



Nurturing Holistic Well-being:

Our Success as an Advanced Health Promoting School

We are thrilled to announce that our school has been recognised as an Advanced Health Promoting School by the Department of Health (DH), standing out as one of only 14 selected schools in Hong Kong.

Grounded in the World Health Organization's framework, our comprehensive programme adopts a systematic, whole-school approach to well-being by upgrading our environment, policies, and curriculum across four vital pillars: physical activity, healthy eating, mental health, and social well-being. Dedicated to fostering whole-person development, our school drives a vibrant array of initiatives both within and beyond the classroom. To nurture a supportive campus atmosphere, we raise health awareness through striking visual displays, such as our thoughtfully designed positive well-being display boards that reinforce core wellness messages daily.

Cultivating the 4Rs and Active Lifestyles

Recognising mental health as the cornerstone of student success, we actively infuse the 4Rs (Rest, Relaxation, Relationship, and Resilience) into everyday school life. To promote Rest and Relaxation, students benefit from expressive, stress-relieving activities like Zentangle Workshop, Animal-Assisted Play Therapy, and our highly popular 'Nap Zone'. We build Resilience through Failure Experience Day and a prestigious youth mental health seminar co-hosted with the HKU Faculty of Medicine.

To strengthen Relationship and social well-being, we engage students in community-building experiences, including leadership training and service-learning, which are complemented by careful guidance from our Sex Education Workshop and the interactive 'Emotion Explorers' booths. Beyond mental wellness, this supportive environment translates into active physical habits. We promote physical activity through the weekly STGSS Morning Jog and inter-class rowing contests to help students achieve their daily 60-minute target (MVP60), while regular Joyful Fruit Days and breakfast promotions nurture lifelong healthy eating habits.

Our collective efforts were proudly celebrated at the School Sharing and Recognition Ceremony on 3 February 2026, where Principal CHOI received the award on behalf of the school. During the event, our school shared these dynamic initiatives, inspiring educational counterparts across Hong Kong with our successful implementation of whole-school health promotion.



School Sharing and Recognition Ceremony 2026 organised by DH



Embracing Innovation and Digital Wellness

In further recognition of our achievements, our school was also presented with a certificate at the Healthy Schools Forum cum Commendation Ceremony 2026, hosted by the Centre for Health Education and Health Promotion of the Chinese University of Hong Kong (CUHK). This year's forum, themed 'Innovative AI Applications, Vibrant School Health, explored how artificial intelligence can act as an engaging partner to enhance students' physical and mental well-being while elevating health education.

Aligning with this forward-looking theme, our school demonstrated how leveraging technology can assist to enhance student wellness. Our students showcased creative self-expression and team bonding by giving a multimodal presentation on a short film they produced at the HKFYG Jockey Club M21 Media Space. Furthermore, through the 'Careers Future Studio' project, students utilised iPad-based AI chatbots to explore potential career paths, highlighting how emerging technologies can reduce future-related anxiety, boost learning efficiency, and foster positive digital wellness.

This commitment to holistic health beyond the classroom was also vividly reflected in our Mainland exchange tours, which broadened students' horizons, deepened social connections, and enriched their emotional well-being through experiential learning. By seamlessly blending technological innovation with experiential learning, we continue to cultivate a dynamic environment where mental resilience, digital well-being, and joy are deeply embedded in the STGSS identity.

Celebrating Our Student Health Ambassadors

A vital component of this milestone success is the outstanding dedication of our students. At the same ceremony, three of our exceptional Health Ambassadors, namely CHAN Chun-hei (5E), CHENG Ho-man (5E) and LAU Sin-yin Emily (5C), were awarded certificates to honour their active contributions to promoting wellness across our campus. In a truly gratifying and inspiring moment for the school, they received their certificates directly from the Chairperson of the Health Promoting School Advisory Committee, Ms. PONG Oi-lan, BBS, JP, who is herself a distinguished alumna of STGSS!

By excelling across key domains, including healthy school policies, campus environments, and community links, our school has proven itself a vibrant hub for healthy living. We extend our deepest gratitude to all teachers, students, and parents for their continuous support, and we look forward to fostering an even healthier, happier school environment together!

Whole School Health Programme
沙田官立中學
SHA TIN GOVERNMENT SECONDARY SCHOOL

Physical Activities

Dance course, Picnic, Morning Jog... to strengthen physique

Healthy Eating

Joyful Fruit Day and Promote Eating Breakfast

Mental Health

Infusing 4Rs, Tailor-made programmes to strengthen positive thinking

Social Well-being

Building workshop, Leadership training and Service learning, Life-wide Learning Days



Health Ambassadors



Healthy Schools Forum cum Commendation Ceremony 2026 at the CUHK

Whole-school Health Programme at STGSS



Graduates celebrating their milestone alongside proud families and teachers

Spreading Our Wings: S6 Graduation Ceremony

The S6 Graduation Ceremony on 29 May 2026 was a day filled with joy and pride as guests, parents, and teachers gathered to celebrate our graduates. We were privileged to host Dr. CHUNG Ming-wai Christy, a lecturer from The University of Hong Kong, who inspired everyone with her heartfelt stories and insights. A truly touching highlight was seeing our graduates step onto the stage in their academic gowns, sincerely prepared by our dedicated Parent-Teacher Association volunteers. As class representatives took the stage to express their deep gratitude to parents, teachers, and peers, the sense of community was palpable. We wish our graduates every success as they embark on their exciting next chapters!



Our Guest of Honour Dr. CHUNG Ming-wai Christy



Emcees CHENG Wincy (6D) and WONG Chun-ming (6A) hosting the S6 Graduation Ceremony with poise and grace



A moment of gratitude - Graduates honouring their beloved parents

6A



6B



6C



6D



A Day of Achievement: Learning Celebration 2026

On 15 May 2026, our school community came together for a vibrant and inspiring Learning Celebration, recognising students' dedication and diverse achievements throughout the year. The campus buzzed with energy as students and teachers explored a rich programme of presentations, performances, and interactive activities that reflected the depth of learning across all levels.

The celebration opened with a series of outstanding stage performances and presentations. The Western Orchestra set a graceful tone with a beautiful musical opening, followed by expressive and dynamic movements from the Chinese Dance Team. Our English Speaking representatives delivered a confident and engaging speech, showcasing strong communication skills. Students also presented their Project-Based Learning (PBL) findings across S1 to S3, demonstrating critical thinking and problem-solving abilities. Additional presentations highlighted meaningful growth through the Social Services Project, MJ2 Project, and Careers Programme, while a Positive Values Video and a detailed CSD Tour presentation reflected students' global awareness and digital literacy.

Beyond the stage, the campus was transformed into an exhibition of creativity and innovation. Students proudly displayed their work, including vibrant art installations and thoughtful book reports that revealed both imagination and analytical insight. Sustainable City Models showcased eco-friendly designs addressing real-world environmental challenges, while bringing science concepts to life through STEAM application.



Learning through play! Laughter and school spirit filling the air at our interactive student-led game booths



A sweet end to a spectacular day! Celebrating hard work and sharing a few laughs (and scoops!) with Principal CHOI in the garden



Future leaders in the making! Delivering a powerful and engaging presentation on the impact of experiential learning



A symphony of talent! Our Chinese Orchestra setting a majestic and graceful tone for the day

The playground became a lively magnet for interaction, featuring student-led game booths that encouraged participation and collaboration. Academic clubs, including Chinese, English, Mathematics, and Science, hosted engaging events, while student organisations such as the Air Cadet Corps, the Sports Union, and Student Peer Counsellors of the Guidance Team demonstrated leadership through designing and facilitating well-organised and interactive activities.

To conclude the day on a joyful note, students gathered in the garden to enjoy a well-deserved ice cream treat. This simple yet meaningful reward provided an opportunity for the school community to celebrate together, strengthening bonds and marking the occasion with shared joy and pride.

The Learning Celebration 2026 was a true reflection of our students' talents, resilience, and commitment to excellence. It was a day that not only showcased achievement but also inspired continuous growth and learning.



