

## 在仁愛堂田家炳中學， 我看見……

作為校長，今年已經踏入第十個年頭，在教育界也累積了相當豐富的經驗。很高興能加入仁愛堂田家炳中學這個大家庭，對於學校的未來，我充滿了憧憬。

開學至今的十多天，我親身感受到學校眾多美好的地方。美好的地方不僅體現在2023年文憑試中，有85%的同學成功考取大學學士學位入學資格，也不僅體現在連續數年100%收取區內第一組別的中一新生。在這段時間，我看見一幕幕感人至深的畫面。

校長：紀思輝博士  
Dr. Kai Sze Fai, Principal

### 在這裏，我看見盡職盡責、恪守本職的老師

我們的教育目標是培養新一代德才兼備的學生，每一位老師都深受這崇高理念的感召。我看見他們非常重視學生的學業成績，甚至願意額外投入時間給學生補課。更重要的是，我看見老師們堅守學校的辦學理念——德育與智育發展並重，將創辦人田家炳博士的教育理念融入教學當中。

### 在這裏，我看見眾多校友回校執掌教鞭

這些校友在完成大學學士、碩士甚至博士課程後，毅然回到母校擔任教職，秉持著校訓「己立立人」，將這份崇高的教育理念傳遞給師弟妹們，讓這份堅持代代相傳。

### 在這裏，我看見一群優秀、高效的管理層

開學初期，事務繁多，文件來來往往，但管理層卻運籌帷幄，快速制定各種排程。甚至屢因天氣停課，他們也能靈活應變，制定應急計劃，處理開學事宜，調整開學禮的安排，處理與學生相關的各種事務，一切都井然有序。

Together blooming  
to a better tomorrow



## 在這裏，我看見一群熱愛學校的家長

中一家長迎新會在禮堂座無虛席，他們無不關切孩子的校園生活，關心他們的成長。值得一提的是，在敬師日即將來臨之際，我見到了一群熱心的家長齊聚一堂，用簡單而有心思的方式，編織皮包送給老師，向辛勤培育他們子女的老師表示敬意，活動氛圍溫馨。

## 在這裏，我看見一群恪守規矩的學生

每次集會，不需要特意提醒，同學們都能自覺地準時抵達集會地點，安靜等待老師主持早會或週會。記得有一次，高年級同學在禮堂集合，早會定於八時開始，但他們早於七時五十分已經在禮堂門口排隊等待入場。那是我第一次站在臺上與同學們分享自己的生活經歷，看著台下同學都專注聆聽。當分享結束後，掌聲自然而然響起，這讓我深受感動，體會到「仁田中人」的尊重與禮貌。



## 在這裏，我看見一群相處融洽的學生

我曾目睹感動的一幕：來自不同年級的學生們一同打乒乓球，儘管彼此並不相識，但他們能輕鬆融洽地共處。他們展現出開放和友善的態度，熱情地歡迎新朋友的加入，共同享受打乒乓球的樂趣。這種跨年級的交流，展現出團結和包容的力量，彰顯了人與人之間的深厚聯繫和信任。

## 在這裏，我看見一群友善的校務處職員

儘管我身為校長，辦公室內忙於行政工作，但偶爾仍能目睹學生來到校務處尋求支援。校務處職員總能善解人意，耐心解決學生的問題。這讓我更加深刻體會到，學生是我們每天工作的中心，所有教職員必須全心全意地為他們提供最好的支援和幫助。

教與學是一個互動的過程，關懷學生是老師的根本責任，而建立一個關愛的校園文化對我來說至關重要。每一位學生都擁有著無限的潛力和獨特的價值。我將竭盡所能，讓學生們「樂在校園、志在學習」，創造一個溫馨、包容且充滿關愛的學習環境，讓每位學生都能感受到被理解、被接納和被關心的溫暖。我深信，只有在這樣的環境中，學生才能培養健康的自我形象和積極的人生觀，充分發揮自身潛力。

「前人種樹，後人乘涼」。所有的美好都是由一群熱愛教學的老師和一班勇於學習的同學共同創建的。我很慶幸能參與並融入仁愛堂田家炳中學這個大家庭，與全體教職員一同繼續「潤物耕耘」。身為校長，我時刻提醒自己要以身作則，敦品勵行，為全校師生樹立優秀的榜樣，並無私地奉獻。我期待著與教職員團隊攜手合作，共同致力於學生的教育和成長，為他們的未來做出更大的貢獻。

Together blooming  
to a better tomorrow





得獎者

Mr. Chow Wai Kwan 周洧鋈

6A (2023 S6 Graduate)

Scored 28 points in his Best 5 subjects and Attained 5\*\* in Mathematics (Compulsory Part), 5\* in Chemistry and 5 in English Language, Physics and Biology in 2023 HKDSE Examination.

Now studying Bachelor of Science in Scheme in Medical Laboratory Science and Radiography, The Hong Kong Polytechnic University

## Introduction

In today's highly competitive academic landscape, mastering effective learning strategies and exam skills is essential for students aiming to achieve success. While pursuing knowledge is undoubtedly the primary objective, developing the right approach to studying, understanding examination requirements and applying effective techniques can significantly impact academic performance. This article will explore strategies and tips to enhance the learning experience and excel in exams.

## Understanding the Learning Process

Successful learning goes beyond passively consuming information. It requires active engagement and participation in the learning process. Here are some key strategies to consider:

**Active Learning:** Passive reading or listening alone is often insufficient. Engage in active learning techniques such as summarizing, questioning, and discussing concepts to enhance comprehension and retention. Actively seek connections between new information and existing knowledge and apply it to real-world scenarios.

**Effective Note-Taking:** Develop a personalized note-taking system that suits your learning style. Organize information structure, highlight key points, and make connections between different topics. This approach helps reinforce understanding and facilitates easier revision.

**Time Management:** Create a study schedule that allocates time for each subject or topic. Break down complex material into manageable chunks, allowing for regular review and reinforcement. Prioritize tasks based on urgency and difficulty, ensuring a balanced approach to studying.

## Developing Exam Skills

Understanding the format and requirements of exams is essential for effective preparation. Here are some tips for developing and enhancing exam skills:

**Familiarity with Exam Formats:** Understand the structure and requirements of different types of exams, whether they involve multiple-choice, are essay-based, or are practical assessments. Practice past papers and analyze marking schemes to gain insight into the examiner's expectations. This familiarity will help you strategize your approach and allocate time accordingly.



