



團TEENS



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新界屯門建生邨

真 Truth

謙 Modesty

恆 Constancy

誠 Sincerity

「你們該彼此相愛，如同我愛了你們。」若 13:14



繪製希望的新地圖 Drawing New Maps of HOPE

親愛的家長、同學與校友：

每當小學家長問我「屯天是一所怎樣的學校」，我總帶着自豪回答：屯天是一個以愛點亮希望、以教育塑造未來領袖的地方。今年「團Teens」以禧年主題「希望的朝聖者」開始，我們同心朝向清晰的教育目標邁進。2025年望德禧年將近尾聲，教宗良十四世在 'Drawing New Maps of HOPE' 中提醒我們：內在、合一、愛與喜樂，應成為學校教育工作者使命的原則。教宗表示，這也是聖奧斯定理念中的四個面向，「對基督信仰教育至關重要」，希望「這些成為我們共同前行的基點」。教宗並援引聖若望·紐曼的教育理想，強調信仰與知識並重，「心與心」的交流是教育的關鍵。藉此，我盼望透過「團Teens」與各位保持緊密聯繫，讓大家看見：老師團隊的專業與投入、學生在知識與品格的成長、以及家長與校友多方的支持與鼓勵。讓我們繼續發揮屯天人的精神，營造充滿愛與祝福的校園，共創更美好的明天。



內在生命的教育 Interior life Education

為青年保留與內在對話的空間，探尋生命目標與意義，學會真理居於每個人的內心之中。

Safeguard spaces for reflection and dialogue, helping young people seek life's purpose and encounter the Holy Spirit.



人本的數字化教育 Human-centered Digital Education

以智慧善用科技與AI，常把「人」置於演算法之前，並平衡社交、情感、靈性、生態等智慧。

Use technology and AI wisely, placing the person before the algorithm, and balancing technical, social, emotional, spiritual and ecological intelligences.



和平教育 Peaceful Communication

以非暴力、和解與築橋為本，成為和平締造者。

Practice nonviolent communication, bridge-building dialogue so we become peacemakers.

When primary school parents ask me what kind of school TMCSS is, I proudly say: it is a place where love kindles hope and where future leaders are formed. This year, our TuenTeens newsletter echoes the Jubilee theme "Pilgrims of Hope," as we journey toward clear educational goals together. As the 2025 Jubilee of Hope draws to a close, Pope Leo XIV, in his letter "Drawing New Maps of HOPE," reminds us that Interior life, unity, love, and joy, four key aspects of the doctrine of Saint Thomas Aquinas: these are, according to the Augustinian Pope, the cornerstones of Christian education. Quoting St. John Henry Newman's vision, the Pope affirms the integration of faith and knowledge and the "heart-to-heart" encounter at the core of education. Through TuenTeens, I hope to strengthen our connection with you—showcasing our teachers' dedication, students' learning and character growth, and the steadfast support of parents and alumni. Let us continue to embody the Tuen Teens spirit, nurturing a campus filled with love and blessing, and shaping a brighter tomorrow together.

國民教育

Civic and National Education



圖片來自教育局網站

中學階段的七大學習宗旨是全人發展的指標，當中首項是學生能夠「成為有識見、負責任的公民，認同國民身份，並具備世界視野，持守正確價值和態度。珍視中華文化和尊重社會上的多元性」為此，特別感謝公民教育組的老師們舉辦了不少活動，培育學生。

At the secondary level, the seven learning goals serve as benchmarks for whole-person development. The first goal is To enable students to become an informed and responsible citizen with a sense of national and global identity, appreciation of proper values and attitudes as well as Chinese culture, and respect for pluralism in society. In this regard, I would like to express my sincere gratitude to our Civic Education Team for organizing a wide range of programmes that nurture our students in these areas.





第10個「全國國家安全教育日」專題展覽 Thematic Exhibition of the 10th National Security Education Day



國家安全學習日 National Education Learning Day

我們全校同學於10月15日到香港歷史博物館的國家安全展覽廳、紀念抗戰勝利80周年展覽及香港科學館進行學習活動。同學表現積極投入,活動能提升同學對國家安全、國家歷史及最新科技成就發展的了解,增強國民身分認同。感謝陳世昭助理副校長、黃碧霞老師、楊晞喆老師和楊文湛老師統籌活動。

All teachers and students of the school visited the National Security Exhibition Hall. Through the on-site exhibits and school-based extended online activities designed by teachers, they gained a deeper understanding of national development. In addition to participating in the guided tour of the National Security Exhibition Hall, students were also arranged to visit the History Museum and the nearby Science Museum, which inspired the thinking of students with different abilities and interests and expanded their knowledge beyond textbooks. Thanks to Mr. Chan Sai Chiu, Ms. Wong Big Ha, Mr. Yeung Hei Chit and Mr. Yeung Man Cham for organizing this learning day program.



