



趙聿修紀念中學

Chiu Lut Sau Memorial Secondary School

2019-2020年度

校訊

第一期

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Principal's Message

Dear Alumni, Parents, Students and Friends,

I am grateful and honoured to take up the principalship of Chiu Lut Sau Memorial Secondary School this year. Serving in a school which has earned a reputation as one of the top secondary schools in the district, I pledge to continue to explore ways to equip students with the knowledge, skills and values to face the challenges in the 21st century. After the celebration of the school's 40th anniversary last year, we stride into another year of learning journey and look forward to reaping harvest of students' fruitful learning experiences.



In our fine tradition, we have motto of the school year which anchors the school's direction. For the school year of 2019/2020, our students are inspired to 'Be Grateful, Be Hopeful'. According to Martin Seligman, the American psychologist and the founder of positive psychology, there are five factors leading to well-being – positive emotion, engagement, relationships, meaning and purpose, and accomplishment. I believe cultivating gratitude and cherishing hope help build positive emotion. It is my wish that our students start each day with a grateful heart and remain hopeful amid the uncertainty and unknown.

Counting the blessings showered upon me in CLSMSS, I feel particularly grateful for some personal encounters with students. For instance, I witnessed the superb talents of 6 boys who were invited to perform in the Lion Dance Show held in Yuen Long Merchants Association Secondary School on 12 November 2019. I was deeply touched by their persistence in learning lion dance since they were in primary school. Behind their brisk steps and movement, the strong beat of drums, cymbals and gongs, I could see their sweat and tears when going through the tough training of many years. Another impressive occasion is the Learning and Teaching Expo 2019 held in the Hong Kong Convention Centre on 12 December 2019. Four STEM talents of our school were invited to display their masterpiece called Marble Run, which showcased their creativity, tenacity and excellent teamwork. I was impressed by their enthusiasm in presenting their ideas to the visitors, including university professors. Their brilliance and quest for innovation truly won my appreciation. I am also grateful for students' favourable response to the 'Heart-to-Heart Programme with the Principal' that I initiated this year. These S.1 students had a chance to meet me in a small group and interacted with me in English. I am very pleased that they prepared well for the individual presentation on the English books given by the principal. I treasure such face-to-face time to engage my students' interest in reading. Seeing their sweet smiles and active participation is most rewarding.

Enhancing students' level of English language proficiency and creating a rich language environment are important to help students meet the fast growing demand for effective communication in a city where east meets west. Our English Language Department strives to provide quality language teaching and learning experience to students. This year, we have joined the EDB Learning

Circle Project entitled 'Read Life in Drama' in which values education is integrated into reading. Students also learn beyond the classroom and benefit from various English programmes, such as the Poetry in Action, Sharing session from Matt Ottley, Christmas Carnival, S.1 Busking Competition, Santa's Treasure Hunt, etc. I hope students are grateful for a wide array of out-of-class learning opportunities and make the best effort to benefit from the EMI environment.



I would like to take this opportunity to express my heartfelt gratitude to our Alumni and members of the Parents Teachers Association for their trust and unwavering support throughout the year. I must thank our staff for their concerted effort in maintaining a peaceful learning environment for our students at times of social movement. Let's cherish hope in our heart and pray for our beloved city.

Let's always remember to be grateful and be hopeful in all circumstances.

Ms LEE Siu-yuk Hilda



English Activities

Melbourne and Brisbane Ecological and Cultural Study Tour 2019

19 students explored the cultural and ecological highlights of Australia through participating in various excursions in Melbourne and Brisbane, Australia, from 16th July, 2019 to 24th July, 2019. During the tour, students attended different lessons with their Australian buddies and fostered friendships with them at Firbank Grammar School. Students were also provided with opportunities to appreciate different natural sceneries, and visit some well-known tourist attractions such as Great Ocean Road, Dandenong Ranges, Aboriginal Culture Center and Museum of Brisbane.



Students' Feedback

5B Liu Pui-yan

We visited the Fitzroy Garden on 18th July. The Fitzroy Garden is located in the centre of Melbourne, and it is a beautiful house. This house records the history of Australia and it commemorates Captain James Cook. Captain Cook was the first foreigner who discovered and landed on Australia. Our tour guide introduced the history of this house to us patiently. Although we did not have the chance to enter the house, we took many pictures of the house! There is a park near the house. We walked along the paths and took in fresh air. We spent some relaxing time there!

5A So Sin-ming

I attended the Chemistry lesson. It was a great experience to visit Firbank Grammar School. There were only about 15 to 20 students in one class, which is good for teaching and learning, as a teacher could be more focused on each student. My buddy was nice. She is also a Chinese. We communicated in English, and a good thing that communication was not a problem as she does not have a heavy accent. I think it will be great if I had a chance to study in this school in the future!



3B Lao Tsz-wai

I went to Firbank Grammar School to attend a PE Lesson on 19th July. The teacher taught me how to play American football. The lesson was very interesting and I was happy to meet my buddy. She gave me a lot of gifts and taught me how to play football very patiently. The school visit was a great experience for me and it was very meaningful!



Everyone can be a poet!

Poetry is integrated into the English Language curriculum of S.2 and S.3 so as to echo one of our major concerns – to promote students' positive thinking and mental health. Poetry is a means to help us find out inner voice, and facilitates the positive sharing of our feelings.

Poetry in Action, one of Australia's leading theatre in education providers, was invited to deliver a 45-minute performance to our S2 and S3 students on 31 October 2019. The performance 'The Power of Poetry' introduced students to poetry in an entertaining and inspiring way. The show depicted how the main character discovers the secret of writing poetry – through big ideas and a true heart.

