



屯門天主教中學

05 10 2025

團 TEENS

屯天校訊第一期
2025年10月



真・謙・恆・誠

www.tmcss.edu.hk

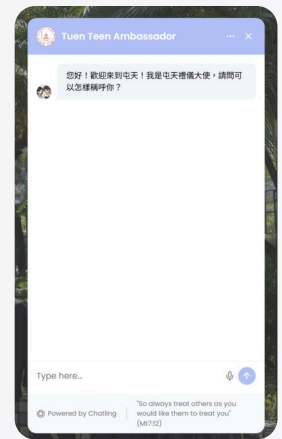
「你們要彼此相愛，如同我愛了你們。」 若 13:34



親愛的屯天家長、學生和校友：

大家好！轉瞬我已加入屯天大家庭一個月，感覺天主的恩寵常與我們同在。感謝老師團隊的努力，家長和校友的支持，學生表現乖巧，學校穩步發展。我們深信每位學生都是天主的獨特創造，我們每一位老師肩負讓學生發揮潛能，立己立人的使命。

為了賦能每位學生，我在中一家長晚會裡，分享了科技輔助學習的主題，如何以人工智能提升自學能力。感謝石健良主任的帶領，我們積極裝備同學運用AI智能體，協助自學及溫習。我們籌劃AI自修室，希望讓學生使用更多種類的AI工具。學校網頁上已加入AI小助手「屯天禮儀大使」，協助解答問題。屯天也成為了賽馬會AI教育的先導學校，各科老師代表也組隊參加。計劃將會透過香港中文大學及美國麻省理工的合作，進行一系列的教師培訓、教案設計，把AI融入學與教。我也擔任計劃的委員及共同設計導師。



Dear Parents, Students and Alumni,

Greetings! In the blink of an eye, I have already been part of the Tuen Teen family for a month, and I truly feel God's grace among us. Thanks to the dedication of our teaching team, the support of parents and alumni, and the admirable conduct of our students, the school is progressing steadily. We firmly believe every student is a unique creation of God, and each of our teachers carries the mission to help students realize their potential and grow into people who uplift themselves and others.

To empower every student, I shared at the S1 Parents' Evening on the theme of technology-enhanced learning—specifically, how artificial intelligence can strengthen self-directed learning. Under the leadership of the Head of Ai and IT Team, Mr. Shek Kin-leung, we are actively equipping students to use AI agents to support self-study and revision. We are planning an AI Self-Study Hub to give students access to a wider range of AI tools. Our school website now features an AI assistant, the “Tuen Teen Ambassador,” to help answer queries. Tuen Teen has also become a pilot school in the Jockey Club AI Education for Students Project, with teacher representatives from different subjects forming teams to participate. In collaboration with The Chinese University of Hong Kong and the Massachusetts Institute of Technology, the project will offer a series of teacher trainings and lesson-design activities to integrate AI into teaching and learning. I also serve on the project committee and as a co-design mentor.

資優教育發展



為了培育學生的天賦，我們積極發展資優教育。在校長家長茶聚裡，感恩過百位家長到場支持，我邀請了蘇美琪助理副校長分享屯天的資優教育發展。十分感恩，屯天今年的資優學員已突破一百人，即是每7位屯天學生裡就有一位接受資優教育，這個比例遠超香港中學平均水平。聚會中，中六同學分享，資優教育怎樣幫助他們升讀大學，他們在中學時期已經體驗大學課程，並且取得優異成績，大大增強了他們的學習自信心。我們深信成功的經驗可以遷移，學生的潛能可以被激發。

100+

資優學員人數

突破一百人的里程碑

1/7

學生比例

每7位學生就有1位接受資優教育

學校推薦直接錄取計劃 School Nominations Direct Admission Scheme (SNDAS)



香港大學
THE UNIVERSITY OF HONG KONG

【文理學士(環球衛生及發展)】

饒芯怡



THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學

【放射學(榮譽)理學士】

李凱凝



香港中文大學
The Chinese University of Hong Kong

【生物醫學】

黃昱皓

【機械與自動工程】

江子欣

To nurture our students' talents, we are actively developing gifted education. At the Principal-Parents Tea Gathering, we were grateful to have the support of over a hundred parents. I invited Assistant Vice Principal Ms. Soo May-kei to share about Tuen Teen's development in gifted education. We are deeply thankful that the number of gifted programme participants at Tuen Teen has surpassed 100 this year—meaning that roughly one in every seven Tuen Teen students is receiving gifted education, a ratio far above the Hong Kong secondary school average.

