



保良局馬錦明夫人章馥仙中學
Po Leung Kuk Mrs. Ma Kam Ming-Cheung Fook Sien College

章中銀禧年 師生同心連

團結創無限 拼砌闢新天

ONE FOR ALL.

ALL FOR MORE.

NEWSLETTER

2022-2023



ANNIVERSARY
CELEBRATION



Website



Telegram



Instagram



Youtube

Principal's message

校長的話



Conveniently located in Tung Chung, our school has been serving the community for more than 25 years. With the shared vision of becoming a learning organization that provides quality educational opportunities for students to become well-equipped 21st century citizens who continuously pursue excellence, our teachers and students alike are sustainably growing to expand our capabilities and capacity.

On the way to normalcy, we are also redefining normalcy at the same time. With the challenges brought by the pandemic came new opportunities and possibilities. While we are resuming normal teaching and co-curricular activities to enrich students' learning experiences, our tech-savvy students and staff are making learning more personalised with the experience earned during the suspension of face-to-face classes. Back to the campus all day, students have ample opportunities to interact with different people. Through multifaceted activities, we aim to help students get along with others and even foster deeper bonding with people outside of their families and create memorable memories together as a team.

In the year of celebrating the 25th anniversary of the school, we are glad to see our students' potential being unleashed in different ways. Students and staff showcased their creativity in the various competitions, such as Logo Design Competition, Chinese and English Slogan Competition and Mascot Design Competition. All classes have taken part in Show Time! to demonstrate their unity, talent and friendship. Diverse performances to be staged on the Grand Finale and academic projects in connection to Lantau or Tung Chung for the Open Day are all under way to affirm our commitment to serve the community.

To us, CFS is our second home. It is a place where we grow, we learn, we love and we care. The spirit is essentially captured by our slogan for the 25th School Anniversary: *One for all. All for more.* We will continue to thrive in the next 25 years, together with Tung Chung, our beloved community.

We can't wait to share our wonderful school life with you.

*Ms. Joanna Or
Principal*

本校位於東涌，交通便利，環境優美。轉眼間本校紮根東涌已廿五載，秉持著「愛、敬、勤、誠」的辦學宗旨，一向致力為莘莘學子提供適切的教育，培育人才。

隨著疫情緩和，校園生活亦逐漸回復常態。過去三年疫情雖然為我們帶來不少挑戰，但同時亦帶來不少機遇。本校教職員和學生在暫停面授課堂期間，掌握了不少利用資訊科技教學和學習的知識及技巧，以方便進行網上教學，相信在復常後亦可運用在平時的學習上，提升學習效能。復常後，除全日面授課堂外，各項聯課活動亦會復辦，讓學生有更多機會與人交流互動，提升社交技巧，在校園共同創造更多美好回憶，培養對校園的歸屬感。

今年本校慶祝創校二十五週年，我們樂見同學各展所長，盡顯不同潛能。同學和老師在不同比賽都能發揮無窮創意，例如在標誌設計比賽、中英文標語和吉祥物設計比賽都有精彩作品參賽，各班同學皆表現出團結友愛的精神。本校將於七月舉行校慶「大匯演」，除各項表演，屆時亦會展示有關大嶼山或東涌的多元化學術研究計劃成果，加強本校與社區的聯繫，展現本校服務社區的熱誠。

對我們一眾師生來說，章中就是第二個家。我們在這裡成長、學習，互相愛護和關懷。這種精神亦反映在本校二十五週年校慶的口號上：「One for all. All for more.」。我們會在未來繼續培育人才，心繫社區。

歡迎加入章中的大家庭，希望閣下能在本校報感受到章中的美好校園生活！

柯玉琮校長



25th Anniversary Celebration



Introduction & History

Po Leung Kuk Mrs. Ma Kam Ming-Cheung Fook Sien College is a co-educational aided secondary school established in Tung Chung in 1997. The vision and mission of our school is to provide quality educational opportunities for students to become well-equipped 21st century citizens who continuously pursue excellence. In this school year, as the pandemic has faded and we are back to normalcy gradually, we have staged a series of events celebrating the 25th anniversary of our school.



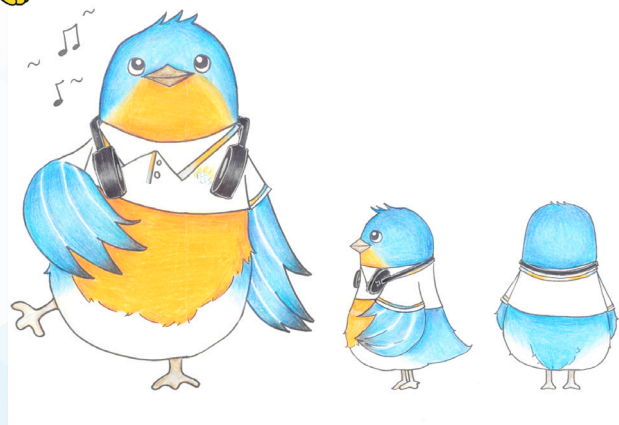
Slogan & Mascot

“One for all. All for more.” is the slogan of the 25th anniversary. It conveys the meaning of uniqueness, synergy and diversity in our students.

ONE FOR ALL, ALL FOR MORE.

