



保良局百周年李兆忠紀念中學

Po Leung Kuk Centenary Li Shiu Chung Memorial College

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校訊

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喜訊

本校喜獲保良局撥款八百萬元，資助本校興建新翼（見圖）。新翼內建有課室、演講室及特別室，建成後將大幅增加教學及活動空間，進一步提升本校的教學果效。

新翼



校長的話

本校教育卓有成效，屢有突破。學生不單學業成績優異，活動表現亦非常出色，中三級陳翹翹及中六級陳浩庭分別獲得全港及全新界傑出學生獎。多名優秀學生入選港

隊，代表香港出賽，包括泳隊黃以晴及李梓滔；中一級梁文滔、梁煥琳及劉曉晴往蘇州參加世界機械人大賽；中三級胡睿文和林俊穎同學的科學幻想畫獲選參加全國賽等。

學業成績方面，2008年度高級程度會考成績極為優異，優良（A-C）百分率高達65.4%，中文及英文科合格率保持多年來的100%，各科目合格率高達99.6%，為全港成績最佳學校之一。中學會考成績亦有優越的表現，英文合格率保持100%，數學及中文科合格率分別為99.5%及98.1%。多名學生更考獲提早入讀大學的尖子資格，本校亦列為全港最佳學校之一。自2002年大學推出尖子計劃以來，本校共有55名同學（見頁三）完成中六後直接升讀大學，成績斐然。多年來眾多畢業生均能入讀理想學系，包括醫科、精算、環球商業等最受歡迎的大學學系。（見背頁統計表）

本校教育質素能獲各界人士稱譽，除了有一群充滿熱忱的專業老師及員工，潛能極高的學生及不遺餘力支持學校的家長之外，亦與保良局及學校完善的管理有關。本校以「全人教育、多元發展」為願景，訂立目標及發展路向，編訂學校三年發展計劃，各科、組及師生齊心協力落實各項活動。2007至2010年度本校致力發展以下三方面：



提早入讀大學之中六生於畢業禮與主禮嘉賓林智中教授合照

1. 拔尖保底

透過全校參與模式，學校各科組推行多項措施、課程和活動，包括於各級個別班級推行小班分組教學，周六及假期舉行之輔助班提升學生的學術水平。學校亦為尖子開辦精英課程、奧數訓練班、英語辯論隊及領袖訓練課程等，讓有才華的學生，盡展潛能，發揮所長。

2. 計劃及推行新高中課程

本校新高中課程籌劃工作進展順利，並於九月初透過家長晚會公佈課程架構。通識教育科早於2006年中一級開設，現已推展至中三級。老師均積極參加有關科目的培訓工作。課室改善工程於暑假竣工，使本年度每班均有獨立課室上課。

3. 提高學生自律及自尊

本校校風純樸，要維持此優良傳統，有效提昇學生的自尊及自律至為重要。活動組、訓導組、輔導組、學生事務組和學務組等均策劃各種不同活動，如心連心計劃、領袖及紀律訓練營及體藝潛能發展計劃等，去讚賞及肯定學生的努力及成就，表揚高尚有禮的行為，提升學生的自尊感，喚醒學生自律守規的精神，攜手營造一個融洽有序的校園。



2007年度優異生於保良局屬下中學公開考試優異成績頒獎禮上與劉陳小寶校監、胡金燕行政總監及楊健忠教育總主任拍照留念



2008年度優異生與顏寶鈴校監、何志豪副校監、龐盧淑燕校董、胡金燕行政總監及楊健忠教育總主任拍照留念

大學收生成績最高的課程統計數字 (2006-2008)

