



天主教母佑會蕭明中學

Daughters of Mary Help of Christians
Siu Ming Catholic Secondary School

學校通訊

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關愛常在，感恩處處

梁佩珊校長



在這個充滿希望的學年，我們以「Year of Care」為主題，一起細味校園生活裏每一份關愛。今年，無論是安靜的課室，還是熱鬧的操場，到處都看到蕭明人溫柔相待、關心別人——每一個微笑、每一句鼓勵，每一份體諒，讓學校充滿溫暖和力量。

今年學校推動的 4R 活動（Rest、Relationship、Resilience、Relaxation），鼓勵學生一同營造關愛校園文化。在小息期間，同學們願意停下腳步，用心傾聽身邊的朋友的煩惱；午膳時段，又可以見到同學主動陪伴插班生遊覽校園，幫助他們適應新的校園生活；課後時光，更有學生在溫習時默默為朋友送上小零食打氣，在學習的路途上互勵互勉。我們所培育的蕭明人，不僅懂得照顧自己，也會主動關懷

同伴。她們這些小小舉動像溫柔的陽光，溫暖著我們每個人。

我們也很感恩得到家長的支持和參與。在家長教育講座中，很多家長分享如何用愛心和耐性陪伴孩子成長，和學校攜手為女兒創造更多關懷和快樂的時刻。除此之外，陸運會比賽、中秋猜燈謎等活動，我都看到同學們團結合作，用汗水與笑容灌溉出豐碩的成果、用熱情與讚美為同學打氣。

「關愛常在，感恩處處」不僅是一句口號，更是我每天都能在這個大家庭裏親眼見證的美好。讓我們繼續懷着感恩的心，細心照顧自己，溫柔待人，讓愛與關懷變成校園裡最亮麗的顏色，陪伴學生成長每一天。正如聖經教導我們的精神：「在一切以上，尤該有愛德，因為愛德是全德的聯繫。」（哥羅森書 3:14）又如「你們應當彼此協助背負重擔」

（迦拉達書 6:2）。我們在愛中同行，也在感恩中一同成長。

願我們每天都懷著感謝的心，細心照顧自己與他人，讓關愛成為學校裡最亮麗的顏色，也陪伴我們走過每一天！

祝願妳們常懷愛心與感恩，收穫溫柔、勇氣與希望。





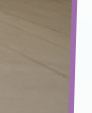
Embracing the "Year of Care" at Our School

This academic year, our school is excited to introduce the values education theme "Year of Care," focusing on nurturing care in various aspects of our lives. The school will be launching a series of student formation activities centered on caring for oneself, others, family, our community, our country, and our common home (the world and the environment).



To symbolize this commitment to care, six delightful mascots, designed by a talented student, 4C Hazel Lam, are representing each aspect of our theme throughout the year.

In addition to the mascots, we have distributed cute stickers that promote our "Year of Care" theme. These stickers serve as a fun reminder for students to actively participate in 'Year of Care' activities throughout the year.



Promoting Well - Being Through the 4Rs Mental Health Charter

As part of our commitment to enhancing student well-being, our school has joined the 4Rs Mental Health Charter. This pledge signifies our collective effort to establish practical goals and take concrete actions to support both physical and psychological health among students.

One of the exciting developments is the creation of our new 'chill zone' and 'synergy hubs.' These spaces provide students with a welcoming environment to relax, engage in casual conversations, work in groups, and collaborate on projects.

We believe that fostering connections and teamwork is vital for mental health.

Our students are also able to meet our Siumingian Friend—Abalone! Abalone, our beloved school dog, not only safeguards our campus at night but also serves as a furry companion to all Siumingians. Students find immense joy in spending time with him, especially amidst the hustle and bustle of school life.



New "chill zone" and "synergy hubs"



New "chill zone" and "synergy hubs"



TKT MENTAL HEALTH WEEK

DMHC Siu Ming Catholic Secondary School



TKT Mental Health Month Kickoff Ceremony: A Celebration of Well-Being

Our school launched the Tsuen Kwai Tsing Mental Health Month on 10th October, also the World Mental Health Day. This event aims to enhance awareness of mental health among students and the wider community, fostering an environment of support and understanding.

Our Principal Ms. Leung inspired us with her heartfelt speech, reminding everyone of the significance of mental health in our daily lives. Following her words, students gathered for a group photo, showcasing their commitment to mental health with fun props representing the 4Rs: Rest, Relaxation, Relationships, and Resilience.

