



聖母書院  
Our Lady's College

NOVEMBER  
DECEMBER  
2023

學生成就及活動回顧

Students' Achievements & Activities Review



Don Bosco Prize  
聖鮑思高神父獎

6A Cheung Yuen Ting, Jovi  
張苑婷



75<sup>th</sup> Hong Kong Schools Speech Festival  
(English)

CHAMPION OF S1-3 THEMATIC GROUP SPEAKING

- 1A Chan Man Ki, Angela
- 1A Chow Wai Chun, Crystal
- 1A Fung Hei Ching, Audrey
- 1A Ho Wai Hei, Hazel
- 1A Ip Man Sum, Jeanie
- 1A Ip Yi Ching, Dorothy

- 陳玟淇
- 周慧珍
- 馮晞晴
- 何尉熙
- 葉旻芯
- 葉爾晴

- 1A Lo Tin Yu, Nana
- 1A Ma Sze Hang, Gloria
- 1A Wan Sze Yu, Jadebe
- 1A Yeung Tsz Ying, Christy
- 1A Yip Faith
- 1B Chen Ying Ying Candy
- 1B Lam Tsz Ching, Jessica
- 1B Leung Nok Yan, Camas
- 1B Lo Yu Ling, Kathy
- 1B Shek Sheung Ying, Sherri
- 1B Tsang Shui Kei, Athena
- 1B Yu Lok Yiu, Natalie
- 1C Lines Gloria Gabrielle
- 1D Kwok Bui Yee, Bowie
- 3A Wong Yuet Tung, Tansy
- 3A Yuen Ning, Yuki

- 盧天如
- 馬思行
- 尹思瑜
- 楊梓瑩
- 葉霏
- 陳滢滢
- 林芷晴
- 梁諾欣
- 盧譽翎
- 石湘凝
- 曾瑞琦
- 余樂遙
- 黎煒悅
- 郭貝兒
- 黃悅童
- 阮甯





# Congratulations

## 75<sup>th</sup> Hong Kong Schools Speech Festival (English)

### 1<sup>ST</sup> RUNNER-UP OF S2 SOLO VERSE SPEAKING (OPEN)

2A Wong Ching Kay, Casey 黃靖淇

### 2<sup>ND</sup> RUNNER-UP OF S3-4 DRAMATIC DUOLOGUE

3A Lau Francine Jean 劉美儀  
3B Chan Yin Hei Annabel 陳熾羲

### 2<sup>ND</sup> RUNNER-UP OF S4 SOLO VERSE SPEAKING

4A Wang Tsz Ki, Emily 王芷淇

### 3<sup>RD</sup> RUNNER-UP OF S4 SOLO VERSE SPEAKING

4A Yee Cheuk Lam, Shannon 余卓霖

## 2023-2024全港中學生演講比賽——「夢想盃」

### 即席專題演講——口語/普通話組 冠軍

4A Wong Sin Yu, Zoe 黃善瑜



### 命題說話——口語高中組 季軍

4A Wang Tsz Ki, Emily 王芷淇

### 命題說話——口語初中組 季軍

3A Wong Yuet Tung, Tansy 黃悅童



# Congratulations!

## The 39th Sing Tao Inter-School Debating Competition 星島第三十九屆全港校際辯論比賽

第一回合初賽最佳交互答問辯論員、  
第一及第二回合初賽最佳辯論員  
BEST DEBATER,  
BEST INTERROGATIVE DEBATER

3A Leung Wing Lam, Natalie 梁穎琳



第一回合初賽勝出隊伍  
WINNER IN THE FIRST  
PRELIMINARY OF ENGLISH SECTION

3A Leung Wing Lam, Natalie 梁穎琳  
3B Lee Yan Wing, Bridgette 李昕穎  
3C Chan Cheuk Kiu, Ruby 陳綽蕎

## Chemists Online Self-study Award Scheme 化學家網上平台獎勵計劃

### DIAMOND

5A Kung Sui Man, Jasmine 龔瑞雯  
5A Tsui Chi Yin, Gianna 徐芝妍  
5A Wong Ching Yu, Summer 黃青雨  
5A Wong Ka Yi, Kylie 黃迦宜  
5A Yeung Wai Yau, Yo Yo 楊惠尤  
5A Yim Sze Lam, Sophia 嚴斯琳  
6A Chan Chi Ching, Chloe 陳志晴  
6A Zhou Leung Kam, Kammy 周涼金  
6B Li Hoi Ching Edith 李凱晴

### PLATINUM

5A Chan Siu Lam, Melody 陳筱嵐  
5A Wong Wan Kei, Cherie 王韻淇

### SILVER

5A Tsoi Yan Yin, Gianna 蔡恩妍

### BRONZE

5A Foo Nga Lam, Candy 傅雅琳  
5B Fong Sum Yin Teresa 方心妍  
5B Ngai Pui Yee, Bella 魏貝而



