Words from the Principal

Principal To Yiu Kwan 杜耀君校長

This year, despite the confined spaces, our school has never ceased to perfect our campus, turning it into a cozy and effective learning environment. With the completion of our new annex last year, our students were able to utilize the enlarged open area and the newly added facilities, fostering their studies particularly in the areas of physical fitness, aesthetics, information technology, reading interest and spiritual development.

To complement the “hardware”, it requires the proper “software”. Our school has contributed much resource and employed many specialists in order to actualize our students’ potential in physical abilities, dance and musical talent, and other domains. Students have achieved remarkable performance in these fields.

To stimulate students’ reading interest and develop it into a habit, reading periods were set up. Each cycle students have three periods to read together quietly. Furthermore, with the generous support of our Parents’ Teachers’ Association, a ten thousand dollar grant allowed our school to establish various reading schemes, awarding students book coupons with certain reading accomplishments. To encourage the practice of reflections in writing after each reading, all Form One students as well as other interested individuals were awarded a well-designed Reading Journal.

The spiritual development of students cannot be overlooked. With the school grant, we employ a priest as the Religious Master to coordinate all the spiritual activities of our school. In addition with the assistance of Kowloon Ho Yat Church, a minister was arranged, helping us to nurture our students’ soul and spirit. The development of the new annex included a chapel and a meditation patio, providing Christian students and teachers a solemn and peaceful environment to read the bible, to pray and to get close to God.

Teaching and learning is a never-ending journey. To refine teaching practice and enhance students’ abilities, several measures were taken. By setting up common free periods, teachers in Chinese, English and Mathematics could prepare lessons together as well as exchanging teaching methods and experience. With small class teaching, less able students in Junior Forms are able to receive the individual attention and extra support from their teachers.

Supplementary lessons and remedial courses are often provided for strengthening their knowledge and skills.

We ran an English Bridging Course in the summer vacation to help Secondary One students to adapt to the English medium teaching in secondary school.
Two Enhancement courses were organized in the summer vacation to help brush up the foundation of 50 Secondary One students with lower ability in English, based on the results of the Secondary One Screening Test.

A free English Enhancement Course was also offered to the same 50 students from September to November to keep track of their English learning.

A free English Enhancement course was also offered to Secondary Two students in November and December.

Free Enhancement courses were organised in the second term for Secondary Two students who did not do well in the mid-year exams.

In collaboration with Hong Kong Council of Early Child Education and Services, pre-examination classes were run in November to help Secondary One to Secondary Three students prepare for their mid-year examination.

Free Enhancement Courses were organized for lower ability students in Secondary Five and Secondary Six.

We organized debate workshops, public speaking workshops and improvisation workshops to improve students' English standards.

Similar measures are also arranged to enhance and promote the students' learning ability in Mathematics.

We also deeply concern the workload of our teachers. The following measures were taken to reduce their workload:

- The Smart Card System helps reduce teachers' non-teaching duties such as taking roll call and collecting various payments.

- With additional Capacity Enhancement Grant, five extra teachers have been employed to help run small class teaching in Secondary One to Secondary Three Chinese Language, English Language and Mathematics and Secondary Four Chinese Language. They have also helped in the School-Based Assessment in Chinese and English in Secondary Four to Secondary Five.

- With the school fees grant, one extra Native English-speaking teacher has also been employed to help teach speaking skills in all forms. This has helped develop students' listening and speaking skills and reduce the workload of English teachers.

Renovation works were carried out in the school library. Reflective stainless steel mirrors were installed on both sides of the school library. With soft and indirect lighting, a bright but cozy environment has been created to suit the name of 'True Light'. Since True Light places strong emphasis on traditional values, six pictures are shown on the mirrors to display how True Light girls can realize our school motto 'Thou Art the Light of the World'.

The young blind, aged, the aged, sick, orphans, children, and aged; the needy on the street, in need of help and the public, our students can help keep the True Light burning and shining.

There is also a mural-painting above the school library showing an angel holding a candelabrum and passing it to a True Light student. This symbolizes one of our very traditional and important ceremonies in school - the Lantern Passing Ceremony, meaning the passing on of virtues. Each of the four glass doors leading to the Mini-hall shows a True Light girl holding a candelabrum, which means every True Light girl is willing to realize the school motto 'Thou Art the Light of the World' and be an upright citizen in society. 'True Light' is the symbol of True Light girl.

We hope to nurture individuals who love themselves, people around them, as well as our society. We wish every True Light girl to respect herself, respect life and the environment, be conscientious and able to set for herself lofty goals.
New Facilities Facilitate a New Course

A grand new entrance brings a brand new remembrance of the courage to face any turbulence and to live ourselves up as the founder’s resemblance.