學系	過去三年 (06-08) 入讀之學生數目	姓名	入讀大學	曾就讀小學
精算	12	陳智龍	香港中文大學	僑港伍氏宗親會伍時暢紀念學校下午校
		陳曉星	香港中文大學	保良局方王錦全小學
		陳家浚	香港大學	保良局志豪小學
		陳嘉文	香港大學	僑港伍氏宗親會伍時暢紀念學校上午校
		陳雨晴	香港中文大學	保良局莊啟程第二小學上午校
		鄭梓蔚	香港中文大學	僑港伍氏宗親會伍時暢紀念學校上午校
		蔡頌然	香港大學	保良局方王錦全小學
		徐奕鵬	香港大學	道教青松小學上午校
		樊浩峰	香港大學	保良局莊啟程第二小學上午校
		賴俊邦	香港中文大學	保良局梁周順琴小學上午校
		梁迪朗	香港中文大學	保良局方王錦全小學
		辛浚榮	香港大學	仁濟醫院羅陳楚思小學上午校
醫科	11	區子健	香港中文大學	保良局梁周順琴小學下午校
		陳展平	香港大學	屯門仁慈小學上午校
		陳莊重	香港中文大學	保良局莊啟程第二小學上午校
		陳頌妍	香港中文大學	保良局梁周順琴小學上午校
		向載思	香港大學	青山天主教小學上午校
		梁諾敏	香港大學	保良局莊啟程第二小學上午校
		陸俊華	香港大學	仁濟醫院羅陳楚思小學上午校
		吳偉健	香港中文大學	僑港伍氏宗親會伍時暢紀念學校上午校
		黃永鋒	香港中文大學	保良局莊啟程第二小學上午校
		丘瑋銘	香港大學	青山天主教小學上午校
		楊子穎	香港大學	保良局梁周順琴小學下午校
		陳 婧	香港中文大學	台山商會小學下午校
環球商業學	6	鄧文雯	香港中文大學	保良局志豪小學
		梁詠文	香港中文大學	屯門仁慈小學上午校
		盧冠鳴	香港科技大學	保良局志豪小學
		楊嘉敏	香港科技大學	保良局方王錦全小學
		葉志滔	香港科技大學	保良局梁周順琴小學下午校