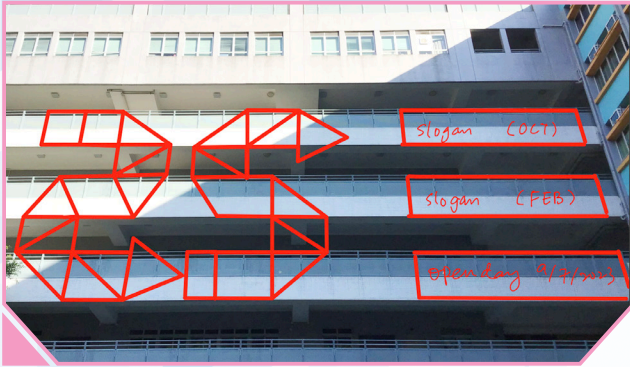
章中銀禧年 師生同心連 團結創無限 研砌闢新天

Our Principal Ms. Or Yuk King Joanna, who is one of the creators of the slogan, recalled the inspiration for the slogan. “Our 25th Anniversary Celebration Organising Committee brainstormed and came up with the idea of having a tangram as the symbol.” Ms. Or shared in one of her morning sharings. “Consisting of seven unique polygons, a tangram can be transformed into countless distinct patterns, which symbolises infinite possibilities created by the collective wisdom and strengths of the members of the PLKCFS family. It also echoes the idea of synergy from our school’s S4 English reader, *The 7 Habits of Highly Effective Teens*. This was how the slogan ‘One for all. All for more.’ popped into my mind.” The slogan was finally selected after a poll among our students.



Our students also voted for the anniversary mascot and the Blue Bird was selected. The mascot, which was designed by Lau Lam Wan Nathania from Class 3B, symbolises positivity, agility, happiness and the pursuit of dreams.

Banner design



A colossal number “25” will be displayed against the exterior wall of the new wing of the school campus to mark the milestone of our 25th anniversary.

Each of our 26 classes will design a banner that showcases their creativity and collaboration. The banners will be pieced together to form a collage in the shape of the number “25”. The Principal, teachers and supporting staff made the first banner in August 2022 to kick off the celebration. The collaborative activity shows that every one of us has a part to play and our community and visitors are the witnesses to our important milestone.



Show Time!

A new stage was installed in the covered playground to give every class the honour of giving a performance during lunch time to celebrate the 25th Anniversary. It was a great platform for our students to showcase their talents. Some classes sang songs, some classes played instruments and one class even performed a lion dance! It was also an invaluable opportunity for each class to strengthen their bonding. Every month, a class was selected as the Best Performing Class of the month.



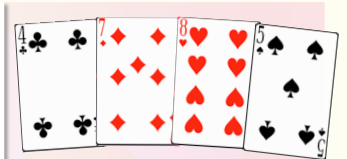
S1 “Make 24” Maths Competition

While the Mathematics game “Make 24” may be one of the favourite pastimes of many students, our S1 students had their own spin on the game with their “Make 25” competition. This activity allowed students to celebrate the 25th Anniversary of the school while arousing their interest in Mathematics and practising their numeracy skills.

The “25th Anniversary Celebration - Make 24 Competition” was held on 21 October in the school hall. In order to echo the 25th Anniversary of the school, a “Make 25” part was specially added to the competition.

The event was divided into 3 rounds. The third round was a relay race game and it was the time for class representatives to earn marks – 20 marks for a correct “Make 24” answer and 30 marks for a “Make 25” answer.

The cheers and shouts of encouragement echoed through the halls as each class vied for victory in the competition as well as points for the Supreme Cup. It was a close contest throughout the game, but in the end, the hard work and dedication of Class 1B paid off as they seized the championship title.



S2 English Drama Competition

Our S2 students got the chance to cultivate their creativity by writing drama scripts and producing drama video clips in the 25th Anniversary Inter-class English Mini-Drama Competition.

The theme of the drama competition was the importance of a harmonious neighbourhood, which reflected one of the values the school has been emphasising for years.

Students from each class formed teams. They created their stories, wrote the scripts, filmed their performances and edited their video clips with visual and audio effects. The awards – Champion, Best Script Writing, Best Effects, Outstanding Actor, Outstanding Actress and Students' Choice Award – were presented to celebrate our students' remarkable performances. Outstanding videos will be displayed in the finale of our 25th Anniversary.



S4 Travelling Project Competition

Guests participating in the finale of our 25th Anniversary will also be able to appreciate the distinguished video productions by our S4 students introducing Lantau Island, where our school has been situated since it was founded 25 years ago.

The theme of the project was "Love for PLKCFs and our Community". This project aimed at shining a light on the hidden gems of Lantau Island and demonstrating our students' love and care of our neighbourhood. The teams in each S4 class collaboratively researched tourist attractions on Lantau Island, organised a visit, gathered first-hand information about them and produced 3-minute videos. Apart from originality and innovativeness, the connectedness between the attractions and our school were considered when the videos were reviewed.



S4 Little Entrepreneurs

As part of their course, S4 students who are studying Economics and Business, Accounting and Financial Studies (BAFS) conducted the project "Little Entrepreneurs" in March 2023, aiming at applying their knowledge in the subjects by setting up entrepreneurial businesses.

After having drafted proposals, ordered products, designed game booths and advertised their businesses, groups of students set up booths on 1 and 3 March 2023 at lunchtime and after school in the school hall to sell their products. The bustling booths and long queues in front of the booths demonstrated the passion and the competitiveness among the hosting groups as well as the active participation of our students.



S5 English Debate Competition

As an extended activity of the school-based English curriculum, the Inter-class Debate Competition is held annually in S5.

This year, the preliminary round was held on 7 March. The motion was "This house would fine companies who use greenwashing advertising campaigns." 5B and 5C won to enter the final round and Kyle Kwok from 5B and Samara Canon from 5C were proclaimed to be the Best Debaters in the respective matchups.

