants:

Yip Mei Wa, 5C

I am very pleased to have the opportunity to participate in the Dubai and Abu Dhabi STEAM learning tour. Although the itinerary was packed, it was precisely this fast-paced schedule that made me look forward to returning to Dubai in the future.

Dubai is a tourist destination, but due to its unique climate and geographical environment, we rarely have the chance to visit this Middle Eastern region and witness how Dubai has transformed from a place of camel riding in the desert into a bustling metropolis featuring the largest shopping mall, the tallest building, and the largest picture frame.

During this trip, we also sampled a lot of traditional Arabic cuisine, such as Arabic dates paired with Arabic coffee and camel milk. Additionally, at the Sheikh Mohammed Centre for Cultural Understanding, we learned about Arabic dining etiquette, such as shaking the cup to indicate that no refill is needed.

Among the various activities, the Museum of the Future left the deepest impression on me. The biobank at the HEAL Institute, with over 2,000 biological models neatly arranged, was a truly awe-inspiring scene.



Qasr Al Watan



Solar Energy Park

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Mr. LEE Chun-man (Assistant Principal)

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Louvre Abu Dhabi

Chan Ching Lui, 5C

I am deeply grateful for the opportunity to participate in this study tour. I consider my knowledge of the world to be limited, so this trip to Dubai and Abu Dhabi broadened my perspective on Middle Eastern culture, countries, and geography, pushing me out of my comfort zone to embrace more challenges. The part that left the deepest impression on me was the unique architectural styles and urban planning I observed on the way to various attractions. Whether it was famous buildings or roadside villas and skyscrapers, they piqued my interest. For example, the iconic Dubai Frame symbolizes framing old Dubai (front) and new Dubai (back). In Abu Dhabi, I noticed many buildings adorned with beautiful murals on their exterior walls, some depicting birds in flight. In summary, I am very thankful to the school for giving me this opportunity to explore Arab cities and learn more about STEAM, which has inspired and opened new possibilities for my future development.



Old Baladiya Street



AL Shindagha Museum



High-five!



Green Planet

Ding Sze Tung Shirley, 5C

Participating in this exchange tour was highly rewarding, not only in learning about STEAM knowledge and Arab customs but also in gaining inspiration from the city's background and development.

From our guide Eric's sharing, I learned that Dubai was once primarily a pearl-diving industry until it became wealthy through oil discovery. However, since oil was finite, to sustain prosperity, other industries were developed, transforming Dubai into the tourist destination it is today.

I was deeply inspired by the sayings of the Emirs, such as "No one remembers the second place," "Spending money on the people is what makes it worthwhile," and "The future can be created."



Dubai Museum of the Future



What a beautiful day!

He Kai Yan Joye, 4D

This study tour was incredibly rewarding. At Abu Dhabi's SeaWorld, I had close encounters with diverse marine life, experiencing the wonder and beauty of the ocean ecosystem, with their lively forms seemingly telling the stories of the sea. Visiting the Louvre Abu Dhabi, I was deeply moved by the museum's unique architectural design and precious art exhibits. The timeless charm of the artworks was fully displayed, and the perfect integration of The Green Planet with nature showed me humanity's relentless pursuit of green ecosystems.

This journey not only broadened my horizons but also deepened my understanding of the world's rich diversity, inspiring me to continuously explore the unknown and learn new knowledge.

Hung Cheuk Yan, 5D

This trip to Dubai and Abu Dhabi was a truly unforgettable experience that opened my eyes. The itinerary was packed, and the attractions were abundant. Despite the scorching weather, I thoroughly enjoyed myself. From the desert on the first day to the final attraction, I was constantly in awe. During this trip, I learned some Arabic words and absorbed many interesting facts about the local culture from our guide's sharing.

I experienced dune bashing, camel riding, and tasted camel milk and local Arabic coffee. This journey allowed me to step out of textbooks and see the world, and I am truly grateful for this opportunity. Lastly, I want to thank all the teachers, guides, and leaders for their care. Although this trip was short, it was incredibly unforgettable.



Cultural exchange



A close encounter



Camel riding



Customs and traditions



Sheikh Mohammed bin Rashid Al Maktoum Centre for Cultural Understanding

Pang Tsz Ching, 5C

Although this trip ended in a flash, it did not hinder us from experiencing Dubai's rich cultural atmosphere.

During this tour, we fully explored various aspects of STEAM knowledge. For example, we experienced Art at the Louvre and Technology at the Museum of the Future.

