



# 專 TEENS



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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



親愛的家長、同學、校友、友好：

十一月對香港人來說十分沉重。宏福苑火災造成的傷亡，震憾了每一位香港人的心靈。我們在哀傷的時候，以不同方式表達悼念和祝福。我們鼓勵善念，到大埔做義工、發起籌款活動、寫悼念祝福語，每天為受影響的人祈禱。這些都是屯天師生們默默在做的事情。災難讓我們深深意識到生命的脆弱，在迎接聖誕節時，更好見證人子降生成人救贖普世的應許。

「一位貞女將懷孕生子；人將稱他的名字為厄瑪奴耳，意思是：天主與我們同在。」瑪1:23



聖誕節所慶賀的是天主子成為了我們當中的一員，完全分享我們人性中的「甜酸苦辣」。因此我們在黑暗的時候，天主的這一份「同在」成為了我們心中的光。求主以祂的恩典，醫治受傷的心靈，扶持每個重建中的家庭。

無論是禱告裡惦念的災民，還是同學們在社區裡服務的長者或有需要的人，我們關心的總是「以人為本」。歷來學生畢業後從事的工作，最多的三種職業是老師、社工、醫護，這世代相傳的人本關懷築成了屯天人的核心價值。讓屯天成為所以愛陪伴學生成長的學校。

面對人工智能新時代的到來，如何讓這些科技扎根在人本關懷的愛德之上，成為師生們共同思考的地方。上個月我到福州參與世界教育前沿論壇，擔任嘉賓講者，主題為「AI教育的錨該定在何處？」在屯天，這個答案十分清晰。屯天的AI教育，是扎根在愛德上的教育。除了愛天主之外，愛有兩層面，一個是愛自己，一個是愛他人。因為愛自己，更願意讓自己成為一個懂得自學、喜愛思考的自主學習者。無論老師和學生都不需要等待AI產品的出現，我們可以製作專屬的智能體。例如中六學生用豆包智能模擬大學入學面試，當中的自然語音對答有助學生反覆鍛練英語面試。

因為愛他人，我們願意以科技成為對他人的祝福。校園電視台的學生們學會了生成圖片後，就到老人院為老夫婦們拍攝專業婚紗照，再透過訪問，把跨越半世紀的愛情元素用AI加到婚紗照中，留下老夫婦們的獨特紀念。高中女生們看到同齡人需要情感紓壓的出口，就以AI智能體的聊天功能，比較輔導技巧及用戶指令等，成為感創敢為的獲獎項目。這些都是屯天人以AI祝福有需要人士的例證。

希望透過這一期團Teens的內容，與大家分享愛己愛人的教育使命，也感謝老師團隊的專業與關愛，成就一代又一代的屯天人。

鄭淑華校長

Dear parents, students, alumni, and friends of TMCSS,



November was a heavy month for Hong Kong. The tragic fire at Wang Fuk Court deeply shocked the city. In our sorrow, we have mourned and sent blessings in many ways. We have encouraged acts of goodwill: volunteering in Tai Po, initiating fundraising, writing messages of condolence and hope, and praying each day for those affected.

These are the quiet, steadfast deeds our teachers and students have been doing. The disaster has reminded us of the fragility of life. As we prepare to celebrate Christmas, we are called to witness more fully the promise of the Son of Man: God-with-us, who became human to redeem all.

**“The virgin will conceive and bear a son, and he will be called Emmanuel which means “God-with-us.” Matthew 1:23** At Christmas, we celebrate that the Son of God became one of us, sharing fully in the sweetness and bitterness of our human condition. In our darkest hours, this divine “presence” becomes the light within our hearts. May the Lord, in his grace, heal wounded hearts and strengthen every family in the work of rebuilding.

Whether we are praying for those affected by the fire, or serving elders and neighbors in our community, our focus remains the same: a person-centered love. Historically, the three most common professions our graduates choose are teaching, social work, and healthcare. This intergenerational tradition of human-centered care has become the core value of Tuenteenians, making our school a place where students grow, accompanied by love.

As we enter the new era of artificial intelligence, a key question for us is how to root technology in charity and human dignity. Last month, at the World Frontiers of Education Forum in Fuzhou, we spoke on “Where should AI in education be anchored?” At TMCSS, the answer is clear: **our AI education is grounded in love.** Beyond loving God, love has two dimensions: love of self and love of neighbor. **Loving oneself inspires us to become self-directed, thoughtful learners.** Teachers and students need not wait for ready-made AI products; we can build our own agents. For example, our S6 students used the Doubao AI agent to simulate university admission interviews, and its natural voice dialogue helped them repeatedly practice English interviews. **Loving others moves us to make technology a blessing for people.** After learning image generation, our campus TV students visited an elderly home to shoot professional “wedding portraits” for senior couples; through interviews, they infused AI elements that echoed each couple’s half-century love story, creating truly personal mementos. Senior girls, seeing peers’ need for emotional release, compared counseling techniques and prompt designs to build an AI-based chat companion—an award-winning project in the Youth Impact Award 3.0. These are living examples of Tuenteenians using AI to bless those in need.

Through this issue of Tuen Teens, we hope to share our educational mission of loving self and neighbor. We also thank our dedicated, caring faculty for nurturing generation after generation of Tuenteenians.

Principal Cheng Suk Wah



## 愛德與AI婚紗照

### 「耆青留影 – 樂齡歲月A.I.婚紗攝影」：以同理心為鏡，照亮樂齡歲月

校園電視台學生早前參與香港青年協會賽馬會建生青年空間主辦的「耆青留影」活動。活動是一段遠超乎技術學習的深刻旅程，這項活動的核心，不僅在於拍攝美照或運用科技，更在於培養與實踐最珍貴的品質——同理心。

活動初期，同學們在「長者攝影工作坊」中努力鑽研室內人像攝影技巧。然而，他們學習的不僅是光線與構圖，更是試圖透過鏡頭去「看見」與「理解」。他們開始思考：如何讓不常面對鏡頭的長者放鬆？如何捕捉他們自然的神韻？這份為他人著想的初衷，正是同理心的起點。

這份初生的同理心，在學生們踏入羅雄焯羅王玉文伉儷長者鄰舍中心，與長者進行訪談時，得到了真正的淬煉。當他們聆聽一對對樂齡夫婦分享數十載的相伴故事，特別是得知其中一些長者正面對初期認知障礙症的挑戰時，學生們不再是旁觀者。他們嘗試將心比心，去體會長者希望「在記憶消逝前，為摯愛留下最美倩影」的那份迫切與深情。此時的訪談，不再是任務，而是一場心靈的對話，學生們以真誠的傾聽，承接了這份沉甸甸的信任。

在實際的婚紗拍攝日，同理心化為了具體的行動。同學們耐心地協助長者整理禮服，細心地引導他們擺出姿勢，整個空間充滿了歡笑與溫暖。尤其令人動容的是拍攝前一天，學生們在為學校資訊日奔波整日後，仍毫不猶豫地趕往長者中心進行拍攝準備。這份超越疲憊的付出，正是因為他們內心深處感同身受，不願辜負任何一對長者的期待，希望透過自己的努力，為他們的愛情故事留下最璀璨的註腳。

