

Po Leung Kuk Mrs. Ma Kam Ming-Cheung Fook Sien College

## 保良局馬錦明夫人章馥仙中學



E FOR ALL. FOR MORE.

# MESSAGE FROM THE PRINCIPA

# 校長的話

# Be Positive Inside and Out



This year marks the beginning of the enhanced three-year school development cycle, with a renewed focus on enabling students to become reflective learners and cultivating their self-worth. These major concerns are deeply interconnected in a way that they both aim to empower students to look inward, appreciate the unique strengths that define who they are, and at the same time, identify opportunities for growth to become the best versions of themselves, inside and out.

Not only do we embrace positive mindsets and beliefs, but we also put them into meaningful action. This year, we continued our collaboration with The Chinese University of Hong Kong's Quality School Improvement Project, further strengthening our teaching practices to better support student reflection and deepening the culture of collegial support among our staff. We also joined the three-year Po Leung Kuk Secondary School Positive Education Movement as an intensive school and became an active member of Beishantang Positive Education Network. Through these professional partnerships, our staff, students and parents have enriched our knowledge of positive education and experienced the power of growing together positively.

Our students have continued to flourish with courage and confidence, shining brightly across a wide range of school activities in which they savoured each experience as an opportunity for growth, self-reflection, thereby developing their resilience, and joy of learning. Their active participation in internal and external events has once again led to remarkable achievements in gifted education programmes, sports, music, language arts, business competitions, social services and more, both within the community and beyond. This positive and reflective spirit was exemplified in the success of our Girls' Volleyball Team, who were crowned district champion and proudly entered ASICS All Hong Kong Schools Jing Ying Volleyball Tournament. At the individual level, we also celebrate the inspiring progress of our S5 student Gary Mok, who was awarded Best Improvement Winner in the Student of the Year 2024/25.

We can't wait to share with you the incredible experiences and growth our students have embraced on this positive journey that makes CFSers NICER and smarter.

Ms. Joanna Or Principal



### 內外皆正向,光芒盡綻放

本校位於東涌,交通便利,環境優美。轉眼間,本校服務東涌已逾廿五載,一直以來,我們秉持著「愛、敬、勤、誠」的辦學宗旨,致力為莘莘學子提供優質而適切的教育,培育具備抱負與能力的未來人才。

今年為本校新三年學校發展周期的首年,我們著 重培養學生成為能夠反思的學習者,並且培養學生的 自我價值感。這兩大關注事項環環相扣,旨在鼓勵學 生內觀自我,欣賞自己獨特的長處,同時向外尋找成 長機會,成為最好的自己,做到內外皆正向。

因此,我們積極將正向思維與信念轉化為具體行動,提升學校各持份者的幸福感。今年,我們繼續與香港中文大學「優質學校改進計劃」合作,深化教學設計,以促進學生反思和完善學習,並進一步加強教師間的協作文化。此外,本校成為為期三年的保良局中學正向教育運動的重點學校,同時加入北山堂正向教育網絡。透過這些寶貴的專業合作,全體教職員、學生及家長對正向教育有了更深層次的認識,並一同感受正向同行、共同成長的力量。

我們欣喜地見證學生們在校內外各項活動中展現勇氣、自信與才能,綻放屬於他們的光芒。他們享受比賽過程,並從中成長、反思和培養堅毅精神。他們積極投入資優教育、體育、音樂、語文、商業比賽及社會服務等多元活動,成就斐然。特別是女子排球隊勇奪荃灣及離島區冠軍,並晉身ASICS全港學界精英排球賽。個人方面,中五學生莫同學在南華早報主辦的2024/25年度Student of the Year中獲頒最佳進步獎。對於學生成就,全校師生均感鼓舞。

我們很高興與您分享本校學 生如何在正向學習經歷中

> 成長,成為更加優秀的 章中人。我們亦歡迎 各位加入章中的大家 庭,希望大家能在本 期校報中感受到章中 校園的朝氣與豐碩, 與我們一起做到內外皆

正向,光芒盡綻放!

柯玉琼校長

# **SUPREME CLASS CUP**

The Supreme Class Cup is a collection of inter-class competitions that feature a variety of inter-class activities, providing students with opportunities to develop and showcase their talents beyond the classroom. It consolidates collaboration among classmates, fosters a sense of belonging, and enhances the overall class atmosphere.

