



番禺會所華仁小學

Pun U Association Wah Yan Primary School
(A Jesuit-administered School)



校訊

School Bulletin

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Commitment

校長的話



大家好！我是周秉濤，自2023年9月1日起擔任番禺會所華仁小學的校長。我感到十分榮幸能為這所學校服務，並與學校教學專業夥伴，以及各位家長共同努力，促進每位學生的成長和發展。這實在是一份天主恩賜予我的機緣，也是一份榮幸，更是一份責任。我感謝番禺會所和耶穌會一直以來對學校的支持和認可，同時也感謝家長們在家中的積極配合，支持學校的各項措施，並協助孩子的學習，誘導孩子發掘潛能，展現才華。我還要特別感謝學校優秀的教師團隊，他們都具備刻苦、創新的精神和認真的教學態度，這讓我對未來充滿期待和憧憬。

我們華仁小學的孩子在各方面的能力表現一直都非常出色！這都歸功於家長和全體師生的共同努力。為了讓孩子能夠快樂學習，我將致力於創造優良的學習環境，並充分利用社區資源，凝聚各持份者的力量，培育更多未來的領袖。

作為校長，我的責任是領導學校的發展。然而，我不可僅僅為了創新而創新，我必須清楚瞭解學校的核心價值觀和學生的成長需求，才能開拓新的道路，具備前瞻性和膽大心細地朝著下一個五十年邁進。我殷切盼望每位家長和教師都能攜手合作，懷着共同的夢想和教育願景 (Dream)，以絕不放棄的精神 (Never give up)，積極地為實現夢想而付諸行動 (Action)，冀令共同夢想可成真。儘管我們可能會面臨各種挑戰，但我願意帶領團隊，克盡己任，夥同家長以最大的努力，使每個孩子都能夠培養出二十一世紀所需的能力，讓他們的「小宇宙」不斷擴張。

我個人的理念是將華仁小學打造成最幸福的地方，「愛學生、愛同事、愛學校、愛自己」是我的個人理念。回顧我的教育事業，大學畢業後，我曾在一所非天主教學校任職。身為香港華仁書院的舊生，我離「家」達十九載，由於天主的呼召和付託，促使我於2017年回到了我的「家」，尋回我的「根」，這讓我內心滿載感激和喜悅。

想回華仁小學不僅牽動我個人的心念，也與個人的信念和核心價值息息相關，而這些重要的價值是來自耶穌會教育的精華。這幾年在華小團體內，我更深深體會到：我必須好好鞏固這些信念和價值，並轉化為動力，信靠着主賜的力量，勇敢前進！耶穌會及天主教教育所追求的，並非一朝一夕可達成，也非靠幾個人的努力就可完成，而需靠全體家長、校友及師生共同協作，點滴匯聚，一步一腳印，方能成就璀璨的未來。我誠心邀請您們一起攜手並肩，共同為我們的幼苗而付出心力，打造一個優秀的學習環境！





洪浚民老師 Mr. HONG Chun Man

大家好，我是洪浚民老師，很榮幸可以正式向大家介紹自己。本學年，我擔任五仁班的班主任，很開心加入華仁這個大家庭。

作為一位體育老師，你可能會好奇為甚麼我選擇了這個職業。因為運動從小到大都是我人生中的良師益友，它教會了我許多重要的道理。「向著目標進發時，需要堅毅；面對挫折時，需要勇氣；取得成功後，需要感恩和反思」。我希望透過體育課堂和校隊訓練，讓大家明白運動不僅僅是一場遊戲，而是一門能帶來人生智慧的課程，只要你認真對待。

我最熱愛的運動是排球，其獨特之處在於它需要個人能力來改變比賽的結果，同時也需要團隊合作。而且在打排球的過程中，你可以成為球隊內的守護神，用精湛的撲救技巧保護球隊；你也可以成為橋樑，將排球傳遞給隊友，實現無間的配合；更可利用強力的扣殺技術，以帥氣的方式為球隊贏得得分。排球真的是一項富趣味性的運動，大家有興趣嘗試嗎？如果大家喜歡，隨時歡迎找我分享。

期待與你們攜手並進，共同創造難忘的學習和運動體驗！謝謝大家！

盧宜鍵老師 Mr. LO Yee Kin

大家好！我是盧宜鍵老師，今年擔任三禮班的班主任，主要任教數學、常識及電腦科。很高興有這個機會加入華小這個大家庭，與各位同學共同踏上學習的旅程。

由小至大，數學都是我喜愛的科目之一。它可以帶給我無窮的樂趣和成功感。每次解決一個看似困難的問題時，那種成功的感覺是無與倫比的。而學習數學亦能訓練我們的思考、分析以及解難能力，這些能力對我們亦有無窮裨益。

我知道或會有同學對學習數學感到害怕，但我相信只要同學勇於面對挑戰，你們必定能解決一個又一個的謎題！當然，在這個過程中，我也會一直在你們身邊提供指導及鼓勵。

希望每位同學也能體驗並享受學習數學的那份喜悅！



郭潔瑩老師 Miss KWOK Kit Ying



大家好，我是郭潔瑩老師，很高興能加入華小這個大家庭。本年度我主要任教數學科、常識科和視覺藝術科。我加入華小雖然只有短短的時間，但已深深感受到華仁仔認真求知的學習態度、互助互愛和自律守規的精神。