後續的A.I.影像編輯工作，則是同理心與科技的完美結合。學生們不再是單純地操作軟體，而是帶著對長者故事的理解，運用A.I.技術為他們實現未曾實現的夢想——或許是重回年輕時的相遇之地，或許是營造一個夢幻場景。這裡的每一筆修圖，都蘊含著為他人圓夢的心意，讓科技充滿了人性的溫度。

這趟以同理心為導航的旅程，最終開出了燦爛的花朵。同學們的深刻體悟與成果，後來匯聚成「Leveraging Youth Involvement and A.I. Technology on Dementia Care: A Forward-thinking Approach」專題報告，於醫院管理局2025研討會上榮獲「最佳報告獎」。這個獎項，不僅是對計畫創意的肯定，更是對這群青年以同理心關懷社會、以行動實踐共融的最高讚譽。

「耆青留影」教會我們，最先進的科技，唯有與最柔軟的同理心相結合，才能產生最溫暖的力量。感謝賽馬會建生青年空間的發展幹事葉家維校友的帶領，讓同學們在服務中學習，在付出中成長。他們的鏡頭，記錄的不只是婚紗倩影，更是跨代之間，那份由同理心所串起的美好與感動。

石健良老師

# Love and AI: Wedding Portraits

In the initial “Elder Portrait Workshop,” students studied indoor portrait lighting and composition. More importantly, they tried to “see” and “understand” through the lens. How do we help elders who seldom face a camera feel at ease? How do we capture their natural spirit? This intention to consider others first was the seed of empathy.

That seed was refined when students visited the Law Hung Cheuk and Law Wong Yuk Man Neighborhood Elderly Centre for interviews. Listening to senior couples share decades of companionship—especially learning that some faced early cognitive impairment—students ceased to be observers. They put themselves in the elders’ shoes and felt the urgency and tenderness of “leaving the most beautiful image for one’s beloved before memory fades.” The interview became a dialogue of hearts. With sincere listening, students received a weighty trust.

On the shooting day, empathy turned into action. Students patiently helped elders with attire, gently guided their poses, and filled the space with warmth and laughter. Moving, too, was how the day before the shoot—after a long day supporting our school information fair—students still hurried to the center to prepare, unwilling to disappoint any couple. Their dedication sprang from shared feeling and the desire to honor every story.

In post-production, AI editing became the perfect fusion of empathy and technology. Students didn’t just “operate software”; with real understanding of each couple’s story, they used AI to fulfill unrealized dreams—returning to the place they first met, or crafting a dreamlike scene. Every brush of retouching carried the intention to make someone’s dream come true, giving technology a human warmth.

This empathy-guided journey bore bright fruit. Students’ reflections and outcomes formed a report, “Leveraging Youth Involvement and A.I. Technology on Dementia Care: A Forward-thinking Approach,” which won Best Presentation at the Hospital Authority Convention 2025. The award honors not only creativity but the highest recognition of youth who care with empathy and practice inclusion through action.

“Elder-Youth Portraits” taught us that the most advanced technology finds its warmest power only when joined to the softest empathy. We thank alumnus Mr. Yip Ka-wai, Development Officer at the Kin Sang Youth S.P.O.T., for leading students to learn through service and grow through giving. Their cameras captured more than bridal images—they recorded intergenerational beauty and emotion, strung together by empathy.

Mr. Shek Kin Leung

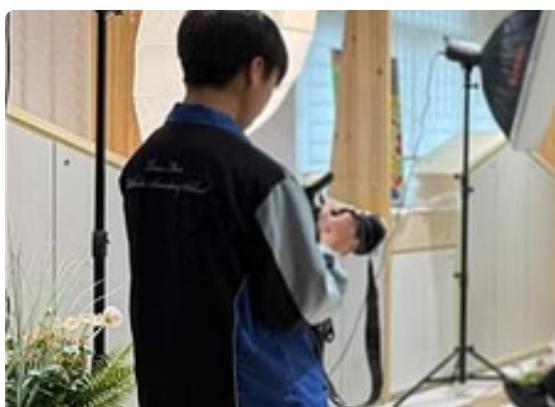
# 耆青留影 — 樂齡歲月AI婚紗攝影

參與「耆青留影 — 樂齡歲月AI婚紗攝影」活動令我獲益良多。過程中，我們與長者們深入互動，了解他們年輕時和伴侶發生的大小事，包括如何認識，發生的趣事等，他們也和我們分享了維持一段婚姻的方法。由於長者有時候說話比較細聲和緩慢，所以和他們溝通時要花更多的心機聆聽。我在這次活動中也了解到，拍攝前的各種準備，例如背景、閃光燈、反光板等等。在拍攝期間，攝影師會向我們提供各種指導，調節相機參數、拍攝角度等等。令我最印象深刻的指導長者擺出各種姿勢，看到長者們努力擺出姿勢的時候，真是十分感動。總括而言，這次活動讓我學會了很多關於拍攝和相機的知識，也提供了和長者溝通的機會，培養我的耐性和長者溝通的技巧。

— 6B18 鄭泓

“Joining the AI Wedding Photography program benefited me greatly. We interacted deeply with the elders, learning about memorable moments from their youth—how they met, funny stories, and tips for sustaining marriage. Because elders sometimes speak softly and slowly, we needed extra patience to listen. I also learned the many preparations before a shoot—backdrops, flashes, reflectors—and during the shoot, the photographer guided us on camera settings and angles. The moment that moved me most was coaching elders to pose; seeing their efforts was truly touching. Overall, I learned a lot about photography and cameras, and I improved my patience and communication with elders.”

— 6B18 Cheng Wang



# 耆青留影 — 樂齡歲月AI婚紗攝影



過去七年，與屯門天主教中學的合作是一段充滿意義的旅程，從最初的社區影樓開始，到每年老師安排的中一新生到訪青年空間活動，均讓他們有機會認識社區資源，在中學生涯中培育學術外的未來技能。作為校友及青年空間發展幹事的身份，看著師弟師妹從最初對社區服務的淡淡好奇，到逐漸投入並主動參與，推出如「耆青傳耆-創刊號」和「耆青傳耆II長青號」的出版計劃，以及更具創新意義的「耆青留影A.I. 婚紗攝影」活動，這段成長的過程令人由衷感動。

在這些活動中，屯天學生展現了使用嶄新數碼工具的能力，更重要的是，他們以真誠的態度與長者細心交流，勇於嘗試新事物，並從過程中力求進步。作為校友，看到他們如此踏實認真，讓我深刻感受到屯天核心價值「真、謙、恆、誠」牢牢紮根於他們的心中。屯天師弟妹每一次參與都全情投入，即使是中一的同學，初次擔任制作的不同崗位，也能靈活應對，與長者自然溝通，展現出難得的用心與成熟。同學們在不同計劃中均憑藉恒心與誠意，將溫度和力量注入每一個細節之中，這種樸實卻深刻的态度，正是最動人的地方，也是最值得珍視的精神。

當年自己在屯天校園中所感受到的精神與價值，如今在師弟師妹的身上得以延續與昇華，這讓我感到無比欣慰與自豪。他們的成長並非一蹴而就，而是源於師生一次次默默付出與團隊合作的累積。作為校友，能夠見證並支持這段成長旅程，是一種難得且珍貴的經歷，也讓我更加堅信，屯門天主教中學這份深厚的精神傳承，將會繼續延展下去。

校友 葉家維 香港青年協會 發展幹事



*“Over the past seven years, partnering with Tuen Mun Catholic Secondary School has been deeply meaningful. From the early community studio to the annual S1 visits, students explored community resources and built future-ready skills beyond academics. As an alumnus and development officer, I've watched younger schoolmates evolve—from mild curiosity to active, self-driven participation—publishing ‘Elder Voice I’ and ‘Elder Voice II’ and launching the innovative ‘Elder-Youth AI Wedding Photography’ project.*

They not only mastered new digital tools but engaged elders with sincerity, embraced challenges, and sought growth. I see Tuenteenian's core values—truth, modesty, constancy, sincerity—firmly rooted in them. Even S1 students adapted to production roles and communicated naturally with elders.

