



Sir Ellis Kadoorie Secondary School  
(West Kowloon)

Sep 24 – Dec 24

# Episodes

Website: <http://www.seksswk.edu.hk>

Address: 22 Hoi Fan Road, Tai Kok Tsui, Kowloon

Tel: 2576 1871 Fax: 2882 4548 E-mail: [sekss100@edb.gov.hk](mailto:sekss100@edb.gov.hk)

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## Speech Day



Mr. Leung Kwok-shing presenting prizes to one of our students

Sir Ellis Kadoorie Secondary School (West Kowloon) proudly held its Speech Day on 22 November 2024. The event celebrated the remarkable academic and extracurricular achievements of its students. The ceremony took place in the presence of the parents of prize recipients, who joined to commemorate this momentous event.

The ceremony commenced with a comprehensive report delivered by the Principal, Mr. Lee Tung-ching, highlighting the students' achievements in both external and internal examinations. On the academic front, the school achieved exceptional results in the 2024 Hong Kong Diploma of Secondary Education (HKDSE) Examination, with an impressive 92.3% pass rate in English Language surpassing the Hong Kong-wide average by 10.4%. Additionally, in the International General Certificate of Secondary Education (IGCSE) Chinese language examination, 44.19% of candidates met the university admission requirements for Chinese language. Two students were admitted to The University of Hong Kong and The Hong Kong Polytechnic University respectively through the School Nomination Direct Admission Scheme. 84% of the graduates are pursuing further studies.





Principal Lee also lauded the students' outstanding performances in extracurricular, aesthetic, and value education pursuits. To recognise these accomplishments, certificates and scholarships were awarded to students who demonstrated excellence in both academics and extracurricular activities.

The Guest of Honour, Mr. Leung Kwok-shing, Executive Director of the Hok Yau Club, delivered an inspiring keynote address. In his speech, Mr. Leung emphasised that adversity can serve as a powerful catalyst for growth and reminded the audience that true greatness is found not in power or wealth, but in the service of others.

Mr. Leung, a former member of the Hong Kong Men's Basketball Team, has also served as a coach for the A1 Division Team and the Hong Kong



**Cantonese solo  
verse speaking by  
Muhammad Maryam  
Naz (1D)**



**English solo verse  
speaking by Igloria  
Chloe Faye (5A)**

National Team. He is the first and only individual to have been awarded the Ten Outstanding Young Persons Award, the Hong Kong Outstanding Volunteer Award, the Hong Kong Humanity Award, and the Youth DreamMakers Award. With nearly two decades of experience as a primary school teacher, Mr. Leung embodies the belief that "knowledge changes destiny, and sports spread hope." He is the founder of the charity "Hoops for Hope Basketball Asia," which provides basketball coaching to disadvantaged youths. Through this program, he not only nurtures their athletic skills but also builds their confidence encouraging them to pursue education and helps them rediscover purpose in their lives.



**Oriental dance by the Oriental Dance Team**



**"The Tale of the Flower's Revival"  
by the English Drama Team**

The ceremony concluded with a series of multicultural performances by the talented students of Sir Ellis Kadoorie Secondary School (West Kowloon). Highlights included an oriental dance by the School Oriental Dance Team, an English drama performed by the English Drama Team, a Cantonese solo verse speaking by 1D Muhammad Maryam Naz, an English solo verse speaking by 5A Igloria Chloe Faye, and the captivating choir performance "World Resonance".



**"World Resonance" by our Choir**



# Parents' Night and the Annual General Meeting (AGM) of Parent-Teacher Association (PTA)



**The PTA-Executive Committee**

The 33<sup>rd</sup> AGM took place on Friday, 8 November 2024, in the School Hall. Principal Lee began the event by welcoming parents, followed by the PTA Chairperson presenting the PTA report for the year 2023-24. A total of 76 parents of students from S.1 to S.6 attended the meeting. During the AGM, four new members were elected to the PTA Executive Committee, and one member joined the School Management Committee (SMC). After the conclusion of the AGM, parents had the opportunity to meet their children's class teachers and discuss their progress in school. The event was not only informative but also provided a wonderful opportunity for parents to connect with teachers, fostering a better understanding of their children's educational journey.



**Teacher members**



**Parents casting their votes for PTA and SMC members**



**Principal Lee presenting certificate of thanks to our Honorary Auditor, Mr. Batra**



**Principal Lee leading the 1<sup>st</sup> executive committee meeting with the members**



**Teachers and parents mingling after the AGM**



# A Day to Remember: School Picnic at Pak Tam Chung Holiday Camp and Ocean Park

When the sun rose gently over the horizon on 29 November 2024, excitement buzzed through the air at our school as it was the day of the much-anticipated picnic at Pak Tam Chung Holiday Camp for seniors and Ocean Park tour for juniors.

Upon arrival at Pak Tam Chung, the lush greenery and the refreshing scent of nature invited us to explore its wonders. The day unfolded with an aroma of barbecued delights drifting through the air. As the sun began to dip lower in the sky, students were eager to dive into various activities. The cycling path called to many, with friends racing and sharing moments of joy. Roller skating brought a symphony of laughter, while groups engaged in casual games of badminton, table tennis, basketball and football. The archery range also drew in the aspiring group of players with their focus unwavering as they aimed for the bullseye.



**4C students waiting to prepare their BBQ lunch**



**5A students can't wait to join different activities at Pak Tam Chung Holiday Camp**



**Greeting from 5C students, class teacher and assistant class teacher**

Meanwhile, the juniors embarked on their own adventure at Ocean Park. The thrill of rides beckoned and they eagerly hopped on the thrilling rides including Roller Coaster, Whirly Bird and Wild Twister etc. with their screams of delight echoing through the park. Beyond the rides, they were also fascinated by the playful pandas, ancient crocodile, charming penguins and seals performing with grace. With exploration of underwater encouraged students to learn about sharks and the vibrant coral reefs, and finally joyfully shopping to conclude their visit to the Ocean Park.

