



Well-being Fortnight 2025 Two Weeks of Joy, Calm, and Connection

From 3 to 14 November 2025, the STGSS campus brimmed with positive energy as Major Concern 2 and the Student Affairs Board launched Well-being Fortnight 2025. The two-week celebration offered a dazzling array of experiences — mindfulness workshops and nap zones to inspiring exhibitions, thought-provoking seminars, and a one-of-a-kind animal-aided therapy session. Each activity invited students to pause, breathe, and rediscover the art of balance in their busy school lives.

More importantly, open conversations about mental health began to take root. Discussing feelings no longer felt awkward; instead, it became natural and genuine. Barriers broke down, and many learned that self-care is not a luxury but a daily practice. Slowly but surely, the school community began walking the talk, proving that a healthy mind is half the battle won.

Nap Zone - Pure Bliss in 45 Minutes

The Nap Zone sessions on 3 and 5 November became instant hits. Stepping into the softly lit room, with mellow tunes and a calming lavender-peppermint scent, felt like pressing a reset button. Mats, eye masks, and warm blankets awaited every participant. Within moments, the stress of exams and deadlines began to melt away. In just forty-five minutes, students found themselves refreshed and recharged. This is proof that sometimes slowing down is the fastest way to move forward.

STGSS
MAJOR CONCERN 2 AND STUDENT AFFAIRS BOARD

Well-being Fortnight

3–14 NOVEMBER 2025

Together, we can break the stigma
and create a world where
mental health is valued and nurtured.



🌸 Lunch Programmes and Booths — Laughter in Full Swing

The lunchtime programme on 4 November turned the campus into a hub of fun and laughter. MBTI quizzes prompted plenty of 'that's so me!' reactions, while game booths drew crowds eager to win tokens and prizes. Sports tips, cheering voices, and colourful souvenirs kept the atmosphere buzzing from start to finish. It was lunchtime spirit at its best!

Meanwhile, the Chill Lab's 'Emotion Explorers' booth, held on 27 October and 12 November, stole the spotlight. Its interactive AR game invited students to 'catch' emotion monsters as they learned to recognise signs of stress and anxiety. Bright visuals, creative displays, and cheerful facilitators made the learning experience both light-hearted and meaningful. The activity hit the nail on the head: understanding emotions can be both fun and enlightening.



🌸 Thematic Board Display — Art with Heart

The Chill Lab's exhibition corner drew students in with its vibrant comic-creation space and elegantly designed display boards, each focusing on three pillars of positive well-being — Be Kind to Yourself, Common Humanity, and Mindfulness. The artwork on display spoke volumes; it encouraged self-reflection and empathy while reminding students that everyone faces ups and downs. By giving shape to their emotions through art, participants discovered that self-compassion is a quiet yet powerful strength.

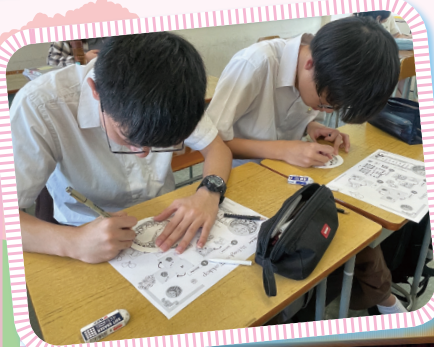


🌸 Equipping Every Form for Well-being

On 10 November, the entire school joined hands in nurturing well-being across all forms:

- S1: Emotion Screening Session
- S2–S3: 'Instant Love' Sex Education Workshop
- S4–S5: Mental Health Workshop by the Chill Lab
- S6: Zentangle Workshop

Every session left a mark. The S4–S5 Mental Health Workshop, in particular, stood out for its interactive approach and relatable real-life examples. Through group activities and guided reflection, students learned practical strategies for building resilience and handling stress. They walked out feeling more grounded, self-aware, and ready to face life's challenges with a can-do attitude.



Youth Mental Health and Resilience Promotion Seminar and Mindfulness Activity

On 5 November, our school organised the 'Youth Mental Health and Resilience Promotion Seminar and Mindfulness Activity'. We were honoured to invite Prof. LEE Mei-chun from the Department of Psychology, Prof. TSO Wan-ye and Prof. LAI Tsz-him from the Department of Paediatrics & Adolescent Medicine at The University of Hong Kong, joined by student representatives from the Health Committee of the Hong Kong University Medical Society for sharing expertise on cultivating mental health.

The programme centered on a seminar and mindfulness practice, aiming to enhance young people's awareness of mental health and to nurture resilience in facing stress and challenges. The professors rolled up their sleeves and taught breathing techniques that hit the spot, helping students chill out and keep stress at bay.

Students reaped the rewards, mastering practical tools for relaxation and gaining a deeper grasp of mental wellness. They are now ready to face challenges head-on!



Animal Assisted Play Therapy Workshop

To promote students' physical and mental well-being, our school conducted the 'Animal Assisted Play Therapy Workshop' on 12 November. Animals naturally bring relaxation and help reduce stress levels. Through interacting with puppies, observing their activities, and accompanying them on walks, students gained deeper understanding of how to manage their own stress and anxiety.

This workshop combined emotional education with practical animal interaction, offering students a unique and effective way to ease psychological and emotional burdens. The instructor also guided students through relaxation and mindfulness exercises, equipping them with proven positive techniques and smart stress management strategies.

Teachers and students found the tail-wagging session truly therapeutic. It was pure bliss that brought rest and real stress relief. The event wrapped up paws-itively, earning unanimous praise!



Student Reflection:

6A NG Yuen-ying

This animal-assisted therapy activity was truly engaging. We not only interacted with adorable puppies but also released stress by molding clay. At the same time, by drawing a Stress Less Card, I discovered relaxation methods perfectly suited me. Through a meditation-like approach, I found a serene space where both body and mind could feel calm and settled.

