

譚中光譜

2026 年 10 月

「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。

1. 學校之光

1.1 榮獲第八屆「樂繫校園」——家、社連繫大獎

繼連續兩年榮獲第六及第七屆「樂繫校園」——「人際連繫大獎」後，本校再創佳績，獲頒由浸信會愛羣社會服務處、教育局及香港教育大學合辦之第八屆「樂繫校園」——「家、社連繫大獎」(2025-2026 年度)。此殊榮旨在表揚本校積極築起家校互信的橋樑，並將學生的學習視野拓展至社區。展望未來，本校將繼續凝聚家長與社區的力量，攜手為孩子締造充滿關愛與緊密連繫的成長環境。

本人將聯同學生關顧主任何國輝老師及家長教師會主席陳淑芳女士，一同出席於 2026 年 12 月 1 日(星期二)下午 2 時至 5 時假九龍塘教育服務中心舉行的嘉許禮，代表全校師生及家長接受此項榮譽。

1.2 專業交流

1.2.1 貴陽一中李端棻中學一眾師生到訪

本校的姊妹學校 - 貴陽一中李端棻中學一眾師生共 63 人於 2026 年 10 月 8 日探訪本校，進行設計與科技科及體藝活動交流，互相學習，相互促進，並為日後的回訪作初步探討。活動順利進行，學生反應正面。

2. 教師之光

2.1 校監李錦昌博士、甄靄齡校長及文翠芬助理校長文章收錄於《京港教育數智化研究》

2026 年 4 月，校監李錦昌博士、甄靄齡校長及文翠芬助理校長合著之教育論文，獲收錄於首都師範大學出版社出版的學術專著《京港教育數智化研究》。該書輯錄京港兩地高等院校及中小學教育專家與前線教育者的最新研究成果，深入探討人工智能與數智技術在教育領域的實踐與前瞻思考。收錄的專章以《智啟未來：一所香港先鋒中學的數智化轉型》為題，以本校實踐為個案研究，深度剖析在國家及香港數字教育政策背景下，學校如何透過「AI 360 計劃」，推動「文化塑造—能力建構—建立制度」的三階段轉型策略。文章分享了如何將生成式 AI 深度融入語文、數理及社創等各學科教學，並結合「WISE」倫理原則與社區實踐，展現如何跨越技術應用與育人實效之間的鴻溝，為推動教育數智化轉型提供具參考價值與人文溫度的實踐路徑。

2.2 劉冠亨老師研究獲香港教育大學國際學術會議接納分享教研成果

學校發展副主任劉冠亨老師的研究論文〈Evaluating the Impact of Social Entrepreneurship Education on Secondary School Students in Hong Kong〉獲邀於 2026 年 11 月 9 日舉行的「第三屆全球教育研究國際會議」(The Third International Conference of Global Studies in Education)發表。會議以「大灣區教育國際化與學校領導」(Internationalisation of Education and School Leadership in the Greater Bay Area)為主題，由香港教育大學教育政策與領導學系、亞太領導與變革研究中心、華南師範大學教育科學學院及澳門大學教育學院合辦，並於香港教育大學大埔校園舉行。劉老師將分享香港中學生社會創業教育的研究成果，探討相關教育實踐對學生發展的影響，促進教育創新、學生能力培養及學校發展的學術交流，並為大灣區教育發展及學校領導的討論提供實證研究視角。

2.3 「支援專注力不足/過度活躍症中學生升中適應家長工作坊」學生分享

2026 年 10 月 31 日(星期六)，融合教育委員會謝進一老師、葉凱晴姑娘與一名中四學生應香港基督教服務處邀請，於「支援專注力不足/過度活躍症中學生升中適應家長工作坊」中進行分享。

3. 學生之光

3.1 學術

3.1.1 2026 至 2027 年度 NS:U (Next Station: University!) 計劃

為了讓輔導同學早日作好升讀大學的規劃，學校設 NS:U (Next Station: University!) 計劃，於各級選出同學由專責老師提供升學及學習計劃指導，本年度各級名單如下：