The campus breathes sweet as dearest school friends meet in a green environment we great. Treasuring every step we take with fleeting feet.

School Entrance
Smart Card System installed at the Entrance Hall
Mural Painting at the Entrance Hall

Gardening Facilities
Covered Playground
We are one in the serene hall
Words of wisdom and belief echo on the wall.
Heartily we listen to our call
Dreams come true and we stand tall.

Mural Painting at the Stage in School Hall
Canteen & Mini-Hall
School Hall

The wonderful new wing
Reigns in our heart as a new born king.
It blooms each spiritual thing,
And makes our history gracefully sing.

Mural Painting outside the Chapel
School History Archive
Meditation Garden
Baptized with resources and information around
Talent is inspired and found
Knowledge is planted on solid ground
Making our school life success bound

Library
Language Room
CAL Room

Aesthetic and athletic activities harmoniously combine
Learning life-wide makes our life so fine
Joyfully our hearts rhyme in the same line
In True Light spirit we brightly shine

Sky Basketball-Court
Student Activity Centre
Music Room
Gymnastic Room
Academic Development & Support

☐ An English-rich environment was created with numerous school activities. A whole school approach was adopted for the English Speaking Day (ESD). Non-English teachers helped also to prepare materials for ESD, and students had to keep an exercise book for all ESD materials.

☐ Joint-school English oral practices were arranged: we worked with DBS for the S5 Oral Practice and Queen’s College for the S7 Oral Practice.

☐ 20 students from S1-S2 had joined a four-week English Summer Course organized by CCC.

☐ The Mathematics Excellence Enhancement Course was held to enhance students’ confidence in mathematics and to develop able students to their full capacity. Students from S2 to S4 were selected to attend the course on every Saturday from October to April.

☐ The Computer Literacy curriculum was much expanded as video editing was newly taught in S3, while more topics on Photoshop, Dreamweaver & Javascripts were added for S1 and S2.

Academic Competitions

☐ High achievers in Mathematics were arranged to participate in various inter-school and international competitions, like Pui Ching Mathematics Competition, Australian Mathematics Competition and EPGY, etc. In the Australian Mathematics Competition, 2 students received the Certificate of High Distinction, 26 received the Certificate of Distinction, and 76 were awarded the Certificate of Credit. Lai Tsz Yan of 3A became the recipient of the Prize Award.

☒ Over 100 students participated in the Sudoku Competition held to encourage them to acquire the skills of logical thinking.

☒ Our students got the first, the second and the third prizes in a Secondary Schools Chinese Writing Competition organized by the ICAC.

☒ The Chinese Debating Society had organized an Inter-House Chinese Debate Competition. The School Chinese Debating Team had also participated in the Interschool Chinese Debate Competitions organized by Sing Tao Daily and the CUHK Faculty of Education.

☒ A Joint School Improvised Drama Competition was held and our students won the championship as well as the second runner-up award.

☒ The Mathematics Society had organized competitions, such as the inter-class Sudoku Contest and the Mathematical Orienteering Competition for S2, to promote students’ interest in mathematics.

☒ A Joint School Chinese History Competition was co-organized with Diocesan Boys’ College, Ying Wah College and Saint Francis Xavier’s College.
A team of S.4 students won the Second Runner-up Award in the "Welovehkteenagers.net - Flash Design Competition" organized by "We Love HK Association". A team of S.1 and S. 2 students had designed a 3D computer animation under the title of "Penguin Migration" as they took part in the "Computer Game / 3D Animation Design Competition" jointly organized by the EMB & the Hong Kong Institute of Vocational Education.

Some S.2 Integrated Science students participated in '2009 HK Budding Scientists Award' organized by the EMB and got the 'Award of Merit'. They had also taken part in the 'Zero Carbonity - School carbon dioxide emissions campaign' organized by the British Council - to be more aware of energy saving.

A total of 830 students participated in the 17th Secondary School Students Good Book Recommendation, and 123 students participated in its Book Report Competition. Cheng Cho Kwan (4C) and Wong Ying Hok (4D) were awarded the 'Merit Award' and the 'Sixth Runner Up' respectively in the senior group division.

In the "Red Packet Design Competition" organized by the Happy Holdings Limited, all four of our pieces of works, by Ng Wai Ying (4C), Ma Hiu Ying (4C), So Sin Yan (4C), Chung Ka Yan (4D), were given "The Best Design Award", out of a total of six awarded by the organizer for over 1000 entries from various schools.

Students from different levels actively participated in the 2009 East Asian Games Slogan Competition and won the Most Outstanding Supportive School Award.

