

## 聖公會林護紀念中學

SKH LAM WOO MEMORIAL SECONDARY SCHOOL

地址：新界葵涌葵盛圍397號  
電話：2420 8893 / 2420 8894  
網址：[www.lamwoo.edu.hk](http://www.lamwoo.edu.hk)  
電郵：[lwmss@lamwoo.edu.hk](mailto:lwmss@lamwoo.edu.hk)

### Message from the Principal

Dear parents, young Lamwoosers, and friends of the school,

I am privileged to share with you the vibrant campus life of our students.

**Celebrating strong bonding between Lamwoosers:** The Sports Week and Teacher-Student Fun Day in April 2024 fostered class spirit and teacher-student relationships through activities like dodgeball, Mölkky (芬蘭木棋), and virtual cycling. We are in debt to the tremendous efforts of the sports team to make the week so meaningful despite the unpredictable weather. The OSA Homecoming Day in May 2024 featured mentorship programmes and games for the entire Lamwoo community. Both alumni and current students were able to learn from the invaluable experiences in setting up a business as well as management skills from the talks given by alumni entrepreneurs.



◆ Alumni and their children in the flight simulator programme



◆ Lam Woo students joining the Iceland Study Tour

**Broadening horizons:** Over the past six months and in the coming two months, our students have had ample opportunities to expand their perspectives through visits to Sister Schools in Hangzhou and Japan, as well as trips to Iceland, Denmark, and various places in our country.

**Serving the community:** Lam Woo Elderly Academy continues to provide programmes for our students and alumni to contribute to society. The school will keep nurturing the service-minded spirit of Lamwoosers.

**Celebrating the 55th Anniversary in 2025:** Looking ahead, 2025 will mark the 55th anniversary of our school. We have an exciting lineup of celebratory events planned to mark this milestone. They include a Foundation Day in March, a concert performance, an open day, and an anniversary dinner. We warmly invite all of you to join us in commemorating this special occasion of our school.

Wish you all a wonderful summer holiday.

Cheng Hong Yung



◆ An alumnus sharing the setting up of a business



◆ Students playing virtual cycling in school hall



◆ Students playing a newly introduced sport - Kinball



◆ Lam Woo students attending a lesson in our Sister School, Hangzhou XueJun High School



◆ Ng Lok Hang, our alumna, gave health care talks to the elderly for the Lam Woo Elderly Academy Programme



◆ Lam Woo students making rice cake with the elderly in the Lam Woo Elderly Academy Programme



## Major Concern 1: Be the Light and Be Enlightened

As we are close to the end of our 3-year school plan, it is a good time to reflect on the achievements made under Major Concern 1 – Be the Light and Be Enlightened. Let us introduce the programmes that have guided our students to unleash their potential.

At the heart of Major Concern 1 lies the goal of unlocking the hidden talents and potential within each student. One of the key milestones in this journey was the introduction of “General Education” into our curriculum in the 2022/23 academic year. In our currently renewed Form 5 curriculum, this addition allows students to choose two courses from a good range of 18 options throughout the year. Courses cover interesting and very diverse topics, including forensic anthropology, sign language, flight simulation, technology, medical field, physical training, fencing, psychology, chess,



◆ Exploring online music apps

mindfulness, music, photography, cookery and theory of knowledge. General Education offers a refreshing break from regular subjects and helps to foster students' genuine love for lifelong learning.

To continue cultivating excellence, Lam Woo has also implemented various programmes tailored to cater to the talents and interests of our students. “T Talks” serve as a platform for students to showcase their passions and sharpen their communication skills, allowing them to



◆ Visiting Kowloon Walled City in Unveiling our Neighbourhood's Heritage



◆ Creative Photography

express themselves confidently and inspire others. Besides, the talent pool has been instrumental in identifying and nurturing students' abilities and interests in various fields.

Furthermore, our commitment to STEM education has remained unwavering in this time of reading and learning with the help of AI. Through participation in professional exchanges, development workshops and educational expositions, our teachers have learned to bring the latest equipment and pedagogical approaches into our classrooms. By embracing the paradigm shift, teachers are equipped to adopt advanced and up-to-date educational strategies.

As we approach the final year of this chapter, we are filled with excitement and anticipation for the bright future awaiting our students. Together, let us continue to empower our students, unlock their potential, nurture their multifaceted talents and celebrate their achievements as they embark on a lifelong journey of enlightenment and success.



◆ Fencing



QR code for video introducing  
General Education in 2324 term 1





◆ Lam Woo Team (Jaden, Ryan & Max)  
– was awarded the Seed Fund for their community project, initiated by Kids4kids



◆ LW Elder Academy - Flight Simulator Experience



◆ LW Elder Academy - Healthy Rice Cake Workshop



◆ Our F.5 students actively involved in the Chinese Culture Project - Volunteer Programme, collaborating with Dr TING Sun-Pao in January 2024

## Major Concern 2: With Love, We Shine

In our Triennium Plan 2021-2024, we take great pride in having participated in robust and meaningful activities under the central theme of Major Concern 2: With Love, We Shine. Throughout this period, our focus has been to promote positive values and attitudes within our educational framework. Moreover, we have provided ample opportunities for students to explore and realise their potential, refining their leadership skills and encouraging them to become proactive in community services.



◆ Thanks to the PTA for sponsoring ice-cream for all Lamwoosers



◆ The T-S Fun Day was thoroughly enjoyed by both teachers and students

enhancing relationships between students and teachers.

Lastly, we remained committed to fostering a growth mindset and reinforcing Christian values among our students. By encouraging them to embrace challenges and perceive failures as opportunities for personal development, we have empowered them to cultivate resilience and adopt a positive outlook in life.

Here, we would like to share some of the events and accomplishments during this journey. We firmly believe that by commemorating these moments of happiness, we can inspire others and collectively contribute to a more promising future.