An interactive activity followed, where students passed large balls symbolizing the sharing of kindness and positivity around. This lively exchange encouraged everyone to connect and support one another.

The energy escalated as our Science teacher, Ms. Lam, led a workout dance, getting everyone on their feet and moving. It was a fantastic way to bring the community together, reminding us that physical activity is a vital aspect of mental health.



中秋猜燈謎活動

歡度佳節，領略中國傳統文化

為慶祝中秋，我校於十月三日及十月六日，於本校有蓋操場舉辦中秋猜燈謎活動，以千年民俗為媒，築文化傳承之橋。猜燈謎自古為文人雅集之趣，既考驗思辨巧智，亦蘊含漢字音韻之妙。是次活動正欲讓學生於歡趣間領略傳統文化智慧。

活動由中文學會、中史學會及國民及公民教育組合辦，燈謎內容涵蓋成語、字詞、讀音等；獎品亦具節日特色，包括：月餅、水果、玉兔擺件。兩日活動吸引初中及高中學生踴躍參與，參與同學互相合作、思考討論，獲獎同學一同品嚐月餅、水果，操場歡聲如潮，節慶溫情漫溢。

中秋猜燈謎活動能寓學習於遊戲之中。學生賞燈、猜謎，樂在其中，歡度佳節。希望我校同學能時時讓傳統智慧浸潤日常，承傳文化薪火。

4D 湯 鈞

中秋節是中國重要的傳統節日之一，象徵著團圓與豐收。每年的中秋節，除了賞月、吃月餅之外，猜燈謎也是一項頗具趣味的活動。作為中秋燈謎活動的籌辦人之一，我對今年的活動感受頗深。

首先，猜燈謎不僅是一項智力遊戲，更是弘揚傳統文化的重要方式。在這個充滿詩意的節日裏，燈謎的設置融合了古典詩詞、民俗故事和時事熱話，讓參與者在輕鬆愉快的氛圍中，既能感受到節日的喜慶，又能學到豐富的文化知識。看到大家在燈謎前思索、討論的樣子，我深感欣慰。

其次，今年的燈謎活動，大家都積極地參與，使得整個活動更加熱鬧。他們的好奇心和求知欲讓人倍感欣喜，也讓傳統文化得以傳承。希望能夠通過這樣的活動，激發更多人對傳統文化的熱愛。

最後，我希望未來的中秋燈謎活動能夠更加豐富多彩，不斷創新。在傳承傳統的同時，融入現代元素，吸引更多人參與其中，共同慶祝這美好的節日。願每一個人都能在猜燈謎的活動中，感受到中秋團圓的溫暖與幸福。

5A 張柏涵

中秋節是中國傳統節日中最為重要的節日之一，舉辦猜燈謎活動不僅能讓同學們多瞭解這個傳統節日，也讓他們體驗到漢字的魅力。在這個活動中，燈謎的內容豐富多樣，有古詩詞的引用，也有現代的生活元素。解謎的過程不僅讓同學們動腦筋，還能令他們感受到漢字的美。例如一個簡單的謎面可能蘊含了許多文化故事，讓同學們在猜謎的同時，激發他們對學習漢字的興趣。

此外，在活動中我們送出的迷你兔子和嫦娥擺件，可愛又有意義。兔子代表團圓，而嫦娥則是中秋節傳說中的重要人物。這些小禮物幫助同學們更好地理解中秋節的故事，也能與家人朋友分享。同時，送出的月餅和巧克力不僅美味，月餅更是團圓的象徵，體現了節日裡對親情和友情的重視。和同學們一起分享這些美食，讓大家在歡笑中感受到節日的溫暖。

作為活動的一份子，看到同學們全心投入，享受猜燈謎的樂趣，令我感到非常高興。希望未來能有更多這樣跨學科的活動，讓同學深入瞭解和熱愛中華文化。

4C 高櫻淇

今年是我第二年參與猜燈謎活動的準備工作，亦是第一年以中文學會主席的身份進行策劃、準備和設置場地等事務。從活動開始前的兩個星期開始準備，為期兩天的場景佈置，以及舉行了兩天的燈謎活動，都讓我獲益良多，有所長進，包括同儕間的協作能力、溝通能力、審美的培養和加深對中華文化的認識等等。活動進行時，我能感受到同學對猜燈謎這個民間傳統遊戲的興趣與好奇，最令人驚喜的是，在活動尚未正式開始時，已經有同學蜂擁圍在燈謎題目板前，與朋友熱烈地討論著每一個謎語，興致勃勃地拆解每一句的寓意，不放過每一個解開謎底的線索。在遊戲進行期間，也不斷有源源不絕的人潮在等待猜謎，整個活動反響也很好。看到每個同學依然對這個每年常規舉辦的遊戲抱有期待的心情，我也感到很欣慰，很有成功感。期望各位同學明年多多捧場，認識一下這項不乏趣味的傳統遊戲。