**Improve Speed and Accuracy:** Time management is crucial during exams. Practice answering questions under timed conditions to improve speed while maintaining accuracy. Develop strategies like skimming through questions, identifying keywords, and allocating time wisely. Additionally, practice techniques such as eliminating incorrect options in multiple-choice questions to improve your chances of selecting the right answer.

**Enhance Critical Thinking:** Exams often require higher-order thinking skills. Foster critical thinking by analyzing and evaluating information, making connections between ideas, and presenting well-reasoned arguments. Engage in activities that promote problem-solving, logical reasoning, and creative thinking to sharpen your critical thinking abilities.

## Effective Study Techniques

Adopting effective study techniques can greatly enhance your learning experience and knowledge retention. Consider the following methods:

**Spaced Repetition:** Instead of cramming, distribute your study sessions over a longer period. Spaced repetition helps reinforce learning by reviewing material at increasing intervals, promoting long-term retention. Regularly revisit and revise previously covered topics to strengthen your understanding over time.

**Retrieval Practice:** Test your knowledge regularly by actively recalling information. Use flashcards, practice quizzes, or explain concepts to others. Retrieval practice strengthens memory and helps identify areas that require further review. It also simulates the retrieval process during exams, making it easier to recall information under pressure.

**Visual Aids and Mnemonics:** Utilize visual aids like diagrams, flowcharts, and mind maps to simplify complex information. Visual representations can help you grasp and remember concepts more effectively. Mnemonics, such as acronyms or rhymes, can aid in remembering key facts or sequences. Create mnemonic devices that resonate with you for better recall.

## Effective Exam Preparation

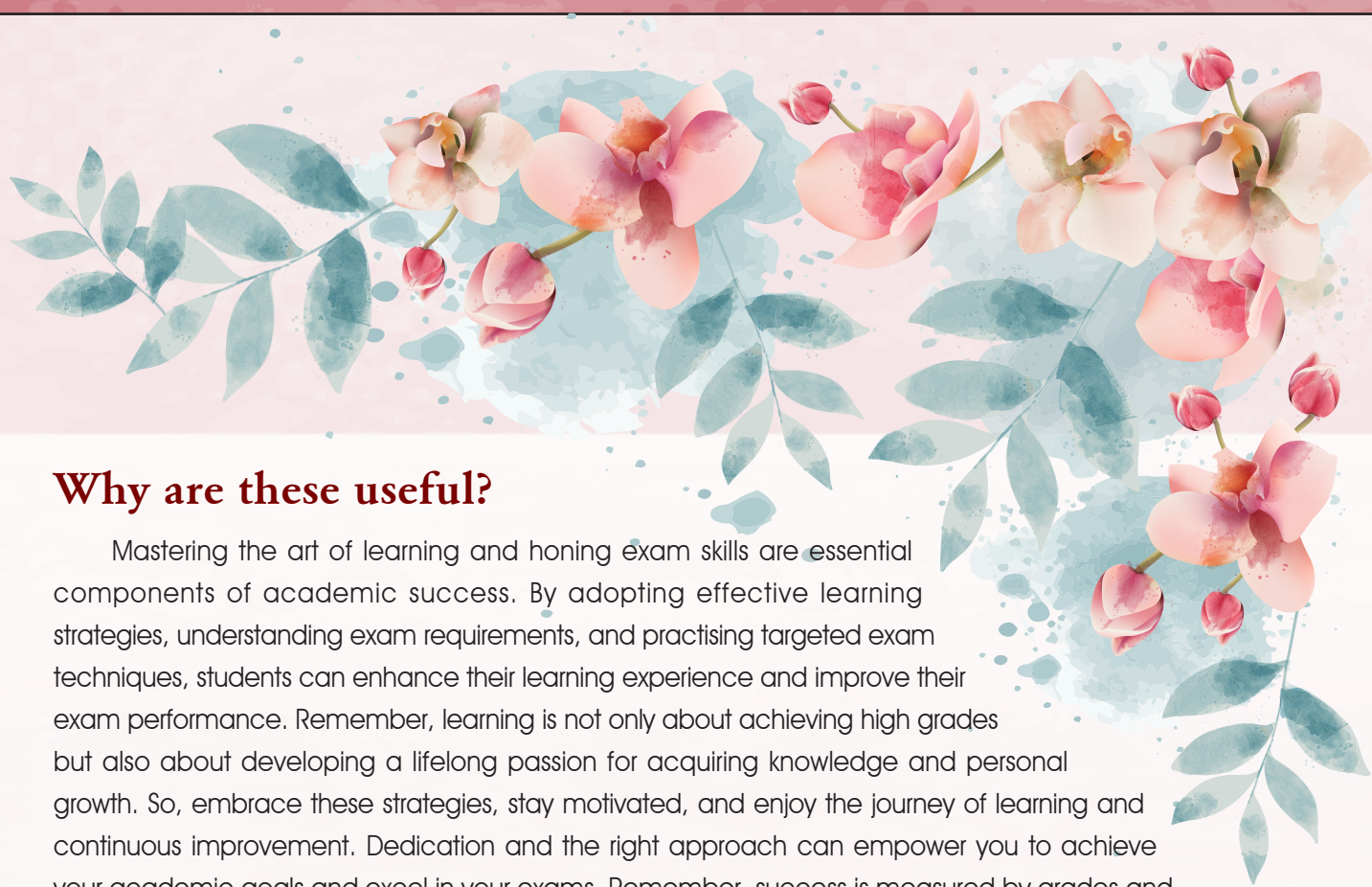
Preparation is key to performing well in exams. Consider the following strategies to optimize your exam preparation:

**Creating Study Plans:** Develop a comprehensive study plan that covers all subjects and topics. Prioritize areas requiring more attention while ensuring a balanced approach to the entire syllabus. Set specific goals for each study session and track your progress to stay motivated.

**Collaborative Learning:** Engage in study groups or find a study partner to discuss concepts, exchange ideas, and clarify doubts. Explaining concepts to others reinforces your understanding and exposes you to different perspectives. Collaborative learning can enhance critical thinking and problem-solving abilities.

**Seeking Assistance:** If you face difficulties understanding certain concepts, don't hesitate to seek help from teachers, tutors, or online resources. Addressing doubts promptly can prevent knowledge gaps from impeding your progress. To supplement your learning, take advantage of additional resources, such as textbooks, online tutorials, or educational websites.