In the "World Year of Physics Art and Design Competition" organized by Hong Kong Po Leung Kuk and the EMB, all of our entries were awarded: including First Honour in the International Level (2), Third Honour in the International Level (6), First Honour in the Hong Kong level (3), Second Honour in the Hong Kong level (3), and Third Honour in the Hong Kong level (2). All the outstanding entries were displayed in the Hong Kong and International Joint Art Exhibition.

Projects & Exhibitions

Project learning on "Consumerism" was implemented for S.3 this year. Students worked in groups in choosing the title, then planning the progress, collecting data, arranging contents, analyzing information, writing the report and finally presenting orally to develop their creativity, critical and logical thinking, and problem-solving skills. Guidance, comments and suggestions were provided by teacher advisors continuously throughout the process.

Group Discussion
To relate their acquired knowledge on 'Electricity' to daily experience, Integrated Science students learnt by model making - designing the lighting system at home.

An exhibition on Environmental and Personal Hygiene organized by the Health Department was held, together with a quiz on the same theme.

S.3 students carried out a Needlework group project on the Art of Fabric, designing a collection of household articles according to a self-chosen theme.

The Reading Club held meetings once or twice a month for students to discuss academic articles.

Book exhibitions and Thematic Book Displays were held by the School Library. Nearly all S.1 students had participated in the 'Reading Programme for Children and Youth' organized by the Hong Kong Public Library and in the Reading Award Scheme organized by The Boys' & Girls' Clubs Association of Hong Kong. 111 students participated in the Reading Award Scheme organized by the Times Publishing Ltd., and 50 students participated in our Library Club Reading Scheme.

36 of our student librarians visited the library of HK & KLN Chiu Chow Public Assn. Secondary School to learn the way to enhance library services and to maintain team spirit. Seven of them participated in the Joint Schools Librarianship Competitions, and two participated in the Book Camping.

Reading Culture

There were three Reading Periods per cycle to help establish and cultivate students' interest to READ. Students at different forms took turns to have their best reading reports exhibited or uploaded to the school homepage. Some S.4 students shared in a short assembly the experience they got in a Reading Camp.
Life-wide Learning

Seminars and Talks

- Some S.6 Biology students had attended a talk by a Nobel Prize laureate about "Great Ideas in Biology" held in the University of Hong Kong, and had also attended seminars in the Young Scholar Program for Biology of the 21st Century organized by the Chinese University of Hong Kong.

- A talk on "Effectively applying information technology to enhance training of writing skills" was organized by the Chinese Panel, and a HKU Professor and a teacher from Immanuel Lutheran College were invited as honourable guest speakers.

Tours, Camps and Visits

- The English Department had organized two study tours to Britain and Australia. The English Society had co-organized a joint-school English Day Camp with Queen's College in Cho Kung Tam Outdoor Recreational Centre in the Easter holiday to provide students an opportunity to practice English through games and drama and outside the classroom.

- The Chinese History Society had organized a visit to an exhibition on "East Meets West" displayed in the Hong Kong Museum of History, and co-organized a joint-school field trip with Diocesan Boys' College to visit the heritage of the Sino-Japanese War in Hong Kong.

- Visits to the Hoi Ha Wan Marine Park had been organized by the departments of Geography, Biology and Integrated Science, while the Geography and Integrated Science students had also visited the Green Education Resources Centre.

- For Integrated Science, places visited by the S.1 students included the Sha Tin Water Treatment Plant, while the S.2 students had visited the Space Museum several times, enjoying an Omnimax show on 'The Human Body', and participating in the 'Little Scientist Exploration Programme, by which they learnt to extract DNA from an onion cell, and build up a DNA model from Lego.
Field trips to Hei Ha Wan and Yaumatei were organized by the Geography Department for S.6 and S.4 students respectively.

30 S.3 students were led by their History teacher to visit the Hong Kong Heritage Discovery Centre to enrich their knowledge on the recent archaeological findings in Hong Kong.

S.6 students of Economics and Business Studies had a visit to the Exhibition Hall of the Hong Kong Exchanges and Clearing Limited.

The Computer Club had organized a visit to the MTR Tsing Yi Operation Control Centre.

A Cultural Week was organized by the Chinese Society, with the Chinese Eating and Drinking Culture as the main theme. Programmes like stall games, selling of traditional snacks, food making classes and joint school visits were held.

A History Week with "Japanese History" as its main theme was organized by the History Society. A film show on "The Last Samurai" was screened, issues of the History Morning Post on Bushido and the Pearl Harbour Incident were published, a forum on Yasukuni and a puzzle quiz were also held.