In the end, we returned to school tired yet exhilarated with memories of our adventures engraved in our minds. It were not just the activities that made the day special, it also was the joy of togetherness that turned an ordinary day into an unforgettable journey.



**The juniors expressing their excitement to visit the Ocean Park**



**1D students eager to enjoy the rides in the Ocean Park**



**Smiling faces of 2A students, class teacher and assistant class teacher**



# P.6 Information Day & Open Day

On 13 December 2024, our school hosted a dynamic P.6 Information Day and Open Day that seamlessly blended culture, science and community spirit. The event was a vibrant showcase of the school's commitment to fostering creativity, academic excellence and a sense of belonging.

The P.6 Information Day and Open Day kicked off with the Dragon Dance Eye Dotting Ceremony which was officiated by the Guest of Honour, Mr. Keith Lee, District Council Geographical Constituency Member (Yau Tsim Mong North).



The dragon is awakened by the Guest of Honour and Principal Lee



Then Principal Lee gave a welcome speech and introduction of our school, followed by the Inter-primary Schools English Impromptu Prose Reading Competition.



Principal Lee introducing the characteristics of our school



Congratulations to the winners of the competition



Charming dance performance by the Oriental Dance Team



The choir singing in English, Cantonese and Putonghua



After the performance, the primary students, their parents and teachers started their journey of fun exploration culminating in yells of joy and excitement. Our young visitors were invited to join the workshops tailor-made by the departments of Biology, Chemistry, Home Economics, Integrated Science, Other Languages and Physical Education.



**What's inside this microscope?**



**A taster-lesson for Chemistry**



**Making the Agar-art by painting in a Petri dish with living microorganisms**



**Icing on the cake**



**Enjoying the refreshments and hospitality in the EK Café**



**Cardiopulmonary-Resuscitation (CPR) in action!**

The energetic visitors also participated actively in the interactive sports games and game booths.



P.6 Information Day did provide a valuable opportunity for the young visitors to discover what makes our school unique and get a taste of enjoying their learning in a multicultural environment. We look forward to welcoming these future members of our school!



**The alumni extend their warm hospitality to their former teachers and junior schoolmates together with Principal Lee and the Assistant Principals**





The afternoon session of the Open Day began with a fascinating Oriental Dance Performance, setting a lively tone and highlighting the school's embrace of cultural diversity. This was followed by an impressive English Drama performance, where students demonstrated their language skills and creativity, captivating the audience with their storytelling.



Transitioning into the academic sphere, the laboratories offered interactive sessions that engaged visitors with hands-on experiments. These laboratories buzzed with excitement as students and teachers demonstrated the wonders of Biology, Chemistry and Integrated Science.



The Inter-house Cooking Competition in the Home Economics Room was a delightful display of culinary creativity and teamwork. Meanwhile, the Henna Store allowed visitors to experience the art of henna, and the Campus Health Ambassador Game Booth in the same room promoted health and wellness through fun activities.



Food enthusiasts enjoyed the offerings at EK Café, a cozy spot for relaxation and refreshment. Sports enthusiasts were not left out, with the S1 Floorball Competition and sports game booths offering exciting activities like Dodgebee and Molky.



The Open Day was a resounding success, celebrating the school's values and leaving visitors with cherished memories and a deeper appreciation for the vibrant community at our school.



# Class Party and Talent Show

During a joyful and peaceful time, our school celebrated the annual class party and talent show on 19 December 2024. In the morning, each class organised its own party in their classrooms. The students prepared tasty food and desserts and came up with fun games to play. Some teachers even brought small prizes for raffles. Everyone had a great time in the friendly and warm environment.

Two hours later, everyone came together in the school hall, which was beautifully decorated with Christmas trees and festive decorations, to enjoy a talent show. This year's show featured a variety of performances, including both singing and dancing, with acts performed by individuals as well as groups. We were privileged to have a professional panel of judges, which included Principal Lee, Assistant Principals, Mr. Chan and Ms. Kam, along with Kwok Ka Wai (Guitarist of Fiester Band), Mr. Hui (The founder of Re'cycle Audio), Ms. June Lam (Actress) and Ms. Neha Rai (The founder of Raaganch Dance HK).



A professional panel of judges



Wu Wu Alving and Wong Hau Man winning the singing category with guitar playing of a song "You and Me"



Ekwegwo Michelle Grace N wins the second place by singing a song called "Made for me"



2<sup>nd</sup> runner-up goes to Harder Dietrich Douglas and his group

Wu Wu Alving and Wong Hau Man won the singing category with guitar playing of a song "You and Me" followed closely by Ekwegwo Michelle Grace N for second place by singing a song called "Made for me". The 2<sup>nd</sup> runner-up belonged to Harder Dietrich Douglas and his group who performed a song called "Back in the USSR".

In the dancing category, Yu Jenny and her group performed an energetic dance "HKG", winning first prize, while Sukhman Singh and his group, exhibited a lively Panjabi dance "Brown Munde" to take the 1<sup>st</sup> runner-up. The 2<sup>nd</sup> runner-up went to SEK Street Dance Team. All these performances were stunning and splendid and everyone had a wonderful time. A big thank you to the Extra-curricular Activities Committee for their hard work in putting together the Christmas talent show. Everyone, including students and teachers, came together to enjoy the event and share wonderful moments in a friendly and warm atmosphere.



