



譚中光譜

2026 年 9 月下旬

「你的話是我腳前的燈，是我路上的光。」
詩篇 119:105

譚中相信，每一位學生都擁有屬於自己的光芒。譚中每月都有不同的故事發生：學生在學習中成長，老師在教育中投入，學校亦在不同的活動與實踐中不斷前行。

《譚中光譜》希望記錄每月校園中值得分享的學習成果、學生表現、教師成果、校友成就及學校發展，讓家長更全面了解譚中的校園生活與最新發展。

「光譜」由不同頻率的光組成，正如譚中由不同的人、不同的經歷和不同的成長故事組成。每一份努力、每一次突破，都是譚中光譜中的一束光。

追光而行 · 每月看見譚中的光。

敢追夢 就是譚李麗芬

1. 學生之光

1.1 領導才能

1.1.1 榮獲全港傑出學生大賽 2026「優秀學生大獎」

本校 6A 鄭修凡同學於 2026 年 8 月至 9 月參選由香港兒童文藝交流協會舉辦的 2026 全港傑出學生大賽。鄭同學憑藉優異的表現，最終成績位居全體參賽者前 10%，榮獲優秀學生大獎。另外，經嚴格篩選，鄭同學亦獲大會推薦成為香港區代表，入選「歐亞優秀青年領袖獎 2026」比賽。負責人為胡婉婧老師。

1.2 學術

1.2.1 學生參與「中國中學生作文大賽（香港賽區）賽事」獲獎

本校學生於 2025 年 12 月參加了 2025-2026 中國中學生作文大賽(香港賽區)賽事，5A 周欣晨、馮紀凱、6A 王子才、余嘉慧及徐若倚同學榮獲高中組優異獎；程嘉恩老師因指導學生參賽獲優異獎而獲發感謝狀，本校亦獲得積極參與感謝狀。

1.2.2 香港中小幼「兩文三語」朗誦大賽暨第十一屆「曹燦盃」香港地區展示活動獲獎

本校學生於 2026 年 3 月至 6 月參加了香港中小幼「兩文三語」朗誦大賽暨第十一屆「曹燦盃」香港地區展示活動，歷經數月的層層篩選與激烈角逐，4A 李依靜同學於比賽中獲得銅獎；4A 曾可燁、李依靜同學獲得最具潛質獎；4A 楊銘、鄧博允、李恩樂、李思嫻同學獲得優秀獎。負責人為胡婉婧老師。

1.2.3 學生參與「化學實驗學習歷程計劃」獲頒發銀級

本校 26 位修讀化學科的學生參加由教育局科學教育組舉辦的 2025 至 2026 年度「化學實驗學習歷程計劃」，經評核後，獲頒發銀級，負責人為謝增發老師，學生名單如下：

5A 曹任梁、5A 陳彥潼、5A 陳意晴、5A 馮紀凱、5A 黃澤煜、5A 李灝鋒、
5A 李納言、5A 李兆昇、5A 梁嘉浩、5A 梁樂怡、5A 梁梓謙、5A 李銘源、
5A 李梓語、5A 梁若錡、5A 區錦如、5A 潘正浩、5A 譚思雨、5A 謝思敏、
5A 鄭穎樂、5A 周喜錡、5A 卓魏妍、5B 黃偉明、5B 胡卓賢、5B 俞文祺、
5C 陳均悠、5C 羅銘聰

1.2.4 學生參與「國際化學測試」榮獲「優異獎」及「參與證書」

本校 6A 班王子才、余嘉慧、徐若修、徐若倚、何樂怡及杜甫昶同學，於 2026 年 6 月 29 日(星期一)參加由澳洲皇家化學學院 Royal Australian Chemical Institute, RACI 主辦的「國際化學測試」(International Chemistry Quiz)。各位同學積極應試，當中杜甫昶同學成績優異，榮獲「優異獎」；王子才、余嘉慧、徐若修、徐若倚及何樂怡同學獲頒參與證書。負責人為劉世安老師。

