



Queen Elizabeth School Old Students' Association  
伊利沙伯中學舊生會

Queen Elizabeth School Old Students' Association  
Education Promotion Organization  
伊利沙伯中學舊生會教育推廣機構



QESOSA

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2023



since 1954



since 1997



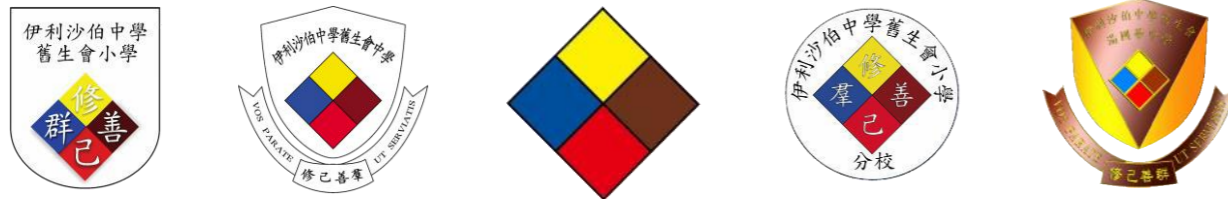
since 2003

# Queen Elizabeth School School Song

Music by D E PARKER  
Lyrics by E BLUNDEN



*Vos Parate Ut Serviatis*



Bring to our song the thankful soul,  
The loving thought, the shining dream;  
And let us all as one extol,  
Our general and our several theme,  
Our School of royal title,  
Bring great gladness to her honouring.

Elizabeth a queenly name,  
Begins the song and so begun.  
Fair be our School's advance and fame,  
And ever new her glory won.  
The glory of the wise and good,  
And old truth newly understood.

May knowledge from our works increase,  
And serve the world and spread the light;  
Be ours to share an active peace,  
Among ourselves first learned aright;  
And from this School let this be shown.  
"Twas mine, but was not mine alone."

Now close the song; and close in full,  
Re-echo, "Queen Elizabeth School".

# Message from Chairman of QESOSA

Dear Fellow Alumni,

I am delighted to report that for the year 2023, the operation of OSA resumed normal. Besides the Homecoming Day (25 March 2023), the Kicking-off Ceremony of Alumni Mentorship Programme (11 November 2023) and the School Camp Visit (9 December 2023), we also relaunched the Ball Game Tournaments (BGT). There were a total of 39 teams registered for the 3 ball games – volleyball, basketball and football. The matches were arranged to be held in early 2024. Our alumni finally would have the opportunity to show off their skills in the various ball games. Big thanks to members of the BGT sub-committee and all those who have put in their invaluable time and effort!



Our alumni also participated actively in the sports events of Queen Elizabeth School. At the Sports Day Final (13 October 2023) our alumni joined the 5km Run and the 4x100m Special Relay (Open). We achieved very good result in the 4x100m Special Relay, with one alumni team winning the Champion and another team the 2nd runner-up. As for the Swimming Gala (15 December 2023), two alumni teams took part in the 4x50m Special Relay, with one team winning the 1st runner-up.

I would like to take this opportunity to express my gratitude to Principal Chan Cheung Wai and his team. Without their support, OSA activities could not have been carried out so smoothly. In addition, my heartfelt appreciation goes to my fellow ExCo members and alumni who have contributed to the work of OSA. Your support is pivotal to the continuous growth of OSA!

Our alma mater will be celebrating its 70th Anniversary in the 2024-2025 school year. A Steering Committee has been set up with representatives from QES, QES PTA and OSA to map out the details of the QES70 celebration activities. The QES70 Gala Dinner – the highlight of the anniversary year – would be held on 23 November 2024 at Asia World Expo. Other celebration activities would include fundraising campaign, alumni talks, variety show and opening ceremony of the QES school museum. We promise to keep you posted on any updates.

I look forward to seeing you in our various QES70 celebration activities to make the anniversary year meaningful and memorable!

CHAN Chung (75FA)  
Chairman

# Message from Chairman of QESOSAEPO

Dear Fellow Old Students,

QESOSA Education Promotion Organization (EPO) is the sponsoring body of QESOSA Primary School (QPS), QESOSA Branch Primary School (QBP), QESOSA Secondary School (QOS) and QESOSA Tong Kwok Wah Secondary School (QTS), all located in Tin Shui Wai. Having been recuperated and re-strategized in the previous school year, the 4 schools were all set to move towards their goals in 2022-2023.



In 2022-2023, the schools did not only focus on continuing with their regular teaching and extracurricular activities, but also have put in additional efforts to introduce new initiatives. Take for instance, QOS has set up their 60-student strong orchestra, and with the unremitting effort of the music teacher, it has gradually begun to show results. QTS has launched a national education activity - the Tong Kwok Wah Cup, through a series of collaborative activities with other tertiary institutions and organizations, the project helps primary school students understand the development of China in recent years. As for the primary schools, QPS has officially introduced the experiential learning curriculum (體驗課), with an aim to cultivating students' general abilities through experiential learning activities. As for QBP, they have organized an impressive number of 59 life-wide learning activities (全方位活動) to allow students to "go out of the classroom" and broaden their horizons. I am deeply grateful to our school managers for their effective governance, our principals for their able leadership, our staff for their dedicated work and our parents for their relentless support. Without their concerted effort, our 4 schools could not have achieved such remarkable performances.

EPO continued to provide education services to the Tin Shui Wai community through the Elder Academy (EA) and the Capacity Building Mileage Programme (CBMP). I am delighted that, after having been suspended for 3 years, an EA graduation ceremony has eventually taken place on 5 July 2023. We are honoured to have Dr Li Kwok Tung, Chairman of the Elderly Commission to grace the Ceremony, and celebrate the achievements of the elder students. My hat off to the elders for their commitment to life-long learning!

The highlight of 2022-2023 school year is definitely the Joint School 30th Anniversary Celebration Ceremony of our 2 primary schools, which was held on 26 March 2023 with the Permanent Secretary for Education Ms Li Mei Sheung as the guest of honour. I sincerely believe that with the solid foundation built by our sage predecessors, our 2 primary schools will have another glorious 30 years!

Tong Sau Chai, Henry (86FA)  
Chairman

## I am an Engineer

In my younger days, I held a fervent dream—to become an engineer. I was fascinated by how engineers could design and create products, systems, or solutions that aimed to improve society and build a better world. My journey began in a technical secondary school, where the basics of engineering took root, and my passion for science and technology blossomed.

Now, as a principal, I often find myself reflecting on the profound impact I have on the lives of our students. So I realize that I am not just an administrator or educator, but a life engineer, shaping the minds and hearts of the future leaders. I am designing learning environments and experiences for our students. I am building different platforms for them to unleash their potential and cultivate their curiosity, creativity, and collaboration. I am providing them with formal and informal learning opportunities so as to make a difference in their lives and the communities they serve.

In line with our school motto, "Prepare yourselves that you may serve", my role as a principal is akin to one of an engineer that shapes and equips students to become responsible citizens, like our alumni, who are willing to serve the world and spread the light.

Through this engineering process, I strive to instill in my students a love for learning, a curiosity about the world, and a critical thinking approach that will serve them in every aspect of their lives. I aim to equip them with the tools they need to navigate the complexities of the world, to question, to reason, and to innovate. I foster an environment of respect, empathy, and resilience. I teach them to celebrate diversity, to understand and appreciate different perspectives, and to treat others with kindness and respect. I help them to navigate their emotions, face challenges with courage, and build strong relationships.

Reflecting upon the past academic year, students and teachers of QES weathered the storm of adversity, and their resilience shone through as they endeavoured to rebuild QES's educational haven. They worked meticulously and jointly to reconstruct the school's teaching and learning routines, breathing life once again into a diverse range of well-rounded educational programmes.

Following an extended suspension of face-to-face full day lessons, our staff and students joyfully resumed their regular schedule on September 26, 2022. The Mentorship Programme, which commenced on November 19, 2022, marked the first major event of the academic year. This initiative, a collaborative effort between the Old Students' Association (OSA) and QES, saw over 30 alumni from diverse fields serve as mentors. They engaged in two interactive sessions with nearly 270 students from S.3 to S.6, imparting current insights into various professions and emphasizing the importance of preparing for future challenges. I extend my heartfelt gratitude to our alumni for their dedication to these events, which have significantly strengthened the ties between our students and alumni network.

Another notable event was the Annual Speech Day on November 25, which not only celebrated our school's accomplishments from the previous year but also commemorated the 60th anniversary of our School Camp. We were honoured to have Mr. SHUM Man-ching (65FA), a distinguished alumnus, as our Guest of Honour. He reminisced about his time as a student and his tenure as the chairperson of the Camp Wardens' Association, sharing anecdotes about the inaugural training of camp wardens, their collective efforts in constructing the camp, and the range of activities they organized. I am grateful to the founding wardens who participated in a special session to mark the 60th anniversary of the School Camp. Addressing inquiries from the current camp wardens, they recounted the Camp's stories from the past and shared tales of our unique Camp, a source of immense pride for us all.

On December 12, 2022, the 55th Annual Swimming Gala was joyously celebrated at Kowloon Park Swimming Pool, an eagerly anticipated event after two years of pandemic-induced cancellations. The ceremony was graced by Mrs. TAM WOO Kit-ching (86FA), Principal of Chiu Lut Sau Memorial Secondary School, who presided over the prize distribution. The Gala's return heralded a welcome step towards normalcy and community spirit. Additionally, the Annual Sports Day made its comeback on 1 March, 2023. Despite an unexpected delay due to a late October typhoon, the resilience and enthusiasm of QES students remained undiminished.

The Homecoming Day on March 25, 2023, was another significant occasion. Organized by the OSA, it brought together alumni and their families for a day filled with ball games, folk dance, and an inflatable castle that delighted the children. Even with a condensed schedule and fluctuating weather, the event successfully rekindled the vibrant tradition of daily ball games at QES and fostered camaraderie among alumni across generations. Participating in the alumni football team, I shared in the collective joy and nostalgia.

Reviewing the performance of our students in the public examination, the 2022-2023 academic year was defined by remarkable achievements, notwithstanding a litany of challenges faced during the past five years. Our S.6 students' outstanding results in the 2023 HKDSE examination stand as a testament to our resilience and unwavering commitment to providing the optimal educational experience for our students. Approximately 90% of our students met the general entrance requirements for the local undergraduate degree programmes. A total of 112 graduates or 87.5% of our S.6 graduates received offers through JUPAS, reaping the rewards of their years of hard work at school. 50.0% of them received outstanding offers from distinguished universities including the University of Hong Kong (HKU), Chinese University of Hong Kong (CUHK), and the Hong Kong University of Science and Technology (HKUST).

Next, in the area of School Development, we successfully reached our targets in the second year of the 3-Year School Development Plan.

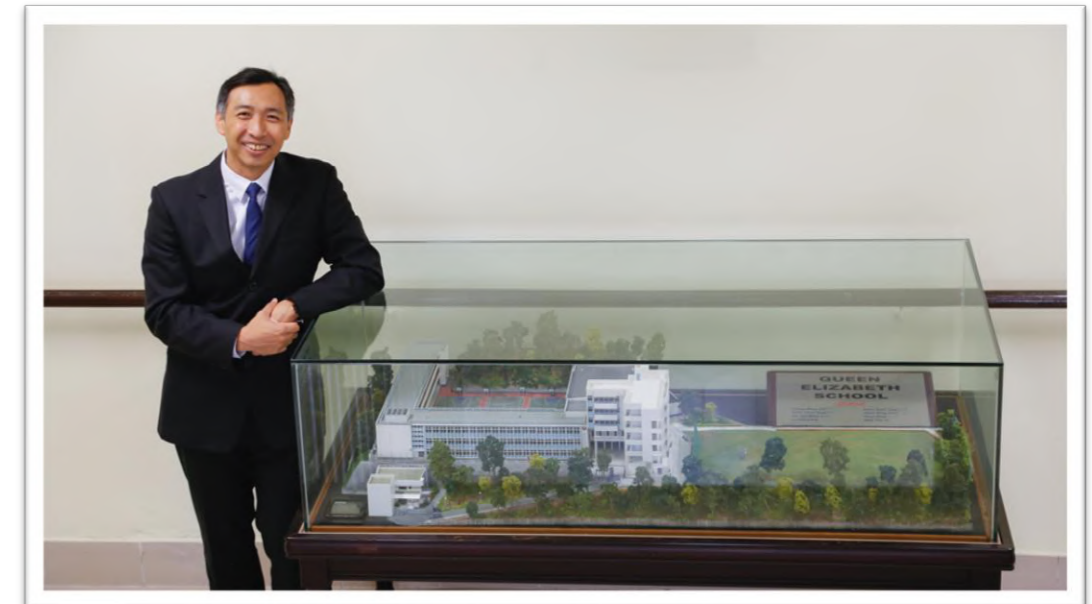
To educate and equip students to become self-directed and independent learners, a diverse range of STEM education projects were implemented in the junior forms. Students appreciated the opportunities to develop their potential and exercise their creativity. The projects also piqued their interest in studying Science and helped strengthen their skills in problem-solving, collaboration and time management.

To inculcate the ethos and values of effective leaders in our students, training programmes and workshops were conducted for our young aspiring Health Leaders. Our students were empowered with the skills they needed to successfully deliver topics on positive values, global perspectives, and leading a healthy lifestyle to their peers.

To promote an appreciation of the Chinese culture among our students, our departments from Chinese History, Chinese Language, History, Life and Society, Physical Education, and the Community Service Group, collaborated with CUHK. The goal, which was achieved, was to design and implement an S.2 multi-disciplinary curriculum on nurturing students' sense of national identity.

In surmounting seemingly insurmountable challenges faced in the past few years, the combined dedication of the School Management Committee (SMC), Parents'-Teachers' Association (PTA), and Old Students' Association (OSA) was pivotal. I would like to express my sincere thanks to OSA, under the leadership of Mr. CHAN Chung (75FA), to be a cornerstone of support and resources. In a remarkable gesture of giving back, alumnus Mrs. WONG Agnes (58FA) inaugurated a new scholarship in the 2022-2023 academic year. This award honours students who demonstrate excellence in "Citizenship and Social Development" and commemorates her brother, Mr. LI Chung Leung (67FA), a distinguished QES alumnus. The unwavering commitment of our alumni to support and inspire the next generation fills me with profound gratitude.

As a life engineer, there is no greater reward for me than witnessing our students thrive, selflessly contribute to society, and wholeheartedly embody their cherished principles. It serves as a poignant reminder of the significance of our labour and the enduring impact we wield. I am confident that our students, nurtured within the campus of QES, will carry their acquired wisdom and growth with pride, channelling it to better our world - much like our esteemed alumni who have graced us with their remarkable talents and boundless abilities.



Chan Cheung Wai, Eric  
Principal  
Queen Elizabeth School

# Queen Elizabeth School Old Students' Association Executive Committee and other Officials 2022-2023

<b>Honorary</b>	Dr	WONG Tai Wai, David	(1963)		
<b>Advisor:</b>	Mr	SHUM Man Ching	(1965)		
	Mr	TONG Wai Lop, Philip	(1974)		
<b>Chairman:</b>	* Mr	CHAN Chung	(1975)		
<b>Vice Chairman:</b>	* Ms	CHING Wai Ming, Jasmine	(1981)		
	* Mr	TONG Sau Chai, Henry	(1986)		
	* Mr	YAN Sui Tong, Albert	(1994)		
<b>Honorary Secretary:</b>	* Mr	MAK Chi Shing, Matthew	(1994)		
<b>Honorary Treasurer:</b>	* Ms	CHEUNG Oi Mui, Judy	(1994)		
<b>Committee Member:</b>	Mrs	TSOI LAI Yuet Sum, Susanna	(1959)	* Ms	CHAN Sau Man, Samantha (1987)
	Mr	KWOK Sam Chuen	(1961)	* Ms	CHAN Wai, Joanna (1989)
	Mr	MOK Kwai Sang	(1962)	* Mr	CHAN Tik Yuen, Leonard (1990)
	Mr	CHEUNG Kau Wan	(1963)	Mr	LEUNG Tai Hong, Steven (1992)
	Mr	TAM Wing Oi	(1969)	Mr	CHAO Luen Kit, Ernest (1995)
	* Mr	KWAN Sek Yiu	(1969)	Mr	OR Man Ching, Stanley (1995)
	Mr	SO Wing Chi, Stanley	(1970)	Ms	FUNG Wing Yee, Win (1996)
	Ms	KWOK Wai Hing, Winnie	(1971)	Mr	WONG Chun Kit, Andrew (1996)
	Mr	SO Chi Keung	(1971)	Ms	TAM Nga Kei, Kate (1998)
	Ms	YAU Lok, Joyce	(1971)	Mr	CHAN Ching Wai, Jeffery (1999)
	Mr	CHIN Kwok Keung	(1973)	* Ms	KUNG Wing Yan, Kenix (1999)
	Dr	LAM Siu Keung	(1978)	Mr	KWOK Chin To, Thomas (2001)
	* Dr	KONG Fuk Yip	(1982)	Mr	HUNG Wai Sing, Wilson (2006)
	* Mr	CHEUNG Pui Kwan, Edwin	(1983)	Mr	KAM Ho Yuen, Alan (2006)
	Mr	CHOY Boon Leung, Billy	(1984)	* Ms	LI Ka Ka, Katy (2012)
	Ms	HO Ming Wai, Celine	(1986)		
	Ms	LAM Man Yuk	(1986)		
<b>QES SMC Representative:</b>	Ms	CHING Wai Ming, Jasmine	(1981)	(2021-2023 term)	
	Mr	YAN Sui Tong, Albert	(1994)	(2022-2024 term)	
<b>Legal Advisor:</b>	Mr	CHAN Kin Hoi, Allen	(1969)		
<b>Auditor:</b>		W.M. Moo		Certified Public Accountant	

\*Executive Committee Members

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	Ms	LAM Man Yuk	(1986)	Ms	FONG Cheong Ching, Anges (2014)
<b>QES SMC Representative:</b>	Mr	YAN Sui Tong, Albert	(1994)	(2022-2024 term)	
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<b>Auditor:</b>		W.M. Moo		Certified Public Accountant	