The following classes achieved the highest marks in the first term. Their outstanding performance reflects not only individual dedication, but also the strength of their teamwork and mutual support. Class teachers have praised their positive attitude, willingness to help one another, and the respectful learning environment they cultivated.













# GROWING TOGETHER: THE POWER OF POSITIVE EDUCATION

### **Our Positive Education Campus**

Supported by Po Leung Kuk and the Bei Shan Tang Foundation, our school's Positive Education programmes utilizes the PERMA model—Focusing on Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. This framework enhances our curriculum, promoting student well-being, resilience, and a supportive environment for all to thrive. Among all of the programmes, three in particular captured the essence of our school's efforts to promote positive education.



#### Launch of NIGER WALLET



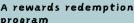
NICER Wallet is a reward redemption programme launched in 2024-2025. There were a series of activities, including the S.1-2 NICER Seek, the S.3-6 Hashtags, the "Guess Who I Am" activities and a courtesy campaign called "Angels' Stickers". Students earned stickers in exchange

for NICER points in their NICER Wallet. The excitement from some flash redemption activities sparked excitement throughout the whole campus.





- · 爭取NICER積分兌換獎品。
- 一經確認後,便可以在換領 日獲得獎品。



- Earn NICER points and redeem prizes.
- Once confirmed, you can collect your prizes on redemption days













Date	NICER Wallet Activities	
Feburary- August 2025	NICER Wallet Scheme	
10/2/2025	NICER Wallet Promotion activities 1 - Count On Me	
11/2/2025	NICER Wallet Promotion activities 2 - Guess Who I Am	
12-13/2/2025	NICER Wallet Promotion activities 3 - Angels' Stickers	
13/2/2025	NICER Wallet Promotion activities 4 - Hashtag	
14/2/2025	NICER Wallet Promotion activities 5 - Selfie	
6/3/2025	Rewards redemption: Ice- cream distribution	
24/3/2025- 26/3/2025	NICER Wallet - Angels' Stickers II	
April-May 2025	NICER Wallet Song Dedication	
9/5/2025	NICER Wallet redemption day 1	
2/6/2025	NICER Wallet redemption day 2	





### Parents' Day

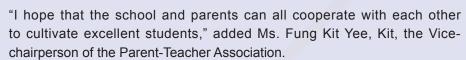
This year's Parents' Day underwent significant changes. Parents and their children began the day in the school hall to know more about positive education and character traits. Parents then filled out a card expressing their appreciation of their children's strong character traits. They also had an opportunity to cast their vote for the "Top 10 Things Children Want to Hear from Their Parents".



"Parental education is essential for aligning the expectations of parents and the school," emphasised

Ryan Y.M. Cheung, Supervisor of Po Leung Kuk School-Based Educational Psychology Service. "It also helps our children to achieve the 3 Hs - Happiness, Harmony and Health."

"With positive education, even if some children do not shine at studying, parents understand that there must be other aspects in which they can develop," said Ms. Lee Yin Ting, the Chairperson of the Parent-Teacher Association.





nbrace

BEAUTY

### Nicer Wallet Redemption Day



The NICER Wallet Redemption event celebrated students' positive behaviour during the NICER Wallet programme.



After earning points for their good deeds, students were thrilled to redeem them for variety of rewards, ncluding the opportunities to try their luck at claw machines.



What excited students even more was a chance to redeem points to play games with teachers.



Students and teachers enjoyed various board games.



# WHEN GRIT MEETS GLORY 8 OUR VOLLEYBALL TEAM'S COMEBACK WIN

Our dedicated girls volleyball team won the championship at the Tsuen Wan and Islands Secondary Schools Area Committee Interschool Volleyball Competition 2024–2025, and thus qualified for the ASICS All Hong Kong Schools Jing Ying Volleyball Tournament.





On 15 December 2024, our Girls Grade A Volleyball Team, consisting of 12 girls ranging from S.3 to S.6, started their championship match. After the first two sets, both teams were level at 1-1.



"Facing a 9:14 deficit in the final set, we trusted Nicoline Hui's strong serves and still believed we could win," shared one of the key players, Zoe Lau.