保良局百周年李兆忠紀念中學歷屆尖子總表

中文姓名	入讀大學	入讀年份	學系	曾就讀小學
區子健	中文大學	2008	醫科	保良局梁周順琴小學下午校
歐陽逸軒	中文大學	2006	藥劑	保良局梁周順琴小學上午校
陳宇翔	中文大學	2004	心理	僑港伍氏宗親會伍時暢紀念學校下午校
陳智龍	中文大學	2006	保險、財務及精算學	僑港伍氏宗親會伍時暢紀念學校下午校
陳展芊	香港大學	2007	醫科	屯門仁慈小學上午校
陳 婧	中文大學	2007	環球商業學	台山商會小學下午校
陳莊重	中文大學	2007	醫科	保良局莊啟程第二小學上午校
陳韻妍	中文大學	2006	醫科	保良局梁周順琴小學上午校
陳浩庭	中文大學	2008	法律	保良局莊啟程第二小學上午校
陳家浚	香港大學	2008	精算	保良局志豪小學
陳嘉凝	中文大學	2004	藥劑	保良局志豪小學
陳毅鴻	香港大學	2003	土木工程	保良局梁周順琴小學上午校
陳佑軒	中文大學	2003	財務分析	保良局方王錦全小學
陳雨晴	中文大學	2008	保險、財務及精算學	保良局莊啟程第二小學上午校
周偉浩	香港大學	2003	醫科	僑港伍氏宗親會伍時暢紀念學校上午校
卓君頤	中文大學	2003	醫科	保良局梁周順琴小學上午校
張樂兒	中文大學	2008	日語學習	保良局梁周順琴小學上午校
張承忠	中文大學	2003	保險、財務及精算學	保良局梁周順琴小學上午校
張運賢	香港大學	2004	精算	保良局志豪小學
張綺明	香港大學	2003	醫科	道教青松小學下午校
蔡頌然	香港大學	2007	精算	保良局方王錦全小學
徐奕鵬	香港大學	2007	精算	道教青松小學上午校
鍾倩盈	中文大學	2007	計量金融	保良局方王錦全小學
鍾綺琪	中文大學	2002	藥劑	保良局志豪小學
樊浩峰	香港大學	2007	精算	保良局莊啟程第二小學上午校
霍梓楠	中文大學	2005	物理	保良局梁周順琴小學上午校
賴俊邦	中文大學	2006	保險、財務及精算學	保良局梁周順琴小學上午校
林 茵	香港大學	2002	歷史	保良局方王錦全小學
李祉瑩	香港大學	2002	資訊工程	保良局梁周順琴小學上午校
李祉融	中文大學	2006	語言學	保良局梁周順琴小學上午校
李錦妍	香港浸會大學	2002	傳理	保良局莊啟程第二小學上午校
李兆榮	中文大學	2006	電腦工程	保良局梁周順琴小學上午校
梁諾敏	香港大學	2008	醫科	保良局莊啟程第二小學上午校
梁迪朗	中文大學	2006	保險、財務及精算學	保良局方王錦全小學
李卓賢	香港大學	2005	社會科學	保良局梁周順琴小學下午校
李珮綸	香港大學	2007	工商管理(法律)	保良局梁周順琴小學上午校
羅梓偉	中文大學	2003	分子生物科技	僑港伍氏宗親會伍時暢紀念學校上午校
盧 銳	香港大學	2004	法律	屯門仁慈小學上午校
羅浩智	中文大學	2007	數學	保良局方王錦全小學
陸楚君	香港大學	2007	建築	青山天主教小學上午校
莫穎妍	中文大學	2005	會計	保良局志豪小學
吳非凡	香港大學	2003	生物	保良局莊啟程第二小學下午校
吳芷宜	中文大學	2005	醫科	保良局志豪小學
吳偉健	中文大學	2007	醫科	僑港伍氏宗親會伍時暢紀念學校上午校
蘇志祥	北京清華大學	2004	化學	屯門仁慈小學上午校
譚文俊	中文大學	2006	生物科技	保良局志豪小學
鄧智坤	中文大學	2002	心理	博愛醫院歷屆總理聯誼會鄭任安夫人學校
謝佩盈	中文大學	2008	會計	保良局志豪小學
蔡佩兒	中文大學	2002	商業管理	保良局志豪小學
王展鵬	中文大學	2007	工商管理(綜合)	屯門仁慈小學下午校
黃永鋒	中文大學	2008	醫科	保良局莊啟程第二小學上午校
楊嘉敏	香港科技大學	2006	環球商務	保良局方王錦全小學
葉志滔	香港科技大學	2008	環球商業學	保良局梁周順琴小學下午校
余展衡	中文大學	2007	會計	博愛醫院歷屆總理聯誼會鄭任安夫人學校
容偉傑	中文大學	2004	物理	保良局莊啟程第二小學下午校

ENGLISH is AWFUL

"ENGLISH is AWFUL". That was what I thought of English when I was promoted from primary school. In primary school my English results were not good and so when I started Form 1 at this school, I was pretty worried about my progress in English.

I was extremely anxious when I was sitting in the front for my first English lesson in secondary school. I was afraid that I would not understand what the teacher said.

Unexpectedly, the lesson was quite easy for me. Since then there have been many funny and meaningful activities in every English lesson; such as writing a letter to my English teacher's nephew overseas and creating a new ending for the story of The Young King. The most memorable lesson was when our English teacher told us she was coming to have dinner at our homes and we had to prepare a menu of the meal we would give her. There was one funny we all laughed to give her deep-fried turtles! It was so funny we all laughed and laughed. Our teacher cried with laughter.

I began to develop my interest in English from Form 1. The lessons were just so interesting. We all looked forward to them. I changed a lot in my attitude towards it in a year. Now I use English a lot in my daily conversations. At last I really want to say thank you to my English teachers.

Ho Ching Hsin (200)



We are the Champion! Children of Eden.

