



伊利沙伯中學舊生會湯國華中學

QESOSA Tong Kwok Wah Secondary School



校訓

修己善群

辦學宗旨

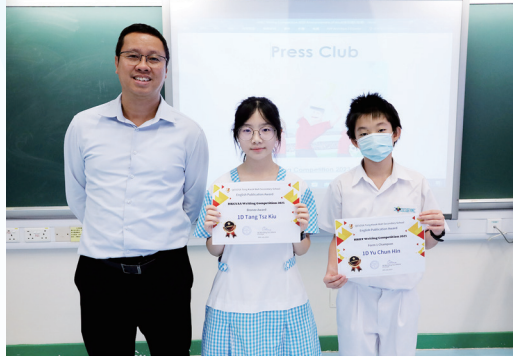
實踐理想，承擔使命。協力為學生營造一個正面和充滿關懷的環境，建立一個能體現手足情、鄰里心、愛國誠、人類友愛的社群；協力為本校成員營造一個修己至善的環境，發揚專業精神。

School Motto

Vos parate ut serviatis

School Mission

Education is the commitment to a mission and the realization of an ideal: the ideal being to collaborate towards the creation of a positive and caring environment for our students, and the development of a community in which students may develop brotherhood, neighbourliness, patriotism, and worldwide friendships. Moreover, we strive to create a self-improving environment that targets excellence and promotes professionalism.





Principal's Message

We have 3 beliefs.

"Learn to serve, serve to learn"

Positive values can be nurtured through service learning. We serve the children in Tin Ching Estate, the elderly living alone and the carers in our community. QTS students will become considerate, empathetic and respectful.

"Everyone can be a star"

Every QTS student is unique. We create numerous opportunities for students to discover their own potentials and to develop their talents, from rugby teams to STEM classes, from Chinese drum group to English press club, from science explorations in Zhuhai to cultural tours in Europe, and from job-tasting programs in the Swire Group to internships in trade companies. We build students' resumes.

"I can make you smile"

QTS is a happy school. Students smile when they learn, when they participate in activities, and when they see themselves grow. On the other hand, QTS students can bring smiles to the faces of the people in need.

Ms. Athena WAN Wing-sze

關於校長的傳媒報道

「我小時候來自貧困家庭，曾經寄人籬下，於是自律、勤奮讀書，考進名校。」伊利沙伯中學舊生會湯國華中學（下稱湯中）新上任的溫穎思校長不說不笑的時候看起來有點嚴肅，實則非常健談、貼地，也很率直。

雖然名校出身，她笑言求學時沒有太大競爭壓力：「連past paper也沒操過！」反而接觸很多課外活動，培養多方面興趣。「在合唱團擔任女高音，在中樂團負責彈揚琴，又玩曲棍球、短跑等。」這些經驗啟發她現時的教育理念：「Everyone is a star！相信每個學生都有亮點，通過活動展現他們的多元潛能。」

今年9月才接任湯中的溫校長，隨即在中一推行QTS Stars多元潛能課程，發掘學生亮點，讓每人成為一顆星！「每位中一學生都可以選擇自己感興趣和合適的課程，期望早日發掘他們學科以外的才華，加以培養。」

本校特別精選10個課程，每個課程約10至12名學生為一組，設有四大領域，包括表演藝術（敲擊樂、街舞舞蹈、流行音樂製作）、視覺藝術（產品設計與製作、漫畫創作、媒體製作）、體育（欖球、花式跳繩、斯巴達小鐵人）、STEM（人工智能物聯網及機械人編程）。

「透過多元化教學模式和策略，照顧學生學習多樣性，啟發潛能。當中有很多活動在小學階段從未接觸，所以學生都覺得很開心。加上校舍面積8000平方，空間寬敞，除擁有可進行各項球類、學生活動的多用途球場及天台球場，亦毗鄰天華路仿真草足球場、天秀欖球場，有充足配套設備訓練學生。」

校長坦言，湯中基層學生較多，她因此向不同機構申請贊助，提供免費課程，過去曾資助學生學二胡、古箏等，讓他們發掘自己天份和興趣，尋找亮點。

「加上兩年多疫情，影響人的情緒，人人戴口罩又少了笑容，因此今個學年推動I can make you smile campaign，校內到處可見哈哈笑公仔圖案，希望運用創意及多元化活動，讓學生微笑，亦通過服務學習，教他們讓別人會心微笑。」

服務區內長幼

校長致力推動服務學習，有句口號Learning to serve, Serving to learn，為了發揚校訓「修己善群」精神，培養學生正確價值觀，透過不斷學習及改善自己，同時給別人帶來歡樂，包括服務區內長者、基層小學生。

這是受溫校長母校拔萃女書院的校訓Daily Giving Service所啟發：「中學年代，我遇到很多好老師，其中生物科老師給我很大關愛。加上兒時經歷過貧窮，所以有推動服務學習的想法，讓年輕人接觸社會，傳遞關愛精神，同時燃亮自己。」

其中一個活動是「湯中學生在天晴英語活動」，湯中與香港中華基督教青年會天水圍天晴會所合作，由中四學生當輔導員，逢星期三及星期六以電話或WhatsApp方式，為天晴邨小一至小三來自基層家庭的小朋友進行英文輔導。

「聽到英文老師分享，起初學生擔心自己能力，害怕不懂解答問題。嘗試後發現過程順利，不但鞏固學生的英語能力，提升自信，同時加強學生對鄰舍的關注，推動服務社區精神。」

值得一提的是，本校設立伊湯中少年崇德社（QTS Z Club），源自1919年在美國紐約水牛城成立的國際性婦女團體Zonta Club的概念，Zonta代表美國原住民語言中誠實和值得信賴的意思，該組織主力幫助弱勢社群。

伊湯中少年崇德社及公民教育組亦希望透過各種社會服務，過程中讓學生充分理解校訓「修己善群」精神：「譬如，早前公民教育組師生便收集剩餘食物，包括罐頭、餅乾、米、麵等，由學生親自贈送予天水圍天華邨獨居長者，表達關懷。」

與一般學校不同的是，湯中創校以來沒有訓導組、輔導組，只有一個「培育組」，溫校長介紹：「這裏的學生不會有缺點、小過或大過，但就有賞懲制度，例如遲到、犯錯，就要進行各種服務，改正過失，例如校內清潔、擦黑板，亦會被安排到長者中心進行探訪與服務等。」

她表示培育組也會家訪支援學生。「曾經有一個學生，由小學至中一，因疫情關係時常缺課，培育

組同事很有心，了解他的情況後，舉辦不同活動，例如War Game射擊訓練，漸漸成功吸引該名學生回校上課。」

學生成功追夢

校長自小關注環境保育議題，大學修讀Environmental Science，想改善地球生態。她特別提到校內的生物實驗室，養了兩隻馬蹄蟹（學名：蟹）、兩條變色龍，教育學生保育、照顧小動物知識，以及尊重生命的信念。

「我大學選科純為興趣，所以希望學生選自己心愛的科目，而不是一面倒傾向社會認為的搵食科目。我最大心願是學生在6年中學階段找到自己目標，寫好自己的人生CV，而不是營營役役為追功課、忙於應付考試。」

過去有學生放下書本，追求夢想，其中一位是划艇港隊選手陳迪麟。「中六時，他申請休學一年，本校很支持和配合，讓他專心參加比賽。」努力終於有回報，陳迪麟曾代表香港賽艇隊參加亞洲盃系列賽，出戰輕量級單人雙槳艇比賽，獲得第六名，他後來成為香港教育大學精英運動員，最近於2022中國盃全國賽艇比賽男子輕量級單人雙槳（2000米）奪銅牌。

「另有校友陳祉霖，文憑試後代表香港女子青年沙灘手球隊，到希臘進行世界錦標賽，也有學生放棄空姐一職，發揮藝術天份，創立手作公仔店等。」溫校長列舉多個例子，說明人生有很多出路。

外表嚴肅的她，其實有一顆溫柔的心，經常接觸學生，聆聽他們心聲。「例如有學生反映膳食、洗手間廁紙質感等意見，本校有限資源下會盡量滿足學生需要。」

開學短短3個多月，有位領袖生令溫校長難忘。「她有少少情緒困擾，於是透過最擅長的繪畫，紓緩壓力。有次畫了《角落生物》主角的不同面貌，我覺得很美，於是我發電郵給《角落生物》的日本公司查

詢，可否授權讓學生將作品繪畫在本校牆身。日本公司表示要直接聯絡香港代理，我再寫信給香港代理，可惜被拒絕了。」

校長用心幫學生爭取機會，事後學生贈送畫作給她，以表謝意，令她感到窩心。到過湯中的人，都會見過校門前一幅七彩繽紛的壁畫，象徵春夏秋冬。「未來我有個想法，邀請學生夜間進行塗鴉，主題是I can make you smile campaign，期望學生在本校留下難忘回憶。」

強調閱讀風氣

從小讀書成績優異的溫校長，不是書獃子，很有主見和想法。「初中時，我的母校只有中英數的功課，一有空便參加課外活動和閱讀。最深刻是中一時圖書館老師提過，大家不一定要閱讀名著，可以選擇自己喜歡的書籍。有時見學生看的書太深奧，便為學生推薦其他書。」

校長最喜歡巴金的作品，著名的《激流三部曲》（《家》、《春》、《秋》）提到很多掣肘，令她反思，人需要跳出框框去思考和解決問題。「另一本印象難忘的書是Roots，講述非洲黑奴，中一已經知道世界不公，落後地方有些人是別人的奴隸。」接任湯中後，她未來目標之一是加強校內閱讀風氣，擴闊學生知識和視野。

「另外，想在校園種植更多中草藥，例如薄荷、龍俐葉、紫蘇葉，讓學生認識，並引入辛夷花，這種花有效改善鼻敏感。由種植延伸至與新設立的長者學苑合作，開放校園，與社區聯繫，推動長幼共融，讓長者和學生一起照顧植物，互有得着。」

至於下個學年，她期望每人的學生手冊，用作記錄學生參加過的活動，藉以讓老師、家長了解學生的進步和強項，也讓學生清楚檢視、反思自己能力，從而選擇適合自己的科目和職業路向。

林艷虹（2022年12月29日）。中學導覽：伊利沙伯中學舊生會湯國華中學讓每個學生成為一顆星。信報教育·校長系列。



2A李晶媛、2A梁芷洙、2A陳鈞兆、李家超特首、2A鄧天朗
黃嘉俊老師（從左至右）

2A Lee Ching-wun, 2A Leung Tsz-yau, 2A Chan Kwan-siu,
the Chief Executive, Mr LEE Ka-chiu,
2A TANG Tin-long and Mr WONG Ka-chun (Left to right)

本校參與「香港創科展」，並以「天眼開綠燈」獲得優異獎，期間，參賽者向行政長官李家超先生介紹上述作品。

香港創科展（創科展）由香港創新基金主辦，為學生提供一個向大眾展現創意的平台，以比賽形式讓同學運用科學及創意解決生活上各式各樣的難題。創科展以「大想頭 齊創新」為主題，鼓勵學生以創新及以人為本的方式解決日常生活所遇到的挑戰。學生可以運用科學、科技和設計知識，製作原型實體，以展示解決問題的方案。

The school participated in The Hong Kong Science Fair (HKSF) organized by the Hong Kong Innovation Foundation, and our entry “Green Light from the AI Lens” won the Merit Award. During the competition, our students introduced the product to the Chief Executive, Mr LEE Ka-chiu.

HKSF provides an interactive platform for students to overcome challenges in the community with an innovative and human-centric way. The motto of year 2022-2023 is ‘Think Big, Be Innovative’. Participating students were expected to look into almost all the major challenges that we are now facing and apply their knowledge of science, technology, and design to develop hardware prototypes as solutions.

正規課程

Formal Curriculum

為達致全人發展的目標，本校正規課程着重同學於學業和品格的均衡發展，裝備同學面對未來的挑戰。

本校初中設有英語延伸及挑戰課程，全面提升學生的英語能力；高中方面，核心科目分設挑戰課程及標準課程；選修學科則開設拔尖、增潤課程。我們的課程規劃旨在全方位照顧學生不同的學習需要。

我們重視學生品格的培養，本校每天均設有兩節班主任課，讓班主任有充裕時間與同學相處，促進師生關係，協助同學建立自信、學會堅持和養成良好的學習習慣。另外，每個星期設有週會，安排學術講座、校外考察、音樂、戲劇、體育運動、社會服務、生涯規劃等活動，讓同學體驗多元經歷，探索未來路向，確立正面的價值觀。

The formal curriculum balances students' academic and moral development, equipping them to meet future challenges and promoting students' whole-person development.