The most memorable attraction for me was the Innovation Centre at the Solar Park. There, I saw how the physics knowledge I am currently learning can be practically applied in real life and benefit society.

Additionally, Arabic food culture is quite different from Hong Kong's. They use a lot of spices and seasonings in their dishes. Arabic doughnuts, dates, and Arabic coffee are particularly memorable.

S.6 Graduation Ceremony

2024-25

Our Guest of Honour and Keynote Speaker was none other than Dr. LEE Tsz Ming Tommy, Department of Linguistics and Translation, City University of Hong Kong and an alumnus of STGSS. Dr. LEE shared personal anecdotes and highlights in his life that inspired our graduates to commit to the noble ideas of their beloved Alma Mater.

A distinguished linguist in East Asian languages, Dr. LEE recounted how he developed a passion for language learning and partook in language-related competitions at a young age. Dr. LEE skillfully switched between Chinese and English throughout his speech, and with his unlimited supply of humor and hilarious puns, he connected with the guests, graduates, teachers and students in the auditorium by sharing his words of love, wisdom and vigour.

Reminiscing about his good old days at STGSS, Dr. Lee not only expressed his immense gratitude for Principal CHOI and the STGSS teaching staff, but he bestowed his best wishes on the graduates. Despite being a mere stranger who once shared the same campus, Dr. LEE hoped that the graduates would fly high in their pursuits.



Our Guest of Honour
Dr. LEE Tsz Ming Tommy with Principal CHOI



Ceremony Emcee Wincy Cheng

6A



6B



6C



6D



Positive values and mental health 4Rs infused with English Public Speaking



Smile!

On 7 May 2025, the Inter-level Public Speaking Competition was held to strengthen students' sense of national identity, hone their benevolence and empathy as well as cultivate their commitment and perseverance. The 4Rs of mental health (i.e. Rest, Relaxation, Relationship & Resilience) were emphasized too. The grandiose speaking competition featured performing units in S.4 and S.5. Laden with humour, creativity and eloquence, their entertaining yet educational speeches left the audience in awe. After an intense tournament, Jady Lau from class 5C emerged victorious, winning back-to-back championships and outdueling 1st Runner-up Wan Chi Shun from class 5D and 2nd Runner-up Wu Yat Tung from class 5B. Jady Lau also won the hearts and minds of the attendees in the popularity contest.

Credit must go to our three distinguished judges, Ms Tang Tze-kwan Teresa, Ms Wong Sau-yea and our NET, Mr Milchin. They provided valuable feedback on the participants' performances and enlightened them with words of love, wisdom and vigour.

Without a shadow of a doubt, this monumental English public speaking event marked a defining moment in elevating STGSS students' confidence in delivering presentations and raising their awareness of positive values and salience of mental health.



1st Runner-up Wan Chi Shun



2nd Runner-up Wu Yat Tung



Back-to-back Champion Jady Lau
Public speaking



Primary students are having a great time

Epilogue: English Public Speaking Workshop for primary school students

On 2 July 2025, a group of primary students from various schools attended the English Public Speaking Workshop organized by the English Department. S.5 English speakers from STGSS interacted with the participants and shared valuable insight into English speaking. Everyone had a fun time, acquired essential speaking skills and boosted their confidence in delivering presentations.



Academic exchange at its finest

Learning Celebration Day

- Celebrating academic and non-academic excellence after a fruitful year of learning

On 16 May 2025, STGSS high-flyers, be they scholastically superior or aesthetically outstanding students, showcased their unmatched talent, monumental achievements, unwavering dedication and hard work in the form of diverse presentations, performances, game booths and exhibits. STEAM knowledge, aesthetic abilities, project-based learning capabilities as well as multi-faceted talent were on full display on this momentous occasion. Audiences were absolutely in awe of the brilliance demonstrated by our very capable student leaders, presenters and helpers. Everyone was fully immersed in the rich ambience on campus and was in a celebratory mood of STGSS students' spectacular success. Students' devotion to their crafts fully trickled down to the whole school, essentially elevating our school's commitment to honing generic skills.



Dynamic duo of presenters



Fine-tuning the design



Scientific investigation



Discipline and unity in action



Building bridges



Celebrating a relaxing moment



Dance your way to success!



Like a beacon that shines



Musical accomplishments



Our student leaders are top-notch



E-learning@STEM Room



Public Speaking talent



Words have power!



Student emcees



Toys contribute to excellent mental health!