◆ Leadership Training - Outdoor Cooking



◆ Leadership Training - War Game

Furthermore, we are dedicated to equipping our students with an understanding of the vital role a healthy lifestyle plays in their overall well-being. To this end, we have organized various activities and programmes emphasizing the importance of maintaining physical and mental health, whilst also



◆ Leadership Training Day Camp for Head Post Leaders



◆ We would like to express our gratitude to our Sports Team for successfully organising the Sports Week & the 5th T-S Fun Day



## 「學校持份者問卷」及「情意及社交表現評估套件」調查結果

「學校持份者問卷」(Stakeholders' Survey)及「情意及社交表現評估套件」(APASO)是兩項由教育局提供的工具，以協助學校進行自評及反思，從整體角度評估學校培育學生及改善學生學習成果的效能，再進一步策劃學校的未來方向。早前學校已邀請了全體家長、學生及老師填寫問卷。在此感謝各位的參與。

「學校持份者問卷」的對象包括三類持份者：教師、學生及家長。問卷當中包含11個不同範疇(部份範疇涉及多於一類持份者)，每個範疇均設有不同數量的問題。問卷中各項目的評分以1分為最低，5分最高。結果總結如下：

分數	18項範疇的分數分佈				134項問題的分數分佈			
	老師	學生	家長	總數	老師	學生	家長	總數
3.0-3.4	0	0	0	0	1	6	2	9
3.5-3.9	4	4	1	9	41	23	18	82
4.0-4.4	6	0	3	9	38	0	5	43
總數	10	4	4	18	80	29	25	134

老師及學生評分最高的範疇均為「我對教學的觀感」，分數分別為4.2分及3.7分，而家長的問卷中不包含此範疇。家長問卷中評分最高的範疇為「我對學校氣氛的觀感」(4.1分)。相對其他範疇而言，三類持份者均對「學生學習」的評分較低，分數為3.5至3.6分，但此乃填寫此份問卷的香港學校的普遍現象。整體而言，在5分為滿分的問卷中，所有18個範疇均達3.5分或以上，反映教師、學生及家長對本校各方面大致持相當正面的態度。

老師問卷的80項問題中，有關「校長與教師的工作關係和諧」分數最高(4.3分)，而「學生喜愛閱讀」一項則為老師問卷中分數最低(3.1分)的題目。學生問卷的29題當中，「我和同學互相幫助，相處融洽」分數最高(3.9分)，而「課堂內外，我對學習有自信」一項則分數最低(3.3分)。家長問卷方面，「我樂意讓子女在本校就讀」是在25道問題中得分最高的(4.3分)，而「我的子女能實踐健康的生活，例如作息有序、適量運動和懂得舒緩壓力等」則分數最低(3.3分)。

「情意及社交表現評估套件」共有兩份問卷，合計119條題目，學生抽樣回覆其中一份問卷。由於此問卷的滿分、題目類型及分數描述均有不同，加上數據量龐大，因此極難劃一地概括分析題目分數的分佈。以下選取部份題目的數據向家長報告。

- 79.7% 同學表示「總是」或「有時」感到「擔心」
- 分別有59.3% 及 58.1% 同學，每周感到「緊張」及「憂慮」一次或以上
- 超過86%同學，「滿意」或「完全滿意」自己「與老師的關係」及「從學校所學」
- 72.6%同學「同意」或「非常同意」自己的「生命有明確的意義或目的」
- 82.4%同學「非常不同意」或「不同意」自己「在學校感到孤單」
- 75.1%同學「同意」或「非常同意」「其他同學似乎喜歡」自己
- 59.4%同學在「周末的休閒活動」中使用數碼設備的時間，每天平均超過3小時。而有12.4%同學表示，每天平均超過7小時
- 56.5%同學「非常不同意」或「不同意」「如果我不能上網，會心情不佳」
- 90.8%同學「同意」或「非常同意」「我愛我的國家」
- 94.2%同學「同意」或「非常同意」「我的國家的成就應受到其他國家的尊重」
- 對於「我和父母相處融洽」此句陳述，89.8%同學認為「真確多於不真確」、「大部份真確」或「真確」
- 對於「我常憂慮很多事情」此句陳述，72.1%同學認為「真確多於不真確」、「大部份真確」或「真確」
- 78.2%同學「同意」或「非常同意」自己「喜歡主動探究新事物」
- 86.3%同學「同意」或「非常同意」自己「會檢討自己是否已改正在學習上所犯的錯誤」
- 92.9%同學「同意」或「非常同意」自己「嘗試採取不同角度去思考問題」
- 78.9%同學「同意」或「非常同意」自己「喜歡構思新方法去解決問題」
- 76.1%同學「同意」或「非常同意」自己「會從竭力工作中取得滿足感」
- 46.9%同學的家人「每天或幾乎每天」花時間與自己聊天

整體而言，學生在學校有充實的校園生活，對群體相處及學習大致感到滿足，但需要留意學生的心靈需要及壓力處理。

本校老師已於本年五月二日的教師發展日中，詳細分析各項數據，探討學生的需要，共同商量學校未來的發展方向。希望學校的各持份者，包括老師、學生和家長，繼續共同努力，為學生建立健康、友愛和良好的成長環境。

## 宗教教育組下學期活動分享

福音週已於2023年12月12日至19日順利舉行，本年度的主題為「從『零』到『靈』」，藉著福音週不同活動，希望能解開不少同學對基督教的一些誤解，例如「信主與自己無關」、「生活太忙無暇信主」。透過豐富的活動，包括：各級早會見證分享、故事偵探遊戲、愛心湯圓、敬拜隊詩歌分享、十字架鉤織工作坊等，引導同學由零開始接觸基督教，讓聖「靈」帶領，讓心「靈」更新，得著豐盛生活。在活動最後一天的佈道會上，非常感恩，有58位同學決志信主！Hallelujah！在此再一次祝福各位決志的同學，得著新生，成為新造的人！