On Reading Circle

The Reading Circle is another form of active English Learning. It is called a circle because students sit around and talk about a book they have read. It began a number of years ago with F.1 students being led in discussion by F.6 students. It's a great way of cross communication between the 2 levels. This year the reading facilitators are F.3 students. For me the reading circle helped me develop my understanding of literature and my ability to talk about my feelings and thoughts. It offers an extra opportunity for us to practise more reading and speaking in a fun and relaxing way and get to know other students.

Yeung Sze Yan (7B)



Take your chance at Oscar Charade.

On Medley Musical

The musical medley in Form 2 was truly a great rewarding experience which widened my horizons! Other than learning how to run a musical, I gained more communication skills.

Musical practice was mostly enjoyable, but sometimes awful since numerous actors, actresses and backstage helpers took part in it. Most of them were absent at first; (it was not an easy job to gather them around), but as soon as the competition got closer, the practice atmosphere became tense. Although during the practice, I dealt with some tricky problems e.g. the new lyrics of songs, and the dancing steps, most of them were eventually tackled with the help of my reliable groupmates. The most unforgettable thing to me was that I lost voice after a lot-of-shouting-and-screaming and demanding practice. Luckily, I was able to 'gain' my voice the day before the competition.

In my opinion, this musical performance was totally groundbreaking as I had never tried it before. In the musical, I acted as the class teacher of 2F, and my courage and acting skills have improved. I even got a chance to know more about my classmates. I learnt that even if something seems impossible, it will eventually happen if we try our best. I hope I will get the chance to join a musical performance in the future!

Chan Megan Ho Ching (3C)



Taking a bow at Schools Drama Festival

On Book-sharing

I have learnt a lot from the book sharing but I think that book sharing itself not only brings benefits to the speakers, it is also a chance of interaction between the speaker and the audience. Through listening, an audience has the chance to practise their listening skills and thus know more about other's view points. So the book sharing session is good practice. One important thing for students is to know the true meaning of book sharing. We may ignore the common ending sentence, 'I highly recommend this book to all of you', but that sentence in fact is the most important part of the sharing because one of the major purposes of sharing a book is to persuade others to read that book. If one makes a great speech but doesn't persuade others to read the book, then one has failed. The audience, we can know that book is good and will try to find the book. I remember once in junior form, I borrowed 'Who moved my cheese' because of a student's recommendation. Up to this very moment the book is still helping me.

Sharing is something like passing the torch. We share because we really want to pass good things to others. In order to attract the audience and persuade them to read the book, we should bring in more elements to make the presentation colourful and attractive. In Form 3, I shared a book about Martin Luther King. I wanted to make an impression, so on stage, I hung up a photo of him, pretended to be him and spoke the words, 'I have a dream'. Although that seems to be a bit silly, I really hoped to try to make something different so that the audience would want to know the dream Martin Luther King had.

Au Chi Chun (6B)

On Debating

Throughout the last seven years in PLKCC, I have turned from a timid introvert, who was afraid to speak publicly, to a fluent English user, who can now master the language and express myself either verbally or in written form without any hesitation.

The Extensive Reading Scheme has helped me build up an excellent reading habit and I have become more mature in interpreting an issue from different perspectives. Being one of the organizing committee members of the annual Reading Fiesta has provided me with a valuable experience to co-operate with other people and hold an event totally using English. I have also had great improvement in my pronunciation and fluency through the Reading Aloud Scheme. My presentation and analytical skills have also developed, I must thank the debating team for hiring the coach of the Hong Kong Debating Team and the president of SAID, a debating society in Singapore, to run lessons for us. Not only have the internal activities helped me to improve my English, I have also had the opportunity through school to join lots of events outside such as the Hong Kong Parliamentary Debating Workshop, Sing Tao inter-school debating competition, International Herald Tribune Debating Challenge, and the Standard Chartered English Public Speaking Contest. Besides, my English teachers have encouraged me to take part in "Teen Power", an English program held by RTHK, to share my readings. All these events have enabled me to make a lot of new friends. Through interacting with the top students in Hong Kong or overseas, I realize I have much room for further improvement.