教學多年，能見證著學生的成長，陪伴學生一起學習，就是我最大的滿足感，亦是推動我繼續教育工作的動力。在課餘的時間，我最愛到外地旅行，增廣見聞，認識不同的事物，所謂做到老學到老，希望在未來的日子裡，能和華仁仔一起發掘學習的樂趣，追尋自我的價值，感染身邊的人一起愛己愛人。

何潔瑩老師 Miss HO Kit Ying



大家好，我是何潔瑩老師，一仁班班主任，主要教中文和音樂，很感恩能加入華小這個大家庭。

我喜愛學習，文科出身的我，對文學、文化、藝術、電影、音樂等特別感興趣，因為它們蘊含着人文的精神和智慧。我在大學的時候，有老師曾說語文

老師的工作是最艱辛，尤其是中文老師，要當一個好的中文老師，除了傳授學科知識外，還要教學生怎做人，做一個知書識禮、通情達理的人。透過閱讀優秀的文學篇章，讓我們產生共鳴，能與他人同情共感；反覆背誦文言經典名句，讓我們細味古人的情懷、學習古人的智慧，傳承中國文化。在這方面，相信沒有一個學科比中文科更勝任。中文老師實在任重道遠，但每當我看到學生的進步和成長時，心中就有莫大的欣慰與鼓舞。

深盼每一位華小的同學都能「做好人、做好事、做好學問」，這是我們一輩子都值得追求的目標，共勉之。

黃依婷老師 Miss WONG Yee Ting



Hello everyone, I am thrilled to be joining the Wah Yah family as your new English and Music teacher! My name is Miss Wong, and I can't wait to get to know each and every one of you.

Teaching English and Music are two of my greatest passions. I love exploring the world of language and helping students express themselves through words and melodies. But when I'm not in the classroom, I have some exciting hobbies and interests that I'd like to share with you.

One of my favourite things to do is cook and bake. I've even had the incredible opportunity to take cooking classes with chefs from Le Cordon Bleu! I've learned how to create modern vegetarian dishes that are both delicious and healthy.

In addition to cooking, I have a love for travel. I've been fortunate enough to visit around twenty countries so far. When I travel, I enjoy immersing myself in different cultures, visiting museums, exploring nature, and, of course, trying the local cuisine. Eating good food is one of life's greatest pleasures!

When I'm not in the kitchen or traveling, you'll often find me with my nose in a book. Some of my all-time favourites are by Roald Dahl, including "Matilda," "The Witches," and "The BFG." I also enjoy reading self-help books about new age concepts and mindfulness. One of my dreams is to meet one of my favourite authors, Michael Singer, someday.

Music is a significant part of my life, too. I love attending classical concerts and opera performances. Some of the musicians I admire are pianist Krystian Zimerman, Martha Argerich, trumpeter Chris Botti, and cellist Yo-Yo Ma. They inspire me with their incredible talent and passion for music.

I am truly honoured to be a part of the Wah Yah family, and I'm looking forward to getting to know each and every one of you. Please don't hesitate to say hi and introduce yourselves when you see me at school. Let's embark on this exciting journey of learning and discovery together!



黃嘉希老師 Miss WONG Vicky Ka Hei

Hello everyone! I am Miss Wong. I am thrilled to introduce myself as your new teacher this year. It is a privilege to embark on this educational journey with you all.

I am currently teaching English to Primary 3 and 5 students, and Visual Arts to several different year groups. English is not just a subject; it's a key to unlocking endless opportunities. I truly believe that strong English skills will empower you to communicate effectively in a globalized world and achieve your dreams.

My connection to English extends beyond the classroom. Having lived and studied in England during most of my childhood, I've gained firsthand experience and a deep appreciation for the language and culture, which I am eager to share with all of you.

Apart from teaching, I am an avid adventurer with a zest for life. Scuba diving and exploring the world have allowed me to appreciate the beauty of our planet, while painting allows me to express my creativity. On the sports front, I have a soft spot for netball, a dynamic and team-oriented game. If you share any of these interests, please don't hesitate to strike up a conversation with me – I'm always up for a chat!

I want you to know that my door is always open to you, whether it's about your studies, interests, or simply to say hello. Let's make this school year one filled with learning, laughter, and unforgettable memories. I can't wait to get started on this incredible journey with all of you. Here's to a fantastic year ahead!



林翰然老師 Mr. LAM Hon Yin

Hi everyone! I am Mr. Lam, a new member of the PUWY family! I am an English teacher who loves inspiring young minds to become creative thinkers and excellent leaders. I strive to create a space for students to explore their learning styles, and I will always be there to support and help develop their interests.



English is a lingua franca that different people from around the world use to communicate, and you'll never find it boring! English can be found in various fun activities, such as watching movies, playing

video games, and reading story books or comics. There are also some of my favorite hobbies to enjoy in my spare time, as they can calm us down after a long day of school. I also enjoy listening to students' interesting stories and innovative ideas, so feel free to talk to me anytime!

I am looking forward to getting to know all of you and guiding you through a fruitful year. I have high hopes for our students to be excellent in both academics and morals, and always remember: it is what we do that defines us.



香港總監挑戰盾 灣仔區選拔賽冠軍

Champion of Wan Chai District Chief Commissioner's Shield 2023 Selection Competition



隊員們在於七月底開始接受訓練。
Cub Scouts started training at the end of July.



繩結是訓練項目之一。
Knotting is one of the training programme.



校長在選拔賽前勉勵幼童軍。
Principal encouraged the Cub Scouts before the Competition.