An English games day was organized in the English Festival. Helpers with their knowledge about using games to learn English were then held in charge of a games day for a primary school. It was a very meaningful project to develop students' English skills as well as leadership.

Balanced Development

Different fitness training programmes, like the fitness programmes in the morning, the School Physical Fitness Award Scheme, the Sports Promotion Scheme were held; and different collaboration programmes with external sports organizations, like the Joint School Athletics Training, the Youth Education and Health Project, the Rope Jumping for the Heart, the Adventure Camp, were organized to motivate students to adopt a healthy lifestyle through doing regular exercises.

All S.1 students have to learn at least one musical instrument either by joining the School Instrumental Class or having their private tuition. They would give group or individual performance in class at the end of school year as part of the Music assessment. 151 students had joined the School Instrumental Classes which included 5 violin classes, 1 viola and 1 cello class, 3 flute classes, 2 woodwind classes, 1 brass class and 2 recorder classes.

Three S.2 students, Kwong Yim Ping, Liu Tin Yu and Ng Cheuk Wing, were selected for their outstanding performance by the Robert H.N. Ho Family Foundation to join the "Through Our eyes" photography programme. They were awarded the "Certificates of Achievement" and their works were displayed in a touring exhibition around Hong Kong.
校風與培育

宗教組

初時有23次週會，內容包括培訓、彼此認識、學習禮儀、詩歌分享、認識聖像和聖經分享等。另前往香港公園旅行；並假

得林學校中心舉行職員訓練營。

高層的主題為「新學校園」，共有24次週會。繼而又分為五
組，每月最少聚會一次，進行“好人好事計劃”，加強彼此關
心和欣賞；又假鳳溪沙田青年活動中心舉行職員組長及班會培訓
週會及營會。

倫理科

為配合新校務週會，開辦輔導員培訓，舉辦顏色禮，內容包括
顏色禮座、遊戲、詩歌、分享、午間點心及閱讀會等。另外，
成立責任小組，教授同學禮誼及領導技巧、敬拜奉獻，並協助
在學校慶典中領唱。

訓練組

為中六同學舉辦領袖訓練營；又為班主任籌備教材，主題為
「班風的建立」，以加強同學之自治能力，改進班中紀律，從
而提高學習效能，並以「Decent & Elegant」為題。為中三、
中四及中六級舉辦兩次短講，請同學於校風儀容的表現上更見
進步。

輔導組

為中三、中四及中六級舉行「前輩輔導員讀書會」，令同學
提高自我了解、發展通識及領導技巧，更可協助推動「大姐姊
計劃」及各項輔導活動。輔導輔導生設計了各項迎新活動，並
迎接課室開放及分享，幫助中一同學適應校園生活。更舉辦情
緒管理、個別輔導及社會服務等為中二級舉辦「生活體驗活動計劃」，
透過義工及社福活動，培養不同社群、擴展生活體驗、發展愛與
關懷。

升學及就業輔導組

為各級同學及家長舉辦升學及就業講座，也為了讓高中同學提升
自我增值及個人能力，與政教處及職業青少年綜合服務處合辦
「生命錘鍊營」。另坊間舉辦「如何在招聘面
試中脫穎而出」，參加香港專業學院舉辦「如何在招聘面
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試中脫穎而出」。另坊間舉辦 Outback Steakhouse牛扒屋，又參觀了國泰航空、國泰機、新世界華麗

酒店，令同學體驗工作世界及就業規劃。

生活教育組

安排中一至中三級參觀由衛生署舉辦的「成長新活力課程」，
並舉辦「進用藥物」、「食飲信心派」、「心肺健康」等講座。
校風與培育

崇德少年團

學問英華書院國際少年服務團於聖誕假期合辦了为期四日的義工服務，服務對象為長沙灣YMCA託管的兒童。又為關心社區服務有限公司義工義款。

香港青年勵志計劃

積極參予總會主辦的活動，同時亦與僑務部啟德少年服務處及九龍華仁書院聯合舉辦新來港兒童補習服務，使同學於服務本區的同時，亦可更為了解新來港家庭的環境。

公益少年團

出席新界區公益金義工行，參加公益少年團油尖旺區委員會舉辦之參觀九龍油尖旺的活動，為灣仔展訊衛理長者服務中心的長者表演及安排遊觀，又與學生中學合作採訪百人中心，並參加修護院公園計劃，獲最高組出席人數獎。團員中有一人取得了紫金獎章，五人取得了銅色獎章。