Teenagers have a lot of thoughts and feelings towards life. If they can express themselves using poetry, everyone can be a poet!



Students' Feedback

2B Poon Man-chung

I used to think that poetry is difficult and has nothing to do with learning English. After learning about poetry in class and watching the performance, it changed my mind about poetry. I have learnt some poetic devices like personification which will surely enhance my performance in English tests and examinations.

3D Hui Sze-ching

I was thrilled to watch the show. The performers had good interaction with the audience. Before the show started, a game was played to draw our attention to rhyming, which is a common device used in poetry. The show was entertaining and inspiring. I have learnt various skills in poetry writing, but the most important is to have a true heart. I want to know more about poetry, and hopefully be a poet in the future.

3D Cheng Hiu-yi

I learnt poetry in primary school and found it interesting. I wrote one poem at that time. After that, I never wrote another poem. This year, I learnt some poetic devices in English lessons. Once I used metaphors to describe myself and my classmates. We were surprised by our imagination and we laughed a lot. After watching the show, I found poetry to be really interesting and would like to write some more poems.



English Activities



Sharing session from Mr. Matt Ottley was organised by The Hong Kong International Literary Festival and the Reading Club of our school on 8th Nov, 2019 for all S.2 students. In the session, Matt invited our students to experience the multiple ways literature can be enjoyed through words, illustration and music with a multi-modal reading of *Parachute*, an award-winning picture book illustrated by Matt and authored by Danny Parker. Matt combined self-composed music with rich illustrations and delightful narrative of *Parachute*. The session with Matt was absolutely stunning and educational for students!

Students' Feedback

2A Wong Ho-him

This is a very special performance. I've never attended a talk or sharing like this before.

The writer - Matt Ottley was telling the story "Parachute", while a musician was playing the piano in the background. The story is full of fantasy and wonderful elements, and the music performed was amazing. The air of mystery in the story aroused my interest to watch the whole show.

The illustrations in the story are also fascinating. Actually the style is so different from those in ordinary story books. The pictures are framed by only simple lines.

In this sharing, I also paid attention to how the author gave a sharing in English because I'm not good at English speaking. I've learned to be aware of the stress and tone when we speak, and I'm now more confident in speaking English.

2A Man Yik-hei, Kofi

I felt delighted after joining the sharing from the author - Matt Ottley, because it was my first time listening to a story with live background music. Although there was only one pianist playing the music, it was marvellous. Reading with music can be of great fun and enjoyable. I think we can try listening to music while reading.

The atmosphere was very lively and every schoolmate was very attentive. I could also feel the performers' enthusiasm and creativity through the story "Parachute". This sharing has moved me a lot and inspired me to become a writer in the future to create stories which make others happy.

It was definitely an interesting and meaningful sharing. Everyone was very contented. I hope there will be more activities like this.

2A Kan Hei-tung

Authors' sharing sessions or talks are usually boring and monotonous. To my surprise, the sharing was unlike those I have attended before. It was very entertaining and interactive because the writer - Matt Ottley and the performer interacted a lot with us and created a lively atmosphere.

The storytelling with piano background music made it more enjoyable and easily drew us into the story "Parachute". Everyone waited for Matt's next move. We had lots of fun and enjoyed it so much.

I especially like the part when Matt invited some schoolmates to draw on stage, whilst the pianist played background music according to the pace and every move of the students. We were all excited but a bit nervous to be picked! I enjoyed the session completely! I hope future authors' talks or sharing sessions can be like this.

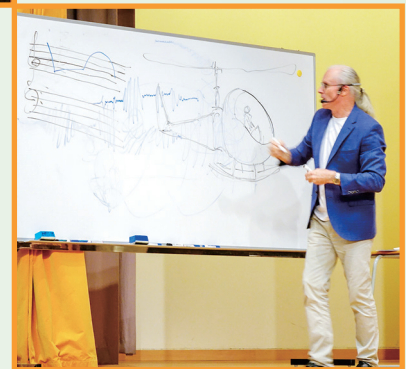


English Activities



2B Chan Wai-pong

In the beginning, I thought the author Matt Ottley would just share his writing skills and ideas in a monotonous way. However, during the storytelling, I was so surprised that he talked about his writing journey in quite a novel way. He was inspired by drawings and music. I was truly mesmerized by his talents and improvisation in the story "Parachute". He helped to redefine what the writing process is to me, and now, I think writing is not boring at all! Writing can be a creative and interesting journey!



2B Lee Sze-ho

In the sharing, Matt Ottley amazed me with his creation and talent. I volunteered to draw pictures with him for the part on improvised storytelling. On stage, the pianist played the music according to some simple lines that I drew. In the beginning, I was a bit nervous and even doubted the whole process. However, at the end of the performance, Matt was able to create an interesting story! He invited me to fully experience the multiple ways story creation can be enjoyed through words, illustration and music. It was amazing! I was both overjoyed and surprised!

2B Cheung Oi-lam

I am so glad to have attended the author - Matt Ottley's sharing. I have learned a lot. I am particularly amazed by his talents in playing music to get inspiration for his stories and illustrations. I was so impressed by the part when the performer was playing the piano, and Matt was deciding on the plot of the story. How surprising it was! At the end of the performance, Matt even invited our fellow schoolmates to draw some simple lines and create a story with him. It was truly an interactive and fascinating experience! I love writing!