During the gathering, our former students shared how gifted education has supported their university admissions. They experienced university-level courses while still in secondary school and achieved outstanding results, which greatly boosted their confidence in learning. We firmly believe that success can transfer, and that students' potential can be ignited.

讓每個學生盡展潛能
屯門天主教中學科技及資優教育

To maximise every student's potential to the fullest — 透過創新教學與多元發展機會，讓每位學生找到自己的亮點。

英語演出 **Oliver** 音樂劇

為了豐富學生提升英語學習，屯天年度英語音樂劇成為展現學生全人發展、跨科學習的成果。感謝Mr. Enoch帶領音樂劇小組，呈獻了精彩高水平的Oliver 劇目，吸引了校友、家長、小學生等前來觀賞，投入狄更斯的世界。一眾同學表演認真、專業，載歌載舞，連校友都讚嘆製作水平的進步。



To enrich students' English learning, Tuen Teen's annual English musical has become a showcase of whole-person development and language across-curricular learning. Thanks to our NET teacher, Mr. Enoch's leadership of the Musical Team, we presented a high-caliber production of Oliver that drew alumni, parents, and primary students to immerse themselves in Dickens's world. Our students performed with dedication and professionalism, singing and dancing with flair—even alumni praised the notable improvement in production quality.



陸運會圓滿成功

這是一個難忘的九月，我們迎來一個又一個颱風。9月9-10日我們風雨無阻，陸運會圓滿成功，還有5位同學刷新屯天紀錄。真社更迎來了18年來第一個全場總冠軍，實在令人鼓舞，感謝社導師的教導。正如主禮嘉賓陳浩源先生所言，作為殘奧羽毛球銀牌得主、十大傑青，他勉勵年青人做第二的精神，奮鬥到底，反思求進。一如既往，我們舉辦小學接力賽，得到七所小學參與。伍時暢紀念學校關倩芬校長和道教青松小學(湖景)吳思銘校長更在百忙中抽空親臨支持。

破紀錄表現

5位同學刷新屯天紀錄

歷史性勝利

真社18年來首個全場總冠軍

小學參與

7所小學參加接力賽



It has been an unforgettable September, with one typhoon after another. On September 9–10, our athletic meet went ahead rain or shine and concluded successfully, with five students breaking Tuen Teen records. The True House also claimed its first overall championship in 18 years—truly encouraging—and we thank the house advisors for their guidance.

As our guest of honour, Mr. Chan Ho-yuen (Daniel), Paralympic badminton silver medalist and one of the Ten Outstanding Young Persons, shared an inspiring message: embrace the “spirit of being second,” persevere to the end, and keep reflecting and striving for improvement.

As always, we hosted a primary schools relay, with seven primary schools participating. Principal Kwan of Wu Si Chong Memorial School and Principal Ng of Taoist Ching Chung Primary School (Wu King Estate) even made time in their busy schedules to attend and show their support.

Record-breaking performances

5 students set new Tuen Teen records

Historic victory

True House won its first overall championship in 18 years

Primary school participation

7 primary schools joined the relay race

颱風過後校園安全

十號風球來襲，屯天校園平安無事，得徐小麗副校長帶領，教職員提前部署，保障了校舍設施。風雨過後，工友提前六點回校收拾校園，確保學生有一個安全整潔的環境上課。感謝團隊的齊心合力，主的平安賜給我們。

