



嘉諾撒聖瑪利書院家長教師會

St. Mary's Canossian College PARENT TEACHER ASSOCIATION

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主席的話

A Year of Celebration



As we usher in 2025, it is with great excitement that we celebrate a remarkable milestone: our school's 125th Anniversary! This year promises to be filled with memorable events and achievements.

I want to extend my sincere gratitude to all parents for your unwavering support as your daughters navigate their demanding schedules. Balancing academic commitments with rehearsals and extracurricular activities can be challenging. The good news? We anticipated an exam-free Christmas holiday, allowing our students a well-deserved break!

We are also immensely grateful to our dedicated teachers, who have gone above and beyond to adapt their teaching methods to accommodate our unique timetable. Their commitment has been instrumental in ensuring our students thrive amidst the challenges and are well-prepared for the upcoming 125th Anniversary Open Days in January, School Drama in March, and Annual Concert in June.

Over the past year, we have conducted several thorough tender exercises, including selecting a new uniform supplier and vending machine operators. This process involved intensive analysis and extensive discussions. As a result of our collective efforts with the school management, we are excited to announce the expansion of vending machines from two to five, offering a more diverse selection of options for both students and staff. Thank you for your patience as we await the arrival of the winter uniforms and the new vending machines. We appreciate your understanding during this transition.

Looking Forward

As we reflect on the past year, I would like to extend my heartfelt gratitude to our Executive Committee (ExCo) team. Your unwavering support has been invaluable in organizing workshops, managing lunch services, coordinating outings, and facilitating meetings. Your innovative ideas and dedication have significantly enriched our school community, and I deeply appreciate your commitment to our shared mission. Thank you for your tireless efforts!

Looking ahead, 2025 will also bring elections for the Executive Committee (ExCo). I encourage all parents to engage actively in this process, as your voices and contributions are vital to our community's continued growth and success.

Thank you for your continued support and dedication. Here's to a wonderful year ahead filled with celebration, growth, and togetherness!

Teresa Li
Chairperson, Parent-Teacher Association



校長的話

Dear Parents,

The 2024/25 school year is a momentous occasion for St. Mary's, as we celebrate our 125th anniversary.

We owe a great debt of gratitude to the six pioneer sisters who journeyed from Italy to the Far East in 1860 to begin their missionary work in Hong Kong. Since the founding of our school, generations of St. Marians have benefited from Canossian education and embraced our school motto, "One Heart and One Way," contributing to the larger community.

The mission of Canossian education cannot be fully realized without your partnership. Together, we strive to achieve our shared goals. I want to express my heartfelt

appreciation for your unwavering support throughout the years. Our staff and students are dedicated to making the 125th anniversary celebration a truly memorable occasion for everyone. I warmly invite you to join us in celebrating this milestone and honouring your daughters' achievements. I look forward to welcoming you at our upcoming events.

As we enter the Year of the Snake, I wish you and your family a year filled with peace, happiness, and good health.

Yours sincerely,

Janet Wong
Principal

中一迎新日



獲得最佳出席及參與獎學生



獲得最佳進步獎學生

家長教師會周年大會



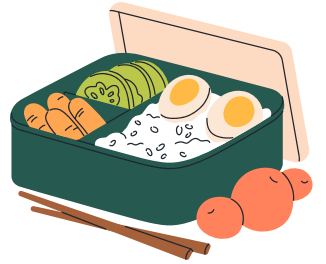
PTA Most Improved Scholarships



梁文惠醫生主講「如何生活得更健康和更快樂」



中一午膳義工



水運會



在社長的帶領下，同學竭盡全力，為自己的社吶喊助威



嘉諾撒聖瑪利小學及天神嘉諾撒學校一同參與混合接力賽



開心水果日



學生收到由家教會精心準備的水果乾及果凍

聖誕聯歡



拉丁舞、合唱團和樂團的表演為聯歡會增添不少氣氛



學生會和宗教學會不只合力演出短劇，還一同詠唱聖誕歌。



家長教師會委員一同參與聖誕聯歡派對



家長教師會為各班準備了精美實用的聖誕禮物

中二家長晚會



班主任向家長說明學生的學習生活



家長被安排於課室與班主任會晤，親身體驗女兒上課的情形。



家長不只聽得投入，還熱烈發問。



難忘的三天兩夜桂林之旅



桂林山水，可算是家喻戶曉。人們常說：「桂林山水甲天下。」我以往並不明白，直至這次三日兩夜的旅程，才令我恍然大悟。逃離繁囂的大都會，投奔桂林大自然的懷抱中，一切的煩惱也拋諸腦後，令我有機會享受短暫的寧靜。