STEM活動和比賽

「飛向北京・飛向太空」 全國青少年航空航天模型教育競賽 活動總決賽

活動日期：2019年8月2日至8月5日

參與學生名單：2A林紀泰

本校積極鼓勵同學參加無人機活動，是次比賽有幸以香港代表身份參與全國賽，實在提供了一個寶貴的機會，讓本校同學跟內地不同省市的優秀人才切磋交流。



學生感想

這次能代表香港到內地參加全國大賽，令我最難忘的，是過程中不斷經歷苦練、懊惱和挫敗。我在香港選拔賽獲得銅獎後，便代表香港隊到內地參加全國大賽。當中最大的挑戰莫過於不斷的反覆練習，從而提升穩定性，把失誤降到最低。經過無數的訓練，最後我在全國賽中獲得銀獎，為港隊爭光。

(2A林紀泰)

智能機械由我創2019

活動日期：2019年7月4日

參與學生名單：2D陳珮喬、3A李安松、3B張深晞、3B郭寶徽



「智能機械由我創2019」乃創意動力教育協會及香港科學館合辦的機械人比賽，參賽者須於限時內完成多個任務，例如：在機械人設計上需要考慮多種變化，然後以最快時間完成即時的指令任務。

學生感想

在是次比賽中，參賽者要在限時內即場完成任務並取得分數。這次活動十分有意義，我在設計機械人過程中獲益良多，例如明白到設計需要衡量可行性和實用性。在安裝組件的時候，我還學會如何在有限空間安裝關節或力臂，並運用不同技巧來加固。比賽期間，從旁觀察其他對手的設計理念和安裝時所使用的方法，讓我學會更多設計概念，以及如何把所需要空間最少化。在正式對戰時，還需要準確理解遊戲規則以及運用不同策略。

(3B郭寶徽)

IVE工程學科—— 第三屆「新能源STEM世代」

活動日期：2019年7月13日

參與學生名單：2A林紀泰、2B葉熹縉、3A樊守峰、3B郭寶徽、
3C李澤銘、4A陳彥達、5A劉俊威、5A黃俊稀、
5C黃家略

本校同學參加了香港專業教育學院(IVE)工程學科舉辦的「新能源新世代」活動，獲得最具科技創意獎亞軍。同學從中學習可再生能源的知識，提高對創新科技及STEM（科學、科技、工程及數學）學科的學習興趣，並探索更多創新科研的魅力。

學生感想

我很榮幸能參與太陽能車的製作和比賽，能夠親身設計及製作碳纖維車外殼，真是一次難得的體驗。過程中讓我獲得更多有關製作碳纖外殼的知識，比賽期間與同學在烈日當空下認真仔細地檢查太陽能車，真是十分難忘。

(2B葉熹縉)



香港遙控模型車新星賽2019

活動日期：2019年9月28日

參與學生名單：2A林紀泰、3A樊守峰、3A蔡朗謙、3B郭寶徽

本校同學參加了由香港遙控模型車總會主辦、科普教育基金協辦的「香港遙控模型車新星賽2019」，並於團體賽初中A組獲得季軍。是次



活動要求學生親自組裝車子並輪流作賽，非常講求同學之間的協作能力。

學生感想

在我而言，比賽是一次美妙的經驗，讓我了解自己的能力和不足，從而給自己肯定和改善。遙控模型車比賽，看似是一項包含速度、技術與集中力的競技比賽，但掌握上述能力之前，必先配備一輛性能良好而穩定的車子，因此在製作過程中，需要高度的專注和無比的耐力。

遙控模型車帶給我的是信心與虛心，希望更多同學能一起參與和發掘它的樂趣吧！

(3A樊守峰)

學與教博覽2019—— 聯校滾珠機器

活動日期：2019年12月12日

指導老師：陳偉亮老師、鄭秉堅老師

參與學生名單：2A馮天朗、2B葉熹縉、4A陳彥達、
4A林嘉正、3C李澤銘

本校師生參加了「學與教博覽2019」，活動要求同學自行設計及製作讓木珠滾動的軌道，過程中能啟發他們對設計及工程的興趣。在展覽期間，同學需要向來賓介紹自製的滾珠機，以及如何運用滾珠機來推動STEM教育。在製作及反覆改良的過程中，讓他們明白如何做一個STEMaker，繼而提高他們對STEM的興趣。



香港工程挑戰賽2020

活動日期：2020年1月4日至1月5日

參與學生名單：3B郭寶徽、3C李澤銘、4A陳彥達、5A劉俊威、
5A黃俊稀、5C黃家略

為了加深同學對創新科技的了解，本校帶領學生參加由亞洲機器人聯盟舉辦之「VEX香港工程挑戰賽2020」。機器人比賽是一個與編程及建設相關的活動，參賽者需要因應比賽的要求自行建造機器人和進行編程。參賽者在比賽期間利用機器人達到目標來得分，得分最高的為優勝者。



學生感想

這次比賽是我們參加多次比賽中最開心的一次，因為我們見證了自己的成長。前幾次的比賽，我們都未能達成目標，機器人的功能往往不如預期，和計畫的不一樣，而這次比賽，我們終於成功達到目標。雖然我們沒有贏得比賽，但是我們見證了自己的成長，這個經驗十分寶貴，讓我們明白努力是能得到回報的。

(5C黃家略)



中一級中史文化體驗日

參觀屏山文物徑

本校中一級同學於2019年12月13日參加了「圍村風貌·屏山文物徑考察」。是次活動由長春社文化古蹟資源中心安排導賞行程，並派出8名專業的導賞員為本校同學進行講解。在導賞員的帶領下，同學除了欣賞具歷史價值的古蹟外，還深入了解新界的歷史發展及圍村文化特色。此外，同學於午膳時間到當地餐廳品嘗富有傳統特色的盆菜，在認識歷史文化之餘又能大快朵頤。



