



鳳溪廖萬石堂中學活動快訊

校園焦點



經大會評審後，本校於「**2025**年度關愛校園獎勵計劃」榮獲「關愛校園」榮譽，本校師生共同在校園建立關愛文化，促進學生健康愉快成長。感謝各老師的付出，亦感謝德育組協助。

STEAM

本校五位同學參加「跨代照顧者聯盟：國際中學生智齡科技創新計劃香港聯校比賽」憑「腳趾甲機」奪得冠軍。參賽學生如下：

班別	姓名
3A	鄭峻美
4A	巫政泓
4D	梁浩鈞
4E	陳睿熙
4E	黃永亮

我校隊伍另將獲得到大灣區及日本參加國際比賽的正式參賽資格，與不同地區優秀學生團隊同台競賽、深度交流學習，進一步拓展國際視野。



學術成果



6A 曾慶灝同學於「愛德循環運動」之〈那次義工服務感動了我〉徵文比賽中獲高中組亞軍。

4B 班蔡芷晴同學的佳作“Random acts of kindness”刊登於《Young Post》



Top 10

1 One night before my final exams, I was buried in my studies at a cafe, feeling so stressed that I almost cried. When I went to pay my bill, the clerk said, "A regular customer already paid for you. He left a note: 'Keep going, you're not alone.'" I still don't know who it was, but that kindness helped me persevere and finish my studies.
Tsoi Tsz-ching, 17, Fung Kai Liu Man Shek Tong Secondary School

2 In Grade Eight, between studying for tough exams and hanging out with friends, life moves fast. One day, a classmate noticed that I was feeling totally overwhelmed by a massive science project. Even though I'm not very familiar with her, she shared her notes and offered to help me study. That small gesture turned my stressful week into a much better one.
Keira Lo Yu-kei, 14, Lung Kong WFSL Lau Wong Fat Secondary School

3 Three years ago, during the summer holiday, my family went to a resort. As I played, I suddenly realised that I was lost. I was very scared. Then, a stranger came and asked me why I was crying. I told her that I was lost. She gave me a phone to call my dad, and I thanked her. My dad came quickly. Her kindness made my day.
Hannie Kwok, 10, SKH Tin Wan Chi Nam Primary School

4 One day, I was in a bad mood because I had forgotten that I had to do something at school, so I did not even eat my breakfast before leaving my home to dash to the bus station. Unfortunately, I forgot to bring my wallet with me since I was in a hurry. Just as I was feeling annoyed and frustrated about going back home to get my wallet, my neighbour kindly lent me his money and told me to return it to him the next day. I was very happy and grateful for his help, and this moment helped me feel like my day was starting to turn around.
Ava Li Yan-qi, 11, Holy Angels Canossian School

5 After a rough day, I walked into a small grocery store. I was feeling tired, distracted and pretty down. I had grabbed a few basic items, but at the checkout, my card wouldn't work, and my hands started shaking. Before I could even explain, the woman behind me smiled and said, "Don't worry. I've got you." She paid for my groceries and did not make a big deal of it – she just waved and told me to have a good evening. I felt my shoulders drop immediately, like the stress had left my body all at once. Besides her act of kindness, I was also touched by how normal she made it feel – like I wasn't a bother and that I deserved help.
Megan Lam Tsang-wing, 17, Pui Kiu College

6 Once, a quiet classmate secretly stayed up all night to rewrite his notes for me after I lost mine before an exam. He highlighted the key points too. That unexpected kindness made me incredibly happy during a stressful time.
Sherry Ng Sheung-yau, 17, Leung Shek Chee College

7 One time, I was on a minibus to the MTR station, and I had four bags of things that I needed to bring to school. When the minibus stopped, I tried very hard to grab all of my things and get off the minibus. But I couldn't, so I let other passengers get off first. When I was finally ready to get off, a woman asked me if I needed any help. I told her what I was trying to do, and she helped me grab two bags to take them off the bus. This action really made my day.
Hannah Lau Ting-hei, 13, HKUGA College

8 I was carrying a heavy stack of books up the stairs because the lift was under repair. A stranger offered to help me carry them, and she took half of my books and walked to the top with me. While we walked, we chatted and discovered that we had shared interests, which made the climb feel lighter and even enjoyable. That act completely made my day – I was already frustrated that the lift wasn't working, but her kindness turned everything around. I hope to remember this feeling and help others too.
Victoria Liu, 13, St Paul's Co-educational College

9 I was on the bus with my head down as I was texting, and I completely missed the stop announcement. An elderly man next to me softly said, "Isn't this your stop?" I barely made it off the bus in time. When I turned to thank him, he had already closed his eyes and leaned back to rest. Without him, I would have ridden right past my stop.
Tracy Yao, 15, Pope Paul VI College

10 Having lost a precious gift from my best friend while heading to school on the MTR, I was overwhelmed with anxiety. Thanks to a stranger who returned it, I regained my treasure. Such a small act made my whole day brighter. Not only did it restore my faith in humanity, but it also inspired me to pass on the kindness.
Venus Lam Yuen-ching, 17, GCCITKD Lau Pak Lok Secondary School

Random acts of kindness

Last week, we asked readers to recall a time when someone helped them out. Here are the moments they shared

This question was sponsored by the Hong Kong Police Force

THIS WEEK'S QUESTION

What risky behaviours do you think teens in Hong Kong are most tempted by today?