\*Executive Committee Members

# Queen Elizabeth School Old Students' Association

## Form Association Coordinators

1956	LEE Hay Yue	李熙瑜	1975	CHAN Chung	陳 忠
1957	CHU Chi Fun	朱次焄	1976	TAM Yuet Har	譚月霞
1957	LEUNG Tat Yan	梁達仁	1977	CHEUNG Kwan	張 坤
1958	HO Chung Nin	何松年	1978	LEUNG Wai Ha	梁慧霞
1959	LEE Kwan Wai	李君蕙	1979	CHAN Shuk Kam	陳淑琴
1960	NG Kwan Mo	吳君武	1980	LAM Fong Moy	林芳梅
1960	SO Hin Chak	蘇顯澤	1980	SO Hon Ching	蘇漢澄
1961	KWOK Sam Chuen	郭森泉	1980	WONG Yuk Loi	黃鈺來
1962	MOK Kwai Sang	莫桂生	1981	CHING Wai Ming	程慧明
1962	CHOW Tung Shan	周東山	1982	FAN Cheuk Wan	范卓雲
1963	LAM Tak Fong	林德芳	1982	LAU Ho Yin	劉浩然
1964	HON Wai Lam	韓慧霖	1983	NG Wing Ho	吳永浩
1965	KU Yin Kay	古嫣琪	1983	TSANG Chi Wai	曾志衛
1966	LUI Sung Yee	呂崇義	1984	MAK Kam Wo	麥錦和
1967	YEUNG Po Yiu	楊步堯	1985	WONG Lai Sheung	黃麗嫦
1968	CHOW Ping Yan	鄒秉恩	1985	FOO Wing Yan	傅詠欣
1969	KWAN Sek Yiu	關錫堯	1986	TONG Sau Chai	湯修齊
1970	MA Kang Ching	馬鏡澄	1987	WONG Sze Ho	黃思豪
1971	KWOK Wai Hing	郭慧卿	1988	LI Hiu Fai	李曉暉
1971	YAU Lok, Joyce	游 樂	1989	LAM Siu Kei	林紹基
1972	WONG Chun Por	王春波	1990	CHAN Hung	陳虹
1973	CHIN Kwok Keung	錢國強	1990	CHOI Yi King	蔡綺琮
1974	NG Pik Mei	吳碧薇	1991	YOUNG Koon Hay	楊冠熹
			1992	MAN Kin Cho	文健初
			1992	NG Oi Suen	吳愛璇
			1993	WONG San Keung	黃三強

# Queen Elizabeth School Old Students' Association

## Form Association Coordinators

1994	HO Yu Leung	何宇亮	2008	CHAN Kwan To	陳鑿淘
1994	MAK Chi Shing	麥志成	2008	LOU Shuk Man	勞淑文
1994	MAU Yuk Hung	繆旭雄			
1995	LEE Tak Wui	李德匯	2009	WONG Yan Yu	黃昕愉
1995	OR Man Ching	柯文清	2009	KWOK Ho Ting	郭浩庭
1996	CHAN Chi Wa	陳子華	2010	LAU Him	劉 謙
1997	CHUNG Tat Ming	鍾達明	2012	CHAU Chun Yee	周駿易
1998	KWOK Siu Cheong	郭兆昌	2013	LUK Tsz Tung	陸子彤
1999	WONG Ho Tseung	黃浩翔	2013	TONG Zhi Cai	湯子才
2000	WONG Man Tao	黃文韜	2014	CHAN Tsz Yan	陳祉忻
2001	CHUNG Hin Shun	鍾衍信	2014	TONG Ming Sun	湯明新
2001	LAM Ying	林 盈	2015	WOO Siu Man	胡筱雯
2002	CHAN Kin Kwok	陳建國	2016	TONG Zhi Xian	湯子賢
2002	MAK Kit Ying	麥潔瑩	2017	KWAN Ka Lok, Shirley	關嘉樂
2003	WONG Chak Yin	黃澤賢	2018	LAU Hei Pak	劉希柏
2003	WONG Sin Yu	黃善儒	2019	TONG Kin Fung	唐見豐
2004	TSANG Pui Pui	曾佩佩	2020	LAM Ka Chun	林嘉駿
2004	TUNE Chun Tung	段振東	2021	CHAN Ho Yeung	陳浩暘
2005	LAI Sze Mei	黎詩薇	2021	LAU Ka Yan	劉嘉欣
2005	LAU Chun Fai	劉俊輝			
2006	YIU Kin Man	姚建民			
2006	LAM Wang	林 弘			
2007	WONG Lok Sze	黃樂詩			
2007	TONG Yan Pui	唐茵蓓			
2007	FAN Ching Pak	樊澄柏			

### QES Homecoming Day 2023



QES Open Days & Homecoming Day were held on 25 and 26 March 2023 at QES with sweet memories, both old and new, and, most importantly, fun.

The Homecoming Day provided a great chance to reunite with alumni and friends. It was packed with a variety of events: Alumni Ball Game Friendly Matches, Folk Dance Gathering, Bouncy Jump, Free Chinese Medicine Consultation and School Work Camp. It was a delightful day.



### QESOSA Annual General Meeting 2023

QESOSA AGM 2023 was held on 26 August 2023 (Saturday) at Lecture Room of Queen Elizabeth School. The election of the 2023-2024 Executive Committee Members of QESOSA was conducted at the AGM.



### QESOSA Executive Committee Meeting

Three Executive Committee Meetings were held in 2023. They were held on 30 April, 16 September and 14 October 2023.



## School Camp Visit 2023



The School Camp Visit 2023 was held on 9 December 2023 (Saturday). More than 200 people, including alumni, their family members, QES S1 students and their parents as well as PTA members, QES teachers (current and past) joined the event.

## 伊中舞聚伊舞樂 ( E Za Dance ) 2023年回顧及展望 - 復常後的伊中舞聚

伊中舞聚 E Za Dance 「大內小組」及各投稿者

### 引言

「伊中舞聚」是一個主要由橫跨五十至九十年代級聯的「土風舞發燒校友」所組成的土風舞組，自2015年成立，不經不覺間，今年昂然進入第九年，由最初租借康文署各區的活動室/舞蹈室進行不定期的舞聚，至後來能較穩定的每周日以伊中舞聚伊舞樂 ( E Za Dance ) 的名義借用紅磡社區會堂中心，進行定期的舞聚，期間經歷了因社會事件、新冠疫情、特殊天氣 ( 嚴寒或酷熱天氣、黑雨或颱風襲港 ) 而被迫停擺，近期也因紅磡社區會堂活動室需作緊急維修，也幾乎要繼續暫停，幸好得—有心舞友的穿針引線，我們才能臨時借用學校場地，每周能定期的繼續樂聚一堂。

### 復常後的伊中舞聚

復常後，大家可以不用再戴口罩，可以用廬山真面互相見面，可以手拉手的跳舞，不再有限聚令限制人數，所以每次舞聚大家都很雀躍，參加人數遞升，本組去年添增了很多生力軍，有不少新面孔加入，更有一些熱愛土風舞的校友及舞友，經常都會出席每周日的舞聚，成為伊中舞聚伊舞樂的中流砥柱，甚至不時也有很多「飛來螞」- 就是那些「土風舞 die hard fans 」的海外歸僑，回港就急不及待的要來和我們共舞，也有不少新任舞指湧現，嘗試負責介紹新舞及領舞，這是一個令人鼓舞的現象，令舞聚添新動力，注入了很多新元素，而舞聚也可以有接棒人，能把伊中舞聚的精神，承傳下去，這也實踐了我們在「伊中舊生會年報22-23」中提及的我們對本組的展望，希望伊中舞聚伊舞樂能繼續延展！



8/1/2023 伊中舞聚

疫情減退復常後第一跳，大家不用再戴口罩，可再以廬山真面互相見面和接觸，大家都很雀躍

## 沉痛哀悼

不過，我們也沉痛哀悼，去年失去了一位非常認真指導我們的領舞者，我們摯愛的 Symbol，Anson 麥明新的愛妻，她去年因病與世長辭，我們永遠的懷念她！不過，我們相信，當我們舞聚時，她定會也在雲端中與我們共舞！

## 舞聚活動

### 25/3/2023校友日禮堂舞聚

去年復常後，我們在25/3的校友日也有拉隊回母校的禮堂大跳土風舞。當日因天雨關係，天氣惡劣，很多戶外活動如校營探訪、球類比賽都有所延誤，所以有不少校友及在校的師弟妹，也來湊熱鬧，參與我們的舞蹈活動，和我們共舞，濟濟一堂，非常開心！



25/3/2023 伊中舞聚在伊中禮堂

### 10/11/2023 舞聚小組舉辦首次的戶外活動-到濠西洲高爾夫球場吃自助晚餐

當日出席的有69級聯黃仲基皇上、黃宛嫻 Yolanda、陳雪艷 Flora、72級聯張潔凝 Grace、鄭慕賢 Catherina、74級聯劉昌富 King Kong 伉儷、76級聯的方奕霖 Andy 伉儷、還有今次活動攬手75級聯的蔡龍思 Samone 和與她同屆的兩位師妹，伊中舊生會主席陳忠也來趁熱鬧。當日下午在西貢往濠西洲的專用碼頭集合，一行13人浩浩蕩蕩的上船前往濠西洲後，先在四圍的美麗景色中打卡，後再在免費的練習場上打高球及瀏覽附近的天然美景和共晉自助晚餐。濠西洲高爾夫球場的日落超靚，幾位「老頑童」還在濠西洲夕陽斜暉下的露台上露了兩手，跳了有「抹窗」稱號的土風舞「所羅門皇的光輝」呢，晚餐後才興盡而返！



15/1/2023 伊中舞聚  
歡迎74級聯譚自強及嘉賓們出席今日的舞聚



5/3/2023 伊中舞聚  
兔年第三跳，有很多舞友響應呼籲，出席撐場



26/2 伊中舞聚  
舞聚前熱身 (只係擺post!)



有型有款，各有千秋！

## 每周舞聚後的餘慶

每周舞聚後，大顆兒還是意猶未盡，都會在附近找間茶餐廳進行餘慶，來個輕鬆茶聚，吃個下午茶，吹吹水！開始時，不知怎的，必定會有一團友暗地甚至明奪帳單埋了數，「萬歲」了大家，不過「班長」鄭慕賢 Catherina 後來提出茶聚必須用AA制，就是所有參與者平均付費，若要「萬歲」就要事先申請，結果，班長若在，所有人都循規蹈矩，班長不在，大家就故態復萌，你爭我奪...那張帳單，爭著要「萬歲」大家！

## 班長的由來

說起封 Catherina 「班長」稱號的由來，因為她喜歡「指指點點」....不是她霸道，而是她樂於服務，為了整體合照有個好形象，她就會「指」出如何可排一有氣勢的靚陣，而「點」，不是點人，而是替大家點餐和打點一切，所以她當班長，實至名歸！

## 舞友心聲

今年我們想改改匯報的形式，呼籲本組舞友投稿，說說他/她們對本組的看法和參與活動的感受！

### 65FA 古嬌琪 Kay Ku

在母校就讀的年代，學生是聞歌起"土風舞"的，很有歸屬感，很有樂趣，令人回味！不覺已有60多年了！

非常感謝各校友熱心的帶動，無私的付出，專業水準的指導，令土風舞在校友群中繼續燃點，傳承！我有幸參加，是我的福氣，希望多些校友也能來享受享受！

### 68FA 伍潔英 Josette :

先要恭賀"伊中舞聚"已成立九周年，祝願"伊中舞聚"繼續傳承下去，長長久久。

在去年中的一次旅程，閒談中，團友皇上向我介紹"伊中舞聚"。回港後，我在去年六月中便參加了。

我除了在校時有跳過土風舞外，半世紀多以來都未有再接觸土風舞。第一次到舞聚會堂時，各師弟妹(我是68校友)的 warm welcome 我已感到窩心。伊中人的樸實，真誠，顧己及人的精神，由內形外。各舞指毫不保留分享舞藝，對初學者更多番遷就，無論揀舞，步法也畧加以調整，務求大眾同樂。

舞指們分擔者揀舞，音樂，指導，攝影，上載舞蹈供組員參考，訂場地，有時更齊備用具如扇(舞)，絲巾(舞)予組員，最令我深深感受的是那融洽的氣氛，感謝！感謝！參加了整整半年多，由脚跟生硬地，論論盡盡跟着師弟妹向前向後走，一轉wall 就迷失了方向的我，到現在已可享受到舞中樂！覺得自己很蒙福！

先多得皇上，介紹我舞聚一甲子以來，行山走路多現隨拍節奏，郁動軀與腿幸得舞指們，舞聚師兄姐編舞多遷就，示範兼指導箇中真與誠，來自伊中訓參加了數月，談不上能舞也可走走步，與眾齊舞樂  
Let us keep on 🙌🙌🙌



28/5/2023 伊中舞聚 羽扇綸巾，談笑間，檣櫓灰飛煙滅

### 69FA黃仲基 (黃總/皇上) :

祝願

放虎歸山去

瑞兔接春來

癸卯齊進步

二豎再不回

新春年初一

祝願萬事得

闔府皆平安

成年都Good Luck !

祝

兔躍納福、

歡樂滿屋！

8/01/2023



19/2/2023 伊中舞聚 兔年第一跳

### 27/2/2023

今日的兔年第二跳是由我負責簽場及作主要領舞，亦應該是伊中星期日舞聚出席人數最少的一次，前後只有五人，這當然因為骨幹成員中 Symbol 要休養，Anson因要做愛妻號，Andy 家中有事，King Kong 梨型坐骨神經痛，要在家休養之故，希望他們正在康復中，早沾勿藥，家人安康，可以早些回歸舞聚。在此亦向各位伊中舞友作出緊急呼籲，紅磡社區會堂場地能順利以EZA Dance 名義獲得免費租用得來不易，Anson，King Kong 等下了很多工夫，不要因出席人數不足而不再讓我們免費借用！（真的，每次都會有人員作突擊檢查，看看場地運用實況）現在疫情減退，限聚令除，請各伊中舞友盡量出席支持，大家一齊共舞！

還幸有詠兒後來趕來救駕，我才有得「抖」吓，除了領舞，她還悉心指導我們如何可把曾經學過的舞步、技巧、姿態如何提升，如何可再精益求精，她亦在我們休息時作了一簡短的中國舞示範呢！

### 前伊利沙伯中學體育老師、前柏立基教育學院體育科導師及舞蹈組始創者曾李佩蘭對本組的祝賀：

仲基，從伊中舞聚短訊中得知你領導的舞聚已九年之久，個中種種困難，都因你們的熱誠、興趣和能幹的領導，才能有今日！真是可喜可賀！我老懷實感欣慰，祝 QES 舞聚能繼續承傳下去！並發揚光大！

曾李佩蘭敬賀。

### 黃仲基，黃總的回覆：

多謝你的誇獎，我只是秉承你的訓導，把這伊中優良傳統承傳下去，而且伊中也有很多同路人，大家都很有熱忱，都肯無私的奉獻，發揚母校的校訓「修己善群」的精神，大家一齊同心協力，搞好每次的舞聚，能共度九年的時光，實在難能可貴。我們打算在來年五月四日的校友日回伊中母校的禮堂（或舞蹈室）舉行舞聚，希望你能撥冗光臨指導，分享我們的喜悅！

## 69FA 黃宛嫻, Yolanda

一個偶然的機會，我參加了伊中舞聚，唔經唔覺都有幾年，對熱愛舞蹈運動的我，當然是非常受惠，其中認識了很多不同屆的校友，有些已經成為好朋友了。

去年底皇上頒令把我升為「舞指」，每次交舞一隻，當時是有些受寵若驚，惟有謝主隆恩。

跳舞對我來說，只係玩玩性質，要是教人，實在有點難度。

首先，要找題材，有什麼舞之前係未教過，容易教學的，令大家都感興趣的……都是考慮的一部分。

是有壓力的，同時亦感受到各位現任導師們的勞心勞力，對舞聚的貢獻，功不可沒。

在備課同時，我亦從網上學了很多有關知識。

希望更多校友們能參與其中，予以支持，令舞聚能承存下去。

## 71FA 易翠英, Betty

多謝大家姐說出我心底話。感恩！感恩！

衷心感謝 Anson、King Kong、Wing、Andy 和皇上耐心指導。當然還有各學長，兄弟姊妹的分享共舞！



## 75FA 蔡龍思 Samone:

感覺伊中舞聚就像一個大家庭，很高興多了很多親切的家人，每星期共享歡聚的時光！

## 75FA Nancy Wu

昨日錄影有點手忙腳亂，要專心學舞和聽講解，但又怕會忘記開始攝錄！非常佩服 King Kong 每次都可以跳舞、領舞和攝錄三者同時進行啊 🙌🙌👏👏！辛苦晒 🙏！

## 80FA 趙妙儀, Amy

自從 1980 年畢業後，一直都沒有機會再接觸土風舞的我，竟然在 2015 年的一次 QES Homecoming Day，無意中得到 81FA 師妹 程慧明 Jasmine 引薦，帶我去參加一班師兄師姐的土風舞聚。那次舞聚，玩得好開心，令我重拾跳土風舞的興趣。真的要多謝師妹 Jasmine！

之後，認識了這班師兄師姐，得知他們原來有定期的舞聚，很開心他們也歡迎我日後參加他們的舞聚一齊玩。

後來，有見自己「人丁單薄」，於是在 WhatsApp 群組召集 80FA 的同學們，一起去參加師兄師姐們的土風舞聚。

每次參加舞聚，都很感激師兄師姐的無私教導！他們每次都「拖嚟」到活動室，預備一切音響器材及攝影器材，非常專業。有時候也覺得我們 80FA 做「細的」，什麼都幫不上，有點慚愧呢！更加感覺慚愧的是，由於我們 80FA 係最「年青」的一群，也有太多的其他活動，因此無法每星期都可以參加師兄師姐們的舞蹈，有時候甚至大半年也沒有出席參與，實在有點不好意思。他們努力為大家爭取場地安排這舞聚，我們應該用實際行動多多支持一吓的。因此，我們 80FA 也在 2024 年開始，定下一個目標，無論幾忙也好，每月至少都要參加一次舞聚，以表支持。

參加 QE 土風舞聚，除咗可以重溫昔日耳熟能詳的舊舞外，更加可以學習新的集體舞，非常好玩。Anson 師兄不只是教跳舞蹈步法，連每隻舞的起源，背景，故事... 等等都一一介紹，非常詳盡！King Kong 師兄教的舞比較新潮，很好玩！Andy 師兄的舞姿示範，非常好看。Steve 師兄的風趣幽默，令舞蹈氣氛充滿歡樂！阿 Wing 師姐的美妙舞姿，令學習添上挑戰性！

每次舞聚，都能盡興而歸。再加上我們 80FA 同學們，每次舞聚後，都來個輕鬆 Tea 一 Tea，為當天的舞聚添上完美的句號！

## 82FA 袁藹儀

我都係 😊 唔試過都唔知領舞要顧咁多嘢 🙏🙏🙏 😊 辛苦晒各位師兄師姐經常為我們帶來跳舞的快樂 🙌🙌🙌🙌 感謝 🙏

## 展望與呼籲

寄望來年疫情繼續減退，我們能夠實踐對大家的承諾，為不能在週日出席紅磡伊中舞聚的校友及舞友，提供多個時段或地方的選擇，更希望多些校友，尤其是現在就讀的師弟妹及較年輕的級聯的土風舞愛好者，能加入我們的「伊舞樂聚」，和我們一起重拾昔日跳土風舞的樂趣！

在此向各伊中校友呼籲，快來加入我們舞聚，齊齊開心跳，開心笑！



9/4/2023 伊中舞聚  
送上各式各樣的大細心

### 聯絡方法：

E-mail to [admin@qesosa.org](mailto:admin@qesosa.org)  
Post to 18 Tin Shing Road, Tin Shui Wai, N.T.

