

A-JOURNAL

Hong Kong Baptist University Affiliated School
Wong Kam Fai Secondary and Primary School

2025

A-JOURNAL

Chief Principal's Message



The A-Journal is one of my most anticipated yearly school publications. It captures the notable accomplishments of the previous school year, A-School's update, alumni sharing, etc. It features exceptional writing with visual integration from students who demonstrate a passion for literacy.

The A-Journal is the result of the editorial team's invaluable leadership and service. Students are involved in all areas of the publication, from workflow management, interview, writing, editing to art design for stories. The student members of the team shouldered the responsibilities with confidence under the guidance of teachers.

My appreciation goes to our teachers for their continual untiring efforts in promoting writing. The A-Journal has become our school's tradition and a platform that inspires students to write and to share their work with others.

A big thanks to the students for their hard work and to the teachers for their tremendous support for bringing us a journal with high quality. The A-Journal is, beyond question, the best platform to showcase students' talent and self-directed learning ability. Please do partake in the fruits of the labor of passion and the masterly compositions of our students. Happy reading.



Dr. Chan Wai-kai, Benjamin, MH
Chief Principal

Editor-in-Chief's Message



Stepping into our 20th anniversary, the A-Journal celebrates the inauguration of another fruitful year and reviews our momentous milestones from the previous year. The theme for this year's A-Journal is **A-Essence**, encapsulating everything that makes us unique as we revisit our finest moments from the previous year and walk into a new decade of brilliance.

The essence of education lies in the ability to cultivate individuals beyond the confines of the classroom. A-School pivots on whole-person development by integrating PERCCI+ values into our extensive curriculum, nurturing knowledgeable and well-rounded intellectuals for two decades.

This rendition explores how our school's core beliefs are reflected within us through personal accounts enclosed within this issue of A-Journal, and how they lead to our own victories. Courage and perseverance are key components of success. An interview with our outstanding athlete 12A Wong Shun Yat sheds invaluable insights she has extracted from her career and how the school's dedication has helped her strive for excellence on and off the court.

From the courts to communities, our students champion the ideals of commitment and integrity. Sitting down with our student leaders – Head Prefects 11A Lin Pin You and 11B Yau Hoi Lam; Student Union Chairperson 10D Poon Ching, Vice Chairpersons 10D Cheung Cin Win, and 10E Law Chin Ting – our exchanges illustrate how our school nurtured these trailblazers as they faced adversities along their pursuit of change. This instalment documents how their commitment to change led to a renaissance that shaped our campus in ways both big and small.

A stage to shine for talents big and small is a critical facet of A-School. Catering to our students' diverse needs with love and devotion, we endeavour to bring out the best in all of our students. Our Gifted Education programme upholds a quintessential commitment to individual attainment through nurtured values. Unparalleled successes, such as our English Debate Team's triumphant return as the Champion of the 40th Sing Tao Inter-School Debating Competition, are testaments to our education philosophy.

At the heart of A-School lies not only a set of values but a state of mind. An essence that not only strives for excellence but also desires to expand beyond the known horizons. Marching on for 20 strong years, our distinct qualities are reflected within every article of this volume. Peruse, experience, and relish the diversity that makes us A-School.

10D Poon Ching

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劍與球拍的倔強
精英運動員的堅持
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劍鋒所指乃我心之所向

採訪：9C 吳悅嘉

隨着世界青少年劍擊錦標賽的進行，黃純一這個名字也漸漸走進了大眾的視野。作為香港首名登上世界青少年劍擊錦標賽少年組頒獎台的花劍女將，她所背負的壓力非一般人所能想像。

相較於從小開始訓練的對手，黃純一直至十二歲才初次接觸劍擊。她深知自己的起跑點比其他人落後，因此更明白：唯有付出加倍努力，方能在劍道上爭得一席之地。正是這份覺悟，讓她時刻保持警醒，不敢有絲毫懈怠。即便在僅有的休憩時刻，她仍堅持以書本充實自我。更令人敬佩的是，面對學業與訓練的雙重壓力，她非但未被壓垮，反而愈挫愈勇，始終以無畏的姿態迎接各項挑戰。



「當不開心時，就要去開心。」這是黃純一的人生座右銘，也是指引她前進的燈塔。在無數次失落難過時，黃純一也是這樣一遍又一遍在心中默唸這句話自我激勵。她深知難過不能解決問題，既然如此，那她就要保持樂觀的心態。

黃純一的國際賽事履歷上，印着許多異國城市的名字：沙特阿拉伯、保加利亞、烏茲別克斯坦……然而她的征途多是孤身獨行。「父母不可能每次都陪伴我比賽，多數時候我是一個人搭飛機。」她笑着回憶起一次獨自出國參賽的窘迫經歷，那時她在機場寄失了佩劍，語言不通的她頓時不知所措。然而





競賽規則嚴明，失去佩劍即喪失參賽資格，最終她只得鼓起勇氣、硬着頭皮與機場工作人員艱難溝通，用盡一切辦法獨力解決問題。

黃純一習慣聆聽比賽現場的聲音：觀眾的吶喊、劍刃碰撞的脆響，都能讓她一秒回到戰鬥狀態。問及未來，這名少女劍客眼睛發亮：「我的目標是成為一個更好的擊劍運動員，但人生不只有一條劍道。」她計劃在大學攻讀語言治療師，致力拓展多元專業能力。







採訪接近尾聲之際，黃純一突然展示手機相冊中的一張照片——那是她於世界盃賽事失利後所攝的背影，配文寫道：

> 「胃痛會好，時差會倒過來，
> 而我的劍，永遠指向下一場。」

榮耀時刻：黃純一近年獲獎紀錄

- **2023年亞洲青少年劍擊錦標賽**
  少年組女子花劍亞軍
  少年組女子花劍團體亞軍
- **2023年世界青少年擊劍錦標賽**
  少年組女子花劍季軍
- **2024年亞洲青少年擊劍錦標賽**
  青年組女子花劍團體季軍
- **2024年香港20歲以下擊劍錦標賽**
  青年組女子花劍冠軍
- **2025年亞洲青少年擊劍錦標賽**
  青年組女子花劍團體季軍

王昀希
一萬次揮拍
一顆冠軍心

採訪：9C 吳悅嘉

王昀希的每一天，都是從球拍撞擊乒乓球的清脆聲響中開始的。清晨六點晨光微亮，他已經獨自在體育館反覆練習發球。書包被隨意擱在場邊，拉鍊上那枚繡着「勝」的御守輕輕晃動——那是保佑他比賽順利的吉祥物，更象徵着他對乒乓球的熱愛。今年六月，王昀希憑着精湛的技術勇奪2025恆生乒乓球學界盃中學組男子單打冠軍。











王昀希五歲開始學習乒乓球，七歲時便嶄露頭角，開始在各項賽事中取得佳績。多年來，他代表我校在乒乓球領域屢獲殊榮，但在這些榮耀的背後，他到底又付出了多少的努力與汗水呢？為了保持最佳的競技狀態，王昀希每天都會準時前往場館，進行嚴格且系統的高強度訓練。「不經一番寒徹骨，怎得梅花撲鼻香？」他坦言，每天訓練固然辛苦，但是每當想起自己對乒乓球的熱誠，所有辛苦都變得值得，這是他自己選擇的路，所以無論再難捱也要堅持下去。

身為全職運動員，王昀希在繁重學業與高強度訓練之間堅持不懈，這份毅力尤其令人敬佩。由於每週必須投入兩天進行全日訓練，致使王昀希的課業進度較同儕落後許多。為此，他必須把握所有零碎時間——課間休息、午休時段、甚至深夜時分，當其他同學放鬆之際，他仍堅持伏案苦讀，利用每分每秒追趕進度。

> 「我想成為像馬龍一樣沉穩有擔當的人，就算賽況再不利，他一出場就能扭轉乾坤。」

王昀希興致勃勃地描繪着馬龍的神態，眼中發出崇拜的光芒。這是王昀希的偶像，也是支撐王昀希打乒乓球的信念。相信終有一天，他也會成為賽場中最閃亮的那顆星。

採訪後記

黃純一的劍尖總是指向下一個戰場，那是一種永不低頭的姿態；王昀希的御守隨書包晃動時，彷彿能聽見一萬次揮拍積累的迴響。當同齡人還在迷惘時，他們早已學會與孤獨、失敗、傷病共處。兩位少年在各自的賽場上，用汗水書寫着自身獨特的倔強樂章。

或許真正的「精英」從不在於獎牌數量，而在於他們如何定義自己的堅持。當少年與熱愛並肩而立，賽場的終點，永遠是新的起點。

榮耀時刻：王昀希近年獲獎紀錄

- **2024 亞洲青少年乒乓球錦標賽**
  混雙銅牌
- **2025 WTT青少年常規挑戰賽曼谷站**
  U19混雙季軍
- **2025 WTT 青少年球星挑戰賽曼谷站**
  U19混雙亞軍
- **2025 恆生學界杯**
  中學組單打冠軍
- **2025 WTT 青少年常規挑戰賽香港站**
  U19混雙季軍

卓越之路 資優少年的成長記

採訪：9B 林昶旭

在A-School的校園裡，11歲的陳心信和12歲的雷宜睿正以超越同齡人的步伐，在知識的海洋中破浪前行。陳心信以驚人的天賦從一年級跳升至四年級，更在一年內完成了五、六年級的全部課程；雷宜睿同樣以非凡的速度，從二年級直跨四年級，在短暫的時間裏就掌握了小升初的所有知識點。如今，兩位資優少年一同就讀8C。在其他同學的眼中，她們是「學霸」、「天才」的代名詞，但在「優秀」標籤的背後，她們又藏着怎樣不平凡的成長故事呢？讓我們隨着兩位資優生的分享一探究竟吧。



9B林昶旭與資優8C 陳心信、雷宜睿對談

求知若渴，獲獎如雲

小學時，兩位同學已展現出非凡的學習熱情。陳心信對科學實驗十分痴迷，越是艱深複雜的難題，越能點燃她求知的鬥志。雷宜睿則在數學、科學、中文等多個學科中展現出過人的天賦，多次取得年級前三的優異成績。當她們踏入中學這一更廣闊的平台時，積蓄已久的才華終於在多元的舞台上璀璨綻放，各自譜寫出屬於自己的故事。



陳偉佳總校長與雷宜睿（右二）、陳心信（右一）

七年級時，陳心信便與其他同學一起參加了汞污染治理方案的研究，在香港科學青苗獎比賽中勇奪殿軍，獲得了馮漢柱教育信託基金的認可，獲頒獎學金。隨後，她在中小學數學應用創意信息圖設計比賽中再添優異獎。今年，她更一舉斬獲丘成桐高中科學獎（計算機科學）亞洲賽區優勝獎以及城大科學專利大挑戰的銅獎。

雷宜睿升上八年級後，厚積薄發的她便在「初中科學線上自學計劃」中嶄露頭角，取得佳績。她還在華羅庚金杯少年數學邀請賽這一殿堂級賽事中勇奪銅牌，彰顯了她深厚的學術積累。在這條追求卓越的道路上，她們用實力證明：熱忱與堅持終將收穫璀璨的成果。



陳心信獲城大科學專利大挑戰2024-2025 銅獎



陳心信獲第27屆香港青少年科技創新大賽 電腦及資訊科技（初中組）二等獎

千里之行，始於足下

然而更快的成長之路絕非坦途，每一步跨越都伴隨着更多的挑戰，但幸運的是，溫暖的守護力量始終如影隨形，成為她們披荊斬棘時最堅強的後盾。對陳心信而言，那些遠超年齡理解能力的深奧數理難題曾如陡峭的懸崖橫亙眼前，令人望而卻步。「老師教會我的遠不止是解題技巧，而是跌倒後如何重拾信心的勇氣。」她感慨。雷宜睿曾因平台的缺失而陷入困境，她的天賦如同被無形枷鎖束縛，沒有找到屬於自己的舞台。幸好升上中學後，

學校提供的「Excel33」、「Gifted Education」等多種資優培養計劃為她打開了新天地，讓她的才華終於得以充分展現。

雷宜睿無比珍視那些身處低谷時刻的溫暖瞬間，朋友真誠的撫慰，家人持續的鼓勵，老師們潤物無聲的陪伴，都讓她深切感受到被支持的力量。初上中學時，她因難以找到志同道合的夥伴而感到孤獨，但隨着時間的推移，同學們主動了解她，最終與她建立起真摯的友誼。

正是這些挑戰與突破的交織，讓兩位同學在追求卓越的道路上，不僅收穫了知識的果實，更淬鍊出面對困境的智慧與韌性。

> 「跳級絕非踏上一帆風順的坦途，保持從容堅韌的良好心態至關重要。」



雷宜睿獲約翰霍普金斯大學天才青少年中心（CTY）授予「全球最聰明學生」（Brightest Students in the World）榮譽稱號



雷宜睿在A-School屢獲殊榮











陳心信強調，「面對挫折與失敗，切莫氣餒消沉；偶有小成，亦不可滋生驕矜之氣。追求卓越的人生，既需要清晰規劃切實可行的短期目標以指引當下步伐，亦需樹立高遠的長期目標以規劃未來前途，達成目標，需要磐石般的定力與無比的勇氣。」雷宜睿也堅信要保持卓越的學術表現，離不開日復一日課堂上心無旁騖的專注聆聽、筆耕不輟的勤勉記錄與定期的查漏補缺。更重要的是，要培養「不懼風雨，迎難而上」的堅韌意志，唯有如此，方能在披荊斬棘的征途中不斷激發潛能，最終成就卓越的自我。