🌸 Inter-class Photography Contest @ School Picnic

To encourage students to relax and build stronger relationships with their classmates, the Inter-class Photography Contest was carried out during the picnic on 6 November. The theme 'Live in the Moment' invited students to capture the smiles, warmth and joy of this special day of relaxation. The contest proved highly effective, inspiring lively discussions and fostering deeper bonds as students shared their heartfelt images.



🌸 Whole School Moving Together!

During this year's Athletics Meet, we seized the perfect chance to get everyone moving! As part of our Major Concern — 'Empowering students to lead their own fitness sessions and increasing diverse physical activity opportunities', the President of Sports Union and student leaders took the stage at the Opening Ceremony to guide the entire school through a fun, energising stretch routine. Hundreds of students and teachers joined in, warming up together and spreading the message: regular movement is key to well-being!

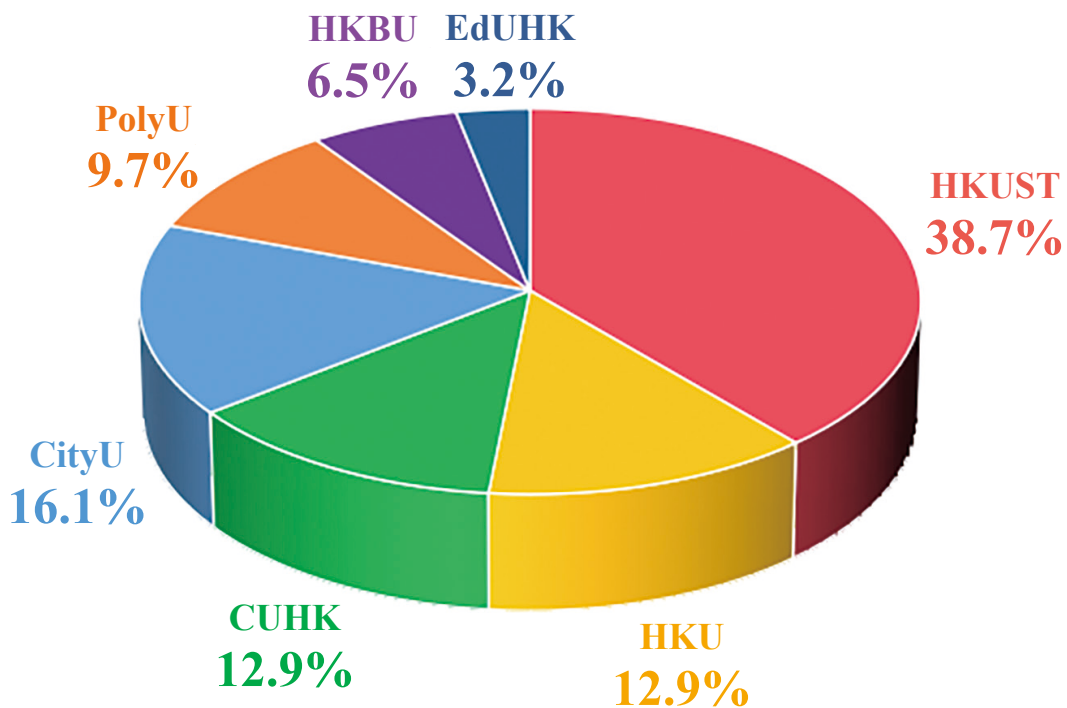
As Well-being Fortnight 2025 drew to a close, its spirit lingered on. The fortnight reminded us that well-being is not a single moment but an ongoing journey that is built on awareness, connection, and care. Thanks to everyone who joined, contributed, and supported, these two inspiring weeks became a golden opportunity to learn, grow, and look after one another.



Delightful Destinations of our 2025 S6 Graduates

Among all the S6 graduates who were offered a UGC-funded degree programme, over 63% received offers from Hong Kong's top three universities, namely HKU, CUHK, and HKUST. Some were admitted to competitive programmes such as HKU's Bachelor of Medicine and Bachelor of Surgery.

Offer Distributions to UGC-funded Degree Programmes



Some outstanding achievements include:

CHENG Man-hei	鄭汶希	HKU	Bachelor of Medicine and Bachelor of Surgery
LAM Kwan-ho	林均昊	HKU	Bachelor of Medicine and Bachelor of Surgery
LEUNG Chit-sum	梁哲心	PolyU	BSc (Hons) in Optometry
HO Cheuk-nam, Nicole	何卓楠	CUHK	Psychology
LI Lok-yin	李洛言	CUHK	Risk Management Science
LEUNG Ka-hei	梁家熹	PolyU	BSc (Hons) in Optometry
WU Hon-yung	胡瀚庸	HKUST	BSc in Risk Management and Business Intelligence
CHEUNG Sui-lun	張瑞麟	CUHK	Psychology
SO Hei-long	蘇晞朗	HKUST	BBA in Finance

Star Students

Jessica Cheng and Kyle Lam, exceptional STGSS alumni from the Class of 2025, have now embarked on their MBBS (Bachelor of Medicine and Bachelor of Surgery) journey at HKU. These former star students have crafted a reflective piece on how their school experiences reshaped them into aspiring doctors.

★ STGSS Spirit Fuels My Medicine Call ★

By CHENG Man-hei

Time flashes by, and life has changed so quickly since graduating from STGSS this June. It still feels unreal that I have made my way to the HKUMed. Looking back on my days at STGSS, there were countless precious moments, supportive teachers and peers, to whom I would like to express my sincere gratitude.

Secondary school plays a crucial role in our personal growth. It is where character is shaped, and personal beliefs begin to form. STGSS offered us a plethora of opportunities to take part in various extracurricular activities, which broadened our horizons and helped cultivate virtues. To be honest, I had never thought of being a medical doctor when I was a child, as I could not imagine myself bearing the heavy responsibility of curing and saving lives. This mindset gradually changed after being exposed to different parts of the community and seeing the needs around us. I desired to make my contribution to society, and becoming a medical doctor seemed a direct and meaningful way to help those suffering from disease.