學生感想 Student Reflections

以下是學生的一些感想節錄

Below are selected excerpts from students' reflections

維護國家安全的重要性 6B余頌淇 The importance of safeguarding national security

維護國家安全就像保護我們共同的家。家安全了，我們才能安心工作、上學，享受平靜幸福的生活。它保障了國家的穩定，讓我們不用擔心戰爭和混亂。經濟才能發展，大家才有好工作和收入。社會有秩序，法律能保護每個人的權利。如果國家不安全，這一切都會失去。所以，維護國家安全是每個人的責任，它直接關係到我們每個人的未來和福祉。我們每個人都是國家安全的受益者和守護者。

Safeguarding national security is like protecting our common home. Only when our home is safe can we work, go to school, and enjoy a peaceful and happy life. It ensures the country's stability, so we need not fear war and chaos. With stability, the economy can develop, and people can have decent jobs and incomes. Social order allows the law to protect everyone's rights. If the nation is not secure, all of this can be lost. Therefore, safeguarding national security is everyone's responsibility; it directly concerns our future and well-being. Each of us is both a beneficiary and a guardian of national security. 6B Yu Chung Ki

思考「紀念抗戰勝利八十周年」活動對我們的意義 5B 劉芷晴

Reflecting on the significance of the "80th Anniversary of the Victory of the War of Resistance"

紀念抗戰勝利八十周年，不只是回憶一段歷史，更是提醒我們不要忘記先輩的犧牲。八年抗戰中，無數中國人團結一致，用生命換來了勝利和今天的和平生活。紀念這一天，可以讓我們懂得珍惜現在的安穩日子，學會感恩和報國。同時，也能激勵年輕人繼承愛國精神，努力學習和工作，為祖國的強大貢獻力量。只有記住歷史，才能更好地走向未來，避免戰爭悲劇重演。

Commemorating the 80th anniversary of the victory in the War of Resistance is not just recalling history; it reminds us not to forget the sacrifices of our forebears. During the eight-year war, countless Chinese people stood united, giving their lives for victory and the peaceful life we enjoy today. Marking this day helps us cherish our present stability, learn gratitude, and cultivate love for our country. It also inspires young people to inherit the patriotic spirit, study and work hard, and contribute to the nation's strength. Only by remembering history can we better move toward the future and avoid the tragedy of war repeating itself. 5B Lau Tze Ching



學生感想 Student Reflections

在活動實踐「愛德」 Practicing "LOVE" through activities 6A 陳華康

在「國安齊參與」展區，我了解到維護國家安全是每位公民的責任。這讓我體認到「自愛」不僅是關愛自己，更是要將個人成長與國家命運緊密相連，在履行公民責任中實現更完整的自我價值。目睹「長征火箭模型」和珍貴的月球土壤樣本，我深刻感受到國家科技發展的輝煌成就。「感恩」無數科技工作者默默奉獻，為我們創造了今天的安寧與榮耀。

In the "National Security Participation" exhibition area, I learned that safeguarding national security is the responsibility of every citizen. This helped me realize that "self-love" is not only caring for oneself but also closely linking personal growth with the nation's destiny, fulfilling one's civic duties to achieve a more complete sense of self-worth. Seeing the "Long March rocket model" and the precious lunar soil samples, I was deeply moved by the nation's remarkable achievements in science and technology. I feel "gratitude" for the countless scientists and engineers who have quietly dedicated themselves, creating the peace and honor we enjoy today. 6A Chan Wa Hong



《憲法》和《基本法》學生校園大使培訓計劃

"Constitution" and "Basic Law" Student Ambassadors Training Programme

宮廷陶藝工作坊 Imperial Court Ceramics Workshop



除了全校的國家安全活動日外,我們的《憲法》和《基本法》學生校園大使也有豐的學習活動,認識我國的文化藝術。5A 梁勵盈、5B 李家靜、5C 謝昕燁和李見娣老師代表學校出席在香港故宮文化博物館的宮廷陶藝工作坊。同學有機會了解古代中國宮廷陶藝技術的發展,亦透過專家介紹認識不同陶塑特色和技術,並有機會嘗試古代陶藝師的工作,親身繪製宮廷陶磚,加深對中國文化藝術的認識及提升了國民身分的認同。活動後大會亦安排同學自由參觀香港故宮博物館,進一步鞏固及深化同學對中國宮廷陶藝的認知。

In addition to the whole-school National Security Education Day, our "Constitution" and "Basic Law" Student Ambassadors have also taken part in rich learning activities to explore our nation's culture and arts. Form 5A Leung Lai Ying, 5B Lee Ka Ching, 5C Tse Yan Ip, together with Ms. Lee Kin Tai, represented the school at the Imperial Court Ceramics Workshop held at the Hong Kong Palace Museum. Students learned about the development of imperial ceramics techniques in ancient China and, through expert guidance, were introduced to the features and methods of different ceramic sculptures. They also had the chance to experience the work of ancient ceramic artisans by hand-painting imperial-style ceramic tiles themselves, deepening their understanding of Chinese culture and art and strengthening their sense of national identity. After the workshop, the organizer arranged free visits to the Hong Kong Palace Museum, further consolidating and enriching students' knowledge of Chinese imperial ceramics.