志存高遠，築夢未來

面對未來，陳心信與雷宜睿早已規劃了各自的方向。陳心信計劃在確保學業不被影響的前提下，每年參與2-3項學科競賽，以拓寬視野、培養學術能力。雷宜睿則力求在保持優異學業成績與適度參與競賽之間取得最佳平衡，堅持「量力而行、精益求精」。她矢志不渝的夢想，是叩開世界頂尖學府的大門，在更廣闊的學術殿堂追尋真理。

她們也期盼學校能持續對資優生提供支援，讓他們參與更多國際前沿競賽的通道與資源，創設更多元、更深度的主題研究與跨學科課題研究，使更多有天賦的同學能夠築夢未來。

陳心信和雷宜睿都非常感謝資優教育統籌范裕盎老師給予她們的幫助

訪問學生領袖 用熱誠服務同學 讓精神薪火相傳

採訪：10C蔡智仁

不說不知，我們學校的學生領袖為了服務同學，都比大家早些回校，遲些放學。每天清晨，當學生們徐徐步入校園，領袖生們已經站在學校門口，為同學擠洗手液、檢查校服，管理校內秩序等。到下午放學時間，同學們已經紛紛離開學校，學生會內閣Renaissance仍然在校內開會討論，準備即將舉行的各項活動。他們日以繼夜，盡心盡力。白駒過隙，不經不覺已經服務同學一整年了。

可能大家也有疑問，他們鍥而不捨地服務同學，是哪來的幹勁？這一年來，他們經歷了什麼？

我們採訪了學生發展支援主任黃水茵老師、兩位領袖生及學生會Renaissance的三位正副主席，和我們一起分享服務同學的心路歷程。



風紀與學生會在多方面作出突破



領袖生與學生會正副主席在服務中實踐尊重與承擔



學生會交接儀式



學生會主席潘證發表就職講辭

零的突破

「為了讓學生增廣見聞，他們會被要求在一個學年裡至少參加一次社會服務。」黃老師表示：「在參與服務期間，學生能培養責任感及同理心，這正好符合學校所推崇的PERCCI價值，以達致全人發展。」我校對於社會服務亦有特定的獎勵機制，「學生們在服務之中實踐了PERCCI所提倡的尊重(Respect)、承擔(Commitment) 等價值觀，學校會為此頒發獎狀，以茲鼓勵。」

轉眼一個學年已過，領袖生和學生會都在工作上取得了突破。領袖生現在不僅協助管理校內同學，更將服務對象擴展至普羅大眾 —— 以禁毒活動為例，領袖生不但會在校內舉辦「禁毒迷宮」活動，還曾在西九設立VR遊戲禁毒攤檔，更在石門舉辦禁毒調查問卷，傳播「向毒品說不」的信息。

至於學生會方面，Renaissance內閣今年的口號是「What time is it? It's time for a change!」，希望改革學生會，積極讓學生策劃校園活動。例如，他們提出了設立學生專用冰箱，以滿足同學儲存生日蛋糕的需求。他們也舉辦了首次聯校聖誕舞會，讓同學增廣見聞。他們亦計劃設立學生服務中心，盡力創建學生們心中的校園。



學生會首次舉辦聯校聖誕舞會



學生發展支援主任黃水茵老師與領袖生們亦師亦友



學生會副主席10D羅芊廷



領袖生長11A林品佑

關關難過關關過

學生會團隊負責的活動項目繁多，經常需要在放學後或考試期間抽空開會討論，以完善各項計劃。這些活動往往涉及多方合作，例如聯校聖誕舞會就必須與其他學校溝通協調，達成共識。

黃老師表示：「領袖生們面臨的最大挑戰之一，就是時間不足。要在繁重的課業壓力下擔任領導角色，良好的時間管理至關重要。」有時工作實在太繁忙，黃老師甚至會在凌晨收到領袖生發來的工作訊息，也有學生坦言，自從擔任領袖生後，喝咖啡已成為提神的習慣。

當被問及擔任學生領袖是否辛苦時，領袖生們一致認為，在為了大家福祉的前提下，即使過程艱辛，也是十分值得的。

領袖生和學生會為同學福祉付出了無比的勇氣與堅持，最終獲得了廣泛認可。例如，領袖生在西九舉辦的禁毒攤位成為了現場第二受歡迎的攤位；而學生會的大部份活動都得到了同學的積極支持。

互相扶持的「A-Family」

談到團隊成員之間的關係，學生會副主席10D羅芊廷表示：「在聯校晚會結束後，我們一起收拾場地的情景，令我特別難忘。那時大家齊心協力，不但完成了工作，也加深了彼此之間的感情。」

領袖生長11A林品佑則說：「我把每一位團員都當作朋友看待，希望他們對團隊有更強的歸屬感。」

黃老師指出：「師生之間的信任關係，是我校的一大特色。學校一直提倡學生自主獨立，作為推動者，我們會在一旁引導領袖生發揮所長。」學生會亦與學生發展的相關部門保持緊密合作，令溝通更順暢有效。

學生會主席10D潘證分享了一次難忘的經歷：「在中華文化日設置攤位時，我們得到了中文科的財政支持，家教會亦提供了相應的物資，這正體現了學生、老師和家長之間的互助關係，也展現出『A-Family』的精神。」



學生會主席10D潘證



領袖生長11B邱凱琳



領袖生長11A林品佑、11B邱凱琳主持早會



學生會副主席10D張芊穎

正所謂「一加一大於二」，不同團隊之間的合作往往能帶來意想不到的效果。例如在年度活動「A-School's Got Talent」中，學生會邀請風紀協助維持現場秩序，並由數碼領袖負責處理參賽者資料及設計舞台，使表演得以順利進行，讓同學們盡情展現才藝。

此外，領袖生與學生會也曾與社堂合作，先後舉辦了禁毒排球比賽和白石海灘清理活動；學生會亦與環保先鋒合辦紅包回收活動，在校園內推廣環保意識。

美好校園，由我做起

談到當初心儀領袖職務的原因，每位領袖生都有屬於自己的故事。11B邱凱琳分享道：「其實我從小學開始就擔任風紀，到了十年級時，經過深思熟慮，決定爭取成為領袖生長，希望能更積極地參與學校事務。」領袖生長林品佑則表示：「看到學生違規或師生爭執的情況，我希望自己能成為榜樣，為改善校園環境出一分力。」

然而，擔任領袖的過程並非一帆風順，他們也需面對種種挑戰。「記得第一次上台主持早會時，因為沒有經驗，感到非常緊張。」林品佑回憶說：「幸好有前任領袖生長和老師的協助，我才得以克服恐懼。」

學生會副主席10D班張芊穎則提到：「一開始擔任副主席時對很多事情都不熟悉，幸好有另外兩位主席的支持與指導。」主席潘證亦坦言：「在任期間難免會遇到意見分歧，但正如PERCCI所提倡的堅持精神(Persistence)，無論面對什麼情況，都堅持與身邊的人一起努力解決問題，不要獨行獨斷。

作為領袖生，他們也在服務同學的過程中漸漸成長。邱凱琳表示：「以前沒想過學校的事務與自己如此密切相關，直到成為領袖生後才真正體會到當中的難處。」林品佑補充道：「擔任領袖讓我學會了PERCCI中的同理心(Empathy)，懂得接納其他團隊成員的意見，彼此合作。」邱凱琳則總結說：「作為團隊的先鋒，領袖生應當充滿自信，以身作則，成為團隊的榜樣。」

後記

訪問尾聲時，被問到來年的規劃，他們表示會繼續為學校服務——兩位領袖生長在卸任後將晉升為團隊顧問，引導新一屆的領袖生；學生會Renaissance的三位正副主席，由於同時擔任文化大使，也將在任期結束後以新的身份繼續貢獻所長。透過這次訪問，我被他們的熱忱和堅持所感動。在此衷心希望我校學生能點燃心中服務他人的火苗，以真誠與熱愛回饋校園與社會，讓這份精神得以薪火相傳、延續不息。



The thrill of intellectual challenge and the spirit of teamwork

A-School's Sing Tao Debate Champions

By 9A WONG Cheuk Kiu

A-School's English debating team has once again made history by clinching their fourth Sing Tao Inter-school Debating Competition Championship title in five years, a remarkable legacy in Hong Kong's competitive debate circuit. We sat down with three key members of the team—Tang Hau In, Li Mischa Keona, and Lee Yan Wah, Kendra—to explore what debate means to them, how they overcame challenges, and what fuels their continued success.

The Personal Meaning of Debate

For Hau In, debate is more than just competition; it's a personal challenge and a form of intellectual gymnastics. "One thing you learn is that anything you say can and will be refuted," Hau In explains. "It may seem disheartening at first, but that's the fun part—constantly thinking on your feet and adapting." This mindset shift is reflected in how Hau In's style has evolved. "When I first started, my speeches were rigid, rehearsed for weeks. Now, I rely more on my own knowledge and analyze the case on the spot. It's more dynamic and enjoyable," she shares.



Tang Hau In's debut at the 38th Sing Tao Inter-school Debating Competition



Mischa echoes the sentiment of growth and adaptability. "Every motion has its own nuances, so the challenge is not just in preparation, but in mental readiness. I learned to stop worrying about what opponents might say and focus on solving the case instead," she says. Kendra adds that debate is also about camaraderie and respect. "I love working with Hau In and Mischa. We haven't had a single genuine disagreement because we understand that tearing down and rebuilding our case together makes us stronger," she notes.



The team's ritual: a celebratory late lunch following an intense debate match

Upholding a Proud Legacy

A-School's dominance in the Sing Tao competition is impressive, but the team members emphasize that legacy is more about spirit than just winning streaks. Hau In puts it this way: "Our previous teams have set a standard of dedication and courage to face tough competitions. The winning streak is just a byproduct of that spirit being passed down through generations." Mischa reflects on their 2024 runner-up finish, which some might call a loss. "I don't see it that way. Being second out of all schools is incredible. It motivated us to improve and face stronger opponents. Debating itself is fun, and that's what drives us," she says.


Mr Jeff Chong and Ms. Jacqui Koo showing their support for the team in person



Getting suited up: Final prep session before the Grand Final



A minor "setback" -
1st runner-up at the 39th Sing Tao Inter-school Debating Competition

The team also credits their coach—Mr. Jeff Chong—for his unwavering support. Hau In describes his commitment: "Our training sessions, especially the week before matches, are intense—three hours per session, five out of six days, plus all day Saturday. He has sacrificed a great deal of time to guide us through research, case building and speeches. We owe much of our success to him." "Mr. Chong has never missed any prep sessions, and he has maintained that work intensity for four consecutive years. I am constantly in awe of how he manages all this on top of his heavy workload," Kendra adds. "We are also eternally indebted to Ms. Iris Kwok for her support when we were juniors, as well as to the school, especially Dr. Chan and Ms. Koo," Mischa adds.

Challenges, Strategies, and Team Dynamics

When asked about their 'secret weapon,' Hau In laughs, "There isn't one. It's just dedication, effort, and the support from everyone around us." Mischa adds that every case is different, making preparation uniquely challenging. "The most important thing is to thoroughly understand the case rather than overthinking how opponents might argue. Mental preparation is key," she explains.

The team's dynamic is built on mutual respect and open communication. Kendra highlights how they handle disagreements: "We treat disagreements like free debate within the team—tear down the case, rebuild it, and repeat. It's a collaborative process." On maintaining professionalism, Hau In remarks, "It's basic human decency. We respect our opponents because many are friends in the debate circuit. There's no need to be rude or disrespectful."







Grand finals against one of the best teams in Hong Kong: Diocesan Boys' School

Reflections and Advice

Looking back, the team's greatest takeaway is the joy of debating itself and the life lessons it imparts. Mischa shares, "Debate teaches you to think critically, adapt quickly, and communicate clearly—skills that apply far beyond the competition." Hau In advises future debaters, "Don't get too caught up in winning or losing. Focus on learning and enjoying the process. That's what keeps you motivated."
As for continuing A-School's legacy, Kendra emphasizes the importance of teamwork and resilience. "Keep the spirit alive by supporting each other and embracing every challenge as a chance to grow."

In the end, A-School's success is a testament not only to their skill but to their passion, perseverance, and the strong bonds they share. Their journey shows that debate is not just about arguments—it's about the people and the spirit behind them.



The Champions Return - A-School Claims Victory
at the 40th Sing Tao Inter-School Debating Competition

Cultivating Community: How A-School's "From Me to We" Initiative Builds Empathy and Excellence

A Transformative Approach to Whole-Person Education

By 9A WANG Tang Tang

The Birth of a Transformative Vision

At the heart of A-School's educational philosophy lies a profound understanding that true learning extends far beyond academic achievement. In an increasingly interconnected world, the school has pioneered an innovative approach that harmonizes intellectual rigor with character development, preparing students not just for examinations but for life. This vision finds its fullest expression in the groundbreaking "From Me to We" initiative spearheaded by Vice Principal Dr. Rizwan Ullah, a program that is reshaping the very fabric of school culture.