當甲骨文遇見書法：古老文字的美學新生



為期兩週的「了不起的甲骨文——香港校園巡迴展」於九月二十二日正式在本校開始



同學在文創產品前細心觀看



李湑同學在「非遺技藝：甲骨文摹刻技藝」作品前細心觀看，以了解商朝時期人民的生活

二零二五年九月十一日，由河南日報社、河南省文化和旅遊廳主辦，大河美術報、愛學遊（香港）有限公司承辦的《了不起的甲骨文——香港校園巡迴展》在香港啟動，校園巡迴展覽在九月至十二月間延伸至全港九所參與的香港中小學。本校有幸成為其中一所舉辦校園巡迴展覽的學校，展期為九月二十二日至十月三日，在學校地下的二號雨天操場及廣用室展出相關展品以供同學閱覽。

二號雨天操場放置了十二生肖燈箱，燈箱上面的文字是甲骨文。在三千多年前的商代，貴族常用龜的腹甲和牛的肩胛骨進行占卜，探問吉凶，刻在甲骨上的便是甲骨文。甲骨文是早期的漢字系統，也是日後漢字演變的基礎。中華文明便是藉着橫、豎、撇、捺等筆畫，一代一代地記錄與傳承下來。閱覽十二生肖燈箱後，再踏進廣用室內，你會看見傳統文化、文字藝術與文創作品三個板塊。文化板塊為漢字發展史，展示了河南日報「了不起的甲骨文」欄目的精彩報道；文字藝術板塊為清華大學美術學院教授陳楠及其團隊，深耕甲骨文藝術並進行創新活化的研究與實踐成果；文創作品則是安陽市提供的甲骨文文創產品和豫港殷墟甲骨文文創藝術設計比賽的作品。這次巡迴展所展出的展品，讓同學能從多角度認識甲骨文，深化對中華文明的認識與共鳴。



「了不起的甲骨文——香港校園巡迴展」展品種類多元化



同學在甲骨文百家姓前找尋自己的姓氏



在校園巡迴展期間，本校特別加插了體驗環節讓同學試寫書法

為了配合「了不起的甲骨文——香港校園巡迴展」，本校於九月二十九日邀請了香港素一椽書法學會創辦人及香港聯合國教科文組織協會項目顧問潘炳鴻老師蒞臨本校，為中一級同學現場演示書法藝術。潘老師醉心書法，曾到訪全港多間中小學進行書法講座及表演。在此次的工作坊上，他扼要地向同學講解書寫書法的要門、書法時使用的用具、漢字字形的字義及書法的歷史文化，再在書法上展現創意，為傳統書法藝術注入新元素，令同學從另一角度欣賞書法之美。



同學們踴躍舉手以期獲得上台與潘炳鴻老師進行互動的機會

潘老師的書法表演，主要分為個人書法表演及同學在台上與他互動。首先是個人書法表演方面，潘老師即席書寫不同字體的「福」字，並且教導同學即使在書寫書法時出錯，如寫錯一筆，亦有方法進行補救，只要同學運用創意，大膽嘗試便可。此外，潘老師為了增加與同學的互動性，還特別邀請同學上台，同學告知他想寫甚麼姓氏，潘老師便會隨即書寫出來並且會在其姓氏上添加創意，例如添上雀鳥、樹木及祝福語等，最後更送出書法作品予參與的同學。

總括而言，同學在工作坊中可謂滿載而歸，既能了解書法的入門及歷史，部分同學更獲得了獨一無二，包含自己名字的漢字藝術作品。相信是次工作坊能提升同學對書法的認識及興趣，有助傳承中華文化。

學生有感

6B 李湑

是次甲骨文展覽，讓我對漢字的起源與演變有了更具體而深刻的體會。展覽有系統地展示了從甲骨文到現代漢字的演化歷程，令我大開眼界。

透過展覽，我了解到甲骨文是商代占卜的實錄，內容包羅萬有，從國家大事到商王健康皆有記載，使三千多年前的歷史瞬間變得活靈活現。最令我印象深刻的是，許多現代漢字的構形在甲骨文中早已奠定基礎，例如「蔣」字的甲骨文像一個人向神靈獻上祭品，猜測其最初與祭祀相關；而「徵」字的字形則表現生動，一隻腳朝向城邑，其「遠行」、「征伐」的本義一目了然。這些實例讓我明白，漢字是表意文字，其演變有清晰的邏輯和歷史脈絡可循。