隊員利用繩結和竹枝建造防水的遮蔽物。
Cub Scouts used knots and bamboo sticks to build a waterproof structure.

本校幼童軍團（港島 15 旅）於 9 月 23 日贏得香港童軍總會主辦的「灣仔區總監挑戰盾區選拔賽 2023」冠軍及會長杯。

總監挑戰盾是幼童軍支部的全港性錦標賽，每三年舉辦一次。是次比賽乃疫情後首次復辦。隊員將在 2024 年 2 月 4 日參與港島地域的下個階段比賽。期望他們繼續全力以赴，為學校和港島 15 旅爭光。

On 23 Sep, our School's Cub Scouts (15th Hong Kong Group) won the Champion and Presidential Cup in the Wan Chai District Chief Commissioner's Shield 2023 Selection Competition, organised by Scout Association of Hong Kong.

The Chief Commissioner's Shield is a Cub Scout Sectional Competition across the whole of Hong Kong, organised every three years. On 4 Feb, 2024, the Cub Scouts will take part in the next stage of the competition in the Hong Kong Island Region. Hopefully, they will continue to strive for the best, bringing honour to the School and 15th Hong Kong Group.



梁栢賢和陸天佑被委派進行跳繩項目。
Leung Pak Yin and Luk Tin Yau were assigned to take part in the Rope Skipping Contest.



參賽的幼童軍：黎靖（隊長）、孫浩橋（副隊長）、梁栢賢、陸天佑、王逸淳、陳峻熹、黎盛進和吳瀚維。

Cub Scouts participating in the competition:
Lai Ching (Sixer), Alfie Soon (Second),
Leung Pak Yin, Luk Tin Yau, Wong Yat Shun, Lucas Chan,
Lai Shing Chun, Ryan Ngo



繩結項目：幼童軍需輪流抽出繩結卡，並以最快的時間完成該繩結。
Knotting Contest: Cub Scouts took turns drawing a card with a knot to tie, and completed the knot in the fastest possible time.



黎靖（隊長）與隊員們互相勉勵。
Lai Ching (Sixer) and his teammates encouraging each other.



王逸淳和吳瀚維被委派進行盤球項目。
Wong Yat Shun and Ryan Ngo were assigned to take part in the for the Dribbling Contest.

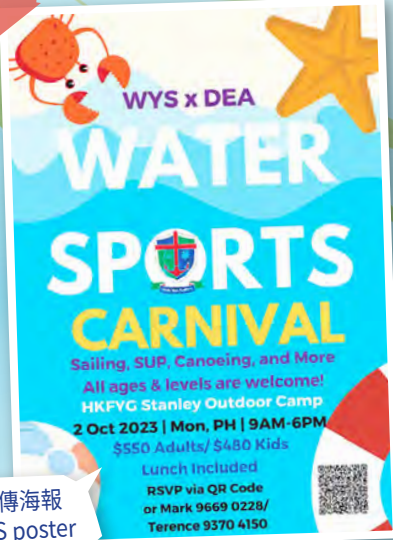


比賽附有神秘項目——真人版九宮格拼圖。
A mystery contest in the competition – Life-size Jigsaw Puzzle.



幼童軍與灣仔區總監和本團領袖合照。
Group photo of the Cub Scouts with the Wan Chai District Commissioner and Pack Leaders.

WYS X DEA Water Sports Carnival



宣傳海報
WYS poster



參與水上嘉年華的部份家長和學生。
How joyful the participants and parents are!

10月2日，我校十多位學生和他們的家長一起參加了 Wah Yan Sailors 水上嘉年華，與來自 WYP、WYCHK、WYK、華仁舊生會的成員，以及他們的家人和朋友一同體驗了刺激的水上運動冒險。活動在香港青年協會赤柱戶外訓練營展開，參與者體驗了多個水上運動項目，包括帆船、划艇、獨木舟、立式划板和充氣障礙賽等。

這次水上嘉年華不僅提供了水上運動體驗，還通過教練的引導，幫助學員培養領導、解決問題和獨立等重要技能。活動期間，學生們通過團隊合作和協調，克服了各種挑戰。

Wah Yan Sailors 水上嘉年華的成功舉辦，不僅為學生提供了豐富多彩的活動，還培養了他們團隊精神。本校將繼續支持類似的活動，為學生提供更多機會，讓他們在體驗中成長和學習。



坐在橡皮艇上感受清涼的海水。
Students enjoy the cool seawater on a rubber raft.

On 2 Oct, more than ten students from our School participated in the Wah Yan Sailors Water Sports Carnival. Alongside students from WYP, WYCHK, WYK, members of the Wah Yan Alumni Association, and their family and friends, our students experienced an exhilarating water sports adventure. This event took place at the Hong Kong Federation of Youth Groups Stanley Outdoor Training Camp, where participants could engage in a variety of water sport events, including sailing, rowing, canoeing, stand-up paddleboarding, and an inflatable obstacle course.

Besides providing students with water sports experience, this Water Sport Carnival also helped nurture qualities such as leadership, problem-solving, and independence skills under the guidance of coaches. Throughout the activities, students tackled challenges through teamwork and collaboration.

The success of Wah Yan Sailors Water Sports Carnival not only provided students with dynamic activities but also fostered their spirit of teamwork. Our School will continue to support similar activities, providing students with more opportunity and experience for growth and learning.



穿上救生衣後，登上橡皮艇。
Students put on life jackets and boarding a rubber raft.