Things did not always go smoothly. My Secondary 6 was definitely the toughest year of my secondary school life. As the medicine programme required excellent academic results, I struggled to reach for the stars in the HKDSE; yet my grades in several school mock exams still fell short of my target. It was a serious blow to my confidence, but it was not the end of the story. With encouragement from family and teachers, I managed to keep going and overcome self-doubt. Their support was truly essential to my journey.

There can be peaks and troughs in your battle against the HKDSE. Please bear in mind that a few setbacks would not define your value or ability. Have faith in yourselves and reach out to our empathetic teachers at STGSS if you ever feel lost. Seize every opportunity at STGSS to explore your potential!

With love, wisdom and vigour, may you all have a bright and promising future!



★ Looking Back: My Journey at STGSS ★

By LAM Kwan-ho

Time flies! It's hard to believe my secondary school years have ended and I am now a university student. My time at STGSS was truly rewarding—filled with growth, laughter, and unforgettable experiences. In this article, I would like to share some highlights from my secondary school years and tips for current students preparing for university interviews.

My junior years were simple and joyful. I spent recess and after-school hours playing table tennis and basketball with classmates in the canteen and on the basketball court, free from the stress of public exams and career planning. Life back then was all about homework and school tests—a time of pure joy.

Things changed in Form Three when I had to choose electives for my senior years. That was when I realised the importance of planning—not just for electives, but for my future. I loved science, so I chose science-related subjects, which shaped the next phase of my journey.

In Secondary 4, I joined hospital volunteering through school. Serving at Shatin Hospital, Cheshire Home, and Bradbury Hospice was life changing. It taught me empathy and responsibility, which strengthened my aspiration to become a medical practitioner. Later, I joined school trips to Guangzhou and Dunhuang, which broadened my horizons and enriched my knowledge. Traveling with friends created memories and cultivated a sense of friendship I will cherish forever. To be very honest, going on long and exciting trips with friends is a fun and unforgettable memory, so remember to treasure every moment in the trip!

Before ending this article, here are some tips for Secondary 6 students preparing for university interviews: Organise your extracurricular activities—highlight those related to your intended major in university. Stay informed about your chosen major—read news and updates about your chosen field. Show passion and confidence—examiners appreciate genuine enthusiasm. May all Secondary Six students have successful and fruitful interviews.

Reflecting on these memories reminds me how special STGSS is. Every student has their own story. Create your own invaluable memories and treasure them. Treat them well and hold them tightly in your heart through your lifelong journey. It is no exaggeration that your time spent in secondary school is unique in your life. Lastly, I would like to thank my principal, teachers, and schoolmates for their support and kindness. With their warm encouragement, I have grown into a responsible, kind and empathetic person.



Planfinity Careers Expo STGSS 2025 - Chat with Parents, Climb with Alumni!

The STGSS Careers Expo 2025, held on 8 November, was a day that truly set hearts and minds alight. The event brought together students, parents, and alumni under one roof to explore dreams, plan futures, and share inspiration. This year, the Careers Committee went the extra mile to promote open communication between parents and students about JUPAS choices. To encourage heartfelt conversations, the committee rolled out a creative touch—a 'Filial Piety Notecard'. Students were invited to jot down their top three JUPAS choices and share their hopes with their parents. This embodies Chinese filial piety by respectfully seeking parental wisdom and nurturing family harmony in career decisions. The activity resonated deeply, turning simple notes into moments of connection that helped families see eye to eye about the future.

The day started on a high note with a captivating JUPAS Strategies talk by Miss SIU Chui-chi, Senior Supervisor of Hok Yau Club Student Guidance Centre. The hall buzzed with energy as students and parents soaked up her golden tips on preparing for DSE results, navigating the JUPAS system, and using helpful online platforms like E-APP. Her session was like a breath of fresh air. It was clear, practical, and packed with insights that armed everyone with confidence for the journey ahead.

The excitement didn't stop there. In the second session, students from S4 to S6 dived into the highly anticipated Careers Fair, where alumni from all walks of life returned to their alma mater to share their real-world experiences. Grouped by interest, students had the chance to pick the brains of alumni who once stood in their shoes. From stories of university life to hands-on career advice, every conversation was a treasure trove of inspiration. Alumni opened up about their challenges and triumphs, showing students that success doesn't come overnight but through perseverance and passion.

Current-year DSE candidates were full of praise for the Careers Expo. Many applauded the JUPAS Strategies talk for shedding light on the application process and appreciated the alumni for sharing up-to-date, information. Their feedback said it all. The Career Expo was a hit, widely hailed as a golden opportunity to gain insights, broaden horizons, and chart new paths.

Thanks to the relentless efforts of the Careers Committee and the strong support of our dedicated alumni, the Careers Expo 2025 turned out to be more than an event. It was a wonderful celebration of dreams, connection and aspiration. It reminded everyone that when preparation meets opportunity, the sky's the limit.