Contact us on 2448-0899

## QES Swimming Gala 2023



QES Swimming Gala was held on 15 December 2023 (Friday). Two alumni Teams took part in the 4x50m Special Relay.



Alumni Team 1	Alumni Team 2
75FA Chan Chung 陳忠	93FA Li Cheuk Wai Brian 李卓偉
75FA Cheung Kwok Fai 張國輝	94FA Yan Sui Tong 甄瑞棠
79FA Li Leung Ki 李量奇	94FA Mau Yuk Hung 繆旭雄
94FA Yim Yik Chi 嚴亦慈	25FA Wong Hoi Yung 王海融

Results of 4x50m Special Relay	
Champion	Swimming Dream Team (2:02:56)
1st Runner-up	Alumni Team 2 (2:31:78)
2nd Runner-up	PTA Team (2:41:61)

## QES Sports Day 2023



QES Sports Day 2023 (Final) was held on 13 October 2023 (Friday). Alumni joined 5km Run and 4x100m Special Relay (Open) with QES staff, PTA members and current students.

Results of 5km Run:	
Champion	NG Hwa Kit Eric (PTA)
1st Runner-up	YAN Sui Tong (94FA)
2nd Runner-up	LAM Fan (PTA)
3rd Runner-up	TANG Wai Yan (09FA)

Results of 4x100m Special Relay	
Champion	94,09,14 & 20FA (OSA)
1st Runner-up	6A 2324 (QES)
2nd Runner-up	West House Ex-Captains (OSA)
3rd Runner-up	PTA Team 1 (PTA)

## QES Alumni Mentorship Programme 2023-2024

Since its inception in 2007, the Alumni Mentorship Programme for senior form students has been supported by OSA. Those alumni who registered as mentors have provided to QES students their valuable guidance in and advice on career development and other life aspects.



The Kicking-off Ceremony and the scheduled meeting were held on 11 November 2023 (Saturday) at QES. Over 40 mentors and 130 mentees (S3-S5 QES students) attended the meeting.

## QES Speech Day 2023

The ceremony was held on 24 November 2023 (Friday) at the school hall, QES. Mr Chan Tik Yuen Leonard (90FA), one of the ExCo members of OSA and a pioneer in technology innovation, as well as a key figure in promoting STEAM education in Hong Kong schools, was the guest of honour of the occasion.



## Queen Elizabeth School Old Students' Association New South Wales, Australia

<b>President:</b>	Tam Hin Cheung	<b>Executive Committee:</b>	Viola Ho
<b>Vice President:</b>	Yam Yat San		Benjamin Lau
	Ronald Lee		Ivy Lau
	Lui Kei		Sam Siu
<b>Treasurer:</b>	Miranda Wong		Joseph Wong
<b>Social Convener:</b>	John Tse		Betty Yung
	Betty Yick		
<b>Secretary:</b>	Shirley Sham		



2019 Annual Dinner

## Member List

FA Year	Last Name	Given Name	FA Year	Last Name	Given Name
Teachin Staff	Tam	David, Woon Man	1971	Chan	Edmund Pik Wong
1957	Cheng	Hon Wah	1971	Chan	Chung Wing
1957	Ho	James, Man-Jin	1971	Chang	Lawrence, Chi Yuen
1958	Lau	Benjamin, Shing Ming	1971	Mak	Carmen, Mei Ming
1958	Tam	Yolanda, Fan Tak	1971	Sham	Shirley, Chui Yuk
1960	Yiu	Norman M F	1971	Tam	Ernest, Hin Cheung
1961	Lee	Benson, C P	1971	Tse	Ying Yeung
1961	Yu	Roger, Wang Sang	1971	Yick	Betty, Tsui Ying
1962	Luk	Shirley	1972	Ching	Cynthia BiK Yin
1962	Ma	Wai	1972	Wong	Miranda, Kwok Yee
1963	Sin	Alfred, Wai Ching	1973	Chau	Yuk Ying
1965	Ho	Emily Yuet Sim	1973	Cheung	Tak Sing, Eddie
1965	Koo	Cynthia, Mui Haan	1973	Lam	David, Wai Wah
1965	Lau	Kai Chiu	1973	Li	Pius, Lee Ping
1965	Yung	Betty, Sau Hing	1973	Li	Virgina, Sau Yee
1966	Chan	Liza, Yuet Ngor	1973	Ng	Pak Tsan
1966	Cheung	Lik Hang	1973	Tse	John, Kai Fai
1966	Wu	Dick Kin (DK)	1973	Yau	Della, Shuk Ming
1967	Ho	Charles, Yui Leung	1974	Ng	Grace, Kit Bing
1967	Lee	Ronald, Sai Keung	1974	Ngan	Alexis, Man Biu
1967	Lee	Maisie, Kwai Ying	1974	Au	Raymond, Siu Hong
1967	Wan	Alan	1975	Chan	Becky, Yin Ling
1967	Wong	Sam, Shu Leung	1975	Ho	Yiu Key
1967	Yam	Yat San	1975	Ng	Wai-Ngor (Margaret)
1968	Lau	Judy	1975	Wong	Stephen, Kwong Mo
1968	Ma	Olivia	1975	Wong	Annie, Yuen Yee
1968	Tsang	Pinky, Wai Ping	1976	Lau	Ivy, Oi Hung
1969	Cheung	Eleanor, Yee Man	1977	Wong	Joseph, Yue Kai
1969	Fung	Catalina, Wing Yung	1978	Siu	Samuel, Wing Ho
1969	Kwok	Grace, Yuen Yee	1978	Tang	Joey, Wing So
1969	Lui	Kei	1978	Yuen	Astrid, Yee Mui
1969	Lui	Ellen, Lai Kuen	1980	Kaminsky	Yim Nei
1970	Lau	Daniel, Man Shing	1981	Lau	Catherine
1970	Tam	Patrick, Ping Leung	1981	Liu	Lai Fong
			1982	Ho	Viola
			1984	Cheng	Winsome
			1986	Huen	Stella, Siu Ling

### Queen Elizabeth School Old Students' Association British Columbia, Canada

#### Committee Members

Ellen Ip (Lam Kwan Hei)	71FA
Michael Wu	71FA
Peter Li Shuk Yue	71FA
Tony Lee (Lee Fook Yee)	65FA

Greetings from Vancouver (BC, Canada)! Hope everyone has stayed safe and healthy. In the past year, we managed to organize a few social functions and we are happy to share some photos here. If any QES friends happen to visit Vancouver, please contact us to arrange a meet up.

Our contact: [qesosa.of.bc@gmail.com](mailto:qesosa.of.bc@gmail.com)

#### 2023 Chinese New Year Party



#### 2023 Mid-autumn Festival Party



#### USA Chapter former president Louisa Leung visiting Vancouver





## Queen Elizabeth School Old Students' Association Ontario, Canada

### Members of the Board of Directors

James HK Tang (61FA)	Jerry Liu (68FA)
Man Cheung Kwok (64FA)	Michael Ngai (68FA)
Jackie Chiu (65FA)	Daniel Chow (70FA)
Nancy Tang (65FA)	Roger Kwan (78FA)
George Wong (65FA)	Erica Kam (81FA)
Julie Look (67FA)	Karen Kwok (93FA)

We are thrilled to share the highlights of our recent QES OSA Ontario Dinner that took place on September 23, 2023, in Markham, Ontario. This event marked a joyous occasion as it was our first gathering after the pandemic hiatus since 2019.

The evening was graced by 50 attendees, ranging from 57FA to 01FA, coming together to reconnect, reminisce, and celebrate. An extra layer of excitement and warmth to the event was present when the association welcomed new 01FA'ers who have recently moved to Canada with one member just arrived weeks before.

This Annual Dinner event was met with overwhelming enthusiasm, quickly selling out and filling the venue to capacity. Attendees enjoyed a delightful meal while engaging in lively conversations and sharing fond memories. Naturally the singing of our school song created a nostalgic atmosphere filled with camaraderie and unity.

The presentation of QESOSA souvenir bags to the new members symbolized the continuation of our shared journey and the bond that ties us together as alumni. All through the evening, flowing in the air was that palpable sense of gratitude and joy at seeing many members in good health and safety after the challenges of the pandemic.

We look forward to our 35th anniversary this fall as we continue to strengthen our bonds and celebrate our shared heritage.

Reported by Karen Kwok 郭嘉穎 (93FA)



Members' response to this dinner was so overwhelming that this room was not big enough to accommodate all. The Committee had to be seated at a table right outside of the room 4.



We are thrilled to have the "babies" with us, they are the 80s, 90s, to 2000s.



We have the loyal supporters too. They are from 58FA, 59FA, 61FA and 65FA.



The Committee with Mi Ki (58FA) & Mrs. Susan Kan: Seated from L, Daniel & Mrs Chow, Michael & Mrs Ngai, Mrs. Daisy Kwan; Back row from L; James Tang, Mi Ki & Susan Kan, Nancy Tang, Roger Kwan



Mang-cheung Kwok, Tak-sang Wan & Man-kit Leung of 64FA, Fu-wah Tang of 68FA & sister Angela Tang of 72FA, Marina of 78FA & Mr. Brian Lee, Sharon Mok of 90FA



Pastor Terrence Lau of 66FA (second from R) and the young ones.



66FA was represented by Tony & Susan Tsoi, Patrick & Carmel Lau, Allen Wong, Patrick & Julia Chow, James & Ophelia So



The lucky winners of the Ontario OSA's souvenir bags: Queenie Lai, Debbie Woo, Billy chow, Sharon Mok, Tak-sang Wan and Allen Wong. Some of them were thrilled to see these bags were with the old school badge and the crown.

2023 has been a busy year for many of us as the threat of the pandemic was easing off, and our members started to resume exploring the world as well as to reconnect with loved ones. We have the following shared photos of joy for you...



April, 2023, Nancy Tang (65FA) and James Tang enjoyed a dim sum lunch at classmate Thomas Yam's Tai Pan Cuisine in Milton Keynes, UK with Angie Chin (68FA) and Mr. Frank Chin of USA.



In May, a group of QES alumni from Hong Kong, UK, United States, Canada, and on behalf of other alumni, returned to UK to pay a much delayed (due to the pandemic) last respect to Dr. Arthur Hinton who passed away in 2017. Photo taken at this farm house where we spent a few days brought back memories of our school camp days.



On May 9, 2023, the group visited the "Nine Ladies Circle" – a favourite place of Dr. Hinton. Do you recognise who are these alumni?



May, 2023, 65FA decided to have a dinner gathering for the first time since the pandemic kept us apart. Front row: From L, Jackie and Mrs. Mary Chiu, James Tang, Nancy Tang, Winnie and George Wong, Johnny Wong. Back row from L: Mr. Jason Leung and Theresa Leung, Julie Sham, Mrs. Regina Wong



On August 10, 2023, 61FA welcomes classmate Yuk-Yee Ko, from Hong Kong. Ko was once a resident in Toronto.  
Front row: From L, Mrs. Connie Lee, Winnie Woo, Yuk Yee Ko, Nancy Tang, Mrs. Letty Chow, Irene Chan, Hazel Cheng, Licia Kwok;  
Back row from L: Selwyn Chow, Alex Pang, Max Wong, Henry Lee, James Tang, Mr. Chi-Wing Woo.



August, 2023, 65FA organized a lunch especially for classmate Thomas Yam of Milton Keynes, UK.  
Front row: From L, Theresa Leung, Lianna Yung, Nelly Ho, Trevor Wong and Mrs. Lucilla Wong, Mrs. Regina Wong and Johnny Wong, Thomas Yam  
Back row from L: Mrs. Mary Chiu and Jackie Chiu, James Tang, Nancy Tang.



On November 13, 2023, 66FA's HK classmates welcomed Canadian and US visitors at a Sheraton Hotel lunch. Back row: From L, Kingsley Lo, Wai Chi Hung, Mrs. Wai, Larry Cheng, Grace Chan, Clara Chan, Dr. Susan and Tony Tsoi, Wu Dick Kin, Patrick and Carme Lau. Front row: From L, Cathy Poon, Terry Lo (Kingsley's wife), Dr. Alfred Lam, Cindy Cheng (68FA, Larry's wife), Madeleine and David Hui Wing Fu, Kannie and Dr. Hayles Wai.



Erica Kam 81FA, Karen Kwok 93FA, Debbie 01FA, These ladies found some fun time together after the OSA dinner.



Candy Lau, Debbie Woo, both of 01FA, with Erica Kam 81FA at Downtown Toronto, on December 2023.



Patrick Chow (66FA) and Mrs. Julia Chow went on a Safari trip to Kenya, Africa with Nancy (65FA) and James Tang (61FA), October, 2023



81FA ladies' reunion. Picture taken at Earl Bales Park, Toronto. Mid-Oct 2023. From L, Doris Yang, Choi-Ying Chiu from San Francisco, Erica Kam, Jacqueline Wong.



Candy Lau, Debbie Woo, Queenie Lai, and Billy Chow of 01FA had their families together in this cosy homestead, Winter, 2023



61FA: Lunch on December 29, 2023, to welcome 2024. Front row: From L, Nancy Tang, Winnie Woo, Mrs. Letty Chow, Mrs. Connie Lee, Irene Chan, Henry Lee, Mrs. Margaret Wong.  
Back row: From L: James Tang, Mr. Chi Wing Woo, Selwyn Chow, Max Wong, Alex Pang

## Member List

<b>1956</b>	Chan Wing-Chung, Michael	陳榮中	鄭君韜	<b>1966</b>	Lily Li	李莉莉
	Chan Yick-Chung, James	陳奕中	甘秀玲		Tilly Kwan	趙麗貞
	Chung Mut-King	鍾靈瓊	張慧芳		Yvonne Chiu	趙麥香華
	Lee Siu-Hon	李少翰	林月星		<b>1974</b>	
	Herman Lee	李漢銘	廖安澤		Ho Chung-Kai, Hubert	何仲楷
	Helen Lee (Chu)	朱美卿	龐炳坤		<b>1975</b>	
	Michael Tam	譚世寶	洗中如		Chung (Wong) Wai Shun, Lydia	
	Wong Wing-Chiu	王永釗	蘇詠儀		<b>1976</b>	
	Teresa Wong (Ng)	吳孚中			Cheng Oi-Lin, Veola	鄭愛蓮
<b>1957</b>	Au Kwok-Chu	歐國柱	楊公明		Chiu (Wong) Shun-Fan, Estella	黃舜芬
	Cheung (Chan) Ling Kin	張陳靈健			Li Yuk-San, Shirley	李玉珊
	Cheung Yuen-Ming	張婉明			Ling Jen Yan, Simeon	凌謙恩
	Chow Kwok-Woon	周國垣			Yung Chi-Cheung, Eric	容志祥
	Ho Tse-Pak, Karl	何子柏			<b>1977</b>	
	Ip Moon-Lam	葉滿林			Kevin Chan	陳錦松
	Ip Kam-Po	葉鑑波			Roger Kwan	關海富
	Kan Mi-Ki	靳美琪			Lee Mui Siu Man, Marina	梅筱敏
	Alfred Lam	林家佛			Liu Ping-Kan	廖秉勤
	Lam Wing-Kwong	林榮光			Tang Pik-Lan	鄧碧蘭
	Rebecca Lam	曾昭英			Ivan Wong	黃麥烈
	Agnes Lee (Ng)	伍笑琮			Barbara Yang	楊瑞瓊
	Pun Yip-Kai	潘業啟			<b>1979</b>	
	Pun Chiu-Tung	潘朝棟			Tim Ho	何天裕
	Wong Shung-Yam	黃崇任			<b>1980</b>	
	Tony Yue	余乾棟			Janet Yang	楊瑞琦
<b>1958</b>	Wayne Lau	劉偉英			<b>1981</b>	
	Lee Shiu-Ki	李紹基			Kam (Fong) Kit-Yee, Erica	方潔儀
	Lee To On	李道安			Doris Yang	楊瑞琳
	Li Shui-Ki	李瑞祺			Jacqueline Wong	
	Horace To	杜守華			<b>1982</b>	
	Agnes Wong (Chan)	陳慧文			Lo Sze-Man, Kerin	勞思敏
	Wong Shuk-Wah	黃淑華			<b>1983</b>	
	Wong Wan-Yan	黃允胤			Philip Chan	陳志偉
<b>1959</b>	Chan (Au) Chi-Sing	歐志誠			Pierr Chan	陳淑賢
	Chum Yun-King, Grace	冼潤瓊			<b>1984</b>	
	Lee To Chu, Irene	李島珠			Rita Ho	何靜宜
		何韻清			Liu Wun Chee, Anna	廖蘊慈
		廖月雲			<b>1986</b>	
	Marina Fu (Liu)				Lee Oi-Lin, Jessie	李愛蓮
	Kathleen Lau				<b>1987</b>	
	Samuel Shek				Wong Chun-Ning, Johnny	王振寧
	Debby Tam (Sun)				<b>1988</b>	
	Woo Ming-Ko				Leo Chan	陳德彰
					<b>1989</b>	
					Fok Chi Long, Anson	霍之朗
					Brenda Mok	
					Sharon Mok	
<b>1960</b>	Chan (Iu) Man-ling Connie	姚萬齡			<b>1993</b>	
	Cheung Siu Lun, Allan				Alvin Chan	陳永嘉
	Leung Yiu Koon				Percy Chan	陳瑞思
	Philip Tang				Karen Kwok	郭嘉穎
	Raymond Wong				Benny Leung	梁偉信
<b>1961</b>	Chan Kuo-Yung, John	陳果勇			<b>1994</b>	
	Cheng Pei-Ling, Hazel	鄭彼玲			Sin Sui-Ling, Stephanie	洗瑞玲
	Chow Chi-Kuen, Selwyn	周志權			<b>1995</b>	
	Eng (Cheng) Kwok-Yue, Eleanor	鄭幟瑜			Wallace Leung	梁偉明
	Ho (Chan) Shuk-Ling, Irene	陳淑玲			Joyce Li	利淑慈
	Betty Kwok	吳淑儀			Winnie Ma	馬思然
	Kwok (Yiu) Yim-Ping	姚球屏			Wilson To	杜國豪
	Lee Chung-Wah, Henry	李重華			<b>1996</b>	
	Leung Ming-Fai, Albert	梁銘輝			Milton Chan	陳行之
	Lin (Liu) Yu-Ha, Bess	廖月霞			Eva Li	利曉楓
	Alex Pang	彭志超			Ma Chi	馬智
	Tang Hon-Kit, James	鄧漢杰			Alice Ng	吳苑
	Thomas Tsin	錢大仁			Audrey Waung	汪鎔
	Wong Kon, Max	黃幹			<b>2000</b>	
	Woo (Wong) Wai-Yin, Winnie	黃惠燕			Mabel Sun	孫美寶
					<b>2001</b>	
					Queenie Lai	黎君儀
					Debbie Wu	胡雪麗
					Billy Cho	周照儒
					Candy Lau	劉華瑩