The final round was held on 22 March. 5B and 5C debated the motion "This house would pay interns the minimum wage." After passionate exchanges of views, S4 and S5 witnessed 5C being declared the champion and Benson Lee from 5C being named the Best Debater.



IT Innovation Lab in Schools

Background of the programme

In the 2017 Policy Address, the former Chief Executive Carrie Lam stressed the importance of fostering the interest of young people in IT and innovative thinking given the demand for IT talent in various industries. According to the 2019-2020 Budget Speech, \$500 million has been deployed to implement "The IT Innovation Lab in Secondary Schools" programme in the coming three school years. Our school has successfully applied for funding from the programme and our students have had the opportunity to attend various IT-related workshops and courses to deepen their knowledge of IT in the early years of secondary school.

A variety of courses across forms



With the funding, our school has organised courses on Swift, a programming language, for S1 and S2 students. The students first learned about the basic knowledge of Artificial Intelligence (AI) and Swift, and then had the chance to apply the programming language in the Swift Playgrounds, a visual development environment for the Swift programming language.

The courses for S3 students focused on Augmented Reality (AR) and Reality Composer. The students created interactive AR experiences with virtual objects available in the AR resource library. They also made their AR scenes more realistic with spatial audio elements.

There have been two courses for S4 and S5 students. The first course was AI & Core Machine Learning. AI is a concept that enables machines or systems to perform tasks that typically require human intelligence whereas machine learning is an application of AI where machines extract knowledge from data and learn independently. The second course was App Development. In the course, students designed apps with programming languages and software development technologies such as Virtual Reality (VR) and Extended Reality (XR). In the process, students mastered the necessary technology of software development, information systems and app development.

The programme has already been launched for half a year. Most of the students were satisfied with the activities in the programme and developed their interest in IT, which shows that the aims of this program were achieved successfully.



Feedback from students

Chew Yeuk Nam from Class 2A is a new programmer. She did not know programming before the launch of this programme. "The tutor introduced the definition of a programme and gave some examples like Siri," said Yeuk Nam. "I controlled a character to collect gems by coding in the Swift Playground. I also made a rock paper scissors game in the lesson."

She coded three programmes in the course. She was thankful that the teacher taught her patiently. She developed an interest in this area and says she will keep joining these kinds of activities in the future.

Lam Pui Ying, a classmate of Yeuk Nam, also found coding a rock paper scissors game interesting. "In this lesson, I learnt many useful and important skills about programming. It was a bit difficult for me at first, but I kept trying and gradually learned a lot of knowledge related to programming."



Annual Athletic Meet

Interviews of the officiating guests

The Athletic Meet is an event that students look forward to every year. It is an event where they can showcase their athletic abilities and have a joyous time with their peers. This year's Athletic Meet was even more special, as the school invited Zhang Ling, a renowned tennis player, and Lee Chun Ho, a renowned karate competitor, as officiating guests. After having learned good lessons from their speeches, we also had the honour to interview them.

From Adversity to Inspiration: Lee Chun Ho's Journey of Perseverance



Lee Chun Ho is a well-known Hong Kong karate athlete. He has won numerous international competitions, including the East Asian Karate Federation Championship. He was an elite member of the Hong Kong Karate Team for 13 years.

Lee's success story began when he started doing karate at an early age merely to lose weight. He soon developed a passion for the sport and worked hard to improve his skills. During his career, Lee faced a plethora of challenges and setbacks. One of the most recent ones was the COVID-19 pandemic. As the pandemic hit the world, training sessions and competitions came to a halt. Lee struggled to maintain his training and fitness levels. Then, to make the situation more challenging, he was the first local sportsman to test positive for coronavirus after returning from training in Paris. During the 7-week treatment and recovery process, he remained optimistic and persevered -- he realised that we cannot control the outcome or process, but we can choose how to perceive difficulties and how to tackle them.

Lee would like karate to be taught in schools, particularly for ambitious teenagers, hoping that the new generation can develop an interest and passion for the sport. His passion and dedication to the sport are evident, and his message to students is clear: find something you love and work hard to achieve your goals.



Zhang Ling – Small City, Big Dreams



We also had the pleasure of interviewing Zhang Ling, a renowned tennis player who has represented Hong Kong in numerous competitions. Zhang reached her highest singles ranking of 184 in the Women's Tennis Association (WTA) on September 12, 2011, and her highest WTA doubles ranking of 219 on June 22, 2009. She won 14 singles titles and seven doubles titles on the ITF Women's Circuit.

Zhang fell in love with the sport at a young age and appreciated its individualistic nature, which requires independence, decision-making, and problem-solving skills. Tennis has taught her the importance



of resilience, which she applies not only in sports but also in her daily life.

However, Zhang's journey has not always been easy. Elbow and wrist injuries required surgery in Germany, which made her question whether she could

continue playing. With the support of her loved ones, she was able to overcome these setbacks. She faced another challenge when the pandemic disrupted her training and competitions. Nonetheless, she took this as an opportunity to reset and rebuild.

Having recently announced her retirement, Zhang is now enjoying her well-deserved rest. We asked for a fun fact about herself, and she revealed that if she had not been a tennis player, she would have pursued a career in medicine. She is now taking sports management courses and, in the short term, she hopes to lead the Hong Kong female tennis team to the Asian Games 2023.

Zhang's story is a testament to the power of hard work, resilience and dedication in achieving one's dreams. She emphasised the importance of treating winning and losing alike. Whenever we have set goals, we have to commit ourselves fully to achieving them. Having a positive attitude towards life, despite its ups and downs, is crucial to success.



