



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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親子郊遊同樂日



家長女兒與老師暢遊屏山文物徑



陸運會



家長與女兒合作無間



家長講座



校長及主席頒贈紀念品
給王楚菁女士



王楚菁女士 (註冊社工)
主講「家長在管教子女時失了控, 怎麼辦?」



陳陳瑞紅女士 (駐校教育心理學家)
主講「如何關心子女的情緒健康」

家長義工分享會



聯校交流晚會



親子工作坊



家長和學生齊齊認識「香薰按摩治療」的功效



老師頒贈紀念品給
香薰治療師簡美儀女士



老師頒贈紀念品給
香薰治療師周樂遙女士



簡美儀女士與大家分享「香薰治療」於情緒上的功效



大家與簡美儀女士大合照

開心水果日





校監校長連同各界嘉賓濟濟一堂，於開幕禮中欣賞演出。

125周年校慶花絮



學生自編自演講述創校歷史的短劇。



新舊排球隊隊員於友誼賽後合照



校慶活動啟動禮



開放日設置不同遊戲攤位，參觀人士不計其數。

「叮叮科創大賽」參賽感想—— 讓電車「活」起來的創新之旅

中三戊 鄭綽橋 中三己 鄧熹琳

在剛結束的「叮叮科創大賽」中，我們團隊 Tramendous Tramways 以「匯聚傳統與創新，重塑叮叮觀光體驗」為主題，希望為香港電車注入新活力，吸引更多遊客來港並散播正能量。我們在比賽中獲得冠軍，同時獲得一個月電車車身宣傳廣告。

疫情過後，香港的旅客人數大減，我們團隊希望為電車增添生命力。在我們的設計裡，我們為電車加入情緒，希望能為街上的人帶來歡樂。當兩架電車經過時，電車也會同時亮起，將維港的夜景帶到鬧市中。我們亦利用AR技術，在電車上向乘客介紹不同節日，豐富他們對香港文化的知識。

這次比賽讓我們深刻體會到，創新不僅需要技術，更需要觀察力和同理心。我們有幸乘搭派對電車，親身觀察遊客和本地乘客的需求，同時發現傳統電車在觀光體驗上可改進的空間，這讓我們更理解「以人為本」的設計思維。



贏得了冠軍後，我們獲得了一個月電車車身宣傳廣告。我們希望藉此機會為學校125周年紀念宣傳，將這份榮耀與母校的輝煌歷史一同展現。設計裏有一位高年級和低年級的聖瑪利人，象徵着傳承與團結。配上杜鵑花及學校主樓，我們希望將這份對母校的深厚情感與驕傲呈現出來，讓街上每一道目光都能感受到聖瑪利的精神與魅力。

在電車開幕禮的那一天，我們很感激看見了校監、校長、老師、家長教師會、舊生、同學和父母的來臨，深深地感受到他們對我們的支持。看到電車的那一刻，想起那無數晝夜不眠為了讓設計更加完善的晚上，我們也覺得所有付出都是值得的。乘搭電車走遍香港島，車上響起了唱校歌的聲音，那一刻，我們真切地感受到聖瑪利人的團結和熱忱。

感謝學校和比賽主辦方的支持，也希望能夠藉此鼓勵更多同學參與STEAM活動，用創意點亮生活！



中二級廣州交流團

中二年級學生於四月參與了一個為期兩天一夜的廣州之旅，探索了幾個歷史地標，其中包括聖心大教堂、廣東現代歷史博物館和東山「洋樓」建築。在導遊的詳細介紹下，學生不但了解各種建築的特色以及它們所反映的社會風貌，還思考如何在未來繼續保護這些珍貴的文化資源。



Singapore Science, Earth Science & Technology Study Tour

Senuna Chan



On 1st May, 30 students and 3 teachers set off to Singapore for a study tour. Upon arrival, we were immediately impressed by the copious amounts of greenery and a mini jungle in the urban city. It was apparent how Singapore earned its nickname as the Garden City. On the first day, our enthusiastic tour guide, Lily, brought us to Ya Kun Kaya Toast, where we got to try an authentic Singaporean tea set with kaya toast, soft-boiled eggs, and fragrant milk tea. It was certainly a delicious introduction to Singaporean culture. After that, we arrived at Marina Barrage and learnt all about the conservation efforts and environmental problems Singapore faces on a guided tour. Singapore's advanced technology and sustainable practices, such as using NEWater, were truly inspiring and worth learning from. For the last trip of the day, we visited the famous Merlion of Singapore where a rainbow even welcomed us. It was a magical end to the first day of our tour.

The next day, we first attended a workshop on Artificial Intelligence (AI) at Nanyang Technological University and tried our hand at solving mysteries with the help of AI. Next, we had a lunch break and enjoyed a Singaporean speciality – Bak Kut Teh (肉骨茶) - amazingly unique and flavourful. After the break, we continued our educational day with a DNA workshop on forensic science at the Singapore Science Museum, where we conducted several fun experiments to solve a crime. All of us were so eager to discover the results of the experiment. It was especially exciting for my groupmates who are aspiring (better than seasoned?) chemistry and biology experts.