《憲法》及《基本法》學生校園大使授章儀式

"Constitution" and "Basic Law" Student Ambassadors Badge Presentation Ceremony

28位中二至中五的《憲法》及《基本法》學生校園大使於10月14日進行了授章儀式,感謝張漢屏老師、李見娣老師和楊文湛老師出席並進行授章。當中有4位成員達到高級別的「金章」積點表現 (4A 胡漢林、4B 包晗、5B 李家靜、5C 謝昕燁)。一眾大使將會在本學年舉辦及帶領不同類型國民教育活動。

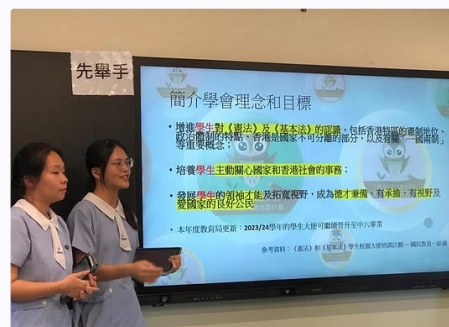
On 14 October, 28 Student Ambassadors from Secondary 2 to Secondary 5 took part in the Badge Presentation Ceremony. Our thanks to Mr. Cheung Hon Ping, Ms. Lee Kin Tai, and Mr. Yeung Man Cham for attending and presenting the badges. Among the ambassadors, four members attained the high-level "Gold Badge" merit standing: Henry Hu (S.4A), Bao Han (S.4B), Lee Ka Ching (S.5B), and Tse Yan Ip (S.5C). The ambassadors will organise and lead various national education activities throughout the school year.

28

學生大使 Student Ambassadors

4

金章得主 Gold Badge Recipients



老撾領事館探訪交流

Consulate Visit Programme

為了加深本校同學對東盟的認識,感謝陳世昭助理副校長、楊慧雅老師與兩位《憲法》和《基本法》學生校園大使4A班許佳卉、胡漢林參加了「領事館探訪計劃」活動,於10月17日到老撾領事館進行探訪及交流。本校同學有幸能向老撾駐港領事館總領事介紹本校特色,並作交流。是次活動能讓領事了解香港學校的發展,同時加深屯天同學對老撾特色文化的瞭解。同學表現出色,受到領事讚賞。



Mr. Chan Sai Chiu, Assistant Vice Principal, Ms. Yeung Wai Nga and two Secondary 4 students – Karen Xu and Harry Hu from Class 4A – participated in the "Consulate Visit Programme". On October 17th, they visited and exchanged ideas at the Consulate of Laos in Hong Kong together with representatives from two other Hong Kong secondary schools. Our students were honored to introduce the distinctive features of our school to the Consul General of the Consulate of Laos in Hong Kong and engage in in-depth exchanges. This activity not only helped the Consulate gain an understanding of the development of Hong Kong's schools but also deepened students' knowledge of Laos' unique culture.



教育局官員到校探訪及嘉許

Education Bureau Officials Visit and Commendation

本校一直積極推動公民科內地考察活動，6D班周梓軒同學獲教育局公民與社會發展科官員，親臨學校頒發紀念品，鼓勵及表揚同學於去年參加「公民科內地考察 CS - 4 深圳經濟發展」後的「公民科考察報告及反思部份」表現優異。

同時亦肯定學校在推行專題研習上的努力。感謝陳世昭助理副校長的教導。



6D Chau Tsz Hin was presented with a souvenir by officials from the Civic and Social Development (CSD) Subject Section of the Education Bureau. This award recognizes his outstanding performance in the "CSD Study Tour Report and Reflection Section" following his study tour in the Mainland.

Meanwhile, the Bureau also acknowledged the school's efforts in promoting project-based learning.

傳統民間手工藝活動

Traditional Folk Handicraft Activities



讓學生認識中華文化價值，體驗製作民間手藝製作是一個很好的活動！適逢10月份兩大節日，傳統民間手工藝學會、公民教育組及中史學會共同舉辦了中秋燈籠製作、重陽節掛飾製作活動，梁慧儀老師、楊晞喆老師和李見娣老師和學生們一同體驗，樂在其中。感謝幾位老師的指導。學生作品完成後在校園內展示，不單加深學生對中國傳統節日的認識，亦豐富了學校中華文化氛圍和節日氣氛。



Introducing students to the values of Chinese culture through hands-on folk art is a wonderful learning experience. In October, coinciding with two major festivals, the Traditional Folk Handicrafts Society, the Civic Education Team, and the Chinese History Society jointly organised workshops on making Mid-Autumn Festival lanterns and Double Ninth Festival decorations. Ms. Leung Wai Yee, Mr. Yeung Hei Chit, and Ms. Lee Kin Tai participated alongside students, making the experience enjoyable for all. We are grateful for the teachers' guidance. After completion, students' works were displayed on campus, not only deepening their understanding of traditional Chinese festivals but also enriching the school's Chinese cultural atmosphere and festive spirit.



學校升旗隊 – 中式步操訓練

School Flag-raising Team — Chinese-Style Footdrill Training

為提升國民身份認同，我們每周都會在早會上進行莊嚴的升旗禮，奏唱國歌，有賴升旗隊緊守崗位，嚴肅執行。十月升旗隊開始集訓，本學年將會重點加強中式步操相關訓練。感謝隊伍及學校升旗禮儀由楊晞喆老師統籌，蔡馥筠老師、樊兆聰老師及黃鴻傑老師協助。「童軍」、「《憲法》及《基本法》學生校園大使」和「入境處青年領袖」亦有成員在早會升旗禮儀服務和參與訓練。



To strengthen national identity, we hold a solemn flag-raising ceremony with the national anthem at our weekly morning assembly. This relies on the flag-raising team's dedication and disciplined execution. The team began intensive training in October, with this year's focus on enhancing Chinese-style footdrills. We thank Mr. Yeung Hei Chit for coordinating the team and the school's flag-raising protocol, with support from Ms. Choi Veronica Fook Kwan, Mr. Fan Siu Chung, and Mr. Vongsa Jirayut. Members from the Scouts, the "Constitution and Basic Law Student Ambassadors," and the "Immigration Department Youth Leaders" also serve at morning flag-raising ceremonies and take part in the training.

