



明愛胡振中中學

CARITAS WU CHENG CHUNG SECONDARY SCHOOL

忠誠勤樸

敬主愛人

# Co-Curricular

聯課活動

Activities



Activity

活動教育科

Education



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# 活動教育科



## Activity

## Education

### INTRODUCTION 介紹

Our school provides an array of experiences for students, including a wide range of sports and opportunities for exposure to art. This is done with the aim of developing students' abilities, uncovering their potential, and hopefully building their self-confidence in the process. Being a well-equipped campus, our school facilities include a fitness room, a dance room, a band room, a campus TV station, and many others. Activity Education Courses come in many kinds, including basketball, badminton, table tennis, rugby, latte art, pop song composition, creative art, cookery and Japanese culture.

學校透過多元化的體藝教育活動，培養學生多方面的能力，發展個人潛能及建立自信心。校園除了設有多個室外及室內運動場地，更設有健身室、演藝活動室、流行音樂室及校園電視台等，設備完善。本校活動教育科的課程十分多元化，當中包括籃球、羽毛球、乒乓球、欖球、咖啡拉花班、音樂創作、本土藝術創作、烹飪、STEAM及日語文化等。



很少學校會有欖球隊!  
你仲唔加入?



In Rugby Activity Education Class, students not only learn about the history, knowledge and skills of rugby, but also learn the proper attitude and display the spirit of mutual assistance. Students also display superb sportsmanship by trying their best to follow the instructions from the coaches. These values and attitudes that they learn in the rugby field will definitely help them in the future.

胡振中欖球隊能讓學生從活動中擴闊視野，更能透過活動學懂正確的價值觀和態度，發揮互助互勉的精神，亦鼓勵學生竭盡所能地完成教練的指示。欖球隊旨在讓學生透過欖球活動認識欖球的核心精神，學習欣賞隊友，活出共融。



：「大雄，你睇下胡振中學生整得幾靚！」

## LATTE ART CLASS 咖啡拉花班

The latte art class aims to cultivate students' interest in latte art and enhance students' aesthetic sense. The coffee drawing process requires students to be highly focused and concentrated, while also training students' patience. The school also encourages students to participate in competitions to strengthen their self-confidence.

咖啡拉花班旨在培養同學對咖啡拉花的興趣，提升同學的美感和藝術涵養。咖啡拉花的過程講求同學的專注及集中，訓練同學的耐心。學校更鼓勵同學出外參加比賽，加強自信心。



## TABLE TENNIS TEAM 乒乓球隊

The Table Tennis team provides students an opportunity to develop a positive attitude and encourages team spirit. Through participating in various competitions and the badge program, students can strive for success, sports skills, relevant sports knowledge and positive attitudes, thereby establishing an active and healthy lifestyle.

本校乒乓球隊藉著有系統的訓練培育學生，培養同學對乒乓球的興趣及體育精神，體驗運動樂趣，並成為既有活力，又知恩、感恩的「振中人」。除此之外，隊員亦會參與不同比賽及章別計劃爭取佳績、學習體育技能，獲取相關的體育知識，並養成正面的價值觀和態度，從而建立積極、活躍及健康的生活方式。



## POP SONG COMPOSITION 音樂創作

But I see your true colors  
shining through

The Pop Music Composition Group focuses on cultivating students' creative ability in popular music composition. Through the sense of success and satisfaction brought by music creation, students' interest in learning music can be enhanced. During the lessons, students learn the basic performing techniques of different musical instruments, (including the Ukulele, handchime, and piano). Meanwhile, through appreciation and analysis of contemporary pop music, students learn basic composition techniques and gain inspiration.

音樂創作小組注重培養學生的流行音樂創作能力。透過音樂創作帶來的成功感和滿足感，以提升學生學習音樂的興趣。在課堂中，學生能夠學習到不同樂器的基本演奏技巧，包括夏威夷小結他、手鐘和鋼琴等。同時，透過當代流行曲的欣賞和分析，從中啟發學生的音樂創作能力。



# PLEASE JOIN US!!!

## BASKETBALL TEAM 籃球隊

The Basketball team provides students an opportunity to develop a positive attitude and encourage team spirit. Through participating in various competitions, students can strive for excellence and recognition, both of which are beneficial to students' future studies and career.