1.3 課外活動成果

日期	主辦機構	活動名稱	項目	參與學生	成績	負責老師
1/9/2026	香港基督教服務處	聯校競技疊杯慈善賽	個人 CYCLE 項目(新生)	2A_莊依澄	冠軍	CMK
			個人 3-3-3 項目(新生)	2B_敖綽軒	殿軍	CMK
			Go Goal 高(企業賽)	3D_馮致毅 4B_黃梓興 4B_姚富喬	冠軍	CMK
			3-3-3 接力賽	2A_莊依澄 2B_馮珮琦 3D_馮致毅 4C_黃兆軒	冠軍	CMK
			3-3-3 接力(企業賽)	2A_莊依澄 3D_何喜朗 4C_馬文杰	亞軍	CMK
1/9/2026	青年學院	青年學院 Rummikub 邀請賽 2026	個人獎	6A_劉子琪	季軍	LKS

2026 至 2027 年度至今總獎數為 6 項，包括 3 項冠軍、1 項亞軍、1 項季軍、1 項殿軍。

1.4 早會分享

- 1.4.1** 2026 年 9 月 7 日，6A 杜昶甫同學於英文早會分享時段，與同學分享新學期的目標，分享內容見附件一。
- 1.4.2** 2026 年 9 月 14 日，6A 何施瑤同學於英文早會分享時段，與同學分享如何處理憤怒的情緒，分享內容見附件二。
- 1.4.3** 2026 年 9 月 21 日，6A 劉子晴同學於英文早會分享時段，與同學分享有關中秋節的英文，分享內容見附件三。
- 1.4.4** 2026 年 9 月 28 日，6A 徐若倚同學於英文早會分享時段，與同學分享有關誠信的英文，分享內容見附件四。

2. 校友之光

- 2.1** 若干位校友獲選為香港體育代表隊成員，出戰第 20 屆亞洲運動會，為港力爭佳績。在此祝願他們旗開得勝，發光發亮。詳情如下：

校友	體育項目
陳錦玲	香港女子手球代表隊
黃綺婷	香港女子手球代表隊
歐智峰	香港男子運動攀登代表隊
黃卓楠	香港男子運動攀登代表隊
郭靖	香港男子棒球代表隊

- 2.2** 於 2024 年畢業的徐偉樂校友積極進修，本年度獲香港都會大學 - 運動及康樂管理榮譽工商管理學士學位課程取錄，在此祝願徐校友前程似錦。

敢追夢 就是譚李麗芬

早會分享
(2026年9月7日)
6A 杜昶甫同學

Du Changfu (6A)

September 7th, 2026

Student	Good morning Principal, Vice Principals, teachers... and everyone who is still trying to wake up!
Teacher	Good morning! Come on — it's not that early.
Student	Mr Craig... it is definitely that early.
Teacher	Fair enough. So, how does it feel to be back at school?
Student	Can I go home?
Teacher	No.
Student	I thought I should ask.
Teacher	Nice try.
Student	Actually, coming back to school feels a little strange. The summer holiday is finished. No more sleeping late. No more staying up until two o'clock in the morning.
Teacher	Playing computer games?
Student	Maybe.
Teacher	Watching YouTube?
Student	Maybe.
Teacher	On your phone?
Student	Definitely.
Teacher	Well, now we are back. And a new school year means something important.
Student	Homework?
Teacher	No! Well... yes. Unfortunately, homework too. But I mean a NEW BEGINNING. Every person sitting here gets another chance. Maybe last year was fantastic. Maybe last year was difficult. Maybe you made mistakes. Maybe sometimes you didn't work as hard as you could.
Student	Teachers too?
Teacher	Definitely teachers too!
Student	Good. Just checking.
Teacher	None of us is perfect. But we can learn. We can improve. And we can start again.
Student	In Chinese culture, we often talk about respecting our parents, grandparents and teachers.
Teacher	Yes. Filial piety isn't only about saying, "Yes, Mum," or "Yes, Dad."
	Although that might help!
Student	It probably would! But there is something deeper. Think about the people who help you every day. Someone wakes up early to prepare breakfast. Someone works to support your family. Someone worries when you are late coming home. Someone teaches you, helps you, encourages you — and sometimes tells you something you don't particularly want to hear.
Teacher	Like, "Put your phone away."
Student	Exactly.
Teacher	"Do your homework."
Student	Yes.

