

五邑司徒浩中學

F.D.B.W.A. Szeto Ho Secondary School

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聯繫

July 2026

ENGLISH WEEK



Fun moments with Pokémon balloons.

"During this year's English Week, our students became Pokémon trainers on a quest to 'catch 'em all'—mastering new vocabulary, language skills, and epic expressions across campus!"



Students enjoyed The Little Prince drama performance!



Sharing smiles and colorful wishes.

4D Li King Yin

The English Week was wonderful.

There were many different activities, such as the drama show 'The Little Prince', free ice cream, and many English games with the theme of Pokémon. These games were not only interesting but also educational. During English Week, I collected many souvenirs and gained new English knowledge. What an incredible English Week it was!

5C Lam Tsz Hin

I really enjoyed participating

in the School English Week. The Pokémon games were exciting, and the Ice-cream Day made everyone happy. I also liked the teachers' singing performance because it was entertaining. This event helped me practice English and feel more confident with my classmates.

Booth Games

There were so many fun booth games to play!



Students enjoying interactive English Week booth games!

1C Deng Wei Tao

I took charge of booth duties this week, which taught me the importance of being responsible and cooperative. I really enjoyed learning English while working with my friends. It was definitely a meaningful experience!

3A Cheung Chun Him

I felt extremely excited when I heard that English Week was approaching! I played at different booths during the week! They were so interesting and enjoyable. The ball-throwing game was especially fun! I got some prizes from it! What a fantastic week!



3C Wu Mo Ernesto Jack

During the English Week, I got to know many Pokémon I had not seen before. They are fun and cute. I enjoyed the book fair the most. There were plenty of new books for me to discover, and I could also buy various useful study books. I loved English Week so much and hope to take part in the activities again next year.



Finding new and exciting stories at the English book fair!

Book Exhibition

I stocked up on new English books to read in my spare time!



Ice-cream Day

Ice-cream Day was full of fun, smiles and ice-cream!

5A Lau Sze Ching

The School English Week was exciting and energetic! I helped on the Ice-cream Day, serving tasty ice-creams and making everyone smile. I also taught my schoolmates how to read tongue twisters, and they made significant improvements in their pronunciation!



A long line for a sweet Ice Cream Day reward!

4D Sit Kei Yuet

There were many activities in English Week, and they were all very interesting. However, my favourite activity was when the English teachers sang English songs, such as "Love Story", "Baby", and "APT!" I like this because English songs can help more people learn English, and the English teachers sang really well.



Teachers singing their hearts out during English Week!

English Teachers' Singing Performances

Szeto Ho's got talent! Who knew our teachers could sing so well!

"Create Your Own Pokémon!" Competition

'A wild Pokémon appeared!' Check out these incredible, custom-made Pokémon designed entirely by our junior students!

1C Chan Heung Lok

Drawing my very own Pokémon was an amazing experience! Seeing my unique creature come to life on paper sparked so much creativity and joy. My fire dragon is black, and its abilities are powerful. I truly felt like a real Pokémon master.

PUNBA SZETO HO SECONDARY SCHOOL
ENGLISH WEEK 2023/2023
SI & S2: CREATE YOUR OWN POKÉMON CONTEST

Name: Chan Heung Lok () Class: 1C
 Trainer's Name: _____

DRAW YOUR OWN POKÉMON!

POKÉMON INFORMATION

POKÉMON NAME: <u>Rathalos</u>	SPECIAL ABILITY: <u>I will launch the attack at 10PM. The enemy's preparation will also take longer.</u>
TYPE (e.g. Grass, Fire): <u>Fire and D</u>	THREE ADJECTIVES: 1. Powerful 2. Fierce 3. Majestic
HEIGHT: <u>203 cm</u>	
WEIGHT: <u>100 kg</u>	
MOVES: <u>Fireball</u> <u>Poison Claw</u> <u>Sky Attack</u>	

Rathalos

PUNBA SZETO HO SECONDARY SCHOOL
ENGLISH WEEK 2023/2023
SI & S2: CREATE YOUR OWN POKÉMON CONTEST

Name: 15 Lumifox () Class: 15
 Trainer's Name: _____

DRAW YOUR OWN POKÉMON!