學習划艇，發揮團隊合作精神。
Students learn how to row, displaying the spirit of teamwork.



準備揚帆出海。
Preparing for sailing



眾人合力將帆船推至岸邊。
Everyone works together to push the sailboat to the shore.



享受揚帆出海的樂趣。
Enjoying the thrill of sailing out to the sea

學界游泳比賽 勇奪團體冠亞

Triumph at Inter-Primary Schools Swimming Competition

10月26日，
 我校泳隊於東區
 學界游泳比賽中
 取得了優異成績
 和獎項。

在乙組比賽
 中，泳隊獲得團
 體亞軍，五仁班杜承霖分別在50
 米自由泳和蝶泳項目中都獲得冠
 軍。同時，五仁班李丞彬也分別在
 100米蛙泳和50米背泳項目中獲得
 冠軍和亞軍。此外，在4X50米自
 由接力賽中，泳隊獲得亞軍。

在丙組比賽中，泳隊獲得團體冠軍，三信班莊睿琛分別在50米蛙泳和背泳項目中獲得冠軍和亞軍。此外，在4X50米自由泳接力賽中，泳隊同樣獲得冠軍。

校長和老師讚賞泳隊展現出的團隊凝聚力和合作精神，為他們在比賽中的出色表現感到驕傲，並感謝家長們的支持、栽培和付出。



On 26 Oct, our Swimming Team achieved excellent results and awards at the Hong Kong Island East Area Inter-Primary Schools Swimming Competition.

In Grade B, our Swimming Team won the team first runner-up. Kelvin Du Shing Lam (5B) took home first place in both 50m Freestyle and Butterfly. Meanwhile, Chester Li Shing Pan (5B) came first in 100m Breaststroke and second in 50m Backstroke. The Team also won first runner-up in 4X50m Freestyle Relay.

In Grade C, our Swimming Team won team champion. Kavi Chong Yui Sum (3I) came first in 50m Breaststroke and second in 50m Backstroke. The Team also came first in 4X50m Freestyle Relay.

Principal and teachers applauded our Swimming Team for demonstrating cohesion and cooperation within the team. They were very proud of their outstanding performance in the competition and would like to thank parents for their support, nurture and contribution.



泳隊成員會互相為隊友打氣。
 Team members cheer for each other.

港島東區小學校際游泳比賽

Hong Kong Island East Area Inter-Primary Schools Swimming Competition



乙組 4X50 米自由泳接力賽亞軍。
 First runner-up of Group B 4X50m Freestyle Relay



丙組 4X50 米自由泳接力賽冠軍。
 Champion of Group C 4X50m Freestyle Relay.



泳隊成員蓄勢待發的一刻。
 Swimming Team members all set for the race.



哨子一響，隊員便迅速躍進水中。
 Team members dive into water at the blow of the whistle.



泳隊成員於接力賽前振臂一呼。
 Team members rally their spirits before the relay.



校長、老師和家長親臨泳池為泳隊成員打氣。
 Principal, teachers and parents cheer for the Swimming Team members by the pool.



球員們精神奕奕，信心滿滿。
Players in great spirit and confidence.

勇奪港島東區校際足球賽季軍 Third In the Hong Kong Island East Area Inter-Primary Schools Football Competition

港島東區小學校際足球比賽 (男子組) 已於 11 月展開。參賽的隊伍共 28 隊，分成 8 組，每組的首名及次名隊伍進入決賽。

我校球隊在分組賽中表現出色，連勝四場，無一失利，並於 11 月 24 日成功晉身四強。球隊在 11 月 27 日四強賽中遇上困難，三位主力球員缺席，全靠隊員們全力以赴，展現出臨場應變的能力，以及團隊合作的精神，及後與對手以一比一平手。可惜在定點射球時稍遜一籌，只能遺憾地進入季軍賽。

11 月 29 日季軍賽中，球隊狀態大勇，上下一心，最後以四比一分數獲勝，為校爭光。羅展博同學更獲得傑出運動員的獎項。本校足球隊取得佳績，實在有賴校長、教練、老師及家長的鼓勵、指導與支持，當然球員的拼勁也是成功的關鍵。

The Hong Kong Island East Area Inter-Primary Schools Football Competition (Boys' Division) commenced in November with the participation of 28 teams, divided into 8 groups. The top two teams from each group advanced to the final round.

Our School's team performed well in the division matches, winning four consecutive matches without fail. They successfully progressed into the top four on 24 Nov. However, on 27 Nov, our team faced challenges in the quarter-final match, as three key players were absent. Despite this setback, the players gave their best effort, and displayed great adaptability and teamwork, resulting in a 1 - 1 tie. Unfortunately, they suffered a tough loss in the penalty shootout, regrettably only entering the third-place playoffs.

In the quarter-final match on 29 Nov, our team demonstrated great spirit and collaboration, winning the match with a score of 4 - 1 and bringing glory to the School. Student Law Chin Pok was awarded MVP of the match. The success of our football team is attributed to the encouragement, guidance, and support of Principal, our coach, teachers, and parents. The hardworking players are also key factors to our success.

對賽雙方各不相讓。
There is no concession between the opposing teams.



球員於賽前留心聆聽教練的指導。
Players listen to the guidance of coach before match.



球員間充份體現了合作精神。
Players demonstrate the spirit of co-operation.