The junior form curriculum offers extended and advanced English courses to enhance students' English skills. The core subjects in the senior forms are divided into foundation and advanced levels, while the elective subjects have remedial and enhancement programmes. The curriculum is designed to cater to students' learning diversity.

We attach great importance to the development of students' morality. The school has two class teacher periods every day so that teachers can get along with students, help them build confidence, learn perseverance and develop good study habits. The weekly assemblies are composed of various activities like academic lectures, field trips, musicals and drama, sports, social services, career planning and other activities facilitating students to explore different experiences, discover life goals, and establish positive values.

延展課程

本校全年安排不同活動作為正規課程的延伸，以鞏固同學的學科知識，以及提升其學習興趣，包括抽離式資優培訓、全港性比賽，乃至走出香港，參與全國及世界其他地區賽事。我們希望發掘每位同學的天份及潛質，因材施教，並致力為同學創造機會，邁向成功。

此外，本校成立了不同體藝團隊，例如：田徑隊、欖球隊、籃球隊、足球隊、手球隊、排球隊、羽毛球隊、乒乓球隊、游泳隊、合唱團、中樂班、舞蹈學會、劇社、流行曲樂隊及媒體製作團隊等，旨在培養學生健康的生活態度。

為了貫徹「修己善群」(Vos parate ut serviatis)的校訓，本校亦鼓勵同學積極參與校內外服務，同學可按自己的意願參加領袖生、圖書館領袖生、舞台管理組等服務團隊。



42隊學校代表隊參與「全港中學七人學界欖球賽2022-2023」，本校榮獲男子甲組冠軍。

42 school teams participated in the All Hong Kong Inter-School Rugby Sevens Competition 2022-23, and our school won the Champion of Boys A Grade.

本校與香港公眾考古學會合作，培訓同學成為博物館導賞員，為天水圍區的家長及區內小學生導賞香港故宮文化博物館。

The school has collaborated with the Hong Kong Public Archaeological Society to train students to become museum guides. They guided parents and primary school students in the Tin Shui Wai district to visit the Hong Kong Palace Museum.



5A龔錦瑩、5A周卓賢、5A劉鍵源及5A葉梓煬榮獲香港理工大學土地測量及地理資訊學系主辦的「智慧城市創科比賽」第二名。

5A KENG Kam-ying, 5A CHAU Cheuk-yin, 5A LAU Kin-yuen and 5A YIP Tsz-yeung won the 1st Runner Up of Innovation for Smart City Competition by Department of Land Surveying and Geo-Informatics, The Hong Kong Polytechnic University.





5A司徒靈楓、3B陳宏一、3C許福林參加「2023國際青少年模擬聯合國大會」。經過三日會議，陳宏一同學榮獲「最佳立場文件」及「傑出代表」的獎項，我校亦榮獲「最佳團隊」及「優秀指導教師獎」。

5A Szeto Ling-fung, 3B Chen Wang-yat, and 3C Hui Fuk-lam participated in the 2023 International Youth Model United Nations. After a three-day meeting, Chen Wang-yat won the "Best Position Paper" and "Outstanding Representative", and our school also won the "Best Team" and "Excellent Instructor Award".

5D馮基恆應香港聯合國教科文組織協會邀請，參與「Hi 17SDGs逐個做」網上訪談節目製作。期間，馮同學作為學生代表，與香港聯合國教科文組織協會會長兼秘書院張沁教授以及香港應用科技研究院行政總裁葉成輝博士，探討有關香港的創新科技發展。

The Hong Kong UNESCO Association invited 5D FUNG Kei-heng to participate in the production of the Hi 17SDGs One by One online interview program. As a student representative, FUNG discussed the development of innovation and technology in Hong Kong with Professor Karen Q. Zhang, President and Secretary of the Hong Kong UNESCO Association, and Dr IP Sing-fai, Chief Executive Officer of the Hong Kong Applied Science and Technology Research Institute.



香港城市大學研發了一款適合香港使用的納米發電機，並舉辦相關講座，期間，4A黃嘉樂同學接受了TVB英文台新聞採訪。

CityU has developed a nanogenerator suitable for use in Hong Kong. The product was introduced in a conference in which our student, 4A WONG Ka-lok, was interviewed as a participant by TVB Pearl News.



NICKY WONG

In my conception, I just

世界自然基金會香港分會邀請了三間中學進行培育菱角計劃，以編織成為水雉及其他鳥類的棲息地。本校是其中一間獲邀學校，同學們於2022年9月開始育苗，待幼苗成形後，便移植到米埔濕地繼續生長，嘗試營造佈滿浮葉植物的淡水生境給專屬物種，尤其是水雉。另外，同學們需要密切監測菱角的生長，其所獲數據，將有助於未來更有效地種植水生植物。

WWF Hong Kong has invited three secondary schools to conduct The Wetland Incubator Project to create a suitable habitat for the Pheasant-tailed jacana and other birds. Our school is one of the invited schools. Students need to conduct the seed germination process in September 2022. Once the water caltrops have grown to a specific size in school, they were transferred and planted in Mai Po Nature Reserve. Furthermore, students had to log monitoring data which may make helophyte planting more efficient.



Extended Curriculum

The school organizes various activities throughout the year as an extension of the formal curriculum to strengthen students' subject knowledge and enhance their learning motivation. The academic activities include pull-out programmes for the gifted and competitions of different scales ranging from school and to international level. We want to explore the talents and potential of each student, teach students according to their aptitude, and strive to create opportunities for students to succeed.

In addition, the school has established various sports and fine arts organizations, such as an athletics team, rugby team, basketball team, football team, handball team, volleyball team, badminton team, table tennis team, swimming team, choir, Chinese instrumental classes, dance society, drama society, pop band and media production team. We want to cultivate students' healthy attitudes towards life.

In order to implement the school motto, "Vos Parate Ut Serviatis", we encourage students to participate in the service inside and outside of the school. Students can join the School Prefects, the Librarians, and the Student Backstage Team according to their interests.



1A方意喬、1A彭子謙及1A胡卓誠榮獲香港教育裝備行業協會主辦的「動火箭 - 航天夢飛行2023全港動火箭活動日比賽」範圍精準賽冠軍及回地精準賽季軍。

1A FONG Yi-kiu, 1A PANG Tsz-him and 1A WU Cheuk-shing won Range Game Champion & Return Range Game 2nd Runner Up of The Action Rocket - Make Dream Come True by Hong Kong Educational Equipment Industry Association.

5B張晉浩、5B鍾日朗及5D馮基恆榮獲香港浸會大學跨學科本科課程部主辦的「跨學科·CoExplore」全港中學生創作大賽2023最佳匯報組別獎。

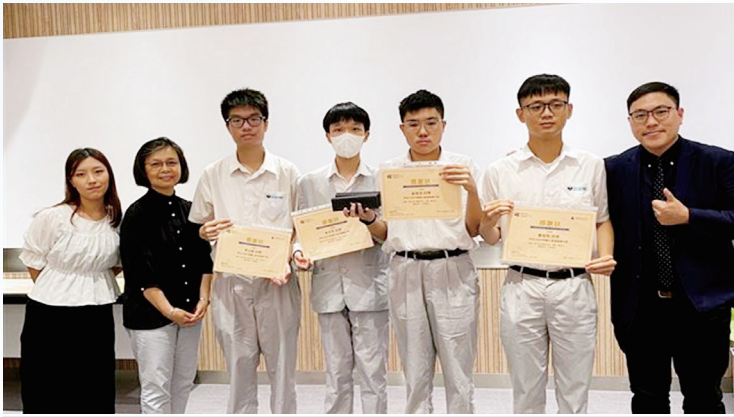
5BCHEUNG Chun-ho, 5BCHUNG Yat-long and 5DFUNG Kei-heng won the Best Presentation Award of The Hong Kong Secondary School Transdisciplinary Contest 2023 by The Division of Transdisciplinary Undergraduate Programmes, Hong Kong Baptist University.



1A黃顯峻、1A胡卓誠、1A張梓朗、1C陸博文、2D毛柏軒、2D鄧凱瑞及2E陳琬晴榮獲「香港學界無人機足球公開賽2023」團體賽中學組一等獎。

1A WONG Hin-tsun, 1A WU Cheuk-shing, 1A CHEUNG Tsz-long, 1A LU Bo-wen, 2D MAO Pak-hin, 2D TANG Hoi-sui, and 2E CHAN Yuen-ching won the Team Events First Class of Drone Soccer Competition 2023.





歷史科：同學參與香港教育大學線上教育平台教材製作。

History: The students participated in the production of learning and teaching materials for the online platform of the Education University of Hong Kong.



跨學科活動：同學入圍「中國歷史人物扮演」電台廣播劇比賽最後十強。

Interdisciplinary Activity: The students participated in The Radio Drama Competition about Chinese Historical Figures and were shortlisted for the final ten.



公民與社會發展科：本校榮獲「善德基金會全港中學校際問答及論證比賽2023」優異獎。

Citizenship and Social Development: The school won Merit of the Hong Kong Shine Tak Foundation Inter-school Quiz Competition.



中文科：本校辯論隊在希聲盃辯論比賽榮獲殿軍。

Chinese Language: The school debate team won the 3rd Runner Up of The Debate One Competition.



這一本書叫《欲罷不能》

閱讀與寫作：中五級好書分享

Reading and Writing Activity: S5 Book Recommendation



生涯規劃教育組：中五級真人圖書館——化妝從業員示範

School Library: S5 Human Library-- A Demonstration by A Makeup Practitioner



Phonics Class for Through-train Schools

教學語言政策

The Medium of Instruction Policy

1. 母語教學

除英國語文以外，本校採用母語作為主要教學語言。

2. 校本英語課程

校本課程以「鞏固基礎，發展興趣」為核心理念。初中課程強調提升學生閱讀能力，豐富英文詞彙，增強文法訓練；高中課程則強調應用能力和答題技巧。為了有效銜接高中課程，英文科重新編寫初中及高中寫作課程，以鞏固同學的基礎知識和有效改善同學的寫作技巧。

在課堂上，老師會運用不同學習方法，例如協作學習、分組討論、角色扮演和電子教學；教師亦會調適課程、評估和教學策略，提供切合學生興趣、能力和需要的學習活動來照顧學生學習差異。課堂外，老師提供了多元化的學習活動，讓同學有更多運用英語的機會，藉此加強他們對英語的學習興趣、提升英語能力及信心。

1. Mother-tongue Teaching

Except for English Language, the mother tongue is used as the primary medium of instruction.

2. School-based English Curriculum

The school-based English curriculum consolidates the foundation while developing students' learning interests. The junior secondary curriculum emphasizes enhancing students' reading ability, enriching vocabulary and enhancing grammar. The senior secondary curriculum emphasizes application and answering skills. In order to effectively bridge the learning gap, the English Department has specially designed the writing curriculum for S1-S6 students to consolidate their basic knowledge and improve their writing skills; it has also developed listening supplementary materials for junior form students to improve their listening skills.

Teachers use different learning and teaching strategies during English lessons, such as collaborative learning, group discussion, role-playing and e-learning, to motivate students and cater for learner diversity. Outside the classroom, teachers organize various learning activities to give students more opportunities to use English, arouse their interest, and improve their English ability and confidence.



English Society Christmas activity



English Society-Tongue Twister Challenge



S2 PSHE English Activity

課程編制

Curriculum

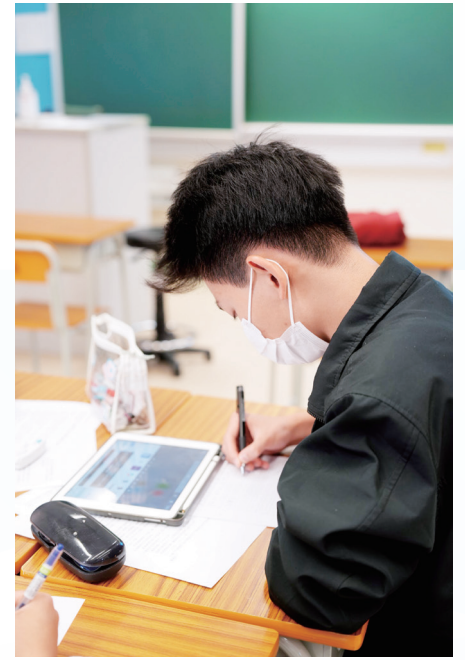
班級編制 Class Structure

為加強對初中學生的照顧，本校將根據其學習能力在中英數三科分組進行小班教學。此外，老師亦會因應不同的學習需要，調整教學進度和策略，以提高學與教的成效。

In order to take care of junior form students better, the school has adopted small class teaching in Chinese Language, English Language and Mathematics. In addition, teachers will adjust teaching progress and strategies to meet different learning needs to enhance learning and teaching effectiveness.