POKÉMON INFORMATION

POKÉMON NAME: <u>Lumifox</u>	SPECIAL ABILITY: <u>Starlight Surge</u>
TYPE (e.g. Grass, Fire): <u>Fairy + Electric</u>	THREE ADJECTIVES: 1. Enchanting 2. Swift 3. Radiant
HEIGHT: <u>4.5m</u>	
WEIGHT: <u>4.5m</u>	
MOVES: <u>1. Sparkle Shock</u> <u>2. Moonlight Whirl</u> <u>3. Shock Zap</u>	

15Lumifox

Name: Lisa () Class: 4B

NAME: Glowmoth **LEVEL:** 42 **HP:** 140

TYPE: Bug + Fairy **SPECIES:** Federal Glow

ABILITY: Scalies here **WEAKNESS:** Fire

ATTACKS: Soft Powder Sweep **DAMAGE:** 60

DESCRIPTION/EFFECT: Damage from this attack is not affected by your opponent's Pokémon's Abilities or effects

DEFENDING: Resisting Glow Power **DEFENSE:** 100

DESCRIPTION/EFFECT: This attack's damage is reduced by 1/4. The opponent's Active Pokémon becomes Confused

FLAVOR TEXT: Arctic cliff dweller. Glowing scales induce visions of an ever-winter moonlight.

ILLUSTRATOR: Lisa **CARD NUMBER:** 125/125 **RARITY SYMBOL:** AR

Glowmoth

ENGLISH EVENTS

English Speaking Mondays & Wednesdays

1A Ng Ka Chun

During English Speaking Monday, I was at one of the booths operating it by playing charades and using a stamp to chop students' tickets. It took place during lunchtime on Mondays and Wednesdays. It was in the school hall and the covered playground. Before the activity, I felt intimidated. I had never operated a booth game before; however, I became more confident seeing others play games and felt fulfilled afterwards. The most rewarding aspect was that I became more confident and helped others be happy while learning English.

1A Lo Hoi Ming

On Mondays and Wednesdays, I helped out on the booth games at lunchtime in the hall and covered playground. It was exciting to play games with my classmates. It helped me learn my vocabulary while having fun. I felt satisfied with the activity and was glad I could join. I liked helping the teachers too. It was a rewarding experience. The booth games were a good excuse for students to get together and practice their vocabulary outside the classroom. The prizes were a nice touch too.



English Speaking Mondays Booth Games are Fun



Trying our Best on English Speaking Mondays and Wednesdays



Who is the Scariest?

Festival Events - Halloween Party

1A Vanessa Chiu

Last year, we celebrated Halloween with a party in the covered playground. I had so much fun. We played some games and answered some questions. Some students joined the apple bobbing competition, others dressed up in costumes and took photos. I was happy that I won some candy. The English teachers also wore costumes. I especially liked Miss Tang's costume. She dressed like a grandma! It was hilarious. I hope we can celebrate again next year!



Bobbing for Apples Fun!

Festival Events - Easter Event

1A Yan Hee Ying

On the 8th March during lunch recess, I went to the covered playground to participate in the Easter event. It was a lively atmosphere, with students doing different activities. A lot of students were dressing up in costumes and taking selfies. I had never tried painting eggs before, so I decided to join the egg painting activity. It was a lot of fun. I painted two eggs. I enjoyed spending time with my teachers and classmates outside the classroom doing something different. It was a nice way to celebrate Easter. I also took some photos with my friends.



Egg-cellent Eggs!



Decorating Eggs for Easter

English School Clubs



Pokémon on the Big Screen!



Popcorn and Movies, the Perfect Combo!



On with the Show

English Movie Club

2A Lui Sen Hei

I joined the English Movie Club on Wednesdays after school. At first, I thought it would be a great chance to eat some snacks and drink some cola while watching a movie at school. I was excited to eat popcorn at school too. During the activity I found that it was not just about watching the movie and eating snacks, but also, I could chat with Mr Ben and my schoolmates about the movies.

I enjoyed the animation films and also the different popcorn flavours. Most of the events were held in the English Room, but we also had a special event in the hall. It was great to watch the Pokémon movie on the big screen. I hope we can have more English Movie Club events next year. I would like to encourage other students to join the English Movie Club because it is fun and can relieve stress at the end of the busy day. It is also a fun way to practice English.