Grace, rhythm, and tradition! A stunning visual display by our talented Chinese Dance Team



Active bodies, active minds! Students breaking a sweat and showing off their impressive gymnastics skills

Taking Root in Chinese Culture: Nurturing Confident English Speakers through Multimodal Literacy and Digital Education

From March to May 2026, our S4–S5 Public Speaking Programme and the culminating Inter-level English Public Speaking Competition provided students with opportunities to develop confidence as English speakers through speeches on positive values rooted in Chinese cultures, while broadening their global outlook and future-oriented competencies.

The programme placed emphasis on nurturing autonomous learners. Students took responsibility for their own learning, from researching topics and developing arguments to refining their delivery. AI tools were leveraged to prompt students' self-reflection on their drafts, strengthening their arguments and enhancing independence in learning. Students also developed AI literacy by learning to use AI tools critically and ethically, and evaluate the reliability of AI-generated content.

The learning outcomes were displayed in the S4–S5 Inter-level English Public Speaking Competition on 6 May, when students delivered compelling speeches on positive values, combining precise language use and the effective use of visual and digital elements, like digitally designed posters and AI-generated scenarios to demonstrate their strong multimodal literacy. These varied delivery strategies sustained audience interest while reinforcing the core messages of empathy, unity, leadership, commitment, and perseverance. Crucially, the contestants also introduced practical ways to apply the positive values in daily life. The audience remained engaged throughout the competition and showed a deeper appreciation for the themes, with many expressing a desire to put these values into practice.

The programme and competition provided a meaningful platform for students to develop as confident English speakers who are rooted in Chinese culture and connected to the world.



Students reflecting on their drafts with AI prompts

Champion	5E CHAU Yuk-shing 5E HOU Iris
First Runner-up	5C LAM Kwan-tung 5E HO Ka-kit
Second Runner-up	5B LEE Nga-yi
Most Popular Award	4C LAW Yan-kit Sunny 4C SAM Helia Heyu



A duo inspiring the audience with a leadership speech

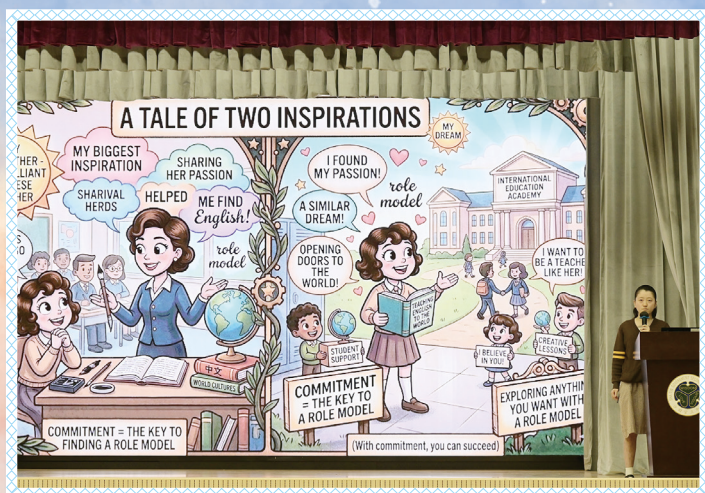
Champions' feedback:

5E CHAU Yuk-shing

Reflecting on the preparation process, I gained a deeper understanding of the positive values behind my speech and how they can be applied in daily life. I was also deeply inspired by the speeches of the other contestants, whose personal experiences as house captains, club chairpersons, and in other roles brought these values vividly to life. Their sharing once again exemplified the importance of perseverance, reminding me a Chinese proverb, ‘鍥而不捨，金石可鏤’ — constant effort can carve metal and stone.

5E HOU Iris

Preparing my speech was a powerful lesson in connecting big ideas to daily life. By experimenting with visual and digital elements, I learned to present my ideas with greater clarity and impact. This preparation process helped me build lifelong skills in critical thinking, public speaking and self-reflection. It perfectly embodies the proverb, ‘書山有路勤為徑，學海無涯苦作舟’ — diligence is the path up the mountain of knowledge, and hardship is the boat across the sea of learning. Equipped with these tools, I look forward to continuing my learning journey.



A contestant demonstrating multimodal literacy



A confident speaker encouraging empathy in action



Prize winners receiving appreciation from Principal CHOI

Guiding the Way:

S3 Careers Talk on Senior Secondary Streaming

Bringing together S3 students and their parents for an afternoon of future planning, our school hosted the S3 Careers Talk on S4 Streaming on Friday, 13 March 2026. The event opened with a helpful overview of our senior secondary curriculum and subject options presented by Assistant Principal Ms. KWOK Miu-yin. To help families plan ahead, Careers Mistress Ms. SO Ka-ying then shared essential updates on university admission requirements and explained how elective choices impact future pathways.

Principal CHOI's clear, caring, and candid insights then set the tone for the next part of the talk as she shared meaningful advice on selecting electives. She reminded students that personal interest and true passion are just as important to their success as academic strengths. She also highlighted the value of open communication, encouraging parents and children to talk through these choices together to reach a mutual understanding.

Building upon this collaborative spirit, the afternoon moved into a lively Q&A session where parents and students asked thoughtful questions about specific subject combinations. To wrap up the event, Heads of Department from various elective subjects set up individual consultation booths to offer tailored guidance. Thanks to the enthusiastic responses and the warm, supportive atmosphere, our S3 students now have the confidence and clarity they need to choose the paths that best suit their goals.



S3 students listening attentively to the career and streaming guidance



Principal CHOI advising students on balancing academic strengths with personal passion



Assistant Principal Ms. KWOK introducing the elective options in the senior secondary curriculum



Assistant Principal Mr. CHENG Him and Mr. WAT Chi-wai sharing with parents



Ms. NG Lai-wah discussing subject choices with a parent



Assistant Principal Mr. CHAN Wing-kong offering valuable insights



Mr. CHOI Siu-po with Visual Arts students at the consultation booth

Homecoming Day 2026: A Joyful Return to STGSS

Laughter, cheers, and the pure joy of reunion filled the air on 16 May 2026 as STGSS alumni happily returned to their beloved alma mater, showcasing the harmonious bonding and magnificent support that define our flourishing school community. The spectacular Homecoming Day kicked off with an inspiring opening ceremony in the School Hall at 9 a.m., instantly sparking a profound sense of pride and belonging. Like a grand, deep-rooted tree, the treasured STGSS spirit was on full display, beautifully spreading from our dedicated alumni to their wonderful family members who joined the celebration.

The campus quickly transformed into a lively hub of positive energy with four exhilarating sports competitions, including basketball, football, table tennis, and badminton. Alumni, staff, and current students showcased exceptional sportsmanship and friendship in friendly matches. Meanwhile, in the covered playground, the excitement continued at the delightful game and cultural stalls. Here, alumni and their loved ones enjoyed dipping brushes into ink for beautiful calligraphy, creating charming handcrafts, and experiencing the thrill of virtual cycling, successfully strengthening the sweet, intergenerational ties of our big school family.

As afternoon arrived, our enthusiastic students proudly led four insightful school tours. They guided alumni through the campus to showcase the versatile, well-equipped STEAM room, the newly renovated School Hall, and the precious memories housed in the School's History Gallery. Alumni were absolutely delighted to witness how beautifully their alma mater has evolved, noting with bright smiles that these wonderful upgrades have created an even more enriching learning environment for students.

The unforgettable day wrapped up at 5 p.m. with everyone gathering for radiant, smiling group photos before bidding a fond farewell to the campus. As our graduates departed, they carried home the golden seeds of this beautiful day, ensuring that the warmth of the STGSS spirit will continue to blossom in their hearts until they meet again. Fueled by the unwavering devotion of our alumni, the STGSS family tree continues to flourish and thrive, leaving everyone with full hearts and a lifetime of beautiful memories!