Huge thanks to our alumni for returning to inspire students at the Careers Expo 2025

List of guest speakers:

Faculty	Guest speakers
Accounting, Marketing & Wealth Management	Mr. WONG Tat-wah, Terrence Ms. KONG Wing-tung Mr. LIANG Ka-Hin, Ken
Architectural Studies	Ms. LEUNG Hiu-yan
BBA (Information Systems) & Risk Management	Ms. CHAN Sau-ling, Suki Ms. LI Lok-yin, Yomi Mr. WU Hong-yung, John
Civil Engineering	Ms. TAM Ka-wing, Laura Mr. HUEN Cheuk-ring, Ring Mr. ZHENG Wai-kuen, Andy
Engineering with Extended AI	Mr. HO Cheuk-kiu, Chris Mr. YUNG Ho-yin
Film, TV and Creative Media	Ms. FUNG Wing-laam Ms. LEE Yin-yan, Irene
Global Business Studies & Finance	Mr. CHIM Pui-yuen, Sammy Mr. SO Hei-long, Jasper Mr. WONG Tsz-wah
Hong Kong Police Force	Mr. LAI Tak-yik, Vincent Ms. TAM Chung-ki, Sukey Mr. LUI Chak-hin, Raymond
Japanese Studies	Mr. LAM Yeung-hoi, Jason
Medical Laboratory Science	Mr. CHAN Chun-ngai, Thomas Ms. CHEN Hui-ying
Medicine	Mr. KWOK Chun-wai, Aeon Mr. YU Ka-po Ms. CHENG Man-hei Mr. LAM Kwan-ho, Kyle
Nursing	Dr. TANG Pui-yin, Winnie Mr. KWOK Chun-hoi, Jackson Ms. LAM Cheuk-yin, Suki Ms. LEUNG Hei-man, Hanna Mr. POON Ching-lok, Michael Ms. WONG Yee-ching, Chloe
Physiotherapy, Optometry	Ms. FUNG Mei-ki Mr. TSOI Yim-lung
Public Health	Ms. DING Sze-wing, Wendy
Psychology	Ms. HO Cheuk-nam, Nicole
Science	Mr. POON Chun-hin, Anson Ms. FUNG Mei-see Ms. LAM Yik-man Ms. WU Sum-yin



Further studies insights empowering student futures



Annual Speech Day

On 5 December 2025, our school's Annual Speech Day was held to celebrate the remarkable accomplishments of our graduates and students in both academic and non-academic pursuits. Honourable guests, alumni, parents, teachers, and students gathered on this joyous occasion to applaud the triumphs and milestones of STGSS's high-flyers.

Our Guest of Honour, Ms. CHAN Sze-ting, Vicky, an esteemed alumna and Superintendent of Police, delivered an uplifting speech themed 'Life is a dream, realize it. Life is a challenge, meet it. Life is a promise, fulfill it.' Radiating warmth and enthusiasm, Ms Chan rejoiced in the achievements of our prize winners while fondly reminiscing about her meaningful years at STGSS and the days filled with friendship, growth, and cherished experiences.

In her inspiring address, Ms Chan encouraged students to pursue their dreams with courage, transform obstacles into stepping stones, and face every challenge with a positive mindset. She reminded them that by staying true to their promises for themselves, their families, and society, they would lead purposeful lives and bring lasting honour to their alma mater. Her heartfelt words struck a chord with the audience, filling every listener with motivation and determination.

The ceremony concluded on a jubilant note, highlighting not only the dazzling success of our students but also the enduring STGSS spirit — one that dares to dream, embraces challenges, and fulfils every promise with heart and soul.



Words of wisdom from Principal Choi



Guest of Honour delivers an inspiring speech



Expressing heartfelt thanks



March with Pride, Raise Our Glory!



Victory shines in their hands!



Academic stars, honoured



Cheerful PTA leaders celebrating together



Welcome back, proud alumni

10



A dazzling performance of school spirit!

49th Annual Athletics Meet Relay of Relax, Resilience & Roars!

Amid a clear azure sky, pleasant autumn sunshine, and comfortable mild temperatures, the 49th Annual Athletics Meet unfolded smoothly and joyfully. Teachers and student assistants dutifully stood by their posts, ensuring every detail ran perfectly. Embracing a healthy lifestyle and the spirit of the 4Rs Mental Health Charter, that is Rest, Relaxation, Relationship and Resilience, students transformed positive values into vibrant action through sports.

On the track and field, athletes gave their all, racing with determination and perseverance to clinch outstanding results. The vibrant House Cheerleading Teams stole the show with spectacular performances, their thunderous cheers lifting spirits and igniting passion across the field. Fueled by unwavering House support, every participant pushed beyond their limits, celebrating both victory and true sportsmanship. The exhilarating relays brought the curtain down in thrilling style, leaving everyone with cherished memories and renewed energy for whole-person growth.



Height unlocked



Guest of Honour - Mr. LAI Tat-yik, Vincent



The sweet relief of the line



Unity and spirit at their best!



A mighty javelin launch!



Chasing the first stride



Warming up for races



Passing the baton!



Trophies lifted high, house spirit shines!



Alumni spirit shines

The 77th Hong Kong Schools Speech Festival (2025) (English Speech)

第七十七屆香港學校朗誦節 (2025) (中文朗誦)

Our students achieved distinguished results, securing Merits across the 77th Hong Kong Schools Speech Festival (English). Class 2C demonstrated sophisticated ensemble skills in Choral Speaking through impeccable unity and rhythm. In Public Speaking Solo, S5-6 stars like 5C LAU Sin-yin, LEUNG Abby, LAU Tsz-ching, WONG Wing-yan, 5D LEUNG Yeuk-lam and 5E HUA Agnes exhibited impressive rhetorical skills with well-elaborated ideas. In Solo Verse Speaking, 1C HUANG Jiechen, 2C LAM Hei-nam, LIN Yasong, 2D AU Tsz-long, 3C LO Hok-ching and 3D CHOW Cheuk-him displayed refined poetic skills and the spontaneous overflow of powerful feelings.