此外，展覽也簡述了甲骨文從發現到解讀的學術歷程，讓我體會到破解這些古老符號所需的嚴謹與智慧。這次展覽將抽象的文字知識轉化為可觀、可感的歷史證據，讓我真切感受到中華文明綿延不絕的生命力與創造力。



施毓菲同學手持寫有「福」字的作品與潘炳鴻老師合影



伍樂兒同學與潘炳鴻老師進行互動。潘老師在「福」字上運用聯想及用神乎其技的書法手藝添加創意



同學在二號雨天操場參與書法的講座及工作坊，擺件為十二生肖燈箱，燈箱上面的文字為甲骨文。

The Fun Fun Fun Interclass Banner Design Competition

The Fun Fun Fun Interclass Banner Design Competition, organized by our ECA Department, is a long-standing tradition at our school. It brings students together, strengthens class spirit, and creates joyful memories through friendly competitions.

The first event this year was the Class Banner Design Competition, with the theme: "Sense of Well-Being and Happiness."

A total of 24 classes took part, designing beautiful and meaningful banners to decorate their classrooms. These creative works not only brighten up the school environment but also show the students' teamwork and positive energy.



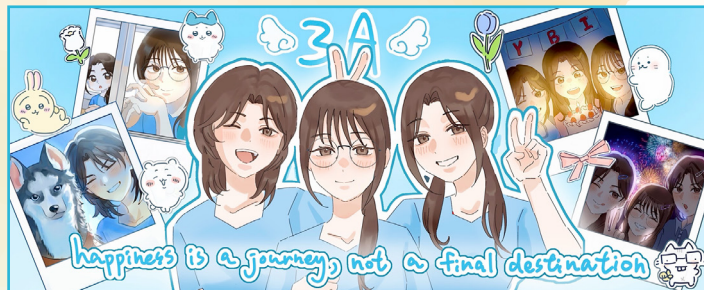
Champion of each class level:



1B



2D



3A



4B



5D



6B



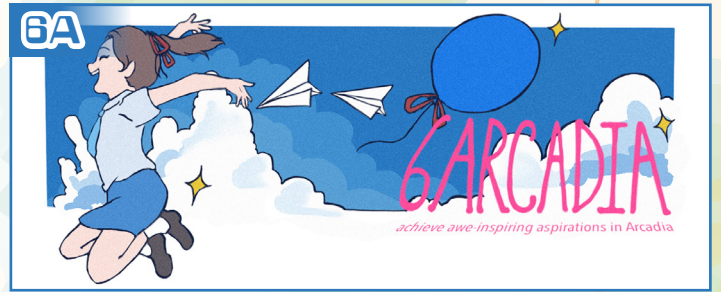
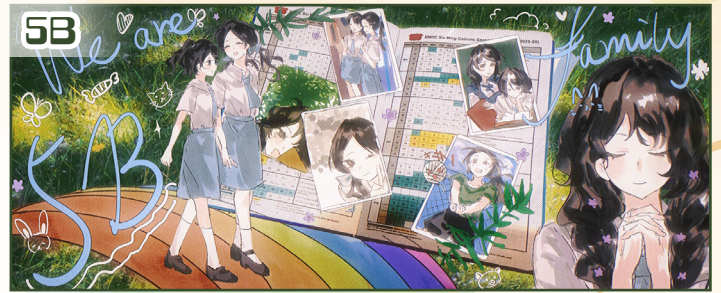
1A



1C



2A



Our House System—Fostering Camaraderie, Enabling Talents to Shine

Our school has a House System to help students from different forms get to know each other and build strong friendships. It's a fun way to bring everyone together through activities and teamwork.

In September and October, students worked very hard to prepare for the Cheering Competition on Sports Day. Most of the participants were form two girls, and they showed great energy and team spirit. Their cheers and performances made the day exciting and full of house pride!