Alumni and students joining as one



Vigorous virtual cycling bringing vibrant smiles to the covered playground



Bridging the gap between past and present with a splash of ink and shared laughter



Fast-paced focus and friendly faces at the table



Alumni displaying outstanding teamwork and sportsmanship on the court



With every serve and every flight, our alumni connections shining bright

PE Awards 2025-2026

Inter-School Squash Team Competition 2025-2026

Date: 25/01/2026

Champion

Class	Name
2D	TAM Tsz-lung
3B	HUNG Tak-ching
4A	LIN Pak-wang
5D	KO Tsz-sum
5C	CHAN Chun-hei

Inter-School Basketball Competitions Girls Grade B (Division 2) 2025-2026

Date: 05/03/2026

Girls Grade B Champion

Class	Name
2B	SHING Yeuk-hei
3A	CHAN Hau-laam
3A	HUI Tsz-ching
3A	PAK Hay-lam Haylia
3C	CHAN Sze-yui
3C	LAM Ching-nga
3C	TAM Hoi-ching Anthea
3B	CHENG Chak-ching
4C	LO Sze-yi
4C	YAN Tsz-ching



Inter-School Basketball Competitions (Girls Grade B)

皇者之戰馬拉松——跨越2025

Date: 15/02/2026

Event	Class	Name	Position
Female Junior 2km	3D	MAN Ka-yu	Champion
Female Youth1 10km	4C	SIU Yik-ching	1 st runner-up



皇者之戰馬拉松

Hong Kong Inter-School Dodgeball District Competition 2025-2026

Date: 15/03/2026

Junior Mixed Group Champion

Class	Name
1C	LAM Kai-fung Max
1C	CHEN Rui
1C	WONG Chak-yu
2A	LI Jun-xi John
2B	LEUNG Hei-ching
2D	WONG Sai-cheung
2D	LO Pak-yin
2D	KOOK Leong-kwan
3B	CHOI Chun-yeung
3B	GUO Yuen-ki
1C	CHU Man-yan
1B	CHENG King-long



Inter-School Volleyball Competitions (Girls Grade A)

Inter-School Handball Competitions Girls Grade B 2025-2026	
Date: 08/02/2026	
Girls Grade B 2 nd Runner Up	
Class	English Name
2B	TAM Wing-yan
3B	GUO Yuen-ki
3B	HO Pui-ying
3B	LAU Ching-tung
3D	O Wai-yin
4C	HO Man-yi
4C	HUANG Hiu-kwan
4C	LO Sze-yi
4C	LAM Ying-yi

Inter-schools Fencing Competition 2025-2026	
Date: 29/03/2026	
Boys B Sabre Champion	
Class	English Name
4C	CHO Hung-ming

Hong Kong Inter-School Dodgeball Championships 2025-2026	
Date: 10&11/05/2026	
Junior Mixed Group-Plate Champion	
Class	English Name
2A	LI Jun-xi John
2B	LEUNG Hei-ching
2D	WONG Sai-cheung
2D	LO Pak-yin
2D	KOOK Leong-kwan
3B	CHOI Chun-yeung
1C	CHU Man-yan

Senior Mixed Group -Shield 1 st Runner Up	
4A	LAW Wai-tik
4A	CHUNG Cheuk-hin
4B	PAN Yiu
5B	LING Kai-chiu
5B	CHAN Tsz-yan
4B	LI Kenny
5D	YIP Ka-hei

Junior Boys Group - Plate Champion	
1C	CHEN Rui
2A	LI Jun-xi John
2D	WONG Sai-cheung
2D	LO Pak-yin
2D	KOOK Leong-kwan
3B	CHOI Chun-yeung
1C	LAM Kai-fung Max
1C	LUO Ching-ki
1C	WONG Chak-yu

Inter-School Volleyball Competitions Boys Grade B (Division 2) 2025-2026	
Date: 15/03/2026	
Boys Grade B 2 nd Runner-up	
Class	English Name
4C	LAW Yan-kit Sunny
4D	CHU Ho-lim Angus
4D	HO Sui-long
4D	NGAI Ka-long
2C	ZHUANG Kairan
3A	HUNG Tak-ching
3B	ZHENG Tsz-wang

Inter-School Volleyball Competitions Girls Grade B (Division 2) 2025-2026	
Date: 05/03/2026	
Girls Grade A 2 nd Runner Up	
Class	English Name
5A	LEUNG Ka-yan
5C	LAW Tsz-wan
5C	KWONG Chin-ching Keziah
6C	LIANG Sylvia Siyang
5C	LAM Kwan-tung
5D	HUI Yuet
5C	PANG Hei-tung
4A	WU Choi-kwan

Inter-School Volleyball Competitions Girls Grade A (Division 2) 2025-2026	
Date: 25/11/2025	
Girls Grade A 4 th Place	
Class	English Name
4C	LIU Liusa
4C	NG Chiu-yu
5C	LAW Tsz-wan
5C	PANG Hei-tung
5C	LAM Ka-yu
5D	HUI Yuet
4A	WU Choi-kwan
5C	LAU Sin-yin Emily



Hong Kong Inter-School Dodgeball District Competition



Inter-School Squash Team Competition



Inter-School Volleyball Competitions

Outstanding Performance in Mathematics Competitions

Our students participated in various mathematical competitions and achieved encouraging results. Congratulations!

The 43rd Hong Kong Mathematics Olympiad 2025/26	First-class Honour 5E CHENG Adam Third-class Honour 5E LAM Pok-chi Honourable Mention 5E CAI Wai	Junior Secondary Category Third Class Prize 3C LI Wanyao Appreciation Award 2C CHUI Sze-yue 3C KWAN Yee-ting Chinese Cultural Award 3C KWAN Yee-ting 3C LI Wanyao Senior Secondary Category Appreciation Award 6C NG Chi-tsiu
The 28th Hong Kong Youth Mathematical High Achievers Selection Contest	Second Prize 3D CHEUNG Chak-ki Third Prize 3D CHAN Cheuk-laam 3D LAM Tsz-ying	
Mathematical Modelling Competition for Secondary Students 2025/26	Junior Secondary Merit Award 3D CHAN Cheuk-laam 3D CHAN Seung-him 3D CHEUNG Chak-ki 3D FONG Ho-ching 3D TSE Chung-wing 3D WONG Ngo-chi Chipper	Category A (Junior Secondary Project) Good Performance Award 3C DENG Haotai 3C MA Yat-on 3C OU Wing-hang 3C PANG Tsz-chun Alex 3C TO Cheuk-fung 3C ZHOU Ziyuan
	Mathematics Book Report Competition for Secondary Schools 2025/26	
	Mathematics Project Competition for Secondary Schools 2025/26	
	Hong Kong Hua Luo-geng Cup Mathematics Competition	Bronze Award 2D AU Tsz-long



Mathematical Modelling Competition for Secondary Students



Mathematics Book Report Competition for Secondary Schools 2025/26

78th Hong Kong Schools Music Festival and Joint School Music Competition 2026

Our school's Chinese Orchestra achieved outstanding results in two prestigious music competitions, showcasing their exceptional musicality, dedication, and teamwork. On 12 March 2026, the ensemble competed in the 78th Hong Kong Schools Music Festival, organised by the Hong Kong Schools Music and Speech Association. Performing the captivating piece 'Night of the torch festival', they delivered a stellar performance and earned a well-deserved Silver Award in the 'Chinese Instrumental Ensemble - Secondary School' category. Grounded in this success, the team reached even greater heights at the Joint School Music Competition 2026, organised by the Hong Kong Joint School Music Association. Competing in the 'Secondary School Group Ensemble (Chinese Instrument)' category, they captivated the judges with their refined technique and proudly clinched the Gold Award. Heartiest congratulations to all our talented musicians for their hard work and remarkable achievements!