The story of this transformative initiative begins with Dr. Rizwan's arrival at A-School. With his keen observational skills and decades of educational experience, he quickly recognized both the school's remarkable strengths and an important area for growth. "What struck me immediately was the students' exceptional academic focus and impeccable manners," Dr. Rizwan recalled. "Yet I noticed many struggled to extend their individual excellence into collaborative achievements." This insight sparked what would become one of A-School's most impactful cultural evolutions.

"From Me to We" emerged not as a top-down mandate but as a carefully cultivated mindset shift. Dr. Rizwan introduced the concept through a series of creative morning assemblies that engaged students' imaginations while conveying profound lessons about community. One particularly memorable presentation featured a dramatic transformation of movie posters - images of solitary heroes gradually being replaced by ensemble casts. "The message was clear," explained a Grade 11 student. "Just like in the movies, real-world problems aren't solved by lone geniuses but by teams working together."



Dr. Rizwan explaining his vision of transforming A-School into a place of unity and empathy in the interview for A-Journal



Dr. Rizwan incorporating movie posters and superheroes in his speech in the morning assembly





Students enjoying snacks served by the Vice Principals at the Atrium

The Flavours of Community

The initiative's brilliance lies in its multifaceted implementation. Rather than relying solely on lectures about teamwork, A-School has created living laboratories of collaboration where students experience the power of collective effort firsthand. The now-famous "Flavours of Community" events exemplify this approach. When teachers transformed into servers at the ice cream and hot dog days, the simple act of receiving food from an instructor became a lesson in breaking down barriers. "I'll never forget seeing the Vice Principals, including Ms. Koo, Mr. Tang and Dr. Rizwan, serving us vanilla ice cream," recalled a Grade 7 student with a smile. "It changed how I view our relationship - they're not just authorities but also mentors in our growth. That's when I knew this was a different kind of school—where even the principals make you feel welcome."

These culinary gatherings have yielded unexpected academic benefits as well. The spontaneous conversations that occur in the queue – between students of different years, between faculty and students – have sparked mentoring relationships and cross-grade collaborations. "My classmate and I usually sit meters apart in class and never really talked –until Hot Dog Day. While waiting in line, we discovered we're both foodies! Now we eat lunch together every Wednesday!" a Grade 8 student laughed.





Vice Principals and Guidance Team serving snacks to students during lunch break



Students enjoying ice cream in front of the ice cream truck that was hired and parked inside the campus

Students as Architects of Change

Building on this success, A-School is preparing to launch its most ambitious "From Me to We" project yet: the Student Service Center opening this September. This innovative space represents a fundamental reimagining of student development, placing pupils in charge of peer mentoring programs, community outreach initiatives, and even aspects of school governance. "The center isn't just about providing services," Dr. Rizwan emphasizes. "It's about creating a generation of students who understand leadership as service to others." The center's design reflects this philosophy, with open collaborative spaces replacing traditional administrative offices. Students will manage everything from tutoring programs to mental health awareness campaigns, developing both practical skills and deep empathy in the process. "We're not just preparing students for university," explains a department head involved in the planning, "we're preparing them to build better communities wherever they go."

Building Bridges, Literally & Figuratively

Complementing these structural changes are new weekly sessions that strengthen the bonds within each class. Every Friday, teachers guide students through carefully designed activities that build trust, communication skills, and collective problem-solving abilities. These aren't ordinary lessons - one recent session had students working in teams to construct bridges from spaghetti that could support increasing weight, a metaphor for how strong relationships can bear life's burdens together.

The implementation of such sweeping cultural change hasn't been without challenges. Dr. Rizwan acknowledges that shifting deeply ingrained individualistic tendencies requires patience and persistence. "We're asking students to rethink years of conditioning about success being a solo endeavor," he noted. The school addresses this through consistent reinforcement – from morning assembly messages to faculty modeling collaborative behaviors in staff meetings.

Digital Dimensions of Community

Social media has become an unexpected ally in this transformation. Dr. Rizwan personally manages accounts on multiple platforms where he shares stories of "From Me to We" in action. A recent post showing teachers and students cleaning a local park together garnered thousands of views and sparked interest from educators worldwide. "This isn't just about our school," he said. "We're contributing to a global conversation about how education can build more compassionate societies."

Looking Ahead: The Next Movement

The initiative's next phase, dubbed "From Me to We 2.0," will deepen this work through expanded programming. Wednesday mornings will now feature dedicated community-building activities, and the school is developing partnerships with local



Students showcasing costumes made of used decorations and red packets in Chinese New Year in the Grade 8 Upcycling Fashion Show



Grade 9 students performing at the Inter-class Hymn Singing Competition

organizations to give students real-world contexts for practicing collective problem-solving. "We want every student to graduate having experienced how their talents multiply when joined with others'," Dr. Rizwan explained.

Perhaps the most profound impact has been on how students view their own education. Where once they might have focused solely on personal achievement, many now speak passionately about lifting up their peers. "I used to hide my notes," confessed a once-competitive Grade 12 student, "Now I run study groups because I've seen how explaining concepts to others strengthens my own understanding."

Teachers report noticeable changes in classroom dynamics as well. "There's less tension during group projects," observed an English teacher. "Students approach collaboration as an opportunity rather than a chore." This shift has academic benefits too – recent data shows improved performance in subjects requiring teamwork, like science labs and drama productions.



Dr. Rizwan, Miss Monty Yu (Head of Guidance) and student reporters at the Student Development Centre

The Ripple Effect Beyond Campus

The initiative's ripple effects extend beyond campus walls. Parents describe children bringing its lessons home, initiating family discussions about empathy and organizing neighborhood cleanups. "My daughter now sees her younger brother not as a nuisance but as someone she can mentor," shared one grateful parent. "That change came straight from what she's learning at A-School."

As "From Me to We" continues to evolve, its core remains constant: the belief that education's highest purpose is developing both brilliant minds and compassionate hearts. "When our students internalize that their success can lift others," Dr. Rizwan reflected, "they become the kind of leaders who don't just navigate the world but truly improve it."



Parent helpers from the PTA showing support and preparing snacks before WeCare Day for Grade 12 students

Where Individuals and Communities Flourish as One

Standing in the school atrium during a recent community event, surrounded by students and teachers engaged in lively collaboration, the vision feels palpably real. The laughter, the earnest discussions, the shared purpose – these are the sounds of a culture transforming, one connection at a time. As A-School looks to the future, "From Me to We" stands as both compass and catalyst, guiding the way toward an education that doesn't just prepare students for the world, but prepares them to make it better.

手作傳承・藝境尋根

中華文化體驗活動掠影

高中同學近日參與了一場饒富深意的中華文化體驗活動。活動以「手作傳承・藝境尋根」為主軸，透過一系列豐富多元的文化活動，同學們既能陶冶性情，亦可提升藝術修養，感受中華文化之美，獲益匪淺。活動共分五大範疇：魯繡、拓印、青花瓷繪、水墨畫以及紮作。



大家全神貫注，傳承魯繡技藝

魯繡

同學們學習基本刺繡技法。於一針一線往復之間，繡出屬於自己的精巧之作，每一幅都別具匠心。透過指尖的實踐，大家真切領略到：每一絲縷，皆蘊含中國民間工藝的悠長韻味；每一針跡，都承載着「匠心獨運」的深厚傳統。



同學臉上洋溢滿足笑容，展現對親製拓印板畫的欣賞與自豪

拓印

同學們親自在版面上雕刻文字與圖案，以顏料均勻擦印於雕刻完成的板面，再將清晰的圖文轉印至紙上，深入感受這項被列入國家級與世界級非物質文化遺產的傳統工藝。



同學一絲不苟地將陶瓷片鑲嵌於木畫框內

青花瓷繪

同學們運用來自江西景德鎮高嶺土燒製而成的青花瓷片，親手拼貼出一幅幅展現傳統瓷藝之美的陶瓷畫。這項活動充分體現傳統技藝與現代美學的融合，令人讚歎不已。

Chinese Language



11D 古啓元的水墨畫作品

水墨畫

透過筆墨丹青的創作過程，同學們不僅舒緩了身心壓力，更提升了文化素養，深刻體會到國畫獨特的藝術魅力與動人神韻。活動圓滿結束後，高中同學皆深受中華傳統文化技藝的薰陶，進一步堅定了傳承與弘揚數千年文化瑰寶的信念，並增強了對國民身份的認同。



同學們合力完成了充滿生命力的鉛筆紮作。

紮作

高中同學亦初次嘗試紮作藝術，運用竹篾、紗紙、漿糊等材料，結合紮作技巧與繪畫筆法，完成極富創意的作品。

11A 林品佑

兒時，每次路過屋苑，總會見到紙紮店。我喜歡駐足細看陳伯伯以巧手技藝紮竹。一瞬間，栩栩如生的神龍、鳳凰好像從九霄雲外來到眼前，意態天成，可謂「白花搖鳳影，青節動龍文」。我細察他那熟練的技術以及精湛的手工，曾以為學習竹紮技藝是易如反掌之事。直到今天，我初嘗紮作體驗，才明白幾根細竹與玻璃紙的結合，是需要如此漫長的專注。

綁紮竹篾時，我只要一不小心，就會令竹條不聽話地彈開，打在我的身上。那時，我方才明白師傅說的「柔中帶剛」是什麼意思。竹子一次又一次爆裂開來，反彈在我身上，令我感到疼痛；白漿糊黏在雙手上，總令我感到不適。在製作紮作的過程中，我多次產生想放棄的念頭。最後，當我貼上七彩玻璃紙的瞬間，陽光穿透紙面，灑落斑斕的光影。這讓粗糙的竹架突然增添了靈魂。陽光穿透了玻璃紙，讓這支鉛筆忽然充滿歲月痕跡。這支鉛筆沾滿黏膩的漿糊，帶着未乾透的墨跡，更擁有未說完的故事——竹條彎曲的弧線裡，藏着一代又一代如陳伯伯的非遺傳統技藝大師。他們原來一直懷揣着千百年來不肯斷裂的堅持和努力。

幾經艱辛，我紮成了一支能寫下風雨、也能承載虹霓的鉛筆。所謂傳統，不過是有人願意在彈開的疼痛裡，繼續為它糊上新的光彩。有幸接觸這種非遺傳統技藝，願以血脈相承的方式傳承下去。

10B 王泓又

初次拿起繡花針時，指尖傳來金屬的微涼。隨著針線在棉布間往復穿梭，一種奇妙的暖意自指腹漸漸蔓延。刺繡遠比想像中更需要專注，每一針都需屏息凝神，稍有不慎，線腳便容易繡得歪斜。

我端詳自己繡出的第一朵四葉幸運草，儘管針腳疏密不一，卻透着一種難以言喻的親切。導師說：「刺繡是心境的映照。」的確，當心情浮躁時，繡出的線條便顯得凌亂；而心緒寧靜時，針跡自然流暢圓潤。更令人動容的是，周圍每一位參與者都全神貫注於手中的針線。在節奏急促的日常生活中，能如此靜下心來與針線對話，實為一種難得的療癒。

這次體驗讓我明白，我們所要傳承的不僅是中國傳統技藝，更是這份從容專注的生活態度。那一針一線之間，蘊藏的是無數匠人積累的智慧與耐心。

Mid-Autumn
FESTIVAL

中秋詠月憶詩詞 社際競答展才華

中秋承載著千百年來中國人對團圓與美好的深切寄託。在這充滿詩意的時節，我校特意舉辦了「中秋詩詞大會」，與師生共赴一場古典與雅韻交融的文化盛宴。

中秋詩詞大會的規則簡明易懂：只需背誦出與「月」相關的詩詞即可。聽似簡單，實則考驗同學們對詩詞的積累與記憶。活動中，各班同學自由分組，並在老師的邀請下輪流上台吟誦。現場氣氛熱烈，同學們積極參與，更有同學一口氣連續背出十餘首詩詞，贏得滿堂讚賞。

午間時分，同學們可自由報名參加社際詩詞大會。此次競賽以搶答形式進行——各社代表需透過按鈕爭取答題機會。現場競爭激烈，不同年級的同學紛紛展現豐富的詩詞積累與敏捷反應，精湛表現引得在場師生讚嘆連連。



同學們積極參與，氣氛熱烈


社際搶答現場，競賽一觸即發，氣氛緊張刺激

7C 于子航

在這次詩詞大會中，同學們充分展現出對中文學習的濃厚熱情，並呈現出深厚的文化積澱與素養。期盼學校未來能繼續舉辦這類活動，提供更多寶貴的學習機會，讓我們跨越年級界限，與更多熱愛古典詩詞的同學互相啟發、共融成長。

Beyond the Classroom: How A-School's English Curriculum Shapes Versatile Success

Four years ago, they stood nervously before their peers, fumbling with cue cards. Today, A-School's students command stages, screens, and debate podiums—not by accident, but by design. Behind every confident speaker, every compelling filmmaker, and every sharp-minded debater lies a deliberate blend of formal and informal learning, where experiential education meets real-world authenticity.