Yu Jenny and her group perform an energetic dance "HKG" and win the championship



Sukhman's group performs a Panjabi dance and wins the 1<sup>st</sup> runner-up



The 2<sup>nd</sup> runner-up goes to SEK Street Dance Team



# Aesthetic Day - A Harmonious Fusion of Music and Visual Arts

On 17 October 2024, the Music Department and the Visual Arts Department of our school jointly organised the much-anticipated Aesthetic Day. This event was designed to immerse the entire school community in the beauty of art through both musical and visual experiences.

The day commenced with an enchanting performance by the Chinese Music Ensemble from the Music Office, hosted in the school auditorium. The ensemble, which was specially invited by the Music Department, delivered a captivating repertoire of traditional Chinese music. Attendees were treated to a delightful exploration of Chinese musical instruments, learning about the intricacies of blowing, plucking, bowing, and drumming. Musicians showcased various instruments and introduced their unique characteristics, eliciting enthusiastic responses from the audience.

The atmosphere both inside and outside the auditorium was electric. The highlight of the morning session was when Principal Lee presented a school banner to the ensemble's conductor, symbolizing the deep appreciation for their exceptional performance.



In the afternoon, the Visual Arts Department took over with an engaging activity: the creation of the lacquer fans. This event attracted a large number of teachers and students. The students experienced Chinese Intangible heritage artistic creation, and enjoy the free flow of in the dyes water to produce changeable color patterns. This activity involves the delicate process of coating fans with multiple layers of lacquer. Participants gained a deeper understanding of the craftsmanship and cultural heritage.

The Aesthetic Day was a resounding success, providing a platform for students and staff to engage with art in a meaningful way. The collaboration between the Music and Visual Arts Departments not only highlighted the diversity of artistic expression but also fostered a sense of community and cultural appreciation within the school.





# ✿ 本校中華文化館「嘉文軒」開幕 ✿ 讓非華語學生感受傳統文化氛圍 ✿



校管會主席首席教育主任鄭國仁先生，  
聯同李東青校長、陳志文副校長及  
吳詠儀老師為「嘉文軒」開幕剪綵。

2024年12月3日本校舉行了中華文化館的開幕典禮，邀請了學校管理委員會主席首席教育主任鄭國仁先生蒞臨剪綵。本校為了推動中華文化的傳承與學習，為同學創造一個體驗傳統文化的獨特環境，特意將506室優化成中華文化館，由李東青校長命名為「嘉文軒」。「嘉文軒」的古樸的設計和擺設充滿著中華文化的典雅氣息，同學們在這氛圍中上課能感受文化熏陶，並增強文化認同與自信。



非華語學生展示參加本校中文周「中華藝術薈萃  
工作坊」的製成品——竹編畫、竹編香囊和竹鈴鐺。



剪綵嘉賓跟負責設計「嘉文軒」的團隊——  
吳詠儀老師、陳美婷老師和曾海倫老師，  
以及一眾非華語學生工作人員合照。



中國語文教育學習領域統籌兼中文科主任吳詠儀老師  
向嘉賓解說「嘉文軒」的設計和非華語學生學習中文  
的情況。

隨著剪綵儀式的完成，禮堂內舉行了一場精彩的「中文學習成果分享會」。陳志文副校長在會上致辭，回顧剛過去的中文周，不同年級學生參與了各個中華傳統藝術工作坊，例如：竹編畫、竹編香囊、竹鈴鐺、香包、走馬燈等等，從中體驗到製作的樂趣和感受到中華傳統工藝的魅力。陳副校長亦表示本校運用教育局2023-24年度推廣中華文化體驗活動的一筆過撥款津貼，於十一月舉辦了杭州五天文化交流團，以及設置中華文化館，讓同學感受中華文化的深厚內涵和拓闊視野。



非華語學生代表邀請嘉賓品嚐中國茶和中國傳統小食。

「中文學習成果分享會」上主禮嘉賓鄭國仁先生頒發以下獎項給同學，表彰他們在中國語文教育學習領域及生活與社會科合辦「杭州五天中華文化藝術及科技交流團」中的傑出表現：

- 「最佳創意獎」：Tjoeng Michelle (5A)
- 「最投入交流獎」：梁嘉珩 (5A)
- 「中文周最佳表現獎」：Thapa Saurag (1A)、Lubag Zoe Madelene (6A)



活動中還有精彩的中國傳統雜耍表演——扯鈴和轉碟、廣播劇《一竹一箎》、古詩朗誦、跨科學習同學分享等節目，並播放了「杭州中華文化藝術及科技交流團」的精華片段，充分展現了學生的學習成果和對中華文化的熱愛。這次分享會獲得主禮嘉賓和師生們的一致讚譽，「嘉文軒」的成立標誌著非華語學生學習中文的一個新里程，期望在未來的日子裏，本校繼續為同學提供更多的文化體驗和學習機會。



同學表演扯鈴，一招隔空拋鈴贏得全場的掌聲。



陳志文副校長在「中文學習成果分享會」上致辭。



傳統雜耍表演——轉碟，同學展示努力練習的成果。



校管會主席鄭國仁先生頒發獎狀給在中文周有傑出表現的六甲班非華語同學 Lubag Zoe Madelene。



一丁班Mahendra Muhammad朗誦一首詩詞《清平樂》，中文發音精準，更能誦出詞中意境情韻。



十多位同學輪流發言，說出自己參加跨科學習及文化交流的愉快經驗和真切感受。



# Learning Chinese History outside of the Classroom

The Chinese History Department has been spending effort in making the learning of Chinese History be more interesting for our students. In the first term, the department arranged three learning activities for junior form students:

## (1) Guided Tour on “Glorious Voyage: Splendid Achievements of the People’s Republic of China in Its 75 Years” Exhibition Series

The activity was jointly organised with the Citizenship, Economics and Society Department, Moral, Civic and National Education Committee and National Security Education Committee.