1A	YIU Chi-lok	Guzheng (古箏)
1B	LO Pak-yuen	Sheng (笙)
1B	WANG Chi-yeung	Percussion (敲擊)
1B	YIM Wang-tik	Zhongruan (中阮)
1C	CHAN Sau-king	Erhu (二胡)
1C	YIP King-ho	Dizi (笛子)
1C	NG Cheuk-wai	Yangqin (揚琴)
2A	CHIU Man-hei	Dizi (笛子)
2B	LEUNG Yu-hin	Cello (大提琴)
2B	WANG Tsz-tung Nina	Dizi (笛子)
2C	LI Jun-cheng	Daruan (大阮)
2D	LIU Zi-yi	Daruan (大阮)
3A	CHANG Ka-ching	Pipa (琵琶)
3B	CHAN Sze-naam	Percussion (敲擊)
3D	CHAN Cheuk-laam	Yangqin (揚琴)
3D	CHAN Kai-lok	Erhu (二胡)
3D	CHAN Chi-lam	Percussion (敲擊)
3D	MENG Yu-tong	Cello (大提琴)
4A	CHAU Yu-sing	Dizi (笛子)
4C	LAU Sebastian	Cello (大提琴)
4D	LEE Ying-choi	Zhongruan (中阮)
4D	WONG Joshua	Erhu (二胡)
4D	CHEN Sum-yui	Pipa (琵琶)
4D	CHEN Wai-yui	Liuqin (柳琴)

The following students also received outstanding solo results in the 78th Hong Kong Schools Music Festival:

1D	TSE Pak-long	Graded Piano Solo - Grade Seven - Silver Award
2A	LEE King-sum	Graded Piano Solo - Grade Four - Third & Silver Award
2A	LI Yuen-man	Graded Piano Solo - Grade Four - Third & Silver Award
3A	CHANG Ka-ching	琵琶獨奏 - 深造組 - Silver Award
3C	YUNG Hiu-yi	Piano Duet - Junior - Silver Award
3D	YUNG Hiu-chi	
3D	WONG Nam-lan	Graded Piano Solo - Grade Five - Silver Award Graded
4A	LI Pak-ting	Piano Solo - Grade Eight - Third & Silver Award Graded
5E	CHAU Yuk-shing	Piano Solo - Grade Eight - Silver Award



Inspiring Global Perspectives: Seoul STEAM Study Tour 2026

From 28 April to 2 May 2026, a group of 29 S4 and S5 students embarked on an enriching study tour to Seoul, South Korea. This immersive journey offered students a perfect blend of cutting-edge STEAM learning, rich cultural heritage, and invaluable personal growth.



All smiles at the airport and ready for the journey ahead

Diving into STEAM and Urban Innovation

The tour kicked off with a strong focus on science and technological innovation. At the Seoul Science Centre, students engaged in interactive hands-on experiments spanning physics, chemistry, biology, environment, and AI, truly embodying the philosophy of 'learning through play'.

The technological exploration continued at the KBS Broadcasting Station, where students toured production studios to witness advanced green-screen technology and AI-driven facial tracking systems in action.



Live in 3, 2, 1... Action! Students experiencing live studio production and media broadcasting in KBS



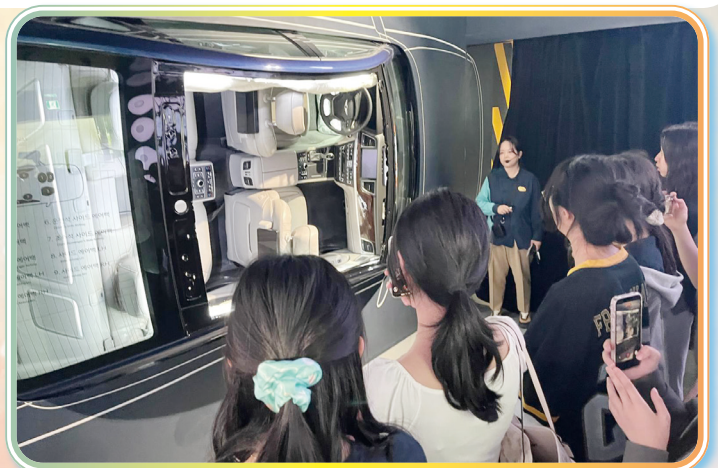
Turning waste into worth through innovative, hands-on upcycling creations

The future of sustainable engineering was another core theme. At the Seoul Sewer Science Museum, students examined the city's underground infrastructure, gaining a deep appreciation for urban water management and environmental protection. This was complemented by a visit to the Seoul Upcycling Plaza, the world's largest upcycling cultural space, where students saw how creative design can transform waste into valuable resources.

The highlight of industrial innovation took place at the Hyundai Motorstudio Goyang. Students observed the complete car manufacturing process from design to robotic assembly, gaining inspiring insights into Korea's cutting-edge automotive technology.



Flowing with curiosity and exploring the incredible engineering behind the city's hidden sewage pipe networks



Discovering the mechanics and technology that power today's rides

Academic Inspiration and Reflections

Nurturing future academic aspirations, the group took part in an inspiring and comprehensive campus tour of Yonsei University, one of Korea's oldest and most prestigious private universities. Walking through a campus that beautifully blends historic European-style architecture with state-of-the-art facilities, our students caught a firsthand glimpse of global tertiary education.

The visit provided a valuable window into South Korea's highly competitive yet dynamic student life. Students learned about the university's dedication to international exchange programmes and pioneering interdisciplinary research. This real-life experience challenged our students to think beyond local horizons and look at their academic pathways from a broader, global perspective. It served as a powerful motivational catalyst, prompting deep self-reflection among the participants regarding their upcoming senior secondary studies, university choices, and future career goals in an increasingly interconnected world.



Visiting Yonsei University to learn about its 130-year history

Immersion in Korean Culture and Heritage

Beyond technology and academics, students experienced Korea's timeless traditions and vibrant lifestyle. They explored the grand history of the Joseon Dynasty at Gyeongbokgung Palace and the National Folk Museum, followed by a scenic walk through the traditional wooden houses of Eunpyeong Hanok Village set against Bukhansan Mountain.

The cultural experience was also highly interactive. Students thoroughly enjoyed a traditional Hanbok clothing experience and put their culinary skills to the test during a fun Gimbap-making session. To experience modern local life, they tasted authentic street food at Gwangjang Market and soaked up the trendy, youthful energy of the Myeongdong fashion district and the creative Hongik University Cultural Area (Hongdae).



A colourful look at Korean heritage in traditional Hanbok



That's how we roll! Mastering the art of gimbap-making

This five-day tour was far more than a sightseeing trip. Our students returned home with broadened horizons, a stronger grasp of real-world STEAM applications, and a newfound appreciation for global cultures. The teamwork and critical thinking skills they developed during this trip will undoubtedly inspire them to innovate and lead in their future journeys.

本校於「STEAM 中華彩燈設計比賽暨展覽」 榮獲最佳美感獎優異獎

本校師生以「創新之光，照亮中華傳統之美」為主題，參與心繫家園——「STEAM 中華彩燈設計比賽暨展覽」。本校作品融合 STEAM 教育元素，重新詮釋中華傳統彩燈文化，呈現出兼具現代感與互動性的彩燈藝術。

本次活動旨在弘揚中華優秀傳統工藝與美學，鼓勵學生將科學、科技、工程、藝術與數學（STEAM）知識融入設計思維，培養動手實作能力與跨學科合作精神。透過親手製作與公開展覽，學生不僅能深刻體驗傳統文化與現代科技融合的魅力，更能進一步提升對中華文化的認識與認同。

蔡小波老師及曾肇楠老師指導及帶領兩隊分別來自中三及中四的同學參賽，其中一隊在 70 多所學校、近 100 支參賽隊伍中脫穎而出，榮獲「最佳美感優異獎」。參賽學生在製作過程中充分展現創意、耐心與跨領域整合能力。參賽學生於 2026 年 5 月 7 日至 9 日的展覽期間，與各校師生深入交流，深化對傳統文化的理解與情感連結。

期望此佳績能激勵更多同學發揮創意，以創新思維傳承中華文化之美。



Preparing Students for the Future with AI

Our school is leading the way in preparing students for the digital future by seamlessly integrating Artificial Intelligence (AI) into our curriculum. Rather than a replacement for traditional learning, AI serves as a powerful tool that helps students deepen their knowledge, spark creativity, and enhance their problem-solving skills.