My achievements come with effort, and I am very grateful to my English teachers for their generosity in giving me so many opportunities to be exposed to an English environment.

Kenneth Cheung (7B)



OUR BEST ACTOR & ACTRESS ARE BORN!!!

Campus Newspaper – the Magic to improve our English



Have you ever thought of producing an English newspaper on your own? I got this invaluable chance when I was in Form Six. Guess what? It was our campus newspaper in the English version! When we were first introduced to this assignment, we all groaned. How could we write so many articles and organize them in a newspaper? Surprisingly, all of us received an unforgettable gift after the production of the campus newspaper! Don't you want to know what it is?

Just like the newspaper, the South China Morning Post, we presented our newspaper with two feature articles. At that time, the spotlight was

on the contest between Mr. Donald Tsang and the barrister Mr. Alan Leong Kar-Kit over the Chief Executive Election in 2007. We conducted an interview with Mr. Leong to give our readers a deeper understanding of why he engaged in the contest. Such an experience was challenging as we had to conduct the interview in English in front of a barrister in his chamber. The second feature was about a practitioner in the funeral business. Walking into those gloomy areas to take photographs was spine-chilling but we all valued the chance.

Before writing up the articles of these interesting interviews, we listened to the recordings to extract more valuable information and then we wrote the articles. We did lots of amendments and rendered insights into the articles. We also thought of many ideas to include in our newspaper so as to make it more reader-friendly. There were pages for sports, entertainment, and the cultures of other countries. During the process, we acquired skills in journalism.

After months of preparation, we finished the production with great success. The display of our newspaper in the hall won unexpected applause. Now do you know what our gift was? We have been rewarded with more confidence in using English thereafter.

Irene Hung Suet Ha
Year 1 LLB, HKU



Learning English

Time flies. Looking back on the past seven years of learning English in my alma mater, I am lucky to find that it was a fruitful one. Learning English is of utmost importance to further studies and future careers. This school has provided me with a lot of opportunities to polish up my English day by day, year after year.

Reading books is an effective way to learn English. Everybody knows this. Yet, other than the Extensive Reading Scheme in F.1 to F.3, our school provides far more interesting and diversified ways for us to learn English. Every year, we have a fun project to work on, from performing a self-directed drama in F.2 to creating a reading fiesta booth in F.4, from re-writing lyrics of songs of all kinds in F.4 to making our unique campus newspaper in F.6. All these not only help us develop interests in learning English, but also equip us with the essential leadership skills and communication skills leading us to the path of success in the future.

Among all the activities the school provides for us, English public speaking competitions should be the most impressive and effective one for me. Thanks to the efforts made by all our English teachers, I have joined 5 English public speaking competitions in my seven years of study here. By nurturing my potential in public speaking, I have become far more confident than when I was in primary school. Now, as a law student at the University of Hong Kong, I find this particular experience the most useful as I always have important speeches to give.

Now, I am proud to say that I got my English from Centenary Li Shiu Chung Memorial College. I am really proud that I have received the best English education in this school. I sincerely hope you can share what I got from it as well. Don't miss the chance!

Agnes Chan Sin Hang
Year 1 LLB, HKU

On Public Speaking

When I think back now, one of the most valuable learning experiences in secondary school was indeed English public speaking.

My first thought about English public speaking was, probably shared by many others, "Wow, I could never be that smart, calm, witty, entertaining, polished.... but it looks cool!" (And that was later proved to be true, I mean, BOTH the first and second part).

Indeed, what I got out of it was much more than "looking cool". As it was ENGLISH public speaking, needless to say, we basically needed to do everything in English: doing research with English books and newspapers, discussing with teachers and classmates in English, writing a "witty, entertaining and polished" speech in English, and last but not least, making an English speech in front of fellow schoolmates, and then, going in front of strangers in public. In this way, I have slowly, and inevitably, become a 'friend' of English.