We have four houses: Red House, Yellow House, Blue House, and Green House. Each house has a captain who helps lead the team, connect students, and build school spirit. Let's hear from our house captains as they share:

- Why they wanted to become a house captain
- How they feel after leading their house for the past two months



5A Kelly Chan

I wanted to become House Captain because I've personally felt the incredible power of being a Red House member. We cheer each other on loud and proud during competitions, help out with tough tasks, and turn stressful, busy days into laughter. That warmth made me want to step up and become a leader. Not just to lead, but to be the kind of leader who keeps this spirit alive and makes sure every student feels like they truly belong to Red House.

Leading over the past two months has taught me what real responsibility means. It is not just about organizing events. It is about noticing when a schoolmate is struggling with cheering practice, staying late to help them, or adjusting plans when someone has a better idea. There were days when I felt really tired, but seeing our house grow closer, like when we worked hard together to pull off that amazing cheering performance last week, made it all worth it. This role has not only let me lead, but also taught me how to care for Red House, which feels just like a family.



5B Dorothy Chow

Over the past two months, leading our house has been an incredible journey filled with challenges and triumphs. It has helped me grow both personally and as a leader. After our cheering performance on Sports Day, I felt an overwhelming sense of pride and accomplishment. It was truly inspiring to see everyone come together, showing our spirit and dedication. This is a once-in-a-lifetime experience. It has not only strengthened my leadership skills but also deepened my connection with the house members. I cherish every moment spent with them. I am excited to continue building unity and enthusiasm in our house. I look forward to making even more memories together.



5C Ava Ma

Becoming the Blue House Captain was never something I dreamed of. At first, I did not even imagine taking on this role. It all started with the previous captains. Their passion made me fall in love with this big family, and that is what brought me here today. I would say being a House Captain is the best thing I have ever done.

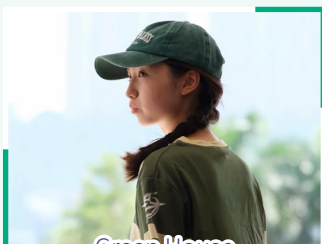
To me, House means unity and legacy. I want to preserve that and make sure every member feels a strong connection to the House. Over the past two months, we went through one of the biggest events of the year, Sports Day. It was filled with sweat and tears, but pushing through taught me to face challenges bravely. It helped me understand the responsibility a leader carries and made me more self-aware. Even though Sports Day is over, I will cherish my remaining days as Blue House Captain and keep doing my best for our House.



Blue House

5C Kristy Tong

After becoming a house committee member, I discovered the fun and strong spirit that comes with being part of a house. That inspired me to become a House Captain, someone who can influence others positively and pass on this spirit. Over the past two months, we experienced Sports Day and prepared for the cheerleading competition. Although it was tiring at times, this experience has been truly unforgettable. I have learned so much and really treasure every moment I have spent with my house.

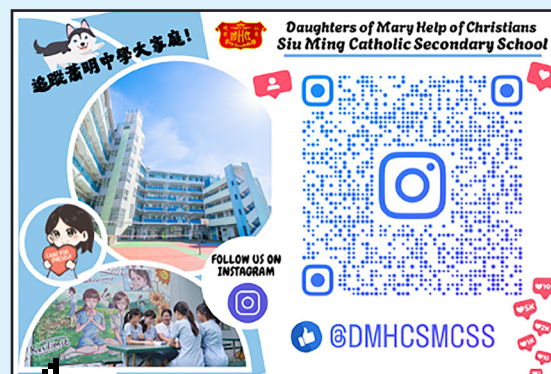


Green House

We're proud of all the students for their effort. Let's keep supporting each other and enjoying every moment as one big school family!

School Instagram

本校於 2025 年 8 月正式開設官方 Instagram 帳戶，旨在加強與同學、家長、校友及各界友好的聯繫與互動。自開設以來，帳戶穩步發展，至今已分享超過五十篇貼文，內容涵蓋學生成就、校園活動、校友消息及家長交流等多元主題，展現蕭明中學多姿多彩的校園生活與精神面貌。目前追蹤人數已突破一千四百人，累計瀏覽次數更超過一百萬次，充分反映各方對蕭明中學大家庭的熱切關注與支持。誠邀各位繼續追蹤我們，了解更多蕭明中學的最新動向與成長故事。



校方於 Instagram 帳戶提醒同學在颱風天注意安全



透過 Instagram 傳遞節日祝福

dmhcsmcass

分享便箋

DMHC Siu Ming Catholic Secondary School 天主教母佑會蕭明中學

53 則帖子

1,435 位粉絲

0 追蹤中

處於睡眠模式

Official Page: Daughters of Mary Help of Christians Siu Ming Catholic Secondary School