Their steady commitment infused warmth and strength into every detail—quiet but profound, the most moving and precious spirit. The spirit and values I once felt on campus live on in them. Their growth comes from the steady accumulation of teacher-student dedication and teamwork. To witness and support this journey is a rare privilege, and it convinces me that TMCSS's rich heritage will continue to flourish.”

— Alumnus Yip Ka Wai, Development Officer, HKFYG

# 「感創敢為3.0」 - 青年社會創新服務獎銅獎

## “Youth Impact Award 3.0” — Bronze Award, Youth Social Innovation Service

本校建立了情緒支援聊天機械人，為青少年提供安全、私密的傾訴空間，全天候陪伴並紓緩情緒壓力。感謝徐小麗副校長的指導。以下是獲獎學生的分享：

Our school built an emotional-support chatbot to offer youth a safe, private space to share, providing 24/7 companionship and stress relief. Thanks to Vice Principal Ms. Tsui Siu Lai's guidance. Below are the awardee reflections:

余穎妍 6D12

我們向同學介紹了使用 AI 工具來抒發情緒，看到大家勇於嘗試，並在我們設計的情景題中獲得快樂，讓我感到非常滿足。  
更令人欣喜的是，有同學表示在活動初體驗後，未來會繼續使用 AI 工具來管理情緒，這也代表我們成功達成了活動的目的。

Yu Wing Yin 6D12

“We introduced AI tools for emotional expression. Seeing classmates bravely try them, and finding joy in the scenarios we designed, was so fulfilling. Some said they'd keep using AI to manage emotions—showing we achieved our goal.”

吳思瑩 4B07

在這一個比賽中，我更加學得明白團隊合作的重要性，每位隊員盡忠職守，共同朝着一個方向前行。我們亦在這個比賽中學懂了很多，也認識了很多在身邊幫助我們完成此次比賽的人，我們四個亦在這次比賽中增進了感情，很感恩在這個過程中遇到的所有人。我也在這個比賽中學懂了現今世代AI工具的趨勢，學懂了如何利用AI工具服務他人亦服務自己！

Ng Sze Ying, 4B07

“This competition taught me the importance of teamwork: each member faithful to their role, moving together with one goal. We learned so much and met many helpers along the way. The four of us also grew closer—so grateful for everyone we met. I also learned about trends in AI tools and how to use them to serve others and ourselves!”



# 「感創敢為3.0」 - 青年社會創新服務獎銅獎 "Youth Impact Award 3.0" — Bronze Award, Youth Social Innovation Service

梁佩欣 6B07

AI在這次project中不只是工具，更像一座橋樑。它幫助同學把情緒說出來，讓大家更快理解彼此的需要。當有人心情低落或感到壓力時，AI會提供安慰的話語，提醒大家用深呼吸或寫下心情來舒緩情緒。這也鼓勵同學主動伸出援手，互相支持。透過AI的引導，我們不僅學會照顧自己，也更懂得關心他人，讓團隊氛圍更溫暖、更團結。

Leung Pui Yan, 6B07

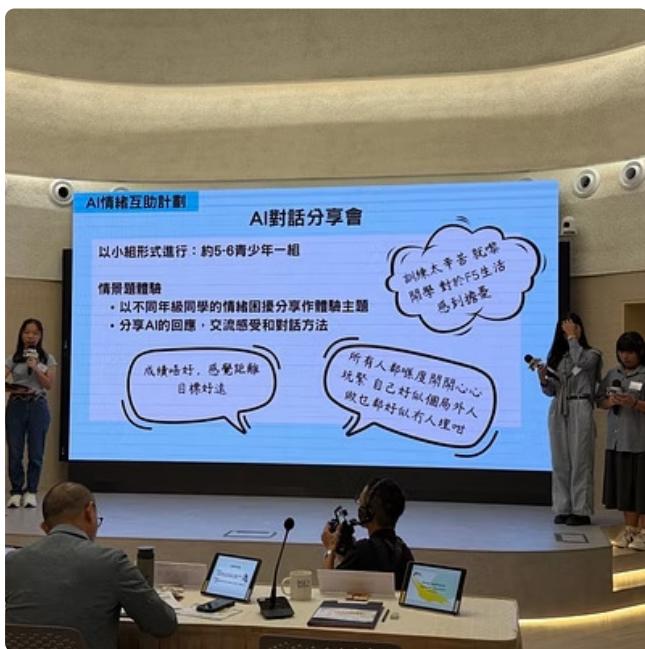
"In this project, AI wasn't just a tool—it was a bridge. It helped classmates voice emotions and understand each other's needs faster. When someone felt low or stressed, AI offered comforting words and suggested deep breathing or journaling. It encouraged us to reach out and support one another. Guided by AI, we learned to care for ourselves and others, making our team warmer and more united."

王心妍 4B10

即使AI在現今世代很流行，有很多青少年只會把AI用於學業上，例如提問不懂的問題，卻沒有想過用於抒發情緒上。而當我們舉辦多次小型工作坊來教導他們用AI抒發情緒後，看到自己的想法設計的活動能幫到他們時，我的心中充滿了成就感，也對於這件事感到無比高興。

Wong Sum Yin, 4B10

"Although AI is popular today, many teens only use it for academics, not emotional expression. After we ran small workshops to teach AI for emotional release, seeing our ideas truly help others filled me with achievement and joy."



# AI 打造屬於自己的模擬面試官 Building Your Own AI Mock Interviewer

為協助學生提早適應大學面試情境、提升自我表達能力，本校於本學年引入AI智能體「豆包」作為模擬面試訓練工具。多位參與「學校推薦直接錄取計劃」(SNDAS) 的同學積極使用該工具，並於面試準備過程中獲得顯著成效。以下整理同學之具體回饋，展現AI輔助工具在生涯規劃中的應用價值。 石健良老師

To help students acclimate early to university interview settings and improve self-expression, our school introduced the Doubao AI agent for mock interviews this year. Many SNDAS participants used it actively and reported strong results. Mr. Shek Kin Leung



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## 提升面試技巧與回應質量

6A 徐逸熙：

「模擬面試幫助我精煉回答內容，反饋指出我忽略的不足之處。計時練習與回放功能使我回應更簡潔，敘事更清晰，並學會用量化成果加強說服力。整體而言，此工具不可或缺，大幅提升我的信心與表現。」

6A 賴穎瑤：

「豆包在回答後即時給予文法、內容及結構組織上的反饋。我們可主動提出想改進之處，豆包亦能針對性指導。多角度的提問讓我全面準備，解決缺乏練習機會的困難。」

### Stronger interview skills and responses

6A Tsui Yat Hei Elvan: "The mock interview helped me refine responses and revealed blind spots. Timed practice and replay made me more concise and clear, and I learned to use quantified results to persuade. It was indispensable—greatly boosting confidence and performance."