11月份的國民教育活動預告

Upcoming National Education Activities in November



全運會義工工作 National Games Volunteer Service

共15位中五學生及4位老師,包括陳世昭助理副校長、黃碧霞老師、林澍暉老師及楊文湛老師

15 Secondary 5 students and 4 teachers including Mr. Chan Sai Chiu, Ms. Wong Big Ha, Mr. Lam Shue Fai and Mr. Yeung Man Cham



觀賞全運會賽事 Watching National Games

11月12日帶領中三全級學生到啟德場館觀賞賽事

On November 12, lead all Secondary 3 students to Kai Tak venue to watch the competitions

我們屯天師生將積極參與全運會義工工作，共15位中五學生及4位老師，包括陳世昭助理副校長、黃碧霞老師、林澍暉老師及楊文湛老師。全部師生在今年7-8月期間已完成4小時的實體「青年義工綜合崗位培訓」及約1小時的線上培訓，並通過了相關的考核。現階段正等候有關機構安排具體服務日期及崗位。我們也會帶領中三級全級學生，於11月12日到啟德場館，觀賞全運用賽事，一同感受國家級體育盛事的氣氛。



Teachers and students will actively serve as volunteers for the National Games. A total of 15 Secondary 5 students and 4 teachers—Assistant Vice Principal Mr. Chan Sai Chiu, Ms. Wong Big Ha, Mr. Lam Shue Fai, and Mr. Yeung Man Cham—will take part. All participating teachers and students completed a 4-hour in-person “Youth Volunteer Integrated Post Training” and about 1 hour of online training in July–August this year, and passed the relevant assessments. We are currently awaiting the organizing bodies to confirm specific service dates and posts. We will also lead all Secondary 3 students to the Kai Tak venues on 12 November to watch National Games events and experience the atmosphere of this national-level sporting occasion.

《水餃皇后》電影欣賞

The Dumpling Queen Movie Screening

可能許多家長或校友都有吃過灣仔碼頭水餃，但不是很多人認識創始人臧健和女士的故事。感謝中區扶輪社的支持，讓過百位老師及學生一同到尖沙咀戲院包場，欣賞電影《水餃皇后》，並由臧姑娘的細女 Jessica 親自分享成長點滴。學生們都深受感動，除了明白到個人的堅毅奮鬥能改變命運外，更體會到身邊善心人的幫助，知恩圖報。希望屯天學生都能發揮愛德精神，積極幫助身邊的近人。

中區扶輪社一直支持社區關懷活動，並與校校合辦助人自助小導師計劃，透過計劃讓本校高中學生擔任導師，指導區內小學生學習。

The Central Rotary Club sponsored teachers, students, and parents of our school to watch the movie *The Dumpling Queen*. This activity provided students with a rare opportunity to learn from the true story of others. From the movie's protagonist, Ms. Zang, students felt the spirit of perseverance and the virtue of mutual assistance and love between people.

The Central Rotary Club has always supported community care activities and co-organized the "Help Yourself by Helping Others" Peer Tutoring Program with our school. Through this program, senior high school students of our school serve as tutors to guide primary school students in the district in their studies.



與屯天人對話 Tuen Teen Talk

由生涯規劃組籌辦《與屯天人對話》邀請現就讀大學校友與中三至中六同學分享大學校園生活點滴、學習心得和大學聯招選科考慮。感謝唐可欣老師的帶領。大學校友，飲水思源，貢獻母校，用自身經歷勉勵學弟學妹，發揮屯天人精神。



Organized by the Career and Life Planning Team, the event "Tuen Teen Talk" invites alumni university students, to share with Secondary 3 to Secondary 6 students their university campus life, learning experiences, and considerations for subject selection in the Joint University Programmes Admissions System (JUPAS). Thanks to Ms. Tong Ho Yan for leading the Career Team.

The alumni, who always remember their roots and give back to their alma mater, inspired their juniors with their own experiences and carry forward the "spirit of Tuenteenians".



中六中國語文科應試講座

S6 Examination Preparation Talk of Chinese Language



本校中國語文科老師團隊邀請了資深中國語文科老師朱崇學先生到校，與中六級同學分享文憑試卷二寫作心得。同學對審題、文章的框架佈局和立意提升等寫作要訣有更深入理解，獲益良多。感謝中文科郭姻冷老師的帶領。

The Chinese Language teaching team of our school invited Mr. Chu Chung Hok, a senior Chinese Language teacher, to share insights on writing for Paper 2 of the Hong Kong Diploma of Secondary Education (HKDSE) with our Secondary 6 students.

The students gained a deeper understanding of key writing techniques, including question analysis, essay structure and layout, and enhancing thematic conception, and benefited greatly from the session. Thanks, Ms. Kwok Yan Ling, for organizing this meaningful program.