學生感想

屏山文物徑的文物保存得非常好。經過修葺後，宏偉的建築物竟然可以在數百年的風吹雨打中依然屹立不倒。文物如橫樑、手工牌匾等設計精緻，每一塊的磚瓦都顯出村民對祖先的尊重。

(1A楊芷晴)

午餐的時候，甫見盆菜端上桌子，我便充滿期待地品嚐這道匯聚了屏山原居民文化結晶的菜餚。當我進食時彷彿穿越了時空，感受到居民圍在一起的熱鬧歡樂時刻。

(1C陳鏗瑤)

祠堂展現了圍村人供奉先人的敬意，社壇反映了村民供奉神仙的迷信程度，觀廷書室則可看出村民對子孫讀書的期望。這些宏偉、富中國傳統文化的建築物，使我了解到古人的民間智慧和無盡心思。

(1A馮延璞)



經過這次考察之後，我對屏山的認識加深了不少。文物徑中不少地方富歷史氣息，使我加深對文物徑的認識，希望以後還有機會參加這些具有文化意義的活動。

(1B林鏗)



升上中學後的第一次戶外學習日，我學會了專心聆聽導遊講解及珍惜歷史古蹟的重要。經過這次學習，我加深了對考古的興趣。

(1C陳卓喬)

這次旅程讓我了解到鄧氏家族和屏山的歷史事蹟，以及當地原居民各種有趣的風俗習慣，實在令我獲益良多。

(1D甄樂潼)



參觀饒宗頤文化館

2019年12月14日，本校中一級同學參加了第二次文化學習日，這次參觀的地點是饒宗頤文化館。饒宗頤文化館坐落於荔枝角，是香港三級歷史建築物，已有百多年歷史，前身曾是清朝的九龍關，也曾是荔枝角監獄和痲瘋病人療養院。同學在導賞員的介紹下，認識了饒宗頤文化館的發展歷史及建築特色，加深了解昔日的香港歷史及明白活化歷史建築物的意義。此外，館內正進行漢字展覽及書畫展覽，同學適逢其會，透過參觀漢字館認識了漢字的來源、演變和特色，獲益良多。



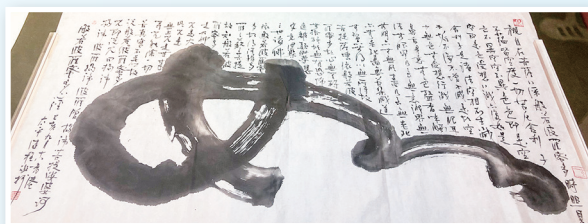
學生感想

這個旅程我獲益良多，不僅認識文字的演變，還了解整棟建築的歷史。饒宗頤先生的事蹟更令我有啟發，我會好好學習，希望將來能回饋社會。

(1A林芳儀)

展覽區由幾間咖啡色的小房子組成，中庭還有一個小池塘，整體給人一種優雅、古典的感覺，使人十分愜意。

(1A何曉程)



藉參觀饒宗頤文化館，我感受到中華文化的博大精深，除了琴棋書畫，還有中國歷史和文學，都十分值得我們學習。

(1B王海晶)

這次參觀饒宗頤文化館，令我感受最深的事物是繼程法師的書法。他的字體秀麗，富個人風格，書法旁邊還有圖畫，讓我更能明白文字的意思。

(1C陳詩韻)

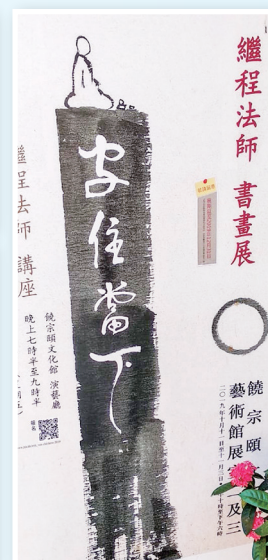
這次參觀饒宗頤文化館，令我感受最深的是那些紅磚。紅磚牆上橢圓形的窗是西式設計，可見整個建築群中西合璧的設計風格。

(1C陳鏗妍)



我在這裡學會了很多關於甲骨文的知識，每一個甲骨文都像一個個美麗的圖案。

(1C江穎琪)



活動剪影



2019-20年度週年水運會

本校週年水運會於2019年9月26至27日假元朗游泳池舉行，承蒙本校前副校長梁懿馨女士蒞臨擔任主禮嘉賓。在李小玉校長主持鳴笛儀式後，賽事隨即展開。

兩天的賽事超過一百位同學參加。參賽的泳手鬥志昂揚，傾力以赴，爭取佳績。看台上的啦啦隊員，情緒高漲，揮動手中的打氣棒，為比賽健兒吶喊助威，氣氛熱鬧。觀眾台上掛滿了四社的裝飾掛畫，色彩繽紛，為比賽場地增色不少。

本年度個人冠軍獎座分別由以下同學勇奪：5C羅家樂（男甲）、3A謝暉（男乙）、2C溫柏喬（男丙）、5D林逸朗（女甲）、3D羅明慧（女乙）及1D林昕葦（女丙）。此外，明社及誠社分別奪得場地佈置獎及最佳現場氣氛獎，而誠社在各社員、健兒的協力同心下，一展王者風範，榮膺全場總冠軍。