久違的陸運會

自疫情以來，今年終於迎來復常的周年陸運會，全體同學可以再踏足青衣運動場，一同較勁，一起留下美好的回憶。

校訊記者：4C吳家穎、4D梁靜儀

紅社社長：5B李欣庭 黃社社長：5B司徒詠欣

綠社社長：5C胡曉彤 藍社社長：5C孫家恆

記者：今年要舉辦久違多時的陸運會。身為社長，你們怎樣為社員們作準備？

李：我會帶頭為社員打氣，希望帶動氣氛！我們都準備了泡泡機，令大家享受整個陸運會。

司徒：我想社員為自己社打氣，我就想到為大家準備打氣棒，大家一起揮動，就會好有氣氛，大家就會投入其中。

胡：我都會鼓勵社員，例如社際接力賽，我會鼓勵他們踴躍參與，因為陸運會停了3年，今年是一個好機會讓大家享受運動、團體的活動。

孫：我希望大家都能參與比賽！所以我作為社長，會盡力鼓勵社員參賽，好似社際接力賽，甚麼都試下，不要介意勝負。

記者：你們對於籌辦啦啦隊有甚麼看法？

李：我受到師兄師姐的感染，我見到他們盡心盡力幫忙，令我都想投入活動。啦啦隊是一個可以團結不同年級同學，加強對社的歸屬感。

司徒：可以搞啦啦隊是一件好難得的事，始終停辦了多年。這可以凝聚不同年級的同學一起享受表演，我好想同學可以體驗當中的樂趣，練習都是開心有趣的。

胡：我就覺得在場上的跑步是個人競技為主，而啦啦隊要一場排位、一起練，是屬於大家的集體回憶，多年之後，大家都會記得。

孫：我覺得搞啦啦隊是一個代表自己社，展現社的氣勢、活力！因為跑的時候，未必全場都望著自己，反而是啦啦隊表演會吸引到全場的目光，可以表現出社的活力和團結。

記者：在今次陸運會中，自己有甚麼得著？

李：我學會了時間分配、要懂得將工作分部分完成。這些經驗都好寶貴，畢竟作為社長，要懂得統籌工作，才可順利完成。另外，在啦啦隊練習，見到社幹、社員之間多了溝通，自己都覺得很開心，因為大家都享受今次陸運會。

司徒：我覺得籌辦今次陸運會很高心，因為有很多人會幫忙協助，同心協力的。社幹、社員都是很樂意參與社的事宜，我不是孤軍作戰。同時，明白搞活動要懂得分工。

胡：我就覺得之前以為搞陸運會很難，很大壓力。但得到大家的幫忙，我學會劃分細項逐一完成。憑著大家同心協力，困難都能迎刃而解的。

孫：我明白到團隊合作的重要，要成功，就一定要社幹、社員一起合作。我最深刻的是，我在看教口號，社員都會一起叫，一起為自己社加油。這次的親身體驗，真的令我有很大滿足感，投入社的活動中。

陳家鍵老師感言：

在章瓊仙中學任教將近十載，作為章中的體育老師，我在數年疫情後可以再次舉辦學校的陸運會，感到既緊張又興奮。畢竟這是一個讓所有學生展現自己運動才能和精神面貌的盛事，也是一個促進同學身心健康發展的重要活動。

在整個陸運會中，由籌備各項細節到比賽期間，我見證到不少同學的持續進步和成長。每位同學在不同崗位上，當中包括運動員、社員、啦啦隊成員，以至工作人員，全都展現出自己的決心和能力。我相信各位都能在今次陸運會中，獲得滿足感，感受到久違的運動樂趣。

此外，陸運會也是一個讓各位同學體現團隊精神和合作精神的好機會。無論是社際，或是班際的接力比賽、抑或是社長與社幹事間、以至啦啦隊隊員練習到比賽期間，同學們都相互協作、相互鼓勵，憑著堅毅無比的精神終能取得勝利。這不僅是對體育精神的培養，也是對同學們未來職場和社會生活中所需的重要素質的培養。

最後，我對周年陸運會能順利舉行，感到十分欣慰。雖然過程中未能盡善盡美，但我深信對於一眾章中人來說，陸運會無疑是一個具有重大意義、有超越且難忘的活動，它凝聚了全體師生、校友，為大家帶來進步和成長機會，也一起創造了美好的回憶。

田徑隊成員：
4C 李 喆 4D 梁希倫
4B 區俊朗 3A 巫濤權



能夠在強勁的校友們手中，取下冠軍，田徑隊的成員展現驚人的實力，可謂「後生可畏」。

校友和師弟努力向前跑，一較高下。



田徑隊接力賽訪問

校訊記者：5C 劉貴鳳

田徑隊成員：3A 巫濤權 4B 區俊朗 4C 李喆 4D 梁希倫

記者：你們能夠在校友師生接力賽勝出的最大的原因是甚麼？勝出比賽又有甚麼感受？

梁：我覺得我們平時有一起出去做訓練，是有幫助的。我們有足夠訓練，跑出來的成績都算是數一數二的快！勝出這次的比賽很開心，因為自己有能力超越一眾師兄！

李：我就覺得友誼最重要，今次是一次好難得的經驗，可以和不同屆的師兄切磋。我覺得這次比賽令我覺得好驚喜，因為有那麼多跑步強將一起同場競技，感謝一眾師兄肯和我們一班師弟比拼。

區：我對於可以跑這次接力賽，是開心的。可以見到以前低年級時實力好厲害的師兄宋崢浩，是一次非常難得的機會。我對自己有信心，會贏的！我呢……我中一時，覺得師兄陳浚希好厲害，今次可以超越他，好開心！

巫：我平時有運動訓練，對自己和隊友都有信心，所以盡力去比賽。而我見到師兄陳卓熙有回來參加，我記得他去年都有參加學界，有拿獎牌，都是非常厲害，所以能夠贏到，很是鼓舞。