The Formal Curriculum: Structured Mastery

In Grade 7, students step into the Public Speaking Workshop, where voice modulation, body language, and persuasive techniques transform timid whispers into powerful declarations. The final challenge? Delivering an original speech that aims to change the world—an exercise that turns theory into triumph. The skills honed in our classrooms don't stay there — they transform into public triumphs. When our students competed in the Hong Kong Debate Open and Hong Kong Parliamentary Debating Society Summer Workshop (HKPDS), they proved this by delivering not just winning arguments but powerful public speeches that resonated beyond the competition hall.



A-School's first Grand Champion at the 37th Sing Tao Inter-School Debating Competition

By the time students reach Grade 8, the focus shifts to storytelling through film. Building on their knowledge of playscripts, students craft 5-minute short films, applying narrative structure, cinematography, and editing. Past collaborations with the EDB NET Section Filmit Competition have seen A-School films not just screened, but celebrated—proof that creativity thrives when given real audiences.



Tang Hau In conducting her speech in HKPDS as one of the best public speakers

Grade 9 marks a new frontier: the Debating Workshop, where every student learns the art of argumentation. More than just sustaining A-School's legacy, this program ensures that debate isn't just for the elite — it's for everyone. From constructing cases to delivering razor-sharp rebuttals, students discover that persuasion is as much about logic as it is about listening. Apart from the debating workshop in class, we also organised the first Inter-chamber English Debating Competition this year, and the event was a huge success.

English Language



The annual Filmit competition organised by the NET Section, EDB

The Informal Curriculum: Where Grit Meets Growth

Yet, the true magic happens outside the syllabus. The late-night film edits, the impromptu speech drills during lunch, the heated debate practice sessions where students challenge each other long after the bell rings—this is where skills deepen and character crystallises.

When a Grade 7 student who once froze mid-speech later delivers a flawless presentation, that's resilience. When a Grade 8 filmmaker reworks a scene five times to perfect the emotional impact, that's craftsmanship. And when a Grade 9 debater concedes a stronger argument with grace, that's intellectual humility—a lesson no textbook can teach.

The Ultimate Success? Versatility.

The trophies matter. The competition rankings matter. But the deeper victory lies in the range of voices A-School cultivates—whether they're speaking to a camera, a crowd, or a panel of judges.

Because education isn't just about what students learn. It's about who they become in the process. And at A-School, they become thinkers, creators, and leaders—ready for any stage, any challenge, any future.



The grand finals of the first Inter-chamber English Debating Competition



A-School's Second Grand Champion at the 38th Sing Tao Inter-School Debating Competition, with Clement Kwok winning the Best Debater Award speakers



The Champions Return - A-School Claims Victory at the 40th Sing Tao Inter-School Debating Competition

12D Tang Hau In

Having been part of the English Debating Team for years, I am delighted to see that the school not only dedicates significant effort to training us as top-tier debaters but also fosters students' interest in debating and public speaking. This ensures that future generations will carry on our debating legacy.

11A Lee Yan Wah

The culture of our team is built on camaraderie, where seniors and even graduates form a tightly-knit group. We all contribute by sharing insights, offering encouragement, and providing support to the younger debaters. To me, this embodies the true spirit of education, and I would like to express my gratitude to the school—and especially our teachers—for providing us with such an incredible platform to grow and shine.

Celebrating Mathematical Excellence and Innovation

True to A-School's ethos of fostering well-rounded talent and a passion for discovery, we celebrate the exciting events of our recent STEAM Week, which thrillingly showcased the impressive results from the Euclid Mathematics Contest and the World Class Test, serving as a brilliant testament to our students' hard work, dedication and innovative spirit.

Big Brain Challenge in STEAM Week

The excitement was palpable during STEAM Week's Math Day as students participated in the Big Brain Challenge, a fast-paced competition that tested their mathematical prowess. Held during lunchtime, students from various grades formed teams, including the Math Team, to compete in four categories: Memorization, Shape & Space, Creativity, and Speed Calculation.

Each round featured ten challenging questions, pushing participants to think quickly and collaborate under pressure. The Memorization round tested recall speed, while Shape & Space challenged spatial reasoning. The Creativity segment encouraged outside-the-box problem-solving, and Speed Calculation had minds racing to solve equations rapidly. The atmosphere was electric, with cheers erupting as teams solved tough problems. Beyond competition, students honed critical thinking and teamwork—skills essential for success in STEAM fields. The Big Brain Challenge was not just about winning; it celebrated curiosity, perseverance, and the joy of math.



Students solving different mathematical problems in the Big Brain Challenge


Participants of the Big Brain Challenge

Mathematics



Students drawing circles by hand

Pre-Pi Day in STEAM Week

On March 13, our school celebrated Pre-Pi Day as part of STEAM Week, transforming the atrium into a vibrant hub of learning. The event attracted enthusiastic students eager to explore the wonders of mathematics through engaging activities centered around the number Pi.

Students moved from one booth to another, each highlighting different aspects of Pi and its significance. One popular activity was Drawing a Circle by Hand booth, where students tested their artistic skills while learning about circle properties. Another highlight was the Photo Hunt, where participants scoured the school for objects related to circles, blending creativity with critical thinking.

The Stop the Timer Challenge provided a thrilling opportunity to test reflexes by attempting to stop a timer at the exact value of Pi. The most competitive event was the Pi Memory Challenge, where students recalled at least 30 digits of Pi, with some impressively remembering over 200 digits! Those who succeeded were rewarded with delicious apple and chocolate pies, motivating participation further.

The event not only educated students, but it also fostered a sense of community as students collaborated and cheered each other on. We thank all participants for making this event a resounding success and look forward to more engaging activities that inspire curiosity and a love for learning.



Students tried to remember the digits of Pi to get a pie.

Euclid Mathematics Contest Results

We are delighted to share the results of the Euclid Mathematics Contest, organized by the University of Waterloo. This prestigious competition challenges high school students nationwide to showcase their problem-solving and mathematical reasoning abilities. This year, six individuals achieved distinction:

11D IP Long Ching
11D KWOK Lik To
11D LAI Zenith
11D LAU Luen Yung
11E KWAN Tsz Wai Aiden
11E LO Chi Chia

These achievements underscore their commitment to excellence in mathematics and highlight the importance of fostering talent and collaboration among peers.

World Class Test Results

We are thrilled to announce the results of the recent World Class Test (WCT), an international mathematics competition for middle school and junior high students. This year, our students faced a series of challenging problems that tested their reasoning and problem-solving skills. We are proud to report that over 70% of participants achieved distinction in Mathematics or Problem Solving, with an impressive 90% earning distinctions in both subjects. This outstanding performance highlights their dedication and talent.

As we conclude this edition, we commend all participants for their hard work and enthusiasm. The events of STEAM Week fostered a spirit of friendly competition and strengthened our community. We look forward to more exciting opportunities for students to explore and excel in mathematics. Together, let's inspire curiosity and a love for learning in every student!

Liberal Arts & Citizenship and Social Development

Liberal Arts Week

This year, the theme is “Big Big World 3 - We Are the World”, aimed at celebrating the vibrant diversity of cultures within our community.

Following the introduction of how cultural globalisation and artificial intelligence may shape our society over the past two years, we are now introducing our students to various social phenomena, such as differences between genders and generations, to encourage them to think about how to bring unity to our community.

“

9E Chang Ching Nga

“During LA week, teachers showed us some videos from “100 Human Life’ s Questions, Answered.” These videos feature 100 people from diverse backgrounds participating in a playful experience that explores age and other aspects of being human. The most memorable video I watched featured people in their 20s, 30s, 40s, 50s, and 60s competing against each other in assembling furniture and other tasks to determine which age group performed better. Before we watched the video, we first voted on which age group we thought would win, and at the end, the answer was revealed. While watching the videos, the teacher even gave us popcorn. After a few days of watching the videos, we were able to play games at the booths, and there were even prizes for participating. It was truly a fantastic experience.”



After watching the video, Mr. Cheng discussed the differences between generations with the students.



Mr. Fung shared classic songs from different eras with the students, along with their historical backgrounds.



Students are experiencing Mikado, a traditional Hong Kong game from the 1970s.



Students obtained gifts after participating in various game booths.

Liberal Arts & Citizenship and Social Development

Fostering Compassion Through Culinary Creativity
Our Success at the "Good Food Initiative" Lunchbox Design Competition

"Small acts, when multiplied by millions of people, can transform the world." – Howard Zinn

In a world where food insecurity affects countless lives, the choices we make with ingredients and resources can become powerful statements of compassion and awareness. Our students have once again demonstrated exceptional creativity and social consciousness through their participation in the "Good Food Initiative" Infinite Lunchbox Design Competition.

It is with great pride that our school has been awarded the Silver Prize and the Most Active Participation School Award in this meaningful competition. This achievement reflects not only our students' culinary talents but also their growing understanding of critical social issues such as poverty, resource inequality, and the impact of climate change on vulnerable communities.

The competition challenged participants to design nutritionally balanced, simple-to-prepare meals for subdivided flat families with limited resources. From over 700 initial entries, our young contestants, HUANG Ching Kiu and LEUNG Lok Hey, from Grade 8, made it to the finals — a remarkable achievement considering they were the youngest competitors in a field dominated by senior students.

Their journey to success was paved with dedication and perseverance. They practised preparing the same lunchbox numerous times to ensure they could complete it within the time constraints. They thoughtfully considered the limited cooking equipment and financial resources available to subdivided flat residents, yet still managed to create nutritionally balanced, simple-to-prepare meals that impressed the judges. Their one-minute presentation, which they rehearsed diligently, further showcased their thorough understanding of the issues at hand.

This competition perfectly aligns with our Liberal Arts Department's emphasis on developing empathy and social responsibility among our students. Through this experience, our students have put compassion into practice, learning how creative solutions can address real-world problems.

The finals, which required on-site preparation of their designed lunchboxes, further tested our students' practical skills and adaptability. Their success in this challenging environment speaks volumes about their growth as both culinary creators and socially conscious individuals.

As we celebrate this achievement, let us continue to encourage our students to utilise their talents and creativity to make a positive difference in our community. Their willingness to engage with complex social issues at such a young age gives us great hope for the future they will help build.



Our students were awarded the Silver Prize and the Most Active Participation School Award in this meaningful competition.


Dish honoured with the Silver Award


Students exhibited their culinary expertise.



11A Lee Yan Wah

"In this competition, I deeply realised that designing a meal plan for the Wong family of four with limited resources is no easy task. We had to unleash our creativity fully. Not only did the menu need to be nutritionally balanced, but the cooking methods also had to be convenient and quick. With only $40 per meal to prepare food for four people, it was definitely a challenge.

We had to be extremely budget-conscious and prioritise cost-effective ingredients. Throughout the entire process, we had to experiment with cooking repeatedly.

We're also very thankful to Oxfam for giving us this opportunity, which taught us how to use ingredients more effectively, reduce waste, and improve our cooking skills."

Personal, Social and Humanities Education

Humanities Week 2024-25

Humanities Week is a vibrant annual event that offers students the chance to explore the many dimensions of the Humanities in an engaging and meaningful way.

The theme for this year, "How Our Consumption Shapes the World," invites students to reflect on the impact of their everyday choices and decisions. Rooted in the principles of the United Nations Sustainable Development Goals (SDGs), the focus is on responsible consumption and its global implications.

Throughout the week, students are encouraged to examine how consumption patterns have evolved and to consider the ethical dimensions of their decisions, from fair trade practices to environmental sustainability.

By fostering thoughtful conversations and critical inquiry, Humanities Week aims to deepen students' understanding of the world around them and to inspire innovative, responsible approaches to global challenges.





A variety of interactive game booths were set up to help students explore and gain a deeper understanding of this year's Humanities Week theme.





The Humanities Week upcycling workshop, which repurposed old advertising banners, aimed to inspire students to reflect on the question "What is waste?" while learning about and practising the principles of resource reuse.





On the final day of Humanities Week, a field trip to Cape D'Aguilar allowed students to experience the natural beauty of Hong Kong, including remarkable sites such as sea caves and sea arch formations. The trip also aimed to promote environmental awareness, emphasising the significance of marine conservation and sustainability within Hong Kong's marine reserve.

Personal, Social and Humanities Education

Geography

Geography nurtures perseverance through challenging fieldwork and data analysis. It fosters empathy by exploring diverse cultures and pressing global issues such as poverty and climate change. Students also develop respect for different perspectives and environments. Various sustainability projects instill a commitment to protecting our planet. By studying human-environment interactions, we aim for our students to confidently apply these values to real-world challenges, preparing them to be responsible global citizens.



As part of their geographical investigation, Grade 10 Geography students conducted a field trip to Bride's Pool to study river processes and features.



Grade 11 Geography students explored High Island Reservoir's iconic hexagonal volcanic columns and unique coastal formations, examining how geological processes shape landscapes.







Grade 12 Geography students conducted an urban field study at three iconic locations: City Gallery (urban planning exhibits), PMQ (adaptive revitalization case study), and Man Mo Temple (a cultural heritage site) - to analyze Hong Kong's sustainable development challenges.