本校籃球隊藉著嚴謹的訓練系統培育學生，以建立學生良好的人生態度及團隊精神，並成為既有活力、又知恩的「振中人」。除此之外，隊員亦會參與不同比賽爭取佳績，磨鍊心智，而這些獎項與經歷均有益於學生升學及就業，從此建構夢想，成就將來。

## STEAM小組

STEAM is an educational curriculum that focuses heavily on Science, Technology, Engineering, Arts and Mathematics. With STEAM, young people are learning from an interdisciplinary approach designed to prepare them for the workforce. STEAM-based classrooms and activities help young people connect the dots between the subject areas.

STEAM是一門重點關注科學、技術、工程、藝術和數學學科的教育課程。借助STEAM，同學能在跨學科方法中學習，並為事業做好準備。STEAM教室可幫助同學將不同學科的知識融會貫通，成就更多不可能。透過STEAM課堂活動，學生可以寓學習於娛樂。



## CREATIVE ART 本土藝術創作

Creative Art provides students with a platform for unleashing their creativity. Students can show their personal talents and ideas through different forms of visual art creation activities. This group encourages students to participate in campus art creation together and display their works in public spaces on campus.

本土藝術創作小組為同學提供一個發揮創意的平台，同學能夠透過不同形式的視覺藝術創作活動，展現個人才能和創意。本小組鼓勵同學參與校園藝術創作，在校園的公共空間展示他們的作品。



## COOKERY 烹飪小組



Cookery aims to gather students who are interested in cooking. Through participating in interactive group activities, students can make light meals and share their cooking interest with others. The cookery does not only develop students' cooking potential, but also promotes the concept of healthy diet. In addition, Cookery can improve students' self-care ability, cooperation and communication skills, all of which are greatly beneficial to the future development of students.

烹飪小組希望凝聚對烹飪有興趣的同學，以小組互動的形式讓學生分組製作輕食，發展潛能，訓練烹飪技巧，並推廣健康飲食。此外，烹飪小組旨在提升學生的自理能力、合作精神及溝通技巧，對學生將來的發展有莫大的裨益。



## BADMINTON TEAM 羽毛球隊

The badminton team is trained by a professional coach and aims at developing students' concentration, self-discipline, professional badminton skills and team spirit. Through participating in various competitions, students can strive for excellence and recognition, both of which are beneficial to students' future studies and career.

本校羽毛球隊由專職教練訓練，旨在培養學生專注及自律的能力。透過專業的訓練系統，學生不僅掌握專業技巧及團隊精神，更成為知恩、感恩的「振中人」。另外，隊員持續參與各類比賽，力求進步，此等獎項與經歷亦為學生升學及就業奠定基石，成就自我。



你要振作精神，期望上主！（聖詠27:14）



## JAPANESE CULTURE 日語文化



The Japanese club aims to promote Japanese culture and language, such as daily conversation, history, geography, cuisine and popular culture of Japan. Students who have an outstanding performance in Japanese language are nominated to participate in the Japanese Language Proficiency test or take Japanese in the DSE.

日語文化小組旨在讓學生接觸日語及日本文化。例如：學習日常生活用語、了解日本的歷史、地理、飲食及流行文化。而當中日語能力較佳的同學，則會獲推薦應考日本語能力試或文憑試日語科。





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# Co-Curricular Activities



# 聯課活動

## INTRODUCTION 介紹

Life-wide learning is the new tide of education nowadays. Our school hopes to explore student's potential, to open themselves up and encourage the students to participate in different co-curricular activities in order to know their ability, interest and talent. These activities can also facilitate their career exploration through co-curricular activities fields, giving them clear learning objectives and personal goals. The objectives of these activities are to develop student's attitude, self-esteem, self-confidence, and generic skills, including organization skills, communication skills, and problem-solving skills. Moreover, the activities can enhance the relationship between teachers and students through participating in activities together. We also encourage students to be team leaders during the activities, which can enhance their problem-solving skills, independent thinking and creativity. With this, students additionally learn to cooperate with their classmates and teammates, establish good interpersonal relationship with teachers, and learn to respect and trust each other. Our school believes that what they have learnt from the activities is the most valuable part and will be helpful for their future careers.