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congratulations

2023 Hong Kong Open Fencing Championships  
Open Categories Women's Sabre  
2023年香港公開劍擊錦標賽

1<sup>ST</sup> RUNNER-UP 亞軍

4A Tsang Yuet Ching, Hazel 曾悅澄



Inter-School Fencing Competition 2023-2024  
(HK & Kowloon Area) Individual Girls B Grade Sabre  
校際劍擊賽2023-2024  
(香港及九龍區)個人女子乙組佩劍

CHAMPION 冠軍

4A Tsang Yuet Ching, Hazel 曾悅澄



AS Watson Group Hong Kong Student Sports Awards 2023-2024  
屈臣氏集團香港學生運動員獎2023-2024



6B Chan Yuet Ching, Abbie 陳鈺澄





聖母書院  
Our Lady's College

# Congratulations

HKSSF HK and Kowloon Secondary Schools Regional Committee

Inter-School Swimming Competition 2023-2024

Div. III (Kowloon 2) Girls B Grade

香港學界體育聯會

港島及九龍地域中學分會校際游泳賽2023-2024

第三組(九龍二區)女子乙組

4x50米四式接力賽、冠軍

4X50M MEDLEY RELAY, CHAMPION

3A Chiu Sze Yui, Berobee	趙思睿
4A Cheung Sum Yuet, Adia	張心悅
4B Cheng Jasmine	鄭梓翎
4B Lin Ka Hei, Harriet	練家希



50米蝶泳第一名；50米自由泳第四名

50M BUTTERFLY 1<sup>ST</sup> POSITION;

50M FREE STYLE 4<sup>TH</sup> POSITION

3A Chiu Sze Yui, Berobee 趙思睿



50米蛙泳第四名

50M BREAST STROKE 4TH POSITION

4A Cheung Sum Yuet, Adia 張心悅

女子乙組團體第三名

GIRLS B GRADE OVERALL 3RD POSITION



3A Chiu Sze Yui, Berobee	趙思睿
4A Cheung Sum Yuet, Adia	張心悅
4B Cheng Jasmine	鄭梓翎
4B Lin Ka Hei, Harriet	練家希



# Congratulations!

## Parents – Children Creative Competition Selection – Young Together 2023 「賀國慶 · 慶回歸」創意設計比賽

### 優異獎 MERIT

4C Liu Ching Yu, Yumi	廖靖瑜
4C Luk Hiu Sze, Olivia	陸曉思
4C Tse Iona Wai Kiu	謝惠喬
4D Lin Sin Yee, Cindy	林倩儀



## 第十屆「阿爸阿媽食飯喇」校際烹飪比賽

### 嘉許獎

5D Chan Tsz Yui, Ivy	陳梓銳
5D Cheung Wing Lam, Carrie	張詠琳
5D Chiu Wai Yi, Amy	招煒怡



### 愛心行動獎

### 嘉許狀

4A Tong Lok Ching Bernice	唐樂澄
4A Wong Shing Yi, Emily	黃聖懿
5A Wong Ka Yi, Kylie	黃迦宜





悅逸獎學金 — 熱心服務獎 (中學組)

5A Wong Ka Yi, Kylie 黃迦宜



悅逸獎學金 — 力爭上游最顯著進步獎 (中學組)

6C Chang Cheuk Kiu, Carrie 曾焯喬

Congratulations

Rev. Joseph Carra Memorial Education Grant  
for Secondary 4-6 Students  
祁良神父獎學金

6A Ng Wai Tsun, Janae 吳慧蓁





聖母書院  
Our Lady's College

- 2023-2024 1st term -

# ACTIVITIES REVIEW

明日領袖訓練

FUTURE LEADERS DEVELOPMENT PROGRAMME

Life



The "Future Leaders Development Programme" aimed to train and nurture outstanding leaders through various activities, so as to provide opportunities for students to develop their leadership and teamwork as well as cultivating a supportive and cohesive culture. Students were fully devoted and learnt a lot.

「明日領袖發展計劃」旨在透過各種活動培養學生成為傑出領導者，促進學生的全面發展，培養健康人格和公民意識。同學們收穫豐富、樂在其中。



## 陸運會 SPORTS DAY

To enhance the physical fitness of students, to showcase their potentials, to promote active participation and sportsmanship, the Sports Day was held at Kowloon Bay Sports Ground on 9 November 2023.