On 8 November 2024, 16 S.1 and S.3 students participated in this guided tour to know more about the Scientific Breakthroughs and Era of Intelligence in the Hong Kong Science Museum. These two exhibitions highlight China’s outstanding achievements in science and technology, illustrating the great journey of the Chinese nation from rising up, becoming prosperous, to growing strong.



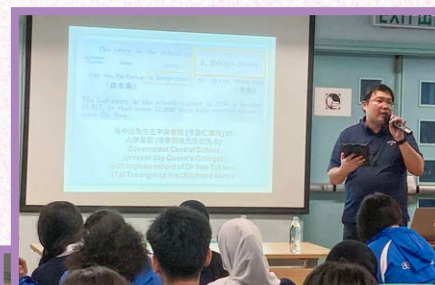
Students are keen to know the discovery of the Daqing Oil Field, and its significant achievements in the energy sector



“Students, these are the remarkable achievements of the pioneers of the ‘Two Bombs, One Satellite’ programme and our country’s proud accomplishments in nuclear and aerospace technologies!”

## (2) Talk on “Dr. Sun Yat-sen and Hong Kong”

On 15 November 2024, Mr. Lui Kin Pui, the Assistant Curator II of Dr. Sun Yat-sen Museum, delivered an interactive talk to all S.3 students. He introduced the life of Dr. Sun Yat-sen and the relationship between his revolutionary thoughts and Hong Kong.



Listen attentively, answer the questions and get a souvenir



Mr. Lui attracting the students with his storytelling by demonstrating some of the collections of the museum



### (3) Visit to the “Launch from Greater Bay Area: Nanhai I Shipwreck and the Maritime Silk Road” Exhibition



On 3 December 2024, all S.2 students were thrilled to have their Chinese History lessons in the Hong Kong Heritage Discovery Centre. They visited the exhibition to enhance their understanding of the prosperity of maritime trade in the Southern Song period. While the students of the mainstream curriculum were joining a one-hour guided tour, the students taking NCS Chinese History were working so hard in collecting the information to complete their individual projects.



The docent introducing the highlights of the exhibition



Look how good our learning attitude is!

## Cross-curricular Collaboration: Departments of Chinese History and Visual Arts - Tang Women’s Costumes and Makeup

In this collaborative project, S.2 students studied the history of the Tang Dynasty including the topic “Social lives and status of the Tang women” in their Chinese History lessons. The appearance and attire of the Tang women were introduced. Students were also encouraged to understand more about the cultural significance of fashion and aesthetics in ancient China.

Students then applied their newfound knowledge in visual arts classes, where they designed and painted miniature figures inspired by the Tang women. This hands-on activity allowed the students to creatively express their understanding of the historical and cultural elements that they have studied.





# Visiting the Low Carbon Energy Education Centre at the City University of Hong Kong

Countries worldwide are facing the challenges posed by climate change, stepping up global efforts to find and develop clean energy sources to replace high-emission fossil fuels. On 26 November 2024, our class 2D students paid a visit, which was organised by the Integrated Science teacher, Ms. Tsang Ka-man, to the CityU's CLP Power Low Carbon Energy Education Centre. They had an inspiring and enlightening experience as they learnt about the importance of low carbon energy to address the environmental challenges we face.

Located at City University's campus, the education centre highlights the critical role of low carbon energy in combating climate change. The centre features multimedia and interactive elements, including a 3D immersive display system that takes visitors inside a nuclear reactor.

The centre comprises five themed zones:

- Climate Change and Fuel Choice
- Renewable Energy
- Natural Gas
- Nuclear Power
- Powering the Future

Our students also attended a workshop where they built LEGO models simulating a generator and learnt about the optimum design of generators. This activity sparked their concern for environmental protection.

Let's go green and protect our blue planet!



Girls building LEGO simulated generator



Boys building LEGO simulated generator under teacher's instruction



Boys building LEGO simulated generator and testing for optimum design under instruction



2D students outside the centre



Students paying attention to the guide



Student's work, the LEGO simulated generator with nice design



# Cookies Class outside of School

Promoting students' holistic development, the Home Economics Department in collaboration with the Student Support for Students with Special Educational Needs Committee and Career Education Committee organised a cookies class in a baking studio, Amico Pasticceria, on 4 December 2024. This fun experience not only teaches them baking skills but also helps them build their skills for effective teamwork, communication, and problem-solving.

At the workshop, students worked with professional bakers acquiring important skills about the baking industry. They discovered different baking techniques, how to choose ingredients, and the importance of food safety. This hands-on learning can spark their interest in cooking and let them get creative with cookie designs.

Working together in the workshop helped students improve their social skills and gain confidence. They also learnt about different career options in the culinary field, inspiring them to think about future jobs in baking and cooking.

By combining practical activities with classroom learning, the workshop encourages students to love cooking while giving them useful skills and knowledge for the future. This approach supports their personal growth and prepares them for exciting opportunities in the culinary world.



Everyone listening to the instruction



Students practice drawing Chinese knots



The tutor demonstrates how to draw Chinese knot by using icing sugar



It's the first time to join cookies class outside school!



Chinese New Year design icing cookies!



Yeah! These are our handmade cookies!