恭賀我校足球隊榮獲季軍。
Congratulations to our School's Soccer Team for achieving third place

國際環保博覽 與局長對話

International Trade Fair on Environmental Protection and the Dialogue with the Secretary



10月29日，我們的楊老師和盧老師帶領三十多位學生參加了「國際環保博覽2023」和「與環境及生態局局長對話」活動，參與學生表現積極和投入。

在活動中，四仁班容梓齊同學代表我校向環境及生態局局長提出了一個具有質素的問題：政府將推行垃圾徵費是希望社會減少製造垃圾，政府是否考慮像瑞典等歐洲國家一樣推行「燃燒垃圾發電」？這樣既可以解決垃圾問題，也可以發展可再生能源。這個問題得到了環境及生態局局長和現場觀眾的熱烈鼓掌和讚賞。

這次活動不僅使學生對環保有更深入的了解，也激發了他們對環境議題的關注和積極性。他們透過與局長的對話，獲得了寶貴的經驗和知識，深入理解了環保政策和可持續發展的重要性。



On 29 Oct, our teachers Miss Yeung and Mr. Lo, led a group of approximately 30 students to participate in the 'International Trade Fair on Environmental Protection 2023' and the 'Dialogue with the Secretary for the Environment and Ecology' campaigns. The students showed remarkable enthusiasm and commitment.

During the event, Yung Tsz Chai from Class 4B asked a thought-provoking question on behalf of our School to the Secretary for the Environment and Ecology, 'As the Government will implement Municipal Solid Waste charging in the hope of reducing waste generation in society, has the Government considered implementing "Waste-to-Energy Incineration" similar to countries like Sweden and other European countries?' It aims to solve waste issues and develop renewable energy. The question received enthusiastic applause and commendation from both the Secretary and the audience.

This experience enabled students to have an enhanced understanding of environmental protection, inspiring them to actively participate in addressing environmental concerns. The dialogue with the Secretary provided students with valuable insights, knowledge, and a profound understanding of the importance of environmental policies and sustainable development.

學生能留心聆聽，積極回應。

Students attentively listen to the Secretary and actively respond.



這次活動讓學生深入理解了環保政策和可持續發展的重要性。

This experience enables students to gain an in-depth understanding of the significance of environmental policies and sustainable development.

諸聖節聖人扮演活動

All Saints' Costume Day

本校於 11 月 1 日舉辦了「諸聖節聖人扮演活動」，旨在讓學生加深對教會諸聖的認識及理解，並於活動中體會到諸聖節的精神。

當天，參加的學生扮演了不同的聖人，包括聖依納爵羅耀拉、聖方濟各、聖達彌盎、聖葛斯默、聖保祿、聖約瑟、聖佐治、聖若望鮑思高、聖道明·我沙維豪、聖奧思定、洗者約翰、真福雷永明神父、聖亞爾伯主教，還有總領天使聖彌額爾等。他們都盡力扮演自己所選的聖人，展現出對聖人的尊敬。

當天小息，小聖人接受了校園電視台的小記者訪問，他們還與校長分享了扮演心得。歡迎掃描二維碼觀看訪問片段。



每位小聖人都精心打扮，認真地學習聖人的德行。
Every little saint dresses up to learn about the virtues of the saints.

The School organised a costume event at All Saints' Day on 1 Nov, to give students a deeper understanding of different saints of the church and the opportunity to experience the spirit of All Saints' Day.



On the day, participating students dressed up as different saints, including St. Ignatius of Loyola, St. Francis of Assisi, St. Damian, St. Cosmas, St. Paul, St. Joseph, St. George, St. John Bosco, St. Dominic Savio, St. Augustine, St. John the Baptist, Blessed Gabriele Maria Allegra, St. Albert the Great and St. Michael the Archangel. Students put in their best

efforts to portray their chosen saints to show their respect for them.

小天使帶來了天國的訊息。
Little angel brings a message from God.

During recess, our little saints were interviewed by reporters of Campus TV and shared their role-playing experience with the Principal. Please scan the QR code to watch excerpts of the interview.

兩位小聖人在閱讀聖經。
Two little saints read the Bible.



小聖人到聖母像前祈禱。
Little saints pray in front of the statue of Our Lady.



一仁班有七位小聖人參加活動。
7 little saints from Class 1B take part in the costume event.



當天華小校園隨處可見小聖人的身影。
Little saints can be seen all over the campus at All Saints' Day.



信義盃小學三人籃球邀請賽殿軍

Winning the 3rd Runner-up in ELCHK Cup Elementary School Three-on-Three Basketball Invitational Tournament

本校籃球校隊成員於 11 月 25 日和 26 日參加了信義盃小學三人籃球邀請賽，並勇奪殿軍。

首日比賽採用分組單循環制度，第二天的淘汰賽則由主辦單位進行抽籤分組。我校球員在第二場比賽中遭遇困難，但毫不氣餒，勇於挑戰，最終在 24 支參賽隊伍中脫穎而出，奪得殿軍。

在李維朗老師和教練的悉心帶領和指導下，籃球隊取得了優異成績。同時，球員們平日刻苦訓練，更是獲得成功的關鍵所在。



籃球校隊成員：六信班何兆臻和劉一言、六仁班黎巧弘和劉嘉泓。
Basketball Team members: 6I Ho Siu Chun and Lau Yat Yin, 6B Lai Hau Wang and Lau Ka Wang Calvin.

On 25 and 26 Nov, our Basketball Team won the 4th place in the ELCHK Cup Elementary School Three-on-Three Basketball Invitational Tournament.