## Queen Elizabeth School Alumni Association United States of America

### Board of Directors

President:	Doris Tse Siu Fong	謝少芳	69FA
Vice President:	Peter Poon Tin Yau	潘天佑	60FA
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Co-Membership Director:	Yvonne Tse Choi Ling	謝彩玲	78FA
Technology Director:	Mr. Chung Chi Wo	鍾志和	73FA
Social Director:	Lam Shung Keung	林宋強	75FA
Social Director:	Keith Cho Ho Chuen	曹浩全	60FA

This slate of Directors gracefully volunteered to stay for another term (2023-2025) even after the 1-year extension during the pandemic. For most of them, it was their 9th year of services to the Organization! We are grateful for their tireless dedication. At midyear, Katherine and Alex had recruited Fiona and Yvonne respectively to replace them before they bowed out after the AGM event.



## Annual AGM Luncheon at Cheung Hing Restaurant in Milpitas on Oct 7, 2023

Because of the pandemic, the Association had cancelled all the official direct social gatherings for the past 3 years. Therefore, the Board decided to offer a BIG discount to the alumni and guests to attend the first in-person luncheon, both in North and South CA.

Like attracts like, our new younger Directors were able to recruit a handful of younger alumni to attend the North California AGM. We had a total of 33 attendees including our Honorary Guest, former English Teacher of 1960, Dr. Kai C Leung. Everybody enjoyed meeting and chatting with each other, and of course, the delicious big Chinese Banquet meal!



Group of attendees



Board of Directors



English Teacher Dr. Kai C Leung and Helios Tsoi with Doris



## Gatherings in Southern California

QESAAUSA held five events in Southern California: two major social events with 15 to 20 attendees and three small gatherings, facilitated by Social Director Keith Cho, Teresa Cho, Paul & Susanna Pang, Lan Yee Chan, and Jennifer Dea.

2-20-2023 Small gathering of QES alumni for lunch in Alhambra



3-27-2023 Small gathering of QES alumni for buffet lunch in Paramount, California



6-22-2023 Major social event lunch gathering in Alhambra in Southern California with 15 attendees.



Food was delicious and that they enjoyed the first gathering after a long absence due to Covid.

10-26-2023 Small lunch gathering in Alhambra restaurant.



With Peter Poon, Keith & Teresa Cho, Paul & Susanna Pang, Andrew Dea and his daughter Jennifer Dea.

12-1-2023 Major social event Holiday lunch gathering at San Gabriel Hilton attended by 20 attendees



All attendees enjoyed the social interactions and were very happy with the venue, the buffet and the free drawing with prizes of seafood donated by Keith and Teresa and books on Mars Exploration Rovers donated by Peter Poon.

## Gourmet Lovers Luncheons at Pearl Bay, Fremont, CA (Jan 2023; 6/20/2023; 7/13/2023)

四位壽星同賀壽，伊中情誼多深厚，  
暢談往事難罷休，添福添壽神保佑。



前排右一：音樂老師Mrs. Mary Ann Wong



At Ding Tai Fung



## Hiking Trips

- 2/18 Martin Luther King Jr. Regional Shoreline, Oakland/Alameda/San Leandro
- 4/15 Edgewood Park, Redwood City
- 5/20 Mori Point, Pacifica
- 6/17 Point Isabel Regional Shoreline, Richmond
- 7/15 Huddart Park, Woodside
- 8/12 Redwood Regional Park, Oakland
- 9/16 Rancho San Antonio Open Space Reserve, Cupertino
- 10/21 Joaquin Miller Park, Oakland
- 11/25 Alviso Marina County Park, San Jose



Rancho San Antonio



Alviso



## Member List

We lost a couple dear friends last year but the joyful times we spent with them will always be in our fond memories.

<b>1956</b>			<b>1962</b>			<b>1969</b>		
Shuet Keung	Leung	梁雪強	Jo	Pak	吳秀琳	Doris	Tse	謝少芳
Kenneth	Tse	謝繼安	Edward	Sun	孫忠耀	Alex	Wong	黃紹舜
George	Wu	伍景偉	Samuel	Tsui	徐永光	Katherine	Wong	陳惠明
<b>1957</b>			Kin Wah	Wong	黃建華	Natalie	Wong	譚瑞瑤
Robert	Ip	葉于嶸	Roger	Wong	黃紹榮	<b>1970</b>		
Hon Yim	Ko	高漢棧	Dorothy Lam	Woo	林金鳳	Hayley	Chai	沈淑儀
Benjamin	Leung	梁雪健	Vivie	Young	鮑嫩嫩	Lan Yee	Chan	余蘭儀
Lap Poon	Leung	梁立盤	<b>1963</b>			Isabella	Chung	袁慧群
Lok	Lin	林樂基	Catherine	Leung	劉潔鑾	Lai Yee	Chung	楊麗儀
<b>1958</b>			Catherine	Paltrowitz	陳潔容	Toni	Ying	邢鳳玉
Arnold	Chow	周繼發	Rosy	Yau	曾慧心	<b>1971</b>		
Kathleen	Lau	杜孋姿	Pauline	Yen	梁美恩	Lucia	Hui	許癸生
Frank	Wu	吳啓中	<b>1964</b>			Peter	Kwok	郭予亮
<b>1959</b>			Savio	Lee	李潤根	Luen Chau	Li	李暖宙
Sun-Pui	Kwok	郭新培	Philip	Tai	戴國魂	For Shing	Lui	呂火勝
David	Lee	李華強	Daniel	Tam	譚天元	Yok Kuen	Lui	俞毓娟
Jonathan	Leung	梁雪傑	Susan	Wong	劉穗生	Bernice	Ng	伍紓
Juliana	Leung	盧淡容	Wilson	Wong	黃天賜	Beth	Pao	鮑佩蕙
Louisa	Leung	林苑萍	<b>1965</b>			Joyce	Yau	游樂
Herbert	Lo	盧景鴻	Peter Tin King	Cheung	張天經	<b>1972</b>		
Ivy	Mok	莫潔芳	Ted	Cheung	張德讓	Paul HK	Wong	黃漢強
Yun	Shum	岑欣	Anita	Chu	陳淑寬	<b>1973</b>		
Joseph	Tang	鄧繼祖	Andrew	Dea	謝利謙	Robert	Cheung	張紹廉
Steven	Wat	屈錦華	Leehim	Dea	馮志麗	Chi Wo	Chung	鍾志和
<b>1960</b>			Esther	Fung	李錦正	Brenda	Leung	黃美玲
Roy	Chan	陳思萱	Dennis	Lee	湯秀璋	Teresa	Tam	譚美梅
Allan	Cheung	張兆麟	Susan	Pan	王安	Winnie	Wong	黃冰嫦
Keith	Cho	曹浩全	James	Wong	王安	<b>1974</b>		
Teresa	Cho	古嫻芹	<b>1966</b>			Eleanor	Ng	張潔貞
Ken	Chong	張建平	Grace	Chan	陳惟怡	<b>1975</b>		
Morgan	Kan	簡敏廉	Richard	Ho	何紀賢	Choy Pik	Chiu	趙賽璧
Shelly	Kan	陳湘蓮	Wing	Hui	許榮富	Shung Keung	Lam	林宋強
Bertha	Lee	劉汝璇	John	Lam	林啟耀	Vicky	Law	鄧寶燕
Yiu Koon	Leung	梁耀觀	Rita	Lee	李適焉	Fiona	Lee	李安麗
Paul	Pang	彭國泰	Gregory	Ng	吳善剛	Albert	Leung	梁錫漢
Peter	Poon	潘天佑	<b>1967</b>			<b>1976</b>		
Catherine	Tan	黃蓉蓉	Raphael	Che	車文郁	Karm Ting	Chiu	趙鑑庭
Nelson	Tsang	曾劍輝	<b>1968</b>			<b>1977</b>		
Grace C.N.	Wei	魏至德	Henry	Chan	陳顯達	Charles	Ng	伍學斌
<b>1961</b>			Chow Ling	Chang	陳洲鈴	Wai Kit	Sin	冼偉傑
Jean	Lo	羅韶光	Angie	Chin	司徒娟兒	<b>1978</b>		
Dennis	Wong	黃子斌	Jack	Lam	林澤澄	Kai Leung	Cheung	張啓亮
Sheung Mei	Wong	王尚美	Rina	Lau	梁潔心	Patrick	Lee	李華澤
Tin-chee	Wong	黃天賜	Connie	Lee	張翠萍	Yvonne	Tse	謝彩玲
<b>1962</b>			Philip	Leung	梁樂華	<b>1983</b>		
Clifford	Cheng	鄭慧中	Edwin	Lo	羅香文	Kin Sing	Wong	黃建聲
Benedict	Choy	蔡松光	Sai-Ping	Tacconelli	李細萍	<b>1985</b>		
Louisa L.	Choy	梁逸麗	Agnes	Wesler	鄧秀嫻	Karan	Fu	傅澤飛
David	Chui	崔建中	Tina	Wesler	梅淑儀	<b>1986</b>		
Paul	Hui	許永銳	Benton	Wong	黃子新	Crystal Lee	Milton	李惠娟
Esther	Lai	孫韶子	Paul	Wong	王寶洪	<b>1988</b>		
Kwok Wah	Lee	李國華	<b>1969</b>			Man Gavin	Chan	陳文
Sing Fook	Lo	盧承福	Julia	Lai	梁慧玲	Helios	Tsoi	蔡詩皓
Lai Mi	Man Lui	雷麗薇	Rita	Lam	鄧婉明	Mandick	Wong	黃文迪
Tak Hung	Ning	寧德雄	Diana	Lau	程雪艷			

## 61FA 隨筆

陳炎光，韓建芬 61FA

我們61FA的同學們都非常珍惜始源於數十多年前在QES建立的友誼，現在我們雖然分散世界各地，可幸靠科技仍然能保持聯絡，用 WhatsApp 暢談交流，在2023年中多次在香港及多倫多兩地有聚餐會面，又有機會一起往廈門潮汕旅行，我們感恩！



61FA 香港聚餐



61FA 多倫多聚餐



61FA 廈門潮汕旅行

數起來，我們這群同學都是活著於第九個「十年代」（由上世紀40年代數到本世紀20年代）的人，六年後如果我們還在，便是在第十個「十年代」仍能互相問候的一群人，很特別呢！

其實，無論我們活在第幾個「十年代」，也無論光景如何，我們的生命都可分為過去、現在、和將來。如果我們能回想過去找到感恩和智慧，活在現在享有熱忱和愛，觀看將來抱著信心和盼望，人生便可算無憾了！

彼此勉勵，互相祝福！



66FA同學，畢業以來均保持良好聯繫，近年除每數月安排一次午膳或晚飯聚會，亦多次組織旅行團，到各名勝景區遊覽，十分愉快！

2023年3月17日，我們組團前往大埔慈山寺遊覽，寺院內環境清幽，仿唐廟宇十分高雅，大家印象深刻。



慈山寺之宏偉觀音立像。



慈山寺之大雄寶殿前。

2023年11月15日，我們一行20人前往深圳旅遊，意在欣賞國內近年的現代化基建發展，地標建築物，及品嚐各省風味美食。下為部分有代表性照片。



深圳最高之平安金融中心，樓高近600米，十分震撼！



設計獨特的U型卓越中心



在餐廳享用北京烤鴨

## 68FA 近年花絮

68FA 同學們  
 一九六三年九月  
 同窗五年或七年  
 打拼江湖數十年  
 昔日眾黃毛小子  
 功成身退卸繁務  
 約半同學仍在港  
 美加英澳新西蘭  
 當年同窗情雖繫  
 幸有群組通訊密  
 群組成立近八載  
 每天話題從不斷  
 旅遊時事和烹飪  
 還有不少醫護界  
 常常分享湊孫樂  
 暫時紀錄保持者  
 68FA 這一屆  
 二零零三年開始  
 一八年畢業金禧  
 先有美食在順德  
 晚會設宴在港青  
 單計同學近九十

友情孕育在伊中  
 至今六十個秋冬  
 畢業後各奔西東  
 努力追尋心中夢  
 如今七旬老頑童  
 簡單生活較輕鬆  
 另半家園海外種  
 上海獅城有影蹤  
 難免也有淺與濃  
 淺交變濃濃更濃  
 招徠成員九十眾  
 話古說今跨時空  
 益智猜謎腦筋動  
 關顧學友病痛  
 升級當嫲爺婆公  
 擁孫八名號八公  
 五年大聚是傳統  
 畢業紀念聚大眾  
 那次特意搞隆重  
 六十人暢遊台中  
 逾百三人是巔峰  
 四十太座和相公

隨後幾年多挑戰  
 二零至二二年間  
 各處隔離少交通  
 五年大聚勿錯過  
 十一月時好天氣  
 潮汕美食是頭炮  
 妙筆紀實見報刊  
 晚會仍設於港青  
 出席人數非重點  
 加插塔門一天遊  
 同學多年沒見面  
 歸途話別在車站  
 互祝身心皆康健  
 友誼永固情長繫

先有香港的騷動  
 更有新冠疫情重  
 二三年初始解封  
 籌委會即開工  
 安排活動節目豐  
 更有古蹟及民風  
 讀者興味能與共  
 出席尚有七十眾  
 歡樂相聚最由衷  
 海鮮上枱驟失蹤  
 再見猶如隔世逢  
 依依不捨的抱擁  
 如意人生福澤豐  
 修己善群記伊中

68FA聚會委員會撰稿 2024 年3 月



68FA 畢業55周年聚會晚宴



塔門一天遊



汕頭之旅

## 69FA 2023年報告



**2月6日**

陳啓榮去年到訪澳洲悉尼，得到黃家賢熱情接待，今年又再前往，大家相約遊覽悉尼著名景點。當天陽光燦爛，兩人心情特別舒暢，深感慶幸選對日子。



**2月7日**

十位同學在旺角警察體育遊樂會怡逸軒歡聚，來一個小型春茗；並順便為今年69級聯春茗訂菜。



**2月23日**

同學相約遊覽建成通車不久的將軍澳大橋。當天風和日麗，景色怡人，令人身心舒暢；行畢在商場酒樓享用完下午茶才興盡而散。出席者包括楊文樞、陳雪艷、談永凱、黃宛嫻、王桂蘭和何秀麗。



**2月15日**

因應防疫轉入復常階段，今年69級聯恢復舉辦春茗，在怡逸軒舉行，可能因為疫情期間，大家少有機會相聚，今年參加春茗人數報復性反彈，達到破紀錄的筵開四席，在港的幾位老師也有參加。席間大家互相問好，交換防疫心得，以及疫情期間的日常，盡歡而散。



**3月17日**

陳雪艷與梁兆祥夫婦在花卉展覽巧相逢。



**3月23日**

胡泳駒與太太到美國一行，在三藩市只能騰出半天時間，也把握難得的機會，安排了和灣區幾位同學聚會。出席者包括吳善祥、黃兆舜和林顯光林玉娟（70FA）夫婦。



**3月26日**

旅居美國新澤西洲的翁若梅不時安排小組行山活動，李家潤間中也會和太太一起參加。



**5月5日**

已經有幾年未有訪港旅居澳洲的雷基明麗娟在他們的緊密行程中加上訪港幾天，把握機會和同學聚會，適逢同是旅居澳洲的伍兆瑩也在香港，出席晚餐人數達17人，相當熱鬧。大家有時過怡交流，樂也融融。



