



第二屆鄧蔡稚蘭音樂獎獎學金音樂會

本校於 2023 年 10 月舉辦了第二屆鄧蔡稚蘭音樂獎獎學金獎學金音樂會，承蒙校友梁智軒博士親臨主禮及頒獎，並邀請特別嘉賓古箏演奏家鄧惠欣小姐演奏樂曲，令音樂會生色不少。



梁智軒博士



在喜鵲合唱團一首《Sing in Harmony》，配合輕鬆的舞步，為音樂會掀開序幕！



頒獎典禮簡單而溫馨，先由主禮嘉賓一校友梁智軒博士分享，與學弟學妹互勵共勉。隨後十八位獎學金得獎者從梁博士、特別嘉賓古箏演奏家一鄧惠欣小姐及余校長手上接過獎項，伴隨台下眾多家長欣慰的笑容和鼓勵的掌聲，典禮順利完成！恭喜各位同學獲此殊榮！



喻龍停了...休息，在紫禁城內穿梭



5B 鄧詠聰（分享者）

今次音樂會令我印象更加深刻。我可以在音樂會聽到自己創作的樂曲，而且還可以請到演奏家鄧惠欣小姐蒞臨我校，現場演奏我創作的樂曲。是次音樂會是一個非常難忘的回憶。回想起創作此曲子的時候，由挑選文物開始，之後不斷地改善，最後得出這個版本。我非常榮幸可以透過今次的音樂會，跟師長和同學們分享整個比賽的經歷和過程。

義不容「遲」頒獎禮



2023 年 9 月 22 日本校舉行了義工分享會，本校義工小組學生於當天分享參與 2023 義工領袖訓練的經驗。

本校連續兩年推薦十位以上學生參與義工領袖訓練計劃，同學們在本年度的義工服務計劃中，總服務時數於一個月內超過五百個小時，並在計劃中出席率超過八十小時。遂獲得由元朗大會堂管理委員會頒發的「積極推動義務工作金獎」，尤堪嘉許。



「二零義三」義工領袖訓練計劃

元朗大會堂管理委員會主辦

2023年7月17日——8月28日

元朗公立中學：

5B陳偉輝	4C鄧語澄	3A盧明峰	2B陳宇盈
5C陳恩峰	4C薛雅馨	3D李洛瑤	2C鄧詩泳
5C繆可斯	4C袁邦凱		2D張梓庭
5C李銳榮	4B黃幸怡		2B何郁廷
5C古晉光	4B楊怡		2B歐陽敬才

學生在計劃中展示不同的領導才能，例如服務小組籌備、統籌四種不同的實習體驗、帶領組員進行義工服務等等。

本校共有 20 位同學參與義工領袖計劃，其中一位獲得領導才能獎，其餘十九位獲得優秀義工獎。更有同學擔任畢業典禮小組的統籌組長，以及主持全場畢業典禮的司儀。

學生會選舉

VOTE

元朗公立中學 2023/2024 學年第 16 屆學生會 Bridge



2023 年 9 月 11 日是本校學生會選舉的大日子，感謝各位同學投下信任一票，最終 Bridge 內閣以 560 票（佔投票人數 73.4%）當選成為元朗公立中學 2023-2024 學年第十六屆學生會。



同學於禮堂踴躍投票，
投票率高達 99%。經過點票之後，
Bridge 最終以高票當選，可喜可賀！



候選內閣 Bridge 介紹其理念、政綱及來年活動和服務

學生會內閣成員名單：

職位	姓名
會長	5D 郭善思
內務副會長	5A 吳迪劭
外務副會長	5D 高雅妍
財政	5D 陶曉潼
文書	5D 李文希
活動總監	5C 龍宇軒
福利祕書	5D 余漫詩
出版及宣傳祕書	5D 馮敏楹、5D 張豪晉