Apart from getting used to speaking in public, I learned how to employ intriguing English vocabulary so as to make a humble, credible and believable (and thus lovable) speech. Through the process, I also developed trust in my ability to speak in English freely and fluently, for which I am grateful to this day.

If you want to polish up your English (and look cool), don't miss out on this opportunity. What you would get out of it is an asset which belongs to you for life and cannot be taken away.

Linda Chan On Ting
Year 4 LLB, HKU



現

數學精英

07-08年度6B陳家浚於2008年5月代表香港參加在美國舉行的2008全美數學精英聯賽（33rd American Regions Mathematics League 2008）。香港隊獲團體賽B組冠軍。

本校同學，學業成績優異，更在多項中國、亞洲區，以至國際比賽中表現傑出，屢獲殊榮。

香港泳隊代表

F.3A李梓滔（前排左一）於2007年8月代表香港參加在印尼雅加達舉行的「第五屆亞洲分齡游泳錦標賽」，共獲1金2銀2銅。是項比賽每兩年舉行一次，由香港業餘游泳總會負責挑選香港泳員代表參賽。



李梓滔

F.5B黃以晴於2008年5月代表香港到馬來西亞參加「馬來西亞公開游泳錦標賽」，參賽選手來自馬來西亞、印尼、新加坡、越南等國家。黃同學於50米及100米蝶泳分別獲得銅牌及第五名的佳績。

黃同學更於同年9月代表香港到廣東東莞參加2008-2009年度「粵、港、澳學界埠際游泳錦標賽」，與廣州、福建和澳門選手比賽。黃同學於4 × 50米自由泳接力獲得冠軍，50米自由泳及50米蝶泳獲得季軍。



黃以晴

香港奧數代表隊

F.1A戚詠雯及F.1B呂明康於2008年8月，以香港奧數代表隊身份，參加在湖北省舉行的「2008全國小學數學奧林匹克總決賽」，呂明康獲個人第二名，而戚詠雯獲得個人第三名。

同年10月參加在泰國清邁舉行的「2008國際初級數學邀請賽」，呂明康獲得個人金獎，而戚詠雯獲得個人銅獎。香港奧數隊更喜獲全場團體冠軍。



呂明康（右一）戚詠雯（右二）

中國女子數學奧林匹克

第7屆中國女子數學奧林匹克，於2008年10月13至18日假中國中山市中山紀念中學舉行，本校F.6B黃靜榮獲銅獎。



左一為黃靜同學

全國科學幻想畫

F.4C胡睿文所創作的「水底污染探測機械人」，以環保為主題，以電腦繪製立體圖像，表達水底的情況、機械人的探測功能和活動範圍，充滿幻想力。胡同學資料搜集充足，作品具有科學理論，合乎現實。胡作品中的燈光、材料、顏色和機械配搭合宜，結構簡潔而有力。

胡同學的作品獲得全中國少年科學幻想畫的亞軍，參賽者來自全中國三十一個省市。作品更獲得由美國主辦之「世界中學（K12）產品設計繪圖比賽」首六名優勝作品。參賽者來自美、英、南斯拉夫、星加坡、馬來西亞等地，胡同學的作品更是唯一打入六強的亞洲參賽繪圖。