星際飛行體驗活動

Taking Flight with AI: Preparing for the 2025 Inter-school Aviation Competition

感謝旅遊與款待科謝寶儀老師的帶領，同學在10月11日參加了在星宇航舉辦的模擬飛機工作坊，備戰準備參加比賽。10月18日他們還參加了2025全港校際AI航空比賽 - 星宇盃比賽前的訓練工作坊，開拓視野。

Thanks to the leadership of Ms. Tse Po Yee from Tourism and Hospitality, our students attended a simulated aircraft workshop at Star Universe Aviation on 11 October to prepare for upcoming competitions. On 18 October, they also joined the pre-competition training workshop for the 2025 Hong Kong Inter-school AI Aviation Competition — Star Universe Cup, broadening their horizons.





2025傳教節後的喜悅

Joy after Mission Sunday 2025

耶穌在升天時對我們許諾過，「看！我和你們天天在一起，直到今世的終結」(瑪28:20)。在這個紛亂的世界當中，如何能夠找到天主呢？又如何感受到天主的平安呢？

教區每年10月的第三個星期日(主日)定為傳教節主日，目的是為更多人能夠認識天主及體驗到天主臨在我們身旁。感謝牧民助理潘紹邦先生帶領學生參與這場盛事。是次活動為音樂佈道會，於旺角麥花臣場館舉行，全港教區及修會學校一同響應。在各嘉賓的見證及音樂的氛圍下，讓我們感受到天主所賜給我們的喜樂及平安。在場各嘉賓的分享中，最令人留下深刻印象的就是青年分享的部分。那位青年分享了他自己追夢及在落魄失意時與天主相遇的經歷，我們都被這段經歷感動及產生共鳴。青年都會有追夢的時刻，奈何在生活的束縛下，未必能圓夢。這段分享激勵大家重拾信心，繼續奮鬥，因為天主時時刻刻常伴我們左右。

音樂會主題為「願你們平安」，在音樂會的最後及離場之際，大會安排了在場的神父、執事們為每一位參加者祝福，讓我們將天主的平安帶回我們的生活當中。音樂會完結之後，我們訪問了其中一位學生，他表示很享受這次的活動，一邊說，一邊流露出平安喜樂的樣子。

最後，讓我們為普世教會祈禱，將天主的愛與平安帶給身邊每一個人，「願你們平安」。



Before His Ascension, Jesus promised us, "Behold, I am with you always, until the end of the age" (Mt 28:20). In a turbulent world, how can we find God? How can we experience His peace?

In our diocese, the third Sunday of October is Mission Sunday, set aside so that more people may come to know God and experience His loving presence among us. We are grateful to Pastoral Assistant Mr. James Poon for leading our students to take part in this special event. This year's gathering was an evangelistic music rally held at MacPherson Stadium in Mong Kok, with diocesan and religious order schools across Hong Kong responding in unity. Through the testimonies of the guests and the atmosphere of the music, we felt the joy and peace God pours into our hearts.

Among the sharings, the youth testimonies were especially memorable. One young speaker recounted his journey of pursuing his dreams and encountering God in a time of setback and discouragement. His story moved us deeply and resonated with many. Young people often dare to dream, yet life's constraints can make those dreams hard to realize. His testimony encouraged us to regain confidence and keep striving, because God is with us at every moment.

The concert's theme was "Peace be with you." At the end, as participants were leaving, priests and deacons were arranged to bless everyone present, so that we might carry God's peace back into our daily lives. After the event, we interviewed one of our students, who said they thoroughly enjoyed the gathering, speaking with a visible joy and serenity. Finally, let us pray for the universal Church, that we may bring God's love and peace to everyone around us. "Peace be with you."



追思已亡諸者

Commemoration of the Faithful Departed

11月為天主教徒是一個很重要的月份，因為在這個月我們特別為煉獄中的靈魂祈禱。教會邀請我們放慢生活的腳步，緬懷那些先我們而去的親朋好友、兄弟姊妹們，而讓我們有一個機會去確信「死亡並非生命的毀滅」的道理，也就是去宣認「永生」的信仰。同時也透過為亡者的祈禱而更加領略「諸聖相通功」的意義；為那些已去世的人們，不管他們已在天堂或還在煉獄中，他們都是與我們信友團體—基督的奧體聯繫在一起的，並且屬於這基督奧體的一部分，因為基督藉著祂的死亡與復活，已成了生者與亡者的主。

November is a very important month for Catholics, as we especially pray for the souls in purgatory during this time. The Church invites us to slow down, to remember our relatives and friends who have gone before us, and to reaffirm the truth that "death is not the destruction of life," that is, to profess our faith in "eternal life." Through prayers for the dead, we also come to a deeper understanding of the "Communion of Saints": those who have died—whether already in heaven or still being purified in purgatory—remain united with us, the community of believers, the Mystical Body of Christ, and belong to this Body. For through His death and Resurrection, Christ has become the Lord of both the living and the dead.

樂隊表演 Band Show

本校Band Club成員獲邀在香港機電工程商聯會周年晚宴表演。聯會會員與發展局常任秘書長劉俊傑太平紳士共歡並觀賞同學展現年青人力量。最後，席上嘉賓上台與本校學生合唱，與眾同樂。感謝賴志遠副校長的帶領。

Members of our school's Band Club were invited to perform at the Annual Dinner of the Hong Kong Electrical and Mechanical Engineering Merchants Association. Association members and Mr. Lau Chun-kit, JP, Permanent Secretary for Development, gathered to enjoy the event and witness the students demonstrating the vitality of the younger generation. Finally, guests at the dinner took the stage to sing with our students, sharing joy with everyone. Thanks to our Vice Principal Mr. Lai Chi Yuen.