本校於十一月九日九龍灣運動場舉行了陸運會。校方希望透過陸運會提升學生對運動的興趣，培養恆常運動、鍛煉身體的習慣，從比賽中體現運動精神，使學生在身、心方面得到均衡發展。



Family





## 藍屋導賞及傳統剪紙工作坊 S4 TOUR IN VIVA BLUE HOUSE AND TRADITIONAL CRAFT WORKSHOP



Form 4 students participated in a guided tour of the Blue House and experienced a traditional paper-cutting workshop to learn more about the transformation of old urban areas, community culture and the development of Chinese culture in Hong Kong.

中四級同學參與藍屋導賞、體驗傳統剪紙工作坊，多角度了解舊城區的今昔轉變、社區文化及中華文化在香港傳承發展。

## 城市農圃導賞 GUIDED TOUR OF URBAN FARMING

S5 T&L students visited an urban farm to understand the characteristics of organic farming, aquaponics and hydroponics.

中五級修讀科技與生活科同學參與城市農圃導賞，了解有機耕種、魚菜共生系統及水耕種植的特色。



JOY LOVE PEACE

## 淡水生境生態導賞：新娘潭 FRESHWATER HABITAT ECO-TOUR

S4 & S5 Geography students had an ecotour to the Bride's Pool for understanding the freshwater ecosystem, and hence to appreciate and protect the freshwater biodiversity with the clean-up work.

中四及中五級修讀地理科的同學參與淡水生境生態導賞活動。透過當中的清潔工作，從而欣賞及保護淡水生物多樣性。





# 學校資訊日 SCHOOL INFORMATION DAY

## Truth



The School Information Day was held on 25 November 2023. It provided a valuable opportunity for primary school students to know more about Our Lady's College and experienced the school life through admission talk, experiential learning workshops, reading game booths and STEAM Work exhibitions.

學校資訊日於2023年11月25日舉行。透過入學講座、體驗學習工作坊、攤位遊戲及STEAM Work展覽，學校為小學生提供一個了解聖母書院、體驗學校生活的寶貴機會。



## LOVE

# 歷奇領袖訓練日營 ADVENTURE-BASED TRAINING DAY CAMP

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In order to unleash the potential of students and enhance their leadership skills, the school held a adventure based leadership training camp for the student leaders. The camp featured adventure-based activities and group work to promote students' cooperation and team spirit, through which their confidence and leadership skills were developed.



## Faith

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為提升學生的領導能力，促進學生的合作和團隊精神，學校特別為學生領袖舉辦了兩日一夜的歷奇訓練營。學生領袖參與了不同的歷奇活動，亦有機會進行原野烹飪，訓練一己的自理能力。

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# 大自然抒壓體驗之旅 NATURE WELLNESS EXPERIENTIAL JOURNEY

Student Leadership Development Team organized a nature wellness experiential journey to Shing Mun Reservoir. This can enhance the wellness of student leaders through a series of nature-based activities and mindful exercises. The experiential trip can provide a time for student leaders to take a break and to enjoy in natural environment and facilitate their connection and communication.

學生領袖發展組安排了學生領袖前往城門水塘進行大自然抒壓體驗之旅，透過一系列大自然療愈活動及正念練習來增強學生領袖的精神健康及抒壓能力。為學生領袖提供休息及享受自然環境的時間，促進她們與大自然的聯繫及溝通。



## 學校旅行 SCHOOL PICNIC



A school picnic was held on 5 December 2023 aiming to increase students' chance to be with nature and enhance friendship among students.

為增加學生對自然環境的接觸和促進同學之間的友誼，本校於十二月五日舉辦旅行日。





# 英語午間活動——聖誕老人村 LUNCHTIME ACTIVITY - SANTA'S VILLAGE



*It's snowing in OLC! In joy, we celebrate peace and love. As part of the on-going celebration of the school's thematic series "Joy, Peace, Love", the Reading Enhancement Team arranged a three-day event during lunchtime of English reading activities and arts and crafts workshops for the Our Lady's community, celebrating together as one big family.*

聖母書院白雪飄飄！為慶祝聖誕佳節及把平安、喜樂的佳音在聖母書院的中、小及幼稚園廣傳開去，閱讀推廣組籌辦了一連三天的英語午間活動，除中學同學外，我們亦邀請了小學及幼稚園部的同學一同在飄雪中參與閱讀、聖誕花環製作坊及繪製畫作，共同感受耶穌降生的喜樂。



## 聖誕慶祝活動 CHRISTMAS CELEBRATION



*Our school's Christmas Celebration was successfully held and it was definitely one of the highlights of the school year. The celebration was filled with LOVE, JOY and PEACE. Students and teachers were fully engaged in the glorious and marvelous activities including liturgy, Causal wear day, Christmas lucky draw, performances, dance show and party.*

聖誕慶祝活動是學校每年重要的活動之一，今年的主題是以歡樂、愛及平安為主題。當日活動豐富，包括宗教禮儀、便服日、聖誕抽獎、表演及聖誕大食會等。



# PEACE