全方位學習是現今教育的大趨勢，學校希望透過不同的聯課活動幫助學生找到他們的興趣和長處，從而使學生在中學生涯中找到明確的方向。聯課活動的目的是打破常規、傳統的教學模式，透過活動培育學生的態度、自信、組織能力、溝通能力及解難能力等。而且，這些活動能使老師和學生打破隔膜，拉近師生距離，從而增進師生關係及增加學生對學校的歸屬感。在活動當中也會鼓勵同學嘗試成為領袖，學會帶領其他同學一起進行活動，這些領袖經驗能讓學生變得更成熟和更有責任感，對將來在社會工作時有極大的幫助。

你決定的事，事必成就；光明要照耀你的道路。(約伯傳22:28)



### 羽毛球校隊 Badminton Team

### 欖球校隊 Rugby Team

### 田徑校隊 Track and Field Team

The track and field team provides an opportunity for students to learn sportsmanship and team spirit through the training of 'Running', 'Jumping' and 'Throwing'. By participating in various competitions, students can also strive for excellence, cultivate a sense of responsibility and build up a solid friendship among team members.

本校田徑隊透過「跑」、「跳」、「擲」項訓練，培養同學運動精神，建立學生良好的人生態度及團隊精神，並成為既具活力，又知恩、感恩的「振中人」。除此之外，隊員亦會參與不同比賽爭取佳績、訓練心志，養成責任感，增進同學之間的友誼與默契。



### 合唱團 Choir

The School Choir aims at improving students' singing skills and building team spirit. Through practice, our singers learn different singing techniques and musical knowledge, such as pitch accuracy, tempo, lyrics reading and breathing skills. Students can also develop their singing potential and cultivate their musical skills and interest.

本校合唱團旨在提升學生歌唱技巧及建立團隊合作精神。透過合唱歌曲，學生能進行各方面之訓練如：音準、拍子、咬字和呼吸技巧等，同時發揮其歌唱潛能，培養音樂文化修養。

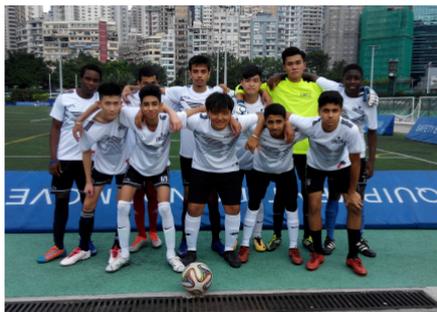
### 籃球校隊 Basketball Team

### 乒乓球校隊 Table Tennis Team

### 足球校隊 Football Team

The football team of our school aims to provide an opportunity for students to play football. We keep regular weekly football exercises & practice for various competitions so that students can learn sportsmanship and team spirit.

我們學校的足球隊旨在為學生提供踢足球的機會。我們每周定期進行足球比賽和練習，培養學生的體育精神和團隊合作。



### 舞蹈組 Dance Team

The Dance Team of our school aims at developing students' interest in dancing and improving their physical and mental health. Also, students can develop creativity, initiative and the ability to appreciate the beauty of dance. Moreover, they can build up confidence, leadership and teamwork through dancing.

本校舞蹈組旨在培養同學對舞蹈的興趣，從而促進他們的身心健康，透過舞蹈讓同學發揮創意及帶領他們欣賞舞蹈的美妙之處，建立他們的自信、領導才能及團隊合作精神。



### 朗誦學會

## Verse Speaking Club

The objective of the school's Verse Speaking Club is to train students' verse speaking skills. Students can read masterpieces in Chinese literature, participate in competitions, withstand pressure, and accumulate experience in verse speaking. In addition, verse speaking is complementary to Chinese language education. Participating in verse speaking can improve students' Chinese language ability.