In Secondary 3 Project-Based Learning lessons, students use AI to conduct research, analyse statistics, brainstorm ideas, and design presentations. They use AI tools to expand their initial concepts before transforming them into impressive, handcrafted project models. This blended approach consistently results in higher quality and more innovative work.

Similarly, in ICT classes, students leverage AI to improve their computer programming skills. By using AI to understand complex coding concepts, fix errors in their code, and explore new techniques, they are able to learn at a faster pace while building stronger logical thinking skills.

Most importantly, we teach our students to use AI ethically and responsibly. They learn how to fact-check information, cite sources correctly, maintain academic honesty, and understand legal rules. This comprehensive training ensures that AI supports and enhances their own hard work instead of replacing it.

The benefits of this programme are clear. Our students are highly engaged and are developing essential skills for the 21st century. We are proud of how safely, responsibly, and effectively AI is being used in our school.

► City Vlog 區區遊「諾」團

社區遊覽影片製作比賽 (中學)

由教育局主辦的「City Vlog 區區遊『諾』團——社區遊覽影片製作比賽 (中學)」旨在鼓勵中學生主動發掘社區中值得感恩與珍惜的人、事、地、物，並透過規劃社區遊覽路線及製作 Vlog 影片，向大眾推廣「感恩珍惜、積極樂觀」、「愛惜生命、活出健康」等正面價值觀。本校學生在梁斯朗老師、王慧怡老師、左穎德老師及鄭幗欣老師帶領下，於比賽中發揮卓越表現，且勇奪多個獎項。得獎學生如下：

- **亞軍：**4C殷芷晴、4C盧思宜、4C林熒怡、4C伍宇盈
- **優異獎：**2B馬樂桐、2B何琬妮、2B王綽琳、2C徐偲語、2A趙文曦、2A翟栢淳、2B葉羽殷、2C林厚百、2C林煦兒、5E侯銘蕊、5E何家潔、5E蘇詩雅、5E何柏熹、5E鄒鈺成



得獎感言

亞軍組別

回望這次短片比賽，每一步都讓我們獲益匪淺。一開始，大家確實是衝著豐厚的獎品而來，但當收到入圍通知時，我們便達成共識：既然出發了，就要做到極致。

拍攝的旅程，是一次對沙田的重新探索。我們走訪了彭福公園、下城門水塘等地方，捕捉那些平日被忽略的社區之美。過程並非一帆風順，當緊湊的拍攝進度碰上考試週，我們所面對壓力的巨大可想而知。但正是這些挑戰，讓我們學懂了什麼是團隊精神——不互相埋怨，只有互相體諒與及時補位才能讓我們順利完成作品。我們在探索中感悟到生命與健康的重要，更在無數個共同奮鬥的日夜裡，收獲了最真摯的隊友情誼。

能夠獲得第二名的殊榮，是驚喜，更是對團隊的最佳回報。由衷感謝老師全心全意的指導與包容，也感謝每一位夥伴的堅持與付出。這不單是一場比賽，更是我們中學生涯裡，一段不可抹去的精彩回憶。

優異獎組別

很榮幸早前能代表學校，參與「勤勞守法、行出善良」社區遊覽影片創作比賽。我們在這段橫跨二至三月的拍攝旅程中，以「以行踐心，次第生長」為題，用鏡頭呈現沙田的不同面貌。這不僅是一次對社區的深度探索，更是一場洗滌心靈的內在修行。

這段旅程中最令我們難忘的，莫過於萬佛寺之行。當我們真正置身於那份肅穆與優雅之中，佛教文化中渡人向善的哲理彷彿微風拂面，潤物無聲。我們在每一個拍攝駐足點中細細聆聽歷史呼吸，努力捕捉那些日常隱藏在社區中的正向價值。組員們把這份無形的體悟透過影像具體展現，過程中充滿了挑戰，從最初的靈感碰撞、烈日下的實地奔波，到後期剪接室裡的無數次推敲與琢磨，每一個畫面都凝聚著團隊的汗水與心血。

是次我們組別設計的路線名稱「次第生長」，願這支影片能化作一顆種子，在每個人心中默默成長，最終在社區的每個角落綻放出正向而溫柔的力量。

中三級同根同心交流團

活動名稱：海上絲路的發祥地（廣州）內地考察

舉行日期：2026年1月22日至23日

2026年1月22日至23日，本校中國語文科及中國歷史科共同籌辦「『同根同心』海上絲路的發祥地（廣州）內地考察」，安排中三級同學參與，冀提供不同的學習經歷，加深學生對內地的歷史文化、風俗特色、文化保育等各方面的認識，提升國民身份認同。

是次交流行程包括「西漢南越王古墓博物館」、「先賢清真寺」、「廣州十三行博物館」、「黃埔及歷史陳列館」以及「黃埔古港」。學生在過程中掌握更多廣州的資訊，擴闊眼界，一方面了解嶺南的發展、認識廣州黃埔自清代至民國的風雲歷史，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更深刻的認識與認同。



參觀先賢清真寺

交流團內容豐富，在老師與導遊的指導及教學下，學生積極投入，用心學習。在出發前，同學先出席簡介會，了解此行的學習目的和注意事項，並深入認識國家安全的重要性；及後同學分成小組，分別就六大命題作事前探討與準備，在行程中進行資料搜集，並於回港後提交考察報告，最後向全級同學匯報成果。透過是次活動的豐碩成果，同學不單為高中階段作好準備，更致力砥礪成長，成為國家未來優秀的棟樑。



參觀十三行博物館



參觀南越王古墓博物館

中五級公民與社會發展科

深圳創意文化內地考察

公民與社會發展科於2026年3月5日至6日舉辦了「深圳創意文化內地考察」，參與者包括145位中五學生，並由15位教師陪同指導。本次為期兩天的考察，旨在帶領同學全方位認識深圳的發展面貌。活動首要目標是讓同學認識當地科學與創意文化的最新發展，藉此培養開拓與創新精神；同時，行程亦引導同學深入了解深圳作為中國經濟特區的角色與貢獻，共同探討國家改革開放的偉大成就。此外，考察亦著重讓同學了解當地青年工作的發展及相關配套設施，從而探索深港兩地青年人才交流和協作的獨特優勢與廣闊的發展空間。



學生感想

參觀「大潮起珠江」展覽

5A Mohamed Said Mohamed Ryan

This study tour has reshaped my perspective, proving that Shenzhen's creative culture is far more than just art and innovation. It is a living symbol of China's journey, which beautifully balances heritage with modernity, improves lives, and strengthens the nation without losing its cultural roots. I feel truly fortunate to have experienced this myself. It has inspired me to learn more about our country, treasure our traditional culture, and step up to my responsibilities as a youth. I now genuinely believe that true patriotism and understanding come from seeing our country's real progress and feeling directly connected to its remarkable story.