開設科目 Subjects Offered

| | 中一 S1 | 中二 S2 | 中三 S3 | 中四 S4 | 中五 S5 | 中六 S6 |
|--|----------|----------|----------|----------|----------|----------|
| 中國語文 Chinese Language | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 英國語文 English Language | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 數學 Mathematics | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 公民與社會發展 Citizenship and Social Development | - | - | - | ✓ | ✓ | ✓ |
| 綜合科學 Integrated Science | ✓ | ✓ | ✓ | - | - | - |
| 創科教育 STEM Education | ✓ | ✓ | ✓ | - | - | - |
| 生物 Biology | - | - | - | ✓ | ✓ | ✓ |
| 化學 Chemistry | - | - | - | ✓ | ✓ | ✓ |
| 物理 Physics | - | - | - | ✓ | ✓ | ✓ |
| 歷史 History | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 中國歷史 Chinese History | ✓ | ✓ | ✓ | ✓ | - | - |
| 地理 Geography | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 經濟 Economics | - | - | - | ✓ | ✓ | ✓ |
| 企業、會計與財務概論 Business, Accounting and Financial Studies | - | - | - | ✓ | ✓ | ✓ |
| 資訊及通訊科技 Information and Communication Technology | - | - | - | ✓ | ✓ | ✓ |
| 視覺藝術 Visual Arts | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 健康管理與社會關懷 Health Management and Social Care | - | - | - | ✓ | ✓ | ✓ |
| 科技與生活 Technology and Living | - | - | - | ✓ | ✓ | ✓ |
| 體育 Physical Education | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 應用學習 Applied Learning | - | - | - | ✓ | ✓ | ✓ |
| 日語 Japanese Language | - | - | - | ✓ | - | - |
| 生活與社會 Life and Society | ✓ | ✓ | ✓ | - | - | - |
| 家政 Home Economics | ✓ | ✓ | ✓ | - | - | - |
| 普通電腦 Computer Literacy | ✓ | ✓ | ✓ | - | - | - |
| 音樂 Music | ✓ | ✓ | ✓ | - | - | - |
| 普通話 Putonghua | ✓ | ✓ | - | - | - | - |



培育課程

本校十分重視德育，通過學生會、學術學會、服務團隊、運動校隊，以及不同校外活動，培養同學正面價值觀和態度，以營造良好校風，讓每一位本校成員都懷抱自信，彼此關懷，互相尊重。

本校推行全校式參與的培育計劃，透過正規課程、班級經營、班主任課、週會、早會以及個別輔導，務求使班主任能深入認識每一位同學，從而提供適切幫助。本校設有培育組，除了安排個人、小組以及級本活動，亦透過與校外機構合作，多管齊下，致力提升學生抗逆力，協助他們應對成長路上的各種困難。

同學的校園生活多姿多彩，涵蓋學術、體藝、生涯規劃及領袖培訓等不同範疇。同學通過與人接觸，學習與人溝通、協作以及如何解決困難。我們希望同學在群育方面得到更全面的發展，成為對社會、國家都有承擔和貢獻的良好公民。



「湯國華杯2022」是由伊利沙伯中學舊生會湯國華中學舉辦的國民教育活動系列之一。本校希望透過一系列大、中、小學的協作活動，讓小學生更了解中國近年發展，同時展現學生在科創、藝術、專題研習的潛能，以及培養其創造力、思辨能力、協作能力及解難能力。

Tong Kwok-wah Cup 2022 is a series of national education activities organized by Queen Elizabeth School Old Students' Association Tong Kwok Wah Secondary School. Through collaboration with universities, secondary and primary schools, we hope to enable primary students to understand more about the recent development of China while demonstrating students' potential in science and innovation, art and project learning, and cultivating creativity, critical thinking, collaboration and problem-solving skills.



德育及公民教育組：『好想法——青少年守法教育系列』啟動禮暨體驗日
Moral, Civic and National Education: Youth Law-Abiding Education Series - Opening Ceremony and Experience Day



跨學科活動：立法者們青年議政培訓計劃22-23
Interdisciplinary Activity: "Legislators" Youth Policy Training Programme 22-23



中二級成長課：日本領事館及劍道協會探訪本校。
The Japanese Consulate and the Kendo Association visit the school.



學生會：雙親節活動
Student Union: Mother's Day and Father's Day Celebrations



跨學科活動：同學到天水圍區小學推廣中華文化。
Interdisciplinary Activity: The students promoted Chinese culture in Tin Shui Wai primary schools.



德育、公民及國民教育組：大開眼界——大灣區睇多啲知多啲問答比賽
Moral, Civic and National Education: Know Greater Bay Area More Inter-school Quiz Competition

Nurturing Curriculum

The school attaches great importance to moral education. Students' positive values and attitudes are nurtured by participating in the Student Union, academic societies, service teams, sport teams and various extracurricular activities. We create an atmosphere where every school member feels confident, shows care and respect for others.

The school implements a whole-school nurturing programme through a formal curriculum, Class Management, Class Teacher Periods, Personal Growth Education, Morning Assemblies and individual counselling. We want to know each student in-depth and provide appropriate assistance. In addition to organizing activities at school, class and form levels, the school collaborates with external organizations to enhance students' resilience and help them cope with various growth difficulties.

Students' campus life is fruitful, including academic programmes, sports, arts, life planning and training for leadership. Through contact with others, students learn how to communicate, cooperate, and solve difficulties. We hope students develop more comprehensively in social education and become good citizens with great responsibility and commitment to society and the country.



體育科：中一中五級環居跑

Physical Education: S1-S5 Running Competition



培育組：第一屆湯中籃球機挑戰大賽

Personal Care Curriculum: The 1st QTS Arcade Basketball Competition



家校合作組、公益少年團：共融社會活動

Home School Collaboration Group & CYC: Inclusive Society Activity



學生會、領袖生：聯校領袖訓練日

Student Union & Prefect: Joint-school Leaders' Training Camp



延展課程組：中三級閃避球比賽
 Extension Curriculum: S3 Dodge Ball Competition



嘉許及獎學金組：紅磚地嘉許活動
 Recognition and Scholarship: Incentive Scheme



公民與社會發展科：領袖生培訓工作坊
 Citizenship and Social Development: Leaders' Training Workshop



延展課程組：社際音樂比賽
 Extension Curriculum: Inter-house Music Competition



培育組：聖誕手作市集
 Pastoral Care Curriculum: Christmas DIY Bazaar



中文科：川劇變臉及古彩戲法
 Chinese Language: Sichuan Opera and Bianlian

多元潛能發展課程

本校設立「多元智能發展課程」(QTS Stars, QTS是本校的英文簡稱), 提供表演藝術、視覺藝術、體育或學科等項目, 而學生於每個課程或範疇的學習成果, 將設為亮點或成就, 加以表揚, 如: 體育之星、表演藝術之星、視覺藝術之星、創科之星等。

學生全學年須參加精選項目, 先打好基礎, 再於往後參與校內其他活動、校隊或修讀應用學習課程, 讓他們在相關領域持續發展。本課程旨在為同學提供不同學習機會, 展現個人潛能, 培養興趣, 從而建立自信, 最終達致全人發展。



多元智能課程學習成果展：樂隊表演
QTS Band Show



多元智能課程學習成果展：敲擊樂表演
QTS Stars-Exhibition: Percussion Performance



多元智能課程學習成果展：舞蹈表演
QTS Stars-Exhibition: Dancing Performance



多元智能課程學習成果展：藝術創作
QTS Stars-Exhibition: Artistic Creation



多元智能課程學習成果展：體能鍛鍊
QTS Stars-Exhibition: Physical training



多元智能課程學習成果展：頒發獎項
QTS Stars-Exhibition: Award Presentation

QTS Stars

The school has set up a programme called "QTS Stars". QTS is the short term of the school. It is a personal growth program that offers Performing Arts, Visual Arts, Physical Education, or language courses for all S1 students. Their learning achievements in each class or area will be honoured with titles such as Sports Star, Performing Arts Star, Visual Arts Star, Innovation Star, etc.

Students must participate in specific programs throughout the academic year to establish a solid foundation, join different school activities and teams, or take applied learning courses to continue their development in the relevant field. This course allows students to show their potential, develop interest, build self-confidence, and ultimately achieve whole-person development.



中一級會：班旗設計活動
Class Management (S1): Class Flag Design



中一級成長課：職趣日活動
S1 PSHE: Life Planning Activity



跨境生啟導日
Orientation Day for Cross-border Students



中一級會：跳繩比賽
Class Management (S1): Rope Jumping Competition



家庭與學校合作組：中一新生家長簡介會
Home School Collaboration Group: Parent Briefing Session for New S1 Students



德育、公民及國民教育組：升國旗儀式暨「國旗下的講話」訓練營
Moral, Civic and National Education: National Flag Raising Ceremony cum A Training Camp for the Speech Under National Flag

全方位學習

社會服務

為了讓同學主動關心社群，成為負責任的社會公民，本校每年會安排中三至中六級同學外出進行不同類型的服務，包括：賣旗、探訪老人院、特殊學校、庇護工場及獨居老人。我們期望學生通過社會服務，可以接觸不同需要的人士，讓他們懂得虛懷感恩，珍惜自己所有。

實地考察

本校每年均舉辦數十次戶外考察活動，旨在豐富學生的學科知識。初中學生主要考察本港人文生態發展，如屏山文物徑、海下灣、米埔及后海灣等，藉此增強同學對本港自然生態及歷史保育的了解。此外，本校安排高中學生參觀大專院校、職訓中心及政府部門，希望他們對個人路向更為清晰，從而及早規劃未來。

境外考察

本校希望透過舉辦不同的境外交流活動，讓同學走出課室，擴闊視野，並發展共通能力。多年來，同學們踏足北京、南京、上海、成都、泉州、廣州等城市進行考察交流。當中，有機會與清華大學附屬中學的學生進行交流，增加對祖國認識並提高國民身份認同；部分學生則前往泰國、英國等國家進行考察，擴闊國際視野。於23/24學年，本校將安排學生前往珠海、澳門、四川、敦煌等城市，更會有德國、波蘭歷史文化考察團，希望讓學生能有不同境外學習機會。



崇德社：湯中學生在天晴（英文義教）
Zonta Club: English Volunteer Teachers for Primary Students in Tin Ching Community



崇德社：湯中學生在天晴（中文和數學義教）
Zonta Club: English Volunteer Teachers for Primary Students in Tin Ching Community



德育、公民及國民教育組：食物回收活動日和獨居老人探訪
Moral, Civic and National Education: Food Recycling Day and Solitary Elderly Visit



德育、公民及國民教育組：學生會收集校園紙箱，然後贈予同學收納個人物品。
Moral, Civic and National Education: The Student Union collected cardboard boxes on the campus and gave them to students who tidied up personal belongings.



中文科：上環華人足「印」——活字印刷考察
 Chinese Language: Footprints of the Chinese—Walking
 Tour and Letterpress Workshop in Sheung Wan



生涯規劃教育組：中四級職業導向師友計劃
 Life Planning: S4 Career-oriented Mentorship Programme



科技與生活科：港大專業進修學院主辦的食品科學與營養
 體驗課
 Technology and Living: Food Science and Nutrition
 Experience Course by HKU Space



創科教育組：「港鐵元宇宙未來車站設施創作比賽」工作坊
 STEM Team: The Workshop of MTR Metaverse Future Station
 Facility Creation Competition



生涯規劃教育組：化驗師體驗工作坊
 Life Planning: The Chemists Workshop



生涯規劃教育組：民航處開放日
 Life Planning: The Civil Aviation Department Open Day



地理科：參觀（林區）
 Geography: Y. PARK Visit



創科教育組：中電校園工程師電力之旅日營
 STEM Team: The Experience Tour of CLP Engineer in
 School

Life-wide Learning

Social Services

In order to encourage students to take the initiative to care about the community and become responsible citizens, the school arranges for S3 to S6 students to go out every year to carry out different types of services, including flag-selling and visits to nursing homes, special schools, sheltered workshops and elderlies living alone. Through social services, students can get in touch with people in need so that they may become grateful and cherish what they have.