中二級：2A 陳逸匡、段明君、馮朗軒、何帕義、林希璇、林逸朗、李健樂、
吳雅喬、柯曉彬、鄧永諾、曾詩穎、黃冠衡、黃心怡、吳春草、楊栩、
鄭翹勤、朱雅潔、莊昊揚

中三級：3A 區海楠、陳君夏、陳茂悅、張岷軒、張子欣、何浩楊、黃家朗、
林軒羽、梁柏晞、梁子君、梁妍熹、李子琪、吳汶蔚、彭俊皓、王煜怡、
楊天錫

中四級：4A 陳穎晞、趙美雪、鄧博允、古若琳、江富霖、劉芯渝、李梓煥、
李思嫻、李恩樂、李依靜、曾可燁、余沛臻、曾子軒

中五級：5A 曹任梁、陳彥潼、陳意晴、馮紀凱、黃澤煜、梁樂怡、李銘源、
李梓語、戚天朗、謝寶琳、王詩萁、周喜錡、周欣晨、5B 黃煦齡

中六級：6A 杜昶甫、何施瑤、劉子琪、梁浩然、彭佳怡、蕭珀盈、王子才、
徐若修、徐若倚、余嘉慧、張家雯、6B 何紹華

中六級另設 Principal's List 表揚學業成績優異的同學。

2027 Principal's List：

6A 杜昶甫、何施瑤、彭佳怡、徐若修、徐若倚、張家雯、6B 何紹華

3.1.2 「化學網上自學獎勵計劃」榮獲最高榮譽「鑽石獎」

本校中六級修讀化學科的同學於 2026 年 10 月參加了由教育局及香港虛擬大學合辦的「化學網上自學獎勵計劃」。參與同學於課餘時間主動完成 18 個大學進階化學課程及相關評估，憑藉特出的自學表現，6A 余嘉慧、徐若修及徐若倚同學於計劃中榮獲最高榮譽「鑽石獎」。

3.1.3 學生獲頒發 Project WeCan 學校起動計劃—English! WeCan 英語課程修業證書

學校成功申請 Project WeCan 學校起動計劃的資源，為學生支付由南華早報開辦的 English! WeCan 英語課程，提升英文水平，為文憑試作好準備。八位同學參與 12 小時的課程，出席率及表現良好，並獲發修業證書。名單如下：

5A 曹任梁、5A 黃澤煜、5A 李銘源、5A 周欣晨、6A 官海語、6A 劉子晴、
6A 劉子琪、6B 王柏森

3.2 藝術

3.2.1 學生參與「《盛世中華》中華文化藝術節 2026 暨全國大賽」獲獎

本校學生參加《盛世中華》中華文化藝術節 2026 暨全國大賽（國家賽決賽），5B 班黃康晴同學獲高中組西洋畫一等獎，4C 班周子雯同學獲初中組西洋畫二等獎，指導老師為黃靜慧老師。

3.2.2 學生參與「海洋公園保育基金 繪畫及填色比賽 2026」獲獎

本校學生參加「海洋公園保育基金 繪畫及填色比賽 2026」，4A 陳子曦同學榮獲繪畫組別中學組冠軍，4A 黃恩兒、4B 蔡宇雯及 4C 依莎同學榮獲繪畫組別中學組亞軍、4C 周子雯同學榮獲繪畫組別中學組季軍，指導老師為黃靜慧老師；1B 陳玥晞同學榮獲填色組別冠軍、1A 梁嘉希及 1D 黃穎瑤同學榮獲填色組別亞軍，指導老師為謝曉穎老師及蘇菲老師，本校於賽事中獲得藝術教育團體獎項。部份作品將於 2026 年 11 月 28 日至 12 月 6 日於香港海洋公園內海洋公園保育基金展覽室展出。

3.2.3 學生參與「樓盤 KOL 短片拍攝比賽 2026」獲獎

本校 5C 范曉琳同學及李鈺童校友於暑假期間，參加了由職業訓練局主辦的「樓盤 KOL 短片拍攝比賽 2026」，榮獲季軍，獲頒發優異證書及獎金\$1,000 元正。指導老師為陳溢升老師。

3.3 其他

3.3.1 參與聖約翰救傷隊「新界少青團制服檢閱比賽」獲獎

本校聖約翰救傷隊少青團成員 3A 陳茂悅、3C 陳諾熙、胡芷雯及 3D 謝朗軒同學參與「新界少青團制服檢閱比賽」榮獲季軍。本次賽事由畢業舊生與在校學生攜手組隊參賽，展現傳承精神。負責老師為黃靜慧老師、陳駿賢老師及羅梓華老師。