本校朗誦學會的目標是訓練學生的說話及誦讀能力，讓學生閱讀和感受優秀的中國文學篇章，參與比賽，面對壓力，累積經驗。此外，朗誦教學亦與中國語文教育相輔相成，參與朗誦比賽可以提升學生的中文水平。



### 英語戲劇學會

## English Drama Club

"All the world's a stage and all the men and women merely players"

--- William Shakespeare, *(As You Like It)*

The English Drama Club is passionate about teaching students about the world of theatre. Through this activity, students can try many different roles both on and off the stage. From acting, to directing, to scriptwriting, to lighting design - this activity has something for everyone. Students are also able to broaden their cultural horizons with trips to theatre performances outside of school as well as a touring theatre performance in school. We are dedicated to giving all of our students memorable theatre experiences!

「世界是座舞台，所有男女都只是演員。」——《皆大歡喜》莎士比亞

英文戲劇學會旨在帶領同學探索戲劇世界。透過本學會，同學們能夠嘗試各種台前幕後的角色，其中包括角色演員劇作編導，以至舞台燈光設計等。同學定能從中找到自己有興趣的定位。除小品創作外，同學亦會有機會觀賞不同表演團體到校或公開的專業演出，從而增進個人文化修養，擴闊文化眼界。參與的同學都能經歷一個難忘且有價值的戲劇之旅！

Table Tennis Room 乒乓球室



Basketball Court (Covered) 有蓋操場



Library 圖書館



Dance Room 舞蹈室



Music Room 音樂室



STEAM Room STEAM室



### 中文學會

## Chinese Club

The Chinese Club aims to enhance Chinese learning by holding various activities, such as joining writing competitions or writing schemes. Chinese Week is held every year before the Chinese Lunar New Year, which includes: booth games, a tongue twister competition and Fai-chun writing etc.

中文學會旨在配合中國語文科的教學，於校內推動相關活動，例如：參與作文比賽、校外寫作計劃等等。而每年農曆新年前舉辦的中文週，更有攤位遊戲、急口令比賽及揮春毛筆書法等等。



### 數學學會

## Mathematics Club

The purpose of the Mathematics Club is to increase students' interest in learning mathematics and enhance students' learning atmosphere in school. We hope to cultivate students' critical thinking, creativity, conception, inquiry and mathematical reasoning abilities. In turn, students can have a positive attitude towards mathematics learning and appreciate the aesthetic and cultural aspects of mathematics.

本校數學學會的宗旨為提高學生對學習數學的興趣，提升學生在校內的學習風氣。希望培養學生批判性思考、創意、構思、探究及數學推理的能力，使學生對數學學習持正面態度及能欣賞數學裡的美學及文化面貌。



### 英文學會

## English Club

Do you love English culture and media? Do you enjoy games, competitions and creative activities? Then the CWCC English Club is where you belong! The CWCC English Club is dedicated to creating a warm and fun English language environment on campus. Our trusted committee helps us achieve this through activities such as Halloween and Christmas drama games, competitions such as Spelling Bees and Speech Competitions. We also organise break time activities such as board game and movie sessions! Our ultimate goal is to enhance students' English proficiency.

您喜歡英語文化和媒體嗎？您喜歡遊戲、比賽和創意活動嗎？那麼CWCC英文學會就是您的歸宿！CWCC英文學會致力在校園內營造一個溫暖而有趣的英語學習環境。為達到此目的，英文學會老師和幹事會通過節日慶祝，如萬聖節和聖誕節活動，讓同學輕鬆愉快地學習英語；另外亦會舉辦英文拼字、演講比賽、棋盤遊戲和電影欣賞等有趣的活動，旨在提升同學英語水平。

### 音樂學會

## Music Club

The Music Club focuses on cultivating students' interest in music. Music club members can experience different instrumental performances and have music practices in the music room during lunch time and after school. The Club also organises music appreciation activities and students' music performances from time to time to broaden students' horizons and provide different types of learning experiences.