6A Lai Yingyao: "Doubao gives instant feedback on grammar, content, and structure. We can request targeted help, and it guides accordingly. Multi-angled questions helped me prepare comprehensively and overcome limited practice opportunities."

02

## 針對專業面試的深度輔助

6A 黎睿邦：

「此工具針對跨學科整合、批判思維等課程核心設計問題，提供策略指引與真實案例分析建議，幫助我構建突出答案。文件優化功能在保留個人想法的同時，使陳述更專業精煉。互動問答與情境模擬讓我更自信地連結技術與商業應用，展現個人優勢。」

### Deeper support for professional interviews

6A Li Ruibang: "It poses core, cross-disciplinary questions on integration and critical thinking, offering strategic guidance and real-case analysis. Document polishing keeps my ideas while making statements more professional and concise. Interactive Q&A and simulations helped me link technology with business applications and show my strengths."

# 模擬真實情境與自主練習 Simulated real-world scenarios and self-directed practice



01

6B 夏盈盈：

「語音功能模擬真實面試，我能針對弱點加強訓練，同時練習英語口語。建議可加入大學學系資料，讓學生按心儀專業進行針對性面試練習。」

6B Xia Ying Ying: "The voice feature simulates real interviews. I could target weaknesses while practicing spoken English. Suggestion: include department info for program-specific practice."

02

6C 盧煦欣：

「透過錄音形式單對單練習，無需老師指導也能持續訓練面試技巧，反覆加強練習，有效提升自信心。」

6C Lo Hui Yan: "With voice-recorded, one-to-one practice, I could train continuously without a teacher, repeating drills to build confidence."

03

6A 馮元鵬：

「使用豆包能幫助我提前適應面試環境與問題，例如針對大學課程與未來職業的提問。完成回答後，它提供更優質的參考答案與技巧，讓我準備更充分。」

6A Feng Yuen Pang: "Doubao helped me adapt early to interview environments and typical questions, e.g., about programs and careers. It then offered stronger sample answers and tips after my responses."

AI智能體如「豆包」不僅是面試準備的工具，更是推動學生意涯探索的有效媒介。從SNDAS同學的正面回饋可見，結合科技與生涯指導，能助力學生在自信、表達與目標規劃上獲得更早與更全面的發展。

AI agents like Doubao are not only tools for interview prep; they are effective mediums for career exploration. From SNDAS feedback, we see that blending technology with guidance accelerates growth in confidence, expression, and goal-setting.

# 國家科學院院士訪校：科創大講堂 Science and Technology Innovation Lecture

本校有幸邀得中國科學院祝世寧教授與中五級學生分享「信息科學與現代技術的前沿」。祝教授透過光學和照相概念啟發同學思考現代科技發展歷程。祝教授更樂意回答同學即場提問，給予指導。祝教授對屯天學生的好學探究精神十分讚賞。



Our school was privileged to invite Professor Zhu Shining from the Chinese Academy of Sciences to share insights on “Frontiers of Information Science and Modern Technology” with Form 5 students.

Professor Zhu inspired students to reflect on the evolution of modern technology by drawing on concepts from optics and photography, and he also graciously answered students' on-the-spot questions and provided them with guidance.

# 教師專業發展交流活動：世界教育前沿論壇

## Teacher Professional Development and Exchanges: World Education Frontier Forum

鄭淑華校長獲邀在第八屆世界教育前沿論壇作演講嘉賓。鄭校長以「愛」為核心的人本教育作為錨點，提出‘AI in values and values in action’的教育理念。在校長圓桌論壇上，與內地知名學府的校長交流推動AI教育的心得。



Principal Cheng was invited as a keynote speaker at the 8th World Education Frontier Forum. Anchoring her speech on humanistic education centered on “LOVE”, Principal Cheng put forward the educational philosophy of “AI in Values and Values in Action”. In a principals’ roundtable, she exchanged insights on advancing AI education with leaders from renowned mainland schools.

# AI賦能基礎教育高質量研討會

## AI-Enabled High-Quality Basic Education Seminar

本校教師團隊出席東莞AI賦能基礎教育高質量研討會與學者交流，並獲邀到東莞松山湖北區學校觀課，並與香港大學榮休教授程介明先生，及洋葱學園創辦人兼CEO 楊臨風先生有很好的交流。老師團隊期望透過交流活動，優化學校自主學習元素。

Our faculty team attended the seminar, observed classes at Songshan Lake North District School, and held fruitful exchanges with Prof. Cheng Kai-ming (HKU, Emeritus) and Mr. Yang Linfeng, founder and CEO of Onion Academy. The team aims to enrich self-directed learning through such exchanges.



# 自主學習公開課

## Open Lesson on Self-regulated Learning

由何世敏博士指導，中五級英文老師進行課堂設計，實踐自主學習的四學元素，於11月26日由賴志遠副校長進行公開課，教導5A班學生。全校老師參與觀課議課。賴副校長的課堂以學生為中心，讓學生有很多互學、共學的機會，並運用電子教學工具，共建課堂，為老師團隊作了優秀的示範。 Guided by Dr. Ho Sai Mun Stanley, our S5 English team designed a lesson implementing four elements of autonomous learning. On Nov 26, Vice Principal Mr. Lai Chi-yuen delivered a public lesson to Class 5A. All teachers observed and discussed. Centered on students, the lesson fostered peer learning and co-construction using e-learning tools—an excellent model for our faculty.



## 英國語文科老師獲邀到香港大學分享

本校英國語文科老師獲邀到香港大學與修讀教育碩士同學分享跨學科英語學習學校發展方向和經驗。

Teachers of the English Language Department were invited to the University of Hong Kong to share the school's development directions and experiences in Language across Curriculum with students pursuing in Master of Education.



# 過千人參加屯天資訊日

## Over a thousand people attended TMCSS Info Day

屯天資訊日已順利於11月28日及29日完成，第一天我們接待了六所區內小學的學生及家長，介紹了屯天近年的發展方向及參觀校園，亦設17個活動攤位及特別室展示不同領域的學習成果。第二天更舉辦了兩場入學講座，校園參觀及中英文模擬面試，接待了6百多個家庭約九百多人。講座講解學校理念：以「愛」為錨引領AI教育新里程，向家長及學生展示學校在人工智能時代下的嶄新教育願景。學校強調以「愛」作為AI教育的定錨點，致力培育學生具備「愛己」與「愛人」的情操，善用科技造福社會。

除講座外，家長即時訂閱學校Facebook及IG，可到家政室享用咖啡班同學即時調制的咖啡，並與家教會成員分享子女在屯天學習的情況。

徐小麗副校長

Our Information Days were successfully held on Nov 28–29. On Day 1, we welcomed students and parents from six local primary schools, sharing our recent developments and offering campus tours. We set up 17 activity booths and special rooms to showcase learning achievements across domains. On Day 2, we hosted two admission talks, tours, and Chinese/English mock interviews, receiving over 900 visitors from some 600 families. The talks presented our vision: anchoring AI education in “love,” and showed how we nurture “self-love” and “love of others,” using technology to serve society. Parents who instantly subscribed to our Facebook and IG enjoyed coffee prepared on the spot by F&N students in the Home Economics Room and chatted with PTA members about learning at TMCSS.Science and Technology Innovation Lecture.