Personal, Social and Humanities Education

Business, Accounting and Financial Studies

This year, we witnessed growing student participation in company visits, business workshops, and competitions, reflecting the growing appeal of an enterprising, creative, and forward-thinking mindset at A-School. Our BAFS department's mission to foster entrepreneurial spirit, resilience, and grit—essential traits for any career—continues to take shape as students eagerly seize these opportunities.

We kicked off this school year with a JA MoneySense talk for Grade 7 and 8 students in October 2024, followed by an HKUST finance workshop and a visit to the Hong Kong and China Gas Company for Grades 11 and 12 in January 2025. To wrap up the year, students are ready to participate in diverse competitions, including an in-school money management and stock trading challenge, the Future CEO Proposal Competition 2025, and the JA International Trade Challenge.





中國歷史

中國歷史科課程為了提升學生對學習中國歷史的興趣，運用各種多媒體進行教學，希望學生以趣味的方式探究歷史真相，從而增加對學習歷史的熱忱。例如利用動畫、虛擬博物館、3D復原圖和人工智能等，將歷史重現在學生眼前，並引導學生與歷史直接對話，使中國歷史變得更貼近生活、更有趣味。此外，中國歷史科也透過舉辦遊學團和實地考察，讓同學可以親身了解中國和香港歷史的發展。



虛擬博物館



3D復原 – 北洋海軍鎮遠號



考察中國雲南哈尼族梯田文化

ICT & STEAM

Fostering Distinctive Qualities through Technovation

A Showcase of Excellence in Curriculum and Extracurricular Engagement

True to this vision, the ICT Department at A-School has embraced its role in cultivating the distinctive qualities that define our students. Through innovative curriculum design and dynamic extracurricular activities, the department has provided a robust platform for students to grow academically, creatively, and personally.

Innovative Curriculum Design

The ICT curriculum at A-School is meticulously crafted to encourage critical thinking, problem-solving, and collaboration. It introduces students to the latest advancements in technology while nurturing their ability to apply knowledge creatively and ethically.

One of the highlights of the program is its focus on practical projects. For example, students have engaged in creating apps that address real-world challenges, showcasing their ability to innovate while considering societal needs. This hands-on approach ensures that students not only gain technical proficiency but also develop a sense of responsibility and purpose in their work.

To further enhance its commitment to fostering dynamic and adaptive learning environments, A-School has adopted cloud computing solutions powered by Alibaba Cloud. This innovative approach enables students to access a flexible computing ecosystem tailored to their educational and technical needs. The cloud-based devices are designed to seamlessly switch between platforms such as Windows and Linux, creating versatile technical development environments suitable for a wide range of projects. Furthermore, the hardware configurations are optimized to support complex programming tasks, ensuring that students can engage in advanced problem-solving and application development. This integration of cutting-edge technology underscores the school's dedication to equipping students with the tools necessary to excel in an ever-evolving digital landscape.

Extracurricular Activities

A Gateway to Excellence

Beyond the classroom, the ICT Department has organized a wide array of activities that have enabled students to thrive in diverse settings, hone their skills, and express their creativity. The following highlights demonstrate the department's commitment to fostering excellence and distinctive qualities in students:

DSSSC Tech Show

Our students showcased remarkable ingenuity at the DSSSC Tech Show by presenting their app on book recommendations. This project exemplifies how technology can be harnessed to promote learning and accessibility, encouraging students to think critically about user needs and interface design.



Generative AI seminar at HKBU

ICT & STEAM



Grade 10 ICT students share their app, Book Recommender, which is powered by AI.



The Microsoft Office Specialist Championship (MOS) Hong Kong 2025



8C CHAN Sum Shun Emunah demonstrates excellence in the ICT stream



National Identity Mobile App Design Competition

27th Hong Kong Youth Science and Technology Innovation Competition

A-School students excelled in the study of Large Language Models (LLMs) and achieved 1st runner-up in the ICT stream. This recognition underscores their ability to grasp complex concepts, conduct in-depth research, and present findings effectively—a testament to their academic rigor and creative problem-solving skills.

National Identity Mobile App Design Competition

In this competition, our students earned merit awards by designing an app focused on the “Silk Road.” The app promotes understanding and exploration of career paths, demonstrating their ability to connect technology with societal and national values while fostering creativity and teamwork.

The Microsoft Office Specialist Championship (MOS) Hong Kong 2025

Two of our outstanding students, 10C Jerone Hui and Choi Chi Yan, earned Gold Awards in the Word Stream and PowerPoint Stream, respectively. Their success highlights the department’ s emphasis on mastery of essential tools and the development of presentation skills that are crucial in today’ s digital world.

ICT & STEAM



Google Visit

Grade 12 ICT students had the invaluable opportunity to visit Google's office and receive training on the use of AI and Large Language Models. This experience provided them not only with technical insights but also an understanding of the dynamic working culture in tech enterprises, inspiring them to pursue careers in cutting-edge technology.

Excursion to Hangzhou and Shanghai

One of the most enriching activities was the excursion to Hangzhou and Shanghai, during which students visited Alibaba Cloud and ByteDance. They participated in training sessions on AI in media creation, gaining hands-on experience with the innovative application of AI technologies in creative fields. This excursion broadened students' horizons and provided them with firsthand exposure to industry leaders and their transformative work.





Excursion to Hangzhou and Shanghai

Character Development through Technology

The ICT Department' s efforts go beyond fostering technical expertise. By participating in these activities, students develop critical qualities such as perseverance, creativity, ethical awareness, and teamwork. They learn to think globally while acting locally, becoming individuals who can envision and contribute to a better future.

The department' s achievements in integrating curriculum design and extracurricular activities serve as a shining example of how education in technology can shape well-rounded individuals. We focus on developing students not only in their academic and technical achievements but also in the intrinsic qualities that shape future leaders and innovators.



10C HUI Jerone

While ICT may often be viewed unfavorably among scientific subjects, it distinctly stands out from the rest. Rather than focusing solely on traditional textbook learning, our school offers a variety of competitions and opportunities for students to engage actively. I was honored to represent our school in the MOS Championship HK, where I proudly secured second place.

Additionally, our school organizes enriching study tours that provide invaluable experiences beyond the classroom. During the Easter holiday, we had the opportunity to explore innovative technologies at Alibaba and ByteDance. These visits allowed us to witness firsthand how advancements are shaping the future of technology. Engaging with experts sparked my curiosity and inspired me to think critically about the applications of technology in our lives.

Overall, these experiences have significantly broadened my horizons and reinforced my passion for Information and Communication Technology (ICT). They highlight the vital role of technology in shaping our future and motivate me to pursue further knowledge in this dynamic field.

Science

A-Science for ALL

Learning Science is an exciting journey for everyone. Through Science, students gain insights into both the past and the future, fostering a deeper understanding of the world around them. This year, the Science department has organised a diverse range of inclusive science activities aimed at nurturing fundamental scientific knowledge and encouraging all students to explore the limitless possibilities that lie ahead.



Stunning Celestial experience



Life-size Space suit



Advanced Telescope

Facility enhancement
A-Planetarium

A-Planetarium is an inspiring hub for curiosity, designed to ignite the passion for science and exploration in students. Upon entering, visitors are greeted by a life-sized spacesuit worn by China' s pioneering astronauts, connecting them to human space exploration. The facility features a state-of-the-art projection system that transforms the space into a gateway to the universe, allowing students to explore celestial wonders. With an advanced telescope for live observations and interactive exhibits, A-Planetarium offers hands-on learning experiences and thought-provoking films about our cosmic neighbourhood.

Science

Science Master Class - Maths is Fun by Professor Yuan Yaxiang

It was our honour to have Professor Yuan Yaxiang, a renowned mathematician, deliver a captivating talk on the wonders of mathematics to our Grade 7 and Grade 8 students and parents this year.

Professor Yuan, a distinguished mathematician and member of the Chinese Academy of Sciences, took us on a magical journey through intriguing mathematical concepts. From the Chinese Remainder Theorem to the mesmerising Möbius strip, he unveiled a treasure trove of mathematical curiosities that left our students amazed.

We' re excited to see how this experience will nurture their love for mathematics and shape their future pursuits.



Presenting the souvenir to Prof Yuan



In-depth discussion with the Maths Elites

Carbon Neutrality: From Words to Action by Prof. Jia Feng

Our school had the privilege of hosting an insightful talk by the renowned expert, Prof. Jia Feng, on the critical topic of "Carbon Neutrality: From Words to Action." The event was a huge success, drawing an eager audience of students from grades 10 to 12 who were keen to learn about China' s pivotal efforts to combat global warming.

The students were captivated by the latest developments and progress in this crucial area. They left the talk inspired and motivated to play their part in creating a sustainable future. This collaboration between our school and leading experts is a testament to our commitment to environmental education and preparing our students to be responsible global citizens.



Presenting the souvenir to Prof Jia



Prof Jia delivering the amazing talk about carbon neutrality in China

Science

Science

Science Talk by Generative AI for Disease Diagnosis

At the beginning of Term 2, it was our honour to have Professor Condon Lau, Associate Professor from the Department of Physics of the City University of Hong Kong, deliver an engaging talk on “Generative AI for Disease Diagnosis” to our senior form Science students. They were captivated by the innovative applications of artificial intelligence in healthcare, exploring how generative AI can enhance disease diagnosis and treatment. Prof. Lau’ s interactive presentation encouraged students to ask insightful questions, broadening their understanding of technology’ s role in medicine and inspiring them to consider potential careers in this dynamic field.



AI Image Generation Talk by Prof Lau



Prof Lau explained how AI can be used in health-related investigations

G8 Marble Run

G8 students showcased their creativity by designing and building an impressive marble run. Inspired by teamwork and innovation, they collaborated to create intricate pathways for marbles to travel through. The project not only sparked their imagination but also brought joy and excitement to the classroom. The experience fostered a sense of accomplishment and fun among the students.



Let the Marble Run



Hands-on experience and had fun



Learning something new is always fun

Visiting Dinosaur Exhibitions

G8 students visited the Dino Era - Science Exhibition on Dinosaur Fossils, immersing themselves in the fascinating world of the Mesozoic Era. They learned about the rise of dinosaurs and explored over 85 precious fossils and reconstructed models from the Triassic, Jurassic, and Cretaceous periods. The experience was both educational and enjoyable, leaving students with lasting memories and a deeper appreciation for Earth' s history.



Dinosaurs in real size



Dinosaur Egg Enchantment

Science



We are the alchemist

Gold plating workshop by Chow Sang Sang Precious Metal Laboratory

Our G11 students at A-School recently transcended textbook theory during a gold plating workshop hosted by experts from Chow Sang Sang Precious Metal Laboratory. The immersive experience took students from understanding electroplating principles to engaging in hands-on practice, transforming metals with gold. Actively participating in the workshop allowed students to gain a deeper appreciation for science in action. By witnessing industry-standard equipment and practices in a commercial testing lab, they bridged the gap between theory and application. These budding "alchemists" are now equipped with the knowledge and practical skills to shape their future in scientific research, industry, or entrepreneurship.



Apprentice Alchemist



The gold we made

Achievements

Secondary Schools Bridge Demonstration Competition 2025

Organised by The Civil and Environmental Engineering Students' Society at HKUST, our students excelled in building a cable-stayed bridge and won the first runner-up in the competition. Team members 8C Yau Chi Hei Hailey, 8C Sin Wang Ho Tony, 8C Cheung Ho Lun Linus, 8C Ng Ayden, and 8C Cheung Tsz Wai showcased exceptional collaboration and problem-solving skills, also winning the Best Presenting and Designing Team Award for their creativity.



Our masterpiece



First Runner Up and Best Presenting and Designing Team Award

International Junior Science Olympiad (2025) Hong Kong Screening Test

In the IJSO Hong Kong Screening Test, our students demonstrated remarkable talent and dedication. 9C Leung Chun Him Anson and 9C He Tsz Yun achieved Second Class Honours, qualifying for the Phase 1 training course to further enhance their scientific skills. Additionally, 9D Kwok Hiu Ching and 8C Yuen Sum Tin Heidi earned Third Class Honours, showcasing their strong understanding of scientific concepts. Their accomplishments reflect their hard work and commitment to excellence in science, paving the way for future opportunities in the field.

Visual Arts



APEX 2025 Visual Arts Graduation Exhibition Grand Opening

A-School held the grand opening of the “APEX 2025 Visual Arts Graduation Exhibition and Annual Show” on 6 June 2025 at the Pao Galleries in the Hong Kong Arts Centre. The event was honored to have Mr. Yu Chiu For, one of the Cultural Commission Members of the Government of the Hong Kong Special Administrative Region, as the guest of honor, alongside our school’ s Chief Principal, Dr. Benjamin Chan Wai Kai, M.H, and the school management team to witness this artistic celebration.

Acknowledging the Value of Arts Education

In his speech, Mr. Yu Chiu For highly praised the school’ s contributions to arts education, stating, ‘From these vibrant works, we not only see the creativity of young artists but also witness how A-School cultivates students’ cultural literacy and innovative thinking through systematic arts education.’ He particularly appreciated the school’ s teaching approach that organically integrates traditional cultural elements with contemporary artistic language.