## Why are these useful?

Mastering the art of learning and honing exam skills are essential components of academic success. By adopting effective learning strategies, understanding exam requirements, and practising targeted exam techniques, students can enhance their learning experience and improve their exam performance. Remember, learning is not only about achieving high grades but also about developing a lifelong passion for acquiring knowledge and personal growth. So, embrace these strategies, stay motivated, and enjoy the journey of learning and continuous improvement. Dedication and the right approach can empower you to achieve your academic goals and excel in your exams. Remember, success is measured by grades and the growth and development you experience along the way.

Incorporate these strategies into your study routine and adapt them to suit your learning style. Experiment with different techniques and find what works best for you. Remember that consistency and perseverance are key. Rome wasn't built in a day, and mastering exam skills and effective learning takes time and effort.

As you embark on your learning journey, prioritize understanding over memorization. Seek a deep comprehension of the subject matter, as it will serve as a solid foundation for tackling complex exam questions. Embrace curiosity and a thirst for knowledge, and don't be afraid to ask questions or explore different resources to gain a holistic understanding of the topics you're studying.

Furthermore, maintain a healthy and balanced approach to studying. Take a break, get sufficient rest, and engage in activities that rejuvenate your mind and body. A well-rested and refreshed mind is more receptive to learning and retaining information.

Lastly, believe in yourself and your abilities. Cultivate a positive mindset and approach exams with confidence. Manage exam-related stress by practising relaxation techniques, such as deep breathing or meditation. Remember that exams are an opportunity to showcase your knowledge and skills, and the outcome does not define your worth or potential.

## Conclusion

Enhancing your learning experience and exam skills is a continuous journey that requires dedication, effective strategies, and a growth mindset. By adopting active learning techniques, understanding exam formats, utilizing effective study techniques, and preparing thoroughly, you can set yourself up for success. Embrace the process, stay motivated, and believe in yourself. With time, practice, and perseverance, you can achieve the academic results you desire and develop lifelong skills that extend beyond the classroom.





### 得獎者

**Ms. Wong Siu Han 黃兆嫻**

**6B (2023 S6 Graduate)**

Scored 25 points in her Best 5 subjects and Attained 5\* in Chinese Language and 5 in Liberal Studies, Chinese History and Chinese Literature in 2023 HKDSE Examination.

Now studying Bachelor of Arts, The University of Hong Kong

我沒有得天獨厚的天賦，如今的成績是我費了不知多少通宵達旦的辛勤勞動和晨霜雨後的苦思冥想才換來的結果。

### 【尋樂】

曾聽說過，人真正的動力源自於內心深處對於快樂和興趣的追求。感恩，中四選科時修讀了自己喜愛的文學科。還記得在文學堂上，看着周sir繪聲繪色朗誦屈大夫於江畔吟唱的《涉江》，聞者傷心，當晚我就上網查遍屈原的生平，還自然而然熟背了《涉江》第一段。無疑，興趣肯定會激發自己的學習動力。

### 【克苦】

但如果對自己讀的科目不感興趣，那怎麼辦？我也不是天生的學霸，如果說對每一科都感興趣，那肯定是騙你的。從小，我的數學成績便不太好，自然對數學科不太感興趣。但我會專門挑選自己比較有把握的課題，不斷操數，除可熟悉題型，還可增加自我效能感，「成功乃成功之母」，此言不虛。

### 【刻苦】

的確，學而時習之是提升分數的不二法門。數學科袁sir曾教過我們兩道數學公式：

$$1.01^{365} = 37.8$$

$$0.99^{365} = 0.03$$





意思就是，每天努力多一點，那麼一年後，我們就可以得到可觀的收穫。相反，如果我們每天退步一點點，日削月割，一年後便只剩下可憐的3%了。同理，在學習上，只要我們每天課後抽少少時間複習堂上剛學的知識，操練三兩題習題，溫故知新。那一年後，你會發現自己「刀刃若新發於硯」，面對考題絕對是「游刃有餘」了。

### 【過關貼士】

**中文和文學科：**熟背精讀篇章和語譯解釋，正如老師所言，只要你熟讀文章，答案自然可以信手拈來，比死記爛背一堆考題更有效。

**地理科：**我會先記各課內容重點，確保不會混淆concept，最後bytopic操pastpaper，對完答案後，可參閱考生示例如何完整作答DBQ。至於essay部分，同學不需理會坊間補習老師的危言聳聽，寫夠四版紙即可。

**中史科：**我亦會先溫筆記再溫書中的延伸資料，卷二着重溫pastpaper。我會邊背邊寫撮要，確保考試時不會執筆忘字。

**精神科：**適當的壓力可轉化為動力，不當的壓力只會轉化為病歷。精疲力竭，是應考DSE必會嚐到的「第九味」。我會刷牙洗澡睡覺聽音樂抄歌詞吃一粒薑糖……，簡言之，求一刻放空，求身心放鬆。

距DSE還有百餘日，堅持與放棄只在一念之間，成功與失敗也只是一線之間，望各位同學不要放棄。祝願各位明年今日……

## 起坐彈鳴琴，入U踏青雲





### 得獎者

**Ms. Peggy Li 李麗淇**

**6A (2023 S6 Graduate)**

Scored 24 points in his Best 5 subjects and Attained 5\*\* in Mathematics (Compulsory Part) and 5 in Economics in 2023 HKDSE Examination.