Teacher	"Go to bed!"
Student	That one too! Sometimes respect means recognising what other people do for us — and showing gratitude through what WE do. Working hard at school can be one way of saying to our families: "Thank you. I appreciate what you have done for me."
Teacher	But what if you aren't the best student?
Student	You don't have to be. That is important. Success doesn't mean everybody getting the highest marks. Success means MAKING PROGRESS. If you got 40 last time and you get 50 this time — progress. If you couldn't speak confidently in English last year, but this year you stand up and try — progress. If you normally give up after one mistake, but this time you try again — progress.
Teacher	Even if I get the answer wrong?
Student	Especially then. Making mistakes is part of learning. There is a Chinese saying: "A journey of a thousand miles begins with a single step." You don't have to change your whole life today. Just take the next step.
Teacher	And we shouldn't only think about ourselves.
Student	Exactly. School is a community. Hong Kong is a community. Our country is a community. Strong communities are built when people take responsibility for themselves AND care about other people. So if your classmate doesn't understand something, help them. If someone is alone, include them. If your friend succeeds, don't be jealous. Say, "Well done!" If you see rubbish on the floor—
Teacher	Walk around it?
Student	Pick it up!
Teacher	I knew you were going to say that.
Student	Because responsibility isn't always about doing something enormous. It starts with small things. Respect your family. Respect your teachers. Respect your classmates. Take care of your school. Take care of Hong Kong. Learn about your country and its culture. And think about what YOU can contribute in the future.
Teacher	So what should everyone do this year?
Student	I think we can remember three simple things.
Teacher	Only three? Good.
Student	Number one: TRY. Even when something is difficult, give it a go. Number two: RESPECT. Respect your parents, your teachers, your classmates — and yourself. Number three: HELP. Don't only ask, "How can I succeed?" Ask: "How can WE succeed together?"
Teacher	TRY. RESPECT. HELP.
Student	That's it.
Teacher	Actually, that sounds possible.
Student	It is possible. You don't need to become a completely different person this morning.
Teacher	That's good because I'm still half asleep.
Student	We noticed. Just become a little better than you were yesterday. One lesson. One decision. One act of kindness. One step at a time.

Teacher	And maybe less time on our phones?
Student	Now you're getting ambitious.
Teacher	So, everyone, welcome back.
Student	Let's make this a year when we work hard, look after each other, respect the people who support us, and take pride in our school and our community.
Teacher	And let's make our families proud.
Student	But also make YOURSELF proud.
Teacher	Have a great school year, everyone!
Student	Thank you — and welcome back!

早會分享
(2026年9月14日)
6A 何施瑤同學

Ho Sze Yiu (6A)

September 14th, 2026

Teacher	Good morning, Principal, Vice Principals, teachers and fellow students. I'm Mr. Craig and this is Alice from 6A.
Student	Good morning, everyone!
Teacher	Alice, have you ever been really angry?
Student	Of course. Everyone gets angry sometimes. What about you, Mr. Craig?
Teacher	Me? Never!
Student	Really?
Teacher	Well... almost never.
Student	And when students don't hand in their homework?
Teacher	I get very hot insider, and I want to explode... but that's my job, to get a little angry.
Student	Mmmmmm, Mmmmmm. (pointing finger at Mr Craig) So... How do you feel when someone jumps in front of you in the lunch queue?
Teacher	I'd be annoyed.
Student	Me too.
Teacher	And that's okay. Anger is a normal feeling. Maybe I felt disrespected, or perhaps I thought it was unfair.
Student	But you could still start a shouting match. (Use hands to show argument)
Teacher	I could. And then they shout back, I shout louder — (get louder)
Student	And suddenly everyone is angry.
Teacher	Or I could say, "Excuse me, there's a queue." (firm voice)
Student	Calmly?
Teacher	Yes, Alice. I am a nice person.
Student	I didn't say you weren't!
Teacher	Good. We're making progress.
Student	Actually, there's a Chinese saying that fits this.
Teacher	Okay. Teach me.
Student	忍一時風平浪靜，退一步海闊天空。
Teacher	(Mr Craig pauses and looks at Alice.) Alice... you know I don't speak Chinese.
Student	That's why I'm teaching you!
Teacher	Fair enough. What does it mean?
Student	Something like: "Wait for a moment and the wind and waves become calm; take a step back and the sea and sky open wide."
Teacher	That's beautiful. I like the wind and waves. Anger CAN feel like a storm.
Student	And sometimes we need to let the storm calm down.
Teacher	Yes — but taking a step back doesn't mean pretending we're not angry.
Student	We can still say, "I'm angry."
Teacher	Exactly. And we can ask why. Am I hurt? Embarrassed? Did something feel unfair?
Student	So, we don't hide the anger.
Teacher	No. We try to understand it and show it without hurting someone else.