3.4 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	香港足球會、TORQ SPORTS	香港足球會 TORQ SPORT 2026 青少年羽毛球錦標賽	18 歲以下男子雙打	6B_黃子謙	冠軍	CY
1/9/2026	天地線羽毛球專門店、港羽羽毛球會	港羽天地線盃 2026	混合團體賽	6B_黃子謙	冠軍	CY
1/9/2026	中國香港跆拳道協會	第三十屆亞洲城市跆拳道錦標賽	男子品段-41kg	2D_蔡宗翔	亞軍	CY
1/9/2026	國際跆拳道香港總會	第 16 屆國際跆拳道香港總會兒童青少年邀請賽	少年品段-41kg	2D_蔡宗翔	亞軍	CY
1/9/2026	仁愛堂	2026 仁愛堂羽毛球大賽	男子單打公開組	6B_黃子謙	季軍	CY
1/9/2026	荃灣各界慶祝回歸委員會	荃灣各界慶祝香港回歸祖國 29 周年活動「慶回歸乒乓球賽」	7 至 13 歲男子單打少年組	2B_王柏朗	季軍	CY

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	香港中華業餘游泳聯會	2026 周年(長池)游泳錦標賽 (第一日)	女子甲組 100 米蛙泳	4A_馬嘉彤	季軍	CY
1/9/2026	屯門體育會有限公司	屯門盃游泳賽 2026	女子 A 組 (2011 年及之前) 50 米蝶泳	4A_馬嘉彤	冠軍	CY
			女子 A 組 (2011 年及之前) 50 米蛙泳	4A_馬嘉彤	亞軍	CY
			女子 A 組 (2011 年及之前) 100 米蛙泳	4A_馬嘉彤	亞軍	CY
			女子 13 或以上組 4x50 米自由泳接力	4A_馬嘉彤	季軍	CY
1/9/2026	康樂及文化事務署	屯門區分齡游泳比賽	女子 4X50 四式接力 (青少年 FFG 組)	4A_馬嘉彤	冠軍	CY
			女子 50 米胸泳 (青少年 FF 組)	4A_馬嘉彤	殿軍	CY
			女子 100 米胸泳 (青少年 FF 組)	4A_馬嘉彤	殿軍	CY
6/9/2026	康樂及文化事務署	荃灣區分齡游泳比賽	女子青少年 F 組 (15-17 歲) 50 米蛙泳	4A_馬嘉彤	冠軍	CY
			女子青少年 F 組 (15-17 歲) 100 米蛙泳	4A_馬嘉彤	亞軍	CY
13/9/2026	康樂及文化事務署	灣仔區分齡游泳比賽 2026	女子青少年 FF 組 (15-17 歲) 50 米蛙泳	4A_馬嘉彤	冠軍	CY
			女子青少年 FF 組 (15-17 歲) 100 米自由泳	4A_馬嘉彤	殿軍	CY
29/9/2026	職業訓練局	「樓盤 KOL」短片拍攝比賽	團體組	5C_范曉琳	季軍	CYS

2026 至 2027 年度至今總獎數為 25 項，包括 9 項冠軍、6 項亞軍、6 項季軍、4 項殿軍。

3.5 早會分享

3.5.1 206 年 10 月 5 日，6A 班劉子晴同學於英文早會分享時段，與同學分享有關誠信的英文，分享內容見附件一。

3.5.2 206 年 10 月 12 日，6A 班余嘉慧同學於英文早會分享時段，與同學分享有關仁愛的英文，分享內容見附件二。

3.5.3 206 年 10 月 26 日，6A 班劉子琪同學於英文早會分享時段，與同學分享有關跨世代的雙向學習與文化傳承的英文，分享內容見附件三。

早會分享
(2026 年 10 月 5 日)
6A 班 劉子晴同學

Lau Tsz Ching (6A)