Vice Principal Ms. Tsui Siu Lai



# 全運會義工體驗

## National Games Volunteering

由陳世昭助理副校長、楊文湛老師及體育科黃碧霞和我的帶領下，本校同學在11月14日完成全運會香港賽區義工服務，以下節錄同學回顧自己由報名、訓練到服務的心路歷程。

林澍暉老師

Under the guidance of Assistant Vice Principal Mr. Chan Sai Chiu, Mr. Yeung Man Cham, and PE teachers Ms. Wong Big Ha and I, our students completed their volunteer service at the Hong Kong zone of the National Games on November 14. Below are excerpts from students reflecting on their journey from registration and training to service.

Mr. Lam Shue Fai



這次義工體驗給我帶來愉快的回憶，其中遇到的人更令我體會到，全運會各職員為比賽作出的努力，及到場義工無私的奉獻。首先，場內設有娛樂攤位，各攤主都盡守其職，熱情地邀請我們參與，有扭氣球、書籤製作、紋身貼紙等，為遠赴而來觀賞賽事的人提供休息之處之餘，亦帶給我們歡樂，積極地帶動全運會熱鬧的氣氛。負責帶領我們參與義工服務的工作人員，很詳細地為我們解說場內的規則，安排我們的體驗流程等，為讓我們更了解全運會。其次，當天是星期五，為工作天，仍有不少人請假到場參與義工服務，為全運會出一分力，這種不求回報、無私奉獻的精神，值得我們學習及欣賞。 —5A 梁勵盈

“This volunteer experience gave me joyful memories and a deeper appreciation for the dedication of all National Games staff and the selfless service of volunteers. Inside the venue, there were entertainment booths—balloon twisting, bookmark making, temporary tattoos—run by enthusiastic hosts who invited us to join in. They offered rest and fun for visiting spectators and energized the atmosphere. The staff who led our service carefully explained venue rules and arranged our activities so we could better understand the National Games. It was a workday Friday, yet many people still took leave to volunteer. Their spirit of giving without seeking reward is truly admirable and worth learning from.” — 5A Leung Lai Ying

參與全運會義工，讓我收穫滿滿。賽前籌備、體驗了不同高爾夫體驗遊戲，我嘗試了責任與擔當。近距離見證高爾夫運動員的拼搏堅韌，深切體會到體育精神的力量。和來自各班同學並肩協作，收穫了溫暖友誼與高效配合的能力。讓我感受到奉獻的價值，更因親歷盛會、見證國家體育發展而自豪。 —5D 林卓熹

“Volunteering at the National Games was immensely rewarding. During pre-event preparations, I tried different golf-themed activities and learned responsibility and accountability. Watching golfers up close, I truly felt the power of sportsmanship in their grit and perseverance. Collaborating with classmates from different forms, I gained warm friendships and effective teamwork. I came to appreciate the value of service and felt proud to witness our nation’s sports development firsthand.” — 5D Lin Zhuo Xi

首先，進行活動的場地是我首次去的，從來沒有去參觀過任何哥爾夫球比賽或者場地，能夠親身去到哥爾夫球場，我感到震驚，因為沒有想過香港會有如此大的地方能進行這些運動。在觀賞比賽的時候，我看到很多義工一直很努力，默默舉牌，即使非常熱也沒有怨言，而且也很積極的指導其他人員去不同地方。我覺得很有愛，大家都很熱心，很有運動精神，甚至會為了做義工放棄了工作時間，這是非常之難以想像的！我也對高爾夫球有了些了解，也從來不知道原來打球前需要全體靜音，這個運動很新奇也很有趣，我會多留意！整體上我學識了新運動，責任心，以及擴闊了對運動嘅眼界。 — 5C 江卓妍

“It was my first time at this venue—I had never visited a golf course or watched a golf match. Seeing such a vast space for sport in Hong Kong amazed me. While observing the competition, I noticed many volunteers working hard, quietly holding up signs even in the heat without complaint, and actively guiding others around the grounds. The warmth and enthusiasm were palpable—true sporting spirit. Some even gave up work time to volunteer; that's incredible! I also learned that everyone must keep completely silent before a shot—something I never knew. Golf felt novel and interesting, and I'll pay more attention to it. Overall, I discovered a new sport, strengthened my sense of responsibility, and broadened my view of athletics.” — 5C Kong Cheuk Yin

在這次活動中，我提到做義工的辛苦，在高爾夫球的比賽中，義工需要舉起‘安靜’的牌子，全場都要靜下來，讓我認識到義工需要巨大的毅力，站在門口的義工要為進來觀看者及參賽者指引路線，在陽光普照的天氣下，不怕辛苦去服務所有人，讓我十分佩服。 —5D 吳文嫻



“This activity showed me how demanding volunteering can be. During the golf competition, volunteers had to hold up ‘Quiet’ signs so the entire venue would fall silent. I realized how much perseverance that requires. Volunteers at the entrance guided spectators and athletes to the right places and kept at it under the sun. Their tireless service really impressed me.” — 5D Ng Man Yin

# 中三級同學觀賞全運會欖球賽事

## S3 Rugby Spectating at the National Games

由本校中二級陳穎雪、陳諾琳、王千甄、庾心悅、鄭迦晴及王煒楨同學設計，以全運會香港賽區為主題的體育科壁報板安置在地下更衣室外走廊，上面更貼有學生義工參與全運的感言，盡顯全校參與的精神。

本校同學亦在11月12日在啟德現場觀看全運會欖球比賽，現場支持香港隊，大會提供了每位同學一包紀念福袋，同學滿載而歸。

感謝當日帶隊老師，包括黃碧霞老師、林澍暉老師、劉美玲老師、梁偉文老師、梁景恆老師、樊兆聰老師、熊偉靖老師和許章耀老師。  
林澍暉老師



Designed by our S2 students Chan Wing Suet, Chan Nok Lam, Wong Chin-jan, Yu Sum Yuet Agnes, Cheng Ka Ching, and Wong Wai Ching, a PE bulletin board themed on the National Games (Hong Kong zone) has been installed in the ground-floor corridor outside the changing rooms. It also features reflections from our student volunteers, showcasing our whole-school spirit of participation.

Our students also attended the National Games rugby matches at Kai Tak on November 12 to cheer for Team Hong Kong. Each student received a commemorative gift bag from the organizers and returned with great memories. Thanks to teachers who led the outing, included Ms. Wong Big Ha, Mr. Lam Shue Fai, Ms. Lau Mei Ling, Mr. Leung Wai Man, Mr. Leung King Hang, Mr. Fan Siu Chung, Mr. Hung Wai Ching, and Mr. Hui Cheung Yiu.