Local Fieldtrips

The school organizes dozens of local fieldtrips every year, aiming to enrich students' subject knowledge and let them grasp the latest career information. Junior form students mainly explore the cultural and ecological development of Hong

Kong, such as the Ping Shan Heritage Trail, Hoi Ha Wan, Mai Po and Deep Bay, to enhance their understanding of Hong Kong's natural ecology and historical conservation. In addition, the school arranges for senior form students to visit tertiary institutions, vocational training centres and government departments to give them a clearer idea of their future and encourage them to plan it earlier.

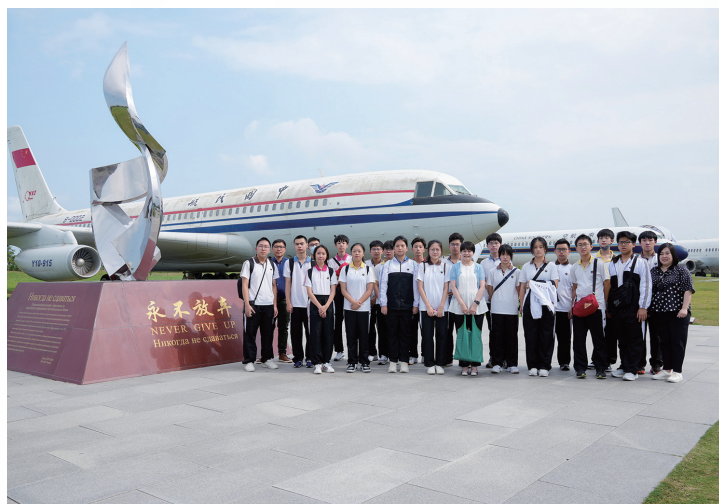
Cross-border Fieldtrips

In order to deepen students' subject knowledge, the school organizes many overseas study tours every year, covering China, Southeast Asia, Europe, Australia and New Zealand, such as the Summer English Exchange Tours by English Department, the Ecology and Environmental Protection Study Tour by Geography, and overseas competitions by Physical Education.



5A陳栢皓同學獲香港科學院邀請出席「香港論壇·科學建未來」。論壇中，多位香港的未來科學大獎獲獎者及國際知名科學家分享他們的最新科研突破，探討科學將如何塑造人類的未來。

5A Chan Pak-ho was invited by the Hong Kong Academy of Sciences to attend the "Hong Kong Forum: Science for the Future", in which many Hong Kong Future Science Award winners and internationally famous scientists shared their latest scientific breakthroughs and discussed how science would shape the future of humanity.



暑假期間，溫穎思校長、洪昭隆副校長和羅影雪老師帶領20位學生赴上海考察。行程中，拜訪中國商用飛機有限公司總裝製造基地。

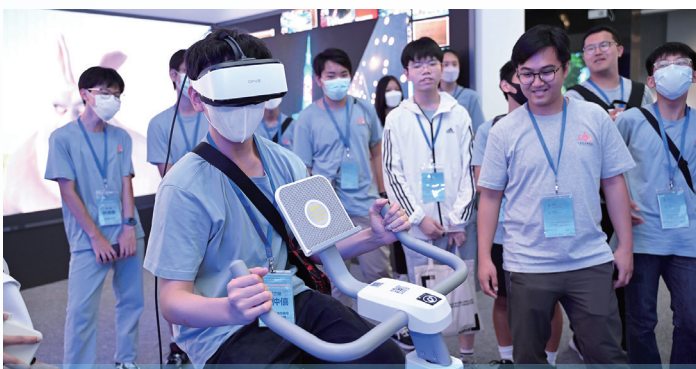
During Summer Holiday, Principal Ms WAN Wing-sze, Vice Principal Mr HUNG Chiu-lung and Ms LAW Ying-suet led 20 students to visit Shanghai and visited the manufacturing base of the Commercial Aircraft Corporation of China.



公民與社會發展科：中五級內地考察
 Citizenship and Social Development: S5 Mainland Study Tour



生涯規劃教育組：建造業大灣區青年交流計劃
 Life Planning: The Greater Bay Area Construction Industry Youth Exchange Program



生涯規劃教育組：廣州生涯規劃及文化歷史考察團
 Life Planning: Guangzhou Life Planning, Cultural and Historical Study Tour



生涯規劃組、家教合作組：參觀沙田污水處理廠
 Life Planning & Home School Collaboration Group: Sha Tin Sewage Treatment Works Visit



公民與社會發展科：參觀美荷樓
 Citizenship and Social Development: Mei Ho House Visit



跨科活動：高鐵青年號·創科體驗行2023
 Interdisciplinary Activity: Youth High-speed Rail



創科教育組：海洋公園動感物理體驗課程
 STEM Team: Ocean Park Dynamic Physics Experience



崇德社：參觀終審法院
 Zonta Club: The Court of Final Appeal Visit

校外獎頂

22/23 External Awards

獎學金 Scholarship

1. 「尤德爵士紀念基金高中學生獎」由 尤德爵士紀念基金 主辦
Sir Edward Youde Memorial Prizes for Senior Secondary School Students by The Sir Edward Youde Memorial Fund

獲獎者 Awardees

| | | | | | | | | |
|----|-----|---------------|----|-----|----------------|--|--|--|
| 6A | 黃泳嵐 | WONG Wing-nam | 6A | 梁穎欣 | LEUNG Wing-yan | | | |
|----|-----|---------------|----|-----|----------------|--|--|--|

2. 「應用學習獎學金(2021/22)」由 羅氏慈善基金 教育局 主辦
Applied Learning Scholarship (2021/22) by Law' s Charitable Foundation & The Education Bureau

獲獎者 Awardees

| | | | | | | | | |
|----|-----|---------------|----|-----|--------------|--|--|--|
| 6A | 卓美欣 | CHEUK Mei-yan | 6D | 賴美珊 | IMRAN YASHAA | | | |
|----|-----|---------------|----|-----|--------------|--|--|--|

創科 STEM

1. 「『跨學科・Co-Explore』全港中學生創作大賽2023」由 香港浸會大學跨學科本科課程部 主辦
Hong Kong Secondary School Transdisciplinary Contest 2023
by The Division of Transdisciplinary Undergraduate Programmes, Hong Kong Baptist University

最佳匯報組別獎

| | | | | | | | | |
|----|-----|----------------|----|-----|----------------|----|-----|---------------|
| 5B | 張晉浩 | CHEUNG Chun-ho | 5B | 鍾日朗 | CHUNG Yat-long | 5D | 馮基恆 | FUNG Kei-heng |
|----|-----|----------------|----|-----|----------------|----|-----|---------------|

2. 「智慧城市創科比賽」由 香港理工大學土地測量及地理資訊學系 主辦
Innovation for Smart City Competition
by Department of Land Surveying and Geo-Informatics, The Hong Kong Polytechnic University

第二名 1st Runner Up

| | | | | | | | | |
|----|-----|---------------|----|-----|----------------|----|-----|--------------|
| 5A | 龔錦瑩 | KENG Kam-ying | 5A | 周卓賢 | CHAU Cheuk-yin | 5A | 劉鍵源 | LAU Kin-yuen |
| 5A | 葉梓煬 | YIP Tsz-yeung | | | | | | |

3. 「香港創科展」由 香港創新基金 主辦
The Hong Kong Science Fair
by The Hong Kong Innovation Foundation

優異獎 Merit

| | | | | | | | | |
|----|-----|---------------|----|-----|---------------|----|-----|---------------|
| 2A | 李晶媛 | Lee Ching-wun | 2A | 梁芷洙 | Leung Tsz-yau | 2A | 陳鈞兆 | Chan Kwan-siu |
| 2A | 鄧天朗 | Tang Tin-long | | | | | | |

4. 「香港學界無人機足球公開賽」由 香港電腦教育學會 中國香港新興運動協會 主辦
Drone Soccer Competition
by The Hong Kong Association for Computer Education & China Hong Kong Newly Emerged Sports Association

團體賽中學組一等獎 Team Events First Class

| | | | | | | | | |
|----|-----|-----------------|----|-----|----------------|----|-----|-----------------|
| 1A | 黃顯峻 | WONG Hin-tsun | 1A | 胡卓誠 | WU Cheuk-shing | 1A | 張梓朗 | CHEUNG Tsz-long |
| 1C | 陸博文 | LU Bo-wen | 2D | 毛柏軒 | MAO Pak-hin | 2D | 鄧凱瑞 | TANG Hoi-sui |
| 2E | 陳琬晴 | CHAN Yuen-ching | | | | | | |

5. 「動火箭——航天夢飛行」由香港教育裝備行業協會主辦
Action Rocket - Make Dream Come True by Hong Kong Educational Equipment Industry Association
範圍精準賽冠軍及回地精準賽季軍 Range Game Champion & Return Range Game 2nd Runner Up
- | | | | | | | | | |
|----|-----|-------------|----|-----|--------------|----|-----|----------------|
| 1A | 方意喬 | FONG Yi-kiu | 1A | 彭子謙 | PANG Tsz-him | 1A | 胡卓誠 | WU Cheuk-shing |
|----|-----|-------------|----|-----|--------------|----|-----|----------------|
6. 「新加坡亞洲學校數學奧林匹克競賽」由學而思香港主辦
Singapore & Asian Schools Math Olympiad by Think Academy Hong Kong
榮譽獎Honourable Mention
- | | | | | | | | | |
|----|-----|-------------|--|--|--|--|--|--|
| 4B | 林子傑 | LAM Tsz-kit | | | | | | |
|----|-----|-------------|--|--|--|--|--|--|
7. 大灣盃粵港澳大灣區數學競賽預選賽 2023 (香港賽區) 由奧冠教育中心主辦
Guangdong-Hong Kong-Macao Greater Bay Mathematical Olympiad Preliminary Round 2023 (Hong Kong Region)
by Olympiad Champion Education Centre
- 二等獎 Second Class
- | | | | | | | | | |
|----|-----|----------------|----|-----|--------------|--|--|--|
| 1A | 胡卓誠 | WU Cheuk-shing | 3B | 余俊龍 | YU Chun-lung | | | |
|----|-----|----------------|----|-----|--------------|--|--|--|
- 三等獎 Third Class
- | | | | | | | | | |
|----|-----|---------------|----|-----|---------------|----|-----|--------------|
| 2A | 梁芷洙 | LEUNG Tsz-yau | 3A | 李苡靜 | LEE I-ching | 3A | 黃梓琳 | WONG Tsz-lam |
| 3B | 陳麒亦 | CHEN Qi-yi | 3B | 陳宏一 | CHEN Wang-yat | 3B | 曾煜稀 | ZENG Yik-hei |
8. 「數學思維大激鬥」由數學思維教室主辦
Math Conception by MathConcept Education
個人賽銅獎 Individual Bronze
- | | | | | | | | | |
|----|-----|----------------|----|-----|-------------|--|--|--|
| 1A | 胡卓誠 | WU Cheuk-shing | 4B | 林子傑 | LAM Tsz-kit | | | |
|----|-----|----------------|----|-----|-------------|--|--|--|

閱讀與寫作 Reading and Writing

1. 「哈佛圖書獎」由哈佛大學香港校友會主辦
The Harvard Prize Book by Harvard Club of Hong Kong Education Fund
學校提名 School Nominees
- | | | | | | | | | |
|----|------|-----------------|----|-----|-----------------|----|-----|-------------------|
| 5A | 司徒靈楓 | SZETO Ling-fung | 5A | 王琮昇 | WONG Chung-sing | 5A | 王裕仁 | WANG Richard John |
|----|------|-----------------|----|-----|-----------------|----|-----|-------------------|
2. 「2022-2023學年篇篇流螢跨課程網上閱讀計劃」由中國文化研究院主辦
Fireflies Read Online 2022/2023 by Academy of Chinese Studies
- 金獎Gold
- | | | | | | | | | |
|----|-----|-------------|----|-----|------------|----|-----|--------------|
| 2B | 麥詩渝 | MAK Sze-yu | 2D | 林紫欣 | LIN Zi-xin | 2E | 黃厚耀 | WONG Hau-yiu |
| 5A | 黎梓熙 | LAI Tsz-hei | | | | | | |
- 銀獎Silver
- | | | | | | | | | |
|----|-----|---------------|----|-----|------------|--|--|--|
| 2B | 陳建深 | CHEN Jianshen | 5D | 黎家仁 | LAI Ka-yan | | | |
|----|-----|---------------|----|-----|------------|--|--|--|
- 銅獎Bronze
- | | | | | | | | | |
|----|-----|------------------|----|------|-----------------|----|-----|-------------------|
| 1A | 方意喬 | FONG Yi-kiu | 1A | 胡卓誠 | WU Cheuk-shing | 1B | 吳浣陽 | NG Hei-yeung |
| 1B | 李柳芳 | LI Liufang | 2E | 陳琬晴 | CHAN Yuen-ching | 5D | 胡憫怡 | WU Man-yi |
| 5D | 馮樂賢 | FUNG Lok-yin | 5D | 林鎮耀 | LAM Chun-yiu | 5D | 劉洪志 | LAU Hung-chi |
| 5A | 馬智欣 | MA Chi-yan | 5A | 司徒靈楓 | SZETO Ling-fung | 5A | 黃洛珩 | WONG Lok-hang |
| 5A | 張俊永 | CHEUNG Chun-wing | 5A | 潘煒憲 | PUN Wai-hin | 5A | 王裕仁 | WANG Richard John |
| 5A | 楊振康 | YANG Chun-hong | | | | | | |