學生社會服務隊

參加賽旗及書法競賽的活動，開辦手工藝班，讓學生學習製作手珠手藝品及球拍。

公民教育組

於國慶節前夕舉行升旗儀式，中六同學參加了由國民教育中心舉辦在北京進行之國情教育課程，其後於校報發表文章，分享感想。

公民教育學會

鼓勵同學剪報，根據新聞內容發表個人意見，張貼於公民教育學會的壁板上，並組織同學參加青年高峰會、基本法演講比賽。公民教育剪報設計比賽等校外活動，增加對基本法和香港社會的認識。

樂施行動組

參與由各校樂施行動組所發動的街頭宣傳活動，宣傳 36 個改變世界的可能。於校內購買公平咖啡，在週會以公平貿易為主題，介紹世界會議與公平貿易的關係。

女童軍

曾參加十五項不同的社區服務，總人次達一百四十二人之多。在服務中的表現更被有關團體嘉許。

交通安全隊

舉辦了交通安全大使和青少年交通安全專案計劃，令同學學習幫助他人，建立自律及團體精神。

紅十字會青少年團

在 33 周年校慶典禮當日步操表演，並提供健康檢查服務。
人文價值組

以「我愛真光」為主題，建立學校的核心價值，培養同學對學校的歸屬感。活動包括：壁報設計比賽、歌詠歌唱比賽、校史問答比賽、中三級專題研習、「我愛真光」口號創作比賽及敬師日活動等。

學生會

協助人文價值組主辦及推動「我愛真光」的主題活動，又舉辦「聖誕慈善拍賣」及校內歌唱比賽決賽，透過該兩項活動慶祝舉辦的「便服日」，為學校籌建新翼籌款經費，引領同學發揮愛校精神。

學生會及四社

學生會

與紅十字會青少年團聯合辦「捐血日」；又與九龍華仁書院校務委員會合辦「領袖訓練營」。另外亦邀請了香港電台到校巡禮演出，宣傳「職業安全」的訊息。並邀請同學參觀曾有革命家蔣介石的蔣介石公館，暑期期間，在香港基督教服務處及華人福報會下，與英華書院學生會合作為南亞兒童服務的計劃；並與聖書車學生會於南丫島合辦歸藏遠足。

藍社

舉行裙裝製作班及圍裙班、參觀八鄉消防訓練學校、出版社刊、參與社際籃球比賽中獲得五連冠之佳績。

綠社

舉辦「聖誕朱古力布朗尼製作班」，參與四社合辦的聖誕舞會比賽。

紅社

舉辦「冰糖葫蘆製作班」，設立攤位售賣精美紅社製品，例如冰糖葫蘆和紙鴨。

黃社

舉辦中一遊學日、香囊製作班、毛毛球製作班（華麗珠寶動物園）；售賣社旗，文件夾等。
校風與培育

學生會

開辦的麵粉花課程包括：玫瑰花、百合、年桔、紅掌、聖誕花環、紫藤、馬蹄蘭、芋頭花、常青藤，樊葉畫，葵花茄，滴天星，及草莓盆栽等十項，協助公益少年團舉辦慈善花卉義賣活動。

電腦學會

以低價出售電腦磁碟及光碟，磁碟附有3張設計精美標籤，而光碟亦有3種顏色（藍、橙及白色）供同學選購。

劇社

與皇仁書院合辦音樂劇——「小安迪（Andy）」，學會的附屬團體，光影墟，之幕前及幕後人員亦有參與演出。

音樂學會

安排及提供不同類型的校外或校內音樂表演機會，讓學生盡情發揮音樂的才華及潛能。難怪樂隊樂團，管弦樂團，合唱團，校園節慶及徵選的表演活動包括交流音樂會（聖保羅男女小學鋼琴樂團）、星光大道音樂表演唱、戲曲節目表演，智能 tartış音樂表演，校際音樂節及校際音樂會，校慶音樂會，校慶及開放日音樂表演，校慶音樂會。

體育學會

於香港舉行了近日一夜的露營，同學接受了如露營，深夜賞景及在營地釣魚和晚餐等不同的挑戰，又於露營時段舉辦了校際跳繩比賽。

家政學會

參加了由百佳生活百貨及中華電力有限公司舉辦的『第三屆創意電動湖水大賽』。學生自創及烹煮『海鮮扒當年會』和『雙味手撕雞肉皮卷』兩道佳餚。在學生們的笑容中，舉辦了『薑餅製作班』，教授學生用『を通して』製作薑餅舎。
**AWS**