Inter-Class Rope Skipping Competition Enhances Mental Health

On 19 March 2025, our school hosted an Inter-Class Rope Skipping Competition after school, uniting students from all five levels in a lively contest. Classes competed with enthusiasm, filling the gymnasium with jumps and cheers while building class spirit and embracing the 4Rs—Rest, Relaxation, Relationship, and Resilience—promoted by the Health Department and EDB to support mental health.



Unity grows by leaps and bounds!



Swing, suspend in mid-air and smile!

The event buzzed with energy as teams showcased their skills, supported by classmates waving banners. Rest underpinned their success, with students encouraged to sleep well and balance leisure, arriving refreshed. Relaxation came through breaks between rounds, teaching them to unwind and practice self-care amid excitement. Relationships thrived as students bonded with peers and teachers, strengthening ties and embracing roles within their teams, fostering a sense of belonging. Resilience shone when they faced setbacks, adapting with positivity and peer support, learning to handle stress.

Teachers praised the blend of fun and growth, noting how students embodied the 4Rs. The day ended with smiles and trophies, reinforcing class unity and mental well-being. This competition proved that skipping rope can do more than boost fitness—it can nurture healthier, happier minds.

S3 Careers Talk on S4 Streaming

On 14 March 2025, the S3 Careers Talk on Streaming took place in the covered playground, attended by S.3 parents and students. To provide comprehensive career guidance for selecting appropriate HKDSE elective subjects, a diverse group of school officials offered thorough advice to attendees, including Principal Choi, assistant principals, careers teachers, S.3 class teachers, and subject heads of various elective subjects. We hope that students will use the insights gained from this seminar to make informed choices regarding their HKDSE electives in line with their aspirations.



Help is always at hand



A parent asking for advice



Charting the way forward



What a useful session on subject choice!

Sessions	Speakers
Streaming of HKDSE Electives	Assistant Principal Ms. Tang Tze-Kwan, Teresa
University Entry Requirements	Careers Mistress Ms. Ng Lai-wah
Tips on Choosing Suitable HKDSE Electives	Principal Choi
Question-and-Answer Session	Principal Choi Assistant Principal Ms. Tang Tze-Kwan, Teresa Assistant Principal Mr. Lee Chun-man Assistant Principal Mr. Cheng-him
Consultation Booths	Subject Heads of BAFS, Biology, Chemistry, Chinese History, Chinese Literature, Economics, Geography, History, ICT, M1/2, Physics & Visual Arts



Principal CHOI and assistant principals



Ms. NG giving advice

We are the CHAMPIONS!!

The Schools Sports Federation of Hong Kong, China Sha Tin and Sai Kung Secondary Schools Area Committee Inter-School Volleyball Competitions Boys Grade B (Division II) Champion

Participants:

2A	Zou Kwan Ngai
2B	Hung Tak Ching
3C	Law Yan Kit Sunny
3C	Ho Sui Long
3C	Chu Ho Lim Angus
3D	Ngai Ka Long
4C	Tse Pui Hin
4C	Lau Sai Long
4E	Qin Sheung



What a block!



Unity at its finest!



One more play!



Passion on the volleyball court!



STGSS at its full strength!

The Schools Sports Federation of Hong Kong, China Inter-School Basketball Competitions Girls Grade B (Division II) Champion

2C	Tam Hoi Ching Anthea
3C	Lo Sze Yi
3D	Liu Liusa
3D	Yan Tsz Ching
4A	Lee Lok Ying
4C	Law Tsz Wan
4C	Pang Hei Tung
4D	Hui Yuet
4C	Lam Ka Yu



Cheering our team on!



Let's do it!



A moment of pride and honour



I can get the loose ball!!

Dribbling



Let's celebrate our championship!

HydroRace Challenge 2025 – Second Honour Award

On 14 March 2025, five S.5 Chemistry and Physics students participated in the "HydroRace Challenge 2025". Facing technical challenges, they successfully designed and built a model car, demonstrating excellent teamwork and impressive performance, which earned them the Second Honour Award.

Co-organized by the Education Bureau (EDB) and the Electrical and Mechanical Services Department (EMSD), the "HydroRace Challenge 2025" is a key event under the "Innovative Engineering Education Programme for Primary and Secondary Schools" (2024/25). This competition provides students with a STEAM-focused experience centred on hydrogen fuel technology, enhancing their understanding of hydrogen energy as a pathway to carbon neutrality, the value of low-carbon energy solutions, and the principles of sustainable development.