教師之間的專業交流

Professional Exchange among Teachers

我深信教師專業發展是推動學校進步的火車頭，我們鼓勵老師之間的專業交流。

I firmly believe that teachers' professional development is the locomotive driving school improvement, and we actively encourage professional exchange among staff.

10月2日 匯基書院交流 2 October — United Christian College

就水耕STEAM學習活動，及資優教育提升學生學習自信心作了深入交流。感謝劉振華校長促成這次兩校團隊互相學習的機會。

We met with the team from United Christian College to share practices on hydroponics-based STEAM learning and on how gifted education can enhance students' learning confidence. Our thanks to Principal Lau Chun-wah for facilitating this valuable opportunity for both schools to learn from each other.

10月3日 AI促進學與教研討 3 October — AI in Learning and Teaching

陳世昭助理副校長和楊文湛老師與香港教育大學數學與資訊科技學系電子學習與數碼能力研究講座教授、人工智能及數碼能力教育中心總監江紹祥教授及其團隊、聯合電子周晟總經理及其團隊和一眾友校同工進行研討會議，探討於高中公民與社會發展科在運用和訓練AI在學與教方面的發展方向。

Assistant Vice Principal Mr. Chan Sai Chiu and Mr. Yeung Man Cham met with Prof. Kong Siu Cheung—Chair Professor of E-Learning and Digital Competence in the Department of Mathematics and Information Technology at The Education University of Hong Kong, and Director of the Centre for Artificial Intelligence and Digital Competence Education—and his team, as well as Mr. Chow Sing, General Manager of United Electronics, and his team, together with colleagues from partner schools, for a seminar meeting. The discussion explored development directions for applying and training AI in learning and teaching within the senior secondary Citizenship and Social Development curriculum.



教師之間的專業交流

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10月27日 馬來西亞華校董事聯合會總會 27 October — UCSCAM Delegation

董總來港考察的主題為「自主學習」，教育家們遠道而來，感謝蘇美琪助理副校長及石健良主任分享，嘉賓團隊對本校的DAT的作品，以及自主學習促進資優教育十分讚賞。

The "Self-Directed Learning – Hong Kong Educational Delegation" organized by the United Chinese School Committees' Association of Malaysia (UCSCAM) visited our school to gain insights into our school's operation and the gifted education training programs for students. The delegation highly commended our school's distinctive programs such as gifted education training and STEAM courses, and affirmed our efforts in promoting interdisciplinary learning and teaching. Thanks to Ms. Soo May Kei and Mr. Shek Kin Leung.



自主學習的核心要素

學習計劃

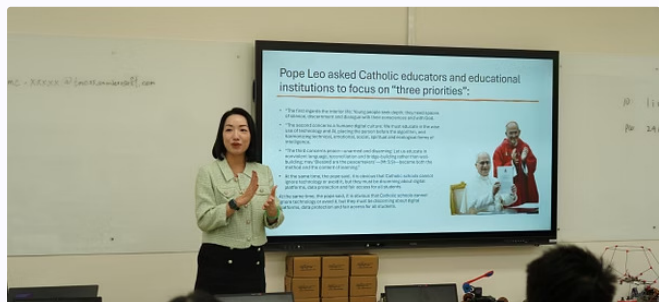
制定明確的學習目標，規劃學習進程，
建立系統性學習框架

實踐反思

定期檢視學習進

校內AI工作坊

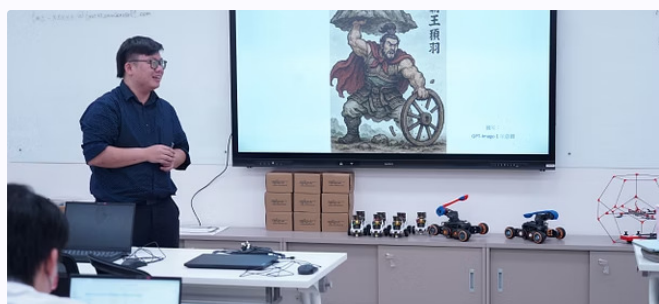
In-house AI Workshop



為了裝備老師善用AI工具提升教學,感謝石健良主任帶領團隊於10月31日進行校內工作坊。工作坊內容豐富實用,主要聚焦於以下三點:一、優化科組網頁;二、運用Poe製作學生網上自學教材;三、介紹Canva設計工具,以提升老師設計教材與宣傳材料的能力。特別感謝梁祥琛老師分享「如何運用POE平台進行歷史科教學」。



To equip teachers to make effective use of AI tools for teaching, we thank Panel Head Mr. Shek Kin Leung for leading an in-house workshop on 31 October. The workshop was rich and practical, focusing on three main areas: 1. Enhancing subject panel webpages; 2. Using Poe to create online self-learning materials for students; 3. Introducing Canva to strengthen teachers' capacity in designing teaching resources and promotional materials. Special thanks to Mr. Leung Cheung Sam for sharing on "Using the POE Platform in Teaching History."