01

提前部署

徐小麗副校長帶領教職員做好防颱準備

02

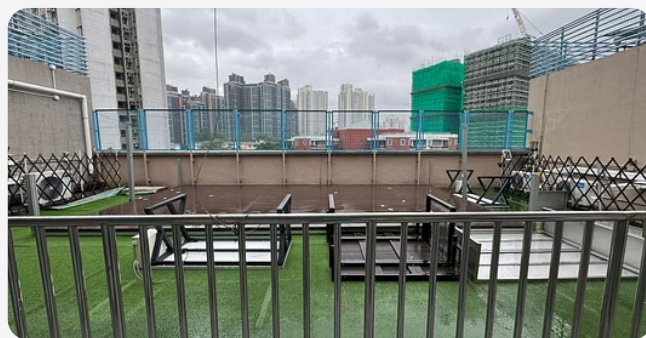
校園平安

十號風球來襲，校舍設施得到保障

03

迅速復原

工友提前六點回校收拾，確保安全環境



As Typhoon Signal No. 10 struck, our Tuen Teen campus remained safe and sound. Under the leadership of Vice Principal Ms. Tsui Siu-lai, staff made early preparations to protect school facilities. After the storm, our janitors returned to campus at 6 a.m. to clean up, ensuring a safe and tidy learning environment for our students. We are grateful for the team's unity and the peace the Lord has granted us.

01

Advance preparations

VP Ms. Tsui Siu-lai led staff in thorough typhoon-proofing

02

Campus safety

Despite Typhoon Signal No. 10, school facilities were safeguarded

03

Rapid recovery

Caretaking team returned at 6 a.m. to clean up and ensure a safe environment

中六溫習支援計劃

風雨同路的除了陸運會，還有我們預備公開考試的中六同學們。感謝賴志遠副校長的帶領，發揚愛德精神，我們開展了「陪你溫·陪你run」課後自修計劃，感激中六家長們的慷慨贊助，讓中六同學能夠在舒適飽足的狀況下專心溫習，全力備試！

「陪你溫·陪你run」

課後自修計劃讓中六同學在舒適飽足的狀況下專心溫習，全力備試！



Walking through wind and rain together are not only our athletic meet, but also our Secondary 6 students preparing for the public exams. Thanks to Vice Principal Mr. Lai Chi-yuen's leadership and the spirit of love, we launched the "Study with You · Run with You" after-school self-study program. With the generous sponsorship of S6 parents, our students can revise in comfort and with a full stomach, focusing fully on exam preparation.

“Study with You · Run with You”

After-school self-study program enabling S6 students to revise comfortably and wholeheartedly for their exams

初高中銜接訓練

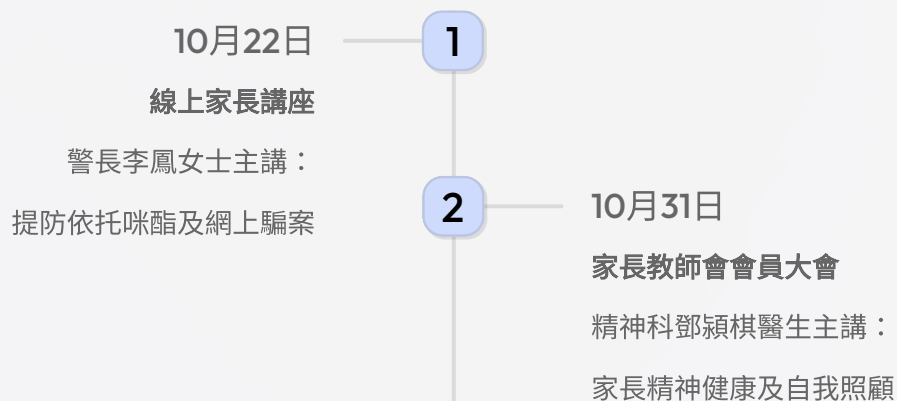
為了加強初高中銜接，感謝馮穎蘭主任帶領，輔導組老師籌備，為中四級同學舉辦了高中 Chill 級 O Camp 團體訓練營(9月12-13日)。同學分組進行校外任務並抵達營地浸會園。翌日透過歷奇訓練，建立同理心和團隊互信，同學們為高中三年確立目標，向著標竿邁進。同學在約20位老師的愛與鼓勵下，許下成長的諾言，為高中生活正式啟航。

To strengthen the transition from junior to senior secondary, and with thanks to the head of Guidance Team Ms. Fung Wing-lan's leadership and the Guidance Team's preparation, we organized the "Senior Secondary Chill Orientation Camp" group training for Secondary 4 students. Students were divided into teams to complete off-campus tasks and then arrived at the Baptist Convention of Hong Kong Baptist Assembly. The following day, through adventure-based training, they built empathy and team trust. Students set goals for their three senior secondary years and pressed on toward the mark. With the love and encouragement of about 20 teachers, they pledged to grow and officially set sail on their senior secondary journey.