Mr. Lam Shue Fai

# 全運會書展

## National Games Themed Book Fair



體育科、閱讀計劃組及公民教育組合作，感謝負責老師包括黃碧霞老師、呂君彥老師、楊文湛老師和林澍暉老師，在11月舉辦全運會主題書展，同學閱讀後完成感想，以下是部分同學感想：

Jointly organized by PE, Reading Program, and Civic Education (thanks to teachers: Ms. Wong Big Ha, Mr. Lui Kwan Yin, Mr. Yeung Man Cham, and Mr. Lam Shue Fai), the November fair invited students to read and submit reflections. Selected reflections:

### 3A23 劉錦杰 《逆風而上》——李麗珊

《逆風而行》中李麗珊的故事，充滿了打動人心的力量。身為香港奧運首金得主，她用拼搏鑄就了許多榮譽。李麗珊自幼家境清貧，卻憑藉堅韌意志踏上帆板。歐洲集訓時睡沙灘、省吃儉用，負傷參賽時強忍劇痛不放棄，這份堅毅讓她在逆風賽場實現逆轉。她時時刻刻記得代表香港出征的責任，用「香港運動員不是垃圾」的吶喊，源自於對國民身分的認同與驕傲。背後有舅舅的指導、叔叔的支持，還有異國華人的溫暖相助，團結的力量是她前進的重要支撐。李麗珊的經歷告訴我們，平凡人也能靠勤勞與堅守成就非凡。她的故事不僅是一段追夢傳奇，更凝聚起認同與奮進的力量，值得我們永遠學習。

### 3A23 Liu Kam Kit — “Against the Wind: Lee Lai Shan”

Lee Lai Shan's journey is profoundly inspiring. Hong Kong's first Olympic gold medalist, she forged honors through grit. From a modest background to European training on beaches with frugality, and competing injured with steely resolve, she reversed headwinds on the water. Always mindful of representing Hong Kong, her outcry—“Hong Kong athletes are not trash”—flowed from identity and pride. With mentors and the overseas Chinese community supporting her, unity powered her ascent. Her story shows that ordinary people can achieve the extraordinary through diligence and perseverance.

### 3A25 吳文浩 《赤道上的金牌》

蘇樺偉的經歷令人動容。身患痙攣卻執著於田徑之路，他以汗水詮釋「赤道」的熾熱，憑堅毅奪得殘奧金牌。困境未阻其追夢腳步，熱愛與堅持成為突破局限的力量。這本書傳達的不屈精神，既讓人看見生命的韌性，也給予困境中前行的勇氣與動力。

### 3A25 Ng Man Ho — “Gold on the Equator”

So Wa Wai's path moves the heart. Living with spasticity yet steadfast in athletics, he turned the equator's heat into sweat-fueled resolve and won Paralympic gold. Obstacles never halted his dreams. Love and persistence became the strength that breaks limits. The book's unyielding spirit reveals life's resilience and gives courage to those pressing on through hardship.

# 全運會延伸閱讀

## National Games Themed Book Fair

### 3D12 黃詰恩 《創造傳奇一刻》

這本書我認識2009年香港舉行的東亞運動會，當中的口號、吉祥物、火炬等設計。香港怎樣推廣這個運動會，各界期待運動會的到來。書中詳細列出運動會的比賽項目並配上圖片，記錄了每個精彩時刻，也報道了運動員背後默默努力的人，讓我深受感動。

### 3D12 Wong Kit Yan — “Creating a Legendary Moment”

I learned about the 2009 East Asian Games hosted in Hong Kong—its slogan, mascot, and torch design. The book shows how Hong Kong promoted the Games, the city's anticipation, and details events with images, recording highlights and the unsung efforts behind athletes. It was deeply moving.

### 3D22 李沛恒 《1000個奧運冠軍》

讀這篇關於劉翔的體育人物故事，我深感震撼。他從練習跳高轉練跨欄，以12秒88打破世界紀錄，成為中國田徑傳奇。他的拼搏與突破，展現了體育精神的力量，也讓世界看到中國運動員的風采，是值得銘記的時代榜樣。

### 3D22 Li Pei Heng — “1,000 Olympic Champions”

Reading about Liu Xiang left me in awe. Switching from high jump to hurdles, he set a 12.88 world record and became a legend of Chinese track and field. His struggle and breakthroughs embody the power of sport and showcased Chinese athletes to the world—a model for the times.



# 中五級公民科內地考察

## F.5 Liberal Studies Mainland Study Tour



本校中五級同學及老師到內地虎門及南沙進交流考察，同學分別到鴉片戰爭館、廣東東江縱隊紀念館及南沙區劃展覽館參觀，了解國家歷史及於戰爭中為國家犧牲與付出的英雄事蹟；亦有機會了解中國近代發展的進程。



此外，第二天同學到一間熱電廠及廢物回收中心進行考察，了解國家能源發展及環保工作的推行。最後，同學探訪當地一個農場，了解農產品生產過程，並親身體驗包裝蔬菜。旅程讓學生認識國家歷史及了解國情發展，並通過「體驗學習」與課程聯繫，增進知識。

F.5 students and teachers embarked on an exchange and study tour to Humen and Nansha in the Mainland. Our students visited the Opium War Museum, the Guangdong Dongjiang Column Memorial Hall, and the Nansha District Planning Exhibition Hall, where they gained insights into national history and the heroic deeds of those who sacrificed for the country during wars, as well as the progress of China's modern development.



On the second day, the students conducted on-site inspections at a thermal power plant and a waste recycling center, learning about the country's energy development and the implementation of environmental protection initiatives. Finally, they visited a local farm, understanding the production process of agricultural products and personally experiencing vegetable packaging. This journey enabled students to deepen their understanding of national history and current development, integrating "experiential learning" with the curriculum to enhance their knowledge.



# 香山文化經濟考察之旅

## Xiangshan Culture and Economy Study Tour

感謝楊晞喆老師統籌，並推薦了本校6位中一的同學：張梓煊1D、曾崧茵1B、曹心悠1B、吳梓謙1A、劉佳怡1B、關學明1A，在11月7至9日參加了由「手把手在世界」及「民政及青年事務局」舉辦的香山文化經濟考察之旅。交流團的目的是讓同學透過走訪廣東省中山市，強化他們對國家歷史、民族、文化的掌握，特別是國父孫中山先生有關的歷史事蹟。 Thanks to Mr. Yeung's coordination, six S1 students, Cheung Tsz Suen 1D, Tsang Sung Yan 1B, Cho Sum Yau 1B, Ng Tsz Him 1A, Lau Kai Yi 1B, Kwan Hok Ming 1A, joined the "Hand-in-Hand to the World" and "Home and Youth Affairs Bureau" Xiangshan Cultural-Economic Tour (November 7-9), visiting Zhongshan, Guangdong, with a special focus on Dr. Sun Yat-sen's legacy.



## Farm Lab 收割日 Harvest Day

本校推動 Farmunity Project，目的讓同學對以科技栽種農作物、社區關懷和企業營運概念有初步認識。本學年第一季度收割已順利完成。一批一批羽衣甘藍由學生親自收割，體驗學習成果。感謝林柏麟老師指導。



Through our Farmunity Project, students learn tech-enabled agriculture, community care, and enterprise basics. Our first-quarter harvest was a success. Students hand-harvested batches of kale, experiencing the fruits of learning by doing. Thanks to Mr. Lam Pak Lun's guidance.