2019-20年度週年陸運會



本年度週年陸運會已於2019年10月28至29日假元朗大球場順利舉行。當天天氣清，惠風和暢，場內彩旗飄揚，人人興高采烈，氣氛十分熱鬧。

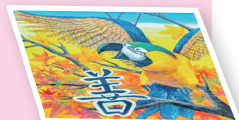
一連兩天的賽事中，運動員傾力以赴，並刷新了兩項大會紀錄，成績令人欣喜：2B蔡海宏除了勇奪男子丙組個人全場總冠軍，還刷新了男子丙組跳高及男子丙組60米短跑兩項紀錄。男子甲組及乙組個人全場冠軍分別由6B譚建和及3A黃偉杰奪得。

女子組5C吳婉婷勇奪甲組全場冠軍，乙組及丙組個人全場冠軍則分別由3C陳恩賢及1A饒曉奪得。經過一番龍爭虎鬥，最終由明社蟬聯全場總冠軍，並勇奪男子組全場總冠軍，女子組全場總冠軍則由善社奪得。

是次比賽，運動場上充分表現了運動員的拼搏精神和工作人員的認真態度。四社啦啦隊熱烈打氣，積極投入，最後由明社奪得最佳啦啦隊獎，誠社則奪得最佳場地佈置獎。

我校有幸邀得校友香港海關高級督察陳錦雄先生擔任本屆陸運會主禮嘉賓。他喜見同學積極投入學校活動，並鼓勵同學要莊敬自強，以求更進一步。

最後，全體高唱校歌，陸運會在一片歡樂的氣氛下圓滿結束。



天水圍官立小學交流活動

本校應天水圍官立小學的邀請，在2019年11月29日，為該校30名小六同學舉辦了一項名為「中學生活體驗日」的活動，讓他們通過各項體驗活動了解本校的學習情況，並感受趙聿修中學多姿多彩的校園生活。

是日活動非常豐富，為增加課堂互動氣氛，科任老師除進行小組協作外，還安排了本校同學充當小導師，帶領小六同學進行一連串活動，例如：視覺藝術科親手製作心意卡、科學科探究電路原理、電腦科設計編程等，同學從中能鑽研新知識和發掘新概念。本校同學還示範了太陽能車及機械人等設計，引起小六同學對科研的興趣。

是次分享交流活動成功舉行，小六同學與學兄學姐歡聚一堂，一起學習，不但加強了以英語學習的信心，還嚮往中學生活的來臨。

聖誕音樂比賽

音樂學會於2019年12月20日舉辦了一年一度的趙中盛事——聖誕音樂比賽，比賽吸引了不少家長和舊生到來參觀，場面熱鬧非常。比賽分為獨唱、合唱和中六畢業班班際比賽。其中最為矚目的必定是中六畢業班班際比賽，各班同學在台上施展渾身解數，或勁歌熱舞，或溫馨感人，場面充滿驚喜，絕無冷場，帶給觀眾視覺和聽覺上的震撼。

總括而言，每位晉身決賽的同學都能歌善舞，經過一番龍爭虎鬥，各組別的獎項已告塵埃落定，在此恭喜所有得獎的同學。

得獎者名單：

獨唱組

冠軍：5C梁嘉彤
亞軍：6C黃卓怡
季軍：6B方秀芬

合唱組

冠軍：6A梁詩妤 6B方秀芬
6B蔡欣素 6C霍采欣
6C黃卓怡
亞軍：6C陳雪瑤 6C林希樞
季軍：6B梁泳詩 6C文曉琪
6D鄭香澄 6D文子慧

中六畢業班

冠軍：6C
亞軍：6D



學生會聖誕舞會

本年度學生會聖誕舞會在2019年12月20日假聿修堂舉行，主題為光影交織。舞會內容豐富，包括遊戲、歌舞表演及聖誕大抽獎。遊戲環節緊張刺激，同學們投入其中。在cheat chat活動中，同學展現口才，在場上唇槍舌劍；在踩氣球遊戲中，同學身手敏捷，歡笑聲音此起彼落。

表演環節是舞會的一大高潮，各表演者在台上大放異彩，有音韻悠揚的交響曲，有繞樑三日的歌聲，有活力四射的K-pop，贏得全場喝采。最後，還有萬眾矚目的抽獎環節，同學都滿載而歸，當中兩位幸運兒抽到大獎各得打印機一部。聖誕舞會在一片歡笑聲中圓滿落幕。