**5月31日**

旅居澳洲的鮑婉英和伍兆瑩及旅居加拿大的源少玲難得同時訪港，同學為她們安排了一次聚會；大部分同學自離開母校後都沒有見過源少玲，大家有久別重逢的感覺。

**6月9日**

每年這個特別日子69級聯都會舉行自助午餐聚會，今年選址灣景國際酒店，共有13位同學出席，大家談笑甚歡。



**7月21日**

師兄許華先（67FA）訪港，一班求學時期住粉嶺一帶的老朋友為他舉行晚餐聚會，出席的包括了我們的同學劉星、徐志明和關錫堯，也包括71級聯兩位師妹張就雲和彭小青。



**7月26日**

參加過6月9日在灣景國際酒店舉行的周年自助午餐的同學都表示非常滿意，大家決定食過返尋味，再安排一次，今次有十人出席，包括我們的師姐兼師母蔡太黎悅心（59FA）。



**8月1日**

游漢雄和張怡雲夫婦帶同家人，於7月至8月期間到美加遊玩，在溫哥華時曾和曾慶森夫婦、梁紉菊及曾康遐歡聚；而於8月1日與梁紉菊及曾康遐吃早餐時，拿出較早前香港同學們的聚餐照片，讓她們猜哪位是什麼名字；這個環節很有趣，也讓他們看到很多同學近日的風采，個個健康開心，這就是最大的恩賜。



**8月5日**

陳雪艷在深水埗龍慶堂訂了一枱齋宴，席券每位\$30，出席的同學都話平、靚、正，讚不絕口。席間遇到師妹趙莉茵（71FA），她向我們推介她的哥哥趙令彬（68FA）的畫展，幾位同學相約去捧場。



**9月21日**

畢業55周年慶祝活動籌備委員會召開第一次會議，有8位同學出席，徐志明繼續當仁不讓擔任主席，大家決定舉辦晚宴和國內旅遊。



**9月25日**

易群英和夫婿及任慧芬和女兒不約而同到訪三藩市，灣區同學設宴歡迎，出席者包括程雪艷、譚瑞瑤、謝少芳及黃紹舜陳惠明夫婦。



**11月14日**

陳雪艷再次在深水埗龍慶堂訂了一枱平、靚、正的齋宴，出席的同學有部分食過返尋味，也有一些是初嚐美食。



**11月20日**

雷基伉儷訪港，雖然今次只是短短幾天，但也抽空和同學見面，一共十位同學出席晚餐聚會，無所不談，歡樂滿堂。多位同學喜得學會用 WhatsApp 傳送高清晰的照片。



**12月4日**

畢業55周年慶祝活動籌備委員會召開第二次會議，有9位同學出席，大家決定把活動提前，以方便美加同學返回旅居地慶祝他們重視的感恩節，又選了3個旅遊目的地諮詢同學意見。



**12月5日**

翁若梅闊別四年後再度自美國訪港，同學特意安排參觀大埔洞梓慈山寺，讓她一償心願，共有十位同學參加，連同家人共17出席，相當熱鬧。當天藍天白雲，天氣甚佳。之後大家到大埔墟飲茶，享受了豐富的午餐。



**12月9日**

美國東岸的翁若梅和美國西岸的程雪艷同時訪港，而兩人回港短短的日子中間也有外遊，一群同學把握兩人都在港的千載一時機會和她們晚餐歡聚，出席者共11人，近半屬醫護界，大家的話題特別多。當晚全枱所食的白飯，關錫堯一人佔了六成，他提醒大家要多做運動。翌日翁若梅就要回美了，未知何日再聚。

70FA Reunion Dinner





2023.3.14  
Afternoon tea with classmate from the USA



2023.12.14  
Afternoon tea with classmates from Canada



2023.11.29  
Dinner with overseas classmates

## 78FA 相識半世紀聚會



2023年9月2日，是78FA同學慶祝相識五十年的好日子。超強颱風蘇拉也來助興，於9月1日至2日正面吹襲香港，為本港帶來十號颱風信號。那幾天，大家都忐忑地不斷留意著天文台消息，擔心難得的聚會或因天氣影響而取消；同時也忙於籌劃若一旦聚會未能如期舉行的後備方案。幸好天公造美，八號颱風信號於當日下午四時多取消，聚會可以如常進行。

當晚，包括從世界各地專程回來的六十多位同學共聚一堂，當中更有些是畢業後各奔前程沒見過面的，懷著不知道有沒有人認得自己的忐忑心情來參加。當然，最初有些要玩猜猜我是誰，但很快就話題滔滔不絕，笑聲此起彼落。最受歡迎的是六位老師，同學們還搶著依據中一時班別和老師合照。當投影屏幕播放籌委會精心設計的同學今昔照片，將氣氛推得更熾熱。在不可或缺的唱校歌儀式啟動後，晚宴正式開始，席間懷舊主題的造句遊戲亦帶來不絕笑聲。

為紀念這個重要的日子，籌委會特意回母校校園撿拾落葉，過膠後寫上當晚聚會主題，製成書籤，送贈出席的老師和同學留念。

期待五年後，78FA成立五十周年再見。



78FA 相識半世紀聚會籌委會  
由左至右：翟次浩、陳淑英、莫月心、梁慧霞、李碧蘭、姚文華、阮偉光



出席老師  
由左至右：Dr Leung Wing Tai、Mr KK Cheung、Miss Fung LF、Wah Sir、Ms Agnes Wong、Mr Li Lok Yin



書籤設計、製作：莫月心；協助製作：陳淑英、李碧蘭

後記：有未能出席9月聚會的海外同學於11月回港，籌委會安排了相識半世紀聚會Part 2，延續當晚的溫馨回憶之旅。



78FA 相識半世紀聚會Part 2

## 七十歲後的人生

鄧紹祺 64FA

以前有「人生七十古來稀」之說，孔子亦有云「七十從心所欲」，而未有闡述八十歲時該當何事，可見年達七十已屬高壽，唯現今醫術進步，年逾七十已很常見，我們伊中64FA的香港同學，年齡大多已近八十歲之高齡，而幸仍能保持身心康泰，並經常聚首一堂，談笑與吃喝玩樂，亦可算頗為難得矣。

曾有名句說，「夕陽無限好，只是近黃昏」。我想將這帶感嘆的悲觀句子改為「夕陽無限好，歡樂在今宵！」

到了我們這一把年紀，是人生的收成期。我們自瓜瓜落地開始，經過多年的努力與埋頭苦幹，讀了十多年的書，兢兢業業地工作了數十年，有些結婚生子後兒女成群，每天工作完畢後，還有無窮的家務，教導及照顧下一代的成長與前途，現在的重担子大抵可放輕或放下了。

趁現在尚有精力，還可以行動自如之際，我們可以花時間去完成以往營營役役時無法並行的嗜好，如旅行、閱讀小說散文、聽或玩音樂、練習書畫或寫作、參加好友的茶聚或晚宴、及在群組中各舒己見、在面書中以圖片交換日常生活點滴、或與老伴相偕漫步等，肆意地珍惜眼前事物，是何等的輕鬆與寫意！

在香港或大灣區居住的伊中64FA的我們，大多已退了休，時間上已不再是一個聚會的大問題，我們除了在每月中作經常的茶聚外，還有差不多每星期六的視象交流 (zoom meeting)，這可要多得同屆同學韓慧琳 (Selina) 去作我們的召集及聯絡人，及梁英傑去主持每週六，包括港、中、英、美、加、澳同學的視象交談，實難能可貴也。

人生在世，大多是短短數十寒暑，我們這群年逾七十的老同學，樂觀地接受現實，享受最好的目前，我們的杯子中，還是半滿而不是半空呢。

本人僅以此金句 "The glass is still half full" 與各伊中同學共勉。

## QES 69 同學演出組音樂會的回顧與前瞻

69FA

**主辦者言：**

家賢：我和文珊自從2019年底已經有了這音樂會的念頭，我們每星期都用WhatsApp練習合唱。然而疫情頑固，機場如洗，三年多後才能實現。

**Lucy：**

家賢乃今次音樂會嘅活動首席功臣，從音樂製作、唱歌、舞蹈動作及字幕等細緻安排都不遺餘力活力十足、完全像一個年青小子使我也覺得拾回青春。另外我們樂隊小組 James、阿油、廣平、黃總的音樂造詣今次我更加加深體驗。真的很開心廣平的二胡為二泉映月伴奏，為這首歌帶出風格和原味道。各位演出者都很盡力，James更在音響設備花了不少功夫，在此致意。

**參加表演者言：**

家賢：為了演出要以最佳狀態報效觀眾，我整個十一月和文珊每周練習五天。我個人更小心飲食，一周斷食兩天，問心無愧了。

James：非常多謝家賢，Lucy費盡心思，籌備了這次演唱會，使我有幸能夠和一班舊同學合作排練演出，實在難能可貴！

阿董：當年在乒乓球檯邊比拚球技，比較球拍上的膠皮時，在膠波仔不規則的場地上爭拗某一球「入定唔入」的時候，誰會想到五十多年後，大家都白髮蒼蒼了，竟然還一起唱歌玩音樂，參加家賢、Lucy組織的音樂會？

**黃總：演出前準備**

作為一個話劇發燒友，我已經積聚了不少公開演出的經驗，不過公開的歌唱表演，清唱和有專業琴師伴奏及合唱歌劇歌曲，卻是破題兒第一遭，所以接波之後心情忐忑，戰戰兢兢，如履薄冰，一方面興幸能有機會與有公開演出經驗十分豐富的文珊、家賢、崇泰、永凱、廣平等同學同台演出，感到十分榮幸；但一方面又怕珠玉在前，相比之下，相形見绌，深怕會影響了整個演出的水平，做個「陀衰家」，所以心理非常矛盾不安，唯有希望將勤補拙，多作操練去作補償！

其實我和文珊在演出前也曾有三次約同專業琴師一同練習合唱的機會，在演出 "All I ask of you" 前，文珊亦爭取時間和我與另一琴師作過綵排，務求能夠爭取多些與琴師一起「夾」歌的時間，文珊還安排我去另一個演唱會，觀摩及學習一下她和另外一位歌唱家如何演繹同一首歌呢！

**我的回應：**

師弟，你做盛行？希望你不是文人！

多謝盛讚，其他唱家班級的同學的功力真的有繞樑三日，盪氣迴腸之感，我這初試啼聲，無料扮有料，聲音沙啞，錯漏百出，濫竽充數的門外漢實在望塵莫及，不能相提並論。其實接波之後，心情忐忑，戰戰兢兢，如履薄冰，驚怕做個「陀衰家」，不幸言中，對昨晚的沙石，還望師弟多多包涵原諒，師兄我實在愧對江東父老！！



## James：竟然要加場，意外驚喜！

黃總：因為要加場，尤其是第一晚是主要為校友而設，所以在我認識的伊中各WhatsApp群組中如伊中69群組、伊中70群組、跨級聯的伊中舞聚群組、A.Hinton 關注群組等作介紹及推廣，估不到反應那麼踴躍，在演出前兩天已經可輕鬆的達到五十人觀眾的上限！

## 音樂會時的熱鬧重逢：

Lucy：今次得到很多校友蒞臨，重見久別的校友或者一些以前不知道是校友的校友，真是一種很欣慰的感覺。

家賢：難得重見周東山，他對我有：一taxi千金（記否韓信的一飯千金？）

也和香港音專師兄及同窗們重逢。

James：藉著這次演唱會，能夠與很多許久不見的舊同學，舊同事，好朋友會面一聚，實在難得！

黃總：很高興有很多跨級聯(由50年代至90年代)的伊中學長、學友、老師都能在百忙中撥冗光臨，尤其是27日那一晚，儼然是一個伊中舊生會的聚會，遺憾的事，當晚沒有邀請大家一齊唱校歌和拍一張大合照！（因為時間所限，不過，第二晚有拍大合照！）

還有，在27日首晚的演出，我全家大小（除了次女兒還未下班外）太太、大女兒、大小女婿、三個乖乖外孫兒也有來看我的演出，出乎意料之外，他們沒有表現不耐煩，還很乖乖的坐在椅子上，很投入的看公公的演出，沒有製造太多噪音，滋擾大家的雅興，實在難得！

## 演唱花絮：

家賢：我個人唱的是清一色藝術作品，包括我自己的作品兩首。把天鵝填詞的一首，難得都肯聽下去。歸來吧最淺易。音專同窗謝貝里甚至要收集我作的碧雲天的歌譜。合唱部分，merry widow waltz 反應非常熱烈。

但是不能不提的是我開幕時唱了幾句法文校歌，是為了表揚某人：他隱名的付錢讓一個落難的QES70校友去當翻譯的！！！行善而不欲人知，才是真善，大善。

James：雖然現場演出，場地，音響，合作等也不純熟，錯漏在所難免，但整體表現尚算不俗，反應也不錯！



一曲「我愛你中國」，滿載思鄉情懷

## 觀眾反應：

家賢：很positive。有幾人豎起拇指。中途離場者甚少。有人要求我每月搞一次！sorry！我已經垮了！也有QES校友提議可以讓其他非69的校友參加下一次的演出！

James：多謝阿油特別賞面，提議演奏我的作品「老友頌」，黃總口琴伴奏，特別開心！

阿油：感覺到各位演出者均全力以赴，事前亦下了不少功夫，令兩晚演出生色不少，祈望日後有機會再辦，有更多愛好音樂的同學參與演出👍

## 黃總：演唱會後的回饋

### 一位師弟的評述...

昨晚全場曲目多姿多彩，中西普粵、琴笛胡風；演唱嘉賓唱功深厚，抑揚頓挫，言簡意賅，空中傳出行雲流水、繞樑三日的嘹亮委婉，聲聲入耳動人心弦，配以笛聲幽怨，二胡低泣，更添滄桑風味。場地設施甚佳，感謝你們的辛勞籌合，始得如此成功娛樂眾校友故人。望見再來盛會，共首一堂，交流頌友。🙏👍🎵🎸🎻👏

## 我的回應：

師弟，你做盛行？希望你不是文人！

多謝盛讚，其他唱家班級的同學的功力真的有繞樑三日，盪氣迴腸之感，我這初試啼聲，無料扮有料，聲音沙啞，錯漏百出，濫竽充數的門外漢實在望塵莫及，不能相提並論。其實接波之後，心情忐忑，戰戰兢兢，如履薄冰，驚怕做個「陀衰家」，不幸言中，對昨晚的沙石，還望師弟多多包涵原諒，師兄我實在愧對江東父老！！

## 一個夥伴的鼓勵：

我演出癩的經驗很多。心理條件是忘記事件及不斷改進。觀眾有同理心，只要知道你努力便可，唱得很投入。請你釋懷，你的旁白很詼諧及口琴都很好。

## 一個師姐的祝賀：

Steve 師弟，please kindly pass on my heartfelt congratulations to 黃家賢、關文珊、董廣平、陳崇泰及談永凱師弟師妹 and all the helpers who made the concert a great success.

QES is so proud to have you all!

I sincerely hope you will consider inviting alumni from different FA to join you next year in making an even larger musical event on the occasion of our school's 70th anniversary.

Many thanks again for your great performance, wonderful team work and a most enjoyable evening.

Warmest regards

CHENG Yi Yim Amy

66FA

## 特別鳴謝：

Flora的熱情幫助。她的一言：（把音樂會改成兩場。）勝過千軍萬馬！

梅妙珠把我原來的poster填上最後的資料。

把我打好的歌詞運作順利。

Emily作了錄像。我自己的錄像要待身在澳洲時親吻自己的電腦時才做啦！

## 黃總：鳴謝

衷心多謝大家的盛讚和提點，我們深知在演出安排、準備及表演技巧上有很多的進步空間，我們會參考大家的意見及汲取今次的經驗去提升，希望若有下一次演出時能有更佳的表现。

在此多謝Lucy、家賢的安排，各「69FABand」成員的通力合作，Flora及妙珠的從旁協助，才能完成這創舉，對大家的無私奉獻，無限感激！

## 黃總：致歉

在此再向我的唱歌夥伴、戰友們，對兩晚的演唱會，因為我個人信心不足（或者太多信心！），出現了很多沙石及亂子，影響了演出的流暢道，使演出不能完美無瑕地完成，致上萬二分的歉意。多謝對小弟的忍讓和包容，能和大家齊心協力地一起製造這伊中69級聯的創舉，實感榮幸，希望能繼續把這火燃點開去，渴望著下次的合作！



演出者各施各藝（左起）：陳崇泰（作曲、填詞、電子琴、演唱），黃仲基（口琴、演唱），關文珊（演唱），黃家賢（作曲、填詞、演唱）談永凱（色士風），董廣平（洞簫、二胡）



演出者與工作人員及好友合照



知音者濟濟一堂

## 出色談吐，獲獎無數

關錫堯 69FA

謝少芳 ( Doris Tse, 69FA ) 旅居美國，於1982年被邀出席她公司的一個屬於演講組織 Toastmasters International的分會聚會，卻被他們嚴謹的訓練形式嚇怕了，不敢參加當會員；七年後才鼓起勇氣參加。起初第一篇演詞，她就花了四星期撰寫和演習，終於在10月17日在廿多人面前發表了的第一篇演說！出乎意料，她竟然被選為當天的最佳演說者 Best Speaker！那是個驚天動地的事件，她常笑說那才是三藩市當天七級大地震的真正原因！

謝少芳其後接受了演講會多年的培訓和操練，學會了很多演說和領導技巧。她曾參加多次演講比賽，在不同組別獲獎無數，包括國際組、幽默組、荒誕故事組、和闡釋閱讀組，過半時間都能晉升到第四級決賽最後六強（現時只有國際組分為六級，其他組別最高是第四級）。還有演說評估和即興發表兩組賽事，她還未敢參加，因為那是要即場發表，沒有時間撰寫和演習，只適合有急才和口齒伶俐的人參加。她首次參加比賽是在1992年，獲得國際組第四級亞軍。但她很慶幸那次沒有贏得第一，因為冠軍要在一個月內撰寫兩篇新作品，參加第五、第六級比賽，她自知沒有這天賦才能，所以樂於屈居亞軍！她最好的比賽成績是在1997年贏得幽默組第五級美國西岸決賽季軍，冠軍為荷里活電視製作人，亞軍則是棟篤笑藝人。對一個本是害羞、沉默、內向、滿帶口音和對寫作及演說拒而遠之的東方女性來說，真是一個極大的成就！她從只會選擇逃避，逐漸化身成為敢於面對和努力進修、克服障礙的挑戰者，可不簡單啊！疫情期間，所有聚會都改在網上，過去實體演說技巧已不管用，需要努力不懈學習新科技與年輕一代比拼，成績還算不俗。她近年演講比賽贏得的獎項，包括2021年幽默組第三級冠軍、2022年國際組第二級亞軍、2023年荒誕故事組第四級亞軍及一個非比賽項目的最後六強，得以在疫情後首次實體大會中，作真人騷表演嘉賓！

謝少芳透過演講會的活動，獲得了不少領導能力。她於千禧年加入Cupertino Toastmasters Club，一直以會長或主要幹事的身份，守候和監督着該分會的運作，更領導分會連續23年贏得 President Distinguished Club最高傑出榮譽獎。

此外，她對伊中舊生會美國分會QESAAUSA也有重大貢獻。2015年舊生會面臨滅門之災，當時各幹事都想淡出，但又遇到青黃不接的困難；早期的移民年紀不輕，加上沒有年輕人補上，大家亦因工作、家庭、健康等理由減少參與。會長多次懇請謝少芳接班，她既沒有以上問題，又受過多年領袖培訓，沒有理由推搪，於是當仁不讓，挺身而出，後來更被其他幹事推舉當了會長。幸而還有幾位志同道合，修己善群的校友一同支撐着，分會才能繼續運作，2023年已踏入第九個年頭，她和很多幹事都想引退，但因疫情關係，活動不多，大家也願意繼續服務，直至找到接班人為止。

優秀的溝通技巧在我們生活的各方面都至關重要，可以增強我們職業生涯的發展和人際關係，是成功之路的起跑點。早點開始培訓，早點受益。



註：Toastmasters International（沒有正式中文名稱，姑且譯為國際演講會）於1924年成立，是一個培訓公開演說和領導技巧的不牟利教育機構，現時全球有27萬會員，散佈在148國家的14,200多個分會。11項課程已有18種文字翻譯版本。

## Memorial Trip to Honour Dr. Arthur Hinton, Principal of QES 1959 - 1967 (Wolverhampton and Peak District National Park, England)

### Planning Committee

Tsoi Heung Sang (59FA)

Tang Hon Kit (61FA)

Leung Kit Sze (65FA)

Szeto Kuen Yee (68FA)

### Lifelong Bonds

*“Someone is sitting in the shade today because someone planted a tree a long time ago.” - Warren Buffett*

2024 marks the 70th anniversary of QES. Sadly, we will miss Dr. Arthur Hinton, a key contributor to QES’ success at the Platinum Jubilee Gala.