The girls' intensity spoke volumes. Eyes sharp and jaws set, they moved with fierce precision – diving for desperate saves, springing to block spikes, or lunging to extend rallies. Sweat-drenched uniforms and dusty knees mirrored their grit. Even when trailing, their synchronized shouts "Keep going" or "We've got this!" fuelled their resolve. During timeouts, they huddled intently, utilising tactics with laser

focus.

In the end, our school made a remarkable comeback to win the final set 17:15. Through unity and teamwork, they won their first Girls Grade A championship and were rewarded with an opportunity to make our first appearance in the Jing Ying Volleyball Tournament in our school's history.



Zoe Lau (left) appreciated the strong serves from Nicoline Hui (right) during the comeback, while Nicoline was touched by the team's resilience.

Head Coach Yeung Kwok
Ho praised the team's
ability to handle pressure
and fatigue, which was
key to their victory.

PE teacher Chau Cheuk Lam remarked that the unwavering support from schoolmates, teachers, and Principal boosted our players' confidence and team spirits.

# 承載夢想—獅藝傳承—盡展才華

章中是一個孕育夢想、努力追夢的搖籃。一群懵懂的中一生走進章中後,一步一步為自己的「獅藝夢」而奮鬥。一群中一同學於25週年校慶時,渴望為學校出一份力,積極籌備表演,初次走進大家的視野。25周年校慶是獅藝學會走進章中舞台的起點,他們一步一腳印,在不斷的努力下,獅藝學會終於在今年正式成立。







中一小伙子靠著對獅藝的熱愛,向大家展示他們共同努力的成果。

一群熱愛獅藝的同學為了成立獅藝學會,一直努力堅持著自己的夢想。他們於過去的日子,積極向全校同學推廣獅藝,爭取寶貴的機會,讓大家認識這種中國傳統文化。他們揮灑汗水,由零開始,跟隨著章中獅藝學會創會成員——劉銘豐師傅學藝,實現傳承章中獅藝的傳統。全隊一起由紮馬步、數拍子學起,逐步到練習鑼鼓鑔、步伐和操控獅頭。過程中,充滿辛酸、汗水,這全是他們對獅藝的執著與堅持。相信大家都曾聽過鑼鼓聲響徹章中,隊員之間的打氣與歡呼此起彼落,體現他們對自我價值的追求,努力實踐自己的夢想!



一眾獅藝成員與劉銘豐師傅(章中校友) 章中獅藝學會創會成員,於練習前留影。







中秋節當天,與全校師生同慶團圓!



今年為人文學科週揭開序幕!





# 追夢的獅藝小子:3B李弘羿

小記者:為甚麼你會想在學校表演獅藝?

李同學:我是受到爺爺的影響,小時候,見到舞獅時,很感興趣。小學時,我就有學習舞獅,自此就熱愛這種傳統文化。入到章中,給我實現自己夢想的機會:找到志同道合的同伴一起去「追夢」!中一時,我們難得遇上學校25周年的校慶,班上要構思Showtime!表演,我就大膽提出以「舞獅」為表演項目。當時,大鴉大膽提出以「舞獅」為表演項目。當時,大鴉大膽提出以「舞獅」為有點「忽發奇想」。在我的努力之下,終於成就了第一次表演!現在回想,我和傲源(38黃傲源)一起去找師傅學習,在短短的兩個月,由學步到練習舞動、配合鑼鼓聲響,一步一步走進大家的視線!得到章中師生雷動的掌聲,對於我和一眾同學是極具意義的肯定和支持!





#### 小記者:一次成功的表演,令你得到了甚麼?

李同學: 25周年的表演成功,為我打下了強心針! 多了同學認識到獅藝,令我得到很大的鼓舞! 我很想把這種傳統文化在章中傳揚開來,令更多同學可以認識初並一起「舞獅」。令大家認識獅藝,就是我的一是我想一步一步,在章中種下「獅藝」的種子! 在這段日子,我得到了一班志同道合的好同伴! 不提,就是泳恩(3B朱泳恩)! 她,一開始是不不提,就是泳恩(3B朱泳恩)! 她,一開始是不不起,就是泳恩(3B朱泳恩)! 她,一開始是不不起,就同我的建議,但她漸漸被我們感染了! 現在不同機會在校內演出,從全校各級集合一眾對獅藝有興趣的同學! 直到今年,終於事隔十年後,章中再次有獅藝學會! 章中盛載了我的夢想,我用一股熱血一步一步實踐了!