Student	We let the storm tell us something without letting it control us.
Teacher	I like that. And actually, this goes beyond one person. Imagine if every disagreement became an argument.
Student	That wouldn't be good for our school — or our society.
Teacher	Exactly. And this is one of our national security themes.
Student	Yes! Societal Security.
Teacher	A safe society doesn't mean everyone agrees about everything.
Student	We can have different opinions.
Teacher	Of course. What matters is that we can disagree, listen to each other and deal with problems peacefully.
Student	But there's another place where people get angry very quickly.
Teacher	Online?
Student	Exactly.
Teacher	Someone posts something about me. I'm angry and—(Mr Craig mimes typing.) Type, type, type... SEND!
Student	And five minutes later?
Teacher	I've calmed down.
Student	But your message hasn't.
Teacher	Ah.
Student	Someone has shared it.
Teacher	Oh.
Student	And someone else has shared it.
Teacher	Oh dear.
Student	That's where Cyber Security becomes important.
Teacher	Because what we say and share online can spread very quickly. Angry words can stay online.
Student	So sometimes it's better to wait until the storm has calmed before pressing "send."
Teacher	Definitely.
Student	So, Mr. Craig what have you learnt today?
Teacher	Well... I like the Chinese saying about the storm, and waiting until it is calm before responding.
Student	And?
Teacher	And sometimes taking a step back is the stronger thing to do.
Student	Although I still see one problem with that.
Teacher	What's that?
Student	If YOU keep taking steps backwards in the lunch queue, YOU'RE never going to get YOUR lunch. (laugh out loud)
Teacher	Fair enough.
Both	Thank you everyone!

早會分享
(2026 年 9 月 21 日)
6A 劉子晴同學

Lau Tsz Ching (6A)

September 21st, 2026

Amy	Good morning Principal, Vice Principals, teachers and fellow students. I'm Amy from 6A, and this is Mr Craig.
Mr Craig	Good morning everyone.
Amy	Next week is Mid-Autumn Festival.
Mr Craig	Amy, when I first came to Hong Kong, Mid-Autumn was completely new to me.
Amy	What did you do?
Mr Craig	We had harvest festivals. People collected the food and said thanks for having enough. They had a big dinner to share their happiness.
Amy	Mid-Autumn has a connection with the autumn harvest too. But there's something important about Mid-Autumn for us.
Mr Craig	Yes, it's the moon.
Amy	The full moon. Its round shape represents completeness and reunion — and people coming together.
Mr Craig	Which is interesting. The moon seems to touch people when they can't be together.
Amy	Yes. Nearly a thousand years ago, the Chinese poet Su Shi was separated from his younger brother.
Mr Craig	And it was Mid-Autumn?
Amy	Yes. He looked at the moon and wrote something that Chinese people still know today: 但願人長久，千里共嬋娟。
Mr Craig	Which means?
Amy	"May we live long, and though we're a thousand miles apart, share the beauty of the same moon."
Mr Craig	Ok, we feel this idea in western culture too. Some movies use this idea too.
Amy	Any examples?
Mr Craig	Many movies but one animated film I saw many years ago called An American Tail. There's a little mouse called Fievel who has become separated from his family.
Amy	I've never seen it.
Mr Craig	His sister Tanya is somewhere else. One night they're both looking at the same moon.
Amy	At the same time?
Mr Craig	Yes. And they sing a song called ♪Somewhere Out There♪. They believe that they are both looking at that same big bright full moon.
Amy	That's very similar to Su Shi.
Mr Craig	Yes!. One is an eleventh-century Chinese poet. The other is an American animated film made hundreds of years later.
Amy	Two different stories.
Mr Craig	But the same feeling of wanting to be together.
Amy	And last Mid-Autumn in 2025, that idea came up again.
Mr Craig	Into space.
Amy	Three Chinese astronauts were living on the Tiangong space station. They couldn't go home to their families for the Mid-Autumn Festival.
Mr Craig	But they still celebrated.
Amy	They had a special meal, including the traditional mooncakes, and thought about their families back on Earth.