The third day began with an exchange session at the National University of Singapore (NUS). We were welcomed by a professor from the admissions office. University students were invited to each group to share their experiences in the Singapore educational system and answer our questions and concerns about the university application process. We were also lucky enough to hear from a lawyer who graduated from NUS about her fruitful secondary school life in Singapore. The university students were welcoming and friendly, and the campus was beautiful. The sharing inspired me to consider studying in Singapore, where NUS ranks as one of the top universities in Asia. The packed itinerary then led us to the Garden by the Bay, home to all sorts of exotic plants we could not see in Hong Kong. The exhibitions were gorgeous, with bright flowers such as tulips and plants of exotic origin every step we took. The gigantic waterfall was astounding in person as we could walk up the spiral pathway and view the rushing water from above, it was turning what we had learnt in Geography lessons into real life. After admiring the breathtaking views, we visited the Singapore Night Zoo for an interactive performance and a memorable night safari.

We even got to see lions and elephants up close. It was a once-in-a-lifetime opportunity, and we all squealed in excitement whenever we approached an animal.

On the fourth day, the most fun-filled day of the trip, we journeyed to Sentosa Island. We first visited the Skyline Luge, where we zoomed down the island's hills on karts and relished the majestic views of the tropical beaches and the backdrop of skyscrapers. After four adrenaline-filled rides, we headed to Singapore iFly for an indoor skydiving experience. After attending the safety briefing, we dressed in red and blue jumpsuits, goggles and helmets. The feeling of being propelled up meters above the ground by air was unforgettable and thrilling. We all oohed and aahed as we flew in the airtight chamber and spun around as the instructor guided us. We ended our exciting day with a quick visit to Chinatown. We saw traditional Chinese bakeries, Malaysian stalls, chocolate shops, and other special stores with affordable prices and cute souvenirs. We enjoyed our little shopping trip at the end of the day. Unfortunately, we had to head back to Hong Kong the next day. But we thoroughly enjoyed exploring the renowned Singapore Airport before our afternoon flight.

Reflecting on our Singapore study tour, it was a fantastic opportunity and gifted us countless valuable moments and experiences we wouldn't have been able to have in Hong Kong otherwise. Besides, as a Geography student, I have learned much about sustainable eco practices and urban planning through this visit. The university exchange and the forensic workshops also opened my eyes to new possibilities for further education and technology. All in all, we had a wonderful time on our trip.

We are incredibly grateful to our teachers, Ms Angel Leung, Mr Daniel Lau, and Ms Natalie Yeung, for planning and supervising us on the trip, and of course, our tour guides for bringing us from place to place and explaining the history and significance of each place. I fully recommend all of my schoolmates to join future study tours and exchanges. You will not regret the fantastic journey you will surely have.



新加坡遊學團感想

鄭凱瞳 (四己班)

對新加坡的第一印象是暑氣。下了車，倚在欄杆上，那股熱氣將水裏的高樓攪成蒸氣，升騰鼓譟着向上擴張。那佇立的魚尾獅躲在我眼鏡鏡片背後，中間隔着燥熱的氣鼓碌碌地滾動，使得再挺拔清晰的雕像也變得有些虛浮。我來到了新加坡，這個陌生的，充滿未知數的國家，我如是想着。眼前的魚尾獅在陽光下噴出如煙花般喝采着的水柱，水流偶爾沾上點點陽光碎片，織成一張浮華得不真實的網，把我籠罩其中。

到了動物園時，天已經快黑了。在導遊的帶領下，我們坐上了導覽車，緩緩駛進神秘的動物國度。黏膩的汗依附在我頸上，隨車輛的顫動沒入衣領，在薄薄的衣服下蜿蜒起伏地流，又回頭附着皮膚的細紋。四周黑得靜悄悄，唯有空中兩盞小燈，和燈下那點白—那是甚麼？是伏在大石邊緣的獅子張開的瞳孔，是層層叢林中大象的白牙，是水池中成群結隊的大紅鶴的羽毛。牠們身上反射出的光，穿透我層層包裹的汗水，將我從這漫天熱氣中救出，放生到被黑夜含在嘴裏的橄欖綠草地上。導覽車繼續顛簸前行，越來越暗的天空散發出青草的味道，幽靜的燈光小心翼翼地將夜燙穿一個洞，洞裏有幾隻鹿低下頭咀嚼草嫩，石頭在牠們腳邊安穩休眠。一切都像一幅柔美得足以令世界靜下來欣賞的油畫。也許是這刻，我開始對新加坡這個詞有了些許實感，它不再只是暑氣中魚尾獅模糊的輪廓，而是我鼻腔裏的草原味，耳殼裏的車輛輾轉聲，和心裏永遠留存的動物畫。