# 最盡責的推廣公關:3B朱泳恩

小記者:你在獅藝學會擔任甚麼角色?

朱同學:哈!在獅藝學會,我是負責主外的人物!要成立獅藝學會,一路走來,一點一滴都令我印象深刻!別看我們全是初中同學為主,我們都有很宏大的願景:就是希望壯大獅藝學會啦!我負責不少推廣宣傳的部分!我負責管理社交媒體,把我們的不同面貌展現給大家知道!大家可以追蹤一下我們社交媒體,支持我們!

小記者: 你對於獅藝學會的發展有甚麼想法?

朱同學: 最初,我們Showtime!的表演的成功真是好鼓舞!那是把不可能變成可能,令我很佩服李弘羿的勇氣和堅持!那次後,我也加入了他們的行列,一起承擔起傳揚獅藝的使命!這三年來,要得到同學持續支持是我們最大的挑戰,始終新鮮感會因為時間而減退,要令同學持續支持,有師弟師妹,甚至師兄師姐加入,注入新動力,都是我們目前要努力的地方!我們會把握不同機會出現大家的眼前,令大家認識到獅藝有趣的一面!今年,隨男獅外,我們都發展了女獅,希望作多方面的發展!最重要的任務,就是積極參與不同比

賽,可以為章中獅藝打響名堂!



小記者:參加獅藝,令你有甚麼得著?

朱同學:找到一群可以為夢想而瘋狂的熱血同伴!我自己都蛻變了不少!身為隊長,會關心全隊的一切,好希望把獅藝愈做愈好!獅藝令我得到很多,例如友誼、學習如何構思活動、得到了掌聲……我希望往後的日子,能夠得到更多的機會,讓章中獅藝承傳下去,為章中人感到光榮!





# ACADEMIC ACTIVITIES 學術活動

中一級中文科班際難位遊戲設計及匯報比賽



English Day









Mathematics: S1 Make 24





S5 English Storytelling and Debate Competitions







BAFS Little Entrepreneurs



S1, S4 English Choral Speaking Competition





S2 English Drama Competition



# CULTURAL EXPLORATION 文化探索

### 陽光市姊妹學校交流團

#### 文化與溫情的交織



#### 2B 陳蘊安 蔡逸思

此行最深的感悟是:非 遺傳承與教育的真正核心在 於「人」。





### 章中送揮春



### **參觀**「國家安全展覽廳」









### 香港青少年寧波遊學團



#### 5D 朱 敏

踏入包玉剛故居,時光彷彿在 此凝固。這座江南風格的老宅,承 載著「世界船王」從寧波小港走向 全球的傳奇起點。青磚黛瓦間,依

稀可見少年包玉剛勤學苦讀的身影;簡樸的陳設中,仍能感受到他務實進取的經商智慧。最觸動我的是那份家國情懷——儘管縱橫四海,他始終心繫故土,捐資助學、建設家鄉。故居不僅記錄了一位商業巨子的成長軌跡,更詮釋了甬商「敢為天下先」的精神內核。





### 廣州歷史文化及創新科技內地考察



#### 4D 高梓康

當我走進南越王博物館時,彷彿穿越回了兩千多年前的南越國。 最讓我驚嘆的是那座原址保護的古墓,以及墓中出土的精美文物,特

別是那件用絲線穿成的玉衣。這些文物證明當時的廣州已經 是國際化的都市。我開始思考:在城市快速發展的今天,我 們該如何平衡現代化建設與文物保育?



#### 4B 高雅冰

### 本學年交流團

日期	地點	交流團	
2024年11月	湖南	「善學同心・湘港同行」	
		保良局屬下中學生湖南交流考察團	
2025年3月	廣州	廣州歷史文化及	
		創新科技內地考察	
2025年3月	陽江	陽江市姊妹學校交流團	
2025年4月	北京	北京藝術文化探索之旅	
2025年4月	寧波	香港青少年寧波遊學團	
2025年6月	內蒙古	內蒙古文化交流團	
2025年7月	深圳	深圳文化考察團	



# PERSONAL GROWTH 學生成長

#### Happy Friday









#### **S4 Leadership Training Camp**







#### **OLE Day**









# CROSS-CURRICULAR ACTIVITIES 聯課活動

#### Cos we care,

Cos we connect,

Allow your talents to scream, Create your wildest dreams!