In 1954, Dr. Hinton collaborated with founding principal Mr. Cheong Wai fung to shape QES to be one of the best secondary schools in Hong Kong, renowned for developing leadership capabilities through extra-curricular activities, community services, and academic excellence. They have made QES a rich source of talent for many fields worldwide.

Dr. Hinton remained connected with alumni since he left QES in 1967 until he passed away in 2017. He united alumni across continents and generations.

### The Celebrations

In June 2017, Tsoi Heung Sang (59FA) led a team to celebrate Dr. Hinton’s 97th birthday, with a plan to celebrate his 100th birthday in 2020. Dr. Hinton passed away in November 2017; the team kept the trip as planned to honour his life. The trip was postponed to May 2023 due to the pandemic.

### Why?

Why would some “thankful souls” driven by “loving thoughts” journeyed thousands of miles to pay tribute to Dr. Hinton?

### Because...

Dr. Hinton provided us a well-rounded education that fostered education of the whole person – character, knowledge, leadership capabilities, emotional intelligence, interpersonal skills, and community services – in a nurturing environment.

Dr. Hinton was a visionary and inspirational leader as well as a trailblazer. He implemented many dare-to-be-different innovative practices. He let students elect their leaders and lead extra-curricular activities. He was the founding father of the School Camp, a unique, “Outward Bound” programme created to develop leaders, promote teamwork and engage students.

Dr. Hinton was more than a principal. He was a teacher, a mentor, a trusted adviser, and a role model. He lived his core values and led by example. He instilled a sense of passion, unity, and excellence among the students.

### “King Arthur, Here We Are!”

Participants arrived at Wolverhampton on May 1, 2023. We stayed at Barons Court and dined at Dr. Hinton’s favourite Chinese Restaurant The Queens, reminiscing our time with him. We rented lodges at Moor Grange Farm in Buxton to rekindle our school camp experience. We reflected on Dr. Hinton’s legacy – he is indeed richer than kings.

“Meet Me at The Nine Ladies Stone Circle in Peak District National Park.”

Dr. Hinton enjoyed hiking, and often sought inner peace and spiritual growth at this 4,000-year-old monument. The dancing ladies also reminded him of the joy of folk dancing. We paid our respect on behalf of QES alumni and teachers, scattered rose petals around, and concluded with singing our school song.

A life so beautifully lived, and a heart so deeply loved, Dr. Hinton will be forever in our hearts.



Participants, Left to Right: Lai Yuet Sum (59FA), Leung Kit Sze (65FA), Hon Kin Fun (61FA), Szeto Kuen Yee (68FA), Wong Mei Lin (68FA), Ng Kit Ying (68FA), Hon Chun Lin (72FA), Tse Wang Lo, Leung Siu Shan (68FA), Sunny Lee.



The Nine Ladies Stone Circle at The Peak District National Park, England



Farewell to The Queens, Wolverhampton, England



Participants, Left to Right: Tang Hon Kit (61FA), Cheng Kin Fai (59FA), Tsoi Heung Sang (59FA), Wong Chung Kee (69FA), Cheng Muk Noong (61FA), Lee Hung Cheong (61FA), Sam Chan, (Photo was taken by Frank Chin)



Farewell to Barons Court, Wolverhampton, England

## RunHK2024

Yan Sui Tong (94FA)

### Running for a Cause: A Journey of Resilience and Miracles

When I embarked on the corporate running challenge for the charitable organization RunHK ([www.runhk.org](http://www.runhk.org)), little did I know that I was about to embark on a transformative journey that would test my limits and reaffirm my belief in the power of perseverance and miracles.

The challenge was daunting: to run a staggering 300 km over 8.5 days, from March 7 to March 15 2024. With a meticulously planned schedule that included multiple runs each day, ranging from 4 km to 30 km, I was determined to push myself to the brink, all in the name of supporting vulnerable refugees, especially women, through RunHK's noble initiatives.

### Fueled by Passion and Purpose

As an avid marathon runner since 2021, clocking in an impressive 3,000 km annually and completing four full marathons in 2023 and 2024, I thought I was prepared for this challenge. However, running 326 km in just 8.5 days was an entirely different beast – a true test of mental and physical fortitude.

Yet, with every stride, I was fueled by an unwavering passion for running and an unshakable belief in the power of collective action to create positive change. The knowledge that my efforts were contributing to a worthy cause propelled me forward, even when fatigue threatened to derail my progress.

### A Triumph of Teamwork and Generosity

The journey was not a solitary one; it was a testament to the strength of teamwork and the generosity of those around me. As part of the Magnificent 5 team from Morgan Stanley, I was humbled by the overwhelming support from colleagues, senior managers, and the entire PWM department.

Their donations, messages of encouragement, and unwavering belief in our mission fueled us to keep running, even at the most challenging hours – 5am and 11pm, under the scorching sun and pouring rain. Their generosity not only helped us achieve our fundraising target on the very first day but also propelled us to dominate the fundraising challenge, raising an incredible HKD100,015 for RunHK.



### A Miracle Unfolded

In the end, our collective efforts culminated in a miraculous achievement. The PWM teams – The Magnificent 5 and The Fabulous 5 – completed an astonishing 2,620 km in just 8.5 days, setting a new record and claiming the top spots in the challenge.

The Magnificent 5, comprising Raven, Ian, Luke, Mark, and myself, emerged as champions, logging an incredible 1,674 km, while The Fabulous 5 secured an impressive fourth place with 946 km. Ian's remarkable 435 km earned him the title of Top Distance Runner, while I, along with Raven, Luke, and Ian, secured positions among the top 10 runners.

### Belief in Miracles Renewed

As I reflect on this incredible journey, I am filled with a profound sense of gratitude and a renewed belief in the power of miracles. What seemed like an insurmountable challenge at the outset became a testament to the indomitable human spirit and the transformative impact of collective action.

This experience has not only strengthened my passion for running but has also reinforced my conviction that when we come together, united by a common purpose, we can achieve the extraordinary and create lasting positive change in the world.

To everyone who supported us on this incredible journey, thank you from the bottom of my heart. Your generosity, encouragement, and belief in our mission have made this miracle possible, and I am forever grateful.

## 2023/24年 伊利沙伯中學水運會記

陳忠 (75FA)

2023/24年嘅QES Swimming Gala (伊利沙伯中學 水運會)，於2023年12月15日星期五，喺九龍公園泳池舉行！

一如以往，一眾熱衷游水嘅校友，早早就呼朋喚友，組隊參加 Swimming Gala 裏面為校友、家長和職員特設嘅 4x50m Special Relay！

到 Swimming Gala 當日，最矚目(最令舊生矚目)嘅當然係 Old Students/Staff/Parents 嘅 4x50m Special Relay！Special Relay 原本應只接受 Old Students/Staff/Parents 出賽，不過，喺啲特別情況，就總之係Special 就可以組隊！今年，有五隊參加！

首先，主角係好戲劇性嘅(點解？一陣講) 舊生會二隊！

舊生會二隊隊員分別有 94FA甄瑞棠，93FA李卓偉，94FA繆旭雄，25FA王海融！

跟住，最吸睛嘅係(點吸睛？一陣講) 舊生會一隊！

舊生會一隊隊員分別有 94FA嚴亦慈，75FA張國輝，79FA李量奇，75FA陳忠(註：場內最老泳手，亦係OSA會長！)

另外，仲有一隊特別校友隊 Swimming Dream Team (有幾特別？容後分解)。

PTA亦派出一隊特別隊(又特別！都係容後分解)。

最後，陳校長亦帶領一隊校長教師隊出賽！校長教師隊係我十幾年有限記憶中首次出現！

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閒話唔再講，開賽訊號一響，五隊泳手电光火石間，一齊跳落泳池開始競賽！

經過兩分鐘非常激烈嘅爭鬥，雖然比賽尚未結束，不過，冠軍誰屬已經呼之欲出！

再過 2.56 秒，冠軍誕生！由 Swimming Dream Team 奪魁！



Swimming Dream Team係一隊身份非常特別兼比較複雜嘅隊伍，有一女二男現校中五學生游泳好手，再加一位校友李子婷，而李子婷另一個身份係現校體育老師！

雖然 OSA 通常定義“校友”，係以畢業或者在校肄業兩年或以上為分界，不過OSA章程只說明在校肄業兩年或以上為分界，所以，Swimming Dream Team 理論上亦可以歸類校友隊，不過，兩種隊伍之間互相競爭嘅心態，又非常明顯！

無論如何，Swimming Dream Team 各泳手嘅能力，好明顯係無得輸喇！

大約30秒之後，亞軍出現喇！亞軍由舊生會二隊奪得。

舊生會二隊嘅組合，特別而戲劇性。原本已約好四位一級戰鬥力嘅校友組隊，賽前估算，應該是坐亞望冠之材！點知，一日之前，其中一位校友，因臨時工作安排，Swimming Gala 當日不能出席！好彩，獲李子婷老師臨場通融，派一位現校中五女飛漁王海融加入舊生會二隊。

舊生會二隊力爭亞軍之位，實至名歸！

季軍係家教會隊，家教會隊嘅情況，同舊生會二隊類似，其中一位高階家長泳手因有事要缺席，得李子婷老師批准，伙同其中一位家長泳手嘅女飛漁千金，組成實力相當嘅一隊。不過，因臨場表現，只能飲恨得季軍！

睇返泳池，仲有兩隊喺度力爭餘下名次，一隊係現任校長和副校長嘅校長教師隊，另一隊由前高階校友泳手組成嘅舊生會一隊！

校長教師隊同舊生會一隊嘅實力，旗鼓相當，當家教會隊奪得季軍之後，兩隊嘅第四棒泳友差不多同時跳落水開始爭勝！

兩隊分別係由學校同舊生會嘅“頭馬”壓軸。呢個時候，已經清咗池，全場目光就睇住陳校長同OSA會長(即係小弟😊)，喺到叮噹馬頭咁鬥！



賣個關子，先聽聽池邊校友複述當刻嘅感想：

校友甲：最後嗰10秒，如果有慢動作重播，仲要係見到有水花逐粒逐粒數個隻，以為係何詩蓓險勝世界冠軍 😊！

校友乙：陳校長整段都好快，只見到會長搏命游，無俾機會校長過頭。當時唯一嘅心情，好驚會長唔夠氣手軟 😱！

校友丙分析賽事巡航影片，大概推算各泳手賽速：

一級戰鬥力泳手

- 94FA 甄瑞棠 Albert : 42s
- 93FA 李卓偉 Brian : 42s
- 94FA 繆旭雄 Milk : 37s
- 25FA 女二隊
- 飛漁王海融 : 33s

前高階泳手

- 94FA 嚴亦慈 Kathy : 60s
- 75FA 張國輝 Cliff : 45s
- 79FA 李量奇 Brian : 45s
- 75FA 陳忠 : 63s

賽事巡航影片係在場家長提供。喺家長心目中，當佢地嘅千金女飛魚游完，泳賽就已經落幕，所以最後嗰60秒，即係校長教師隊同舊生會一隊正在鬥個你死我活嘅關鍵時刻，對家長而言，掛一漏萬，cut 咗機，無繼續錄影！

補充一吓，陳校長係以蛙泳進行賽事，而會長本人就採取自由式。

好喇，返番賽事現場泳池，雖然陳校長無公開當刻心情，不過，喺會長本人偷望隔離線所見，陳校長全程五十公尺，都係使出洪荒之力去爭勝！就我記憶所及，一開始，陳校長以幾公尺領先，而我呢，亦唔輸得，每一下划水都使出渾身解數，力求以最好狀態完成。經過三十公尺調整，陳校長同會長基本上是難分先後，又或者是叮噹馬頭，每一下踢水/划水都只有十多公分互換位置。

無論如何，勝負總要分出。到最後一吓划水，我估，我應該使出僅餘嘅爆炸力，結果，喺最後一吓划水，由舊生會會長以0.8秒"篤"贏咗校長！

五隊時間：

- 第一名：Swimming Dream Team : 2:02.56
- 第二名：舊生會二隊 : 2:31.78
- 第三名：PTA隊 : 2:44.61
- 第四名：舊生會一隊 : 3:37.63
- 第五名：校長教師隊 : 3:38.48

賽後評述：

校友丁：驚會長太過興奮，唔記得咗第二朝九點要返學校開 QES70 Steering Committee Meeting。

又係校友丁：睇咗成篇文，淨係見到"會長"兩個字！

會長本人賽後感想

- 今次賽事，非常難得，非刻意可以安排到。
- 首先，得校長老師有破舊立新嘅魄力組隊參加 Special Relay。
- 各隊隊友嘅實力巧合地將賽事最後嘅一分鐘留白給校長和會長"比拼"！
- 校長和會長嘅實力又巧合地相當，造就成今次難忘嘅賽事。



雖然陳校長及會長在賽事最後一分鐘拼個你死我活，可惜兩者都跟頒獎台無緣 😊



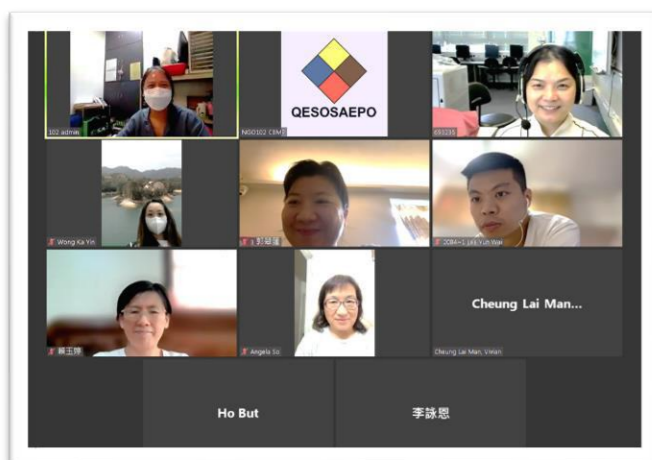
Honorary Advisor:	Mrs FUNG Yung Siu Han, Maisie	(1959)
	Ms KAM Po Hing, Margaret	(1963)
	Dr WONG Tai Wai, David	(1963)
	Mr SHUM Man Ching	(1965)
	Mr TONG Wai Lop, Philip	(1974)
Advisor:	Mr HO Chung Nin	(1958)
	Mr YEUNG Woon Ki	(1958)
Chairman:	Mr TONG Sau Chai, Henry	(1986)
Vice Chairman:	Mr CHAN Chung	(1975)
	Mr LAU Siu Ki, Kevin	(1976)
Honorary Secretary:	Ms FUNG Pui Ling, Ina	(1972)
Honorary Treasurer:	Mr YAN Sui Tong, Albert	(1994)
Committee Member:	Mr CHAN Kin Hoi, Allen	(1969)
	Mr MAK Yiu Hay, Ricky	(1969)
	Mr TAM Wing Oi	(1969)
	Mr WONG Chung Kee, Steve	(1969)
	Mr MA Kang Ching	(1970)
	Ms CHEUNG Chau Wan	(1971)
	Ms LO Siu Yin, Anita	(1971)
	Ms LI Pik Lan, Carmen	(1978)
	Ms TONG Man Foon, Cheryl	(2000)
Legal Advisor:	Mr CHAN Kin Hoi, Allen	(1969)
Auditor:	W.M. Moo Certified Public Accountant	

Honorary Advisor:	Mrs FUNG Yung Siu Han, Maisie	(1959)
	Ms KAM Po Hing, Margaret	(1963)
	Dr WONG Tai Wai, David	(1963)
	Mr SHUM Man Ching	(1965)
	Mr TONG Wai Lop, Philip	(1974)
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	Mr TAM Wing Oi	(1969)
	Mr WONG Chung Kee, Steve	(1969)
	Mr MA Kang Ching	(1970)
	Ms CHEUNG Chau Wan	(1971)
	Ms LO Siu Yin, Anita	(1971)
	Ms LI Pik Lan, Carmen	(1978)
	Ms TO Yuen Weun, Clara	(1988)
	Ms TONG Man Foon, Cheryl	(2000)
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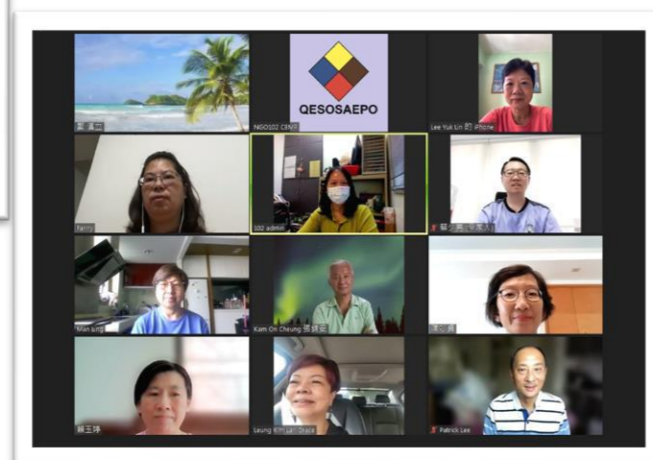
QESOSA Tong Kwok Wah Secondary School (QTS) started supporting the Capacity Building Mileage Programme (CBMP) in 2008. This community programme aims to encourage women to improve their all round ability as individuals, remove environmental barriers and provide opportunities for women to build up their capacities. In 2022-2023, the 3 courses offered were enrolled by 30 participant counts. Among them, 8 participant counts were the parents of EPO school students.