3. 「全港英文作文比賽2023」由香港經濟日報主辦
Hong Kong English Writing Contest 2023 by Hong Kong Economic Times

| 冠軍Champion | | | | | | |
|------------|-----|---------------|--|--|--|--|
| 1D | 余駿軒 | YU Chun-hin | | | | |
| 亞軍Second | | | | | | |
| 3B | 陳宏一 | CHEN Wang-yat | | | | |
| 優異獎Merit | | | | | | |
| 3B | 譚文惠 | TAM Man-wai | | | | |

4. 「研知有你」工作坊徵文比賽由香港青年科學院主辦
“How to Start a Research Project” Workshop - Writing Competition by The Hong Kong Academy of Sciences

| 高中組冠軍 | | | | | | |
|-------|-----|-------------|--|--|--|--|
| 5A | 陳栢皓 | CHAN Pak-ho | | | | |

5. 燃亮希望——第六屆全港中英文徵文大賽2022由香港青年兒童文藝協會主辦
Let Your Light Shine on Others the 6th Hong Kong Chinese and English Essay Competition 2023 by Hong Kong Children and Youth Arts Association

| 冠軍Champion | | | | | | |
|------------------|-----|----------------|----|-----|----------------|----------------------|
| 1D | 梁皓燊 | LEUNG Ho-san | 5C | 周毅朗 | CHAU Ngai-long | |
| 季軍 2nd Runner Up | | | | | | |
| 1D | 余駿軒 | YU Chun-hin | 5C | 王樂堯 | WONG Lok-yiu | |
| 金獎Gold | | | | | | |
| 1D | 王諾怡 | WONG Nok-yi | | | | |
| 銀獎Silver | | | | | | |
| 3A | 鄭家慧 | CHENG Ka-wai | 3B | 陳宏一 | CHEN Wang-yat | 4A 戴偉權 TAI Wai-kuen |
| 5C | 謝穎鋒 | TSE Wing-fung | | | | |
| 銅獎Bronze | | | | | | |
| 3A | 梁文哲 | LEUNG Wen-zhe | 3A | 黃卓軒 | WONG Cheuk-hin | 3B 譚文惠 TAM Man-wai |
| 4A | 區妙盈 | AU Miu-ying | 4B | 余泳怡 | YU Wing-yi | 4B 文友科 WEN Yau-for |
| 4C | 陳炫均 | CHAN Yuen-kwan | 5C | 梁瑋希 | LEUNG Wai-hei | 5C 徐耀東 TSUI Yiu-tung |

6. 放眼世界——第七屆全港中英文徵文大賽2023由香港青年兒童文藝協會主辦
Look Into the World the 7th Hong Kong Chinese and English Essay Competition 2023 by Hong Kong Children and Youth Arts Association

| 冠軍Champion | | | | | | |
|------------|-----|----------------|----|-----|---------------|----------------------|
| 3B | 陳宏一 | CHEN Wang-yat | | | | |
| 亞軍Second | | | | | | |
| 3A | 黎巧綾 | LAI Hau-ling | | | | |
| 銀獎Silver | | | | | | |
| 3A | 李卓殷 | LEE Cheuk-yan | 1D | 曹浩璋 | CAO Ho-wai | 3A 鄭家慧 CHENG Ka-wai |
| 3A | 黃卓軒 | WONG Cheuk-hin | 3A | 王諾崎 | WONG Nok-kei | 3B 譚文惠 TAM Man-wai |
| 4A | 李丞哲 | LEE Shing-chit | 4B | 林駿彥 | LAM Chun-yin | 5B 余焯橋 YU Cheuk-kiu |
| 銅獎Bronze | | | | | | |
| 1D | 張希榆 | CHEUNG Hei-yu | 1D | 鄧芷蕎 | TANG Tsz-kiu | 3A 梁文哲 LEUNG Wen-zhe |
| 4A | 李皓賢 | LI Ho-yin | 5C | 徐耀東 | TSUI Yiu-tung | 5D 莫家樂 MOK Ka-lok |

7. 「金紫荊盃香港校際作文暨普通話朗誦大賽」由 香港潮州商會 主辦
Bauhinia Cup Hong Kong Inter-school Composition cum Putonghua Choral Speaking Competition
by Hong Kong Chiu Chow Chamber of Commerce

三等獎

5A 周卓賢 CHAU Cheuk-yin 5A 王裕仁 WANG Richard John 5A 葉梓煬 YIP Tsz-yeung

8. 「『我為國家航太點贊！中國太平杯·我愛我的祖國』·香港校際作文暨普通話朗誦大賽」
由 中國太平保(香港)主辦
Hong Kong Inter-school Writing and Putonghua Speech Competition by China Taiping Insurance (HK)

三等獎

4C 陳炫均 CHAN Yuen-kwan 5A 周卓賢 CHAU Cheuk-yin 5A 葉梓煬 YIP Tsz-yeung

朗誦 Speech

1. 第74屆香港學校朗誦節(2022)(中文朗誦)由 香港學校音樂及朗誦協會 主辦
The 74th Hong Kong Schools Speech Festival (2022) (Chinese Speech)
by Hong Kong Schools Music and Speech Association

優良獎狀 Merit

| | | | | | | | | |
|----|-----|-----------------|----|-----|-----------------|----|-----|---------------|
| 1A | 曾子泰 | TSANG Tsz-tai | 1A | 張懿銘 | CHEUNG Yi-ming | 1D | 梁皓燊 | LEUNG Ho-san |
| 2A | 陳智敏 | CHAN Chi-man | 2A | 張穎雯 | CHEUNG Wing-man | 2A | 梁芷洙 | LEUNG Tsz-yau |
| 2D | 張炳華 | CHEUNG Ping-wah | 5A | 陳栢皓 | CHAN Pak-ho | 5D | 林鎮耀 | LAM Chun-yiu |

2. 第74屆香港學校朗誦節(2022)(英文朗誦)由 香港學校音樂及朗誦協會 主辦
The 74th Hong Kong Schools Speech Festival (2022) (English Speech)
by Hong Kong Schools Music and Speech Association

優良獎狀 Merit

| | | | | | | | | |
|----|-----|----------------|----|-----|-----------------|----|-----|--------------------|
| 1A | 陳芷晴 | CHAN Tsz-ching | 1A | 金美伶 | KHAN FOZEA | 1A | 盧巧兒 | LO Hau-yi |
| 1A | | THAPA HISTRY | 1A | 周俊亨 | CHOW Chun-hang | 1A | 金發 | HUSNAIN HAMZA RIAZ |
| 1B | 何詠寶 | HO Wing-po | 1B | 曾子祐 | TSANG Tsz-yau | 1B | 趙仔睿 | CHIU Ryosuke |
| 1D | 曹浩瑋 | CAO Ho-wai | 1E | 曹子徐 | CAO Reid | 2A | 梁芷洙 | LEUNG Tsz-yau |
| 3A | 鄭家慧 | CHENG Ka-wai | 3A | 吳雪琳 | NG Suet-lam | 3A | 黃日翹 | WONG Yat-kiu |
| 4A | 林俊傑 | LAM Chun-kit | 4B | 邱美瑜 | YAU Mei-yu | 4B | 陳汝恆 | CHAN Yu-hang |
| 4C | 陳炫均 | CHAN Yuen-kwan | 4C | 陳家琪 | CHAN Ka-ki | 4C | 徐鎧晴 | TSUI Hoi-ching |
| 5A | 周卓賢 | CHAU Cheuk-yin | 5A | 王琮昇 | WONG Chung-sing | 5C | 黃鋤雅 | WONG Si-nga |

辯論 Debate

1. 「希聲盃辯論比賽」由 希聲辯論教育中心 主辦
Debate One Competition by Debate One

殿軍 The 3rd Runner Up

伊利沙伯中學舊生會湯國華中學 Queen Elizabeth School Old Students' Association Tong Kwok Wah Secondary School

最佳辯論員 Best Debater

4C 陳炫均 CHAN Yuen-kwan 5A 林詠 LAM Wing

2. 第十二屆奇趣盃辯論比賽 由 寶血會上會英文書院 主辦
The 12th Fun Cup Debate Competition by Holy Trinity College

最佳辯論員 Best Debater

4A 郭汶琦 KWOK Man-kei

德育、公民及國民教育 Moral, Civic and National Education

- 「傳承·想創——積極推廣中國歷史與中華文化學校年度大獎(22/23)」由教育局主辦
Inheritance & Innovation: School of the Year Award for Promoting Chinese History and Culture (22/23) by The Education Bureau

積極推廣中國歷史與中華文化學校年度大獎 (2022/23)
School of the Year Award for Promoting Chinese History and Culture (2022/23)

伊利沙伯中學舊生會湯國華中學 Queen Elizabeth School Old Students' Association Tong Kwok Wah Secondary School

積極推廣中國歷史與中華文化教師獎Teacher of the Year Award for Promoting Chinese History and Culture

| | | | | | | | |
|-------|-----------------|--|--|--|--|--|--|
| 容韻芝老師 | Ms YUNG Wan-chi | | | | | | |
|-------|-----------------|--|--|--|--|--|--|

積極學習中國歷史與中華文化獎Students of the Year Award for Promoting Chinese History and Culture

| | | | | | | | | |
|----|-----|----------------|----|------|----------------|----|-----|-------------|
| 2B | 郭桐兒 | KWOK Tung-yi | 2B | 麥詩渝 | MAK Sze-yu | 2B | 孫子喬 | SUN Tsz-kiu |
| 2E | 黃厚耀 | WONG Hau-yiu | 3A | 司徒稀雪 | SZETO Hei-suet | 3B | 譚文惠 | TAM Man-wai |
| 4A | 張凱怡 | CHEUNG Hoi-yi | 4A | 郭汶琦 | KWOK Man-kei | 4A | 戴芷柔 | TAI Tsz-yau |
| 4A | 李丞哲 | LEE Shing-chit | | | | | | |
- 「學校會員評選獎勵計劃 (22/23學年)」由香港中華文化發展聯合會主辦
School Membership Award Scheme (22/23) by Hong Kong Chinese Culture Development Association

傑出中華文化傳承單位 (2022/23年度) The Outstanding Chinese Culture Promotion School (2022/23)

伊利沙伯中學舊生會湯國華中學 Queen Elizabeth School Old Students' Association Tong Kwok Wah Secondary School

學生文化大使Student Ambassador Programme

| | | | | | | | | |
|----|-----|--------------|----|-----|----------------|----|-----|---------------|
| 3A | 鄭家慧 | CHENG Ka-wai | 4C | 陳炫均 | CHAN Yuen-kwan | 5D | 馮基恆 | FUNG Kei-heng |
|----|-----|--------------|----|-----|----------------|----|-----|---------------|
- 「聯合國氣候變化大會『淨零』COP28大使計劃」由長春社和阿拉伯聯合酋長國駐香港總領事館主辦
COP28 Student Ambassador Training Programme by The Conservation Association and the UAE Consulate

COP28大使 COP28 Student Ambassador Training Programme

| | | | | | | | | |
|----|-----|---------------|----|-----|----------------|--|--|--|
| 4A | 胡卓婷 | WU Cheuk-ting | 4A | 梁詠詩 | LEUNG Wing-sze | | | |
|----|-----|---------------|----|-----|----------------|--|--|--|
- 「C ME FLY 伴星行動·毅恆之星夥伴計劃」由學友社主辦
Persevering Star Partnership Scheme by Hok Yau Club

