



# 明愛胡振中中學

CARITAS WU CHENG CHUNG SECONDARY SCHOOL

轉化  
成長

WHO  
WE  
ARE

締造  
希望





# 6A 周莎利

## HAND IN HAND GROUP 主席

「我打從心底感激他們的關懷。」



大家好，我是 6A 班的周莎利，我是在 2018 年入讀明愛胡振中中學的。

記得那時我來香港不久，人生地不熟，多少有點不安。校長怕我學習跟不上進度，壓力會很大，特意为我安排了課後補習，讓我能盡快適應新環境。因為對香港的認識不多，學校安排老師帶我們幾個同學去喝早茶，認識廣東的飲茶文化。老師又帶我們逛超市，教會我不同事物在內地與香港的名稱差異，讓我踏出認識社區的第一步。又有一次，老師帶我們去香港大學參觀，讓我對香港的大學生活，有了初步的印象。更甚每次學校外出活動，老師都會想到我對香港不熟悉，先約我在熟悉的地方等候，然後帶我一起去。我也感謝身邊的同學，初時因為知道我剛來香港，他們會特意跟我講普通話，還教我說廣東話，我從不因為插班而感到孤單。這些生活細節，都讓我感受到他們熱情，令我打從心底感激他們的關懷。

學校裡的老師教學用心，我不懂的，都會認真為我解答，讓我更容易吸取知識。學校的活動也多種多樣，每一次參加活動都非常有意思。例如學校的環保活動——到海邊撿垃圾，讓我認識破壞環境的危害，還有保護環境的重要性。後來，我開始不用塑膠瓶，開始帶自己的水杯，慢慢改善生活習慣。還有學校的賣物會，讓我邁出第一步，用廣東話與陌生人交流，我也不再因為發音不準而不敢開口。不經不覺之間，這些活動都讓我大大進步。

匆匆三年又過去，「光陰似箭」果非虛言。回首一看，在校長、老師及同學的幫助下，現在我已經完全適應學校的生活。幾個月後，我就要中六畢業了，心裡實在捨不得學校。在此，再次感謝校長、老師和同學的照顧。



# “The biggest lessons they teach aren't in the classrooms full of students but are in the words spoken to us personally”

Being born in Hong Kong has its perks. It is a land of opportunities and schools are where they all begin. I started studying at Caritas Wu Cheng-chung Secondary School in 2017 as a Form 3 student. It was a life-changing moment as I became a better version of myself through the challenges I've faced. However, I have experienced cultural clash. I got along with both the locals and NCSs as I grew in Hong Kong so there wasn't much of a language barrier for me.

In Form 4, I started involving myself in various activities and clubs. I was the Chairperson of the Moral and Civic Committee. As the chairperson, my job was to find more sustainable solutions for our plastic use. My teacher helped us come up with a lot of different ways to make our campus greener and healthier. My teachers also encouraged me to join the Unicef Club, one of the most exclusive clubs, and I was fortunate to be elected as a member. Through these activities, I learned patience as I was in contact with a lot of young people. Waking up early to join events furthermore taught me to be more punctual and it is a very important good habits.

In Form 5, I was elected as the Student Union President. I learned a lot from the experiences I had as the President. As my term was during the peak of protests and coronavirus, our schools were suspended for almost a whole school year. We could subsequently only hold very few activities but I wanted to do a lot more. When I spoke to teachers about this though, I realised how lucky we are to be safe. They told me that sometimes you don't have to plan big events to make a difference and they were right. My schoolmates enjoyed the activities we could hold and they remember them as the best part of their school lives during that time.

I have grown a lot as a person after starting at this school and I have had a lot of fun too. The teachers at CWCCSS are so patient and encouraging. They teach you until you know it and make our learning fun. The biggest lessons they teach aren't in the classrooms full of students but are in the words spoken to us personally. It is my last year in school and I couldn't be more grateful for graduating with the help and encouragement of my teachers.



## 6B Muskan

2019-2020年度  
學生會主席

# 我們的畢業生

# ALUMNI

## 香港科技大學 HKUST

### 生物科學學士



我能夠順利升讀大學，實在是有賴於中學老師的悉心栽培。入讀中學時，我剛移民到香港，適應理科的全英文教學，實在是十分困難，幸好遇上了很多給予我支持的老師們。在明愛胡振中中學的學習生涯中，對我來說最大的寶藏是一班為學生著想的老師們。他們對學生一視同仁、因材施教，令學生在人生路上得到極大的幫助。

**潘毅欣 | 2016年畢業生**

## 香港大學 HKU

### 護理學系學士

The most treasurable things at CWCC are the teachers. I would like to show my great appreciation to my class teachers, as well as all my subject teachers, because they helped me adapt to school life. I came to this school in late Form 1 and I did not know any Chinese. The teachers provided me with a lot of support. I will remember them because they shaped me to be the person I am today.



**Lagarde Andrea Jane Miranda | 2020年畢業生**

# 倫敦帝國學院 電子工程博士 IMPERIAL COLLEGE LONDON



**孫家澤 | 2013年畢業生**

As a child brought up in Mainland China, I was fortunate to be admitted to Caritas Wu Cheng-chung Secondary School and study in an environment full of challenges and opportunities as I navigated the new and unfamiliar way of life in Hong Kong. During the four years I studied here, the teachers always offered their unconditional support, both in academic and non-academic matters, and some of my fellow students – both local and non-local – stayed as some of my closest friends even to this very day. Most importantly, the unparalleled scenery here provides essential moments of respite one would require in between solving quadratic equations or memorising oxidation-reduction formulas.

## 英語國際企業傳意文學士 UNIVERSITY OF CENTRAL LANCASHIRE

My experience at CWCC has shaped me as a person. When I first started at CWCC, everything was just so new; my classmates, teachers, and even the classroom atmosphere! It took me quite some time to get my bearings at school since most of my classmates were local students, and I was just not good at Chinese. Looking back, I think that was the most significant component of why I have drastically improved my Chinese language skills, and of course, my teacher's support and encouragement in learning Chinese. Life at CWCC had its ups and downs, but there was always one thing that remained unchanged – the teachers' support and care. Through my senior secondary years, I learned about my weaknesses and strengths and myself as a person, which led to a whole episode of self-realization. At CWCC, I was fortunate to have teachers who were passionate about teaching and continuously made sure that students fully comprehended each lesson. My teachers' examples for all things were always on par with what I hoped myself to be as. I will always be grateful for their role in the most crucial years of my life.



**Khan Noor Aul Aain | 2016年畢業生**



# 明愛胡振中中學

## CARITAS WU CHENG CHUNG SECONDARY SCHOOL



## 師生關愛 共融校園

香港為國際都會，共融乃恆穩發展之根基。本校因應社會變遷及學童需要，建構出多元文化的學習校園。除本地及新來港學童，更有國籍達十國之多的非華語生。藉此契機，營造優良的多元語言環境，使「振中人」中英兼善。

另外，本校向來重視全人教育，銳意發展每一位同學的「體、演、藝」專才能力，舉辦特色課程，如活動教育課、生命教育課、STEAM教育及「一對一導師計劃」等。本校深信每位學生都是獨特的，在這裡，「振中人」終將發揮潛能，成就更多的不可能。

本校亦恪守香港明愛的教育宗旨，樂於擁抱不同背景的青年人，志於使他們成為實踐愛德(Loving)、學習基督的樣式(Learning)及自我引領(Leading)的青少年。歷屆「振中人」的表現卓越，其自強不息之精神，讓本校引以為傲。



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