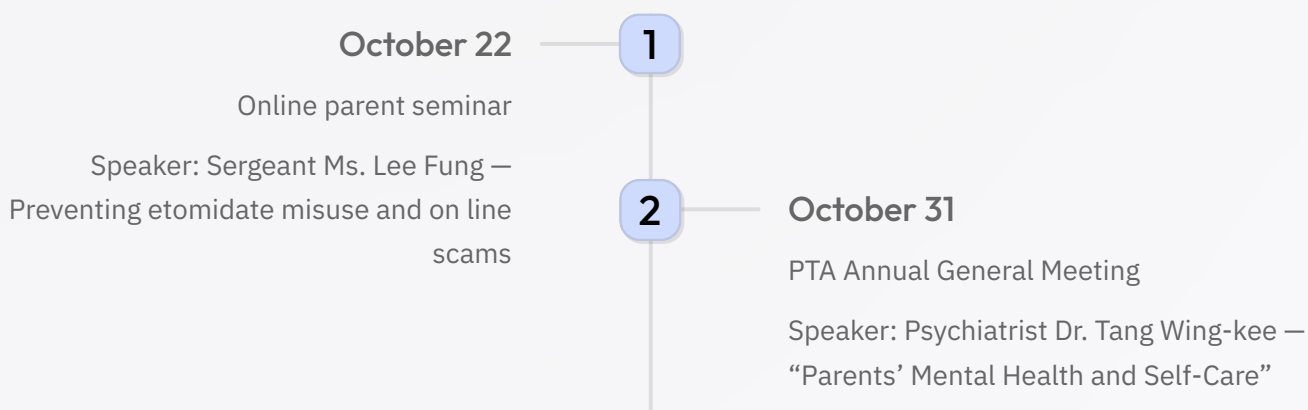
家長講座及活動預告

家長一直是我們最強的后盾，我們十分重視與家長的連繫溝通，10月22日將舉辦線上家長講座，將由學校聯絡主任李鳳警長主講，分享提防依托咪酯及網上騙案。10月31日晚上將舉辦家長教師會會員大會，並邀請了精神科鄧穎棋醫生主講「家長精神健康及自我照顧」。請家長們踴躍參加，詳情可留意通告。



Parent talks and activities

Parents are our strongest support, and we value close communication. On October 22, we will host an online parent seminar led by School Liaison Officer Ms. Lee Fung on preventing etomidate misuse and online scams. On the evening of October 31, we will hold the PTA Annual General Meeting, featuring psychiatrist Dr. Tang Wing-kee speaking on “Parents’ Mental Health and Self-Care.” Parents are warmly invited to join; please refer to the circular for details.



健康提醒及測考前準備

正值流感季節，請家長們注意子女身體健康，若有感冒症狀就要戴口罩，發燒應留在家中休息。我們已加強校舍清潔消毒，並已安排季節性流感疫苗注射計劃，希望學生們健康成長。

十月底將進行統測，請各位同學定立溫習時間表，整理學習筆記，努力溫習，超越自己。遇有問題，積極向老師請教，老師十分樂意解答。

十月份也是聖母玫瑰月，讓我們勤誦玫瑰經，效發聖母的芳表，發揚愛德精神，捐贈月餅，支持明愛賣物會。



健康防護

加強清潔消毒，安排流感疫苗注射



統測準備

定立溫習時間表，整理學習筆記



愛德精神

聖母月勤誦玫瑰經，支持明愛賣物會

Health reminders and study readiness

- It is flu season. Please monitor your child's health. If they show cold symptoms, they should wear a mask; if they have a fever, they should rest at home. We have strengthened campus cleaning and disinfection, and arranged a seasonal influenza vaccination program to support healthy growth.
- Formal Test will be held at the end of October. Students are encouraged to set a revision timetable, organize notes, study diligently, and strive to surpass themselves. If you encounter difficulties, please approach your teachers—who are more than happy to help.
- October is also the Rosary Month. Let us faithfully pray the Rosary, emulate the Hail Mary's example, and live out the spirit of love by donating mooncakes or supporting the Caritas Bazaar.



祝願大家
中秋節快樂！
人月團圓！
滿有天主的恩寵
與平安！

主佑！

Wishing everyone a joyful
Mid-Autumn Festival!

May families be reunited
under the full moon,
and be filled with God's grace
and peace.