學生會內閣成員

學生會於 11 月 23 日於午間舉行了本年度首場學生論壇，當日除了學生會預先向同學收集的提問外，現場同學亦積極向校方發問及表達意見，校方亦一一細聽及予以回應。

期望新一任學生會內閣能夠秉承過往學生會的優良傳統，成為學生與學校之間的溝通橋樑，繼往開來，克盡己任，發揮才能，為每位元中人帶來充實難忘的校園生活！

學生領袖宣誓暨就職典禮

元朗公立中學 2023/2024 學年學生領袖宣誓暨就職典禮於 2023 年 9 月 13 日舉行。

本校學生領袖由以下四方單位組成：



學生會



領袖生



朋輩大使



余國健校長發表講話，訓勉本校學生上下一心，臻求實踐校訓「致知力行」。

余國健校長為學生領袖監誓及授章



四社：元社、朗社、
中社、學社

家長教師聯誼會周年會員大會

家教會周年會員大會於 2023 年 10 月 13 日假學校禮堂舉行。當日得到一眾家長鼎力支持，場面熱鬧。

當日上一屆主席幸慕玲女士報告會務，同時，進行了多項會務投票選舉：第一，修改會章投票，會員一致通過會章修訂。



經過「學校管理委員會家長代表選舉」，選舉出新一屆十二名家長常務委員，名單如下：

職位	家長委員	教師委員
主席	陳家盈女士	--
副主席	幸慕玲女士	余國健校長
秘書	梁安琪女士	梁潔雯老師
文書	--	陳翠華副校長、 吳學瑜老師
司庫	李森森女士	--
審核	柏興麗女士	--
總務	鄧韻芝女士、 羅詠兒女士	--
聯絡	鄧韻芝女士、 任麗娟女士	李佩玲老師、 楊美珍老師
康樂	馬憶平女士、 唐慧女士	劉德培老師、 黃敏貞老師

家長教師聯誼會活動

家長教師聯誼會於 2023 年 9 月 22 日舉行了冰皮月餅班，喜迎中秋！



家教會家長委員和一眾家長不辭勞苦地製作香滑軟糯又健康的冰皮月餅並送贈元中師生，大家共渡佳節。師生品嚐家長製作的冰餅月餅後，均讚不絕口。



第 74 屆畢業頒獎典禮

本校第 74 屆畢業頒獎典禮於 2023 年 11 月 10 日完滿舉行。是日學校彩旗飛揚，門口的迎客松鬱鬱青青，制服團隊的同學精神抖擻，歡迎四方賓客。



校董會主席曾憲強先生致辭



余國健校長作校務報告



主禮嘉賓何嘉豪校友致訓辭

當天承蒙何嘉豪校友親臨主禮並致訓辭，令典禮生色不少。何嘉豪校友和同學分享了五個“C”，分別為“Curiosity, Capability, Co-operation, Community, Change”，講述如何在瞬息萬變的社會中發揮潛能，把握機遇。何校友的分享深入淺出，幽默風趣，臺下的同學細心聆聽，獲益良多。相信同學在何校友的訓勉下定必薪火相傳，繼續發揚元中的優良傳統和美德。



元中同學以精湛的中英文朗誦、優雅的中國舞、天籟般的合唱把現場氣氛帶向高潮，最後全校學生起立高唱校歌，畢業典禮在激昂洪亮的校歌聲中完滿結束。

2023/2024 學年開放日



本學年開放日已於 12 月 8 日順利舉行。各嘉賓於當天早上齊集籃球場觀看六隊制服團隊的步操表演，各隊整齊的步伐、激昂的士氣為開放日揭開序幕。



開放日由制服團隊大匯操展開序幕



當日本校四十多個學科及課外活動組別精心設計的展板及攤位遊戲，展示了同學在德、智、體、群、美各方面的成長。同學指導參與的小學生進行有趣的科學實驗，體驗中學的科學科學習模式。



中一收生資訊日



本學年的中一收生資訊日已於 2023 年 12 月 2 日（星期六）圓滿舉行。資訊日反應熱烈，約有 700 名小六家長、老師和學生參與。資訊日目的是讓參與者了解學校的辦學理念、學術發展、學生全人發展以及學生成就等方面的情況。