Event Details

Date: 15 March 2025

Venue: EMSD Headquarters

Award: Second Honour Award

Team:

HydroGenius Inovator

5C Cheung Nok Hei

5C Ng Chi Tsiu

5C Tsang Wing Hing

5C Yeung Ho Yat

5C Zhu Junlin



Focus



A strong team of mini experts!



Ready for the challenge!



Unity



Get, set, go!

STEAM Bridge Design Competition Showcases S.2 Talent

From October 2024 to May 2025, all S.2 students participated in the vibrant 2024-2025 STEAM Bridge Design Competition, blending Mathematics, Computer Literacy, Integrated Science, and Visual Arts. Students mastered essential skills in Mathematics and Integrated Science, crafted computer models in Computer Literacy, and fused their skills with artistic flair to build bridge models in Visual Arts, while exploring modern Chinese and global bridge-building cultures. Each S.2 class formed six groups, creating 24 meticulously designed bridges that met strict weight, dimension, and material standards. On 16 May 2025, from 12:00 to 12:45, the school garden buzzed with excitement as three teachers from the four subjects selected two bridges per class—eight in total—for a fiercely competitive open event. All eight bridges aced the weighting test, and the entire student body voted for the Best Creative Bridge and Voter's Pick Bridge Award. The competing student teams displayed high enthusiasm and dedicated participation, creating a lively atmosphere of fierce competition. Check out the attached videos and images to witness the creativity and passion of our S.2 students!



A series of sturdy bridges



Explaining the design



What a sight to behold!



Time to showcase our bridges!



STEAM in action



Let me figure this out!

Mathematics Modelling Competition for Secondary Students 2024/25 (Junior Secondary Category)

中學生數學建模比賽

MATHEMATICAL MODELLING COMPETITION FOR SECONDARY STUDENTS 2024/25 (JUNIOR SECONDARY CATEGORY)

佳作獎

MERIT AWARD

25JO25

沙田官立中學

SHA TIN GOVERNMENT SECONDARY SCHOOL

Our students participated in the Mathematical Modelling Competition for Secondary Students 2024/25 co-organized by the Education Bureau and the Department of Mathematics, the Chinese University of Hong Kong and achieved encouraging results. Congratulations!

Merit Award (Junior Secondary Category)

3C Chen Yikang
3C Chu Ho Him Clayton
3C Chu Ho Lim Angus
3C Ho Sui Long
3C Law Yan Kit Sunny



Maths talent on display!

Mathematics Tutorial Days

The Mathematics Club organized a two-day tutorial event for Secondary 1 to 3 students on 24-25 March 2025, held at the school foyer. Aimed at preparing students for their Second Mathematics Mid-term Test of the 2024-2025 academic year, the event was guided by Senior Committee members who offered tailored support to their junior peers.

The sessions included interactive problem-solving activities and practice tests aligned with the mid-term syllabus, focusing on core topics like algebra and geometry. The Mathematics Club designed a collection of engaging yet approachable problems to enhance students' confidence and sharpen their critical thinking skills. Participants actively collaborated, eagerly solving challenges and exchanging strategies in a dynamic, peer-supported setting.

Attendees praised the welcoming environment and the clear, insightful guidance from senior students, who also shared valuable study tips and exam strategies. The event not only bolstered participants' mathematical proficiency but also cultivated a spirit of mentorship and unity within the school community, leaving students well-equipped and inspired for their upcoming assessments.



Mentoring is such a key ingredient of success!



We love Maths!



Let's do some Maths together!



Hong Kong Youth Music Interflow

Our school's Chinese Orchestra participated in the "2024 Hong Kong Youth Music Interflows Chinese Orchestra Competition (Secondary School Class A: 15-20 Member Category)" on 10 December 2024, organized by the Music Office and the Leisure and Cultural Services Department (LCSD). The competition was held at Tuen Mun Town Hall, with over 30 schools taking part. Our Chinese Orchestra performed the piece "Spring in the Tianshan Mountains", conducted by alumna Ms. Lung Man-wai, and won a Silver Award. The list of students who participated in this competition is as follows:

1A	Ip Tsz Ho	Erhu (二胡)
1C	Li Juncheng	Percussion (敲擊)
2A	Li Zi Yu	Guzheng (古箏)
2B	Chan Chi Lam	Percussion (敲擊)
2B	Chan Sze Naam	Percussion (敲擊)
2B	Chang Ka Ching	Pipa (琵琶)
2D	Chan Kai Lok	Erhu (二胡)
2D	Chan Cheuk Laam	Yangqin (揚琴)
3A	Lee Ying Choi	Zhongruan (中阮)
3A	Hung Man Ka	Erhu (二胡)