Now studying Bachelor of Business Administration in Accounting and Finance / Bachelor of Business Administration in Accounting Data Analytics, The University of Hong Kong

## 魚與熊掌怎可兼得？

中學生涯除了埋首讀書，我認為有趣及豐富的校園生活亦是不可或缺的。

感激高中生涯參與了大大小小的比賽，籌備形形色色的活動，讓這三年增添不少色彩。今年，我順利入讀心儀的大學及科目，以下我會分享平衡學習與活動的心得，盼望學弟學妹同樣擁有一個難忘的高中生活。

首先，要同時兼顧學習與活動，擁有一張精簡的時間表是十分重要的。時間表上要清晰臚列出各學科測驗考試的日期以及不同職位活動的時間。以我為例，中四那年有幸擔任課委主席，早在暑假期間，我已開始籌備未來一年的活動，提早決定了開會的日子，每次結束會議後，我都會請出我的「經理人」來告訴我接下來的行程。一張精簡的時間表便能清晰讓我提早預備各方面的工作。如下星期有兩至三科測驗，而未來數天又有會議或活動需要舉辦的話，我便會提早溫習測驗內容，以免出現「臨急抱佛腳」的情況。中五那年，我身兼為黃社社長及排球隊成員，我更因此提早寫好數個月的時間表，讓我可以好好安排自己的作息溫習時間。

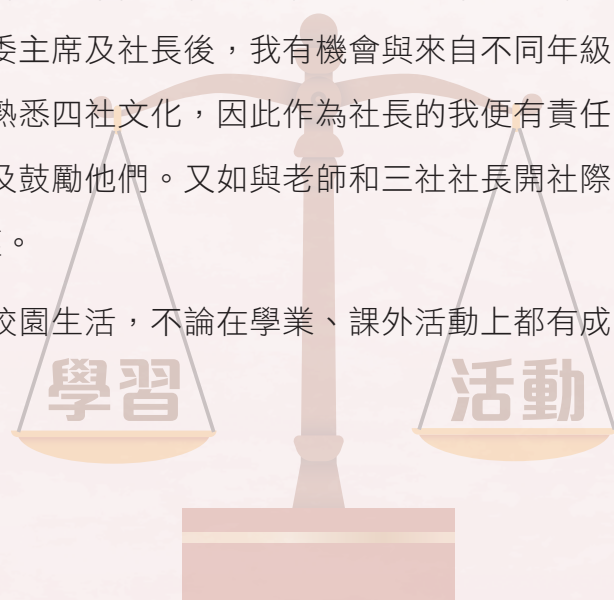




其次，要善用時間。每個人一天都有24個小時，撇掉上課的8小時，我們一天還有16個小時能夠運用，以我中五為例，每逢星期三放學都需要出席排球隊練習，而且經常訓練到晚上七時才結束，因此我會在當天小息、午飯後抽取四十分鐘完成當天功課，以免當晚回家已精疲力竭，無法完成功課。平日有測驗的時候，我亦會善用午餐、乘車的時間重溫測驗內容，加深自己的記憶。當然，要想做到學習活動兩不誤，可能還要犧牲一點點睡眠時間了。接近測驗考試，時間的運用變得更为重要，一些耗損心神的溫習內容，我會在晚上撥出幾小時Quality Time來專心完成。

各位師弟師妹，當你掌握了**學習與活動的平衡藝術**，便可好好享受活動帶給你的喜悅。透過參與不同活動，既可增廣見聞，更讓我學會了與不同人相處的溝通技巧。平日上課，我們只能與同班、同科、同級的同学相處。成為課委主席及社長後，我有機會與來自不同年級的社員交流，如籌辦社際活動的時候，新生未必太熟悉四社文化，因此作為社長的我便有責任去幫助他們融入大家庭，以朋友的方式向他們講解及鼓勵他們。又如與老師和三社社長開社際會議，我便需要轉換「模式」，用語措辭都變得嚴謹。

總的來說，這六年間我獲得了一個豐富難忘的校園生活，不論在學業、課外活動上都有成長，使我成為一個更全面的人。





# Fostering a comfortable environment to use English

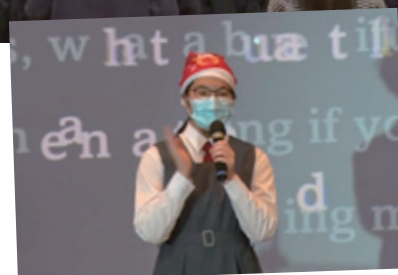


English Society seeks to break through the hesitancy and lack of confidence many students have when using English in and out of the classroom. Every year, Form teacher periods for Form one and two are wonderful platforms where students can have fun using English in a more relaxed manner. Strong society members act as role models as they lead and try to engage all students in the classroom in various fun games such as Charades as seen in these photos. The intense competitions soon have the entire class involved and the surprise comes in the final round when teachers are asked to participate as well.



## English Morning Assemblies (EMA)

English Morning Assemblies, EMAs, are a creative platform for students to enhance the English atmosphere on a school-wide level through a variety of themes. In the past, many society members chose a safe approach through lectures or mini-lesson about various topics. While this is academic and an acceptable way to teach information it is not very engaging for the audience. I am happy to say that over the last two years the society has taken things in a different direction with on the stage games and even full musical productions such as the Christmas EMA of 2021-2022. When students are given more autonomy and freedom to express themselves the richness and depth of their creativity really comes to life.





# Empowering students to take charge of their future

S.3 students face the selection of their senior form subjects. In order to facilitate their choice the Vision Board Project emerged as a collaborative endeavour to give students the tools and support to become proactive and responsible in shaping their own future. Reflecting on personal qualities, occupations, and industries, they expressed their aspirations through physical or digital vision boards, incorporating pictures, drawings, quotes, and words. These elements were taught alongside textbook units and supplementary materials provided by our school's Career Counseling Team. Students took pride in showcasing their boards in class, sharing their future visions with peers and teachers. This English project fostered networking, allowing students with similar aspirations to form connections and support systems.

Our S.4 students also courageously stepped out of their comfort zones by participating in the Inter-Class Debating Competition. This competition served as the highlight of the Debating module, where students learned to define debate motions, structure arguments and prepare point-by-point rebuttals. Towards the end of the unit, the four classes were divided into two groups, each working on a different motion related to tourism and eco-friendliness, as well as the use of ChatBots in education. It was encouraging to witness the well-prepared students confidently sharing their views.

This year, free from previous restrictions, the English Department has planned several more fun collaborative activities, aiming to help our students broaden their horizons and boost their confidence in using the English language across numerous contexts.



"Apparently, creating an instant rebuttal is the most challenging part," recalled Clement So (4D; 2022-23).



The devoted debaters are sharing their views with passion and enthusiasm.



Debating Team

Congratulations to 4D (2022-23), one of our winning teams in the debating competition!





# Embracing the New Normal: Students Engage in Meaningful English

Amidst the pandemic, our students were deprived of opportunities to learn English beyond the classroom. However, they have now regained the chance to participate in various activities, allowing them to experience the use of English in a joyful and interactive way.