Happy to join the workshop



# Environmental Gardening at SEK



**Environmental Committee members and the Environmental Ambassadors**



**The plants- chili peppers, tomatoes, mint leaves, and Thai basil**



**Environmental Ambassadors**

Environmental Gardening has been commenced since November 2024. This program encourages students to participate in school-level greening activities and integrate recycling into their daily lives. It aims to raise public awareness about greening and environmental protection through hands-on gardening experiences.

The activity is a collaboration among the Environmental Committee, EK Café and Home Economics Department. We use coffee grounds collected from the EK Café as planting material. Coffee grounds are rich in nutrients that promote plant growth, providing nitrogen for healthy green growth and strong stems, as well as calcium and magnesium, which are beneficial to plant health. This practice helps sustain the coffee life cycle and reduces the overall carbon footprint.

Environmental ambassadors are tasked with caring for the plants, including regular irrigation and weed removal.

We have planted chili peppers, tomatoes, mint leaves, and Thai basil. The harvest from these green planting efforts is used in Home Economics classes, where students can use their own produce to create desserts and various cuisines. They enjoy the process of cooking with their own harvests. Let's take action and reduce our carbon footprint!



**Tomatoes**



**Chili peppers**



**Irrigating plants**



**Coffee grounds from EK café**



# ECA x Discipline 遊「歷」成長 Trek and Grow: A Successful Leadership Camp



On 17 and 18 October 2024, 28 of our aspiring future leaders (House Captains, committee members and school perfects) embarked on an exciting 2-day and 1-night leadership training camp at Tung Chung Camp of Hong Kong Playground Association. This special event was thoughtfully organised by our school's ECA Committee and Discipline Committee, aiming to nurture the next generation of student leaders.

Throughout this unforgettable experience, our students learnt valuable leadership skills, tackled a variety of meaningful challenges, and demonstrated incredible teamwork and resilience. Their dedication and determination were truly inspiring!

Having successfully completed the camp, these young leaders are now ready and eager to serve their fellow schoolmates in the years to come. We are confident that their contributions will make a positive impact on our school community.





# Guiding the Future: Enriching Lives through Holistic Growth

The Guidance Committee of our school has always been committed to fostering students' personal growth, resilience, and community spirit. Last semester was a vibrant tapestry of meaningful experiences designed to nurture well-rounded individuals and enrich their school lives. We proudly highlight key elements of the programmes that nurtured the well-rounded individuals.

## Welcoming New Beginning: S.1 Orientation Day Camp

The transition to secondary school is a significant milestone for our incoming S.1 students, and the S.1 Orientation Day Camp held on 28 August 2024 was designed to make this journey warm and memorable. Students familiarised themselves with their new environment through activities like campus hunting, while team-building tasks encouraged them to forge friendships and build trust. The energy and enthusiasm of each participant were infectious, and it was heartening to witness students actively engaging, laughing, and supporting one another. Many students described the day as an unforgettable start to their secondary school life, where they not only created joyful memories but also laid the foundation for lasting relationships.

## Celebrating Diversity: Rainbow Life Programme

For our newly arrived students from across the globe, settling into a new culture can be both exciting as well as challenging. The Rainbow Life Programme, launched in December 2024 in collaboration with Yang Memorial Methodist Social Service, supports newly arrived students in transitioning to a new culture and fostering integration. Through seven sessions, students explored Hong Kong's rich culture and traditions via small-group visits. The first session on 6 December 2024 included trips to the Hong Kong Heritage Discovery Centre and Kowloon Park, where students learnt about their new home's history and heritage. These experiences not only deepened students' appreciation for Hong Kong's cultural diversity but also strengthened their sense of belonging, as reflected in their smiles and enthusiastic participation.





## Expanding Horizons: Project Lighthouse

Our school proudly participated in the Security Bureau's Mentor Programme (Project Lighthouse) for the third year, supporting non-ethnic Chinese (NEC) students in their personal growth and cultural exchange. A highlight was the Grand Parade and Fun Day on 1 October 2024 at the Fire and Ambulance Services Academy, where students admired the teamwork of uniformed services and engaged in activities promoting civic values. The programme has been invaluable in helping NEC students build confidence, gain new perspectives, and strengthen their connection to the community.



## Sailing Towards Self-Discovery: Adventure-Ship Programme

At the heart of our work lies the belief that self-awareness and resilience are key to personal success. On 8 October 2024, 53 students from S.2 to S.6 joined the Life-wide Floating Classroom under the Adventure-Ship Programme. Through activities testing various skills such as problem-solving, teamwork, and resilience, students bravely stepped out of their comfort zones, faced challenges, and built meaningful connections, fostering self-awareness and personal growth.

Audrey from class 6A reflected, *"This was a life-changing experience. It taught me how to believe in myself and work with others. I feel more confident and ready to take on new challenges."* Such heartfelt feedback underscores the importance of these transformative experiences in shaping our students' character and outlook on life.





# Service Education Committee

The Service Education Committee has organised a series of activities for the students to experience and show their love and care to the society.

## Dress Casual Day 2024

Our students and parents were very supportive of the Community Chest Dress Casual Day this year. Teachers and students actively donated more than HK\$7,000.



## Youth Summit & Young Entrepreneur 2024

10 students joined the Youth Summit 2024 this year on 21 September, 5 and 12 October 2024. They have been inspired from different workshops and pitched their own community service projects. Two teams from our school have been selected as the Young Entrepreneur and received a seed fund of HK\$3000 and professional mentoring from the Kids4Kids to implement their projects.

### TEAM 1

Jericho, Hafis and Saad from class 5A. They are aiming to help the students who are not very good at Chinese studies.



### TEAM 2

Gielisha, Zya and Kayden from class 5A. They are aiming to provide affordable food options to pet owners by recycling unused parts of meat from local restaurant, and sourcing cheaper meat from different suppliers.