3B	Chen Wai Yui	Liuqin (柳琴)
3C	Chau Yu Sing	Dizi (笛子)
3C	Chen Sum Yui	Pipa (琵琶)
3D	Chow Chun Hin	Dizi (笛子)
3D	Lau Sebastian	Cello (大提琴)
3D	Wong Joshua	Erhu (二胡)
4C	Yau Po Hing	Liuqin (柳琴)
6C	Yuen Pak Hei	Erhu (二胡)
6D	Ho Cheuk Long	Zhongruan (中阮)
6D	Wu Hon Yung	Cello (大提琴)



2024-2025 香港學校戲劇節

本校戲劇組學生於2024-2025香港學校戲劇節中勇奪各項大獎。戲劇組於二月二十八日於本校舞蹈室演出劇目《愚者之旅》，此劇從構思意念、編寫劇本到舞臺設計、燈光果效都由本校學生一手包辦。本劇終於在四月下旬獲得以下獎項：

傑出劇本獎 5B吳寶軒
 傑出導演獎 5B吳寶軒
 傑出演員獎 5B吳寶軒 4C梁幸芝 4E劉建晴 3B李泓學
 傑出合作獎

全方位學習活動日

中二級：服務學習實踐

為配合本校重點關注事項（二）：培養學生的正面價值觀，學生事務組、全方位學習組及輔導組聯合安排中二級學生參與義工服務活動，在社工帶領下為長者籌辦活動，促進長幼共融。

社工於2月27日為全級中二學生提供義工培訓，教授他們與長者互動的技巧，並協助學生規劃整個服務流程。培訓過程中，學生能夠檢視義工活動的安排，並就遊戲設計、人手分配等細節作出調整，從中獲得寶貴的策劃與溝通經驗。

3月7日進行服務當日，學生在社工的帶領下前往長者中心，與長者進行互動活動，包括教授手指操及製作手工藝品。長者們亦熱心分享人生經歷，氣氛溫馨融洽，充分體現長幼共融的精神。學生透過是次活動，不僅提升了人際溝通能力，更從中體會到服務他人的意義，獲益良多。



學生留言板

很开心能够與長者一同玩遊戲和製作手工，活動期間他們十分積極參與，氣氛融洽。我希望將來能參與更多義工活動，繼續服務社會。

透過是次探訪長者中心，我認識了不少活潑開朗的長者，他們非常需要年輕人的陪伴與幫助，而在與長者互動的過程中，我感受到他們的熱情，能夠為他們提供義工服務也令我深受感動。

在今天的義工服務中，我體會到平日社工及照顧者的辛勞，也明白到每位長者都有不同的需要。我學會了尊重每一位服務對象，明白到每個人都有其社會上的價值，並提醒自己不要對他人抱持偏見或歧視。

雖然我在活動過程中感到有點疲累，但我非常享受這次經歷，因為能更深入了解長者的日常生活，並與他們建立真摯的感情連結。



全方位學習活動日

中四級：公民與社會發展科

——社區深度考察及非遺工作坊

本校公民與社會發展科為中四學生舉辦了「社區深度考察及非物質文化遺產工作坊」，學生分別前往筲箕灣及大坑進行實地探索，深入認識本地社區文化及非遺項目的價值。

在筲箕灣的考察中，導師帶領學生走訪三國廟宇群，透過洪拳及舞龍體驗，讓學生親身感受傳統廟宇文化的精神與特色。學生亦參加了「風味漁湯麵筋手作工作坊」，從中了解漁民的生活方式，並體驗水上人文化的獨特魅力。

而在大坑的活動中，學生深入體驗香港四大非物質文化遺產之一——大坑舞火龍。透過親身參與及導師講解，學生不僅認識火龍舞的歷史背景與儀式意義，更加深了對文化傳承的使命感與責任感。

是次活動讓學生從實地考察與互動體驗中獲得豐富知識，提升對本地文化的認識與尊重，並激發他們對社區及文化保育的關注與熱誠。



全方位學習活動日

本校於3月6及7日舉行「全方位學習活動日」，是次活動日旨在為學生提供學習空間，把學習從課室伸延至其他學習範疇領域。學生透過參與多元化的全方位學習活動，增強多元的正向價值，如堅毅、仁愛、國民身份認同、合作和創意等。