活動首先在禮堂舉行升學講座。講座由余國健校長介紹學校歷史、專業教師團隊、班級編制及入學資訊等，接著以學生主導的方式，向參與者介紹學校對中一同學的全面支援、各學科的學術發展和成就，以及全人發展等範疇，讓參與者能夠全面認識本校。學生匯報部分則由學生撰寫內容，兩文三語並用，以趣味、生動的方式介紹學校。同學表現出眾，參與者都悉心聆聽，予以稱讚。



資訊日當天在有蓋操場設置各學習領域之展板和攤位活動，亦有趣味工作坊、STEM 活動和家長茶聚讓來賓參與。本校衷心感謝家長的鼎力支持。



第一次中學學習體驗日

本學年的第一次中學學習體驗日已於 2023 年 12 月 15 日順利舉行。活動得到元朗區內四所小學共約 120 位師生鼎力支持。



體驗日內容豐富多樣，讓小六學生有機會深入了解元中學校環境和學習氛圍。活動共有 4 節，包括校園導賞及 3 節英語課堂體驗，包括參與趣味英語、科學實驗和 STEM 活動等。



小六同學體驗英語課堂

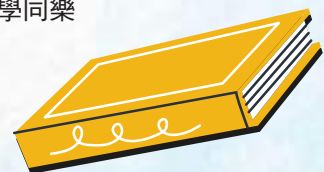


我校學生向同學介紹校史館

參加同學體驗到元中的教學風格、學習氛圍和學術水平。活動為參與者提供一個饒有意義的學習體驗，幫助他們做出適合自己升中的學校選擇。



校長和老師與同學同樂



2023/2024 水運會

本學年水運會於 2023 年 10 月 6 日假元朗泳池舉行，本校有幸邀得洪浚釗校董擔任主禮嘉賓，主持頒獎儀式。當天四社積極投入比賽，四社啦啦隊竭力為社員打氣，場面好不熱鬧。



中史交流團—成都、三星堆交流團



本校為中四五中史科學生舉辦了四日三夜的「成都、三星堆交流團」，交流團主要帶學生遊走成都的考古的地方，包括三星堆博物館、金沙遺址博物館，好讓學生親身體驗歷史的遺物及考古的現況，從中學習古蜀的歷史及當時的文化。此外，交流團亦帶學生到年畫村、劍南老街、段家大院子、雒城遺址，漢昭烈廟和錦里古街等歷史建築，讓學生感受成都不同時代的建築及當地人的生活文化。



最後交流團帶了學生參觀四川大學和四川大學博物館及成都大熊貓繁育研究基地。四川大學是中國的 985，211 院校之一，學生能從學生導賞員中感受到一流大學的濃厚學習氣氛。成都大熊貓繁育研究基地集科研繁殖，公眾教育和教育旅遊於一體，學生除了能親身目睹大熊貓之外，還能學到大熊貓的習性及國家在對大熊貓和環境保育下作出的貢獻。

有云「百聞不如一見」，交流團讓學生放眼未來，充實自己認識祖國，學習中國歷史及文化，無論對鞏固學習，增加學習興趣，增長見聞及德、智、體、群、美等五育發展均有幫助。



「多元智能挑戰營」



「挑戰營」是由教育局與香港警務處合辦，透過一連串的紀律及體能活動、領導才能訓練和講座，讓學生從經驗中學習，培養他們成為自律、自信、合群和具抗逆力的青年人，並將所學習的成果應用在日常生活中。

學生感想

3B 范焯然

在飄筏活動中，我學會團隊的重要性，若果我們不團結，木筏不會建造起來。團隊合作是人生一大事，可讓事情事半功倍。

一班一活動

一班一活動旨在讓每班自行組織並舉辦屬於自己的活動，直至現在成為每年於聖誕假期前的一次重要聯誼活動，讓學生提升班級經營、建立團隊精神的重要日子。另外亦希望促進師生溝通，加強同學對「元中」的歸屬感。

元中學生創意無限，有非常多元化的活動建議，例如於校內進行班房氣體遊戲、桌上遊戲、交換禮物。同時，元中亦明白學生創意不應局限於班房內，學生亦進行多元化活動，例如：跨班競技比賽、校園探索、保齡球競賽、郊遊及燒烤等等。