The tournament followed a single round-robin format on the first day and proceeded to eliminations on the second day with fixtures drawn by the organiser. Despite facing a tough second match, our players did not cede ground and braved the challenge. We ultimately stood out from the 24 participating teams and won the 3rd runner-up.

Under the devoted leadership and guidance of our teacher Mr. Lee Wai Long and the coach, the tireless effort that the Team put into their regular training was the key in achieving these excellent results.



球員阻攔對手，爭搶籃板球。
Player blocks his opponent and gets a rebound.



我校球員以一敵二成功投籃。
Our player successfully makes a shot against two opponents.

運球技巧展現球員的技術水平。Skilful dribbling highlights the technical level of our player.



學界精英乒乓球比賽 男子組雙打優異獎

All Hong Kong Schools Jing Ying Table Tennis Tournament: Honourable Mentions in Boys Doubles

香港學界體育聯會主辦的全港學界精英乒乓球比賽於 11 月 18 日舉行，正值本校考試期間。我校隊員不僅要應對考試壓力，還要加強乒乓球訓練，為比賽做好準備。

這場精英比賽比東區學界更具挑戰性，因為全港共有 87 支學校代表參與其中。我們校的兩位乒乓球代表參加了男子組雙打項目，在激烈競爭中獲得了優異獎（第 5 至 8 名）。這是他們平日努力訓練的成果，才能夠在眾多隊伍中脫穎而出，取得優異獎。

當天的賽事由香港電台現場直播，歡迎大家掃描二維碼觀看比賽精華片段和頒獎典禮。



獲獎球員臉上洋溢着勝利的笑容。
The award-winning players show triumph smiles.



恭喜五仁班李丞彬和五信班陸彥光同學獲獎。
Congratulations to our winners, Li Shing Pan (5B) and Luk Yin Kwong (5I).

All Hong Kong Schools Jing Ying Table Tennis Tournament organised by The Schools Sports Federation of Hong Kong took place on 18 Nov. As this was during the School examination period, our Team members not only had to cope with the stress of examinations, but also stepped up their training to prepare for the competition.

With a total of 87 participating schools, the tournament was even more challenging than the Hong Kong Island East Inter-Primary Schools Competition. Thanks to all the hard work they put in their everyday training, the two players representing our School in the Boys Doubles stood out among all teams within the fierce competition and achieved excellent results (5th to 8th places).

The matches were broadcast live on that day by RTHK. Please scan the QR code to watch the highlights and the award ceremony.



兩位雙打球員互相協作攻守。
Our doubles players cooperate to attack and defend.

中大體適能測試 學生表現超越預期

Brilliant Performance in CUHK's Physical Fitness Assessment

12月5日及6日，本校與中文大學兒童青少年素養學院合辦體適能測試計劃，測試項目超過30項，約有150名學生參加測試，部分評估項目與精英運動員的測試相同。

測試報告顯示，本校學生的表現超出了評估人員的預期，優於同齡學生，尤其在折返跑的耐力測試中，部分學生達到了高水平。這次測試讓家長更了解孩子的運動能力和潛能發展，並協助老師調整體育課程，發揮學生的體育潛能。此外，測試也為校隊成員提供更合適的培訓機會。歡迎掃描二維碼，觀看測試片段。

12月12日，我校與香港中文大學資助的體育界社會企業 PLACY 達成合作意向，共同致力於提升華小學生對學生身體素養、健康體適能和運動員專項訓練的重視。

校長與 PLACY 的沈劍威教授簽約。Principal signs the agreement with PLACY's Prof. Raymond Kim Wai Sum.



PLACY與本校簽訂的合作備忘。
PLACY and the School sign a memorandum of understanding.



校長與 PLACY 的沈劍威教授簽約。
Principal signs the agreement with PLACY's Prof. Raymond Kim Wai Sum.



校長、陸嘉朗老師、中大體育系的導師與學生於測試後合影。
Principal, Mr. Luk Ka Long, coaches from CUHK's Department of Sports and our students take a group photo after the assessments.

On 5-6 Dec, the School co-organised the Physical Fitness Assessment Programme with the Physical Literacy Academy for Children and Youth (PLACY). About 150 students participated in over 30 assessments, some of which were identical to those designed for elite athletes.

Assessment reports concluded that our students exceeded the assessors' expectations, outperforming other students of the same age. Our students achieved high scores in the Yo-Yo Intermittent Recovery Test in particular. These assessments provided our parents with a better understanding of their children's sports talents and potential for development, as well as assisted our teachers in fine-tuning the PE programme to allow our students excel their full potential in sports. Furthermore, the assessments provided School team members with better training opportunities. Please scan the QR code to watch footage of the assessments.

On 12 Dec, the School reached a memorandum of understanding with PLACY, a sports-related social enterprise funded by The Chinese University of Hong Kong, to jointly raise PUWY's attention to students' physical literacy, physical fitness and professional training for athletes.



手眼協調擊球測試。
Eye-hand Coordination Test



踢球測試。
Ball Kicking Test



上手投擲測試。
Overhead Throw Test



跳躍測試。
Hop Test

學生的測試報告。
Student's Score Card.