中一級：中國民間工藝工作坊及中國傳統技藝表演

本校為中一級學生安排「中國民間工藝工作坊」及「中國傳統技藝表演」，活動旨在透過學習中國民間工藝——麵粉公仔製作及彩虹書法，讓學生認識和欣賞中國藝術文化的獨特魅力。活動中，學生有機會觀賞精彩絕倫的變臉表演，他們無不驚嘆中國傳統技藝的博大精深。表演當日現場掌聲雷動，讚歎聲此起彼落。



學生留言板

這次活動既讓我學會更多關於中華文化的知識，又學習到中國傳統手工藝的製作技巧和方法，實在令我印象難忘，獲益良多。

我認為這次活動非常有意義，令我們可以更加了解中華文化，也讓我們有機會親身體驗製作麵粉公仔這項珍貴的非物質文化遺產，還可以看到川劇變臉與現代潮流音樂的結合，實在令人眼界大開。



在是次活動中，我體驗了各種有趣新奇的藝術，如在彩虹書法工作坊中，我體會到如何以創新的方法體會古代書法的美感；在麵粉公仔工作坊中，我認識到古時人們的玩樂方式；而在川劇變臉中，我感受到表演者想要呈現一場完美的演出所付出的努力，並對此驚嘆不已。



5C萬魯拓同學

站在丹霞山陽元石的嶙峋峭壁前，赭紅色的砂岩在晨光中流轉著億萬年的光影。這座被聯合國教科文組織烙上「世界自然遺產」印記的山巒，此刻正以地質史詩的形態靜默佇立。當我走到長老峰觀日亭，轉身望見不遠處林立的煙囪與鐵軌，韶關這座嶺南古城在工業文明與自然造物間的辯證法下，已悄然開始敘述它深邃的故事。當高鐵穿越南嶺隧道時，車窗外的丹霞赤壁、鋼鐵森林與騎樓霓虹次第閃過，構成一幅完整的中國現代化進程圖板。

這次的韶關之旅的啟示在於：真正的文明演進不在於非此即彼的選擇，而在於保持地質運動般的深層張力——讓古老地層與新生斷層持續對話，讓工業文明與生態文明形成共振，讓市井煙火始終保持著文化基因的活性表達。這座城市的未來，或許就藏在這種充滿張力的平衡之中。



5D馬若嵐同學

我在韶關鋼鐵廠看見許多嶄新的建築物和設計草圖，還有一些不為人知的機密文件和資料。現代化的辦公室和基地映入眼簾，使我彷彿置身於電影中。室外滿眼櫻花的小徑、夢幻誘人的風景，一瞬間又令我由電影場景轉移到油畫裡，更可見國家不會因過於側重工業或科技行業而忽略與大自然的連結，導致發展失衡。

這兩日一夜的豐富經歷，既如整個星期般長，卻又轉眼即逝。撰寫感想的此時此刻，我仍不敢相信這趟考察已經結束了……我不禁感嘆國家的發展遠超我想像，能以相宜的價錢購買到可口且質素高的食物，可見國家在繁榮發展的時，也能令人民過幸福富足的生活。



韶關丹霞文化內地考察

公民與社會發展科於2025年3月6日至7日舉辦了「韶關丹霞文化內地考察」，由12名教師帶領111名中五學生進行考察及交流。是次考察通過豐富的學習活動，讓學生認識當地文化遺產的保育與傳承工作，並探索現代重工業的發展歷程，深化學生對韶關丹霞文化的理解。同時，學生深入學習丹霞山的地貌特徵，並探討了如何善用當地資源促進經濟發展。此外，是次活動更引導學生了解國家近代歷史、革命事蹟及相關人物，增強他們的國民身份認同，並加深對維護國家安全重要性的認識。通過這些活動，學生獲得寶貴的實踐經驗，提升對文化、歷史及經濟發展的綜合理解，為未來發展奠定堅實基礎。

學生感言

5A Thapa Diwash

抵達韶關後，我們參觀了一座引人入勝的博物館，展示出這座城市的工業歷史。博物館的其中一大亮點是一套名為「東元輪」的火車車輪組，它是韶關最早使用的火車車輪組之一。這件文物讓我們了解到它在工業發展中所發揮的關鍵作用，更能令我們窺探這座城市的發展歷程。

次日，我們出發探索令人驚嘆的丹霞山脈。這座聯合國教科文組織世界遺產以其獨特的紅色砂岩地形和令人嘆為觀止的景觀而聞名，是旅客必遊之地。我們花了一天時間徒步穿越小徑，周圍環繞著色彩繽紛的山脈和引人注目的地質特徵。我們也參觀了丹霞山博物館，深入了解了該地區的地質和生態環境。