當天老師們亦積極參與活動，讓學生看到各位老師不同的一面。通過這次活動，學生將有更多的機會和老師互動交流，增進師生之間的理解和信任。



其他學習經歷—粵劇體驗

中五同學在 2023 年 9 月 26 日進行粵劇體驗課。是日學校請來粵劇界前輩到來言傳身教，讓同學們體驗傳統劇曲的魅力。



禮堂內長桌一字排開，擺上琳琅滿目化妝用品，在導師指導下，同學們邊學邊化妝，塗底油、上底色、打腮紅，一絲不苟。



音樂奏起來，同學們掄著大旗，耍著纓鎗，舞著大刀，踩著鼓點輪番上場。手眼身法步，一步一種子，讓傳統戲曲藝術在少年的心中生根發芽。



Other Learning Experiences

Other Learning Experiences (OLE) lessons aim to provide students with unique and engaging experiences outside the traditional classroom setting, fostering creativity, teamwork, and personal development.

Exploring Local Arts and Sustainable Development at Nan Fung Textile Factory

On November 10th, a group of S.4 students from our school had the opportunity to visit the revitalized Nan Fung Textile Factory as part of a civic education activity. Divided into two groups, the students were eager to engage in handicrafts and learn about local arts, sustainable development, and gain a deeper understanding of government policies. The visit to Nan Fung Textile Factory allowed them to explore the economic and industrial history of the area while fostering a sense of civic awareness.



Virtual Reality (VR) Workshop



One of the highlighted activities was the VR Workshop. Students were given the opportunity to learn how to use Apps to produce VR content and game designs. Throughout the workshop, students demonstrated their creativity by designing immersive virtual environments and interactive games. This hands-on experience allowed them to explore the world of cutting-edge technology.



Rope Skipping Experience

Another captivating activity was the Rope Skipping Program. Students were taught various techniques and tricks about rope skipping. This fun-filled activity not only improved physical fitness but also helped develop coordination, balance, and rhythm. Students thoroughly enjoyed participating in group activities, showcasing their skills, and team-building among peers.



S2 and S3 Parents' Day



To help parents better understand the senior secondary curriculum and subject choices, the S2 and S3 Parents' Day cum Seminar on Senior Secondary Subject Choices was held on 17th November 2023 (Friday) in the School Hall.



2023/2024年度中三選科日程	
11月17日	中三選科講座
2月	選修科目意願問卷調查
4月	公佈2024/2025選修科目組合安排
5月	公佈中三學生模擬選科結果
6月	學年考試
7月上旬	中三學生提交正式選科表
7月15日	公佈升中四選科結果

We were very pleased to see the strong interest students demonstrated in the various subject choices that students have and were able to share information about the following areas:

- Senior Secondary Curriculum
- S4 Class Allocation Procedures
- Alternative Pathways for Further Studies
- University Admission Requirements
- Other Learning Experiences

選科時同學需要考慮：

- 性格與興趣
- 能力與潛能
- 理想與志願
- 家人師友的意見
- 學校科目組合及要求
- 大專課程收生要求
- 就業機會



Over 150 enthusiastic parents of S2 and S3 students made time to attend this event. It was a good opportunity to meet the relevant class teachers and discuss each child's learning progress. Parents also obtained useful information about subject choices in senior forms. All attendees benefited greatly from the information sharing event and had a clearer picture on the array of choices for their children.

Learning & Teaching Expo 2023



As one of Asia's Leading Education Expos, our school took the opportunity to showcase our latest school and classroom innovations at the Learning & Teaching Expo 2023.

Students Sharing

I first joined this fantastic Expo in Hong Kong last year when I was in Form 1. It is one of the high-tech Expos one can see in Hong Kong. There are many top-level companies in the Expo exhibiting their latest products. Being able to exhibit and share designs and products that we have made in our school was a really wonderful experience.

- Lau Tsz Ka, 2C



The LTE2023 Expo provided me with the opportunity to gain a lot of extra knowledge beyond academic studies. One of my deepest memories was the bicycle gym from another school. Using riding a bicycle to encourage students to exercise is interesting and effective. Another unforgettable experience was the presence of the Chairperson of IT Innovation Lab in Schools. Through presenting to him our school's STEAM designs, I learnt to be more confident to talk in front of others.