October 5th, 2026

Elise	Good morning Principal, Vice Principals, teachers and fellow students. I'm Elise from 6A, and this is Mr Craig. Today I want to begin with a very short story. It is called Cry Wolf by an ancient Greek writer Aesop. There was once a boy who looked after sheep near his village. One day, he became bored and decided to play a trick. He shouted: "Wolf! Wolf! Help!" The villagers heard him and came running. But there was no wolf. The boy had lied. A few days later, he did it again. "Wolf! Wolf!" Again, the villagers came to help him. And again, there was no wolf. But then one day, the boy saw something moving near his sheep. This time there really was a wolf. He shouted: "Wolf! Wolf! Please help me!" But this time... nobody came.
Mr Craig	And the strange thing is, this time he wasn't lying.
Elise	Exactly. He was finally telling the truth. But the villagers didn't believe him anymore.
Mr Craig	Which is why I was surprised recently when I mentioned this story to my Form 1 class.
Elise	What happened?
Mr Craig	One of my students hadn't completed his homework, and while we were talking about it, I asked if anyone knew the story about The Boy Who Cried Wolf. I thought everybody knew it. They didn't.
Elise	Really?
Mr Craig	No! I suddenly realised that this very old story was completely new to some of them. And it made me think about why we've been telling this story for such a long time.
Elise	I think it's because it's not really about a wolf.
Mr Craig	I agree.
Elise	It's about trust. Sometimes telling the truth isn't easy. Maybe, you didn't do your homework. Or, you broke something. You know that telling the truth could get you into more trouble.
Mr Craig	And sometimes, for a few minutes, it probably is easier.
Elise	But you have to remember what you said. And then somebody asks another question. So you change your story again. Then you have to remember that story, too.
Mr Craig	The original problem hasn't gone away.
Elise	Exactly. We've just added another problem. Imagine I haven't done my homework. I could give Mr Craig a very long explanation about my computer, the Wi-Fi, a missing file...
Mr Craig	I'm listening.
Elise	...or I could simply say: "Mr Craig, I'm sorry. I didn't do it."
Mr Craig	I might still be disappointed.
Elise	And I might still have to face the consequences
Mr Craig	Yes.
Elise	But at least now we're dealing with the real problem.
Mr Craig	The unfinished homework. Not, the homework and a lie. Maybe that's why telling the truth is sometimes the shorter story.
Elise	And this becomes much more important when we grow up. Every day, we depend on other people's words. We trust doctors. We trust teachers. We trust people we work with.
Mr Craig	And these people need to be able to trust us too.

Elise	Yes. That's why honesty isn't only a personal value. Trust helps families, schools, workplaces and communities work together.
Mr Craig	Which brings us back to that boy.
Elise	When the wolf finally appeared, he told the truth. But his earlier lies had already damaged something important for him.
Mr Craig	His reputation?
Elise	More than that. Trust. So telling the truth doesn't mean you'll never face a consequence. Sometimes you still have to say: "I forgot." "I did it." "I made a mistake." "I'm sorry."
Mr Craig	These sentences are not particularly easy to say.
Elise	No. But they're all quite short.
Mr Craig	So, in class or at home, when you know you have to build trust in your relationships, try the shorter story.
Elise	Tell the truth.
Both	Thank you.

早會分享
(2026年10月12日)
6A班 余嘉慧同學

Yu Jiahue (6A)

October 12th, 2026

Susan	Good morning Principal, Vice Principals, teachers and fellow students. I'm Susan from 6A, and this is Mr. Craig. This morning, we want to tell you about someone from Hong Kong. His name is Ah Lik. For more than ten years, Ah Lik experienced homelessness. For over seven of those years, he lived in a tunnel in Happy Valley.
Mr Craig	I've heard his name before, but seven years in a tunnel in Happy Valley?
Susan	Yes.
Mr Craig	That's hard to imagine. So many people must have passed nearby every day.
Susan	They did. But Ah Lik was still very alone. He described those years as lonely and depressing. And then something began to change.
Mr Craig	What happened?
Susan	People started stopping. Volunteers from a Hong Kong charity called ImpactHK met Ah Lik during their Kindness Walks. They brought him food. They talked to him. Some children came along too. They spoke to him and shook his hand.
Mr Craig	That's where I've heard his name. I had friends who volunteered on those Kindness Walks. Those sound like very small things.
Susan	They were. But the volunteers kept coming back.
Mr Craig	Ah. I think that matters. Giving someone food once says, "I want to help." Coming back says, "I remember you."
Susan	And Ah Lik remembered them too. He said that their care helped him want to change his life. Slowly, things did change. In 2019, Ah Lik became the first full-time ImpactHK employee who had experienced homelessness himself.
Mr Craig	So now he was helping other people.
Susan	Yes. He prepared food and supplies and helped with the Kindness Walks. But there's one part of his story I especially like. Ah Lik went back to help people living in the same Happy Valley tunnel.
Mr Craig	The same tunnel where he had lived?
Susan	Yes. But this time, he wasn't going there because he needed somewhere to sleep. He was going there to help someone else.
Mr Craig	I think that's the part of his story I'll remember. Someone had stopped for Ah Lik. And now Ah Lik was stopping for someone else.
Susan	There's a traditional Chinese value that connects very well with his story. 仁. It's about caring for other people and treating them with humanity.
Mr Craig	And there's a useful English word I'd like everyone to learn this morning: Benevolence.
Susan	Be-ne-vo-lence.
Mr Craig	It's a big word, but the idea is quite simple. Wanting to do good for other people. Not because you're going to get something back. You do it because another person matters.
Susan	So the people who kept visiting Ah Lik showed benevolence.
Mr Craig	Yes. And later, Ah Lik showed benevolence to others.
Susan	But sometimes we think helping people means doing something huge.