入選獎Selected Works

| | | | | | | | | |
|----|-----|----------------|----|-----|---------------|--|--|--|
| 5D | 蔡子澄 | TSAI Tsz-ching | 6B | 楊湛曦 | YANG Cham-hei | | | |
|----|-----|----------------|----|-----|---------------|--|--|--|
- 「通識達人網上挑戰計劃 (22/23學年)」由香港教育城主辦
Liberal Studies Online Award Scheme (22/23) by Hong Kong Education City

全年積極參與學校獎Active School

伊利沙伯中學舊生會湯國華中學 Queen Elizabeth School Old Students' Association Tong Kwok Wah Secondary School
- 「中電新世代·新動力獎勵計劃2023」由香港青年協會主辦
CLP Energy for Brighter Tomorrows Award 2023 by The Hong Kong Federation of Youth Groups

嘉許狀Certificate of Merit

| | | | | | | | |
|----|-----|----------------|--|--|--|--|--|
| 5D | 蔡子澄 | TSAI Tsz-ching | | | | | |
|----|-----|----------------|--|--|--|--|--|
- 「國家安全青少年大使訓練計劃」由香港基本法推介聯席會議主辦
National Security Youth Ambassador Training Program by Joint Committee for Promotion of the Basic Law of Hong Kong

嘉許證書Certificate of Merit

| | | | | | | | | |
|----|-----|---------------|----|-----|------------|----|-----|-----------|
| 1B | 吳欣怡 | NG YAN YI | 1B | 何雨晨 | HE Yu-chen | 1B | 謝勵奇 | XIE Ricky |
| 1B | 鍾嘉衡 | ZHONG Ka-hang | 1B | 李柳芳 | LI Liufang | | | |

8. 「公益少年團團員獎勵計劃」由 公益少年團 主辦

CYC Member Merit Award Scheme by Community Youth Club (CYC)

中學基本級（黃色徽章） Secondary School Foundation Level (Yellow Badge)

| | | | | | | | | |
|----|-----|-------------|----|-----|---------------|----|-----|-------------|
| 4B | 余泳怡 | YU Wing-yi | 4B | 梁詩瑤 | LEUNG Sze-yiu | 4B | 李梓櫻 | LI Tsz-ying |
| 4B | 朱梓維 | ZHU Tsz-wai | 4C | 黃惠慈 | WONG Wai-chi | | | |

中學初級（綠色徽章） Secondary School Level 1 (Green Badge)

| | | | | | | | | |
|----|-----|-------------|----|-----|------------|----|-----|-------------|
| 4A | 戴芷柔 | TAI Tsz-yau | 4A | 蔡雨詩 | CAI Yu-sze | 4A | 樓展昊 | LAU Chin-ho |
|----|-----|-------------|----|-----|------------|----|-----|-------------|

中學中級（橙色徽章） Secondary School Level 2 (Orange Badge)

| | | | | | | | | |
|----|-----|-------------|----|-----|--------------|----|-----|----------------|
| 3A | 吳雪琳 | NG Suet-lam | 4A | 郭汶琦 | KWOK Man-kei | 4A | 李丞哲 | LEE Shing-chit |
|----|-----|-------------|----|-----|--------------|----|-----|----------------|

9. 「吾講吾識基本法——講座暨競技工作坊」由 學友社 主辦

Basic Law Seminar and Competition by Hok Yau Club

三等獎 Third Class

| | | | | | | | | |
|----|-----|----------------|----|-----|---------------|----|-----|---------------|
| 1A | 周俊亨 | CHOW Chun-hang | 1A | 彭子謙 | PANG Tsz-him | 1A | 曾子泰 | TSANG Tsz-tai |
| 1A | 嚴楚霆 | YIM Cho-ting | 1B | 何雨晨 | HE Yu-chen | 1B | 潘錫樑 | PUN Sik-leung |
| 1B | 謝勵奇 | XIE Ricky | 1B | 鍾嘉衡 | ZHONG Ka-hang | 1B | 李柳芳 | LI Liufang |

10. 「大灣區（9+2）城市遊蹤攤位遊戲設計比賽」由 元朗區文藝協進會 主辦

Greater Bay (9+2) City Tracking Both Design Competition by Yuen Long District Arts Committee

優異獎 Merit

| | | | | | | | | |
|----|-----|----------------|----|-----|---------------|----|-----|--------------|
| 3A | 吳雪琳 | NG Suet-lam | 3A | 孔令楠 | HUNG Ling-nam | 4A | 郭汶琦 | KWOK Man-kei |
| 4A | 李丞哲 | LEE Shing-chit | | | | | | |

11. 「無煙Teens精英計劃」由 香港吸煙與健康委員會（委員會） 主辦

Smoke-free Elite Teens Programme by Hong Kong Council on Smoking and Health

優異無煙 Teens 團隊 Outstanding Team

| | | | | | | | | |
|----|-----|--------------|----|-----|----------------|----|-----|-------------|
| 3A | 吳雪琳 | NG Suet-lam | 4A | 張凱怡 | CHEUNG Hoi-yi | 4A | 戴芷柔 | TAI Tsz-yau |
| 4A | 郭汶琦 | KWOK Man-kei | 4A | 李丞哲 | LEE Shing-chit | 4A | 樓展昊 | LAU Chin-ho |

12. 「善德基金會全港中學校際問答及論證比賽2023」由 善德基金會 主辦

Hong Kong Shine Tak Foundation Inter-school Quiz Competition by Hong Kong Shine Tak Foundation

優異獎 Merit

| | | | | | | | | |
|----|-----|----------------|----|-----|---------------|----|-----|-----------------|
| 4A | 梁詠詩 | LEUNG Wing-sze | 4A | 譚婉彤 | TAM Yuen-tung | 4A | 曾翠婷 | TSANG Chui-ting |
| 4A | 曾曉倩 | ZENG Xiaoqian | 4A | 徐梓軒 | CHUI Tsz-hin | 4A | 高明瀚 | KO Ming-hon |
| 4A | 林俊傑 | LAM Chun-kit | 4A | 樓展昊 | LAU Chin-ho | 4A | 李文熙 | LEE Man-hei |
| 4A | 李皓賢 | LI Ho-yin | | | | | | |

藝術 Arts

1. 「第十屆香港青少年音樂大賽」由 香港音樂藝術發長中心 主辦

The 10th Hong Kong Youth Music Competition by Hong Kong Musical Art Development Centre

鋼琴三級金獎 Piano Grade 3 Gold

| | | | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|
| 2A | 梁芷洙 | LEUNG Tsz-yau | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|

豎琴少年初級金獎 Harp Youth Junior Gold

| | | | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|
| 2A | 梁芷洙 | LEUNG Tsz-yau | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|

2. 「第75屆香港學校音樂節（2023）」由 香港學校音樂及朗誦協會 主辦

The 75th Hong Kong Schools Music Festival (2023) by Hong Kong Schools Music and Speech Association

結他獨奏冠軍 Guitar Solo Champion

| | | | | | | | | |
|----|-----|----------------|--|--|--|--|--|--|
| 5A | 周卓賢 | CHAU Cheuk-yin | | | | | | |
|----|-----|----------------|--|--|--|--|--|--|

3. 「2022/23年度全港校際尊重版權創作比賽」由香港書刊版權授權協會主辦
Hong Kong Inter-school Respecting Copyright Creation Competition 2022/23
by Hong Kong Reprographic Rights Licensing Society

微電影／動畫創作比賽優異獎 Micro Film/Animation Creation Competition Merit

5A 胡加靖 WU Ka-ching 5D 胡憫怡 WU Man-yi

4. 「防火訊息短片設計比賽」由元朗區防火委員會主辦
Fire Prevention Video Design Competition by District Fire Safety Committee (Yuen Long District)

冠軍 Champion

5D 何樂怡 HO Lok-yi 5D 蔡曉琳 CHOI Hiu-lam 5D 蔡子澄 TSAI Tsz-ching
5D 蔡俊恒 CAI Chun-hang 5D 馮基恆 FUNG Kei-heng

5. 「第六屆香港青少年書法大賽」由香港大公文匯傳媒集團及中國書法家協會主辦
The 6th Hong Kong Youth Calligraphy Competition
by Hong Kong Ta Kung Wen Wei Media Group & China Calligraphers Association

入選獎 Selected Works

4A 余泳怡 YU Wing-yi 4C 陳泳錡 CHAN Wing-kei 4C 簡健好 KAN Kin-ho
5B 吳思穎 NG Sze-wing 5B 余焯橋 YU Cheuk-kiu

欖球 Rugby

1. 「全港中學校際非撞式欖球比賽2023」由中國香港欖球總會主辦
Inter-secondary School Touch Championship 2023 by Hong Kong China Rugby

女子新秀組冠軍 Girl's Newbie Champion

1A 陳芷晴 CHAN Tsz-ching 1A 黃稚桐 WONG Chi-tung 1B 黃莉殷 WONG Lee-yan
1E 何曉嵐 HO Hiu-laam 2A 陳智敏 CHAN Chi-man 2A 周偕馨 CHAU Kai-hing
2A 李嘉倩 LEE Ka-sin 2D 馬雅詩 MA Nga-sze 2E 龔美彤 GONG Mei-tong
3A 鄭曦柔 CHENG Hei-yau 3A 李苡靜 LEE I-ching 3A 梁凱欣 LEUNG Hoi-yan
3B 陳碧心 CHAN Pik-sum 3D 梁紫琳 LEUNG Icy

女子精英組冠軍 Girl's Master Champion

4A 鄒鎧澄 CHOW Hoi-ching 4A 王祉晴 WONG Tsz-ching 5B 劉巧晴 LAU Hau-ching
5D 高文慧 KO Man-wai 5D 鄧綽銳 TANG Cheuk-yui 6A 黃泳嵐 WONG Wing-nam
6B 戴美莉 TAI Mei-lee 6B 黃幸兒 WONGMANEE 6C 陳芷婷 CHAN Tsz-ting
6D 何紫煊 HO Tsz-huen 6D 劉嘉盈 LAU Ka-ying

男子新秀組冠軍 Boy's Newbie Champion

3A 周彥信 CHAU Yin-shun 3C 葉君堯 IP Kwan-yiu 3C 吳景陽 NG King-yeung
3D 陳家諾 CHEN Ka-nok 3D 鍾栢軒 CHUNG Pak-hin 3D 劉翊均 LAU Yik-kwan
3D 李智楠 LEE Chi-nam 3D 梁皓霖 LEUNG Ho-lam 3D 黃鑄寬 WONG Kan-fun
3E 張焯皓 CHANG Cheuk-ho 3E 溫浚豪 WEN Tsun-ho 4A 梁文杰 LEUNG Man-kit
4B 歐胤豪 AU Yan-ho 4B 陳柏橋 CHAN Pak-kiu 4B 黃培基 WONG Pui-kei

男子精英組冠軍 Boy's Master Champion

4A 徐梓軒 CHUI Tsz-hin 4A 林俊傑 LAM Chun-kit 4A 鄧寶淇 TANG Po-kei
4C 陳鎮輝 CHAN Chun-fai 5A 黃家耀 WONG Ka-yiu 5B 陳思浩 CHEN Sze-ho
5B 胡偉昇 WOO Wai-sing 5C 周毅朗 CHAU Ngai-long 5C 文傑峯 MAN Kit-fung
5D 黃梓朗 WONG Tsz-long 6B 楊湛曦 YANG Cham-hei 6D 伍俊鴻 NG Chun-hung

2. 「全港中學校際七人欖球比賽」由香港學界體育聯會主辦
All Hong Kong Inter-School Rugby Sevens Competition 2022-23 by the Hong Kong Schools Sports Federation