記者：你們對於參加第一次陸運會對自己有甚麼期望？

李：我重視自己做出來的成績，希望透過不同同學的競技，知道自己的排名，當然好想超越隊友(即是巫濤權和區俊朗)啦。

梁：之前的學界比賽，幫到我有更多比賽經驗，我就希望今次陸運會做出最好成績，突破自己。

記者：今次參加陸運會最難忘的是甚麼？

區：而我呢，就是代表自己班參加班際接力。受疫情影響，今次算是第一次運動比賽，再加上無人認為我會贏，當我跑第四棒時，都好拼命。因為有班上同學的打氣，我終於得到第一個班際比賽第一。

巫：我最難忘的比賽都是接力比賽，好開心可以聽到同學的打氣聲，證明了自己的努力是有人支持的！

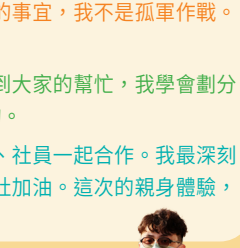
陸運會的傳統，就是全體師生一起跳課更操！



為班一戰，搏盡無悔。



四社社長代表全體運動員宣誓，竭盡全力，公平競賽，實踐體育精神！



中三級語文常識問答比賽



SHOW TIME !

今年於午間時間安排了每班的表演時段，讓同學有機會展現才能，亦加強全班的凝聚力。各班各出其謀，師生同心，向大家展現班本的特色，令午間時段歡樂不斷。



樂器班

學校鼓勵同學「一生一藝」，樂器班為一眾同學提供學習中西樂的機會！



中一級班際導賞活動及攤位遊戲設計比賽



英語日(ENGLISH DAY)

一年一度的English Day，透過不同的活動鼓勵同學學習英語。同學寓學習於玩樂，當天氣氛熾熱，同學都享受其中。



校園生活 樂續紛

自從經歷了3年多的疫情，今個學年終於「復常」了！一眾師生，享受校園裡不同的活動，即使隔著口罩，亦難掩喜悅。學校舉辦了不同類型的活動，有靜態的；有動態的，各式各樣的活動，都讓同學感受校園生活的歡樂和美好！

聖誕聯歡才藝表演

聖誕聯歡才藝表演是年度盛事，各班都各出奇謀，有的唱歌跳舞、有的重演上課的趣事、有的表演絕技，務求吸引評判的青睞。大家都盡慶而歸，感受到節日的歡樂氣氛。



HAPPY FRIDAY 2.0

學校致力讓同學了解不同藝術文化，從而擴闊眼界，每年的HAPPY FRIDAY都成了同學非常期待的活動之一。



各類社際球類比賽



學生傑出成就

「Master Code 編程大賽」 全港Minecraft中學組冠軍

人工智能日趨普及，我校同學一直對此深感興趣，希望學以致用，把握機會參加不同類型的活動，一展所長。香港教育城與Microsoft合辦的「Master Code編程大賽」比賽以「Master Code編程大賽 2021：AI 構想·智健康生活」為題，我校同學奪得Minecraft中學組冠軍，作品名為「AI智能健康監察系統」。

參賽同學因為過去在急症室長時間的等待，發現問題的嚴重性，望以AI系統自動化分流過程。設計運用人工智能技術，配合不同醫院資料作參考，將求診人士分流的過程自動化，提升醫療服務效率。同學亦希望未來有機會使用編程及AI，配合不同行業，方便社會的運作。



6D顏維、6D向俊鴻和6D雷卓賢用心設計出促進人類健康的創新方案，改善人類的生活。

人工智能及創新科技比賽

6D何進鴻參加了由香港教育大學數學與資訊科技學系、教育局、香港電腦教育學會、香港聯校科技教育協會、及香港科技教育學會聯合舉辦的「人工智能及創新科技比賽」。他的作品「AIAR校園導航」勇奪了優異獎及最佳功能及介面設計獎，他的出色表現，令人感到鼓舞！



校訊記者：5C劉貴鳳、5C蔡俊謙

記者：你的創作意念如何來？如何製造一個應用程式？

何：我今次設計是關於導航的，我為何會想到？好多時候是我見到比賽的主題後，就會反思到和生活的關係。好似今次的比賽，是源於我去科大的INFO DAY，我發現科大實在很大，我很容易迷路，於是我決定製作一個APP，為大眾提供方便、快捷的方法。我創作APP大多數是我反思到日常生活的細節，希望可以令生活有改善，變得更好。

記者：設計這些APP都不是容易的事，你遇到甚麼困難？

何：最難的是，我認為是我的年紀及身分，即使有創作意念，可以製造到軟件的部分，但要去到製成產品硬件，是好難的，因為欠缺資金，無法研製成產品。

記者：參加今次比賽，你有甚麼得著？可以和大家分享嗎？

何：我覺得有很大的得著，我增強了AR體驗，對於AR、AI人工智能多了認識。通過實驗，在過程中認識到更多、更新的發展趨勢。對於我將來投身AI人工智能的工作，有莫大的啟發。此外，參加這種全港比賽，可以有機會和一些不同學習背景的同學作交流，令我大開眼界。令我驚訝的是，其他參賽的初中同學，已經學習AI編程，追上人工智能的發展的步伐。

Girls Metaverse Hackathon

同學參加了由香港電腦教育學會舉辦的Girls Metaverse Hackathon，透過參加比賽，使用Roblox軟件製作模型，能學習到元宇宙和聯合國持續發展目標的概念，並思考如何把元宇宙概念帶回現實生活中。