另外，本年度宗教科各級早會分享分別安排在1月至5月期間進行，各級分享的內容多元豐富，例如個人見證分享、參觀教會分享、詩歌分享等，讓同學在課堂以外，有機會跨班分享信仰中的其他課題，互相交流討論；個別級別亦邀請了校友回校作見證分享，新舊林護人藉信仰有機會連繫在一起，非常難得，希望福音的種子可以透過不同形式繼續發芽生長。



◆中三早會



◆中二早會

本校詩歌敬拜隊Shalom除平日定期練習外，在福音週、團契中亦會帶領同學頌唱，用詩歌敬拜及讚美主耶穌的豐盛恩典。本年4月19日，中國基督教播道會雅斤堂陳傳華牧師及一班同工親臨本校團契，跟Shalom成員及團契同學進行交流。雅斤堂弟兄姊妹分享了非常寶貴的詩歌敬拜經驗，亦藉著一同唱詩，頌唱分享，教授同學在領詩過程中需要注意的技巧和細節，讓敬拜隊Shalom及團契的同學都獲益良多。



◆福音週Shalom



◆福音週簡介

踏入5月，團契職員及一眾師生約30人，參加了5月3日在循道衛理聯合教會李惠利中學舉辦的「中學分區聯校音樂佈道會（荃葵青）」。活動透過詩歌、破冰遊戲、生命見證、訊息分享等，讓同區同學互相認識，並期望在信仰中互相支持、彼此祝福。能暫時跳出忙碌的校園生活，投入不一樣的聯校活動，對同學來說，都是非常難得的一次體驗！希望藉是次聯校音樂佈道會，令同學們身心靈有新的佈道會體驗，也能得到靈裡的更新及滋潤！

最後，如果你對信仰有興趣的話，團契的門永遠為你打開，歡迎你隨時過來！天父愛你，希望下次團契時間(逢星期五4:15pm @ 208室)可以見到你！



◆聯校佈道會



◆播道會雅斤堂X林護團契交流



## External Awards and Scholarships

Our students have achieved remarkably and clinched the following external scholarships. Congratulations!

Scholarship	Awardees
2023第七屆全港青少年進步獎	曹峻源 (2B), 蘇正謙 (3A)及何健豪 (4E) 榮獲進步嘉許獎狀
Sir Edward Youde Memorial Prizes for Senior Secondary School Students 2022/23	Lee Cheuk Long (6E) and Cheung Hei Ming (6D) won the award. They were granted cash award of HK\$1,000 and given a certificate respectively.
Murjani Scholarship	Yu Ka Shing (3D) is awarded HK\$300 scholarship.
應用學習獎學金 (2022/23學年)	周恩晴 (6D)同學獲特別嘉許，獲發港幣2,000元及嘉許狀。
領展大學生獎學金 2023-2024	羅正賢 (2023年畢業生) 經過本校提名、舉辦單位遴選及面試後成功獲港幣二萬元獎學金。
Princeton Club of Hong Kong 2024 Book Award	Mak Tsz Ching (5D)
Grantham Scholars of the Year Awards	Choi Wan Ting and Choi Ka Him (Graduates of 2023) were elected as the 2023-24 "Grantham Scholars of the Year" and received scholarship of HK\$10,000 respectively.
Harvard Prize Book	Mak Tsz Ching (5D), Cheung Tsz Ho (5E) and Chan Yuk Lam (5E) won the award.



◆ 應用學習獎學金





◆ Mr Yu and Miss Huang dressed up as Santa Claus and The Elf at our Christmas Bazaar this year



◆ Students battling with each other during our Chess Day in November



◆ Students participating actively in Inter-class Quiz Bowl

## English Department

The English Award Scheme has made great efforts in promoting English on the school campus. This year we organized a series of activities for Lamwoosers, including art workshops and a Christmas Bazaar. Additionally, we have also held a few brand new activities like Chess Day and Easter Hunt. These monthly activities have been warmly welcomed by students. During the EAS Week - the highlight of the year in mid-January 2024, we hosted a variety of culture-themed events like Quiz Bowl and a food tasting activity. Students' active participation indicated our success in encouraging them to understand more about foreign cultures, which was the main purpose of the week.

We would like to show our gratitude towards our fellow schoolmates, who are always thrilled and eager to participate in our activities. Without their support, we would not have been so passionate about creating an English-rich environment for Lamwoosers. We do hope that our team can arouse their interest in learning English in an enthralling way.



◆ Miss Emma checking students' riddle answers at the Easter Hunt activity



◆ Our executives serving food at the Food Tasting counter during EAS Week



# 中文科

## 中一級寓言故事 創作及演講比賽

中一級同學於下學期學習了寓言單元，為了讓同學鞏固所學、發揮創意，每位同學均須創作全新的寓言故事；同時為了讓同學提升表達技巧，同學間可以互相切磋交流，各班分別選出代表於五月九日的級早會進行演講比賽。各位同學的表現均相當優秀，故事發人深省、演繹生動有趣，贏得了全場師生的熱烈掌聲！



◆陳珮嘉同學為大家演繹  
〈消失的魔法〉



◆司儀：李映緹、吳佳惠



◆司儀：關曉琳、羅梓晴



◆林怡君同學為大家演繹  
〈蟲子〉



◆余舒妍同學為大家演繹  
〈防疫物品的爭鬥〉



◆洪嘉彤同學為大家演繹  
〈太陽和月亮〉

## 中文活動組

本年度中文活動組舉辦了多項活動，包括：中秋猜燈謎、校園集古村市集、寫揮春迎新年、元宵湯圓慶團圓、文學創作比賽、古文算學奇妙之旅及舊曲新詞比賽等。大部份活動已圓滿結束。透過參與各項活動，同學體驗到中華傳統文化及節日的意義，以及文學創作之美。

### 中秋猜燈謎

中國人重視傳統節日，中秋節象徵團圓，本組舉行簡單的猜燈謎活動，讓同學可以在學校嘗試參與古代的民間活動。遊戲主要以漢字的特殊構造與意義變化設題，如運用到漢字的音、形、義、諧音、隱喻等，富挑戰性和趣味性。