### **Annual Athletic Meet**















### **Inter-class Dodgeball Competition**





### **Inter-house Sports Competition**







# THE 2024 SUMMER PROGRAMMES FOR THE GIFTED AND TALENTED

#### 5D Didi LUI



I had a great time attending a fourday Chemistry course, "Innovative Chemistry STEM Programme: Chemistry Journey for a Low-Carbon Society," at CUHK. We performed exciting experiments guided by passionate and patient instructors.







#### **5C Flora CHAN**

I was honoured to join the "Figure Drawing and Human Anatomy for Artists" programme organised by CUHK. I learned special techniques for figure drawing and gained knowledge of muscle and bone movements for more realistic figures. I especially enjoyed learning Reilly's method, the anatomy section, and the university-style teaching.



#### **5D Gary MOK**



I joined the 'Chemical Adventures on Sherlock Holmes' (Forensic Science) and 'Physics in Everyday Life Phenomena' courses at HKUST. In the physics lecture, relative motion was explained in relation to typhoons and tidal phenomena using compact, logical proofs.



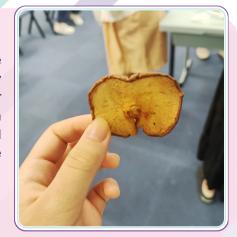




### 5C Emily TAM



I joined a course about nutrition across the human lifespan at the Chinese University of Hong Kong. Now I have a deeper understanding of how essential nutrition is at every stage of life. Our group did an interesting experiment on dried apple slices.



# STUDENT ACHIEVEMENTS

中國中學生作文太賽。文學之星

高中組:優異獎

6D Himothy LEE

6D Doris NG 6D Serenity CHENG

初中組:優異獎

4D Kariza WONG

4D Teresa CHENG

4C Christy WU

4C Carrie CAI

5C Abbie TSU

3A Anson CHEUNG

第49屆全港青年 學藝比賽:全港 青年中文故事創 作比書

冠軍

Hong Kong Secondary Schools Debatting Competition

1st Runner-up And Best Speaker Award Winners

4C Kaori RIVERO 4C Caelan LEUNG 4C Darren MERCADO

London,Ball,Foundation:,My,Dream,Program

Overall Champion

2B Kaitlyn CHEUNG

Merit

1B Anna WAN

1C Sara WONG 2D Jazlyn TANG 3A Rita CHAN 3B Roger YOSHII 3B Jane FOK

2A Zoey POON 3A Sunny CHEUNG 3C Angela TSF



Tsuen, Wan, and Islands, Secondary, Schools, Area, Committee, Inter-School Volleyball Competition 2024-2025

Champion

2025 Inter-School Mixed Dodgeball Competition

Plate Champion

2A Kenson LO 3D Kevin MOK

2B Jerry ZHONG 4B Tommy CHOY

3C Caton TSANG 6B Neil TSE



國民身份認同應用程式設計比賽。

4C Flora CHAN

4C Selina CHENG

GACC Grove Arts **Sculture Centre** Competition 2025

Winner



2024-25 Division 1, Age Group Short Course Swimming Competition

2<sup>nd</sup> Runner-up

1A Jayden YIP

76<sup>th</sup> Hong<sub>t</sub>Kong<sub>t</sub>Schools<sub>t</sub>Speech<sub>t</sub>Festival SI and SA English Choral Speaking

Champion: Secondary 1 and 2 Mixed Voice English Choral Speaking

First Runner-up: Secondary 3 and 4 Mixed Voice English Choral Speaking



1st Runner-up of Zheng Solo (Junior)

4B Bernice CHEW

2<sup>nd</sup> Runner-up of Graded Piano Solo (Grade Six)

3B Duncan CHAN

Di Solo (Secondary School - Senior)