**57th English Speech Festival Solo Verse Speaking**

**Champion**
Yeung Yee Ting SB
Chu Tsz Tung, Rachel 3C
Ho Wing Sum 3A
Li Gar Hei 2A

**1st Runner up**
Cheung Tsz Chung, Tommy 6S
Lau Hiu Wai, Adelaine 3B
Siu Pik To 3A

**2nd Runner up**
Sze Him Man 4B
Ng Tin Hang, Vivian 3A
Shi Mei Chi 2C
Leung Hok Man 1A

**Stanford University Education Program for Gifted Youth Academic Talent Search 2006 (English)**

**Distinction**
Lam Ming Kei 3A
Shi Wen Jia 1A
Yeung Chee Wai 2A
Cheung Shu Man 1A

**數學科**

**澳洲數學比賽**

**Certificate of Distinction**
簡易恒 2A 鄧泳思 2A 鄧麗冰 2A 萧子淳 2A
雷靖媛 3B 梁聖冰 2C 陳寶儀 3A 陳凱盈 3A
陳家樺 3A 謝麗珊 3A 陳嘉儀 3A 梁家潔 3A
李顯恩 3A 葉欣宜 3A 鄧淑儀 3B 吳卓軒 3B
梁詩穎 3D 葉美詩 4D 黃嘉雯 4D 周凱盈 5A
梁思琪 5B 蔡敏倫 5D 李琪琪 5D 葉詩琳 5D
黃師雄 5D 林嘉欣 7S

**Certificate of High Distinction**
黃詩穎 5D 王維雲 2A

**Prize Award**
(西太平洋區最優秀的百分之一的學生)
蘇芷樺 3A

**Prudence Award**
(連續兩年成績最優的同學)
黃詩穎 5D

**Stanford University Education Program for Gifted Youth Academic Talent Search 2006 (Mathematics)**

**High Distinction**
黃芷華 3A

**Distinction**
黃敏瑜 3A 鄧凱盈 3A Ho Kit Sze 1A

**第八屆香港青少年數學精英選拔賽**

**三等獎**
顧嘉禎 3A

**電數科**

『我愛香港協會』主辦『我愛香港少年網－Flash創作設計比賽』

**季軍** 黃嘉賢 4D

**數學科**

**數學科比賽**

**Certificate of Distinction**
簡易恒 2A 鄧泳思 2A 鄧麗冰 2A 萧子淳 2A
雷靖媛 3B 梁聖冰 2C 陳寶儀 3A 陳凱盈 3A
陳家樺 3A 謝麗珊 3A 陳嘉儀 3A 梁家潔 3A
李顯恩 3A 葉欣宜 3A 鄧淑儀 3B 吳卓軒 3B
梁詩穎 3D 葉美詩 4D 黃嘉雯 4D 周凱盈 5A
梁思琪 5B 蔡敏倫 5D 李琪琪 5D 葉詩琳 5D
黃師雄 5D 林嘉欣 7S

**Certificate of High Distinction**
黃詩穎 5D 王維雲 2A

**Prize Award**
(西太平洋區最優秀的百分之一的學生)
蘇芷樺 3A

**Prudence Award**
(連續兩年成績最優的同學)
黃詩穎 5D

**Stanford University Education Program for Gifted Youth Academic Talent Search 2006 (Mathematics)**

**High Distinction**
黃芷華 3A

**Distinction**
黃敏瑜 3A 鄧凱盈 3A Ho Kit Sze 1A

**第八屆香港青少年數學精英選拔賽**

**三等獎**
顧嘉禎 3A

**電數科**

『我愛香港協會』主辦『我愛香港少年網－Flash創作設計比賽』

**季軍** 黃嘉賢 4D

**數學科**

**數學科比賽**

**Certificate of Distinction**
簡易恒 2A 鄧泳思 2A 鄧麗冰 2A 萧子淳 2A
雷靖媛 3B 梁聖冰 2C 陳寶儀 3A 陳凱盈 3A
陳家樺 3A 謝麗珊 3A 陳嘉儀 3A 梁家潔 3A
李顯恩 3A 葉欣宜 3A 鄧淑儀 3B 吳卓軒 3B
梁詩穎 3D 葉美詩 4D 黃嘉雯 4D 周凱盈 5A
梁思琪 5B 蔡敏倫 5D 李琪琪 5D 葉詩琳 5D
黃師雄 5D 林嘉欣 7S

**Certificate of High Distinction**
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**Prize Award**
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蘇芷樺 3A