The teams will implement their community service projects in the next term. We are looking forward to seeing more from the teams!





### Visiting the Elderly Centre

15 students joined the visit on 7 December 2024. Our students showed their care and love to the elderly by playing games, singing Christmas songs, drawing henna and giving out the gifts. The students spent an afternoon in the Choi Ha Neighbourhood Elderly Centre. Also, this activity achieved cultural harmony.

#### 5B (2) Bishwokarma Alina:

“This is a very meaningful activity! I enjoyed it a lot when I saw the smiling faces of the seniors. I especially loved the henna drawing part since we could bring our cultures to them.”

#### 5B (13) Hocson Jhon Amado Villamil:

“It is fun! I would love to join these kinds of activities again. The elderly were kind and open-minded to feel the different cultures by drawing the henna.”



### Teacher Training Workshop 2024-2025

A series of fruitful workshop for our teachers based on the theme stress management and communication skills which were held from September to December 2024.





# Moral, Civic and National Education (MCNE) Ambassadors in a Tour of Dialogue Experience

“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.” These are the words of Helen Keller which suggest that the most profound experiences and treasures in life are not physical or material, but emotional and spiritual.

On 31 October 2024, 26 MCNE ambassadors learnt more about how to feel with the heart in Dialogue in the Dark Jockey Club Dialogue Experience Place. It was a special experience to take them away from a sighted world to complete darkness. During the 75-minute tour, they were escorted by a visually impaired tour guide. The ambassadors solely relied on their other senses: hearing, smell and touch, and moved through simulated daily environment with a cane. The tour certainly allowed them to step into the shoes of a visually impaired person.

The MCNE Committee hoped that the tour could reinforce the ambassadors’ positive values and attitudes including benevolence, empathy and respect, and try to see the world from a different perspective.



## 3C (12) 徐嘉穎

這次活動讓我體驗到平時見不到光明的人的日常生活……在「找椅子」的時候，也讓我明白團隊合作的重要。我希望能有更多人來體驗這個活動，可以感受到視障人士面對的困難。

## 4A (5) Gurung Pratiksha

I like the tour a lot because I understand more about the feelings of the visually impaired people. The experience was really different. I am lucky to participate in the activity.

## 5C (4) Bura Rosmary

It was an amazing once-in-a-lifetime experience of feeling blind. The tour was unique and enjoyable.

## 2A (1) Gurung Samiya, 2A (4) Shakil Imaan Bibi and 2C (7) Zafar Muneeba

It was fun and scary at the same time... We learnt how to interact without sight by using our other senses. We also experienced what it was like to be visually impaired.

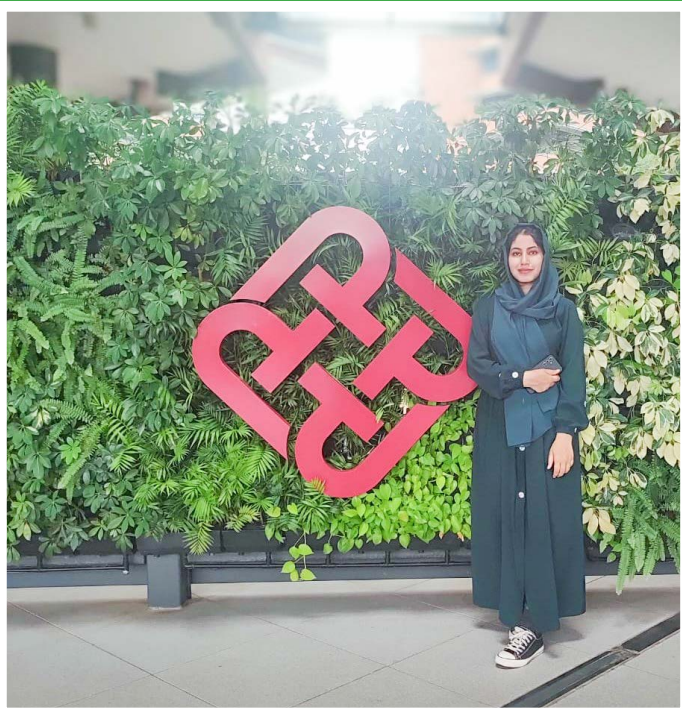
## 3B (7) Mau Yan Ting Ashley

Fear is certain when you cannot see anything but friends help you feel less fearful.





# Letters from our Distinguished Alumni



Dear all SEK Warriors,  
University life is a whole new ball game. Cherish the guidance and support you have now, because once you're in the university, it's all on you. From assignments to presentations, you'll need to handle everything by yourself. Although you'll find your rhythm overtime, it will be very tough in the beginning.

Make the most of your mentors' wisdom and use it for your future studies. I hope you achieve your desired results in DSE and get into your dream institutions. If I could do it, so can you! Let's make our school proud. Good luck and strive for the best!  
All the best!