Debating Club

5C Kongthong Aritat (Chairperson of Debating Club)

Never have I imagined Debating Club would be so much fun and rewarding. The experience is entirely immersive, especially when stepping into the shoes of different personas to argue from unique perspectives—like figuring out how to survive an apocalypse as a dictator. Through these scenarios, I have gained invaluable communication and critical thinking skills. As Winston Churchill famously noted, “Criticism may not be agreeable, but it is necessary”. Joining this club hasn't just taught me how to win arguments; it has genuinely transformed how I think and speak.



Presenting my arguments before the adjudicator



Off-stage efforts

Drama Club

3C Siu Mei Yan (Backstage)

Joining the Drama Society showed me that off-stage efforts are just as critical as on-stage performances. Without the crew behind the scenes, even the best actors cannot guarantee a successful show. I've learned that in drama, every single person is indispensable.

3C Lam Wing Tung (Backstage)

Since joining the Drama Club in January as part of the crew – handling lighting and organising costumes – I have gained a deep appreciation for collaboration. Our rehearsals were exhausting but incredibly rewarding, and working closely with my teammates has made me a much more confident and outgoing person. I have cherished every moment of this journey and look forward to contributing to our upcoming production.



Backstage crew



The Little Prince drama



1A Ho Hi Lok (Actress)

Playing the Rose in The Little Prince taught me that acting is about more than memorizing lines – it's about vulnerability. Learning to manage my 'thorns' and soften my voice showed me that it takes courage to be seen, and that true performance is rooted in honest feeling.

家長教師會活動

襄善周攤位——美食大本營

為發揚公益精神，傳承愛心，家長教師會與家政學會於2026年12月22日舉行一年一度的「襄善周」美食大本營，設攤位義賣小食。本次活動眾多家長積極響應，免費贊助多款美食，例如魚蛋、燒賣、茶葉蛋及串燒，色香味俱全。活動現場非常熱鬧，家長與同學齊心協力推廣美食，師生踴躍購買，共襄善舉。活動扣除開支，最終共籌得善款港幣2280元，所有善款均捐給「公益金及時雨大埔火災援助基金」，幫助大埔火災災民。



美食擺滿長桌，師生鼎力支持。

親子AI學習工作坊

家長教師會於2026年2月28日舉辦了「親子AI學習工作坊」，旨在幫助參加者瞭解人工智慧如何重塑現代教育，並讓家長學習如何在AI時代有效支援孩子的學習旅程。工作坊中，導師詳細介紹適合同學使用的生成式AI工具，並透過實例說明這些工具如何輔助學習、激發創意思維。家長對AI極為好奇，踴躍提問，與孩子一同操作體驗，氣氛熱烈。活動不僅促進了親子協作與溝通，也協助家庭共同迎接智慧教育新時代。



家長與學生專心聆聽導師講解AI原理。



父子一同學習運用AI指令。

開心蔬果日

家長教師會於2026年3月26日與家政科合辦「開心蔬果日」。感謝各位家長義工、學校工友及同學的協助，讓全校同學都能享用健康又美味的蔬果。活動於午膳時間舉行，同學午膳後，可以與三五知己一同享用蔬果。每杯蔬果種類豐富多樣，深受同學喜愛。



午膳後同學可以享用蔬果，十分開心。



校長感謝各家長義工為同學精心預備蔬果杯。

特別感謝家長義工的鼎力支持，連續三小時用心切水果，盡心盡力。此外，工友們也在蔬果日前特意到市場挑選新鮮蔬果，並協助洗切。部分同學在用膳後也自發幫忙，將水果分發給其他同學享用。現場氣氛熱鬧愉快，全校師生紛紛讚嘆，大家一起多吃蔬果，培養健康的飲食習慣。

中國傳統燈籠親子製作工作坊

家長教師會於2026年4月18日舉辦了「中國傳統燈籠親子製作工作坊」。活動中，導師講解了燈籠背後的文化典故，並指導製作技巧，讓參與者近距離體驗傳統紮作、剪紙等工藝。家長與孩子攜手合作，透過動手實作激發孩子的創意，也在互動交流中增進親子情感。完成的燈籠不僅展現了精緻的藝術美感，更成為值得帶回家珍藏的寶貴家庭回憶。