Our S.2 students embarked on a fruitful learning journey throughout both terms. In the First Term, they explored Hong Kong Island's cityscape, catching glimpses of Central's skyscrapers and taking in the breathtaking views from the Peak. They also ventured on different modes of transportation, including the tram, Peak Tram, and Central-Mid-Levels Escalators. These mind-blowing experiences greatly contributed to their ability to write descriptive articles. During the Second Term, they applied their knowledge of fashion and styles in an exclusive Fashion Show, where they designed and enhanced outfits based on themes like "Outfits for Important Occasions" and "Chinese Culture." Their creativity and language skills shone brightly during this remarkable showcase.





# Language Ventures



**Getting ready for the long-awaited Fashion Show!**



Sportswear is always an indispensable part in a teen's wardrobe.

Do these girls remind you of any blockbuster movie?



The first time a girl wears an evening dress is always the most memorable experience.



How about a combination of two Chinese styles from different dynasties?





# 觸「境」生情

## 虛擬實境中文教學計劃

打破時空界限

提升觀察力

使用VR技術學寫作



去年，本校中四級學生參加了由香港中文大學學習科學與科技中心（CLST）主辦，香港賽馬會資助的「觸『境』生情」虛擬實境中國語文教學計劃，這個計劃為學生提供了一個全新的學習體驗，讓他們在虛擬世界中探索、創作和表達。

日常的中文課堂，學生以閱讀文字為主，較難對文章內容有切身體會，但透過VR技術，可以把真實景象帶進課室，呈現在學生眼前。學生既能閱讀文字，又能突破時空限制，觀察及欣賞與文章內容相關的事物，加深對文章的了解。

中四級中文科描寫文單元中，教師先教授文體、地方歷史等知識，之後讓學生閱讀文章，再以VR片段遊覽相關地方，最後進行討論及寫作。學生閱讀了《屯門河》、《山上山下》等文章，再透過VR技術，在課堂中觀察屯門河一帶的景色、行人情況，以及青山寺、青山禪院內外的景象，學生可以身臨其境體驗不同場景，與文章內容相互對照，以加深對文章內容的理解，部份VR片段除了影像外，更能聽到聲音效果，有助深化理解和記憶。朱嘉儀同學表示「與科技結合的中



魏廷駿：

在我戴上VR眼鏡的那一刻，整個教室的環境瞬間消失了，取而代之的是由屯門各處街景組成的虛擬實境。



張珮兒：

坐在課室，人卻可以走出我們的小小世界探索新環境，利用科技的進步達成以往有所限制而無法做到的事，真的很酷呢！



文堂比較新奇有趣，沒想到可以利用VR幫助作文。記得有次我們需要描述新墟街市的樣貌，當我在電話選擇好情景，戴上VR眼鏡後，就像身在其中，看着買菜的人在每個檔鋪穿梭，他們的衣着打扮，臉上的表情，都被我仔細觀察着，同時聽着老闆叫賣和與顧客議價的聲音，讓我在短時間內認識一個地方。」施哲喻同學也有新的體會，「VR幫我發掘屯門陌生的一面，說來慚愧，作為屯門人，我竟不知道有青山寺存在，不知道屯門還有那麼古色古香的地方。」

另外，虛擬實境可以促進自主學習，學生可以自己探索虛擬環境，選擇自己感興趣的主題，以自己的節奏學習，再通過小組討論與同學交流，以深化學習成果。

在閱讀文章及進行VR觀察後，學生以屯門不同地點為核心創作文章，學生的文章主題多元，包括對社區變遷的反思、對時光消逝的體會以及對人情冷暖的感受等，在VR教學及經過老師引導後，學生比較能仔細感受周遭事物，再選材寫作，文章內容較為豐富具體。蕭叡同學指出「相比照片，虛擬實境更能讓我感受到真實的氛圍和細節，最讓我印象深刻的一點是聽覺的體驗。透過VR，我可以在寫作中聽到各種聲音，如街市內賣家的呼喝聲、人群的嘈雜聲。這些聲音使我的描寫更加豐富生動。除此以外，我也體驗到了不同的視覺角度對於描寫的重要性。通過VR，我可以在寫作中改變我的視角，從而觀察和描繪事物的不同面向。」

總的來說，虛擬實境學習提供了更豐富的學習體驗和互動性，有助於激發學生的創造力和興趣。





## 35周年校慶

「樂。塗。陶」  
師生集體創作

兩位畢業校友帶領一眾中三級藝術大使為全校師生製作陶藝葉子。

為慶祝35周年校慶，田慶先校監，歷屆校長包括戴希立校長、吳潔容校長、紀思輝校長以及一眾師生合力以陶藝彩繪形式進行集體創作。作品裝置於學校正門，既為校園增添了豐富的色彩，亦成為了觸目且別具意義的作品。

是次創作名為「樂。塗。陶」。創作過程先由兩位畢業校友帶領一眾中三級藝術大使為全校師生預備陶藝葉子每名師生在陶藝葉子上進行彩繪，畫上獨一無二的圖案，盡顯個人風格。最後，陶藝葉子經燒製後拼砌成一朵大蒲公英。

陶藝作品旁寫上由孔敏芳副校長及李家偉副校長所撰寫的祝願：

*"Together blooming to a better tomorrow."*

寓意「仁田中人」是由獨特的每一位所組成，正如作品中的每片葉子皆由一位仁田中人所創。

與此同時，各人又因著「仁田中」而走在一起，合併綻放成一朵美麗的大蒲公英。這正正有賴「大家走在一起，彼此配搭」，有著共同的信念——為學校、社區、社會帶來正面的影響，共建美好。





藝術大使為田慶先校監、戴希立校長、吳潔容校長、紀思輝校長講解陶藝彩繪的方法。



師生在陶藝葉子上進行彩繪，畫上獨一無二的圖案，盡顯個人風格。



由師生創作的陶藝彩繪葉子作品，最後拼合成一朵美麗的大蒲公英："Together blooming to a better tomorrow."



學校正門上方是創校人田家炳博士以校訓「己立立人」題字的馬賽克作品，與右方35校周年校慶的「樂。塗。陶」師生集體創作互相輝映。同時也正好說明仁田中以田家炳博士的理念為辦學宗旨及核心價值，師生則協力實踐校訓，尤如蒲公英的種子一樣，飄散到不同地方，繁衍開花，生生不息，成為不同群體的祝福。



# Music Education

## Music Club

Music Club aims to cultivate students' interest in music performance by encouraging them to showcase in front of peers and teachers monthly. Pop songs and instrumental jamming experiences create a platform for students to hone their musical techniques and collaborate with others musically, thereby breathing life into the school campus with a warm music vibe.