本校學生積極參與第77屆香港學校朗誦節(中文)並獲得佳績，恭喜一眾得獎同學，並寄望來年可以再下一城。

中學三、四年級 —
男子或女子或男女合誦中三及中四同學 冠軍

中學三、四年級 —
二人朗誦 梁凱蕎、陳佩欣 亞軍

中學五、六年級 —
女子組 盧蕾茜 季軍



2025香港青年音樂匯演 中樂團匯演 中學A組 銅獎

學生名單

班別	姓名	班別	姓名
1A	姚梓樂	3D	陳焯嵐
1B	王誌揚	3D	陳啟樂
1B	嚴弘迪	3D	陳始霖
1C	陳守敬	3D	蒙宇彤
1C	吳卓蔚	4A	周于聖
2A	趙文曦	4C	劉栢澄
2B	梁宇軒	4D	周雋軒
2B	王梓彤	4D	李迎在
2C	李俊誠	4D	黃恩言
3A	張嘉晴	4D	陳心睿
3A	李子煜	4D	陳慧睿
3B	陳思枋		



中一級迎新活動

本校輔導組於8月19日為中一級新生舉行迎新活動，是次活動由香港聖公會沙田青少年綜合服務中心賽馬會青年幹線提供服務，活動主題為「馬里奧尋找無敵幸運星」。中一新生在班主任及導師的帶領下進行一系列富有趣味及互動性的任務，同學們透過發揮創意及合作精神，順利完成各個項目；中一同學從中建立默契與自信，讓同學迎接升讀中學的各種挑戰。



主題活動一：尋找無限寶石



主題活動二：Mario彩虹賽道



Mario 彩虹賽道

活動目標：透過此項活動，讓學生發揮創意及合作精神，在過程中學習團隊合作及解決問題。

活動內容：學生以小組形式，利用紙皮、膠紙、膠帶、剪刀、膠水等材料，在指定時間內，完成一條由A點到B點的彩虹賽道。賽道必須在指定時間內完成，且必須在過程中不斷調整及優化。

活動規則：賽道必須在指定時間內完成，且必須在過程中不斷調整及優化。賽道必須在指定時間內完成，且必須在過程中不斷調整及優化。

活動材料：紙皮、膠紙、膠帶、剪刀、膠水。

活動時間：120分鐘。

活動地點：沙田青少年綜合服務中心。

活動負責人：賽馬會青年幹線。

活動日期：2023年8月19日。

活動地點：沙田青少年綜合服務中心。

活動日期：2023年8月19日。



中一級迎新活動

課外活動體驗環節

本校課外活動組於8月20日為中一新生安排課外活動體驗環節，多個課外活動學會包括紅十字會、升旗隊、童軍、航空青年服務隊、舞蹈學會、戲劇學會等，為中一同學悉心安排體驗活動，並安排學生選擇適合自己的學會，進行登記，讓學生透過參與多元化的活動擴闊視野。



升旗隊講解



舞蹈示範



紅十字會



排球隊



女童軍



聲控智能燈製作工作坊

本校的STEM教育活動組及資優教育活動組於8月21日為中一新生合辦聲控智能燈製作工作坊。同學透過是次活動了解智慧城市的概念，明白智能科技對生活的好處和影響，從而帶出創意思維的重要性。學生透過動手製作及裝飾聲控智能燈，體驗產品設計和製作工序，提升環保意識和理解能量轉移的原理，培養對科學的興趣。



實踐與體驗



分享及講解環節



2025-2026年度 家長教師會周年會員大會



第19屆家長教師會主席
林宜玲女士報告會務



進行點票程序

本校於10月18日（星期六）順利舉辦了家長教師會周年會員大會，會上透過投票程序順利選出家長教師會第二十屆執行委員會。此外，蔡校長亦於大會上宣佈學校管理委員會家長成員選舉(2025-2027)由黃熾菁女士（2B羅仁禮 4C羅仁杰家長）當選。家長與老師於當日稍後時間進行班主任及科任老師會談環節，各科任老師就學生的學習情況作出分享。是次活動不僅加強家校之間的合作，更提升了學生的學習效能，意義殊深。



感謝第19屆家長教師會各家長委員的熱心參與



第20屆家長教師會候選委員順利當選



家長們撥冗出席周年會員大會



家長教師座談會



家長輕鬆聚一聚

為了讓家長對家教會活動有進一步了解，並為家長們提供深入的交流的機會，家教會於11月17日舉辦了「家長輕鬆聚一聚」活動。當日有約二十位來自不同年級的家長聚首一堂，互相認識並交流教育子女的心得。家教會執委成員及部份參與的家長亦準備了各種小食及飲品，供大家品嚐，聚會上一片和洽歡樂，家長們也透過活動增強了家庭與學校之間的連繫。



沙田官立中學

家長教師會

中一親子迎新日營

為協助中一學生早日適應新的學習生活，本會於2025年9月13日（星期六）在校內為中一新生及家長舉辦「中一親子迎新日營」。當天由黃曼旋女士及楊兆龍先生擔任營長，並由林宜玲女士及蔡鳳雯校長致歡迎辭，及後由李燦榮博士主持「親子關係成長六門課」講座，家長們都獲益良多。接著，家長教師會榮譽顧問梁夏梅香女士帶領一眾家長進行瑜伽運動，放鬆身心。此外，中一級班主任和家長義工與中一新生的家長們進行交流分享，解答有關適應中學生活的疑問。最後，由駐校社工黃姑娘及馮姑娘帶領本校朋輩輔導員為中一同學及其家長安排「愛心獻唱」環節及「開心校園大巡遊」活動，他們都樂在其中。

齊齊做瑜伽



開心校園大巡遊



愛心獻唱環節



「廣州職涯探索之旅」考察團

在2025年7月3日至4日，30名中四及中五學生在本校升學及就業輔導組老師的帶領下參與「廣州職涯探索之旅」考察團。廣州為大灣區中心城市之一，是華南地區綜合交通樞紐與國際商貿中心。是次探索之旅冀通過親身觀察與體驗，讓學生深入認識大灣區各行業的前沿發展及人才需求，掌握香港企業在大灣區的發展及兩地企業的協作模式。