總括而言，我的韶關之旅完美地融合了學習和探索的元素。回港後，我對這片獨特的中國土地更加欣賞，並渴望與大家分享我一路走來的故事和經歷。



5B馮穎霖同學

我們到訪了韶關著名的丹霞山。雖然當天天氣惡劣，在寒冷的早上，我們冒著雨上山，景色也因大霧瀰漫、能見度低而顯得十分朦朧，不過煙雨丹霞也是別有一番風味。在天氣不似預期的情況下，領隊和導遊作出最好的安排，在確保安全的情況下帶我們上山走了一段路。在上山期間，我們可以近距離觀察山岩壁石的模樣，相信修讀地理的同學獲益不淺；即使我沒有修讀地理，也在山間看到不同的植物，感受到當地的生物多樣性。

另外，我們也到了相對繁榮的步行街遊逛，了解到韶關市區的發展，體驗中國城市和生活的節奏特色。我與我的朋友亦在那短暫的一小時內創造了一些美好的回憶，和朋友到其他城市體驗新事物是很好的經歷，十分難得。



上海杭州姊妹學校交流團

本校3名教師於4月8至12日帶領30名中二至中四級學生到訪杭州、上海。是次交流團安排學生到訪杭州澎誠中學，並帶領學生遊覽西湖、雷峰塔、水鄉烏鎮、茅盾故居等景點，透過是次交流團，學生可以充分瞭解當地的教育情況，豐富對中國文學的知識，認識江南文化，體驗水鄉風情，更見識到中國飛躍的發展。此外，學生也在是次交流團中遊歷了中西文化、傳統與現代化交織的上海，體驗它迷人的城市面貌，學生們也因祖國的發展繁榮而感到自豪。



在機場留影的一行人



在河道上的留影，人美，景色更美。



謝謝夏校長（左）的熱情招待



站在雷峰塔下的合照



走在水鄉的青石板路上



上海外灘是現代化上海與老上海的結合。



我們帶著滿滿的收穫回家去



走訪姊妹學校



最後一站，坐上飛快的磁浮列車。



走入豫園，感受小橋流水的古韻。



本校有幸邀得賴博士於7月15日接受訪問，由校訊校園小記者（5D 鄭穎思、5D 尹姿淳）透過視像會議進行採訪，過程中賴博士慷慨分享學習及就業生涯的點滴，學生受益匪淺。

問：賴博士在沙官就讀時有哪些深刻難忘的回憶？

答：我記得最初入讀沙官時校舍還未建成，需要借用龍翔官立工業中學的校舍，所以住在沙田的學生便由鄧叔叔（校巴司機）駕駛校車接載上學及放學，過程中我便有更多機會與同學交流。後來沙官建成了校舍，一些貪玩的同學總是趁午膳時間到旁邊的球場踢足球，玩得全身濕透，下午回校時便被老師罵。還記得我當時屬於Jacaranda House (J House)，我們的社總是在大大小小的比賽中勝出。這些都是在沙官讀書時十分難忘的回憶。

問：賴博士是在何時及如何發掘到對測量方面的興趣？及後又如何朝著這個方向進發？

答：我中學時期特別喜歡地理科，在地理科老師的引導下對世界各地，如南美州（巴西、秘魯等地）的不同建築特色充滿興趣，相反對經濟方面的科目則興趣一般。後來因為當時校長Mr. Jack Ormerod為學生提供到海外留學的機會，加上當時的班主任Ms Lee的鼓勵下，我升上中六後只讀了一個多月便決定到外國留學。入讀大學後，我透過有不同職涯規劃的攤位認識到測量師這個行業，而我對化學、物理等科的興趣不大，所以便決心朝著這個方向發展。測量師在當時的社會並不普及，英國只有四所大學提供有關測量師的大學課程，當時四所大學都取錄了我，我最後選擇了升讀英國伯明翰阿斯頓大學(Aston University, Birmingham)。

問：賴博士對於自己取得QS終身成就獎有什麼感受？

答：首先，QS終身成就獎是為了表揚傑出工料測量師在過去所作出的成就，以及對本地建造行業及社區發展的貢獻。回顧我在業內的工作歷程，我在1984年畢業便在英國開始工作，考取專業牌照，加入了第一所公司，協助其在新加坡及台灣拓展業務。後來我在1989年加入利比公司(Rider Levett and Bucknall) (RLB)，在1992年升為合夥人，一直服務至2020年退休。在利比公司工作期間，我於1995年協助公司設立了上海的分公司，及後1997內地對外開放，我便協助公司在北京、廣州、深圳等地，先後成立了20所分公司。而2000年後，在全球化的大趨勢下，我們與澳洲一所在建築界有悠久歷史的公司Rider Hunt及英國一公司Bucknall Austin聯盟，在「一帶一路」的政策下組織