### 校園集古村市集（與德育及公民教育組合辦）

活動中，學校禮堂搖身變為古代市集，並設置糖畫、扎染、香包、國畫畫扇等攤位，這些古代尋常之物，在現代人生活中形跡罕見。當日，同學恍如穿越到古代，觀賞糖畫、國畫等古技，同時也可試穿古裝服飾，氣氛熱鬧。



◆校園集古村活動中，全班同學各持道具，開心地拍攝大合照



◆寫揮春迎新年活動中，同學埋首寫揮春

### 寫揮春迎新年（與德育及公民教育組合辦）

貼揮春的習俗由來已久，已經成為香港非物質文化遺產項目。每逢新春，家家戶戶都會貼上全新的揮春，寄寓對新年的祝福與盼望。畢竟同學能親手寫揮春的機會不多，本組期望透過全班一起寫揮春，讓同學寫下對來年的期許，並藉此互相祝賀。

### 元宵湯圓慶團圓（與德育及公民教育組合辦）

湯圓的「圓」指「取圓以達陽氣」，故有「圓滿、團圓」的意思。以湯圓迎接陽氣，祈求凡事圓滿、闔家團圓，富有吉祥的含義。在乍暖還寒的晚冬，師生一起品嚐不同味道的湯圓，溫馨暖和。



◆元宵湯圓慶團圓活動中，老師及負責的學生煮湯圓

### 文學創作比賽（與文學科合辦）

活動以「作品說的話」為主幹，以校友的作品引入，並輔有錄音，分享他們創作文學作品的心路歷程，讓同學從作品中領悟文學的意義和價值。希望同學透過細讀師兄、師姐的文學作品，啟發他們創作出屬於自己的作品，引發他們對中國文學的興趣。

### 古文算學奇妙之旅（與數學科合辦）

是次活動與數學科合作，本組同學寫作一篇古文，內附五道數學題，深淺難度不一。本組一連兩天於有蓋操場設置攤位，提供初階及進階的數學算式提示，希望同學能同時解讀文言文以及古代的數學題，有趣新奇。



◆古文算學奇妙之旅活動中，不少同學到攤位詢問數學算式提示，換取獎品



## 舊曲新詞比賽

上學期，中三級同學已熟讀宋詞，而且中一、中二時，亦曾學習詩經、樂府詩、唐詩等詩歌，中三級同學對詩歌韻文已有基本的認識。全級同學一起參與活動，為舊曲填上新詞，並於級早會獻唱。同學須同時兼顧音樂歌韻、漢字平仄、煉字警句，又要做到情景交融、意味深長，將課堂所學發揮得淋漓盡致。



◆同學在舊曲新詞比賽演繹作品



◆舊曲新詞比賽得獎組別

## 中國語文精研班

### 「天空故事」廣播劇製作體驗班

由康樂及文化事務署主辦「天空故事」廣播劇製作體驗班，透過一系列校內工作坊，讓同學創作自己的廣播劇故事，提升說話技巧及學習聲線運用，並了解聲效製作。除了讓同學體驗廣播劇的製作過程，亦希望讓同學在創作過程中重新檢視日常，學習多觀察四周的事物、聆聽身邊各人的聲音，從中得到珍貴的信息。學生認為體驗班除了讓他們接觸不少常規課程以外的知識，更獲得在學校週會公演的寶貴經驗，值得參加。



◆「天空故事」錄音練習



◆「天空故事」公演前全體合照



◆「天空故事」上課情形



### 新詩創作班

課程讓同學認識新詩的特點，學習新詩的寫作方法，並培養鑑賞的能力。學生認為課程十分有趣，能認識不同形式的新詩，對新詩有更深入的了解，也學習到寫新詩的技巧。在佳作分享環節，他們學習欣賞及評論同學的新詩，並從閱讀他人的作品中獲得一些靈感，學會一些道理。導師欣賞同學的創意，部分佳作已刊登於《中學生文藝月刊》。



◆新詩創作班表現優異同學獲老師贈書



◆新詩創作班師生合照

### 聯校讀書會——趙曉彤《一》

本校於2024年5月3日晚上與基督教宣道會宣基中學及鄧鏡波學校聯辦網上讀書會，邀請了作家趙曉彤女士即場分享創作心得。同學在讀書會前先閱讀趙女士的小說集《一》，在讀書會中踴躍提問，就著作的思想內容與作者作深入交流。

### 小說創作班

為期六節的小說寫作課程，由唐睿博士教導有志創作的同學掌握賞析小說的方法，運用研習的技巧創作小說。課程通過寫作練習、同儕學習和教師指導等教學安排，讓學生探索小說的關鍵元素，如物件描寫、色彩描寫、人物設定、對話安排、場景設定和初階敘事觀點的運用。



◆小說創作班作品賞析



導師及學生感言



## 中文辯論校隊

今年中文辯論校隊在莊振沖老師、戴凱晴老師及陳以心教練的帶領下，秉承「培養思辯能力，了解社會事務，提升學生自信，增進語文基礎」的宗旨，積極參與不同的校際學界比賽，讓學生吸收比賽經驗，發展潛能。

### 校隊成員：

1B	余舒妍
2C	麥悅琳
2C	謝騏成
2D	葉伊晴
3D	劉昕喬
3D	麥嘉瑜
3D	岑小柔
4D	羅紫甄
4D	尹凱霖
4D	王宣月
4E	王愉衡
4E	袁靖然
5B	潘靜儀
5B	陳浩謙
5C	陳品源
5D	張展柔
5D	秦定娜 (隊長)



隊長的話及隊員感言

## English Debate Team

Our English Debate Team consists of students from Form 1 to Form 4. This year, we are delighted to have established both junior and senior teams. Our primary goal is to promote the art of reasoning and cultivate social awareness. Through regular training sessions and participation in debate tournaments, our debaters could enhance their research and analytical abilities whilst developing proficiency in public speaking, collaboration, and self-management.