學生會希望藉此機會多謝李校長對學生會聖誕舞會的慷慨贊助。



2018-19 Internal Awards

Scholarship / Award	Name of Student
Chiu Lut Sau Memorial Scholarship	6A LIU Man-siu 6A PANG Yat-hei 6A YIU Nga-ching
Chiu Man Fook Mui Memorial Scholarship	6A YIU Nga-ching
Chiu Sung Sik Chun Memorial Scholarship	5A CHONG Kai-wo
Chiu Choy Chin Chee Memorial Scholarship	4A YEUNG Ching-lam
Chiu Shu Fan Memorial Scholarship	6A TSANG Hoi-tik
Chiu Kung Phoo Scholarship	5A TSANG Ka-chung
Chabot Chiu Ting Ming Scholarship	4A CHIU Ching-fan
Wong Chung Chuen Scholarship	6A WONG Shing-git
Tang Nai Man Scholarship	5D CHEUNG Wai-kiu
Chan Yat Sun Memorial Scholarship	4A KWOK Jeng
Model of Rectitude Award	1B LUK Hiu-wai 1B YIP Hei-chun 3B LOK Hei-tung 4A HO Yu-hang 4C CHING Chui-ying 4C MAN Wai-in, Jenny
PTA Scholarship	1A YIP Kai-wan 1A ZHAO Wing-lee 1B YIP Hei-chun 2A YEUNG Tsz-yan 2A YIP Wai-lam 2B WONG Yuk-ting 3B CHAN Yat-lam 3B FUNG Wan-wai 3B NG Wai-nam
Sun Hung Kai Scholarship for Outstanding Students in HKDSE 2019	6A PANG Yat-hei 6A YIU Nga-ching
Sun Hung Kai Scholarship for Outstanding Students 2019	6A CHAN Kai-chun 6D CHICK Wai-man
Wong Chi Ming Scholarship (Best English Achievements in HKDSE)	6D CHICK Wai-man
Lee Yin Har Scholarship (Outstanding Performance in English)	4D LAM Yat-long, Anna
Cheng Lau Yuk King Scholarship	5D LAM Hon-kuen 5D LAU Fuk-tsz
Chan Ka Woon Scholarship	1A CHING Hui-yee 3B NG Wai-nam
Margaret Lo Scholarship (Outstanding Performance in OLE)	4D TANG Hoi-ching 5A CHAN Wing-tsun 5A KWAN Wing-chi 5A LEUNG Siu-mat 5A NG Wing-shan 5A WAN Tsz-ching 5D CHAN Yee-lam, Elim 5D CHENG Sze-man
Chiu Yuk Chuen Scholarship	6B SO Yan-ching, Miracle 6C LAW Nga-wun

Scholarship / Award	Name of Student
Mak Wing Kit Scholarship (Outstanding Athlete Awards)	4D LAM Yat-long, Anna 6B CHAN Ming-lai
PTA Student Union President Scholarship	5D MAN Tsz-wai
PTA House Captain Scholarship	5A LAU Wui-yeung 5A YAN Yuet-ching, Estelle 5C FOK Tsoi-yan 5D LAM Nga-yee
PTA Service Award	2D LEUNG Hau-chung, Ringo 5A CHEUNG Tsz-ching 5A CHONG Kai-wo 5A KWAN Wing-chi 5A LI Zhi 5D CHEUNG Ka-yi 5D CHUI Hoi-ki 5D TAM Pui-man 6A CHIU Tsz-yu 6A YIU Nga-ching
PTA Conduct Award	1A WONG Ho-him 1B LUK Hiu-wai 1C TANG Man-hei 1D YANG Chuyao 2A YIP Wai-lam 2B TONG Sam-yuet, Samantha 2C ZENG Nga-yan 2D LIANG Sum-yi 3A CHAN Hiu-lam, Staria 3B LOK Hei-tung 3C YU Wing-ki 3D SO Hau-man 4A KWOK Jeng 4B KWOK Chun-him 4C CHING Chui-ying 4D LO Lap-yin, Caleb 5A WONG Chun-tung 5B CHEUNG Ting-yiu 5C CHAN Suet-yiu, Sheryl 5D LEUNG Yuen-tung 6A YIU Nga-ching 6B LAU Wing-yan 6C LAM Tsz-kwan 6D CHICK Wai-man
Alumni's Association Outstanding Prefects Scholarship	5A CHENG Chi-hong 5A CHEUNG Tsz-ching
ApL Scholarship	6C HUNG Ka-man
Sir Edward Youde Memorial Award Scheme	6A PANG Yat-hei 6A YIU Nga-ching
Sir Robert Black Trust Fund Grants for Talented Students in Non-academic Fields	5A NG Wing-shan
Harvard Book Prize	5A CHAN Anson Chun-yin 5A TSANG Ka-chung 5D LAM Hon-kuen
Future Stars – Upward Mobility Award	4D MA Chun-yan 5D LAM Hon-kuen 6A WAN Yuet-sin

2018-19 External Awards

Academic

Competition / Activity	Award / Prize	Name of Student
中國中學生作文大賽	高中組——銀獎	5C HO Wai-kwan
「假如我是灰姑娘的家人……」徵文比賽	冠軍	4B TSOI Man-huen
2018-19全國青少年語文知識比賽「菁英杯」	現場作文決賽高中組團體冠軍	5B LO Yuen-ling 5B YAU Mei-ki 5C TONG Ka-yan 5D CHAN Yuen-lam, Priscilla
	總決賽一等獎	5D CHAN Yuen-lam, Priscilla
	總決賽二等獎	5B LO Yuen-ling
	決賽一等獎	5B LAI Mei-yin 5B LO Yuen-ling 5C TONG Ka-yan
	決賽二等獎	4B TSANG Man 4B TSUI Hoi-ching 4C MAK Yun-ming 4D CHOI Sin-wan 5B YAU Mei-ki 5D CHAN Yuen-lam, Priscilla 5D LAM Hon-kuen
	初賽一等獎	5B LO Yuen-ling
	初賽二等獎	5D CHAN Yuen-lam, Priscilla
第70屆香港學校朗誦節	普通話詩詞獨誦——亞軍	2C LAU Cheuk-wa 4C MAK Yun-ming
	粵語散文獨誦——亞軍	4C CHAN Wing-kei
	普通話散文獨誦——亞軍	4C LEUNG Ka-tung
	粵語二人朗誦——亞軍	5A CHEUNG Tsz-ching 5A LEUNG Siu-mat
The 70 th Hong Kong Schools English Speech Festival	Solo Verse Speaking - Champion	4D TANG Hoi-ching 5A NG Wing-shan
	Solo Verse Speaking - Second Place	1A CHING Hiu-yee 1A LEE Tsz-ching 1B TONG Kwan-wai 1B YIP Hei-chun 1B LEE Tsz-ho 3A SIN Wing-yan 3B FUNG Wan-wai 5B TO Oi-ki, Abigail
2018 Hong Kong Children and Youth English Speech Contest	Gold Award (Heats)	2B TAI Man-man
	Overall Champion (Final)	2B TAI Man-man
2019 Hua Xia Cup Mathematic Olympiad Competition (China)	Second Class Honour (Semi-final)	3A YEUNG Sheung-wa
	First Class Honour	3A YEUNG Sheung-wa 3B TSANG Ka-yu 3B YIM Tat-chun
	Second Class Honour	1A SHEA Wing-chun 1C HE Ling-shan 1C LAW Kai-ho 1C LO Yin-ho 1C NG Yat-sen 2A YUAN Chun-ho 2A LI On-chung 2B CHONG Marco 3A YEUNG Sheung-wa 3B WONG Ching-yi 3C CHIU Chor-tung
	Second Class Honour	3B TSANG Ka-yu
Hong Kong Mathematical High Achievers Selection Contest	Second Class Honour	3B TSANG Ka-yu
Canadian Mathematics Competitions	S.1 Champion	1A CHING Hui-yee 1D SU Yu-lung
	S.2 Champion	2B CHONG Marco
	S.3 Champion	3B TSANG Ka-yu
	S.4 Champion	4A LUI Chun-ming
	S.5 Champion	5A LENG Cheuk-lam