**Prudence Award**
(連續兩年成績最優的同學)
黃詩穎 5D

**Stanford University Education Program for Gifted Youth Academic Talent Search 2006 (Mathematics)**

**High Distinction**
黃芷華 3A

**Distinction**
黃敏瑜 3A 鄧凱盈 3A Ho Kit Sze 1A

**第八屆香港青少年數學精英選拔賽**

**三等獎**
顧嘉禎 3A

**電數科**

『我愛香港協會』主辦『我愛香港少年網－Flash創作設計比賽』

**季軍** 黃嘉賢 4D
美術科

「萬家開心慶新春」利是封設計比賽
最佳設計獎
新年好賀語
伍卓瑩4C
樓家欣4D

我最愛的賀年食品
蘇偉昌4C

我最愛的新年活動
馬曉盈4C

世界物理年美術設計創作比賽

世界賽1等獎
香港賽1等獎
利浩明4C

世界賽1等獎
香港賽1等獎
樓家欣4D

世界賽3等獎
香港賽1等獎
顏品晶4D

世界賽3等獎
香港賽2等獎
劉凱玲4D

世界賽3等獎
香港賽2等獎
黃彩霞4C

世界賽3等獎
香港賽2等獎
顏品晶4D

何鴻燊家族基金資助
"幸福世界：聚焦巔峰，攝影計劃"
完成證書 (作品於香港巡迴展覽)
劉國衛2A
廖天瑜2A
葉卓穎2A

體育科

校際乒乓球比賽

團體總冠軍
丙組冠軍及乙組第三名
文華心3C
許敏儀4B
宋彩燕4B

校際羽毛球比賽

乙組冠軍
彭健翔2C
郭凱業3A
符一麗4B
許敏儀4B
何志業4C
陳俊帆4D
林 Justiça4D
曾顯怡4D
校際游泳錦標賽
甲組 4 X 50米自由式接力

第三名
潘穎瑩4C  潘穎瑩4D
黃文容5C  黃文容5D

乙組 4 X 50米自由式接力

第一名
黃文容3B  黃慧敏3C
周夢欣3D  潘穎瑩4A

第三名
張耀雯1A  劉怡珊2A
張耀雯2B  姚欣怡2D

乙組全場第四名
全場第五名

校際田徑錦標賽

乙組跳高第三名
潘穎瑩4A

甲組100米第三名及200米第四名
潘穎瑩4C

第四十三屆學校音樂節

中國舞甲組獎

黃毅翔1A  黃慧敏1B
周敬珍1C  潘穎瑩1C
周敬珍1C  潘穎瑩1C
唐夢 Cute 2A  王芷琪2A
盛琴玲2D  張雨欣3B
羅思琪3D  潘穎瑩3D
栗志輝4B  李文欣4C
邱雨晴4C  何泳中4C
李穎婷4D