桂林著名的景點多不勝數，是我心目中的「桃花源」。踏進這世外桃源的入口，腦海不禁浮現了陶淵明的《桃花源記》。沿著小徑一直往前走便到達碼頭，一隻隻小船正在排著隊等待接待訪客。踏上船後，我們隨著船隻緩緩前進。往船外一看，外面山川起伏，如同一幅波瀾壯闊的山水畫，散發著一種磅礴的氣勢。微風迎面而來，空氣中瀰漫著山間的鮮花香氣，甜甜的沁入心底；樹葉的沙沙聲，林間小鳥的啼叫聲，組成了一曲悠揚的小調，不禁令人流連忘返。

美食在桂林也是鼎鼎有名的，在大街或小巷均能發現它們的蹤影。例如使用桂花製成的產品，有桂花糖、桂花糕、桂花紅棗等，都令人垂涎。當地人甚至還能將桂花製成香水，以及不同的生活用品。在遊學團中還讓我認識了不少新朋友，我們替對方拍照，在下榻的酒店分享日常的趣事。

這次的桂林之旅，實在是一次寶貴的旅程。

馬蔚蕎

CSD Guilin Study Tour感想

這次桂林考察團令我收穫豐富，對國家有更多不同的認識。

第一天到達桂林西站的時候，已經令我嘆為觀止！參加考察團前，我已先了解過桂林的風景、美食和文化等等，但當我親眼看到這些美麗景象的時候，令我覺得自己對國家的了解更加多。常聽人說「桂林山水甲天下」，果然名副其實。可以欣賞到國家不同地方的發展和歷史，絕對是我的榮幸。

到達桂林後，我們先去吃午餐，這是我第一次吃桂林菜。初嚐桂林米粉，已經令我愛上了它。這次桂林之旅，讓我有機會品嚐到桂林的特色美食，我會好好牢記這些菜式的味道。午飯後，我們到達了七星景區，映入眼簾的是美麗而崎嶇的山，不同形狀的山連接在一起，變成了壯觀的景象，令我目不暇給！

其後我們到達了東西巷，有自由時間可以逛街，所以我和朋友都急不及待去尋找特色美食和有意義的紀念品。我們去了不同的地方「打卡」，作為留念；然後便到一所店鋪買了桂花糕作為給父母朋友的手信。

第二天，我們乘車到達桂林的陽朔，首先去的是銀子岩，我戴上園區提供的耳機，一邊聽耳機介紹銀子岩的特色，一邊走著走著欣賞銀子岩的不同景色。後來我們到達了陽朔西街，再有自由時間，所以我們逛了附近不同的特色景區，還跟美麗的湖泊拍照留念。

第三天，也是最後一天，我們到達了灕江。我們乘船欣賞灕江附近的風景。灕江的兩岸山峰偉岸挺拔，形態萬千，景致美不勝收。我們都拿出手機記錄下這令人難忘的風景。其後，我們到達了最後的景點一象鼻山。這個地方是我去桂林前就了解過的，所以一直很期待。象鼻山不僅是桂林的城徽，更是大自然饋贈予人類的瑰寶，是一幅山水與現實交融的畫卷，令人心馳神往。

雖然只有短短三天的旅程，但也令我獲益良多。我曾經去過上海，而且平常假日也會和父母或朋友到深圳遊玩，但去過桂林後，我明白去中國遊玩不一定只去發達的一線城市，一些二、三線城市或許會有文化特色以及人情味，可以令我們學會更多。此外，我更了解到國家不同省份的文化，欣賞這些山河景色令我明白到我們偉大的國家對山河景色的保護。隨著社會的進步，高樓大廈愈趨普及，富文化特色的鄉村開始沒落，我期望這些景色可以好好被保留，令下一代可以了解國家過往留下的歷史。這次的考察令我大開眼界，認識了很多新朋友，學會更多國家知識。我很希望以後再有機會參加學校的考察團，增廣見聞。

蔡晞琳



桂林遊學團2024感想



雖然只有三日兩夜的時間探索桂林，這遊學團卻讓我獲益良多。

令我印象最深刻的遊客景點是「世外桃源」。遊覽期間，我和其他同學跟一些扮演少數民族的演員一邊唱歌一邊跳舞，很刺激！雖然我們聽不懂那些歌詞，但是當大家一起跳舞，一起圍圈拍大家的肩膀時，讓我感受到他們民族之間相處的融洽。此外，他們的服飾顏色鮮艷，設計獨特。隨着時間的流逝，這些傳統的少數民族文化將逐漸消失，我們除了要好好保留這些傳統文化之外，也應向外宣傳，讓更多人有機會認識這些珍貴的傳統文化習俗。