Following the resumption of face-to-face debates after the pandemic, most of our debaters experienced their first in-person debate. This presented a valuable opportunity for them to showcase their debating skills and learn directly from their peers in various competitions held this year. Both the junior and senior teams performed exceptionally well, reaching the Semifinals in the UNSDGs Debating Competition 2023/24.

We hope that these experiences will empower our debaters to become the leaders of tomorrow



◆青年社創辯論大賽



◆校隊成員合影

本年度參與比賽如下：

比賽	賽果
「社創Think Big!」Festival年會－青年社創辯論大賽	季軍
第五屆《全港中學學界辯論比賽》	晉級至負方賽第四回合
不平則鳴——平等機會專題辯論比賽	亞軍
第56屆聯校中文辯論比賽	進行中
大律師公會辯論比賽	進行中
香港中學生公共政策辯論大賽2024	進行中
第三十九屆星島全港校際辯論比賽	第一回合出局
第二十二屆《基本法》全港中學生辯論賽	第一回合出局
第四屆「童行盃」外圍賽	第一回合出局



◆比賽留影



◆The F.1 team, Maya Yu, Zoe Chan and Kayden Leung reached the Quarter-Finals of UNSDGs Debating Competition 2023-24



◆The F.4 team, Ryan Ho, Cyrus Leung and Alex Wei reached the Semi-Finals of UNSDGs Debating Competition 2023-24



## 普及運動週

2023-24年度的普及運動週已經圓滿結束，各班投入參與各項班際賽事，最終由3A班勇奪冠軍，4D班及2C班分別奪得亞軍和季軍。恭喜各得獎班別。

初級組班際比賽成績

	冠軍	亞軍	季軍
閃避球	2A	2C	2B & 2D
男子賽艇	2C	2D	2B
女子賽艇	2C	1B	2A
飛鏢	2D	1D	1B & 2A

高級組班際比賽成績

	冠軍	亞軍	季軍
閃避球	5A	4C	3A & 4A
男子賽艇	5A	5B	3C
女子賽艇	5D	4D	3C
飛鏢	3A	4A	4C & 4D



◆男子賽艇比賽得獎者合照



◆閃避球開球禮

## 師生同樂日

第五屆師生同樂日於四月三十日順利舉行。老師和同學的精心策劃、工作人員的熱情盡責，以及全體師生的積極參與，為是次活動增添不少色彩。同樂日活動豐富，包括健球、飛鏢、芬蘭木柱、定向、電競單車、禁毒攤位等。另外，家長教師會更為同樂日提供贊助，讓老師、同學一起免費品嚐雪糕車的雪糕，為校園增添歡樂的氣氛。相信各班能從活動中感受到團結的氣氛，師生同樂日亦會成為師生們每年期待的活動之一。



◆校長與家長一同享用富豪軟雪糕



◆電競單車活動非常刺激



◆飯堂內多個歡樂遊戲攤位，同學在青蛙跳跳紮攤位中大展身手，校園洋溢歡樂氣氛



◆同學們的打氣聲響遍全場



◆師生在Funday的開幕禮，向天上的無人機揮手



◆本年度新興運動之一芬蘭木柱，考大家眼力和智力



◆老師和同學用自拍機，留下美好回憶

## 總結

以上兩項活動，不但讓師生卸下平日繁重的工作和課業，放鬆心情，更能促進師生之間的交流和聯繫，營造歡樂的校園氣氛。老師和同學的笑容，是普及運動週和師生同樂日最大的收穫，希望來年大家繼續支持體育部舉辦的活動。





◆ Band Interflow



◆ 2 Vocal Ensemble Teams participating in the 76th Hong Kong Schools Music Festival's Vocal Ensemble - Foreign Language - Mixed Voice category



◆ Band Music Festival



◆ Mixed choir joining the 76th Hong Kong Schools Music Festival's Chinese - Mixed Voice - First Division - Senior class

## Junior Choir

With intensive rehearsals, our 69 young singers in Junior Choir have continuously improved and obtained promising results in various competitions this year.

Our Junior Choir participated in the 76th School Music Festival and sang in front of an audience live for the first time after the pandemic. The Choir performed *Psalm 23* composed by Kai-Young Chan and *The Snail* composed by Zhu Ting-Zhen in the Music Festival (Chinese - First Division), and was the Second Runner-Up. The team also performed *When the Earth Sings Her Children Sing Along* composed by Amy F Bernon and *Mironczarnia* by Jakub Neske in the Music Festival (English - First Division).



◆ Band Rehearsal



◆ Junior Choir joining the 76th Hong Kong Schools Music Festival First Division - Junior Mixed Choir - Chinese Class

## Senior Mixed Choir

With a performance of *The Wish Upon the Stars* at our school's Speech Day serving as a prelude for the school year, our Senior Mixed Choir practiced diligently and prepared for the 76th School Music Festival. Our choir joined both Foreign Language and Chinese Language classes of

Senior Mixed Choir in the First Division. Although their path was arduous, they have gained valuable experience while preparing for this competition. We received a gold award and a silver award in these two classes respectively. They performed *The Conversion of Saul*, *Vidi Aquam*, *Spring Coming* and *The Wish Upon the Stars* and shared the excitement and joy of performing for a live audience. In the coming future, we hope to showcase more of Lamwookers' genuine passion in choral singing.



◆ Mixed choir joining the 76th Hong Kong Schools Music Festival's First Division - Senior Mixed Choir - Foreign Language Class



◆ Chinese Orchestra Music Festival





◆ Speech Day performance by our school orchestra and mixed choir



◆ Mixed choir rehearsal with the composer, Mr Hui



◆ Speech Day performance by our vocal ensemble



◆ Vocal ensemble joining their counterparts from other participating schools and sang together

challenge the impossible. We also extend our heartfelt gratitude to our members for their steadfast efforts to strive for excellence. As we continue in this long-winding journey, we are determined to keep up the expedition; and the transcendent power of music will propel us forward.