God Bless!



喜訊 Good News

教師獲獎



恭喜賴志遠副校長獲教育局
i-Journey 獎學金

Congratulations to Vice
Principal Lai Chi-yuen on
receiving the EDB i-Journey
Scholarship.



恭喜陳世昭助理副校長獲老
師表揚計劃嘉許

Congratulations to Assistant
Vice Principal Chan Sai-chiu
on being commended in the
Teacher Commendation
Scheme.

校友成就



李逸峰校友（1996年中七畢
業）擔任執行導演，大作
《過年》將於11月放映，恭
賀李校友。

Alumnus Lee Yat-fung
(Graduated from Form 7 in
1996) served as executive
director. His work "Crossing
Years" will be screened in
November. Congratulations
to Mr. Lee.

獎學金得主



中六畢業生周沁妍獲金紫荊
女企業家協會未來領袖獎學
金 Form 6 graduate Zhou
Chi-in Cherry received the
Golden Bauhinia Women
Entrepreneurs Association
Future Leaders Scholarship.



中六畢業生湯宛瑩獲佛聯會
永義獎學金 Form 6 graduate
Tom Yuen-ying received the
HKBA Yung Yee Scholarship.

感謝賴國良老師的帶領

With thanks to Mr. Lai Kwok-
leung for his guidance.

得獎學生合照 Award-winning student photos

恭喜各位得獎的同學，感謝老師團隊的教導。

Congratulations to all the award-winning students, and sincere thanks to the teaching team for their guidance and dedication.



得獎學生合照 Award-winning student photos



這些照片不僅記錄了學生的成長點滴，也展現了屯天充滿活力的校園文化，鼓勵每一位學生發揮所長，積極參與。

These photos not only capture the students' journey of growth but also showcase Tuen Teen's dynamic campus culture, encouraging every student to make the most of their unique talents and participate actively.

得獎學生名單 List of Award-winning student

比賽/活動 Competitions / Events	得獎者 Award winner	獎項 Award
開學頒獎禮	賴奕彤、陳諾琳、陳慧思	Academic Improvement Awards
	陳穎雪、庾心悅、鍾迦月	Academic Improvement Awards
	梁穎晞、練樂晴、鄧韻霏	Academic Improvement Awards
	毛宥蓁、曾偉欣、歐鎮光	Academic Improvement Awards
	黃志豪、張正文、黃詩翹	Academic Improvement Awards
	陳嘉熙、陳凱怡、陳樂軒	Academic Improvement Awards
	郭焯堯、劉煒基、施濬琛	Academic Improvement Awards
	王書浩、陳家豪、姚旨翹	Academic Improvement Awards
	歐坤霖、陳采彤、盧靖橋	Academic Improvement Awards
	潘民杰、戴文杰、葉博研	Academic Improvement Awards
	何子謙、林曉彤、鄧朗鋒	Academic Improvement Awards
	蔡卓成、梁安琪、謝昕燁	Academic Improvement Awards
	何曉晴、陳梓樂、郭雅晴	Academic Improvement Awards
	梁悄然、潘卓琳、王友男	Academic Improvement Awards

得獎學生名單 List of Award-winning student

比賽/活動 Competitions / Events	得獎者 Award winner	獎項 Award
文憑試2025 獎學金	陳進謙、霍俊華、莫宇鵬	屯天獎學金
	陳灝泓、梁祐南	屯天獎學金
	梁棠棠	優秀學科表現獎
	何紫瑤、藍星喻、梁祐南	中文文學獎學金
	陳淑瑤、黃雅婷、朱瑞峰	中文文學獎學金
	藍星喻	鍾玲教授文學獎學金
	林寶生	英文獎學金
	陳進謙、陳光遠、侯柏宇	數學獎學金
	霍俊華、李梓熙、莫宇鵬	數學獎學金
	蘇展毅	數學獎學金
	馮樂然、陳光遠、梁祐南	包玉星獎學金
	黃衍琮、梁曉晴、詹豐韶	包玉星獎學金
	林寶生、羅敬堃	包玉星獎學金

得獎學生合照 Award-winning student photos

恭喜各位得獎的同學，感謝老師團隊的教導。

Congratulations to all the award-winning students, and sincere thanks to the teaching team for their guidance and dedication.