~ Suen Lok San, 5D

It was a fascinating experience during the three-day Learning & Teaching Expo. We prepared a lot of UDCube designs and products for exhibition and demonstration. Despite the trivial and tough preparation work, we all enjoyed our participation at the Expo. We also engaged in many other activities held by other schools and organizations, creating a lot of precious memories. In short, the experience of attending the LTE Expo allowed us to have a broader horizon and get to know the latest information on STEAM development in education.

~ Chen On Ching, 5D

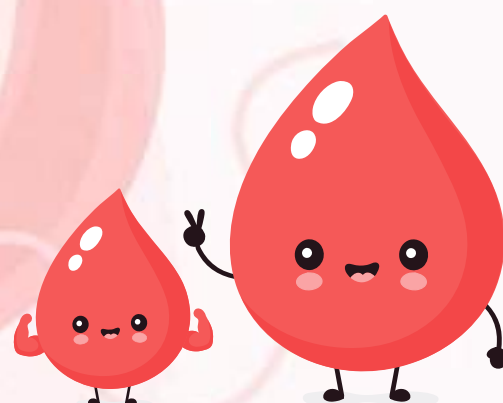
Blood Donation Day



Blood is essential for those suffering from life-threatening diseases or accidents. To encourage and cultivate the habit and willingness to help others, the Sex and Health Education Team organised the Blood Donation Day on 19th October 2023.



About 60 staff members and students signed up for the campaign, and 35 of them successfully donating blood. Special thanks were given to the S4 to S6 students, teachers and the supporting staff whose act of benevolence has made the Blood Donation Day a success.



S. 1 Adaptation Program



In order to assist our S.1 newcomers to adapt to the new secondary school environment, the school launches an all-inclusive and comprehensive S.1 Adaptation Program every year during summer holiday.



This program aims to provide a smooth and successful integration for all new students, offering them the support and resources they need to thrive academically, socially, and emotionally.

Recognizing that starting afresh in a new environment can be both exciting and daunting, the S.1 Adaptation Program has carefully crafted to address the unique challenges faced by S.1 students joining our school community. With primary school students transition from different schools and entering secondary level, this program aims to ensure that all newcomers feel welcomed, valued, and supported from day one.



Apart from that, school Peer Counsellors, who have successfully navigated their own transition into secondary school, shared their personal experiences and offered valuable advice to help the new students adjust and thrive.

By equipping newcomers with the necessary support and skills, our school aims to ensure that every student's transition is seamless and successful. Yuen Long Public Secondary School is excited to welcome all new students and wishes them a memorable and fulfilling experience as they embark on their educational journey with us.



Teacher Awards

Ms. Yu Siu Ying, the Chinese Panel Chairperson and Head of Staff Development and Mentoring Team, was granted Good Customer Service Award (2nd Quarter 2023) by the Education Bureau. Ms. Yu leads and prioritizes professional training to ensure staff to stay up-to-date with the best teaching practices and educational development, resulting in a boost in staff engagement and nurture of talents.



Ms. Yu Siu Ying



Mr. Pang Shun Hong



Mr. Yeung Man Lok

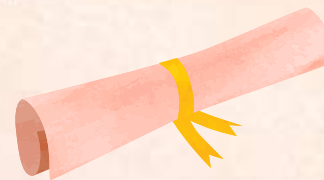
Our Mathematics teachers, Mr. Pang Shun Hong and Mr. Yeung Man Lok, received Teacher Commendation Certificates in the 8th Teacher Commendation Scheme organised by the Committee on Respect Our Teachers Campaign 2023. Respected and beloved by students, Mr Pang and Mr Yeung model and demonstrate their problem-solving skills to illuminate the beauty of mathematics to inspire students intellectually. Under their guidance, students make steady progress and academic achievements.