## Chinese Orchestra

After the pandemic, our Chinese Orchestra has gradually resumed and participated in various competitions.

In mid-November, we performed The Impression of Chinese Music with a 58-member team in the 2023 Hong Kong Youth Music Interflows - Chinese Orchestra Interflow. We were delighted to share our passion for music on stage and were awarded the Silver Award.

To prepare for the 76th Music Festival in late-February, our members put in a lot of effort practicing for the piece Horse Racing Festival. Ultimately, we were awarded the Silver Award in the competition. We are truly grateful to our conductor, Mr. Cheung Hiu-Fai, for his support and for creating the most memorable moments with us on stage.

Throughout the above experiences, our team has become more united, and our passion for music has deepened. We are grateful that we now have a family of 71 members, and we are avidly preparing for the upcoming summer concert in July.

## Orchestra

Throughout the year, our symphony orchestra poured their hearts and souls into musical performances. We performed *Suite in E-flat (2nd and 3rd movements)* composed by Gustav Holst in the 2023 Hong Kong Youth Music Interflows, achieving a remarkable feat by winning the Silver Award. This triumph reflects their dedication to musical excellence and embodies the team's commitment to harmony. Our team members persevered with unwavering dedication, diligently preparing for the 76th Music Festival. They participated in the intermediate category with a captivating rendition of the *L'italiana in Algeri Overture* composed by Gioachino Antonio Rossini, ultimately earning the Silver Award.



◆ Chinese Orchestra interflow



◆ Erhu ensemble

## Symphonic Band

In December 2023, the Symphonic Band participated in the Senior Class of the 2023 Hong Kong Youth Music Interflow - Symphonic Band Interflow for the first time in history. Though it was a huge challenge for our members, we practiced together with passion and lots of effort. The team was awarded the Silver Award, marking an important milestone in our musical journey.



◆ Music Team Members being invited to attend the SAR Philharmonic Charity Concert 2023

In March 2024, the top 64 strong teams participated in the Intermediate Class of Concert Band Contest of the 76th Hong Kong School Music Festival. The team was awarded the Bronze Award, marking our first ever attempt since the resumption of the Music Festival.



◆ Senior Girls Choir joining the 76th Hong Kong Schools Music Festival's Foreign - Girls - First Division - Senior class





◆ A team of F.1 students having won the championship on the STEM Fun Day

## STEM For All

The STEM team, together with different departments, has been organizing a range of STEM activities to provide a vibrant learning experience, nurturing students' interest and ability to integrate and apply knowledge and skills across multiple disciplines to solve real-life problems.

### A. STEM Fun Day

All F.1 students participated in the STEM fun day, in which they were engaged in learning STEM knowledge and skills in an interactive manner. All of them were able to demonstrate their knowledge in robotics in a mini-competition.

### B. Form Assemblies for STEM

The STEM Team promoted the subjects through form assemblies for selected forms. We invited guest speakers and prize winners to share their experiences in STEM, providing valuable insights to our students.



◆ All F.2 students listening to our prize winners



◆ All F.1 students are learning science, technology, engineering and mathematics behind robotics



◆ A team of F.6 students sharing their experience in a STEM competition

## STEM For the Interested

We continued to provide training for the programming team and robotics team this year, enabling interested students to acquire advanced knowledge in programming and robotics. Additionally, we offered the CUHK A.I. Car workshop, the HKBU Fact Check Information Literacy Exhibition and Interactive Workshop, Unity 3D Game course, FinTech and Blockchain course as well as industrial visits to Accenture and Bank of America. These opportunities helped students stay up-to-date with the latest technological developments. Community engagement has always been a key focus of our STEM development. Hence, we collaborated with CityU, EdUHK and other parties to provide opportunities for our students to learn how to utilize technology to serve the community with positive values.



◆ Training for our Robotics Team

### A. Team Training

- Programming Team training
- Robotics Team training

### B. Enrichment Courses and Workshops

- CUHK A.I. Car Workshop
- HKBU Fact Check Information Literacy Exhibition and Interactive Workshop (in collaboration with MCES)
- Unity 3D Game course
- FinTech and Blockchain course



◆ Our Programming Team, with our alumnus Carson Cheung



◆ CUHK A.I. Car Workshop





◆HKBU Fact Check Information Literacy Exhibition and Interactive Workshop (in collaboration with MCES)



◆3D Game courses: Unity 3D Game Design Course

### C. Community Engagement and Services

- JA Innovation Camp and Coding Workshop
- Teen TechCreator (in collaboration with the Hong Kong Christian Service)
- “Little Safflower” Community STEM Scholars Award Programme (in collaboration with the Changing Young Lives Foundation and the Education University of Hong Kong)
- FlightSim Experience for the Elderly (in collaboration with ECS)
- FlightSim Experience for the Students
- Serving as Volunteers in the Universal



◆Serving as Volunteers in the Universal Robotics Challenge



◆Opening Ceremony of the Universal Robotics Challenge

Robotics Challenge (in collaboration with the City University of Hong Kong and Winstars Enterprise HK Limited)

### D. Industrial Visits

- Accenture Experience Day (organized by Junior Achievement Hong Kong)
- Visit to Bank of America (organized by Tech4Girls)



◆FlightSim Experience for the Elderly



◆FlightSim Experience for the Students



◆JA Innovation Camp and Coding Workshop



◆Teen Tech Creator Programme



◆Accenture Experience Day



◆Visit to Bank of America





◆ Lovely Friendships with our Japanese counterparts



◆ Group photo with students from our sister school

## Meeting our Japanese Counterparts!

A face-to-face cultural exchange session with our sister school, The Junior High School Attached to Saga University Faculty of Education (佐賀大学教育学部附属中学校), was held on 7<sup>th</sup> December. All participating students were delighted to meet their Japanese counterparts in person after the pandemic. The event was kicked off by a welcoming speech made by our Vice-principal, Mr. Lau. Students then exchanged name cards designed by themselves. They also took turns and shared their own cultures, favourite sports, music and food. The exchange session was concluded by the ending speech given by the Vice-principal of our sister school, Miss Noriko Kawasoe. After that, students from both schools enjoyed their time playing basketball, dart games and Nintendo Switch games in English Corner. Lastly, they all had a taste of food from both cultures. All teachers and students enjoyed the time with our guests coming from Japan and we hope to see each other again!