得獎學生合照 Award-winning student photos



這些照片不僅記錄了學生的成長點滴，也展現了屯天充滿活力的校園文化，鼓勵每一位學生發揮所長，積極參與。

These photos not only capture the students' journey of growth but also showcase Tuen Teen's dynamic campus culture, encouraging every student to make the most of their unique talents and participate actively.

得獎學生名單 List of Award-winning student

比賽/活動 Competitions / Events	得獎者 Award winner	獎項 Award
HKU AI Adventures course	黎睿邦	Best Visual Design Award
HKAGE Leadership Training Program	梁天恩	Silver Award
香港資優教育學苑 HKAGE	黎睿添、林皓然、何秉諾	資優學員
	黃詩琦、許佳卉、陳家豪	資優學員
	陳國樑、陳子軒、吳俊諺	資優學員
	麥穎詩、黃梓灝、黃宇鍵	資優學員
	陳康程、劉芷晴、陳芷淇	資優學員
	鍾振燕、方鈺妍、賴穎瑤	資優學員
	羅寶欣、吳曉穎、黃雅妍	資優學員
	徐逸熙、黃明傑、楊梓軒	資優學員
	易銳、陳梓煥、郭雅晴	資優學員
	劉彥霆、吳穎潼、丘悅	資優學員
	黃栢熙	資優學員
香港科技大學	陳子朗	優異成績《數學》
中學／大學雙修課程2024	王銘愷	優異成績《工程》
	黎睿邦	優異成績《生命科學》
	祝子軒	優異成績《化學》
少年魯班全港中學生創意比賽2025	夏盈盈	少年魯班創意大獎
	楊雅欣	優異獎

得獎學生名單 List of Award-winning student

比賽/活動 Competitions / Events	得獎者 Award winner	獎項 Award
初中科學線上自學計劃 2025	陳怡霏、周紫瑩、黃鈺喆	金獎
	陳逸朗、許焯堯、李沛恒	金獎
	何秉諾、黃詩琦、辛曉嵐	金獎
	宋卓瑜、王姿曼、許佳卉	金獎
	楊瑋晴、趙凱彤、鄒易希	金獎
	陳家豪、陳加森、陳泓希	金獎
	陳國樑、陳子軒、鍾麥晉	金獎
	胡漢林、黃浩宸、許俊熙	金獎
	孔德浹、李品源、林梓澄	金獎
	吳俊諺、蘇家棋、曾天豪	金獎
	胡 尊、姚旨翹、梁芷琳	金獎
	吳思瑩、王希澄、王心妍	金獎
	葉蒨縈、盧靖橋、邵奕朗	金獎
	李嘉軒	金獎
香港賽馬會社區資助計劃:	溫昕冉	優異獎
「美荷樓香港精神學習計劃」	黃心悠	優異獎
「兩代情」徵文比賽		

得獎學生名單 List of Award-winning student

比賽/活動 Competitions / Events	得獎者 Award winner	獎項 Award
聯校音樂大賽 2025	楊梓楠	中學(鋼琴)獨奏高級組 金獎
	洪栢熹	中學(鋼琴)獨奏演奏組 銀獎
	徐樂天	中學弦樂(結他)獨奏初級組 銀獎
香港學校音樂及朗誦協會	李兆昆	分級鋼琴獨奏 — 五級 銅獎
第 77 屆香港學校音樂節	曾朗晴	分級鋼琴獨奏 — 四級 銅獎
	楊瑋晴	分級鋼琴獨奏 — 七級 銅獎
	謝熙桐	分級鋼琴獨奏 — 五級 銅獎
	葉博熙	笛獨奏 中學 高級組 銅獎
	葉天佑	小提琴獨奏 — 六級 銀獎
	蘇芊羽	分級鋼琴獨奏 — 五級 銀獎
	陳思瑜	分級鋼琴獨奏 — 四級 銀獎
	段垚鑫	聲樂獨唱 - 中文 - 男聲 - 中學 - 16 歲或以下 銀獎
	洪栢熹	通利琴行鋼琴獨奏獎學金 銀獎
	2024-2025全級中一男同學	中學合唱團 中文 男子 第一組別 初級組 15 歲以下 銅獎
	2024-2025全級中一女同學	中學合唱團 外文 女子 第二組別 初級組 15 歲以下 銀獎