## Choir

TKP Choir has become more active recently, with more than 60 students willing to join and perform together. Coached by a professional conductor, we have been awarded the Silver Prize in the JSMA Choir Competition 2023. Singing together with peers makes students feel confident about their voice. They have been growing together as a team.





# 2023年梅州之旅 — 細察田家炳先生故鄉的 「人」、「情」、「味」

3A 曾梓欣 3B 樂子喬

2023年8月，我們參加了由大埔縣旅港同鄉會籌辦的「梅州大埔青年學生文化學習交流團」，細察田家炳先生故鄉的「人」、「情」、「味」，了解當地的文化歷史。



攝於田家炳紀念館

## 人

田家炳先生捐助近300多間學校，為教育無私奉獻，故被稱為「百校之父」。在參觀田家炳紀念館及其故居後，我們更認同他畢生實踐「勤、檢、誠、樸」的四大美德，如循環使用塑料瓶子、不斷修補鞋子，從不浪費。田先生曾說過：「利人必能利己，己立才能立人」。「己立立人」正是本校校訓。加上，他一生不追求名利，經常設身處地為人設想，十分值得我們學習。

## 情

活動負責人張姨十分和藹可親，當我們有什麼問題不清楚，她也耐心地解答。當地民眾也十分熱情好客，例如酒店老闆親切地問我們想吃什麼，又經常和我們聊天。在參觀嘉應大學期間，司機叔叔帶我們乘上專用車遊覽學校，即使我們有什麼好奇的問題，他也一一回應，非常好客。



一桌豐富的菜餚，足見熱情的款待

## 味

在整個考察中，最奇妙的必定是體驗客家小吃——簕板製作了。我們用木薯粉做外皮，再加入不同的餡料。在親身體驗製作過程中，我們還開玩笑說人人都可以當「客家小廚神」了！最後，在晚飯時，我們吃了親手製作的簕板。不僅當上小廚神，還成為美食家！



客家小廚神在製作簕板中



# Summer 2023 Singapore Study Tour

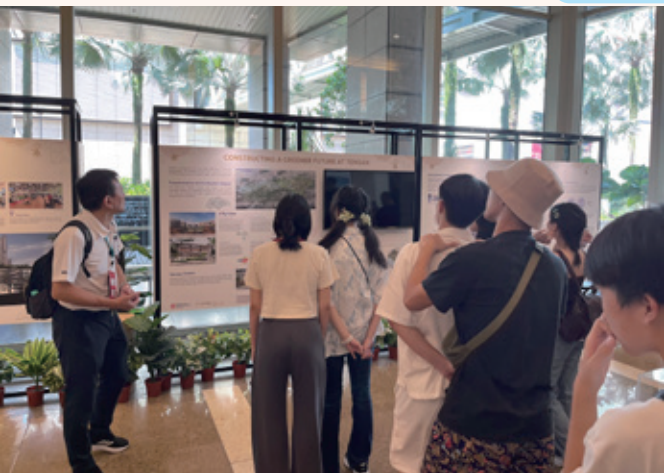
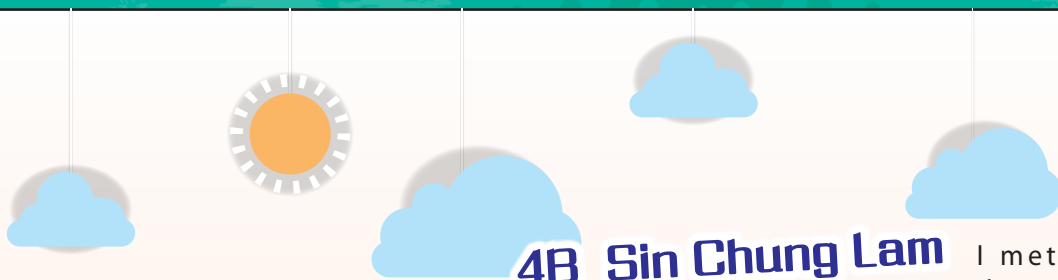


**Students had fun**  
in the Universal Studio.

As the first post-covid study tour at our school, the Singapore Study Tour has successfully brought some joy and exposure to our students. There were 25 senior form students, including 11 students studying Tourism and Hospitality Studies (THS), participating in this trip. The trip started with an inquiry question, i.e. "Why and how do we always compare Singapore with Hong Kong?" Students are asked to use that perspective to experience the country in different dimensions like housing, cultural diversity and environmental conservation. Some in-depth discussions were generated throughout the journey. THS students had first-hand experience in the operation of the tourism and hospitality industries.

Our tour guide was introducing the culture of Little India to students.





Students were understanding the housing development plans in Singapore.

**5C Yuan Da Hong** This was my first time traveling away from my family. Although classmates and teachers accompanied me, I was a bit uncomfortable without friends and family. At the beginning, I looked at my mobile phone all the time. After arriving in Singapore, my first feeling was that it was unfamiliar. Communication in English when passing customs made me feel very scared, but the tour guide was very kind and responsible. Everything turned out to be great. At Universal Studios, I had a lot of fun, but I was anxious when to do tasks given by teachers. I didn't dare to find foreigners for interviews. I had to muster up all my courage to even find Chinese people. Overall, my classmates are warm and friendly, which makes me feel warm even without friends.

## 4B Sin Chung Lam

I met many people during this study tour, both group friends and strangers. I would like to introduce Kamla, an Indian girl I met at Universal Studios. We were waiting in line for a roller coaster ride at that time. In the queue, I chatted with Kamla and another 13-year-old German boy. For me, communicating in English during the process was a new and challenging experience.

On the day when I had to return to Hong Kong, I completed a questionnaire while waiting to board the plane. The airport staff responsible for asking questions continued to talk with me for nearly 15 minutes. Talking to a stranger in English for such a long time for me was something I had never experienced in Hong Kong. I learnt a lot.



Visiting the National University of Singapore allowed students to learn more about overseas study.



## 6A Liu Zi Ya

I had a deep reflection on this Singapore trip. I think the quality of life of the Singaporean people is very high in various ways, such as in the social, economic, cultural, environmental, and political aspects.