◆ Our students are enjoying the time with their Japanese friends

## Speech Day

SKH Lam Woo Memorial Secondary School held its 51<sup>st</sup> Speech Day on 2<sup>nd</sup> December, 2023. The event began with the National Flag Raising Ceremony. Dr. Alice Yuk, the School Supervisor, then expressed her gratitude to parents and teachers for their support in helping students grow



◆ The Guest of Honour, Prof. Chan Ka Leung, Francis, giving us a speech



◆ Performance given by the Mixed Voice Choir

and succeed. She encouraged the graduates to continue learning and serving with passion. Prof. Chan Ka Leung, the Guest of Honour and Dean of the Faculty of Medicine at the Chinese University of Hong Kong, congratulated the graduates and urged them to strive for excellence. After that, our Principal Mr. Cheng Hong Yung highlighted the school's achievements, including impressive public exam results. Scholarships were presented, and recipients of Long Service souvenirs were applauded. Graduate representatives then expressed their gratitude to teachers and parents. At last, the ceremony concluded with performances by the school's Orchestra and Mixed Voice Choir. Congratulations to all our graduates!



## Students' Union (2023-2024)

5E Fung Sze Hang

### Joint School Student Exchange Programme

The Joint School Student Exchange Programme is designed to offer students a chance to immerse themselves in the learning environment and culture of another school. By participating in the programme, students are engaged in both cultural and academic exchanges with their peers. This year, applications were open to students in Form 3 and Form 4. Selected students had the opportunity to visit our partner school, Methodist College, from 17th - 19th of April 2024 for a three-day study programme.

One of the participants, Lau Eunice Hiuyin from Class 3D, shared that the experience was a memorable one, filled with excitement and valuable learning opportunities. She appreciated the chance to explore different learning styles at Lam Woo and Methodist College, having gained a new and enriching experience in the process. Participants also formed lasting friendships with students from Methodist College during the programme.



◆ Exchange students visiting the School History Gallery

Besides the participants, the benefits of the exchange programme extended to other students in our school. Each class hosting exchange students had chosen mentors in advance to ensure the well-being of the visitors throughout the three-day programme. These mentors found the experience rare yet invaluable, providing them with unique insights and opportunities for personal growth.

In conclusion, the exchange programme offered our students a memorable and enriching experience, providing valuable insights into academic and cultural exposure while fostering a deeper understanding of different school environments. The 33rd Executive Committee of the Students' Union is enthusiastic about creating more eye-opening and high-quality activities for students. Your continued support for the Students' Union is greatly appreciated as we strive to enhance students' sense of belonging to the school.

Stimulus with inspiration, unbounded to imagination.



◆ Committee members of SU and exchange students enjoying lunch together



◆ Exchange students experiencing activities from the Sports Week



◆ Taking a group photo with the exchange students



## Guidance Week: Love & Care (關愛與關懷) 5-7 December 2023

The Guidance Week this year was successfully organized with the theme of 'Love and Care' (關愛與關懷). Lamwoopers were able to take the chances to show love and care to the people around them through a variety of activities, creating a supportive and caring school environment. Here are some of those activities held during Guidance Week.

### Candy Pack Selling

The "Candy Pack Selling" activity was an absolute hit! For a mere \$5, students could purchase these delightful candy packs and extend kindness to their friends, teachers and families. It was a true celebration of sharing love and showing you care, reminding all the joy that comes from brightening someone's day. Two hundred candy packs were all sold out in three days.



### School Assembly: 燈光下的圍城

In the Guidance Week School Assembly, we were honored to have the International Social Service Hong Kong Branch (香港國際服務社) present the captivating play, 'City Beneath the Light' 「燈光下的圍城」. The aim of the performance was to highlight the importance of drug prevention and mental well-being. Lamwoopers expressed their admiration for the troupe's exceptional performance, acknowledging it as a rare opportunity to deepen their understanding of the severity of the drug problem in Hong Kong.



### Song Dedication

What better way to brighten up the atmosphere at lunchtime than a heartwarming 'Song Dedication Session'? Students had the opportunity to express their feelings and show support for their friends through heartfelt messages and uplifting music. The messages were read aloud by helpers, reminding students of the power of kind words and the importance of supporting one another.



### Mini Board Games

Students were given the chance to unwind, bonding with friends and teachers around tables adorned with colorful board games, dice, and cards. In this world of tabletop fun, participants shared their laughter and relaxation.



### Campus Cheering Booths

Who says lunchtime can't be exciting? Campus Cheering Booths were set up at the mini-stage by the Salvation Army Tai Wo Hau Children and Youth Centre. Students gathered to indulge in an array of thrilling activities related to emotion awareness and stress management. Cheers echoed through the campus, sounding students' excitement, whilst writing messages of encouragement for each other. This one-hour long session provided the perfect opportunity for students to relax and better understand their emotions and stress.



### Memory Bottle Workshop

To the tune of relaxing music, students poured their gratitude, worries, and words of self-encouragement onto paper. Through writing and then bottling these thoughts, students discovered the therapeutic nature of facing and embracing one's emotions.



### Pressed Flowers Bookmark Workshop

Have you ever experienced the joy of making your own bookmark? Blooming with creativity, students used pressed flowers to craft their bookmarks. We encouraged them to create for themselves, but also to share their designs with friends, promoting their love and care for one another. It reminded us even small acts of kindness can create ripples of happiness.