Secondary School Ensemble, **Chinese Orchestra Gold Award** 

Chinese Orchestra

Piano (Intermediate) Gold Award 1A Amy LI

Piano (Senior) Silver Award

Choir (Challenge Group) Silver Award

Percussion(Secondary School Ensemble) Gold Award

Percussion Ensemble

Care the Carers Campaign 2024:25 ShortVIdeo Competition

2<sup>nd</sup> Runner-up

3B Rosina CHU 4B Bernice CHEW 4C Ron YUNG

5A Hana LIU 1D Carson CHAN

2025 [一带一路 - 與我何 引給部助進

二等遊及最佳參與遊

4A Sallv CHEN 4A Eva HUANG 4C Argeo LEUNG 4A Kevin QIU

FoundFast Competition

Champion

1<sup>st</sup> Runner-up

4B Wilson LI

2<sup>nd</sup> Runner-up

5D Richard LIU

The 94th World Children's Art. Conference

5B Issac CHUN

Merit

2A Helen SO

South China Morning Post: Student of the Year

**Best Improvement Award** 

冠軍



Hong Kong Young Artists **Drawing Competition** 

Top 10 Young Painters

6D Nash LAI

2024 CYLF Talent Development **Scholarship** 

Awardee

2024 World Telecommunication and Information Society Day Proposal Competition

**Outstanding Award** 

4D Teresa CHENG

2<sup>nd</sup> Runner-up 4D Ella CHENG

IdeaROR!,2025

**Excellence in Innovation Award** 

4D Jenny CHAN 4D Samuel TSANG

6C Andre LIUNARDI 6D Alan LIANG

HKSSF-Tsuen, Wan, and Islands, Secondary, Schools, Area Committee Inter-School Athlettes Champtonships (2024-2025)

1st Runner-up

6B Leo Au

Girls' C Grade Winner of Javelin & 2nd Runner-up of Discus

2A Helee CHEUNG

Girls' C Grade Winner of High Jump

2A Hailey CHU

Girls' B Grade 1st Runner-up of Discus

Boys' C Grade 1st Runner-up of 400m

2C Vincent CHEUNG

Boys' C Grade 2<sup>nd</sup> Runner-up of Long Jump & 1<sup>st</sup> Runner-Up of 4x400m Relay

Boys' C Grade 1st Runner-up of 4x400m Relay 2B Jason Yu 2C Wilson Cheung

Boys' B Grade Winner of Javelin

4A Hugo TSE

Boys' A Grade Winner of 400m Hurdles

6C Andre LIUNARDI

Boys' A Grade 1<sup>st</sup> Runner-up of Javelin 6A Carl LAM

Boys' A Grade 1st Runner-up of 400m





AiTLEx.HKIMT::Marine Vehicles,Design,and Construction Competition 2024-2025

Marine Vehicles Time Trial, Secondary School Group, Silver Award

Marine Vehicles Construction, Secondary School Group, Silver Award Marine Vehicles Design, Secondary School Group, Bronze Award

3B Duncan CHAN 3B Keane CHO 3D Kelly LEUNG 3D Ella QIU

# **ALUMNI ACHIEVEMENTS**



### **ZOU XIANG (CLASS OF 2019)**

Hello everyone! I am Simba, and I'm currently pursuing my Ph.D. at the University of Toronto, where I research quantum information theory under the supervision of Professor Hoi-Kwong Lo. My academic journey has been an incredible adventure so far. I earned my bachelor's degree at The University of Hong Kong, spent an unforgettable year on exchange at Oxford,

and enjoyed transformative summer research at CERN in Geneva—an

experience that truly ignited my passion for research. Every day as a Ph.D. student brings new excitement, fresh challenges, and abundant opportunities to learn and grow. Quantum computers have the potential to outperform classical computers by solving certain problems much more efficiently. I'm currently focusing on quantum error correction—developing techniques to fix errors in quantum computer systems. The collective goal is to help make practical, reliable quantum computers a reality in the near future!

I realise that, the deeper I go, the more there is to discover—and that's what keeps it thrilling. You never quite know what surprises each day will bring!



#### **Editorial Board:**

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Mr. Eddy CHAN

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3B Juliana YEUNG

3B Yan YUEN 4C Carrie CAI 4C Kaori PADILLA 4C Argeo LEUNG

5D Gaile KONG 5D Yan YING

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