聖母玫瑰書院 4 X 100米校際錦標賽

上智英文書院 4 X 100米校際錦標賽

冠軍
劉雨晴2A  潘穎瑩2B
黃文容3A  潘穎瑩4C

音樂：第58屆學校音樂節

合唱

中文歌聲合唱組 冠軍
中文歌聲合唱組 優秀獎

女子初級中文歌曲合唱組 季軍

英文女聲合唱組(初級組) 季軍

獨唱

12歲中文獨唱組第一名 傅詩晴1D
14歲中文獨唱組第二名 傅詩晴3A
15歲英文獨唱組第三名 劉曉雯4B
13歲英文獨唱組第三名 潘穎瑩2B

鋼琴獨奏

初級組第二名 陳詠旖2B  徐慧琦2B
中級組第三名 陳詠旖3D  潘穎瑩2B

胡荼琪4A  潘穎瑩4A

琵琶獨奏

高級組第二名 潘穎瑩4D

柳琴獨奏

初級組第二名 何雪如1C

馬林巴獨奏

第三名 潘穎瑩3D
西九龍第一百三十三女童軍隊

女童軍獎項
香港總督榮譽女童軍獎章
馬師迪5B
林玉婷5A
葉鈺琪5A

隊伍傑出女童軍
馬師迪5B

義務工作嘉許會獎及
最積極參與領袖
何昭儀老師
盧師德老師

黃色八階徽章
何冠霖1A
黃雅婷1A
黃寶儀1A
陳承怡1D
何家欣2C
張婉儀2C
黃恩儀2D
蘇欣汝3D

綠色八階徽章
何家欣2C
梁文怡2D
謝嘉敏3A
蘇欣汝3B

紅色八階徽章
葉淑敏3A
王凱珊3A
蘇欣汝3B
黃玉婷3C
葉嘉儀4A
楊小慧4A
羅建詩5A

藍色八階徽章
葉嘉儀4A
黃淑儀4D
林玉婷5A
曾家儀6A

服務布章(銀)
何冠霖1A
黃敏敏1A
黃敏儀1A

服務布章(金)
葉麗敏1A
吳家儀2A
吳姵儀2D
譚嘉儀3A
謝嘉儀3A
黃玉儀3C
楊小慧4A

服務布章(銅)
楊逸儀2D
譚嘉儀3A
黃敏儀3A
蘇欣汝3B
黃玉儀3C

第二届油尖旺區女童軍步操比賽
金獎總冠軍
銀獎製作冠軍
銅牌步操冠軍
馬師迪女童軍隊

圖書館與圖書館學會

第十七屆中學生好書龍虎榜「讀寫感寫作比賽」
「高級組優異獎」：陳嘉桐4C
「高級組第七名」：黃嘉楣4D

其他

油尖旺傑出學生
優異獎：陳安婷6S

「綠影快拍」環保短片創作比賽
季軍(作品題目：你嘗過嗎)
黃嘉儀4C
黃嘉儀4C

九龍獅子會「翠華計劃」
最佳探訪獎
馬樂盈
彭耀琳
何兆靜
陳詩謙
梁少冰

公益少年團油尖旺區委員會
「關愛社區、送暖行動」專題研習比賽
優異獎
校友分享

離開真光一年多了，見到她今年轉變了不少。她說我畢業的時候已經是兩個樣子了。在真光七年日子中，有很多人念念不忘的時刻。由舊的「三面」，排球隊隊長、學生會主席……每一個經歷都歷歷在目。感受最深的是跟隊友一起練習奮鬥到上台拿獎的那一刻，令我畢生難忘。有時候，真的很想回到中學的時代，因為那一年光是十分令人懷念的。希望師妹們也要好好享受這幾年的中學生活，為將來留下美好回憶，不要令自己後悔！(謝雅儀)

在真光六年的人生，相信是我一生中最快樂和最美好的時光，在真光這個大家庭裏，我不僅認識了一班志同道合的好朋友，還遇到了許多循循善誘的好老師。老師們都給予我無數貴寶的機會，讓我和同學們結識社團、挑戰自己；當中難忘的是課本所學學生會主席的為一年。「S. U. Serves YOU」，要領導一個集體主要學生組織實不容易，如沒有一班顧問員獻身為學生會盡心盡力的做好幹事。校內師生的鼓勵和支持，學生會根本達不到它的目的，亦不會為我的學生生涯增添上如此完美的句點。離開真光令我不捨，但同時亦使我更懂得珍惜。「學海無涯」，願學舍們尋找到學習的意義，盡情體現和享受無憂無慮的中學生活。共勉之。(陳可亭)

談及在真光的難忘事，心中立即浮現出很多片段。由中一時為自己誇張的舞姿，到自創有幸地被挑選加入田徑及排球校隊，之後為真光出外比賽的點滴蕩漾那一滴一滴。不但上課時，校長對我的照顧感及我對真光的歸屬感都因這些點滴而變得深厚。希望沾染紅色聲響，可以為真光出一點力！(潘美儀)

每次踏入母校的校園，腦海中都會浮現許多難忘的片段。在田徑隊練習、在ball court打籃球、在Art Room繪畫素描、以及在Tuck shop食飯的愉快情景，令人回味無窮。在真光的日子，每天都感受著「我的快樂年代」。在未來的我，應當是一款學會分享的樂趣，分享分不開的趣味。我期望能夠成為校內的中學生，離開母校不下十年了，感謝母校的教導。每當有朋友問我母校學校畢業時，我都會很高興地向它們道出母校的名稱，位置及分享過往的趣事。我依然記著它們的教導，互相分享扶持，成為彼此人生中的伴侶。這些都是母校給我的教導禮物。在未來的日子，我希望有更多師妹妹們參加校友會的活動，分享校內的趣事，亦期望校友們能繼續維持真光真光互助的精神，讓校友們有機會回校與同學分享升學就業等經驗。(梁佩汶)
2007-09 真光女書院校友會幹事名單

<table>
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<td>梁鳳玲</td>
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<td>梁凱傑</td>
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<td>紅</td>
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<td>文書</td>
<td>梁可詩</td>
<td>2002</td>
<td>紅</td>
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<td>運輸及法律系四年級學生</td>
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<td>周浩傑</td>
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<td>紅</td>
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<td>運輸及市場策劃</td>
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家長教師會

舉辦「馬屎洲農場親子一日遊」，參與的师生及家長多達一百五十多人。又與民政、蘋果紙書畫、開心集團、香港中文大學食品及營養科學系協辦「第一屆全港學童環保餐廚烹飪比賽暨嘉年華會」。除了有機蔬菜及健康食品展貢外，並設多個崗位遊戲及健康午餐免費試食，其中一批輔導學生及老師許文莉女士更奪得「第一屆全港學童環保餐烹飪比賽」冠軍。

「馬屎洲農場親子一日遊」