男子甲組最有價值球員 Boys A Grade Most Valuable Player

5A 黃家耀 WONG Ka-yiu

女子丙組碗賽冠軍 Girls A Grade Bowl Champion

1A 陳芷晴 CHAN Tsz-ching 1A 黃稚桐 WONG Chi-tung 1B 黃莉殷 WONG Lee-yan

1E 何曉嵐 HO Hiu-laam 2A 陳智敏 CHAN Chi-man 2A 周偕馨 CHAU Kai-hing

2A 李嘉倩 LEE Ka-sin 2E 龔美彤 GONG Mei-tong

男子丙組盾賽冠軍 Boys C Grade Shield Champion

1A 鍾誠晞 CHUNG Shing-hei 1A 曾子泰 TSANG Tsz-tai 1B 吳浣陽 NG Hei-yeung

1B 吳國正 NG Kwok-ching 1C 羅禮賢 LAW Lai-yin 1D 陳浩天 CHAN Ho-tin

1D 陳浩泓 CHAN Ho-wang 1D 陳祺睿 CHAN Ki-yui 1E 何上言 HO Sheung-yin

2D 王泓竣 WONG Wang-chun

男子乙組碗賽冠軍 Boys B Grade Bowl Champion

2C 葉鎮鋒 IP Chun-fung 3A 周彥信 CHAU Yin-shun 3C 葉君堯 IP Kwan-yiu

3C 吳景陽 NG King-yeung 3D 陳家諾 CHEN Ka-nok 3D 劉翊均 LAU Yik-kwan

3D 李智楠 LEE Chi-nam 3D 梁皓霖 LEUNG Ho-lam 3D 黃鑄寬 WONG Kan-fun

4A 梁文杰 LEUNG Man-kit 4B 陳柏橋 CHAN Pak-kiu 4C 陳鎮輝 CHAN Chun-fai

男子甲組盃賽冠軍 Boys A Grade Cup Champion

3D 趙一夫 CHIU Yat-fu 5A 何俞康 HO Yu-hong 5B 陳思浩 CHEN Sze-ho

5B 胡偉昇 WOO Wai-sing 5C 周毅朗 CHAU Ngai-long 5C 文傑峯 MAN Kit-fung

5D 黃梓朗 WONG Tsz-long 6B 楊湛曦 YANG Cham-hei 6D 伍俊鴻 NG Chun-hung

3. 「新界地域中學校際七人欖球比賽」由香港學界體育聯會主辦
New Territories Inter-School Rugby 7s Competition by the Hong Kong Schools Sports Federation

男子丙組盾賽冠軍 Boys C Grade Shield Champion

1A 鍾誠晞 CHUNG Shing-hei 1A 曾子泰 TSANG Tsz-tai 1B 吳浣陽 NG Hei-yeung

1B 吳國正 NG Kwok-ching 1C 許智樂 HUI Chi-lok 1C 羅禮賢 LAW Lai-yin

1D 陳浩泓 CHAN Ho-wang 1D 陳祺睿 CHAN Ki-yui 1E 何上言 HO Sheung-yin

2D 王泓竣 WONG Wang-chun

男子乙組碟賽冠軍 Boys B Grade Plate Champion

2C 葉鎮鋒 IP Chun-fung 3A 周彥信 CHAU Yin-shun 3C 葉君堯 IP Kwan-yiu

3C 吳景陽 NG King-yeung 3D 陳家諾 CHEN Ka-nok 3D 鍾栢軒 CHUNG Pak-hin

3D 劉翊均 LAU Yik-kwan 3D 李智楠 LEE Chi-nam 3D 梁皓霖 LEUNG Ho-lam

3D 黃鑄寬 WONG Kan-fun

男子甲組盃賽冠軍 Boys A Grade Cup Champion

3D 趙一夫 CHIU Yat-fu 5A 黃家耀 WONG Ka-yiu 5B 陳思浩 CHEN Sze-ho

5B 胡偉昇 WOO Wai-sing 5C 周毅朗 CHAU Ngai-long 5C 文傑峯 MAN Kit-fung

5D 黃梓朗 WONG Tsz-long 6B 楊湛曦 YANG Cham-hei 6D 伍俊鴻 NG Chun-hung

4. 「深水埗區非撞式欖球比賽2022」由深水埗體育會主辦
Sham Shui Po Touch Tournament 2022 by Sham Shui Po Sports Association

女子U19季軍 Girls U19 2nd Runner Up

2A 陳智敏 CHAN Chi-man 2A 周偕馨 CHAU Kai-hing 2E 龔美彤 GONG Mei-tong

3A 李苡靜 LEE I-ching 3D 梁紫琳 LEUNG Icy 5B 劉巧晴 LAU Hau-ching

5D 高文慧 KO Man-wai 6B 戴美莉 TAI Mei-lee 6D 何紫煊 HO Tsz-huen

6D 劉嘉盈 LAU Ka-ying

男子U19冠軍 Boys U19 Champion

3D 陳家諾 CHEN Ka-nok 3D 趙一夫 CHIU Yat-fu 3D 黃鑄寬 WONG Kan-fun

5A 黃家耀 WONG Ka-yiu 5B 陳思浩 CHEN Sze-ho 5B 胡偉昇 WOO Wai-sing

5C 文傑峯 MAN Kit-fung 5D 黃梓朗 WONG Tsz-long

5. 「中學非撞式欖球錦標賽（冬季賽）」由 國際學校 主辦

2022/23 Schools Touch Championships by International College Hong Kong Secondary

| 女子丙組季軍 Girls C Grade 2nd Runner up | | | | | | | | |
|------------------------------------|-----|----------------|----|-----|---------------|----|-----|----------------|
| 2A | 陳智敏 | CHAN Chi-man | 2A | 周偕馨 | CHAU Kai-hing | 2A | 李嘉倩 | LEE Ka-sin |
| 2E | 龔美彤 | GONG Mei-tong | 3A | 鄭曦柔 | CHENG Hei-yau | 3A | 李苡靜 | LEE I-ching |
| 3A | 梁凱欣 | LEUNG Hoi-yan | 3A | 邱曉琳 | YAU Hiu-lam | 3C | 吳梓瑩 | NG Tsz-ying |
| 3D | 梁紫琳 | LEUNG Icy | | | | | | |
| 女子乙組冠軍 Girls B Grade Champion | | | | | | | | |
| 4A | 區妙盈 | AU Miu-ying | 4A | 區妙如 | AU Miu-yu | 4A | 鄒鎰澄 | CHOW Hoi-ching |
| 4A | 王祉晴 | WONG Tsz-ching | 4C | 杜錦鈺 | TO Kam-yuk | 5D | 高文慧 | KO Man-wai |
| 5D | 鄧緯銳 | TANG Cheuk-yui | 6B | 戴美莉 | TAI Mei-lee | 6D | 何紫煊 | HO Tsz-huen |
| 6D | 劉嘉盈 | LAU Ka-ying | | | | | | |

手球 Handball

1. 「元朗區中學校際手球比賽」由 香港學界體育聯會 主辦

Yuen Long Inter-School Handball Competition by the Hong Kong Schools Sports Federation

| 女子甲組亞軍 Girls A Grade 1st Runner Up | | | | | | | | |
|------------------------------------|-----|---------------|----|-----|---------------|----|-----|-----------------|
| 4B | 張寶之 | CHEONG Po-chi | 5B | 劉巧晴 | LAU Hau-ching | 6A | 黃泳嵐 | WONG Wing-nam |
| 6B | 戴美莉 | TAI Mei-lee | 6B | 黃幸兒 | WONGMANEE | 6C | 陳芷婷 | CHAN Tsz-ting |
| 6D | 劉嘉盈 | LAU Ka-ying | 6D | 何紫煊 | HO Tsz-huen | | | |
| 女子丙組亞軍 Girls C Grade 1st Runner Up | | | | | | | | |
| 1B | 黃莉殷 | WONG Lee-yan | 2A | 陳智敏 | CHAN Chi-man | 2A | 張穎雯 | CHEUNG Wing-man |
| 2A | 廖焯瑤 | LIU Cheuk-yiu | 2B | 郭桐兒 | KWOK Tung-yi | 2C | 梁雪兒 | LEUNG Suet-yi |
| 2C | 黃己津 | WONG Kei-chun | 2D | 鄭紫淇 | ZHENG Chi-ki | 2E | 冼潼珍 | SIN Tung-chun |

2. 「元朗區中學校際沙灘手球比賽」由 香港學界體育聯會 主辦

Yuen Long Inter-School Beach Handball Competition by the Hong Kong Schools Sports Federation

| 女子組季軍 Girls 2nd Runner Up | | | | | | | | |
|---------------------------|-----|---------------|----|-----|---------------|----|-----|---------------|
| 3A | 李苡靜 | LEE I-ching | 3B | 劉卓欣 | LAU Cheuk-yan | 3B | 吳穎心 | NG Wing-sum |
| 4B | 張寶之 | CHEONG Po-chi | 5B | 劉巧晴 | LAU Hau-ching | 6A | 黃泳嵐 | WONG Wing-nam |
| 6B | 戴美莉 | TAI Mei-lee | 6B | 黃幸兒 | WONGMANEE | 6C | 陳芷婷 | CHAN Tsz-ting |
| 6D | 劉嘉盈 | LAU Ka-ying | | | | | | |

足球 Football

「元朗區中學校際足球比賽」由 香港學界體育聯會 主辦

Yuen Long Inter-School Football Competition by the Hong Kong Schools Sports Federation

| 男子初級組初賽優異 Boys U15 Preliminary Rounds Merit | | | | | | | | |
|---|-----|----------------|----|-----|----------------|----|-----|----------------|
| 2B | 潘志軒 | POON Chi-hin | 2C | 葉鎮鋒 | IP Chun-fung | 2C | 利逸希 | LI Yat-hei |
| 2C | 黃柏朗 | WONG Pak-long | 2D | 陳浚龍 | CHAN Tsun-lung | 2D | 何本彥 | HO Pun-yin |
| 2E | 張文軒 | CHEUNG Man-hin | 3A | 李卓殷 | LEE Cheuk-yan | 3A | 黃卓軒 | WONG Cheuk-hin |
| 3A | 王諾崎 | WONG Nok-kei | 3B | 陳麒亦 | CHEN Qi-yi | 3B | 李柏熙 | LI Pak-hei |
| 3C | 洪嘉軒 | HUNG Ka-hin | 3C | 葉君堯 | IP Kwan-yiu | 3D | 陳家諾 | CHEN Ka-nok |
| 3D | 劉翊均 | LAU Yik-kwan | 3D | 黃鑄寬 | WONG Kan-fun | | | |
| 男子初級組足球複賽優異 Boys U15 Final Merit | | | | | | | | |
| 2B | 潘志軒 | POON Chi-hin | 2C | 葉鎮鋒 | IP Chun-fung | 2C | 利逸希 | LI Yat-hei |
| 2C | 黃柏朗 | WONG Pak-long | 2D | 陳浚龍 | CHAN Tsun-lung | 2D | 何本彥 | HO Pun-yin |
| 2E | 張文軒 | CHEUNG Man-hin | 3A | 李卓殷 | LEE Cheuk-yan | 3A | 黃卓軒 | WONG Cheuk-hin |
| 3A | 王諾崎 | WONG Nok-kei | 3B | 陳麒亦 | CHEN Qi-yi | 3B | 李柏熙 | LI Pak-hei |
| 3C | 洪嘉軒 | HUNG Ka-hin | 3C | 葉君堯 | IP Kwan-yiu | 3D | 陳家諾 | CHEN Ka-nok |
| 3D | 劉翊均 | LAU Yik-kwan | 3D | 黃鑄寬 | WONG Kan-fun | | | |

籃球 Basketball

「元朗區中學校際籃球比賽」由 香港學界體育聯會 主辦

Yuen Long Inter-School Basketball Competition by the Hong Kong Schools Sports Federation

女子甲組季軍 Girls A Grade 2nd Runner Up

| | | | | | | | | |
|----|-----|---------------|----|-----|---------------|----|-----|------------|
| 4B | 張寶之 | CHEONG Po-chi | 5B | 劉巧晴 | LAU Hau-ching | 5D | 高文慧 | KO Man-wai |
| 6A | 黃泳嵐 | WONG Wing-nam | 6B | 戴美莉 | TAI MEI LEE | 6B | 黃幸兒 | WONGMANEE |
| 6C | 陳芷婷 | CHAN Tsz-ting | 6D | 何紫煊 | HO Tsz-huen | | | |

排球 Volleyball

「排球章別獎勵計劃」由 中國香港排球總會 主辦

Badges Award Scheme for Volleyball by the Volleyball Association of Hong Kong, China

銅章Bronze

| | | | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|
| 5B | 鄧景楠 | TANG King-nam | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|

乒乓球 Table-tennis

「元朗區中學校際乒乓球比賽」由 香港學界體育聯會 主辦

Yuen Long Inter-School Table-tennis Competition by the Hong Kong Schools Sports Federation

男子丙組優異獎 Boys C Grade Merit

| | | | | | | | | |
|----|-----|--------------|----|-----|-------------|----|-----|----------------|
| 2B | 潘志軒 | POON Chi-hin | 2C | 林景濤 | LAM King-to | 2E | 張文軒 | CHEUNG Man-hin |
|----|-----|--------------|----|-----|-------------|----|-----|----------------|