- ❑ 此外,我們也介紹了教宗良十四世在慶祝梵二60周年時,致教育工作者的書信 "Drawing New Maps of Hope" 中所提出的「三個優先事項」。重點在於確保科技培訓不偏離我們的教育使命。具體而言,我們說明如何運用AI為師生創造更多「內在反思」的空間、引導學生以人為本的方式使用AI,以及將AI作為促進「和平與理解」的工具,最終使科技應用始終服務於培育整全的人。

In addition, we introduced the three priorities proposed by Pope Leo XIV in his letter to educators, "Drawing New Maps of Hope," marking the 60th anniversary of Vatican II. The emphasis is to ensure that technological training does not drift from our educational mission. Specifically, we outlined how to use AI to create more space for interior reflection for both teachers and students, to guide students in a human-centered approach to AI, and to employ AI as a tool for fostering peace and understanding—so that technology consistently serves the formation of the whole person.

家長教師會周年大會

Parent-Teacher Association Annual General Meeting

教宗良十四世提醒「家長是首要教育者」，學校是你們的合作夥伴，基督徒教育是一場「合唱」，無人能獨力完成。」就讓我們加強家校協作，共建支持網絡。我們十分感恩，家長教師會委員籌辦這次周年大會，還特意邀請了威爾斯親王醫院的精神科鄧穎棋醫生，主講「家長的精神健康及自我照顧」，盼望幫助大家在照顧家庭與工作的同時，也好好照顧自己。因為家長身心健康，是孩子穩定成長的重要基石。

Pope Leo XIV reminds us: Parents are the first and primary educators of their children; the school is your partner. "Christian education is a choral work: no one educates alone." Let us strengthen home-school collaboration and build a supportive network together. We are truly grateful to the PTA Committee for organizing this AGM, and for specially inviting Dr. Tang Wing Ki, Psychiatrist at Prince of Wales Hospital, to deliver a talk on "Parents' Mental Health and Self-Care." We hope this will help everyone care for themselves while caring for family and work, because parents' well-being—both physical and mental—is a crucial foundation for children's steady growth.



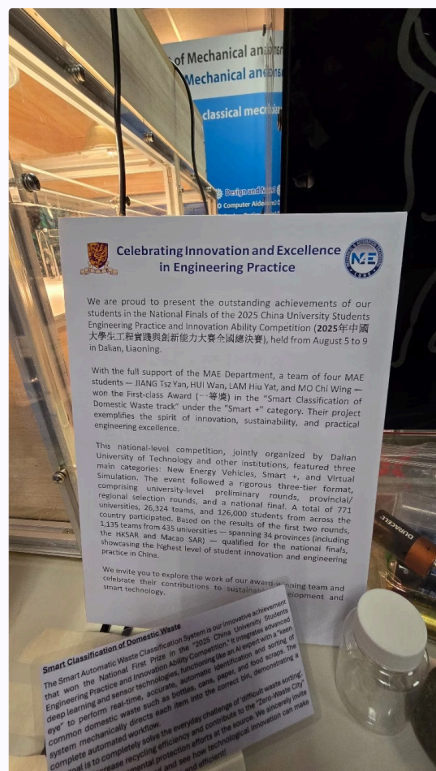
我們將於11月28日-29日舉辦中一入學資訊日，已籌備一系列活動讓小五小六學生與家長前來屯天體驗。希望屯天家長和校友邀請更多小學友好參與。可以掃描二維碼預約。

Our S1 Admission Information Day will be held on 28th and 29th November. We have prepared a series of activities for Primary 5 and 6 students and their parents to experience TMCSS. We encourage our parents and alumni to invite more primary school friends to join. Please scan the QR code to register.



校友喜訊 Good News from Alumni

本校畢業生江子欣、巫智穎同學現就讀香港中文大學。同學於2025年中國大學生工程實踐與創新能力大賽全國總決賽榮獲一等獎。兩名校友在學時選修設計與應用科技，由石健良老師指導校本評核，獲取優異成績。 Undergraduate Engineering Practice and Innovation Ability Competition Our school's graduates, Jiang Tsz Yan and Mo Chi Wing, are currently studying at The Chinese University of Hong Kong. They won the First Prize at the National Finals of the 2025 China Undergraduate Engineering Practice and Innovation Ability Competition. During their studies at our school, the two alumni took Design and Applied Technology as one of their elective subjects. Guided by Mr. Shek Kin Leung in their school-based assessment, they both achieved excellent results.



得獎學生名單 List of Award-winning student

本校多名學生榮獲慈恩基金會學業進步獎勵計劃頒發獎項，予以鼓勵。

A number of students from our school have been awarded prizes under the Academic Achievement Award Scheme by the Grace Charity Foundation Limited, in recognition of their accomplishments.



慈恩基金會學業進步獎得主

2B陳慧思	2B陳慧思	2C練樂晴
3B張正文	3B詹鍵鉞	3D王書浩
4C戴文杰	4C葉博研	4D許智樂
5B梁安琪	5C蘇少嵐	5C王浩然
6B梁悄然	6B梁佩欣	6D范子淇

得獎學生合照 Award-winning student photos

資優教育組及化學科

資優教育組與化學科在校外學習活動獲得優異成績，多謝蘇美琪助理校長的指導。我們深信「自主學習」是學霸精神的內核。有了良好的自學習慣，學生可以在不同大學提供的課程上拓闊眼界。提早體驗作為「大學生」的生活，學習天文學、犯罪心理學、工商管理等科目，使學生們對於升讀大學，更充滿信心及期待。



The Gifted Education Team and the Chemistry Panel achieved excellent results in outside school learning activities. Special thanks to Assistant Vice Principal Ms. Soo Mei Kee for her guidance. We firmly believe that self-directed learning is at the heart of academic excellence. With strong independent study habits, students can broaden their horizons through courses offered by various universities. By getting an early taste of “university life” and studying subjects such as astronomy, criminal psychology, and business administration, our students gain greater confidence and anticipation for their future university studies.