# 76周年國慶中秋攝影及歷史網上問答比賽

## 76th National Day + Mid-Autumn Festival Photography and History Online Quiz

感謝楊晞喆老師統籌，加上楊文湛老師的協助，促成《憲法》及《基本法》學生校園大使、中史科、公民教育組合辦「76周年國慶中秋攝影及歷史網上問答比賽」，目的是以學生身處社區為基礎，藉中秋佳節和國慶提升同學對國家和中華文化的認識及歸屬感。加上師生齊參與，營造全校參與的國民身份認同氛圍。

活動在11月17日時已進行頒獎，學生組及教師組得獎名單如下：



學生組：Student Group:

冠軍Champion：6C高子涵 Gao Tsz Ham Kitty  
亞軍 1st Runner-up：6C楊穎芯 Yang Yingxin  
季軍2nd Runner-up：2D胡善雅 Wu Sin Nga



老師組：Teacher Group:

冠軍Champion：樊兆聰老師 Mr. Fan Siu Chung  
亞軍1st Runner-up：李見娣老師 Ms. Lee Kin Tai  
季軍2nd Runner-up：呂君彥老師 Mr. Lui Kwan Yin



With heartfelt thanks to Mr. Yeung Hei Chit for overall coordination and to Mr. Yeung Man Cham for support, our Constitution and Basic Law Student Ambassadors, the Chinese History Panel, and the Civic Education Team co-organized the "76th National Day + Mid-Autumn Photography and History Online Quiz." The event aimed to deepen students' understanding of the nation and Chinese culture, and to strengthen their sense of belonging, by engaging them in activities rooted in their local communities during Mid-Autumn and National Day. With enthusiastic participation from both teachers and students, we fostered a whole-school atmosphere of national identity.

# 「我眼中的立法會選舉」

## “My View of the Legislative Council Election”

12月7日是香港特別行政區2025年立法會換屆選舉。公民教育組舉辦了學習活動「我眼中的立法會選舉」，鼓勵同學關心選舉、積極觀察和留意社區。活動由李見娣老師及楊文湛老師負責。感謝校務處陳小姐和工友們協助校園佈置。

December 7 marked the 2025 HKSAR LegCo general election. The Civic Education Team ran “My View of the LegCo Election,” encouraging students to observe the community and engage civically. Led by Ms. Lee Kin-tai and Mr. Yeung Man Cham, with campus setup support from Ms. Chan (General Office) and our janitors.

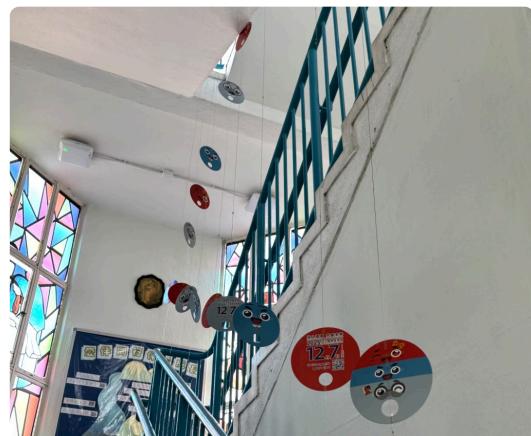
**學生分享「立法會選舉對我們的重要性」 “Why the LegCo election matters to us”**



第一，制定法律。立法會是香港的立法機關，負責制定、修改或廢除法律。這些法律直接影響市民生活的各個層面，從公共秩序到商業運作，都需要立法會審議通過。

第二，審批公共開支和稅收。立法會具有審批政府財政預算案和公共開支的職能。議員們會審視政府的開支計劃，確保公帑用得其所，公平、有效率地運用在醫療、教育、基建等與市民福祉息息相關的領域。 6C梁詩欣 Leung Sze Yan

1. Lawmaking: LegCo legislates, amends, and repeals laws shaping public life from order to commerce.
2. Public finance and taxation: LegCo approves budgets and spending, ensuring resources are used fairly and efficiently in healthcare, education, infrastructure, and more.



我認為立法會選舉的重要性在於體現了本港的民主制度與人人參與政治活動的特色。選民可將自己的一票投給代表他意見的黨派或者獲選人，議員可在立法會中為民發聲。同時投票的過程是一種政治參與，廣大市民可以切身感受到議會與他們的關聯性。立法會選舉一方面可以提升社會凝聚力(人人參與，人人熱愛這個社會)，另一方面當選的議員在立法會中促使政府推出更多利民政策和提升社會福祉，改善社會治理與人民生活水平。讓我們同「投入選舉，共創未來」！ 4A胡漢林 Hu Harry

“The LegCo election reflects Hong Kong's system and broad participation. Voters cast ballots for those who represent their views; legislators speak for the people. Voting is civic engagement that connects citizens to the legislature. Elections can strengthen social cohesion and encourage people to love the community. Elected members can spur people-focused policies and public well-being, improving governance and quality of life. Let's 'engage in the election and create the future together'!”

# 《憲法》及《基本法》學生校園大使委任禮

## Constitution & Basic Law Student Ambassadors

本學年《憲法》及《基本法》學生校園大使在11月17日早會舉行了委任禮，他們是學校推動國民教育活動的領袖學生。在12月4日「國家憲法日」，大使們將會一連兩日在午膳時間舉辦攤位活動，推廣《憲法》和《基本法》知識。感謝學會負責老師張漢屏老師、李見娣老師和楊文湛老師。

At morning assembly on Nov 17, our Ambassadors were appointed. They lead national education on campus. On National Constitution Day (Dec 4), they hosted lunchtime booths over two days to promote knowledge of the Constitution and the Basic Law. Thanks to Advisors Mr. Cheung Hon Ping, Ms. Lee Kin Tai, and Mr. Yeung Man Cham.



## 體育專項介紹：屯天劍擊隊

### Sport Focus: TMCSS Fencing Team

本校劍擊隊自2008年成立，是區內早期成立劍擊隊的學校之一，一直推廣劍擊運動，培育學生體能、專注力及堅毅精神。屯天劍擊隊設有花劍、重劍及佩劍項目，發展全面，在校外比賽屢獲佳績，近年獲得的獎項包括新界區中學校際劍擊比賽女子重劍丙組季軍、隊際外展花劍比賽季軍等，亦在友校邀請賽奪多項獎項。劍擊隊不僅重視技術提升，亦著重品格培育，劍擊訓練講求禮儀，能夠讓學生學會自律、培養自信與尊重他人。

王灝顥老師

Founded in 2008, our fencing team—among the district's early pioneers—promotes the sport while cultivating fitness, focus, and resilience. With foil, epee, and sabre squads, we've achieved strong results: recent medals include New Territories Inter-school Girls' Epee (C Grade) 3rd place, Outreach Team Foil 3rd, and multiple invitational titles. Beyond technique, we emphasize character: fencing etiquette nurtures self-discipline, confidence, and respect.