「愛家『仁』家長學堂」 — ‘Love Family and Virtue’

本校向來重視家長和孩子一起成長，故本年度特別舉辦了一系列的「愛家『仁』家長學堂」，提供不同的家長講座、小組、工作坊、親子活動及家長親子義工服務，讓家長學習育兒知識，令親子關係更融洽。

學校上學期共舉辦十項不同的活動，包括「『仁』之常情親子平衡小組」及「孩子來自家庭」聚焦小組等。

當中以「孩子來自家庭」家長講座尤其受歡迎，講者會通過真實個案與家長探討家庭互動如何影響孩子的學業成績，以及如何通過家庭治療走出困境。大部分參與活動的家長認同講座能幫助他們理解子女行為如何受家人互動模式影響。

各項家長課程能加強家長對孩子的認識，協助家長掌握管教孩子的技巧及改善他們的相處關係等。凡此種種，均能幫助家長跟孩子一起學習、一起成長，共同邁向「華小畢業生特質」及「華小家長特質」的目標。



「青少年管與教」家長課程 ‘Teenage Parenting’ Parents’ Course



透過桌遊及體驗活動了解兒子的情緒和需要。
Parents recognise their sons’ emotions and needs through board games and activities.



「砌出親子樂」親子體驗活動 ‘Build the Parent-child Bond’ Experience



家長、孩子合力利用積木完成親子遊戲學習溝通技巧。
Parents and children work together to complete activities involving building blocks while enhancing communication skills.



「孩子來自家庭」家長講座 ‘Children who Come from Families’ Talk



家長積極參與學校舉辦的講座。
Parents actively participate in the talk hosted by the School.

「擴香石製作」家長工作坊 ‘Aromatic Stones Making’ Parents’ Workshop



製作擴香石，學習減壓的方法。
Parents make aromatic stones and learning ways to reduce stress.



一 學習、陪伴、成長

- Learning, Companionship, and Growth

「如何用執行功能提升孩子做功課
溫習、自理能力及生活規律」專題講座
'How to Exercise Execution
Function to Motivate Children to
Do Homework, Practise Self-
disciplinary, and Regulate
Lifestyle' Specialised Lecture



認識孩子不同的學習方法。
Parents understand different ways children learn.



『仁』之常情親子平衡小組



學生認識情緒及出現情緒時的處理方法。
Students learn about emotions and
ways to handle emotional outbreaks.

「Net 爸爸 Net 媽媽」家長講座及「Net 仔」學生講座
'Net Father Net Mother' Parents' Lecture and 'Net Son' Students' Lecture



家長認識兒子上網的不同原因。
Parents understand the various reasons why
their child goes online.



學生學習正確使用互聯網。
Students learn how to use the Internet correctly.

海洋公園父子遊
Father-son Day Trip to Ocean Park



父親在孩子成長時的陪伴十分重要。
Father's company is very important in a child's growth.

「開開心心做功課」家長工作坊
'Happy Homework' Parents' Workshop



學習如何跟孩子討論和訂立時間表。
Parents learn how to discuss and set timetables with their children.



Our School has always valued parent-student growth.

Hence, this year, the School organised a series of 'Love Family and Virtue' Parents' Academy, providing a range of lectures, group work, workshops, parent-child activities, and parent-child charity services. These programmes aim to help expand parenting knowledge and enhance the parent-child bond.

In the first semester, ten different activities were held, including 'Balancing Parent-child Compassion' and 'Children Come from the Family' focus groups.

Among these, the talk 'Children who Come from Families' was exceptionally popular. Through authentic cases, the speaker discussed how family interaction affects children's academic performance and how to overcome challenges through family therapy. Most of the participating parents agreed that the talk helped them understand their children's behaviours and how they can be influenced by the family's interaction.

Each parents' course was able to enhance parents' understanding on their children, helping them grasp parenting skills and improve their parent-child relationship. All these programmes are helpful in encouraging parents to learn alongside their children, grow together, and progress towards the goals of 'Wahyanites Graduates Characteristics' and 'Parents of Wahyanites Characteristics'.



走訪社區「潔伴行」學習製作潤手霜

Walking Among Cleaning Workers Learning the Craft of Hand Cream Making

關社團員為工友送上護手霜。
Society Concern Ambassadors gift hand cream to workers.

本校響應「香港學校義工節 2023」活動，於 12 月 2 日參與了明愛勞動友善社區計劃舉辦的「潔伴行」計劃，讓學生接觸清潔工友，關注社區清潔工友的生活及工作處境，增加學生對基層市民的認識。

透過活動讓學生能走進社區，到訪不同的垃圾站及公廁，訪問清潔工友，認識工友的工種及工作情況，並反思如何從個人及社區層面，共同處理公眾衛生問題。

探訪後，學生參與了製作潤手霜工作坊，學習製作潤手霜，送贈予學校工友及由機構代為轉贈給北角區工友。學生在活動中能培養關懷和服務他人的精神，並感恩為學校清潔的工友們。

In support of the 'Hong Kong School Volunteer Campaign 2023', the School participated in the Caritas Labour-Friendly Communities Project on 2 Dec. Students learnt more about the grassroots by interacting with cleaning workers and grew more aware of their living and working conditions.

As part of the campaign, students engaged with the community by visiting different refuse collection points and public toilets, where they interviewed cleaning workers. Having learnt about the types of work and working conditions involved, they reflected on how to tackle issues with public hygiene on both personal and community levels.

After the visit, students took part in a workshop to learn how to make hand cream. The products were gifted to our school janitors and, through Caritas, to other workers in North Point district. This activity nurtured our students to care and serve others, as well as to be grateful to the janitors who cleaned the campus.