5D陳嘉汶和5D夏詠林奪得比賽的季軍。

無人機科技競賽

本校學生於去年11月5日參加由保良局、中國銀行(香港)及大疆教育合辦的無人機科技競賽2022，於當天學習以手動及編程方式控制無人機，並與其他中學生進行競賽。其中，3位中五同學勇奪遙控穿越賽冠軍及編程障礙賽殿軍。



5A聶德俊、5A林澤銘、5A鄧志鏗一起參賽，發揮所長。

「展基建·齊保育@東涌西」圍板美化設計比賽

本校的同學參加了去年由土木工程署主辦的「展基建·齊保育@東涌西」圍板美化設計比賽。同學用心設計，表達對東涌未來環境的願景，作品得到評審的認同，勇奪殊榮。得獎作品將會稍後展示在工地圍板上，以美化周邊環境。

梁同學的得獎感言：

我取得冠軍的這個圍板美化比賽的主題是東涌西，東涌西是我們東涌社區內逸東附近一個正在開發的項目，未來將會在社區添加不同的自然景觀及道路。於是，便嘗試添一些東涌西未來的區域例如蝴蝶公園、近溪邊、天橋、緩跑徑等和人共處的景象，希望使別人能簡單明白到東涌西的未來美好景象，亦很榮幸得到評判欣賞，帶出東涌美好的一面。

司徒同學的得獎感言：

我好喜歡畫畫。我每次畫畫都想把自己學到的新技能呈現出來，盡情表達自己心中所想。參加這個比賽，我知道是關於東涌新區域，我就想呈現我眼中的東涌。不妨和大家分享，我是中一的時候搬入東涌的，我最深刻的印象就是：東涌竟然有牛，這個對我來說，很不可思議呢！而我今次的創作意念，就是把我觀察到的東涌呈現給大家看到。圖中的女孩帶著期待不同的發展，例如有更多的新設施的落成，匯聚新的光芒，吸引大家的眼球。

得獎名單

4D 梁靜儀	初中組冠軍
4D 李雅媛	初中組亞軍
4C 張梓晴	初中組季軍
1A 呂芯怡	初中組優異獎
1A 全 忻	初中組優異獎
1B 陳芷渝	初中組優異獎
3A 陳秋穎	初中組優異獎
3A 梁雋芳	初中組優異獎
3C 陳婉容	初中組優異獎
5B 司徒詠欣	高中組冠軍
5C 張伊彤	高中組優異獎
5B 劉詠雯	高中組優異獎
5C 黃書恆	高中組優異獎
5C 林敬恆	高中組優異獎
5D 魯丹妮	高中組優異獎



4D李雅媛同學勇奪初級組的亞軍。獲獎後，與柯校長分享喜悅。



保良局馬錦明夫人章麗仙中學 梁靜儀 3B 奪得初級組冠軍4D梁靜儀同學作品。



4C張梓晴 初中組季軍



4位修讀視覺藝術的同學，運用所學，創作自己心中的東涌，作品得到評審的認同，獲得優異獎。



「每天好精神」標語創作比賽



6A李曜彤同學(左二)和眾得獎者合照。



李同學的標語作品製作成電子海報，讓大眾了解正向的生活態度。

本校的6A李曜彤同學早前參加由教育局主辦的「每天好精神」標語創作比賽，於超過5000份參賽作品中，脫穎而出，勇奪全港高中組的亞軍，其作品更製作成資源配套，用以宣揚提升學生對精神健康素養的認識及保持良好精神健康的方法。

The 14th English Radio Drama Competition for Schools

本校一直致力鼓勵同學參加不同類型的活動，拓闊視野。本校5位的初中同學於去年參加由聰穎教育慈善基金會及語文教育及研究常務委員會（語常會）贊助的第十四屆「啟慧英國語文廣播劇創作暨演繹比賽」，當中獲得了優異獎，成績令人感到鼓舞。



柯校長和凌韻琴老師於練習前，為參賽同學3A呂沛盈、3A林彥淇、3A江紀兒、3A何嘉榮、3A張智仁打打氣。



總決賽於香港理工大學蔣震劇院舉行，一眾得獎的同學和家長、老師分享努力的成果。

Hong Kong Secondary School Debating Competition

本校一直致力鼓勵同學參加不同英語活動，本校英語辯論隊成功以出色的表現勇奪了香港中學辯論比賽冠軍(New Territories Middle Division 1)，成績令人感到鼓舞。



前排：8MR. Marc K Trotter、3A張兆同、3A林祺翔、5C李凱寧、4D楊文偉、4D巫丹、4B楊智傑及柯校長
後排：3C郭美兒、3A何嘉榮

荃灣及離島區校際女子羽毛球比賽 (2022-2023)

章中的一眾女將參加由香港學界體育聯會主辦的荃離區校際甲組羽毛球比賽，勇奪冠軍，表現出色，在中學生涯留下美好的一段回憶。



後排：6A許偉嘉、羽毛球徐教練、6A蘇琳琳、賴綺芬老師
前排：6A袁思沛、6A胡可欣、6D鍾穎芝、6D葉凱琳



荃灣及離島區校際田徑比賽(2022-2023)