音樂學會著重培養學生對音樂的興趣。於午膳和放學後，學會會員能於音樂室體驗不同樂器演奏和進行樂器訓練，除此之外，學會亦會不定期舉行音樂欣賞活動和學生音樂表演，擴闊學生的視野及豐富他們的學習經歷。



### 天文學會

## Astronomy Club

The Astronomy Club of our school allows students to learn both traditional and new knowledge of astronomy, including observation of constellations, astronomical calculations and aerospace technology. The Astronomy Club also leads students to learn the latest astronomical phenomena and the newest astronomical breakthroughs. Moreover, the Astronomy Club provides chances for students to participate in astronomical activities, for example, crafting simple telescopes and testing telescopes.

本校的天文學會讓學生接觸傳統和嶄新的天文學知識，內容包括星座觀測、天文計算和航天科技等。另外，天文學會帶領學生緊貼最新的天文現象及天文發現。天文學會亦讓同學親身參與天文學活動，如製作簡單望遠鏡及測試天文望遠鏡等。



### 藝術學會

## Art Society

The Art Society is a platform for students who are interested in visual art to share and promote art. Students share art through art appreciation and creation. The Society encourages students to actively participate in art activities, learn to organize art activities, prepare works exhibitions, and promote art and culture in school.



### 理科學會

## Science Club

CWCC aims at providing students with an all-round science education in school. In order to work complementarily with subject-based curricula, the Science Club aims to inspire students to learn science through designing innovatively and doing fun experiments. Various and diverse competition opportunities are within reach in the Club under the supervision of professional Science teachers. These moments will help students with their pursuit of advanced science knowledge, and perhaps, a career in the science field.

本校理科學會藉著有趣的科學實驗，讓學生愉快地學習科學知識。另外，亦會透過讓學生構思如何進行實驗，訓練學生解難能力，成為有創新思維，並且有探究精神的「搵中人」。除此之外，隊員亦會參與不同比賽，力爭佳績、磨鍊心智，而這些獎項與經歷均有益於學生升學、就業，從此建構夢想、成就將來。



藝術學會是一個讓對視覺藝術感興趣的同學進行分享和推廣藝術的平台，同學透過藝術欣賞及創作進行藝術交流。本會鼓勵同學積極參與藝術活動，學習組織藝術活動，籌備作品展覽，在學校推廣藝術文化。

# 學生成長小組

## STUDENT GROWTH GROUPS



## SPARTANS

The group aims at enhancing social networking among non-Chinese speaking students. We motivate and enable them to set life goals. Through various activities, we enhance the multicultural understanding and sensitivity of the students and promote a sense of respect among students with cultural diversity for racial harmony.

小組幫助非華語學生建立社交網絡，建立長遠目標及提升同學對多元文化的認識和觸覺，學生透過不同活動，在學校及社區推廣尊重多元文化及種族共融的訊息。

## HAND-IN-HAND

"The group aims at helping newly-arrived students adapt to campus life. Apart from providing after-school tutorials and other forms of academic support, the group also regularly organises activities for newly-arrived students. It is hoped that these activities can mitigate the impact on students brought by the difference between the education systems in mainland China and Hong Kong and, at the same time, allow students to make new friends, enlarge their social circle and promptly integrate into local life.

小組以幫助新來港學童適應校園生活為目標，除了提供課後功課輔導班等學術上的協助，減輕內地與香港學制差異的影響外，還會定期安排活動，讓他們認識新朋友，擴闊社交圈子，為融入新生活作心靈支援。



# 學生成長小組

## STUDENT GROWTH GROUPS



### 領禱員小組 Prayer groups

Prayer groups are simply a gathering of Christians whose shared purpose is to praise God through various praying activities like lunch gatherings, reading the Bible and sharing our religion. Students are trained to become caring and loving. Students can also develop their faith, enhance their love of God and serve others through understanding and reading the Bible. Meanwhile, it helps promote their presentations skills and religious training for those who are willing to read the Bible in the morning assembly.



### 學生會 Student Union

The Student Union is a group of elites who serve fellow students and become the bridge between students and the school. The Student Union has to be aware of and deal with students' joy and pain. By holding events, the Student Union brings all students and teachers together. Meanwhile, the Student Union has to fight for welfare for students. Through serving in the Student Union, the members are well equipped with leadership and negotiation skills.