Mr. Wong Ho Jun Kelvin



# 屯天劍擊隊獎項 Awards of Fencing Team

聖芳濟各書院主辦 2025-2026中學劍擊邀請賽 St. Francis Xavier's College 2025–2026 Inter-School Fencing Invitational

團體賽獎項：

重劍團體混合組亞軍 4D黃浩樺、4B包晗、4A陳家豪、3C蔣嘉麒

重劍團體混合組季軍 5C劉熙瓊、4C陳柏宇、2B布珈朗、4A許佳卉

Team Awards:

- Mixed Epee Team 1st Runner-up: 4D Huang Haohua, 4B Bao Han, 4A Chan Ka Ho, 3C Jiang Jiaqi
- Mixed Epee Team 2nd Runner-up: 5C Lau Hei King, 4C Chen Baiyu, 2B Po Ka Long, 4A Xu Kai Wai



個人賽獎項：

初中女子重劍冠軍 1C談洛瑤

高中女子重劍冠軍 4C彭靖汶

高中女子重劍亞軍 5C劉熙瓊

初中男子重劍季軍 2B布珈朗

高中男子重劍冠軍 4C陳柏宇

高中男子重劍季軍 4A楊懷仁

Individual Awards:

- Junior Girls' Epee Champion: 1C Tam Macaria
- Senior Girls' Epee Champion: 4C Pang Ching Man Sherman
- Senior Girls' Epee 1st Runner-up: 5C Lau Hei King
- Junior Boys' Epee 2nd Runner-up: 2B Po Ka Long
- Senior Boys' Epee Champion: 4C Chen Baiyu
- Senior Boys' Epee 2nd Runner-up: 4A Yang Huai Ren

# 喜訊 Good News

## 校友成就



李逸峰校友擔任執行導演的作品《過年》於11月放映，榮休鮑副校、岑太、陳月瓊老師，鄭校長與徐副校一同到場恭賀李校友。

Alumnus Li Yat Fung's film "Crossing Years," for which he served as executive director, was screened in November. Retired Vice Principal Mr. Pau, Mrs. Shum, Ms. Chan Yuet King, Principal Cheng, and Vice Principal Tsui attended to congratulate him.

## 獎學金得主



5A 張智穎榮獲2025黃廷方獎學金。獎學金獎勵成績優異、品格端正學生。

Zhang Zhi Ying, 5A, was awarded the 2025 Ng Teng Fong Scholarship. The scholarship recognizes students with outstanding academic performance and exemplary moral character.



## 家長工作坊

11月10-12日 家長教師會舉辦手工香  
水工作坊，家長們享受其中。

November 10–12: The Parent-Teacher Association hosted a handmade perfume workshop, which parents thoroughly enjoyed.

# 祝願大家聖誕快樂！新年進步！滿有天主的恩寵與平安！

## 主佑！

Wishing everyone a Merry Christmas and a Happy New Year!  
May you be filled with God's grace and peace. God bless!



由石健良老師及阿謙設計。 Designed by Mr. Shek Kin Leung and Him.

# 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 students

比賽/活動 Competitions / Events	得獎者 Award winner	獎項 Award
《香港資優教育學苑》	劉楚翹	資優學員 (校長提名)
	周紫瑩、黃鈺喆、陳逸朗	資優學員 (學校提名)
	陳加森、胡漢林、胡尊	資優學員 (學校提名)
	梁勵盈、陳子朗、徐雋翹	資優學員 (學校提名)
	伍懷川、李沛恒	資優學員 (學校提名)
《香港中文大學英才科學院》 化學系課程	黃宇鍵、江進軒、李鑑	完成課程
《香港資優教育學苑》	雷紫晴、黃巧怡、許焯堯	天文學
網上資優課程	李沛恒、許佳卉、陳加森	〈Level 1-3〉
	陳泓希、蘇家棋、曾天豪	
	邵奕朗、鍾振燕、賴穎瑤	
	徐逸熙、王宗熙、楊梓軒	
	易銳、陳梓煥、郭雅晴	
	劉彥霆、李卓遜	
	陳逸朗、王姿曼、陳家豪	地球科學
	陳國樑、許俊熙、吳俊諺	〈Level 1-3〉
	姚旨翹、王希澄、高天恩	
	黃心兒、鍾展鵬、黃明傑	
	吳穎潼	

# 得獎學生名單 List of Award-winning students

比賽/活動 Competitions / Events	得獎者 Award winner	獎項 Award
《香港資優教育學苑》	王千甄、何諾琛、陳怡霏	古生物學
網上資優課程	周紫瑩、黃鈺喆、梁洁瑜 梁天晴、何秉諾、胡尊 梁悄然、丘悅	〈Level 1-3〉
	黎睿添、吳綺雯、陳梓樂	數學
	陳華康、林銘、祝子軒	〈Level 1-3〉
	伍家輝	
	楊瑋晴、黃浩宸、胡漢林	轉變中的香港經濟
	馮元鵬、羅寶欣、吳曉穎	〈Level 1-3〉
	鄧春華、黎睿邦、黃栢熙	
	趙凱彤	
中大賽馬會智為未來計劃	陳學友、陳潤德、陳彥康	銀獎
「AI Hackathon」	陳澤軒、鄭君灝、鄭泓 王友男	優異獎
《耆青留影 — 樂齡歲月	林美雋、傅俊耀、陳諾琳	榮獲嘉許狀
A.I.婚紗攝影》活動	陳慧思、林承浠、何卓桁 莊雅庭、李梓筠、梁文俊	
	鄭君灝、王友男、鄭泓	

# 得獎學生名單 List of Award-winning students

比賽/活動 Competitions / Events	得獎者 Award winner	獎項 Award
香港浸會大學領袖素質中心舉辦的「學生領袖訓練及品格培育計劃2025」	葉子瑜、陳興盛、陳浩彬	Certificate of Merit
文學之星「中國中學生作文大賽（香港賽區）」	姚姿羽	銅獎
	郭美杉、李雨萌、陳怡霏、傅敏思	優異獎
“制服及青少年團隊烹飪邀請賽之「贛味全情六十載，匠心聚膳少年志」”	吳穎潼、方詩嵐、高平樂	冠軍
宗教知識問答比賽	1D	中一級冠軍
	1B	中一級亞軍
	2C、2D	中二級冠軍
	2A	中二級亞軍
班際數學比賽	1D	中一級冠軍
	1A	中一級亞軍
	2D	中二級冠軍
	2B	中二級亞軍
	3A、3C	中三級冠軍
	3D	中三級亞軍
	4A	中四級冠軍
	4C	中四級亞軍

# 得獎學生名單 List of Award-winning students

比賽/活動 Competitions / Events	得獎者 Award winner	獎項 Award
25-26社際足球比賽	謙社 張柏維、李霖、李勁男	冠軍
	余在、周梓俊、鄭子朗	
	蔣京瑋、陳嘉熙、郭峻熙	
	周加晉、崔銘晉、曾延熙	
	謝汶羲	
	誠社 譚梓杰、嘉文龍、洪天宇	亞軍
	王宗熙、姚子翔、顧思齊	
	林栢宇、駱晨軒、唐綽廷	
	郭焯堯	
	謙社 蔣京瑋	最佳守門員
	誠社 王宗熙	最佳神射手