To take part, drop us a line via this form by 12pm on Wednesday, April 23.

體育/其他獎項

我校花式跳繩隊於全港跳繩速度公開賽 2026 取得佳績，合共 46 個獎項。

獎項及名單如下：

姓名	獎項	姓名	獎項
1B 黃梓冉	1 殿	3A 陳知行	1 亞 2 季 1 殿
1B 黎婉婷	1 殿	3A 黃兆穎	2 冠 2 殿
1D 林佩璇	1 亞 2 殿	3B 陳映熹	1 季 3 殿
1E 肖鉅郎	1 冠 1 亞 1 季 2 殿 個人全場總成績亞軍	3B 鄒信行	1 亞 1 季 1 殿
2C 符卓恩	2 冠 1 亞 1 殿	3C 鄭凱萱	1 亞 3 殿
2C 劉淑敏	1 冠 3 殿	4A 李家恩	1 冠 2 亞 1 季 個人全場總成績殿軍
2C 張梓琪	1 殿	4C 莊佳穎	2 殿



體育/其他獎項

我校中四英語辯論隊參加 UNESCO UNSDGs Debating Competition（香港聯合國教科文組織協會辯論比賽）八強比賽，擊敗慕光英文書院，成功進入四強。



體育/其他獎項

本校英文音樂劇《綠野仙蹤》(The Wizard of Oz) 於 25/26 年度香港學校戲劇節中表現卓越，橫掃四項大獎，成績斐然！

獎項
<u>傑出演員獎</u> 2A 黃翊珺 2A 恩樂 4E 李兆翔 3A 袁少騫
<u>傑出舞台效果獎</u>
<u>傑出合作獎</u>
<u>傑出整體演出獎*</u> (*此為大會最高榮譽獎項之一；本年度共有 555 間學校參賽，僅約 25 間中學獲此殊榮)



體育/其他獎項

本校今年新成立的民族舞隊於 12/4 (日) 第一次參加校外比賽，於東方之珠舞蹈大賽 2026 公開組獲銀獎。



體育/其他獎項

本校 2C 班劉昊揚同學於 2526 新界地域中學校際劍擊比賽，擊敗超過新界區四十多間中學，勇奪新界男子丙組個人花劍冠軍。



體育/其他獎項

本校升旗隊參加由香港升旗隊總會主辦「2026 周年檢閱禮」，同學表現非常出色。經評審後，榮獲中學組一等獎（全港只有三所中學可以獲得一等獎殊榮）。



體育/其他獎項

比賽	主辦機構	姓名	獎項
第二十九屆全國中小學生繪畫書法作品比賽(香港賽區)	九龍青年聯席會議	6E 宋泯彤	高中組一等獎
明[Teen]當人樽 3vs3 籃球賽	共創明 Teen 校友會	3D 劉劭僑	冠軍
葛亮洪青少年制服團隊傑出服務獎	葛亮洪獎學金	5B 吳洋琦	傑出服務獎
環境及自然保育基金資助減廢之友廚餘分類教育計劃	環境及自然保育基金	2A 李梓瑄	故事創作比賽冠軍
		2A 黃翊珺	填色比賽高級組優秀獎
第六屆深圳田園馬術俱樂部障礙賽	深圳田園馬術俱樂部	3E 麥晞妍	個人組 90cm 障礙賽冠軍
78th 校際音樂節比賽	香港學校音樂及朗誦協會	2B 黃梓晴	單簧管組銀獎
		2C 覃佐慈	琵琶中級銀獎
		3A 陳知行	鋼琴獨奏 7 級銀獎
		3A 彭嘉煒	小提琴獨奏 8 級銀獎
		3B 吳曦	箏高級組銅獎
		3C 趙煜鑫	聲樂獨唱中文女聲中學 16 歲或以下銅獎
		5C 黃嘉穎	小提琴獨奏 5 級銅獎
香港 18 區校網兒童英文朗誦比賽	香港 18 區校網兒童競技協會 HKSNTA	1A 張鴻明	金獎
		1A 張鈺琪	金獎
		1A 李文軒	銀獎
		1B 陳佳琪	金獎
		1B 陳銘晴	銀獎
		1B 蘇晨曦	銀獎
		2A 胡家桐	亞軍
		2A 黃崔恩奇	金獎
		2A 黃宏軒	季軍
		2A 李仁宥	冠軍
		2A 劉璞	亞軍
		2A 彭一航	金獎
		2C 洪芷欣	季軍
		2C 梁咏詩	金獎
		3A 冀梓鑫	銀獎
		3A 黃兆穎	金獎
		3E 蔡子旋	冠軍
		4A 陳念喬	季軍
		4A 劉卓軒	金獎
		4A 李月滢	亞軍

比賽	主辦機構	姓名	獎項
香港 18 區校網兒童英文朗誦比賽	香港 18 區校網兒童競技協會 HKSNTA	5A 陳鈺唯	冠軍
		5A 張文朗	冠軍
		5A 李欣怡	金獎
		5A 丁怡芳	亞軍
		5B 莊詠琪	冠軍
英文閱讀報告比賽	基督教中國佈道會聖道迦南書院	5A 溫嘉恩	冠軍
2526 全港羽毛球（章別）訓練計劃銅章單打比賽	康文署	1A 蕭隴月	12-16 歲女子單打季軍
深圳市第十一屆羽悅杯青少年羽毛球比賽	/	1A 蕭隴月	女子甲組冠軍