5B 黃綺華

這次深圳考察讓我對科技發展與文化傳承有了極為深刻的體會。在規模宏大的紅立方科技館內，我透過與機器人互動及參與地震模擬體驗，親身感受到人工智能科技的廣泛應用，更深刻明白政府推廣科普教育及提升大眾科學素養，對於推動社會進步的重要意義。

隨後走訪的客家小鎮則充滿歷史底蘊。看著明清時期的圍屋與傳統手工藝被妥善修復，並活化為旅遊景點，我深感文化傳承與鄉土認同的珍貴。這次行程讓我看見深圳在經濟高速發展的同時，成功將現代科技與傳統文化完美結合。這種不以抹殺文化為代價的可持續發展模式，確實令人深思，也讓我獲益良多。

5C 盧蕾茜

在青少年活動中心內，長征展覽所傳遞的革命精神令我深受感動，而VR與無人機體驗則讓我領略到創新科技的獨特魅力。參觀「大潮起珠江」展覽及紅立方科技館時，我親眼見證了廣東改革開放以來翻天覆地的變化，深刻領悟到科技改變生活的力量，以及前人敢闖敢試、敢為天下先的精神。隨後，漫步於二十四史書院與甘坑古鎮，那兼具唐宋風韻的建築與豐富的客家文化，更讓我真切感受到中華文化的厚重底蘊。

這次行程讓我得以跳出課本框架，拉近了與祖國的距離。正所謂「讀萬卷書不如行萬里路」，在未來的日子裡，我將保持這份主動探索的心，不斷充實並完善自我。



一眾中五級同學都透過此行得到不少啟發



於深圳市青少年活動中心體驗創新科技



到訪紅立方科技館，探索科學與科技的發展

5D 溫志發

隨著改革開放後國家的迅速發展，無論是歷史文化的軟實力，還是太空科技的硬實力，都得到了大幅提升，而深圳在當中更做出了不容忽視的貢獻。在這次學習旅程中，我們不僅親眼目睹、更是親身體驗了許多課本上接觸不到的景致與事物。這次實地考察，讓我們能更全面地領略國家的真正實力，並為自己的國民身分感到無比自豪。

5E 侯銘蕊

這趟深圳考察讓我深感自豪。在甘坑客家小鎮與二十四史書院中，我見證了國家活化古建築、保育文化遺產的豐碩成果，進一步增強了維護文化安全的意識。而在當代藝術館、紅立方、「大潮起珠江」展覽以及 AI 和 VR 科技的體驗中，更讓我直觀感受到改革開放的偉大成就與科技綜合國力的騰飛。此行不僅深化了我的國民身分認同，也激勵我要好好把握深港交流的機遇，未來為國家發展貢獻力量。

這次考察不僅是一次文化與科技的探索，更讓得以我跳出課本框架，在實地走訪中清晰梳理國家發展的脈絡。親身感受到中華文脈的傳承與科技強國的力量，也為我未來的成長與發展指明了清晰的方向，實為一次意義深遠的學習之旅。



遊覽古色古香的二十四史書院

聯校四川重慶歷史文化探索之旅2026

2026年6月28日至7月3日，本校聯同梁文燕紀念中學（沙田）及賽馬會官立中學，共 44 名師生，圓滿完成了「心繫家國」聯校四川重慶歷史文化探索之旅。三所官立中學本著聯校情誼，秉持「心繫家國」的精神，於暑假前夕攜手展開這趟川渝之旅，實為一次難忘的盛事。

探索之旅的首站是中國面積最大的直轄市——重慶。

師生們首先遊覽「解放碑」、「洪崖洞」風景區及「魁星樓」，此乃體驗山城魔幻魅力的經典路線。「解放碑」是重慶的地標與市中心繁華的商業樞紐，更是感受山城都市脈搏的最佳起點；「魁星樓」則是隱身於高樓大廈間的傳統道教建築，擁有獨特的建築特色，讓同學體驗到「從大樓 22 樓走出來竟是平地」的魔幻驚奇感。而「洪崖洞」的重慶傳統吊腳樓建築群，在夜幕低垂時燈火通明，美不勝收。

翌日，團隊搭乘重慶長江索道，參觀「重慶市規劃展覽館」、遊覽「龍門浩老街」與「湖廣會館」，並觀賞以重慶解放前夕為背景的大型歷史舞台劇《重慶 1949》，深刻體驗重慶的歷史魅力。第三天，團隊前往「李子壩」體驗輕軌穿樓，並遊覽「北倉文創園」；隨後搭乘高鐵前往成都，走訪成都市中心最具代表性的歷史文化街區「寬窄巷子」，該地由寬巷子、窄巷子、井巷子三條平行排列的清代古街道與四合院群落組成，古色古香，非常有特色。

第四天，團隊以文學為主題，到訪「杜甫草堂」、遊覽「浣花溪公園」、「武侯祠博物館」及「錦里古街」，沉浸於川蜀之地的文學氣氛中。最後一天，團隊參觀了「成都大熊貓繁殖研究基地」，親眼看見可愛的大熊貓並了解其保育成果。師生們深刻感受到國家在引領全球進步、構建人類命運共同體方面的貢獻，既體現了國力的日趨強大，又彰顯了重要的人文價值觀。此行令一眾師生獲益良多，誠屬難能可貴。



行程第一天享用午餐



浩浩蕩蕩出發去



到訪杜甫草堂



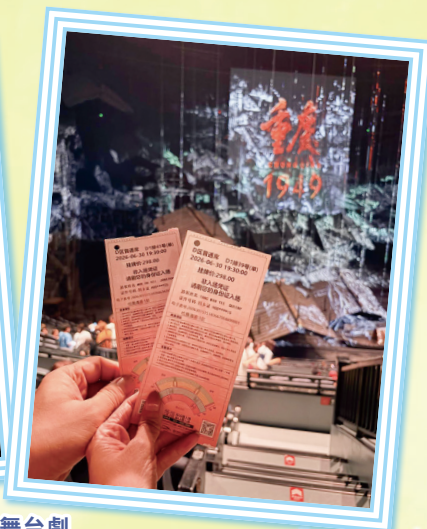
參觀重慶市規劃展覽館



參觀大熊貓繁殖研究基地



觀賞《重慶1949》舞台劇



享用午膳期間欣賞變臉表演



遊覽北倉文創園

價值教育週 2026

由學校重點關注事項（二）主辦、校內個人成長支援組別合力籌辦的「價值教育週」，已於4月20日至25日圓滿舉行。本年度活動以「感恩珍惜、積極樂觀」為主題，旨在透過一連串豐富多元的體驗，引導同學在忙碌的校園生活中駐足思考，學會感恩珍惜，並在面對成長挑戰時，擁抱積極樂觀的心態。

在為期一周的活動中，校園各處都充滿了正能量：

- **「沙官點唱站」**：同學們藉著悠揚的音樂與窩心的心意卡，向身邊默默付出的師長和同學表達真摯的謝意。
- **警方守法意識宣傳車**：透過互動展示，加深同學們對守規與法治意識的理解。
- **正向與生命教育**：輔導組精心設計了充滿啟發性的午間活動；生命教育組則透過「正向價值漫畫設計工作坊」，讓同學用創意詮釋正向人生。
- **關愛生命與全方位學習**：全方位學習組特別舉辦了「喵星人守護行動」——零棄養學堂，更帶領同學走出校園，參與元朗大樹下動物義工活動，將關懷延伸至社區與動物。
- **活力、創意與閱讀**：除了熱鬧非凡的「智勇舞台」、考驗團隊精神的「班際跳大繩比賽」以及「JA Company」精彩的攤位活動外，校園內還同步舉行了全民閱讀活動與「感恩悅讀書展」，讓書香滋養心靈。

而最受矚目的壓軸活動——「生活的小確幸：感恩手作站」，已於4月24日（星期五）在有蓋操場順利舉行。當天現場氣氛熱烈，同學們紛紛親手製作精緻的小禮物，送給一直陪伴在側的親人、老師或朋友，並親口致謝，將感恩之心化為實質行動。

當我們學會感恩，便能發現生活中俯拾皆是的小確幸；當我們保持積極樂觀，就擁有勇氣去迎向學習與成長中的每一次挑戰。感謝全校師生的踴躍參與，讓這次價值教育週結出豐碩的精神果實，為校園注入了滿滿的溫暖與正能量！



「喵星人守護行動」

配合價值教育週「感恩珍惜，積極樂觀」主題，本校於4月22日午膳時間舉辦「喵星人守護行動：零棄養學堂」。可愛的貓咪親臨現場，讓同學們在繁忙學業中獲得心靈治癒。

活動中，同學零距離與貓咪互動，並在導師引領下學習正確愛護動物知識，了解棄養的嚴重後果。學生非常喜歡是次活動，現場氣氛溫馨熱烈。體驗成功引導同學建立同理心，明白飼養寵物是生命承諾，從中內化珍惜生命、承擔責任的正面價值觀。