真正驅除所有暑氣的，卻是第三天的濱海灣花園。一格格的天窗將陽光割成無數份，篩去炎熱，只剩下明亮光線，灑在大片大片的綠樹上，聖潔得像教堂裏被彩色玻璃窗過濾後的陽光。不知名的大樹垂下的葉片細長得猶如髮絲，編織成四層布料，微微搖擺時就像女子走起路來的裙襞。旁邊的植物卻像長滿尖刺的絨球，單單站在那裏就使人生懼。一團團的草叢像被筷子夾起分在五個西餐盤子裏，上面放了點綴的花朵，澆上泥漿色的醬汁，便成了一盤等待人進食的海帶。不知不覺走到高處，往下看就是動人心魄的花海。那正熱烈歌唱的石榴紅一路轟轟烈烈地燒下山坡，停在了眉目染雪的紫手絹前，又隨風倒向旁邊半遮着臉、含羞而笑的粉面美人身上，卻只敢遠遠地敬仰欄杆邊遺世獨立的秋黃小鈴鐺。再往前走，一條瀑布出現在眼前。水流如銀河傾瀉，碎成滿地星塵。渺小的我盡力把手伸出柵欄，沁涼的水花獻上轉瞬即逝的吻，又投奔向滾滾水流，在最低層炸成嘩啦啦的敲鑼打鼓聲。

我看向手臂上水滴留下的點點吻痕，那是花園裏萬千植物的養分，亦是世界的生命之源。至此，暑氣完全褪去，眼前的景色、此行的意義不再被炎熱模糊。我實實在在地踏在新加坡的土地上，吸着這國家的空氣，見識着世界的更多面。我沿途所見的風景，結合了手臂上使人清明的水滴，最終創造出我心中獨一無二的新加坡—於我而言，它就是這顆晶瑩剔透的水珠。

CS Chongqing Tour (2025)

The CS Chongqing tour, held from 29th March to 2nd April, was a remarkable educational journey for our F.5 students. The tour aimed to provide a deeper understanding of Chinese history, culture, and technological advancements of the country.

One of the highlights of the tour was the Stage Play 'Chongqing 1949'. Our students were amazed by the captivating high-tech performance, with a 360-degree rotating auditorium immersing the audience in the scenes of Chongqing 70 years ago. The story was set on the eve of the liberation of the city where many Communist Party members were imprisoned and had withstood all kinds of torture. Having an opportunity to enjoy an immersive viewing experience, our students also learnt a lot about the significance of this historical event.

The tour also included a visit to Bashu Secondary School, where students were warmly welcomed by local students and staff. Our students attended lessons such as physical education, floral arrangement, music appreciation, metalwork and artwork. These precious experiences fostered a better understanding and appreciation of the educational beliefs and environment of the local school. St. Marians also treasured the opportunity to interact with the local students at Bashu and a strong sense of unity and bonding was fostered among them.

In addition to historical and cultural exploration, our students were offered a glimpse into the creativity and innovation in making transportation and residential projects coexist in this 'Mountain City'. After taking pictures and capturing the special moment when the light rail tram went through a residential building at Liziba, our students were thrilled to have the opportunity themselves to ride on this special light rail and experience the convenient public transportation available to Chongqing residents.

In summary, the CS Chongqing tour provided a comprehensive and unique experience for students to integrate their classroom learning with real-world observation. Above all, they returned to Hong Kong with valuable knowledge and cherished memories of their time in Chongqing.



親子中式烹飪班



SMCC 125周年紀念版大富翁已製作完成，已預購的同學可於九月在學校取貨。為慶祝建校125周年，本校與家長教師會聯合凝練成這份獨一無二的紀念版，以銘刻建校125周年的歷史時刻。誠邀您共同見證這一重要時刻，並以行動支持學校。第二批訂購細則將於九月公佈，敬請期待！

學校改善計劃基金

SMCC PTA School Improvement Fund Breakdown
1 Sept 2024 – 30 Apr 2025

Group Personal Accident Premium	7980.97
eClass on the Cloud (500GB)	23,000.00
Subscription of English e-Learning Platform (English Builder)	49,950.00
EDS Critical Defence	12,096.00

Total **93,026.97**

2024-2025年度財務報告 (截至2025年4月1日止)

收入：		
(一)	會費	\$ 42,800.00
(二)	活動收入	8,806.00
(三)	捐款收入	29,570.00
(四)	改善教與學費用收入	148,400.00
總收入：		\$229,576.00

結存：		
	累積儲備 (接上年)	\$333,584.49
	加本期虧損	(172,052.81)
	改善教與學費用盈餘 (接上年)	17,501.67
	加改善教與學費用本期盈餘 / 虧損	55,373.03
	總盈餘轉下期	\$234,406.38

支出：		
(一)	活動支出	\$55,830.20
(二)	獎學金	3,000.00
(三)	電話費	614.40
(四)	講者費用	0.00
(五)	獎品及紀念品	600.00
(六)	會訊印刷及文具	9,798.00
(七)	維修費用	0.00
(八)	供應商訂金支出	139,779.00
(九)	捐款支出	31,500.00
(十)	學校週年紀念支出	8,107.21
(十一)	核數費用支出	4,000.00
(十二)	改善教與學費用支出	93,026.97
總支出：		\$346,255.78