Our Chief Principal, Dr. Chan, explained the educational philosophy behind the exhibition: ‘Each piece of work is a unique imprint of students exploring themselves and engaging with the world. We adhere to the educational philosophy of “enlightening the mind through art”, making the creative process a means for cultivating critical thinking, cultural understanding, and emotional expression.’

Visual Arts





AI Era Arts Education Forum

As a highlight of APEX, the school hosted a themed forum on “Arts Education in the AI Era” on June 7, 2025. Moderated by Mr. Siu King Chung, former Associate Dean of the School of Design at the Hong Kong Polytechnic University, the event featured cross-disciplinary dialogues with A-School’ s Visual Arts Education Director, Mr. Law Sing Kai, resident artists Mr. Alex Chan (Digital Art), Mr. Fanson Lam (Sculpture), Mr. Lee Ning Fung (Printmaking), and new media creator Mr. Dusty Chan.

Core topics for discussion included:
- Innovations in traditional arts in the digital age
- The boundaries of AI applications in foundational arts education
- Cultivating “human-machine collaborative” creativity
- The future direction of arts education in Hong Kong









Visual Arts

Exhibition Highlights

This exhibition features over 450 works across five carefully curated thematic zones:

Graduate Zone
Representative works from students graduating from the DSE and GCE programs, reflecting three years of artistic training

Secondary Division Creations
Students from Grades 7 to 11 exploring social issues through painting, digital art, installation art, and more

Artists-in-Residence Projects
Experimental works created collaboratively by the resident artists and students in 2025

Primary Division "Aesthetic Enlightenment" Series
Playful creations by Grades 1 to 6 themed 'Art Dialogues of Little Ones'

Selected Alumni Works
Professional works from past graduates reflecting the continuity of arts education







Achievements of the Artists-in-Residence

Students have engaged in various projects under the guidance of resident artists, including:

G7-G9 'Everyday Scenery'
Miss Yeung Sin Man collaborated with students using paper light boxes to construct cityscapes, encouraging them to find beauty in everyday surroundings.

G10 'Difference and Repetition'
Miss Amanda Vong explored the variations of daily objects with students using clay.

G11 'Time, Place, Person'
Mr Fanson Lam guided students in traditional sculpting techniques combined with 3D scanning and printing technologies to create sculptures representing time, place, and person in the Visual Arts gallery.

Primary Division 'Digital Painting Masterclass'
Under the guidance of Mr Alex Chan, students learned to use Procreate to create digital portraits themed "My Beloved Family."

Primary Division 'Dream Campus Illustration Workshop'
Illustrator Miss Stella So guided students in drawing their ideal school blueprint using professional illustration tools.

The exhibition also features a Master Zone with works by contemporary artists

Zhang Xi Zhong's 'Red Message', which connects cultural symbols from both Chinese and Japanese traditions

Professor Zhao Bo's 'You Must See', merging Chinese ink philosophy with German expressionism

With the opportunities to collaborate with professional artists through the APEX arts education program, this exhibition not only showcases learning outcomes but also serves as an important testament to the development of arts education in Hong Kong.









Music

The Rhythm of Life: How Music Training Shapes PERCCI Plus Values

At A-School, we believe music education extends far beyond technical mastery—it is the heartbeat of character development, nurturing resilient, compassionate, and principled individuals. Team-based music training, in particular, serves as a powerful crucible for instilling perseverance, empathy, and leadership—qualities that resonate deeply with our PERCCI Plus Values. Few embody this harmony of artistic and personal growth as vividly as 9E LAM Pui Kin Zaccheus, our artist-athlete par excellence. His journey with the Chinese Drum Team has not only honed his musical artistry but also forged a character that shines across his roles as a competitive athlete and dedicated Digital Sergeant.

Perseverance:
The Beat of Resilience

Chinese drumming is a discipline of endurance—physical, mental, and emotional. Zaccheus recalls struggling with intricate rhythms that initially seemed impossible to master. Yet, through disciplined repetition and unwavering focus, he discovered that excellence is born from persistence. This tenacity now fuels his athletic pursuits in cross-country and track events, where he draws on the same mental fortitude he has cultivated from drumming. “When my legs burn in the final lap,” he shares, “I hear the drumline’ s relentless pulse reminding me: keep going.”

Empathy and Respect:
The Harmony of Teamwork

In ensemble performance, greatness lies not in solo brilliance but in collective synchrony. Zaccheus highlights how the drum team’ s unity hinges on acute listening and mutual adjustment. “A single offbeat can unravel months of preparation,” he notes. This heightened awareness of others’ roles has sharpened his empathy—whether when guiding younger teammates or collaborating with peers in triathlon relays. Respect, too, is woven into the fabric of his leadership. Just as senior drummers patiently mentor newcomers, Zaccheus pays this forward by supporting others in athletics and event coordination, proving that true leadership elevates everyone.



Zaccheus performing at an event organised by the Hong Kong Direct Subsidy Scheme Schools Council



Zaccheus performing at the Winter Concert 2023-2024 held at the Academic Community Hall, HKBU

Courage and Commitment: Performing with Conviction

The spotlight of performance demands courage—the willingness to risk imperfection for the sake of shared artistry. Zaccheus channels this bravery beyond the drumline, whether addressing crowds as a Digital Sergeant or pushing his limits in grueling races. Commitment, equally vital, is reflected in his unwavering attendance at rehearsals and training, even amidst academic pressures. “Showing up matters,” he asserts. “It’ s how you prove to yourself and your team that the goal is worth the grind.”



The Chinese Drum Team performing at the Winter Concert 2023-24

Integrity: The Silent Backbone of Excellence

Music teaches that every note carries weight. In drumming, accountability is non-negotiable—a missed cue reverberates through the entire ensemble. This ethos of responsibility guides Zaccheus in all endeavors, from athletic competitions to logistical duties. “Integrity isn’ t just about honesty,” he reflects. “It’ s showing up fully, every time, because others are counting on you.”



Zaccheus performing with the renowned drum group “Refiner Drums” founded by our Chinese Drum Team instructor, Mr. Leung Ching Kit, Jason

The Rhythm of Life

Zaccheus’ story is a testament to music’ s transformative power—not merely as an art form, but as a forge for character. The PERCCI Plus Values embedded in Chinese Drum Team training have equipped him with skills that transcend disciplines: resilience for athletics, collaboration for team roles, and poise for leadership. At A-School, we champion this whole-person development, knowing that the rhythms of discipline, empathy, and courage will echo far beyond our Music Commons. As Zaccheus aptly concludes, “The drum team didn’ t just teach me to play—it taught me how to rise.”



Zaccheus competing at the 2024-2025 Inter-School Athletics Competition

Physical Education

Dare to Challenge, Strive for Excellence

As a renowned through-train school, we nurture our students' physical fitness and skills from the primary division onward. Students can engage in systematic learning across different sports, improving their fitness from junior grades to middle school before advancing to more sophisticated skill development, tactic training and fitness programs in senior grades.

At A-School, we offer a variety of venues to students to learn different sports, allowing them to sharpen and refine their skills in the right place at their home courts. PE lessons begin with a campus run to boost students' aerobic performance, followed by rotations through specialized facilities to allow students to experience different sports around the school, including the Pan Weixiong Gymnasium for indoor sports, HomeRun Sports Training Centre for softball and soccer, Frank & Annie Fu Fitness Centre for strength training, and the Kwok Yat Wai Sports and Aquatic Complex for swimming and other water sports.

Beyond traditional sports events, our curriculum also incorporates emerging sports and disciplines such as golf, lacrosse, padel, pickleball, and sports climbing. Through these opportunities and experiences, students can discover new passions, unlock athletic potential, and cultivate active lifestyles.



Introducing Lacrosse in PE Lessons



Experiencing Golf in PE Lesson



Softball Training at HomeRun Sports Training Centre

Physical Education



Our School Teams shine at Inter-School Competitions

A-School recognizes every student' s unique strengths and capabilities in sports with our continuous programs and development. Specifically, our holistic PE lessons have laid a good foundation for students to find their passion and join different school teams, many of which have achieved remarkable success in regional and territory-wide competitions. More importantly, the team members have a greater sense of belonging to A-School, and unforgettable memories with their peers and teachers through representing the school on different occasions.

Supporting the ELITE student athletes

In addition to the general PE curriculum, we are also dedicated to supporting and encouraging our elite student athletes to actualize their dreams in sports. We offer a comprehensive support scheme to help them enjoy school life while also performing their best in extensive training and competitions.

This includes a range of measures such as flexible time-tabling, online learning platforms, athlete development programs, and scholarships—all tailored to support their academic and athletic needs. Through these initiatives, A-School aims to empower our athletes to devote their utmost effort to preparing for international competitions and representing Hong Kong.



Students shine at the Hang Seng All-Schools Table Tennis Championship 2025



Our student, Wong Shun Yat, joining HKU through the Top Athletes Direct Admission Scheme (TADAS)

Reading

閱讀新里程
電子書平台
引領校園閱讀新風尚

自本學年伊始，圖書館及閱讀事務組不遺餘力地推廣閱讀，希望本校同學善用課餘時間閱讀課外書，藉此擴闊視野，並提升中英語文能力。根據過往的閱讀紀錄顯示，學生對電子書有濃厚的興趣。為滿足學生的需要，本組於本學年購置了「金閱閣」電子書平台，在初中的晨讀時段為學生提供除實體書以外的另一優質選擇。

自去年十月至今年五月，本組以四大價值觀——同理心、堅毅、勇氣及誠信為主題，擬定相關書單，並於圖書館內展示當月主題圖書的封面。此外，我們亦在初中課室及校園張貼宣傳海報，更安排老師於晨讀時段走進課室，簡介圖書內容，鼓勵學生閱讀這些富有意義的書籍。為持續推動閱讀風氣，本組於每季結束後，根據學生在晨讀時段的表現及「金閱閣」平台上的閱讀時數，頒發七至九年級班級及個人的金、銀、銅獎，以肯定他們的閱讀習慣及持續努力。



「金閱閣」電子書平台正式啟用的海報



電子書宣傳海報-以「堅毅」為主題



電子書推廣佈置-以「勇氣」為主題

Reading

在本組老師及中英文科老師的共同努力下，本校在推廣閱讀方面成績斐然。本校學生在「金閱閣」電子書平台上的閱讀時數高居全港之首，榮獲2024-2025年度「金閱閣」校園版數碼閱讀獎勵計劃中學校際盃冠軍及中小學校際盃亞軍。7A黃柏熙、7D鍾逸、8A施柔羽及8E容卓謙同學更分別榮獲中學組閱讀之星優異獎。同學們在課餘時間積極培養閱讀習慣，其優異表現獲得外界高度認可，標誌著本校閱讀教育工作邁入新的里程碑。



「金閱閣」校園版（2024-2025年度）頒獎禮上獲獎。





晨讀時段卓越表現獎頒獎典禮

Green School

A-School's Outstanding Achievement

CLP Smart Energy Award Programme 2024

This year, A-School proudly celebrated several significant achievements in environmental stewardship. We received the Energy Management Excellence Award at the CLP Smart Energy Award Programme 2024. This prestigious recognition highlights our initiatives in promoting sustainability, including extensive solar panel installations, smart lighting, automated irrigation systems, electric vehicle charging stations, and holistic education.





A-School was crowned the prestigious Energy Management Excellence Award at the CLP Smart Energy Award programme 2024

Hong Kong Green Organisation (HKGO) (2024 – 2026)

Additionally, we have earned the Hong Kong Green Organisation (HKGO) certification for the period of 2024-2026. This certification confirms our commitment to implementing sustainable practices across our campus.



Large Solar Panel Installation on the rooftop.



Hong Kong Green Organisation (HKGO) certification for 2024-2026

Best Green Education Initiative Award (Secondary) - Certificate of Merit

Our school was honored with the Certificate of Merit for the Best Green Education Initiative Award at the 2023 Hong Kong Awards for Environmental Excellence. This accolade showcases our efforts in fostering environmental awareness and integrating green education into our curriculum.



Green School



Interactive stations and educational talks during the WeRecycle@School Campaign.

Carbon Neutrality & Recycling Initiatives

This year, we launched the WeRecycle@School Campaign in collaboration with the Environmental Protection Department. This initiative included interactive stations and educational talks, significantly raising awareness among students about sustainable practices. Our Eco-pioneers set up a Stationery Exchange Booth to promote reuse and reduce waste.

Additionally, students from Grades 7-9 participated in the Beach Cleaning event at Wu Kai Sha Beach, promoting community responsibility and fostering an appreciation for marine conservation. During our class Christmas party, students were encouraged to bring their own utensils to minimize waste, with Environmental Ambassadors managing recyclables to align our celebrations with environmental values.

Eight Eco-pioneers were empowered in the Carbon Neutrality Student Ambassador Training Scheme. They take on leadership roles, enhancing their understanding of climate change and promoting a low-carbon lifestyle through hands-on activities.





Eco-pioneers promoted reusing and reducing waste at the Stationery Exchange Booth.



Students from Grades 7-9 cleaned the coastline at Wu Kai Sha Beach. Exchange Booth.