Course	Participants
Life Planning and Management	9
Interesting Facts about Chinese History	10
Parenting	11

EPO has set up a scholarship (家長互助互學獎勵計劃) for EPO school parents to encourage them to set a role model for their children in lifelong learning. Parents who enrol in and complete the CBMP courses will receive the scholarship. This year, 8 scholarships were awarded. Since the introduction of the Programme, 656 participant counts have been awarded the scholarship.



Life Planning and Management



Interesting Facts about Chinese History

The QESOSA Education Centre Elder Academy was established in 2007 with the support of QESOSA Secondary School (QOS). Teachers, students and parents of QOS as well as volunteers and staff from social service agencies participated actively to make the Elder Academy a success. The Elder Academy offered a total of 11 courses in the year 2022-2023, with 173 enrolment counts.

Courses Offered in 2022-2023
Choir
Calligraphy Class
Evergreen Golden Melody Singing Class
Guzheng Class
Handicraft Class
Tai Chi Class
The Application of Android in Mobile Class

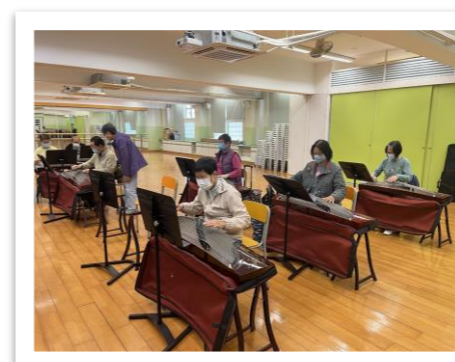
In 2022-2023, 1 elder received the “狀元” Certificate (over 80 learning hours), 5 elders received the Gold Certificate (over 50 learning hours), 14 elders received the Silver Certificate (over 30 learning hours) and 12 elders received the Bronze Certificate (over 20 learning hours) awarded by the Elderly Commission.



Calligraphy Class



Handicraft Class



Guzheng Class



The Application of Android in Mobile Class

## Inter-Generational Harmony Activities 長幼共融活動

To improve youth-elderly inter-generational relationship. in 2022-2023, QOS students organized activities aimed to introduce the concept and practice of sustainable development to the elders.

## Guided Eco-tour to Hong Kong Wetland Park

On 18 January 2023, QOS students prepared a pre-trip class for the elders introducing to them the geology and rock formations in Hong Kong and briefing them on the highlights of the trip. The trip took place on 19 January 2023. A group of 14 elders were guided by QOS students to visit the Hong Kong Wetland Park.

## Elder Academy Choir

The Elder Academy Choir has been established for 16 years. This year, the Choir with QOS Choir and QOS Orchestra performed in the QOS S6 Graduation Ceremony on 20 May 2023.



Elder Academy Choir with QOS Choir and orchestra

## Elder Academy 13th Graduation Ceremony

The 13th Elder Academy Graduation Ceremony was held on 5 July 2023 at QOS. Over 80 elders, guests, teachers and students attended the Ceremony to celebrate the achievement of the elders.

Dr Li Kwok Tung, Donald was the Guest of Honour of the Ceremony. The Ceremony was packed with a variety of activities. Besides the conferring of certificates and awards, there was also performance by our Choir with QOS Choir and QOS Orchestra.



Are they management committee? Award recipients?  
Dr Li taking a photo with members of the Management Committee



Group photo at Graduation Ceremony

## 伊利沙伯中學舊生會教育推廣機構屬下小學 三十周年聯合校慶典禮

三十多年前，一群伊利沙伯中學的舊生，有感於母校教育之恩，深深體會到知識能夠改變命運，畢業後在社會上能立足之餘，希望能藉著辦學回饋社會，共同發揚母校「修己善群」的精神。為此，他們成立伊利沙伯中學舊生會教育推廣機構（辦學團體）以凝聚舊生的力量。

辦學團體自一九九二年先後創立伊利沙伯中學舊生會小學及伊利沙伯中學舊生會小學分校，兩校承先啟後、同行耕耘三十年，致力為天水圍區莘莘學子提供優質的全人教育服務。

為慶祝兩所小學踏入三十周年，辦學團體在2023年3月26日假伊小正校禮堂舉行三十周年聯合校慶典禮。我們深感榮幸，邀請到教育局常任秘書長李美嫦太平紳士蒞臨主禮，慶祝學校踏入新的里程碑，場面既溫馨又精彩。



聯合校慶典禮開幕儀式以「立德樹人」中的「樹」為主題，象徵兩校共同點亮伊小中的每一顆星。



嘉賓在台上大合照，記下珍貴而難忘的回憶。



歌詠團為嘉賓們作出精彩的表演。



湯修齊主席頒發30年長期服務獎予正校及分校教師。

## 伊小30周年校慶啟動禮 — 伊家三十 繼往立新



伊小龍獅隊的進場表演為校慶啟動禮展開序幕。

## 伊分30周年校慶啟動禮 — 傳承 創新



「伊家人」齊唱校慶主題曲「伊家情」。

## 伊利沙伯中學舊生會小學 2022-2023年度校務報告

蔣棟良校長

### 前言

本年度是令人充滿感恩、欣喜及期待的一年，學校喜迎三十週年校慶，我們以「伊家30·繼往立新」作為校慶的主題，除了為學校服務天水圍區學童三十載的歲月作出小總結及展望外，也回應學校踏入三年發展週期的第二年，承先啟後，繼往立新。我們總結過去一年在新關注事項下的努力和成就，同時規劃未來的發展方向。

過去一年，全賴各持份者共同付出，使我們能夠實現許多重要的里程碑。關注事項——「深化多元學習策略，擴展學生的學習空間」及「建立伊『正』校園文化，實踐正向生活」進入深化階段。在這份報告中，我將簡要回顧過去一年的學校發展，並展望未來的目標和計劃。



在三年級的體驗課中，學生透過閱讀及親身接觸兔子，了解香港流浪兔現象的成因及飼養兔子的方法。

### 開啟孩子未來 培育21世紀領袖

為了回應21世紀社會的變化和挑戰，學校需要培育具備創新思維、能多角度思考解決難題、擁有協作及溝通能力的孩子。踏入三年關注事項發展週期的第二年，學校持續優化「深化多元學習策略，擴展學生的學習空間」策略，以提升學生的學習動機及培養學生學習能力為目標。我們相信透過體驗式學習，讓學生們走出課室，是培養及展現學生21世紀能力的最佳方法。

本年度，學校復辦「體驗課」及「體驗學習週」，無論在恆常的課堂及試後活動，都積極地為學生擴展學習空間。體驗課由本校教師設計教案，以主題式或跨學科內容，設置以體驗式學習為主幹的課堂，讓學生運用學科知識，培養共通能力及建立正確的價值觀。例如三年級學生透過圖書體驗課，結合閱讀、中文匯報技巧及了解香港流浪兔的成因，學習照顧兔子的方法；又例如「生活百科及環保DIY」，學生體驗香港人的環保現況，收集家中可循環再造的物品製成家品及樂器，培養良好的國際公民素質。

在體驗學習週，各年級體驗連續數天的主題式學習課程，學生走出課室學習，透過參觀、體驗、服務學習等，進行不一樣的全方位學習。課程重視學生的體驗與反思，讓不同學習需要的學生都能展現所學，學生及家長對活動的反應非常正面。例如一年級學生透過課程「五感大作戰」認識五感，並討論保護五感的方法；三年級學生參與「減廢小先鋒」，參觀了本港首間紙包飲品盒回收漿廠及教育中心——咁坊，了解本港紙類回收業的情況及困難，從而反思在生活上如何支持循環再造，保護環境。



參觀咁坊再造紙廠房及教育中心，動手體驗再造紙的過程。

在創新與創造力方面，各科組精心設計了不同課程，讓學生發揮無窮創意。創意源於現實，創意點亮生活，學生需要把創造力用於貢獻社會，優化生活。例如科技科透過探討屏風樓與市民健康及空氣質素的問題，學生需要發揮創意，製作樓宇紙模型及量度風速的實驗，並嘗試設計一個舒適宜居的城市規劃，探討城市發展與市民健康的平衡。具創意的校本課程甚受學生歡迎，除了讓學生發揮想法外，更能提高學生的課堂參與度。



學生透過風速儀，模擬現實情況，量度屏風樓紙模型之間的空氣流通度。

在訓練慎思明辨能力方面，現代科技對教育帶來了許多機遇和轉變，學生需要具備分析、評估和解讀信息的能力。電子學習提供了無限的學習資源和信息，從網絡上的教學視頻和數位圖書館到在線教育平台和應用程式。孩子可以通過電子學習獲取豐富的教材和知識，拓闊他們的學習範圍。本年度，電子學習的應用更為廣泛，除了涵蓋各學科各領域的Padlet、Rainbow One等電子學習的應用外，在推廣閱讀方面，學校亦為學生提供不少電子閱讀平台，讓學生突破地域與時間的藩籬，隨處可讀。

### 教師專業成長 建立學習型社群

專業成長能夠增強教師的教學技能和專業知識，使他們能夠提供高質量的教學。學校鼓勵教師進行教學創新和實驗，尋找新的教學方法和教材，以更好地激發學生的學習興趣和動機。

我們鼓勵教師與同儕交流，建立專業社群。這種交流和合作可以促進互相學習、分享最佳實踐，並提供支持和反饋。本校教師的專業獲得業界肯定，例如學與教組及特殊教育需要學生支援組由上年度籌辦課堂研究計劃中取得成果，獲中文大學專業進修學院邀請，以「從教育角度看特殊學習困難的介入(小學階段)」為題向業界同工作出分享。

此外，本校的生命教育組榮獲2022/23樂繫校園獎勵計劃——「樂繫校園」傑出大獎，在眾多參與小學中，本校首年參賽已獲得該年度的最高殊榮，證明本校的生命教育課程及正向教育課程獲得業界的高度肯定，在培養學生正向價值觀及聯繫學校與家庭、社區方面均達到高水平。



麥豪輝副校長、甯志遠主任及鍾慧幟主任獲中文大學專業進修學院邀請，以「從教育角度看特殊學習困難的介入(小學階段)」為題向業界同工作出分享。



本校生命教育組榮獲2022/23樂繫校園獎勵計劃——「樂繫校園」傑出大獎。

## 正面積極人生 家校伊「正」文化

學校一向以「正面、積極、關懷」的辦學理念培育學生的個人品德，以推行生命教育及正向教育，培育學生的正確價值觀及正向人生觀。在上年度發展新一個關注事項時，學校深信家庭必定是影響學生最深遠的因素之一，所以我們把「建立伊『正』校園文化，實踐正向生活」作為另一個關注事項，加強家庭在推行正向心理的角色。

疫情後學校基本上已重回軌道，成長課及班級經營活動更多元化，學生能透過體驗式活動，發展「知、情、意、行」的價值觀；教師亦運用解說技巧，培育學生價值觀及建立師生關係。此外，各級的生命教育級本活動陸續復辦，例如四年級的「抗逆小鬥士」，學生透過參與一分鐘挑戰及歷奇活動，明白到面對逆境時需要尋求協助，接受自己的失敗，發揮堅毅精神；六年級的「送暖行動」，則透過認識香港人口老化的問題，為區內院舍的長者表達感恩及關懷，進行服務學習。

另外，由上年度開始，生命教育組成立了「Super Parents Club」，招募有志學習正向心理學並把正向語言活用於家庭生活的家長，這群家長形成一個尚學型組織，定期聚會學習正向語言的運用，透過小遊戲發現家長及孩子的性格強項，並參與校內的正向教育活動，將理論實踐在學生的活動中，既樂在其中，也成為學校推動正向教育的強大支援。

## 家校攜手合作 培育學生成長

學校與家長是教育孩子的好夥伴，所以本校一向重視家校合作。家教會從一九九三年成立，從當時的雛型發展至今天的成熟期，家教會已有非常精確嚴密的組織，家長與教師理事定期開會，為學校各方面的發展作出支援及協助。家教會亦會定期為會員舉辦的各種親子講座、工作坊及康樂活動。家長樂意為學校所舉辦的活動擔任家長義工，如級本生命教育活動、體驗學習週、體驗課等，這些經歷都促進了學校與家長在培育孩子方面的交流，發揮家校合作的功能。本年度共有80位家長曾經參加本校的義工工作，服務的人次有434人次，總時數達到1410小時。家校合作從三十年前推展至今天的成就，實有賴各家長的付出與貢獻。



四年級學生在「抗逆小鬥士」中，透過歷奇活動經歷如何面對失敗，體現堅毅與團隊精神的重要性。



在學期末的家長義工茶會聚會中，感恩家長義工對學校的支持及參與，體現家校合作精神。

## 學生才華盡展現 提升學生成就感

除了學科知識的增長外，學校亦重視學生的不同學習經歷。為此，學校提供了多元化的延展活動，在2022-2023學年，學校安排了不少對外的參觀活動及比賽，提升學生的成就感。

另外，學校於平日的課後時間、週末及長假期開辦不同類型的課餘興趣班，由專業導師執教。學生在整個小學階段均能參與五個不同範疇的活動，包括：文化藝術、康樂體育、社會服務/實踐、學術活動及生活技能。此外，學校透過安排學生參加不同種類的校外比賽，使學生寓比賽於學習，以自我提升的心態，延展所學。

在2022-2023的學年，學生已能全面恢復參與各類延展活動及比賽，參與各項校外比賽的學生共有1206人次：學術類有516人次、藝術類有190人次、體育類有500人次。

獲獎的類別和數目如下：

學術類：冠軍39項、亞軍36項、季軍14項、其他165項

藝術類：冠軍18項、亞軍25項、季軍23項、其他24項

體育類：冠軍117項、亞軍119項、季軍81項、其他118項

參加比賽的學生人數不但眾多，而且種類多元，更在多個範疇都有出色的表現，包括朗誦、舞蹈、田徑、游泳、跳繩、欖球等，在多個全港性比賽中獲得重要獎項。學校已運用不同的學習津貼，包括：全方位學習津貼、校本課後學習支援計劃及學生活動支援貼，資助學生參與活動及比賽，讓學生不會因家庭經濟狀況而錯失參與活動或比賽的機會。

## 總結

最後，我要感謝辦學團體、所有教職員、學生及家長們對我們學校的支持和信任。各持份者都是學校成功的重要夥伴，我們將繼續努力提供優質的教育，確保每一位學生都能夠實現他們的潛能和成為有意義的貢獻者。讓以三十週年校慶的主題「伊家30·繼往立新」作結，讓我們一起懷著希望和熱情，鞏固伊小這個「家」的扎實根基，為伊小學生開闢更寬更深入的學習空間，邁向更光輝的未來。



本校游泳隊在學界游泳比賽中獲得團體獎。

## 伊利沙伯中學舊生會小學分校 2022-2023年度校務報告

### 前言

近年，學校因應需要作出改革，不只重視學生的學術成就，更重視正確價值觀的培養。因此，由課堂教學、學習模式、評估政策等課程調適，乃至人手資源、時間運用、資源調配等行政安排，皆以培育學生掌握迎接未來的能力為目標。

胡國威校長

### 「立德樹人重啟迪」，繼續優化學與教

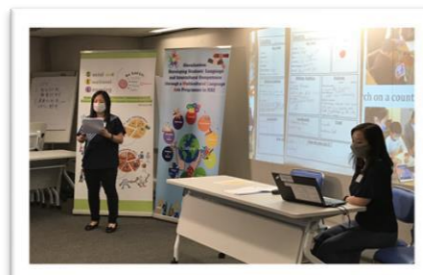
疫情漸退，學習生活漸回正軌，但我們深知一切已不能回到過去，必須求進、優化，再創新。課堂內外的學習設計與安排，均針對學生的多樣性，以照顧不同學生的需要；主題式、探究式等學習模式融入日常學習，以發展學生的不同能力。此外，為照顧因受疫情影響語言發展的學生，學校增聘外籍老師至5位，分別擔任小一的英文科老師，藉以儘快提升學生的英語能力，成效顯著，為未來的學習需要做好準備。為此，我們各班亦邀請家長到校觀課，反應正面。

我們繼續優化時間表，並鼓勵教師善用學時，推動混合式學習，讓學生更多實踐自主學習能力的機會。而評估模式的變革與優化，知識、技能、態度三者兼備的進展性評估，更貼近學生與教師的需要。

作為學習型社群，我們一向重視教師團隊的專業發展，特別在提升學與教效能方面。本學年，我們繼續透過共同備課、互相觀課、議課，優化課堂教學，並深化與實踐辦學團體給予的支援，提升同儕間專業交流的文化。對外交流方面，伊分團隊本學年共有十次獲邀出外與教育界同工分享，範疇涵蓋學與教、中層領導、全方位活動、家長教育等項目，所有分享均獲得學界一致肯定。