Ms. Lung Kwan Yee, an awardee of the EDB Good Customer Service Award of the 3rd Quarter of 2023, is our school's Assistant Discipline Mistress and the Junior Form English Panel. She consistently displays enthusiasm towards teaching. She has established an online English learning resources bank with a variety of materials to facilitate students' self-directed learning. As a pioneer of e-learning, she has opened her lessons and demonstrated different teaching techniques via utilizing e-learning tools to maximize impact on learning. As Assistant Discipline Mistress, she always encourages students to reflect from their misbehaviour and derive plans for future improvement. In short, Ms. Lung is truly a role model for both colleagues and students.



Ms. Lung Kwan Yee

Students' Achievements

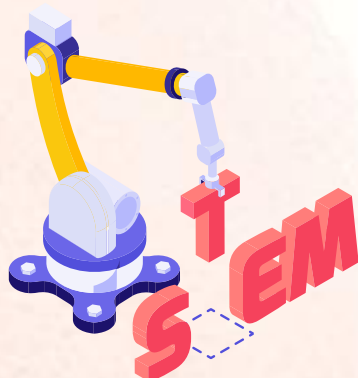


Scholarship

Organization	Competition/Programme	Prize	Awardee
Youth Arch Foundation	Youth Arch Student Improvement Award 2022-2023	Significant progress in academic studies/conduct	6A Lau Cheuk Fung 6B Yu Ching Yiu 6C Cheung Chi Hin 6D Chan Ho Nam 5A Chung Ka Chun 5B Tang Hiu Man 5C Lai Cheuk Nam 5D Lui Hei Lam 4B Deng Wai Yuen 4C Hu Wing Yi 4C Tang MaoYun 4E Chong Wing Yan 4E Hon Chung Kuen 3B Lai Cho Kiu 3C Fu Eva 3D Lam Tsz Lap 3D Li Heung 2B Li Wing Hing 2C Yin ThaYen 2C Cheung Yee Yuet 2D Wang Yuxi
Co-organised by the Law's Charitable Foundation (LCF) and the Education Bureau (EDB)	The Applied Learning Scholarship 2022/23 School Year	特別嘉許獎 (Certificate of Recognition)	6A Au Yeung Tsz To 6A Chan Tsz Kit 6A Cheung Ho Lam
The Chinese University of Hong Kong	CUHK Enrichment Programme for Young Mathematics Talents	Course Completion & awarded scholarship \$1000	4D Cheung Hoi Yuen 4D Li Guanxi 4D Lo Cheuk Long 5B Tang Lok Yiu 5B Chen Yi Ting 5C Lau Tung Yan

STEM

Organization	Competition/Programme	Prize	Awardee
The Hong Kong Institution of Engineers	STEM Electronics Bootcamp 2023	Champion	4B Hui Sze Chit 4D Cheung Lai Kiu Nigel 2A Chan Ngai Sing Neal 2B Tang Heng Rui



Arts

Organization	Competition/Programme	Prize	Awardee
International (HK) Dance Association	10th Global Cup Dancesport Competition 2023	Champion in Samba (Solo) 3rd Runner-up in CR (Solo) 3rd Runner-up in CRJ (Solo)	6B Lam Ho Yi
Hong Kong Schools Music and Speech Association	75th Hong Kong Schools Speech Festival (2023)	普通話詩詞獨誦冠軍	3C Cheng Sau Him Michael
		2nd Place Solo Verse Speaking Secondary 3 Boys	3B Lo Cheuk Tung
		2nd Place Solo Verse Speaking Secondary 4 Girls	4D Chau Hoi Ching Christine
		3rd Place Solo Verse Speaking Secondary 4 Girls	4B Lam Yu Ki
		3rd Place Solo Verse Speaking Secondary 5 Boys	5B To Chi Wah Oscar
Bauhinia Magazine	7th Bauhinia Cup Youth Painting and Calligraphy Competition	Bronze Award in Chinese Painting	5D Cheng An Ching Sophia
Co-organized by the Fuzi Chamber and Pooi To Middle School	The 8th Fuzi Cup Speech Contest	English Public Speaking Champion (Senior Form)	4D Chau Hoi Ching Christine