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
香港中文大學理學院	吳曉穎	日常生活中的生命科學 〈Distinction〉
《少年英才科學院》	黎睿邦	統計模型及大數據分析 〈Distinction〉
	徐逸熙	有機化學精華 〈Distinction〉
	祝子軒	有機化學精華 〈Distinction〉
	鄧春華	有機化合物 〈Distinction〉
	李欣庭	有機化合物 〈Distinction〉
	王銘愷	原子世界的奧秘 〈Distinction〉
香港中文大學《資優計劃》	鄧春華	犯罪心理學導論
	黃心兒	犯罪心理學導論
	賴穎瑤	基礎相對論
「化學家在線」	鍾振燕、高天恩	《鑽石獎 Diamond Award》
自學獎勵計劃 2025	羅寶欣、吳曉穎	《鑽石獎 Diamond Award》
	鄧春華、黃心兒	《鑽石獎 Diamond Award》
	黎睿邦、徐逸熙	《鑽石獎 Diamond Award》
	王宗熙、黃明傑	《鑽石獎 Diamond Award》
	楊梓軒、易銳	《鑽石獎 Diamond Award》
	祝子軒、陳梓煥	《鑽石獎 Diamond Award》
	郭雅晴、劉彥霆	《鑽石獎 Diamond Award》
	李卓遙、梁佩欣	《鑽石獎 Diamond Award》
	吳穎潼、黃栢熙、	《鑽石獎 Diamond Award》
	丘悅	《鑽石獎 Diamond Award》

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
香港科技大學 《Summer Institute》	馮元鵬	商學院 〈Good performance〉
eSTEAM @Home獎勵計劃2025	梁勵盈、李欣庭、陳子朗	《白金獎Platinum Award》
	徐雋翹、劉楚翹、李家靜	《白金獎Platinum Award》
	高天恩、羅寶欣、黃心兒	《白金獎Platinum Award》
	黎睿邦、徐逸熙、王宗熙	《白金獎Platinum Award》
	黃明傑、祝子軒、易銳	《白金獎Platinum Award》
	劉彥霆、黃栢熙、丘悅	《白金獎Platinum Award》
	李卓遙、葉晴	《銀獎Silver Award》
香港資優教育學苑	梁勵盈、李浩潼、陳興盛	古生物學 〈Level 1-3〉
《網上資優課程》	黃宇鍵、李宇翔、李鐸	古生物學 〈Level 1-3〉
	傅天恩、陳彥康	古生物學 〈Level 1-3〉
	周焯琳、李欣庭、葉子瑜	天文學 〈Level 1-3〉
	張智穎、陳子朗、江進軒	天文學 〈Level 1-3〉
	楊愷謙、劉楚翹、劉芷晴	天文學 〈Level 1-3〉
	梁天恩、林卓朗、崔蘊熙	天文學 〈Level 1-3〉
	葉晴	天文學 〈Level 1-3〉
	梁皓源、林卓熹、朱鈞來	數學 〈Level 1-3〉
	李家靜	地球科學 〈Level 1-3〉

特別鳴謝屯天老師團隊 「教學永遠離不開愛」 Special Thanks to Our Teaching Team “Teaching can never be separated from love”

上述報道的種種活動只是集中在10月份。我們每個月每一周都有豐富多姿的學習活動，給予屯天學生不同的學習經歷。這些活動與日常的教學都有賴老師們每天辛勤與付出，我們都懷着天主教教育工作者的使命，是一份召叫，生命影響生命的精神。這源自一份對於每一位學生的愛，老師、家長、校董們之間的互相支持與彼此代禱。今年屯天以「愛德」為主題，正好與教宗呼應。他強調「教學光是分享知識還不夠，還需要愛。唯有如此，知識才能結出果實，」因為「知識是愛的載體」，所以「教學永遠離不開愛」。希望藉着「團TEENS」，我們的學生和老師值得被看見。感謝每一位老師無私的付出！願主保守，恩寵與平安賜給屯天大家庭。

All of the activities reported above took place in October alone. Every month and every week, we offer a rich variety of learning experiences, giving our students diverse opportunities to grow. These activities, together with our daily teaching, rely on the tireless dedication of our teachers. We carry the mission of Catholic educators—it is a calling, a spirit of “life influencing life.” This springs from our love for each and every student, and from the mutual support and prayers shared among teachers, parents, and school managers.

This year, School's theme is “LOVE,” which resonates with Pope Leo XIV's message. He reminds us that “In order to teach, sharing knowledge alone is not enough— there must be love”. Only when love is involved, he stressed, will teaching be truly fruitful — “not only in its content, but above all in the charity it conveys.” and therefore “teaching can never be separated from love.” Through “TuenTEENS,” we hope our students and teachers will be seen and recognized. We thank every teacher for their selfless dedication. May the Lord keep us, and may grace and peace be bestowed upon the TMCSS family.