學生感想

3D 韓汶珊

今天一走進舞蹈室，便看見一隻貓咪待在籠子裡，另外兩隻則待在袋中。起初只覺得牠們十分可愛，但在聽完義工的分享後，才得知這三隻貓咪都曾遭人遺棄，幸得義工營救。其中最令我印象深刻的是籠子裡的「愛仁」，義工提到牠患有貓愛滋而無法與其他貓咪接觸，無人領養。牠的坎坷處境讓我十分同情與心酸，衷心期盼牠能早日找到一個疼愛牠的溫暖家庭。非常高興能參與這次活動，它不僅加深了我對棄養動物的認識，更讓我明白到愛護動物、負責任的基本態度，希望學校未來能繼續舉辦此類充滿意義的活動！

3D 謝宗穎

在這次「喵星人守護行動：零棄養學堂」活動中，我不僅獲得與貓咪親密互動的機會，更深入認識到流浪貓義工的工作職責與其對社會的重要貢獻，讓我獲益匪淺。此外，透過義工的介紹，我了解到了場三隻貓咪各自的遭遇與健康狀況，包括牠們曾患有的疾病或被虐待的陰影。這些真實的故事讓我感觸良多，也深刻明白了社會為何大力提倡「以領養代替購買」。

2B 何婉妮

參與「喵星人守護行動：零棄養學堂」期間，我近距離接觸了三隻由義工救援的小貓——美麗的布偶貓「Bobo」、因奔跑神速而得名的橘貓「風馳電掣」，以及身患貓愛滋的「愛仁」。在義工小姐悉心的講解下，我聆聽了牠們的故事，並深刻意識到許多貓咪現時面臨的生存困境，往往源於人類的盲目與誤解。



感恩手作站

本校全方位學習組與香港小童群益會大圍青少年綜合服務中心合作，於4月24日在雨天操場舉辦「感恩珍惜，積極樂觀」價值教育攤位活動。

當日現場設有「乾花心意卡」、「NFC迷你CD盒」、「香薰石膏」、「毛線繞花」及「繩結鎖匙扣」五大主題DIY手作攤位。中一至中五級學生積極參與，熱烈地在現場製作精美禮物，並寫上正能量字句，準備送給老師、校工、父母或同學，以表達真摯的謝意。

活動成效顯著，雨天操場洋溢著溫馨與歡笑聲。同學們透過親手製作禮物，不僅發揮了無限創意，更在實踐中體會到「感恩與珍惜」的意義，學會用行動向身邊人傳遞正能量。



沙田官立中學 升旗隊



本校升旗隊於心繫家國中式步操比賽中獲得季軍，蔡鳳雯校長、莫浩基老師及隊員3B藍焯曦同學代表領獎



本校升旗隊於九龍灣輔警總部準備出賽，鬥志昂揚

本學年沙田官立中學升旗隊繼續參與各項重要賽事。第一項賽事是由教育局主辦的「『心繫家國』聯校中式步操比賽」，本隊主力升旗手5D班溫志發同學及三位護旗手3B班藍焯曦、謝柏禧及3C班彭梓晉同學，12月時在導師指導下拍攝影片參與初賽，成功晉身決賽，並於3月21日前赴九龍灣輔警總部參與決賽。「心繫家國」升旗比賽向來高手雲集，每支升旗隊的升旗技術都純熟穩妥，結果本校升旗隊獲得季軍，值得慶賀。第二項賽事是由沙田社區基金及國民教育沙田區委員會舉辦的「沙田區升旗禮儀比賽」，今年是本校升旗隊第二次參與這項賽事。隊員於4月18日早上先回校進行訓練，檢查制服，然後前往香港恒生大學準備賽事。本隊雖然是中學組第二隊出賽隊伍，但賽前已作好充足準備，最後勇奪亞軍，成績令人鼓舞。期望本校升旗隊繼續堅毅前行，獲得更多榮譽與認同。



陳威桓老師與升旗隊隊員前赴香港恒生大學參與沙田區升旗禮儀賽事



升旗隊隊員精神抖擻，專注參賽

全方位學習活動日

本校於3月5及6日舉行「全方位學習活動日」，旨在拓寬學生的學習空間，將知識由課室延伸至更廣闊的領域。透過參與多元化的實踐活動，學生不僅能增長見聞，更能內化「堅毅、仁愛、合作與創意」等正向價值，展現積極樂觀的精神。

中一級價值教育與抗逆力訓練宿營： 鍛鍊身心，淬鍊成長

為落實本校重點關注事項（二）並全面培育學生的正向價值觀，學生事務組及訓導組特意與八鄉少年警訊中心攜手合作，為全級中一學生籌辦了價值教育及抗逆力訓練宿營活動。是次活動旨在透過紀律與團隊任務，增強學生的自信心、邏輯思維與抗逆力，同時在集體生活中改善人際關係，並潛移默化地培養學生的守法意識與團隊精神。

學生感想

1B 嚴弘迪

在團隊挑戰（如高空繩網）中，我體會到團結的力量；當隊友體力不支時，大家的互相扶持與鼓勵，讓我明白個人的成功離不開團隊的協作。同時，擔任小組組長也鍛鍊了我的責任感，確保每位成員的安全與進度是我的首要任務。

面對體力消耗與困難關卡，我學會了堅毅。即使疲憊不堪，我也告訴自己不能輕言放棄，這種「撐下去」的精神顯著提升了我的抗逆力。這次經歷讓我明白，未來的困難只是磨煉意志的機會，只要保持正面價值觀，定能迎難而上。

1B 葉子浩

活動透過親身體驗培養同學價值觀。導師的規則明確，讓你明白守規是為了保障共同目標，內化守法意識。團隊任務要求分工合作，讓我學會團結；擔任崗位成敗與己相關，培養責任感；面對難關要堅持不放棄，鍛鍊堅毅的精神。當經歷挫敗後學會重新站起，更直接增強了面對逆境的抗逆力。

1B 王鈺揚

透過這次活動，我更清楚守法的重要性：我需要遵守規則、聽從指示，避免因一時衝動而影響他人安全，這讓我的守法意識得到提升。活動也讓我學會團結與責任感，因為在分工合作時，每個人都要完成自己的任務，才能讓整體順利進行。遇到困難或進度不如預期時，我沒有輕易放棄，而是調整方法再嘗試，培養了堅毅精神。面對壓力與變動，我也學到以正向態度應對，增強了抗逆力。



中二級 服務學習與實踐

為了落實本校重點關注事項（二）——「培養學生正面價值觀」，學生事務組、全方位學習組與輔導組攜手合作，為中二級學生籌辦了長者義工服務。在專業社工的引領下，同學們親自為長者設計活動，齊心促進長幼共融。

在活動前夕（1月23日），社工先為全級中二學生進行義工培訓，教授與長者溝通的技巧，並指導學生規劃服務流程。培訓期間，同學們認真檢視各項細節：遊戲設計、人手分配等集思廣益、反覆斟酌等，從中累積了寶貴的活動策劃與團隊溝通經驗。

服務當天，學生們滿懷熱忱地走進長者中心。在社工幫助下，同學們帶領長者練習手指操並攜手製作手工藝品；長者們亦欣然分享豐富的人生閱歷，現場歡聲笑語不斷，氣氛溫馨融洽。透過這次跨世代的互動，同學們不僅提升了人際溝通能力，更在長者的生命故事中體會到「感恩珍惜」與服務他人的深深刻意義，獲益匪淺。



學生留言板

這次義工服務讓我印象深刻，不僅能服務長者、與他們一起玩樂，更棒的是能和同班同學並肩作戰，看到大家發揮團隊合作精神，真的非常開心。同時，我也很佩服自己能勇敢地面對大眾，成功主持活動，達成了自我突破！

長輩們一看到我們，臉上就綻放出燦爛的笑容。期間更有婆婆熱情地邀請我合照，還親切地說我很像她的孫女。這份互動讓我深切感受到，我們的到來真的為他們帶來了溫暖與陪伴的作用。