另外，這是我第一次前往廣西省，因此探索桂林市時讓我發掘了不少當地文化。沿着桂林市的街道走，在東西巷逛街的時候，我路見不少在紙扇上用毛筆刻上名字的小攤檔。這時，我才發現原來自己對這地方好像毫無認識，其實這地方也有不少當地文化的特別之處等着讓我發掘，讓我認識。

總括而言，這遊學團讓我更深入認識中國文化，大開眼界。桂林只是中國的其中一部分，還有很多等着我發掘的地方！

馬嘉晞

桂林遊學團感想

桂林是一座以自然美景和文化底蘊聞名的城市，在這裡，我欣賞到壯麗的山水景觀，尤其是灕江和陽朔的獨特喀斯特地貌，讓人驚嘆不已。桂林的歷史也十分悠久，當地的少數民族文化和古老的寺廟為這座城市增添了深厚的文化氛圍。除了自然和文化，桂林的農業也值得關注，稻田和茶園展示了中國南方的農業生產方式，讓人對當地的生態系統有更深的了解。在美食方面，桂林米粉、桂花糕和桂林酸辣粉等地道的美食，更是讓人回味無窮，是次桂林三日兩夜的旅程，令我有機會體驗當地的飲食文化。對於喜愛藝術的人來說，這裡的風景更是靈感的源泉，吸引了無數藝術家和攝影師前來創作和捕捉美好瞬間。

總括而言，桂林是一個能令人增長見識、擴闊眼界、陶冶情操的理想之地。



鍾沛熹

iENA learning experience report



Answering judges' questions on our project

On 25-27 October, 3 student teams went to Nuremberg, Germany, and showcased our innovative ideas at the "International Trade Fair for Ideas, Inventions, and Innovations (iENA)". Our topics of ideas include medical optics, emotional support, and life and death issues.

Before we set off on the journey, we had to ensure that we had everything needed for the one-week overseas trip. Therefore, we did research on the local culture of Nuremberg and prepared Hong Kong souvenirs to better connect with other participants and foster networking opportunities.

There were also a number of things we needed to prepare for the 3-day exhibition period. Although we were all busy with our own schedules, we squeezed our limited time to discuss and work on our projects, writing presentation scripts and designing project posters. In the end, we managed to finish our preparations on time with our great team cooperation.

In the iENA exhibition, we have numerous precious opportunities to introduce our projects to professionals and visitors around the world. Despite facing harsh and challenging questions from judges, this experience provided extra insights about practical uses of our projects and advice on how our ideas could be improved.

Moreover, we were delighted to learn about the inventions of other exhibitors. All exhibitors used their creativity and skills to come up with ideas to solve problems in society, showcasing the importance of being observant to the needs of the public, which deeply boosted our will to continue developing our projects to help ease social issues. During our trip to Nuremberg, countless memories were made along the way, with moments at the exhibition being the most memorable. Not only did we broaden our horizons by visiting



Our project has received the gold medal

exhibits of various criteria from different countries, but we also made friends from many places, including Malaysia, Taiwan, and Macau.

Throughout the trip, we had to take care of ourselves and be responsible for tasks including operating our programs and codes, managing technical issues, finalizing our presentation, etc. Overcoming these tasks helped improve our problem-solving skills and independence, at the same time strengthening our bond.