章中的運動健兒參加由香港學界體育聯會主辦的荃離區校際田徑比賽，大家在運動場上揮灑汗水，獲得不俗的表現。健兒為校爭光，值得掌聲嘉許。

2B	關雅懷	女子丙組400米季軍
2A	呂芯怡	女子丙組鉛球季軍
2A	呂芯怡	女子丙組鐵餅亞軍
2A	吳紫晴	女子丙組鐵餅季軍
3C	李心怡	女子乙組鉛球殿軍
2B	謝梓軒	男子丙組標槍冠軍
2B	李思品	男子丙組跳高冠軍
2C	李曦藍	男子丙組跳高殿軍
3A	巫濤權	男子乙組跳遠亞軍
3A	巫濤權	男子乙組跳高冠軍
3B	巫錦權	男子乙組跳高亞軍
4C	吳家隆	男子乙組鐵餅季軍
6A	周彥彬	男子甲組跳遠殿軍
6A	周彥彬	男子甲組跳高殿軍



荃灣及離島區校際游泳比賽(2022-2023)

章中泳隊於今年度學界比賽滿載而歸，一共取得44面獎牌。團體方面，男子乙組取得第一名，女乙及女丙皆取得第三，男甲則得第四，表現出色。游泳健兒為校爭光，值得嘉許！



1B	孫裕程	男子丙組4x50米自由接力亞軍
1D	梁梓微	女子丙組50米蝶泳冠軍 女子丙組50米蛙泳冠軍
1D	徐梓穎	男子丙組4x50米自由接力亞軍
2A	張嘉莉	女子乙組4x50米自由接力冠軍 女子丙組200米蛙泳亞軍
2A	呂芯怡	女子丙組100米蛙泳亞軍
2A	朱嘉耀	男子丙組4x50米自由接力亞軍
2C	梁樂施	女子丙組50米自由泳冠軍 男子丙組200米自由泳冠軍
2C	李曦藍	男子丙組50米背泳亞軍 男子丙組4x50米自由接力亞軍
2D	楊濤輝	男子丙組4x50米自由接力亞軍
3A	陳梓然	男子乙組4x50米四式接力冠軍
3C	李心怡	乙組200米自由泳亞軍 女子乙組4x50米自由接力冠軍
3D	施盛博	男子乙組4x50米自由接力亞軍
4A	陳芷柔	女子乙組100米自由泳季軍 女子乙組4x50米自由接力冠軍 女子乙組200米蛙泳冠軍
4A	李芷晴	女子乙組100米蛙泳季軍 女子乙組4x50米自由接力冠軍

4B	楊智傑	男子乙組4x50米四式接力冠軍 男子乙組50米蛙泳季軍
4C	李港飛	男子乙組50米背泳冠軍 男子乙組100米背泳冠軍
4C	劉利恩	男子乙組4x50米自由接力亞軍 男子乙組200米蛙泳冠軍
4D	巫丹	男子乙組100米蛙泳亞軍 男子乙組4x50米自由接力亞軍 男子乙組4x50米四式接力冠軍
4D	劉宇軒	男子乙組50米蝶泳亞軍、 男子乙組50米蝶泳季軍
4D	黃展麒	男子乙組100米蝶泳殿軍 男子乙組4x50米自由接力亞軍
5D	鄭朗健	男子甲組4x50米自由接力季軍
6A	陳凌希	男子甲組4x50米自由接力季軍 男子甲組50米背泳季軍
6A	李月軒	男子甲組個人四式冠軍 男子甲組50米自由泳亞軍
6A	孫敏鋒	男子甲組4x50米自由接力季軍

舊生真摯分享：與章中的情誼

章中銀禧年 師生同心連 團結創無限 拼砌闖新天



大概在三個星期前，鄧敏英老師突然Whatsapp找我。原來今年是章中25周年校慶了！作為章中2012年中七畢業嘅舊生當然是義不容辭啦！

原來，我已畢業多年了，已投身社會工作。今次再執筆回憶中學的青春歲月，我突然好懷念在章中讀書的時光：在某個早上，初中的我曾經為了不遲到而試過好努力地跑回學校；在Lunch time的時候，曾經試過炎熱的天氣仍然在操場打籃球，接著上堂時是一身臭汗；在放學的黃昏，曾經好有耐心地等待心儀的女同學一起散步回家；在高中嘅夜晚，我又曾經和同學一起在禮堂溫習到學校關門，我們一群為了戰勝末代高考的戰友。

感謝鄧老師的邀請讓我坐上一次時光機，回味一下十多年前的生活，最後，想傳遞正能量給章中的師弟姊妹，我希望用我在2010年作出中五級畢業生致辭時說過的說話，同時亦繼續勉勵自己：「如果我們以後面對甚麼困難，請不要驚，因為我哋係由章中這道門行出去的！」

2012畢業生高江凌



畢業兩年後回望，我慶幸能入讀章中。章中的師生關係是非常難能可貴，師生間能亦師亦友，建立深厚的情意。章中的老師為了我們無私付出，犧牲自己的休息時間為大家補課、練習班際比賽，與我們同喜同樂。希望各位同學都能珍惜你身邊的老師。今年25周年，祝願章中生日快樂！

2021年畢業生曾濤儀



時光飛逝，母校將迎來25周年校慶。作為母校第一個新高中學制畢業生，我深深感謝母校的支持、栽培和關愛。在這特別的日子，我想向母校表達最真誠的祝福。感謝母校的老師們的辛勞和教導，用愛心將知識傳授給我們，讓我們不斷進步。我在此送上最真誠的祝福：章中，生日快樂！

2012年畢業生譚文池



我的母校——章中，二十五週年快樂！

在章中最難忘莫過於高中的三年。對我來說，最有趣的點滴莫過於作為一個旁觀者，拿著手機拍下同班同學做的「狂」事。男同學穿著裙在禮堂跳舞？有！打扮成恐龍在學校操場狂奔？都有！在章中的每分每秒，我和每一位老師和同學結伴同行，是在章中得到最珍貴的寶物。