在東南亞發展業務，並進一步派人到歐洲、美國、南非等地拓展業務。

另外，我在香港測量師學會中也盡力為學會進行推廣的工作，我曾擔任測量師學會青年組主席，並於2012-2013年擔任學會會長。由於當時測量師學會在內地沒有分會，於是我在任內期間便在北京設立辦事處，及後我更擔任內地事務委員會主席，協助測量業在內地的推廣及發展。以上這些都是我在業界內以及在測量師學會中所作出的努力，而獎項肯定了我對業界多年來所作出的貢獻。

問：你認為作為學生，我們應該抱持怎樣的心態去邁向成功的道路？

答：我認為時間管理、團隊支援及家人的支持都十分重要。我在2000年曾在理工大學進修碩士課程，同時也要兼顧公司的業務，工作確實十分繁重，幸得家人的支援才可平衡各方面的工作，欠缺任何一方的支持都不可能完成。此外，我認為對工作的熱忱也十分重要，在面對拓展新市場的挑戰及各項繁重的工作時，惟有願意拼搏，不怕辛苦，迎难而上，才會成功。我當年在開拓韓國市場時，為了裝備自己去進修韓文，當時大多數學員都是為了追韓劇而去學習韓文，只有我是為了工作需要去進修，但我不因此而覺得辛苦，反而十分享受面對挑戰的過程。我寄語年青人，在面對未來發展路向時，最重要是找到對工作的熱誠，並以謙遜的態度面對重重困難及壓力。

問：賴博士對沙官的學弟學妹有什麼訓勉的說話？

答：首先，在現今社會，即使公開考試未如理想，不能入讀自己心儀的學校，也不要灰心，只要找到自己真正喜歡的領域，以謙遜的態度勇往直前，終有一天可以達致自己的目標。此外，我認為飲水思源也十分重要，我當年面對是否要到海外升學曾猶豫不前，幸得班主任關太的鼓勵，才令我肯定到海外留學的選擇，雖然她自己也未必記得曾經鼓勵過我，但我卻永遠記得她當年的支持、鼓勵。最後，在這個資訊發達的年代，年青人更需要有創新的精神，勇於嘗試，最重要的是掌握人與人之間相處的技巧，了解人與人之間的連結，這些是人工智能無法取締的能力，也是現今青少年更應加以發展的技能。



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香港測量師學會

QS AWARDS
2024

QS GRAND ACHIEVEMENTS AWARD

賴旭輝博士

Sr Dr. LA ... en, JP

校友賴旭輝博士測量師 榮獲QS終身成就獎

本校校友賴旭輝博士於1978年在本校完成中六級課程，及後赴海外留學，為沙官第一屆畢業生。賴博士作為傑出的專業測量師，身兼多項公職，包括太平紳士、現任香港測量師學會內地事務委員會主席等。賴博士曾任香港測量師學會會長，致力推動測量行業發展，對業界貢獻良多。身為現任香港測量師學會內地事務委員會主席、廣東省粵港澳合作促進會建築專業委員會香港區召集人，賴博士對於推動香港測量業務不遺餘力，過去成功將香港測量業務拓展至中國內地，以至世界各地。賴博士就任香港測量師學會工料測量組主席期間，為本地測量師成功爭取在內地執業及開辦測量師公司的資格。另外，賴博士亦為在內地工作的測量師提供專業服務支援。

賴博士在本校就讀期間，曾擔任風紀及班長，同時他也積極參與各項課外活動，如中文學會、數學學會、化學學會、排球隊及攝影學會等，賴博士在不同體育活動及比賽方面都有出色表現，是品學兼優、動靜皆宜的傑出學生。於沙官修業後賴博士於英國伯明翰市的阿斯頓大學修讀Building Economics and Measurement建築工程及管理學（榮譽）理學士，及後於香港理工大學修讀電子商貿與物流技術學理學碩士課程。賴博士精進勤學，對測量業界貢獻殊多，樂於提攜後進，也不吝分享成功秘訣，絕對是沙官一眾學弟學妹的好榜樣。