Service

Organization	Competition/Programme	Prize	Awardee
The Home and Youth Affairs Bureau and the Agency for Volunteer Service	Hong Kong Volunteers Awards 2023	JC VOLUNTEER TOGETHER Outstanding Caring School Award	YLPSS Social Service Team
		JC VOLUNTEER TOGETHER New Star Volunteer Award	
		Non-Commercial Organization (Volunteer Hours) Silver Awards (Over 5000 hours)	
		174 Individual Awards (Volunteer Hours)	



Service

Organization	Competition/Programme	Prize	Awardee
Hong Kong Red Cross Youth Development Service	2022-2023 Outstanding Youth Unit Competition	Champion in Yuen Long District	4E Ng Nga Lai 4A Lo Lok Yan 4D Yu Cheuk Him 3A Wong Tsz Kiu 3A Yip Hei Man 3B Wong Hoi Ying
Hong Kong Youth Exchange United Association Hong Kong Student Activity Foundation Dragon Family Society Service Foundation Limited	We Care Awards 2022-2023	Ambassador of We Care Awards (\$1000 Scholarship)	5C Chen Yan Hei
		Certificate of Honour of We Care Awards	5A Lam Ka Hing 5C Lau Ho Yan 5C Li Yui Ying



The Arete	The ARETE 9th Outstanding Student Leaders Selection	The Outstanding Student Award	5B Chen Yi Ting
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Education Bureau (EDB)	'National Flag Raising Ceremony' & 'Speech Under Flag' Short Video Competition	Second Runner-up	5D Ng Kui 5D Zhang Hao Jin 4D Ye Junying
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Sports

Organization	Competition/Programme	Prize	Awardee
World Dodgeball Association	U21 Women Champion	2024 Asian Dodgeball Championship	6C Lee Wing Lam
World Archery Federation	Taipei Archery Open	Compound Under 21 Men - Rank No. 6 (as Hong Kong, China Representative)	2A Ho Paak Yau
A.S. Watson Group	A.S. Watson Group Hong Kong Student Sports Awards	2022-2023 A.S. Watson Group Hong Kong Student Sports Awards	6D Cheuk Yan Wing
Hong Kong Schools Sports Federation	Inter School Football Competition (Yuen Long)	2nd Runner-up	3B Xiao Ting Shun 3C Liu Junxi 3D Lam Tsz Lap 4A Lee Chun Hok 4B Chan Ho Wang 4D Chong Pun Ching 4D Tang Chiu Hin 5A Chen Chi Jui 5B Wong Hiu Laam 5C Lau Tsz Wing 5D Mak Tsz Wun Louis 5D Ying Tsun 6A Law Long Ching 6B Chan Tsz Kan 6C Cheung Chun Tat 6C Wan Kin Chung 6D Chan Ho Nam



Sports

Organization	Competition/Programme	Prize	Awardee
Leisure and Cultural Services Department	Yau Tsim Mong District Age Group Table Tennis Competition 2023 Youth Boys Single	2nd Runner-up	3A Pang Kwok Hee
The Schools Sports Federation of Hong Kong, China	Inter-School Swimming Competition	Boys C Grade 100M Free Style Champion	1D Sung Pak Kiu
		Girls A Grade 100M Breast Stroke Champion	5D Lui Hei Lam
		Girls A Grade 100M Breast Stroke 1st Runner- up	5D Fung Man Ying
		Boys C Grade 100M Breast Stroke Champion	2C Tang Tsz Hei
		Boys C Grade 50M Breast Stroke Champion	
		Girls A Grade 50M Free Style Champion	6D Cheuk Yan Wing
		Girls A Grade 50M Breast Stroke Champion	
		Girls A Grade 200M Breast Stroke Champion	5D Lui Hei Lam
		Girls B Grade 200M Breast Stroke Champion	3C Liu Sum Yee
		Girls A Grade 50M Breast Stroke Champion	5B Lam Wing Gi 5D Fung Man Ying 5D Lui Hei Lam 6B Kwan Yan Tung 6D Cheuk Yan Wing
Hong Kong Schools Sports Federation	Inter School Athletics Championships (Yuen Long)	Girds C 100M - Second Girds C 200M - Third	1A Wan Yat Sum