Mr Craig	Very touching.
Amy	Everyone on Earth looking up...
Mr Craig	...while those three astronauts were looking back down.
Amy	Almost a thousand years after Su Shi.
Mr Craig	And we're still doing it.
Amy	Doing what?
Mr Craig	Finding ways to feel close to people who aren't with us.
Amy	Maybe that's why these traditions last.
Mr Craig	I think so. The world around us changes a lot.
Amy	So poems become songs. Lanterns become city lights.
Mr Craig	And now people can look at Earth from a space station.
Amy	But people still miss each other.
Mr Craig	Still come together.
Amy	Still share food.
Mr Craig	Still look at the moon.
Amy	That's also part of Cultural Security — we try to keep traditions and their meaning alive as the world keeps changing.
Mr Craig	Yes, it is important to keep the traditions alive, even as we become more modern.
Amy	So, Mr Craig, what will the Mid-Autumn moon mean to you this year?
Mr Craig	My family lives very far away. I think I'll look at it and think of them.
Amy	Like Su Shi thought about his brother.
Mr Craig	Yes. And like Fievel and Tanya looked for each other.
Amy	And the astronauts looking down to their home, Earth.
Mr Craig	Different centuries. Different cultures. Different places.
Amy	The same moon.
Mr Craig	Perhaps that's enough.
Amy	Happy Mid-Autumn Festival, everyone.
Both	Thank you.

早會分享

(2026年9月28日)

6A 徐若倚同學

Xu Ruoyi (6A)

September 28th, 2026

Alina	Good morning Principal, Vice Principals, teachers and fellow students. I'm Alina from 6A, and here is Mr Craig again.
Mr Craig	Good morning everyone. Alina, I want you to imagine something. Tomorrow morning, you have an important test. Tonight, your phone buzzes. Someone has sent you something. Every answer to tomorrow's test.
Alina	Every answer?
Mr Craig	Yup! Every one.
Alina	How exciting.
Mr Craig	And nobody knows you have them. Your teacher will never find out. Your classmates will never know. So, here's the question. Would you look?
Alina	Mmmmmmm! I know what I should say.... Um...
Mr Craig	I'm not asking what you're supposed to say. Imagine that nobody would ever know. Would it still be wrong?
Alina	Yes
Mr Craig	Why?
Alina	Because I would know. I would be cheating.
Mr Craig	And that is what we're talking about this morning. Integrity.
Alina	Is integrity another word for honesty?
Mr Craig	Honesty is about being truthful. Integrity is about, "what you do matches what you believe, or how you behave when no one can see you."
Alina	We have a similar idea in Chinese: 誠信 — chéng xìn. This means being sincere and trustworthy
Mr Craig	These ideas seem to be very important in all cultures.
Alina	In our choices and decisions, we make everyday
Mr Craig	Particularly the choices nobody else sees.
Alina	Okay. Let's go back to my test. I use the answers. I get 95%. Nobody finds out. What have I actually lost?
Mr Craig	That's an interesting question. You've got a very good mark. But that mark says something about you that isn't true, right?
Alina	It says I understand the work. My parents will be happy with that mark. So happy.
Mr Craig	But really, do you understand the work? I don't think so. This might not matter very much today. But what about next year? Or university? Or your first job?
Alina	So the lie doesn't just stay in the classroom then?
Mr Craig	Yes, most people carry these lies into their future...
Alina	Mmmm... And now there's AI.
Mr Craig	Yes. And this makes the question even more interesting. AI can explain some things you don't understand. It can give you ideas. It can help you improve your English. So yes, it can help you learn.
Alina	But it could also write my entire assignment. Yes!
Mr Craig	IT could. And you could put your name on it...
Alina	Yes, I could. And perhaps no one would know.
Mr Craig	Maybe. But...
Alina	I would know.

Mr Craig	Exactly. The problem isn't the technology. The problem is what you choose to do with it. Is it your work?
Alina	But why does any of this matter outside school?
Mr Craig	Because one day, what you know in your job will be important. What work do you want to do Alina?
Alina	I want to be a nurse.
Mr Craig	People will depend on your knowledge of nursing.
Alina	My skills and judgement.
Mr Craig	Yes, and your honesty and integrity. Strong communities need its people to trust each other.
Alina	I know, we have to stop thinking of school as just a place to learn tricks to pass, but more a place that is preparing us for our real futures in the real world.
Mr Craig	Perfectly said... please can you say that in Chinese.
Alina	我們需要停止把學校看作一個學習應試的地方，而應該把它視為一個真正為我們未來融入社會做準備的場所。
Mr Craig	Great. Thanks
Alina	So, when we leave school, And the classroom disappears, and the test finish, but the person we've become comes with us.
Mr Craig	Yeah, that kind of sums it up... "Does what you do and how you behave... MATCH...
Alina	with what you BELIEVE and who you want to be?"
Mr Craig	That's it.
Both	Thank you.