**AQSA MAZHAR**  
BA(Hons) Scheme in English & Applied Linguistics  
Hong Kong Polytechnic University

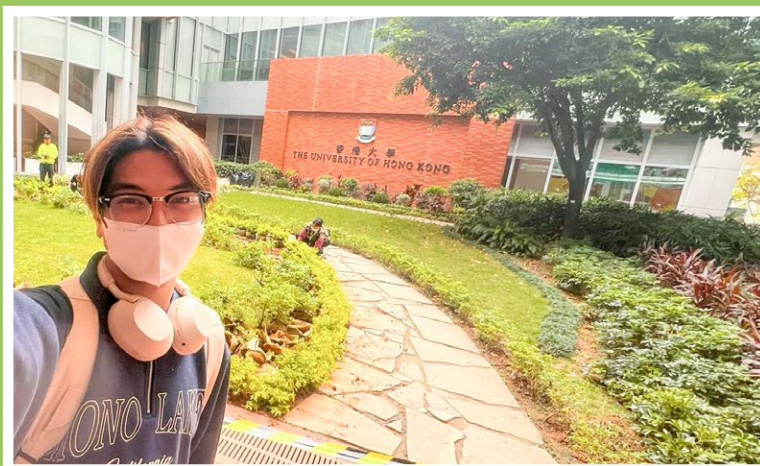
Dear SEK students,

Life at university is like embarking on an adventure into the wild. It requires skills such as time management, dedication, and resilience. Despite the challenges, it has allowed me to explore beyond my boundaries, such as becoming an executive committee member for the International Students Association and expanding my social circle with people who share same interests.

The opportunities that university provides are endless, helping to cultivate and nurture your talents and mould you into the best version of yourself—one that is open-minded and capable of overcoming adversities. Adjusting from high school to college can be hectic, with no guidance from lecturers, a new environment, and new peers. However, the community was welcoming towards freshmen, helping me settle in like a second home and family.

What I want to convey is to never stop exploring. Everyone is unique, with their own talents and interests, and there is always a way to move forward. If needed, it's okay to take two steps forward and one step back. Any progress is better than none. Never stop dreaming, as imagination is a key part of your success. Carpe diem.

**MERCADO NATHANIEL JOSEPH ESTEBAN**  
Bachelor of Arts  
University of Hong Kong





# Empowering Our Community: A Journey through Health and Wellness

The Health and Sex Education Committee is excited to announce a series of successful activities that have recently taken place, aimed at promoting health awareness, drug prevention, and cultural education among students and their families.

## Health Ambassadors Overnight Training Camp

The initiative kicked off with a joint school overnight training camp for health ambassadors. Students from various schools participated in workshops that focused on leadership skills and health advocacy, empowering them to promote healthy lifestyles among their peers.



Joint schools Health Ambassadors  
overnight training camp

## Seasonal Influenza Vaccination

In an effort to protect the community during influenza season, a seasonal influenza vaccination drive was conducted, providing accessible vaccination options for students and staff. This proactive measure aimed to minimize the risk of influenza outbreaks within schools.



Our students receiving the seasonal influenza  
vaccination



## Anti-Drug School Talk

As part of our commitment to drug prevention, an informative anti-drug school talk was held, featuring expert speakers who discussed the dangers of drug use and the importance of making informed choices. The session provided valuable insights to help students resist peer pressure and make healthy decisions.



Anti-drug school talk

## Parents and Students Orientation Talk

A joint orientation talk for parents and students was organised to discuss crucial health-related topics, including mental health and nutrition. This session fostered a collaborative approach to health education, strengthening the partnership between families and schools.



Orientation day for parents and students

## Joint School Cooking Workshop

In collaboration with Fanling Government Secondary School, a cooking workshop highlighted the importance of healthy eating. Participants learnt to prepare nutritious meals, followed by a community talk that encouraged discussions about nutrition and wellness within families.





**We make healthy and delicious food**



**Chinese vegetarian food is yummy!**



**Making food, making friends**

### Chinese Culture Experience Day

Students enjoyed a unique cultural experience that included a vegetarianism and a guided walk along the Ping Shan Heritage Trail. This initiative promoted cultural awareness and the health benefits of a vegetarian diet.

### Joint School Dodgeball Competition

To promote physical fitness and teamwork, a joint school dodgeball competition was organised. Students engaged in friendly competition, emphasising the importance of regular physical activity as part of a healthy lifestyle.



**Joint school Ping Shan Heritage Trial walk**

### Visit to the Hei Ling Chau Correctional Institute

Our students visited the Hei Ling Chau Correctional Institute with the students of Fanling Government Secondary School, where they learnt about the consequences of drug abuse. The visit provided firsthand insights, reinforcing the message of prevention and awareness.



**Sharing is beyond ethnicities**



**Hei Ling Chau Correctional Institute visit**



**Joint school Wun Chuen Sin Koon visit**

### Conclusion

The Health and Sex Education Committee is proud of the enthusiastic participation from students, parents, and educators in these activities. Through collaboration and innovative programs, we continue to foster a supportive environment that encourages healthy choices and cultural appreciation. We look forward to more engaging initiatives in the future!



# Healthy School Programme

Students consistently participate in the activities of the Healthy School Programme. These activities, which include a variety of mental and physical games, are designed to foster teamwork and collaboration.

Participating in group activities not only enhances their physical fitness but also sharpens their cognitive skills, promoting a well-rounded approach to health.



## Cricket Team

Every year, our school's Cricket Team participates in two exciting cricket tournaments: the Inter-school Cricket Tournament and the Inter-house Cricket Tournament. These events ignite a spirit of enthusiasm among students, who eagerly participate in the competitions.

Engaging in Cricket not only fosters teamwork and sportsmanship but also promotes physical fitness and mental well-being.





# EK Students Meet Olympic Heroes at Tamar Park



The Hong Kong, China Delegation to the Paris 2024 Olympic Games made historic achievements in the Games. EK students had the incredible opportunity to meet the athletes upon their return to Hong Kong. This special event, held at Tamar Park, featured a sharing session where medal winners and Olympic representatives spoke about their inspiring journeys, challenges, and triumphs at the Games.

Our students were captivated by the athletes' stories of perseverance, dedication and sportsmanship, gaining valuable insights into the Olympic spirit. This memorable experience not only motivated our students to dream big but also deepened their appreciation for hard work and determination. What an unforgettable day!