2019年畢業生黃惠藍



在章中的生活，最期待的是一年一度的陸運會吧！我在綠社中找到並肩作戰的社幹！中五那年，我加入了綠社啦啦隊和一群綠社員於校外練習至入黑，感受到「一班人想做一件事！」的重要時刻。說實話，那年啦啦隊比賽誰勝誰負，我已記不清楚了！我深信大部份成員當刻更在乎一起努力的時光！相比起賽果，我得到了過程中最為珍貴的是那類比四川麻辣湯更為熾熱的心！

2017年畢業生李錫杰

猶記得每天早上，趕在鐘聲響起前衝進黃閣，放學時，吵吵鬧鬧地把桌子併在一起，寫下作業、玩狼人殺、三國殺……當班際比賽時，就化身成啦啦隊，高舉著應援手幅，大聲喊著「打氣加油」。還有記憶中的各個交流團！在台灣，我們在七星潭的岸邊聽浪濤聲。在北京，我們忍笑著聽同學說那蹩腳的普通話、為了準時集合而跑得氣喘吁吁、爬著崎嶇的石梯登上長城……這些都成為了我在章中美好而難忘的回憶。

2019年畢業生林嘉儀



談起母校，最深刻是每年一到三月，臨近大大小小的校際比賽，音樂室、禮堂、219室等總有音韻歌聲縈繞。每星期

二、四合唱團有恆常練習，在賽前的日子，我們常留校到九點、十點。大家反覆把樂譜研究一整夜，直到聲如洪鐘的夜間保安來到，才覺發現時間過得太快。回想起這些日子，想着想着笑了，便能繼續為自己的目標各自奮鬥。感激母校，感激當時的老師們，承載了我們每一個人的夢想。

2017年畢業生賀婉茵

今年母校25周年校慶，各種活動都蓄勢待發！在章中六年間，我參與過不同的活動，如劇社、籃球隊、啦啦隊、學生會等。在劇社，羅麗嫻老師和羅政翊老師帶領我們去參加不同比賽，他們對話劇的熱誠感染了我；在籃球隊，陳家鍵老師總會給我們指教和激勵。我感謝一眾老師的教導和關心，最後，我想多謝已故的劉校長，還記得他在我迷茫時給予鼓勵。是他給我無限而有力的支持，令我有信心走下去。

章中銀禧年，我祝願母校一切順遂！一眾師生勇敢迎接未來的挑戰！

2020年畢業生袁梓耀



回想起在母校的歲月，仍是滿心感激。在章中，我獲得太多難忘的回憶，結交了一群生命中重要的朋友。老師們的支持和鼓勵，使我在學業上有所進步，也讓我得到許多歡樂和難忘的經歷。還記得數學老師湯Sir，不僅是課堂上引導我們的良師益友，課餘時也會和我們打籃球，使我不太熱衷讀書也能從他身上得到養分而茁壯成長。校園生活彌足珍貴，在此祝願母校銀禧快樂！

2021年畢業生張新熹



我在章中認識了一群每天會放學在球場打球的戰友，讓我十分回味及懷念。在高中時，我時常與ICT的劉SIR聊天，他很樂意和我分享，令我有所體悟，這是章中獨有的師生情。也不能不談湯SIR及陳SIR，我們既是師生，亦是籃球場上的戰友。與他們打籃球的回憶十分難忘！他們用自身的經驗作身教，令我獲益良多，直到現在，我們仍保持聯絡，我十分感激他們的關懷和扶持！

祝願母校25周年校慶快樂！願每位能夠在未來的學習生活中實現自己的夢想！

2020年畢業生張樂暉



回想點滴往事，不禁感慨萬千。在章中的時光裡，我很幸運地遇到了許多優秀的老師。我們初中班主任鄭文俊老師在我們第一天入學時，就教會我們做人態度：

「尊重」。這個教訓至今仍然深刻地印在我的腦海中。我也記得高中時的班主任彭志榮老師，他總是默默地為我們添置用品，如書架和聖誕節裝飾等，我還記得同學們看到聖誕樹時那雀躍的心情，到現在還是歷歷在目，這些都讓我們的校園生活更加豐富多彩。

在此，祝章中25周年快樂！

2019年畢業生黃紀聰



中學生涯中，我印象最深刻的莫過於有機會在中四時參加了柬埔寨義工服務團！雖然天氣炎熱，40度的高溫，要到當地學校幫忙油牆，到簡陋的孤兒院為小孩預備午飯……這個遊學團卻能讓我開闊了我的眼界！這個機會真的很難得，老師也跟我們一起出心出力。適逢章中25週年，我希望同學亦可以有更多的機會去見識世界！

2016畢業生陳潤璋



最難忘的回憶莫過於社際活動。很幸運母校有社際活動可以讓一班不同年級的學生團結起來。在中學的高壓學習階段中，我參加了班際以外的團體活動，讓我結識了一班師兄師弟師妹，建立了深厚的友誼。每次回想當初加入紅社的大家庭，說起一年又一年的啦啦隊，總是有說不完的往事，那份歸屬感仿佛又回到過去。最後，祝章中二十五周年快樂！

2018年畢業生蔡月彤



章中踏入25周年校慶，我藉此感激曾教導我的老師，也在此特別感謝與我亦師亦友的周文彬老師、彭志榮老師及鄧敏英老師，除了悉心的教導，還給予我許多人生路上的指引，我實在感恩遇上他們。此外，章中帶給我六年多姿多彩的校園生活，如：班際比賽、紀律訓練營、綠社活動、社際啦啦隊比賽等等，令我獲得珍貴的回憶，成就了更好的我。祝願母校的未來繼續春風化雨，作育英才！

2018年畢業生張凱婷

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