In terms of culture, Singaporeans are very tolerant, and people of different races and colours can find good development opportunities in Singapore. For example, most South Asians in Hong Kong can only work in low-skilled jobs, such as delivery workers, but in Singapore, they can wear suits and become senior executives. Singapore gives opportunities to people of different races instead of restricting their development.



# YOTTKP and TOSS

## Interflow Program



In order to enrich students' learning in leadership building, our school student leaders from teams, including the Prefect Team, BBS, houses, and ECAC, jointly participated in the interflow program in 2023, meeting student leaders from Tak Oi Secondary School (TOSS). It was not the first time for the two schools to organise such meaningful learning activities for our students. The program includes the first briefing at our school and full-day schooling experiences for TKP and TOSS students attending lessons from different schools. Students had gained lots of inspiration from their exchange with their friends at TOSS.



*First time students from two schools met at our school.*



*A full-day school at TPSS for our students is definitely an interesting experience.*





# Yan Oi Tong Tin Ka Ping Secondary School

## Tak Oi Secondary School

### 5A Chu Ka Yee

I was lucky enough to participate in a local exchange activity this time. I had a three-day exchange activity with students from TOSS. By participating in their classroom activities and interacting with them, I learned each other's strengths from the differences between the two schools and expanded my knowledge.

From the first time we met at the briefing session held at our school, we got the chance to introduce our work in leadership positions from different schools. Even though we had the same position at our schools, the duties were completely different. For example, the prefects of our school are responsible for checking clothing and appearance, while the prefects of TOSS are responsible for hosting morning meetings. We learned from each other and exchanged this information so we can make improvements.

What impressed me the most was when students from TOSS came to join our lessons. I learned how to greet them, introduce our school to them, and help them adapt to the environment. This motivated

me to become more outgoing and proactive in meeting new people. After the event, we still kept in touch, shared what happened at school every day, and sometimes exchanged notes together to review together to improve learning efficiency.

This experience will be unforgettable for me. Being able to communicate with classmates from different schools is a precious thing. It has enabled me to accomplish a lot. I hope to have the opportunity to participate in similar activities in the future.



*Students of the two schools who shared similar duties came together and exchanged their experiences.*



*Our students took photos with TOSS teachers and students as farewell.*



三年疫情，使不少學生活動停擺，就連領袖團隊的承傳也受影響。當一切復常，校園的生活也如春筍般復甦。

課外活動組在試後活動期間，為四社及課外活動委員會籌辦一次以「承傳」為主題的領袖訓練營。在培訓營內，有別於一般的學生訓練，當中邀請了過去的、現在的、未來的社長、課委主席一同出席，由師兄師姐帶領活動，分享回饋，讓領袖學生能利用培訓營提供的機會，實踐改進領導及溝通技巧。

兩日一夜的活動，讓各單位的領袖一起經歷，分享籌辦活動、帶領團隊的經驗，一方面加深他們彼此的認識，一方面也讓他們經歷到老師及同學對他們的付出，從而建立堅實的互信的關係。

### 5A 蕭睿 (黃社社長)

這次training camp為我提供了一次豐富多彩的體驗。透過製作迷你砲架和竹筏，我不僅學到打繩結技巧，還鍛鍊了團隊合作、溝通和應變的能力。在規定時間內完成砲架和竹筏，既有挑戰性和成就感，同時也培養了我的團隊意識和自信心。我非常感激有機會參加這次讓我受益匪淺的training camp。



## 領袖訓練營







## 5B 陳晞濤 (課委主席)

入營安頓好後開始訓練，得知自己要帶領一個小分隊，當刻是有不少的壓力。

我加入課委的年資並不長，對組內幹事們不太熟悉，深怕默契欠佳。但他們願意聆聽我的策略，也分享各自的看法，過程中有講有笑，有突發狀況時大家也願意一同解決，令我察覺到自己的領導才能並沒有想像中那麼差。



接下來燒烤、製作迷你炮架及浮筏等活動，是我最為喜歡的。機會是留給有準備的人，擁有多多年童軍經驗的我，在這裏得到一展所長的機會，例如生火及先鋒工程。望着兩位阿Sir對着BBQ爐束手無策，需要我的幫助來生火，我心中難免暗爽一下，也因這個「被需要」的情況，令我這個不善交談的人，有機會與其他領袖學生接觸交流，讓我提升不少自信呢！

## 5C 冼子隴 (藍社社長)

本想着領袖訓練營只是一個類似軍訓的宿營，但原來是一個讓我們一眾領袖學生更加互相了解彼此的訓練營。當中我們進行了很多任務，例如在製造木筏中，領導我們的前任社長，把我們每個人分配到不同崗位，分工合作，讓我們的木筏製造得非常穩妥和快捷。

就像一個團隊，如果沒有明確的分工，沒有團結的精神，就像一艘粗製濫造的木筏般容易支離破碎。透過這次領袖訓練營，讓我學會作為一社之長該背負什麼責任和怎樣管理一個大團體。





# ***The Future Legal Professionals program @ HKU Summer Institute (HKUSI)***

## ***A Taste of HKU Academy for the Talented***



Last summer, we had the incredible opportunity to participate in the Future Legal Professionals program organized by HKUSI. This immersive 9-day course delved into various aspects of law, such as the legal system in Hong Kong, legal research, and criminal procedure. The course was structured similarly to undergraduate studies, where we could choose seats and open our laptops to engage in class.

Throughout the course, the lectures provided us with a solid foundation in law. We not only learned theoretical concepts but also gained practical insights into the legal field. In addition to classroom lectures, we attended a mock trial, which allowed us to experience the legal process firsthand. The mock trial involved three roles: prosecutors, defence lawyers, and the magistrate. Prosecutors were tasked with proving the defendant's guilt, defence lawyers represented the defendant, and the magistrate presided over the trial. This experience gave us a profound understanding of the importance of criminal procedure and the challenges prosecutors face.

In addition to the academic aspects, the program offered us opportunities to explore undergraduate legal studies at HKU and gain insights into the legal profession in Hong Kong. We benefited from listening to students' and lecturers' sharing, and we also had the chance to visit the Lui Che Woo Law Library at HKU. After the program, we have become more determined about our future careers.

During the program, we made new friends by discussing during the lessons and attending the mock trial. We encouraged and supported one another to reach our goals. Although we are from different schools, we will cherish the valuable friendships we cultivated and the unforgettable moments we had during the course.