機構導師向學生講解工友的工作情況及跟工友溝通的技巧。
Caritas instructor explains to students workers' working conditions and the communication skills with workers.



機構社工帶領學生在區內探訪。
Social worker leads the student visit within the district.



學生製作心意卡送給北角區清潔工友。
Students make greeting cards for cleaning workers in North Point district.



關社團員為車閘工友送上心意。
Society Concern Ambassador presents gifts to a gate worker.



潤手霜的物料為純天然的有機物料。
The hand cream is made from natural, organic ingredients.



學生親手製成潤手霜。
Students make hand cream by themselves.



學生合力為工友學習製作潤手霜。
Students learn how to make hand cream together for the workers.

推行綠化校園 蔬果園大豐收

Launch of Green Campus Harvest Season at Rooftop Garden

我校致力推動環保教育，推行綠色校園計劃。自九月起，在七樓天台設立一個蔬果園，旨在讓學生在校園學習耕作及體驗種植的樂趣。

蔬果園由我校老師、工友和四組具豐富種植經驗的家長和學生共同開墾，通過除草、加泥、翻土、育苗、插秧、灌溉、施肥及防蟲等一系列工作，種植了多種蔬果，有菜心、芥菜、白蘿蔔、茼蒿、西瓜、蕃茄、苦瓜和秋葵等。

從開墾到1月16日，蔬果園已收割多次，其中菜心、蘿蔔和芥菜的收成非常豐盛，盼能鼓勵更多學生參與種植，激發他們對種植的興趣，持續推行綠化校園政策。



七樓天台尚未開墾前是荒地。
The rooftop on 7/F is barren before cultivation.



學生每天都悉心澆灌。
Students water the plants every day with great care.



蔬果園呈現一片綠意盎然的景象。
The rooftop garden grows lush and verdant.



同學正認真地收割。
Students harvest with focus.



蔬果園的芥菜長得又粗又壯。
The mustard greens from the garden are thriving.



校長也來拔蘿蔔。
Principal joins the harvesting of radishes.

The School launched the Green Campus Programme to promote environmental education. To let students learn about farming on campus and experience the joy of gardening, a fruit and vegetable garden has been set up on the rooftop on 7/F since September.

The fruit and vegetable garden was jointly cultivated by teachers, janitors and four groups of parents and students experienced in gardening. Through weeding, soil improvement, digging, seeding, planting, watering, fertilising and pest control, we grew many fruits and vegetables, such as choy sum, mustard greens, radishes, coriander, watermelons, tomatoes, bitter melons and okra.

By 16 Jan, we have already harvested numerous times, with particularly high yields of choy sum, radishes and mustard greens. We hope to encourage more students to take part in gardening and to stimulate their interest, so they can maintain a green campus.



從學生笑臉感受到豐收的喜悅。
Student's face radiates with joy from the rich harvest.



各種各樣茁壯成長的蔬菜。
All types of vegetables growing healthily.



感謝有份參與種植的老師、工友、家長和學生。
A great thank to the participating teachers, janitors, parents and students.

於山頂廣場作為起點。
The hike starts at the Peak Galleria.



教職員家屬齊心支持活動。

Families of teaching staff show their support.

校長及教職員遠足籌款

Principal and Staff Hike to Raise Funds

9月份極端天氣對我校造成嚴重影響，多處被水淹浸，設施和家具損毀嚴重，需要重新添置。尤其是校務處受災最嚴重。為了替換損毀的校舍設備，提高學與教效能，我們急需購置新設備，確保學生能持續在優質環境中學習。

為此，本校於10月28日舉行「校長及教職員遠足籌款活動」，挑戰全長25公里的遠足，涵蓋港島徑1至4段。家長及校友在不同路段作出支持，童軍十五旅全體成員也沿途支援，為遠足增添了活力和士氣。歡迎掃描二維碼觀看起步和童軍打氣花絮。



這次籌款活動共籌得155,500元，將用於維護優質學習環境，確保學生能夠持續接受優質教育。同時，學校將利用這些資源實踐多元化課程，豐富學生的學習經歷。

極富心思的環保打氣牌。
Meticulously designed, environmentally friendly cheering signs.



花了六個多小時成功完成挑戰。

The challenge is completed in over 6 hours.

Extreme weather in September had a severe impact on the School, with flooding in multiple locations. Facilities and furniture suffered serious damage and required replacement. The School Office suffered particularly badly. In order to replace damaged facilities on campus and raise the efficiency of learning and teaching, procurement of new equipment was urgently needed to maintain a quality studying environment for our students.

As such, the School held the 'Principal and Teaching Staff Fundraising Hike' on 28 Oct, completing Sections 1 to 4 of the Hong Kong Trail in the 25-km hike. Support from parents and alumni along the way, together with the assistance of the scouts from the 15th Hong Kong Group, gave the hikers a strong boost in energy and morale. Please scan the QR code to watch excerpts from the start of the hike and cheering from the scouts.

The event raised a total of \$155,500, which will be used to maintain an excellent learning environment and ensure that our students continue receiving quality education. The resource will also be used to teach a diverse curriculum, enriching students' learning experience.



沿途停步欣賞青山綠水。

Participants stop to take in the view along the way.



沿途有校友和童軍領袖齊來支持。

Alumni and scout leaders show their support along the way.



家長及學生也來支持學校。

Parents and students show their support for the School.



童軍勇敢不怕難，一起挑戰遠足活動。

Intrepid scouts join the hike.

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