本校學生會讓具領袖才能的學生成為同學與學校間的橋樑。學生會須先天下之憂而憂，後天下之樂而樂。學生會組織及籌辦活動，使各級同學和老師互相認識及增進感情。同時，學生會亦為同學提供各種不同的福利服務及協助。學生會成員會積極聆聽學生聲音並反映給校方，協調並平衡各方利益，以提升領導能力及訓練協商能力。



領禱員小組目的是讓學生效法基督並分享天主的美善，透過學校的祈禱活動如午飯集禱、學校禮儀、閱讀聖經及分享信仰，使學生能真誠關心及禱告，建立無私互利的生活和敬主愛人的精神，彼此分享交流，實踐信仰。同時，本組也訓練組員閱讀經文及反思，讓他們在早會祈禱中讀聖言，宣揚福音，並幫助他們提高表達技巧及深化信仰。



### 少年警訊

## Junior Police Call

The Junior Police Call of our school has been well-received by our students. We provide diversified activities including training, cultivating leadership skills, and equipping future leaders. At the same time, the JPC has spared no effort in cultivating students' sense of responsibility to society and instilling correct values.

本校的少年警訊，多年以來，一直深受學生歡迎，這正正是與其提供多元化的活動及訓練，培育領導才能，裝備為未來領袖，有莫大的關係。與此同時，本會對於培養學生對社會的責任感，及灌輸正確的價值觀，也不遺餘力。



### 圖書館服務生

## Student Librarians

The library club is dedicated to promoting the reading atmosphere on campus. Not only do we maintain the regular service of the school library, but we also launch different reading sharings and movie appreciation activities. Kicking off every journey from both Western and Eastern literature, we explore the possibilities of language. By taking part in our activities, students can achieve a high cultural literacy, and widen their cultural horizons.

本學會致力於推廣校內閱讀風氣。除了提供圖書館基本服務外，更定期舉行讀書會及電影欣賞會，透過接觸跨媒介藝術，從中西文本出發，探索文字的可能，從而提高同學文化素養，增廣見聞，擴闊文化視野。



### 公益少年團

## Community Youth Club

Our club aims to enable students to understand social issues through participating in various community service projects. Through participating in social affairs, students can also enhance their sense of responsibility, become good citizens, become a good role model for citizens, and make Hong Kong more perfect.

本校公益少年團旨在讓學生透過參與各項的社區服務計劃，認識及了解社會，並致力參與社會事務，提高他們的責任感，成為良好的公民，成為市民的好榜樣，致使香港更趨完善。



### 公民大使

## Civil Education Ambassadors

Through different training activities in and out of school, students are trained to become civic ambassadors by enhancing their civic awareness and letting them practise the spirit of serving others. Students can also develop their self-confidence, expression skills and other personal qualities. Moreover, students who are willing to serve others are given the chance to help promote moral and civic education and instill their sense of belonging to the school.

透過不同的校內、校外培訓活動，訓練學生成為公民大使，增強他們的公民意識，讓他們實踐服務他人的精神，並從中提升他們的自信心及表達技巧等個人質素，並讓有志服務的學生身體力行，協助推動德育及公民教育，並提升學生對校園的歸屬感。



### 關懷大使

## Caring Ambassadors

This club aims at enabling each team member to deepen their understanding of themselves and enhance their self-confidence and leadership skills during activities. The group trains a group of senior form students to organize activities for junior form students so as to help them adapt to the school life. Meanwhile, the group also aims at enhancing the multicultural understanding and sensitivity of the students.

小組透過訓練高中同學，並讓他們輔導初中同學，協助他們適應初中生活。此計劃亦希望使各組員在活動中加深對自己的認識，增強自信心和領導能力。小組同時透過活動，提升同學對多元文化的認識和觸覺。





明愛胡振中中學

CARITAS WU CHENG CHUNG SECONDARY SCHOOL

忠誠勤樸

敬主愛人

# Featured Activities

# 特色活動



實在，智慧比一切活動更為活動；她是如此精純，能滲透深入一切。(智慧篇7:24)

The school's fencing team is trained by a full-time coach, aiming to cultivate students' sportsmanship and enhance their physical skills. Through the professional training system, students not only master professional skills, but also possess the team spirit and discipline to become an enthusiastic and energetic student. In addition, students can enhance their observation and judgment abilities through training and competitions in the hopes that students can not only achieve good results but can also help students face different kinds of difficulties in daily life.