Eco-pioneers participating in a field visit in the Carbon Neutrality Student Ambassador Training Scheme.

Harmonizing Passion and Purpose: Tina Tao's Musical Journey

A pianist's journey from practice rooms to PhD – and how PERCCI values shaped each note

By 9A Lau Hannah Fung Kwan

HKBUAS, Class of 2016
Master of Music (Research),University of Melbourne, 2022
PhD in Music, University of Melbourne
(expected graduation in 2026)

The truest education resembles a symphony – not a solo performance, but a complex interplay of knowledge, character, and purpose where every student's potential finds its unique voice. At A-School, this philosophy resonates with the story of alumna Tina Tao, who carries A-School's values in her musical journey – not as abstract ideals, but as living forces that shaped her artistry. What begins as a tale of musical dedication unfolds into something far greater: a testament to how passion, when nurtured with purpose, can compose an extraordinary life.



Tina at her first PHD Concert in 2024

The First Notes: A Lifelong Discipline

For Tina, music has always been far more than a pastime; it is, as she puts it, "a separate part of her life". Long before Tina could articulate her life's purpose, the piano offered her a language beyond words. This journey began at the age of six, inspired by the artistry of luminaries like Lang Lang, and was fueled by a daily discipline of practice—four hours every day, a routine she maintains even now as a third-year PhD candidate in music in Melbourne.

This ritual, repeated over decades, became her first lesson in perseverance. There were days when progress felt elusive, when scales and arpeggios seemed Sisyphean tasks. Yet in retrospect, Tina recognized how these incremental efforts coalesced into mastery. The piano, with its exacting standards, taught her that excellence emerges not from sporadic inspiration, but from the quiet accumulation of disciplined hours.

The Crucible of Choice: Courage Over Convention

As Tina approached her HKDSE examinations, the expectations weighing upon her crystallized into a single, fraught question: Why not pursue a more conventional path? Medicine, law, finance—these were the fields her parents gently suggested,



Tina at the Masters Graduation Ceremony of University of Melbourne in 2022

their concern rooted in love and pragmatism. “For a time, I doubted myself,” Tina admitted. The tension between fulfilling societal and family expectations and finding her personal truth became her greatest test of integrity.
What tipped the scales was not defiance, but clarity. In moments of solitary practice, she recognized music not as a hobby, but as her fundamental way of engaging with the world. “I realized comfort shouldn’t guide life’s major decisions,” she says. Her eventual declaration— “I must follow my heart”—marked more than a career choice; it was the first full articulation of her identity. This courage to honor her authentic self, even amid uncertainty, remains her most resonant lesson for A-School’s students.

A-School’s Overture: Where Values Found Voice

Tina’s resolve was tested and fortified when she gained admission to the Hong Kong Academy for Performing Arts (HKAPA), a milestone made possible by years of persistence and the foundational skills nurtured at A-School. The transition from student to aspiring professional brought new challenges, particularly the pressure of performance. “Performing on stage made me anxious and nervous at the beginning,” Tina shared. “But after I got into HKAPA, with more performance opportunities, I trained myself to stay calm on stage. Over-preparing makes me feel safe. I got used to the feeling of being afraid of being judged by others. Now, I can enjoy music on stage completely.” Tina’s journey from self-doubt to assurance is a powerful example of how perseverance and practice can transform fear into fulfillment.

A-School’s nurturing ecosystem, shaped by dedicated educators such as Mr. Tim Wong, also played a foundational role in this transformation. Tina’s years as a choir accompanist transformed her understanding of music from solitary pursuit to communal act. The patience required to synchronize with vocalists, the empathy to adapt to different conductors’ styles—these were unconscious rehearsals for the collaborative demands of professional musicianship.

Equally important was A-School’s inclusive culture. Tina recalled how quickly A-School’s vibrant community dissolved her initial shyness: “I found my tribe – people who shared not just my passion, but my belief that art requires mutual support.” This sense of belonging, combined with the school’s emphasis on mentorship and peer support, provided Tina with both confidence and the conviction that artistic excellence and human connection are inseparable.

Tina’s musical journey is a testament to the power of art to give voice to emotions and aspirations that cannot always be captured in ordinary language. For Tina, music is not just her career or her craft, but her “focus, core project, and part of her life mission”—the very foundation upon which she builds her identity and purpose.



Tina at the performance at the Melbourne Savage Club, Australia, with the Savoy Opera Company as piano accompanist in 2025



Tina with Professor Ewa Poblocka at the 2023 Australian Chopin Festival in Canberra, Australia

The Rhythm of Growth: How Music Shapes Character

At A-School, the music program resonates far beyond technical mastery – it's a training ground for life. The daily discipline of practice, so central to Tina's journey, is a profound lesson in perseverance. Each scale, each challenging passage, each hour spent at the piano is a small act of determination—a reminder that progress is rarely instant but always the result of persistent effort. Tina's four-hour rehearsal regimen mirrors the kind of persistence required not just in music, but in any meaningful pursuit. "There were days when it felt like I was making no progress," she noted, "but over time, every small step added up. Looking back, I see how important it was never to give up." A-School's music program also showed Tina the true magic of collaboration. Senior students were encouraged to mentor juniors, and these collaborations became a space where empathy was not just discussed, but practiced daily. Tina's experiences as a pianist in the choir and her participation have allowed her to learn the delicate art of musical empathy – adjusting tempo to support singers' breathing, sensing when to lead and when to follow. These lessons now inform her cross-cultural compositions and performances. Her eyes light up describing her latest work: "With my music, I can collaborate, influence others, and express my feelings." Bringing Chinese music into the Western world, she added, is "meaningful, new, modern piano music"—a way to bridge cultures and share her heritage in a meaningful way.

The school's approach, under the guidance of teachers like Mr. Wong, creates a supportive atmosphere where students can grow from nervous beginners to assured performers. Tina's transformation—from someone who struggled with performance anxiety to someone who can enjoy music on stage—illustrates how music education at A-School is about much more than mastering notes and rhythms. It is about developing the confidence to face challenges, the empathy to connect with others, and the resilience to keep moving forward.

Melodies Without Borders: A Vision for the Future

The discipline, resilience, and empathy Tina developed through music are qualities that now permeate every aspect of her life, including her rigorous doctoral studies. She credited music with helping her "get used to the feeling of being afraid of being judged" and ultimately to "enjoy music on stage completely." Her parents, who were once uncertain about her unconventional path, became her supporters as her talent and commitment became evident. "Family and friends supported my career eventually, and I actually have great success in my piano career," Tina reflected.

Tina's move to Melbourne marked a new chapter in her story. The city's peaceful atmosphere offered a welcome contrast to the pressures of Hong Kong. "Living in Hong Kong has more pressure; Melbourne has more space and is more peaceful. Even though my family and friends are all in Hong Kong, I can fly back or just video call them." In Melbourne, Tina found a

diverse and open-minded musical community, many of whom appreciate the blend of Chinese and Western music she brings to her performances. This cultural exchange has enriched her artistry, giving her new opportunities to collaborate and share her heritage.

For Tina, the value of music lies not in financial gain, but in the fulfillment and sense of purpose it brings. “Interest is more important than money gained from other careers, as I enjoy music and I love playing piano.” Her advice to young musicians is simple: “Go for the major stream, then accumulate your power”—she encourages them to pursue what they love, building strength through passion and perseverance.
Tina’s story is echoed by the experiences of many A-School alumni, who have found that the perseverance, empathy, and confidence developed through music continue to serve them well in diverse fields. The collaborative spirit fostered in ensemble work, the integrity shaped through honest practice, and the courage developed on stage are lifelong assets, enabling them to thrive as leaders, creators, and compassionate citizens.

Composing the Future: Music as A-School’s Living Legacy

Tina’s vision for A-School’s music program resonates with the same clarity as her piano compositions—bold, innovative, and deeply rooted in human connection. As she balances doctoral research in Melbourne with international performances, her aspirations for her alma mater continue to evolve. Looking to the future, she hopes to see music play an even greater role in the school’s curriculum and community life, broadening its impact on both current students and alumni.

Tina envisions the development of initiatives such as exchange programs, masterclasses, and workshops that would connect students with alumni and professional musicians around the world. She believes that A-School’s music program can become a hub for innovation, cross-cultural collaboration, and creative outreach, making music accessible and meaningful for all students, regardless of their background or skill level.

What excites Tina most is democratizing music’s transformative power. She advocates the integration of music more deeply into the school’s values-based education, using it as a means to nurture empathy, resilience, and global awareness. “Music can teach us to be better listeners, better collaborators, and more compassionate people. These are the qualities our world needs most,” Tina explained.

As the school looks ahead, Tina’s journey stands as both an inspiration and a blueprint for future generations. The enduring resonance of music at A-School—underpinned by the PERCCI values—continues to empower students to pursue their dreams with integrity, courage, and joy.

As Hans Christian Andersen famously wrote, “When words fail, music speaks.” Tina Tao’s ongoing journey, and the harmonies she continues to share, ensure that music will keep speaking for generations to come, both at A-School and far beyond.



Tina with other members of the Creative Team of the 100 Women 100 Stories production 2025



Tina at the 16th International Akaroa Music Festival in New Zealand

從A-School到牛津
張鈞朝的追夢之旅

採訪：10C 林卓淇

張鈞朝（Alfred）是A-School 2023年的畢業生，現就讀於牛津大學物理系二年級。他在香港中學文憑考試中表現卓越，於英文、數學、通識教育、物理、化學、資訊及通訊科技取得5**佳績。除了學業成績優異，他在中學時期亦積極參與多項課外活動，包括學生會、數碼領袖、英文辯論隊以及數學組。



數碼領袖是張鈞朝中學生涯中一段深刻的經歷



張鈞朝現就讀牛津大學物理系二年級

選擇修讀物理的原因

張鈞朝選擇修讀物理，緣於一次科學研究比賽的經歷。當時，在一位老師的邀請下，他參與了一個項目，利用奈米金與奈米銀的特性，製作可用來監測溫度和時間的標籤，並應用於疫苗運送過程中，以判斷疫苗是否因環境因素而變質。

一開始，他在校內實驗室進行初步準備工作，在老師的協助下，他後來更進一步前往中文大學的實驗室完成研究。他表示：「若沒有學校與老師的支持，這一切都是不可能實現的。」在展覽中，他看見自己的作品與其他人的差異，也因此對物理產生了濃厚興趣。

這次經驗不僅讓他獲得多個獎項，也點燃了他對物理學的熱情。雖然過程辛苦，但恰恰是在實驗中學習了新知識並解決問題，讓他體會到真正的樂趣與滿足。

張鈞朝坦言，自己中學時期選修的科目都避開了需要大量背誦的科目，因為他不喜歡死記硬背。他認為理科更符合自己的邏輯思維方式，因此在選擇大學科系時，也沒有考慮醫科或法律等「神科」。「我更享受計算與解決問題的過程，對



張鈞朝參加牛津大學的傳統學院晚宴。





物理亦很有興趣。這是源自於遊戲策略的啟發，例如在遊戲中需透過不同方法搜集資源來過關，這種思考模式與物理學有許多共通之處。」

難忘的中學回憶

數碼領袖的日子是張鈞朝中學生涯中一段深刻的經歷。每當學校舉辦大型活動時，幕後團隊都扮演着至關重要的角色，而他正是其中一員。以年度活動A-School's Got Talent為例，「我們往往需要提前兩至三週準備，每天都留校至晚上六七點才離開。」雖然過程辛苦，但他看到自己如此投入地完成一件事，心中便湧現難以言喻的成就感。

英文辯論隊的經歷同樣令他難忘。中一那年，學校首度成立英文辯論隊，他是第一代的辯手。初期多以參與小型比賽為主，直到中五時，莊鎮宇老師加入團隊擔任指導老師，帶領全隊出戰「星島辯論賽」並奪冠。這份意想不到的佳績，讓他深刻體會到與夥伴並肩作戰及共達目標的喜悅。



張鈞朝出戰「星島英文辯論賽」



代表學校參加科學研究比賽（左二）



當年參加數碼領袖，提前兩至三週準備 A-School's Got Talent

此外，他亦曾是學生會成員。當時疫情嚴峻，學校停課，不少原定活動被迫取消。他們必須重新構思以線上形式舉辦活動，雖不乏新穎點子，但囿於時間倉促，不少計劃最終未能實現。面對這些困難，他學會了如何面對自己無法解決的問題，並調整心態。他明白到「與其執著於失敗與挫折，不如專注思考還能做些什麼。」

中學時期最喜歡的科目

張鈞朝如今在大學攻讀物理，但他對這門學科的熱愛，直到高中階段才真正萌發。初中時，他最喜愛數學科，他認為數學與物理在思維模式上有許多相似之處。學校為他提供了豐富的資源，例如允許他提前一年修讀數學課程；在物理方面，老師也投入大量精力指導學生進行探究式學習。他認為，如果物理教學能加入更多實際操作的元素，將更有助於激發學生的興趣與理解。

學習與娛樂的平衡之道

張鈞朝的學業成績優異。他認為，學習確實需要天賦，但更重要的是掌握正確的學習方法。在學習方法上，他分享了一個實用建議：爭取在課堂或在校時間內完成所有功課。他笑說：「這樣做最大的好處是能立即檢驗自己對知識點的掌握程度，即時鞏固記憶。如此一來，回家後便能徹底放鬆，無需再掛心學業了。」