從引入機械人自助分揀系統的南沙圖書館，到專研前沿汽車科技發展的廣汽科技館，同學了解到不同科技對未來職場的影響。南沙國際人才港及五樂中心的行程中，展示了年青人在廣州的發展空間。參觀廣州南沙智匯農業科技有限公司及中科智城（廣州）信息科技有限公司後，同學可以了解到創新科技企業在內地市場的機遇和挑戰。

是次遊學旅程讓同學能具體全面地掌握大灣區的青年發展，親身考察國家重點培育大灣區的新興產業項目，如人工智能、生物科技等領域的最新情況，抓緊未來事業發展的新機遇。



到訪南沙圖書館



到訪粵港澳青年創業就業綜合服務平台



與內地青年企業家對話



參觀南沙智匯農業科技有限公司



參觀人工智能產業賦能中心



參觀廣汽科技館



參觀南沙國際人才港

沙官少年太空人—— 跨越千里的航天啟蒙之旅

5C 林君桐

我一直對天文和航天科技有濃厚興趣，也喜歡探險。因此，我參加了由康樂及文化事務處與香港中華總商會合辦，為期九天的「2025年少年太空人體驗營」。是次活動讓我有機會到訪北京、酒泉及西安，增加了我對國家各項航天工程的認識，也結交了不少同好，互相學習。

活動中我有幸參觀中國科學院國家天文台武清站的GRAS-4。GRAS-4 天線高72米，口徑達70米，是大型太空數據接收及通訊系統，曾接收來自祝融號火星探測器的訊號。到監察室參觀時，我了解到關於天線的不同系統，其運作過程及困難之處，不但要確保天線的運作良好，在任務前，都需要對其效率、噪聲溫度、指向精度等項目進行測試，不像我們平日隨身拈來的望遠鏡，如此大規模的天線要確保指向精度是十分困難的，在了解他們背後的運作後，令我更敬佩科學家、工程師們解決問題的能力。

此外，我亦到了中國酒泉衛星發射中心內，參觀中國第一顆衛星的發射火箭——東方紅一號的發射塔架。發射塔架高36米，相較於現代的長征2F系列逾100米的發射塔，它顯得格外質樸。然而，正是這看似不高的基座，點燃了中國航天技術發展的第一枚火種。新一代的發射塔架承載了多位航天員到太空，成果讓人鼓舞。

除此之外，我亦有到訪中國航天員訓練中心、任務運控大廳、國家授時中心等地方，有幸會見航天員蔡旭哲先生，蔡先生的分享令我體驗到成為航天員的艱難，更體會到他們堅毅不屈的精神。此外，空間站在軌的日常控制、時間及空間科學的發展，均令我大開眼界。

我曾經認為空間科學作為極端科學，所發現和創造的技術更多是為了未來的太空發展，未必能應用於日常生活中。事實上，太空科技亦能大範圍地改變我們的生活質素，例如在太空實驗櫃中基因突變的盧竹，它比原先品種的產量更高，提供了環保的燃料；糧食的種子產期更短、產量更高、適應力更好，這些技術大幅改善不同地區糧食供應問題。這些微小的改變，均能提升人類的幸福，意義非凡！



穿著艙內航天服



東方紅一號發射塔架



國家天文台武清觀測站



問天閣



無重體驗



學生獲最佳表現營員獎



宣誓儀式



分享禮訪問環節

《沙舞傳承》

為慶祝本校禮堂完成翻新工程，並展現舞蹈學會成員的才華，學校舞蹈學會與學生會於2025年9月2日聯合舉辦了禮堂開幕典禮暨《沙舞傳承》舞蹈匯演。

活動當晚，本校榮幸邀請多位嘉賓共襄盛舉，包括第二任校長黃景添先生、第五任校長馬紹良先生、第八任校長黃廣榮先生、第一屆校友代表賴旭輝先生JP及鄭思玲女士、校友會前主席李榮勝先生、校友會現任主席劉智聰先生、家長教師會主席林宜玲女士、學生代表萬魯拓同學以及前副校長鄧子筠女士，一同見證這個重要時刻。

晚會節目豐富，充分展現舞蹈學會成員的實力與才華。中國舞組以瑰麗壯觀的群舞《鳳凰涅槃》揭開序幕，透過神鳥浴火重生的意象，歌頌中華民族堅毅不屈的精神。隨後連場單人及雙人舞蹈表演亦精彩紛呈，包括舊生、舞蹈導師及同學演出的轉拋扇、劍舞、《寵物小精靈》cosplay、雙人K-pop等，表演者各展獨特風格，情感充沛，令人目不暇給。壓軸環節由現代舞組負責，舞者以活力四射的爵士舞步，重新演繹九十年代流行經典金曲《傾斜》，別具一格的舞蹈編排瞬間點燃全場氣氛。最後，所有表演者及舞台工作人員隨著K-pop歌曲《APT》的節拍歡欣謝幕，為籌備多時的《沙舞傳承》畫上圓滿句點。

是次匯演不僅展現沙田官立中學學生的團結與承擔精神，更印證了藝術震撼人心的感染力。我們期待同學在這個設備完善、煥然一新的舞台上，繼續傳承沙官精神，揮灑創意，綻放光彩。



舞台上的沙官精神

6B 吳寶軒

《沙舞傳承》能順利舉行，我必須感謝校方鼎力支持，以及各位老師的協助。在這場由學生策劃的盛大演出中，我除了是舞者，也是協助籌劃的成員，同時更參與編排燈光。雖事務繁雜，但過程中也令我獲得許多與人溝通合作的經驗。當天我在後台看見閃光燈照射舞台上的表演者時，心裏是藏不住的激動，我深深地為自己的付出感到自豪。

是次表演安排了十多支不同風格的舞蹈，而我負責跟進現代舞的部份。由籌備時期開始，已有不少來自各級的同学向我表達了渴望表演的意願。往後的排練階段，我常看見舞蹈室外放滿了一雙雙鞋子，裏頭響起此起彼伏的腳步聲。由最初雜亂無章，到最後在台上整齊劃一的舞步，過程中少不了汗水的錘鍊。一曲一舞，皆表現了同學對舞台的熱情及嚮往。