Only the Champions and First Runners-up are listed

2018-19 External Awards

Competition / Activity	Award / Prize	Name of Student
Hong Kong and Macau Mathematical Olympiad Open	AIMO Semi-final Silver Honour	1B LEUNG Ching-yan
	Individual Golden Honour (Senior Forms)	4A SO Sin-ming
	Individual Silver Honour	1B LEUNG Ching-yan 1C CHENG Tsz-yau 1C LAW Kai-ho 2B YEUNG Ho-shing 3A YEUNG Sheung-wa 3B CHAN Yat-lam 3B TSANG Ka-yu 3B YIM Tat-chun
Statistical Project Competition 2018-2019	Distinguished Prize for the Senior Section	4A CHIU Ching-fan 4A KWOK Jeng 4A LUI Chun-ming 4A YEUNG Ching-lam 4D NG Chung-yi 4D YEUNG Hoi-ching 5A CHAN Wing-tsun 5A CHEUNG Tsz-ching 5A LEUNG Nga-lam 5A LEUNG Siu-mat 5A WAN Tsz-ching 5A WONG Lok-yiu
「善德關愛科研青年發展計劃——北京、西安航天科技考察團」	D1 分隊冠軍	6C LAM Tsz-kwan
香港工程挑戰賽2018	初中組設計獎	1A YIP Kai-wan 1C CHENG Tsz-yau 2B CHEUNG Sum-hei 2B KWOK Po-fai
2019首屆粵港澳大灣區機器人公開賽	VEX EDR 工程挑戰賽——最佳創新獎	2B KWOK Po-fai 4A LAU Chun-wai
	飛人三項技能賽——銀獎	4C WONG Ka-lurk 2A FAN Sau-fung
第二十一屆「飛向北京·飛向太空」 全國青少年航空航天模型教育競賽活動總決賽	銀獎——全國一等獎（中學男子組）	1C LAM Kei-tai
Element of the Month for the International Year of the Periodic Table of Chemical Elements (IYPT2019)	Best Presentation	3B WONG Ching-yi
	Outstanding Award	3B WONG Ching-yi
Hong Kong Chemistry Olympiad for Secondary Schools 2018-2019	Honours Award	3B WONG Ching-yi 4A FUNG Hei-chit 4D CHAN Wing-han 4D FU Lee-na
The Chemists Online Self-study Award Scheme	Diamond	3A CHAU Chun-yan 3A LEUNG Yat-long 3A YEUNG Sheung-wa 3B WONG Ching-yi 4A LI Chun-yiu 4D CHU Yung-kin 4D NG Lok-lam 5A LI Zhi 5A WONG Chun-tung
	Platinum	3A WONG Chun, Annabella 4D WAI Lok-yi 5A LEONG Tsun-lok
	Gold	3B CHAN Tsz-leung 4D LEUNG Ka-hei 5A KWAN Wing-chi
HKedCity TV News	Outstanding Performance Award	4A LUI Chun-ming 4A MAK Wun-yi 4A YEUNG Ching-lam 4D CHU Yung-kin 4D YEUNG Hoi-ching
元朗區學生全方位增值計劃2018-2019	傑出表現獎	4A MAK Wun-yi 4A YUNG Man-yuet 4B TANG Hoi-tung 4D MA Chun-yan