### Phone Charm Workshop

Making one's own phone charms has become a trend among teenagers! Participants enjoyed unleashing their creativity through designing and sharing their very own personalized phone charms. This was an opportunity to slow down and create something tangible amidst the stress and hustle and bustle of modern student life.





## Moral and Civic Education Section

### Exchange Programme with our Sister School - Hangzhou Xuejun High School

From 27th to 30th March, a group of 22 F.3-4 students had the incredible opportunity to participate in an exchange programme with our sister school, Hangzhou Xuejun High School in Mainland China.



◆ Exchange Programme with Hangzhou Xuejun High School



◆ Teachers and students' sharing

Upon arrival on campus, we were warmly welcomed by the school's teachers and the principal, who delivered a heartfelt speech. In the morning session, we had the privilege of learning from their teachers and students, who shared their profound insights and experiences in previous community projects. They also expressed their aspirations to contribute to society in the future. During lunchtime, we enjoyed a lively meal at the cafeteria with our buddies, engaging in cheerful conversations and exchanging stories.

We attended two lessons alongside our buddies and were amazed by their focus and active participation. We had the chance to explore a classic Chinese text from a fresh perspective. We also engaged in in-depth discussions on various themes and personal thoughts during an English lesson, which concluded with a dubbing performance of selected scenes in the novel, *'Wonder'* by both our students and our buddies. We found their interactive and attentive approach to learning truly inspiring. Throughout the day, we formed meaningful bonds with our buddies through various activities at Xuejun.



◆ Chinese lesson at Xuejun



◆ English lesson at Xuejun



◆ Su Causeway in the morning of spring of West Lake (蘇堤春曉)



West Lake



◆ Xiaoshan Robot Expo Centre

Another highlight of the exchange programme was our visit to some of the city's most iconic landmarks. Xihu, also known as West Lake, impressed us with its tranquility, beauty, and historical significance. Experiencing it firsthand was a truly unforgettable experience. We also explored QingHeFang and Hanzhou Museum, where we immersed ourselves in the vibrant and diverse Chinese culture, gaining a deeper understanding of ancient China.

In addition to visiting these scenic spots, we had the opportunity to visit the Xiaoshan Robot Expo Center, which provided us with insights into the latest technologies. We even got to try out gadgets and were deeply impressed by the remarkable advancements on display.

This encounter with Hangzhou's rich culture, the bonding with our counterparts, and the new knowledge and inspiration gained from this exchange programme will undoubtedly have a lasting impact on Lamwoosers.



# 中國歷史科：「同根同心」－初中學習交流之旅 「東莞與中山歷史人物考察團」（28-29/3/2024）

## 活動簡介

「讀萬卷書不如行萬里路」，本年度中國歷史科舉辦了一個兩日一夜的歷史考察交流團，讓大家走出課室，親身前往東莞及中山的不同歷史場景及博物館，學習及重溫鴉片戰爭、辛亥革命等課題，深入認識林則徐和孫中山等歷史人物的事蹟。這次實地考察不僅鞏固學生在課堂所學的知識，更讓我們對中國歷史有了更深入的了解。

今次交流團報名人數眾多，反應熱烈。三位中史科老師帶領著三十位中一至中三級同學到訪虎門銷煙池、鴉片戰爭紀念館、海戰博物館和孫中山故居翠亨村等地。在整個旅程中，同學們聽從老師的指導，展現了認真專注的態度。最終，我們順利完成了兩日一夜的旅程，並獲得了豐富的收穫。



◆香園圍管制站



◆林則徐虎門銷煙池舊址



◆鴉片戰爭博物館



◆孫中山故居翠亨村

## 團員感言

### 3C 郭佩珈

這次的中史交流團給我帶來豐富的收穫。在海戰博物館中，我深入了解海戰歷史和戰術，館內的互動遊戲使這段歷史更為生動有趣。虎門的林則徐紀念館和銷煙池給我留下深刻的印象，銷煙池的規模比我想像中的大得多。導航員生動地講述當年銷煙的過程，讓我對這段歷史有更深入的认识，並了解林則徐先生在禁煙事業上的貢獻。中山故居紀念館深化我對孫中山先生的認識，使我由衷佩服他為國家犧牲的精神。在紀念館中，我看到孫中山先生在他臨終的時刻仍然呼喚著「和平」、「奮鬥」、「救中國」，這展示他對國家的關切與重視，其思想和貢獻深深影響著中國的歷史。總的來說，這次的實地參觀讓我對中史產生更大的興趣，也更深入了解相關知識。

### 3D 區愷悠

這次的體驗與一般書本上的學習資料有著顯著的不同——這趟旅程讓我明白和平的可貴，尤其是當我看著威遠砲台面向著大海時，我無法想像當時戰火連綿的景象。因此，我們要熟讀歷史，不讓自己甚至後代遺忘戰爭帶來數以百萬計的犧牲。我們在孫中山紀念館看到武昌起義的計畫資料和精心準備起義的圖片，讓我明白共和國的建立是由無數人的血汗換來的，也讓我反思了珍惜當下的重要性。

### 1C 陳加尉

這次考察之旅讓我明白歷史上的偉人並非遙不可及的神話，他們是真實存在的人，他們的選擇和努力塑造了中國的歷史和文明。他們的精神成就激勵著我們，讓我們更加堅定自己的目標和追求。我由衷地感謝能獲得這次考察之旅的機會，它讓我對中國的歷史和文化有了更深刻的體會，同時也激勵著我們繼續努力，為實現中華民族的偉大復興而奮鬥！

### 1B 陳淳滄

參觀歷史景點除了加深我對歷史人物的認識，也啟發我對戰爭的反思，使我深刻領悟到愛國英雄為救國而視死如歸、毫不畏懼的精神。總括而言，「讀萬卷書，不如行萬里路」，這次交流團讓我學會課本以外的知識，實地考察更讓我好像置身於歷史當中。我期待日後再有機會參加中史交流團！



◆威遠砲台



◆海戰博物館



精華片段

<https://www.youtube.com/watch?v=hyGjhl9edtM>