最後，大家在全新禮堂將自己的成果與嶄新的舞台結合，台上賣力演出，台下掌聲不絕。「沙舞傳承」結束後，同學在幕後悄悄對我說：「終於卸下了心頭重擔。」台上人兒笑着迎接掌聲，她們卸下了數月來的緊張，同時換來臉上由衷的笑容。我們都不會忘記是次「沙舞傳承」所體現的沙官精神！



Harmonies of Renewal:

Legacy in Motion

09-20



政協與沙官學生 真情對話

本校國安組於2025年9月30日邀得港區政協委員陳昆先生為同學進行「沙田官立中學真情對話」分享講座。當天陳先生分享了自己在九三大閱兵儀式中的所見所聞所感，以及對於青少年在大灣區發展機遇與挑戰的看法，同學著實受益匪淺。



中秋燈會

本校國民教育組和中文學會於2025年10月2日聯合籌備中秋活動，於有蓋操場設置猜燈謎活動攤位，並即場烹調湯圓，讓師生一同慶祝中秋佳節。老師和學生都踴躍支持，現場熱鬧非常。

當天，一眾學生在繫有燈謎的燈籠間穿梭，不時與身邊的同學、老師分享想法、討論謎底，現場歡笑聲不斷。至於午間的品嚐湯圓環節，不少同學早在開始前已到場等候，可見他們的熱切期待；同學圍在一起，享用溫暖人心的薑湯湯圓，場面溫馨。蔡校長和三位副校長亦有到場，與同學一同猜燈謎、嚐湯圓，既體現了中秋節「團圓」的精神，亦見沙官師生之間的融洽和諧。

一眾師生的支持和參與令是次活動生色不少，本校將繼續推廣中國文化，讓大家共賞中華文化之美，期望下次再見到大家的身影！



抗戰勝利80周年—— 2025/26學年官立中學聯校中國歷史科活動

2025年是「中國人民抗日戰爭暨世界反法西斯戰爭勝利80周年」。二戰的終結是人類文明重要的一天，抗日結束更是我們必須緊記的時刻，「中國人民抗日戰爭」是每個中國人都不能忘記的歷史。為此，沙田官立中學與香港抗戰及海防博物館合作，於2025年9月18日舉行「抗戰勝利80周年——官立中學聯校中國歷史科活動」。是次活動邀請了筲箕灣官立中學、筲箕灣東官立中學、將軍澳官立中學及屯門官立中學一同參與，期望作為官立中學的同儕與同學們，共同走進歷史，深入了解80年前我國所經歷的艱難歲月，藉此培養珍愛和平、平等博愛的普世價值觀，成為優秀的國民及世界公民。



導賞員於展覽中講解抗戰歷史



參觀戰壕，進行國民教育。



文物修復工作坊



五所官中師生一同聆聽林珍女士及邱逸博士的分享。



學生感言

5C 劉子涵

在參觀活動時，我了解到更多的歷史，這次活動對我來說意義非凡。首先，在文物修復的活動中，體驗到了文物修復的趣味。其次，參觀抗戰主題展覽，見識到了許多的抗戰時的事物，例如槍枝、軍票、衣物、照片、音頻等。這些真實的事物讓我非常有感觸。最後，聽林珍女士以及邱逸博士分享，那些故事由林珍女士親自說出來時，我的內心是跟著她的語氣一起波動，那些真實發生在她身上的事，讓我心痛。我們應當銘記歷史，珍愛和平。





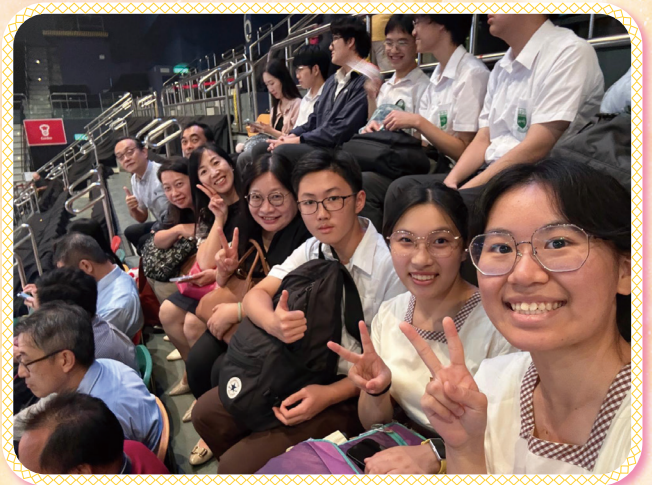
第十五屆全國運動會 青少年觀賽體驗（中學）

承蒙教育局安排，本校師生獲分配「第十五屆全國運動會青少年觀賽體驗（中學）」門票，讓全體中三學生可於2025年11月12日到啟德體育園（啟德主場館）現場觀賞全運會欖球賽事。當天觀賽氣氛熱烈，一眾師生都投入其中，感受現場激昂熾熱的氣氛。



慶祝中華人民共和國成立76周年暨 紀念中國人民抗日戰爭勝利80周年 「心繫家國」聯校國民教育活動啟動禮

教育局於10月15日舉行慶祝中華人民共和國成立76周年暨紀念中國人民抗日戰爭勝利80周年「心繫家國」聯校國民教育活動啟動禮。因應「心繫家國」系列活動由二〇二五／二六學年起恆常化和普及化，教育局繼續帶領官立學校，並聯同各辦學團體和學校議會，共同規劃及推展「心繫家國」系列活動，以跨辦學團體和跨校形式推動愛國主義教育，進一步加強學生的國民身分認同和文化自信。本校師生亦響應活動，到場參與盛事。啟動禮節目豐富，全場參與者一同慶祝中華人民共和國成立76周年，並紀念中國人民抗日戰爭勝利80周年，同時見證「心繫家國」聯校國民教育活動系列開啓新篇章。