水底污染探測機械人



校際比賽，成績豐碩

本校鼓勵學生積極參與地區性以至全港各類型的校際比賽，以啟發潛能、擴闊視野及個人社交網絡。本年度的成績非常卓越，部份全球、全國及全港性比賽冠軍撮錄如下：

1. 全校校際IT精英問答比賽——冠軍——曾偉津、陳昌堅、曾進智
2. 香港電腦奧林匹克競賽2008——初級組金獎及最佳年輕選手——曾進智
3. 全港學生演講比賽——預科組全港冠軍——陳哲慷
4. 第一屆我愛香港德育演講比賽——中學組全港冠軍——張子健
5. 2008全港公開青少年乒乓球錦標賽——男子非註冊組單打冠軍——趙子聰
6. 2008年度書法比賽——中學毛筆組冠軍——吳杞芙
7. 香港學界書法比賽2008——團體冠軍（教協盃）、高中冠軍——陳家浚
8. 「生活教曉我」網上寫作比賽——「時事」中學組全港冠軍——謝廷樞
9. 「同心迎奧運」中文作文比賽——高中組全港冠軍——謝廷樞
10. 第十屆香港青少年數學精英選拔賽——個人一等獎——嚴景毅

11. 全美數學精英聯賽2008——B組冠軍——陳家浚
12. 2008香港足球機械人大賽——拯救組冠軍——梁文滔、梁煥琳、劉曉晴
13. 香港科學幻想畫——全國二等獎——林俊穎、胡睿文
14. 第五十九屆香港學校朗誦節
 - 男子散文獨誦（粵語組）冠軍——余旨維
 - 女子散文獨誦冠軍（普通話組）——吳穎芯
 - 男子詩詞獨誦冠軍（普通話組）——馮子齊
 - 女子詩詞獨誦冠軍（普通話組）——梁安琪
 - 英文詩詞獨誦冠軍——韋嘉豪、謝愷濠、梁煥琳、黃鐘慧、陳采欣、李嘉豐、陳昶賢
 - 英文個人專題演講冠軍——黎穎琛
15. 第六十屆香港學校音樂節
 - 古箏獨奏中級組冠軍——黎樂平
 - 琵琶獨奏高級組冠軍——劉漪鏞
 - 琵琶獨奏深造組冠軍——吳紫瑤
 - 鋼琴獨奏八級冠軍——胡睿文、陳豫揚

模擬法庭大賽

本校中文辯論隊於上學年參加了由香港善導會與保良局合辦的「模擬法庭大賽計劃」，是項計劃透過以「模擬法庭」為主體進行的各項學習活動，增強了隊員們對香港刑事司法制度的認識，以不同角度探討犯罪行為，進而提昇了他們對法治、公義、公民責任等概念的認識和認同。

計劃的內容豐富多姿，有預防犯罪講座暨計劃簡介會、家長工作坊、法律及公義教育工作坊（分別有基礎訓練及比賽預備）、與司法人員進行專業交流、參觀高等法院及模擬法庭大賽等，舉辦單位更特別安排了一位大律師擔任導師，指導隊員檢控及辯護原則和技巧，並一起研討模擬案件，積極備戰。通過這次模擬法庭大賽計劃，隊員加深了對法治、公義的認識和認同，提昇自信、理性思維、增強了表達和社交能力，實是獲益良多。



夏之曲

本年夏之曲於九月在元朗劇院舉行。適逢30週年校慶，不論台前幕後、表演嘉賓，均特別邀請校友參加，參與人數超過150人，盛況空前。當晚觀眾反應熱烈，校友和同學表現投入，令整個晚會都充滿着驚喜，並洋溢着對學校濃厚的歸屬感。

中二義工服務

為鼓勵同學參與社區服務，本校「中二級社會服務計劃」讓每位中二同學參與義工服務，體驗關心社會、服侍他人的喜樂。去年我們探訪了區內不同的機構，對象包括長者、幼稚園學生、新到港學童及輕度弱智人士等。



影 留 活 生 園 校



中一級師兄師姐活動



英文科聯課活動——時裝表演

歷史學會參觀域多利監獄



中二級歷史服裝設計比賽



專題研習街頭訪問



聖誕天才表演



英文科聯課活動——話劇表演

四川地震義賣籌款



捐血日



中四級領袖訓練營

共融飾物製作日



陸運會



閱讀日



探訪 香港痲痺協會



探訪 扶康會潔康之家



齊放義彩義工服務計劃
2007交流會暨頒獎典禮

探訪香港聖公會福利協會康恩園