24241796

general@dmhcsm.edu.hk

未經本校同意，請勿轉載或引用經本帳戶上傳的任何內容

www.dmhcsm.edu.hk

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體驗學習在蕭明 語文同樂日

為了讓小六學生親身體驗語言學習的樂趣，本校於今年九月二十七日舉辦了「語文同樂日」，誠邀了荃葵青區七所小學的師生共同參與是次活動。

活動當日，同學們除了參觀校園及甲骨文展覽外，更積極投入

中、英、日語的語文工作坊。學生在過程中透過詩文問答、普通話朗誦、紐西蘭毛利傳統遊戲 Ti Rakau，以及日本地理拼圖與基礎日語等多元活動，盡情展現語言才能，深刻感受跨文化交流的喜悅。

衷心感謝各友校師生的熱情參與。如對本校體驗活動有興趣，歡迎持續關注本校網頁及 Instagram 專頁，期待在未來的活動中與大家再次相聚！



雙軌式系統性家長教育 (2025-2026)

「你教導孩童應行的道路，……」（箴言篇 22:6）

父母在孩子的成长过程中扮演着至关重要的角色。研究表明，父母的參與對孩子的學業成績和心理健康有顯著的影響。有見及此，本校將聯同家長教師會，於本年度開展雙軌式系統性家長教育，藉由建立學校、家庭與社會的有效協作機制，確保學生身心得到全面性的發展。



GUEST SPEAKERS



PARENTS

「雙軌式系統性家長教育」的推行，期望有效提升家長的身心健康，及家長能有效支援學生的發展及學習需要。本校將與兩所校外機構合作，為家長提供豐富的親子學習資源，包括（1）燃夢社：定期舉辦有關家長教育的工作坊和講座，供家長報名參加；（2）網上平台「i-Learner」：開設電子家長教室，為家長提供有關育兒知識、親子溝通技巧等資訊。平台得到資深教育專家、社工及大學教授擔任顧問，具高度專業性，同時新設「AI 家庭教學助手」，讓家長利用平台資源自學，促進親子關係。



校長致開幕詞



校外機構合作

本校同步推行「至叻家長學堂獎勵計劃」，設有「抽獎獎勵」、「親子互動獎勵」及「積極參與獎」，以鼓勵家長積極參與家長教育系列的活動，加強家校合作。「雙軌式系統性家長教育」的推行，將有助家長善用各種資源，有系統地掌握與子女相處之道，適切回應子女的需要。



至叻家長學堂獎勵計劃

為隆重其事，本校定於2025年9月26日（五）舉行「家長教育活動開幕禮」。開幕禮有幸邀請到香港青年協會官方認可導師、燃夢社創辦人及培訓總監——潘敬祖先生，



潘敬祖先生

現場亦會免費贈送「電子家長教室」網上平台登入資料咭，並即場向家長講解如何使用。



即時登入家長線上平台



電子家長教室 i-Learner

以及近年活躍於大、中、小學家長講座的著名演講家張崇德博士作主講嘉賓。



張崇德博士
主講嘉賓

本校邀請全體家長出席活動，當日特別邀請中一級家長出席，讓家長能夠與中一級班主任交流、了解女兒的學習情況。而本校的高級教師亦陪同家長來賓一同參與開幕禮。



老師們陪伴家長參與



The 45th Sports Day

go!!

Run with Passion, Strive for Excellence.

**Push Your Limits,
Reach New Heights!**



1500m is always a popular event on Sports Day.



5C Karena Chan had an outstanding performance in A Grade High Jump.



4C Suki Wang broke the B grade 1500m record. Well done!



5B Dorothy Chow got the Champion in A Grade Long Jump.



Teachers also shared the students' passion for sports and joined them in friendly competitions on the track. The teamwork, determination, and spirit of sportsmanship of the participants set an inspiring example to Siumingians.



3D Susana Leung broke the B grade Javelin record. Marvellous!



Spectacular Cheerleading Showcase

The cheerleading competition showcased incredible skills and teamwork of house members, leaving the audience in awe. The Blue House members delivered their passion and precision throughout the performance, leading them to win the championship. Their dedication paid off!



第四十二期校訊編輯委員會成員

顧問：梁佩珊校長 總編輯：陳葆穎 副編輯：張慧文

成員：梁紅珊、林子靖、陳浩華、梁婉珊、郭鳳玲、陳翠芬、梁浩維、林楚湘、伍人壯、朱靜嫻