親子協作，共賞成果。



各人提著自己製作的傳統燈籠，心滿意足。

家長教育講座

為配合學校關注事項「正向教育」，家長教師會於2026年2月8日舉辦了「教家長做家長」講座，並請來著名語言學家及親子教育專家歐陽偉豪博士主講。講座共有76名家長參加。歐陽博士以平易近人、風趣生動的演繹方式，深入淺出地分享如何有效加強親子之間的溝通，提升學童面對困難與挫折時的抗逆力，同時促進兩代人的精神健康。講座內容涵蓋日常對話技巧、情緒管理及正向管教方法，幫助家長建立和諧穩固的家庭關係。透過是次活動，家長不僅獲得實用的教養策略，更學會如何培養積極樂觀、充滿自信的新一代，讓正向思維真正融入家庭生活。



教家長做家長：梳理親子溝通，提升抗逆力，促進精神健康。講座主題為「教家長做家長」。



講者風趣幽默，家長投入交流。

親子樂悠悠——鹽田梓古蹟及西貢市集一日遊

家長教師會於2026年3月15日舉辦了「親子樂悠悠」活動，超過50名家長和同學參加。大家暫別繁囂的都市，一同遊歷充滿歷史氣息的西貢鹽田梓，度過了一個充實而愉快的周末。島上著名的地標——聖若瑟堂，乃具有百年歷史的教堂，曾榮獲聯合國亞太區文化遺產保護「優良獎」。家長與學生漫步於寧靜的教堂內外，欣賞其獨特的建築美學，並瞭解島上的宗教歷史與保育工作。孩子們對這座充滿故事的文化瑰寶深感興趣，各個家庭亦紛紛於教堂前合影留念。其後，又一同參觀鹽田，瞭解生態保育。探索完畢，大隊返回西貢享用豐盛美味的海鮮午餐。席間，家長及老師互相交流育兒心得，孩子們也結伴玩耍，氣氛融洽溫馨，歡笑聲此起彼落。午膳後，各個家庭則漫步於熱鬧的西貢海濱及特色市集，大家一邊吹著舒適的海風，一邊品嚐地道小食、選購特色手工藝品，盡情享受悠閒的假日親子時光。是次活動不僅讓學生走出課室，親身認識香港的文化遺產，更為家長與孩子創造了珍貴的互動回憶，進一步凝聚了家校的向心力。



大家齊集聖若瑟堂前拍照留念，共享天倫之樂。

中三選科簡介會

家長教師會與生涯規劃組合辦「中三選科簡介會」，活動於2026年5月8日在學校禮堂舉行，當晚有65位家長出席晚會。會上先由鄭樹深副校長講解選修組合、中四編班原則，以及數學科教學語言等安排。生涯規劃組主任楊采銘老師接著分享高中選科要訣及最新的升學資訊。透過是次活動，家長及學生均瞭解了更多高中課程及選科的策略。隨後設有與班主任面談時段，讓家長與老師直接對話，深入探討學生的學術表現與潛能，熱烈交流，有效加強家校溝通，共同協助學生根據個人志向作出合適的選擇。



家長投入晚會，交流熱烈。



生涯規劃組主任楊采銘老師分享高中選科要訣及最新的升學資訊。

2026年8月
中一迎新日家長全接觸
(介紹家教會資料及活動)

活動預告



獲獎消息



本校同學於「歷史科電子閱讀比賽2025」
獲得優異成績



1C吳瑞琪在慶祝
中華人民共和國成立
76周年「認識國家
高質量發展」網上
學習活動中
獲得白金獎



5B關皓軒同學（中）在
「寶礦力水特跑步祭2025」
10公里GO RUN個人賽男子
青年組獲得冠軍，3B李浩榮
（右一）於5公里GO RUN
個人賽男子少年2組獲得亞軍



本校同學在中學校際越野比賽
（男子甲組團體）
喜獲季軍



本校同學於「第二十屆中學
基建模型創作比賽2026」
入圍決賽



3D李沛霖於iTeen
領袖「硬筆書法
比賽」初中組
獲得冠軍



2A班同學在第77屆校際朗誦比賽（普通話集誦）獲得優良成績



1C黃鈞瑤於環境及
自然保育基金「智能
飲料容器回收機外觀
設計比賽」中獲得
最佳設計獎



本校同學在第77屆校際朗誦比賽（中文獨誦）獲得優異成績