Introducing our project to locals

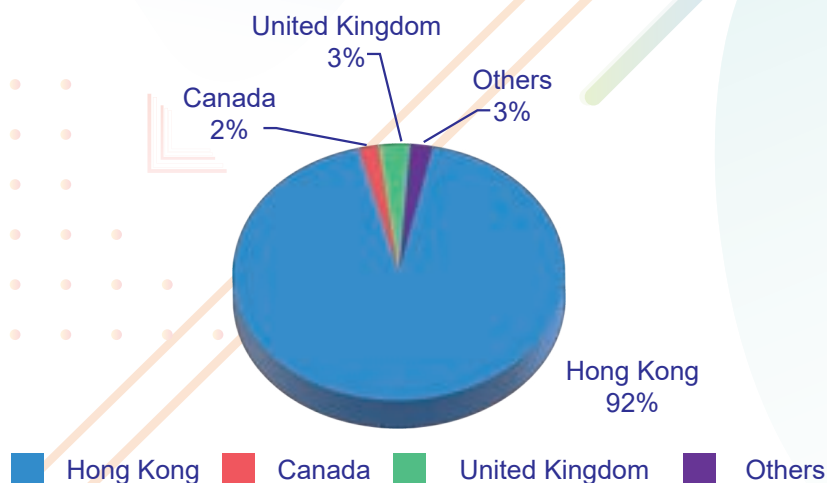


Sharing our project with other exhibitors

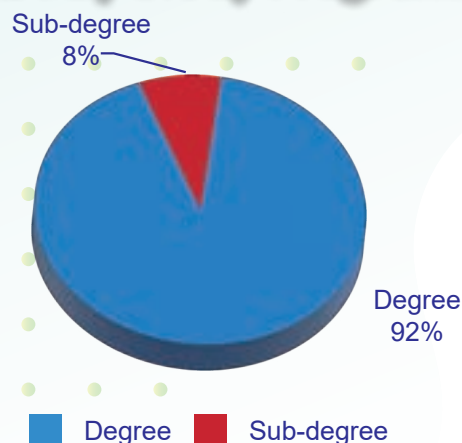


Making friends with students from Malaysia

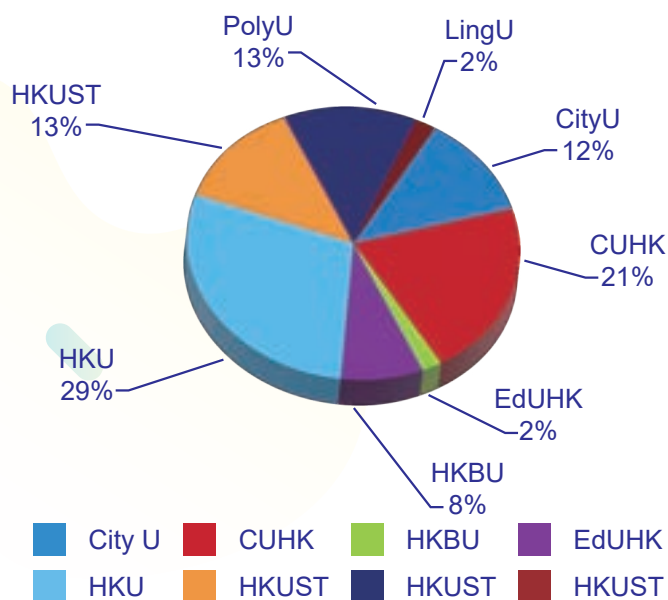
Destination of Graduates 2024



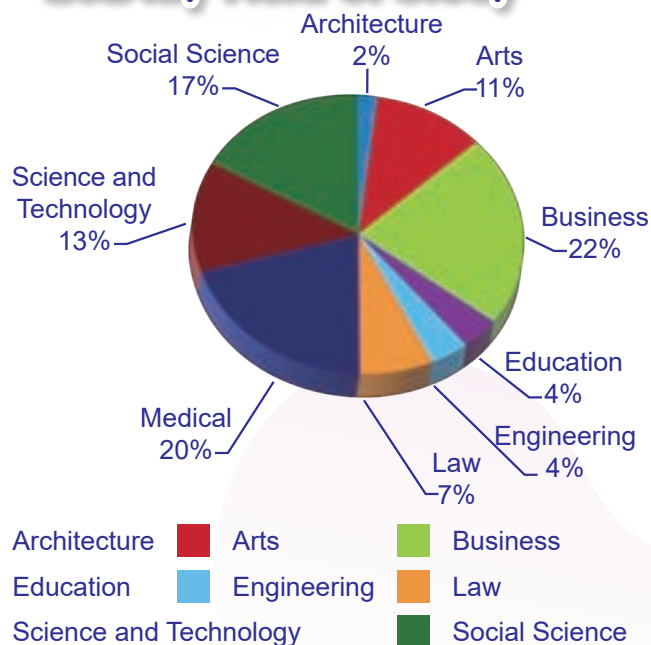
Destination of Graduates 2024 by Study Programme



Destination of Graduates 2024 by UGC-funded Institutions



Destination of Graduates 2024 by Field of Study



Medical: Chinese Medicine, Dentistry, Medicine, Nursing, Occupational Therapy, Optometry, Physiotherapy, Radiotherapy, Veterinary

嘉諾撒聖瑪利書院家長教師會執行委員2023-25

李慧儀女士	主席	梁愛蓮女士	執行委員 (出版及傳訊組召集人)
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