本校劍擊隊由專職教練訓練，旨在提升學生的體育技能及培養學生的體育精神。透過專業訓練系統，學生不僅掌握專業技巧、更具備團隊精神及紀律，令學生能成為充滿熱情、活力的「振中人」。另外，學生能從訓練及比賽當中增強觀察、及判斷能力，使學生除了能在比賽中爭取佳績之外，亦有助學生在日常生活中面對不同的困難。



## DRONE RACING CLUB 無人機競技學會

The CWCC Drone Racing Club (DRC) offers a platform for students to discover the excitement of drones through teamwork, competitions, and success through STEM. From building and repairing, to flying and racing, the DRC provides a comprehensive hands-on learning experience with drone-racing and skill enhancement in STEM, programming, and aviation.

CWCC 無人機競技學會 (DRC) 旨在為學生提供體驗無人機的機會，激發青少年對航空科技的興趣。從無人機的製作及維修，到飛行和比賽，DRC 將科學、技術、工程、藝術與數學融合，全面提升青少年的科學認知能力、智能程式設計能力、解決問題能力及科學藝術修養。



## ROLLER TEAM 滾軸溜冰隊

PLEASE JOIN ME!!!



The roller team at our school is trained by a full-time coach. Through a rigorous and professional training system, students can master professional skills and experience the ups and downs in building an indomitable spirit, thus becoming an energetic student. In addition, students can enhance their concentration and self-confidence through training and competitions. Our hope is that students not only achieve good results in competitions, but also help gain all-round physical and mental development.

本校滾軸溜冰隊由專職教練訓練，透過嚴謹且專業的訓練系統，使學生能掌握專業技巧之外，更令學生從跌蕩中體會到不屈不撓的精神，成為充滿活力的「振中人」。

另外，學生能從訓練及比賽當中，增強其專注力及自信，使學生除了能在比賽中爭取佳績之外，亦有助學生在身心方面的得到全面發展。



## 園藝小組 GARDENING GROUP



Life education is one of the aims of our school. By joining the gardening group, students participate in planting and caring for plants to cultivate their gratitude for life and nature and establish the concept of "responsibility and obligation". Students can also enjoy the fruits of planting and share the harvest with friends, teachers and parents, thereby enhancing the students' good character of gratitude and sharing.

本校一向重視生命教育。透過參加園藝小組，同學參與栽種及照顧植物，藉此培養學生對生命和大自然感恩的心及建立「責任和義務」的觀念。同學亦可以享受栽種的成果，並與朋友，老師及家長一起分享收穫，從而進一步加強彼此之間的溝通，使學生更懂得珍惜身邊的人和事。



# AE及CCA主要活動



Basketball Team - Wu Cheng Chung Cup  
籃球隊-胡振中盃



Civil Education Ambassadors - Ocean Park Conservation Alliance  
公民大使 - 海洋公園保育聯盟



STEAM - Workshop on Energy  
STEAM小組 - STEM能源工作坊



# AE及CCA主要活動



Inter-School Basketball Competition  
籃球學界比賽



Moral & Civic Education Committee - Coastal Cleanup  
德育及公民教育委員會 - 海岸清潔

Hong Kong Sevens World Rugby  
香港國際七人欖球賽



This I command you: love one another. (John15:17)

# AE及CCA主要活動



Cheng Chung Singing Contest  
振中滿天聲歌唱比賽



School Athletics Meet School Invitational Relay Tournament  
陸運會接力邀請賽



這就是我命令你們的：你們應該彼此相愛。(若望福音15: 17)



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## 掃瞄QR碼以瀏覽更多

Scan the QR code for more details



## 聯課活動 Co-curricular Activities



## STEAM教育 STEAM Education



## 特色課程 Featured Curriculum



## 學校介紹影片 Introduction Video