Lastly, the Future Legal Professionals program was a rewarding enrichment experience. Not only have we acquired practical legal knowledge, but also we have made some new friends. We are grateful to the school for offering such invaluable opportunities, and we hope we can join the equivalent programs in the future.





# Outside-school Awards in 2022-2023

舉辦機構或團體	活動名稱		參加者或組別		成績
香港學界體育聯會	校際游泳比賽	男子甲組	5B 曾俊軒	100米背 50 米背泳	冠軍 亞軍
		女子甲組	5B 鍾曦瞳	200米自由泳 50米蝶泳	亞軍
		女子丙組	1B 陳佳鈺	100米自由泳 50米蝶泳	冠軍
			1A 李心瑜	50米蛙泳 50米蝶泳	亞軍 季軍
			1D 倪可文	100米自由泳 50米背泳	亞軍 季軍
			1A 李心瑜 1B 陳佳鈺、朱珮慧 1D 倪可文	團體殿軍	
	校際田徑比賽	女子乙組	3B 彭煒期	跳高	殿軍
		女子丙組	1C 辛 辛	跳高	季軍
		男子丙組	1D 薛竣文	跳高	
	校際羽毛球比賽	羽毛球女乙組	2D 叶蓁蓁 3A 鍾嘉琪 3B 熊范穎 3C 關子妍 3C 鄧樂融 4D 曾鑫宜	季軍	
校際排球賽比賽	屯門區女子U19 排球賽	4A 林穎涵 4C 楊雪怡 4D 何泳嘉 4B 彭穎琳、王樂琦、劉靖童 5A 譚綺晴 5B 曾樂晴 6A 李麗淇 6B 蘇詠詩	殿軍		
鄭任安小學	友校接力賽		1C 辛 辛 1D 薛竣文、陳揚揚 2C 劉鈞洛	殿軍	
香港地壺球 元朗大會堂合辦	禧燕盃 — 新界西中學T3地壺球錦標賽 中學組別		4A 曾曉滙 4C 黃冠熹、冼子瓏 4C 黃靖喬	冠軍	
香港草地滾球總會 康樂及文化事務署合辦	全港學界草地滾球公開賽 2023 中學組		4B 姚煦朗 4C 黃冠熹	亞軍	
第51屆全港公開舞蹈 比賽	中國舞（公開組）		5C 李詠欣、韋依玟 ～守月（藏族）	銀獎	
第59屆學校舞蹈節	中國舞組（獨舞）		3B 彭煒期 ～遠方（藏族） 3C 仲芷瑩 ～秋色（古典）	甲等獎	
	中國舞組（雙人舞）		5C 李詠欣、韋依玟 ～守月（藏族）		
	爵士舞（獨舞）		1A 孫佩賢 ～TOUGH LOVE	優等獎及編舞獎	
	拉丁舞（查查查）		4B 彭穎琳 4D 蔡海晴	甲等獎	
	拉丁舞（牛仔、查查查）		1B 李欣恣 3A 李潤怡 3C 彭芷菁 3D 李樂潼	乙等獎	
	拉丁舞（查查查）		1D 陳穎楠 3A 陳穎姮	乙等獎	
	拉丁舞（牛仔）		1D 陳穎楠 4C 黃靖喬	乙等獎	
中國香港啦啦隊總會	啦啦隊錦標賽	初級（大） L3-L4女子組	4B 劉靖童	銀獎 第二名	



舉辦機構或團體	活動名稱		參加者或組別	成績
香港青年兒童文藝協會	第六屆全港中英文徵文大賽2022 中學組（中文）		3A 吳仕佳	銅獎
教育局、大公文匯、 未來之星	第十二屆全港學生中國國情知識大賽 中學組個人賽		4B 吳宇軒 4D 黃景滔 5C 陳菲特、鍾睿彤、符念欣 5C 李詠欣、羅綺君、韋依玟 5C 黃嘉怡、黃琬妍 5D 李天盈 6B 黃兆嫻	優異獎
教育局課程發展處 藝術教育組	「華裳聲藝」服裝設計比賽		3A 莫亦妍 4D 黃靜然	優異獎
數理思維教室	數學思維大激鬥		2A 何文傑、暨曉諾	金獎
			1A 李康舜 1C 林卓賢 3A 何卓羲	銀獎
			1D 張城峰 2A 蕭栢翹	銅獎
香港中文大學	信息數學競賽		5D 張棋晉	銀獎
			5A 蘇宏耀、甄宇岳	銅獎
			5A 吳子樂、黃永鋒、余景濂 5A 許鑒銘	榮譽獎
保良局 香港數理教育學會	香港青少年數學精英選拔賽		3A 卜禧揚 3C 胡君賢	三等獎
教育局 數學教育組	中學數學專題習作比賽		1A 陳宜新、黃峻熙、馬卓琳 1A 莫景雲、鄧泳晴、孫佩賢 3A 黎子欣、胡睿涵、何卓羲 3A 卜禧揚、吳仕佳、陳嘉灝	表現良好
香港真光中學	香港真光中學女子數學邀請賽		4A 閻秋吏、林穎涵、林映淇	優異獎
香港學校 音樂及朗誦協會	第75屆校際音樂節	鋼琴獨奏	1A 陳玟君 1A 蔡樂謙 2C 唐 瑤	第三名 第二名 第一名
		二胡獨奏	5B 盧亦延	第三名
香港聯校音樂協會	聯校音樂大賽	合唱團	1A 鄭巧澄、陳樂瞳、李樂迎 1A 孫佩賢、區栢喬、李柏和 1B 陳希賢、李慧妍、李欣恣 1B 張藝霖、鄭峻榮、廖國軒 1B 戴愉軒、王熙舜 1C 區梓翹、陳雋亨、陳 洵 1D 張立衡、張城峰 2A 劉穎欣 2B 彭愷琦、曾鋤漫、黃美柔 2D 李嘉澐、吳美琳、黃詩雅 2D 叶蓁蓁 3A 陳穎姮、鍾凱妍 3B 何添發 3C 梁 豐 3D 曾子愉、黃心怡 4C 余柏喬 5C 李思澄	銀獎
屯門區中學校長會	屯門區卓越學生獎2022-2023		3B 彭煒期	初中組
			6B 李麗淇	高中組
教育局及公益少年團	尊師重道好少年		3A 何卓羲	尊師重道好少年