他不認同「溫書越多越好」的想法，反而他會為自己設下明確的時限，要求在此期間專注完成任務，之後才安心玩樂。這種方式能有效推動他保持高效學習。

同時，他也強調玩樂與課外活動對學習的重要性。「有些人或許認為參與課外活動浪費時間，但適當的休息與活動能幫助大腦放鬆，讓思緒從學習中抽離。當再次回到學習狀態時，往往能帶來新的靈感與動力，學習效率反而更高。」

結語

張鈞朝拒絕盲目追逐「神科」，掙脫傳統框架，始終忠於自我。他憑藉對物理的純粹熱忱，善用學校提供的多元舞台，一步步走向世界頂尖學府 — 牛津大學。

他的經歷告訴我們，真正的成功不僅僅源於優異的成績與獎項，更源於不懈的探索、勇敢的嘗試與深刻的反思；源於課堂之外的廣闊實踐；更源於從失敗中汲取養分、在挑戰中磨礪心志。

從數碼領袖到辯論隊，從學生會到科研比賽，每一段經歷都塑造了今天的他。

願張鈞朝的故事能啟發更多同學勇敢追夢，在屬於自己的領域發光發亮，也期盼未來湧現更多這樣的學生，以獨特的方式，譜寫屬於自己的精彩篇章。



張鈞朝是英文辯論隊第一代辯手



張鈞朝積極參與學生會活動



張鈞朝（中）接受本刊校園記者訪問

從辯論到法律系：一位思辨少年的成長之路

採訪：10C 關芷蕎

蘇頌然是A-School 2019年畢業生。他表示，學校提供了多元化的課外活動平台，對學生的全人發展產生了深遠影響。「這些活動形式多樣、內容豐富，更重要的是打破了傳統教育的框架，讓每個學生都能找到屬於自己的興趣與方向，真正做到『讀萬卷書，行萬里路』。」

香港中文大學法學士 (2023)
倫敦大學國王學院法學碩士(2023)
劍橋大學法學碩士(2024)
香港中文大學法學專業證書 (2025)



多元活動激發潛能

「最令我感動的是，學校一直秉持開放包容的理念。」蘇頌然說道：「無論你是否具備相關基礎，都有機會參與各項課外活動，展現自己的才能。」他特別提到學校不僅為各類活動聘請專業的指導老師，更提供完善的場地與設施，確保同學們能在安全的環境下盡情投入及探索未知，並挑戰自我。這套多元化的課外活動體系，不但豐富了他的中學生活，也讓他發現了自己對思辨和法律的熱情。此外，學校鼓勵學生積極參與各式活動，但老師從不施加壓力，反而重視學生的參與過程與個人成長。在這樣的氛圍下，學生得以輕鬆嘗試不同領域的學習，培養自信與創造力。

「正是因為學校這種開放的態度與完善的支援系統，讓我有機會接觸各種活動，進而發現自己對辯論的興趣，並影響了我的職業選擇。」他認為，學校鼓勵學生自主規劃未來，不會過度干預，幫助學生一步步走上屬於自己的人生道路。



蘇頌然回校接受本刊訪問

國外遊學團啟蒙國際視野

就讀九年級時，蘇頌然參加了前往瑞士與德國的遊學團。當時他年僅15歲，懷著對世界的好奇與憧憬，參訪了位於日內瓦的歐洲核子研究中心（CERN）、世界衛生組織（WHO）總部等國際機構。

站在這些全球性組織的展覽廳中，他首次感受到國際社會的運作模式，「這種親身體驗遠比課本上的描述來得震撼。」

這次遊學經歷讓他真正意識到世界的廣闊。「透過與國際組織職員的交流，了解到法律與政策如何在全球層面發揮作用，我因而對國際法與公共事務產生了濃厚興趣。」他特別感謝學校提供了這樣難得的海外學習機會，這種跨文化的體驗不僅拓展了他的視野，也讓他學會以更宏觀的角度思考問題。



大學期間，蘇頌然參加模擬法庭比賽



中六畢業典禮



蘇頌然暢談昔日校園點滴

辯論與堅持

談到為什麼選擇法律系的原因，蘇頌然坦言，中文辯論隊的經歷無疑是一大原因。「我正是在辯論中愛上了理性爭辯的樂趣，以及探索時事背後的脈絡。」

他認為，學習辯論是一個需要長期積累的過程。回想起剛加入辯論隊的那一年，由於缺乏經驗，他幾乎沒有出賽機會。但他並未因此氣餒，反而主動協助學長整理資料，在旁觀察學習。雖然初期表現並不突出，但這段「默默參與」的經歷，讓他逐步理解辯論的邏輯與技巧，也燃起持續精進的鬥志。

在眾多辯題中，「應否取消強積金對沖」是他印象最深刻的一場比賽。為了深入理解這個複雜的社會議題，他翻閱大量勞動法資料，分析政策背後的利弊。「這段經歷不僅加深了他對香港政治制度的認識，也體會到法律與社會之間密不可分的關係。」



蘇頌然中學時期常常參加辯論比賽


蘇頌然與隊友在辯論比賽中合作無間


辯論比賽前夕，蘇頌然與隊友作最後準備


昔日快樂的校園生活

探索與成長

在探索自我的過程中，蘇頌然逐漸領悟到一個深刻的道理——成長往往伴隨着取捨。

作為辯論隊的核心成員兼領袖生長，他曾多次面臨時間管理的挑戰。在那段忙於準備比賽的日子裏，他最終選擇暫停了學習多年的鋼琴，因為深夜備賽已讓他難以兼顧練習。他笑說：「人生就像一連串的選擇題，而真正的成熟，是在得失之間做出抉擇，並為自己的決定負責。」

結語

從多元活動的參與，到國際視野的開拓，再到辯論場上的思辨訓練，蘇頌然的成長軌跡充分展現了課外活動對個人發展的深遠影響。他的故事告訴我們，中學階段的全人教育不僅豐富了學生的經歷，更能啟發他們的潛能，引導他們找到人生的目標與方向。


蘇頌然與本刊學生記者

尋找自己的「成長方程式」

採訪：9C 黃樂妍

許祐朗是2019年畢業生，他不僅是香港大學醫學院六年級的優秀學生，更是一位多才多藝的青年領袖。目前他在英國布里斯托大學（University of Bristol）進行半年的醫學實習，他還曾擔任A-School校友會的主席，熱愛運動與繪畫。在這次訪談中，他分享了自己如何平衡學業與興趣、面對挑戰的經驗，以及對學弟妹的建議。

香港大學內外全科醫學士(2019- 2026)
布里斯托大學臨床科學學士 (2023)



校友會主席的挑戰與成長

畢業兩年後，許祐朗獲邀出任校友會主席一職，這個機會成為他個人成長的重要轉捩點。作為主席，他不僅要策劃各類活動，更肩負起搭建畢業生與在校生交流橋樑的重任。

「這絕對是個充滿挑戰的任務，」許祐朗回憶道，「校友會成員大多分散各地，與學校溝通時也常出現意見分歧，再加上我們難以直接了解中五、中六同學的實際需求，使得活動籌備變得格外困難。」

面對這些挑戰，許祐朗發展出一套獨特的解決方案：「我學會了更主動地溝通，不僅提出具體可行的建議，更注重反覆確認學校的立場，確保每項活動都能真正符合學弟妹的學習需求。」四年的主席任期，不僅讓他磨練出卓越的遠距團隊協調能力，更培養出難能可貴的領導素養，這些能力在他後來的醫學實習與團隊合作中發揮了重要作用。

英國醫學實習與語言的考驗

在英國布里斯托為期半年的實習期間，許祐朗的學習場域從課堂延伸至當地的醫院與診所，親身參與第一線的診療工作。這讓他深刻體會到理論與實踐的差異。「最大的挑戰是語言上的障礙，」他坦言，「雖然醫學知識相通，但用英語向病人解釋專業術語時，需要更簡潔清晰的表達技巧。」

這段經歷讓他更加重視與病人的溝通，也提醒自己持續精進語言能力。此外，他分享在海外實習時仍保持運動習慣，在緊湊的日常安排中依舊堅持打羽毛球和排球，延續中學時在校隊的熱情。他說：「運動能讓我放鬆，維持身心健康，對高壓的醫學生活很重要。」

繪畫與學業的抉擇

許祐朗從小熱愛繪畫，享受完成作品後的成就感，但中學選科時，他聽從家人建議，放棄了視覺藝術科。「家人認為評分主觀，對升學幫助不大，我因此選擇了更『穩妥』的路。」 儘管如此，繪畫仍是他生活的一部分。「一有空我就畫畫，它是我減壓的方式。」大學時，他曾想赴海外攻讀藝術，但因缺乏作品集而放棄。「若未來真的有機會攻讀藝術，缺乏作品集無疑增加了就讀的難度」。





在A-School收穫的成長養分

談起母校，許祐朗認為A-School獨特的小班教學讓他獲益良多。「老師們不只是在教書，更像是在培育每個學生的潛能。」他回憶道，中文科羅老師會耐心地利用課餘時間組織小組討論的練習，不同科目的老師也會利用休息時間為他解題。「正是這種量身訂造的教學方式，讓我在DSE備考期間從未需要外出補習，卻能建立扎實的學術根基。」許祐朗的語氣中帶着自豪。

在社交方面，A-School緊密的師生關係與同儕互動為許祐朗打下良好基礎。「我們不像傳統名校那樣充滿競爭壓力，同學之間總是互相幫助。」這種正向的社交環境，成為他日後適應香港大學多元人際網絡的關鍵能力。他分享道：「A-School培養了我的社交能力，使我在與人相處以及認識新朋友的過程中更順利。」

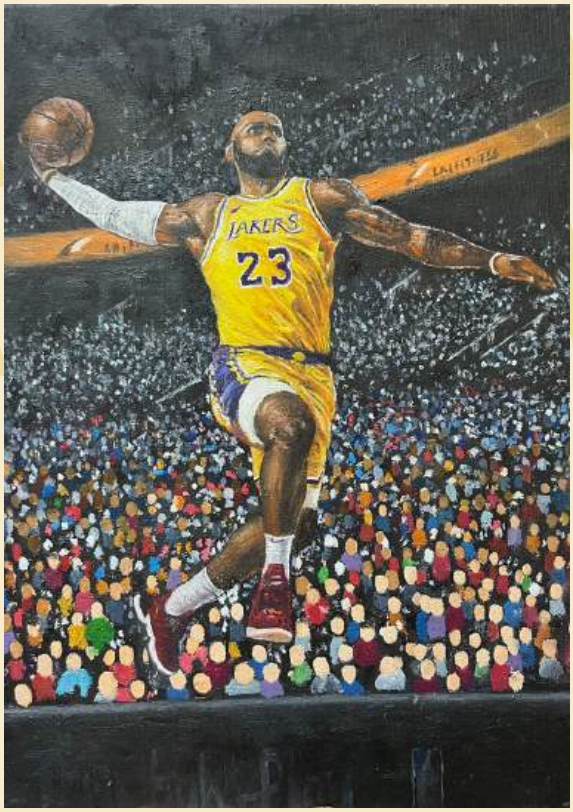
給學弟妹的建議

當問及對學弟學妹的建議時，許祐朗笑着表示，大家完全不必焦慮自己不能融入大學生活。「記得剛進大學時，我也曾焦慮地參加各種迎新活動，擔心錯過任何認識朋友的機會。」他說，「後來才明白，與其勉強融入不適合自己的圈子，不如專注在自己熱愛的事物上，志同道合的人自然會出現。」

談到選科這個永恆的難題，他的見解格外通透。「當年我也面臨藝術與醫學的抉擇，家人說視覺藝術不切實際，我因此放棄就讀藝術科。但我現在反而覺得，與其為了『實用』而勉強自己，不如選擇真正能點燃自己熱情的科目。」許祐朗認為如果尚未有明確的大學目標、就業方向，不妨直接選擇自己有興趣的科目，這樣更容易在學習中找到熱情和動力，找到堅持下去的勇氣。







許祐朗近作，繪畫始終是生活中不可或缺的熱情

後記：

從校園裡那個熱愛繪畫的少年，到如今在香港大學醫學院嶄露頭角的醫學生；從校友會主席的歷練，到英國布里斯托大學的醫學實踐，許祐朗始終保持着對夢想的追求。在醫學與藝術、學業與興趣之間，他不斷尋找平衡，也在不斷突破自我。

如今，許祐朗仍在編寫屬於自己的人生算法。他的經歷提醒我們：成長不是單選題，而是一道開放式的證明題。A-School給予我們的，不僅是知識的工具箱，更是探索未知的勇氣。這條自我發現的道路永無止境，而許祐朗正在用他的故事告訴學弟妹：找到屬於自己的變量，每個人都能運算出獨一無二的精彩人生。



於醫科生活之外，以畫筆尋求寧靜與創造

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Hong Kong Baptist University Affiliated School
Wong Kam Fai Secondary and Primary School
A-JOURNAL
2025