Mr Craig	I think adults do that too. We hear about homelessness, poverty or people who are struggling, and the problems seem enormous. We think, "I'm only one person. What can I do?"
Susan	And it can happen in school too. Someone is sitting alone and having a bad day...But we can notice and do something small.
Mr Craig	There's another reason I like the idea of 仁. When we talk about Cultural Security, it is also about the values we live by. Each generation has to practise them.
Susan	At school.
Mr Craig	At home.
Susan	And in our community. The people who first stopped for Ah Lik probably had no idea where their kindness would go.
Mr Craig	How could they?
Susan	Years later, the man they had stopped to help... was stopping to help somebody else.
Mr Craig	So perhaps kindness doesn't always end with the person who receives it.
Susan	Sometimes it continues.
Mr Craig	From one person...
Susan	...to another.
Mr Craig	Benevolence.
Susan	仁.
Mr Craig	A big English word.
Susan	A very simple idea.
Mr Craig	Notice people.
Susan	And when you can—
Mr Craig	—choose to care.
Both	Thank you.

早會分享
(2026年10月26日)
6A班 劉子琪同學

Lau Tsz Ki (6A)

October 26th, 2026

Mr Craig	Good morning, everyone! I am Mr Craig and I am chatting with Yoyo this morning. Yoyo, let me ask you something. How old were you when you got your first mobile phone?
Yoyo	I got my phone when I was 6 years old.
Mr Craig	Oh really? And what did you use your phone for?
Yoyo	I used my phone to listen to music and chat with my friends.
Mr Craig	And games?
Yoyo	Of course, Mr Craig. And games!
Mr Craig	Well, when I was ten, we didn't even have smartphones!
Yoyo	I can't imagine life without my phone!
Mr Craig	Neither can I now! But my parents grew up in a very different world.
Yoyo	Do they also use smartphones a lot?
Mr Craig	Yes, but when I visit them in South Africa, I always have to help them with technology.
Yoyo	What do you teach them?
Mr Craig	How to use apps, recognise online scams and keep their information safe.
Yoyo	Do they remember everything?
Mr Craig	Not always! So I sometimes give them little tests!
Yoyo	You give your own parents tests?
Mr Craig	Of course! I'm a teacher, after all! My mum is a bit like my students... she doesn't always listen to me.
Yoyo	But why is it so important to you?
Mr Craig	Because I live far away. I worry about them, and I want them to feel confident and safe online.
Yoyo	But Mr Craig, do your parents still teach you things?
Mr Craig	Absolutely! We often talk about our family history.
Yoyo	What kind of history?
Mr Craig	I grew up in South Africa during apartheid, when people were treated differently because of the colour of their skin.
Yoyo	That must have been difficult.
Mr Craig	It was. My own family experienced difficult questions about race and identity.
Yoyo	Do your parents still talk about those times?
Mr Craig	Yes. Even my dad is still trying to understand parts of our family's past.
Yoyo	So you're learning together?
Mr Craig	Exactly. Their stories help me understand where I come from and who I am today.
Yoyo	I think it's similar here in Hong Kong. Our grandparents grew up in a very different world too.
Mr Craig	That's true. What could we learn from them?
Yoyo	What school was like, how they spent their free time, and how Hong Kong has changed.
Mr Craig	And perhaps the traditions, languages and family stories they grew up with.
Yoyo	Yes! Things we might never learn from our phones.

Mr Craig	Exactly. Those stories are part of our culture and identity.
Yoyo	And if nobody shares them, we might lose them.
Mr Craig	That's why passing on our culture matters. It's one way we protect our cultural heritage for future generations.
Yoyo	So young people can help older people understand today's technology.
Mr Craig	And older people can help us understand our history and where we belong.
Yoyo	We may grow up in different times, but we can still learn from each other.
Mr Craig	Now, everyone, think about this: when was the last time you asked an older family member what life was like when they were young?
Yoyo	Here's our challenge for this week. Teach an older person one useful thing about technology.
Mr Craig	And ask them to tell you one story about their life.
Yoyo	You might discover something surprising!
Mr Craig	Because I teach my parents how to stay safe in today's world...
Yoyo	And they help you understand the world you came from.
Mr Craig	Exactly. Two generations...
Yoyo	One connection!
Mr Craig	So when you are all sitting down for a meal this week, breakfast, lunch or dinner, put down your phone and start a chat.
Yoyo	Keep it friendly and easy going.
Mr Craig	Ask your grandparents or parents, "what was life like before we had mobile phones?"
Yoyo	Thank you, everyone!