Only the Champions and First Runners-up are listed

2018-19 External Awards

Sports

Competition / Activity	Award / Prize	Name of Student
元朗區青年節2019——水上嘉年華	中學組團體冠軍	2B LAM Chi-yu 2C CHAN Pui-nam 2C LAW Ming-wai 4D LAM Yat-long, Anna 4D KWOK Tsz-wai 5A NG Wing-shan 5A LAU Wui-yeung 5D LAM Man-ching
Grantham Outstanding Student Athlete Awards 2018-2019	Outstanding Student Athlete (Table Tennis)	6B CHAN Ming-lai
A.S. Watson Group HK Student Sports Awards 2018-2019		5C WONG Ka-chun
All Hong Kong Inter-School Rugby Sevens 2018-2019 Preliminary Round	Champion (Girls A,B Grade Shield)	4A YUNG Man-yuet 4B TANG Hoi-tung 4B CHENG Wai-ching 4D MA Chun-yan 4D LEE Yan-hei 4D CHOI Sin-wan 6B NG Hoi-ying 6B SIN Wing-chi 6C LAW Nga-wun 6C LEUNG Wing-hang 6C TANG Sze-lam, Christine
Inter-School Cross Country Competition 2018-2019	First Runner-up (Boys B Individual)	4C LAW Chun-ho
Inter-school Table Tennis Competition 2018-2019	Overall Champion (Boys A Grade)	3C LAW Chun-kin 4C WONG Lik-kwan 6B CHAN Ming-lai 6C CHAN Long-fung
Inter-School Badminton Competition 2018-2019	First Runner-up (Girls C Grade)	1B HO Chi-wai, Twiggy 2A WU Yi-lam 2B LO Cho-kiu 2B TONG Sam-yuet, Samantha 2C AU Siu 2C LUK Sin-man
Inter-School Volleyball Competition 2018-2019	Overall First Runner-up (Girls C Grade)	1A CHAN Chung-kwan 1A LAM Ying-mei 1A LEE Tsz-ching 1A YIP Kai-wan 1B CHEUNG Oi-lam 1B LAM Sze-ching 1D CHAN Sze-yan 1D WONG Lee-wei, Angel 2A FUNG Lok-yiu 2A WONG Sin-man 2B CHAN Yan-yin 2B LO Cho-kiu 2B TAI Man-man 2C LUK Sin-man
Yuen Long Cup Inter-School Table Tennis Tournament 2018-2019	Champion Team (Boys - Secondary School Singles)	2D SO Hiu-chung 4C WONG Lik-kwan 6B CHAN Ming-lai
	First Runner-up (Boys - Secondary School Singles)	6B CHAN Ming-lai

Only the Champions and First Runners-up are listed

2018-19 External Awards

Music

Competition / Activity	Award / Prize	Name of Student
The 71 st Hong Kong Schools Music Festival	Champion - Church Music Foreign Language (Aged 14 or under)	
	Champion - Graded Piano Solo (Grade Six)	3D SO Hau-man
	Champion - Female Vocal Solo Chinese (Aged 14 or under)	3C WONG Ching-wun
	First Runner-up - Female Voice Duet Foreign Language (Aged 19 or under)	3C WONG Ching-wun 4C LEUNG Ka-tung
	First Runner-up - Female Vocal Solo Chinese (Aged 14 or under)	2A CHUNG Ka-yan
	First Runner-up - Female Vocal Solo Chinese (Aged 16 or under)	4C LEUNG Ka-tung
	First Runner-up - Female Vocal Solo Foreign Language (Aged 16 or under)	4D TANG Hoi-ching
	First Runner-up - Guitar Solo (Junior)	1A CHUNG Sheung-hang
Joint School Music Competition	Gold Award - Junior Choir (Secondary School)	
	Gold Award - Ensemble Singing (Secondary School)	

Interest

Competition / Activity	Award / Prize	Name of Student
「恩・賞生命」之金句創作	中學組冠軍	5D CHAN Yee-lam, Elim
超凡學生嘉許計劃	超凡學生	1B LUK Hiu-wai 1C WONG Wai-i 1D CHUNG Wing-yan
官立中學多角辯論交流賽2019	亞軍	3B NG Wai-nam 3C LI Yui-nga 3C ZHANG Choi-fong 3D KOON Hoi-ching
保障私隱學生大使學校夥伴嘉許計劃2018	金章	6B CHAN Yee-kit 6C LAM Tsz-kwan
天北分區和諧社區顯愛心攝影比賽	亞軍	2D KWOK Po-lok
Rotary Health Education Quiz Competition 2019	Top Ten Highest Scorers	5D TAM Pui-man
Hong Kong School Drama Festival 2018-19	Award for Outstanding Cooperation	
	Award for Outstanding Stage Effect	
	Award for Outstanding Director	5D CHENG Sze-man
	Award for Outstanding Script	5D CHENG Sze-man
	Award for Outstanding Performer	3A WONG Choi-yee 3A WONG Chun-kiu 3A YEUNG Shuk-ting 5D CHUI Hoi-ki

Service

Competition / Activity	Award / Prize	Name of Student
博愛老夫子香港慈善跑2019	三公里個人賽男子少年三組 冠軍	5A LAM King-yip
Volunteer and Leadership Training Project	Gold Award	5C CHEUNG Tsz-ying 5C LAM Hei-tung 5D TSUI Ngai-yuen 5D WONG Tsz-nga
Blesscup Design Competition	First Place Winner	3B WONG Ching-yi
Girl Guides 2018-2019	Outstanding Unit (Guide)	5A WAN Tsz-ching
	Outstanding Unit (Range)	5D WONG Hoi-lam
The Chief Commissioner's Guide Award		6D CHONG Wai-chi
Lady Jane's Guide Award		6D CHONG Wai-chi
Hong Kong St. John Ambulance Brigade Youth / N.T. Command Annual Command Parade 2018	Group D Overall Champion	
	Outstanding Cadet Award 2018	4A SO Sin-ming 4D NG Chung-yi 5A LEUNG Nga-lam
	Inter-Divisional Home Nursing Competition 2018 - Group D Champion	4D NG Chung-yi 5B YAU Mei-ki
	Inter-Divisional First Aid Competition 2018 - Group D Champion	4A LUI Chun-ming 4A SO Sin-ming 5C TONG Ka-yan 5D PO Sin-yung