# Snooker Workshop



On 27 October, the Home Affairs Department (Yau Tsim Mong) organised an engaging snooker workshop at Ming Snooker Club (名城會). Our PED students had an exciting opportunity to learn from Hong Kong athletes, mastering essential techniques such as holding the cue stick. The event was a great chance for students to explore a new skill, develop focus, and enjoy the sport in a professional setting!



## Yau Tsim Mong East Area – Orienteering and Integration Day Camp for Ethnic Minority Youth

This day camp aimed to introduce participants to the cultural characteristics of Yau Tsim Mong East Area through orienteering and interactive sharing. It was also hoped to promote community integration and concern for youth, and encourage ethnic minority youth to develop positive values and aspirations.



Briefing on safety precautions



Crossing bridge



Leave no trace workshop



Campfire



# EK Students Experience the International Korfball Federation (IKF) Asia Korfball Championship 2024



**EK students have a chance to take photo with the Chairman of Hong Kong China Korfball Association, Mr. CHENG Wai Ming Warman**

On 7 November 2024, a group of enthusiastic EK students had the exciting opportunity to attend the IKF Asia Korfball Championship 2024 in Hong Kong. Following the introduction of Korfball in PE lessons, these students developed a keen interest in the sport and were thrilled to witness a live international competition.

The event provided a fantastic platform for students to deepen their understanding of Korfball, observe high-level gameplay, and be inspired by the athletes' skills and sportsmanship. We hope this experience will further ignite their passion for the sport and encourage them to pursue active and healthy lifestyles!



**Excited to watch the game**



**Korfball mini game**



**Korfball skills workshop**





# Hong Kong Air Cadet Corps Annual Parade

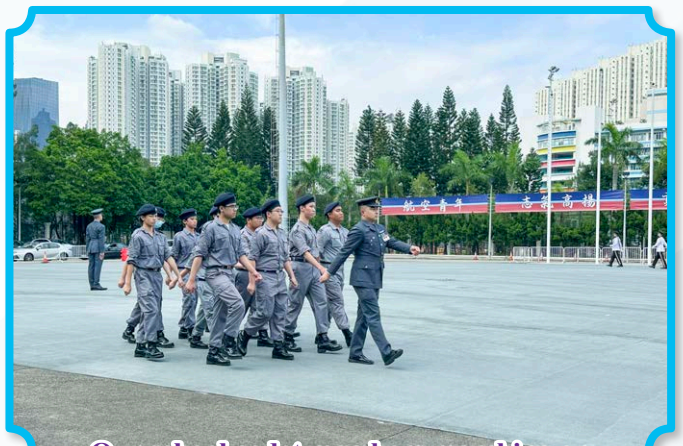
On 24 November 2024, Assistant Principal Mr. Chan Chi-man, and teachers-in-charge, Mr. Lau Chi-fung and Ms. Wong Suk-hang, escorted our school squadron No. 601, to join The Hong Kong Air Cadet Corps Annual Parade at Hong Kong Auxiliary Police Force Headquarters. The Reviewing Officer was The Hon Chan Hak-kan (SBS, JP, Chairman of the Panel on Security, Legislative Council, HKSAR).



Group photo of the officers, Assistant Principal, teachers and our school cadet members.



Reviewing officer inspecting our squadron



Our school cadet members marching on



Our cadet members are ready for the parade



Group photo of Cadet members and their parents



# 2024 Crate Climbing Competition

Crate Climbing challenge is popular in Australia, Europe and the United States. Players need to stack up the crates with the help of their team members.

On 6 October 2024, our EK PE elective students joined the 2024 Crate Climbing Competition which was organised by the Hong Kong Playground Association and sponsored by the Kai Tak Sports Initiative. They played four matches and got the fastest time and finally they won the Championship.

## Team members:

5A (22) Rai Shamuyal	5C (10) Fabella Mhiegsz Charloisxe
5B (12) Gurung Vardan	5C (12) Gurung Resab
5B (16) Limbu Basant	5C (17) Pun Drikas
5B (17) Muhammad Balach	5C (20) Tidal Cyruss Henrix Bulanon
5B (19) Ralota Rayjay Meejaroen	6B (16) Wong Hau Man



# The Hong Kong Civic Education Quiz Contest 2024 (Final)

Congratulations to 3B Hossain Daniel Jordon for winning the fifth place of the Hong Kong Civic Education Quiz Contest 2024 (Final) on 22 December 2024. The competitions, which were organised by the Hope Federation Union from October to December, attracted over 1,300 participants to test their knowledge on the Constitution, the Basic Law and the Hong Kong National Security Law. After a rigorous competition, Daniel was one of the five exceptional winners!





# EK Students Shine in Inter-school Swimming and Running Competitions

In October and November 2024, the selected EK students proudly represented our school in the Inter-school Swimming and Running Competitions. While some participated as athletes, showcasing their dedication and talent in the events, others took on the role of student volunteers, contributing behind the scenes to ensure the competitions ran smoothly.



Both groups gained valuable experience in their respective roles, whether through competing with determination or learning the importance of teamwork and responsibility as volunteers. These events provided our students with a unique, eye-opening opportunity to grow and develop new skills beyond the classroom.

We are incredibly proud of their efforts and achievements in these competitions. We hope this experience will continue to inspire them to strive for excellence in all areas of their school life and beyond. Well done to all participants for their hard work and commitment!



**Chow Ching Yiu of 1B won the 2<sup>nd</sup> runner-up in 50m Butterfly (Girls C Grade) in the 2024-2025 Inter-school Swimming Competition. Congratulations!**