探究式學習



對外分享校本課程



麥校監一起學習新興運動

### 「創造空間育全人」，多元智能續發展

我們一直堅持學校要製造機會，讓不同能力的學生有發展潛能、受訓及表演的經歷，做到「擴闊視野，追求卓越」。在全港學校復常之前，我們已急不及待進行「全方位學習周」，以「逆轉，前行」為主題，全校各級學生經歷不同活動，當中包括在校內架起充滿挑戰的繩網陣、出外日營，而五、六年級全體學生更到戶外訓練中心參與2日1夜及3日2夜的教育營。

為了讓學生在不同領域學習、並發展個人潛能，從而建立自信，故不同場合都是讓學生鍛鍊的機會：早會主持、各類服務、參觀導賞等。此外，「反斗自學星期五」（Happy Friday）新時段的設立，更以學生主導，他們可選擇擔當傳授者，或是學習者，希望讓學生可以從中自主地發現更多、發展更多。

在校慶開放日中，我們的小導賞、講解員主要由小一至小六學生擔任，兩天活動參與服務的學生接近300，人次更達400之多！

隨著校本人才庫的建立，各類的拔尖小組、校隊更是人才濟濟。雖然學期中才恢復全日制，但我們參加校外比賽仍多達915人次，當中超過733人次獲獎，當中不乏全港性比賽獎項，涉及語文、數理、體藝、科技多個範疇，部分同學更獲得個人榮譽大獎，這正是對學校發展、團隊努力的肯定。



正式成為小主播



探訪獨居「老友記」



導賞員、講解員獲發感謝狀

## 強化價值觀教育，發揮「伊家人」精神

面對新世代的種種挑戰，學生除了要掌握應有的知識與技能外，更必須建立正確的價值觀。因此，除了正規課程、培育課程（成長課）外，我們製造不少機會讓學生，甚至家長一起透過經歷去實踐，服務學習是其中之一。校內，學生可參與各科組超過十種的隊伍，包括服務生隊伍，涵蓋學科、體藝以至紀律等範疇。學生在不同崗位服務，從中獲得學習與鍛鍊機會。校外，學生亦有不少機會參與義工服務，如探訪獨居長者、淨灘及保育活動、親子賣旗等，部分更配合課程，讓學生學以致用、身體力行。

國家安全教育與推動中華文化方面，除了恆常的升旗禮、國旗下講話外，更與校本課程作有機結合，甚至配合時令、節日進行不同的學習活動，當中的「中華文化日」更是一年一度跨學科的全校性大型活動呢。此外，參與相關比賽及出外表演，以及與內地學校交流，也是學習生活的一部分。

為延續疫情前的夢，我們把多年前校門外的壁畫主題延伸至校園。在「伊分油樂園」計劃中，各科組挑選優秀學生，獎勵他們到港九新界考察，並製作影片在校內分享，最終選出各區名勝與壁畫師合作呈現在校園，極有意思。

家校合作方面，也充分發揮「伊家人」精神。家長教育的講座、工作坊，以及義工隊伍參與的活動，都是非常踴躍。本年度的親子旅行，更超過1100人參與，家校真的儼如一家。



森美與我們分享經驗

麥何小娟女士任講座嘉賓

合力製作「伊分油樂園」成果

## 善用資訊科技，培育未來人才

科技日新月異，新常態下，學生使用科技的機會與日俱增，因此我們非常重視資訊素養及價值觀。我們的BYOD「自攜裝置」學習計劃將步入第六年，學習材料愈見豐富，而電子閱讀平台更擴展至全校使用。而各類電子平台的運用，從平日學習表現及家長問卷中反映，學生的學習能力與素養，正逐步提升。期望電子工具能照顧學生多樣性之餘，亦培養學生終身學習的能力。

此外，我們亦繼續積極推動STEAM課程，「科學與科技科」已踏入第三年，在正規課程上，更多跨課程的STEAM活動和研習，包括科探實驗與編程課程，再配合小組訓練、主題學習日，擴闊學生的學習面和提升高階思維之餘，更製造不少機會讓學生應用所學，發揮創意，解決生活問題。

本學年，我們善用津貼，進一步把虛擬、擴增實境（VR）、物聯網（IOT）、人工智能（AI）等課題融入課程，與校本課程自然連繫，讓學生在習作上呈現，更積極參與STEAM比賽，且有不俗的表現呢。

## 創設優質環境，豐富學習生活

走出課室學習，善用環境提升學習動機與效能，在學習活動設計上絕對是重要的一環。故此，我們一直致力營造更理想的學習環境，令學習不囿於課室，校園每個角落都是學習的好地方。

我們先優化兩個雨天操場，鋪上緩撞地墊，並利用四社顏色砌出線道及圖案，提升校園形象之餘，更重要是有利體育課、訓練，以及各類活動的進行，其中一個場地更裝有空調系統，令學生活動全年不受天氣影響。

此外，我們積極開拓、並善用各類資源，包括優質教育基金。本學年相繼落成的設施包括集上課、展覽、遊戲於一身的「E+藝術廊」；配合常識科課程及拔尖小組（Green Starter）課程；學習種植、環保知識的「GreenPark」（植物園），內有土耕、水耕溫室、香草園及中草園。學生可在內進行學習活動，園裡的收成更是「伊分裸買店」的主要貨品呢。

新學年，「e-fun未來教室」將出現，配合不同的校本課程及活動，期望能激發學生創意、啟發潛能，讓他們學得更多、走得更遠！



二年級水耕課程



自給自足的「伊分裸買店」

## 總結

回想這一年，疫情仍沒有離去，但仍舊沒有令我們停下來，「伊家人」在不同的崗位繼續向前。「逆境前行，自強不息」是這兩年來伊分的寫照，當中感謝辦學團體的帶領，家長的支持和信任，讓教師能在多變的挑戰下，迎難而上。然而，在疫情長期的影響下，學生在學習與成長路上，仍有不少問題需我們去面對、去處理，但我們相信，在伊分團隊的努力下，同學必可以成為疾風中的勁草，迎向未來，開創新的世界！



One Team One Dream



## QESOSA Secondary School 2022-2023 School Report

LAW Wai Kam, Principal

*Education is the commitment to a mission and the realization of an ideal.  
The Values, QESOS Secondary School*

### Staff Strength

Our school has a strong and professional teaching team of 62 members. Apart from EDB permitted teachers within the establishment, the school has allocated various grants and funding to recruit additional contract teachers. Among the teaching staff, 98% have obtained qualified teacher training, slightly above 60% of them hold master degrees, and about 2% hold a doctorate degree. About 70% of our teachers have more than 10 years of teaching experience. All English, Chinese and Mathematics teachers have obtained their subject-related professional training and requirements. All teachers have obtained English Language and Putonghua requirements of the Language Proficiency Assessment. We are proud to have a harmonious and dedicated teaching team.

### School Pastoral Care

The school has been introducing the 24 character strengths throughout these two years to foster students with moral values and positive attitudes, which are a strong drive for students to aim higher and develop all-round skills. We believe all students have their talents and potential and the school is a place for them to shine.

To create a harmonious and caring campus atmosphere and an accepting and friendly learning environment, our school is committed to organizing a variety of activities to promote teacher-student relationships. The 'Student-Teacher Go for Fun' taking place during lunchtime every Friday, peer counseling activities, cheering and farewell activities, class management activities are all to strengthen students' sense of belonging to the school and build confident and positive future pillars.

### Public Examination Results

The school has the culture to strive for academic excellence and to fully unleash students' potential. Under such culture, the HKDSE results in 2023 were satisfactory with a significant number of students offered local degree courses. The overall pass rate of our students was above 92%, higher than the Hong Kong average of 85%. 100% of the candidates were admitted by the University of Hong Kong (HKU) and the Chinese University of Hong Kong (CUHK) through the School Nominations Direct Admission Scheme (SNDA). 43.3% of the graduates were admitted through JUPAS to study local university programmes, higher than Hong Kong average.



## **Strengthening the English Learning Effectiveness**

English is a key learning area in our school. We aim to help students develop their language proficiency with a language-rich environment. We have a strong team with experienced English teachers. English teachers have passed the English benchmark test and completed the required professional training.

In junior forms, English classes are provided and English is adopted as the MOI in Science, Mathematics, Geography and Computer Literacy in English classes. Meanwhile, the school progressively allocates more time for students in other classes to learn the subjects in English. Streaming is adopted in Secondary One, Five and Six to cater for students' learning needs. Four classes of Secondary One are divided into five groups in English lessons. In Secondary Five and Six, four classes are further streamed into six groups to provide the best care possible.

Weekly activities "English Thursday", morning assemblies, English ambassadors' activities, speech days, graduation ceremonies and sports days are conducted in English. English Day Camp is hosted by native English-speaking instructors during the summer. We also work with our primary schools to provide phonics and speaking programme to our sister primary schools from the school NET.

To expose students to an authentic English learning environment, our school organized English learning tours to Singapore and Australia. We have actively participated in the Caretakers of the Environment International (CEI) even during the pandemic to provide students an opportunity to discuss environmental issues with other students from around the world. Students will be sent to Denmark in 2023/24 school year to present their project findings to teenagers from different countries of the world. To promote reading, a regular reading lesson has been incorporated into the curriculum. All this is done in the hope that our students will become more confident users of English and enjoy their English learning experience.

## **Reading Literacy**

We emphasize students' overall language ability by means of adopting appropriate reading strategy and high-level thinking skills, in the hope that students can equip themselves with bilingual proficiency.

To promote reading, regular reading lessons have been incorporated into the curriculum. Students can gain exposure to quality Chinese and English books through Extensive Reading Scheme, school-wide 'Reading Salon' and book sharing by teachers and students, Reading Award Scheme, 'Lunchtime Reading Circles', reading tours, annual book fair as well as various bookcrossing spots.

## **Aspiration of Innovation**

As a pioneer in the education field, our school has integrated STEM into the regular curriculum for junior form students, enabling them to reap benefits and nurture their design thinking skills. Supported by a network of university scholars, we encourage students to engage in activities such as biotechnology experiments and science enrichment classes. These experiences lay a solid foundation for those who excel in inter-school science competitions and international exchange programmes, leading to their well-deserved recognition both within our territory and overseas. One of the remarkable achievements was the school got the second place in the Hong Kong Science Competition 2023 in both junior and senior divisions out of 195 secondary schools. The team of students was rewarded with a visit to Japan with its science development.

## **Awards**

Our students continued to have remarkable performance in various open competitions. In English, our students won various silver and bronze medals in Solo Verse in the 74th Hong Kong Schools Speech Festival. They also won the Best Cooperation and Outstanding Effects in Hong Kong Schools Drama Competition. In Chinese, our students were awarded several gold, silver medals and merits in Cantonese and Putonghua section of the 74th Hong Kong Schools Speech Festival. Our students also won the best debater in the 38th Sing Tao Inter-school Debating Competition.

In the competitions held by the Joint School Music Association 2022, the school was awarded various prizes in piano solo, violin solo, guzheng solo and flute solo in the 74th Hong Kong Schools Music Festival. Our students also obtained the First Prize in the 10th Hong Kong Youth Music Competition. In Science, our students won the third prize in the Ocean Park STEAM Student Competition 2023 and the Most Valuable Players in STEM+E Competition 2023. Students also won various awards in international competitions organized by Korea, Taiwan and Hong Kong. In sports, our students won various medals in Yuen Long Inter-schools Competitions in Volleyball, Swimming, Field & Track and Handball.

## **Conclusion**

With the constant challenges ahead, we will keep striving to provide the best learning opportunities for our students, to equip them with the skills required in the ever-changing society, and enable them to develop their skills and untap their potential to the fullest.

## QESOSA Tong Kwok Wah Secondary School 2022-2023 School Report

WAN Wing Sze Athena, Principal

*“Success is not final, failure is not fatal: It is the courage to continue that counts.”  
– Winston Churchill*

### Staff Strength

Our teaching staff consisted of 62 teachers. 100% of the teachers were degree holders and 54% of them held higher degrees. 93% were professionally trained. There were 2 Native-speaking English teachers. The team was supported by 6 assistant teachers.

### Class Structure

There were 4 classes in each form from S1 to S6. To maximize learning outcomes and improve overall student performance, especially for students with learning challenges, smaller teaching groups were formed in the junior form core subjects. Under this arrangement, teachers were able to assess students' progress and performance more effectively, and tailor their teaching strategies to better cater for the diverse needs of students, thereby improving student achievement.

### Student-centred Curriculum Support

The school adopted a whole school pastoral care policy, focusing on a school culture based on the values of respect and positivity. A dual class-teacher system was adopted to help students achieve a balanced development in their academic and moral aspects.

Each subject formulated subject-based e-learning teaching strategies. In addition to being familiar with online teaching, teachers could also make good use of different e-learning platforms to distribute extended learning materials to students to promote interactive learning in class and after class.

Every teacher continued to lead students to participate in diversified learning activities to enrich students' learning experience. For example, students participated in Chinese and English speech festivals, debate and writing competitions, STEAM activities and competitions, music festivals, Basic Law, history and culture contests, and sports competitions.

Students have been given opportunities to see the outside world through participating in many job-tasting programmes like the ones offered by Watson's and the Swire Group, going on tours to like the Greater Bay Area, Beijing, Shanghai, Thailand and England, and volunteering through the Elderly Academy, the Zonta Club, the Community Youth Club activities, the Hong Kong Heritage and Museum Student Guide Project, our tutoring programme at Tin Ching Estate YMCA, Mai Po planting activity and many others. With the commitment to voluntary service and the mindset of 'learning to serve, serving to learn', the school was given the Jockey Club Volunteer Together Outstanding Caring School award and the We Care award.

### English Enrichment Initiatives

Our English teachers adapted curricula, assessments and teaching strategies to meet the learning needs of students and enriched their English learning experience. In order to effectively connect the two learning stages, the teachers rewrote the writing curricula, carefully planning the writing topics, so as to consolidate students' basic knowledge and effectively improve students' writing skills.

The school strived to create a good English learning environment, and regularly organized different types of English learning activities, including phonics classes, debate classes, online learning platforms, speech competitions, singing competitions, drama appreciation, festival celebrations etc. Different activities were organized this year, such as Environmental Fashion Design Competition, Booth Game Design Competition, etc. We provided students with different forms of learning experience to integrate English learning into school life.

Pull-out classes and split classes were arranged to maximize students' use and exposure to English, increase interaction between students and teachers and the quality of support. Teachers chose an online learning platform for students to learn on their own at their own pace.



『菱的突破』米埔種植及考察



湯中學生在天晴

## 2022-2023 Highlights and Achievements

The overall passing rate of the 2023 Hong Kong Diploma of Secondary Education Examination was 68.8%, with 40.9% of students obtaining Level 2 or above in five subjects including Chinese Language and English Language.

The school provided students with a whole-person education and a balanced curriculum to develop their potential. Over the past year, our students made both academic and non-academic achievements.

In the 74th Hong Kong Schools Speech Festival, 9 students got merits in the Chinese categories and 24 got merits in the English categories. 5 students got awards in various Chinese writing and Putonghua speech competitions whereas 3 students got prizes in debate competitions. In the HKCYAA Chinese and English Essay Competition, we won the championship, got 1 first runner-up, 9 silver awards and 6 bronze awards. In the Hong Kong Economic Times English Writing Contest, 1 student was named the champion, 1 came second and 1 student got a merit. 2 students won in the Let Your Light Shine on Others Chinese and English Essay Competition whereas 2 came third, 14 got gold, silver or bronze awards. 3 students got Harvard Book Prizes and over 20 students got awards in the Fireflies Read Online Scheme organized by the Academy of Chinese Studies.

Our students performed very well in STEAM competitions. Our S2 students got into the final of the Hong Kong Science Fair organized by the Hong Kong Innovation Foundation and introduced their invention to the public in the Hong Kong Convention and Exhibition Centre. Our S5 students got the first runner-up in the Innovation for Smart City Competition organized by the Hong Kong Polytechnic University, beating many teams from top Band One schools. Our students got various awards in other STEAM competitions including the Range Game Champion in the Action Rocket Competition. 2 students got bronze awards in the Math Conception and 8 students got awards in the GBA Mathematical Olympiad.



香港創科展

In the moral education and Chinese culture domains, the school was named the School of the Year for Promoting Chinese History and Culture by the EDB and the Outstanding Chinese Culture Promotion School by the Hong Kong Chinese Culture Development Association. Our students were named ambassadors in programmes like COP28 Student Ambassador Training Programme by the UAE Consulate and the Conservancy Association and National Security Youth Ambassador Training Programme by Joint Committee for Promotion of the Basic Law of Hong Kong. Over 60 students and 1 teacher were given various awards in a variety of activities and programmes.

When it comes to arts and sports, our students got a gold award in Harp Youth Junior section competition and a champion in Guitar Solo competition in the Music Festival. Students won in the Fire Prevention Video Design Competition and the CityU Science Video Competition. There were other awards in competitions including calligraphy, design and micro-film making. This academic year is a fruitful year to QTS, especially to the rugby team. In all grades, boys and girls competitions including the inter-secondary school touch championship organized by Hong Kong China Rugby, all Hong Kong interschool rugby sevens competition organized by the HK Schools Sports Federation and the New Territories interschool rugby 7s competition, our students have got the champions. We got the champions and some runners-up in 2 other competitions. In handball, football, basketball, volleyball, table tennis, floor curling, athletics, cross country and swimming, we have not missed any opportunity to get a prize.

Besides, 2 S6 students were presented with the Sir Edward Youde Memorial Prizes whereas 2 others got the Applied Learning scholarships. 2 students got the C Me Fly scholarships for making their dreams come true. One S3 student was named the Outstanding Student in Yuen Long District.

## Conclusion

Each and every student is special, with unique combinations of learning abilities and needs. Through whole-person education on moral, intellectual, physical, social and aesthetic aspects, we believe that every student has the potential to learn, grow and succeed. Although we have got many awards and prizes this year, we need to make sure our students can overcome obstacles and, like what Mr Winston Churchill said, can continue to try when they fail.



全港中學七欖賽復辦 湯國華中學封王

*With the Compliments*

*of*

**QESPTA**

*With the Compliments*

*of*

***Cheong Shuk Ki, Ella (56FA)***

Daughter of CHEONG WAI FUNG, Founding Principal



Vos Parate Ut Serviatis

# Compliments

from

**Allen Chan**  
Graduate of 1969

**陳健開**  
致意

**陳健開律師事務所**

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