這次活動非常有意義。在中心裡，我們陪伴了許多長者，和他們一起聊天、一起歡笑，幫助他們度過愉快的時光。能夠為他們帶來快樂，我認為這就是義工服務最核心的價值。



今天參與義工服務，看見長者們幸福的笑容，我的內心也充滿了溫暖與滿足。這次的經歷讓我深刻體會到「施比受更有福」的道理——在付出的同時，我自己其實收穫了更多珍貴的心靈體會。

今天的義工體驗中，雖然一開始我有些不知所措，但隨著活動展開，我變得越來越投入。這次服務不僅鍛鍊了我的耐力，更讓我學會了如何細心、有耐心地與長者相處。

我感到非常愉快，因為能有機會跟公公婆婆一起玩遊戲，而且還能和同學們團結一致、共同完成這次的活動。這份體驗帶給我無盡的快樂與成就感。

中三級

為培育學生的正面價值觀，本校於活動日為中三級同學精心規劃了兩節兼具自我探索與生命教育的專題活動。

第一節：選科性向工作坊——探索自我，連接未來（升學及就業輔導組）

活動由學友社導師帶領，透過專業的自我認識工具與行業探索體驗，積極引導同學們發掘個人志向與能力。活動有效拉近了課室與職業世界的距離，協助同學建立兩者之間的緊密連結，為即將面臨的選科抉擇與未來學業規劃奠定清晰的方向。當日同學們表現正面且全情投入，現場互動相當熱烈。

第二節：傷健運動共融工作坊——打破限制，內化仁愛（全方位學習組）

同學們參與了由香港傷殘青年協會主辦、香港賽馬會慈善信託基金捐助的「賽馬會躍動無界計劃——傷健共融運動」工作坊。在導師指導下，同學親身體驗了坐式排球、輪椅籃球、硬地滾球及地壺四項運動。在操作輪椅與坐姿受限的真實感知下，大家切身體會到殘疾運動員所克服的重重障礙。這不僅鍛鍊了同學們面對挑戰時的堅毅與團隊合作精神，更打破了刻板印象，讓大家看見生命的多元潛能。



中四級

為培育學生的正面價值觀，本校為中四級同學安排了充實的雙軌體驗。上午，同學們參與由升學及就業輔導組籌備的「未來職人工作室」，挑戰隨機分配的職涯起步點，並在模擬情境中靈活運用人工智能(AI)工具。這項新穎的體驗成功引導大家發掘個人潛能與志向，拉近課室與職業世界的距離，為未來的學業抉擇與生涯規劃奠定基石。下午，同學則投入由學校急救組籌備的「愛心校園：心肺復甦法訓練計劃」，在專業指導下認真操作並掌握急救技巧。是次活動成效顯著，上午的職涯探索同學反應熱烈，有效提升了自我認知；下午的急救訓練則考驗了大家的專注與耐性。同學們在實踐中不僅掌握了救人自救的實用技能，更深化了關愛社會、尊重生命的仁愛精神。活動現場氣氛正面投入，成功讓中四同學在走出課室的同時，收穫了滿滿的正面能量與深刻的反思。



義工服務學習

本校全方位學習組聯同扶輪社及社會服務團於本學年為學生籌辦了各項多元化的義工服務活動，旨在鼓勵同學實踐服務社群的精神，積極回饋社區。

兔子義工服務

學生親臨「香港救兔之家」，協助照顧被遺棄的兔子、清潔兔籠，從中學習愛護動物及尊重生命的價值。



聖基道愛心朱古力義賣 2025/26

學生積極參與義賣活動，為聖基道兒童院籌募善款，為寒苦無依的兒童送上關懷與支援。



賽馬會眾心行善 —— 香港學校義工節 2025

同學透過親手製作愛心毛巾熊及撰寫心意卡，向長者及基層人士送上溫暖及表達心意，藉此營造社區互助與關愛的氛圍。



鄰舍第一：送米助人

社會服務團幹事到社區中心協助派發米糧，並親自上門探訪獨居長者及基層家庭，透過送上愛心米包與真摯問候，為社區注入溫情。



元朗大樹下動物庇護站義工服務

全方位學習組首度跨組別與升學及就業輔導組合作，把「生涯探索」理念融入義工服務。升學及就業輔導組先為學生安排專業的寵物急救與美容工作坊；及後，由全方位學習組老師帶領社會服務團團員及其他對動物護理有興趣的同學，親赴元朗「大樹下動物庇護站」照顧流浪貓狗，將課堂所學的照顧寵物的技能直接轉化為社區服務。是次跨組別協作安排的活動，既能培養學生對照顧動物的耐性，也成功開拓了同學在動物護理及非牟利機構營運方面的職涯視野，一舉多得。



學生感想

4C 盧思宜

在參與這次義工服務前，我曾參加過寵物急救與美容工作坊，學習了照顧寵物及急救基礎知識，這讓我興起與動物接觸互動的想法。我期望透過這次活動，深入了解貓狗的習性與肢體語言，例如：狗狗搖尾巴背後代表的心情與含意。同時，我也渴望能親自體驗照顧動物的過程，若日後有機會飼養寵物，便可藉此累積寶貴經驗。

這次「大樹下」的體驗讓我獲益良多，其中最令我動容的是，義工們能清晰記得每隻狗狗的故事，牠們或被遺棄，或在工地流離失所。其中一個最令我印象難忘的故事，是因意外失明而一度抑鬱絕望的狗狗——美美。牠在義工日夜陪伴與愛護下慢慢重拾與人類生活的信心，這讓我深刻體會到，動物和人類一樣有思想與感受，除了物質，更需要的是照顧者情感的陪伴與情緒價值。養寵物絕非一時興起，而是一生一世的責任。這次活動時刻提醒我：在生命面前，必須深思熟慮，方可作出承諾。

3D 李卓瑀

這次「大樹下」的義工服務，不僅加深了我對該機構的認識，更點燃了我對義工服務的熱忱。在聽過講解後，我驚覺現行的寵物保護條例仍有不足，世界各地依然有許多小生命正遭受棄養、忽視等不人道對待。這趟旅程讓我對愛護動物的信念更加堅定：未來不論是面對弱勢社群還是流浪動物，我都渴望能盡一己之力伸出援手，積極回饋社會。



香港文化博物館 X 沙田官立中學

《山海為家：微型風景習作展》

Mountains and Sea as Home: Miniature Landscape Studies

由香港文化博物館主辦、沙田官立中學協辦的《山海為家：微型風景習作展》於2026年5月14日在香港文化博物館舉行開幕典禮。典禮由香港文化博物館總館長林國輝先生及沙田官立中學校長蔡鳳雯女士共同主持，並由沙田官立中學中樂小組演出曲目《風景》，為展覽增添藝術氣氛。

「山海為家」——山是安頓心靈的依靠，海是對生活無限可能的嚮往。二者交融，構成心中的故鄉，亦寓意理想家園之所在。

是次專題藝術研習展是香港文化博物館推動校園藝術教育的重要部分，旨在鼓勵學生透過藝術探索，抒發對「家」的想像，以及對社區的情感回應，並與公眾分享。本校為全港首間獲邀參與的中學，展覽共展出四十位同學的陶土微型風景作品，學生將自己日常對大自然的觀察、內心的感受，以及對未來的想像，揉進掌心大小的微型風景之中。

展覽現正於香港文化博物館展出，展期至2026年10月31日，歡迎前往參觀！



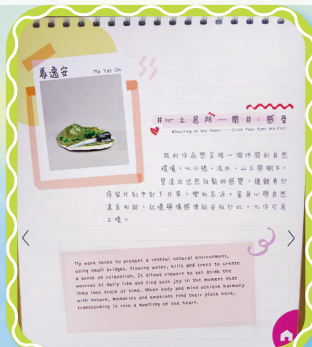
參與展出的同學與作品合照



學生作品



《山海為家》陶土作品展示（局部）



學生創作感想



參與展出的同學向蔡校長及林館長介紹作品



香港文化博物館總館長林國輝先生及沙田官立中學校長蔡鳳雯女士主持《山海為家》展覽開幕典禮，並與中樂團表演同學合照



中樂團表演曲目《風景》