男子乙組優異獎 Boys B Grade Merit

| | | | | | | | | |
|----|-----|---------------|----|-----|--------------|----|------|----------------|
| 3A | 孔令楠 | HUNG Ling-nam | 3D | 劉翊均 | LAU Yik-kwan | 4A | 司徒敬謙 | SZETO King-him |
| 4A | 戴偉權 | TAI Wai-kuen | 4B | 譚柏熙 | TAM Pak-hei | | | |

地壺球 Floor Curling

「囍燕盃新界西中學T3地壺球錦標賽」由 香港地壺球協會 主辦

Hei Yin Cup New Territories West Inter-School T3 Floor Curling Championship by Hong Kong FloorCurling Association

高中組亞軍 Senior Secondary 1st Runner Up

| | | | | | | | | |
|----|-----|---------------|----|-----|----------------|----|-----|--------------|
| 5A | 黃家耀 | WONG Ka-yiu | 5C | 周毅朗 | CHAU Ngai-long | 5C | 文傑峯 | MAN Kit-fung |
| 5D | 黃梓朗 | WONG Tsz-long | | | | | | |

田徑 Athletics

1. 「元朗區中學校際田徑比賽」由 香港學界體育聯會 主辦

Yuen Long Inter-School Athletics Championships by the Hong Kong Schools Sports Federation

女子甲組團體第四名 Gils A Grade Team 4th

| | | | | | | | | |
|----|-----|-----------|----|-----|-------------|----|-----|-------------|
| 5C | 黎蕊嘉 | LI Yui-ka | 5D | 高文慧 | KO Man-wai | 6B | 戴美莉 | TAI Mei-lee |
| 6B | 黃幸兒 | WONGMANEE | 6D | 劉嘉盈 | LAU Ka-ying | 6D | 何紫煊 | HO Tsz-huen |

女子乙組鐵餅冠軍 Girls B Grade Shot Put Champion

| | | | | | | | | |
|----|-----|-------------|--|--|--|--|--|--|
| 3A | 李玟靜 | LEE I-ching | | | | | | |
|----|-----|-------------|--|--|--|--|--|--|

女子甲組標槍冠軍 Girls A Grade Javelin Throw Champion

| | | | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|
| 6A | 黃泳嵐 | WONG Wing-nam | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|

女子甲組鉛球亞軍 Girls A Grade Shot Put 1st Runner UP

| | | | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|
| 6A | 黃泳嵐 | WONG Wing-nam | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|

女子甲組 4x400米接力亞軍、團體第四名 4x100 Relay 1st Runner Up & Team 4th

| | | | | | | | | |
|----|-----|----------------|----|-----|---------------|----|-----|---------------|
| 4B | 張寶之 | CHEONG Po-chi | 5B | 劉巧晴 | LAU Hau-ching | 5C | 彭巧羚 | PANG Hau-ling |
| 5D | 鄧綽銳 | TANG Cheuk-yui | 6C | 陳芷婷 | CHAN Tsz-ting | | | |

女子甲組 400米冠軍 Girls A Grade 400m Champion

| | | | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|
| 5B | 劉巧晴 | LAU Hau-ching | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|

女子甲組200米殿軍 Girls A Grade 200m 3rd Runner Up

| | | | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|
| 5B | 劉巧晴 | LAU Hau-ching | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|

女子甲組 1500米季軍 Girls A Grade 1500m 2nd Runner Up

| | | | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|
| 5C | 彭巧羚 | PANG Hau-ling | | | | | | |
|----|-----|---------------|--|--|--|--|--|--|

| 男子乙組 4x400米接力殿軍 Boys B Grade 4x100 Relay 3rd Runner Up | | | | | | | |
|--|-----|-------------|----|-----|---------------|----|-----------------|
| 3C | 洪嘉軒 | HUNG Ka-hin | 4A | 林俊傑 | LAM Chun-kit | 4A | 樓展昊 LAU Chin-ho |
| 4B | 歐胤豪 | AU Yan-ho | 4C | 陳鎮輝 | CHAN Chun-fai | | |
| 優良獎狀Merit男子乙組 100米欄季軍 Boys B Grade 100m Hurdle 2nd Runner Up | | | | | | | |
| 4A | 樓展昊 | LAU Chin-ho | | | | | |

2. 「香港田徑系列賽2023系列賽」由 中國香港田徑總會 主辦
Hong Kong Athletics Series 2023 by Hong Kong, China Association of Athletics Affiliates

| 系列賽一 女子U18 400米冠軍 Series 1 Girls U18 400m Champion | | | | | | | |
|---|-----|---------------|--|--|--|--|--|
| 5B | 劉巧晴 | LAU Hau-ching | | | | | |
| 系列賽二 女子U18 400米亞軍 Series 2 Girls U18 400m First Runner Up | | | | | | | |
| 5B | 劉巧晴 | LAU Hau-ching | | | | | |

3. 「萬鈞教育機構聯校陸運會友校接力邀請賽」由 萬鈞伯裘書院 主辦
Man Kwan Educational Organization Joint School Spots Day Relay Tournament by Man Kwan Pak Kau College

| 女子4x100米接力季軍 Girls 4x100 Relay 2nd Runner Up | | | | | | | |
|--|-----|---------------|----|-----|---------------|----|-------------------|
| 3B | 陳碧心 | CHAN Pik-sum | 4B | 梁詩瑤 | LEUNG Sze-yiu | 5B | 劉巧晴 LAU Hau-ching |
| 5C | 彭巧羚 | PANG Hau-ling | 5D | 高文慧 | KO Man-wai | | |

越野 Cross Country

- 「元朗區中學校際越野賽」由 香港學界體育聯會 主辦
Yuen Long Inter-School Cross Country Competition by the Hong Kong Schools Sports Federation

| 女子甲組團體第五名 Girls A Grade Team 5th | | | | | | | |
|--|-----|---------------|----|-----|---------------|----|-------------------|
| 4B | 張寶之 | CHEONG Po-chi | 5B | 劉巧晴 | LAU Hau-ching | 5C | 黎蕊嘉 LI Yui-ka |
| 5C | 彭巧羚 | PANG Hau-ling | | | | | |
| 女子甲組個人第二名 Girls A Grade Individual 2nd | | | | | | | |
| 5B | 劉巧晴 | LAU Hau-ching | | | | | |
| 女子甲組個人第九名 Girls A Grade Individual 9th | | | | | | | |
| 5C | 彭巧羚 | PANG Hau-ling | | | | | |
| 男子乙組團體第八名 Boys B Grade Team 8th | | | | | | | |
| 3C | 洪嘉軒 | HUNG Ka-hin | 4A | 樓展昊 | LAU Chin-ho | 4A | 鄧寶淇 TANG Po-kei |
| 4B | 歐胤豪 | AU Yan-ho | | | | | |
| 男子乙組個人第七名 Boys B Grade Individual 7th | | | | | | | |
| 4B | 歐胤豪 | AU Yan-ho | | | | | |
| 男子甲組團體第四名 Boys A Grade Team 4th | | | | | | | |
| 5A | 黃家耀 | WONG Ka-yiu | 5D | 莫家樂 | MOK Ka-lok | 6A | 鄧朗軒 TANG Long-hin |
| 6D | 陳華峰 | CHAN Wa-fung | | | | | |
| 男子甲組個人第八名 Boys A Grade Individual 8th | | | | | | | |
| 6A | 鄧朗軒 | TANG Long-hin | | | | | |
| 男子甲組個人第九名 Boys A Grade Individual 9th | | | | | | | |
| 6D | 陳華峰 | CHAN Wa-fung | | | | | |

游泳 Swimming

- 「元朗區中學校際游泳比賽」由 香港學界體育聯會 主辦
Yuen Long Inter-School Swimming Championships by the Hong Kong Schools Sports Federation

| 男子乙組100米背泳季軍 Boys B Grade 100m Backstroke 2nd Runner Up | | | | | | | |
|---|-----|---------------|--|--|--|--|--|
| 3D | 鍾栢軒 | CHUNG Pak-hin | | | | | |
| 男子乙組50米蝶泳季軍 Boys B Grade 50m Butterfly 2nd Runner Up | | | | | | | |
| 3D | 鍾栢軒 | CHUNG Pak-hin | | | | | |
| 男子乙組200米蛙泳季軍 Boys A Grade 200m Frog 2nd Runner Up | | | | | | | |
| 3C | 葉朗禧 | YIP Long-hei | | | | | |

補充資料 Additional Information

1. 「趣味科學短片製作比賽2022」 由 香港城市大學理學院 主辦
The CityU Science Video Competition 2022 by College of Science, City University of Hong Kong
金獎 Gold Award

| | | | | | | | | |
|----|-----|------------------|----|-----|--------------|----|-----|--------------|
| 5A | 張俊永 | Cheung Chun-wing | 5A | 劉鍵源 | Lau Kin-yuen | 5A | 李鈞緯 | Lee Kwan-wai |
| 5A | 胡加靖 | Wu Ka-ching | | | | | | |
2. 「第十八屆元朗區優秀學生選舉」 由 元朗青年聯會 主辦
Yuen Long District Outstanding Students Selection 2023 by Federation of Yuen Long Youth
元朗區十大優秀學生 Top Ten Outstanding Students in Yuen Long District

| | | | | | | | | |
|----|-----|--------------|--|--|--|--|--|--|
| 4A | 鄭家慧 | CHENG Ka-wai | | | | | | |
|----|-----|--------------|--|--|--|--|--|--|

初中組季軍 2nd Runner up (Junior Secondary Division)

| | | | | | | | | |
|----|-----|--------------|--|--|--|--|--|--|
| 4A | 鄭家慧 | CHENG Ka-wai | | | | | | |
|----|-----|--------------|--|--|--|--|--|--|
3. 「夢飛翔·紙飛機大賽」 由 元朗大會堂 主辦
Yuen Long Youth Festival 2022-2023 "Fly Your Dreams" Paper Plane Competition
by Yuen Long Town Hall
高中組個人優異獎 Individual Merit Award (Senior Secondary Division)

| | | | | | | | | |
|----|-----|----------------|--|--|--|--|--|--|
| 5A | 周卓賢 | CHAU Cheuk-yin | | | | | | |
|----|-----|----------------|--|--|--|--|--|--|

高中組優異獎 Team Merit Award (Senior Secondary Division)

| | | | | | | | | |
|----|-----|----------------|----|-----|------------------|----|-----|----------------|
| 5A | 周卓賢 | CHAU Cheuk-yin | 5A | 張俊永 | Cheung Chun-wing | 5A | 楊振康 | YANG Chun-hong |
| 5A | 葉梓揚 | YIP Tsz-yeung | | | | | | |
4. 「憲愛之星·學生資助計劃之文化交流之旅」 遊記及填色比賽 由 領域國際集團、龍騰志青 主辦
Star of Constitutional Love Student Financial Assistance Scheme - Travel Diary and Coloring
Competition by Sun-Tech International Group and Ambitious & Energetic Youths Club
中學遊記比賽冠軍 Champion - Travel Diary (Secondary Division)

| | | | | | | | | |
|----|-----|-------------|--|--|--|--|--|--|
| 6A | 陳栢皓 | CHAN Pak-ho | | | | | | |
|----|-----|-------------|--|--|--|--|--|--|

中學遊記比賽優異獎 Merit Award - Travel Diary (Secondary Division)

| | | | | | | | | |
|----|----|----------|--|--|--|--|--|--|
| 6A | 林詠 | LAM Wing | | | | | | |
|----|----|----------|--|--|--|--|--|--|
5. 第十四屆魯迅青少年文學獎香港賽區 由 魯迅青少年文學獎香港組委會 主辦
The 14th Luxun Youth Literature Award Hong Kong Division by Hong Kong Organising Committee of
Luxun Youth Literature Award
中學組中文書法最積極參與學校獎 Best Participating School Award Chinese Calligraphy (Secondary Division)
伊利沙伯中學舊生會湯國華中學 Queen Elizabeth School Old Students' Association Tong Kwok Wah Secondary School
初中組硬筆書法優異獎 Merit - Award Stiff Pen Calligraphy (Junior Secondary Division)

| | | | | | | | | |
|----|-----|-----------|--|--|--|--|--|--|
| 3A | 林紫欣 | LIN Zixin | | | | | | |
|----|-----|-----------|--|--|--|--|--|--|

學校位置 *Location*



伊利沙伯中學舊生會湯國華中學

Queen Elizabeth School Old Students' Association
Tong Kwok Wah Secondary School

地址：新界天水圍天華路57號

電話：2617 5000

傳真：2617 5222

電郵：info@qts.edu.hk

網址：<https://www.qts.edu.hk>