姊妹學校北京理工大學附屬中學到訪

本校於2025年12月5日迎接姊妹學校之一的北京理工大學附屬中學（下稱北京附中）一眾師生到訪本校進行交流活動。早前北京附中慶祝75周年校慶時，本校亦有拍攝簡單影片表達祝賀，而北京附中師生一行22人於本校舉行周年畢業典禮當天到訪，意義實著重大。當日本校校長、副校長等於學校正門迎接友校師生，彼此交換紀念品。其後本校同學帶領北京附中師生分為兩組，在校園各處遊逛參觀，認識本校校史館、中庭花園、四社資訊等內容。接著，大家在STEM Room參與一場由兩校合作進行的STEM工作坊，本校學生與北京附中的同學一同組裝機械人，同學們透過互相合作迅速且準確地完成任務，大家都不亦樂乎。是日活動簡單而精彩，期待下次有機會再次共聚交流。



參觀本校圖書館，彼此交流



北京附中學生介紹學校



在本校校門前合照留念



大家都對花園的標誌「斜樹」很感興趣



在校史館為友校師生進行導賞



合作完成機械人組裝任務



透過遠端指令讓機械人完成任務

探索獅城港韻

本校六名學生與新加坡的師生團隊共同展開了一段連結兩地情誼的學習旅程。本校同學於2025年7月期間遠赴新加坡，走訪當地名勝，深入體驗獅城的日常生活與文化底蘊。及至11月，本校師生迎接新加坡師生回訪。在校園裡，兩地學子共同體驗課堂，互相切磋砥礪；在校園外，本校同學與新加坡學生於家庭互動日同樂，在輕鬆的氛圍下深化彼此情誼。本校家教會亦展現家校同心的精神，家長們化身文化大使，精心準備及介紹香港地道美食。這份跨越地域的連結與回憶，定必成為同學們成長歷程中最珍貴的一頁。

拓寬國際視野



遊覽新加坡旅遊景點——
魚尾獅公園



共同體驗設計與科技科課堂



家長教師會精心準備及介紹地道美食



視障學生學習體驗



迪士尼樂園學習體驗

廣西柳州姊妹學校交流團

2025年12月11日至13日，蔡鳳雯校長、陳威桓老師及林偉龍老師帶領20名中四至中五級學生，前赴廣西壯族自治區柳州市，體驗桂柳民族文化及了解當地的STEM發展，並與當地重點學校——柳州高級中學（下稱柳高）結為姊妹學校。行程首日，團隊先到訪一條以柳宗元為主題的文化街，晚膳時欣賞一齣精彩的舞台劇。該劇以莊諧兼具的風格，重現柳宗元在柳州的事蹟，讓觀眾可以感受柳州人對柳宗元的濃厚情感。翌日，團隊到達柳州高級中學的柳南校區，蔡校長與柳高盧濤校長進行姊妹學校結對儀式；及後柳高學生帶領本校同學參觀了柳高的歷史教材微博物館及科技館，認識柳高在歷史與科技兩方面兼及古今的發展。其後，團隊參與了一節高一歷史課堂，課題為「壁上觀史——壁畫中的遼宋夏金元的經濟、社會及文化史」，課後兩校籃球隊進行了一場籃球友誼賽，兩校以「課堂內外」、「文武雙全」的方式，完成了第一次的交流互動。離開柳高後，同學先體驗具備壯族、侗族特色的民族餐飲，再到「上汽通用五菱」電動車教學中心參與一場工作坊，在專業人員指導下親手構建電能驅動車組。行程最後一天，團隊參訪「柳侯公園」、「柳侯祠」，更深入地認識柳宗元的背景及其對當地的貢獻，感受古代文人以家國百姓為念的情懷。柳州之旅結束後，師生都表示收穫豐盛、不枉此行。學生能透過是次交流團擴闊眼界，有所成長，受益良多。



兩校進行一場精彩的籃球友誼賽



動手組裝電動車



同學向姊妹學校校長、老師們介紹沙田官立中學



體驗少數民族的節慶飲食文化



參與柳高中史課堂

學生感言

4C 黃曉筠

在這次行程中，我們首先遊覽窯埠古鎮，第一晚的晚餐令我印象深刻，那裡的裝飾十分精緻，餐廳外觀是充滿古風元素的古塔，十分宏偉；晚餐過程中的表演是一個有關柳宗元生平的故事，我從中了解到柳宗元為當地老百姓盡心盡力，謀求福祉的事蹟。第二天到訪柳州高級中學，我們體驗了一堂中史課節，課堂上氣氛和諧，老師的教學熱誠令我印象深刻；其後兩校更進行了一場籃球友誼賽，同學及老師們揮灑充滿熱血的汗水。下午我們體驗製作簡單電動車輛，雖然過程辛苦，但我們最終在互相合作下成功克服困難，感受到滿滿的成功感！這次行程令我更認識柳州，感謝隨行帶隊的校長和老師，令我們擁有這次寶貴的學習機會。



參觀友校「歷史教材微博物館」

5C 劉世朗

在這個廣西交流團中，我不單感受到柳州的文化氣息，亦歎服於中國的快速發展。說起柳州的名人柳宗元，我們在第一天的晚餐期間欣賞到一場生動的歷史戲劇表演，演員的真情流露令我刻骨銘心，尤其是演繹柳宗元被貶的心情，以及遠離朝廷的時刻仍無忘責任，表現愛國情懷，令人敬佩。第二天五菱車廠的工作坊讓我們可以搭建小汽車，當中的趣味性是在香港無法體驗的。無論如何，我也十分榮幸能有機會參加是次交流團。



在柳侯祠外留影